



November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Looking for Cribbage players on Wednesday at 9:30am. Call 989-633-3790 or visit us online SeniorServicesMidland.org</b>		1 Crochet Class 9 am Cribbage 9:30 am Bingo after Lunch Powerful Tools for Caregivers 1:30	2 Cards, Bridge and Euchre 12:15 pm	3 Creative Writers 10:15 Lunchtime Learners: Age & Our Pelvic Floor 12 pm Euchre 12:15 pm
6 Trailside Book Club at 10 am Hand & Foot 12 pm	7 Science & Nature: Making N America Life 10:30am Bridge 12:15pm Pinochle at 12 pm	8 Crochet Class 9 am Cribbage 9:30 am Powerful Tools for Caregivers 1:30 pm	9 Cards, Bridge and Euchre 12:15 pm	10 Celebrating & Honoring Veterans Day Creative Writers 10:15 Euchre 12:15 pm
13 Hand & Foot 12 pm Travel: The Grand Canyon Zoom 12 pm Parkinson's Support 3pm Encore @ Brinstar 4pm	14 Caregiver Support 10am Bridge 12:15 Pinochle at 12 pm	15 <b>Thanksgiving Day-</b> Music by Val Lemen Crochet Class 9 am Cribbage 9:30 am Powerful Tools 1:30 pm	16 Civil War: Chattanooga 10:30 Blood Pressure Clinic 10:30-12 pm Healthy Hints: Arthritis 12 Cards, Bridge and Euchre 12:15 pm	17 Creative Writers 10:15 Lunchtime Learners: Limiting Climate Change 12pm Euchre 12:15 pm
20 Hand & Foot 12 pm	21 Bridge 12:15 pm Pinochle at 12 pm	22 Crochet Class 9 am Cribbage 9:30 am Bingo after Lunch Anniversary & Birthday Party- Windsong Advisory Board Meeting 10 am	23 Center Closed for Thanksgiving	24 Center Closed for Thanksgiving
27 Decorating for Christmas! Hand & Foot 12 pm Travel: The Grand Canyon 12 pm	28 Caregiver Support 10 Bridge 12:15 pm Pinochle at 12 pm Care Partner: Therapeutic Activity 1pm	29 Crochet Class 9 am Cribbage 9:30 am Bingo after Lunch	30 Cards, Bridge and Euchre 12:15 pm	Creative Writers 10:15 Euchre 12:15 pm

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:**

- **Cards, Hand & Foot** Mondays at 12:00
- **Cards, Euchre** Tuesdays 12:15 pm
- **Bridge** • Tuesdays & Thursdays • 12:15 pm
- **Crochet Class** with Carol Rumba Wednesdays • 9:30-10:30
- **Foot Care** Appointments Wednesdays & Thursdays
- **Creative Writer's Group** Fridays • 10:15-11:45 am
- **Quilters Don't Meet Until March**
- **Bingo** Wednesdays after Lunch
- **Cribbage** Wednesdays at 9 am
- **Euchre** Fridays • 12:15 pm

**Ongoing Activities:**

Daily Mind Games! Complete a puzzle and put in for a weekly drawing held each Monday!

Please cancel your reservation if anyone in your household is sick.

**Trailside Center**

4700 Dublin Ave. • Midland  
**(989) 633-3790**  
SeniorServicesMidland.org

**Fitness Classes:** \*Wed, Nov 15, No Line Dance. Bonesaver & Tai Chi encouraged to car pool. No Classes Nov 23 & 24

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
9:30-10:30 am		Adv. Line Dancing	Beginner Line Dancing	Adv. Line Dancing	Intermediate Line Dancing
10:45-11:45 am	Bonesaver	Fall Prevention & Balance Class	Bonesaver	Fall Prevention & Balance Class	Bonesaver
12:15-1:15 pm			Beginner-Int Tai Chi		



# Activity Descriptions

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

## TRAILSIDE ACTIVITY DESCRIPTIONS:

- **Mon, Nov 6** • Trailside Book Club at 10 am- Discussing *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid
- **Fri, Nov 10** • Celebrating Veterans Day/ Honoring our Veterans
- **Wed, Nov 15** • **Thanksgiving Day Meal with Music by Val Lemen**
- **Thurs, Nov 16** • Civil War: Chattanooga 10:30 in Room 160. Blood Pressure Clinic 10:30 am- 2pm. Healthy Hints: Arthritis 12-1pm in Michigan Room
- **Wed, Nov 22** • Anniversary & Birthday Celebration with music by Windsong and Advisory Board Meeting at 10 am. Public Welcome in Michigan Room
- **Mon, Nov 27** • Decorating for Christmas! Volunteers welcome
  
