

**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 Township Board of Trustees**

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# Waterford

## Senior Center

ADDRESSING THE NEEDS OF ALL SENIORS  
WITHIN THE COMMUNITY

February/March 2022

**Valentine's Luncheon**  
**Thursday, February 10**  
**12:00 Noon**

*That's*   
*Amore*

Pasta and Salad Bar  
Breadsticks  
Dessert

Music & Dancing  
Raffles & Prizes

Special Musical Guest  
"Smitty"

Members- \$8.00 / Non-Member- \$10.00  
You must RSVP by 2/4/22

*One of our favorite events  
from last year is returning!*

**Mardi Gras Parade**  
**&**

**Fat Tuesday Parking Lot Party**  
**Tuesday, March 1**  
**1:00-2:00**

Stop by the Senior Center parking lot  
for a fun celebration!

YOU will get to be part of the  
Mardi Gras Parade, as you drive thru  
and celebrate with us!



**Paczki,**  
**Beads, Music!**



Donations appreciated  
Proceeds will benefit:  
Encore Adult Day Services



**"Luck of the Irish"**  
**Thursday, March 17**  
**12:00 Noon**  
**\$5.00**

Wear your green and stop by the Bistro!  
Live Music, Friends, and Fun!  
There will plenty of shenanigans  
and lots of blarney!



# 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*

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## **Waterford Senior Center – Giving You Our Best**

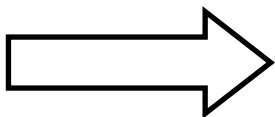
I had the privilege of hosting a tour to a local Senior Advisory Board from a nearby township through our building before Christmas. Our building was set up for the Christmas Open House so it was looking its festive best. As they saw how we utilize our building and share our space with pre-school students they had many questions about our unique relationship with the Waterford School District. As we walked up and down the halls I highlighted our activities and programs. The resounding theme was how the success of our center is dependent on the dedication and hard work of a very small staff and a huge army of active senior volunteers. Our visitors were impressed by the many innovative activities available. The flight simulator, gift shop, woodworking, quilting, Waterford Jam and hearing impaired classes were all of much interest. The Nutrition program offering an attractive gathering space for a hot meal, Grab 'N Go Meals and our Home Delivered Meals on Wheels where a senior can call today and receive a delivery tomorrow make our center an exceptional venue.

The visitors asked about funding. I explained that our center relies on the coordination of Area Agency on Aging 1B grants, service fees, donations and fundraising. Again I mentioned the amazing generosity of our members who donate time, talents and financial support. At Christmas our community was most responsive to our annual Reindeer Bucks appeal which will provide operational funding to maintain our services as we all move forward from the COVID19 pandemic. Our tour included the Encore Adult Day rooms which has successfully returned to operation after the closure. We may not be the fanciest senior center, but we truly impact many lives in a positive way. Our success is dependent on those who are volunteering, participating and encouraging others to join, engage and have fun. In this edition of our newsletter you'll find many programs, classes, volunteer opportunities and events that make our center special. Be sure to come to our "That's Amore" Valentine lunch on February 10<sup>th</sup> and the Mardi Gras Parade – Fat Tuesday Parking Lot Party on March 1<sup>st</sup>. (The proceeds from Mardi Gras will support our wonderful Encore Adult Day Care program). Make sure to save March 17<sup>th</sup> for our "Luck Of the Irish" party in the Bistro. We're so happy to be offering festive celebrations indoors again.

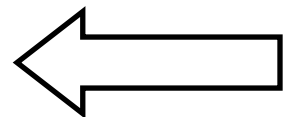
**Our Irish friends have an old saying, "The future is not ours to know, and it may never be, so let us live and give our best and give it lavishly!"**

*Erin*

Waterford Senior Center Coordinator



**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](http://www.aarpfoundation.org/taxaide) to request a tax appointment. If you are unable to access the website, please call (248) 897-0861 and leave a message. Once we are in a position to make appointments we will contact you.  
Additional information on page 9 of this newsletter.

# Stay Connected

## The Health of our Senior Community is Important...

- You must sign in when visiting the senior center to allow for contact tracing if needed.
- Be sure we have your correct phone number in our front office.
- Safety protocols will be in place, and must be followed.

Thank you for being patient with us as we navigate the ever changing policies and procedures related to the COVID19 pandemic.

## 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**



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 "Advocates for the 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!

If you have questions or would like assistance in signing up, call the WSC office at 248-682-9450.

## Follow us on Facebook



Look for **Waterford Senior Center**. Our profile picture is our 48 years of service logo. We post photos activities and now virtual programs. We will also be doing some Facebook live activities, so check back often!



