



Activity Spotlight:

We celebrated and honored our Van Buren Township Community Services volunteers on April 20th. The Senior Center hosted an indoor picnic which was a lot of fun.

Special guests included Joan Siavrakas, Wayne County Senior Services Division Director, the Honorable Lisa Martin, 34th District Court, and Van Buren Township Treasurer Sharry Budd.

We are grateful to the 75 individuals who volunteer their time at the Senior Center, distribute food through the mobile food pantry Forgotten Harvest, and prepare and deliver meals through the Meals on Wheels program.

Volunteers are the organization's heart and allow the Township to expand its footprint in the community. We'd love to welcome you to our volunteer team! Call the Center at 734-699-8918 if you have a few hours per week to give in the service of others.

JULY-SEPTEMBER 2023

CONTENTS

From Our Senior Programmer	3
Welcome	4
New Members	5
Community Resources	6
Community Partner	8
News and Noteworthy	10
Schedule of Activities	13

From Our *Senior Programmer*:

I hope everyone is enjoying their summer. It's so nice to see the sunshine and spend time outdoors again. While the summer season lends itself to doing activities outside, there is plenty happening at the Senior Center.

The volunteer appreciation picnic was a lot of fun and a chance to say thank you to our volunteers for their contribution in serving our community and seniors. We have an incredible group of volunteers who give their time across multiple programs.



Thanks to the Senior Endowment and the Township, we have ordered a new Bingo system to replace our 20-year old equipment. Penny Bingo on Friday afternoons is one of our most popular activities and we are excited to offer additional games with the new system. If you haven't played before, come on down and check it out.

The resource room at the Center is available to help seniors in locating and applying for assistance with utilities, housing, food and other community resources. Additionally, The Senior Alliance is on hand the 4th Tuesday of each month from 9:00 am – noon and will help seniors get connected with services offered through their agency and partners.

We surveyed members to find ways to increase opportunities for socialization and to expand programming. The top three responses were: Balance/Fall Reduction exercise class; Lunch and Learn; followed closely by Day Trips. We listened to our members and as you will see in the newsletter, we have expanded our programming to include these activities.

In order for you to get to know the team, instructors, and members, we will be highlighting individuals in each edition. I hope you enjoy learning more about who you are interacting with at the Center.

Come try out a new class, workshop, trip, or socialize with other seniors. We hope to see you soon.

Enjoy the summer and stay safe.

A handwritten signature in black ink that reads "Anne Duncan". The script is cursive and fluid.

Anne Duncan
Community Services Senior Programmer

Welcome To Our Center

The mission of the Van Buren Senior Center is to provide quality service, social interaction, and intellectual needs for maturing adults. Socialization, education, health, and opportunities for community services will be made available through nutritious meals, planned recreational programs, an informative newsletter, speakers, classes, trips, health screenings, information and referral, and advocacy.

ABOUT



LOCATION

13770 Haggerty Road
Van Buren Township, MI 48111

MAILING ADDRESS

46425 Tyler Road
Van Buren Township, MI 48111

CENTER HOURS

Monday through Friday

7:30am-4:00pm

For more information, call the Center at
(734) 699-8918, email
aduncan@vanburen-mi.org, or visit the
township website at vanburen-mi.org

MEMBERSHIP

Membership dues will not be collected until
further notice.

