

**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.

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# Waterford *Senior Center*

ADDRESSING THE NEEDS OF ALL SENIORS  
WITHIN THE COMMUNITY

February/March 2023

**WATERFORD SENIOR CENTER**  
"PROUDLY SERVING THE COMMUNITY SINCE 1973"

## Celebrating 50 Years!

YOU ARE CORDIALLY INVITED...

# *Golden Jubilee*

**THURSDAY, MARCH 30, 2023**  
**WATERFORD MOTT HIGH SCHOOL PERFORMING ARTS CENTER**  
**5:30 PM**

**STROLLING APPETIZERS AND SILENT AUCTION**  
**"THRU THE DECADES" MUSICAL SHOW WITH**  
**SPECIAL GUEST RON SHORT**  
**\$35.00 PER PERSON**



**TICKETS AVAILABLE AT:**  
**MAIN OFFICE**  
**248-682-9450**



# Membership

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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*

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## Proudly Celebrating 50 Years of Service to our Community!

We are pleased to begin a year-long celebration of our Golden Jubilee! For 50 years the Waterford Senior Center has been actively promoting programs and services to facilitate healthy aging in our community. What began as a partnership with Waterford Schools to offer adult education courses to retired adults has evolved over the years to embrace a full spectrum of programs. As you read this edition of our newsletter you'll see we've kicked it all up a notch or two to increase the SPECIAL in our events and give all our members, supporters and friends many opportunities to participate in the celebrations. We're collecting your stories to commemorate the jubilee so be sure to drop off your "what I was doing in 1973" memory sheet. We'd also welcome any photographs you'd like to share to help us as we look back at the decades and remember where we were when it all began.

When we give tours of our building, visitors are impressed by the fact that we are part of the Waterford School District and operate with no municipal support. We are funded by grants, participation fees, fundraising and donations. Over the years we've put our Leggett school building to good use. We serve seniors with a variety of classes that promote healthy lifestyles and social engagement. Art, exercise, yoga, music, wood working, flight simulation are just a few of our class offerings. We house a gift shop, wood shop, quilting, blanket making, card playing, weight loss, garden club, music jammers, travel and hearing impaired groups to name a few special programs. Many of our members come here each week to volunteer using life skills to assist others while validating personal worth as they contribute to their community. We are a host site for the AARP tax assistance program. We partner with the Oakland County Bar Association for an annual Senior Law Day. We host special events and holiday celebrations with meals and entertainment. Our programs provide opportunities to connect seniors in meaningful ways. Our WSC also operates programs to reach vulnerable older adults who are struggling to fight isolation in their own homes. Our meal program delivers 5 days a week, in addition to a hot meal it provides a daily well check. The Outreach program matches seniors with service providers and referral information to meet their needs with the right provider. We host an annual Health Expo in partnership with many local health providers for free screenings, vaccinations and resource material for housing and health services in our community. We host a variety of health education topics such as nutrition, balance and stroke prevention classes. We partner with the Alzheimer's Association to offer caregiver support groups each month. Lourdes Senior Campus partners with us for grief support groups monthly and Medicare open enrollment counseling annually. Our Encore Adult Day Service program provides a safe, structured respite program with activities designed to enrich the lives of memory impaired adults. Participants are guided through daily routines by trained staff who assist individuals and help them engage with social interaction, music, exercise, games, reminiscing, meals and laughter. Dignity is protected and health is enhanced. Continuing all of these programs is our mission as we move together into the future.

Look inside to see the list of special events. We hope each of you join in our Golden Jubilee celebrations and choose to stay active and age healthy with your Waterford Senior Center!

*Erin*

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](http://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.

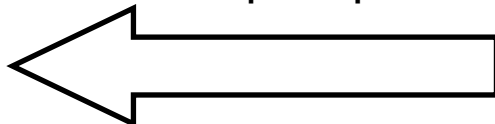
## Follow us on Facebook



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!



## ***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](http://www.medianetworkofwaterford.org)

Or visit the website and watch "On Demand".



## 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](mailto:champn01@wsdmi.org)** with your email address.

## 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, March 24**

**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.

## GET INVOLVED!

### **We LOVE new ideas & member input! Senior Center Advisory Board**

The Advisory Board is a group of senior volunteers 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.

All senior center members are welcome and encouraged to participate!

**Wednesday,  
11:00 March 15**

# Special Events

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## "OUR GOLDEN JUBILEE" A YEAR LONG CELEBRATION

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February 10

Valentine's Day  
Party

March 17

"Luck of the Irish"  
St. Patrick's Day Party

March 30

Golden Jubilee  
Celebration

Music, Strolling Appetizers,  
and Silent Auction!  
Waterford Mott  
Performing Arts Center

April 29

Volunteer  
Appreciation  
Celebration

May 5

"Cinco De Mayo"  
Mother's Day Fiesta

June 16

Father's Day  
Party

July 27-29

Flea Market

August 10

Golden Jubilee  
Hot Summer Night  
Dinner and Dave Bennett  
Concert at OverTyme Grill  
and Tap Room

