

SENIOR COMMUNITY

PROGRAMS & SERVICES

INDEPENDENCE TOWNSHIP SENIOR COMMUNITY CENTER ■ (248) 625-8231

About the Senior Community Center

The Independence Township Senior Community Center is located in Clintonwood Park in Clarkston. The Center offers discounted recreation and wellness programs, drop-in activities, trips and services for adults aged 50 and over. The programs take place in the Senior Community Center, Carriage House, and numerous sites throughout the community. For more information, call the center at (248) 625-8231 or visit www.indehtwp.com. Look for our newsletter on the township website or stop by the center to become a member and have a copy mailed to you.

Community Center Hours

Monday–Friday, 8am–5pm
6000 Clarkston Road, Clarkston, MI 48348
(248) 625-8231 | Fax: (248) 922-3189
Go to www.indehtwp.com “visitors” then “Senior Center”

Meet the Staff



BACK ROW: Barbara Rollin, Mary Jo Reid, Mary Przybycien, Carroll Harris, Lou Donagrandi, Pat Drake, Dale Coughlin. **FRONT ROW:** Mary Melega, Theresa Gordon, Patty Collins, Carol Vickery, Barbara Szematowicz. **NOT PICTURED:** Jennifer Angus, Gordy Cloutier, Gerald Ellis, JoAnn Foote, Tom Mitcham, Janel Sadowski and Gerry Townsend.

Program Registration Information

Sign up for senior programs by phone or in person at the Senior Community Center. You can pay by cash, checks made payable to Independence Township, Master Card or Visa. Classes must be paid for in full when registering. ***Effective January 2018 pricing will reflect member and non-member drop-in fees. Non-members will pay an additional \$1.** This includes all senior classes, sports & exercise programs, presentations, cards/games and ongoing activities listed in the bimonthly Senior Connection newsletter and ITPR&S Recreation Guide.

Membership Information

Your membership is valid from the date you sign up until a year from that date. Couples must sign up at the same time to receive the couple rate. Our membership fees are:

- \$15 a person for residents.
- \$20 a person for non-residents.
- \$25 a couple for residents.
- \$35 a couple for non-residents.

*Residents are persons who pay taxes to Independence Township or live in the City of the Village of Clarkston.

All new members will receive a one time welcome package that includes a \$5 coupon that can be used towards a class or program and bi-monthly newsletters. Your membership also entitles you to discounts on all of our programs and classes. All of our programs and trips reflect member and non-member fees.

SENIOR SERVICES

Transportation

Independence Township provides mini-bus service for persons over 55 and persons 18 and over who have physical and/or mental disabilities and are residents of Clarkston, Independence Township or Springfield Township. Service is Monday–Friday from 8:30am–4pm. Vehicles with wheel chair lifts are available. Local destinations must be within Clarkston, Independence Township or Springfield Township, plus three nearby hospitals. Cost share is \$3 each way and local hospital trips are \$5 each way. Special shopping trips are offered on a sign up basis. Call (248) 625-8231 at least two days in advance. **Medical forms must be completed by new riders before they ride.**

Nutrition

“Homemade lunches” are served at the Center on Thursdays at 12pm for \$7 per person. To check the menu or reserve a meal, call the office at (248) 625-8231 by 5pm on the Monday before the lunch. Thursday lunch menus are also posted in our newsletter on the Independence Township Website under Senior Center. If you enjoy trivia join us at 11 am on Thursdays before lunch.

Meals on Wheels are delivered five days per week for homebound residents of Clarkston and Independence Township.

Hot meals are available five days a week to adults 60+ and to people with short or long term disabilities living in Independence Township and Clarkston. Frozen meals for the weekend are delivered on Fridays. To sign up contact the Older Persons Commission (OPC) at (248) 608-0264 or the Center at (248) 625-8231 for more information. The OPC Senior Center in Rochester provides this service to Independence Township and Clarkston through a grant with the Area Agency on Aging 1B.

INFORMATION AND ASSISTANCE

Our Senior Services Coordinator, Patricia Collins, helps seniors and their caregivers locate area services and resources. She can be contacted at (248) 625-8231 ext. 17 for assistance with housing information, legal referrals, Medicare/Medicaid Counseling, prescription and long term care decisions and transportation options.

AARP Income Tax Preparation Assistance

Tuesdays, February 6– April 10, in Bartsch Hall. AARP trained volunteers will prepare federal and state returns. Due to high demand, appointments will be scheduled beginning January 8 for members, Independence Twp, Springfield Twp., and the Village of Clarkston residents. Calls from other individuals will be received beginning January 16. A list of required documents is published in the January/February 2018 newsletter.

Homebound Book Program

Sponsored by the Clarkston Independence District Library and the Senior Community Center. We offer FREE HOME DELIVERY of books and audio books to homebound adults. For more info on the Home Delivery Service call Lawrence Marble at the Library (248) 625-2464 or Theresa Gordon at the Center at (248) 625-8231.

Medical Equipment Loan Closet

Includes wheelchairs, walkers, crutches, canes, shower seats and commodes. A cash deposit is required for wheelchairs, seated walkers and shower chairs.

Minor Home Repair Program

This program is designed to help low income households to complete repairs of no more than \$5,000 to a single unit residence. Contact Theresa at the Center at (248) 625-8231 for additional information.

Additional Services:

- Attorney Consultations
- Bereavement Support Group
- Blood Pressure Checks
- Hearing Consultations
- Low Vision Support Group
- TEFAP Food Program
- Visiting Podiatrist

ACTIVITIES AND PROGRAMS

All activities, and programs will take place in the Senior Community Center, unless otherwise specified. Call the Center to register to attend.

Volunteer Appreciation Party

All registered Senior Community Center volunteers with 10 hours or more for 2017 are invited by special invitation.

Friday, April 27, 2018

TIME	MEM	NON-MEM
12-1:30pm	\$4	\$5

Senior Community Center, Bartsch Hall
Check-in starts at 11:30 a.m. at the Center

Bunco

Join us for an upbeat afternoon with friends playing this easy dice game. All are welcome! Prizes awarded after each session. Game includes admission, prizes and light snacks.

