



SEPTEMBER 2022

NEWSLETTER

Tuesday, September 6th is Birthday Day!

At 11:30 am a special birthday treat will be provided to all who Dine-In for lunch.

September birthday treat is provided by: **ComForCare Home Care and Millner Insurance**

Card Making Class with Jeannie Schram
Wednesday, September 7th at 9:30 am

Come learn the art of card making! No experience needed and all supplies will be provided.

\$5.00 fee to attend, registration required.

Limited space available.

Lenawee Wildflowers Presentation with Robert Smith
Wednesday, September 7th at 11:30 am

Join in to take a look at the unusual and beautiful wildflowers in Lenawee County. Orchids and insect eaters are included.

CLOSED



MONDAY, SEPTEMBER 5TH
IN OBSERVANCE OF LABOR DAY

AND

FRIDAY, SEPTEMBER 30TH
FOR DEPARTMENT ON AGING
ALL STAFF IN SERVICE MEETING

The Adrian Senior Center is part of the Lenawee County Department on Aging with funding from Title III of the Older American Act by the State of Michigan Bureau of Aging, Community Living and Supports through Region 2 Area Agency on Aging. Financial support through fundraising activities and donations provide for additional activities and programs.

SEPTEMBER ACTIVITY SCHEDULE

				
1	2	3	4	5
<p>8:30– Yoga w/ Stephanie 9:30– WALK AEROBICS 10:00– Bridge 10:00– Remote Flyers 11:00– Poems & Inspirations 12:30– BALANCE & MOBILITY CLASS 1:00– Chess Club 1:30– <u>Parkinson's Support Group</u></p>	<p>9:00– Starter-Cize 9:00– Pepper 10:00– Mah-Jongg 11:30– Jam Session at Lunch 12:00– Pickleball</p>			
5	6	7	8	9
<p>CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>8:30– Yoga w/ Stephanie 9:00– BP & BS w/ Lynwood Manor 9:30– WALK AEROBICS 10:00– Pinochle 10:00– Remote Flyers 10:00– Needlework 11:30– BIRTHDAY DAY 12:00– Euchre 12:30– BALANCE & MOBILITY CLASS</p>	<p>9:00– Starter-Cize 9:30– Card Making Class w/ Jeannie 10:00– Cardio Drumming w/ Jody 10:00– Zumba 11:00– Tai Chi w/ Al 11:30– Lenawee Wildflowers Presentation 12:00– Pickleball</p>	<p>8:30– Yoga w/ Stephanie 9:30– WALK AEROBICS 10:00– Bridge 10:00– Remote Flyers 12:30– BALANCE & MOBILITY CLASS 1:00– Chess Club</p>	<p>9:00– Starter-Cize 9:00– Euchre 10:00– Bingo w/ Charlotte Stephenson Manor 10:00– Mah-Jongg 11:30– Jam Session at Lunch</p>
12	13	14	15	16
<p>9:00– Starter-Cize 10:00– Line Dancing 10:00-12:00 - Hearing Screenings 10:00- Book Club 11:00– Bridge 12:00– Pickleball 1:00– Bible Study</p>	<p>8:30– Yoga w/ Stephanie 9:30– WALK AEROBICS 10:00– Pinochle 10:00– Remote Flyers 10:00– Needlework 10:00– Tech Class 12:00– Euchre 12:30– BALANCE & MOBILITY CLASS</p>	<p>9:00– Starter-Cize 10:00– Cardio Drumming w/ Jody 10:00– Zumba 11:00– Tai Chi w/ Al 11:30– Poverty Property Tax Presentation w/ CCA 12:00– Pickleball</p>	<p>8:30– Yoga w/ Stephanie 9:30- WALK AEROBICS 10:00– Bridge 10:00– Remote Flyers 12:30– MOVIE DAY 12:30– BALANCE & MOBILITY CLASS 1:00– Chess Club</p>	<p>9:00– Starter-Cize 9:00– Pepper MAH-JONGG OPEN HOUSE 10:00-2:00 11:30– Jam Session at Lunch 12:00– Pickleball</p>
19	20 BOARD MTG	21	22	23
<p>9:00– Starter-Cize 10:00– Line Dancing 11:00– Bridge 12:00– Pickleball 1:00– Bible Study</p>	<p>8:30– Yoga w/ Stephanie 9:00– BP & BS w/ Lynwood Manor 9:30– WALK AEROBICS 10:00– Pinochle 10:00– Remote Flyers 10:00– Needlework 12:00– Euchre 12:30– BALANCE & MOBILITY CLASS</p>	<p>9:00–12:00- FLU CLINIC 9:00– Starter-Cize 10:00– Cardio Drumming w/ Jody 10:00– Zumba 10:00– Horseracing w/ Brookdale Senior Living 11:00– Tai Chi w/ Al 12:00– Pickleball</p>	<p>8:30– Yoga w/ Stephanie 9:30– WALK AEROBICS 10:00– Bridge 10:00– Remote Flyers 12:30– BALANCE & MOBILITY CLASS 1:00– Chess Club</p>	<p>9:00– Starter-Cize 9:00– Euchre 10:00– Mah-Jongg 11:30– Jam Session at Lunch 12:00– Pickleball</p>
26	27	28	29	30
<p>9:00– Starter-Cize 10:00– Line Dancing 10:00- Book Club 11:00– Bridge 12:00– Pickleball 1:00– Bible Study</p>	<p>8:30– Yoga w/ Stephanie 9:30– WALK AEROBICS 10:00– Pinochle 10:00– Remote Flyers 10:00– Needlework 12:00– Euchre 12:30– BALANCE & MOBILITY CLASS</p>	<p>9:00– Starter-Cize 10:00– Cardio Drumming w/ Jody 10:00– Zumba 10:00– Bingo w/ ProMedica Provincial House 11:00– Tai Chi w/ Al 12:00– Pickleball</p>	<p>8:30– Yoga w/ Stephanie 9:30– WALK AEROBICS 10:00– Bridge 10:00– Remote Flyers 12:30– BALANCE & MOBILITY CLASS 1:00– Chess Club</p>	<p>CLOSED DEPARTMENT ON AGING ALL STAFF INSERVICE MEETING</p>

