



White Lake Township

Dublin Community Senior Center

Newsletter

'Your Home Away From Home'

HAPPY NEW YEAR!!!



January & February 2017

In the event of severe weather, if the Huron Valley and/or Walled Lake School Districts are closed, the Dublin Senior Center as well as Dublin Transportation program will be cancelled. However, the building will remain open.



Income Tax Time

Dublin Community Senior Center in partnership with AARP presents

FREE INCOME TAX ASSISTANCE

Every Monday from
February 6 - April 17, 2017

*****By appointment only*****

Center closed

Monday February 20, 2017

The AARP tax assistance is done by trained volunteers in partnership with the IRS, and is geared to seniors age 60 and up. The volunteers are able to do 1040 forms, and amended returns. The returns will be sent electronically and you will receive a paper copy to take home. They are unable to do returns with trust funds, business or farm income with the exception of Schedule CEZ.

Please note

If Walled Lake/Huron Valley schools are closed due to inclement weather -



Laugh Away the Blues

Tuesday

January 24, 2017

Time: 11:30am

Cost: \$3.00



Join us to learn the best ways of surviving the "Winter Blues". We will share fun, free and more importantly useful

information that will improve your health. You will learn why they say "Laughter is the Best Medicine". Kathy & Carol are ready to help you make 2017 the best it can be. We will be serving pizza and salad.

**Please register by
Friday January 20, 2017**



Basket Weaving

with Kathy from the Basket Sampler

Wednesday February 15, 2017

10:00am

Make this nice size market basket to hold lots of things. It is woven with a D handle and an X Bottom. Add color as you would like.

Please register by Friday February 10, 2017

Dublin Community Senior Center

Special Events

Senior Scams

Wednesday
February 22, 2017

1:00pm

NO CHARGE

Join us for this informative presentation. White Lake Police Department along with John from the Target Corporation will be at Dublin Senior Center to discuss the latest scams and how older people are preyed upon. He will also share some of the services available that can prevent credit card and check fraud.

**Please register by Friday
February 17, 2017**

Young Living presents

Make and Take

Essential Oil class 101

Wednesday

March 15, 2017

Time: 10:00am

Cost: \$10.00

(all supplies included)

Come join us and learn about Young Living Essential Oils! In this class, you will learn how to make 3 items yourself and take them home with you. Get rid of the toxins and chemicals by making your own over the counter products.

**Please register by
Friday March 10, 2017**



Coming in March....

St. Patty's Day Celebration

Thursday

March 16, 2017

11:30am

Cost: \$8.00



It's that time of year to enjoy a traditional Irish Meal of corn beef, cabbage, potatoes and carrots provided by Dave & Amy's Restaurant of White Lake. The **Shamrockers** will be back to entertain us with their good ole' Irish-American music.

**Please register by
Friday March 10, 2017**

Westlake Health Campus

Luncheon and Snoop

Wednesday

February 1, 2017

11:45am

NO CHARGE

Must bring a wrapped \$10.00 gift to register.

Join us for a delicious lunch sponsored by **Westlake Health Campus**. After lunch enjoy a fun afternoon with friends playing Snoop. Space is limited.....register early

**DRIVER
SAFETY** 

AARP Real Possibilities

Coming in April.....

AARP Driver's Safety Program

Tuesday and Wednesday

April 4 and 5, 2017

12:00noon - 4:00pm

Cost: \$15 - members

\$20 - non members

Refresh your driving skills!

Learn proven safety methods and tips on how to adjust your driving to compensate for any possible physical and cognitive changes that may occur with aging. Check with your auto insurance company to see if you would qualify for a discount upon completion of this course.

Participants must complete both 4-hours sessions to receive certificate.

Please call Dublin Senior Center to register
248-698-2394

Healthy aging starts with you taking advantage of our services, classes, programs and travel!!!

Dublin Community Senior Center

Health and Fitness Opportunities

Massage

1st and 3rd Tuesday each month

By appointment

No Massages in January or February

Research continues to show the enormous benefits of touch.

Massage Therapy & Reflexology can provide:

- ~Decreased anxiety
 - ~Enhanced sleep quality
 - ~Greater energy
 - ~Improved concentration
 - ~Increased circulation
 - ~Reduced fatigue
- (Cancellations cannot be transferred).

