

Senior Center



Activity Spotlights:

Arthritis Foundation Exercise Program

Exercise is important for everyone, if you are 1 of 4 Americans that suffer with Arthritis, then taking part in a daily exercise can be even more important to you for your continued health.

The Arthritis Foundation Exercise Program (AFEP) is a great, low-impact way to get yourself on the road to feeling better. This class will help you increase joint flexibility and range of motion. The AFEP can help to improve range of motion, reduce pain and stiffness, and strengthen muscles. This program is low-impact and gentle on the joints.

**** Exercises take place either standing up or using a chair, no part of the class takes place on the floor. ****

This class meets Monday, Wednesday or Friday from 9:30 to 10:15 am. Leaders for this class are certified instructors with the Arthritis Foundation.

APRIL-JUNE 2024

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From Our *Senior Programmer*:

Dear Members,

Change can be a great thing...like changes in the weather! Spring is on the way and I bet we all can't wait for that nice change. I too am going to be making some changes and you will notice them in the Senior Newsletter.



You will see more information about food commodities to help our Senior Citizens be informed about the food services we provide. I will also include each class, program and event offered at the Senior Center with a short description. It should help you when selecting what you are interested in. The classes, programs, and events will remain on the monthly calendar too.

The biggest change to come is our Senior Center will be relocating to the new and improved Community Center in the Township Hall. The move should be in the spring but currently we do not have the exact dates. The Senior Center will have to close for a short duration during the move but we will make sure you are updated as soon as we have all the information for you.

We certainly appreciate your patience while these changes are made.

"It's those changes in latitudes, changes in attitudes...

Nothing remains quite the same...

With all of our running and all of our cunning...

If we couldn't laugh, we would all go insane..."

~Jimmy Buffett - Changes in Latitudes Changes Attitudes

A handwritten signature in cursive script that reads "Marylynn Balewski". The ink is dark and the signature is fluid.

Marylynn Balewski
Community Services Senior Programmer

New Center Information

We can't wait for our members to be able to join our updated Senior Center at the new Van Buren Township Community Center (VBC)! One change that we are making in the new Center is that Seniors will now be recognized as individuals 62 years in age or older. However, current members of the Senior Center ages 50 – 61 will still be eligible or "grandfathered" in. *There are two Senior membership types at the VBC: Senior and Senior Matinee.* The Senior membership allows use of the facility during all open hours. Our open hours will be Monday through Friday 6 am through 8 pm, Saturday 8 am – 6 pm, and Sunday 9 am to 2 pm.

The Senior Matinee membership allows for use of facility from Monday through Friday from 6 am – 3 pm. Of course, for those having the Senior Matinee membership, they are welcome to be in the facility if they are a registered member of a scheduled program or class outside of those hours.

Membership of the facility gets you many perks, including use of our new VBC weight & cardio room, fitness studio, elevated walking track, gymnasium, the Dogwood Room (Senior Fitness & Pool Room), the Willow Room (Senior Lounge), Aspen Room (Senior Dining Room), and more. Members and non-members will be able to attend classes in the Cedar Room (Craft Room) and shop in our newly renovated Senior Gift Shop! There will also be some "Members-Only" events that members will be able to attend. Classes and workshops will have member pricing and non-member pricing. We will do everything we can to offer as many free programs to members as possible. Fitness classes will have member pricing and drop-in rates for non-members.

Membership pricing is based on residency. Individuals are considered residents if they reside in Van Buren Township. If you do not live in Van Buren Township, you are considered a non-resident. Senior Matinee membership pricing is the same pricing as it was in the "old" Center. Meaning that if you are a resident, membership to the Center is available to you for only \$20 per year, or \$25 for non-residents. That means for the same price, you get an updated Center and countless new amenities to enjoy. If you'd like access to the center during all open hours, the Senior membership is \$90 for a resident per year if paid in full, or \$9 per month (plus credit card processing fees) per month if you'd like to pay in 12 installments. The installment plan is an automatic payment connected to a banking card. For non-residents full Senior membership is \$135 per year if paid in full, or \$13 per month (plus credit card processing fees) per month if you'd like to pay in 12 installments.

