

# The Senior Bulletin



## July 2015

**Mayor**  
Jack E. Kirksey  
**City Council President**  
Maureen Miller Brosnan  
**Vice President**  
Brian Meakin  
Laura Toy  
Brandon Kritzman  
John Pastor  
Susan Nash  
Lynda Scheel

**16th District Court**  
Sean Kavanagh  
Kathleen J. McCann  
**City Clerk**  
Sue Hoff  
**Treasurer**  
Dennis Wright



**Civic Park Senior Center**  
15218 Farmington  
Livonia, Michigan 48154  
(734) 466-2555  
Monday-Friday 8:30am-5:00pm  
All Programs Must End By 4:45pm

**THE CIVIC PARK SENIOR CENTER WILL BE  
CLOSED FRIDAY, JULY 3RD FOR  
THE 4TH OF JULY HOLIDAY**



### **BLOOD PRESSURE SCREENINGS**

**Every Wednesday 9:30-10:30am Livonia Fire Department (Blood Pressure & Blood Sugar)**  
**Thursday, July 16th 9:30-10:30am Bright Star Healthcare**  
**Thursday, July 23rd 9:30am-10:30am Walgreen's**

### **ALZHEIMER SUPPORT GROUP**

**Thursday, July 2nd 10:00am**

Facilitators from *Home Instead Senior Care* are available beginning at 10:00am for an open discussion for Family, Friends and Loved Ones of those living with Alzheimer's or Dementia related issues. No reservations necessary. Just Drop In. Refreshments will be supplied.

### **CELEBRATE JULY 4TH WITH RED, WHITE, AND BLUE SUNDAES!!!!**

**Thursday, July 2nd 11:45am**

**\$2.25 LUNCH DONATION**

Help us celebrate our independence with yummy scoops of ice cream with red and blue berry toppings, whipped cream and cherries. This will be a delicious celebration of independence! Don't forget to Register for Lunch at the Volunteer desk or call 734-466-2555 for more information. Ice Cream Sundaes sponsored by Councilwoman Lynda Scheel.

### **FRAUD PREVENTION SEMINAR**

**Tuesday, July 7th 10:00am**

Robert Haig presents new scams that are aimed towards protecting senior citizens. This is vitally important to everyone! Register today at the Volunteer Desk or Call 734-466-2555 for more information.



**DO YOU HAVE AN INOURING MIND?"**

**Tuesday, July 7th 10:30am NO CHARGE!!!**

Enjoy a FREE session of this amazing and informative class on Tuesday, July 7th at 10:30am. Please sign up at the Volunteer Desk. Call 734-466-2555 for more information.

**ICE CREAM SOCIAL !!!!!**

**Friday, July 10th 12:30pm Cost \$1.00**

OUR SECOND ICE CREAM SOCIAL of the season is July 10th. Cost is \$1.00 which includes all the yummy toppings. The fun starts at 12:30pm in the south dining room. I scream, you scream, there is always room for ice cream!!!! Sponsored by Home Instead Senior Care

**LUNCH BUNCH**

**Monday, July 13th "Archie's" 11:00am**

Departs from the Civic Park Senior Center. Cost of lunch & tip is on your own. Please register by calling (734) 466-2555 or stop by the Volunteer Desk at the Center.

**SENIOR MATTERS WITH DR. WENDY**

**Tuesday, July 14th 10:00am No Charge**

Doctor Wendy Slinkard and staff, will bring her informative discussion on Prescription Medication Safety to the Senior Center. Join her for coffee, bagels and "Senior Matters". Register at the Volunteer Desk or call 734-466-2555 for more information.

**HEALTHY FAMILY FEUD**

**Thursday, July 16th 12:00pm No Charge!**

Join Heartland of Livonia and the Civic Park Senior Center as we put on a fun and exciting health version of Family Feud. There will be prizes, refreshments and a lot of social fun. You must sign up in advance at the Volunteer Desk or call Jey at 734-466-2551 for more information.

