

# ***VAN BUREN SENIOR CENTER***

Van Buren Township  
46425 Tyler Road  
Van Buren Township  
MI 48111  
(734) 699-8918

## **Township Board**

### **Supervisor**

Kevin McNamara

### **Clerk**

Leon Wright

### **Treasurer**

Sharry Budd

### **Trustees**

Don Boynton

Sherry Frazier

Kevin Martin

Reggie Miller

## **Senior Center Staff**

### **Senior Director**

Lynette Jordan

### **Senior Coordinator**

Pat McBride

### **Senior Specialist**

Denise Partridge

As we start a fresh new year why not challenge yourself to try something different. The Center offers many social activities as well as a wide variety of exercise classes. It's time to get out and get active even if it's just to stop in and say hello. For more information check out the Center's Daily Schedule in the newsletter.



## WELCOME

### Mission Statement

The mission of Van Buren Senior Center is to provide the availability of 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.

### Membership

Membership dues will not be collected until further notice.

### Membership Fees

- **Van Buren Township Resident - \$20.00 yearly**
- **Non-Resident - \$25.00 yearly**

### Sign-In / Scan Card

The Center issues each member a scan tag. Please stop at the Center's main office to pick up your tag. Be sure you have your scan tag with you when coming to the Center. The scanner is at the Senior Center front door office.

We keep track of attendance to serve you better. Attendance supports future programming. Thank you for your cooperation.

### Center Hours

**Monday thru Friday 7:30am—4:00pm**

For more information call the Center at (734) 699-8918, or visit the township website at [www.vanburen-mi.org](http://www.vanburen-mi.org)

### Senior Center closing dates:

**Monday, January 3rd, 2022**

New Year's Day observed

**Monday, January 17th, 2022**

Martin Luther King, Jr Day

**Monday, February 21st, 2022**

President's Day

### Dates to Remember 2022

**January 1st - Happy New Year**

**January 17th - Martin Luther King Jr. Day**

**February 2nd - Ground Hog Day**

**February 14th - Valentine's Day**

**February 21st - Presidents' Day**

**March 8th - International Women's Day**

**March 13th - Daylight Savings Time Begins**

**March 17th - St. Patrick's Day**

**March 20th - Spring begins**

# Thank You!

## Office Assistants Volunteers

Marvell Brown, Conrad Christner, Bonnie Hamill, Lee Herrmann, Dee Hogan, Carol McClune, Shirley Nowicki, Elena O'Connor, Wanda Ritchey, Barbara Serri, Alvesta Smith, Pat Sobbecki, Pat Tumas and Cheryl Williams

## Hidden Treasures Gift Shop Volunteers

Manager: Frances Hutchison  
Dorothy Bailey, Denise Ferber, Diane Ferguson,  
Fran Horchem, Bulah Hughes, Renee Hughes,  
Clare King, Wanda Ritchey, Joan Shellito

## Gift Certificates Available

You can purchase gift certificates in any amount for Center memberships, special events and activities. Your gift will last all year long!



## Nutrition Meals On Wheels Volunteers

Caroline Dempsey, Linda Disney,  
Gwen Bowman Else, Fran Farkas, Jim Foley,  
Joyce Forest, Gary Marshall, Diane Pilisko,  
Harry Roesch, Alvesta Smith, Del St.Antoine,  
Marlene Thomas, Ron Tubbs, Denise Tubbs Vogan,  
Bryan Walters & Kevin Walters



## Thinking Of You

All your friends at the Center are sending get well wishes to those who are under the weather or recuperating from surgery. Please give us a call and let us know how you are doing.

Karrie Braatz, Marvel Brown,  
Doris & Wesley Crocker  
Bernie McManus  
Fred O'Keefe  
and Richard Timm

## The Newsletter

**The Newsletter is brought to you by the following friendly folks:**

Roger & Diane Ferguson,  
Lee Herrmann, Clare King,  
Don & Betty Pare,  
Joan Shellito, Pat Sobecki,  
Hubert & Sharon Stubbs,  
Richard & Lila Timm

## Sympathy

Our hearts reach out to you and your families who have lost a loved one in the last few months.

