

September 2015



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

The Senior Bulletin

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Vice President

Brian Meakin

Laura Toy

Brandon Kritzman

John Pastor

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16th District Court

Sean Kavanagh

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City Clerk

Sue Hoff

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Dennis Wright

CIVIC PARK SENIOR CENTER CLOSED "LABOR DAY"

Monday, September 7th

BLOOD PRESSURE SCREENINGS

Every Wednesday 9:30-10:30am Livonia Fire Department
(Blood Pressure & Blood Sugar)

Thursday, September 17th 9:30-10:30am Bright Star Healthcare
Thursday, September 24th 9:30am-10:30am Walgreen's



ALZHEIMER SUPPORT GROUP

Thursday, September 3rd 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.

Namaste

NO MEDITATION CLASSES

Friday, September 4th

DO YOU HAVE AN INQUIRING MIND? "DAY IN COURT" FIELD TRIP

Tuesday, September 8th 10:30am No Charge for Class Participants

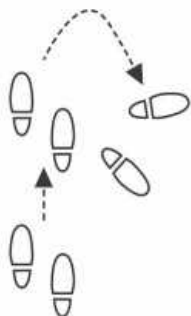
Do you have an inquiring mind class will take a field trip to the courthouse from 10:30am-12pm. You will even have an opportunity to see court cases in action. Non-class members that may be interested in going should sign up at the Volunteer Desk. Space is limited and non-class members are only permitted to go if there is extra space. For more information call 734-466-2555.



BARB'S BEGINNER, BEGINNER LINE DANCING

Thursday, September 10th 12pm \$3.00 per week

Barb has brought back her popular beginner, beginner line dance class and this time; IT'S A DROP IN CLASS!!! That is right! You no longer have to sign up in advance for her beginner, beginner class. Simply come to the class, pay your fee, and you are on your way to shuffling, sliding, and gliding across the dance floor with Barb Duka. Call 734-466-2555 for more information.



ICE CREAM SOCIAL !!!!!

Friday, September 11th 12:30pm Cost \$1.00

“Join Us” for an ICE CREAM SOCIAL on Friday, September 11th. 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 Councilwoman Lynda Scheel.



FARMER’S MARKET EXCURSIONS “EASTERN MARKET & ROYAL OAK “

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

Royal Oak Farmer’s Market & Downtown : September 12

Eastern Market: September 26th

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.

LUNCH BUNCH

Monday, September 14th 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, September 15th 10:00am No Charge

Doctor Wendy Slinkard and staff, will bring her informative discussion on Food 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.

BISCUIT DAY

Tuesday, September 15th 12:00pm No Charge

Join us in the lobby for different variations of biscuits that will be served with honey or gravy. Limit one per person, while supplies last. Sponsored by Heartland of Livonia.

ROAD TRIP TO CHELSEA, MICHIGAN & JIFFY MIX FACTORY TOUR

Thursday, September 17th, 2015 \$6.00 & \$8.00 Non-Residents

Take a 1 hour tour of the “Jiffy” Mix Plant then enjoy lunch and shopping on your own in downtown Chelsea. Cost is \$6.00 (\$8.00 non-residents) Departs Civic Park Senior Center at 9:45am and will return at 3:30pm. Please register with payment at the Volunteer Desk or for more information contact Carrie at 734-466-2557. Cost includes: round trip transportation via Deluxe Motorcoach, Lunch will be available on your own with time to shop in Downtown Chelsea, Michigan **Please be advised that walking will be involved with this trip**

GLAUCOMA: INFORMATION YOU SHOULD KNOW

Tuesday, September 22nd 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.

DO YOU HAVE AN INQUIRING MIND?”

Tuesday, September 22nd 10:30am \$28 Residents, \$30 Non-Residents

Do you have an inquiring mind? If So, the Fall session of this riveting class will begin on Tuesday, September 22 at 10:30am. There will be six, one and a half hour sessions that cover all kinds of topics; one being Detroit Neighborhoods. Come get the answers your mind inquires!





DETROIT TIGERS SENIOR DAYS GAMES

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

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.

WALGREEN'S FLU, PNEUMONIA, & BOOSTER SHOTS CLINIC

Thursday, September 24th 9:00am-1:00pm

Walgreen's of Livonia will host two other vaccination clinics this year. They will be held on Thursday, September 24th, and Thursday, October 22nd. Payment options include Medicare, check, or cash. Price for shots are: \$25 for Flu shots and Pneumonia and Booster prices vary. This is a first come, first served event. For more information call 734-466-2555.



