

CLAWSON SENIOR CENTER

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

SEPTEMBER 2019



THIS MONTH:

Hunter Community Center will be **CLOSED** for the Labor Day holiday on Monday, September 2nd.

Senior Day at the Detroit Zoo on Wednesday, September 4th. Depart at 9:30am, transportation is \$3. Tri-county seniors 62 and older, plus a caregiver, receive free admission and parking on this day! Senior Day features bingo, tram tours, live entertainment, zookeeper talks and resource area.

Lunch Bunch on Monday, September 9th at Brownie's on the Lake in St. Clair Shores. Depart at 12:15pm, transportation is \$7. Join us to enjoy this nautical seafood restaurant with a great view of Lake St. Clair. Wait List Only. **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.**

All-Class Clawson High School Reunion on Tuesday, Sept. 10th at 10am at the Clawson City Park. Visit with Clawson students both young and old to share memories of growing up and attending school in our city. Bring your memories, snapshots and smiles! Contact Jake Stirnemann at (248) 506-5102 to volunteer your help! Transportation not provided.

Birthday Lunch on Wednesday, September 11th 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!

20th Century Detroit Tour at the Detroit Historical Museum on Thursday, September 12th. Depart at 9:15am, cost is \$20. This trip includes transportation, admission, guided tour, lunch and the movie "Meet Me at the Lindell." For more than 50 years, the Lindell AC was the place to see and be seen in Detroit. This new film tells the story of the legendary downtown watering hole that launches a million stories!

Royal Oak Musicale on Tuesday, Sept. 17th at the Good Shepard Lutheran Church. Depart at 12:30pm, cost is \$3. Enjoy this afternoon of music featuring the Mistral Winds Detroit.

Ageless Grace on Wednesday, September 18th at 12:30pm here at the Clawson Senior Center. Join us for a fascinating presentation by Kelly Faff of Brookdale Senior Living. Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all five functions of the brain: analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination—and simultaneously addresses all 21 physical skills needed for lifelong optimal function.

Thursdays at the DIA: Scrolls on Thursday, September 19th. Depart at 12:15pm, cost is \$3. Travel with us downtown to the Detroit Institute of Arts. Scrolls were used for centuries to keep records and as decoration. Try out traditional brushes and make your own scroll to take home. Or explore the museum on your own!

Afternoon Movie on Thursday, September 19th at 12:45pm. This month we'll watch "The Green Book" starring Viggo Mortensen, and Mahershala. A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South.

Senior Listening Tour hosted by State Senator Mallory McMorrow on Monday, September 23rd from 9 to 10am. This event provides senior residents the opportunity to discuss issues and state policies they are most concerned about with Senator in a casual setting. Aside from a non-partisan update on active legislation in the legislature, the event will not have any sort of agenda. Baked goods and coffee will be available.

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.

MGM Casino on Thursday, September 26th. Depart at 11am, cost is \$6. Wait List Only.

Game Day on Thursday, September 26th at 12:45pm. Join us for an afternoon of Bunco! Snacks and beverages will be provided. Bring a friend to enjoy the afternoon playing this fun dice game!

COMING UP / EXTENDED TRIPS:

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.

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. Choose from the full lunch menu, including sandwiches, salads, soups and of course, their famous pizza! Wait List Only.

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 Deadline for individuals is September 30.

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 man with quadriplegia and an unemployed man with a criminal record who's hired to help him.

Oktoberfest 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. Wait List Only. **PLEASE NOTE THE DATE CHANGE THIS MONTH.**

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 singing, dancing and storytelling, paying homage to their favorite stars!

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!**



Fall Festival Donations are now being accepted! Donations of banana, 100% canned pumpkin, raisins, zucchini, walnuts, white sugar and flour 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!



MONTHLY FAVORITES / IMPORTANT INFO:

Canasta on Tuesday, September 3rd and 17th at 12:45pm. New players are always welcome!

Bingo on Wednesday, September 11th and 25th at 1pm. Cards are 25¢. Two coveralls at \$5, two outside frames at \$2 and nine regular games with prizes.

Kings in the Corner on Wednesday, September 12th at 12:45pm. Cost is \$1. Prize for the winner!

Hand and Foot on Wednesday, September 18th at 12:45pm. Join us for some fun!

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!

NO CLASS ON MONDAY, SEPT 2ND

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.

NO CLASS ON MONDAY, SEPT 2ND

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.

