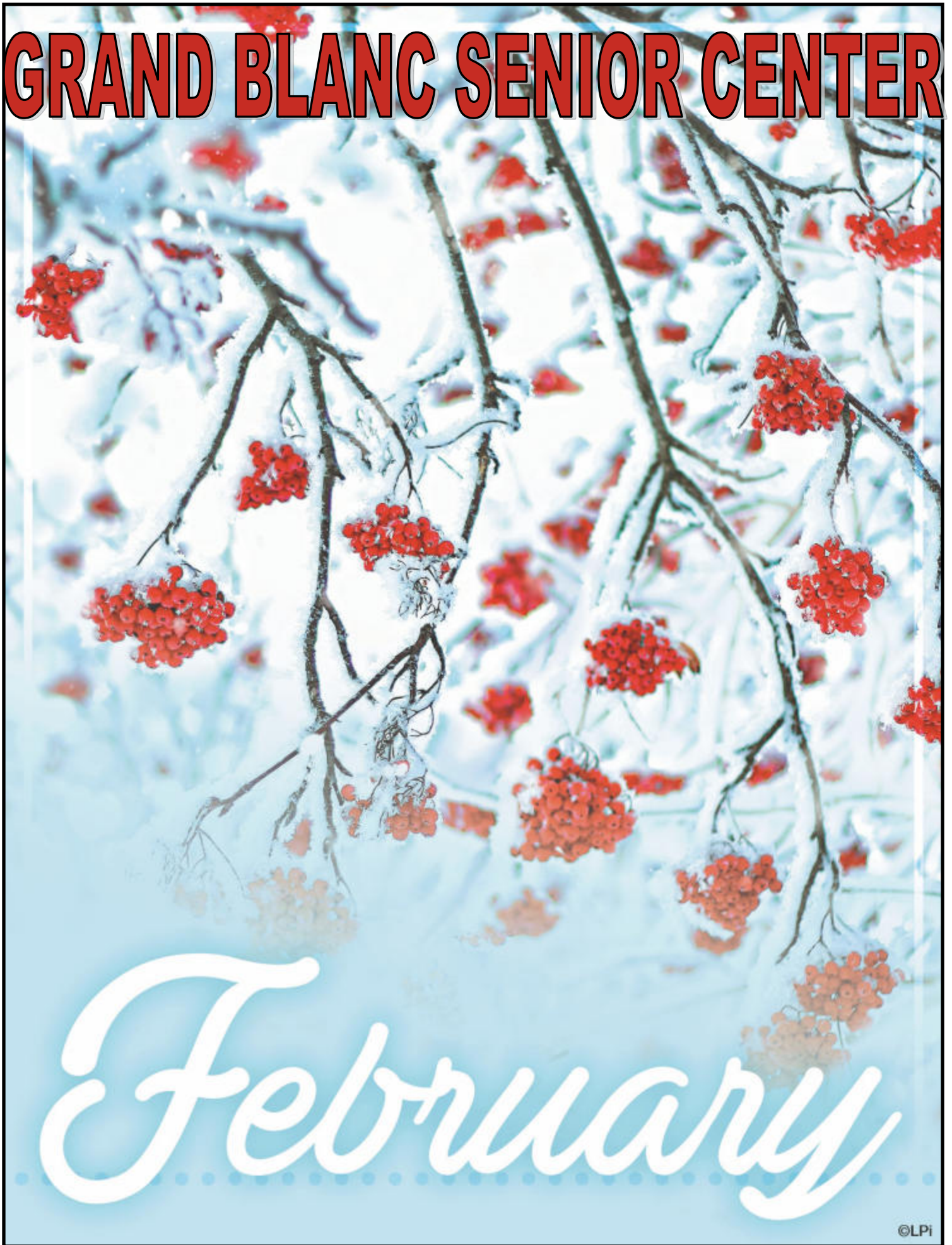


# GRAND BLANC SENIOR CENTER



*February*



# Valentines Day

**Hello friends!**

**This year the Grand Blanc Senior Center celebrates 34 years of fun and friendship! We are so very fortunate to have such a beautiful facility to offer programs and services to you, our friends that have become like family!**