**Look for this profile picture!**

## Check out our Website

**[www.wsdmi.org/seniorcenter](http://www.wsdmi.org/seniorcenter)**

You can find current online resources such as newsletters, menus, Meals on Wheels, Grab and Go Carry Out information, and more. 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 – **[fidled01@wsdmi.org](mailto:fidled01@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 live at

[www.medianetworkofwaterford.org](http://www.medianetworkofwaterford.org)

Or visit the website and watch "On Demand".



# Special Interest

## Medicare Counseling

Due to COVID19, Counseling will be provided by:

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



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

## COVID 19 Vaccine Information Oakland County Health Department

COVID-19 Vaccine updates will be posted online as they become available at the Save Your Spot link: <https://oaklandcountyvaccine.com> or text OAKGOV to 28748.

If you are unable to complete the online form, call:  
Oakland County Health Hotline  
800-848-5533

OCHD is following the Michigan Department of Health and Human Services COVID-19 vaccination plan.

**Ready Nursing Solutions: Partnering with the Health Department to administer vaccines to homebound seniors.** To register by phone, please call 810-331-0902. During high call volume times, callers may have to listen to the entire message to be able to leave a voicemail and request a call back. To register online, please complete the Patient Intake Form at <https://getreadyvaccine.com/> Please select "Oakland County Residents-Homebound" from the drop down box.



### 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](https://ridewota.org)

Same great service, just better options!

## 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. Help one another by dropping off your old eyeglasses and hearing aids.

## Deaf & Hearing Impaired

Deaf and Hearing Impaired Services, Inc. (DHIS) uses American Sign Language to communicate. Educational, social, and recreational programs are offered the 2nd and 4th Monday of each month from 10:00 a.m.—2:00 p.m. and are open to all hearing impaired older adults. If you would like to learn more call the DHIS at 248.473.1888. Join us! **\$1 Drop in fee**



# Special Interest

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## Senior Center Gift Shop Stop In and Check Out Our Collection of Gifts and More

Jewelry, Home Décor, Scarves, Clothing,  
Decorative Towels, Blankets, Toys, Paintings,  
Wood Crafts, Baby Items, and More

**Monday-Friday**

**9:00am - 2:00pm**

**One-of-a-kind gifts!**

**Support local crafters!**

**A percentage of all sales support your  
Waterford Senior Center!**

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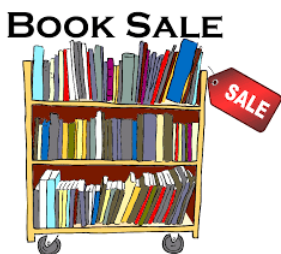
## Used Book Sale

**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.**



## Senior Center Advisory Board

The Advisory Board is a group of senior volunteers 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.

All Senior Center members are welcome and encouraged to participate!

**Wednesday, January 19**

**11:00 am**

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## Save the Date

**Detroit Tigers**

**Home Opener Celebration**

**Friday, April 8th**

**12:00 Noon**

**\$5.00**

Join us in the Bistro for a traditional ballpark lunch with hot dogs, peanuts, cracker jacks, and fresh popped popcorn.



## Valentine's Bunco Monday, February 14

**1:00pm**

**\$5.00 p/p**

Join us as we celebrate Valentine's Day with friends and fun while playing Bunco!

We will have sweets to eat and cash prizes to win! Bring a box of chocolates or your favorite candy for a fun and sweet gift exchange.



## Lucky Irish Bunco Wednesday, March 16

**1:00 pm**

**\$5.00 p/p**

Join us as we celebrate Lucky Saint Patrick's Day with a fun game of Lucky Irish Bunco!

Green grog, green treats, and green cash prizes. Bring a green prize for a fun raffle and don't forget to wear green.



## "Luck of the Irish" Thursday, March 17

**12:00 Noon**

**\$5.00**

Wear your green and stop by the Bistro!

Live Music, Friends, and Fun!

There will plenty of shenanigans  
and lots of blarney!

### Menu

Corned Beef Hash

Boiled Cabbage

Carrots

Garden Salad

Rye Bread

Dessert



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



WATERFORD SENIOR  
CENTER

# *mardi gras*

**MARDI GRAS PARADE AND  
FAT TUESDAY PARKING LOT PARTY**

**Tuesday, March 1**

**1:00-2:00**

STOP BY THE SENIOR CENTER PARKING LOT FOR A FUN  
CELEBRATION! YOU WILL GET TO BE PART OF THE MARDI  
GRAS PARADE AS YOU DRIVE THRU AND CELEBRATE WITH US!

