



williamston area
Senior Center



“Add zest to your life . . . And pass the joy to others!”



Aug - Sep '21

Activities & Events Guide

ABOUT THE WILLIAMSTON AREA SENIOR CENTER



WASC lunches are returning

Have you heard the good news? The Williamston Area Senior Center will begin its return to normal activities starting Wednesday, August, 4, 2021. TCOA will resume hot lunches at noon on Tuesday, Wednesday and Thursday. Please call 517-655-5173 for lunch reservation so the correct number of lunches will be available. Cost is still a donation of \$3.50 per person.

We are looking forward to the opportunity of gathering with friends and fellow seniors as life continues to move back to a more normal routine. Initially the meal format may be a bit different than in the past, but the warm fellowship and great times enjoyed at the WASC will remain the same. Thanks to John Roy and all of our volunteers in the kitchen for doing a great job of preparing the center for being one of the first senior centers in the area to be able to resume meal programs. In addition to the daily meals, we look forward to some entertaining and

informative programs as well. Stay tuned to the website and the Facebook page for the latest announcements regarding activities and events provided by the WASC.

Weekly Activities

The WASC offers several opportunities for seniors to connect for coffee, snacks, and social activities three days per week beginning at 9:30 am. The latest COVID protocols mandated by the state are practiced. Beginning August 4th, lunches will be available Tuesday—Thursday each week. Seniors must call the center to make reservations for lunch.

Information regarding current activities is posted on the WASC website and Facebook page. Seniors may also contact the WASC either by phone or email for more information.

WASC is online

Check us out online for latest updates:



Web: www.williamstonseniorcenter.com

Facebook: *Williamston Area Senior Center*

WASC Mission

The WASC shall be a “go-to” resource where aging adults and their families find support, guidance, educational, and social programs assisting seniors 55 years of age and older, to navigate life transitions, and continue to be active, healthy, and engaged in the community.

Our mission is reflected in our motto:

Add zest to life and pass the joy to others.

WASC Purpose

The WASC shall provide educational, enrichment, health awareness, and social programs; shall serve as a resource for individuals needing assistance with medical and social service networks; and collaborate with other community agencies, local government, and trained professionals to meet the needs of the senior population.

WASC Location

The WASC meets on the third floor of the Commons, 201 School Street in Williamston, Michigan.

Handicap access and elevators are available.



Great News – Starting Wednesday, August 4, 2021, the Williamston Area Senior Center will re-start its Hot Meal Lunch Program for seniors. We are hoping things will get back to normal with our seniors' programs and services as we move forward.

Please be a little patient and mindful that things may change depending on the Covid-19 Virus. Would you please call us at 517-655-573 or visit our Facebook page or website www.williamstonseniorcenter.com for current changes or updates?

We continue to follow the protocols required by the State recommending that unvaccinated persons wear masks and social distance while at the WASC. If you have not received a vaccine, please schedule one for the benefit of yourself and others.

The final date for the Frozen Meal Program is Wednesday, July 28, 2021. After that, please call us at 517-655-5173 to participate in the luncheons provided at the WASC on Tuesdays-Thursdays. We need an accurate count for luncheons to be served. The cost of the luncheon is still a donation of \$3.50.

The Williamston Area Senior Center is a non-profit charitable 501 © (3) organization. Any donation to the center is tax-deductible. Another way you can support the center is through a legacy bequest as a part of your estate planning.

—John Roy Castillo



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Here's how to sign up for AmazonSmile:

1. Visit smile.amazon.com.
2. Sign in with your Amazon.com credentials (login id and password).
3. Choose a charitable organization, search for the Williamston Area Senior Center to receive donations. Select the Williamston Area Senior Center as your charity.
4. Start shopping.
5. Bookmark smile. Amazon.com to make it easier to shop again.

WASC BOARD OF DIRECTORS

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Tammy Gilroy, Williamston
Wilma Whitehead, Leroy Township

Ex-officio members:

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Phone: 517.204.7694
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Treasurer emeritus

Virginia Taschner
Phone: 517.231.5615

Gifts and Memorials

May 2021

Bobbie Hamelink
Bappert Automotive serves *in memory of Audrey Force*
Harvest House Ministries

Thanks to following for tax revenues:

Leroy Township
Wheatfield Township
City of Williamston

Thanks so much for your generous support!

