

**Waterford Board of Education**

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3621 PONTIAC LAKE ROAD, WATERFORD 48328  
PHONE: 248-682-9450 FAX: 248-738-4710  
WWW.WSDMI.ORG/SENIORCENTER  
MONDAY-FRIDAY 8:30 A.M.— 4:00 P.M.

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# Waterford Senior Center

ADDRESSING THE NEEDS OF ALL SENIORS  
WITHIN THE COMMUNITY

April / May 2024



**Detroit Tigers  
Opening Day Lunch**  
Friday, April 5  
12:00 Noon  
\$5.00

Show your support for our home team and join us in the Bistro as we celebrate the home opener for our Detroit Tigers. Wear your Tigers t-shirts, jerseys, and ball caps and enjoy a traditional ballpark lunch.

Menu

All Beef Hot Dog, Baked Beans  
Cole Slaw, Peanuts, Cracker Jacks  
Fresh Popped Popcorn

Sponsored by;  
State Representative Brenda Carter

**Volunteer Appreciation Brunch**  
“The Magic of Volunteering”  
Saturday, April 27  
10:00 am

If you have volunteered with the Waterford Senior Center in the last year, you are invited!

Brunch Buffet  
Baffling Bill, Strolling Magician  
Raffles and Prizes  
FREE  
RSVP by 4/19



**Spring Plant Sale**  
Perennials, Herbs,  
Succulents & Houseplants  
Saturday, May 11  
9:00 am– 2:00 pm

**A Mother’s Day Celebration**  
“Mad Hatter’s Tea Party”  
Friday, May 3  
12:00 Noon

- Tea Sandwiches, Finger Foods & Salads
- Assorted Teas
- Fancy Bite Sized Desserts
- Mad Hat Contest
- Musical Entertainment w/Smitty
- Fun Raffles & Prizes

\$12.00 Members  
\$15.00 Non-Members  
RSVP by 4/26



**Senior Law Day**  
Friday, June 7  
9:45 am-2:00 pm



Free Event Sponsored by:  
Oakland County Bar Association  
RSVP to 248-334-3400 by 5/31

# Membership

Enjoy the benefits of membership at the  
Waterford Senior Center!

Benefits of membership include:

- \* Bi-monthly newsletter
- \* Discounts on selected events and travel
- \* Show your support for the Center

	WATERFORD RESIDENT	NON-RESIDENT
ANNUAL <i>HOUSEHOLD</i> MEMBERSHIP*	\$ 25.00	\$ 30.00
LIFE MEMBERSHIP	\$ 250.00	\$ 300.00
10-YEAR MEMBERSHIP	\$ 155.00	\$ 215.00
5-YEAR MEMBERSHIP	\$ 105.00	\$ 125.00

\*Annual Household Membership - One fee per household address-valid for one (1) year from date of sign up or renewal.

Note: Life Members also receive recognition with a nameplate displayed at the Center.

**\*Please Note Membership Rates Have Changed! See Above\***



Please return this portion with your check to:

Waterford Senior Center, 3621 Pontiac Lake Rd., Waterford, MI 48328

Please Circle (one):    **NEW**            **RENEWAL**

Name(s) \_\_\_\_\_ / \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_ Birthdate(s) \_\_\_\_\_ / \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

# *Message from Erin*

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**Waterford Senior Center is our Treasure where Friendships Grow & Blossom**

**“That is one good thing about this world...There are always sure to be more springs.”**

**-L.M. Montgomery**

**“Spring will come and so will happiness. Hold on life will get warmer.”**

**-Anita Krizzan**

We are all tired of winter, snow, ice and gray skies. Looking back, it has been a rather gloomy winter, too much slush and mess without the sun on fresh sparkling snow to create views we can enjoy. However, we can all be grateful that we were able to gather and enjoy activities, meals, and friendship at the Waterford Senior Center. We kept busy and engaged with fun activities that enriched our daily lives and gave purpose to our days. Merriam Webster defines treasure, a noun, as “a thing to hold or keep as precious,” or the verb “to store up something of value for the future.” Our Waterford Senior Center, housed here at the Leggett building, is truly a treasure in our community. Our programs and activities are vital to the seniors who gather and participate here and to those who are homebound and receive meals and friendship delivered daily.

In April we have some special celebrations to welcome spring! Reserve your spot at our Munch & Mingle event held on Thursday April 18th at the Shark Club Banquet room. A bountiful menu of delicious appetizers served buffet style and a scrumptious dessert bar will be quite filling. We have a selection of three music groups to entertain us with a variety of vintage folk, blues, and rock. Soft drinks will be part of the ticket with a cash bar for those who wish to purchase a beverage. The proceeds from this evening will benefit our Encore Adult Day Service Program and help us continue to provide the best quality care for our very special participants and their caregiving families. The event starts early at 4:30 and you'll enjoy mingling with friends, eating good food, browsing the silent auction and raffles while enjoying good music. Read more inside about the tickets and how you can enjoy this special night.

Our next BIG event celebrates our AMAZING volunteer core. On Saturday April 27 we'll show our appreciation with a “VOLUNTEERS ARE MAGIC” theme. We will enjoy a delicious breakfast buffet, so that our staff has time to relax and celebrate together while our programs are closed for the weekend. This year we have 3 special Dennis Griffin Volunteer of the Year Awards to express our gratitude to a few individuals who have gone above and beyond in their service to the community. In May we have a spectacular Mother's Day Tea Party Luncheon planned for Friday May 3rd. Tickets will go fast so be sure to get yours early. June 3rd will bring our Oakland County Bar Association Law Day event. (see inside for details on how and when to register for Law Day!) June 20th we will hold our Summer Solstice Fundraiser with the Toppermost Beatle Tribute Band. Then ready or not, it will be time for our Annual Flea Market July 25th -27th.

We can move forward from winter to spring, plan for a full active summer of healthy programs and fun opportunities to learn something new while building friendships. We have wonderful opportunities here with programs of service, recreation, health, education, daily meals and special events that build friendships and enhance healthy lifestyles. At the Waterford Senior Center you'll find, **“There are friends, there is family and there are friends that become family.”** -Anonymous

*Erin Asdell*

Waterford Senior Center Coordinator

# Stay Connected

## We are here for you!

Senior center staff is here and available to answer your phone calls. Please do not hesitate to call us if you have questions, concerns, or are in need of services or resources.

**248-682-9450**

## Check out our Website

**[www.wsdmi.org/seniorcenter](http://www.wsdmi.org/seniorcenter)**

You can find current online resources such as newsletters, menus and special events.

This is also an excellent place to find the most up to date announcements for the senior center.

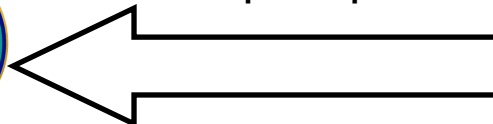
## Follow us on Facebook



Look for **Waterford Senior Center**. We post photos, activities and WSC news. We also do Facebook live activities, so check back often!



Look for this profile picture!



## Blackboard Connect

If you would like updates and information sent directly to your email or phone about happenings going on at the senior center, please call the office to sign up for Blackboard Connect! For email updates please email – **[champn01@wsdmi.org](mailto:champn01@wsdmi.org)** with your email address.

## What's New For Waterford's Seniors? Media Network of Waterford Presents: "Hello Waterford"

Watch on:

Waterford Comcast TV 10  
or ATT U-verse Channel 99.

Watch at

[www.medianetworkofwaterford.org](http://www.medianetworkofwaterford.org)

Or visit the website and watch "On Demand".



## Meet And Greet

Join us for an informal "Meet and Greet" where you can meet with staff and other senior center members. You will have the opportunity to tour the center, check out some of our classes or activities, and ask questions. Refreshments will be served.

**Friday, May 24**

**1:00 pm**



The Waterford Senior Center will be closed if the Waterford School District closes for inclement weather. Please watch your local news for school district closure information, or sign

up for Blackboard Connect to get automated alerts.

\* Blackboard Connect information is available in the main office.



## GET INVOLVED!

### Senior Center Advisory Board

The Advisory Board is a group of Senior Center volunteers and supporters who are dedicated to assisting in the future direction of the center. The group's input and ideas are valued by staff when considering changes, additions or deletions of programs that are offered at the center. The Advisory Board works alongside staff to support programs and services and also assist with fund raising efforts.

**All senior center members are welcome and encouraged to participate!**

**Wednesday, May 8**

**11:00 am**



Feeling overwhelmed?

*We are here for you!*



WATERFORD COMMUNITY COALITION

A Waterford Community Coalition (WCC) staff will work in partnership with the Waterford Senior Center to help to identify specific need(s). The knowledgeable staff will then link you to the appropriate resources that our community has to offer. It is our goal that you will remain thriving within the community.

