

MERIDIAN SENIOR CENTER

SEPTEMBER - OCTOBER 2023 NEWSLETTER

Advisory Board

President:
Peg Frisch

Vice President:
Ralph Frisch

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

Board Members:
Julie Seymour
Jean McDonald

September is National Senior Center Month

National Senior Center Month is celebrated every year in September as recognized by the National Council on Aging. It is an opportunity to celebrate Senior Centers and the incredible work we do enriching and extending the lives of older adults. The theme for 2023 is "**Discover Yours**" Discover new hobbies, Discover new friendship or rekindle old ones, Discover health and wellness, discover purpose and creativity. Senior Centers add so much value to the communities and the people they serve.

Thank you for being a member and supporting your senior center. September is a great time to invite friends to check us out for the first time. For the month of September all NEW membership fee's will be waived.

fun



"Thanks again for everything you guys do to make it a fun, friendly atmosphere"

wellness



"I've added the new Reflexology service to my weekly Massage and they compliment each other beautifully"

hobbies



"I am so glad I found this place. I love the people and love to play Euchre. It's just a wonderful place"

friends



"It's so nice to have somebody to have fun with"

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

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.



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

- **September 1st – 4th**
 - Labor Day
- **November 23 –24**
 - Thanksgiving Holiday
- **December 22– January 5th**
 - Holiday Break



ADVISORY BOARD MEETINGS

First Wednesday of each month

- **September 6th at 11am**
- **October 4th at 11am**
- **November 1st at 11am**
- **December 6th at 11am**



BOOK DONATIONS

We are now accepting newer or gently used books to update our library. If you have any well cared for books that you'd like to donate, we would love to add them to our shelves for members' to check out.



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 Coordinator**

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



FITNESS CLASSES

JAZZERCISE LO

Mondays and Wednesdays

10 am - 11 am

Cost varies each month see Instructor.

Instructor: Mary D.



YOGA

Tuesday

September 5th - October 31st

11:30 - 12:30 pm

Cost \$90 Members / \$130 non members

Drop in: \$12 members

Instructor: Piril A.



TAI CHI FOR ARTHRITIS

Wednesday

September 6th - October 25th

2:00 pm - 3:00 pm

FREE thanks to a grant from MSU

Instructor: Sheilah H., MSU Extension

No class 9/27 & 10/11



LINE DANCE ON ZOOM AT MERIDIAN SENIOR CENTER

Wednesday

12pm - 1pm

FREE Zia Zoom

Join us for a virtual line dance class. No experience or boots needed!



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.



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.



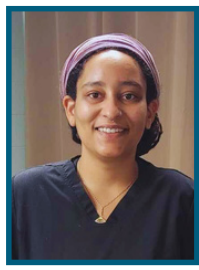
REIKI WITH JOAN

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.

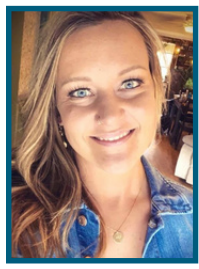
Thursdays

15 Minute appointments available

10am – 12 noon

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

Welcome our new Reflexologist, Alyssa! Reflexology is a type of therapy that uses gentle pressure on specific points along your hands and feet for stress relief and relaxation.



NEW! MINDFULNESS WITH KELLE

Every other Friday from 11am – 12 noon

Beginning Friday, September 15th

Donations appreciated

Welcome, Kelle S. LPC! Join her every other Friday for guided Mindfulness. Mindfulness can help us enjoy life more and understand ourselves better by learning to stay in the present moment. It helps reduce depression, improve sleep, lower stress, and relieve anxiety.

