Senior News
April 2020

Pittsfield Twp. Community Center/Senior Center
701 W. Ellsworth Rd., Ann Arbor, MI 48108
734-822-2117 * www.pittsfield-mi.gov/senior
Hours: Monday - Friday 8:00am - 5:00pm

GREETINGS

We hope everyone is staying safe during this scary time. Because our members mean so much to us and many of those we serve are especially at risk from exposure to COVID-19, let's take the precautions we need to take care of ourselves and those around us. It's hard to let go of control—all the plans we made, the people we wanted to see, checking off our-to-do list. It can be disorienting to have so much time to be home. Downtime can be our friend if we lean into it. Take time to breathe, meditate and give thanks. There is a beauty even in the midst of the craziness. Let's slow down, encourage each other and stay connected virtually. Call a friend, send an email or card, together we will get through this.

Once again, we hope everyone and their loved ones stay safe and healthy. For updates during the COVID-19 Pandemic go to www.pittsfield-mi.gov/covid19 or call Phil Biscorner, Parks & Recreation Director at 734-249-0333. We are here for you in these unprecedented times. Please don't hesitate to call us, even just to say "hi." We hope to see everyone back at the center very soon!!!

Be well,
Ann & Denise

FOOD SERVICES

SENIOR CAFÉ NUTRITION PROGRAM provided through Washtenaw County Office of Community And Economic Development is offering grab and go meals for pick up on Mondays, Tuesdays and Thursdays from 11:30am-12:30pm. Lunch consists of a sandwich, vegetable, fruit and milk.

Participant must be over 60 years old, fill out a registration form and sign up a week in advance so a lunch can be pre-ordered. There is a suggested donation of $3 for your meal. Please call the center for additional details and to reserve a meal.

FOOD BANKS:

Jewish Family Services: Check website or call for updates regarding services
https://jfsannarbor.org/programs-services-old/food-pantry/
(734) 769-0209 or info@jfsannarbor.org

Food Gathers: Check website or call for updates regarding services
https://www.foodgatherers.org/
Please contact Food Gatherers at 734-761-2796 or info@foodgatherers.org

YOU COUNT! GET COUNTED FOR MICHIGAN!

The U.S. Census Bureau will conduct the next Census in 2020. Big changes in the way the count will be managed may make it more difficult and confusing and may create new opportunities for scammers to take advantage of older adults. The census count determines the share of billions in federal funding that Michigan receives for roads, schools and programs for older adults and those living with disabilities, as well as the number of congressional representatives for each state.

Each home should have received a request in the mail from the Census Bureau to respond to a short questionnaire—online, by phone, or by mail. This mailing will include a unique Census ID code for your residence.

If you travel or have another home in a different state but spend more than six months each year in Michigan, use the unique Census ID code sent to your Michigan address.

We are here to help, call the office (734-822-2117) for assistance.

Michigan Attorney General Dana Nessel is warning that scammers are spoofing phone numbers of at least one local public health department and calling residents to offer medication while asking for their Medicaid and Medicare numbers for billing purposes. Scammers will not hesitate to gain access to your private information, and false promises of medication will not be fulfilled. Never provide any personal information over the phone unless you first independently confirmed who you are talking to."

To seem more official, scammers often use a process known as "spoofing" — when a call appears to be coming from a legitimate government phone number. The caller may also sound professional and be very persuasive.

Anyone who receives a phone call they suspect to be a scam should hang up the phone. No one should give out personal information to an unsolicited caller.

Residents should also be aware of online coronavirus scams selling bogus products and providing false information on COVID-19 tests and treatments. These attempts to obtain the personal information of consumers may include emails or online posts pitching unreliable products, advice, fake tests and cures to prevent the spread of COVID-19.

Those who wish to make a report about potential scams, price-gouging and any other violation of the Michigan Consumer Protection Act can do so with the Attorney General's Consumer Protection team by filing a complaint online or by calling 877-765-8388.

