NEW SENIOR SERVICES LOCATION NOW OPEN!
West Bloomfield Parks renovated a 7,000 square ft. space inside the Orchard Mall and held a grand opening in January. The new space, called Connect, is now home to a variety of social programs for seniors including many fitness, lecture and art classes.

WHATS INSIDE:

INSTRUCTOR SPOTLIGHT ............................................... 2
FEATURED CONNECT CLASSES ..................................... 3-4
MEET CONNECT STAFF .................................................. 5
SENIOR RESOURCE GROUP ............................................. 6
CONNECT MEMBERSHIPS ............................................... 7
CROSSWORD PUZZLE ..................................................... 8
MEET JULIE LEVINSON
Julie has been teaching yoga classes for WB Parks since 1999.

1. What inspired you to start teaching Yoga?
I fell in love with the practice of yoga when I was introduced in the late 80’s while recovering from a dance injury. I was surprised by the incredible physical, mental and spiritual benefits I reaped almost immediately. I was enthused about becoming a teacher so that I could bring this practice to others so they too might reap the therapeutic benefits of yoga.

2. How long have you taught?
My first teaching job was working at WB Parks where I started substitute teaching in 1999 just before I completed my yoga teacher training in 2000.

3. Where were you born? Or where did you grow up?
I was born in Detroit and grew up in Oak Park and then Southfield.

4. What’s your favorite West Bloomfield Park?
Drake Sports Park

5. What is your favorite hobby?
I have a passion for dance, the arts and love cooking.

6. Fun Fact About Yourself That Would Surprise People
I have a wild and crazy sense of humor.

7. What else would you like to share?
I work full time as the Manager of the Healing Arts Program at Henry Ford West Bloomfield Hospital, also teaching adaptive, therapeutic yoga classes for patients and the community.

JULIE’S CLASSES:
Location: Connect at Orchard Mall, No class 4/7, 4/9

YOGA FOR REJUVENATION
Reduce stress while strengthening and improving your flexibility and mobility. This is a slow, safe and gentle class with most poses executed while seated or reclining on the floor. Use of hatha yoga postures, breath work and meditation are tools to move toward greater health and well-being. No prior yoga experience necessary.

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<td>5:30P-6:30P</td>
<td>$77/$87</td>
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YOGA AND MORE
Bring together your body, mind and spirit in this yoga class emphasizing alignment and safety. Address your health and well-being in this class which draws on several different styles of yoga incorporating yoga postures, breath work and meditation. Come join us and reap the benefits! Some yoga experience suggested.

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<td>10:15A-11:15A</td>
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GENTLE YOGA FOR HEALTH
Focus on the gentle therapeutic benefits of yoga for both the body and mind. The emphasis on this class will include, foundational poses, basic breathing techniques, deep relaxation, inner awareness and alignment to avoid injury. Come join us as we move toward greater health and well-being. No prior experience necessary. Participants must be able to get down and up from the floor on their own.

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REGISTER ONLINE AT WBPARKS.ORG OR CALL (248) 451-1900!
NEW DROP IN PROGRAMS AT CONNECT

These classes are all free for Connect members and don’t require pre-registration. See page 7 for Connect membership information.

SAUNTER AND SOCIAL WALK CLUB
Walk away the winter blues! Come join us at Connect for a chance to saunter through the Orchard Mall. Mall walking is a safe and warm way to fulfill your physical activity for the day. Walkers will meet in the Redbud Room inside Connect where we will leave as a group to walk the inside of Orchard Mall.

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COFFEE TALKS
Come join us for coffee and Q&A with distinguished leaders of West Bloomfield. Coffee talk is a 30 minute event where West Bloomfield Parks Commissioners, Directors and Superintendents spend time with Connect members for a brief interchange of ideas relating to seniors in the greater West Bloomfield area. Coffee Talks will be held in the Redbud Room at Connect. See website for speaker schedule: wbparks.org/connect.

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VICARIOUS TRAVELS
Vicarious Travels is a new program to look for in our Summer Guide. In this program you will experience fabulous travel destinations without leaving West Bloomfield. In one hour we will take you to some of the world’s greatest places through wonderful photography, narration and question and answer sessions. We will begin our shared journey to Antarctica, the Falkland Islands, Argentina and Chile!

