

# Meridian Senior Center May - June 2024 Newsletter

**May is Older Americans Month**, a time dedicated to recognizing and celebrating the invaluable contributions of older adults across the nation. This year's theme is 'Powered by Connection', which highlights the profound impact that meaningful relationships and social connections have on our health and well-being. This month, as we celebrate Older Americans, we also extend our gratitude to our sponsors and community partners who help support programming and special events for our members!

# Thank You

## MARCH & APRIL SPONSORS



## Community Partners & Special Guests

**FIVE WISHES**



Phone: (517) 706-5045

Email: [MeridianSeniorCenter@gmail.com](mailto:MeridianSeniorCenter@gmail.com)  
4000 Okemos Rd, Okemos MI 48864

Visit our Website and find us on Facebook!  
[www.meridianseniorcenter.weebly.com](http://www.meridianseniorcenter.weebly.com)  
[www.facebook.com/meridianseniorcenter](http://www.facebook.com/meridianseniorcenter)

## Senior Center Staff

Coordinator, Cherie Wisdom (517) 706-5059  
[Cherie.wisdom@okemosk12.net](mailto:Cherie.wisdom@okemosk12.net)

Assistant, Jenise Turchan (517) 706-5046  
[Jenise.turchan@okemosk12.net](mailto: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).



## HELP WANTED

- Preparing and planting the raised garden beds.
- Linens washed and ironed for Mother’s Day event
- Advisory Board Members
- Strength Training class leader
- Craft Group Leader



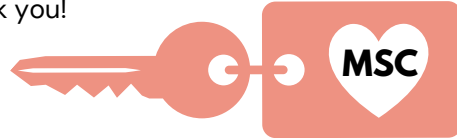
## SENIOR CENTER CLOSINGS

- **May 27th**
  - Memorial Day
- **June 10th – 14th Open Tue. & Thu. Only**
  - Chippewa Construction
- **June 17 – 21st Open Mon. & Wed. Only**
  - Chippewa Construction



## 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 cards/key tags are replaced one time at not charge. Thereafter, a \$2 replacement fee will apply. Thank you!



## MONDAY E-BLAST

The Meridian Senior Center weekly E-Blast 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

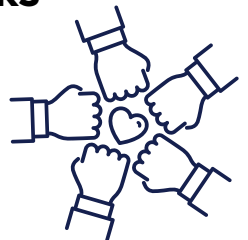
## BECOME A VOLUNTEER

**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

## ADVISORY BOARD MEMBERS

- President:** Margaret Frisch  
**Vice President:** Ralph Frisch  
**Treasurer/Secretary:** Barb O’Kelly  
**Board Members:**
- Jean McDonald
  - Steve Vagnozi
  - Ellen Portnoy



## ADVISORY BOARD MEETINGS

**Wednesday, May 1st at 11am**

**Wednesday, June 5th 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.

# FITNESS CLASSES

## JAZZERCISE LO

Mondays and Wednesdays  
10 am - 11 am

Cost: Varies each month.

Instructor: Mary D.

No Class May 27th, June 10th & 12th



## YOGA FOR ALL

Tuesdays

May 7th - June 25th

11am - 12 noon

Cost: \$35 members

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

No class June 18th

Instructor: Piril



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

## STRENGTH TRAINING

Tuesdays

May 7th - June 25th

1:00pm - 1:30pm

FREE

Class size limited to 10

No Class June 18th

Low impact strength training class using weights and resistance training.



## TABATA

Thursdays

May 2nd - June 27th

11am - 11:30am

FREE / Class size limited to 10 / Room C102

No Class June 20th

Tabata is just the name for the specific timing of this type of low impact interval training. All exercises are performed in a standing position and are low impact. You don't need any equipment. It looks like this: 20 seconds of work/10 seconds of rest, repeat this 8x totaling 4 minutes. This equals 1 round. In this workout you will complete 4 rounds with a 60 second break between each round. Warm up and cool down are included. Go at your own pace and make the workout your own!



## WALKING GROUP

Monday & Friday

3 - 4 pm

Come walk on our outdoor walking path!

10 laps equal 1 mile.



## FITNESS ROOM

Monday - Friday

9:30 am and 3:30 pm.

