

FOREST TOWNSHIP AREA

SENIOR CENTER NEWSLETTER

APRIL
2016



130 E. MAIN STREET • OTISVILLE, MICHIGAN 48463

OFFICE: 810-631-3407

FAX: 810-631-6162

EMAIL

forestsensors@foresttwp.net

WEBSITE

www.foresttwpseiorcenter.com

CENTER HOURS

Monday through Friday
8:30 a.m. – 4:30 p.m.

Director: Dawn Kujawa

Assistant: Jean Korman

Senior Board

President: Janet Fettig

Vice President: Larry Kidd

Secretary/Treasurer:

Betty Campbell

Trustees:

Lorna Kelly

Barb Nielson

Geraldine Mullins

James Baier

Karen Phillips

Mission Statement

To provide, enhance and to improve the quality of life of the senior citizens by promoting a range of activities, including but not limited to health, recreation, education and information.

"This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work."

Line Dancers

On March 3, 2016, the line dancers from our senior center entertained us at our Thursday dinner. The dances performed were the ones they did for the competition in the Senior Winter Games held in February. One of the dances did receive a gold medal and was performed by Ed White, Barb Nielson and Sue Swanagon. Congratulation to all the seniors who performed in the line dance competition.



Mothers Day Tea



Join us as we celebrate Mother's Day!

Friday, May 6, 2016 from 2:00pm-4:30pm

Forest Township Areas Senior Center

Cost: \$5.00 (100 tickets available)

Includes Lunch, Dessert and Door Prizes

This year's theme.....*Let's Have a Picnic*



Health Fair 2016

Giveaways !

Tuesday, May 10, 2016

Raffle Prizes!

10:00am-2:00pm

Come join us for the Health Fair

and visit the many venders to see what they have to offer.





Dawn's Comments

Spring is in the air! Hopefully we have seen the last snowflake! Our gardeners have been busy getting ready for the new season by planting seeds and preparing the beds for new plants. If you enjoy gardening, the club is always looking for new members.

Stop in on Wednesday mornings and see what they are working on. The first weekend in May is the popular M-15 Garage Sale. The senior center will be having a sale again this year and we are looking for donations. So if you have been cleaning out, we would love to take those great treasures off your hands and raise some funds for the senior center. Next month we will be hosting a Health and Service Fair, along with our annual Mother's Day Tea. Senior Power Day is scheduled for May 25 at Crossroads Village. We have tickets available in the office. Watch for more details on these great events as we get closer to them!

Hope to see you at the senior center soon!

Commodities

We are now a commodities site. If you or you know of someone that may qualify for Food Assistance, please contact the senior center office for more information.



Next pick-up for commodities is
Tuesday, April 12, 2016
9am - 12pm

Pro-Hearing Clinic

The Pro-Hearing professionals will be here every month to clean and check your hearing aids.



Next monthly visit:

Thursday, April 28, 2016
11:30am

National Do Not Call Registry

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint at the National Do Not Call website.



You can register your home or mobile phone for free.

<https://www.donotcall.gov>
or call 1-888-382-1222.

Bringing Sunshine to our Members

We have started a new Sunshine Committee with Rose Vanaman as the Chairperson. Please see Rose or stop in the office if you know of anyone that is in need of some cheering up! She will be sending out get well wishes, thinking of you and sympathy cards to our members to let them know we are thinking of them. Greeting card donations are welcomed.



Volunteer Opportunities

- Front Desk Greeter
- Bus Driver
- Volunteer Event Planner/Helper
- Table & Chair Set-up
- Craft Instructor
- AARP Income Tax Preparer

**Otisville Library
Book Sale
April 30
9am—3pm**



Cost Savings Ideas

For cost savings at the center, we are asking for the following donations:

- Cups (10oz)
- Napkins
- Paper Plates (Small)
- Country Time Lemonade

We greatly appreciate your donation and support to the senior center.

