

February 2022



# SENIOR SERVICES

## Trailside Center Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<sup>1</sup> Let's Celebrate Chinese New Year! Bridge 12:15 pm	<sup>2</sup> Groundhog Day Cribbage 9:00 am Crochet Class 9:30 am	<sup>3</sup> Quilters 10am-2pm Bridge 12:15 pm	<sup>4</sup> Wear Red Day Creative Writers 10 am What's Happening at the Library? 12-1 pm
<sup>7</sup> Book Club: <i>The Housekeeper and the Professor</i> 10 am	<sup>8</sup> TED: Black History 12-1 Bridge 12:15 pm	<sup>9</sup> National Pizza Day Cribbage 9:00 am Crochet Class 9:30 am	<sup>10</sup> Quilters 10am-2pm Bridge 12:15 pm	<sup>11</sup> Creative Writers 10 am Super Bowl Party 10:30
<sup>14</sup> Valentine's Day! Step Out of Winter Doldrums 12-1 pm	<sup>15</sup> Bridge 12:15 pm Care Partner: Dementia 101, 1-3 pm	<sup>16</sup> National Almond Day Cribbage 9:00 am Crochet Class 9:30 am	<sup>17</sup> Blood Pressure Clinic Quilters 10am-2pm Val Lemen Music 11 am Birthday / Anniv. Party Bridge 12:15 pm	<sup>18</sup> Snack Food Month Creative Writers 10 am Stay Safe from Scams 12-1 pm
<sup>21</sup>	<sup>22</sup> Play More Cards Day! Bridge 12:15 pm	<sup>23</sup> Cribbage 9:00 am Crochet Class 9:30 am	<sup>24</sup> Tortilla Chip Day Quilters 10am-2pm Civil War- Secession 10:30-11:30 am Bridge 12:15 pm Encore: 3-4:30 pm	<sup>25</sup> Creative Writers 10 am
<sup>28</sup> Travel: Alaska 12-1 pm	<b>Call 989-633-3790 or sign-up online at <a href="http://www.SeniorServicesMidland.org">www.SeniorServicesMidland.org</a></b>			

### Fitness Classes *(classes held in Birchwood unless noted)*

*Special Note:* Julie Pierce will be on vacation Jan 31-Feb 4th, there will be no classes that week for Fall Prevention & Calming Yoga.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-9:15 am	Zumba	Zumba	Zumba	Zumba	
9:30-10:30 am	Walk15	Calming Yoga with Julie	Chair Yoga with Steve	Calming Yoga with Julie	Walk15
10-11 am			Line Dancing for Beginners		Line Dancing
10:45-11:45 am	Bonesaver	Fall Prevention & Balance Class	Bonesaver	Fall Prevention & Balance Class	Bonesaver
12:15-1:15 pm			Adv. Tai Chi	Walk15	
1:30-2:30 pm			Beginners Tai Chi		

Meals are available Monday-Friday at 11:30 am. Please call 989-633-3790 by 9 am the day you would like to reserve a meal.

#### Regularly Scheduled Programs:

- Bridge** • Tuesdays & Thursdays • 12:15 pm
- Crochet Class** with Carol Rumba  
Wednesdays • 9:30-10:30 am in the Arts & Crafts Room
- Creative Writer's Group**  
Fridays • 10-11:30 am
- Quilters**  
Thursdays • 10 am-2 pm
- Bingo**  
Wednesdays after Lunch
- Cribbage**  
Wednesdays at 9 am
- Euchre** Fridays • 12:15 pm

#### Ongoing Activities:

- Come in and work on a puzzle!
- Coupon exchange-bring in ones you don't want, take those you can use.

*We strongly suggest vaccinating before attending. You will need to wear a mask if you are not vaccinated. Please cancel your reservation if anyone in your household is sick.*

#### Trailside Center

4700 Dublin Ave. • Midland  
(989) 633-3790  
[SeniorServicesMidland.org](http://SeniorServicesMidland.org)



# Activity Descriptions

Call 989-633-3700 or visit [www.SeniorServicesMidland.org](http://www.SeniorServicesMidland.org) to sign-up!

## TRAILSIDE ACTIVITY DESCRIPTIONS:

**Tues, Feb 1** Celebrate Chinese New Year

**Wed, Feb 2** Groundhog Day

**Fri, Feb 4** – National Wear Red Day for Women’s Heart Health Awareness

**Mon, Feb 7** Book Club 10 am: *The Housekeeper and the Professor* by Uko Ogawa

**Wed, Feb 9** National Pizza Day – a delicious snack awaits!

**Fri, Feb 11** – Super Bowl Party! Come at 10:30 am and have some fun!

**Mon, Feb 14** Valentine’s Day Celebration

**Wed, Feb 16** – National Almond Day Who is nuts about this snack?

**Thurs, Feb 17**  
Birthday & Anniversary Party Sign up to receive your special gift, dessert for all, music with Val Lemen begins at 11 am.