Information around the COVID-19 outbreak is changing rapidly. The latest public health information is available online at a state website focused on the issue, and at the Centers for Disease Control and Prevention.

EXERCISES TO DO AT HOME
Always consult your physician before beginning any exercise program.

MDhealth.com

Strength Exercises

1. Abdominal Contractions
These are done to increase strength in muscles of abdomen.
- While taking a deep breath, tighten the muscles of your abdomen.
- Hold in this position for three breaths. Release.
- Do 10 repetitions.

2. Wall Pushups
These are done to increase strength in shoulders and chest.
- Stand around three feet away facing a wall, with feet kept at the width of shoulders.
- Leaning forwards, put the hands flat on wall straight in line with shoulders. The body must be in plank position and spine straight.
- Lower the body towards the wall. Push back.
- Do 10 repetitions.

3. Toe Taps
These are done to strengthen your lower legs.
- Sit in a chair. While keeping the heels on ground, lift the toes off the ground high enough so that the muscles of the shin are felt working. (This exercise also helps in blood circulation in the legs.)
- Do 20 repetitions.

4. Heel Raises
These help in strengthening the muscles of upper calves.
- Sit in a chair. While keeping the toes and balls of feet on the ground, lift the heels.
- Do 20 repetitions.

5. Knee Lifts
These are done to strengthen the muscles of thighs.
- Sit in a chair. While your arms are resting on armrests, contract the right quadriceps and lift right leg. In this position, your thigh and knee must be two or three inches above the chair.
- Hold in this position for three seconds. Lower the leg slowly.
- Do 10-12 repetitions on each leg.

Balance Exercises
1. Shifting Weight
- Stand with the feet placed at a distance of hips and the weight should be distributed evenly on both the feet. Your hands should be relaxed at the sides. You may also put a chair in front in case you require grabbing something to maintain balance.
- Shifting your body weight on the right side, lift the left foot a couple of inches above the ground.
- Hold in this position for 12 seconds, eventually making it 30 seconds.
- Return back to starting position. Repeat with opposite leg.
- Do 3 repetitions.

Other Daily Exercises to Try

- **Walking** is among the best low-impact exercises to maintain endurance. Make sure to perform stretching exercises after walking for protecting the muscles and preventing injury. In case you are a beginner, walk short distances initially and increase gradually by few minutes every time till you may walk for 35-60 minutes.

- **Yoga** combines endurance with strength training, stretches, balance and flexibility. Elderly must start with sessions for beginners or classes specifically designed for them.

DAY TRIPS

SAIL THE APPLEDORE IV*, Bay City, MI
Step aboard the 85 foot Tall Ship, the Appledore IV and sail the Saginaw Bay and Lake Huron. This impeccably maintained tall ship will not only be impressive, but also conducted in the kind of relaxed atmosphere that allows you to enjoy the water and make memories with friends. The United States Coast Guard licenses BaySail's Captains and inspections. Check our website for complete details.
Registration deadline May 1

Day:	Time:	Fee:
Tuesday, June 16	**8:30am-6:00pm**	**$90 Pittsfield Twp. Resident $85**

FIREWORKS GALORE*, Detroit, MI
Enjoy the 62nd Annual Detroit Ford Fireworks this year on the Detroit River. Enjoy Diamond Jacks River Tours where we will board at Stroh's River Place Dock for a sensational evening of cruising and stellar pyrotechnic displays against historic buildings. Riverfront buffet dinning includes; chicken, hamburgers, beans, potato salad, corn, garden salad, rolls, dessert (tax & gratuity included) and two drink tickets per person for the beverage of your choice

Day:	Time:	Fee:
Monday, June 22	**3:30-11:59pm**	**$166 Pittsfield Twp. Resident $161**

