

# SENIOR HAPPENINGS

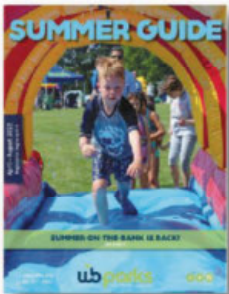
WEST BLOOMFIELD PARKS + RECREATION COMMISSION



MUDDY ACRES FLOWER FARM & OTHER TRIPS PG 3

## June 2022

For even more programs happening this summer, check out our Summer Guide!



This newsletter was published on 5/12/22.  
Information printed considered accurate.

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# INSTRUCTOR SPOTLIGHT

## MEET LISA FEIN

Lisa began teaching fitness classes for WB Parks in 2006. We asked her the questions below to get to know her a little better.

### 1. What inspired you to start teaching?

West Bloomfield is my community. I live in WB. I have worked in another city's recreation department and really enjoyed working in Parks & Recreation. I reached out to see if there was availability to teach.

### 2. How long have you taught?

I have been teaching exercise for 32 years. I am also an Exercise Physiologist. I went back to school to continue my education and get my Masters degree after I started Personal Training and teaching group exercise classes.

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

My favorite West Bloomfield Park is the West Bloomfield Woods Nature Preserve at Arrowhead. It is so beautiful and very shaded in hot weather. I have taken many friends there to see one of our beautiful parks.

### 4. What is your favorite hobby?

I love walking, listening to music, knitting, scrapbooking and reading.

### 5. Fun Fact About Yourself That Would Surprise People

I am afraid of heights but did challenge myself to try the zip line and climbing in the TreeRunner Adventure Park in West Bloomfield! I can say I tried it once! (It was still scary!)

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

Exercise is important for all people. I personal train clients and teach those with back & shoulder issues, Multiple Sclerosis, Parkinson's, arthritis, pre and post surgeries. Our bodies aren't meant to be sedentary. Most people feel better after exercising. Don't be afraid to move. If you have a special situation or injury, reach out to a personal trainer to guide you with your exercise.



## LISA'S CLASSES:

Pre-paid individual classes available for \$14. Virtual classes also available. For full class descriptions, visit [wbparks.org/activity-guide](http://wbparks.org/activity-guide).

Location: Recreation Activities Center

### PILATES MAT

Code #	Date	Day	Time	R/NR Fee	Age
1230-2A	6/13-7/18	M	9:00A-10:00A	\$65/\$75	18+
1230-2B	6/13-7/18	M	6:30P-7:30P	\$65/\$75	18+
1230-2C	6/15-7/20	W	9:00A-10:00A	\$77/\$87	18+
1230-3A	8/1-8/29	M	9:00A-10:00A	\$65/\$75	18+
1230-3B	8/1-8/29	M	6:30P-7:30P	\$53/\$58	18+
1230-3C	8/3-8/31	W	9:00A-10:00A	\$65/\$75	18+
NO CLASS 6/22					

### CARDIO COMBO

Code #	Date	Day	Time	R/NR Fee	Age
1260-2A	6/15-7/20	W	6:30P-7:30P	\$77/\$87	18+
1260-3A	8/3-8/31	W	6:30P-7:30P	\$65/\$75	18+
NO CLASS 6/22					

### CHAIR EXERCISE

Code #	Date	Day	Time	R/NR Fee	Age
1235-2A	6/13-7/18	M	1:00P-2:00P	\$60/\$70	50+
1235-3A	8/1-8/29	M	1:00P-2:00P	\$60/\$70	50+

### STRENGTH TRAINING + ABS

Code #	Date	Day	Time	R/NR Fee	Age
1231-2A	6/14-7/19	Tu	9:00A-10:00A	\$77/\$87	18+
1231-2B	6/17-7/22	F	9:00A-10:00A	\$77/\$87	18+
1231-3A	8/2-8/30	Tu	9:00A-10:00A	\$65/\$70	18+
1231-3B	8/5-8/26	F	9:00A-10:00A	\$53/\$58	18+



# TRIPS

## SENIOR RESOURCE GROUP TRIPS - NEW!

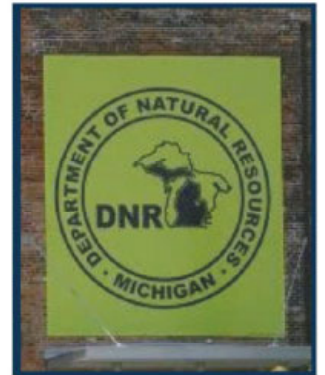
REGISTRATION BEGINS JUNE 1ST

The Senior Resource Group (SRG) is a network of professionals connected through the West Bloomfield Chamber of Commerce that looks to connect seniors and their families with knowledge and resources on relevant topics in today's environment. Sponsors contribute to each trip to help reduce trip costs. Sponsors may chaperone trips and have an opportunity to make personal connections with participants. Call (248) 451-1900 or visit [wbparcs.org](http://wbparcs.org) to register.

