

SENIOR NEWSLETTER

Ages 50 +

Northville Community Senior Center (NCSC), 303 W. Main St., Northville, MI (248) 349-4140

June, 2009



**It's that time again!
Our Annual Senior Fest
will be held on
Wednesday, June 10th!
11:00 am**

Join us for a wonderful picnic lunch, fabulous entertainment and a cornucopia of prizes. Many senior-related businesses will also attend and provide you with helpful information regarding services available to you.

Additional special activities in June include:

- ☺ AARP Driver Safety Program - June 1st & 2nd
- ☺ Blooming with Seniors—Create your own textured planning pot! June 16th
- ☺ Walk Michigan - June 30th
- ☺ Tiger Games — next date July 23rd!!

See pages 12 & 13 for additional details on each of these activities, as well as the many other opportunities available at the Northville Community Senior Center.

We'll look forward to seeing you!



Information

Northville Community Senior Center

303 West Main Street

Northville, MI 48167

(248) 349-4140

(248) 449-9934 Transportation Office

(248) 348-5275 Fax

Email: www.Northvilleseniors.org

Programs made possible by:

City of Northville, Northville Township,
Northville Parks & Recreation,
Senior Alliance-Area Agency on Aging 1-C,
Office of Services to the Aging (OSA),
Older Michigianians Act,
Northville Senior Advisory Commission.

Staff: Sue Koivula, Dennis Smith, Josie Conder, Jerrilyn Camp, Nancy Cash, Bill Goodaker, Bonnie Schrot, Keith Camp, Don Keys, John Colizzi, Russ Wolfram, Nancy Candela, Marion Syer and Charlie Orr

Newsletter compilation: Joan Kelly

Senior Advisory Commission Members

Patrick McDaniel, Lorraine Steimel,
Libby Smith, Symantha Heath, Jerry Mittman, Jackie Bousha, Michelle Fecht, Dick Henningsen, and Dick Brown

Meetings are usually held the 3rd Thursday of each month at 1:00 pm. Meetings are open to the public. Call the Community Senior Center for information.

Websites of Interest

Northville Parks and Recreation:

northvilleparksandrec.org

City of Northville: www.ci.northville.mi.us

Northville Twp: twp.northville.mi.us

Northville Library: www.northville.lib.mi.us

Northville Schools: www.northville.k12.mi.us

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Frequently Requested Phone Numbers

The Northville Community Senior Center gets many requests for phone numbers that are difficult to find in the phone book. We are providing these numbers for your convenience:

Allen Terrace.....	(248) 349-8030
Civic Concern.....	(248) 344-1033
Meals on Wheels:	
Wayne County.....	(800) 851-1454
Oakland County.....	(248) 473-1812
Northville City Clerk's Office.....	(248) 349-1300
Northville District Library.....	(248) 349-3020
Parks and Recreation.....	(248) 349-0203
Secretary of State:	
All Offices.....	(888) 767-6424
Northville Township Office.....	(248) 348-5800
Northville Post Office.....	(800) ASK-USPS or (248) 275-8777

Senior Services

Medical Equipment Loans

Do you need to borrow a wheelchair, walker, cane or other medical equipment? If so, it's easy to do and it's **FREE**. Just return it to us when it is no longer needed so that it's available for others.

Currently we are accepting donations of wheelchairs and canes in good condition. Call the NCSC for additional information! (248) 349-4140.

Liquid Nutrition

When: pick up times are on the 4th Friday of each month. *However, If that falls on a holiday, pickup is the third Friday of the month, from 9:30 am to 12:30 pm.*

Where: at the Northville Community Senior Center (NCSC) located next to the Fire Hall. Call (248) 349-4140 for more information.

Alzheimer Caregiver Support Group

This group will provide an opportunity for caregivers to discuss how their lives have been affected as they help a loved one with Alzheimer's disease or related dementia. A safe and supportive environment will be created so group members can share feelings and coping strategies, reduce feelings of loneliness and find new meaning, connection and hope. Pre-registration is required!

**May 12th
6:30 PM.**

**Location: Northville Community
Senior Center**

Led by Amy E. Drummond, LMSW
For more information, please call **248-227-7672**

Telecare

Senior residents can receive a telephone call to check on their well-being or to just hear a friendly voice. This program is run entirely by our volunteers and there is no charge to those who sign up for this service. To register, please call the NCSC at (248) 349-4140.

Nutritious Meals

Hot, nutritious lunch meals are provided Monday through Friday at 11:45 am at Allen Terrace, (248) 231-9950, 401 High Street, for a donation of \$2.25.

Homebound residents can receive a meal delivered to their home through the Meals on Wheels program. The phone number for this service is (800) 851-1454 or (734) 727-7357 (Wayne County).



Designated single point of access

TSA is access to the following programs and services: Adult Day Care, B.E.S.S., Care Management, chore services, chore referral, congregate meals, elder abuse services, Gatekeeper, health screening, hearing impaired services, holiday meals, home delivered meals, homemaker services, information and referral, legal assistance, long term care ombudsman, Medicare assistance program, outreach enrollment, personal care, respite care, Seniority News, Seniors Guide Shelter advisor, telephone reassurance, transportation and vision services.

Home Improvement Loan Program

The Charter Township of Northville, through the federal community Development Block Grant Program, operates a Home Improvement Loan program. This program provides deferred repayment loans with interest rates of zero (0%) percent. **NO MONTHLY PAYMENTS REQUIRED.** The funds made available through this program may be utilized for a wide range of home improvements, such as correcting code violations, energy efficiency enhancements, physical accessibility alterations and permanent general improvements. For further information, please visit our web site at: <http://www.twp.northville.mi.us/ServicesFinanceTreasuryHomeImprovementLoanProgram.html> or call the Community Development Office at 248-348-5800, ext 10500.

