BRIGHTON SENIOR CENTER

Where Active Aging Never Gets Old!





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

REMINDER!

Body Spot Silver MOVES TO THE HIGH SCHOOL CAFETERIA

Starting JUNE 18th!

IT'S TIME!!

Annual Membership Renewal

RENEW BY JULY 1st

Get entered to win \$100 Meijer Gift Card!

GRANDPARENT CAMP

Bring your grandkids and let's have some fun!

CONTACT THE CENTER FOR MORE INFORMATION

Pre-Registration REQUIRED



UPCOMING EVENTS

Page 03



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BRIGHTON Semior Center

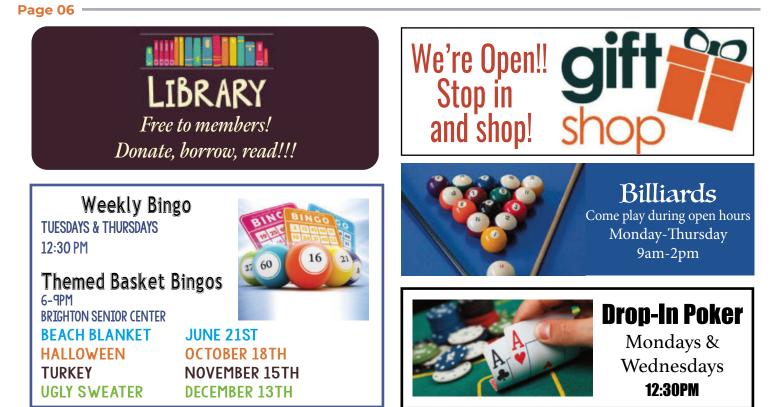
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FRIDAY	BUILDINGS: BECC - 125 S. Church St BHS - Brighton High School HAW - Hawkins Elementary	7 CLOSED	14 CLOSED	21 CLOSED 6pm Beach Blanket Bingo (Pre-Registration Required!)	28 CLOSED
THURSDAY	Please REMEMBER Many of our activities require pre-registration by certain dates.!!!	 6 9:00 Body Spot Silver (BECC) 10:00 Whole Brain Exercise 11:00 Chair/Mat Yoga 12:00 Pinochle 12:30 Bingo 7:00 Intro to Watercolor 	 13 9:00 Body Spot Silver (BECC) 10:00 Whole Brain Exercise 11:00 Chair/Mat Yoga 12:00 Father's Day BBQ NO BINGO 6:00 Estate Planning Basics 7:00 Intro to Watercolor 	20 9:00 Body Spot Silver (BHS) 9:30 Grandparent Camp 10:00 Whole Brain Exercise 11:00 Chair/Mat Yoga 12:00 Pinochle 12:30 Bingo 7:00 Intro to Watercolor	27 9:00 Body Spot Silver (BHS) 10:00 Whole Brain Exercise 11:00 Chair/Mat Yoga 12:00 Pinochle 12:00 Birthday Celebration 1:00 Modified Bingo Nurses Foot Care (by appt)
WEDNESDAY	REMINDER: Last Day of lunch service is 6/11 and will resume after Labor Day.	 5 9:00 Tai Chi/QiGong 10:00 Euchre 10:00 Mahjong 12:30 Drop-In Poker 1:00 Tai Chi/QiGong 6:00 Social Security Q&A 	12 9:00 Saganing Casino 9:00 Tai Chi/QiGong 10:00 Euchre 10:00 Mahjong 12:30 Drop-In Poker 1:00 Tai Chi/QiGong 6:30 Zumba (HAW)	 19 9:00 Tai Chi/QiGong 9:30 Grandparent Camp 10:00 Euchre 10:00 Mahjong 12:30 Drop-In Poker 1:00 Tai Chi/QiGong Nurses Foot Care (by appt) 6:30 Zumba (HAW) 	26 9:00 Tai Chi/QiGong 10:00 Mahjong 1:00 Tai Chi/QiGong 1:00 Tai Chi/QiGong 6:30 Zumba (HAW)
TUESDAY	Join us for lunch M-Th 11:30am-12:30pm <u>MUST</u> PRE-0RDR 2HHS IN ADVANCE \$6.00/NEAL PROVIDED BY BAS	 4 9:00 Body Spot Silver (BECC) 11:00 Chair Yoga 11:00 Name that Tune - Luncheon 12:30 Bingo 6:00 Protect Your Assets 	11 9:00 Body Spot Silver (BECC) 11:00 Chair Yoga 12:30 Bingo	18 9:00 Body Spot Silver (BHS) 9:30 Grandparent Camp 11:00 Chair Yoga 11:00 4th of July T-Shirt 12:30 Bingo	25 9:00 Body Spot Silver (BHS) 11:00 Chair Yoga 11:00 Lunch & Learn 12:30 Bingo
MONDAY	Call us (BIO) 299-3817 CHECK OUT OUR WEBSITE! www.BrightonSeniorCenter.com FOLLOW US ON FACEBOOK!	 3 10:00 Euchre 10:00 Balance & Strength 12:00 Let's Journal 12:30 Drop-In Poker Nurses Foot Care (by appt) 	10 10:00 Euchre 10:00 Balance & Strength 11:00 Cooking w/Maureen 12:30 Drop-In Poker 7:00 School Board Mtg (BECC)	17 9:30 Grandparent Camp 10:00 Euchre 10:00 Balance & Strength 12:00 Summer Wreath 12:30 Drop-In Poker	24 10:00 Euchre 10:00 Balance & Strength 12:30 Drop-In Poker

