



Senior News

May 2020

Games

Join us to play virtual games & chat with others members.
page 3

Stay Active!

Join us for a virtual workout from your home.
page 1 & 2

Grab & Go Meals

Lunches available for you to pickup.
page 3

While our building may be closed due to COVID-19, we are working diligently to put together online experiences, distribute lunches and do wellness checks. We can stay connected to each other through chat rooms, classes and phone calls. We have exercise classes, games, craft projects and educational opportunities for you. Each virtual class has a zoom or gotomeeting link. To join the Zoom events, click on the Zoom link at the time of the event. The meeting number is the underlined number. The event will load via the app and you will be admitted once the host has opened the event. If you have any questions, please contact us 734.822.2117.

SELFIE WALL

We miss all your smiling faces. We are asking you to send us a picture of yourself. Show us what you have been doing while staying at home. Photos will be added to our selfie wall in the center for all to see when we return. Each picture we receive will be entered into a drawing for a gift basket. We will draw the winner when we the center reopens. Send selfies to lundd@pittsfield-mi.gov



DRUM OUT COVID-19 WITH NANCY'S CARDIO DRUMMING

Monday, May 11, 12:30-1:30pm

Cardio drumming is a full body cardio workout, combining light resistance with constant simulated drumming, and tons of fun, easy to follow routines. All of the choreography is adaptable and can be done from a seated position. You will need a 65cm exercise ball, a 17 gallon tub and drumsticks. If you do not have these things at home and are interested in trying this class call the center.

[https://zoom.us/j/883 4842 7316](https://zoom.us/j/88348427316)

AFS SENIOR STRONG

Fridays May 8 – May 29, 11:00am

The Applied Fitness Solutions Virtual Senior Strong class is designed with the specific functional needs of seniors in mind. This full body workout, developed by AFS exercise physiologists, is designed to address balance, strength and core training into a fun session.

[https://us02web.zoom.us/j/854 8427 7737](https://us02web.zoom.us/j/85484277737)



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

EXERCISE WITH WCC SENIOR FOCUS

Washtenaw Community College has classes to keep our community active and engaged. They have 18 classes available to participate in via GoToMeeting (an online meeting service similar to Zoom). Before you start any exercise class please be sure you are physically able to participate. There is a health release to sign.

How to join a Senior Focus webinar delivered online:

Register online for each class you would like to participate in by going to :<https://bit.ly/SeniorFocusWCC>

- You will be sent a link within 2 business days via email to join the class virtually.
- To participate in the webinars you will need access to the internet via a computer, tablet, or smartphone in order to access the video content. Each class will also include a phone number to dial in for audio-only.
- Fitness classes may require a yoga mat, stability ball, or other exercise equipment as appropriate
- We recommend signing in a few minutes before the class starts to make sure you don't have any technical issues

For a quick tutorial on how GoToMeeting works, please watch this video: <https://youtube/95dRdnMMgbQ>

Exercise Classes:

Ball Fitness: Tuesday 3:30-4:30pm w/Mark Harris, 5/5 - 7/7

Fitness for Seniors: Mondays/Fridays 9:30-10:30am w/Mark Harris, 5/4 - 7/17 (no class 5/25 or 7/3)

Fitness for Seniors: Tuesdays 9:15-10:15am w/Mark Harris, 5/5 - 7/7

Fitness for Seniors: Tuesdays 1:00-2:00pm w/Mark Harris, 5/5 - 7/7

Fitness for Seniors: Wednesdays 9:00-10:30am w/Mark Harris, 5/6 - 7/8

Fitness for Seniors: Wednesdays 10:30-11:30am w/Pam Mansfield, 5/6 - 6/25

Fitness for Seniors: Wednesdays/Fridays 11:00am-12:00pm, 5/6 - 7/15 (no class 7/3)

Fitness for Seniors: Thursdays 1:00-2:00pm w/Mark Harris, 5/7 - 7/9

Fitness for Seniors: Thursdays 9:00-10:00am w/Mark Harris, 5/7 - 7/9

Fitness for Seniors: Fridays 2:30-3:30pm w/Mark Harris, 5/8 - 7/17 (no class 7/3)