Senior Services and Fitness/Health

Transportation



Curb-to-curb service is \$3 each way within a 5 mile radius. "Medical only" trips will go an additional five miles for \$1 per extra mile. Monday - Friday, 9:00 am to 4:00 pm. Medical appointments have first priority. Our bus service also provides transportation for miscellaneous appointments.

Call the transportation office (Monday - Friday between 9:00 and 11:30 am), at **(248) 449-9934** for your reservation at least two days in advance. Requests cannot be accepted at any other time.

Punch cards are available for purchase. We are offering advertising space on the inside of our buses!! What a great opportunity for your business. Call the NCSC for rates.

Weekly Grocery Shopping

Tuesday: Meijer on 8 Mile & Haggerty
Friday: Kroger on Haggerty & 6 Mile
 Hiller's on 5 Mile



Grocery shopping is available the rest of the week also by calling transportation at (248) 449-9934. **You must make reservations at least 24 hours in advance.** The fee is \$3 each way or \$6 round trip. **If additional stops are needed, be sure to let us know.**



Shop Till You Drop!

Mall shopping is on
Wednesdays.

Bus pickups begin at 9:30 am.

May 13 - Twelve Oaks

May 27 - Westland Mall

\$6 payable to driver for 12 Oaks and Westland Mall. Bus pickups will begin at 9:30 am.

"Silver" Strength

Strength Training!!

Every Wednesday @ 11:00am

A great, fun energetic workout designed for the "silver" exercisers! This strength training and core conditioning class is specifically designed to enhance our range of motion, improve balance and bone density, and tone our muscles to stay fit and strong.

(Great recommendations from participants!)

**Drop in fee of \$5.00,
 classes held at the NCSC.**



A simple, powerful diaphragmatic breathing technique combined with flexing and contracting of all muscle groups. This increases cell oxygenation throughout the entire body.

What can Oxycise do for you? Burn calories faster, get rid of fat and cellulite, improve your strength, lose weight, lose inches, reduce stress, improve energy level, strengthen back, spines, bones, and so much more!

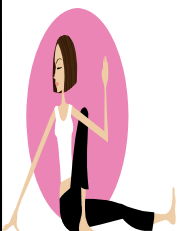
With Oxycise you're going to rev up your metabolism, feel great, have lots of energy, and slim, trim, and tone. **Classes meet Monday and Wednesday at 10:00 am. Beginners come at 9:45 am for orientation. Cost is \$1.00 per session.**

"Silver" Yoga

Every Monday @ 11 am

Relieves tension for mind and body.
 Gentle and easy for all levels of yoga.

**Drop in fee of \$5.00
 Classes held at the NCSC**



Fitness/Health

Senior Line Dancing

Instruction by Rosemary Krest.
Come join the fun!



Not only do we do line dance steps, we also line dance to Latin steps and Latin music, such as Cha Cha, Rumba, Mambo, Merengue and Salsa. We also do traditional ballroom steps, such as East Coast Swing, West Coast Swing, Foxtrot, and Waltz.

Classes run every

Monday, 10:00 am - 12:30 pm (beginners come at 9:30)

The cost is only \$15 for four weeks or \$4 per class.



Chair Yoga for Seniors Fridays 9:30am—10:30am

This is an ancient system that relieves tension from the mind and body. This is done through posture and breathing techniques. This Yoga class is done sitting in a chair. The fee is \$5 per class drop in fee.

TOPS - Meetings every Thursday (Take Off Pounds Sensibly)

Join the group at the Northville Community Senior Center who support each other in weight loss.

8:30 am - 9:30 am for weigh-in; 9:30 am to 10:00 am meeting.

Annual dues \$26.00; \$6.00 monthly fee



Blood Pressure Check

Every month at the Northville Community Senior Center

First and Third Tuesday at 9am to 11am by **Atlantis Health Care.**

St. Mary's Hospital will be here to give free blood pressure checks on the fourth Monday of each month. They will be here at 12:00 Noon. **FREE!**

Massage Therapy - \$50 per Hour



Massage provides relief to people from all walks of life. It relieves stress, muscle tension, enhances flexibility and circulation. Tim specializes in Swedish massage (for muscle relaxation, aches and pains), Deep Tissue Massage (focuses on the deeper layers of the muscle tissue), and Neuro-muscular Therapy (manipulation of soft-tissue which balances the body's central nervous system with the musculoskeletal system).

Tim is here every Thursday from 9:00 am to 3:00 pm. Schedule your appointment early, as he will be filling his appointment calendar quickly!

NOTE: Please provide at least 24-hour notice if you need to cancel, otherwise there is a \$25 cancellation fee.

Fitness/Health

WALKING CLUB!

Come and meet new friends and have some fun walking in the gym. Walking is great for your health and the benefits are endless. Walking hours in the gym are as follows:

Monday from 8:00 to 9:30 am.
(DISCONTINUED: 12:00 - 1:00)

Tuesday through Friday
from 8:00 to 10:00 am and 12:00 to 1:00 pm.

NOTE: Hours may vary if classes are scheduled in the gym. Please sign in at the front desk before you start walking. Timed music is available upon request.



Make your feet happy!

FOOT REFLEXOLOGY

2nd & last Wednesday of each month
9:00 am - 2:00 pm, \$35.00/hr

Clarence Brown, reflexologist, offers this wonderful, alternative healing on the *2nd and last Wednesday of every month.*

These appointments go fast so book early. Call (248) 349-4140 for your appointment. There is a \$15 fee for any "no show" without notice. Make your appointment today!

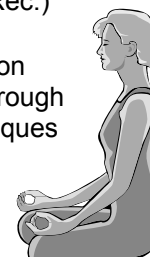
Yoga Class

Tuesday & Thursday

10:30 to 11:30 am - \$8.00 drop in fee
(Passes available-through Parks and Rec.)

