

June/July Newsletter

# GRAND BLANC SENIOR ACTIVITY CENTER

12632 PAGELS DR

(810) 695-3202 FAX: (810) 953-0726 EMAIL: [gbseniorcenter@sbcglobal.net](mailto:gbseniorcenter@sbcglobal.net)

Visit us on the web at [gbseniorcenter.org](http://gbseniorcenter.org)

Hours of Operation: Monday– Friday 8:00am-4:00pm

The center will be closed on Monday, July 5th in observance of  
Independence Day Holiday!

**We are updating our files– please take the time to fill out the form**

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

D/O/B: \_\_\_\_\_

Spouse: \_\_\_\_\_

D/O/B: \_\_\_\_\_

Anniversary: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

## CENTER INFORMATION

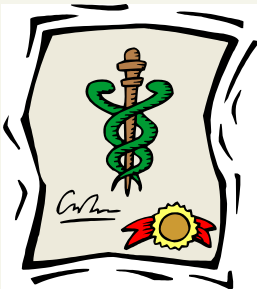
### STAFF:

Vickie Michelson: Coordinator  
 Misty Moen: Administrative Assistant  
 Elaine Willingham: Receptionist  
 Bill Palacios: Maintenance  
 Keith Kelly: Driver

### YOUNG AT HEARTS ADVISORY BOARD:

Bob Tresedder	Pat Miller
Leona Krause	Mary McDaniel
Carolyn Stingel	Gene Gubala
Howard Weaver	

Our Advisory Board meets on the 3rd Monday of each month at 8:30AM



### MMAP ASSISTANCE

We have a wonderful volunteer named Chuck Mitchell that is available by appointment to discuss Medicare coverage. He is well trained to answer questions regarding Medicare. Please call the office to set up an appointment.

### COMMODITIES

The center receives its commodities distribution on the 3rd Thursday of every month. If you would like more information about the commodities program please call the office.



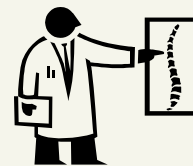
### MICAFAE

Could you use extra \$\$\$ each month? If you answered yes, then you might qualify for the MiCafe program. Call the center for more information

### HEALTHY LIVING EVENTS **FREE: BLOOD PRESSURE CHECKS- TUESDAYS 12-2:00P.M.**



### CHIROPRACTIC CARE **DR. MCLANE IS AT THE CENTER ON THE 3RD WEDNESDAY OF EVERY MONTH FROM 9:00-10:00AM**



### SENIOR CENTER VAN

Our van is available 5 days per week by appointment only. Due to recent budget cuts there will be a \$1.00 charge per run per person. Also the bus will no longer be able to make runs outside the Grand Blanc Area. Thank you! The van schedule is as follows:

**Mondays: 8:00-4:00**  
**Tuesdays: 8:00-4:00**  
**Wednesdays: 8:00-4:00**  
**Thursdays: 10:00-1:00**  
**Fridays: 8:00-12:00**

## IMPORTANT PHONE NUMBERS



Grand Blanc Township	(810) 424-2600
Grand Blanc City	(810) 694-1118
Grand Blanc Library	(810) 694-5310
Grand Blanc Post Office	(810) 694-4241
Grand Blanc Your Ride	(810) 780-8960
Attorney General's Office	(877) 765-8388
Legal Services of Eastern Michigan	(810) 234-2621
Elder Abuse Hotline	(800) 996-6228
Genesee County Sheriff Department	(810) 341-5923
Disability Network	(810) 742-1800
Leader Dogs for the Blind	(888) 777-5332
Library for the Blind/Physically Handicapped	(810) 732-1120
Visually Impaired Center	(810) 235-2544
GCCARD	(810) 232-2185
Salvation Army	(810) 232-2196
American Red Cross	(810) 232-1401
St. Vincent DePaul	(810) 234-5381
Genesys Center for Gerontology	(810) 762-4550
Social Security	(810) 239-9514
Medicare/Medicaid	(800) 803-7174
Genesee County Register of Deeds	(810) 257-3060
Genesee County Clerk	(810) 257-3282
Genesee County Free Clinic	(810) 235-4211
Genesys Hospital	(810) 606-5000
Meals on Wheels	(810) 239-7671
GCCARD Meals on Wheels	(810) 235-3567
Family Pharmacy	(810) 235-7995
Alzheimer's Center	(800) 272-3900
American Cancer Society	(800) 227-2345
Auto Repair Complaints	(800) 292-4202
Energy Assistance	(800) 292-5650
Home Heating Emergency	(800) 292-5650
Veteran's Information	(800) 827-1000
KISS Program	(810) 760-1092
VAAA	(810) 239-7671