## Examples of resources but not limited to



- housing resources
- education (birth-adult)
- food
- filling out forms
- employment
- physical/mental health

**FREE!!**  
Resource  
counseling

**Confidential**

**We believe  
in YOU**

**Schedule**  
an appointment

Email - [Resource@ccwaterford.org](mailto:Resource@ccwaterford.org)

or

Call/text - (947) 229-7140

## CONTACT WCC



[www.ccwaterford.org](http://www.ccwaterford.org)



[info@ccwaterford.org](mailto:info@ccwaterford.org)



Waterford Community Coalition



Federal, State, and/or County funding has been provided through the Oakland Community Health Network Office of Substance Use Disorders to support the project costs.

# ENCORE Adult Day Services Fundraising Event



# MUNCH & MINGLE



A night of compassion, community, and giving.  
Together, let's make a difference that echoes  
beyond the event.

- Appetizer Buffet
- Live Musical Performances
- Silent Auction
- Basket Raffle
- 50/50 Raffle
- Cash Bar



Shark's Club - Banquet Room  
6665 Highland Road, Waterford

**TICKETS**  
**\$50.00**

Reservations and Information  
248-682-9450  
champn01@wsdmi.org

**RSVP by April 4**

**Waterford Senior Center Presents**

# **SUMMER SOLSTICE**

**Fundraising**

**Event**

**In Support of Senior  
Services & Programs**

**Cocktail & Social Hour  
Buffet Dinner  
Musical Performance By:  
"Toppermost", Beatles Tribute Band  
Silent Auction  
Basket Raffle  
50/50 Raffle  
Cash Bar**

**June 20, 2024  
5:00 pm**

**Overtyme Grill & Tap Room  
Banquet Room  
4724 Dixie Highway, Waterford**

**Tickets available at  
3621 Pontiac Lake Road**

**248-682-9450**

**champn01@wsdmi.org**



# Special Interest

## Senior Center Gift Shop

Stop in and check out our collection of gifts and more!

Local honey, hand made baby items, jewelry, floral and home décor, kitchen items, and much more.

**Monday-Friday**

**9:30 am - 3:00 pm**

**One-of-a-kind gifts!**

**Support local crafters!**

**A percentage of all sales support your Waterford Senior Center!**

We also have a huge selection of greeting cards for all occasions.

## White Elephant Sale

**Monday, May 6– Friday, May 10**

**9:30 am - 3:00 pm**

**(Sale ends at noon on Friday)**



Shop this special sale hosted by the Gift Shop! Fun and unique items at bargain prices!

## Used Book and Puzzle Sale

**4 Paperbacks for \$1.00**

**2 Hardcover for \$1.00**

**Puzzles \$0.50 each**

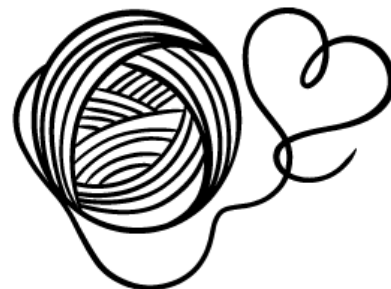
# FABRIC & YARN

# FRENZY SALE

**THURSDAY, MAY 9**

**FRIDAY, MAY 10**

**9:00 AM – 3:00 PM**



Attention quilters, knitters, crocheters, and sewing enthusiasts! Come shop our “Fabric and Yarn Frenzy Sale”. All sales will be on a donation basis- with 100% of all donations supporting our “WSC Comfort Makers” fleece blanket club which provides handmade blankets to local charities.



**Waterford Senior Center Gym  
3621 Pontiac Lake Road**

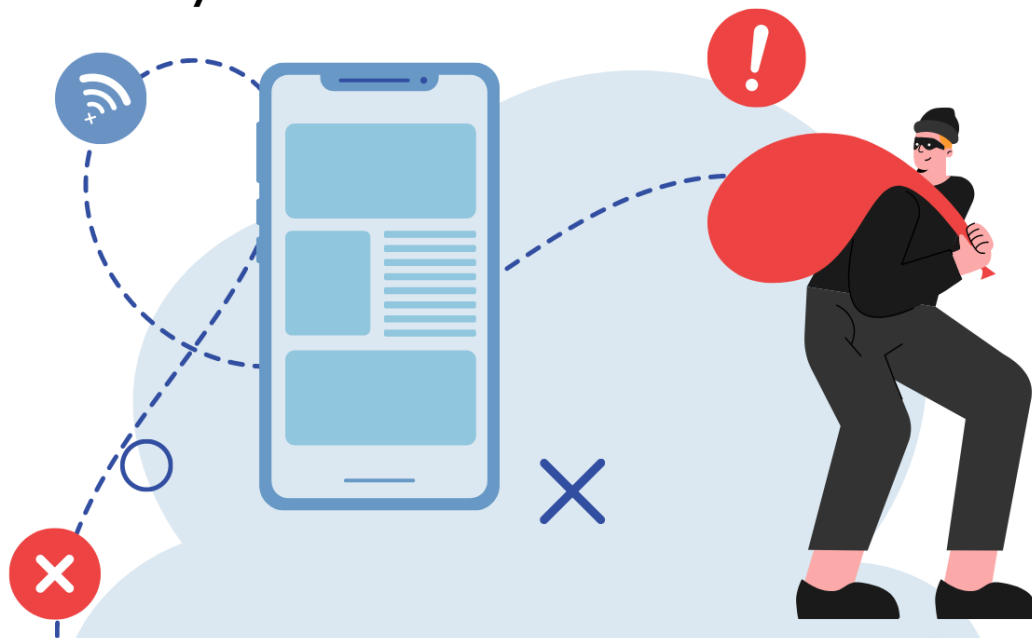


# FRAUD AND SCAM PREVENTION CLASS @ WATERFORD SENIOR CENTER

**Free**

**Monday, April 8  
1:00 pm-3:00 pm**

Lt. Chester Bartle, from the Waterford Police Department will be presenting a **FREE** class with tips on how to protect yourself from fraud and scams.



## Raise Your Level of Awareness

- Text and Phone Scams
- Banking Fraud
- Email Phishing
- Gift Card Scams

Waterford Senior Center  
3621 Pontiac Lake Road



No Registration Required  
Please call 248-682-9450 or email [fidled01@wsdmi.org](mailto:fidled01@wsdmi.org)  
if you have any questions or need additional information.

# Special Interest



**WOTA** 248 887-4979



Hours: 6 am—9 pm  
Monday—Friday: 6 am—9 pm  
Saturdays: 8:00 am—4:00 pm  
Cost is \$2.00 per stop.



WOTA's service area covers over 500 square miles.



WOTA can take you anywhere in our service area for any reason. Employment, doctor's appointments, grocery shopping, or visiting friends, we can do it!



Riding WOTA is easy! Register today online or by mail. Schedule your ride —please call at least 48 hours before

## Michigan Secretary of State Mobile Office

The Secretary of State Mobile Office will be visiting the **Waterford Senior Center** to provide complete Secretary of State transactions for seniors of Waterford Senior Center.

**Date: Monday, May 20**

**Time: 10:00 am - 3:00 pm**

**Location: 3621 Pontiac Lake Road**

**Book a visit to complete your S.O.S  
Transactions, including:**

- **First-time Michigan ID**
- **Renew driver's license or ID**
- **Transfer title**
- **Apply for or renew a disability placard**

**For more information or to schedule your  
visit during this Mobile Office event, contact  
the Senior Center @ 248-682-9450**



## Coffee With Carter

Meet State Representative of the 53rd House District, Brenda Carter. Stop by the Senior Center Bistro for conversations and coffee with your State Representative.

**Monday, April 8**

**Monday, May 13**

**12:00 Noon – 1:00 pm**

## Medicare Counseling “New to Medicare”

- Telephone
- Email
- Postal Mail
- Web-based applications

To make an appointment call:  
Mary Hyde, LMSW  
248-845-8522



## Free Notary Service

The Waterford Senior Center is now offering a **FREE** notary service. Chris Shoemaker, one of our wonderful front office volunteers will be available every Thursday from 8:30 am until 2:00 pm by appointment only.

**Call the main office to schedule your  
appointment. 248-682-9450**

## Used Glasses & Hearing Aids

The Lions Club is collecting used eyeglasses and hearing aids. You can drop them off at the Waterford Senior Center. These items are used for low-income people who cannot afford to get eyeglasses or hearing aids.



# Special Interest

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## Hearing Screenings

**Free Hearing Screenings Are Available!**  
Oakland Audiology will provide screenings,  
**by appointment only:**

**Tuesday, April 23**  
**Tuesday, May 28**  
**10:00 am - 12:00 pm**



**You must call to make an appointment.**

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## Equipment Loan Closet

**Waterford Recreation Center**  
**5640 Williams Lake Road**

Do you need temporary use of a wheelchair, walker, cane or crutches? The loan closet will allow you to use the items for up to three months. There is a suggested donation of \$10.00 for each item borrowed. Call Waterford Parks and Recreation for more information. 248-674-4881.