Birthdays

August

Constance Foster
Cindy Hale
Susie Cockerill
Don Pletcher
Dale Schuster

Birthdays—August continued

Patricia Fillwock
Jacqueline Schnebelt
Beverly Zetterholm

September

Julia Lang
Lewis Fillwock
Barb Upleger
Edward Bowen
Sandra Hakkila
Ruth Black
Laura Maynard



PRESIDENT MIKE'S POST



What makes for a vibrant and healthy senior center? That is one of the critical questions the WASC board addresses as programming for seniors resumes following the recent pandemic and with additional financial resources provided through community funding. But, unfortunately, the answer to that question is as varied as the people to whom it is addressed.

One response would be to use the WASC mission statement as a working definition of a vibrant and healthy senior center. The mission statement appears in every newsletter and many of our publications. *The WASC shall be a "go-to" resource where aging adults and their families find support, guidance, educational, and social programs assisting seniors 55 years of age and older, to navigate life transitions, and continue to be active, healthy, and engaged in the community.*

Several important words help to give direction to the kind of senior center envisioned. First, it is a "go-to" resource (one that people seek out and use) *where aging adults and their families find support...* (which provides valuable services to a specific segment of

the population) *to navigate life transitions and continue to be active, healthy, and engaged* (to help people "add zest to life and pass the joy on to others." Now that is the kind of senior center that can genuinely provide a healthy, vibrant

atmosphere for seniors and their families to enjoy the sunset years of life to the full. Unfortunately, however, the best-crafted mission statement is little more than an aspiration unless it drives an organization's values, decisions, and activities.

Another way to understand how the WASC provides a vibrant and healthy service to seniors in our community is to ask those who are a part of the center what they enjoy the most. In June's "coffee with the president" get-together, I posed the question to those present, "What do you enjoy the most about the WASC?" The answers reveal the heart of what makes the WASC tick.

Top of the list was the fellowship provided with fellow seniors, also described as camaraderie, the opportunity to socialize with other seniors or a place where you can come and make friends. Irrespective of the life experiences one faces as we age, we all need someone we call "friend." Someone who will share our sorrows and celebrate with us in our joys.

Another key ingredient was getting out from home and experiencing new things, new adventures

in life. I immediately thought back to those seniors who participated in the cruise to the Caribbean in 2019. What a time we had sharing dinner and the sights onboard the ship and enjoying the various sites at the ports of call. In addition, I was very impressed with several of our members (who were a decade or two my senior) engaging in excursions that required walking that had me gasping for air.

Participants also commented that they enjoyed the rich history of the senior center, providing service to the community since the early 1990s. Others appreciated the information available for seniors in the community regarding helpful services for navigating the many different challenges seniors face.

However, one might define a vibrant and healthy senior center; one thing is sure, we aim to make the WASC a "go-to" resource for seniors in the Williamston, Webberville, Leroy, Wheatfield, Williamston, and Locke communities. As we finally move out of the restrictions created by the pandemic and become more active in the services provided through the senior center, we certainly can use your support. How can you help? Share your ideas. Participate in activities. Find a place to volunteer your time in support of the activities and programs the center provides.

Together we can help the WASC become a "go-to" resource center for seniors!

--Mike

MEALS ON WHEELS PLACEMATS



Meals on Wheels Placemats – 2021

I spoke with my contact at Rural Ingham County Meals on Wheels, and she was very excited that we would be doing the placemats again this year. She estimated a need for about 170 placemats for this year. Unfortunately, that has pretty much depleted the Christmas cotton material that I have been using for the placemats for the past years. (Yes, for those of you who don't sew, the idea of seeing the bottom of a shelf where you usually see piles of fabric is shocking!)

The placemats use about 85 yards of material (and since this is

a labor of love, I like to work on different fun fabrics, not yards and yards of the same fabric) each year and about 45 yards of the batting for the lining. I've always donated all these materials and just asked for help flipping them and topstitching the placemats. Unfortunately, the sewing world has been impacted just like everything else, prices have skyrocketed (\$6-8 yard cotton is now \$11-14), and the sales that I used to find just are not there. So I did a mini-craft show at the Senior Center to raise money for the 2022 placemats; the show included flannel baby/sibling blankets and pillows, zipper purses, Crown Royal pillows, Crown Royal coasters, tooth fairy bags, tag blankets, table runners, bibs and burp cloths. (I have always used the small amount of money I make on my crafts for charitable giving.)

I have Christmas 2021 placemat materials and most of the prep work done. We will be flipping and topstitching them on **September 11** at the WASC if you would like to join us – **NO SKILLS REQUIRED** (just a good sense of humor) please call and let us know if you will be coming with or without your sewing machine – 517-655-5173

Please do not donate scraps of materials; I do not quilt. I don't piece fabrics together for the placemats.

If you would like to make a financial contribution, you may do so, or if you want, you may donate JoAnn gift cards.

