

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.

Waterford Senior Center

ADDRESSING THE NEEDS OF ALL SENIORS
WITHIN THE COMMUNITY

October/November 2024

Senior Expo Helping Seniors Live Better

Friday, October 11
9:00 am - 1:00 pm

- Health Screenings
- Flu Shots
- RSV and COVID Vaccines
- Prescription Drug Take Back
- Health & Wellness Information
- Senior Housing Options & Information
- Community Resource Exhibits

Box lunches available for purchase
11:30 am-12:30 pm / \$6.00 Each



Fall Arts and Crafts Show

Saturday, October 19
9:00 am - 3:00 pm

- Free Admission
- Public Welcome
- Multiple Vendors
- Unique Gift Ideas
- Lunch and Snacks Available
- Exclusive Gift Shop Specials



#FallVibes



Meet the Candidates

Tuesday, October 15
1:00 pm - 3:00 pm



Veterans Day Celebration

Monday, November 11
12:00 Noon

Veterans - Free
Members - \$10.00

Non-Members- \$12.00

- Presentation of Colors and Flag Ceremony
- POW/MIA Ceremony
- Family Style Luncheon
- Patriotic Music by Benny's Hooligans

Sponsored by -
McLaren Oakland & JDog
RSVP by 11/4



Halloween Party

Thursday, October 31
12:00 Noon

Members - \$10.00
Non-Members - \$12.00

- Pizza Party Lunch
- Costume Contest
- Musical Performance by Mark Harrington
- Dancing, Prizes and Fun!



Sponsored by -
Oakland Audiology
RSVP by 10/17

WATERFORD SENIOR CENTER

2024
SENIOR
expo

Friday
October 11th
9am - 1pm

Free Health Screenings



Vision & Hearing
Vein Ultrasounds
Stroke Screening
Vitals, Blood Pressure, Blood Sugar, BMI
Balance/Mobility, & More!

Flu Shots

Provided by: VNA

Covid & RSV Vaccines

Provided by: Huron Market Pharmacy



Medication Take Back (Pills Only)

Provided by The Waterford Community Coalition

Sponsored by The Waterford Police Department



Senior Housing Exhibitors:

Independent Living
Assisted Living
Skilled Nursing Care
Memory Care



Community Resource & Business Exhibitors:

Hospitals
Home Health Care
Home Safety
Hospice Care
Health Insurance
Funeral & Burial Pre-planning Information

Box Lunches Available: \$6.00 Each 11:30am-12:30 pm

Waterford Senior Center - Leggett Campus 3621 Pontiac Lake Rd., Waterford 48328
Located on Pontiac Lake Rd. Between M-59 and Scott Lake Road 248-682-9450



Raffle Prizes!
Free Goodies!

The Waterford Senior Center is in Partnership with Members, Waterford Schools, Waterford Township, and AgeWays
Our Mission is to provide a focal point in the Waterford community for services, programs and activities associated with vital aging.

Message from Erin

We're not just getting older we're getting better, and maybe louder!

According to the U.S. Census the senior population in Waterford Township is the only age group projected to grow between now and 2040. Waterford Township has more seniors age 60+ than school age children, and by 2030 will have twice as many. The current census data states that 22.82% of our Township is age 60+ and all of Oakland County is part of a national age wave. Traditionally seniors 60+ are active participants in elections both local and national. We are fortunate to have an efficient clerks office in our Township to facilitate absentee voting and provide convenient drop boxes for safe, secure collection. (You may have seen and used, as I did, the collection box in our parking lot.) With the November Election fast approaching we want to give all our members a chance to meet the local candidates and speak with them about issues that concern them. We've set up a Meet the Candidates forum here on Tuesday, October 15 at 1 pm. Each participant will be introduced and then seated at a table where voters can stop and ask the questions about issues that concern them. You may want their opinion on the future of Senior Services in Waterford. Is the candidate aware of the importance of the senior programs and services that are important to you? How does their vision of the Waterford Township 5 year Park and Recreation Master Plan reflect your interests? How do they feel about a community center that would bring the current programs of the Waterford Senior Center together with our Park and Recreation Department? Do they support the Meals on wheels program operated here under the contract with AgeWays Agency? Do you agree with their position on the continuation of the Encore Adult Day program here in our center? What's important to you? Property taxes? Garbage pick up? Transportation? Police and Fire? How do local candidates feel about policies in Lansing and Washington D.C.? Come and ask your questions. Your opinions matter and your vote counts. Get the information you need and don't forget to be an informed citizen and vote November 5, 2024.