Do you have an experience to share? It is a great way for those adventurous travelers to share their experiences, tips and recommendations with their community. We would love to hear from you! Please contact Erin Reeside at (248) 451-1926 or ereeside@wparks.org.

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BUNKO CLUB
Bunko is a dice game generally played with 12 or more players, divided into groups of four, trying to score points while taking turns rolling the dice. A bunko is achieved when a person rolls three-of-a-kind and all three numbers match the round number. Come join other Connect members in a social game of dice. Bunko will be played in the Dogwood Room at Connect.

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CHECKERS CLUB
Come to Connect to play a rousing game of Checkers against other members. It will be a round robin event where rotation among tables will occur to allow various playing partners and the opportunity to meet other Connect members.

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CORNHOLE CLUB
Cornhole is a game in which players take turns throwing a 16 ounce bag of corn kernels at a raised platform with a hole in the far end. A bag in the hole scores three points, while one on the board scores one point. Play continues until a team or player reaches or exceeds the score of 21 by means of cancellation scoring. Come play in the Dogwood Room at Connect.

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COMMUNITY TRANSIT:
WB Parks offers low cost transportation services for West Bloomfield residents who are:
- Senior citizens, age 55 and over
- Disabled citizens, age 16 and over

The fare is $2 each way. Medical appointments can be scheduled 28 days in advance. All other appointments can be scheduled two weeks in advance.

For more information or to schedule a transport, call (248) 706-2411.
FEATURED PROGRAMS AT CONNECT

STRETCH AND TONE

By Mary Suciu, Instructor

Over a short period of time, Stretch and Tone, an exercise program for people 50 and over, moved to three different locations. With each move, the number of participants has continued to grow, needing additional space. Thursday, November 7th, 2019, was our first day at Connect, West Bloomfield Parks’ new senior facility in the Orchard Mall. The turnout was greater than expected, a record sixty-two people attended. Many new faces, plus all the returning ones. Some participant’s comments: Nice large and fresh looking room; finally a place of our own; a convenient location and lots of parking.

WEDNESDAY LUNCHES AT CONNECT

Noon, $7 per person & must pre-register

We serve a delicious, locally made lunch at Connect every Wednesday. Each lunch includes a main entrée, side, dessert and drink. Cost is $7 per person unless otherwise specified and reservations must be made. Unfortunately, the advertised meal cannot be altered to accommodate dietary limitations or preferences. If you have special dietary requirements and are not able to eat what is on the menu you are welcome to bring your own lunch and join us for lunch at no charge.

For reservations, call (248) 451-1900 no later than 2 p.m. Monday preceding the scheduled date. If you do not call and reserve your meal we cannot guarantee availability. You will receive a receipt. Lunch is served promptly at noon.

March 4     Maurice Salad, fruit cup & French silk pie
March 11    Tortilla soup, chicken & chorizo quesadilla, & cookie
March 18    Quiche Lorraine, Spring salad with poppyseed vinaigrette & éclair
March 25    Vegetable lasagna, Italian wedding soup, garden salad, garlic bread & cake
April 1     French dip sandwich, waffle fries, coleslaw & Rice Krispie treat
April 15    Greek Salad, grilled chicken kebabs, tzatziki sauce, pita & brownie
April 22    Potato soup, mini Cuban sliders, carrot salad & coconut cream pie
April 29    Breakfast for lunch! French toast bar, scrambled eggs, fresh fruit & mini candy
May 6      Club sandwich on wheat, fries, quinoa salad & ice cream sandwich
MEET THE CONNECT STAFF

We sat down with Connect staff and asked them four questions to help you get to know them better:

1. What is your favorite thing about working with seniors?
2. What inspired you to work for WB Parks?
3. What is your favorite senior program?
4. Can you share a fun fact about yourself?

Heidi Russell, Senior Operations Coordinator
1. Each day is different, which I love. There is so much to learn from our senior participants. They have led such rich lives and their stories and perspective are so unique.

3. I love planning trips and outings all around the metro Detroit area for West Bloomfield residents. I love that we offer adults and seniors an opportunity to get out and experience new places that they might not have otherwise known about, or would not have ventured on their own. Getting positive feedback from participants that have had a really fun day on a trip brings me joy.

