

# Putnam Township Senior Center News July 2009

## Center Hours, Address & Phone Number

Hours: 10:00 a.m. – 2:00 p.m.,  
Monday – Friday

Address: 131 S. Howell St., Pinckney  
Phone: (734) 878-1810

## Center Staff

Here to serve your needs at the center:

Director – Cindy Kaye

Site Hostess/Nutrition – Juliann Roose

Senior Resource Advocate – Linda Bauby

Leroy Murray – Exercise Instructor

## Regularly Scheduled Activities

Exercise, Bingo, (Prize & Penny), Cards, Blood Pressure Testing, Glucose Testing, Ready Lets Walk Club, Trips, Educational Guest Speakers educational classes and More!

## Monthly Business Meeting

The monthly business meeting of the Putnam Township Seniors Organization is held the first Thursday of every month at 12:30 p.m. This months meeting will be Thursday, July 2, 2009

## Center Officers

President: Ethel Spencer

Vice President: Rosemary Soja

Treasurer: Joanne Beaver

Secretary: Katy Swarhout

Corresponding Secretary: Rita Balicki

Please remember in your thoughts and prayers: Gail, (Pat N's Daughter) Cynthia Barton-Spencer's father, Mr. Barton, Bonnie Wanty (Mavis's sister), Nancy Alles, and Marie Beard. Your thoughts and prayers do help but a phone call or a visit may be just what the doctor ordered☺



## Closed July 3, 2009 for Independence Day

### New Hours!

As of March 1, 2009 the center is open from 10 am – 2 pm



## July Birthdays

Al; Schuchmann celebrates on the 11<sup>th</sup>, Shirley Graham celebrates on the 18<sup>th</sup>, Judy Trombley celebrates on the 21<sup>st</sup>, and Loyal "Bud" Markham celebrates on the 28th.

Happy Birthday to all of our dear friends!

## Cards, Games and Good Food

Game day at the center in June we had Weiner Schnitzel

We had a 50/50 drawing and lots of fun! Our card games are going strong but, we now have a growing group of domino players! Join us on Tuesday July 21<sup>st</sup>, 3:30 for more fun

## Blood Pressure



Jennifer LaForge -Visiting Angels will provide this service on Thursday, July 9, 2009 at 11:30 am. Jennifer is new so please stop and say hello.



### **Senior Resource Alliance (SRA)**

The SRA is a group of businesses that have special discounts and service to seniors. Cynthia Barton-Spencer and Tina Lupi-Smith are members of the SRA and serve our center. On Sunday, June 14, the 2009 Senior Prom was held at Weber's Ann Arbor. The food was great, the entertainment was outstanding! Another successful Prom by Cynthia Barton Spencer!

### **Recycling**

We have a donation box for glasses that are recycled by our local Lions Club. It is located near the front door. We also have a container for batteries. Available to all residents.

### **Pinckney Community Library News**

Many new summer programs have been offered by the Library, Reading, movies, etc. Stop in to see what programs may interest you.

### **Pinckney Community Library Delivers**

If you are unable to visit the library due to physical limitations, they will deliver to you free of charge. If you are interested in this service please call 878-3888.



### **This month at the library;**

Calligraphy, One Stroke Painting, Wii gaming and Youth Summer reading program started in June. Sack lunch movies on Friday's July 3,10,17,24, 31, at 11 am  
Call 878-3888 for information.

### **Community Events**

The Pinckney Masonic Temple holds a breakfast every third Sunday of the month. This Month's breakfast will be on the 19th. St Mary's of Pinckney has breakfast 1<sup>st</sup> Sunday of the month.

Pinckney American Legion has a spaghetti dinner on July 10, and \$1 coney and & \$1 root beer floats on July 9 and 23rd

**The American Legion Hall** located 9087 Whitewood Rd., holds a spaghetti dinner the 2<sup>nd</sup> Friday of the month from 5 – 8. The cost is \$6.50 adult, \$5.50 seniors and \$3.50 youth (9 and under) Friday, July 10, 2009 Thursday, July 2, and Thursday July 16, 2009 are Coney nights at the Legion Hall from 5–8 pm \$1 Coney's and \$1 root beer float's!

### **Aid for Our Troops**

The American Legion is also collecting items to be sent to the troops. Some items requested are: gum, candy, and lip balm, wet wipes, hand sanitizer, and disposable cameras as well as sample shampoos, toothpaste, etc. Drop off at American Legion or call Jack at 810-231-1774 Or Rose at 734-878-6663

### **State office closures**

State offices will be closed for six days this summer to accommodate unpaid furlough days  
For state employees  
Office closure days:  
Monday, July 6<sup>th</sup>,  
Friday, July 24<sup>th</sup>,  
Friday, August 7<sup>th</sup>,  
Friday, August 21<sup>st</sup>.  
Friday, September 4,

### **Safelink Wireless**

Mobile phones are available to Income eligible Senior's at no cost to you. They provide a phone and 68 minutes per month. See Cindy for information.

**Linda Bauby  
Resource Advocate  
800-489-6107  
Here every 4<sup>th</sup> Thursday  
July 23, 2009 11 am**

### Loan Closet

Walkers, shower chairs, canes, commodes, and wheelchairs are available for residents at no cost. Call Cindy 878-1810



### Senior Corner-Highlight Senior Member

This month's Senior Highlight member is Frank Wright. As many of you know, Frank has been working hard on the flower bed in front of the Senior Center. Frank and his lovely wife Ruth have lived in the Pinckney area for 12 years. They have been married for 38 years and have 2 boys and 3 girls as well as 7 grandchildren and 1 great grandchild. In his spare time, Frank enjoys model railroading and boating.

