

Waterford Board of Education

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3621 PONTIAC LAKE ROAD, WATERFORD 48328

PHONE: 248-682-9450 FAX: 248-738-4710

WWW.WSDMI.ORG/SENIORCENTER

MONDAY-FRIDAY 8:30 A.M.— 4:00 P.M.

Waterford *Senior Center*

ADDRESSING THE NEEDS OF ALL SENIORS
WITHIN THE COMMUNITY

August / September

Let's Celebrate!

SENIOR CITIZEN DAY!

**karaoke,
Games,
Prizes!**

**Wednesday, August 21
1:00 pm–3:00 pm**

**FREE CAKE &
ICE CREAM SUNDAE
BAR!**

Sponsored by:

**Brenda Carter for State Representative
and**

Johnathon Wertheimer for Waterford Clerk



**Walk and Roll
for Meals on Wheels**

Saturday, September 28

Registration– 8:30 am-10:00 am

WALK AND ROLL

10:00 am-11:00 am

**Award Ceremony &
Celebration Lunch– 11:30 am**

**Free T-shirt with registration!
Fun raffles and tons of prizes!
Face painting & photo booth!**

**Registration
\$25.00**



**Kids with registered
adults are free!**

**Senior Expo
Friday, October 11
9:00 am –1:00 pm**

Membership

Enjoy the benefits of membership at the Waterford Senior Center!

Benefits of membership include:

- * Bi-monthly newsletter
- * Discounts on selected events and travel
- * Show your support for the Center

Beginning in January 2025 there will be exciting changes happening with your Waterford Senior Center! This will affect the way we have been doing our annual memberships, so to finish out 2024, we are introducing a discounted half year membership. By becoming a new member or by renewing your membership this will ensure that you continue to receive our newsletters in your home thru February 2025. As exciting changes are happening, you will be “in the know”!

If you are a current Life Member, or have a 5 or 10 year membership you will continue to receive your newsletters without interruption.

**If you have any questions,
please feel free to reach out to your Senior Center staff!**

DISCOUNTED **HOUSEHOLD** MEMBERSHIP* \$12.00

*Household Membership - One fee per household address

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Please return this portion with your check to:



Waterford Senior Center, 3621 Pontiac Lake Rd., Waterford, MI 48328
Please Circle (one): **NEW** **RENEWAL**

Name(s) _____ / _____

Address _____

Email _____

Phone _____ Birthdate(s) _____ / _____

Emergency Contact Name _____ Phone _____

Message from Erin

Waterford Seniors-So Happy Together!

Did you know that we have 1,323 members on our membership list?! Many of these members are in our building volunteering and are also involved in weekly activities. Some of our seniors are homebound and enjoy reading this newsletter and receiving home delivered meals. We have members who come in only for special programs like; our Senior Health Expo, Medicare Assistance or AARP Tax Program. Of course the special holiday events are always popular along with the Flea Market and Bake Sale each summer plus the big Craft Show each fall. We have the only Flight Simulation experience in our area and we have a Woodshop that hosts woodcarving classes too! Our Gift Shop is a popular stop for shoppers who want that special handmade item for a unique gift. The quilters meet twice a week and the Comfort Makers have donated over 400 blankets, baby hats and lap robes so far this year to hospitals and shut-ins. We are home base to the Waterford Garden Club and the Taking Pounds off Sensibly group as well. The Waterford Jammers meet each Thursday and welcome all who want to play an instrument, sing or just enjoy the music. Of course the Bistro is full at lunch time with overflow seating in the hallway for the most popular meals. Where else can seniors gather for a tasty, nutritious meal for a \$3.00 donation? Our Lunch and Learn speakers provide interesting topics that help us with information to promote healthy aging. We have an active computer club and Seniors and You video group that work with Media Network of Waterford WTV10. Did you know that the Alzheimer's Association holds support groups here twice each month? The Encore program is a social model adult day care that operates 5 days a week providing respite care allowing seniors to live in their home setting with family. Of course our WSC is booming with activities such as cards, bunco, Wii bowling group, art, craft and painting classes. We have book club, exercise, yoga, meditation and two different Tai Chi classes. Our Waterford Senior Center is a TREASURE in our community!

You may wonder why we are transitioning these wonderful programs to Waterford Township and why the Waterford School District is stepping back. It really is simple, the mission of the Waterford School District is "To offer academic and extracurricular opportunities for all students." Our Waterford Senior Center Mission is, "To be the focal point for services, programs and activities associated with Healthy Aging." Our WSC programs are vitally important and will enhance the Lifelong Recreation mission offered through our township. As we blend these programs together we will be stronger advocates for healthy aging in our community. We are working through a lot of details for current membership benefits and costs. We will honor our 5, 10 and life memberships and will offer a discounted \$12.00 membership for renewals and new members while we wait to clarify details for a future combined membership. We appreciate 50+ years of operating under the umbrella of the Waterford School District and are grateful that we will be housed here at Leggett until a future Community Center is established. We don't have a clear path for the future but I am confident that joining with the Waterford Township Parks & Recreation Department will strengthen our mission of programs for healthy aging. We will be Better Together and as the old Lovin' Spoonful song lyric said we will be "so happy together!" See you all at the Senior Citizen Day Social on August 21!

Erin Asdell

Waterford Senior Center Coordinator

Stay Connected

We are here for you!

Senior center staff is here and available to answer your phone calls. Please do not hesitate to call us if you have questions, concerns or are in need of services or resources.

248-682-9450

Check out our Website

www.wsdmi.org/seniorcenter

You can find current online resources such as newsletters, menus and special events.

This is also an excellent place to find the most up to date announcements for the senior center.

Blackboard Connect

If you would like updates and information sent directly to your email or phone about happenings going on at the senior center, please call the office to sign up for Blackboard Connect! For email updates please email – **champn01@wsdmi.org** with your email address.

Meet And Greet

Join us for an informal “Meet and Greet” where you can meet with staff and other senior center members. You will have the opportunity to tour the center, check out some of our classes or activities and ask questions. Refreshments will be served.

Friday, August 23

Friday, October 25

1:00 pm

Coffee With Carter

Meet State Representative of the 53rd House District, Brenda Carter. Stop by the Senior Center Bistro for conversations and coffee with your State Representative.

Monday, August 12

Monday, September 16

12:00 Noon – 1:00 pm

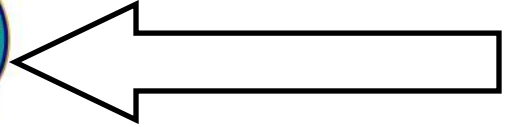
Follow us on Facebook



Look for **Waterford Senior Center**. We post photos, activities and WSC news. We also do Facebook live activities so check back often!



Look for this profile picture!



What's New For Waterford's Seniors? Media Network of Waterford Presents: “Hello Waterford”

Watch on:

Waterford Comcast TV 10
or ATT U-verse Channel 99.

Watch at

www.medianetworkofwaterford.org
Or visit the website and watch “On Demand”.



GET INVOLVED!

Senior Center Advisory Board

The Advisory Board is a group of Senior Center volunteers and supporters who are dedicated to assisting in the future direction of the center. The group's input and ideas are valued by staff when considering changes, additions or deletions of programs that are offered at the center. The Advisory Board works alongside staff to support programs and services and also assist with fund raising efforts.

All senior center members are welcome and encouraged to participate!

