

50 & BEYOND

HOWELL SENIOR CENTER NEWSLETTER

MAR/APR
2022

ARMCHAIR TRAVEL
TO IRELAND!

THE LUNCH BUNCH
RETURNS!

HOWELL
recreation

HOWELL SENIOR CENTER
1661 N. LATSON RD., HOWELL, MI 48843
517-545-0219 (SENIOR CENTER) | 517-546-0693 EXT 0 (FRONT OFFICE)
WWW.HOWELLRECREATION.ORG

DISCLAIMER

Although the Howell Senior Center provides information through workshops, seminars and advertising for senior services, we do NOT endorse any private company; merely inform consumers of the availability of services that may enhance the lives of our members outside of the Center. As a consumer, you are encouraged to independently research these companies and ask for references. We appreciate all the support we receive from our local business community and health care providers.

ANNOUNCEMENTS:

Remember to call L.E.T.S. to schedule your ride to our building (517) 546-6600. Please check our website (www.howellrecreation.org) and facebook page for the most up to date information regarding closings.

SPECIAL EVENTS

LUNCH AND LEARN

Wednesday, March 16th - 12:00pm

Join Beth from Catholic Charities for a Lunch and Learn. Bring a bagged lunch for yourself and learn about upcoming community events in our area, property tax credit, home heating credit, and much more. We will even have a raffle! Dessert and water will be provided.

Registration required by March 11th.

Cost: FREE

Site: Oceola Community Center, 1661 N. Latson Rd.

HOW TO BE A BIRDHOUSE LANDLORD

Thursday, March 24th - 7:00pm

Nesting season begins soon and it can be very rewarding to have some of your backyard birds choose to raise their young in your birdhouse. But where should the nest box be installed? What's the difference between the different style bird houses available? Who will move in and how do I keep them safe from predators? Learn how to get set-up for a successful nesting season this spring and summer by attending this informative, one-hour program.

Cost: \$10/person

Site: Oceola Community Center, 1661 N. Latson Rd.



NEW: LUNCH BUNCH - AUBREE'S

Thursday, April 14th - 11:30am

Join members of the senior center once a month at a local restaurant for lunch! Each month will be a different location! This is a great way to get out and meet new people while enjoying lunch! Each person will be responsible for their own lunch.

April's Location: Aubree's Pizzeria and Grill, 4433 E Grand River Rd.

Registration required by April 11th

Cost: FREE



50 & BEYOND &
HOWELL • SENIOR • CENTER

Village Manor
Retirement

- PRESENT -



ARMCHAIR TRAVEL *Ireland*

Wednesday, March 23rd - 1:00pm

FREE for Members / \$5 for Non-Members



Fly away to Ireland with Armchair Travel! We will learn all about the culture, food, and amazing landmarks of Ireland. With this amazing and lively presentation you will feel like you are really in Ireland! Irish themed snacks and drinks will be provided!
Registration required by March 16th.

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517-546-0693
www.howellrecreation.org

LET'S GET ORGANIZED!

Saturday, April 30th - 10:00am

Have time for what's really important, not looking for your car keys!

Can you find what you need in when you need it? Are you tired of digging through the pantry or closet looking something you know you have but can't find?

Join Professional Organizer Cindy Greenleaf of New Leaf Organizing LLC as she teaches basic organizing rules that will make your life less stressful and possibly recover a little "free time." Learn tips and tricks to organize various problem areas throughout your home.

There will be a Q&A and products shown at the end of the session so you can leave with organizing and product solutions. And don't worry, you can't shock her. She's assisted on several television episodes of "Hoarders."

Cost: \$15/person

Site: Oceola Community Center, 1661 N. Latson Rd.

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Easter
- LUNCHEON -

WEDNESDAY, APRIL 6TH - 11AM

Join us at Chemung Hills Golf Course for an amazing Easter Lunch! We will have food, fun, entertainment, and raffles!

