

Waterford Board of Education

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3621 PONTIAC LAKE ROAD, WATERFORD 48328

PHONE: 248-682-9450 FAX: 248-738-4710

WWW.WSDMI.ORG/SENIORCENTER

MONDAY-FRIDAY 8:30 A.M.— 4:00 P.M.

Waterford Senior Center

ADDRESSING THE NEEDS OF ALL SENIORS
WITHIN THE COMMUNITY

December 2023 / January 2024

ho ho ho



Happy
Holidays

Holiday Lunch and Concert

Friday, December 15

12:00 Noon

Celebrate the season with us as we enjoy a meal of holiday ham served family style complete with all the festive trimmings!

Holiday Musical Performances by Waterford Mott High School Students

Members- \$10.00 Non-Members-\$12.00

Reservations are required by December 6 and seating is limited.



Christmas Cookie Sale

We are excited to announce that our cookie sale is back!

Come fill up your cookie jar!

**Plates of assorted cookies will be for sale on Friday, December 15 beginning at 9:00 am
Plates are \$8.00/dozen with 100% of the proceeds benefiting your Waterford Senior Center!**

Baker's Wanted

Bring a dozen or more of your favorite cookies to donate to our cookie sale.

Sign up to be a baker in the main office.



Membership

Enjoy the benefits of membership at the
Waterford Senior Center!

Benefits of membership include:

- * Bi-monthly newsletter
- * Discounts on selected events and travel
- * Show your support for the Center

| | WATERFORD RESIDENT | NON-RESIDENT |
|-------------------------------------|--------------------|--------------|
| ANNUAL <i>HOUSEHOLD</i> MEMBERSHIP* | \$ 25.00 | \$ 30.00 |
| LIFE MEMBERSHIP | \$ 250.00 | \$ 300.00 |
| 10-YEAR MEMBERSHIP | \$ 155.00 | \$ 215.00 |
| 5-YEAR MEMBERSHIP | \$ 105.00 | \$ 125.00 |

*Annual Household Membership - One fee per household address-valid for one (1) year from date of sign up or renewal.

Note: Life Members also receive recognition with a nameplate displayed at the Center.

Please Note Membership Rates Have Changed! See Above



Please return this portion with your check to:

Waterford Senior Center, 3621 Pontiac Lake Rd., Waterford, MI 48328

Please Circle (one): **NEW** **RENEWAL**

Name(s) _____ / _____

Address _____

Email _____

Phone _____ Birthdate(s) _____ / _____

Emergency Contact Name _____ Phone _____

Message from Erin

Wishing you a Season that is Merry & Bright with the Light of Friendship!

Our holiday festivities are the perfect culmination of our Golden Jubilee year! We've been celebrating this anniversary with special events to commemorate 50 Years of the Waterford Senior Center in our community. As we close out 2023 we are grateful that we have such amazing, active members who feel at home here at the WSC. Our members come to join programs and activities but they do so much more, they give back to each other every day. Our big fall events, the Walk & Roll for Meals on Wheels, the Senior Health Expo, and the Craft Show all highlight the amazing outcomes of hard work and collaboration of members, staff, and community. Our Reindeer Bucks campaign has been well received with generous donations in support of our services and daily operations. We welcome the new year with glad anticipation and optimism for the future with our WSC friends who continue to come together to make the best of each day!

Our festive holiday spirit started in November with the Deck the Halls Day, as members volunteered to sort through the decorations and find the right placement for each treasured ornament. Thanks to our amazing volunteers our Center is ready for the holidays! This year the WSC also partnered with the Treesgiving Foundation to decorate & provide table top trees to friends, seniors and neighbors who need extra holiday cheer.

We start our official holiday festivities with Reindeer Games – Christmas Bunco on December 8. We have our Holiday Lunch with a traditional ham dinner and music by our own Waterford Mott High School students on December 15. We also will feature our Christmas Cookie Sale on December 15 with homemade cookies pre-plated at \$8.00 a dozen. A great way to get a nice variety without all the mess. We are looking for bakers to donate a dozen of their favorite cookies to help us with this fun and tasty fundraiser. Monday December 18 begins SPIRIT Week so be sure to join in the fun holiday themed activities planned for each day. (See page 5 inside for details.) Join us at our Holiday Open House on Thursday December 21 and wear your ugly or festive Christmas sweater. You can sing your favorite carols with the Waterford Jammers, enjoy special holiday treats and get your photo booth pictures with Santa! Speaking of Santa, did you know that there are four stages of life? 1 - You believe in Santa, 2 – You don't believe in Santa, 3 – You are Santa and 4 – You look like Santa! Our spirit week concludes on Friday, December 22 with Pete's Oven donuts and coffee or hot cocoa served in the Bistro from 8:30 - 10:30 you can even wear your favorite cozy holiday pajamas.

We hope you'll take a moment to review the events and classes offered in this newsletter and plan on celebrating the holiday season with your friends here at the WSC. Look for opportunities to learn and grow in 2024 by expanding your horizons and trying something new. Join us on Thursday, January 18 for our Michigan Day Celebration with Michigan Trivia, "Made in Michigan" themed lunch & prizes. Check out our Woodshop, Garden or Computer Clubs. Check out a new game, Chicken Foot or Mexican Train. Try our Trivia Time group or Reminiscing Club. Take a day or extended travel trip or sign up for a flight simulation experience. Try an art class or craft class. Lets all celebrate the new year together and plan to continue staying active and finding new adventures in 2024.

"A Little More Sparkle, a Little Less Stress, May your Holidays be Truly Blessed!"

Erin Asdell

Waterford Senior Center Coordinator

Stay Connected

We are here for you!

Senior center staff is here and available to answer your phone calls. Please do not hesitate to call us if you have questions, concerns, or are in need of services or resources.

248-682-9450

Check out our Website

www.wsdmi.org/seniorcenter

You can find current online resources such as newsletters, menus and special events.

This is also an excellent place to find the most up to date announcements for the senior center.

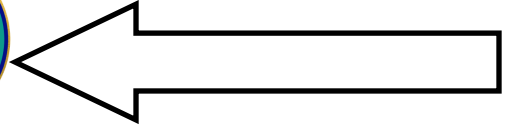
Follow us on Facebook



Look for **Waterford Senior Center**. Our profile picture is our 50 years of service logo. We post photos, activities and WSC news. We also do Facebook live activities, so check back often!



Look for this profile picture!



Blackboard Connect

If you would like updates and information sent directly to your email or phone about happenings going on at the senior center, please call the office to sign up for Blackboard Connect! For email updates please email – **champn01@wsdmi.org** with your email address.

What's New For Waterford's Seniors? Media Network of Waterford Presents: "Hello Waterford"

Watch on:

Waterford Comcast TV 10
or ATT U-verse Channel 99.

Watch at

www.medianetworkofwaterford.org
Or visit the website and watch "On Demand".



Meet And Greet

Join us for an informal "Meet and Greet" where you can meet with staff and other senior center members. You will have the opportunity to tour the center, check out some of our classes or activities, and ask questions. Refreshments will be served.

Friday, January 26
1:00 pm



The Waterford Senior Center will be closed if the Waterford School District closes for inclement weather. Please watch your local news for school district closure information, or sign

up for Blackboard Connect to get automated alerts.

* Blackboard Connect information is available in the main office.

* Take note of our holiday hours (page 8).



GET INVOLVED!

Senior Center Advisory Board

The Advisory Board is a group of Senior Center volunteers and supporters who are dedicated to assisting in the future direction of the center. The group's input and ideas are valued by staff when considering changes, additions or deletions of programs that are offered at the center. The Advisory Board works alongside staff to support programs and services and also assist with fund raising efforts.

All senior center members are welcome and encouraged to participate!

Wednesday, January 10
11:00 am

Holiday Fun

Reindeer Games Christmas Bunco

Friday, December 8

1:00 pm

\$5.00 per person

Put on your festive Christmas sweaters and socks, grab a Santa hat and join us for a fun filled afternoon!

- Bunco - the fun, fast paced, social dice game involving mostly luck!
- Cash Prizes
- Christmas Cookies, Coffee, Hot Cocoa
- White Elephant Holiday Gift Exchange



Bring a wrapped holiday themed gift for our White Elephant Gift Exchange. The sillier the gift, the more fun we will have!

Reservations are required by December 5

Holiday Lunch

Friday, December 15

12:00 Noon

Celebrate the season with us as we enjoy a traditional holiday ham meal served family style complete with all the festive trimmings!

Musical Performances by Waterford Mott High School students, Fun Raffles, and Prizes!

