

CLAWSON SENIOR CENTER

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

OCTOBER 2019



THIS MONTH:

Fall Festival Donations are now being accepted! Donations of banana, 100% canned pumpkin, raisins, zucchini, walnuts and white sugar are very much appreciated. This is one of our biggest fundraisers! All cooking will be done in the senior kitchen. This year, the Fall Festival will be held on Sunday, October 6th from 3-6pm at the Clawson City Park. Please let Kathy know if you are able to come and help us sell our delicious breads!

White Elephant Sale Donations are also being accepted! We are in need of gently-used household items (no clothes or large furniture please) to put in our White Elephant Sale this fall! Please bring your items to the Senior Center and let your friends and neighbors know that we are in need of items to sell for this yearly fundraiser. This year, the sale will be here on Saturday, Nov. 9th at Hunter Community Center from 8am-1pm. Please let Kathy know if you are available to help work the bake sale table that day!



Cooking For One with Robin Danto will be held on Tuesdays at 12:45pm from September 24 through October 29. Cooking for One focuses on simple meals that are nutritious and how to make good choices when there is only one person. It also promotes physical activity. Call Kathy or Gina at (248) 589-0334 to join.

Senior Health & Fitness Expo on Monday, October 7th at the Royal Oak Farmers Market. Depart at 9am, return at 1pm, cost is FREE. The 2019 Senior Health & Fitness Expo is a one-stop experience that features a FREE lunch, a helpful and entertaining community program, a raffle and a vendor's marketplace with over 60 vendors who will offer seniors information on useful products and services. The focus will be on health, physical activity, nutrition, community involvement, planning, entertainment, financial issues, quality care and more. It's all 100% FREE for our seniors, as a salute to them from the community.

Birthday Lunch on Wednesday, October 9th at noon. Cost is \$3. Sit anywhere in the dining room, but you must sign-up and attend to get your birthday card and lunch coupon to use that day!

Murder on the Orient Express at Meadowbrook Theatre on Wednesday, October 9th. Depart at 1pm, cost is \$35. Travel with us to see this classic play! Just after midnight, a snowdrift stops the Orient Express in its tracks. An American tycoon lies dead in his compartment, his door locked from the inside. Insolated with a killer in their midst, Detective Hercule Poirot must identify the murdered, in case he or she decides to strike again.

Parade Company Tour & Lunch on Thursday, October 10th. Depart at 9:30am, cost is \$15. Travel with us to the Parade Company for a guided tour, learning about the history and award-winning floats seen each year at the Thanksgiving Day Parade. Afterwards, we will visit the original Buddy's Pizza for lunch on your own. Wait List Only.



Birmingham Musicales on Thursday, October 10th at the Congregational Church of Birmingham. Depart at 12:15pm, cost is \$5. Enjoy this afternoon of music featuring a woodwind duet!

Lunch Bunch on Monday, October 14th at Ike's Restaurant in Sterling Heights. Depart at 12:30pm, cost is \$4. Join us to enjoy this contemporary restaurant that offers a diverse menu of Lebanese, American, Greek & Italian dishes. You must sign-up by Thursday, October 10th.

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 us.

Fall Color Tour on Wednesday, October 16th. Depart at 9am, return at 3pm, cost is \$32. Learn the history on a tour of the Buhl estate, and then enjoy salad and pasta bar lunch in the banquet center. Enjoy an accessible hay wagon ride through the park along with cider and donuts. Register by September 30.



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COMING UP / EXTENDED TRIPS:

Reese Scripture Introduction on Wednesday, October 16th at 11:45. Come meet Reese, who is running for Mayor of Clawson! She'll be here to introduce herself and answer questions you may have about her candidacy.

Afternoon Movie on Thursday, October 17th at 12:45pm. In October, we'll watch "The Upside" starring Kevin Hart and Bryan Cranston. This movie is a comedic look at the relationship between a wealthy quadriplegic and an unemployed man with a criminal record who's hired to help him.

Royal Oak Musicale on Tuesday, Oct. 22nd at the Good Shepard Lutheran Church. Depart at 12:30pm, cost is \$3. Enjoy this afternoon of music featuring Kerry Price and other musical guests.