Location: Chemung Hills, 3125 Golf Club Rd.
Registration Required by March 25th

\$20 / PERSON

MENU
HAM
CHEESY POTATOES
GREEN BEAN CASSEROLE
GARDEN SALAD
ROLLS AND BUTTER



VILLAGE MANOR BOUQUET ARRANGEMENTS

Wednesday, March 9th - 1:00pm

Join Village Manor once a month to arrange a beautiful flower bouquet! Please bring your own vase to arrange your flowers in! Registration is required. A limited number of spaces will be available.

Cost: Free for Members / \$5 Non-Members

More information regarding this program to come. Please stay tuned to our Facebook page for updates regarding this program.



THE GRAND EXPERIENCE

REGISTRATION RUNS FEB 1ST-AUG 8TH

September 27th-30th, 2022

The Grand Experience is for individuals 50 years or older. Caregivers under 50 are welcome.

- Accommodations for four days and three nights at the Grand Hotel
- Roundtrip bus transportation*
- Daily full breakfasts
- Daily four course dinners
- Special prices on bicycle rentals, golf, photos, and fudge.
- And so much more!

*If you choose this option at registration.

INTERESTED IN THIS TRIP?

Check out our brochure for more info.

517-546-0693 www.howellrecreation.org



HOWELL recreation



PROGRAMS

SENIOR COFFEE HOUR

Mondays / Wednesdays / Fridays - 8:30am-11:00am

Come socialize with us over a cup of coffee!

Cost: Free for members / \$2 Non-Members

PENNY BINGO

Mondays - 12:00pm-1:30pm

Come play bingo with us at the Ocala Community Center once a week.

Cost: Free for members / \$2 Non-Members

CARDS

Mondays - 12:00pm-4:00pm

Cost: Free for members / \$2 Non-Members

TAI CHI

Mondays - 9:30am

Thursdays - 9:00am

Cost: \$3 drop-in (with Senior Center Membership) / \$5 drop-in

Free with Tivity. Check with your insurance provider to see if you're covered.

50 & BEYOND WALKING CLUB

(Tuesdays and Thursdays) - 9:00am-10:00am

Come walk at the new Ocala Community Center with us twice a week.

Cost: Free for members / \$5 Residents / \$10 Non-Residents

SENIOR FITNESS (STRETCH & STRENGTH)

Tuesdays - 10:00am - Plymouth Physical Therapy

Wednesdays - 9:00am (Kimberly)

Wednesdays - 10:00am (Chair Yoga With Ashley)

Thursdays - 10:15am (Kathy)

Increase muscular strength, range of motion, and mobility. Light weights can be used for strength. Each exercise can be modified.

Cost: \$3 drop-in (with Senior Center Membership) / \$5 drop-in

Free with Tivity. Check with your insurance provider to see if you're covered.

KNITTING CLUB

Tuesdays at 11:00am

Cost: Free for members / \$2 Non-Members

MAHJONG

Tuesdays - 1:00pm-4:00pm

Fridays - 12:00pm-3:00pm

Cost: Free for members / \$2 Non-Members

BOOK CLUB

Last Friday of the month - 11:00am

March - **The Snow Child** by Eowyn Ily

April - **The Joy Luck Club** by Amy Tan

Cost: Free for members / \$2 Non-Members



GLEANERS FOOD MOBILE

First Thursday of the Month at 1:00pm

This is a drive-thru event. Please stay in your car. Food will be distributed.

Cost: Free

BIRTHDAYS

MARCH

| | |
|-------------|------|
| Neil B. | 3/6 |
| Darlene T. | 3/11 |
| Patricia H. | 3/12 |
| Judy A. | 3/23 |
| Rose V. | 3/23 |
| John A. | 3/27 |
| Phyllis N. | 3/31 |

APRIL

| | |
|------------|------|
| Lisa L. | 4/7 |
| Sheila W. | 4/8 |
| Barbara S. | 4/17 |
| Eunice S. | 4/17 |
| Faith T. | 4/18 |
| Suzanne G. | 4/18 |
| Susan P. | 4/19 |
| Kathryn B. | 4/21 |
| Ellen V. | 4/25 |
| Linda G. | 4/29 |
| Joan W. | 4/29 |

The Howell Senior Center wants to wish a Happy Birthday to everyone celebrating a birthday during the months of March & April.

