

# 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](http://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, 8:00am–5:00pm  
6000 Clarkston Road, Clarkston, MI 48348  
(248) 625-8231 | Fax: (248) 922-3189  
Go to [www.indehtwp.com](http://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: Gerald Ellis, Gordy Cloutier, JoAnn Foote, Tom Mitcham, Gerry Townsend.

#### Registration Information

Sign up for all adult programs at the Senior Community Center. You can pay by cash, checks made payable to Independence Township or Master Card and Visa. Classes must be paid for in full when registering. If you cancel a trip or event, we will refund the cost (minus a \$10 administrative fee) if the Center does not incur an expense for your place or if someone on the waiting list can replace you.

#### 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:

- \$12 a person for residents.
- \$17 a person for non-residents.
- \$22 a couple for residents.
- \$32 a couple for non-residents.

Residents are persons who pay taxes to Independence Township even if their mailing address is listed differently. 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.

*A price increase will go into effect for the Thanksgiving & Christmas Holiday Luncheon Parties this year. Everyone will be required to pay in advance with no refunds. The cost will be \$8 for members and \$10 for non-members.*

### 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–4:00pm. 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 \$3.00 each way and local hospital trips are \$5.00 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 12 noon for \$7.00 per person.** To check the menu or reserve a meal, call the office at (248) 625-8231 by 5:00pm 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 11:00am on Thursdays before lunch.

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

Hot meals are available seven days a week to older adults 60 and over and to people with short or long term disabilities living in Independence Township and Clarkston. 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.

#### 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 Barbara at the Center at (248) 625-8231.

#### 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.

#### Be a Santa to a Senior

Help spread some holiday cheer to a senior in need in our community! Stop by the Senior Community Center during the month of November, pick a name from our tree, purchase a gift and bring it to the center unwrapped. Your generosity is appreciated!

#### 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.

#### Medicare Open Enrollment Period

October 15 through December 7 is the time to review Medicare Part D and Advantage plans to consider options for 2018. Appointments with a certified Medicare counselor are available to provide information and assistance. Contact Patty at the Senior Center at 248-625-8231 ext. 17.

#### 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.

### Balance and Fall Prevention

Every 15 seconds an older adult is seen in an emergency department for a fall related injury. Don't be a statistic! A HealthQuest physical therapist will demonstrate ways to improve balance, flexibility and strength. Learn risk factors and strategies to prevent falls.

Thursday, October 12	
TIME	COST
1:30pm	\$1 per person drop in
Bartsch Hall	

### Bunco

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

Second Wednesdays, September 13, October 11, November 8 and December 6	
TIME	COST
1pm	\$4 per person drop in
Carriage House	

### Caregiver Support Group

Are you caring for someone else - someone unable to care for themselves? This challenge can be overwhelming. Feeling stressed? Looking for a place to share ideas with others in a similar situation? You are invited to join with others in a group focused on supporting you. Conversations will be guided by Thomas K. Stone, a former licensed counselor. Call the Senior Community Center for more information.

Second Tuesdays	
TIME	COST
2pm	NO CHARGE
Carriage House	

### Chair Massage

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	COST
10am-12pm	\$10 per person for 15 minutes

### 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	COST
10am	\$1 per person drop in

### Coloring and Current Events

A great way to relax and decompress in our busy stressed out world while chatting with others. This one hour will fly by as you take part in lively discussion while unplugging and reducing anxiety.

Thursdays	
TIME	COST
10-11am	\$1 per person drop in

### 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.

Third Wednesdays, September 20, October 18, November 29	
TIME	COST
6pm	\$12 per person at the door
Bartsch Hall	

### Elder Care Decision Making

Great Lakes Legal, a non-profit organization, will discuss how mediation services can assist families in making decisions to meet the needs and interests of an elderly loved one. A mediator listens to issues, helps identify goals and encourages consideration of all options. Call the Center to register to attend.

Thursday, November 9	
TIME	COST
1:30pm	\$1 per person

### 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 September 14, October 12, November 9	
TIME	COST
9:30am	NO CHARGE
Bartsch Hall	

### Medicare 101

Learn about who is eligible for Medicare, how to enroll and what services are covered. Particular emphasis will be placed on information about the prescription drug benefit. Issues regarding supplemental insurance, Medicare Advantage plans and identification of Medicare fraud and abuse will be addressed. Call the Senior Community Center to let us know you will be attending!