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	FRIDAY	5 CLOSED	12 CLOSED	19 CLOSED	26 CLOSED SALE	Call us (810) 299-3817 CHECK OUT OUR WEBSITE! www.BrightonSeniorCenter.com FOLLOW US ON FACEBOOK!
2024 🐳	THURSDAY	4 CLOSED Happy 4th of July!	 11 9:00 Body Spot Silver (BHS) 9:30 Grandparent Camp 10:00 Whole Brain Exercise 11:00 Chair/Mat Yoga 12:00 Pinochle 12:30 Bingo 6:00 Protect your Assets 	18 9:00 Body Spot Silver (BHS) 10:00 Whole Brain Exercise 11:00 Chair/Mat Yoga 12:00 Pinochle 12:30 Bingo 7:00 Basic Italian	25 9:00 Body Spot Silver (BHS) 9:30 Intro to Watercolor 10:00 Whole Brain Exercise 11:00 Chair/Mat Yoga 12:00 Birthday Celebration 1:00 Modified Bingo Nurses Foot Care (by appt)	BUILDINGS: BECC - 125 S. Church St BHS - Brighton High School HAW - Hawkins Elementary
ULY 20	WEDNESDAY	3 9:00 Tai Chi/QiGong 10:00 Euchre 10:00 Mahjong 12:30 Drop-In Poker 1:00 Tai Chi/QiGong	10 9:30 Grandparent Camp 10:00 Euchre 10:00 Mahjong 12:30 Drop-In Poker	17 10:00 Euchre 10:00 Mahjong 12:30 Drop-In Poker Nurses Foot Care (by appt)	24 10:00 Euchre 10:00 Mahjong 12:30 Drop-In Poker	31 10:00 Euchre Tournament 10:00 Mahjong
	TUESDAY	2 9:00 Body Spot Silver (BHS) 11:00 Chair Yoga 12:30 Bingo	 9 9:00 Body Spot Silver (BHS) 9:30 Grandparent Camp 11:00 Chair Yoga 12:30 Bingo 	16 9:00 Body Spot Silver (BHS) 11:00 Chair Yoga 12:30 Bingo 12:30 2U Vision Shop 7:00 Basic Italian	23 9:00 Body Spot Silver (BHS) 11:00 Chair Yoga 12:00 Memorial Potluck NO BINGO TODAY!	30 9:00 Body Spot Silver (BHS) 11:00 Chair Yoga 12:30 Bingo
BRIGHTON Senior Center	MONDAY	1 10:00 Euchre 10:00 Balance & Strength 12:30 Drop-In Poker <i>Nurses Foot Care (by appt</i>)	8 9:30 Grandparent Camp 10:00 Euchre 12:30 Drop-In Poker	15 10:00 Euchre 10:00 Balance & Strength 11:00 Cooking w/Maureen 11:00 Print Making w/Gel Plate 12:30 Drop-In Poker	22 10:00 Euchre 10:00 Balance & Strength 11:00 Van Gogh - Sunflowers 12:30 Drop-In Poker	29 10:00 Euchre 10:00 Balance & Strength 12:30 Drop-In Poker