Yoga is an ancient system that is based on relieving tension in the body and mind through the practice of postures, breathing techniques and relaxation.

All levels welcome! (Bring a mat.)



Open Activities

Open table tennis, bean bag toss, basketball shoot will be available for your enjoyment. These activities will be played in the NCSC gym Wednesdays 10:00 to 12:00. Come in and play; equipment available at the NCSC. Cost is \$1.00 per session. **DROP IN!**



Play PICKLEBALL!

Pickleball is a sport described as a "combination of Ping-Pong, tennis & badminton. It's addictive! It's fun, and a great workout! YOU'LL LOVE IT!

Pickleball Games are held each Monday from 12:30 to 2:00!
Cost: 2:00

Exceptions: No games will be held on June 22, July 6 or August 17 & 31.

No pre-registration required! COME ON IN!

Mixed Golf League

Looking for some lighthearted fun each week? This is the league for you! Players will be rotated weekly to keep the game fresh, challenging and gives you the opportunity to meet new people. \$40 is the membership fee and this will be used for a banquet and prizes at the end of the season. Must pre-register (can join throughout the season). **League play started Thursday, May 7, 2009 at Riverbank Golf Course located on 10 mile and Currie Rd. Start time is 10:00 am. (Be there by 9:30 am.) Green fee cost is \$13 for 9 holes, plus \$5 for a cart.**



Fitness/Computers/Red Hatters/Discussion Groups

Diabetes

**Education Meetings:
2nd Monday of each month at 1:00**

Improve your understanding of diabetes! These regular sessions include better ways to manage your blood sugar, facts about insulin and how to use insulin correctly. Classes are led by registered nurse/certified diabetes educators. **FREE - but you must pre-register!**



Reading Group

If you love to read and enjoy discussing your thoughts and opinions, we invite you to join the Group. We read a diverse mix of books and authors chosen by our members.

**June book discussion:
"Maltese Falcon"
by Dashell Hammett.**

NOTE: THERE WILL BE NO MEETINGS IN JULY OR AUGUST. Thereafter, the group will meet on the second Wednesday of each month at 1:00 PM.

Coffee & Current Even

**2nd Tuesday of the month at
11:00 am
Led by Bob Ketterer**



Join us for some lively casual discussions and bring topics of your interests in the news -- there is so much to talk about in today's world. Enjoy a cup of coffee at the same time!! **FREE**

Computer Courses for Seniors!

Each class lasts 4 weeks, 2 days per week, for 2 hours.

Computer I - A Beginners Course -begins June 2nd to June 24th

Thursdays 1:00 to 3:00 and
Fridays 11:30 to 1:30

Course includes: Microsoft Word basics and internet usage. Total price: \$30

Computer II - Intermediate Course - begins June 4th to June 26th.

Tuesdays and Wednesday's 1:00 to 3:00 **Course includes: Art and graphics and Microsoft Word. Total price: \$30**

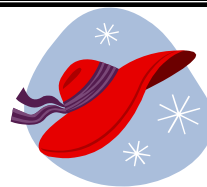
Computer III - Fun with Photography

Will be scheduled based on demand. Course includes: scanning & transferring photos to your PC, creating albums, editing photos, and sending them by email. **Total price \$25** for two weeks' session.

How to Read the Newspaper On-line

One hour tutorials will be held at 11:30 on Tuesday and Thursday, June 9, 11, 23 & 25th. Class is free must pre-register - SEE FLYER.

*Pre-registration required!
Classes fill up fast so don't wait
to register!!*



Red Hatters

Meetings are held on the **3rd Tuesday of each month.** This is a time to socialize, participate in some activities or listen to speakers and **have plain ole' Fun!!**

Meeting Date

June 16th 1pm

**Ice cream sodas and Johnny Carson!!
\$1 must pre register!!**

Movies and Games



Friday Flicks 1:00 pm
Every Friday at the NCSC
Only \$1 per person

June 5 - The Secret Life of Bees PG13

Haunted by the death of her mother, 14-year-old Lily (Dakota Fanning) escapes the dreary life she lives on her father's farm and heads to Tiburon, S.C., with her friend and caregiver, Rosaleen (Jennifer Hudson), setting off on a life-changing journey of self-discovery. Set amidst the hot-bed of racial tensions in the South in the 1960s, Gina Prince-Bythewood's dramatic tale is based on the best-selling novel by Sue Monk Kidd. (Requested movie.)

June 12 - Australia PG13

In the days leading up to World War II, Lady Sarah Ashley (Nicole Kidman) inherits a sprawling cattle ranch in northern Australia. Threatened by land barons, she reluctantly joins her farmhand (Hugh Jackman) as he drives 2,000 head of cattle across the outback. While on the grueling trek, they witness the Japanese bombing of Darwin, which heralds Australia's entry into the war. Director Baz Luhrmann co-wrote this captivating historical epic Oscar nominated for Best Costume Design. (Requested movie.)



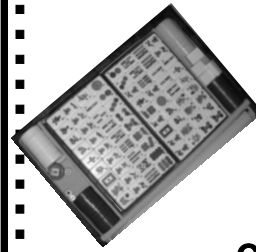
June 19 - Frost/Nixon R

Ron Howard directs this adaptation of Peter Morgan's popular Broadway play centered on a series of revelatory TV interviews former President Richard Nixon granted British talk show host David Frost in 1977. Nominated for five Oscars, including Best Picture, the film stars Frank Langella, reprising his Tony Award-winning stage role, along with a stellar cast that includes Michael Sheen, Sam Rockwell, Toby Jones, Kevin Bacon and Oliver Platt. (Requested movie.)