SOCIAL MEDIA

Visit us at
facebook.com/VBTSeniorCenter/

CENTER CLOSURES

Tuesday, July 4, 2023: Independence Day



Monday, September 4, 2023: Labor Day



OUR TEAM

**Township Board
Supervisor**
Kevin McNamara

Clerk
Leon Wright

Treasurer
Sharry Budd

Trustees
Don Boynton, Jr.
Sharry Frazier
Kevin Martin
Bryon Kelley

**Community Services
Director**
Elizabeth Renaud

**Community Services
Deputy Director**
Tammy Dohring

**Community Services
Senior Programmer**
Anne Duncan

Senior Specialist
Denise Partridge

Senior Specialist
Corey Simpson

Senior Specialist
Marcella Sanders

WELCOME *New Members*

Rosemary Adamski
Virginia Anton
Larry Baleja
Nancy Blair
Richard Boelter
Carla Brown
Scott Burris
Theresa Dubay
Gerald Caldwell
Bradley Chain
Alfredo Coccimiglio
Rufus Coleman
Annie Cota
Rose Conde
Kenneth Croff
Theresa Dubay
Mark Faerber
Sylvia Farmer
Judy Glynn
Marshella Hadley
Anthony Hall
Janine Hawkins
Gina Held
Ronald Held
Tabni Hollenquest
Robin Hoover
Dennis Horton
Claudia Insalaco

Donald Insalaco
Marwan Jackson
Steven Jackson
Deborah Jacobs
James Jacobs
Scott Jakl
Donna Jeppesen
Leilani E Jones
Deborah Kirby
Robert Kirby
Shelly Kirby
Vesta Losen
Linda Luke
Gerald Martin
Paula Martin
Nancy Merschat
Sally Misiore
Joe Monte
John Mudroch
Shari Mudroch
Elemer Nagy
Leslie Neinas
Sara Nichols
Janice Nohovig
Evelyn Norton
Leslie Nowicki
Mark Nowicki
David Owen
Kim Paris
David Petix
Judy Pierson

Gale Reinhackel
Judy Rohrbach
Adeline Ryznar
Katrina R Rushing
Kathy Sakofske
Dorothy Scott
Kathy Shipman
Cleda Smartt
Zean Smartt
Barbara Smith
Esther Smith
Kathy Smith
Richard Speed
Linda Stevenson
Beverly A Stewart
Jimmie Stewart
Portia Sykes
John Toth
Vicky Tubbs
Angela Turner
Dorothy Jean Wilder
Kathy Williams
Suzanne Wilson
Vicky Wilson
Cynthia Wiltsie
Debbie Wojciechoski
Ronald Zellers
Suzanne Zellers

COMMUNITY *Resources*

The Transportation Program

Senior Transportation is available to Van Buren Township residents from 9 a.m. to 4 p.m., Monday to Friday. Priority is given to medical appointments.

Call (734) 699-8945 to check availability and schedule a ride.



Medical Loan Closet

The Medical Loan Closet helps those who need medical equipment such as walkers, canes, shower chairs and Depends. Donations are accepted for items that are clean and in good repair.

Meals on Wheels

Meals on Wheels delivers Monday-Thursday to seniors who are homebound and in need of a meal (must qualify). Volunteers are still needed to drive, hop, or help in the kitchen. A Friday route will be added this fall and will require six additional volunteers. It is an incredibly rewarding volunteer experience.

Applications for meals and volunteering can be accessed and completed on Wayne County's Senior Services website: waynecounty.com/departments/seniorservices.com or by calling our office at (734) 699-8918.



Commodities: Focus Hope and The Emergency Food Assistance Program (TEFAP)

Income-based programs provide free monthly commodities to Van Buren township and Belleville residents.

Call the office or stop in to see if you qualify or to complete an application.

Upcoming dates – July 20, August 17, and September 21

Forgotten Harvest

Forgotten Harvest mobile food pantry at Wayne County Community College, Ted Scott Campus, 9555 Haggerty Rd, Van Buren Township. Lineup begins at 1:00; distribution runs from 2-4 pm. Applications can be completed at the site on pick-up days. No eligibility requirements.

As the July distribution falls on the 4th of July, it will be canceled. Distribution dates: July 18; August 1 and 15; September 5 and 19.

HOUSING ASSISTANCE *Resources*

Michigan State Housing Development Authority (MSHDA)

The Michigan State Housing Development Authority (MSHDA), provides financial and technical assistance through public and private partnerships to create and preserve safe and decent affordable housing and administers rental voucher programs for those who qualify. MSHDA also has programs to prevent mortgage delinquencies, defaults and foreclosure, loss of utilities or home energy services. Call 844-756-4423 or visit their website for additional information at Michigan.gov/mshda.

