

May/June Newsletter • 2018

OUR MISSION

The goal of the Wixom Senior Program is to provide educational, cultural, creative and social programs for seniors in our community. To do this, we offer a variety of programs to promote fellowship and meet the needs of our participants. The program is open to any individuals 50 years or older. New members are always welcome!

City of Wixom Senior Program

49015 Pontiac Trail Wixom, MI 48393 248-624-0870

Web:

www.wixomgov.org

Senior Program Coordinator:

Tracy McMahan Email:

tmcmahan@wixomgov.org

Senior Program Hours:

Monday - Thursday 9:00 am-4:00 pm



SOME WORDS FROM THE COORDINATOR

I would like to start by saying "thank you" to all of the people who have been patient and understanding during our construction period. It was not always convenient and I very much appreciate those who were flexible and made the best of the situation. It is very easy to become negative and complain about everything. This negativity spreads so easily that pretty soon no one is happy. To those people who remain positive and rise above the complaints, your efforts do not go unnoticed and are greatly appreciated! It is important to remember that things could always be worse. Each day you wake up is another chance to make the day the best possible, given whatever you have to work with. Life is short, tomorrow is not promised, so make the most of right now!

As we move into summer, we will be doing lots of fun things!! Trips, classes, parties and more! Be sure to check them out and sign up early so you don't miss the fun!!

See you soon!!

Tracy



As you breathe right now, another person takes his last.

So stop complaining and learn to live with what you have.

O'BRIEN A FUNERALS, CREMATIONS

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248-348-1800

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Commerce Hearing Center

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Doctor of Audiology

Proud to be Rated 5 Stars by CMS! 48300 11 Mile Road, Novi, MI 48374 • PHONE: 248.662.2300

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at Genesys Health Park

3221 E. Baldwin Rd.

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Daniel J.M. Schouman

& Margaret A. Schiano

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· Civil

· Criminal

• Business

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ADVERTISE H

CONTACT

Eileen Frazier to place an ad today! efrazier@4LPi.com or (800) 477-4574 x6309

BROOKDALE

Once you're here, vou're home.

Come discover the many comforts of our caring community. When you join our family, you can feel secure knowing that we're here for you every step of the way. Whatever the future holds, our communities are designed to care for your needs, through all the stages of life.

For more information, contact (248) 669-5330 or swarady@brookdale.com.



Brookdale Novi

Independent Living • Assisted Living 45182 West Park Drive | Novi | MI 48377 Main: 248-669-5330 Direct: 248-669-5331

brookdale.com



Helpful Resources City of Wixom

Non-Emergency Numbers

Fire: 248-624-1055

Police: 248-624-6114

City Manager: 248-624-0894

Clerk/Voting: 248-624-4557

Community Center: 248-624-2850

Senior Center: 248-624-0870

Finance/Taxes: 248-624-0885

Library: 248-624-2512

DPW: 248-624-0141

PEOPLE'S EXPRESS:

877-214-6073

Area Agency on Aging 1-B:

1-866-SENIOR-1 / 248-262-9999

Myride2: www.myride2.com 855-myride2/855-697-4332

AARP member services:

888-687-2277

Oakland County Health Division

Nurse on Call: 800-848-5533

Senior Citizen Services: 248-858-0213

OLHSA—Affordable Assistance:

248-209-2675

Western Oakland Meals on Wheels:

810-632-2155

Community Outreach Food Service:

888-886-8971

Haven 24 hour crisis & support line:

877-922-1274

Hospitality House

Food & personal care:

248-960-9975

St. Vincent De Paul: 248-624-1421

CITY COUNCIL:

Richard Ziegler, Mayor Patrick Beagle, Deputy Mayor

Keenan Gottschall Nicholas Kennedy

Brent Leder

Thomas Rzeznik

Robert Smiley

City Manager:

Steven Brown



Senior Citizen Commissioners

Jean Korleski, Anna Contreras, Shirley Pfeffer, Larry Grant, Connie Salvati, Joan Roberts Meetings Held Every Other Month at Community Center Second Tuesday of January, March, May, July, September, and November at 10:00 am

WIXOM SENIOR TRANSPORTATION

- Eligible riders must be 55+ years old
- Must be a resident of Wixom
- Must schedule service directly with PEOPLE'S EXPRESS at 877-214-6073 AT LEAST 48 HOURS IN ADVANCE
- PAYMENT REQUIRED AT TIME OF SERVICE
- FULL DETAILS AVAILABLE AT THE CENTER

PROGRAM REMINDERS:

- **Programs may change.** Check with the Senior Center or call 248-624-0870 for the most up-to-date information.
- Payment is due upon registration.
- Cash, check, MasterCard or Visa are accepted.
- All payments made by check should be made payable to

City of Wixom.