Ruth Simon, Customer Service Representative
2. WB Parks is in the business of fun and life enhancement. I love the positive vibe and the chance to interact with the community.

4. Did a handstand last summer for the first time since I was 8 years old after becoming a CrossFit convert.

Check out the next Senior Happenings edition for more features on Connect staff!

Ben Bur, Bus Driver and Transportation Scheduler
3. The trips of course! Always somewhere new to go, something new to see. Adventure after adventure!

4. I spent six years in the US Army as a medic.

Amy DeRosier, Recreation Operations & Systems Coordinator
1. I find that they have a ton of knowledge and experience that they want to share with others, which I greatly enjoy and brings a smile to my face.

2. I have a degree from MSU in Parks and Recreation Management and I love the amount of parks and outdoor space West Bloomfield has to offer. I’ve worked here for 12 years now.

Jes Alger, Customer Service Representative and Adult Softball Coordinator
2. I really like working for a city/township coordinating recreational sports to encourage lifelong health and activity.

4. I have played the french horn for 22 years and look forward to playing as long as I can.

Pictured left to right:
Sheila Nittmann, Bini, Ruth Simon, Erin Reeside, Jes Alger, Aaron Veatch, Ben Bur, Amy DeRosier, Kelly Hyer, Courtney Pickworth, Heidi Russell
Not pictured: Judy St. Amand

Connect hours:
Monday - Friday
9:00 am - 4:30 pm
CONNECT TO RECONNECT

By Tim Farris

Tim Farris is an independent financial advisor with Upstream Investment Partners. He is one of the past presidents of the West Bloomfield Chamber of Commerce and a key organizer of the SRG.

Winter is here and if you are anything like me, with all the cold and darkness, it makes it hard to get out and be social without a bit of structure. We know social interaction for seniors is important for so many reasons, from physical to emotional health. WB Parks’ Connect at Orchard Mall is now officially open. The folks over there are ready and have many resources available to keep us active and healthy. We are fortunate through WB Parks to now have a senior center, transportation services, classes and activities to engage us.

We already understand how important physical activity is as we age, but many people do not realize the impact social interaction has on our health. Socializing can be as effective as exercise in maintaining our quality of life. Adults who are letting go of their social interactions are putting themselves at risk for depression and dementia.

A 2011 study found that seniors who are socially engaged and maintain or increase their level of social activity have a slower progression of health decline than their peers who become more socially isolated. Another key finding of the study is that seniors do have control over their social lives. A major challenge is that winter seasonality can naturally cause social disengagement. Seeking out social activities with peers can lead to a sharper mind, as well as a sense of belonging. The health benefits of being socially connected are widespread, including a reduced risk of Alzheimer’s disease, cardiovascular problems, arthritis and osteoporosis because seniors are more active. It can boost the immune system, lower blood pressure and improve your eating habits (since eating is a very social activity).

On multiple occasions I have observed through our SRG trips and the SRG Talk Times, a renewed sense of community with our seniors. Whether it be making new friends or reconnecting in a couple of cases with high school and college friends.

When I worked in Marco Island, Florida in the 90s, my office served as a place to connect. Folks would stop by after golf or fishing, check in, say “hi” and stick around if a friend was there. It was a great sense of community that I look forward to experiencing here in West Bloomfield at Connect. Please stop by; I look forward to spending time together with all of you.

UPCOMING SRG TALK TIMES:

Each of the sections will focus on healthy, smart financial practices and wise decision making. Beverages and a light snack will be served during each presentation. Programs are free but require pre-registration. All Talk Times take place at Connect. Register by calling (248) 451-1900 or online at wbparks.org.

**MARCH:**
Marching to the Beat of a Healthy Drummer
2160-3A 3/18 W 1:30P-3:00P $0/$0 40+

**APRIL:**
Spring into Healthy, Wealthy & Wise Action
2160-4A 4/15 W 1:30P-3:00P $0/$0 40+

**MAY:**
A Stroke of Prevention
2160-1A 5/20 W 1:30P-3:00P $0/$0 40+
Memberships are not required to utilize Connect’s programs but there are benefits to purchasing a membership. Drop-in programs start at $2 per activity but are free for members. Membership fees help subsidize facility amenities and some programs.

