

The Lincoln Link

LINCOLN SENIOR CENTER NEWS

April 2024

Spring is here! It is so wonderful to see nature starting to be in bloom! The nice warm weather will be here soon and we can start to enjoy lots of outdoor activities. We are so excited to see our bocce court is almost ready for game play! They have just a few more last minute updates to complete. We are looking forward to adding bocce to our weekly schedule very soon! Be sure to stay tuned!

Springtime wakes us and revitalizes us! It is a time for new beginnings! Some may be inspired to embark on a new health journey, try a new exercise class or take up a new hobby. This month we have a meal prep class that may inspire new recipes for you! Blue Cross is offering Yoga in the Park at Lincoln Woods and other locations throughout the state. Try taking a class! Looking to travel? Try one of our new bus trips that we have coming up. This summer we have quite a few new ones planned!

This month we will witness a total solar eclipse on April 8th! This event will mark the only total solar eclipse visible from the United States until the next one in 2044. The path of totality will begin on Mexico's Pacific Coast, cross Pennsylvania and New York state, and exit at the Atlantic Coast of Newfoundland, Canada. Be sure to wear the proper protective eye wear if you plan to watch the eclipse!

We have a great month planned for you with lots of great activities!

Lois Durkin, Director



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



Springtime is the Perfect to Time to Update Your Records in our System!

- Have you moved?
- Have you gotten a new phone number?
- Is your emergency contact information current and up-to-date?
- Do you have any health issues that you would like us to be aware of in the event of a health emergency?

If you answered yes to any of these questions, please be sure to let the front desk know so that we can update your records! This is especially important in the event there is ever an emergency and we need to get in touch your emergency contact or to aid emergency personnel of any conditions in the event of a health emergency. It's kind of like a spring cleaning! Let's make sure everyone's information is up-to-date!

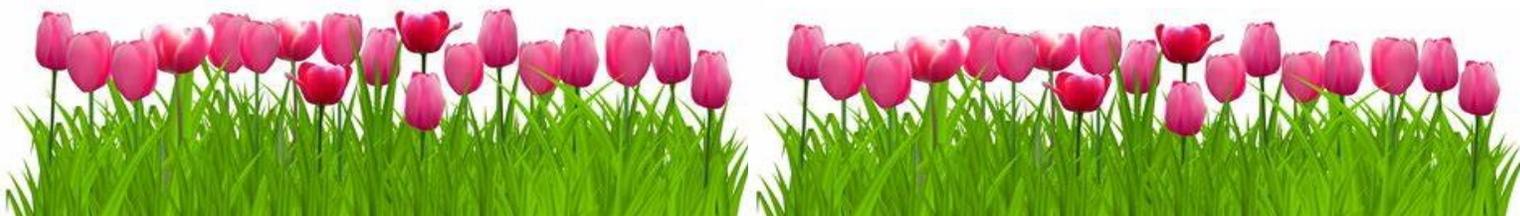
Weekly Activities

Arthritis Exercise	Move & Groove
Bingo	Open Art Studio
Bone Builders	Pastel Arts
Bridge	Quilting
Cards & Dominoes	Sit & Strengthen
Cardio Strength	Tai Chi
Digital Photography	Chair Chi
Forever Fit	Tech Assistance
Irma's Workout	Ukulele Class
Knitting & Crochet	Watercolors Class
Line Dancing	Yoga
Mahjongg	Chair Yoga
Mediation	Zumba
Memoir Writing	Zumba Gold

