











December 2024



SENIOR SERVICES

Trailside Center Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Book Club- The Rose Code by Kate Quinn 10 am 	3 Science & Nature: Solar System: Strange Worlds 10:30 am Senior Planet: Online Tools for Contacting Lawmakers Lecture 12 pm Encore: Cozy Cat's Café 12 pm	4 Healthy Hints: What is Blood Pressure and Why It Matters 12 pm 	5 Senior Planet: Change.org Workshop 12:30 pm 	6 
9 Blind Support Group 10:30 am Parkinson's Support Group 3 pm	10 Care Partner Support Group 10 am Senior Planet: Explore & Download Apps Workshop at 12:30 pm	11 Christmas Party with music by Kirk Brewster. Event is full with a waitlist	12 	13 Lunchtime Learners: The History of Hope with Floyd Andrick 12 pm Yoga Day- Try poses
16 Travel & Adventure : 50 Best Places to Visit in Asia 12 pm 	17 Ugly Sweater Day 	18 Advisory Board Meeting 10 am - Rm 159 Care Partner Class: Managing Anticipatory Grief at 1 pm	19 Blood Pressure Clinic 10:30 am The Civil War 10:15 am Anniversary & Birthday Party with music by Val Lemen	20 
23 Join us for a 'Special Visitor!' 	24 Closed for Christmas Eve	25 Closed for Christmas	26 	27
30 New Year's Party! With snacks!	31 Closed for new Year's Eve	1 Closed for New Year's Day	Looking for Knitters and Crocheters to join our group on Monday mornings 9-10 am	

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:

- Mondays**
 - Crochet/Knitting Class 9 am
 - Hand & Foot 12 pm
- Tuesdays – FREE Popcorn**
 - Pinochle 12 pm
 - Bridge 12:15 pm
 - Pool 12:30 pm
- Wednesdays**
 - Cribbage 9:30 am
 - Bingo after Lunch
- Thursdays – FREE Popcorn**
 - Walk the Rail Trail 10 am (weather-permitting)
 - Bridge 12:15 pm
 - Wii Bowling 12:30 pm
- Fridays**
 - Creative Writer's Group 10:15 am
 - Euchre 12:15 pm

Fitness Classes: No Classes Dec 24, 25, 31 or Jan 1. No Tai Chi December 11. No Bonesaver at Trailside Dec 23-Jan 3. No Zumba Dec 23, 26 or 30.

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

Ongoing Activities:

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

Trailside Center

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

SeniorServicesMidland.org



Activity Descriptions

Call 989-633-3700 or visit www.SeniorServicesMidland.org to sign-up!

TRAILSIDE ACTIVITIES:

- **Mon, Dec 2** • Trailside Book Club meeting in RM 159 10 am, discussing *The Rose Code* by Kate Quinn.
- **Wed, Dec 11** • Christmas Party! Music by Kirk Brewster. Reservations are full with a waitlist. We hope you'll try one of our other centers if you were not able to get a reservation.
- **Fri, Dec 13** • Yoga Day- Dress comfy and try a few poses.
- **Tues, Dec 17** • Ugly Sweater Day. Wear yours and join the fun!
- **Wed, Dec 18** • Advisory Board Meeting at 10 am, Public Welcome in RM 159.
- **Thurs, Dec 19** • Blood Pressure Clinic 10:30 am-12 pm. December Birthday & Anniversary Celebration with music by Val Lemen.
- **Mon, Dec 23** • Join us for a 'Special Visitor!'
- **Mon, Dec 30** • New Year's Celebration with snacks!

- **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 at 10:15 am, Euchre at 12:15 pm**
- **Daily Mind Game puzzles- Submit one & win!**
- **Looking for Cribbage Players!**

EDUCATION CLASS DESCRIPTIONS:

- **SCIENCE AND NATURE: Solar System: Strange Worlds** Tues, Dec 3, 10:30 am. Learn about weird worlds!
- **ENCORE: Cozy Cat's Café Gathering:** Tues, Dec 3, 12 pm. Enjoy a handcrafted beverage & cuddly cats for \$8! Register by Nov 29.
- **SENIOR PLANET: Online Tools for Contacting Lawmakers Lecture:** Tues, Dec 3, 12 pm
- **HEALTHY HINTS: What is Blood Pressure & Why it Matters:** Wed, Dec 4, 12 pm
- **SENIOR PLANET: Change.org Workshop:** Thurs, Dec 5, 12:30 pm. Learn how to sign or start petitions.
- **LOW VISION/BLIND SUPPORT GROUP:** Mon, Dec 9, 10:30 am
- **PARKINSON'S DISEASE SUPPORT GROUP:** Mon, Dec 9, 3-4:30 pm
- **CARE PARTNER SUPPORT GROUP:** Tues, Dec 10, 10-11:45
- **SENIOR PLANET: Exploring & Downloading Apps Workshop:** Tues, Dec 10, 12:30 pm.
- **LUNCHTIME LEARNERS: History of Hope with Floyd Andrick:** Fri, Dec 13, 12 pm. Learn some great local history!
- **TRAVEL & ADVENTURE: 50 Best Places to Visit in Asia:** Mon, Dec 16, 12-1 pm. Enjoy this video guide through top attractions in Asia!
- **CARE PARTNER CLASS: Navigating Anticipatory Grief with Melissa Sweet:** Wed, Dec 18, 1 pm. How do we handle grief while still providing care?

EDUCATION DESCRIPTIONS CONT: .

CIVIL WAR: Sherman's March to the Sea, Part 2:

Thurs, Dec 19, 10:15 am.

In this program, we will look at the final weeks of Sherman's march and its consequences. How much damage was done to Georgia? How effective was it in weakening the Confederacy's ability to fight the war? What was the legacy of Sherman's March to the Sea?

We will also look at the aftermath of the Battle of Franklin in Tennessee and the Battle of Nashville on December 15.

FITNESS CLASS DESCRIPTIONS:

Attention: On Dec 11th, please consider parking across the street or carpooling due to the Christmas event.

Instructor Vacations: No Classes Dec 24, 25, 31 or Jan 1. No Zumba Dec 23, 26, or 30. No Bonesaver at Trailside Dec 23-Jan 3. No Tai Chi Dec 11.

- **Zumba Gold** - Low impact dance steps set to Latin & world music. Have fun while you get your heart rate up! First class free! \$30 10-class punch card or \$60 20-class card. Mon-Thurs, 8:15 am.
- **Chair Yoga** The benefits of yoga with chair assisted poses. Calm the mind, ease arthritis, & gain flexibility. Punch-cards \$36 10 classes. 9:30 am Wed 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 9:30 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.