CENTER CLOSURES

Monday, May 27th, in observance of
Memorial Day



Wednesday, June 19th, in observance of
Juneteenth

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

Marylynn Balewski

Community Services

Account Clerk

Deanna Murphy

Senior Specialist

Denise Partridge

Senior Specialist

Corey Simpson

Senior Specialist

Deb Hodder

WELCOME *New Members*

- Denise Case
- John Duncan
- Shari Lucyk
- Diane Prouty
- Barbara Farrar
- Melinda Frazier
- Cynthia Gibson
- Farley Gibson
- Rosalia Aiello
- Freda Didlake
- Donald Didlake
- Matthew Dohring
- Linda Mason
- Linda Thomas
- Mary O'Brien
- Duane Davis
- Deborah Lee

COMMUNITY *Resources*

Transportation Program

This program is available to seniors in Van Buren Township with rides within a 20-mile radius. It operates between 10 am and 2 pm Monday – Friday. Priority is given to medical appointments and rides are scheduled as calls are received. To schedule a ride, please call (734) 699-8945 and leave a message including your name and number and someone will be in touch.



File of Life

Put all of your latest medical information – including allergies, medications, contact persons and more – all in one safe place. The File of Life can help in time of emergency by providing all of your information to first responders. Packets will be available in the office of the Senior Center.

Medical Loan Closet

A little help for our community, that is what the Medical Loan Closet is here for. If you should be in need, temporarily or permanently, of durable medical equipment, please call the Senior Center or stop by and we can assist you. Currently we have wheelchairs, canes, shower chairs and other assorted equipment that you can use. If you would like to call a head to make sure we have what you need, please do and we can check for you. If you have something you would like to donate to the Center, please call to confirm that we need the item. Any questions, please call the Senior Center at (734) 699-8918.



Blood Pressure Checks

Every Monday from 9 am to 12 pm at the Senior Center.



The Senior Alliance

The Senior Alliance connects older adults and their caregivers in southern and western Wayne County, Michigan with resources, services, and programs. We assist older adults and their loved ones, social workers, nurses, and others access a wide range of programs including Meals on Wheels, transportation, adult day care, in-home care, and much more. All person's age 60 and older who reside in our region are entitled to receive services funded by the Older Americans Act and Older Michiganians Act, regardless of their financial or social status. economic or social need. For more information about The Senior Alliance please call the Senior Center at 734-699-8918.

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Senior *Meal Programs:*

Liquid Nutrition

Liquid Nutrition: Liquid nutrition is available for individuals age 60 and older who are unable to ingest solid food due to a disabling disease or condition. Eligible individuals may receive up to two cases of Ensure Plus per month. Individuals who receive liquid nutrition are not eligible for Meals on Wheels or Congregate Meals.

For more information, call (734) 699-8918 or apply online through Wayne County Senior Services.

Meals on Wheels



Hot, fresh, and home-delivered meals are being served to homebound clients on Mondays, Tuesdays, Wednesdays and Thursdays. A frozen meal is delivered with the hot meal on Thursdays for consumption on Fridays. The suggested donation is \$3.00 per meal. Applications for meals can be accessed and completed on the Wayne County Website: <https://www.waynecounty.com/departments/seniorservices/home-delivered-meals-request-form.aspx>

If you should need assistance, please call the Senior Center office at (734) 699-8918. We are here to help.

Wayne County Eligibility Criteria:

- Age 60 years or older
- Homebound - unable to leave their house unassisted
- Must be home to receive the meal delivery

Volunteers Needed

Do you have time to help your neighbor? We are looking for volunteers to help drive, deliver meals to the door, or help in the kitchen. You can help all four days or only a couple of days. The time commitment is 9 am to 1 pm. Van Buren Township supplies the vehicles for delivery.



Weather Statement from Meals on Wheels:

If the majority of the public schools in a service area are closed due to inclement weather, or if inclement weather or natural disaster prevents the delivery of Meals on Wheels, Meals on Wheels will not be delivered. Notice of Non-Meal Delivery will appear on the school closing website and local television stations. The school districts are: Allen Park, Belleville, Brownstown, Canton, Dearborn, Dearborn Hgts., Ecorse, Flat Rock, Garden City, Grosse Ile, Huron, Inkster, Lincoln Park, Livonia, Melvindale, Northville, Plymouth, Redford, River Rouge, Rockwood, Riverview, Romulus Southgate, Sumpter, Taylor, Trenton, Van Buren Twp., Wayne, Westland, Woodhaven and Wyandotte.