FREE



## TAI CHI FOR ARTHRITIS

Wednesdays

May 8th - June 26th

2:00 pm - 3:00 pm

No Class June 12th & June 19th

Instructor: Sheilah H., MSU Extension



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



## TAI CHI FOR ARTHRITIS & FALL PREVENTION: PART II

Wednesdays

3:00pm - 4:00pm

May 8th - June 26th

No Class June 12th or 19th

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.



# INTEGRATIVE HEALTH

## MASSAGE WITH SCOTT

Tuesdays

May 7th – June 25th

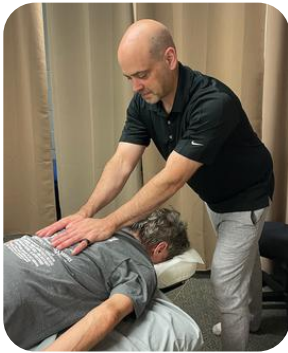
15 minute appointments available

10 am – 2 pm

No appointments on June 18th

Cost \$15 members / \$20 non members, gratuity not included

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



## MINDFULNESS

Wednesdays

May 1st – June 26th

1:30pm – 2pm

No class June 12th

FREE / \$7 drop in for non members



## REIKI WITH JOAN

30 minute appointments available

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

May 2nd – June 27th

15 Minute appointments available

11am – 12 noon

No appointments 5/23, 6/20

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

No games on May 27th

Free for members / \$7 drop in for non members



## TABLE TENNIS

Tuesdays 2pm - 4pm

No games on May 27th

Free for members / \$7 drop in for non members



## EUCHRE

Monday & Wednesday 12:30pm - 4pm

Free for members / \$7 drop in non members

## HAND KNEE & FOOT

Monday 12:30pm - 4:00pm

Free for members / \$7 drop in non members

## MAH JONGG

Wednesday 12:30pm - 4 pm

Free for members / \$7 drop in non members

## PARTY BRIDGE

Thursday 12:30pm - 4 pm

Free for members / \$7 drop in non members



# ON THE ROAD: LUGNUTS GAME

## LANSING LUGNUTS GAME

Wednesday, July 31st

1:05pm

Cost: TBD

Stay tuned - more information to come!

Step up to the plate and join us for a day of baseball fun! We'll root for the Lansing Lugnuts and enjoy great company with East Lansing Prime Time Seniors Program and The Willows.



# SAVE THE DATE



# FREDERIK MEIJER GARDENS & SCULPTURE PARK



Experience a day of beauty and wonder at the Frederik Meijer Gardens and Sculpture Park in Grand Rapids. Ranked among the most visited art museums, with world-renowned sculptures and beautiful horticultural landscapes.

**Friday, July 19th**

- Arrive at Senior Center at 9:30am
- Bus departs at 10 am
- Arrive at Frederik Meijer at 11:15
- Bus departs at 3:15
- Arrives back at Senior Center at 4:30 pm

**Tickets: \$15**

**Includes:** Transportation (Okemos Schools Bus), admission, guided tour, outdoor Tram Tour, \$20 Lunch Voucher for James & Shirley Balk Café.

**Sponsored by: Haslett - Okemos Rotary**





# MAY & JUNE PROGRAMS

## EMBRACING AGING: BRAIN ACTIVITY

Thursday, May 2nd

1pm

Presented by: Abigail C., MSU Extension Educator

Keys to Embracing Aging is an interactive program that highlights 12 keys aimed at helping you to grow old gracefully, successfully, and with increased longevity, based primarily on findings from centenarian studies and the advice from those who participated. Keys to Embracing Aging will influence attitude, nutrition, physical activity, brain health, social activity, technology, safety, medical literacy, stress management, financial security, sleep, and taking time for yourself.

## KENTUCKY DERBY PARTY

Friday, May 3rd

12:30pm

Co-Sponsored by Oasis Senior Advisors and Brookdale Memory Care

Tickets: \$5 each, on sale through April 29th



## MAY IS MENTAL HEALTH AWARENESS MONTH "TAKE THE MOMENT"

Monday, May 6th

11am

FREE

Presented by: Josh T., PhD

May is Mental Health Awareness Month. This year's theme is 'Take The Moment'. Join Psychologist Dr. Josh T., to discuss the importance of Mental Health, and how you can practice taking moments to prioritize your own mental health.



