



BROWNSTOWN SENIOR NEWS



FEBRUARY NEWS

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Dottie Rogal
Donna Sexton
Virginia Uroda
Ethel Varga
Dolores Zavalney
Sarah Ziegler

Happy Valentines Day! Hopefully everyone had a safe and happy holiday season.

The temperature outside is dropping quickly and the Downriver Community Conference is helping low income seniors with their energy bill!

For more information see page 10. It's time for Travel Club membership renewal! Brownstown residents are welcome to join the Travel Club and get discounts on the trips that our Center offers! Don't wait to get your membership forms at the front desk!

Are you interested in doing a craft? Medilodge of Taylor is offering free crafts here at the center each month on the following dates: February 15th and March 19th. Register at the front desk. Interested in learning more about how to prevent or better control diabetes? On February 22nd and 29th the American Diabetes Association will be hosting a free Diabetes Review. It's a self care review

conducted by a certified diabetes expert. Class starts at 10am on both days. See the front desk to register.

This spring and summer The Senior Program will be offering several trips to Northern Michigan. We will be heading to Petoskey, Kewadin Casino, Thunder Bay Resort, The Cherry Festival in Traverse City and many more places!

The Brownstown Senior Program will be offering several new enrichment classes such as life journaling, poetry, art classes and golf lessons! If you are interested in any of these spring/summer classes make sure that you put your name on the waiting list at the front desk.

We are in need of volunteers for the Meals on Wheels program. Please contact Karen Wright at (734) 675-0920 for more information.

A special thanks to Medilodge of Taylor for sponsoring our senior craft for December.

SENIOR CHOIR REPORT HELEN ST. LOUIS



Greetings from the Funlovers!

Scheduled Performances

March 10th at 1pm at Oakwood Commons
March 19th at 6:15pm at Meadow 1
April 14th at 1pm at Oakwood Commons
May 12th at Oakwood Commons

MEETINGS

BROWNSTOWN SENIOR ADVISORY BOARD

Thursday, February 7, 2008 at 11:00 am

BROWNSTOWN SENIOR TRAVEL CLUB

Monday, February 11, 2008 at 11 am

BROWNSTOWN PLEASURE SEEKERS

Business Meeting (Birthdays) & Bingo

Thursday, February 7, 2008

1:00-3:00pm—Halls A & B

Potluck Meeting & Bingo

Thursday, February 21, 2008

1:00-3:00pm—Halls A & B

POTLUCK DINNER

February 25, 2008

5:00pm

BROWNSTOWN PLEASURE SEEKER OFFICERS

President Karen Gardner

Vice President Ethel Varga

2nd Vice President Eleanor Starkey

Treasurer Helen St. Louis

Secretary JoAnn Jeffery

Social Secretary Irene DaDeppo

Co-Social Secretary Berta Mae Dezomits

Photographer Leonard Johns

Brownstown Pleasure Seekers meet the 1st and 3rd Thursday of the month from 1pm-3pm. Membership is \$10 per year plus a one time \$2 charge for a name tag. The Pleasure Seekers sponsor four senior dinner dances per year as well as other social events for members. It's a great club to join if you want to make new friends and have a great time. Membership is open to Downriver senior citizens age 55 and over. If interested in joining this senior club, see Treasurer, Helen St. Louis, at one of the meetings for a membership form.

PROGRAMS & EVENTS

FUNLOVERS BAND

Director—Helen St. Louis

EUCHRE

Tuesdays at 12:30pm

Director—Sara Raupp

EXERCISE

Tuesdays, Wednesdays & Fridays at 10:00am

25¢ donation for each class

Prime Time Senior Fitness Video

QUILTING

Wednesdays at 9am

Teacher—Pat Shanaver

BOWLING

Fridays at 1:00pm

At Flat Rock Lanes

BLOOD PRESSURE CHECKS

First Thursday of the month from 12-1pm.

Provided by Henry Ford Wyandotte Hospital nurses.

BINGO BREAKFAST

Monday, March 17, 2008— 9:00am

Pancakes, sausage, fruit, juice, coffee, and bingo. \$2.50 donation if not playing bingo. Please register in advance at the Recreation Desk.

POTLUCK & GAME NIGHT

Monday, February 25, 2008—5pm

Bring a dish to pass and a 50¢ donation. The Center provides a meat dish and beverages. \$3 donation if you do not bring a dish to pass. Please sign up in advance at the Recreation Desk.

