

MERIDIAN SENIOR CENTER

MAY - JUNE 2023 NEWSLETTER

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BYOBL

UPCOMING

Fundraising Event at Buddy's

Thursday, June 29th

11am - 9 pm

2010 W Grand River Ave. Okemos

Join us to support Meridian Senior Center! This year we have partnered with Buddy's Pizza in Okemos to help raise funds for future programming, activities, and special events. On June 29th, when you dine-in, order take out or delivery from Buddy's Pizza on Grand River and mention this fundraiser, 20% of your meal's price will be donated back to the senior center. This will be a fantastic way to raise funds for the Senior Center while enjoying delicious food with friends and family.



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

REGISTERING FOR LUNCHES

Beginning in May, members will now sign up for meals with staff 5-7 days in advance (based on which lunch you will be attending). Lunch rosters will be posted on the flier table. Thank you for your patience as we switch over to this new format.

SENIOR CENTER CLOSINGS

- **May 11th** – Closing at 12 noon
Mother's Day event at The Willows
- **May 29th** – Memorial Day
- **June 16th** – Father's Day Event at Wonch Park
- **June 23rd** – Volunteer Day at Horses' Haven
- **July 4th** – Independence Day



SENIOR CENTER LIBRARY

To utilize our Library, we operate solely on the honor system. There is a Sign Out Sheet on a clipboard located on the round table. We have fiction, nonfiction books, books on CD, and a small group of large print books. Enjoy the books/CDs at your leisure, but please be considerate and return the books within a reasonable time period so that others may also enjoy them. When you return the book(s), just drop them off in the Return/bin found under the sign-up sheet table. Please note that due to very limited space in our library, we are currently not accepting book donations unless the books are newer publications and in very good condition, Thank you!

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

BECOME A VOLUNTEER IN 2023

- **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

- **Indoor Plant Caretaker**

Objective: Care for indoor plants around center. Water/fertilize plants on an as needed basis



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 allows us to contact trace. 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.

FITNESS CLASSES

JAZZERCISE LO

Mondays and Wednesdays
10 am – 11 am
Cost varies each month see
Instructor.
Instructor: Mary D.
No Class 5/29



WALKING GROUP

Fridays – Begins May 12th
10 am – 11 am
FREE
Senior Center Square
10 Laps = 1 Mile
Music, friends and fitness



TAI CHI FOR ARTHRITIS

Monday & Wednesday
May 3rd – June 28th
2:00 pm – 3:00 pm
No Class 5/1, 5/29, 6/19
FREE
Instructor: Sheilah H., MSU Extension
Tai Chi for Arthritis and Fall Prevention:
A gentle exercise combining slow
movement, deep breathing, and
focused intention. The program is to
increase strength, balance, posture,
and to prevent falls.



TARGET AUDIENCE:

- Anyone concerned about fall
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past.
- Anyone who has restricted activities because of falling concerns

YOGA

Tuesday
May 2nd – June 27th
11:30 – 12:30 pm
Cost \$90 Members
Drop in: \$12 Members / \$15 non
Member
Instructor: Piril

FITNESS ROOM

Fitness room is open for use Monday –
Friday between 9:30 am and 3:30 pm.
Use of equipment is **free** with your
senior center membership.

- Treadmill
- Elliptical Trainer
- Recumbent Bike
- Resistance Bands

Please be sure to see office staff on
your first visit to fill out the
participation waiver.



INTEGRATIVE HEALTH



MASSAGE WITH SCOTT
15 minute appointments available
Tuesdays 10 am – 2 pm
Cost \$15 for members
Provided by Scott D.



REIKI WITH JOAN
30 minute appointments available
Wednesdays 11:15 am – 3:15 pm
Cost \$35 for members
Provided by Joan T.

