

MERIDIAN SENIOR CENTER JULY - AUGUST 2023 NEWSLETTER

Advisory Board

President:
Peg Frisch

Vice President:
Ralph Frisch

**Treasurer/
Secretary:**
Barb O'Kelly

Board Members:
Julie Seymour
Jean McDonald

EUCHRE TOURNAMENT FUNDRAISER

Friday, August 25th

Here's the deal - It's our first annual Euchre Tournament Fundraiser!

Check in - 5:30 pm

Play begins - 6:00 pm

Tickets: \$15 pp before August 4th
\$20 after August 4th

Includes: 50/50 drawing, finger foods
and beverages.



[Visit our webpage and Facebook!](#)

www.meridianseniorcenter.weebly.com

www.facebook.com/meridianseniorcenter

(Phone) 517-706-5045

(Email) meridianseniorcenter@gmail.com

4000 Okemos Rd, Okemos MI 48864

SENIOR CENTER NOTICES

FUNDRAISER AT BUDDY'S PIZZA

Help support your Meridian Senior Center on Thursday, June 29th! When you dine-in, take out, or order delivery, just mention this fundraiser and 20% of your sales will be donated to the center. Thank you for your support!

MONDAY E-NEWS

The Meridian Senior Center weekly E-News is a great way to receive information and updates in between the bi monthly Newsletters. If you have an email address but haven't been receiving the Meridian Senior Center weekly E-News, you can contact us to be added to the email list at 517-706-5045 or by email at: meridianseniorcenter@gmail.com

SENIOR CENTER CLOSINGS

- **July 4th** - Independence Day
- **September 4th** - Labor Day
- **November 23 -24** - Thanksgiving Holiday
- **December 25- January 5th** - Holiday Break



MEMBERSHIP KEY TAG USE

Remember to check in using your membership card each time you visit. Using your membership card allows senior center staff to keep accurate records of attendance and to share important reminders. If you are planning on visiting the center and have lost your card please give us a call or stop by the office to have a new one issued, thank you.

BECOME A VOLUNTEER

- **Advisory Board members**

Objective: to act as an ambassador to the Meridian Senior Center and to help guide the center's programming and outreach. This is a 2 year commitment.

- **Lunch Volunteer**

Objective: to assist kitchen in preparations for Tuesday and Thursday sponsored meals and for other special events as needed

- **Outdoor Plant Caretaker**

Objective: Care for outdoor plants in raised bed, around Senior Square. Water and fertilize plants on an as needed basis.



VOLUNTEER

FITNESS CLASSES

JAZZERCISE LO

Mondays and Wednesdays

10 am - 11 am

Cost varies each month see Instructor.

Instructor: Mary D.



YOGA

Tuesday

July 11th - August 29th

11:30 - 12:30 pm

Cost \$80 Members / \$120 non members

Drop in: \$5 members

Instructor: Piril A.



WALKING GROUP

Fridays

10 am - 11 am

FREE

Senior Center Square

10 Laps = 1 Mile

Music, friends and fitness!



FITNESS ROOM

Fitness room is open Monday - Friday between 9:30 am and 3:30 pm.

Equipment is **free** to use with your senior center membership!

Please, see office staff to fill out the participation waiver.

TAI CHI FOR ARTHRITIS

Wednesday

July 5th - August 30th

2:00 pm - 3:00 pm

FREE

Instructor: Sheilah H., MSU Extension



INTEGRATIVE HEALTH



MASSAGE WITH SCOTT

15 minute appointments available Tuesdays 10 am - 2 pm

Cost \$15 for members / \$20 non members

Provided by Scott D.

Our massage therapist Scott, uses unique techniques that are derived from Swedish massage, sports massage, Thai massage and Shiatsu.



REIKI WITH JOAN

30 minute appointments available Wednesdays 11:15 am - 3:15 pm

Cost \$35 for members / \$40 non members

Provided by Joan T.