As we progress through the activities listed in this newsletter you'll see our usual fall events will keep us all busy! We have our annual Senior Health Expo on October 11. Our Senior Center staff has brought together health screenings and resource information vendors along with the return of the popular bingo prize card so be sure to save the date. We have our Craft Show on Saturday, October 19. Our Gift shop volunteers lead the way in this very popular event to support our Senior Center operations. We'll have a super fun Monster Mash Halloween Party on Thursday October 31. We'll host our annual Veterans Day commemoration ceremony on Monday, November 11 as we express our appreciation for all who've served. As we move into the holiday season we'll celebrate with our Senior Center family with our festive luncheon on Thursday, December 12. With the coming of the New Year we'll be rolling out exciting new changes as we join forces with Waterford Township Parks and Recreation to enhance the social, recreational, service and educational programs, along with volunteer opportunities which support our healthy aging here in Waterford. Be sure to stay active and involved. We're not just getting older, together we are enjoying our active lives and lending a hand to help each other stay healthy, happy and engaged.

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

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.

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** with your email address.

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, October 25

1:00 pm

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, October 14

12:00 Noon – 1:00 pm

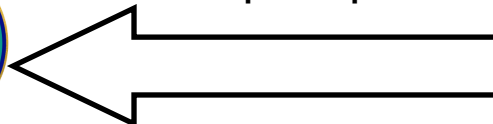
Follow us on Facebook



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!



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

Or visit the website and watch “On Demand”.



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, November 13

11:00 am

Special Events

Arts and Crafts Show
Saturday, October 19
9:00 am - 3:00 pm

- Free Admission
- Public Welcome
- Multiple Vendors
- Unique Gift Ideas
- Lunch and Snacks Available
- Exclusive Gift Shop Specials



Monster Mash Halloween Party
Thursday, October 31
12:00 Noon
Members - \$10.00
Non-Members - \$12.00

- Costume Contest!
- Pizza Party Lunch
- Musical Performance by Mark Harrington
- Dancing, Prizes, Fun!

Sponsored by - Oakland Audiology

Reservations are required by October 17
and seating is limited.

Veterans Day Celebration
“Honoring All Who Served”
Monday, November 11
12:00 Noon
Veterans - Free
Members - \$10.00
Non-Members - \$12.00

- Presentation of Colors & Flag Ceremony
- POW/MIA Ceremony
- Patriotic Music by Benny’s Hooligans
- Family Style Luncheon

Sponsored by -
McLaren Oakland & JDog

Reservations are required by November 4,
and seating is limited.

Deck The Halls

Join us as we decorate the senior center and
get it holiday ready!

We have all the decorations– we just need your
holiday spirit to deck our halls and trim our
trees.

Saturday, November 16
9:30 am - 12:30 pm

Coffee, donuts, pizza lunch, and cookies
provided!

See Donielle or Nikki if you have questions,
or have a specific project or area you want to
work on.

Treesgiving– Spreading Holiday Joy!

We are excited to once again
be partnering with the
Treesgiving Foundation this
year to make sure seniors
that want a Christmas tree will
have one!

You are invited to join us as
we decorate table top trees
for our senior neighbors. This
will be a fun afternoon filled with tree decorating,
holiday music, and of course Christmas cookies!

Wednesday, November 20

1:00 pm

Free Event



If you are in need of a tabletop tree please
call the office at 248-682-9450.

Save the Date!

Holiday Party

Thursday, December 12
12:00 Noon

Celebrate the season with us as we enjoy a
traditional holiday ham dinner served family
style, complete with all the delicious trimmings.

Holiday Musical Performances,
Raffles, and Prizes!

\$10.00 Members

\$12.00 Non-members

Reservations are required by December 5,
and seating is limited.

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

“New to Medicare” by appointment only. Turning 65 or retiring and need to add Medicare benefits? In Person or Zoom appointments are available.

2024 Medicare Open Enrollment

October 15 - December 7

Mary Hyde, MMAP Certified Counselor will have **free, in-person appointments** at the Waterford Senior Center on the following dates:

Friday, October 18, 25

Friday, November 1, 8, 15, 22

Friday, December 6

No walk-in appointments available.

You may begin making appointments on September 1.

Please call Mary Hyde at 248-845-8522

NOTE:

If you need assistance with Medicaid Please call Michigan Medicare/Medicaid Assistance Program (MMAP)

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.

Date: Monday, November 18

Time: 10:00 am - 3:00 pm

Location: 3621 Pontiac Lake Road

Book a visit to complete your transactions:

- **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 at 248-682-9450.

Feeling Overwhelmed?

We are Here for You!

Free Resource Counseling!

The Waterford Community Coalition staff will work alongside you to help identify specific needs. Our knowledgeable staff will then link you to the appropriate resources that our community has to offer.

