SENIOR LES OCKS WEST BLOOMFIELD PARKS + RECREATION COMMISSION HAPPEN TO THE PROPERTY OF THE P



For even more programs happening this fall check out our Fall Guide!



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INSTRUCTOR SPOTLIGHT

Please help us in welcoming two new instructors to the WB Parks' team! Get to know a little bit about Manuela and Lois below!

SENIOR SPANISH INSTRUCTOR

HOW LONG HAVE YOU BEEN AN INSTRUCTOR?

8 years.

WHAT INSPIRED YOU TO BECOME INVOLVED WITH WB PARKS?

I have been working with another Center close to this one -Costick Center- for several years and I thought it could be interesting to teach Spanish here too.

WHERE DID YOU GROW UP?

I was born in Madrid (Spain) and I lived in Barcelona (Spain) and in different European countries for several years.

WHAT IS YOUR FAVORITE HOBBY?

I love teaching my language. Also I go for a walk in the woods every day to exercise. Nature in Michigan is spectacular!

FUN FACT ABOUT YOURSELF THAT WOULD SURPRISE PEOPLE

I really like to dance and I do it whenever I can. I also really like to crochet, I have several pieces made by me and given as gifts to my friends and family.

WHAT WOULD YOU LIKE TO SHARE?

I hope my students enjoy my classes. Knowing languages gives you freedom and culture and it also is an important training for your brain when you are over 50-60-70 years old.



MANUELA THOMPSON
SENIOR SPANISH INSTRUCTOR

SILVER SNEAKERS INSTRUCTOR

WHAT INSPIRED YOU TO BECOME INVOLVED WITH WB PARKS?

A few of my current class participants had mentioned the wonderful West Bloomfield Parks and Recreation Connect senior program to me during some of our many post-class conversations! They also informed me about the brand-new facility opening at 14 Mile and Farmington Rd., one member shared my phone number, and here we are!

HOW LONG HAVE YOU BEEN AN INSTRUCTOR?

I have been instructing classes since 2012.

WHERE WERE YOU BORN? OR WHERE DID YOU GROW UP?

I was born in Detroit and have lived in various parts of Farmington Hills since 1985.

WHAT IS YOUR FAVORITE HOBBY?

I enjoy reading (it's my downfall as a certified night owl) and I have to include working out, biking, exploring lighthouses and decorating!

FUN FACT ABOUT YOURSELF THAT WOULD SURPRISE PEOPLE

I am a retired elementary music/classroom teacher and I've sung at Carnegie Hall in New York City (Not solo, but as part of a group)!

WHAT WOULD YOU LIKE TO SHARE?

I've always been a "dog person," and miss our doggy Boomer; however, we now have 2 rescue kitties, Princess and Buddy! (Buddy thinks he's a dog!)



LOIS COSTELLO
SILVER SNEAKERS INSTRUCTOR

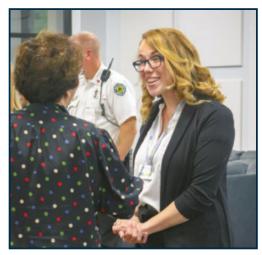
SENIOR HAPPENINGS

CONNECT UPDATE

Dear West Bloomfield Seniors,

We have settled into our new Connect senior gathering space, hosting new programs and even expanding services in our first, short months open. We look forward to top-notch programming, special events, growing connections with all of you and celebrating the Nature of Community in this space.

Since June we have tested pilot programs and our doors opened officially on August 23, with an Open House attended by 450 community members. Since then, approximately 2000 seniors have dropped by to enjoy the new space. The dedication of the older adult community is apparent and we are eager to deliver senior recreation, life enrichment and wellness, right here in West Bloomfield.



Pictured: Kay McMahon on August 23, 2023

Onwards and Upwards,

Kay McMahon, Senior Services Manager

SENIOR LOAN CLOSET-NEW!

The lending closet has a supply of donated handicap items, which residents may use on a short-term basis. Donations are accepted based on need and condition. To be accepted, items must be: new or gently used, thoroughly cleaned, in very good condition and ready to lend. Call 248-451-1935 or ask a Connect team member how you can donate or borrow!

Donations We Accept:

- Walkers
- Crutches
- Canes
- Reaching sticks/grabbers
- Non-motorized wheelchairs
- Push scooters
- Tennis balls for walkers

Donations Not Accepted:

- Commodes or toileting items
- Shower chairs
- Shower benches
- Transport chairs
- Motorized wheelchairs
 - Medical beds





CONNECT HOURS AND SEASONAL CLOSURES

Hours of operation: 8:30AM-4PM. Connect will be closed the following dates:

CLOSED

Thursday + Friday, November 23 + 24

CLOSED

at 11:30AM Friday, December 8

Until 11AM Wednesday, December 13

CLOSED

12/25-1/2: Winter Holidays Closures

Thursday, January 11

CLOSED

Monday, January 15

WEST BLOOMFIELD PARKS

FEATURED PROGRAMS

SENSATIONAL SHOPPING

Get your holiday shopping done, socialize with others and leave the driving up to us! Registration covers round-trip transportation from the Recreation Activities Center. Lunch is on your own.