Special Events

Chicago Trip

May 23, 2016 thru May 27, 2016
Cost is \$498 per person (double occupancy)
5 Days and 4 Nights

*Art Institute * 360 Chicago
*Tour of Chicago *Shedd Aquarium
*Architectural Cruise on the Chicago River *
*Navy Pier *Money Museum
*Field Museum and much more.

Stop by the front desk for more details.

San Antonio, TX Trip

September 23, thru October 3, 2016
Cost is \$929 per person (double occupancy)
11 Days and 10 Nights

*Guided Tour of San Antonio * LBJ Ranch
*IMAX Theater
*Cruise at San Antonio's *River Walk
*San Antonio Missions and much more.

Stop by the front desk for more details.

Craft Classes



Next Craft Class

Craft class will be
Monday, April 25, 2016
2:00pm

See front desk for craft project details.

Cancellations



Class & Activity Cancellation Notice

The Senior Center will be starting to use the "Calling System" on the My Senior Center Program to contact members if an activity or class is cancelled.

Your caller ID will show:

**Somerville MA
(617) 440-3507**

You can answer the call and listen to the message or let it go to your answering machine and retrieve it after. Please contact the senior center if you have any questions.

Stars for our Troops

Tuesday, April 20, 2016

Stars for our Troops shares embroidered stars from retired US Flags with our military, currently serving, veterans and with our First Responders. Stars come from American flags too worn to fly can be given to all military past and present to show our appreciation for their service. Come to see what the project is all about. Bring a pair of sharp scissors and any old flags you may have. This project will be done on the 3rd Tuesday of each month.



Cooking Class

Tuesday, May 17, 2016 2:00pm
Cost: \$10.00

Cooking with Fresh Herbs

We will be making a first course and sides, with dessert and even a drink if time permits.

Trivia Question

Each month there is a trivia question posted in the showcase. Answer the question correctly and be in the drawing for a monthly prize.

February's winner of a free Thursday Lunch,
Carrie Cranick

Answer: Kenneth Russell



Trips and Outings

Movie Outings

Check the front desk for movie dates and times.
Transportation fee: TBA
Movie Admission/Snacks: Your responsibility.

Sally Ann's (Salvation Army)

Wednesday, April 6, 2016

Transportation Fee:\$5.00 (minimum of 10 riders needed or transportation fee will increase)

Bus Departs: 9:00am

Visit 2-Salvation Army's and lunch on your own.

Sign up Deadline: Day of Event if seat available

Frederik Meijer Gardens/Butterflies

Tuesday, April 26, 2016

Cost \$20.00 (includes ticket and transportation)
(minimum of 10 riders needed for trip to go)

Bus Departs: 9:00am

Have lunch at the Grand Coney before going to Meijer Gardens to enjoy the tropical butterfly exhibit as more than 7,000 butterflies fly around the Tropical Conservator. There are 50 different species of butterflies.

Ticket price includes everything at the garden.

Sign up Deadline: April 20, 2016

Clio Cast and Crew

Friday April 29, 2016

Cost: \$17.00

Includes Transportation /Ticket

Bus Departs: 6:45pm

Horace Vandergelder, a wealthy merchant in Yonkers, NY, decides to take a wife and employs a matchmaker, Mrs. Dolly Levi. This is the non-musical version of Hello, Dolly!

Sign-up Deadline: April 15, 2016

Sally Ann's (Salvation Army)

Wednesday, May 4, 2016

Transportation Fee:\$5.00 (minimum of 10 riders needed or transportation fee will increase)

Bus Departs: 9:00am

Visit 2-Salvation Army's and lunch on your own.

Sign up Deadline: Day of Event if seat available



Firekeeper Casino & Wine Tasting

Tuesday May 17, 2016

Cost \$55.00 per person

Get back \$25.00 in Gaming/\$5.00 Food

Bus Departs: 9:00 AM

Enjoy a fun filled day with wine tasting at Sandhill Crane Vineyards and gambling at Firekeepers.

Sign up Deadline: May 3, 2016

Country View Bulk Foods

Wednesday, May 18, 2016

Transportation Fee:\$5.00 (minimum of 10 riders needed or transportation fee will increase)

Bus Departs: 9:00am

Visit a unique store that offers fresh meats, vegetables, spices, and homemade baked goods.

