

Meridian Senior Center March - April 2024 Newsletter

A big thank you to our generous sponsors and community partners for making these events possible!



TACO & TRIVIA
NIGHT

THANK YOU!

SENIOR
SOCIAL



Phone: (517) 706-5045

Email: MeridianSeniorCenter@gmail.com
4000 Okemos Rd, Okemos MI 48864

Visit our Website and find us on Facebook!
www.meridianseniorcenter.weebly.com
www.facebook.com/meridianseniorcenter

Senior Center Staff

Coordinator, Cherie Wisdom (517) 706-5059
Cherie.wisdom@okemosk12.net

Assistant, Jenise Turchan (517) 706-5046
Jenise.turchan@okemosk12.net

SENIOR CENTER NOTICES

DROP-IN FEE

Guests and non members can visit the senior center for their first time for free all other additional visits will be \$7 per day. Additional charges may apply when there is a fee for the class or service (example: Yoga or Massage).

MEMBERSHIP KEY TAG USE

Remember to check in using your membership card each time you visit. After selecting which programs you will participate in, press 'Finish'. 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. Lost membership card/keys tags are replaced one time at not charge. Thereafter, a \$2 replacement fee will apply. Thank you!

SENIOR CENTER CLOSINGS

- **March 25th – 29th:** Spring Break
- **May 27th:** Memorial Day
- **July 4th – 5th:** Independence Day



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

ADVISORY BOARD MEETINGS

April 3rd at 11am

The Advisory Board meets the first Wednesday of each month at 11 am. Meetings are open and all are welcome to attend. We are looking to fill a few spots on the board. If you are interested in helping to guide the future of the senior center please contact Board President, Peg Frisch.



SENIOR CENTER WISH LIST

Person to lead

- Hand knitting
- Knitting
- Crocheting
- Beading / Jewelry making
- Macramé
- Strength Training Instructor
- Current Events Facilitator

THANK YOU!

ADVISORY BOARD MEMBERS

President: Margaret Frisch

Vice President: Ralph Frisch

Treasurer/Secretary: Barb O'Kelly

Board Members:

- Jean McDonald
- Steve Vagnozi
- Ellen Portnoy

BECOME A VOLUNTEER

Advisory Board members: To act as an ambassador to the Meridian Senior Center and to help guide the center's programming and outreach. This is a 6 month commitment.

Reception: Mostly to make sure people check in. Help with setting up programs, data entry, filing, organizing information station and bulletin board



FITNESS CLASSES

JAZZERCISE LO

Mondays and Wednesdays

10 am - 11 am Cost: Varies each month.

Instructor: Mary D.

No Class the week of March 25th



NEW LOWER PRICE

YOGA FOR ALL

Tuesdays

11am - 12 noon

March 5th - April 30th

Cost: \$40 for 8 Week Session = \$5 per class

Drop In: \$7 member // \$10 non member

No class 3/26

Instructor: Piril

This class is geared for beginners and beyond and those seeking a chair yoga class. Numerous studies show yoga's benefits for those suffering from arthritis, osteopenia, balance issues, chronic pain, and other specialties.



TAI CHI FOR ARTHRITIS

Wednesdays

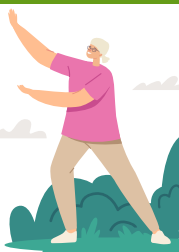
2:00 pm - 3:00 pm

March 6th - April 24th

No Class 3/27

Instructor: Sheilah H., MSU Extension

This beneficial class is offered to our members FREE of charge thanks to a grant from MSU. Tia Chi offers many health benefits including Improved muscle strength, coordination, flexibility and balance.



INTRODUCTION TO STRENGTH TRAINING

Tuesdays

1:00pm - 2:00pm

FREE

Learners will understand the importance of strength training throughout the lifespan, build a strength training workout targeting several muscle groups in each class with a balanced approach. We will practice good form and appropriate modifications for your fitness level, and will try several modalities for strength training - body weight, dumbbells, resistance bands, weighted balls.



TAI CHI FOR ARTHRITIS & FALL PREVENTION: II

Wednesdays

3:00pm - 4:00pm

March 6th - April 24th

No Class 3/27

FREE

Instructor: Sheilah H., MSU Extension

This class is for anyone with or without Arthritis, and is a great way to start your journey to better health, balance and pain management. This class is for those who have previous Tai Chi experience and have completed our Tai Chi for Arthritis Class.



WALKING GROUP

Monday & Friday

3 - 4 pm

FREE

Inside Chippewa or outside depending on the weather



FITNESS ROOM

Fitness room is open Monday - Friday

9:30 am and 3:30 pm.

FREE



**The Senior Center is seeking an Instructor for a Strength & Tone Class. If you know of someone who may be interested, please have them contact the Senior Center.