**Over the last way too many months during the pandemic we have faced challenges and heartache like never before. This pandemic has really put things into perspective for many of us. We understand the importance of staying safe and healthy so that we can enjoy time with our friends and family. We have realized that isolation is sad, scary and lonely. We understand the importance of staying connected with others, whether it is in-person, on the phone, or over video chat. Staying connected helps keep depression and loneliness away. We also have discovered that not all hand sanitizers smell nice, some smell horrible (like cheap vodka as some of you have stated-haha) but we use it anyways. Our hands are angry with us for using it so often, but we know that washing our hands frequently and using hand sanitizer when soap and water prevents nasty germs from spreading and allows us to continue spending time doing the things we love! We ask that you all continue being diligent about staying healthy as we see the virus numbers continue to climb. Please if you are not feeling well, stay home until you are all better so that we can continue to spend time with our friends.**

**Stay safe, stay healthy and be kind to one another!**

**Love your friends that have become like family**

### **WATERCOLOR CLASS WITH JOE GREEN**

Join Joe Green on Wednesdays to learn how to paint using watercolors. This wonderful class is offered on Wednesdays from 9:30am-11:30am. A new 4-week session will begin on Wednesday, February 2 through Wednesday, February 23. Cost is \$30.00 for the 4-week session.

### **WINDOWS COMPUTER CLASS**

Computer classes have returned to the center! Join Mike from Affordable Computer Services for an informative 4-week session on the Windows operating system. This great class will be offered on Tuesdays at 2:00pm beginning Tuesday, February 1 and run through Tuesday, February 22. Cost is \$75.00 for the 4-week session. Advance registration is required.

### **MICHIGAN STATE EXTENSION PRESENTS: TAI CHI FOR ARTHRITIS & FALL PREVENTION**

Tai Chi is a gentle exercise combining slow movement, deep breathing and focused intention. Tai Chi increases strength, increases balance and posture, prevents falls, improves mind, body and spirit, and reduces stress and increase relaxation. Join Liz on Wednesday afternoons from 2:00pm-3:00pm for this great Free class. The 16-week Tai Chi session runs from Wednesday, February 2-May 18. Please call to reserve your spot in this great class.

### **FREE BLOOD PRESSURE CHECKS**

After a long hiatus, Bertha is back on Tuesdays from 12:00pm-2:00pm offering Free Blood Pressure checks. High blood pressure is the silent killer that's mainly linked to stroke and a number of heart problems. One out of every three people has blood pressure issues, but more than half of them are not aware of it, so they haven't put it under control. With regular blood pressure screening, you can avert a catastrophe and life threatening surprises by seeking assistance at an emergency room if you find that the blood pressure readings have hit the roof. Regular checks also help your primary care physician determine the best treatment approach and lifestyle changes that should be recommended to the patient. Stop in every Tuesday and let Bertha help you keep tabs on your blood pressure.

### **VALLEY AREA AGENCY ON AGING PRESENTS: NUTRITION AS WE AGE**

Join VAAA Registered Dietician Jeanette Brunetti and Health and Wellness Program Coordinator Jennifer Joyner to learn about Nutrition as We Age. In this one day class you will identify the components of a balance diet, learn how nutrition affects optimal aging, learn the relationship between nutrition, exercise and stress management, and more.

This informative class will be offered on Friday, February 11 at 11:00am.

Please call the office to reserve your spot.

### **COFFEE HOUR WITH STATE REPRESENTATIVE TIM SNELLER**

Join State Representative Tim Sneller for his monthly coffee hour on Friday, February 25 at 1:00pm.

### **MICHIGAN STATE EXTENSION PRESENTS: HYDRATION**

How do you know if you are dehydrated? Can water help me manage my body weight? Hydration helps with many different body functions and this class will discuss how to add more water and ideas to make it taste better. Join Nicole from MSU Extension on Friday, March 4 at 1:00pm.

Please call to reserve your spot in this class.

### **VALLEY AREA AGENCY ON AGING PRESENTS: STABILITY**

If you would like to be stronger, improve your balance, and decrease your risk of falling, SilverSneakers Stability is for you. Protect one of your most valuable assets, your independence. A study of older adults participating in exercise classes similar to Stability showed 40% were less likely to fall and one-third were less likely to suffer a fall-related injury than non-participants. Join Health and Wellness Program Coordinator Jennifer Joyner for this beneficial 6-week program. Stability will be held on Mondays from 1:00pm-2:00pm beginning Monday, March 21 and running through Monday, April 25.