Lunch on your own at a nearby restaurant.

Sign up Deadline: Day of Event if seat available

Detroit Tiger Game

Wednesday, June 8, 2016

Cost \$80.00 per person

Bus Departs: 9:30 AM

Return approximately at 6:30pm

Includes ticket and food voucher (hot dog and soda)

Sign up Deadline: April 25, 2016

Great Lakes Loons Baseball Game

Thursday, June 16, 2016

Thursday, July 21, 2016

Thursday, August 25, 2016

Cost \$16.00 per person

(Includes Ticket and Transportation)

Bus Departs: 5:15pm

Enjoy a fun filled night at the baseball game and don't forget the great hotdogs, pop, and ice cream sandwiches for a \$1.00;

**Sign up Deadline: June 1, 2016, July 7, 2017
August 4, 2016**

Detroit Tiger Game

Thursday, August 18, 2016

Cost \$86.00 per person

Bus Departs: 9:30 AM

Return approximately at 6:30pm

Includes ticket and food voucher (hot dog and soda)

Sign up Deadline: July 5, 2016

5

Activity Calendar

April

Mon

Tues

Wed

Thurs

Fri



1
9:30 Dancing with Lila
11:30-12:30 Lunch
12:15 Arm Chair Ex.
1:00 Game Day

4
10:00 - 4:00 Quilting
11:30-12:30 Lunch
12:30-Sit & Fit
1:30 Nutrition Class

5
9:30 Dancing with Sue
11:30-12:30 Lunch
12:30 Walk Aerobics
12:30 MMAP/MiCafe

6
9:00 Sally Ann's
9:00 MMAP/MiCafe
10:00 For-Mar
11:30-12:30 Lunch
12:15 Arm Chair Ex.
1:00 Hand-n-Foot

7
9:00 Euchre
11:00 Blood Pressure
12:00 Dinner
12:30 Guest Speaker
1:00 Penny Bingo

8
9:30 Dancing with Lila
11:30-12:30 Lunch
12:15 Arm Chair Ex.
1:00 Game Day

11
11:30-12:30 Lunch
12:30-Sit & Fit
1:30 Nutrition Class

12
9:30 Dancing with Sue
11:30-12:30 Lunch
12:30 Walk Aerobics
12:30 MMAP/MiCafe

13
9:00 MMAP/MiCafe
10:00 For-Mar
11:30-12:30 Lunch
12:15 Arm Chair Ex.
1:00 Hand-n-Foot

14
9:00 Euchre
11:00 Blood Pressure
12:00 Dinner
1:00 Board Meeting

15
9:30 Dancing with Lila
11:30-12:30 Lunch
12:15 Arm Chair Ex.
1:00 Movie at Center

18
10:00 - 4:00 Quilting
11:30-12:30 Lunch
12:30-Sit & Fit
1:30 Nutrition Class
1:30 Guests/Government

19
9:30 Dancing with Sue
11:30-12:30 Lunch
12:30 Walk Aerobics
12:30 MMAP/MiCafe
2:00 Stars for Troops

20
9:00 MMAP/MiCafe
9:00 Veterans Services
10:00 For-Mar
11:00 Legal Services
11:30-12:30 Lunch
12:15 Arm Chair Ex.
1:00 Hand-n-Foot

21
9:00 Euchre
10:00 Medical Minutes
11:00 Blood Pressure
12:00 Dinner

22
9:30 Dancing with Lila
11:30-12:30 Lunch
12:15 Arm Chair Ex.
1:00 Game Day

25
11:30-12:30 Lunch
12:30-Sit & Fit.
1:30 Nutrition Class
1:30 Craft Class

26
9:00 Meijer Gardens
9:30 Dancing with Sue
11:30-12:30 Lunch
12:30 Walk Aerobics
12:30 MMAP/MiCafe

27
9:00 MMAP/MiCafe
10:00 For-Mar
11:30-12:30 Lunch
12:15 Arm Chair Ex.
1:00 Hand-n-Foot

