

# MERIDIAN SENIOR CENTER

## MARCH - APRIL 2023 NEWSLETTER

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"Bless you Boys"

#### UPCOMING

*Visit our webpage and Facebook!*

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

### BRIDGES

Are you looking for opportunities to build connections with tomorrow's leaders? Meridian Senior Center members have a unique opportunity to engage and inspire some of Chippewa Middle school students. Members and students will be meeting twice a month from 3-4:15pm. Come "Bridge" our generations together through fun and meaningful activities that have been planned and coordinated by these dynamic students. These activities will include Billiards, crocheting, games, gardening, planting, music, and more with an end of the year party in May.



### TABLE TENNIS TOURNAMENT

Join us on March 10th at 5:30pm for our first Table Tennis Tournament!

An Okemos High School student is leading the formation of a new Table Tennis Club for students! They reached out to the Senior Center to host a fundraiser to help raise funds for the purchase of their table.

Everyone is welcome. Monetary donations accepted through Marth 10th.



(Phone)517-706-5045

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

4000 Okemos Rd, Okemos MI 48864

# SENIOR CENTER NOTICES

## INCLEMENT WEATHER REMINDER

The Meridian Senior Center follows the Okemos Public Schools Calendar (With the exceptions of Summer break). We are closed major holidays and when Okemos Schools close due to inclement weather. Please be sure to check your local TV and radio stations or the Senior Center Facebook page [www.facebook.com/meridianseniorcenter](http://www.facebook.com/meridianseniorcenter) before heading out.

We would also like to remind you to watch for ice in the parking lot and sidewalks. Every effort will be made to have these areas cleared of snow and salted, but we urge you to please be cautious.

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## 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)

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## SENIOR CENTER CLOSINGS

- **March 27th – March 31st**  
Spring Break
- **May 29th**  
Memorial Day

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## 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.

## 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.

- **Kitchen/Lunch Volunteers**

**Objective:** to assist kitchen in preparations for Tuesday and Thursday sponsored meals and for other special events as needed

- **Reception**

**Objective:** to provide support to the Meridian Senior Center by staffing the front desk and handling basic office tasks.

- **Program Facilitator**

**Objective:** To provide instruction to members in area of experience.

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## SENIOR CENTER LIBRARY

Hi! My name is Suzanne Leialoha and I am honored to be the "volunteer librarian" for our wonderfully extensive lending Library. To utilize our Library, we operate solely on the honor system. There is a Sign Out Sheet on a clipboard located on one of the round tables. We have fiction and nonfiction books, but you may not know that we also have 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. Please do not put the borrowed books back on the shelves, that is my pleasure to do. When you return the book(s), just drop them off in the Return/bin found under the table holding all of the sign-up sheets for the Senior Center classes/programs/adventures. 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! Good reading to you all.

# FITNESS CLASSES

## JAZZERCISE LO

Mondays and Wednesdays  
10 am – 11 am  
Cost varies each month see  
Instructor.  
Instructor: Mary D.



## YOGA

Tuesday  
March 7th – April 25th  
11:30 – 12:30 pm  
Cost \$70 Members  
Drop in: \$12 Members –  
\$15 non Member  
Instructor: Piril  
No Class 3/28



## 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.



## TAI CHI FOR ARTHRITIS

March 2nd – March 23rd  
Thursdays  
11:00 am – 12 noon

April 3rd – April 26th  
Monday & Wednesday  
2:00 pm – 3:00 pm

**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

# 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

## TABLE TENNIS

Meets each Monday and Thursday  
1:00 pm – 4 pm  
March – June \$52.80 pp  
Drop In Rate: \$5 non member/  
\$3 member  
Center Closed March 27 – 31



## LADIES TABLE TENNIS

Meets each Friday  
10 am – 12 noon  
Interested in playing table tennis?  
Or maybe you would like to learn?  
We have a few women playing and  
looking to grow the group. Give us a  
call and let us know you are  
interested.



