

GRAND BLANC SENIOR CENTER

JANUARY/FEBRUARY NEWSLETTER

THE CENTER WILL BE CLOSED ON

**WEDNESDAY, JANUARY 1ST FOR THE NEW YEAR HOLIDAY
MONDAY, JANUARY 20TH FOR MARTIN LUTHER KING JR DAY**

**The AARP Income Tax Program will return to the Center this year!
The Center Office will begin taking appointments beginning the
week of January 13th. Please note: You may schedule your
appointment into March or April at this time. Appointments are
filled beginning with the 9:00am time slots first for each day.
Please call the office to schedule your appointment and get a list of
what you need to bring to your appointment.**

**Attention Humana Members: You are invited to attend a member
orientation benefit fair at the Grand Blanc Senior Center on
Tuesday, January 14th at 11:00am or
Thursday, January 23rd at 11:00am
Please call to reserve your spot!**

**INTERESTED IN PARTICIPATING IN THE 2020 SENIOR WINTER
GAMES. THE DEADLINE TO REGISTER IS 4:00PM
THURSDAY, JANUARY 16TH. COST IS ONLY \$12.00
DON'T MISS OUT ON THE FUN!!**

**THE CENTER WILL BE HOSTING
SEVERAL 2020 SENIOR WINTER
GAMES EVENTS IN THE MONTH OF
FEBRUARY. PLEASE CHECK THE
CALENDAR FOR DETAILS.**

**PLEASE NOTE:
THE CENTER WILL CLOSE IF GRAND
BLANC SCHOOLS CLOSE BECAUSE
OF BAD WEATHER.
PLEASE CHECK ABC 12 FLINT OR
NBC 25/FOX66 PRIOR TO HEADING
IN. THIS INCLUDES
TRANSPORTATION SERVICES.**



LIFETIME BODY FITNESS

Join instructor Heather Crawford for our Lifetime Body Fitness Program. Lifetime Body Fitness is a low-impact full body exercise class set to music that focuses on strength, balance, and light cardio. Lifetime Body Fitness is held on Mondays and Wednesdays at 9:30am. A new 10-week session will begin on Monday, January 6th Cost is \$30

BEGINNERS CARDIO-DRUMMING WITH HEATHER

Cardio-drumming stimulates people whether they are young or old, healthy or ill. Drumming makes people happy! Cardio Drumming is an exercise format that combines regular or weighted drum sticks with lower body dance steps to create a fun-filled cardio workout for the upper and lower body. It can be done seated or standing and is a fun cardiovascular workout for all ages and abilities! Join Heather on Wednesdays at 10:45am for this fun interactive exercise class. You must provide your own "drum" and sticks. "Drums" consist of a large exercise ball and a basket. A new 10-week session will begin on Wednesday, January 8th. Cost is \$20

MSU EXTENSION PRESENTS: COOKING FOR ONE

Join this wonderful class to discover how cooking for one can be fun!

Over the course of six, 2-hour lessons, you will:

- Learn ways to make cooking for one simple and enjoyable
- Learn helpful tips and tricks to making healthy choices, like eating well and being active

Participate in cooking real recipes for one

This FREE 6 week program will begin on Thursday, January 9, 2020 and run through Thursday, February 13, 2020. Classes are held from 1:00pm-3:00pm. Sign-up early space is limited

MSU EXTENSION PRESENTS: WISE

Wellness Initiative for Senior Education (WISE)- (6 weeks, 2 hours each session)

The WISE program celebrates healthy aging and educates older adults on a variety of topics. The educational program offers six lessons that cover a wide range of topics. Participants will have an opportunity to meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors older adults should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how they can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

This 6-week session will be held on Mondays from 1:00pm-3:00pm beginning January 13th and running through February 24th. Please call the office to reserve your spot today!