28
9:00 Euchre
11:00 Blood Pressure
11:00 Pro Hearing
12:00 Dinner
12:30 Guest Speaker
6:30 Euchre Night

29
9:30 Dancing with Lila
11:30-12:30 Lunch
12:15 Arm Chair Ex.
1:00 Game Day
6:45 Clio Cast & Crew

Services & Policies

Senior Center

Genesee County

Loan Closet

We currently have walkers, canes, shower seats, portable commodes, electric wheelchair, standard wheelchairs, recliner lift chair and a hospital bed you can borrow. If you have items you would like to donate to our loan closet, please contact the center. We also have diabetic meters and hearing aid batteries.

Library and Jigsaw Puzzles

Stop by and visit our library area located in the office. Books and puzzles can be borrowed for as long as you like. **Large print books and Audio Books are also available.** There are over 100 books to choose from. So come in and check out our selection.

DVD Movie Loan Cupboard

We have started a DVD movie loan cupboard at the center. If you have any DVD movies that you are no longer want and would like to donate them, please bring them into the office. We would like to get a variety of movies for our collection that you can check out and view at home. Stop in and see our collection.

Charter Bus Policies

Refunds will only be given if the bus's minimum passenger requirement has been exceeded. Refunds will be returned within 14 days from the date of the trip.

If the travel company's deadline to sign-up has passed.

NO REFUND WILL BE GIVEN.

If the charter Bus or Venue changes the program, the paid participant has a right to cancel and receive a full refund. Signing up for trips costing \$100 or greater can be paid by placing a 25% deposit, the balance due by trip's sign-up deadline. All overnight trip prices are based on double occupancy. Payment must be made in full by deadline. All charter bus trips depart from the Forest Township Area Senior Center. Please arrive 15 minutes prior to departure time. All Medical /Transportation forms must be filled out and current prior to the trip. On all casino trips, carry 2 pieces of ID in case you win a jackpot.

Transportation

We have our own bus available to bring you to and from the center. Call a day ahead to ensure a ride, subject to availability. Cost is \$2.00. This bus is **not** handicap accessible. If you need an accessible vehicle, a ride can be arranged through MTA "Your Ride".

Transportation Policy for Center Bus

The following seat reservation policy has been implemented due to the number of cancellations and no shows on outings. A reservation fee is due at the time you sign-up for an outing. This fee can vary depending on the trip and is **nonrefundable** (unless seat is filled after minimum seat reservation has been met). The minimum of 5 seat reservations required for a trip to go. This fee applies to all trip currently listed.

Genesee County Office of Senior Services

The Genesee County Office of Senior Services is dedicated to improving the health, safety, and quality of life for seniors in Genesee County. The office oversees the senior millage dollars to area senior centers and contracted service providers to ensure quality services and programming for the senior citizens of Genesee County.

Office of Senior Services

1101 Beach Street, Room 361

Flint, MI 48502-1470

Phone: (810) 424-4478

Fax: (810) 424-4359

Email: lradzilowski@co.genesee.mi.us

MMAF

Our MMAF counselor, Cindi Groulx will be available to see Medicare beneficiaries on Tuesdays afternoons or Wednesday mornings by appointment, or call for additional appointment times. Those turning 65 will need to make an appointment to apply for Part D prescription coverage assistance. Handicap Accommodations Medicare/Medicaid insurance issues may also be resolved through the MMAF program appointments. Call 1.800.Medicare (803.7174) ext. 247 or the Senior Center at 810.631.3407.

MiCafe Food Assistance Program

Mi Café is a program designed to help low income senior citizens over the age of 60 who reside in Genesee County, to receive food assistance so that you can have the extra money each month to purchase other necessities. You can apply at the senior center. Even if you think you may not qualify, please call for further information and to make an appointment.

Legal Services

Pam Keener from Legal Service of Eastern Michigan will be here **Wednesday, April 21, 2016**.

Appointments are required. This service is available for Genesee County senior 60+. This service is held the 3rd Wednesday of every month.

