

**CITY OF
WIXOM**

*Senior
Happenings*

Website: www.wixomgov.org

Feb./March • 2022

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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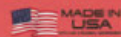
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Thrive Locally

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 Rzezniak, 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 Feb. 2, Feb. 21, March 7, March 9, March 14, March 16

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 Tuesdays, with the following exception:

No Class on Feb. 1, March 8

Day	Level	Time	Member/ Non-member
Tuesday	Beginner/ Intermediate	12:30pm- 1:30pm	\$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 UNTIL FURTHER NOTICE*

Day	Time	Member	Non-Member
Monday		\$5.00	\$7.00
Wednesday		\$5.00	\$7.00

PLEASE NOTE:

*We are looking for Zumba Gold and Drums Alive instructors. Once we have new instructors, we will offer classes again.

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

If you are not a member, non-member rates will apply effective immediately

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.



February



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
	1)	2)	3)
7) Sr. Exercise 9:30-10:30am	8) Line Dancing 12:30-1:30pm City Council Mtg.	9) Sr. Exercise 9:30-10:30am	10) Valentine Treat Distribution 12:15pm
14) Valentine's Day Sr. Exercise 9:30-10:30am Mahjong 9:45-11:45am Zoning Board of Appeals 7:30pm	15) Line Dancing 12:30-1:30pm	16) Sr. Exercise 9:30-10:30am	17)
21) PRESIDENTS' DAY CITY OFFICES CLOSED	22) Line Dancing 12:30-1:30pm City Council Mtg. 7pm	23) Sr. Exercise 9:30-10:30am	24)
28) Sr. Exercise 9:30-10:30am Mahjong 9:45-11:45am Planning Commission Mtg. 7:30pm			



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
<p>7) Mahjong 9:45-11:45am</p> <p>Planning Commission Mtg. 7:30pm</p>	<p>1) Line Dancing 12:30-1:30pm</p> <p>8) Board of Review 9am</p> <p>Blood Drive 1pm—7pm</p> <p>City Council Mtg. 7pm</p>	<p>2) Sr. Exercise 9:30-10:30am</p> <p>9)</p>	<p>3)</p> <p>10)</p>
<p>14) Mahjong 9:45-11:45am</p> <p>Board of Review 1-5pm & 6-9pm</p> <p>Zoning Board of Appeals 7:30pm</p>	<p>15) Document Shred 10am—12N</p> <p>Line Dancing 12:30-1:30pm</p>	<p>16) Board of Review 12-5pm</p>	<p>17) <i>St. Patrick's Day</i></p>
<p>21) Sr. Exercise 9:30-10:30am</p> <p>Mahjong 9:45-11:45am</p>	<p>22) Veterans Luncheon 11:30am</p> <p>Line Dancing 12:30-1:30pm</p> <p>City Council Mtg. 7pm</p>	<p>23) Sr. Exercise 9:30-10:30am</p>	<p>24) Jan./Feb./March Birthday Luncheon 12Noon</p>
<p>28) Sr. Exercise 9:30-10:30am</p> <p>Mahjong 9:45-11:45am</p> <p>Planning Commission Mtg. 7:30pm</p>	<p>29) Line Dancing 12:30-1:30pm</p>	<p>30) Sr. Exercise 9:30-10:30am</p>	<p>31)</p>

IMPORTANT INFORMATION

Valentine Treat Distribution will take place on Thursday, February 10 at 12:15pm. We will distribute a Valentine themed lunch treat. Registration is required and will begin on January 24. This event is for current Senior Members only.

Anyone Can Paint class will be held on *Thursday, March 3, 1pm—3pm*. Registration will begin on Tuesday, February 8. Cost is \$23 and covers all materials and instruction.

Veterans Luncheon will be held on *Tuesday, March 22, 11:30am* at the City of Wixom Community Center. This is for current registered Senior Members that served in the Armed Forces. You must register for the event by calling Anna at (248) 560-1322.

January/February/March Birthday Luncheon will take place on *Thursday, March 24 at 12Noon* at the City of Wixom Community Center. Registration information will be announced in February.

We will honor the following with a free Lil' Box lunch from Jimmy John's: ***Celia Boyea, Mary Burkel, Linda Cargill, Judy Celinske, Kathy Clay, Janine Cole, Dennis DeBol, Jean Evans, Carol Ellis, Mitzi Forte, Michael Gedeon, Sandra Govan, Mary Grant, Suzanne Herroscheck, Phyllis Howell, Patricia Inch, Diane Johnson, Jean Korleski, Ron Krupa, Mary Lange, Nikki Latosz, Karen Liebig, Claudia Losch, Marlenn Maicki, Susan Marshall, Helen McCredie, Louis Moreno, Joan Moss, Cora Reynolds, Laura Rozmus, Millie Simser, Robert Slusarski, Lizzie Smith, Gwen Springer, Arlene Strickler, Susan Stoico, Evan Stroup, Nancy Theisen, Sandy Ulmer, Dianne Umansky, Paul Umansky, Barbara Whaley, Charlotte Wilson, Linda Zalewski and Melody Ziegler.***

For those not listed above, you will be given the opportunity to join our Birthday honorees at the cost of \$7.50. Details will be provided in February. Please note that this event is for current registered Senior Members only.

Zumba Gold / Drums Alive / Chair Yoga instructors needed! Do you know someone that is a certified instructor? Please have them contact Anna Kulas Rosenthal at 248-560-1322.

Inclement weather requires us to close the Senior Lounge and cancel activities from time to time. When 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. Closings can be heard on local news and radio stations.

Future Dates of Interest:

DPW Hazardous Waste Collection Day - April 9

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