Members- \$10.00 Non-Members-\$12.00

Reservations are required by December 6 and seating is limited.

Christmas Cookie Sale

Friday, December 15

Sale begins at 9:00 am

Plates are \$8.00/dozen with 100% of the proceeds benefiting your Waterford Senior Center!

Baker's Wanted

Bring a dozen or more of your favorite cookies to donate to our cookie sale.

Sign up to be a baker in the main office.



Songs, Sweets, and Santa Holiday Open House

Thursday, December 21

1:00 pm

FREE Event! Our Gift To You!

- Join the Waterford Jammers as we sing-a-long to favorite songs of the season!
- "Name That Tune"- Holiday Themed Game
- Holiday Treats
- Coffee and Cocoa
- Photo Booth w/ Keepsake to Take Home
- Get Your Picture Taken with Santa



**Come spread the Holiday cheer
and sing loud for all to hear!**

Donuts & Coffee with Friends

Friday, December 22

8:30 am - 10:30 am

Take a break from your Holiday errands and join friends and Senior Center staff in the Bistro for complimentary coffee, hot cocoa, and Pete's Oven donuts!



Holiday Spirit Week!

Monday December 18 – Holiday Head Wear (Santa Hats, Reindeer Antlers, Elf Ears...)

Tuesday, December 19 – Holiday Socks (The Funnier the Better!)

Wednesday, December 20 – Holiday Character (Dress like a character from your favorite holiday movie!)

Thursday, December 21 – Holiday Sweater (Festive or Ugly, Needs No Explanation!)

Friday, December 22 – Pajama Day (Let's keep it appropriate, and Christmas jammies are the BEST!)

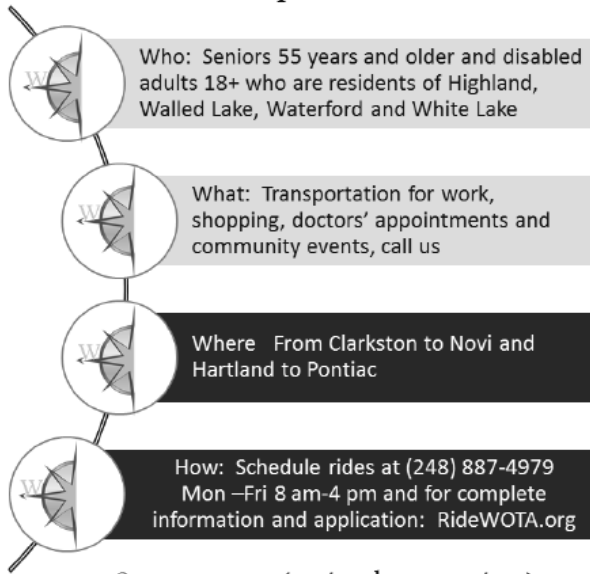
Stop by the office and show us your holiday spirit and you can earn tickets for a chance to win our "WSC Holiday Spirit Basket"!



Special Interest



A New Consolidated Choice for Transportation



Same great service, just better options!

Senior Center Gift Shop

Stop in and check out our collection of gifts and more!

Local honey, hand made baby items, jewelry, floral and home décor, kitchen items, and much more.

Monday-Friday

9:30 am - 3:00 pm

One-of-a-kind gifts!

Support local crafters!

A percentage of all sales support your Waterford Senior Center!

Used Book and Puzzle Sale

4 Paperbacks for \$1.00

2 Hardcover for \$1.00

Puzzles \$0.50 each

We also have a huge selection of greeting cards for all occasions.

Free Notary Service

The Waterford Senior Center is now offering a **FREE** notary service. Chris Shoemaker, one of our wonderful front office volunteers will be available every Thursday from 8:30 am until 2:00 pm by appointment only.

Call the main office to schedule your appointment. 248-682-9450

Coffee With Carter

Meet State Representative of the 53rd House District, Brenda Carter. Stop by the Senior Center Bistro for conversations and coffee with your State Representative.

Monday, December 11

Monday, January 8

12:00 Noon- 1:00 pm

Medicare Counseling "New to Medicare"

- Telephone
- Email
- Postal Mail
- Web-based applications

To make an appointment call:
Mary Hyde, LMSW
248-845-8522



Deaf & Hearing Impaired

Deaf and Hearing Impaired Services, Inc. (DHIS) uses American Sign Language to communicate. Educational, social, and recreational programs are offered the 2nd and 4th Monday of each month from 10:00 am - 2:00 pm and are open to all hearing impaired older adults. If you would like to learn more, call the DHIS at 248.473.1888. Join us! **\$1 Drop in fee**

Used Glasses & Hearing Aids

The Lions Club is collecting used eyeglasses and hearing aids. You can drop them off at the Waterford Senior Center. These items are used for low-income people who cannot afford to get eyeglasses or hearing aids.

Special Interest

Hearing Screenings

Free Hearing Screenings Are Available!
Oakland Audiology will provide screenings,
by appointment only:

**December 12
January 9 & 23
10:00 am - 12:00 pm**



You must call to make an appointment.

Equipment Loan Closet

**Waterford Recreation Center
5640 Williams Lake Road**

Do you need temporary use of a wheelchair, walker, cane or crutches? The loan closet will allow you to use the items for up to three months. There is a suggested donation of \$10.00 for each item borrowed. Call Waterford Parks and Recreation for more information. 248-674-4881.

Free Legal Help for Seniors

**Counsel and Advocacy Law Line
888-783-8190**

Call and leave a message with your name, phone number, and the legal issue you need help with.

Type of Legal Aid Provided:

Family matters

Housing matters

Income matters

Consumer matters

Miscellaneous matters, including:

Wills, Durable Powers of Attorney- Health, Durable Powers of Attorney- Finance, Expungements, Driver's License Restoration.

*Please note: Lakeshore Legal Aid is **unable** to help with criminal law or traffic-related issues.*



Taking Off Pounds Sensibly

TOPS Club Inc. is a nonprofit weight-loss support organization. Members discuss nutrition, portion control, meal planning, exercise, and more at meetings. Consistent group support, health education, and recognition are all key components to successful weight management.

Tuesdays

9:15 am – Weigh in

10:00 am – Meeting

\$49 annual membership, \$5 local monthly dues, \$1 weekly room fee

In need of food assistance?

The Commodity Supplemental Food Program (CSFP) is available to low-income seniors who reside in Oakland County.

Oakland Livingston Human Services Agency (OLHSA) will be hosting the CSFP Senior Food Box. You must show your ID to show you are 60 or older.

Call Olivia Barrera at 248-860-3152 for more information, or to sign up.

Food Assistance Programs

Open Door Outreach Center

Open Tuesday through Friday

10:00 am - 4:00 pm

7170 Cooley Lake Road

Waterford, MI 48327

248-360-2930

Call for an appointment.

Focus Hope recipients are eligible to receive a box of food once a month. There is a certification process that requires a person to be at least 60 and meet specific financial requirements. For more information or to sign up for Focus Hope, call 248-309-3658, Option #5

Oakland Hope

Open Monday through Saturday

11:00 am – 7:00 pm

20 E. Walton Blvd.

Pontiac, MI 48340

248-309-3658 , Option #2

Nutrition

Can you Benefit from Meals on Wheels?

What is Meals-on-Wheels?

The Meals-on-Wheels program provides a tasty, hot, nutritious noon-time meal to Waterford's homebound seniors. The program is based on individual nutritional needs, not income. The hot noon meal provides one third (1/3rd) of average daily nutritional requirements. Optional cold evening meals and frozen weekend meals are also available. Another benefit is a daily reassurance visit from our dedicated volunteer drivers. The Meals-on-Wheels program is administered by the Waterford Senior Center.

How does it work?

You may order meals to be delivered Monday through Friday between 10:30 am and 1:00 pm. A volunteer driver will deliver the meal right to your door!

Who is eligible for the meals?

- ♦ A person must be 60 years or older.
- ♦ Must be homebound; does not leave home under normal circumstances.
- ♦ A person must be unable to obtain food or prepare complete meals.
- ♦ The person's dietary needs must be appropriately met by the program.
- ♦ The person must be able to feed themselves.
- ♦ A person must agree to be home when meals are delivered or contact the program when absence is unavoidable.

What about the cost?

The meals are provided to you on a "donation only" basis. This means that it is your decision as to whether you can pay for meals or not. A \$3.00 donation per hot meal is suggested.

How do I get started?

Call the Waterford Senior Center at (248) 682-9450.

Before you know it, you'll have a meal at your door!



**Celebrate
Michigan Day With Us!**
Thursday, January 18
12:00 Noon
\$3.00

Stop by the Bistro for a Michigan themed lunch and enjoy some Michigan made favorites!

