

NORTHFIELD TOWNSHIP COMMUNITY & SENIOR CENTER NEWSLETTER

A NOTE FROM THE DIRECTOR...

There are lots of new and exciting things on the agenda for the summer!

Movies Under the Stars begins its 6th season on **June 21** with **“Spider Man: Into the Spider Verse!”** Come to the lake beginning at 7:30 for the pre-show festivities - yard games & \$2 XL pizza slices! Hungry Howie's is donating all proceeds from the pizza sales to help defray the costs of the program. Living Water Church will be there selling popcorn, water and candy!

Pizza & a Movie Nights, Grown-Up Coloring Parties, Game Nights and **Family Bingo** are all on the calendar! If you're a card player, drop in for **Pinochle** or **Euchre**.

If you are into arts and crafts, we have a number of offerings! Cathy Meyers will be offering two **Scrapbooking Cropping Sessions!** Jan Rad will be here on the last Friday of every month for **“Painting with Jan.”** We also have **Knit, Crochet, Craft** and free time for painting and crafting on Fridays.

Everyone is welcome to join in on two special projects that we have going. The plastic bag **Sleeping Mat Project** takes place on Wednesday afternoons from 2:00p.m. to 4:00p.m.

Join us on the first Saturday of each month from 10:00a.m. to 2:00p.m. for the **Peyton’s Heart Project**. We are creating small, crocheted or knitted hearts to help increase awareness for suicide and bullying prevention. No experience with crocheting or knitting is needed for either Peyton’s Heart Project or the Sleeping Mat Project. There are jobs for everyone.

Christine Felton is offering **Story Time & Sign Language** for children and families during May.

Try an exercise class! Old favorites, like **Chair Yoga, Gentle Yoga, Exercise with Becky** and **MAH Fitness** continue. Add something new - **Cardio Drumming, Flexagility or Line Dance!**

Stop in on Wednesdays or Fridays and welcome **Massage Therapist Alison Stroschein!** See the article on page 6 for more information about her business, **Restore Wellness, LLC** and how to schedule an appointment.

Stop in and visit! Your thoughts and suggestions are always appreciated! Follow us on Facebook, Twitter & Nextdoor!

HAPPY BIRTHDAY



MAY

Ann Ault
Vernon Banks
Susan Barduca
James Batchelor
James Belz
Helen Belz
Matt Brown
Adriana Canter
Jardan Canter
Donna Chalich
Jewell Clair
Frank Courte
Annamarie Dyer
Karen Dziegeleski
Parker Ellinger
Grace Eubanks
Kim Fineis
Gene Haner
Maverick Hanson-Meier
Robert Hart
Danielle Henry
Charles Hofsess
Julian Iwanski
Juliette Jackson
Toni Keating
Donald Krasko
Teri Kuzniar
Monica Laming
Patricia Laraway
Phyllis Lindblade
Sharon Lisanti
Dorothy Loudon
Keith Matz
Renee Maxwell
Samantha McCann
Joshua Micoff
Lee Noll
Sebastian Orosco
Brianna Parlett
Brandon Parlett
Aiden Peltier
Elwood Peterson
Patsy Porter
Alexia Preston
Diane Reding
Doug Riddell
Kara Scott
Barb Short
Rochelle Skalski
Cole Smith
Ken Smith
Scott Smith
John Sparrow
Kelli Sparrow
Parker Sparrow
Ron Stonewall
Kathleen Sullivan
Debbie Sutherland
Harold Theibert
Delores Walton
Edward Webber
Ann Zinn

JUNE

Liam Alexa

Northfield Township Community Center

9101 Main Street

Whitmore Lake, MI 48189

Phone: 734-449-2295 Fax: 734-449-8410

Director: Tami Averill

Email: averillt@northfieldmi.gov

May/June 2019

ONGOING SERVICES

BLOOD PRESSURE SCREENINGS

2nd Tuesday 1:45p.m.-2:15p.m. Fee: FREE
Provided by: Regency of Whitmore Lake. Pre-registration is suggested. Call 734-449-2295 to sign up.

ACUPUNCTURE

Thursdays 4:00p.m.-6:00p.m. Fee: \$15
Licensed Acupuncturist Ron Hough offers Community Style Acupuncture treatments. Walk-ins are welcome!

LIBRARY

We have a great selection of books available for our members' use. Sign them out and return them to the shelf when you are finished. Please be courteous and return the books in a timely manner.