SPORTS & GAMES

BILLIARDS

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

BILLIARDS TUTORIALS WITH JACK & MARK

Wednesdays
 11am – 12pm

LADIES BILLIARDS

Monday 11am – 12 noon – Now

Beginning September 15th – Every other Friday 10am – 12pm

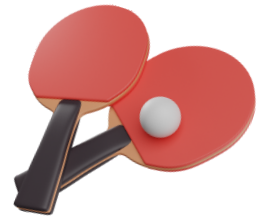


TABLE TENNIS

Monday and Thursday
 1pm – 4pm

LADIES TABLE TENNIS

Monday
 10 am – 12 noon



Monday

Euchre
 12pm – 3pm

Hand Knee & Foot
 1pm – 4pm

Tuesday

Open Games
 1:30pm – 4pm

- Bunco
- Cribbage
- Chess & more

Wednesday

Euchre
 12pm – 3pm

Mah Jongg
 1pm – 4pm

Thursday

Party Bridge
 1pm – 4pm



ON THE ROAD & OUT TO LUNCH BUNCH

MERIDIAN TOWNSHIP MARKETPLACE ON THE GREEN

Wednesday, September 6th at 3pm

1995 Central Park Drive, Okemos

Meet up with other fellow Senior Center members and staff for a late lunch/early dinner at one of the food trucks, shop local market goods and enjoy live music with Joe Wright (country cover artist)



WILLIAMSTON: LUNCH & SHOPPING

Friday, September 22nd

11:30am Jose's Cuban Sandwich & Deli

725 W Grand River Ave Suite 3, Williamston 48895

12:45pm Antique Market of Williamston

2991 N Williamston Road, Williamston 48895

Registration deadline is Tuesday, September 19th



CHARLOTTE: THE COUNTRY MILL

Friday, October 20th

Time: TBD

Cost: \$20 include bus transportation, entrance fee & tour.

4648 Otto Road, Charlotte 48813

Registration deadline Friday, October 13th



SEPTEMBER/OCTOBER PROGRAMS

ANYONE CAN PAINT

Tuesday

September 5th & October 3rd

9:30am

Cost: \$30 per session



FRIENDS OF HISTORIC MERIDIAN: SPEAKER SERIES

Wednesday, September 6th

10am

"How Outlaws Shaped America's West"

Presented by: Michael Mumaugh FHM

Board Member

Location: In the Village Chapel at Meridian

Historical Village

5151 Marsh Road, Okemos



BYOBL & ACTIVITY

BRING YOUR OWN LUNCH

Tuesdays

12 noon

Cost: \$5

September 5th: Make your own Autumn glass tumbler

September 19th: Purse & Jewelry Bingo

October 10th: DIY 'Book Pumpkin' Craft

October 24th: Mummy candy jar



SEPTEMBER/OCTOBER PROGRAMS CONT.

BASIC SIGN LANGUAGE WITH JENISE

Mondays

September 11 - 25th

1pm

Registration required



IMPROV CLASS

Friday, September 8th

1pm

Lead by: Dana Blaszkowski,
Director Stockbridge Area Senior
Center

Registration deadline Monday, Sept. 4th

Improv is spontaneous and made up on the spot. It relies on active listening, being in the moment and building on other's ideas. It improves communication skills and helps invigorate imagination. No experience necessary, just bring your open mind and sense of fun. Be prepared for lots of laughter!

LUNCH & LEARN - FALL PREVENTION

Thursday

September 14th / 12 noon

Registration deadline Sept. 8th

NATIONAL SENIOR CENTER MONTH: HEALTH & WELLNESS DAY

Thursday, September 21st

9am - 11am

Blood pressure checks, hearing screenings, memory screenings, medication Brown Bag, representatives from Meridian Township Human Services, Meridian Cares, Five Wishes, Alzheimer's Support Group, Fall risk assessments, Virtual dementia tour, Grief Support, healthy snacks & beverages.



BOOK CLUB WITH CADL

Fourth Monday of every month

11am

September 25th:

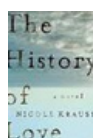
West With Giraffes by Lynda Rutledge



West With Giraffes explores what it means to be changed by the grace of animals, the kindness of strangers, the passing of time, and a story told before it's too late.

October 23rd:

History of Love by Nicole Krauss



A long-lost book reappears, mysteriously connecting an old man searching for his son and a girl seeking a cure for her widowed mother's loneliness.

LUNCH & LEARN: MID MICHIGAN MEDICARE

Tuesday, September 26th

12 noon

Presented by: David A Deaton of Mid Michigan Medicare

Registration deadline Sept. 20th

Understanding Medicare and Medicare plans better. Teaching you how to find local help when you need it. Address all the TV commercials, phone calls and mail and how to get the best help and avoid getting scammed.

MIND BENDERS WITH CADL

Thursday

September 14th & October 12th

10:30am

Zoom link will be emailed prior to event



SEPTEMBER/OCTOBER PROGRAMS CONT.

