



December 2016

Brownstown Senior News

Brownstown Township

Community Center
21311 Telegraph Rd.
Brownstown, MI 48183
(734) 675-0920

On the "web" at
www.brownstown-mi.org

Township Board

Supervisor

Andrew Linko

Clerk

Brian C. Peters

Treasurer

Michael D. Eberth

Trustees

John J. Cronin

Maureen R. Brinker

Patrick J. Killian

Clyde P. Walters

Recreation Director

Mark Maxe

Assistant Director

Amy Thomas

**Wayne County
Nutrition Program
(Meals on Wheels or
Liquid Nutrition)
1-800-851-1454**

**Congregate Meals
call 675-0920,
Must call at least
24 hrs. prior**

Merry Christmas & Happy New Year!

Thank you to the volunteers on the Senior Advisory Board!

Linda Coleman, Dorothy Comorski, Karen Gardner, Emmaline Moore, Helen Newboles, Ron Piestrak, Dottie Rogal, Helen Slubowski, Helen St. Louis, Donna Tillman and Ethel Varga

December News: The monthly calendar lists all of the activities that we have going on here in Brownstown and the Community Center...

Each month we have our Senior Club: The Pleasure Seekers - have monthly meetings on the 1st & 3rd Thursday of the month at 1pm, anyone over 55 years old can join the club and everyone is welcome!

Our Senior Travel Club meets on the first Monday of the month at 11 am with updates on upcoming trips, details and meeting new people to travel with! Our Quilters meet on Wednesdays from 9am to 12 noon and are always taking donations! The Red Hat group meets once a month on the second Monday and have planned activities through the month, coordinated by the Queen.

This month the Evening Pot Luck and game night is on the 3rd Monday of the month at 5pm and is a lot of fun! The Recreation Department provides the main Meat Dish. Bring your own dish to pass (that feeds up to 8 people) and pay just \$1 or join us and pay \$5 for your meal. We finish the evening with BINGO.

Looking for some exercise, then join the gang on Tuesday, Wednesday and Friday at 10am for a workout by video (drop in) or for the Chair Exercise on Thursdays at 10am. Beginning Tai Chi class is on Fridays at 9am. Daily lunch is served at 12 noon (if you call 24 hrs. ahead) and there are always friendly faces to join you.

We also are getting together just before the Holiday for "Café Day" with coffee (& all the fixings) and some breakfast pastries and a nice little chat with your friends ... bring up new ideas & a "White Elephant" Gift to pass!



Amy Thomas, your Assistant Director of Recreation

HEARING CHECKS

at the Brownstown Community Center

Appointments begin at 10am,

2016 dates: December 14

2017 dates: February 8, April 12...

Call (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 some maintenance on your current equipment, give us a call to make an appointment with Mr. Wizgird.



Dr. Theodore BENS will be coming to check feet on:

2016

December 16

2017

February 17, April 21...



Call for your appointment.

Times will begin at 1pm and more appointment dates may be added. Foot check will be every 9 weeks at the Brownstown Community Center.

Check with them about your insurance coverage.



CONGREGATE LUNCH

Enjoy lunch while making new friends! Lunch served daily at 12:00 noon, year-round in the Community Center. Menus are available in the monthly Senior Newsletter. Call by 12 pm, the day prior; call (734) 675-0920. The suggested donation is \$2.25. Get your friends to call and meet them for lunch!

Brownstown Transportation Program

Would you like to visit the Brownstown Community Center for our wonderful programs, but don't drive? We can provide the transportation to the Center for activities for a small fee.



The Brownstown Transportation Service is provided by Brownstown Township for seniors & individuals with disabilities.

Call (734) 675-0920 for an application or for more information.

Many Thanks go out for the month of November for the Donations to the Brownstown Community Center!

We had donations of Coffee & of basket items. Please take the time to let the ones in your Senior Clubs know that it is important that they participate and help out. *Thank you for your November donations:*

Carol Sokel (TC)

Wilma Merritt (TC)

Carol Glinke (TC)

George & Bea Price (PS)



Travel

2016

New trips are announced and offered at the monthly Travel Club meeting. Brownstown residents can join the Travel Club for discounts on travel. The next Travel Club meetings will be Monday, **December 5** at **11:00am** and then on **January 9th**, 2017. **Any Senior may travel with us, you do not have to be a member!** New members must purchase a name tag for \$3.