***PACZKI, BEADS, MUSIC!***

**DONATIONS WILL BE ACCEPTED**

**ALL PROCEEDS BENEFIT:  
ENCORE ADULT DAY SERVICES**



# Special Interest

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## Hearing Screenings

**Free Hearing Screenings Are Available!**

Oakland Audiology will provide screenings, **by appointment only**, on:

**February 8 & 22**

**March 8 & 22**

**10:00am - 12:00pm**



**You must call to make an appointment.  
248-682-9450**

## Equipment Loan Closet

**Waterford Recreation Center**

**5640 Williams Lake Road**

Do you need temporary use of a wheelchair, walker, cane, crutches, or shower chair? 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.

## Taking Off Pounds Sensibly

“TOPS” is a weight loss support program that understands the challenges of losing weight. Receive encouragement from others while using the diet that works for you. No special foods to purchase and reasonable rates. \$32 annual membership and \$1 a week at meeting.

**Tuesdays**

**9:00 am – Weigh in**

**9:45 am – Meeting**

**\$1.00 Drop in fee**

## In need of food assistance?

The Commodity Supplemental Food Program (CSFP) is available to low-income seniors who reside in Oakland County. **If you qualify you will pick up your box from the Waterford Senior Center on the third Friday of each month.**

Oakland Livingston Human Services Agency (OLHSA) will be hosting CSFP Senior Food Box sign up at the Waterford Senior Center on Tuesday January 25<sup>th</sup> from 1-3 pm. Just bring your ID to show you are 60 or older.

## 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.*

## 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**

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](http://www.aarpfoundation.org/taxaide) to request a tax appointment.

If you are unable to access the website, please call (248) 897-0861 and leave a message.

Once we are in a position to make appointments we will contact you.

**Please bring the following information to your tax appointment:**

<ul style="list-style-type: none"><li>• A copy of last year's (2020), or most recent completed Tax return. <b>** IF YOU DON'T HAVE THIS WE CANNOT DO YOUR TAXES**</b></li></ul>	<ul style="list-style-type: none"><li>• Your current tax year Property tax statements.</li></ul>
<ul style="list-style-type: none"><li>• Social Security Cards for you, your spouse and dependents.</li></ul>	<ul style="list-style-type: none"><li>• A record of the amount of rent or mortgage payments paid in 2021.</li></ul>
<ul style="list-style-type: none"><li>• A record of the amount of Social Security received in the current tax year (form SSA-1099).</li></ul>	<ul style="list-style-type: none"><li>• Year-end statement showing the amount of total medical insurance paid for year.</li></ul>
<ul style="list-style-type: none"><li>• A statement of wages/income from employment or other income received in 2021 (from pensions, annuities or IRA's).</li></ul>	<ul style="list-style-type: none"><li>• A record of the total heating bill for 2021. (Your December or January bill should show total cost for the year.)</li></ul>
<ul style="list-style-type: none"><li>• A record of any General Assistance received. (SSI, Letter from SSA, DHS Statement)</li></ul>	<ul style="list-style-type: none"><li>• A record of the amount paid for health insurance other than Medicare. <b>Including form 1095-A (Affordable Health Care Act form)</b></li></ul>
<ul style="list-style-type: none"><li>• All 1099 forms listing interest and/or dividends earned.</li></ul>	<ul style="list-style-type: none"><li>• <b>All clients receive a copy of the completed tax return along with their tax papers to be kept in their own personal file.</b></li></ul>

- ❖ 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.
- ❖ 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:**

- You can file your refund 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 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](http://www.irs.gov) and [www.michigan.gov/taxes](http://www.michigan.gov/taxes).
- Contact a paid professional tax preparer (we cannot offer any referrals or endorsements).

# Nutrition

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## 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 am and 1:00 pm. A volunteer driver will deliver the meal right to your door! **While we are going through the COVID 19 Pandemic, there is also a contact-less delivery option.**

### 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. \$3.00 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!



**Curbside Carry Out Lunch  
Available 5 Days a Week  
Monday Thru Friday**

**Suggested Donation: Over 60- \$3.00 / Under 60-\$5.00**

**You will need to call 248-682-9450  
and order your meal for that day by 9:45 am  
Pick up your meal between 11:30am - 12:00 pm**

**You will not need to get out of your car, pull up by the front  
door, and we will bring your meal right to your car.**



Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/ Aging and Adult Services Agency (AASA) 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](http://www.aaa1b.org) or  
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

#### Please Note:

The protocols and procedures continue to change for federally funded nutrition programs like ours, so our dining procedures will reflect those protocols. Please be patient with us as we follow all the required procedures that the Area Agency on Aging-1B, the Michigan Department of Health and Human Services, and the Aging and Adult Services Agency have put in place for the health and safety of everyone. If you want to know what current procedures are in place for dining, please feel free to contact us.

