

CITY OF WIXOM

Senior Happenings

September/October Newsletter • 2017

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 will 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:
tmcghan@wixomgov.org

Senior Program Hours:
Mon - Thursday
8:30 am-4:00 pm



SOME WORDS FROM THE COORDINATOR

It sure has been a wonderful summer although it has gone by very quickly. It is hard to believe we are heading into fall already! Here at the Center, we are currently finishing up with our back-to-school supply drive for the local elementary schools. (It is not too late to drop off supplies; we'll accept them until the end of August.) For September and October, we have our usual fitness classes along with movie & pizza, bingo & birthdays, and some great educational workshops planned. We will also have our annual Halloween party, which always proves to be a *hauntingly* good time! In September, we will have our Flu Shot Clinic and in October, the AARP Driver Safety Course. Details about all of these programs are right here in this newsletter. New programs are added regularly, so be sure to check the desk at the Center often so you don't miss out on something good!

I hope your summer has been great and that we see you at the Center soon!

Tracy



O'BRIEN SULLIVAN

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CONTACT

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rfarber@4LPi.com or (800) 950-9952 x2630

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



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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

800-852-7795

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:

Kevin W. Hinkley, Mayor

Richard Ziegler, Deputy Mayor

Patrick Beagle

Keenan Gottschall

Nicholas Kennedy

Thomas Rzeznek

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

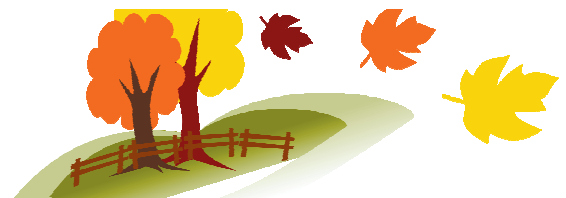
Public Welcome

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, 248-624-0870, for the most up-to-date information.
- Payment due upon registration.
- Cash, check, MasterCard or Visa 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 due to weather, the 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.



Community News

Blood Pressure Check

When: First Monday of the Month

Time: 9:00 am

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

September date moved to 9/6 due to Holiday

HEARING TESTS

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

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

PAPER SHREDDING

Offered through RRRASCOC

WHEN: Sept. 12, Dec. 12

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

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

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.

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...

- Dr. Jagacki, Personalized Hearing
- St. John's Providence Nurses and Community Educators
- Maple Manor for many donations for our special events
- Novi Lakes Health Campus for many donations for our special events
- South Lyon Senior Care & Rehab
- First & Main Assisted Living/Memory Care for Pizza & Movie day lunches & educational classes
- CareOne Senior Care for Lunch & Learn
- Enriched Life Home Care Services for educational & entertainment services
- Brookdale, Novi for Healthy Lunch!
- Joan Rourke & Anna Contreras for Veterans Lunch help
- Larry Grant & Nancy Olah for bringing bagels, and to **all** the seniors who help bag them up
- Jane Schaefer for leading the Wixom Singers

Thank you to all of our volunteers and supporters!

We appreciate you!!



CHECK OUT THESE GREAT NEW CLASSES FROM PARKS & RECREATION! Please register with Parks & Rec.

NEW:

Adult Self-Defense: Wednesdays 7-8pm Fee: \$75

Sept. 13 – Oct. 25

Nov. 1 – Dec. 13

Learn techniques to aid in "block, deflect, retreat." It is time to be ready to defend yourself.

Slow Flow Yoga Mondays & Wednesdays 5-6pm

Fee: \$90

Sept. 18 – Oct. 11

Oct. 16 – Nov. 13 (no class Nov. 6)

Nov. 20 – Dec. 13

The perfect class for someone with little or no yoga experience.

Gentle Flow Yoga Thursdays 9:30 – 10:45am

PiYo Tuesday, Thursdays 7-8

Keeping Fit



Exercise Class

A one-hour class of stretching, low impact cardio and weight training. Suitable for all ability levels. Payable at class.

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

Zumba Gold®



Take salsa, cha-cha, meringue, tango and put it all together in one LOWER IMPACT workout routine! Fun total body work out for all levels! Wear comfortable clothing and tennis or dance shoes.

Payable at class.

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

NO CLASS 10/17 & 10/31

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

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 deep breathing elicits the Relaxation Response which helps deal with stress. Come join us for yoga! Fee is payable at class. **CLASS WILL TAKE PLACE AT CITY HALL ON 10/17, 10/19 & 10/31**

Day	Time	Price
Tuesday	9:30-10:30am	\$5
Thursday	1:30-2:30pm	\$5

LET'S DANCE...

