

Website: [www.wixomgov.org](http://www.wixomgov.org)

October/November 2024

*New programs are being added. Please watch your email & pick up a calendar in the senior lounge. Emails are sent to members. If you are not receiving email updates and wish to do so, please contact for membership information.*  
Melisa 248-624-0870

## City of Wixom Senior Program

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

### Web:

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

### Senior Program Contact:

Melisa Burnham  
Email:  
[mburnham@wixomgov.org](mailto:mburnham@wixomgov.org)

### Senior Program Lounge Hours:

Monday-Thursday  
9:00 AM-3:00 PM



WHAT SPRINGS FORTH



Wixom Senior Center spent a nice evening at The Purple Rose Theater seeing 'What Springs Forth' on August 15. The play was wonderful which was followed by a lovely dinner at Cleary Pub in Chelsea.



Looking for us on the computer?

1. Go to City of Wixom Website
2. Departments
3. City Manager
4. Wixom Seniors

1. Effective October 1st Wixom Senior Center and Parks and Recreation will be using a new website for registration for programs, events and trips. Follow the above steps to find the registration link.
2. Effective October 1st payment is required at the time of registration to be registered for a program, event or trip.
3. Please do not sign up for programs, events and trips if you do not plan on attending. If you are no longer able to attend something you registered for, please call Melisa. Many times there are waiting lists.



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## Wixom Community Center & Senior Center Standards

In a commitment to providing a welcoming environment, the Wixom Community Center & Senior Center Standards (WCC/SC) must be free of any form of harassment, including sexual harassment based on gender or related medical conditions, as well as harassment based on race, color, creed, national origin, ancestry or citizenship or other categories protected by law. Unlawful harassment of WCC/SC members, non-employees or employees by WCC/SC members, non-employees or employees will not be tolerated.

Inappropriate behavior could result in removal from the WCC/SC, and/or suspension or termination of the privilege of attending. All conduct violations will be discussed and evaluated by the City Manager for further action. The following are examples of the behavioral expectations for the WCC/SC:

- Loud & disruptive behavior will not be tolerated.
- **Be respectful** to staff and surrounding patrons.
- Abusive or defamatory language, threats or physical violence will not be tolerated.
- Participants are expected to have good personal hygiene and proper manner of dress.
- Participants should be able to function independently within the WCC/SC with the use of adapted equipment as needed.
- Anyone who appears to be under the influence of alcohol or illegal drugs while in or around the WCC/SC will be required to leave. Transportation will be arranged.
- Kitchenette use is for staff only.
- **Absolutely NO bullying!**



Remember to renew your membership!  
Not sure when it expires?

Give Melisa a call and she will be happy to help you!  
248-624-0870

### Membership benefits:

- \*Weekly emails of upcoming events and deadlines
- \*Notification of community events and resources
- \*Pop-Up events



## THANK YOU FOR YOUR GENEROSITY!

### Wixom Senior Center donations:

Hospitality House	July 22, 2024	114 pounds of supplies
Hospitality House	July 29, 2024	65 pounds of supplies
Hospitality House	August 27, 2024	177 pounds of supplies



### We will continue to collect donations for:

Ronald McDonald House Pop can tops

**Hospitality House** Personal care items, canned tuna or chicken, canned vegetables and fruit and boxed goods. They are asking for paper products like face tissue, toilet paper and paper towels.

**Store Grocery Bags** Kroger, Meijer, Kohls, Aldi and any other plastic bags that you have collecting in your home. A local church uses the bags to make mats for the homeless.

# Programming and Special Events

## Knitting

**Dates:** Tuesdays, October 1st, 8, 15, 22  
November 12, 19, 26

**Time:** 1:00 PM-2:00 PM

**Location:** Senior Center Lounge

**Cost:** Free

**Registration required.**



Always looking for a new hobby? Want to create gifts for friends and loved ones? Already know how to knit but would love the company? Join us on Tuesdays in the lounge as we knit together. We have yarn and needles to get you started.

## Miller Vein

**Date:** Wednesday, October 2

**Time:** 11:30 AM-12:30 PM

**Cost:** Free

**Location:** Senior Center Lounge

**Registration required.**



Do you have the following leg symptoms?

