



Commerce Township *Richardson Review*

January & February



Richardson Community Senior Center

1485 E. Oakley Park Rd.
Commerce Township, MI 48390

Phone (248) 926-0063
Fax (248) 325-5349
8:00am - 4:30pm Mon - Fri

www.commercetwp.com

Director

Emily England
emengland@commercetwp.com

Staff

Allison Kennedy
akennedy@commercetwp.com

Melissa Gardner
mgardner@commercetwp.com

Letter from the Director

We're excited to usher in another New Year with everyone at the Richardson Senior Center. It's great to see so many new faces along with those that have been participating in activities with us for many years. Interim Home Health will be back in January with their Grief Support Group. AARP will again be here this year for tax preparation assistance, we will begin taking names for appointments on Wednesday, January 3. In February, Waltonwood Twelve Oaks will stop by for a presentation on Winter Safety Awareness with the Commerce Township Fire Department. We will have a day trip to Frankenmuth with lunch and musical entertainment on February 21st; sign up today! A physician with DMC Huron Valley will join us on February 21 with a presentation on Heart Health.

The Richardson Senior Center will be closed to all activities on Tuesday, February 27th for election day. During times of inclement weather, if the Walled Lake School District cancels school, the Richardson Senior Center will also be closed for the day. Any closure updates will be posted to our Facebook page or you can always give us a call to verify if we are open.

Sincerely,

Emily, Allison, Melissa & Maria

Commerce Township provides information about seminars and workshops, we do not endorse any private company; we merely inform consumers of the availability of the service. As a consumer, you are encouraged to independently research and ask for referrals.

**SIGN UP FOR ALL FUNCTIONS
AND EVENTS AT THE CENTER
WILL TAKE PLACE ON December
12th @ 8AM. NO
RESERVATIONS WILL BE TAKEN
BEFORE 8AM. PLEASE LEAVE A
MESSAGE, WE GO BY TIME
STAMPED ON VOICEMAIL, YOU
CAN ONLY RESERVE FOR 2
PEOPLE WHEN YOU CALL.**

Senior Lunch Program

The senior lunch program is available Monday thru Friday at 12:00 noon. Please, call our center to reserve your lunch a minimum of 2 **business** days in advance.
248-926-0063



SERVICES

Important Phone Numbers

Commerce Twp. Offices
248-624-0110

**Police Department Non
Emergency**
248-858-4950

Commerce Twp Library
248-669-8108

Alzheimer Association
800-337-3827

Area Agency on Aging
800-852-7795

Social Security
800-772-1213

**Oakland County Health
Division**
800-848-5533

Haven 24 hour Crisis Line
877-922-1274

Meals on Wheels
810-632-2155

Join me for Lunch



CLIP THIS COUPON AND RECEIVE
1 FREE LUNCH THE MONTH OF
YOUR BIRTHDAY!