Wednesday, September 11

11:00 am

Special Interest

Feeling overwhelmed?

We are here for you!



WATERFORD COMMUNITY COALITION

A Waterford Community Coalition (WCC) staff will work in partnership with the Waterford Senior Center to help to identify specific need(s). The knowledgeable staff will then link you to the appropriate resources that our community has to offer. It is our goal that you will remain thriving within the community.

Examples of resources but not limited to

- housing resources
- food
- employment
- education (birth-adult)
- filling out forms
- physical/mental health

FREE!!
Resource
counseling

Confidential

**We believe
in YOU**

Schedule
an appointment

Email - Resource@ccwaterford.org

or

Call/text - (947) 229-7140

CONTACT WCC



www.ccwaterford.org



info@ccwaterford.org



Waterford Community Coalition



Federal, State, and/or County funding has been provided through the Oakland Community Health Network Office of Substance Use Disorders to support the project costs.

Special Interest



WOTA 248 887-4979



Hours: 6 am—9 pm
Monday—Friday: 6 am—9 pm
Saturdays: 8:00 am—4:00 pm
Cost is \$2.00 per stop.



WOTA's service area covers over 500 square miles.



WOTA can take you anywhere in our service area for any reason. Employment, doctor's appointments, grocery shopping, or visiting friends, we can do it!



Riding WOTA is easy! Register today online or by mail. Schedule your ride —please call at least 48 hours before

“New to Medicare” by appointment only. Turning 65 or retiring and need to add Medicare benefits? In Person or Zoom appointments are available.

2024 Medicare Open Enrollment

October 15 - December 7

Mary Hyde, MMAP Certified Counselor will have **free, in-person appointments** at the Waterford Senior Center on the following dates:

Friday, October 18, 25

Friday, November 1, 8, 15, 22

Friday, December 6

No walk-in appointments available.

You may begin making appointments on September 1.

Please call Mary Hyde at 248-845-8522

NOTE:

If you need assistance with Medicaid Please call Michigan Medicare/Medicaid Assistance Program (MMAP)

Michigan Secretary of State Mobile Office

The Secretary of State Mobile Office will be visiting the **Waterford Senior Center** to provide complete Secretary of State transactions for seniors.

Date: Monday, September 23

Time: 10:00 am - 3:00 pm

Location: 3621 Pontiac Lake Road

Book a visit to complete your transactions:

- **First-time Michigan ID**
- **Renew driver's license or ID**
- **Transfer title**
- **Apply for or renew a disability placard**

For more information or to schedule your visit during this Mobile Office event, contact the Senior Center @ 248-682-9450

Feeling Overwhelmed?

We are Here for You!

Free Resource Counseling!

The Waterford Community Coalition staff will work alongside you to help identify specific needs. Our knowledgeable staff will then link you to the appropriate resources that our community has to offer.

Schedule an appointment— 947-229-7140

Email— Resource@ccwaterford.org

Free Notary Service

The Waterford Senior Center is now offering a **FREE** notary service. Chris Shoemaker, one of our wonderful front office volunteers will be available every Thursday from 8:30 am until 2:00 pm by appointment only.

Call the main office to schedule your appointment. 248-682-9450

Used Glasses & Hearing Aids

The Lions Club is collecting used eyeglasses and hearing aids. You can drop them off at the Waterford Senior Center. These items are used for low-income people who cannot afford to get eyeglasses or hearing aids.

Special Interest

Hearing Screenings

Free Hearing Screenings Are Available!
Oakland Audiology will provide screenings.
by appointment only:

Tuesday, August 27
Tuesday, September 24
10:00 am - 12:00 pm



You must call to make an appointment.

Equipment Loan Closet

Waterford Recreation Center
5640 Williams Lake Road

Do you need temporary use of a wheelchair, walker, cane or crutches? The loan closet will allow you to use the items for up to three months. There is a suggested donation of \$10.00 for each item borrowed.

Call Waterford Parks and Recreation for more information. 248-674-4881.

Free Legal Help for Seniors

Counsel and Advocacy Law Line
888-783-8190

Call and leave a message with your name, phone number, and the legal issue you need help with.

Type of Legal Aid Provided:

Family matters

Housing matters

Income matters

Consumer matters

Miscellaneous matters, including:

Wills, Durable Powers of Attorney- Health,
Durable Powers of Attorney- Finance,
Expungements, Driver's License Restoration.

*Please note: Lakeshore Legal Aid is **unable** to help with criminal law or traffic-related issues.*



Taking Off Pounds Sensibly

TOPS Club Inc. is a nonprofit weight-loss support organization. Members discuss nutrition, portion control, meal planning, exercise, and more at meetings. Consistent group support, health education, and recognition are all key components to successful weight management.

Tuesdays

9:15 am – Weigh in

10:00 am – Meeting

\$49 annual membership, \$5 local monthly dues, \$1 weekly room fee

In need of food assistance?

The Commodity Supplemental Food Program (CSFP) is available to low-income seniors who reside in Oakland County.

Oakland Livingston Human Services Agency (OLHSA) will be hosting the CSFP Senior Food Box. You must show your ID to prove you are 60 or older.

Call Olivia Barrera at 248-860-3152 for more information or to sign up.

Food Assistance Programs

Open Door Outreach Center

Open Tuesday through Friday

10:00 am - 4:00 pm

7170 Cooley Lake Road

Waterford, MI 48327

248-360-2930

Call for an appointment.

Focus Hope recipients are eligible to receive a box of food once a month. There is a certification process that requires a person to be at least 60 and meet specific financial requirements. For more information or to sign up for Focus Hope, call 248-309-3658, Option #5

Oakland Hope

Open Monday through Saturday

11:00 am – 7:00 pm

20 E. Walton Blvd.

Pontiac, MI 48340

248-309-3658 , Option #2

Special Interest

Senior Center Gift Shop

Stop in and check out our collection of gifts and more!

Local honey, hand made baby items, jewelry, floral and home décor, kitchen items and much more.

Monday-Friday

9:30 am - 3:00 pm

One-of-a-kind gifts!

Support local crafters!

A percentage of all sales support your Waterford Senior Center!

We also have a huge selection of greeting cards for all occasions.

Used Book and Puzzle Sale

4 Paperbacks for \$1.00

2 Hardcover for \$1.00

Puzzles \$0.50 each

White Elephant Sale

Monday, September 9 – Friday, September 13

9:30 am-3:00 pm

(Sale ends at noon on Friday)



Shop this special sale
hosted by the Gift Shop!
Fun and unique items
at bargain prices!

Limited Time Only!

While they last!

Handmade model ships in a variety of sizes from the private collection of Charlie Hall.

Mr. Hall has hand created the works of art for over six decades, and each personalized boat comes with the date made and detailed description.

Visit the Senior Center Gift Shop and make your purchase before they are gone.

Waterford Senior Center



FREE ADMISSION

PUBLIC WELCOME

MULTIPLE VENDORS

LUNCH AND SNACKS AVAILABLE

EXCLUSIVE GIFT SHOP SPECIALS

Saturday, October 19

9:00-3:00



**3621 Pontiac Lake Road
248-682-9450**



Attention Crafters

Our Gift Shop is looking for additional consignees who offer some new and unusual items. If you are a member of the Waterford Senior Center, and feel you might be interested in becoming a consignee, please talk with us.

Stop into the Gift Shop on any Monday, Tuesday, or Wednesday between 9:30 am – 3:00 pm. Please show us a sample of your craft and let us explain the consignee program to you. We hope to see you soon!