MSU EXTENSION PRESENTS: DINING WITH DIABETES (4 weeks, 2 hours each session)

Dining with Diabetes is a fun and interactive course series targeting individuals with prediabetes, type 1 or type 2 diabetes, members of their support system and/or anyone interested in learning more. Participants learn to make healthy food choices and incorporate balanced menus into the family dining experience. Classes include research-based education, cooking demonstrations and healthy recipe tasting. This 4-week program will be offered on the following dates:

Wednesday, January 22nd and Wednesday, January 29th from 1:00pm-3:00pm

Wednesday, February 5th and Wednesday, February 12th from 1:00pm-3:00pm

Please call the office to sign up! Space is limited

ALZHEIMER'S ASSOCIATION PRESENTS: DEMENTIA CONVERSATIONS

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning is an education workshop offered by the Alzheimer's Association that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance quality of life for everyone involved. This educational workshop will be offered on Friday, January 24th at 1:30 pm. Please call to reserve your spot!

*******NEW CLASS!!! BEGINNER YOGA WITH DONNA*******

This class is perfect for the beginner yoga student. Basic postures are taught in a clear and concise manner with modifications being offered to meet your physical ability. With consistent practice, this class will increase your flexibility, endurance, strength and balance. Please bring a yoga mat and a blanket to class. Dress in comfortable clothing that allows for movement. Appropriate for all levels but must be able to get down and up from the floor.

FREE CLASS WILL BE OFFERED ON FRIDAY, JANUARY 10TH at 10:30am.

A new 4-week session will begin on Friday, January 17th. Cost is \$32 for a 4-week session.

NEW ARTHRITIS EXERCISE CLASS

Join us for this low-impact workout that will help reduce pain and decrease stiffness, so you feel stronger and more confident! The Arthritis Foundation Exercise Program uses gentle range-of-motion exercises to help people of all fitness levels:

- keep joints flexible and muscles strong
- sleep better
- increase energy
- improve overall well-being

This new 7-week session will begin on Tuesday, January 7th. Classes are held from 2:00pm-3:00pm.

CREATING CONFIDENT CAREGIVERS

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. Two hour sessions are held once a week for six weeks and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills. In this 6-week class you will learn about: Dementia and its effects on the brain, Caregiver resources, Managing behaviors, Improving caregiving skills, How to handle everyday activities more easily, Taking care of yourself to better care for your loved one. This informative workshop begins on Wednesday, January 8th. Classes are held from 10:00am-12:00pm. There is a \$10.00 fee for the workshop handbook.

If you are in need of Free Respite Care so you can attend the class, please contact Jennifer Joyner at 810-239-7671. Please call the Center to reserve your spot in this great program.

SILVER SNEAKERS STABILITY

If you would like to be stronger, improve your balance, and decrease your risk of falling ...

SilverSneakers Stability™ is for you! Protect one of your most valuable assets – your independence. A study of older adults participating in exercise classes similar to SilverSneakers Stability showed 40 percent were less likely to fall and one-third were less likely to suffer a fall-related injury than non-participants. This 6-week session begins on Friday, January 10th. Classes are held from 10:30am-11:30am. There is no cost for Silver Sneakers participants, if you do not have Silver Sneakers coverage there is a \$20.00 fee.

ARTHRITIS EXERCISE-SILVER SNEAKERS APPROVED!

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routine includes a gentle range-of-motion exercises that are suitable for every fitness level. Classes meet on Tuesdays and Thursdays from 10:00am-11:00am
This is an on-going class feel free to join anytime!

SILVER SNEAKERS: CHAIR YOGA

Inquire today to determine if your health insurance covers your Yoga classes under "Silver Sneakers".

The Physical Benefits of Yoga Include:

- *Greater Flexibility
- *More Strength & Better Muscle Tone
- *Improved Breathing
- *Healthier Blood Pressure & Heart Activity
- *Increase in Energy Level
- *Improved Balance
- *Reduced Stress & Improves Mental Clarity
- *Increased Circulation
- *Helps Alleviate Joint Pain from Arthritis
- *Promotes Relaxation

If you can breathe, you can do some form of yoga. For those who can't get on a traditional mat, chair yoga can offer wonderful health benefits. Cheri is off for the winter, but no worries she has provided video classes to get us through!

Classes are held on Mondays at 8:30am, Thursdays & Fridays at 9:00am.

