

50 & BEYOND

HOWELL • SENIOR • CENTER NEWSLETTER

JULY/AUG
2022

LUNCH BUNCH!

GAME DAY!

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

BINGO WITH RANDALL RESIDENCE

Monday, July 11th - 12:00pm

Come play Bingo with Randall Residence at the Oceola Community Center starting at 12:00pm.

Registration required.

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

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

LUNCH AND LEARN: PT SOLUTIONS

Tuesday, July 12th - 11:30am

Join PT solutions for a great educational presentation! Lunch will be included.

Registration required.

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

Cost: \$2 for Members / \$5 for Non-Members

GAME DAY AT CHEMUNG HILLS

Thursday, July 14th - 12:00pm-3:00pm

Enjoy an afternoon of games and lunch at Chemung Hills Country Club and Golf Course. Room will be open from 12:00pm-3:00pm for game play. Lunch will be served from 12:00pm-1:00pm. Menu and pricing is TBD.

Site: Chemung Hills Golf & Banquet Center, 3125 Golf Club Rd.

Cost: Menu and pricing is TBD.

LUNCH BUNCH: TOMATO BROTHERS

Thursday, July 21st - 11:30am

Join friends from the Senior Center as we meet for lunch at Tomato Brothers. Lunch will be on your own.

Registration Required.

Site: Tomato Brothers, 3030 W. Grand River Ave.

Cost: FREE

50 & BEYOND

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Q-TIP PAINTING WITH VILLAGE MANOR

FREE for Members
\$5 for Non-Members
Registration Required!
(517) 546-0693

Wednesday,
July 13th
1:00 P.M.

HOWELL
recreation

LUNCH AND LEARN WITH OPEN ARMS HOSPICE

Tuesday, August 2nd - 12:00pm

Join Open Arms Hospice for a great Lunch & Learn event at the Howell Senior Center. Lunch will be provided.

Registration Required.

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

Cost: \$2 for Members / \$5 for Non-Members

SURPRISE CRAFT WITH VILLAGE MANOR

Wednesday, August 10th - 1:00pm

Join Village Manor for this fantastic craft! No details will be shared about this craft as it is a surprise!

Registration required.

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

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

GAME DAY AT CHEMUNG HILLS

Thursday, August 11th - 12:00pm-3:00pm

Enjoy an afternoon of games and Lunch at Chemung Hills Country Club and Golf Course. Room will be open from 12:00pm-3:00pm for game play. Lunch will be served from 12:00pm-1:00pm. Menu and pricing is TBD.

Site: Chemung Hills Golf & Banquet Center, 3125 Golf Club Rd.

Cost: Menu and pricing is TBD.

BINGO WITH RANDALL RESIDENCE

Monday, August 15th - 12pm

Come play Bingo with Randall Residence at the Oceola Community Center starting at 12:00pm.

Registration required.

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

Cost: FREE for members / \$5 for Non-Members

LUNCH BUNCH: RED OLIVE

Thursday, August 18th - 11:30am

Join friends from the Senior Center as we meet for lunch at Red Olive! Lunch will be on your own.

Registration required.

Site: Red Olive, 3838 E. Grand River Ave.

Cost: FREE

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Arm Chair Travel with Debra: The American Dream

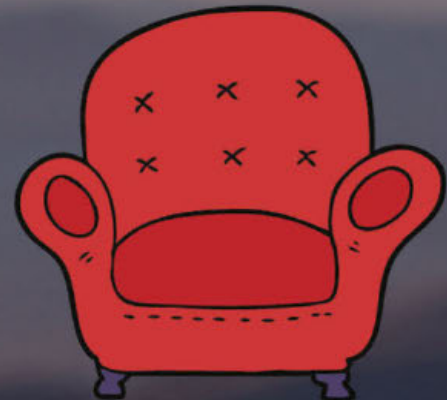
Tuesday,
July 26th
12:30 P.M.

Registration Required!

