

# MERIDIAN SENIOR CENTER

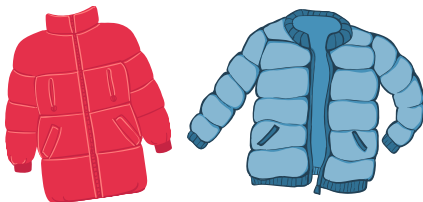
## NOVEMBER - DECEMBER 2023 NEWSLETTER



Each holiday season, the Meridian Senior Center, in coordination with the Human Services Specialist at Meridian Township, partner to help support residents in our community. You can do your part by providing monetary donations to the Senior Center for Holiday food baskets given to residents in need. Additionally, you can bring in your gently-used coats to be donated to the St. Lukes Coat Bank.

### **St. Lukes Coat Drive**

We will be collecting new or gently used coats (of any size) to be given to the St. Lukes Coat Bank. Please drop off your coat donation in the large white box located at the senior center by Wednesday, December 13th.



### **Holiday Food Baskets**

Food Baskets will be distributed to low-income households, mainly to families, seniors, and individuals with disabilities. Monetary donations for food baskets will be collected through December 13th. Once the donations have been received, food will be purchased and delivered. Please contact Cherie if you would like to help with purchasing or delivering these baskets.

**[Visit our webpage and Facebook!](#)**

[www.meridianseniorcenter.weebly.com](http://www.meridianseniorcenter.weebly.com)

[www.facebook.com/meridianseniorcenter](https://www.facebook.com/meridianseniorcenter)

(Phone) 517-706-5045

(Email) [meridianseniorcenter@gmail.com](mailto:meridianseniorcenter@gmail.com)

4000 Okemos Rd, Okemos MI 48864

# SENIOR CENTER NOTICES

## SENIOR CENTER CLOSINGS

- **November 3rd** – Closing at 12 noon
- **November 23rd – 24th**
  - Thanksgiving
- **December 25th – January 5th**
  - Winter Break
- **January 15th**
  - Martin Luther King, Jr. Day
- **February 16th – February 18th**
  - Presidents' Day
- **March 25th – March 29th**
  - Spring Break



## INCLEMENT WEATHER REMINDER

The Meridian Senior Center follows the Okemos Public Schools calendar for school closings with the exceptions of summer break. The Senior Center will be closed all major holidays and when Okemos Public Schools are cancelled due to inclement weather. Please be sure to check our Facebook page, or your local TV and radio stations before heading out in questionable weather.

We would also like to remind you to watch for ice and snow in the parking lot and on the sidewalks. Every effort will be made to have these areas removed of snow

## MEMBERSHIP RENEWAL

Due by January 26th, 2024. Application can be found on Page 12.

## 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.



## ADVISORY BOARD MEETINGS

Advisory Board Members needed. Meetings held first Wednesday of each month

- December 6th at 11am –12pm



## BECOME A VOLUNTEER

Information and sign up on Friday, January 19th

- **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.

- **Volunteer Coordinator**

**Objective:** Assist in recruitment, training and scheduling of volunteers for various senior center activities and events. Some previous experience preferred.

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](mailto:meridianseniorcenter@gmail.com)

## LIBRARY UPDATE FROM SUZANNE

For those of us avid readers who are always looking for a new book and/or a new author to read, well, we have good news for you...

Check out our refreshed and reorganized Senior Center Library and the newly dedicated bookcase just for new arrivals.

Remember, along with our extensive fiction books, we still have nonfiction books as well as a collection of large print books and books on CD.

The check-out and return process still remains the same – there is a check-out list on the clipboard on the round table and the return bin is still underneath the long table. Enjoy!!



# FITNESS CLASSES

## JAZZERCISE LO

Mondays and Wednesdays

10 am – 11 am

Cost varies each month.

Instructor: Mary D.



## INTERMEDIATE LINE DANCE WITH AARP

Wednesdays

12pm – 1pm

FREE

Join us for a virtual line dance class.

## YOGA

Tuesdays

November 7th – December 19th

11:30 – 12:30 pm

Cost \$70 Members / \$100 non members

Instructor: Piril A.



