

# 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 inside 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.indehwp.com](http://www.indehwp.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.indehwp.com](http://www.indehwp.com) “visitors” then “Senior Center”

#### Meet the Staff



**FROM LEFT TO RIGHT:** Carroll Harris, Vic O’Bezil, Theresa Gordon, Patty Collins, Mary Jo Reid, Barbara Szematowicz, Jennifer Angus, Jerry Ellis, Mary Melega, Dale Coughlin, Lou Donagrandi, Barbara Rollin, Janel Sadowski. **NOT PICTURED:** Kimm Blue, Gordy Cloutier, Tom Mitcham, Nancy Shuman, John Smith, Gerry Townsend and Carol Vickery.

### Program Registration Information

Register for senior programs by phone or in person at the Senior Community Center; payable by cash, check (made out Independence Township), Master Card or Visa. Classes must be paid for in full when registering. \*Pricing reflects member and non-member fees. This includes all senior classes, sports & exercise programs, presentations, cards/games and ongoing activities listed in the bimonthly Senior Connection newsletter and ITPRS 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 membership rate. Our membership fees are as follows:

- \$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, live in the City of the Village of Clarkston or Springfield Township.

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 our programs and classes. All 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, you can look it up in our Senior Connection Newsletter or on the Independence Township Website. To reserve a meal, call the office at 248-625-8231 by 5pm on the Monday before the 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 older adults 60 and over and to people with short or long-term disabilities living in Independence Township and Clarkston. Frozen meals for the weekend are delivered on Friday. 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.

#### 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!

#### 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.

#### 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. Due to limited availability, members and residents may call beginning September 5 to schedule a time. Non-members/non-residents calls will be accepted beginning October 1st. 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.

## A Matter Of Balance – Managing Concerns About Falls

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This eight-session course is sponsored by the Area Agency on Aging and led by two trained instructors. Pre-registration is required. For more information or to register, call 833-262-2200 or wellnessprograms@aaa1b.com.

Tuesdays, September 11 – October 30

TIME	COST
10am–12pm	By Donation

## Aromatherapy Class with Erika Arms ND, CNHP

If you want to learn about Aromatherapy (essential oils) and understand the historical uses that date back 3000 years before Christ, come join us. You will receive the same training the Naturopath was taught. This class will not be brand specific. You will learn the do's and don'ts, and the historical benefits. (Cost includes oil samples, and comprehensive handout).

Thursday, November 8

TIME	MEM	NON-MEM
7–8:30pm	\$30	\$32

## Ask the Pharmacist – Lunch and Learn

Join us for a pizza lunch and learn about over the counter medications and possible interactions with prescription meds. Clarkston Pharmacy staff will answer your questions! Call the Senior Center to register.

Tuesday, September 11

TIME	MEM	NON-MEM
12–1:30pm	\$1	\$2

## Bucks for Buses Fundraiser at Overtyme Grill and Taproom

This special evening includes entertainment, food silent auction and more. Proceeds benefit the Senior Transportation Program serving Independence and Springfield Townships and the City of the Village of Clarkston. This program provides rides to older and disabled adults to doctors, dialysis, local grocery shopping, work and other appointments.

Wednesday, September 26  
Theme is "Love Boat"

TIME	MEM	NON-MEM
5–8pm	\$25	\$30

Overtyme Grill and Taproom

## 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, Drop-in

TIME	MEM	NON-MEM
1:30pm	\$4	\$2

## Cell Phone 101

Learn to use all those mystery buttons on your cell phone. This individualized workshop will answer your questions and build your confidence. Class is limited to 8 participants.

Thursday, October 4: iPhone  
Thursday, October 11: Android

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.

First and Third Tuesdays of the month

TIME	MEM	NON-MEM
10am–12pm	\$10	\$11

## 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, Drop-in

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

## 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. Does not meet July and August.

Third Wednesdays

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

## Healthy Brain Series

You won't want to miss this informative presentation. Sort through the latest findings on cognitive decline; learn strategies to re-establish & maintain brain health while having fun with challenging brain drills. Kathy Housey, certified Brain and Balance Instructor will provide new brain health information along with interactive brain games and offer the latest strategies to help slow the progression of Alzheimers and Dementia. Pre-registration is strongly encouraged.