NATIONAL SENIOR CENTER MONTH: OPEN HOUSE

Wednesday, September 27th
10:30am – 12 noon



This event is open to the public! Community members are invited to stop by and see what the senior center offers and meet many of the amazing members. We are seeking current members to join staff at this event, to share their experiences, answer questions, provide tours, and participate together. Give us a call if you are interested in volunteering your time for this event.

LUNCH & BINGO WITH THE WILLOWS

Thursday, September 28th
12 noon

Bingo immediately following
Cost: \$5 pp

Registration deadline Monday Sept. 25th

REMINISCING THE 1950'S

Thursday, September 28th
1:30pm

FRIENDS OF HISTORIC MERIDIAN: SPEAKER SERIES

Wednesday, October 4th
10am

"Historic Fashions"

Presented by: Sally G. retired MSU
Professor

Location: In the Village Chapel at Meridian
Historical Village
5151 Marsh Road, Okemos



EMERGENCY PREPAREDNESS WITH MERIDIAN FIRE

Tuesday, October 10th
1pm



Registration deadline Thursday Oct., 5th

SEPTEMBER/OCTOBER BIRTHDAY CELEBRATION

Thursday, October 26th
12 noon

Bingo immediately following

Cost: \$7 // FREE for Sept. or Oct. B-Days
Registration deadline Friday, Oct. 20th



HALLOWEEN LUNCHEON & PARTY

Tuesday, October 31st
12 noon

Sponsored by Brookdale Meridian
Cost: \$7 pp

Includes: Lunch, caramel apple bar, live
entertainment.

Prizes for most creative costume, most
creative carved pumpkin, best dance
moves, and more!



VIRTUAL LEARNING EVENTS

Thursdays

Time: TBD

Join us here on Thursdays for Virtual
Learning with AARP and Senior Planet.
FREE interactive, educational programs
designed for learning, self improvement
and fun! Stayed tuned for programs and
descriptions in our weekly E-blast and at
the center.



SENIOR PLANET
FROM AARP

THANK YOU TO OUR DJ BINGO & BBQ SPONSORS!



DAUDI & KROLL, P.C.



2023 SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 CLOSED	2
3	4 CLOSED Labor Day	5 9:30 Anyone Can Paint 10 Massage appt. 11:30 Yoga 1 Billiards 1:30 Open Games	6 11 Adv. Board Mtg. 10 Jazzercise 11 Billiards 12 Euchre 12 Line Dance Zoom 1 Mah Jongg 2 Tai Chi 3 Farmers Market	7 10 Reflexology by appointment 1 Table Tennis 1 Billiards 1 Party Bridge	8 10 Walking Group 1 Improv Class	9
10	11 10 Jazzercise 10 Ladies TT 11 Ladies Billiards 12 Euchre 12 Open Billiards 1 Table Tennis 1 Hand Knee Foot 1 Basic ASL	12 10 Massage appt. 11:30 Yoga 1 Billiards 1:30 Open Games	13 10 Jazzercise 11 Billiard Tutorial 11 Reiki by appt 12 Billiards 12 Euchre 12 Line Dance Zoom 1 Mah Jongg 2 Tai Chi	14 10 Reflexology by appointment 10:30 Mind Benders 12 Lunch & Learn Fall Prevention 1 Table Tennis 1 Billiards 1 Party Bridge	15 10 Walking Group 10 Ladies Billiards 11 Mindfulness with Kelle	16
17	18 10 Jazzercise 10 Ladies TT 11 Ladies Billiards 12 Euchre 12 Open Billiards 1 Table Tennis 1 Hand Knee Foot 1 Basic ASL	19 10 Massage appt. 11:30 Yoga 1 Billiards 1:30 Open Games	20 10 Jazzercise 11 Billiard Tutorial 11 Reiki by appt 12 Billiards 12 Euchre 12 Line Dance Zoom 1 Mah Jongg 2 Tai Chi	21 9 Health & Wellness Day 10 Reflexology by appointments 1 Table Tennis 1 Billiards 1 Party Bridge	22 10 Walking Group 11:30 Jose's Cuban Sandwich Market 12:45 Antique Market 5:30 Euchre Tournament	23
24	25 10 Jazzercise 10 Ladies TT 11 Ladies Billiards 12 Euchre 11 Book Club 12 Open Billiards 1 Table Tennis 1 Hand Knee Foot 1 Basic ASL	26 10 Massage appt. 11:30 Yoga 12 Lunch & Learn 1 Billiards 1:30 Open Games	27 10 Jazzercise 10:30 Open House 11 Billiard tutorial 11 Reiki by appt 12 Billiards 12 Euchre 12 Line Dance Zoom 1 Mah Jongg 2 Tai Chi	28 10 Reflexology by appointments 12 Lunch 12:30 Bingo 1 Table Tennis 1 Billiards 1 Party Bridge 1:30 Reminiscing	29 10 Walking Group 10 Ladies Billiards 11 Mindfulness with Kelle	30

