



# Eastpointe Senior Citizens Activities Newsletter

## JANUARY 2012

**Eastpointe  
Senior Center  
16435 Eight Mile  
Eastpointe, MI 48021**

**Office  
(586) 445-5084  
Office Hours  
8:30 a.m. - 5:00 p.m.**

**Mary L. Grant**  
*Program Supervisor*

**Heather McNeil**  
*Assistant*

**Caitlin Gerds Habermas**  
*Assistant*

**Marilyn Smith**  
*Office Assistant*

**Walt  
Butch  
Ed  
Rodger**  
*Van Drivers*



**Van Appointments  
(586) 445-5085  
Dispatcher Hours  
9:00 a.m. - 5:00 p.m.**

### FREE TAX ASSISTANCE AVAILABLE

The A.A.R.P./I.R.S. Tax Assistance Program will once again be available at our Center during the upcoming tax season. Individuals that fall in the low to moderate income range can obtain *free* tax help beginning February 7th and running through April 17th. The tax assistance volunteers will be available every Tuesday from 9:00 a.m.—1:00 p.m. to assist with all varieties of tax returns. **Please Note:** You must set up an appointment to have your taxes prepared. Please call our office at (586) 445-5084 on or after January 4th to make your appointment.

### \*FREE CHAIR YOGA DEMONSTRATION\*

Come see what Chair Yoga is all about at a *Free Demonstration* on Thursday, January 12th at 11:00 a.m. This is the perfect opportunity for anyone interested in trying Chair Yoga. This class is a wonderful way for everyone to experience the benefits of yoga, especially if you face some mobility challenges. The next regular session takes place on Thursdays from 11:00 a.m.—12:00 noon beginning January 19th and running through February 23rd. The cost for this class is \$30.00 for six weeks.

### Mark your calendar CELEBRATE "EASTPOINTE" PARTY

**Date:** *Friday, March 9, 2012*

Please join us for an afternoon of hometown fun. There will be food, games, and prizes—all purchased from businesses within the City of Eastpointe. Look for details in the February newsletter.

### HOLIDAY THANK YOU

We would like to take this opportunity to thank the Honorable Judge Carl Gerds, Diane Nork from Bortz Health Care of Warren, and Senator Steve Bieda for their support of our programs. They graciously donated door prizes for our Holiday Party.

# **TRIPS**

**Please note: All trips will depart from the 16600 Stephens parking lot.**

## **MOTOR CITY CASINO**

**Date:** *Wednesday, February 1, 2012*

**Cost:** *\$20.00*

**Departs:** *11:45 a.m.*    **Returns:** *6:00 p.m.*

This Bianco Tour includes round trip transportation aboard a luxury motor coach, free time at Motor City Casino, and \$25 in reward play. Space is limited, so sign up early!

## **GAMBLEMANIA**

**Date:** *Sunday, February 19—20, 2012*

**Cost:** *\$144.00 per person/double occupancy*

This Bianco Tour includes round trip transportation, accommodations at the Turtle Creek Casino Hotel, \$20.00 gaming credit and \$5.00 for food at the Little River Casino & Resort, \$15.00 coin on first day and \$15.00 coin on second day at the all new Turtle Creek Casino Hotel, and \$20.00 point play and a \$5.00 food voucher at the Soaring Eagle Casino.

## **BINGOMANIA**

**Date:** *Tuesday, March 20, 2012*

**Cost:** *\$12.00*

**Departs:** *9:30 a.m.*    **Returns:** *6:45 p.m.*

This Bianco Tour includes round trip transportation, lunch, time to play Electronic Bingo at Breakaway Gaming Centre, and free time at Windsor Raceway (\$5.00 slot play included). This tour will be going to Canada, and all passengers are required to present proof of citizenship with either a passport or enhanced drivers license.

# **HEALTH**

## **SHAPE UP**

Drop in on the fun and fitness at the Center on Monday afternoons at 12:30 p.m. The class fee is only \$1.00 per one-hour session. Transportation is provided by S.M.A.R.T.

## **FREE BLOOD PRESSURE TESTING**

Please stop by for our walk-in blood pressure testing on Monday, January 16th. Stop in any time between 11:00 a.m.—12:30 p.m. This is a *free* service and no appointment is needed.

## **FOOT DOCTOR**

Dr. Raymond Farrar will be at the Center to offer podiatric services on Friday, January 6th from 9:30—11:00 a.m. Please call the office to make an appointment. Most services are covered by Medicare. Transportation is provided by S.M.A.R.T.

## **FITNESS EQUIPMENT**

Stop in any time during regular business hours to use our strength training machines. Our low impact hydraulic exercise equipment is easy to use and senior-friendly. Stay in shape by working out your arms, legs, and core. Please sign in and pay just 50 cents per visit.

# **FOOD, FUN, & GAMES**

## **MONDAY MORNING CARD CLUB**

Card Club is on Monday mornings from 9:00—11:30 a.m. The cost is just \$1.00 and includes coffee and a small table prize. There is no need to register in advance, just stop by whenever you can. Transportation is provided by S.M.A.R.T.

## **SIT 'N KNIT**

This knitting group is targeted toward knitters of *all* skill levels and continues to grow with each passing week. We meet every Monday at 11:00 a.m. to work on personal projects or to create items to be donated to local charities. We are a friendly group and newcomers are welcome! We are always accepting donations of yarn.

## **LINE DANCE**

Boogie down at the Senior Center every Tuesday at 10:00 a.m. Learn and follow along to an assortment of different line dances. The fee is just \$1.00 per one-hour class. Transportation is provided by S.M.A.R.T.