## PROGRAMS AT THE CENTER

### CARD GROUPS:

Bridge: Mondays at 12:30 pm  
 Bridge: Tuesdays at 6:30pm  
 Euchre: Tuesdays and Fridays at 12:30  
 Pinochle: Mondays and Tuesdays at 1:00

### MAH JONGG:

Mah Jongg plays on Thursdays at 10:30am  
 and Fridays at 11:00am

### SCRABBLE:

Scrabble meets on Mondays and  
 Wednesdays at 1:00pm.

### FREE COMPUTER TIME:

The center has 5 updated computers  
 available for anyone to use.

### BOOK DISCUSSION CLUB:

Join our book discussion club for some  
 enticing conversation. Book Club meets  
 the 2nd Thursday of every month at  
 10:00am.

### VOLLEYBALL:

Volleyball is a great way to exercise and  
 have fun. Join our team on Mondays at  
 10:45am and Thursdays at 1:30.

### WALKING CLUB:

Come on in and take a walk. 22 laps  
 around our banquet room is equal to 1  
 mile. Walking club meets on Tuesday and  
 Thursdays from 8:30-9:30am

## SURVIVE AND THRIVE CANCER

Join Sherrill Natzke, Family Pharmacy & Cancer Treatment Centers  
 of America, for our monthly Survive and Thrive support group. Group  
 meets on the 3rd Wednesday of every month at 4:00pm. Bring your  
 family and friends!!

### CHESS

Want stimulating exercise for your mind? You may find playing chess a pleasant way to get it. Chess players meet every Tuesday at 1:00 p.m. to learn strategies and play games. Learning activities include explanation of moves on a large demonstration chess board, videos, and actual practice of strategies. Players often write down each move in a game using a modern chess notation system. Later they analyze the game and learn from it. Players also use special chess clocks to time each player's moves. And there's more.

Are you already an experienced chess player who enjoys a good game? You'll find some worthy opponents in this group. Perhaps your knowledge of the game is sketchy. No matter, beginners are welcome. Perhaps you'd like to learn more about the game in order to share that knowledge with a grandchild. Whatever the reason, you should find involvement in the chess group a rewarding experience

### KARAOKE:

Start warming up your singing voices!! The Center is happy to announce that we will be offering karaoke on Monday evenings at 4:30pm. Light refreshments provided. The more the merrier, even if you would like to come in just to enjoy the show-we would love to have you.

## CLASSES AT THE CENTER

### WATERCOLOR:

Join Joe Green on Tuesdays from 9:30am until 11:30am. Joe can teach anyone to paint. Cost for a 4 week session is \$30. New classes will begin September 14th

### BODY RECALL:

Body Recall is a Nationally recognized exercise program that give you a total body low impact workout. Classes are \$40 for 10 weeks. New Classes will begin the week of September 13th.

