



Commerce Township Richardson Review

September & October



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

We hope you had a wonderful summer and are excited for the fall season coming up! September is National Senior Center Month and we will be celebrating with some great activities with a few new presenters at the Richardson Senior Center. Plymouth Physical Therapy will be starting a new series of programs focusing on different areas of the body with each program. We are excited to bring back Award-Winning Keynote speaker & Happiness Trainer, Tamara Zoner, with her presentation, *#1 Human Need: Connection*. We will also have 2 craft classes this month; doormats and Rhonda will be back for a 3D Barn Quilt Class.

The month of October will bring us our 3rd annual Senior Expo, with a variety of businesses that cater towards the needs of seniors in the community. Along with our different presentations, our craft event for the month will be a Glass Art Succulent with Great Lakes Crafting.

Please note, to help with the flow of traffic in the Senior Center and our busy parking lot, rooms are only reserved for activities 15 minutes prior to and after the event ends.

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 August 22 @ 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

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

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

policies

**SIGN UP BEGINS
THURSDAY, AUGUST 22
@ 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 - 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

Wednesday

9:30 - Total Body
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. Sept. 2 - CLOSED

Tues. Sept. 3 - Plymouth PT

Wed. Sept. 4 - #1 Human Need

Thur. Sept. 5 - Pizza & Movie

Tues. Sept. 10 - Potluck

Wed. Sept. 11 - Computer Help

Fri. Sept. 13 - Fall Doormats

Tues. Sept. 17 - Mannor Law

Wed. Sept. 18 - Zhender's Trip

Wed. Sept. 18 - Miller Vein

Fri. Sept. 20 - Oakland County

Tues. Sept. 24 - Theme Lunch

Wed. Sept. 25 - Book Club

Wed. Sept. 25 - Plymouth PT

Thur. Sept. 26 - Susan Jackson

Fri. Sept. 27 - Barn Quilt

Wed. Oct 2 - Huron Valley

Thur. Oct 3 - Pizza & Movie

Tues. Oct 8 - Potluck

Wed. Oct 9 - Ask the Attorney

Wed. Oct 9 - Computer Help

Thur. Oct 10 - Senior Expo

Mon. Oct 14 - CLOSED

Tue. Oct 15 - Mannor Law Group

Wed. Oct 16 - Susan Jackson

Thur. Oct 17 - Wells Rehab

Fri. Oct 18 - Glass Art Succulent

Wed. Oct 23 - Brookdale Novi

Tues. Oct 29 - Theme Lunch

Wed. Oct 30 - Plymouth PT

Wed. Oct 30 - Book Club



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



Activities



Art Group

Friday
9:00 - 11:00



Knit & Sew

Tuesday
9:00 - 11:00



Monday
12:30 - 3:30

\$0.25/card



Mexican Train

Friday
12:30-3:30



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, SEPTEMBER 10

11:30 AM

MAIN COURSE: POTATO BAR

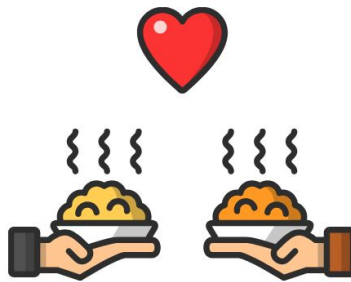
TUESDAY, OCTOBER 8

11:30 AM

MAIN COURSE: BEEF TACOS

****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, SEPTEMBER 24

11:30 AM

MAIN COURSE: CHICKEN PARMESAN

TUESDAY, OCTOBER 29

11:30 AM

MAIN COURSE: MAC N CHEESE

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



Sept 5: 🍕

Cruella

🍕 PG-13 (2021)

Sept 12:

Going In Style

PG-13 (2017)

Sept 19:

The Courier

PG-13 (2022)

Sept 26:

Mack and Rita

PG-13 (2022)

October 3 🍕

Catch Me If You Can 🍕

PG-13 (2002)

Oct 10:

SENIOR EXPO

NO MOVIE

Oct 17:

RESPECT

PG-13 (2021)

Oct 24:

My Fair Lady

G (1964)

Oct 31:

The Pursuit of Happiness

PG-13 (2006)

