

# The Lincoln Link

LINCOLN SENIOR CENTER NEWS

June 2023

The warmer weather is finally here and summer is just around the corner!! We had a busy May and June looks to be another fun-filled month! The Spring Fling had members dancing in their seats and many got out on the dance floor!! The best part of the day was to see everyone's smiles! We have some more great activities planned this month too! Bus trips kick off this month with trips to Cape Ann and to Martha's Vineyard! We also have sign ups for two more trips offered later in the summer!

Warmer weather brings about more outdoor activities. We love to see members taking walks along the path, playing pickle ball, doing yoga outdoors at the Blue Cross Yoga in the Park events or even just enjoying a nice chat outdoors with friends! We do have some exciting news to share!! At the recent Town Financial meeting, the Center received approval for funding to repair our bocce court! The project will begin in July. We will keep you posted on it's progress!!

This month we also celebrate Father's Day, a special time of the year when we honor the most important men in our lives. The men who have raised us, inspired us, and taught us so much. We have so much to celebrate!!

Lois Durkin, Director



150 Jenckes Hill Road  
Lincoln, RI 02865  
401-753-7000  
Mon-Fri 8:30 am -4:30pm

## Weekly Activities

Aerobic Dance	Mahjongg
Arthritis Exercise	Line Dancing
Computer Classes	Meditation
Bingo	Pastel Art Class
Bone Builders	Open Art Studio
Bridge	Quilting
Cards & Dominoes	Sit & Strengthen
Cardio Dance	Tai Chi & Chair Chi
Cardio Strength	Tech Assistance
Craft	Ukulele
Digital Photography	Watercolors Art Class
Forever Fit	Yoga & Chair Yoga
Irma's Workout	Zumba
Knitting & Crochet Circle	Zumba Gold



I had a really nice chat with a member last month. She told me how ever since the day she retired, she has made it her goal to have FUN each and every day! She takes fitness and dance classes, she attends bus trips, she enjoys playing card games, attending our parties, attends workshops and meeting with friends. She went on to tell me how the Center plays such an important part of obtaining her joy each and every day! In her words, life is to be enjoyed and to make each day count. Such a sweet, charming and vibrant lady!! She really is the perfect example of what seniors centers can do for our older adults. Today's centers provide access to information, opportunities, and support to improve the lives of people in their communities as they age. I can only hope this is what our Center does for all of our members! I asked if I could write about her, but she was a little shy so I promised not to reveal her identity-but trust me you would love chatting with her! She's a gem!!

~Bess Carvalho 

## Calendar of Events & Presentations

The Overeaters Anonymous Group meets every Thursday at 10 am

- June 1 Final Payments are due for the Martha's Vineyard Bus Trip!
- June 2 Week 6 "A Matter of Balance Workshop" 9:30 am
- June 5 Mahjongg Tournament at 9am Lincoln Senior Center will be facing the North Providence Senior Center
- June 6 Cape Ann Bus Trip Please arrive by 9:15 am for check in!
- June 6 Memoir Writing with Harry Anderson at 1:30 pm
- June 7 Sign ups for the Foster's Clam Bake & Isle of Shoals Bus Trip start!  
A minimum \$10 deposit and meal selection choice is due at time of sign up!
- June 7 Julie the Hair Stylist will be at the Center. Schedule your appointment with the front desk!
- June 7 Butler Hospital Memory & Aging Program presentation at 10:30 am **"Aging and Memory Loss- What's Normal, What's Not, and How to Make a Difference"**
- June 8 **Class Cancellation Alert: NO TECH CORNER with RENEE TODAY**
- June 8 Resin Pendant Craft w/ Bess. Two sessions: 9:30 am & 11:00 am. Registration is required!
- June 9 Week 7 "A Matter of Balance Workshop" 9:30 am
- June 12 Final Payment is due for Kennebunkport Bus Trip!
- June 13 Sign Ups for the Essex Steam Train & Riverboat Bus Trip begin! Meal choice selection and a minimum \$10 deposit is due at signup.
- June 13 Blue Cross presentation & Cooking demonstration at 10am **"Eating Healthy at Cook Outs and Summer Potlucks"**
- June 13 American Parkinson's Disease Association Support Group meeting 10 am
- June 13 Movie Day-"My Big Fat Greek Wedding" at 1pm
- June 14 Julie the Hair Stylist will be at the Center. Schedule your appointment with the front desk!
- June 14 Lighthouse at Lincoln Blood Pressure Clinic at 10am
- June 14 Mini Quilting Craft Class w/ Paula-Marie at 10 am. Adorable button flower craft!  
\$5 materials fee for the class due at sign up. Registration is required!
- June 15 Gerri from Pampered Chef will have a cooking demo at 10:30 am
- June 15 URI College of Pharmacy Presentation 11:15 am **"The Sun and Your Medication"**
- June 15 **Class Cancellation Alert: NO ARTHRITIS CLASS WITH SUE TODAY**
- June 16 Week 8 "A Matter of Balance Workshop" 9:30 am
- June 21 Julie the Hair Stylist will be at the Center. Schedule your appointment with the front desk!
- June 22 Cup of Joe with a GI Joe Veterans Support Group meeting 11 am
- June 23 Left Center Right Game Day at 11 am
- June 27 Final Payment due for the Lobster Roll Cruise!
- June 27 Breakfast Club 8:30 am to 10 am. Registration is required!
- June 27 Blue Cross Yoga in the Park at Lincoln Woods event at 10am
- June 28 **Class Cancellation Alert: No CARDIODANCE INTERVAL w/ MARIA TODAY**
- June 29 Martha's Vineyard Bus Trip. Please arrive by 6:15 am for check in!

