

BRIGHTON SENIOR CENTER

Where Active Aging Never Gets Old!



2023

NOVEMBER
DECEMBER

WELCOME!



850 Spencer Road
Brighton, MI 48116



(810) 299-3817



OPEN Monday - Thursday
9:00am - 2:00pm



www.brightonseniorcenter.com



@BrightonSeniorCenter



ABOUT US

The Brighton Senior Center is open to all individuals 50 years+, in and around Livingston County. We offer socialization, education, exciting travel opportunities, information and assistance for those that need it, life enrichment and fitness classes, transportation, volunteer opportunities and much more. Stop in and see us, you might be surprised with what you find.

ANNOUNCEMENTS

Accepting Donations!

We are collecting non-perishable food items for our food cart and unopened, unused personal care items for the care closet.

**Drop off items during
business hours!**

HOLIDAY CLOSURES

* * *

Thanksgiving

November 22 & 23

Christmas/Holiday

December 25 - January 2

*We will resume normal hours on Jan 3

We have an Amazon "Wish List"!

Check it out at
<https://a.co/8NAHB9Lwww>

UPCOMING EVENTS

Page 02



*Veteran Members and a Guest
are cordially invited...*

VETERANS BREAKFAST

Honoring you for your service

**THURSDAY, NOVEMBER 9
9:30-10:30AM**

BRIGHTON SENIOR CENTER
850 SPENCER RD. BRIGHTON

RSVP (810) 299-3817 BY 11/2

SPONSORED BY
Linden Square
Assisted Living Center



Join us for a
**Friendsgiving
LUNCHEON**

NOVEMBER 21 12 - 2 PM

\$5.00 with a dish to share
\$10.00 without a dish
non-members \$10.00

**SIGN UP IN THE CENTER OR
BY CALLING 810.299.3817**

**MUST RSVP
by 11/15!**

MAIN DISH
Provided by

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BRIGHTON
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AmericanHouse.com/Milford



Independent Living

You're Invited!
Birthday Celebration Luncheons
 Nov 30th & Dec 21st
 at 12:00pm

Sign-up **REQUIRED** 1 week prior
"We will NOT add people after this date!!"

Members: \$5.00 cash or \$6.00 check/credit
 Non-Members: \$10.00 (Birthdays: **FREE!**)

Sign up at the Center, online
 or by calling (810) 299-3817

BIRTHDAY FLOWERS & LUNCH PROVIDED BY

 **Hearing Depot**  **BRIGHTON Senior Center**

 **Four Seasons FLORIST**

BRIGHTON SENIOR CENTER ANNUAL
Holiday Party
 JOIN US FOR AN AFTERNOON OF HOLIDAY FUN!

TUE DEC 19th
12-2PM

RSVP BY 12/13
 MEMBERS: \$10.00 GUESTS: \$15.00

SPONSORED BY

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 **THE CARE TEAM**
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Lisa Tam

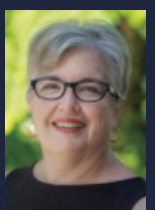
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archerhuntley.com



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Brighton

-LOCATIONS-

Howell

8023 Grand River Ave, Suite 400

114 W. Highland Rd, Suite 200

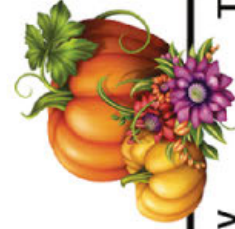
*Gift card valid at Amazon, some restrictions may apply.