Calendar of Events, Presentations & Class Updates

The Overeaters Anonymous Group meets every Thursday at 10 am

- April 2 Memoir Writing Class with Lynn at 1 pm
- April 3 Blackstone Valley Prevention Coalition table event at 11 am
- April 3 Julie the hair stylist will be at the Center for appointments. Call/visit the front desk to schedule your appointment!
- April 4 Tech Corner with Renee by appointment only!
- April 4 CCRI Dental Program informational table event at 11:30 am
- April 5 Flower Arranging Activity at 10 am sponsored by Lighthouse at Lincoln-Space is limited
- April 8 NO MAHJONGG LESSONS TODAY
- April 9 American Parkinson's Disease Association Support Group meeting at 10 am
- April 9 Afternoon Flick at 1 pm. We will be streaming the movie "Bucket List"
- April 10 Estate Planning & Real Estate Presentation with Amy Bedard and Attorney Anthony Senerchia at 10:30 am
- April 11 Coffee mug Craft Activity with Bess— 2 sessions 9 am and 11:00 am
- April 12 INSIGHT meeting at 10 am
- April 15 Final Payments due for the Newport Playhouse Bus Trip
- April 16 Blithewold Mansion Tea Tour. Please arrive at 8:45 am for check-in. Bus departs at 9:15 am sharp!
- April 16 Memoir Writing Class with Lynn at 1 pm
- April 17 Julie the hair stylist will be at the Center for appointments! Call/visit the front desk to schedule your appointment!
- April 17 Healthy Eating Workshop "Meal Planning" with Kathi Masi at 10 am
- April 18 Sign up for Spirit of Boston Bus Trip at 8:30 am
- April 18 Tech Corner with Renee by appointment only
- April 18 Cup of Joe with a GI Joe veterans group meeting at 11 am
- April 19 Blue Cross presentation "Cholesterol-Know Your Numbers" at 10 am
- April 23 Blue Cross "Yoga in the Park" at Lincoln Woods at 2 pm
- April 25 Sign Up for Newport Lighthouse Cruise Bus Trip at 8:30 am
- April 26 Left Center Right Game Day at 11 am
- April 26 "Travel to Holland" presentation at 1 pm
- April 30 70s & 80s Dance Party at 1 pm
- April 30 Memoir Writing Class with Lynn at 1 pm



We have a few class changes to our program schedule starting in April 1st:



Monday Changes:

We have added an additional **Move & Groove Class with Janet** that will meet at 9am

Tuesday Changes:

There appears to be some confusion about which Line Dancing Class our members should be signing into. It is very important to sign into the proper class for grant writing purposes, attendance and for when we need to send out robo calls for any class cancellation/updates. To ensure everyone is signing into the correct line dancing class, please see below:

- The 1 pm **Line Dancing Class** will now be called **Intermediate Line Dancing**. This class is geared for those students who have been taking line dancing classes and are more intermediate/advanced in terms of skills.
- The 2 pm **Beginners Line Dancing Class** is geared for those who are familiar with the line dancing steps/moves/routines but are just starting out.
- The 3 pm class **Intro to Line Dancing** is geared for students who have never taken a line dancing class before. This class will introduce and go over the basic steps/dances for line dancing

Please be sure to select the correct class when signing in! Thank you!

Our Bocce Court is almost ready for play!! There are just a few more finishing touches to be added and then our Bocce Court will be officially open! Never played before? No worries, we have Denise and Stanley that can teach you how to play! We hope that you join in on the fun!!

Here is what our Bocce schedule will look like for the spring

Mondays 1pm to 3 pm

Tuesdays 1 pm to 3 pm

Thursdays 1 pm to 3 pm

Fridays 10 am to 12 pm

Weather permitting, we are hoping to start up Bocce games the week of April 22nd! We will keep you posted!

Important Reminders

- Please allow the class to exit the doors before trying to enter the fitness room for the next class. Some members use canes and walkers and this can cause a tripping hazard for them. We are concerned that the bottleneck can cause someone to fall and become injured.
- It is also very important to wear the proper footwear while exercising. Members should be wearing sneakers for fitness classes and/or dance shoes. Proper footwear must be worn while using our treadmills, exercise bikes, treadmill or weigh bench as well. With the nicer weather approaching, we want to remind everyone that sandals and open-toed shoes are not permitted while doing fitness classes or using the exercise equipment.
- For yoga (Fridays at 11:15 am), we kindly ask that you wear sock with grippy bottoms or go barefoot to avoid the risk of injury.

We **LOVE** our members and we want you all to be safe and avoid potential injuries!!

Fitness Room Reminders

Please try to make every effort to arrive on time for classes to avoid disruptions during class. The first several minutes of class is the warm up exercise portion of class. This time helps to warm up your muscles properly before heading right into your workout. If you are not warming up your muscles, you could be putting yourself at risk for possible injury.

Please remember to wipe down all fitness equipment after each use!! This includes the exercise machines, the weights, the resistance bands, and yoga mats. Wipes are provided in both the fitness room and exercise room.

Thank you for your cooperation!!

Calling All Lincoln Seniors!

The Blackstone Valley Prevention Coalition will be at the Lincoln Senior Center to distribute information and resources on a number of topics including health & wellness, opioid awareness, safe medication disposal and more.

Visit the Blackstone Valley Prevention Coalition table and sign up for a chance to win a basket of goodies!