Koegel Hot Dogs w/ Woodward Ave Chili,
Better Made Potato Chips,
Michigan Cherry Salad,
Faygo Pop, Vernors Ginger Ale,
& Bumpy Cake

RSVP by 1/12

(You will pay at the door, but we need to know how many are coming for planning purposes.)

Holiday Hours

The Waterford Senior Center will be closed:
Monday, December 25 - Monday, January 1

*Meals on Wheels will be the only program open during the Holiday break, and will be running on a special holiday schedule. Normal business will not be conducted during the holiday break. Meals on Wheels staff and volunteers will be the only people admitted into the building.

Save the Date!

"My Funny Valentine"
Valentine's Lunch and Comedy Show
Thursday, February 10
12:00 Noon

Members- \$10.00 / Non-Member- \$12.00
You must RSVP by 2/4

Nutrition

Congregate Dining in the Bistro

“Lunch is Better When We Dine Together”

Lunch will be served daily Monday- Friday at 12:00 noon.

Requested: \$3.00 for persons 60 and over. / \$5.00 for persons under 60

December Menu-

| | |
|-------------|---------------------|
| 1 Friday | Cheese Ravioli |
| 4 Monday | Chicken Sandwich |
| 5 Tuesday | Stuffed Pepper |
| 6 Wednesday | Turkey and Gravy |
| 7 Thursday | Cheeseburger |
| 8 Friday | Macaroni and Cheese |

| | |
|--------------|-----------------------|
| 11 Monday | Meatballs w/ Marinara |
| 12 Tuesday | Chicken Alfredo |
| 13 Wednesday | Beef Dippers |
| 14 Thursday | Polish Sausage |
| 15 Friday | Holiday Lunch |

| | |
|--------------|--------------------|
| 18 Monday | Chicken Leg |
| 19 Tuesday | Mostaccioli |
| 20 Wednesday | Mini Corn Dogs |
| 21 Thursday | Sloppy Joe |
| 22 Friday | Vegetarian Lasagna |

| | |
|--------------|---------------|
| 25 Monday | Closed |
| 26 Tuesday | Closed |
| 27 Wednesday | Closed |
| 28 Thursday | Closed |
| 29 Friday | Closed |

(*Meals on Wheels will be delivering meals on an adjusted holiday schedule this week.)

*** Reservations only for 12/15 & 1/18**

January Menu-

| | |
|-------------|------------------------------|
| 1 Monday | Closed— New Years Day |
| 2 Tuesday | Meatloaf |
| 3 Wednesday | Chicken Tenders |
| 4 Thursday | Beef Nacho |
| 5 Friday | Fish Sticks |

| | |
|--------------|-----------------------|
| 8 Monday | Chicken Alfredo |
| 9 Tuesday | Lasagna w/ Meat Sauce |
| 10 Wednesday | Chicken Sandwich |
| 11 Thursday | BBQ Pulled Pork |
| 12 Friday | Macaroni and Cheese |

| | |
|--------------|-------------------------|
| 15 Monday | Closed - MLK Day |
| 16 Tuesday | Turkey and Gravy |
| 17 Wednesday | Cheeseburger |
| 18 Thursday | Michigan Day! |
| 19 Friday | Breakfast Sandwich |

| | |
|--------------|--------------------|
| 22 Monday | Mostaccioli |
| 23 Tuesday | Crispy Chicken Leg |
| 24 Wednesday | Sloppy Joe |
| 25 Thursday | Pork Fritter |
| 26 Friday | Lasagna Roll Up |

| | |
|--------------|------------------------|
| 29 Monday | Stuffed Cabbage |
| 30 Tuesday | Sweet and Sour Chicken |
| 31 Wednesday | Beef Stew |

***Menu is subject to change.**

Monthly Birthday Celebration-

Cake and ice cream will be served with lunch to celebrate our monthly birthdays. You are invited to join the celebration, regardless of your birth date. Members will receive a **FREE** lunch on their actual Birthday! **Thursday, December 21 & Thursday, January 25**

What are the benefits of dining with others?

According to a recent study from Oxford University, eating with people often **makes us feel happier and more satisfied with our lives**. It fights disorders such as anxiety and depression and helps to make relationships with others stronger.



Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Bureau of Aging, Community Living, and Supports (ACLS Bureau) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request.

Encore Adult Day Services

Waterford Senior Center

3621 Pontiac Lake Road, Waterford, MI 48328

248.682.9450



About the Program

We provide a warm, caring environment for seniors who need supervision during the day. We welcome adults who have cognitive problems common to types of dementia such as Alzheimer's Disease or who have medical conditions that make it unsafe to be home alone. Caregivers enjoy the scheduled respite and are able to catch up with other responsibilities. Participants enjoy a rich variety of activities and sense of belonging.

"We will never forget the love and compassion you have shared!"

"Without the Encore Program I would have not been able to cope with the daily stresses of taking care of my mom."

"It gives me peace of mind to know my dad is safe and cared for by a great staff!"

"It means so much that he is not only safe but happy!"

About our Staff

Our Encore staff are trained to guide participants through daily routines, assisting with daily activities, treating them with respect, and protecting their dignity. Medication reminders and personal care are provided in a professional manner that supports self-care.

In Encore we honor the individual and provide an opportunity to remember, sing, laugh, stay physically active and have fun! Laughter, music and conversation really are the best medicine!

Encore Activities

December

Deck the Halls

Visit from St. Nick

Winter Wonderland

Encore Family Holiday Party

Here we Come a Caroling

January

Ring in the New Year

Beach Party

Happy Birthday Michigan

MLK Commemoration

Hat Day Celebration

Encore Holiday Hours

Encore will be closed Friday, December 22 thru Monday, January 1. Encore will reopen on Tuesday, January 2.



Support

Encore/Affordable Adult Day Services

Who are adult day services designed for?

- Older adults with memory impairments and/or physical disabilities who are unable to initiate their own activities
- People with Alzheimer's, Parkinson's disease, dementia patients or stroke victims
- Families and caregivers

Benefits of adult day care:

- Reduces social isolation
- Restores and maintains highest level of individual function
- Enriches quality of life
- Helps prevent nursing home placements
- Gives family and caregiver peace of mind

Services & Activities:

- Professional care and supervision
- Comfortable and safe environment
- Nutritious meals and snacks
- Structured recreational activities
- Transportation available through WOTA
- Support Groups

Grief Support 2024

The goal of a grief support group is to provide a safe and supportive environment for participants to express their feelings and better understand their grief experience. Many people find relief in talking with others who have also experienced the death of someone close to them. We meet every other week for 10 weeks on the campus of Lourdes Senior Community in Mendelson Assisted Living - 2450 Watkins Lake Rd. Waterford, MI 48328

Session 1

February – early June

Session 2

August – early December

Facilitated by:

Mary Hyde, LMSW

Registration is required

Call Mary at 248-886-5118

Caregiver Support

Our Caregiver Groups are sponsored by the Alzheimer's Association and designed to provide emotional, educational and social support for caregivers. They help participants develop methods and skills to solve problems and deal with the stress of caregiving. The group provides information and resources, as well as, a safe place to speak freely with others who understand their situation. Members are encouraged to maintain their own personal, physical and emotional health, as well as, optimally care for the person with dementia.

You can reach the Alzheimer's 24/7 helpline at **800-272-3900** for assistance, tips and support. They are here for you! Their website is easily accessed for information at alz.org/gmc

We meet on the second Tuesday of each month at noon and on the third Monday each month at 7:00 pm. We have two days and times to choose from! Join us December 12 and January 9 at noon and January 22 at 7:00 pm. No registration necessary, walks in are welcome!

Note- due to the Encore Family Holiday party the December 18 meeting is cancelled and the Martin Luther King Jr. holiday the evening support group in January is moved to January 22nd at 7:00 pm.

Activities

Cards

Poker-Tuesdays & Thursdays at 9:00 am
Euchre- Wednesdays & Fridays at 9:00 am
\$1.00 Drop-in Fee

Mexican Train

Thursday, December 21
Thursday, January 18
1:00 pm–3:00 pm
\$1.00 Drop-in Fee

Facilitator – Laurie Nickson

Join us to play the dominoes game Mexican Train. No previous experience required and rules will be explained.

Bring your own drinks and/or snacks.

There will be token prizes!

Chicken Foot

Thursday, December 7
Thursday, January 4
1:00 pm–3:00 pm
\$1.00 Drop-in Fee

Facilitator – Laurie Nickson

Chicken foot (also known as Chickie Dominoes) is a fun and easy to learn domino game. No previous experience required and rules will be explained.