**ERNIE HARWELL AT THE CITY THEATRE**

**Saturday, July 18th \$22.00, \$25.00 non-resident Departs 11a.m. from Civic Park Senior Center**

The play features classic footage from historic baseball moments, supplied courtesy of Major League Baseball, with Ernie's memorable baseball play-by-play call-outs woven throughout. Enjoy lunch/shopping on your own in Greektown before the 2pm play at City Theater Register with payment at the Volunteer Desk or call 734-466-2555 for more information.

**COFFEE CHAT WITH WELLSPRINGS LUTHERAN SERVICES:**

**HYPERThERMIA: TOO HOT FOR YOUR HEALTH**

**Tuesday, July 21st 10:00am No Charge**



Join Wellsprings for an intriguing and informative presentation. Register at the Volunteer Desk or call 734-466-2555 for more information. This Month's topic will focus on Stroke Awareness.



**DETROIT TIGERS SENIOR DAYS GAMES**

**\$55.00 Residents, \$59.00 Non-Residents 11:00am Departure**

Thursday, July 23rd Mariners vs Tigers Sec 112

Thursday, August 27th Angels vs Tigers Sec 112

Wednesday, September 23rd White Sox vs Tigers Sec 113

Cost Includes: Round Trip Transportation via Deluxe Motor Coach, Right Field Box Seat, Meal Plan = Hotdog & Pop, and Volunteer Escort. All games start at 1:08p.m. \*Departs from Ford Field (Livonia) at 11a.m. \*Please be advised that walking is involved\* Register with payment at the Volunteer Desk or call 734-466-2555 for more information.

**LEARN ACRYLIC LANDSCAPE PAINTING**

**Thursday, July 23rd 9:30am \$21.00 Resident & \$23.00 Non-Resident**

Artist Steve Wood teaches step-by-step methods for successful painting. Classes are designed for beginning and intermediate levels. Please register with payment at the Volunteer Desk. Space is limited. Bring a table top easel. Make checks payable to: Steve Wood.



**FARMER'S MARKET EXCURSIONS "EASTERN MARKET & ROYAL OAK "**

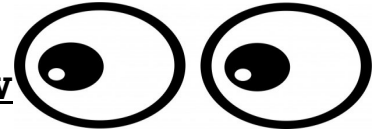
**8:00am \$7.00 Residents and \$9.00 Non Residents**

**Eastern Market: July 25th, August 29th, September 26th**

**Royal Oak Farmer's Market & Downtown : August 8th & September 12**

Transportation will be provided to and from Detroit's Eastern Market & Royal Oak Farmer's Market. Once at the market you are on your own to explore, shop, walk, dine until the bus departs at 11:30am. Register with payment at the Volunteer Desk or call (734) 466-2555 for more information. Departs from the Civic Park Senior Center.

**CATARACTS: INFORMATION YOU SHOULD KNOW**



**Tuesday, July 28th 10:00am No Charge**

Dr. Rasansky is a board certified comprehensive Ophthalmologist whose talks are designed to educate and inform senior citizens about common ailments affecting the eyes and provide a forum for questions and answers. Please sign up at the Volunteer Desk or call 734-466-2555 for more Information

**SENIOR SUMMER BBQ SPONSORED BY THE ALPHA COMPANY**

**Wednesday, July 29th 10:00am-2:00pm!!!! \$2.25 Donation**

Come join Burgers, Brats, Potato and Pasta Salad, Dessert and Beverages to celebrate Summer! This day will include Lunch 11:45am, contests, entertainment by the Mike Wolverton Band, and tons of fun. Register at the Volunteer Desk or call 734-466-2555 for more information.



**DSO POPS CONCERT SERIES REGISTRATIONS**

**Monday, August 3rd 9:00am Residents, 11:00am Non-Residents**

**\$52.00 Residents, \$58.00 Non-Residents**

Its that time of year to sign up for the DSO POPS "Concert Series" 2015-2016! Register with payment at the Volunteer Desk or call 734-466-2555 for more information.