Tuesdays

October 30: Brain Health: It's all Good News  
November 1: Exercise = Cognitive Candy for the Brain  
November 20: Your Gut is Your Second Brain  
November 27: Sleep Strategies: Are You an Owl, a Lark or a Hummingbird?

TIME	MEM	NON-MEM
1pm	\$5 per session \$15 series of 4	\$6 per session \$20 series of 4

## 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

## 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

## NEW Scrabble Club

If interested call the Senior Community Center at 248-625-8231 to be added to the sign-up list.

Second Thursdays, Drop-in

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

## 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. Please call the Center to place your name on the list.

Tuesday, November 13

TIME	COST
10am–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

## 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.**

# CREATIVE AND ENRICHMENT OPPORTUNITIES

## 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 17, October 15, November 19, December 17**

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

## Beginner Mountain Dulcimer Lessons

Learn to play the mountain dulcimer in eight easy lessons. No previous musical experience necessary. Loaner instruments are available on a 1st come basis (There is a \$20 refundable deposit given to the teacher on the first day). A minimum of 6 students to run the class and a max of 12 students. Register with the Clarkston Senior Center.

**Wednesdays, September 19 – November 7**

TIME	MEM	NON-MEM
9:30-10:30am	\$85	\$90

## 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, October 18, 2018**

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

## Genealogical Research

What 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 specific dates and to schedule an appointment.

**Wednesday, October 10**

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

## Intro to Sign Language

In recognition of Deaf Awareness week join us at the Senior Community Center and enjoy an introduction to the third most used language in our country. Learn the manual alphabet and basic signs, including song and story to review and see signing in action. (If interest exists, a series may be offered.)

**Monday, September 24**

TIME	MEM	NON-MEM
10-11am	\$12	\$14

Carriage House

## Intro to Mindfulness

Learn techniques to 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. Come see what it's all about!

**Wednesday, October 3**

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

Carriage House

## Mindfulness

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 attended the Intro session.

**Wednesday, September 19, October 17, November 28**

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

Carriage House

## The Nature of Chocolate

Even though it doesn't grow here in the Great Lake's region, we are connected to the nature of chocolate every time we indulge! This interpretive program looks at the history, ecology and manufacturing of one of our favorite treats. An indulgent chocolate tasting is included in this 1-1/2 hour program.

**Monday, October 15**

TIME	MEM	NON-MEM
1:30pm	\$30	\$35

## Woodcarving

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

**Fridays  
September 7 – November 9  
(Project: Baltimore Oriole)**

TIME	MEM	NON-MEM
9am-12pm	\$100	\$105

## Immersion Speaker Series

**Session 1: Sept 12: Picturing America**  
America's art tells America's story. From the earliest inhabitants to today, artists pictured the people, history and landscape of the country in works that reflect its ideas and ideals. We'll explore a variety of art that helped build our story, some highly realistic, some abstract, some showing our struggles and troubles, but most celebrating our strengths and successes.

### Session 2: Sept 19: Skins, Skeins and Stiches

There is evidence of weaving back in the Stone Age. Since then we have wrapped ourselves in fabric, walked on carpets, decorated with embroidery and tapestries.

Long dismissed as mere craft, skills in traditional fabric making and decorating have now been embraced as art by art historians and adopted by artists as appropriate ways to create art and express their ideas or tell their stories. We'll look at a range of examples over time and across continents.

### Session 3: Sept 26: Norman Rockwell

No one has captured American life more vividly than Norman Rockwell. This illustrated presentation discusses Rockwell's art and his storytelling ability by exploring several of his best-loved covers for the Saturday Evening Post as well as a selection of other work from his long and productive career. Coffee and dessert will be served!

**September 12:** Picturing America  
**September 19:** Skins, Skeins and Stiches  
**September 26:** Norman Rockwell

**Wednesdays at 1pm**

MEM	NON-MEM
\$15	\$17
\$40 for the series of 3	\$46 for the series of 3



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

## 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

# 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.

Tuesdays, Ongoing beginning in May

TIME	COST
9am	NO CHARGE
Senior Community Center Parking Lot	

## Bowling

Informal league includes 3 relaxing games 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, Begins September 10

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

## LOCAL FITNESS PARTNERSHIPS

### Great Lakes Athletic Club

3800 S. Baldwin Road, Lake Orion  
We are 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.) You pay \$5 drop in for the classes you wish to attend. We are very excited to offer aquatic classes through this partnership!

