Waterford Board of Education
Michael Ristich PhD — President
Robert Petrusha, Jr. — Vice-President
Bob Piggott — Secretary
Joan Sutherland — Treasurer
Julie Josselyn — Trustee
John Himmelspach — Trustee
Kristen Wagner — Trustee

Scott Lindberg — Superintendent

Waterford Township Board of Trustees
Anthony Bartolotta — Trustee
Marie Hauswirth — Trustee
Kim Markee — Clerk
Janet Matsura — Trustee
Mark Monohon — Trustee
Steven Thomas — Treasurer
Gary Wall — Supervisor

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

February/March 2022

Valentine's Luncheon
Thursday, February 10
12:00 Noon

Pasta and Salad Bar
Breadsticks
Dessert

Music & Dancing
Raffles & Prizes

Special Musical Guest
"Smitty"

Members- $8.00 / Non-Member- $10.00
You must RSVP by 2/4/22

One of our favorite events from last year is returning!

Mardi Gras Parade
&
Fat Tuesday Parking Lot Party
Tuesday, March 1
1:00-2:00

Stop by the Senior Center parking lot for a fun celebration!
YOU will get to be part of the Mardi Gras Parade, as you drive thru and celebrate with us!

Paczki,
Beads, Music!

Donations appreciated
Proceeds will benefit:
Encore Adult Day Services

"Luck of the Irish"
Thursday, March 17
12:00 Noon
$5.00

Wear your green and stop by the Bistro!
Live Music, Friends, and Fun!
There will plenty of shenanigans and lots of blarney!

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 ***HOUSEHOLD*** 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.

<u>*Please Note Membership Rates Have Changed! See Above*</u>

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

Waterford Senior Center – Giving You Our Best

I had the privilege of hosting a tour to a local Senior Advisory Board from a nearby township through our building before Christmas. Our building was set up for the Christmas Open House so it was looking its festive best. As they saw how we utilize our building and share our space with pre-school students they had many questions about our unique relationship with the Waterford School District. As we walked up and down the halls I highlighted our activities and programs. The resounding theme was how the success of our center is dependent on the dedication and hard work of a very small staff and a huge army of active senior volunteers. Our visitors were impressed by the many innovative activities available. The flight simulator, gift shop, woodworking, quilting, Waterford Jam and hearing impaired classes were all of much interest. The Nutrition program offering an attractive gathering space for a hot meal, Grab 'N Go Meals and our Home Delivered Meals on Wheels where a senior can call today and receive a delivery tomorrow make our center an exceptional venue.

The visitors asked about funding. I explained that our center relies on the coordination of Area Agency on Aging 1B grants, service fees, donations and fundraising. Again I mentioned the amazing generosity of our members who donate time, talents and financial support. At Christmas our community was most responsive to our annual Reindeer Bucks appeal which will provide operational funding to maintain our services as we all move forward from the COVID19 pandemic. Our tour included the Encore Adult Day rooms which has successfully returned to operation after the closure. We may not be the fanciest senior center, but we truly impact many lives in a positive way. Our success is dependent on those who are volunteering, participating and encouraging others to join, engage and have fun. In this edition of our newsletter you'll find many programs, classes, volunteer opportunities and events that make our center special. Be sure to come to our "That's Amore" Valentine lunch on February 10th and the Mardi Gras Parade – Fat Tuesday Parking Lot Party on March 1st. (The proceeds from Mardi Gras will support our wonderful Encore Adult Day Care program). Make sure to save March 17th for our "Luck Of the Irish'" party in the Bistro. We're so happy to be offering festive celebrations indoors again.

Our Irish friends have an old saying, "The future is not ours to know, and it may never be, so let us live and give our best and give it lavishly!"

Erin
Waterford Senior Center Coordinator

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) 897-0861 and leave a message. Once we are in a position to make appointments we will contact you.
Additional information on page 9 of this newsletter.

Stay Connected

The Health of our Senior Community is Important...

- You must sign in when visiting the senior center to allow for contact tracing if needed.
- Be sure we have your correct phone number in our front office.
- Safety protocols will be in place, and must be followed.

Thank you for being patient with us as we navigate the ever changing policies and procedures related to the COVID19 pandemic.

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

Follow us on Facebook

Look for **Waterford Senior Center**. Our profile picture is our 48 years of service logo. We post photos activities and now virtual programs. We will also be doing some Facebook live activities, so check back often!