August 21

Senior Citizen  
Celebration Day  
Hawaiian Luau

September 23

32nd Annual  
Walk and Roll  
for Meals on  
Wheels

October 13

Senior  
Health  
Expo

October 27

Halloween  
Party

November 10

Veterans Day  
Celebration  
and Luncheon

December 14

Holiday Party  
and  
Luncheon

# Special Events

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That's  
Amore

## Valentine's Luncheon

Friday, February 10  
12:00 Noon

Baked Mostaccioli, Salad, Breadsticks  
and Dessert  
Served Family Style

Music & Dancing  
Raffles & Prizes

Special Musical Guest  
Terry Stevenson

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

Sponsored By-



Valentine's Bunco  
Monday, February 13  
1:00 pm  
\$5.00 p/p



Join us as we celebrate Valentine's Day with friends and fun while playing Bunco! We will have sweets to eat and cash prizes to win! Bring a box of chocolates or your favorite candy for a fun and sweet gift exchange.

Bunco is a fun social dice game that is easy to learn, and involves mostly luck!

RSVP by 2/10

**Please RSVP for these special events!  
Don't wait to sign up, some of our events  
have been selling out!**



## "Luck of the Irish" St. Patrick's Day Party

Friday, March 17  
12:00 Noon

Wear your green and be ready to party!  
Live Music, Friends, and Fun!  
There will plenty of shenanigans  
and lots of blarney!

Fun raffles and prizes!

Buffet Menu- Shepherd's Pie, Corned Beef  
Hash, Boiled Cabbage and Carrots, Salad Bar,  
Irish Soda Bread and Dessert

Members- \$10.00 / Non-Member- \$12.00  
You must RSVP by 3/10

## Lucky Leprechaun Bunco Monday, March 6

1:00 pm  
\$5.00 p/p

Join us as we celebrate Lucky Saint Patrick's Day with a fun game of Lucky Irish Bunco!

Green grog, green treats, and green cash prizes. Bring a green prize for a fun raffle and don't forget to wear green.

Bunco is a fun social dice game that is easy to learn, and involves mostly luck. Are you feeling lucky?

RSVP by 3/3



Save the Date  
Detroit Tigers  
Home Opener Celebration  
Friday, April 6 @ 12:00 Noon  
\$5.00



Join us in the Bistro for a traditional ballpark lunch with hot dogs, peanuts, cracker jacks, and fresh popped popcorn.

# 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](http://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"><li>• A copy of last year's (2021), or most recent completed Tax return.</li></ul>	<ul style="list-style-type: none"><li>• Your current tax year Property tax statements.</li></ul>
<ul style="list-style-type: none"><li>• Social Security Cards for you, your spouse and dependents.</li></ul>	<ul style="list-style-type: none"><li>• A record of the amount of rent paid in 2022.</li></ul>
<ul style="list-style-type: none"><li>• A record of the amount of Social Security received in the current tax year (form SSA-1099).</li></ul>	<ul style="list-style-type: none"><li>• Year-end statement showing the amount of total medical insurance paid for year.</li></ul>
<ul style="list-style-type: none"><li>• A statement of wages/income from employment or other income received in 2022 (from pensions, annuities or IRA's).</li></ul>	<ul style="list-style-type: none"><li>• A record of the total heating bill for 2022. (Your December or January bill should show total cost for the year.)</li></ul>
<ul style="list-style-type: none"><li>• A record of any General Assistance received. (SSI, Letter from SSA, DHS Statement)</li></ul>	<ul style="list-style-type: none"><li>• A record of the amount paid for health insurance other than Medicare. <b>Including form 1095-A (Affordable Health Care Act form)</b></li></ul>
<ul style="list-style-type: none"><li>• All 1099 forms listing interest and/or dividends earned.</li></ul>	<ul style="list-style-type: none"><li>• <b>All clients receive a copy of the completed tax return along with their tax papers to be kept in their own personal file.</b></li></ul>

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.

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](http://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](http://www.irs.gov) and [www.michigan.gov/taxes](http://www.michigan.gov/taxes).

Contact a paid professional tax preparer (we cannot offer any referrals or endorsements).

# Special Interest



## A New Consolidated Choice for Transportation



**Who:** Seniors 55 years and older and disabled adults 18+ who are residents of Highland, Walled Lake, Waterford and White Lake



**What:** Transportation for work, shopping, doctors' appointments and community events, call us



**Where** From Clarkston to Novi and Hartland to Pontiac



**How:** Schedule rides at (248) 887-4979 Mon - Fri 8 am - 4 pm and for complete information and application: [RideWOTA.org](http://RideWOTA.org)

Same great service, just better options!

## Scam Prevention Workshop Tuesday, February 28 12:30-1:30

Join us in the Bistro for an informative 1 hour workshop on protecting yourself from scams.

**Facilitated by—  
Retired Officer Robert Haig  
Sponsored by—  
Oak Street Health**

**Join us for a stuffed  
pepper lunch at 12:00  
Noon.**



## 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**

## Senior Center Gift Shop Stop In and Check Out Our Collection of Gifts and More

Jewelry, Home Décor, Scarves, Clothing, Decorative Towels, Blankets, Toys, Paintings, Wood Crafts, Baby Items and 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 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.