beltonehearingaid.com



For ad info. call 1-800-477-4574 • www.4lpi.com

15-0822



NOVEMBER 2023

MONDAY

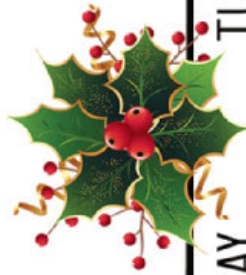
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Join us for lunch M-Th 11:30am-12:30pm MUST PRE-ORDER 24 HRS IN ADVANCE \$3.50/MEAL PROVIDED BY MEALS ON WHEELS</p>	<p>Call us (810) 299-3817 CHECK OUT OUR WEBSITE! www.BrightonSeniorCenter.com FOLLOW US ON FACEBOOK! </p>	<p>1 9:00 Tai Chi/QiGong 10:00 Euchre 10:00 Mahjong 11:30 Lunch 12:30 Drop-In Poker 6:30 Zumba (HAW)</p>	<p>2 9:00 Body Spot Silver (BECC) 10:00 Wii Bowling League 10:00 Whole Brain Exercise 11:30 Lunch 12:30 Bingo </p>	<p>3 CLOSED</p>
<p>6 10:00 Euchre 11:30 Lunch 12:00 Portfolio Review 12:30 Drop-In Poker 1:00 Beachball Volleyball Nurses Foot Care (by appt)</p>	<p>7 10:00 Portfolio Review 10:00 Wii Bowling League 11:00 Chair Yoga 11:30 Lunch 12:30 Bingo </p>	<p>8 9:00 Tai Chi/QiGong 10:00 Euchre 10:00 Mahjong 11:30 Lunch 12:30 Drop-In Poker 1:00 Grief Support Group 6:30 Zumba (HAW)</p>	<p>9 9:00 Body Spot Silver (BECC) 9:30 Veterans Breakfast 11:00 Wii Bowling League 10:00 Whole Brain Exercise 11:00 Anti Inflammatory Cooking 11:30 Lunch 12:30 Bingo</p>	<p>10 CLOSED</p>
<p>13 10:00 Euchre 11:30 Lunch 12:30 Drop-In Poker 1:00 Genealogy Nurses Foot Care (by appt) 6:30 Prenups 101</p>	<p>14 9:00 Body Spot Silver (BECC) 10:00 Wii Bowling League 11:00 Chair Yoga 11:30 Lunch 12:30 Bingo</p>	<p>15 9:00 Tai Chi/QiGong 10:00 Euchre 10:00 Mahjong 11:30 Lunch 12:30 Drop-In Poker 12:30 Cards 4 Charities Nurses Foot Care (by appt) 6:00 Medicare Annual Election 6:00 Travel Club</p>	<p>16 9:00 Body Spot Silver (BECC) 9:00 Casino (Firekeepers) 10:00 Genealogy 10:00 Wii Bowling League 10:00 Whole Brain Exercise 11:30 Lunch 12:30 Bingo 6:30 Mindfulness 101 </p>	<p>17 CLOSED 6pm Turkey Bingo (Pre-Registration Required!)</p>
<p>20 10:00 Euchre 11:30 Lunch 12:30 Drop-In Poker 1:00 Beachball Volleyball 6:00 Adult & Pediatric CPR</p>	<p>21 9:00 Body Spot Silver (BECC) 11:00 Chair Yoga 12:00 Friendship Luncheon 12:30 2UVision Shop NO BINGO TODAY!</p>	<p>22 CLOSED</p>	<p>23 </p>	<p>24 CLOSED</p>
<p>27 10:00 Euchre 11:30 Lunch 12:30 Drop-In Poker 1:00 Drop-In Cornhole</p>	<p>28 9:00 Body Spot Silver (BECC) 10:00 Holiday Shopping & Lunch 10:00 Wii Bowling League 11:00 Chair Yoga 11:30 Lunch 12:30 Bingo </p>	<p>29 10:00 Euchre Tournament 10:00 Mahjong 11:30 Lunch 6:30 Zumba (HAW) </p>	<p>30 9:00 Body Spot Silver (BECC) 10:00 Wii Bowling League 10:00 Whole Brain Exercise 12:00 Birthday Celebration 1:00 Modified Bingo </p>	<p>CLOSED</p>



DECEMBER 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Join us for lunch M-Th 11:30am-12:30pm MUST PRE-ORDER 24 HRS IN ADVANCE \$3.50/MEAL PROVIDED BY MEALS ON WHEELS</p>		<p>Call us (810) 299-3817 CHECK OUT OUR WEBSITE! www.BrightonSeniorCenter.com FOLLOW US ON FACEBOOK! </p>	<p>1</p> <p>CLOSED</p>	
<p>4 10:00 Euchre 11:30 Lunch 12:30 Drop-In Poker 1:00 Beachball Volleyball Nurses Foot Care (by appt)</p>	<p>5 9:00 Body Spot Silver (BECC) 11:00 Chair Yoga 11:00 Wii Bowling Awards 11:30 Lunch 12:30 Bingo 5:30 Holiday Lights Tour</p>	<p>6 10:00 Euchre 10:00 Mahjong 11:30 Lunch 12:30 Cards 4 Charities 12:30 Drop-In Poker 6:00 New to Medicare 6:30 Zumba (HAW)</p>	<p>8</p> <p>CLOSED</p>	
<p>11 10:00 Euchre 11:30 Lunch 12:30 Drop-In Poker 1:00 Drop-In Cornhole</p>	<p>12 9:00 Body Spot Silver (BECC) 11:00 Chair Yoga 11:30 Lunch 12:30 Bingo Nurses Foot Care (by appt) 6:00 Photography 101</p>	<p>13 10:00 Euchre 10:00 Mahjong 11:30 Lunch 12:30 Drop-In Poker 1:00 Grief Support Group 6:30 Zumba (HAW)</p>	<p>15</p> <p>CLOSED</p> <p>6pm Ugly Sweater Bingo (Pre-Registration Required!)</p>	
<p>18 10:00 Euchre 11:30 Lunch 12:30 Drop-In Poker 1:00 Beachball Volleyball Nurses Foot Care (by appt)</p>	<p>19 9:00 Body Spot Silver (BECC) 11:00 Chair Yoga 12:00 Holiday Party NO BINGO TODAY!</p>	<p>20 10:00 Euchre Tournament 10:00 Mahjong 11:30 Lunch 6:30 Zumba (HAW)</p>	<p>22</p> <p>CLOSED</p>	
<p>25</p> <p>Merry Christmas</p>	<p>26</p> <p>CLOSED</p>	<p>27</p> <p>CLOSED</p>	<p>29</p> <p>CLOSED</p>	

