



BROWNSTOWN SENIOR NEWS

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- Clerk*
Sherry A. Berez-Burton
- Treasurer*
Diane L. Philpot
- Trustees*
John J. Cronin
Suzanne M. Harris
Albert G. Mann
Edwin C. Neal II

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Maxine Schofield

Senior Advisory Board

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- Karen Gardner
- Margaret Gendron
- JoAnn Jeffery
- Earl Jones
- Grace Militello
- Dottie Rogal
- Donna Sexton
- Helen Slubowski
- Virginia Uroda
- Ethel Varga
- Dolores Zavalney
- Sarah Ziegler

JULY NEWS

Happy Fourth of July! Summer has arrived and that means it's time to get out the sunscreen and load up on water. Staying hydrated and protecting your skin from harmful UV rays should be an important part of your summer routine. A little preventive maintenance goes a long way toward good health.

The Red Hat Ladies will be hosting Bingo and Boxed lunch game night here at the Center on July 31st from 5pm until 8pm. See page 5 more information.

State Representative Kathleen Law is hosting a Senior Summit and Luncheon on July 28th beginning at 10am. The summit will feature health screening and a luncheon at 12pm. To attend you must RSVP at (517) 373-2067 or (866)725-2929.

Planning for fall trips has begun. To ensure that you get a spot on our most popular trips make sure to sign up early; spaces fill quickly!

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

This year the Senior Olympics will be hosted by the City of Trenton. Most events will be held at various locations in Trenton.

Once again, Wayne County Executive, Robert Ficano, will be providing all registered participants with a kick off breakfast on opening day. Senior Olympic events include baking contest, softball throw, ring toss, Frisbee toss, soccer kick, euchre, tennis, billiards, horse-shoes, darts, pinochle, ping pong, shuffleboard, golf, swimming, basketball shoot, bridge, bocce ball, and bowling. Participants are also encouraged to participate in the opening ceremonies and the fun walk.

Pick up your T-shirt and information at the Center on July 25th. The meeting starts at 11am and includes lunch afterwards. If you are unable to attend the meeting on the 25th you can pick-up your t-shirt and information after July 25th from Maxine.



SENIOR CHOIR REPORT
HELEN ST. LOUIS

Greetings from the Funlovers!

Scheduled Performances



MEETINGS

BROWNSTOWN SENIOR ADVISORY BOARD

Thursday, July 3, 2008 at 11:00 am

BROWNSTOWN SENIOR TRAVEL CLUB

Monday, July 14, 2008 at 11 am

BROWNSTOWN PLEASURE SEEKERS

Business Meeting (Birthdays) & Bingo

Thursday, July 3, 2008

1:00-3:00pm—Halls A & B

Potluck Meeting & Bingo

July 17, 2008

POTLUCK DINNER & GAME NIGHT

July 28, 2008

5:00pm

BROWNSTOWN PLEASURE SEEKER OFFICERS

<i>President</i>	Karen Gardner
<i>Vice President</i>	Ethel Varga
<i>2nd Vice President</i>	Eleanor Starkey
<i>Treasurer</i>	Helen St. Louis
<i>Secretary</i>	JoAnn Jeffery
<i>Social Secretary</i>	Irene DaDeppo
<i>Co-Social Secretary</i>	Berta Mae Dezomits

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— SEE YOU IN SEPTEMBER!

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, July 21st — 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, July 28, 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 7/22 -11 AM,, 8/5 - 1:00pm
- Kroger 7/9, 7/23—11:00am
- Wal-Mart & Dollar Store (Local) 7/10— 10:00am

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: MEETING AT THE COMMUNITY CENTER

TUESDAY JULY 8TH AT 11AM. DON'T FORGET TO WEAR YOUR RED HAT.

NEXT EVENT: BINGO & BOXED LUNCH

THURSDAY, JULY 31, 2008 5-8PM

AT THE COMMUNITY CENTER

TICKETS AVAILABLE AT THE CENTER OR FROM MEMBERS

TICKETS: \$10 IN ADVANCE \$12 AT THE DOOR

NEXT EVENT: AFTERNOON AT THE MOVIES

TUESDAY, AUGUST 19TH

\$19 PER PERSON

REGISTER AT THE FRONT DESK

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



AMERICAN CELEBRATION DINNER DANCE

Brownstown Community Center
Thursday, July 24, 2008

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

Entertainment by : The International's
Catering by: ABC Catering



The Brownstown Senior Center is hosting a senior Dinner Dance on July 24th. This is the annual American Celebration . Enjoy an evening out with great food, great entertainment, and great friends. Catering will be by ABC Catering. Live band entertainment will be provided by The International's. Beverages, including beer and wine will be served. Evening activities also include a 50/50 raffle and door prize giveaway. Tickets are only available July 18th or until sold out, so purchase your tickets before they're gone!