Look for this profile picture!

Check out our Website

www.wsdmi.org/seniorcenter
You can find current online resources such as news-letters, menus, Meals on Wheels, Grab and Go Carry Out information, and more. This is also an excellent place to find the most up to date announcements for the senior center.

kroger community rewards

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 "Advocates for the 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.

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 – **fidled01@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 live at
www.medianetworkofwaterford.org
Or visit the website and watch "On Demand".

WATERFORD WTV 10
MEDIA NETWORK OF WATERFORD

Special Interest

Medicare Counseling

Due to COVID19, Counseling will be provided by:

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

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

COVID 19 Vaccine Information

Oakland County Health Department

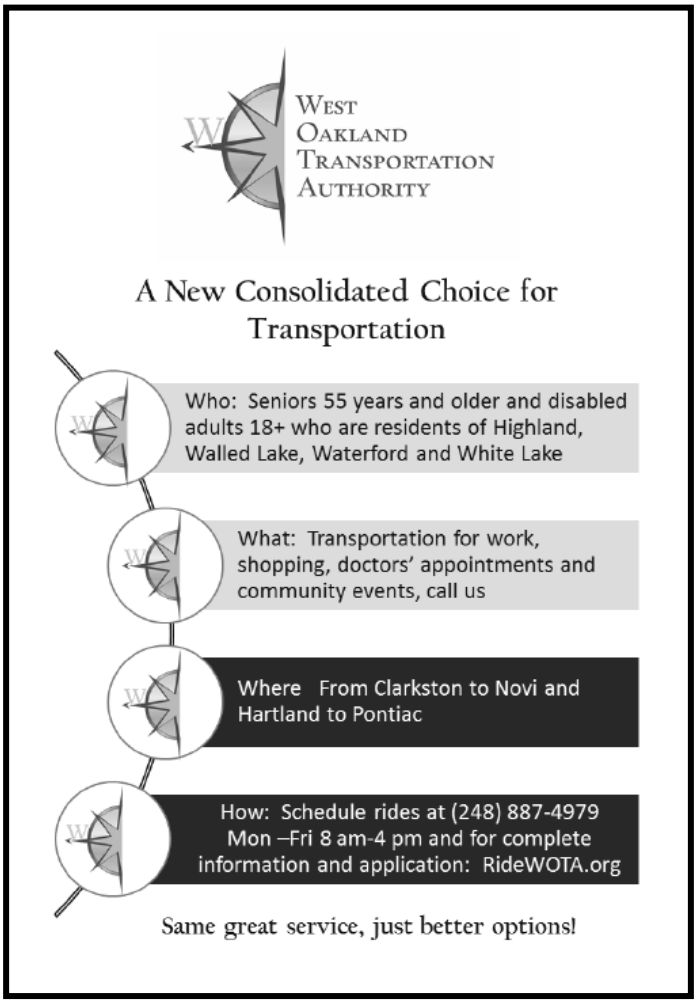
COVID-19 Vaccine updates will be posted online as they become available at the Save Your Spot link: https://oaklandcountyvaccine.com or text OAKGOV to 28748.

If you are unable to complete the online form, call:
Oakland County Health Hotline
800-848-5533

OCHD is following the Michigan Department of Health and Human Services COVID-19 vaccination plan.

Ready Nursing Solutions: Partnering with the Health Department to administer vaccines to homebound seniors.

To register by phone, please call 810-331-0902. During high call volume times, callers may have to listen to the entire message to be able to leave a voicemail and request a call back.
To register online, please complete the Patient Intake Form at https://getreadyvaccine.com/ Please select "Oakland County Residents-Homebound" from the drop down box.



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. Help one another by dropping off your old eyeglasses and hearing aids.

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 a.m.—2:00 p.m. 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**

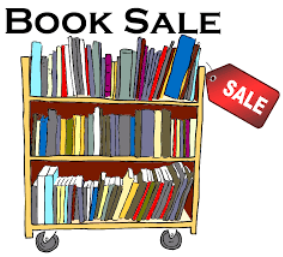
Special Interest

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
9:00am - 2:00pm
One-of-a-kind gifts!
Support local crafters!

A percentage of all sales support your Waterford Senior Center!