## Used Book and Puzzle Sale

4 Paperbacks for \$1.00

2 Hardcover for \$1.00

Puzzles \$0.50 each

**BOOK SALE**



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

# Special Interest

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## Hearing Screenings

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

**February 14 & 28**

**March 14 & 28**

**10:00 am - 12:00 pm**



**You must call to make an appointment.  
248-682-9450**

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## 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**

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## Equipment Loan Closet

**Waterford Recreation Center**

**5640 Williams Lake Road**

Do you need temporary use of a wheelchair, walker, cane, crutches or shower chair? 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.

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## 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.**

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## 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.*

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## 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

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# Nutrition

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## Can you Benefit from Meals on Wheels ?

### What are 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. \$3.00 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!

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## Our Meals on Wheels Volunteer Team!

In December many members of our Meals on Wheels team of volunteers were able to join together and celebrate!

A big thank you to Olive Garden in Auburn Hills for providing the pasta, salad and breadsticks for the special lunch!

Thank you to our newest staff member, Lindsay that made the "Death by Chocolate" dessert that everyone enjoyed so much!



# 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

#### February Menu-

1 Wednesday	Cheeseburger
2 Thursday	Meatballs w Penne Pasta
3 Friday	Breakfast Sandwich
6 Monday	Lasagna Roll
7 Tuesday	Crispy Chicken Leg
8 Wednesday	Sloppy Joe
9 Thursday	Pork Fritter
10 Friday	<b>Valentine's Lunch –RSVP</b>
13 Monday	Beef Stew
14 Tuesday	Sweet and Sour Chicken
15 Wednesday	All Beef Hot Dog
16 Thursday	Chicken Tenders
17 Friday	Fish Sticks
20 Monday	Salisbury Steak
21 Tuesday	Turkey Trazzini
22 Wednesday	Beef Nacho
23 Thursday	Ham
24 Friday	Ravioli
27 Monday	Chicken Patty Sandwich
28 Tuesday	Stuffed Pepper

**\*The Bistro will be not be open for drop in dining on party days. (2/10, 3/17)**

**\* The menu is subject to change.**

#### March Menu-

1 Wednesday	Turkey and Gravy
2 Thursday	Cheeseburger
3 Friday	Macaroni and Cheese
6 Monday	Meatballs w Gravy
7 Tuesday	Grilled Chicken Fettuccini
8 Wednesday	Beef Dippers
9 Thursday	Polish Sausage w Sauerkraut
10 Friday	Breakfast Sandwich
13 Monday	Crispy Chicken Leg
14 Tuesday	Mostaccioli
15 Wednesday	Mini Corn Dogs
16 Thursday	Sloppy Joe
17 Friday	<b>St Patrick's Day Party RSVP</b>
20 Monday	Chicken Breast w Gravy
21 Tuesday	Chili w Cheese
22 Wednesday	Chicken Tenders
23 Thursday	All Beef Hot Dog
24 Friday	Fish Sandwich
27 Monday	Turkey Trazzini
28 Tuesday	Meatloaf w Gravy
29 Wednesday	Chicken Parmesan
30 Thursday	Beef Nacho
31 Friday	Ravioli

## 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, February 23 and Thursday, March 23**



**Mardi Gras Fun**  
**Tuesday, February 21**  
**8:30 am - 12:30 pm**  
Stop by the Snack Bar for  
Paczki and Beads!  
Paczki- \$1.00 Each



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



***“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 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.

## 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

#### February

Groundhog Day Fun

Life’s A Beach

Valentines

President’s Day

Snow Bird day

#### March

Dr. Seuss Read Across America Day

National Pig Day

March Madness

St. Patrick’s Day Shenanigans

Spring Fling

**Thank you Tallenger Family for sponsoring the Encore Holiday Celebration!**

**Thank you Ron Hinman for wearing the Santa Suit and spreading the holiday spirit!**

# Support

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## 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

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.

Our Grief support program is now being held in partnership with the Lourdes Senior Community at the Fox Manor Independent Living Building at 2350 Watkins Lake Road, Waterford MI.

Please call Mary Hyde for more information on meeting times.

Facilitated by:  
Mary Hyde, LMSW.  
Please call to register :  
248-886-5118

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# 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](http://alz.org/gmc)

**We meet on the second Tuesday of each month at noon and on the third Monday each month at 7 pm.** We have two days and times to choose from! Join us Tuesday, February 14 and Tuesday, March 14 at noon and Monday, February 20 and Monday, March 20 at 7 pm. No registration necessary, walks in are welcome!

# Activities

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## Cards and Games

**Poker-Tuesdays & Thursdays at 9:00 am**  
**Euchre- Wednesdays & Fridays at 9:00 am**

**\$1.00 Drop-in Fee**

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## 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.

**Meetings are the second Tuesday of each month.**

**February 14 & March 14**

**10:00 am—Noon**

**\$1.00 Drop-in Fee**

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## Reminiscing Club

Enjoy an afternoon of conversation between friends on the 4th Wednesday of each month.

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!