CONTINUED

Focus: HOPE

Food Box for Seniors - Focus: HOPE Food for Seniors Program provides free monthly food to senior citizens who are 60 years of age and older and reside in Wayne, Oakland, Macomb and Washtenaw counties.

Distribution Dates: April 18, May 16, June 20

Distribution Times: 11:00 am to 3:00 pm

Location: Senior Center (at Haggerty Elementary)

The Focus: Hope for Seniors Program Provides Free Monthly food to senior citizens who are 60 years of age or older and reside in Wayne, Oakland, Macomb and Washtenaw counties. Listed below are the income guidelines used to determine eligibility for the Focus: Hope Food for Seniors Program.

TOTAL FAMILY SIZE	ANNUAL INCOME	MONTHLY INCOME	WEEKLY INCOME
One (1)	\$18,954	\$1,580	\$365
Two (2)	\$25,636	\$2,136	\$493
Three (3)	\$32,318	\$2,693	\$622
Four (4)	\$39,000	\$3,250	\$750
For each additional family member, add:	\$6,682	\$557	\$129

If a senior meets the requirements as outlined above, they may be certified at any one of the Focus: Hope Food Centers or at one of our many certification agencies in Wayne, Oakland, Macomb and Washtenaw counties. When a senior is certified at a food center he/she is able to pick up his/her first month's food on that day.

In order to be certified, a senior must apply in person and bring the following: 1) Proof of age, 2) Identification, and 3) Number of people in household.

Home delivery may be arranged for eligible seniors who are homebound or disabled. If you have any other questions, please call the Van Buren Senior Center at (734) 699-8918.

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Program information may be available in languages other than English. Persons with disabilities who require alternative means of communication for program info. (e.g. Braille, large print audiotope and American Sign Language) should contact the responsible State or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact the USDA through Federal Relay Service at (800) 877-8339.

This institution is an equal opportunity provider. Please call the Senior Center office for assistance in filling out the application.

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The Emergency Food Assistance Program (TEFAP)

The Emergency Food Assistance Program (TEFAP) is a federal program that helps supplement the diets of people with low income by providing them with emergency food assistance at no cost. TEFAP can help you by providing healthy foods to supplement your food budget. TEFAP is a federal program that helps supplement the diets of income eligible individuals and households by providing them with emergency food assistance at no cost. TEFAP Eligibility: At each distribution you will be required to provide your name, full address, household size and how you are eligible.

Distribution Dates: April 18, May 16, June 20

Distribution Times: 11:00 am to 3:00 pm

Location: Senior Center (at Haggerty Elementary)

Eligibility:

TEFAP participants must fall at or under 200% of the federal poverty income guidelines. See the chart below. Current participants of SNAP, WIC, CSFP, FPDIR, SSI automatically qualify for TEFAP. All TEFAP information collection is self-declared by the participant. There is no verification of identity, immigration status, income verification or residency. Eligibility must be self-declared at each distribution—either in writing or verbally. The Emergency Food Assistance Program (TEFAP) in Michigan 2023 Income Eligibility Guidelines. [Last updated May 1, 2023]

HOUSEHOLD SIZE	ANNUAL INCOME	MONTHLY INCOME	WEEKLY INCOME
One (1)	\$27,180	\$2,265	\$523
Two (2)	\$36,620	\$3,052	\$704
Three (3)	\$46,060	\$3,838	\$886
Four (4)	\$55,500	\$4,625	\$1,067
Five (5)	\$64,940	\$5,412	\$1,249
Four (4)	\$74,380	\$6,198	\$1,430
For each additional family member, add:	\$9,440	\$787	\$182

ANNUAL QUILT SHOW

Open Friday, March 1st through Thursday, March 28th

Tuesdays: 4pm - 7pm

Wednesdays - Saturdays: 12 - 4pm

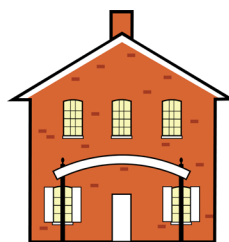
Bed-turning Presentations March 2nd, 16th, and 23rd