**SENIOR CITIZENS GOLF SCRAMBLE**

**Friday, August 7th 8:00am Shotgun Start \$80.00 per foursome**



9-Hole "Best Ball" Scramble Awards Include: Longest Drive & Closest To The Pin Morning Coffee & Donuts Included Lunch & Award Presentation Golf Carts Optional: Contact Idyl Wyld 734-464-6325. Contact Jey at 734-466-2551 for more information.

**WESTERN WAYNE COUNTY SENIOR OLYMPICS**

**August 10th-August 14th 2014**

Men & Women 50 years of age or older who reside in Western Wayne County are eligible to participate. Brochures available a the Civic Park Senior Center NOW!

**LANSING LUGNUTS BASEBALL GAME & "ALL-YOU-CAN-EAT" BBQ LUNCH!**

**Sunday, August 23rd 11:30am Departure \$30.00 Residents, \$34.00 Non-Residents**

Includes; Round Trip Senior Bus, Buffet Lunch (Hot Dogs, Hamburgers, BBQ Chicken, Potato Salad, Corn on The Cob, Baked Beans), Reserved Seating (Or Lawn, your choice), Unlimited Soft Drinks, Fully Escorted. **Seating is Limited!** Register With Payment at The Volunteer Desk or call 734-466-2555 for more information.

## JULY FUN ACTIVITIES

### TUESDAY, JULY 7TH: PEACH DAY

CELEBRATING NATIONAL PEACH MONTH. ENJOY PEACH FLAVORED GOODIES COMPLIMENTS OF THE CIVIC PARK SENIOR CENTER.

### TUESDAY, JULY 14TH: BLUEBERRY DAY

CELEBRATE NATIONAL BLUE BERRY MONTH WITH TASTY BLUEBERRY TREATS COMPLIMENTS OF HOSPICE OF MICHIGAN

### MONDAY, JULY 20TH: LOLLIPOP DAY

STOP BY AND GRAB A FREE LOLLIPOP FROM THE VOLUNTEER DESK ALL DAY COMPLIMENTS OF THE CIVIC PARK SENIOR CENTER VOLUNTEERS AND STAFF

### FRIDAY, JULY 31ST: DOUGHTNUT DAY

STOP IN THE LOBBY FOR AN AFTERNOON DOUGHNUT TREAT COMPLIMENTS OF SUE NASH, COUNCILWOMAN

# BINGO

Play B-I-N-G-O Monday afternoons. Cards are 25 cents each, maximum of 8 cards (\$2.00). All prize money is returned during the games. No reservation required!

### BIRTHDAY BINGO

**Friday, July 31ST 12:45pm**

Come in & celebrate all July Birthdays with Cake & Ice Cream! Prizes, provided by Independence Village, Plymouth, and

Sanctuary at Villa Marie.

Ice Cream Sponsored By Attorney Jack McLean



### EXERCISE & PERSONAL TRAINING CLASSES

EXERCISE \$1.00pp

Every Tuesday & Friday 9:00am

CHAIR EXERCISE \$1.00pp

Every Tuesday & Friday 10:00am

YOGA \$3.00pp

Tuesdays (Gentle) 2:30pm  
Wednesdays 9:30am  
Friday 9:15am

MEDITATION \$3.00pp

Every Friday 10:45am

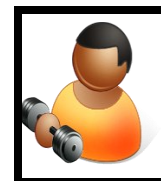
ARTHRITIS EXERCISE \$1.00pp

Every Tuesday & Thursday 1:00pm  
Wednesdays 2:30pm

FOREVER FIT PERSONAL TRAINING

Every Wednesday & Friday 1:00pm  
\$4.00pp or 6 Weeks For \$24.00pp

**Non Residents Please Add 25 Cents**



## Transportation



# Doctor's Van!



**Monday-Friday!**

**9:30am-2:30pm**

Monday-Friday the Civic Park Senior Center offers a shuttle to Doctors' Offices within the City of Livonia and up to one mile outside the City Limits. Please contact (734) 466-2555 to make your advance reservation. There is no charge for this service (Donations Gratefully Accepted). This service fills up quickly so please call as soon as you know the date and time of your appointment. All Vehicles Are Wheelchair Equipped. Age 60 and over. Reservations accepted up to 90 days in advance. **Maximum of two (2) rides per week.** You must make your appointment so that you are able to get home before/no later than 2:30pm.