June 26 - Valkyrie PG13



Wounded in Africa during World War II, Col. Claus von Stauffenberg (Tom Cruise) returns to his native Germany and joins the Resistance, becoming involved in a daring plan to create a shadow government and assassinate Hitler. Soon, events dictate that he become a central player -- and he finds himself tasked with both leading the coup and personally killing Hitler. Based on true events, this drama co-stars Stephen Fry, Bill Nighy and Eddie Izzard. (Requested movie.)



MAH JONGG

Mondays at 9:30
Players and beginners
welcome to join!

Cost to play is \$1.00

The Northville Community Senior Center has games available to play at your leisure: **Scrabble, UpWords, Dominoes, Checkers, Chess, Boggle, puzzles and more!**

Cards



Pinochle - Mon & Thurs
12:30 - 4:30 pm (double deck) *Reminder: Last hand is played at 4:00 pm*

Pinochle - Tuesday 12:30 - 3:30 pm
(single deck)

Euchre - Monday, 12:30 - 3:30 pm

Poker - Friday, 11:00 am - 3:30

Bridge - Wednesday 12:00—3:00, *no partner required, friendly game*; and 6:15 - 10:00 pm., *duplicate style, bidding boxes, bring your partner, friendly game.*

Cost to play cards is \$1.00.

CRIBBAGE!!

Like Cribbage?

Come and join us on

Thursdays at 11:00-12:30

This new group of players welcomes players of all levels !! Cost is \$1.00

WANTED!

Do you knit or crochet?

We are seeking volunteers to make caps for newborns and cancer patients. The caps will be donated to local hospitals. Patterns yarn and needles are available at the front desk, just ask for one. at the front desk at the NCSC.

Laptop Computers Wanted - If you have an old laptop computer you are willing to donate, the NCSC sure could use it!

Northville Senior Adult Services Donation Program

The purpose of the donation program is to provide individuals, groups and others with an opportunity to contribute to the ongoing and future needs of the Northville Senior Community and Senior Adult Services. Your contribution will provide for high quality programs, services and facilities for senior adults of the community.

The Northville Senior Adult Services program provides residents of the Northville community, age 50+, an opportunity to participate in activities that improve their health, maintain their independence, learn new skills, provide stress relief and contribute to the community. **Your donation may be tax deductible. Please consult your tax advisor.**

REMINDER

Registration and Payment

Pre-registration is required on **ALL** activities, classes and travel.

Payment: Pre-payment (cash, check or charge) is required. Make checks payable to Northville Parks and Rec. or Northville Community Senior Center, unless otherwise indicated.

Contracted Trips: To pay the full amount for day trips or deposits on extended travel, your check **MUST** be made payable to the travel agency that is sponsoring the trip. Call the NCSC office to obtain the name of the agency.

Cancelled Programs: Please register early to avoid disappointment. Low enrollment will cancel or postpone some classes, trips and other events.


Refunds: No refunds will be given on ticketed events unless we can fill the position from a waiting list. **Register early!**

Let me mend it, repair it, make it or re-make it, for you!
Alterations by Sharon



SENIORS: Items repaired at reasonable rates! Services offered Fridays Noon to 1:00pm at the NCSC (in the Health room), or call 248-912-0858 for in-home pick up!

Regularly Scheduled Activities

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Walking Club	Walking Club	Walking Club	Walking Club	Walking Club
9:00			Foot Reflexology (by appointment)	• Massage (by appointment)	
9:30	Mah Jongg			TOPS Meeting	Chair Yoga 4th Friday of each mo.: Liquid Nutrition
10:00	<ul style="list-style-type: none"> • Line Dance (beginners arrive at 9:30) • Oxycise 		<ul style="list-style-type: none"> • Open activities • Oxycise 	• Mixed Bowling	
10:30		Yoga		Yoga	
11:00	Silver Yoga	2nd Tuesday of each mo.: Coffee & Current Events 1st-3rd Tuesday Blood Pressure	Strength training	<ul style="list-style-type: none"> • Cribbage 1st Thursday of each mo.: <ul style="list-style-type: none"> • Rep. from Congressman McCotter's Office 	Poker
12:00	<ul style="list-style-type: none"> • Pickleball 4th Mon. of each mo.: <ul style="list-style-type: none"> • Blood pressure 	Walking Club	<ul style="list-style-type: none"> • Walking Club • Bridge 	Walking Club	Walking Club
12:30	<ul style="list-style-type: none"> • Pinochle (double deck) • Euchre 	Pinochle (single deck)		Pinochle (double deck)	
1:00	2nd Mon. of each mo.: Diabetes Education		<ul style="list-style-type: none"> • Cribbage 2nd Wed. of each mo.: <ul style="list-style-type: none"> • Book Club 	2nd Thurs of Each mo. Oakmont Bingo	 See page 8)
6:30		2nd Tues. of each mo.: Alzheimer Caregiver Support Group	Bridge		

Special Activities In June

Monday	Tuesday	Wednesday	Thursday	Friday
<u>1</u> 10:00 - AARP Driver Safety	<u>2</u> 10:00 - AARP Driver Safety	<u>3</u> 1:00 - Bingo & Prizes	<u>4</u> 9:00 - Secretary of State Mobile Branch	<u>5</u>
<u>8</u>	<u>9</u> 11:30 - Learn to read newspapers on-line 1:00 - Computer II	<u>10</u> 11:00 - Senior Fest 1:00 - Computer II	<u>11</u> 10:00 - Mixed Golf League begins 11:30 Learn to read news- papers on- line 1:00 - Computer I	<u>12</u> 11:30 - Computer 1
<u>15</u>	<u>16</u> 10:00 - Landscape Painting <i>10:00 - One-on- One Financial Planning</i> 1:00 - Computer II 1:00 - Blooming with Seniors	<u>17</u> 12:00 - Legal Matters/Estate Planning 1:00 - Bingo & Prizes 1:00 - Computer II	<u>18</u> 10:00 - Mixed Golf League 1:00 - Computer 1	<u>19</u> 11:30 - Computer I
<u>22</u>	<u>23</u> 9:00 - Motor City Casino 11:30 Learn to read news- papers on-line 1:00 - Computer II 1:00 - Red Hatters	<u>24</u> 1:00 - Computer II 1:00 - Bingo & Prizes	<u>25</u> 10:00 - Mixed Golf League 11:30 Learn to read news- papers on- line 1:00 - Computer I	<u>26</u> 11:30 - Computer I
<u>29</u>	<u>30</u> 10:00 - Walk to the Beat 1:00 - Computer II 1:00 - Blooming with Seniors			