April 3rd 2024
11:00 am - 1:00 pm



Hair Stylist

Looking for a haircut?

Julie, the hair stylist, will be scheduling appointments at the Center on

April 3rd and April 17th

It is by appointment only. Please call or visit the front desk if you would like to schedule an appointment with Julie!

The time slots available are:

9:30am 10am 10:30am 11am
11:30am

Tech Assistance



Tech Corner with Renee is a 30 minute one-on-one session with our tech guru, Renee. She can help you with any tech questions that you may have about cell phones, tablets, laptops or apps. Renee is available on the first and third Thursday of the month. Please see the front desk to schedule your appointment. To try to accommodate all our member's needs, we can only allow members one appointment time per month to give all an opportunity to meet with Renee.





**CCRI DENTAL HYGIENE
INFORMATIONAL TABLE
COMING TO YOU**



CLINIC SERVICES

- Dental Cleaning
- Periodontal Exam
- Sealants
- Radiographs (X-rays)
- Fluoride Treatment
- Oral Cancer Screening
- Nutritional Counseling
- Appliance (denture/partial) cleaning

**Thursday, April 4th
11:30am to 2 pm**



 **THE
LIGHTHOUSE**
at Lincoln
An LCB Senior Living Community



**Friday, April 5th
10 am to 11 am**

**Please join the team from
The Lighthouse at Lincoln
for a complimentary flower
arrangement workshop in honor
of Spring!**

**Space is limited to 20! Please call
or visit the front desk if you would
like to register for this this
workshop.
Registration begins, April 2nd!**



**Just a friendly reminder– Mon, April 8th
Mahjongg lessons are cancelled
for today**

**AMERICAN
PARKINSON DISEASE
ASSOCIATION**

Strength in optimism. Hope in progress.

LINCOLN SUPPORT GROUP

**Tuesday, April 9th
at 10 am**

Allow AnaSue Barrows, Registered Nurse, to share a new era in the diagnosis of PD and Related conditions. Come learn about The Syn-One Test® from CND Life Sciences. (a skin biopsy test). This is information worth knowing!

You can contact Maria Kishfy, APDA Support Group Leader, for more information by calling 401-440-8136 or by emailing mariakishy@gmail.com

**Securing Your
Legacy: Insights
into Estate Planning**

**Join us for a FREE Brunch
Roundtable discussion!**

Hosted by Attorney Anthony Senerchia of Senerchia & Senerchia PC and Amy Bedard, REALTOR® & SRES (Senior Real Estate Specialist) of CrossRoads Real Estate Group

Interested in securing your future and that of your loved ones? Join us for an insightful morning where we'll delve into the essentials of estate planning and real estate! Our roundtable discussion will give you all the info you need to discover how to safeguard your assets, the significance of trusts, power of attorney, and more—all over a delightful selection of pastries and warm beverages!

- ✓ Protecting Your Home: Strategies to ensure your home remains in caring hands
- ✓ Trusts & Their Benefits: How establishing a trust can serve you and your family.
- ✓ Financial & Medical Power of Attorney: Understand these crucial documents and how they can work for you.

WHY ATTEND?

- Expert Insights: Gain valuable knowledge from seasoned professionals in real estate and estate planning.
- Community Connection: Share experiences and questions with fellow community members in a relaxed setting.
- Complimentary Brunch: Enjoy a selection of pastries and beverages on us!



 **SENERCHIA &
SENERCHIA P.C.**

RSVP TODAY!



Weds April 10th | 10:30am
www.sslawne.com

AFTERNOON FLICK



We will be streaming the movie
"The Bucket List"

Tuesday, April 9th at 1 pm

"Two terminally ill men (Jack Nicholson & Morgan Freeman) leave their hospital ward and set out to complete a list of things they want to do before they die"
Popcorn and light refreshments will be served. Please register with the front desk if you would like to attend!



Craft with Bess
Thursday, April 11th

Spring Themed Coffee Mug

There is nothing better than a nice hot, steaming cup of coffee, tea or hot chocolate! Well, imagine if you could have it in a personalized mug! Join us as we create spring themed scenes on coffee mugs! We will host two sessions— 9 am & 11 am. Spots are limited.



Registration open on Monday, April 8th.