RENEWAL is starts December 1st, 2017. Non-Residents who are not currently members may join now January 3rd thru March 31st, 2017.

New Year's Eve Party

December 31, Depart 12 noon - \$99

Trip Includes:

- R/T transp. via Motorcoach
- Dinner & Show
- Toast to the New Year!

Firekeepers Casino

January 18 (2017), Depart 9am - \$38

Trip Includes:

- R/T Transportation Motorcoach
- Casino Incentives
- Time for Gaming & Lunch

Toledo Art Museum

Feb. 15, 2017 - Depart 12noon - \$TBD

Trip Includes:

- Round trip via Sr. Bus
- Tour of museum & Scavenger Hunt of Art
- Dinner at Zia's after museum visit

Florida (with All Travel)

March 2-16, 2017 - \$1759 (pp/dbl)

Trip Includes:

- R/T Motorcoach & hotel Accommodations
- Tours, meals & time to shop and Fun!
- Southern weather & hospitality & history

STOMP

March 4, 2017 - Depart 11:00am - \$88

Trip Includes:

- R/T Transportation by Sr. Bus
- Admission to this percussion extravaganza!
- Lunch prior to the show at MCPA

Gamblemania

March 19-20, \$169 (pp/dbl)

Trip Includes:

- R/T via Motorcoach
- Casino Incentives, Hotel Accommodations
- Snacks, Games, Food & Fun



You may register for any of our trips ON-LINE at www.brownstownrec.org

Any questions, please call us at 734-675-0920.

You DO NOT have to be a Club Member to Travel with us!

Club Members: once you renew, starting this month, you commit to our club and must attend at least 5 meetings per year to utilize your discounts. You must also show your Travel Club Card to receive your discounts upon registration and you also must help the club with the annual Fundraisers. Day trip discount is \$5, the overnight (2-3 days) get \$10 discount and extended trips (3 or more nights) get a \$25 Discount.

More Trips...

Hawaii - 2017

May 13-23, air Included - \$3118 (pp/dbl)

Trip Includes:

- R/T all transportation
- Sightseeing, Food, Fun
- Accommodations, Entertainment, Beauty!



The Young Irelanders

March 3, 2017, Depart 3:00pm - \$92

Trip Includes:

- R/T transportation via Motorcoach
- Musical Show at River Raisin Theatre
- Dinner at The Claddagh prior to show

Doorway to Freedom

Feb. 9, 2017 - Depart 8am - \$82

Trip Includes:

- R/T transport via Motorcoach
- Lunch at The Hudson Cafe
- Tour of Detroit Underground Railroad

Circus 1903

March 16, Depart 4:30pm - \$98 (+ \$10 or \$20)

Trip Includes:

- R/T transp. via Motorcoach
- Admission to Show at Fisher Theatre
- Dinner at Traffic Jam & Snug prior to show.

Cincinnati Flower Show

April 11-13, Depart TBD - \$479 (pp/dbl)

Trip Includes:

- R/T transport via Motorcoach
- Hotel Accommodations, Meals, Dinner Cruise
- Casino incentive, Admission to Show & more



Memphis & Branson

May 7-12, Depart TBD - \$819 (pp/dbl)

Trip Includes:

- R/T Motorcoach, hotel Accommodations
- Graceland Tour, meals
- Shows, shopping and fun!



Elvis Presley Tribute

April 10, Depart 10am - \$84

Trip Includes:

- R/T all transportation via Motorcoach
- Lunch at Gandy Dancer
- Stop for shopping & history in Ann Arbor

Butterflies at Toledo Zoo

May 14, Depart 10:30am - \$57

Trip Includes:

- R/T transportation via Sr. Bus
- Admission to Zoo, time to enjoy
- Dinner at Zia's after day of beauty



Bring your
Camera

"Legally Blonde"

April 23 - Depart 1:30pm - \$82

Trip Includes:

- R/T trans via Motorcoach
- Admission to show at Bonstelle Theatre
- Lunch at Hard Rock Café Detroit

Alaska - 2017

May 31-June 10 (air included), \$5519 (pp/dbl)

Trip Includes:

- R/T transportation, Hotel & Cruise
- Tours & shopping available
- Meals, sightseeing and Beauty

Recipe of the Month

Roast Sticky Chicken-Rotisserie Style

- 4 teaspoons salt
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1 teaspoon white pepper
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 2 onions, quartered
- 2 (4 pound) whole chickens



In a small bowl, mix together salt, paprika, onion powder, thyme, white pepper, black pepper, cayenne pepper, and garlic powder. Remove and discard giblets from chicken. Rinse chicken cavity, and part dry with paper towel. Rub each chicken inside and out with spice mixture. Place 1 onion into the cavity of each chicken. Place chickens in a resealable bag or double wrap with plastic wrap. Refrigerate overnight, or at least 4 to 6 hours.

