

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

February / March 2024

My Funny Valentine

Friday, February 9

12:00 Noon

- “Tour of Italy” Family Style Lunch
- Comedy Show with Comedian
“Famous Kevin Kramis”
- Raffles & Prizes

Members- \$10.00 / Non-Members-\$12.00

RSVP by 2/2



St. Patrick's Day Party

Friday, March 15

12:00 Noon

- Irish Lunch Buffet
- Live Irish Music
- Luck of the Irish Raffles & Prizes
- Lots 'O Shenanigans & Blarney

Members- \$10.00 / Non-Members-\$12.00

RSVP by 3/8



Mardi Gras Bunco

Monday, February 12

1:00 pm

\$5.00

- Bunco - the fun, fast paced, social dice game involving mostly luck!
- Cash Prizes!
- Paczki, King Cakes, and Beads!
- “Dollar Store” Gift Exchange Game!

Bring a wrapped “Dollar Store” type item for a fun gift exchange game! The sillier the gift, the more fun we will have!



Fat Tuesday
 Tuesday, February 13
 Beginning at 8:30 am stop by the
 Bistro for paczki, beads,
 and fun with friends!
 Paczki- \$1.00 each

Mardi Gras



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

	WATERFORD RESIDENT	NON-RESIDENT
ANNUAL <i>HOUSEHOLD</i> MEMBERSHIP*	\$ 25.00	\$ 30.00
LIFE MEMBERSHIP	\$ 250.00	\$ 300.00
10-YEAR MEMBERSHIP	\$ 155.00	\$ 215.00
5-YEAR MEMBERSHIP	\$ 105.00	\$ 125.00

*Annual Household Membership - One fee per household address-valid for one (1) year from date of sign up or renewal.

Note: Life Members also receive recognition with a nameplate displayed at the Center.

Please Note Membership Rates Have Changed! See Above



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

Cure for the Winter Blues

It's been a rather gray and gloomy winter, but we've got the cure for those winter blues! At the Waterford Senior Center friends gather for meals, music, games, exercise, conversation, moral support and laughter. A delicious hot lunch, cooked on site and available 5 days a week for a \$3 suggested donation for seniors 60 and over and \$5 for seniors under 60 is served up in the cheerful bistro dining room and is sure to top fast food drive thru meals eaten alone at home.

Spring is around the corner and with it, a lot of cheer and growth can bloom. Turn through the pages of this newsletter and select something new to challenge your intellect, stretch your body & mind, and make new friends while learning something new. Many of our classes and groups are led by seniors just like you who want to stay active and share their interests. Volunteer opportunities are always available, and a great way to improve your attitude is to reach out and socialize with others.

We have many unique programs, groups and classes available here with minimal and affordable fees. Our well-equipped woodshop is available with skilled volunteers to assist with special projects. Where else can you sign up for a Flight Simulation experience that will literally expand your horizons? Our TOPS (Taking Pounds off Sensibly) group is a fun group that meets each Tuesday to help members adjust to a healthy lifestyle. Our center is home to the AARP Tax program January thru April with trained volunteers to assist you in completing your tax return. Look inside to see how to make an appointment. Our gift shop provides fun shopping opportunities with proceeds going to support our center and the crafters who display their items. The Waterford Jammers meet every Thursday afternoon in the bistro, musicians gather to perform together while others come just to enjoy the music. Our booming travel program offers both day and extended travel trips, many in cooperation with our friends at the Waterford Township Park and Recreation Center. We also have painting classes, and craft groups guided by leaders who bring out their hidden talents. We have a variety of card groups – euchre, and poker to name a few, who meet weekly and special game days for Wii bowling, Bunco and a new activity Bingo. We have an active book club, reminiscing & trivia groups. We have a variety of exercise groups as well as Tai Chi & meditation. Our partnership with the Waterford Community Coalition makes many of these programs and activities free. We have quilters who meet each week, and the WSC Comfort Makers who create & donate blankets to a local charities. We also host the Waterford Garden Club, who meet here each month to learn and share green thumb activities, as well as gather for work sessions, and to do upkeep on our gardens here and throughout Waterford. If you're interested in joining these programs but don't drive you can look inside and find information about our local bus system WOTA!

At the Waterford Senior Center we have many opportunities for everyone to stay active and engaged. Shake off those blues and move forward with friends and activities.

Aging is not an affliction
It's not a disease we should cure
It isn't a foe or an enemy,
A battle to endure
It's not something to fight against

Despite what we might have been told
It's a gift that's denied to so many
Who would love to be here growing old.
-Becky Hemsley

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.