MEDICAL LOAN CLOSET

The Community Center has a loan closet with handicap items for seniors and others to use on a short term basis. We have walkers, crutches, canes, handicap toilet seats, shower chairs, wheelchairs and more. There is no charge.

FOOT CARE

Dr. Anthony Mastrogiacomo, from South Lyon Foot & Ankle Specialists, will visit every other month to check foot health, trim toenails, etc. **Call 248-486-8886 to schedule your appointment.**

CURRENT COUNSELING SOLUTIONS, LLC.

This growing counseling practice offers traditional and innovative counseling services to help teens and adults achieve their mental health goals. **Barb Dunn MA LPC** has been practicing since 2002. Because of her experience working with teens, she is well prepared to help with parenting issues as well. Call **734-531-8360**, or email **bdunn@currentcounselingsolutions.com** to schedule an appointment.

MASSAGE THERAPY - RESTORE WELLNESS, LLC

Alison Stroschein, Licensed Massage Therapist and Business Owner of **Restore Wellness** is able to offer you everything from the best relaxation massage to deep tissue therapies. She is here to be "Your Ally for Better Health." [Learn more about Alison on Page 6!](#)
Call 517-672-6632 to schedule an appointment.

ONGOING CLASSES & PROGRAMS

Please call (734) 449-2295 or stop in for more information or to sign up for a class.

MONDAY

PORTRAIT GROUP 1:00p.m.-3:30p.m. Fee: \$5.00
The Whitmore Lake Portrait Group meets weekly. No instructions are given & artists draw using a live model. There is currently a waiting list to join. Please contact the Community Center to add your name to the list.

MAH JONGG MONDAYS 1:00p.m.-4:00p.m. Everyone welcome! FREE!

Learn this fascinating rummy-like game that uses tiles rather than cards. Very easy to learn! Stop in and give it a try!

TUESDAY

CARDIO DRUMMING 10:00a.m.-11:00a.m. Fee: \$5.00/class

Join instructor Diana Matteucci for a fun and energetic workout. You will "play" a stability ball for an exciting & invigorating exercise session. Cardio Drumming is good for all levels, and does not require musical experience, only the desire to move and have fun. Can be done standing or seated.

CHAIR YOGA 11:00a.m.-12:00p.m.

Fee: \$6.00/Class or \$52.00/10 session punch card

Each class is a mix of stretching, strength and balance designed for anyone. Chair Yoga is done from the comfort of a chair or with aid of a chair using some of the same moves as traditional Yoga. Suitable for all levels.

TAI CHI 12:00p.m.-1:00p.m.

April 16- June 25 Fee: \$5.00 per class

From lowering blood pressure to improving balance, there are so many benefits to this low-impact, relaxing form of exercise. Chair can be used if needed. Taught by Patricia Zajac.

EXERCISE WITH BECKY 1:00p.m.-2:00p.m.

Fee: \$3.00 minimum donation Join Instructor Becky Laymon for drop-in classes every week. This class combines chair exercise, dance, exercise balls and weights.

PINOCHLE 2:00p.m.-4:00p.m. Fee: FREE

All are welcome!

WEDNESDAY

PRIMITIVE RUG HOOKING 10:00a.m.-Noon

ONE TIME FEE: \$25.00/ INCLUDES ALL SUPPLIES!

Primitive Rug Hooking is both an art & a craft. Rugs are made by pulling loops of fabric (not yarn) through a stiff woven base. It is not latch hooking. This is a great recycling craft.

FLEXAGILITY 10:30a.m.-11:30a.m. Fee: \$5.00/class.

See class details on page 7.

MAH JONGG WEDNESDAYS

1:00p.m.-4:00p.m. Everyone welcome! FREE!

Learn this fascinating rummy-like game that uses tiles rather than cards. Easy to learn! Stop in and give it a try!

GENTLE YOGA 6:30p.m.-7:30p.m.

Fee:\$6.00/Class or \$52.00/person/10 sessions Reduce stress while increasing flexibility, strength, balance, energy, & positive thinking. Wear comfortable, stretchy clothing that allows for easy movement. Mats and props are provided, or bring your own. A small pillow, bolster, folded towel or blanket may be helpful in order to sit comfortably on the floor.

THURSDAY

EXERCISE WITH BECKY 11:00a.m.-12:00p.m.