FUN & GAMES

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LIBRARY

Free to members!
Donate, borrow, read!!!

Weekly Bingo

TUESDAYS & THURSDAYS
12:30 PM

Themed Basket Bingos

6-9PM
BRIGHTON SENIOR CENTER
\$15/PERSON

TURKEY

NOVEMBER 17

UGLY SWEATER

DECEMBER 15

*AWARDS FOR THE BEST UGLY SWEATERS!



We're Open!!
Stop in
and shop!



Billiards

Come play during open hours
Monday-Thursday
9am-2pm



Drop-In Poker

Mondays &
Wednesdays
12:30PM



Lyon Township

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from Coyote Golf Course
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THE BEST TIME TO START PLANNING IS TODAY

Creative Maker Space

NOW OPEN!

Are you creative?
Do you like to tinker with craft projects?

Check out our NEW *Creative Maker Space*
located in the Arts & Crafts Room!



Available supplies include: Card making, knitting/crocheting, painting, jewelry, beading, felt and more!



**Indoor
Pickleball
Area
Coming SOON!**

Weekly Euchre

Every Monday and Wednesday - 10am

Euchre Tournaments

November 29

December 20

10:00 AM

Brighton Senior Center

\$7 per person at the door



****Three cash prizes** 50/50 Raffle!**

Potluck style lunch - Bringing something to share is optional, but Welcome!



Mahjong Club

Wednesdays 10am

It's All About Family!

HAVE YOU PROTECTED THEM?



To Get More Information call (844) 885-4200
or online at www.MichiganEstatePlanning.com

Life is Complicated Enough. Protecting Your Family Shouldn't Be...

If Crisis Strikes, You Risk:

- Losing Control
- Additional Stress on Your Family
- The Loss of What You Spent a Lifetime Building

Proper Planning Ensures You:

- Maintain Control of Your Assets for the Sake of The Family
- Give Control to Those you Trust Most, When You're not Able to Act
- Remain Home Without Stress on the Family, Should the Need for Long Term Care Arise
- Keep Your Family's Business Private

LifeCare Planning Protects Your Family From:

- The Government
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- Lawsuits
- Nursing Homes
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Discover:

- Government Assistance to Help Pay for Care at Home
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TRAVEL

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We've teamed up with Timeless Memories, Adventures and Events to bring you exciting local, domestic & international travel opportunities! Visit www.BrightonSeniorCenter.com/travel or our travel display at the center for more information about traveling in 2023 & 2024!

Most trips have sign-up deadlines months in advance... so be sure to check early so you don't miss out!!

****Senior Center Membership is not required for travel. All ages are eligible, unless otherwise noted.**

2023 TRAVEL OPPORTUNITIES

Historic Savannah/Charleston (NOV)

Lancaster, PA (DEC)

2024 TRAVEL OPPORTUNITIES

Rome & the Country Roads of Tuscany (MAR)

Idaho's Resorts and Rivers (JUN)

2024 TRAVEL OPPORTUNITIES cont'd

Finger Lakes Region (JUN)

Yellowstone & the Wild West (JUN)

Canadian Rockies & Glacier National Park (AUG)

Alaska, land & cruise (SEPT)

Utah's "Mighty 5" National Parks (SEPT)

- For questions regarding TRAVEL please contact Barb Smith at Timeless Memories, Adventures and Events (248) 497-0291 or TimelessMemoriesAnE@gmail.com.
- To register for travel visit BrightonSeniorCenter.com/travel and click on the flier (some trips can be registered for by credit card on our site, others you will need to print the form and mail/drop off with a check to the Senior Center).
- You can also pick up any of the forms at the Senior Center.