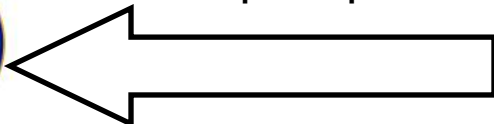
Follow us on Facebook



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!



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.

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".



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, March 22

1:00 pm



The Waterford Senior Center will be closed if the Waterford School District closes for inclement weather. Please watch your local news for school district closure information, or sign

up for Blackboard Connect to get automated alerts.

* Blackboard Connect information is available in the main office.



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, March 13

11:00 am

Special Interest



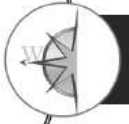
A New Consolidated Choice for Transportation



Who: Seniors 55 years and older and disabled adults 18+ who are residents of Highland, Walled Lake, Waterford and White Lake



What: Transportation for work, shopping, doctors' appointments and community events, call us



Where From Clarkston to Novi and Hartland to Pontiac



How: Schedule rides at (248) 887-4979
Mon –Fri 8 am-4 pm and for complete information and application: RideWOTA.org

Same great service, just better options!

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!

Used Book and Puzzle Sale

4 Paperbacks for \$1.00

2 Hardcover for \$1.00

Puzzles \$0.50 each

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

Feeling Overwhelmed?

We are Here for You!

Free Resource Counseling!

The Waterford Community Coalition staff will work alongside you to help identify specific need(s). 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

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, February 12

Monday, March 11

12:00 Noon– 1:00 pm

Medicare Counseling “New to Medicare”

- Telephone
- Email
- Postal Mail
- Web-based applications

To make an appointment call:
Mary Hyde, LMSW
248-845-8522



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, February 27
Tuesday, March 26
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 show 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

Special Interest

AARP/Waterford Senior Center

INCOME TAX PREPARATION ASSISTANCE PROGRAM

BY APPOINTMENT ONLY!

To request an appointment, you **MUST** submit an online request on the following website with AARP! Waterford Senior Center will **NOT** be accepting appointments over the phone.

Beginning in mid-January go to: www.aarpfoundation.org/taxaide to request a tax appointment.

If you are unable to access the website, please call (248) 742-5172 and leave a message. An AARP Volunteer will contact you to schedule your appointment (after mid-January).

Please bring the following information to your tax appointment:

<ul style="list-style-type: none">• A copy of last year's or most recently completed Tax return.	<ul style="list-style-type: none">• Any other tax forms with the message "Important Tax Information" on the envelope.
<ul style="list-style-type: none">• Social Security Cards for you, your spouse and dependents.	<ul style="list-style-type: none">• Your current tax year Property Tax Statements.
<ul style="list-style-type: none">• A record of the amount of Social Security received in the current tax year (form SSA-1099).	<ul style="list-style-type: none">• A record of the amount of rent paid in the current tax year.
<ul style="list-style-type: none">• All statements of wages/income from employment or other income received in the current tax year (from pensions, annuities or IRA's).	<ul style="list-style-type: none">• The amount of eligible heating costs for the Michigan Home Heating Credit. This amount will appear on your December or January heat bill.
<ul style="list-style-type: none">• A record of any General Assistance received. (SSI, Letter from SSA, DHS Statement)	<ul style="list-style-type: none">• A record of the amount paid for health insurance other than Medicare, including form 1095-A (Affordable Health Care Act form)
<ul style="list-style-type: none">• All 1099 forms listing interest, dividends, or sales of stocks, bonds, or mutual funds paid in the current tax year.	<ul style="list-style-type: none">• All clients receive a copy of the completed tax return along with their tax papers to be kept in their own personal file.

- ❖ The tax assistants are AARP trained volunteers, they are not accountants. Complex returns may be refused or out of scope. You are responsible for accuracy and retention of all information and tax records.
- ❖ For joint returns, both taxpayers are required to attend.
- ❖ You **MUST** show picture I.D. & Social Security card.
- ❖ **PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR APPOINTMENT TIME TO FILL OUT NECESSARY FORMS. YOU WILL BE GIVEN FURTHER INSTRUCTIONS, WHEN YOU ARE CONTACTED TO SCHEDULE AN APPOINTMENT.**

Other options for completing your tax return include the following:

- If you have a refund coming, you can file your return within 3 years and still receive your refund.
- If you owe taxes, you must file by this year's deadline to avoid penalties.
- If you are eligible for the Michigan Home Heating Credit, you must file your claim by September 30.
- Prepare your own taxes online with assistance from AARP – sign up at www.aarpfoundation.org/taxes
- Prepare your own taxes online using the IRS Free File program at <https://apps.irs.gov/app/freeFile/>
- Prepare your own taxes using a purchased software program.
- Prepare your own taxes manually using forms & instructions available at www.irs.gov and www.michigan.gov/taxes.
- Contact a paid professional tax preparer (we cannot offer any referrals or endorsements).

