

September 2024



# SENIOR SERVICES

## Trailside Center Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day All Centers Closed	3 Art of the Matter: DaVinci 10:30 am Bridge 12:15 Pinochle at 12 pm	4 Cribbage 9:30 am Mobile Secretary of State 10:00-1:00 Bingo after Lunch	5 <b>Walk the Rail Trail 10am</b> <b>Wii Bowling 12:30pm</b> Cards, Bridge & Euchre 12:15 pm Get to Know Your Smartphone 12:30 pm	6 Creative Writers 10:15 Lunchtime Learners: Fall Prevention 12 pm Euchre 12:15 pm
9 Grandparents Day Crochet Class 9 am Trailside Book Club 10 Blind Support 10:30 Travel (Zoom) 12:00pm Parkinson's Support 3 Hand & Foot 12 pm	10 Care Partner Support 10 Bridge 12:15 Pinochle at 12 pm Intro to Hosting on Zoom 12:00 pm	11 Cribbage 9:30 am Health Benefits Assistance at 11:45 am Bingo after Lunch	12 <b>Walk the Rail Trail 10am</b> <b>Wii Bowling 12:30pm</b> Cards, Bridge & Euchre 12:15 pm Hosting on Zoom 12:30	13 Creative Writers 10:15 Energy Smart Seniors with Consumers Energy 10:30 Euchre 12:15 pm
16 Crochet Class 9 am Hand & Foot 12 pm <b>Looking for Knitters and Crocheters to join group Mondays 9-10am</b>	17 Bridge 12:15 pm Pinochle at 12 pm <b>Play Pool! 12:30 pm</b> Care Partner Class: Communication with a Person with Dementia, 1:30-3:00 pm	18 Cribbage 9:30 am Advisory Board Meeting 10 am- Rm 159 Bingo after Lunch	19 <b>Walk the Rail Trail 10am</b> <b>Wii Bowling 12:30pm</b> Anniversary & Birthday Party 10:30 am – Music by Val Lemen Bl. Pressure Clinic 10:30 <b>Harvest Dance 6-9pm</b>	20 Creative Writers 10:15 Lunchtime Learners: Aging & Our Pelvic Floor 12pm Euchre 12:15 pm
23 Celebrate Neighbor Week- <b>Free Meal</b> when you bring a neighbor! Crochet Class 9 am Hand & Foot 12 pm Andean Explorer 12 pm	24 Care Partner Support 10 Encore at Bayne's Apple Valley, 11:30 am Cloud Storage 12 pm Pinochle 12pm Bridge 12:15pm	25 Cribbage 9:30 am Flu & COVID Vaccination Clinic 11:00-2:00 Bingo after Lunch	26 <b>Walk the Rail Trail 10am</b> <b>Wii Bowling 12:30pm</b> Civil War: Sheridan's Valley Campaign 10:15 am Cards, Bridge, & Euchre 12:15 pm	27 Creative Writers 10:15 Euchre 12:15 pm
30 Crochet Class 9 am Hand & Foot 12 pm	<b>Looking for Knitters and Crocheters to join our group on Monday mornings 9 – 10</b>			

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 • 9-10 am
- **Cards, Hand & Foot** Mondays at 12 pm
- **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.

**Fitness Classes:** No Classes Sept 2. No Calming Yoga Flow or Fall Prevention & Balance Sept 17th & 19th.

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	Chair Yoga with Dana K		Beginner-Int Tai Chi		Chair Yoga with Dana K

**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, Sept 9** • Grandparents Day - Share pictures of grandchildren!
- Trailside Book Club meeting in RM 159 10 am, discussing *Luncheon of the Boating Party* by Susan Vreeland
- **Wed, Sept 11** • Health Benefits Assistance with Mary Lou Laughner & Barb Zebley-Oldani at 11:45 am - *Discuss this free program available to you!*
- **Fri, Sept 13** • Energy Smart Seniors with Consumer Energy presentation at 10:30 am with a great bag of giveaways for attendees. Sign-up at the Center.
- **Wed, Sept 18** • Advisory Board Meeting at 10 am, Public Welcome in RM 159.
- **Thurs, Sept 19** • BP Clinic 10:30-11:30 am. Anniversary & Birthday Celebration with music by Val Lemen. **Trailside Harvest Dance 6-8 pm - Join us for a fun night of food and dancing at Trailside! Call and reserve your spot today 989-633-3790.**
- **Mon, Sept 23** • Celebrate Neighbor Week - Bring a neighbor, introduce them to Vera, and you both get your meal free.
- **Mondays: Crochet at 9 am, Cards, Hand & Foot at 12 pm**
- **Tuesdays & Thursdays: Cards, Bridge and Euchre 12:15 pm**
- **Wednesdays: Cribbage at 9 am, Bingo After Lunch**
- **Wednesdays: Foot Care Appointments Available**
- **Fridays: Creative Writer's Group 10:15 am, Euchre at 12:15 pm**
- **Daily Mind Game puzzles- Submit one & win!**
- **Looking for Cribbage Players!**

## EDUCATION CLASS DESCRIPTIONS:

- **ART OF THE MATTER: DaVinci** Tues, Sept 3 10:30 am. Learn more about one of the greatest painters in history!
- **Mobile Secretary of State:** Wed, Sept 4, 10-1. Take care of SOS needs.
- **SENIOR PLANET: Get to Know Your Smartphone Workshop:** Thurs, Sept 5, 12:30 pm. Register early!
- **LUNCHTIME LEARNERS: Fall Prevention & Balance with Midland Sports Rehab:** Fri, Sept 6, 12 pm. It's Fall Prevention Month!
- **LOW VISION/BLIND SUPPORT GROUP:** Mon, Sept 9, 10:30am
- **PARKINSON'S DISEASE SUPPORT GROUP:** Mon, Sept 9, 3-4:30 pm
- **TRAVEL & ADVENTURE: The Andean Explorer:** Mon, Sept 9 (Zoom), Mon Sept 23 in-person, 12-1 pm. Explore one of the world's most dangerous railways.
- **CARE PARTNER SUPPORT GROUP:** Tues, Sept 10 & 24, 10-11:45
- **SENIOR PLANET: Intro to Hosting a Zoom Meeting Lecture:** Tues, Sept 10, 12:00.
- **SENIOR PLANET: Hosting on Zoom Workshop:** Thurs, Sept 12, 12:30 pm
- **CARE PARTNER CLASS: Communication with a Person with Dementia :** Tues, Sept 17, 1:30 pm. Learn to adapt to the new needs of your loved one.
- **LUNCHTIME LEARNERS: Aging & Our Pelvic Floor:** Fri, Sept 20 at 12pm. Learn exercises to prevent symptoms!

## EDUCATION DESCRIPTIONS CONT: .

- **ENCORE: Bayne's Apple Valley: Tues,** Sept 24, 11:30 am. Register by Sept 20. Enjoy a fall lover's dream!
- **SENIOR PLANET: Cloud Storage Lecture:** Tues, Sept 24, 12:00 pm
- **Flu & COVID Vaccination Clinic,** Wed, Sept 25, 11-2. Protect your health & get a Free hat while supplies last!
- **CIVIL WAR: Sheridan's Valley Campaign:** Thurs, Sept 26, 10:15 am. Learn how Sheridan delivered stinging defeats to the South & retook a vital region.

## FITNESS CLASS DESCRIPTIONS:

**\*No classes Sept 2. No Calming Yoga Flow or Fall Prevention Sept 17 or 19\***

- **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** 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 with Steve. Mon & Fri 12:15 pm with Dana K.
- **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.

- **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.