

LINCOLN NEWS

March 2012

Center Hours: 8:00am to 4:pm Monday thru Friday



Senior Spotlight

Simple Blessings

It was just a piece of apple pie
 She brought to me that day.
 She said hello, gave me a hug,
 Then she went on her way.
 I had felt sad and quite alone,
 I know that she could see,
 Perhaps a little kindness shown
 Might somehow comfort me.
 Now, oh so many years have passed
 And she is dead and gone,
 If she could know, she'd be surprised
 That memory lingers on.
 Thoughts of her still warm my heart.
 I wish that she could see,
 I wish she knew that her kind thought
 Meant all the world to me.
 I think of how I live my life,
 Of blessings I withhold,
 A gift of time, a friendly smile
 Might help another soul.
 These little things, a touch, some praise,
 Might brighten someone's day ,
 For these simple blessings
 Live in the heart always.

By Dixie Lee Erl

Senior Games

Senior Games are just around the corner. Be sure to fill out your Registration Form here at the Senior Center. There is something for everyone: 8-Ball Pool Tournament, Bowling, Archery, Skip-bo, Horseshoes, Dashes, Runs, Shot Put, Baggo, Walks, Dominoes, Daisy Air Gun, Softball Throw, Stationary Cycling, running/Standing Long Jump, Spin casting, Javelin, Football Throw, Nail Pounding and don't forget the Balloon Bust Relay. WOW!!!! What a list of events. It sure is a fun day. Any one who will be 50 years of age or older on or before April 5, 2012 is eligible to participate. Most events are divided up into age groups, dominoes, skip-bo and the balloon bust relay are all open age competition. There will be individual awards (Medallions or Ribbons) and also Senior Center Awards. First, Second and Third place monetary awarded to the Senior Activity accumulating the most points. Deadline for 8-Ball Pool Registration is March 30, 2012, the Dead line for the rest of the games is April 13, 2012



What's Happening?

- March 6th Twilight Dance
- March 8th BBBbaseball at Prairie Grove
- March 11th Daylight Saving Time Change
- March 13th BBBbaseball at Springdale
- March 17th ST. Patrick's Day
- March 20th Spring Begins
- March 27th Ok Country Dance
- March 29th Crystal Bridges

MARCH ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
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Lincoln Senior Center is very Thankful for all the Support we receive from.....	Area Agency on Aging of North-west Arkansas, Wal-mart, United Way.....		1. 9:00 Pitch & Puzzles 10:00 Chair Exercise w/ Shirley Afternoon Games	2. 9:00 "Tic" 10:00 Wii Bowling 12:30 Walk In & Craft Class
5. 9:00 "Tic" 9:30 Gospel Singing 12:15 Bible Study	6. 9:00 TOPS MEETING 10:00 Chair Exercise w/Shirley 6:30 Potluck 7:00 Twilighters Dance	7 9:00 Games 10:30 Blood Pressure Checks 12:15 BINGO	8. 9:00 Pitch & Puzzles 10:00 BBBaseball at Prairie Grove 10:00 Chair Exercise w/ Shirley	9. 9:00 "Tic" 10:00 Wii Bowling 12:30 Walk In & Craft Class
12. 9:30 Gospel Singing 12:15 Bible Study	13. 9:00 TOPS MEETING 9:45 Leave for BBBaseball at Springdale 10:00 Chair Exercise w/Shirley	14. 9:00 Games 10:30 Blood Pressure Checks 12:15 BINGO	15. 9:00 Pitch & Puzzles 10:00 Chair Exercises w/ Shirley Afternoon Games 4:30 Out to Eat	16. 9:00 "Tic" 10:00 Wii Bowling 12:30 Walk In & Craft Class
19. 9:00 "Tic" 9:30 Gospel Singing 12:15 Bible Study	20. 9:00 Pitch 9:00 TOPS MEETING 10:00 Chair Exercise w/Shirley	21. 9:00 Games 10:30 Blood Pressure Checks 12:15 BINGO	22. 9:00 Pitch & Puzzles 10:00 Chair Exercises w/ Shirley Afternoon Games	23. 9:00 "Tic" 10:00 Wii Bowling 12:30 Walk In & Craft Class
26. 9:00 "Tic" 9:30 Gospel Singing 12:15 Bible Study	27. 9:00 Pitch 9:00 TOPS MEETING 10:00 Chair Exercise w/Shirley 7:00 Ok Country Dance	28. 9:00 Games 10:30 Blood Pressure Checks 12:15 BINGO	29. 9:00 Pitch & Puzzles 9:30 Crystal Bridges 10:00 Chair Exercise w/ Shirley Afternoon Games	30. 9:00 "Tic" 10:00 Wii Bowling 12:30 Walk In & Craft Class