ADVANCE TAI CHI

Mondays 2:00pm-2:45pm.

Classes begin Monday January 6th and run through Monday, April 6th.

No Classes on January 20th or February 10th.

This is a 12- week session. Cost is \$72.00

This class will be learning and reviewing advanced forms including the Yang 24 and Sun 73 forms.

BEGINNERS TAI CHI– LEVEL 1

Fridays 2:00pm-2:45pm

Classes begin Friday, January 17th and run through Friday, April 3rd.

This is a 11-week session. Cost is \$66.00

There is no class Friday, February 7th.

This class will learn Tai Chi for Diabetes. This is a great beginners form and is good for improving balance, increasing flexibility, decreasing joint pain and reducing stress. No Tai Chi experience needed. Join us to discover the mental and physical health benefits of Tai Chi.

BEGINNERS TAI CHI– LEVEL 2

Mondays 3:00pm-3:45pm

Classes begin Monday, January 6th and run through Monday, April 6th.

No Classes on January 20th or February 10th.

This is a 12-week session. Cost is \$72.00

This class will be learning Tai Chi Diabetes and reviewing Tai Chi for Arthritis.

ZUMBA GOLD

Do you want to have a great time dancing and shaking away the pounds and blues?

Join certified Zumba instructor Kimberly on Fridays at 1:00pm for an hour of fun and exercise! Cost is only \$5.00 per class or you can purchase a punch card for \$20 (5 classes).

BALANCE CLASS

Join our volunteer led balance class. Participants in this class will work through semi-strenuous exercises to improve their balance. Class meets every Monday at 10:45am.

PICKLEBALL

No experience required!! Come join our fun group inside on Mondays at 3:45pm & Thursdays at 11:30am!! Outdoor pickleball will be available-weather permitting.

LINE DANCING CLASSES

Join in on the fun! Line dancing is a great way to have fun while exercising. Our instructor, Norma Rudkin, will make you fall in love with line dancing! Class schedule is as follows:

Intermediate Level Class-Mondays at 12:00pm and Thursdays at 6:30pm

Mondays at 6:30pm – Beginner Level Class Thursdays at 1:45pm– Beginner Level Class

Cost is \$3.00 for day classes and \$5.00 for evening classes.

CALLING ALL TABLE TENNIS PLAYERS

The Center recently purchased a ping-pong table!! So grab your paddle and a friend and come on in to the Center to play! Table Tennis is available on Tuesdays from 11:30am-1:30pm Please call ahead if interested in playing!

WATERCOLOR CLASS

Joe Green returns this month with another fabulous watercolor class! Learn to love painting with watercolors in this fun class. Join Joe on Tuesdays from 9:30am-11:30am. A new session will begin on Tuesday, November 12th. Cost is \$30 for this session.

SCRABBLE

The mental concentration required to puzzle through different word options in Scrabble also puts the brain into a meditative state much like taking a class of yoga or meditating. Taking this time to deliberately relax and engage in some mental exercise is a great way to reduce stress and anxiety. Join our Scrabble group on the first, third and fifth Monday of every month and every Wednesdays at 1:00pm

BOOK DISCUSSION CLUB

Join our Book Club on the 2nd Wednesday of every month at 10:00am for engaging discussion and friendship!

KNITTING AND CROCHETING CLUB

Join our wonderful knitting and crocheting club on Thursday mornings from 9:00am-11:00am. Come share patterns, stories and friendship. If you are looking for a home for your unused yarn, please consider donating it to the Grand Blanc Senior Center.

AMERICAN MAH-JONGG

Our American Mah-Jongg group meets on Thursdays and Fridays at 12:45pm. Come in for a delightful afternoon!

CARD GAMES AT THE CENTER

Monday Bridge: No partner needed. Play starts at 12:30pm. Please sign up in advance.

Euchre: Play starts at 12:30pm on Tuesdays and Fridays

Tuesday Bridge: Partner needed. (We may be able to assist you in finding one if need be) Play starts at 12:30pm every Tuesday. Please sign up in advance.