Stretch and Strength

Tuesdays 9:00am

No class 1/3

Instructor, Jo Schirtzinger, has developed this class to help improve stamina, strength and flexibility. The exercises are adaptable to any pace and fitness level. Workout to oldies, big band and rock-n-roll music.

\$24 for 6 classes/\$5 per class drop-in fee

Drums Alive!

Tuesdays 10:30am

No class 2/14

This exercise is intended to give participants exposure to drumming and movement specifically designed to enhance physical, emotional and cognitive skills in a social setting. Perfect alternative to traditional aerobics for older adults. This class is conducted primarily from a standing position, but can also accommodate participants who need to sit.

Class is taught by certified instructor,
Lauren Oleksiak

\$24 for 6 classes/\$5 per class drop-in fee

Tai-Chi

Mondays

No class 2/13

8:30am

Tai Chi is becoming very popular for it's many health benefits. Not only is it low impact and good for your body, but it focuses on mental health as well. It does this by using breathing techniques and visualization. Anyone can do Tai Chi and it does not require any exercise equipment. It has been known to help those with different types of arthritis, stress, depression, anxiety, fibromyalgia, diabetes and the list goes on.

Every week you will learn proper form and new movements. All of the movements come together as a smooth flowing session.

Tai Chi can be done from a seated or standing position.

Free Friday Swim

Lakeland Pool & Fitness

Every Friday Morning

5:00am - 12:00 noon

Call 248-676-8390 for further information.

Balance for Life

Thursdays 9:15 am - 10:00am

No class
1/5

Do you lose your Balance? Do your legs feel weak? Loss of balance often results in falling, fracturing hips and breaking wrists. With this 45 minute workout, Jo Schirtzinger from Leisure Unlimited will help you improve your balance and posture while strengthening your legs and ankles to prevent falling. Fun activities - you won't even know you are exercising!

\$24 for 6 classes/\$5 per class drop-in fee

Dublin Community Senior Center

Health and Fitness Opportunities

Hatha Yoga

Wednesdays 9:30am

Instructor Jeanne Eagen teaches modified Hatha Yoga class for beginners and experienced practitioners alike. You will need to bring a sticky mat and a large beach towel.

\$42 for 7 classes / \$7 drop-in fee

Beginning Line Dancing

Thursdays 10:00am

This basic class is designed with the absolute beginner in mind. No equipment is needed except comfortable shoes, a willing attitude and friendly smile. Line dancing is a wonderful way to exercise! Not only does it promote good health, but it's a great way to enjoy music and meet new friends. Come join us for fun, exercise and music!

\$18 for 6 classes / \$4 drop-in fee

Intermediate/Advanced Line Dancing

Thursdays 11:05am

This class is designed for those of you who have had the basic line dance classes, and would like to move on. We will be learning moderate to high level intermediate dances. We use all types of music from country, swing, waltz, and cha-cha's. So put on your dancing shoes and come join us for music, exercise and..... **A LOT OF FUN!**

\$24 for 6 classes / \$5 drop-in fee

When taking any of our exercise classes for the first time....they are **FREE**.

Just stop in the office to let us know your are here to try a new class. This enables you to see if the class is right for you. If the class is a right fit, you can join at anytime.

Guided Imagery - (Meditation)

Wednesdays 9:00am - 9:30am

No set fee, please make a donation.

Hatha Chair Yoga

Fridays 9:30am

Instructor Jeanne Eagen teaches a modified Hatha Chair Yoga class for beginners and experienced practitioners alike.

\$42 for 7 classes / \$7 drop-in fee

Dublin Senior Center Walking Club

NO CHARGE

Monday, Wednesday & Friday

Center Closed

Monday January 16, 2017

Monday February 20, 2017

9:00am - 10:00am

Build friendships as you build steps towards healthy living.

Our walking club is free and open to everyone. We meet Mondays, Wednesdays & Fridays from 9am - 10am. In nice weather we walk on the track in Vetter's Park behind the Center. In the winter, we use walking tapes for exercise so we stay active until the snow melts.

*****On-Going Programs*****

QUILTING BEE

Everyone working on their own project.

2nd and 4th Wednesday of each month

January 11 & 25, 2017

February 8 & 22, 2017

11:00am - 4:00pm

Come anytime during this time frame.

NO CHARGE

Come and join this new group of quilters.