EXPLORE FRANKENMUTH*
We will start our day at the Michigan Heroes Museum which is unique in that it is the only museum devoted to the wartime experiences of men and women from the state of Michigan. Next, we will roll our own homemade pretzels at the Bavarian Inn. After lunch and time to explore the village, we will tour Frankenmuth's Historical Museum, detailing the history and evolution of the community. In the afternoon, we will take a leisurely riverboat ride upon the Bavarian Belle. We will enjoy the one-hour historical narrated tour of the Frankenmuth area on the fully restored, stern driven paddlewheel vessel. Lastly, we will take a self-guided tour of Bronner's Silent Night Memorial Chapel. It is a replica of the original chapel in Oberndorf/Salzburg, Austria, which marks the site where "Silent Night" was first sung on Christmas Eve in 1818. Lunch is not included.
Registration deadline: June 15

Day:	Time:	Fee:
Wednesday, June 15	**8:15am-7:15pm**	**$70 Pittsfield Twp. Resident $65**

PURE MICHIGAN*
You asked and now we are going to explore our own backyard. The day will start with University of Michigan's The BIG HOUSE stadium tour. Next, we will travel down the road to the Jiffy Mix Factory for a one-hour tour through the packaging plant including product sampling. Gandy Dancer Seafood Restaurant will host a 3-course lunch in the beautifully restored 1886 Michigan Central Depot. After lunch we will tour the Yankee Air Museum where history takes flight at Willow Run Airport featuring Rosie the Riveter Exhibit. If you want to have some fun without the long bus ride, this is your trip!

Day:	Time:	Fee:
Rescheduled date coming soon		

*** All trips are subject to change and the return times are approximate**.

DAY TRIPS

ART PRIZE*, Grand Rapids, MI
Beat the crowds and explore Art Prize the day before it officially opens. You will see many artists at work as they put the finishing touches on their work. We will have a guided tour around Art Prize, meet a few of the artists, and learn about their art exhibitions. A couple surprise stops will be throughout the day with some time to explore on your own. Lunch is included at Golden Corral. Registration deadline: August 15

Day:	Time:	Fee:
Tuesday, September 15	**8:30am-6:30pm**	**$97 Pittsfield Twp. Resident $92**

CURWOOD CASTLE & MONTROSE ORCHARD*, Owosso, MI
Curwood Castle is nestled on the banks of the Shiawassee River. A replica of a 15th century French chateau, it served as the writing studio of James Oliver Curwood, one of America's foremost authors of adventure novels and an early advocate of environmental conservation. The castle contains many original furnishings and artifacts. This trip also includes a visit to the Shiawassee Art Center, lunch at the Wrought Iron Grill and a stop at Montrose Orchards. The fall time stop at the orchard includes a hayride, farm animals, tour of the cider mill, a glass of fresh-pressed cider and donut. Of course, you will have time to shop the bakery and cider mill. Registration deadline: September 13

Day:	Time:	Fee:
Tuesday, October 13	**8:30am-6:30pm**	**$97 Pittsfield Twp. Resident $92**

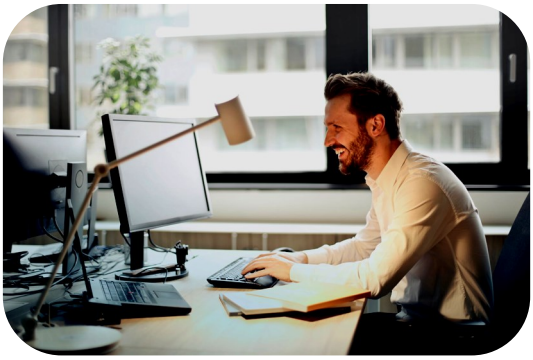
MURDER MYSTERY TRAIN*, Blissfield, MI
The Murder Mystery Train comes with fine-dining and hilarious table-side murder mystery featuring The Old Road Dinner Train's acting troupe. So come out to join in the fun with Howie and Dewey Cheatum and see the twisted and devious plot unfold before your very eyes! Meal and gratuity included.
Registration deadline: October 24

Day:	Time:	Fee:
Tuesday, November 17	**10:30am-4:30pm**	**$86 Pittsfield Twp. Resident $81**
Rescheduled date		

REGISTER ONLINE FOR TRIPS

www.pittsfield-mi.gov/recereation
Adult/Senior Programs
Adult/Senior
Adult/Senior Programs
Day Trips
Go to the trip are interested in and click, Register
Sign In
Click on person/persons going on trip
Add to Cart
Checkout
Enter payment info

Call us (734-822-2117) if you have any questions.



