



BROWNSTOWN SENIOR NEWS

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Dolores Zavalney

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JANUARY NEWS

Happy New Year! I would like to welcome two new bus drivers! Charles Griffin and Thomas Mallon will be helping Julia drive for trips and other excursions. Please take time to welcome the new employees to our team.

The American Diabetes Association will be hosting a free 2 day educational seminar on February 11th and 25th from 10am until 11:30 am both days. Seating is limited sign-up at the front desk.

Stay fit during the holidays by joining the Arthritis Foundation Exercise Class. The exercises are non-impact, and chairs are provided for those who need them. The next 6-week session begins January 12th. Space is limited, so sign up early! Sign-up for winter trips has begun.

To ensure that you get a spot on our most popular trips, make sure to sign up early - spaces fill quickly!

Registration for the Senior Transportation Program and the Senior Travel Club is going on now. In order to continue receiving the benefits of both programs, completed applications must be submitted.

Just a reminder that dinner dance ticket prices beginning January 2009 will now be \$12 each.

We are in need of volunteers for the Meals on Wheels program. Please contact Karen Wright at (734) 675-0920 for more information.

The Pleasure Seekers are collecting hats, gloves, mittens and scarves for disadvantaged families in the Detroit area. Drop off your donations at the Community Center by January 31st.

We owe a big thank you to Art Wright for the donation of door prizes for the Christmas Dinner Dance.



SENIOR CHOIR REPORT
HELEN ST. LOUIS

Greetings from the Funlovers!

Scheduled Performances

Oakwood Commons—January 12th—1pm



MEETINGS

BROWNSTOWN SENIOR ADVISORY BOARD

Thursday, January 8, 2008 at 11:00 am

BROWNSTOWN SENIOR TRAVEL CLUB

Monday, January 12, 2009 at 11:00 am

BROWNSTOWN PLEASURE SEEKERS

Business Meeting (Birthdays) & Bingo

Thursday, January 8, 2008

1:00 -3:00 pm—Halls A & B

Potluck Meeting & Bingo

January 15, 2009

1:00 -3:00 pm—Halls A & B

POTLUCK DINNER & GAME NIGHT

January 26, 2009

5:00pm

BROWNSTOWN PLEASURE SEEKER OFFICERS

President Karen Gardner

Vice President Ethel Varga

Treasurer Helen St. Louis

Secretary JoAnn Jeffery

Social Secretary Irene DaDeppo

Co-Social Secretary Berta Mae Dezomits

Photographer Donna Purcell

Brownstown Pleasure Seekers meet the 1st and 3rd Thursday of the month from 1pm to 3pm. Membership is \$10 per year, plus a one-time \$2 charge for a name tag. The Pleasure Seekers sponsor four senior dinner dances per year as well as other social events for members. It's a great club to join if you want to make new friends and have a great time. Membership is open to Downriver senior citizens age 55 and over. If interested in joining this senior club, see Treasurer Helen St. Louis at one of the meetings for a membership form.

PROGRAMS & EVENTS

FUNLOVERS BAND

Director — Helen St. Louis

EUCHRE

Tuesdays at 12:30 pm

EXERCISE

Tuesdays, Wednesdays, & Fridays at 10:00 am

25¢ donation for each class

Prime Time Senior Fitness Video

QUILTING

Wednesdays at 9 am

Teacher — Pat Shanaver

BOWLING

Fridays at 1:00pm

At Flat Rock Lanes

BLOOD PRESSURE CHECKS

First Thursday of the month from 12 to 1pm.

Provided by Henry Ford Wyandotte Hospital nurses

BINGO BREAKFAST

Monday, January 19, 2008 — 9:00 am

Pancakes, sausage, fruit, juice, coffee, and bingo. \$2.50 donation if not playing bingo. Please register in advance at the Recreation Desk.

POTLUCK & GAME NIGHT

Monday, January 26, 2008 — 5:00 pm

Bring a dish to pass and a 50¢ donation. The Center provides a meat dish and beverages. \$3 donation if you do not bring a dish to pass. Please sign up in advance at the Recreation Desk.