(Activities you don't have to pre register for are printed in *italics*)

June Special Events

AARP Driver Safety Program Monday, June 1st & Tuesday, June 2nd



This is a two day classroom refresher with certified instructors. Learn how to avoid driving hazards. Topics include: how aging affects your driving, physical limitations, current driving laws & defensive skills. Time: 10:00 am to 2:30 pm at the NCSC. Cost: \$14 per class, payable to AARP. Pre-registration required.

Bingo & Prizes Wednesday, June 3rd

Come and enjoy **FREE** refreshments and a game of bingo hosted by Executive Home Health Care Services. Time: 1:00 pm. Please pre-register by calling NCSC at 248-349-4140.

Secretary of State Mobile Branch Office Thursday, June 4th

The mobile branch offers full services, including driver licenses, personal ID cards, title and registration for vehicle and watercrafts, handicapper parking permits, license plates, voter registration and much more. Drop in, no pre-printed forms are necessary. Renew up to six months early without penalty. The vehicle is handicap accessible. Time: 9:00 - 3:00, in NCSC parking area.

Congressman McCotter's Office Thursday, June 4th at 11:00

On the first Thursday of each month, Congressman McCotter's representative, Lori O'Brady, will be at the senior center to address your questions related to federal issues such as social security, Medicare, etc. (not politics). No pre-registration required.

Senior Fest 2009 Wednesday, June 10th

It's that time of year again! Join us for a wonderful picnic lunch, fabulous entertainment and a cornucopia of prizes. Many senior-related businesses will also attend. Cost is \$8 for residents and \$9 non-residents. Tickets must be obtained at the senior center by June 5th—absolutely no refunds. Time: 11:00 am -3:00pm Location Waterford Bend Park (Northville Rd & Six Mile)

Oakmont Bingo Thursday, June 11th 1pm

Join in for the fun and win prizes!! We moved back to Thursdays again with our friends from Oakmont. By popular demand!!!! Must pre-register.

ANYONE CAN PAINT!! Landscape Painting Tuesday, June 16th

Picture: Lake Michigan Shoreline

Join in the award winning, television art methods and techniques for achieving successful painting. Steve Wood has taught over 1,400 students from 9-96 years of age how to paint. Classes are designed for beginning and intermediate levels of painting experience. All you need to bring to class is a paper plate and small bowl and the desire to paint. Time 10:00 am to noon. **Cost is \$21 per person.** Pre-registration is required.

Blooming with Seniors/ Gardening with Gail Tuesday, June 16th

Gardening is fun and can be therapeutic in many ways. During this class, you will create your own textured planting pot. Join us for some great sessions at 1:00 pm each date. All supplies are included. Cost is only \$7. June 16th class: Planters - potted annuals. You must pre-register by June 9th. See follow up class information for June 30th!

Bingo & Prizes Wednesday, June 17th

Come and enjoy **FREE** refreshments and a game of bingo hosted by Executive Home Health Care Services. Time: 1:00. Please pre-register by calling NCSC at 248-349-4140.

Motor City - Casino Tuesday, June 23rd & Tuesday, August 11th

The cost is \$23 for residents, and \$26 for non. Receive \$20 back. Lunch on your own. Bus departs at 9:00 across from the Post Office, returns at 3:30. Register early at NCSC.

Bingo & Prizes Wednesday, June 24th

Come and enjoy **FREE** refreshments and a game of bingo hosted by Executive Home Health Care Services. Time: 1:00. Please pre-register by calling NCSC at 248-349-4140.

Burton Historical Collection Detroit Public Library Saturday, June 27th

Visit the Detroit Public Library and view the Burton Historical Collection; it began life as the private library of Clarence Monroe Burton. Over the course of 40 years, Mr. Burton systemically collected documents and personal papers of prominent citizens of Detroit and Michigan. Cost is \$14, includes transportation, lunch on your own. Register at NCSC by June 15th.

June - August Special Events

Walk Michigan - "Walk to a Beat" Tuesday, June 30th

Come and join us for a mile walk in the gym with music to walk with. You will be eligible to put your name in the drawing for the trip. (which is a part of the Walk Michigan contest. Time: 10:00 AM. Free event.

Blooming with Seniors/ Gardening with Gail Tuesday, June 30th

Gardening is fun and can be therapeutic in many ways. During this class, you will learn to arrange fresh, dried or silk flowers. Use the pot you created in the June 16th class! All supplies are included. Time: 1:00 pm. Cost is only \$7. You must pre-register by June 23rd. An additional class will be held on July 14th.

4th of July Parade Saturday, July 4th

Come to the NCSC and watch the parade! Enjoy a cup of coffee and a donut for 50 cents. Time: 8:00 AM.



CVS Presents: Myths with Generic Medications Tuesday, July 7th

Join in for a informative presentation about generic prescriptions. You will be provided with facts on generics and how you can save money. Also a one on one consultation with the pharmacist to review your prescriptions and non-prescription medications, identify and reduce medication related problems and interactions. Bring a list of your medications and the dosages. Starts at 1:00 pm. FREE!! You must pre-register at NCSC or by calling 248-349-4140

Blooming with Seniors/Gail Tuesday, July 14th

Gardening is fun and can be therapeutic in many ways. During this class, you will learn about planting annuals. All supplies are included. Time: 1:00 pm. Cost is only \$7. You must pre-register by July 7th

First City of the Old Northwest Wednesday, July 15th

Join us for this one hour presentation by Joel Stone, from the Detroit Historical Society. Learn about Detroit's place in history! Time: 1:00 pm. Price: \$5. Please register at the NCSC.

