



# ST. PATRICK'S DAY LUNCH

**Monday, March 17**  
**12 - 3 PM in the Aspen Room**  
\$5 Members \$10 Non-Members

Time for a little bit o' the Irish. Join us at the Senior Center for some corned beef & fellowship as we celebrate the wearing of green.



**VAN BUREN**  
SENIOR CENTER

# Classes, Clubs and Special *Events*

## SPECIAL EVENTS AND TRIPS:

### ST. PATRICK'S DAY LUNCH

Time for a little bit o' the Irish. Join us at the Senior Center for some corned beef and fellowship as we celebrate the wearing of the green.

| Day      | Time      | Location   |
|----------|-----------|------------|
| MON 3/17 | 12 – 3 PM | Aspen Room |

### ST. VALENTINE'S DAY BINGO

Friday Bingo will have some added fun on this day. We will mix in some St. Valentine's snacks and raffles as an extra treat. There is no added cost for the day, however, you must be a senior member.

| Day      | Time    | Location   |
|----------|---------|------------|
| FRI 2/14 | 1:00 PM | Aspen Room |

### RESTAURANT RAMBLERS

Enjoy dining at restaurants with other VBT senior members and form new connections. In fairness to the restaurants, we respectfully request you do not show up at the restaurant. Meet in the Willow Room (the Senior Lounge), before departure. Members only. Cost is \$3 for transportation, which must be paid at the time of sign-up. Lunch is on your own. Registration for each trip will open 2 weeks prior to the trip.

| Day                 | Time               | Location   |
|---------------------|--------------------|--|
| WED 1/8, 2/12, 3/12 | 11:30 AM - 2:30 PM | French Toast Bistro - Canton<br>Piper's Restaurant - Flat Rock<br>Thomas's Family Dining - Livonia |

### ONE DAY WHIRLS

These trips combine a little fun with a little bit of food. Each trip will take you to a different venue and then to a nearby restaurant for lunch. Each trip leaves at 11:30 AM from the Senior Center. Return times will vary depending on the location of the trip. Cost will vary per trip and includes bus ride and admission into the venue. Lunch is on your own. Please note that all the trips listed will require a moderate to heavy amount of walking.

| Day       | Cost (Lunch is on your own) | Location  |
|-----------|-----------------------------|---|
| TUES 1/21 | \$3                         | Motown Harley Davidson Tour/Pete's Place                    |
| TUES 2/18 | \$3                         | Village Antique Store/Buddy's Pizza                         |
| TUES 3/18 | \$3                         | Lake Erie Metropark Marshlands<br>Museum/Piper's Restaurant |

## Classes, Clubs and Special Events

### BIRTHDAY MONDAYS ARE BACK - NEW!

Back by popular demand - it's Birthday Mondays! Come to the Senior Center to enjoy a monthly get together to celebrate everyone's special day for that month. We will have a special treat to share and sing Happy Birthday! If you would like to have lunch prior to the celebration, please call (734)-669-8918 the Wednesday prior to order. Lunch service is from 10:45 to 11:30 AM. We will be singing Happy Birthday at 11:30 AM.

| Day               | Time     | Location   |
|-------------------|----------|------------|
| MON 1/6, 2/3, 3/3 | 11:30 AM | Aspen Room |

### ADULT/PEDIATRIC FIRST AID & CPR - NEW

Join our American Red Cross CPR/AED/First Aid class tailored for senior citizens, covering both adult and pediatric care. This hands-on course will equip you with essential life-saving skills, including how to respond to cardiac, breathing, and first aid emergencies for adults, children, and infants. Learn in a supportive, easy-to-follow environment, and gain the confidence to protect your loved ones of all ages. Lunch is included.

| Day      | Time    | Location    |
|----------|---------|-------------|
| WED 3/19 | 1:00 PM | Cherry Room |

### ONE DAY EXCURSIONS WITH CUSTOM HOLIDAYS

In partnership with Custom Holidays, Van Buren Township Senior Center members can take advantage of these great one-day travel opportunities. Registration forms will be available at the Senior Center. Payments for each trip are made directly to Custom Holiday. More information will be available at the Senior Center.