SHOPPING

For all shopping trips, you must reserve a seat on the bus at least 24 hours in advance by calling (734) 675-0920 or signing up in person at the Center. Cost = \$1

- Meijer 1/6, 1/20, 2/3 —11:00 am
- Kohl's and Target 1/27 -11:00 am
- Kroger 1/14, 1/28 — 11:00 am
- Wal-Mart & Dollar Store (Local) 1/15 — 10:00 am

Brownstown Feisty Red Hatters

If you enjoy having a good time with your friends....then the Brownstown Red Hat Club is for you! There is no cost to join the Brownstown Chapter. *Members and guests must dress in full regalia (red hat and purple outfit for women over 50, or pink hat and lavender outfit for women under 50) when coming to Red Hat events and meetings.*

UPCOMING RED HAT EVENTS:

NEXT EVENT: MEETING

MONDAY, JANUARY 12TH

AT THE BROWNSTOWN COMMUNITY CENTER—12:30PM



NEXT EVENT: MEETING

MONDAY, FEBRUARY 9TH

AT THE BROWNSTOWN COMMUNITY CENTER—12:30PM

NEXT EVENT: LIMA OHIO SHOPPING & LUNCH 9AM-4PM

TUESDAY, FEBRUARY 10TH

DEPARTURE FROM THE CENTER AT 9AM

COST \$2

SIGN UP FOR EVENTS AT THE FRONT DESK – (734) 675-0920.

2009 HEARING CHECK-UPS

Brownstown Community Center

Appointment Dates: Wednesday, February 11th, April 8th, June 10th,
August 12th, October 14th, December 9th.

Appointments begin at 10 am



Call the Brownstown Community Center at (734) 675-0920 for your appointment time.

Mr. Wizgird, BC-HIS, will be at the Center every other month to provide our seniors with hearing check-ups they need in the convenience of the Community Center location.

There is no charge to you. Mr. Wizgird can do hearing evaluations and hearing aid cleanings. If you are having trouble with your ears or just need maintenance on your current equipment, give us a call to make an appointment with Mr. Wizgird.

Mardi Gras Dinner Dance

Brownstown Recreation
 Thursday, January 22, 2009

Doors Open: 4:00 pm
 Dinner: 5:00 pm
 Dancing: 6:00 – 8:30 pm
 Tickets: \$12

Entertainment by Mike Wolverton
 Catering by Elizabeth's



Brownstown Recreation is hosting a senior Dinner Dance on January 22nd. This is the annual Mardi Gras. Enjoy an evening out with great food, great entertainment, and great friends. Catering will be by Elizabeth's. Live band entertainment will be provided by Mike Wolverton. Beverages, including beer and wine, will be served. Evening activities also include a 50/50 raffle and door prize giveaway. Tickets are only available until January 15th, so purchase your tickets before they're gone!

Arthritis Foundation Exercise Program 2009 Classes

Maintain fitness forever! Enjoy a slower pace that focuses on specific exercises for arthritis, range of motion, flexibility, endurance, strength, balance, and relaxation. Adapt exercise variations to your own individual level of fitness while listening to music from the past!

Advanced Level Class is a 60-minute workout and includes non-impact floor exercise and deep breathing/relaxation exercises. Wear comfortable clothes. Bring bottled water and a floor mat to class. Light dumbbells are optional for the class. 6-week session.

Class	Days	Start Date	Cost	Time	Instructor
Advanced	Mon. and Thurs.	Jan. 12th	\$20R/25NR	9-10:00am	Maxine

* NO DROP - INS PLEASE! YOU MUST REGISTER IN ADVANCE AT THE BROWNSTOWN COMMUNITY CENTER—(734) 675-0920.



2009 WINTER/ SPRING ENRICHMENT CLASS SCHEDULE



COMPUTER CLASSES

Computers: Back to the Basics

Are you new to using personal computers? Familiarize yourself with the basic functions and uses of the personal computer in a relaxed, non-threatening environment. Learn the very basics about the hardware. Explore the software that is most commonly found on basic IBM-compatible computers. Use the Windows operating system, and see how word processing and spreadsheet software can be applied to fit your individual needs. Discuss how your information is stored, data security, and computer viruses; and learn how to determine which computer would best fit your needs when purchasing. (3-week session)

Word 1: An Introduction to Word-processing

Learn the basic features of Microsoft Word in the easy to use Windows environment. This hands-on class will cover such topics as creating documents, editing text, formatting documents using special font effects and paragraph alignment, creating bulleted and numbered lists, applying borders and shading, and inserting document headers and footers. Prerequisite: Basic computers or equivalent knowledge.