Wayne County Metropolitan Community Action Agency

Dozens of social services and emergency financial assistance programs are administered by the Wayne Metropolitan Community Action Agency. The organization provides services that offer both short-term help and long-term relief. Assistance may be available for rent, food, utility bills, job searches, foreclosure counseling, and much more. They operate across the region, including in both metropolitan Detroit and Wayne County. Call (313) 388-9799, email wmconnectcenter@waynemetro.org visit their website at waynemetro.org.

Belleville Co-op

Belleville Co-op (CSI Coop), 575 Sumpter Rd, Belleville, offers a subsidized senior (62+) housing complex with one-bedroom units (some handicap accessible). Most utilities are included, and they offer an onsite exercise room, secured entry, community activities, and an onsite service coordinator. For tenant selection criteria, call 800-593-3052 or visit their website at <https://www.csi.coop/en/locations/MI/belleville/7>.

Columbia Court

Columbia Court, 275 West Columbia Ave, Belleville, is an affordable rental community for those 62+ or needing the benefits of a barrier-free studio or one-bedroom apartment. Utilities are included, and rent is based on your income – annual income is \$31,350 for one resident and \$35,800 for two residents. Call 734-415-4581 or visit their website at nationalchurchresidences.org/communities/columbia-court for more information.

The Senior Alliance™

In January, we began partnering with The Senior Alliance (TSA), providing space for a representative to meet with Senior Center and community members needing assistance with services offered through TSA. The Senior Alliance is a non-profit organization serving as The Area Agency on Aging 1-C, administering services funded by the Older Americans Act and the Older Michiganians Act.

TSA representatives have been meeting with individuals at the Center assisting with Medicare enrollment as part of their Michigan Medicare/ Medicaid Assistance Program (MMAP). In addition to the MMAP program, TSA provides a host of other services and will conduct an individualized assessment to determine eligibility for programs and obtain community resources. Stop by on the 4th Tuesday of each month from 9:00 am to noon to meet with a representative. A complete listing of programs and partner resources can be found on their website at: <https://thesenioralliance.org/>

The Senior Alliance also functions as an agent of the MI Choice Waiver Program, arranging Medicaid-covered long-term residential care services for qualified older adults and individuals living with disabilities. Long-term support and services are designed to allow recipients to remain at home or in residential settings (including an individual's or family member's home, assisted living communities, licensed homes for the aged, or licensed adult foster care homes).

Anne Duncan, Senior Programmer, was recently selected to serve on TSA's Advisory Council. The Advisory Council "advises continuously on all matters relating to the identification of needs and development of the area plan". Anne attended her first meeting on May 9 and is the only council member representing a senior center. This is an excellent opportunity to speak on behalf of the needs facing senior centers and seniors in our community.

Other council members delivered updates at the meeting: Wayne County Senior Services; the CEO of TSA as well as an Advocacy Update from TSA; Elected Officials; and The Michigan Senior Advocates Council. A discussion regarding the TSA Annual Implementation Plan took place, and a presentation was made by PACE, the Program of All-Inclusive Care for the Elderly of Southeast Michigan.

The meeting was very informative, and we're pleased to have a seat at the table discussing important issues affecting seniors in our communities. Please let Anne know if you'd like more information about the Council, its members, or topics discussed.

PROGRAM *Highlight*

Tai Chi for Health and Relaxation

The Senior Center is pleased to offer two different Tai Chi classes. Both offer excellent health benefits such as increased balance and strength, improved stamina and diminished risk of injury that accompanies weak muscles and bones. It's also incredibly relaxing and helps reduced stress by calming the nervous system.

Tai Chi is a great launching point if you've been considering starting an exercise program. It is a low-impact gentle activity that does not place undue stress on joints and muscles. Check out one, or both of our classes – they are taught by Brenda Stewart, Certified Tai Chi Instructor.