BROWNSTOWN FEISTY RED HATTERS PRESENTS:

BINGO & BOXED LUNCH

A RED HAT FUNDRAISER

Thursday, July 31, 2008

Boxed Lunches Served 5:00pm
Bingo Starts 6:00-8:00pm



Groups of 8 or more please purchase tickets in advance!

Tickets Prices: \$10 In Advance; \$12 At the Door

Includes: Boxed lunch, soft drinks, 5 bingo cards and door prizes.

Adults 18+ Welcome

Extra bingo cards will be available for .50 each

Join us for 8 games of bingo and a grilled hotdog lunch.

This event is located at the:

Brownstown Community Center

21311 Telegraph Rd.

Brownstown, MI 48183

For Ticket sales see Maxine or a Red Hat Club Member (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.	TBA	\$40PP	1-3:00 pm	Kevin
Back to Basics	Tues. & Thurs.	TBA	\$40PP	4-6:00 pm	Kevin
Word 1	Mon. & Wed.	TBA	\$40PP	1-3:00 pm	Kevin
Internet Basics	Mon. & Wed.	TBA	\$40PP	4-6:00 pm	Kevin

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



MACKINAC ISLAND TRIP MEETING SEPTEMBER 19TH



The Mackinac Island trip is right around the corner which means it's time for us to get together and go over the final details of the trip. The meeting is set for Friday, September 19, 2008 at 1:00pm at the Brownstown Community Center. Please call the Center if you are unable to attend, so that Maxine can have the information available for you to pick up at another time.

The "Participant Medical Information" form as well as a "Participant Consent Form." need to be submitted prior to trip departure. Please complete both forms and return to Maxine at the meeting.

Your vehicle must be parked in the last row of the parking lot. An overnight parking pass to display on the dash of your car and other important information will be shared with you at the meeting. If you have any questions, please call me at the Center at (734) 675-0920.

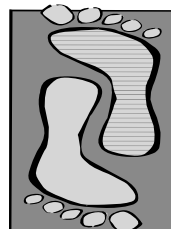
FOOT DOCTOR



Brownstown Community Center
Friday, July 11, 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.

Senior Food Report

By Helen Fryer

Hey Seniors what's cookin? Yes, it's time for cookouts, gardening and lazy days lounging in the back yard if you have one. But there are some hazards lurking out there. Before you or your family head outside check out our top ten tips for keeping this summer safe. Be sure to check your outdoor grill to make sure it is in the proper grilling condition. Also, keep a fire extinguisher close to the grill. The month of June is always busy.

June 2-4th The Red Hat Feisty Red Hatters went to Frankenmuth for a 3 day excursion. We had a full breakfast and dinner each day and it was very good especially the Chicken dinners that they are famous for.

June 5th— Senior Advisory Board met with questions and discussions. No cookies, just coffee. Pleasure Seekers Meeting was also held and after each officer gave a report we had the 50/50 drawing and celebrated birthdays with ice cream and desserts followed by Bingo

June 9th — Senior Travel Club met Maxine discussed the trips. We had coffee and cookies.

June 11th— We had Father's Day Cookout in the Park here at the Senior Center.

May 14th —The Red Hat Ladies celebrated our 1 year Anniversary. We had a pizza lunch and wonderful surprises for everyone!

June 12th the Red Hat Club had their spaghetti dinner and it was a success! We had spaghetti, salad, bread and dessert. We had a great crowd come out to support the club.

June 19th — We enjoyed our Senior Prom and the food was good—we had chicken, meatballs, pasta, corn, salad, jello, rolls and various desserts catered by Elizabeth's and Mike Wolverton was the band and we had a 50/50 raffle and the Pleasure Seekers raffled off baskets and goodies.

June 23rd we had a picnic at Lake Erie Metro Park and the weather was wonderful. We had a lot of dishes to pass and we had hamburgers and hotdogs on the grill.

Because of our busy schedule we did not have bingo breakfast.

“Friends are the chocolate chip in the cookie of life” - Unknown

Till next time—Bon Appetite!

Helen



HEARING CHECK-UPS

Brownstown Community Center
Wednesday, August 5, 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.

23RD ANNUAL DOWNRIVER SENIOR OLYMPIC'S T-SHIRT PICK-UP AND INFORMATION SESSION- JULY 25TH

This year the Senior Olympics will be hosted by the City of Trenton. Most events will be held at various locations in Trenton.

