



ARMADA SENIOR CENTER

75400 NORTH AVENUE – PO BOX 306 ARMADA MI 48005

Jan Mueller, Director

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JANUARY – FEBRUARY – MARCH 2015

Welcome 2015! I want to take this opportunity to thank everyone for the gifts and well wishes that I received during the holiday season. I wish you all a happy, healthy New Year!

Please contact me with program ideas, travel suggestions and craft ideas.

Hope to see you soon!!

Senior Stretch Exercise

**Wednesdays and Thursdays
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.

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. To arrange for transportation or for more information, contact the Richmond Lenox EMS at (586) 749-7713. A donation of \$1 per destination is suggested.

Birthday Celebrations

Join us as we serve dessert to honor our friends with birthdays each month. Celebrations will be held at 12:30 pm on January 8, February 5 and March 12.

Craft Day

**Wednesday, January 28 & March 25
at noon. Cost: \$2.00**

Don't miss this opportunity to enjoy time with friends and take home a craft that you have made. Please RSVP to ensure that supplies will be available.

HOT LUNCH & BINGO

Did you know that a group of seniors meet every Thursday at 11:30 for a Meals on Wheels lunch? Lunches are pre-ordered (1 week prior) and cost \$3. If you prefer, you can bring your own lunch. Bingo will be played following lunch.

Blood Pressure Checks

The Fire Department will provide free blood pressure checks at the senior center the 1st and 3rd Wednesdays of the month at 11 AM.

Stay Young: The First 100 Years Presentation

Join Dr. Julie LeFever DC for a talk about what we need to keep our bodies and our spine healthy as we age. The presentation will be held **Wednesday, January 21 at 11 am.** Bring your lunch or enjoy a warm bowl of homemade chili. Please RSVP by Monday January 12.

Estate Planning

Who will be the Beneficiary of your Life Savings? The Probate Court? The IRS? The local Nursing Home? Your In-Laws? Or your family? Come to a free informative workshop led by Laura Drolet on **February 11 at 11 am.** Learn what legal documents you need in place to protect you, your assets, and your family. You will also learn about new laws that could affect the planning you've already done. Bring your lunch, dessert will be served. Open to the public.

PLEASE NOTE:

The Senior Center will be closed and all programs will be cancelled March 4 & 5 2015.

THE SENIOR CENTER WILL BE CLOSED AND ALL PROGRAMS EXCEPT TRAVEL WILL BE CANCELLED IF THE ARMADA SCHOOLS ARE CLOSED FOR INCLEMENT WEATHER.

Seniors on the Move - Upcoming Trips

- Mystery Lunch Friday, January 30 \$2 (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. Bus departs the Armada Senior Center at 10:30 AM and returns by approx. 2 PM. Please call by January 23rd to reserve a seat. TRANSPORTATION PROVIDED WITH SMART FUNDS.
- Loren Andrus Octagon House Tour & Lunch Tuesday, February 17 \$7.00
Enjoy a tour of this local, historical landmark led by a docent. Following the tour we will journey into Romeo to the Office Pub for lunch. Tour and driver tip are included, lunch will be on your own. Departs Armada at 9:30 AM. RSVP today. TRANSPORTATION PROVIDED WITH SMART FUNDS.
- Motor Casino Tuesday, March 17 \$30.00
Join us on St. Patrick's Day for a little fun and some "Luck of the Irish". We will journey to the Motor City 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. Reservations must be made by March 6. TRANSPORTATION PROVIDED WITH SMART FUNDS.
- Mystery Lunch Friday, March 27 \$2 (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. The group may make an additional stop on the way home. Bus departs the Armada Senior Center at 10:30 AM and returns by approx. 4 PM. Please call by March 20th to reserve a seat. TRANSPORTATION PROVIDED WITH SMART FUNDS.
- Meshuggah-Nuns! /Meadowbrook Wednesday, May 6 \$59/person
Start the day off with a delicious meal served at Meadowbrook Hall. Following lunch there will be a short guided tour of Meadowbrook Hall. Then off to the theatre to enjoy an afternoon showing of Meshuggah-Nuns starring Cindy Williams and Eddie Mekka. This play finds the Sisters of Hoboken on an all-expense paid trip on the "Faith of All Nations" Cruise. When the cast of "Fiddler on the Roof" (with the exception of Tevye) gets seasick, the ship's captain asks the sisters and Tevye to put on a show. Cost includes: Lunch, Meadowbrook tour, ticket for show and driver tip. Tickets are limited, please RSVP by April 1. TRANSPORTATION PROVIDED WITH SMART FUNDS. Trip will depart from the Armada Senior Center at 9 AM and will return approximately 5 PM.

***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.

