



P.O. Box 157  
10407 Merrill Rd.  
Hamburg, MI 48139  
810-222-1140

Hours: Monday-Friday  
9:00am-4pm

Julie Eddings

Senior Program Director

## Senior Center Newsletter

### October 2021



Hello Everyone!

Happy October!! Can you believe it is October already! This year is just flying by. This month my youngest turns 18! EIGHTEEN!!! All of my children are now adults. I can't believe it! And I can't

believe how fast the time went. (Big sigh!) ☹️

OK—time to get down to business! I know I say this every month, but we are really packing a lot into October! Our Flu Shot Clinic will be on Friday, October 8 from 10 am to 1 pm. No appointments are necessary but masks and social distancing will be required.

The Senior Center Bus is taking four trips this month. We are heading to Cantoro's Italian Market (October 1), The Recycled Rockettes at the Hartland Senior Center (October 20), Frankenmuth (October 22), and to Gourmet Gardens for Lunch Bunch (October 27)!

We are having a four part lunch and learn about Dementia Awareness every Monday at 11 am. Lois from Village Travelers will be here on October 12, to discuss travel options (Iceland is one!) and to hear your thoughts about places you would like to visit. Phyllis Lindblade will be hosting a super cute Wool Felt Ball Coast Craft on October 21.

We will be hosting two more luncheons this month! I'm keeping my fingers crossed that we will be able to hold them on the patio. (Please say a prayer for a warm October!) The first Luncheon will be Oktoberfest on October 15 and our Halloween Party on October 29. Our costumes have already arrived!!! 😊

Looking forward to next month, we will once again be hosting our Holiday Bazaar on November 20. We are looking for crafters, bakers, and volunteers to help us make this day a success. If you are interested in helping out please call the office.

I wish you all a wonderful month! Stay safe and healthy and I am looking forward to seeing you at the center!

Love,

*Julie*

The Team:

Carol Kolad

Linda Bauby

Travel Host:

Christine Hoskins

Senior Center Bus:

Kelly Collins

### Monthly Doings

Cantoro's Italian Market

Friday, October 1 10 am

Drive Through Birthday Celebration

Wednesday, October 6 at 12 pm

Basket Weaving Class

Thursday, October 7 at 10 am

Flu Shot Clinic

Friday, October 8 from 10-1 pm

Sharon's Card Making Class

Tuesday, October 12 at 9 am & 12:30 pm

Village Travelers Meeting

Tuesday, October 12 at 1 pm

Intelligent Fitness Focus Group

Wednesday, October 13 & 27 at 1 pm

Oktoberfest Luncheon

Friday October 15 at 11 am

Acrylic Painting Class

Friday, October 15 at 1:30 pm

Recycled Rockettes

Wednesday, October 20 1:00 pm

Frankenmuth

Friday, October 22 at 10 am

Movie "Mamma Mia"

Friday, October 22 at 1 pm

Lunch Bunch

Wednesday, October 27 at 12 pm

Halloween Luncheon

Friday, October 29 at 11 am



# Senior Center News & Information



**For the safety of all of us, please do not come to the center if you are not feeling well. If you have a fever, cough, shortness of breath, muscle pain, sore throat, new loss of taste or smell, or new vomiting or diarrhea, please stay home and contact your health care provider.**

## Senior Nutrition Program

Please call 24 hours in advance to reserve your lunch.

Curbside Pick Up only.

Monday through Friday 11:30 am to 12:00 pm

Cost: \$3 Hot Lunch

\$2 Sack Sandwich Lunch

Menus are available at the Senior Center or on the website.



## Medicare Open Enrollment

### October 15—December 7

You can make changes to your Medicare Part D drug plan or pick a new Medicare Advantage Plan October 15— December 7. To set up an appointment with Linda Bauby, a MMAP Specialist, please call the Senior Center Office at 810-222-1140

## Senior Center Bus



The Senior Center bus is available 5 days a week by appointment . You must schedule a ride by noon on Wednesday for the following week. Any scheduling done after Wednesday cannot be guaranteed and can be scheduled only if availability permits.

