



Prime Times

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

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

www.hartlandseniorcenter.org

August 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

Bal—A—Vis X

Whole brain exercise integrates both the left and right sides of the brain and body with exercise, vision, rhythm, Vestibular and auditory processing to improve social interaction, memory, sequencing, attention, verbal reasoning, and overall quality of life.

Tuesdays , August 9, 16, 23, 30

9:30am—10am

(minimum of 10 people needed).

Cost for members: \$20

Sign up by Thursday, August 4!

Tai Chi Next Session

August 3, 10, 17, 24, 31

Cost for members: \$20

Wednesdays, 10am-11am

(minimum of 10 people needed)

Edward Jones Investments

Tuesday, August 9 at 1:30pm

Presentation with Financial Advisor Kate Vander Meulen

A Fulfilling Retirement: Living Your Purpose

Trash to Treasure Sale—August 11 and 12

Donate to the sale starting August 1st!!!

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.

~ Promoting Vitality Among Seniors ~

Upcoming Events

Finer Diners

Monday, August 8 at 4:30pm

Join a great group for a fund evening out! This month we are dining at 2 Fog's Pub in Howell *You must be able to go up at least one step. Please call the senior center or Diane Detter to make your reservation. **Space is usually limited!**

Level Eleven Presentation

Tuesday, August 23

1:30pm

Nick from Level Eleven Physical Therapy will be here to talk about Arthritis prevention, treatment, and solutions. Don't miss this great opportunity to learn about self-care.

Ice Cream Social

Monday, August 1 12:30pm

We are partnering the Cromaine Library to have a delicious Ice Cream Sundae Social at the senior center! Come on over for fun summer treat—while supplies last!



Summer Bingo

Thursday, August 18

1:00pm

\$1.00

Who doesn't love B-I-N-G-O!! Please sign up in the office so we can plan for prizes.



Gleaners—Presentation

Monday, August 15 12:30pm FREE

"Making Recipes Work for You"

Thank you to Gleaners for offering this free program. Use recipes as guidelines, change parts of a recipe, simple meals that allow picky eaters to choose their own toppings or ingredients.

Minimum of 5 ppl / Maximum of 8 ppl

Trivia Fun

Thursday, August 4

1:00pm

\$1.00

Join us for a fun afternoon of trivia— test your knowledge against other center members.



Farmer's Market Activities

We will have a booth at the Farmer's Market once a month this year with entertainment and a bake sale— Come visit us 9am-2pm!

Please see Kim if you can work the booth; sell bake sale items, and talk to visitors to promote the senior center.



Baked Items Needed!

We will have a bake sale at the Farmer's Market on Saturday, August 13.

Drop off bake sale items at the senior center office by 1pm Friday, August 12.



Farmer's Market Schedule

Saturday, August 13—Bake Sale + Entertainment

Recycled Rockettes, Open Mic Entertainment

Saturday, September 10—Bake Sale + Entertainment

The Tweety Birds Uke Group and Carolyn / Kathy

Euchre Tournament

Thursday, August 25

1:00pm

\$8.00

Sign up ahead of time but pay at the door! Prize money included. Shareable snacks are welcome.



Classes & Programs

Ask a Physical Therapist

Tuesday, August 9 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.



Art w/ Kathy

Tuesdays 11:30am-2pm \$40 per session *5 week session
Max of 9 students! Students must bring your own materials. No sharing of supplies. Call to register for the next session.



Men's Breakfast 9am

No August Breakfast!
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 on Thursday, August 25 at 1:30pm as we view "The Crown" about Queen Elizabeth followed by tea and scones. Call Carol at 810-626-2139 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. Thank you! Register online at www.KrogerCommunityRewards.com
The Hartland Senior Center code is NU955.



Stock Market Club

Join this savvy group to talk about investing. John Condra from Edward Jones joins in when possible to discuss current trends and answer questions. Great informative program that meets the third Friday of the month at noon in the music room.