## WALKING GROUP

Fridays

10 am – 11 am

FREE

Inside the center, outside weather permitting



## TAI CHI FOR ARTHRITIS

Wednesdays

November 1st – December 20th

2:00 pm – 3:00 pm

FREE thanks to a grant from MSU

Instructor: Sheilah H., MSU Extension



## FITNESS ROOM

Fitness room is open Monday – Friday between 9:30 am and 3:30 pm. Equipment is FREE to use with your membership!

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



## \*NEW\* WALK WITH EASE

Wednesdays

3pm – 4pm

Beginning November 1st

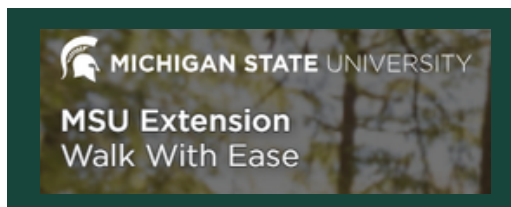
FREE

MSU Extension: Sheliah Hubert

Walk with Ease is a FREE six-week program developed by the Arthritis Foundation that can teach you how to safely make physical activity part of your everyday life by

- Reducing the pain and discomfort of arthritis
- Increasing balance, strength, and walking pace
- Building confidence in your ability to be physically active
- Improving overall health

Each one-hour session will have time for receiving health information, stretching, walking, and learning strategies to help tackle challenges that we all encounter when we're trying to maintain an exercise program. We will be walking together each session.



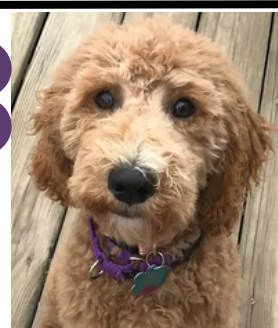
## \*NEW\* WALKING WITH THE WOLVES

Every other Wednesday

November 8th & 22nd, December 6th & 20th

3pm

Join our pack and Walk with the Wolves! Every other Wednesday, Chippewa Middle School students and Chip from the Okemos 'Woof Pack' will help motivate us to get moving, happiness and snuggles guaranteed!



# FITNESS CONTINUED

## **\*NEW\* FITNESS MACHINE WORKOUT GROUP**

Fridays

Group Size: 2 – 4 per time slot

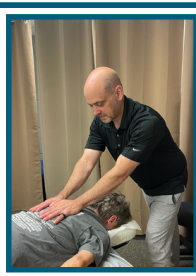
9:45am – 10:45am, 11am – 12 noon, 12:30pm – 1:30pm

FREE for members, \$5 non-members



Grab a buddy or two, and encourage and motivate one another to get moving and get fit. Working out in a group is a great way to strengthen your body and friendships. Friday exercise groups will be provided with upbeat fun music and refreshing flavored water.

## 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.



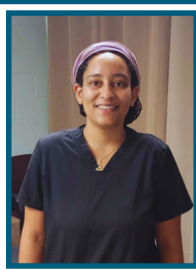
### **REIKI WITH JOAN**

30 minute appointments available Wednesdays 11:00 am – 3:00 pm

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

Provided by Joan T.

Joan has over 10 years of experience as a Reiki practitioner. She specializes in using Reiki, a healing touch and stress reduction technique to promote a greater level of well-being for older adults.



### **REFLEXOLOGY WITH ALYSSA C.**

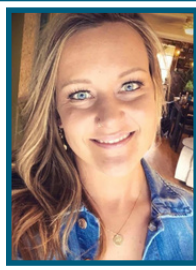
Thursdays

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.



### **MINDFULNESS WITH KELLE**

Friday

November 3rd and 17th, December 1st and 15th

11am – 12pm

Free for members – Donations always appreciated

Mindfulness can help us enjoy life more and understand ourselves better by learning to stay in the present moment. Helps reduce depression, improves sleep, lowers stress and can relieve anxiety.