- Online registration www.wixomparksandrec.com.
- Refunds will NOT be given on trips, meals, classes or special events without a replacement.
- When Walled Lake Schools are closed <u>due to weather</u>, Senior Programs are cancelled.
- For the safety and convenience of our members, solicitation is not allowed. Persons not in compliance with this rule may be asked to leave the Center.
- The Wixom Senior Center does not endorse any individual or organization. We recommend that everyone research and get references before making decisions based on information that is available to them.
- Occasionally programs change and new programs are added. Please check with the Senior Coordinator (248-624-0870) or at the Center for the most current information.

Community News

Blood Pressure Check





When: First Monday of the Month

Time: 9:00 am

St. John Providence Hospital staff will check your blood pressure at no charge. Stop in and be sure yours is in normal range.

HEARING TESTS

When: Second Wednesday every other month: January, March, May, July, September, and November

* DATE CHANGE FOR MONTH OF MAY * MAY 16*

Time: Appointments 9:30-10:30

MUST PRE-REGISTER! Hearing aids can be tested and

adjusted at this time.

FOR AUDIOLOGY & HEARING AID SUPPORT CONTACT DR. JAGACKI @ 248-437-5505

FREE CAPTIONED TELEPHONES FOR PEOPLE WITH HEARING LOSS. Meet with Deborah from OEI CapTel Captioned Telephones for information. May 16 9:30-11am Deborah: 248-910-3147

PAPER SHREDDING 2018

Offered through RRRASOC

WHEN: June 12, September 11, December 11

TIME: 10 am to Noon

WHERE: Community Center Parking Lot

Bring your documents for on-site shredding, 100

lb. limit please.

Need Computer Help?

Call the Wixom Library and set up an appointment with the Librarian: 248-624-2512.

Area Loan Closets

South Lyon Center for Active Adults 248-573-8175 Highland Activity Center 248-887-1707 Bloomfield Twp. Senior Services 248-723-3500 Northville Community Senior Center 248-349-4140

At this time, the Wixom Senior Center is unable to accept donations. Please contact one of our neighboring Centers to make donations to their loan closets.

The Wixom Senior Center has a limited number of walkers & wheelchairs to loan.

Special Thanks!

A note of thanks to all of the wonderful people who help with our events! Whether you set up. clean up or do something else, you are very much appreciated!

Special thanks to...

- Senior Commission for paying \$2 per member for the St. Patrick's Day party.
- Dr. Jagacki, Personalized Hearing
- St. John Providence Nurses and Community Educators
- First & Main Assisted Living/Memory Care for Pizza and Movie day lunches as well as educational & craft classes and outings
- Novi Lakes Health Campus for many donations for our special events
- Independence Village of White Lake for many donations for our special events
- The Bagel Station for donating bagels each week
- Larry Grant & Nancy Olah for bringing bagels, and to all the seniors who help bag them up

Thank you to all of our volunteers and supporters!

We appreciate you!!

Dental Program Oakland County Health Division

Thank you!

The Oakland County Health Division Dental Program serves the basic dental needs of low-income Oakland County residents who lack dental insurance. This program is not a dental plan. They provide evaluation for recipients and a course of basic dental treatment which is usually completed within two to four months.

For more information, to see if you qualify, or to obtain an application packet, please call 1-888-350-0900, x81306.

SameAddress, Transitioning Home

Senior Care Program

Helping Seniors adjust comfortably from hospital to home. Offered by Area Agency on Aging, this program helps seniors with the sometimes challenging transition For more information from the hospital back to home. contact SameAddress at 248-262-9999 or toll free at (866) SENIOR-1. SameAddress.com

AAA 1-B

Serving Oakland and surrounding counties to connect you to a wide variety of services and resources. Contact them at 800-852-7795 or aaa1b.org or stop in to the Center to pick up a brochure.

