

Oct. Nov. Dec.
2016

CITY OF WIXOM

SENIOR HAPPENINGS

City of Wixom

Senior Program

49015 Pontiac Trail

Wixom, MI 48393

248-624-0870

Web: www.wixomgov.org

Senior Program Coordinator:

Tracy McMahan

Email: tmcmahan@wixomgov.org

Senior Program Hours

Hours:

Mon - Thursday 8:30 am-4:00 pm

Friday 9:30 am-4:00pm

From the Coordinator:

I hope everyone is enjoying the cooler temperatures and the beginning of fall! We have quite a few new programs starting in October as well as some old favorites. Be sure to register early so you don't miss the fun!

With the holidays approaching, the Community Center will be a busy place. Please check the calendar for changes to programs and building closures. On that note, many of you are aware that the Community Center/Senior Center will be receiving a needed facelift. This will result in changes to the senior programs. *Please note that programs will be held in different locations and program hours will be different.* More details to follow. Feel free to stop in or call for more information on any programs. 248-624-0780. Looking forward to seeing you soon! ~ Tracy ~

MISSION

The goal of the Wixom Senior Program is to provide educational, cultural, creative and social programs for seniors in our community. To do this, we will offer a variety of programs to promote fellowship and meet the needs of our participants. The program is open to any individuals 50 years or older. New members are always welcome!



NOTICE: ALL CITY OFFICES (INCLUDING SENIOR CENTER, COMMUNITY CENTER, LIBRARY, CITY HALL) WILL BE **CLOSED ON WEDNESDAY, OCTOBER 5 UNTIL 1:00PM** FOR CITY EMPLOYEE EMERGENCY PREPAREDNESS TRAINING. The Police Department will be teaching staff what to do in the case of an active shooter. We apologize for any inconvenience.

SENIOR LOUNGE ENTRANCE

The entrance to the Lounge is available through the main automatic doors at the front of the Community Center.

The side door into the Lounge is an **EMERGENCY EXIT ONLY**. This door, while in the past has been used for entry to the lounge, was not designed to be a main entrance. It was designed to be an emergency exit. Throughout years and years of continuous use, the parts are becoming worn and can no longer be replaced. The concern is that at some point the door will become completely dysfunctional, therefore creating a safety issue.

In an attempt to prolong the use of the door and maintain a safe environment, we will resume the **"emergency use only"** policy. The **primary** entrance/exit will be the main automatic doors to the Community Center.

We are sorry for any inconvenience this may cause but we are certain everyone wants to be safe while spending time here at the Center.

Thank you for your cooperation and understanding.

Helpful Resources

City of Wixom:

Non-emergency Numbers

Fire	248-624-1055
Police	248-624-6114
City Manager	248-624-0894
Clerk/Voting	248-624-4557
Community Ctr.	248-624-2850
Senior Center	248-624-0870
Finance/Taxes	248-624-0885
Library	248-624-2512
DPW	248-624-0141
PEOPLE'S EXPRESS	877-214-6073

Area Agency on Aging 1-B

800-852-7795

AARP member services

888-687-2277

Oakland County Health Division

Nurse on Call:

800-848-5533

Senior Citizen Services:

248-858-0213

OLHSA—Affordable Assistance

248-209-2675

Western Oakland Meals on Wheels

810-632-2155

Community Outreach Food Service:

888-886-8971

Haven: 24 hour crisis & support line

877-922-1274

Hospitality House: food & personal care

248-960-9975

St. Vincent De Paul:

248- 624-1421

City Council:

Kevin W. Hinkley, Mayor

Richard Ziegler, Deputy Mayor

Patrick Beagle

Keenan Gottschall

Nicholas Kennedy

Thomas Rzezniak

Robert Smiley

City Manager:

Clarence Goodlein

Senior Citizen Commissioners

Jean Korleski

Anna Contreras

Shirley Pfeiffer

Larry Grant

Connie Salvati

Vacant Positions

Meetings Held Every

Other Month

at Community Center

2nd Tuesday of

January, March, May,

July, September,

*November (11/15 due to
Elections)

at 10:00 am

Public Welcome

WIXOM SENIOR TRANSPORTATION

- ◆ Eligible riders must be 55+ years old
- ◆ Must be resident of Wixom
- ◆ Must schedule service directly with **PEOPLE'S EXPRESS 877-214-6073** AT LEAST 48 HOURS IN ADVANCE
- ◆ PAYMENT REQUIRED AT TIME OF SERVICE
- ◆ FULL DETAILS AVAILABLE AT THE CENTER.

PROGRAM REMINDERS:

- **Programs may change.** Check with the Senior Center, 248-624-0870, for the most up-to-date information.
- Payment due upon registration.
- Cash, check MasterCard or Visa accepted.
- All payments made by check should be made payable to **City of Wixom.**
- Online registration available at (www.wixomparksandrec.com).
- Refunds will NOT be given on trips, meals, classes or special events without a replacement.
- **When Walled Lake Schools are closed due to weather, the Senior Programs are cancelled.**
- For the safety and convenience of our members, solicitation is not allowed. Persons not in compliance with this rule may be asked to leave the Center.
- The Wixom Senior Center does not endorse any individual or organization. We recommend that everyone research and get references before making decisions based on information that is available to them.

City of Wixom Loan Closet

If you are in need of a walker, wheelchair, or crutches, the Wixom Senior Center has a limited number of these items available in our loan closet. If you are a Wixom Senior and could use one of these items please call: 248-624-0870.

There is no charge for the use of these items; however, we do ask that you clean the item before you return it. Thank you!



Blood Pressure Check

When: First Monday of the Month

Time: 9:00 am



St. John's Providence Hospital staff will check your blood pressure at no charge. Stop in and be sure yours is in normal range.

HEARING TESTS



When: Second Wednesday every other month - January, March, May, July, September, November

Appointments 9:00-10:00

MUST PRE-REGISTER!

Hearing aids can be tested and adjusted at this time.

FOR AUDIOLOGY & HEARING AID SUPPORT
CONTACT DR. JAGACKI @ 248-437-5505

PAPER SHREDDING

Offered Through RRRASCOC

WHEN: December 13, March 14, June 13

TIME: 10 am to Noon

WHERE: Community Center
Parking Lot

Bring your documents for on-site shredding.

100 lb. limit please.



Need Computer Help? Call the Wixom Library and set up an appointment with the Librarian 248-624-2512

*A note of thanks to all of the wonderful people who help with our events! Whether you set up, clean up or do something else, **you are very much appreciated!***



Special thanks to...

- Dr. Jagacki, Personalized Hearing
- Jack Bolling, Esq., Ask the Attorney
- St. John's Providence Nurses and Community Educators
- Joan Rourke & Del Goodlein for Veterans Lunches
- Larry Grant & Nancy Olaf for Bagels
- Jane Schafer for Wixom Singers
- Councilman Gottschall for Pizza and a Movie
- Maple Manor—donations for special events
- Lakes of Novi—donations for special events
- Jason & Varden from Humana for Bingo
- Two Men and a Truck – donations for events

ASK THE ATTORNEY

Time: **BY APPOINTMENT ONLY**

Cost: Free Service

Presented by **Attorney Jack Bolling**

This program allows members to ask legal questions during a free 15 minute session with an attorney. Office appointments can be made if additional time is needed. For questions/concerns or to sign up please see Tracy.

PLEASE REMEMBER:

The free services offered at the Center are provided by people volunteering time from their busy schedules. It is expected that **if you sign up, you will show up** out of consideration to the volunteers. If you need to cancel due to an unforeseen circumstance, please call the Center as soon as possible. Thank you for being considerate!