Bring your own drinks and/or snacks.

There will be token prizes!

Winter Wonderland Bunco

Monday, January 22
1:00 pm

\$5.00 per person

The weather outside is frightful so join us, stay warm & enjoy a fun filled afternoon!

- Bunco - the fun, fast paced, social dice game involving mostly luck!
- Cash Prizes
- Sweet Treats, Coffee, & Hot Cocoa
- White Elephant Gift Exchange

Bring a wrapped gift for our White Elephant Gift Exchange if you would like.

Reservations are required by January 17



Trivia Time ****NEW TIME****

Enjoy an afternoon of trivia with Amy DeLoye, our trivia host. Teams of two to four will enjoy friendly competition with a chance to win bragging rights.

Token prizes for the winners!

Wednesday, December 6

Wednesday, January 3

2:30 pm

\$1.00 Drop In Fee



Waterford Garden Club

Attention all Green Thumbs!

Join us for informative workshops and fun workdays.

Thursday, December 7

Thursday, January 4

9:30 am

For more information

Waterfordgardenclub.org

Facebook.com/waterfordgardenclub



Computer Club

This friendly group of computer users meet in a relaxed setting to share information, offer support, and also find solutions for a variety of computer related issues.

Everyone welcome.

Tuesday, December 12

Tuesday, January 9

10:00 am - Noon

\$1.00 Drop-in Fee

Reminiscing Club

Enjoy an afternoon of conversation between friends, and take a walk down memory lane, recalling life's special moments and silly adventures. When sharing stories in a group setting, you often realize that people have more in common than you could ever imagine! All are invited and welcome to participate in this good time!

Wednesday, December 20

Wednesday, January 24

1:00 pm

\$1 Drop-in Fee

Activities

Flight Simulator Flight SIMS For Seniors Mind and Body in Action

Experience the joy of learning to fly a “simulated 172 Cessna” from our local “simulated Pontiac Airport”, all while sitting in the comfort and safety of the Waterford Senior Center. Our **SIMS for SENIORS** computerized flight simulator is built with our seniors’ needs in mind and is also wheelchair accessible. It provides a great activity for former pilots or just “pilot wannabes”. Neurological studies indicate that doing something different and in a new way has positive benefits for the senior brain.

**One hour sessions are available-
Winter Hours – Tuesday’s & Thursday’s
9:00 am-2:00 pm**

***Try your first session for FREE!**

Purchase a punch card for \$25 (good for 5 sessions) in the front office, then schedule your simulator sessions.

**Virtual Flight Instructors–
Darryl Smith, Susin Siporin, Niketta Wyrick**

Body Management Exercise AKA Moan-n-Groan Body Management

Join in on the fun while stretching, toning, moaning and groaning. It is a great class to get more limber and fit while exercising with new friends. Wear comfortable shoes and clothing... and a big smile.

**Monday & Friday
9:10 am -10:10 am**

\$4.00 per class

Facilitator- Ann Swanson

Jam Sessions

The Senior Jam Session is for all seniors who play an instrument or sing (even if you are a bit rusty). The group has a range from beginning levels to advanced players. Everyone has one purpose and that is to have fun making music together. The JAM is open to all instruments and to all types of players. So look around in the attic, under the bed, or in the basement for that old instrument that you would like to bring back to life and join us!

Thursdays at 1:00 pm

Meet in the Bistro

\$1 Drop-in Fee

Mindfulness Meditation

Meditation is an age-old practice of intentionally focusing the mind. This highly researched method of quieting conditioned and habitual patterns of thought leads to awareness and reduction of stress. The quieting of the body and mind has been shown to boost the immune system and reduce cardiovascular risk. It is useful for managing high blood pressure, sleep disorders, lifestyle changes and pain. The enhanced awareness that comes with meditation practice supports a shift from habitual reactivity to more conscious choice.

Thursdays 9:00 am-10:00 am

\$1 Drop in Fee

Facilitator– Jerry Cleland

Tai Chi

Do you want to improve your movement and balance? Do you want to do something healthy for your body and mind? Try our Tai Chi class. Wear comfortable clothes, and meet us in the gym for this instructor led class.

Fridays 11:00 am

7 Week Instructor Led Class

October 27 - December 5 (No class 11/24)

January 5 - February 16

Members \$21 / Non-members \$26

Or \$5 Drop-in Fee Per Day

Facilitator- Carrie Sue Cempura

Drop In Tai Chi -

For Health, Arthritis, and Fall Prevention

Informal meet up to practice your Tai Chi moves. This is an instructor led class, with facilitators on hand to answer questions, and assist.

Tuesdays 1:30 pm-2:30 pm

\$1.00 Drop-in fee

Wii Bowling

Join our Wii Bowling Party!

Wii is an interactive game that with the help of our projector and large screen, will make you feel like you are in a real bowling alley! Join our fun group for some friendly competition.

Fridays 1:00 pm

\$1 Drop-in Fee

Activities

Anyone Can Paint

If you have ever considered painting, we have the class for you! Mr. Steve Wood's unique ability to blend humor and encouragement results in a very enjoyable and relaxing experience! At the end of each two-hour session you will have a complete painting! Please sign up one week prior to class.

Friday, December 22

Friday, January 26

1:00 pm – 3:00 pm

Members \$25 / Non-Members \$30

Facilitator – Steve Wood

Sign up in the main office to reserve your spot at least one week prior.

Space is limited.

Craft Class with Lindsay & Lori

****Special Holiday Class****

Join us for our SPECIAL Holiday class! We will be making jeweled Christmas trees. All materials are included. We will be arranging jewelry, rocks, shells, or other goods into an 8x10 shadow box. Creators will select their own items to create their tree.

Monday, December 11

9:30 am - 11:30 am

\$25.00 / pp

RSVP with payment by 12/4

Class limited to 8 participants.

Acrylic Painting

Mary Catherine is an artist and certified painting instructor who uses acrylic paint on canvas to create beautiful works of art. Try this new class where you can have fun learning to paint.

All supplies are included.

1:00 pm – 3:00 pm

Monday, December 4

Monday, January 8

Members \$32 / Non-Members \$35

Facilitator – Mary Catherine Heaton

Sign up in the main office to reserve your spot at least one week prior.

Space is limited.



Thank you to My New Favorite Thing for bringing their wonderful classes and artists to our senior center!

Cookie Decorating

Join us to decorate a cute holiday cookie set! You will have 8 cookies to decorate with teacher lead instruction. All supplies will be provided. This is a fun holiday cookie decorating class for all levels. We will decorate a mix of cookies that will challenge your skills with piping, flooding and painting cookies.

Wednesday, December 6

11:00 am - 12:30 pm

\$22.00 Members / \$24.00 Non-Members

RSVP to the main office 1 week prior.

CLASS FULL! WAIT LIST ONLY!

Bedazzled Beaded Pens

Everyone loves making these pens (it's addicting!), and they make fun or beautiful gifts for family, friends, or even a nice reward for yourself (Hey! You work hard!) The pens are high quality, smooth rolling, fine-tipped, and can symbolize starting a new chapter in your life, turning the page, or writing your own ending. You will get everything you need to make your pen(s), either a black velvet or white organza gift pouch, and can even select a gift card with a variety of inspirational quotes to choose from. Focal beads will be first come, first served, so if you want the best selection, you'll want to choose an earlier time slot, but I have MANY to choose from in a large variety of styles and colors.

Wednesday, January 17

10:00 am - 11:30 am

\$10 - 1 pen

\$18 - 2 pens

RSVP to the main office 1 week prior.



Activities

Wood Shop

Are you an experienced wood crafter looking for a great place to work on your projects? Have you never worked in wood crafting but are interested in learning the skill of how to make your own wood crafts? ***You need to check out the Senior Center Wood Shop!***

Wood shop fees: You must be a member of the senior center. There is a \$20 bi-annual shop fee.

\$1.00 Drop-in Fee

Wood Carving

Join our Wood Carvers on Wednesday mornings at 9:00 am in activity room #2. If you are interested in learning something new or are a carver already, come in and join the group!

Wednesdays

9:00 am - Noon

\$1.00 Drop-in Fee

Wood Carving and Wood Shop Classes Learn Something New!

Wood Burning of an Eagle Head Bust

Tuesday's @ 1:00 pm

January 2, 9, 23, 30

Cost- \$40 for the class, plus \$10 for the blank

Wood Burning of Two Wolves By a Stream

Tuesday's @ 1:00

February 13, 20, 27

March 5, 12, 19, 26

April 2, 9, 16, 23, 30

Cost- \$100 for the class, plus \$10 for the blank.