**February 22 & March 22**

**1:00 pm**

**\$1 Drop-in Fee**

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## Waterford Garden Club

Attention all Green Thumbs!

Join us for informative workshops and fun workdays.

**Thursday, February 2**

**Thursday, March 2**

**9:30 am**



For more information visit:  
[Facebook.com/waterfordgardenclub](https://www.facebook.com/waterfordgardenclub)

## Jam Session

The Senior Jam Session is for all seniors who play an instrument, sing, or dance (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, from music readers to playing by ear. We do have sheet music if you need it as well as song sheets and words so everyone can join in. The group consists of musicians playing guitars, harmonica, mandolin, piano, sax, ukulele, fiddle, accordion, keyboard, steel drum, and trumpets...but there is room for more!

Sometimes the JAM performs at nearby nursing and daycare centers to bring smiles and happiness to others. 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**



## Flight Simulator

With the “**Sims for Seniors**” project, you can fly the simulator and experience the beads of sweat, clammy hands, bad weather and stressful landings, all while sitting in the comfort and safety of the Waterford Senior Center. At the same time, as research indicates, we are doing great things stimulating our senior brain.

Experience the joy of flying when you take control in our computerized flight simulator. Built with seniors' needs in mind and wheelchair accessible, it's just the thing for former military pilots, retired private pilots, or just “pilot wannabes”.

**Sessions available on Tuesdays and Thursdays between 9:00 am - 12:00 pm**  
**Purchase a punch card for \$25 (good for 5 sessions) in the front office, then schedule your simulator sessions.**

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

**\*\* No Flight Simulator for February!**

**Facilitator– Darryl Smith**

# Activities

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## **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**

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## **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 10:30 am**  
**7 Week Instructor Led Class**  
**January 13 - February 24**  
**March 3 - April 21 (no class on April 7)**  
**Members \$21 Non/members \$26**  
**Or \$5 Drop-in Fee Per Day**  
**Facilitator- Carrie Sue Cempura**

**Tuesdays 1:00 pm & 2:00 pm**  
**(Two times to choose from!)**  
**Drop In Tai Chi**  
**Informal meet up to practice your Tai Chi moves. This is not an instructor led class, but there will be facilitators on hand to answer questions, and assist.**  
**\$1.00 Drop-in fee**  
**Facilitator- Jerry Cleland**

---

## **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- Anne Swanson**

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## **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**  
**FREE CLASS**

**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.

Presented by:  
Oak Street Health



## **S.A.Y. Seniors And You!**

### **Video Group**

We are looking for those interested in learning how to:

**Host a Show | Produce a Program**  
**Learning to Direct | Running Cameras and Lights | Learning Graphics | Audio Board**  
**Sign up by calling Denise at 248-682-0401**

If you are interested in joining our video group, call 248-682-0401.

You do not need to know anything about producing videos to join, we provide free production workshops.

Watch on:  
Waterford Comcast TV 10 or  
ATT Uverse Channel 99  
Watch live at:  
[www.medianetworkofwaterford.org](http://www.medianetworkofwaterford.org)  
Or visit the website and watch "On Demand"



# Activities

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## 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, February 24 & Friday, March 24**

**1:00 pm – 3:00 pm**

**Members \$25 / Non-Members \$30**

**Facilitator – Steve Wood**

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## Acrylic Painting

### New Class!

Mary Catherine is an artist and certified painting instructor that 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.

**Thursday, February 2 - Tree with Hearts**

**Thursday, March 2 - Vase of Spring Flowers**

**1:00 pm – 3:00 pm**

**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.**

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## Mystery Craft Class with Lindsay

### New Class!

Come and join us for a mystery craft session! Check out our facebook page or visit the senior center for clues on what we will be making leading up to each event! Pricing for each class will vary depending on the craft. Check with the office for clues, for more information, or to sign up.

**Monday, February 6**

**Monday, March 13**

**1:00 pm**

**RSVP to the main office 1 week prior.**

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## 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**

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## 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.**

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## 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**

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## 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 a carver already, come in and join the group!

**Wednesdays**

**9:00 am - Noon**

**\$1.00 Drop-in Fee**

**Check out our variety of woodcarving classes on page 17!**

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# Activities

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## Woodcarving Classes

Tuesdays  
1:00 PM-3:00 PM

### Novice 1 – 1 Day Class – Wood Burning 101

Learn how to design, wood burn, and color/paint a 3X3 block.

Gerry will have holiday themes on hand, but you also can design your own!

**Required tools: NONE** (although you are welcome to bring your own burner)

**\$16.00- Includes blank**

### Novice 2 – 3 Week Class – Shallow Relief

Learn how to design, wood burn, carve, and color or paint a 3X3 block.

Gerry will have seasonal themes on hand, but you also can design your own!

**Required tools: NONE**

**Suggested tools: 1/2" #3 or #5 Gouge , V-tool, Carving Knife**

**1/31-2/14, 2/21-3/14, 3/21-4/4**

**\$38.00- Includes blank**

### Intermediate 1 – 6 Week Class – Deep Relief

Learn how to design, wood burn, carve, and color or paint a 5X7 Flower Relief.