Our coffee station is open for self-serve coffee, tea, and hot cocoa. \$0.50 cents per cup



## 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 24 & Thursday, March 31**

### February Menu-

1 Tuesday	Lasagna Roll
2 Wednesday	Chicken Tenders
3 Thursday	Salisbury Steak
4 Friday	Cheese Omelet w/ Sausage

7 Monday	Crispy Chicken Leg
8 Tuesday	Fish Sandwich
9 Wednesday	Polish Sausage
10 Thursday	Mostaccioli w/ Meat Sauce
11 Friday	Stuffed Pepper

14 Monday	Chicken Breast w/ Gravy
15 Tuesday	Sloppy Joe
16 Wednesday	Turkey and Gravy
17 Thursday	BBQ Riblet
18 Friday	Lasagna w/ Meat Sauce

21 Monday	Meatballs w/ Gravy
22 Tuesday	Grilled Chicken Fettuccini
23 Wednesday	Cheeseburger
24 Thursday	Sweet and Sour Chicken
25 Friday	All Beef Hot Dog

28 Monday	Macaroni and Cheese
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### March Menu-

1 Tuesday	Chicken Patty Sandwich
2 Wednesday	Beef Nacho
3 Thursday	Ham
4 Friday	Stuffed Cabbage

7 Monday	Turkey Tetrizzini
8 Tuesday	Lasagna Roll
9 Wednesday	Chicken Tenders
10 Thursday	Meatloaf
11 Friday	Breakfast Swch w/ Sausage

14 Monday	Crispy Chicken Leg
15 Tuesday	Fish Sandwich
16 Wednesday	Mostaccioli w/ Meat Sauce
17 Thursday	Beef Stew
18 Friday	Stuffed Pepper

21 Monday	Chicken Breast w/ Gravy
22 Tuesday	Sloppy Joe
23 Wednesday	Turkey and Gravy
24 Thursday	BBQ Pulled Pork
25 Friday	Lasagna w/ Meat Sauce

28 Monday	Italian Meatballs w/ Pasta
29 Tuesday	Grilled Chicken Fettuccini
30 Wednesday	Cheeseburger
31 Thursday	Beef Dippers

# *Encore Adult Day Services*

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Waterford Senior Center

3621 Pontiac Lake Road, Waterford, MI 48328

248.682.9450



## **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.

***"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 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's Day

Life's a Beach

Valentine Celebration

President's Day

Snow Bird Day

#### **March**

Mardi Gras Parade

National Pig Day Party

Dr. Suess Day

St Patrick's Day Shenanigans

Spring Fling

**Join the  
Mardi Gras Parade  
and support  
Encore!  
Tuesday, March 1  
1:00-2:00**





# Support

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## 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

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.

Our Grief support program is now being held in partnership with the Lourdes Senior Community at the Fox Manor Independent Living Building at 2350 Watkins Lake Road, Waterford MI.

The group will meet the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month at 3:00 pm

February 10 & 24

March 10 & 24

Facilitated by:

Mary Hyde; LMSW.

Please call to register :

248-886-5118

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# 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 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](http://alz.org/gmc)

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**We are very happy to announce the Caregiver Support groups have returned to live meetings! 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 Tuesday, February 8 and Tuesday, March 8 at noon, and Monday, February 21 and Monday, March 21 at 7:00pm. No registration necessary, walk in are welcome!

# Activities

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## Slowly Returning...

Take a look to see which activities will be returning to the Senior Center!

We ask that you are patient as we begin to phase in programming; times and dates might change as we figure out what works best. We are always happy to answer any questions, just give the office a call at 248-682-9450.

\*All in-person activities are subject to change or cancel as a result of COVID19 restrictions.

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## Cards and Games

**Poker-Tuesdays & Thursdays at 9:00 am**  
**Euchre- Wednesdays & Fridays at 9:00 am**

**\$1.00 Drop-In Fee**



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## Recreation Room and Billiards

Come in and have some fun in our recreation room which features a billiard table, bumper pool, a keyboard, tons of puzzles, poker tables, and our new flight simulator.

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## 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.

You do not need to know anything about producing videos to join, we provide free production workshops.

Watch on:  
Waterford Comcast TV 10 or  
ATT Uverse Channel 99  
Watch live at:

[www.medianetworkofwaterford.org](http://www.medianetworkofwaterford.org)  
Or visit the website and watch "On Demand"



## Jam Session

The Senior Jam Session is for all seniors who play an instrument, sing, or dance (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, from music readers to playing by ear. We do have sheet music if you need it as well as song sheets and words so everyone can join in. The group consists of musicians playing guitars, harmonica, mandolin, piano, sax, ukulele, fiddle, accordion, keyboard, steel drum, and trumpets...but there is room for more!