## Thank you to these businesses for their continued support!!



- Kroger
- Alpine Florist & Gifts
- WellBridge of Pinckney
- Independence Village of Brighton
- Riverside Pizza
- Brookdale Brighton
- Unilock Michigan
- Cambrian Senior Living
- Fresh Take Home Cooking

BUSINESS DIRECTORY



**Do you have a wonderful cleaning or lawn care company that you would like to share with other seniors? How about a**

**handyman?** We are updating our service book and would like to include the names of businesses that our referred from our members. Please call the office for more information.

## **Band Members Wanted!**

**The Kitchen Band is looking for a few good people who:**

- 1. Have previously played in a band and would like to freshen up their rusty skills.**
- 2. Have never played in a band but would like to freshen up their skills in a very fun way.**
- 3. Would like to be in a band and keep the rhythm with some instrument that is store bought or even homemade!**

**You don't have to audition for the band -**

**JUST SHOW UP!**

**Fridays From 9:30-10:45**

**We would love to have you. For more information call:**

**Helen at 734-449-8380**

**Or**

**The Center at 810-222-1140**



## **The Holiday Bazaar is Coming.....**

**Saturday, November 20**

### **And we need your help!**

#### **Attention Bakers:**

Would you be willing to bake some goodies for our Bake Sale? If so, please sign up in the office. Goodies can be dropped off on Friday, November 19 between 9 am and 4 pm.

#### **Attention Crafters:**

Do you have 3-4 handmade items that you would be willing to donate to our Senior Craft Table? If so, we would love to have your donated items. You can drop your items off at the center anytime before November 20.

#### **Attention Volunteers:**

We can use volunteers to set up for the Bazaar on Friday, November 19 and also volunteers to help out with the bake sale, kitchen, and Senior Craft Table. We always have a lot of fun!!

**Please call the office if you are able to help!!**

## **Senior Advisory Board Meeting Recap**

September 8, 2021

Meeting called to order at 10:06 am.

**Old Business:** (a) TABLE QUOTE/BUILDING CHANGES: Board approved purchase of new activity tables. Current pool room will be cleaned out and set up for new card playing area (b) GROUP SWEARING IN: Current board members were sworn in for another term through July 2023. (c) HOLIDAY BAZAAR: 16 tables sold so far. Discussed splitting vendor tables between two rooms of senior center. Bake Sale will be held in new meeting room. Food trucks discussed for serving food. October Newsletter will ask for volunteers and bakers. (d) KIWANIS LUNCH: With ongoing pandemic limit at Kiwanis lunch will be 50. Tickets will still be \$5 per person. Senior Center will contact Pinckney Choir Director.

**New Business:** (a) LESA WORK READINESS PROGRAM: Program designed to give high school students with disabilities an opportunity to gain employment experience. WRAP has been used successfully at Putnam Senior Center and Kroger. Senior Center will set up a meeting to look into hosting a student. (b) INTELLIGENT FITNESS GROUP: Focus group held at senior center to provide feedback to program developer. Group combines fitness activities with cognitive activities.

**Call to the Public:** Wallyne Smail requested that new tables be measured to insure they fit with chairs.

**Board Comments:** Gary Kaiser commented that our center is fortunate to have the support of the Township Board. The new Patio and Pickleball area are examples of their support.