**Body Recall I:** Monday-Wednesday-Friday 8:30am

**Body Recall I:** Tuesday-Thursday-Friday 10:45am

**Body Recall II:** Monday-Wednesday-Friday 9:30am

### TAI CHI:

Tai Chi is a great way to gain strength and balance. Join certified Tai Chi instructor Mike Schurig on Mondays. Class costs \$36.00 for 6 weeks. New classes will begin July 26th

**Advanced Tai Chi: Mondays 2:00pm**

**Beginners Tai Chi: Mondays 3:00pm**

### LINE DANCING:

The most fun you can have for only \$2.00. Join Pat for a great workout. Line Dancing meets on Mondays from 12:00-1:30pm

### YOUTHFUL YOGA:

Yoga has been proven to be beneficial to all age groups. Join Julietta Chevalier, certified yoga instructor, on Thursdays at 9:15am or Fridays at 2:30pm. New 6 week classes will begin September 9th and 10th.



### ZUMBA:

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Join Jim and Terri on Tuesdays at 9:30 for an energetic hour!

Cost is \$65 for 10 sessions.

## COMPUTER CLASSES AT THE CENTER:

Costs are as follows:

1 hour four week session: \$60

1 & 1/2 hour class: \$21

1 hour class: \$15

Space is limited so money is due at time of sign up-last day for sign up is Wednesday, June 30th

### Wednesday July 7th

9am-10am Basic Computer Knowledge 4 week long - 1 hour class

10:10-11:10 Basic Internet Class 1 hour 4 week long - 1 hour class

11:20-12:20 What to do with your digital photos 4 week long - 1 hour class

**12:30-2:00 Computer and Internet Maintenance ( 1day - 1 ½ hour class)**

### Wednesday July 14th

9am-10am Basic Computer Knowledge 1 hour

10:10-11:10 Basic Internet Class 1 hour

11:20-12:20 What to do with your digital photos 1 hour

**12:30-2:30 New Class FACE BOOK for beginners! (1 day – 2 hour class)**

**In this class you will establish your own facebook account. MUST HAVE A VALID EMAIL ADDRESS TO PARTICIPATE! (if you don't we can give you one for free) You will learn how to completely establish your FB account, add photos, build your wall, comment on other FB accounts, find people on FB, add friends to FB, send personal messages, and SO much more**

### Wednesday July 21st

9am-10am Basic Computer Knowledge 1 hour

10:10-11:10 Basic Internet Class 1 hour

11:20-12:20 What to do with your digital photos 1 hour

**12:30 – 2:00 NEW CLASS Learn How to Burn a CD using your computer  
1 day 1-½ hour class**

### Wednesday July 28th

9am-10am Basic Computer Knowledge 1 hour

10:10-11:10 Basic Internet Class 1 hour

11:20-12:20 What to do with your digital photos 1 hour

**12:30-1:30 Cut, Copy and Paste (1 day – 1 hour class)**

## PRESENTATIONS AT THE CENTER

### MTA:

Wednesday, June 2nd join MTA Services presentation at 12:15pm. The presentation will begin after lunch is served. Cost for lunch is \$5.50 and reservations must be made by Tuesday, June 1st.

### BROOKDALE LUNCHEON:

Wednesday, June 9th come enjoy a wonderful luncheon from Brookdale Assisted Living Facilities. Cost of the luncheon is \$6.00 and reservations must be made by Monday, June 7th. All monies raised will benefit the Alzheimer's Association.

### LEGAL SERVICES OF EASTERN MICHIGAN:

On Thursday, June 10th we will have a legal representative at the center answering questions about the Impact of Reverse Mortgages. The presentation will be at 2:00pm. Please call and reserve your space.

### FAMILY PHARMACY:

Wednesday, June 16th join Family Pharmacy for a presentation on how to cope and prevent diabetes. The presentation will begin after lunch is served. Cost for lunch is \$5.50 and reservations must be made by Tuesday, June 15th.

### FAMILY PHARMACY:

Thursday, June 17th Family Pharmacy will have a diabetic shoe specialist available by appointment to fit you for diabetic shoes. Half hour appointments begin at 12:30 please call to schedule your appointment.

### FAMILY PHARMACY:

Thursday, June 17th at 12:30pm Family Pharmacy will be hosting a brown bag event. There will be a pharmacist on hand to answer questions about medications, interactions, or any other medical concern.