## Medical Equipment Loan Closet

The Senior Center keeps a few items to loan out: walkers, canes, shower seats and wheelchairs.

Please consider donating medical equipment no longer needed to keep the loan closet in stock.

## Medicare Medicaid Assistance Program (MMAP)

**Counselors can meet with you and help you:**

- ◆ Understand doctor bills, hospital bills, and Medicare Summary Notices.
- ◆ Understand Medicare/Medicaid eligibility, enrollment, coverage, claims, and appeals.
- ◆ Review your Medicare supplemental insurance needs, compare policies and pursue claims and refunds.
- ◆ Identify resources for prescription drug assistance.
- ◆ Explore long term care financing options, including long term care insurance.
- ◆ Identify and report Medicare/Medicaid fraud and abuse.

**Answers to Trivia: 1) Vinyl & radio 2) The Beatles 3) The Rolling Stones 4) 1954 5) Gunsmoke 6) Appalachian Mountains 7) Wolfman Jack 8) West Grand Boulevard**

## Services Available

### SOCIAL SECURITY

To sign up for Social Security or for other info, i.e. change of address, direct deposit, etc.  
**Call 1-800-772-1213**

### The Transportation Program

Assists Van Buren Township Seniors in getting to their doctor's appointments as well as local errands. Transportation is available Monday through Friday. Appointments must be scheduled between 10:00am and 2:00pm. The last pickup is 2:00pm. Reservations must be made 48 hours in advance by calling **(734) 699-8945**.

Rides will be scheduled as calls are received. When making a reservation, be sure to include your phone number. Medical appointments take priority over non-medical transportation.

Rides in Van Buren/Belleville \$2.00 each way.  
Rides to destinations out of the area, but within a 20-mile radius is \$7.00 each way.

Thursday local shopping trips \$3.00.

### The Emergency Food Assistance PROGRAM: TEFAP

(Any age)  
Income eligibility guidelines as follows:  
1 person - \$2,147 per month  
2 persons - \$2,903 per month  
3 persons - \$3,660 per month

Add \$757 per month for each additional family member. To register call 734-699-8918

### Focus: HOPE

Food for Van Buren Township Seniors is available through Van Buren Senior Center.

To register call: (734) 699-8918  
**Pick-up is the 3<sup>rd</sup> Thursday of each month**  
12:00pm to 3:00pm.

Income guidelines are as follows:  
Must be 60 years of age or older

Income eligibility guidelines as follows:  
1 person - \$1,354 per month  
2 persons - \$1,832 per month  
3 persons - \$2,311 per month

Add \$479 per month for each additional family



### Meals

**Meals on Wheels Program**  
(734) 326 - 5202

**Liquid Nutrition**  
(734) 326 - 4444

# ***WEEKLY SCHEDULE***

## **Senior Center Schedule**

Monday thru Friday

7:30am – 4:00pm

- **Fitness Room is open Monday thru Friday from 7:30am to 3:30pm**
- **Foot Doctor (call the Center for appt.)**

### **MONDAY**

9:30 AFEP Dining Rm. (\$20 Punch Card purchase at Office)  
10:30 Zumba Gold Dining Rm. (Punch Card purchase from Instructor)  
11:30 Cardio Drumming Dining Rm. (\$15 punch card purchase at office)  
12:30 Cards Dining Rm. (drop in)  
1:00 Ceramics Craft Rm.

### **TUESDAY**

9:30 Bible Study Lounge 2<sup>nd</sup> & 4<sup>th</sup> Tuesday  
10:00 Yoga Dining Rm. (Punch Card purchase from Office)  
11:30 Tai Chi Dining Rm. (\$24 Punch Card purchase at Office)  
12:00 SDSC Quilting Craft Rm.  
1:00 Crochet/Knitting Lounge