### McLaren Fitness Center – Clarkston

McLaren Fitness Center 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!

### Fitness Quest at Health Quest – Clarkston

Open during the day, evenings and weekends, Fitness Quest is offering monthly gym memberships to Independence Township Senior Community Center members for only \$40 per month. Couples pay \$70 per month. All registration fees will be waived. Call (248) 625-6022 to sign up!

## Pickleball

### Indoor Pickleball (Ongoing)

Monday, Wednesday, Friday & Saturday		
TIME	MEM	NON-MEM
9–11:30am	5 Punch Card \$15	5 Punch Card \$20
	10 Punch Card \$27 <i>(Receive one day free)</i>	10 Punch Card \$36 <i>(Receive one day free)</i>
	20 Punch Card \$51 <i>(Receive three days free)</i>	20 Punch Card \$68 <i>(Receive three days free)</i>
First Congregational Church of Clarkston 5449 Clarkston Road		
Drop-in fee for first time only: \$3 Member \$4 Non-Member (Cash)		

### Experienced Indoor Pickleball

Wednesdays		
TIME	MEM	NON-MEM
6–9pm	5 Punch Card \$15	5 Punch Card \$20
	10 Punch Card \$27 <i>(Receive one day free)</i>	10 Punch Card \$36 <i>(Receive one day free)</i>
	20 Punch Card \$51 <i>(Receive three days free)</i>	20 Punch Card \$68 <i>(Receive three days free)</i>
First Congregational Church of Clarkston 5449 Clarkston Rd.		
Drop-in fee for first time only: \$3 Member \$4 Non-Member (Cash)		
Punch Cards purchased for Outdoor Pickleball cannot be used for Indoor Pickleball.		
Punch Cards can be purchased at the Senior Community Center payable by cash, check or credit card or by calling 248-625-8231 payable by credit card.		

## EXERCISE AND FITNESS CLASSES

### Heartbeat

Move to your own 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		
TIME	MEM	NON-MEM
5:30–6:30pm	\$30	\$35
	\$7 drop in	\$8 drop in
Carriage House		

## “Breakfast Club” Body Management

This gentle exercise program is designed to improve and maintain flexibility, mobility, and range of motion, circulation, strength and balance. Feel the benefits! Classes meet Mondays, Wednesdays and Fridays.

Session 1: September 5–26		
TIME	MEM	NON-MEM
10:45–11:35am	\$44*	\$49*
Session 2: October 1–29		
TIME	MEM	NON-MEM
10:45–11:35am	\$48*	\$53*
Session 3: November 2–26 (no class November 21 and 23)		
TIME	MEM	NON-MEM
10:45–11:35am	\$44*	\$49*
McLaren Physical Therapy and Fitness Center, Suite 310, 5701 Bow Pointe Drive *Drop in Fee: \$6 mem \$7 non Next Session: December 3–21		

## Line Dancing

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

Mondays, Ongoing		
TIME	MEM	NON-MEM
10am–12:30pm	\$3	\$4
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 to check for availability.

Mondays, Wednesdays & Fridays September 24–December 21 (No class November 21 or 23)	
TIME	COST
8:15–9:15am	FREE*
Bartsch Hall	

## Tai Chi – Beginning

New to Tai Chi? This class is designed to for beginners. Improve movement and balance after the first few classes!

Wednesdays, October 3 – December 5		
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](http://www.wustyle.com).

Mondays October 1–December 3		
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. Next session of classes will resume in September.

Tuesdays		
Session 1: September 11 – October 23 Session 2: October 30 – December 18 (No class November 6)		
TIME	MEM	NON-MEM
9–10am	\$35	\$40
	\$7 drop in	\$8 drop in
Carriage House		

## Chair Yoga

If you can breathe, you can do Yoga. This class is for those who are unable or are uncomfortable using a traditional yoga mat on the floor. It is done from a seated position on a chair. Offers wonderful health benefits including greater flexibility, better muscle tone, improved breathing, lowers blood pressure, improves balance, reduces stress and improves mental clarity.