Sometimes the JAM performs at nearby nursing and daycare centers to bring smiles and happiness to others. 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 Gym**  
**\$1 Drop-In Fee**



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## Flight Simulator

With the "Sims for Seniors" project, you can fly the simulator and experience the beads of sweat, clammy hands, bad weather and stressful landings, all while sitting in the comfort and safety of the Waterford Senior Center. At the same time, as research indicates, we are doing great things stimulating our senior brain.

Experience the joy of flying when you take control in our computerized flight simulator. Built with seniors' needs in mind and wheelchair accessible, it's just the thing for former military pilots, retired private pilots, or just "pilot wannabes".

**Sessions available on Tuesdays and**  
**Thursdays between 9:00am - 12:00pm**  
**Purchase a punch card for \$25 (good for 5**  
**sessions) in the front office, then schedule**  
**your simulator sessions.**

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

**Facilitator– Darryl Smith**

# Activities

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## 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**

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## 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 a carver already, come in and join the group!

**Wednesdays**

**9:00 am - 12:00 pm**

**\$1.00 Drop-In Fee**

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## NEW CLASS!

### Wood Carving Class

### Specializing in the Chip Carving Technique

In 4 sessions you will learn the chip carving skills needed to make your own 5 point star. Call 248-682-9450 to pre-register.

**Monday's**

**February 7, 14, 21, 28**

**9:00 am-12:00 pm**

**\$125.00 (this includes all needed materials)**

**Facilitator– Herman Markwart**

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## NEW CLASS!

### Learn basic wood techniques, while crafting a Valentine or St. Patrick's Day decoration

In this 2 hour class you can learn to paint, wood burn, or carve on wood. Instructors will be there to help guide you step by step.

**Monday, February 7 1:00-3:00 pm**

**Monday, March 7 10:00 am-12:00 pm**

**\$10.00 for each session**

**Facilitator– Gerry Burchard**

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## 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 25 & Friday, March 25**

**1:00 pm– 3:00 pm**

**Members \$25 / Non-Members \$30**

**Facilitator – Steve Wood**

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## Project Linus

### Children's Miracle Network

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.**

---

## 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**

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## Waterford Garden

### Club

Attention all Green Thumbs!

Join us for informative workshops and fun workdays.

**Thursday, February 3**

**Thursday, March 3**



# Activities

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## Line Dance for Beginners

Movement is a must for all and allows the body to revive. Non-movement hastens disintegration. Join us in recalling or maintaining your flexibility, mobility, range of motion, strength, muscle tone, balance, and circulation. Experience for yourself this life supporting program.

**Friday's 1:00 pm- 3:00pm**

**Facilitator– Candy Turner**  
**\$4 per class**



## Reminiscing Club

Enjoy an afternoon of conversation between friends on the 4th Wednesday of each month. 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!

**February 23 & March 23**

**1:00pm**

**\$1 Drop-in Fee**

## Wii Bowling

**Join our Wii Bowling Team!**

Wii is an interactive video game, that with the help of our projector and large screen will make you feel like you are in a real bowling alley!

**Fridays**

**1:00 pm**

**\$1 Drop-In Fee**

## Computer Club

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

Everyone welcome.

**Meetings are the second Tuesday of each month.**

**February 8 & March 8**

**10:00 am-noon**

**\$1.00 Drop-In Fee**

## Chen Style 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. All levels from beginner's to continuing are welcome.

**Thursday's 1:00 pm**

**\$1 Drop-In Fee**

**Facilitator—Jerry Cleland**

## Virtual Health and Wellness

Whether you are looking for new ideas to help you stick to a diabetes management plan, a fall prevention class to keep you on your feet and active or a program to help you manage chronic pain, there is a class and a program for you.



[aaa1b.org/senior-health-and-wellness/](http://aaa1b.org/senior-health-and-wellness/)

**For questions, or for more information:**

**833-262-2200**

**wellnessprograms@aaa1b.org**

## 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**

**9:10-10:10 am**

**\$4.00 per class**

**Facilitator- Anne Swanson**

## Volunteer Opportunities-

**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.

Call Donielle @ 248-682-9450 for more information.



# February & March Birthdays

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## February

- 1- Marylee Doyle
- 2- Anne Estrada  
Lawrence Hornsby  
Louise Wischman
- 4- Dorothy Balma  
Joyce Barnosky  
Doreen Dutton  
Harvey Cooper  
Robert Mick  
Gladys Niemi  
Shirley Robertoy  
Walter Wiitala
- 5- Lois O'Neill
- 6- Arlene Ball  
Bradley Cook  
Myra Enders  
Leo Grappin  
Mari Latozas  
Dan Ludwig
- 7- Odelia Rodriguez
- 8- Jimmie Richmond  
Charles Wilson
- 9- Esther Callahan  
Patricia Frase  
Priscilla Gimple  
Pauline Owen  
Edgar Pierce  
Lorraine Pierce  
Judy Wolfe
- 10- James Shedlowsky  
Kathy Vanacker
- 11- Linda Mata  
Yong Neff
- 12- Sally Gaultney  
Nancy Hinman  
Bridget Smith  
Jim Trosin
- 13- James Javorsky  
Brenda Owens
- 14- Gerry Cleasby  
James Deremer  
Kenneth Fox  
Pat Freeman  
Paul Hoffman