Keeping Fit

Exercise Class

A one-hour class of stretching, low impact cardio and weight training. Suitable for all ability levels. Fee payable at class. * No class 5/28/18*

Day	Time	Price Member	Price Non-Member
Monday	10 -11:00 am	\$2	\$3
Wednesday	10 -11:00 am	\$2	\$3

Zumba Gold ®



Take salsa, cha-cha, meringue, tango and put it all in one LOWER IMPACT workout together routine! Fun total body work out for all levels! Wear comfortable clothing and tennis or dance shoes. Payable at class. *No class 5/28/18*

Day	Time	Price
Monday	11:15 am-12:15 pm	\$5
Wednesday	11:15 am-12:15 pm	\$5

DRUMS ALIVE

Catch the newest fitness wave and drum your way to better health! "Drums Alive" is a fitness class set to music with a stability ball, drumsticks and a bucket. You will be having so much fun you will forget you are actually exercising! This class is good for beginner to advanced fitness levels and no experience is required. Come let out that inner rock star and drum your way to better health! Fee payable at class.

Class at City Hall 6/26

Day	Time	Price
Tuesday	10:45-11:45 am	\$5

SPECIAL DEAL FOR FITNESS CLASS PARTICIPANTS **FITNESS BONUS CLASS**

Purchase 9 classes and get the 10th class free! This bonus can be used on any of the \$5 drop-in classes (Chair Yoga, Drums Alive, Line Dance and Zumba Gold). Cost: \$45.00

CHAIR YOGA

Offering a gentle Chair Yoga class for Seniors. Tailored to the student's needs, we move through a gentle warm up and then a simple flow designed to move joints through their range of motion and stretching muscles to combat stiffness. We will also focus on exercising joints afflicted by arthritis, bringing increased circulation to relieve pain and stiffness. Linking the breath to our movement brings peace of mind, and practicing breathing elicits the Relaxation Response which helps deal with stress. Come join us for yoga! Fee payable at class.

*Class @ City Hall 5/15 & 6/26

Day	Time	Price
Tuesday	9:30-10:30 am	\$5

LET'S DANCE... LINE DANCING FOR FUN



Get moving, learn some fun line dances and have fun with your friends!

New to line dance or want to review? Come at 11:00am. Already a pro? Come at 11:30! No experience necessary and open to all ability levels! Fee payable at class. *Class at City Hall 5/31*

Day	Time	Price
Thursday	11:00 am-12:30pm	\$5

IT IS MEMBERSHIP RENEWAL TIME!

MEMBERSHIP TO THE WIXOM SENIOR CENTER RUNS FROM JULY 1 TO JUNE 30 THE FOLLOWING YEAR. MEMBERSHIP COST REMAINS THE SAME THIS YEAR: \$10 FOR WIXOM RESIDENTS \$10 FOR WALLED LAKE TAXPAYERS \$15 FOR EVERYONE ELSE

BENEFITS OF MEMBERSHIP INCLUDE MEMBER-ONLY ACTIVITIES AND DISCOUNTS PROGRAMS.

> RENEW TODAY SO YOU DON'T MISS THE FUN!

Ongoing Events



ARE YOU A VETERAN?

VETERAN APPRECIATION LUNCHEON

The City of Wixom sponsors an Appreciation Luncheon for Veterans to come and enjoy a great meal and the company of friends. There is no charge for this event, although preregistration is appreciated to help plan for lunch. Call 248-624-0870 to register.

Date	Day	Time	Price
Fourth	Tuesday	12:00 pm	No Charge

CARDS, GAMES AND FUN!

Cards, games and puzzles are always available in the Lounge. Challenge your brain! Join your friends here at the Community Center for a fun game!







Date	Day	Time	Price
Daily	Mon-Thurs	10 am - 4 pm	No Charge

Mah Jongg

Come play the age-old game of Mah Jongg. Open to all!



Date	Day	Time	Price
Weekly	Monday	12:30 -3:30	No Charge
Weekly	Wednesday	12:30—3:30	No Charge

LUNCH BUNCH

Visit local restaurants for a nice afternoon out with friends. Pay at restaurant. Prices vary.

Date	Day	Time	Price
Second	Monday	11:30 am	TBD

SEWING/QUILTING/CRAFTING

Bring your projects, join your friends and chat while you work!