Poker: Fridays at 12:00pm

PENNY BINGO

Do you like playing BINGO? Join our fun group on Wednesdays at 12:30pm for Penny Bingo! Cards are \$0.01 each for regular games (12) \$0.02 each for special games (3) and \$0.05 each for the last game which is round the world and coverall! Bingo is a great game to keep your mind active and healthy!

ALZHEIMER'S SUPPORT GROUP

The Center has partnered with the Alzheimer's Association to offer a monthly support group. The group meets on the second Tuesday of every month from 6:00pm-8:00pm. Please call the office at 695-3202 for more information.

LEGAL SERVICES OF EASTERN MICHIGAN: FREE LEGAL SERVICES

The Center is happy to announce Free Legal Services provided by Legal Services of Eastern Michigan. Attorney Seth Neblock will be available by appointment only on the first Friday of every month. Appointments are 1/2 long and begin at 9:00am. If you and your spouse or wanting to complete a Will or Durable Power of Attorney two appointments will be required. Please call the office to schedule your appointment. Services are available to Genesee County Seniors 60 years of age and older. Services include: Wills, Durable Power-of -Attorney, Advance Directives, Estate Planning, Medicaid Planning, Social Security, Income Tax, Consumer Issues, Housing Complaints, Family Law, Domestic Violence, Bankruptcy, Employment Issues, Public Benefits.

VISUALLY IMPAIRED SUPPORT GROUP

The Visually Impaired Program provides programs and services especially designed to assist adults 60 and older, who are losing vision, cope with their loss. Our goal is to introduce safe, new ways to manage daily tasks to persons losing vision so that they can remain independent. The center will host the visually impaired support group on the second Thursday of every month from 10:30am-12:30pm.

MEDICAL LOAN CLOSET

The Center's Medical Loan Closet is available Monday-Friday from 9:00am-11:00am. Inventory varies daily based on usage and donations. If you would like to make a donation please call in advance to see if we are accepting the durable medical goods. Please do not help yourself to medical equipment, you must come in to the office to borrow equipment.

VETERAN'S ASSISTANCE

The center has partnered with the Genesee County Department of Veterans Services to offer Veterans, their spouses, or dependents assistance in filing claims and/or receiving benefits and answering questions. Appointments are available on the 2nd Monday of every month. Please call 695-3202 to schedule an appointment.

ADVISORY BOARD

The Young at Heart Advisory Board meets on the 3rd Monday of each month at 8:30am.

President: Ray Green Secretary: Leona Krause Treasurer: Ray Lum
Officers: Lydia Baker, Gene Gubala, Carolyn Stingel, and Joann Jenks

SENIOR CENTER TRANSPORTATION SERVICE

The bus provides transportation for current members age 60 and older who reside within the Grand Blanc School District. Participants must sign a bus policy. Transportation is limited to the Senior Center, Doctors Offices, Grocery Stores, Post Office, and Barber/Beauty Shops within the Grand Blanc School District. The Center transportation services cannot provide rides to physical therapy or medical procedures other than routine doctor and dental appointments, blood draws and x-rays. Transportation arrangements must be scheduled with the Grand Blanc Senior Activity Center Office. In addition all questions regarding transportation must be directed to the Grand Blanc Senior Activity Center office. The driver is unable to schedule or make changes to transportation arrangements or answer questions. Transportation arrangements must be made 24 hours in advance. There is a \$4.00 charge for round trip transportation. Any additional scheduled stops are \$2.00 per stop and must be scheduled at the time of original appointment. The fees may be paid in advance or upon boarding the bus. For convenience please have small bills or exact change. Transportation hours are: Monday-Friday 8:00am-1:00pm. Please note: if the Grand Blanc School District closes due to inclement weather, the Senior Center will be closed including transportation.

BLOOD PRESSURE SCREENINGS

The center offers FREE blood pressure screenings every Tuesday from 12:00pm-2:00pm. Make sure you scan your key card and select blood pressure during your visit.