Travel Show Preview of Coming Adventures! Tuesday, July 14, 2009

Come and discover what great trips these agencies are planning for you!

(Open to the public, ages 21 and over!)

**Above and Beyond Tours
Brookside Travel
Ed and Ted's Excellent Adventures
Escapades Tours
Shoreline Tours**

Come for **fun, food, and prizes!!!** Time: **10:00 AM.** There is **no charge** for this meeting, just come to the NCSC or call for more information: 248-349-4140.

River Crab Cruise Monday, July 20th

Join us for a great day cruising on the Huron Lady II (round trip from Port Huron to St. Clair) Dinner at the River Crab Meal choices on flyer, Leave parking lot at 4:00 pm and return at 11:00 pm. Cost is only \$72, you must register by June 15th at the Northville Senior center. Space is **limited**.

ANYONE CAN PAINT!! Landscape Painting Tuesday, July 21st

Picture: River bend of Birch Trees

Join in the award winning, television art methods and techniques for achieving successful painting. Steve Wood has taught over 1,400 students from 9-96 years of age how to paint. Classes are designed for beginning and intermediate levels of painting experience. All you need to bring to class is a paper plate and small bowl and the desire to paint. Time 10:00 am to noon. **Cost is \$21 per person.** Pre-registration is required.

Summer Special Tuesday, July 21st

Come and join in for some summer fun! Humor and Ice Cream Floats! Join in for the funny video with Jeanne Robertson called Flat out Funny!! You are guaranteed to laugh! Time: 1:00 pm. Cost is only \$2. Must pre-register at NCSC by July 20th.



July/August Special Events

Detroit Tigers at Comerica Park Multiple dates

Come watch the Tigers! Senior day tickets are very limited this year, **so you MUST sign up at the NCSC one month in advance of each game date.**



- ☺ Thursday, July 23rd vs. the Seahawks
- ☺ Thursday, August 20th vs. the Seahawks
- ☺ Thursday, September 17th vs. the Athletics

Price for above games is \$35; includes transportation, soft drink, pizza or a hot dog. Bus leaves from post office lot at 11:30 and returns at approx. 6:00 pm. There will also be one night game on Wednesday, July 8th against the Athletics. The price for this game is \$45 and does NOT include food or beverage. The bus will leave at 5:00 PM and return at approximately 10:00 PM.

Senior Canoe Trip Friday July 24th



Calling all you active seniors! Paddle down the Huron River. Join Highland, Milford, Novi and Wixom seniors on a special trip down the Huron River with a Heavner Canoe rental. You don't need to be an expert canoeist for this, it is a nice leisurely ride. The cost is only \$30 and includes the canoe rental, a great pizza lunch and transportation. Depart 9:00 am return by 3:30 pm Must pre-register.

Greek Town Casino Tuesday, July 28th

The cost is \$23 for residents, and \$26 for non. Receive \$20 back. Lunch on your own. Bus departs at 9:00 am across from the Post Office, returns at 3:30 pm. Register early at NCSC. Space is limited!

CVS Presents: Controlling HIGH Cholesterol Tuesday, August 4th



Join in for a informative presentation about the good and bad cholesterol, causes of high cholesterol and natural and drug therapy treatment options. Also a one on one with the pharmacist to review your medications, interactions, and problems. 1:00 pm FREE Must pre-register at the center or by calling 248-349-4140.

Portofino on the River Wednesday, August 5th

A wonderful way to spend a hot summer day! We'll enjoy a buffet lunch at Portofino restaurant then we'll set sail aboard the Portofino Friendship. You'll cruise along the Detroit River aboard this Coast Guard certified boat that accommodates up to 80 passengers. Total cost for lunch, cruise and transportation is \$40; departs across from Post Office at 10:00 AM. Registration deadline for this trip is July 22nd. Register at NCSC.

Motor City Casino Tuesday, August 11th

The cost is \$23 for residents, and \$26 for non. Receive \$20 back. Lunch on your own. Bus departs at 9:00 am across from the Post Office, returns at 3:30 pm. Register early at NCSC.

Western Wayne County Senior Olympics August 17th - 21st



(Host sites: Redford/
Plymouth)

Opening day ceremonies begin at 10:00 am on Monday, August 17th at Hines Park, near Nankin Mill. There is a free breakfast and opening ceremonies. On Tuesday at the NCSC center, the art, photo, writing and baking competitions will be held. (The art objects will be on display after 10:00 am.) The judging will be done during the day and a reception will be held at 3:00 pm with the winners announced. Come on in and cheer for your favorite senior Olympian!

ANYONE CAN PAINT! Landscape Painting Tuesday, August 18th

Picture: Old Fashion Milk Can by Barn

Join in the award winning, television art methods and techniques for achieving successful painting. Steve Wood has taught over 1,400 students from 9-96 years of age how to paint. Classes are designed for beginning and intermediate levels of painting experience. All you need to bring to class is a paper plate and small bowl and the desire to paint. Time 10:00 am to noon. **Cost is \$21 per person.** Pre-registration is required.