Second Wednesdays

TIME	MEM	NON-MEM
1pm	\$4	\$5

Carriage House

Cell Phone 101

Learn to use all of those mystery buttons on your cell phone. This individualized workshop will answer your questions and build your confidence. Call the Center at (248) 625-8231 to sign up and let us know the type of cell phone you will bring.

Thursday, January 25

TIME	MEM	NON-MEM
1:30pm	\$1	\$2

Chair Massage

Fifteen minute appointments. Help relieve common aches, pains, and stresses. Focus is on the upper body. Each recipient is seated and fully clothed. Call Center for an appointment. Walk-ins welcome. Cash only please.

First and Third Tuesdays

TIME	MEM	NON-MEM
10am-12pm	\$10	\$11

My Legal and Financial Solutions

Informative presentation concentrating in the areas of estates, estate planning, wills, trusts and real estate. Please call the office at (248) 625-8231 and place your name on the list.

Second Thursdays

TIME	COST
9:30am	NO CHARGE

Club Bookworm

Love to read? Come share your opinions and insights with our informal group. New book selections are available for pick up at the monthly discussion meetings or any time after in the office.

Last Thursday of each month

TIME	MEM	NON-MEM
10am	\$1	\$2

Nutrition and Heart Health

February is Heart Health month! Enjoy a heart healthy snack and learn more about risk factors for heart disease and the role of nutrition. Register to attend!

Monday, February 5

TIME	MEM	NON-MEM
1:30pm	\$7	\$8

Dinner and Euchre Evenings

Enjoy dinner with friends followed by Euchre. Come with a partner, by yourself or with a group of friends. Prizes awarded to first, second and third place winners. Sign up for each Dinner and Euchre program starts the day after each event. Do not meet July and August.

Third Wednesdays

TIME	MEM	NON-MEM
6pm	\$12	\$14

Driver Safety – Roundabouts and More

New road construction will include the addition of roundabouts. Know the rules of the road in this increasingly complex driving environment. Feel comfortable and confident when approaching a roundabout. This is your chance to ask questions.

Thursday, April 12

TIME	MEM	NON-MEM
1:30pm	\$1	\$2

Medicare 101

Learn about who is eligible for Medicare, how to enroll and what services are covered. Options regarding prescription drug coverage, supplemental insurance, Medicare Advantage plans and identification of Medicare fraud will be addressed.

Wednesday, April 18

TIME	MEM	NON-MEM
1:30pm	\$1	\$2

Women's Health Week

Join us in May for presentations and information about Women's Health. Call or check our newsletter for more details.

Recipe Roundup— Calling all Foodies

Are you adventurous and creative in the kitchen? Prepare your recipe at home and bring enough to share with everyone in the group. Each month features a new and different theme. Bring your recipes in written form to share.

First Fridays

TIME	COST
12pm	NO CHARGE

Sew What's!

Join us! Bring your own sewing machine and sewing items. You may choose to either work on a specific project of your own or a group project which will be donated to the Senior Community Center or a community resource in need.

First and Third Thursdays

TIME	COST
11:30am	NO CHARGE

Travel Show

Never too early to start planning! Join us for a sneak preview of day trips and extended travel trips on deck for Summer 2018 through Spring 2019. Representatives will be here from Collette Tours, Shoreline Tours, Bianco Tours and Route 23 to share this exciting information and answer questions. Light refreshments will be served.

Wednesday, April 25

TIME	COST
10:30am	NO CHARGE

Program Policy Information

Classes: Refunds must be requested before the start of the third class meeting. Refunds are prorated if requested after the first class or if other expenses (i.e. shirts, materials) are involved. A \$10 service fee will be withheld from this refund. Transfers: Transfers between like classes of the same price and venue (example an exercise class to a similar exercise class) are possible, based on availability, at the discretion of the Senior Community Center Programmer. If the class fee the patron is transferring to is more than the original class, the patron will be responsible for the difference. **No refunds will be issued for special events.** All refunds will be refunded in the form of a township check, credit card reimbursement or account credit. No cash refunds will be given. Check refunds will be issued according to the Township Finance Department's bill-paying schedule, which may take 4-6 weeks. **If the refund is less than \$10, a credit will be posted to your account.** Account Credits will remain on the customer's account five years from the date of the credit posting. **Drop in fees will only be honored when the minimum number of participants has been met.**

Weekly Activities

Member and non-member drop in fees vary by program. For more information call 248-625-8231.

MONDAY

Drop in and Duplicate Bridge
Mondays at 12pm
Community Center

Euchre
Mondays at 1pm
Carriage House

TUESDAY

Double Deck Pinochle
Tuesdays at 1pm
Community Center

WEDNESDAY

Country Band
Last Wednesday of each month at 2pm,
Carriage House

Knitting Group
Wednesdays at 10am
Community Center

Mahjong
Wednesdays at 12:30pm
Community Center

THURSDAY

Hand and Foot Game
Thursdays at 9am
Carriage House

Bingo
Thursdays at 1pm
Carriage House

FRIDAY

Quilting Club
Fridays at 9am, Carriage House

Recycled Greeting Cards
Fridays at 9am
Community Center

Knitting Group
Fridays at 12pm, Bartsch Hall

Marathon Bridge
Second and Fourth Fridays
at 12pm, Carriage House

Double Deck Pinochle
Fridays at 1pm
Community Center

CREATIVE AND ENRICHMENT OPPORTUNITIES

Coyote: Our Urban Adapter

Native Americans told legends about the coyote and yet today this wild canine only seems to see bad press. How can one animal be feared by some and revered by others? Utilizing data collected in recent big city studies, this one hour educational presentation will look at the biology, the myths and fun facts about one of North America's most highly adaptable animals.

Monday, February 12

TIME	MEM	NON-MEM
2pm	\$8	\$10

Anyone Can Paint!