Special Interest

2024

**33rd Annual
Walk & Roll
for Meals on Wheels**



Waterford Senior Center
3621 Pontiac Lake Road
Waterford, MI 48328

Kids With
Registered
Adults Are
Free!

\$25.00 SATURDAY
September 28, 2024
REGISTRATION - 8:30 AM
WALK AND ROLL- 10:00 AM
CELEBRATION LUNCH-11:30 AM

The Day Includes:
Free T-Shirt with Registration!
Great Prizes!
Snacks & Lunch!
Photo Booth!
Kid's Zone with Bounce House,
Games, and Face Painting!
FUN!

All proceeds go to help
fund Waterford's Meals
on Wheels program.

We deliver more than
1,500 meals per week
to homebound seniors!

**\$21.00 helps us feed
a senior for a week!**

Help us....Help them!

Join us for the fun 3-mile *Walk & Roll* that
begins and ends at the senior center.
Participants can walk, run, roller-skate,
push a stroller, rollerblade, or bicycle!

Rain or Shine! 

Want to keep up to date on Walk and Roll happenings?
Follow us on Facebook :
Walk and Roll for Meals on Wheels

Need more information, or have questions?
Call us at 248-682-9450

Nutrition



Can you Benefit from Meals-on-Wheels ?

⇒ **What are Meals-on-Wheels?**

The Meals-on-Wheels program provides a tasty, hot, nutritious noon-time meal to Waterford's homebound seniors. The program is based on individual nutritional needs not income. The hot noon meal provides one third (1/3rd) of average daily nutritional requirements. Optional cold evening meals and frozen weekend meals are also available. Another benefit is a daily reassurance visit from our dedicated volunteer drivers.

The Meals-on-Wheels program is administered by the Waterford Senior Center.

⇒ **How does it work?**

You may order meals to be delivered Monday through Friday between 10:30 a.m. and 12:00 p.m. A volunteer driver will deliver the meal right to your door!

⇒ **Who is eligible for the meals?**

- ♦ A person must be 60 years or older.
- ♦ Must be homebound; does not leave the home under normal circumstances.
- ♦ Must live in Waterford.
- ♦ A person must be unable to obtain food or prepare complete meals.
- ♦ The persons dietary needs must be appropriately met by the program.
- ♦ The person must be able to feed themselves, or have a caregiver that can assist.
- ♦ A person must agree to be home when meals are delivered, or contact the program when absence is unavoidable.

⇒ **But what about the cost?**

The meals are provided to you on a “donation only” basis. This means that it is your decision as to whether you are able to pay for the meals or not. The amount of \$3.00 per meal is suggested.

⇒ **Great! How do I get started?**

Call the Waterford Senior Center at (248) 682-9450.

Before you know it you'll have a meal at your door!

Waterford Senior Center - 3621 Pontiac Lake Road – Waterford - MI - 48328 - 248-682-9450

Area Agency on Aging 1-B



The Senior Nutrition Program of AgeWays Nonprofit Senior Services is funded in part by the Federal Older Americans Act, the Michigan Department of Health & Human Services (MDHHS) and the Bureau of Aging, Community Living, and Supports (ACLS Bureau) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: www.aaa1b.org • 1.800.852.7795

Nutrition

Congregate Dining in the Bistro

“Lunch is Better When We Dine Together”

Lunch will be served daily Monday- Friday at 12:00 noon.

Requested: \$3.00 for persons 60 and over / \$5.00 for persons under 60

August Menu

1 Thursday	Beef Nacho
2 Friday	Cheese Ravioli
5 Monday	Chicken Alfredo
6 Tuesday	Lasagna w/ Meat Sauce
7 Wednesday	Chicken Sandwich
8 Thursday	BBQ Pulled Pork
9 Friday	Macaroni & Cheese
12 Monday	Stuffed Cabbage
13 Tuesday	Turkey & Gravy
14 Wednesday	Cheeseburger
15 Thursday	Meatballs w/ Gravy
16 Friday	Breakfast Sandwich
19 Monday	Mostaccioli
20 Tuesday	Crispy Chicken Leg
21 Wednesday	Sloppy Joe
22 Thursday	Pork Fritter
23 Friday	Lasagna Roll
26 Monday	Polish Sausage
27 Tuesday	Sweet & Sour Chicken
28 Wednesday	All Beef Hot Dog
29 Thursday	Chicken Tenders
30 Friday	Fish Sticks

September Menu

2 Monday	Closed– Labor day
3 Tuesday	Turkey Tetrazzini
4 Wednesday	Beef Nacho
5 Thursday	Ham
6 Friday	Pizza
9 Monday	Chicken Sandwich
10 Tuesday	Stuffed Pepper
11 Wednesday	Turkey & Gravy
12 Thursday	Cheeseburger
13 Friday	Macaroni & Cheese
16 Monday	Meatballs w/ Marinara
17 Tuesday	Chicken Alfredo
18 Wednesday	Beef Dippers
19 Thursday	Polish Sausage
20 Friday	Breakfast Sandwich
23 Monday	Chicken Leg
24 Tuesday	Mostaccioli
25 Wednesday	Mini Corn Dogs
26 Thursday	Sloppy Joe
27 Friday	Vegetarian Lasagna
30 Monday	Chicken Breast w/ Gravy

***Menu is subject to change.**

Monthly Birthday Celebration-

Cake and ice cream will be served with lunch to celebrate our monthly birthdays. You are invited to join the celebration, regardless of your birth date. Members will receive a FREE lunch on their actual Birthday! **Thursday, August 29 and Thursday, September 26**

What are the benefits of dining with others?

According to a recent study from Oxford University, eating with people often **makes us feel happier and more satisfied with our lives**. It fights disorders such as anxiety and depression and helps to make relationships with others stronger.

Encore Adult Day Services

Encore/Affordable Adult Day Services

Who are adult day services designed for?

- Older adults with memory impairments and/or physical disabilities who are unable to initiate their own activities
- People with Alzheimer's, Parkinson's disease, dementia patients or stroke victims
- Families and caregivers

Benefits of adult day care:

- Reduces social isolation
- Restores and maintains highest level of individual function
- Enriches quality of life
- Helps prevent nursing home placements
- Gives family and caregiver peace of mind

Services & Activities:

- Professional care and supervision
- Comfortable and safe environment
- Nutritious meals and snacks
- Structured recreational activities
- Transportation available through WOTA
- Support Groups

About the Program

We provide a warm, caring environment for seniors who need supervision during the day. We welcome adults who have cognitive problems common to types of dementia such as Alzheimer's Disease or who have medical conditions that make it unsafe to be home alone. Caregivers enjoy the scheduled respite and are able to catch up with other responsibilities. Participants enjoy a rich variety of activities and sense of belonging.

About our Staff

Our Encore staff are trained to guide participants through daily routines, assisting with daily activities, treating them with respect, and protecting their dignity. Medication reminders and personal care are provided in a professional manner that supports self-care.

In Encore we honor the individual and provide an opportunity to remember, sing, laugh, stay physically active and have fun! Laughter, music and conversation really are the best medicine!