Used Book Sale
4 Paperbacks for $1.00
2 Hardcovers for $1.00
Puzzles $0.50 each

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



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, January 19
11:00 am

Save the Date
Detroit Tigers
Home Opener Celebration
Friday, April 8th
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.

Valentine's Bunco

Monday, February 14
1:00pm
$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.

Lucky Irish Bunco

Wednesday, March 16
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.

"Luck of the Irish"
Thursday, March 17
12:00 Noon
$5.00
Wear your green and stop by the Bistro!
Live Music, Friends, and Fun!
There will plenty of shenanigans and lots of blarney!

Menu
Corned Beef Hash
Boiled Cabbage
Carrots
Garden Salad
Rye Bread
Dessert

WSC gratefully publishes advertisements from our business partners. Readers are asked to use their judgment when purchasing products or services.

WATERFORD SENIOR CENTER

mardi gras

MARDI GRAS PARADE AND FAT TUESDAY PARKING LOT PARTY

Tuesday, March 1

1:00-2:00

STOP BY THE SENIOR CENTER PARKING LOT FOR A FUN CELEBRATION! YOU WILL GET TO BE PART OF THE MARDI GRAS PARADE AS YOU DRIVE THRU AND CELEBRATE WITH US!

PACZKI, BEADS, MUSIC!

DONATIONS WILL BE ACCEPTED

ALL PROCEEDS BENEFIT:
ENCORE ADULT DAY SERVICES

Special Interest

Hearing Screenings

Free Hearing Screenings Are Available!
Oakland Audiology will provide screenings, **by appointment only,** on:
February 8 & 22
March 8 & 22
10:00am - 12:00pm

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

Taking Off Pounds Sensibly

"TOPS" is a weight loss support program that understands the challenges of losing weight. Receive encouragement from others while using the diet that works for you. No special foods to purchase and reasonable rates. $32 annual membership and $1 a week at meeting.
Tuesdays
9:00 am – Weigh in
9:45 am – Meeting
$1.00 Drop in fee

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.*

LLA | LAKESHORE LEGAL AID

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.

In need of food assistance?

The Commodity Supplemental Food Program (CSFP) is available to low-income seniors who reside in Oakland County. **If you qualify you will pick up your box from the Waterford Senior Center on the third Friday of each month.** Oakland Livingston Human Services Agency (OLHSA) will be hosting CSFP Senior Food Box sign up at the Waterford Senior Center on Tuesday January 25th from 1-3 pm. Just bring your ID to show you are 60 or older.

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

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) 897-0861 and leave a message. Once we are in a position to make appointments we will contact you.

Please bring the following information to your tax appointment:

• **A copy of last year's (2020), or most recent completed Tax return. ** IF YOU DON'T HAVE THIS WE CANNOT DO YOUR TAXES****	• Your current tax year Property tax statements.
• Social Security Cards for you, your spouse and dependents.	• A record of the amount of rent or mortgage payments paid in 2021.
• A record of the amount of Social Security received in the current tax year (form SSA-1099).	• Year-end statement showing the amount of total medical insurance paid for year.
• A statement of wages/income from employment or other income received in 2021 (from pensions, annuities or IRA's).	• A record of the total heating bill for 2021. (Your December or January bill should show total cost for the year.)
• A record of any General Assistance received. (SSI, Letter from SSA, DHS Statement)	• A record of the amount paid for health insurance other than Medicare**. Including form 1095-A (Affordable Health Care Act form)**
• All 1099 forms listing interest and/or dividends earned.	• **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.
- ❖ 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:

- You can file your refund 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 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).

Nutrition

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! **While we are going through the COVID 19 Pandemic, there is also a contact-less delivery option.**

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!

GRAB N GO

Curbside Carry Out Lunch Available 5 Days a Week Monday Thru Friday

Suggested Donation: Over 60- $3.00 / Under 60-$5.00
You will need to call 248-682-9450
and order your meal for that day by 9:45 am
Pick up your meal between 11:30am - 12:00 pm

You will not need to get out of your car, pull up by the front door, and we will bring your meal right to your car.

Area Agency on Aging 1-B
Answers you can trust

Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/ Aging and Adult Services Agency (AASA) 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.
Contact information: www.aaa1b.org or 1.800.852.7795.