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## Free Legal Help for Seniors

**Counsel and Advocacy Law Line**  
**888-783-8190**

Call and leave a message with your name, phone number, and the legal issue you need help with.

Type of Legal Aid Provided:

**Family matters**  
**Housing matters**  
**Income matters**  
**Consumer matters**

**Miscellaneous matters, including:**

Wills, Durable Powers of Attorney- Health, Durable Powers of Attorney- Finance, Expungements, Driver's License Restoration.

*Please note: Lakeshore Legal Aid is **unable** to help with criminal law or traffic-related issues.*



## Taking Off Pounds Sensibly

TOPS Club Inc. is a nonprofit weight-loss support organization. Members discuss nutrition, portion control, meal planning, exercise, and more at meetings. Consistent group support, health education, and recognition are all key components to successful weight management.

**Tuesdays**  
**9:15 am – Weigh in**  
**10:00 am – Meeting**

**\$49 annual membership, \$5 local monthly dues, \$1 weekly room fee**

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## In need of food assistance?

The Commodity Supplemental Food Program (CSFP) is available to low-income seniors who reside in Oakland County.

Oakland Livingston Human Services Agency (OLHSA) will be hosting the CSFP Senior Food Box. You must show your ID to show you are 60 or older.

**Call Olivia Barrera at 248-860-3152 for more information, or to sign up.**

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## Food Assistance Programs

### **Open Door Outreach Center**

Open Tuesday through Friday

10:00 am - 4:00 pm

7170 Cooley Lake Road

Waterford, MI 48327

248-360-2930

Call for an appointment.

**Focus Hope** recipients are eligible to receive a box of food once a month. There is a certification process that requires a person to be at least 60 and meet specific financial requirements. For more information or to sign up for Focus Hope, call 248-309-3658, Option #5

### **Oakland Hope**

Open Monday through Saturday

11:00 am – 7:00 pm

20 E. Walton Blvd.

Pontiac, MI 48340

248-309-3658 , Option #2

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# Nutrition

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## Can you Benefit from Meals on Wheels?

### What is Meals-on-Wheels?

The Meals-on-Wheels program provides a tasty, hot, nutritious noon-time meal to Waterford's homebound seniors. The program is based on individual nutritional needs, not income. The hot noon meal provides one third (1/3rd) of average daily nutritional requirements. Optional cold evening meals and frozen weekend meals are also available. Another benefit is a daily reassurance visit from our dedicated volunteer drivers. The Meals-on-Wheels program is administered by the Waterford Senior Center.

### How does it work?

You may order meals to be delivered Monday through Friday between 10:30 am and 1:00 pm. A volunteer driver will deliver the meal right to your door!

### Who is eligible for the meals?

- ◆ A person must be 60 years or older.
- ◆ Must be homebound; does not leave home under normal circumstances.
- ◆ A person must be unable to obtain food or prepare complete meals.
- ◆ The person's dietary needs must be appropriately met by the program.
- ◆ The person must be able to feed themselves.
- ◆ A person must agree to be home when meals are delivered or contact the program when absence is unavoidable.

### What about the cost?

The meals are provided to you on a "donation only" basis. This means that it is your decision as to whether you can pay for meals or not. A \$3.00 donation per hot meal is suggested.

### How do I get started?

Call the Waterford Senior Center at (248) 682-9450.

Before you know it, you'll have a meal at your door!

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## Easter Seals Senior Outreach Lunch and Learn

Tuesday, April 23

12:30 pm

Stop by the Bistro and learn about all of the resources Easter Seals Senior Outreach has to offer.



Senior Outreach offers support for the well-being, independence, and dignity of older adults through community education, mental health services, and connection to community resources. The program identifies older adults who may need emotional or physical support and/or connection to community services. Examples of support may include age-related, transitional changes such as: retirement, grief and loss, or medical conditions. It is a straightforward way to help older adults get assistance before a crisis develops.

What services does the Senior Outreach program provide?

- Counseling
- Care Management referrals
- Psychiatry/Prescriber
- Seniors Supporting Seniors Group
- Senior Outreach Workgroup
- Connection to community resources
- Depression screening and treatment
- Identification and early intervention of prescription drug misuse or abuse

# Nutrition

## Congregate Dining in the Bistro

### “Lunch is Better When We Dine Together”

Lunch will be served daily Monday- Friday at 12:00 noon.

Requested: \$3.00 for persons 60 and over / \$5.00 for persons under 60

#### April Menu-

1 Monday	Mostaccioli
2 Tuesday	Crispy Chicken leg
3 Wednesday	Sloppy Joe
4 Thursday	Pork Fritter
5 Friday	<b>Tigers Opening Day Lunch</b>
8 Monday	Beef Stew
9 Tuesday	Sweet and Sour Chicken
10 Wednesday	BBQ Pulled Pork
11 Thursday	Chicken Tenders
12 Friday	Fish Sticks
15 Monday	Salisbury Steak
16 Tuesday	Turkey Tetrazzini
17 Wednesday	Beef Nacho
18 Thursday	Ham
19 Friday	Cheese Ravioli
22 Monday	Chicken Sandwich
23 Tuesday	Stuffed Pepper
24 Wednesday	Turkey and Gravy
25 Thursday	Cheeseburger
26 Friday	Macaroni and Cheese
29 Monday	Meatballs w/ Marinara
30 Tuesday	Chicken Alfredo

#### May Menu-

1 Wednesday	Beef Dippers
2 Thursday	Polish Sausage
3 Friday	<b>Mother's Day Lunch –RSVP</b>
6 Monday	Chicken Leg
7 Tuesday	Mostaccioli
8 Wednesday	Mini Corn Dogs
9 Thursday	Sloppy Joe
10 Friday	Vegetarian Lasagna
13 Monday	Chicken Breast w/ Gravy
14 Tuesday	Chili w/ Cheese
15 Wednesday	Chicken Parmesan
16 Thursday	All Beef Hot Dog
17 Friday	Fish Nuggets
20 Monday	Turkey Tetrazzini
21 Tuesday	Meatloaf
22 Wednesday	Chicken Tenders
23 Thursday	Beef Nacho
24 Friday	Cheese Ravioli
27 Monday	<b>Closed– Memorial Day</b>
28 Tuesday	Lasagna w/ Meat Sauce
29 Wednesday	Chicken Sandwich
30 Thursday	BBQ Pulled Pork
31 Friday	Macaroni and Cheese

\* Reservations only for May 3

## Monthly Birthday Celebration-

Cake and ice cream will be served with lunch to celebrate our monthly birthdays. You are invited to join the celebration, regardless of your birth date. Members will receive a FREE lunch on their actual Birthday! **Thursday, April 25 & Thursday, May 30**

## What are the benefits of dining with others?

According to a recent study from Oxford University, eating with people often **makes us feel happier and more satisfied with our lives**. It fights disorders such as anxiety and depression and helps to make relationships with others stronger.



Ageways Nonprofit Senior Services is funded in part by the Federal Older Americans Act and the Bureau of Aging, Community Living, and Supports (ACLS Bureau) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request.

# Encore Adult Day Services

## Encore/Affordable Adult Day Services

### Who are adult day services designed for?

- Older adults with memory impairments and/or physical disabilities who are unable to initiate their own activities
- People with Alzheimer's, Parkinson's disease, dementia patients or stroke victims
- Families and caregivers

### Benefits of adult day care:

- Reduces social isolation
- Restores and maintains highest level of individual function
- Enriches quality of life
- Helps prevent nursing home placements
- Gives family and caregiver peace of mind

### Services & Activities:

- Professional care and supervision
- Comfortable and safe environment
- Nutritious meals and snacks
- Structured recreational activities
- Transportation available through WOTA
- Support Groups

## About the Program

We provide a warm, caring environment for seniors who need supervision during the day. We welcome adults who have cognitive problems common to types of dementia such as Alzheimer's Disease or who have medical conditions that make it unsafe to be home alone. Caregivers enjoy the scheduled respite and are able to catch up with other responsibilities. Participants enjoy a rich variety of activities and sense of belonging.

## About our Staff

Our Encore staff are trained to guide participants through daily routines, assisting with daily activities, treating them with respect, and protecting their dignity. Medication reminders and personal care are provided in a professional manner that supports self-care.

In Encore we honor the individual and provide an opportunity to remember, sing, laugh, stay physically active and have fun! Laughter, music and conversation really are the best medicine!

## Encore Activities

### April

- April Foolishness
- Spring Fling
- Thank You Volunteers
- Taxman Party
- Green Thumb Club

### May

- Kentucky Derby Party
- Cinco De Mayo Fiesta
- I Remember Mother
- Memorial Day Memories
- Senior Health & Fitness Day

ENCORE Adult Day Services  
Fundraising Event

**MUNCH**  
&  
**MINGLE**

Additional  
information  
on page 6.



A night of compassion, community, and giving.  
Together, let's make a difference that echoes  
beyond the event.

