

Volume 42 • Issue 8 August 2022

Davison

News & Views



*Remember~
Voting in large room on
Tuesday, August 2nd all
activities in large room
are canceled*

*Davison-Richfield Area Senior
Citizens Activity Center
10135 Lapeer Rd. Davison
810.658.1566*



The Mission of the Davison-Richfield Area Senior Citizens Activity Center is to provide, with the help of its staff and volunteers, information and a range of services, activities and volunteer opportunities which promote personal growth, health, friendship and independence for those 50 years and older in Genesee County.

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Staff

Kathy Davis, Executive Director
 Joie Hitchcock, Assistant Director
 Jeniel Payne, Office Clerk


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 Lori Tallman, Davison Twp. Rep., Treasurer
 Barb Arsenault, City of Davison Rep., Secretary
 Jacqueline McKellar, City of Davison Rep.
 Stacey Kalisz, City of Davison Rep.




Office Hours

Monday—Friday
 8:00 a.m.—4:00 p.m.



Memorial Donations

Flowers, although pretty for a short time, are gone far too soon. A memorial donation instead of flowers is a way to remember a friend or a family member who has been a part of the Senior Center. This will benefit the Center for a long time.




We would like to thank the businesses that are helping support our Newsletter by advertising in our booklet please call on these businesses when looking for products and services and mention to them that you saw their advertisement & please thank them for their support!

PLEASE MAKE SURE OUR FILES ARE UP TO DATE! Call the front office at 810.658.1566 and update any contact information that has changed! Cell Numbers, Emergency Contact Information, etc.

Supplies Wish List

Our Center uses many supplies on a daily basis. At this time we welcome donations of **Gas Cards, Copy Paper, Postage Stamps, Kleenex & Lysol Wipes!**




Non-Discrimination Policy

Davison-Richfield Area Senior Citizens Activity Center has a policy of non-discrimination in all programs, services & employment. No one shall be excluded based on race, color, national origin, sex, sexual orientation, religion, age, marital status, veteran and military status or disability unless required by the eligibility guidelines for services. Inclusiveness is a core value that drives the organization's mission of service & advocacy on behalf of older adults & individuals with disabilities.



RENTALS

The Davison-Richfield Area Senior Citizens Activity Center
No Smoking—No Alcohol Allowed
 Large Room = 100 Seating Small Room = 20 Seating
 For more information call 810.658.1566



Davison-Richfield Area Senior Citizens Activity Center Funding Sources Include...
 Genesee County & The Genesee County Board of Commissioners, City of Davison, Davison Township, Contributions, Memorial Donations & Fundraisers. We appreciate all who have made a difference.
 This newsletter is fully or partially funded by The Genesee County Senior Millage Funds. Your tax dollars at work!

Generation Band Dance

@ The Davison Area Senior Center

August 3, 10, 17 & 24, 2022

6:00—9:00 p.m.

\$5.00 cover charge at the door!

Open Microphone! Classic Country, Classic Rock & more...



Exercise Class with Abbie Mars

The exercise class will help you keep joint flexible & muscles strong, sleep better, increase energy & improve your overall outlook!

Wednesday, 10:00—11:00 a.m.—FREE



1st Tuesday of every month

No August!

September 6, 2022 @ 10:00 -11:00 a.m.

Anna Parish will be here at the Davison-Richfield Area Senior Center to do checks & cleaning of hearing aids.

You must make an appointment for Anna to come to the center, so please RSVP at 810.658.1566



Chair Yoga

Thursday, 1:00-2:00 p.m.

\$10.00 Each Time

Clogging

Monday, 1:00—3:00 p.m.

\$1.00 Each Time



Corn Hole Game Day

Thursday, 10:00 a.m.—12:00 p.m.

Ladder Toss Game Day

Thursday, 10:00 a.m.—12:00 p.m.



Line Dance—No Class on August 2nd!

Tuesday, 9:00—9:30 a.m. *Beginners*

\$5.00 per person each time

Tuesday, 9:30—11:30 a.m. *Regular*

\$4.00 per person each time



Pickleball

Thursday, 1:00—4:00 p.m. *Beginners Only!*

Thursday, 4:00—8:30 p.m. *Regular Play- \$1.00 pp*

Shuffleboard—FREE—No Shuffleboard 8-2-22

Tuesday, 1:00—3:30 p.m.



Table Tennis—FREE

Wednesday, 12:30—3:30 p.m.



Tai Chi with Josef

Friday, 1:30—3:00 p.m.

Zumba Gold

Monday, 10:00—11:00 a.m.

\$6.00 Each Time



FREE ~ "Open Forum"

Ask a Lawyer—Lori Tallman, PLC

Practices Law in Wills & Trusts, Powers of Attorney, Probate, Real Estate, Family Law, General Civil, Landlord/Tenant, Traffic

2nd Wednesday of the month

August 10, 2022 ~ 11:00 a.m.—12:00 p.m.

MUST RSVP 810.658.1566



Stone Country Dance

Sunday, August 14, 2022

@ 2:00-5:00 p.m.

\$5.00 per person at the door!

Includes Dancing & Fun!

Come on out for an afternoon of good company, good music & a fun time!

BUNCO—Jan's Group—2nd Tuesday of every month

August 9, 2022—At 5:45—8:30 p.m.

At the Davison Area Senior Center

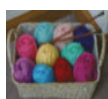
Bring your own dice, dinner & drink!

\$3.00 per person—No Age Limit

(\$1.00 goes for rental of room)

We are a fun group of girls—Come check us out!

Any questions please call Jan @ 810.653.4346



Yarn Donations Accepted Here at the Senior Center!



WE HAVE FREE WIFI...NO PASSWORD NEEDED!
NETGEAR GUEST

Information



Transportation—Monday thru Friday

We have a vehicle available to bring you to and from (healthy) medical visits, pharmacy, and grocery shopping in the Davison Area Only. Last ride scheduled at 3:00 p.m.

You must call the day before to schedule a ride by 12:00 p.m. Cost: \$4.00 each way.

The vehicle is **NOT** handicap accessible. **Requirements for the transportation services** ~ Must be 60 years of age or older, must be able to get into vehicle independently, must complete a senior center participation form, must pay total fee of the ride at the time of boarding.

We need Volunteer Drivers~ If you would be interested in volunteering one day as a Driver for the center please call the front office and get all the information about volunteering! 810.658.1566 We will do a background check.

Need a new watch battery?