Schedule an appointment at 947-229-7140 or email Resource@ccwaterford.org

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

Hearing Screenings

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

Tuesday, October 22
Tuesday, November 26
10:00 am - 12:00 pm



You must call to make an appointment.

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.

Grief Support

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 will meet every Tuesday for 10 weeks.
Current session: August 6 - October 8
3:00 pm – 4:30 pm.

Beginning 2025–
We will meet twice a month Jan-May.
January 14, 28 Feb 11, 25
March 11, 25 April 8, 22 May 13, 27
3:00 pm – 4:30 pm

Facilitated by:
Mary Hyde, LMSW
Registration is required
248-845-8522

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

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 prove you are 60 or older.

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

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

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.

Used Book and Puzzle Sale

4 Paperbacks for \$1.00

2 Hardcover for \$1.00

Puzzles \$0.50 each

Limited Time Only!

While they last!

Handmade model ships in a variety of sizes from the private collection of Charlie Hall. Mr. Hall has hand created the works of art for over six decades, and each personalized boat comes with the date made and detailed description.

Visit the Senior Center Gift Shop and make your purchase before they are gone.

**The Waterford Senior Center
will be closed
Thursday, November 28 &
Friday, November 29
for the Thanksgiving Holiday.**



Waterford Senior Center



Arts & Crafts Show

**FREE ADMISSION
PUBLIC WELCOME
MULTIPLE VENDORS
LUNCH AND SNACKS AVAILABLE
EXCLUSIVE GIFT SHOP SPECIALS**

**Saturday, October 19
9:00-3:00**

3621 Pontiac Lake Road
248-682-9450



Attention Crafters

Our Gift Shop is looking for additional consignees who offer some new and unusual items. If you are a member of the Waterford Senior Center, and feel you might be interested in becoming a consignee, please talk with us.

Stop into the Gift Shop on any Monday, Tuesday or Wednesday between 9:30 am –3:00 pm. Please show us a sample of your craft and let us explain the consignee program to you.

We hope to see you soon!

Special Interest

It is unbelievable, and we are still shocked and amazed, but **\$11,234.05** was raised during the **2024 Flea Market!** The three day sale included a delicious bake sale, a tasty variety of lunch choices, and of course the **AMAZING FLEA MARKET SALE!** We couldn't have done it without the volunteers that gave of their time and energy to make the sale a record breaking success!

Volunteers donated their time unloading vehicles, sorting and pricing items, working as cashiers, cleaning, organizing and reorganizing! Volunteers baked delectable items for our bake sale, and also donated their time to organize and sell the items. Volunteers helped in the kitchen, office, and snack bar! The senior center gift shop had a whopping \$500.00 in sales which not only benefits our center, but also members that have made the crafts. We had so many new faces visiting our senior center during the sale, and many commented on how special our center is and how friendly and fun our volunteers are!

The Waterford Community Coalition in partnership with the Waterford Police Department joined us to do a prescription drug take back where people could safely dispose of unwanted medications. They also handed out free items such as medication lock boxes and Deterra bags (which are small bags you can use at home that will deactivate medications keeping it out of the wrong hands and preventing environmental contamination).

Thank you to everyone that donated items, bought items, and stopped in to support the center! **100% of the money raised at the Flea Market supports the general fund of YOUR Waterford Senior Center!** This helps with basic necessities like ensuring that the lights stay on, the phones continue to be in service, the A/C continues to keep us cool in the summer, and the heat continues to keep us warm in the winter. ***We couldn't do what we do without the support of our members and the community, and our amazing team of volunteers! Thank You!***



Nutrition



Can you Benefit from Meals-on-Wheels ?

⇒ **What are 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 (1/3) 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 a.m. and 12:00 p.m. 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 the home under normal circumstances.
- ◆ Must live in Waterford.
- ◆ A person must be unable to obtain food or prepare complete meals.
- ◆ The persons dietary needs must be appropriately met by the program.
- ◆ The person must be able to feed themselves, or have a caregiver that can assist.
- ◆ A person must agree to be home when meals are delivered, or contact the program when absence is unavoidable.

⇒ **But 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 are able to pay for the meals or not. The amount of \$3.00 per meal is suggested.

⇒ **Great! 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!