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

Please Note:
The protocols and procedures continue to change for federally funded nutrition programs like ours, so our dining procedures will reflect those protocols. Please be patient with us as we follow all the required procedures that the Area Agency on Aging-1B, the Michigan Department of Health and Human Services, and the Aging and Adult Services Agency have put in place for the health and safety of everyone. If you want to know what current procedures are in place for dining, please feel free to contact us.

Our coffee station is open for self-serve coffee, tea, and hot cocoa. $0.50 cents per cup

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 24 & Thursday, March 31**

February Menu-

1	Tuesday	Lasagna Roll
2	Wednesday	Chicken Tenders
3	Thursday	Salisbury Steak
4	Friday	Cheese Omelet w/ Sausage
7	Monday	Crispy Chicken Leg
8	Tuesday	Fish Sandwich
9	Wednesday	Polish Sausage
10	Thursday	Mostaccioli w/ Meat Sauce
11	Friday	Stuffed Pepper
14	Monday	Chicken Breast w/ Gravy
15	Tuesday	Sloppy Joe
16	Wednesday	Turkey and Gravy
17	Thursday	BBQ Riblet
18	Friday	Lasagna w/ Meat Sauce
21	Monday	Meatballs w/ Gravy
22	Tuesday	Grilled Chicken Fettuccini
23	Wednesday	Cheeseburger
24	Thursday	Sweet and Sour Chicken
25	Friday	All Beef Hot Dog
28	Monday	Macaroni and Cheese

March Menu-

1	Tuesday	Chicken Patty Sandwich
2	Wednesday	Beef Nacho
3	Thursday	Ham
4	Friday	Stuffed Cabbage
7	Monday	Turkey Tetrazzini
8	Tuesday	Lasagna Roll
9	Wednesday	Chicken Tenders
10	Thursday	Meatloaf
11	Friday	Breakfast Swch w/ Sausage
14	Monday	Crispy Chicken Leg
15	Tuesday	Fish Sandwich
16	Wednesday	Mostaccioli w/ Meat Sauce
17	Thursday	Beef Stew
18	Friday	Stuffed Pepper
21	Monday	Chicken Breast w/ Gravy
22	Tuesday	Sloppy Joe
23	Wednesday	Turkey and Gravy
24	Thursday	BBQ Pulled Pork
25	Friday	Lasagna w/ Meat Sauce
28	Monday	Italian Meatballs w/ Pasta
29	Tuesday	Grilled Chicken Fettuccini
30	Wednesday	Cheeseburger
31	Thursday	Beef Dippers

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	March
Groundhog's Day	Mardi Gras Parade
Life's a Beach	National Pig Day Party
Valentine Celebration	Dr. Suess Day
President's Day	St Patrick's Day Shenanigans
Snow Bird Day	Spring Fling

Join the Mardi Gras Parade and support Encore! Tuesday, March 1 1:00-2:00

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

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.
The group will meet the 2nd and 4th Thursday of each month at 3:00 pm
February 10 & 24
March 10 & 24

Facilitated by:
Mary Hyde; LMSW.
Please call to register :
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 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 are very happy to announce the Caregiver Support groups have returned to live meetings! 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 Tuesday, February 8 and Tuesday, March 8 at noon, and Monday, February 21 and Monday, March 21 at 7:00pm. No registration necessary, walk in are welcome!

alzheimer's association

Activities

Slowly Returning…

Take a look to see which activities will be returning to the Senior Center!
We ask that you are patient as we begin to phase in programming; times and dates might change as we figure out what works best. We are always happy to answer any questions, just give the office a call at 248-682-9450.

*All in-person activities are subject to change or cancel as a result of COVID19 restrictions.

Cards and Games

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

$1.00 Drop-In Fee

Recreation Room and Billiards

Come in and have some fun in our recreation room which features a billiard table, bumper pool, a keyboard, tons of puzzles, poker tables, and our new flight simulator.