Cost: \$3.50

No charge if you bring a lunch

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

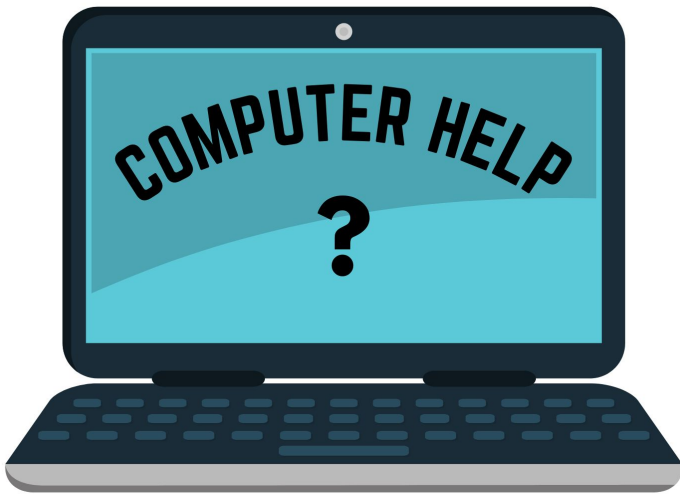
Space is limited

**PIZZA
PARTY**

**September 5
&
October 3**

Sponsored by:

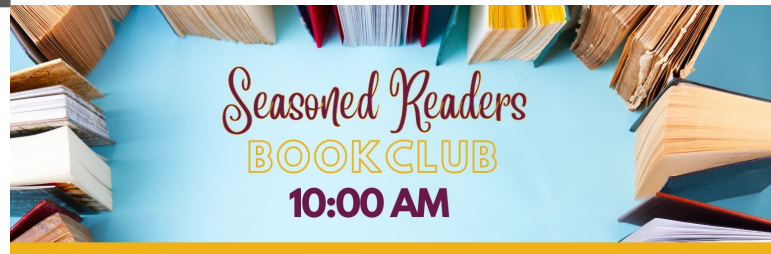




ARE YOU LOOKING FOR ASSISTANCE WITH A COMPUTER OR TABLET? HAVE QUESTIONS ABOUT A SPECIFIC PROGRAM? STEVE FROM THE LIBRARY WILL BE HERE TO OFFER COMPUTER HELP!

**SEPT 11TH & OCT 9TH
2PM - 3PM**

RESERVATIONS ARE REQUIRED! 30 MINUTE TIME LIMIT



Seasoned Readers
BOOKCLUB
10:00 AM

GROUP MEETS AT:

RICHARDSON SENIOR CENTER

September 25:

Say Nothing: A True Story of Murder and Memory in Northern Ireland

By: Patrick Radden Keefe

October 30:

Slaughterhouse-Five

By: Kurt Vonnegut



BROUGHT TO YOU BY:



*Ask the
Attorney!*

**October 9
Appointments
start @ 10AM.**

The Lebowksi 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, Millard, MI 48381 | Telephone: (248) 884-9200

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

Fall Prevention Awareness



**OCTOBER 17
10:00AM - 11:30AM**

RICHARDSON SENIOR CENTER

Falls can lead to serious medical complications. Join us at the Richardson Senior Center for a presentation from Wells Rehab & Wellness on fall risk and prevention.

While you're here, receive a fall risk assessment!

Sponsored by:



Bringing Rehab & Wellness To You

Register by calling
248-926-0063

RICHARDSON SENIOR CENTER PELVIC HEALTH WORKSHOP



Presented by Michaela Kuhlman, OTR/L, this workshop is your gateway to reclaiming your life from pelvic pain. Join us at the Richardson Senior Community Center to learn effective strategies for managing and overcoming pelvic discomfort without relying on medications, injections, or surgery.

Reclaim your life by learning how the pelvic floor impacts areas of your life such as bowel movements, frequent urination, incontinence and even pain in the pelvic region, groin or SI. Learn what the pelvic floor is and how this musculoskeletal system works for and against you.

PARTICIPANTS WILL ALSO BE ENTERED INTO A RAFFLE FOR A CHANCE TO WIN 3 LASER THERAPY SESSIONS!

 **September 3rd at 10:30am - 12pm**

Richardson Senior Community Center
1485 E Oakley Park Rd, Walled Lake, MI 48390
(248) 926-0063



#1 HUMAN NEED: *Connection*

September 4th @ 1pm

Human beings are wired for connection. Today, we'll delve into how that wiring can help or hurt you, learn how to set loving boundaries with yourself and others (without guilt!), and deepen your connection to yourself so that all of your relationships thrive. "Social Fitness" is another main factor in longevity and happiness and you are about to increase yours!

Richardson Senior Center
RSVP @ 248-926-0063



With Award-Winning Keynote Speaker & Happiness Trainer, Tamara Zoner

9 Things You Must Know Planning for the Second Half of Life

Free Seminar Tuesday, September 17th at 10:30 AM

Highlights Include:

- ✓ Paying for long-term care and how to avoid having your life savings wiped out by a nursing home spend-down and how to protect your spouse from being left impoverished.
- ✓ How these economic and political times make it imperative that you plan ahead to protect yourself and your spouse.
- ✓ How the 2020 Secure Act will affect your IRA or your 401k
- ✓ What new estate planning documents are essential to protect yourself and your family.

