

GRAND BLANC ACTIVITY CENTER

Connecting you to programs and activities for adults 50 & over

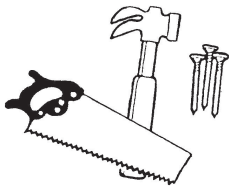
NOVEMBER

12632 Pagels Dr. Grand
Blanc, MI 48439
Phone: (810)695-3202
Fax: (810)953-0726
www.gbseniorcenter.org
Hours: Monday-Friday
8:00AM– 4:00PM

REMEMBER TO FALL BACK ON SUNDAY, NOVEMBER 6TH

The Center will be closed on the following days in
November:

Tuesday, November 8th for elections
Thursday, November 24th for Thanksgiving
Friday, November 25th for Thanksgiving



As many of you have probably heard the center will be under construction in the coming months. We are excited and thankful for this opportunity to make some much needed improvements to our center. Please bear with us while we are under construction-we will make every effort to minimize disruptions to our daily programs. Thank you!
Debra, Misty, & Elaine

AARP SAFE DRIVING CLASS

The center will host AARP Safe driving classes on Wednesday, November 16th and Thursday, November 17th from 9:00am-1:00pm. To recognize and thank military veterans for their service, is offering a free classroom course to all military personnel — active duty, retired, guard or reserve — regardless of age. Cost for any others is \$12.00 for AARP members and \$14.00 for non-members.



CENTER INFORMATION

STAFF:

ADVISORY BOARD:

Meets 3rd Monday of each month at 9:00am

Coordinator: Debra Gilbert
Administrative Assistant: Misty Moen
Secretary: Elaine Willingham
Driver: Keith Kelley
Maintenance: Bill Palacios

Bob Tresedder
Pat Miller
Elaine DeCou
Leona Krause
Shirley Stevens
Carolyn Stingel

Gene Gubala
Joann Jenks
Margaret Magness
John Wentworth
Lydia Baker

SENIOR CENTER VAN



The center van is available 5 days per week by appointment only. There is a \$1.00 charge per stop per person. The bus travels within the Grand Blanc School District. Please make appointments at least 24 hours in advance. The van schedule is as follows:

NEW TRANSPORTATION HOURS

Mondays: 8:00am-1:00pm

Tuesdays and Wednesday: 8:00am-4:00pm

Thursdays: 10:00am-1:00pm

Fridays: 8:00am-1:00pm



MEDICARE/MEDICAID ASSISTANCE:

Do you have questions regarding your Medicare or Medicaid health benefits? We'll look no further, our MMAP volunteer can assist you with your questions and concerns. Call the center to set up an appointment with our Medicare/Medicaid specialist.

COMMODITIES AND TEFAP DISTRIBUTION

Are you in need of food assistance? The center offers monthly and quarterly food distribution for income qualifying seniors. Commodities are distributed the 3rd Thursday of every month from 10:00am-12:00pm. TEFAP is distributed every 3rd month on the 3rd Thursday of every month from 10:00am-12:00pm.

The income guidelines for the program are as follows:

Commodities: Seniors 60 yrs & Older

Family of 1...\$1,180/month or less

Family of 2...\$1,594/month or less

TEFAP: Seniors 60 yrs & Older

Family of 1...\$1,452/month or less

Family of 2...\$1,961/month or less





MEDICAL LOAN CLOSET

The center’s loan closet is available Monday-Friday from 8:00am-12:00pm. If you or someone you know is in need of a durable medical good (walker, shower chair, cane, etc.) the center might have what you are looking for. If you have durable medical goods that you no longer need, the center is happy to accept them. Please keep the sharing circle going!



MICAFAE FOOD ASSISTANCE PROGRAM

MICAFAE, Michigan’s Coordinated Access to Food for the Elderly, helps adults 60 and older apply for a Bridge Card. The Bridge Card may be used to purchase food, so that the senior can afford other essentials, such as medicine. If you would like more information, please contact the office.