Please call to reserve your spot in this class.

### **CHAIR YOGA**

Donna is off for the month, but we will play chair yoga DVD's while she is away. There is no charge for the classes. Class times will remain the same. Mondays and Fridays at 9:30am.

### **YOGA**

Donna is off for the month, but we will have the room available for you to come in and practice yoga. There is no charge while Donna is off. Yoga times are Mondays and Fridays at 10:30.

### **LET'S GO FOR A WALK- NEW DAYS AND TIMES**

Let's Go For a Walk is changing days and times so we are able to accommodate more people during the tax season. Walking will be available on Mondays from 1:30pm-3:30pm and Tuesdays from 11:30am-1:30pm. Thank you for your understanding. 22 laps in our large room is one mile. We have bingo chips available to help you keep track of your laps!

### **ARTHRITIS EXERCISE-SILVER SNEAKERS APPROVED (IN PERSON CLASS)**

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routine includes a gentle range-of-motion exercises that are suitable for every fitness level. You may bring your own weights to enhance the class. This great program is offered on Tuesdays and Thursdays at 10:00am.

### **AFTERNOON ARTHRITIS EXERCISE-SILVER SNEAKERS APPROVED (IN PERSON CLASS)**

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routine includes a gentle range-of-motion exercises that are suitable for every fitness level. You may bring your own weights to enhance the class. This great program is offered on Tuesdays at 2:00pm.

### **GRIEF SUPPORT SPONSORED BY ASCENSION PACE**

We are happy to announce a new partnership with Ascension Pace. Pace will offer a monthly grief support group on the 3rd Monday of each month at 10:30am. You don't have to go through the grieving process alone. Join our caring group of people who will walk alongside you through one of life's most difficult experiences.

### **BOOK DISCUSSION**

No matter what your age, reading helps keep your brain sharp. Discussing what you've read with other intelligent folks can challenge your understanding and help you make new connections that you may not have thought about before. Book discussion and reading improves brain connectivity, increases vocabulary and comprehension, empowers you to empathize with other people, aids in sleep readiness, reduces stress, lowers blood pressure and heart rate, fights depression symptoms, prevents cognitive decline as you age, and contributes to a longer life. The Book Discussion group meets on the 2nd Wednesday of each month at 10:00am. The February session will meet on Wednesday, February 9.

### **KNITTERS**

Our knitting/crocheting group meets every Thursday morning from approximately 9:00am-11:00am. Our group shares patterns, ideas and friendship. If you are looking for a home for your unused yarn, we happily accept donations for our group.

### **LINE DANCING CLASSES**

Join in on the fun! Line dancing is a great way to have fun while exercising. Our instructor, Norma Rudkin, will make you fall in love with line dancing! Cost is \$3.00 per class

Class schedule is as follows:

**Intermediate Level Class-Mondays at 12:00pm**

**Beginner Level Class- Thursdays at 12:00pm**

**Advance Intermediate- Thursdays at 1:30pm**

### **ZUMBA GOLD**

Do you want to have a great time dancing and shaking away the pounds and blues? Join certified Zumba instructor Kimberly on Fridays at 1:00pm for an hour of fun and exercise! Cost is only \$5.00 per class or you can purchase a punch card for \$20 (5 classes). This class can be done from a chair or standing.

### **TABLE TENNIS**

Doubles table tennis returns on Friday afternoons from 2:00pm-4:00pm. Please call to register in advance if you would like to play!

### **CARD GROUPS AT THE CENTER**

<b>BRIDGE</b>	MONDAYS	12:00PM
<b>BRIDGE (PARTNERS)</b>	TUESDAYS	12:30PM
<b>EUCHRE</b>	TUESDAYS	12:30PM
<b>EUCHRE</b>	THURSDAYS	12:30PM
<b>POKER</b>	FRIDAYS	12:00PM