SHOPPING

For all shopping trips, you must reserve a seat on the bus **at least 24 hours in advance** by calling (734) 675-0920, or in person at the Center. Cost = \$1

- Meijer 2/5, 2/19, 3/4, - 1:00pm
- Kroger 2/13, 2/27—11:00am
- Wal-Mart & Dollar Store (Monroe) 2/14— 10:00am
- Southland Mall 2/26—11:00am

SENIOR PROGRAMS & EVENTS

HEARING CHECK-UPS

Brownstown Community Center
Wednesday, February 13, 2008
Appointments begin at 10am

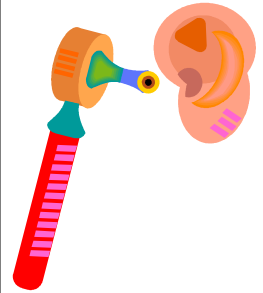


Call The Brownstown Community Center at (734) 675-0920 for your appointment time.

Dr. Wizgird, BC-HIS will be at the Center every other month to provide our seniors with the hearing care they need in the convenience of the Community Center location.

There is no charge to you. Dr. Wizgird can do hearing evaluations and hearing aid cleanings. If you are having trouble with your ears or just need maintenance on your current equipment give us a call to make an appointment with Dr. Wizgird.

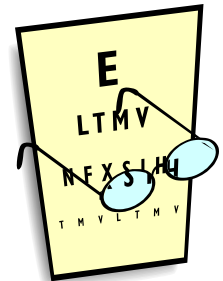
Dr. Wizgird also does in-home hearing services for seniors.



PROJECT HEALTHY LIVING APRIL 2, 2008

BROWNSTOWN COMMUNITY CENTER

Project Healthy Living will be held at the Brownstown Senior Center on April 2 from 9am until 3pm. Project Healthy Living is designed to promote positive health habits and to detect disease during the initial stages of development, enabling early treatment and aiding in the prevention of advanced illness. Admission is free. The health fair will offer free and low cost health screening tests, educational literature and counseling to adults, 18 years of age and older. No advance registration - Participants register on-site. Many screening tests are free but a fee is charged for some optional tests, such as Blood Panel Testing.



Brownstown Feisty Red Hatters

If you enjoy having a good time with your friends....then the Brownstown Red Hat Club is for you! There is no cost to join the Brownstown Chapter. *Members and guests must dress in full regalia (Red hat, purple outfit for women over 50, or pink hat and lavender outfit for women under 50) when coming to Red Hat events and meetings.*

UPCOMING RED HAT EVENTS:

NEXT EVENT: FREE CRAFT SESSION

FEBRUARY 15TH

1 3PM AT THE COMMUNITY CENTER

COST FREE

NEXT EVENT: AFTERNOON AT THE MOVIES

FEBRUARY 19TH

10:30AM DEPARTURE FROM THE COMMUNITY CENTER

COST \$18.00

NEXT EVENT: MAMA MIA

FEBRUARY 20TH

4:30PM DEPARTURE FROM THE COMMUNITY CENTER

COST \$65.00

NEXT EVENT: RED HAT EVENT AT ZHENDERS

APRIL 22ND

10:30AM DEPARTURE FROM THE COMMUNITY CENTER

COST \$45

NEXT EVENT: RED HAT LADIES 3 DAY ESCAPE

JUNE 2ND -4TH

DEPARTURE FROM THE COMMUNITY CENTER TBA

COST \$230.00

SIGN UP FOR THESE EVENTS AT THE FRONT DESK (734) 675-0920.



VALENTINE'S DINNER DANCE

Brownstown Community Center
Thursday, February 14, 2008

Doors Open: 4:00pm
Dinner: 5:00pm
Dancing: 6:00– 8:30pm
Tickets: \$10

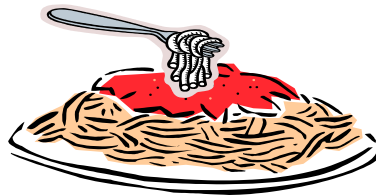
Entertainment by : Walt Lipiec
Catering by: Veronica



Brownstown Recreation is hosting a senior dinner dance on February 14th . This is the annual Valentine's Dinner Dance. Enjoy an evening out with great food, great entertainment, and great friends. Catering will be by Veronica's Live band entertainment will be provided by Walt Lipiec. Beverages, including beer and wine will be served. Evening activities also include a 50/50 raffle and door prize giveaway. Tickets are only available until February 7th until sold out, so get your tickets before they're gone!

TRAVEL CLUB & FEISTY RED HATTER'S SPAGHETTI DINNER FUNDRAISER MAY 8TH & JUNE 12TH

Brownstown Community Center
Thurs., May 8, 2008
4:00-7:00pm
Adults \$5
Children age 4-10 \$3
Age 3 and under free



Mark the date on your calendar—May 8th The Brownstown Senior Travel Club will be holding a Spaghetti Dinner fundraiser at the Brownstown Community Center from 4:00pm-7:00pm. Everyone is invited to attend. Dinner will include spaghetti and sauce, salad, bread, dessert and beverage. Funds raised will be used by the travel club to help reduce the price of trips for members. Volunteers are needed. 50/50 tickets will be sold at the dinner.