Join award winning television artist Steve Wood and learn his step-by-step methods and techniques for achieving successful paintings. Class is designed for any level of painting experience. All materials included.

Tuesdays, January 16 and February 20
Mondays, March 19, April 16 and May 21

TIME	MEM	NON-MEM
9-11am	\$23	\$25

Coffee and Conversation

Join with neighbors for a cup of coffee and some casual conversation on topics of community interest. Moderated by Tom Stone.

Thursday, January 18

TIME	MEM	NON-MEM
10:30am-12pm	\$1	\$2

Declutter and Organize Your Home

Keep your New Year's resolution to be more organized. Not sure where to start? Learn strategies to help you organize your treasures or to downsize. Find out where and how to donate unneeded items. Call to register.

Wednesday, January 10

TIME	MEM	NON-MEM
1:30pm	\$1	\$2

Geneological Research

Get started finding your family ancestry or overcome a research roadblock. Dr. Thomas K. Stone has been doing geneological research for 30 years. Make an appointment for one or more hours of individual one-on-one family searching. Call the Center for available dates and to make an appointment.

Wednesday, March 21

TIME	MEM	NON-MEM
9:30am-12:30pm	\$10	\$11

Intro to Mindfulness

Learn to practice mindfulness techniques and enjoy feeling happier, less anxious and more spontaneous. Mindfulness helps lower blood pressure, reduce heart rate and teaches us to pay attention to the present moment. Amy Metz is both a Chopra Center Certified and Mindful Schools trained instructor. Come see what it's all about!

Session 1: Wednesday, January 17
Session 2: Wednesday, March 14

TIME	MEM	NON-MEM
1pm	\$11	\$12

Carriage House

Mindfulness & Guided Meditation

Use mindfulness and meditation techniques to relax and improve your overall emotional and physical wellbeing. Enjoy guidance from an experienced instructor and develop skills that enhance your sense of balance and positivity. Previous experience recommended or have attended an Intro to Mindfulness session.

Wednesdays, January 24, February 21,
March 21, April 18 & May 16

TIME	MEM	NON-MEM
1pm	\$11	\$12
	\$50 for the series of 5	\$55 for the series of 5

Carriage House

A Purpose-Full Retirement

Having a sense of purpose may add years to your life. This is a particularly personal challenge to you if you are preparing for retirement. Learn ways to decide what to do that makes the rest of your life meaningful — to be purposeful. This program is about you, not your investments. Program will be led by retired college professor, Dr. Thomas Stone.

Thursday, April 19

TIME	MEM	NON-MEM
1:30pm	\$10	\$11

Zentangle

The Zentangle Method is an easy to learn, relaxing, fun way to create beautiful images by drawing structured patterns. This class will provide the history of Zentangle, introduce you to the basic steps of the method, and expose you to the tools used. Taught by a Certified Zentangle Teacher (CZT).

Session 1: Thursday, January 11
Introduction to the Zentangle Method

TIME	MEM	NON-MEM
10am	\$30	\$35

This class builds upon the Introduction to Zentangle Method class, and introduces you to using black tiles, a white Gelly Roll pen and white charcoal pencil.

Session 2: Thursday, January 25
Zentangle: Black Tiles

TIME	MEM	NON-MEM
10am	\$30	\$35

This class will introduce you to how the Zentangle Method and components of the Renaissance drawing technique called Chiaroscuro, come together. You will explore new tangles working on Renaissance tiles, using brown, black and white pens; graphite and white charcoal pencils.

Session 3: Thursday, February 8
Zentangle: Renaissance Tiles

TIME	MEM	NON-MEM
10am	\$30	\$35

This class will introduce you to the Zendala tile, a circular shape, based upon the mandala. You will use tangles you have already learned.

Session 4: Thursday, February 22,
Introduction to Zendas: White,
Pre Strung Tiles

TIME	MEM	NON-MEM
10am	\$30	\$35

The String Theory is an integral part of the Zentangle Method, laying down the foundation for you to build upon. It is not a rule, but a suggestion. You will learn how the string guides the process, creates flow as well as a unique tile.

Session 5: Thursday, March 8
Beyond Basics: String Theory

TIME	MEM	NON-MEM
10am	\$30	\$35

This class will look into all the paths you can take with your pencil once the tangling is done. You will learn tangles that have unique shading options and see how simple shading techniques can transform your work.

Session 6: Thursday, March 22
Beyond Basics: Shades of Grey

TIME	MEM	NON-MEM
10am	\$30	\$35

Immersion Speaker Series

Architecture of Detroit and Beyond

This is an exciting time to be in Detroit. The city is beginning to grow again. This 3-week series looks at buildings from Detroit's rise in the late 19th century, through the glory days of the booming automobile industry, on to the most recent new constructions and renovations. The last talk in the series takes us beyond Detroit to deal with one of Detroit's most interesting architects, a man who changed the face of cities and towns from Detroit to Novosibirsk. Coffee and dessert will be served!

May 9: Detroit Architecture: Old and New

May 16: Detroit Architecture: Sacred Spaces

May 23: Detroit's Architect: Albert Kahn—Temples, Factories and More

Wednesdays at 1pm	
MEM	NON-MEM
\$10	\$12
\$25 for the series of 3	\$31 for the series of 3

Artist Bio

Facilitator Wendy Evans is an art historian and has earned advanced degrees from Oxford University and Wayne State University, taught art history at WSU and CCS, and is a long-time volunteer at the DIA.



This program is supported by the Michigan Council for Arts and Cultural Affairs Mini-grant program administered by the Anton Art Center.



Wire Weaving Classes

Create your own wearable copper bracelet designed by you. In session one Tamra Lacey of Ariel Inspired will teach general information about wire and tools, techniques on how to hold/weave wire, how to weave a basic 3 wire pattern and embellish with beads. Session two will review the beginner's class and add basic coiling technique and anchoring beads to your work. Take either one or both classes. Wire and beads are included in your tuition.