LEARN ACRYLIC LANDSCAPE PAINTING

Thursday, September 24th 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.



"PINK FLING" WITH THE MIKE WOLVERTON BAND

Wednesday, September 30th 11:45am

October is Breast Cancer Awareness Month so for every fight won, for each battle lost, for those still fighting, let's proudly wear PINK and celebrate! Don't forget to make your 24 hour advanced lunch reservation at the Volunteer Desk (\$2.25 donation). Then enjoy pink refreshments and the Mike Wolverton Band from 1pm - 3pm in the dining room.



RSVP SOCK DROP

October 1-31, 8:30am-5pm Drop box Located in Main Lobby

For the month of October, bring in new pairs of socks and drop them off in our RSVP Sock Bin. Socks will be collected and distributed to needy families this winter. RSVP = Retired Senior Volunteer Program. RSVP Volunteers donate their time at the Livonia Senior Center and Senior Centers in our area



OKTOBERFEST

Monday, October 12th 11:30am \$3.00 Residents, \$4.00 Non-Residents

It is that time of year again for our annual Oktoberfest! Enjoy Knackwurst, Sauerkraut, German Potato Salad and other German treats. Don't forget to wear your lederhosen and other festive attire! Tickets will be sold until Friday, October 9th. Tickets go on sale at the Volunteer Desk, Monday, September 14th.



MEDICARE ENROLLMENT EVENT

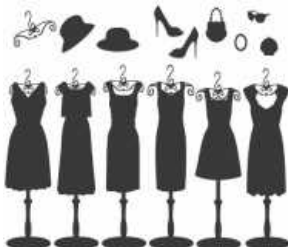
Friday, October 23rd and Thursday, November 19th 10:00am-4:00pm No Charge

The Senior Alliance will be having open enrollment for Medicare for those who will need it. The event will run from 10:00am to 4:00pm. Please call 734-466-2555 for more details.

LADIES HOLIDAY "ACCESSORY" FASHION SHOW & TEA PARTY

Thursday, December 10th 2015 2:00pm

You are cordially invited to an afternoon Tea & Fashion Show. Come enjoy savory, bite sized sandwiches, sweets and of course a good pot of tea! Cost is \$7.00 (\$9.00 for non-residents) and tickets will be available at the Volunteer Desk starting Monday, September 21st.



S.C.A.N. Bus Transportation

Beginning Tuesday, September 8th
The *S.C.A.N.* Bus

Senior Citizen Achievement Needs will be eliminating the "East/West of Farmington Road" designation from our "North Bus" Routes! Changing "Busch's to Tuesdays (Senior Day!)! Riders "North" of 5 Mile Road will go to:

Mondays: K-Mart, Livonia Market Place, Joe's Produce & Laurel Park Mall

Tuesdays: Kroger, Dollar Tree, K-Mart, Joe's Produce & Busch's

Wednesdays: Kroger & Dollar Tree

Thursdays: Value Center, Meijer & Livonia Market Place. Westland Mall 1st & 3rd Thursday 10:30am

Fridays: Laurel Park Mall, Target, Costco, Meijer, Kohl's, Trader Joe's, Eight Mile & Haggerty Corridor

Be Ready For Pickup by 8:30am



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, September 25th 12:45pm

Come in & celebrate all September 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



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. No reservations will be accepted from Nursing Homes or Assisted Living facilities.

OFFICE HOURS WITH:

State Rep. Laura Cox

• Tuesday, September 1st 2pm

Wayne Co. Commissioner Terry Marecki

• Thursday, September 3rd 10am

Congressman David Trott

• Tuesday, September 15th 2pm

State Senator Patrick Colbeck

• No Office Hours This Month

Wayne County Commissioner Diane L. Webb

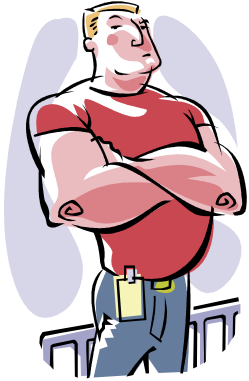
• Monday, September 28th 10am



"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.

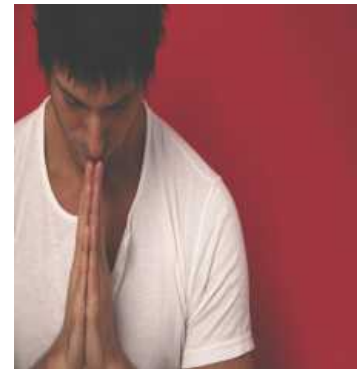


TABLE TENNIS

Men's, Women's, Singles & Co-Ed 8:30am

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

Thursdays-All Skill levels. No Charge

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 reservations are not necessary. "Just Drop In"!