Blood Pressure Clinic 10:45 am-12 pm  
Meet in the hallway at Trailside.

**Fri, Feb 18** - Let’s celebrate Snack Food Month today!

**Tues, Feb 22** Play More Cards Day – come early & play fun card games!

**Thurs, Feb 24** National Tortilla Day

## EDUCATION CLASS DESCRIPTIONS:

**CARE PARTNER CLASS: Dementia 101**  
Tues, Feb 15, 1-2 pm – Learn different types of dementias, difference from normal aging, and more.

**LUNCHTIME LEARNERS: What’s Happening at the Grace A Dow Memorial Library with Miriam Andrus**  
Fri, Feb 4, 12-1 pm – Learn about adaptations and changes following the floods.

**Stay Safe from Scams with Officer Warren** Fri, Feb 18 12-1:00 pm – Learn about common scams targeting older adults and what to do to stop the scammers.

**TUESDAYS with TED: Remembering Black History**–  
Feb 8 (In-Person) Feb 22 (Zoom) Learn about the Great Migration, Rosa Parks, the fight for Civil Rights and more!

**TRAVEL & ADVENTURE: BBC’s Great Alaskan Railroad Journeys Feb 14 (Zoom) Feb 28 (In-Person)**  
Join us to get a window to the world! Travel Talkeetna to Denali and Fairbanks to Juneau!

**ENCORE! Wine & Chocolate Pairing at Grape Beginnings**, \$18 per person  
Feb 24, 3-4:30 pm, Reserve by Feb 21.

**HEALTHY HINTS: Beat the Winter Doldrums- Feb 14, 12 pm**, Shake off cobwebs & get moving!

**CIVIL WAR: Secession and War, Feb 24, 10:30-11:30 am**

## FITNESS CLASS DESCRIPTIONS:

**Zumba Gold** enjoy low impact dance steps set to Latin and world music. Have fun while you get your heart rate up! First class free! \$4 drop-in, \$30 for a 10-class punch card or \$60 for a 20-class punch card. Mon-Thurs, 8:15-9:15 am

**Chair Yoga with Steve Weckle** get all the benefits of yoga with chair assisted poses. Calm the mind, ease arthritis, build strength and increase flexibility. Punch- cards \$36 for 10 classes. 9:30 am Wed, or available via Zoom Mon, Wed, Fri 9:30 am

**Bonesaver** is a weight-training class for the prevention of osteoporosis. Suggested donation of \$2 a class. Mon, Wed, Fri 10:45-11:45 am in person or on Zoom

**Line Dancing** - Join friends new and old for a great time moving to music! No fee. Wed 10 am Beginners, Fri 10 am Int/Adv

**Beginner Tai Chi** - Improves balance, flexibility, strength, & sense of well-being. This slow & gentle movement is suitable for all ages and abilities. Tai Chi is recommended by the CDC for better balance and fall prevention. 1st class free; \$20 for session. Jan 12-26, & Feb 2-16 1:30-2:30 pm.

**Advanced Tai Chi** - For those with previous Tai Chi experience. 24-form Yang style Tai Chi and other short forms will be covered. \$3 per class or \$25 10 class punch card. Jan 12-26, & Feb 2-16 1:30-2:30 pm.

**Walk15 with Shelley Potts** An aerobic workout to upbeat music using all the muscles in the body. Improve balance, flexibility & range of motion, & strengthen muscles. Suggested donation of \$3 per class or \$30 per month for unlimited classes. Mon, Fri 9:30 am, Thurs 12:15 pm, M,W,F also available via Zoom at 9:30 am.

**Calming Yoga Flow with Julie** - Join a practice using mat, chair, & props gently flowing transitions, breathing exercises, & meditation with mental, physical, and spiritual health benefits. Please bring your own mat if available. The cost per class \$4, \$30 for a 10-visit punch card or \$55 for a 20-class punch card. Julie Pierce has a MS in Physical Therapy. Tuesdays and Thursdays 9:30-10:30 am

**Fall Prevention & Balance** is intended to reduce fall risk and maintain mobility & independence. Exercises for strength & endurance using multiple joints & muscles result in functional fitness for fall prevention. \$4 per class, \$30 for a 10-visit punch card or \$55 for 20-class card. Tues & Thurs 10:45-11:45 am