## BILLIARDS

Meets Monday, Wednesday &  
Thursday  
1 pm – 4 pm



## CORNHOLE

Meets each Friday  
10 am – 12 noon

## GAMES

**Mondays**  
*Euchre, Hand Knee & Foot*  
1 pm – 4 pm

**Wednesdays**  
*Mah – Jongg, Euchre*  
1 pm – 4 pm

**Thursdays**  
*Party Bridge, Open Games*  
1 pm – 4 pm



## BRIDGE REFRESHER CLASS

Monday's  
March 6th – March 20th  
11:30 am – 12:30 pm

Cost: FREE  
Instructor: Peg F.

This is not a class for beginners.  
This class is geared for those who  
have played in the past, but need  
a refresher.

# 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.

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

\* Group is gaining interest



# ON THE ROAD

## ART UNLIMITED

Friday, March 10th

1:00 pm

Cost: \$20

Location: Art Unlimited

4692 Okemos Road, Okemos

Registration and payment due to Senior Center by Wednesday, March 8th

Join us for a glass fusing workshop. Each participant will be making their own night light.



## CONSTELLATION CAT CAFE

Tuesday, April 11th

12:30 pm

Cost: FREE - Beverage available for purchase

Location: Constellation Cat Café

3320 E. Lake Lansing Rd., East Lansing

Registration required by April 6th

Limit: 14

April 11th is National Pet Day, join us for coffee and cat cuddles!

<https://constellationcatcafe.com/>



# PRESENTED BY CADL

## TED TALKS WITH CADL

First Wednesday of each month

11:30 am - 1pm

Lead by Chris P.

**March 1st** - Why Nurses are Key to Medical Innovation

**April 5th** - What it's like to be a parent in a war zone

**May 3rd** - An Olympic Champion's Mindset

## CLASSIC FILMS WITH CADL

Second Tuesday of each month

1:00pm - 3:00pm

Lead by: Chris P.

**March 14th** - A Night in Casablanca

**April 11th** - The Odd Couple

**May 9th** - Funny Face



## BOOK CLUB

Monday, April 24th

11:00am

Lead By: Tom M. CADL

*Sourdough* by Robin Sloan

*Sourdough*, a delicious and funny novel about an overworked and under-socialized software engineer discovering a calling and a community as a baker.



## MIND BENDERS

Thursday, March 9th

Thursday, April 13th

10:30 am

Lead by Eric S., CADL

Online via Zoom

Zoom links will be sent 1-2 prior via email from Eric.

# MARCH/APRIL PROGRAMS

## **BRIDGES: BILLIARDS & CROCHETING**

Wednesday, March 1st

3:00 pm – 4:15 pm

FREE

Registration deadline February 24th

Senior Center members will be working with Chippewa Middle School students teaching them how to crochet and play billiards. **Have extra crochet hooks or yarn laying around? We will be happy to take donations for this event.**

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## **LUNCH & GROCERY BINGO WITH RED CEDAR LODGE**

Thursday, March 2nd – Olgas

Thursday, April 6th – Lasagna with meat sauce, Cheese Ravioli (vegetarian option)

12 noon

Cost: \$5 pp

Registration required 3 days prior. Bingo immediately following lunch.

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## **ANYONE CAN PAINT**

Tuesday, March 7th

Tuesday, April 4th

9:30 am

Cost: \$30 per session

Advance registration and payment required 5 days prior to class

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## **TABLE TENNIS TOURNAMENT FUNDRAISER**

Friday, March 10th

5:30pm

Momentary donations accepted.

Funds for OHS Table Tennis Club. Space is limited, call to reserve your spot.

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## **LUNCH & TOUR AT BROOKDALE MERIDIAN**

Tuesday, March 14th

12 noon

5346 Marsh Road, Haslett

Menu: TBD

Registration required 3 days prior

Transportation available. Bus pick up 11:30am – Limit 10 seats

## **LUNCH & LEARN**

### **SUPPORTING AND PROTECTING POLLINATORS**

Thursday, March 9th

12 noon

Cost: \$5

Menu: TBD

Registration required 3 days prior

Do you know how many species of bees there are in Michigan? You're probably familiar with honey bees and bumble bees, but do you know that there are many other types of bees? Plus, there are other insects like flies and wasps that look like bees!

