

# SENIOR



# HAPPENINGS



St. Patrick's Day Lunch pg 12

Masks are required in any WB Parks facility for all staff, participants and visitors until further notice.

## February 2022

For even more programs happening this winter/spring, check out our Winter Guide!



This newsletter was published on 2/3/22. Information printed considered accurate.

### WHATS INSIDE:

- VOLUNTEER SPOTLIGHT.....2
- HEART HEALTH TIPS.....3
- NEW PROGRAMS.....4
- CONNECT MEMBERSHIPS.....6
- STAFF FEATURE.....7
- MEMBERS ONLY EVENTS.....8
- UPCOMING SPECIAL EVENTS.....12

# VOLUNTEER SPOTLIGHT

## MINNA SCHWARZ-SEIM

Minna began volunteering with AARP Tax Aide for WB Parks in 2012. We asked her the questions below to get to know her a little better.

### 1. What inspired you to start volunteering for AARP?

AARP Tax-Aide is volunteer work that is heartwarming and brainwarming; the rewards come from knowing that we provide a service that is much needed and it's a great intellectual challenge.

### 2. How long have you done Tax Aide?

I've been working on taxes for fourteen years, the last ten in West Bloomfield.

### 3. Where were you born? Or where did you grow up?

I grew up in New York City, and have lived in Michigan, off and on, since 1977. We've spent time in three foreign countries, but always came back to Michigan.

### 4. What's your favorite West Bloomfield Park?

I love walking in the West Bloomfield Woods Nature preserve.

### 5. What is your favorite hobby?

I am a silversmith and make jewelry and small objects.

### 6. Anything else you would you like to share about yourself?

I'm a docent at the Detroit Institute of Arts.



**COME VOLUNTEER WITH US!**

**SEE A LIST OF CURRENT  
OPPORTUNITIES AT**

**WBPARKS.ORG/VOLUNTEER!**

## AARP TAX-AIDE:

AARP Tax-Aide provides personal income tax assistance to low and middle income taxpayers, with special attention to those 60 and older. Please note that those taxpayers with complex tax returns will be advised to seek professional tax assistance. AARP has developed a two visit system to have your taxes prepared to limit in-person contact.

First, one would register for a 20 minute initial appointment to give all tax information to the AARP Tax-Aide preparer. Appointments can be scheduled online, by calling us at (248) 451-1900 or in-person (4640 Walnut Lake Rd). PLEASE BRING ALL PERTINENT INFORMATION TO YOUR APPOINTMENT, SUCH AS SOCIAL SECURITY CARD, PICTURE ID, ANY OTHER IMPORTANT TAX/FINANCIAL PAPERS NEEDED FOR ALL PERSONS INCLUDED ON THE TAX RETURN. These initial appointments are available on every Tuesday from February 8th through April 5th.

After the initial meeting with the Tax-Aide assistant, they will prepare your tax return off-site and then contact you directly when your return is complete to set-up a time for you to come in to sign the return, in order to send it to the IRS. Face coverings must be worn for all in-person contact with the AARP tax assistants.

# FEBRUARY IS HEART HEALTH MONTH

## HOW TO ADOPT A HEART-SMART LIFESTYLE DURING RETIREMENT:

*Heart disease is the leading cause of death for both men and women worldwide. Research shows that 1 in 4 deaths can be attributed to heart disease. Experts say it doesn't have to be this way. Many risk factors that contribute to cardiac diseases can be controlled with a healthy lifestyle. In honor of National Heart Month, recognized in February each year, we are sharing steps you can take to lower your risk for heart disease.*