Brownstown Community Center
Thurs., June 12th, 2008
4:00-7:00pm
Adults \$5
Children age 4-10 \$3
Age 3 and under free

Mark the date on your calendar—June 12th The Brownstown Feisty Red Hatters will be holding a Spaghetti Dinner fundraiser at the Brownstown Community Center from 4:00pm-7:00pm. Everyone is invited to attend. Dinner will include spaghetti and sauce, salad, bread, dessert and beverage. Funds raised will be used by the Red Hatters to help reduce the price of activities for members. Volunteers are needed. 50/50 tickets will be sold at the dinner.

2008 SPRING/ SUMMER ENRICHMENT CLASS SCHEDULE



ARTHRITS FOUNDATION EXERCISE CLASSES

Beginner Level Class is a 45 minute non-impact exercise class that offers chair and stand up exercises designed to improve joint mobility . Bring water to class and wear comfortable clothes. (8 week session)

Advanced Level Class is a 45 minute workout and includes non impact floor exercise and deep breathing/ relaxation exercises. Wear comfortable clothes. Bring bottled water, and a floor mat to class. (8 week session)

Class	Days	Start Date	Cost	Time	Instructor
Beginner Level	Mon. and Wed.	June 2nd	\$30R/35NR	10-10:45am	Briana
Advanced Level	Mon. and Wed.	June 2nd	\$30R/35NR	11-11:45am	Briana

CREATIVE EXPRESSION CLASSES



Acrylic Painting

Express yourself with acrylic paint. Experience the versatility of acrylic paint as you explore different techniques, mixing colors, styles and consistencies using this water-soluble medium. Create realistic and impressionistic paintings including landscapes and still lifes. For the first meeting please bring a small detail brush and a medium flat brush; acrylic paints: white, cadmium yellow-deep hue, burnt umber, gray, magenta and phthalocyanine blue; a palette and a 18x24 canvas.* (6 week session)

Watercolor Painting

Introduce yourself to the basics of watercolor painting. A variety of projects will be explored to help develop creativity and self-expression in your art. Bring any supplies you have to the first class and a supply list will be discussed.* (6 week session)

Digital Camera I

Explore photography in the digital age. Learn how to master camera operations, understand terminology and how to make intelligent equipment choices. Enjoy some hands-on exercises and a lively question and answer segment. Picture this - you, a competent digital photographer! Equipment requirement: a digital camera.* (6 week session)

Class	Day(s)	Start Date	Cost	Time	Instructor
Acrylic Painting	Mon.	June 2nd	\$40R/45NR	10-10:45am	Ryan
Watercolor Painting	Mon.	June 2nd	\$40R/45NR	10-10:45am	Ryan
Digital Camera I	Mon.	June 2nd	\$40R/45NR	10-10:45am	Ryan

- **NO DROP IN'S PLEASE! YOU MUST REGISTER IN ADVANCE AT THE BROWNSTOWN COMMUNITY CENTER (734) 675-0920.**

2008 SPRING/ SUMMER ENRICHMENT CLASS SCHEDULE



COMPUTER CLASSES

Computers: Back to the Basics

Are you new to using personal computers? Familiarize yourself with the basic functions and uses of the personal computer in a relaxed, non-threatening environment. Learn the very basics about the hardware. Explore the software that is most commonly found on basic IBM-compatible computers. Use the Windows operating system, and see how word processing and spreadsheet software can be applied to fit your individual needs. Discuss how your information is stored, data security, computer viruses, and learn how to determine which computer would best fit your needs when purchasing. (3 week session)

Word 1: An Introduction to Word-processing

Learn the basic features of Microsoft Word in the easy to use Windows environment. This hands-on class will cover such topics as creating documents, editing text, formatting documents using special font effects and paragraph alignment, creating bulleted and numbered lists, applying borders and shading, and inserting document headers and footers. Prerequisite: Basic computers or equivalent knowledge.

(3 week session)

Internet Basics

Find out how easy it is to: send electronic mail to your children, grandchildren, friends and relatives; check on your investments; make travel arrangements; shop; and maybe even instantly locate people you lost touch with years ago. Come explore the World Wide Web as you learn basic skills to "surf the Internet" on your own. See what all the talk is about! Some computer experience and familiarity is required.* (3 week session)

Class	Days	Start Date	Cost	Time	Instructor
Back to Basics	Tues. & Thurs.	Feb. 19th	\$40PP	1-3:00 pm	Kevin
Back to Basics	Tues. & Thurs.	Feb. 19th	\$40PP	4-6:00 pm	Kevin
Word 1	Mon. & Wed.	Feb. 25th	\$40PP	1-3:00 pm	Kevin
Internet Basics	Mon. & Wed.	Feb. 25th	\$40PP	4-6:00 pm	Kevin

Adult Beginning Scrapbook Techniques

Drowning in photos? Are you interested in scrap booking, but overwhelmed by choices and products? You will be taught the basic use of tools, color, page design, and techniques. The goal of this beginning class is to increase comfort level of participants, help them find basic tools and equipment and create usable pages.

