



# Prime Times

9525 Highland Rd.  
Howell, MI 48843  
810-626-2135

**Office Hours:**  
**M-Th: 8am-4pm**  
**F: 8am-3pm**

[www.hartlandseniorcenter.org](http://www.hartlandseniorcenter.org)

March 2022

**Director**

Kim Konarski ..... 810-626-2135  
kimkonarski@hartlandschools.us

**Resource Specialist / Travel**

Carol Ringle ..... 810-626-2139  
carolringle@hartlandschools.us

**Marketing Coordinator**

Kerry Heck ..... 810-626-2138  
kerryheck@hartlandschools.us

**Van Drivers/Transportation**

Sue Watters..... Mon—Fri  
J.R. Foust..... Sub

**Office Volunteers**

Luanne Reilly ..... Monday  
Miki Dudra ..... Tuesday  
Mary Beth Vicary..... Wednesday  
Pat Klos..... Thursday  
Donna LaRou..... Friday  
Susie Bracciano..... Sub

**HSAC Ambassadors**

Fran Smith ..... Wednesday

**Issue Highlights**

Events ..... #2  
Special Groups ..... #3  
Calendar ..... #6-7  
Travel ..... #9  
Sports ..... #10  
Meals on Wheels ..... #11

**Snow Day Reminder:**

If Hartland Schools cancels school for a “Snow Day”, the senior center will be closed and all programs / events / activities will be cancelled. Notifications are sent via Email and the main center outgoing voicemail message.



Please stop in the senior center office to schedule an AARP tax appointment. All appointments MUST be made in person. We will not schedule appointments over the phone.



**Visit Our Gift Shop**

We have new items including maple syrup, birdseed and potpourri, as well as beautifully made adults items for yourself! All available at reasonable prices. Great options for your grandkids too!

**Daily Lunch Program**

You won't find a better deal than at the senior center!  
Soup, salad, roll, fruit and milk all for \$4.00



**Disclaimer**

*Although the Hartland Senior Activity Center provides information through workshops, seminars and advertising for senior services, we do NOT endorse any private company; merely inform consumers of the availability of services that may enhance the lives of our members outside of the Center. As a consumer, you are encouraged to independently research these companies and ask for references. We appreciate all the support we receive from our local business community and health care providers.*

## Upcoming Senior Events

### Gleaners Food Mobile 10am

**Wednesday, March 16** FREE  
Items will vary each month—quantities are limited. We are transitioning back to indoor service—please come inside to pick up the commodities. Please call the senior center if you have questions.



### Ask a Physical Therapist

**Tuesday, March 1 10am** FREE  
Amy from Advanced Physical Therapy will be here to meet with you and talk about any new aches or pains you may be experiencing. Call the senior center office to make an appointment.



### Free Linguistic / Hearing Screenings

**Monday, March 7 1-3pm** FREE  
The screening will help identify strengths challenges with memory, attention, problem solving, verbal reasoning, and executive functioning, as well as how speech language pathologists can help improve these areas. Also learn some strategies to use to improve the above areas. Call the office for an appt.

### MSU Extension: Cooking for One

**Tuesdays, March 8—29 1pm** FREE  
Cooking for One can be fun! Over the four classes you will learn ways to make cooking for one simple and enjoyable. Also, tips and tricks to making healthy choices like eating well and being active. Min of 4 needed—Max of 15 in the class. Sign up at the office.

### Presentation: Focus on Fixed Income

**Thursday, March 10 12:30pm** FREE  
Owning investments that may provide you with regular income can be a smart decision. Learn: Bond characteristics and features, relationship between interest rates and bond prices, tax advantages of municipal bonds, etc. Presented by: Edward Jones, Kate Vander Meulen, Financial Advisor

### Open Mic Nite

**Friday, March 11 6pm** FREE  
Join us for this great evening of music! Please call to let us know you are coming. Everyone must register to attend in order to adhere to contact tracing guidelines. Monetary donations are welcome and appreciated.

### Irish Dinner

**Thursday, March 17 5pm** \$18.00  
Join us for our annual Irish dinner with amazing food from C. C. Catering and entertainment. Dessert, coffee and punch also included. A great evening out at the HSAC!



### Veterans' Breakfast

**Thursday, March 10 at 9am** FREE  
Village Manor Retirement holds a monthly veterans breakfast. Please feel free to join them—veterans and spouses are welcome! **RSVP is required.** Call 810-632-6200 to reserve your spot.