## 9 STEPS TO PROMOTE HEART HEALTH

- 1. Eat a healthy breakfast:** Start the day off right with a well-balanced breakfast. This sets the tone for the food choices you'll make all day. A breakfast high in fiber and protein, such as a bowl of oatmeal or a smoothie, will also keep you feeling full longer. That makes you less likely to reach for sugary treats midmorning.
- 2. Sweets in moderation:** Everyone likes a sweet treat now and then. The key is to indulge only in moderation. Elevated blood sugar levels are linked to heart disease, especially for women. The American Heart Association guidelines recommend no more than 6 teaspoons per day of added sugar for women and 9 teaspoons for men.
- 3. Skip processed foods:** Too much sodium increases blood pressure putting you at a high risk for cardiac-related illnesses. The added calories and fat can also contribute to weight gain and obesity.
- 4. Limit alcohol:** You may be surprised to learn that overindulging in alcohol can increase your risk for heart disease. While some studies seem to indicate red wine is good for your heart, it's important to limit how much you consume. Ask your physician for advice on how much alcohol is safe considering your personal medical history.
- 5. Stay active:** A sedentary lifestyle, especially when combined with a lack of exercise, also raises your risk for heart disease. In fact, researchers say sitting too much can be as dangerous for your health as smoking! Lower your risk by exercising at least 150 minutes a week and avoid sitting for long periods of time. It might help to invest in a fitness tracker that counts the steps you take, as well as alerts you if you've been sedentary for too long.
- 6. Sleep well:** Many adults underestimate the importance of a good night's rest. Too little sleep leaves you tired and groggy. That can cause you to make bad choices during the day, such as watching too much television or indulging in too many carbohydrates. If you aren't able to sleep well or if you feel tired when you wake up, talk to your physician. You might have a medical issue that needs to be addressed.
- 7. Manage stress:** Finding positive ways to manage stress is another important factor in maintaining a healthy heart. Walking, cycling, swimming, and yoga are a few types of exercise that help. Spending time enjoying friends and family is another stress-buster. Keeping a daily journal may also be a good idea. Documenting the day's ups and downs can help you find perspective that you might not otherwise have.
- 8. See the doctor:** Having a physician you can count on and feel comfortable with is important. You are more likely to stay on track with preventative tests and screenings when you have a doctor you see on a regular basis.
- 9. Stop smoking:** If you are a smoker, find a cessation program that will allow you to kick the habit. Smoking is a leading cause of heart disease. One out of five heart-related deaths in this country can be linked to smoking.

**Learn More about Heart Health:** Visit the American Heart Association online ([www.heart.org](http://www.heart.org)) where you will find a variety of resources ranging from recipes to exercise tips!

## MATTER OF BALANCE

*Improve Your Balance. Worry Less About Falls. Be More Active.*

Falls can be absolutely devastating for older adults. And the fear of falling can be just as bad—keeping people sidelined on the couch, too worried to join family and friends at restaurants, shopping trips or family events. A Matter of Balance classes are designed just for people ages 60 and up. There is no cost.

The classes help seniors: work on balance, prevent falls, reduce the fear of falling, build confidence and be more active. Classes include practical tips and techniques, along with confidence-building and mobility exercises. Classes meet for two hours a week for eight weeks. You must register in advance. Free. Coming to West Bloomfield soon. AA1-B lists all current local classes at <https://aaa1b.org/senior-health-and-wellness/fall-prevention/>.

**Check the website soon as classes are in the process of being added!**



MANAGING CONCERNS ABOUT FALLS

## MEDICARE 101

Join us at WB Parks' Connect at Orchard Mall for Medicare 101. In this educational program you will learn what Original Medicare is, as well as how that can be paired with either a Medicare supplement or Medicare Advantage plan.

Get all of your questions answered, before the enrollment period that ends at the end of March. No specific plan information, or plan premiums, will be presented during the program. A healthy snack will be provided.

**Location: Connect - Orchard Mall**

**Instructor: Adam Simon**

Code #	Date	Day	Time	R/NR Fee
2067-1A	3/16	W	1:00-2:00P	\$0/\$0

## SHAMROCK WREATH MAKING FOR SENIORS

Join us for - Krafts with Kari, from CarePatrol of Oakland County. Each participant will go home with their own shamrock wreath ready to display and enjoy. All materials are included. Refreshments will be provided. Pre-registration required for this free program.



Sponsored by CarePatrol.

Location: Connect at Orchard Mall

Code #	Date	Day	Time	R/NR Fee
2020	3/9	W	1:30P - 2:30P	\$0/\$0

*Make a day of it at WB Park's Connect! Feel free to attend the Counterfeit Detection program, #2971-1A, 10:30-11:30 am, \$5/resident and/or Wednesday Lunch at Connect, #2059-2A, 12:00-1:00 pm, \$9 per person. Pre-registration required.*

## SPANISH CLASSES FOR SENIORS

Location: Connect at Orchard Mall

Instructor: Linda Ybarra-Bozzone

### CLASS #1

¡Hola Amigos! Foster a love for language when you enroll in our Spanish class. Learning Spanish can have numerous benefits for seniors. Learning a new language can be viewed as a workout for the brain. And it's fun too! Students on the waitlist from the fall class will be given first priority to register.