Fee: \$3.00 minimum donation

Drop-in classes every week. This class combines chair exercise, dance and weights.

MAH FITNESS**May 9 - July 18** 1:00p.m.-2:00p.m.**Daily Fee: \$1.50 \$1.00/Senior**

During this workout you will strengthen, condition, and gain flexibility and balance while using exercise balls. Modified for all fitness levels. Everyone is welcome!

PINOCHLE 2:00p.m.-4:00p.m. **Fee: FREE**
All are welcome!

LADIES' NITE EUCHRE 2nd & 4th Thurs. 7:00-9:00p.m.
FREE! Come in and join in the fun!

FRIDAY

LEARN TO LINE DANCE 10:00a.m.-11:30a.m.

Fee: \$7.00 /person**Level: Beginner using all types of music.**

Learn new dances. Socialize while exercising, having fun and improving your fitness. Please wear comfortable clothing, and soft-soled shoes. B.Y.O.W.B. (Bring Your Own Water Bottle) Instructor: Christine Stewart

KNIT, CROCHET, CRAFT 11:30a.m.-1:30p.m.

Bring your knitting, crocheting or any craft you have. Enjoy good company as you finish your projects. Interested in learning to knit? Come in and learn the basics.

EUCHRE 2nd & 4th Fridays 2:00p.m.-4:00p.m.
FREE!

OPEN PAINTING & CRAFTING 1st & 3rd Fridays
1:00p.m.-3:00p.m. Bring your easel, canvas, paints and supplies and spend a relaxing afternoon painting or sketching.

SPECIAL CLASSES & PROGRAMS**GROWN-UPS CAN COLOR, TOO! COLORING PARTY!****May 13, June 10, July 13 6:30p.m.-8:30p.m. FREE!**

Teens and adults, put aside the worries of the day and join us for an evening of fun and stress-relief! Supplies are provided or feel free to bring your own.

PIZZA & A MOVIE NIGHT**May 24, June 28, July 26 6:00p.m.-8:00p.m.****Fee: \$4.00 per person for dinner. Seating is limited.****Pre-registration is suggested. Call for movie selection.**

Join us for a dinner of pizza, salad, chips, beverages, dessert, and a family movie.

FAMILY BINGO! May 11 & June 8 1:00p.m.- 2:30p.m.**FREE! Spring & Animal Bingo! FUN! Prizes!****Refreshments! All ages welcome!**

GAME NIGHT May 9, June 13 & July 11

6:00p.m.-8:00p.m. **FREE!**

Play some old favorites or try something new! Games for both grown-ups and the kids! Refreshments! FREE!

NAT'L KNIT & CROCHET IN PUBLIC DAY June 8

10:00a.m.-12:00p.m. Bring your knitting needles, crochet hooks & yarn and join us the grounds of the Center as we celebrate this holiday! Refreshments!

GHOSTBUSTERS PARTY!**June 8 6:30p.m.-9:00p.m. FREE!****Donations to help defray costs are always welcome!**

Let's celebrate the 35th anniversary of this classic movie with some food and fun! Call 734-449-2295 to RSVP!

GAME NIGHTS!

**June 13
July 11**



6:00p.m.-8:00p.m.

Come in and play some old favorites or try something new! Games for both kids & adults!

EUCHRE!!**LADIES' NIGHT EUCHRE**

2nd & 4th Thursdays of each month

7:00p.m.-9:00p.m.

FRIDAY AFTERNOON EUCHRE

2nd & 4th Fridays

2:00p.m.-4:00p.m.

Experienced player or just want to learn the game? Stop in for an afternoon of cards and fun!

PIZZA & A MOVIE NIGHTS

May 24

June 28

July 26



Call for featured movie!
May 24 - 4:30p.m. - Enjoy yard games before the movie

6:00p.m. - 8:00p.m.
\$4.00/person for dinner.



Seating is limited!
Call 734-449-2295 to RSVP.



ART & CRAFT CLASSES

KNIT, CROCHET, CRAFT

Fridays 11:30a.m. - 1:30p.m.

Bring your current project or one that you haven't worked on in a while and enjoy the company of other crafters as you get those projects completed!



PAINTING WITH JAN RAD

LAST FRIDAY OF EVERY MONTH!

1:30p.m.-3:30p.m.

Fee: \$23.00 - includes all supplies

Space is limited.

Call 734-449-2295 to register.