The bus leaves at 9:30AM and arrives back around 3PM. Pre-registration required.

October 25 - Downtown Plymouth.

November 22 - Great Lakes Crossing, Auburn Hills.

December 6 - Somerset Collection, Troy.

PING PONG & OPEN GAME ROOM

Join us on select weekdays for Drop-In Ping Pong and Drop-In Open Game Room at Connect.

Drop-in registration is recommened for all participants and all who are pre-reigistered will be entered into a grand prize drawing on the last Friday in October!

To register visit wbparks.org. Drop-in sessions are free for members.

Ping Pong- Tuesdays & Thursdays 1:30-4P

Game Room- Mondays & Wednesdays 1-4P

SENIOR WITH DEPUTY DAVE

MONDAYS AT 10:30 AM AT CONNECT

FREE!

Join West Bloomfield Township Fire Department, Deputy Fire Marshal, Dave DeBoer for a series on Senior Safety.

Free refreshments provided. Pre-registration required.

10/23- DRUG BRING BACK DAY
11/20- SENIOR RISK REDUCTION



VETERANS MEETUP

Join other vets for our Veterans Meetup. Enjoy a presentation of "Rosie the Riveter," given by the American Rosie the Riveter Association. Offered in collaboration with West Bloomfield Township Public Library. No charge for veteran or guest. Pre-registration required.

Location: West Bloomfield Township Public Library

12/6 | W | 11A-12:15P| FREE



AARP SMART TEK

This 90-minute workshop includes an overview of top vehicle safety technologies, a step-by-step guide of how these technologies work and how they can make driving safer and more enjoyable. Pre-registration required.

Location: Connect

10/30 | M | 10:30A-12P| FREE



4 SENIOR HAPPENINGS

SAFETY SPOTLIGHT

SENIOR SAFETY TEAM

West Bloomfield Community leaders have joined to identify ways to strengthen the core of our senior community through the lens of risk-reduction. Through a shared desire to prevent falls and senior risk, we have slated monthly time together to establish resources to best meet the safety-needs of older adults in West Bloomfield.

In partnership with Jewish Senior Life (Barbra Giles), WB Parks (Kay McMahon), WB Fire (Dave DeBoer) and Henry Ford Health (Nicole Matthews), we are proud to pilot the Senior Safety initiative in our community and bring education and information back to our respective institutions to help enhance senior safety, wellness and risk-reduction.



FOSTERING COMMUNITY THROUGH MOVEMENT!

By Sheila Nittmann- Connect Membership Manager

Did you know that the Center for Disease Control (CDC) recommends 150 minutes per week of moderate activity for people ages 65+, such as strength training and balance exercises? Or, perhaps, if you are able, brisk walking or line dancing? WB Parks offers many affordable programs to maintain vitality for seniors with various abilities. Yes, senior programming and mobility is a priority at WB Parks!

Nick Suciu, a veteran Connect Member and long time participant with WB Parks, shared that "when you get to be a person of a certain age, it is very important to keep moving and stay active; it's critical for maintaining independence and every little bit WB Parks offers is helpful."

Dr. Vinod Puri, another Connect Member and avid Ping Pong player, shared that "Table Tennis makes me feel better...it's good for hand-eye coordination and engages the brain." Ping Pong has been described as playing chess while running a sprint, and if you stop by Connect on a Tuesday or Thursday from 1:30- 4 PM, you'd agree with this description! Ping Pong happens to be a viable form of exercise for coronary patients as well as a fun and social game.

Walking is another amazing, simple act of movement, no matter the pace, which promotes community and connections. Dr. Ashok Gupta, Connect Member and advocate of the education and empowerment of walking, encourages the good people of West Bloomfield to start walking 5 minutes a day with a neighbor, friend or even stranger. Dr. Gupta says he learns more about a person in a 5 minute walk than perhaps having them for 20 years as a patient! "West Bloomfield has a wealth of history with its trails; I started walking over 18 years ago, giving pedometers to patients and can't say enough about how walking is good for the brain as well as the heart. Any way we can energize our seniors is crucial and walking together is a good start."

Nicole Matthes, BSN RN and Coordinator of Trauma Injury Prevention with Henry Ford Health System stresses that it is important to:

- Know your baseline with your personal level of mobility.
- Ask your doctor for Physical Therapy to help with strength and balance.
- Find activity that works for each individual person to ensure vitality and to stand up slowly at all times; it's not a race!

Keep moving West Bloomfield seniors! WB Parks is here for you with our programs, staff and new Connect Senior Space in Simsbury Plaza. Let's go!

Resources:

Walkwithadoc.org, CDC, Ms. Nicole Matthes, BSN RN, Dr. Vinod Puri, Dr. Ashok Gupta, Mr. Nick Suciu

WEST BLOOMFIELD PARKS 5

VOLUNTEER OPPORTUNITIES

VOLUNTEER WITH US!