Once again, Wayne County Executive, Robert Ficano, will be providing all registered participants with a kick off breakfast on opening day. Senior Olympic events include baking contest, softball throw, ring toss, Frisbee toss, soccer kick, euchre, tennis, billiards, horseshoes, darts, pinochle, ping pong, shuffleboard, golf, swimming, basketball shoot, bridge, bocce ball, and bowling. Participants are also encouraged to participate in the opening ceremonies and the fun walk.

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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. Funding for 2008 projects will not be available until after July 1, 2008.

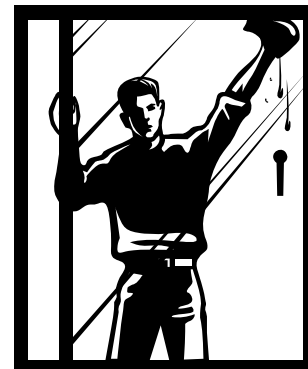
Eligibility:

- 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 Men Chasing Younger Women Sheds Light on Human Longevity

SeniorJournal.com

Males much older than 50 have substantial realized fertility through matings with younger females - likely typical among early humans.

By Lisa Trei, Sanford News Services

Sept. 14, 2007 - It turns out that older men chasing younger women contributes to human longevity and the survival of the species, according to new findings by researchers at Stanford and the University of California-Santa Barbara.

Evolutionary theory says that individuals should die of old age when their reproductive lives are complete, generally by age 55 in humans, according to demographer Cedric Puleston, a doctoral candidate in biological sciences at Stanford. But the fatherhood of a small number of older men is enough to postpone the date with death because natural selection fights life-shortening mutations until the species is finished reproducing.

"Rod Stewart and David Letterman having babies in their 50s and 60s provide no benefit for their personal survival, but the pattern [of reproducing at a later age] has an effect on the population as a whole," Puleston said. "It's advantageous to the species if these people stick around. By increasing the survival of men you have a spillover effect on women because men pass their genes to children of both sexes."

"Why Men Matter: Mating Patterns Drive Evolution of Human Lifespan," was published Aug. 29 in the online journal Public Library of Science ONE.

Shripad Tuljapurkar, the Morrison Professor of Population Studies at Stanford; Puleston; and Michael Gurven, an assistant professor of anthropology at UCSB, co-authored the study in an effort to understand why humans don't die when female reproduction ends. Human ability to scale the so-called "wall of death"—surviving beyond the reproductive years—has been a center of scientific controversy for more than 50 years, Puleston said.

"The central question is: Why should a species that stops reproducing by some age stick around afterward?" he said. "Evolutionary theory predicts that, over time, harmful mutations that decrease survival will

arise in the population and will remain invisible to natural selection after reproduction ends."

However, in hunter-gatherer societies, which likely represent early human demographic conditions and mating patterns, one-third of people live beyond 55 years, past the reproductive lifespan for women.

Furthermore, life expectancy in today's industrialized countries is 75 to 85 years, with mortality increasing gradually, not abruptly, following female menopause.

Grandmother hypothesis

In 1966, William Hamilton, a British evolutionary biologist, worked out the mathematics describing the "wall of death." Since then, the most popular explanation for why humans don't die by age 55 has been termed the "grandmother hypothesis," which suggests that women enhance the survival of their children and grandchildren by living long enough to care for them and "increasing the success of their genes," Puleston said. However, Hamilton's work has been difficult to express as a mathematical and genetic argument explaining why people live into old age.

Unlike previous research on human reproduction, this study—for the first time—includes data on males, a tweak that allowed the researchers to begin answering the "wall of death" question by matching it to human mortality patterns. According to Puleston, earlier studies looked only at women, because scientists can reproduce good datasets for humans entirely based on information related to female fertility and survival rates.

"People don't like to do two-sex models because [it's difficult] to look at how [men and women] pair up," he said. "But men's fertility is contingent on women's fertility—you have to figure out how they match up. We care about reproduction because that is a currency by which force of selection is counted. If we have not accounted for the entire pattern of reproduction, we may be missing something that's important to evolution."

Men and longevity

In the paper, the researchers analyzed "a general two-sex model to show that selection favors survival for as long as men reproduce." The scientists presented a "range of data showing that males much older than 50 years have substantial realized fertility through matings with younger females, a pattern that was likely typical among early humans." As a result, Puleston said, older male fertility helps to select against damaging cell mutations in humans who have passed the age of female menopause, consequently eliminating the "wall of death."

"Our analysis shows that old-age male fertility allows evolution to breach Hamilton's wall of death and predicts a gradual rise in mortality after the age of female menopause without relying on 'grandmother' effects or economic optimality," the researchers say in the paper.