LIBRARY

The center has a great variety of books and books on tape which have been donated by our generous community. Please make sure when visiting the library that you scan your key tag and select library from the touch screen. Thank you!

CELL PHONES FOR SENIORS

The center has 911 emergency cell phones available. The phones will only dial 911.

The following are helpful hints for cell phone usage:

- Turn phone on and leave it on
- Place on charger nightly
- Take phone with you when you are away from home
- Take phone with you on walks and to the restroom



GRAND BLANC HIGH SCHOOL PASS

The Senior Pass is provided to adults 55 & over who reside in the Grand Blanc School District. The pass is good for all GB “Home” extra-curricular activities with a few exceptions. To pick up your pass simply come into the center and sign the register.

IMPORTANT REMINDER

IT IS EXTREMELY IMPORTANT THAT YOU SCAN YOUR KEY CARD AND SELECT THE ACTIVITIES YOU ARE ATTENDING EACH AND EVERY TIME YOU COME TO THE CENTER-THE NUMBERS GENERATED FROM THE PROGRAM HELP DETERMINE OUR FUNDING. EVERY ACTIVITY HAS AN ICON ON THE TOUCH SCREEN. IF YOU HAVE TROUBLE, ARE UNSURE OF HOW TO PROPERLY USE THE MACHINE, OR FORGET YOUR KEY TAG PLEASE STOP BY THE DESK.





HEALTH AND WELLNESS

BLOOD PRESSURE SCREENINGS



The center provides FREE blood pressure screenings every Tuesday from 12:00pm-2:00pm. Please make sure to scan your key card and select blood pressure during your visit.

CHIROPRACTIC CARE

Dr. Jerry McLane is at the center on the 3rd Wednesday of every month from 9:00am-10:00am. Stop in and have Dr. McLane help you. Please scan your key tag and select Dr McLane during your visit.

BODY RECALL



Body Recall is a Nationally recognized lifetime fitness program that focuses on strengthening every muscle in your body. You do not need to be a fitness guru to take this class! Current 10-week sessions will run through the end of November. Please check with the office for updates on the next session. Class schedule is as follows:

Body Recall I: Monday, Wednesday, Friday: 8:30am with Judy
Body Recall II: Monday, Wednesday, Friday: 9:30am with Judy
Body Recall I: Tuesday, Thursday, Friday: 10:45am with Vickie

VOLLEYBALL



Join in on a volleyball game. It is a great way to have fun and get exercise. Volleyball meets on **Mondays at 10:45am and Thursdays at 12:30PM**



LEARN TO LINE DANCE

Join Norma on **Thursdays from 1:45-2:45PM**. No experience necessary. Line dancing is a great way to have fun and exercise at the same time. **Cost is \$2.00 per class.**

ADVANCED LINE DANCING



The most fun you can have in 90 minutes! Join us on **Mondays from 12:00-1:30pm** for line dancing with Norma. **Cost is only \$2.00 per class.** Please make sure you scan and select line dancing during your visit.

EVENING LINE DANCING

Join Norma on **Thursday evenings from 6:30pm-8:00pm** for a great class. **Cost is \$5.00 per class.**

Please make sure you scan your key tag and select line dancing during your visit.

WALKING CLUB



Want to walk in a safe and climate controlled environment? Come in to the center on **Tuesdays and Thursdays from 9:00am-10:30am**. Please make sure you scan your key card and select walking club during your visit.