Wednesday, October 4	
TIME	COST
1:30pm	\$1 per person drop in
Bartsch Hall	

### The Path to Better Health

PATH is a 6-week workshop designed to provide the skills needed to improve health and manage symptoms. Anyone with arthritis, hypertension, diabetes, heart disease, stroke, pain, or any chronic condition can benefit from this class. Learn to increase energy, handle everyday activities more easily, make informed treatment decisions, talk to healthcare workers and overcome stress. Participants completing the program receive a \$10 gift card. To register call 1-800-852-7795 or wellnessprogram@aaa1b.com.

Tuesdays, September 19 - October 24	
TIME	COST
1-3:30pm	NO CHARGE (donations accepted)
Bartsch Hall	



### 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 different theme. Bring your recipes in written form to share.

First Fridays, September 1, October 6, November 3 and December 1	
TIME	COST
12pm	NO CHARGE
Bartsch Hall	

### Protect Yourself!

Protect yourself from identity theft, phone scams, and computer and technology crimes! Clarkston Community Schools and Detective Jerry Derosia invite you to enjoy coffee and donuts and learn how these crimes can happen to anyone and how to prevent it from happening to you. RSVP to Anne Collias at 248-623-5413 or amcollias@clarkston.k12.mi.us.

Thursday, September 21, 2017	
TIME	COST
10:30am-12pm	NO CHARGE
Clarkston Community Schools Central Office Board Room, 6389 Clarkston Rd.	

### Self Defense Class for Seniors

You can never be too prepared! Jen Miles from the Oakland County Sheriff's Department will be here to give basic prevention and self-defense knowledge and skills along with the mental ability to recognize and formulate choices during life threatening or dangerous situations. This two hour class will cover a discussion portion and physical portion which can be modified to accommodate abilities. If you are planning to attend, please call the Center at (248) 625-8231 to place your name on the list.

Thursday, November 9	
TIME	COST
9-11am	NO CHARGE
Bartsch Hall	

### Sew What's!

Bring your own sewing machine and sewing items. You may choose to 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. If you have any questions, please feel free to contact the Center at (248) 625-8231.

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 2018. Representatives will be here from Collette Tours, Shoreline Tours, Bianco Tours, Vacation by Rail and Route 23 to share this exciting information and answer questions. Light refreshments will be served.

Wednesday, October 11	
TIME	COST
1pm	NO CHARGE
Bartsch Hall	

## Weekly Activities

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

### Family and Friends CPR

This American Heart Association course teaches students how to perform CPR on adults, children and infants and how to help an adult, child or infant who is choking. It is designed primarily for those persons who want to learn CPR and do not need a certification for employment. This course is designed for parents, grandparents and members of the community who want to learn how to effectively help their friends and family in an emergency. At the completion of this course students will receive a course completion card.

Saturday, November 4		
TIME	MEM	NON-MEM
5-7pm	\$20	\$25
Deadline to register is October 27 * \$15.00 class fee is due to instructor at time of class if you wish to purchase the book.		

### NEW! Introduction to Mindfulness

Learn to practice mindfulness techniques and enjoy feeling happier, less anxious and more spontaneous as you gain a mindful perspective on life. Mindfulness helps lower blood pressure, reduce heart rate and teaches us to pay attention to the present moment using our breath and other points of awareness. Amy Metz is both a Chopra Center Certified and Mindful Schools trained instructor. Come see what it's all about!

S1: Wednesday, September 20	
TIME	COST
1pm	\$11 per person
S2: Wednesday, October 25	
TIME	COST
7pm	\$11 per person
S3: Tuesday, November 28	
TIME	COST
9am	\$11 per person

### Genealogical Research

A great opportunity to get started finding your family ancestry or to overcome a research roadblock. Dr. Thomas K. Stone has been doing genealogical research for 30 years. Make an appointment for one or more hours of individual one-on-one family searching. Call the Center for to make an appointment.

