

# Senior Center



## Activity Spotlights:

### 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.

### Scrabble Club - NEW!!

Join other members for this once a month gathering of the classic board and tile game of Scrabble. Invented in 1938, during the Great Depression by an unemployed New York architect named Alfred Masher Butts. He figured Americans could use a bit of distraction during the bleak economic times, and right he was! Scrabble continues to be one of the most popular board games in the United States. Scrabble board and dictionaries will be provided.

JANUARY - MARCH 2025

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# From Our *Senior Programmer:*

*Five hundred twenty-five thousand six hundred minutes;  
Five hundred twenty-five thousand moments so dear; Five hundred twenty-five  
thousand six hundred minutes; How do you measure a year? In daylights? In  
sunsets? In midnights? In cups of coffee? In inches, in miles, in laughter, in strife?  
In five hundred twenty-five thousand six hundred minutes. How do you measure  
a year in the life?  
~ Season of Love – from the Musical “Rent”*



Dear Members,

*It has been a great year! Since the Senior Center reopened its doors, to date we  
are 677 senior members strong, and growing day-by-day. Thank you to each  
of you for making this happen.*

*I have met so many wonderful people, who I can now call my friends, and I am thrilled with your suggestions and  
ideas to help the Senior Center be a wonderful place. You are the reason Van Buren Twp is such a great place to  
live. This community is filled with hard-working, creative and outgoing people who aren't afraid to be honest in  
expressing their concerns and ideas.*

*A Promise made is a Promise kept. We promised we would offer more travel programs and, in the last year, we  
introduced the popular One Day Whirl program. If interested, you can find more details in this edition. There are  
three trips planned for the upcoming months. We will continue our partnership with Custom Holidays to offer  
expanded one-day excursions.*

*We are very fortunate — our new Director of Recreation, Nikki Gerhart, is not only a great addition to our team,  
but comes to us with a background in teaching First Aid / CPR. When I asked Nikki about teaching this class to our  
senior members, she, without hesitation, said “When and Where”. Additional classes will be starting in the next few  
months. Stay tuned.*

*In order to expand offerings, I brought in our wonderful Trivia Queen, Denise Partridge. I found out Denise also  
loves Scrabble and is excited to lead our new monthly Scrabble program.*

*One last program I'd like to highlight is the Congregate Meal Program offered through Wayne County. Food, in  
many respects, is best enjoyed in the company of others. Monday thru Thursday, meals will be served in the Aspen  
Room from 10:45 to 11:30 AM. We hope to see you sign-up and share a meal and conversation with your fellow  
members. Look inside the Newsletter or call the Senior Center for details. Pre-registration is required.*

*Again, it has been quite a year, so many people to thank and so many people I look forward to meeting. Please  
spread the word to your neighbors and friends about our offerings at the Senior Center. As always, I love to hear  
about your ideas for programs that interest you. Together we will continue to make this a great senior center and a  
great community.*

A handwritten signature in cursive script that reads "Marylynn Balewski". The signature is written in black ink and is positioned above the printed name.

Marylynn Balewski  
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, informative newsletters, speakers, classes, trips, health screenings, information referral, and advocacy.

## ABOUT



### SENIOR CENTER HOURS

Service Desk & Entrance

Monday-Friday 6:00 AM - 3:00 PM

Senior Center

Mon-Fri 6:00 AM - 8:00 PM

Sat 8:00 AM - 6:00 PM

Sun 9:00 AM - 2:00 PM

### LOCATION

46425 Tyler Road  
Van Buren Township, MI 48111

### MEMBERSHIP

Please visit [VBTmi.gov](http://VBTmi.gov) or visit us at the VBC for membership information

### SOCIAL MEDIA

Visit us at [facebook.com/VBTSeniorCenter/](https://facebook.com/VBTSeniorCenter/)

### CENTER CLOSURES

Wednesday, January 1 - Friday, January 3

Monday, January 20, in observance of MLK Day

Monday, February 17, in observance of President's Day

### OUR TEAM

#### Township Board Supervisor

Kevin McNamara

#### Clerk

Leon Wright

#### Treasurer

Sharry Budd

#### Trustees

Don Boynton, Jr.

William 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

# VOLUNTEER *Spotlight*

## Volunteer Dee Hogan

It is a privilege and an honor to recognize this quarter's Volunteer Spotlight recipient, Delores Hogan, or as most of us know her by ... Dee. She has been a dedicated volunteer at the Senior Center for 20+ years and, for that, we thank her.