Your Senior Center Staff

Program Supervisor: Karl W Peters

Recreation Supervisor: Jeron Howie & Carrie Jo Soroka

Senior Center Clerk: Kim O'Loughlin

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 734.394.3100

Heartland Health Care Center -
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 734.455.0510
 heartlandnursing.com



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Each Home Instead Senior Care Franchise office is independently owned and operated.



American Sniper Friday, September 4th *Rated "R"*
 Tuesday, September 8th 133 minutes
 Navy SEAL sniper Chris Kyle's pinpoint accuracy saves countless lives on the battlefield and turns him into a legend. Back home to his wife and kids after four tours of duty, however, Chris finds that it is the war he can't leave behind.

The Imitation Game Friday, September 11th *Rated "PG-13"*
 Monday, September 14th 114 minutes
 During World War II, mathematician Alan Turing tries to crack the enigma code with help from fellow mathematicians.

Unfinished Life Friday, September 18th *Rated "PG-13"*
 Monday, September 21st 108 minutes
 A down on her luck woman, desperate to provide care for her daughter, moves in with her father-in-law from whom she is estranged. Through time, they learn to forgive each other and heal old wounds.

The Good Lie Friday, September 25th *Rated "PG-13"*
 Monday, September 28th 110 minutes
 A group of Sudanese refugees given the chance to resettle in America arrive in Kansas City, Missouri, where their encounter with an employment agency counselor forever changes all of their lives.

Black or White Friday, October 2nd *Rated "PG-13"*
 Tuesday, October 5th 121 minutes
 A grieving widower is drawn into a custody battle over his granddaughter, whom he helped raise her entire life.

Coming in October!

Black or White	PG-13 121 minutes	October 2nd & 5th
Kingsman	R 129 minutes	October 9th & 12th
Miss Julie	PG-13 129 minutes	October 16th & 19th
Old Fashioned	PG-13 115 minutes	October 23rd & 26th
Still Alice	PG-13 101 minutes	October 30th & November 2nd

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:

"G" RATED movie Wholesome family movie with adult humor


"PG" RATED movie Mild adult themes and language

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

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



SEPTEMBER CALENDAR 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Activities (Unless noted below)				
8:30 Table Tennis 9:00 Stained Glass 9:00 Quilting 9:00 Bridge 9:30 Contemporary Issues 12:30 Bridge (Party) 12:30 Mahjong 12:45 Bingo 1:00 Lap Robes & Charity Sewing 1:00 Backgammon 1:00 Pinochle	9:00 Ceramics 9:00 Exercise 10:00 Chair Exercise 12:00 Creative Writing 12:00 Duplicate Bridge 12:30 Scrabble 12:30 Pinochle 12:30 Line Dancing 1:00 Cribbage 1:00 Arthritis Exercise 2:00 S.O.S. - "Seniors over Sixty" 2:30 Yoga	9:00 Table Tennis Singles 9:00 Knitting & Crochet 9:00 Bridge (Party) 9:00 Water Color Painting 9:30 Yoga 12:00 "Hand & Foot" and "Dice" 1:00 Pinochle 1:00 Chess 1:00 Dance 1:00 Weight Training 2:30 Arthritis Exercise	8:30 Table Tennis 9:00 Woodcarvers 9:00 Water Color Painting 12:00 Barb's Beg. Line Dancing 12:30 Euchre 1:00 Backgammon 1:00 Arthritis Exercise Class 1:00 Line Dancing 2:00 Line Dancing	9:00 Exercise 9:15 Yoga 10:00 Story Tellers Group 10:00 Chair Exercise 10:45 Meditation 12:30 Pinochle 1:00 Recreational Euchre 1:00 Tournament Level Euchre 1:00 Weight Training
				