And, if you are interested in any of my crafts and want an encore of the mini-craft show, please let John Roy know, and we can set up a date, 517-655-5173.

--submitted by Karen Spak

Thanks WASC Board!

I have been writing articles about volunteers for a while now, and I noticed something very interesting last night at the Big Riggs Concert in the Park – lots of our Board members volunteering. For instance: Ron Harris (Vice President) was “managing” the concessions stand, with help from Mike Black (President), Tina Maurer (former Trustee for eight years), and Ann Lemmen (Trustee) stopped by to see if additional help was needed. That was just in a quick 15-minute visit to the concession stand.

Our Board members have also been working overtime with our activities committee to make our “Picnics in the Park” a success. Roxanne Houghton

(Trustee) has been donating the services of her golf cart to ferry our members from the parking areas. Marilyn Thompson (Trustee) and her husband have been transporting the grill and the golf cart to the picnic. Other Board members and spouses have baked cookies for dessert. I think the Board has worked hard to overcome the hurdles thrown at us by the pandemic and still meet safely for these fun outings – they are a lot of work.

Thank you to our Board members; I know some people in the past have asked, “What do the Board members do?” Well, this is what I have seen some of them doing lately.

—submitted by Karen Spak



Decorating Diva!

Barb Upleger is our featured volunteer. If you don't know her, she is fairly easy to spot – look for three things: a big smile, a well-

dressed woman (frequently wearing orange, her favorite color), and someone who is very well accessorized (generally wearing jewelry designed and made by her daughter Karin)!

Barb has made it her goal to make our small space as festive as possible within our stringent guidelines: budget – none! She decorates for every holiday, for every season, and any reason – it is Tuesday, right?

Fortunately for us, Barb and her husband Bill moved to Williamston in 2005 and joined the Senior Center. Barb's first volunteer assignment was to be the greeter at the reception desk on Thursdays, and that just kind of grew into her wanting to "make the place look nicer." And let's just say that is a challenge these days. In addition, as a couple, Bill and Barb took part in almost every activity, either as volunteers or participants, until his death in 2019, after 43 years of marriage.

Barb grew up in Pontiac, Michigan, and ironically graduated from Pontiac High School two years prior to my mother! Barb married her high school sweetheart and became an Air Force wife, living in base housing at his postings, including many international postings. Having five children during her husband's Air Force career, two children were even born in Spain! The family finally returned stateside and landed in Milford, Michigan. One day, their daughter came home from elementary school and amazedly told her mother that her friend has "Lived in just ONE house all her life!"

Barb later found herself a divorced mother of 5, working a midnight shift at a factory so she could work and still attend the children's events, and then she met Bill. He was a traveling salesman, so initially, connecting with him was a challenge, but he persevered and won her over. He romanced her with a weekly rose, and she married him, helping her raise her children – coaching baseball, building a light show for a high school rock band, employing the kids in his business, traveling out-of-state to support her daughter's high school vocal ensemble, ...

This brings me to a correction in the sports article in the previous newsletter. Barb **IS** a sports fan – she never missed any of her five kids' or grand-kids' sporting events, including traveling to away games. In addition, she does follow sports on TV, from basketball to golf. My apologies for the error.

—submitted by Karen Spak



Thanks to TCOA

During the pandemic, when the WASC was unable to provide meals, TCOA helped to pick up the slack by providing a five-day supply of frozen meals every Wednesday. The WASC would like to thank TCOA for meeting this need. With the reopening of the center for meals Tuesday — Thursday of each week, the five days of frozen meal program will end on July 28th.

AUGUST ACTIVITIES

The WASC is excited about the opportunity to resume a more normal schedule of programs and activities. The following events are currently on the calendar for the month of August. Would you please check the WASC website www.williamstonseniorctr.com or Facebook for up-to-date announcements of upcoming activities?

Fourth Picnic in the Park: Tuesday, August 3rd, at McCormick Park at 123 High St, Williamston, Michigan, from 11:00 am to 2:00 pm. Lunch will be prepared by Ellie's Country Kitchen and will feature Chicken, rice, baked beans, fruit cup, roll, and dessert. Would you please bring your chair as there is limited seating at the picnic tables? **Reservation is a must** – call 517-655-5173 and leave a voice message before July 30th to make your reservation.

Daily lunch service: Lunches provided through TCOA will begin on Wednesday, August 4th, at the WASC. Lunches are provided at noon on Tuesday, Wednesday, and Thursday of each week. Please call 517-655-5173 for lunch reservations. The cost is still a donation of \$3.50 per person.

The last day for our Frozen Meal Program for seniors will be Wednesday, July 28th, 2021.