Tai Chi, "Yang 24 Form" is one of the most popular forms of Tai Chi practices and consists of 24 movements, some with two or three parts, that are slow, continuous, soft, and circular. The class will begin learning the "Yang 40 Form" soon. Tai Chi meets on Tuesdays from 11:30 am – 12:30 pm

Tai Chi for Arthritis (Beginner Tai Chi)

This class utilizes the "Sun style" of Tai Chi and is especially appropriate for seniors, beginners, or people with arthritis. Beginner Tai Chi meets on Tuesdays from 1:00 – 2:00 pm.

A \$24 punch card good for 8 classes is available in the office. First class is free for new students.



COMMUNITY HEALTH *Partner*



Ready to improve your balance?

Come over to the Van Buren Township Senior Center for our monthly class and learn how to reduce your fall risk. It's fun, informative and FREE.

WHAT: Our neighborhood partner - ATI Physical Therapy in Belleville will have a licensed physical therapist on hand to help you with strength training and balance assessments.

WHERE: Van Buren Senior Center, 13770 Haggerty Rd, Van Buren Township, MI

WHEN: The last Friday of each month at 10:30 a.m.

WHY: *Falls are one of the leading causes of injuries in seniors. we want to offer all our seniors this great opportunity to improve their strength and decrease their risk of falling every month.

About our partner:

ATI has 73 locations in Michigan with a location at 11650 Belleville Rd, Van Buren Township. They accept a wide variety of insurance plans including Medicare, Blue Cross Blue Shield, United Healthcare, and more. They are a nationally recognized rehabilitation provider who specializes in research-based physical therapy, workers' compensation rehab, employer worksite solutions, sports medicine, and a variety of specialty therapies.

We are pleased to partner with ATI as we learn how to better assist our seniors in continuing to move and be active. Give them a call at 734-325-2443 or visit their website <https://www.atipt.com/> for more information.

Source(s):

*Keep on Your Feet—Preventing Older Adult Falls | Features | Injury Center | CDC



NEWS AND *Noteworthy*

Crafting Classes

Two of our long-time instructors retired from teaching at the center - Dewey Faulkner (Arts & Crafts) and Gary Slaughter (Photography and Mat and Frame). Many seniors benefited from their expertise and enjoyed the field trips and time spent learning and socializing. We're grateful for their service and will miss hearing their stories as they shared their crafts. Fran Horchem, is now offering the following classes:

Beginner Sewing, 1st Mondays from 10 am-noon

Diamond Dotz, 2nd Mondays from 10 am-noon

Sewing Your Own Project, 3rd Mondays from 10 am-noon

Class sizes are limited, and there are supplies required. Please call the office for more information and to register one week prior.

Lunch and Learn

Lunch and Learn will take place on the 4th Monday from noon-1:00 in the library at the center. The Senior Center will provide lunch, or you're welcome to bring your own lunch.

We are inviting different agencies to come and share on topics and provide a place where honest conversations on challenging topics can take place. Please sign up in the office one week prior to the event. No fee.

Join us on July 24 to hear from the Alzheimer's Association, Michigan Chapter, who will be presenting the "10 Warning Signs of Alzheimer's". Register by Monday, July 27.

August 28 Reggie Miller, State Representative 31st House District, will discuss "Senior Scam Prevention" and provide an update on what is taking place in Lansing related to issues affecting seniors. Register by Monday, August 28.

September 25, June Milton of Milton's Pharmacy will be here to talk about "Medication Usage and Aging." Register by Monday, September 18.

Strength Training and Balance

Strength Training for Better Balance is a new partnership with ATI Physical Therapy. This new class will provide education and testing in order for participants to understand their own fall risk followed by 20-30 minutes of a strength training circuit led by a licensed physical therapist. Class will take place on the last Friday of each month from 10:30-11:30 am and is available free of charge. Dates are June 30, July 28, and August 25.