(3 week session)

Internet Basics

Find out how easy it is to: send electronic mail to your children, grandchildren, friends and relatives; check on your investments; make travel arrangements; shop; and maybe even instantly locate people you lost touch with years ago. Come explore the World Wide Web as you learn basic skills to "surf the Internet" on your own. See what all the talk is about! Some computer experience and familiarity is required.* (3 week session)

Class	Days	Start Date	Cost	Time	Instructor
Back to Basics	Tues. & Thurs.	TBA	\$40PP	1-3:00 pm	Kevin
Back to Basics	Tues. & Thurs.	TBA	\$40PP	4-6:00 pm	Kevin
Word 1	Mon. & Wed.	Nov. 3rd	\$40PP	1-3:15 pm	Kevin
Intermediate	Mon. & Wed.	Nov. 3rd	\$40PP	3:30-5:45 pm	Kevin

- NO DROP IN'S PLEASE! YOU MUST REGISTER IN ADVANCE AT THE BROWNSTOWN COMMUNITY CENTER—(734) 675-0920.**



SENIOR CHORE PROGRAM

The purpose of the Senior Chore Program is to assist low to moderate-income senior citizens with chores around the house and minor, routine home maintenance projects, in order to help seniors maintain their independence and continue to live in their own home. Funding for 2008 projects will not be available until after July 1, 2008.

Eligibility:

- Must be age 62 or above
- Must be a Brownstown resident who has owned and lived in your home at least 12 months.
- Must have an income at or below \$24,450 for 1 person, or \$27,450 for 2 people in the household.

Services available include grass trimming, weed trimming, snow removal. The following documentation is needed in order to apply for the program.

- Proof of residency: Valid drivers license or State ID showing current address.
- Proof of homeownership: Copy of deed or most recent tax bill.
- Proof of income tax or tax credit statement; if no taxes filed, then income or W-2s as applies to you.

Please contact the Brownstown Recreation Department at (734) 675-0920 for more information or to obtain an application.



DOWNRIVER COMMUNITY CONFERENCE ENERGY ASSISTANCE PROGRAM

The Downriver Community Conference is pleased to announce receiving a grant to assist qualified households on their heat bill. They will begin taking applications Thursday, January 3, 2008. All clients have to be income eligible. The clients will receive **up to \$500**, based on the amount owed on their utility bill.

Two of the following pieces of information is needed to apply: Proof of household income for the last 12 months, current utility bills, picture identification, social security number and birth dates of each person in the home. For more information or to apply, please call the Downriver Community Conference Weatherization at (734) 362-3473 or 3475.

**Downriver Community Conference
Weatherization
15100 Northline**



FOOD REPORT BY HELEN FRYER

Hey, Seniors, what's cookin? Imagine Christmas morning without wrapping paper. The joy would be short-lived for much of the excitement is the anticipation of finding out what is in the package. Wrapping paper may have been created with the idea that we would enjoy the process of discovering what is under the wrapping. That is why we wrap presents.

December 3rd-The Red Hats went to Frankenmuth to see Dean Martin. The food was good as usual: we had chicken and dressing, whipped potatoes and gravy, cole slaw, and ice cream for dessert. We had a real good time.

December 4th— The Senior Advisory Board met with questions and discussions. We had cookies, and coffee. The Pleasure Seekers meeting was also held, and after each officer gave a report, we had the 50/50 drawing and celebrated birthdays with ice cream and desserts, followed by Bingo.

December 8th — The Senior Travel Club hosted the Travel Show and Breakfast. On the menu was sausage, bacon, scrambled eggs, fried potatoes, biscuits and gravy, and finally beverages. The meal was delicious.

December 18th -We had the annual Christmas Dinner Dance. We had chicken paprika, meatballs with gravy, green beans with almonds, whipped potatoes and assorted desserts. . The Catering was by Elizabeth's and the entertainment was by Jerry Robotka. We had a 50/50 drawing and gave away a lot of door prizes.

I wish all of you a Merry Christmas and a Happy New Year. I saw this and I thought I would pass it along "Laughter is life's sunshine."

Till next time—Bon Appétit!