Preheat oven to 250 degrees F (120 degrees C).

Place chickens in a roasting pan. Bake uncovered for 5 hours, to a minimum internal temperature of 180 degrees F (85 degree C). Let the chickens stand for 10 minutes before carving.

Serves about 6



The Carousel

The thrill of the ride
 Could be seen
 In their eye
 And bright colors flashed
 As the horses flew by
 The children held tight
 And reached for the sky
 As up & down up & down
 They seemed to fly
 And the peal of their
 laughter
 Was a glorious sound
 As the carousel
 Went round and round

Poem by Ellie Starkey



* Dance Schedule *

Brownstown Senior Dinner Dance info...

DATE	ENTERTAINMENT	CATERER
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December 8th

The Varitones



Veronica's

2016 dances are starting at 1:30pm for the meal & dancing from 2:30-4:30pm



MEETINGS

BROWNSTOWN SR ADVISORY BOARD

Meeting: Thursday, December 1 at 11:00 am

BROWNSTOWN SENIOR TRAVEL CLUB

Monday, December 5 at 11:00 am

BROWNSTOWN PLEASURE SEEKERS

1st & 3rd Thursdays at 1:00pm

December 1: Business Meeting (Birthdays) and Bingo

December 15th - Pot Luck Meeting

Photo Membership Books available \$8.

DINNER DANCE

December 8th - Holiday! Meal served at 1:30pm, Dancing from 2:30-4:30pm (Veronica's Catering with The Varitones)

BROWNSTOWN PLEASURE SEEKER OFFICERS

<i>President</i>	Karen Gardner
<i>Vice President</i>	Donna Tillman
<i>Treasurer</i>	Ethel Varga
<i>Secretary</i>	Helen St. Louis
<i>Social Secretary</i>	Irene DaDeppo
<i>Co-Social Secretary</i>	Dianne DaDeppo
<i>Photographer</i>	Ron Piestrak

Brownstown Pleasure Seekers meet the 1st and 3rd Thursday of this month from 1pm to 3pm. Membership is \$10 per year, plus a one-time \$2 charge for a name tag. The Pleasure Seekers sponsor **three (3)** 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 you're interested in joining this senior club, see (Treasurer) Ethel Varga at one of the meetings for a membership form.

PROGRAMS and ACTIVITIES

EXERCISE

Tuesdays, Wednesdays, & Fridays at 10 am
25¢ donation for each class. Prime Time Senior Fitness Video.

QUILTING

Every Wednesday at 9 am with the gang!
Donations accepted of all/any materials.



BLOOD PRESSURE CHECKS

1st Thursday of the month from 12 to 1pm.
Provided by Henry Ford Wyandotte Hospital nurses.



BINGO BREAKFAST

No Bingo Breakfast in December Please join us for Evening Potluck on December 19th

There is a \$2.50 donation if not playing bingo. Please register at the Recreation Desk.



CHAIR EXERCISE & TAI CHI

Thursday at 10:00 am Fridays at 9am (Tai Chi)

25¢ donation for each class. Amy is teaching this Arthritis Foundation based exercise class. Comfy clothes and shoes. No equipment needed.



POTLUCK & GAME NIGHT

December 19th, bring a dish to pass and a \$1 donation, \$5 donation if you do not bring a dish to pass. The Center provides a meat dish and beverages. Please sign up in advance at the Recreation Desk. BINGO games follow the meal.



GAME DAY: December 14, 12:30-3:00 pm



Play any games you want with us; Euchre, Bunco, Hand & Foot, Uno or even your favorite board game - it's your choice. It's Free. Bring a snack or dessert to pass....

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 12/6, 12/20 - 11:00 am
- Aldi's (local) 12/27 - 11:00 am
- Kroger 12/14, 12/28- 11:00 am
- Wal-Mart (Local) 12/9 - 11:00 am



BOWLING

Each Friday at 1pm you may join the gang at Flat Rock Lanes for Senior bowling.



DECEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chair Exercise 10a Adv. Bd. Mtg. 9:30am BP check 12 noon Pleasure Seeker Club Mtg. 1pm	2 Tai Chi 9am Exercise 10am Bowling 1pm	3
4	5 Travel Club Meeting 11am Soaring Eagle: Oak Ridge Boys depart 8:15am	6 Exercise 10am Meijer 11am Tree Lighting 6pm Holiday Traditions depart at 12noon	7 Quilting 9am Exercise 10am	8 Chair Exercise 10a Pleasure Seekers Sr. Holiday Dance 1:30pm 	9 Tai Chi 9am Exercise 10am Walmart 11am Bowling 1pm	10 Breakfast with Santa Cooking 7am Serving 8:30 Clean-up 10am
11	12 Red Hat Party 11:00am Game Day 12:30pm	13 Exercise 10am	14 Quilting 9am Exercise 10am Hearing Check 10am Kroger 11am Turkeyville Trip departs 9am	15 Chair Exercise 10a Pleasure Seeker Club Pot Luck 1pm	16 Tai Chi 9am Exercise 10am Foot Doctor 1pm Bowling 1pm	17
18	19 Evening Pot Luck & BINGO 5pm	20 Exercise 10a Meijer 11am	21 Exercise 10am Café Day 10am	22 Chair Exercise 10a	23 OFFICE CLOSED FOR CHRISTMAS HOLIDAY	24 X-mas EVE
25  Happy Holidays	26 OFFICE CLOSED FOR CHRISTMAS HOLIDAY	27 No Sr. Programs Aldi's Shopping 11am	28 No Sr. Programs Kroger 11am	29 No Sr. Programs	30 No Sr. Programs Bowling 1pm New Year's in Traverse City Trip Departs	31 New Year's Eve "Party" Departs

Wayne County Senior Citizen Nutrition Program

DECEMBER 2016

Mon	Tue	Wed	Thu	Fri
MENU SUBJECT TO CHANGE WITH- OUT NOTICE Suggested	PLEASE CALL 24 Hours in Advance to Cancel Meals	Your Donation Helps Keep The Nutrition Program GOING! \$3.00/Meal	1 Sloppy Joe Crispy Cubed Potatoes Spinach Salad Hamburger Bun Hot Sliced Apples Milk Salad Dressing	2 Macaroni & Cheese Stewed Tomatoes Green Peas Multi Grain Bread Pears Milk Margarine
5 Swedish Meatballs Rotini Green Beans Texas Bread Applesauce Milk & Margarine	6 Honey Mustard Chicken Country Corn Brussels Sprouts Wheat Roll Pineapple Tidbits Milk & Margarine	7 Potato Crusted Fish Crispy Cubed Potatoes Harvard Beets Multi Grain Bread Banana Pudding Milk Margarine	8 Fajita Chicken Strips Lettuce & Tomato Shredded Cheese Pinto Beans Fiesta Veg. Blend Four Tortilla Fresh Fruit	9 Beef Spaghetti Sauce Spaghetti Noodles Tossed Salad Garlic Texas Bread Peach Cobbler Milk Margarine
12 Sausage w/ Onion And Pepper Green Beans Sliced Carrots Hot Dog Bun Fruit Cocktail Milk	13 Baked Chicken Breast Lemon Herb Sauce Crispy Cubed Potatoes Spinach Multi Grain Bread Sliced Apples Milk	14 Taco Meat Lettuce & Tomato Shredded Cheese Pinto Beans Fiesta Veg. Blend Flour Tortilla Brownie Pears	15 <u>Christmas Meal</u> Pork Roast Au Jus Gravy Whipped Potatoes Asparagus Wheat Roll Orange Juice Apple Pie	16 Beef Spaghetti Sauce Spaghetti Noodles Tossed Salad Garlic Texas Bread Peach Cobbler Milk Margarine
19 Baked Chicken Chicken Gravy Whipped Potatoes Glazed Carrots Texas Bread Mandarin Oranges Milk	20 Crabmeat Macaroni Salad Carrifruit Salad Green Peas Salad Saltine Crackers Pears Milk	21 BBQ Chicken Thigh Baked Beans Spinach Wheat Roll Pineapple Tidbits Milk Margarine	22 Hamburger Patty Lettuce & Tomato Crispy Cubed Potatoes Mixed Vegetables Hamburger Bun Tropical Fruit Milk	<u>CLOSED</u> 
<u>CLOSED</u> 	27 Potato Crusted Fish Au Gratin Potatoes Spinach Salad Wheat Roll Apple Crisp Milk Margarine	28 Sliced Turkey Breast Turkey Gravy Sweet Potato Casserole Brussels Sprouts Multi Grain Bread Glazed Fruit Milk	29 Swiss Steak Brown Gravy Whipped Potatoes Spinach Biscuit Tropical Fruit Milk	<u>CLOSED</u> 