Wednesdays
Session 1: January 10–January 17
 (Beginners Class #1)
Session 2: March 7–14
 (Doodle Bracelet Class)

TIME	MEM	NON-MEM
4:30pm	\$38	\$43



Woodcarving

Instructor Bob Dixon will teach you the fundamentals of woodcarving with knives or chisels, feathering techniques, texturing and painting your project. A \$10 material fee is due to the instructor on the first day of class. All skill levels welcome.

Fridays
Session 1: January 5–March 23
 (Project: American Kestrel)

TIME	MEM	NON-MEM
9am–12pm	\$120	\$125

Fridays
Session 2: April 6–April 13
 (Project: Kestrel Mounting)

TIME	MEM	NON-MEM
9am–12pm	\$20	\$25

Fridays
Session 3: April 27–June 15
 (Project: Logger Head Shrike)

TIME	MEM	NON-MEM
9am–12pm	\$80	\$85

SPORTS

Biking Club

Join our group for relaxing rides around the Clarkston area beautiful bike paths. All skill levels welcome. Riding time is approximately 2 hours round trip. If you are interested in joining our group and need additional information, please call the office at (248) 625-8231.

Tuesdays, Ongoing beginning in May

TIME	COST
9am	NO CHARGE

Senior Community Center Parking Lot

Bowling

Informal league includes 3 relaxing games for just \$6.50 per week. No experience necessary. Bowlers are not obligated to bowl each week or pay for weeks missed. Pre-registration not needed. Weekly fee includes end of the season bowling banquet.

Mondays, Ongoing

TIME	COST
1pm	\$6.50 per week

Cherry Hill Lanes, 6697 Dixie Highway

Golf

A one-time registration fee paid to the Senior Community Center entitles you to flexible non-league 9 hole play on Monday mornings! Upon arrival, pay \$20 at the Pro Shop – cart included. Please call the Senior Center for May start date.

Mondays

TIME	MEM	NON-MEM
10am tee off	\$5	\$10

Pine Knob Golf Course
5580 Waldon Rd

50+ Golf Lessons

This four-week course is for anyone 50+ who wants to learn how to play golf or improve on their skills. Learn the fundamentals and bio mechanics of the golf swing, long game to short game, putting, rules and etiquette, stretching for golf, along with developing course management skills. Coach Davies teaches a low-pressure fun class that will give you the confidence and knowledge to go out and play. Brent Davies is an International PGA and USGTF Golf Teaching Professional and Professional Golf Coach. You will need to purchase a bucket of balls at the pro shop prior to each lesson.

Thursdays, April 26th – May 24th
 (No class on May 17th)

TIME	MEM	NON-MEM
11am–12pm	\$60*	\$65*

Pine Knob Golf Club Driving Range

Pickleball

Indoor Pickleball (Ongoing)

Monday, Wednesday, Friday and Saturday		
TIME	MEM	NON-MEM
9–11:30am	\$3	\$4

First Congregational Church of Clarkston
5449 Clarkston Road

Experienced Indoor Pickleball

Tuesday evenings		
TIME	MEM	NON-MEM
6–9pm	\$4*	\$5*

*Cash only
 First Congregational Church of Clarkston
 5449 Clarkston Rd.
 Punch Cards purchased for Outdoor Pickleball cannot be used for Indoor Pickleball. **Outdoor play will return in the spring as weather permits.**

EXERCISE AND FITNESS CLASSES

"Breakfast Club" Body Management

This gentle exercise program helps you improve and maintain flexibility, mobility, and range of motion, circulation, strength and balance. Feel the benefits! All sessions meet Mondays, Wednesdays and Fridays.

Session 1: January 8–29

TIME	MEM	NON-MEM
11–11:50am	\$40*	\$45*

Session 2: February 2–26

TIME	MEM	NON-MEM
11–11:50am	\$44*	\$49*

Session 3: March 2–28

TIME	MEM	NON-MEM
11–11:50am	\$48*	\$53*

Session 4: April 2–27

TIME	MEM	NON-MEM
11–11:50am	\$48*	\$53*

McLaren Physical Therapy and Fitness Center,
 Suite 310, 5701 Bow Pointe Drive
 *Drop in Fee: \$6 mem \$7 non

Karate – Beginner Senior Class

Training in Isshinryu Karate is an ideal way to improve strength, flexibility, balance, and confidence while keeping your mind sharp. No prior experience is needed and we accept all fitness levels.

Thursdays, Ongoing

TIME	MEM	NON-MEM
10–11am	\$40*	\$50*

*\$12 drop in fee
 Servant's Heart Karate, 4950 Sashabaw Rd
 one mile south of Maybee Rd.
 www.servantshheartkarate.com

Heartbeat

Move to the rhythm in this Cardio Fitness class. Drumsticks, fitness balls and hands bring fun back to fitness. Release stress and aggression while you sing and sweat. Anyone can do this class, there is no wrong or right way to drum! All equipment is included. Please bring water.

Mondays

Session 1: January 8–February 26
 (no class January 15 or February 19)
Session 2: March 12–April 23
 (no class April 2)
Session 3: May 7–June 18 (no class May 28)

TIME	MEM	NON-MEM
5:30–6:30pm	\$30	\$35
	\$7 drop in	\$8 drop in

Carriage House

Line Dancing

Dance to country, salsa, cha-cha and rock and roll rhythms with Rosemary Hall to exercise your body and mind. You are not obligated to participate on consecutive weeks. All skill levels welcome to this ongoing program.

Mondays, Ongoing

TIME	MEM	NON-MEM
10am–12:30pm	\$3	\$4

Bartsch Hall

Pole Walking

This amazing new fitness activity using Exerstrider Poles turbo charges your normal walking regimen by burning 40% more calories than regular walking. It automatically improves walking posture and helps to reduce stress to shins, knees, hips and back while radically improving balance and stability. Enjoy this even if you are a non-athlete as a health promoting physical activity. Walking poles and training will be provided.

Resuming May 2018, when weather permits. Contact the Senior Community Center for additional information.