LINE DANCING FOR FUN



Get moving, learn some fun line dances and have fun with your friends! No experience necessary and open to all ability levels! Fee payable at class.

CLASS WILL TAKE PLACE AT CITY HALL ON 10/19

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



Take the time to take a walk and enjoy Autumn's Beauty!

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 pre-registration 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	9 am - 4pm	No Charge

Mah Jongg

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



Date	Day	Time	Price
Weekly	Monday	12:30 pm	No Charge
Weekly	Wednesday	12:30 pm	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

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:

Sept: Zookeeper's Wife
Oct: Gifted

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



Pot Luck, Bingo & Birthdays

Bring a dish to pass and come have lunch with friends, celebrate the Birthdays of the month and play some bingo!



No pot luck / bingo in October!

Date	Day	Time	Price
Third	Thursday	12:00 pm	No Charge

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

Educational Events

FLU SHOT CLINIC



Protect yourself from the flu this season. Sign up now to get your flu shot. There is no charge for Medicare B Participants. In addition, VNA Caring Home Support accepts Medicare Advantage, HAP, Priority Health and Health Plus of MI, Blue Cross Blue Shield, Blue Care Network, and Total HealthCare.

The cash price of the shots this year for people who do not have insurance is:

Tri- \$25.00 Quad- \$35.00 (for people over 55)

The Pneumonia shot will be offered to people over 65 with Medicare. This is a one-time only shot and Medicare will pay for it. **Participants need to bring the following items with them: all insurance cards, Medicare cards and a picture ID (Driver's License).** Please sign up in the Lounge.

Date	Day	Time	Price
September 18	Monday	9 am– Noon	No Charge

AARP SAFE DRIVER WORKSHOP

COST: \$15 AARP MEMBER / \$20 NON-MEMBER (Checks payable to AARP)



The AARP Driver Safety Program is the nation's first and largest course for drivers age 50 and older. Learn to tune up your driving skills and update your knowledge of the rules of the road. Upon completion of the course, you may qualify for an automobile insurance discount given by your insurance company. There are no tests to complete and nothing is reported to your insurance. Must pre-register.

Date	Day	Time	Price
October 3 & 4	Tues. & Wed	10am -2 pm	*see above

Travel



Here is a list of some of the great trips we have planned for the next few months. *This is not a full list; if you are interested in traveling, you should check the Center for the flyers.* Trips through **Travel Treasures & Tours:**

September:

9/13 Shipshewana Day Trip \$84pp

9/19 Motor City Casino \$20 pp

October:

10/2-Northern MI 3-day sightseeing \$369pp

10/9 Gun Lake Casino \$39pp

10/20 Blissfield Murder Mystery Train \$99pp

November:

11/6 Soaring Eagle Casino W/ Wayne Newton \$30pp

11/13&27 Caesars Windsor BOGO \$15pp

11/16 Frankenmuth \$69pp

Contact Tracy at (248) 624-0870 or Travel Treasures at **(313) 292-6300** for more information.

A MATTER OF BALANCE



MANAGING CONCERNS ABOUT FALLING

Join us for an 8 session series to learn strategies to improve strength, coordination and balance with gentle exercise and lower your risk for falls. This class is recommended for anyone who: *is interested in improving balance, *concerned about falls or has fallen in the past, *has restricted activities because of falling/balance.

MUST PRE-REGISTER BY CALLING St. John's Providence CareLink at 1-888-751-5465 by October 25.

Series of workshops built on previous classes . No walk ins.

Date	Day	Time	Price
Oct.30-Dec 18	Mondays	1:00-3:00 pm	No Charge

Plant-Based Nutrition



What's the Buzz

Join **St. John's Providence Hospital** experts as we find out the science behind the growing trend to eat a plant-based diet. Learn tips to include more plant-based nutrition into your healthy eating plan and find the vegetarian in you. Please call St. John's Providence CareLink at 1-888-751-5465 to register. **Must register by 9/20.**

Date	Day	Time	Price
September 27	Wednesday	1:00-2:00 pm	No Charge

Travel



Here are more great trip options. For information on these and other great trips, please stop in at the Center and check out the trip flyers.

Trips through **Escapades Travel:**

September:

9/9-10 Autumn Weekend West Michigan \$210pp/dbl

9/15-17 Music & Magic \$520 pp/dbl

November/December:

11/17-11/19 Thunder Bay Resort—Murder Mystery Weekend \$477 pp/dbl

12/31-1/1 Celebrate New Year! \$110 pp

Contact Tracy at (248) 624-0870 or Escapades Travel at **(248) 926-0783** for more information.