This day is yours to enjoy, so bring your supplies and create your masterpiece with friends. If you've never quilted before and would like to learn....this group is for you.

Please give us a call if you would like more information.

248-698-2394

Dublin Community Senior Center

On-Going Programs

Dublin Community Senior Center

Lunch & Bunco

1st Wednesday every other month

Wednesday

January 4, 2017

March 1, 2017

11:30am

Cost: \$7.00

Meet new people and enjoy a great afternoon!

No experience is necessary to play this game of rolling dice.

Pre-registration is required

Dublin Rythmics

Tuesdays between 1:00pm - 4:00pm

Dust off your old instruments and wind pipes...

come join us, we are looking for people

interested in joining Dublin's own music venue.

Coloring Club

Third Wednesday at 11:00am

January 18, 2017

February 15, 2017

Art therapy has been used for years.

Benefits include: lower blood pressure, less anxiety, reduces tension headaches, stabilizes mood, increases attention span, serves as sleep aid, relieves digestive issues and helps to exercise your brain. Our new club is a win win, you release your creativity at the same time you are improving your health!

Lunch Bunch

Last Tuesday of each month

January 31, 2017

February 28, 2017

11:00am - meet at Dublin

11:30am - meet at restaurant

Join us as we venture to a different restaurant each month. Please register by calling or stopping in the Dublin Senior Center office the Friday before. We can also let you know the restaurant we will be going to when you register.



Wii Bowling League

Every other Thursday

1:00pm - 3:00pm

January 12 & 26 2017

February 9 & 23, 2017

No Charge.... No pressure.....Just FUN

Join us for an entertaining afternoon. We will be bowling for eight weeks, enjoying a casual banquet at the end with food, fun and friends.

Hearing Aid Screening/Cleaning

Thursday May 11, 2017

Kristen Huizdos, Doctor of Audiology from Alliance Hearing Care will be available for screenings as well as checking and cleaning hearing aids.

Please call Dublin Senior Center to make an appointment 248-698-2394

Bridge Club - Thursdays 12:30pm

Join us each week for an enjoyable afternoon of Bridge.

If interested in **Bridge Lessons** before Bridge Club - please call Dublin Senior Center

Medicare/Medicaid Assistance Program - (MMAAP)

1st Wednesday each month - *by appointment*

A trained volunteer through Area Agency on Aging 1-B is available to assist you with claims, denials of service or answer any questions you may have about these benefit programs.

Please call Dublin Center for an appointment or more information.

248-698-2394

Our volunteer will meet with you at Dublin Senior Center.

Dublin Community Senior Center

On-Going Programs



Knit-Wits

Knitting/crocheting group

Tuesdays

11:00am

Join us to socialize, share ideas, patterns and current projects. If you would like to learn how to knit or crochet this is the group for you! Don't sit home alone, join this great group to work on your project and meet new friends.

Monthly Birthday Celebration

1st Friday of each month

January 6, 2017

February 3, 2017

11:45am

On the first Friday of the month, enjoy cake and conversation with Rep. Runestad, Com. Kowell, State Sen. Kowall, and Congressman Trott. Our Representatives will take turns bringing in our birthday cake.

Book Club

3rd Thursday of each month

January 19, 2017

February 16, 2017

10:30am

Denise Harris-Fiems from the White Lake Township Library leads book discussions. Read and review a different book each month.

Ask the Nurse

West Lake Health Campus

2nd Friday of each month

10:30am

A nurse from West Lake Health Campus will be here the second Friday of each month to take your blood pressure. They will also be available if you have any health concerns you would like to discuss.

BINGO

Mondays & Fridays

12:20pm

Center closed 1/16 and 2/20, 2017

Join us for an afternoon of fun, B.I.N.G.O. and FRIENDS

Wrapped in Warmth

Mondays

10:00am

Center closed 1/16 and 2/20, 2017

Enjoy visiting with friends while knitting/crocheting lap blankets for Karmanos Cancer Institute at Huron Valley Hospital.

Anyone wishing to donate yarn to our Wrapped in Warmth group, please call our Dublin Senior Center office 248-698-2394. We would love your donations!

Anyone Can Paint

2nd Wednesday of each month

January 11, 2017

February 8, 2017

Time: 1:30pm

Steve's classes are designed for beginning and intermediate levels of painting skills. All you need to bring to class is yourself, a desire to paint and willingness to **HAVE FUN!** You will leave class with a completed painting each time.