Helen

FOOT DOCTOR

Brownstown Community Center

Friday, January 9, 2008

Appointments begin at 9:15am



Call Brownstown Recreation at (734) 675-0920 for your appointment time. Dr. Wilbur, P.C. will be at the Center every other month to provide our seniors with the foot care they need in the convenience of the Community Center location.

There is no charge to you. Your Medicare and/or insurance will be billed. Dr. Wilbur can provide treatment of corns, calluses, arthritis, fungus, ingrown nails, diabetic feet, chronic wounds, infections, and more. Dr. Wilbur also does in-home foot care for seniors.

SENIOR NEWS & TIDBITS

Senior Citizens Need More Exercise, Not Less, to Avoid Osteoarthritis

SeniorNews.com

Study of physical activity impact on knee joint says exercise for heart is what's needed for knee

Sept. 8, 2007 – Physical exercise that is good for the heart, is also good for the older person's knee, says research published in the October 2007 issue of *Arthritis Care & Research*. Sporting events for senior citizens sometimes looks like a gathering of mechanical robots, with all the gear and wrapping around their knees and other joints. It is osteoarthritis, however, that too often causes disability among those over age 50 but this study says vigorous exercise may prevent the problem.

Osteoarthritis is the world's most common joint disease. Whether physical activity is beneficial or detrimental to weight-bearing joints, knees in particular, has been open to debate. Some studies implicate physical activity in provoking knee OA, while others suggest that physical activity may actually protect the knee joint from the disease.

Confounding the matter is the fact that knee injury is a known risk factor for knee OA. Then, there's the unclear role of osteophytes (small outgrowth of bone that occurs within joints or at other sites where there is degeneration of cartilage) in knee OA progression. This is compounded by the limitations of radiographs for monitoring small yet significant changes in joint structure.

For a clearer picture of the impact of physical activity on the knee joint, a team of researchers

in Australia turned to magnetic resonance imaging (MRI). This highly accurate high-tech tool makes it possible to directly visualize joint structures, detect early and pre-disease states of OA, and assess the influence of potential risk factors.

Taking advantage of this novel methodology, the researchers studied the effect of physical activity, in various degrees of intensity, frequency, and duration, on knee structures in a total of 257 healthy adults between the ages of 50 and 79, with no history of knee injury or OA.

Their findings, presented in the October 2007 issue of *Arthritis Care & Research*, suggest that exercise that is good for the heart is also good for the knee.

Recruited from an established community-based research population, the Melbourne Collaborative Cohort Study, subjects all underwent MRI exams on the tibia bone and tibiofemoral joint of their dominant knee—the one on the leg they first step forward when walking.

MRI was used to assess cartilage defects and bone marrow lesions, as well as measure cartilage volume, an indicator of cartilage health and strength. Loss of knee cartilage is linked to worsening knee symptoms in OA sufferers.

Subjects also answered specific questions regarding their exercise and walking habits, as well as routine activity at home and at work, to determine their level of physical activity in both the 6 months and 7 days prior to the study.

To create a baseline for each subject, past information on weight, height, body mass index, and physical activity, from questionnaires completed between 1990 and 1994, was obtained. Then, the team performed a series of analyses and comparisons.

Among the notable findings, both baseline and current vigorous physical activity—exercise that gets the heart pumping and the body sweating—were associated with an increase in tibial cartilage volume, free from cartilage defects.

What's more, tibial cartilage volume increased with frequency and duration of vigorous activity. Recent weight-bearing exercise was also linked to increased tibial cartilage volume and reduced cartilage defects. Finally, moderate physical activity, including regular walking, was associated with a lower incidence of bone marrow lesions.

"This is the first study to demonstrate a potentially beneficial effect of walking on the reduction in the risk of bone marrow lesions in the knee," notes the study's leading author, Dr. Flavia M. Cicuttini.

"Bone marrow lesions have been associated with pain and radiograph-defined progression of osteoarthritis, type II collagen degradation, and loss of cartilage volume."

Demonstrating a protective effect of past and current vigorous physical activity on knee cartilage in healthy adults, this study strongly supports the benefits of exercise for older individuals at risk for OA.

Though both the intensity and duration of physical activity had a significant positive impact on cartilage, the ideal amount of physical activity for joint health remains unclear.