Join Instructor, Jan Rad, and create an 8"x10" painting. This class is great for all skill levels from beginner to advanced.



OPEN PAINTING & CRAFT TIME

1ST & 3RD FRIDAY OF EACH MONTH

1:00p.m.-3:00p.m.

Bring your painting or crafting supplies and get creative!



SENIOR NUTRITION PROGRAM

The Senior Lunch Program is going strong and growing!

Seniors aged 60 and over and their spouses can get a tasty and nutritious meal at the Community Center on **Mondays, Wednesdays and Fridays**. Meals will begin at 12:15p.m.

Please call 24 hours in advance so we can get your meal ordered.

Participants are encouraged to share in the cost of the meal to the extent that they are able. **The suggested contribution is \$3.00; however, people 60 and over will not be turned away because of inability to contribute.** Adults under the age of 60 are welcome to attend, but will be charged the full price of \$5.50 for the meal.

If you are interested in volunteering, or attending the lunches at the Center, please contact Tami at 734-449-2295.



SENIOR LUNCH MENU

MAY

- 1 - Pasta w/ Meatballs, Side Salad, Garlic Toast, Applesauce, Milk
- 3 - Pulled Pork Sandwich, Kale Salad, Sweet Potato Fries, Blueberry Fluff, Milk
- 6 - Chicken Stir-fry, Rice, Asian Vegetables, Roll, Orange, Milk
- 8 - Homemade Meatloaf, Mashed Potatoes, Green Beans, Roll, Applesauce, Milk
- 10 - Chicken Sandwich, Mixed Veggies, Pasta Salad, Apple Slices, Cookie, Milk
- 13 - Philly Cheese Steak Sandwich, Peppers & Onions, Au Gratin Potatoes, Blueberry Fluff, Milk
- 15 - Pork Chop w/ Mushroom Gravy, Rice Pilaf, Peas, Applesauce, Milk
- 17 - Maurice Salad, Baby Carrots w/ Dip, Roll, Apple, Milk
- 20 - Chicken Parmesan, Pasta w/ Sauce, Broccoli, Garlic Toast, Apple Slices, Milk
- 22 - Sweet Meatballs, Rice Vegetable Blend, Roll, Pear, Milk
- 24 - Italian Lemon Chicken Breast, Butternut Squash, Rice, Roll, Pear, Milk
- 27 - **CLOSED - MEMORIAL DAY**
- 29 - Chicken Leg, Mashed Potatoes, Corn, Roll, Applesauce, Milk
- 31 - Cheeseburger, Wedge Fries, Baby Carrots w/ Dip, Orange, Milk



SCRAPBOOKING CLASSES



Crop Session

May 9 6:30pm-8:30pm

Travel Theme



Bring your photos, or plan ahead by create pages for future pictures. You will receive a Craft Pack of coordinating products to be used in your own scrapbook or Memories & More album. Coordinating stamps, ink pads, embossing folders, and Big Shot machine will be available for your use. \$40 RSVP by MAY 1

Each Craft Pack will include:

- Memories & More Card Pack (50 double-sided cards)
- Designer Series Paper 12x12 (6 double-sided sheets)
- Washi Tape (3 rolls)
- Enamel Shapes (50 total)
- Coordinating Colored Card Stock 8 1/2 x 11 (6 Sheets)
- Whisper White Card Stock 12x12 (6 sheets)



Coordinating stamps to use



Crop Session

June 15 10am - Noon

Come Sail Away Theme

Come Sail Away Suite of Products - Images available soon!

Bring your photos, or plan ahead by create pages for future pictures. You will receive a Craft Pack of coordinating products to be used in your own scrapbook or Memories & More album. Coordinating stamps, ink pads, embossing folders, and Big Shot machine will be available for your use. \$40 RSVP by June 1

Each Craft Pack will include:

- Memories & More Card Pack (50 double-sided cards, 6 Laser-cut cards + stickers)
- Designer Series Paper 12x12 (6 double-sided sheets)
- Baker's Twine
- Sail Away Trinkets (10 pcs)
- Coordinating Colored Card Stock 8 1/2 x 11 (6 Sheets)
- Whisper White Card Stock 12x12 (6 sheets)

FLEXAGILITY



WEDNESDAYS

10:30a.m. - 11:30a.m.

\$5.00/Class or \$45.00/10 sessions

Walk-ins welcome!