Code #	Date	Day	Time	R/NR Fee
2072-1A	3/17 - 4/28	Th	1:00P - 2:00P	\$5/\$7

No class 4/14

### CLASS #2

¡Hola Amigos! Welcome back to Spanish for seniors. Class #2, is for returning students, who participated in the fun and educational class offered in the fall at Connect. Students will continue their conversational Spanish studies with Linda Ybarra-Bozzone.

Code #	Date	Day	Time	R/NR Fee
2072-2A	3/16 - 4/27	W	6:00P - 7:00P	\$5/\$7

No class 4/13

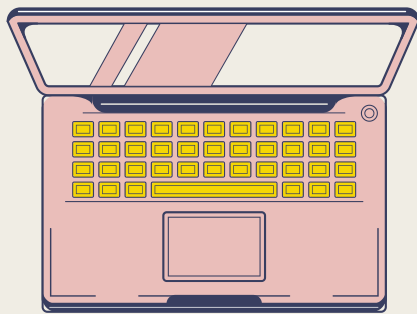


*Pictured is our instructor, Linda Ybarra-Bozzone.*

# JUST ADDED PROGRAMS



# TECH TALK



## Monthly Topics:

Medical ID - 2/7

iMessage - 3/7

Calendar - 4/4

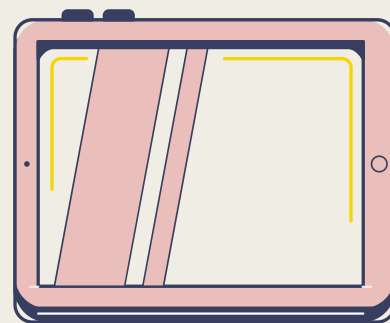
Widgets & iCloud keychain - 5/2

**4:00-5:30 pm**

**AT CONNECT!**

Technology is ever-changing and it can feel impossible to keep up! Let our teen volunteers help you navigate your technology questions with patience and knowledge. This program is led by Technanagy™, who strives to help all seniors find joy in technology.

The first 45 minutes are dedicated to helping you better learn the features of iPhones and the second half will be a Q&A for any technology question.



This program is free and pre-registration is encouraged but not required.

Led by knowledgeable teen volunteers!



# CONNECT MEMBERSHIPS

We are located on the north end of Orchard Mall with a separate entrance directly below our sign. Memberships are not required to utilize Connect's programs but there certainly are benefits to having one! Unless posted otherwise, drop-in programs start at \$2 per activity and almost all are free for members. There are lots of other benefits, as well!

## Connect memberships include:

- Comfortable lounge area including tables & chairs, perfect for playing cards, etc.
- Free coffee & tea
- Free WiFi
- One computer center
- Monthly Connect email blast
- Mailing of Senior Happenings newsletter 3 times per year
- Invitation to annual membership event (bonus: we have more than one!)
- Pre-registration opportunities for select classes, trips and other programs
- Reduced fees for select programs, classes and trips



## First year Connect Members also receive:

- Membership key tag
- Commemorative inaugural WB Parks Connect coffee mug (while supplies last)
- One free luncheon (valued at \$11 and not redeemable for cash refund)

## Membership Renewals:

It is now time to renew your membership! This can be done in-person or over the phone by calling 248-451-1900 (with credit card payment). Rates remain the same: \$15 resident/\$25 resident couple or \$25 non-resident/\$45 non-resident couple. There are more free programs and events for our members than ever before, so don't delay. Renewing early will save you time! We will post-date your renewal to ensure you are not paying for any overlapped time. If, for example, your membership expires Feb 10, 2022, your renewal will begin Feb 11, 2022.



## Membership Renewals also receive:

- Membership key tag replacement (if needed!)
- A treat bag with special WB Parks key chain - New!

## Membership Registration and Rates:

To purchase a Connect membership, visit our facility at: 6335 A Orchard Lake Rd, West Bloomfield, 48322. There is no access from inside the mall, so make sure to look for our bright WB Parks logo above the entrance! Hours of operation are Monday - Friday, 9 am - 4:30 PM. Please bring Driver's License or Identification card as proof of residency, as well as payment (VISA, MC, check or cash.) Your photo will be taken and each person needs to complete a WB Parks Annual Waiver, Release of Liability and indemnity/Hold Harmless Agreement.

### Annual Membership Rate:

\$15 resident/\$25 resident couple

\$25 non-resident/\$45 non-resident couple

Memberships are for 12 months; couple memberships are limited to two people in a household.

Remember, membership has its advantages! It saves you money and helps subsidize facility amenities and some programs. Become part of the WB Parks and Connect community today!