Trips

You asked, and we're delivering as the Senior Center is once again offering day trips. We will be providing coordination and transportation. Sign-up in the office and pay to secure your spot by the deadlines listed. A trip book is also available opposite the vending machines which lists a lot of opportunities offered by vetted travel agencies for those wishing to explore a little further than our radius.

CONTINUED

High Tea

High Tea anyone? Join us at the Purple Door Tearoom in Ferndale for afternoon tea (includes lunch) on Tuesday, July 26. The tearoom menu includes soup, fresh green salad, savory/sweet sandwiches, pasta salad, dessert and your choice of tea for \$35. Please sign up in the office by Wednesday, July 19 and reserve your spot by paying the \$3 transportation fee. Space is limited to 10 people. The van will depart at 11:00 am and return around 3:00 pm. Gloves and hats optional.

Motown Cruise

Motown Cruise on the Detroit Princess. On Thursday, September 21 members will go on a lunch cruise down the Detroit River seeing the downtown areas of Detroit and Windsor. A wonderful buffet including dessert will be provided and a tribute to Motown will be performed live by the "Prolifics". Cost is \$60 (non-refundable) which also includes transportation. The deadline to sign up and pay is August 21 and is limited to 20 people. The van will depart from the center at 10:30 am and return around 3:30 pm.

Restaurant Club

Enjoy dining at restaurants with other Senior Center members and form some new connections.

The Restaurant Club will meet on the 2nd Wednesday of each month, with the transit van departing the Center at 11:30 am and returning around 2:30 pm. The cost is \$3 for transportation, which must be paid at the time of sign-up.

In fairness to the restaurants, we respectfully request that you do not show up at the restaurant without signing up in advance through the office. We reserve spots according to how many we can transport and how many the restaurant can accommodate.

This quarter's schedule is:

July 12, Red Olive in Livonia;

August 9, Mexican Fiesta II in Canton;

September 13, Anna's House in Westland.

We Care Quilting

We Care Quilting is on break and will return on October 11.

Yoga

Our Yoga instructor Tammy Foote will be on a summer break until Tuesday, September 5. Please consider trying out Tai Chi or one of our other classes during the break.



VAN BUREN SENIOR CENTER

Class Schedule is subject to change based on participation

MONDAY

9:00-Noon	Blood Pressure Checks	Drop-in	Multi-Purpose Rm.
9:30-10:15	AFEP	\$20 punch card at office	Group Fitness Rm.
10:00-Noon	Beginning Sewing	1 st Monday, sign up req	Craft Room
10:00-Noon	Diamond Dotz	2 nd Monday, sign up req	Craft Room
10:00-Noon	Sew Your Own Project	3 rd Monday, sign up req	Craft Room
10:30-11:15	Zumba Gold	Punch card from instructor	Group Fitness Rm.
11:30-12:30	Cardio-Drumming	\$15 punch card at office	Group Fitness Rm.
Noon-1:00	Lunch and Learn	4 th Monday, no fee, sign up req	Library
1:00-3:30	Pickleball	\$20 punch card at office	Group Fitness Rm.

TUESDAY

9:30-10:30	Bible Study	2 nd & 4 th Tues, sign up req	Remote
11:30-12:30	Tai Chi	\$24 punch card at office	Group Fitness Rm.
12:00-3:00	VBT Quilting	Drop-in \$2	Craft Rm.
12:00-3:00	Crochet/Knitting	Drop-in	Game Rm.
1:00-2:00	Beginner Tai Chi	\$24 punch card at office	Group Fitness Rm.

WEDNESDAY

9:30-10:15	AFEP	\$20 punch card at office	Group Fitness Rm.
10:30-11:15	Zumba Gold	Punch card from instructor	Group Fitness Rm.
11:30-2:30	Restaurant Club	2 nd Wednesday, sign up req	
1:00-3:30	Pickleball	\$20 punch card at office	Group Fitness Rm.