People with Parkinson's Pole Walking

This introductory session provides the opportunity to learn and ask questions from a trained specialist. A certified Parkinson's Wellness Recovery physical therapist will explain how pole walking helps prevent the symptoms of PD from limiting their recreational activities. Includes initial evaluation and pole walking exercises. Poles available to use free of charge.

Call the Senior Center for additional information.

Refit Revolution

A fitness experience that changes people from the inside out, and the vision is accomplished by focusing on the heart as a muscle AND a soul. The workout combines cardio, balance, flexibility and is designed for everybody regardless of age, shape, size and ability. All equipment is included. Please bring water.

Wednesdays		
Session 1: January 10–February 28		
Session 2: March 14–April 25 (no class April 4)		
Session 3: May 9–June 13		
TIME	MEM	NON-MEM
5:30–6:30pm	\$30	\$35
	\$7 drop in	\$8 drop in
Bartsch Hall		

Senior Fit

This class is sponsored by St. Joseph Mercy Oakland and geared toward senior adults age 55 and over. The program features gentle standing and chair exercises that build strength and flexibility, as well as improve balance and cardiovascular fitness. You must preregister for classes: call 248-858-3952.

Mondays, Wednesdays and Fridays	
TIME	COST
8:15–9:15am	FREE
Bartsch Hall	

LOCAL FITNESS PARTNERSHIPS

Fitness Quest at Healthquest – Clarkston is offering monthly gym memberships to Independence Township Senior Community Center members for only \$40 per month. Couples who are members only pay \$70 per month. All registration fees will be waived. Call (248) 625-6022 to sign up!

Great Lakes Athletic Club is now offering Aquatic Classes and Active Life Exercise Classes to our Senior Community Center members age 55 and over on Tuesdays and Thursdays from 11 am to 1 pm. Cost is \$20 p.p. for three months (these fees are collected each quarter and are prorated if you join after the beginning of each quarter.) In addition, you pay \$5 drop in for the classes you wish to attend.

McLaren Fitness Center – Clarkston is now offering monthly gym memberships to Independence Township Senior Community Center members for only \$20 per month. Couples who are members only pay \$30 per month. All registrations fees will be waived. Call 248-922-6820 to sign up!

Tai Chi – Beginning

Are you new to Tai Chi? This class is designed to start you from the very beginning. Improve movement and balance after the first few classes!

Wednesdays		
Session 1: January 10–March 28 (no class January 17 or February 21)		
Session 2: April 11 – June 20 (no class May 30)		
TIME	MEM	NON-MEM
11am–12pm	\$60	\$65
	\$8 drop in	\$9 drop in
Carriage House		

Tai Chi – Intermediate

These classes can make a big difference in your mobility and health. For more information, go to www.wustyle.com.

Mondays		
Session 1: January 8 – March 26 (no class January 15 or February 19)		
Session 2: April 9 – June 18 (no class May 28)		
TIME	MEM	NON-MEM
11am–12pm	\$60	\$65
	\$8 drop in	\$9 drop in
St Daniel Church, 7010 Valley Park Drive		

Adaptive Yoga

This class adapts Yoga to all types of bodies and abilities. Optional use of light hand weights, stability balls, and strap or tie. Bring weights, strap and yoga mat to class.

Tuesdays		
Session 1: January 9 – February 13		
Session 2: February 20 – March 27		
Session 3: April 3 – May 8		
Session 4: May 15 – June 19		
TIME	MEM	NON-MEM
9–10am	\$35	\$40
	\$7 drop in	\$8 drop in
Carriage House		

Chair Yoga

In this introductory level course, yoga is performed sitting in a chair. Offers wonderful health benefits: greater flexibility, improved muscle tone, increased energy level and helps alleviate joint pain. Reduces stress and improves mental clarity. Please wear comfortable clothing.

Session 1: January 3–February 7		
Session 2: February 21–March 28		
Session 3: April 11–May 16		
TIME	MEM	NON-MEM
9–10am	\$40	\$45
	\$7 drop in	\$8 drop in
Carriage House		

TRAVEL

Stop by or call the Senior Community Center for detailed flyers for all Day Trips and Extended Travel Trips (including single and triple occupancy pricing).

Choose to travel with the Independence Township Senior Center because...

- We provide a variety of travel options for exploring close to home and beyond!
- The opportunity to form new friendships!
- Experience worry free, safe, escorted travel.

DAY TRIPS

The Nashville Songbook

Detroit Symphony Orchestra

With her stunning voice and stage presence, acclaimed entertainer, Mandy Marnett and her band revisit the greatest country and pop standards to come out of Music City. Mandy pays tribute to the songs that made Nashville famous. Includes coffee and donuts prior to the concert, concert ticket and mini-bus transportation.

Friday, January 19, 2018		
TIME	MEM	NON-MEM
Departs 8:45am Returns 3:30pm	\$43	\$48

Nana's Naughty Knickers

Meadowbrook Theatre

Bridgett and her grandmothers are about to become roommates. What Bridgett sees as a unique opportunity to stay with her favorite nana in New York for the summer quickly turns into an experience she'll never forget. Includes lunch prior to the performance at Lellis and mini-bus transportation.

Wednesday, January 31, 2018		
TIME	MEM	NON-MEM
Departs 11am Returns 4:30pm	\$69	\$74

Little Caesar's Arena Tour –

District Detroit

Come and see the new home to the Detroit Red Wings and Detroit Pistons. Take a guided 90 minute tour to experience the brand new state-of-the-art facility. The arena features innovations throughout and active community spaces like a streetscape inspired concourse, a Red Wings practice rink and an outdoor plaza with a massive video wall. *Please note: The Little Caesar's Arena tour consists of a moderate amount of walking and stairs.* Includes lunch at Pizze Papalis and a stop at Greektown Casino. Motorcoach transportation.