## LEARN TO PLAY BRIDGE WITH PEG

Thursdays

May 2nd - May 30th

11am - 12:30pm

Cost: \$25, plus cost of book

If you thought bridge was a game you couldn't learn, we've all heard those stories. Join us for an introductory class. We'll keep it simple and fun!



## MIND BENDERS WITH OKEMOS LIBRARY

Thursday, May 9th

Thursday, June 13th

10:30am

Via Zoom



Capital Area District Libraries



## MOTHER'S DAY TEA

Friday, May 10th

12:30pm

Co-Sponsored by: Delta Retirement

FREE for women & moms / \$5 for men

Registration & Payment by May 6th



## BINGO

Every other Tuesday

May 14th & 28th

June 4th

2pm - 3pm



## THANK YOU ACTION STUDENTS

Tuesday, May 14th

3:15pm - 4:15pm

FREE

If you participated in any of the activities with ACTION this year, please join us in a farewell and thank you party for them!

THANK YOU!

# MAY & JUNE PROGRAMS

## BOOK CLUB WITH CADL



Capital Area District Libraries

Monday, May 20th at 11am

- *The Art of Insanity* by Christine Webb

Monday, June 24th at 11am

- *Dust Child* by Nguyễn Phan Quế Mai

## FRIDAY FLICKS: QUEEN BEES

Friday, May 17th

1pm  
FREE

After reluctantly agreeing to move into a home for seniors, a woman encounters a clique of mean-spirited women and an amorous widower.



## EMBRACING AGING: SOCIAL ACTIVITY

Monday, June 3rd

1pm

Presented by: Abigail C., MSU Extension Educator

## MERIDIAN TOWNSHIP SUMMER CONCERT SERIES: 'THE SEA CRUISERS'

Wednesday, June 5th

6pm  
Free



Arrive early if you want to check out the Farmer's Market, then meet at the picnic tables for the concert.

## SHOULDER PAIN

Monday, June 17th

11:30am

FREE



Presented by: Dobie Road's Outpatient Therapy Clinic  
Proper function of our shoulders is essential for most of our daily activities. In this presentation you will learn causes, symptoms, and treatment options for shoulder pain

## FATHER'S DAY AT BAD BREWING COMPANY

Friday, June 14th

11:30am - 3:00pm

Cost: FREE for men

Includes lunch & beverage.

Women are welcome to join and will be responsible for their lunch expenses. School bus transportation.

Registration due by Friday, June 7th



## DJ BINGO & BBQ NIGHT



Thursday, June 20th

5:30pm

Tickets: \$7 each and on sale through June 14th

Prizes for 1st - 3rd place

Get ready to groove, guess, and win with your favorite tunes! Don't miss out on this memorable evening of music, bingo, and BBQ!



## FRIDAY FLICKS: JUNE AGAIN

Friday, June 28th

1pm  
FREE

It is a story about family, life, mistakes made & misunderstandings. Having had a grandmother pass away from Alzheimer's, it is so relatable. Insidious disease.



## MAY - JUNE BIRTHDAY CELEBRATION

Thursday, June 27th

12noon

Cost: \$7 pp Registration and payment due by Friday, June 21st.

Free for those celebrating a May or June Birthday!  
Includes lunch, dessert, beverage, bingo, & prizes.