Supplies Needed: Tape Runner (a must), 12" Trimmer, Personal Trimmer, Scissors.

Class	Days	Start Date	Cost	Time	Instructor
Scrapbooking	Mon.	TBA	\$40PP	1-3pm	Shelly

- NO DROP IN'S PLEASE! YOU MUST REGISTER IN ADVANCE AT THE BROWNSTOWN COMMUNITY CENTER (734) 675-0920.

SENIOR COMPUTER CLASSES

Computer Room
Brownstown Community Center



Introduction to Computers:

Computer basics for beginners or those who want to brush up on basic knowledge.

Introduction to Microsoft Word:

Creating a letter or document, setting and adjusting margins, changing fonts, editing and enhancing your letter, addressing an envelope, and more. Must have some computer experience.

Introduction to Internet

Learn to navigate the internet on your own. You will learn how to get to different web sites, research, and order items online. Whether you are learning for personal and business use this class will benefit you.

Classes meet twice a week for 3 weeks

Cost: \$40

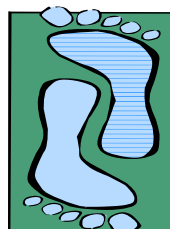
Put your name on the wait list at Brownstown Recreation 675-0920

FOOT DOCTOR

Brownstown Community Center
Friday, March 14, 2008
Appointments begin at 9:15am

Call Brownstown Recreation at (734) 675-0920 for your appointment time.

Dr. Wilbur, P.C. will be at the Center every other month to provide our seniors with the foot care they need in the convenience of the Community Center location.



There is no charge to you. Your Medicare and/or insurance will be billed. Dr. Wilbur can provide treatment of corns, calluses, arthritis, fungus, ingrown nails, diabetic feet, chronic wounds, infections, and more. Dr. Wilbur also does in home foot care for seniors.

DIABETIES ASSOCIATION PRESENTS: THE DIABETES REVIEW FEB. 22ND & 29TH

Whether you have been diagnosed recently with diabetes or have been living with diabetes for years, there are steps you can take to lead a healthier life. When you take care of your diabetes you may lower your risk for the long-term complications that sometimes come with diabetes, such as heart disease, blindness and amputation.

To help you step into a healthier life, enroll in *Diabetes Review*. It's FREE!

About the program

Diabetes Review is a FREE one-hour class designed to provide basic education about proper diabetes self-care. It is a diabetes self-care review, conducted by a certified diabetes educator (CDE).

Topics will include:

meal planning & portion size

exercise

medication update

stress management

foot and eye care

A1C testing

**blood glucose testing and new
technology updates**

Upon completion of *Diabetes Review*, you are encouraged to seek further education about your diabetes through the enrollment in an ADA recognized program. We will provide you with a complete list of programs in your area.

**Diabetes Review will be held in the
following communities:**

Brownstown Community Center

21311 Telegraph Rd

Brownstown, MI 48183

Call for more information: (734) 675-0920

SENIOR CHORE PROGRAM

The purpose of the Senior Chore Program is to assist low to moderate income senior citizens with chores around the house, and minor routine home maintenance projects. In order to help seniors maintain their independence and continue to live in their own home.

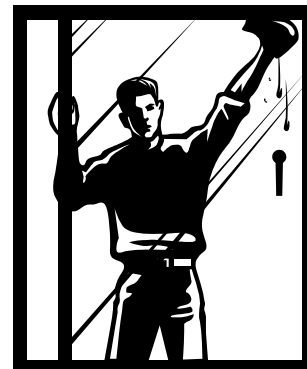
Eligibility:

- Must be age 62 or above
- Must be a Brownstown resident who owns and lives in your home at least 12 months.
- Must have an income at or below \$24,450 for 1 person, or \$27,450 for 2 people in the household.

Services available include grass trimming, weed trimming, snow removal, gutter clearing, and other home maintenance projects. The following documentation is needed in order to apply for the program.

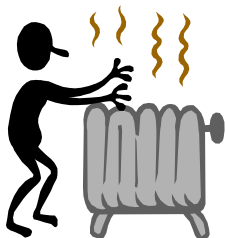
- Proof of residency: Valid drivers license or State ID showing current address.
- Proof of homeownership: Copy of deed or most recent tax bill.
- Proof of income tax or tax credit statement; if no taxes filed; then income, or W-2's as it applies to you.