"Our data suggest that at least 20 minutes once per week of activity sufficient to result in sweat-

ing or some shortness of breath might be adequate. This is similar to, if not somewhat less than, the recommendations for cardiovascular health," Dr. Cicuttini observes.

Editor's Notes:

Article: "Effect of Physical Activity on Articular Knee Joint Structures in Community-Based Adults," Tina L. Racunica, Andrew J. Teichtahl, Yuanyuan Wang, Anita E. Wluka, Dallas R. English, Graham G. Giles, Richard O'Sullivan, and Flavia M. Cicuttini, *Arthritis Care & Research*, October 2007; (DOI: 10.1002/art.22990).

TRAVEL

New trips are announced and offered at the monthly Travel Club meeting which, is held the second Monday of each month. Brownstown residents can join the Travel Club for discounts on travel. Membership is \$10 per year. The next Travel Club meeting will be Monday, January 12, 2009, at 11:00am. Join us to learn about our new trips. Any senior may travel with us; you do not have to be a member.

DETROIT SYMPHONY ORCHESTRA

January 22, 2009

\$55

Trip Includes:

- Round trip transp. via the Senior Bus
- Light breakfast before the show
- Admission to *Marvin Hamlisch* at the Detroit Symphony Orchestra
- Lunch at Union Street Restaurant

DETROIT SYMPHONY ORCHESTRA

February 12, 2009

\$55

Trip Includes:

- Round trip transp. via the Senior Bus
- Light breakfast before the show
- Admission to *All You Need is Love* at the Detroit Symphony Orchestra
- Lunch at Union Street Restaurant

PUERTO VALLARTA

January 10th–17th, 2009

\$1,459 double occ.

Trip Includes:

- Round trip transp. via air from Detroit
- 7 Nights at the Buenaventura Hotel with meals and beverages included
- Baggage handling

FLORIDA

February 20–March 4, 2009

\$1,099 double occ.

Trip Includes:

- Round trip transp. via motorcoach
- 10 nights in St. Peter's Beach FL
- 2 nights in Tennessee
- Features include Fort Desoto Park, Century Village, County Historical Museum and dolphin watching cruise.

SOARING EAGLE CASINO

February 4, 2009

\$36

Trip Includes:

- Round trip transp. via motorcoach
- Free time to gamble at Soaring Eagle Casino
- Complete casino package \$20 coin and \$5 food voucher.

**DISNEY ON ICE
GRANPARENTS DAY**
February 27, 2009
\$25

Trip Includes:

- Round trip transp. via the Senior Bus
- Light breakfast before the show
- Admission to Disney on Ice at the Palace of Auburn Hills
- Pizza buffet lunch afterwards
- Lots of walking involved

CHERRY BLOSSOM FESTIVAL

April 2-6, 2009
\$799 double occ.

Trip Includes:

- Round trip transp. via motorcoach
- 4 nights hotel accommodations in suburban Washington, D.C.
- Breakfast each morning and 2 dinners
- Luggage handling, taxes ,and gratuities included
- Visit National Air & Space Museum ,National Gallery of Art, and more!

SENECA CASINO & NIAGARA FALLVIEW CASINO

March 15, 2009
\$135 double occ.

Trip Includes:

- Round trip transp. via motorcoach
- 1 Night accommodations at the Sheraton on the Falls Hotel
- Visit Niagara Fallsview Casino \$10.00 coin Voucher
- View Seneca Casino \$15.00 coin and \$5.00 food

SPRINGTIME IN NEW MEXICO

April 15–22, 2009
\$1129 double occ.

Trip Includes:

- Round trip transp. via Amtrak train to/from Larry, New Mexico
- Lodging for 5 nights at the Sage Inn
- All admission to sightseeing
- Includes nine meals: 5 breakfasts and 4 dinners
- Guides for touring in Santa Fe, Los Alamos and Albuquerque.

AFTERNOON AT THE MOVIES

March 17, 2009
\$19

Trip Includes:

- Round trip transp. via the Senior Bus
- Admission to a first run movie
- Buffet lunch

THE LION KING AT THE WHARTON CENTER

April 16, 2009
\$99

Trip Includes:

- Round trip transp. via the senior bus
- Admission to The Lion King at the Wharton Center
- Lunch at Clara's Train Station

RESALE SHOPPING

March 17, 2009
\$49 double occ.