Waterford Senior Center - 3621 Pontiac Lake Road – Waterford - MI - 48328 - 248-682-9450

Area Agency on Aging 1-B



The Senior Nutrition Program of AgeWays Nonprofit Senior Services is funded in part by the Federal Older Americans Act, the Michigan Department of Health & Human Services (MDHHS) 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. Contact information: www.aaa1b.org • 1.800.852.7795

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

October Menu

1 Tuesday	Chili w/ Cheese
2 Wednesday	Chicken Parmesan
3 Thursday	All Beef Hot Dog
4 Friday	Fish Nuggets
7 Monday	Turkey Tetrazzini
8 Tuesday	Meatloaf
9 Wednesday	Chicken Tenders
10 Thursday	Beef Nacho
11 Friday	Senior Expo - Box Lunch
14 Monday	Chicken Alfredo
15 Tuesday	Lasagna w/ Meat Sauce
16 Wednesday	Chicken Sandwich
17 Thursday	BBQ Pulled Pork
18 Friday	Macaroni and Cheese
21 Monday	Stuffed Cabbage
22 Tuesday	Turkey and Gravy
23 Wednesday	Cheeseburger
24 Thursday	Meatballs w/ Gravy
25 Friday	Breakfast Sandwich
28 Monday	Mostaccioli
29 Tuesday	Crispy Chicken leg
30 Wednesday	Sloppy Joe
31 Thursday	Halloween Party

*10/11 Box Lunches are \$6.00

*10/31 Reservation is required

November Menu

1 Friday	Lasagna Roll
4 Monday	Beef Stew
5 Tuesday	Sweet and Sour Chicken
6 Wednesday	All Beef Hot Dog
7 Thursday	Chicken Tenders
8 Friday	Fish Sticks
11 Monday	Veterans Day Lunch
12 Tuesday	Turkey Tetrazzini
13 Wednesday	Beef Nacho
14 Thursday	Ham
15 Friday	Cheese Ravioli
18 Monday	Chicken Sandwich
19 Tuesday	Stuffed Pepper
20 Wednesday	Turkey and Gravy
21 Thursday	Cheeseburger
22 Friday	Macaroni and Cheese
25 Monday	Meatballs w/ Marinara Sauce
26 Tuesday	Chicken Alfredo
27 Wednesday	Polish Sausage w/ Sauerkraut
28 Thursday	Closed - Thanksgiving
29 Friday	Closed - Thanksgiving

*Menu is subject to change.

*11/11 Reservation is required

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, October 24 and Thursday, November 21**

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.

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

October

Oktoberfest
Laugh for Health Day
United Nations Day
College Pride Day
Halloween Fun

November

Fall Back Party
Encore Band
Thank you Veterans
Homemade Bread Day
Thanksgiving Memories



The Walk to End Alzheimer's will be held on November 2 at the Detroit Zoo. You can go to alz.org/walk and look for 'Erin Asdell Encore Adult Day Care' or just check in with Erin to see how you can participate.

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.

We meet on the second Tuesday of each month at noon and on the third Monday each month at 7 pm. We are still enjoying a special caregiver meal grant so plan on enjoying a light meal during the meeting. We have two days and times to choose from! Join us October 8 & November 12 at noon and October 21 and November 18 at 7pm. No registration necessary walks in are welcome! Please also save the date the Walk to End Alzheimer's will be held on November 2nd at The Detroit Zoo. Check in with Erin to see how you can participate and support our walk team!

alzheimer's  association®



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. 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.



**Caregiver Connections:
Learn, Link, and Lunch
Hosted by- AgeWays Nonprofit
Senior Services**

Saturday, October 5

10:00 am - 1:30 pm

**Suburban Collection Showplace
in Novi.**

Features WDIV-TV4 anchor Christy McDonald, who will speak about her experience caring for her late husband. Jim Mangi, a longtime caregiver for his wife and spokesperson for the Alzheimer's Association, will talk about communicating with someone who has dementia. Attorney Jason Tower will speak about legal documents caregivers should have. The day will be rounded out by lunch, exhibitors, raffles and giveaways.

A \$10 entrance fee will support the agency's Holiday Meals on Wheels program.

To register- **YouAreACaregiver.org**. If cost is a barrier, fee waivers are available. Contact us at - **communications@ageways.org**.

Activities

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**

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, October 30

Wednesday, November 27

1:00 pm

\$1 Drop-in Fee

Waterford Garden Club

Attention all Green Thumbs!

Join us for informative workshops and fun workdays.



**For more information and work day times and locations visit:
Waterfordgardenclub.org and/or
Facebook.com/waterfordgardenclub**

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 Studio

\$1 Drop-in Fee

Computer Club

Our mission is to meet monthly to provide a friendly environment where members can improve their computer skills and assist each other with digital challenges. We welcome visitors and new members fostering a supportive community dedicated to lifelong learning and camaraderie.

Facilitator-Ron Estrada

Come and see!