INTEGRATIVE HEALTH

MASSAGE WITH SCOTT

Tuesdays

15 minute appointments available

10 am – 2 pm

Cost \$15 members / \$20 non members

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



MINDFUL MEDITATION & BREATHING

Thursdays

2:00 pm – 3:00 pm

March 7th – April 24th

FREE

Provided by: Senior Planet

Join Team Senior Planet for this weekly meditation class. During each session, you'll learn about the benefits of mindful meditation and breathing and then spend time deepening your meditation practice.



REIKI WITH JOAN

30 minutes – By appointment only

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

Joan specializes in Reiki, a light healing touch and stress reduction technique. Reiki uses energy force to help promote a greater level of well-being and encourages relaxation for older adults. See staff to set up your appointment.



REFLEXOLOGY WITH ALYSSA

Thursdays

15 Minute appointments available

10am – 12 noon

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

Reflexology is a type of therapy that uses gentle pressure on specific points along your hands and feet for stress relief and relaxation.



SPORTS & GAMES

BILLIARDS

Monday & Wednesday 12pm – 4pm



TABLE TENNIS

Tuesdays 2pm – 4pm



EUCHRE

Monday & Wednesday 12:30pm – 4pm

Learn to Play Euchre:

Wednesday, March 13th & 20th at 11:30am – 12:30pm



HAND KNEE & FOOT

Monday 12:30pm – 4:00pm

Learn to play Hand Knee & Foot:

Monday, March 11th & 18th at 11:30am – 12:30pm



MAH JONGG

Wednesday 12:30pm – 4 pm

Learn to play Mah Jongg:

Wednesday, March 13th & 20th at 11:30 – 12:30 pm



PARTY BRIDGE

Thursday 1:00pm – 4 pm

Learn to play Party Bridge:

Thursday, March 14th & 21st at 12 noon – 1:00pm



OPEN GAMES

Every other Friday 12:30pm – 3:00pm

- Friday, March 3rd – Bunco
- Friday, March 22nd – Scrabble
- Friday, April 5th – Cornhole
- Friday, April 19th – Dominos

Please let us know you are coming by signing up!

Have Fun



ON THE ROAD

ART UNLIMITED

Art Unlimited
4962 Okemos Rd. Okemos, MI.
Friday, March 22nd
12:30 - 1:30 pm
Fused Glass
Sign up by Monday, March 18th



STUDIO C

Friday, April 12th
Movie and Time to be determined
Watch for more information in your weekly Eblast or flier at the senior center.
Sign up by Monday, April 8th



MARCH & APRIL PROGRAMS

**PREPAYMENT AND REGISTRATION REQUIRED FOR ALL EVENTS AND ACTIVITIES.
NON MEMBER VISITOR FEE ARE \$7 PER DAY**

PROGRAM WITH ACTION

Every Other Tuesday
3:15 pm - 4:15 pm
March 5th - Let's Play Scrabble
March 19th - Craft
April 2nd - Tech Help
April 16th - Seed Starters
April 30th - Painted Rocks



PLAY WITH THE PACK



Every other Friday 3 - 4 pm
March 8th - Play with the Pack come play fetch with Chip and his buddies
March 22nd - Walk with Woof Pack (inside or out weather permitting).
April 5th - Chill with Chip and his buddies petting and snuggles encouraged
April 19th - Sit, Stay, Treat! We will be making homemade nutritious treats for the pack.



APPLY FOR SNAP BENEFITS

Wednesday, March 6th
Wednesday, April 3rd
Appointments with Katie L. Meridian Twp.
12:30 - 2:30
FREE

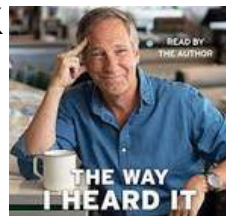


Millions of older adults are eligible for food assistance from SNAP, the Supplemental Nutrition Assistance Program. See if you qualify and learn how SNAP can help pay for food and ensure good nutrition as you age.

NEW AUDIOBOOK NOOK

Thursdays 12:30pm - 1:30pm
Begins March 7th - April 26th

Cozy up with a warm cup of coffee or tea for our new audio book nook series. This first 8 week series we will be listening to number one bestseller Mike Rowe (From Dirty Jobs) "The Way I heard it". This book has a 4.8 star listener rating.



JANUARY & FEBRUARY PROGRAMS

UNDERSTANDING UBER RIDESHARE

Thursday, March 7th

11- 12 noon

Presented by fellow member and Uber driver Ralph F.

Looking for alternatives to driving or public transportation? Uber's Rideshare allows you to request a ride on-demand--wherever you're headed! Learn how to navigate the Uber app and make it easy to get from A to B!

This class covers

- How to download and navigate the Uber app
- How to set up an account and link payment
- The different rideshare options when you need a ride



CONSERVATION LECTURE SERIES WITH JOHN Z.

