

COMMUNITY/SENIOR CENTER NEWS

Pittsfield Twp. Community/Senior Center
701 W. Ellsworth Rd., Ann Arbor 48108
734-822-2117
seniors@pittsfield-mi.gov

Center Hours: Monday, 8am-5pm
Tuesday-Friday, 8am-4pm

REGISTER FOR PROGRAMS
<https://recreation.pittsfield-mi.gov/>

In this Newsletter:

How to Register for programs, 2

Day Trip to Fisher Theatre, 2

Programs, 2-5

PSI Firekeepers Trip, 6

PSI Extended Trips, 6



IT'S TIME TO RENEW YOUR MEMBERSHIP

Your membership goes toward supporting the center in its effort to serve adults/seniors. Every membership helps to enhance programs, for all participates that visit the center.

Membership is open to all who are 50+. Membership is:

\$5 for Pittsfield Twp. Residents

\$10 for Non-Residents.

Become a member today!

JANUARY 2022

Happy New Year

Thank you to everyone who completed the survey last month. As a result of the survey we will be offering a technology learning and support presentation. Mateen Jaffer, Jafferson computers, will be here to help with digital services, applications and devices. Wednesday, 1/12 at 10:30am. Pre-Registration is required.

Diane Evans is back teaching Tai Chi in-person. Washtenaw Community College Senior Focus Tai Chi will be on Mondays starting in January. Details on page 2.

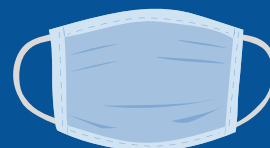
The center will be closed Monday, January 17 in observation of Martin Luther King Jr. Day.

SENIOR CAFÉ

Enjoy a meal through Pittsfield Senior Nutrition Program, partially funded by Washtenaw County Office of Community and Economic Development. We are offering brown bag fresh meals and frozen meals for pick-up on Mondays from 11:30am-12:30pm.

Participants must be over 60 years old, fill out a one time form and sign up a week in advance so a meal can be ordered. There is a suggested donation of \$3 for each meal. There is a required fee of \$5.50 for anyone under 60. Please call the center 734-822-2117 for additional details and to reserve meals.

Masks are required at the center



HOW TO REGISTER FOR PROGRAMS

You will be required to **pre-register for all programs**. This includes every program in the building, **NO DROP INS**. Programs will be limited to allow for safe physical distancing.

Register online: <https://recreation.pittsfield-mi.gov/>

Click on Adult/Senior - column on the left

Click on Adult/Senior - center of page

Click the category the program you want to register for is listed under
(each program description in the newsletter has it's category listed)

Click the program you are interested in

You will be asked to login to your account with your email address

and password. If you have trouble with your password, please contact us at 734-822-2117.

DAY TRIP

HAIRSPRAY

Saturday, January 29

at Fisher Theatre

Bus leaves at 10:00am - Showtime is at 2:00pm

Fee: \$110 Non-Resident/\$105 Resident

Includes: Roundtrip Motorcoach Transportation, Main Floor & Mezzanine seating,
Time for lunch (on your own) Driver Tip NOT included.

****All persons must be able to show vaccination card and ID per Fischer Theatre policies.**

Masks must be worn on the bus and in the theatre.

FITNESS PROGRAMS - REGISTRATION REQUIRED

WASHTENAW COMMUNITY COLLEGE - SENIOR FOCUS

These programs are designed for older adults. Available to all Washtenaw County residents who are 65 years or older prior to the start of the semester. **Pre-registration required.**

WCC - BEGINNING - YANG STYLE TAI CHI

This class is for people who are brand new to Tai Chi, people who've taken Tai Chi before and need a refresher and/or further instruction, and people who want an introduction to the Yang Family Style. After a warm-up of the major muscle and body parts, students work on the "FIRST LOOP," or about the first 20 movements of the "Yang Family 108 Long Form." Most people repeat this beginning class several times before moving on to the Continuing classes. (No program 2/21). Masks are required. Instructor: Diane Evans