### GRAND BLANC REHAB:

Wednesday, June 23rd join Judy Crimando from Grand Blanc Rehab for a presentation on Medicare covered services as well as transitions to home. The presentation will begin after lunch is served. Cost for lunch is \$5.50 and reservations must be made by Tuesday, June 22nd.

**UPCOMING TRAVEL OPPORTUNITIES**

June 28th	Motor City Casino (includes \$25 in gaming package)	\$21
June 29th	Stratford: Kiss Me Kate	\$139
June 30th	Shop Shishewana	\$69
July 3rd	Taste of Chicago	\$78
July 12-13th	Wheeling Island Casino & Greyhound Track (includes \$50 gaming package)	\$159
July 16th	Bay City Tall Ships Celebration	\$55
July 22nd	Tigers Vs. Blue Jays	\$45
July 26th	Fire Keepers Casino (includes \$20 in gaming & \$5 food voucher)	\$32
Aug. 3-10th	Nova Scotia "A Taste of the Maritimes"	\$2489
Aug. 9th	2 Day Northern Michigan Lighthouse Cruise	\$219
Aug. 25th	Saugatuck Tour & Cruise	\$74
Sept. 4-6th	Labor Day Bridge Walk	\$249
Sept. 7-12th	New York City	\$1399
Sept. 9-20th	Alpine Holiday	\$4849
Sept. 26-Oct. 1	Outer Banks North Carolina	\$999
Sept. 27th	Soaring Eagle Casino & Resort (includes \$20 in gaming & \$5 food voucher)	\$32
Oct. 4-7th	Sights & Sounds of Pennsylvania Amish Country	\$495
Oct. 13th	AuSable River Queen Color Cruise	\$84
Oct. 19-23rd	Shenandoah Valley	\$899
Oct. 22-25th	MRPA Mackinac Island Trip	\$665
Nov. 5th	Cornwell's Turkeyville It's a Wonderful Life	\$60
Nov. 8-9th	Niagara Falls Festival of Lights (\$20 gaming package)	\$169
Nov. 29-Dec. 3rd	A Branson Christmas	\$899
Nov. 29-Dec. 4th	Christmas at Biltmore House	\$699
Dec. 2-5th	Christmas City, Bethlehem, PA	\$679
March 5-12	Epic Western Caribbean Cruise	\$999

All prices for overnight/extended trips are based on double occupancy.

Please note:

When signing up for any travel opportunity, appropriate monies are due at time of sign up.

If you must cancel your trip reservation for any reason a refund will only be given if your spot is filled, unless otherwise stated on the flyer.

WE'RE ON THE WEB  
GBSENIORCENTER.ORG

PRST STD  
U.S. POSTAGE  
PAID  
GRAND BLANC, MI  
PERMIT NO. 35

12632 Pagels Dr.  
Grand Blanc, MI 48439  
Phone: (810) 695-3202  
Fax: (810) 953-0726  
E-mail: gbseniorcenter@sbcglobal.net

Or Current Resident

JUNE/JULY  
2010

## WEDNESDAY MEALS: PLEASE CALL BY TUESDAY FOR RESERVATIONS

### June 2nd:

**Menu:** Pot Roast/Noodles  
**Cost:** \$5.50

### June 9th:

**Menu:** Brookdale Lunch  
**Cost:** \$6.00

### June 16th:

**Menu:** Stuffed Pork Chops  
**Cost:** \$5.50

### June 23rd:

**Menu:** BBQ Beef  
Sandwiches  
**Cost:** \$5.50



### June 30th:

**Menu:** Lasagna  
**Cost:** \$5.50

### July 7th:

**Menu:** Burger Bar  
**Cost:** \$5.50

### July 14th:

**Menu:** Soup and Sandwich  
**Cost:** \$5.50

### July 21st:

**Menu:** Pizza  
**Cost:** \$5.50

**July 28th: POTLUCK**  
**Bring a Dish to Pass**