# SPORTS & GAMES

## BILLIARDS

Monday & Wednesday 12pm - 3pm  
 Tuesday & Thursday 1pm - 4pm

## TABLE TENNIS

Monday and Thursday  
 1pm - 4pm

## LADIES BILLIARDS

Monday & Wednesday 11am - 12 noon

## LADIES TABLE TENNIS

Monday  
 10 am - 12 noon



# GAMES

## Euchre

Monday 12pm - 3pm  
 Wednesday 12pm - 3pm

## Hand Knee & Foot

Monday 1pm - 4pm

## Open Games

Tuesday 1:30pm - 3:30pm

## Mah Jongg

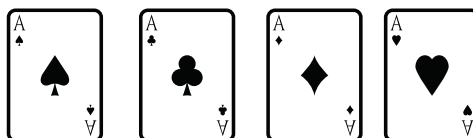
Wednesday 1pm - 4pm

## Party Bridge

Thursday 1pm - 4pm

## Bingo

Tuesday 12:30 - 1:30pm  
 November 28th  
 December 5th



# ON THE ROAD & OUT TO LUNCH BUNCH

## ART UNLIMITED

Glass fused ornaments

Friday, November 10th at 1 pm

4692 Okemos Rd, Okemos, MI 48864

Registration deadline Monday, November 6th

Cost: \$15 per ornament



## MEAT BBQ AND OLD TOWN SHOPPING

Friday, November 17th at 11:30 am

1224 Turner Rd, Lansing, MI 48906

Registration deadline November 14th

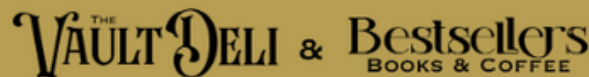


## THE VAULT DELI & BESTSELLERS BOOKSTORE DOWNTOWN MASON SHOPPING EXPERIENCE

Friday, December 8th at 11:30 am

360 S. Jefferson St. Mason, MI 48854

Registration deadline December 5th



## WINE & CANVAS

Friday, December 15th at 1 pm

580 Frandor Ave, Lansing, MI 48912

Cost \$40 pp for 16X20 Canvas

Registration and payment due by December 8th



# NOVEMBER/DECEMBER PROGRAMS

## ANYONE CAN PAINT

First Tuesday of the month  
November 7th and December 5th  
9:30 am

Cost: \$30 per session

Prepayment and preregistration required no later than Friday, November 3rd.

November painting: Path to a lake with grasses & trees

December painting: Christmas ornament



## MAKE AND TAKE TUESDAY



Tuesday, November 7th  
12:30 pm  
Pressed Flower Lantern  
Cost \$5 pp



Tuesday, November 21st  
12:30 pm  
Macramé Christmas Tree  
Ornament  
Cost \$5 pp



Tuesday, December 12th  
12:30 pm  
Winter Soup in a Jar  
Cost \$5 pp

## LUNCH & LEARN: THE RIGHT TIME TO THINK ABOUT HOME CARE

Tuesday, November 14th  
12 noon

Sponsored and Presented by:  
Dawn Samuels, Dawns Early Light Home  
Care Services

Registration required by Wednesday,  
November 8th

When deciding on the right TIME to THINK about Private Duty Home Care Services, for yourself or a loved one. It is important to understand that minimum help may be needed at the time of considering getting care in place.

We will discuss different options of care in the home which allows individuals to age in place.



## MIND BENDERS

Second Thursday of each month  
November 9th and December 14th  
10:30 am

Lead by: Eric S. Okemos Librarian  
Class offered via Zoom



## BOOK CLUB WITH CADL

Monday, November 27th  
11 am

Book TBD

Author

No book club in December



## LUNCH & LEARN: SENIOR LIVING OPTIONS

Thursday, November 16th  
12 noon

Presented by: Olivia Santioni, Brookdale  
Meridian

Registration required by November 10th

Looking to plan for the future? Or maybe you began looking at senior living communities and the options are a bit overwhelming? This conversation will cover the differences and similarities between Independent Living, Assisted Living, Memory Care, and Skilled Nursing. We will talk about the care provided at each level, what is or is not covered by insurance, typical cost structures you might expect, and other amenities found at the different types of communities. The goal of this conversation is that you can feel prepared.