Presented by fellow member John Z., B.A, M.S.

John is a retired science teach from New York. He and his wife then lived in Alaska for eleven years. There, John volunteered at Bird Treatment and Learning Center, where he used his medical training to help with sick and injured wild birds and taught programs throughout the state. John is new to Michigan and we are is looking forward to him sharing his knowledge and experience during this ongoing series! For more information, visit our website.

Assuring a Soaring Future for our Wild Birds

Friday, March 8th at 10am

This lecture focuses on the importance of birds and will probe the possible cause of bird decline and some actions to lessen human impacts on bird populations.

Who are you going to call

Friday, March 22nd at 10am

This lecture focuses on government organizations that help Michigan wildlife, and they're importance. We'll look at the history and evolution of protection laws.



MIND BENDERS

Second Thursday of every month

10:30 am - 11:30 am

Zoom link will be sent out prior to event



5 WISHES

Monday, March 11th

11 -12 noon

Presented by Katie L. Meridian Township

Learn about the 5 wishes program and how to complete the book for you and your family's peace of mind.

MOVIE: A MAN CALLED OTTO (2023)

Thursday, March 14th

1:30 pm - 3:30 pm

A grumpy widower forms an unlikely friendship with his new neighbors that turns his world around.



ST. PATRICK'S DAY CELEBRATION AT AMERICAN HOUSE

Friday, March 15th

11 am - 12:30 pm

FREE

Includes: Transportation, Irish meal, and tours



APRIL FOOLS DAY PARTY

Monday, April 1st

12:30 - 3:30 pm

Cost: \$7 pp Registration & payment due

Friday, March 22nd.

Sponsored by Aria Nursing and Rehab

This is no joke or hoax - only fun, games, and a bit of friendly competition!



VERTIGO WORKSHOP

Thursday, April 4th

10am

Presented by: Katherine R. Doctors of Physical Therapy

There is a ton of confusion and fear surrounding aging and the inner ear. There are countless conditions of the balance systems that take away independence. Join us with physical therapist, Katherine R., to uncover the facts, and what research says about the vestibular system of the inner ear. This workshop will teach you the anatomy of the inner ear, the inner ear's job, and common conditions affecting balance and dizziness.



MOVIE: THE BIG SICK (2017)

Thursday, April 11th

1:30pm - 3:30pm

Based on a true story, it is the product of love of both its writers and stars, this movie is incredibly heartfelt.



JANUARY & FEBRUARY PROGRAMS

LEARN ABOUT SNAP BENEFITS

Thursday, April 18th

11 am – 12 noon

Presented by: Katie L. Meridian Township

Learn about SNAP benefits and how to apply



BOOK CLUB WITH CADL

Lead by: Tom Moore

Monday, March 18th at 11:00am

- *The Last Lifeboat* by Hazel Gaynor

Monday, April 22nd at 11:00 am

- *Our Missing Hearts* by Celeste Ng



UNDERSTANDING HOME CARE

Friday, April 19th

11 am

Presented by: Deb Mooreland of FirstLight Home Care

Deb M. from FirstLight Home Care joins us to discuss senior home care and the vast array of services that are provided, from basic household tasks to individual needs.



MARCH & APRIL BIRTHDAY CELEBRATION

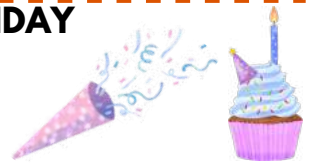
Thursday, April 25th

12 noon

Cost: \$7 pp Registration and payment due by Friday, April, 19th.

Free for those celebrating a March or April Birthday!

Includes lunch, dessert, beverage, bingo and prizes.



THE MICHIGAN BRAILLE & TALKING BOOK LIBRARY

Thursday, April 25th

11 am

Presented by: Brigid T.

Are you struggling to read standard print due to glaucoma or other eye disease, tremors or movement disorders, or dyslexia or some other reading disorder? We would love to get you back to reading with the Braille and Talking Book Library. Our team, in concert with the National Library Service for the Blind and Print Disabled at the Library of Congress, provides free accessible reading materials to those who cannot read regular print books because of a disability. Users can listen to audiobooks or access braille books on their smart devices or through a free mail service. BTBL is not just for people who are legally blind. Our FREE service is also available to people with age-related vision loss, as well as physical and reading disabilities.