HEALTH AND WELLNESS

TAI CHI

Join certified Tai Chi instructor Mike Shurig on Monday afternoons. Classes are as follows:

Advanced: 2:00-3:00pm

Beginner: 3:00-4:00pm

A new 6-week session will begin on Monday, November 21st. Cost is \$36.00

YOGA

Certified yoga instructor, Julietta Chevalier will help introduce you into the world of Yoga! This class focuses on stretching, strengthening, and lengthening all major muscle groups. The class also teaches the importance of proper breathing techniques. A deep relaxation period will also be

Included during the last 10-15mins of class. Classes are offered on:

Wednesdays at 5:00pm or Friday at 2:30pm

Cost for either a Wednesday or Friday 6-week session is \$30. Drop ins are welcome

Cost for walk-ins is \$8

BOLLYWOOD DANCING

Join instructor Neelam Puri for Bollywood dancing. Bollywood dancing is a commercial name for modern Indian dancing as seen in Indiana cinema. It is a combination of classical Indian dances, folk dances of various states, and sometime has a Latino and Arabic influence. Neelam has been a dance choreographer, teacher, and performer since her teenage years and has given over 1,000 performances in India & the US. If you are interested in the class please contact the office. We are in the process of trying to add the class into our daily schedule.

MEMORY SCREENING

Debra Gilbert will be conducting memory screenings on Wednesday, November 16th

From 10:00am-12:00pm by appointment only. Appointments are spaced in 10 minute intervals. If you are interested in participating call the center to schedule your appointment

FLUKE HEARING

Fluke Hearing will be at the center on Wednesday, November 16th during lunch for a short presentation on their upcoming hearing screening clinics. Fluke will provide hearing screenings on the last Tuesday of every month from 12:00-4:00pm. The first screening will be held on Tuesday, November 29th. If you are interested in attending the presentation please call the center for reservations.

MEDICARE OPEN ENROLLMENT

VAAA WILL HAVE VOLUNTEERS AT THE CENTER ON TUESDAY, NOVEMBER 15TH FROM 9:00AM-4:00PM BY APPOINTMENT ONLY. PLEASE CALL THE CENTER TO SCHEDULE YOUR APPOINTMENT.

MEDICARE OPEN ENROLLMENT ENDS ON DECEMBER 7TH.





PROGRAMS AT THE CENTER



CARD GROUPS

SINGLES BRIDGE: MONDAYS AT 12:30PM (NO PARTNER NEEDED)

PARTNERS BRIDGE: TUESDAYS AT 6:30PM (PARTNER NEEDED)

PLEASE SIGN UP BEFORE ATTENDING.

EUCHRE: MEETS TUESDAYS AND FRIDAYS AT 12:30PM

PINOCHLE: MEETS ON MONDAYS AND TUESDAYS AT 1:00PM



WATERCOLOR CLASS

Joe Green can teach anyone to paint using watercolors. This class meets on Tuesdays from 9:30-11:30am. A new 4-week session will begin on November 1st. Cost is \$30 for the 4-week session. Please note there will not be class on Tuesday, November 8th.



BOOK DISCUSSION GROUP

Join our book discussion group on the 2nd Thursday of every month at 10:00am and share your thoughts about the monthly book.

MAH-JONGG

Mah-Jongg is a great game to keep your mind active. The group meets on Thursdays at 11:00am and Fridays at 10:00am.

CHINESE MAH-JONGG

Join our multi-cultural mah-jongg group on Tuesdays at 9:00am

CHESS

Chess Champion, Don Vandivier is at the center on Tuesdays at 12:45pm. Come in and join the fun!

COMPUTER CLASSES

Do you have your kids or grand kids trying to help you use your computer and its not working? Do you just want to learn to use your computer? Our computer classes are for you, our instructor Jerry takes the time and makes the learning fun! Classes are offered for a 4-week session.

New classes will begin on November 7th. Class schedule is as follows:

Basic Computers: Mondays 10:00am-12:00pm

Advanced Computers: Mondays 1:00pm-3:00pm

The advance class expands on what was learned in the basic class

Participants in either class can come in on Thursdays from 10:00-12:00pm to receive extra help if wanted.

Cost for either 4-week session is \$60.00

If there is a topic that you would like to see covered please let the office know!





