**Website: www.wixomgov.org** **Sept. /Oct. • 2021**

***New programs are being added. Please watch your email & be sure to look at the calendar included in this newsletter.***

***If you are not receiving email updates and wish to do so, please contact Anna in the City Manager's Office at (248) 560-1322***

## OUR MISSION

**The goal of the Wixom Senior Program is to provide educational, cultural, creative and social programs for active adults / seniors in our community and surrounding communities. We offer a variety of programs to promote fellowship and meet the needs of our participants. The program is open to anyone 50 years or older.**

**City of Wixom**
**Senior Program**
49015 Pontiac
Trail Wixom, MI 48393
248-624-0870

**Web:**
www.wixomgov.org

**Senior Program Contact:**
Anna Kulas Rosenthal
Email: akulas@wixomgov.org

**Senior Program Hours:**
Vary

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## Helpful Resources City of Wixom

### Non-Emergency Numbers

**Fire:** 248-624-1055

**Police:** 248-624-6114

**City Manager** 248-624-0894

**Clerk/Voting** 248-624-4557

**Community Ctr.** 248-624-2850

**Senior Center** 248-624-0870

**Finance/Taxes** 248-624-0885

**Library** 248-624-2512

**DPW** 248-624-0141

**AARP Member Services**
888-687-2277

**Area Agency on Aging 1-B**
248-262-9999

**Haven: 24 hour crisis & support line**
877-922-1274

**Hospitality House**
248-960-9975

**Myride2**
**855-697-4332**

**Oakland County Health Division Nurse on Call:**
800-848-5533

**Oakland County Senior Services**
248-858-0213

**OLHSA—Affordable Assistance**
248-209-2675

**People's Express**
877-214-6073

**St. Vincent De Paul**
248-624-1421

**West Oakland Meals on Wheels**
888-886-8971

### City Council:

Patrick Beagle, Mayor
Thomas Rzeznik, Deputy Mayor
Peter Behrmann
Keenan Gottschall
Tia Gronlund-Fox
Robert Smiley
Peter Sharpe

### City Manager:

Steve Brown

### Senior Commissioners:

Jean Korleski, Chairperson
Anna Contreras, Vice Chair
George Carty
Judy Celinske
Joan Roberts

## WIXOM SENIOR TRANSPORTATION

To be eligible, riders must be 55+ years old and a resident of Wixom. Please schedule directly with People's Express. Please schedule 48 hours in advance by calling 1-877-214-6073.

People's Express

## Wixom Community Center & Senior Center Standards

In a commitment to providing a welcoming environment, the WCC/SC must be free of any form of harassment, including sexual harassment based on gender or related medical conditions, as well as harassment based on race, color, creed, national origin, ancestry or citizenship or other categories protected by law. Unlawful harassment of WCC/SC members, non-employees or employees by WCC/SC members, non-employees or employees will not be tolerated.

Inappropriate behavior could result in removal from the WCC/SC, and/or suspension or termination of the privilege of attending. All conduct violations will be discussed and evaluated by the City Manager for further action. The following are examples of the behavioral expectations for the WCC/SC:

- Loud & disruptive behavior will not be tolerated.
- **Be respectful** to staff and surrounding patrons.
- Abusive or defamatory language, threats or physical violence will not be tolerated.
- Participants are expected to have good personal hygiene and proper manner of dress.
- Participants should be able to function independently within the WCC/SC with the use of adapted equipment as needed.
- Anyone who appears to be under the influence of alcohol or illegal drugs while in or around the WCC/SC will be required to leave. Transportation will be arranged.
- Kitchenette use is for staff only.
- **Absolutely NO bullying!**

## Senior Exercise Class

A one-hour class of stretching, low impact cardio and weight training. Suitable for all ability levels. Please bring your own hand weights.

Classes will be held on Mondays and Wednesdays, with the following exception:
No Class on Sept. 6, Sept. 29, Oct. 6, Oct. 13, Oct. 20, Oct. 27

| Day | Time | Member | Non-Member |
|---|---|---|---|
| Monday | 9:30a - 10:30a | $2.00 | $4.00 |
| Wednesday | 9:30a - 10:30a | $2.00 | $4.00 |

## Line Dancing

Line dancing is a fun, healthy, popular & rewarding activity which improves memory & endurance. Dances & music will vary from party songs to country, pop, Latin & Island beats.

For the beginner, we will introduce basic line dance steps & slowly incorporate them into fun dances, including those commonly enjoyed at weddings & parties. We will then progress to an intermediate style level for those who have completed the beginner portion of class & would like to learn slightly more challenging dances.

**It is helpful to attend regularly. Each class will allow time for learning new dances and practicing previously learned dances.**

Classes will be held on Thursdays, with the following exception:
No Class on Sept. 2

| Day | Level | Time | Member/ Non-member |
|---|---|---|---|
| Thursday | Beginner | 10:00a | $5.00/$7.00 |
| Thursday | Intermediate | 11:00a | $5.00/$7.00 |

## Zumba Gold ®

Take salsa, cha-cha, meringue, tango and put it all together in one LOWER IMPACT workout routine! A fun total body workout for all levels. Wear comfortable clothing and tennis or dance shoes.

Classes will be held on Mondays and Wednesdays with the following exception:
No Class on Sept. 6, Sept. 29, Oct. 6, Oct. 13, Oct. 20, Oct. 27

| Day | Time | Member | Non-Member |
|---|---|---|---|
| Monday | 10:45-11:45a | $5.00 | $7.00 |
| Wednesday | 10:45-11:45a | $5.00 | $7.00 |

***PLEASE NOTE:***
Start time for Line Dancing has been changed to 10:00am. Class length is now 1.5 hours. Also, the start time for Zumba Gold has been changed to 10:45am beginning on September 8.