Nutrition

Can you Benefit from Meals on Wheels?

What is 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 am and 1:00 pm. 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 home under normal circumstances.
- ♦ A person must be unable to obtain food or prepare complete meals.
- ♦ The person's dietary needs must be appropriately met by the program.
- ♦ The person must be able to feed themselves.
- ♦ A person must agree to be home when meals are delivered or contact the program when absence is unavoidable.

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 can pay for meals or not. A \$3.00 donation per hot meal is suggested.

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!

"Holiday Meals Thank You"

Thank you to all the kind volunteers that gave their time to spread a little holiday cheer by delivering Meals on Wheels on Thanksgiving, Christmas, and New Years Day.

Lil Gwizdala	Bradford Family	Mike Duff
Rob Alleman	Peggy Dupuis	Sandy Helner
Dan and Linda Malloy	Greg and Patty Sterns	Jim Barrett
Paul and Collette Wendrick	David Kramer	Mike Fitzgerald
Clark Family	Barney Arendsen	Debbie Downs
Gretchen Hurlbert	Dave Raup	Sue and Mike Rice
Paul and Diane Tremblay	Sean Daly	Carol Axford

Thank you to our community partner restaurants for preparing the delicious meals!



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

February Menu-

1 Thursday	Chicken Tenders
2 Friday	Fish Sticks
5 Monday	Salisbury Steak
6 Tuesday	Turkey Tetrazzini
7 Wednesday	Beef Nacho
8 Thursday	Ham
9 Friday	Valentines Party
12 Monday	Chicken Sandwich
13 Tuesday	Stuffed Pepper
14 Wednesday	Turkey and Gravy
15 Thursday	Cheeseburger
16 Friday	Macaroni and Cheese
19 Monday	Meatballs w/ Marinara
20 Tuesday	Chicken Alfredo
21 Wednesday	Beef Dippers
22 Thursday	Polish Sausage
23 Friday	Breakfast Sandwich
26 Monday	Crispy Chicken Leg
27 Tuesday	Mostaccioli
28 Wednesday	Mini Corn Dogs
29 Thursday	Sloppy Joe

March Menu-

1 Friday	Vegetarian Lasagna
4 Monday	Chicken Breast w/ Gravy
5 Tuesday	Chili w/Cheese
6 Wednesday	Chicken Parmesan
7 Thursday	All Beef Hot Dog
8 Friday	Fish Nuggets
11 Monday	Turkey Tetrazzini
12 Tuesday	Meatloaf
13 Wednesday	Chicken Tenders
14 Thursday	Beef Nacho
15 Friday	St. Patrick's Day Lunch
18 Monday	Chicken Alfredo
19 Tuesday	Lasagna w/ Meat Sauce
20 Wednesday	Chicken Sandwich
21 Thursday	BBQ Pulled Pork
22 Friday	Macaroni & Cheese
25 Monday	Stuffed Cabbage
26 Tuesday	Turkey and Gravy
27 Wednesday	Cheeseburger
28 Thursday	Meatballs w/ Gravy
29 Friday	Closed- Easter Holiday

* Reservations only for 2/9 and 3/15

*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, February 29 & Thursday, March 28**

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.



Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act 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.

Encore Adult Day Services

Waterford Senior Center

3621 Pontiac Lake Road, Waterford, MI 48328

248.682.9450



***“We will never forget the love
and compassion you have
shared!”***

***“Without the Encore Program I
would have not been able to
cope with the daily stresses of
taking care of my mom.”***

***“It gives me peace of mind to
know my dad is safe and cared
for by a great staff!”***

***“It means so much that he is
not only safe but happy!”***

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

February

Groundhog Day Fun

Life’s a Beach

Valentines

President’s Day

Snow Bird Day

March

Dr. Suess Day

National Pig Day

March Madness

St. Patrick’s Day Shenanigans

Spring Fling

Save the Date

**Encore “Munch and Mingle”
fundraiser at Shark’s Club
Thursday, April 18.**

Tickets available in main office.

Support

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

Grief Support 2024

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 meet every other week for 10 weeks on the campus of Lourdes Senior Community in Mendelson Assisted Living - 2450 Watkins Lake Rd. Waterford, MI 48328

Session 1

February – early June

Session 2

August – early December

Facilitated by:

Mary Hyde, LMSW

Registration is required

Call Mary at 248-886-5118

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 February 13 and March 12 at noon and February 19 and March 18 at 7:00 pm. No registration necessary, walks in are welcome!