	1 2:00 State Rep. - Laura Cox	2 9:30 Livonia Fire Dept. Blood Pressure & Blood Sugar	3 10:00 Wayne Co. Comm., Terry Marecki 10:00 Alzheimer's Support 10:30 Westland Mall 12:30 Beginning Pinochle	4 12:30 "American Sniper" 1:30 Travel Day 
7 LABOR DAY CITY OFFICES CLOSED 	8 10:30 Inquiring Minds - "Day in Court" Field Trip 12:30 "American Sniper"	9 9:30 Livonia Fire Dept. - Blood Pressure & Blood Sugar 12:30 Beg. Mahjong	10 	11 12:30 "The Imitation Game" 12:30 Ice Cream Social Sen. Patrick Colbeck - NO OFFICE HOURS THIS MONTH 
14 11:00 Lunch Bunch - Archie's 12:30 "The Imitation Game"	15 10:00 Senior Matters with Dr. Wendy 2:00 Congressman David Trott	16 9:30 Livonia Fire Dept. - Blood Pressure & Blood Sugar 	17 9:30 Blood Pressure 9:45 Jiffy Plant Tour 10:30 Westland Mall 12:30 Beginning Pinochle NO 1:00 ARTHRITIS EXERCISE	18 12:30 "Unfinished Life" NO 9:00 EXERCISE NO 10:00 CHAIR EXERCISE
21 12:30 "Unfinished Life" 1:00 NARFE Meeting	22 10:00 Glaucoma Presentation 10:30 Inquiring Minds 	23 9:30 Livonia Fire Dept. - Blood Pressure & Blood Sugar 12:30 Beg. Mahjong	24 9:00 Walgreen's Immunization Clinic - (till noon) 9:30 Blood Pressure 9:30 Acrylic Landscape Painting	25 12:30 "The Good Lie" 12:45 Birthday Bingo! 
28 10:00 Wayne Co. Comm., Diane L. Webb 12:30 "The Good Lie"	29	30 11:45 Pink Fling 		

September 2015

MONDAY	TUESDAY 1 Beef chili w/beans Whole kernel corn Peaches Saltine crackers Margarine Milk	WEDNESDAY 2 Pork roast Brown gravy Whipped potatoes Glazed carrots Sliced pears Wheat bread Margarine Milk	THURSDAY 3 <i>Labor Day Holiday Meal</i> Baked chicken leg quarter Whole kernel corn Stewed tomatoes Corn bread Fresh fruit Margarine Milk	FRIDAY 4 Parmesan chicken Rotini noodles Italian green beans Wheat bread Fresh fruit Margarine Milk
MONDAY 7	TUESDAY 8 Spaghetti w/meat sauce Mixed veggies Texas bread Fresh fruit Margarine Milk	WEDNESDAY 9 Potato crusted fish Mac & Cheese Coleslaw Sliced apples Hamburger bun Tatar sauce Brownie SP cookie HMD only Milk	THURSDAY 10 Swedish meatballs Penne pasta Sliced carrots Potato roll Pineapple juice Margarine Milk	FRIDAY 11 Salisbury beef Brown gravy Whipped potatoes Mixed veggies Wheat bread Fresh fruit Margarine Milk
MONDAY 14  HAPPY LABOR DAY Closed	TUESDAY 15 Chicken ala king Sliced carrots Green beans Pineapple tidbits Biscuit Margarine Milk	WEDNESDAY 16 Sloppy joe Potato wedges Peas & carrots Hamburger bun Fresh banana Margarine Milk	THURSDAY 17 Honey mustard chicken breast Country corn Spinach Peaches Wheat bread Margarine Milk	FRIDAY 18 Meat loaf Brown gravy Whipped potatoes Broccoli & cauliflower Wheat bread Fresh fruit Margarine Milk
MONDAY 21 Potato crusted fish Potato wedges Coleslaw Peaches Wheat roll Tartar sauce Milk	TUESDAY 22 BBQ rib patty Mixed beans Glazed carrots Hamburger bun Fresh fruit Margarine Milk	WEDNESDAY 23 Mushroom Chicken Breast Whipped potatoes Green peas Potato roll Orange juice Margarine Milk	THURSDAY 24 Glazed ham German potato salad Green beans Wheat roll Fresh fruit Margarine Milk	FRIDAY 25 BBQ chicken thigh Baked beans Spinach Pineapple tidbits Corn bread Margarine Milk
MONDAY 28 Smoked sausage Sauerkraut Potato wedge Peaches Hot dog bun Mustard Milk	TUESDAY 29 Krab pasta salad Three bean salad Tossed salad Saltine crackers Fresh fruit Salad dressing Milk	WEDNESDAY 30 Swiss steak Whipped potatoes Spinach Corn bread Sliced pears Margarine Milk	THURSDAY	FRIDAY Suggested Donation \$2.25

SENIOR NUTRITION PROGRAM

Wayne County Office of Nutrition Services make available a well-balanced meal to Livonia residents age 60 years and older. There are three basic nutrition programs.