Trip Includes:

- Round trip transp. via motorcoach
- Shop at 5 consignment shops
- Have lunch at Grand Traverse Pie Company

CORNWELL'S DINNER THEATER

April 14, 2009

\$40

Trip Includes:

- Round trip transp. via the Senior Bus
- Time to shop in the gift shops
- Turkey dinner with all the trimmings
- *Show: Queen of Bingo*

ALL AROUND BLISSFIELD (PROGRESSIVE DINNER)

May 28, 2009

\$62

Trip Includes:

- Round trip transp. via motorcoach
- Sample food from: Greek Eatery, local bakery, Tex Mex Flair, Country Cooking, Italian Pizzeria, Brew Pub, Hathaway House, and perhaps more.

**LITTLE RIVER &
SOARING EAGLE CASINO**

April 20, 2009

\$135 double occ.

Trip Includes:

- Round trip transp. via motorcoach
- 1 night accommodations at the Little River Casino Hotel
- Visit Little River Casino and get \$15 coin voucher
- Visit Soaring Eagle and get \$20 slot and \$5 food voucher

MOTOR CITY CASINO

June 22, 2009

\$18

Trip Includes:

- Round trip transp. via motorcoach
- Play at Motor City Casino and get a Players Card for \$20 and a \$5 food voucher.

GREEKTOWN CASINO

May 13, 2009

\$18 double occ.

Trip Includes:

- Round trip transp. via motorcoach
- Visit Greektown and receive a Greektown card for \$20.00 for use at the casino

**DETROIT PRINCESS RIVERBOAT
FREEDOM FESTIVAL FIREWORKS**

June 22, 2009

\$115

Trip Includes:

- Round trip transp. via motorcoach
- Enjoy entertainment and dinner buffets aboard the Detroit Princess.
- Opportunity to spend time on the new riverfront near Heart Plaza.

**ANDRE RIEU AND THE JOHANN STRAUSS ORCHESTRA
AT THE FOX THEATER**

May 19, 2009

\$134- \$217 based on seating

Trip Includes:

- Round trip transp. via motorcoach
- Admission to see Andre Rieu at the Fox Theater
- Dinner at Sindbads in Detroit.

**BLUE CHAMPAIGN AT THE HURON COUNTRY PLAY-
HOUSE IN GRAND BEND, ONTARIO**

June 30, 2009

\$93

Trip Includes:

- Round trip transp. via motorcoach
- Early lunch at the Thomas Edison Inn
- Admission to Blue Champaign at the Huron Country Playhouse.
- Fast food stop on the way home.

THE 56TH ANNUAL MANCHESTER CHICKEN BROIL

July 16, 2009

\$40

Trip Includes:

- Round trip transp. via motorcoach
- Admission to the Manchester Chicken Broil which includes a car show, and Chelsea Amateur Radio Club.
- Also visit the surrounding local town.

NEW YORK CITY

August 22-27, 2009

\$1159

Trip Includes:

- Round trip transp. via motorcoach
- 3 nights accommodations in NYC's Time Square
- 2 nights in the Pocono Mountains
- 2 dinners, 1 lunch
- Tour includes Statue of Liberty & Ellis Island, optional Broadway shows, and more.

ATLANTA GEORGIA

June 16-20, 2009

\$579

Trip Includes:

- Round trip transp. via motorcoach
- 4 nights hotel accommodations
- 4 dinners and 4 continental breakfasts
- Included tours: Stone Mountain, World of Coca-Cola, Georgia Aquarium, National Museum of Patriotism, and Gone with the Wind Museum.

MUD HENS BASEBALL

MUD HENS VS LOUISVILLE BATS

August 25, 2009

\$59

Trip Includes:

- Round trip transp. via motorcoach
- Admission to the Mud Hens Game
- Dinner before the game in The Roost

KEWADIN CASINO

July 22-24, 2009

\$219

Trip Includes:

- Round trip transp. via motorcoach
- 2 nights accommodations at Kewadin Casino Hotel
- \$50 in quarters/\$25 in gold coins
- \$5 will get you \$10 and \$5 food voucher at Bay Mills
- \$10 coupons for food- 2 full breakfasts
- Taxes and baggage handling included

VIRGINIA BEACH

October 4-10, 2009

\$729 double occ.

