

White Lake Township

Dublin Community Senior Center NEWSLETTER



'Your Home Away From Home'



March and April 2020

Income Tax Time

Dublin Community Senior Center in partnership with AARP presents.....

FREE INCOME TAX ASSISTANCE

Mondays through April 13, 2020

****PLEASE CALL FOR AN APPOINTMENT**
248-698-2394**

PLEASE NOTE

If Huron Valley/Walled Lake schools are closed due to inclement weather - TAX APPOINTMENTS WILL STILL TAKE PLACE.

CREATE YOUR OWN MASTERPIECE



MOSIAC TILE CLASS

Tuesday April 21, 2020

11:00am

\$15 for one

\$30 for two



You can choose a heart or circle or do both!

You can do just one color or use several colors to create a patchwork look.

At the end of class our instructor will give us a grouting demo. Due to our projects being wet we will have to allow dry time and do the grouting at home.

This project is not just a beautiful item for you or a gift, but it also benefits the Song and Spirit Institute for Peace.

Refreshments will be provided.

Register ASAP

Wednesday April 15, 2020



Tiger's Opening Day Party

Monday

March 30, 2020

1:00pm

\$5.00

Join us as we "root root root for the home team" while enjoying Hotdogs & Chips.

**Please register by
Monday March 23, 2020**



Oakland County Veteran Navigator

Supporting Veterans and Families in Oakland County

Wednesday

May 20, 2020

11:00am

Refreshments will be served

NO CHARGE

Please join us to welcome Chaka

McDonald

with Oakland County Veteran Navigator. He will be presenting information regarding this agency which helps veterans and their families steer through state, federal and community resources.

**Please register by
Friday May 15, 2020**

Lunch and Learn

with Dr. Cory Rubin

Michigan Dermatology Institute

Tuesday

March 24, 2020

Time: 11:30am

NO CHARGE

Dr. Rubin will educate us on:

- ~what to look for when checking your moles - signs of skin cancer
- ~how to keep your skin properly moisturized during the winter months
- ~how to deal with Eczema
- ~dealing with hair loss, treatment options for hair loss

Enjoy a delicious lunch provided by Dr. Cory Rubin

**Please register by
Wednesday March 18, 2020**

Dublin Community Senior Center

Special Events

Document Shredding at Dublin Senior Center Members

****May 13, 2020 - May 26, 2020****

Bring your important documents to Dublin Community Senior Center and let us help you with your spring clean-up project.

We have contacted and will be working with SafeWay Shredding.

PAPERWORK ONLY...PLEASE REMOVE ALL PAPERCLIPS and BINDER CLIPS.

Basket Weaving with Kathy from the BASKET SAMPLER



**Wednesday
March 18, 2020
10:00am
\$18.00**

Make two pencil baskets in a variety of twills. These are woven over a pencil cup that remains inside. Spokes are inserted into a wooden base.

**Please register by
Friday March 13, 2020**

CARD DESIGNS BY PHYLLIS



**Thursday
March 12, 2020
11:00am
4 cards for \$8.00
(2 patterns)**



Think Spring.....

Phyllis is back by popular demand!!! Bring a friend and enjoy an afternoon creating your own greeting cards.

**Please register by
Monday March 9, 2020**

Health and Fitness Opportunities

Stretch and Strength Tuesdays 9:00am

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

Guided Imagery - (Meditation) Wednesdays

9:00am - 9:30am
No set fee, please make a donation.

CORE HEALTH & FITNESS

**Mondays
8:30am - 9:15am
NO CLASS 3/16**

This class will help people of all ages and fitness levels to maintain and/or increase your range of motion, flexibility and mobility by focusing on your core.

The core is the power house of the body, so once it is strengthened most people see an improvement in overall fitness and quality of life. Modifications are made for students who need to remain in a seated position.

\$24.00 for 6 classes/\$5 drop-in fee

Zumba Gold Monday 9:30am NO CLASS 3/16

Take the Zumba formula and modify the moves and pace to suit the needs of the active older participant and you have Zumba Gold. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin and international music; the exhilarating, easy to follow moves; and the invigoration party like atmosphere.