FUN & GAMES





FUN & GAMES





Weekly Euchre Every Monday and Wednesday - 10am

Euchre Tournaments June 26 July 31 10:00 AM Brighton Senior Center \$7 per person at the door



Three cash prizes 50/50 Raffle! Potluck style lunch - Please bring a dish to share or contribute \$10 to the potluck fund.



Mahjong Club Wednesdays 10am

Learn Mahjong Call for info

It's All About Family!

HAVE YOU PROTECTED THEM?



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

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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
- · Taxes
- Lawsuits
- Nursing Homes
- Those That Want to Take Your Assets From You

Discover:

- Government Assistance to Help
 Pay for Care at Home
- Up to \$2,120 a Month in Veteran Benefits to Assist with Care at Home or Assisted Living



1024 E. GRAND RIVER AVE., STE A | BRIGHTON MI 48116 SATELLITE OFFICES | ANN ARBOR | BLOOMFIELD HILLS | LANSING | LIVONIA | NOVI P. 844.885.4200 | F. 888.390.5041 | WWW.MICHIGANESTATEPLANNING.COM

TRAVEL

Page 08 -

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 2024 & 2025! *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.

TRAVEL & DAY TRIPS Finger Lakes Region (JUN) Saugatuck Dunes & Boat Tour (JUN) Yellowstone & the Wild West (JUN) Detroit Tigers Game (JUL) Ark Encounter (JUL) Ford House & Gardens (AUG) Canadian Rockies & Glacier National Park (AUG) Dow Gardens and Forest Canopy Walk (AUG) Idaho's Resorts and Rivers (SEPT) Utah's "Mighty Five" National Parks (SEPT)

TRAVEL & DAY TRIPS cont'd Michigan Pricess Riverboat Luncheon (OCT) Halloween in the Hudson River Valley (OCT) Thunder Bay (OCT) Shipshewana with Lights of Joy Tour (NOV) Colorful Costa Rica (NOV) Switzerland & Christmas Markets on Rhine River (DEC) Washington D.C. - A Capitol Christmas (DEC) Hawaii 3 Island Adventure (FEB 2025) Great Trains and Grand Canyons (APR 2025) Iceland Explorer (MAY 2025)

- 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 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.





HEALTH & WELLNESS

Daily Lunches

BAS Salads -\$6.00 each M-TH, 11:30am-12:30pm Must pre-order by 12pm the day before Available Sept-June



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 July 16th at 12:30pm.

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.

Cooking with Maureen



Join Maureen Kimmel from Pampered Chef to learn recipes using time saving tools, quick tips for healthy eating and to discover the chef in you!

Monday, July 15th at 11am - Space is LIMITED!

NEW Personal Care Cabinet

Check out the NEW personal care cabinet located in the hallway by the bathrooms. Inside you'll find a variety of items such as adult undergarments, toiletries, covid tests, masks and more! All items are available to take as needed. If you have items to donate they MUST be unopened/used and dropped off at the front desk.

Hearing Checks

Chris from Beltone will be conducting FREE hearing tests, checking current hearing aids, replacing batteries and more.



Call the center for specific dates & times.