COMMODITIES AND EMERGENCY FOOD PROGRAM

Are you in need of food assistance? The center offers monthly and quarterly food distribution for income qualifying seniors. Commodities are distributed the 3rd Wednesday of every month from 10:00am-12:00pm. Assistance carrying out your box is available during this time only. Please call the office at 695-3202 for more information.

MEDICARE/MEDICAID ASSISTANCE PROGRAM AND MICAFE BRIDGE CARD ASSISTANCE

Our MMAP specialist can assist you with your Medicare or Medicaid questions and concerns. Our MMAP counselor is available by appointment on Tuesdays and Thursdays. Call the center at 695-3202 to schedule an appointment.

Trips at a Glance

March 26	Father Solanus Casey Center	\$70
April 17-19	Thunder over Louisville	\$799
May 6	Holland Tulip Festival	\$92
June 12-23	Alaska Cruise	Prices Vary
June 17	North American International Auto Show	\$56
July 3-8	New York City Fireworks Extravaganza	\$1999
July 24	Detroit Princess Luncheon Cruise & Belle Isle	\$92
August 13	Shipeshewana Back Roads & Brown Bag Tour	\$127
August 24-27	Mississippi River Cruise	\$999
September 20-27	Cape Cod & Martha's Vineyard	\$1999
October 9-12	Rails of West Virginia Fall Color Mountain Rails	\$999

You must come inside to check in with staff prior to boarding bus.

- **Refunds can only be given if a replacement is found unless otherwise stated on the brochure**
- **Please park in the side lot away from building**



Refund Policy

All refunds must be requested prior to the second class or activity meeting with the exception of single-day classes and trips. No refunds will be given for single-day classes if request for cancellation is not received by the office 24 hours in advance. Refunds for trips will only be given if your seat is filled by another traveler unless otherwise noted on the trip brochure. Refunds will be paid in full when classes or trips are cancelled by the Grand Blanc Senior Center Office. No refunds or deductions will be given for classes or trips missed by participants. A \$7.00 administration fee will be charged on all refunds other than Senior Center cancellations. Requests for refunds must be made to the Grand Blanc Senior Center Office by phone. In order to receive any refund, the participant must show proof of registration (the participant's copy of registration receipt).

Note: There will be a two-week waiting period on all refunds. Refunds will be made in the form of a check.

PAYMENT POLICY

PAYMENT FOR ALL CLASSES IS DUE PRIOR TO THE START OF THE FIRST CLASS. PAYMENT FOR SINGLE DAY TRIPS ARE DUE AT TIME OF SIGN-UP. PAYMENTS FOR CLASSES CANNOT BE PRO-RATED. PAYMENT FOR EXTENDED TRIPS ARE LISTED ON TRIP BROCHURE.