### **WEDNESDAY**

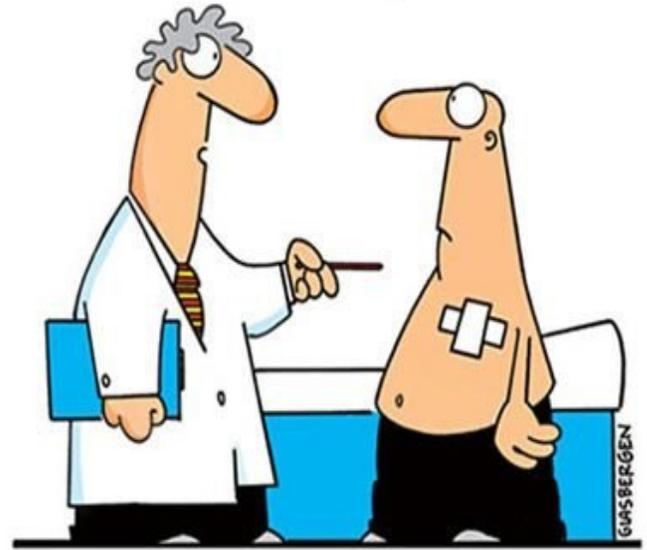
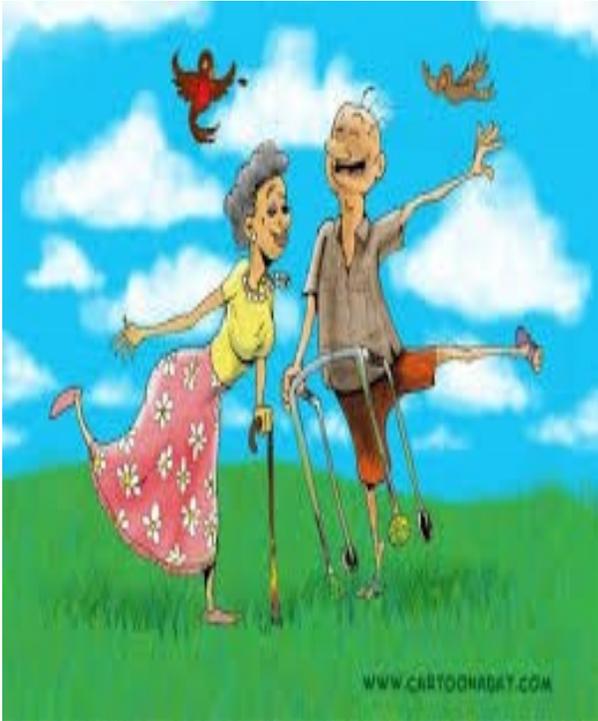
9:30 AFEP Dining Rm. (\$20 Punch Card purchase at Office)  
10:00 Mat & Frame Craft Rm. 1<sup>st</sup> & 3<sup>rd</sup> Wednesday  
10:00 Glass Fusing Craft Rm. 2<sup>nd</sup> & 4<sup>th</sup> Wednesday  
10:30 Zumba Gold Dining Rm. (Punch Card purchase from Instructor)  
11:30 Norwegian Massage Therapy Lounge (Scheduling and payment to Massage Therapist)

### **THURSDAY**

10:00 Yoga Dining Rm. (Punch Card purchase from Office)  
12:00 Beading Craft Rm.

### **FRIDAY**

9:30 AFEP Dining Rm. (\$20 Punch Card purchase at Office)  
10:30 Zumba Gold Dining Rm. (Punch Card purchase from Instructor)  
12:00 Art Class Craft Rm.  
12:30 Bingo Dining Rm.



**"It's a pacemaker for your heart. Plus, you can download apps for your liver, kidneys, lungs, and pancreas!"**



**"I'm looking for an Uber driver who can take me back to 1964!"**



**"Ooo, I just felt the good cholesterol kick the bad cholesterol."**

# Monster Cookie Energy Balls

A great afternoon energy boost or perfect for an after school *snack*. Hearty oats, chocolate chips, peanut butter, honey, and m&m's make these energy balls so delicious and fun.