We can all benefit from a healthy pollinator population. This presentation will also cover pollinator diversity, issues that bees are facing, and what people can do to support pollinator health.

Presented by: **Ana Heck**

Ann Heck is Michigan State University's Apiculture Extension Educator. She began working with honey bees in Nicaragua, and then she worked with the University of Minnesota Bee Squad and Michigan State University's Department of Entomology before joining Extension. Her role engages beekeepers, growers, pesticide applicators, and home gardeners to improve the health of pollinators. Ana holds a Master's degree in Public Policy and a graduate minor in Entomology from the University of Minnesota.



# MARCH/APRIL PROGRAMS

## BRIDGES: GAMES

Wednesday, March 15th

3:00 pm – 4:15 pm

Have some fun with our Chippewa Middle School students playing games, enjoying snacks, and having fun! Game choices include pool, cornhole or Uno.

## LUNCH & PLINKO-CANCELLED WITH INDEPENDENCE VILLAGE

Tuesday, March 21st

12:00 noon

Cost: \$5 pp

Registration required 3 days prior

## ST. PATRICK'S DAY PANCAKE BREAKFAST

Friday, March 17th

9:00 am

Cost: \$5

Registration required 3 days prior

Menu: Pancakes, sausage, fruit, coffee and milk.

A light heart lives longest, so the Irish say...So we're having a party to celebrate St. Patrick's Day!



## HARRIS NATURE CENTER PRESENTS: SONG BIRDS

Friday, March 17th

11:30 am

FREE

Michigan is home to more than 450 species of birds and spring is a great time to be on the lookout for common and even not-so-common birds. Join a naturalist from the Harris Nature Center to learn about and hear the sounds of several song birds you might see passing through your backyard.

## LUNCH & BINGO

### WITH THE WILLIOWS

Thursday, March 23rd

12:00 pm

Cost: \$5

Pizza, Salad, & Dessert

Registration required 3 days prior

## REMINISCING THE 1920'S

Thursday, March 23rd

1:30pm

Presented by: HarmonyCares Hospice and The Willows

Please register by March 21st

Don't miss out on this fun time reminiscing about all the things from the 1920's. There will be snacks, trivia, and a prize wheel!

## BRIDGES: GARDENING DAY

Wednesday, April 5th

3:00pm – 4:15pm

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

## "BLESS YOU BOYS!"

Friday, April 7th

12:00 – Hot Dog Lunch

1pm – 2:30pm – Presentation

Cost: FREE

Register by April 3rd – limited seating

Join Tiger baseball enthusiast and memorabilia collector, Todd Walter, as he takes you on a journey of Detroit Tiger baseball memories.



# MARCH/APRIL PROGRAMS

## RECYCLE YOUR GREETING AND/OR HOLIDAY CARDS

Monday, April 10th

11:30am

Lead by: Ralph F.

FREE

Come and learn to make simple square or rectangular trinket boxes using your own greeting cards! These can be used to store small items, ornaments for your Christmas tree, or strung together in a chain for a festive window or doorway decoration.

Please bring materials you may have: old cards and scissors.



## RSVP: RETIRED SENIOR VOLUNTEER DAY

Monday, April 17th

11:30am

Presented by: Jim D.

Come learn about RSVP program and how they help persons age 55 and older find meaningful places to volunteer. We help our volunteers explore opportunities at a variety of sites in our Tri-Country area. Over 50 years RSVP has been part of the community and are affiliated with the federal AmeriCorps Senior Programs.

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## MARCH & APRIL BIRTHDAY CELEBRATION

Thursday, April 27th

12 noon

Cost: \$5 pp

Lunch: Olive Garden / Sponsored by Dobie Road

Registration required 3 days prior

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## BRIDGES: MUSIC DAY

Wednesday, April 12th

3:00pm - 4:15pm

Be entertained by the talent of our middle school volunteers as they play for us. This will be an interactive musical performance, so plan on joining in on the fun and music!