No Water Resistant Watches!

Price Increase!
\$3.00 each...

August 1, 2022 @ 10:00—11:00 a.m.

Bring your watch to the center on the 1st Monday of every month and get a new battery, \$3 per battery. Bonnie Weber will change the battery for you. Also, if you miss the day you can bring your watch in a Ziploc bag with a slip with your name & telephone number on it plus your \$3 and Bonnie will pick them up do them and call you when they are finished.



Book Club

2nd Thursday of every month
August 11, 2022 @ 11:00 a.m.
Here at the Davison-Richfield

Area Senior Center.



FRIDAY, SEPTEMBER 23rd
FLU SHOT CLINIC—
COVID BOOSTER SHOTS
HEALTH FAIR

9:00 A.M. TO 1:00 P.M.

HERE AT THE DAVISON-RICHFIELD
SENIOR CENTER

COME SEE WHAT IT IS ALL ABOUT!
VENDORS & DOOR PRIZE
DRAWING!



Bridge Duplicate

Tuesday, 12:00—3:30 p.m.—Room 7

Chess & Checkers

Friday, 11:30 a.m.—1:00 p.m.—Room 7



Davison Decorative Art Guild

Tuesday & Thursday, 9:30—11:30 a.m.—Room 5

Euchre

Monday, 12:30—3:30 p.m.—Room 7

Friday, 5:00—8:00 p.m.—Large Room



Games Day

(Bunco, Mexican Train, Nickels, Yahtzee, etc.)

Thursday, 12:30—2:30 p.m.—Room 7

Hand, Knee & Foot

Wednesday, 12:30—3:30 p.m.—Room 7



Mah Jong

Monday, 1:15—3:45 p.m.—American—Room 5

Wednesday, 1:15—3:45 p.m.—Chinese—Room 5

Friday, 1:15—3:45 p.m.—Both Groups—Room 5



Mexican Train Dominoes

Monday, 10:00 a.m.—12:00 p.m.—Room 7

Poker

Wednesday, 5:00—9:00 p.m.—Room 7



Pool Table Play

Room available when not scheduled!

Men's Play—Monday & Thursday, 9:00 a.m.—Room 1

Quiddler's Card Game

Tuesday, 1:15—3:30 p.m.—Room 5



Wood Carving

Monday & Friday, 9:00—11:30 a.m.—Room 5



October 8th, 2022-Walk to End Alzheimer's
Flint, MI at the Downtown Flat Lot

You can walk, you can donate or
you can volunteer if interested

Contact: Nicole Colley—ncolley@alz.org

August GCard MENU

Menu Subject to Change Based on Product Availability and Quality Standards

Please remember to call in the day before by 12:30 pm and cancel your lunches if you **will not** be able to make it.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| <p>1</p> <p>Open Face Turkey Sandwich Mashed Potatoes Sweet Peas Mixed Fruit Cup Half-Slice Texas Toast Milk</p> | <p>2</p> <p>HM Mini Beef Tacos Mexican Rice Chuck Wagon Blend Veggies Pineapple Tidbits Sub Bun 100% Fruit Juice</p> | <p>3</p> <p>Turkey Polish Sausage Potato Wedges Normandy Blend Veggies Tropical Fruit Salad Whole Wheat Bun Margarine & Mustard Milk </p> | <p>4</p> <p>BBQ Chicken Thighs Creamed Style Corn Key West Veggie Blend Strawberry Applesauce Wheat Roll Margarine 100% Fruit Juice</p> | <p>5</p> <p>Pork Burger w/Hickory Sauce Redskin Potatoes Sliced Carrots Fresh Orange Whole Grain Bun Milk</p> |
| <p>8</p> <p>Boneless Rib in Sauce Baked Beans Peas & Carrots Diced Peaches Whole Grain Bun Margarine Milk</p> | <p>9</p> <p>HM Chicken & Penne Alfredo Diced Carrots French Green Beans Fresh Pear Bread Stick Margarine 100% Fruit Juice</p> | <p>10</p> <p>Meatloaf w/Gravy Mashed Potatoes Sweet Corn Deluxe Fruit Salad Potato Roll Margarine Milk</p> | <p>11</p> <p>HM Beef Stroganoff Sicilian Veggie Blend Succotash Fruit Cocktail Wheat Roll Margarine 100% Fruit Juice</p> | <p>12</p> <p>Chicken Caesar Salad w/Romaine Cucumber Slices Fruit Cocktail Pita Half Caesar Dressing Pkt. Milk </p> |
| <p>15</p> <p>BBQ Pulled Chicken Sandwich Sliced Potatoes Italian Blend Veggies Diced Pears Mini Sub Bun Margarine Milk</p> | <p>16</p> <p>Spaghetti & Meatballs Steamed Cauliflower Apple Hawaiian Dinner Roll Margarine 100% Fruit Juice </p> | <p>17</p> <p>Smothered Fried Chicken Brown Rice French-Style Green Beans Mandarin Orange Corn Muffin Margarine Milk</p> | <p>18</p> <p>Sloppy Joe Diced Potatoes Winter Blend Veggies Golden Apple Margarine Birthday Cake 100% Fruit Juice</p> | <p>19</p> <p>Macaroni & Cheese Lima Beans Broccoli Florets Cantaloupe Dinner Roll Margarine Milk </p> |
| <p>22</p> <p>BBQ Boneless Chicken Wings Whole Kernel Corn Green Beans Sliced Peaches Potato Roll Margarine Milk</p> | <p>23</p> <p>HM Chicken & Cheese Fajitas Spanish Rice with Corn Refried Beans Pineapple Tidbits Tortilla Shell  Taco Sauce Pkt. 100% Fruit Juice</p> | <p>24</p> <p>Pork Chop w/Gravy Sweet Potatoes Sliced Beets Fruit Cup Corn Bread Margarine Milk</p> | <p>25</p> <p>Pepper Steak w/Asian Blend Veggie California Blend Veggies Succotash Veggie Blend Tropical Fruit Salad Margarine 100% Fruit Juice Cookie of the Month</p> | <p>26</p> <p>Fish Taco w/Pico Scalloped Potatoes Tossed Salad w/Tomato Mixed Fruit Salad Wheat Roll w/Margarine Salad Dressing Lemon Juice Pk. Milk </p> |
| <p>29</p> <p>Turkey Burger w/Cheese Broccoli Florets Mixed Veggies Tropical Fruit Salad Whole Wheat Bun Milk </p> | <p>30</p> <p>HM Beef Goulash Sweet Peas Steamed Beets Fresh Orange Garlic Roll Margarine 100% Fruit Juice</p> | <p>31</p> <p>Chicken Tenders Potato Wedges Green Beans Pineapple Chunks Potato Roll Milk</p> |    | |

Genesee Resident = \$3.00 per person

Non-Genesee Resident = \$6.00 per person



Genesee County Senior Millage Telephone Intake and Screening Program

The Telephone Intake and Screening Program is funded by the Genesee County Senior Millage and is open to individuals age 60 and older that live in Genesee County. The Valley Area Agency on Aging Telephone Intake and Screening Program will provide screening for all seniors in an effort to mainstream and utilize all programs and services available to seniors in Genesee County.