Date	Day	Time	Price
Weekly	Tuesdays	10-11:30	No Charge

Monthly Movie & Pizza

Join us for a movie and pizza lunch. Pre-registration is required. Pizza lunch is sponsored by:

FIRST & MAIN

Assisted Living and Memory Care Center

Movies:

May: Young at Heart June: Paris Can Wait

Date	Day	Time	Price
First	Thursday	11:30 am	No Charge

Pot Luck, Bingo & Birthdays

Come celebrate the Birthdays of the month and play some bingo! Bring a dish to pass for pot luck lunch. Sponsored by **OEI CAPTEL TELEPHONES.**



WIXOM SINGERS

Fun group of individuals who like to sing. This group is open to anyone, regardless of singing ability or talents. If you like to sing or just enjoy music, this group is for you! Please join us! This is a great way to have fun and feel GREAT!!!

Date	Day	Time	Price
Weekly	Monday	1:00 pm	No Charge

"PLAY A NEW GAME" DAY

Join us for a fun game day and try a game you have never played before. Feel free to bring a favorite game that you would like to share with others.

Snacks provided.

Please pre-register for set up and snack count.

Date	Day	Time	Price	
May 29	Tuesday	11:00 am	No Charge	

Educational Events

IT IS MEMBERSHIP RENEWAL TIME!

MEMBERSHIP TO THE WIXOM SENIOR CENTER RUNS FROM JULY 1 TO JUNE 30 THE FOLLOWING YEAR. MEMBERSHIP COST REMAIN THE SAME THIS YEAR:

\$10 FOR WIXOM RESIDENTS \$10 FOR WALLED LAKE TAX PAYERS \$15 FOR EVERYONE ELSE

BENEFITS OF MEMBERSHIP INCLUDE MEMBER-ONLY ACTIVITIES AND DISCOUNTS ON PROGRAMS TO NAME A FEW.

RENEW TODAY SO YOU DON'T MISS THE FUN!

SENIORS SUPPORTING SENIORS COMPUTER GROUP

SSS Computer Group

Are you knowledgeable on a particular topic with computers? Maybe have some questions on how to do something? This informal group of people helping each other might be just what you need. Please pre-register by 4/25.

Date	Day	Time	Price
May 2	Wednesday	11:00 am	No Charge



GET OUT AND DIG!
COMMUNITY GARDENS
OPEN MAY 26!
RESERVE A GARDEN PLOT
WITH
PARKS & RECREATION
248-624-2850



Join us for a fun 6 week class to learn the art of watercolors. Complete a new project each week.

Must pre-register for full session. Supplies list given at registration.



Date	Day	Time	Price
May 8 - June 26	Tuesdays	2:00 -4:00pm	\$75 member/ \$85 non-member

Do you play an instrument?

We are trying to determine if there is interest in having an open "Jam Session" on a monthly basis. If this is something that you might be interested in or would like more information on, please see Tracy at the Senior Center.



Travel

Here are some of the great trips we have planned for the next few months. If you are interested in traveling, check with Tracy for more information and flyers.

Trips through Travel Treasures & Tours:

5/8: Holland Tulip Festival

5/14: Soaring Eagle W/Lee Greenwood

5/22: Greek Town Casino 5/23: Jackson Prison Tour

Trips through **Escapades**:

5/8, 5/22, 6/12, 6/26 FIREKEEPERS CASINO

Trips through **Step On Bus Tours:** 5/18 Gold, Diamonds & Pawn Shops 6/11 Arts, Amish & Adventure **For more information contact:**

Tracy at (248) 624-0870 or Travel Treasures at (313) 292-6300 Escapades Travel at (248) 672-7919 Step On Bus Tours at (248) 619-6692



SPECIAL EVENTS

Mother's Day Tea

Come celebrate those special women in your life at our Annual Mother's Day Tea. Our food will be provided by Novi Lakes Health Campus.

MUST PRE-REGISTER BY MAY 3.

Limit 20 people.



Date	Day	Time	Price
May 10	Thursday	12:00 pm	\$10 member/ \$12 non-member

EUCHRE / PINOCHLE TOURNAMENTS

Join us for a friendly Euchre or Pinochle tournament once a month.

May/Euchre, June/ Pinochle.