**Required tools: 1/2" #3 or #5 Gouge , V-tool, Carving knife**

**2 Sessions to choose from-1/10-2/14, 2/21-3/28**

**\$76.00-Inlcudes blank**

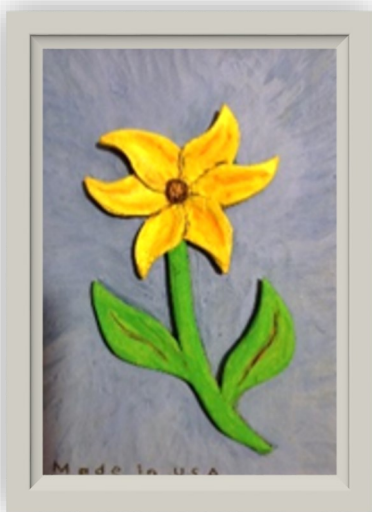
### Intermediate 2 – 10 Week Class – Deep Relief

Learn how to design, wood burn, carve, and color or paint a 8X10 Blue Heron.

**Required tools: 1/2" #3 or #5 Gouge, V-tool, Carving knife**

**\$125.00-Includes blank**

Facilitator– Gerry Burchard



# Travel

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**Come travel with us, because travel is back!**

Hi! Let me introduce myself. My name is Lindsay, and I am new 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 you all on the exciting trips we have planned!



**ADVENTURE**

*Awaits*

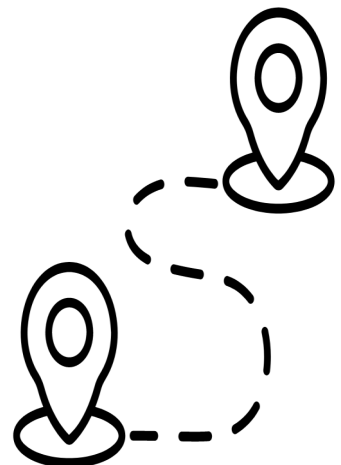
## **A Little About Me-**

I have worked in the mortgage industry for the last 12+ years and now have joined the team here at the senior center. I am a mom of three kids, all attending elementary within Waterford schools. We are a big animal loving family. Having a saint Bernard named, Bob, along with a hedgehog named, Luna. We also have a cat, whose name is, Ty. We are avid travelers and love discovering new places. We have a love for camping and enjoy sharing that love with others. Some of our favorite places to go have been Lake of Dreams Campground (we love the Alma Highland Festival), and Holly Recreation State Park. There's just so much to do there! Especially during the Renaissance Fest! I greatly enjoy going to museums and learning about history as well as hands on museums.

## **Trip Parking Information!**

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. Thanks to Central United Methodist for supporting us by allowing our travelers to use their convenient parking lot.

**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!**



# 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 Theatre)



**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)

## The Holocaust Center Private Tour

**Tuesday, February 7, 2023**

Transportation from Waterford School District, along with an informational speech with a Next Generation speaker followed by a private tour at the center.

**Cost: \$21.00 Member**

**\$26.00 Non-Member**

**Departs: 9:45 am**

**Returns: 2:00 pm**

**RSVP by 1/31**



## Casino Trip!

### Firekeepers Casino

**Wednesday, February 15, 2023**

Modern Motor coach Transportation, \$30.00 free play to be utilized within the casino, \$5 food or merchandise voucher.

**Cost: \$55.00 Members**

**\$60.00 Non-Members**

**Departs: 7:30 am**

**Returns: 6:30 am**

**RSVP by 2/1**



## Highlights Tour

### Detroit Institute of Art

**Thursday, March 9, 2023**

Modern Motor coach transportation. Experience the highlights of the DIA by taking a free guided tour of the museum and experience the rich history it provides.

**Cost: \$3.00 Members**

**\$5.00 Non-Members**

**Departs: 11:30 am**

**Returns: 4:00 pm**

**RSVP by 3/2**



## Money, Money, Money!

### Soaring Eagle Casino

**Wednesday, March 22, 2023**

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!

**Cost: \$55.00 Members**

**\$60.00 Non-Members**

**Departs: 7:30 am**

**Returns: 6:30 pm**

**RSVP by 3/8**



# Travel

## Ragtime Festival Zehnder's of Frankenmuth Wednesday, April 19, 2023



Zehnder's has been host to ragtime performers from around the United States and Canada for over 27 years. Come and enjoy ragtime music performed by featured pianist, Bob Milne and other world renowned musicians. Zehnder's famous 2 piece chicken luncheon to be provided along with refreshment. Afterwards, enjoy shopping through downtown Frankenmuth before heading back home. Transportation to be provided by Luxury Motor coach.

**Cost: \$120.00 Members**  
**\$125.00 Non-Members**  
**Departs: 10:00 am**  
**Returns: 6:00 pm**  
**RSVP by 4/5**

## Field Trippin' Michigan Science Center Wednesday, May 3, 2023



Join us as we travel to the land of curiosity during their 10 year anniversary! The mission of the Michigan Science Center is to inspire curious minds of all ages to discover, explore and appreciate science, technology, engineering and math (STEM). Transportation to be provided by Waterford School District. Lunch available for purchase within the Lunar Dining cafeteria.