Joan specializes in using Reiki, a healing touch and stress reduction technique to promote a greater level of well-being for older adults.

NEW PROGRAMS!

RELEXOLOGY WITH ALYSSA C.

Thursdays

Starting, July 13th

10am - 12 noon

Cost: \$15 members // \$20 non members

Welcome our new Reflexologist, Alyssa C.!

Reflexology is a type of therapy that uses gentle pressure on specific points along your hands and feet. Reflexology connects spots on the outside of the body to the inside of the body which may lead to less stress, feeling more relaxed, and increased energy. Make your appointment, today!



LINEDANCING WITH CLAUDIA

Thursdays

August 10th - October 11th

11am - 12pm

Cost: \$70 members // \$90 non members -

10 Sessions! Pay for 7, get the first 3 FREE!

Want to find a fun way to improve your balance, coordination, heart health, and memory? Line dancing is back by popular demand! Learn a variety of different dances, all skill levels welcome, no partner needed.



MINDFULNESS & RELAXATION COMING SOON

Mindfulness is simply awareness. Being fully present and aware of your actions, thoughts and feelings. It may seem too simple but with practice, mindfulness can help calm your nerves, see challenges in a new light, tap into your creativity, and improve your response to stress.



SPORTS & GAMES

TABLE TENNIS

Monday and Thursday
1pm - 4pm
See staff for pricing information



LADIES TABLE TENNIS

Monday
10 am - 12 noon
Interested in playing table tennis?
Give us a call and let us know you
are interested.

BILLIARDS

Monday & Wednesday 11am - 2pm
Tuesday & Thursday 1pm - 4pm

BILLIARDS TUTORIALS WITH JACK & MARK

Wednesdays
Starting July 5th
11am - 12pm



ADULT PICKLEBALL

Pickleball is America's fastest
growing sport! Are you interested in
playing? Let us know by July 21st. If
we have enough interest we will set
up a beginner Pickleball Clinic for
Senior Center Members.



Monday

Euchre
11am - 2pm

Hand Knee & Foot
1pm - 4pm

Tuesday

Cribbage
1:30pm - 4pm

Bunco
1:30pm - 4pm

Wednesday

Euchre
11am - 2pm

Mah Jongg
1pm - 4pm

Thursday

Party Bridge
1pm - 4pm



DREAM BOARD

We have so many great suggestions on our "Dream Board" if you have not added your idea yet, we hope you will soon. Even if you will not be stopping in, you can give us a call and we will be happy to add your idea to the board for you.

Take a look at what has been added so far, maybe something on this list will spark an idea with you.

Items high-lighted either have been done, planned, or are being offered.

Programs/ Activities/Meals	Amenities	Services	Trips
Bunco	Taller Toilets	Bus or Van	Wharton Center
Cardio Drumming	Better parking	Free Tax Service	Grand Rapids
Cooking Classes	Popcorn Machine		Horrocks
Cribbage	Billiards Table		Lugnuts Game
First Aid/CPR/AID			Out to Lunch
Manicure/Pedicure			
Pickleball			
Sound Bath			
Tech Help/Lessons			
Theme Special Events			
Costco Party Platter			

ON THE ROAD: OUT TO LUNCH BUNCH

LANSING

Wednesday, July 5th

11:00am

Sixteen Sprigs Lavender Farm – 1211 Clark St. Lansing

Bring a bagged lunch and learn about lavender. Wynne at Sixteen Sprigs gives a behind the scenes tour and shares her knowledge about lavender varieties, where it comes from, and how to care for these plants.

The Senior Center will cover the entrance fee, which includes a lavender treat!

Deadline to register June 28th.



WEST LANSING

Thursday, July 13th

11:30

Lunch & Shopping at Horrocks Farm Market – 7420 W. Saginaw Hwy.

Lansing

Deli foods; including soup, salads, sandwiches, sushi, pizza, beer garden and more.