Wednesdays, September 20 & October 18	
TIME	COST
9:30am-12:30pm	\$10 per one hour appointment

### A Purpose-Full Retirement: An Orientation

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, October 12	
TIME	COST
1:30pm	\$10 per person

### 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.

Mondays, September 18, October 16, November 20		
TIME	MEM	NON-MEM
9-11am	\$23	\$25

### Legacy: What Will Yours Be?

"Whether you know it or not, we leave parts of ourselves wherever we go." (The Illusion of Separateness by Simon Van Booy) This program on legacy is about what you can do to affect what you leave behind—your LEGACY! It is about a great deal more than money. We will talk about options and opportunities. Discussion will be led by Dr. Thomas Stone, Distinguished Emeritus Professor and retired professional counselor.

Thursday, November 16	
TIME	COST
1:30pm	\$10 per person

### 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. Please call the Center at (248) 625-8231 to sign up and let us know the type of cell phone you will bring.

Thursday, September 28	
TIME	COST
1:30pm	\$1 per person drop in

### 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, September 21	
TIME	COST
10:30am-12pm	\$1 per person drop in



### NEW! Wire Weaving Class

Create your own wearable copper bracelet! 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.

S1: Wednesdays, September 6-13 (Beginners Class #1)		
S2: Wednesdays, October 4-11 (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.

S1: Fridays, September 1 - October 20 (Table Edge Duck)		
TIME	MEM	NON-MEM
9am-12pm	\$80	\$85
S2: Fridays, November 3 - December 15 (Raven) No Class Nov. 24		
TIME	MEM	NON-MEM
9am-12pm	\$60	\$65

### How To Age Gracefully

Dr. Thomas K. Stone will be here to help you learn to age gracefully, applying to people of all ages. If you plan to attend, please call the Center to place your name on the list.

Thursday, December 7	
TIME	COST
1:30pm	\$1 per person drop in

## 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 as weather permits

TIME	COST
9am	NO CHARGE
Senior Community Center Parking Lot	

### Bowling

Informal league includes 3 relaxing games. 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, resuming September 11

TIME	COST
1pm	\$6.50 per week
Cherry Hill Lanes, 6697 Dixie Highway	

### Pickleball

#### Outdoor Morning Pickleball (Ongoing)\*

Monday through Saturday	
TIME	COST
8:30–11:30am	\$2 per person
Clintonwood Park Pickleball Courts 6000 Clarkston Road	
*Play will return indoors when the weather no longer permits outdoor play. Indoor play at First Congregational Church of Clarkston is \$3 per person.	

#### Indoor Evening Pickleball (Ongoing)\*

Tuesdays	
TIME	COST
6–9pm	\$4 per person
First Congregational Church of Clarkston 5449 Clarkston Road *Experienced Players	

## EXERCISE AND FITNESS CLASSES

### “Breakfast Club” Body Management

This gentle exercise program is designed to recall those strengths and movements. Improve and maintain flexibility, mobility, and range of motion, circulation, strength and balance. Feel the benefits! All sessions meet Mondays, Wednesdays and Fridays.

S1: September 6–27

TIME	MEM	NON-MEM
11–11:50am	\$40	\$45

S2: October 2–27

TIME	MEM	NON-MEM
11–11:50am	\$48	\$53

S3: November 1–27

TIME	MEM	NON-MEM
11–11:50am	\$44	\$49

S4: December 1–27

TIME	MEM	NON-MEM
11–11:50am	\$40	\$45

McLaren Physical Therapy and Fitness Center,  
Suite 310, 5701 Bow Pointe Drive

### Heartbeat – Evenings

Connect with your true rhythm in this Cardio Fitness class. Drumsticks, fitness balls and hands are all you need to 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

S1: September 18 – October 23  
S2: November 6 – December 18  
(No class November 20)

TIME	MEM	NON-MEM
5:30–6:30pm	\$30	\$35
Carriage House		

## NEW!

### Karate – Beginner Senior Class

Improve fitness while learning to defend yourself. Training in Isshinryu Karate is an ideal way to improve strength, flexibility, balance, and confidence while keeping your mind sharp. No prior knowledge or experience is needed and we accept all fitness and ability levels. Isshinryu is a traditional Okinawan style of karate. Wear comfortable clothes. Uniforms are optional for beginners and are available for purchase if desired. Most Saturday mornings 8:30am–12pm the karate studio is open for practice and included in monthly dues.