Trip Includes:

- Round trip transp. via motorcoach
- 6 nights of accommodations
- 11 meals (4 dinners, 1 lunch, and 6 breakfasts)
- Included Tours: Colonial Williamsburg, Jamestown Settlement, Yorktown, Navel Air Station and Jet Base and more.

January 2009

MON	TUE	WED	THU	FRI	S	S
5	6 10am Exercise 11am Meijer 12:30pm Euchre	7 9am Quilters 10am Exercise	8 11am Sr. Advisory Board Meeting 1-3pm Pleasure Seekers Meeting	9 9:15am Foot Doctor 10am Exercise 1pm Bowling	10	11
12 9am AFEP Exercise 11am Travel Club 12:30pm Red Hat Meeting 1pm Funlovers Oakwood Commons	13 10am Exercise 12:30pm Euchre	14 9am Quilters 10am Exercise 11am Kroger	15 9am AFEP Exercise 10am Wal-Mart (Local) 1-3pm Pleasure Seekers Potluck Meeting	16 10am Exercise 1pm Bowling	17	18
19 9am Bingo Breakfast 9am AFEP Exercise	20 10am Exercise 11am Meijer 12:30pm Euchre	21 9am Quilters 10am Exercise	22 9am AFEP Exercise <u>9am DSO Trip</u> 9:30am Dance Set-up 4pm-8:30pm Mardi Gras Dinner Dance	23 10am Exercise 1pm Bowling	24	25
26 9am AFEP Exercise 5pm Potluck and Games Night	27 10am Exercise 11am Kohl's and Target 12:30pm Euchre	28 9am Quilters 10am Exercise 11am Kroger	29 9am AFEP Exercise	30 10am Exercise 1pm Bowling	31	1
Feb.2 9am AFEP Exercise	3 10am Exercise 11am Meijer 12:30pm Euchre	4 9am Quilters 10am Exercise	5 9am AFEP Exercise 11am Sr. Advisory Board Meeting 12-1pm BP Checks 1-3pm Pleasure Seekers Meeting	6 10am Exercise 1pm Bowling	7	8



Charter Twp. of Brownstown
Community Center
21311 Telegraph Rd.
Brownstown, MI 48183

www.brownstown-mi.org

Phone: 734-675-0920
Fax: 734-675-2692

THANK YOU

Thank you for supporting our Center with your many donations. When you drop off a donation, please sign your name and what you donated on the sheet on the Senior Coordinator's office window.

Irene Czajkowski—Gifts for Baskets and Oven Baked Bowls

Richard Drozdowski—Basket Items

Donna Sexton— Basket Items

John and Ester Casagrande—Basket Items

*The Brownstown Senior Center is funded through the Charter Township of Brownstown,
The Older Americans Act, The Older Michigianians Act, and The Senior Alliance.*

SENIOR RESOURCES

The Senior Alliance

1-800-815-1112

www.aaa1c.org

info@tsalink.org

Information & Assistance for:

- Caregiver support
- Prescription Assistance Programs
- Legal Assistance
- Senior Housing
- Adult Day Services
- Home Delivered & Congregate Meals
- Homemaking & Personal Care
- Respite Care
- Long Term Care Options
- Medicare/Medicaid Assistance Program
- Senior Refugee Support Program

Legal Assistance

LADA

1-877-964-5310

WCNLS Elder Law Center

(313) 937-8291

Senior Employment

AARP Senior Employment (734) 281-2470

Family Independence Agency (734)281-8204

Taylor office — 22050 Pennsylvania

- Medicaid
- Food Stamps
- Emergency Assistance

Wayne County Nutrition Program

Home Delivered Meals / Liquid Nutrition

1-800-851-1454

Do Not Call List

1-888-382-1222

Wayne County Prescription

Discount Card

1-866-896-3450

Medicare

1-800-633-4227

Focus Hope

(734) 246-6053

- ◆ Monthly food distribution

Adult Protective Services

1-877-963-6006

- ◆ To report abuse, neglect, or exploitation of individuals age 18 or older

We're on the web!

www.metrodetroitseiors.com

Click on "senior events"

then click on Brownstown

The Senior Alliance

www.aaa1c.org

Michigan Office of
Services to the Aging

www.miseniors.net