Feisty Red Hatters upcoming events...

December 12 - Red Hat Holiday Gift Exchange at 11am

January 4 - Applewood Bunco & Lunch at 12 noon

January 16 - Meeting at 11:00am

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 years of age, or pink hat and lavender outfit for women under 50 years old) when coming to Red Hat events and meetings.*



**Saturday,
DECEMBER 10th
VOLUNTEERS
NEEDED!!**

PLEASE SIGN UP TODAY!!

We will begin serving at 9am, so help will need to get here a little earlier @8:30am. Pancake chefs come at 7am, clean up crew at 10am...

- JOKE OF THE MONTH -

A blonde lady motorist was about two hours from San Diego, when she was flagged down by a man whose truck had broken down... The man walked up to the car and said, "Are you going to San Diego?"

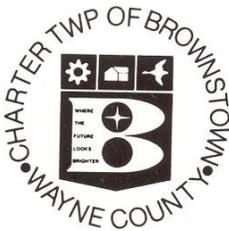
"Sure," answered the blonde, "do you need a lift?"

"Not for me. I'll be spending the next three hours fixing my truck. My problem is I've got two chimpanzees in the back that have to be taken to the San Diego Zoo. They're a bit stressed already so I don't want to keep them on the road all day. Could you possibly take them to the zoo for me? I'll give you \$100 for your trouble"

"I'd be happy to," said the blonde. So the two chimpanzees were ushered into the back seat of the blonde's car and carefully strapped into their seat belts, and off they went.

Five hours later, the truck driver was driving through the heart of San Diego when suddenly he was horrified! There was the blonde walking down the street, holding hands with the two chimps, much to the amusement of a big crowd. With a screech of brakes he pulled off the road and ran over to the blonde. "What are you doing here?" he demanded, "I gave you \$100 to take these chimpanzees to the zoo!"

"Yes, I know you did," said the blonde. "But we had so much fun and had money left over so now we're going to Sea World."



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

www.brownstown-mi.org

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



On the web!

www.brownstown-mi.org

Click on "Seniors"

then click on Newsletter



In Appreciation:

The Brownstown Senior Center is funded through the Charter Township of Brownstown, The Older Americans Act, The Senior Alliance & The Older Michiganians Act.

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 (734) 281-2470

Family Independence Agency

(313)375-2500

- Medicaid
- Food Stamps
- Emergency Assistance

Michigan Office of Services to the Aging

www.miseniors.net

Wayne County Prescription Discount Card

1-866-896-3450

Medicare

1-800-633-4227

Focus Hope

(734) 246-6053

Faith Lutheran Church (734) 782-9468

- ◆ Monthly food distribution (TEFAP)

Adult Protective Services 877-963-6006

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

Do Not Call List

1-888-382-1222

Social Security

1-800-772-1213

The Information Center (734) 282-7171

Detroit Red Wings

February 23 - Depart 5:30pm - \$87

Trip Includes:

- R/T transp. via Sr. Bus
- Admission to Hockey Game
- Food, Snacks & souvenirs on your own



Wineries of Rolling Hills, Ohio

May 27 - Depart @ 7am - \$85

Trip Includes:

- R/T transp. via Motorcoach
- Tour wineries, snack, shop
- Lunch at Mon Ami Historic Restaurant



Need ID



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.

ELIGIBILITY: Must be 62 years or above. Must be a Brownstown Resident and lived in and own your home at least 12 months. Must have an income at or below \$24,450 for 1 person (\$27,450 for 2 people).

Services available include grass trimming & snow removal.

Must provide documentation to prove Residency, home ownership & income.

Call Amy Thomas for an application at 734-675-0920 (Mon-Fri from 8am to 4:30pm)

