



ARMADA SENIOR CENTER

75400 NORTH AVENUE – PO BOX 306 ARMADA MI 48005

Jan Mueller, Director

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APRIL · MAY · JUNE 2014

Welcome Spring! After a long and snowy winter we are happy to finally see our grass again. I am looking forward to our upcoming programs. If there is a program that you would like to see added or have a talent you would like to share with your fellow seniors. Please feel free to contact me.



Cinco de Mayo Potluck

Monday, May 5 at 11 AM

Join us as we celebrate Cinco de Mayo! We will be holding a Mexican themed potluck. Sign up to bring soft tortillas, hard shells, chips, lettuce, onions, tomatoes, salsa, cheese, taco meat, pop, desert etc. Please sign-up by May 2.

Summer Barbeque

Thursday, July 3 – 11 AM

Enjoy food and fun with fellow seniors. We will be holding a potluck barbeque. Hamburgers & hot dogs will be provided. Sign-up by June 27 to attend.



Join us for a Card Party

April 30 · May 28 & June 25 1-3 PM

Do you enjoy playing cards? A group of area seniors would like you to join them for a friendly game of pinochle, euchre or hand & foot. Beverages and snacks will be provided. Please RSVP one week prior. **Bring a friend!!!**



Breakfast with Friends

Friday, May 23 – 9 AM – 11 AM

Cost: \$2.00

Mark your calendar and plan to attend a morning of laughter, friends and Bingo. Price includes breakfast and prizes. We must have ten participants to run this program. Make your reservations today, you must reserve your seat by May 16. Bring a guest 55 + years old or join us for the first time be entered in a drawing to receive a special prize.



Senior Stretch Exercise

Wed. and Thurs., 10 AM – 10:45 AM

Join a lively group of men and women for a free exercise program. Most exercises can be done from a standing or sitting position and are suitable for most seniors.

Senior Nutrition-Probiotics

Wednesday, May 21 @ 11 AM

We are proud to welcome *Ronald Slobodnik, Emeritus Professor of Nutrition & Biology at Macomb Community College* back for a discussion on probiotics. Discussions are informal, informative and free of charge. Mark your calendar and plan to attend. The discussion will begin following the regularly scheduled exercise program. Everyone can certainly benefit from Ron's expertise...bring a friend!!

Birthday Celebrations

Join us as we serve dessert to honor our friends with birthdays in April, May and June. Birthdays will be celebrated at 1 pm on Thursdays, April 3, May 1 and June 5.

Craft Days - 1 PM

April 9 - Felting-Easter Sheep

June 11 – Wax Flowers

Cost: \$2.00 Please RSVP.

Transportation

Transportation service is available to seniors (55 +) and disabled persons through a program funded by SMART. Travel must be scheduled at least 3 days in advance on a first come first serve basis. For more information or to arrange for transportation, contact the Richmond Lenox EMS at (586) 749-7713. A donation of \$1 per destination is suggested.



It is never too late to make new friends or make new memories. Mark your calendar and plan to join us for our activities.



Seniors on the Move – Upcoming Trips

- Mystery Lunch Friday, April 4 Driver Tip/Cost of Lunch
Board the bus at the Armada Senior Center for an enjoyable lunch at an undisclosed location. One lucky traveler will win a complimentary lunch. The group may make an additional stop on the way home. Bus departs the Armada Senior Center at 10:30 AM and returns by 3 PM. Please call to reserve a seat. TRANSPORTATION PROVIDED WITH SMART FUNDS.
- Greektown Casino Friday, April 25 \$30.00
Feeling lucky? Join us as we journey to the Greektown Casino for 5 hours of gaming. Guests under the age of 55 are welcome to join us...let's fill the bus!!! Trip includes transportation, driver tip, 5 hours at casino, with \$20 in comps. Departs Armada at 9 AM. TRANSPORTATION PROVIDED WITH SMART FUNDS.
- The Andrews Brothers Musical – Meadowbrook Wednesday, May 14 \$30.00
A USO show is threatened with cancellation when a certain famous trio of singing sisters fails to show, and it's up to three earnest and determined stagehands to go on with the show! Filled to the brim with over 25 songs made famous by the Andrews Sisters. We will have lunch at Lucky's in Rochester. You will be responsible to pay for your own lunch. Departs the Armada Senior Center at 11 AM. We will enjoy a 2 PM show following lunch. Tickets will be available on a first come, first serve basis. TRANSPORTATION PROVIDED WITH SMART FUNDS.
- Countryside Adventure Monday, May 19 \$20.00
Looking for a fun way to spend a day? Join us as we journey to Country View Bulk Foods a Mennonite store in Snover, MI. We will stop at a small gift shop on the way home and will have lunch at the Harrington Inn in Brown City. Cost includes lunch at Harrington Inn, transportation and driver tip. We will depart from the Armada Senior Center at 10 AM. TRANSPORTATION PROVIDED WITH SMART FUNDS.
- Mystery Lunch Friday, June 6 \$2.00 Driver Tip
Board the bus at the Armada Senior Center for an enjoyable lunch at an undisclosed location. One lucky traveler will win a complimentary lunch. We will be making two short stops on the way home. If you have a pair of binoculars be sure to bring them. The bus will depart the Armada Senior Center at 10:30 AM and returns by 3 PM. Please call to reserve a seat. TRANSPORTATION PROVIDED WITH SMART FUNDS.
- Crossroad Village/Huckleberry Railroad Friday, July 18 Adults \$15/Seniors \$13/Child \$11
Grab your children/grandchildren/great-grandchildren or come on your own for an enjoyable day at Crossroad Village. Cost includes admission and tip to driver. You must reserve your space by July 1. Departs from the Armada Senior Center at 9:30 AM. TRANSPORTATION PROVIDED WITH SMART FUNDS.
- Tour of Midland Friday, July 30 \$50.00
Enjoy a day of fun in Midland, this is a trip you don't want to miss! Cost includes transportation, tour of The Alden Dow House and Studio, Dow Gardens, The Tridge, Dahlia Hill and lunch at The Creek Grill and driver tips. If you are interested, I must receive payment by July 1. Departs from the Armada Senior Center at 7:30 AM. TRANSPORTATION PROVIDED WITH SMART FUNDS.

***PLEASE NOTE: We must have a minimum of 15 participants for a trip to run. Trips are available on a first come, first serve basis and payment should be made at the time of sign-up. If a trip is cancelled you will receive a full refund. If you have to cancel a refund will be made whenever possible. Checks should be made payable to CASH and should be mailed to Armada Senior Center - PO Box 306 Armada, MI 48005.