# NOVEMBER/DECEMBER PROGRAMS

## VETERANS BREAKFAST

Friday, November 10th

9 am

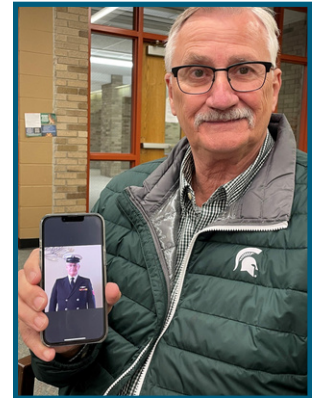
Cracker Barrel – 2285 Woodlake Drive

Okemos, MI 48864

FREE for Veterans, all others will pay on their own.

Registration required by November 6th

All are welcome to join us in honoring our members who are Veterans with breakfast, recognition ceremony, pinning and “Planning Your Legacy” resource sharing presentation. Co-Sponsored by McLaren Hospice.



## ALZHEIMER'S ASSOCIATION

Thursday, November 30th

1 pm

Presented by: Nicole H., Alzheimer's Association Program Manager

Pre Registration required by November 27th

A diagnosis of Alzheimer's disease is life-changing and leads to many questions. You will hear from others who have been where you are. You'll learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.



## BRIEF PRACTICES IN MINDFULNESS

Tuesday, December 5th

11 am

Presenter: Abigail Cudney, Health Educator with MSU Extension

This workshop is to establish an understanding of mindfulness and its benefits, and to give participants a variety of mindfulness practices to use every day. Experience several mindful practices – including mindful breathing, grounding, ways to quiet your mind, a seated guided meditation, and more. We will finish the workshop helping you develop a plan for your own personal practice.

## ESSENTIAL OIL MAKE & TAKE

Thursday, December 7th

11 am

Lead by: Olivia Santioni, Brookdale Meridian

Registration required by December 1st

Sit down with Olivia Santioni, Level One Certified Aromatherapist through the Aroma Essence Institute. Learn a brief history of Essential Oils, how they are distilled, ways to use them, and how to know that you have found a quality oil. Come up with your own personal blend of oils and make a rollerball to take home.



## DAUDI & KROLL WORKSHOP UNLOCKING A PEACE OF MIND

December 7th, 14th, & 21st

1pm

Presented by Amanda Frost, Attorney at Law Daudi & Kroll, P.C.

Join Amanda Frost, for a 3 segment Workshop. Topics to be discussed include; Navigating Trusts, Wills, Powers of Attorney, and Probate with Confidence.



DAUDI & KROLL, P.C.

## NOVEMBER & DECEMBER BIRTHDAY CELEBRATION

Thursday, December 21st

12 noon

Cost \$7 – Free for Nov. & Dec Birthdays  
Lunch, Desert & Bingo





# NOVEMBER/DECEMBER PROGRAMS CONT.

## WINTER HOLIDAY LUNCHEON WITH HASLETT OKEMOS ROTARY

Tuesday, December 19th

12 noon

Cost \$7 pp

Registration required by December 12th

Enjoy a delicious catered meal and musical entertainment from the Chippewa Middle School Choir.

Happy  
holidays



## WINTER WHITE ELEPHANT GIFT EXCHANGE

Tuesday, December 19th

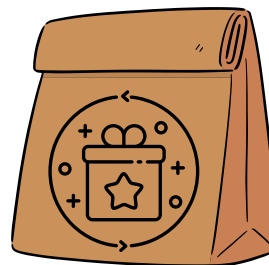
2 pm

Please be sure to bring a gift in a large Meijer brown paper bag.

No name or tags on the bag.

Gifts should be between \$10 - \$15.

Registration required by December 14th



# VIRTUAL CLASSROOM OFFERINGS

## INTERMEDIATE LINE DANCE

Wednesdays

November 1st - December 20th

12pm - 1pm

FREE



## ARTIFICIAL INTELLIGENCE: THE IMPACT ON PEOPLE'S LIFE

Wednesday

November 1st

10am

FREE



Information on Artificial Intelligence. Know its impact and gain knowledge.

## OPTIMAL BRAIN HEALTH TO MINIMIZE DEMENTIA

Monday

November 6th

10am

Did you know there are many things things you can do to improve brain health? Learn the differences between dementia and Alzheimer's, understand risk factors, and learn optimal brain health foods.