GAMES/SPORTS

BILLIARDS

Meets Monday, Wednesday & Thursday
1 pm - 4 pm



TABLE TENNIS

Meets each Monday and Thursday
1:00 pm - 4 pm
May - June \$28.00 pp
Drop In Rate: \$5 non member/
\$3 member
Center Closed May 11th & 29th



CORNHOLE

Meets each Tuesday
12:30 pm

LADIES TABLE TENNIS

Meets each Friday
10 am - 12 noon
Interested in playing table tennis?
Give us a call and let us know you
are interested.
Closed June 16th

GAMES

Monday	Wednesday	Thursday
Euchre 11 am - 2 pm	Euchre 11am - 2pm	Party Bridge 1pm - 4pm
Hand Knee & Foot 1 pm - 4 pm	Mah-Jongg 1pm - 4pm	Open Games 1pm -4pm



INTEREST GROUPS

Groups forming for 2023. We have members who have expressed interest in the following groups and we are seeking others who may also like to participate. If any or all of these groups are of interest to you, please call or email us and we will be happy to add your name.

- Knitting*
- Walking Groups*
- Line Dancing*
- Cribbage*
- Scrapbooking*
- Current Events
- Karaoke
- Crocheting
- Life Stories
- Latch Hook
- Whittling
- Fantasy Sports Leagues



* Group is gaining interest

ON THE ROAD

MOTHER'S DAY CELEBRATION AT THE WILLOWS AT OKEMOS

Thursday, May 11th

2 pm - 4 pm

Location: 4830 Central Park Drive, Okemos

Co-Sponsored by The Willows at Okemos and East Lansing

Cost: \$5 // Free for Women & Mothers

Join us at The Willows at Okemos for a Mother's Day Celebration with finger foods, dessert, & champagne! There will be live music and a raffle.

Registration required by May 5th - Seating is limited



BOWLING AT CITY LIMITS IN MASON

Friday, June 9th

12:30 pm - 3:30 pm

Cost: \$3 per game (plan on playing 2-3 games), shoes rental \$4.25 a pair. To be paid at the bowling alley.

Location: 801 Cedar Street, Mason

Registration deadline June 5th for lane reservations.



FATHER'S DAY CELEBRATION

Friday, June 16th

11:30 am - 1 pm

Sponsored by Burcham Hills

Cost: \$5 All Welcome // FREE for men and dads

Location: Wonch Park 4555 Okemos Rd, Okemos

Registration required by June 8th

BBQ, beer, games and special guest Mike...Chainsaw Artist!



OUT TO LUNCH FUNDRAISER AT BUDDY'S PIZZA

Thursday, June 29th

12 noon or 5:00 pm

Location: Buddy's Pizza 2010 W Grand River Ave. Okemos

20% of sales will be donated to the Meridian Senior Center.

Can't join us in person at 12 noon or 5pm? That's alright, just mention this fundraiser when you dine in, take out, or order delivery!



PRESENTED BY CADL

BOOK CLUB

Fourth Monday of each month

11am – 12:30pm

Pre-registration preferred

May 22nd – *Last Days of Night* by Graham Moore

June 26th – *A Good Neighbor* by Ann Fowler

July 24th – *Island of Sea Women* by Lisa See

August 28th – *Tell the Wolves I'm Home* by Carol Rifka Brunt



CLASSIC FILMS WITH CADL

Second Tuesday of each month

1pm – 3pm

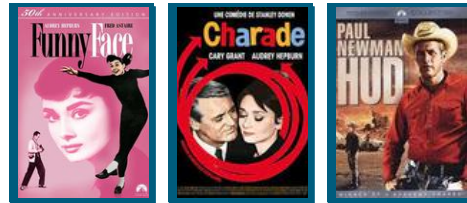
Pre-registration preferred

May 9th – *Funny Face* (Audrey Hepburn & Fred Astaire)

June 13th – *Charade* (Audrey Hepburn & Cary Grant)

July 11th – No Movie

August 8th – *Hud* (Paul Newman, Melvyn Douglas)