Mondays, 1/24-3/21 10:00-11:15a Free

Category: Adult/Senior, Exercise

WCC - CONTINUING - YANG STYLE TAI CHI

This class requires a knowledge of basic, general Tai Chi principles as well as basic proficiency in the First Loop of the Yang Family 108 Long Form. After a warm-up of the major muscle and body parts, it concentrates on the 2nd and 3rd loops of the form. It also includes brief meditations and an introduction to the verses of the Tao te Ching. The beginning class or teachers' permission are prerequisites for participation in this class. (No program 2/21). Masks are required. Instructor: Diane Evans

Monday, 1/24-3/21 11:30a-12:45p Free

Category: Adult/Senior, Exercise

FITNESS PROGRAMS - REGISTRATION REQUIRED

GYROKINESIS®

This class is part of the GYROTONIC EXPANSION SYSTEM®. It focuses on increasing range of motion and strength in a fluid, circular way. GYROKINESIS® exercise is done using only a chair and a mat for floor work. This class consists of rhythmic, flowing movement sequences. This class is adaptable for all skill levels. Masks are required. Instructor: Angela Sutcliffe, STOTT Pilates, GYROTONIC®, and GYROKINESIS® certified.

Equipment: Bring your own mat

Thursdays, 1/13-3/3, 3:30-4:20p Fee: \$70 Non-Resident/\$65 Resident

Category: Adult/Senior, Exercise

PILATES ON THE MAT

Movers will get acquainted with the Pilates principles and learn how to apply them to all movements to support a safe and efficient workout. Movers will build on their strength, coordination and flexibility to find overall muscular balance and better posture. This is a progressive class but will be full of detailed explanation, so it is appropriate for all levels of Pilates experience as long as you are able to get to the floor.

Instructor: Angela Sutcliffe, STOTT Pilates, GYROTONIC®, and GYROKINESIS® certified instructor

Equipment: Bring your own mat.

Sundays, 1/16-3/6 1:30-2:20p Fee: \$70 Non-Resident/\$65 Resident

Category: Adult/Senior Exercise

Tuesdays, 1/18-3/8 8:15-9:05am Fee: \$70 Non-Resident/\$65 Resident

Category: Adult/Senior, Exercise

GENTLE YOGA

This class is designed to keep you moving. Using warm-ups, traditional poses, and focused breathing, yoga promotes strength, balance, flexibility, mobility, and a sense of calm. A gentle approach makes this class accessible to all experience levels. Come join us! Bring a yoga mat, firm blanket and water bottle. No class 2/9.

Instructor: Sandy Hines

Wednesdays, 1/12-3/9 2:30-3:45p Fee: \$65 Non-Resident/\$60 Resident

Category: Adult/Senior, Exercise

YANG TAI CHI & QIGONG

Beginner through Advanced: Stretch, De-Stress & Empower

No matter your age or fitness level, the practice of meditation & mind-body exercise can bring calm, improve your flexibility, balance, motor skills, and mental focus. Reduce stress and increase vitality through these natural and compelling movements. Various qigong sets will be shared. Yang style Short forms and Long Form 108 will be practiced. Instructor: Karla Grosbeck

Mondays, 1/10-2/28 5:30-6:30p Fee: \$61 Non-Resident/\$56 Residents

Category: Adult/Senior, Exercise

CHEN TAIJI & SILK REELING - BEGINNER THROUGH ADVANCED

Chen, the oldest style of tai chi, is characterized by silk reeling (energy coiling and disbursement) & more physicality with alternating fast/slow energy, kicks, powerful punches and deeper stances. Chen style short forms and Laoji Yilu (Chen 74) will be practiced. Instructor: Karla Grosbeck