Tuesday, October 8

Tuesday, November 12

10:00 am - Noon

\$1.00 Drop-in Fee

Book Club and Chat

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, October 7

Monday, November 4

Monday, December 2

10:30 am - 12:00 pm

Facilitator– Donna Koan

Activities

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

Pre-scheduled CANCELLATIONS:

November 27 Instructor unavailable

December 25 Building closed for holiday

January 1 Building closed for holiday

FREE Sponsored by:

The Alliance of
Coalitions for
Healthy
Communities



Facilitator-Instructor Katy Miller

Katy Miller is dedicated to sharing her experience, knowledge and passion for all who wish for a healthy and happy life. Katy is a National Personal Training Institute Graduate, AFAA Certified Group Fitness Instructor, and a NASM Certified Nutrition Coach. She has continuing education certifications in AFAA Yoga Essentials 1 & 2 and Golden Hearts Senior Fitness and is also currently pursuing a Yoga Alliance Yoga Teacher certification.

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

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

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.

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.

Fridays 10:30 am

7 Week Instructor Led Class

September 6 - October 25

(No class on 10/11)

November 1 - December 20

(No Class on 11/29)

Members \$21 / Non-members \$26

Or \$5 Drop-in Fee Per Day

Facilitator- Carrie Sue Cempura

Tuesdays 1:30 pm - 2:30 pm

\$1.00 Drop-in fee

Daily activity calendars and large print lunch menus will be available in the main office. Stop by today!

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, October 17
Thursday, November 21
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, October 3
Thursday, November 7
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, October 2
Wednesday, December 4
1:00 pm
\$1.00 Drop In Fee

No Game Time
in November

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

Bunco

Tuesday, October 22 - Halloween Costume
Thursday, November 14 - Wild Turkey
Tuesday, December 3 - Christmas Sweater
1:00-3:00 pm

\$5.00 per person at the door

Bunco is a fun social dice game involving mostly luck and little skill! It's easy to learn and play! Enjoy light refreshments and a fun time with friends.



*Bring a "dollar store" type gift for a fun gift exchange game! *Please sign up one week prior to reserve your spot!

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.

Mah Jong

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, October 4 / Friday October 18
Friday, November 1 / November 15
1:00 pm – 3:00 pm



BINGO

Join us for a fun game of FREE BINGO!
Friends, Fun, Prizes!
Fresh popped popcorn & beverages included.

Monday, November 25
1:00 pm – 2:30 pm
RSVP by 11/18



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, October 25

Friday, November 22

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.



**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, October 7

Monday, November 4

Monday, December 2

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.

Fall Themed Door Hanger Class

You will be making a beautiful Fall themed door hanger that will look awesome on your front door, inside above your fireplace, or just about anywhere! The facilitator, Donna Wall, will teach you how to create a one of a kind design and you will leave with your Fall masterpiece!

All supplies included.

Come join in on the fun!

Monday, October 14

10:30 am – 12:00 pm

\$10 Members / \$12 Non-Members

RSVP with payment to the main office one week prior to the class.



Rock Painting Class

Instructor Susana Woloson will be teaching you the art of rock painting! She will bring examples for you to duplicate or you're welcome to let your creativity run wild. 2-3 rocks per person depending on size and design. All painting supplies included.



Thursday, November 7

1:00 am – 3:00 pm

\$5 Members / \$7 Non-Members

All finished rocks can be shellacked with a protective clear coat if you choose and then picked up at the senior center one week after class.

Christmas Ribbon Wreath Class

You will be making a beautiful Christmas themed ribbon wreath pictured to the right. The facilitator, Donna Wall, will teach you how to create a one of a kind design and you will leave with your work!

All supplies included.

Come join in on the fun!

Monday, November 25

10:30 am – 12:00 pm

\$24 Members / \$25 Non-Members

RSVP with payment to the main office one week prior to the class.



Activities

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

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

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

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.**

MEET THE CANDIDATES



TUESDAY, OCTOBER 15
1:00 PM-3:00 PM

FREE EVENT
OPEN TO THE PUBLIC



JOIN US FOR COFFEE AND COOKIES AND A CASUAL MEET AND GREET WITH THE CANDIDATES. SIT AND TALK, ASK QUESTIONS, AND UNDERSTAND YOUR CANDIDATES POSITION ON ISSUES THAT IMPACT YOU, YOUR FAMILY, AND YOUR COMMUNITY.

WATERFORD SENIOR CENTER
3621 PONTIAC LAKE ROAD
248-682-9450
willik01@wsdmi.org

STAY INFORMED!
YOUR VOTE MATTERS!

CANDIDATES ARE ASKED TO RSVP BY 10/10/24

Special Interest

FREE EDUCATIONAL SEMINARS

Take advantage of these great opportunities to get informed!

Annual Enrollment Period Sessions With Brad Bonner

Estate Preservation Agency

Ask the questions and learn about your Medicare open enrollment options.

