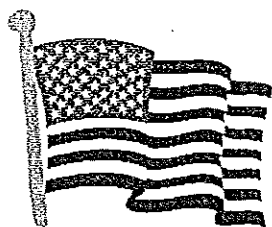
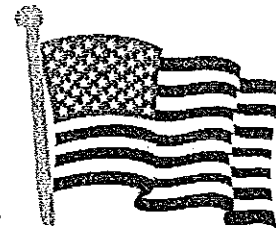


July & August
2017

CHARTER TOWNSHIP OF REDFORD www.redfordtwp.com
YOUNG AT HEART



SUPERVISOR
Tracey Schultz Kobylarz



Clerk
Garth J. Christie

Treasurer
Lily Cavanagh

Senior Citizen Commission

Nutritional Lunch Program

(313) 387-2778
8:00 a.m.-Noon
Monday-Friday

August Kornowicz Chairperson
Jennie Marsalese, Public Relations
To Be Determined, Treasurer

Trustees
Adam Bonarek
Linda Jackson
Elizabeth Kangas
Kim Taylor



Redford Senior Division

Located in the Redford
Community Center
12121 Hemingway, Redford , MI

Dorothy Thompson, Director

(313) 387-2784
New Phone # Senior Services
Dial A Ride 387-2784
Hours: 7:45 a.m. - 3:45 p.m.
Monday - Friday

Senior Club Officers

August Kornowicz, President
To Be Determined, Vice President Faith Kornowicz , Secretary

Cheryl Cunningham, Health To Be Determined, Program

Kenneth Lux, Treasurer Garth Christie, Legislation

Michele Mason, Membership Kenneth Bald, Hospitality

Jennie Marsalese, Media Relations Julian Pierzecki, Hospitality
Diane & Barry Matukaitis, Hospitality



FOR EVER FIT



This is a moderately paced class specifically for older adults. Improve your strength, cardiovascular health, flexibility, coordination and balance to maximize your independence & healthy lifestyle. Join trainer Bonnie Holben certified trainer for For Ever Fit Fridays!

Please wear comfortable clothes, & athletic shoes & bring water!
Fridays at 10:45 a.m. (8 week classes)/cost is \$32

Fall Session

Series #1 Sept 15-Nov 3, 2017

Series #2 Nov 30-Jan 26, 2018 (off Dec 29)

Classes held at the Redford Community Center

TAI CHI FOR REHABILITATION EMPOWERING PEOPLE FOR BETTER HEALTH!



Redford Community Center

10:30 a.m.-11:30 a.m.

Noon-1:00 p.m.

Call to Register at the Leisure Service Division
313-387-2788

Do you suffer from Arthritis? Try taking a Sun Style Tai Chi Class to help ease your pain, improve your balance, concentration, breathing and relaxation. Our class is taught by a Certified Tai Chi Arthritis Foundation Instructor.

Class begins July 13-September 28

Grant provided by TSA, AAA 1-C and AASA

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PATHWAY TO A HEALTHIER MICHIGAN (Ages 55 & Better)

(Free) 8 Week sessions/Redford Community Center/ 1:15 - 2: 00 p.m.

Join Redford Leisure Services and MRPA in a partnership to promote fitness and stay active.

Program is free, however participants agree to track outside fitness and wellness activities during the program dates to promote continued fitness activity. Led by a certified exercise specialist/personal trainer and assistant.

*Space is limited and available on a pre-registration basis.

This program will be mainly held outdoors.

(weather permitting), participants should dress accordingly.

Thursdays: July 13-August 17 (6 weeks) 1:15 -2:00 p.m.

Fridays July 14-August 18 (6 weeks) at 11:15-Noon

Redford Chapter 0052
of TOPS

Take pounds of Sensibly is a national organization that meets at the Redford Community Center every Wednesday from 11:00 a.m. to 1:00 p.m.

TOPS is a hands-on, pounds off approach to weight loss

TOPS approach to weight loss is what you put into it is what you get. They cannot guarantee weight loss just by attending the meetings but you get support by peers to help you on your journey to a new and healthier you!

Come join in the cost is \$32 and \$5 per week



Redford Senior
Mixed
Golf League
Begins on Tuesday
May 2, 2017
Tee Time 9:45 a.m.
Glenhurst Golf Course
Call Gary Cockfield
313-535-6634



Open to current or former Residents ages 50 and better

REDFORD SENIOR CLUB
27345 Schoolcraft Road
Redford, Michigan 48239

CALENDAR OF EVENTS

1st Wednesday of the month 10:30-11:30 am--Bingo
Noon--Business Meeting

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

May 3rd Mothers Day Cake and Ice Cream Celebration

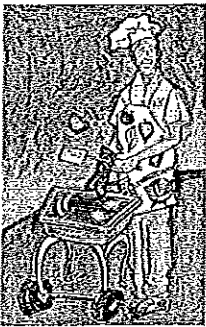
June 7th Fathers Day Pie and Ice Cream Celebration

Membership for Redford Senior Citizen Club is \$10.00 per year.