\$2 Members,

\$5 Non-Members

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 Oceola 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 Oceola 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 - 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

July - *Snow Flower and the Secret Fan* by Lisa See

August - *American Dirt* by Jeanine Cummins

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

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

JULY

| | |
|--------------|------|
| Bernadene P. | 7/2 |
| Raymond N. | 7/2 |
| Dolores S. | 7/3 |
| Rosalie K. | 7/3 |
| Joyce D. | 7/4 |
| Karen H. | 7/5 |
| Joanne B. | 7/7 |
| April C. | 7/9 |
| Floyd S. | 7/12 |
| Sophie G. | 7/13 |
| Richard P. | 7/15 |
| Pamela O. | 7/23 |
| Walter M. | 7/23 |
| Vonda B. | 7/24 |
| Celeste Z. | 7/28 |

AUGUST

| | |
|---------------|------|
| Nancy S. | 8/2 |
| Monica U. | 8/5 |
| Jacqueline M. | 8/5 |
| Laura L. | 8/6 |
| Cindy B. | 8/7 |
| Eileen Y. | 8/7 |
| Sandra P. | 8/9 |
| Gehan S. | 8/10 |
| Janet R. | 8/12 |
| JoAnn S. | 8/13 |
| Sharon M. | 8/14 |
| Sharon S. | 8/16 |
| Linda M. | 8/17 |
| Gary E. | 8/17 |
| Lawrence Z. | 8/19 |
| Keith A. | 8/20 |
| Carol P. | 8/20 |
| Janis S. | 8/21 |
| Sandra B. | 8/24 |
| Donald S. | 8/26 |
| Sandra P. | 8/26 |
| Ross A. | 8/27 |
| Jeannie H. | 8/27 |
| Jean L. | 8/27 |
| Judith P. | 8/29 |
| James N. | 8/30 |

THANK YOU

Plymouth Physical Therapy
St. Joe's Hospice
Chemung Hills Golf Course
Level 11 Physical Therapy

Independence Village SENIOR LIVING



RANDALL RESIDENCE

at Encore Village

MAY-AUGUST BIRTHDAY PARTY

Wednesday, July 20th - 1:00pm

If your birthday is in May, June, July, or August, please join us at the center 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.

JULY CALENDAR OF EVENTS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| <p>BLUE = SPECIAL EVENT RED = FITNESS</p> | | | | <p style="text-align: right;">1</p> <p>8:30am Coffee Hour (Rm1) 12pm Mahjong (Rm2)</p> |
| <p style="text-align: right;">4</p> <p>CLOSED</p> | <p style="text-align: right;">5</p> <p>9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2)</p> | <p style="text-align: right;">6</p> <p>8:30am Coffee Hour (Rm1) 10am Senior Fit Chair Yoga (Rm2)</p> | <p style="text-align: right;">7</p> <p>9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) 1pm Gleaners Food Mobil (Outside)</p> | <p style="text-align: right;">8</p> <p>8:30am Coffee Hour (Rm1) 12pm Mahjong (Rm2)</p> |
| <p style="text-align: right;">11</p> <p>8:30am Coffee Hour (Rm1) 9:30am - Tai Chi (Rm2) 12pm Bingo With Randall Residence (Rm1) 12pm Cards (Rm2)</p> | <p style="text-align: right;">12</p> <p>9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 11:30am Lunch & Learn PT Solutions 1pm Mahjong (Rm2)</p> | <p style="text-align: right;">13</p> <p>8:30am Coffee Hour (Rm1) 10am Senior Fit Chair Yoga (Rm2) 1pm Q-Tip Painting</p> | <p style="text-align: right;">14</p> <p>9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) 12pm Game Day At Chemung Hills</p> | <p style="text-align: right;">15</p> <p>8:30am Coffee Hour (Rm1) 12pm Mahjong (Rm2)</p> |
| <p style="text-align: right;">18</p> <p>8:30am Coffee Hour (Rm1) 9:30am - Tai Chi (Rm2) 12pm Bingo (Rm1) 12pm Cards (Rm2)</p> | <p style="text-align: right;">19</p> <p>9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2)</p> | <p style="text-align: right;">20</p> <p>8:30am Coffee Hour (Rm1) 10am Senior Fit Chair Yoga (Rm2) 1pm Senior Birthday Party</p> | <p style="text-align: right;">21</p> <p>9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) 11:30am Lunch Bunch Tomato Bros.</p> | <p style="text-align: right;">22</p> <p>8:30am Coffee Hour (Rm1) 12pm Mahjong (Rm2)</p> |
| <p style="text-align: right;">25</p> <p>8:30am Coffee Hour (Rm1) 9:30am - Tai Chi (Rm2) 12pm Bingo (Rm1) 12pm Cards (Rm2)</p> | <p style="text-align: right;">26</p> <p>9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 12:30pm - Armchair Travel 1pm Mahjong (Rm2)</p> | <p style="text-align: right;">27</p> <p>8:30am Coffee Hour (Rm1) 10am Senior Fit Chair Yoga (Rm2)</p> | <p style="text-align: right;">28</p> <p>9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2)</p> | <p style="text-align: right;">29</p> <p>8:30am Coffee Hour (Rm1) 11:30am Book Club 12pm Mahjong (Rm2)</p> |