Thursdays, September 7–28

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.servantheartkarate.com

### 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	COST
10am–12:30pm	\$3 per person drop in fee
Bartsch Hall	

### Pole Walking

This amazing 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 instruction will be provided.

Days and Times TBD as weather permits

TIME	COST
TBD	10 Punch Card – \$18 p.p. (Receive one day free)
	20 Punch Card – \$34 p.p. (Receive three days free)

## 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 recreation activities. Includes initial evaluation and pole walking exercises. Poles available to use free of charge.

Friday, September 29 or  
Saturday, October 14

TIME	COST
9–10am	TBA

## NEW!

### Refit Revolution

REFIT Revolution is a fun 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 and every BODY regardless of age, shape, size and ability. All equipment is included. Please bring water.

Wednesdays

S1: September 13–October 25  
(no class October 11)

TIME	MEM	NON-MEM
1–2pm	\$30	\$35
Bartsch Hall		

### Senior Fit

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 to check for availability.

Mondays, Wednesdays and Fridays  
Begins September 11

TIME	COST
8:15–9:15am	FREE
Bartsch Hall	

## LOCAL FITNESS PARTNERSHIPS

**Fitness Quest at Healthquest – Clarkston**  
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

Now offering Aquatic Classes and Active Life Exercise Classes to our Senior Community Center members age 55 and over on Tuesdays and Thursdays from 11am to 1pm. 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

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!

<b>S1: Wednesdays September 13–November 15</b>		
TIME	MEM	NON-MEM
11am–12pm	\$60*	\$65*
<b>S2: Wednesdays November 29–December 13</b>		
TIME	MEM	NON-MEM
11am–12pm	\$18*	\$23*
Drop In Fee: \$8 per person. 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](http://www.wustyle.com).

<b>S1: Mondays, September 11–November 13</b>		
TIME	MEM	NON-MEM
11am–12pm	\$60*	\$65*
<b>S2: Mondays, November 27–December 11</b>		
TIME	MEM	NON-MEM
11am–12pm	\$18*	\$23*
Drop In Fee: \$8 per person. 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.

<b>S1: Tuesdays, September 12 – October 24</b>		
TIME	MEM	NON-MEM
9–10am	\$40*	\$45*
<b>S2: Tuesdays October 31–December 19 (No class 11/7)</b>		
TIME	MEM	NON-MEM
11am–12pm	\$40*	\$45*
Drop In Fee: \$7 per person. Carriage House		

## Chair Yoga

Chair Yoga is for EVERY BODY. In this introductory level course, yoga is entirely performed sitting in a chair. Offers wonderful health benefits including greater flexibility, improved muscle tone, increased energy level and helps alleviate joint pain from arthritis. Reduces stress and improves mental clarity. Please wear comfortable clothing.

<b>S1: Wednesdays, September 13–October 18</b>		
<b>S2: Wednesdays, November 1–December 13 (No Class 11/22)</b>		
TIME	MEM	NON-MEM
9–10am	\$40	\$45
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

### Detroit Tigers Game

Enjoy an afternoon at Comerica Park watching the Tigers play the Chicago White Sox. Includes ticket, hot dog, soft drink and motorcoach transportation.

<b>Thursday, September 14, 2017</b>		
TIME	MEM	NON-MEM
Departs 10:30am Returns 5:30pm	\$79	\$84

### Rockin Country Music Round Up

See tribute artists: Loretta Lynn, Garth Brooks, Blake Shelton and Elvis Presley. Includes mini-bus transportation to and from the Center, reserved seat and light refreshments. Hotdogs will be available for purchase.

<b>Thursday, September 28, 2017</b>		
TIME	MEM	NON-MEM
Departs 1pm Returns 4pm	\$16	\$21

### Renaissance Festival Fun!

Huzzah! Live Jousting, History Lessons, Skilled Artisan Demos, Period Costumes and Entertainment throughout the day! Join us for the 2017 Senior Day Festival! Price includes admission to the festival, a special trip escort and mini-bus transportation.

