Prime Times
May 2021

Desk Hours

Monday-Friday
9:00 a.m. - 3:00 p.m.

Saturday-Sunday
Closed

INSIDE THIS ISSUE:

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- Programs
- Make at Home Crafts or IN-PERSON!
- BINGO
- Parking Lot PARTY!
- Recipe Corner
- Weekly Program Schedule

facebook
@cantonclub55

Canton Club 55+ Tentatively Scheduled to Open in May

We are happy to announce that Canton Club 55+ will **tentatively** open to the public sometime in May with a limited program schedule. Please continue to visit our website cantonfun.org/476 and Facebook @cantonclub55 for pandemic guidelines and updates, as they become available.

Not all programs will be returning at this time, but staff is working on ways to ensure that when they do return, that all participants will be safe. Please keep in mind that safety protocols have been established, so programs will be offered in a modified manner at this time. Individuals will be required to pre-register for each program in advance and masks will be required to participate. Registration can be done online at www.cantonfun.org or over the phone by calling 734/394-5485.

We are excited to welcome those of you who feel comfortable returning in person back into our center. We look forward to seeing everyone again soon, if COVID-19 conditions allow.

PLEASE NOTE THE FOLLOWING GUIDELINES:

- Canton Club 55+ Temporary Hours of operation:
  Monday - Friday: 8:30 a.m. - 4:00 p.m.
- Face masks must be properly worn at all times covering nose & mouth
- No drop-ins are allowed at this time. Pre-registration is required for all programs, excluding Billiards
- Please: No sharing of food/beverages will be allowed
- Coffee/Tea service is suspended until further notice
- Please follow individual program guidelines
- Participants must check in upon arrival to your program
- Participants are asked to limit their stay and may arrive no more than 15 minutes prior to program start and must leave once the program has finished
- Gymnasium will remain closed for all sports until further notice
- Walking track is currently open for members and Striders members

Seniors in need of other resources or those with questions may contact the Club 55+ staff Monday - Friday from 9:00 a.m. - 3:00 p.m. by calling 734/394-5485 or by emailing club55@canton-mi.org.

FREE Educational Workshops

Individuals may participate by calling in on a land line or joining our video Zoom call using a smart phone, tablet, or computer. If you need assistance connecting please call Canton Club 55+ at 734/394-5485. A link and instructions will be sent to you the day prior to the workshop.

Neurobics for the Brain

Thursday, May 13, 11:00 a.m.

Practice long-term and short-tern memory drills to gain an unstoppable memory. Learn how to increase cognitive processing speed with a fast-paced approach. Participants will be able to directly apply what they learn during this fun and interactive session. Plus, you'll have a chance to win a prize sponsored by Independence Village. Register by May 6.

Activity Code: CB1444

REGISTER ONLINE TODAY!

cantonfun.org
or call
734/394-5485

Solving the Mystery of Hospice

Tuesday, May 18, 1:00 p.m.

This Zoom educational workshop, presented by Angela Hospice, will provide participants with an enlightening introduction to the topic of hospice, debunking myths of hospice care and opening understanding of how hospice embraces and enhances life.

Register by May 13.

Activity Code: CB1443

DID YOU MISS ONE OF THE PAST WORKSHOPS? Don't worry, you can catch the below workshops on the local Canton Community cable channel.

Canton Community Television (CCTV) airs 24 hours a day, 7 days a week. CCTV is on Comcast (Channel 12), Wide Open West (Channel 10) and AT&T Uverse (Channel 99) cable.

Eating Your Way Out of the Pandemic

This lecture will equip you with helpful tools you can turn to as you deal with life's natural stressors. We all know that stress can affect your body and brain. Here individuals will have the opportunity to learn techniques to practice on a daily basis.

- May 4 @ 11:00 a.m.
- May 6 @ 6:00 p.m.
- May 10 @ 1:00 p.m.
- May 12 @ 5:00 p.m.
- May 22 @ 11:00 a.m.
- May 23 @ 6:00 p.m.