Line Dance: Tuesday 9:00-10:00 am w/Deliena Grantham, 5/5 - 7/7

Line Dance: Tuesdays 10:30-11:30am w/Deliena Grantham, 5/5 - 7/7

Line Dance: Wednesdays 8:20-9:20am w/Deliena Grantham, 5/6 - 7/8

Line Dance: Wednesdays 10:30-11:30am w/Deliena Grantham, 5/6 - 7/8

Yoga for Seniors: Wednesdays 10:30-11:30am w/Patty Hart, 5/6-7/8 (no class 5/20 or 7/15)

Chair Yoga: Wednesdays 1:00-2:00pm w/Patty Hart, 5/6 - 7/8

Yoga for Seniors: Fridays 1:00-2:30pm w/Patty Hart, 5/8 - 7/17 (no class 7/3)

WEBINARS

Extra Help/LIS/MSP.

Tuesday May 12

10:30 – 11:30am

The Extra Help program helps with prescription costs. The Medicare Savings program helps with Part B costs.

Register at:

<https://attendee.gotowebinar.com/register/4770828638471674382>

After registering, you will receive a confirmation email containing information about joining the webinar.

WCC Workshop

Watercolor Workshop

Thursdays, May 7– July 9

9:30-11:30am

Instructor: Cathy Doran-McMillon

This open studio will allow you to experience the creative process at your own pace. Enjoy the company of fellow artists as we explore and experiment with watercolor. This class is for those with some watercolor experience who are seeking a welcoming space and the guidance of an experienced trainer.



To sign up follow same procedure on page 2 for WCC Senior Focus Classes.

SENIOR CAFÉ

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.



GAMES

Let's get together to play a game, play bingo or just chat with other members.

Every Wednesday starting on May 13 from 1-3pm we will meet in a zoom chat room and play a virtual game.

<https://us02web.zoom.us/j/831-4114-9772>

Every Thursday starting on May 7 from 1-3pm we will play virtual bingo. Send an email to lundd@pittsfield-mi.gov to receive your bingo cards. <https://us02web.zoom.us/j/883-4101-1028>

The Meeting link will be the same every week

LET'S GET CRAFTY

T-Shirt Cutting

Tuesday, May 19

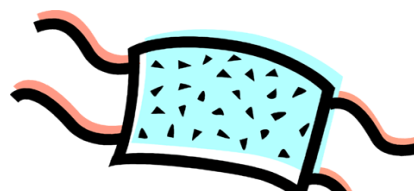
10:30am

Join us in a zoom class on Tuesday, May 19 at 10:30 for a fun and easy t-shirt cutting activity. All you need is a t-shirt, scissors, a brown grocery bag (to hold t-shirt open), a flat place to work and a willingness to get creative.

<https://us02web.zoom.us/j/89536973510>

FACE COVERING

Michigan residents are now required to use cloth face coverings to help slow the spread of COVID-19 in public places. The order requires people to wear homemade, non-medical grade face coverings when they enter enclosed public spaces. If you need a mask please call the office.



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. Call us if you have any questions or need assistance completing your questionnaire.

TO HELP YOU PASS THE TIME

Seasoned Times

Seasoned Times is a good resource of helpful topics and fun puzzles.

shine@seasonedtimes.com

AARP

AARP has several games for you to play.

<https://games.aarp.org/>



Local agencies are committed to the health and well-being of seniors. During this time they have helpful resources and information. Reach out to them for assistance and needs.

Area Agency On Aging 1-B

<https://aaa1b.org>

800.852.7795

Jewish Family Services of Washtenaw County

www.jfsannarbor.org

734.769.0209

Catholic Social Service

getaheadwashtenaw.org

734.971.9781

<https://csswashtenaw.org/wp-content/uploads/2020/03/2020-Senior-Resource-Directory-REV2-021720.pdf>