Medical Loan Closet

Canes, Crutches, Shower Chairs, Toilet Risers, Wheelchairs, Walkers, Elder Care Supplies. Call (810) 299-3817, option 2



Page 09

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 - Tuesdays BUSCH'S - Tues/Thurs



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 schedule 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 Chair Yoga Tai Chi & QiGong Balance & Strength Whole Brain Exercise Chair/Mat Yoga Zumba w/Joanie Visit our website or si descriptions, dates at Tu/Th 9-10:30am Tue 11-11:45am Wed 9-10:00am & 1-2pm Mon 10-10:45am Thur 10-10:30am Thur 11-11:45am

Zumba w/Joanie W/Sa 6:30pm/10am Visit our website or stop by the center to view class descriptions, dates and to register!

Take some time to enjoy nature this summer!

CLASSES & ACTIVITIES Page 10

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

BODY SPOT SILVER

ANNUAL (T&TH) | 9:00AM | \$99

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

ESTATE PLANNING BASICS

JUN 13 | 6:00PM | \$10

through probate, protect them from various taxes, retain control of your affairs!

WELCOME SUMMER WREATH

JUNE 17 | 12:00PM | \$50

Let's celebrate Summer by crafting a SUMMER WREATH !! Supplies included in the class price!

FOURTH OF JULY T-SHIRT

JUNE 18 | 11:00AM | \$40

Show off your patriotic spirit in a T-Shirt you design and create yourself! Supplies included in the class price!

CHAIR YOGA

JUN 25 - AUG 6 (TU) | 11:00AM | \$25 Yoga poses done in a chair that are appropriate for all fitness levels. No experience necessary.

CHAIR/MAT YOGA

JUN 27 - AUG 8 (TH) | 11:00AM | \$25 Learn how to prevent your assets from going Start in a chair and when ready use the chair as a prop while we transition to the mat for 15 minutes of mat yoga.

BALANCE & STRENGTH

JUL 1 - JUL 29 | 10:00AM | SFREE Join PT Solutions physical therapists and learn how to strength train safely and effectively in a fun environment.

PROTECT YOUR ASSETS

JUL 11 | 6:00PM | \$10

Discuss ways to avoid the nursing home, inhome care options, LTC insurance, hybrids and more.

PRINT MAKING W/ A GEL PLATE

JUL 15 | 11:00AM | \$80

Using a Gelli Plate you'll create unique and beautiful artwork! There is no limit to what you can do. Supplies included.

WHOLE BRAIN EXERCISE

JUL 18 - AUG 22 | 10:00AM | \$25 Integrates L & R sides of the brain and body with exercise, vision, rhythm, and auditory processing to improve memory..

VANGOGH INSPIRED ART -SUN FLOWERS

JULY 22 | 11:00AM | \$60

Learn about various adhesives, paints, papers, transfers, and transparencies while we explore collage techniques. Supplies included.

BASIC GERMAN

JUL 30 - AUG 8 | 7:00PM | \$75

In this short class you will learn german words, proper pronunciation and a bit of grammar too.



EDUCATIONAL LUNCHEONS





Need Help or Want to Help?

Now Serving Seniors & Hiring Caregivers in the Greater Livingston Area

Let's connect!

- shslivingston.com
- 810 412 7270

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📨 info@shslivingston.com

VIP Medicare Choices

"Licensed to educate & assist in ALL your insurance options. Personalized service you can trust."

Call/Text Uyte J. Paquette: 248.880.3786 Visit our website: VIPMedicareChoices.com

LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

CONTACT ME

Eileen Frazier

efrazier@lpicommunities.com

(800) 477-4574 x6309

BRIGHTON SENIORCENTER

850 Spencer Road Brighton, MI 48116



Our Staff

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

Deb Perry, Asst. Activities Director (810) 299-4018 perryd@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)
- In-kind
- THEY ARE TAX DEDUCTIBLE TOO!

PRESORT STD US POSTAGE PAID BRIGHTON, MI PERMIT NO. 10

It's Time to Renew!



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.