Deadline to register Monday, July 10th



EAST LANSING

Tuesday, July 18th

12:30pm

Lunch with Prime Time Seniors Program at the new Newman Lofts

200 Albert St. East Lansing

Cost: FREE

Deadline to register Tuesday, July 11th



EATON RAPIDS

Thursday, August 10th

11:30am

Lunch at Marks Place – 238 S. Main St. Eaton Rapids

Dessert at Mooville – 142 S. Main St. Eaton Rapids

Deadline to register Friday, August 4th



MASON

Thursday, August 31st

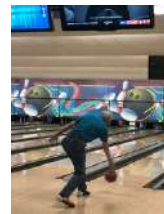
12 noon

Lunch & Bowling at City Limits – 801 Cedar St. Mason

Lunch at 12 noon, Bowling immediately following

Bowling Cost: \$4.25 shoe rental & \$3 per game (plan on 2-3 games)

Deadline to register Monday, August 17th



Do you have suggestions for outings in the area? Let us know

LUNCHES WITH FRIENDS AT MSC

HOT DOG & ICE CREAM BAR

Tuesday, July 11th

12 noon

Cost: \$7

In July, it's both National Hot Dog Day and National Ice Cream Day. Join us at the Senior Center as we celebrate both! With a fun outdoor game!

Register by Wed., July 5th



PIZZA & BINGO

WITH THE WILLOWS

Thursday, July 27th

12 noon

Cost: \$5 pp

Bingo immediately following

Registration deadline is Thurs., July 20th

LUNCH & LINEDANCE

Tuesday, August 8th

12 noon

Cost: \$7

Lunch: Croissant sandwich, chips and fresh fruit.

Register by Tues. July 25th

LUNCH & BINGO

WITH BROOKDALE

Thursday, August 17th

12 noon

Cost: \$5

Bingo immediately following

Registration deadline Thurs. August 10th

JULY - AUGUST BIRTHDAY CELEBRATION LUNCHEON

Thursday, August 24th

12 noon

Cost: \$7 pp

FREE for those who had a birthday in July - August.

Dessert Bingo Immediately following



BYOBL

BRING YOUR OWN BAG LUNCH

Tuesdays

12 noon

July 25th - Mocktail Hour

August 1st - Purse & Jewelry Bingo

August 15th - Paper flowers

August 22nd - Birdseed Ornament

August 29th - Pictionary

Cost: \$5 pp

The Senior Center will provide beverages, dessert and prizes and/or supplies needed.

Registration deadline 1 week prior for each lunch

OUT TO LUNCH BUNCH

Sixteen Sprigs Lavender Farm

1211 Clark St., Lansing

- Wednesday, July 5th at 10am - 11am

Lunch & Shopping at Horrocks Market

7420 W. Saginaw Hwy., Lansing

- Thursday, July 13th at 11:30am

Lunch with Prime Time Seniors

Program at the new Newman Lofts

200 Albert St., East Lansing

- July 18th at 12:30pm

Marks Place & Mooville

238 S. Main St., Eaton Rapids

- Thursday, August 10th at 11:30am

Lunch & Bowling at City Limits

801 Cedar St., Mason

- Thursday, August 31st at 12 noon

Check out outings on page 7 for more details!

JULY & AUGUST PROGRAMS

TECH HELP SERIES

Fridays

11am – 12pm

July 14th: Devices

- Smart phones
- Tablets
- Wearables

July 21st: Apps

- Fitness apps
- Ride sharing
- Meal service
- Shopping

July 28th: Social Media:

- Facebook
- Instagram
- TikTok



MIND BENDERS

July 13th

August 10th

10:30am

Zoom link will be sent prior to event



SECOND ANNUAL DJ BINGO & BBQ NIGHT

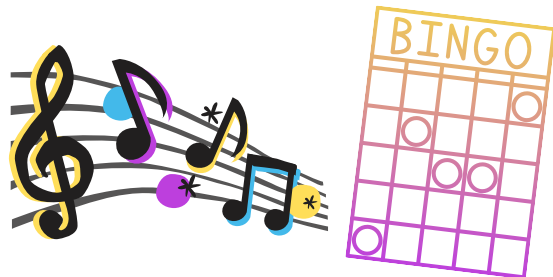
Thursday, July 20th

5:30pm

Deadline to register is July 13th

If you like music, if you like Bingo and you like Barbeque, then this event is for you!