Connect has a variety of fun volunteer opportunities including: greeters, game and craft assistants, registration assistants, program assistants, prep work, nature program assistance and much more. The success of many of our programs and events depends on the efforts of our volunteers. Those who contribute their time, energy, and talents make it possible for our residents to have an enjoyable recreation experience!

VOLUNTEER WITH US!

WB Parks is seeking volunteers to assist with the following tasks and events:

Heroes Cheerleaders

Greet our Veteran-Heroes with a round of applause and thanks.

11/7, 8AM - West Bloomfield Middle School

Senior Newsletter Mailing

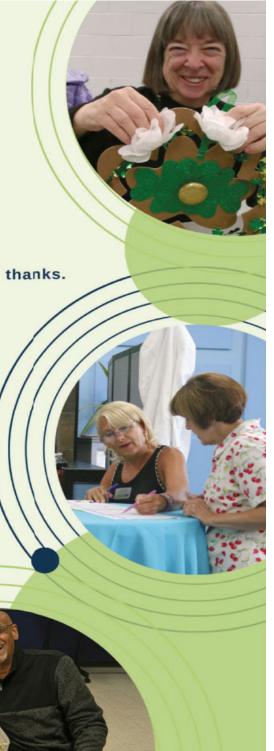
Volunteers needed 3x a year in January, May, October Dates TBD, Sign Up Online

Senior Volunteers General Roster

Ongoing Opportunities, Sign Up Online

Pre-registration online is encouraged!

Visit wbparks.org/volunteer to learn more!



NEW STAFF FEATURE

Please join us in welcoming some new faces to our WB Parks team. Carrie Younker is joining Connect as our new Senior Programmer and Vicki Cox is serving as the newest addition to our CSR team!

1. WHAT IS YOUR FAVORITE THING ABOUT WORKING WITH SENIORS?

Carrie: My favorite thing about working at Connect are all the fabulous people I get to work with and meet. I am a people person and it provides me with deep joy to be surrounded by such wonderful people.

Vicki: What I like about working at Connect is the energy.

2. WHAT INSPIRED YOU TO WORK FOR WB PARKS?

Carrie: I was inspired to work at West Bloomfield Parks right away during my initial interview for the Senior Programmer position. I could feel the passion from the Senior Services Manager who was interviewing me and I immediately knew I wanted to join her in creating a fantastic space for Seniors.



CARRIE YOUNKER PROGRAMMER

Vicki: Working at WB Parks makes me feel closer to nature and getting to inspire our customers to do the same.

3. WHAT IS YOUR FAVORITE SENIOR PROGRAM?

Carrie: I am looking forward to hosting my first Harvest Luncheon for the Seniors using my creative and fun ideas hoping it will become a favorite annual program.

Vicki: I am still deciding my favorite senior program!

4. FUN FACT ABOUT YOURSELF.

Carrie: A fun fact that many people do not know about me is that I held a state record for 5 years in archery when I was a teenager. It was using a compound bow, on a traveling trail course, under several different yardages at different targets.

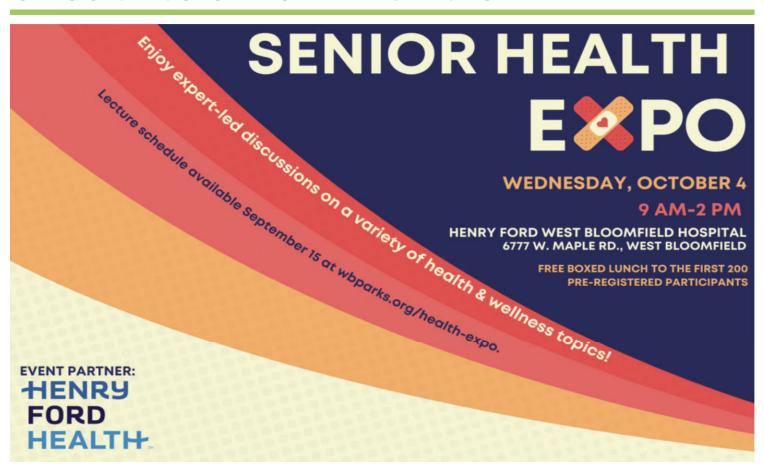
Vicki: One fun fact about myself is that I am enthusiastic!



VICKI COX
CUSTOMER SERVICE REPRESENTATIVE

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UPCOMING SPECIAL EVENTS







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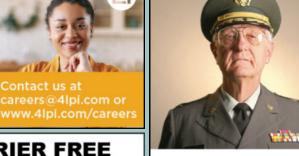
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DRESS TO THE NINES AND BRING YOUR DIMES FOR A GLAMOROUS NIGHT! MAKE THIS A SPECIAL NIGHT FOR YOU AND ONE OTHER OR BRING YOUR WHOLE CREW TO STRUT THE NIGHT AWAY.





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.