THURSDAY

10:00-Noon	Card-Making	1 st & 3 rd Thur. \$5 fee	Multi-Purpose Rm.
12:00-2:00	Trivia	2 nd & 4 th Thur.	Library
12:00-3:00	Beading	Nominal fee for materials	Craft Rm.
1:00-3:00	Game Day	1 st & 3 rd Thurs. Drop-in	Bingo Room

FRIDAY

9:30-10:15	AFEP	\$20 punch card at office	Group Fitness Rm.
10:30-11:15	Zumba Gold	Punch card from instructor	Group Fitness Rm.
10:30-11:30	Strength & Balance Class	Last Fri. of month, no fee	Small Gym
12:30-2:00	Bingo	Drop-in	Game Rm.
1:00-3:30	Pickleball	\$20 punch card at office	Group Fitness Rm.

- ❖ Billiards & Fitness Rooms are open Mon-Fri, 7:30 am – 3:30 pm
- ❖ Gift Shop is open Mon-Fri, 10 am – 2 pm
- ❖ Foot Doctor (call the Center for appointment)
- ❖ Norwegian Massage (Call Sissel at 734-340-3766 for appointment)
- ❖ Yoga is on hiatus and will resume in September
- ❖ We Care Quilting is on hiatus and will resume in October

July-September 2023

SENIOR CENTER *Spotlight*

LEE HERRMAN, VOLUNTEER

"After graduation from high school in 1956 at the age of 17, I left my home of Albion, MI to move to Kalamazoo. I worked as a Michigan Bell Long Distance Operator for two years, but I grew bored. I decided to pick up and head to San Diego, CA where I spent the next two years working for a lawyer. I decided to head to the opposite coastline and found myself in Newport, RI. At the only Lutheran Church on the island, I met my future husband, Norm, who was employed by the US Navy. In 1963, we returned to my hometown to marry.



Over the next 32 years, I worked for Kelsey Hayes/Hayes Lerrmerz company. I started there as a clerk and continued to climb the corporate ladder and spent the last ten years as the executive assistant to the president of the manufacturing division. During that time, I raised two kids, Paul and Karen, as a widowed mom. Their father, my beloved husband, died in 1975 from ALS. While at Kelsey Hayes, I was in charge of planning the annual company picnics, making arrangements for out-of-state/country visitors, travel accommodations, meetings, holidays, parties, etc. Whatever my boss wanted, I was up for the challenge. I loved my job.

Throughout my 84 years of life, I have been truly blessed with the opportunity to travel. I have experienced all 50 states and have traveled overseas exploring 36 countries.

My favorite place in the US to visit was Alaska because it felt like the wild frontier. I loved being in Prague, Czech Republic because of the authenticity found in the country.

Now that I have retired I enjoy spending my time volunteering at the Senior Center. The people I interact with bring joy and meaning to my life."

Lee has been a faithful volunteer since 2007 and she currently volunteers in the office on Wednesday mornings and coordinates the distribution of the newsletter. Lee is passionate about the programs and people at the center and is great at recruiting new members and volunteers.

Lee is active at the center, sometimes coming twice a day to take exercise classes. She has been a member of the Senior Center for 30 years! She has seen a lot of changes take place during her time as a member and an office volunteer. We are so appreciative of her dedication and commitment to serving the seniors at the center. We love her positive outlook on life and wonderful laugh.

CONTINUED

BOB BOYER, MEMBER

Bob joined our Senior Center in January 2022 with a goal (which he met) to increase his strength so that he would no longer require the use of a walker. He is usually the first one in the building each day and spends 30-90 minutes using the NuStep trying to reach 5,000 steps each day. At 87 years old, he is an inspiration.

Bob has been a hard worker all his life. He credits his parents for always putting food on the table, and never going without clothing or shelter. He owned two businesses in Canton – Boyer's Market and a slaughterhouse.

He was a charter member of the Canton Lion's Club and former Canton Chamber of Commerce President (still a member). Bob is also a member of the Fraternal Order of the Eagles in Van Buren Township. He retired three years ago and moved to Van Buren Township and rides his golf cart to the Senior Center.