# Support

## Caregiver Support

Our Caregiver Groups are sponsored by the Alzheimer's Association and designed to provide emotional, educational and social support for caregivers. They help participants develop methods and skills to solve problems and deal with the stress of caregiving. The group provides information and resources, as well as, a safe place to speak freely with others who understand their situation. Members are encouraged to maintain their own personal, physical and emotional health, as well as, optimally care for the person with dementia.

You can reach the Alzheimer's 24/7 helpline at **800-272-3900** for assistance, tips and support. They are here for you! Their website is easily accessed for information at [alz.org/gmc](http://alz.org/gmc).

**We meet on the second Tuesday of each month at noon and on the third Monday each month at 7:00 pm.** We have two days and times to choose from! Join us on April 9 and May 14 at noon and April 15 and May 20 at 7:00 pm. No registration necessary, walks in are welcome!



A new, online educational platform offered by AgeWays Nonprofit Senior Services (formerly called the Area Agency on Aging 1-B) offers caregivers an easy way to get information and advice online. It's also free!

Trualta's learning modules, on subjects ranging from handling a loved one's resistance to taking medications to managing pressure wounds can be read, listened to or watched. There are resources, articles, checklists, videos, quizzes, and webinars to choose from. There is a chat function so caregivers can learn from each other and support groups. Trualta has recruited experts for the platform. For example, Teepa Snow, a renowned expert on dementia caregiving, offers her tips for a positive approach to caregiving. Trualta keeps content up to date and adds new learning opportunities – in Spanish, too – each month.

To use Trualta, the family caregiver and/or the older adult (60 and older) must live in one of the six counties served by AgeWays (Livingston, Macomb, Monroe, Oakland, St. Clair, and Washtenaw).

To sign up, visit [ageways.trualta.com](http://ageways.trualta.com). You'll be asked to answer a few eligibility questions and to create a login to enter the platform.

**For additional information or questions, call 833-262-2200 or email [trualta@ageways.org](mailto:trualta@ageways.org).**

### Grief Support 2024

The goal of a grief support group is to provide a safe and supportive environment for participants to express their feelings and better understand their grief experience. Many people find relief in talking with others who have also experienced the death of someone close to them. We meet every other week for 10 weeks on the campus of Lourdes Senior Community in Mendelson Assisted Living - 2450 Watkins Lake Rd. Waterford, MI 48328.

**Session 1**  
**February – early June**

**Session 2**  
**August – early December**

**Facilitated by:**  
**Mary Hyde, LMSW**  
**Registration is required**  
**Call Mary at 248-886-5118**



# Special Interest

**"THE MAGIC OF VOLUNTEERING"**

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**VOLUNTEER APPRECIATION BRUNCH**

**Saturday, April 27**  
**10:00 am**



If you volunteered with the Waterford Senior Center  
in the last year, you are invited!  
RSVP by April 19

Contact the Waterford Senior Center for more information.  
3621 Pontiac Lake Rd, Waterford, MI 48328  
248-682-9450





**MAD HATTERS TEA PARTY**  
**"A MOTHER'S DAY CELEBRATION"**

**FRIDAY, MAY 3**  
**12:00 NOON**

Tea Sandwiches, Finger Foods, Salads, Assorted Teas,  
Desserts, Mad Hat Contest, Musical Entertainment,  
Raffles and Prizes!

TICKETS-  
MEMBERS-\$12.00  
NON-MEMBERS-\$15.00

WATERFORD SENIOR CENTER  
3621 PONTIAC LAKE ROAD  
248-682-9450

 **RSVP BY 4/26**

**HOT SUMMER NIGHTS!**

**DINNER & BUNCO!**

Wednesday, May 8  
Wednesday, June 12  
Wednesday, July 10  
Wednesday, August 21  
4:00 pm - 7:00 pm

**\$10.00 per person**

ENJOY DINNER AND A FUN NIGHT OUT WITH FRIENDS!  
BUNCO IS A FUN, SOCIAL DICE GAME  
INVOLVING MOSTLY LUCK AND LITTLE SKILL!  
IT'S EASY TO LEARN AND PLAY!  
PIZZA, SALAD, DESSERT, CASH PRIZES!



BRING A "DOLLAR STORE" TYPE GIFT  
FOR A FUN GIFT EXCHANGE GAME!

PLEASE SIGN UP ONE WEEK PRIOR TO  
RESERVE YOUR SPOT!

**WATERFORD  
GARDEN CLUB**

**PLANT SALE**

**SATURDAY, MAY 11**  
**9:00 AM - 2:00 PM**



*Waterford Garden Club*

**Waterford Senior Center**  
**3621 Pontiac Lake Road**



# Activities

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## **Flight Simulator Flight SIMS For Seniors Mind and Body in Action**

Experience the joy of learning to fly a “simulated 172 Cessna” from our local “simulated Pontiac Airport”, all while sitting in the comfort and safety of the Waterford Senior Center. Our **SIMS for SENIORS** computerized flight simulator is built with our seniors’ needs in mind and is also wheelchair accessible. It provides a great activity for former pilots or just “pilot wannabes”. Neurological studies indicate that doing something different and in a new way has positive benefits for the senior brain.

**One hour sessions are available-  
Tuesday & Thursday  
9:00 am - 2:00 pm**

**\*Try your first session for FREE!  
Purchase a punch card for \$25 (good for 5  
sessions) in the front office, then schedule  
your simulator sessions.  
Virtual Flight Instructors–  
Darryl Smith, Susin Siporin, Niketta Wyrick**

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## **Reminiscing Club**

Enjoy an afternoon of conversation between friends, and take a walk down memory lane, recalling life’s special moments and silly adventures. When sharing stories in a group setting, you often realize that people have more in common than you could ever imagine! All are invited and welcome to participate in this good time!

**Wednesday, April 24  
Wednesday, May 22  
1:00 pm  
\$1 Drop-in Fee**

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## **Computer Club**

This friendly group of computer users meets in a relaxed setting to share information, offer support, and also find solutions for a variety of computer related issues.

Everyone welcome.  
**Tuesday, April 16  
Tuesday, May 21  
10:00 am - Noon  
\$1.00 Drop-in Fee**

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## **Jam Sessions**

The Senior Jam Session is for all seniors who play an instrument or sing (even if you are a bit rusty). The group has a range from beginning levels to advanced players. Everyone has one purpose and that is to have fun making music together. The JAM is open to all instruments and to all types of players. So look around in the attic, under the bed, or in the basement for that old instrument that you would like to bring back to life and join us!

**Thursdays at 1:00 pm  
Meet in the Bistro  
\$1 Drop-in Fee**

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## **Waterford Garden Club**

Attention all Green Thumbs!  
Join us for informative  
workshops and fun  
workdays.

**Thursday, April 4  
Thursday, May 2  
10:00 am**

**For more information  
Waterfordgardenclub.org  
Facebook.com/waterfordgardenclub**



*Waterford Garden Club*

\*\*\*\*\*  
\* **Waterford Garden Club Plant Sale** \*  
\* **Saturday, May 11** \*  
\* **9:00 am - 2:00 pm** \*  
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## **Book Club**

The Book Club meets once each month. Books are available in the main office, or you can call 248-682-9450 to find out what the current book being read is.

At the meeting you will be able to pick up the next book.

**Monday, April 8  
Monday, May 13  
10:30 am - 12:00 pm  
Facilitator– Donna Koan**

**\$10.00 refundable book fee upon return of  
book.  
\$1.00 Drop-in Fee**

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# Activities

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## Yoga

This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Every Wednesday**

**1:00 pm - 2:00 pm**

**FREE**

**Sponsored by:**

The Alliance of Coalitions for Healthy Communities



**Facilitator-Instructor Paul Barr** has been a Certified Yoga Teacher through Yoga Alliance and Reiki Master for over 9 years. Paul is also a Certified Personal Trainer through the National Personal Training Institute (NPTI) and a Certified Nutritionist through Precision Nutrition.

## Mindfulness Meditation

Meditation is an age-old practice of intentionally focusing the mind. This highly researched method of quieting conditioned and habitual patterns of thought leads to awareness and reduction of stress. The quieting of the body and mind has been shown to boost the immune system and reduce cardiovascular risk. It is useful for managing high blood pressure, sleep disorders, lifestyle changes and pain. The enhanced awareness that comes with meditation practice supports a shift from habitual reactivity to more conscious choice.

**Thursdays 9:00 am - 10:00 am**

**\$1 Drop in Fee**

**Facilitator- Jerry Cleland**

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## Body Management Exercise

**AKA Moan-n-Groan Body Management**

Join in on the fun while stretching, toning, moaning and groaning. It is a great class to get more limber and fit while exercising with new friends. Wear comfortable shoes and clothing... and a big smile.