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
Or visit the website and watch “On Demand”

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 Gym
$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 9:00am - 12:00pm
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!**

Facilitator– Darryl Smith

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 a carver already, come in and join the group!
Wednesdays
9:00 am - 12:00 pm
$1.00 Drop-In Fee

NEW CLASS!
Wood Carving Class Specializing in the Chip Carving Technique

In 4 sessions you will learn the chip carving skills needed to make your own 5 point star. Call 248-682-9450 to pre-register.
Monday's
February 7,14, 21, 28
9:00 am-12:00 pm
$125.00 (this includes all needed materials)
Facilitator– Herman Markwart

NEW CLASS!
Learn basic wood techniques, while crafting a Valentine or St. Patrick's Day decoration

In this 2 hour class you can learn to paint, wood burn, or carve on wood. Instructors will be there to help guide you strep by step.
Monday, February 7 1:00-3:00 pm
Monday, March 7 10:00 am-12:00 pm
$10.00 for each session
Facilitator– Gerry Burchard

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 25 & Friday, March 25
1:00 pm– 3:00 pm
Members $25 / Non-Members $30
Facilitator – Steve Wood

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.**

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

Waterford Garden Club

Attention all Green Thumbs! Join us for informative workshops and fun workdays.
Thursday, February 3
Thursday, March 3

Activities

Line Dance for Beginners

Movement is a must for all and allows the body to revive. Non-movement hastens disintegration. Join us in recalling or maintaining your flexibility, mobility, range of motion, strength, muscle tone, balance, and circulation. Experience for yourself this life supporting program.

Friday's 1:00 pm- 3:00pm

Facilitator– Candy Turner
$4 per class

Wii Bowling

Join our Wii Bowling Team!

Wii is an interactive video game, that with the help of our projector and large screen will make you feel like you are in a real bowling alley!

Fridays
1:00 pm
$1 Drop-In Fee

Chen Style 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. All levels from beginner's to continuing are welcome.

Thursday's 1:00 pm
$1 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
9:10-10:10 am
$4.00 per class
Facilitator- Anne Swanson

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 23 & March 23
1:00pm
$1 Drop-in Fee

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 8 & March 8
10:00 am-noon
$1.00 Drop-In Fee

Virtual Health and Wellness

Whether you are looking for new ideas to help you stick to a diabetes management plan, a fall prevention class to keep you on your feet and active or a program to help you manage chronic pain, there is a class and a program for you.

Area Agency on Aging 1-B
Answers you can trust

aaa1b.org/senior-health-and-wellness/
For questions, or for more information:
833-262-2200
wellnessprograms@aaa1b.org

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.

February & March Birthdays

February

1- Marylee Doyle
2- Anne Estrada
Lawrence Hornsby
Louise Wischman
4- Dorothy Balma
Joyce Barnosky
Doreen Dutton
Harvey Cooper
Robert Mick
Gladys Niemi
Shirley Robertoy
Walter Wiitala
5- Lois O'Neill
6- Arlene Ball
Bradley Cook
Myra Enders
Leo Grappin
Mari Latozas
Dan Ludwig
7- Odelia Rodriquez
8- Jimmie Richmond
Charles Wilson
9- Esther Callahan
Patricia Frase
Priscilla Gimple
Pauline Owen
Edgar Pierce
Lorraine Pierce
Judy Wolfe
10- James Shedlowsky
Kathy Vanacker
11- Linda Mata
Yong Neff
12- Sally Gaultney
Nancy Hinman
Bridget Smith
Jim Trosin
13- James Javorsky
Brenda Owens
14- Gerry Cleasby
James Deremer
Kenneth Fox
Pat Freeman
Paul Hoffman
15- Marion Cheyz
Keith Cooper
Angela Dew
Joan McManus
16- Bruce Boston
Sandra Coleman
William Finneran
Vicki Kleist
Patricia Lewis
17- Janet Meston
Jane Schneider
18- Mary Ellen Cauley
Emily Meintjes
19- Marlene Calderwood
Tracy Morsi
Sherry White
20- Francine Cutler
Helene Kelley
Joseph Stutzman
Jennie Tallent
21- Mildred Hall
Janie McGee
Karen Slack
22- Judy Benscoter
Jon Esler
23- Clem Condon
Vicki Dyer
Nancy Grappin
Michael Ronquillo
25- Theodore Owen
Kenneth Reinke
26- Patti Mayes
Sherrill Poquette
Henry Woods
27- Donna Herr
Pat Lindsay
28- Jovita Alvarado
Stan Haggarty
Dorothy Long
29- Eddie Delbridge
Richard Luszczyk
Rita Wideman