<b>Friday, September 29, 2017</b>		
TIME	MEM	NON-MEM
Departs 9:30am Returns 4pm	\$18	\$23

### Ella and Louis

#### Detroit Symphony Orchestra

Take a journey through the most famous hits recorded by two of jazz's greatest legends: Ella Fitzgerald and Louis Armstrong. Relive one of the most memorable collaborations in music history. Lunch on your way home after the concert. Includes concert ticket, coffee and donuts prior to the concert and mini-bus transportation.

<b>Friday, October 6, 2017</b>		
TIME	MEM	NON-MEM
Departs 8:45am Returns 3:30pm	\$42	\$47

## Pioneer Wine Trail

The wine bus will travel to the Lone Oak Vineyard, located on the same latitude as the border of Southern France and Northern Spain, producing superior wine grapes. The next stop will be at Sandhill Crane Vineyard for a delicious lunch and more wine tasting. The final stop takes us to Grand River Marketplace where you will enjoy award winning wines and hard ciders representing Michigan and the Great Lakes Region. Motorcoach transportation.

<b>Friday, October 6, 2017</b>		
TIME	MEM	NON-MEM
Departs 9:30am Returns 5pm	\$74	\$79

## You're All Invited to a Halloween Party!

### Hartland Performing Arts Theatre

Enjoy a party hosted by two monsters from your childhood, Frankenstein and his bride. They once may have scared you but at this party you will be laughing, singing and rattling your bones to the music. Lunch on your own at the Red Olive prior to the performance. Mini-bus transportation.

<b>Thursday, October 19, 2017</b>		
TIME	MEM	NON-MEM
Departs 11am Returns 4:30pm	\$24	\$29

## Shear Madness

### Meadowbrook Theatre

This comedy whodunit takes place in the Shear Madness hair salon. A murder is committed and the audience participates by spotting clues and questioning the suspects. The outcome is never the same. Includes lunch at Luccinos prior to the performance. Mini-bus transportation.

<b>Wednesday, October 25, 2017</b>		
TIME	MEM	NON-MEM
Departs 11am Returns 5pm	\$63	\$68

## Hamlet

### Macomb Center for the Arts

More than 400 years after its debut, Hamlet remains one of the most frequently performed of William Shakespeare's 38 plays. Hamlet emphasizes morality and highlights and pitfalls of revenge. We will stop for lunch on your own after the performance. Mini-bus transportation.

<b>Monday, October 30, 2017</b>		
TIME	MEM	NON-MEM
Departs 9am Returns 2:30pm	\$22	\$27

## "Mr. Las Vegas"—Wayne Newton

This trip to Soaring Eagle Casino includes \$10 in play and a \$5 food voucher PLUS a free Wayne Newton show matinee! Trip includes motorcoach transportation.

<b>Monday, November 6, 2017</b>		
TIME	MEM	NON-MEM
Departs 9am Returns 8:30pm	\$47	\$52

## Pike Street

### Detroit Public Theatre

On New York's Lower East Side, a mother works hard to keep the electricity flowing for her daughter's respirator while a hurricane looms nearby. A vibrant host of characters brings new meaning to the phrase "it takes a village." Lunch on your own prior to the performance. Mini-bus transportation.

<b>Wednesday, November 15, 2017</b>		
TIME	MEM	NON-MEM
Departs 11:30am Returns 5pm	\$38	\$43

## Holiday Show – Frankenmuth

### Featuring "The Teen Angels"

This holiday show will be full of comedy, cheer-filled yuletide romp, some of your favorite holiday music as well as their best hit songs. Includes a plated Frankenmuth chicken lunch and mini-bus transportation.

<b>Thursday, November 30, 2017</b>		
TIME	MEM	NON-MEM
Departs 10:15am Returns 4pm	\$63	\$68

## 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.

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.



## Broadway Christmas Wonderland

### Fisher Theatre

One of the most delightful and enchanting Christmas shows ever, featuring glittering costumes, a dazzling cast, and the highest kicking Chorus Girls this side of the North Pole. Enjoy an early dinner at Traffic Jam and Snug after the show. Motorcoach transportation.