Flexagility is playful activities from a chair and set to music, self-massage and strength training.

Flexagility is fitness for the Body and Brain and allows us to better React, Respond and Recover.

Stay cognitively sharp and physically able as we age gracefully. It's all about getting moving so we

have less pain or stiffness so we feel better.

Be flexible and agile with Flexagility.

Work on cognition, balance, right/left brain coordination, flexibility, mobility, and stability.

Doing something new and challenging is how we build new neuro-pathways in our brain.

Action and imagination work as we play!



Change up how you do things and break out of your comfort zone.

Story Time & Sign Language

MAY 1, 15 & 29

3:00p.m.

Fee: \$5.00 per family

Story Time is geared for ages 0-5 years old and Caregivers.

Join Christine Felton for 40 minutes of stories, rhymes and songs while learning 5-10 key signs to go along with the stories.



CROCHETED SLEEPING MATS FOR THE HOMELESS PROJECT

Wednesdays
2:00p.m.-4:00p.m.



Please join us and participate in
a project for a worthy cause!

We are making sleeping mats by crocheting strips of old plastic grocery bags! These mats will be distributed to the homeless in Washtenaw County and other areas in Southeast Michigan.

This is a project for both women & men. You **do not** have to be a senior citizen to participate! You **do not** have to know how to crochet! Help is needed to smooth & flatten bags, slice the bags into strips, loop the strips together and roll them into balls, and to crochet. If you don't crochet, but would like to learn, we have people to teach you the simple stitches that it takes to turn out these mats. Please come and join us!

OPPORTUNITIES FOR FUN & SERVICE!

We are still looking for folks who are interested in forming two different groups to work on some ongoing projects! If you are interested in participating in any of these projects, please let me know.

Coupons for the Troops Did you know those in the military can use coupons up to 6 months past their printed expiration date? We have a long running project of saving and clipping grocery coupons that are sent to an overseas military base for use by military personnel and families. We are in need of help to get these clipped, sorted and in the mail. Would like to set up a day/time for a group to work on this.



Recycled Greeting Cards We are accumulating a large stash of used greeting cards! If you are interested in creating beautiful new cards from old, we need your help.



The "recycled" cards are then sold to help fund projects and programs here at the Community & Senior Center.

There are many other volunteer opportunities at the Community & Senior Center.
Stop in or call for more information!

RESTORE WELLNESS, LLC



Experience moments of relaxation, stillness and breath. Emerge back into the world calm and invigorated. Rediscover your sense of well-being with personalized therapies that nurture both body and mind. Through muscular relaxation, intentional stillness, and focused breath, massage therapy will leave you calm and invigorated.

Alison Stroschein, Licensed Massage Therapist and Business Owner of Restore Wellness is able to offer you everything from the best relaxation massage to deep tissue therapies. She is here to be "Your Ally for Better Health."

"Surround yourself in tranquility while being in the comfortable setting within my office location. Restore Wellness, your ally for better health."

Alison has been practicing massage for 4 years. She challenges herself to actively keep learning and currently offers a variety of techniques tailored to meet each individual's needs.

She is passionate about massage therapy and applies a holistic approach to the treatments that she offers. She provides customers with a service that will not only help their bodies but also their minds. From sports injuries and rehab to active stretching, she can work with your body to get you feeling like you should again. She is also trained as a Yoga Instructor so if you have any questions regarding how to move the body don't be afraid to ask!

Call 517-672-6632 to schedule an appointment. Check out Alison's website at www.restore-wellness.abmp.com



COMMUNITY STYLE ACUPUNCTURE TREATMENTS

THURSDAYS
4:00p.m. - 6:00p.m.
Fee: \$15/treatment
Prices will be going up to \$20 in June.

Join Licensed Acupuncturist Ron Hough and explore the health benefits of Acupuncture and Traditional Chinese Medicine - better sleep, increased energy, stress relief, and many more.

Wear comfortable clothing, to allow access up to knees and elbows. Eat about an hour before the session.
Call 734-449-2295 to register or just stop in!



TRIP!

**MAGIC
OF
THE MOVIES**
FROM SCREEN TO THE STAGE

PRESENTED BY:
650 PLAYERS
OLDER PERSONS' COMMISSION, ROCHESTER

LUNCH & PERFORMANCE!
THURSDAY, MAY 2, 2019
10:00a.m.– 5:00p.m.
\$50.00 PER PERSON

Bus departs from
Whitmore Lake Middle School
parking lot at 10:00a.m.