### Spaghetti Dinner Fundraiser

**August 3, 2009**

will be our fundraising spaghetti dinner. Put on by the SRA-Cynthia Barton-Spencer. This is a chance for us to raise some money perhaps to go on a special trip. This time we will have a very special performance from a Dean Martin impersonator. I have heard he is wonderful! The dinner and show tickets are \$10 each and all of the proceeds go to the Senior Center. Tickets will be available on July 6, 2009

### Trips

A couple of trips are in the works, The Lansing "Lug Nuts" game is scheduled for July 29, and the trip to the **GAIA herbal gardens** was rescheduled for Wednesday July 15, 2009.

On August 26, the seniors will travel to **Frankenmuth** the cost is \$40.

On Monday, August 31<sup>st</sup> we will be traveling to **The New Fire Keepers Casino**. The trip cost is \$35 and you receive \$20 in coin, and \$5 in food vouchers. On Thursday, September 10, at 10 am we will depart for **The Blissfield Murder Mystery Train**. \$89 includes, 3 hour train ride with a mystery performance, your choice of Prime Rib, Seared Salmon, or Charleston Chicken.

### Bring a Friend and Exercise together!

Bringing a friend to exercise shows that you care! We all need a few minutes of exercise per day. It can be a short walk with a friend, a long walk at the Wal-Mart or Meier store, whatever you choose, make it a regular activity every day. You will feel better and you will soon notice that you will have more energy. Remember to eat plenty of fruits and vegetables to give you strength.

### Does technology scare you?

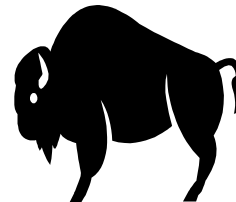
Have you not learned to use a computer because you think you cannot learn to use it? Once you learn a few basic skills, you would be amazed at what you can do. The information available to you is unbelievable! We would like to give you the opportunity to explore the many uses of the computer available to you at your center. Call Cindy for information.

### Leroy's exercise class

We are all very excited to move the exercise class outside into the park as soon as the weather permits. We are also hoping to gain more members for the walking club as the weather gets warmer. If you can, offer your assistance to help set up for class. As always, let's exercise to help keep us fit and keep our energy levels up. Remember, many activities that you do every day are considered exercise! See the list in your exercise folder.

### TMZ FARM TOUR

Thursday, July 30<sup>th</sup>, we will be taking the tour of the beautiful TMZ Farm. Get up close and personal with the Buffalo herd on a custom Buffalo Touring Wagon. Spend one hour learning about the history and habits of this great American Icon. The tour cost is \$5.00 and we will meet at the center and carpool to the farm.



### **THERE IS HOPE RESALE SHOP**

Located in a building at Bock's Feeds, this resale shop is there to help out the less fortunate. They have many items and receive more daily.

**Their Mission:** To help people with little or no insurance. We donate all profits after building expenses are paid to the Whitmore Lake Health Clinic. All employees are volunteers. We run solely on donations from the community.

### **SENIOR POWER DAY**

This year's annual Senior Power Day is on August 7, 2009. The event will be held at the Brighton High School and lunch will be provided by the Livingston County Senior Nutrition Program. There will also be many informational booths to visit and the entertainment is always worth the trip!

This annual event is put on by the Livingston County Consortium on Aging. Transportation will be provided from the Senior Centers to the event. (LETS)

### **Livingston County Department of Public Works, Solid Waste Program**

Household Hazardous Waste Collections-2009 schedule.

August 8, 2009 from 9 am to Noon

October 10, 2009 from 10 am to 2 pm

For more information visit their website at: [co.livingston.mi.us/solidwaste](http://co.livingston.mi.us/solidwaste)

**Faith Medical Clinic** – Located in The Village of Pinckney, is open to serve residents on Saturday's from 9am – 1pm. The clinic serves uninsured citizens with the medical help needed. If you would like to make an appointment, or have questions on how you can help the clinic help the less fortunate, call: 734-474-4627

### **BUFFALO BURGER BBQ**

Coming in August: Have you ever tried a **Buffalo Burger?** Hot off the grill? Join your friends at the Senior Center for our first Buffalo Burger BBQ. On Tuesday, August 18<sup>th</sup> from 3:00 pm – 6:00 pm we will have our first BBQ. On the menu: Buffalo burgers, chips, potato salad, baked beans and Jell-O. (other dishes may be brought in for the meal if you wish but, *it is not a requirement*. There will be game playing, cards, dominoes, and Ring a Peg in the park. How about a little competition? A Ring A peg tournament. Competition to begin at 3:30 pm. Sign up sheet will be in the sign up book.



### **Selecting, Storing and Serving Healthy Fruits.**

Nature offers us sweet and juicy choices for healthy eating. Summer is a wonderful time to work at increasing your intake of fresh fruit. Michigan strawberries, luscious cherries, apricots and soon raspberries. Support your local economy by purchasing locally grown produce. It doesn't get any fresher than fruit from a farmers market that was picked fresh that morning. To purchase fruit for quality, pick fruits that feel heavy for their size. This is usually a sign of juiciness and freshness. Smell the fruit to see if it has the characteristic aroma if that fruit. It shouldn't however, smell over-ripe. Fruit should be firm not mushy or hard.