TRIPS

Nov. 18th	Silver Bells in the City	\$30
Nov. 26-30th	Christmas in the South	\$899
Dec. 3-11th	Orlando Florida	\$689
Dec. 5-7th	Christmas in Kentucky	\$559
Dec. 6th	Greektown Casino	\$25
Dec. 30-Jan 1st	Nostalgic New Years in Niagara Falls	\$299
Jan. 19th	Rembrandt & the Faces of Jesus	\$49
Jan. 31st	Million Dollar Quartet	\$99
Feb. 7th	Blissfield Murder Mystery Train	\$85
Feb. 8-14th	California Coast	\$1949
Feb. 13th	Soaring Eagle	\$25
Feb. 21st	Toledo Glass Tour	\$45
Feb. 23-Mar 3rd	Hawaii Adventure	\$3999
Feb. 27-28th	Blue Chip/Gun Lake Overnight	\$99
Mar. 13-14th	Chicago Flower & Garden Show	\$210
Mar. 20-21st	Turtle Creek/Little River/Odawa	\$109
Apr. 14-21st	Charleston & Savannah	\$1499
May 6-15th	Shades of Ireland	\$3249
May 10th	Arts, Amish, & Adventure	\$80
May 20-26th	Amtrak to Boston	\$1499



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	1 Turkey Vegetable Soup Salad Corn Toastums Juice \$2.00 donation over 60 \$3.50 under 60	2 Beef Steak Veggies Mashed Potatoes Wheat Roll Cookie Milk \$2.00 donation over 60 \$3.50 under 60	3 Baked Chicken Broccoli Casserole Sliced Carrots Corn Muffin Mixed Fruit \$2.00 donation over 60 \$3.50 under 60	4 Stuffed Green Peppers Sliced Beets Wheat Roll Pineapple Chunks Milk \$2.00 donation over 60 \$3.50 under 60
7 Honey Mustard Chicken AuGratin Potatoes Peas Wheat Roll Milk \$2.00 donation over 60 \$3.50 under 60	8 THE CENTER WILL BE CLOSED FOR ELECTIONS	9 Salisbury Steak Parsley Potatoes Mixed Veggies Wheat Roll Sliced Peaches Milk \$2.00 donation over 60 \$3.50 under 60	10 Black Bean Turkey Soup Tossed Salad Fresh Fruit Juice \$2.00 donation over 60 \$3.50 under 60	11 No Congregate Meal In Observance of Veteran's Day! Join us for a picnic lunch- \$2.00 for everyone Movie & refreshments by American House
14 Chicken w/ veggies & Dumplings Green Beans Roll Milk \$2.00 donation over 60 \$3.50 under 60	15 Turkey & Stuffing Mashed Potatoes Veggies Cranberry Sauce Pie Juice \$2.00 donation over 60 \$3.50 under 60	16 Masonic Temple Turkey Dinner \$6.00	17 Honey Ham Red Skin Potatoes Mixed Greens Wheat Roll Cake Fresh Fruit Juice \$2.00 donation over 60 \$3.50 under 60	18 Macaroni & Cheese Stewed Tomatoes Succotash Potato Roll Fruit Salad Milk \$2.00 donation over 60 \$3.50 under 60
21 Spaghetti & Meatballs Italian Bread Milk \$2.00 donation over 60 \$3.50 under 60	22 Grilled Chicken Sweet Potatoes Green Beans Wheat Roll Cookies Juice \$2.00 donation over 60 \$3.50 under 60	23 Pizza & Salad \$5.50	24 THE CENTER WILL BE CLOSED IN OBSERVANCE OF THE THANKSGIVING HOLIDAY	25 THE CENTER WILL BE CLOSED IN OBSERVANCE OF THE THANKSGIVING HOLIDAY
28 Scalloped Potatoes Veggies Potato Roll Milk \$2.00 donation over 60 \$3.50 under 60	29 White Chicken Chili Tossed Salad Sweet Corn Bake Fruit Salad Juice \$2.00 donation over 60 \$3.50 under 60	30 Potluck Bring a Dish To Pass	<u>RESERVATIONS MUST BE MADE FOR ALL MEALS BY NOON THE DAY BEFORE YOU WISH TO ATTEND! IF YOU ARE NOT ON THE SIGN UP LIST YOU WILL HAVE TO WAIT UNTIL EVERYONE ON THE SIGN UP LIST HAS BEEN SERVED</u>	