- ▶ **Liquid Nutrition:** For those seniors who have difficulty swallowing solid food due to a debilitating disease or condition. A physician must complete the Wayne County Office of Nutrition Services medical form indicating the person's need for liquid meals. The eligible client or representative will be responsible for picking up the liquid nutrition once a month at a designated site. For additional information, please call **1-800-851-1454**.
- ▶ **Home-Delivered:** For those seniors who are homebound, unable to prepare their own meals or unable to feed themselves. Hot meals are delivered on weekdays, frozen meals are available to clients who are cannot prepare food on the weekends. A physician, visiting nurse, family, friend or the senior resident can make the referral for Meals-on Wheels at **1-800-851-1454**.
- ▶ **Hot Lunch Program:** For those seniors who are able to attend one of the two sites located in the City. Suggested Donation is \$2.25 for those 60 years of age and older.

CIVIC PARK SENIOR CENTER
15218 Farmington Road
(734) 466-2691

BRASHEAR TOWERS
17841 North Laurel Park Drive
(734) 591-6622

SENIOR CENTER TRANSPORTATION BUS

The Senior Center Transportation Buses provide curb-to-curb rides within the City limit on a donation basis. Rides are available to local shopping districts, grocery stores, medical appointments, and to the Senior Center. Service hours are Monday thru Friday, 8:30 a.m.-4 p.m. **ADVANCE RESERVATIONS ARE REQUIRED BY CALLING (734) 466-2555.**

To make a transportation reservation, please follow these steps:

MEDICAL BUS

1. Monday-Friday!
2. 9:30 a.m.-2:30 p.m.
3. Monday-Friday the Civic Park Center offers a shuttle to Doctors' Offices within the City of Livonia and up to one mile outside the City Limits. Please contact (734) 466-2700 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 2:30 p.m. When making your reservation, you must have the time of your appointment, the name, address and telephone number of your Doctor.
4. You will be asked your name, address, telephone number.
5. On the day of your scheduled appointment you must be ready for pick-up from your home 1 hour ahead of your appointment time. When you are ready to return home, the doctor's office must call the center for your ride to go back home.
6. Wheelchair riders must be accompanied and their wheelchair must have footrests and brakes in working order.
7. No reservations accepted from Assisted Living facilities or Nursing Homes.

SENIOR CENTER & GROCERY/MALL SHOPPING S.C.A.N. BUS

1. Reservations will be accepted, up to, 7 days in advance.
2. When making your reservation, you will be asked your name, address, telephone number and your destination.
3. On the day of your scheduled ride, you must be ready for pick-up from your home by 8:30 a.m.-10:30 a.m. Mall Shopping Days.
4. The Senior Center buses depart from the Center at 1 p.m. or 3 p.m. Monday & Tuesday and 1 p.m. Wednesday, Thursday & Friday.

LIVONIA COMMUNITY TRANSIT - CALL (734) 466-2700

Livonia Community Transit will pick up residents 60 years old and over and disabled persons from their home and transport them within the city limits of Livonia for a fee of \$2 each way. Exact fare or ticket required; drivers do not make change. Hours of service are:

- ▶ Monday, through Friday 7 a.m. - 6:30 p.m.
- ▶ Saturday & Sunday 8 a.m. - 2:30 p.m.

Community Transit reservations accepted on a first-come, first-served basis by calling (734) 466-2700 Monday through Friday 7 a.m. - 6:30 p.m.



MENTAL HEALTH COUNSELING PROGRAM

The City of Livonia Housing Commission provides financial assistance to income eligible Livonia residents to obtain professional mental health counseling services. The financial assistance provided is as follows:

- ▶ \$400.00 in assistance per year, per eligible family/household
- ▶ \$80.00 per counseling session
- ▶ A minimal co-pay, based on income, will be required per visit

The City of Livonia has contracted with local service providers to make available needed counseling services. Residents may contact the following providers for assistance:

- ▶ Cruz Clinic (734) 462-3210
- ▶ Hegira Programs, Inc. (734) 744-0170
- ▶ Eastwood Clinics (734) 425-4070

For more information call (734) 421-6450 ext. 103.

ALL INFORMATION OBTAINED FROM RESIDENTS PARTICIPATING IN THE MENTAL HEALTH COUNSELING PROGRAM SHALL BE CONFIDENTIAL.



September is PAD Awareness Month

Are you are risk for stroke or vascular disease?

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