Thursday, December 14, 2017

TIME	MEM	NON-MEM
Departs 11am Returns 6pm	\$90	\$95

## Home For The Holidays

### Detroit Symphony Orchestra

Share Detroit's favorite musical tradition with friends and family and thrill to the spectacle of the season. DSO Principal Pops Conductor Jeff Tyzik leads a sparkling spectacle of the season. We will stop for lunch on your own after the performance. Includes concert ticket, coffee and donuts prior to the performance and mini-bus transportation.

Friday, December 15, 2017

TIME	MEM	NON-MEM
Departs 8:45am Returns 3:30pm	\$43	\$48

## Brenda Lee Christmas Show

### Soaring Eagle Casino

Enjoy a day at Soaring Eagle casino where you will receive \$10 in gaming, \$5 food voucher, and a ticket to the Brenda Lee Christmas Show. Motorcoach transportation provided.

Monday, December 18, 2017

TIME	MEM	NON-MEM
Departs TBA Returns TBA	\$48	\$53

## 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 tickets, and mini-bus transportation. Lunch on your own after concert.

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 TBD	\$69	\$74

## 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.**



## Agawa Canyon Rail Journey

### Soo Locks Dinner Cruise and Fall Color Tour

One of the most popular train tours in North America. Wilderness excursion transports you through 114 miles of scenic fall color beauty over towering trestles, along pristine lakes and rivers and through the granite rock formations and vast mixed forests of the Canadian Shield. Includes Agawa Canyon Train Excursion, Canadian Bushplane Heritage Center, 2 nights lodging, 2 breakfasts, 1 lunch, Soo Locks Dinner Cruise, luggage handling, tax and tips on included meals.

October 10-12, 2017

GROUP	MEM	NON-MEM
Double	\$599	\$624

Optional Cancellation Insurance is available at \$45 per person, payable with deposit.



## Grand Experience 2017

### 50th Anniversary Celebration

The one of a kind trip includes accommodations at the Grand Hotel (including baggage handling, taxes and gratuities,) full breakfast each morning, tea and cookies each afternoon, five course dinner each evening, special champagne reception, nightly dancing with the Grand Hotel Orchestra, Carriage Tour, Grand Hotel History Lecture, Kitchen Tour, bocce, golf putting and chipping tournaments, writing contests, movies, unlimited golf on the nine hole Jewel Course (cart fee \$25 per round,) self-guided walks and many more daily activities. Also includes round trip motorcoach transportation, ferry tickets, horse-drawn taxi to and from the hotel and discounts on bicycle rentals, photos and, of course, fudge!

October 23-26, 2017

GROUP	MEM	NON-MEM
Double	\$840	\$865

Deposit: \$200 per person  
Balance Due: August 1



## Southern Charm Fall Color Tour

### Chattanooga, TN, Refro Valley, Kentucky and Biltmore Estates

Tour includes 5 nights lodging, 5 breakfasts, 2 lunches and 3 dinners, Refro Valley's Old Barn Dance, Southern Belle Lunch Cruise, Lookout Mountain, Blue Ridge Scenic Railway, Biltmore Estate and much more. Includes luggage handling, tax and tips on included meals. Motorcoach transportation.

October 28-November 2, 2017

GROUP	MEM	NON-MEM
Double	\$1328	\$1353

Deposit: \$100 per person  
Balance Due: September 1  
Optional Cancellation Insurance is available at \$75 per person, payable with deposit.



## Iceland's Magical Northern Lights

Highlights include Reykjavik, Northern Lights Cruise, Golden Circle, Thingvellir National Park, Geysir, Gullfoss, Seljalandsfoss, Vik, Eyjafjallajokull Volcano Visitor Center, Skogar Museum, Skogafoss, Jokulsarlon Glacial Lagoon, Skafafell National Park, Vatnajokull Glacier, and Blue Lagoon. Includes roundtrip airfare, 7 days and 10 meals.

