



ARMADA SENIOR CENTER

75400 NORTH AVENUE – PO BOX 306 ARMADA MI 48005

Jan Mueller, Director

(586) 784-8050 or cell (586) 651-6713

JULY · AUGUST · SEPTEMBER 2013

Birthday Celebrations

Join us as we honor our friends with birthdays in April, May and June. Cake and beverages will be served. Birthdays will be celebrated at 1 pm of Thursdays, July 11, August 1 and September 5.



Join us for a Card Party

July 31 · August 28 & Sept. 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, bridge, rummy, skip-bo or whatever card game suits you. Beverages and snacks will be provided.

Bring a friend!!!



Senior Nutrition- Reading Food Labels

Wednesday, September 18 @ 11 AM

We are proud to welcome *Ronald Slobodnik, Emeritus Professor of Nutrition & Biology at Macomb Community College* back for a discussion on reading food labels. These 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!!

Senior Brigade Program

Phone & Email Scams

Wednesday, July 17 at 12 PM

Learn how to recognize common scams initiated over the phone, mail or email. Reduce unwanted phone calls and junk mail. Report a problem or scam. These are just a few of the topics that will be covered during an informative presentation that will be presented by Attorney General Bill Schuette's Senior Brigade. If you are planning to attend, please leave a message at (586) 784-8050.

Dinner with a Difference

Friday, September 20 – 4-7 PM

Tired of the same old thing? Try a fun, free evening with us at the Armada Senior Center where we will be hosting a "Dinner with a Difference". Boy Scout Troop 485 will be on hand to help serve this mystery dinner. If you have never been to one of these dinners, all components of the meal will be given a new name, you will need to try to figure out what they are and order four courses. A sample of what you order will be served to you in the order you selected (this is always good for a laugh). After your sample dinner, food will be served in a manner that you will enjoy. Mark your calendars, call by Sept. 13 to R.S.V.P and reserve your seat...the more the merrier!

Summer Barbeque

Wednesday, July 3 – 11 AM



Enjoy food and fun with fellow seniors. We will be holding a potluck barbeque. Hamburgers & hot dogs will be provided. Please sign-up by June 28 to attend.

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.

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.



You are never too old to set another goal or to dream a new dream.

C.S. Lewis



Seniors on the Move – Upcoming Trips

- Senior Fun Festival at Gibraltar Friday, June 21 10 AM – 3 PM
- Hollywood Casino & Diamond Jack Boat Cruise Tuesday, June 18 \$55.00
Enjoy a fun-filled day at the new Hollywood Casino in Toledo, Ohio and take a scenic cruise on the Diamond Jack Cruise! 5 hours at Hollywood Casino (receive \$5 in coin) plus a two hour boat cruise on the Diamond Jack (complimentary subs and snack on cruise). Departs from Armada 6:45 AM.
- 2013 Senior Show at Macomb Center Friday, July 12 \$12.00
Join us for a delightful afternoon as senior citizens from throughout the Metro Detroit area take center stage to showcase their talents, in the fully staged annual Senior Show directed by Barb Elliot. Departs from Armada at 12:30 AM
- “Why Do Fools Fall in Love” in Turkeyville Tuesday, July 23 \$72.00
Four girlfriends gather to celebrate an upcoming wedding. Featuring classic songs from the 1960’s Includes transportation, performance and lunch. Departs from Armada 7 AM. Sign up by July 12 to ensure a seat.
- Tapper’s Garden/Legends Friday, July 26 Cost of lunch
Take a tour of the lovely Tapper’s Garden, then enjoy lunch at a local restaurant. Seating limited. You must sign up by July 19 to attend. Departs from Armada 10 AM. **Transportation provided with SMART funds!!!**
- Mystery Lunch Friday, August 9 Cost of lunch
One lucky traveler will win a complimentary lunch. Bonus stop at surprise location after lunch, you might want to bring some spending money. Departs Armada at 10:00 AM. **Transportation provided with SMART funds.**
- Tour of Chelsea (LAST CHANCE!!) Friday, August 23 \$45.00
Enjoy a day of fun in Chelsea, this is a trip you don’t want to miss! Includes transportation, tour of The Jiffy Factory and The Chelsea Teddy Bear Co., lunch, driver tip and a few surprises. If you are interested, I must receive payment by August 1. We must have a minimum of ten participants for this trip to go. Departs from Armada at 7:30 AM. **Transportation provided with SMART funds.**
- Amish Adventure Overnight! Meet the Amish! Tuesday/Wednesday, Sept. 10 & 11 (see cost below)
Step back in time in Nappanee Indiana! Your adventure starts with a visit to Shipshewana Flea Market and downtown, then on to Amish Acres where we will spend an evening immersed in Amish Culture. Included is overnight accommodations, a traditional Threshers Dinner, admission to the play “Seven Brides for Seven Brothers”, plus a continental breakfast, a countryside tour, a visit to Ren City for shopping and our last stop on the tour is at the home of the Mullet Family, where you will enjoy a home cooked lunch by Mrs. Mullet and her children. Departs: Tuesday, September 10 at 7 AM. \$229.00 (Double) \$339.00 (Single)
- Mystery Lunch Friday, September 27 Cost of lunch
One lucky traveler will win a complimentary lunch. Departs Armada at 10:30 AM. **Transportation provided with SMART funds.**
- 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.
- Fiddler on the Roof in Stratford, Ontario! Friday, October 18 \$139.00
Category “A” seats at the Festival Theater & lunch in Stratford. Proof of citizenship required. Departs at 8:15 AM.