THANK YOU

- **LACASA**
- **Randall Residence**
- **Brookdale of Brighton**
- **The Willows of Howell**
- **Independence Village of Brighton**
- **Village Manor**

Independence Village SENIOR LIVING



JAN-APRIL BIRTHDAY PARTY

Wednesday, April 6th - 1:00pm

We will be doing our birthday parties different starting in 2022. Our birthday parties will now include 4 months! If your birthday is in January, February, March, or April please join us on April 6th at 1:00pm for cake! You must RSVP for this event.

RSVP is required. Give us a call at 517-546-0693 to let us know you're coming.

IN LOVING MEMORY



We are devastated to share the news that Phyllis B. has passed away. She was a long time and active member of the senior center. She will be greatly missed by all. Our thoughts are with her family and friends during this time.

MARCH CALENDAR OF EVENTS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| | 1 9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2) | 2 8:30am Coffee Hour (Rm1) 9am Senior Fit (Rm2) 10am Senior Fit Chair Yoga (Rm2) | 3 9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) 1pm Gleaners Food Mobil (Outside) | 4 8:30am Coffee Hour (Rm1) 12pm Mahjong (Rm2) |
| 7 8:30am Coffee Hour (Rm1) 9:30am - Tai Chi (Rm2) 12pm Cards (Rm2) | 8 9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2) | 9 8:30am Coffee Hour (Rm1) 9am Senior Fit (Rm2) 10am Senior Fit Chair Yoga (Rm2) 1pm Flower Arranging (Rm1) | 10 9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) | 11 8:30am Coffee Hour (Rm1) 12pm Mahjong (Rm2) |
| 14 8:30am Coffee Hour (Rm1) 9:30am - Tai Chi (Rm2) 12pm Cards (Rm2) | 15 9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2) | 16 8:30am Coffee Hour (Rm1) 9am Senior Fit (Rm2) 10am Senior Fit Chair Yoga (Rm2) 12pm Lunch & Learn (Rm1) | 17 9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) | 18 8:30am Coffee Hour (Rm1) 12pm Mahjong (Rm2) |
| 21 8:30am Coffee Hour (Rm1) 9:30am - Tai Chi (Rm2) 12pm Bingo (Rm1) 12pm Cards (Rm2) | 22 9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2) | 23 8:30am Coffee Hour (Rm1) 9am Senior Fit (Rm2) 10am Senior Fit Chair Yoga (Rm2) 1pm - Armchair Travel Ireland (Rm1) | 24 9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) 7pm - Birdhouse Landlord Class (Rm3) | 25 8:30am Coffee Hour (Rm1) 11:30am Book Club 12pm Mahjong (Rm2) |
| 28 8:30am Coffee Hour (Rm1) 9:30am - Tai Chi (Rm2) 12pm Bingo (Rm1) 12pm Cards (Rm2) | 29 9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2) | 30 8:30am Coffee Hour (Rm1) 9am Senior Fit (Rm2) 10am Senior Fit Chair Yoga (Rm2) | 31 9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) | |