At 1pm, 2pm, and 3pm

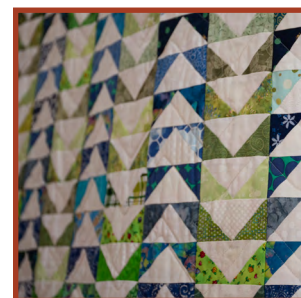
Youth Sewing Workshop at the

Belleville Area District Library

Saturday, March 9th



BELLEVILLE AREA
MUSEUM



Are you looking for a *unique gift?*

Maybe you're looking for something *handmade*
or *something special* for your own home?

THEN COME TO VAN BUREN TOWNSHIP'S Hidden Treasures Gift Shop



Hours:
Monday-Friday
10 am to 2 pm

Shelf Rentals Available:
\$5/month for members
\$10/month for non-members



VAN BUREN TOWNSHIP SENIOR CENTER

APRIL 2024

Mon	Tue	Wed	Thu	Fri
1 9-12 Blood Pressure Checks 9:30 AFEP 10:30 Zumba Gold 10:30 Beg Sewing 12:00 Cardio Drumming 1-3 Pickleball	2 10:00 Walking Club 10:00 Yoga 11:00 Pick-up Basketball 11:30 Tai Chi 12:00 VBT Quilting 12:00 Crochet/Knitting	3 9:30 AFEP 10:00 Chess Club 10:30 Zumba Gold 1:00 Club Vinyl 1-3 Pickleball	4 10:00 Yoga 10:00 Walking Club 10:00 Card Making 11:00 Indoor Cornhole 12:00 Beading 1:00 Game Day	5 9:30 AFEP 10:00 Backgammon Club 10:30 Zumba Gold 12:30 Penny Bingo 1-3 Pickleball 12:00 Tigers Opening Day Lunch
8 9-12 Blood Pressure Checks 9:30 AFEP 10:30 Zumba Gold 10:30 Diamond Dotz 12:00 Cardio Drumming 1-3 Pickleball	9 10:00 Walking Club 10:00 Yoga 11:00 Pick-up Basketball 11:30 Tai Chi 12:00 VBT Quilting 12:00 Crochet/Knitting	10 9:30 AFEP 10:00 Chess Club 10:30 Zumba Gold 11:30 Restaurant Club (Sign-up Req) 12:00 We Care Quilting 1:00 Club Vinyl 1-3 Pickleball	11 10:00 Yoga 10:00 Walking Club 11:00 Indoor Cornhole 12:00 Trivia	12 9:30 AFEP 10:00 Backgammon Club 10:30 Zumba Gold 12:30 Penny Bingo 1-3 Pickleball
15 9-12 Blood Pressure Checks 9:30 AFEP 10:30 Zumba Gold 10:30 Sew Your Own Project 12:00 Cardio Drumming 1-3 Pickleball	16 10:00 Walking Club 10:00 Yoga 11:00 Pick-up Basketball 11:30 Tai Chi 12:00 VBT Quilting 12:00 Crochet/Knitting	17 9:30 AFEP 10:00 Chess Club 10:30 Zumba Gold 1:00 Club Vinyl 1-3 Pickleball	18 10:00 Yoga 10:00 Walking Club 10:00 Card Making 11:00 Indoor Cornhole 12:00 Beading 1:00 Game Day 1:00 Movie in the Library	19 9:30 AFEP 10:00 Backgammon Club 10:30 Zumba Gold 12:30 Penny Bingo 1-3 Pickleball
22 9-12 Blood Pressure Checks 9:30 AFEP 10:30 Zumba Gold 12:00 Cardio Drumming 12:00 Lunch and Learn 1-3 Pickleball	23 10:00 Walking Club 10:00 Yoga 11:00 Pick-up Basketball 11:30 Tai Chi 12:00 VBT Quilting 12:00 Crochet/Knitting	24 9:30 AFEP 10:00 Chess Club 10:30 Zumba Gold 12:00 We Care Quilting 1:00 Club Vinyl 1-3 Pickleball	25 10:00 Yoga 10:00 Walking Club 11:00 Indoor Cornhole 12:00 Trivia 12:00 ATI Physical Therapy-Strength Training For Better Balance	26 9:30 AFEP 10:00 Backgammon Club 10:30 Zumba Gold 12:30 Penny Bingo 1-3 Pickleball
29 9-12 Blood Pressure Checks 9:30 AFEP 10:30 Zumba Gold 12:00 Cardio Drumming 1-3 Pickleball	30 10:00 Walking Club 10:00 Yoga 11:00 Pick-up Basketball 11:30 Tai Chi 12:00 VBT Quilting 12:00 Crochet/Knitting	Monday-Friday Activities: 7:30 am - 3:30 pm Billiards 7:30 am - 3:30 pm Fitness Room 10:00 am - 2:00 pm Gift Shop		