Upcoming Events

Mackinac Island/Grand Hotel

42nd Annual Michigan Parks and Recreation Grand Hotel Mackinac Island Trip

Prices

September 28 – October 2, 2009 (5 days) Monday through Friday

\$ 830 Double Northville Resident

\$ 840 Double Non-Resident

\$1,108 Single Northville Resident

\$1,118 Single Non-Resident



Included in Your Trip:

- Accommodations at the beautiful Grand Hotel (rooms are “luck of the draw”)
- Deluxe Motor coach transportation to and from Northville Community Senior Center
- Round-trip boat ferry
- Round-trip horse taxi to and from Grand Hotel
- Horse-drawn Island Tour
- Activities include: Bingo, Walks, Kitchen Tour, Feature Movies, Grand Hotel History Lecture, Writing and Photography Contests
- Full breakfast each morning and five-course dinner each night (includes one banquet)
- Tea and cookies each afternoon and Nightly Demitasse
- Champagne reception prior to Banquet
- Evening entertainment
- Special Discounts Grand Hotel pricing on golf, bicycles, photos, luncheons, buffet, etc.
- Nightly dancing to Grand Hotel Orchestra
- Tournaments (bocce, putting and chipping)
- Fully escorted by experienced guides
- Line dancing & Other classes
- Baggage handling, tips and taxes on included items.

\$200 PER PERSON DUE UPON REGISTRATION

(Balance due by August 3, 2009)

Refunds are not given after August 25, 2009 unless the trip is full and your space can be re-sold. Cancellation insurance is advised. Forms are available at the Senior Center. If you choose not to purchase cancellation insurance, please sign our waiver.

Make checks payable to: **Northville Community Senior Center, 303 W. Main Street
Northville, MI 48167 (248) 349-4140**

Name _____ Phone _____

Address _____ City _____

State _____ Zip _____ Roommate _____

Do you have any special needs for bus seating, or in the hotel? _____
Northville Senior Center and our chartered bus companies are NOT responsible for lifting or carrying wheelchairs or other belongings for any passenger. If you need help, you MUST bring a traveling companion. This person needs to register and pay for the trip and be responsible for assisting you.

Travel For Adults Of Any Age

PLEASE NOTE: When paying for contracted trips, checks MUST be made payable to the sponsoring travel agency.

Day Trips

Windsor, June 17, 2009 - Enjoy an INTERNATIONAL DAY TRIP. Tour features the International Aspects of the City, Dim Sum Lunch & a surprise stop! **\$89 per person.**

Purple Rose Theatre presents: Wake, June 20, 2009. Includes round trip motor coach and tickets, croissant sandwich buffet at Weber's in Ann Arbor. **Price \$89;** full payment due upon registration.

4th Annual Freedom Festival Fireworks, June 22, 2009. View the fireworks on-board one of the Diamond Jack River Boats. Includes dinner while cruising. Transportation to Wyandotte via luxury motor coach. Space is very limited, sign up early! **Cost: \$149 per person.**

Baseball, BBQ & Bingo, August 2, 2009. Includes Bingo on the Motor coach, an all-you-can-eat picnic and reserved seating at Progressive Field, Cleveland, Ohio. **Person: \$115.**

Appledore IV Tall Ship, August 4, 2009. This is the largest and most well appointed tall ship in the series of Appledores. This trip includes motor coach, buffet lunch at Krzysiak's, a 1:00 sailing and then shopping in Frankenmuth. **Cost: \$66.**

Nonsense 2, August 6, 2009. Cornwell's Turkeyville Dinner Theatre. The sisters are back, but now a bit slicker, having been bitten by the theater bug. Lunch included. Must register by July 5th. **\$79 per person.**

Daniel O'Donnell, August 16, 2009 - O'Donnell performs at the new Savage Hall at the University of Toledo, August 16th. Enjoy a matinee performance by this famed Irish crooner. Includes a sit down lunch and beverage and transportation by motor coach. Departure 10:00 am, return 6:30 PM. **Price: \$149.**

Midland Trip August 19, 2009 - Round trip motor coach with time to shop at the Farmers Market, with a box lunch while visiting the beautiful Dow Gardens. Also have a guided tour of the Alden B. Dow Home and Stuido; this buildings geometric planes and angles complement the lines in nature and are accented by Dow's creative use of rich color, glass, wood and a unique unit block system. Prizes and snacks included. **\$89 per person.**

Shipshewana September 29,2009– This trip includes motor coach with juice and breakfast on the bus. Lunch at the Amish home of Melvin and LeAnna Yoder. Time to shop at the famous Shipshewana Flea Market and time to explore shops in downtown Shipshewana. A light dinner will be served on the bus during your return trip. Per person: \$89.



Overnight Trips

Mackinac Island Lilac Festival, June 7 - 9, 2009 - Three glorious days of fragrance & color at the 60th annual festival. 2 nights lodging at the Lake View Victorian-style hotel on Main Street. 1 buffet lunch, free time to explore, round trip ferry, transportation by motor coach. **Double: \$419, single \$539.**

Michigan Mystery Trip, June 12-15, 2009 - O'er RIVERS and LAKES we'll explore by boat, and by land, we'll discover the MYSTERY. It's FUN to uncover something UNIQUE, in search of MICHIGAN'S HISTORY! **Double \$579, single \$799.**

"Twilight" on the Mississippi, June 15-18, 2009. Featuring: A 2 day cruise aboard the riverboat "Twilight" - fast, elegant and quiet as she slips through the water. **Double \$699, single \$849.**

Canadian Rockies, July 7-15, 2009 - For ladies only! Enjoy an easy-going, fun-filled atmosphere while exploring the magnificent Canadian Rockies. Enjoy eight nights lodging; (2 at the Crowne Plaza in downtown Edmonton, 3 at the historic Astoria in Jasper, and 3 at Brewster's Mountain Lodge in Banff. **Double \$3,499/ Single \$4,399.**

"Twilight" on the Mississippi, July 20- 23, 2009 - This is a 4 day/3 night trip, with two days aboard this Victorian riverboat named "Twilight". Trip includes motor coach transportation, 1 night at the new Jumers Casino Hotel in Rock Island, Illinois, 1 night at the Grand Harbor Resort in Dubuque, Iowa, and 1 night at the Jumers Casino Hotel post-cruise, 2 days aboard the riverboat, and lunches and dinners on-board. Admission to the National Mississippi River Museum and much, much more. **Double: \$699, Single: \$849.**