CALL 734-449-2295 TO REGISTER



A VERY SPECIAL WORK BEE!
FIRST SATURDAY OF EACH MONTH
10:00a.m.-2:00p.m.

All supplies will be provided.
Potluck lunch! Please bring a dish to pass.
Call 734-449-2295 for more information.
Northfield Twp. Community & Senior Center
9101 Main St., Whitmore Lake

The Peyton Heart Project is a global project created to help end suicide and bullying and the stigma surrounding mental health issues.

We will be creating knitted and crocheted hearts! They are placed in public places around the world for people to find during their everyday lives. The hope is the hearts cause people to stop for a moment and reflect on a young life lost to suicide, on bullying and on the fact that everyone's life matters.



Radio Control Sailboat Club Meeting

Have you ever thought about Radio Controlled Sail boating? R.C. Sailboating is fun, inexpensive, very relaxing and something the whole family can enjoy!

Meeting: TBD

Northfield Township Community/ Senior Center

For additional information contact:
The Community & Sr. Center at 734-449-2295

Absolutely no past experience is needed, just a willingness to relax and have fun in the sun this summer!



IN MEMORIAM

Our thoughts and condolences go out to the families of **Phil Semenuk, Rosemary Donner** and **Irene Phillips**. They were all treasured members of the community and will be dearly missed.



Thinking of you!

Sending some good cheer and best wishes to some of our Community & Senior Center family!



Sandy DiFillipo
JoAnn Gibbons
Richard Krohn
Minnie Marszalak
Fritz Nelson



Bring your family and friends! Bring your blankets and chairs! Enjoy a family movie under the stars from the shore or from your boat on the lake! All movies begin at dusk!

JOIN US AT 7:30P.M. FOR LAWN GAMES,
PIZZA & FUN! ENJOY A JUMBO SLICE
OF HUNGRY HOWIE'S PIZZA FOR \$2!
PROCEEDS HELP SUPPORT MOVIES UNDER THE STARS PROGRAM!



May 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	NATIONAL ASTHMA & ALLERGY AWARENESS MONTH	1 10:30 Flexagility 12:15 Sr. Lunch 1:00 Mah Jongg 2:00 Crochet Mats Proj 6:30 Gentle Yoga	2 10:00 OPC Trip 11:00 Exer. w/ Becky 2:00 Pinochle 4:00 Acupuncture 7:00 Kiwanis Meeting	3 10:00 Line Dance 11:30 Knit/Crochet 12:15 Sr. Lunch 1:00 Free Paint/Craft	4 International Firefighters Day 10:00 Peyton's Heart Project	
5	NAT'L ANXIETY & DEPRESSION AWARENESS WEEK	6 Nat'l Nurses Day 12:15 Sr. Lunch 1:00 WL Portrait Grp. 1:00 Mah Jongg 6:00 Daisy Troop Mtg.	7 10:00 Cardio Drum 11:00 Chair Yoga 12:00 Tai Chi 1:00 Exer. w/ Becky 2:00 Pinochle 6:30 Diabetes Prevent.	8 10:30 Flexagility 12:15 Sr. Lunch 1:00 Mah Jongg 2:00 Crochet Mats Proj 6:30 Gentle Yoga	9 11:00 Exer. w/ Becky 1:00 MAH Fitness 2:00 Pinochle 4:00 Acupuncture 6:00 Game Night 6:30 Shopping Session	10 10:00 Line Dance 11:30 Knit/Crochet 12:15 Sr. Lunch 2:00 Euchre
12		13 12:15 Sr. Lunch 1:00 WL Portrait Grp. 1:00 Mah Jongg 6:30 Grown-up Coloring	14 10:00 Cardio Drum 11:00 Chair Yoga 12:00 Tai Chi 1:00 Exer. w/ Becky 2:00 Pinochle 6:30 Diabetes Prevent.	15 10:30 Flexagility 12:15 Sr. Lunch 1:00 Mah Jongg 2:00 Crochet Mats Proj 6:30 Gentle Yoga	16 Police Mem. Day 11:00 Exer. w/ Becky 1:00 MAH Fitness 2:00 Pinochle 4:00 Acupuncture 7:00 Kiwanis Meeting	17 10:00 Line Dance 11:30 Knit/Crochet 12:15 Sr. Lunch 1:00 Free Paint/Craft
19		20 12:15 Sr. Lunch 1:00 WL Portrait Grp. 1:00 Mah Jongg 6:00 Daisy Troop Mtg.	21 10:00 Cardio Drum 11:00 Chair Yoga 12:00 Tai Chi 1:00 Exer. w/ Becky 2:00 Pinochle 6:30 Diabetes Prevent.	22 10:30 Flexagility 12:15 Sr. Lunch 1:00 Mah Jongg 2:00 Crochet Mats Proj 6:30 Gentle Yoga	23 11:00 Exer. w/ Becky 1:00 MAH Fitness 2:00 Pinochle 4:00 Acupuncture 7:00 Ladies' Euchre	24 10:00 Line Dance 11:30 Knit/Crochet 12:15 Sr. Lunch 2:00 Euchre 4:30 Backyard Games 6:00 Pizza & a Movie
26	27 CLOSED		28 10:00 Cardio Drum 11:00 Chair Yoga 12:00 Tai Chi 1:00 Exer. w/ Becky 2:00 Pinochle 6:30 Diabetes Prevent.	29 10:30 Flexagility 12:15 Sr. Lunch 1:00 Mah Jongg 2:00 Crochet Mats Proj 6:30 Gentle Yoga	30 11:00 Exer. w/ Becky 1:00 MAH Fitness 2:00 Pinochle 4:00 Acupuncture	31 10:00 Line Dance 11:30 Knit/Crochet 12:15 Sr. Lunch 1:30 Painting w/ Jan