- 15- Marion Cheyz  
Keith Cooper  
Angela Dew  
Joan McManus
- 16- Bruce Boston  
Sandra Coleman  
William Finneran  
Vicki Kleist  
Patricia Lewis
- 17- Janet Meston  
Jane Schneider
- 18- Mary Ellen Cauley  
Emily Meintjes
- 19- Marlene Calderwood  
Tracy Morsi  
Sherry White
- 20- Francine Cutler  
Helene Kelley  
Joseph Stutzman  
Jennie Tallent
- 21- Mildred Hall  
Janie McGee  
Karen Slack
- 22- Judy Benscoter  
Jon Esler
- 23- Clem Condon  
Vicki Dyer  
Nancy Grappin  
Michael Ronquillo
- 25- Theodore Owen  
Kenneth Reinke
- 26- Patti Mayes  
Sherrill Poquette  
Henry Woods
- 27- Donna Herr  
Pat Lindsay
- 28- Jovita Alvarado  
Stan Haggarty  
Dorothy Long
- 29- Eddie Delbridge  
Richard Luszczuk  
Rita Wideman

## March

- 1- Shirley Clowes  
Kenneth Jacobson
- 2- Carol White  
Leo Camera  
Bonnie Lester  
Seth Rice  
Dora VanFossan
- 4- Grace Flowers  
Donna Ritchie  
Joan VanAntwerp
- 5- Rosaline Conklin  
Norene Hundley
- 6- Leslie Bradford  
Katherine Campbell  
Julia Crick  
Rose Jones  
Judy Ogg  
Patricia Peck  
Yvonne Zerba
- 7- Nancy Phelps
- 8- Janet Nellett  
Arlene Shearer
- 9- Mary Spoor
- 10- Daniel Jones  
Helen Kobliha  
Kenneth Leece  
Rick Ogg  
Carmen Rodriguez  
Al Souilliere  
Arthur Taylor  
Norman Wood  
Jean Zinger
- 11- Linda Meabon  
Glenn Uhl
- 12- Tom O'Conner
- 13- Mary Morris  
Jim Wiley
- 14- Michael Franz  
Clark Grogan  
John Scott
- 16- Bill Brace  
Gwen Fields  
Frances Lewis

- 18- Joe Junglas  
Christine Lustig  
Barbara Pushek  
Joe Umphrey
- 19- Dee Halfmann
- 20- Margaret Cikalo  
Richard Davis  
Ruth Seranian
- 21- Linda Boka  
Terry Rodgers  
Joyce Thompson
- 22- Ruth Fiscus  
Jackie Sibley  
Calvin Thornton  
Sharon Wiitala
- 23- Joseph Halfmann  
Betty Montross  
Dianna Untener
- 24- Carol Hency  
Jerry Keeton  
Nancy Koppela  
Robert Marshall  
Clare Simons
- 25- Paula Barbour  
Gary Swain  
Julie Zaremba
- 26- Mary Ann Kane  
Jean Mayo
- 27- Sandra Walker
- 28- Betty Landmesser  
Larry McDonald  
Lori Oberlin  
Twila Setla
- 29- Nancy Holan  
Raymond Reiche
- 30- Carol Hoffman  
Beverly Kobe  
Marie Little  
Barbara Pine  
Emma Sadler  
Helen Vaillencourt

## *In Memory*

Our thoughts and sympathies for the families and friends of ...

John Green  
Harold Comis  
Delores Wells  
Nan Klenter  
Jane Evans  
James Fisher

# *Extended Travel*

---

**The Old South  
Charleston-Savannah  
& Southern Plantation Tour  
April 16-22, 2022**

Tour includes –  
Modern Motorcoach Transportation  
2 Nights-to/from, 2 Nights-Charleston  
2 Nights-Savanna  
7 Breakfasts, 1 Lunch  
Horse Drawn Carriage Tour of Charleston  
Boone Hall Plantation  
Magnolia Plantation & Gardens  
Charleston Harbor Dinner Cruise  
Beaufort Horse Carriage Tour  
Savannah's Old Town Trolley  
American Prohibition Museum  
Andy Griffith Mayberry Tour  
Savannah's Historic River Street  
Luggage Handling  
Tax and Tips on Included Meals