Explore the World
LIVINGSTON COUNTY TRAVEL CLUB

BRING YOUR "WISH LIST" FOR DAY TRIPS, SHORT VACATIONS AND BIG ADVENTURES!

NEXT MEETING
WEDNESDAY, NOV 15
AT 6:00PM
BRIGHTON SENIOR CENTER
850 SPENCER RD, BRIGHTON

PLEASE REGISTER
www.TimelessMemoriesAnE.com

QUESTIONS? CONTACT BARB
TimelessMemoriesAnE@gmail.com

Let's Go!
YEARLY MEMBERSHIP
\$10 PER FAMILY

CASINO TRIP

To FireKeepers

NOVEMBER 16, 2023

PICKUP LOCATION
BRIGHTON SENIOR CENTER
850 SPENCER RD
BRIGHTON, MI

BUS DEPARTS AT 9:00AM
RETURNS APPROX 6:00 PM

REGISTER (810) 299-3817
WWW.BRIGHTONSENIORCENTER.COM

\$45 PER PERSON

TRIP INCLUDES
+ BUS TRANSPORTATION
+ \$20 FREE SLOT PLAY
+ \$5 IN POINTS

SPACE IS LIMITED!!!
REGISTER EARLY!

Daily Lunches

Meals on Wheels lunches -\$3.50/ meal
BAS Salads -\$6.00 each
M-TH, 11:30am-12:30pm
Must pre-order by 12pm the day before



Eye Wear and Eye Examinations

2U Vision brings a complete optical store to us every two months. They offer stylish, comfortable, hypoallergenic, and high-quality eye wear with an extended warranty for adults 50+. Contact them to schedule an eye exam in the privacy of your own home: call 947-479-1039 or send an email to info@2UVision.com.



2UVision will be here on 11/21 at 12:00pm.

Nurses Foot Care

Ava Passino, RN, BCGN, is now accepting new patients as openings become available. Each 1 hour session includes: foot/leg assessment, warm foot bath, nail trimming and therapeutic foot/leg massage. Fee is \$42 and is tax deductible, but not insurance billable.



To schedule an appointment call Ava at (313) 303-7836.

Anti-Inflammatory Cooking



Join Christina Brown RN,BSN from St. Croix Hospice and learn recipes to fuel your body & mind. You'll make Turmeric Chicken Soup and no-bake Lemon Turmeric Energy Bites.

Tuesday, November 9 at 11am - Space is LIMITED!

Facing the Grief Together

Grief and bereavement support group meets **every Second Wednesday at 1PM**. This interactive group is designed to help with the grieving process for anyone experiencing loss. Hosted by: Elizabeth Snyder Corman, M.A. of Promedica Hospice.

Tax Preparation Assistance

Provided by Accounting Aid Society February through April. Appointments can be made starting mid-January.

For more information call (313) 556-1920 or go to <https://accountingaidsociety.org/>



Medical Loan Closet

Canes, Crutches, Shower Chairs, Toilet Risers, Wheelchairs, Walkers, Elder Care Supplies.

Call (810) 299-3817, option 2



Panera/ Busch's Donations

Free donations from Panera Bread and Busch's are available to members inside the Senior Center. All items are available on a first come basis.



PANERA - Tues - 11am
BUSCH'S - Tues/Thurs - 11am



Resource Advocate

Provided by Livingston County Catholic Charities. Information & assistance with: Housing, Legal Aid, Food Assistance, Care Giving, In-Home Services, Tax Aid, Medicare/Medicaid, Counseling, etc.



To scheduled an appointment call Mary Heymes (517) 545-5944 ext. 136 or mary@livingstoncc.org.

Transportation

Rides available for a fee to medical appointments, grocery stores, banking, hair salons, etc. Bus service is not available to/from surgical procedures. Driver does not stay for medical appointments. Please note, there is a 15 minute variance for each pick up.



To schedule a ride, call (810) 299-3817, Option 3

Title VI of the Civil Rights Act of 1964 prohibits discrimination based on race, color, or national origin in programs and activities receiving Federal financial assistance. Specifically, Title VI provides that "no person in the United States shall, on the ground of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance" (42 U.S.C. Section 2000d).

Fitness Classes

Body Spot Silver	Tu/Th	9-10:30am
Chair Yoga	Tues	11-11:45am
Tai Chi & QiGong	Wed	9-10:00am & 1-2pm
Whole Brain Exercise	Thurs	10-10:30am
Zumba w/Joanie	W/Sa	6:30pm/10am

Visit our website or stop by the center to view class descriptions, dates and to register!