- **Mondays: Cards, Hand & Foot**
- **Tuesdays & Thursdays: Cards, Bridge and Euchre 12:15 pm**
- **Wednesdays: Cribbage at 9:00, Crochet at 9:30, Bingo After Lunch**
- **Wednesdays & Thursdays: Foot Care Appointments Available**
- **Fridays: Creative Writer's Group 10:15, Euchre at 12:15**
- **Daily Mind Game puzzles- Submit one and win!**
  
- **Looking for Cribbage Players!**

## EDUCATION CLASS DESCRIPTIONS:

- **LUNCHTIME LEARNERS: Aging and Our Pelvic Floor** Fri, Nov 3, 12 pm. Learn tips & techniques to prevent pelvic symptoms with MyMichigan Rehabilitation.
- **SCIENCE and NATURE: Making North America: Life** Tues Nov 7, 10:30 am. Learn the intertwined story of life & the landscape.
- **TRAVEL & ADVENTURE: The Grand Canyon** Nov 13 Zoom, Nov 27 in-person, 12-1 pm. Experience the grandeur & supreme spectacle of the Grand Canyon!
- **ENCORE: Brinstar Arcade & Grill:** Mon, Nov 13, 4:00 pm. Enjoy a delicious meal, cocktails, and arcade games! Register by Nov 8.
- **PARKINSON'S DISEASE SUPPORT GROUP:** Mon, Nov 13, 3-4:30 pm
- **CAREGIVER SUPPORT GROUP:** Tues Nov 14 & 28, 10-11:45 am
- **CIVIL WAR: The Battles of Chattanooga.** Thurs Nov 16, 10:15 am. Learn about moves by U.S. Grant that created a remarkable military turnaround!
- **HEALTHY HINTS: Arthritis** Thurs Nov 16, 12:00 pm. Get tips to better manage arthritis pain and flares.
- **LUNCHTIME LEARNERS: Limiting Climate Change and Its Impact** Fri, Nov 17, 12 pm Join a climate change simulation to give insights on what policy change means for you.

## EDUCATION DESCRIPTIONS CONT:

- **CARE PARTNER CLASS: Beyond TV and Sleep: Engaging Your Loved One in Therapeutic Activity.** Tues, Nov 28, 1:00 pm. Find new ways to engage your loved one in meaningful activities that can increase their comfort level, happiness, and function, even if cognitive change is impacting their activity level.

## FITNESS CLASS DESCRIPTIONS:

- **Zumba Gold** - Low impact dance steps set to Latin & world music. Have fun while you get your heart rate up! First class free! \$4 drop-in, \$30 10-class punch card or \$60 for a 20-class card. Mon-Thurs, 8:15 am.
- **Chair Yoga with Steve Weckle** get the benefits of yoga with chair assisted poses. Calm the mind, ease arthritis, build strength & increase flexibility. Punch- cards \$36 10 classes. 9:30 am Wed, or Zoom Mon, Wed, Fri 9:30 am.
- **Bonesaver** is a weight-training class for the prevention of osteoporosis. Suggested donation \$2 a class. Mon, Wed, Fri 10:45 am in person or on Zoom.
- **Beginner/Intermediate Tai Chi** - Improve balance, flexibility, & strength. Slow gentle movement is suitable for all ages. Tai Chi is recommended for fall prevention. \$4 each or punch cards \$36 for 10 classes.

- **Walk15 with Shelley Mowery** Better known as the Leslie Sansone Walk series, Walk15 is an aerobic workout to upbeat music using all the muscles in the body. Improve balance, flexibility & range of motion, & strength. Suggested donation of \$3 per class. Mon, Fri 9:30 am, 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, & spiritual benefits. Please bring your own mat if available. Cost per class \$4, \$30 10-visit punch card or \$55 for a 20-class punch card. Julie Pierce has a MS in Physical Therapy. Tuesdays & Thursdays 9:30 am.
- **Fall Prevention & Balance** is intended to reduce fall risk & maintain mobility & independence. Exercises for strength & endurance using multiple joints & muscles result in functional fitness for fall prevention. \$4 per class, \$30 10-visit punch card or \$55 for 20-class card. Tues & Thurs 10:45-11:45 am.
- **Line Dancing** - Join friends new and old for a great time moving to music! No fee. Tues & Thurs 9:30 am Advanced, Wed 9:30 am Beginners, Fri 9:30 am Intermediate.