Where: Richardson Senior Center

1485 Oakley Park Road, Commerce Twp
Limited Seating: RSVP 800-990-6030



MillerVein



Sept 18th, 2024
10AM - 12PM



RSVP TODAY
248-926-0063

FREE VEIN SCREENING

- ✓ Raffle
- ✓ Leg Ultrasound
- ✓ Refreshments



DO YOU HAVE THE FOLLOWING LEG SYMPTOMS?

Varicose Veins • Swelling • Itching • Pain
Restless Legs • Ulcers • Spider Veins

Find out if you have a medical condition that is covered by your insurance!



Richardson Community Senior Center
1485 Oakley Park Road
Commerce Twp. 48390

DISPOSE OF UNUSED & EXPIRED MEDICATIONS

FREE TRAINING



FREE EDUCATION AND TECHNICAL SUPPORT

Nadli Arabo, MPH: Oakland County Health Division

Friday: September 20, 2024 at 11:00am

Richardson Center

Oakland County Health Division Health Educators will share how to dispose of medications safely and properly. Learn what local stores in Oakland County accept medications and provide safe medication disposal kiosks.

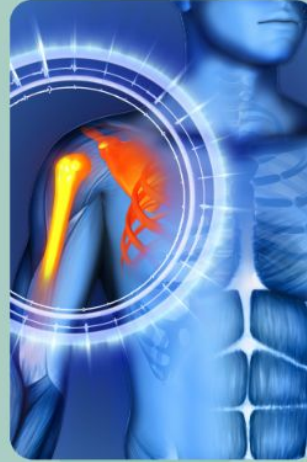
For more information, contact Nadli Arabo at 248-328-5177, arabon@oakgov.com or
Melanie Stone at 248-408-5322, stonem@oakgov.com.



Recipients of substance abuse prevention services have rights protected by state and federal laws and promulgated rules. For information contact the Oakland Community Health Network, Substance Use Disorder Recipient Rights Coordinator, Sherrill Cook, 5935 Corporate Dr., Troy, MI 48068 or call 248.858.1210. Federal, State, and/or County Funding has been provided through the Oakland Community Health Network Substance Use Disorder Services to support the project costs. The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs. 11-2017 - 1.6.2024



RICHARDSON SENIOR CENTER SHOULDER PAIN WORKSHOP



Seeking relief from shoulder pain without resorting to medications, injections, or surgery? Join us for the Shoulder Pain Workshop at the Richardson Senior Community Center, tailored for individuals yearning to restore normalcy and function to their shoulders naturally. We will discuss ways to regain shoulder function and choose the right treatment for the cause of your pain.

- Explore the most common causes of shoulder pain that can be treated with physical therapy, without the need for surgery.
- Discover effective physical therapy strategies to regain shoulder function and alleviate pain.
- Learn how to choose the right physical therapy treatment tailored to the cause of your shoulder pain.

September 25th 12:00-1:00PM

Richardson Senior Community Center
1485 E Oakley Park Rd,
Walled Lake, MI 48390
(248) 926-0063

**PARTICIPANTS
WILL ALSO BE
ENTERED INTO A
RAFFLE FOR A
CHANCE TO WIN 3
LASER THERAPY
SESSIONS!**

MEDICARE 101 SEMINAR

Lunch & Learn



Enjoy a complimentary lunch while learning the basics of Medicare at our informative Medicare 101 Seminar!

Thursday, September 26th

11:30 am - 12:30 pm

- ✓ Do you have questions about your Medicare Advantage Plan? Join us!
- ✓ Reservations Required By September 17th - call 248-926-0063 Space is Limited

SPONSORED BY WELLCARE



BREAST CANCER

AWARENESS PRESENTATION

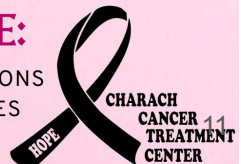
OCT 2 | 2PM - 3PM

PRESENTED BY:
Stephanie Vandertill
BSN, RN, OCN

**REGISTER
NOW!**

TOPICS INCLUDE:

SCREENING RECOMMENDATIONS
RISK REDUCTION MEASURES
GENERAL INFORMATION



Don't Allow Alzheimer's or Dementia To Devastate Your Family and Finances!

