

# CLAWSON SENIOR CENTER

509 Fisher Court, Clawson, Mich. 48017  
(P) 248.583.6700 / [www.cityofclawson.com](http://www.cityofclawson.com)

MARCH 2020



## THIS MONTH:

AARP Income Tax Preparation Time! AARP volunteers will once again be at our center to prepare and e-file your 2019 income tax on Friday mornings beginning in February. You must make an appointment for this free program by calling (248) 583-6700.

**ALL BOOKED UP—WAIT LIST ONLY.**

Dr. Shanbom Lunch & Learn on Wednesday, March 4<sup>th</sup> at 11:30am. Dr. Shanbom will speak about common symptoms, causes and treatments in aging eyes and how to keep them healthy! Those who sign-up by Monday, March 2<sup>nd</sup> and attend the presentation will receive their lunch free that day.

Lunch Bunch on Monday, March 9<sup>th</sup> at Lukich's Family Dining in Troy. Depart at 12:30pm, transportation is \$3. Join us to visit this family restaurant that specializes in Polish and American cuisine! Must sign-up by Thursday, March 5<sup>th</sup>. **MANDATORY: If you are driving yourself, please call the center to be included in the reservation! You will not be allowed to sit with the group if you do not call.**

Birthday Lunch on Wednesday, March 11<sup>th</sup> at noon. Cost is \$3. You can sit anywhere in the dining room, but you must sign-up and attend to get your birthday card and free lunch coupon!

Birmingham Musicale on Thursday, March 12<sup>th</sup> at the Congregational Church of Birmingham. Depart at 12:15pm, cost is \$5. Enjoy this afternoon of music featuring a French Horn Soloist, Flute Quartet and Meadowbrook Winds. Please register by March 10<sup>th</sup>.

Senior Thursdays at the DIA on Thursday, March 12<sup>th</sup>. Depart at 12:15pm, cost is \$3. Join us for a trip downtown to enjoy Great Lakes Shipwreck Storytelling with Ric Mixer. Ric is president of the Great Lakes Lighthouse Keepers Association and has been featured on PBS and the History Channel. From shipwrecks to lighthouses and aviation, he's just the storyteller you want to inspire your audience. We must have 8 to go, please register by March 10<sup>th</sup>.

St. Patrick's Day Luncheon on Tuesday, March 17<sup>th</sup> at noon. Cost is \$5. Enjoy this delicious meal of corn beef and cabbage on one of our most popular holidays to celebrate! **Tickets will be sold until Thursday, March 12<sup>th</sup> or until we sell out, whichever comes first. THIS LUNCH ALWAYS SELLS OUT, PLEASE BUY TICKETS EARLY.**

Royal Oak Musicale on Tuesday, March 17<sup>th</sup> at the Good Shepard Lutheran Church. Depart at 12:30pm, cost is \$3. Enjoy this afternoon of music featuring Lucas Myers on the piano, who also is a 2015 ROM Scholarship Winner. Please sign-up by March 16<sup>th</sup>.

Heart Health Presentation on Wednesday, March 18<sup>th</sup> at 1pm. The key to a healthy heart is controlling inflammation! Learn to manage inflammation and love your heart with the perfect holistic health prescription from diet, quiet, movement and happiness. Aaron Wallace will teach you how to help keep your heart healthy as well as how to promote healing from a whole range of chronic diseases.

Afternoon Movie on Thursday, March 19<sup>th</sup> at 12:45pm. Cost is free. In March, we will see "Best of Enemies" starring Taraji P. Henson and Sam Rockwell. Civil rights activist Ann Atwater faces off against C.P. Ellis, Exalted Cyclops of the Ku Klux Klan, in 1971 Durham, North Carolina over the issue of school integration.

Third Friday Lunch & Learn on Friday, March 20<sup>th</sup> from 11:30am to 1pm. Please join State Representative Padma Kuppa and other experts for a discussion on housing by Allison Gorman. These ongoing presentations will take place on the 3rd Friday of each month at Hunter Community Center with varying topics geared towards the older adults in our community. Complimentary lunch to follow the lecture. This event is free and open to those aged 55 and over.

Casino Trip to Greektown Casino on Thursday, March 26<sup>th</sup>. Depart at 11am, cost is \$6. These trips do fill quickly, so we recommend registering early! Payment is due at time of registration.

Premier Private Duty Lunch and Learn on Thursday, March 26<sup>th</sup> at 11:15am. Premier Private Duty is an in-home service provided to individuals who are in need of assistance with day-to-day activities to help keep clients independent and safe within the premises of their homes. Those who sign up by Tuesday, March 24<sup>th</sup> and attend the presentation will receive their lunch free that day.