#### The Price is Right LIVE!

Experience for yourself the interactive, live (non-televised) stage version of the legendary television game show. This family-friendly show is making its way to you, along with all your favorite games, fabulous prizes, and all the excitement you know and love!

| Day      | Time         | Cost                                    |
|----------|--------------|---|
| WED 2/12 | 3 - 10:30 PM | \$139 Main Floor \$157 Front Main Floor |

#### Detroit Theater Tour

Detroit's rich performing arts heritage on an exclusive behind-the-scenes theater tour, featuring two of the city's most iconic venues. Begin your journey at the Detroit Opera House, a magnificent space blending historic elegance with modern acoustics. Continue to the Music Hall, a vibrant hub for live entertainment that has been captivating audiences since 1928.

| Day       | Time     | Cost   |
|-----------|----------|--|
| TUES 2/25 | 11:30 AM | \$3/person for transportation lunch is on your own |

#### Shamrock Tenors

Direct from London's West End, SHAMROCK TENORS are Ireland's most exciting new music sensation. Their show takes you on a journey through Ireland's most beloved classic songs, in beautiful five part harmony.

| Day     | Time     | Cost   | Depart Location |
|---------|----------|--|-----------------|
| SAT 3/8 | 11:30 AM | \$3/person for transportation lunch is on your own | VBC             |

### CHESS - THE GATHERING

Chess, the game of kings, may have historical associations with the nobility, but in today's world, it has become a game accessible to people of all backgrounds. No matter your ability or skill level, all are welcome. Chess boards and pieces will be provided, or bring your own.

| Day | Time         | Location    |
|-----|--------------|-------------|
| WED | 10 AM - 1 PM | Willow Room |

### BACKGAMMON CLUB

Backgammon is a game that players of all skill levels can enjoy. Whether you are a beginner looking to learn the basics, or an experienced player looking to hone your strategy, Backgammon is a fun and challenging game that is sure to provide hours of entertainment. All skill levels welcome.

| Day | Time         | Location    |
|-----|--------------|-------------|
| FRI | 10 AM - 1 PM | Willow Room |

### GAME DAY

Time to bring the competitive spirit, and a game to share if you like. Our wonderful volunteer, Kat, will get everyone started; how it ends up, nobody knows. Games will vary based on what everyone feels like playing that day. If there are enough people, who knows, we might get to a couple of different games.

| Day                                     | Time     | Location   |
|---|----------|------------|
| THURS<br>1/16<br>2/6, 2/20<br>3/6, 3/20 | 1 - 3 PM | Aspen Room |

### TRIVIA

Trivia Question: To better fit in with the city's natural southwestern colors, what fast-food chain uses turquoise in place of its traditional "golden arches" yellow in Sedona, Arizona? If you don't know the answer, it doesn't matter. It's fun to discuss and whisper with your teammates to come up with a response. Questions like those and so many others will test your knowledge of history, people, events, geography, food and spirits.

| Day   | Time      | Location    |
|---|-----------|-------------|
| THURS<br>1/9, 1/23, 2/13,<br>2/27, 3/13, 3/27 | 12 - 2 PM | Cherry Room |

# CONTINUED

## 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. \$1 per card, each card has 3 games. Members only.

| Day | Time   | Location   |
|-----|--|------------|
| FRI | 12:30 - 2:00 PM (card selection at noon, doors open at 11:30 AM) | Aspen Room |

## CORNHOLE LEAGUE

This is a fun league open to all skill levels. You will play everyone once, during the course of the 5 weeks. Trophy awarded to the league champion. This is a Senior Center member-only league, space limited to 6 teams (12 players). Please sign up as a team.

| Day               | Time          | Location   |
|-------------------|---------------|------------|
| TUES<br>2/4 - 3/4 | 10 AM - 12 PM | Aspen Room |

## INDOOR CORNHOLE

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

| Day   | Time         | Location   |
|-------|--------------|------------|
| THURS | 11 AM - 1 PM | Aspen Room |

## 3-ON-3 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   |
|------|--------------|------------|
| TUES | 11 AM - 1 PM | Gym - East |

## POOL LEAGUE

Take your cue from others and join the Pool League. This is a fun league open to all skill levels. You will play everyone once during the course of the 7 weeks. Trophy awarded to the league champion. This is a members-only league; please sign-up in advance. Spots are limited to the first 8 members that register.

| Day               | Time     | Location     |
|-------------------|----------|--------------|
| WED<br>3/5 - 4/16 | 1 - 3 PM | Dogwood Room |

# CONTINUED

## LUNCH AND LEARN

Different agencies come and share topics that are of interest to seniors. Lunch and beverages are provided, or bring your own lunch. There is no charge for this program, however, pre-registration required.