Please join us for this important upcoming session:

Tuesday, October 15th at 10:30 AM

Richardson Community Senior Center
1485 Oakley Park Road, Commerce Township

Attendance is free, but space is limited. Save your seat today.

Call (810) 295-2020 to RSVP

Attorney Kelli King-Penner, CDP

Robert D. Mannor, CELA, CDP

Author of *You're Not Alone: Living with Dementia*
Host of *Advice From Your Advocates* Podcast



BRIGHTON
2000 Grand River Annex, Suite 100
Brighton, MI 48114
Phone: 810-295-2020

GRAND BLANC
8226 S Saginaw St, Ste A
Grand Blanc, MI 48439
Phone: 810-694-9000

ROCHESTER HILLS
805 Oakwood Rd, Suite 125
Rochester, MI 48307
Phone: 248-605-3908



NOTICE

Changes in Medicare Discussion
Join us!

Wednesday October 16, 2024

12:30 - 1:30 pm

RSVP By: Wed, Oct 9th

248-926-0063

Light snacks provided

Speaker: Susan Jackson
Independent Insurance Agent



OCTOBER 23rd 12 PM-1:30 PM
CALL 248-926-0063 TO REGISTER FOR THIS EVENT!

WHAT TO EXPECT:

- ✓ PRESENTATION ON OUR COMMUNITY
- ✓ PRESENTATION FROM OUR CARE TEAM: BALANCED HOME CARE
- ✓ TRIVIA
- ✓ PRIZES
- ✓ LUNCH PROVIDED
- ✓ DRINKS

If you are looking for a place to call home, look no further! Brookdale Novi offers a warm, friendly atmosphere with all the activities and amenities in house!

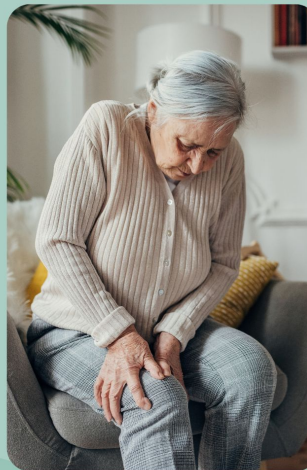
Explore your independence today at all-inclusive low costs.

JOIN US TO LEARN ABOUT BROOKDALE INDEPENDANT LIVING IN NOVI AND ALL WE HAVE TO OFFER !!

Call 248.669.5330 to Schedule Your Tour at Brookdale Novi



RICHARDSON SENIOR CENTER KNEE PAIN WORKSHOP



Presented by Nicole Ramos, PT, DPT, Cert. MDT, FAFS this workshop is your gateway to reclaiming your life from knee pain. Join us at the Richardson Senior Community Center to learn effective strategies for managing and overcoming knee discomfort without relying on medications, injections, or surgery.

- Learn the top 3 causes of knee pain
- Get expert-guided treatment for your knee discomfort.
- Personalized solutions to regain your active lifestyle.

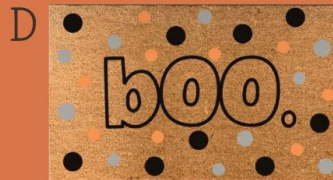
October 30th 1:00pm-2:00pm

Richardson Senior Community Center
1485 E Oakley Park Rd, Walled Lake, MI 48390
(248) 926-0063

PARTICIPANTS WILL ALSO BE ENTERED INTO A RAFFLE FOR A CHANCE TO WIN 3 LASER THERAPY SESSIONS!

FALL Doormats

with Rachel



Friday, September 13
11:30 - 2:30

Cost: \$45

Includes:

All supplies to complete project & lunch

Register by calling 248-926-0063



CREATE A WOOD BARN QUILT 3D SIGN

DATE: SEPTEMBER 27

TIME: 11:30 - 4:00

COST: \$45

INCLUDES ALL SUPPLIES FOR CRAFT & LUNCH

**PLEASE CALL 248-926-0063
TO REGISTER**

RHONDA IS COMING BACK FOR ANOTHER GREAT CLASS AND THIS TIME SHE'LL HAVE 2 GREAT OPTIONS FOR YOU TO CHOSE FROM!

Glass art SUCCULENT GARDEN

October 18

11:30 AM

Cost: \$40 or

\$55 (*lighted - pots only*)

*Cost includes all supplies to make project
and lunch*

*You choose 3 Terra cotta pots
or dish garden*

Register @ 248-926-0063



SENIOR

EXPO

THURSDAY, OCTOBER 10

11AM - 1PM

RICHARDSON SENIOR CENTER

**1485 E. OAKLEY PARK RD
COMMERCE TOWNSHIP**

**Free
Lunch**
REGISTRATION
REQUIRED

Raffles

Join us for our 3rd annual Senior Expo!