## OFFICE HOURS WITH:

Wayne Co. Commissioner Terry Marecki

- **July 6th 10am**

State Rep. Laura Cox

- **No July Hours**

Congressman David Trott

- **Tuesday, July 14th 2pm**

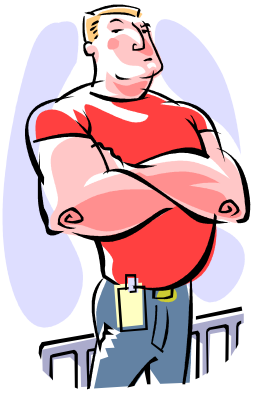
State Senator Patrick Colbeck

- **Friday, July 17th 11am**

Wayne County Commissioner Diane L. Webb

- **No Office Hours July and August**





## **“FOREVER FIT PERSONAL TRAINING” WITH JEREMY DAUM**

**Every Wednesday & Friday at 1:00pm**

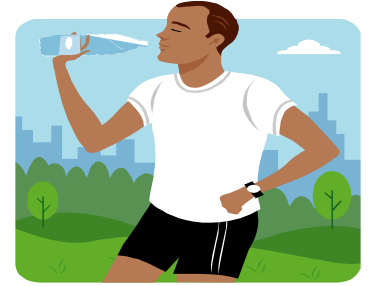
Join Personal Trainer, Jeremy Daum, NASM Certified, at our Strength Training Class every Wednesday & Friday. Jeremy brings a new approach to weight training. Register with payment at your first class. Call the Senior Center at (734) 466-2555 or Jeremy at (248) 747-3037 for more information. Cost for each class is \$4.00 (\$4.25 non-residents) unless you register with advance payment of 12 classes for \$24.00 or \$27.00 non-residents. First Visit Is Free!

## **ARTHRITIS EXERCISE CLASS**

**Tuesdays & Thursdays 1:00pm & Wednesdays 2:30pm**

**\$1.00 per class \$1.25 non-residents**

Exercise is one part of a comprehensive arthritis treatment plan. Marsha has been trained by the Arthritis Foundation in the types of exercise that is most suitable for persons experiencing arthritis. Come in and experience this “Exercise Class”. All Are Welcome. Fee payable to the instructor.



## **YOGA**

**Wednesday 9:30am & Friday 9:15am**

**Tuesday (Beginner) 2:30pm**

**\$3.00 per class \$3.25 non-residents**

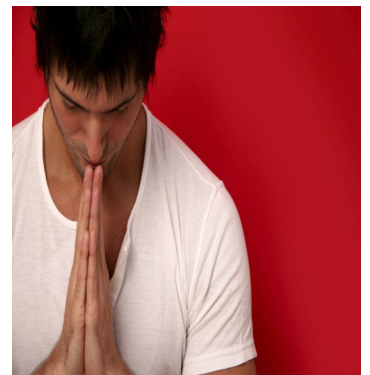
Sharon Brand is teaching “Gentle Yoga” on Wednesday & Friday mornings. Please bring a blanket or yoga mat, small pillow, and wear comfortable clothing. Sharon has been a yoga instructor for over 8 years. Fee payable to the instructor.

## **MEDITATION**

**Friday 10:45am**

**\$3.00 per class \$3.25 non-residents**

Learn simple techniques for practicing meditation, experience more tranquility and inner peace, release stress & tension, refresh your spirit, recharge your energy, enjoy life in the present moment. Join Kathy Henning for her weekly Meditation class. Fee payable to the instructor.