The scientists compiled longevity and fertility data from two hunter-gatherer groups, the Dobe !Kung of the Kalahari and the Ache of Paraguay, one of the most isolated populations in the world.

They also looked at the forager-farmer Yanomamo of Brazil and Venezuela, and the Tsimane, an indigenous group in Bolivia. "They're living a lifestyle that our ancestors lived and their fertility patterns are probably most consistent with our ancestors," Puleston said about the four groups. The study also looked at several farming villages in Gambia and, for comparison, a group of modern Canadians.

In the less developed, traditional societies, males were as much as 5-to-15 years older than their female partners. In the United States and Europe, the age spread was about two years.

"It's a universal pattern that in typical marriages men are older than women," Puleston said. "The age gaps vary by culture, but in every group we looked at men start [being sexually reproductive] later. At the end of reproduction, male fertility rates taper off gradually, as opposed to the fairly sharp decline in female fertility by menopause."

Despite small differences based on marriage traditions, all women and most men in the six groups stopped having children by their 50s, the researchers found.

But some men, particularly high-status males, continued to reproduce into their 70s.

The paper noted that the age gap is most pronounced in societies that favor polygyny, where a man takes several wives, and in gerontocracies, where older men monopolize access to reproductive women.

The authors also cite genetic and anthropological evidence that early humans were probably polygynous as well.

Older male fertility also exists in societies supporting serial monogamy, because men are more likely to remarry than women.

"For these reasons, we argue that realized male fertility was substantial at ages well past female menopause for much of human history and the result is reflected in the mortality patterns of modern populations," the authors say.

"We conclude that deleterious mutations acting after the age of female menopause are selected against ... solely as a result of the mating between older males and younger females."

According to Puleston, the "grandmother hypothesis" may be true, but the real pattern of male fertility extends beyond this explanation. "The key question is: Does the population have a greater growth rate if men are reproducing at a later age? The answer is 'yes.'

The age of last reproduction gets pushed into the 60s and 70s if you add men to the analysis. Hamilton's approach was right, but in a species where males and females have different reproductive patterns, you need a two-sex model. You can't correctly estimate the force of selection if you leave men out of the picture. As a man myself, it's gratifying to know that men do matter."

Grants from the U.S. National Institute on Aging supported this study.



FOR YOUR INFORMATION

Old Fashioned Potato Salad

Recipe courtesy of
Allrecipes.com

INGREDIENTS:

5 potatoes
3 eggs
1 cup chopped celery
1/2 cup chopped onion
1/2 cup sweet pickle relish
1/4 teaspoon garlic salt
1/4 teaspoon celery salt
1 tablespoon prepared mustard
ground black pepper to taste
1/4 cup mayonnaise

DIRECTIONS:

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool, peel and chop.

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, combine the potatoes, eggs, celery, onion, relish, garlic salt, celery salt, mustard, pepper and mayonnaise. Mix together well and refrigerate until chilled.

Potato Salad Tips

JULY 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, July 14, 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.

CORNWELL'S TURKEYVILLE

July 30, 2008

\$35

Trip Includes:

- Round trip transp. Via Senior Bus
- Turkey Dinner and Musical Afterwards
- Shopping in the Gift Shop

THE MALL AT PARTRIDGE CREEK

July 29, 2008

\$5 bus ride

Trip Includes:

- Round trip transp. Via the senior bus
- Shopping at the Mall at Partridge Creek in Clinton Township
- Lunch on your own

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

GREEKTOWN CASINO

July 16, 2008

\$18

Trip Includes:

- Round trip transp. Via Deluxe Motor Coach
- Gambling at Greektown
- \$20 coin voucher

AFTERNOON AT THE MOVIES

August 19, 2008

\$19

Trip Includes:

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

TOLEDO MUDHENS

July 28, 2008

\$20

Trip Includes:

- Round trip transp. Via Senior Bus
- Admission to a Mudhen's Game
- Lunch

TIGERS BASEBALL GAME

August 14, 2008

\$45

Trip Includes:

- Round trip transp. Via Senior Bus
- Admission to Tigers Baseball Game
- Lunch

SALUTE TO SENIORS—FLINT

September 3, 2008

\$50

Trip Includes:

- Round trip transp. Via the senior bus
- Box lunch and Plated Dinner
- Live Entertainment
- Admission to Several Vendors & Museums
- Shopping in the Arts and Crafts Tents

MUSKEGON, MI

August 19-20, 2008

\$349

Trip Includes:

- Round trip transp. Via Motor Coach
- 8 meals
- Cruise aboard the Port City Princess Ship
- Train Ride on the Coopersville Railway
- Several self-guided tours
- Baggage Handling and Tours included

DISCOVER DETROIT

September 9, 2008

\$72

Trip Includes:

- Round trip transp. Via Motor Coach
- A visit to the Detroit Renaissance Center
- Lunch at Andiamo Riverfront
- Diamond Queen Cruise
- Explore the Riverwalk and River Plaza

MICHIGAN PRINCESS LUNCH CRUISE

August 12, 2008

\$72

Trip Includes:

- Round trip transp. Via Motor Coach
- Buffet Lunch on Board the Boat
- Princess Riverboat Ride on the Grand River
- Enjoy and visit to MSU Dairy and enjoy a scoop of ice cream.