**Cost: \$30.00 Members**  
**\$35.00 Non-Members**  
**Departs: 10:00 am**  
**Returns: 6:00 pm**  
**RSVP by 4/26**

## Casino Trip! Firekeepers Casino Wednesday, April 26, 2023



Modern Motor coach transportation, \$30.00 free play to be utilized within the casino, \$5 food or merchandise voucher.

**Cost: \$55.00 Members**  
**\$60.00 Non-Members**  
**Departs: 7:30 am**  
**Returns: 6:30 pm**  
**RSVP by 4/12**

## Let's Win Big! Soaring Eagle Casino Wednesday, May 24, 2023



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!

**Cost: \$55.00 Members**  
**\$60.00 Non-Members**  
**Departs: 7:30 am**  
**Returns: 6:30 am**  
**RSVP by 5/10**

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

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**



# Volunteer Opportunities

## Volunteer Opportunities-

**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.

Call Donielle  
@ 248-682-9450  
for more information.



## BUCKET OF LOVE VOLUNTEERS NEEDED!



*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 [waterfordva@msn.com](mailto:waterfordva@msn.com).



## Welcome New Members!

Susan Briggs  
Dan Lombardo  
Lora Mcnaney  
Melene Calderwood  
Rebecca Casillas  
David Reimus  
Linda Calder  
Joan Kossman  
Mavis Holiday  
Bertha Mellado  
David Jones  
Janet Sutliff  
Roberta Zald  
Mary and Steve Hyde  
David Jones  
Asher Todorovsky  
Doug Newbigging

## Hey New Members!

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, March 24  
1:00 pm**



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!

If you have questions or would like assistance in signing up, call the WSC office at 248-682-9450.

# February Birthdays

- |   |  |  |
|---|--|--|
| 1- Robert Boisvert<br>Lowell Buckwheat<br>Marylee Doyle<br>Jeffrey Ryden  | 13- Richard Carlson<br>Marti Edens<br>James Javorsky<br>Brenda Owens<br>Esther Raber   | 24- Maureen Walenski<br>25- Helen Fust<br>Theodore Owen<br>Denise Thienel                      |
| 2- Anne Estrada<br>Lawrence Hornsby<br>Carol Leonard<br>Mary Marks<br>Louise Wischman   | 14- Pat Freeman<br>Gerry Cleasby<br>Kenneth Fox<br>Paul Hoffman  | 26- Patricia Kohlman<br>Patti Mayes<br>Sherrill Poquette<br>Dean Shackelford<br>Henry Woods    |
| 3- John Seppala   | 15- Marion Cheyz<br>Audrey Chrovian<br>Keith Cooper<br>Angela Dew<br>Margaret Duff<br>Helen Englund<br>Joann McManus<br>Judith Postal      | 27- Richard Edwards<br>Donna Herr<br>Pat Lindsay<br>Michelle Renshaw                           |
| 4- Dorothy Balma<br>Joyce Barnosky<br>Harvey Cooper<br>Doreen Dutton<br>Robert Mick<br>Gladys Niemi<br>Ben Parago<br>Shirley Robertoy<br>Toshia Siwek<br>Walter Wiitala | 16- Bruce Boston<br>Sandra Coleman<br>Patricia Harris<br>Vicki Kleist<br>Patricia Lewis<br>Dorothy Martin                                  | 28- Jovita Alvarado<br>Gene Bevak<br>Stan Haggarty<br>Thomas Liegl<br>Dorothy Long<br>Jim Reid |
| 5- Kirk Vincent<br>Lois O'Neill   | 17- Beverly Fields<br>Greg Kennedy<br>Janet Meston<br>Catherine Pearce<br>Jane Schneider   | 29- Eddie Delbridge<br>Richard Luszczczyk<br>Rita Wideman                                      |
| 6- Arlene Ball<br>Bradley Cook<br>Myra Enders<br>Leo Grappin Jr.<br>Mari Latozas<br>Dan Ludwig  | 18- Hilarid Bulaong<br>Mary Ellen Cauley<br>Robert Duff<br>William Little<br>Emily Meintjes<br>Jan Miller<br>Patricia Narhi<br>Joyce Wefel |  |
| 7- Charlotee Busbee<br>Judy Delongchamp<br>Odelia Rodriguez<br>Gary Webb  | 19- Marlene Calderwood<br>Donal Hepworth<br>Tracy Morsi<br>Gerald Tryloff<br>Sherry White  |  |
| 8- Kathleen Dunham<br>Jimmie Richmond<br>Charles Wilson   | 20- Donna Bachman<br>Francine Cutler<br>Helene Kelley<br>Joseph Stutzman<br>Jennie Tallent   |  |
| 9- Carl Bevins<br>Esther Callahan<br>Patricia Frase<br>Priscilla Gimple<br>Ann Hooper<br>Pauline Owen<br>Edgar Pearce<br>Lorraine Pierce<br>Judy Wolfe                  | 21- Mildred Hall<br>Janie McGee<br>Karen Slack   |  |
| 10- Jeffrey Magid<br>Vicky Pruett<br>James Shedlowsky<br>Kathy Vanacker   | 22- Judy Benscoter<br>Jon Esler<br>Margaret Stamps<br>Jon Stowell  |  |
| 11- Linda Mata<br>Yong Neff<br>Karen Spring   | 23- Clem Condon<br>Vicki Dyer<br>Nancy Grappin<br>Kay Hayes<br>Joy King<br>Kay McLaughlin<br>Mike Ronquillo                                |  |
| 12- John Casey<br>Sally Gaultney<br>Nancy Hinman<br>Brigitte Smith<br>Jim Trosin<br>Sandy Winter  |  |  |