Please contact the Brownstown Recreation Department at (734) 675-0920 for more information or to obtain an application.



DOWNRIVER COMMUNITY CONFERENCE ENERGY ASSISTANCE PROGRAM

The Downriver Community Conference is pleased to announce receiving a grant to assist qualified households on their heat bill. They will begin taking applications Thursday, January 3, 2008. All clients have to be income eligible. The clients will receive **up to \$500**, based on the amount owed on their utility bill.



The following information is needed to apply: (Two) Proof of Household income for the last 12 months, Current Utility Bills, Picture Identification, Social Security number and Birth dates of each person in the home. For more information or to apply, please call the Downriver Community Conference Weatherization at (734) 362-3473 or 3475.

Downriver Community Conference
Weatherization
15100 Northline
Southgate, MI



SENIOR NEWS & TIDBITS

Older Adults Provided 20 Tips on Becoming More Physically Active in 2008

SeniorJournal.com

International Council on Active Aging offers help online for 50+

Dec. 27, 2007 - It is rare for any health advice targeting senior citizens to not mention the importance of exercise – the tonic for healthy aging. The International Council on Active Aging (ICAA) says not enough advice on how to make the necessary lifestyle changes for a new fitness or physical activity regime is aimed at older adults. The ICAA has prepared 20 tips for those 50 and older on how to get started.

Also to help answer questions that Baby Boomers and their parents have about how to become more physically active, the ICAA created its "Welcome Back to Fitness" website at <http://www.icaa.cc/welcomeback.htm>.

ICAA, an association that supports professionals who develop wellness and fitness facilities and services for adults 50 and over, has geared this site especially to the needs of older adults, offering a unique collection of checklists, questions and answers, as well as guides to age-friendly fitness centers, equipment and trainers.

Individuals who are contemplating lifestyle change can turn to the "Health Tips" section of the ICAA Welcome Back to Fitness site to find out about the many options for activity. But this site is not only for people who are thinking about becoming active, it is also for those who are just getting started with exercise and those who are working out regularly.

In addition, the resources provided are helpful regardless of whether older adults intend to or already exercise at home or in a gym or seniors center.

As a sample of what visitors to the ICAA Welcome Back to Fitness site will find, here are 20 tips to help adults in their 50s and beyond succeed in becoming more physically active next year:

20 tips on how older adults can become more active in 2008

1. Get a checkup

Meet with your healthcare provider to see whether you'll need to consider any special modifications before starting an exercise program. If necessary, get a clearance to begin a program.

2. Know your options

Before starting any program, examine your options. Pick a program you know you will enjoy. Some individuals like to go to a gym and do a structured workout, while others enjoy a neighborhood walking club. Either will help improve your fitness, ability to function and quality of life--but only if you do it regularly.

3. Determine your participation style

Would you prefer taking a class or going solo? Are you a morning or night person? Does indoor fitness appeal to you, or would you prefer to play outside? Could you dedicate large blocks of time to physical activity or could you fit

only shorter, more frequent intervals into your schedule? Be realistic about how you participate.

4. Start slowly

Many people are eager to get started and sometimes overdo it, which usually makes them sore and can make them want to stop. A good way to start slowly is to discover your baseline. Record all your activities during each waking hour or for two- or three-hour time blocks, tracking how much time you are sedentary (e.g., sitting at your desk) or active (e.g., walking to the bus stop). At day's end, count how many hours you have and have not been physically active. Then look at when you could fit some short (e.g., 10 minutes) bouts of brisk walking into your day.

5. Make a date

Find a buddy to exercise with you and keep you motivated. Whether it's a friend to walk with in your neighborhood or a personal trainer in a gym, that appointment makes it more likely you'll do the walk or workout.

6. Set specific short- and long-term goals

Make goals as specific as possible. For example, on Monday, Wednesday and Friday, I will do a brisk, 10-minute walk in the morning before my shower, at lunch time and after dinner. Being specific means you are planning for activity in your day and making it a priority. Long-term goals are also important. Is there an activity you would like to do that you feel physically incapable of at the moment, but may be able to do with a little effort? Set a long-term goal to help you do it.

7. Make a list

List the benefits you expect from your physical activity program, then make sure these are realistic and reasonable. Many people expect enormous benefits, such as losing 30 pounds in a

month. When these benefits don't materialize, they feel disappointed and relapse because they feel like they've failed. Try to make the benefits about things you can control, rather than an outcome (such as weight). Build your list of benefits as you increase your physical activity--you'll be surprised at how long your list becomes.

8. Invest in your health

Do you want to spend money on joining a program? Or would you prefer to develop a program you can do for little cost, using objects or props in your home or office? Both options are available.