1:00 pm - 2:00 pm on the following days:

Tuesday, October 1

Tuesday, October 15

Tuesday, November 5

Tuesday, November 26

Brad Bonner
Licensed Representative
Office: 800-355-3742
Cell: 248-535-9203



ESTATE PRESERVATION AGENCY, INC

Life Insurance | Medicare Supplements | Annuities
Home Recovery Care | Medicare Advantage
IRA / 401K Rollovers

8571 W. Grand River Ave, Suite 800 Brighton, MI 48116
www.EstatePreservation.com | 888-333-3721

Oakland Literacy Council

Have you ever thought about becoming a tutor for adults? Join the Oakland Literacy Council for this introduction seminar and learn how you can help other adults in our community learn and grow!

Thursday, October 17

12:30 pm - 1:30 pm

Register in the main office by 10/10

Financial Abuse

Vibe Credit Union

Do you worry about protecting your bank accounts and personal information as you get older? Join us for a discussion on what elder financial abuse is, why elders are targeted, red flags, common scams, and what to do if you encounter a scammer.

Thursday, October 24

1:00 pm-3:00 pm

Register in the main office by 11/17

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



Ask a Lawyer

Daudi & Kroll, P.C.

Do you have questions about estate planning or are you worried about the possibility of a probate court issue? Come speak with the attorney's at Daudi & Kroll, P.C.

Monday, November 18

12:30 pm-1:30 pm



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.



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!

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.

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

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

NEW!

Seniors Helping Seniors

We are looking for seniors interested in learning about 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.

Special Interest

CLERK'S CORNER

2024 Election Information from your Waterford Township Clerk's Office

By Kim Markee, Township Clerk

MICHIGAN now offers three options for voting: **EARLY VOTING, ABSENTEE VOTING and ELECTION DAY VOTING**

- Absentee voting begins approximately 40 days prior to an election. Early voting begins the second Saturday prior to an election and concludes the Sunday before Election Day. Waterford Township voters may vote early at the Waterford Township Library. All Oakland County voters may also vote at the Waterford Oaks Activity Center. Hours for early voting are 8:30 a.m. to 4:30 p.m., every day except Thursday, when the hours are noon to 8:00 p.m.
- You may register to vote up to 8 p.m. on Election Day. There are specific requirements 14 days prior to an election so contact your clerk for details. Requesting and returning your application and/or ballot early avoids issues. Please remember that a ballot that has been turned into the Clerk's Office or drop box cannot be spoiled after 4 p.m. the second Friday prior to Election Day (the day before Early Voting begins).
- A Clerk's Office is ALWAYS open for eight hours the weekend before an election for absentee voting. Call your local Clerk's Office for specific hours.
- You can request an absentee ballot at the Clerk's Office window up to 4 p.m. SHARP the

Monday before an election.

- We verify your signature against your driver's license signature or state ID. The name does not have to be exactly as it is on your ID. However, we must be able to tell it's your signature. Your clerk's office will make every effort to contact you to cure a missing signature or a signature that does not match.
- If you rely on the mail, allow ample time for your application or ballot to arrive at the Clerk's Office. Prepaid postage is included. Better yet, use a drop box! They are available 24/7 but please use a drop box for your own municipality! Voters now have the option to take their absentee ballot to their available early voting sites or to their polling location on Election Day and feed their ballot into the tabulator. An advantage of turning your absentee ballot into an early voting or Election Day ballot is that if you make a mistake on your ballot (e.g. overvote, crossover in a Primary Election, etc.), you have the opportunity to spoil the ballot and receive a new ballot.
- Sample ballots for each election will be available at the Clerk's Office or online at the Michigan Voter Information Center (Michigan.gov/vote). You can also track your absentee ballot application and ballot at the same website. You may also request to be on the Permanent Ballot List.



- If you request to be on the Permanent Ballot List, you will automatically receive an absentee ballot for every election you are eligible to vote in. Contact your local clerk's office for details or check the applicable box for Permanent Ballot List on an Absentee Voter Application.
- Military and Overseas ballots may be accepted up to six days after Election Day as long as the postmark is before or on Election Day.
 - Please be aware that ballots DO NOT forward in the U.S. Mail. If you will be at a temporary address, please contact the Clerk's Office to ensure we send your ballot to the correct location.
 - **DON'T FORGET TO SIGN AND DATE YOUR ABSENTEE BALLOT ENVELOPE IN THE DESIGNATED LOCATION!!!**

*We are always recruiting new election workers.
Call (248) 674-6266 and ask how you can get involved.*



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

Let's Win Big! Soaring Eagle Casino Thursday, October 10



Luxury 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 10/1

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 Wednesday November 13



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.
Powerchairs and wheel chairs are available on a first come first serve basis.