June 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					NATIONAL FRUIT & VEGETABLE MONTH	1 Say Something Nice Day 10:00 Peyton's Heart Project
2 NATIONAL COMMUNITY HEALTH IMPROVEMENT WEEK	3 12:15 Sr. Lunch 1:00 WL Portrait Grp. 1:00 Mah Jongg	4 10:00 Cardio Drum 11:00 Chair Yoga 12:00 Tai Chi 1:00 Exer. w/ Becky 2:00 Pinochle	5 10:30 Flexagility 12:15 Sr. Lunch 1:00 Mah Jongg 2:00 Crochet Mats Proj 6:30 Gentle Yoga	6 11:00 Exer. w/ Becky 1:00 MAH Fitness 2:00 Pinochle 4:00 Acupuncture 7:00 Kiwanis Meeting	7 10:00 Line Dance 11:30 Knit/Crochet 12:15 Sr. Lunch 1:00 Free Paint/Craft	8 10:00 Family Bingo 10:00 Knit & Crochet in Public Day 6:30 Ghostbusters Party
9	10 12:15 Sr. Lunch 1:00 WL Portrait Grp. 1:00 Mah Jongg 6:30 Grown-Up Coloring	11 10:00 Cardio Drum 11:00 Chair Yoga 12:00 Tai Chi 1:00 Exer. w/ Becky 2:00 Pinochle	12 10:30 Flexagility 12:15 Sr. Lunch 1:00 Mah Jongg 2:00 Crochet Mats Proj 6:30 Gentle Yoga	13 11:00 Exer.w/Becky 1:00 MAH Fitness 2:00 Pinochle 4:00 Acupuncture 6:00 Game Night	14 Family History Day 10:00 Line Dance 11:30 Knit/Crochet 12:15 Sr. Lunch 2:00 Euchre	15 10:00 Scrapbooking - Cropping Session
16 HAPPY FATHER'S DAY	17 12:15 Sr. Lunch 1:00 WL Portrait Grp. 1:00 Mah Jongg	18 10:00 Cardio Drum 11:00 Chair Yoga 12:00 Tai Chi 1:00 Exer. w/ Becky 2:00 Pinochle 6:30 Diabetes Prevent.	19 10:30 Flexagility 12:15 Sr. Lunch 1:00 Mah Jongg 2:00 Crochet Mats Proj 6:30 Gentle Yoga	20 11:00Exer./Becky 1:00 MAH Fitness 2:00 Pinochle 4:00 Acupuncture 7:00 Kiwanis Meeting	21 10:00 Line Dance 11:30 Knit/Crochet 12:15 Sr. Lunch 1:00 Free Paint/Craft 7:30 Games, Pizza & Movie on Lake	22
23	24 12:15 Sr. Lunch 1:00 WL Portrait Grp. 1:00 Mah Jongg	25 10:00 Cardio Drum 11:00 Chair Yoga 12:00 Tai Chi 1:00 Exer. w/ Becky 2:00 Pinochle 6:30 Diabetes Prevent.	26 10:30 Flexagility 12:15 Sr. Lunch 1:00 Mah Jongg 2:00 Crochet Mats Proj 6:30 Gentle Yoga	27 BOMB POP DAY! 11:00 Exer. w/ Becky 1:00 MAH Fitness 2:00 Pinochle 4:00 Acupuncture	28 10:00 Line Dance 11:30 Knit/Crochet 12:15 Sr. Lunch 1:30 Painting w/ Jan 6:00 Pizza & a Movie	29
30						