SAVE THE DATE



Kentucky Derby Party
Friday, May 3rd



Mothers Day Coffee
Friday, May 10th



Fathers Day Summer Games
Friday, June 14th



DJ Bingo & BBQ Night
Friday, June 20th

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 10 Jazzercise 12 Billiards 12:30 Euchre 12:30 Hand Knee and Foot 3 Walking Group	5 10 Massage by appointment 11 Yoga for all 1 Online Strength Class 2 Table Tennis 2 Bingo 3:15 ACTION Scrabble	6 10 Jazzercise 12 Billiards 12:30 Euchre 12:30 Mah Jongg 12:30 SNAP appt. 2 Tai Chi 3 Tai Chi 2	7 10 Reflexology by appointment 11 Uber Pres. 12:30 Audio Book Nook 1 Party Bridge 2 Meditation	8 10 Bird Series 12:30 Bunko 3 Play with the Pack 3 Walking Group	9
10	11 10 Jazzercise 11 Five Wishes 11:30 Learn to play HKF 12 Billiards 12:30 Euchre 12:30 Hand Knee and Foot 3 Walking Group	12 10 Massage by appointment 11 Yoga for all 1 Online Strength Class 2 Table Tennis	13 10 Jazzercise 12 Billiards 11:30 Learn to play Euchre & Mah Jongg 12:30 Euchre 12:30 Mah Jongg 2 Tai Chi 3 Tai Chi 2	14 10 Reflexology 10:30 Mind Benders 12:30 Audio Book Nook 12 Learn to Play Bridge 1 Party Bridge 1:30 Movie 2Meditation	15 11 St. Patricks Day Luncheon at American House 3 Walking Group	16
17	18 10 Jazzercise 11 Book Club 11:30 Learn to play HKF 12 Billiards 12:30 Euchre 12:30 Hand Knee and Foot 3 Walking Group	19 10 Massage by appointment 11 Yoga for all 1 Online Strength Class 2 Table Tennis 2 Bingo 3:15 ACTION craft	20 10 Jazzercise 11:30 Learn to play Euchre & Mah Jongg 12 Billiards 12:30 Euchre 12:30 Mah Jongg 2 Tai Chi 3 Tai Chi 2	21 10 Reflexology by appointment 12:30 Audio Book Nook 12 Learn to Play Bridge 1 Party Bridge 2 Meditation	22 10 Bird Series 10:30 Art Unlimited 12:30 Scrabble 2 Play with the pack 3 Walking Group	23
24	25	26	27	28	29	30

CLOSED FOR SPRING BREAK

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April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10 Jazzercise 12:30 April Fools Day Party 3 Walking Group	2 10 Massage by appointment 11 Yoga for all 1-2 Online Strength Class 2 Table Tennis 2 Bingo 3:15 ACTION Tech Help	3 10 Jazzercise 11 Advisory Board Meeting 12 Billiards 12:30 SNAP 12:30 Euchre 12:30 Mah Jongg 2 Tai Chi 3 Tai Chi 2	4 10 Vertigo Presentation 10 Reflexology by appointment 12:30 Audio Book Nook 1 Party Bridge 2 Meditation	5 12:30 Bunko 3 Walking Group 3 Play with the Pack	6
7	8 10 Jazzercise 12 Billiards 12:30 Euchre 3 Walking Group	9 10 Massage by appointment 11 Yoga for all 1 Online Strength Class 2 Table Tennis	10 10 Jazzercise 12 Billiards 12:30 Euchre 12:30 Mah Jongg 2 Tai Chi 3 Tai Chi 2	11 10 Reflexology by appointment 10:30 Zoom Mind Benders 12:30 Audio Book Nook 1 Party Bridge 1:30 Movie 2 Meditation	12 3 Walking Group Studio C Theater	13
14	15 10 Jazzercise 12 Billiards 12 Birthday Celebration 12:30 Euchre 3 Walking Group	16 10 Massage by appointment 11 Yoga for all 1 Online Strength Class 2 Table Tennis 2 Bingo 3:15 ACTION Seed starts	17 10 Jazzercise 12 Billiards 12:30 Euchre 12:30 Mah Jongg 2 Tai Chi 3 Tai Chi 2	18 10 Reflexology by appointment 11 Snap Benefits Presentation 12:30 Audio Book Nook 1 Party Bridge 2 Meditation	19 11 Homecare Presentation 12:30 Dominos 3 Walking Group	20
21	22 10 Jazzercise 11 Book Club 12 Billiards 12:30 Euchre 3 Walking Group	23 10 Massage by appointment 11 Yoga for all 1 Online Strength Class 2 Table Tennis	24 10 Jazzercise 12 Billiards 12:30 Euchre 12:30 Mah Jongg 2 Tai Chi 3 Tai Chi 2	25 10 Reflexology by appointment 11 Braille & Talking Book Pres. 12:30 Audio Book Nook 1 Party Bridge 2 Meditation	26 3 Walking Group	27
28	29 10 Jazzercise 12 Billiards 12:30 Euchre 3 Walking Group	30 10 Massage by appointment 11 Yoga for all 1 Online Strength Class 2 Table Tennis 2 Bingo 3:15 ACTION Paint rocks				