Thank you to our sponsors:

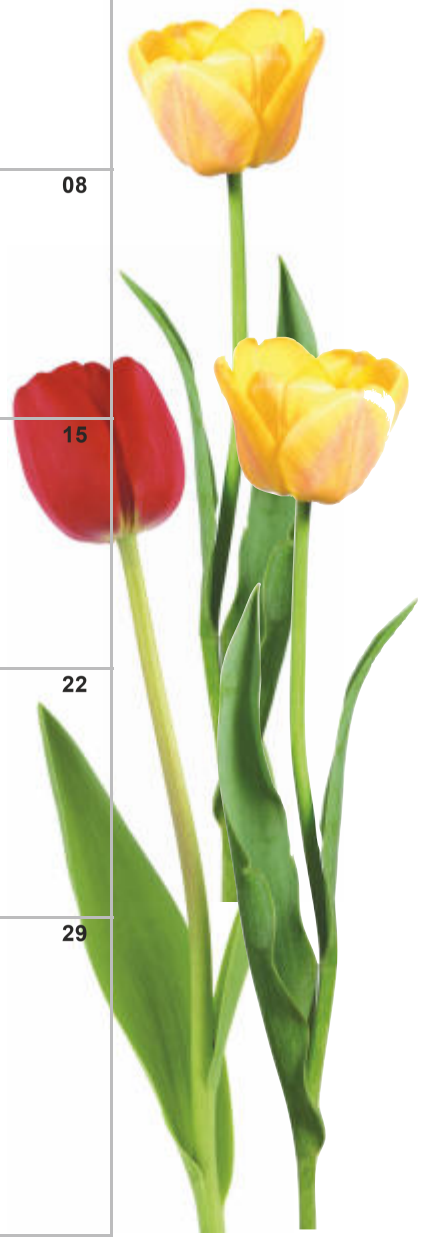
Independence Village SENIOR LIVING

SUMMIT ON THE PARK

Angela Hospice

MAY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29 Virtual Tour The Roman Forum, Rome, Italy	30 Fresh & Flavorful Recipes - Air Fryer Chicken Parmesan	01
02	03	04	05 Holiday in a Box Drive Thru: Cinco De Mayo @ 12pm Friends & Film @ 1:30pm, Movie "Baseball"	06 Virtual Tour Old City of Jerusalem	07 Fresh & Flavorful Recipes Burnt Masala Chicken Wings	08
09 Mother's Day Farmers Market 9am - 1pm @ Preservation Park	10	11	12 Make & Take: Easy Fun Sun Catchers @ 1pm	13 Neurobics for the Brain @ 11am Virtual Tour The World's Jungles	14 Fresh & Flavorful Recipes Beef Stroganoff	15
16 Farmers Market 9am - 1pm @ Preservation Park	17	18 Solving Mystery of Hospice Workship @ 1pm	19 Parking Lot Bingo @ 1pm Friends and Film @ 1:30pm – "Greater"	20 Virtual Tour Mount Everest	21 Fresh & Flavorful Recipes Lentil Burger	22
23 Farmers Market 9am - 1pm @ Preservation Park	24	25	26 Make & Take: Garden Lady Bugs	27 Virtual Tour - Giant's Causeway, UK Virtual Bingo @ 1pm	28 Fresh & Flavorful Recipes Blueberry-Ginger Buckle	29
30 Farmers Market 9am - 1pm @ Preservation Park	31 **Memorial Day** **Club 55+ CLOSED**					



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Outdoor, In-Person & Virtual Programs

Friends and Film

This group meets virtually every 2 weeks to discuss a predetermined show or film. It's like a book club but with no reading involved. Just watch the selected show/film before the meeting date and be ready to discuss. Meetings will take place via Zoom, video chat or phone-in using a land line. This month's theme is WATER. If you are interested in joining the discussion please register by May 3.