November 5th!

CLASSES & ACTIVITIES

Page 10

Register Online at www.brightoncommunityed.com,
call (810) 299-3817, or stop by the center.

BODY SPOT SILVER

NOV/DEC (T&TH) | 9:00AM | \$30

Total body workout includes: cardiovascular, floor exercises, weight training, and yoga pilates.

WHOLE BRAIN EXERCISE

NOV/DEC (TH) | 10:00AM | \$25

Integrates L & R sides of the brain and body with exercise, vision, rhythm, and auditory processing to improve memory.

ZUMBA W/JOANIE

NOV/DEC (W&SA) | 6:30PM/10AM | \$35

Dance yourself fit. Zumba is about feeling good and having fun and is great for all fitness levels.

PRENUPS 101

NOV 13 | 6:30PM | \$10

Don't worry - get married! Come to this class and get all of your prenap questions answered.

CHAIR YOGA

NOV 14-DEC 19 (TU) | 11:00AM | \$25

Yoga poses done in a chair that are appropriate for all fitness levels. No experience necessary.

MEDICARE ANNUAL ENROLLMENT

NOV 15 | 6:00PM | \$10

Maximize your Medicare enrollment & navigate the annual election period.

MINDFULNESS 101

NOV 16 | 6:30PM | \$30

Learn how to reduce stress, anxiety and depression and live with more ease and joy with mindfulness.

ADULT & PEDIATRIC CPR

NOV 20 | 6:00PM | \$100

Learn how to respond to adult & child cardiac and choking emergencies, sudden illness, bleeding and other life-threatening conditions from the American Red Cross.

HOLIDAY SHOPPING & LUNCH

NOV 28 | 10:00AM | \$35

We'll head to Green Oak Mall for some holiday shopping and lunch at HomeGoods, TJ Maxx, \$5Below, Dollar Tree and more!

HOLIDAY LIGHTS TOUR

DEC 5 | 5:30PM | \$35

It's going to be the hap, happiest night as we tour some of the best Christmas Light displays around Livingston County!

MEDICARE FOR BEGINNERS

DEC 6 | 6:00PM | \$10

This class is a beginner's guide to Medicare, providing an introduction to the health insurance programs available.

PHOTOGRAPHY 101

DEC 12 | 6:00PM | \$80

Go from simply taking pictures to "creating photographs". Learn how to "see" the images in front of you in a whole new light.



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15-0822



JASON HUDRY
Mesmerizing Magic

Nov 11
7:30 PM



JAN 12
7:30 PM

TAKE3



HOLIDAY POPS

DEC 9
7:30 PM



ASSISTED LIVING: THE MUSIC
The Tales Grownups Will Never Tell!

APR 6 - 7:30 PM



MAY 18
7:30 PM

DAVE BENNETT QUARTET



MAY 5
4:00 PM

SCI-PHONIC

2023-24 Season

Performances are held at
Brighton High School
7878 Brighton Road,
Brighton, MI


BRIGHTON CENTER
FOR THE PERFORMING ARTS

TICKETS:
BRIGHTONPERFORMINGARTS.COM
(810) 299-4130

NEVER MISS OUR NEWSLETTER!

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Have our newsletter emailed to you.



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www.mycommunityonline.com



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BRIGHTON SENIOR CENTER



850 Spencer Road
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Our Staff

Jodie Valenti, Director
(810) 299-3818
valentij@brightonk12.com

Diana Walsh, Front Desk
(810) 299-3817, option 1
seniorcenter@brightonk12.com

David Passino, Bus Driver
(810) 299-3817, option 3
passind@brightonk12.com

Barb Smith, Travel Coordinator
(248) 497-0291
timelessmemoriesane@gmail.com

Looking to Volunteer?

If you're looking to make a difference in our community and enjoy working with actively aging adults, we have several volunteer opportunities available. Stop by or give us a call today!

DONATIONS ARE APPRECIATED!

- Used & new household items (including some furniture)
- Used & new craft supplies
- Returnable bottles & cans
- Non-perishable food
- Personal care items (toiletries, etc)
- Financial

THEY ARE TAX DEDUCTIBLE TOO!



DISCLAIMER

Although the Brighton Senior Center provides information through workshops, seminars and advertising for senior services, we do not endorse any private company. Our goal is to inform our members of the availability of services that may enhance their lives outside of the Center. As a consumer, you are encouraged to independently research and ask for references. We appreciate all the support we receive from our local business community and health care providers.