## **TABLE TENNIS**

**Men’s, Women’s, Singles & Co-Ed 8:30am No Charge**

**Mondays-All Skill Levels, Wednesdays (Singles-Competitive) &**

**Thursdays-All Skill levels.**

Come in and enjoy this fun and friendly group of Table Tennis players. Get some exercise and have fun at the same time. No cost to participate and

## The Hunger Games: Mocking Jay

**Rated "PG-13"**

**Monday, July 6th**

**123 minutes**

Katniss Everdeen is in District 13 after she shatters the games forever. Under the leadership of President Coin and the advice of her trusted friends, Katniss spreads her wings as she fights to save Peeta and a nation moved by her courage.

### Annie

**Friday, July 10th**

**Rated "PG"**

**Monday, July 13th**

**118 minutes**

A foster kid, who lives with her mean foster mom, sees her life change when business tycoon and New York mayoral candidate Will Stacks makes a thinly-veiled campaign move and takes her in.

### Night at the Museum: Secrets

**Friday, July 17th**

**Rated "PG"**

**Monday, July 20th**

**98 minutes**

Larry spans the globe, uniting favorite and new characters while embarking on an epic quest to save the magic before it is gone forever.

### Autumn Hearts: A New Beginning

**Friday, July 23rd**

**Rated "PG-13"**

**Monday, July 29th**

**99 minutes**

Semi-retired university professor David Winters and his wife and former student Melanie Winters née Lansing live on a hobby farm in the Eastern Townships of Quebec with their adult son Benjamin Winters and Benjamin's son, Timothy Winters. Their life is not totally harmonious due to David's chronic infidelity and Melanie's emotional instability, a result in large part of her growing up which she refuses to speak of to Benjamin, who knows nothing of his mother's childhood directly from her.

### Big Eyes

**Friday, July 31st**

**Rated "PG-13"**

**Monday, August 3rd**

**105 minutes**

A drama about the awakening of the painter Margaret Keane, her phenomenal success in the 1950s, and the subsequent legal difficulties she had with her husband, who claimed credit for her works in the 1960s.

### Coming in August!

#### The Wedding Ringer

**R 101 minutes**

**August 7th & 10th**

#### The Gambler

**R 111 minutes**

**August 14th & 17th**

#### Selma

**PG-13 128 minutes**

**August 21st & 24th**

#### Unbroken

**PG-13 137 minutes**

**August 28th & 31st**

#### NOTE:

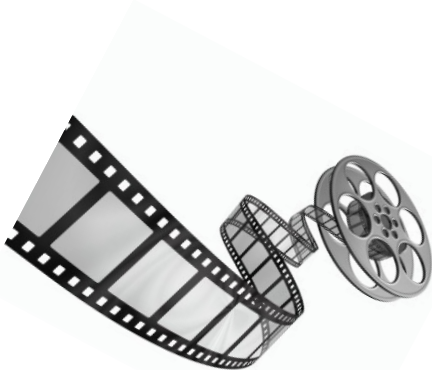
If you are coming to Movies at the Center, understand that we all have a variety of tastes and levels of comfort. So if you sign up for a \$1.00 movie, **you should expect:**

**At a "G" RATED movie Wholesome family movie with adult humor**

**At a "PG" RATED movie Mild adult themes and language**

**At a "PG 13" RATED movie Mild adult theme and language as well as possible violence**

**At an "R" RATED movie Strong language, possible sexual content, and strong adult subject matter**





# 4TH OF JULY



**CELEBRATING**

**INDEPENDENCE DAY**

**THURSDAY, JULY 2ND AT 11:45am**

**At Civic Park Senior Center**

**IF YOU'RE JOINING US FOR LUNCH**

**(\$2.25 donation) YOU MUST MAKE**

**YOUR 24 HOUR ADVANCED**

**RESERVATION AT THE VOLUNTEER**

**DESK OR BY CALLING 734-466-2555**



**RED, WHITE & BLUE SUNDAES**

**SPONSORED BY COUNCIL WOMAN**

**LYNDA SCHEEL**

I Scream, You Scream, We ALL Scream for

**ICE CREAM!**

FRIDAY  
JULY 10th



12:30pm

Please join

**MARYCREST HEIGHTS &  
MARYCREST MANOR**

in the dining room

for a delicious Ice Cream Sundae  
with all your favorite toppings!