Bob owns 125 costumes – his favorite is Frankenstein. Bob wants to be buried in a stand-up coffin with a glass lid dressed in his Frankenstein costume. What a character! He is a fascinating individual who likes to stay busy and engaged. With 3 children, 9 grandchildren, and 2 great grands he has plenty to keep him busy.



FRAN HORCHEM, CRAFTING INSTRUCTOR AND GIFT SHOP VOLUNTEER



Fran has been a resident of Belleville/Van Buren Township since 1981 when she married her husband Will. Fran is a previous Van Buren Public Schools employee where she worked for 14 years in various capacities, including as a full-time paraprofessional. She was a teacher at A Great Start Preschool and retired from there in 2007.

Fran decided retirement wasn't for her and ended up working at JoAnn Fabric and Crafts in many different capacities, including Framing Specialist, Education Coordinator, cash office, management, and more.

Fran is an avid crafter and during the height of the pandemic, she made and donated over 500 masks to various organizations. She also donated at least 50 fleece blankets to "Fleece and Thank You" who provide blankets to hospitalized children. She loves helping others whether it be through crafting or donating to Toys for Tots.

Now that she is officially retired, she volunteers at the Van Buren Senior Center, primarily in the Gift Shop, where she also sells some of her creations. Fran is also teaching three crafting classes at the Senior Center. She'd love to work with you on a crafting project or sell you some of her beautiful wares!

"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more".

Written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio

- Life isn't fair, but it's still good.
- When in doubt, just take the next small step.
- Life is too short to waste time hating anyone.
- Don't take yourself so seriously. No one else does.
- Pay off your credit cards every month.
- You don't have to win every argument. Agree to disagree.
- Cry with someone. It's more healing than crying alone.
- Save for retirement, starting with your first check.
- When it comes to chocolate, resistance is futile.
- Make peace with your past so it won't screw up the present.
- It's OK to let your children see you cry.
- Don't compare your life to others. You have no idea what their journey is all about.

- Life is too short for long pity parties. Get busy living, or get busy dying.
- You can get through anything if you stay put in today.
- A writer writes. If you want to be a writer, write.
- It's never too late to have a happy childhood. But the second one is up to you and no one else.
- When it comes to going after what you love in life, don't take no for an answer.
- Burn the candles; use nice sheets; wear fancy lingerie. Don't save it for a special occasion. Today is special.
- Over-prepare, then go with the flow.
- Be eccentric now. Don't wait for old age to wear purple.
- The most important sex organ is the brain.
- No one is in charge of your happiness except you.

- Frame every so-called disaster with these words: "In five years, will this matter?"
- Forgive everyone for everything.
- What other people think of you is none of your business.
- Time heals almost everything. Give time time.
- However good or bad it is, it will change.
- Your job won't take care of you when you are sick. Your friends will. Stay in touch.
- Believe in miracles.
- What doesn't kill you does make you stronger.
- Growing old beats the alternative (dying young).
- Your children get only one childhood. Make it memorable.
- Get outside every day. Miracles are waiting everywhere.
- If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.

- Don't audit life. Show up and make the most of it now.
- Get rid of anything that isn't useful, beautiful, or joyful.
- All that truly matters in the end is that you loved.
- Envy is a waste of time. You already have all you need.
- The best is yet to come.
- No matter how you feel, get up, dress up, and show up.
- Take a deep breath. It calms the mind.
- If you don't ask, you don't get.
- Yield.
- Life isn't tied with a bow, but it's still a gift.
- If a relationship has to be a secret, you shouldn't be in it.