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, February 15
Thursday, March 21
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, February 1
Thursday, March 7
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.
There will be token prizes!

Bye Bye Winter & Welcome Spring Bunco

Monday, March 18
1:00 pm
\$5.00 per person

We will all have a case of Spring Fever as we anticipate the first day of Spring and celebrate the last day of winter together, while enjoying a fun filled afternoon!

- Bunco - the fun, fast paced, social dice game involving mostly luck!
- Cash Prizes
- Refreshments and Beverages
- Dollar Store Gift Exchanged Game

Bring a wrapped "Dollar Store" type item for a fun gift exchange game! The sillier the gift, the more fun we will have!

RSVP by 3/11

Trivia Time ****NEW TIME****

Enjoy an afternoon of trivia with Amy DeLoye, our trivia host. Teams of two to four will enjoy friendly competition with a chance to win bragging rights.

Token prizes for the winners!

Wednesday, February 7

Wednesday, March 6

2:30 pm

\$1.00 Drop In Fee



Waterford Garden Club

Attention all Green Thumbs!

Join us for informative workshops and fun workdays.

Thursday, February 1

Thursday, March 7

9:30 am

For more information

Waterfordgardenclub.org

Facebook.com/waterfordgardenclub



Computer Club

This friendly group of computer users meets in a relaxed setting to share information, offer support, and also find solutions for a variety of computer related issues.

Everyone welcome.

Tuesday, February 20

Tuesday, March 19

10:00 am - Noon

\$1.00 Drop-in Fee

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, February 28

Wednesday, March 27

1:00 pm

\$1 Drop-in Fee

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-
Winter Hours: 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, Niketta Wyrick**

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

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

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 for this instructor led class.

Fridays 11:00 am

7 Week Instructor Led Class

January 5 - February 16

February 23 - April 2 (No class 3/29)

Members \$21 / Non-members \$26

Or \$5 Drop-in Fee Per Day

Facilitator- Carrie Sue Cempura

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.

Tuesdays 1:30 pm-2:30 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

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, February 23

Friday, March 22

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.

Gourmet Chocolate Dipped Pretzel Class with Chris

Join us as we learn to make giftable, gourmet chocolate dipped pretzel rods just in time for Valentine's Day! You'll be taking home 3 pretzels in a gift bag. All supplies included.

Thursday, February 8

1:00 pm - 2:30 pm

Members \$12 / Non-Members \$14

RSVP with payment by 2/1

Class limited to 8 participants.

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, February 5

Monday, March 4

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.



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

Foiling Class

Join us as we make a one-of-a-kind pair of hummingbirds. Pick from a large selection of foils to match your decor.

Registration will be done through Waterford Senior Center. The location for this workshop will be at Waterford Senior Center.

Wednesday, February 14

1:00 pm - 3:00 pm

\$17 Members / \$19 Non-Members

RSVP with payment to the main office 1 week prior to the class.

Class limited to 12 participants.

Spring Wreath Class

You will be making a beautiful Spring themed wreath that will look awesome on your front door, inside above your fireplace, or just about anywhere! The facilitator, Donna Wall, will teach you how to create a one of a kind design and you will leave with your Spring masterpiece!

All supplies included. Come join in on the fun!

Friday, March 8

1:00 – 3:00 PM

\$33 Members / \$35 Non-Members

RSVP with payment to the main office 1 week prior to the class.

Looking for Donations!

- Tea Cups with Saucers
- Hot Glue Guns

All items can be dropped in off in the office. Thank you!

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

Wood Carving and Wood Shop Classes Learn Something New!

Wood Burning of Two Wolves By a Stream

Tuesdays at 1:00 pm

February 13, 20, 27

March 5, 12, 19, 26

April 2, 9, 16, 23, 30

Cost- \$100 for the class, plus \$10 for the blank.

Instructor – Gerry Burchard

Smart Driver Tek

Attend a **FREE** 90-minute workshop and learn how to utilize the latest high-tech safety features in your current vehicle as well as what technology to look for when shopping for a new car. Learn about the safety benefits of blind spot warning systems, forward collision warnings, lane departure warnings, smart headlights, and more!

Wednesday, February 21

10:30 am – 12:00 pm

RSVP by 2/16/2024 to 248-682-9450

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.**

Book Club

Join our Book Club! We will meet on Monday, February 12th for our next meeting with our facilitator, Donna Koan! The Book Club will be meeting once a month. Join us to discuss our January book, *Memoir of the Sunday Brunch* by Julia Pandl. During our February meeting we will also be picking up the next book. Check Facebook for our future reads!