Varicose Veins, Swelling, Itching, Pain, Restless Legs,  
Ulcers, Spider Veins

Come learn more about how to treat these conditions as we welcome Miller Vein. Enjoy free leg ultrasound, raffle, and refreshments.

## AARP Smart Driver TEK

**Date:** Monday, October 7

**Time:** 11:30 AM- 1:00 PM

**Cost:** Free

**Location:** Community Center

**Registration required.**



Smart Driver TEK is a 90 minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work and how they can improve your peace of mind on the road.

## Tuesday Trivia

**Dates:** Tuesdays, October 1 and November 12

**Time:** 2:00 PM-3:00 PM

**Cost:** Free

**Location:** Senior Center Lounge

**Registration required.**

Trivia is a great way to keep your brain sharp while having fun! You don't want to miss this great time challenging what you know.

**Sponsored by:**



## Anyone Can Paint

**Dates:** Thursdays, October 3 and November 7

**Time:** 2:00 PM-4:00 PM

**Cost:** \$23 (cost covers instruction and all materials)

**Location:** Senior Center Lounge

**Registration required.**

Join us for a fun class to learn the art of acrylics. Complete a new project each month. Anyone can paint with the step-by-step guidance from Steve Wood.



## Credit Facts & Myths

**Date:** Wednesday, October 9

**Time:** 11:30 AM- 12:30 PM

**Location:** Senior Center Lounge

**Registration required.**

Do you have questions about what are facts or myths about your credit? Michigan Schools and Government Credit Union will help us understand our credit scores, changes since the pandemic and how to freeze and unfreeze credit reports.



# Programming and Special Events

## Chair Volleyball

### Dates/Time:

October 9 (Wednesday) from 1:00 PM-2:00 PM  
October 14 (Monday) from 2:00 PM -3:00 PM  
October 21 (Monday) from 2:00 PM-3:00 PM  
November 6 (Wednesday) from 1:00 PM-2:00 PM  
November 13 (Wednesday) from 1:00 PM-2:00 PM  
November 18 (Monday) from 2:00 PM-3:00 PM

**Location:** Community Center

**Cost:** Free

**Registration required.**



## Fall in Love with Bunco

**Date:** Thursday, October 10

**Time:** 12:30 PM- 3:00 PM

**Cost:** Members \$10, Non-Members \$15

**Location:** Senior Center Lounge

**Registration required.**



Come dressed in fall plaid and enjoy an afternoon of Bunco!  
Meet new friends, learn a new game and have some fun!  
Light lunch will be served and prizes awarded.



## Holiday Scams

**Date:** Monday, October 14

**Time:** 11:30 AM-12:30 PM

**Cost:** Free

**Location:** Senior Center Lounge

**Registration required.**

Join us as we welcome the Wixom Police Department. They will share with us current holiday scams to be aware of and how to protect ourselves not just during the holidays but all year round.



## What You Need to Know About Asset Protection

**Date:** October 16

**Time:** 11:30 AM-12:30 PM

**Cost:** Free

**Location:** Senior Center Lounge

**Registration required.**



Your presenter is Gary F. Allen, an Estate Planning & Elder Law Attorney with more than 30 years of experience in advising clients. His presentation is filled with stories and anecdotes you will long remember. What is long term care? Will Medicare pay for Long Term Care? What do I need to know about long term care insurance?

## Life Insurance 101

**Date:** October 21

**Time:** 11:30 AM-12:30 PM

**Cost:** Free

**Location:** Senior Center Lounge

**Registration required.**

The Life Insurance 101 seminar helps both those that currently have life insurance and those without. It will educate the attendees on the different types of life insurance and what each type is designed for and for whom. It also will show how life insurance can be a solution to the ever growing Long Term Care problem.



## AgeWays

**Date:** Wednesday, October 23

**Time:** 11:30 AM-12:30 PM

**Cost:** Free Class

**Location:** Wixom Community Center

**Registration Required.**

Join us for an insightful presentation where we'll provide an overview of AgeWays Nonprofit Senior Services, formerly the Area Agency on Aging 1-B. Learn about our wide range of programs and services designed to help individuals live independently and with dignity in their own homes or with family caregivers.