Contact the office for appointments

Genesee County Veterans Services

Genesee County Veteran Services will be here on the 3rd Wednesday of the Month.

The next appointment time will be **Wednesday, April 21, 2016**. Appointments are required.

Contact the office for Appointments.

Dustin E. Mumford
Manager - Director

Arden R. Hudson
Director

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Meal Program

Senior Meals

A light lunch is served Monday, Tuesday, Wednesday, and Friday from 11:30am till 12:30pm. *On the day that we have brunch, the brunch is also served from 11:30am till 12:30pm with a breakfast theme.* A cost of \$3.00 for Genesee County Seniors 60 and older and \$4.00 for all others.

Every Thursday at 12:00 noon come join us for a home cooked Sunday style meal. There is a \$6.00 cost and all you need to bring is your table service. *Menu is subject to change. *Milk available upon request.

Menu April				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Surprise Friday
4 Chicken Pattie Sandwich w/cheese Veggies Fruit	5 Baked Fish Bread Salad Fruit Ice Cream	6 BBQ Pork Sandwich Cole Slaw Yogurt	7 Roast Beef Potato Vegetable Salad Bread Dessert	8 Surprise Friday
11 Tuna Noodle Casserole Veggies Fruit Chunk Cheese	12 Polish Sausage Mac-n-Cheese Veggies Fruit	13 Baked Potato Bar Toppings: Broccoli, Cheese Ham, Bacon Fruit Veggies Ice Cream	14 Turkey Rolls w/dressing Vegetable Salad Dessert	15 Surprise Friday
18 Turkey Reuben Cottage Cheese Veggies Fruit	19 Chicken Stir Fry w/rice Veggies Fruit Ice Cream	20 Cheeseburger Chips Veggies Fruit	21 Pork Chops Potato Vegetable Salad Bread Dessert	22 Surprise Friday
25 *Brunch* Eggs Toast Hash Browns Yogurt w/Fruit Tomato Juice	26 Grilled Turkey Sandwich w/cheese Veggies Fruit	27 Tuna Fish Sandwich Cottage Cheese Veggies Fruit	28 Oven Baked Chicken Vegetable Salad Rolls *Birthday Dessert*	29 Surprise Friday

Fundraising & Donations

Spartan Fundraiser Programs

At this time the programs that we have participated in over the years has ended and the Spartan organization will be introducing a new program for schools and non-profit organization to participate in to raise money for their groups. The announcement will be released soon. Please watch for the new details in a upcoming newsletter.

Thank you to all who have helped in collecting the UPC and receipts over the years!

Garage Sales Items



Start gathering up your items for donations to raise money for the Senior Center at the
M-15 Garage Sale
May 7, 2016

Memorial/Tribute Donations

A memorial/tribute donation is a way to remember a friend or family member who is/has been a part of the senior center. Your donation benefits the senior citizens in our community by providing funds for a range of activities.

Save The Date

Save the following dates for Special Events at the Senior Center. Details will follow.

June 15, 2016 - Ice Cream Social

June 17, 2016 - Fathers' Day Breakfast

July 20, 2016 - Ice Cream Social



Medical Minutes

Once a month we will be having Tracey Hamilton from All Americans Home Health & Hospice Care giving medical tips to our seniors.



April 21, 2016

Time 10:00 AM

Topic: Hypertension

Fundraiser for Loose Spokes



Friday, May 20, 2016

5:30 pm- 8:30pm

Free Will Donation

Forest Township Area Senior Center

Trifactor Music Extravaganza

Free 2 B (Kim & CJ)

Warriors of Grace

JRB Band (James Roberts Band)

Pizza, desserts, coffee, tea & lemonade

Movie at the Center

Friday, April 15, 2016 at 1:00pm

"The Pianist"

Oscar Winner Adrien Brody in the true-life story of brilliant pianist and composer Wladyslaw Szpilman, the most acclaimed young musician of his time until his promising career was interrupted by the onset of World War II. This powerful, ultimately triumphant film follows Szpilman's heroic and inspirational journey of survival with the unlikely help from a Sympathetic German officer. A truly unforgettable epic, testifying to both the power of hope and the resiliency of the human spirit.