	<p>1 Mah-Jongg-9:00 Walking-9:00-10:45 Body Recall- 10:45 Watercolor 9:30-1130 Lunch-12:00 Blood Pressure 12-2 Euchre- 12:30 Pinochle- 1:00 Chess- 1:00 Bridge- 6:30</p>	<p>2 Library- 8:00-4:00 Computers- 8—4 Body Recall-9:00 Lunch-12:00 Scrabble- 1:00 Bingo- 1:00 Yoga- 5:00</p>	<p>3 Walking- 9-10:45 Computers-10 Body Recall- 10:45 Mah-Jongg- 11:00 Lunch- 12:00 Volleyball- 12:30 Line Dancing- 1:45 Pickleball- 3:00 Line Dancing- 6:30</p>	<p>4 Computers 8-4 Library- 8:00-4:00 Body Recall- 9:00 Body Recall- 10:45 Lunch- 12:00 Euchre- 12:30 Bollywood- 1:00 Yoga- 2:30 Daylight Savings Sunday</p>
<p>7 Body Recall 8:30 Body Recall 9:30 Basic Computer-10 Volleyball-10:45 Line Dancing-12 Bridge-12:30 Adv Computer-1:00 Scrabble-1:00 Pinochle-1:00 Adv Tai Chi-2:00 Beg. Tai Chi- 3:00</p>	<p>8 THE CENTER WILL BE CLOSED FOR ELECTIONS</p>	<p>9 Library- 8:00-4:00 Computers- 8—4 Body Recall-8:30 Body Recall-9:30 Lunch-12:00 Chief Harmes Presentation-12:15 Scrabble- 1:00 Bingo- 1:00 Yoga- 5:00</p>	<p>10 Walking- 9-10:45 Computer-10 Book Discussion-10 Body Recall- 10:45 Mah-Jongg- 11:00 Lunch- 12:00 Volleyball- 12:30 Line Dancing- 1:45 Pickleball- 3:00 Line Dancing- 6:30</p>	<p>11 Computers 8-4 Body Recall- 8:30 Body Recall- 9:30 Body Recall- 10:45 Lunch-12:00 Veteran's Day Movie by American House 12:15 Euchre- 12:30 Yoga- 2:30</p>
<p>14 Body Recall 8:30 Body Recall 9:30 Basic Computer-10 Volleyball-10:45 Line Dancing-12 Bridge-12:30 Adv Computer-1:00 Scrabble-1:00 Pinochle-1:00 Adv Tai Chi-2:00 Beg. Tai Chi- 3:00</p>	<p>15 Mah-Jongg-9:00 Walking-9:00-10:45 Open Enrollment 9-4 By appointment only Watercolor 9:30-1130 Lunch-12:00 Blood Pressure 12-2 Euchre- 12:30 Pinochle- 1:00 Chess- 1:00 Bridge- 6:30</p>	<p>16 Computers- 8—4 Body Recall-8:30 AARP- 9:00-1:00 Body Recall-9:30 Memory Screening 10-12 by appt. Lunch-12:00 Fluke Hearing-12:15 Scrabble- 1:00 Bingo- 1:00 Yoga- 5:00</p>	<p>17 Walking- 9-10:45 AARP-9:00-1:00 Computers-10 Body Recall- 10:45 Mah-Jongg- 11:00 Lunch- 12:00 Volleyball- 12:30 Line Dancing- 1:45 Pickleball- 3:00 Line Dancing- 6:30</p>	<p>18 Computers 8:00-4:00 Library- 8:00-4:00 Body Recall- 8:30 Body Recall- 9:30 Body Recall- 10:45 Lunch- 12:00 Euchre- 12:30 Bollywood- 1:00 Yoga- 2:30</p>
<p>21 Body Recall 8:30 Body Recall 9:30 Basic Computer-10 Volleyball-10:45 Line Dancing-12 Bridge-12:30 Adv Computer-1:00 Scrabble-1:00 Pinochle-1:00 Adv Tai Chi-2:00 Beg. Tai Chi- 3:00</p>	<p>22 Mah-Jongg-9:00 Walking-9:00-10:45 Body Recall- 10:45 Watercolor 9:30-1130 Lunch-12:00 Blood Pressure 12-2 Euchre- 12:30 Pinochle- 1:00 Chess- 1:00 Bridge- 6:30</p>	<p>23 Library- 8:00-4:00 Computers- 8—4 Body Recall-8:30 Body Recall-9:30 Lunch-12:00 Scrabble- 1:00 Bingo- 1:00 Yoga- 5:00</p>	<p>24 THE CENTER WILL BE CLOSED IN OBSERVANCE OF THE THANKSGIVING HOLIDAY</p>	<p>25 THE CENTER WILL BE CLOSED IN OBSERVANCE OF THE THANKSGIVING HOLIDAY</p>
<p>28 Body Recall 8:30 Body Recall 9:30 Basic Computer-10 Volleyball-10:45 Line Dancing-12 Bridge-12:30 Adv Computer-1:00 Scrabble-1:00 Pinochle-1:00 Adv Tai Chi-2:00 Beg. Tai Chi- 3:00</p>	<p>29 Mah-Jongg-9:00 Walking-9:00-10:45 Body Recall- 10:45 Watercolor 9:30-1130 Lunch-12:00 Blood Pressure 12-2 Hearing Test 12-4 Euchre- 12:30 Pinochle- 1:00 Chess- 1:00 Bridge- 6:30</p>	<p>30 Library- 8:00-4:00 Computers- 8—4 Body Recall-8:30 Body Recall-9:30 Lunch-12:00 Scrabble- 1:00 Bingo- 1:00 Yoga- 5:00</p>		