March

1- Shirley Clowes
Kenneth Jacobson
2- Carol White
Leo Camera
Bonnie Lester
Seth Rice
Dora VanFossan
4- Grace Flowers
Donna Ritchie
Joan VanAntwerp
5- Rosaline Conklin
Norene Hundley
6- Leslie Bradford
Katherine Campbell
Julia Crick
Rose Jones
Judy Ogg
Patricia Peck
Yvonne Zerba
7- Nancy Phelps
8- Janet Nellett
Arlene Shearer
9- Mary Spoor
10- Daniel Jones
Helen Kobliha
Kenneth Leece
Rick Ogg
Carmen Rodriguez
Al Souilliere
Arthur Taylor
Norman Wood
Jean Zinger
11- Linda Meabon
Glenn Uhl
12- Tom O'Conner
13- Mary Morris
Jim Wiley
14- Michael Franz
Clark Grogan
John Scott
16- Bill Brace
Gwen Fields
Frances Lewis
18- Joe Junglas
Christine Lustig
Barbara Pushek
Joe Umphrey
19- Dee Halfmann
20- Margaret Cikalo
Richard Davis
Ruth Seranian
21- Linda Boka
Terry Rodgers
Joyce Thompson
22- Ruth Fiscus
Jackie Sibley
Calvin Thornton
Sharon Wiitala
23- Joseph Halfmann
Betty Montross
Dianna Untener
24- Carol Hency
Jerry Keeton
Nancy Koppela
Robert Marshall
Clare Simons
25- Paula Barbour
Gary Swain
Julie Zaremba
26- Mary Ann Kane
Jean Mayo
27- Sandra Walker
28- Betty Landmesser
Larry McDonald
Lori Oberlin
Twila Setla
29- Nancy Holan
Raymond Reiche
30- Carol Hoffman
Beverly Kobe
Marie Little
Barbara Pine
Emma Sadler
Helen Vaillencourt

In Memory

Our thoughts and sympathies for the families and friends of …

John Green
Harold Comis
Delores Wells
Nan Klenter
Jane Evans
James Fisher

Extended Travel

The Old South
Charleston-Savannah
& Southern Plantation Tour
April 16-22, 2022
Tour includes –
Modern Motorcoach Transportation
2 Nights-to/from, 2 Nights-Charleston
2 Nights-Savanna
7 Breakfasts, 1 Lunch
Horse Drawn Carriage Tour of Charleston
Boone Hall Plantation
Magnolia Plantation & Gardens
Charleston Harbor Dinner Cruise
Beaufort Horse Carriage Tour
Savannah's Old Town Trolley
American Prohibition Museum
Andy Griffith Mayberry Tour
Savannah's Historic River Street
Luggage Handling
Tax and Tips on Included Meals
Cost: $1999.00-Double
$2899.00-Single
$17499.00-Triple
Add $10.00 for Non-Members

Kentucky's Bourbon Trail
Bourbon-Horses-Rail
Featuring: My Old Kentucky Dinner Train
May 9-12, 2022
Tour includes –
Modern Motorcoach Transportation
3 Nights Lodging, 3 Breakfasts, 2 Dinners
Jim Bean American Stillhouse
My Old Kentucky Home
Oscar Getz Whiskey Museum
Bardstown Bourbon Company
Heaven Hill Distillery
My Old Kentucky Dinner Train
Claiborne Horse Farm, Luggage Handling
Tax and Tips on Included Meals
Cost: $999.00-Double
$1289.00-Single
$899.00-Triple
Add $10.00 for Non-Members

Mississippi River Cruise
All Aboard the Twilight Riverboat
June 20-23, 2022
Tour includes –
Modern Motorcoach Transportation
3 Nights Lodging
3 Breakfasts, 2 Lunch, 2 Dinners
2 Days Mississippi River Cruise
Riverboat Entertainment
New Melleray Abbey Trappist Factory
Tour of John Deere Harvester Factory
or Visit to John Deere Pavilion
Luggage Handling
Tax and Tips on Included Meals
Cost: $1099.00-Double
$1399.00-Single
$1019.00-Triple
Add $10.00 for Non-Members

New York City
July 4th Fireworks Extravaganza
July 3-8, 2022
Tour includes –
Modern Motorcoach Transportation
5 Nights Lodging-Featuring 3 Nights at the New York Marriott Marquis-Time Square
5 Breakfasts, 1 Lunch, 2 Dinners
Captain JP Hudson River Cruise - All Day
Macy's July 4th Fireworks Show
Tour West Point Military Academy
Sightseeing Tour of New York City
9/11 Museum or One World Trade Observatory
Tour of Madison Square Gardens
Leisure Time in New York City
Flight 93 Memorial
Quecreek Mine Rescue Site
Luggage Handling
Tax and Tips on Included Meals
Cost: $2099.00-Double
$2499.00-Single
$1939.00-Triple
Add $10.00 for Non-Members

Visit the "Travel Board" at the Center to get detailed flyers about each of the trips. Itineraries for all extended trips are also available.