### OUTDOOR ADVENTURE CENTER: BIRDING FOR BEGINNERS & LUNCH AT ATWATER BREWERY

Join us for a summer day in Detroit. Our first stop will be Atwater Brewery - lunch will be included and will feature a pizza station, salad and an appetizer. Next, we'll head to the Outdoor Adventure Center for a guided "Birding for Beginners" program. The Detroit River is an amazing place for birders. You will learn the basics of birding and practice some bird ID along the riverfront. A limited number of binoculars and field guides will be available for loan. Please note: this trip will involve a lot of walking. Dress according to weather.

Code #	Date	Day	Time	R/NR Fee	Age
2270-1A	7/28	Th	10:00A-3:30P	\$45/\$55	50+



### MUDDY ACRES FLOWER FARM & LUNCH

Don your sunhat and join us as we venture to Muddy Acres Flower Farm in Plymouth. Dahlias steal the show and Muddy Acres grows over 5,000 plants. Walk among the beautiful blossoms, select and pick your own bouquet to take home. A mason jar and scissors will be provided. Lunch will be included at Karl's Cabin, following the flower farm. We will stop for a delicious scoop of ice cream at Guernsey Farm Dairy in Novi, on our way home. Please note: this trip will involve a lot of walking on uneven ground and bees may be present buzzing in the flowers.

Code #	Date	Day	Time	R/NR Fee	Age
2270-2A	8/25	Th	9:30A-3:45P	\$67/\$77	50+



## OTHER TRIPS HAPPENING THIS SUMMER:

REGISTRATION NOW OPEN!

### TUESDAY AT EASTERN MARKET

Enjoy a day at the scaled-down version of the Saturday Market on a Tuesday. Perfect for stocking up on fresh produce, baked goods and meats. Take part in a free Zumba or yoga class. Visit some of the specialty shops and have lunch on your own at one of the area restaurants (cost not included).

Code #	Date	Day	Time	R/NR Fee	Age
2290-2A	6/14	Tu	9:30A-3:00P	\$7/\$9	50+

### ROMEO LAVENDER FARM & LUNCH

Enjoy the stunning views of the 17-acre farm with mature trees, a gentle running stream, lavender plants, sunflowers and wildflowers. You will receive a pre-cut bunch of lavender to take home and a senior discount if you want to purchase any additional items. Continue on for lunch (cost not included) at Blake's Tasting Room. This trip involves a lot of walking on uneven ground.

Code #	Date	Day	Time	R/NR Fee	Age
2290-3A	7/14	Th	9:30A-3:30P	\$20/\$25	50+



# FEATURED PROGRAMS

## MEANINGFUL MONDAYS

We will be exploring opportunities to make our lives more meaningful through wonderful volunteer organizations, self-help and mindfulness programs. Light refreshments will be served.

## OPEN DOOR OUTREACH CENTER

Location: 7170 Cooley Lake Rd., Waterford\*

Code #	Date	Day	Time	R/NR Fee	Age
2087-M3	7/18	M	12:55P-2:00P	\$0/\$0	45+

## GLEANERS COMMUNITY FOOD BANK

Location: Recreation Activities Center

Code #	Date	Day	Time	R/NR Fee	Age
2087-M2	8/08	M	1:00P-2:00P	\$0/\$0	45+

## HENRY FORD THERAPY DOG PROGRAM

Location: 6777 W. Maple Rd. West Bloomfield 48322\*

Code #	Date	Day	Time	R/NR Fee	Age
2087-M4	8/15	M	12:55P-2:00P	\$0/\$0	45+

\*These programs are off-site so please arrive 5 minutes early.



## DETROIT SYMPHONY ORCHESTRA

All seats are on the main floor within the first four rows of the stage. Cost includes round trip transportation. There will be no refunds once registered. The DSO has implemented a vaccination and mask policy. Visit [www.dso.org](http://www.dso.org) for details.

## SUMMER BLOCKBUSTERS

Large budgets, epic storylines and record crowds. The arrival of summer brings with it blockbuster movies that capture everyone's attention and turn film composers such as John Williams and Hans Zimmer into household names.

