



Senior News

July 2020

Activities in the pavilion!

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TOGETHER, WE ARE ONE COMMUNITY

Looking for a little inspiration and a way to connect with other members. We have many ways for you to connect virtually or outside at one of our pavilions. Let us know if your group would like to meet in one of our park pavilions we will reserve the pavilion for your group.

While we are committed to helping contain the spread of COVID-19, we are offering curbside assistance and face-to-face meetings by appointment. If you need to conduct business with us you must make an appointment by calling 734-822-2117 to schedule a meeting. When you arrive for your appointment call us to let us know you have arrived. All members with curbside or face-to-face appointments must wear a mask and practice safe physical distancing.

While we would love to reopen, we must do so with caution under health authorities. Keeping everyone healthy and safe is our first priority. Our tentative schedule to reopen with limited programs and new safety protocols in place is the week of August 31. Of course this is a temporary date, it could be sooner or later. We have to follow the recommendations of the Michigan Department of Health and Human Services and CDC.

The phrase "social distancing" will be used sparsely, to better highlight the need to physically separate yourself from others, but still remain socially connected. We want you to remain connected through our zoom activities, outside gatherings or just give us a call.

*"Your body cannot heal without play.
Your mind cannot heal without laughter.
Your soul cannot heal without joy."*

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

ACTIVITIES IN PAVILION

We will be holding activities outdoors at the Pittsfield Township Pavilion, located at 701 W. Ellsworth Rd. Ann Arbor at the Pittsfield Senior Center. There is limited space to adhere to physical distancing measures recommended by the Centers for Disease Control and Prevention (“CDC”). Please register for Tai Chi and Fitfun with Ann on-line at www.pittsfield-mi.gov/recreation or call 734-822-2117 to make an appointment as the senior center remains closed.

TAI CHI FOR BEGINNERS

Enjoy this slow, low-impact mind-body exercise that strengthens muscles, improves balance and motor control and facilitates mind-fulness and concentration. Practice simple, smooth whole-body movements together that can improve your quality of life when you add them to your daily routine. Yang style Tai Chi will be shared. All standing exercises. Bring water to drink.

DATE: Tuesdays, July 14 - August 25 (7 weeks)

TIME: 12-1pm

FEE \$49 resident (\$54 non-resident)

Minimum: 10 people Maximum: 12 people

FITFUN EXERCISE WITH ANN

Looking for some fun, fitness and friends (physical distancing, of course). Group fitness is the way to go. This class will include aerobic walking/activity, strength training, stretching and in person (physical distancing) interaction. Modifications will be given. Pre-registration only. No drop-ins. Register on-line or set up an appointment. This class has limited space.

EQUIPMENT: Bring your own dumbbells and water. Strength training can also be done without weights.

DATE: Wednesdays, July 15 – August 26 (no class July 29)

TIME: 9:30-10:30am

FEE: \$12. You will receive a punch card for class attendance. If you miss a class during this session or class is canceled due to weather, you will be able to use your punch card for Enhance Fitness when class resumes.

PHYSICALLY DISTANCING COMMUNITY ACUPUNCTURE SESSIONS

Acupuncture can help improve your general health, reduce pain, improve sleep, increase energy, relieve stress, and more. Please bring your own lawn/camp/folding chair, or a towel or blanket to cover your seat at a picnic table. Masks are mandatory for all of us. Treatments will last from 30 minutes to an hour, depending on your needs. Ron will maintain a safe, clean environment, using only one-time use needles, and sanitizing appropriately and often. If you have any questions, comments or concerns, please do not hesitate to contact Ron at (517)303-6317 or ron.hough.lac@gmail.com

DATE: Wednesday, July 22 - August 26 (weather permitting)

TIME: 11:30am-1:30pm

WHERE: Pittsfield Twp. Pavilion

COST: \$20, cash would be preferable, if possible.

WEEKLY VIRTUAL ACTIVITIES

Starting July 19th, Zoom will require that all meetings have a passcode. This is a security measure Zoom is implementing. What it means to us is each of our weekly activities will have a new link. The activities are listed below with the new links.

BINGO with prizes

Thursdays, 1:00pm July 2 - August 27

<https://us02web.zoom.us/j/87580114225?pwd=dmo4ZGY1SEwxVnYzdENpdncyUEtiUT09>

Meeting ID: 875 8011 4225 Password: 666880

Heartland will be sponsoring prizes for bingo.

To play: we can mail you a couple bingo cards or you can make your own bingo cards.

To receive a bingo card in the mail, email seniors@pittsfield-mi.gov with your name and mailing address. To make bingo cards you will need a sheet of paper, ruler and pen.

