

Commerce Township Richardson Review

November & December



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 eengland@commercetwp.com

Staff

Allison Kennedy akennedy@commercetwp.com

Melissa Gardner mgardner@commercetwp.com

Letter from the Director

Where has the year gone? As we look to close out 2024, we are excited for the great activities we have coming up in November and December. Waltonwood Twelve Oaks will again be sponsoring our Veteran's Luncheon this year with a wonderful lunch and live music. We will have a variety of craft classes along with special presentations by Plymouth Physical Therapy and staff from Huron Valley Hospital.

Help us get into the Holiday Spirit in December with Pictures with Santa, our annual Holiday Luncheon, cookie decorating, gingerbread house decorating and join your friends for a cookie exchange!

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 encourages to independently research and ask for referrals.

SIGN UP FOR ALL FUNCTIONS
AND EVENTS AT THE CENTER
WILL TAKE PLACE ON
October 24 @ 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



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

AgeWays

(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

People's Express 877-214-6073



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



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 policies

SIGN UP BEGINS THURSDAY, OCTOBER 24 @ 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 10 10 11 11

<u>Monday</u>

9:30 - Total Body 11:00 - Mahjongg 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

<u>Wednesday</u>

9:30 - Total Body 12:00 - Senior Lunch 12:00 - Pinochle

Thursday

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

<u>Friday</u>

9:00 - Art 9:30 - Total Body 12:00 - Senior Lunch

12:30 - Mexican Train 12:30 - Hand/Foot

12:30 - Bridge

UPCOMING EVENTS

Tue. Nov. 5 - CLOSED

Wed. Nov. 6 - Veterans Luncheon

Thur. Nov. 7 - Pizza & Movie

Mon. Nov. 11 - CLOSED

Tues. Nov. 12 - Potluck

Wed. Nov. 13 - Computer Help

Wed. Nov. 13 - 2U Vision

Wed. Nov. 13 - Affinity Craft

Fri. Nov. 15 - Winter Doormat

Tue. Nov. 19 - Huron Valley

Wed. Nov. 20 - Plymouth PT

Wed. Nov. 20 - Book Club

Thur. Nov. 21 - Charcuterie Class

Tue. Nov. 26 - Theme Lunch

Wed. Nov. 27 - NO ACTIVITIES

Nov 28 & Nov 29 - CLOSED

Tue. Dec. 3 - Cookie Decorating

Wed. Dec. 4 - Gingerbread House

Thur. Dec. 5 - Pizza & Movie

Fri. Dec. 6 - Pictures w/Santa

Tue. Dec. 10 - Potluck

Wed. Dec. 11 - Computer Help

Thur. Dec. 12 - Holiday Luncheon

Tue. Dec. 17- Cookie Exchange

Thur. Dec. 19 - Charcuterie Class

December 24 - January 1 CLOSED





CARDS



Pinochle

Wednesday 12:00 - 3:30



Hand, Knee & Foot Friday

12:30 - 3:30



Euchre

Tuesday 12:30 - 3:30



Bridge

Friday 12:30-3:30





Art Group

Friday 9:00 - 11:00



Mexican Train

Friday 12:30-3:30



Monday 12:30 - 3:30

\$0.25/card



Knit & Sew

Tuesday 9:00 - 11:00



MahJong Monday 11:00 - 1:00



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, NOVEMBER 12

11:30 AM

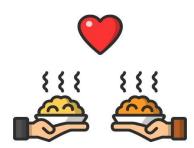
MAIN COURSE: SWISS STEAK

TUESDAY, DECEMBER 10 11:30 AM

MAIN COURSE: SWEET AND SOUR CHICKEN

**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, NOVEMBER 26 11:30 AM

MAIN COURSE: TURKEY

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



PG (1988))

R (2023)

Nov 7:

Nov 14:

Nov 21:

Nov 28:

Dec 5:

Dec 12

Dec 19:

Dec 26:

Driving Madeline

CLOSED

Julie and Julia

NO MOVIE

It's a Wonderful Life

CLOSED

Cost: \$3.50 No charge if you bring a lunch

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

Space is limited

Tucker

Napoleon

PG-13 (2009)

PG-13 (2022)

PG (1946)





November 7

December 5



Sponsored by:

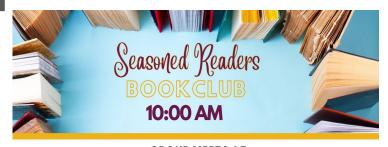
Your Partner In Senior Care Solutions



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!

NOVEMBER 13 & DECEMBER 11 2PM - 3PM

RESERVATIONS ARE REQUIRED! 30 MINUTE TIME LIMIT



GROUP MEETS AT:
RICHARDSON SENIOR CENTER

November 20: Britt-Marie Was Here

By: Frederick Blackman

December: No Meeting



BROUGHT TO YOU BY:







Join Affinity Home Care and Create a Cute Holiday Gnome



November 13 10:00 – 11:30 a.m.

Registration required, please call: 248-926-0063

Space is limited



Optical Store

November 13th | 12 noon to 2 pm Richardson Senior Center

New, Comfortable, and Stylish Eyewear from 2U VISION Bring Your Vision Prescription / Schedule an Eye Appointment FREE Cleaning, Repair, and Adjustment for your current glasses!

info@2UVision.com | 947.479.1039 | 248.833.8581 Fax

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Lung Cancer. It can happen to anyone.