## **RUMMY**

Our Senior Center offers Rummy on Tuesday afternoons at 1:30 p.m. We hope you will drop in and spend a fun afternoon playing this amusing card game. Please arrive at 1:00 p.m. if you are a beginner and need instruction. New players are welcome!

## **FREE Wii BOWLING**

Come join in on the fun of Wii Bowling on Wednesdays at 10:00 a.m. To play this bowling video game, all you have to do is hold the controller and move your arm as though you were actually bowling. It's all the fun of bowling without dealing with heavy balls or silly shoes, and it's *free*! Congratulations to Florence Liuzzo who bowled a perfect game on Wednesday, November 23rd! This is the first time ever anyone has bowled 300 in our Wii League.



## **CARD PARTY**



Every Wednesday alternates between a Pinochle Tournament and a Euchre Tournament. Please join us at 12:30 p.m. at the Senior Center to play. It now costs \$2.00 which includes coffee, tea, and snacks and enters you into the money pool that is split by the winners at the end of the tournament. Check the calendar on the back to see which week is playing Euchre or Pinochle.

### **Card Party Winners:**

**Euchre**— 11/23 Flo Castor, 12/7 Ted Doetsch, 12/21 Ted Doetsch

**Pinochle**— 11/30 Paul Muller, 12/14 Larry Robart

## **STROKE SUPPORT GROUP**

Our Stroke Club meets every Thursday at 12:30 p.m. for food, games, and fellowship. Please call the office if you wish to join the group and to receive the Stroke Club's monthly newsletter. Membership is only \$1.00 each time you come, which includes a snack and activity.

## **DOLLAR DAYS**

Our January trips will take place on Thursday, January 5th and 19th. The bus will take you to Kentucky Fried Chicken (for lunch on your own) followed by shopping time at Dollar Tree in Roseville and also at The Pepperidge Farm Outlet Store on Little Mack. To sign up for one of these trips, please call the office.

## **LUNCH BUNCH**

All are welcome to join us as we dine at a local restaurant. On Thursday, January 12th, lunch will be at Wong's Garden on Harper in St. Clair Shores. You are welcome to meet at the restaurant or take advantage of the round trip transportation from your home provided by S.M.A.R.T. The bus will begin picking up around 10:30 a.m. for lunch at 11:00 a.m. Space is limited, so sign up early.

## **RED HAT "CHILI PEPPERS"**

All current Red Hat "Chili Peppers" and those Eastpointe and Roseville residents who want to join our Red Hat group are welcome to attend the first official meeting of 2012 on Thursday, January 19th at 12:30 p.m. Light refreshments will be served. Please call the office if you plan to attend.

## **TRADER JOE'S**

Join us for a shopping opportunity at Trader Joe's on Thursday, January 26th. Choose the morning run which picks up at 9:30 a.m. or the afternoon run which picks up at 12:30 p.m. To sign up for one of these trips, please call the office. Transportation is provided by S.M.A.R.T.

## **JANUARY MOVIE DAYS**

**Friday, January 6th** — The Help Starring Emma Stone and Viola Davis

**Friday, January 20th** — Mr. Popper's Penguins Starring Jim Carrey and Angela Lansbury  
The cost of Movie Day is \$1.00 and includes snacks and beverages. Showtime is at 1:00 p.m.

## **BREAKFAST CLUB**

This month, the Breakfast Club will be on Friday, January 20th from 9:30–11:00 a.m. The program starts with a continental breakfast including a spread of fruit, cereal, waffles, breakfast sandwiches, pastries, juice, and coffee. Following breakfast will be several rounds of Bingo with prizes. The cost for this event is \$4.00 per person and you must call the office in advance to make your reservation. Transportation will be provided by S.M.A.R.T. Please call to schedule your ride.

## **FANTASTIC FRIDAY**

Please join us for a games day and lunch on Friday, January 27th from 10:00 a.m.—12:30 p.m. We have a variety of board games, dominos, puzzles, and cards from which to choose. Following game play, we will serve pizza, a snack, and pop. The cost is \$4.00 per person. Transportation will be provided by S.M.A.R.T. Please call the office to make your reservation and to schedule your ride if needed.

## **OPEN COMPUTERS**

Our computer lounge has four computers with internet access and a printer available for our seniors to use during regular business hours.

## **ROTATING LIBRARY**

If you're looking for a good book, stop by the Center to check out our selection! Feel free to sit and read awhile or to take one home with you. We also accept used soft-covered books that we make available to our seniors for *free*.

# **NEWS & INFO**

## **SENIOR ADVISORY COMMISSION**

There is no meeting scheduled for January. The next meeting will be on Tuesday, February 7th at 3:00 p.m.

## **INCLEMENT WEATHER INFORMATION**

If the East Detroit Schools are closed due to inclement weather, the Senior Center programs and transportation will be cancelled.

## **SENIOR CENTER VAN SERVICE**

A free transportation service is available for Eastpointe residents who are 60 years of age or older and are not able to drive themselves. We provide rides to medical appointments within a 5-mile radius, to grocery stores, and to some Senior Center activities. Simply call our office to register for this free service and to schedule your rides. For more information and to obtain a registration form, please contact our van dispatcher at (586) 445-5085 Monday through Friday between the hours of 9:00 a.m. and 5:00 p.m.

## **NEWSLETTER HOME DELIVERY**

To receive a copy of the Eastpointe Senior Citizens Newsletter by mail, fill out the form below and mail it with a check or money order payable to: The City of Eastpointe. You will receive 12 issues for \$6.00. Mail this form with your payment to: Eastpointe Senior Center, 16435 Eight Mile Rd., Eastpointe, MI 48021.

### **Eastpointe Senior Center Newsletter Subscription**

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ADDRESS \_\_\_\_\_