Cost: \$5.00 Members
\$7.00 Non-Members
Departs: 12:00 pm
Returns: 4:00 pm
RSVP by 11/1

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

Let's Explore! Bronner's and Cracker Barrel Wednesday, November 6



Come explore the world famous Bronner's Christmas Store and stock up on all kinds of personalized ornaments and unique treasures just in time for the holidays! Lunch will be on your own at Cracker Barrel where you can find all the southern comfort food your heart desires! Round trip luxury motor coach transportation and driver tip included.

Cost: \$30.00 Members
\$35.00 Non-Members
Departs: 10:00 am
Returns: 4:00 pm
RSVP by 10/30

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

Let's Explore! Detroit Symphony Orchestra Friday, December 13



The DSO and special guests play all your holiday favorites in the warm and wonderful orchestra hall. Make the season bright and create memories of a lifetime! After the show, lunch will be included at a Detroit original, Buddy's Pizza. Pizza, pasta, salad, and bread buffet. Round trip luxury motor coach transportation and driver tip included.

Cost: \$65.00 Members
\$70.00 Non-Members
Departs: 9:00 am
Returns: 3:00 pm
RSVP by 11/29

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

October Birthdays

- 1- Sylvia Ashton
Elizabeth Barrager
Bonnie Fox
Dennis Haywald
David Lisac
Debra Metler
Joyce Payne
George Rock
Norma Smith
Jean Wilson
- 2- Pamela Manel
Teresa Ogg
Lisa Perrett
Rita Stevens-Collier
Ann Swanson
Christia Yahner
Dennis Yahner
- 3- Jean Craven
Jane Kennedy
Donna Lang
Robert Nichols
Sarajane Schaefer
Marlene Roy
- 4- Sharon Carene
Pamela Fox
Lorraine Graham
Robert Kress
Larry Quick
Charlotte Raspberry
- 5- Robert Slack
Bridget Scully
- 6- Russell Frick
David Kramer
Janet Matsura
- 7- Harold Donaldson
Donna Donner
Krystal Edwards
Judy Kelly
Helen Kobylk
Coleen Parker
Betty Seymour
- 8- Larry Buettner
Dianne Eastham
Regina Johnson
Clayton Jones
Patricia Ragan
Betty Taylor
Julie Wareck
- 9- Ronald Arnold
Stephen Lewis
- 10- Jim Bugg
Clarence Millen
Betty Rawls
Donald Sawdon
Jeff Swanson
Dorothy Tate
- 11- Amy Annett
Sondra Barrett
Linda Cueny
Kim Gawry
Avis Hermans
Laura Raupp
- 12- Lori Jean Holland
Peggy Surdu
Belinda Trudell
- 13- Patrick Allsteadt
John Cutcher
John Dixon
Karen Franklin
Doug Shearer
Sybil Winters
- 14- Joe Beauvais
Ardis Hollingsworth
Linda McCauley
Dorothy Wolf
- 15- Cathy Balent
Robin McGregor
Stephen McNaney
Madelene Neaves
Gary Pinner
- 16- Sandy Blanchard
Stephen Bradshaw
David Pence
George Vihonsky
James Weninger
- 17- Rita Irwin
- 18- Suzanne Arendsen
Ron Estrada
Donald Pittman
Marie Saukko
- 19- Lee Brown
Lawrence Dillon
Christine Major
Mary Selep
Richard Woudstra
- 20- Linda Dauzy
Linda Didio
Joan Ham
Shirley Hunt
Edward Neaves
Jan Shewalter
Charles Steeber
Barry Weddle
- 21- Sandra Chasteen
Ron Czapl
James Smith
Edward Tilton
Shirley Watts
- 22- Kim Hugelier
Mary Ellen Madary
Rosezina Sheilds
Sherry Vanhaverbeck
- 23- Joann Griffith
Duane Haddon
B.J. Karwas
Linda Macunovich
Michael Murray
- 24- Barney Arendsen
Deborah Bradley
Barbara Broker
Norma Cassidy
Kathy Krenz
William Oberlin
Linda Neussendorfer
Martha Preston
- 25- Tanya Chapman
James Irwin
Linda Moehlman
Alicia Sandoval
- 26- Charles Gordon
Steve Kavouras
Maurice Nolin
Karen Prentice
- 27- Beverly Donaldson
Nancy Donaldson
Vicky Vaillancourt
- 28- Carol Ann Brantley
Paul Breining
Robert Hrynyk
Steve Hyde
Patrick Karbon
Michael Odle
Patricia Pearson
Jim Poupore
Kathleen Wiegand
- 29- Roger Holm
William Kobe
Rob Seeterlin
- 30- Lolita Hernandez
Lawrence Poland
Walter Schoenbach
- 31- Richard Harrington
Betty Roberts
John Young