### Beginning Line Dance (NEW)

**Wednesdays, March 2—23 10-10:45am** FREE  
Are you brand new to line dance? This class will teach novice dancers the basic steps to line dance. \*This class is not for those who have experience line dancing—novice dancers only. Taught by Alice Andrews.



### Finer Diners

**Monday, March 14 (Meet at 4:30pm)**  
We are meeting at the **The Pound Bar & Grill** in Brighton this month for our dinner out. Please RSVP to the senior center office or Diane Detter so we have an accurate head count for restaurant reservations.

## Classes & Programs

### Cromaine Library Virtual Events

\*\*Must pre-register online or by phone

**Friday, March 4 (while supplies last)**  
Shamrock Thread Art Kits

**Wednesday, March 9 at 10am**  
Yoga w/ Debbie

### Art w/ Kathy



**Tuesdays**  
**11:30am-2pm**  
Max of 9 students! Students must bring your own materials. No sharing of supplies. Call to register for the next session.

**\$40 per session**  
**\*5 week session**

### Men's Breakfast

**9am**

**Wednesday, March 23**

Come join us for breakfast! Sign up in the office and let us know you are coming so we know how many pancakes and sausage to make!  
\$3.00 per person



### Downton Abbey—Village Manor

Join us at Village Manor Retirement at 1:30pm on Thursday, March 24th as we view the "Crown" about Queen Elizabeth followed by Tea and Scones. Call Carol if you plan to attend.

### Kroger Rewards

If you shop at Kroger and haven't linked your card to the Hartland Senior Center, please consider it. Every time you shop and use your Kroger Rewards card, the senior center gets a donation!



Register online at

[www.KrogerCommunityRewards.com](http://www.KrogerCommunityRewards.com)

The Hartland Senior Center code is NU955.  
It's an easy way to support the center. Thank you!

**810-632-5200 call for details**

**Wednesday, March 23**

**at 6:30pm**

Ale Together Now

Join Michelle for fun, facts and samples! Must pre-register online or by phone.



### Red Hatitudes & Friends

No gatherings in January, February or March. We will not be meeting again until April 25th when we go to Frankenmuth for Red Hat Days! More information on the travel page. Reserve early—this fills up fast.

### Tech Time

**Mondays—12-2pm**

Need help finding info on the Internet, using online accounts, organizing pictures, sending emails with your smartphone or tablet? We can help! Stop by the Art Room for assistance.



### T.O.P.S.—Taking Off Pounds Sensibly

We are a healthy living and weight loss support group and meet every **Thursday at 10am** for weigh ins with the meeting starting at 10:30am. Annual dues are \$32 with an additional \$4 monthly fee.

### Woodcarvers Guild

**8am-2pm**

Every Wednesday the carving room is open to all those interested in carving, pyrography, painting and some serious conversation over coffee!



### Writers Circle

**11:30am-1:00pm**

This is a FREE drop in group that works to encourage and inspire writers in a confidential environment. We meet the 3rd Wednesday of each month at the Senior Center.

**\*This group will not meet in the Winter—our next meeting will be in April.**

## Health & Wellness

### Medical Loan Closet

**FREE!**

Did you know we have a medical loan closet? This is a free service. Of course, this is based on the availability of walkers, wheelchairs, shower chairs, crutches, canes, etc.

Donations of clean gently used equipment are appreciated.



### Weight Room

**\$50.00 /6 months**

We have a well-equipped weight room for your use. For new users, we have volunteer trainers that can meet with you to set up a routine and show you how to use any equipment that you may not be familiar with already. Stop in the senior center office to schedule an orientation.

**Silver Sneakers accepted for use of the weight room!**



### News You Can Use—Medicare Questions?

Medicare advises: Three things you can do to help prevent the spread of the omicron variant.

1. Get completely vaccinated including the booster
2. Wear a mask (preferably not a cloth mask)
3. Avoid large gatherings with people (distance yourself if possible)

Also, washing your hands frequently and staying home if you are not feeling well.