Wednesdays, August 29 – October 3		
TIME	MEM	NON-MEM
9–10am	\$40	\$45
	\$7 drop in*	\$8 drop in*
Carriage House *Drop-in's only if minimum class number is met.		

## 50+ Golf Lessons

Want to learn how to play golf or improve your 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 currently plays on the MOGTT Tour. **You will need to purchase a bucket of balls at the pro shop prior to each lesson.**

Thursdays, August 30 – September 20		
TIME	MEM	NON-MEM
11am–12pm	\$60	\$65
Pine Knob Golf Club Driving Range		

## 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

### Willow Run

#### Purple Rose Theatre

During WW II the Willow Run Bomber Plant located near Ypsilanti, Michigan was the largest factory under one roof in the world. Some 40,000 employees, mostly women, turned out B-24 Bombers at the rate of one every 55 minutes. Willow Run follows the journey of four of those women who migrated from all over America to find new lives at the plant. Original music by Ben and Jeff Daniels. Includes lunch at Common Grill and motorcoach transportation.

Wednesday, August 22

TIME	MEM	NON-MEM
Departs 11am Returns 6:30pm	\$99	\$104

### Detroit Tiger Game

Detroit Tigers vs. Houston Astros. Keeping our tradition of offering a late summer afternoon game. Price includes game ticket, hot dog, soft drink and motorcoach transportation.

Wednesday, September 12

TIME	MEM	NON-MEM
Departs 10:30am Returns 5:30pm	\$65	\$70

### Detroit Historical Museum

Begin the day with a 20th Century Detroit tour as you follow the city's growth into America's Motor City while showcasing iconic people, places and movements in the Allesee Gallery of Culture. Visit will also include the temporary exhibition Detroit 67; perspectives and The Year of the Tiger, 1968. Lunch will be provided by 2 Unique Catering followed by a curator chat with Jeremy Dimick who delves into how the 1968 Tigers won American's baseball world series giving the city the much-needed boost following the tragedy the year before. Motorcoach transportation.

Friday, September 14

TIME	MEM	NON-MEM
Departs 8:30am Returns 3pm	\$39	\$44

### Costco — More Than A Store

Did you know that Costco not only has food and household offerings, they also have a discounted Optical Department, Hearing Department, Photo Department and Pharmacy? Join us for a mini-tour of each of these departments and an overall view of Costco. Trip includes snacks and goodies. Mini-bus transportation.

Tuesday, September 18

TIME	MEM	NON-MEM
Departs 1am Returns 3:30pm	\$7	\$12

### Historic Whitney Mansion

This fun day begins with lunch at Big Fish Bistro (included.) After lunch, enjoy a guided champagne tour at the historic Whitney, Detroit's most iconic mansion. In 1894, the Whitney became home to the family of lumber baron, David Whitney Jr., the wealthiest man in Detroit at the time. After the tour, we move to Pewabic Pottery for a self-guided tour. Pewabic Pottery, founded in 1903, is housed in a Tudor Revival style building. The building and its contents were designated a National Landmark in 1991. The Pewabic Pottery store sells decorative tiles and trim and giftware. Motorcoach transportation.

Thursday, September 27

TIME	MEM	NON-MEM
Departs 10:30am Returns 5:30pm	\$77	\$82

### Travel Presentations

Join us for a sneak peek of both our upcoming daytrips and extended travel trips for the remainder of 2018 into 2019. Collette Travel, Shoreline Tours and Bianco Tours will be here to present their trips, share information and answer questions. Light snacks provided. Please call the office at (248) 625-8231 if you are planning to attend.

Wednesday, October 17  
Collette Travel

TIME	COST
1:00pm	NO CHARGE

### Stratford Festival

This one-day trip includes the performance of the musical-comedy classic, "The Music Man" at the Festival Theatre, a buffet lunch at the Queen's Inn, shopping time in downtown Stratford and roundtrip transportation via deluxe highway motorcoach. *Note: You will need a passport, passport card or enhanced license since this trip is traveling to Canada.*

Thursday, October 4

TIME	MEM	NON-MEM
Departs 6:15am Returns 9:15pm	\$159	\$164

### Dancing in the Street - DSO

It was the music made in Detroit that called out as an invitation across the nation. Celebrate Motown and artists like Marvin Gaye, The Four Tops, Martha Reeves, Diana Ross and the Temptations with a program of smash hits. Lunch on your own after the concert. Coffee and donuts at the DSO prior to the performance. Mini-bus transportation.