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

**Zumba can be done
in a chair**

**Join us for a FUN
ENERGIZING class**

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

Hatha Chair Yoga Fridays 9:30am NO CLASS 4/10

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

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

**Healthy aging begins with
you taking advantage of
our services, classes,
programs and travel.**



Dublin Community Senior Center

Health and Fitness Opportunities

Massage Therapy First Tuesday of each month

****By appointment****
248-698-2394



Research continues to show the enormous benefits of touch.

Massage Therapy can provide:

- ~Decrease anxiety
- ~Enhanced sleep quality
- ~Greater energy
- ~Improved concentration
- ~Increased circulation
- ~Reduced fatigue

\$1.00 per minute

(Cancellations cannot be transferred)

Balance for Life Thursdays

9:15am - 10:00am

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

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

Congratulations to our Walking Club

In 2019 they walked

1,818.34 miles and 7,273.36 laps



Dublin Senior Center Walking Club

NO CHARGE

Monday, Wednesday & Friday
9:00am - 10:00am

NO WALKING 3/16 or 4/10

**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

Join us for **SCRABBLE**

The third Tuesday of each month

March 17, 2020

April 21, 2020

11:00am

This is a great way to exercise your brain while making new friends!!!



Dublin Community Senior Center Lunch & BUNCO

Wednesday

March 4, 2020

11:30am

Cost: \$7.00

Join us for a light lunch with friends and enjoy a simple dice game after lunch.

Please register in advance

Dining with the Director

Last Tuesday of each month

March 31, 2020

April 28, 2020

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 by the Dublin Senior Center office. We can also let you know the restaurant we will be going to when you register.

Dublin Rhythmics

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.

Dublin Community Senior Center

On-Going Programs

QUILTING BEE

Everyone works on their own project.
2nd and 4th Wednesday of each month
March 11 & 25, 2020
April 8 & 22, 2020
11:00am - 4:00pm
Please give us a call if you would like
more information.
248-698-2394

Book Club

3rd Thursday of each month
March 19, 2020
April 16, 2020
10:30am
Denise Harris-Fiems from the White Lake
Township Library leads book discussions.
Read and review a different book each month.



BINGO

Mondays & Fridays
12:20pm
NO BINGO 3/16, 3/30 or 4/10
Join us for an afternoon of
FUN... FRIENDS & ... BINGO!

Cards and Group Games at Dublin

Hand & Foot - Mondays 11:30am

Euchre - Tuesdays 1:00pm

Samba - Second and fourth Wednesday of
each month 11:30am

Scrabble - Third Tuesday of each month 11:00

Mahjongg - Mondays 10:00am
Thursdays 10:00am

Mexican Train - First & Third Thursday each
month 12:30pm

****Please check calendar for dates
center may be closed****

WOTA

(West Oakland Transportation Authority)
Our transportation program has merged with
other communities to form WOTA. With this
merger there will be more busses and a larger
service area. Current riders need to complete
new paperwork as soon as possible. For further
information and to request a new rider application
and copy of rider's guidelines please call
248-887- 4979
or go on line to info@ridewota.org

Anyone Can Paint

2nd Wednesday of each month
March 11, 2020
April 8, 2020
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 include

Please register in advance

Coloring Club

Third Wednesday at 11:00am
March 18, 2020
April 15, 2020

Coloring is often referred to as a form of
meditation. It allows us to relax and turn off
our brains which can help with anxiety. Coloring
can also reduce tension headaches and help
stabilize moods. Our new club is a win win, you
release your creativity at the same time you
are improving your health!

We will supply color pencils and coloring books.
You are also welcome to bring your own.

Movie Matinee at White Lake Library

Second Thursday of each month
March 12, 2020
April 9, 2020
2:00pm

Meet at White Lake Library each month for a
newly released film, closed captioning displayed.
Free popcorn! You are welcome to bring your
own soda or water.

Please call White Lake Township Library
for the movie title and to register
248-698-4942

Wrapped in Warmth

Mondays
10:00am

NO KNITTING 3/16

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!

Dublin Community Senior Center

On-Going Programs

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. Come in and browse our library. You just need to stop in the Senior Center Office to check out your books.

Helpful Hookers

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.