Tuesday, February 6, 2018		
TIME	MEM	NON-MEM
Departs 8:45am Returns 5:30pm	\$79	\$84

Tenderly – The Rosemary Clooney Musical

Meadowbrook Theatre

Rosemary's journey starts with her simple Maysville, Kentucky childhood and follows her rise to Hollywood stardom. With her signature songs woven in and out, we learn both the story of her successes on film, radio and TV, as well as her struggles in her personal life. Includes classic standards by Irving Berlin, Jerry Ross, Harold Arlen and many others. Includes lunch prior to the performance at O'Malley's. Mini Bus Transportation.

Wednesday, February 28, 2018		
TIME	MEM	NON-MEM
Departs 11am Returns 5pm	\$53	\$58

Marie and Rosetta

Detroit Public Theatre

We will stop for a quick lunch (on your own) en route to the Detroit Public Theatre for the performance of Marie and Rosetta. Referred to by some as the "godmother of rock n roll," Sister Rosetta Tharpe influenced artists like Elvis Presley and Ray Charles with her fierce guitar playing and unique style of gospel. Includes mini-bus transportation.

Wednesday, March 7, 2018		
TIME	MEM	NON-MEM
Departs 11:15am Returns 5pm	\$38	\$43

Day Trip Policy Information:

Once tickets are purchased, we are unable to process a refund to you, unless someone replaces you from the waiting list.

Medical forms and waivers must be completed by all participants prior to participating in a program.

If you have a specific food allergy, please provide us with that information upon registration.

A waiting list is started whenever a day trip or a special event becomes full. If you are unable to attend after you sign up, contact the Center so that the next person on the waiting list will have a chance to attend.

Please be at the Center a minimum of 15 minutes prior to departure time for day trips.

Parking is available in the dirt parking lot on the east side of the Carriage House.

For any trip that crosses the border to Canada, proper ID is required. You must have an enhanced driver's license or a passport and no prior arrests, or you will be asked to exit the motorcoach.

Independence Township Parks Recreation & Seniors reserves the right to request that any person needing assistance when participating in our programs is accompanied by a personal escort. A paid reservation must be made for the escort.

Blockbuster Broadway

Detroit Symphony Orchestra

An acclaimed cast of Broadway artists perform show-stopping songs you love from the great musicals, including *Wicked*, *Phantom of the Opera*, *Les Miserables* and *The Lion King*. It's the ultimate show tune extravaganza. Includes coffee and donuts prior to the performance, concert ticket and mini-bus transportation. Lunch on your own en-route home after the show.

Friday, March 9, 2018

TIME	MEM	NON-MEM
Departs 8:45am Returns 3:30pm	\$44	\$49

The Snow Geese

Meadowbrook Theatre

With WWII raging abroad, newly widowed Elizabeth Gaesling gathers her family for their annual shooting party, to mark the opening of hunting season in rural upstate New York. Elizabeth is forced to confront a new reality as her carefree eldest son comes to terms with this impending deployment overseas and her younger son discovers they all revered left them deeply in debt. Includes lunch prior to the performance at Alfocino Restaurant, performance ticket and mini-bus transportation.

Wednesday, April 4, 2018

TIME	MEM	NON-MEM
Departs 11am Returns 5pm	\$53	\$58

Tosca

Michigan Opera Theatre

Lust, betrayal, murder — nothing says drama quite like Puccini's *Tosca*, one of the most popular operas of all time. Amid an unstable 1800s Italy, fiery diva *Tosca* must fight to save her rebellious lover from an evil police chief. Sung in Italian with English subtitles projected above the stage. Includes opera ticket (dress rehearsal) and motor coach transportation.

Friday, April 6, 2018

TIME	MEM	NON-MEM
Departs 9am Returns 3:30pm	\$40	\$45

Women Rock

Detroit Symphony Orchestra

The DSO and Jeff Tyzik pay homage to Carole King, Tina Turner, Pat Benatar and the women of rock with hit songs like "Proud Mary," "Hit Me With Your Best Shot," and "You Make Me Feel Like a Natural Woman." Includes coffee and donuts prior to the performance, concert ticket and mini-bus transportation.

Friday, April 20, 2018

TIME	MEM	NON-MEM
Departs 8:45am Returns 3:30pm	\$44	\$49

All Night Strut

Meadowbrook Theatre

The *All Night Strut* moves through the Depression, WWII and the post-war boom in a two-act musical celebration of the 1930's and 1940's, filled with jazz, blues and American songbook standards. The story moves through time and place to highlight a slick slice of yesteryear and capture a beloved American era. Includes lunch at Kruse and Muir, theatre ticket and mini-bus transportation.

Wednesday, May 16, 2017

TIME	MEM	NON-MEM
Departs 11am Returns 5pm	\$69	\$74

Genitti's Hole In The Wall

"Lights, Camera, Murder"

A landmark since 1971, enjoy a seven course family style meal (soup, pasta, salad, Italian sausage with peppers, Italian steak and potatoes, baked chicken and cannoli for dessert) served like an old fashioned wedding while helping to solve a murder set in 1950s Hollywood. A star is dead and it is up to you to solve the mystery. This trip also includes a visit to the Genitti's Gift Shop, guided tour of Northville and motorcoach transportation.

Thursday, May 17, 2018

TIME	MEM	NON-MEM
Departs 9am Returns 4:30pm	\$87	\$92

The Doo Wop Project

Detroit Symphony Orchestra

Follow the evolution of Doo Wop from tight harmonies sung on street corners to today's biggest hits. Star's of Broadway's *Jersey Boys* and *Motown: The Musical* harmonize classics from the Crests, the Flamingos and the Temptations all the way to Michael Jackson and more. Includes coffee and donuts, concert ticket and mini-bus transportation.

Friday, May 18, 2018

TIME	MEM	NON-MEM
Departs 8:45am Returns 3:30pm	\$44	\$49

Birthday Candles

Detroit Public Theatre

After a lunch stop (on your own,) we head to the Detroit Public Theatre for a performance of *Birthday Candles*. Go on a magical 100-year journey with Ernestine Ashworth as she travels from her 17th birthday to her 117th. This is a world premiere by internationally acclaimed playwright Noah Haide. Includes mini-bus transportation.