Draw a table with five columns and six rows. Add the letters B-I-N-G-O, one letter in each column in the first row. Then add the numbers you want under each letter. Under the letter B the numbers 1 to 15, letter I has the numbers 16 to 30, the letter N has the numbers 31 to 45, the letter G has 46 to 60, and, lastly, the letter O has the numbers 61 to 75. The card comprises of five columns, each column corresponds to the letters B-I-N-G-O. Each card has a total of twenty-four numbers. Five numbers under the four columns with the letters B, I, G, and O, while there are only four number pre-printed under the letter N. The middle of letter N column has a free square.



BINGO				
3	29	45	56	68
1	19	43	50	72
11	25	FREE SPACE	49	61
9	23	31	58	63
4	27	42	54	71

BINGO				
1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65

CARDIO DRUMMING

Monday, 12:30pm July 20 - August 24

<https://us02web.zoom.us/j/89683237330?pwd=UVVUNndHaUhqNWwhFeXJNYzISNWdtZz09>

Meeting ID: 896 8323 7330 Password: 787451

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.

AFS SENIOR STRONG <https://us02web.zoom.us/j/85484277737>

Fridays 11:00am July 10 - August 21

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.

WCC SENIOR FOCUS

<https://bit.ly/SeniorFocusWCC>

Washtenaw Community College classes will be offered via GoToMeeting. Register online for each class you would like to participate in.

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>

SENIOR CAFÉ

In partnership with Washtenaw County Office of Community and Economic Development, we are offering grab and go and frozen meals for pick-up on Mondays from 11:30am-12:30pm. When you come to pick up your meals, call the center and your meals for the week will be brought to your car. Participant must be over 60 years old, fill out a registration form and sign up a week in advance so a meal can be pre-ordered. There is a suggested donation of \$3 for each meal. Shelf stable food boxes are also available, which consist of 6 meals. Please call the center at 734-822-2117 for additional details and to reserve a meal.

Take Care in Extreme Summer Heat

There's a lot to love about summer. But the high temperatures that come with summer can be hazardous to our health. It's important to know the signs and what to do.

HEAT EXHAUSTION

What to look for...

Heavy sweating
Tiredness or weakness
Headache
Fast, weak pulse
Muscle cramps

Cold, pale, and clammy skin
Dizziness
Fainting (passing out)
Nausea or vomiting

What to do...

Move to a cool place
Put cool, wet cloths on your body
Sip water

Loosen your clothes
Take a cool bath

Get medical help right away if you are throwing up, your symptoms get worse, and/or your symptoms last longer than one hour

HEAT STROKE

What to look for...

High body temperature (103°F or higher)
Fast, strong pulse
Dizziness
Confusion

Hot, red, dry, or damp skin
Headache
Nausea
Losing consciousness (passing out)

What to do...

Call 911 right away. Heat stroke is a medical emergency

Move the person to a cooler place

Do not give the person anything to drink

Help lower the person's temperature with cool cloths or a cool bath

Source: Center for Disease Control and Prevention

July is the month of tomatoes, which are at the peak of their flavor and freshness. A tomato is a nutrient-dense superfood that offers benefit to a range of bodily systems. Its nutritional content supports healthful skin, weight loss, and heart health.

Tomato Basil Pasta

- 7 oz spaghetti
- 2 tbsp olive oil
- 2 garlic cloves crushed
- 4 tomatoes diced
- 4 tbsp fresh basil chopped
- 1 Pinch sea salt and black pepper
- 1/3 cup parmesan cheese grated



- Cook pasta according to directions on box.
- Drain pasta, return to pan and add the rest of the ingredients, expect for parmesan cheese, toss lightly.
- Sprinkle parmesan cheese on top before serving.

Serving: 1portion | Calories: 298kcal | Carbohydrates: 45g | Protein: 11g | Fat: 9g | Saturated Fat: 2g | Cholesterol: 5mg | Sodium: 141mg | Potassium: 436mg | Fiber: 2g | Sugar: 3g | Vitamin A: 1225IU | Vitamin C: 32.1mg | Calcium: 136mg

Tomato Fun Facts:

1. They are fruits! Yes, tomatoes are fruits if we speak botanically. They are not vegetables.



2. They are world's most popular fruit. With annual production of 60 million tons, they remain the world's most demanded and most popular fruit. Second spot goes to bananas and third to apples, followed by oranges and watermelons respectively in 4th and 5th spot.

3. There is no point thinking that ripe tomatoes will be red. There are white, black, purple, pink and yellow ripe tomatoes.

4. How big can a tomato plant can grow? The world record of being the largest tomato plant goes to a single plant spread over an area of 56.73 square meters. That's bigger then the swimming pool used in Olympic game. The plant was found in Walt Disney World Resort located in USA's Florida.

5. There is a very messy annual festival in Spain. It goes by the name La Tomatina. Of course it involves tomatoes but what people do is, they don't eat tomatoes. They throw tomatoes at each other. Some 150,000 tomatoes are use.