Please Be Advised the Club *Will Not* Meet When
Schools Are Closed due to bad weather.

Please Make Checks Payable to: Redford Senior Club

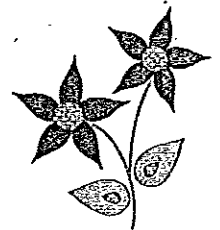
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Redford Senior Commission Annual Picnic

August 31, 2017

11:00 a.m.-2:00 p.m.



Delicious Hot Dogs, Pop, Chips, Ice Cream, Bingo and Fun

Located at Handy Park Rain or Shine

**Tickets can be purchased at the Senior Division or at the Senior Club
Cost is \$3.00 per person**

Sponsored by The Villa at Great Lakes Crossing!

The Redford Senior Center Presents

TheraMatrix™

PHYSICAL THERAPY

Arlene Sabir a licensed Physical Therapist with 26 years of hands on Orthopedic manual therapy, industrial work related injuries, joint mobilization/strength training will be conducting a free class on "Physical Therapy for the Lower Back", and answering ANY questions you have about physical therapy.

Join us Tuesday August 10th

From 11AM to Noon

at the

Redford Community Center

***Interested in a FREE Consultation? It includes:**

1. An appointment with one of our experienced Physical Therapists who will determine the source of your pain or injury.
2. Recommended pain relief plan.
3. Information on ways to decrease or prevent your pain.
4. Guidance on a treatment plan and how TheraMatrix Physical Therapy can help you.

***Schedule after the class at the table in the hallway.**

Redford Senior Commission 2017 Trips

<u>Trip</u>	<u>Departs</u>	<u>Cost</u>	<u>Trip Date</u>
Meijer Garden	8:00 a.m.	\$25.00	June 29 th
Motown Museum	10:00 a.m.	\$25.00	July 27 th
Commission Picnic August 31 st no Trip this month! Cost is \$3.00			
Detroit Historical	10:00 a.m.	\$20.00	TBD
Kryziaks' in Bay City	9:00 a.m.	\$35.00	Oct. 26 th

To purchase tickets please go to the Redford Community Center with cash only. All buses depart at Claude Allison Park on Beech Daly between 6 & 7 Mile Road. In case of illness, money will be refunded with a physician's note only.

<p align="center">Center Closed Happy 4th Of July</p>	<p align="center">Center Closed Happy 4th Of July</p>	<p>11 a.m. Hot Lunch 11:30 Take Off Pounds Sensibly Noon Senior Club at VFW Hall 1:00 Ball Room Dancing 6:45 P.M. Sq. Dance Lessons 8:30-4:30 Snooker/Pool Room</p>	<p>8:30-4:00 Deaf Club 10:30-11:30 Tai Chi 11:00 Hot Lunch Noon Tai Chi 8:30-4:30 Snooker/Pool</p>	<p>8:30-4:00 Pool Tables 8:30-4:30 Snooker/Pool 10:45 For Ever Fit 11:45 Party Bridge 1:00 Great Lakes Bingo</p>
<p>9:15 a.m. Yoga 10:00 Scrabble 11 a.m. Hot Lunch 12:30 Euchre 8:30-4:30 Snooker/Pool</p>	<p>8:30-4:00 Pool Tables 9:45 Golf Glenhurst 11:15 a.m. Single Deck 12:00 Double Deck Pinochle 8:30-4:30 Snooker/Pool</p>	<p>11 a.m. Hot Lunch 11:30 Take Off Pounds Sensibly 1:00 Ball Room Dancing 6:45 P.M. Sq. Dance Lessons 8:30-4:30 Snooker/Pool Room</p>	<p>8:30-4:00 Deaf Club 10:30-11:30 Tai Chi 11:00 Hot Lunch Noon Tai Chi 8:30-4:30 Snooker/Pool</p>	<p>8:30-4:00 Pool Tables 8:30-4:30 Snooker/Pool 10:45 For Ever Fit 11:45 Party Bridge 1:00 American House Bingo</p>
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<p>9:15 a.m. Yoga 10:00 Scrabble 11 a.m. Hot Lunch 12:30 Euchre 8:30-4:30 Snooker/Pool</p>	<p align="center">July 2017</p>			