## COMING UP / EXTENDED TRIPS:

Presentation on the Galapagos Islands by Jim and Py Wolf on Wednesday, April 1<sup>st</sup> at 12:45pm. Cost is free! The Galapagos Islands, located off the coast of Ecuador, remained a closely-guarded natural secret for millions of years. Over that time, the archipelago evolved into a home for an all-star cast of plants and animals. Join us for an interesting talk to learn all about it!

Quiche Sale Fundraiser We will be taking orders for quiche, which Billy will make and have available for pickup on Thursday, April 9<sup>th</sup> from 12:30 to 3:30pm. There will be two varieties available (Meat AND Veggie or ONLY Veggie) and payment must accompany your order. Cost will be \$9 per whole quiche pie. Pick up your order form at the Senior Center Desk. **ORDERS MUST BE IN BY THURSDAY, APRIL 2<sup>nd</sup> AT 4PM.**

Easter Egg Filling on Thursday, April 2<sup>nd</sup> at 12:45pm. Come join in the fun of filling up plastic eggs for the city-wide Easter Egg Hunt.

Tables of Treasure / Indoor Garage Sale on Saturday, April 4<sup>th</sup> from 9am to 1pm at Hunter Community Center. There are 50 tables available for rent, so you can sell your own items. Cost is \$15 per table, but stay until the end and get \$5 back! Space is first come, first served, so get your registration form and money in as soon as possible! We will also have baked goods available for sale that day. All proceeds from table rental and food sales will benefit the senior center. If you can help out with baking or working the bake sale table, please sign-up in the Senior Center.

Easter Luncheon on Wednesday, April 8<sup>th</sup> at noon. Cost is \$4. Join us for a fun-filled afternoon of good food, good friends and good fun! ***Tickets will be sold until Thursday, April 2<sup>nd</sup> or until we sell out, whichever comes first.***

Senior Thursday at the DIA: Center of Attention Floral Design Demonstration on Thursday, April 9<sup>th</sup>. Depart at 12:15, cost is \$3. Watch Blossoms Detroit designer Mark Dikowski masterfully create visions of beauty, stunning enough to grace any table or event, from simple to elaborate! Enter a raffle to take home a beautiful centerpiece from the demonstration. We must have 8 signed up to make this trip a go, so sign-up early!

Birmingham Musicale on Thursday, April 9<sup>th</sup> at the Congregational Church of Birmingham. Depart at 12:15pm, cost is \$5. Enjoy this afternoon of music featuring the winners of the Birmingham Musicale 2020 Music Awards Choral Ensemble. Register by April 7<sup>th</sup>.

Royal Oak Musicale on Tuesday, April 21<sup>st</sup> at the Good Shepard Lutheran Church. Depart at 12:30pm, cost is \$3. Enjoy this afternoon of music featuring the Royal Oak Musicale Madrigal Singers and a guest pianist. Please sign-up by April 20<sup>th</sup>.

Senior Day at the Detroit Zoo on Wednesday, April 22<sup>nd</sup>. Depart the center at 9:30am, leave the zoo at 2pm. Admission to the zoo is free this day! You must sign-up in advance if you want the center to take you - transportation is \$3. Senior citizens residing in the tri-county area are invited to enjoy a special day featuring live music, tram tours, bingo, zookeeper talks and a senior resource area.

Foot Comfort and Support on Wednesday, April 22<sup>nd</sup> at 11am. Join us for an informational presentation by Bradley Scott of Neurogenx-at-Home to learn about therapeutic shoes and why quality footwear matters! Some of the benefits of Custom-Fit Shoes & Orthotic Insoles include reduced foot ulcers, improved circulation, reduced falls, enhanced stability, and reduced amputations. When combined with custom orthotic insoles, studies show that therapeutic footwear reduces foot ulcers and amputations!

"5, 6, 7, 8" at the OPC on Tuesday, April 28<sup>th</sup>. Depart at 11am, cost is \$20. This musical show is a celebration of classic entertainment from the 50's, 60's, 70's and 80's with actors, singers and technicians who are 50 and older! Enjoy a full lunch before the show. These trips always sell out, so sign-up early!

Mother's Day Luncheon on Wednesday, May 6<sup>th</sup>. Lunch served at noon, cost is \$4. Enjoy a great lunch celebrating all of the wonderful women in our lives! ***Tickets sold until Thursday, April 30<sup>th</sup> or until we sell out!***

King Henry VIII & His Court Presentation on Wednesday, May 6<sup>th</sup> at 1pm. Cost is free! Maureen Esther is back in town for another wonderful lecture! Join us as we visit the glorious time of the Tudor Dynasty in England. Hear stories of Henry VIII, his six wives, their children, and many others who fueled the cataclysmic changes called the Reformation.

## MONTHLY FAVORITES / IMPORTANT INFO:

Canasta on Tuesday, March 3<sup>rd</sup> and 17<sup>th</sup> at 12:45pm. New players are always welcome!