Gleaners Food Mobile 10am

Wednesday, August 17 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.



Red Hats Annual Meeting

We will be at I-HOP in Brighton for our annual meeting and membership renewal. Join us on Tuesday, August 23 at 12:30pm. Call Carol if you plan to attend this important meeting.
810-626-2139

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 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 \$49 with an additional \$4 monthly fee.

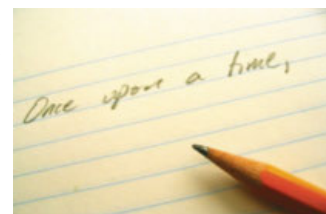
Woodcarvers Guild 8am-2pm

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 third Wednesday of each month.



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 is now providing coverage for over-the counter COVID-19 TESTS. You must have Medicare Part B to get them for free. Participating pharmacies in this area include: Costco CVS ,Kroger, Rite-Aid, Walgreens and Walmart. Are you going to be new to Medicare? Call Carol Ringle@810-626-2139 to make an appointment to find out what your options.



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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 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

September 21
 November 16
 January 18



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Monday		Tuesday		Wednesday	
Daily Activities		Daily Activities		Daily Activities	
8:00am	Billiards (#53)	8:45am	Dance Aerobics (Stage)	8:00am	Billiards
8:45am	Enhance Fitness (Stage)	9:45am	Sit n Fit (#54)	8:45am	Enhance Fitness
10:15am	Yoga (#54)	10:00am	Euchre (#53)	8:00am	Woodworking
12:00pm	Tech Time (Art)	10:30am	Level 3 Line Dance (Stage)	9:00am	Beginning Tai Chi
12:30pm	Silver Ringers (MR)	10:30am	Ping Pong (#54)	10:00am	Game of Thrones
1:00pm	Cribbage (#53)	11:30am	Art w/ Kathy (#49)	10:00am	Tai Chi
		12:30pm	Pinochle (#53)	10:00am	Comedy
		12:30pm	Big Euchre (#53)	11:00am	Zumba
6:00pm	Silver Strummers (MR)	12:30pm	Cool Cats Jazz Band (MR)	12:00pm	Duplicate
		1:00pm	Band (MR)		
1		2			
12:30pm	Ice Cream Social —Cromaine				
*Drop off for Trash to Treasure begins					
8		9			
4:30pm	Finer Diners “2 Fogs Pub”	10:00am	Ask A Physical Therapist		
*RSVP to the office or Diane Detter		1:30pm	Edward Jones Presentation		
				*Trash to Treasure Sale	
15		16			
12:30pm	Gleaners “Making Recipes Work For You”			10am	Gleaners
				11:30am	Writers
22		23			
		1:30pm	Level Eleven Arthritis Talk		
29		30			

Wednesday	Thursday	Friday
Activities	Daily Activities	Daily Activities
Cards (#53) Dance Fitness (Stage) Woodcarvers (#49) Evening Tap (DR) Games (#53) Hi (#54) Combined Chorus (MR) Opera! (Stage) Picnic Bridge (#54)	8:00am Billiards (#53) 8:45am Dance Aerobics (Stage) 9:30am Level 1 Line Dance (Stage) 9:30am Jouni's Angels (#54) 10:00am Nimble Needles (#53) 10:00am T.O.P.S. (#54) 10:30am Level 2 Line Dance (Stage)	8:30am Rockettes (Stage) 9:00am Postural Stretch (#54) 10:00am Relaxed Euchre (#53) 10:15am Ping Pong (#54) 12:00pm Big Euchre (#53)
3	4	5
	1:00pm Trivia Fun	Turkeyville Trip
10	11	12
Table Set up 12pm-4pm	Trash to Treasure Sale 8am-3pm	Trash to Treasure Sale 8am-2pm Saturday, August 13 Farmer's Market Entertainment
17	18	19
Members Members Circle	1:00pm Summer Bingo Soaring Eagle Casino Trip	
24	25	26
	1:00pm Euchre Tournament	1:00pm Movie \$1.00 "Heart of Champions" PG-13 2 hours
31		
	Please note that "Daily Activities" that were paused for summer, will be resuming this month—please check	August 2022 810-626-2135 

