

Senior Center



Spotlight:

Community/Senior Center Construction Underway

The Township Hall site is currently under construction. See inside for more information on all of the new spaces that will be available to Senior Center members!

Community Services Senior Programmer Hired

Anne Duncan, previous part-time Senior Specialist, was promoted to the Community Services Senior Programmer position, a new position created to maximize member services and assist with operations. Welcome aboard, Anne!

Restaurant Club is Back!

Restaurant Club meets on the second Wednesday of the month. Members gather together at the center and are transported to a different restaurant each month. It's a great time of fellowship and an opportunity to try a variety of dining spots. See more details on page 10!

JANUARY-MARCH 2023

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From Our *Director*:

Happy Holidays to all of our members! I hope this newsletter finds you healthy and warm. We are so excited that our first post-COVID Senior Center Christmas Party was a success this year. Thank you again to WM (Waste Management) for helping us to sponsor such a fun & social afternoon!

As we look into a new year, the Senior Center Staff has big goals to make 2023 one of our best years yet. We have shovels in the ground at the Community/Senior Center renovation site at Township Hall, while we still keep our doors open at our temporary center at Haggerty Elementary School. Construction is tentatively scheduled to be complete at the beginning of 2024.



2023 will be a year of rebuilding as we prepare for opening the new and improved Center. Staff is working hard behind the scenes to make sure all our programming, offerings, and services are set up for success so we can open the new Center in early 2024. As part of our preparations, we will be looking at new programs, speakers, and classes to add to our schedule for the new Center. We are always looking for programming suggestions, so please feel free to reach out to me or stop by the office to share any ideas!

In other very exciting news, Anne Duncan, previous part-time Senior Specialist, was hired full-time by the Township for a new role: the Community Services Senior Programmer. This role was reshaped from previous positions to help maximize the services that are provided to our membership, and also to act as the lead in Senior Center operations at Haggerty and the new Center.

Anne joined as a member in March 2022 and began taking tai-chi, yoga, and the Arthritis Foundation Exercise Program (AFEP). Prior to then, she was the primary caregiver for her mom working hard to help her stay independent. Anne has both an undergrad and graduate degree from Wichita State University in Wichita, Kansas. She and her husband John moved to Michigan in 2018 in order to provide a support system to her two grandsons and their parents. She worked as a non-profit director serving abused and neglected children as well as in a prisoner reentry program. Once she started coming to our Center, she loved it so much that she began working as a part-time Senior Specialist in June. When the opportunity presented itself to move into the new position, she was thrilled to do so. It is her mission to motivate and inspire others to keep moving, engage with one another, and spread kindness. She has a heart for serving others and is excited to spend the last portion of her career working with the senior population in honor of her mom. Welcome, aboard Anne!

As always, please do not hesitate to reach out to me at any time, 734-787-0542 or erenaud@vanburen-mi.org.

Wishing everyone a safe and blessed New Year,

A handwritten signature in black ink that reads "Elizabeth Renaud". The signature is fluid and cursive.

Elizabeth Renaud
Community Services Director

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

CENTER HOURS

Monday through 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

MEMBERSHIP

Membership dues will not be collected until
further notice.

CENTER CLOSURES

Monday, January 2, 2023: New Year's Day
(observed)

Monday, January 16, 2023: Martin Luther
King Jr. Day

Monday, February 20, 2023: President's Day

Please notify the office if your contact
information has changed!

OUR TEAM

**Township Board
Supervisor**
Kevin McNamara

**Community Services
Director**
Elizabeth Renaud

Senior Specialist
Vacant

Clerk
Leon Wright

**Community Services
Deputy Director**
Tammy Dohring

Senior Specialist
Denise Partridge

Treasurer
Sharry Budd

**Community Services
Senior Programmer**
Anne Duncan

Senior Specialist
Corey Simpson

Trustees
Don Boynton, Jr.
Sharry Frazier
Kevin Martin
Reggie Miller



VAN BUREN
SENIOR CENTER

ARTS & CRAFTS

Each month a different medium will be presented and tailored to the skill level and interest of the class.

Classes may include: paint pouring, basic drawing, art history, soap carving, acrylic jewelry, and more!

No up-front cost, materials cost of \$5 — 10 per topic

Starting in January!