Octoberfest Luncheon on Wednesday, October 23rd at noon. Cost is \$4. Enjoy a delicious lunch of sausage and kraut, followed by the wonderful accordion music of Andy and Evelyn Desso. **Please purchase your ticket in advance so we know how many to plan for!**

Greektown Casino on Thursday, October 24th. Cost is \$6, depart at 11am. Because these trips are so popular, all trips must be paid for at time of registration. Wait List Only. **PLEASE NOTE THE DATE CHANGE THIS MONTH.**

Lunch and Learn with State Representative Padma Kuppa on Friday, October 25th from 11:30am to 1pm. This event is free and open to those 55 and older! Please join State Rep. Kuppa to learn about how the State of Michigan funds road repairs and maintenance. Complimentary lunch to follow the lecture.

OPC Fall Performance & Lunch on Wednesday, October 30th. Depart at 11am, cost is \$20. Travel with us to the Older Persons Commission in Rochester to enjoy a great lunch and show! "Tribute to the Stars" is a musical variety show that will showcase the talented 650 Players paying homage to their favorite stars! Wait List Only.



Halloween Luncheon on Thursday, October 31th at noon. Cost is \$4. Join us for an afternoon of good food, tricks and treats! Enjoy all the scary fun that our Karen Morrison can create! Wear a costume and you could win a prize! **Please buy your tickets early before we sell out!**

Holiday Card-Making on Thursday, November 7th at 1pm. Cost is \$5. There's nothing quite like the joy of giving and receiving of Holiday cards. This year, wow your loved ones with cards you make yourself! Join American House Troy and Stampin' Up! to create 4-5 beautiful holiday cards. Follow the samples provided or create something new! No crafting experience necessary. Class size limited.

White Elephant Setup on Friday, November 8th from 9am to noon. Help set out all the items for the sale here at the senior center! Lunch is provided for volunteers!

White Elephant Sale on Saturday, November 9th from 8am to 1pm. Admission is \$1. This is the center's largest fundraiser of the year! Please bring your items to the Senior Center and let your friends and neighbors know that we are in need of items to sell! Please keep your eyes open for our volunteer sign-up that will be out on the Senior Center desk soon.

Quiche Sale Fundraiser We will be taking orders for quiche, which Billy will make and have available for pickup on Tuesday, November 12th from 12:30 to 3:30pm. There will be two varieties of quiche available (Meat & Veggie or just 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 TUESDAY, NOV. 7TH AT 4PM.**

Fight to Freedom Tour at the First Congregational Church of Detroit on Thursday, November 14th. Depart at 9:15am, cost is \$20. Travel to this historic church to experience this walk through history. This tour is a "storytelling" reenactment of the original Underground Railroad passage that operated between 1840 and 1863. Visitors are transformed into passengers on the Underground Railroad as they are led to "Midnight" - the code name for Detroit - and then "Freedom." Lunch afterward at the Clawson Senior Center is included in the price. You must sign-up by October 14.



Thanksgiving Luncheon on Wednesday, November 20th at noon. Cost is \$5. Please purchase your ticket EARLY for this yearly treat! Enjoy a turkey dinner with all the trimmings, including pumpkin pie for dessert. Space is limited and you MUST purchase your ticket in advance. Door prizes, 50/50 raffle and more! **Tickets will be sold until Nov 14th or until we sell out, whichever comes first.**



MONTHLY FAVORITES / IMPORTANT INFO:

Canasta on Tuesday, October 1st and 15th at 12:45pm. New players are always welcome!

Bingo on Wednesdays, October 9th and 30th at 1pm. Cards are 25¢. Two coveralls at \$5, two outside frames at \$2 and nine regular games with prizes.

Hand and Foot on Thursday, October 10th at 12:45pm. Join us for some fun!

Kings in the Corner on Wednesday, October 16th 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. Wexler & 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.***

Miracle Ear will be here the first Wednesday of each month at 12pm for your hearing issues and questions!

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

Quilting Group meets every Tuesday from 10am to 2pm in Room 5/6.

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 10am 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. 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 3rd 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 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.