		<p>1</p> 	<p>2</p> <p>M MAP Appts Knitting 9:00-11:30 Chair Yoga 9:00 Arthritis 10:00 Pickleball 11:30 Lunch 12:00 Mah Jongg 12:45 Line Dancing 1:45 Line Dancing 6:30</p>	<p>3</p> <p>Chair Yoga 9:00 Yoga 10:30 Lunch 12:00 Poker 12:00 Euchre 12:30 Mah Jongg 12:45 Zumba 1:00 Beg Tai Chi 2:00</p>
<p>6 Chair Yoga 8:30 Video Exercise 8:30 Lifetime 9:30 Balance Class 10:45 Line Dancing 12:00 Lunch 12:00 Bridge 12:30 Scrabble 1:00 Adv Tai Chi 2:00 Int. Tai Chi 3:00 Pickleball 3:45 Line Dancing 6:30</p>	<p>7</p> <p>M MAP Appts 9:00 Watercolor 9:30 Arthritis Exercise 10 Table Tennis 11:30-1:30 Lunch 12:00 Blood Pressure 12 Euchre 12:30 Bridge 12:30 Arthritis Exercise 2</p>	<p>8</p> <p>Video Exercise 8:30 Lifetime 9:30 Book Discussion 10 CCC 10:00-12:00 Cardio Drum 10:45 Lunch 12:00 Bingo 12:30 Scrabble 1:00</p>	<p>9 M MAP Appts Knitting 9:00-11:30 Chair Yoga 9:00 Arthritis 10:00 Vis Impaired 10:30 Pickleball 11:30 Lunch 12:00 Mah Jongg 12:45 Cooking for One 1:00 Line Dancing 1:45 Line Dancing 6:30</p>	<p>10</p> <p>Chair Yoga 9:00 FREE: Yoga 10:30 Stability 10:30 Lunch 12:00 Poker 12:00 Euchre 12:30 Mah Jongg 12:45 Zumba 1:00 Beg Tai Chi 2:00</p>
<p>13 Chair Yoga 8:30 Video Exercise 8:30 Lifetime 9:30 Balance Class 10:45 Line Dancing 12:00 Lunch 12:00 Bridge 12:30 WISE 1:00-3:00 Adv Tai Chi 2:00 Int Tai Chi 3:00 Pickleball 3:45 Line Dancing 6:30</p>	<p>14</p> <p>M MAP Appts 9:00 Watercolor 9:30 Arthritis Exercise 10 NO Table Tennis Humana Pres 11:00 Lunch 12:00 Blood Pressure 12 Euchre 12:30 Bridge 12:30 Arthritis Exercise 2 Alzheimer's Support 6:00-8:00</p>	<p>15</p> <p>Video Exercise 8:30 Lifetime 9:30 CCC 10:00-12:00 Cardio Drum 10:45 Lunch 12:00 Bingo 12:30 Scrabble 1:00</p>	<p>16</p> <p>M MAP Appts Knitting 9:00-11:30 Chair Yoga 9:00 Arthritis 10:00 Pickleball 11:30 Lunch 12:00 Mah Jongg 12:45 Cooking 1:00 Line Dancing 1:45 Line Dancing 6:30</p>	<p>17</p> <p>Chair Yoga 9:00 NEW: Yoga 10:30 Stability 10:30 Lunch 12:00 Poker 12:00 Euchre 12:30 Mah Jongg 12:45 Zumba 1:00 Beg Tai Chi 2:00</p>
<p>20</p> 	<p>21</p> <p>M MAP Appts 9:00 Watercolor 9:30 Arthritis Exercise 10 Table Tennis 11:30-1:30 Lunch 12:00 Blood Pressure 12 Euchre 12:30 Bridge 12:30 Arthritis Exercise 2</p>	<p>22</p> <p>Video Exercise 8:30 Lifetime 9:30 CCC 10:00-12:00 Cardio Drum 10:45 Lunch 12:00 Bingo 12:30 Scrabble 1:00 Dining Diabetes 1:00-3:00</p>	<p>23</p> <p>M MAP Appts Knitting 9:00-11:30 Chair Yoga 9:00 Arthritis 10:00 NO Pickleball Humana Pres 11:00 Lunch 12:00 Mah Jongg 12:45 Cooking 1:00 Line Dancing 1:45 Line Dancing 6:30</p>	<p>24</p> <p>Chair Yoga 9:00 Yoga 10:30 Stability 10:30 Lunch 12:00 Poker 12:00 Euchre 12:30 Mah Jongg 12:45 Zumba 1:00 Dementia 1:30 Beg Tai Chi 2:00</p>
<p>27 Chair Yoga 8:30 Video Exercise 8:30 Lifetime 9:30 Balance Class 10:45 Line Dancing 12:00 Lunch 12:00 Bridge 12:30 Scrabble 1:00 WISE 1:00-3:00 Adv Tai Chi 2:00 Int Tai Chi 3:00 Pickleball 3:45 Line Dancing 6:30</p>	<p>28</p> <p>M MAP Appts 9:00 Watercolor 9:30 Arthritis Exercise 10 Table Tennis 11:30-1:30 Lunch 12:00 Blood Pressure 12 Euchre 12:30 Bridge 12:30 Arthritis Exercise 2</p>	<p>29</p> <p>Video Exercise 8:30 Lifetime 9:30 CCC 10:00-12:00 Cardio Drum 10:45 Lunch 12:00 Bingo 12:30 Scrabble 1:00 Dining Diabetes 1:00-3:00</p>	<p>30</p> <p>M MAP Appts Knitting 9:00-11:30 Chair Yoga 9:00 Arthritis 10:00 Pickleball 11:30 Lunch 12:00 Mah Jongg 12:45 Cooking 1:00 Line Dancing 1:45 Line Dancing 6:30</p>	<p>31</p> <p>Chair Yoga 9:00 Yoga 10:30 Stability 10:30 Lunch 12:00 Poker 12:00 Euchre 12:30 Mah Jongg 12:45 Zumba 1:00 Beg Tai Chi 2:00</p>