**PLEASE CALL 2 DAYS IN
ADVANCE TO REGISTER
FOR LUNCH**

248-926-0063



RICHARDSON SENIOR CENTER

Day: First Wednesday of the month

Time: 10AM - 2PM

Lay papers flat

No paper clips

Remove items from envelopes

Only items that need shredding

No checkbooks



****Limit 1 plastic grocery bag per senior****



**Donations are always welcome at the Richardson
Senior Center. Here is a list of supplies we use:**

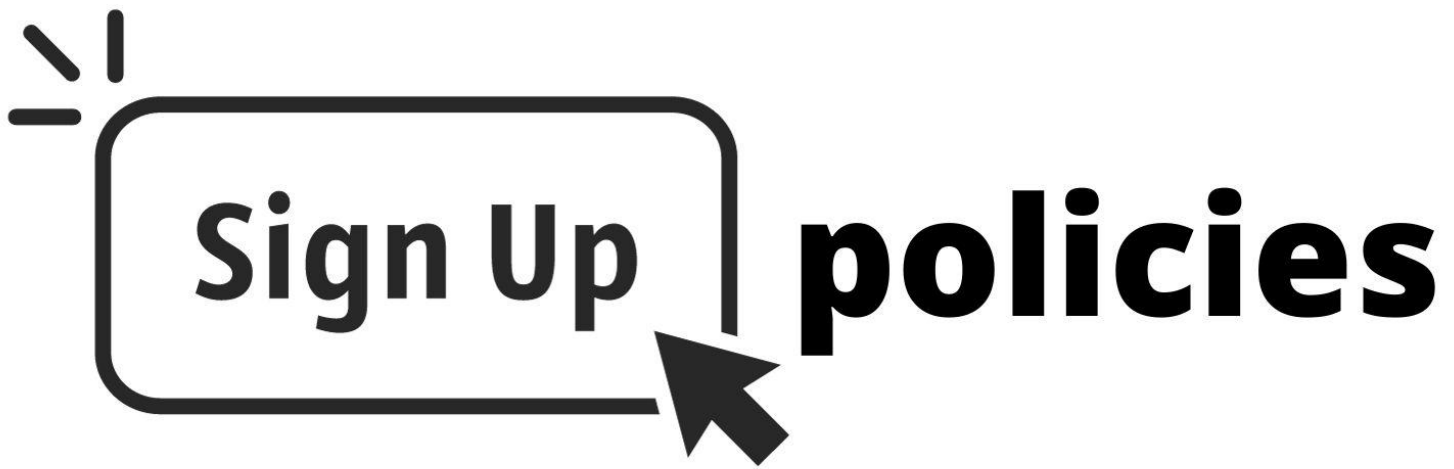
Coffee

Napkins

Small Plates

Paper Towels

Plastic Silverware



**SIGN UP BEGINS
TUESDAY, DECEMBER 12
@ 8:00AM**

**MANY OF OUR ACTIVITIES HAVE LIMITED QUANTITIES, WE WILL TAKE
SIGN-UPS IN THE ORDER THEY ARE RECEIVED. IF YOU CALL AND WE
DON'T ANSWER, PLEASE LEAVE A MESSAGE, WE WILL GET BACK TO YOU
TO CONFIRM YOUR REGISTRATION!**

Richardson Senior Center
248-926-0063

When calling to register for an activity, you may register for yourself and 1 additional person. Any calls received before 8 AM will not be added to event registration.



Richardson Senior Center

WEEKLY

Monday

9:30 - Total Body
11:00 - Mahjong
12:00 - Lunch
12:30 - Bingo
1:00 - Yoga

Tuesday

9:30 - Knit & Crochet
10:00 - Woodcarving
12:00 - Senior Lunch
12:30 - Euchre
1:30 - Zumba Gold

Wednesday

9:30 - Total Body
10:00 - Tai Chi
12:00 - Senior Lunch
12:00 - Pinochle

Thursday

10:00 - Yoga
12:00 - Lunch/Movie
1:30 - Zumba Gold

Friday

9:00 - Art
9:30 - Total Body
12:00 - Senior Lunch
12:30 - Mexican Train
12:30 - Hand/Foot
12:30 - Bridge

UPCOMING EVENTS

Mon. Jan 1 - CLOSED

Tue. Jan 2 - CLOSED

Tue. Jan 9 - Potluck

Wed. Jan 10 - Computer Help

Thur. Jan 11 - CarePatrol Pizza

Mon. Jan 15 - CLOSED

Thur. Jan 18 - Computer Club

Mon. Jan 22 - Interim Grief Group

Tue. Jan 30 - Theme Lunch

Wed. Jan 31 - Book Club

Wed. Jan 31 - Travel Show

Thur. Feb 1 - CarePatrol Pizza

Fri. Feb 9 - Waltonwood 12 Oaks

Tue. Feb 13 - Potluck

Wed. Feb 14 - Computer Help

Thur. Feb 15 - Computer Club

Mon. Feb 19 - CLOSED

Wed. Feb. 21 - Ask the Attorney

Wed. Feb 21 - Zhender's Day trip

Wed. Feb 21 - DMC Heart Health

Fri. Feb 23 - NO TOTAL BODY

Tues. Feb 27 - NO ACTIVITIES

Wed. Feb 28 - Book Club

**Starting February 8th, Bingo will
switch to Thursday at 12:30PM**

REGULARLY SCHEDULED EVENTS MAY BE CANCELLED OR MOVED FOR SPECIAL
EVENTS ON OCCASSION. PLEASE CHECK THE BACK CALENDAR FOR ANY
NOTICES AND FOLLOW OUR FACEBOOK PAGE FOR LAST MINUTE UPDATES



