



ARMADA SENIOR CENTER

75400 NORTH AVENUE – PO BOX 306 ARMADA MI 48005

Jan Mueller, Director

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APRIL – MAY - JUNE 2015

Welcome Spring!

I am so happy to see the snow melting and look forward to seeing our snowbirds return to Armada. I hope you all take the opportunity to enjoy the activities that have been planned for you. Please contact me with program ideas, travel suggestions and craft ideas.

Hope to see you soon!!

Jan Mueller



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 April 2, May 7 & June 4.

Coming Soon - Senior Supplemental Garden!

The Armada Senior Center has been blessed by two large raised bed planters. If you have a green thumb and would like to participate in the planning, planting or maintenance of the garden please contact the Armada Senior Center. Tentative planting date planned for June 10.

Craft Days

Wednesday, June 17 & September 23 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.

Armada Bike Night

Thursday, June 25 – 6 PM

Join fellow riders 50+ for a ride on the beautiful Macomb Orchard Trail. We will meet at the Armada Grain and ride to and dine at Chaps in Richmond. Please RSVP by June 19 so reservations can be made.



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, May 20 at 11 am.** Bring your lunch, dessert will be provided. Please RSVP by Wednesday, May 13

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.



Potluck Dinners

Spring Potluck

Friday, May 15 – 11 AM

Chicken

Independence Day Picnic

Friday, July 3 – 11 AM

Hamburgers and Hotdogs

Please RSVP at least one week prior so we can plan appropriately.



Seniors on the Move - Upcoming Trips

- Michigan Sea Life Aquarium/Great Lakes Crossing Friday, April 17 \$16/person
Come nose to nose with sharks and prepare for astonishingly close views of everything from humble sea stars and seahorses to graceful rays. Admire the amazing underwater Ocean Tunnel and encounter more than 5,000 sea creatures. After the tour there will be time to shop and enjoy lunch on your own at the beautiful Great Lakes Crossing Mall. Price includes bus transportation, admission to aquarium and driver tip. . TRANSPORTATION PROVIDED WITH SMART FUNDS. Trip will depart at 7:30 and return at approximately 2 pm.
- 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. TRIP CURRENTLY FILLED, WAIT LIST ONLY.
- Firekeepers Casino Wednesday, May 27 \$25/person
Enjoy a day of gaming at Firekeepers Casino. Price includes transportation from TSC in Imlay City, \$20 in slot play and \$5 For dining. If there is enough interest we can meet in Armada and carpool to Imlay City. Leaves TSC at 9:30 AM.
- Mystery Lunch Friday, June 5 \$2/person
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 at 10:30 AM and returns at approx. 2 PM. RSVP by May 29. TRANSPORTATION PROVIDED WITH SMART FUNDS.
- Edsel & Eleanor Ford House Tour/Lunch Friday, June 26 \$30/person
The Edsel & Eleanor Ford House experience is an authentic witness to the past that inspires, educates and engages visitors through exploration of its unique connections to art, design, history and the environment, while celebrating family traditions and community relationships. Trip will depart at 9 AM.
- Rockin' Oldies Show-Zehnders Wednesday, September 16 \$42/person
Enjoy a great show and delicious lunch at Zehnders. Price includes meal, transportation and tip. We will be seated at 11:30 AM for lunch. If time allows we may have an hour to explore after the show. Trip departs from Armada at 9 AM. There is a limited number of tickets. You must sign up and pay to ensure your seat. TRANSPORTATION PROVIDED WITH SMART FUNDS.

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