Hours of operation: Monday-Friday 8 am–5 pm
Telephone Number: 1-810-249-6531

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MMAP—Tuesdays, 9:00 a.m. to 3:00 p.m.

The Michigan Medicare/Medicaid Assistance Program is a service that can help you make health insurance decisions. MMAP's mission is to educate, counsel and empower Medicare beneficiaries and those who serve them so that they can make informed health decisions. Our counselor will help with all MDHHS issues, problems, etc. call for an appointment 810.658.1566 or MMAP, Inc. at 1.800.803.7174 for assistance all year round.



GENESEE COUNTY
 OFFICE OF SENIOR SERVICES

FREE PROCESS SERVER SERVICES FOR QUALIFIED GENESEE COUNTY SENIOR CITIZENS

AVAILABILITY:

Monday—Friday
 8am—4pm

WHERE:

Genesee County Office of Senior Services
 Genesee County Administration Building
 1101 Beach Street—1st Floor—Room 134
 Flint, MI 48502
 810-424-4478

SERVICE:

Free Process Server Services are available through the Genesee County Office of Senior Services. Bring the signed papers to Genesee County Office of Senior Services. Staff will verify applicant is a Genesee County resident and 60 and older.

PLEASE BRING WITH YOU:

Driver's license or state id, parking ticket from the parking ramp, and all papers needing to be served.

FUNDING

Genesee County Senior Millage.

Genesee County Department of Veterans Services 3rd Thursday every month.

Thursday, August 18th—FREE 9:00 a.m.—12:00 p.m.

A representative here at the Center to help with Veterans benefit issues. The VA pension program can help wartime veterans pay for those high medical expenses if the veteran qualifies. Call the Center for an appointment 810.658.1566.



Food 4 Vets—

Connecting Veterans to Food Assistance-The Michigan Veterans Affairs Agency, through its Michigan Veterans Trust Fund, is assisting veterans experiencing food insecurity. If you are a veteran in Michigan and have a food need due to the coronavirus pandemic, job loss or other circumstance beyond your control, you can lean on us at the MVAA. Eligible veterans can receive a \$100 food card or certificate to a participating store. There is a simple application process that includes an affirmed statement of need and proof of military service and separation with anything but a dishonorable discharge. For veterans living in Genesee, Huron, Lapeer, Sanilac, Shiawassee, St. Clair or Tuscola Counties.

Contact: Gary Putinsky, Senior Veteran Community Engagement Officer (SCCEO) @ 810.241.5991 or gputinsky@co.genesee.mi.us Or call 1.800.642.4838



Visual Impaired—We have a Merlin LCD enhanced video magnifier machine to be use here at the senior center. Please call ahead to make sure the room is available for use 810.658.1566.



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Heat Health & Safety—Michigan Summer Weather—Health Risk of Hot Weather



When it is very hot, there is an increased risk of heat-related illness. The body's temperature rises and cannot be cooled by sweating or the other ways the body cools itself. The most severe heat-related illnesses are heat exhaustion & heat stroke. If not treated, heat exhaustion can worsen & cause heat stroke or death.

Heat Exhaustion Symptoms—Faint or dizzy, Excessive sweating, Cool, pale clammy skin, Nausea or vomiting, Rapid Pulse, Muscle cramps.

Heat Stroke Symptoms—Confusion, disorientation, Very high body temperature, Red, hot skin may be dry or sweaty, Nausea or vomiting, Rapid pulse, May lose consciousness.

Heat Cramps—Heavy sweating during intense exercise, Muscle pain or spasms.

Sunburn—Painful, red & warm skin, Blisters on the skin

Heat Rash—Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases).

What to do for heat exhaustion—Move to a cool place, Loosen clothing, Put cool, wet cloths on body or take a cool bath, Drink cool water, Get medical help if any of the following happen: Person throws up or cannot drink, Symptoms get worse, Symptoms last longer than one hour.

What to do for heat stroke—Call 911 right away, Move the person to a cooler place, Help lower the person's temperature with cool cloths or cool bath.

What to do for heat cramps—Stop physical activity & move to a cool place, Drink water or a sports drink, Wait for cramps to go away before you do any more physical activity, **Get medical help right away if:** Cramps last longer than 1 hour, You are on a low-sodium diet, You have heart problems.

What to do for sunburn—Stay out of the sun until your sunburn heals, Put cool cloths on sunburned areas or take a cool bath, Put moisturizing lotion on sunburned areas, Do not break blisters.

What to do for heat rash—Stay in a cool, dry place, Keep the rash dry, Use powder (like baby powder) to soothe the rash.



Genesee County Veterans Stand Down



Saturday, September 17th
11:00 a.m.—5:00 p.m.

Lake Callis Recreation Complex
1152 N. Gale Rd., Davison

*****Sponsorships Available*****

Do you have a service or resource that could benefit a Veteran?

Call Shannon Garrett @ 810.257-3196 or email SGarrett@geneseecountymi.gov to reserve a table.



Genesee Star Quilters

August 19th, 2022

@ 9:00 a.m. to 3:00 p.m.

@ **Davison-Richfield Area Senior Center**

The guild is open to adults in Genesee County and beyond. They meet for fun, friendship, to share techniques & to make our community a softer, warmer place. We offer exciting programs and classes. You can attend twice as a guest for **FREE** then you need to become a member and pay! Monthly guild meetings consist of two parts: Business Meeting & Program. For more information contact: webmaster@genstarquilters.org



*Massage Therapist -
Emily Maurer, CMT*

1 hour massages on Wednesdays

Must call and make an appointment with the front office at
810.658.1566

Cost per hour—\$30.00—60 yrs. And older
\$35.00—Under 60 yrs. old

New Class— Regular Yoga



We are starting a regular Yoga class starting **August 16th**, in the Large Room, on Tuesday at 11:45 am to 12:45 pm the cost is \$10.00 per person each visit and you **MUST RSVP** at 810.658.1566 to make sure we have enough interest.