Cost: \$25.00 - 2 hour session

All supplies included

Please register in advance

Cards and Group Games at Dublin

Hand & Foot - Mondays 11:30am

Euchre - Tuesdays 1:00pm

Double Pinochle - Wednesdays 1:00pm

Bridge - Thursdays 12:30pm

Mahjong - Mondays 11:00am

Fridays 11:00am

Dublin Community Senior Center

Support Services

D.O.E.R.S.

(Dublin Over Eaters Round-up Support)

Every Friday - 11:00am

Join our weekly weight-loss support group.

\$10.00 registration fee

Dues: \$2.00 per week

\$1.00 of dues given to local charity.

\$1.00 given as prizes to two

top "losers" of the week.

Congregate Meals

Meals prepared through Western Oakland Meals-on-Wheels are served regularly at Dublin Center on **Mondays & Fridays**. **Reservations** for these meals must be made **two days in advance** by calling **248-698-2299**.

Please have correct change.

\$3.00 for 60 years of age and over

\$5.00 for 59 years of age and under

New Beginning

Will resume in the spring

NO CHARGE

11:00am

New Beginning is an on-going grief support group for widows and widowers who have worked through their early grief. They're ready to move forward in life...the beginning of new experiences. Some individuals will have reservations about what lies ahead, and others are ready to explore all avenues.

If our grief is still fresh (less than 6 months), attending an early grief workshop is Recommended.

before participating in the New Beginning group.

Focus Hope

11:00am - 12:00 noon

2nd Tuesday of each month

January 10, 2017

February 14, 2017

Dublin Community Center hosts the *Focus Hope* food distribution program. Further information may be obtained by calling Focus Hope office at **313-494-4600**

Ask the Attorney

Last Wednesday of each month

***By appointment* 12:00noon - 1:30pm**

Jack Bolling from the Law offices of Jack Bolling P.C. in Milford is available to meet with you to answer legal questions you may have. He specializes in Elder Law, Estate Planning, Medicaid Planning, Will & Trusts and is a VA accredited Attorney.

Meals-on-Wheels

In addition to meals provided at the center, Western Oakland Meals operates a program for the homebound through the Dublin Community Senior Center. If you would like to enroll, or become a volunteer driver, please call

888-886-8971

Mobile Dental Office

2nd Tuesday of each month

10:00am - by appointment

**Call Dublin Senior Center for an appointment
248-698-2394**

Transportation

Places to go...things to do...let us help you!!!!

White Lake Township provides transportation for those 55 years of age or older and disabled residents. If you need a ride for doctor appointments, shopping, personal errands or to attend programs at Dublin Senior Center give us a call at **248-698-3994**.

We're available Monday - Friday between 8:30am - 4:00pm to schedule a ride.



Dublin Community Senior Center

Travel

Travel information

- *Payments can be made by cash or check.
 - *Please make checks payable to
White Lake Township
- *Payment in full will secure your reservation for day trips.
- *Arrive 15 minutes prior to departure time.
- *Please park in the parking lot on the side of Dublin Senior Center.
 - *Please save the 2 front row seats on door and driver side for escort and/or handicapped.
- *When going to Canada, make sure to have your passport or enhanced drivers license.
- *For casino trips, you must have your drivers license to receive incentives.
- ***Cancellations**: Refunds will only be given if your place for the trip can be filled.
 - ***Inclement Weather**: In the event of inclement weather, if Walled Lake and/or Huron Valley Schools are closed, all programs at Dublin Senior Center are cancelled.
HOWEVER.... any trips with a travel company will still take place unless the travel company chooses to cancel.
- *Medical forms must be completed by all participants prior to departing for a day trip.
- *A waiting list is started whenever a day trip becomes full. If you are unable to attend a day trip after you sign up, contact the center so that the next person on the waiting list will have a chance to attend.
- *Dublin Community Senior Center reserves the right to request that any person needing assistance while participating in our travel programs be accompanied by a personal escort. A paid reservation must be made for the escort.

Caesar Windsor

Passport or Enhanced Driver's License is required

Tuesday January 17, 2017

Tuesday January 31, 2017

Time: 12:30pm

Cost: \$15.00

for the first trip....Second trip is FREE!