## PLEASE NOTE

Please note the following class cancellation Alerts:

- **NO Tech Corner with Renee on Thursday, June 8th**
  - **NO Arthritis with Sue on Thursday, June 15th**
  - **NO CardiDance Interval on Wednesday, June 28th**
- 



# Tech Assistance

Thursdays  
10 am to 2 pm

We will be continuing to offer weekly technology assistance on Thursdays with Renee Harris. Renee is a retired IT professional who has kindly offered to volunteer her services to assist our members with their technology questions. **Tech Corner with Renee** hours will be every **Thursday from 10 am to 2 pm!** She will be available to assist you with questions about your smart phone, tablet, and laptop. She can also assist with any questions about Microsoft Office (Word, Excel, PowerPoint) or email questions. Call or visit the front desk to schedule your appointment with Renee! If you would like to contact her with any technology questions, please email Renee at [TechCornerLSC@outlook.com](mailto:TechCornerLSC@outlook.com). She can research your question and will get back to you promptly or have the information for you during her Tech Corner hours.

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## Need a Hair Appointment?

Julie, the hair stylist, will be scheduling appointments at the Center for **Wednesday, June 7th and Wednesday, June 21st.**

It is by appointment only-please see the front desk to schedule your appointment!

The time slots available are: 9:30 am 10:00 am 10:30 am 11:00 am 11:30 am

Please note for your scheduling purposes that Julie will be on vacation from June 29th through July 16th. She will be returning to the Center July 19th

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## Mahjongg Tournament June 5th at 9am



The Lincoln Senior Center Mahjongg group will be facing the North Providence Senior Center Mahjongg group in a tournament on June 5th. The Lincoln group has won back to back championships and are looking for another win to hold on to that trophy that's on display in the lobby!!

Wishing our team members Good Luck in the tournament!!!



**Presentation by Butler Hospital**  
**Wednesday, June 7th at 10:30 am**

Lulu Saraiva, Coordinator for the Memory and Aging

Program at Butler Hospital will be giving a presentation on June 7th at 10:30 am to discuss **“Aging and Memory Loss- What’s Normal, What’s Not, and How to Make a Difference”** . If you would like to attend, please call or visit the front desk!

*Craft with Bess*

Thursday, June 8th

2 session times:

9:30 am & 11:00 am

RESIN PENDENT



This month we will be creating these beautiful resin pendant necklaces!! You won't want to miss this craft session!! It makes a perfect to give to a loved one or even just keep for yourself!! Registration is required!! Please call or see the front desk to register!



**June 13th at 10am**

**Blue Cross Workshop & Cooking Demo**

**“Healthy Eating at Cookouts and Potlucks”**

You can have a great time with friends and family while still making healthy food and drink choices. Get tips on how to eat mindfully as well as what precautions to take for food safety. Then make it a party with samples from Chef Kevin Millonzi. Please register with the front desk if you would like to attend!



**Tuesday, June 13th, 2023 at 10:00 am**

APDA Support Group is a great way to connect with others and build a strong Parkinson's community. Learn practical tips, share experiences, and tap into a network of resources that can help you maintain control over your life.