SPECIAL EVENTS



ANNUAL HALLOWEEN PARTY

Join us for a hauntingly good time at our Annual Halloween Party. Plenty of ghosts, goblins, good food and fiends to spend the afternoon with! Come dressed in costume and participate in a costume parade and contest.

Please pre-register by Wednesday, October 25.

Date	Day	Time	Price
October 31	Tuesday	12:00 pm	\$8 member \$10 non-member

EDUCATIONAL WORKSHOPS

Discover how to lower your Medicare Supplement Premiums. Presented by Nate Lawson from the Affinity Group.

Date	Day	Time	Price
October 11	Wednesday	11:00 am	No Charge

NaNoWriMo

Wednesdays in November, except the week of Thanksgiving, 3:00pm at the Community Center. *National Novel Writing Month* is a challenge to write a novel in the month of November. Stop by once a week for editing help, dedicated writing time, help with writer's block - whatever you need! **WHAT WILL YOU WRITE ABOUT?**

FIELD TRIP

Travel to Independence Village White Lake
Take a tour of the facility and have a tasty lunch.
Transportation provided. Must pre-register.

Date	Day	Time	Price
October 17	Tuesday	10:30-1:00	No Charge



PUMPKIN DECORATING

Get into the Halloween spirit and decorate a pumpkin to take home. Pumpkins will be provided by FIRST & MAIN. Lunch will be provided.

MUST PRE-REGISTER BY 10/23

This is a "Free for members" event

Non-members cost is \$5 for lunch.



Date	Day	Time	Price
October 26	Thursday	11:00am	Free member \$5 non-member

SAVE THE DATE

ANNUAL THANKSGIVING CELEBRATION

November 16, 2017 at 12:00 pm



ANNUAL HOLIDAY PARTY

December 21, 2017 at 12:00 pm

Nov. 16	Thurs	12:00	Thanksgiving
Dec. 21	Thurs	12:00	Holiday

ARM CHAIR TRAVEL

with Debra
Join us as we
explore Germany



We will have food and fun travel video!
Please pre-register.



Date	Day	Time	Price
October 10	Tuesday	12:00pm	No Charge



September 2017





Sun Mon Tue Wed Thu Fri Sat

	<p><i>Daily Activities:</i> 9:30—4 Cards and Games Monday—Thursday Senior Commission sponsored TGIF 9:30-4 Fridays</p>	<p>PLEASE NOTE: Calendar is subject to change. Please check the Center for the most up to date information.</p>			<p>1 9:30 TGIF Group</p>	<p>2</p>
3	<p>4 LABOR DAY CENTER CLOSED</p> 	<p>5 9:30 Chair Yoga 10:45 Drums Alive</p>	<p>6 9:30 Blood Pressure 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg</p>	<p>7 11:15 Line Dance 11:30 Pizza & Movie <i>Zookeepers Wife</i> 1:30 Chair Yoga</p>	<p>8 9:30 TGIF Group Euchre Tournament</p>	<p>9</p>
10	<p>11 10:00 Exercise 11:15 Zumba Gold 11:30 Lunch Bunch 1:00 Wixom Singers</p>	<p>12 9:30 Chair Yoga 10—12 Shredding 10:00 Senior Commission 10:45 Drums Alive</p>	<p>13 9:30 Hearing Check 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg 1:00 Blood Drive</p>	<p>14 11:15 Line Dancing 1:30 Chair Yoga</p>	<p>15 9:30 TGIF Group</p>	<p>16</p> 
17	<p>18 9-12 FLU SHOTS 10:00 Exercise 11:15 Zumba Gold 1:00 Wixom Singers</p>	<p>19 9:30 Chair Yoga 10:45 Drums Alive 12:00 Arm Chair Traveler - Alaska</p>	<p>20 10:00 Exercise 11:15 Zumba Gold 12:30 Educational workshop 12:30 Mah Jongg</p>	<p>21 11:15 Line Dance 12:00 Potluck, Bingo & Birthdays 1:30 Chair Yoga</p>	<p>22 9:30 TGIF Group</p>	<p>23</p>
24	<p>25 10:00 Exercise 11:15 Zumba Gold 1:00 Wixom Singers</p>	<p>26 9:30 Chair Yoga 10:45 Drums Alive 12:00 Veteran's Lunch</p>	<p>27 10:00 Exercise 11:15 Zumba Gold 1:00 Plant Based Nutrition: What's the Buzz!</p> 	<p>28 11:15 Line Dance 1:30 Chair Yoga</p>	<p>29 9:30 TGIF Group</p>	<p>30</p>