CARDS



Pinochle

Wednesday
12:00 - 3:30



Hand, Foot & Knee

Friday
12:30 - 3:30



Euchre

Tuesday
12:30 - 3:30



Bridge

Friday
12:30-3:30



Art Group

Friday
9:00 - 11:00

Activities



Knit & Sew

Tuesday
9:00 - 11:00



Mexican Train

Friday
12:30-3:30



Monday
12:30 - 3:30

\$0.25/card



MahJong

Monday
11:00 - 1:00

Exercise and Movement

TAI CHI @
THE RICHARDSON SENIOR
CENTER



WEDNESDAY
10:00AM - 11:00AM

COST: \$5/CLASS OR
4 CLASSES FOR \$15



Yoga
with Debbie



Debbie's vinyasa style class welcomes all levels, including those that have never practiced. The flows are developed with the senior body in mind. Debbie is RYT200 certified with 5 years of teaching experience and has been practicing for 15 years.

Richardson Senior Center
Monday 1:00 PM - 2:00PM
Thursday 10:00 AM - 11:00AM

COST: \$5/CLASS



**TOTAL
BODY
FITNESS**

Patty has been interested in fitness her whole life and is passionate about helping others feel great and has been working with the senior population for several years. As a martial arts teacher for over 15 years, she is also certified in strength and training. Patty also received certification from Beaumont Hospital as a yoga therapist.

Work at your own pace on Strength, Balance and Mobility, with Patty to keep our bodies strong, healthy and flexible while having fun with friends at the same time!!

**MON, WED & FRI
9:30 AM - 10:30 AM
COST: \$2/CLASS**



Come Dance with Maria

Along with being certified in Zumba Gold, Maria has a variety of Zumba certifications including Zumba Brazil, Zumba Core and Zumba Glutes. No previous experience needed to join this class as all participants are encouraged to do what they are comfortable with.

**TUESDAY &
THURSDAY
1:30 - 2:30
COST: \$5**



POTLUCK

Do you enjoy cooking/baking and enjoy lunch with friends?

Check out our monthly potluck luncheon!

TUESDAY, JANUARY 9

11:30 AM

MAIN COURSE: BEEF RAVIOLI

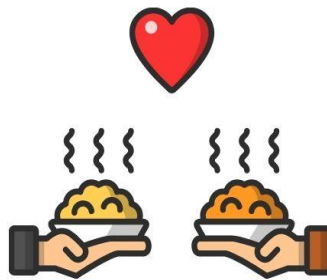
TUESDAY, FEBRAURY 13

11:30 AM

MAIN COURSE: CHICKEN SALAD SANDWICH

****PLEASE, BRING YOUR OWN PLATE AND UTENSILS**

****Please, note the time change**



The main course will be provided by the Richardson Senior Center.

1. All participants **MUST** signup 2 days in advance
2. All participants **MUST** bring a dish to pass
3. Bring enough to serve all in attendance

(Menu subject to change without notice)



SENIOR LUNCHEON

TUESDAY, JANUARY 30

11:30 AM

MAIN COURSE: VEGETABLE LASAGNA

Our monthly senior luncheon on the last Tuesday of every month is FREE to all seniors 60+.



Registration is required 2 days prior to luncheon
Stop by for your monthly blood pressure screening compliments of Affinity Senior Care.



