

ARMADA SENIOR CENTER

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Jan Mueller, Director

OCTOBER · NOVEMBER · DECEMBER 2013

Senior Nutrition Meals

We regret to inform you that the Macomb County Community Services Agency has cancelled all meals for the Armada Senior Center. There will be no Senior Nutrition Program in Armada beginning October 1, 2013.

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 seniors.

Blood Pressure Checks

The Armada Fire Department will be coming to the Armada Senior Center the 1st and 4th Wednesdays of the month at 11:00 A.M. for **FREE** blood pressure checks.

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.



Free Nutrition

Presentation on Minerals

Wednesday, November 6 - 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. These discussions informal with time for questions. Don't miss this opportunity to learn about how important minerals are to you. Mark your calendars and bring a friend.

Craft Days

November 13 & December 4 - 1 PM

Join a group of Crafty seniors for special holiday craft projects. These projects can be made by crafters of all levels. This program is offered free. In order to ensure appropriate supplies are available, seniors that wish to participate need to sign-up by November 8.

Join us for a Card Party

October 23 & November 27 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.

Beverages and snacks will be provided. **Bring your**

friends!!!



Octoberfest Potluck

Wednesday, October 16 – 11 AM

Celebrating friendship, food and good cheer. The Senior Center will host an Octoberfest Potluck complete with entertainment. Brats, Kielbasa and Hot dogs will be provided. Please R.S.V.P by October 9 and indicate what you plan to bring. Guests are welcome.

Christmas Party

Wednesday, December 18 – 11 AM

Interested seniors are welcome to join us at the Armada Senior Center for an event sure to put you in the holiday spirit. Ham and beverages will be provided. Seniors are asked to bring a dish to pass. There will be a \$10 gift exchange. If you wish to participate, you will need to bring a wrapped gift for a person of your gender. Please R.S.V.P. by December 13.



Birthday Celebrations

Join us as we honor our friends with birthdays October, November and December. Dessert and beverages will be served. Birthdays will be celebrated at 1 pm of Thursdays, October 3, November 7 and December 5 at noon.

The Senior Center will be closed
November 28 for Thanksgiving and
December 25 & 26 for Christmas.

Seniors on the Move - Upcoming Trips

- Grand Rapids Fall Color Wildlife Adventure! Friday, October 4 \$85.00
Enjoy a guided tour of the Blanford Wildlife Sanctuary in Grand Rapids. Then off to a scenic cruise with a BBQ lunch on the Grand Lady. Following the cruise we stop at Robinette's Apple Orchard and Cider Mill. Departs from Armada 7 AM.
- Greektown Casino Day Trip! Wednesday, October 30 \$25.00
Enjoy 5 hours at the casino. Receive \$20 in coin! Departure time to be determined. If interested please make reservations and payment by October 15.
- Christmas Shopping at Lakeside Mall Tuesday, November 12 \$2.00 DRIVER TIP
Hate driving to the mall, parking miles from the mall just drag your bags back to your car? Join a group of seniors leaving the Armada Senior Center at 10 AM to do a little Christmas shopping. We will be returning at 3 PM. Transportation will be provided on a SMART bus. Seating is limited, please reserve a seat.
- ~~Holiday Nights in Greenfield Village Friday, December 6 \$30.00
Step into a Christmas card from the past. Don't miss the most popular holiday event in the area complete with candlelit paths, live entertainment, costumed presenters, horse-drawn wagon and Model T rides, delightful holiday shops and more. We will be departing from the Armada Senior Center at 3 PM to make a dinner stop (not included in price) before continuing to the village for the evening. We will be at Greenfield Village 6:30 PM - 9:30 PM. Reservations and payment must be received by November 1.~~ **Cancelled**
- 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.
- Palazzo di Bocce 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 courtside 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. Reservation and payment must be received by January 15. TRANSPORTATION PROVIDED WITH SMART FUNDS.
- Doug Gabriel's #1 Hits Tribute Show-Frankenmuth Friday, March 14, 2014 \$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. Reservations and payment must be received by February 1. 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.