Friday, April 12th at 10 am

Are you living with a visual impairment or supporting someone who is? Join us at the Lincoln VISION Group meeting on Friday, April 12th at 10:00 AM. Staff members from IN-SIGHT will provide information about the available resources to help people adapt to vision loss and answer any questions you might have. This VISION group is also an excellent opportunity to share your story, hear about other people's journeys with vision loss, and exchange information and support. Contact Lucille Gaboriault at (401) 941-3322, ext. 121 or via email at lgaboriault@in-sight.org for more details. Pre-registration is not required to attend, and all are welcome!



Eating for Better Health: Meal Planning Refresh!

Wednesday, April 17th at 10 am

Are you tired of eating the same foods each week? Are you stressed about what to have for dinner each night? Do you have the time to cook? Join us to hear about easy ways to plan and prep meals in no time. Cut down on food waste, eat healthy and save money are just a few of the benefits of meal planning. A food demo and sampling will be available! Class size is limited. Please call or visit the front desk if you would like to attend this workshop.

Calling all Veterans!

Join us for a Cup of Joe with a G.I. Joe Veterans Group Meeting

Thursday, April 18th at 11am

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!



Left Center Right Game Day Friday, April 26th 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! Join members as they gather together to play "Left Center Right" dice game! It's an easy to learn game for all ages!! Be sure to come check out all the fun!!

Join us for an armchair travel presentation as we Travel to Holland



♥ Netherlands

**Friday, April 26th
1:00 pm**

Presented by Michele Kappenman

♥ thank you! ♥

♥ A very special thank you to Chapel Hill for donating the beautiful Easter basket for our Bunny Bingo Party!

♥ We would also like to thank Amy Bedard, Realtor® & SRES, for the breakfast treats & spring time baskets!



Cholesterol: Know Your Numbers Friday, April 19th at 10 am

Blood pressure, BMI, Cholesterol, Blood Sugar.... What do all these numbers mean? It can be easy to get lost in medical jargon but having a base level of health literacy can help! In this webinar, participants will learn about various health metrics and the recommended ranges for each. If you would like to attend this informative presentation, please call or visit the front desk to reserve your spot!



**Tuesday, April 30th
70s & 80's Dance Party**

Last month we danced to the oldies at our Motown Dance Party. It was a huge hit as we danced the afternoon away! This month we are getting out our Disco Ball for some 70s and 80's dancing!! Come join the fun as we boogie to the hits! Don't like to dance and just want to enjoy the music? That's ok! You can play Disco Bingo! Call or visit the front desk if you would like to attend! Light refreshments will be served!



Lincoln Woods Tuesday, April 23rd at 2 pm

Blue Cross Blue Shield of RI is sponsoring Yoga in the Park. 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! It will be outdoors so be sure to dress appropriately for the weather that day!



Yoga in the Park

We're bringing yoga to a park near you!

Join us to relax, recharge, and reconnect. These events are free and open to everyone—from yoga beginners to yoga masters—so round up your friends and family and meet us outdoors.

You'll also have a chance to **win raffle prizes and fun giveaways!**



Roger Williams Park
Temple to Music
Providence, RI

Monday, April 22 at 2:00 p.m.

Monday, May 20 at 2:00 p.m.

Monday, June 17 at 10:30 a.m.



Colt State Park
Mill Gut Pond Lot
Bristol, RI

Wednesday, April 24 at 2:00 p.m.

Wednesday, May 22 at 2:00 p.m.

Friday, June 21 at 10:30 a.m.



Lincoln Woods State Park
Field E
Lincoln, RI

Tuesday, April 23 at 2:00 p.m.

Tuesday, May 21 at 2:00 p.m.

Tuesday, June 18 at 10:30 a.m.



Goddard Memorial State Park
Farmers Market Area
Warwick, RI

Thursday, April 25 at 2:00 p.m.

Thursday, May 23 at 2:00 p.m.

Thursday, June 20 at 10:30 a.m.



Scan the QR code or visit bcsri.com/events to sign up for the event(s) of your choice.



We recommend bringing a yoga mat, towel, or blanket.

A limited supply of chairs will be available to accommodate those who prefer to do chair yoga.

JOIN US !



APRIL doors open at
2pm, game starts at 2:30pm

Lincoln Memorial Day Fundraiser
Lincoln Senior Center- 150 Jenckes Hill Rd.