Code #	Date	Day	Time	R/NR Fee	Age
2240-2A	6/3	F	9:15A-1:45P	\$61/\$71	50+

## BINGO: CONNECT MEMBERS ONLY

Come play bingo! You must be at least 60 years old and a current Connect member. When you successfully complete a bingo, yell "bingo" for a small prize. Sponsored by Townehall Place.



Location: Recreation Activities Center

Code #	Date	Day	Time	R/NR Fee	Age
2062-6	6/3	F	1:00P-2:00P	\$0/\$0	60+
2062-7	7/8	F	1:00P-2:00P	\$0/\$0	60+
2062-8	8/5	F	1:00P-2:00P	\$0/\$0	60+
2062-9	9/9	F	1:00P-2:00P	\$0/\$0	60+

## STRAWBERRY SHORTCAKE

### DESSERTS: CONNECT MEMBERS ONLY

It's strawberry season, and we've got a special strawberry shortcake dessert for our Connect Members! Stay and mingle while enjoying your treat or take it to-go. Limited quantities. One dessert per member. Pre-registration required.

Location: RAC Trailhead Tents

Code #	Date	Day	Time
THANKS5	6/7	Tu	10:00A-11:00A
THANKS6	6/7	Tu	2:00P-3:00P



## 4TH OF JULY PICNIC

Friday, July 1 from 12:00-1:30 pm  
Mapleridge Shelter at Marshbank Park

Lawn games, live music by Dan  
"The Band" Kuchar, picnic lunch

Pre-registration  
required.

Residents: \$9  
Non-residents: \$11

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FREE PUBLIC EVENT

# 13th Annual Health and Wellness Event

Presented by The Greater West Bloomfield Chamber of Commerce

Meet a variety of health and wellness businesses and organizations. Registration not required, just stop in!

FOR MORE INFORMATION:  
248-626-3636  
WBLOOMFIELDCHAMBER@GMAIL.COM

WEDNESDAY, JUNE 8 FROM 11 AM-2 PM  
WEST BLOOMFIELD TOWN HALL  
4550 WALNUT LAKE RD.

Sponsored by:



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## STOP BY THE WB PARKS TABLE!



# MEET OUR SENIOR SERVICES MANAGER

## KAY MCMAHON

Dear West Bloomfield Seniors,

My name is Kailyn 'Kay' McMahon, and I am the new Senior Services Manager at WB Parks. You can call me Kay! As the Senior Services Manager, I look forward to working alongside each of you in pursuit of senior recreation that provides comradery, support, physical leisure and plenty of fun.

I hale from Hancock, Michigan and have been working with senior citizens since I was 15 years old. What started as doing dishes in an assisted living after dinner grew on to happy hour and eventually, created a happy niche in the senior world for me. I achieved a Bachelor's of Psychology in Science with a focus in Business Management and Marketing from Michigan Tech. Go Huskies! Soon after, I moved to the Wixom area where I was the Senior Center Coordinator/Director. Most recently, I came from The Avalon of Commerce Township where I spent 2 years as a devoted Life Enrichment Director. When I am not actively serving seniors, you can find me freelance writing for digital parenting media, storytelling, being a mom to my 6-year old daughter and a loving wife to a mechanical engineer.



It is not lost on me that with the transition at Connect and amidst a new position such as my own, that there will be questions, concerns and perhaps some anxiety for some of us. I assure you that I am here for you all each step of the way as we navigate this period with tenacity, curiosity and grace! While I was applying for this opportunity, I took notice of the tight-knit community and culture in which you have all had a part of contributing and I am eager to add to it. I am excited to serve seniors with a team that shares the same foundational ideals, compassion and goals as they pertain to senior citizens aging in place. I look forward to growing upwards and onwards with you!

Warmest,

Kailyn 'Kay' McMahon  
Senior Services Manager  
kcmahon@wbparks.org

## CONNECT IS ON THE MOVE!

Find us at the Recreation Activities Center to see the staff you know and love, enjoy a cup of coffee and stay up to date on information as we transition to our new "homebase." Connect Members, be on the lookout for emails and snail mail from the team at Connect about our next move!

Bus operations will continue to run Monday-Friday from 8:30 am-4 pm. To schedule a transport, please call: 248-706-2411. The Recreation Activities Center is located at 4640 Walnut Lake Rd., West Bloomfield, MI 48323. Drop in schedule available at [www.wbparks.org/adult-50](http://www.wbparks.org/adult-50).