**COST is \$1.00**



Janelle Dimmett

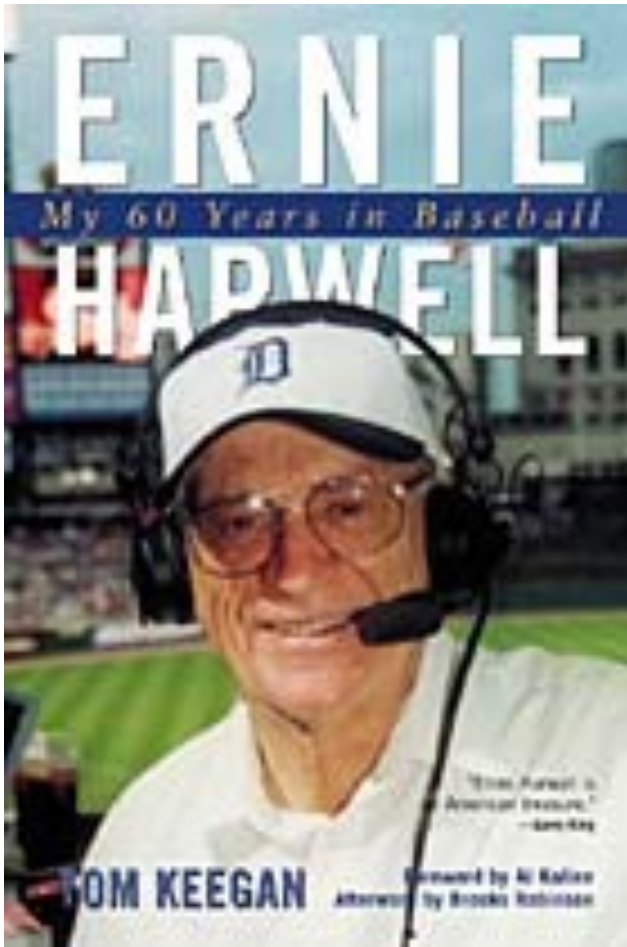


Janelle Dimmett



Civic Park Senior Center 15218 Farmington Rd, Livonia 734-466-2555





The play features classic footage from historic baseball moments, supplied courtesy of Major League Baseball, with Ernie's memorable baseball play-by-play call-outs woven throughout. This Mitch Albom's popular biopic of Detroit broadcast legend Ernie Harwell is...

**A Must-See Play for Any Baseball Fan!**

**Saturday, July 18th**

**Cost is \$22.00 (\$25.00 non-resident)**

Departs 11a.m. from Civic Park Senior Center

Enjoy lunch/shopping on your own in

Greektown before the 2pm play at City Theater

Register with Payment at the Volunteer Desk or

call 734-466-2555 for more information.