### **TRIPS AT A GLANCE**

<b>SOARING EAGLE CASINO</b>	
FEBRUARY 23, 2022	\$34.00 PER PERSON
<b>KENTUCKY BOURBON TRAIL</b>	
MAY 2-5, 2022	\$999.00 PER PERSON (DOUBLE OCCUPANCY)
<b>HOLLAND TULIP FESTIVAL</b>	
THURSDAY, MAY 12, 2022	\$95.00 PER PERSON
<b>TURKEYVILLE HONKEY TONK ANGELS</b>	
WEDNESDAY, JUNE 15, 2022	\$91.00 PER PERSON
<b>MISSISSIPPI RIVER CRUISE</b>	
JUNE 20-23, 2022	\$1099.00 PER PERSON (DOUBLE OCCUPANCY)
<b>NEW YORK CITY JULY 4<sup>TH</sup> EXTRAVAGANZA</b>	
JULY 3-8, 2022	\$2199.00 PER PERSON (DOUBLE OCCUPANCY)
<b>CAPE COD &amp; THE BOSTON POPS</b>	
AUGUST 13-19, 2022	\$2399.00 PER PERSON (DOUBLE OCCUPANCY)
<b>HEARTLAND OF AMERICA: ROUTE 66</b>	
SEPTEMBER 12-17, 2022	\$1399 PER PERSON (DOUBLE OCCUPANCY)
<b>BRANSON SHOW EXTRAVAGANZA</b>	
SEPTEMBER 12-17, 2022	\$599.00 PER PERSON (DOUBLE OCCUPANCY)
<b>TURKEYVILLE CHURCH BASEMENT LADIES</b>	
SEPTEMBER 20, 2022	\$91.00 PER PERSON
<b>RAILS OF WEST VIRGINIA</b>	
OCTOBER 10-14, 2022	\$1439.00 PER PERSON (DOUBLE OCCUPANCY)
<b>NEW YORK CITY HOLIDAY EXTRAVAGANZA</b>	
NOVEMBER 27-DECEMBER 2, 2022	\$2399.00 PER PERSON (DOUBLE OCCUPANCY)



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### **COMMODITIES AND EMERGENCY FOOD PROGRAM**

Are you in need of food assistance? The center offers monthly and quarterly food distribution for income qualifying seniors. Commodities are distributed the 3rd Wednesday of every month. TEFAP is a quarterly distribution (January, March, June, September, and December) Current income guidelines are:

<b>COMMODITIES (MONTHLY DISTRIBUTION)</b>	
<b>HOUSEHOLD OF ONE</b>	<b>MONTHLY INCOME: \$1,396.00</b>
<b>HOUSEHOLD OF TWO</b>	<b>MONTHLY INCOME: \$1,888.00</b>
<b>TEFAP (QUARTERLY DISTRIBUTION)</b>	
<b>HOUSEHOLD OF ONE</b>	<b>MONTHLY INCOME: \$2,147.00</b>
<b>HOUSEHOLD OF TWO</b>	<b>MONTHLY INCOME: \$2,903.00</b>

### **MEDICARE/MEDICAID ASSISTANCE PROGRAM AND MICAFE BRIDGE CARD ASSISTANCE**

Our MMAP specialist can assist you with your Medicare or Medicaid questions and concerns. Our MMAP counselor is available for phone appointments on Tuesdays and Thursdays. Call the center at 695-3202 to schedule an appointment.

### **LEGAL SERVICES OF EASTERN MICHIGAN: FREE LEGAL SERVICES**

The Center is happy to announce Free Legal Services provided by Legal Services of Eastern Michigan. Attorney Seth Neblock will be available by appointment only on the first Friday of every month. Appointments are 1/2 long and begin at 9:00am. If you and your spouse or wanting to complete a Will or Durable Power of Attorney two appointments will be required. Please call the office to schedule your appointment. Services are available to Genesee County Seniors 60 years of age and older. Services include: Wills, Durable Power-of -Attorney, Advance Directives, Estate Planning, Medicaid Planning, Social Security, Income Tax, Consumer Issues, Housing Complaints, Family Law, Domestic Violence, Bankruptcy, Employment Issues, Public Benefits.

### **ALZHEIMER'S SUPPORT GROUP**

If you are caring for someone with Alzheimer's Disease or other related dementia, please join our In-Person Support Group, offered through the Alzheimer's Association. This group is designed for caregivers who are currently caring for an individual at home or in a care facility. The group meets the 2nd Tuesday of every month from 6:00-8:00 pm. The in-person support group will be held on Tuesday, February 8 from 6:00-8:00pm. Please call the center to reserve your spot.

