

Charter Township of Redford www.redfordtwp.com
YOUNG AT HEART
March & April 2020

Supervisor

Tracey Schultz Kobylarz

Clerk

Garth J Christie

Treasurer

Lily Cavanagh

Trustees

Linda Jackson
Elizabeth Kangas
Ed King
Kim Taylor

Redford Senior Division
Located in the Redford
Community Center
12121 Hemingway

Dorothy Thompson
Senior Adult Advisor
313-387-2784

Dial A Ride 313-387-2784
Hours: 7:45 a.m.-3:45 p.m.

Nutritional Lunch Program
313-387-2778
8:00 a.m.-Noon
Monday-Friday



Senior Club Officers

August Kornowicz, **President**
Lois Wludyka, **Vice President**
Carol Ouellette, **Secretary**
Cheryl Cunningham, **Health**
Kenneth Lux, **Treasurer**
Garth Christie, **Legislation**
Florence Crowley, **Membership**
Jennie Marsalese, **Media Relations**
Kenneth Bald, **Hospitality**
Julian Pierzecki, **Hospitality**
Diane & Barry Matukaitis, **Hospitality**



REDFORD SENIOR CLUB
27345 Schoolcraft Road
Redford MI 48239

Calendar of Events

1st Wednesday of the month 10:30-11:30 a.m.- Bingo
Noon--Business Meeting

3rd Wednesday of the month 10:30-11:30 a.m. Bingo

Noon--General Meeting

Pleased Be Advised the Club Will Not Meet When Schools Are Closed due to Bad Weather.

Please Make Checks Payable to: Redford Senior Club

NEW MEMBERS \$17 YEAR/ Returning Members \$10 year

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Paint With Bob!
Noon-2:00 p.m.
Cost is \$15.00



Additional \$5 for supplies payable to teacher
No experience necessary! In just two hours you will
take home your own beautiful one of a kind painting
that will amaze all your friends!

Register at Leisure Services Department

March 23rd Tulip on a Fence

April 27th Bunny

May 18th Giraffe

June 29th City Buiding

July 27th Animal Prints

August 31th Island Scene

Pre-Diabetic Seminar

May 7th

12:30-1:30

Have you've been diagnosed with pre diabetes? This seminar is for anyone recently diagnosed or are interested in learning more about this condition. Let Sharon Goodsell R.N. Diabetic Educator from Garden City Hospital answer your questions pertaining to this condition. Free of Charge. Please R.S.V.P. by calling 313-387-2784

FUN-CTIONAL FITNESS FRIDAYS!

Join Certified Trainer Bonnie in this moderately paced, fun & easy-going class. Whether you are already an active older adult, new to exercise, or just starting back, there will be a level tailored to you. Bonnie will bring together a quality program that will help you maintain your independence & improve your mobility, strength, flexibility, balace, and cardiovascular health. Fun drills & exercises for your cognitive health will be incorporated into the class. Please wear comfortable clothes, athletic shoes, water and a fun attitude!

Fridays 10:45- 11:45

8 weeks/Cost \$32.00

Series #3: February 14- April 3

Series #4: April 24-June 12

Trip to the DIA

This is an exciting opportunity to learn about the Great Lakes with Great Lakes Historian!

March 12, 2020

Leave the Redford Community Center at Noon
by a Charter Service/Free of Charge!

R.S.V.P. is the only way to attend this trip!
Seating is limited, please all to reserve your seat

313-387-2784



FREE 55 +
8 week series for 1st time Redford residents
Senior

WALKING/ EXERCISE CLASS

PATHWAY TO HEALTHIER MICHIGAN

10:45 a.m. or 1:15 p.m. Thursdays

Feb. 13- April 2

April 23- June 11

Redford Leisure Services is happy to offer an exciting class. Sessions led by Bonnie-Certified Personal Trainer & Exercise Specialist. Bonnie will hold a fun & Informative walking & exercising class.
(Must be able to walk 12-15 minutes continuously)

Become stronger to help maintain your independence!

Free for 1st timers of Redford Twp.

All others & returnees Only \$10:00 per 8 week series!

MUST sign up soon & fill paperwork with
Redford Leisure Services 313-387-2784

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Back by Popular Demand!

Come out for Evelyn Smallbladder on May 1st from 1:00-2:00 p.m.
Cost/\$5 per person, light refreshments will be served. Please call 313-387-2784 for ticket information.

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TAI CHI FOR RESTORATION STANDING OR SEATED

Free of Charge for seniors once a year! Grant is provided by the Senior Alliance, AAA1-C and AASA.

Thursdays/10:30 or 12:30

12 Weeks in length/please sign up in the Leisure Service office.

Others pay \$48 for the course

January 9th-March 26th

April 2nd-June 18th

April 2020

<p>9:15 Yoga 10:00 Scrabble 11 a.m. Hot Lunch 12:30 Euchre</p>	<p>8:30-4:00 Pool Tables 9:30 Chair Yoga 11 a.m. Hot Lunch 11:15 Single Deck Pinochle 8:30-4:30 Snooker/Pool</p>	<p>11:00 Hot Lunch 11:30 Take Off Pounds Sensibly Noon Senior Club V.F.W. Hall 12:30 Ball Room Dancing 6:45 P.M. Sq. Dance Lessons 8:30-4:30 Snooker/Pool</p>	<p>8:30-4:00 Deaf Club 10:30 Tai Chi 10:45 Pathway 11:00 Hot Lunch Noon Tai Chi 10:45 Pathway</p>	<p>8:30-4:00 Pool Tables 9:30 Chair Yoga 9:30 Hawaiian Dance 10:45 Fun-ctional Fitness 11:00 Hot Lunch</p>
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<p>9:15 Yoga 10:00 Scrabble 11 a.m. Hot Lunch 12:30 Euchre 8:30-4:30 Snooker/Pool Noon Painting With Bob</p>	<p>8:30-4:00 Pool Tables 9:30 Chair Yoga 11 a.m. Hot Lunch 11:15 Single Deck Pinochle 8:30-4:30 Snooker/Pool</p>	<p>11 a.m. Hot Lunch 11:30 Take Off Pounds Sensibly 12:30 Ball Room Dancing 6:45 P.M. Sq. Dance Lessons 8:30-4:30 Snooker/Pool</p>	<p>8:30-4:00 Deaf Club 8:30-4:00 Pool Tables 8:30-4:30 Snooker/Pool 10:30 Tai Chi 10:45 Pathway 11:00 Hot Lunch Noon Tai Chi 1:15 Pathway</p>	<p>8:30-4:00 Pool Tables 9:30 Chair Yoga 9:30 Hawaiian Dance 9:30 Chair Yoga 10:45 Fun-ctional Fitness 11:00 Hot Lunch 1:00 Great Lakes Bingo</p>