| Day                     | Time      | Location   |
|-------------------------|-----------|------------|
| MON<br>1/27, 2/24, 3/24 | 12 - 1 PM | Aspen Room |

## BILLIARDS ROOM

Grab some friends or shoot on your own. Bring your own equipment or use one of the house cues. *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     |
|-------------------------|---|--------------|
| MON - FRI<br>SAT<br>SUN | 6 AM - 8 PM<br>8 AM - 6 PM<br>9 AM - 2 PM | Dogwood Room |

## EUCHRE

Bring a friend or get paired up with another player at this monthly gathering of Euchre enthusiasts. Beginner and experienced players alike are welcomed.

| Day                      | Time     | Location   |
|--------------------------|----------|------------|
| THURS<br>1/9, 2/13, 3/13 | 1 - 3 PM | Aspen Room |

## HAND AND FOOT

Hand and Foot is a popular card game that is played with partners. It is a variation of Canasta and is played with two decks of cards. The game is easy to learn and can be played by anyone, regardless of their skill level. The objective is to score points by creating melds of cards and getting rid of all the cards in your hand and foot. The game is fast-paced and exciting, making it a great choice for game night with friends and family.

| Day                       | Time     | Location   |
|---------------------------|----------|------------|
| THURS<br>1/23, 2/27, 3/27 | 1 - 3 PM | Aspen Room |

## 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 |
|--|------------------|----------|
| <b>MON</b><br>Session 1 - 1/6 - 2/10<br>(No Class on 1/20)<br>Session 2 - 2/24 - 3/31<br><b>WED</b><br>Session 1 - 1/8 - 2/12<br>Session 2 - 2/26 - 4/2<br><b>FRI</b><br>Session 1 - 1/10 - 2/14<br>Session 2 - 2/28 - 4/4 | 10:30 - 11:30 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       |
|--|-----------------|----------------|
| <b>MON</b><br>Session 1 - 1/6 - 2/10<br>Session 2 - 2/24 - 3/31<br><b>WED</b><br>Session 1 - 1/8 - 2/12<br>Session 2 - 2/26 - 4/2<br><b>FRI</b><br>Session 1 - 1/10 - 2/14<br>Session 2 - 2/28 - 4/4 | 9:30 - 10:30 AM | Fitness Studio |

## 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       |
|---|---------------------|----------------|
| <b>TUES</b><br>1/7 - 2/11<br>2/25 - 4/1 | 11:30 AM - 12:30 PM | Fitness Studio |

## ATI Fall Risk Reduction

Join the staff from ATI Physical Therapy as they demonstrate techniques for improving overall balance, posture, muscle tone and mobility. By learning how to move the body in a healthy way, one can reduce pain, improve body awareness, avoid injury and reinforce proper movement.

| Day                              | Time      | Location       |
|----------------------------------|-----------|----------------|
| <b>THURS</b><br>1/25, 2/27, 3/27 | 12 - 1 PM | Fitness Studio |

# GET YOUR *Craft On*

## BEADING-ON THE WILDSIDE - NEW

Join this wonderful, creative group of members and discover the world of beading, ON THE WILDSIDE! Led by longtime volunteer, Linda Stakley, this group brings many years of beading to the table. Around a holiday or when the creative juices are flowing, you might find this group making beaded eggs, jeweled or sea glass Christmas trees and ornaments, hanging wind chimes in a cup, wood or wire frame, decorating a fairy house. Don't be surprised if you see a small tree limb incorporate the use of charms and jewelry to form a 3-D picture. The class is for beginners to advanced beading and crafting skills. The class is free. Students are responsible for providing their own materials. If you are not sure what to bring, stop by the class and they will be happy to help.

| Day   | Time      | Location   |
|-------|-----------|------------|
| THURS | 12 - 3 PM | Cedar 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   |
|----------------------------|-----------|------------|
| THURS 1/16, 2/6, 3/6, 3/20 | 11 - 3 PM | Cedar Room |

## CROCHET/KNITTING CLUB

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

| Day  | Time      | Location   |
|------|-----------|------------|
| TUES | 12 - 3 PM | Aspen Room |

## QUILTING CLASS

This group works on individual projects as well as mission projects. Come enjoy the quilting and friendship.

| Day  | Time      | Location   |
|------|-----------|------------|
| TUES | 12 - 3 PM | Cedar Room |

## 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   |
|----------------------|-----------|------------|
| WED 1/22, 2/26, 3/26 | 12 - 3 PM | Cedar Room |