Looking for Donations!

- Tea Cups with Saucers
- Costume Jewelry
- Hot Glue Guns

See Lindsay or Nikki if you have any questions.

All items can be dropped in off in the office.

Thank you!

Quilting Bee

Join our Quilting Bee. We work together to hand stitch quilts and will turn unfinished tops into quilts. Beginners to skilled quilters are welcome to join us.

Mondays Noon - 3:00 pm

& Fridays 9:00 am - Noon

\$1 Drop-in Fee

Project Linus

Children's Miracle Network

Join us as we learn to make fleece blankets that we will be donating to local charities. Anyone and everyone is invited to get involved. Making fleece blankets is simple to learn and Janie McGee, the class facilitator will be on hand to give instruction and answer questions.

Fridays 9:00 am

***Donations of fleece are now being accepted at the center.**

Book Club

The Book Club will be meeting once a month.

Join us to discuss our October book ***Empire Falls***, and pick up our next book! You don't want to miss the November meeting! We will be picking up ***The Widow & The Warrior***. The author, John Wemlinger, will be joining us in December for our group discussion!

Monday, November 6

Wednesday, December 13 *DATE CHANGE*

10:30 am - 12:00 pm

Facilitator- Donna Koan

November's Discussion-

Empire Falls

By: Richard Russo

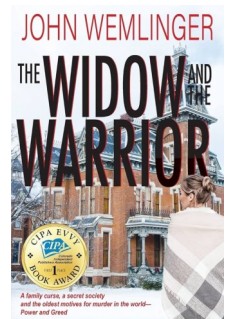
December's Discussion-

The Widow and The Warrior

By: John Wemlinger

\$10.00 refundable book fee upon return of book.

\$1.00 Drop-in Fee



Activities

The Waterford Senior Center in partnership with the Alliance of Coalitions for Healthy Communities and the Waterford Community Coalition invites you to join us at the Senior Center for the following **FREE** programs and activities that will help older adults build and maintain social connections, as well as improve emotional and physical health.



ALLIANCE
OF COALITIONS
for Healthy Communities



Yoga

This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Wednesdays 1:00 pm

Facilitator-Instructor Paul Barr has been a Certified Yoga Teacher through Yoga Alliance and Reiki Master for over 9 years. Paul is also a Certified Personal Trainer through the National Personal Training Institute (NPTI) and a Certified Nutritionist through Precision Nutrition.

Memory Box

Participants will have the opportunity to decorate and personalize their own memory box that they can fill with photos, letters, and other sentimental items. This is a great way to reminisce and reflect on past events or milestones. This can also be used as an opportunity to share memories with friends and families.

Monday, December 4 1:00 pm - 3:00 pm

Mahjong

Participants will play a game alongside peers, getting a mental workout to help keep their brains in peak condition. Mahjong is a Chinese game played with tiles.

Friday, December 1 1:00 pm – 3:00 pm

BINGO

Join us for a fun game of BINGO!

Friends, Fun, Prizes!

Fresh popped popcorn & beverages included.

Monday, January 29 1:00 pm – 2:30 pm

RSVP by 1/22– Seating is limited.



Thank you for another Successful Senior Expo!



A huge **THANK YOU** to all our staff and volunteers who made this event possible! Setting-up tables, hanging signs, taking down signs, parking, vendor assistance, greeters, screening registrations, checking and re-checking list & maps, bookkeeping, bus driving, cleaning up...the list goes on and on.

The 2023 Senior Expo was held on Friday, October 13th. We had close to 270 seniors come through our center and receive valuable information on health, senior living, and services! We had six different health screenings available and more than 150 screenings were given. A special thank you to the Oakland County Health Department for providing more than 70 flu shots and pneumonia shots and thank you to Huron Market Pharmacy for providing more than 60 Covid19 vaccines/boosters. Another special thank you to Western Oakland Transportation Authority (WOTA) for providing parking shuttle service throughout the event. We enjoyed tasty box lunches catered by the Waterford School District Food Service. Our Gift Shop and Flight Simulation rooms were both welcome additions to our event. Lastly, a special thank you to the Waterford Community Coalition and The Waterford Police Department for organizing the prescription drug take back the day of the event.

Thank you to our health screeners...Miller Vein; Oakland Audiology; McLaren Oakland; Oakland County Health Department; Huron Market Pharmacy; Grosinger, Spigelman, & Grey; Advanced Physical Therapy; The Waterford Fire Department.



Travel

Day Trip Intensity Key

To better assist our members in knowing the intensity of each trip we have come up with a code for our trips.



Light - trip will have some walking and low physical endurance.
(Ex. Casino or play)



Moderate - mild physical intensity required. Some stairs are possible and walking with few stops.
(Ex. Museum tour)



Vigorous - Intense physical endurance. May be uneven walking surfaces, extended walking distances, or climbing of stairs.
(Ex. Garden, nature hikes)



ADVENTURE

—Awaits—

Hi! Let me introduce myself. My name is Lindsay, and I am your travel escort at the senior center. I will be your travel companion as we go on all of our fun and interesting excursions. I cannot wait to get on the move with all of you on the exciting trips we have planned!

Day Trip Information

- **Trip Parking** - Unless otherwise noted, all trips leave from the Central United Methodist Church, 3882 Highland Road (M59). Please park on the west end of the parking lot near the home. You should arrive 15 minutes prior to your departure time.
- **Refunds** - A full refund, less a \$5.00 administration fee, will be given if a refund is requested prior to the RSVP date of a trip. After the RSVP date and tickets have been purchased the ticketed amount cannot be refunded unless someone replaces you from the waiting list. Replacements are not guaranteed. Some events are non-refundable.
- **Registration** - Deadlines are important for planning purposes for all involved. If there aren't enough participants by the deadline, we may have to cancel trips and programs. Please, avoid disappointment and register early!
- **Payment** - Please note we only accept payment via cash or check. Checks that are returned with an NSF will be subject to a \$35 administrative charge.

Be sure to be on the look out for the new "Dynamic Duo" logo! Waterford Senior Center and Waterford Parks & Recreation will now be partnering on some trips. When you see the Dynamic Duo logo you only need to be a member of either the Waterford Senior Center OR Golden Age Club to enjoy the member pricing on those specific trips!

Dynamic Duo
We are stronger when we work together as one!

Day Trips

The Christmas Carol! Meadow Brook Theatre & Hall December 9th, 2023



Experience the wonder of our more than 50 magnificent trees, flickering fireplaces, and lights galore! The Holiday Walk Group Tour & Lunch provides a special opportunity to gather friends and family for lunch followed by a leisurely self-guided tour exploring the Hall. Our luncheon will consist of Roasted Chicken Breast, Brussel Sprouts with Bacon, Mashed Sweet Potatoes served with a coarse Dijon Cream, Salad and Dessert. Lunch also includes a roll, coffee, and hot herbal tea. After we enjoy our luncheon and walk of the Meadow Brook grounds, we will head over to the theatre to partake in a viewing of The Christmas Carol. Everyone's favorite holiday classic captivates audiences for the 41st year with the tale of a mean-spirited miser and the ghosts that haunt him! Transportation provided via luxury motor-coach. Special thanks to WOTA for sponsoring our trip!

Cost: \$99.00 for all
Departs: 10:00 AM
Returns: 6:00 PM
RSVP by 11/17



This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist

Highlights Tour Detroit Institute of Art January 11th, 2024



Experience the highlights of the DIA by taking a free guided tour of the museum and experience the rich history it provides. After your guided tour enjoy an hour on your own before we depart. Modern Motor coach transportation.

Cost: \$3.00 Members
\$5.00 Non-Members
Departs: 12:00 PM
Returns: 4:00 PM
RSVP by 12/22

Dynamic Duo
We are stronger when we work together as one!

This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist

Detroit Livin'! Hollywood Casino at Greektown Wednesday, January 31



Travel with Waterford Parks & Rec. to Detroit and spend the afternoon at Hollywood Casino. Your trip includes: round trip luxury motor coach transportation and a trip escort. Incentives are based on points - please see the casino website for more information.

Cost: \$40.00 Members
\$45.00 Non-Members
Departs: 10:00 AM
Returns: 5:30 PM
RSVP by 1/17

Dynamic Duo
We are stronger when we work together as one!