<p>3 Chair Yoga 8:30 Video Exercise 8:30 Lifetime 9:30 Balance Class 10:45 Line Dancing 12:00 Lunch 12:00 Bridge 12:30 WISE 1:00-3:00 Adv Tai Chi 2:00 Int Tai Chi 3:00 Pickleball 3:45 Line Dancing 6:30</p>	<p>4 MMAP Appts 9:00 Watercolor 9:30 Arthritis Exercise 10 Table Tennis 11:30 Lunch 12:00 Blood Pressure 12 Euchre 12:30 Bridge 12:30 Arthritis Exercise 2</p>	<p>5 Video Exercise 8:30 AARP Tax Appt 9:00-2:00 Lifetime 9:30 CCC 10:00-12:00 Cardio Drum 10:45 Lunch 12:00 Bingo 12:30 Scrabble 1:00 Dining Diabetes 1:00-3:00</p>	<p>6 MMAP Appts Knitting 9:00-11:30 Chair Yoga 9:00 Arthritis 10:00 Pickleball 11:30 Lunch 12:00 Mah Jongg 12:45 Cooking 1:00 Line Dancing 1:45 Line Dancing 6:30</p>	<p>7 Chair Yoga 9:00 Yoga 10:30 Stability 10:30 Lunch 12:00 Poker 12:00 Euchre 12:30 Mah Jongg 12:45 Zumba 1:00 Beg Tai Chi 2:00</p>
<p>10 Chair Yoga 8:30 Video Exercise 8:30 Lifetime 9:30 Balance Class 10:45 Line Dancing 12:00 Lunch 12:00 Bridge 12:30 WISE 1:00-3:00 Adv Tai Chi 2:00 Int Tai Chi 3:00 Pickleball 3:45 Line Dancing 6:30</p>	<p>11 MMAP Appts 9:00 Watercolor 9:30 Arthritis Exercise 10 Table Tennis 11:30 Lunch 12:00 Blood Pressure 12 Euchre 12:30 Bridge 12:30 Arthritis Exercise 2 Alzheimer's Support 6:00-8:00</p>	<p>12 Video Exercise 8:30 AARP Tax Appt 9:00-2:00 Lifetime 9:30 CCC 10:00-12:00 Cardio Drum 10:45 Lunch 12:00 Bingo 12:30 Scrabble 1:00 Dining Diabetes 1:00-3:00</p>	<p>13 MMAP Appts Knitting 9:00-11:30 Chair Yoga 9:00 Arthritis 10:00 Vis Impaired 10:30 Pickleball 11:30 Lunch 12:00 Mah Jongg 12:45 Cooking 1:00 Line Dancing 1:45 Line Dancing 6:30</p>	<p>14 SWG Euchre Event 10:00 Chair Yoga 9:00 NO Yoga Stability 10:30 Lunch 12:00 Poker 12:00 Euchre 12:30 Mah Jongg 12:45 Zumba 1:00 Beg Tai Chi 2:00</p>
<p>17 Chair Yoga 8:30 Video Exercise 8:30 Lifetime 9:30 Balance Class 10:45 Line Dancing 12:00 Lunch 12:00 Bridge 12:30 WISE 1:00-3:00 Adv Tai Chi 2:00 Int Tai Chi 3:00 Pickleball 3:45 Line Dancing 6:30</p>	<p>18 MMAP Appts 9:00 Watercolor 9:30 Arthritis Exercise 10 Table Tennis 11:30 Lunch 12:00 Blood Pressure 12 Euchre 12:30 Bridge 12:30 Arthritis Exercise 2</p>	<p>19 Video Exercise 8:30 AARP Tax Appt 9:00-2:00 Lifetime 9:30 Cardio Drum 10:45 Lunch 12:00 Bingo 12:30 Scrabble 1:00</p>	<p>20 SWG Line Dance & Karaoke Events MMAP Appts Knitting 9:00-11:30 NO Chair Yoga NO Arthritis Exercise NO Pickleball Lunch 12:00 Mah Jongg 12:45 NO Line Dancing 1:45 Line Dancing 6:30</p>	<p>21 Chair Yoga 9:00 No Yoga Lunch 12:00 Poker 12:00 Euchre 12:30 Mah Jongg 12:45 Zumba 1:00 Beg Tai Chi 2:00</p>
<p>24 Chair Yoga 8:30 Video Exercise 8:30 Lifetime 9:30 Balance Class 10:45 Line Dancing 12:00 Lunch 12:00 Bridge 12:30 WISE 1:00-3:00 Adv Tai Chi 2:00 Int Tai Chi 3:00 Pickleball 3:45 Line Dancing 6:30</p>	<p>25 MMAP Appts 9:00 Watercolor 9:30 Arthritis Exercise 10 Table Tennis 11:30 Lunch 12:00 Blood Pressure 12 Euchre 12:30 Bridge 12:30</p>	<p>26 Video Exercise 8:30 AARP Tax Appt 9:00-2:00 Lifetime 9:30 Cardio Drum 10:45 Lunch 12:00 Bingo 12:30 Scrabble 1:00</p>	<p>27 MMAP Appts Knitting 9:00-11:30 Chair Yoga 9:00 Arthritis 10:00 Pickleball 11:30 Lunch 12:00 Mah Jongg 12:45 Line Dancing 1:45 Line Dancing 6:30</p>	<p>28 Chair Yoga 9:00 No Yoga Lunch 12:00 Poker 12:00 Euchre 12:30 Mah Jongg 12:45 Zumba 1:00 Beg Tai Chi 2:00</p>
<p>PLEASE NOTE: Several activities will be cancelled in February due to Senior Winter Games Events being hosted at the Center. Please look at the calendar on Friday, February 14 and Thursday, February 20.</p>		<p>There is a requested \$3.00 donation for anyone 60 years of age or older residing in Genesee County. There is a \$6.00 charge for anyone outside of Genesee County or under 60. Reservations must be made by noon the business day prior unless otherwise noted on the menu! Menus are available at the center.</p>		