*** All trips are subject to change and the return times are approximate**.

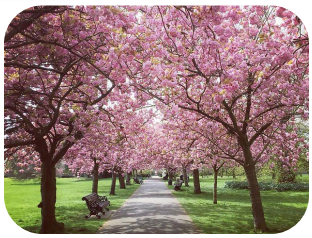
Spring

W	P	R	O	B	I	N	P	E	S	R	G	H	I	P	H	R	S
P	S	K	D	D	C	E	L	P	E	B	G	A	P	P	Z	F	T
U	U	X	L	A	L	M	L	G	A	G	L	R	R	M	F	X	C
D	N	S	D	I	F	F	H	U	S	U	S	O	E	D	O	L	Q
D	S	H	M	E	L	F	L	E	O	M	E	W	S	E	E	J	R
L	H	O	E	O	U	A	O	O	N	B	E	E	W	S	N	N	A
E	I	W	L	N	E	B	C	D	W	R	D	A	N	G	O	J	I
N	N	E	T	A	G	U	W	S	I	E	S	T	Z	R	W	M	N
L	E	R	I	R	K	D	L	N	E	L	R	H	V	O	H	S	B
F	X	S	N	E	X	S	D	Z	K	L	F	E	R	W	N	U	O
R	H	D	G	G	B	C	W	V	G	A	X	R	A	I	N	N	W
N	V	C	R	O	C	U	S	C	Y	Y	U	W	A	R	M	T	D

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

BLOSSOM
BUDS
CROCUS
DAFFODIL
FLOWER
GARDEN
GREEN
GROW
LILACS
MELTING
PUDDLE
RAIN
RAINBOW
ROBIN
SEASON
SEEDS
SHOWERS
SUN
SUNSHINE
UMBRELLA
WARM
WEATHER

1 I can be crushed to pieces but only if I am given away first, I can be clogged and attacked but that's usually my own doing. No matter how many problems I have, you wouldn't dare let me go.
What am I?



Answers on page 7

2 I have a home and a big space, I have keys but I have no locks, I have lots of letters but I have no mailbox.
What am I?

THING TO DO WHILE STUCK AT HOME

Enhance Fitness
https://www.youtube.com/watch?v=ldd6ycu7Bkk

YMCA free classes
https://ymca360.org/?fbclid=IwAR0BeaJYO2CipUz4D8D8x4Si7TfJF0eQJYlPhnGybtAtgz3gyaHsMhuTUk4

National Parks virtual tours
https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours

Entertainment for Your Brain
https://riddlenfiddle.com/

Puzzles & Games
TheJigsawPuzzles.com
Online Games for Seniors.com

Live cameras in the otter exhibit at the Detroit Zoo
Detroit zoo otter cam

Webcams | Smithsonian's National Zoo
https://nationalzoo.si.edu/webcams

Fullsreen360 a wide variety of virtual tours
http://www.fullscreen360.com/

AARP Games online
https://games.aarp.org

SPECIAL SHOPPING HOURS FOR SENIORS

Busch's Fresh Food Market: operating under normal business hours
Costco: 9-10am T/TH
Dollar General: 8-9am daily
Kroger: 7-8am daily
Meijer: 7-8am T/TH
Target: 7-8am Wednesdays
Trader Joes: operating under normal business hours
Walmart: 6-7am Tuesdays
Whole Foods: 8-9am daily

Answers to Riddles on page 6

1 Heart

2 A computer Keyboard