### **VETERAN'S ASSISTANCE**

The center has partnered with the Genesee County Department of Veterans Services to offer Veterans, their spouses, or dependents assistance in filing claims and/or receiving benefits and answering questions. Appointments are available on the 2nd Monday of every month. Please call to schedule an appointment.

### **MEDICAL LOAN CLOSET**

The Center's Medical Loan Closet is available Monday-Friday from 9:00am-11:00am. Inventory varies daily based on usage and donations. If you would like to make a donation please call in advance to see if we are accepting the durable medical goods. Please do not help yourself to medical equipment, you must come in to the office to borrow equipment.

### **SENIOR CENTER TRANSPORTATION SERVICE**

The bus provides transportation for current members age 60 and older who reside within the Grand Blanc School District. Participants must sign a bus policy. Transportation is limited to the Senior Center, Doctors Offices, Grocery Stores, Post Office, and Barber/Beauty Shops within the Grand Blanc School District. The Center transportation services cannot provide rides to physical therapy or medical procedures other than routine doctor and dental appointments, blood draws and x-rays. Transportation arrangements must be scheduled with the Grand Blanc Senior Activity Center Office. In addition all questions regarding transportation must be directed to the Grand Blanc Senior Activity Center office. The driver is unable to schedule or make changes to transportation arrangements or answer questions. Transportation arrangements must be made 24 hours in advance. There is a \$4.00 charge for round trip transportation. Any additional scheduled stops are \$2.00 per stop and must be scheduled at the time of original appointment. The fees may be paid in advance or upon boarding the bus. For convenience please have small bills or exact change. Transportation hours are: Monday-Friday 8:00am-1:00pm.



# MOVIE DAY

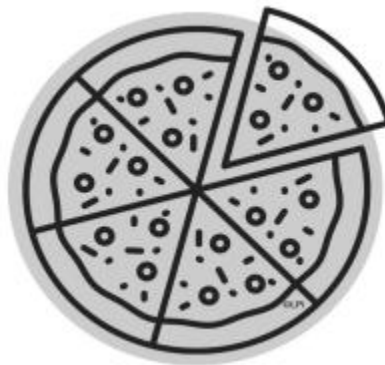


## **JOIN US IN CELEBRATING NATIONAL PIZZA DAY WITH BROOKDALE**

**WEDNESDAY, FEBRUARY 9**



**11:30AM**



**MUST RESERVE BY 2/2/22**



## **COME FOR PIZZA AND STAY FOR A SHOWING OF THE REAL RIGHT STUFF**

“The Real Right Stuff” catapults viewers back to the late 1950s to tell the story of the nation’s first astronauts, known as the Mercury 7. “The Real Right Stuff” is a gripping account of NASA’s Project Mercury program, which revolutionized America’s role in human space exploration and inspired future generations of space enthusiasts.