## *In Memory*

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

**Eugene Griffin  
Harold Mizner  
Barbara Jean Bellows  
Marilyn O'Brien  
Terry Goode  
John Murray**

# March Birthdays

- 1- Elinor Ball  
Shirley Clowes  
Kenneth Jacobson
- 2- Pearl Brissette  
Leo Camera  
Theresa Kulick  
Bonnie Lester  
Seth Rice  
Dora VanFossan  
Carol White
- 3- Marge Lichtenthaler  
Martha Middledorf  
Keith Sova
- 4- Barbara Anderson  
Grace Flowers  
Isabelle Reppuhn  
Donna Ritchie  
Joan VanAntwerp
- 5- Rebecca Casillas  
Rosaline Conklin  
Alvin Fust  
Norene Hundley  
Carl McLaughlin  
Fred Tyszka
- 6- Leslie Bradford  
Katherine Campbell  
Marian Connor  
Julia Crick  
Rose Jones  
Patricia Peck  
Judy Ogg  
John Richardson  
Yvonne Zerba
- 7- Nancy Phelps  
Janet Sutliff
- 8- Darlene Perry  
Arlene Shearer  
Molly Sherrick  
Gerald Ward
- 9- Mary Spoor
- 10- Helen Koblaha  
Florence Frick  
Kimberly Hays  
Daniel Jones  
Kenneth Leece  
Rick Ogg  
Francisco Rodriguez  
Al Souilliere  
Arthur Taylor  
Norman Wood  
Jean Zinger
- 11- Linda Meabon  
Glenn Uhl
- 12- Barbara Garrett  
Tom O'Conner  
Michael Oliver
- 13- Shirley Davis  
Mary Morris  
Jim Wiley
- 14- Michael Franz  
Peggy Green  
Clark Grogan  
Jonathan Retzlaff  
John Scott  
Annette Tyszka
- 16- Bill Brace  
Gwen Fields  
Frances Lewis  
Dale Potter
- 17- Sallie Franks  
Rosemary Melton  
Jesse Taylor
- 18- Joe Junglas  
Dan Lombardo  
Christine Lustig  
Janet Nellet  
Barbara Pusheck  
Joe Umphrey
- 19- Janet Adomitis  
Beatrice Mellado
- 20- Margaret Cikalo  
Richard Davis  
Donald Ihrke Sr.  
David Jones  
Ruth Seranian
- 21- Linda Boka  
Ruth Hupka  
Terry Rodgers  
Joyce Thompson
- 22- Ruth Fiscus  
Calvin Thornton  
Sharon Wiitala
- 23- Sanford Aronoff  
Leah Magid  
Betty Montross  
Dianna Untener
- 24- Cherie Clark  
Carol Hency  
Jerry Keeton  
Nancy Koppela  
Robert Marshall  
Nancy Maxfield  
Clare Simons
- 25- Paula Barbour  
Gary Swain  
Julie Zaremba
- 26- Mary Ann Kane  
Jean Mayo
- 27- Robert Kristen  
Sandra Walter
- 28- Diane Funk  
Betty Landmesser  
Larry McDonald  
Viola Millmine  
Lori Oberlin  
Twila Setla
- 29- Nancy Holan  
Barry Price  
Raymond Reiche
- 30- Frances Gallagher  
Carol Hoffman  
Beverly Kobe  
Marie Little  
Barbara Pine  
Margaret Rossetto  
Emma Sadler  
Marion Steeber  
Helen Vallencourt
- 31- Cleo Pasvant



## Welcome home to Lockwood!

Call and schedule a tour of our vibrant  
senior living community today.

248-618-0777

 **Lockwood**  
of Waterford

1407 Skipper Drive, Waterford • TTY 711

[lockwoodofwaterford.com](http://lockwoodofwaterford.com) 

### Mike LaPlante

Outreach Executive I

462 N Telegraph Rd | Pontiac, MI 48341

(c) (586) 224-5544

(p) (248) 234-7540

(f) (248) 581-8716

[michael.laplante@oakstreehealth.com](mailto:michael.laplante@oakstreehealth.com)  
[oakstreehealth.com](http://oakstreehealth.com)

 Oak St.  
Health

# Community Partners



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Clarkston, MI 48346      5701 Bow Pointe Dr., Ste 100

**3700 Sashabaw Rd  
Waterford MI  
248-673-2520**



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LWilliams205@humana.com

**Humana.**

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**248-461-1000**  
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**Kim Markee  
Clerk  
Waterford Township**

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# Community Partners



## Welcome home to Lockwood!

Call and schedule a tour of our vibrant senior living community today.