JUNE'S TOPIC: TOPIC: Deep Brain Stimulation for Parkinson's

What is DBS and can it help me? Please join to learn more about DBS and the most recent technology advancements. This presentation will address the basics of DBS, risks, and benefits, and if DBS is right for you. This is a great introduction to the topic for both patients and care givers no matter where you are in your Parkinson's journey. We hope to see you there! Questions? Contact: Maria Kishfy, APDA Support Group Leader, at 401-440-8136 or email [mariakishfy@gmail.com](mailto:mariakishfy@gmail.com)

# AFTERNOON FLICK



Tuesday, June 13th  
at 1pm

**“My Big Fat  
Greek Wedding”**

Join us for a fun filled afternoon as we stream the movie **“My Big Fat Greek Wedding”** on Tues, June 13th. It’s the story of a young Greek woman who falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity. It will be a laughter-filled afternoon for all! Please register with the front desk if you would like to attend!

# Quilting Craft Class



Wednesday, June 14th  
at 10 am

Paula-Marie Hogge has an adorable craft planned this month!! She will be giving instructions on how to create these cute and fun button flowers!

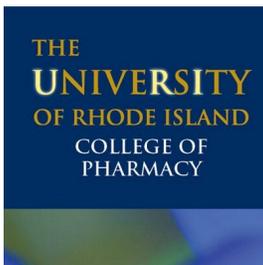
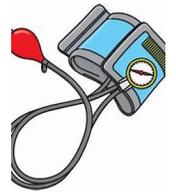
**There is a \$5 materials fee for the craft due at sign up.**

Registration is required! Please call or visit the front desk to register for the class!

## Blood Pressure Clinic



Lighthouse at Lincoln will be performing a **Blood Pressure Clinic** on **Wednesday, June 14th at 10am**



**“The Sun and Your Medications”**  
**Thursday, June 15th at 11:15 am**

The University of Rhode Island College of Pharmacy will be giving a presentation on **Thursday, June 15th 11:15 am**. This month’s topic will be **The Sun and Your Medications**. Many common medications can cause sun sensitivity making your skin vulnerable to the sun’s harmful rays. Learn which meds to be concerned and how to protect your skin. Please see or call the front desk to register for the presentation!



## Cup of Joe with a G.I. Joe

Calling all Veterans!!!!

If you are a veteran, or a family member of a veteran, we would love for you to get together with us! Grab a cup of coffee and join us on **Thursday, June 22nd at 11am**



## Left Center Right Game Day

**June 23rd at 11am**

If you are looking for a fun morning filled with giggles & laughter, then you need to join in on the fun for our Game Day!



## Yoga in the Park at Lincoln Woods

Tuesday, June 27th at 10 am

Blue Cross Blue Shield of RI is sponsoring Yoga in the Park at Lincoln Woods. Join in across the state to get some exercise and enjoy the great outdoors! Bring your yoga mat, however, if you do not have one, there will be a limited supply of beach mats for your use. Join Bess and the Blue Cross team for a fun hour of yoga at Lincoln Woods! It will be outdoors so be sure to dress appropriately for the weather that day! Sign up with the front desk if you would like to participate!

# BREAKFAST CLUB

**Tuesday, June 27th  
8:30 am to 10:00 am**

On the last Tuesday morning of every month, we will be hosting a Breakfast Club at the Center! Join us for an early morning breakfast! It will be a good will offering-pay what you can- at the door. Be sure to reserve your spot at the kiosk at the front desk! Registration opens May 1st!

thank you!

*Atria* SENIOR LIVING



Many of our events that take place at the Center wouldn't be possible without the generosity of our community partners. We would like to thank Lighthouse at Lincoln for hosting the flower arranging workshop. It was the perfect way to kick off Mother's Day!! We would love to give a big shout out to thank Atria for hosting the delicious ice cream social! It was such a sweet treat for our members!! And lastly, we would like to thank Lincoln's Cinema World for their popcorn donation for our May's Afternoon Flick and special Bingo snack!

### Friendly Reminders:

**Please dress in layers!** The warmer weather will be here before we know it and that means our AC will be on. Please try to remember to dress in layers. Be sure to bring a light sweater or jacket with you!

**Please be sure to swipe your card when you arrive at the Center and choose your activities.** We use this information for our grants and for safety purposes!

**Please try to park your vehicle within the designated parking spaces.** We have been receiving complaints about vehicles taking up two spots, parking crooked, or parking in restricted zones. Please make every effort to park in the designated parking areas.