Connect amenities include:
- Comfortable lounge area
- Table and chairs suitable for playing cards, crafting or reading
- Free coffee
- Free WiFi (coming soon)
- One computer center (coming soon)

Connect membership includes:
- Membership key tag
- Commemorative inaugural WB Parks Connect coffee mug
- Monthly Connect email blast
- Mailing of Senior Happenings newsletter three times per year
- One free luncheon (valued at $7 & not redeemable for cash refund)
- Invitation to annual membership event
- Reduced fees for select programs, classes and trips
- Pre-registration option for select classes, trips and other programs

Membership Registration and Rates:

To purchase a Connect membership, visit Connect at 6335A Orchard Lake Rd., West Bloomfield, 48322. Please bring your Driver’s License or identification card as proof of residency, as well as payment (VISA, MC, check or cash). Your photo will be taken and you will need to provide an emergency contact number. You will also need to complete a WB Parks Annual Accident Waiver, Release of Liability and indemnity/Hold Harmless Agreement.

Annual Membership Rate:
- $15 resident/$25 resident couple or $25 non-resident/$45 non-resident couple
- Memberships are for 12 months. Couple memberships are limited to two people in a household.

VOLUNTEER WITH MEALS ON WHEELS!

Meals on Wheels serves homebound people over 60 a hot meal five days a week. They serve seniors in West Bloomfield and need help delivering meals.
- Deliver a warm meal and companionship to homebound seniors.
- Volunteer as little as once a month or once a week.
- Routes are 10 - 13 stops and take about an hour to complete.

Please consider helping Meals on Wheels feed and help these seniors stay in their homes right here in West Bloomfield. Call 810-632-2155 for more information.
ACROSS
1. Jack Sparrow portrayer
5. 2012 Flo Rida song
9. Stack sellers, familiarly
14. Steel beam
15. Actor Andrew of 1990s TV
16. Brightly colored bird
17. 1980s teen idol
19. Melissa Etheridge song, "___ Only One"
20. Steak or paring, e.g.
21. Unable to get the job done
23. Singer Garfunkel
25. "___ Always" (Jewel song)
30. Certain ink savers
33. British corp. designation
35. Light and delicate
36. Contrue
37. Actor Wilson
39. Family name of folklore
42. Ticket remnant
43. Humped beast

Down
1. Actor Van Dyke
2. Black, to Blake
3. Equal prefix
4. Built in advance
5. Approximation suffix
6. Spiced beverage
7. Downfall
8. Arabian Peninsula inhabitant
9. Appear like
10. Overacting actor
11. Trick-or-treat mo.
12. Dismissive sound
13. Fin. neighbor
18. ____ mate (tealike beverage)
22. Swee’____ (Popeye’s baby)
24. High school math course
26. Frees (oneself of)
27. Minors
28. Good way to enter
29. Perishable product packaging phrase
30. Carol beginning
31. Miscalculate
32. In contention
33. Earring anchors
34. Between, to a bard
38. Author Ephron
40. Calf’s call
41. Range units, for short
44. Convention pin-on
46. Reconnoiterer
49. Puzzle
50. Reebok competitor
51. Yoga teacher’s instruction
55. Actress Garr
56. Censor’s target
58. On and after
59. B-52 initials
60. Old NASA landers
61. Brylcreem bit
62. East Ender’s aspiration
63. Longtime news inits.
64. Storage box
66. "___ Howdy Doody Time!"

The answers are available at the Connect customer service desk.
COZY, COMFORTABLE ASSISTED LIVING AND MEMORY CARE

All Services Included for One Low Monthly Price

- Medication Administration • Personal Reminders
- Three Home-Cooked Meals Daily
- Bathing Assistance • Full Activities Calendar
- Daily Housekeeping • Weekly Laundry Service
- Single-Level, Fireproof Building with a Backup Generator • Basic Cable
- Caring, 24-Hour Staff Supervised by a Full-Time Nurse • Free Wi-Fi

No Community Fee
VA Benefits Accepted • Long-Term Care Insurance Accepted
Licensed by the State of Michigan

In one visit, see what makes PREMIER, premier!
From the PREMIER SERVICE of our dedicated staff, to our PREMIER SELECTION of holistic and natural pet foods and products, to the PREMIER SAVINGS we offer everyday on everything we carry.