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: **Janet Thompson**
Don Thompson

In Memory of: **Joyce Krahn**
Phil Krahn



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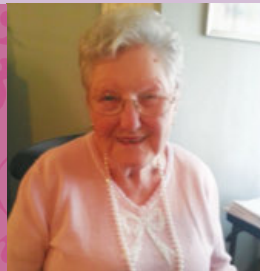
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Ancestry Library Edition

Discover your family tree from home through December 31, 2021.

HOURS

Monday - Thursday:
9 am - 8 pm

Friday - Saturday:
10 am - 5 pm

Sunday: 12 pm - 5 pm

Visit WWW.CROMAINE.ORG to see the latest newsletter and our online calendar for program dates and times.



Soaring Eagle Casino

Thursday, August 18 **\$43 / \$48**
Senior Day—incentives include \$20 slot play, \$10 for food. Minimum of 35 people required for trip to 'go'.
Depart: 8:30AM Return: 4:30PM
*Must fill out manifest sheet when signing up!

Meadowbrook "Little Shop of Horrors"

Wednesday, October 26 **\$90/\$95**
Great Show with lunch at La Chinnos included!
Reserve early—this trip will sell out fast!
Depart: 10am Return: 5:30pm

Michigan State Fair Day for Seniors

Thursday, September 8 **\$25 / \$30**
Entertainment, FREE lunch, vendors and admission to the State Fair!
Depart: 9:00AM Return: 2:00PM

Turkeyville "Church Basement Ladies

Thursday, October 13 **\$85/\$90**
"Heavenly Fun" with a great Turkey dinner with all the fixings including dessert! Shopping, visits to the Bakery and Fall Color. Don't Delay!
Depart: 10am Return: 5:30pm

Henry Ford Museum

Tuesday, September 20 **\$65/70**
Disney's "Heroes & Villains" Art of Disney costumes exhibit of 70 outfits including the glass slipper plus entry into the rest of the Museum. Lunch at Buddy's Pizza on your own.
Depart: 9:30am Return: 4:30pm

Coming Soon:

Kellogg Manor, Firekeepers Casino, DSO, Frankenmuth and more!

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.

Miscellaneous

Hartland Senior Softball League

If you want to get involved,

Contact Chris Kurowski

Email: cwkurowski@gmail.com



Senior Center Pickleball—50+

*Indoor play is available October—April

**Outdoor drop in play May—September



Summer outdoor play is open all day—dawn to dusk.

There are no set times and no equipment provided.

Senior Golf Scrambles

The Senior Golf Scrambles for men and women is held on Mondays at Hartland Glen Golf Course on M-59. Cost is \$25 for golfing and \$3.50 for prizes. It's drop in so you don't need to come every Monday.



If you have any questions

please contact DHarris742310@yahoo.com.

Anyone want to go Kayaking??

Do you own your own kayak?

Would you like to kayak each week?

We have a group that is meeting at various locations throughout the summer.

*Weather permitting.

Email MaryBeth at kayakfun810@gmail.com



SAVE THE DATE:

Start cleaning out garage and attic, our next Trash to Treasure Sale will be August 11 and 12. We will start accepting items

August 1. If you are able to set up or tear down, please let

Kim know.



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.



Thank you to our Sponsors

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.

We want to thank our Annual Visibility Sponsors:

Hartland Smilemakers, Hartland Farmer's Market, Cromaine Library
Mackle's Tables & Taps, UPS Store Hartland, Patrick Financial
Attorney David T. Bittner, Susan's Hallmark Shop, Sunrise Family Dental Care
1st National Bank, Oral & Facial Surgeons, Plymouth Physical Therapy



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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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!