## GET MOVING BY LINE DANCING THE HUSTLE

Thursdays

November 2nd - December 21st

11am - 12 noon

FREE

This is for anyone who wants to get moving in a gentle, fun way. No dance experience needed. They'll review simple steps and put on some music to get you going.



## TECH TUESDAY WITH FRED & CARL

Tuesdays

November 7th, 14th, 21st, & 28th

December 5th, & 12th

2pm

FREE



## THE NEWS & WORRYING ABOUT WHAT TO BELIEVE

Thursday

November 9th

1pm

FREE



# 2023 NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 10 Jazzercise 10 Artificial Intelligence 11 Ladies Billiards 12 Billiards 12 Euchre 12 Line Dance 1 Mah Jongg 2 Tai Chi 3 Walk with Ease	<b>2</b> 10 Reflexology by appointment 11 Beginner Line Dance 1 Table Tennis 1 Billiards 1 Party Bridge	<b>3</b> Open 9am - 12 noon 10 walking group 11 Mindfulness	<b>4</b>
<b>5</b>	<b>6</b> 10 Jazzercise 10 Ladies TT 10 Optimal Brain Health to min. dementia 11 Ladies Billiards 12 Euchre 12 Billiards 1 Table Tennis 1 Hand Knee Foot	<b>7</b> 9:30 Anyone Can Paint 10 Massage appt. 11:30 Yoga 12:30 Make and Take 1 Billiards 1:30 Open Games 2 Tech Tuesday	<b>8</b> 10 Jazzercise 11 Reiki 11 Ladies Billiards 12 Billiards 12 Euchre 12 Line Dance 1 Mah Jongg 2 Tai Chi 3 Walk With Ease 3 Walk w/ Wolves	<b>9</b> 10 Reflexology by appointment 10:3 Mind Benders 11 Beginner Line Dance 1 The News & worrying about what to believe 1 Table Tennis 1 Billiards 1 Party Bridge	<b>10</b> 9 Veterans Breakfast 10 Walking Group Workout Group 1 Art Unlimited	<b>11</b>
<b>12</b>	<b>13</b> 10 Jazzercise 10 Ladies TT 11 Ladies Billiards 12 Euchre 12 Billiards 1 Table Tennis 1 Hand Knee Foot	<b>14</b> 10 Massage appt. 11:30 Yoga 12 Lunch & Learn 1 Billiards 1:30 Open Games 2 Tech Tuesday	<b>15</b> 10 Jazzercise 11 Reiki 11 Ladies Billiards 12 Billiards 12 Euchre 12 Line Dance 1 Mah Jongg 2 Tai Chi 3 Walk with Ease	<b>16</b> 10 Reflexology by appointment 11 Beginner Line Dance 12 Lunch & Learn 1 Table Tennis 1 Billiards 1 Party Bridge	<b>17</b> 10 Walking Group Workout Group 11 Mindfulness 11:30 Meat BBQ & Old Town Shopping	<b>18</b>
<b>19</b>	<b>20</b> 10 Jazzercise 10 Ladies TT 11 Ladies Billiards 12 Euchre 12 Billiards 1 Table Tennis 1 Hand Knee Foot	<b>21</b> 10 Massage appt. 11:30 Yoga 12:30 Make and Take 1 Billiards 1:30 Open Games 2 Tech Tuesday	<b>22</b> 10 Jazzercise 11 Reiki 11 Ladies Billiards 12 Billiards 12 Euchre 12 Line Dance 1 Mah Jongg 2 Tai Chi 3 Walk with Ease 3 Walk w/Wolves	<b>Closed for Thanksgiving</b>		<b>25</b>
<b>26</b>	<b>27</b> 10 Jazzercise 10 Ladies TT 11 Book Club 11 Ladies Billiards 12 Euchre 12 Billiards 1 Table Tennis 1 Hand Knee Foot	<b>28</b> 10 Massage appt. 11:30 Yoga 12:30 Bingo 1 Billiards 1:30 Open Games 2 Tech Tuesday	<b>29</b> 10 Jazzercise 11 Reiki 11 Ladies Billiards 12 Billiards 12 Euchre 12 Line Dance 1 Mah Jongg 2 Tai Chi 3 Walk with Ease	<b>30</b> 10 Reflexology by appointment 11 Beg. Line Dance 1 Alzheimer's Association Pres. 1 Table Tennis 1 Billiards 1 Party Bridge		