OUR GOAL IS...to be the PREMIER CHOICE for pets and YOU – the ones who love them.

Jeff Mike
OWNER: JEFF MINDELL | MANAGER: MIKE PETER

Spend $25 And Receive $5 in Dog/Cat Toys, Treats & Accessories! Your choice!

Spend $50 And Receive $10 in Dog/Cat Toys, Treats & Accessories! Your choice!

20% off Wild Bird Seed!
WE NOW OFFER SENIOR DISCOUNTS! COME IN FOR DETAILS!

Family-Owned & Operated for Over 35 Years

www.FarmingtonHillsInn.com

Family Owned & Operated for Over 35 Years

www.FarmingtonHillsInn.com

Thank you, Senior Resource Group, for another rewarding year of friendship, good conversations & adventures. I’m looking forward to joining you on more fabulous trips this year and beyond.

Allan Mindell, Brokerage Realtor Associate
Cell: (248) 739-1123

6445 W. Maple Road    |    West Bloomfield, MI 48322   |   248-661-1600
|   wbhrc.com

WEST BLOOMFIELD HEALTH & REHABILITATION CENTER

QUALITY HAS ITS REWARDS

When choosing a skilled nursing facility, nothing matters more than the quality of care and service delivered. But how do you judge quality without first-hand experience?

Fortunately, you can turn to impartial third-party experts who seek excellence - publishing annual assessments that help distinguish the very best in the industry. We are proud to announce that both Newsweek and U.S. News & World Report have each named West Bloomfield Health & Rehabilitation Center to their respective lists of “Best Nursing Homes” for 2020. It’s just more affirmation that quality has its rewards.

Come visit us and see how our award winning care and hotel-like amenities create the perfect environment for your short-term rehabilitative, and long-term nursing needs.
Downsizing? Upgrading? Selling or buying?
Helping mom or dad sell the house?

* Relieve stress  * Compassionately guide at your pace
* Evaluate what to fix (or not)  * Get quotes & work with contractors.
* Help declutter & downsize  * Bring CALM to your move.

Call us, we are your Senior Real Estate Specialists

Andi Sims
Senior Real Estate Specialist
(248) 613-2631
Andi@MyMovingMavens.com

Roberta Nebus
Senior Real Estate Specialist
(248) 345-0362
Rnebus@gmail.com

Care Patrol
Safer Senior Living, Your Goal, Our Mission.
Helping families find Assisted Living, Independent Living, Memory Care, and In-Home Care
(248) 563-4923
OaklandCounty.CarePatrol.com

Townehall PLACE
Senior Living
(formerly Regent Street Senior Living)
4460 Orchard Lake Road
West Bloomfield, MI 48323

“With the new day comes new strength and new thoughts.”
- Eleanor Roosevelt

It’s a new day for senior living in West Bloomfield.
With fresh new renovations, a new name and new management guided by Northstar Senior Living, we are just getting started!
DETROIT TIGERS OPENING DAY PARTY

Monday, March 30th from 12:30-4 pm at Connect, $7 for residents, $9 for nonresidents

Come cheer on the boys of summer at Connect for the Detroit Tiger’s Opening Day. Hot dogs, peanuts and cracker jacks will be provided. Come dressed as the ultimate Tigers fan as prizes will be awarded. Pre-registration is required by March 23, call (248) 451-1900.

SAVE THE DATE!
REGISTRATION NOW OPEN!

Senior Dance

MAY 6, 2020 FROM 6:30 - 9 PM
GLEN OAKS GOLF COURSE

GOURMET DINNER BUFFET
LIVE BIG BAND MUSIC
CASH BAR

$26/PERSON OR $170 FOR A TABLE OF EIGHT

SENIOR HAPPENINGS NEWSLETTER:
West Bloomfield Parks has contracted with LPI to print this newsletter with the majority of costs covered by local business advertisements. We will be mailing this newsletter out three times annually. If you’d like to be added to our distribution list, please call 248.451.1900.