Monday, February 12

Monday, March 11

10:30 am - 12:00 pm

Facilitator– Donna Koan

February's Discussion-

Memoir of the Sunday Brunch

By: Julia Pandl

**\$10.00 refundable book fee
upon return of book.**

\$1.00 Drop-in Fee



Activities

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.

Feeling overwhelmed?

We are here for you!



A Waterford Community Coalition (WCC) staff will work alongside you to help to identify specific need(s). Our 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 W.C.C.

-  www.ccwaterford.org
-  info@ccwaterford.org
-  Waterford Community Coalition



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
FREE

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.

BINGO

Join us for a fun game of BINGO!
Friends, Fun, Prizes!
Fresh popped popcorn & beverages included.
Monday, March 25
1:00 pm – 2:30 pm
RSVP by 1/22– Seating is limited.

Mahjong

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, February 2
1:00 pm – 3:00 pm



Special Interest

Meet Our New Members

Phyllis Berryman
Shirley Aiello
Michele Baydoun
Ronny and Anita Summers
Lola Koch and Kathy Hoppe
Connie Robiadek
Oliver Lowery
Patricia Krcek
Cheryl Kushneseit
Betty Seymou
Louise Martin
Willa Behnkendorf
Patsy Cocking
Karen Cox and Ron Czapla
Billy and Sharon Gard
Margaret Gilliland
Larry and Robin Herr
Lori Jean Holland



Volunteer Opportunities

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.

Front Office- Assist in the office with answering phones and light office work.

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

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.

BUCKET OF LOVE VOLUNTEERS NEEDED!

Bucket of Love

*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!

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 Lindsay, 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

Zehnder's of Frankenmuth Captain Fantastic Detroit – An Elton John Tribute Thursday, February 22



For many decades, Elton John has been one of the greatest entertainers all around the globe with his music and outstanding performances. Ron Foss' Captain Fantastic Detroit is not only an amazing tribute to this great entertainer, he also bears a striking resemblance of Sir Elton John. Zehnder's famous 2 piece chicken luncheon to be provided along with refreshment. Afterwards, enjoy shopping through downtown Frankenmuth before heading back home. Luxury motor coach transportation and driver gratuity included. Contact the office regarding vegetarian options.

**Cost: \$111.00 Member
\$116.00 Non-Members
Departs: 10:00 am
Returns: 5:00 pm
RSVP by 1/5**

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

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

Cars, Factories & Fun, OH MY! Henry Ford Museum & Ford Rouge Factory Tour Wednesday, March 6



Come along as we explore the 9-acre museum and all of it's wonder on American innovation in mobility and design! We'll start our tour through the Henry Ford Museum. Then we will move to the Ford Rouge Factory Tour where we can immerse ourselves in modern manufacturing's most progressive concepts! The museum offers 2 dining options within the Henry Ford Museum. Lunch will be on your own. Luxury motor coach transportation and driver gratuity included.

**Cost: \$90.00 Member
\$94.00 Non-Members
Departs: 9:15 am
Returns: 5:00 pm
RSVP by 2/21**

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

Let's Win Big! Soaring Eagle Casino Thursday, February 15



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 cent donut or ice cream! Driver gratuity not included.

**Cost: \$55.00 Member
\$60.00 Non-Members
Departs: 8:00 am
Returns: 5:00 pm
RSVP by 2/1**



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

Will You Make It Out?! Michigan Escape Room & The Pantry Restaurant Monday, March 18



Come along for a live interactive game made for group fun! You'll have 60 minutes as a group to find and solve the clues and hidden objects around the room in order to make your great escape! It's a unique experience and makes for a fun day out with laughs and smiles! After we'll head next door to The Pantry for some lunch. Lunch will be on your own with a great selection of diner favorites! The Pantry is a town favorite in the area! Transportation provided by the Waterford School District, driver gratuity included.

**Cost: \$65.00 Member
\$69.00 Non-Members
Departs: 9:20 am
Returns: 2:00 pm
RSVP by 3/8**



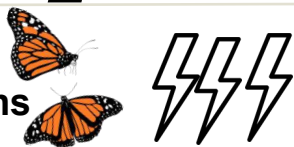
This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.

Come and travel with me! Our trips provide escorted travel to explore all of the fun and exciting places both near and far! Reach out to me for any questions you may have.

Lindsay Barrett, Senior Center Assistant

Day Trips

Butterflies in Bloom Frederik Meijer Gardens Friday, April 19th



Join us for a self-guided tour through the fabulous Frederick Meijer Gardens! We will also be able to experience the nations largest temporary tropical butterfly exhibition.