Encore Activities

August

National Smile Week

We Love Laughing with Lucy

Dream Cruising

Senior Citizens Celebration

County & State Fair Memories

September

Labor Day

Back to School Days

Bless the USA

Tiger Pep Rally

Welcome Autumn

**Encore Adult Day Services
will be closed:
Labor Day
Monday, September 2**

**Save the date!
The Walk to End Alzheimer's will
be held on November 2 at the
Detroit Zoo. You can go to
alz.org/walk and look for 'Erin
Asdell Encore Adult Day Care' or
just check in with Erin to see
how you can participate.**

Support

Caregiver Support

Our Caregiver Groups are sponsored by the Alzheimer's Association and designed to provide emotional, educational and social support for caregivers. They help participants develop methods and skills to solve problems and deal with the stress of caregiving. The group provides information and resources, as well as, a safe place to speak freely with others who understand their situation. Members are encouraged to maintain their own personal, physical and emotional health, as well as, optimally care for the person with dementia.

You can reach the Alzheimer's 24/7 helpline at **800-272-3900** for assistance, tips and support. They are here for you! Their website is easily accessed for information at alz.org/gmc.

We meet on the second Tuesday of each month at noon and on the third Monday each month at 7:00 pm. We have two days and times to choose from! Join us on August 13 and September 10 at noon and August 19 and September 16 at 7:00 pm. No registration necessary, walk-ins are welcome! Meal will be provided.



A new, online educational platform offered by AgeWays Nonprofit Senior Services (formerly called the Area Agency on Aging 1-B) offers caregivers an easy way to get information and advice online. It's also free!

Trualta's learning modules, on subjects ranging from handling a loved one's resistance to taking medications to managing pressure wounds can be read, listened to or watched. There are resources, articles, checklists, videos, quizzes, and webinars to choose from. There is a chat function so caregivers can learn from each other and support groups. Trualta has recruited experts for the platform. For example, Teepa Snow, a renowned expert on dementia caregiving, offers her tips for a positive approach to caregiving. Trualta keeps content up to date and adds new learning opportunities (in Spanish, too!) each month.

To use Trualta, the family caregiver and/or the older adult (60 and older) must live in one of the six counties served by AgeWays (Livingston, Macomb, Monroe, Oakland, St. Clair, and Washtenaw).

To sign up, visit ageways.trualta.com. You'll be asked to answer a few eligibility questions and to create a login to enter the platform.

For additional information or questions, call 833-262-2200 or email trualta@ageways.org.

Grief Support

The goal of a grief support group is to provide a safe and supportive environment for participants to express their feelings and better understand their grief experience. Many people find relief in talking with others who have also experienced the death of someone close to them.

**We will meet every week for 10 weeks.
3:00 pm – 4:30 pm.**

**Next session:
August 6 - October 8**

**Facilitated by:
Mary Hyde, LMSW
Registration is required
248-845-8522**

Activities

Flight Simulator Flight SIMS For Seniors Mind and Body in Action

Experience the joy of learning to fly a “simulated 172 Cessna” from our local “simulated Pontiac Airport”, all while sitting in the comfort and safety of the Waterford Senior Center. Our **SIMS for SENIORS** computerized flight simulator is built with our seniors’ needs in mind and is also wheelchair accessible. It provides a great activity for former pilots or just “pilot wannabes”. Neurological studies indicate that doing something different and in a new way has positive benefits for the senior brain.

One hour sessions are available.

Tuesday & Thursday

9:00 am - 2:00 pm

***Try your first session for FREE!**

Purchase a punch card for \$25 (good for 5 sessions) in the front office, then schedule your simulator sessions.

**Virtual Flight Instructors–
Darryl Smith, Susin Siporin**

Reminiscing Club

Enjoy an afternoon of conversation between friends, and take a walk down memory lane, recalling life’s special moments and silly adventures. When sharing stories in a group setting, you often realize that people have more in common than you could ever imagine! All are invited and welcome to participate in this good time!

Wednesday, August 28

Wednesday, September 25

1:00 pm

\$1 Drop-in Fee

Waterford Garden Club

Attention all Green Thumbs!

Join us for informative workshops and fun workdays.



Workdays: Every Thursday

9:00 am-12:00 pm

For more information and locations visit:

Waterfordgardenclub.org

Facebook.com/waterfordgardenclub

Jam Sessions

The Senior Jam Session is for all seniors who play an instrument or sing (even if you are a bit rusty). The group has a range from beginning levels to advanced players. Everyone has one purpose and that is to have fun making music together. The JAM is open to all instruments and to all types of players. So look around in the attic, under the bed, or in the basement for that old instrument that you would like to bring back to life and join us!

Thursdays at 1:00 pm

Meet in the Bistro

\$1 Drop-in Fee

Computer Club

Our mission is to meet monthly to provide a friendly environment where members can improve their computer skills and assist each other with digital challenges. We welcome visitors and new members fostering a supportive community dedicated to lifelong learning and camaraderie.

Facilitator-Ron Estrada

Come and see!

Tuesday, August 13

Tuesday, September 10

10:00 am - Noon

\$1.00 Drop-in Fee

Book Club and Chat

The Book Club meets once each month.

Books are available in the main office, or you can call 248-682-9450 to find out what the current book being read is.

At the meeting you will be able to pick up the next book.

Monday, August 5

Monday, September 9

10:30 am - 12:00 pm

Facilitator– Donna Koan

\$1.00 Drop-in Fee

Activities

Yoga

This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Every Wednesday

1:00 pm - 2:00 pm

No Class August 21

FREE

Sponsored by:

The Alliance of Coalitions for Healthy Communities



Facilitator-Instructor Paul Barr has been a Certified Yoga Teacher through Yoga Alliance and Reiki Master for over 9 years. Paul is also a Certified Personal Trainer through the National Personal Training Institute (NPTI) and a Certified Nutritionist through Precision Nutrition.

Body Management Exercise

AKA Moan-n-Groan Body Management

Join in on the fun while stretching, toning, moaning and groaning. It is a great class to get more limber and fit while exercising with new friends. Wear comfortable shoes and clothing... and a big smile.

Monday & Friday

9:10 am - 10:10 am

\$4.00 per class

Facilitator- Ann Swanson

Mindfulness Meditation

Meditation is an age-old practice of intentionally focusing the mind. This highly researched method of quieting conditioned and habitual patterns of thought leads to awareness and reduction of stress. The quieting of the body and mind has been shown to boost the immune system and reduce cardiovascular risk. It is useful for managing high blood pressure, sleep disorders, lifestyle changes and pain. The enhanced awareness that comes with meditation practice supports a shift from habitual reactivity to more conscious choice.

Thursdays 9:00 am - 10:00 am

\$1 Drop in Fee

Facilitator- Jerry Cleland

Tai Chi

Do you want to improve your movement and balance? Do you want to do something healthy for your body and mind? Try our Tai Chi class. Wear comfortable clothes, and meet us in the gym.

Drop In Tai Chi -

For Health, Arthritis, and Fall Prevention

Informal meet up to practice your Tai Chi moves. This is an instructor led class, with facilitators on hand to answer questions and assist.

Fridays 10:30 am

7 Week Instructor Led Class

September 6 - October 25

(No class on 10/11)

Members \$21 / Non-members \$26

Or \$5 Drop-in Fee Per Day

Facilitator- Carrie Sue Cempura

Tuesdays 1:30 pm - 2:30 pm

\$1.00 Drop-in fee

Daily activity calendars and large print lunch menus will be available in the main office. Stop by today!