2023 OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 10 Jazzercise 10 Ladies TT 11 Ladies Billiards 12 Euchre 12 Open Billiards 1 Table Tennis 1 Hand Knee Foot	3 9:30 Anyone Can Paint 10 Massage appt. 1 Billiards 11:30 Yoga 1:30 Open Games	4 10 Jazzercise 11 Adv. Board Mtg. 11 Billiard Tutorial 12 Billiards 12 Euchre 12 Line Dance Zoom 1 Mah Jongg 2 Tai Chi	5 10 Reflexology by appointments 1 Table Tennis 1 Billiards 1 Party Bridge	6 10 Walking Group	7
8	9 10 Jazzercise 10 Ladies TT 11 Ladies Billiards 12 Euchre 12 Open Billiards 1 Table Tennis 1 Hand Knee Foot	10 10 Massage appt. 11:30 Yoga 1 Billiards 1 Emergency Preparedness 1:30 Open Games	11 10 Jazzercise 11 Billiard Tutorial 11 Reiki by appt 12 Billiards 12 Euchre 12 Line Dance Zoom 1 Mah Jongg 2 Tai Chi	12 10 Reflexology by appointments 10:30 Mind Benders 1 Table Tennis 1 Billiards 1 Party Bridge	13 10 Walking Group 10 Ladies Billiards 11 Mindfulness with Kelle	14
15	16 10 Jazzercise 10 Ladies TT 11 Ladies Billiards 12 Euchre 12 Open Billiards 1 Table Tennis 1 Hand Knee Foot	17 10 Massage appt. 11:30 Yoga 1 Billiards 1:30 Open Games	18 10 Jazzercise 11 Billiard Tutorial 11 Reiki by appt 12 Billiards 12 Euchre 12 Line Dance Zoom 1 Mah Jongg 2 Tai Chi	19 10 Reflexology by appointments 1 Table Tennis 1 Billiards 1 Party Bridge	20 10 Walking Group	21
22	23 10 Jazzercise 10 Ladies TT 11 Ladies Billiards 11 Book Club 12 Euchre 12 Open Billiards 1 Table Tennis 1 Hand Knee Foot	24 10 Massage appt. 11:30 Yoga 1 Billiards 1:30 Open Games	25 10 Jazzercise 11 Billiard Tutorial 11 Reiki by appt 12 Billiards 12 Euchre 12 Line Dance Zoom 1 Mah Jongg 2 Tai Chi	26 10 Reflexology by appointments 12 BDay Luncheon 12:30 Bingo 1 Table Tennis 1 Billiards 1 Party Bridge	27 10 Walking Group 10 Ladies Billiards 11 Mindfulness with Kelle 12:30 The Country Mill	28
29	30 10 Jazzercise 10 Ladies TT 11 Ladies Billiards 12 Euchre 12 Open Billiards 1 Table Tennis 1 Hand Knee Foot	31 10 Massage appt. 11:30 Yoga 12 Halloween Party 1 Billiards 1:30 Open Games				

Events for National Senior Center Month

Senior Center Month: Health & Wellness Day

Thursday, September 21st

9am - 11am

Blood pressure checks, Hearing screenings, Memory screenings, Medication Brown Bag, Representatives from Meridian Township Human Services, Meridian Cares, Five Wishes, Alzheimer's Support Group, Grief Support Group, Virtual Dementia Tour, Fall risk assessments.



Senior Center Month: Open House

Wednesday, September 27th

10:30am - 12 noon

This event is open to the public. Community members are invited to stop by and see what all the Meridian Senior Center offers and meet with the amazing people who attend. We are seeking asking current members to join staff in sharing their experiences, answer questions, provide tours and invite them to participate.