Born in St. Louis, Missouri, Dee graduated from high school and went into a cadet nursing program during World War II. There, she met her husband, Fred, and got married at the age of 21. They moved to the City of Belleville before moving to Van Buren Township where they raised their six children – all of whom attended St. Anthony's Catholic Church. Dee continued her dedication to nursing throughout the years including volunteering as a home hospice nurse for 20 years. Even though she has long since retired from nursing, she continues to give back to our community. Every Monday, you will find her in the Willow Room conducting blood pressure checks on our members. Dee also volunteers as a committee member on the Senior Endowment Committee.

Denise: "She loves listening to Andrea Bocelli and Sarah Brightman sing "Time to Say Goodbye". Even though the song brought tears to our eyes, she always wants to hear it. She was so intrigued by the Italian version that she asked me to find the English words. I wrote it down for her and she tucked it into her purse with a smile and said "I like the Italian words better, it sounds more romantic".

While she no longer drives, it is without hesitation that her "chauffer" Corey is ready at a moment's notice to pick her up and bring her to the Senior Center."

Corey: "I would do anything for that lady! She is the nicest, most giving person I know."

Marylynn: "Dee was one of the first people I met when I started in 2023. From day one, she has amazed me with her willingness to want to help people and be an active part of the Van Buren Senior Center."

Dee will probably tell you that she has not done anything extraordinary, but we beg to differ. Dee is a remarkable example of giving back to the community, aging well with dignity, grace and a sense of humor; that unto itself is pretty extraordinary. Congratulations Dee! We are so very fortunate to have you as a part of our lives and community.

# 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 an emergency by providing all of your information to first responders. Packets are available at the Senior Center Service Desk.

## 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 ahead 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 are in need of 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 persons aged 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.

Scheduled Visits: January 23, February 27, and March 27

**For more information about The Senior Alliance, please call the Senior Center at (734)-699-8918.**

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## Senior *Meal Programs:*

### Congregate Meals

Individuals aged 60 and older and their spouses can get a hot, well-balanced meal and socialize with friends. Van Buren Township Senior Center site is open for lunch on Mondays, Tuesdays, Wednesdays, and Thursdays from 10:45 to 11:30 AM. The meals provide at least one-third of the Recommended Dietary Allowance (RDA).

For more information, call the Senior Center at (734)-699-8918.

### 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 per week. The time commitment is 9 AM to 1 PM. Van Buren Township supplies the vehicles for delivery.



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## 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. Listed below are the income guides.

Distribution Dates: January 16, February 20, March 20

Distribution Times: 11 AM to 3 PM

Location: VBT Senior Center

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 seniors meet 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 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 audiotape 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 VBT 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: January 16, February 20, March 20

Distribution Times: 11:00 AM to 3:00 PM

Location: VBT Senior Center

### 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



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

The Hidden Treasures Gift Shop is a destination for unique jewelry, greeting cards and cozy knitted items that reflect the skill and creativity of our talented artisans. The Gift Shop is led by volunteer Renee Hughes who gives of her time making sure that the other volunteers are scheduled for shifts, working with the vendors, showing people around the shop and being an advocate for this little jewel in the Van Buren Township community. The gift shop volunteers are the best, these ladies are not only volunteers working the front counter, but also vendors. Thanks to our wonderful volunteers for giving of their time so this community has a special place to shop.

### Gift Shop Hours:

Monday - Friday  
10 AM to 2 PM



### Shelf Rentals Available:

Currently, there is no shelf availability.  
If you would like to be on a waitlist,  
please call or visit the Senior Center.



# 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 Piper's Restaurant - Flat Rock 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 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 1/16 2/6, 2/20 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 1/9, 1/23, 2/13, 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 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 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 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 SAT SUN	6 AM - 8 PM 8 AM - 6 PM 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 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 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> Session 1 - 1/6 - 2/10 (No Class on 1/20) Session 2 - 2/24 - 3/31 <b>WED</b> Session 1 - 1/8 - 2/12 Session 2 - 2/26 - 4/2 <b>FRI</b> Session 1 - 1/10 - 2/14 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> Session 1 - 1/6 - 2/10 Session 2 - 2/24 - 3/31 <b>WED</b> Session 1 - 1/8 - 2/12 Session 2 - 2/26 - 4/2 <b>FRI</b> Session 1 - 1/10 - 2/14 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> 1/7 - 2/11 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> 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



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)



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