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## GRILLED CHEESE DAY

Thursday, April 13th

12 noon

Cost: \$5 pp

Registration required 3 days prior

Choose from a variety of cheese and other toppings to create your sandwich. Served with chips and fruit.

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## REMINISCING THE 1930'S

Thursday, April 27th

1:30pm

Presented by: HarmonyCares Hospice and The Willows

Please register by March 21st

Don't miss out -there will be themed snacks, trivia and a prize wheel!

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## WHAT IS REIKI AND DOES IT REALLY WORK?



Friday, April 28th

1:30 pm

Presented by Joan Trafton, Registered Nurse, Reiki Maste

Have you have heard of Reiki, but don't know what it is? Or have you've considered signing up for a Reiki session here at the Meridian Senior Center but aren't sure it is for you. Come to this session and learn about this healing technique for stress reduction and relaxation that also promotes healing. During this session you will Be able to answer the question what is Reiki? Identify how you might benefit from Reiki Learn about what to expect during a Reiki session. Be introduced to a Reiki session and experience its healing energy.



# March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 10 Jazzercise Lo 11 Reiki by Appt, 11:30 Ted Talk 1 Mah Jongg 1 Euchre 1 Billiards 3 Bridges	<b>2</b> 10 Advisory Board Meeting 11 Tai Chi 12 Lunch 12:30 Bingo 1 Bridge 1 Table Tennis 1 Billiards	<b>3</b> 10 Ladies Table Tennis 10 Cornhole	<b>4</b>
<b>5</b>	<b>6</b> 10 Jazzercise Lo 11:30 Bridge Refresher class 12:30 Hand Knee and Foot 1 Euchre 1 Table Tennis 1 Billiards	<b>7</b> 9:30 Anyone Can Paint 10 Massage: By Appt. 11:30 Yoga	<b>8</b> 10 Jazzercise Lo 11 Reiki by Appt, 1 Mah Jongg 1 Euchre 1 Billiards	<b>9</b> 10:30 Mind Benders 11 Tai Chi 12 Lunch & Learn 1 Bridge 1 Table Tennis 1 Billiards 1 - 5 PM CPR/FA Training	<b>10</b> 10 Ladies Table Tennis 10 Cornhole 1 Outing: Art Unlimited <b>5:30 PM Fundraiser Table Tennis Tournament</b>	<b>11</b>
<b>12</b>	<b>13</b> 10 Jazzercise Lo 11:30 Bridge Refresher class 12:30 Hand Knee and Foot 1 Euchre 1 Table Tennis 1 Billiards	<b>14</b> 10 Massage by Appt. 11:30 Yoga 12 Visit/Lunch: Brookdale Meridian 1 Classic Movies	<b>15</b> 10 Jazzercise Lo 11 Reiki by Appt, 1 Mah Jongg 1 Euchre 1 Billiards 3 Bridges	<b>16</b> 11 Tai Chi 1 Bridge 1 Table Tennis 1 Billiards	<b>17</b> 9 St. Pat Day Breakfast 10 Ladies Table Tennis 10 Cornhole 11:30 Harris Nature Center: Song Birds	<b>18</b>
<b>19</b>	<b>20</b> 10 Jazzercise Lo 11:30 Bridge Refresher class 12:30 Hand Knee and Foot 1 Euchre 1 Table Tennis 1 Billiards	<b>21</b> 10 Massage by Appt. 11:30 Yoga 12 Lunch 12:30 Plinko	<b>22</b> 10 Jazzercise Lo 11 Reiki by Appt, 1 Mah Jongg 1 Euchre 1 Billiards	<b>23</b> 11 Tai Chi 1 Bridge 1 Table Tennis 1 Billiards 1:30 Reminiscing: 1920's	<b>24</b> 10 Ladies Table Tennis 10 Cornhole	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