VAN BUREN TOWNSHIP SENIOR CENTER

MAY 2024

Mon	Tue	Wed	Thu	Fri
Monday-Friday Activities: 7:30 am - 3:30 pm Billiards 7:30 am - 3:30 pm Fitness Room 10:00 am - 2:00 pm Gift Shop		1 9:30 AFEP 10:00 Chess Club 10:30 Zumba Gold 1:00 Club Vinyl 1-3 Pickleball	2 10:00 Yoga 10:00 Walking Club 10:00 Card Making 11:00 Indoor Cornhole 12:00 Beading 1:00 Game Day	3 9:30 AFEP 10:00 Backgammon Club 10:30 Zumba Gold 12:30 Penny Bingo 1-3 Pickleball
6 9-12 Blood Pressure Checks 9:30 AFEP 10:30 Zumba Gold 10:30 Beg Sewing 12:00 Cardio Drumming 1-3 Pickleball	7 10:00 Walking Club 10:00 Yoga 11:00 Pick-up Basketball 11:30 Tai Chi 12:00 VBT Quilting 12:00 Crochet/Knitting	8 9:30 AFEP 10:00 Chess Club 10:30 Zumba Gold 11:30 Restaurant Club (Sign-up Req) 12:00 We Care Quilting 1:00 Club Vinyl 1-3 Pickleball	9 10:00 Yoga 10:00 Walking Club 11:00 Indoor Cornhole 12:00 Trivia	10 9:30 AFEP 10:00 Backgammon Club 10:30 Zumba Gold 12:30 Penny Bingo 1-3 Pickleball
13 9-12 Blood Pressure Checks 9:30 AFEP 10:30 Zumba Gold 10:30 Diamond Dotz 12:00 Cardio Drumming 1-3 Pickleball	14 10:00 Walking Club 10:00 Yoga 11:00 Pick-up Basketball 11:30 Tai Chi 12:00 VBT Quilting 12:00 Crochet/Knitting	15 9:30 AFEP 10:00 Chess Club 10:30 Zumba Gold 1:00 Club Vinyl 1-3 Pickleball	16 10:00 Yoga 10:00 Walking Club 10:00 Card Making 11:00 Indoor Cornhole 12:00 Beading 1:00 Game Day 1:00 Movie in the Library	17 9:30 AFEP 10:00 Backgammon Club 10:30 Zumba Gold 12:30 Penny Bingo 1-3 Pickleball
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27 Senior Center Closed In Observance of Memorial Day	28 10:00 Walking Club 10:00 Yoga 11:00 Pick-up Basketball 11:30 Tai Chi 12:00 VBT Quilting 12:00 Crochet/Knitting	29 9:30 AFEP 10:00 Chess Club 10:30 Zumba Gold 12:00 We Care Quilting 1:00 Club Vinyl 1-3 Pickleball	30 10:00 Yoga 10:00 Walking Club 11:00 Indoor Cornhole 12:00 Trivia	31 9:30 AFEP 10:00 Backgammon Club 10:30 Zumba Gold 12:30 Penny Bingo 1-3 Pickleball



Classes, Clubs and Special *Events*

WE HAVE PUZZLES

The jigsaw puzzle is set up in the Senior Center Library and ready for you to come and spend some time lost in the world of jigsaw puzzles.

COFFEE'S ON!

Coffee and hot water for tea is now available in the library area. If you empty the pot, please let a staff member know so a fresh pot can be brewed.