Pizza & Drinks will be provided with purchase of BINGO packets
Cash & Gift card prizes



Memorial Day Parade Bingo Fundraiser Event Saturday, April 27th Doors open at 2 pm

This year the Town of Lincoln will be hosting a new community event, a Bingo Fundraiser (18+) in lieu of the annual Pasta Dinner. The event will be held on Saturday April 27th 2pm-6pm at the Lincoln Senior Center. Tickets for bingo packets are only available for purchase at Town Hall (Parks and Rec Dept..)- 100 Old River Rd. and at the Lincoln Senior Center- We will be selling three different packet options: a \$20 packet, \$25 packet, and \$30 packet (more expensive packets the more bingo cards and the more chances to win!). With purchase of a packet, soda/ water and pizza will be included. Beer will be available for purchase.

Any questions please email ggervais@lincolnri.org or call 401-333-8417. All proceeds go towards the Lincoln Memorial Day Parade Celebration!



Bus Trip Information & Reminders



The Foursome at the Newport Playhouse & Cabaret Restaurant Bus Trip



\$145 per person

Thursday, May 9th

Check In: 9:15 am Bus Departs: 9:45 am

Bus Arrives: Approximately 5:00 pm

Full payment Due: April 15th No refunds after April 17th
Four old school chums get together for a friendly round of golf during their fifteenth college reunion. These fellows are carrying more than just their golf bags! Old rivalries, romances and bragging rights are won and lost in 18 entertaining holes. Enjoy the extensive buffet before the show which includes a large variety of hot and cold foods, main entrees, side dishes, beverages and homemade desserts. A not-to-miss afternoon! **Spots still available!**

Blithewold Mansion & Tea Tour Bus Trip Tuesday, April 16, 2024

One spot left!

\$135 per person

Please arrive 8:45 am for check-in!

Bus Departs: 9:15 am

Bus Returns: Approx 6:00 pm

Reminder: We collect \$1-\$2 for bus driver tip at check-in!

SIGN UPS START

April 25th

Newport Lighthouse Cruise Bus Trip Tuesday, June 25, 2024 \$147 per person



Check In Time: 8:45 am

Departs 9:15 am Returns: Approx 5:30 pm

Start your day in Newport on a narrated lighthouse cruise aboard the Coastal Queen tour boat. This boat tour will take you up close to the lighthouses that surround the Newport Harbor area. Enjoy panoramic views of Rose Island Lighthouse, Castle Hill Light, Goat Island Lighthouse and more, while enjoying a mimosa, included in the price of the cruise. Coastal Queen offers maximum comfort as this tour boat has a weatherproof interior that can be heated on chilly days, and an open-air covered deck where the clear side curtains can roll up for catching the ocean breezes or rolled down for warmth. After the cruise head over to Johnny's restaurant at the Atlantic Resort for lunch where you will have a choice of Baked Scrod, Pasta Primavera or Chicken Piccata. Established in 2017, locals may recall Johnny's as the iconic beachfront restaurant that was opened in 1938. The name "Johnny" pays tribute not only to Johnny's Atlantic Beach Club but also to John Clarke, the founder of Newport and first owner of the land on which the Atlantic Resort was built. After lunch you will have free time in downtown Newport to shop!

Full Payment is due by May 31, 2024
No refunds will be given after June 3, 2024
Trip runs rain or shine

SIGN UPS START

April 18th

Spirit of Boston Bus Tour Tuesday, June 13, 2024 \$139 per person



Check In Time: 8:45 am

Departs 9:15 am & Returns: 5:30 pm

Step aboard the "Spirit of Boston" for an afternoon of unparalleled harbor cruising fun on historic Boston Harbor. This luxurious 2 hour cruise features live entertainment - you'll dine, dance, enjoy star-quality entertainers and breathtaking views! On board, you'll enjoy an outstanding buffet luncheon to suit every taste and appetite, all freshly prepared onboard in the ship's excellent galley. Sample a little bit of everything! After the cruise we will head over to Quincy Market for some free time to shop and explore!

Full Payment is due by May 17, 2024
No refunds will be given after May 22, 2024
Trip runs rain or shine

Strawberry Spinach Salad with Candied Pecans Feta and Balsamic Vinaigrette

Vinaigrette Ingredients:

1/2 cup balsamic vinegar

1/2 cup olive oil

1 TBSP Dijon mustard

1 TBSP honey

Salt & pepper to taste

Candied Pecans:

3/4 cup broken pecan pieces

1 1/2 TBSP brown sugar

1/2 TBSP butter



www.cookingclassy.com/strawberry-spinach-salad-with-candied-pecans-feta-and-balsamic-vinaigrette/#jump-to-recipe

Salad:

10 oz baby spinach

1 pound strawberries sliced & hulled

5 oz crumbled feta cheese

1/3 small red onion, thinly sliced

Directions:

1. Add vinegar to a small saucepan, bring to a boil over medium heat and allow to boil until reduced by half, about 3 minutes. Pour into a jar or bowl, add olive oil, Dijon mustard, honey and whisk to blend while seasoning with salt and pepper to taste. Thin with a little water if desired. Set aside.