This trip is hosted and escorted by Waterford Parks & Recreation staff. It will depart from the Waterford Recreation Center. 5640 Williams Lake Rd., Waterford

Let's Win Big! Soaring Eagle Casino Thursday, February 15



Modern Motor coach transportation, \$20 Premium play to be utilized within the casino, \$10 food voucher (loaded onto card), \$10 Bingo Bucks, and an additional \$10 in play can be received if 600 points are earned! It's SENIOR DAY too! Folks that are 55+ will also receive an additional \$5 off of food, Bingo, and \$5 match play on Blackjack along with a \$0.55 cent donut or ice cream! Driver gratuity not included.

Cost: \$55.00
\$60.00 Non-Members
Departs: 8:00 AM
Returns: 5:00 PM
RSVP by 2/1



This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.

Visit the "Travel Board"
at the Center to get detailed flyers
about each of the trips.

Due to inflation and rising fuel costs, future trip pricing is subject to change.

Day Trips

Zehnder's of Frankenmuth "Captain Fantastic Detroit" – An Elton John Tribute Thursday, February 22



For many decades, Elton John has been one of the greatest entertainers all around the globe with his music and outstanding performances. Ron Foss, Captain Fantastic Detroit is not only an amazing tribute to this great entertainer, he also bears a striking resemblance to Sir Elton John. Zehnder's famous 2 piece chicken luncheon to be provided along with refreshment. Afterwards, enjoy shopping through downtown Frankenmuth before heading back home. Luxury motor coach transportation and driver gratuity included. Contact the office regarding vegetarian options.

**Cost: \$111.00 Members
\$116.00 Non-Members**

Departs: 10:00 AM

Returns: 5:00 PM

RSVP by 1/5

This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist

Dynamic Duo

We are stronger when we work together as one!

Cars, Factories & Fun, OH MY! Henry Ford Museum & Ford Rouge Factory Tour



****COMING MARCH 2024****

Come along as we explore the 9-acre museum and all of it's wonder on American innovation in mobility and design! We'll start our tour through the Henry Ford Museum. Then we will move to the Ford Rouge Factory Tour where we can immerse ourselves in modern manufacturing's most progressive concepts! The museum offers 2 dining options within the Henry Ford Museum. Lunch will be on your own. Luxury motor coach transportation and driver gratuity included.

Cost: \$90.00

\$94.00 Non-Members

Departs: 9:15 AM

Returns: 5:00 PM

This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.

Dynamic Duo

We are stronger when we work together as one!

Call the center for more info! 248-682-9450

Will You Make It Out?! Michigan Escape Room & The Pantry Restaurant Monday, March 18



Come along for a live interactive game made for group fun! You'll have 60 minutes as a group to find and solve the clues and hidden objects around the room in order to make your great escape! It's a unique experience and makes for a fun day out with laughs and smiles! After we'll head next door to The Pantry for some lunch. Lunch will be on your own with a great selection of your diner favorites! The Pantry is a town favorite in the area! Transportation provided by the Waterford School District, driver gratuity included.

Cost: \$65.00

\$69.00 Non-Members

Departs: 9:20 AM

Returns: 2:00 PM

RSVP by 3/8

This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.

Butterflies in Bloom Frederik Meijer Gardens Friday, April 19th



Join us for a self-guided tour though the fabulous Frederick Meijer Gardens! We will also be able to experience the nations largest temporary tropical butterfly exhibition. Butterflies from around the world will fly freely in the Lena Meijer Tropical Conservatory. Stop into the James & Shirley Balk Café for a bite to eat. Lunch will be on your own. Luxury motor coach transportation & driver gratuity included.

Cost: \$85.00

\$90.00 Non-Members

Departs: 7:30 AM

Returns: 6:00 PM

RSVP by 4/5

This trip is hosted and escorted by the Waterford Senior Center. Trips will leave from the Central United Methodist Church.

Dynamic Duo

We are stronger when we work together as one!

Come and travel with me! Our trips provide escorted travel to explore all of the fun and exciting places both near and far! Reach out to me for any questions you may have.

Lindsay Barrett, Senior Center Assistant

Extended Travel

Best of Australia & New Zealand

March 11, 2024

Tour includes - Roundtrip Airfare, 14 Nights First Class Hotels, 24 Meals (13-B, 1-CB, 2-L, 8-D), Professional Tour Director, Motor coach Transportation, Admissions & Sightseeing per Itinerary, Hotel Transfers, Baggage Handling at Hotels, Australian Travel Visa, Sydney City Tour, Great Barrier Reef, Catamaran Cruise, National Kiwi Hatchery, and much more! Luggage Handling, Tax and Tips on Included Meals.

Cost: \$9295.00/pp - Double

\$11044.00 - Single

Treasures of Ireland

April 16, 2024

Tour includes - Roundtrip Airfare, 7 Nights Hotel Accommodations, 12 Meals; 7 Breakfasts & 5 Dinners, Dublin City Tour, Kilkenny, Cliffs of Moher, Bunratty Castle Medieval Banquet, Titanic Belfast Museum and much more! Luggage Handling, Tax and Tips on Included Meals.

Cost: \$4199.00/pp - Double

\$4924.00 - Single

**Visit the “Travel Board”
at the Center to get detailed flyers and
itineraries for all of the extended trips
that are available.**



National Parks &

Canyons of the Southwest

May 5, 2024

Tour includes - Roundtrip Airfare, 5 Nights at First Class Hotels, 8 Meals; 5 Breakfasts, 1 Lunch, & 2 Dinners, Professional Tour Director, Motor Coach Transportation, Hotel Transfers, Hoover Dam, Zion National Park, Grand Canyon West & Skywalk, Bryce Canyon National Park, Las Vegas Leisure Day, and much more! Luggage Handling, Tax and Tips on Included Meals.

Cost: \$2599.00/pp - Double

\$3174.00 - Single

Alaska Cruise Tour

June 14, 2024

Tour includes - Roundtrip Airfare, 7 Night Alaskan Cruise, 3 Night Hotel Accommodations, 20 Meals - All Onboard Ship: 7-B, 6-L, & 7-D, Professional Tour Director, Motor Coach Transportation, Hotel Transfers, Alaskan Railroad Rail, Denali National Park, Alaska Wildlife Conservation Center, Hubbard Glacier, Icy Strait Point, Juneau, and much more! Luggage Handling, Tax and Tips on Included Meals.

Rates:

Inside Stateroom - \$4749/pp - Double

\$6449.00 - Single

Ocean View Stateroom - \$5199/pp - Double

\$7399.00 - Single

Ocean View w/ Balcony - \$5949/pp - Double

\$8849.00 - Single

COMING SOON IN 2024!!

7/2024 - Pacific Coast Adventure

8/2024 - Nova Scotia & Canadian Maritimes

9/2024 - Iceland Explorer

10/2024 - Albuquerque Balloon Festival

11/2024 - New Orleans Holiday Tour **NEW**


PREMIER
WORLD DISCOVERY

Extended Travel Provided by Premier World Discovery. All bookings will be completed through their company. For any questions please contact, Lindsay at 248-682-9450.

Volunteer Opportunities

Volunteer Opportunities with the Waterford Senior Center:

Kitchen Help– Assist in the kitchen with food preparation and cleaning tasks.

Meals on Wheels Drivers– Assist with delivering meals to home-bound seniors in Waterford.

Front Office– Assist in the office with answering phones and light office work.

Encore Adult Day Program– Assist staff with music, games, and activities.

BUCKET OF LOVE VOLUNTEERS NEEDED!

Bucket of Love



*Do you have time to
make a positive impact
on youth?*

Needed: Caring volunteers who have an hour to spare for an elementary school child who needs a little extra tender loving care. For one hour per week, you will engage with a child doing activities such as crafts, games, puzzles and building a personal relationship with them.

Bucket of Love is sponsored by Waterford Youth Assistance, Waterford Senior Center, Waterford School District and the Waterford foundation for public education. The program runs from September to May.

If you are interested in Bucket of Love, please call WYA at 248.618.7383 or email waterfordya@msn.com.



Shop With A Hero

Saturday, December 9

8:00 AM– 12:00 PM

Meijer (4200 Highland Road, Waterford)

Help us reach our goal in providing 100 Waterford School District kids in need the opportunity to shop with a local hero for their family.

VOLUNTEERS NEEDED

We are looking for help wrapping presents and checking families in.