Butterflies from around the world fly freely in the Lena Meijer Tropical Conservatory. Stop into the James & Shirley Balk Café for a bite to eat. Lunch will be on your own. Luxury motor coach transportation & driver gratuity included.

Cost: \$85.00 Member

\$90.00 Non-Members

Departs: 7:30 am

Returns: 6:00 pm

RSVP by 4/5

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, April 25

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 cent 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 4/11

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



Route 66! Meadowbrook Theatre Wednesday, May 1



Travel with us to Meadow Brook Theatre for the smash coast-to-coast hit musical - Route 66! Take a gallop of Grease, mix in some Pump Boys and Dinettes, and add a generous dose of Forever Plaid and you've got the high-octane fun of Route 66! We will be stopping at Olive Garden for lunch before the show. Lunch will be at your own expense. Your trip includes: round trip luxury motor coach transportation, ticket to the show, and trip escort.

Cost: \$68.00 Member

\$73.00 Non-Members

Departs: 11:00 am

Returns: 4:45 pm

RSVP by 3/29

This trip is hosted and escorted by Waterford Parks & Recreation staff. It will depart from the Waterford Recreation Center - 5640 Williams Lake Rd., Waterford, MI 48328.

Dynamic Duo

We are stronger when we work together as one!

Muscle Cars, Motorcycles, and More! Gillmore Car Museum Tuesday, May 14th



Travel with us as we head to the Gillmore Car Museum, North America's largest auto museum! Travel through time while browsing this museum's exhibits of over 400 vintage & collector vehicles, motorcycles from all eras, and many exhibits to grab your interest! There's so much to see on this 90-acre campus! While we're there lunch can be enjoyed (at your own expense) at one of their 2 on the spot dining locations. In the mood for a ride? Catch a lift on a Model T Driving Experience (additional fee). Your trip includes: Luxury motor coach transportation, ticket to the museum, trip escort, snacks on the motor-coach, and driver gratuity.

Cost: \$96.00 Members

\$99.00 Non-Members

Departs: 7:20 am

Returns: 7:00 pm

RSVP by 5/1

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!

**Visit the "Travel Board"
at the Center to get detailed flyers
about each of the trips.**

**Due to inflation and rising fuel
costs future trip pricing is
subject to change.**

Extended Travel

National Parks & Canyons of the Southwest May 5, 2024

Tour includes - Roundtrip Airfare, 5 Nights at First Class Hotels, 8 Meals; 5 Breakfasts, 1 Lunch, & 2 Dinners, Professional Tour Director, Motor Coach Transportation, Hotel Transfers, Hoover Dam, Zion National Park, Grand Canyon West & Skywalk, Bryce Canyon National Park, Las Vegas Leisure Day, and much more! Luggage Handling, Tax and Tips on Included Meals.

**Cost: \$2599.00/pp - Double
\$3174.00 - Single**

Alaska Cruise Tour June 14, 2024

Tour includes - Roundtrip Airfare, 7 Night Alaskan Cruise, 3 Night Hotel Accommodations, 20 Meals - All Onboard Ship: 7-B, 6-L, & 7-D, Professional Tour Director, Motor Coach Transportation, Hotel Transfers, Alaskan Railroad Rail, Denali National Park, Alaska Wildlife Conservation Center, Hubbard Glacier, Icy Strait Point, Juneau, and much more! Luggage Handling, Tax and Tips on Included Meals.

Rates:

**Inside Stateroom - \$4749/pp - Double
\$6449.00 - Single**

**Ocean View Stateroom - \$5199/pp - Double
\$7399.00 - Single**

**Ocean View w/ Balcony - \$5949/pp - Double
\$8849.00 - Single**

Pacific Coast Adventure July 14, 2024

Tour includes - Roundtrip Airfare, 7 Nights Accommodations, 11 Meals (7-B, 1-L, 3-D), Professional Tour Director, Motor coach Transportation, Admissions & Sightseeing per Itinerary, Hotel Transfers, Baggage Handling at Hotels, Seattle City Tour, Space Needle, Multnomah Falls, Rogue River Jetboat Trip, Golden Gate Bridge, Fisherman's Wharf, Redwood National Park, and much more! Luggage Handling, Tax and Tips on Included Meals.