Friday, October 12

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

### Arsenic And Old Lace

#### Meadowbrook Theatre

This classic comedy involves two spinster sisters who have taken to murdering lonely old men by poisoning them with elderberry wine laced with arsenic. When their nephew, Mortimer discovers their latest dead body in the window seat, he fears he may have to break off his engagement to protect his fiancée from his crazy family. Includes lunch prior to the performance at P.F. Chang's. Mini-bus transportation.

Wednesday, October 24

TIME	MEM	NON-MEM
Departs 11:30am Returns 5pm	\$71	\$76

### Feeling Groovy

#### Hartland Center For The Arts

Have fun watching seniors who present quality entertainment since 1995. The Recycled Rockettes' "Feeling Groovy" will let you sing and dance your way through the 60's. We will stop for a lunch on your own prior to the performance. Mini-bus transportation.

Thursday, October 25

TIME	MEM	NON-MEM
Departs 10:45am Returns 4pm	\$24	\$29

### Cirque De La Symphonie - DSO

Back by popular demand! Orchestra Hall will once again be the setting for aerial acrobats, astonishing feats, contortionists, strong men, jugglers, and more, choreographed to live music performed by the DSO. Lunch on your own after the concert. Coffee and donuts at the DSO prior to the performance. Mini-bus transportation.

Friday, November 2

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

### The Parade Company

Enjoy a behind the scenes glimpse at Detroit's crown jewel—Ford Field. Get a peek at a suite, the NFL locker room, walk down the tunnel to the field and stand on the turf for a player's view of the stadium. Lunch is included at Sinbad's, overlooking the Detroit River. After lunch, discover the Parade Company Studio. Step into a storyland of color and fun as we get ready for one of Detroit's most anticipated holiday events. Motorcoach transportation.

Thursday, November 8

TIME	MEM	NON-MEM
Departs 9:30am Returns 4:45pm	\$84	\$89

### Soaring Eagle Casino

This Casino daytrip includes \$20 in gaming, \$5 in food, Independence Township escort and motorcoach transportation.

Tuesday, November 13

TIME	MEM	NON-MEM
Departs 9am Returns 5pm	\$43	\$48

### Holiday Luncheon Show

#### Zehnders

This is everyone's favorite! Don't miss this opportunity to experience the humor and unique interpretation of musical styles spanning five decades, as well as Christmas classics for young and old performed by New Odyssey, (3 guys and 30 instruments.) If this does not put you in the holiday mood, nothing will! Includes luncheon, entertainment and bus transportation.

Wednesday, November 28

TIME	MEM	NON-MEM
Departs 9:30am Returns 4:45pm	\$65	\$70

## A Christmas Carol

### Meadowbrook Theatre

We have great seats for this holiday classic in its 37th year with the tale of a mean-spirited miser and the ghosts that haunt him. We will make a stop at the Meadowbrook Village prior to the performance for lunch on your own. Choose from several different restaurants while enjoying their beautiful decorations. Motorcoach transportation.

Wednesday, December 5

TIME	MEM	NON-MEM
Departs 11am Returns 5pm	\$60	\$65

## Home For The Holidays - DSO

Share Detroit's favorite holiday musical tradition and thrill to the spectacle of the season. Lawrence Loh leads a sparkling celebration with carols and classics that sells year after year. And yes Virginia, there will be a Santa Clause! Includes coffee and donuts before the concert and motorcoach transportation. We will be making a lunch stop on your own after the concert en route back to the Senior Center.