**Please remember to wipe down all exercise equipment and exercise machines after each use!** Also, we kindly ask you to please limit your workout to 30 minutes per machine if there is a wait for the exercise machines.



## Bus Trip Information & Reminders

Bus trip season is finally here!! We are so excited to be kicking off with the first two bus trips this month!! Here are a few reminders about our bus trips....

**Please park in the back parking lot (the right side of the building) where the pickle ball courts are.** This allows our members attending classes/activities at the Center during the day to have ample parking while we are on the trip.

**Please remember to pack drinks, snacks, sunscreen, & appropriate jackets/sweaters for the trips.** It is important to be sure to bring drinks or bottled water and some snacks with you. Sometimes traffic can occur and may delay rest stop visits or delay returns. It can get chilly on the bus, be sure to have a jacket with you!

**Please pay attention to check-in times.** We cannot hold the bus for you!

**We kindly ask for a dollar or two for the bus driver tip.** We collect this at the time of check in.

**Be sure to put your name on a waitlist in the event a trip is full.** Unfortunately, things can come up and people need to cancel trips. Put your name on a waitlist and you may be able to attend in the event of a cancellation!

### Cape Ann Bus Trip

Tuesday, June 6th

Check-in: 9:15 am

Depart: 9:45 am

Return: 6pm

No Refunds after May 15, 2023

### Martha's Vineyard

Thursday, June 29th

Check-in: 6:15 am

Depart: 6:45 am

Return: 6pm

- Full Payment Due by June 1st
- No refunds after June 7, 2023
- Event runs rain or shine

### Kennebunkport Bus Trip

July 13th

Check in Time: 7:15 am

Bus departs: 7:45 am

Bus returns: approximately 7:15 pm

- Full payment is due by June 12th!
- No refunds given after June 12, 2023
- Trip runs rain or shine

### The Lobster Roll Cruise

Tuesday, July 25th

Check-in Time : 10:15 am

Bus Departs: 10:45 am

Bus Returns: 6:00 pm

- Full payment is due by June 27th!
- No refunds given after June 30, 2023
- Event runs rain or shine



Sign ups start on  
Wednesday, June 7, 2023

**FOSTER'S CLAMBAKE & ISLES  
OF SHOALS BUS TRIP**

Tuesday, August 1, 2023

\$139 per person

Check in 8:30 am  
Motorcoach departs at 9:00 am  
Returns Approximately at 7:00 pm

Travel with us to Maine for a lunch & cruise you don't want to miss! We will begin at Foster's Downeast Clambake in York, Maine. Lunch includes Maine Lobster or BBQ Chicken, Maine Steamers & Mussels, Clam Chowder, Corn on the Cobb, Potatoes, Onions Rolls & Blueberry Crumb Cake. While feasting, you will enjoy live entertainment with a dose of humor. After this amazing lunch, we are off to Portsmouth, NH for a 3 hour narrated Isles of Shoals tour aboard the 348 passenger Victorian Steamship. We will learn why this chain of 9 islands located off the Portsmouth coast is an important part of New Hampshire history. On the cruise, you will see the Isle of Shoals, three lighthouses, the "Alcatraz of the East" naval prison, and the oldest active Naval Shipyard as well as many tugboats and naval ships. It's like getting two trips in one!

- **Full payment is due by Thursday, July 14th**
  - No refunds given after July 18, 2023
  - Trip runs rain or shine!



**SIGN UPS START ON  
TUESDAY, JUNE 13, 2023**

**ESSEX STEAM TRAIN & RIVERBOAT BUS TRIP**

FRIDAY, SEPTEMBER 8, 2023

\$140.00 PER PERSON

Check in Time: 8:45 am

Bus departs: 9:15 am

Bus returns: approximately 4:45 pm

***Trip Includes: Roundtrip Transportation, Plated Lunch, Train & Riverboat***

***ALL ABOARD! Join us for a special Rail & Sail in Essex, Connecticut. Upon arrival, we will stop and board at the Essex Station where we will enjoy lunch on board a dining car while you take scenic train excursion traveling by beautiful countryside as you pass by meadows and farms.***

***Choice of Beef tips w/gravy, Baked Chicken or Eggplant Parmesan***

***The train travels along the Connecticut River to Deep River. Upon arrival at the Deep River Station, you will board the Riverboat for a relaxing ride along the Connecticut River. Admire the picturesque views that surround the river!***

- **Full payment is due by Tuesday, August 15, 2023!**
  - No refunds given after August 17, 2023
  - Trip runs rain or shine!