Closed for Spring Break

# April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<b>3</b> 10 Jazzercise 1 Euchre 1 Hand knee Foot 1 Billiards 1 Table Tennis 2 Tai Chi	<b>4</b> 9:30 Anyone Can Paint 10 Massage 11:30 Yoga	<b>5</b> 10 Jazzercise 11 Reiki 11:30 Ted Talks 1 Billiards 1 Euchre 1 Mah jongg 2 Tai Chi 3 Bridges	<b>6</b> 10 Board Meeting 12 Lunch 12:30 Bingo 1 Table Tennis 1 Billiards 1 Bridge	<b>7</b> 10 Ladies TT 1 Cornhole 1 "Bless You Boys"	8
9	<b>10</b> 10 Jazzercise 11:30 Card Boxes 1 Euchre 1 Hand knee Foot 1 Billiards 1 Table Tennis 2 Tai Chi	<b>11</b> 10 Massage 11:30 Yoga 12:30 Outing: Cat Cafe 1 Classic Movies	<b>12</b> 10 Jazzercise 11 Reiki 1 Billiards 1 Euchre 1 Mah jongg 2 Tai Chi 3 Bridges	<b>13</b> 10:30 Mind Benders 12 Grilled Cheese Day 1 Table Tennis 1 Billiards 1 Party Bridge	<b>14</b> 10 Ladies TT 1 Cornhole	15
16	<b>17</b> 10 Jazzercise 11:30 RSVP 1 Euchre 1 Hand knee Foot 1 Billiards 1 Table Tennis 2 Tai Chi	<b>18</b> 10 Massage 11:30 Yoga	<b>19</b> 10 Jazzercise 11 Reiki 1 Billiards 1 Euchre 1 Mah jongg 2 Tai Chi	<b>20</b> 1 Table Tennis 1 Billiards 1 Party Bridge	<b>21</b> 10 Ladies TT 1 Cornhole	22
23	<b>24</b> 10 Jazzercise 11 Book Club 1 Euchre 1 Hand knee Foot 1 Billiards 1 Table Tennis 2 Tai Chi	<b>25</b> 10 Massage 11:30 Yoga	<b>26</b> 10 Jazzercise 11 Reiki 1 Billiards 1 Euchre 1 Mah jongg 2 Tai Chi	<b>27</b> 12 Birthday Celebration 12:30 Bingo 1:30 Reminiscing: 1930's 1 Table Tennis 1 Billiards 1 Party Bridge	<b>28</b> 10 Ladies TT 1 Cornhole 1:30 Reiki Presentation with Joan T.	29
30						



# "BLESS YOU BOYS"

**Walking through the historical moments of the Detroit Tigers through stories and memorabilia!**

**Friday, April 7th**

**1:00 - 2:30pm**

**FREE**

**12 noon - Hot Dog Lunch**

**Seating is limited - Register by April 3rd**

"If you were born and raised in Michigan and love baseball, the Detroit Tigers are most likely a very important part of your life! From their humble beginning in 1901, over 100 years of baseball history and memories have been created at the corner of Michigan and Trumbell Avenue and, for the past 22 years, at Comerica Park on Woodward Avenue.

Join avid Detroit Tiger baseball enthusiast and memorabilia collector, Todd Walter, as he guides and engages audiences through a journey of Detroit Tiger baseball memories. His powerful storytelling abilities and sharing of an extensive artifact collection are sure to be a "hit" with any audience. Todd always has a new story to share or one to be learned by audience members."



# TABLE TENNIS

## TOURNAMENT FUNDRAISER



**MARCH  
10TH  
5:30PM**

**JOIN US FOR AN EVENING OF TABLE TENNIS! ALL MONETARY DONATIONS WILL GO TOWARDS THE PURCHASE OF A TABLE FOR OKEMOS HIGH SCHOOL TABLE TENNIS CLUB.**

Where: Meridian Senior Center  
4000 Okemos Road - East wing of Chippewa  
When: Friday, March 10th at 5:30pm  
Cost: Donate to play! Suggested donation of \$10  
Space is limited - Call to reserve your spot  
(517) 706-5045

# UPCOMING EVENTS: MAY/JUNE



# UPCOMING EVENTS: JULY-DECEMBER