OCTOBER 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Blood Pressure 10:00 Exercise 11:15 Zumba Gold 1:00 Wixom Singers	3 9:30 Chair Yoga 10:00 - 2:00 AARP Safe Driver Workshop 10:45 Drums Alive	4 10:00 Exercise 10:00 - 2:00 AARP Safe Driver Workshop 11:15 Zumba Gold 12:30 Mah Jongg	5 11:15 Line Dance 11:30 Movie & Pizza— <i>Gifted</i> 1:30 Chair Yoga	6 9:30 TGIF Group	7
8	9 10:00 Exercise 11:15 Zumba Gold 11:30 Lunch Bunch 1:00 Wixom Singers	10 9:30 Chair Yoga 10:45 Drums Alive 12:00 Arm Chair Traveler—Visit Germany for Octoberfest 	11 10:00 Exercise 11:00 Medicare Workshop 11:15 Zumba Gold 12:30 Mah Jongg	12 11:15 Line Dance 1:30 Chair Yoga	13 9:30 TGIF Group	14
15	16 10:00 Exercise 11:15 Zumba Gold 1:00 Wixom Singers	17 9:30 Chair Yoga at City Hall 10:30 Tour & Lunch at Independence Village White Lake 10:45 NO Drums Alive	18 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg	19 11:15 Line Dance at City Hall 1:30 Chair Yoga at City Hall NO POT LUCK <i>Parks & Rec MONSTERMASH</i>	20 9:30 TGIF Group	21 <i>Drug Take Back @ Police Dept.</i>
22	23 10:00 Exercise 11:15 Zumba Gold 1:00 Wixom Singers	24 9:30 Chair Yoga 10:45 Drums Alive 12:00 Veterans Lunch	25 10:00 Exercise 11:15 Zumba Gold 12:30 Mah Jongg	26 11:00 Pumpkin Decorating w/ <i>First & Main</i> 11:15 Line Dance 1:30 Chair Yoga	27 9:30 TGIF Group Pinochle Tournament	28
29	30 10:00 Exercise 11:15 Zumba Gold 1:00 Wixom Singers 1:00 Matter of Balance Class #1	31 9:30 Chair Yoga at City Hall 10:45 NO Drums Alive 12:00 Halloween Party		Daily Activities: <i>9:30 –4:00 Cards and Games Monday - Thursday</i> <i>Senior Commission sponsored TGIF 9:30-4 Fridays</i>	PLEASE NOTE: <i>Calendar is subject to change. Please check the Center for the most up to date information.</i>	

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Dentist Sort by Location

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18209 State Route 410 E Ste 300, Bonney Lake, WA 98391, USA
253-826-8800
View Profile
- Bonney Lake Family Dental Care**
21515 State Route 410 E Ste A, Bonney Lake, WA 98391, USA
253-826-9000
View Profile
- Healthy Smiles of Scappoose**
PO Box 550, Scappoose, OR 97056, USA
503-543-4949
View Profile
- Salmon Creek Oral Care**
14411 NE 20th Ave, Vancouver, WA 98686, USA
360-695-2400
View Profile
- Prairie Dental Care**
10001 NE 117th Ave, WA 98662, USA
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REMINDERS

WIXOM SENIOR CENTER MEMBERSHIP RENEWAL IS TAKING PLACE NOW! MEMBERSHIPS RUN FROM JULY 1 TO JUNE 30 THE FOLLOWING YEAR. BE SURE TO STOP IN AND RENEW YOURS TODAY!

Membership fee for Wixom and Walled Lake tax payers is \$10; all others are just \$15 for the year.



A NOTE ABOUT THE SENIOR PROGRAM

The "Senior Program" runs **Monday through Thursday from 8:30 am to 4:00 pm**. During this time, there are a variety of scheduled activities, as well as use of the lounge to play cards or games. The lounge is open on **some** Fridays; some of the Friday activities are sponsored by the Wixom Senior Commission. The City pays for a monitor for the Seniors from **9:30 to 4:00 on Fridays** to enable us to keep the Lounge open. However, the monitor is not able to conduct any "Senior Program" business (i.e. taking payments for events or answering questions about the program).

PLEASE NOTE: IF THERE ARE NO PARTICIPANTS HERE BY 1:30 ON FRIDAY, THE DOORS WILL BE LOCKED AND THE MONITOR WILL LEAVE.

Plan to arrive early! If you have any questions or concerns about this policy, please contact Tracy at 248-624-0870.



WIXOM SENIORS
49015 PONTIAC TRAIL
WIXOM, MI 48393