## Ingredients

- 2 ½ cups quick oats
- 1 cup creamy peanut butter *not all-natural peanut butter*
- 1/2 cup honey
- 1 teaspoon vanilla extract
- 1/2 cup mini chocolate chips
- 1/2 cup mini m&m's



## Instructions

Add all ingredients into a mixing bowl. Use a wooden spoon or handheld mixer to combine together. I find that using a hand mixer is the easiest way to combine the ingredients thoroughly. Shape into balls, about 1" in size, and place on a plate or Tupperware type container.

Recipe yields 36 energy balls when shaped into a small 1-inch sized ball.

You can eat right away OR refrigerate for about 30 minutes to 1 hour before serving.

Store energy balls in a covered container in the fridge.

## Notes

**Quick Oats:** Quick oats are a finer texture oat that is more binding. It acts as flour would in a recipe.

For best results use quick oats.

**Peanut Butter:** Use creamy peanut butter (not all-natural). Don't do it. The balls will not hold together well, they will be crumbly, because natural peanut butter does not have the oils in it that are needed to "bind" the energy balls together. Just make sure you are using a peanut butter that does not say 'natural' or "all-natural" on the label.

**Miniature chocolate chips/Miniature M&M's:** Using these do make a difference. The smaller size helps the energy balls bind together better. And you get more chocolate and m&m goodness in each energy ball because they are smaller in size which pairs better with the smaller sized energy ball. Both of these are very easy to find in the store. The mini chocolate chips are in the baking aisle with the other chips and the miniature m&m's are either in the baking aisle or candy aisle with the other m&m varieties.

**Nutrition** Calories: 104kcal | Carbohydrates: 13g | Protein: 3g | Fat: 5g | Saturated Fat: 2g | Trans Fat: 1g | Cholesterol: 1mg | Sodium: 37mg | Potassium: 69mg | Fiber: 1g | Sugar: 8g | Vitamin A: 12IU | Vitamin C: 1mg | Calcium: 12mg | Iron: 1mg

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## Winter Craft Fun For All!

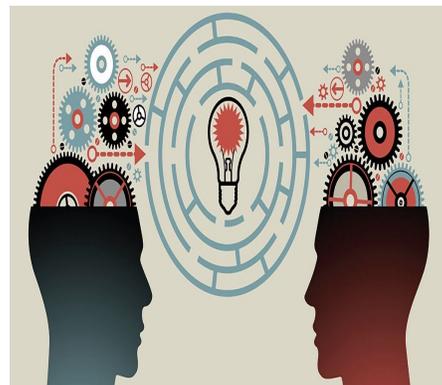


### Card Coasters

Turn holiday greeting cards into a practical item that will last all season long. To make the card coasters simply decoupage a wintery cutout onto the tops of plain tiles. Then, hot glue a thin layer of cork to the back of each coaster. This smart craft also makes a great gift.

# Did You Know?

- ◆ Rock and Roll is a genre of popular music that evolved in the US in the late 1940s-1950s
- ◆ Rock & Roll Hall of Fame is in Cleveland Ohio
- ◆ Stand By Your Man is the #1 country song of all time
- ◆ By 1953 RCA devised the first complete electronic color TV system
- ◆ Elvis Presley first appeared on Ed Sullivan in 1956
- ◆ The Supremes appeared 14 times on the Ed Sullivan Show
- ◆ The Beatles were on Ed Sullivan show on February 9th, 1964
- ◆ Gladys Knight and the PIPs were the musical guests on the final episode of the Ed Sullivan Show in 1971



## Trivia

- 1 What was the most popular way to listen to music in the 60's?
- 2 What was one of the most popular band from the 60s?
- 3 Which band promoted rebellious counterculture in the 1960's?
- 4 Color TV began in the USA in what year?
- 5 What was the most popular TV show from 1960 - 1961?
- 6 Origins of country music recordings can be found in what southern mountain region?
- 7 Who was the most popular disc jockey for 6 decades?
- 8 On what street in Detroit is the Motown recording studio?