Thursdays, 12 –2 pm in the Craft Room



VAN BUREN
SENIOR CENTER

13770 Haggerty, Van Buren Township MI

AVAILABLE *Services*

The Transportation Program

Our program assists Van Buren Township Seniors in getting to their doctor's appointments as well as local errands. Transportation is available Monday through Friday within a 20 mile radius.

Appointments must be scheduled between 10:00am and 2:00pm. The last pickup is 2:00pm.

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 are \$2.00 each way. Call for transportation at (734) 699-8945.



Medical Closet

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

Please consider donating sterilized medical equipment no longer needed to keep the loan closet stocked.

Donations are welcome during open hours.

SOCIAL SECURITY

To sign up for Social Security or other info, i.e. change of address, direct deposit, etc.

Call 1(800) 772-1213

FOOD *Programs*

Forgotten Harvest

In 1990 Forgotten Harvest set down roots in the greater metro Detroit area rescuing food surpluses from grocery stores, markets, restaurants, caterers and more. Their mission is dedicated to relieving hunger and preventing nutritious food waste.

The Van Buren Township Forgotten Harvest Mobile Pantry is held on the 1st & 3rd Tuesday of each month. Registrations and Client Service Cards are available upon request at your pantry visit.



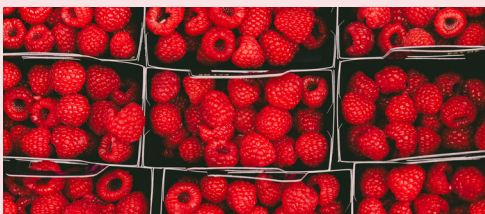
Location: Wayne County Community College District-Ted Scott Campus, 9555 Haggerty Road in Van Buren Township.

Time: 2pm – 4pm. Vehicle Line-up begins at 1:00 pm. No early line-up of vehicles will be allowed.



Upcoming Dates:

Tuesday, January 3rd
Tuesday, January 17th
Tuesday, February 7th
Tuesday, February 21st
Tuesday, March 7th
Tuesday, March 17th



Focus Hope Food for Seniors Program

Focus Hope provides free monthly food to senior residents of Van Buren Township and the city of Belleville. Food boxes may include milk, pasta/grains, cereal, protein, meats, vegetables/soup, fruits, juice and cheese.

Income guidelines are as follows:

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

1 person - \$1,473 per month
2 persons - \$1,984 per month
3 persons - \$2,495 per month
Add \$512 per month for each additional family.

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

To register, call (734) 699-8918.

Pick-up is the 3rd Thursday of each month 7:30 am to 4:00pm.

TEFAP The Emergency Food Assistance Program

TEFAP of Wayne County offers monthly food support through the Van Buren Senior Center to residents of Van Buren Township and the City of Belleville. Dried food products are distributed on the third Thursday of each month between 7:30 am and 4:00 pm at the Senior Center. Contact the center at 734-699-8918 to apply.

No age restrictions. Income eligibility guidelines as follows:

1 person - \$2,265 per month
2 persons - \$3,052 per month
3 persons - \$3,838 per month
Add \$787 per month for each additional family.

STAYING HEALTHY WITH *Oatmeal*

January is National Oatmeal Month

Oats may be the most underrated ingredient in your pantry. This superfood is versatile, affordable, and nutritious. After you read these three benefits of oats, you'll surely want to make them a regular part of your health-focused diet.

One of the healthiest, most underrated superfoods out there? Oats. Ask any dietitian or doctor and they'll tell you that you should absolutely be eating more of them. They're incredibly versatile, affordable, and shelf stable as well as nutritious. You can serve oatmeal sweet or savory; hot or cold (pardon, "overnight"). Stir in cinnamon, nut butter, or berries, or put an egg on it. Bake oats into bars or make homemade granola.

However you eat them, here are all the healthy benefits you'll be reaping when you eat oats, according to Cara Harbstreet, M.S., RD, LD, of Street Smart Nutrition.



Top Benefits of Oats in Maintaining Health:

1. Digestive Health

Oats are a super source of fiber and can help support a healthy digestive system. They contain both soluble and insoluble fiber, and they're one of the most convenient ways to boost your intake of fiber (a shortfall nutrient most Americans don't consume enough of).