May Discussion Schedule: TENTATIVE

- May 5, 1:30 p.m.: *Baseball*
- May 19, 1:30 p.m.: *Greater - movie*

Fee: Free to join discussion
Activity Code: CB2916

Line Dancing - Outdoors

Wednesdays, May 12-June 15, 6:30 p.m.
Heritage Park - Amphitheater

If you love to dance and want to have fun and exercise your mind and body, this for you! Learn popular dances including: the Cowboy Hustle, Cotton Eye Joe, Watermelon Crawl, Country Cha-Cha, and more! Instructor is internationally award-winning dancer and choreographer Elena Semenov. Register by May 10.
Fee: $35M / $39R / $51NR
Activity Code: CL1531

Nankin Transit

Nankin Transit continues to provide transportation for a low cost in Canton, as well as throughout Wayne, Westland, Garden City, and Inkster. Riders are required to wear a mask during all trips. **To book a ride, please call Nankin Transit at 734/729-2710. All rides must be booked in advance.**

Oil & Acrylic Painting Class

Wednesdays, May 12 - June 30, 12:30 p.m.
Summit on the Park

Learn the basics in both mediums. Participants will paint from still life and photographs while exploring color theory and design. This three hour class is adjusted for beginners and experienced painters. Instructed by Durwood Coffey.
Fee: $58M / $65R / $84NR
Activity Code: CL1530

Pole Walking Group

Fridays, May 14 - June 18, 10:15-11:00 a.m
Heritage Park

Walking with poles can help improve your balance, endurance, strength and posture. Poles are available for participants to use during this 6-week class. If walking with poles isn't for you, participants can walk without the poles. No experience necessary. Register by May 11.
Fee: Free
Activity Code: CB1633

Wii Bowling - Virtual League

Beginning the week of June 13 (6 weeks)

Participate in some friendly competition from the comfort of your own home, or in person at the center, during designated times. No team bowling at this time, everyone submits their scores as individuals. Standings are sent out to the group on a weekly basis and the top bowler for the session wins a prize. For more information or to register, please contact 734/394-5485.
Fee: Free, but registration is required
Activity Code: CB1632

Parking Lot Party - Red, White, and Blue

Thursday, June 17, 12:30 p.m.
Summit Community Courtyard

SAVE THE DATE **for the first ever Canton Club 55+ parking lot party! Call 734/394-5485 for more information.** Register by June 3.
Fee: $12 per person
Activity Code: CB1746

Make & Take Crafts

Get creative in-person or from the comfort of your own home. Individuals can participate in-person at Club 55+ or by calling in on a land line or joining our video Zoom call using a smart phone, tablet, or computer. Each kit comes with step-by-step instructions so that individuals can complete the project on their own or join us on Zoom to work on the project together. The class will be recorded for participants to view at a later time.

Crafting Glue Guns Available for Purchase
Some crafts involve gluing. Glue guns are available for purchase online though Canton Club 55+ for $4 each.

Easy & Fun Sun Catchers

Wednesday, May 12, 1:00 p.m.
In-person at the Summit or Virtual
Make your own sun catchers (3 total) with coloring pages and oil. Display your finished sun catchers in a window that gets plenty of sun and enjoy! They can be done in colors that match current decor. You can even switch out the artwork to celebrate different holidays! Register by May 7.

Fee: $8M / $8R / $9NR
Activity Code: CB1222

Garden Lady Bugs

Wednesday, May 26, 1:00 p.m.
In-person at the Summit or Virtual
Brighten your flower beds with these cute Golf Ball Lady Bugs! Plus, it's a great way to deter birds from eating your strawberries. Register by May 19.

Fee: $7M / $7R / $8NR
Activity Code: CB1223

SAVE THE DATE: JUNE 9 CRAFT PROJECT
Patriotic Rag Wreath - Details coming soon!

BINGO

With Canton Club 55+

Parking Lot Car BINGO

Wednesday, May 19, 1:00 p.m.
Summit Community Courtyard
Enjoy this classic game of BINGO from the safety of your own cars. All you have to do is stay in your warm car and tune your radio to our BINGO station. Fee includes 8-10 games of BINGO (1 card each). Participants are encouraged to bring their own markers (BINGO dabbers, etc). Players can only win a prize twice. Registration is required by May 12 online or by calling 734/394-5485.
Fee: $5 per person
Activity Code: CB1744

BINGO Sponsored in part by:
Heartland Health Care Center

Virtual BINGO

Thursday, May 27, 1:00 p.m. ONLINE
Missing our monthly BINGO? Why not join us from the comfort of your own home via Zoom. Individuals can participate via phone or video. Once you register, instructions and BINGO cards will be sent to you. Limited space available. Registration is required by May 21 online or call 734/394-5485.
Fee: Free
Activity Code: CB1745

Stay On-The-Know!