**Monday & Friday**

**9:10 am - 10:10 am**

**\$4.00 per class**

**Facilitator- Ann Swanson**

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## Tai Chi

Do you want to improve your movement and balance? Do you want to do something healthy for your body and mind? Try our Tai Chi class. Wear comfortable clothes, and meet us in the gym for this instructor led class.

**Fridays 11:00 am**

**7 Week Instructor Led Class**

**February 23 – April 12 (No class 3/29)**

**April 19 - June 5 (No class 5/17)**

**Members \$21 / Non-members \$26**

**Or \$5 Drop-in Fee Per Day**

**Facilitator- Carrie Sue Cempura**

**Drop In Tai Chi -**

**For Health, Arthritis, and Fall Prevention**

Informal meet up to practice your Tai Chi moves. This is an instructor led class, with facilitators on hand to answer questions and assist.

**Tuesdays 1:30 pm - 2:30 pm**

**\$1.00 Drop-in fee**

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## Save the Date!



**5K Run/Walk at the Drayton Plains Nature Center while helping raise money for Disaster Relief at Work, Blessings in a Backpack, Waterford Youth Assistance and Waterford Rotary. There is more information in the main office.**

# Activities

## Cards

Poker - Tuesdays & Thursdays at 9:00 am  
Euchre - Wednesdays & Fridays at 9:00 am  
Euchre - Mondays at 1:00 pm  
\$1.00 Drop-in Fee

## Mexican Train

Thursday, April 18  
Thursday, May 16  
1:00 pm - 3:00 pm  
\$1.00 Drop-in Fee

Facilitator – Laurie Nickson

Join us to play the domino game Mexican Train. No previous experience required and rules will be explained. Bring your own drinks and/or snacks. There will be token prizes!

## Chicken Foot

Thursday, April 4  
Thursday, May 2  
1:00 pm – 3:00 pm  
\$1.00 Drop-in Fee

Facilitator Laurie Nickson

Chicken foot (also known as Chickie Dominoes) is a fun and easy to learn domino game. No previous experience required and rules will be explained. Bring your own drinks and/or snacks. There will be token prizes!

## Good Old Fashioned Game Time

Enjoy an afternoon of fun and games with your Senior Center staff. Enjoy friendly competition with a chance to win bragging rights. Token prizes for the winners!  
Wednesday, April 3- Family Feud  
Wednesday, May 1- Jeopardy  
1:00 pm  
\$1.00 Drop In Fee

## Wii Bowling

Join our Wii Bowling Party!

Wii is an interactive game that, with the help of our projector and large screen, will make you feel like you are in a real bowling alley! Join our fun group for some friendly competition.  
Fridays 1:00 pm  
\$1 Drop-in Fee

## April Fool's Bunco

Monday, April 1  
1:00 pm  
\$5.00 p/p

Join us for some April's Fools Day fun with friends while playing Bunco! We will have refreshments to eat and cash prizes to win! Bring a "Dollar Store" type gift item for a fun game exchange! Bunco is a fun social dice game that is easy to learn, and involves mostly luck!  
RSVP by 3/ 28

The Waterford Senior Center in partnership with the Alliance of Coalitions for Healthy Communities and the Waterford Community Coalition invites you to join us at the Senior Center for the following **FREE** programs and activities that will help older adults build and maintain social connections, as well as improve emotional and physical health.

## Mahjong

Participants will play a game alongside peers, getting a mental workout to help keep their brains in peak condition. Mahjong is a Chinese game played with tiles.

Friday, April 5  
Friday, May 3  
Friday, May 24  
1:00 pm – 3:00 pm

## BINGO

Join us for a fun game of BINGO!  
Friends, Fun, Prizes!  
Fresh popped popcorn & beverages included.  
Monday, May 20  
1:00 pm – 2:30 pm  
RSVP by 5/13– Seating is limited.



# Activities

## Anyone Can Paint

If you have ever considered painting, we have the class for you! Mr. Steve Wood's unique ability to blend humor and encouragement results in a very enjoyable and relaxing experience! At the end of each two-hour session you will have a complete painting! Please sign up one week prior to class.

**Friday, April 26**

**Friday, May 24**

**1:00 pm – 3:00 pm**

**Members \$25 / Non-Members \$30**

**Facilitator – Steve Wood**

**Sign up in the main office to reserve your spot at least one week prior.**

**Space is limited.**



**Thank you to My New Favorite Thing for bringing their wonderful classes and artists to our senior center!**

**Registration is done through Waterford Senior Center.**

**The location for these workshops will be at Waterford Senior Center.**

## Acrylic Painting

Mary Catherine is an artist and certified painting instructor who uses acrylic paint on canvas to create beautiful works of art. Try this new class where you can have fun learning to paint.

All supplies are included.

**1:00 pm – 3:00 pm**

**Monday, April 1**

**Monday, May 6**

**Members \$32 / Non-Members \$35**

**Facilitator – Mary Catherine Heaton**

**Sign up in the main office to reserve your spot at least one week prior.**

**Space is limited.**

## Sunflower Door Hanger Workshop

Create an adorable sunflower door hanger. You will choose from a variety of paint colors. All supplies included. Come join in on the fun!

**Tuesday, April 2**

**1:00 – 3:00 PM**

**\$35 Members / \$37 Non-Members**

**RSVP with payment to the main office by 3/28.**

## Cookie Decorating Workshop

We will learn painting techniques, piping and basic cookie decorating in this workshop. All supplies included with registration to decorate 8 spring themed cookies, including the box to take home your newly decorated cookies.

**Monday, May 6**

**1:00 pm - 3:00 pm**

**\$37 Members / \$39 Non-Members**

**RSVP with payment to the main office by 4/29.**

## Mad Hatters Hat Making Workshop

Join us as we get our fancy hats ready for the May 3 "Mad Hatter's Mother's Day Tea Party"!

Bring your own bonnet, felt hat, beret, straw hat, baseball cap, cowboy hat, beanie or top hat

and we will have supplies on hand for you to create your own unique custom hand-decorated hat! If you want to get really creative we will have supplies to make your own paper party hat!

**Wednesday, April 24**

**1:00 pm - 3:00 pm**

**\$1.00 Drop In Fee**

**Just drop in, no reservations required.**



## Foiling Class

Join us as we make a one-of-a-kind butterfly, flower, or dragonfly. Pick from a large selection of foils to match your decor.

**Wednesday, June 12**

**1:00 pm - 3:00 pm**

**\$12 Members / \$14 Non-Members**

**RSVP with payment to the main office by 6/5.**

**Space is limited for each of these classes, so don't wait to sign up.**

# Activities

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## Wood Shop

Are you an experienced wood crafter looking for a great place to work on your projects? Have you never worked in wood crafting but are interested in learning the skill of how to make your own wood crafts? ***You need to check out the Senior Center Wood Shop!***

Wood shop fees: You must be a member of the senior center. There is a \$20 bi-annual shop fee.

**\$1.00 Drop-in Fee**

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## Wood Carving

Join our Wood Carvers on Wednesday mornings at 9:00 am in activity room #2. If you are interested in learning something new or are a carver already, come in and join the group!

**Wednesdays**

**9:00 am - Noon**

**\$1.00 Drop-in Fee**

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## Wood Carving and Wood Shop Classes Learn Something New!

### Wood Burning of Two Wolves By a Stream

**Tuesdays at 1:00 pm**

**February 13, 20, 27 March 5,12,19, 26 April 2, 9, 16, 23, 30**

**Cost- \$100 for the class, plus \$10 for the blank.**

**Instructor – Gerry Burchard**

### Small Lathe Basics Demonstrations

Learn the basics of the small lathe, safety items, how to set up the lathe, and how to turn a bowl. (This is an instructional demonstration, so the Instructor will be the only one doing the turning)

**2 Sessions to chose from:**

**Tuesday, May 7 OR Tuesday, May 14**

**1:00 pm - 3:00 pm**

**\$15.00 per session**

**Instructor - Pete Nelson**

### 8x10 Wood Burning on Basswood of Native American Chief in Headdress

**Tuesday's June 4, 18, 25**

**1:00 pm – 3:00 pm**

**Cost \$45 for the class, plus \$15 for the blank.**

**Instructor – Gerry Burchard**

## Quilting Bee

Join our Quilting Bee. We work together to hand stitch quilts and will turn unfinished tops into quilts. Beginners to skilled quilters are welcome to join us.

**Mondays Noon - 3:00 pm**

**& Fridays 9:00 am - Noon**

**\$1 Drop-in Fee**

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## WSC Comfort Makers

Join us as we learn to make fleece blankets that we will be donating to local charities. Anyone and everyone is invited to get involved. Making fleece blankets is simple to learn and Janie McGee, the class facilitator will be on hand to give instruction and answer questions.