	<p>1 MMAp Appts Exercise 10:00 Walking 11:30-1:30 Lunch 11:30 Blood Pressure 12-2 Euchre 12:30 Bridge 12:30 Exercise 2:00 Windows 2:00</p>	<p>2 Tax Appts 9:00-3:00 Watercolor 9:30 Lunch 11:30 Tai Chi 2:00 (Start)</p>	<p>3 MMAp Appts Knitting 9:00-11:00 Exercise 10:00 Bridge 10:00 Lunch 11:30 Beg Line Dance 12:00 Euchre 12:30 Adv Line Dance 1:30</p>	<p>4 Legal Service Appts Quilting 9:00-3:00 Chair Yoga 9:30 Yoga 10:30 Lunch 11:30 Poker 12:00 Zumba 1:00 Table Tennis 2:00</p>
<p>7 Chair Yoga 9:30 Lunch 11:30 Bridge 12:00 Line Dance 12:00 Walking 1:30-3:30</p>	<p>8 MMAp Appts Exercise 10:00 Walking 11:30-1:30 Lunch 11:30 Blood Pressure 12-2 Euchre 12:30 Bridge 12:30 Exercise 2:00 Windows 2:00 Alzheimer Support 6:00-8:00</p>	<p>9 Tax Appts 9:00-3:00 Watercolor 9:30 Book Discussion 10:00 Brookdale Lunch &amp; Movie 11:30 Tai Chi 2:00</p>	<p>10 MMAp Appts Knitting 9:00-11:00 Exercise 10:00 Bridge 10:00 Lunch 11:30 Beg Line Dance 12:00 Euchre 12:30 Adv Line Dance 1:30</p>	<p>11 Quilting 9:00-3:00 Chair Yoga 9:30 Yoga 10:30 Nutrition 11:00 Lunch 11:30 Poker 12:00 Zumba 1:00 Table Tennis 2:00</p>
<p>14 Veterans Appts Chair Yoga 9:30 Yoga 10:30 Lunch 11:30 Bridge 12:00 Line Dance 12:00 Walking 1:30-3:30</p>	<p>15 MMAp Appts Exercise 10:00 Walking 11:30-1:30 Lunch 11:30 Blood Pressure 12-2 Euchre 12:30 Bridge 12:30 Exercise 2:00 Windows 2:00</p>	<p>16 Tax Appts 9:00-3:00 Commodities Watercolor 9:30 Lunch 11:30 Tai Chi 2:00</p>	<p>17 MMAp Appts Knitting 9:00-11:00 Exercise 10:00 Bridge 10:00 Lunch 11:30 Beg Line Dance 12:00 Euchre 12:30 Adv Line Dance 1:30</p>	<p>18 Quilting 9:00-3:00 Chair Yoga 9:30 Yoga 10:30 Lunch 11:30 Poker 12:00 Zumba 1:00 Table Tennis 2:00</p>
<p>21 Chair Yoga 9:30 Yoga 10:30 Grief Support 10:30 Lunch 11:30 Bridge 12:00 Line Dance 12:00 Walking 1:30-3:30</p>	<p>22 MMAp Appts Exercise 10:00 Walking 11:30-1:30 Lunch 11:30 Blood Pressure 12-2 Euchre 12:30 Bridge 12:30 Exercise 2:00 Windows 2:00</p>	<p>23 Tax Appts 9:00-3:00 Watercolor 9:30 Lunch 11:30 Tai Chi 2:00</p>	<p>24 MMAp Appts Knitting 9:00-11:00 Exercise 10:00 Bridge 10:00 Lunch 11:30 Beg Line Dance 12:00 Euchre 12:30 Adv Line Dance 1:30</p>	<p>25 Quilting 9:00-3:00 Chair Yoga 9:30 Yoga 10:30 Lunch 11:30 Poker 12:00 Tim Sneller 1-2:30 Zumba 1:00 Table Tennis 2:00</p>
<p>28 Chair Yoga 9:30 Yoga 10:30 Lunch 11:30 Bridge 12:00 Line Dance 12:00 Walking 1:30-3:30</p>				