AUGUST CALENDAR OF EVENTS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| <p>1</p> <p>8:30am Coffee Hour (Rm1) 9:30am - Tai Chi (Rm2) 12pm Bingo (Rm1) 12pm Cards (Rm2)</p> | <p>2</p> <p>9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 12pm Lunch & Learn Open Arms Hospice 1pm Mahjong (Rm2)</p> | <p>3</p> <p>8:30am Coffee Hour (Rm1) 10am Senior Fit Chair Yoga (Rm2)</p> | <p>4</p> <p>9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) 1pm Gleaners Food Mobil (Outside)</p> | <p>5</p> <p>8:30am Coffee Hour (Rm1) 12pm Mahjong (Rm2)</p> |
| <p>8</p> <p>8:30am Coffee Hour (Rm1) 9:30am - Tai Chi (Rm2) 12pm Bingo (Rm1) 12pm Cards (Rm2)</p> | <p>9</p> <p>9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2)</p> | <p>10</p> <p>8:30am Coffee Hour (Rm1) 10am Senior Fit Chair Yoga (Rm2) 1pm - Surprise Craft</p> | <p>11</p> <p>9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) 12pm Game Day At Chemung Hills</p> | <p>12</p> <p>CLOSED</p> |
| <p>15</p> <p>8:30am Coffee Hour 9:30am - Tai Chi (Rm2) 12pm Bingo With Randall Residence (Rm1) 12pm Cards (Rm2)</p> | <p>16</p> <p>9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2)</p> | <p>17</p> <p>8:30am Coffee Hour (Rm1) 10am Senior Fit Chair Yoga (Rm2)</p> | <p>18</p> <p>9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2) 11:30am Lunch Bunch Red Olive</p> | <p>19</p> <p>8:30am Coffee Hour (Rm1) 12pm Mahjong (Rm2)</p> |
| <p>22</p> <p>8:30am Coffee Hour 9:30am - Tai Chi (Rm2) 12pm Bingo (Rm1) 12pm Cards (Rm2)</p> | <p>23</p> <p>9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2)</p> | <p>24</p> <p>8:30am Coffee Hour (Rm1) 10am Senior Fit Chair Yoga (Rm2)</p> | <p>25</p> <p>9am Walking Club (Walking Track) 9am - Tai Chi (Rm2) 10:15am Senior Fit (Rm2)</p> | <p>26</p> <p>8:30am Coffee Hour (Rm1) 11:30am Book Club 12pm Mahjong (Rm2)</p> |
| <p>29</p> <p>8:30am Coffee Hour 9:30am - Tai Chi (Rm2) 12pm Bingo (Rm1) 12pm Cards (Rm2)</p> | <p>30</p> <p>9am Walking Club (Walking Track) 10am Senior Fit (Rm2) 11:00am Knitting Club (Rm3) 1pm Mahjong (Rm2)</p> | <p>31</p> <p>8:30am Coffee Hour (Rm1) 10am Senior Fit Chair Yoga (Rm2)</p> | | |



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5757 Whitmore Lake Rd., Ste 900
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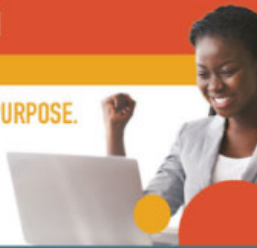


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HOWELL • SENIOR • CENTER

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