# 2023 DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10 Walking Group 11 Mindfulness Workout Group	2
3	4 10 Jazzercise 10 Ladies TT 11 Ladies Billiards 12 Euchre 12 Billiards 1 Table Tennis 1 Hand Knee Foot	5 9:30 Anyone Can Paint 10 Massage appt. 11 Brief Practices in Mindfulness 11:30 Yoga 12:30 Bingo 1 Billiards 1:30 Open Games 2 Tech Tuesday	6 10 Jazzercise 11 Adv. Board Mtg. 11 Ladies Billiards 12 Billiards 12 Euchre 12 Line Dance 1 Mah Jongg 2 Tai Chi 3 Walk with Ease 3 Walk w/Wolves	7 10 Reflexology by appointment 11 Essential Oil Make & Take 1 Daudi & Kroll 1 Table Tennis 1 Billiards 1 Party Bridge	8 10 Walking Group Workout Group 11:30 The Vault Deli & Shopping	9
10	11 10 Jazzercise 10 Ladies TT 11 Ladies Billiards 12 Euchre 12 Billiards 1 Table Tennis 1 Hand Knee Foot	12 10 Massage appt. 11:30 Yoga 12:30 Make and Take 1 Billiards 1:30 Open Games 2 Tech Tuesday	13 10 Jazzercise 11 Reiki 11 Ladies Billiards 12 Billiards 12 Euchre 12 Line Dance 1 Mah Jongg 2 Tai Chi 3 Walk with Ease	14 10 Reflexology by appointment 10:30 Mind Benders 1 Daudi & Kroll 1 Table Tennis 1 Billiards 1 Party Bridge	15 10 Walking Group 11 Mindfulness Workout Group 1 Wine & Canvas	16
17	18 10 Jazzercise 10 Ladies TT 11 Ladies Billiards 12 Euchre 12 Billiards 1 Table Tennis 1 Hand Knee Foot	19 10 Massage appt. 11:30 Yoga 12 Winter Holiday Luncheon 1 Billiards 2 Old Wilbur Live Show 3:15 White Elephant gift exchange	20 10 Jazzercise 11 Reiki 11 Ladies Billiards 12 Billiards 12 Euchre 12 Line Dance 1 Mah Jongg 2 Tai Chi 3 Walk with Ease 3 Walk w/ Wolves	21 10 Reflexology by appointment 12 Birthday Celebration 1 Table Tennis 1 Daudi & Kroll 1 Billiards 1 Party Bridge	22 10 Walking Group Workout Group	23
24	25	26	27	28	29	30

**Closed for Winter Break**

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# Meridian Senior Center 2024 Membership Renewal



Member Name(s) \_\_\_\_\_ / \_\_\_\_\_

- Renewing membership as an individual
- Renewing membership as a couple
- Do you have any changes to your address, phone number, or email address?  
If yes, please provide below:

Address \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone (\_\_\_\_) \_\_\_\_\_ Alternate Phone (\_\_\_\_) \_\_\_\_\_  
 Email (please print clearly) \_\_\_\_\_

### In Case of Emergency

Contact Name \_\_\_\_\_  
 Relationship \_\_\_\_\_ Phone # \_\_\_\_\_

Would you like to make a tax deductible donation to the Meridian Senior Center?  
 Yes \_\_\_\_\_ Amount: \$ \_\_\_\_\_ No \_\_\_\_\_

**I have read and understand the code of conduct, safety and security protocol and notice of participation of the Meridian Senior Center. **\*\*This form must be signed and dated in order for this application to be valid.****

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Membership Pricing for 2024

*Resident: Meridian Township Resident    Non Resident: Lives outside of Meridian Township*

<b>Resident --</b>	<b>\$25.00 (Single)</b>	<b>\$35.00 (Couple)</b>
<b>Non Resident--</b>	<b>\$35.00 (Single)</b>	<b>\$45.00 (Couple)</b>

*Make Checks Payable to: Meridian Senior Center 4000 Okemos Rd. Okemos, MI 48864*