Cost is \$3 to play. Bring a snack to share.
Check in begins at 10:45, play at 11:00
Please pre-register.

Date	Day	Time	Price
Second	Thursday	11:00	\$3

JUNK IN THE TRUNK Thursday, June 7



Do you have extra stuff you would like to get rid of? Don't like sitting alone at a garage sale? For the first day of the City-wide Garage Sale weekend (June 7-9), Seniors can bring a table (or your trunk) and try to sell your items from the parking lot at the Community Center. We will put signs/balloons out at the street.

TABLES/CHAIRS/CHANGE WILL NOT BE PROVIDED. THIS IS AN OUTDOOR EVENT ONLY. EACH PERSON IS RESPONSIBLE FOR THEIR OWN ITEMS.

Date	Day	Time	Price
June 7	Thursday	10:00 am - 2:00 pm	No Charge

RECHARGE YOUR LIFE

If you are suffering from stress & anxiety...

Get ready to be INSPIRED, ENCOURAGED, MOTIVATED and reclaim your POWER!

Experience Aromatherapy, Meditation and Chair Yoga in addition to great motivation! You will leave feeling relaxed, rejuvenated & recharged!

Presentation presented by Cheri Schultz PRE-REGISTRATION REQUIRED BY: 5/17

Date	Day	Time	Price
May 24	Thursday	1:00	No Charge

ANNUAL SENIOR SUMMER PICNIC

Come kick off the summer season with our Annual Summer Picnic filled with great

food, fun and friends!

Must pre-register by May 24.

			0 0	
Date	Day	Time	Price	
May 31	Thursday	12:00	\$10 members/ \$12 non-members	Biolina de la constanta de la



ARM CHAIR TRAVEL with Debra

MAY: Experience Cinco de Mayo in Mexico

JUNE: Visit Asia

PLEASE PRE REGISTER



Day	Time	Price
uesday	Noon	No Charge
	uesday	

8 | Monthly Newsletter

MAY 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		9:30 Chair Yoga 10:45 Drums Alive	2 10:00 Exercise 11:00 S.S.S. Computer Group 11:15 Zumba Gold 12:30 Mah Jongg	3 9:45 Gentle Yoga TBA Frankenmuth 11:00 Line Dance 11:30 Movie & Pizza	4	5
6	9:30 Blood Pressure 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg 1:00 Wixom Singers 1:00 MOB class	9:30 Chair Yoga 10:00 Sr. Commission 10:45 Drums Alive 12:00 Arm Chair Traveler 2:00 Watercolors	9 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg	9:45 Gentle Yoga 11:00 Line Dance 11:00 Euchre Tournament 12:00 Mother's Day Tea	11	12
13	14 10:00 Exercise 11:15 Zumba Gold 11:30 Lunch Bunch 12:30 Mah Jongg 1:00 Wixom Singers 1:00 MOB class	 15 Rental 9:30 Chair Yoga @ City Hall 10:45 Drums Alive @ City Hall 2:00 Watercolors 	9:30 Hearing Check 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg	9:45 Gentle Yoga 11:00 Line Dance 12:00 Pot Luck & Bingo	18	19
20 FOUNDERS DAY	21 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg 1:00 Wixom Singers 1:00 MOB class	9:30 Chair Yoga 10:45 Drums Alive 12:00 Veteran's Lunch 2:00 Watercolors	23 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg	9:45 Gentle Yoga 11:00 Line Dancing 1:00 Recharge Your Life	25	26 Gardens Open
27	28 MEMORIAL DAY CENTER CLOSED THANK YOU!	9:30 Chair Yoga 10:45 Drums Alive 11:00 Play a New Game Day	30 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg	9:45 Gentle Yoga 11:00 Line Dancing 12:00 Annual Senior Summer Picnic		