APRIL CALENDAR OF EVENTS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| PURPLE = CLASS BLUE = SPECIAL EVENT RED = FITNESS | | | | 1 8:30am Coffee Hour (Rm1) 12pm Mahjong (Rm2) |
| 4 8:30am Coffee Hour (Rm1) 9:30am - Tai Chi (Rm2) 12pm Bingo (Rm1) 12pm Cards (Rm2) | 5 9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2) | 6 8:30am Coffee Hour (Rm1) 9am Senior Fit (Rm2) 10am Senior Fit Chair Yoga (Rm2) | 7 9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) 1pm Gleaners Food Mobil (Outside) | 8 8:30am Coffee Hour (Rm1) 12pm Mahjong (Rm2) |
| 11 8:30am Coffee Hour 9:30am - Tai Chi (Rm2) 12pm Bingo (Rm1) 12pm Cards (Rm2) | 12 9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2) | 13 8:30am Coffee Hour (Rm1) 9am Senior Fit (Rm2) 10am Senior Fit Chair Yoga (Rm2) | 14 9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) 11:30am - Lunch Bunch (Aubrees) | 15 8:30am Coffee Hour (Rm1) 12pm Mahjong (Rm2) |
| 18 8:30am Coffee Hour 9:30am - Tai Chi (Rm2) 12pm Bingo (Rm1) 12pm Cards (Rm2) | 19 9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2) | 20 8:30am Coffee Hour (Rm1) 9am Senior Fit (Rm2) 10am Senior Fit Chair Yoga (Rm2) | 21 9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) | 22 8:30am Coffee Hour (Rm1) 12pm Mahjong (Rm2) |
| 25 8:30am Coffee Hour 9:30am - Tai Chi (Rm2) 12pm Bingo (Rm1) 12pm Cards (Rm2) | 26 9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2) | 27 8:30am Coffee Hour (Rm1) 9am Senior Fit (Rm2) 10am Senior Fit Chair Yoga (Rm2) | 28 9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) | 29 8:30am Coffee Hour (Rm1) 11:30am Book Club 12pm Mahjong (Rm2) |

THIS SPACE IS
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 for L.E.T.S. happenings.

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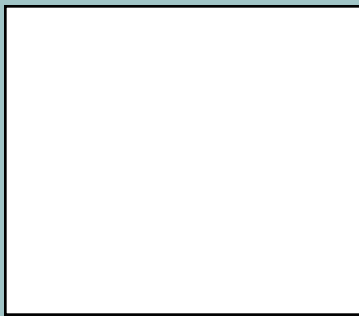


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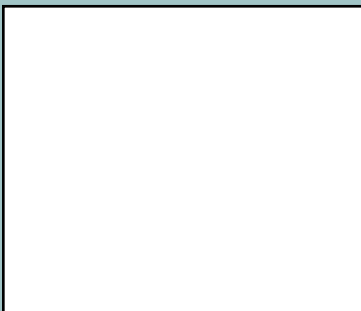


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HOWELL • SENIOR • CENTER

HOWELL SENIOR CENTER

at the Oceola Community Center

1661 N. Latson Rd.

Howell, MI 48843

SENIOR CENTER WISH LIST

We have compiled a wish list of things that will help contribute to the quality of the Howell Senior Center. If you're interested in donating, please drop off your donation at the Oceola Community Center (1661 N. Latson Rd. in Howell) or call 517-545-0219.

- Gift Cards to Meijer, Walmart, and Joanne Fabrics.
- Decaf & Regular Coffee
- Creamer (Powdered)
- Sugar
- Coffee Cups (8oz only)
- Napkins
- Paper Plates
- Copy Paper
- Plastic Silverware

If you would like to have a receipt for tax purposes, we can provide you with one. The Howell Senior Center wants to thank all who contribute to the center!

RESOURCE GUIDE

Adult Protective Services

517.548.0200

Area Agency on Aging 1-B

800.852.7795

Catholic Charities

517.545.5944

Dept. of Human Services

517.548.0200

Gleaner's Food Bank

517.548.3710

Hospice of Michigan

888.247.5701

Human Services (OLHSA)

517.546.8500

LACASA

866.522.2725

L.E.T.S. Transportation

517.546.6600

Salvation Army

517.546.4750

Senior Aide Program

810.766.1470

Senior Nutrition Program (Meals on Wheels)

810.632.2155

Senior Reach Program

517.404.0614

Social Security Administration

800.772.1213

Special Ministries of Livingston County

810-588-1909

St. Joseph Mercy Hospital

517.545.6000

United Way

810.494.3000