TED TALKS WITH CADL

First Wednesday of each month

11:30 am – 1pm

Each TED Talk is followed up with a group discussion. Led by Chris P. from CADL

May 3rd – *An Olympic Champion's Mindset Overcoming Fear*

June 7th – *Why Nurses are Key to Medical Innovation*

July 5th – *The Surprising Psychology Behind Your Urge to Break the Rules*

August 2nd – *What if Building Created Energy Instead of Consuming it?*



MIND BENDERS

Second Thursday of each month

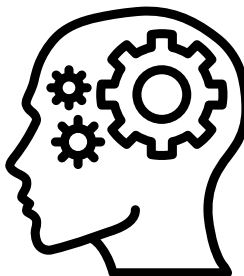
10:30 am

Lead by Eric S., CADL

Pre-registration preferred

Presented online via Zoom link.

Zoom links will be emailed to participants 1-2 hours prior to event from Eric.



MEALS WITH FRIENDS

The simple act of sharing a meal with someone else and socializing provides a mealtime experience that can be uplifting and inspiring for many. Researchers have found that people who eat meals with someone else generally enjoy better health and make better food choices. There are many benefits of dining with others, but here are a few we thought were worth noting:

1. One study found that 1 in 5 seniors report that they feel loneliest when eating alone.
2. New friendships can be made and relationships with others grow while sitting around the table together.
3. Research suggest that people who eat alone have higher rates of obesity and are at risk of chronic diseases and complications.
4. Those who eat regularly with others often report feeling happier, are more trusting of the people around them, and feel more engaged with their community.

TUESDAY LUNCHES

OKEMOS PUBLIC SCHOOLS S FOOD SERVICE DEPARTMENT

12 noon

Cost: \$7 Payment due with registration 1 week in advance.

Cornhole immediately following each luncheon

May 2nd - Chicken pot pie & roasted carrots

May 9th - Cheeseburger, tater tots, & salad

May 16th - Hot turkey sandwich, mashed potatoes & gravy, and roasted vegetables

May 23rd - Beef enchilada, refried beans, and Mexican rice

May 30th - BBQ chicken, cornbread muffin, and baked beans

June 6th - Chef's choice

BYOBL

Bring Your Own Bag Lunch

Tuesday, June 20th

12noon

Registration deadline June 15th

The Senior Center will provide beverages and dessert.

Cornhole immediately following.



THURSDAY LUNCHES

RON STYKA MEMORIAL LUNCHEON

Thursday, May 4th

12 noon

Registration deadline May 1st

Cost: \$5 pp

Menu: TBA

Bingo immediately following

LUNCH & BINGO WITH BROOKDALE MERIDIAN

Thursday, May 18th

12 noon

Registration deadline 5 days prior

Cost: \$5 pp

Menu: Walking Tacos

Bingo immediately following

THURSDAY LUNCHES CONT.

PIZZA & BINGO WITH THE WILLOWS

Thursday, May 25th

12 noon

Registration deadline May 19th

Cost: \$5 pp

Menu: Cottage Inn Pizza, salad, and dessert

Bingo immediately following

LUNCH & BINGO WITH BROOKDALE MERIDIAN

Thursday, June 15th

12 noon

Registration deadline June 9th

Cost: \$5 pp

Menu: Burritos with all the fixings

Bingo immediately following

MAY/JUNE BIRTHDAY CELEBRATION

Thursday, June 22nd

12 noon

Registration deadline June 16th

Cost: \$5 pp / FREE for May or June

Birthday

Menu: Chicken Caesar wrap, chips, fruit, and dessert

Bingo immediately following



MAY/JUNE PROGRAMS

BRIDGES

Wednesdays

3pm - 4:15 pm

FREE

Advance registration needed for planning and supplies

Senior Center members have the opportunity to engage and inspire some of Chippewa Middle school student volunteers. Come "Bridge" our generations together through fun and meaningful activities.