248-618-0777



1407 Skipper Drive, Waterford • TTY 711

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Thank you to each and every person that helped make the 2022 holiday season beautiful!

- Our “Reindeer Bucks” giving campaign was a huge success, raising nearly \$6,000.00!!!!!!
- Pop’s Family Restaurant prepared 150 turkey dinners on Thanksgiving for homebound seniors
- Green Apple Restaurant on Dixie prepared 150 Christmas meals for homebound seniors
- Royal Diner of Clarkston prepared 150 New Year’s Day meals for homebound seniors
- Area Agency on Aging 1B provided funding to assist with holiday meals
- The Golden Age Club donated funds to Meals on Wheels which we was used towards holiday meals
- Ed Neaves, Sharon Grammer, Leland Needham, Jim Patterson, Barbara Parent, Kelly Marcott, Carrie Sue Cempura, Ryan Miller, and the Champoux Family decorated the Senior Center and made it look festive and fun
- Ellie Tomkow, Cindy Brown, and Danny Potter decorated cookies for our Holiday Party
- Oak Street Health helped serve meals at our Holiday Party and provided treats for our Holiday Sing-A Long
- Waterford Kettering Choir, Band, and Orchestra students performed their holiday music for us
- Mike Fitzgerald for wearing the Santa suit and being jolly for our photo booth with Santa
- Waterford Jammers performed for our Holiday Sing-A-Long
- Christ Lutheran Church donated gifts cards for seniors in need
- St. Andrews Episcopal Church– Daughters of the King, provided gifts for seniors in need
- Quaint Quilters of Waterford provided 180 holiday themed hand quilted placemats for homebound seniors
- Nancy Emery handmade holiday cards for homebound seniors
- Riverside Elementary made holiday care packages for our seniors
- Beaumont Elementary wrote special holiday letters to our seniors

**A huge thank you to our dedicated group of volunteers that make the magic happen all year long!**

### “Holiday Meals Thank You”

**Thank you to the dedicated volunteers that gave of their time to spread a little holiday cheer delivering Meals on Wheels on Thanksgiving, Christmas, and New Years Day.**

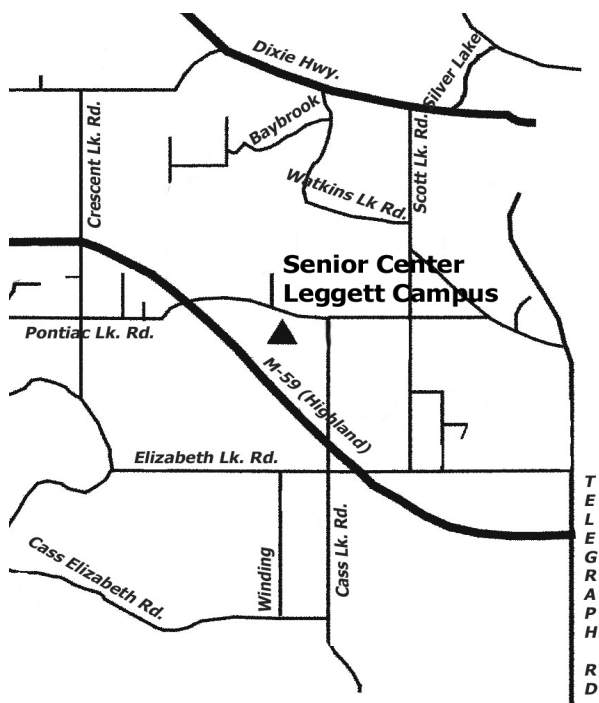
Lil Gwizdala	Dave Rodegeb	Mike Duff
Rob Alleman	Peggy Dupuis	Sandy Helner
Dan and Linda Malloy	Greg and Patty Sterns	Jim Barrett and Family
Paul and Collette Wendrick	David Kramer	Mike Fitzgerald
Clark Family	Ryan Miller	Debbie Downs
Gretchen Hurlbert	Patterson Family	Sue and Mike Rice
Sean Daly	Carol Axford	Barney Arendsen
Beck Family	Amber Hoskins	Fidler Family

Thank you to our community partner restaurants for preparing the delicious meals!



**Waterford Senior Center  
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## **Waterford Senior Center Staff**

**Erin Asdell**

Coordinator  
Adult Day Services Supervisor

**Donielle Fidler**

Nutrition & Auxiliary  
Services Director

**Amber Hoskins**

Assistant Supervisor

**Nikki Champoux**

Bookkeeper

**Lindsay Barrett**

Senior Center Assistant

**Sara Eisenhart, Mary Flynn**

Encore Aides

**Maria Fortin**

Cook

**Sandra Elka**

Assistant Superintendent of  
Business & Operations

## **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!

**As we celebrate our Golden Jubilee in 2023,  
watch for our gold colored newsletters!**



**The Senior Center will be closed when the  
Waterford School District closes due to inclement weather.**

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