	<p>1          Chef Salad          w/Turkey, Cheese,          &amp; Eggs          Tomato Soup          Broccoli          Fruit Cocktail          Flatbread          Fruit Juice</p>	<p>2          Turkey Tetrazzini          Vegetables          Applesauce          Potato Roll          Milk</p>	<p>3          Asian Chicken Bowl          Brown Cilantro Rice          w/Peppers, Onions          &amp; Pineapple          Apricots          Vegetables          Hawaiian Roll          Fruit Juice</p>	<p>4          Open Faced Pot          Roast Sandwich          Mashed Potatoes          Carrots          Tropical Fruit Salad          Texas Toast          Milk</p>
<p>7          Homemade White          Chicken Chili          Corn          Pear          Milk</p>	<p>8          Cheese Ravioli          w/Meat Sauce          Vegetables          Roasted Potatoes          Pear          Potato Roll          Fruit Juice</p>	<p>9          Brookdale          Pizza          &amp; Movie          Luncheon          Must register by          2/2/2022</p>	<p>10          Homemade          Lasagna Rolls          Beets          Cauliflower          Applesauce          Dinner Roll          Fruit Juice</p>	<p>11          No          Lunches          Lincoln's          Birthday</p>
<p>14          Homemade Beef          Pot Pie w/Stewed          Vegetables          Green Beans          Warm Peaches          Biscuit          Milk</p>	<p>15          Chicken Parmesan          Sandwich          Potato Wedges          Vegetables          Pears          Fruit Juice</p>	<p>16          Homemade Sloppy          Joes          Garden Pasta          Veggie Blend          Broccoli          Apple          Milk</p>	<p>17          Homemade          Chicken Noodle          Soup          Corn          Croissant          Apple          Fruit Juice          Cookie</p>	<p>18          Baked Salmon          w/Cream Sauce          Vegetables          Brussel Sprouts          Fruit Salad          Wheat Roll          Milk</p>
<p>21  </p>	<p>22          Homemade          Goulash          Spinach          Carrots          Apple          Corn Bread          Fruit Juice</p>	<p>23          Tangerine Chicken          w/Stir Fry          Vegetables          Peas &amp; Carrots          Brown Rice          Pineapple          Potato Roll          Milk</p>	<p>24          Baked BBQ Chicken          Loaded Potato          Salad          Green Beans          Wheat Roll          Orange          Fruit Juice          Birthday Cake</p>	<p>25          Mac &amp; Cheese          Stewed Tomatoes          Broccoli          Potato Roll          Pears          Milk</p>
<p>28          Meatloaf w/Gravy          Redskin Mashed          Potatoes          Peas          Apple          Roll          Milk</p>	<p>PLEASE NOTE: THERE IS A REQUESTED \$3.00 DONATION FOR MEALS IF YOU ARE 60 YEARS OF AGE OR OLDER AND RESIDE IN GENESEE COUNTY. THERE IS A \$6.00 CHARGE FOR MEALS IF YOU ARE UNDER 60 YEARS OF AGE OR RESIDE OUTSIDE OF GENESEE COUNTY. PLEASE CALL THE CENTER AT 695-3202 NO LATER THAN 12:00PM THE BUSINESS DAY PRIOR TO ORDER YOUR MEAL.</p>			

Grand Blanc Senior Center  
 12632 Pagels Drive  
 Grand Blanc, MI 48439  
 Hours of Operation  
 Monday-Friday  
 8:00am-4:00pm  
 Phone: (810) 695-3202  
 Fax: (810) 953-0726  
 gbsc3202@gmail.com  
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The Grand Blanc Senior Activity Center is funded by: Genesee County and the Genesee County Board of Commissioners, City of Grand Blanc, Charter Township of Grand Blanc, Genesee County Senior Services Millage, and individual donations. We appreciate all who have made a difference. This program and/or service is fully or partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work.

**Valentine Words**

E E O C D B T R A E H T E E W S H G R  
 O R J U N E R G B H G S M H R S T N A  
 E I R S P M A I C E T F Q E I O N I E  
 T S K U E I E R F A R N R R O S N L B  
 A E I O N N H D P I N K E R I P E R Y  
 L D S R D E D A E S O H E E D U C A D  
 O R S O E S D N S W C R E E T R S D D  
 C O E M A O D E Y A I B V E O R L H E  
 O S S A R S N N M G O E M R S U G T  
 H E N E M R H D D D T T A L I E V O L  
 C S S S E I Y A I I V N T E O T C B F  
 O H G D N S T P O S C Z V A M V U F R  
 C U N M T E U N N E M B R A C E Y E  
 H E L E R C D N O I T C E F F A D D D  
 T I E C E C A N D L E L I G H T P W V  
 A W E S D R I B E V O L T E U Q U O B  
 S S S R E W O L F K E J E W O R R A X  
 V E U D M C A R D S X F E B R U A R Y  
 R C B U R E H C Y E N O H E S R M K Z

**Word List:**  
 ADORE  
 BELOVED  
 CANDY  
 CHOCOLATE  
 DESIRE  
 FEBRUARY  
 HEART  
 LOVE  
 RED  
 SWEETHEART

AFFECTION  
 BEMINE  
 CARDS  
 CUPID  
 DEVOTION  
 FLOWERS  
 HONEY  
 LOVEBIRDS  
 ROMANCE  
 SWEETS

AMOROUS  
 BOUQUET  
 CHERISH  
 DARLING  
 EMBRACE  
 FOURTEENTH  
 HUGS  
 FINK  
 ROSES  
 TEDDYBEAR

ARROW  
 CANDELIGHT  
 CHERUB  
 DEAR  
 ENDEARMENT  
 FRIENDS  
 KISSES  
 POEM  
 SECRETADMIRER  
 TENDERNESS