# Programming and Special Events

## Senior Resource Network Preplanning Lunch and Learn

**Date:** Monday, October 28

**Time:** 11:30 AM-12:30 PM

**Cost:** Free

**Location:** Wixom Community Center

**Registration Required.**

Join our panel of experts as they share their years of experience and knowledge on the most important considerations and actions you should be taking now to ensure that your future is as secure as it can be.

## Juke Box Bingo

**Date:** Thursday, October 31

**Time:** 12:30 PM-2:00 PM

**Location:** Senior Center Lounge

**Cost:** Member \$10, Non-Member \$15

**Registration required.**



Love Bingo? Love music? Look no further!  
Join us for Juke Box Bingo for a fun time! Prizes to be won!!!

## Home Safety & Fall Prevention

**Date:** Monday, November 4

**Time:** 11:30 AM-12:30 PM

**Cost:** Free

**Location:** Senior Center Lounge

**Registration required.**

Join us as Home Instead offers tips on Home Safety. Learn some tips on ways to prevent falls. Live well at home!



## Hope for the Holidays

**Date:** Wednesday, November 6

**Time:** 11:30 AM- 12:30 PM

**Cost:** Free

**Location:** Senior Center Lounge

**Registration required.**



Holidays can be especially difficult for anyone dealing with grief and loss. This program is designed to offer support to those who are grieving the death of a loved one during a season of memories, family and traditions. Specific strategies for handling special occasions and taking care of yourself during this emotionally laden season will be discussed.

## Are you a Veteran?

**Date:** Tuesday, November 19

**Time:** 11:30 AM- 12:30 PM

**Location:** Senior Center Lounge

**Cost:** Free

**Registration required.**



We would like to thank all the Veterans by treating them to a special luncheon. Please join us for a small token of our appreciation for all you did for our freedom.

## 'Bird is the Word' BINGO

**Date:** Thursday, November 21

**Time:** 2:00 PM-3:00 PM

**Cost:** Free

**Location:** Senior Center Lounge

**Registration required.**



'Bird is the Word' BINGO is sponsored by Waltonwood of Novi. We cant wait to see you for a fun afternoon of BINGO full of great prizes and light refreshments.



# TRIPS

## "Spooky Story" Detroit Bus Tour

**Date:** Monday, October 28, 2024

**Time:** TBD

**Cost:** \$139 includes round trip transportation, Step-on Guide for "Spooky Story" Tour, plated dinner at Polish Village Café

**Registration Required.**



You don't want to miss this unforgettable journey through the haunted history of Detroit! Our exclusive motor-coach tour, led by knowledgeable step-on guide, will take you to some of the most iconic and mysterious locations in the city. At each location you will be treated to spine-chilling stories and eerie tales that reveal the darker side of Detroit's history.

## Firekeepers Casino Trip

**Date:** Tuesday, October 29

**Time:** 8:40 AM- 6:30 PM

**Location:** meet in Menards parking lot in Wixom

**Cost:** \$43 (includes round trip transportation, \$20 Free Play and \$5 food voucher)

**Registration required.**

Want a day away? Enjoy Firekeepers Casino in Battle Creek, Michigan. Good luck hitting that Jackpot!



## OPC 650 Players "The Broken Badge"

**Date:** Tuesday, October 29

**Time:** 10:40 AM-4:15 PM

**Cost:** Members \$40, Non-Members \$45 includes round trip transportation, ticket to show and lunch with dessert.

**Location:** OPC Social & Activity Center, Rochester, MI

**Registration required.**



This "Play within a Play" Melodrama Musical welcomes the audience to a small western town for the story of a lost love, a "rehabilitated" villain, a jilted woman, and a framed sheriff.

## Lunch Bunch

**Date:** Wednesday, October 30

**Time:** 12:00 PM

**Cost:** Lunch on your own

**Location:** Library Sports Pub & Grill  
6363 Haggerty Road  
West Bloomfield, MI 48322

**Registration Required.**



Tired of eating alone? Love trying new or favorite restaurants? Meet at the restaurant and ask for the Wixom Senior Center table. Enjoy lunch with friends!