Please note: Connect will be closed for maintenance Tuesday, April 12-Sunday, April 17. It is also closed on the last Wednesday of every month between 2:30-4:30 pm.



# NEW STAFF FEATURE

Meet our newest Customer Service Representative, Anita Fishman.

We asked her a few questions to help you get to know her a little better:

## 1. What is your favorite thing about working with seniors?

I enjoy the more mature population. They were raised in a different era and display behaviors I enjoy in people.

## 2. What inspired you to work for WB Parks?

I wanted to work in a social setting. After being in banking for over 40 years, I wanted to work in a different work environment.

## 3. What is your favorite senior program?

I enjoy the luncheons. To see our team work to extremes to make these events special. The decorations, food and appreciation from the seniors make it an one-of-a-kind event.

## 4. Please share a fun fact about yourself.

My spouse and I enjoy traveling. We have been to Iceland, Galapagos Islands, New Zealand, Australia and many more interesting places. We recently have been traveling to see our national parks, which are beautiful.



## CONNECT MEMBERSHIPS & SERVICES SURVEY

Please complete the survey below and either drop it off at Connect or mail it to West Bloomfield Parks, 4640 Walnut Lake Road., West Bloomfield, MI 48323, ATTN: Kelly Hyer

### 1. Are you satisfied with Connect Membership offerings?

---

---

---

### 2. Do you feel Connect is an inviting and welcoming gathering space for seniors?

---

---

---

### 3. What are some suggestions on how we can improve?

---

---

---

# CONNECT MEMBERS ONLY EVENTS - FREE!

## FAT TUESDAY

Drop in anytime between 10 am-2 pm and celebrate Fat Tuesday with us! No registration necessary. One paczki per member.

Tuesday, March 1 from 10 am-2 pm



## COFFEE CAKE DAY

Stop by anytime between 10 am - 2 pm and enjoy a slice of coffee cake, our coffee/tea service, and the camaraderie of your fellow Connect members! No registration necessary. One slice of cake per member.

Thursday, April 7 from 10 am-2 pm

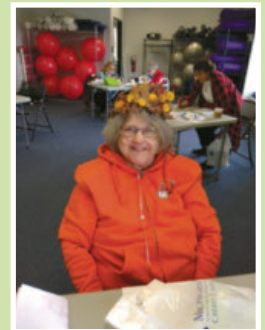


## BINGO

Come play bingo at Connect. This one hour event will be conducted solely for the amusement and recreation for our Connect members. You must be 60 years old or older and a current Connect member all in accordance of the State of Michigan Gaming Department. You will be given three cards to play at a time in six rounds of bingo. When you successfully completed a bingo, yell "bingo" for a small WB Parks prize. **Location: Connect at Orchard Mall**

Code #	Date	Day	Time	R/NR Fee	Age
2062-2B	2/25	F	1:00P-2:00P	\$0/\$0	60+
2062-2C	3/11	F	1:00P-2:00P	\$0/\$0	60+
2062-2D	3/25	F	1:00P-2:00P	\$0/\$0	60+
2062-2E	4/1	F	1:00P-2:00P	\$0/\$0	60+

Sponsored by:



## GREETING CARD DONATIONS REQUESTED

We are requesting donations of greeting cards at Connect. Cards include all types: all holidays, get well, bereavement, etc. They can be ones that you have received or that are new. We will cut the fronts off the cards and repurpose them for future greeting card making activities. Please drop off at WB Parks Connect.

## WB PARKS IS HIRING!

Two of our openings are a great fit for retirees!

- Part-time bus driver
- Customer Service Representative at Connect

We also have many seasonal positions including internships, camp counselors, Lily Pad Springs staff and park maintenance if you know of anyone looking to spend their summer with us!

[WWW.WBPARKS.ORG/EMPLOYMENT](http://WWW.WBPARKS.ORG/EMPLOYMENT)



GREAT WORK ENVIRONMENT

COMPASSIONATE MANAGEMENT

CONTRIBUTE TO YOUR COMMUNITY





PRIVATE RESERVE  
HOMECARE

NURSING CARE WITHOUT LIMITS

EXPERIENCED • ACCREDITED • CONFIDENTIAL



WHEN THERE IS NOTHING  
THAT YOU WOULDN'T DO  
FOR A LOVED ONE  
248-422-6609

PREMIUM NURSING CONCIERGE SERVICES  
PRIVATERESERVEHOMECARE.COM

It's amazing that something so small  
can make such a big difference.