## 5 ways to improve quality of life for seniors

A recent article from [Daily Caring](#) discusses how the importance of good quality of life is especially important for older adults who are dealing with chronic health conditions and major life changes. “Feeling satisfied and fulfilled is just as important for overall well-being as getting regular check-ups from the doctor. In fact, having a positive view of life can help seniors have more energy, less stress, better appetite, and prevent cognitive decline”.

### 1. Treat depression

Depression late in life affects 7 million people aged 65+. It can be caused by stressful life events like retirement or losing a spouse. It could also be caused by a medical disease or medication side effects. To improve quality of life, it's important to recognize the signs of depression and get help from a doctor, psychologist, therapist, or counselor.

### 2. Help them feel useful and needed

From the very young to the very old, everyone wants to be useful. When you care for an older adult, do your best to make them feel like you still need their help and that they're not a burden. Even if they can't do these tasks efficiently or perfectly, that's ok. What's important is that they're contributing.

#### Ask for help with tasks they can handle, such as:

Folding laundry

Writing grocery or household to-do lists

Organizing drawers

Keeping you up to date on the news

Opening the mail

Clipping coupons

Helping to prep dinner

Going with you to help shop for groceries or run errands

### 3. Encourage regular physical activity

Regular physical activity, no matter how gentle, helps keeps both body and mind feeling balanced and positive. Physically, exercise boosts the immune system, lowers blood pressure, improves sleep quality, improves heart health, relieves anxiety, improves strength and stamina, and more.

### 4. Keep them mentally active

Crossword puzzles, sudoku, other brain games, reading, and writing are all great activities for mental stimulation. Having a sharp and active mind improves overall well-being.

### 5. Help them stay connected with family, friends, and community

Seniors who are isolated and lonely have shorter lives and are at greater risk for dementia. Prevent that by encouraging and helping your older adult stay connected with their community.

Summer is almost here!! Looking for an easy summer recipe? This **Italian Pasta Salad** is the perfect side dish for any cookout!

For the Vinaigrette:

- 1/2 cup red wine vinegar
- 1/2 cup extra virgin olive oil
- 3 cloves garlic, minced
- 1 tablespoon honey
- 1 tablespoon Dried Italian Seasoning
- 1/2 teaspoon salt



For the Italian Pasta Salad:

- 1 pound fusilli pasta
- 1 pint cherry tomatoes, halved
- 1 cup chopped hard salami slices
- 3/4 cup chopped grilled piquillo peppers or jarred roasted red peppers
- 1/2 cup chopped red onion
- 1/4 cup chopped Italian parsley
- 12 ounces mini mozzarella balls, drained and halved (22-24 balls)
- 3.8 ounces sliced black olives

Directions:

1. Place a large pot of water over high heat and bring to a boil. Add a large spoonful of salt to the water. Then stir in the dried pasta. Cook according to package instructions, usually 6-8 minutes to al dente. Drain the pasta, and rinse with cold water in a colander. Shake off the excess water and place the pasta in a large salad bowl.
2. While the pasta is boiling, whisk all the ingredients of the vinaigrette in a small bowl. Set aside. Then chop all the salad ingredients.
3. Pour the tomatoes, sliced hard salami, chopped piquillo peppers, red onion, parsley, mozzarella ball and olives over the pasta. Pour the vinaigrette over the top and toss well to coat. Taste, then season with salt and pepper as needed.

[www.aspicyperspective.com](http://www.aspicyperspective.com)

## Staff

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Meal Site Coordinator

Matt Bertrand

Bus Transportation

Jose Lopes

Custodian

**Notary Services are available at the Center!**

See Bessie or Carmen at the front desk if you need any assistance

Lincoln Parks and Rec Presents  
**Summer Concert Series**  
At Chase Farm 5pm-8pm

	<b>June 17</b>	<b>Dynamite Rhythm</b>
	<b>July 22</b>	<b>The Concept Band</b>
	<b>Aug. 12</b>	<b>Cee Cee &amp; The Riders</b>
	<b>Sept. 2</b>	<b>Those Guys</b>
		<b>PVD Food Trucks</b>

For any questions please contact  
Parks and Recreation at  
401-333-8418

Be sure to check out these upcoming events!!