ROCKIN OLDIES AT ZHENDERS

September 17, 2008

\$50

Trip Includes:

- Round trip transp. Via the senior bus
- Rockin Oldies show featuring Elvis, Neil Diamond, and more.
- Gourmet chicken lunch served at Zhender's

RESALE SHOPPING

September 23, 2008

\$55

Trip Includes:

- Round trip transp. Via Motor Coach
- Lunch at Genniti's Hole in Wall in Northville
- Shopping at several resale shops

FLAVORS OF AUTUMN

September 30, 2008

\$52

Trip Includes:

- Round trip transp. Via Motor Coach
- Great Harvest Bread Company
- Lunch at Stone Fire Bistro
- Spicer's Orchards and Farm Market

DETROIT SYMPHONY ORCHESTRA

October 2, 2008

\$55

Trip Includes:

- Round trip transp. Via the senior bus
- Lite breakfast before the show
- Admission to "Louis Armstrong's New Orleans" at the Detroit Symphony Orchestra
- Lunch at Karl's Cabin

SOARING EAGLE

November 2, 2008

\$34

Trip Includes:

- Round trip transp. Via Motor Coach
- Gambling at Soaring Eagle Casino
- Casino Package
- Shipshewana on the Road

FOUR WINDS CASINO

October 2, 2008

\$125

Trip Includes:

- Round trip transp. Via Motor Coach
- 1 night accommodations in New Buffalo, MI
- 1 Continental Breakfast
- Time to gamble at Four Winds Casino

DETROIT SYMPHONY ORCHESTRA

Nov.13, 2008

\$55

Trip Includes:

- Round trip transp. Via the senior bus
- Lite breakfast before the show
- Admission to "Classic Broadway" at the Detroit Symphony Orchestra
- Lunch at Karl's Cabin

SHA BOOM AT THE HEARTLAND SENIOR CENTER

October 16, 2008

\$59

Trip Includes:

- Round trip transp. Via the Senior Bus
- Lunch at BD's Mongolian BBQ
- "SHA BOOM" at the Heartland Senior Center

HEAVEN & HELL

October 24, 2008

\$59

Trip Includes:

- Round trip transp. Via Motor Coach
- Heavenly Scent Herb Farm
- Lunch at Zurkey Lake Tavern
- Tour of Hell Michigan
- A stop at Screams Ice Cream

July 2008

MON	TUE	WED	THU	FRI	S	S
	1 1pm Meijer	2 	3 11am Sr. Advisory Board Meeting 12-1pm BP Checks 1-3pm Pleasure Seekers Meeting	4 BUILDING CLOSED 	5	6
7 	8 10am Exercise 11am Red Hat Meeting 12:30pm Euchre	9 9am Quilters 10am Exercise 10am Hearing Doctor 11am Kroger	10 10am Wal-Mart (Local) 	11 10am Exercise	1 2	1 3
14 11am Travel Club	15 10am Exercise 12:30pm Euchre 10:30am Movies Trip	16 9am Quilters 10am Exercise	17 1-3pm Pleasure Seekers Meeting (potluck)	18 10am Exercise 	1 9	2 0
21 9am Bingo Breakfast	22 10am Exercise 12:30 Euchre 11am Meijer	23 9am Quilters 10am Exercise 11am Kroger	24 9:30am Dance Set-up 4pm-8:30pm American Celebration	25 10am Exercise 11am Sr. Olympics Meeting	2 6	2 7
28 10am Senior Summit Sponsored by Kathleen Law 5pm Potluck & Game Night	29 10am Exercise 12:30pm Euchre 9am Partridge Creek Trip	30 9am Quilters 9am Turkeyville Trip 10am Exercise	31 5pm Red Hat Box Lunch & Game Night	1 10am Exercise	2	3



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.

June Lesniak – Books
Anna Johns – Baskets
Rita Carey – Baskets
Pat Sutika – Baskets

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
www.aaa1c.org

1-800-815-1112
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