Hand and Foot on Wednesday, March 4<sup>th</sup> at 12:45pm. Join us for some fun!

Bingo on Wednesdays, March 11<sup>th</sup> and 25<sup>th</sup> at 1pm. Cards are 25¢. Two coveralls at \$5, two outside frames at \$2 and nine regular games with prizes. The March 11<sup>th</sup> Bingo will be sponsored by Clear Caption Hearing-Impaired Phones and the March 25<sup>th</sup> Bingo will be sponsored by Caring Transitions and All Seasons.

Kings in the Corner on Thursday, March 26<sup>th</sup> at 12:45pm. Cost is \$1. Prize for the winner!

Chair Exercise every Mon, Wed and Fri. Level I at 10:30am: Seated warm-up, light weights, bands and balance work. Level II at 11am: Low-impact moves with weights. No fee, but donations welcome!

Chair Yoga at 9:30am on Mondays with Paul and Fridays with Catherine. Come get a great stretch and find out why everyone loves these classes! Donation only.

Pinochle on Mondays at 12:45pm. Cost is \$1. Price includes prize money for the top three scores.

Euchre Card Party on Tuesdays at 12:45pm. Cost is \$1, which includes prize money!

Knit & Crochet Group meets every Wednesday from 10am to noon.

Foot Doctors Dr. Adas on the first Wednesday of each month from 9 to 11am. Register in the Rec Office and bring medical cards. ***This is not a free service and you will be billed if your insurance deductible has not been met.***

Line Dancing on Tuesdays from 1 to 3pm. Cost is \$5.

Quilting Group meets every Tuesday from 10am to 2pm in Room 5/6.  
**GROUP WILL NOT MEET ON TUESDAY, MARCH 17.**

Computer Classes are available! Stop in the Recreation Office to set up a meeting time with Instructor Marta Sandoval. She is proficient with all Windows operating systems.

Wii Bowling at the Center every Thursday from 10:30am to noon. Enjoy this fun game with friends and play against other senior centers throughout the year!

Transportation to the Center Remember Clawson residents can call the center to arrange FREE transportation for any of our programs or for lunch! Please call in the morning if you want to be picked up that day. With our parking lot being small, please take advantage of this great service!

Registration and payment for trips: Due to an increase in the number of last-minute cancellations by those who have registered, but not paid, we now require payment upon registration for all trips. If this is not possible for you, please see Kathy.

Monthly newsletters are available at City Hall, Hunter Community Center and online at [cityofclawson.com](http://cityofclawson.com). If you'd like one mailed to you, provide us with a self-addressed, stamped envelope.

Lunch Ticket Drawing Write your name and phone number on the back of your lunch ticket for a chance to win a week's worth of lunch tickets!

Clawson Food Bank at Grace Apostle Church at 700 E. Elmwood is open the 3<sup>rd</sup> Monday of the month from 5:30 to 7:30pm. A donation box is at Hunter.

Senior Home Assistance Repair Program (SHARP) is for homeowners 60+ or those with disabilities living in the city. Small repairs can be done by volunteers with costs for supplies only. Call (248) 589-0334 for details.

Greeting cards of all types are here! All proceeds benefit the center! Ten cents a card. Check out our holiday cards!

Caregiver Support Group every second Thurs from 10 to 11:30am at the Troy Senior Center.

Are you paying out of pocket for your medication? Are you looking to find the best prices on your medications? Go to [goodrx.com](http://goodrx.com) and follow the simple instructions. Once you enter your medication, you will see what pharmacies charge the least for each particular medication.

Operation Medicine Cabinet Drop-off expired or unused prescription drugs on Thursdays from 4 to 6pm at the Clawson Police Department.

Caregiver Support Group every second Thurs from 10 to 11:30am at the Troy Senior Center.

Low Vision Support Group meets the third Wed every month at 10am at the Birmingham Area Senior Center.

Estate Planning Clinic is available to Oakland County Residents age 60+ to get help by attorney-supervised law students at no charge. Call (248) 335-0125 for more info!



### Helpful Resources:

Michigan Insurance Hotline  
(800) 777-8005  
Medicare Consumer Assistance  
(800) 333-4114  
Alzheimer's Helpline  
(800) 272-3900  
Seniors Legal Hotline  
(800) 347-5297  
Medicare/Medicaid Assistance  
(800) 803-7174  
Social Security Administration  
(800) 772-1213  
Detroit Veterans Administration  
(800) 511-8056  
Veterans Benefits (800) 827-1000  
Visually Handicapped Services of Detroit (313) 745-4510  
MI Commission for the Blind  
(800) 992-9012  
ClickonAging.com provides unbiased information on senior services in southeast Michigan.  
SeniorBrigade.com helps file consumer complaints, check nursing homes, find events & more.  
2-1-1 connects to info on employment, food pantries, volunteering and legal aid.