Activities

Cards

Poker - Tuesdays & Thursdays at 9:00 am
Euchre - Wednesdays & Fridays at 9:00 am
Euchre - Mondays at 1:00 pm
\$1.00 Drop-in Fee

Mexican Train

Thursday, August 15
Thursday, September 19
1:00 pm - 3:00 pm
\$1.00 Drop-in Fee

Facilitator – Laurie Nickson

Join us to play the domino game Mexican Train. No previous experience required and rules will be explained. Bring your own drinks and/or snacks. There will be token prizes!

Chicken Foot

Thursday, August 1
Thursday, September 5
Thursday, October 3
1:00 pm – 3:00 pm
\$1.00 Drop-in Fee

Facilitator Laurie Nickson

Chicken foot (also known as Chickie Dominoes) is a fun and easy to learn domino game. No previous experience required and rules will be explained. Bring your own drinks and/or snacks.

Good Old Fashioned Game Time

Enjoy an afternoon of fun and games with your Senior Center staff. Enjoy friendly competition with a chance to win bragging rights. Token prizes for the winners!
Wednesday August 7
Wednesday, September 4
1:00 pm
\$1.00 Drop In Fee

Wii Bowling

Join our Wii Bowling Party!

Wii is an interactive game that with the help of our projector and large screen, will make you feel like you are in a real bowling alley! Join our fun group for some friendly competition.
Fridays 1:00 pm
\$1 Drop-in Fee

Hot Summer Nights Bunco

Wednesday, August 28
Wednesday, September 18
4:00 pm – 7:00 pm
\$10.00 per person at the door

Enjoy dinner and a fun night out with friends! Bunco is a fun social dice game involving mostly luck and little skill! It's easy to learn and play!
Pizza, salad, dessert and cash prizes!
*Bring a "dollar store" type gift for a fun gift exchange game! *Please sign up one week prior to reserve your spot!

Sponsored by Richard Frost

Blue Horizon Life & Health Advisors LLC
313-788-1204
Richard.Frost@bluehorizonlha.com

The Waterford Senior Center in partnership with the Alliance of Coalitions for Healthy Communities and the Waterford Community Coalition invites you to join us at the Senior Center for the following **FREE** programs and activities that will help older adults build and maintain social connections, as well as improve emotional and physical health.

Mah Jong

Participants will play a game alongside peers, getting a mental workout to help keep their brains in peak condition. Mahjong is a Chinese game played with tiles.

Friday, August 2 / Friday, August 16
Friday, September 6 / Friday, September 20
Friday, October 6 / Friday October 18
1:00 pm – 3:00 pm



BINGO

Join us for a fun game of BINGO!
Friends, Fun, Prizes!
Fresh popped popcorn & beverages included.
Monday, September 30
1:00 pm – 2:30 pm
RSVP by 9/15



Activities

Anyone Can Paint

If you have ever considered painting, we have the class for you! Mr. Steve Wood's unique ability to blend humor and encouragement results in a very enjoyable and relaxing experience! At the end of each two-hour session you will have a complete painting! Please sign up one week prior to class.

Friday, August 23

Friday, September 27

1:00 pm – 3:00 pm

Members \$25 / Non-Members \$30

Facilitator – Steve Wood

Sign up in the main office to reserve your spot at least one week prior.

Space is limited.

Acrylic Painting

Mary Catherine is an artist and certified painting instructor who uses acrylic paint on canvas to create beautiful works of art. Try this new class where you can have fun learning to paint.

All supplies are included.

1:00 pm – 3:00 pm

Monday, September 9

Monday, October 7

Monday, November 4

Monday December 2

Members \$32 / Non-Members \$35

Facilitator – Mary Catherine Heaton

Sign up in the main office to reserve your spot at least one week prior.

Space is limited.

Join Us for a Party!

Halloween ~ Thursday, Oct. 31

Veteran's Day ~ Monday, Nov. 11

Holiday ~ Thursday, Dec. 12

**Come celebrate the holiday's with
your friends at the
Waterford Senior Center!**



**Thank you to My New Favorite Thing for
bringing their wonderful classes and artists
to our senior center!**

**Registration is done through
Waterford Senior Center.**

**The location for these workshops will be at
Waterford Senior Center.**

Summer Door Hanger Workshop

Join us in making a one-of-a-kind summer door hanger. Choose one of **four** different themes, including Hello Summer with Watermelon, Lemonade Stand, Aloha Summer with Pineapple, or a Ladybug Welcome sign. All materials will be provided. Example photos will be displayed in the main office.

Thursday, August 8

1:00 pm - 3:00 pm

\$35 Members / \$37 Non-Members

RSVP with payment to the main office by 8/1.

Hanging Storage Rack

Come Foil with us! This cute owl themed wall-hanging storage rack with hooks perfect for keys or leashes for your favorite pet's !!

Other foil projects available upon request

Monday, September 16

1:00 pm—3:00 pm

\$17.00 Members / \$19.00 Non-Members

RSVP with payment to the main office by 9/9

**Space is limited for each of these classes,
so don't wait to sign up.**



Activities

Wood Shop

Are you an experienced wood crafter looking for a great place to work on your projects? Have you never worked in wood crafting but are interested in learning the skill of how to make your own wood crafts? ***You need to check out the Senior Center Wood Shop!***

Wood shop fees: You must be a member of the senior center. There is a \$20 bi-annual shop fee.

\$1.00 Drop-in Fee

Wood Carving

Join our Wood Carvers on Wednesday mornings at 9:00 am in activity room #2. If you are interested in learning something new or are a carver already, come in and join the group!

Wednesdays

9:00 am - Noon

\$1.00 Drop-in Fee

Eagle Head Cane Top

Tuesday's July 9-September 10

1:00 pm-3:00 pm

Cost \$165 for the 15 week class, plus \$5 for the blank

(The blank will be free if the carving will be donated to the "Lean on Me" Veteran Program.)

S.A.Y. Seniors And You!

Video Group

We are looking for those interested in learning how to:

Host a Show | Produce a Program

Learning to Direct | Running Cameras and

Lights | Learning Graphics | Audio Board

Sign up by calling Denise at 248-682-0401

If you are interested in joining our video group, call 248-682-0401.



Quilting Bee

Join our Quilting Bee. We work together to hand stitch quilts and will turn unfinished tops into quilts. Beginners to skilled quilters are welcome to join us.

Mondays Noon - 3:00 pm

Fridays 9:00 am - Noon

\$1 Drop-in Fee

WSC Comfort Makers

Join us as we learn to make fleece blankets that we will be donating to local charities. Anyone and everyone is invited to get involved. Making fleece blankets is simple to learn and Janie McGee, the class facilitator will be on hand to give instruction and answer questions.

Fridays 9:00 am

***Donations of fleece are now being accepted at the center.**

Sound Therapy for Seniors

Join us for a FREE sound healing session designed specifically for seniors to promote relaxation, reduce stress, and enhance overall well-being.

What to expect: Gentle sound therapy using singing bowls, chimes, and other instruments. Guided relaxation techniques and a tranquil, supportive environment.

You can sit in a chair at a table or you may choose to bring a soft blanket/pillow/mat to lay on the floor.