November Birthdays

- 1- Shirley Collom
Oliver Lowery
Carolyn Roltsch
Marybeth Maxim-Smith
- 2- Margaret Gilliland
Frank Lombardi
Rudic McGregor
Barbara Miller
William Regentin
Nancy Sulisz
Ronald Topolewski
- 3- Robert Harris
Don Hicks
Garry Weideman
- 4- Linda Calder
Yolanda Chapa
Vicki Clark
Judy Goshen
James McIlrath
Ella Stellmach
Patricia Wenner
- 5- Susan Jordan
Stefan Kowalik
Christopher Ottolini
Barb Thomas
- 6- Steve Brooks
Robert Cikalo
Diana Collette
Mary Mullin
David Rowinski
- 7- Paul Hartman
Mary Olari
- 8- Renee Giroux
Gene Hooper
Julie Ronquillo
- 9- Lee Crandell
Christopher Healy
Patricia Klinkovsky
Norma Williams
- 10- Shirley Clowes
Marilynn Larvick
Jean Lovell
- 11- Kathy Gauronskas
John Nelson
Frank Schmaltz
Larry Smith
John Styles
- 12- Nancy Campo
Nancy Peters
- 13- Maurene Brown
Norma Christenson
- 14- Ursula Cecile
Joanne Dennis
Don Letang
Caroline Roberson
Richard Weaver
- 15- Jeri Burger
Louis Campbell
Dan Graham
- 16- Mar Lawson
Alfred Smith Sr.
- 17- Dewey Brake
Sue Cartwright
Robert Lomerson
Thomas McKeown
Doris Quick
Ron Santavicca
Arlene Schell
Rosemary Wojcik
- 18- Joanne Charboneau
Sandy Druar
Jerry Harnack
Virginia Lividotti
Janis Matta
Cindy Pinner
Kathy Shaffer
Kathleen Spence
- 19- Donna Elliott
Jerry Nichols
Daniel Wiegand
- 20- Beth Cushman
Kathy Lemon
Carol St. Dennis
Ellie Tomkow
- 21- Carol Hess-Kalinski
Betty Marcks
Louise Martin
- 22- Michele Baydown
Patricia Budd
Charles Kreminski
Dianna Tracy
Gary Truhn
- 23- Rose Bastain
Richard Boylan
Thomas Dahlem
Carrol Goodell
Frank Hupka
Margret Partaka
Michael Piper
Rose Winslow
- 24- Michele Kotlarsky
Nicole Middleton
Maryann Nagel
- 25- Monika Horak
- 26- Micaela Benavidez
Sandra Bevak
Jim Bugg
Bonnie Herrera
Robert Jurek
Joanne Slater
Carole Tadavich
Kaye Wisenbaugh
- 27- Margaret Evans
Joan McCabe
Karen Salswedel
Matt Wisenbaugh
- 28- Rebecca Benavidez
Cheryl Brumley
Paul Breininger
Mary Jo Rogers
- 29- Terry Biggerstaff
Larry Christenson
Marilyn Emmert
Bill Gesaman
Susan Ngo
- 30- Edward Rascjke Sr
Marion Rowland
Jeanne Woodard

Community Partners

Grosinger, Spigelman & Grey Eye Surgeons
By Midwest Vision Partners



Les Grosinger, M.D., F.A.C.S.
Alan Spigelman, M.D., F.A.C.S.
David Grey, M.D., F.A.C.S.
Marc Siegel, M.D., F.A.C.S.
Ryan Cosgrove, D.O.
Jennifer Risting, O.D.

Premium Laser Cataract Surgery
Specialty Cataract Lens Implant
Comprehensive Eye Care
Diabetic Eye Disease
Glaucoma Treatment & Surgery
LASIK

248-333-2900

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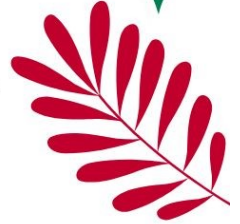
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Support Your Waterford Senior Center

As you plan your end of year holiday giving please consider supporting your Waterford Senior Center. Our mission is to be the focal point in the Waterford community for services, programs, and activities associated with healthy aging. Your donation can help us achieve our goals!



Reindeer Bucks can be donated to the service, program, or activity of your choice!



- Meals on Wheels
- Encore Adult Day Services
- Activities
- Maintenance and upgrades. Please select one.

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- General Fund
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Save the Dates– 2024 Special Events

September 28- Walk & Roll for Meals
October 11– Senior Expo
October 19– Craft Show
October 31– Halloween Party
November 11– Veterans Day Lunch
December 12– Holiday Party



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.

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 Thursday, November 28 & Friday, November 29 for the Thanksgiving Holiday.



The Waterford Senior Center Newsletter is published bi-monthly.