Movie & Lunch



Thursday
12PM - 3PM



Jan. 4:	Ford Versus Ferrari	PG-13 (2019)
Jan 11: 🍕	The Art of Racing In The Rain	PG (2019)
Jan 18:	A Million Miles Away	PG (2023)
Jan 25:	Unbroken	PG-13 (2014)
Feb 1st: 🍕	The Imitation Game	PG-13 (2014)
Feb 8:	NYAD	PG-13(2023)
Feb 15:	Victoria and Abdul	PG-13 (2017)
Feb 22:	Seven Years in Tibet	PG-13 (1997)
Feb 29:	A Beautiful Mind	PG-13 (2001)
		PG-13 (2010)

Cost: \$3.50

No charge if you bring a lunch

Please call **248-926-0063** to
reserve your spot today!

Space is limited

**PIZZA
PARTY**



JAN 11 &
FEB 1st

Sponsored by:

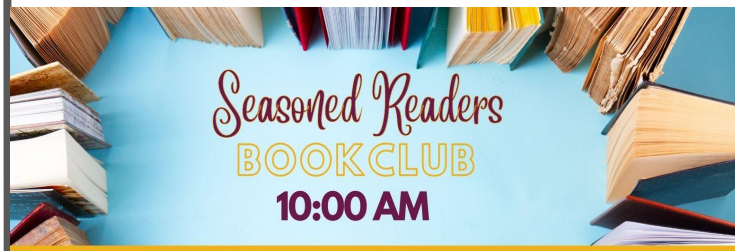




January 18 & February 15
9:30AM - 10:30AM

Do you have questions about your email or using the internet. Join Melissa at the Richardson Senior Center for a small group session, Internet & Email 101. We will not have individual help at these sessions

Space will be limited and registration is required.
Please call 248-926-0063



GROUP MEETS AT:

RICHARDSON SENIOR CENTER

January 31st:

The Marsh King's Daughter

By: Karen Dionne

February 28:

On The Rooftop

By: Margaret Wilkerson Sexton



BROUGHT TO YOU BY:



ARE YOU LOOKING FOR ASSISTANCE WITH
A COMPUTER OR TABLET? HAVE
QUESTIONS ABOUT A SPECIFIC PROGRAM?
STEVE FROM THE LIBRARY WILL BE HERE
TO OFFER COMPUTER HELP!

JANUARY 10 & FEBRUARY 14
2PM - 3PM

RESERVATIONS ARE REQUIRED! 30 MINUTE TIME LIMIT



Appointments start @ 10AM

**The Lebowsky Law Firm is a family run
law firm which specializes in estate
planning, estate/trust administration,
and Elder Law (long term care planning)**



Your Local Family-Run Law Firm
280 E. Commerce, Milford, MI 48301 Telephone: (248) 684-9200

Please call 248-926-0063
to book your 15 minute
consultation with the
attorney.



WE WILL AGAIN BE HOSTING AARP AT THE RICHARDSON SENIOR CENTER TO ASSIST WITH YOUR 2023 TAXES.

**WE WILL BEGIN TAKING NAMES FOR APPOINTMENTS
ON WEDNESDAY, JANUARY 3, 2024**

SCHEDULING OF APPOINTMENTS WILL NOT TAKE PLACE UNTIL WE FINALIZE ALL DETAILS WITH AARP

INCLEMENT WEATHER CLOSURES

As we enter the winter months, please remember that if Walled Lake Schools are closed due to inclement weather the Richardson Senior Center will also be closed for the day. Closure updates will be posted on the Center's Facebook page or you can give us a call at 248-926-0063



Interim Healthcare and Hospice Grief Programs 2024

If you are looking to make connections with others who are experiencing grief and loss, consider joining us for one of our community programs in 2024. We want to thank all the facilities that have graciously opened their doors for us to provide these opportunities.

Grief and Loss Discussion Groups

Participants will be able to connect with others who have lost a loved one through facilitated discussion and story sharing.