Friday, September 20

1:00 pm-2:00 pm

FREE

RSVP to the main office by 9/13

To hear a sample of a sound therapy session, go to YouTube and type in:

Nature center and sound healing part 2

Or visit the link below:

https://youtu.be/SodvhG_1Ymfeature=shared



August and September Birthdays

August

- 1- Bonny Allen
Judith Campbell
Phyllis Carrigan
Charles George
Ronald Hinman
Charmaine Morden
David Raup
Marilyn Thompson
- 2- Melvin Barrow
John Clements
Sharon Duff
Nadra Queen
Janice Shedlowsky
Martha Toledo
- 3- Mike Easton
- 4- Sue Biggerstaff
Dorothy Clayton
Loretta Hamilton
William Jenkinson
Hazel Lewis
Sydney Owen
Connie Turner
Kim Young
- 5- Lola Koch
Virginia McGrath
Karen Styles
William Youngquist
- 6- Janice Allen
Betty Civitello
Maryann Pearson
Walter Stasinski
- 7- Karen Cusumano
Judith Frisch
Carol Gesaman
Martha Harmon
Sharon Mccoy
Karen McDermott
Mary McGlashen
- 8- Lilliam Condron
Kathy Dixson
Grace Trapp
- 9- Diana Hardenburgh
- 10- Ann Herr
Pamela LaFrinere
Linda Prevo
Larry Sluiter
Wayne VanFossan
- 11- Mary Jo Ahern
Donna Bigelow
Sharon Fiori
Marilyn Weber
- 12- Marjorie Kuechle
- 13- Sheila Cushing
Janet Davies
Phil Gaultney
Robert Irwin
Richard Krueger
Kathy Pfeiffer
Leonard Purple
Kathleen Vigne
- 14- Brenda Boston
Margaret Gebrowsky
Suzanne Rice
Jan Riley
Janice Roth
Helen Saunders
Mary Jane Sebesta
Wesley Wilson
- 15- Sue Harrington
Nita Larpeur
Kenneth Malley
Anna Patterson
Mary Seeterlin
- 16- Wilma Dortch
Sandra Kapla
Linda Pietrzak
Linda Tatu
Shannon Williams
- 17- Daryl Marks
Tony Schulte
- 18- Kathi McNally
- 19- Darlene Root
Asher Todorovsky
- 20- Linda Cooper
Barbara Plants
Barbara Ragatz
Lee Sullivan
- 21- Tony Cornwell
James Hundley
Pauline Klingler
Patricia Leach
Grace Martin
James Schlink
- 22- Bill Kulczak
- 23- Barbara Barrett
Michael Dauenlauer
Wendy Hartman
Dorothy Johanson
Carol Swales
- 24- Phyllis Folsom
Mary Kelty
Jeanne Parmenter
Lynette Trese-William
- 25- Lyman Beach
Betty Courtney
Susan Danhausen
Ruth Finneran
Constance Kiefiuk
Kathy McKenna
Barbara Nesbitt
Katherine Radford
- 26- Ines Bustamante
Dewayne Carrothers
Barbara Michals
Eileen Sherman
Donna Teets
Paul Turner
Lowell VanAntwerp
- 27- Linda Comis
Barbara Modlin
H. Anthony Padilla
Ivan Pease

- 28- Marsha Ayer
Denise Hartung
Mary Hyde
Gary Root
- 29- Jerry Cleland
Larry Robb
Margaret Vanhull
- 30- Rachele Hopkins
Kathleen Luckett
Doug Newbigging
- 31- Douglas Gullett
Jo Heski

September

- 1- David Crossman
John Dyer
Anne Mobley
Florence Page
- 2- Barbara Buechler
Mary Kidwell
Linda Macy
James Thienel
- 3- Suzanne Foster
Beverly Goudzwaard
- 4- Peter Buccellato
Pat Kinnison
Rita Murphy
Larry Tracy
Wanda Vandenende
- 5- Billy Cowell
Paul Smith
Ronald Jergovich
Charles Wallot
- 6- Sue Camilleri
Brian Hacker
Glenda Haggarty
Virginia Moffat
Jane Sitko
- 7- Elaine Lovse
Patricia Tate
- 8- Lucille Irons
Doreen Pagel
Cynthia Reinke
Mike Souden
- 9- Karen Kelly
Zane Johnson
Jodi Richmond
Marilynn Sitarski
Mark Theis
- 10- Dan Connolly
John Eldred
Nancy Martinez
Ellen Richard
- 11- Jo-Ann Boyle
Harry Goodell
Shirley Krentzen
Ann Robbins
- 12- Rosemarie Owen
Sharon Wood
- 13- Dean Coombs
Sandra DeRemer
Dave Faust
Karen Melhus
Robbie Rodrey
Richard Scott
Greg Sterns
Willa Ward
- 14- Gerald Miller
Janice Root
- 15- Bonnie Wise
- 16- Pat Bowers
Karren Flanders
Billy Gard
Robert Moehlman
Stephen Ross
Sandra Willingham
- 17- Merley Brown
Norman Nesbitt
Lawrence Pennington
Lee Phillips
Carmen Rodriguez
Kim Weber
Sally Yenglin
- 18- Kevin Wilson
- 19- Tom Bergstrom
James Cuthrell
Gary Dean
Georgia Hicks
Jamie Kramer
John Shaffer
Patty Sterns
Lynda Trevino
- 20- Mary Fisher
Johnny Heaton
Jerry Mccarthy
Cindy Trosin
- 21- Susan Koop
Jim Williams
- 22- Debra Campbell
- 23- Robert Holan
Nancy Merrell
Laurie Nickson
- 24- Linda Baker
Cathy Mann
Carol Smith
- 25- Nancy Flanigan
Lawrence Lyons
Debbie Reynolds
- 26- Lynn Wyckoff
- 27- Alice Spurgeon
- 28- Jane Dixson
Pat Krause
- 29- Sherry Badger
Dale Johnson
Catherine Reedy
- 30- Larry Gavette
Patricia Hicks
Cynthia Markland
Virginia Pease

Special Interest

FREE EDUCATIONAL SEMINARS

Take advantage of these great opportunities to get informed!

Manner Law Group

Do you need advice on how to create a will?

Do you need help with a Ladybird Deed?

Do you have questions you need a lawyers help with?

This seminar is for you!

Monday, August 19

1:00 pm—2:00 pm

Post-Acute Care

With Brad Bonner

Estate Preservation Agency

Covering the nuances of what Medicare won't cover, ways to get coverage and what MI law makers have in store for the potential of mandatory coverage.

Thursday, September 12

1:00 pm—2:00 pm

Atlas Home Safety

Aging in Place: Preparing Your Home for Senior Living.

Covering: Common causes of slips, accidents, and injuries, particularly in bathrooms.

Learn about modifications that can significantly reduce these risks and the associated healthcare costs.

There will also be an engaging and interactive game with small prizes to reinforce key takeaways.

Thursday, August 22

1:00 pm—2:30 pm

Informational Bingo Game!

Annual Enrollment Period Sessions

With Brad Bonner

Estate Preservation Agency

Ask the questions, and learn about your open enrollment options.

1:00 pm-2:00pm on the following days:

Tuesday October 1

Tuesday October 15

Tuesday November 5

Tuesday November 26

Brad Bonner

Licensed Representative

Office: 800-355-3742

Cell: 248-535-9203



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8571 W. Grand River Ave, Suite 800 Brighton, MI 48116

www.EstatePreservation.com | 888-333-3721

Transition Realtors

Making the move to senior living, how to downsize as you age, requirements of moving into 55+ living communities and how to handle property transitions between aging parents and their loved ones.