Mondays, 1/10-2/28 6:40-7:40p Fee: \$61 Non-Residents/\$56 Residents

Category: Adult/Senior, Exercise

YANG TAI CHI LONG FORM INTERMEDIATE/ADVANCED

Class will consist of twice weekly sessions including: Warm-ups, practice of entire Yang style Long Form 108, teachings of principles, internal energies and martial applications, repetitions of movements/sections. Basic through advanced techniques will be shared. Questions/answers/discussion always welcome. Previous experience expected. Instructor: Karla Grosbeck

Wed. & Fri., 1/12-2/11 10:30-11:30a Fee: \$75 Non-Residents/\$70 Residents

Category: Adult/Senior, Exercise

EXERCISE & DANCE PROGRAMS - REGISTRATION REQUIRED

EXERCISE w/ KAREN

This program is designed to help tone your entire body and to help you become stronger and improve balance. It is appropriate for all fitness levels. Done seated and standing. Class sponsored by KaiZen Home Care Inc.

Category: Adult/Senior, Exercise

Mondays, 1/10-2/14 9:00-9:45a FREE

RISE & SHINE EXERCISE

Join us for a morning exercise program. Exercises are performed seated and standing for all fitness levels. No instructor-participates follow instructor on CD.

Category: Adult/Senior, Exercise

Wednesdays & Fridays, 1/5-2/25 9:00-10:00a FREE

LINE DANCING - Newbie

Never line danced before this programs is for you. A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows.

Category: Adult/Senior, Dance

Mon., 1/10-2/14 1:00-2:00p FREE

LINE DANCING - Beginner

Designed for line dancers with limited knowledge of the dances and steps. Line dancing is a fun, healthy and rewarding activity and exercise,

Category: Adult/Senior, Dance

Mon., 1/10-2/14 2:15-3:30p FREE

LINE DANCING - Beginner/Improver

This program is for those who have some line dancing experience but want to add more steps and learn dances to new songs.

Category: Adult/Senior, Dance

Tuesdays, 1/4-2/22 9:30-11:00a FREE

LINE DANCING - Intermediate/Advanced

This program is for people who have line danced with us before and know the routines. It is a great time to socialize along with low impact exercise. Category: Adult/Senior, Dance

Thursdays, 1/6-2/24 9:30-11:00a FREE

SATURDAY LINE DANCING - Advanced

This program is for experienced line dancers who desire more time to dance. The dances will be favorite harder dances learned in previous line dance classes. No instructor.

Category: Adult/Senior, Dance

Saturdays, 1/8-2/26 1:00-4:00p Fee: \$15 Non-Resident/\$13 Resident

NIGHT HIKE IN THE PRESERVE

Come explore night time in the Pittsfield Preserve with us. Explore the dark with no artificial lights and find out how good your night vision is. We will hike the trails at the preserve, observe the full moon and other features in the night sky. We will call to, and listen for, night time creatures like owls and coyotes. Dress for cold and snow, wear some kind of ice cleats on your boots for safety. If you do bring a flashlight (for emergency purposes) we ask that you keep it in your pocket and turned off through the duration of the hike to preserve the experience of a true night hike for everyone.

Category: Adult/Senior, Nature

Wednesday, 2/16 6:00-7:30pm Fee: \$10 Non-Resident/\$7 Resident

ENRICHMENT PROGRAMS - REGISTRATION REQUIRED

BINGO

\$1 per bingo card - four card max. Play up to nine games.

Wednesdays, 1/5-2/23 1:00-2:00p

Category: Adult/Senior, Enrichment

BOOK CLUB

Come share your opinions and insights with our informal group. Meets the first Wednesday of each month.

Wednesdays, 1/5, 2/2 10:30-11:30a Free

Category: Adult/Senior, Enrichment

CRAFTING CREW

Join us on Fridays to work on your current project. Whether you're quilting, crocheting, painting or any other craft, join us. This is a great opportunity to get together with other crafters to share ideas or maybe learn a new craft. Bring your current project.

Fridays, 1/7-2/25 10:00-11:30a Free

Category: Adult/Senior, Enrichment

CREATIVE WRITERS

Come together to sharpen your craft, create community, and celebrate great writing. Benefits to writing are; enhance memory, comprehension, and communication skills. When we share writings with others it helps to shape our thinking. (No program 1/17).