*Come see what is all about.
The instructor is Amanda Reo*



OFFICE HOURS
MONDAY—FRIDAY
8:00 AM ~ 4:00 PM



AUGUST 2022

PHONE
810.658.1566
FAX
810.658.8044

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------------------|--|---|---|---|---|------------------|
| | <p>1</p> <p>9:00 Wood Carving Group 9:00 Pool Table Play-Men's 10:00 Watch Battery Day 10:00 Mexican Train Dominoes 10:00 Zumba Gold 12:00 Lunch Curbside 12:30 Euchre 1:00 Clogging 1:15 Mah Jong—American 7:00 NO Sweet Adeline's</p> <p style="text-align: center;"><i>Voting Set-up!</i></p> | <p>2</p> <p>Voting 9:00 NO Beginners Line Dance 9:30 Decorative Art Guild 9:30 NO Regular Line Dancing 10:00 NO Hearing Aid Checks & Cleaning Professional Hearing 12:00 Bridge 12:00 Lunch Curbside 1:00 NO Shuffleboard 1:15 Quiddler's Card Game 4:30 Grief Support Mtg. 7:00 Lion's Group Mtg.</p> | <p>3</p> <p>10:00 Abbie's Exercise 12:00 Lunch Curbside 12:00 Massage Appts. 12:30 Hand & Foot 12:30 Table Tennis 1:15 Mah Jong—Chinese 5:00 Poker 6:00 Generation Band Dance</p> | <p>4</p> <p>9:00 Pool Table Play-Men's 9:30 Decorative Art Guild 10:00 Corn Hole Game 10:00 Ladder Toss Game 12:00 Lunch Curbside 12:30 Games Day 1:00 Beginner Pickleball 1:00 Chair Yoga 4:00 Regular Pickleball</p> | <p>5</p> <p>9:00 Wood Carving Group 11:30 Chess & Checkers 12:00 Lunch Curbside 1:15 Mah Jong 1:30 Library Closed 1:30 Tai Chi 5:00 Euchre</p> | |
| <p>9:00 a.m. Church Group</p> | <p>8</p> <p>9:00 Wood Carving Group 9:00 Pool Table Play-Men's 10:00 Mexican Train Dominoes 10:00 Zumba Gold 12:00 Lunch Curbside 12:30 Euchre 1:00 Clogging 1:15 Mah Jong—American 7:00 Sweet Adeline's</p> | <p>9</p> <p>9:00 Beginners Line Dance 9:30 Decorative Art Guild 9:30 Regular Line Dancing 10:30 Parkinson Support Group 12:00 Bridge 12:00 Lunch Curbside 1:00 Shuffleboard 1:15 Quiddler's Card Game 4:30 Grief Support Mtg. 5:45 Bunco-Jan's Group</p> | <p>10</p> <p>10:00 Abbie's Exercise 11:00 Ask A Lawyer 12:00 Lunch Curbside 12:00 Massage Appts. 12:30 Hand & Foot 12:30 Table Tennis 1:15 Mah Jong—Chinese 5:00 Poker 5:30 Greeting Card Group 6:00 Generation Band Dance</p> | <p>11</p> <p>9:00 Pool Table Play-Men's 9:30 Decorative Art Guild 10:00 Corn Hole Game 10:00 Ladder Toss Game 10:00 Alzheimer's Support Group 12:00 Lunch Curbside 12:30 Games Day 1:00 Beginner Pickleball 1:00 Chair Yoga 4:00 Regular Pickleball</p> | <p>12</p> <p>9:00 Wood Carving Group 11:30 Sleep Education Class 11:30 Chess & Checkers 12:00 Lunch Curbside 1:15 Mah Jong 1:30 Library Closed 1:30 Tai Chi 5:00 Euchre</p> | <p>13</p> |



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Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com



| | | | | | | |
|--|--|--|---|--|--|------------------|
| <p>14 9:00 a.m. Church Group  Stone Country Dance 2-5 pm</p> | <p>15 9:00 Wood Carving Group 9:30 Pool Table Play-Men's 10:00 Mexican Train Dominoes 10:00 Zumba Gold 12:00 Lunch Curbside 12:30 Euchre 1:00 Clogging 1:15 Mah Jong—American 7:00 Sweet Adeline's</p> | <p>16 9:00 Beginners Line Dance 9:30 Decorative Art Guild 9:30 Regular Line Dancing 11:45 Regular Yoga 12:00 Bridge 12:00 Lunch Curbside 1:00 Shuffleboard 1:15 Quiddler's Card Game 4:30 Grief Support Mtg.</p> | <p>17 10:00 Abbie's Exercise 12:00 Lunch Curbside 12:00 Massage Appts. 12:30 Hand & Foot 12:30 Table Tennis 1:15 Mah Jong—Chinese 4:30 Authority Board Mtg. 5:00 Poker 6:00 Generation Band Dance</p> | <p>18 9:00 Veteran's Services 9:00 Pool Table Play-Men's 9:30 Decorative Art Guild 10:00 Corn Hole Game 10:00 Ladder Toss Game 12:00 Lunch Curbside 12:30 Games Day 1:00 Beginner Pickleball 1:00 Chair Yoga 4:00 Regular Pickleball</p> | <p>19 <u>Library Closed All Day!</u> 9:00 to 11:00 a.m. Commodities Curbside 9:00 Genesee Star Quilters 9:00 Wood Carving Group 11:30 Sleep Education Class 11:30 Chess & Checkers 12:00 Lunch Curbside 1:15 Mah Jong 1:30 Tai Chi 5:00 Euchre</p> | <p>20</p> |
| <p>21 9:00 a.m. Church Group</p> | <p>22 9:00 Legal Service of Eastern MI 9:00 Wood Carving Group 9:00 Pool Table Play-Men's 10:00 Mexican Train Dominoes 10:00 Zumba Gold 12:00 Lunch Curbside 12:30 Euchre 1:00 Clogging 1:15 Mah Jong—American 7:00 Sweet Adeline's</p> | <p>23 9:00 Beginners Line Dance 9:00 Single Deck Pinochle 9:30 Decorative Art Guild 9:30 Regular Line Dancing 10:00 Decreasing Fat, Sugar & Salt-MSU Extension Class 11:45 Regular Yoga 12:00 Bridge 12:00 Lunch Curbside 1:00 Shuffleboard 1:15 Quiddler's Card Game 4:30 Grief Support Mtg.</p> | <p>24 10:00 NO Abbie's Exercise 12:00 Lunch Curbside 12:00 Massage Appts. 12:30 Hand & Foot 12:30 Table Tennis 1:15 Mah Jong—Chinese 5:00 Poker 6:00 Generation Band Dance</p> | <p>25 9:00 Pool Table Play-Men's 9:30 Decorative Art Guild 10:00 Corn Hole Game 10:00 Ladder Toss Game 12:00 Lunch Curbside 12:30 Games Day 1:00 Beginner Pickleball 1:00 Chair Yoga 4:00 Regular Pickleball</p> | <p>26 9:00 Wood Carving Group 11:30 NO Sleep Education Class 11:30 Chess & Checkers 12:00 Lunch Curbside 1:15 Mah Jong 1:30 Library Closed 1:30 Tai Chi 5:00 Euchre</p> | <p>27</p> |
| <p>28 9:00 a.m. Church Group</p> | <p>29 9:00 Wood Carving Group 9:00 Pool Table Play-Men's 10:00 Mexican Train Dominoes 10:00 Zumba Gold 12:00 Lunch Curbside 12:30 Euchre 1:00 Clogging 1:15 Mah Jong—American 7:00 Sweet Adeline's</p> | <p>30 9:00 Beginners Line Dance 9:30 Decorative Art Guild 9:30 Regular Line Dancing 11:45 Regular Yoga 12:00 Bridge 12:00 Lunch Curbside 1:00 Shuffleboard 1:15 Quiddler's Card Game 4:30 Grief Support Mtg.</p> | <p>31 10:00 Abbie's Exercise 10:00 Healthy Hydration-MSU Extension Class 12:00 Lunch Curbside 12:00 Massage Appts. 12:30 Hand & Foot 12:30 Table Tennis 1:15 Mah Jong—Chinese 5:00 Poker 6:00 NO Generation Band Dance</p> |  | | |