2. Heart Health

Three grams of soluble fiber from oats, when part of a diet low in saturated fat and cholesterol, can reduce blood cholesterol, which may help reduce the risk for heart disease. A serving of good ol' Quaker Old-Fashioned Oats provides about 2 grams, so add another small daily serving – like a granola bar or yogurt topping – to do your cardiovascular system a serious favor.

3. Satiety

Oats keep you fuller, longer. They're considered a whole grain – another food group most Americans don't eat enough of – and can be incorporated into hot, cold, sweet, or savory dishes for any time of day.

Make Your Oatmeal Taste Amazing:

Apple Cinnamon: Add diced apples, chopped pecans, a sprinkle of cinnamon, and a drizzle of maple syrup.

Banana Blueberry: Add sliced bananas, blueberries, a drizzle of almond butter, and a sprinkle of chia seeds.

Strawberries and Cream: Add diced strawberries, a dollop of yogurt, and a sprinkle of flaxseeds.

Raspberry Chia Jam: Add a spoonful of chia seed jam, coconut flakes, sliced almonds, and extra milk on top.

Jammy Egg and Spinach: Add a jammy soft boiled egg or poached egg, garlic sauteed spinach (or garlic sauteed Swiss chard), avocado slices, and chives.

Exciting *Developments*



Community/Senior Center Construction Has Started

The existing senior craft room, senior gift shop, senior lounge, senior dining hall, senior fitness / pool room and the hallway in the senior corridor will be receiving new flooring, a fresh coat of paint, and new furniture or equipment! We cannot wait to welcome all of the members back into the Center when construction is finished.

New spaces in the Center will include a new senior staff/volunteer desk, multipurpose health office, (2) multipurpose rentable party rooms, large new bathroom area with showers and locker rooms, Black Box Theater, lobby, teen space, child play room, group fitness room, outdoor fitness patio, open fitness room with exercise machines, full-court gym, elevated walking track with elevator access, outdoor plaza space, main front desk and reception area, and combined Community Services offices.

Senior Activities will take place in the existing (soon-to-be-renovated) Senior spaces, in addition to the new Community Center areas.

Imagine the possibilities! A Senior Center member will be able to enjoy exercise classes in the new group fitness area with natural light, or take a Tai Chi class on the outdoor patio before taking a relaxing stroll on the elevated fitness track. Another day, a Senior Center member might want to rent out a room for a group of friends celebrating a birthday, play pickleball in the gym, exercise on a NuStep machine in the open Fitness room, or take an art class in the new craft room. There will be something for everyone!

NEWS AND *Noteworthy*

Restaurant Club

Restaurant Club meets on the second Wednesday of the month. Members gather together at the center and are transported to a different restaurant each month. It's a great time of fellowship and an opportunity to try a variety of dining spots.

Starting in January, the departure time from the center will be at 11:30 am. There is a \$3 fee to cover transportation costs which needs to be paid at the time of your reservation. Come in and make a reservation at the center.

January 11 – Rose's Italian Restaurant, Canton

February 8 – The Bait Shop, Belleville

March 8 – Sean O'Callaghan's Irish Pub, Plymouth

Volunteer Spotlight

Del St. Antoine always goes above and beyond in his commitment to seniors in our community. He has delivered Meals on Wheels for seven years, and has been instrumental in helping with Forgotten Harvest since the township began coordinating the program in 2020. It's rare to find such a devoted, compassionate, and humble person so willing to commit to multiple programs each week. Thank you, Del, for all that you do!



ANSWERS TO TRIVIA

1) White Christmas by Bing Crosby 2) Coca-Cola 3) Teddy Ruxpin 4) Carol of the Drum 5) Also known as locum, meaning morsel; it's a gel of starch, powdered sugar, rosewater, food coloring, etc. 6) The Nutcracker 7) China 8) Cigarettes



VAN BUREN SENIOR CENTER

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.
10:30-11:15	Zumba Gold	Punch card from instructor	Group Fitness Rm.
11:30-12:30	Cardio-Drumming	\$15 punch card at office	Group Fitness Rm.
12:30-3:30	Card Players	Drop-in	Game Rm.
1:00-3:30	Pickleball	\$20 punch card at office	Group Fitness Rm.

