



Jan Mueller, Director

ARMADA SENIOR CENTER

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JANUARY · FEBRUARY · MARCH 2014

Welcome 2014!

Happy New Year and best wishes for a happy, healthy year! I would like to thank everyone for the cards and gifts that I received.

I am looking forward to 2014 and continued growth and participation in the programs offered by the Armada Senior Center. Remember to bring a friend!hope to see you soon!

Birthday Celebrations

Join us as we honor our friends with birthdays in January, February and March. Dessert and beverages will be served. Birthdays will be celebrated at 1 pm of Thursdays, January 9, February 6 & March 6 at noon.

Join us for a Card Party

Jan. 29, Feb. 26 & March 26 - 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, bridge, rummy, skip-bo or whatever card game suits you. Snacks and beverages provided. Bring your friends!!!



Please note: All programs at the Armada Senior Center will be cancelled if Armada Schools are closed due to weather. If a trip is scheduled for that day you will be notified if it is cancelled.

Nutrition Presentation

Your Digestive System

Wednesday, January 15 - 11 AM

Please join us for a free informative presentation on minerals by Ronald Slobodnik, Emeritus Professor of Nutrition and Biology at Macomb Community College. Discussions are informal with time for questions. Don't miss this opportunity to learn about how your digestive system works. Mark your calendars and bring a friend.

Craft Days

February 5 & April 9 - 1 PM

Join a group of seniors, some crafty, some not so crafty for a fun afternoon craft. These projects can be made by crafters of all levels. There is a \$2. Fee payable the day of class to offset supplies. In order to ensure appropriate supplies are available, seniors that wish to participate need to sign-up one week prior to class.

St Pat's Bunco Party

Wednesday, March 19 - 1-3 PM

No experience necessary! Enjoy an afternoon of Bunco. There will be a \$2 charge per person to cover prizes and refreshments. You must pre-register by March 12 to ensure a seat.



Valentine's Potluck

Friday, February 14 - 11 AM

Enjoy food and fellowship with fellow seniors. We will be holding a Valentine themed potluck. Fried chicken and beverages will be provided. Seniors are asked to bring a dish to pass. Please R.S.V.P. by February 7.

Senior Nutrition Meals

Macomb County Community Services Agency will be reinstating Thursday meals for the Armada Senior Center. Lunch will be served at 11:30 AM. Cost is \$3.00 & meals must be ordered one week prior.

Senior Stretch Exercise

Wednesdays, 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.

Do you need a ride?

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

Seniors on the Move-Upcoming Trips

- Mystery Lunch Friday, January 10 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.
- North American International Auto Show-NEW Friday, January 24 \$10.00
Looking for a new car? Join us as we head downtown to enjoy the North American Auto Show at Cobo Hall. The bus will leave the Armada Senior Center at 9 AM. Please note that lunch will be on your own at the Auto Show, you may purchase it there or bring a lunch. We will be back at approx. 3 pm.
- Palazzo di Bocce – Space still available!!! Friday, February 7 \$30.00
Any time is a good time to play bocce! Join us as we enjoy an indoor game of bocce followed by a court-side lunch. This game is easily learned and can be played by anyone! Flat soft soled shoes are required for play. Bus will depart from the Armada Senior Center at 9:30 AM. TRANSPORTATION PROVIDED WITH SMART FUNDS.
- Painting with a Twist-NEW Friday, February 21 \$25.00
Everyone's an artist!! Enjoy step by step instruction with an experienced and enthusiastic local artist. You'll leave with a one of a kind creation. Seating is limited...RSVP as soon as possible. Guests over 18 are welcome. We will leave the Armada Senior Center at 11:15 and return at approximately 3pm.
- Doug Gabriel's #1 Hits Tribute Show-Frankenmuth Friday, March 14 \$45.00
Enjoy a delicious meal and then be entertained by Doug Gabriel, 9-time winner of Branson's Male Vocalist of the Year! He will be play hits of over 35 artists including Tom Jones, Marty Robbins, Taylor Swift, The BeeGees, James Taylor and more. Meal, transportation and tip are included. We will be seated at 11:30 AM for lunch. We will allow time to explore Frankenmuth following the show. Departs Armada at 9 AM. Call on availability. TRANSPORTATION PROVIDED WITH SMART FUNDS.
- Soaring Eagle/The Four Irish Tenors Show-NEW Monday, March 17 \$30.00
The Four Irish Tenors are fast becoming one of the biggest successes ever with sold out tours in Europe, Asia and the United States. Join us as we travel to the Soaring Eagle Casino to enjoy a day of gambling and enjoy a show. Price includes ride and ticket to the 4 pm show, \$20 in play and \$5 in dining. We must have at least 10 seniors to ensure pick up at the Armada Senior Center. Departure time to be determined.
- Mystery Lunch-NEW 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.
- 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 a location in Rochester to be determined. 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. Reservations and payments must be received by April 1. TRANSPORTATION PROVIDED WITH SMART FUNDS.