September Lunch Menu

Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;">Due to product availability, substitutions may occur. No salt added in kitchen</p>	<p style="text-align: center;">Milk is provided with each meal. For any questions, please call 264-5280</p>		<p style="text-align: center;">1 French Toast Bake Stewed Tomatoes Cottage Cheese w/Peaches</p>	<p style="text-align: center;">2 Chili Dogs Baked Beans Coleslaw Fresh Sliced Apples</p>
<p style="text-align: center;">5 CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p style="text-align: center;">6 Pork Patty w/Gravy Cheesy Potatoes Spinach Fruit Cocktail</p>	<p style="text-align: center;">7 Philly Steak Sloppy Joe Beets Three Bean Salad Prunes</p>	<p style="text-align: center;">8 Baked Chicken Risque Potatoes Baked Squash Tropical Fruit</p>	<p style="text-align: center;">9 Club Sandwich Salad Rotini Salad Bread Stick Watermelon</p>
<p style="text-align: center;">12 Lasagna California Blend Vegetable Garlic Bread Raisins</p>	<p style="text-align: center;">13 Almandine Fish Garden Rice Mixed Vegetable Cherries</p>	<p style="text-align: center;">14 Ham & Swiss Croissant w/Lettuce and Tomato Cucumber Salad Cantaloupe</p>	<p style="text-align: center;">15 Chicken Parmesan Whole Grain Spaghetti Prince Charles Vegetable Mango</p>	<p style="text-align: center;">16 Mushroom Steak Mashed Potatoes w/ Gravy Zucchini Peach Cobbler</p>
<p style="text-align: center;">19 Stuffed Peppers Scalloped Potatoes Green Beans Mandarin Oranges</p>	<p style="text-align: center;">20 Chicken Cordon Bleu Kyoto Blend Vegetable Wheat Roll Apricots</p>	<p style="text-align: center;">21 Beef Fajitas Mexican Rice Roasted Corn Raspberries</p>	<p style="text-align: center;">22 Biscuits and Gravy Bacon Asparagus Grapes</p>	<p style="text-align: center;">23 Tater Tot Casserole Carrots Side Salad Cinnamon Applesauce</p>
<p style="text-align: center;">26 Chicken Chow Mein Broccoli Fortune Cookie Banana</p>	<p style="text-align: center;">27 Pulled Pork Sandwich Scandinavian Blend Vegetable Fruited Jell-O</p>	<p style="text-align: center;">28 Potato Crusted Tilapia Rice Pilaf Midori Blend Vegetable</p>	<p style="text-align: center;">29 Beef Stroganoff Brussel Sprouts Grain Bread Pears</p>	<p style="text-align: center;">30 CLOSED DEPARTMENT ON AGING ALL STAFF INSERVICE MEETING</p>