Extended Travel

Cape Cod & The Boston Pops

The Cape's Annual "Pops by the sea" Concert
Plus Martha's Vineyard and Nantucket
August 13-19, 2022

Tour includes –
Modern Motorcoach Transportation
2 Nights– To/From
4 nights– Cape Cod
6 Breakfasts, 4 Dinners
BOSTON POPS ORCHESTRA
Local Guide– All 4 days
Tour of Cape Cod, Visit to Provincetown
Whale Watching Cruise, Martha's Vineyard
Nantucket & Guided Tour
New Bedford Whaling Museum
Luggage Handling
Tax and Tips on Included Meals

Cost: $2399.00-Double
$3499.00-Single
$2149.00-Triple
Add $10.00 for Non-Members

Rails of West Virginia

Fall Color Spectacular
October 10-14, 2022

Tour includes –
Modern Motorcoach Transportation
4 Nights Lodging,
4 Breakfasts, 2 Lunches, 3 Dinners
NEW TYGART FLYER
CASS SCENIC RAILROAD
Green Bank Observatory
West Virginia Railroad Museum
Gaudy Dancer Dinner Theatre
Beckley Coal Mine Tour, Greenbrier Bunker
Luggage Handling
Tax and Tips on Included Meals

Cost: $1439.00-Double
$1849.00-Single
$1299.00-Triple
Add $10.00 for Non-Members

Heartland of America Tour

The Story of Route 66
September 12-17, 2022

Tour includes –
Modern Motorcoach Transportation,
5 Nights Lodging,
5 Breakfasts, 1 Lunch, 4 Dinners,
America's Famous Route 66
Route 66 Guide for 4 Days
Goshen Coffee, Legendary Mustang Sanctuary
Doc's Soda Fountain, Soulsby Service Station
Henry's Rabbit Ranch, Kruta Bakery
Pink Elephant Antique Mall
Willoughby Heritage Farm
Cahokia Mounds Historic Site
National Great Rivers Museum
Melvin Price Locks & Dam
Robert Wadlow Statue
Alton Living History Tour
Live Interactive Theatre Dinner
Lewis & Clark Historic Site
Great Rivers National Byway
Grafton Sky Tour
Mississippi River Cruise
Luggage Handling
Tax and Tips on Included Meals

Cost: $1399.00-Double
$1899.00-Single
$12499.00-Triple
Add $10.00 for Non-Members

PLEASE NOTE-
AS OF JANUARY 1, 2022, YOU WILL BE REQUIRED TO BE FULLY VACCINATED IN ORDER TO TRAVEL.

VACCINATION RULES HAVE BEEN PUT IN PLACE BY THE TOUR COMPANIES, MOTORCOACH COMPANIES, AND MANY OF THE VENUES THAT WE TRAVEL TO.

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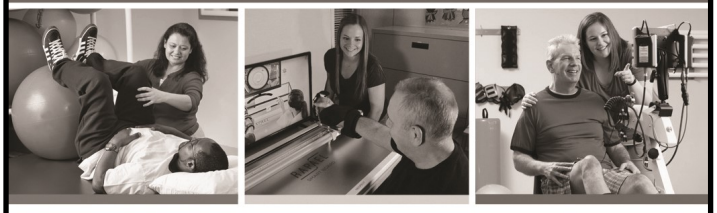

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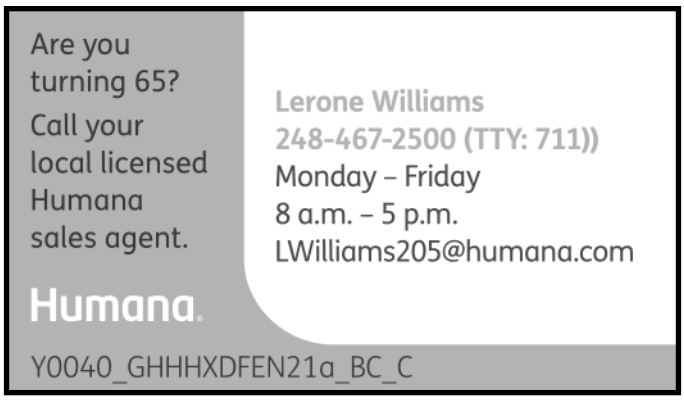
Community Partners



A special thank you to our amazing community for all they contributed to make the 2021 holiday season a success!