**Fridays 9:00 am**

**\*Donations of fleece are now being accepted at the center.**

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# Special Interest

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## Meet Our New Members

Patrick and Carole Karbon  
Daniel King  
Stephen Bradshaw  
Robert Kress  
Judith LaFrinere  
Nancy Martinez  
Anne Hoffman  
Jim and Karren Flanders  
Kim Hugelier and Louis Reda  
David and Gina Gardner  
Bruce and Amy Annett  
Todd Walker  
Joanne Ries  
Vickie and James Pike  
Paulette King  
Kathleen Meyer  
Christina Greena  
Elizabeth Chapa  
Venette Hysmith and Arthur Cabadas  
Larry and Dianna Tracy  
Darlene and Gary Root  
William and Jean Riedy  
Sue Cartwright and Colleen Reiten  
Joan Burton  
Carol Burns  
Joan Head  
Craig Wilson  
Elaine Lovse  
Judy Kosovec  
Regina Johnson  
Ann Bishop  
Sherrie Gilboe  
Bill and Carol Gesaman  
Jim and Louise Bugg  
Lillian Gwizdala  
Lillian (Pat) Petterson  
Claudine Wallace  
Bernice Pritchett  
Cheryl Eason  
Carol Axford  
Mary and Ken Craite  
Gloria Keglovitz  
Frank Schmaltz  
Pamela and Edward Tilton  
Craig Wilson  
Cheryl Eason



## Volunteer Opportunities

### **Volunteer Opportunities with the Waterford Senior Center:**

**Kitchen Help-** Assist in the kitchen with food preparation and cleaning tasks.

**Meals on Wheels Drivers-** Assist with delivering meals to home-bound seniors in Waterford.

**Front Office-** Assist in the office with answering phones and light office work.

**Encore Adult Day Program-** Assist staff with music, games, and activities.

### **NEW!**

### **Seniors Helping Seniors**

We are looking for seniors interested in learning about participating in a new friendly visitor program with the Waterford Senior Center in partnership with the Waterford Community Coalition. Volunteers are needed to assist local homebound seniors right here in Waterford. Volunteer tasks would include visiting and socializing with lonely seniors, light house work, and running shopping type errands.

All volunteers participating in this program must pass a mandatory background check.

**Please call the main office if you would like more information about volunteering with us. 248-682-9450**



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### **S.A.Y. Seniors And You! Video Group**

We are looking for those interested in learning how to:

**Host a Show | Produce a Program  
Learning to Direct | Running Cameras and Lights | Learning Graphics | Audio Board  
Sign up by calling Denise at 248-682-0401**

If you are interested in joining our video group, call 248-682-0401.



# Special Interest

## BUCKET OF LOVE VOLUNTEERS NEEDED!



*Do you have time to  
make a positive impact  
on youth?*



Needed: Caring volunteers who have an hour to spare for an elementary school child who needs a little extra tender loving care. For one hour per week, you will engage with a child doing activities such as crafts, games, puzzles and building a personal relationship with them.

Bucket of Love is sponsored by Waterford Youth Assistance, Waterford Senior Center, Waterford School District and the Waterford foundation for public education. The program runs from September to May.

If you are interested in Bucket of Love, please call WYA at 248.618.7383 or email [waterfordya@msn.com](mailto:waterfordya@msn.com).



Are you looking for an easy way to support your Senior Center? Do you already shop at Kroger? If you do, then you should check out the Kroger Community Rewards Program!

To get started with the Kroger Community Rewards Program visit <http://www.kroger.com>.

1. Create or sign in to your online Kroger account
2. Click my Account
3. Look for the profile tab, make sure that your Kroger plus card # is linked to your account.

If it's not, click edit, and add the # on the back of your Kroger Plus card.

4. Look for the Community Rewards Tab
5. Search for "Waterford Senior Center" or enter code JT422.
6. Click Enroll

Once enrolled, a percentage of the proceeds from every shopping trip will benefit your Waterford Senior Center!

## A Driving Need

Hundreds of older and disabled neighbors in our community need help getting to doctor appointments, the grocery store, or other essential errands. Being able to get food and medical care can make it possible for them to remain in their homes for as long as possible. The **Interfaith Volunteer Caregivers** program is in need of volunteers who can provide transportation in the local area. If you have just a couple hours a month that you can give to someone in need, you can make a huge difference in the life of a struggling neighbor. You tell us what day, times and areas are convenient for you, and we call you with specific appointments that meet these criteria. If you are free, say yes. If you're not, simply decline and we will call you another time. Even one more ride a year will make a big difference to the person who needs it!

**Please call Interfaith Volunteer Caregivers today at 586-757-5551**



# Travel

## Day Trip Intensity Key

To better assist our members in knowing the intensity of each trip we have come up with a code for our trips.



**Light** - trip will have some walking and low physical endurance.  
(Ex. Casino or play)



**Moderate** - mild physical intensity required. Some stairs are possible and walking with few stops.  
(Ex. Museum tour)



**Vigorous** - Intense physical endurance. May be uneven walking surfaces, extended walking distances, or climbing of stairs.  
(Ex. Garden, nature hikes)



## ADVENTURE

*Awaits*

Hi! Let me introduce myself. My name is Katie, and I am your travel escort at the senior center. I will be your travel companion as we go on all of our fun and interesting excursions. I cannot wait to get on the move with all of you on the exciting trips we have planned!

## Day Trip Information

- **Trip Parking** - Unless otherwise noted, all trips leave from the Central United Methodist Church, 3882 Highland Road (M59). Please park on the west end of the parking lot near the home. You should arrive 15 minutes prior to your departure time.
- **Refunds** - A full refund, less a \$5.00 administration fee, will be given if a refund is requested prior to the RSVP date of a trip. After the RSVP date and tickets have been purchased the ticketed amount cannot be refunded unless someone replaces you from the waiting list. Replacements are not guaranteed. Some events are non-refundable.
- **Registration** - Deadlines are important for planning purposes for all involved. If there aren't enough participants by the deadline, we may have to cancel trips and programs. Please, avoid disappointment and register early!
- **Payment** - Please note we only accept payment via cash or check. Checks that are returned with an NSF will be subject to a \$35 administrative charge.

Be sure to be on the look out for the new "Dynamic Duo" logo! Waterford Senior Center and Waterford Parks & Recreation will now be partnering on some trips. When you see the Dynamic Duo logo you only need to be a member of either the Waterford Senior Center OR Golden Age Club to enjoy the member pricing on those specific trips!

**Dynamic Duo**  
*We are stronger when we work together as one!*

# Day Trips

## Hollywood Casino at Greektown Wednesday, April 10

Travel with Waterford Parks & Rec. to Detroit and spend the afternoon at Hollywood Casino. Your trip includes: round trip luxury motor coach transportation and a trip escort. Incentives are based on points, please see the casino website for more information.

**Cost: \$40.00 Members**

**\$45.00 Non-Members**

**Departs: 10:00 AM**

**Returns: 4:30 PM**

**RSVP by 3/28**

**Dynamic Duo**

*We are stronger when we work together as one!*

*This trip is hosted and escorted by Waterford Parks & Recreation staff. It will depart from the Waterford Recreation Center. 5640 Williams Lake Rd., Waterford*

## Butterflies in Bloom Frederik Meijer Gardens Friday, April 19th

Join us for a self-guided tour through the fabulous Frederick Meijer Gardens! We will also be able to experience the nations largest temporary tropical butterfly exhibition. Butterflies from around the world fly freely in the Lena Meijer Tropical Conservatory. Stop into the James & Shirley Balk Café for a bite to eat. Lunch will be on your own. Luxury motor coach transportation & driver gratuity included.

**Cost: \$85.00 Member**

**\$90.00 Non-Members**

**Departs: 7:30 am**

**Returns: 6:00 pm**

**RSVP by 4/5**

**Dynamic Duo**

*We are stronger when we work together as one!*

*This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.*

**Save the Date!**  
**Senior Day at the Detroit Zoo**  
**Friday, September 13**



## Let's Win Big! Soaring Eagle Casino Thursday, April 25

Modern Motor coach transportation, \$20 Premium play to be utilized within the casino, \$10 food voucher (loaded onto card), \$10 Bingo Bucks, and an additional \$10 in play can be received if 600 points are earned! It's SENIOR DAY too! Folks that are 55+ will also receive an additional \$5 off of food, Bingo, and \$5 match play on Blackjack along with a \$0.55 donut or ice cream! Driver gratuity not included.

**Cost: \$55.00 Members**

**\$60.00 Non-Members**

**Departs: 8:00 am**

**Returns: 5:00 pm**

**RSVP by 4/11**

*This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.*

## Route 66! Meadowbrook Theatre Wednesday, May 1

Travel with us to Meadow Brook Theatre for the smash coast-to-coast hit musical Route 66! Take a gallop of Grease, mix in some Pump Boys and Dinettes, and add a generous dose of Forever Plaid and you've got the high-octane fun of Route 66! We will be stopping at Olive Garden for lunch before the show. Lunch will be at your own expense. Your trip includes: round trip luxury motor coach transportation, ticket to the show, and trip escort.