CURBSIDE MEAL PICKUP

A curbside meal service is available Monday through Friday from 11:15 am to 11:45 am. Meals are for 60+ with a suggested donation of \$3.00.

PICK UP PROCEDURE

Please enter the East parking lot from Frank Street. Pull up to the East Entrance (canopy). The meal will be delivered to your car. Please exit onto Erie St.

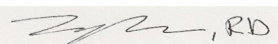
Dine-In Meals

Served at the Adrian Senior Center in room 5/6 at 11:30 AM Monday-Friday

HOME DELIVERED MEALS

The home delivered meal option is for home bound seniors who are 60 and over. A hot, nutritious meal is delivered Monday through Friday by dedicated volunteers. If you or someone you know could benefit from the program, please call the Department on Aging at 517-264-5280.

Menus Certified By



Dietitian/Nutritionist

ACTIVITIES

Bible Study

Monday, 1:00 pm

Join Pastor Ron Sparks from Bethany Assembly of God Church to see what the bible has to say about all areas and topics concerning life and living. Teachers and students alike learn and grow from these practical studies. You can always count on Pastor Ron for a lively and thoughtful discussion.

September Series: 12th, 19th, & 26th

CALL FRONT DESK FOR LIST OF SERIES TOPICS

Remote Control Flyers

Tuesday & Thursdays 10:00 am

Maybe you already have a plane and don't know where to fly indoors, or are just simply curious. The ASC has some of the most knowledgeable flyers in the area. Bring your own aircraft, come watch, or learn how to get started and become a flyer yourself.

Billiards

Open Pool Room

Monday-Friday, 8:30 am to 2:30 pm

There is always fun to be had in the ASC pool room, with skills ranging from expert to beginner. Anyone 55 & older is welcome to play. Nine ball and eight ball tournaments are soon to come.

Blood Pressure Screenings & Blood Sugar Checks

Lynwood Manor with Rene' Rubio

1st & 3rd Tuesday, 9:00 am

Free blood pressure screenings are offered twice per month, no appointment is needed.

Fasting blood sugar checks (minimum 8 hours) are also available. No appointment is needed.

Book Club

2nd & 4th Monday, 10:00 am

Have you read a great book but don't have anyone to share your thoughts with? Find a super group of dedicated book lovers at Book Club. There is no fee for this club.

Needlework

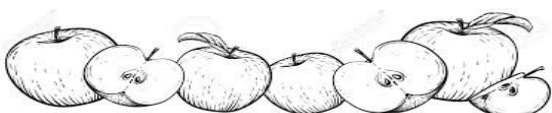
Tuesdays 10:00 am

What an inspirational group! All skill levels are welcome to join this talented group of yarn wizards. There are plenty of patterns to share, ideas galore and great company.

Wii

Monday-Friday, 8:30 am to 2:30 pm

Wii can be played standing or sitting and with 1 or more players. Come give it a try!



Chess Club

Thursday, 1:00 pm

Come learn to play, or stop in for a challenging game with an experienced player. Either way, all are welcome to join us.

Pinochle

Tuesday 10:00 am

Come join the game! Any skill level is welcome to play this trick-taking card game.

Bridge

Monday, 11:00 am and Thursday, 10:00 am

This dynamic group of players is always looking for new faces, all skill levels are welcome!

Pepper

1st & 3rd Friday of the month, 9:00 am

If you love Euchre, chances are you'll love Pepper. Similar in many ways, but just different enough to challenge you.

Euchre

Tuesday, 12:00 pm and again on the 2nd & 4th Friday of the month, 9:00 am

Another trick-taking card game that is always open to new players.