Blue Cross Medicare Legacy Medigap
 Price Increase Information Session
WHEN: MONDAY, OCTOBER 3, 2016
TIME: 11:15 AM
WHERE: Wixom Senior Center
 Learn how much your premium is going up, what your options are and if you qualify for a subsidy to help lower your monthly premium.

Presented by Nate Lawson, Financial Service Representative from
The Affinity Group of Companies.
PLEASE PRE-REGISTER 9/28

SAVE THE DATE!!
 Humana

When: October 20, November 16
Time: 12:30 DETAILS TO FOLLOW

ANNUAL WIXOM SENIOR HALLOWEEN PARTY

WHEN: Tuesday, October 18, 2016

TIME: 12:00 pm

COST: \$5 / Member

\$7 / Non-Member

MUST PRE-REGISTER BY TUESDAY, OCTOBER 11

JOIN US FOR LUNCH, COSTUME CONTEST AND FUN WITH FRIENDS!



HOLIDAY PARTY

WHEN: TUESDAY, DECEMBER 20

TIME: 12:00 pm

COST: \$10 /MEMBER

\$15 /NON-MEMBER

MUST PRE-REGISTER BY DECEMBER 13.

Catered meal, music and great Holiday Spirit!



AARP SAFE DRIVER WORKSHOP

When: October 4

Time: 10 to 2:30 (1/2 hour lunch)

Where: Wixom Community Center

Cost: \$15 AARP Members

\$20 Non-AARP Members

(Checks payable to AARP)

MUST PRE-REGISTER BY 9/27

Sharpen up those driving skills! Many insurance companies offer discounts for completion of class.

CONVERSATIONS IN DIABETES

When: Mondays, November 7, 14, 21

Time: 12:30—2:00

SPACE IS LIMITED. MUST PRE-REGISTER!

Learn simple tips to manage your diabetes or pre-diabetes.

Week 1 (11/7): Where do I start?

Week 2 (11/14): Help! What can I eat?

Week 3 (11/21): What's UP with my blood sugar?

Three week interactive workshop brought to you by Suzanne Povinelli, RN, CDE

From St. John's Providence Community Health.

Special Events



ANNUAL THANKSGIVING CELEBRATION

WHEN: THURSDAY, NOVEMBER 17, 2016

TIME: 12:00 pm

COST: \$ 10 / Member

\$ 15 / Non Member

MUST PRE-REGISTER BY NOVEMBER 10

Join us for a catered meal, entertainment and fun!

Gentle Flow Yoga

When: Thursdays

Session A September 8—October 20

Session B October 27— December 15 (No class 11/24)

Time: 9:45 am – 11:00am

Cost: \$50 per session for Seniors (\$56 others)

This restorative practice will stretch your body and calm your mind. Flowing slowly from one pose to the next will develop greater range of motion in joints and strengthen the spine. Spending several breaths in each pose, we will cultivate balance and greater flexibility. Guaranteed to add to your feeling of well being! Bring a mat, water and hand towel.

Instructor: Ms. Lani 8 min. / 20 max

*** Must pre-register for sessions**

CHAIR YOGA

WHEN: Tuesdays

TIME: 9:30-10:30 am

COST: \$5 per class /Payable at class

Offering a gentle Chair Yoga class for Seniors. Tailored to the student's needs, we move through a gentle warm up and then a simple flow designed to move joints through their range of motion and stretching muscles to combat stiffness. We will also focus on exercising joints afflicted by arthritis, bringing increased circulation to relieve pain and stiffness. Linking the breath to our movement brings peace of mind and practicing deep breathing elicits the Relaxation Response which helps deal with stress. Come join us for yoga!



Zumba Gold (R)

When: Mondays & Wednesdays

Time: 11:15 am—12:15 pm

Cost: \$5 per class/Payable at Class

Take salsa, cha-cha, meringue, tango and put it all together in one LOWER IMPACT workout routine!

Fun total body work out for all levels!

Wear comfortable clothing and tennis or dance shoes.