More Fun Days in April!

*April 7-No Housework Day

*April 14-Look Up at the Sky Day

*April 16-National Stress Awareness Day

*April 26-National Pretzel Day

*April 28-Kiss Your Mate Day

National Jelly Bean Day

Friday, April 22, 2016

On this day we will be celebrating national

"Jelly Bean Day"



Hop, into the senior center and satisfy your sweet tooth!

April

February Birthday's



Ruth Whitehead	04/02
Amy Harris	04/02
John Wahlers	04/06
Florence Haack	04/06
Vicki Meldrum	04/07
Kay Madden	04/07
Russell Bensett	04/08
Lee Reedy	04/09
Peg Cheetam	04/10
Charlene Maher	04/10
Shirley Petzold	04/11
James Harwell	04/12
Pegge Adams	04/12
Rita Herner	04/14
Dawn Ladd	04/14
Janet Rock	04/17
Keith Cregar	04/19
Mary Hemingway	04/19
Judy Satkowieak	04/21
Bob Jennings	04/25
Richard Shade	04/26
Christine Lull	04/26
Shirley Roth	04/27
Merry Pratt	04/27
Pert Teague	04/28
Ron Utica	04/28
Burnadine Diamond	04/29
Maxine DeClute	04/29



SNOW DAY ON BIRTHDAY DINNER

Hope everyone that celebrated a February Birthday had a great day.

April Anniversaries

Burt & Bonnie Davis	04/04
Don & Beth Meader	04/08
Elaine & Ken Argue	04/24
Beverly & Eugene Reppuhn	04/24

Guest Speakers for April

Thursday, April 7, 2016

12:30pm

**Rehab & Mobility Systems
Rob Herringshaw**

Monday, April 18, 2016

1:30-2:30

**Government Officers
Pam Faris, State Representative,
Jim Ananich, Senator, Peg Adams Commissioner**

Thursday, April 28, 2016

12:30pm

**Judge John Conover & Karen Conover
Will talk about experiences in the courtroom.**



Word Search

The Golden Girls

C	S	O	U	T	H	E	R	N	B	E	L	L	E
H	T	S	R	U	H	T	R	A	A	E	B	H	R
E	S	T	E	L	L	E	G	E	T	T	Y	U	E
E	F	A	L	O	T	S	E	G	Y	O	E	R	F
S	L	N	C	R	O	H	T	D	B	M	O	D	R
E	D	O	O	P	C	E	D	E	C	H	S	O	I
C	C	S	H	N	L	A	T	C	C	E	I	R	E
A	E	I	A	R	D	T	L	N	L	Y	T	O	N
K	A	L	A	G	Y	A	A	I	D	E	C	T	D
E	B	H	I	W	N	Y	M	E	N	P	O	H	S
A	C	B	H	A	T	I	M	A	I	M	M	Y	H
S	P	I	H	S	N	O	I	T	A	L	E	R	I
L	T	A	U	A	C	L	A	Y	T	O	N	C	P
E	N	R	E	S	H	A	D	Y	P	I	N	R	S

BEA ARTHUR	MIAMI	ST OLAF
BETTY WHITE	MILES	STAN
BIG DADDY	RELATIONSHIPS	
BLANCHE	ROSE	
CHARLEY	RUE	
CHEESECAKE	MCCLANHAN	
CLAYTON	SHADY PINES	
COCO	SITCOM	
COMEDY	SOPHIA	
DOROTHY	SOUTHERN	
ESTELLE	BELLE	
GETTY		
FRIENDSHIP		

Quote of the Month...

Best friends are people who make
your problems their problems,
Just so you don't have to go through
them alone.