Mah-Jongg

Friday, 9:00 am

This is a Chinese game played usually by four people with 136 or 144 rectangular pieces called tiles. The object is to collect winning sets of these tiles, as in card games like gin rummy. All skill levels are welcome.

Puzzles

Monday--Friday, 8:30 am to 2:30 pm

Do we have puzzles! Don't have the time or the space to do your own? We've solved your problem! Come dabble or stay all day, you'll enjoy the conversations along the way.

Poems and Inspirations with Franklin Gunn

1st Thursday each month, 11:00 am at Daybreak

With a rotating theme each month, there is always something cooking with Franklin. Whether you like sharing or just sitting back and enjoying the moment, you'll be glad you came. Being inspired is a great way to start your day.

Monday, September 12th

10:00 am - 12:00 pm

**Hearing Life Screenings
with Carrie Tasker**

*Carrie will offer free hearing screenings
along with instrument checks
the 1st Monday of each month*

EXERCISE

Line Dancing

Monday, 10:00 am

A great way to improve cardiovascular fitness, coordination, and balance while having fun. Exercise your body and mind, by dancing to lively, upbeat music. Many dancing styles are covered. No experience needed. Class is instructed by Brenda Dennis. There is no charge for this class, however *A collection basket will be put out at each class, a \$3.00 contribution to be given to the instructor.*

Zumba

Wednesday, 10:00 am

Keep your joints flexible, burn calories, stretch and strengthen muscles, and increase cardiovascular function with this Latin-inspired dance fitness party. Class is instructed by video.

Walk Aerobics

Tuesday & Thursday, 9:00 am

Burn calories, improve cardiovascular fitness, balance, and coordination all while having fun! Anita is a certified Walk Aerobics instructor, she will provide music mixes, with a routine that will cover 3 miles in 45 minutes, followed by a stretch routine. *\$3.00 contribution to be given to instructor.*

Cardio Drumming

Wednesday, 10:00 am

Release stress, sweat, sing, and enjoy a sense of community, all while exercising. Drumsticks, fitness balls, and a bucket are all you need to bring fun to your fitness! We have a limited number of sticks, balls, and buckets available to use. *\$3.00 contribution to be given to the instructor.*

Tai Chi with Al

Practice the slow gentle movements of Tai Chi with Al to improve breathing, balance, and range of motion. *\$3.00 contribution to be paid to instructor*

Starter-Size

Monday, Wednesday, & Friday, 9:00 am

Increase flexibility, muscular strength, range of motion, and balance in this low impact class suitable for every fitness ability. Regular participation in this class will help you keep joints flexible and muscles strong, sleep better, increase energy, and improve your overall outlook. Work at your own level, with or without weights, standing or sitting.

Yoga with Stephanie Cole

Tuesday & Thursday, 8:30 am

Stephanie is a registered yoga teacher who has a passion for making yoga accessible to anyone regardless of age, size, or ability. The yoga class she will lead will incorporate traditional and non-traditional yoga postures, props and humor. Chairs will be provided, and a limited number of blocks and straps are available. Stop by to practice, or introduce yourself, and leave feeling refreshed and energized.

\$3.00 contribution to be given to the instructor.

Pickleball

Monday, Wednesday & Friday, 12:00 pm

Try out the fastest-growing sport around Pickleball! Similar to ping pong, badminton, and tennis, Pickleball is a fun, active game that can be mastered by anyone. Stop in and watch or give it a try!

Balance and Mobility Exercise Class

Tuesday and Thursday, 12:30 pm

The group will be led by Dianna Oates, a Physical Therapist Assistant at Carter Rehab and Aquatic Center. Come let Dianna challenge you to improve your posture, strength, balance, and mobility.

Special Events...

This month's game sponsored by:

***Brookdale Senior Living
Is Horse Racing***

All seniors welcome to join the fun.

Come try your luck to win a prize

Wednesday, September 21st @ 10:00 am

This month bingo is sponsored by:

ProMedica Provincial House

All games will be played with paper cards. If you have your own dabber, bring it along. If not, markers and pens will be supplied.

