

April 2024

TRAILSIDE  
ACTIVITY & DINING CENTER



# SENIOR SERVICES

## Trailside Center Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 April Fools Day Crochet Class 9 am Trailside Book Club 10am Hand & Foot 12 pm	2 Art of the Matter: Salvador Dali 10:30am All Things Zoom (Lecture) 12:00pm Bridge 12:15pm Pinochle at 12 pm	3 Cribbage 9:30 am FREE Hearing Aid Cleanings 11:00-1:00 Bingo after Lunch	4 Cards, Bridge and Euchre 12:15 pm Video Chat with Zoom (Workshop) 12:30 pm	5 Creative Writers 10:15 Lunchtime Learners: USS Edson with James Reha 12:00 pm Euchre 12:15 pm
8 Crochet Class 9 am Low Vision Support Group 10:30 am Hand & Foot 12 pm Travel: Caribbean 12 Parkinsons Support 3	9 Care Partner Support 10am Instagram Basics (Lecture) 12 pm Bridge 12:15pm Pinochle at 12 pm	10 National Siblings Day Cribbage 9:30 am Bingo after Lunch Chronic Pain Info session 12:30pm	11 Cards, Bridge and Euchre 12:15 pm Getting Started with Instagram (Workshop) 12:30 pm	12 Creative Writers 10:15 Euchre 12:15 pm
15 Crochet Class 9 am Hand & Foot 12 pm	16 Joint Pain with Renue PT 12 pm Bridge 12:15 Pinochle at 12 pm	17 Cribbage 9:30 am Advisory Board Meeting 10 am- Public Welcome in Michigan Room Chronic Pain series begins 1:30-4:00 pm Encore at P's 4:30 pm	18 Anniversary & Birthday Party 10:30 am Healthy Hints: Kindness & Humor 12 pm Blood Pressure Clinic 10:30 am Cards, Bridge & Euchre 12:15 pm	19 Creative Writers 10:15 Lunchtime Learners: Spring Wildflowers with CNC 12pm Euchre 12:15 pm
22 Crochet Class 9 am Hand & Foot 12 pm Travel: Caribbean Islands 12 pm	23 Care Partner Support 10am Home Modifications for a Person with MCI or Dementia 1:30 pm Bridge 12:15 pm Pinochle at 12 pm	24 Cribbage 9:30 am Bingo after Lunch Chronic Pain series 1:30- 4:00 pm	25 Civil War: Father Abraham 10:30 am	26 Windsong Entertainment Creative Writers 10:15
29 Crochet Class 9 am Hand & Foot 12 pm	30	<b>Looking for Cribbage players on Wednesday at 9:30am. Call 989-633-3790 or visit us online SeniorServicesMidland.org</b>		

Fitness Classes: No Chair Yoga April 1-12, No Tai Chi April 3 or 10\*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-9:15 am	Zumba	Zumba	Zumba	Zumba	
9:30-10:30 am	Balanced in Motion	Calming Yoga with Julie	Chair Yoga with Steve	Calming Yoga with Julie	Balanced in Motion
9:30-10:30 am		Intermediate 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		

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:**

- **Crochet Class** with Carol Rumba Mondays • 9:00-10:00
- **Cards, Hand & Foot** Mondays at 12:00
- **Cards, Euchre** Tuesdays 12:15 pm
- **Bridge** • Tuesdays & Thursdays • 12:15 pm
- **Foot Care** Appointments Wednesdays
- **Creative Writer's Group** Fridays • 10:15-11:45 am
- **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



# Activity Descriptions

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

- **Mon, April 1** • Tell us your best April Fool Pranks. *Trailside Book Club Meeting at 10 am discussing Her Hidden Genius by Marie Benedict.*
- **Wed, April 10** • National Siblings Day (Lets send our siblings a message letting them know how much they mean to us.)
- **Wed, April 17** • Advisory Board Meeting 10 am Public Welcome Michigan Room.
- **Thurs, April 18** • Anniversary & Birthday Celebration with music by Val Lemen.
- **Thurs, April 18** • Blood Pressure Clinic 10:30 am-12 pm.
- **Mon, April 22** • Earth Day - Take the earth day quiz!
- **Fri, April 26** • Entertainment by Windsong
- **Mondays: Crochet at 9:00, Cards, Hand & Foot**
- **Tuesdays & Thursdays: Cards, Bridge and Euchre 12:15 pm**
- **Wednesdays: Cribbage at 9:00, Bingo After Lunch**
- **Wednesdays: 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:

- **ART of the MATTER: Salvador Dali** Tues, Apr 2, 10:30 am.
- **SENIOR PLANET: All Things Zoom** Tues, Apr 2, 12:00 pm. (Lecture)
- **FREE Hearing Aid Cleanings** Wed Apr 3, 11:00am-1:00pm
- **SENIOR PLANET: Video Chat with Zoom Workshop** Thurs, Apr 4, 12:30.
- **LUNCHTIME LEARNERS: USS Edson with James Reha** Fri, Apr 5 12pm. Learn the fascinating history.
- **LOW VISION/BLIND SUPPORT GROUP:** Mon, Apr 8, 10:30am
- **TRAVEL & ADVENTURE: Caribbean Islands II** Mon, Apr 8 Zoom, Apr 22 in-person, 12-1 pm.
- **PARKINSON'S DISEASE SUPPORT GROUP:** Mon, Apr 8, 3-4:30 pm
- **CARE PARTNER SUPPORT GROUP:** Tues, Apr 9 & 23, 10-11:45
- **SENIOR PLANET: Instagram Basics Lecture** Tue, Apr 9, 12 pm
- **CHRONIC PAIN SELF-MANAGEMENT: Evidence-Based Series** Wednesdays, Apr 17-May 22, 1:30-4pm. Info Session 4/10 at 12:30 Gain skills to help manage pain.
- **SENIOR PLANET: Getting Started with Instagram Workshop** Thu, Apr 11, 12:30 pm
- **Joint Pain with Renue PT** Tue, Apr 16 12pm
- **ENCORE: Chinese New Year at Pi's:** Wed, Apr 17, 4:30pm. Register by Apr 15

## EDUCATION DESCRIPTIONS CONT:

- **HEALTHY HINTS: Amazing Health Benefits of Kindness & Laughter** Thurs, Apr 18, 12 pm.
- **LUNCHTIME LEARNERS: Spring Wildflowers with CNC** Fri, Apr 19, 12 pm.
- **CARE PARTNER CLASS: Recommended Home Modifications for a Person with MCI or Dementia** Tues, Apr 23, 1:30 pm. Make your home safer.
- **CIVIL WAR: Father Abraham** Thurs, Apr 25, 10:15 am. See why he was so revered by the army.

## 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.
- **Beginner/Intermediate Tai Chi** - Improve balance, flexibility, & strength. Tai Chi is recommended for fall prevention. Wednesdays 12:15 pm, \$4 each or punch cards \$36 for 10 classes.

\*No Chair Yoga or Tai Chi Apr 1-12\*

- **Bonesaver** is a weight-training class for the prevention of osteoporosis. Suggested donation \$3 a class. Mon, Wed, Fri 10:45 am in person or Zoom.
- **Balanced in Motion (Walk15)** Also known as the Leslie Sansone Walk series, get an aerobic workout to upbeat music using all your muscles. 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** - Join a practice using mat, chair, & props, flowing transitions, deep breathing, & meditation. Please bring your own mat if available. Cost per class \$4, \$30 10-visit punch card or \$55 for a 20-class punch card. Tues & Thurs 9:30am.
- **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.