



Eastpointe Senior Citizens Activities Newsletter

NOVEMBER 2011

**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.**

RECREATION AUTHORITY PROPOSAL

Since early 2011, officials and staff from the City of Eastpointe and the City of Roseville have been working on a proposal to combine Recreation staffing and resources for both cities under a new organization called a Recreation Authority. Forming a Recreation Authority that will serve the citizens of both Eastpointe and Roseville is a proactive step. Both communities believe in the positive benefits of wholesome, healthy recreation activities and programming for all residents to enjoy. As a resident, you will be asked to consider and vote on the funding of a joint Recreation Authority with the City of Roseville as a ballot proposal on the November 8, 2011 general city election. Please take time to become informed about the Recreation Authority Proposal.

PHONE & MAIL FRAUD SEMINAR

The Attorney General's Senior Brigade will be at the Center on Tuesday, November 22nd at 2:00 p.m. for a 30 minute talk on phone and mail fraud. Topics such as the do not call list, sweepstakes, the common mail scams, the grandparent scam, and phony check schemes will all be covered. There will also be time for questions and answers. Refreshments will be served. Please call the office if you plan to attend. Transportation provided by S.M.A.R.T.

THANK YOU!

Thank you to Ron LaForest, candidate for Eastpointe City Council, and to Diane Nork from Bortz Health Care of Warren for donating door prizes for our Fall Festival and to the Honorable Judge Carl Gerds III for donating door prizes for our Fantastic Friday Halloween Gathering.

HOLIDAY PARTY COMING SOON

Please mark your calendar for our upcoming holiday party on Friday, December 16th. Christmas comes but once a year, so let's get together for some holiday cheer! The ticket price is \$14 per person and includes an afternoon filled with food, fun, music, crafts, presents, and maybe even a surprise visitor.

TRIPS

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

BAVARIAN INN

Date: *Wednesday, November 30, 2011*

Cost: *\$79.00*

Departs: *8:15 a.m.* **Returns:** *6:15 p.m.*

This Bianco Tour includes round trip transportation, a luncheon at the beautiful Bavarian Inn, "A Holiday Tribute to Nat King Cole," and shopping time in downtown Frankenmuth. Take a walk down memory lane with artist Walt Maddox as you relive the thoughts of yester-year in a grand tribute to Nat King Cole. Hear the hits that you remember such as "Ramblin' Rose," "Unforgettable," "Lazy Hazy, Crazy Days of Summer," and many more.

HEALTH

SHAPE UP

Come join 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. The first half hour is spent exercising while remaining seated in a chair. After a short break, the second half hour is spent exercising on your feet. This class is great for maintaining and improving your range of motion as well as giving you a great workout! 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, November 21st. Stop in any time between 11:00 a.m.—12:30 p.m. This is a *free* service and no appointment is needed.

CHAIR YOGA

Instructor Jasmin Cromwell is teaching Chair Yoga classes here at the Center on Thursday mornings from 11:00 a.m. – 12:00 noon. Our next session runs from November 10th—December 15th. The cost for this class is \$30.00 for six weeks. Please sign up before November 10th.

FOOT DOCTOR

Dr. Raymond Farrar will be at the Center to offer podiatric services on Friday, November 4th 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. **Please Note:** There is no Card Club on Monday, November 7th due to election set up.

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! Transportation is provided by S.M.A.R.T.

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. **Please Note:** There is no class on Tuesday, November 8th due to the election.

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!*



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— 9/28 Phil Castor, 10/12 Florence Stratton, 10/26 Florence Liuzzo

Pinochle— 10/5 Dorothy Lloyd, 10/19 Loretta Archer

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

This program consists of being picked up at your home and transported to a local restaurant for lunch and to a store for some bargain shopping. Our November trip will take place on Thursday, November 3rd. We are going to Cracker Barrel (for lunch on your own) followed by shopping at the Old Country Store attached to the restaurant. To sign up for this trip, please call the office.

LUNCH BUNCH

All are welcome to join us as we dine at a local restaurant. On Thursday, November 10th, lunch will be at Salvatore Scallopini at 9 Mile and Gratiot. 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 Red Hat "Chili Peppers" are invited on our Made In Michigan Tour #4 on Thursday, November 17th. The afternoon features lunch on your own at Guernsey Farms Dairy in Northville and time to shop for Fall goodies at a local cider mill. The bus departs at 12:15 p.m. and the cost is just \$2.00 for transportation. Look for your Red Hat Newsletter for details.

TRADER JOE'S

Join us for a shopping opportunity at Trader Joe's on Wednesday, November 16. 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.

NOVEMBER MOVIE DAYS

Friday, November 4th — A Better Life Starring Demian Bichir and Jose Julian

Friday, November 18th — Monte Carlo Starring Selena Gomez and Leighton Meester

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, November 18th 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.

OPEN COMPUTERS

Are you interested in using computers but don't have one? Stop by during regular business hours to use our equipment. Our computer lounge has four computers with internet access and a printer available for our seniors.

ROTATING LIBRARY

Looking for a good book to read? Stop by the Center to check out our selection! We are always accepting used soft-covered books that we make available to our seniors for *free*.

NEWS & INFO

SENIOR ADVISORY COMMISSION

There is no meeting scheduled for November. The next meeting will take place on Tuesday, December 6th at 3:00 p.m.

ClickonAging.com

ClickonAging.com is an interactive website designed for older adults and their caregivers in southeast Michigan. This site is a comprehensive website supported by 12 local organizations with a shared goal to provide unbiased information on, and access to, senior services in southeast Michigan. Find valuable information for seniors, adults with disabilities, and family caregivers including planning and paying for long-term care, help with paying for prescription drugs, alternative housing options, essential legal documents, receiving home delivered meals, caregiver support groups, nursing home care, in-home services, qualifying for Medicaid, and wellness resources. Articles and information on the website are contributed by leading professionals in their field including elder law, finance, senior organizations, senior housing providers, and disease organizations. New feature articles are added regularly to keep consumers up-to-date on new services and resources available in southeast Michigan. Find all of this and more at www.clickonaging.com.

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

NAME _____

ADDRESS _____