Travel For Adults Of Any Age

Overnight Trips Continued

Quilt Gardens Tour August 3-5, 2009. Essenhaus Inn, Middlebury Indiana. All about quilts; exhibits, tours, gardens, great family style dinner. **Double \$399.**

Michigan's Upper Peninsula, August 23—31, 2009. Includes deluxe Carr's motor coach, 2 nights in each of the following hotels: Bay Mills Casino & Hotel, Brimley, Landmark Inn, Marquette, Best Western Franklin Square, Houghton, Peninsula Pointe Hotel, Manistique. 17 meals and all entrance fees. **Double: \$1,299, single \$1,699.**

Mountaineer Casino Resort, September 2-4, 2009. Tour includes transportation by motor coach, 2 nights at the resort, \$60 gaming package, sightseeing tour of Pittsburg, a Gateway Clipper Dinner Cruise and more! **Per person: \$319**

Walk the "Mighty Mac", September 6-7, 2009. Celebrate the 52nd Annual Mackinac Bridge Walk. You can ride along on the motor coach or walk part way. Includes 1 night at Kewadin Casino Resort in Sault Ste. Marie, and gaming time at the St. Ignace & Kewadin Casinos. **Double, \$209, Single \$259.**

Land of Lincoln Tour, September 10-16, 2009. Travel by deluxe motor coach to Springfield, Illinois. Price includes 1 night at Hampton Inn in Joliet, ILL, 2 nights at Ramada Inn in Springfield, 2 at Stoney Creek Inn in Peoria, and the Starved Rock Lodge in Utica, ILL. A 2 1/2 hour train ride will take you from Springfield to Joliet. Visit the Lincoln home, the Old State Capital, Lincoln's Tomb and the New Salem Homestead. Also included is a 2 day cruise on the Spirit of Peoria Paddlewheel boat. **Double, \$1,199., Single \$1,499.**

Italy's Great Cities, Starts September 16, 2009. This 9 day tour includes air fare from Detroit. The tour begins in Rome and goes on to Pisa, Florence, Verona and Venice. **Double: \$3,599 per person.**

Chicago, September 19-21, 2009. Travel to Chicago by Amtrak. Includes 2 nights at a newer hotel in a premium location in the downtown Miracle Mile area, deluxe continental breakfast at the hotel, a visit to the Oprah Store, and much, much more. **Cost: Double \$549/single \$719.**

Three Canadian Plays, October 7-9, 2009. Travel by coach and spend 2 nights at the Best Western in St. Jacobs, Ontario. At three separate venues, see "The Heiress" on Wednesday night, "Brigadoon" on Thursday afternoon and "Two Pianos ~ Four Hands" Thursday night. Four meals included. **Double \$549/ single \$699.**

Pine Grove Ranch & Resort, October 4 - 10, 2009. This is a 7 day/6 night "Cruise on Land" in the picturesque foothills of the Catskill Mountains. Round trip motor coach transportation to the Pine Grove Dude Ranch Resort in Kerhonkson, N.Y. Optional casino trip also available. **Double: \$999., Single \$949.**

Kewadin Casino - Agawa Canyon Rail Tour, October 5-7 & 7-9, 2009. This is a one day rail adventure into the heart of the Canadian wilderness. Tour includes: Motor coach transportation, 2 nights at the Kewadin Casino—Sault Ste. Marie, Ont, 2 breakfasts, 1 lunch, \$80 gaming coin package, \$10 food voucher, the Agawa Canyon "Fall Color" train and luggage handling. **Per person: \$389.**

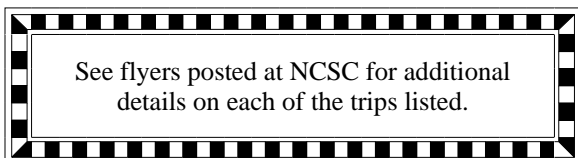
East Coast Fall Foliage Adventure, October 11-17, 2009. This trip features the Boston, Newport, Mystic Seaports and the Foxwoods Casino—the world's largest casino resort. Round trip by motor coach, tour of Newport, Rhode Island and the Vanderbilt's Breakers Mansion, also a city tour of Boston, 5 dinners and 6 breakfasts, and \$40 keno coupon as well as two \$5 pull tabs. **Double \$1,099. Single \$1,399.**

Culinary Cruise Experience - begins October 31st. This cruise leaves Ft. Lauderdale, Florida and travels to multiple locations in the Caribbean. Flight and 2 culinary food demonstrations are included, and much more! **Cabin options range from \$899. - \$1,799 per person.**

A Country Christmas, November 20-24, 2009. Travel by deluxe motor coach and spend 1 night enroute at Baymont Inn in Brooks, Ky. and 3 nights at Nashville's famous Opryland Hotel. Event tickets included are to the Grand Ole Opry, a luncheon cruise on the General Jackson Showboat, and to Radio City Christmas Spectacular. Also, "Joy to the World: Christmas Dinner Show", "Ice", Hall of Trees Christmas display, and the Treasure for the Holidays craft bazaar. **Double \$995, Single \$1,245.**

A Capitol Christmas, December 4-8 OR 11-15, 2009. This tour features a performance at the Kennedy Center and also at the Ford Theatre. Also, sightseeing tours of Washington D.C., Arlington National Cemetery and more! **Per person: \$949.**

Christmas at the Galt House, December 7-9, 2009. Round trip by motor coach, 2 nights at the Galt House in downtown Louisville, Ky. Admission to and reserved seating for dinner and a show, a guided tour of "Mansions and Milestones" in historic Louisville and much, much, more! **Double \$549, Single, \$429.**



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