The DJ will be playing clips of songs, as you hear the song, and it's listed on your Bingo card mark it off! Once you get a Bingo, yell it out to be verified.



BOOK CLUB

Monday, July 24th

11am

Island of Sea Women by Lisa See



REMINISCING THE 1950'S

Thursday, July 27th

1:30pm

Presented by Christy, The Willows of East Lansing and Audrey K., HarmonyCares Hospice. Themed snacks, trivia, and a prize wheel!

ANYONE CAN PAINT

Tuesday, August 1st

9:30am

Cost: \$30 per session

Registration & payment due 1 week before



EXPERT SPEAKER PANEL & RECOURSE FAIR

Friday, August 18th

1pm

Local experts and professionals in various fields will present valuable information and be available to answer questions.

EUCHRE TOURNAMENT

Friday, August 25th

5:30pm

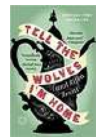
Join us for our first annual Euchre Tournament Fundraiser! Check out the front page for more information.

BOOK CLUB

Monday, August 28th

11am

Tell the Wolves I'm Home
by Carol Rifka Brunt



DJ BINGO & BBQ

**MUSIC - BINGO - BBQ - PRIZES
THURSDAY, JULY 20TH AT 5:30PM**

**FUN AND INTERACTIVE GAME
THAT WILL TEST YOUR MUSICAL
KNOWLEDGE! SING AND DANCE
YOUR WAY TO A BINGO WIN!**

**MERIDIAN SENIOR CENTER
2050 KINAWA DRIVE
EAST WING OF CHIPPEWA MIDDLE SCHOOL**

CALL TO REGISTER BY JULY 13TH (517) 706-5045

FREE EVENT

2023 JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 10 Jazzercise 10 Ladies TT 11 Billiards 11 Euchre 1 Table Tennis 1 Hand Knee Foot	4 *CLOSED* Independence Day	5 10 Lavender Farm 10 Jazzercise 11 Reiki appoint. 11 Euchre 11 Billiards 11 Billiards Tutorial 1 Mah Jongg 2 Tai Chi	6 1 Billiards 1 Table Tennis 1 Party Bridge	7 10 Walking Group	8
9	10 10 Jazzercise 10 Ladies TT 11 Billiards 11 Euchre 1 Table Tennis 1 Hand Knee Foot	11 10 Massage by appointment 12 Hot Dog & Ice Cream Bar 11:30 Yoga 1 Billiards 1:30 Bunco 1:30 Cribbage	12 10 Jazzercise 11 Reiki appoint. 11 Euchre 11 Billiards 11 Billiards Tutorial 1 Mah Jongg 2 Tai Chi	13 10 Reflexology by appt. 10:30 Mind Benders 11:30 Horrocks 1 Billiards 1 Table Tennis 1 Party Bridge	14 10 Walking Group 11 Tech Help Devices	15
16	17 10 Jazzercise 10 Ladies TT 11 Billiards 11 Euchre 1 Table Tennis 1 Hand Knee Foot	18 11:30 Yoga 12:30 Lunch @ Newman Lofts 1 Billiards 1:30 Bunco 1:30 Cribbage	19 10 Jazzercise 11 Reiki appoint. 11 Euchre 11 Billiards 11 Billiards Tutorial 1 Mah Jongg 2 Tai Chi	20 CLOSED 5:30 DJ Bingo/Doors will open at 5:15 pm	21 10 Walking Group 11 Tech Help Apps	22
23	24 10 Jazzercise 10 Ladies TT 11 Book Club 11 Billiards 11 Euchre 1 Table Tennis 1 Hand Knee Foot	25 10 Massage by appointment 11:30 Yoga 12 BYOBL 12:30 Mocktails 1 Billiards 1:30 Bunco 1:30 Cribbage	26 10 Jazzercise 11 Reiki appoint. 11 Euchre 11 Billiards 11 Billiards Tutorial 1 Mah Jongg 2 Tai Chi	27 10 Reflexology by appt. 12 Lunch 12:30 Bingo 1 Billiards 1 Table Tennis 1 Party Bridge 1:30 Reminiscing	28 10 Walking Group 11 Tech Help Social Media	29
30	31 10 Jazzercise 10 Ladies TT 11 Billiards 11 Euchre 1 Table Tennis 1 Hand Knee Foot					