**Cost: \$68.00 Member**

**\$73.00 Non-Members**

**Departs: 11:00 am**

**Returns: 4:45 pm**

**RSVP by 3/29**

*This trip is hosted and escorted by Waterford Parks & Recreation staff. It will depart from the Waterford Recreation Center - 5640 Williams Lake Rd., Waterford, MI 48328.*

**Visit the "Travel Board"**  
**at the Center to get detailed flyers**  
**about each of the trips.**

# Day Trips

## Rodgers & Hammerstein's Oklahoma! Cornwell's Turkeyville USA Dinner Theatre

**Tuesday, May 14**

The beloved musical that changed Broadway forever is coming to the Turkeyville stage! Set in the western territory of Oklahoma just as it was aspiring to statehood, this classic tells the story of cowhands and farmers struggling to build a future, and find love, in a hard world. Featuring favorites such as "Oh What a Beautiful Mornin'", "I'm Just a Girl Who Can't Say No", and of course the boot stompin', show-stoppin' title number, this is a show you do not want to miss! Traditional turkey dinner to be provided along with your choice of dessert and drinks. You will have the opportunity to peruse the old time shops during intermission and after the show. Luxury motor coach transportation, Senior Center Escort, and driver gratuity are also included.

**Cost: \$124.00 Members**

**\$129.00 Non-Members**

**Departs: 9:15 am**

**Returns: 6:00 pm**

**RSVP by 5/1**

*This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.*



## Let's Win Big! Soaring Eagle Casino Thursday, June 6

Modern Motor coach transportation, \$20 Premium play to be utilized within the casino, \$10 food voucher (loaded onto card), \$10 Bingo Bucks, and an additional \$10 in play can be received if 600 points are earned! It's SENIOR DAY too! Folks that are 55+ will also receive an additional \$5 off of food, Bingo, and \$5 match play on Blackjack along with a \$0.55 donut or ice cream! Driver gratuity not included.

**Cost: \$55.00**

**\$60.00 Non-Members**

**Departs: 8:00 am**

**Returns: 5:00 pm**

**RSVP by 5/30**

*This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.*



## Detroit Princess Riverboat Thursday, June 27

Modern Motor coach transportation. Take a midday break from the world and cruise on the Detroit River! Lunch cruises are perfect for seeing the downtown areas of both Detroit and our neighbor Windsor. The lunch menu features Beef Tips with Gravy, Baked Chicken, Mashed Potatoes, Marinated Portabella Mushrooms with sides of Cheese Tortellini, Steamed Vegetables and Salad with add-ons!

**Cost: \$120.00 Members**

**\$125.00 Non-Members**

**Departs: 10:30 am**

**Returns: 3:30 pm**

**RSVP by 6/6**

*This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.*



## Let's Explore! Detroit Institute of Art Thursday, July 18

Explore the Detroit Institute of Art and see the rich history it provides. Lunch will be on your own at either the Café DIA or Kresge Court. Your trip includes: round trip luxury motor coach transportation, entrance to the museum, and travel escort. You will receive a coupon for a free cup of coffee or tea and one free cookie to be redeemed in the Café DIA and a 10% coupon for the DIA Gift Shop.

**Cost: \$5.00 Members**

**\$7.00 Non-Members**

**Departs: 12:00 PM**

**Returns: 4:00 PM**

**RSVP by 7/2**

*This trip is hosted and escorted by Waterford Parks & Recreation staff. It will depart from the Waterford Recreation Center - 5640 Williams Lake Rd., Waterford, MI 48328.*



**Dynamic Duo**

*We are stronger when we work together as one!*

**Due to inflation and rising fuel costs future trip pricing is subject to change.**



# Extended Travel

## National Parks & Canyons of the Southwest May 5, 2024

Tour includes - Roundtrip Airfare, 5 Nights at First Class Hotels, 8 Meals; 5 Breakfasts, 1 Lunch, & 2 Dinners, Professional Tour Director, Motor Coach Transportation, Hotel Transfers, Hoover Dam, Zion National Park, Grand Canyon West & Skywalk, Bryce Canyon National Park, Las Vegas Leisure Day, and much more! Luggage Handling, Tax and Tips on Included Meals.

**Cost: \$2599.00/pp - Double**  
**\$3174.00 - Single**

## Alaska Cruise Tour June 14, 2024

Tour includes - Roundtrip Airfare, 7 Night Alaskan Cruise, 3 Night Hotel Accommodations, 20 Meals - All Onboard Ship: 7-B, 6-L, & 7-D, Professional Tour Director, Motor Coach Transportation, Hotel Transfers, Alaskan Railroad Rail, Denali National Park, Alaska Wildlife Conservation Center, Hubbard Glacier, Icy Strait Point, Juneau, and much more! Luggage Handling, Tax and Tips on Included Meals.

### Rates:

**Inside Stateroom - \$4749/pp - Double**

**\$6449.00 - Single**

**Ocean View Stateroom - \$5199/pp - Double**

**\$7399.00 - Single**

**Ocean View w/ Balcony - \$5949/pp - Double**

**\$8849.00 - Single**

## Pacific Coast Adventure

**July 14, 2024**

Tour includes - Roundtrip Airfare, 7 Nights Accommodations, 11 Meals (7-B, 1-L, 3-D), Professional Tour Director, Motor coach Transportation, Admissions & Sightseeing per Itinerary, Hotel Transfers, Baggage Handling at Hotels, Seattle City Tour, Space Needle, Multnomah Falls, Rogue River Jetboat Trip, Golden Gate Bridge, Fisherman's Wharf, Redwood National Park, and much more! Luggage Handling, Tax and Tips on Included Meals.

**Cost: \$4149.00/pp - Double**  
**\$5324.00 - Single**

## Nova Scotia & Canadians Maritimes August 10, 2024

Tour includes - Roundtrip Airfare, 8 Nights Hotel Accommodations, 12 Meals; 8 Breakfasts & 4 Dinners, Halifax City Tour, Prince Edward Island Tour, Green Gables Farmhouse, Cape Breton National Park, Hopewell Rocks, Lobster Dinner, and much more!

Luggage Handling, Tax and Tips on Included Meals.

**Cost: \$4175.00/pp - Double**  
**\$5400.00 - Single**

**Visit the "Travel Board"  
at the Center to get detailed flyers and  
itineraries for all of the extended trips  
that are available.**

**COMING SOON IN 2024!!**

**9/2024 - Iceland Explorer**

**10/2024 - Albuquerque Balloon Festival**

**10/2024 - Treasures of Ireland**

**11/2024 - New Orleans Holiday Tour \*NEW\***



  
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Extended Travel Provided by Premier World Discovery. All bookings will be completed through their company. For any questions please contact Katie at 248-682-9450.

# April Birthdays

---

- 1–Frances Kendall  
Ron Korthaus  
Donnette Linton  
Paul O'neill  
Steve Redfern  
Martha Shoopman
- 2–Margaret Morrissey  
Dave Rodegeb  
John Sewell Sr.
- 3- A. Chris Ericksen  
Lori Lee  
Nancy Meade  
Margaret Neumann  
Bonnie Rodgers  
Gail Shoemaker  
Linda Hathaway  
Barbara Wolf
- 4- Dennis Angrisani  
Mary Lou Hayes  
Linda Janson  
Terri Jason  
Mayme Kavouras  
David Reimus  
Jane Scott  
Carol Small  
Betty Smith
- 5- Elizabeth Chapa  
Carolyn Leonard  
Raymond Robb  
Gary Truhn  
Sunny Young
- 6- Kate Campbell  
Hope Dowdy  
Barbara Jewell  
Patricia Robinson  
Debbie Shelby  
Curt Treadwell
- 7- Nona Bos  
Ronald Guiseppa  
Maynard Metler  
Dorothy Pass  
Deanna Pearce  
Audrey Venus
- 8–Diana Dahlem  
Lynn Davies  
Patricia Dearing  
Diane Hackett  
William Malley  
Lilli O'Guin  
Norah Reid
- 9- David Braden  
David Gladfelter  
Douglas Moffat  
Glenda Sheets  
Tammy Tallenger
- 10–Larry Herr  
Charles Marshall  
Susan McGaw  
Tom Melhus  
Joseph Moore  
Judith Spreder
- 11– Bernadine Nadlony
- 12- Clarence Haack  
James Hollingsworth  
Alice Sausser
- 13–Suzanne Ball  
Bill Brown  
Donald Buksar  
Eddie Ford  
Elisa Grosselin  
Crystal McCready
- 14- Jayne Fischer  
Sandy O'Conner  
Barbara Parent  
Caroline Wiley
- 15–Sherry Allen  
Irene Butler  
Mary Ford  
Barbara Giesey  
Cathleen Kimball  
Evelyn McCarthy  
Donna Robb  
Linda Seegraves  
Margie Stephens  
Sally Swanson  
Maria Wilson
- 16- Jane Bussard  
Luann Richmond
- 17- Amy Chambers  
Donald Haase  
Robin Herr  
Thomas Richards
- 18–Carmen Baka  
John Dew  
William Riedy  
Roy Trevino
- 19- Laura Detar  
Jack Hedrick  
Ronald Kohlman  
Mary Lou Osborne  
Judy Schmidt  
Anita Summers  
Carol Tomczak
- 20–William Foster  
Myrna Martell  
Rochelle Scalf  
Linda Thompson  
Robert VanAcker  
Juila Winter
- 21- Bonnie Beanblossom  
Cara Daugherty
- 22- Tom Dudley  
Kathleen Harroun  
Robert Herrada  
Carl Horner  
Carolyn Sharpe
- 23- Dianne Galvin  
Helen Haywald  
Harvey Hubarth
- 24- Cass Glodek  
Marilyn Smith  
Patricia Stephenson  
Ronald Vaughn  
Carl West
- 25- Mary Gibbs  
Jennifer Javorsky
- 26- Patricia Allan  
Dea Maire Edwards  
Richard Parrott  
Pam Rooney  
Romaine Shackelford  
Rebecca Stockbridge  
Audrey Streefkerk
- 27–Harvey Gabor  
Frank Prudhomme
- 28- Larry Kelly  
Roger Tate  
Mary Watkins
- 29–Terrance Didio  
Phyllis Kuenzel  
Emily Velandia  
Robert Wollard
- 30- Mary Craite  
Carylsue Evanoff  
John Eyman  
Gina Gardner  
Sue Gavette  
Dolores Holland  
Angela Robak