Wednesday, September 28th @ 10:00 am

JAM SESSIONS AT LUNCH

Fridays from 11:30 am - 12:30 pm

Join in every Friday and jam out together!

Bring your guitars, banjos, fiddles, mandolins, harmonics, horns, vocals, etc...

Others would love to hear your talent!

GETTING TO KNOW ASC...

Membership

Anyone participating in activities, programs, lunch or services is considered a member. There is no annual membership fee to be part of the Center, however a **completed registration form is required**. Blank registration forms are available at the front office.

Computer and Free Wi-Fi

We have high speed, wireless internet and computers available for members to use in Room 4 at no charge.

Free Lending Library

The library is located within the Adrian Senior Center. There are no fees, no checkout and no time limit when a book is borrowed. Please return when finished. Books may only be purchased at one of the many book sales throughout the year. Watch for future dates and times.

Center Closure Policy

It is the policy of the Adrian Senior Center to open and fully operate its programs as scheduled. The effects of severe weather and concern for the safety of our participants may, however, lead us to close the Center. When closing for any reason occurs, media announcements regarding closures or late openings will **only** be on WLEN Radio-103.9 FM, You may also call 517-264-5280 or check the Lenawee Department on Aging Facebook page for updates.

Note: The Lenawee Department on Aging's decision to close centers or have them remain open is made independently from local school districts. There may be occasions when schools are closed, yet the Senior Centers are open.

Our Mission

"It is the mission of the Adrian Senior Center to be THE place in Adrian and surrounding communities for adults age 55 and over to stay healthy and fit, to connect, to build new skills and to join a community. Together we are better!"

SEPTEMBER THANK YOU!

Visiting Angels (Tim Welbaum Jr.)- Coffee Station
Barrett's Showplace Gardens- Birthday Flowers
Brookdale Senior Living- Horseracing
Stephanie Cole- Yoga
Brenda Dennis- Line Dancing
Anita Artistry- Walk Aerobics
Dianna Oates- Balance & Mobility Exercise Class
and Parkinson's Support Group Meeting
Randy Tripp- Chess
Joyce Hayward- Starter-Cize
Pastor Ron Sparks- Bible Study Group
Lynwood Manor-Rene' Rubio- BP/BS Checks
ProMedica Provincial House- Bingo
ComForCare Home Care- Birthday Treat
Millner Insurance- Birthday Treat
Catrina Ossmann- Technology Class
Jody Cooper- Cardio Drumming
Jeannie Schramm- Card Making Class
Al Seabolt- Tai Chi
Franklin Gunn- Poems & Inspirations
Robert Smith- Lenawee Wildflowers Presentation
Alison Prielipp- Poverty Tax Presentation
Carrie Tasker- Hearing Life Screenings

The ASC Code of Conduct

Center participants have the right to enjoy programs and receive services in an atmosphere that is pleasant, safe and without disturbance from other participants. To ensure that the senior center is an enjoyable experience for all who use it, disruptive or disturbing behavior is not permitted. Senior centers are intended for older adults who are able to function independently. The center is unable to offer personal care support. Any participant needing personal care support must have their own support person with them to take care of personal care needs. Senior center staff is also unable to provide one-on-one supervision due to behavioral, physical, or health related reasons.

Thank You
Visiting Angels of
South Central Michigan
(Tim Welbaum Jr.)
517.920.4254



For their generous donation of coffee supplies for our coffee station and bottled water

Technology Classes with Catrina Ossmann Tuesday, September 13th from 10:00 am -11:00 am

Catrina Ossmann is returning to the Adrian Senior Center to offer tech tutoring. She can help you with setting up a new phone or tablet, or answer your questions about the settings for your email, messages or Facebook.

Don't be frustrated by technology!

Catrina is offering one on one classes from 10:00 am-11:00 am, sessions will be 15 minutes long. Must sign up with the front desk to reserve your spot. A collection basket will be put out and a \$3.00 fee is to be given for your session.