Sleep Education for Everyone Program

SLEEP is a six-week program that offers guidelines to help improve sleep hygiene practices, which are behaviors that improve sleep quality.

Date: Every Friday—

August 12th thru September 23rd

Time: 11:30 a.m. to 12:00 p.m.

Location:

Davison Area Senior Center
10135 Lapeer Rd., Davison

Register:

Front Desk or 810.658.1566

To learn more about Extension's health programs, visit canr.msu.edu/food_health/

Liz Williams—Michigan State University Extension Health Educator josaitis@msu.edu 586-909-9631
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Sleep is an evidence-based program designed to help you get more & better sleep. There are six lessons in the program, & each class lasts approximately 30 minutes. During each class, we will watch a short video, discuss the video, & set some personal goals related to using the techniques or concepts we have discussed. Sleep topics for each session are listed...

1. Introduction to sleep & health, recommended duration guidelines
2. Sleep hygiene best practices
3. Stimulus control therapy to get to sleep faster
4. Mindfulness & relaxation to improve sleep
5. Relationships between sleep & physical activity
6. Sleep myths, review & wrap-up

Pennies for Projects



We are collecting pennies at the Senior Center! Everyone has pennies laying around, we are asking for you to donate them to the Senior Center. The donation jar is on the front office counter, just drop them in! We will use the money for new items we need around the center.

Please feel free to donate pennies, nickels, dimes, quarters & bills.

Thanks! To all the people that have donated...



GENESEE COUNTY PARKS
Get away. Right away.

DON'T FORGET TO VOTE AUGUST 2, 2022 GENESEE COUNTY PARKS REPLACEMENT MILLAGE



Some of the funds from the Genesee County Parks Replacement Millage will be spent to keep all Genesee County Parks well-maintained and safe. The funds will also be used to improve and maintain playgrounds, provide nature education opportunities for children, protect natural areas and the quality of rivers, lakes, and streams, provide outdoor recreational opportunities such as fishing, picnicking, paddling, and maintain trails for walking, biking, and hiking.

The public will know how the funds are being spent because the Genesee County Parks conducts an annual independent audit and full public disclosure of all expenditures.

The Replacement Millage will cost the average homeowner in Genesee County about \$3.47 per month, a total of \$41.70 per year.

The \$41.70 a year is the total amount the average Genesee County homeowner will pay per year if the millage is approved.

The Genesee County Parks Replacement Millage does not pay for all of the costs of operating, maintaining, and patrolling the parks. If it's approved by the voters, it is not enough to keep the Genesee County Parks open, safe and well-maintained. Grants, user fees, and endowments also support the budget, but are not enough to keep the parks open without the support from the Genesee County Parks Replacement Millage. The Genesee County Parks are also able to stretch the budget due to dozens of partnerships throughout the community and the generous support of volunteers who contribute more than 15,000 hours of their time and energy to the Genesee County Parks every year.

For more information visit www.geneseecountyparks.org



Help us earn \$1,000 through direct your dollars!

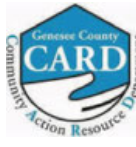
Save your VG's receipts! Just drop them off to the front office here at the senior center.

Please make sure you drop off the full original receipt that shows Direct Dollar amount—that's how we earn our \$1,000 check. Through the Direct Your Dollars program, we can turn your VG's receipts into cash for our senior center! *Thanks, Staff*

Information

GCCARD Daily Lunch— Curbside Pick-up! 12:00 Noon each weekday

Must call the center 810.658.1566 one day in advance by 12 pm to sign-up for lunch, reservations for Mondays must be made by 12 pm on the prior Friday. A requested donation of \$3.00 for anyone 60 yrs. and over that lives in Genesee County & \$6.00 for anyone under 60 yrs. and lives outside of Genesee County!



Commodity Supplemental Food—Curbside pick-up! Friday, August 19th, 2022 9:00—11:00 a.m. ONLY

This senior food program follows the federal income guideline of a Family of 1 = \$1,473 & a Family of 2 = \$1,984. **Available to people 60 years or older!**
You must fill out an application & prove your income & get the approval before receiving it.

TeFAP Commodity Program—Curbside pick-up! Given out quarterly—4 Times a year March, June, September & December

This is an additional food program with income eligibility guidelines for 60 years of age & older with a household size of 1 = \$2,147 a month & a household size of 2 = \$2,903 a month.