Wednesday, May 3rd

Garden & Seed starting Day:

Help beautify our outdoor space and lets do some seed starter plants. Have some extra garden gloves or seeds lying around? We will be happy to accept any donations.

Wednesday, May 10th

End of Year Party:

Come celebrate the end of the year with the Chippewa students. There will be music, games, and food.



MAY/JUNE PROGRAMS

KENTUCKY DERBY PARTY

Friday, May 5th

1pm (This may be the wrong time)

Registration required by May 1st

FREE

Cosponsored by Oasis Senior Advisors

Menu: KFC chicken & biscuits, deviled eggs, and non-alcoholic mint juleps.

Mock Horse race, betting and prizes!

ANYONE CAN PAINT

Tuesday, May 2nd

Tuesday, June 6th

9:30 am

Cost: \$30 per session

Registration / Payment due 1 week before

MOTHER'S DAY CELEBRATION

Thursday, May 11th

2pm

\$5 FREE Women & Mothers

Sponsored by The Willows of Okemos & East Lansing

This event will be held at The Willows at Okemos 4830 Central Park Dr.

Finger foods, champagne, dessert, live music, and raffle

Registration required by May 5th

706-5045 or 349-3600

SPRING TEA

Friday, May 12th

10:30am

Cost: \$5 / \$7 non members

Registration required by May 8th

Try a variety of flavored teas hot and cold, and bite sized treats. ??Charcuterie Board



REMINISCING THE 1940'S

Thursday, May 25th

1:30pm

Presented by Christy, The Willows at East Lansing and Audrey K.,

HarmonyCares Hospice

Themed snacks, trivia, and a prize wheel!

MY SPARROW

Tuesday, May 16th

12:30pm

Presented by:



Activating a MySparrow account is your ticket to your electronic medical record and is one way we're changing healthcare for the better. The MySparrow app allows you to access quality medical care from anywhere at any time.

HORSES' HAVEN RESCUE

Friday, June 23rd

9:30am - 12:30pm

8257 N. Latson Rd. Howell, MI 48855

Join us for Volunteer Day at Horses' Haven Rescue. Horse experience not required!

Help with feeding, watering, cleaning and grooming. paid in horse hugs and donkey rubs!

Horses' Haven Rescue is a non-profit organization committed to rescuing, rehabilitating, and re-homing equines (horses, ponies, donkeys, and mules).

The Senior Center will provide box lunches, snacks and beverages.

Registration required by June 9th.



OUT TO EAT FUNDRAISER AT BUDDY'S PIZZA

Thursday, June 29th

12 noon OR 5 pm

2010 Grand River Ave. Okemos

20% of sales will be donated to the senior center. Can't join us in person at 12 or 5pm? Just mention this fundraiser when you dine in, take out, or order delivery.