Ask the Attorney
Last Wednesday of each month
Call Dublin Senior Center for an appointment
248-698-2394

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.

Focus Hope

11:00am - 12:00 noon
2nd Tuesday of each month
March 10, 2020
April 14, 2020

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

Supportive Services

Medicare/Medicaid Assistance Program

MMAP **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 Senior Center for an appointment or more information.
248-698-2394.

Our volunteer will meet with you at Dublin Senior Center.

Grief Support Groups

Daytime Loss-Grief Support Group
St. Mary's Church in Milford
For more information please contact St. Mary's office
248-685-1482

Widows Support Group
Neighborhoods of White Lake
3rd Saturday of each month - 2:00pm
For more information please call
Kathy 248-918-1622

D.O.E.R.S.

(Dublin Over Eaters Round-up Support)
Meets the first Friday each month
11:00am

March 6, 2020
April 3, 2020

Join our monthly weight-loss support group.
\$10.00 registration fee
Dues: \$2.00 per week

Half of your dues will be donated to a local charity. The other half will be awarded to the top two losers.

Congregate Meals

Meals prepared through Western Oakland Meals-on-Wheels are served 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

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

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. Watch your local news for school closings.

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.
 - ***Cancelledations:** 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.

Just a reminder for trips.....

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

Caesars Windsor

Valid proof of citizenship such as passport or enhanced driver's license is required

Monday

March 2, 2020

March 16, 2020

Time: 12:30pm

Cost: \$20.00

For the first trip.....second trip is **FREE!**
(March 16th is \$20 if you do not go on the first trip)

Enjoy a day away at Caesar Windsor Casino.
You will receive a total of \$30 in coin or food for both trips. \$15.00 per trip

Soaring Eagle Casino

Monday

April 13, 2020

\$35.00

Time: TBA

Come with us for a day away.....less than 3 hours you can be at Soaring Eagle Casino in Mt. Pleasant, Michigan.
Receive \$20 in coin and \$5 in food!

Saganing Eagle's Landing

Monday

April 27, 2020

\$39.00

Time: TBA

Join us as we travel to the sunrise side of the state in Standish. Enjoy and afternoon of gambling,
Start with \$10 in coin & \$5 in food. Earn 100 points and receive another \$10 in coin.

Lunch at The **FENTON HOUSE** and



Wednesday

April 22, 2020

10:30am

\$6.00

(lunch on our own)

Bring a friend and join us....

We'll be heading to the Fenton House for lunch.
Then we're off to Heavenly Scent Farm to browse and enjoy the many things they have to offer.

**Please register by
Wednesday April 15, 2020**

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.

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**



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.

Donations

The Dublin Community Senior Center welcomes charitable donations. Individuals and organizations may make contributions in memory of a deceased loved one or in honor of special occasions. 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.

Marilyn Bock - Coffee
Sally Taylor - Candy

Thank You!

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 members of the group.

FREE Weatherization Assistance Program

~OLHSA Housing

The goal of the Weatherization Assistance Program is for the weatherization team and client to work together as partners to save energy, to make the home more comfortable and reduce energy bills. Some energy saving measures include:

~Home energy audits

~Insulation

~Air leakage reduction utilizing blower door technology

~Furnace repair or replacement

~Combustion appliance testing

~Smoke/carbon monoxide detectors

Please call 248-209-2689 to get your Weatherization application started.

Meals-on-Wheels is looking for volunteers

We would love the opportunity for you to be a part of our team. This is a commitment of 1 - 2 hours of your time as little or as often as your schedule will allow. Once a month, once a week, temporary or on a continuous basis.

WE NEED YOUR HELP and

WOULD LOVE TO HAVE YOU JOIN US!

For more information please

call Lucy at

810-632-2155 or

email info@lwmow.org



FRIENDSHIP



**JOIN US
AT
DUBLIN
SENIOR
CENTER**

Dublin Senior Center
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
Hours: 8:00am - 4:30pm

Senior Center Director

Kathy Gordinear, BS
kgordinear@whitelaketwp.com

Program Developer

Carol Kehoe, BS
ckehoe@whitelaketwp.com

Meals-on-Wheels

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



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