We will welcome local organizations/groups that offer services to seniors in the community. Stop by to speak with our vendors and see what they have to offer.

FLU SHOT CLINIC!

To register for lunch, please call
248-926-0063 by Tuesday, October 8

September 2024

Mon	Tue	Wed	Thu	Fri
2 CLOSED	3 Plymouth PT—10:30 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	4 Tamara Zoner—1pm 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 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 Computer Help 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle	12 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	13 Fall Doormats 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 Manner Lar Group—10:30 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	18 Miller Vein—10am 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle	19 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	20 Oakland County—11am 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
23 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	24 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Theme Lunch 12:30—Euchre 1:30—Zumba Gold	25 Plymouth PT—12pm 9:30—Total Body 10:00—Book Club 12:00—Senior Lunch 12:00—Pinochle	26 Susan Jackson—11:30am 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	27 Barn Quilt—11:30am 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
30 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga				

October 2024

Mon	Tue	Wed	Thu	Fri
	<p>1 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold</p>	<p>2 Huron Valley—2pm 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle</p>	<p>3 CarePatrol Pizza & Movie 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold</p>	<p>4 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot</p>
<p>7 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga</p>	<p>8 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Potluck 12:30—Euchre 1:30—Zumba Gold</p>	<p>9 Ask the Attorney Computer Help 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle</p>	<p>10 SENIOR EXPO 11AM—1PM</p>	<p>11 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot</p>
<p>14 CLOSED</p>	<p>15 Manner Law Group—10:30 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold</p>	<p>16 Susan Jackson—11:30am 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle</p>	<p>17 Wells Rehab—10am 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold</p>	<p>18 Glass Succulent—11:30am 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot</p>
<p>21 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga</p>	<p>22 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold</p>	<p>23 Brookdale Novi—12pm 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle</p>	<p>24 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold</p>	<p>25 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot</p>
<p>28 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga</p>	<p>29 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Theme Lunch 12:30—Euchre 1:30—Zumba Gold</p>	<p>30 Plymouth PT—1pm 9:30—Total Body 10:00—Book Club 12:00—Senior Lunch 12:00—Pinochle</p>	<p>31 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold</p>	

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.



MEDICARE

- NEED HELP INTERPRETING ALL OF THE OPTIONS?
- WONDERING IF YOUR PLAN IS STILL THE BEST FOR YOU?
- HAVE QUESTIONS AND NEED ANSWERS?

I'M A LICENSED, LOCAL AGENT THAT OFFERS FREE CONSULTATIONS AND SERVICES AT NO COST TO YOU! I HAVE HELPED MANY RESIDENTS IN THE COMMUNITY, AND I VALUE THE OPPORTUNITY TO WORK WITH YOU.



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Ask the Medicare Lady



Medicare Questions? I've got answers!

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2024 HOUSEHOLD HAZARDOUS WASTE DROP-OFF DAY

COMMERCE TOWNSHIP HALL

2009 Township Drive · Commerce Township · MI · 48390

September 28, 2024

9 AM – 1 PM

ACCEPTABLE WASTES	UNACCEPTABLE WASTES
Oil Based Paint · Solvents	Latex Paint
Automotive Fluids · Non-Regulated Waste	Electronics (All Kinds)
Aerosols	Paper for Shredding
Corrosives (Acids + Bases)	Explosives · Flares · Fireworks
Pesticides · Herbicides	Weapons · Ammunition
Reactives · Oxidizers	Radioactive Waste
Non-DEA Pharmaceuticals (OTC Meds)	DEA-Controlled Narcotics
Propane Cylinders (up to 30 lbs/each)	Compressed Gas Cylinders (Non-Propane)
Mercury (elemental)	Home DIY Adhesive Cylinders
Batteries (Mixed Household + Automotive)	Trash · Yard Waste · Tires
PCB Light Ballast · Fluorescent Lamps	Industrial Waste · Commercial Waste
Fire Extinguishers · Smoke Detectors	55 Gallon Waste Drums · White Goods
Biomedical Sharps (in Rigid Containers)	Appliances · Microwaves · Air Conditioners

± Commerce Charter Township Residents Only ±



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- A variety of apartment styles
- Personal care services available when needed
- Cultivating friendships & more!



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Richardson Community Senior Center

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Commerce Township, MI 48390

Phone: 248-926-0063

Fax: 248-325-5349

Hours: 8:00AM - 4:30PM

Monday - Friday

www.commercetwp.com