Tuesday, September 17

1:00 pm—2:00 pm



Special Interest

BUCKET OF LOVE VOLUNTEERS NEEDED!



*Do you have time to
make a positive impact
on youth?*

Needed: Caring volunteers who have an hour to spare for an elementary school child who needs a little extra tender loving care. For one hour per week, you will engage with a child doing activities such as crafts, games, puzzles and building a personal relationship with them.

Bucket of Love is sponsored by Waterford Youth Assistance, Waterford Senior Center, Waterford School District and the Waterford foundation for public education. The program runs from September to May.

If you are interested in Bucket of Love, please call WYA at 248.618.7383 or email waterfordya@msn.com.



Are you looking for an easy way to support your Senior Center? Do you already shop at Kroger? If you do, then you should check out the Kroger Community Rewards Program!

To get started with the Kroger Community Rewards Program visit <http://www.kroger.com>.

1. Create or sign in to your online Kroger account
2. Click my Account
3. Look for the profile tab, make sure that your Kroger plus card # is linked to your account.

If it's not, click edit, and add the # on the back of your Kroger Plus card.

4. Look for the Community Rewards Tab

5. Search for "Waterford Senior Center" or enter code JT422.

6. Click Enroll

Once enrolled, a percentage of the proceeds from every shopping trip will benefit your Waterford Senior Center!

Volunteer Opportunities with the Waterford Senior Center:

Kitchen Help- Assist in the kitchen with food preparation and cleaning tasks.

Meals on Wheels Drivers- Assist with delivering meals to home-bound seniors in Waterford.

Encore Adult Day Program- Assist staff with music, games, and activities.

Please call the main office if you would like more information about volunteering with us.
248-682-9450

NEW!

Seniors Helping Seniors

We are looking for seniors interested in learning about participating in a new friendly visitor program with the Waterford Senior Center in partnership with the Waterford Community Coalition. Volunteers are needed to assist local homebound seniors right here in Waterford. Volunteer tasks would include visiting and socializing with lonely seniors, light house work, and running shopping type errands.

All volunteers participating in this program must pass a mandatory background check.

Travel

Day Trip Intensity Key

To better assist our members in knowing the intensity of each trip we have come up with a code for our trips.



Light - trip will have some walking and low physical endurance.
(Ex. Casino or play)



Moderate - mild physical intensity required. Some stairs are possible and walking with few stops.
(Ex. Museum tour)



Vigorous - Intense physical endurance. May be uneven walking surfaces, extended walking distances, or climbing of stairs.
(Ex. Garden, nature hikes)



ADVENTURE

—Awaits—

Hi! Let me introduce myself. My name is Katie, and I am your travel escort at the senior center. I will be your travel companion as we go on all of our fun and interesting excursions. I cannot wait to get on the move with all of you on the exciting trips we have planned!

Day Trip Information

- **Trip Parking** - Unless otherwise noted, all trips leave from the Central United Methodist Church, 3882 Highland Road (M59). Please park on the west end of the parking lot near the home. You should arrive 15 minutes prior to your departure time.
- **Refunds** - A full refund, less a \$5.00 administration fee, will be given if a refund is requested prior to the RSVP date of a trip. After the RSVP date and tickets have been purchased the ticketed amount cannot be refunded unless someone replaces you from the waiting list. Replacements are not guaranteed. Some events are non-refundable.
- **Registration** - Deadlines are important for planning purposes for all involved. If there aren't enough participants by the deadline, we may have to cancel trips and programs. Please, avoid disappointment and register early!
- **Payment** - Please note we only accept payment via cash or check. Checks that are returned with an NSF will be subject to a \$35 administrative charge.

Be sure to be on the look out for the new "Dynamic Duo" logo! Waterford Senior Center and Waterford Parks & Recreation will now be partnering on some trips. When you see the Dynamic Duo logo you only need to be a member of either the Waterford Senior Center OR Golden Age Club to enjoy the member pricing on those specific trips!

Dynamic Duo
We are stronger when we work together as one!

Day Trips

Let's Win Big! Soaring Eagle Casino Thursday, August 8



Modern Motor coach transportation, \$20 Premium play to be utilized within the casino, \$10 food voucher (loaded onto card), \$10 Bingo Bucks, and an additional \$10 in play can be received if 600 points are earned! It's SENIOR DAY too! Folks that are 55+ will also receive an additional \$5 off of food, Bingo, and \$5 match play on Blackjack along with a \$0.55 donut or ice cream! Driver gratuity not included.

Cost: \$55.00
\$60.00 Non-Members
Departs: 8:00 am
Returns: 5:00 pm
RSVP by 7/31

This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.

Let's Explore1 Explore Greektown!!! Thursday, September 5



Try your luck winning it BIG at Hollywood Casino or spend the day walking through the historic streets of Greektown. For lunch, you are free to choose from your favorite Greektown originals including; Pegasus Taverna, Redsmoke BBQ, Fishbone's Seafood, Monroe Steakhouse and more! After lunch be sure to indulge your sweet tooth by stopping at Coldstone Creamery or the world famous Astoria Bakery!

Cost: \$50.00
\$55.00 Non-Members
Departs: 8:00 am
Returns: 5:00 pm
RSVP by 8/26

This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.

Dynamic Duo
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Let's Explore! Comerica Park Tigers vs. Angels Thursday, August 29



Take me out to the ball game! Join us for a day at Comerica Park to see the Detroit Tigers take on the Los Angeles Angels! Lunch included via a complementary \$15.00 voucher, redeemable on food and beverages at any concession stand. Round trip luxury motor coach transportation and driver tip included.

IMPORTANT Comerica Park is now **cash-less** so you will need to bring a debit/credit card if you wish to purchase additional concessions or souvenirs.

Cost: \$91.00 Members
\$96.00 Non-Members
Departs: 11:00 am
Returns: 6:00 pm
RSVP by 8/15

This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.

Dynamic Duo
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Let's Explore! The Detroit Zoo Friday, September 13



Take a stroll through the new exhibits and see all of your favorite animals in one place! Food and drinks are available for purchase at one of the fantastic cafes and restaurants located throughout the park. Round trip luxury motor coach transportation and driver tip included.

1 Free train ride is included!

Cost: \$10.00 Members
\$12.00 Non-Members
Departs: 9:00 am
Returns: 3:00 pm
RSVP by 9/1

This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.

Dynamic Duo
We are stronger when we work together as one!

***PRICE
DROP!!!**

Day Trips

Blakes Cider Mill Tuesday, October 1



We will start out with lunch on your own at one of the incredible cafes or restaurants on campus. Then we will take a train ride to the orchard to pick 7 apples to take home! After that we will go to the covered pavilion where we will enjoy cider and donuts. Then you will be free to roam the grounds and explore their many attractions and shops. Free access to Funland which includes; a corn maze, petting zoo, a miniature goat walk and more!
Round trip luxury motor coach transportation and driver tip included.

Cost: \$46.00 Members
\$51.00 Non-Members
Departs: 10:00 am
Returns: 4:00 pm
RSVP by 9/22

This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.

Dynamic Duo
We are stronger when we work together as one!

Let's Explore! Bronner's and Cracker Barrel Wednesday, November 6



Come explore the world famous Bronner's Christmas Store and stock up on all kinds of personalized ornaments and unique treasures just in time for the holidays!
Lunch will be on your own at Cracker Barrel where you can find all the southern comfort food your heart desires!
Round trip luxury motor coach transportation and driver tip included..