Wednesday, May 30, 2018

TIME	MEM	NON-MEM
Departs 11:15am Returns 5pm	\$38	\$42

Savannah Sipping Society

Cornwell's Turkeyville

This famous dinner theatre features actors from all over the United States and offers a variety of performances. In this delightful, laugh-a-minute comedy, four unique Southern women, all needing to escape the sameness of their day-to-day routines, are drawn together by fate, an impromptu happy hour and decide its high time to reclaim the enthusiasm for life there've lost through the years. Includes lunch, performance and motorcoach transportation.

Wednesday, May 30, 2018

TIME	MEM	NON-MEM
Departs 9:30am Returns 6pm	\$87	\$92

Burt and Me

Meadowbrook Theatre

In this romantic musical comedy, Joe and Lacey were high school sweethearts who drifted apart when they attended different colleges. Their paths cross again and Joe devises a clever plan to win Lacey back... with the help of one Burt Bacharach. Enjoy songs like *Walk on By*, *I Say a Little Prayer*, and many more. Includes lunch prior to the performance at Mitchell's Fish Market and mini-bus transportation.

Wednesday, June 20, 2018

TIME	MEM	NON-MEM
Departs 11am Returns 5pm	\$67	\$72

Firekeepers Casino & Brewery Tour

Join us for some summer fun! Trip includes a four hour visit to Firekeepers Casino where you will receive \$20 in gaming and \$5 in food followed by a stop at the Dark Horse Brewery Company in Marshall. You will receive a VIP Brewery Tour, beer samples, logo pint glass, and free time. Motorcoach transportation.

Wednesday, June 6, 2018

TIME	MEM	NON-MEM
Departs 8:15am Returns 6:30pm	\$67	\$72

A Day at the Capital

Lansing, Michigan

Tour the State of Michigan Historical Museum featuring Michigan history from prehistoric times through the late 20th century. Explore all 26 permanent galleries. Includes lunch at Spartan Hall of Fame, a tour of Lansing and MSU Campus and the Capital Building. *Note: There is a considerable amount of walking on this trip.* Motorcoach transportation.

Tuesday, June 26, 2018

TIME	MEM	NON-MEM
Departs Xam Returns Xpm	\$77	\$82

EXTENDED TRIPS

The following contain brief descriptions of each trip. Please stop by the Senior Community Center and pick up a detailed flyer. **PLEASE NOTE: ALL PRICES ARE PER PERSON.**

The Deep South

Gulf Shores and New Orleans

Modern motorcoach transportation, 8 nights lodging including accommodations for 4 nights at the 4 star Mediterranean style Perdido Beach Resort located on the Gulf of Mexico. Tours include the Ave Maria Grotto, Day Trip to Mobile, Bellingrath Gardens, Dolphin Watch Cruise, Louisiana Swamp Tour, and much, much more. Includes luggage handling and tax and tips on included meals.

February 19–27, 2018

GROUP	SINGLE	DOUBLE
Member	\$2,499	\$1,799

Non Members — Additional \$25 per person
Deposit: \$200 per person
Balance Due: December 19
Optional Cancellation Insurance is available at \$95 per person, payable with deposit.

Arizona

"Valley of the Sun" Sedona & Tucson

Includes round trip air, round trip airport transfers, 3 Nights in Tucson, 3 Nights in Sedona, 6 Breakfasts, 1 Lunch and 4 Dinners, Sightseeing Tour of Tucson, Sabino Canyon Trolley Tour, Sedona Trolley Tour and many, many more tours. Luggage handling and taxes and tips on included meals.

March 3–9, 2018

GROUP	SINGLE	DOUBLE
Member	\$2,999	\$2,499

Non Members — Additional \$25 per person
Deposit: \$250 per person
Balance Due: January 3
Optional Cancellation Insurance is available at \$150 per person, payable with deposit.

Four Winds Casino Overnight

Chase away those winter blues with this fun-packed two day casino package. Includes a visit to the Blue Chip Casino in Michigan City, Indiana where you will receive a \$17 food voucher, overnight accommodations at Four Winds Casino where you will receive \$25 instant slot credit and a \$10 food credit, a visit to Firekeepers Casino where you will receive \$20 in slot credit and a \$5 food voucher and motorcoach transportation.

March 20–21, 2018

GROUP	SINGLE	DOUBLE
Member	\$239	\$199

Non Members — Additional \$10 per person
Deposit: \$50 per person
Balance Due: February 1

Lancaster Pennsylvania

Penn Dutch Country Plus Gettysburg

Includes the performance of "Jesus" at the Sight and Sound Theatre. An action packed, musical stage adventure that takes you on a miraculous journey alongside the most famous person to ever walk the earth and the everyday people whose lives he changed forever. Also includes motorcoach transportation, 3 Nights lodging, 3 breakfasts, 2 dinners, Gettysburg Battlefield Tour, Gettysburg Museum of American Civil War, Abe Lincoln Performance, Amish Farmlands Tour, Kitchen Kettle Village and more.

April 17–20, 2018

GROUP	SINGLE	DOUBLE
Member	\$925	\$725

Non Members – Additional \$25 per person
Deposit: \$100 per person
Balance Due: February 28
Optional Cancellation Insurance is available at \$40 per person, payable with deposit.

Great Canadian Cities

Kingston, Thousand Islands, Montreal, Quebec City and Ottawa

This wonderful trip includes 2 night's accommodations at the world renowned Chateau Frontenac in Quebec City, Canada's most beloved, elegant 5 star hotel. Also includes 1 Night in Kingston, 1 Night in Montreal, 2 Nights in Ottawa, 5 Breakfasts, 1 Lunch, 3 Dinners, 1000 Island Cruise, Montreal Sightseeing Tour, Old Montreal, Sightseeing Tour of Quebec City and many more tours. Motorcoach transportation.