## Southern Michigan Railroad Train

**Date:** Saturday, November 2

**Time:** 8:15 AM- 3:45 PM

**Cost:** Members \$60, Non-Members \$65 includes round trip transportation, train ticket and lunch

**Location:** Tecumseh, Michigan

**Registration required.**



Enjoy the beautiful Michigan Fall Colors while on the Southern Michigan Railroad in Tecumseh, Michigan. We will enjoy a 45 minute train ride followed by a 30 minute stop at the giftshop before the 45 minute ride back to the station. We will walk to Basil Boys for lunch.

## Detroit Institute of Arts

**Date:** Wednesday, November 20

**Time:** 12:00 PM-3:30 PM

**Location:** Pick up and drop off Wixom Senior Center parking lot

**Cost:** Free

**Registration required.**

Art is for everyone! Join us for a fun day at the Detroit Institute of Arts. The Detroit Institute of Arts connects people to art with programs, resources and an intentionally diverse collection, among the top six in the nations with over 65,000 works to enjoy.



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# Trips

## Turkeyville "Winter Wonderettes"

**Date:** Friday, November 22

**Time:** TBD- 7:00 PM

**Location:** Pick up and drop off Wixom Meijer parking lot

**Cost:** \$99 includes round trip entertainment, turkey dinner, and Winter Wonderettes show

**Registration required.**

This energetic seasonal celebration finds the all-girl singing group, The Wonderettes, entertaining at the annual Harper's Hardware Holiday Party. When Santa turns up missing, the girls use their talent and ingenuity to save the party! Featuring great 60's versions of holiday classics such as "Santa Claus is Comin' to Town" and "Jingle Bell Rock" the result is, of course, marvelous.



## Lunch Bunch

**Date:** Wednesday, November 27

**Time:** 12:00 PM

**Cost:** Lunch on your own

**Location:** El Mariachi Mexican Restaurant

31150 Novi Road

Novi, Michigan

**Registration Required.**

Tired of eating alone? Love trying new or favorite restaurants? Meet at the restaurant and ask for the Wixom Senior Center table. Enjoy lunch with friends!



# Special Events

## Halloween Party

**Date:** Thursday, October 24

**Time:** 12:30 PM-2:00 PM

**Cost:** Members \$15, Non-Members \$20

**Location:** Wixom Community Center

**Registration required.**



Warm up with a yummy catered lunch by Choice Catering. Enjoy a thrilling show including juggling, daring stunts, sideshow and comedy as we welcome Clark Lewis. Costumes are optional but encouraged.

**Sponsored by:**



## Thanksgiving Luncheon

**Date:** Thursday, November 14

**Time:** 12:30 PM-2:00 PM

**Cost:** Members \$15, Non-Members \$20

**Location:** Wixom Community Center

**Registration required.**



Eat, drink and give thanks! Join us for a Thanksgiving Luncheon complete with the fixings catered by Choice Catering. Enjoy music by Zydeco Ziggy and Fred Reif.

## Gingerbread House Contest

**Date:** Pick-Up Monday, November 25

Return Monday, December 2

**Time:** 9:00 AM-3:00 PM

**Cost:** Free

**Location:** Wixom Community Center

**Registration Required.** Limited to 20

Gingerbread houses can be creative and fun!

Create your house in anyway you wish and feel free to add additional specials. The houses will be on display December 3 thru December 11th for everyone to vote.

**Sponsored by:**



# GAMES

Looking to have some fun playing cards?  
We are happy to deal you in!

**Hand and Foot**

Mondays 11:00 AM

**Euchre, Pinochle, Mexican Train**

Wednesdays 11:30 AM

**Mahjong**

Thursdays 1:00 PM

Wixom Senior Center has a closet full of games for you to use! Grab a friend and hang out at the center.

# Health and Fitness

## Senior Exercise Class

A one-hour class of stretching, low impact cardio and weight training. Suitable for all ability levels. Please bring your own hand weights.

Classes will be held on Mondays and Wednesdays, with the following exceptions:

**No class on November 4 and 11**

Day	Time	Cost
Monday	10:00 AM - 11:00 AM	\$2.00
Wednesday	10:00 AM - 11:00 AM	\$2.00

## Line Dancing

Line dancing is a fun, healthy, popular & rewarding activity which improves memory & endurance. Dances & music will vary from party songs to country, pop, Latin & Island beats.