Friday, December 21

TIME	MEM	NON-MEM
Departs 8:45am Returns 3:30pm	\$46	\$51

## Day Trip Policy Information:

- Once tickets are purchased for a day trip, if you are unable to attend, a refund can only be processed for you if we can replace you with someone from our waiting list.
- A waiting list is started whenever a day trip or a special event becomes full. If you are unable to attend a day trip or special event after you sign up, contact the Center so that the next person on the waiting list will have a chance to attend.
- Medical forms and waivers must be completed by all participants prior to departing for a day trip or participating in a program. If you have a specific food allergy, please provide us with that information upon registration.
- In the event you will be taking a walker or wheelchair on a trip, please let us know upon registration.
- Plan to be at the Center a minimum of 15 minutes prior to departure time for day trips.
- Parking for trips 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 otherwise 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.

## 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.**



### Hudson River Valley

The Hudson River Valley extends 150 miles above the tip of Manhattan and is home to some of the most visited sites in America. The Valley offers spectacular mountain views, historic estates, wine trails, world class shopping, outdoor adventure and charming villages. Trip includes modern motorcoach transportation, 1 Night at the Mohegan Sun Pocono Casino, 1 Night En Route Home, 4 Nights — Hudson River Valley, 6 Breakfasts — 1 Lunch — 4 Dinners, 4 Day "Valley" Step on Guide, Wing's Castle, Millbrook Vineyards, Walkway over the Hudson, Crown Maple Estate, Culinary Institute of America, Eleanor Roosevelt Historic Site, Hudson River Boat Cruise and many more included tours! Includes luggage handling and taxes and tips on included meals.

September 16–22, 2018

GROUP	SINGLE	DOUBLE
Member	\$2,349	\$1,699

Non Members — Additional \$25 per person  
Deposit: \$100 per person  
Balance Due: July 20, 2018  
Optional Cancellation Insurance is available at \$100 per person, payable with deposit.



### Shenandoah Valley, Virginia Fall Color Tour

Trip includes 4 Nights' accommodations, 4 Breakfasts, 1 Lunch, 3 Dinners, Trans Allegheny Lunatic Asylum, Natural Bridge of Virginia, Drams of Creation, D-Day Memorial Tour, Shenandoah Caverns, and many more attractions and tours. Includes motorcoach transportation, luggage handling and tax and tip on included meals.

October 14–18, 2018

GROUP	SINGLE	DOUBLE
Member	\$1,499	\$1,129

Non Members — Additional \$25 per person  
Deposit: \$200 per person  
Balance Due: August 15, 2018  
Optional Cancellation Insurance is available at \$75 per person, payable with deposit.



### New York City

#### Holiday Entertainment Extravaganza

Christmas in Times Square is amazing! Tour includes 3 Nights at the first class Novotel Times Square (located at the center of the action of Broadway, Theatre District and Times Square,) 1 Night in "Christmas City" Bethlehem, PA, 3 Breakfasts, 4 Dinners, Rockettes at Radio City Music Hall, One World Trade Center, 9/11 Museum and Memorial, Dyker Heights Holiday Home Extravaganza, St. Patrick's Cathedral, All Day Sightseeing Tour of New York City and modern motorcoach transportation.

November 25–30, 2018

GROUP	SINGLE	DOUBLE
Member	\$2,679	\$1,849

Non Members — Additional \$25 per person  
Deposit: \$400 per person  
Balance Due: September 25, 2018  
Optional Cancellation Insurance is available at \$90 per person, payable with deposit.



### Discover Panama

Includes round trip airfare, 9 days and 15 meals. Highlights include Gamboa Rainforest Resort, Embera Indigeous Village, Panama Canal Cruise, Panama City, Miraflores Locks, Anton Valley Chitre, Rum Bodega, and Playa Bonita.

February 14–22, 2019

GROUP	SINGLE	DOUBLE
Member	\$3,899	\$3,199

Deposit: \$500 per person  
Balance Due: December 16, 2018  
Optional Cancellation Insurance is available at \$315 per person, payable with deposit.



### Treasures of California

#### San Diego & Palm Springs

Tour includes round trip non-stop air, 2 Nights in San Diego, 1 Night in Long Beach and 3 Nights in Palm Springs. Includes 6 breakfasts, 2 Lunches and 3 Dinners. Many tours and activities including Sightseeing tour of San Diego, San Diego Harbor Cruise, "Diana" the Musical at La Jolla Playhouse, Catalina Island Ferry, Temecula Valley Wine Tour, Palm Springs Art Museum and much, much more!