TOWN OF LINCOLN RI  
**FARMER'S MARKET**  
CHASE FARM - 667 GREAT RD.  
LINCOLN RI

**9AM-1PM**  
**JUNE 24**  
**JULY 8**  
**AUG. 5**  
**AUG. 26**  
**SEPT. 9**

FOR MORE INFORMATION CALL US AT:  
401-333-8418  
OR EMAIL:  
[GGERVAIS@LINCOLNRI.ORG](mailto:GGERVAIS@LINCOLNRI.ORG)



Be sure to check out our

Facebook Page

**Lincoln Senior Center**

for Center news and info on daily activities, class updates, cancellations & special events!

Don't have Facebook? Ask Bess and she can help assist you to set it up!

## Friends of Lincoln Senior Center Memorial Donation Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Hours  
Monday thru Friday  
8:30 am to 4:30 pm

# LINCOLN SENIOR CENTER

150 Jenckes Hill Road  
Lincoln, RI 02865  
401-753-7000

## Weekly Activities

### Monday

9:30 am Quilting  
10:00 am Mahjongg lessons  
10:15 am Cardio Strength w/ Lisa  
11:15 am Sit & Strengthen w/ Lisa  
12:00 pm Lunch  
12:45 pm Tai Chi with Bob  
1:00 pm Hand & Foot Card Game  
1:30 pm Chair Chi with Bob  
1:30 pm Digital Photography Class

### Thursday

9:30 am Mahjongg Group  
10:00 am Tech Corner w/ Renee  
10:00 am Chair Yoga with Maria  
10:00 am Overeaters Anonymous Meeting  
11:30 am Arthritis w/ Sue  
12:00 pm Lunch  
1:00 pm Cribbage  
1:00 pm Knitting & Crochet Circle  
1:00 pm Meditation w/ Mary  
2:00 pm Irma's Workout w/ Irma  
2:00 pm Mexican Train Dominoes

### Schedule

#### Tuesday

9:00 am Arthritis w/ Sue  
10:00 am Forever Fit w/ Sue  
10:00 am Open Art Studio  
11:00 am Chair Yoga w/ Ani  
12:00 pm Lunch  
12:00 pm Zumba Gold w/ Fran  
12:30 pm Bridge  
12:45 pm Hi-Low Jack  
1:00 pm Line Dancing w/  
Karen  
1:30 pm Memoir Writing Class  
(\*meets biweekly)  
2:00 pm Beginner Line Dancing

Lois Durkin-Director

Bess Carvalho-Program Director

Carmen Reverdes-Meal Site Coordinator

Matt Bertrand-Bus Transportation

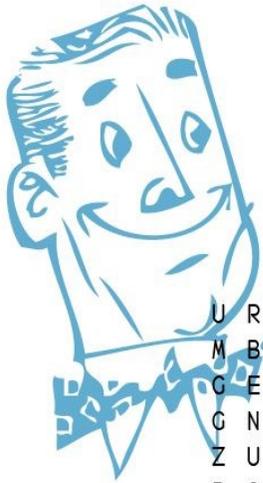
Updated  
06/01/23

#### Wednesday

10:00 am Irma's Workout w/ Irma  
10:00 am Watercolors Class w/ Connie  
11:00 am Bone Builders w/ Nancy  
11:45 pm Lunch  
12:00 pm Zumba w/ Sue  
1:00 pm BINGO  
2:00 pm CardioDance Interval w/  
Maria

#### Friday

9:00 am Bone Builders w/ Nancy  
10:00 am Pastel Art w/ Nancy  
10:15 am Cardio Strength w/ Lisa  
11:15 am Yoga w/Lisa  
12:00 pm Lunch  
12:45 pm Hi-Low Jack  
2:00 pm Ukulele w/ Georgina



# FATHER'S DAY

## Word Search

U R I E L A R N L P O E V U K R L O J H B I T W T  
 M B P B H U D K I S S E S H K C L D J U E E H Y M  
 C E D Q W E N O J C E I S Z S E H L Q S T J Z F A  
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 GENEROUS  
 GUIDE  
 HANDSOME  
 HARDWORKING  
 HUGS  
 HUSBAND  
 JOKES  
 KIND  
 KISSES

LEARN  
 LIFE  
 LOVE  
 MEMORIES  
 MENTOR  
 PLAY  
 PROTECT  
 SILLY  
 SPECIAL  
 STRONG  
 SUPPORT  
 SWEET  
 TEACH  
 THANKS  
 TOGETHER