Home Delivered Meals (Meals on Wheels)

Home Delivered Meals are available to any Genesee County resident 60 years of age or older who is incapacitated due to illness, surgery, physical handicap or advancing age, AND is unable to prepare their own meals, AND is without support of family, friends or neighbors for meal preparation. Meals are available up to seven (7) days per week. **Call 810.235.3567 to schedule it.**

KISS—Keeping Independent Seniors Safe

A program for seniors 62 and older. The KISS program is a telephonic reassurance system that keeps seniors and their loved ones worry-free. Participants in the KISS program can call the KISS office or receive a telephone call every Monday through Friday between the hours of 8:00 a.m. and 12:00 p.m. to make sure that the participant is alright. Special arrangements can be made for participants that need weekend coverage. **For more information on the KISS program please call**

810.239.7671 Host Agency: VAAA The KISS program is sponsored by the VAAA. The KISS program is funded in part by grants from United Way



Decreasing Fat, Sugar & Salt

WHEN:

Tuesday,
August 23rd
@ 10:00 a.m.

WHERE:

Davison Area
Senior Center
10135 Lapeer Rd.
Davison, MI 48423

RSVP:

810-658-1566

What is the difference between saturated, unsaturated and trans fats? How do you decrease your salt and/or sugar intake? Many of us take in too much fat, salt and sugar throughout our daily meals, which can lead to many health issues. In this class you will learn:

- ◇ Why and how to decrease your intake of fat, salt and sugar thought-out your day
- ◇ Tips and tricks to recognize fats, sugars, and salt on food labels
- ◇ Ways to cook healthier



Follow MI Health Matters from Michigan State University Extension on social media!



MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. MSU is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact two weeks prior to the start of the event. Requests received after this date will be honored whenever possible.

#SNAPEdWorks Funded by the USDA's Supplemental Nutrition Assistance Program—SNAP. Delivered by MSU Extension



Buying Vintage Sports Memorabilia to include the following...



- Baseball-Football-Hockey-Basketball Cards Pre-1980
- Autographs of all kinds (Photos-Signed Cards-Letters)
- Older Sports Equipment (Bats-Gloves-Etc.)
- Non-Sports Cards (Civil War-Beatles-Batman)
- Old Ticket Stubs
- Signed Jerseys
- Signed Baseballs
- Signed Bats
- Old Pennants
- Vintage Bobbleheads
- Old Comic Books
- Civil War Artifacts
- Presidential Signed Letters & Photos
- 1964-65 Beatles Ticket Stubs
- Wood Stock Tickets—Unused
- Movie Artifacts

Have a Question...Contact-Joe Smetanka @ 810.691.5072 or email—smewala@aol.com

Center Services



Alzheimer's Support Group—FREE
2nd Thursday, August 11th, 2022
@ 10:00 a.m.—12:00 p.m.

The Alzheimer's Support Group is open to anyone caring for a family member or a friend with Alzheimer's Disease or some form of dementia. For more information about the virtual contact Sue Purdy at 810.603.1974

Grief Support—FREE

Tuesday, 4:30-6:30 p.m.—Room 6

If interested call 810.496.8625 and leave a message.



Parkinson's Disease Support Group

2nd Tuesday of every month

August 9th @ 10:30 am—12:00 pm

We understand the need to share common experiences and to gain the support of others in similar health situations. If you or a loved one are facing the challenges of Parkinson's, make plans now to join us for one of our helpful support group meetings to gain valuable insight and learn more about the disease.

RSVP 810.658.1566 if plan on attending



Legal Services of Eastern Michigan

Zach Pelech from Legal Service of Eastern Michigan

4th Monday of every month!

August 22nd, 2022 @ 9:00 -10:30 am

to help with your legal problems!

Services Include: Consumer Issues, Housing Complaints, Family Law, Domestic Violence, Employment Issues, Public Benefits, Wills, Durable Power-of-Attorney for Finances, Durable Power-of-Attorney for Healthcare, Medicaid Planning, Social Security, Income Tax Issues, Nursing Home Issues.

Do Not Offer: Trusts, Criminal Matters, Personal Injury, Financial or Business Advice!

Must call and make appointments @ 810.658.1566



Loan Closet - **10 a.m. to 2 p.m. Only!**

We have donated equipment available for you to borrow—Bath seats, canes, crutches, toilet seat raisers, walkers & wheelchairs. We ask for a **\$25 CASH** deposit & a waiver to be signed. You will receive your \$25 back upon returning the items!



Senior Centers Library

Our library here at the senior center

Hours—8:00 a.m.—3:00 p.m.

We take donations of books to our library but they must be clean and must have a copyright date of 2006 and newer!



Our Library is **CLOSED** on Fridays between 1:30 to 3:00 pm & **Friday, August 19th our Library is CLOSED all day** 8:00 a.m. to 4:00 p.m.



MICHIGAN STATE UNIVERSITY Extension

Healthy Hydration

WHEN:

Wednesday
August 3rd, 2022
@ 10:00 a.m.

WHERE:

Davison Area
Senior Center
10135 Lapeer Rd.
Davison, MI 48423

RSVP:

810-658-1566

Follow **MI Health Matters** from Michigan State University Extension on social media!



PRESENTATION SUMMARY:

This class will discuss:

- * Why hydration is important
- * How to calculate how much water to drink daily and identify signs of dehydration
- * How much sugar is actually in some beverages and how they may be harming your efforts to be healthy
- * Ways to drink more water regularly and swap sugary drinks with healthy, flavorful choices

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#SNAPEdWorks Funded by the USDA's Supplemental Nutrition Assistance Program—SNAP.
Delivered by MSU Extension



**Senior Day at the
Genesee County Fair
Tuesday, August 23rd
9:00 a.m. to 2:00 p.m.**
Parking & Admission are
FREE

Shuttle Bus service available from/to parking lot!

Schedule in the Community Tent-

9:00 a.m.—FREE Donuts & Coffee (while supplies last)
9:00 a.m. to Noon—Visit with Vendors from Genesee
County Senior Services
9:00 a.m. to Noon—FREE Fun Entertainment

Entertainment Schedule:

D.J. John Davis throughout the morning
10:00 a.m.—Shades of the King—Elvis Tribute
11:00 a.m.—Ol' Blue Eyes is Back—Sinatra Tribute

Lunch-

Bring a sack lunch or purchase food at the Genesee
County Fair. Shaded tables & chairs are available in the
Community tent, eat lunch & enjoy the entertainment. Cool
water available in the tent while supplies last.