Follow Canton Club 55+ on Facebook. Search @cantonclub55. Find Travel Thursdays, where you can go on a virtual tour of amazing places from the comfort of your own home. From museums to Wonders of the World, every week is a new experience. Fresh and flavorful recipes are also spotlighted every Friday morning.

The Best Meatloaf

INGREDIENTS:

- 1 tablespoon butter
- ¼ cup minced onion
- 2 garlic cloves minced
- 1 ½ teaspoons of salt
- 1 ½ teaspoon for freshly ground pepper
- 2 pounds extra-lean ground beef
- 3 slices bread, toasted and crumbled
- 7 buttery round crackers, crushed
- 1 egg, lightly beaten
- 3 ½ tablespoons of sour cream
- 1 ½ tablespoons of Worcestershire sauce
- 1 (15 ounce) tomato sauce divided
- 1 ¼ cup of milk (optional)

INSTRUCTIONS:

1. Preheat the oven to 350° F

2. Melt the butter in a skillet over medium heat, and cook the onion and garlic 5 minutes, until the onion is tender. Remove from heat, and season with salt and pepper.

3. In a large bowl, mix the onion and garlic, beef, crumbled bread, crushed crackers, egg, sour cream, Worcestershire sauce and ½ can tomato sauce. Gradually stir in the milk 1 tsp at a time until mixture is moist, but not soggy. Transfer the mixture to a 5" x 9" loaf pan.

4. Bake uncovered in the preheated oven for 40 minutes. Increase oven temperature to 400° F and continue baking 15 minutes, to an internal temperature of 160° F

5. In a small bowl, mix the remaining tomato sauce and ketchup. Pour over the top of the meatloaf, and continue baking another 10 minutes.

Source: https://www.allrecipes.com/recipe/25198/the-best-meatloaf/

Weekly In-Person Program Schedule
Tentative May schedule - Check for Reopening Dates

Monday	Tuesday	Wednesday	Thursday	Friday
Billiards 8:45-11:30am *Parkview Room*	**Billiards** 8:45-11:30am *Parkview Room*	**Billiards** 8:45-11:30am *Parkview Room*	**Wii Bowling League *** 9:30-11:30am *Parkview Room*	**Billiards** 8:45-11:30am *Parkview Room*
Tennis (Rec/Com) * 8:30am-12pm *Griffin/Flodin Park*	**Woodcarving** 9:00-11:45am *Arts II Room*	**Tennis (Rec/Com) *** 8:30am-12:00pm *Griffin/Flodin Park*	**Open Creative Social Hour** 12:00-2:30pm *Maple/Oak Room*	**Tennis (Rec/Com) *** 8:30am-12:00pm *Griffin/Flodin Park*
Euchre 12:00-3:30pm *Parkview Room*	**Afghan/Knitting** 9:30-12:00am *Maple/Oak* No 4th Tue	**Mah Jongg** 12:00-3:30pm *Parkview Room*	**Mah Jongg** 12:00-3:30pm *Parkview Room*	**Walking/Pole Walking !** 10:15-11:00am *Heritage Park*
	Pinochle/ Hand & Foot 12:00-3:30pm *Parkview Room*	**Acrylic Painting !*** 12:30-3:30pm *Maple/Oak Room*		**Pinochle/ Hand & Foot** 12:00-3:30pm *Parkview Room*
	It's in the Bag 12:30-2:30pm *Parkview Room*	**Line Dancing !*** 6:30-7:30pm *Heritage Park Amphitheater*		

LEGEND

***** Additional fee for members and/or residents

! Has specific start date - call for details

Find additional information for these programs and more in the monthly Prime Times newsletter or call Canton Club 55+ at 734/394-5485.