POVERTY PROPERTY TAX EXEMPTION PRESENTATION WITH ALISON PRIELIPP FROM COMMUNITY ACTION AGENCY WEDNESDAY, SEPTEMBER 14TH AT 11:30 AM

Alison is a Housing Specialist at CAA. She assists with Pre and Post purchase home education and issues (such as delinquencies, finding and referring to resources), assisting with completing applications such as the Homeowner Assistance Fund applications that were released this year (and others that may come up in the future). With the Poverty Property Tax Exemption application and its submission. She also provides information regarding home mortgage and property tax delinquencies, and assists with completing Hardship or Loss Mitigation applications for mortgage delinquencies and their submissions. Inform of Property tax extensions or try to assist with finding a resolution if possible to prevent a property tax foreclosure. There is also Financial and Credit education and counseling services at CAA.

Alison plans to cover the Poverty Property Tax Exemption that older adults may be eligible for. An approval for the Poverty Tax Exemption happens at one of the city/village/township board of review hearings normally in May, July and December. An Exemption that is approved would be for the Property Taxes for the following year. It also only covers the one year so it needs to be applied for Every Year.

Thursday, September 15th at 12:30 pm Movie Day (with popcorn available) will be showing... 'The Aeronauts'

A 2019 film based on a true story; In 1862 headstrong scientist James Galisher (Eddie Redmayne) and wealthy young Amelia Wren (Felicity Jones) mount a balloon expedition to fly higher than anyone in history. As their perilous ascent reduces their chances of survival, the unlikely duo soon discover things about themselves - and each other - that help both of them find their place in the world.



“Like” the Adrian Senior Center Facebook Page to see the latest happenings and for additions or changes to the schedule.

See this newsletter online at: www.lenaweeseniors.org

VOLUNTEER DRIVERS NEEDED!

Please contact the kitchen at **517-263-4529** and ask for the Route Coordinator if you would like to deliver meals to homebound seniors in Lenawee County.

Out of respect for those with respiratory ailments or health challenges please refrain from wearing scented lotions or perfume. This also includes men's cologne and aftershave lotions. Thank you for considering your fellow participant's sensitivities and health concerns.

OPERATING HOURS

M-F 8:30AM – 2:30PM

Curbside Pick-Up:

11:15AM - 11:45AM

Indoor Dining: 11:30AM

Lenawee County Adult Support Groups

Alzheimer's Support Group– 2nd Monday at 2:00 pm at Touch of Home (1155 W. Beecher St. Adrian 517-280-5001)

Alzheimer's Support Group– 4th Thursday at 6:30 pm at Cambrian Assisted Living (333 N. Occidental Hwy, Tecumseh, MI. 517-423-5300)

The Navigators (Caregivers Support Group)– 1st & 3rd Monday at 2:00 pm at Adrian Senior Center (327 Erie St. Adrian, MI). Free Respite Available with Daybreak Adult Day Services, please call ahead to schedule 517-266-2588

Men's Caregiver Support Group– 1st Friday at 2:00 pm at Adrian Senior Center (327 Erie St. Adrian, MI). Free Respite Available with Daybreak Adult Day Services, please call ahead to schedule 517-266-2588

Depression Support Group– Every Thursday at 3:00 pm via zoom. Contact Jennifer at 517-265-9588

Diabetes Support Group– 4th Thursday at 6:00 pm at the Farm House Class Room, ProMedica Farms (1201 Shepherd Rd, Tecumseh, MI. 517-424-3388)

Parkinson's Support Group– 1st Thursday at 1:30 pm at Adrian Senior Center (327 Erie St, Adrian, MI 517-265-6007)

One on One Counseling with Hospice of Lenawee– by appointment 517-263-2323

American Cancer Society Information or Assistance– 1-800-ACS-2345 or 248-663-3400

Multiple Sclerosis Information or Assistance– Call Denise 517-263-3017

FLU CLINIC

with ACS Immunization Program

WEDNESDAY SEPTEMBER 21ST

9:00 AM - 12:00 PM

Quadrivalent Flu Shot \$40 and

Trivalent High Dose Vaccine (for age 65+) \$54

Payments can be made by credit card, check, or file a claim

(NO CASH ACCEPTED)

Insurances Accepted: BCBSM PPO, Blue Care Network, Cigna, HAP, Priority Health HMO & PPO, Physicians Health Plan HMO & PPO, Traditional Medicare Part B, BCBSM Medicare Plus Blue PPO, BCN Advantage & United Health Care