Where: Richardson Senior Center, 1485 E. Oakley Park Road, Walled Lake

Facilitated by Lisa Gardner, Bereavement Coordinator
with Interim Healthcare and Hospice

Groups will be held on the following Mondays:

January 22nd, April 22nd, and July 22nd
from 10:00-11:30 AM

To RSVP: Contact the center at (248) 926-0063



Winter Safety Awareness

February 9th 11:30 - 12:30

Heather and her team from Waltonwood Twelve Oaks will be here to discuss winter safety tips and the Commerce Township Fire Department will be here for File of Life.

Light snacks provided by Waltonwood Twelve Oaks

Register by calling: 248-926-0063

JOIN US AT THE RICHARDSON SENIOR CENTER AS TRACEY PROVIDES DETAILS ON UPCOMING TRIPS FOR 2024!

**Wednesday, January 31
1PM - 2:30PM**

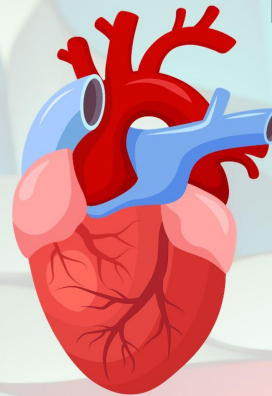


ORGANIZE YOUR TRIP WITH US!



Please register by calling:
248-926-0063

HEART HEALTH MONTH



Join us as we welcome
Dr. Marian Mocanu, an
Interventional Cardiologist
at DMC Huron Valley-Sinai
Hospital.

FEBRUARY 21 @ 3PM

Richardson Senior Center
1485 E. Oakley Park Rd
Commerce Township, MI

DMC
**Huron Valley-Sinai
Hospital**



CAPTAIN FANTASTIC DETROIT - A TRIBUTE TO ELTON JOHN

Register
today!



Zehnder's
OF FRANKENMUTH

WEDNESDAY, FEBRUARY 21, 2024
10AM - 4:30PM

COST: \$70

INCLUDES: TRANSPORTATION,
MUSICAL SHOW &
2-PIECE CHICKEN LUNCH WITH
DESSERT AT ZHENDER'S OF
FRANKENMUTH

REGISTER BY CALLING: 248-926-0063
PAYMENT REQUIRED TO RESERVE YOUR SEAT

***TRIPS ARE NON-REFUNDABLE UNLESS WE ARE
ABLE TO SELL YOUR TICKET***

ROCKIN' OLDIES SHOW FT. JOHNNY ROGERS

Register
today!



Zehnder's
OF FRANKENMUTH

WEDNESDAY, SEPTEMBER 18, 2024
10AM - 4:30PM

COST: \$70

INCLUDES: TRANSPORTATION,
MUSICAL SHOW &
2-PIECE CHICKEN LUNCH
WITH DESSERT AT ZHENDER'S
OF FRANKENMUTH

REGISTER BY CALLING: 248-926-0063
PAYMENT REQUIRED TO RESERVE YOUR SEAT

***TRIPS ARE NON-REFUNDABLE UNLESS WE ARE
ABLE TO SELL YOUR TICKET***

TRAVEL

Don't forget about the great
trips available through
Diamond Tours in 2024!

Savannah, GA & Jekyll Island
May 2024

Mackinac Island & Northern Michigan
June 2024

Boston, Salem & Cape Ann
October 2024

Additional information regarding these and all other
trips, can be found at the Richardson Senior Center.

You can also email us at

SeniorServices@commercetwp.com

for additional information

January 2024

Mon	Tue	Wed	Thu	Fri
1 <i>CLOSED</i>	2 <i>CLOSED</i>	3 9:30—Total Body 10:00—Tai Chi 12:00—Senior Lunch 12:00—Pinochle	4 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	5 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge & Hand/Foot/Knee
8 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	9 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Potluck 12:30—Euchre 1:30—Zumba Gold	10 <i>Computer Help</i> 9:30—Total Body 10:00—Tai Chi 12:00—Senior Lunch 12:00—Pinochle	11 <i>CarePatrol Pizza & Movie</i> 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	12 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge & Hand/Foot/Knee
15 <i>CLOSED</i>	16 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	17 9:30—Total Body 10:00—Tai Chi 12:00—Senior Lunch 12:00—Pinochle	18 9:30—Computer Club 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	19 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge & Hand/Foot/Knee
22 <i>Interim Grief Group-10AM</i> 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	23 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	24 9:30—Total Body 10:00—Tai Chi 12:00—Senior Lunch 12:00—Pinochle	25 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	26 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge & Hand/Foot/Knee
29 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	30 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	31 <i>Travel Show—1PM</i> 9:30—Total Body 10:00—Tai Chi 12:00—Senior Lunch 12:00—Pinochle		