**Noon—Scavenger Hunt (Get Your Team Together—Up
to 4 people per team) Prizes for the Winning Team!**
At the Fair-

1:00 p.m.—Youth Horse Show
2:00 p.m.—FREE Ice Cream for Seniors
2:30 p.m.—Donut Eating Contest
4:30 p.m.—Redneck Games: Water Balloons
5:00 p.m.—Youth Beef Cattle Show

Please Note: Carnival Rides Are Not FREE!

Fair Ground Address: 6130 E. Mt. Morris Rd., Mt. Morris, MI 48458

Smetanka

31st Annual Fall Arts & Crafts Show

@ Davison High School

1250 N. Oak Rd., Davison, MI 48423

Saturday, October 22, 2022

10:00 a.m. to 4:00 p.m.

Admission \$3.00 per person

For Show Information:

Call Joe 810.658.0440

Visit website:

www.smetankacraftshows.com

E-mail: smetankacraftshow@gmail.com

Like us at Smetanka Craft Show
on FaceBook!



GENESEE COUNTY RECYCLE DAY

Household Hazardous Waste, Electronics & Paint

Scheduled Event—Tuesday, August 23, 2022—2-6 pm

At the Carman-Ainsworth Middle School

1409 W. Maple Ave., Flint, MI 48507(enter from W. Maple Ave.)

Questions? 810.762.7744

recycle@co.genesee.mi.us www.gcmprc.org/environmental

Items Accepted At Recycle Day:

Aerosols
Automotive Fluids
Batteries (household/auto)
Biomedical Sharps (in rigid/sealed container)
Corrosives (acid/bases)
Electronics (all kind)
Fire Extinguishers
Fluorescent Bulbs & Tubes
Mercury
Oil Based Paint & Solvents
Pesticides & Herbicides
Prescription Medication
Propane Cylinders (up to 30 lbs. each)
Reactive & Oxidizers
Smoke Detectors

Recycle Day Partners:



Busting the myths about flu shots for older

adults. While much of the world's focus has been on the coronavirus, it's once again time for the influenza virus to begin making the rounds. Like COVID-19, older adults are at higher risk for contracting it. The best prevention steps to avoid catching the flu is to receive the influenza vaccine.

Here are 5 popular flu shot myths, debunked!

- ◆ **Myth #1** Flu shots work by giving you a small dose of the flu. The flu shot contains only inactive virus.
- ◆ **Myth #2** The flu shot is basically the same every year. The new strains of the flu occur every year. Scientists develop vaccines that target those strains predicted to be predominant during that year's flu season.
- ◆ **Myth #3** The regular flu isn't all that serious. Seniors sometimes confuse a cold with the flu. They view the illness as an inconvenience, not a serious health risk.
- ◆ **Myth #4** The flu shot hurts! Those who suffer from a fear of needles might avoid getting vaccinated. If you've never had a flu shot before, you might be surprised to learn how little pain is involved.
- ◆ **Myth #5** Seniors who are healthy don't need a flu shot. While we know some members of our population, such as children, pregnant women and people aged 40 or older, are at higher risk for the flu and its complications, anyone can catch it. Even if you don't feel sick, you might be. You can spread the virus to people you come in contact with who may have a weaker immune system.



Trips - 2022 & 2023

The Davison-Richfield Area Senior Citizens Activity Center acts only as an agent for the independent suppliers that provide hotel accommodations, transportation, sightseeing activities, or other services connected with these tours. All such services are subject to the terms and conditions of those suppliers. Davison-Richfield Area Senior Citizens Activity Center, its employees, agents, directors and representatives are not responsible for any injury, damages, expenses, or losses of any kind sustained by any person as a result of participation in these tours.

Cancellation Policy

Cancellation of any trip if subject to a refund—will have a \$5.00 cancellation fee from the Davison-Richfield Area Senior Citizens Activity Center. Cancellation on the day of the trips or NO SHOWS! No Refunds...No Exceptions!

Trip flyers may be picked up at the Davison-Richfield Area Senior Citizens Activity Center.

Overnight prices are based on double occupancy.

Trip reservations are not guaranteed until payment is received.

To avoid waiting lists or finding out that a trip has been cancelled, sign up early! Travel programs have registration deadlines! At deadline time, the trip will be cancelled if we do not have enough committed travelers or you may have to drive to a different pick-up spot!

Please arrive 15-20 minutes before departure time

for all trips and PLEASE park your vehicles in our trip parking lot, the bus will pick you up over there!

Note: All person traveling to Canada must have a passport or an enhanced driver's license. All casino packages are subject to change without notice. Proper identification & Social Security Card are required to collect prizes over the amount of \$1,199.



**As of January 1, 2022 if you travel with Shoreline Tours you will be required to be fully vaccinated!
Please bring proof of vaccines.**



FireKeepers Casino with Route 23

Wednesday, October 19th, 2022

\$52.00 per person

Trip includes: Round trip motor coach transportation to Battle Creek, Mi, 4 hours of gaming at Firekeepers Casino with each person getting \$20 in gaming & \$5 in food from the casino. Departure 8 a.m. Must wear mask on bus. Casino only requires masks for those that are unvaccinated.

New York City—with Shoreline Charter & Tours Inc.

Holiday Entertainment Extravaganza

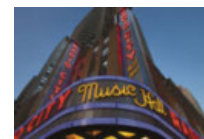
The Rockettes @ Radio City Music Hall plus Lancaster, PA

November 27-December 2, 2022

Double—\$2,349.00 per person

Triple—\$2,049.00 per person, Single—

\$3,349.00 per person



Accommodations at M Social Hotel Times Square (formerly Novotel Times Square)

Tour Includes: Modern Motorcoach Transportation, 2 Nights—To/From, 3 Nights—New York City, 5 Breakfast—3 Dinners, Koziar's Christmas Village, 911 Museum, Evening Tour of City & Lights, Bryant Park Holiday Market, NBC Studio Tour, One World Trade Center, Sightseeing Tour of New York, Rockettes Christmas Spectacular, Tour of Lancaster's Amish Country, Sight & Sound's—David, Luggage Handling, Tax & Tip on Included Meals. \$100 deposit due per person at time of registration with balance due September 27, 2022. Cancellation protection insurance \$175 per person due with your deposit.