Special Activities:

Tuesday, August 10th at 11:00 am: Coffee with the President of WASC

Tuesday, August 10th at 1:00 pm: WASC Board Meeting

Thursday, August 12th at noon: Birthday Bash

Wednesday, August 18th after lunch: Chair Exercise by Kristen McIntyre

Thursday, August 19th after lunch: Bingo

Tuesday, August 24th after lunch: Mind Games sponsored by the Williamston CADL

Tuesday, August 31st after lunch: Senior Movie.

Regular Activities:

Tuesday: Knitters Group from 1:00 pm to 3:00 pm and the

Wednesday: Needle Craft Group from 1:00 pm to 3:00 pm.

Thursday: Euchre 10:00 am to 12:00 noon.

Our new hours starting **August 4th will be from 9:00 am to 2:00 pm**. Free coffee and socialization are provided. The WASC follows the protocols required by the State, which recommends that unvaccinated people wear a mask and social distance. These guidelines are subject to change based upon State or County Health Department requirements. Sanitizer is available at the WASC.



Illegal Turn

In a hurry taking his 8-year-old son to school, a man made a right turn at a red light where it was prohibited.

“Uh-oh, I just made an illegal turn,” the man said when he realized his mistake.

“Aw, Dad, it's okay,” the son said. “The police car right behind us did the same thing.”

©LPi

WILLIAMSTON AREA SENIOR CENTER



JUBILEE LUNCHEON

TUESDAY, AUGUST 3, 2021

At McCormick Park Pavilion

11:30 am—1:30 pm

MENU: Baked Chicken with Rice
Baked Beans, Fruit Cup, Roll, Drink & Dessert

Entertainment by Johnny Ellis

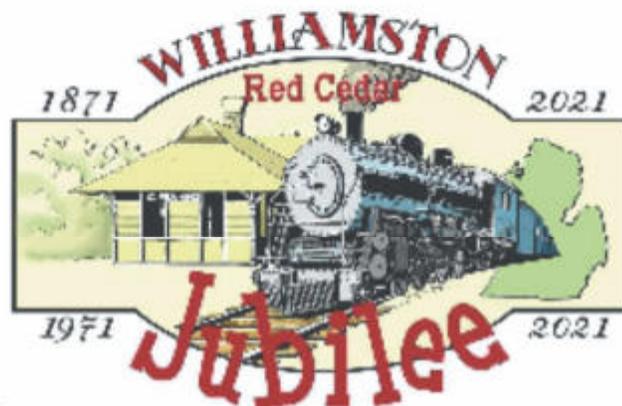
Bring a lawn chair and your appetite

RESERVATIONS ARE A MUST!!

Limit to the first 60 seniors

Call Senior Center at (517) 655-5173

****A donation to offset the cost would be greatly appreciated****

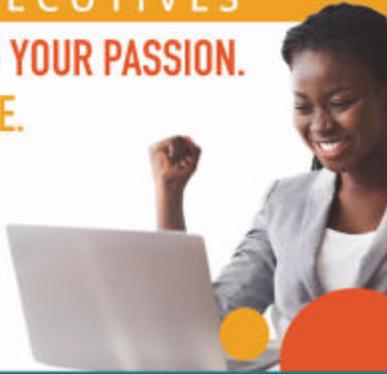


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Williamston Area Senior Center
John Roy Castillo, Director
201 School Street, PO Box 343
Williamston, MI 48895

Inside This Issue

- WASC Mission, PurposePg #2
- Director's CornerPg #3
- WASC Board.....Pg #4
- Gifts & Memorials.....Pg #4
- BirthdaysPg #4
- President Mike's PostPg #5
- Meals on Wheels Placemats.....Pg #6
- Volunteer Spotlight.....Pg #7
- August activitiesPg #8
- Picnic in the ParkPg #9
- MembershipPg #12

WASC Information:

Phone: 517.655.5173.

Please check out our Facebook page or call to see when programs may be offered as the WASC resumes pro-

WASC Membership Dues 2021



Cost is \$10/year per person. Please complete the information below and return to WASC along with your payment. **PRINT CLEARLY**

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ CELL PHONE: _____

EMAIL ADDRESS: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT PHONE#: _____

Would You Prefer WASC Information via _____ U.S. MAIL or _____ EMAIL

ARE YOU A _____ NEW MEMBER? _____ RENEWING MEMBER? _____ DONOR?

BIRTHDATE (*only if you to want participate in the birthday celebrations*): _____

WASC use: Paid: _____ Received By: _____ Date Entered: _____

Please complete form and return with your payment to:

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