**Contact Carol at 810-626-2139 with any Medicare questions or if you are new to Medicare.**



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## Advisory Council

### Purpose

The Advisory Council meets every other month on the 3rd Wednesday of the month at 10am. The group consists of members from each of the five local townships who support the senior center and who participate in a variety of different senior center programs. This is a dedicated group of individuals committed to growing the HSAC. We discuss concerns raised by members, problem-solve center issues, give feedback on programming, review the center's budget, etc. **If you would like to join the council, please put in writing your interest and send to Kim at [kimkonarski@hartlandschools.us](mailto:kimkonarski@hartlandschools.us) or at the senior center.**

### Members

Chair—Kathie Horning  
 Vice-Chair—Jim Parker  
 Treasurer—Dan Curry  
 Secretary—Mary Lynn Thomson  
 Ex Officio—Michelle Hemeyer, BOE  
 Ex Officio—Carol Hayes, HCE  
 Staff—Kim Konarski

Member—Judy Kniaz  
 Member—Nancy Fritch  
 Member—Penny Halstead  
 Member—Cliff Blossom  
 Member—Jim Page  
 Member—Lisa Banister  
 Member—Patrice Heath  
 Member—Elaine Smith

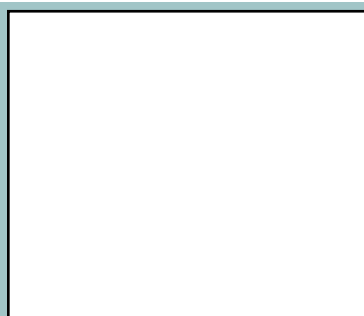
### Meeting Dates

March 16

May 18

July 20

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Monday	Tuesday	Wednesday
Daily Activities	Daily Activities	Daily Activities
8:00am Billiards (#53) 8:45am Enhance Fitness (Stage) 10:15am Yoga (#54) 12:00pm Tech Time (Art) 12:30pm Silver Rings (MR) 1:00pm Cribbage (#53) 6:00pm Silver Strummers (MR)	8:45am Dance Aerobics (Stage) 9:45am Sit n Fit (#54) 10:00am Euchre (#53) 10:30am Level 3 Line Dance (Stage) 10:30am Ping Pong (#54) 11:00am Pickleball (Gym) 11:30am Art w/ Kathy (#49) 12:30pm Pinochle (#53) 12:30pm Big Euchre (#53) 1:00pm Band (MR)	8:00am Billiards 8:45am Enhance Fitness 8:00am Woodworking 9:00am Beginner Tai Chi 10:00am Game of Thrones 10:00am Tai Chi 10:00am Combatives 11:00am Zumba 12:00pm Duplicate
7	1	1
	10:00am Ask A Physical Therapist	10:00am Beginner Tai Chi
7	8	8
1:00pm Free Linguistic and Hearing Screenings	1:00pm Cooking For One with MSU Extension	10:00am Beginner Tai Chi
14	15	15
4:30pm Finer Diners—The Pound Bar & Grill in Brighton	1:00pm Cooking For One with MSU Extension	10:00am Beginner Tai Chi 10:00am Gleaner's Advisory 10:00am Advisory
21	22	22
*Red Hats Frankenmuth Trip	1:00pm Cooking For One with MSU Extension	9:00am Men's Billiards 10:00am Beginner Tai Chi
28	29	29
	1:00pm Cooking For One with MSU Extension	

Wednesday	Thursday	Friday
Activities	Daily Activities	Daily Activities
Cards (#53) Dance Fitness (Stage) Woodcarvers (#49) Learning Tap Games (#53) Mah Jonghi (#54) Combined Chorus (MR) Hoopla! (Stage) Precipitate Bridge (#54)	8:00am Billiards (#53) 8:45am Dance Aerobics (Stage) 9:30am Level 1 Line Dance (Stage) 9:30am Jouni's Angels 10:00am Nimble Needles (#53) 10:00am Mah Jong (#53) 10:00am T.O.P.S. (#54) 10:00am Level 2 Line Dance (Stage) 11:30am Yoga	8:30am Rockettes (Stage) 9:00am Postural Stretch (#54) 10:00am Relaxed Euchre (#53) 10:15am Ping Pong (#54) 12:00pm Big Euchre (#53) 12:00pm Pickleball (Gym)
2	3	4
Senior Line Dance Session		AARP Taxes  <b>NO Ping Pong</b>
9	10	11
Senior Line Dance Session	9:00am Veteran's Breakfast at Village Manor—Must RSVP  12:30pm Fixed Income Investing	AARP Taxes  6:00pm Open Mic Nite <b>NO Ping Pong</b>
16	17	18
Senior Line Dance Session Senior Food Mobile City Council	5:00pm <b>Irish Dinner (tickets required)</b>	AARP Taxes 12:00pm Stock Market Club  <b>NO Ping Pong</b>
23	24	25
Breakfast Senior Line Dance Session	12:00pm <b>Root Beer Floats!</b> 1:00pm Bingo— (cost \$1) Beau from Arbor Hospice	AARP Taxes  <b>NO Ping Pong</b> <b>*DSO Trip</b>
30	31	
	1:00pm Bunco (must register / cost \$5)	<b><u>March 2022</u></b> <b>810-626-2135</b>

## Memorial Gifts / Bequests

Thank you to everyone who makes a donation in honor of a lost loved one or friend. We appreciate the heartfelt gifts which continue to provide support to the senior center.