## BINGO

Thursday, June 27th

12:30pm





# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 10 Jazzercise 11 Advisory Board Meeting 12 Billiards 12:30 Euchre 12:30 Mah Jongg 1:30 Mindfulness No Tai Chi	<b>2</b> 11 Reflexology by appointment 11 Tabata 11 Learn Bridge 12:30 Party Bridge 1 Embracing Aging	<b>3</b> 12:30 KY Derby Party 3 Walking Group	<b>4</b>
<b>5</b>	<b>6</b> 10 Jazzercise 11 Mental Health 12 Billiards 12:30 Euchre 12:30 Hand Knee Foot 3 Walking Group	<b>7</b> 10 Massage by appt. 11 Yoga 1 Strength Training 2 Table Tennis	<b>8</b> 10 Jazzercise 12 Billiards 12:30 Euchre 12:30 Mah Jongg 1:30 Mindfulness 2 Tai Chi 3 Tai Chi 2	<b>9</b> 11 Reflexology by appointment 10:30 Mind Benders 11 Tabata 11 Learn Bridge 12:30 Party Bridge	<b>10</b> 12:30 Mother's Day Tea 3 Walking Group	<b>11</b>
<b>12</b>	<b>13</b> 10 Jazzercise 12 Billiards 12:30 Euchre 12:30 Hand Knee Foot 3 Walking Group	<b>14</b> 10 Massage by appt. 11 Yoga 1 Strength Training 2 Table Tennis 2 Bingo 3:15 Thank you ACTION	<b>15</b> 10 Jazzercise 12 Billiards 12:30 Euchre 12:30 Mah Jongg 1:30 Mindfulness 2 Tai Chi 3 Tai Chi 2	<b>16</b> 11 Reflexology by appointment 11 Tabata 11 Learn Bridge 12:30 Party Bridge	<b>17</b> 1 Friday Flick 3 Walking Group	<b>18</b>
<b>19</b>	<b>20</b> 10 Jazzercise 11 Book Club 12 Billiards 12:30 Euchre 12:30 Hand Knee Foot 3 Walking Group	<b>21</b> 10 Massage by appt. 11 Yoga 1 Strength Training 2 Table Tennis	<b>22</b> 10 Jazzercise 12 Billiards 12:30 Euchre 12:30 Mah Jongg 1:30 Mindfulness 2 Tai Chi 3 Tai Chi 2	<b>23</b> 11 Tabata 11 Learn Bridge 12:30 Party Bridge	<b>24</b> 3 Walking Group	<b>25</b>
<b>26</b>	<b>27</b> CLOSED Memorial Day	<b>28</b> 10 Massage by appt. 11 Yoga 1 Strength Training 2 Table Tennis 2 Bingo	<b>29</b> 10 Jazzercise 12 Billiards 12:30 Euchre 12:30 Mah Jongg 1:30 Mindfulness 2 Tai Chi 3 Tai Chi 2	<b>30</b> 11 Reflexology by appointment 11 Learn Bridge 11 Tabata 12:30 Party Bridge	<b>31</b> 3 Walking Group	

# June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 10 Jazzercise 12 Billiards 12:30 Euchre 12:30 Hand Knee Foot 1 Embracing Aging 3 Walking Group	4 10 Massage by appt. 11 Yoga 1 Strength Training 2 Table Tennis 2 Bingo	5 10 Jazzercise 11 Advisory Board Meeting 12 Billiards 12:30 Euchre 12:30 Mah Jongg 1:30 Mindfulness 2 Tai Chi 3 Tai Chi 2 6 Concert Series	6 11 Reflexology by appointment 11 Tabata 12:30 Party Bridge	7 3 Walking Group	8
9	10  CLOSED  Chippewa Construction	11 10 Massage by appt. 11 Yoga 1 Strength Training 2 Table Tennis	12  CLOSED  Chippewa Construction	13 10:30 Mind Benders 11 Tabata 12:30 Party Bridge	14 11:30 Father's Day at BAD Brewing  SC - CLOSED Chippewa Construction	15
16	17 10 Jazzercise 11:30 Shoulder Pain 12 Billiards 12:30 Euchre 12:30 Hand Knee Foot 3 Walking Group	18  CLOSED  Chippewa Construction	19 10 Jazzercise 12 Billiards 12:30 Euchre 12:30 Mah Jongg 1:30 Mindfulness	20 5:30 DJ Bingo & BBQ  SC - CLOSED Chippewa Construction	21  CLOSED  Chippewa Construction	22
23	24 10 Jazzercise 11 Book Club 12 Billiards 12:30 Euchre 12:30 Hand Knee Foot 3 Walking Group	25 10 Massage by appt. 11 Yoga 1 Strength Training 2 Table Tennis	26 10 Jazzercise 12 Billiards 12:30 Euchre 12:30 Mah Jongg 1:30 Mindfulness 2 Tai Chi 3 Tai Chi 2	27 11 Reflexology by appointment 11 Tabata 12 Birthday Celebration 12:30 Bingo 12:30 Party Bridge	28 1 Friday Flicks 3 Walking Group	29
30						