To Volunteer Call-

947-229-7140

For more information,
or to make a monetary donation
to the Shop With a Hero event
call the Waterford Community Coalition
947-229-7140



Tax Volunteers Needed

AARP Foundation Tax-Aide is the nation's largest volunteer tax preparation service. Each year, we help around 1,200 taxpayers in the Waterford area and we are looking for more volunteers. You can make a real contribution to our community, learn new skills and join an outstanding team. Previous tax experience is not necessary – we will provide all training, materials and equipment. There are also support roles if you don't want to prepare tax returns. Training for new tax volunteers will begin in December. Advanced training is in January, and tax preparation is February thru mid-April. Most volunteers work 1-2 days each week, from 8:30 AM until around 1:00 PM. To learn more about our volunteer opportunities, visit aarpfoundation.org/TaxaideVolunteer, or call 1-888-AARP-NOW (1-888-227-7669). You may also leave a message for the Waterford tax team at 248-742-5172

AARP Foundation
Tax-Aide

Welcome New Members



Meet Our New Members

Roger Parks
Joy Verhey
Dana and Joe Beauvais
Penny Leverenez
Mike and Nancy Campo
Alice Spurgeon
Rose Bistrick
Nancy and Gary Dean
Martina Nunnery
Catherine Reedy
Chris Lacy
Debbie and Kurt Bachman
Patricia and Jack Cole
Laura and Rick Leonard
Glen Armstrong

Sue and Richard Harrington
Kathy and John Shaffer
Lynette Trese-William
Jamie Lynn Kramer
Jim and Doris Steinhart McIlrath
Richard Woudstra
Nancy and Myra Peters
Joyce Wefel
Dena and Curt Treadwell
Sue Allen
James Carlton
Philip and Pamela Biske
Jamie Kramer
David McManus and Vicky Kleist
Kaye and Matt Wisenbaugh
Richard Woudstra



Are you looking for an easy way to support your Senior Center?

Do you already shop at Kroger?

If you do, then you should check out the Kroger Community Rewards Program!

To get started with the Kroger Community Rewards Program visit <http://www.kroger.com>.

1. Create or sign in to your online Kroger account
2. Click my Account
3. Look for the profile tab, make sure that your Kroger plus card # is linked to your account. If it's not, click edit, and add the # on the back of your Kroger Plus card.
4. Look for the Community Rewards Tab
5. Search for "Waterford Senior Center" or enter code JT422.
6. Click Enroll

Once enrolled, a percentage of the proceeds from every shopping trip will benefit your Waterford Senior Center!

Meet And Greet

Join us for an informal "Meet and Greet" where you can meet with staff and other senior center members. You will have the opportunity to tour the center, check out some of our classes and activities, and ask questions. Refreshments will be served.

Friday, January 26 @ 1:00 PM

In Memory
**Our thoughts and sympathies for
the families and friends of...**

**Irene Gosler
David Healand**

December Birthdays

- | | | |
|--|--|---|
| 1- Susan Gressa Nancy Hartzfeld Paul Roltsch Rick Wise | 11- Patricia Harris Dennis Stubenrauch | 26- Philip Lorenz Wayne Robinson |
| 2- Carolyn Achimov Donna Arnold Carol Dobson Patricia Hays Judith Minshall Gary Mobley Rick Rodriguez | 12- Debbie Faust Ed Haley Donald Overy Doris Steinhart-Mcilrath | 27- Judi Chissus Lorie Deitz Tom Monte Eugene Sawyer Bill Williamson |
| 3- Iris Babb Joseph Cichewicz Marilyn Henderson Noriko Kueckin Mary Skelley Elizabeth U'ren | 13- Debra Budd Marilyn Hauger Linda Moir Ronald Zaremba | 28- Sharon Brown Gayle Chamberlain Linda Clements Darwin King Sr. Elaine Meloy Violet Peterson Catherine Roller Donald Umlah |
| 4- Floyd Dobson Linda Graunstadt Mary Ann Jayne Kathleen Johnson Marsha Lee Keith Meintjes Scherry Wiltse | 14- Patricia Delaney Joan Haslinger Linda Morgan Walter Stephens Audrey Storey | 29- Joseph Bruz Dean Jacobson |
| 5- Margaret Cantrell Carol DeRousha Hazel Howell Raymond Partaka Clarene Pittman Linda Smith | 15- Mary Donohue Richard Durci Nancy Emery Mary Hoover Karen Murphy James Trammel | 30- Robert Bogert Anne McCarter Robert Moore Kenneth Schneider |
| 6- Melinda Bruckman Everett Derousha Ruth Devine Elden Montross Emilie Stach Wanda Uhl | 16- Stanley Kalinski Judy Needham Ben Pusheck | 31- Sharon Behrend Terrie Lange |
| 7- Darlene Ross Helen Shackelford Roberta Underwood | 17- James Carlton | |
| 8- Carolyn Chavez Ruby Comis Carl Doll Brian Hingst Donna Jennings Bobby McCoy John Moss Cindy Pauly Mari Ann Staley | 18- Douglas Cue Shelly Cook Sally Crake Margaret Hoeflein James Kalinowski Myra Peters Robert Pierce | |
| 9- Pat Ludwig Curtis Martin Mary Raymond | 19- Michael Bastien Marcia Davis Maxine Glynn Catherine Snow Sharon Wilson Rose Ann Wionczek | |
| 10- Nancy Dean Terry Frisch Charles Hopkins Barbara Hrynyk June MacLennan Danny Shelby Carol Trammel | 20- Glen Armstrong Virginia Braun Laura Curran John Seling | |
| | 21- Linda Braden Cynthia Brown | |
| | 22- Noreen Lawrence Elizabeth Novak | |
| | 23- Melody Boyd Barbara Burns Barbara Dement Elizabeth Fox Don Glenn | |
| | 24- Randy Bradford Roger Clark Mary Ellen Fairbrother Robert McNaughton Veda O'Hearn Linda Reger | |
| | 25- Georgia Arnold Mary-Lynn Hall | |

January Birthdays

- | | | |
|--|--|---|
| 1- David Barnett Shella Comas Lynwood Gardner Larry Hedrick Earl Knott Mitzi Weyhing Gilbert Wilson | 14- Sherry Brake Virla Cleasby Patricia Cole Margaret Lemos Margaret Merrill Maria Salazar Judy Wharry | 25- Bruce Bergstrom Janet Rosell Douglas Rouse Pamela Stafford Judith Tolbert Toni Wilson |
| 2- Edith Jenkinson June Johnson Marsha Purple | 15- Sue Allen Jill Dauenlauer Rick Leonard Maury Stanton Fern Walch David Zuehlke | 26- Gary Deitz Andy Lawrence Carol Macpetrie Reba Morber Susan Sargent Virginia Scott |
| 3- Lowell Keif Carol Noffz Nancy Scott | 16- Amy Almas Sharon Beach Mary DeAthos Jeff Fohey Robert Koppela Sue Wolanin | 27- Dani Connolly Jeanette Eubanks Linda Griffore |
| 4- Al Hundley Vernita Lock Janet Stubenrauch Jacqueline Vaughn | 17- Marsha Downey Maureen Galster John Greenacre Bruce Norman Kim VoVillia Roberta Zald | 28- Peggy Brissette Joseph Cool Barbara Lang Elizabeth Lindner-Wilson Sue Williams |
| 5- Paul Fillinger Joan Kossman Robert Studebaker Alice Wierth | 18- Michael Duff Harold Gearhart Jerry Lowery Janis Ouzts | 29- Cheryl Gaizmer Erika Hoffman Joyce Lemond |
| 6- Suzanne Bailey Sandy Harris | 19- Alfred Carlson Lorie Choler Valorie Malek Deborah Melcher | 30- Barbara Barbara Ermina Deleganza Lori Hosler Chris Lacy Martina Nunnery Donald Overly Margaret Rose |
| 7- Shirley Aiello Rebecca Boisvert Jo Ellen Cody Natalie Hargraves Ann Luyckx Betty O'Shea Margo Scott John Tedder Margaret Wilson | 20- Debbie Brock Margaret Camera Richard Elton Lorraine Newkirk | 31- Georgina Fontana Alfred Hartley Robin Lindgren Tom Parke Kenneth Shore |
| 8- Dede Domstein | 21- Thomas Forbing Dick Freeman Carol Hollis Christine Lustig Mary Lou McLintock Paul Melcher Wayne Moen Vicki Mouthaan Rupert O'Brien Dorlla Wiltsie | |
| 9- Shirley Bohr Bea Cleland Lyn Condon Carl Janson Arlen Magy Beverly Marcetti Marge Novess Don Osborne Debbie Rutz-Piette Thomas Villa | 22- Lee Hall Carol Segal Netta Stack | |
| 10- Mary Fougner Jerry Schedlbower Renee Sova Wally Wheeler Donald Zanger | 23- Kay Bradley Shelley Comis Michael Cushing Norma Dantzler | |
| 11- Dennis Pelker Janet Perkins Richard Smith Judy Surhigh | 24- Glenna Mae Cox Ted Kordus Jim Lindsay James Neighbors Francis Smith | |
| 12- Stanley Cordell Marlene Knaus | | |
| 13- Lois Duff Jerome Edler Charles Mckee | | |

Walk and Roll News!



