



Senior News October 2020

MEDICARE OPEN ENROLLMENT HELP

During the Open Enrollment Period, Area Agency on Aging Medicare Medicaid Assistance Program (MMAAP) will provide unbiased help with Medicare and Medicaid.

A team of certified volunteers answer questions, troubleshoot problems and help you understand the plan choices. It's a free service. MMAAP has decided to go virtual this fall. What that means is MMAAP is still going to host Open Enrollment Events, however, the events will be virtual allowing beneficiaries in our community to receive their regular MMAAP Open Enrollment counseling through our virtual platform Zoom for face to face counseling or telephonically.

You must have an appointment. Call 734-822-2117 to schedule an appointment.

Dates: Friday, October 30 and Friday, November 20

Times: 9:00am, 10:30am, 12:30pm, 2:00pm

PITTSFIELD TWP. FLU CLINIC

It's more important than ever to get a flu shot this fall.

Date: Wednesday, October 7th

Time: 10am – 12pm

Location: Pittsfield Twp. Senior Center

701 W. Ellsworth Rd.

Appointments are required.

To make an appointment call, 734-822-2117 or email, lundd@pittsfield-mi.gov

Most Insurance is accepted. Cost if uninsured is \$39.99

*Get the Shot
Not the Flu!*

VIRTUAL SEMINAR: 10 Principles of Long-Term Investing Resilience

Date: Wednesday, October 28

Time: 2:30pm

Presented by: Jerry Mangona, Financial Advisor with Edward Jones

 Zoom link coming soon

Pittsfield Twp. Community Center/Senior Center

701 W. Ellsworth Rd., Ann Arbor, MI 48108

734-822-2117 * www.pittsfield-mi.gov/senior

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 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. Please call the center at 734-822-2117 for additional details and to reserve a meal.

VIRTUAL ACTIVITIES

BINGO WITH PRIZES

Thursdays, 1:00pm

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

Meeting ID: 875 8011 4225 Password: 666880

Heartland Health Care will be sponsoring prizes for bingo. Each week Heartland donates prizes!!

To create a BINGO card before joining go to <https://bingobaker.com/play/1228516>

Or google how to make a bingo card.

AFS SENIOR STRONG

Fridays 12:00pm

<https://us02web.zoom.us/j/85484277737>

Join Katelyn, fitness practitioner BS CFP, with Applied Fitness Solutions every Friday. She has designed a workout with the specific functional needs of seniors in mind. Her goal is helping you assess your ability and modify exercises accordingly, essentially being there to coach you and help you stay on track! She will bring together the invigorating experience of a group exercise class with structure and support, like having a personal trainer.



WCC SENIOR FOCUS WEBINAR CLASSES

Washtenaw Community College Senior Focus classes are designed especially for older adults and will be held online this fall. The schedule of webinar classes for fall 2020 is attached. You can register online and will be emailed login information within 2 business days of registering.

Online registration: <https://bit.ly/RegisterSFWCCFall20>