2023 AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 Anyone Can Paint 10 Massage by appointment 11:30 Yoga 12 BYOBL 12:30 Bingo 1 Billiards 1:30 Bunco 1:30 Cribbage	2 10 Jazzercise 11 Reiki appoint. 11 Euchre 11 Billiards 11 Billiards Tutorial 1 Mah Jongg 2 Tai Chi	3 10 Reflexology by appt. 1 Billiards 1 Table Tennis 1 Party Bridge	4 10 Walking Group	5
6	7 10 Jazzercise 10 Ladies TT 11 Billiards 11 Euchre 1 Table Tennis 1 Hand Knee Foot	8 10 Massage by appointment 11:30 Yoga 12 Lunch & Linedance 1 Billiards 1:30 Bunco 1:30 Cribbage	9 10 Jazzercise 11 Reiki appoint. 11 Euchre 11 Billiards 11 Billiards Tutorial 1 Mah Jongg 2 Tai Chi	10 10 Reflexology by appt. 10:30 Mind Benders 11 Line Dance 11:30 Lunch @ Mark's Place & Mooville 1 Billiards 1 Table Tennis 1 Party Bridge	11 10 Walking Group	12
13	14 10 Jazzercise 10 Ladies TT 11 Billiards 11 Euchre 1 Table Tennis 1 Hand Knee Foot	15 10 Massage by appointment 11:30 Yoga 12 BYOBL 1 Billiards 1:30 Bunco 1:30 Cribbage	16 10 Jazzercise 11 Reiki appoint. 11 Euchre 11 Billiards 11 Billiards Tutorial 1 Mah Jongg 2 Tai Chi	17 10 Reflexology by appt. 11 Line Dance 12 Lunch 12:30 Bingo 1 Billiards 1 Table Tennis 1 Party Bridge	18 10 Walking Group 1 Expert Speaker & Resourse Fair	19
20	21 10 Jazzercise 10 Ladies TT 11 Billiards 11 Euchre 1 Table Tennis 1 Hand Knee Foot	22 10 Massage by appointment 11:30 Yoga 12 BYOBL 1 Billiards 1:30 Bunco 1:30 Cribbage	23 10 Jazzercise 11 Reiki appoint. 11 Euchre 11 Billiards 11 Billiards Tutorial 1 Mah Jongg 2 Tai Chi	24 10 Reflexology by appt. 11 Line Dance 12 Lunch 12:30 Bingo 1 Billiards 1 Table Tennis 1 Party Bridge	25 10 Walking Group 5:30 Euchre Tournament Fundraiser	26
27	28 10 Jazzercise 10 Ladies TT 11 Book Club 11 Billiards 11 Euchre 1 Table Tennis 1 Hand Knee Foot	29 10 Massage by appointment 11:30 Yoga 12 BYOBL 1 Billiards 1:30 Bunco 1:30 Cribbage	30 10 Jazzercise 11 Reiki appoint. 11 Euchre 11 Billiards 11 Billiards Tutorial 1 Mah Jongg 2 Tai Chi	31 10 Reflexology by appt. 11 Line Dance 12 Lunch @ City Limits & Bowling 1 Billiards 1 Table Tennis 1 Party Bridge		