**Cost: \$4149.00/pp - Double
\$5324.00 - Single**

Nova Scotia & Canadians Maritimes August 10, 2024

Tour includes - Roundtrip Airfare, 8 Nights Hotel Accommodations, 12 Meals; 8 Breakfasts & 4 Dinners, Halifax City Tour, Prince Edward Island Tour, Green Gables Farmhouse, Cape Breton National Park, Hopewell Rocks, Lobster Dinner, and much more!
Luggage Handling, Tax and Tips on Included Meals.

**Cost: \$4175.00/pp - Double
\$5400.00 - Single**

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

COMING SOON IN 2024!!

**9/2024 - Iceland Explorer
10/2024 - Albuquerque Balloon Festival
10/2024 - Treasures of Ireland
11/2024 - New Orleans Holiday Tour *NEW***



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


February Birthdays

- | | | |
|---|--|--|
| 1- Robert Boisvert
Lowell Buckwheat
Marylee Doyle
Jeffrey Ryden | 13- Richard Carlson
Marti Edens
James Javorsky
Brenda Owens
Esther Raber | 23- Patrice Alman
Debbie Bachman
Pamela Biske
Clem Condon
Vicki Dyer
Nancy Grappin
Kay Hayes
Joy King
Kay McLaughlin |
| 2- Anne Estrada
Lawrence Hornsby
Mary Marks
Louise Wischman | 14- Gerry Cleasby
Kenneth Fox
Pat Freeman
Paul Hoffman | 24- Irwin Daugherty
Ginny Makkonen
Maureen Walenski |
| 3- John Seppala | 15- Denise Bastien
Marion Cheyz
Audrey Chrovian
Keith Cooper
Angela Dew
Margaret Duff
Helen Englund
Judith Postal | 25- Helen Fust
Theodore Owen
Denise Thienel |
| 4- Dorothy Balma
Joyce Barnosky
Harvey Cooper
Doreen Dutton
Robert Mick
Ben Parago
Shirley Robertoy
Toshia Siwek
Joy Verhey
Walter Wiitala | 16- Bruce Boston
Sandra Coleman
Vicki Kleist
Patricia Lewis
Dorothy Martin
Alan Wieling | 26- Anne Hoffman
Patricia Kohlman
Patti Mayes
Sherrill Poquette
Dean Shackelford
Henry Woods |
| 5- Philip Biske
Lois O'Neill
Kirk Vincent | 17- Beverly Fields
Greg Kennedy
Janet Meston
Catherine Pearce
Jane Schneider | 27- Alice Dicarlo
Richard Edwards
Donna Herr
Pat Lindsay
Michelle Renshaw |
| 6- Arlene Cook
Bradley Cook
Myra Enders
Leo Grappin Jr.
Mari Latozas
Dan Ludwig
Alex Silberman | 18- Hilarid Bulaong
Mary Ellen Cauley
Robert Duff
Jerry Evens
William Little
Emily Meintjes
Jan Miller
Patricia Narhi
Ronny Summers
Joyce Wefel | 28- Jovita Alvarado
Gene Bevak
Stan Haggarty
Thomas Liegl
Dorothy Long |
| 7- Charlottee Busbee
Judy Delongchamp
Odelia Rodriguez
Gary Webb | 19- Marlene Calderwood
Donal Hepworth
Tracy Morsi
Gerald Tryloff
Sherry White | 29- Eddie Delbridge
Richard Luszczyk
Rita Wideman |
| 8- Kathleen Dunham
Jimmie Richmond
Charles Wilson | 20- Helene Kelley
Joseph Stutzman
Jennie Tallent | |
| 9- Carl Bevins
Harold Callahan
Raymond Frase
Priscilla Gimple
Ann Hooper
Pauline Owen
Edgar Pearce
Lorraine Pierce
Judy Wolfe | 21- Mildred Hall
Janie McGee
Karen Slack | |
| 10- Penny Leverenz
Jeffrey Magid
Vicky Pruett
James Shedlowsky
Kathy Vanacker | 22- Judy Benscoter
Jon Esler
Mike Ronquillo
Margaret Stamps
Jon Stowell | |
| 11- Linda Mata
Yong Neff
Karen Spring | | |
| 12- John Casey
Sally Gaultney
Nancy Hinman
Brigitte Smith
Jim Trosin
Sandy Winter
Catherine Zajewski | | |