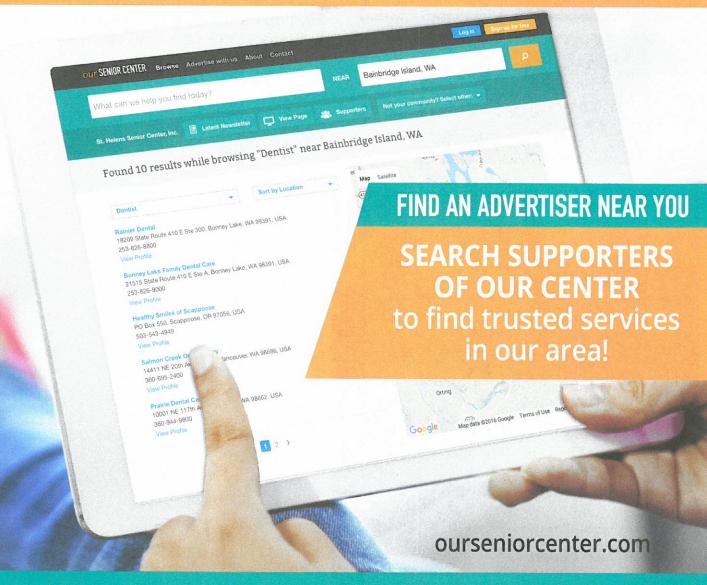
JUNE 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	PLEASE NOTE: Calendar is subject to change. Please check the Center for the most up to date information.				1	2
3	9:30 Blood Pressure 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg 1:00 Wixom Singers 1:00 Matter of Balance	9:30 Chair Yoga 10:45 Drums Alive 2:00 Watercolors	6 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg	9:45 Gentle Yoga 11:00 Line Dance 11:30 Pizza & Movie City-wide Summer Concert	8 Garage	9 Sales
10 Historical Society Ice Cream Social @ Wire House 1:00pm- 4:00pm	11 10:00 Exercise 11:15 Zumba Gold 11:30 Lunch Bunch 12:30 Mah Jongg 1:00 Wixom Singers 1:00 Matter of Balance	9:30 Chair Yoga 10:00 Shredding 10:45 Drums Alive 12:00 Arm Chair Traveler - Asia 2:00 Watercolors	13 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg	9:45 Gentle Yoga 11:00 Line Dance 11:00 Pinochle Tournament	15	16
17	18 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg 1:00 Wixom Singers	9:30 Chair Yoga 10:45 Drums Alive 2:00 Watercolors	20 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg	9:45 Gentle Yoga 11:00 Line Dance 12:00 Pot Luck, Bingo & Birthdays	22	23
24	25 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg 1:00 Wixom Singers	9:30 Chair Yoga @ City Hall 10:45 Drums Alive @ City Hall 12:00 Veteran's Lunch 2:00 Watercolors	27 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg	28 9:45 Gentle Yoga 11:00 Line Dance Summer Concert Lite the Night	29	30

SENIOR CENTER

A convenient source for local services



PLUS Sign up to have our newsletter emailed to you!



REMINDERS

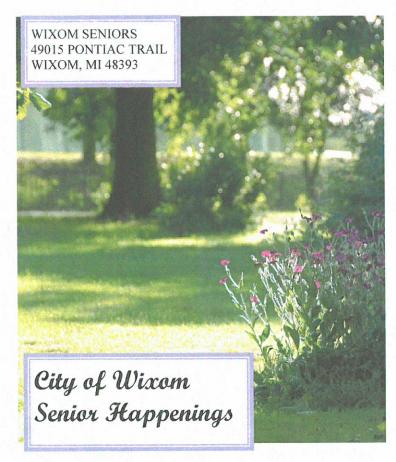
JOIN THE WIXOM SENIOR CENTER!

It's always a great time to join the Wixom Seniors! Membership fee for Wixom and Walled Lake taxpayers is just \$10; all others are only \$15 for the year. Memberships run from July 1 thru June 30. Stop in the Center for more information.

NEW MEMBERS ALWAYS WELCOME!

Reminder: if the Walled Lake Schools are closed due to weather, the Wixom Senior Program is also closed.





SAVE THE DATE FOR THESE GREAT UPCOMING EVENTS!

You won't want to miss them!

- ⇒ Visit the DIA 4/26
- ⇒ NEW! Watercolor Class starts 5/8
- ⇒ Arm Chair Travel to Mexico for Cinco de Mayo Celebration 5/8
- ⇒ Mother's Day Tea 5/10
- ⇒ Recharge your Life! Motivational workshop 5/24
- ⇒ Annual Summer Picnic 5/31

Sign up on the City webpage for Senior E-Notifications for email updates.

Activities and events are subject to change. Check at the Center for details. Stop in or call (248)-624-0870