How would you like to receive your Newsletter? Mail \_\_\_\_\_ Email \_\_\_\_\_

Please list types of medical conditions you think we should be aware of or medications you are taking:  
 \_\_\_\_\_  
 \_\_\_\_\_

### Allergies:

Drug \_\_\_\_\_ Food \_\_\_\_\_ Other \_\_\_\_\_

Would you be interested in Volunteering? \_\_\_\_ Yes \_\_\_\_ No      Are you a Veteran \_\_\_\_ Yes \_\_\_\_ No

### For Office Use Only

Date \_\_\_\_\_ Processed by \_\_\_\_\_ Key tag # \_\_\_\_\_ Amount Paid \$ \_\_\_\_\_  
 MySC \_\_\_\_\_ RecPro \_\_\_\_\_

## NOTICE OF PARTICIPATION

This notice is to inform participants that 911 will be called for perceived medical emergencies. In such an occurrence senior center staff, volunteers or representatives are released from all liability. This falls under the good Samaritan act.

As part of the public programs at the center, pictures and videos are taken to be used for promotion of the center's activities.

### Waiver

*In consideration of your accepting my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I may have against Meridian Senior Center, Meridian Township Parks and Recreation Dept., Okemos Public Schools., and its representatives, successors and assigns for any and all injuries suffered by myself at any activity sponsored by these groups. I understand that I am encouraged to maintain proper insurance coverage for myself during the duration of my participation and specified activities with this Department. I do hereby certify all the above information to be correct and true.*

I have read and understand the code of conduct, safety and security protocol and notice of participation of the Meridian Senior Center. \*\*This form is signed and dated at the bottom of my application in order for this application to be valid.

## CODE OF CONDUCT

The Meridian Senior Center in Okemos, MI is a community based organization dedicated to improving the lives of older adults in our community. It is important that members, volunteers, guests and staff avoid behavior that infringes on the rights, welfare and enjoyment of others. Participation in the organization's programs is dependent on the observance of the Center's rules and procedures. The activities outlined below are strictly prohibited. Any participant, volunteer or guest who violates this code is subject to censure, up to and including removal from the program.

- Discourtesy, actual or threatened violence, harassment, abusive language or bullying.
- Unauthorized materials such as explosives, firearms, weapons or other similar items.
- Attending activities at the Senior Center while under the influence of drugs or alcohol.
- Conduct endangering the life, safety, health or well-being of others.
- Abuse of the Center or its contents, including littering, misuse, theft or abuse of the building, equipment or supplies.
- Violation of any federal, state, school, township or county laws and ordinances.
- Failure to follow School/Center emergency procedures and drills. Failure to follow any agency or school policy or procedure.

The Advisory Board and designated volunteer members will assist the staff in enforcing this code of conduct.

\*\*Okemos Public Schools has a Zero Tolerance policy for drugs, alcohol, and weapons.

### CORRECTION STEPS

1. First offense: a documented verbal warning
  - a. Meet with participants to discuss conduct policy.
  - b. Discuss inappropriate behavior and the violation that occurred.
  - c. Advise the participant that continued inappropriate behavior may result in suspension from programs.
  - d. Make a record of the incident, and provide a copy to the participant.
  - e. Record to be kept for two full calendar years
2. Second offense: a documented written warning
  - a. Meet with participants to discuss violation(s).
  - b. Make a record of the incident, and provide a copy to the participant.
  - c. Issue suspension to participants for up to five days of program operations. (Not counting weekends, holidays or other days the center is closed).
  - d. Length of suspension to be determined by staff and advisory board members.
  - e. Record to be kept on file for four full calendar years.
3. Incidents of imminent danger
  - a. Handle imminent danger to persons or property as a police matter.
  - b. When appropriate, call 911 (8-911) to protect the safety of participants and staff at the Center.
  - c. To be kept on file indefinitely

# Meridian Senior Center Program Evaluation & Survey

We are seeking feedback about 2023 programs from our valued members. Your input is very important for future planning and program offerings in the new year. If you could take a moment to share your thoughts, it would be greatly appreciated!

You can access the survey by scanning the QR code below with your cell phone, or copying the web address into your browser. Hard copies will be available at the senior center and can be mailed upon request. Thank you!

SCAN  
ME



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