Cost: \$30.00 Members
\$35.00 Non-Members
Departs: 10:00 am
Returns: 4:00 pm
RSVP by 10/30

This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.

Dynamic Duo
We are stronger when we work together as one!

Let's Win Big! Soaring Eagle Casino Thursday, October 10



Luxury Motor coach transportation, \$20 Premium play to be utilized within the casino, \$10 food voucher (loaded onto card), \$10 Bingo Bucks, and an additional \$10 in play can be received if 600 points are earned! It's SENIOR DAY too! Folks that are 55+ will also receive an additional \$5 off of food, Bingo, and \$5 match play on Blackjack along with a \$0.55 donut or ice cream! Driver gratuity not included.

Cost: \$55.00 Members
\$60.00 Non-Members
Departs: 8:00 am
Returns: 5:00 pm
RSVP by 10/1

This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.

Let's Explore! Detroit Institute of Art Wednesday November 13



Explore the Detroit Institute of Art and see the rich history it provides. Lunch will be on your own at either the Café DIA or Kresge Court. Your trip includes: round trip luxury motor coach transportation, entrance to the museum, and travel escort. You will receive a coupon for a free cup of coffee or tea and one free cookie to be redeemed in the Café DIA and a 10% coupon for the DIA Gift Shop.
Powerchairs and wheel chairs are available on a first come first serve basis.

Cost: \$5.00 Members
\$7.00 Non-Members
Departs: 12:00 pm
Returns: 4:00 pm
RSVP by 11/1

This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.

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Extended Travel

Iceland Explorer

September 18, 2024

Tour includes - Roundtrip Airfare, 5 Nights Accommodations, 8 Meals including; 5 breakfasts 1 lunch and 2 dinners.

Professional tour director, motor coach transportation, admissions & sightseeing per itinerary, hotel transfers, baggage handling at hotels.

Tour highlights include: Blue Lagoon, National Museum, Hot Spring Bread Experience, Viking Ship Museum, Thingvellir National Park and much more! Luggage handling, tax and tips on included meals.

**Cost: \$4749.00/pp - Double
\$5849.00 - Single**

New Orleans Holiday

December 4, 2024

Tour includes - Roundtrip Airfare, 4 Nights in the French Quarter

Accommodations, 7 Meals including; 4 breakfasts and 3 dinners. Professional tour director, motor coach transportation, admissions & sightseeing per itinerary, hotel transfers, baggage handling at hotels.

Tour highlights include: French Quarter Walking Tour, Café du Monde, New Orleans School of Cooking, Oak Alley Plantation and much more! Luggage handling, tax and tips on included meals.

**Cost: \$2649.00/pp - Double
\$3274.00 - Single**



**Visit the “Travel Board”
at the Center to get detailed flyers and
itineraries for all of the extended trips
that are available.**



Extended Travel Provided by Premier World Discovery. All bookings will be completed through their company. For any questions please contact Katie at 248-682-9450.

Coming Soon!!!

**Extended Travel trips in 2025 will be booked through the
Waterford Parks and Rec department.**

Stay tuned for upcoming trips you won't want to miss!

Community Partners



Grosinger, Spigelman & Grey Eye Surgeons
By Midwest Vision Partners

Les Grosinger, M.D., F.A.C.S.
Alan Spigelman, M.D., F.A.C.S.
David Grey, M.D., F.A.C.S.
Marc Siegel, M.D., F.A.C.S.
Ryan Cosgrove, D.O.
Jennifer Risting, O.D.



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Reduce your falls risk, allowing for more years living independently.

2 MENTAL/ EMOTIONAL HEALTH
Increases social engagement, reduces risks of loneliness and depression.

3 COGNITIVE HEALTH
Reduces risk of dementia, and may improve cognitive function over time.

4 TINNITUS
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Best of the Best
2023 1st Place

Janet Perkins, HIS
Hearing Instrument Specialist/Owner
Jacqueline Wiegers, AuD
Doctor of Audiology



Oakland Audiology
248-673-8000

5390 Highland Road
Suite 1 • Waterford
2330 S Milford Road
Suite 116 • Highland

Additional location opening early 2024 to better serve our community

email: oaklandaud@comcast.net
oaklandaudiology.com

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Kim Markee
Clerk
Waterford Township



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WSC gratefully publishes advertisements from our business partners. Readers are asked to use their judgment when purchasing products or services.

WATERFORD SENIOR CENTER

2024
SENIOR
expo

Friday
October 11th
9am - 1pm

Free Health Screenings



Vision & Hearing
Vein Ultrasounds
Stroke Screening
Vitals, Blood Pressure, Blood Sugar, BMI
Balance/Mobility, & More!

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Senior Housing Exhibitors:

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Funeral & Burial Pre-planning Information



Box Lunches Available: \$6.00 Each 11:30am-12:30 pm

Waterford Senior Center - Leggett Campus 3621 Pontiac Lake Rd., Waterford 48328
Located on Pontiac Lake Rd. Between M-59 and Scott Lake Road 248-682-9450



Raffle Prizes!
Free Goodies!

The Waterford Senior Center is in Partnership with Members, Waterford Schools, Waterford Township, and AAA 1-B.
Our Mission is to provide a focal point in the Waterford community for services, programs and activities associated with vital aging.

YOU CAN MAKE A DIFFERENCE!



**33rd Annual
WALK & ROLL
FOR
MEALS ON WHEELS**

Saturday, September 28, 2024

**The Waterford Senior Center is committed to the task of
serving the homebound seniors in Waterford a daily meal,
delivered by a friendly volunteer.**



Check one and send in your form to:

Waterford Senior Center

3621 Pontiac Lake Rd., Waterford, MI 48328

____ Yes! I want to become a sponsor of the Walk & Roll for Meals on Wheels.

Put my name on the T-Shirt! \$150.00 is enclosed.

Show name as: _____

Please send me a receipt and put aside a free T-Shirt for me.

T-Shirt Size: _____

____ I am unable to be a sponsor at this time, but I do want to help make a difference in a homebound senior's life. **Every \$21.00 donation feeds a home-bound senior for a week.**

Enclosed is a check for \$ _____

Please send me a receipt.

Name: _____

Address: _____

Phone: _____

**Donations to the Waterford Senior Center are tax deductible
under the umbrella of the Waterford School District.**

ID # 38-6003100

Please mark your check "Walk & Roll".

Thank you for your support!

Waterford Senior Center
3621 Pontiac Lake Road
Waterford, MI 48328

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Save the Dates– 2024 Special Events

August 21– Senior Citizen Day
September 28- Walk & Roll for Meals
October 11– Senior Expo
October 19– Craft Show
October 31– Halloween Party
November 11– Veterans Day Lunch
December 12– Holiday Party

Waterford Senior Center Staff

Erin Asdell

Coordinator
Adult Day Services Supervisor

Donielle Fidler

Nutrition & Auxiliary
Services Director

Amber Hoskins

Assistant Supervisor

Nikki Champoux

Bookkeeper

Katie Williams

Senior Center Assistant

Sara Eisenhart, Mary Flynn

Encore Aides

Maria Fortin

Cook

Sandra Elka

Assistant Superintendent of
Business & Operations

Time to Renew Your Membership?

Check the date on your address label to see if your membership is up to date. Thank you for your support!



We will be Closed for Labor Day
Monday, September 2



*The Waterford Senior Center
Newsletter is published bi-monthly.*