9. Check out the facility you want to join

Does the facility feel friendly? Can you change clothes comfortably? If the facility has a pool, what is its water temperature? About 84-86°F is comfortable for moderate to vigorous activity, while warmer temperatures are nice for range-of-motion and relaxation programs. Does the pool or workout room have an easy and safe exit/entry? Ask to try various programs, so you can decide which program feels the most comfortable and fun.

10. Check out the staff

Are the people who work in the facility friendly and interested in you? Are they qualified to work with older adults? Do the staff members each have a college degree in health? Do they offer pre-exercise fitness assessments, with periodic updates? Are they interested in helping you learn how to modify exercises to fit your fitness level and conditions? Do they encourage social interaction? Talk to mature adults who currently participate in their programs to build a complete picture.

11. Make choices

To move forward, we need to leave some things behind. What are you willing to give up to make room for exercise? Bad habits? Nonproductive activities? Non beneficial relationships?

12. Every step counts

Wear a step counter throughout the day to count how many steps you take. Less active people tend to take about 4,000 steps or fewer per day. Aim to do 250 to 1,000 additional steps of brisk walking, until you reach 8,000 to 10,000 steps in a day.

13. Keep moving all the time

Stretch, walk, march in place, stand and sit as many times as possible when you're talking on the phone or during TV commercials.

14. Create a support network

Tell friends and family about your new goals and ask for their support and encouragement. Involving others often helps us to keep our commitments. Consider scheduling telephone reminders from your support network to help keep you on track.

15. Join a class

Select an exercise class appropriate for your health status and ability. Check with your local YMCA, JCC, hospital-based fitness program, city recreation program or health club to view the course offerings. Visit the local arthritis foundation for a list of all aquatic and land-based classes designed for those with arthritis conditions.

16. Wear the right shoes

Foot comfort and support is important for all impact physical activities. If you have arthritis, diabetes or orthopedic problems, you can remain physically active with the help of appropriate shoes.

17. If it hurts, don't do it

Work around pain, not through it.

18. Follow a well-rounded program

Include all five components of a successful program: warm-up, flexibility, cardio, resistance and cool down.

19. Reward yourself

Once you've reached your goal, treat yourself to something that reminds you what a good job you've done and encourages you to continue. Make it something that feeds your spirit, but is not necessarily food or an expensive purchase.

20. Don't quit

Like brushing your teeth, make exercise part of your daily life.

About the International Council on Active Aging (ICAA)

www.icaa.cc

ICAA is the world's largest membership association dedicated to changing the way we age by uniting and working with professionals in the retirement, assisted living, recreation, fitness, rehabilitation and wellness fields. We connect a community of like-minded professionals who share the goals of changing society's perceptions of aging and improving the quality of life for Baby Boomers and older adults within the six dimensions of wellness (emotional, vocational, physical, spiritual, intellectual, social).

FOR YOUR INFORMATION

Old-Fashioned Strawberry Shortcake

Recipe courtesy of
Allrecipes.com

INGREDIENTS

- 1 quart fresh strawberries, sliced
- 1 cup sugar
- 2 cups all-purpose flour
- 2 tablespoons sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup butter
- 1 egg
- 1/2 cup cream
- Butter
- WHIPPED CREAM

DIRECTIONS

Combine strawberries and sugar; set aside. In a large bowl, sift together dry ingredients. Cut in butter until crumbly. In another bowl, beat egg; add cream. Add to crumb mixture, stirring only until moist. Pat into a greased 8-in. square or round baking pan. Bake at 450 degrees F for 15-20 minutes or until golden. Remove from pan; cool on wire rack. Just before serving, split cake in two. butter bottom layer; spoon half of the berries over butter. Replace second layer and spoon remaining berries on top. Cut into individual servings; top each with whipped cream.

FEBRUARY CRAFT

TRAVEL

New trips are announced and offered at the monthly Travel Club Meeting which is held the second Monday of each month. Brownstown residents can join the Travel Club for discounts on travel. Membership is \$10 per year. The next Travel Club meeting will be Monday, February 11, 2008 at 11:00am. Join us to learn about our new trips. Any senior may travel with us, you do not have to be a member.

FLORIDA

February 22nd–March 5, 2008

\$929 p/p dbl. occ

Trip Includes:

- Round trip transp. Via deluxe motor Coach
- 10 nights Accommodations at the Dolphin Beach Resort in St. Pete Beach Florida. 2 Nights accommodations in Tennessee.
- Many side trips will be offered.