Receive \$20 in coin or food per trip!!!

Join us for....

**BREAKFAST and
GREEKTOWN CASINO**

Wednesday

January 18, 2017

Time: 9:30am

Cost: \$8.00

(Lunch on our own)

Help rid of the winter blues.....come with us for a day away. We'll be traveling to L George's for breakfast then off to Greektown Casino.

HOPE YOU WILL COME WITH US



Visit Hamtramck Michigan

For a taste of Poland

Friday

February 10, 2017

Time: TBA

Cost: \$49.00

Trip includes:

- ~Step on guide for a tour of Hamtramck
- ~Stop at one of the famous bakeries
- ~Tour of Hamtramck Historic Museum
- ~Lunch at the Polish Village for a Traditional

Just a reminder.....

**Please come to Dublin Senior Center
15 minutes prior to trip departure.
Please park in the side parking lot.**

ENJOY YOUR TRAVELS

Dublin Community Senior Center

Valentine's Day Lunch & Tea Sweet D's in Linden

Tuesday
February 14, 2017
Time: 10:30 am
Cost: \$31.00

Join us for a relaxing day as we head to Sweet D's for an enjoyable tea luncheon. We'll begin with a pot of tea for each person, followed by soup or salad, tea sandwich plate with a piece of Quiche and fruit. Next serving will be a scone with 3 toppings and a dessert course. Along with all of this we will have a sweet tray on our table

Point Edward Casino

Passport or Enhanced Driver's License is required

Wednesday
February 8, 2017
Time: TBA
Cost: \$20

Travel with us for a fun day away. Take a break from gambling and enjoy a delicious lunch at Point Edward's Getaway restaurant while you take in the impressive view of the St. Clair river.
Receive \$15 casino incentive

Ford House and Lunch

Tuesday
February 14, 2017
Time: TBA
Cost: \$59.00

Trip includes:
~Transportation
~Lunch at the Cotswald Café
(Sandwich Splendor Buffet)
~Guided home tour

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 relations.

Greektown Casino

Tuesday
February 21, 2017
Time: TBA
Cost: \$20

Trip includes:
Deluxe Motorcoach Transportation
5 hours of gambling at Greektown Casino
Receive a total of \$20 in incentives!!!
Take time out of your day to enjoy lunch at one of Greektown's wonderful restaurants.

Milford High School presents....

'Can't Take it With You'

Thursday
March 2, 2017
Time: 2:00pm
Cost: \$10

This zany play is an idealistic comedy that reinforces the idea that you can only live life to the fullest by doing whatever makes you happy. Sit back and enjoy this quirky comedy in all it's glory.

Tour Historic Marshall

Friday
March 3, 2017
Time: TBA
Cost: \$89.00

Visit Historic Marshall Michigan with lunch at the famous Win Schuler's Restaurant. We will have a step on guide for a tour of historical homes and a stop at the famous historic Honolulu House. Lunch entrée choices are: chicken, fish or prime rib.

Served with all sides, coffee, tea, and dessert.

PLEASE NOTE:

Money is due by February 3rd

Dublin Community Senior Center

FYI

Community Connections

White Lake Township Library at Dublin Senior Center

We are fortunate to have a 'branch' of the White Lake Township Library at Dublin Senior Center. A wide selection of books and tapes from fiction to mysteries, cookbooks to biographies and more are available. Come on in and browse our library. Stop in the Center office to check out your books. Cozy up to the fireplace

OPEN DOOR DISCOUNT DAY

Dublin Senior Center members will get **25%** off all items every **Wednesday** when you tell them you are a member of the **Dublin Community Senior Center**.

White Lake Township Library

Just a reminder that Dublin Senior Center has an extension of the White Lake Township Library. Stop in and take a look. Just select your book and sign it out in the Dublin Office.