Grand Blanc Senior Center
12632 Pagels Drive
Grand Blanc, MI 48439
Hours of Operation
Monday-Friday
8:00am-4:00pm
Phone: (810) 695-3202
Fax: (810) 953-0726
gbsc3202@gmail.com
Website:
gbseniorcenter.org

PRST STD
U.S. POSTAGE
PAID
Grand Blanc, MI
Permit No. 35

OR CURRENT RESIDENT



The Grand Blanc Senior Citizens Activity Center is funded by: Genesee County and the Genesee County Board of Commissioners, Grand Blanc Parks and Recreation, City of Grand Blanc, Charter Township of Grand Blanc, Genesee County Senior Services Millage, and individual donations. We appreciate all who have made a difference. This program and/or service is fully or partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work.

IT'S TIME TO UPDATE YOUR CONTACT INFORMATION! IT IS IMPORTANT THAT WE HAVE ACCURATE INFORMATION! PLEASE TAKE THE TIME TO COMPLETE THE FORM AND BRING IT IN TO THE CENTER. THERE IS A REQUESTED \$10.00 ANNUAL DONATION TO PARTICIPATE IN PROGRAMS. THANK YOU

NAME: _____ **DATE OF BIRTH** _____

SPOUSE: _____ **DATE OF BIRTH** _____

ADDRESS: _____

CITY: _____ **ZIP CODE:** _____

COUNTY: _____ **PHONE #:** _____

EMAIL ADDRESS: _____

ETHNICITY: _____

EMERGENCY CONTACT: _____