FRANKENMUTH BARVERIAN INN

February 13, 2008

\$25

Trip Includes:

- Round trip transp. Via the senior bus
- Shopping at the Bavarian Inn Shops
- Hearty Plated Chicken Dinner
- Pretzel Making After Lunch

AFTERNOON AT THE MOVIES

February 19, 2008

\$19

Trip Includes:

- Round trip transp. Via the senior bus
- Admission to a first run movie
- Buffet Lunch

MOTOR CITY CASINO

February 6, 2008

\$15

Trip Includes:

- Round trip transp. Via Deluxe Motorcoach
- \$20 Reward Play and \$5 Food and Beverage
- No Walking to get to the Casino

LES MISERABLES

February 5, 2008

\$30

Trip Includes:

- Round trip transp. Via the senior bus
- Admission to LES MISERABLES at the Canton Village Theater
- Lunch at a Canton Restaurant

KALLOWAY'S RESTURANT & PUB

"BEWITCHED"

February 14, 2008

\$60

Trip Includes:

- Round trip transp. Via Deluxe Motorcoach
- Admission to "Bewitched"
- Lunch at Kalloway's

UNIVERSITY OF MICHIGAN
"AS YOU LIKE IT"
February 17, 2008
\$78

Trip Includes:

- Round trip transp. Via Deluxe Motorcoach
- Admission to "As You Like It"
- Meal at the Gandy Dancer

IT'S A GREAT DAY FOR THE IRISH
March 10, 2008
\$79

Trip Includes:

- Round trip transp. Via Deluxe Motorcoach
- Admission to "It's a Great Day to be Irish"
- Lunch Included

FISHER THEATER
"MAMA MIA"
February 20, 2008
\$65

Trip Includes:

- Round trip transp. Via the Senior Bus
- Admission to "Mama Mia" at the Fisher Theater
- Dinner at the Union Street Grille

POINT EDWARD CHARITY CASINO
AND HIAWATHA RACETRACK
March 11, 2008
\$29

Trip Includes:

- Round trip transp. Via Deluxe Motorcoach
- \$20 In Casino Incentives
- A stop at the Duty Free Shop

DSO—THE BEAT GOES ON
March 27, 2008
\$50

Trip Includes:

- Round trip transp. Via the senior bus
- Admission to The Beat Goes On at the Detroit Symphony Orchestra
- Continental Breakfast before the Show
- Lunch

MEADOWBROOKE THEATER
"MOONLIGHT MAGNOLIAS"
March 29, 2008
\$67

Trip Includes:

- Round trip transp. Via Deluxe Motorcoach
- Admission to "Moonlight Magnolia's"
- Lunch at Canterbury Village

GEM THEATER
"MENAPAUSE THE MUSICAL"

April 10, 2008

\$60

Trip Includes:

- Round trip transp. Via Deluxe Motorcoach
- Admission to "Menopause the Musical"
- Lunch at the Century Grille

STRANAHAN THEATER
"SIMPLY SINATRA"

April 17, 2008

\$75

Trip Includes:

- Round trip transp. Via Deluxe Motorcoach
- Admission to "Simply Sinatra" at the Stranahan Theater
- Lunch at the Stranahan Theater

GENETTI'S HOLE IN THE WALL
"SURVIVING SAMCO"

April 18, 2008

\$40

Trip Includes:

- Round trip transp. Via Deluxe Motorcoach
- Admission to "Surviving Samco"
- 5 Course Italian Lunch at Genetti's

RED HAT LADIES LUNCHEON AT ZHENDERS

April 22, 2008

\$45

Trip Includes:

- Round trip transp. Via the senior bus
- Chicken Dinner and Dessert
- Entertainment
- Door Prizes

CORNWELL'S DINNER THEATER
"DON'T DRESS FOR DINNER"

April 29, 2008

\$35

Trip Includes:

- Round trip transp. Via the senior bus
- Admission "Don't Dress For Dinner"
- Turkey Dinner with all the Trimmings

INTERNATIONAL WOMAN'S SHOW

May 2, 2008

\$2 bus ride/\$8 at the door

Trip Includes:

- Round trip transp. Via the senior bus
- Admission to the International Woman's Show at the Novi Expo Center.

**RED HAT 3 DAY ESCAPE
FEATURING FRANKENMUTH**

June 2-4, 2008

\$230 p/p dbl. occ

Trip Includes:

- Round trip transp. Via Deluxe Motorcoach
- 2 Night Stay at The Bavarian Inn in Frankenmuth
- Breakfast each Morning
- Dinner each Night
- Your Choice of 1 Spa Treatment
- Strudel Making Class

THUNDER BAY RESORT

May 28-29, 2008

\$215

Trip Includes:

- Round trip transp. Via Deluxe Motorcoach
- 1 night stay at the Thunder Bay Resort
- Carriage Ride to View the Elk
- Breakfast each Morning
- Gourmet Dinner Cooked on a wood burning stove and Wine Tasting