- Our “Reindeer Bucks for COVID Recovery” giving campaign was a huge success, we surpassed our goal and raised more than $5,000.00
- Pop’s Family Restaurant prepared 175 turkey dinners on Thanksgiving for homebound seniors
- Green Apple Restaurant on Dixie prepared 175 Christmas meals for homebound seniors
- Royal Diner of Clarkston prepared 175 New Year’s Day meals for homebound seniors
- DTE provided gifts for homebound seniors and the funding for Christmas meals
- Area Agency on Aging 1B and Oakland Family Dental provided funding for Thanksgiving, Christmas, and New Years Day meals
- Our members and friends that participated in the “Season of Giving” and donated to Open Door Outreach and Waterford Youth Assistance
- Ed Neaves, Sharon Grammer, Leland Needham, Jim Patterson, Linda Moir, Ellie Tomkow, Dave and Debbie Faust, Mary VanGeison and Ryan Miller for decorating the Senior Center and making it look so festive and fun
- Home Instead Senior Care and Phoenix/Advanced Physical Therapy for sponsoring the Christmas gifts and annual party for our Encore Adult Day program participants
- Transformation Church Waterford for doing fall yard clean up for homebound seniors
- Oakland Family Dental– Our Holiday Open House sponsor
- Linda Moir, Ellie Tomkow, and Collette Wendrick for decorating hundreds of cookies for our Holiday Open House

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 all the kind 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	Bradford Family	Mike Duff
Rob Alleman	Peggy Dupuis	Sandy Helner
Dan and Linda Malloy	Greg and Patty Sterns	Barrett Family
Paul and Collette Wendrick	David Kramer	Mike Fitzgerald
Clark Family	Ryan Miller	Debbie Downs and Laurie Dahl
Gretchen Hurlbert	Patterson Family	Sue and Mike Rice
Sean Daly	Carol Axford	Carol White

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

Waterford Senior Center
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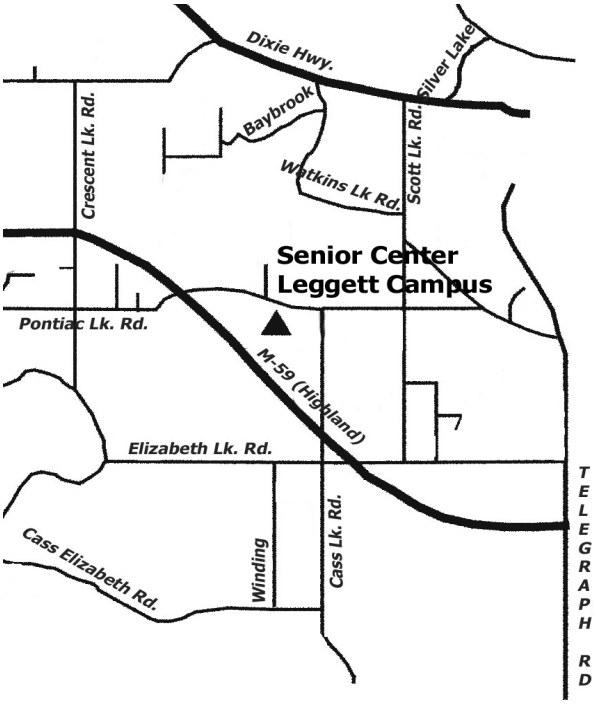

Waterford Senior Center Staff

Erin Asdell
Coordinator
Adult Day Services Supervisor

Donielle Fidler
Nutrition & Auxiliary Services Director

Amber Hoskins
Assistant Supervisor

Mike Fitzgerald
Senior Center Assistant

Lena Beck
Bookkeeper

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!

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.