March Birthdays

- | | | |
|--|--|---|
| 1- Elinor Ball
Shirley Clowes
Kenneth Jacobson
Jim Runestad | 14- Michael Franz
Clark Grogan
John Scott
Annette Tyszka | 28- Diane Funk
Betty Landmesser
Larry McDonald
Viola Millmine
Lori Oberlin
Twila Setla |
| 2- Pearl Brissette
Leo Camera
Theresa Kulick
Bonnie Lester
Seth Rice
Dora VanFossan
Carol White | 16- Bill Brace
Gwen Fields
Frances Lewis
Dale Potter | 29- Zola Garten
Nancy Holan
Barry Price
Raymond Reiche |
| 3- Marge Lichtenthaler
Martha Middledorf
Keith Sova | 17- Sallie Franks
Mary-Catherine Heaton
Rosemary Melton
Jesse Taylor | 30- Frances Gallagher
Carol Hoffman
Beverly Kobe
Marie Little
Barbara Pine
Margaret Rossetto
Emma Sadler
Marion Steeber
Helen Vallencourt |
| 4- Isabelle Reppuhn
Donna Ritchie
Carol Small
Joan VanAntwerp | 18- Joe Junglas
Dan Lombardo
Christine Lustig
Janet Nellett
Barbara Pusheck
Joe Umphrey | 31- Patty Deroseau |
| 5- Rebecca Casillas
Rosaline Conklin
Alvin Fust
Norene Hundley
Carl McLaughlin
Rosalie Moen
Fred Tyszka | 19- Janet Adomitis
Monica Dortch
Kimberly Hays
Susan Jones
Beatrice Mellado | |
| 6- Leslie Bradford
Katherine Campbell
Marian Connor
Julia Crick
Rose Jones
Patricia Peck
Judy Ogg
John Richardson
Yvonne Zerba | 20- Margaret Cikalo
Richard Davis
Donald Ihrke Sr.
David Jones
Llyod Lewis | |
| 7- Nancy Phelps
Janet Sutliff | 21- Linda Boka
Ruth Hupka
Terry Rodgers
Joyce Thompson | |
| 8- Arlene Shearer
Molly Sherrick
Gerald Ward | 22- Ruth Fiscus
Cynthia Haley
Calvin Thornton
Sharon Wiitala | |
| 9- Mary Spoor | 23- Sanford Aronoff
Leah Magid
Betty Montross
Dianne Untener | |
| 10- Flo Frick
Daniel Jones
Kenneth Leece
Rick Ogg
Frank Rodriguez
Al Souilliere
Arthur Taylor
Norman Wood
Jean Zinger | 24- Sue Burgunder
Cherie Clark
Carol Hency
Jerry Keeton
Nancy Koppela
Robert Marshall
Nancy Maxfield
Clare Simons | |
| 11- Linda Meabon
Maureen Nandi
Glenn Uhl | 25- Paula Barbour
Gary Swain
Julie Zaremba | |
| 12- Barbara Garrett
Michael Oliver | 26- Wayne Johnson
Mary Ann Kane
Jean Mayo | |
| 13- Mary Morris
Shirley Davis
Jim Wiley | 27- Robert Kristen
Jackie Redick
Sandra Walter | |

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.

Premium Laser Cataract Surgery
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LASIK

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Bloomfield Hills
www.eyemichigan.com



HOW TREATING HEARING LOSS BENEFITS YOU

1 PHYSICAL HEALTH
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
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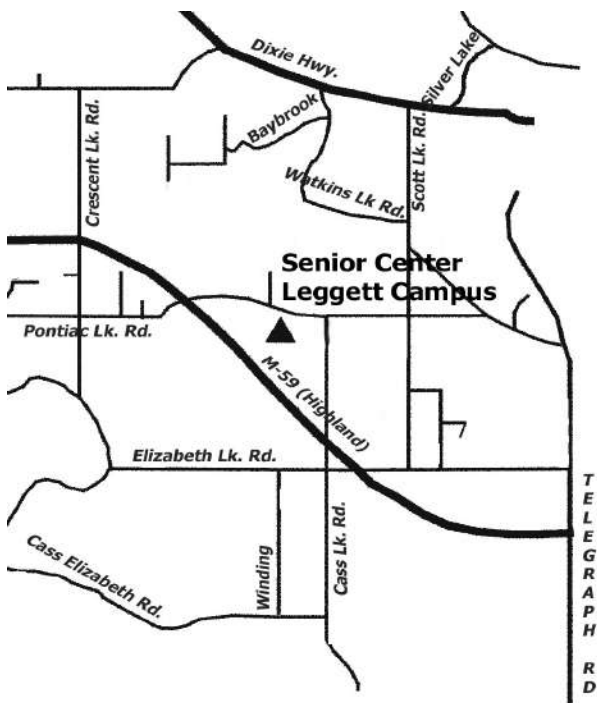
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Assistant Supervisor

Nikki Champoux

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Lindsay Barrett

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The Waterford Senior Center
will be closed:
Friday, March 29
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*The Waterford Senior Center
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