2. Add pecans, brown sugar and butter to a small non-stick skillet and cook over medium-heat, stirring constantly until sugar starts to melt and caramelize, about 2 - 3 minutes. Transfer to a plate in a single layer to cool.

3. In a salad bowl toss together spinach, strawberries, half of the feta, red onion and pecans. Drizzle about 1/3 of the dressing over salad then plate and drizzle remaining dressing over individual portions and top with remaining half of the feta. Serve immediately.

Notes: *Try using different berries such as blueberries.

*Apples and pears are a great option instead of strawberries

*Don't have feta? Try a crumbly goat cheese instead.

Friends of Lincoln Senior Center Memorial Donation Form

Name: _____

Address: _____

Staff

Lois Durkin

ldurkin@lincolnri.org

Director

Bessie Carvalho

bcarvalho@lincolnri.org

Program Director

Carmen Reverdes

creverdes@lincolnri.org

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



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!

Hours

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

LINCOLN SENIOR CENTER

Weekly Activities

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

Schedule

Updated 04/01/2024

Monday

8:30 am Quilting
9:00 am Move & Groove w/Janet
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

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 Move & Groove w/ Janet

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 Memoir Writing Class
(*meets bi-weekly)
1:00 pm Intermediate Line
Dancing w/ Karen
2:00 pm Beginner Line Dancing
3:00 pm INTRO to Line Dancing

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
11:15 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

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

Lois Durkin-Director

Bess Carvalho-Program Director

Carmen Reverdes-Meal Site Coordinator

Matt Bertrand-Bus Transportation

Jose Lopes-Custodian



SPRING

WORD SEARCH

WORD LIST

APRIL
BASEBALL
BIRDS
BLOSSOMS
BUMBLEBEE
BUTTERFLIES
CHICK
CLEANING
CLOVER
CROCUS
DAFFODIL
DAYLIGHT
EQUINOX
FLOWERS
FORSYTHIA
GARDEN
JACKET
LADYBUG
MARCH
MAY
PICNIC
PUDDLES
RAINBOW
ROBIN
SEEDS
SHOWERS
SPRING
UMBRELLA

W	A	O	A	H	W	O	B	N	I	A	R	S	Y
H	Y	N	I	B	O	R	D	C	T	X	C	E	B
R	L	L	A	B	E	S	A	B	V	Z	P	I	W
S	D	E	E	S	G	N	I	R	P	S	X	L	Z
U	A	U	C	G	N	S	C	V	I	O	Z	F	P
C	L	C	X	B	V	E	E	L	N	Z	F	R	D
G	L	K	B	F	L	A	D	I	N	L	L	E	Q
V	E	E	K	F	U	O	U	R	A	S	O	T	M
O	R	I	A	A	N	Q	S	D	A	O	W	T	X
R	B	D	O	N	E	J	Y	S	C	G	E	U	P
R	M	O	A	O	I	B	X	P	O	O	R	B	X
Y	U	U	S	F	U	N	U	M	S	M	S	L	N
E	E	H	C	G	F	D	G	A	D	T	S	C	H
E	T	X	S	E	D	O	X	Y	R	F	S	T	Q
B	T	I	Q	L	S	W	D	O	I	O	R	E	M
E	N	Z	E	B	I	P	U	I	B	R	E	K	A
L	T	S	C	R	O	C	U	S	L	S	W	C	R
B	L	T	H	G	I	L	Y	A	D	Y	O	A	C
M	C	R	A	P	A	D	Z	P	S	T	H	J	H
U	F	H	V	X	I	P	E	H	T	H	S	J	A
B	U	P	I	H	Y	C	R	G	X	I	R	D	Z
J	X	I	R	C	C	T	N	I	Z	A	E	M	V
D	R	S	E	I	K	N	B	I	L	U	R	M	X
D	C	L	O	V	E	R	G	V	C	G	N	A	H