For the beginner, we will introduce basic line dance steps & slowly incorporate them into fun dances, including those commonly enjoyed at weddings & parties. We will then progress to an intermediate style level for those who have completed the beginner portion of class and would like to learn slightly more challenging dances.

It is helpful to attend regularly. Each class will allow time for learning new dances and practicing previously learned dances.

Classes will be held on Tuesdays with the following exceptions:

**No class November 5**

Day	Level	Time	Cost
Tuesday	Beginner/ Intermediate	12:30 PM-1:30 PM	\$5.00

## Zumba Gold

Fun low impact cardio workout class designed for Zumba beginners to active older adults looking for a modifiable or lower impact Zumba class like the ones they have grown to love. Fun easy to follow choreography with wide variety of music and styles to keep your body moving and your brain engaged.

Classes will be held on Thursdays, with the following exceptions:

**No class November 28**

Day	Time	Cost
Thursday	10:00 AM-11:00 AM	\$5.00

## Chair Yoga

Yoga class that uses a seated chair position as well as standing by the chair for optional balance assistance. This class will start and end in the seated position with standing poses in between. No floor! Involves breathing exercises, range of motion, balance, strength and lots of stretching making them likely to feel relaxed and ready to conquer the world.

Classes will be held on Thursdays, with the following exceptions:

**No class November 28**

Day	Time	Cost
Thursday	11:00 AM-12:00 PM	\$5.00

## Fitness Bonus

***This is for Senior Center members only.***

You can pre-pay for 9 classes and receive the 10th class free!  
Pay \$45 for 9 Line Dancing / Zumba/Chair Yoga classes and enjoy the 10th for free!

Pay \$18 for 9 Senior Exercise classes and enjoy the 10th for free!

You may pay by credit card, check or cash.

## 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 Ctr.** 248-624-2850

**Senior Center** 248-624-0870

**Finance/Taxes** 248-624-0885

**Library** 248-624-2512

**DPW** 248-624-0141

**AARP Member Services**  
888-687-2277

**AgeWays**  
248-262-9999

**Haven: 24 hour crisis & support line**  
877-922-1274

**Hospitality House**  
248-960-9975

**Myride2**  
855-697-4332

**Oakland County Health Division Nurse on Call**  
800-848-5533

**Oakland County Senior Services**  
248-858-0213

**OLHSA—Affordable Assistance**  
248-209-2675

**People's Express**  
877-214-6073

**St. Vincent De Paul**  
248-624-1421

**West Oakland Meals on Wheels**  
888-886-8971

### City Council:

Patrick Beagle, Mayor  
Thomas Rzeznik, Deputy Mayor  
Peter Behrmann  
Keenan Gottschall  
Tia Gronlund-Fox  
Robert Smiley  
Peter Sharpe

**City Manager:**  
Steven Brown

### Senior Commissioners:

Jean Korleski, Chairperson  
Anna Contreras, Vice Chair  
George Carty  
Judy Celinske  
Mary Grant  
Kathleen McLaurin  
Doris Dubilzig



August 20, 2024 Wixom Senior Center hosted a CPR class taught by the Wixom Fire Department.



## Equipment Loan Program



Wixom Senior Center has a wonderful Equipment Loan Program.



We have wheelchairs, canes, and walkers available for loan at no cost.

## Wixom Senior Center Lounge

The Wixom Senior Center Lounge is open for you to hang out, play games, do puzzles, work on crafts or read!

Stop in and help us finish our puzzle!

Did you know that we have a closet full of puzzles for you to work on? Did you know you are free to borrow a puzzle to take home as well?



Wixom Senior Center  
will be closed:

November 5  
November 11  
November 28



## Parks and Recreation Events and Activities

October 12	Saturday	10:00 AM - 2:00 PM	Fire Station Open House	Wixom Road Fire Station
October 12	Saturday	5:00 PM - 8:00 PM	Fall Fest & Panther Hunt	Gilbert Willis Park

Calendars of Events and Fitness are available in the  
Wixom Senior Lounge

Wixom Senior Center  
49015 Pontiac Trail  
Wixom, Michigan 48393