THANK YOU TO OUR VOLUNTEERS FOR THEIR HARD WORK AND DEDICATION!

Dolly Boggs	Ann Brindle	Angela Brown
Shannon Cogan	Denise Creque	Louisa DeFilippi
Mary Devlin	Ruth Hague	Linda Hartley
Cindy Hogston	Ernestine Hogston	Alyssa Jones
Autumn Jones	Betty Jones	Marge Kack
Kristina Kelley	The Kelley Family	Dan Krebs
Debbie Liebert	Phyllis Lindblade	Christine Miles
Laura Misko	Marikay Molnar	Karen Negebauer
The Pohl Family	Margaret Riddell	Shirley Samp
Donn Sleek	Charles Steuer	Joan Steuer
Phyllis Stillman	Ann Thompson	Ethel Wagar
Curtis Ward	Linda Webb	Terry Webb

MANY THANKS!

Thank you to everyone who so generously donated their time, talents, funds, and items to programs and projects at the Community & Senior Center



Senior Holiday Gala
Dinner with Santa
The Mitten Tree
Project Bunny
Sleeping Mat Project
Peyton's Heart Project



The community of Northfield Twp./Whitmore Lake has a huge heart! Every time we put out a call for assistance, the outpouring of care and concern is overwhelming. Your thoughtfulness and generosity helped to bring happiness to many people. Your assistance is truly appreciated!

FAMILY BINGO



May 11

June 8

10:00a.m.-11:30a.m.

Spring & Animal Bingo! Fun for all ages!
Prizes! Refreshments!

Call 734-449-2295 for more info.



MARK YOUR CALENDARS!

**DON'T LET THESE PROGRAMS & EVENTS
SNEAK BY!**



June 27 - Bomb Pop Day!
Stop in for a Bomb Pop!



July 4 - 4th of July Parade
Root Beer Float Social



Aug. 17 - Be The Blessing Rummage Sale



Oct. 12 - Craft & Vendor Show



Oct. 26 - Old-Fashioned Halloween Party



Nov. 19 - Harvest Potluck Dinner



JUNE BIRTHDAYS CONTINUED

Sally Artanowicz	Sharon Hill	Loralei Micoff
Bella Atiyeh	Margaret Hofsess	Nora Miklosovic
Leslie Banks	Ellen Johnson	Nancy Painter
Charlene Bates	Marie Jourdan	Ed Patrick
Heather Beck	Dodie Kachin	Jon Phipps
Patricia Bermudez	Carol Koch	William Porter
Lynn Bowman	Heath Lupi	William Reichenbach
Jerry Carroll	Jonelle Lupi	Vince Robertson
Kay Davey	Frank McGuire	Gary Romine
Juanita Double		Paul Solomon
Michaela Dyer		Jim Stinson
Kathy Fortin		Wyatt Stinson
Karen Hamp		Steffanie Sunday
Teri Hassen		Ruth Tenoris
Bruce Hendricks		Joy Underwood



GHOSTBUSTERS PARTY!!



JUNE 8

free

6:30p.m.-9:00p.m.

Let's celebrate the 35th anniversary of the release of this "classic" movie! Join us for food, fun and, of course, the movie!

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Northfield Twp. Community Ctr.
9101 Main Street
Whitmore Lake, MI 48189

DON'T MISS IT!



5TH ANNUAL ROOT BEER FLOAT SOCIAL

ENJOY A REFRESHING
ROOT BEER FLOAT

**NORTHFIELD TWP. COMMUNITY & SENIOR CENTER
9101 MAIN ST.**



**JULY 4TH
After the Parade
WHILE SUPPLIES LAST!**