**Meeting adjourned at 11.01 Director's Report and Full Meeting Minutes are available in the office.**

# Member Information



## October Birthdays

### Drive-Through Birthday Celebration!

<b>Carl Aldighler</b>	<b>Bette Kelly</b>
<b>Dorothy Babcock</b>	<b>Nona Lusby</b>
<b>Nan Ball</b>	<b>Joan Mahnken</b>
<b>Norine Bibicoff</b>	<b>Karen Mancini</b>
<b>Sue Ann Boike</b>	<b>Don Maneikis</b>
<b>Mary Anne Britton</b>	<b>Arlene March</b>
<b>Roger Brosch</b>	<b>Carole Marshall</b>
<b>Jean Chiado</b>	<b>Marlene Martin</b>
<b>Marcie Choszczyk</b>	<b>Richard Massie</b>
<b>Virginia Craigmile</b>	<b>Lynn McKie</b>
<b>Beth Cudworth</b>	<b>Chuck Menzies</b>
<b>Trudy Daberko</b>	<b>Robert Moenart</b>
<b>Dennis Flynn</b>	<b>Curtis Mullreed</b>
<b>Pam Friedline</b>	<b>Joseph Patrell</b>
<b>Claudia Garrett</b>	<b>Geri Perlstein</b>
<b>Daniel Georgia</b>	<b>Kathy Redies</b>
<b>Roxie Glover</b>	<b>John Sanders</b>
<b>Sandra Gow</b>	<b>Billie Saunders</b>
<b>JoAnn Gruber</b>	<b>John Sauter</b>
<b>Sheryl Haigh</b>	<b>Trish Skorpen</b>
<b>Jim Hall</b>	<b>Marvin Snyder</b>
<b>Ralph Hatt</b>	<b>David Spielman</b>
<b>Sheryl Haigh</b>	<b>Jim Sternberg</b>
<b>Marlene Henry</b>	<b>Steve Story</b>
<b>Bill Hess</b>	<b>Jane Todt</b>
<b>Colleen Hickey</b>	<b>Jill Todt</b>
<b>Alice Kapp</b>	<b>Debi White</b>
<b>Bruce Kubly</b>	<b>Valerie Zapinski</b>

welcome  
New Members

<b>Denise Bahs</b>	<b>Susan Maylan</b>
<b>Mike Burns</b>	<b>Jim &amp; Coleen Moskal</b>
<b>Edie Coan</b>	<b>Lyn McKie</b>
<b>Beth Cudworth</b>	<b>Thomas &amp; Judy Poloskey</b>
<b>Trudy Daberko</b>	<b>Mary Ratelle</b>
<b>Dottie Davis</b>	<b>Fred &amp; Ellen Leach</b>
<b>M. Ann DeMare</b>	<b>Colleen Quinn</b>
<b>Anita Epperly</b>	<b>Craig Penrose</b>
<b>Rose Epperly</b>	<b>Gary Penrose</b>
<b>Pam Friedline</b>	<b>Pamela &amp; Stephen Poirier</b>
<b>Bill &amp; Claudia Garrett</b>	<b>John &amp; Linda Sautter</b>
<b>Donald &amp; Sheryl Haigh</b>	<b>Gary Schaefer</b>
<b>John &amp; Lisa Hamlin</b>	<b>Pamela Scott</b>
<b>Ralph Hatt</b>	<b>Renee Siegan</b>
<b>Beverly Jordan</b>	<b>Robert Stewart</b>
<b>Ann Knapp</b>	<b>Shirley Stillion</b>
<b>Brian &amp; Diane Konde</b>	<b>Nancy Stone</b>
<b>Deborah Kooperman</b>	<b>Judy Urban</b>



### Get Well Wishes

Please keep these members in your thoughts and prayers:

<b>Bob Andrews</b>	<b>Carol Dean</b>
<b>Donna Basley</b>	<b>Russ Harris</b>
<b>Olivia Brenner</b>	<b>Ron Hingst</b>
<b>Dorothy Booth</b>	<b>Arlene Woltman</b>

# Activities and Programs



## Flu Shot Clinic

U of M Visiting Nurses will be here on:

**Friday, October 8 from 10:00 –1:00 pm**

Face Masks and Social Distancing will be required.

Medicare and most insurances accepted.

## **Interested in Travel??**

Lois from Village Travelers will be here on  
**October 12 at 1:00 pm**

Come and learn about the trips that Village Travelers has to offer as well as fill out an interest survey for future travels. Upcoming trips in 2022 include: Painted Canyons, Iceland, and the National Veterans Museum.

Call the office to register.

## The Recycled Rockettes

Presents:

**We Should Be Dancing**

At the Hartland Senior and Activity Center

**October 20 at 1 pm**

Tickets are \$10 purchased at the door. We will meet at the Senior Center and ride the Senior Center Bus to the show.

The Recycled Rockettes consist of 40 talented and well trained dancers. The team is noted for their precision dancing, fun skits, and for leaving your feet tapping and a smile on your face!



## Beginning Basket Weaving



**Date: October 7**

**Time: 10 am-1:30 pm**

**Cost: \$24**

The Hearth Basket is a traditional basket used by the fireplace. This is a small version that can be used as a gift or anywhere around the house. It is started on a D handle with a filled bottom.