**Cost: \$1999.00-Double  
\$2899.00-Single  
\$17499.00-Triple  
Add \$10.00 for Non-Members**

---

**Kentucky's Bourbon Trail  
Bourbon-Horses-Rail  
Featuring: My Old Kentucky Dinner Train  
May 9-12, 2022**

Tour includes –  
Modern Motorcoach Transportation  
3 Nights Lodging, 3 Breakfasts, 2 Dinners  
Jim Bean American Stillhouse  
My Old Kentucky Home  
Oscar Getz Whiskey Museum  
Bardstown Bourbon Company  
Heaven Hill Distillery  
My Old Kentucky Dinner Train  
Claiborne Horse Farm, Luggage Handling  
Tax and Tips on Included Meals

**Cost: \$999.00-Double  
\$1289.00-Single  
\$899.00-Triple  
Add \$10.00 for Non-Members**

---

**Mississippi River Cruise  
All Aboard the Twilight Riverboat  
June 20-23, 2022**

Tour includes –  
Modern Motorcoach Transportation  
3 Nights Lodging  
3 Breakfasts, 2 Lunch, 2 Dinners  
**2 Days Mississippi River Cruise**  
Riverboat Entertainment  
New Melleray Abbey Trappist Factory  
Tour of John Deere Harvester Factory  
or Visit to John Deere Pavilion  
Luggage Handling  
Tax and Tips on Included Meals

**Cost: \$1099.00-Double  
\$1399.00-Single  
\$1019.00-Triple  
Add \$10.00 for Non-Members**

---

**New York City  
July 4th Fireworks Extravaganza  
July 3-8, 2022**

Tour includes –  
Modern Motorcoach Transportation  
5 Nights Lodging-Featuring 3 Nights at the New  
York Marriott Marquis-Time Square  
5 Breakfasts, 1 Lunch, 2 Dinners  
**Captain JP Hudson River Cruise - All Day**  
Macy's July 4th Fireworks Show  
Tour West Point Military Academy  
Sightseeing Tour of New York City  
9/11 Museum or One World Trade Observatory  
Tour of Madison Square Gardens  
Leisure Time in New York City  
Flight 93 Memorial  
Quecreek Mine Rescue Site  
Luggage Handling  
Tax and Tips on Included Meals

**Cost: \$2099.00-Double  
\$2499.00-Single  
\$1939.00-Triple  
Add \$10.00 for Non-Members**

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<p>Visit the "<a href="#"><u>Travel Board</u></a>" at the Center to get detailed flyers about each of the trips. Itineraries for all extended trips are also available.</p>
---

# *Extended Travel*

---

## **Cape Cod & The Boston Pops**

**The Cape's Annual "Pops by the sea" Concert  
Plus Martha's Vineyard and Nantucket**

**August 13-19, 2022**

Tour includes –

Modern Motorcoach Transportation

2 Nights– To/From

4 nights– Cape Cod

6 Breakfasts, 4 Dinners

### **BOSTON POPS ORCHESTRA**

Local Guide– All 4 days

Tour of Cape Cod, Visit to Provincetown

Whale Watching Cruise, Martha's Vineyard

Nantucket & Guided Tour

New Bedford Whaling Museum

Luggage Handling

Tax and Tips on Included Meals

**Cost: \$2399.00-Double**

**\$3499.00-Single**

**\$2149.00-Triple**

**Add \$10.00 for Non-Members**

## **Heartland of America Tour**

**The Story of Route 66**

**September 12-17, 2022**

Tour includes –

Modern Motorcoach Transportation,

5 Nights Lodging,

5 Breakfasts, 1 Lunch, 4 Dinners,

### **America's Famous Route 66**

#### **Route 66 Guide for 4 Days**

Goshen Coffee, Legendary Mustang Sanctuary

Doc's Soda Fountain, Soulsby Service Station

Henry's Rabbit Ranch, Kruta Bakery

Pink Elephant Antique Mall

Willoughby Heritage Farm

Cahokia Mounds Historic Site

National Great Rivers Museum

Melvin Price Locks & Dam

Robert Wadlow Statue

Alton Living History Tour

Live Interactive Theatre Dinner

Lewis & Clark Historic Site

Great Rivers National Byway

Grafton Sky Tour

Mississippi River Cruise

Luggage Handling

Tax and Tips on Included Meals

**Cost: \$1399.00-Double**

**\$1899.00-Single**

**\$12499.00-Triple**

**Add \$10.00 for Non-Members**

## **Rails of West Virginia**

**Fall Color Spectacular**

**October 10-14, 2022**

Tour includes –

Modern Motorcoach Transportation

4 Nights Lodging,

4 Breakfasts, 2 Lunches, 3 Dinners

NEW TYGART FLYER

CASS SCENIC RAILROAD

Green Bank Observatory

West Virginia Railroad Museum

Gaudy Dancer Dinner Theatre

Beckley Coal Mine Tour, Greenbrier Bunker

Luggage Handling

Tax and Tips on Included Meals

**Cost: \$1439.00-Double**

**\$1849.00-Single**

**\$1299.00-Triple**

**Add \$10.00 for Non-Members**

## **PLEASE NOTE-**

**AS OF JANUARY 1, 2022, YOU WILL  
BE REQUIRED TO BE FULLY  
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


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A special thank you to our amazing community for all they contributed to make the 2021 holiday season a success!