Lancaster Christmas

David @ Sight & Sound Theatre

With Shoreline Charter & Tours Inc.

December 2-5, 2022

Double—\$1,099 per person

Triple—\$969 per person,

Single—\$1,399



Tour Includes: Modern Motorcoach Transportation,

3 Nights Lancaster, PA,

3 Breakfasts—1 Lunch—3 Dinners, 2 Great

Shows "David @ Sight & Sound Theatre" &

"Elf the Musical @ Dutch Apple", Sightseeing

tour of Amish Country, Kitchen Kettle Village, Julius

Sturgis Pretzel Bakery, Koziar's Christmas Village—

celebrating its 75th Anniversary in 2022, has received

many awards, including **BEST OUTDOOR CHRISTMAS**

DISPLAY IN THE WORLD!, Tour Amish House & School,

Luggage Handling, Tax & Tip on Included Meals. \$100

deposit per person at time of registration with balance due

by October 2nd, 2022. Cancellation protection insurance

\$75 per person due with your deposit.



Treasures of Ireland

With Premier World Discovery

March 14, 2023—9 Days

Double—\$3915 per person

Tour highlights— 2 Nights in

Dublin, 2 Nights in Limerick, 2

Nights in Killarney, 1 Night Castle



Hotel, Dublin City Tour, Trinity College—Book of Kells, Whiskey Distillery, Pub Dinner, Guinness Storehouse, Cliffs of Moher, Ring of Kerry, Bunratty Castle Medieval Banquet, Jaunting Car Ride in Killarney, Limerick Tour, Galway, Adare, Irish Entertainment & Dinner in Killarney, Kilkenny. **Inclusions**—Roundtrip Airfare, Int'l Air Departure Taxes/Fuel, 7 Nights First Class Hotel Accommodations, 12 Meals; 7 Breakfasts & 5 Dinners, Professional Tour Director, Hotel Transfers, Motorcoach Transportation, Admissions per Itinerary, Sightseeing per Itinerary, Baggage Handling at Hotels.

Accommodations—

2 Nights—Camden Court of Mespil Hotel, Dublin
 2 Nights—The George or Clayton Hotel, Limerick
 2 Nights—Randles or Dromhall Hotel, Killarney
 1 Night—Fitzpatrick's Castle Hotel or Clontarf Castle Hotel, Dublin Area.

Tour Activity Level = 3

Deposit of \$500 per person is due with Reservation Form to secure reservations. Final payment due date is 75 days prior to departure. **Note:** A valid US passport is required for this tour & is the responsibility of each passenger.

Landscapes & Lighthouses of Costal Maine

With Premier World Discovery

September 23, 2023—7 Days

Double—\$3495 per person

Tour Highlights—Boston City Tour with Fenway Park, Casco Bay Cruise, Portland Head Lighthouse, Seashore Trolley Museum, Walkers Point, Lobster Boat Cruise, Cape Neddick Lighthouse, Boothbay Harbor, Coastal Maine Botanical Gardens, Lobster Clambake, 1 Night Boston, 5 Nights at One Hotel In Maine. **Inclusions**—Roundtrip Airfare—DTW, 6 Nights First Class Hotels, 9 Meals: 6 Breakfasts & 3 Dinners, Professional Tour Director, Motorcoach Transportation, Admissions per Itinerary, Comprehensive Sightseeing, Baggage Handling at Hotels & Hotel Transfers.

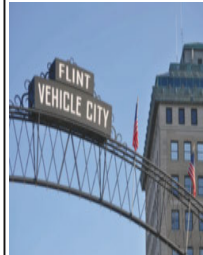


Accommodations—

1 Night—Hilton Boston/Woburn or Hyatt Place Boston/ Braintree, Boston area
 5 Nights—Nonantum Resort, Kennebunkport or Anchorage Inn by the Sea, Ogunquit.

Tour Activity Level = 2

Deposit of \$300 per person is due with Reservation Form to secure reservations. Final payment due date is 75 days prior to departure.



Join the Genesee County Cancer Action Council

We are seeking cancer survivors, caregivers of cancer survivors, and advocates who want to make a change in cancer care!

Council members will represent communities throughout Genesee County on important issues related to the **cancer patient experience** and use their personal experiences with cancer to ensure that **cancer research** and programs address the needs of patients.

The Cancer Action Council will meet on a monthly basis for approximately two hours over Zoom. Participants will be compensated for attending meetings.

To Apply, Visit: bit.ly/geneseecountycac

Questions? Contact Voncile Brown-Miller, millerv@karmanos.org
 Kris Johns—johnsk@karmanos.org



The Davison Farmers Market in Davison, Michigan is your source for local fresh produce, baked goods and so much more!



Open Year Round—
 9 a.m. to 5 p.m.
Tuesday, Thursday & Saturday!

Located on the corner of Irish Rd. & Court St. in Davison.

The market is home to over 70 vendors from all over Michigan.

August 6th—Flea Market Flip Day
August 13th—BBQ Cook Off & Craft Show
August 20th—Flea Market Flip Day
August 27th—Craft Show



Puzzles—Senior Center will take donations of puzzles. We have our puzzle tables back for use here at the senior center!

August

Davison-Richfield Area
Senior Citizens Activity Center
10135 Lapeer Rd.
Davison, MI 48423

Phone: 810.658.1566

PRST STD
U.S. Postage
PAID
Davison, MI
Permit No. 28

We are on the web!
www.davison-sc.org



Newsletter Renewal Time!
January thru December 2022...

 **NO SMOKING**



**DAVISON-RICHFIELD AREA
SENIOR CITIZENS ACTIVITY CENTER
IS A **TOBACCO FREE ZONE!**
BOTH FACILITY AND GROUNDS!**

 **NO VAPING
DEFENSE
DE VAPOTER**

**NO SMOKING, NO VAPING & NO TOBACCO OF
ANY FORMS!**

Thanks, Staff

(January - December) * 2022 Newsletter Form *** Suggested Donation \$ 20.00*****

DAVISON-RICHFIELD AREA SENIOR CITIZENS ACTIVITY CENTER 10135 LAPEER RD., DAVISON, MI 48423 810.658.1566

FULL NAME: _____ **BIRTHDATE:** _____

SPOUSE FULL NAME: _____ **BIRTHDATE:** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

COUNTY: _____ **TOWNSHIP:** _____

TELEPHONE: _____ **CELL PHONE:** _____

SPOUSE CELL PHONE: _____ **AMOUNT:** _____