# May Birthdays

---

- 2- George Johnston  
Joyce Johnston  
Mary Nestell
- 3- Bruce Annett  
Don Burns  
Bruce Downey  
Carla Nolin
- 4- Patricia Keith  
Ernestine Kline  
Mike Matta
- 5- Edna Garte  
William McNamara  
Jeannie Nelson
- 6- Michelle Burchard  
Michael Fitzgerald  
Nancy McNamara  
Patti Schedlbower
- 7- Vicki Kreminski  
Donna Lansky
- 8- Cheryl Cussigh  
Laurie Dahl  
Christine Emmick  
Edward Geer  
Kendra Klein  
Charles Noell  
Jacqueline Ross
- 9- Sharon Freeman  
Ron Saylor  
Linda Smith  
Edwin Thrasher  
Ronald Trudell
- 10- Mary Bodenbach  
Ronald Bodenbach  
Ruth Gearhart  
Jimmie McLean  
Karen Monte  
Charlene Pace  
Vickie Pike  
Marjorie Setter
- 11- Kittie Fairbrother  
Fran Heiple  
Joe Kelty
- 12- Joseph Pine
- 13- Carol Callahan  
Bonnie Clevenger  
Ronald Hackett  
Tom Romein
- 14- Steve Chissus
- 15- Daniel Arnold  
Gerald Bucek  
Michael Glynn  
June Johnson  
Craig Lechowicz  
Joan Rathbun  
Wayne Spears  
Ruth Tompkins
- 16- Linda Hubarth
- Ellen Dorshow-Gordon  
Linda Hubarth  
Georgeanne Kittridge  
Kathy Loba  
Laura Lombardo  
Wilma McKnight  
Sue Stone  
Sushida Stone  
Kathy Thompson
- 17- Felix Elpedes  
Laura Leonard  
Julie McGee  
Cheryl Wilcox
- 18- Donna Angeli  
Karen Donnellon  
Lois Hooper  
Carolyn Maloney  
Sylvia Ozga  
William Schaefer  
Tony Vaillancourt
- 19- Janice Burgdorf  
David Cooper  
Dale Hartzfeld  
Stanley Malek  
Carol Nichols  
Eugene Quackenbush  
Judy Santavicca
- 20- Carol Berti  
Frank Hardenburgh  
Pat Jackson  
Daniel Jenks  
Diane Kline  
Frances Pretto  
Mary Seppala  
Steve Veresh
- 21- Mario Dicarolo  
Rosemarie Fincannon  
Rosemary Komendera
- 22- Geive Bucek  
Linda Defendorf  
Lynn Densmore  
Carolyn Viles  
Thomas Walter
- 23- Ann Dillon  
Gail Dougan  
James Fox  
Theresa Gray  
Vicki Leinonen  
Juanita Lopez
- 24 -Arthur Daniels Jr.  
Norma Robb  
Diana Millard
- 25- Cindy Angrisani  
Kathleen Longcore  
Bea Stephenson  
Sandra Whiting  
Marjorie Wilson
- 26- Sharon Anglim
- Linda Bellehumeur  
Kathleen Kapla  
James Pike
- 27- Charlotte Charter  
Janet Henry  
Theresa Johnson  
Gloria Jostock  
Nancy Kordus  
Dan Allen  
Bill Streefkerk  
Conrad Surdu
- 28- Patricia Bentley  
Karen Cox  
Sharen Fillinger  
Ron Gray  
Ray Kozlowski  
Mike Rooney  
Debbie Rutz-Piette  
Sally Tewilliager  
Karen Thompson  
Sambhvi Venkateswaran
- 29- Lois Belanger  
Joyce Cotter  
Anne Dudley  
Judy Hickson  
Denise Lee  
Mark Martin  
Robert Matsura  
James McMahan  
Janice Nelson  
Luann Page  
Martha Wright
- 30- Carol Burrell  
Madelynn Lange  
Elizabeth Rouse  
Edna Sparkman  
Robert Ziembowicz
- 31- Mary Chatman  
David Dutton  
Marvin Garten  
Kathleen Mark  
Natalie Zuehlke

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**July 25, 26, 27**

**9:00 - 3:00**

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**Bake Sale!**

**Unique Vendors!**

**Book & Puzzle Sale!**

**Lunch! Gift Shop Specials!**

**Volunteer Opportunities!**

**100% of Flea Market Proceeds Benefit  
Your Waterford Senior Center.**

**3621 Pontiac Lake Road, Waterford**

# GOT STUFF? WE WANT IT!



100% of  
Flea Market  
proceeds  
benefit your  
Waterford  
Senior  
Center!

## Flea Market Donations Needed!

As you do your "Spring Cleaning" donation's of home goods, furniture, electronics, craft items, collectables, sporting goods, holiday decorations, gardening items, toys, books, movies, music and other sellable items will be accepted between July 15-19.

**\*Clothing, shoes, mattresses, entertainment centers, and older televisions and computers and will not be accepted.**

Waterford Senior Center 3621 Pontiac Lake Rd, Waterford

## Attention Bakers:

The Waterford Senior Center will be holding a Bake Sale during the Flea Market to help raise funds for senior services and programs.

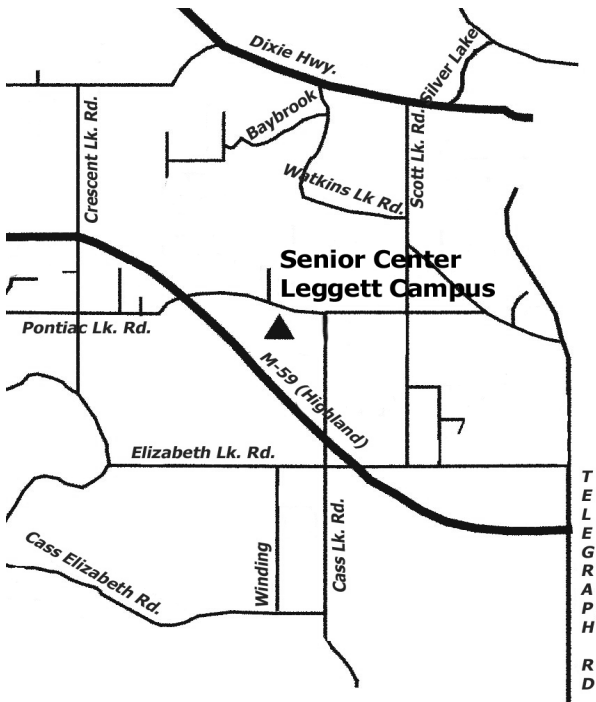


Please call the Center if you are interested in baking something yummy for our Bake Sale!

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**Waterford Senior Center  
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## Waterford Senior Center Staff

**Erin Asdell**

Coordinator  
Adult Day Services Supervisor

**Donielle Fidler**

Nutrition & Auxiliary  
Services Director

**Amber Hoskins**

Assistant Supervisor

**Nikki Champoux**

Bookkeeper

**Katie Williams**

Senior Center Assistant

**Sara Eisenhart, Mary Flynn**

Encore Aides

**Maria Fortin**

Cook

**Sandra Elka**

Assistant Superintendent of  
Business & Operations

## Time to Renew Your Membership?

Check the date on your address label to see if your membership is up to date. Thank you for your support!



**The Waterford Senior Center  
will be closed:  
Monday, May 27  
For Memorial Day**



*The Waterford Senior Center  
Newsletter is published bi-monthly.*