- Our “Reindeer Bucks for COVID Recovery” giving campaign was a huge success, we surpassed our goal and raised more than \$5,000.00
- Pop’s Family Restaurant prepared 175 turkey dinners on Thanksgiving for homebound seniors
- Green Apple Restaurant on Dixie prepared 175 Christmas meals for homebound seniors
- Royal Diner of Clarkston prepared 175 New Year’s Day meals for homebound seniors
- DTE provided gifts for homebound seniors and the funding for Christmas meals
- Area Agency on Aging 1B and Oakland Family Dental provided funding for Thanksgiving, Christmas, and New Years Day meals
- Our members and friends that participated in the “Season of Giving” and donated to Open Door Outreach and Waterford Youth Assistance
- Ed Neaves, Sharon Grammer, Leland Needham, Jim Patterson, Linda Moir, Ellie Tomkow, Dave and Debbie Faust, Mary VanGeison and Ryan Miller for decorating the Senior Center and making it look so festive and fun
- Home Instead Senior Care and Phoenix/Advanced Physical Therapy for sponsoring the Christmas gifts and annual party for our Encore Adult Day program participants
- Transformation Church Waterford for doing fall yard clean up for homebound seniors
- Oakland Family Dental– Our Holiday Open House sponsor
- Linda Moir, Ellie Tomkow, and Collette Wendrick for decorating hundreds of cookies for our Holiday Open House

**A huge thank you to our dedicated group of volunteers  
that make the magic happen all year long!**

### **“Holiday Meals Thank You”**

**Thank you to all the kind volunteers that gave of their time to spread a little holiday cheer  
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	Barrett Family
Paul and Collette Wendrick	David Kramer	Mike Fitzgerald
Clark Family	Ryan Miller	Debbie Downs and Laurie Dahl
Gretchen Hurlbert	Patterson Family	Sue and Mike Rice
Sean Daly	Carol Axford	Carol White

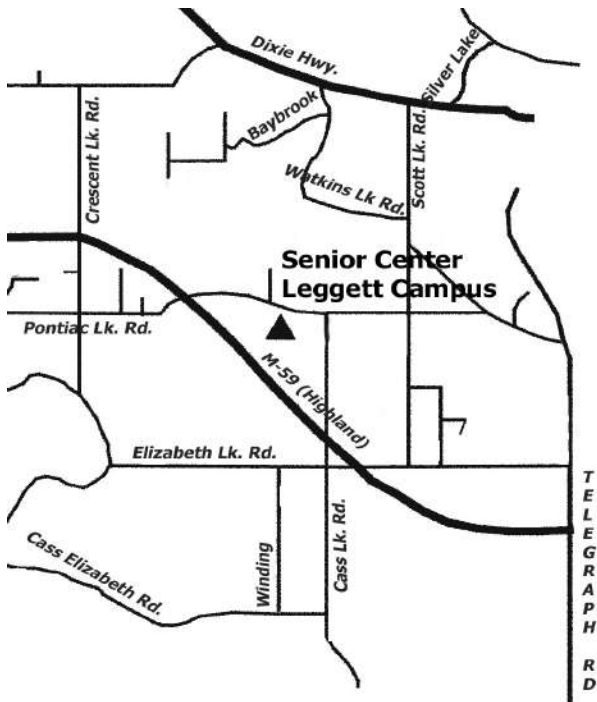
Thank you to our community partner restaurants for preparing the delicious meals!





**Waterford Senior Center**  
**3621 Pontiac Lake Road**  
**Waterford, MI 48328**

**PRESORTED  
STANDARD  
U.S. POSTAGE  
PAID  
Permit # 2  
Waterford, MI**



## **Waterford Senior Center Staff**

**Erin Asdell**

Coordinator  
Adult Day Services Supervisor

**Donielle Fidler**

Nutrition & Auxiliary  
Services Director

**Amber Hoskins**

Assistant Supervisor

**Mike Fitzgerald**

Senior Center Assistant

**Lena Beck**

Bookkeeper

**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!



**The Senior Center will be closed when the  
Waterford School District closes due to inclement weather.**

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