**NO PROGRAMS WILL BE HELD ON JUNE 20TH IN HONOR OF JUNETEENTH.**



# NEW COMMUNITY TRANSIT STAFF

Meet our newest Community Transit Drivers, Tim Sparks, Jack Alexanian & Michael Dalida. We asked them a few questions to help you get to know them a little better:

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

TIM: Being able to help them to get to various appointments/work destinations and getting to know them and their stories during the drives.

JACK: Being able to be helpful to them and make their life easier.

MICHAEL: Being a senior myself, I have a lot in common and can easily relate to seniors. It's also rewarding and fun!

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

TIM: The timing was perfect for me as I was ending my automotive career and finding out the need for part time drivers through Heidi Russell.....my sister :)

JACK: It's a professionally run place and very friendly staff.

MICHAEL: I have lived in WB for 32 years and I wanted to become a bigger part of the community.

## 3. What is your favorite senior program?

TIM: So far I have only participated in the DSO trip that I think is great. I'm looking forward to helping out with the various Detroit trips as this is our new home.

JACK: Love playing Table Tennis! I also enjoy meeting new people and having a good talk over coffee.

MICHAEL: The DSO concerts. The performers are amazing!

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

TIM: Senior Ops Manager, Heidi and I are great grandchildren of Capt. William Sparks who built and donated the Cascades Waterfalls and Park to the City of Jackson in 1932.

JACK: I'm pretty proficient at Table Tennis! I love telling jokes, too.

MICHAEL: I used to be part owner of a thoroughbred racehorse. We purchased her as a yearling and were lucky enough to see her win races at tracks throughout Kentucky.



## WEST BLOOMFIELD COMMUNITY TRANSIT:

WB Parks offers low-cost transportation services for West Bloomfield residents who are:

- Senior citizens, age 55 and over
- Disabled citizens, age 16 and over

The fare is \$2 each way. Medical appointments can be scheduled 28 days in advance. All other appointments can be scheduled two weeks in advance.

Would you like to schedule a ride? Call 248-706-2411. Messages are returned daily.



# FEATURED RECIPE

## PECAN, PEAR & POMEGRANATE KALE SALAD

Recipe from American Pecan

Serves 8

- 1 bunch kale, stems removed
- 1/3 cup extra-virgin olive oil plus 3 tablespoons, divided
- 2 small pears, sliced
- 3/4 cup fresh pecan halves
- 1/2 cup pomegranate seeds
- 1/3 cup apple cider vinegar
- 2 tablespoons coarse grain mustard
- Pinch of kosher salt
- Pinch of cracked black pepper



Chop or shred kale into small pieces and transfer to large bowl. Drizzle 3 tablespoons olive oil on kale. Massage kale about 3-5 minutes, or until kale becomes glossy, deep green and begins to tenderize.

Add pear slices, pecan halves, and pomegranate seeds; toss.

In a jar with a secure lid, add remaining olive oil, apple cider vinegar, mustard, salt, and pepper; close lid. Shake for several seconds until dressing comes together. Drizzle over salad and toss to coat.

Serve immediately, or allow salad to marinate in dressing up to 30 minutes before serving.

## ATTENTION GRANDPARENTS:

Looking for fun places to take the grandkids?

Check out our spray park: [wbparcs.org/lilypadsprings](http://wbparcs.org/lilypadsprings)

New this year: Sensory-Friendly Mondays, Private Party

Rentals and Twilight Sessions with Food Trucks.

Pre-purchase your timeslot online or call (248) 451-1900!



## Hazardous Waste & E-Waste

Saturday, October 22, 2022

9:00 am—12:00 pm

## Shredding Day

Saturday, September 24, 2022

9:00 am—12:00 pm

## Fall Events



## Senior Drop-Off

HHW: Friday, October 21, 2022

Shredding: Friday, September 23, 2022

4:00 pm—6:00 pm



For more information: (248) 451-4818 or [wbtownship.org](http://wbtownship.org)





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## 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.

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**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.**

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SENIOR CONCERT & LUNCH

# TASTES & TUNES

## AT MARSHBANK PARK

THURSDAY, SEPTEMBER 1 FROM 12-1:30 PM

Bring a chair and some dancing shoes for the senior social event of the season!

\$5/resident, \$7/nonresident which includes lunch from Busch's Fresh Food Market  
*Pre-registration required.*

Free shuttle within the park to transport from parking lots to the concert hill!

Live music by:



Presented by:

# HENRY FORD HEALTH



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## 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.