November 4-10, 2017

GROUP	MEM	NON-MEM
Double	\$3,399	\$3,399

Deposit: \$250 per person  
Balance Due: September 5  
Optional Cancellation Insurance is available at \$280 per person, payable with deposit.

## Chicago Style Christmas

Includes hotel stay at Doubletree by Hilton in Chicago located just two blocks from the Magnificent Mile, dinner at Food Life, lots of shopping time and a visit to the Museum of Science and Industry to see the Christmas Around the World and Holidays light exhibit. Motorcoach transportation.

December 2-3, 2017

GROUP	MEM	NON-MEM
Double	\$334	\$359

Deposit: \$250 per person  
Balance Due: September 5

## A Capital Christmas

### Washington D.C.

Highlights include a performance at the Kennedy Center by the National Symphony Orchestra, A Christmas Carol at Ford's Theatre, Sightseeing tour of Washington DC, Evening Illumination Tour, National Christmas Tree, White House Visitor Center, Washington National Cathedral and much, much more. Spend 3 nights in downtown Washington DC including 2 dinners and 3 breakfasts and motorcoach transportation.

December 7-10, 2017

GROUP	MEM	NON-MEM
Double	\$999	\$1,024

Deposit: \$100 per person  
Balance Due: October 20  
Optional Cancellation Insurance is available at \$60 per person, payable with deposit.



### Spectacular South Africa

Highlighting Johannesburg, Soweto, Panoramic Route, Kruger National Park, Safari Game Drive, Garden route, Knysna, Featherbed Nature Preserve, Ostrich Farm Visit, Wine Paring Dinner, Cape Town, Table Mountain, and much more. Includes round trip air, 22 meals, and transportation to and from airport.

February 8–21, 2018		
GROUP	MEM	NON-MEM
Double	\$4,899	\$4,899

Deposit: \$250 per person  
Balance Due: December 10  
Optional Cancellation Insurance is available at \$350 per person, payable with deposit.



### The Deep South

#### Gulf Shores and New Orleans

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 more. Includes luggage handling and tax and tips on included meals.

February 19–27, 2018		
GROUP	MEM	NON-MEM
Double	\$1,799	\$1,824

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	MEM	NON-MEM
Double	\$2,499	\$2,524

Deposit: \$250 per person  
Balance Due: January 3  
Optional Cancellation Insurance is available at \$150 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	MEM	NON-MEM
Double	\$3,499	\$3,499

Deposit: \$250 per person  
Balance Due: July 3, 2018  
Optional Cancellation Insurance is available at \$290 per person, payable with deposit.

### Four Winds Casino Overnight

Begin with 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; and finally a visit to Firekeepers Casino where you will receive \$20 in slot credit and \$5 in food credit. Motorcoach transportation provided.

March 20–21, 2018		
GROUP	MEM	NON-MEM
Double	\$199	\$219

Deposit: \$50 per person  
Balance Due: February 1



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

*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.*

### Senior Center Advisory Committee

Independence Township Senior Adult Community Center Advisory meets on the second Wednesday every other Month starting at 9:00am. This group is approved by the Township Board to represent the Center and to offer input and support into the operations and programs. Meetings dates are on Wednesdays as follows: January 11, March 8, May 10 and July 12, 2017. Call Barbara Rollin at the Center for more information.

#### Senior Advisory Officers:

Joe Figa, President  
Pat Edwards, Vice President  
Carolyn Morrison, Secretary

#### Members At Large:

Sharon Hubbard, Connie Hutchison, Don Kayko, Lee Kuczanski, Pam Marin, Donna Miller, Sandra Ritter, Mary Lou Schell, Sue Shubert, Tom Stone 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 10:00 after the Senior Advisory or at 9:00 on the off months. Call Barbara Rollin at the Center for more information.

#### Friends Officers:

Carolyn Morrison, President  
Lee Kuczanski, Vice President/Treasurer  
Pat Edwards, Secretary

#### Members At Large:

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

### Senior Adult Community Center Building Expansion

Donations are being accepted for our Building Expansion Fund for additional items needed for the new kitchen and other new addition items. Checks can be made to FITSAC and designated for the new addition. Please contact Barbara Rollin, Senior Division Supervisor at 248-625-8231 or Carolyn Morrison.