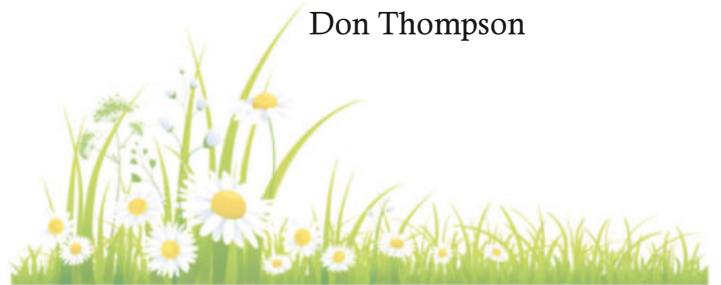
It's our honor to receive donations and bequeaths upon someone's passing. It reminds us of all the good things that come from being part of the senior center—laughter, new friends, new hobbies, better health and most importantly .... a place of belonging.

## Our Deepest Sympathy

*In Memory of:* **Marilynn Parmenter**  
T.O.P.S Friends

*In Memory of:* **Barb Wilkinson**  
T.O.P.S. Friends

*In Memory of:* **Janet Thompson**  
Don Thompson




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### HOURS

**Monday - Thursday:**  
9 am - 8 pm

**Friday - Saturday:**  
10 am - 5 pm

**Sunday:** 12 pm - 5 pm

Visit [WWW.CROMAINE.ORG](http://WWW.CROMAINE.ORG) to see the latest newsletter and our online calendar for program dates and times.



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### DSO—"Rogers & Hammerstein Music"

Friday, March 25 \$78/\$83  
SOLD OUT

*\*Must be vaccinated or have a negative test result.*

**\*\*Departure Time Correction: We will leave at 8:30am from the target parking lot.**

### Turkeyville: Alfred Hitchcock

Wednesday, April 6 \$80 / \$85  
"39 Steps" {mystery} Delicious homemade Turkey dinner with all the fixings incl .dessert before the show along with shopping & bakery. Don't miss out -call today! *No mask or vaccination requirement.*  
Depart @10:00AM/Return @5:30PM.

### Frankenmuth Red Hat Days

Monday, April 25 \$80 / \$85  
Lunch at Zehnders for chicken dinner, wine, dessert, table favors, entertainment by Jeff Cavataio, shopping, & door prizes. You don't have to be a Red Hattitude or wear a red hat to join us!  
Depart @ 9:30am / Return @ 4:30pm.

### Travel Policy

- All trips are on a first come—first serve basis.
- To sign up and reserve your spot on a trip, full payment is required.
- All overnight trips require a deposit. You will need to find your own roommate for overnight trips.
- All trips depart from the Target parking lot in Hartland.
- The first price listed is the HSAC member fee, the second fee is for non-members.
- Reservations are booked at a 'group rate' and typically require a minimum number of tickets sold.

### Refund Policy

- If you need to cancel your trip, there will be no refunds issued.
- If the senior center must cancel a trip due to low interest, you will receive a full refund.

### Mask and COVID Policies

- Currently, masks are not required to travel with HSAC, but are encouraged.
- It's important to note that many venues have their own COVID safety protocols. Please check under each trip, for more details or call Carol for clarification on specific trip requirements. Some locations require vaccination cards as proof as well as your ID.