February 2024

Mon	Tue	Wed	Thu	Fri
			1 <i>Carepatrol Pizza & Movie</i> 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	2 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge & Hand/Foot/Knee
5 TAXES 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 1:00—Yoga	6 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	7 9:30—Total Body 10:00—Tai Chi 12:00—Senior Lunch 12:00—Pinochle	8 10:00—Yoga 12:00—Lunch & Movie 12:30—Bingo 1:30—Zumba Gold	9 Waltonwood—11:30 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge & Hand/Foot/Knee
12 TAXES 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 1:00—Yoga	13 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Potluck 12:30—Euchre 1:30—Zumba Gold	14 Computer Help 9:30—Total Body 10:00—Tai Chi 12:00—Senior Lunch 12:00—Pinochle	15 Computer Club 10:00—Yoga 12:00—Lunch & Movie 12:30—Bingo 1:30—Zumba Gold	16 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge & Hand/Foot/Knee
19 CLOSED	20 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	21 Ask the Attorney—10AM DMC Heart Health—3PM 9:30—Total Body 10:00—Tai Chi 12:00—Senior Lunch 12:00—Pinochle	22 10:00—Yoga 12:00—Lunch & Movie 12:30—Bingo 1:30—Zumba Gold	23 No Total Body 9:00—Art 12:00—Senior Lunch 12:30—Mexican Train, Bridge & Hand/Foot/Knee
26 TAXES 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 1:00—Yoga	27 ALL ACTIVITIES CANCELLED VOTING	28 Book Club—10AM 9:30—Total Body 10:00—Tai Chi 12:00—Senior Lunch 12:00—Pinochle	29 10:00—Yoga 12:00—Lunch & Movie 12:30—Bingo 1:30—Zumba Gold	

KARI WEST, CSA

SENIOR CARE CONSULTANT

(248) 931-4646

KWEST@CAREPATROL.COM



CARE *Patrol*™

Your Partner In Senior Care Solutions

Are you ready to downsize and move
into an active Independent Senior
Living community?

Would you or a loved one benefit
from the care and security of living
in an Assisted Living Community?
Perhaps you just need a little extra
help at home?

Are you Confused by all of the
different options and unsure where
to get information and resources?

**CONTACT KARI WEST TO SET UP YOUR
PRIVATE COMPLIMENTRY CONSULTATION
TODAY. SHE WILL HELP YOU NAGIVATE
THROUGH THE BEST OPTIONS FOR YOUR
INDIVIDUAL NEEDS.**



It's never been easier to call Waltonwood home...



Schedule
a tour
today!

Waltonwood Twelve Oaks caters to seniors who desire social opportunities and a carefree lifestyle, with the peace-of-mind knowing assistance is available when needed. With a great location and warm, caring staff, you'll feel at home as soon as you step inside.

- A variety of apartment styles to fit every lifestyle
- Chef-prepared dining experiences with desserts created by our Pastry Chef
- A variety of Life Enrichment programs including fitness and wellness opportunities
- Personal care services

Call and schedule a tour today!
248-735-1500



Independent Living, Licensed Assisted Living & Memory Care

27475 Huron Circle, Novi, MI 48377

COMMERCE TOWNSHIP

Richardson Community

Senior Center

1485 E. Oakley Park Rd

Commerce Township, MI 48390

Phone: 248-926-0063

Fax: 248-325-5349

Hours: 8:00AM - 4:30PM

Monday - Friday

www.commercetwp.com