Several Colors will be available.

Call the office to register for the class.



## Acrylic Painting Lessons

**with Steve Wood**

Artist, Former TV Host, Author

**Friday, October 15**

**1:30 –3:30**



**\$20 per class**

**No experience or supplies necessary.**

Registration is required. Checks can be made payable to Hamburg Senior Center. This will be a reoccurring class on the second Friday of each month!!



## Card Making Class

*With Sharon Wietecha*

**Day: Tuesday, October 12**

**Times: 9:00 am & 12:30 pm**

Fee: \$10 (Optional \$2 for a card for our soldiers and center)



# Activities and Programs

## Friday Luncheons (hopefully!)



### on the Patio!

Friday, October 15 at 11 am

Oktoberfest with

Township Clerk Mike Dolan and

Deputy Clerk Mary Kuzner

Friday, October 29 at 11 am

Halloween Party!!



Come dressed in your best...Costume!

Wait till you see what we will be dressed up like this year!! 😊

Limit 50 if indoors. Please call the office to register!



## Felt Ball Coaster Craft

**October 21 at 1 pm**

Join Phyllis Lindblade as she leads us through a fun craft! We will each make 4 coasters to take home.

Call the office to register!



## Senior Center Bus

### Outings

- Cantoro's Italian Market-October 1 at 10 am
- Frankenmuth-October 22 at 10 am
- Lunch Bunch—October 27 at 12 pm

Please register with the office.

## Intelligent Fitness Focus Group

- Do you enjoy being physically active?
- Would you like to increase your strength, balance and agility?
- Would you like to be able to maintain your brain health and memory?
- Can you get up and down from a chair unassisted?

If you answered "Yes" to the questions above then you may be a perfect candidate for the Focus Group.

**What is a Focus Group:** A method of research involving a small group of people who are guided through a discussion (or in this case a fitness circuit followed by discussion) by a moderator.

**Description:** You will listen to a 10-15 minute introduction by the owner of a new fitness training program. You will then participate in a 30-min circuit-training program that will take you from an exercise to a brain game .

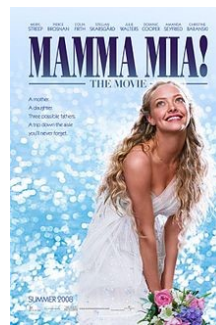
October 13 & 27, 2021 from 1 – 3 pm.

Limited to 6 participants. Please register with the office.



## **AFTERNOON AT THE MOVIES!**

### MAMMA MIA



2008 · Musical/Romance

PG-13 1h 48 m

**October 22 at 1 pm**

Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.

# Activities and Programs

## Dementia Awareness with Jim Mangi

Free Lunch & Learn

**Mondays in October at 11 am**

Topics will include:

- Recognizing the Warning Signs of Dementia and What To Do
  - Distinguishing normal aging from dementia disorder
  - Where and how to get help
- Understanding Alzheimer's and Other Diseases That Cause Dementia
  - What we know and don't know about these diseases, causes, demographics, risks, and medications
- Dealing with Dementia
  - Persons with dementia living their best lives
  - Acquiring caregiver knowledge and skills
  - Effective communication and interaction
- Reducing Risk by Living a Healthy Lifestyle
  - It's never too late to make a difference
- Envisioning a Dementia Friendly Community

**Please call the office to register for this 4 week course by Thursday, September 30.**

## Exercise

## Bianco Travel

### Monday:

#### Exercise with Lil at 10 am

Meeting ID: 973 0593 4545

Password: 464104

### Tuesday:

#### Chair Yoga with Lisa 10:30 am

Meeting ID: 946 3441 1658

Password: 703324

### Wednesday:

#### Yoga with Lisa 10:00 am

Meeting ID: 959 8550 6087

Password: 268664

### Thursday:

#### Exercise with Shannon at 10:00 am

Meeting ID: 915 8007 3272

Password: 212577



## **NOVEMBER**

### FireKeepers Casino

Wednesday, November 3, 2021

Time: 9:00 am – 5:00 pm

\$39 – Due by October 3, 2021

- Casino package includes: \$20 slot credit and \$5 to be used for food, slot play, or gift shop

### Parade Company with Tour of Whitney







Tuesday, November 16, 2021

Time: 8:30 am-4 pm

\$85– Due by October 16, 2021

- Unique behind the scenes tour of the Thanksgiving Day Parade. Lunch at Sinbads on the river and a champagne tour of the historic Whitney.