### Holland Tulip Time

Thursday, May 12 \$99 / \$105  
Deluxe motorcoach will take us to Beechwood Inn for a family style lunch. There will be free time for shopping (Kilwin's candy shop). We'll stop at Windmill Gardens and dinner before heading home. Depart: 6AM / Return: 8:15PM

### Meadowbrook Theater

Wednesday, May 11 \$90 / \$95  
"Pin Up Girls" show w/ lunch at LaChinos (Italian) included. Limited number of tickets.  
Depart: 10AM / Return: 5PM

### Detroit Symphony Orchestra

Friday, June 3 \$78 / \$80  
"Summer Blockbusters" last pop's concert until Fall—Lunch on your own—TBD  
Don't delay—it will sell out!  
Depart: 8:30AM / Return: 4:30PM

### *Coming Soon:*

*Mackinaw Lilac Festival—Call Carol for more information / reservations*

## Miscellaneous

### Hartland Senior Softball League

If you want to get involved,

Contact Chris Kurowski

[Email:cwkurowski@gmail.com](mailto:cwkurowski@gmail.com)



### Senior Center Pickleball—50+

Welcome to indoor play! Cost is \$4.00 per visit for members, \$6.00 per visit for non-members. We also have a punchcard available for \$40 (10 visits and the 11th one if FREE). Please check in at the senior center office when arriving.



Tuesdays, 11am-2pm

Fridays, 12pm—3pm

Sundays, 9am-11:30am

\*Indoor play available October—May

\*\*Outdoor drop in play June—September

### Senior Golf

Stay tuned for details in the next newsletter.



### New Program Ideas

Thank you to everyone who gave us feedback through our Annual Survey process. We are sorting these the results and are excited about the new program ideas. If you have since thought of a cool new program for us to offer, email Kim or stop in the office.

### Caroselli Aquatic Center

Located at Hartland High School on Dunham Rd. behind Meijer in Hartland. They offer a variety of open swim times as well as Arthritis classes and other fun water based exercise programs. Call 810-626-2279 for more information and pricing.



### Our Supporters

Maybe you are not aware of how many agencies and local businesses (not to mention our own membership donations) help keep the center going. So I thought I would take the next couple newsletters to focus on different groups who provide monetary support to the senior center. This month, we want to thank our local Townships. If you live in one of these townships, please consider sending a note via email or postal mail thanking the Township board.

Hartland Township, Oceola Township,  
Tyrone Township, Brighton Township, Deerfield Township

## Local Programs

### Livingston County Senior Nutrition / Meals on Wheels

**810-632-2155**

**Did you know you can order a hot lunch to be delivered to the senior center at 11:30am?**

\*Monthly hot lunch menus are available at the salad bar.

**Did you know they also deliver cat and dog food to home bound seniors?**

\*We collect pet food donations at the center year round, drop off in the office.

**Did you know they need lots of volunteers to help pack and / or deliver meals?**

\*Call the MOW office if you want to get involved volunteering.

**Can you or someone you know benefit from receiving meals on wheels?**

\*Call the MOW office for more details about getting meals delivered.



### Hartland Senior Center Bus Transportation

**810-626-2135**

Let us do the driving! We have our wheelchair lift equipped bus as well as our Impala sedan. Our drivers are on the road each week Monday—Friday 8am-4pm. We are closed for holidays and severe weather days when schools are closed. Rates are very affordable at \$1.50 each way in the Hartland area and \$3.00 each way to the Brighton or Howell communities. Call us for a ride!!



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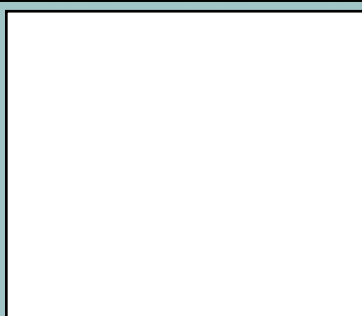




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- Dementia-Specific Caregiver Support Group



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## Hartland Senior Activity Center

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### Thank You For Your Support! We couldn't do it without you!

Funding for our varied and numerous programs is received from sponsors, grants, donations, and local townships. On behalf of the Advisory Council, staff, volunteers, members and those receiving services through the Hartland Senior Activity Center, please accept our heartfelt thanks for your generous support.



Your financial assistance supports our mission and allows our local senior population enjoy our programs and services such as transportation and resource advocacy. All gifts received at the center are tax deductible. If you wish make a donation or gift, please send check or money order to the address above, Attention: Donations.



A special **THANK YOU** to: Hartland Consolidated Schools, Hartland Township, Oceola Township, Brighton Township, Tyrone Township, Deerfield Township, Livingston County United Way, Michigan Department of Transportation and all our local businesses, community groups and senior center members.



#### Our Mission is...

*To cultivate happy, healthy and independent lifestyles for everyone age 50 and over.*

*To that end, we provide a broad range of activities and conveniences for our local older adult population. We offer theatre productions, musical groups, fitness classes, and sports teams in addition to card games, art classes and a great day & overnight travel program. Lunch is served daily from 11:30am-12:30pm—Come join us!*