"Our caring staff takes pride in providing individualized  
hearing solutions in a family friendly, pressure-free environment."  
-Nina Lopatin, MA,CCC-A, Audiologist/Owner



West Bloomfield • 248.657.4327 • DirectHearing.biz

THIS SPACE IS  
**AVAILABLE**

**NEVER MISS  
A NEWSLETTER!**

Sign up to have our newsletter  
emailed to you at  
[www.mycommunityonline.com](http://www.mycommunityonline.com)



**OUR CLIENTS INSPIRE US. OUR CARE WILL INSPIRE YOU.**

At Inspire Home Care, we'll never forget that we're caring  
for the most important people in the world – someone  
you love. Based in Bloomfield Hills, we're available  
24 hours a day. Inspire provides caregivers in the home  
for those with Alzheimer's disease, dementia, Parkinson's  
disease, cancer and other issues brought on by aging as  
well as those who have been injured in an accident.

To learn more, call **248-972-5528** or visit our  
web site at [inspirehomecare.com](http://inspirehomecare.com).



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0787



## Senior Living Placement Call for Free Assistance

Tune in to the Next Steps 4 Seniors Radio Program  
Saturdays 11:00 A.M. • Sundays 10:00 A.M.  
WDTK The Patriot FM 101.5/AM 1400

(248) 651-5010 [www.NextSteps4Seniors.com](http://www.NextSteps4Seniors.com)

# THIS SPACE IS AVAILABLE

health  
markets.

## Overwhelmed by Medicare options?

### I can help make it simple



**Kurt Delfin**

Licensed Insurance Agent

**248-762-4142**

[kurt.delfin@healthmarkets.com](mailto:kurt.delfin@healthmarkets.com)

Offering  
Delivery and  
Curbside  
Pick Up

# PREMIER

EXPERIENCE THE DIFFERENCE!



FAMILY-OWNED AND OPERATED FOR OVER 26 YEARS • SPECIALTY PRODUCTS!  
DO-IT-YOURSELF DOG WASH!

In one visit, see what makes PREMIER, premier!  
From the PREMIER SERVICE of our dedicated  
staff, to our PREMIER SELECTION of holistic and  
natural pet foods and products, to the PREMIER  
SAVINGS we offer everyday on everything we carry.

OUR GOAL IS...  
to be the PREMIER CHOICE  
for pets and YOU - the ones  
who love them.

Jeff Mike



OWNERS: JEFF NAGARAH AND MIKE PALMER



WE NOW  
OFFER  
SENIOR  
DISCOUNTS!  
COME IN FOR DETAILS!

**ORCHARD LAKE MALL**  
6399 Orchard Lake Rd.  
**WEST BLOOMFIELD • 248-325-9692**  
HOURS: MON - SAT: 8:30am - 9pm, SUN: 10am - 6pm  
[PremierPetSupply.com](http://PremierPetSupply.com)

### Buy 1 Toy Get one 1/2 OFF\*

\*Cannot be combined with Premier coupons,  
promotions, Loyalty Points. Offer valid in  
store only. Exp. 6/30/20. WBPARKTOY

### Buy 2 Treats Get 1 FREE\*

\*Cannot be combined with Premier coupons,  
promotions, Loyalty Points. Offer valid in  
store only. Exp. 6/30/20. WBPARKTREAT

### 20% OFF

WILD BIRD SEED!

\*Cannot be combined with Premier coupons,  
promotions, Loyalty Points. Offer valid in  
store only. Exp. 6/30/20. WBPARKBIRD

### \$5 OFF

(Reg. price \$14.99)

DIY DOG WASH SPECIAL!

\*Cannot be combined with Premier coupons,  
promotions, Loyalty Points. Offer valid in  
store only. Exp. 6/30/20. WBPARKDIY

## Premier Pet Supply. The place pets LOVE!

# Navigating these times together



Choosing a skilled nursing facility for your loved one during these trying times can certainly seem daunting. Thankfully, impartial third-party experts are available to help distinguish the very best in the industry.

We are honored that U.S. News & World Report has named [West Bloomfield Health & Rehabilitation Center](#) to their list of "Best Nursing Homes" for an unprecedented, second consecutive year.