# Detroit Tiger Baseball “Senior Days”

Thursday, July 23rd Mariners vs Tigers Sec 112

Thursday, August 27th Angels vs Tigers Sec 112

Wednesday, September 23rd White Sox vs Tigers Sec 113

## Cost Includes:

**Residents \$55.00 per game**

**Round Trip Transportation**

**Non-Residents \$59.00 per game**

**via Deluxe Motor Coach,**

**Right Field Box Seating,**

**Meal Plan = Hotdog & a Pop,**

**Drop off & Pick up, and Volunteer**

**Escort. All games start at 1:08p.m.**

**\*Departs from Ford Field (Livonia) at 11a.m.**

**\*Please be advised that walking may be involved with this trip\***



**REGISTER WITH PAYMENT AT THE VOLUNTEER DESK!**

**CIVIC PARK SENIOR CENTER, 15218 Farmington Road**

**Livonia, MI 48154 (734) 466-2555**

# SATURDAY FARMER'S MARKET EXCURSIONS

**DEPARTS**  
**From**  
**Civic Park**  
**Senior Center**  
**8:00a.m.**



**RESIDENT**  
**\$7.00**  
**NON-RESIDENT**  
**\$9.00**

## **Detroit's Eastern Market Dates:**

**July 25th, August 29th &  
September 26th**

## **Royal Oak Farmer's Market & Downtown Dates:**

**August 8th & September 12th**

**Transportation will be provided to and from the market.**

**Once at the market you are on your own to explore,  
shop, walk and dine until the bus departs at 11:30a.m.**

**Register with payment at the Volunteer Desk  
or call (734)466-2555 for more information.**

# FOOD, FUN & FRIENDS

at the CIVIC PARK SENIOR CENTER

## Summer



WEDNESDAY, JULY 29th 10am—3pm



**\*GAMES\* \*CONTESTS\* \*POPCORN\***



11:45am B-B-Q Lunch provided by ALPHA Company

with hamburgers, bratwurst, potato & pasta salads,

dessert and beverage. Must sign-up for lunch in advance at

the Volunteer Desk. (\$2.25 lunch donation) For more

information please call 734-466-2555.

**Mike Wolverton Band Performing**

**1:00pm-3:00pm**



# 2015 Livonia Senior Center

## 9-Hole Golf "Best Ball" Scramble, 62+

**\$80.00 Per Foursome! Men, Women or Co-Ed**  
**Idyl Wyld Golf Course, 35780 Five Mile Road**

**Date: Friday, August 7th**

**Shotgun Start: 8:00am**

- 9-Hole "Best Ball" Scramble
- Awards:
  - Longest Drive &
  - Closest To The Pin
- Morning Coffee & Donuts Included
- Lunch & Award Presentation
- Golf Carts Optional: Contact Idyl Wyld  
734-464-6325

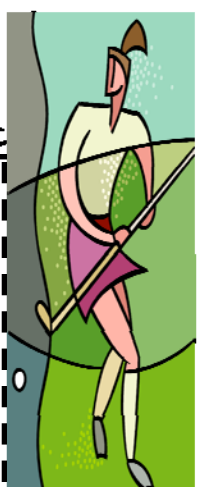


**For Additional Information:**

**Contact Jey Howie (734) 466-2551**

Name, Address, City, Zip & Phone #

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



Civic Park Senior Center  
15218 Farmington Road  
Livonia, MI. 48154



**Save The Date!**  
**Livonia Senior Center**  
**9-Hole Golf "Best Ball" Scramble**  
**Friday, August 7th 2015**



# *Lansing Lugnuts vs. Bowling Green Hot Rods*

**August 23rd**

**Game Time is 2pm**

**A great way to spend  
Sunday afternoon!**

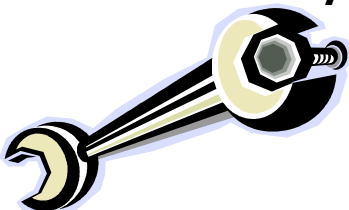
**\$30.00 *WOW!***

**\$34.00 non-residents**

**Departs 11:30am**

**From Civic Park Senior Center**

- *Class "A" Midwest League Affiliate, Same Baseball Action as Major League*
- *Admission to Cooley Stadium, Transportation and Escort*
- *Complete, all you can eat lunch at Tailgate Terrace includes:*
- *juicy 1/3-pound hamburgers, freshly grilled hot dogs, bbq chickens, spicy bratwurst, fabulous side dishes like baked beans, coleslaw, corn, chips, cookies and all-you-can-drink Pepsi products.*
- *Designated picnic table seating, customized with Civic Park Senior Center group name.*
- *Great seating location provides a terrific view of the action.*
- *Register with payment at the Volunteer Desk or call (734) 466-2555 for more information.*
- *Invite Grandkids, Family Members and Friends for a fun-filled day at the new/old ball park!*



*Civic Park Senior Center  
15218 Farmington Road  
Livonia, Michigan  
48154*