August 2017

8:30-4:00 Pool Tables 9:45 Golf Glenhurst 11:15 a.m. Single Deck 12:00 Double Deck Pinochle 8:30-4:30 Snooker/Pool	1	11 a.m. Hot Lunch 11:30 Take Off Pounds Sensibly Noon Senior Club at VFW Hall 1:00 Ball Room Dancing 6:45 P.M. Sq. Dance Lessons 8:30-4:30 Snooker/Pool Room	2	8:30-4:00 Deaf Club 10:30-11:30 Tai Chi 11:00 Hot Lunch Noon Tai Chi 8:30-4:30 Snooker/Pool	3	8:30-4:00 Pool Tables 8:30-4:30 Snooker/Pool 10:45 For Ever Fit 11:45 Party Bridge 1:00 Great Lakes Bingo	4
9:15 a.m. Yoga 10:00 Scrabble 11 a.m. Hot Lunch 12:30 Euchre 8:30-4:30 Snooker/Pool	7	11 a.m. Hot Lunch 11:30 Take Off Pounds Sensibly 1:00 Ball Room Dancing 6:45 P.M. Sq. Dance Lessons 8:30-4:30 Snooker/Pool Room	9	8:30-4:00 Deaf Club 10:30-11:30 Tai Chi 11:00 Hot Lunch Noon Tai Chi 8:30-4:30 Snooker/Pool 11:00 Thermatrix Lecture	10	8:30-4:00 Pool Tables 8:30-4:30 Snooker/Pool 10:45 For Ever Fit 11:45 Party Bridge 1:00 American House Bingo	11
9:15 a.m. Yoga 10:00 Scrabble 11 a.m. Hot Lunch 12:30 Euchre 8:30-4:30 Snooker/Pool	14	11 a.m. Hot Lunch 11:30 Take Off Pounds Sensibly Noon Senior Club at VFW Hall 1:00 Ball Room Dancing 6:45 P.M. Sq. Dance Lessons 8:30-4:30 Snooker/Pool Room	16	8:30-4:00 Deaf Club 10:30-11:30 Tai Chi 11:00 Hot Lunch Noon Tai Chi 8:30-4:30 Snooker/Pool	17	8:30-4:00 Pool Tables 10:45 For Ever Fit 11:45 Party Bridge 8:30-4:30 Snooker/Pool 1:00 Oakmont Bingo	18
9:15 a.m. Yoga 10:00 Scrabble 11 a.m. Hot Lunch 12:30 Euchre 8:30-4:30 Snooker/Pool	21	11 a.m. Hot Lunch 11:30 Take Off Pounds Sensibly 1:00 Ball Room Dancing 8:30-4:30 Snooker/Pool Room	23	8:30-4:00 Deaf Club 10:30-11:30 Tai Chi 11:00 Hot Lunch Noon Tai Chi 8:30-4:30 Snooker/Pool	24	8:30-4:00 Pool Tables 10:45 For Ever Fit 11:45 Party Bridge 8:30-4:30 Snooker/Pool 1:00 Westhaven Manor Bingo -New	25
9:15 a.m. Yoga 10:00 Scrabble 11 a.m. Hot Lunch 12:30 Euchre 8:30-4:30 Snooker/Pool	28	11 a.m. Hot Lunch 11:30 Take Off Pounds Sensibly 1:00 Ball Room Dancing 8:30-4:30 Snooker/Pool Room	30	10:30-11:30 Tai Chi 11:00 Hot Lunch Noon Tai Chi 8:30-4:30 Snooker/Pool 11:00 Commission Picnic Sponsored by Villa @Great Lakes Crossing	31	<p style="text-align: center;">Up Coming Flu Shot & Mini Health Fair October 10 9:00 a.m.-Noon</p>	
8:30-4:00 Pool Tables 9:45 Golf Glenhurst 11:15 a.m. Single Deck 12:00 Double Deck Pinochle 8:30-4:30 Snooker/Pool	15	11 a.m. Hot Lunch 11:30 Take Off Pounds Sensibly 1:00 Ball Room Dancing 8:30-4:30 Snooker/Pool Room	16	8:30-4:00 Deaf Club 10:30-11:30 Tai Chi 11:00 Hot Lunch Noon Tai Chi 8:30-4:30 Snooker/Pool	17	8:30-4:00 Pool Tables 9:45 Golf Glenhurst 11:15 a.m. Single Deck 12:00 Double Deck Pinochle 8:30-4:30 Snooker/Pool	18
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