## WEST BLOOMFIELD

HEALTH & REHABILITATION CENTER

6445 W. Maple Road | West Bloomfield, MI 48322 | 248-661-1600 | [wbhrc.com](http://wbhrc.com)



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0787

**CALL 855-STRAITH OR SCHEDULE ONLINE WWW.STRAITH.ORG**

**FREE Lunch With The Doctor Events!! VISIT: [Straith.org/Events](http://Straith.org/Events)**

**Clinic Services**

- Robotic Joint Replacement
- Shoulder & Knee Arthroscopy
- General Orthopedics
- Fracture Care
- Hip Replacement
- Knee Replacement
- Partial Knee Replacement
- Joint Pain/Arthritis

**MEET THE DOCTORS**



**Roland Brandt, DO • Michael Fleischman, DO**

**FREE LUNCH WITH THE DOCTOR EVENTS**

- **2/18 12pm: Cutting Edge Treatment Options for Hip & Knee Pain** at the Connect Senior Center 6335A Orchard Lake Rd., W. Bloomfield Twp. Call for reservation: **248-451-1900**
- **3/11 11am: Aching Joints? Learn More About Treatment for Hip & Knee Pain** at the Costick Activities Center: 28600 W. Eleven Mile Rd, Farmington Hills. Call for a Reservation: **248-473-1830**
- **4/25 12:30 pm: Hip & Knee Joint Pain? Cutting Edge Treatment Options - Dr. Michael Fleischman** at the Madison Heights Senior Center: 29448 John R. Rd., Madison Heights. Call for a Reservation: **248-545-3464.**

**Care Patrol™**

We help families find Independent Living, Assisted Living, Memory Care and In Home Care Services FREE OF CHARGE.

Call us today to discuss your needs

248-563-4923 [OaklandCounty.CarePatrol.com](http://OaklandCounty.CarePatrol.com)

©2021 CarePatrol Franchise Systems, LLC. Each office is independently owned and operated. CarePatrol is an equal opportunity employer.

**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact Eileen Frazier to place an ad today!  
[efrazier@lpicommunities.com](mailto:efrazier@lpicommunities.com) or (800) 477-4574 x6309

Choose **EPIC** Rehabilitation after Surgery or Hospitalization

**WELLBRIDGE OF NOVI**  
YOUR BRIDGE TO RECOVERY AND WELLNESS  
[www.thewellbridgegroup.com](http://www.thewellbridgegroup.com)

PROUD TO BE FIVE STAR RATED BY CMS!

48300 11 Mile Road  
Novi, MI 48374  
PHONE: 248.662.2300

**EPIC**  
Excellence • Passion • Innovation • Care



**Townehall PLACE**  
SENIOR LIVING

Call today to find out more and discover the Townehall difference!  
**(248) 683-1010**

4460 Orchard Lake Rd., West Bloomfield, MI 48323  
[TownehallPlace.com](http://TownehallPlace.com)



HERE TO HELP YOUR LOVED ONES FEEL SAFE AND RIGHT AT HOME!

During these incredibly uncertain times, having the choice of a trusted senior living community is what makes Townehall Place the perfect choice. More than just a place to be, it is your opportunity to be part of something special. Whether serving residents a home-cooked meal, providing personal assistance with activities of daily living, or managing medication programs, Townehall Place's Five Diamond Experience is our commitment to provide top-quality service and care...a lifestyle where your happiness and well-being are at the center of everything we do.

With proper screenings and precautions, Townehall Place is currently accepting new residents. We are here helping keep you and your loved ones safe!

Sponsored by:

NOTTING HILL  
COMMUNITY CENTER

Thursday, March 17 from 11:30 am-1:00 pm at Connect

# ST. PATRICK'S DAY LUNCH

\$5/resident, \$7/nonresident

Irish Lunch   Live Entertainment   Best Dressed Contest

Register by noon on March 6

Friday, April 8 from 11:30 am - 12:30 pm

\$5/resident, \$7/nonresident



## Tigers' Home Opener Celebration at Connect

Cheer on the boys of summer at Connect! Come dressed as the ultimate Tigers' fan as prizes will be awarded for the best Tigers' gear. Tigers' Trivia will be played to test your knowledge. A hot dog, peanuts, cracker jacks and a soft drink will be provided. Registration deadline is April 6, by noon.

Sponsored by Townehall Place Senior Living

Join us to help reduce our community's waste,  
shop local and repurpose items!

## COMMUNITY Garage



OUTSIDE OF THE RECREATION ACTIVITIES CENTER

Saturday, April 30 from 8 am - 2 pm

Seller cost: \$10

Seller rules: WB residents only, one selling spot/household

### SENIOR HAPPENINGS NEWSLETTER:

West Bloomfield Parks has contracted with LPI to print this newsletter with the majority of costs covered by local business advertisements. We will be mailing this newsletter out three times annually. If you'd like to be added to our distribution list, please call 248.451.1900.