Huron Valley Optimist Cub

Meets every Wednesday at 7:00am at Dave & Amy's Restaurant.
9595 Highland Rd.
White Lake, MI 48386

Minor Home Repairs

White Lake Township offers a minor home repair program designed to help low to moderate income households complete more complicated home maintenance. You do need to be a resident of White Lake Township. For more information
Call 248-698-3300 Ext. 123

Huron Valley Chamber of Commerce

317 Union St.
Milford, MI 48381
248-685-7129

Dental Program

Oakland County Health Division

The Oakland County Health Division Dental Program serves the basic dental needs of low-income Oakland County residents who lack dental insurance. This program is not a dental plan. They provide evaluation for recipients and a course of basic dental treatment which is usually completed within two to four months. For more information, to see if you qualify or an application packet please call

Partnership with Dublin Elementary School

We are partnering with **Dublin Elementary School** to develop intergenerational programs. We will be starting a reading and math program with the young students at Dublin Elementary. If you are interested in donating 1 or 2 hours a week please contact Kathy or Carol at the **Dublin Senior Center office**.
248-698-2394

RAPID, SAFE, NON-DESTRUCTIVE ACCESS

White Lake Township Fire Department

The White Lake Township Fire Department has started a program to gain non-destructive access to township citizens who are at risk for falls, or have chronic medical conditions and are likely to need assistance, but are unable to get to the door to let firefighters into the home.

The department will issue to citizens who qualify, a secure way of storing a key outside their home of which only White Lake Township firefighters will have access.

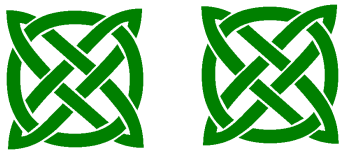
**For further information please contact Firefighter/Paramedic David Mills
248-698-1980**

Dublin Community Senior Center

FYI

Newsletter via the Internet

Dublin Community Senior Center's newsletter is also available on the web. If you have internet access, go to www.whitelaketwp.com and click on **Services & Departments** then click **Dublin Community Senior Center**. You will see a link for calendar and newsletter. To the left of the page are more categories for other links to services and programs offered through Dublin Community Senior Center.



*****Thank you*****

Legal Eagle Copy Service
for copying our **Newsletter**



COPY SERVICE, L.L.C.

www.legaleaglecopy.com

248-960-9291

8585 PGA Drive, Suite 103
Commerce, MI, 48390

Loan Closet

White Lake Dublin Community Senior Center offers a Durable Equipment loan closet for those in need of medical equipment.



For more information, call
the **Dublin Senior Center Office**
at **248-698-2394**

PARTICIPATION STIPULATION

For participants' own well-being, we remind you that the Dublin Community Senior Center is not responsible for providing care for individuals who have a physical or mental impairment that causes an inability to care for their personal needs, or that may jeopardize the rights of other

Disclaimer

Dublin Community Senior Center offers information through resource and referral, seminars, classes and events. We do not recommend or endorse any particular individual, company or agency. We only inform those inquiring what may be available.



Marilyn Bock - Aluminum Foil Sheets, bowl cover ups, sandwich bags and aluminum containers.

Wish List

Large gallon size zip lock baggies
Folger's Decaf coffee
Napkins

DONATIONS

The Dublin Community Senior Center welcomes charitable donations. A gift to the Center becomes a source of lasting pride to the donor. All contributions help ensure continuance of center programs and supportive services. Your generosity, regardless of the amount, will help to keep the seniors of our community living independently and with dignity.

To prevent cancellation of programs and trips....**PLEASE** make sure to register early. When tickets are involved, payment is due well in advance. Signing up early will help ensure our great trips and programs will be a **GO**.

685 Union Lake Rd.
White Lake, MI 48386



Dublin Community Senior Center
685 Union Lake Rd.

White Lake, MI 48386

Office: 248-698-2394 Fax: 248-698-3839

Transportation: 248-698-3994 www.whitelaketwp.com

Senior Center Director

Kathy Gordinear, BS
kgordinear@whitelaketwp.com

Program Developer

Carol Kehoe, BS
ckehoe@whitelaketwp.com

Transportation Coordinator

Marge Loula
mloula@whitelaketwp.com
248-698-3994

Meals-on-Wheels

Chris Higgins
Kitchen # 248-698-2299
Meals-on-Wheels #
1-888-886-8971

Bus Drivers

Nick Cantu
Mary Luark
Tim Mitchell
Dan Pegg
Sherrie Tyler



Dublin Community Senior Center

Advisory Council

Valerie Bayer
Marilyn Bock
RoseAnn Failla
Jan Gross
Sharon Kalinowski
Karen Law

Stanley Piatkowski

Advisory Board Liaisons

Kathy Gordinear
Carol Kehoe
Terry Lilley