May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10 Jazzercise 11 Euchre 1 Table Tennis 1 Hand knee foot 1 Billiards 2 Tai Chi	2 9:30 Anyone Can Paint 10 Massage by appt. 11:30 Yoga 12 OPS Lunch 12:30 Cornhole	3 10 Jazzercise 11 Euchre 11 Reiki by appt. 11:30 TED Talks 1 Billiards 1 Mah Jongg 2 Tai Chi 3 Bridges	4 12 Lunch 12:30 Bingo 1 Table Tennis 1 Bridge 1 Open Games 1 Billiards	5 10 Ladies TT 1 KY Derby Party	6
7	8 10 Jazzercise 11 Euchre 1 Table Tennis 1 Hand knee foot 1 Billiards 2 Tai Chi	9 10 Massage by appt. 11:30 Yoga 12:30 Cornhole 12 OPS Lunch 1 Classic Movies	10 10 Jazzercise 11 Euchre 11 Reiki by appt. 1 Billiards 1 Mah Jongg 2 Tai Chi 3 Bridges	11 10:30 Mind Benders 12 Center Closed 2 Mother's Day Event at The Willows Okemos	12 10 Walking Group 10 Ladies TT 10:30 Spring Tea	13
14	15 10 Jazzercise 11 Euchre 1 Table Tennis 1 Hand knee foot 1 Billiards 2 Tai Chi	16 10 Massage by appt. 11:30 Yoga 12 OPS Lunch 12:30 Cornhole 12:30 MySparrow	17 10 Jazzercise 11 Euchre 11 Reiki by appt. 1 Billiards 1 Mah Jongg 2 Tai Chi	18 12 Lunch 12:30 Bingo 1 Table Tennis 1 Bridge 1 Open Games 1 Billiards	19 10 Walking Group 10 Ladies TT	20
21	22 10 Jazzercise 11 Euchre 11 Book Club 1 Table Tennis 1 Hand knee foot 1 Billiards 2 Tai Chi	23 10 Massage by appt. 11:30 Yoga 12 OPS Lunch 12:30 Cornhole	24 10 Jazzercise 11 Euchre 11 Reiki by appt. 1 Billiards 1 Mah Jongg 2 Tai Chi	25 12 Lunch 12:30 Bingo 1 Table Tennis 1 Bridge 1 Open Games 1 Billiards 1:30 Reminiscing 1940's	26 10 Walking Group 10 Ladies TT	27
28	29 CLOSED Memorial Day	30 10 Massage by appt. 11:30 Yoga 12 OPS Lunch 12:30 Cornhole	31 10 Jazzercise 11 Euchre 11 Reiki by appt. 1 Billiards 1 Mah Jongg 2 Tai Chi	1 Table Tennis 1 Bridge 1 Open Games 1 Billiards		

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1 Table Tennis 1 Bridge 1 Open Games 1 Billiards	2	3
4	5 10 Jazzercise 11 Euchre 1 Table Tennis 1 Hand knee foot 1 Billiards 2 Tai Chi	6 9:30 Anyone 10 Massage by appt. 11:30 Yoga 12 OPS Lunch 12:30 Cornhole	7 10 Jazzercise 11 Euchre 11 Reiki by appt. 11:30 TED Talks 1 Billiards 1 Mah Jongg 2 Tai Chi	8 10:30 Mind Benders 1 Table Tennis 1 Bridge 1 Open Games 1 Billiards	9 12:30 Bowling at City Limits in Mason	10
11	12 10 Jazzercise 11 Euchre 1 Table Tennis 1 Hand knee foot 1 Billiards 2 Tai Chi	13 10 Massage by appt. 11:30 Yoga 12:30 Cornhole 1 Classic Movies	14 10 Jazzercise 11 Euchre 11 Reiki by appt. 1 Billiards 1 Mah Jongg 2 Tai Chi	15 12 Lunch 12:30 Bingo 1 Table Tennis 1 Bridge 1 Open Games 1 Billiards	16 CLOSED 11:30 Father's Day Event at Wonch Park	17
18	19 10 Jazzercise 11 Euchre 1 Table Tennis 1 Hand knee foot 1 Billiards No Tai Chi	20 10 Massage by appt. 11:30 Yoga 12 BYOBL 12:30 Cornhole	21 10 Jazzercise 11 Euchre 11 Reiki by appt. 1 Billiards 1 Mah Jongg 2 Tai Chi	22 12 Lunch 12:30 Bingo 1 Table Tennis 1 Bridge 1 Open Games 1 Billiards	23 CLOSED 9:30 Volunteer Day at Horses' Haven Rescue	24
25	26 10 Jazzercise 11 Euchre 11 Book Club 1 Table Tennis 1 Hand knee foot 1 Billiards 2 Tai Chi	27 10 Massage by appt. 11:30 Yoga 12:30 Cornhole	28 10 Jazzercise 11 Euchre 11 Reiki by appt. 1 Billiards 1 Mah Jongg 2 Tai Chi	29 12 Buddy's 1 Table Tennis 1 Bridge 1 Open Games 1 Billiards 5 Buddy's	30	

UPCOMING EVENTS: JULY-DECEMBER