BINGO

Save your pennies for an afternoon of fun. If you love a good game of Bingo, this is the time and place for you. Bring your own pennies.

Day	Time	Location
Friday	12:30 - 2:30 pm (Card Selection at 12 pm)	Senior Center Library

TRIVIA

Test your trivia skills and see how much you know – or don't know. Categories will include facts such as history, people, events, geography, food and sports.

Day	Time	Location
1st and 3rd Thursday of each month	1 pm - 3 pm	Senior Center Library

SPECIAL EVENTS:

MOVIE IN THE LIBRARY

Join us in the library for our monthly movie offering. Refreshments provided.

Day	Time	Location
April 18, May 16, June 20	1 pm	Senior Center Library

TIGERS OPENING DAY

Play ball! You are invited to the Senior Center on Tigers' Opening Day to enjoy lunch (hot dogs, chips, beverages and ice cream sundae) while watching the game.

Day	Time	Location
April 5	Lunch starts at 12 pm, game starts at 1 pm	Senior Center Library

Join the *Club*

These clubs and activities are ongoing and free to members. Stop by the Senior Center for more information. If there is something you do not see being offered that you think would be interesting please talk to Marylynn in the Senior Center office.

CHESS CLUB

All skill levels welcome. Chess boards and pieces will be provided, or bring your own.

Day	Time	Location
Wednesday	10 am - 1 pm	Senior Center Library

BACKGAMMON CLUB

Backgammon equipment will be provided or bring your own. All skill levels welcome.

Day	Time	Location
Friday	10 am - 1 pm	Senior Center Library

CLUB VINYL

Looking to share your interest with other like-minded enthusiasts of classic vinyl? Then this group is for you. We will provide the record player you bring in the records. Sit and enjoy that classic sound that only comes from a vinyl record.

Day	Time	Location
Friday	1 - 3 pm	Senior Center Library

GAME DAY

If you have a favorite game, feel free to bring it and share. Card games are also welcome.

Day	Time	Location
1st and 3rd Thursday of each month	1 - 3 pm	Senior Center Library

WALKING CLUB

Keep yourself moving into the spring, meet up at the Senior Center and join one of our friendly staff members for a half hour walk.

Day	Time	Location
Tuesday and Thursday	10 - 11 am	Senior Center

CONTINUED

INDOOR CORNHOLE

Get together with your friends to keep your game sharp. Boards and bags will be provided.

Day	Time	Location
Thursday	11 am - 1 pm	Gym

PICK UP BASKETBALL

Meet in the gym every Tuesday for half-court 3-on-3 pick-up basketball. Each game is played up to 20 points.

Day	Time	Location
Friday	10 am - 1 pm	Senior Center Library

RESTAURANT CLUB

Enjoy dining at restaurants with other Senior Center members and form some new connections. Cost is \$3 for transportation which must be paid at the time of sign-up. In fairness to the restaurants, we respectfully request 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.

Day	Time	Location
April 10 May 8 June 12	11:30 am - 2:30 pm	Pete's Place - Taylor Polonius Polish Restaurant - Wyandotte Pia's Ristorante Italiano - Taylor

LUNCH AND LEARN

Different agencies come and share topics that are of interest to Seniors. Lunch and beverages are provided, or if you choose, bring your own lunch. There is no charge for this program, however we do ask that you pre-register.

Day	Time	Location
April 22, May 20, June 24	12 - 1 pm	Activity Room

BILLIARDS ROOM

Grab some friends or shoot on your own. Please bring your own equipment. *Please note that there may be certain times and days the room will be closed for a pool league, this information will be posted at the Senior Center.*

Day	Time	Location
Monday - Friday	7:30 am - 4 pm	Billiards Room

YOGA

Learn to relax with slow, gentle movements and correct breathing. Introduce Yoga into your life and increase strength, balance and flexibility.

Day	Time	Location
Tuesday and Thursday	10 - 11 am	Gym

ZUMBA GOLD

Zumba Gold is the perfect exercise for you to stay active, burn calories, and train coordination with simple dance moves. Wear loose, comfortable clothing and supportive athletic shoes.