LET'S DANCE...

LINE DANCING FOR FUN

WHEN: Thursdays

TIME: 11:15 am—12:15pm

COST: \$5 per class/ Payable at class

Come learn some fun line dances!

No experience necessary and open to all ability levels!



Exercise Class

When: Monday & Wednesday

Time: 10:00 –11:00 am

Cost: \$1 Member

\$2 Non- Member/Guest

Payable at class

A one-hour class of stretching, low impact cardio and weight training. Suitable for all ability levels.

CHAIR VOLLEYBALL

When: Second & Fourth Thursday each month

Time: 11:30 am

Everyone is Welcome!

Join us for a fun and exciting game of chair volleyball. Get some exercise, have some laughs and spend time with your friends! This activity is low-impact and suitable for all ability levels.

TGIF

POT LUCK & WHITE ELEPHANT AUCTION

When: Tuesday, November 1, 2016

Time: 12:00

Please bring a dish to pass and a gently used, re-gifted or new item, wrapped or in a gift bag for the auction. Bring your money to bid and be ready for a fun-filled day!!



EUCHRE

When: Second Friday of the month

• 10/14 (will be held in City Hall)

• 11/11 Senior Lounge

• 12/9 (will be held in City Hall)

Time: 10:00 am

PINOCHLE:

When: October 28, 2016

Time: 10:00 am

FRIDAY HOURS:

9:30 am TO 4:00 pm



Monthly Movie & Pizza

WHEN: First Thursday of the Month
TIME: 11:30 am
WHERE: Lunch in the Lounge, Movie in the Library

Thank you to Councilman Keenan Gottschall for sponsoring October's lunch. Pre-registration is required. Please plan to attend the movie **and** lunch. Pizza lunch is for movie-goers!

Movies:

October: Dial M for Murder
November: Jungle Book (live action)
December: It's a Wonderful Life



Pot Luck, Bingo & Birthdays



POT LUCK, BINGO & BIRTHDAYS ON A SHORT BREAK—THIS WILL RESUME AFTER THE HOLIDAYS.

THANK YOU!
SEE YOU NEXT YEAR!
DATE AND LOCATION
TO BE ANNOUNCED!



Lunch Bunch

When: Second Monday of the Month
Time: 11:30 am
Visit local restaurants for a nice afternoon out with friends. Pay at restaurant, prices vary. **Pre-registration requested.**



Now is a great time to join the Wixom Senior Center! Benefits of a paid membership include (but are not limited to):

- Receiving member discounts on activities
- Home delivery of the Wixom Senior Happenings newsletter
- Use of the Senior Lounge for game groups and other social gatherings during program hours

Join today (or make sure your membership is up to date) to continue receiving services and discounts at the Center. **\$10 Wixom/Walled Lake, \$15 all others**

CARDS, GAMES AND FUN!

When: Monday, Tuesday, Wednesday or Thursday

Time: 10:00 am

Challenge your brain! Join your friends here at the Community Center for a fun game!



Mah Jongg

When: Mondays & Wednesdays

Time: 12:30 pm

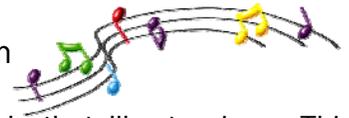


Come play the age-old game of Mah Jongg. Open to all!

WIXOM SINGERS

When: Monday

Time: 1:00-2:00 pm



Fun group of individuals that like to sing. This group is open to anyone, regardless of singing ability or talents. If you like to sing or just enjoy music, this group is for you! Please join us! This is a great way to have fun and feel GREAT!!!

ARE YOU A VETERAN?

When: Fourth **TUESDAY** of the Month

Time: 12:00 pm

The City of Wixom sponsors an Appreciation Luncheon for Veterans to come and enjoy a great meal and the company of friends. There is no charge for this event, although pre-registration is appreciated to help plan for lunch.

Call 248-624-0870 to register.