**A complete list of trips is available at the center.**

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p><b>4</b>            Exercise with Lil-10 am            Dementia Awareness-11 am            MOW Pick Up-11:30 am            Euchre-12:30 pm            Mahjongg/Ripple-12:30 pm</p>	<p><b>5</b>            Chair Yoga-10:30 am            MOW Pick Up-11:30 am            Bingo 1:00-2:30</p>	<p><b>6</b>            Yoga with Lisa -10 am            MOW Pick Up-11:30 am            Birthday Lunch Pick Up-12 pm            Watercolor 1-3 pm</p> 	<p><b>7</b>            Exercise w/Shannon -10 am            Basketweaving-10 am            MOW Pick Up-11:30 am            Pinochle-12:30 pm            Mahjongg/Ripple-12:30 pm</p>	<p><b>8</b>            Flu Shot Clinic            10:00 am -1:00 pm</p> <p><b>*All other programs canceled for today</b></p>
<p><b>11</b>            Exercise with Lil-10 am            Dementia Awareness-11 am            MOW Pick Up-11:30 am            Euchre-12:30 pm            Mahjongg/Ripple-12:30 pm</p>	<p><b>12</b>            Chair Yoga-10:30 am            Card Making-9 am &amp; 12:30 pm            MOW Pick Up-11:30 am            Village Travelers-1 pm</p>	<p><b>13</b>            Yoga with Lisa -10 am            MOW Pick Up-11:30 am            Watercolor 1-3 pm            Intelligent Focus Group-1 pm</p>	<p><b>14</b>            Exercise w/Shannon -10 am            MOW Pick Up-11:30 am            Pinochle-12:30 pm            Mahjongg/Ripple-12:30 pm</p> 	<p><b>15</b> </p> <p>Quilt/Needle arts- 9 am            Kitchen Band-9:30 am            MOW PickUp-11:30am            Oktoberfest-11 am            Acrylic Paint Class-1:30 pm</p>
<p><b>18</b>            Exercise with Lil-10 am            Dementia Awareness-11 am            MOW Pick Up-11:30 am            Euchre-12:30 pm            Mahjongg/Ripple-12:30 pm</p> 	<p><b>19</b>            Chair Yoga-10:30 am            MOW Pick Up-11:30 am            Bingo 1:00-2:30 pm  <b>Harvest Adventure Trip</b>  <b>9:45 am-6:00pm</b></p>	<p><b>20</b>            Yoga with Lisa -10 am            MOW Pick Up-11:30 am            Recycled Rockettes-1 pm            Watercolor 1-3 pm</p> 	<p><b>21</b>            Exercise w/Shannon -10 am            MOW Pick Up-11:30 am            Pinochle-12:30 pm            Mahjongg/Ripple-12:30 pm            Coaster Craft-1 pm</p>	<p><b>22</b>            Quilt/Needle arts- 9 am            Kitchen Band-9:30 am            Frankenmuth-10 am            MOW PickUp-11:30am            Movie "Mamma Mia"- 1 pm</p>
<p><b>25</b>            Exercise with Lil-10 am            Dementia Awareness-11 am            MOW Pick Up-11:30 am            Euchre-12:30 pm            Mahjongg/Ripple-12:30 pm</p>	<p><b>26</b>            Chair Yoga-10:30 am            MOW Pick Up-11:30 am            Bingo 1:00-2:30 pm</p>	<p><b>27</b>            Yoga with Lisa -10 am            MOW Pick Up-11:30 am            Lunch Bunch-12pm            Watercolor 1-3 pm            Intelligent Focus Group-1 pm</p>	<p><b>28</b>            Exercise w/Shannon -10 am            MOW Pick Up-11:30 am            Pinochle-12:30 pm            Mahjongg/Ripple-12:30 pm</p>	<p><b>29</b>            Quilt/Needle arts- 9 am            Kitchen Band-9:30 am            MOW PickUp-11:30am            Halloween Social-11 am</p> 