Monday

Tuesday

Wednesday

Thursday

Friday

			1. Grilled Ham Mac & Cheese Peas	2. Cheese-burger or BBO Pork on bun Baked Beans Born
5. Smothered Chicken or Pork Steak Mashed Potatoes Brussels Sprouts	6. Beef Stroganoff Carrots Salad	7. Hot Turkey or Beef Sandwich Zucchini & tomatoes Sweet Potatoes	8. Chicken & Noodles Green Beans Beets	9. Taco Salad Refried Beans Spanish Rice
12. Meatloaf or Sliced Pork Carrots Mashed Potatoes	13. Chicken Tenders or Lemon Pepper Fish French Fries Spinach	14. Ribs Baked Beans Coleslaw	15. Oven Fried Chicken Mashed Potatoes Gravy Peas & Carrots	16. Vegetable Soup Pimento Cheese Sandwich Rosy Applesauce
19. Cranberry Glazed Chicken or Pork Chop Au gratin Potatoes Turnip Greens	20. Smothered Pork Chops or Beef Fingers Hash brown Casserole Mixed Veggies	21. Sloppy Joe or Chicken Patty on Bun Corn Potato Wedges	22. Spaghetti w/meat sauce Italian Vegetables Salad	23. King Ranch Chicken or Braut Brown Beans Calico Corn
26. Chefs Choice.	27. Chicken & Dumplings Green Beans Hot Spiced Peaches	28. Deli Sandwich Chips Macaroni Salad Let/tom/onion	29. Ham & Navy Beans Stewed Tomatoes Cornbread	30. Chili Baked Potato Broccoli & Cheese



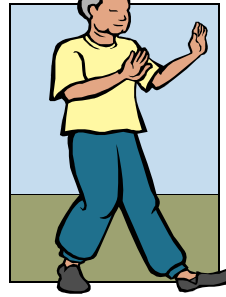
DANCE INFORMATION

Ok Country will be here on the normal Tuesday Nights, which is the 4th Tuesday of every month. However the Misfit Band will be taking off March and will be returning on April 10th. Come by and dance with the TWILIGHTERS. Potluck will be at 6:30 and dance will start at



Exercise Class

We are now having Chair Exercisers with Shirley. The classes are on Tuesday and Thursday Mornings at 10:00. Don't worry about someone watching you or worry that you cannot do something this class is for everyone. Come and do what you can do and enjoy spending time together. Also, we have an exercise bike and tread mill available all day. So, come and start the new year off right.



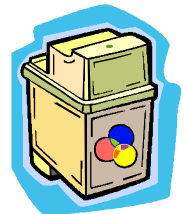
Did you get your "card" yet?

If you participate in any activities at the center with any regularity, please complete the form so you can get one. When you visit the center for lunch or socialization, or ride on our van, we get \$\$\$\$ from government funding sources ONLY IF you have a card. If you don't have a card, we still need you to sign in because we need to have an accurate count of people who use our center.



Recycle Program

Please remember that we have a recycle program here at the center to benefit the Meals on Wheels Program. We recycle empty printer cartridges and used cell phones.



*Donations are vital to our program & making a donation for lunch, transportation, home delivered meals are very welcomed. After you sign in place your money in the wooden box. Without these donations we could not provide the services that we do.
Thank you very much!!