Are you or your loved ones at risk for Lung Caner? Lung Cancer Screening looks for cancer before there are symptoms. This can help find cancer at an early stage. Less than 6% of eligible people in the U.S. have been screened for lung cancer compared to 70% for breast cancer and 74% for colorectal cancer. Let's talk about how you can help save lives!

NOVEMBER 19 11AM - 12PM

RICHARDSON SENIOR CENTER

Presenter: Tammi Pouget, RN

DIMCHuron Valley-Sinai
Hospital





RICHARDSON SENIOR CENTER HAND PAIN WORKSHOP



Seeking relief from hand pain without resorting to medications, injections, or surgery? Join us for the Hand Pain Workshop at the Richardson Senior Community Center, tailored for individuals yearning to restore normalcy and function to their hands naturally. We will discuss a way to get your hands function back and pick the right treatment for the cause of your pain.

- Explore the most common causes of hand pain treatable without surgery.
- Discover effective strategies to regain hand function and alleviate pain.
- Learn how to choose the right treatment tailored to the cause of your hand pain.



November 20th at 1pm - 2pm

Richardson Senior Community Center 1485 E Oakley Park Rd, Walled Lake, MI 48390 (248) 926-0063 PARTICIPANTS
WILL ALSO BE
ENTERED INTO A
CHANCE TO WIN 3
LASER THERAPY
SESSIONS



VETERANS DAY LUNCHEON

HONORING ALL WHO SERVED

PLEASE JOIN US AT THE RICHARDSON SENIOR CENTER

NOVEMBER 6TH, 2024
TWELVE TO ONE THIRTY PM

WITH LIVE ENTERTAINMENT

LIMITED SPACE AVAILABLE
PLEASE CALL 248-926-0063 TO
RESERVE YOUR SPOT



Friday, November 15 11:30 -3:00

Cost: \$45

\$50 for custom designs Includes:

All supplies to complete project & lunch

INTERESTED IN ANOTHER DESIGN?
PLEASE LET US KNOW, WE'LL CONSULT
WITH RACHEL TO SEE IF SHE CAN
ACCOMMODATE A CUSTOM DESIGN.

Sign up begins now!
Register by calling
248-926-0063

RICHARDSON SENIOR CENTER

Holiday Luncheon

LUNCH & ENTERTAINMENT

THURSDAY, DECEMBER 12

12:00PM - 2:00PM

NO COST

Registration required 248-926-0063

Space is limited, please register early

ENTERTAINMENT & DESSERT SPONSORED BY:



LUNCH PROVIDED BY: RICHARDSON SENIOR CENTER













Limited Seating - RSVP Today 248-926-0063

November 2024

Mon	Tue	Wed	Thu	Fri
				l 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
4 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	⁵ CLOSED	6 Veterans Day Lunch—12pm 12:00—Senior Lunch 12:00—Pinochle	7 CarePatrol Pizza & Movie 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	8 Zumba—Ipm 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
CLOSED	12 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Potluck 12:30—Euchre 1:30—Zumba Gold	13 Affinity Craft—10:00am 2U Vision—12pm 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle	14 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	15 Winter Doormats 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
18 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	19 Lung Cancer—11am 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	20 Physical Therapy—Ipm 9:30—Total Body 10:00—Book Club 12:00—Senior Lunch 12:00—Pinochle	21 Charcuterie Board—11:30 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	22 Zumba—Ipm 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
25 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	26 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Theme Lunch 12:30—Euchre 1:30—Zumba Gold	CLOSED	CLOSED	29 CLOSED

December 2024

Mon	Tue	Wed	Thu	Fri
2 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	3 Cookie Decorating—11am 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	4 Gingerbread Decorating -12:30 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle	5 CarePatrol Pizza & Movie 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	6 Pictures w/Santa—11:30am 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
9 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	10 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Potluck 12:30—Euchre 1:30—Zumba Gold	11 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle	12 Holiday Luncheon—12pm NO YOGA NO ZUMBA NO MOVIE	13 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
16 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	17 Cookie Exchange—11am 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	18 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle	19 Charcuterie Board—11:30 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	20 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
23 NO TOTAL BODY NO YOGA 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo	CLOSED	CLOSED	²⁶ CLOSED	CLOSED
30 CLOSED	CLOSED	CLOSED	2 NO YOGA 12:00—Lunch & Movie 1:30—Zumba Gold	3 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot

KARI WEST, CSA

SENIOR CARE CONSULTANT

(248) 931-4646 KWEST@CAREPATROL.COM



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 Medicare annual enrollment period October 15 - December 7

- DO YOU NEED HELP REVIEWING ALL THE OPTIONS?
- WONDERING IF YOUR PLAN IS STILL THE BEST FOR YOU?
- HAVE QUESTIONS ABOUT THE UPCOMING CHANGES?

I HAVE THE ANSWERS!

Advantage and Prescription Drug Plans, so I can offer you unbiased options that best fit your needs!

SUE STARR MORSE LICENSED, LOCAL AGENT PH# 248-212-7771







Ask the Medicare Lady



Medicare Questions? I've got answers!

Get the Right Medicare Plan for You Call: 248-819-9541

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Waltonwood Welcomes You Home this Holiday Season

- Chef-prepared culinary experiences
- Life Enrichment programs providing social & wellness opportunities
- Housekeeping services & home maintenance
- A variety of apartment styles
- Scheduled transportation
- Personal care services available when needed
- Cultivating friendships & more!

Save the Date

Wednesday

December 11th

Holiday Open House



RSVP to Heather or Casey 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