Our 32nd Annual Walk and Roll for Meals on Wheels raised more than \$42,000.00!
That will help provide nearly 14,000 meals to our homebound neighbors.
Thank you to all the kind and generous individuals and businesses that participated
with financial donations, prize and food contributions
or joined us on that beautiful September Saturday to Walk and Roll!
Read on to learn more about our amazing Community Partners,
Walk Sponsors and Walk Supporters.
More than 250 people attended this years event
making it our best attended Walk and Roll ever!

This year we had some OUTSTANDING people that went above and beyond!

Outstanding Achievement

Joanne Charboneau
Laura Raupp

Many individuals made amazing contributions to this years Walk and Roll.
These financial gifts to our program are so greatly appreciated.

Gold Level

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Sharon Grammer, Flo Frick, Gary Truhn, Zane Johnson
Stuart and Arlen Magy, Leland Needham, Barbara Nesbitt,
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Mae Piper Betty Truhn Anna Kilgour Don Dortch
Juanita Johnson Michael Debets Charles Deschaine
Mary Donnelly John Murray Gena Rooney

Prize Donations

More than \$10,000.00 in prizes and food was donated!

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Guidos- Waterford
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Calabreses
Mr B's
Outback Steakhouse
AC Tire
Square One Eats & Treats
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Lavida Massage
Big Boy- Lake Orion
Highland House
Red Lobster
Billy's Tip N Inn
Blazing Bagels
Hamlin Pub
Finos Food & Spirits
Dennys Hair Studio
Miller's AutoWash
Trini & Carmen's
Pontiac Country Club
Randolph's Salon
Lion's Den
4th Tavern
River Rock Bar and Grill
Harbor Steak House
CrisPELLI's Bakery and Pizzeria
Los Amigos Don Juan Mexican Restaurant
Redwood Grill
Sparkie's
Detroit Grill
Bullfrogs
Irish Tavern
Fork N' Pint
Century Bowl
Zap Zone
Chilis
Kruse & Muer
Firestone

Dave and Amy's
Pet Supplies Plus
Stars & Stripes
Grondins
Prime 7 Bar and Restaurant
Taco Vida
Anthony's Pizza
Simply Natural Health Foods
Dairy Queen-M-59
On the Border
Culver's- Waterford/Clarkston
Olive Garden
Buffalo Wild Wings
Bellezza Salon
Terri King Salon
La Bella Salon
Longhorn Steakhouse
Shortys Bar & Grill
Overtime Grill and Tap Room
Leo's Coney
Bullfrogs Restaurant
Ross Candies
Pete's Coney
Jerry's Coney
The Knight of Christmas-Santa Bob
300 Bowl
White Lake Inn
Parkers Hilltop
Applebees's
Glitz Salon- Clarkston
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Thank you to the Waterford
Police Department and
Waterford Regional Fire
Department for supporting
Waterford Meals on Wheels
by providing a Police escort
and medical assistance for
our walk!
We appreciate all that you do
for our community!

The Celebration Lunch that followed the Walk and Roll was
generously donated by these local businesses...

Qdoba- 6461 Dixie Highway
Buffalo Wild Wings-5223 Highland Road
Fork N' Pint- 4000 Cass Elizabeth Road
Chicken Shack-6315 Sashabaw Road
Jimmy Johns- 4998 Highland Road
Tubby's-3434 Highland Road
Jersey Mike's- 4403 Highland Road
Hungry Howie's-3434 Highland Road
Jet's Pizza- 4238 Pontiac Lake Road

Special Interest

Special Interest

AARP/Waterford Senior Center

INCOME TAX PREPARATION ASSISTANCE PROGRAM

BY APPOINTMENT ONLY!

To request an appointment, you **MUST** submit an online request on the following website with AARP! Waterford Senior Center will **NOT** be accepting appointments over the phone.

Beginning in mid-January go to: www.aarpfoundation.org/taxaide to request a tax appointment.

If you are unable to access the website, please call (248) 742-5172 and leave a message. An AARP Volunteer will contact you to schedule your appointment (after mid-January).

Please bring the following information to your tax appointment:

| | |
|--|---|
| <ul style="list-style-type: none">• A copy of last year's or most recently completed Tax return. | <ul style="list-style-type: none">• Any other tax forms with the message "Important Tax Information" on the envelope. |
| <ul style="list-style-type: none">• Social Security Cards for you, your spouse and dependents. | <ul style="list-style-type: none">• Your current tax year Property Tax Statements. |
| <ul style="list-style-type: none">• A record of the amount of Social Security received in the current tax year (form SSA-1099). | <ul style="list-style-type: none">• A record of the amount of rent paid in the current tax year. |
| <ul style="list-style-type: none">• All statements of wages/income from employment or other income received in the current tax year (from pensions, annuities or IRA's). | <ul style="list-style-type: none">• The amount of eligible heating costs for the Michigan Home Heating Credit. This amount will appear on your December or January heat bill. |
| <ul style="list-style-type: none">• A record of any General Assistance received. (SSI, Letter from SSA, DHS Statement) | <ul style="list-style-type: none">• A record of the amount paid for health insurance other than Medicare, including form 1095-A (Affordable Health Care Act form) |
| <ul style="list-style-type: none">• All 1099 forms listing interest, dividends, or sales of stocks, bonds, or mutual funds paid in the current tax year. | <ul style="list-style-type: none">• All clients receive a copy of the completed tax return along with their tax papers to be kept in their own personal file. |

- ❖ The tax assistants are AARP trained volunteers, they are not accountants. Complex returns may be refused or out of scope. You are responsible for accuracy and retention of all information and tax records.
- ❖ For joint returns, both taxpayers are required to attend.
- ❖ You **MUST** show picture I.D. & Social Security card.
- ❖ **PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR APPOINTMENT TIME TO FILL OUT NECESSARY FORMS. YOU WILL BE GIVEN FURTHER INSTRUCTIONS, WHEN YOU ARE CONTACTED TO SCHEDULE AN APPOINTMENT.**

Other options for completing your tax return include the following:

- If you have a refund coming, you can file your return within 3 years and still receive your refund.
- If you owe taxes, you must file by this year's deadline to avoid penalties.
- If you are eligible for the Michigan Home Heating Credit, you must file your claim by September 30.
- Prepare your own taxes online with assistance from AARP – sign up at www.aarpfoundation.org/taxes
- Prepare your own taxes online using the IRS Free File program at <https://apps.irs.gov/app/freeFile/>
- Prepare your own taxes using a purchased software program.
- Prepare your own taxes manually using forms & instructions available at www.irs.gov and www.michigan.gov/taxes.
- Contact a paid professional tax preparer (we cannot offer any referrals or endorsements).

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☐

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☐

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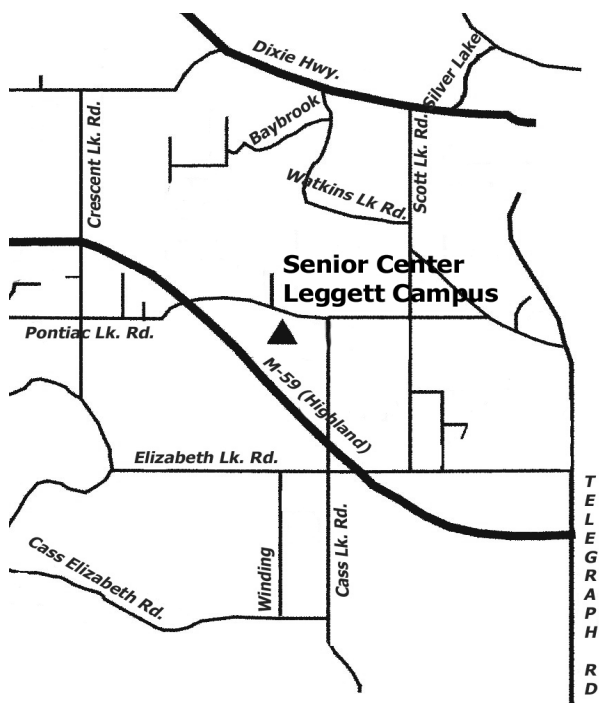
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Time to Renew Your Membership?

Check the date on your address label to see if your membership is up to date. Thank you for your support!



The Waterford Senior Center will be closed:
Monday, December 25 - Monday, January 1
&
Monday, January 15



*The Waterford Senior Center
Newsletter is published bi-monthly.*