Sudoku

Medium # 071

2		3	8	5				6
	4		7					2
7			9				4	
	6				8			
		8		7			5	3
3					1			8
9			6			5		
4				2	9			7
		7		4		2		

Solution can be found on page 13

Recipe of the Month

No-Bake Chocolate Peanut Butter Coconut Bites

Ingredients

- 1 cup peanut butter
- 1/2 cup honey
- 1/2 cup unrefined coconut oil
(unrefined is important here for the coconut flavor)
- 2 cups rolled oats (not instant oats)
- 1 cup coconut
- 1/2 cup chopped pecans
- 1 1/4 cups dark or semi-sweet chocolate chips
- 1 tsp vanilla extract
- Optional: toasted coconut for topping



Melt the peanut butter, honey and coconut oil in a medium size saucepan over medium-low heat. Stir frequently as the mixture melts. When it has melted, remove from the heat and stir in the remaining ingredients. Stir until the chocolate has melted and the ingredients are well combined. Pour into an 8x8 pan (9x13 is fine as well). Refrigerate until the chocolate hardens, at least 3-4 hours. Slice into 1 - 2 inch square pieces. Store in refrigerator.

For-Mar Active Living



A Program for Active Older Adults
Presented by Genesee County Parks and Recreation Commission



Wednesdays, March 30 thru May 4, 2016

Time: 10:00am

Getting active is fun! This one-hour, once a week, program meets for six weeks and focuses on health and nutrition, gardening, and nature found in our parks. Participants will play nature related games, meet live animals, garden, engage in outdoor activities (weather permitting), and more! Everyone will work on setting fitness goals and utilize tools to help track their progress. Incentives will be offered to help everyone get moving and stay active!

Thanks to a grant from MParks, the Michigan Recreation and Park Association, and the Michigan Health Endowment Fund, this six week program is free of charge!

Please sign up for this class at the front desk.

Genesee County Community Action Resource Department



GCCARD/DELIVERABLE FUEL ASSISTANCE



GCCARD Neighborhood Service Center is providing deliverable heating fuel assistance to low-income households. Deliverable fuel includes non-metered heating fuel such as: propane, coal, fuel oil, wood, kerosene and heating fuel pellets.

In order to receive assistance, the client must show proof of need for each instance that deliverable heating fuel assistance is provided. Fuel supply at, or below 25%, and household members are in danger of losing their only safe and adequate source of heat. Income at, or below 150% Federal Poverty guideline.

If you would like further information please come into the office for Income Eligibility Guidelines.

Matter of Balance



Wednesday's May 4, 2016 - June 22, 2016

1:00pm-3:00pm

Free Program

Forest Township Area Senior Center



Eight sessions, meeting once a week, two hours per session
Designed to manage falls and increase activity levels

This program is being offered in partnership with the Valley Area Agency on Aging
Please sign-up at the front desk.

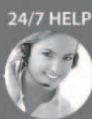
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*First Three Months



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LITURGICAL
PUBLICATIONS

Forest Township Area Senior Center
130 E. Main St.
Otisville, MI 48463

_____ or Current Resident

Additional Information

Newsletter

Learn what's happening each month at the Forest Township Area Senior Center. The newsletter can be mailed to your home for \$9.00 or you can pick it up at the Senior Center. Save paper and money and have it sent to your home via e-mail.

Price increase \$9.00 effective with January, 2016.

Newsletter Additions

If you would like to submit something in the Senior Center's newsletter, please have that information to the office, **no later than Friday, May 12, 2016**

Senior Center Closing Policy

Reminder of closing policy: The Forest Township Area Senior Center will not be following the closing policies of the Lakeville Community Schools. If we need to close due to weather conditions or an emergency, we will independently make that decision and it will be posted on ABC/Channel 12. Watch this channel for the Senior Center closing announcement.

Sudoku Solution #071

2	9	3	8	5	4	7	1	6
6	4	5	7	1	3	8	9	2
7	8	1	9	6	2	3	4	5
5	6	9	2	3	8	4	7	1
1	2	8	4	7	6	9	5	3
3	7	4	5	9	1	6	2	8
9	1	2	6	8	7	5	3	4
4	5	6	3	2	9	1	8	7
8	3	7	1	4	5	2	6	9