Day	Time	Location
Monday, Wednesday, Friday	10:30 - 11:15 am	Gym

AFEP

Stay Active! This class will increase joint flexibility and range of motion, and help maintain muscle strength. This class is geared specifically toward those with Arthritis, most exercises are done sitting in a chair.

Day	Time	Location
Monday, Wednesday, Friday	9:30 - 10:30 am	Gym

TAI CHI

Tai Chi has been proven to increase balance, prevent falls and enhance relaxation. Learn the Yang 24 Form, one of the most popular forms of Tai Chi Practices.

Day	Time	Location
Tuesday	11:30 am - 12:30 pm	Gym

CARDIO DRUMMING

Cardio Drumming is a form of exercise that utilizes drumming movements. No experience necessary. The exercise involves using drumsticks to hit an exercise ball placed on a bucket, while listening to upbeat music. Must bring your own equipment.

Day	Time	Location
Tuesday and Thursday	10 - 11 am	Gym

GET YOUR *Craft On*

BEADING

Do you like to create beautiful jewelry to sell, give as gifts or simply to keep for yourself? If so, this is the workshop is for you. Learn to make beautiful necklaces, bracelets and more!

Day	Time	Location
Thursday	12 - 3 pm	Senior Center Craft Room

GREETING CARD WORKSHOP

Our card workshop takes greeting cards to a whole new level by letting you design and personalize every card you create. From start to finish, Denise will show you how to make beautiful cards of all occasions.

Day	Time	Location
1st and 3rd Thursday of each month	10 am - 12 pm	Senior Center Craft Room

CROCHET/KNITTING

Bring your own project or come and learn a new pattern. Learn to read a pattern, and maybe a new stitch. Trade patterns, learn about hooks, needles and yarn.

Day	Time	Location
Tuesday	12 - 3 pm	Senior Center Craft Room

DIAMOND DOTZ

Diamond Dotz (or Diamond Painting) is a relatively new craze where you use little diamond-like dotz to create a picture. The picture emulates counted cross stitch. Kits are available to purchase from your instructor with prices ranging from \$7 - \$10.

Day	Time	Location
2nd Monday of each month	10:30 am - 12:30 pm	Senior Center Craft Room

SEW YOUR OWN PROJECT

Each month the class will be given a new sewing project! Projects may include: baked potato zapper, make-up bags, or car trash bags.

Day	Time	Location
3rd Monday of each month	10:30 am - 12:30 pm	Senior Center Craft Room

QUILT CLASS

This group works on individual projects as well as mission projects. Come enjoy the art of quilting and the camaraderie of the group.

Day	Time	Location
Tuesday	12 - 3 pm	Senior Center Library

WE CARE QUILTERS

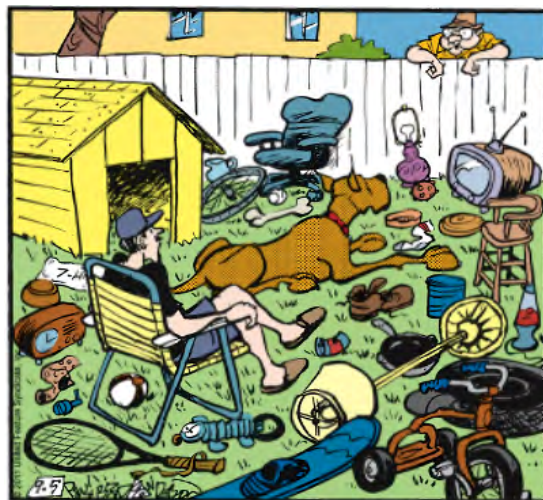
This group works solely on charity quilting projects. All materials and equipment are supplied. Finished quilts are donated to various causes and organizations.

Day	Time	Location
2nd and 4th Wednesday of each month	12 - 3 pm	Senior Center Craft Room

COMIC *Relief*

"I talk to him when I'm lonesome like, and I'm sure he understands. When he looks at me so attentively, and gently licks my hands; then he rubs his nose on my tailored clothes, but I never say naught thereat, for the good Lord knows I can buy more clothes, but never a friend like that!"

- W. Dayton Wedgeforth



"At what point do you consider him a junkyard dog?"





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 - (April, May, June)

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.