STAR CLIPPER DINNER TRAIN

June 11, 2008

\$75

Trip Includes:

- Round trip transp. Via Deluxe Motorcoach
- Admission to Star Clipper Dinner Train
- 3 Course Lunch on the Star Clipper

3 DAY NORTHERN MICHIGAN EXCURSION

June 24-26, 2008

\$325 p/p dbl. occ

Trip Includes:

- Round trip transp. Via Deluxe Motorcoach
- Breakfast and Dinner each Day
- Gaming Package for Victories Casino in Petoskey, MI
- 2 Nights Stay at the Perry Hotel in Petoskey, MI
- Boat Tour of Lake Charlevoix
- Breakfast each morning
- Taxes, Gratuity, and Baggage Handling

KEWADIN CASINO




July 21-23, 2008

\$182 p/p dbl. occ

Trip Includes:

- Round trip transp. Via Deluxe Motorcoach
- \$70 FREE Cash and Coin
- 2 Nights Stay at the Kewadin Hotel in Sault Ste. Marie
- Breakfast each morning

February 2008

MON	TUE	WED	THU	FRI	S	S
				1 10am Exercise 1pm Bowling 1pm Meijer	2	3
4	5 8am Les Miserables Trip 10am Exercise 12:30 Euchre 1pm Meijer	6 9am Quilters 10am Exercise	7 11am Sr. Advisory Board Meeting 12-1pm BP Checks 1-3pm Pleasure Seekers Meeting	8 9:15am Foot Doctor 10am Exercise 1pm Bowling	9	10
11 11am Travel Club 1pm Funlovers at Oakwood	12 10am Exercise 12:30 Euchre	13 9am Frankenmuth Trip 9am Quilters 10am Exercise 10am Hearing Doctor 11am Kroger	14 10am Wal-Mart (Monroe) 9:30am Dance Set-up 4pm-8:30pm Valentine's Dinner Dance	15 10am Exercise 1pm Bowling 1-3pm Free Craft Sponsored by Medilodge	16	17
18 9am Bingo Breakfast	19 10am Movies Trip 1pm Meijer 12:30 Euchre 6:15pm Funlovers Band	20 9am Quilters 10am Exercise 4:30pm Mama Mia	21 1-3pm Pleasure Seek- ers Potluck Meeting	22 10am Diabetes Information Ses- sion Part 1 10am Exercise 1pm Bowling	23	24
25 5pm Potluck and Game Night	26 11am Southland Shopping 12:30 Euchre	27 9am Quilters 10am Exercise 11am Kroger	28 	29 10am Diabetes Information Ses- sion Part 2 10am Exercise 1pm Bowling	1	2



Charter Twp. of Brownstown
Community Center
21311 Telegraph Rd.
Brownstown, MI 48183

www.brownstown-mi.org

Phone: 734-675-0920
Fax: 734-675-2692

THANK YOU

Thank you for supporting our Center with your many donations. When you drop off a donation, please sign your name and what you donated on the sheet on the Senior Coordinator's office window.

Daniel Welker– Ties

Ann & Frank Borbely– Basket Items

Pearl Kamin– Basket Items

Richard D. & Donna Sexton—Cookies

*The Brownstown Senior Center is funded through the Charter Township of Brownstown,
The Older Americans Act, The Older Michigianians Act, and The Senior Alliance.*

SENIOR RESOURCES

The Senior Alliance

1-800-815-1112

www.aaa1c.org

info@tsalink.org

Information & Assistance for:

- Caregiver support
- Prescription Assistance Programs
- Legal Assistance
- Senior Housing
- Adult Day Services
- Home Delivered & Congregate Meals
- Homemaking & Personal Care
- Respite Care
- Long Term Care Options
- Medicare/Medicaid Assistance Program
- Senior Refugee Support Program

Legal Assistance

LADA

1-877-964-5310

WCNLS Elder Law Center

(313) 937-8291

Senior Employment

AARP Senior Employment (734) 281-2470

Family Independence Agency (734)281-8204

Taylor office—22050 Pennsylvania

- Medicaid
- Food Stamps
- Emergency Assistance

Wayne County Nutrition Program

Home Delivered Meals / Liquid Nutrition

1-800-851-1454

Do Not Call List

1-888-382-1222

Wayne County Prescription

Discount Card

1-866-896-3450

Medicare

1-800-633-4227

Focus Hope

(734) 246-6053

- ◆ Monthly food distribution

Adult Protective Services 1-877-963-6006

- ◆ To report abuse, neglect, or exploitation of individuals age 18 or older

We're on the web!

www.metrodetroitseiors.com

Click on "senior events"

then click on Brownstown

The Senior Alliance

www.aaa1c.org

Michigan Office of
Services to the Aging
www.miseniors.net