Note: A Passport, Passport Card or Enhanced Driver's License are all acceptable documents for crossing the border to Canada.

May 6–13, 2018

GROUP	SINGLE	DOUBLE
Member	\$2,739	\$1,999

Non Members – Additional \$25 per person
Deposit: \$100 per person
Balance Due: April 1
Optional Cancellation Insurance is available at \$80 per person, payable with deposit.



Nova Scotia "A Taste of the Maritimes"

Halifax, Peggy's Cove, Cape Breton Island, Cabot Trail, Prince Edward Island Includes Roundtrip Air, Airport Transfers, 1st class Touring Motorcoach, 1 Night in Toronto, 3 Nights in Halifax, Nova Scotia, 2 Nights in Cape Breton Island, 2 Nights in Prince Edward Island, Famous People Players Dinner Theatre, Sightseeing in Toronto, Tour of Halifax, Scenic Marine Drive Highway, Visit to Peggy's Cove, Ferry to Prince Edward Island and much more! Also includes 8 Breakfasts, 2 Lunches and 5 Dinners including Lobster Dinner. **Note: A Passport, Passport Card or Enhanced Driver's License are all acceptable documents for crossing the border to Canada.**

July 17–25, 2018

GROUP	SINGLE	DOUBLE
Member	\$4,199	\$3,299

Non Members – Additional \$25 per person
Deposit: \$300 per person
Balance Due: May 17
Optional Cancellation Insurance is available at \$150 per person, payable with deposit.

Canadian Rockies By Train

Highlights include British Columbia, Vancouver, VIA Rail, Jasper, Columbia Icefield, Lake Louise, Banff and Calgary. Includes roundtrip airfare, 13 meals, taxes, fees/surcharges and hotel transfers.

August 4–12, 2018

GROUP	SINGLE	DOUBLE
Member	\$6,649	\$5,549

Non Members – Additional \$25 per person
Deposit: \$250 per person
Balance Due: July 3
Optional Cancellation Insurance is available at \$290 per person, payable with deposit.

South Dakota's National Parks

Black Hills, Badlands, Mt. Rushmore, Crazy Horse Memorial, Custer State Park, Deadwood

Includes Modern Motorcoach transportation, 8 Nights Lodging including 4 Nights at the Deadwood Gulch Gaming Resort (Winner of the Great Service Award,) 8 Breakfasts, 1 Lunch 4 Dinners, Mitchell's Corn Palace, Wall Drug Store, Badlands National Park Sightseeing Tour, Spearfish Canyon, Mt. Rushmore National Monument, Crazy Horse Memorial, Jeep Tour of Custer State Park, Deadwood and much more.

August 17–26, 2018

GROUP	SINGLE	DOUBLE
Member	\$2,649	\$1,849

Non Members – Additional \$25 per person
Deposit: \$100 per person
Balance Due: July 15
Optional Cancellation Insurance is available at \$95 per person, payable with deposit.



Shades of Ireland

Highlighting Dublin, Irish Evening, Kilkenny, Waterford, Choices on Tour, Blarney Castle, Killarney, Ring of Kerry, Farm Visit, Jaunting Car Ride, Limerick, Cliffs of Moher, Galway, Castle Stay. Includes round trip air, 13 meals, and transportation to and from airport.

September 3–12, 2018

GROUP	SINGLE	DOUBLE
Member	\$3,999	\$3,499

Deposit: \$250 per person
Balance Due: June 4, 2018
Optional Cancellation Insurance is available at \$360 per person, payable with deposit.

Senior Center Advisory Committee

Independence Township Senior Adult Community Center Advisory meets on the second Wednesday every other Month starting at 9am. This group is approved by the Township Board to represent the Center and to offer input and support into operations and programs. Meetings dates are on the second Wednesday every other month on January 10, March 14 and May 9. Call Barbara Rollin at the Center for more information.

Senior Advisory Officers:

Joe Figa – President
Sue Shubert – Vice President
Carolyn Morrison – Secretary

Members At Large:

Sharon Hubbard, Connie Hutchison, Don Kayko, Lee Kuczanski, Pam Marin, Donna Miller, Sandra Ritter and Mel Vaara

Staff:

Barbara Rollin – Senior Division Supervisor
Derek Smith – Parks, Recreation & Seniors Director
Patrick Kittle – Township Supervisor
Barbara Pallotta – Township Clerk

Friends of the Independence Township Senior Adult Activity Center (FITSAAC)

Friends was approved in 2010 by the IRS as a 501(c)(3) non profit, tax exempt organization. The Friends are managed by a Board of Directors, which is comprised of members listed below. Their main goal is to raise funds to help support programs and services of the Senior Center.

Friends of the Independence Township Senior Adult Activity Center

Meets the second Wednesday every month at 10am after the Senior Advisory or at 9am on the off months. Call Barbara Rollin at the Center for more information.

Friends Officers:

Carolyn Morrison – President
Pam Marin – Vice President/Treasurer
Pat Edwards – Secretary

Members At Large:

Joe Figa, Sharon Hubbard, Connie Hutchison, Don Kayko, Lee Kuczanski, Donna Miller, Mary Lou Schell, Sue Shubert and Mel Vaara

The Independence Township Senior Community Center will comply with the spirit and intent of the Americans with Disabilities Act. We will provide and make reasonable accommodations to assist people with disabilities to access our facilities and participate in our programs and services. Those who require assistance on a day, overnight or extended trip must bring a companion with them.

Please Do Not Let this Happen!

Cancellation of Day and Extended Trips can be avoided. Deadlines are very important for planning purposes, for the Community Center staff, travel companies and instructors. Please avoid disappointments by registering early! Thank you!

Detailed flyers for all of the Extended Travel trips are available at the Center.

ON THE HORIZON

Pure Michigan

Petoskey, Charlevoix And Harbor Springs
August 19–21, 2018

Hudson River Valley

September 2018

Kentucky Bluegrass

November 2018

New York City Holiday Extravaganza

November/ December 2018