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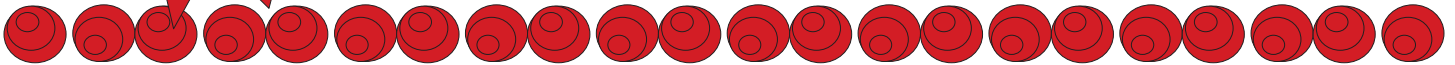
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PERMIT NO. 35

NOVEMBER 2011



OR CURRENT RESIDENT



WINTER DRIVING SAFETY

- Decrease your speed and leave yourself plenty of room to stop. You should allow at least three times more space than usual between you and the car in front of you. Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake
- Don't use cruise control in the winter
- Don't assume your vehicle can handle all conditions. Even four-wheel and front-wheel drive vehicles can encounter trouble on winter roads.

If your rear wheels skid:

- Take your foot off the accelerator. Steer in the direction you want the front wheels to go. If your rear wheels are sliding left, steer left. If they're sliding right, steer right.
- If you have anti-lock brakes (ABS), do not pump the brakes. Apply steady pressure to the brakes. You will feel the brakes pulse — this is normal.

If your front wheels skid:

- Take your foot off the gas and shift to neutral, but don't try to steer immediately.

If you get stuck:

- Do not spin your wheels. This will only dig you in deeper.
 - Turn your wheels from side to side a few times to push snow out of the way. Use a shovel to clear snow away from the wheels and the underside of the car.
 - Use a light touch on the gas, to ease your car out. Try rocking the vehicle. Shift from forward to reverse, and back again. Each time you're in gear, give a light touch on the gas until the vehicle gets going.
 - Pour sand, kitty litter, gravel or salt in the path of the wheels, to help get traction.
-