Mondays, 1/10-2/14 10:00-11:30a Free

Category: Adult/Senior, Enrichment

FLOWER ARRANGERS

Imagine having a beautiful fragrant floral arrangement to brighten up your home. Each week you will take home a fresh floral arrangement. No instructor. Bring a knife and flower clippers.

Cost: \$10 each week brought the day of.

Thursdays, 1/6-2/24 9:30-11:00a

Category: Adult/Senior, Enrichment

INVESTMENT

This program is a great way to learn current trends in the stock market. Jerry Mangona, Financial Advisor with Edward Jones, can help you to learn about investing and answer your questions. Jerry will be at the center the third Wednesday of each month to speak on a current topic. You must register for each month.

Topic for January: Health Care and Your Retirement.

Wednesday, 1/19 3:30-4:30p Free

Category: Adult/Senior, Enrichment

WATERCOLOR & PAINTING ARTWORK

Come work on your own painting. This is a self instructional program. It's a great opportunity to share your work and get inspiration by other artist. Bring your own supplies and come paint with us.

Wednesdays, 1/5-2/23 10:00-11:30a Free

Category: Adult/Senior, Enrichment

TECH LEARNING & SUPPORT NEW!!!

Mateen Jaffer, Jafferson computers, will be here to help with digital services, applications and devices. New technology includes safety and smart-living apps, health and remote care, and wellness and fitness to help you live a longer, healthier life.

Wednesday, 1/12 10:30-11:30a Free

Category: Adult/Senior, Enrichment

PSI

**A volunteer based membership that provides casino trips,
extended trips and social gatherings.**

PSI is looking for a person to serve as Secretary for the PSI Board.
Call the office if interested.

To register for Casino or Extended trips mail or bring a check to the center. Casino and Extended trips are payable by **check only to PSI** to reserve your spot, Casino trips are payment in full and Extended trips are a \$75 deposit per person. Each trip has a deadline date which is the date the balance is due, last day to register & last date to cancel and get a refund, unless your spot can be filled.

CASINO TRIP

FIREKEEPERS CASINO TRIP

January 20, 2022

Depart: 9:00a Approx. return: 5:00p

Price: \$30 includes Drivers Tip

Trip includes: Roundtrip Motor Coach Transportation

Casino Package: \$20 in free play

Deadline to register: January 6

EXTENDED TRIPS

WASHINGTON, DC

March 25-28, 2022

PRICE: \$475 P/P (DOUBLE OCCUPANCY) \$700 (SINGLE OCCUPANCY)

3 nights lodging, 3 breakfasts, 3 dinners, tram ride to Arlington Cemetery, visit to memorials and illuminated monuments, guided sightseeing tours, visit to Kennedy Center, and more.

Taxes and meal gratuities included. Deadline: January 25, 2022

CHARLESTON, SC & SAVANNAH, GA

June 6-11, 2022

Price: \$563* P/P (double occupancy) \$750* (single occupancy)

*Trip value is \$750 double, \$1008 single a 25% discount

5 night lodging, 5 breakfasts, 2 full course dinners, lunch at Paul Veech's Lady & Sons, guided tours of Savannah & Charleston, Magnolia Plantation, Charleston Harbor Cruise, and more.

Motor coach transportation. Taxes and meal gratuities included. Deadline: March 31, 2022

CHATTANOOGA, TN

August 25-30, 2022

Price: \$614* P/P (double occupancy) \$853* (single occupancy)

*Trip value is \$819 double, \$1138 single a 25% discount

5 night lodging, 5 breakfasts, 2 dinners, Southern Belle Dinner Cruise, 3 train rides (The Missionary Ridge Local, Lookout Mountain, Blue Ridge Scenic), and Rock City Gardens.

Motor coach transportation.

Taxes and meal gratuities included. Deadline: May 13, 2022