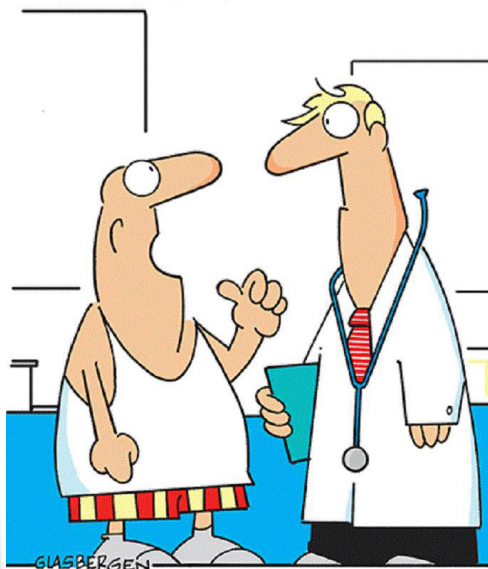
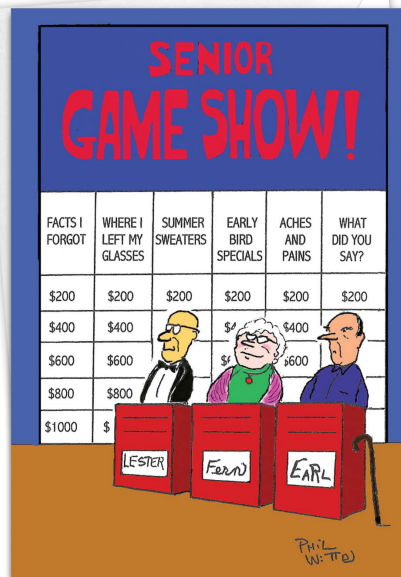
Submitted by Geraldine Helka - Member

COMIC *Relief*

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Crabby Road

7-4-12



"I could be a healthy person if you'd stop finding things wrong with me!"



I was at lunch with an old friend & pointed to two elderly ladies across the room and said "That will be us in 10 years." She said: "That's a mirror."

WORD *Search*

SUMMER	G	A	R	D	E	N	Y	S	M	B	M	T	O	L	S
SUNSHINE	N	I	A	R	M	E	L	E	S	E	E	R	W	O	U
SWIM	U	C	I	N	C	I	P	E	A	S	I	A	M	S	N
BOAT	L	M	L	I	N	O	I	T	A	C	A	V	R	P	S
CAMP	P	O	P	S	I	C	L	E	Q	L	D	E	K	I	H
HIKE	U	I	P	E	C	A	M	P	I	O	O	L	F	C	I
GARDEN	Y	T	N	S	R	E	T	L	M	D	N	T	R	E	N
PLAY	P	W	N	S	O	E	P	A	T	G	N	E	D	X	E
BEACH	A	U	G	R	I	A	D	Y	B	O	A	Y	A	T	E
JULY	R	L	J	U	L	Y	G	R	S	A	S	O	U	P	A
AUGUST	K	E	F	G	L	C	E	A	T	H	I	R	G	A	S
PARK	B	A	L	Y	P	A	E	N	O	C	R	E	U	R	D
PICNIC	S	H	O	R	T	S	O	O	H	A	E	H	S	H	R
POPSICLE	U	Y	P	E	M	N	O	S	A	E	S	S	T	D	E
ICE CREAM	C	H	E	T	A	M	C	L	Y	B	G	M	R	E	S
SHORTS	X	L	A	O	V	Z	R	C	O	J	B	R	I	N	S
DRESS	F	O	S	E	M	A	E	R	C	E	C	I	O	W	L
TRAVEL	B	L	O	S	S	U	M	M	E	R	W	B	M	O	S
VACATION															
SEASON															

SUMMER FUN FACTS:

July is the hottest month of the year.

The hottest part of the day is between 11:00 am and 3:00 pm.

Sunlight helps your body make Vitamin D. It also gives you a “feel good” chemical in the brain called serotonin.

Sunshine improves your brain function.

Crickets make different chirping noises depending on the temperature. They chirp faster when it’s hotter.

The phrase “dog days of summer” is when the constellation Sirius (that looks like a dog) appears in the sky. These are usually the hottest weeks of summer.

The full moon is lowest around the summer solstice.



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VAN BUREN SENIOR CENTER - (July, August, September)

Please notify the Senior Center office if your contact information has changed.

If you would no longer like to receive this Newsletter, please email or call us.