Answers are on page 5

### **Quote: Dalai Lama**

***A heart full of love and compassion is the main source of inner strength, willpower, happiness and mental tranquility.***

# 60's Song Word Search

M S E D U J Y E H R R E X O B E H T Y  
 S S W I L D T H I N G W I P E O U T K  
 T I M Z B C E C Y L E G N A N E E T O  
 H K Y Z R C R N E E Y A W A N U R O O  
 E T G Y D V A Y O P S B U S S T O P P  
 S S I W O A L R I T S T E L P A S O S  
 E A R N W L O Y A N S E E O M Y G U Y  
 E L L S N L V U V M G E R R K E R G H  
 Y W H I T E R A B B I T V R D F O P S  
 E B B H O R T F P N A A A L C A U N I  
 S L A P W I E E I T G P Y I A P Y I R  
 L U B M N O O V S N O Y T A P G S V E  
 E E Y E V P O I A O G Y R Y D O E O H  
 L V L M L O W G C W Z E L R U I S L C  
 E E O E R T N Y E A T O R L E D L D L  
 N L V G E I H Y R R V A M T R H D O A  
 O V E H A C U C G E I A E O I I S O H  
 R E T H T W I N D Y N F W H H P A G T  
 E T C I E B L U E M O O N Y A T S H R

BABY LOVE  
 BLUE MOON  
 BLUE VELVET  
 BUS STOP  
 CARA MIA  
 CHAIN GANG  
 CHERISH  
 CRAZY  
 CRYING  
 DIZZY  
 DOWNTOWN  
 EL PASO

ELENORE  
 FINGERTIPS  
 FIRE  
 GALVESTON  
 GOOD LOVIN'  
 GROOVIN'  
 HAIR  
 HEATWAVE  
 HEY JUDE  
 HOLIDAY  
 ITCHYCOO  
 PARK  
 LAST KISS

MEMPHIS  
 MY GIRL  
 MY GUY  
 PEOPLE  
 PUPPY  
 LOVE  
 RESPECT  
 RUNAWAY  
 SHERRY  
 SOUL MAN  
 SPOOKY  
 STAY  
 SURF CITY

TEEN ANGEL  
 THE BOXER  
 THE TWIST  
 THESE EYES  
 VALLERI  
 VOLARE  
 WHITE RABBIT  
 WILD THING  
 WINDY  
 WIPEOUT  
 WORDS  
 YESTERDAY

# ***SPOTLIGHT PAGE***



## **Zumba Gold**

is canceled for January 3rd, 5th and 7th.

Will return on Monday January 10th.

## **Income Tax - Wayne Metropolitan Community Action Agency**

Contact Wayne Metro Income Tax Team and schedule an appointment for Virtual Tax Preparation.

Connect Center at 313-388-3799. Information for Wayne Connect Center is also at the Senior Center.

**12 Ways to keep your brain young.** Every brain changes with age, and mental function changes along with it. Mental decline is common and it's one of the most feared consequences of aging. But cognitive impairment is not inevitable. Here are 12 ways you can help reduce your risk of age-related memory loss.

1. Get mental stimulation
2. Improve your diet
3. Improve your blood sugar
4. Consider low-dose aspirin
5. Don't abuse alcohol
6. Protect your head
7. Get physical exercise
8. Improve blood Pressure
9. Improve your cholesterol
10. Avoid tobacco
11. Care for your emotions
12. Build social networks

Source [www.health.harvard.edu](http://www.health.harvard.edu)

# Health & Happiness



American Heart Association.  
Healthy for Good™

## BLUE & PURPLE

- blackberries
- blueberries
- black currants
- dates
- eggplants
- grapes
- plums
- prunes
- purple figs
- raisins

## RED & PINK

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radicchio
- red radishes
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarb
- strawberries
- tomatoes
- watermelons



# EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

## GREEN

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kiwis
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

## ORANGE & YELLOW

- acorn squash
- butternut squash
- apricots
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

## WHITE

- bananas
- cauliflower
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- shallots

**EAT SMART**

**MOVE MORE**

**BE WELL**

[heart.org/HealthyForGood](http://heart.org/HealthyForGood)

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Charter Township of Van Buren  
Van Buren Senior Center  
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Van Buren Township, Michigan 48111

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**January, February & March**  
**2022**