February 22–28, 2019

GROUP	SINGLE	DOUBLE
Member	\$3,869	\$2,999

Non Members — Additional \$25 per person  
Deposit: \$250 per person  
Balance Due: December 17, 2018  
Optional Cancellation Insurance is available at \$150 per person, payable with deposit.



### Sunny Portugal

Includes round trip air, 14 meals, Portuguese Riviera, Choice on Tour, Lisbon, Fado Dinner Show, Sintra Obidos, Fatima, Evora, Monsaraz, Alentejo Countryside Stay, Sagres, Lagos, Algarve, Faro, Cork Factory, Azeitao, 2 winery Tours, 5 UNESCO World Heritage Sites. Includes transportation to and from the airport.

**Optional 5 Days** — 4 Night Madeira Island Post Tour Extension \$1,249.00 per person, double, land and air inclusive.

March 1–10, 2019

GROUP	SINGLE	DOUBLE
Member	\$3,199*	\$2,899*

\*If registered before August 27, 2018  
Non Members — Additional \$25 per person  
Deposit: \$500 per person  
Balance Due: December 31, 2018  
Optional Cancellation Insurance is available at \$315 per person, payable with deposit.



## Firekeepers and Gun Lake Overnight

This two-day trip begins with traveling to Gun Lake Casino in Wayland, Michigan where everyone will receive \$10 in slot play and a \$10 food voucher. Enjoy some leisure time and lunch before you depart for your overnight stay at Firekeepers Casino Hotel. Receive \$40 in free play and \$10 to be used for food, beverages or the gift shop. Motorcoach transportation.

March 11–12, 2019

GROUP	SINGLE	DOUBLE
Member	\$237	\$160
Non Members – Additional \$10 per person		



## Texas – The Lone Star State

Dallas, Fort Worth, Waco, San Antonio

Includes modern Motorcoach transportation, 11 Nights Lodging, 11 Breakfasts, 2 Lunches and 5 Dinners, Fantastic Caverns, Sightseeing Tour of Dallas, Sixth Floor Museum, George W. Bush Presidential Library, Tour of Ft. Worth, A T & T Stadium, Fort Worth Stockyards, Southfork Ranch, Mary Kay Museum, Magnolia Market at the Silo, JDH Iron Designs & Harp Studios, Dr. Pepper Museum, Texas Ranger Hall of Fame, Tour of San Antonio, The Alamo, San Jose Mission, San Fernando Cathedral, San Antonio River Cruise, Gangster Museum of America, Fordyce Bathhouse, Luggage Handling and Taxes and Tips on included meals.

March 18–29, 2019

GROUP	SINGLE	DOUBLE
Member	\$3,899	\$2,789
Non Members – Additional \$25 per person Deposit: \$250 per person Balance Due: January 17, 2019 Optional Cancellation Insurance is available at \$150 per person, payable with deposit.		



## Reflections of Italy

Highlights include Rome, Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery & Cooking Class, Venice and much more. Includes roundtrip airfare, 14 Meals and transportation and transfers to and from DTW airport.

September 11–20, 2019

GROUP	SINGLE	DOUBLE
Member	\$5,249*	\$4,549*

\*If registered before March 12, 2019

Non Members – Additional \$25 per person

Deposit: \$500 per person

Balance Due: July 13, 2019

Optional Cancellation Insurance is available at \$315 per person, payable with deposit.

## ON THE HORIZON

The Old South –  
Charleston and  
Savannah

May 2019

Niagara Falls and  
Toronto

May 2019

Oregon Coast

August 2019

Canadian Rockies

August 2019

Grand Experience –  
Mackinac Island

October 2019

## 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 May 9, July 11, September 12 and November 28, 2018. Call Barbara Rollin at 248-625-8231 for more information.

### Senior Advisory Officers:

Joe Figa – President

Sue Shubert – Vice President

Carolyn Morrison – Secretary

### Members At Large:

Sharon Hubbard, Connie Hutchison, Lee Kuczanski, Pam Marin, Donna Miller and Sandra Ritter (we have openings on the board if anyone is interested).

### 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

Sharon Hubbard – Secretary

### Members At Large:

Joe Figa, Connie Hutchison, Lee Kuczanski, Donna Miller, Jean Pachuta and Sue Shubert

*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.