**Please bring your own water bottle to fitness class. A touchless water bottle refill station has been installed at the Wixom Community Center.**

## Fitness Bonus

This is for Senior Center members only.

You can pre-pay for 9 classes and receive the 10th class free!

Pay $45 for 9 Line Dancing and/or Zumba classes and enjoy the 10th for free!

Pay $18 for 9 Senior Exercise classes and enjoy the 10th for free!

You may pay by credit card, check or cash.

# September

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|---|
| | | 1)<br>Sr. Exercise 9:30-10:30am<br>Zumba 11am-12N | 2)<br>Senior Day at the Michigan State Fair |
| 6) LABOR DAY<br>City Offices & Library Closed | 7) | 8)<br>Sr. Exercise 9:30-10:30am<br>Zumba 10:45-11:45am<br>Planning Commission Mtg. 7:30pm | 9)<br>Gleaners Food Distribution 9-11am<br>Line Dancing 10-11:30am<br>Euchre 9:45-11:15am |
| 13)<br>Sr. Exercise 9:30-10:30am<br>Zumba 10:45-11:45am<br>Mahjong 9:45-11:45am<br>Zoning Board of Appeals 7:30pm | 14)<br>Flu Shot Clinic<br>Document Shredding<br>City Council Mtg. 7pm | 15)<br>Sr. Exercise 9:30-10:30am<br>Zumba 10:45-11:45am | 16)<br>Line Dancing 10-11:30am<br>Euchre 9:45-11:15am |
| 20)<br>Sr. Exercise 9:30-10:30am<br>Zumba 10:45-11:45am<br>Mahjong 9:45-11:45am | 21) | 22)<br>Sr. Exercise 9:30-10:30am<br>Zumba 10:45-11:45am | 23)<br>Line Dancing 10-11:30am<br>Euchre 9:45-11:15am |
| 27)<br>Sr. Exercise 9:30-10:30am<br>Zumba 10:45-11:45am<br>Mahjong 9:45-11:45am<br>Planning Commission Mtg. 7:30pm | 28)<br>City Council Mtg. 7pm | 29) | 30)<br>Line Dancing 10-11:30am<br>Euchre 9:45-11:15am |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|---|
| 4)<br>Sr. Exercise 9:30-10:30am<br>Zumba 10:45-11:45am<br>Mahjong 9:45-11:45am<br>Planning Commission Mtg. 7:30pm | 5) | 6) | 7)<br>Line Dancing 10-11:30am<br>Euchre 9:45-11:15am |
| 11)<br>Sr. Exercise 9:30-10:30am<br>Zumba 10:45-11:45am<br>Mahjong 9:45-11:45am<br>Zoning Board of Appeals 7:30pm | 12)<br>City Council Mtg. 7pm | 13) | 14)<br>Line Dancing 10-11:30am<br>Euchre 9:45-11:15am |
| 18)<br>Sr. Exercise 9:30-10:30am<br>Zumba 10:45-11:45am<br>Mahjong 9:45-11:45am | 19) | 20) | 21)<br>Line Dancing 10-11:30am<br>Euchre 9:45-11:15am |
| 25)<br>Sr. Exercise 9:30-10:30am<br>Zumba 10:45-11:45am<br>Mahjong 9:45-11:45am<br>Planning Commission Mtg. 7:30pm | 26)<br>City Council Mtg. 7pm | 27) | 28)<br>Line Dancing 10-11:30am<br>Euchre 9:45-11:15am |
| 26)<br>Sr. Exercise 9:30-10:30am<br>Zumba 10:45-11:45am<br>Mahjong 9:45-11:45am | 27) | 28) | 29)<br>Line Dancing 10-11:30am<br>Euchre 9:45-11:15am |

# DID YOU KNOW?

You can register for Mahjong and/or Euchre by calling Anna at (248) 560-1322. There is a maximum of 12 players for each game. When registering for Euchre, you will need to register for the four people playing at the table. When registering for Mahjong, you will register for just yourself.

Gleaners Community Food Bank will be distributing boxes of food on Thursday, September 9th in Sibley Square Park (across from the City of Wixom Community Center), from 9am-11am. You do not need to be a resident of Wixom to participate. You will be required to stay in your vehicle. Food is placed in your trunk or back seat.

The next Shredding Day is September 14, from 10am—12N in the Community Center parking lot (49015 Pontiac Trail). Wixom residents may bring up to 100 pounds of paper for shredding.

If you are interested in receiving a weekly e-Notification from the City Manager's office, you can sign up to do so on the City of Wixom webpage or you can email Sheryl Lucas at slucas@wixomgov.org. The e-Notification contains information in regard to City happenings.

When the Walled Lake Consolidated Schools are closed due to inclement weather, the City of Wixom Senior Center will be closed and Senior activities will be canceled. Listen to local news for school closing lists.

An Onsite Flu Shot Clinic is being offered at Wixom City Hall (in Conference Room B) on Tuesday, September 14, between 10:00am – 12:00pm. Here are the requirements:

- You will be required to wear a mask.
- Please bring your insurance card with you.
- If you do not have insurance, please mention this when signing in for your shot. Those without insurance will be issued a voucher for a free shot.
- Interested members of the Senior Center and interested employees must sign up ahead of time by contacting Anna in the City Manager's Office at (248) 560-1322 or via email at akulas@wixomgov.org

Thank you to Walgreens (at the corner of 10 Mile Road and Novi Road) for providing this service for free to our Seniors and Employees!

LITURGICAL PUBLICATIONS 4-D-5-5 For ad info. call 1-800-477-4574 • www.lpicommunities.com 15-0762