TUESDAY

10:00-11:00	Yoga	\$28 punch card at office	Group Fitness Rm.
11:30-12:30	Tai Chi	\$24 punch card at office	Group Fitness Rm.
12:00-3:00	VBT Quilting	Drop-in- Resumes in January	Craft Rm.
12:00-3:00	Crochet/Knitting	Drop-in	Multi-Purpose Rm.

WEDNESDAY

9:30-10:15	AFEP	\$20 punch card at office	Group Fitness Rm.
10:00-12:00	Mat & Frame	\$4-5 for materials	Craft Rm.
10:30-11:15	Zumba Gold	Punch card from instructor	Group Fitness Rm.
11:30-4:00	Norwegian Massage	2 nd & 4 th Wed.	Multi-Purpose Rm.
12:30-3:30	We Care Quilting	2 nd & 4 th Wed. -Resumes in January	Craft Rm.
1:00-3:30	Pickleball	\$20 punch card at office	Group Fitness Rm.

THURSDAY

10:00-11:00	Yoga	\$28 punch card at office	Group Fitness Rm.
10:00-Noon	Card-Making	1 st & 3 rd Thur. \$5 fee	Multi-Purpose Rm.
10:00-Noon	Photography		Craft Rm.
12:00-2:00	Arts & Crafts	\$5-10 fee per monthly session	Craft Rm.
12:00-3:00	Beading	Nominal fee if materials are needed	Craft Rm.
12:00-2:00	Trivia	2 nd & 4 th Thur.	Game Rm.

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.
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)

WORD *Search*

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

BLANKET
 BLIZZARD
 BOOTS
 COAT
 EXTRA LAYERS
 FIREPLACE
 FLURRIES
 FROST

HOCKEY
 HOT COCOA
 ICE FISHING
 ICE SKATING
 ICICLE
 MELT
 SKIING
 SLED HILL
 SNOWBALL

SNOWFALL
 SNOWFLAKE
 SNOWMAN
 SNOWMOBILE
 SNOW SHOVEL
 SUBZERO
 WHITEOUT
 WINTER



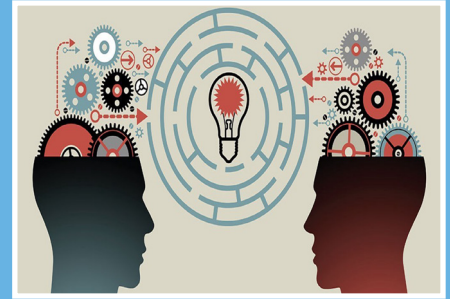
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DID YOU *Know?*

- Edison Dam and Edison Park, now known as French Landing Dam and Van Buren Park, were purchased by Van Buren Township in the 1960's for \$1.00.
- The Van Buren Township Senior Center was temporarily relocated to Quirk School while Township Hall was renovated in the 1990's.
- The Township museum began at Quirk School in the 1990's.
- The Van Buren Township Historian, the Museum Director and the Historical Society conducted a "Dam Tour" in which residents viewed "the works" inside the dam and learned the history of its operation. The event was an overwhelming success in mid-2000.
- Quirk Elementary School was built in the 1950's, it was demolished late 1990's and is now Quirk Park.
- The now vacant restaurant across from the vacant Kmart at Lakewood Shopping Center used to be a bank, then it was Woodstone Inn, Shoney's, and then Woodstone Bar & Grill. It is located in Ypsilanti Township, not Van Buren Township.



TRIVIA

SEE ANSWERS ON
PAGE 10

- 1) What was the best-selling Christmas song ever?
- 2) What was the first company that used Santa Claus in advertising?
- 3) What was the animatronic cassette-playing bear toy that every child wanted for Christmas in the mid-1980's?
- 4) What was the original title for "The Little Drummer Boy"?
- 5) What is Turkish Delight?
- 6) Which classical Ballet tells the story of a girl who visits the Land of Sweets on Christmas Eve?
- 7) In what country is it considered good luck to wear red underwear on New Year's Eve?
- 8) Advertisements for what product were banned from American TV on January 1, 1971?

QUOTE:

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."
- Desmond Tutu



Charter Township of Van Buren
Van Buren Senior Center
46425 Tyler Road
Van Buren Township, MI 48111

US Postage
Belleville, MI 48111
Permit No. 18
Presorted Standard

VAN BUREN SENIOR CENTER - (January, February, March)



**WE MOVED,
DID YOU?**

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