

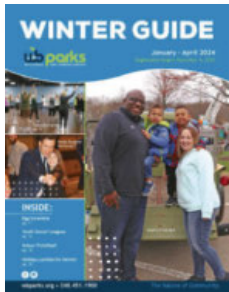
SENIOR HAPPENINGS



EARTH DAY CELEBRATION PG. 12

February 2024

For even more programs happening this winter, check out our Winter Guide!



*This newsletter was published on 2/2/24
Information printed considered accurate.*

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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 Kim and Cindy below!

DIAMOND PAINTING INSTRUCTOR

HOW LONG HAVE YOU BEEN AN INSTRUCTOR ?

I have been teaching for 3 years, although I have been diamond painting for 5 years.

WHAT INSPIRED YOU TO BECOME INVOLVED WITH WB PARKS ?

To teach my love of diamond painting to the community.

WHERE DID YOU GROW UP ?

I was born in Queens, NY and moved to Michigan when I was 12. My father was employed as the Comptroller for the Renaissance Center when it was being built.

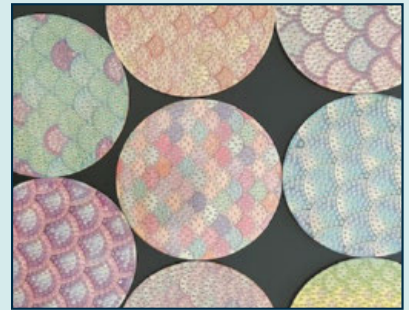
WHAT IS YOUR FAVORITE HOBBY ?

Besides Diamond Painting, I love to read romance novels.



KIM ODERKIRK

DIAMOND PAINTING INSTRUCTOR



Learn more about Diamond Painting on pg. 4!

EUCHRE INSTRUCTOR

HOW LONG HAVE YOU BEEN AN INSTRUCTOR?

I have been teaching at WB Parks, since September 2023. Prior, I've taught in secondary schools and in corporate settings.

WHAT INSPIRED YOU TO BECOME INVOLVED WITH WB PARKS?

I love to play euchre and thought West Bloomfield might want to offer weekly games, along with workshops for people who want to learn to play.

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

I grew up in Allen Park.

WHAT IS YOUR FAVORITE HOBBY?

Dancing of all sorts -- ballroom, especially swing, cha cha, and salsa; folk and contra dancing. Another favorite is drumming -- Taiko or in drum circles.



CINDY ROSE

EUCHRE INSTRUCTOR

CONNECT UPDATE

Connect is your “one stop shop” for seniors! Grab a coffee at Connect, a bagel for 10% off when you show your membership card at Jersey Bagel or enjoy 10% off your grocery bill on Tuesdays at Busch’s with the My Way senior discount!

In 2023, we celebrated the grand re-opening of Connect at our new location. Since we have opened, we have gained 160+ new members as well as had over 7,500 visits for drop-in programs.

In 2024, we are excited to expand services and programs to seniors. Stay tuned for new opportunities surrounding social services as well as overnight travel opportunities coming soon!

Onwards and Upwards,
Kay McMahon, Senior Services Manager



Connect Senior Center is located at
33230 W 14 Mile Rd., West Bloomfield.
Hours of operation: 8:30 am-4 pm

DROP-IN SCHEDULE

Drop-in programs are free for Connect members and start at \$2 per activity for non-members.

- Open Game Room: Monday and Wednesday, 1-4 pm
- Line Dance: Tuesday and Friday, 11 am-12 pm
- Ping Pong: Tuesday and Thursday, 1:30-4 pm
- Stretch and Tone: Tuesday and Thursday, 9-10 am



Unscramble all of the WB Parks related words
and write your answer in the space provided!
Answers at the bottom of pg. 4

- RAKP _____
- TCONECN _____
- ILEN DNAEC _____
- REMMBHESIP _____
- TPRI _____

FEATURED PROGRAMS

DIAMOND PAINTING-NEW!

Diamond Painting is the newest art craze that uses an applicator to apply sparkling resin rhinestones on an adhesive color-coded piece. Join artist, Kim Oderkirk, as she instructs and helps with the provided diamond painting coaster to be completed in class. Fee includes all materials.

March - St. Patrick's Day Coaster
April- Mermaid-Tail Pastel Coaster

Location: Connect

3/11 | M | 1:30-3P | \$25/\$30
4/15 | M | 1:30-3P | \$25/\$30



SPANISH FOR SENIORS

Learning a new language is a great way to keep the mind sharp. This fun class will teach Spanish through games and activities.

Location: Recreation Activities Center

Spanish 1A - for beginner students.
Beginning 3/4 | M | 1- 2P | \$60/\$70

Spanish 2A - for beginner-advanced students, or those who have taken Spanish 1 with the instructor.
Beginning 3/4 | M | 2:15-3:15P | \$60/\$70

DSO TRIP: COUNTRY HITS

Like a Nashville recording session brought to life, experience a who's who of the Grand Ole Opry, featuring the songs of Patsy Cline, Dolly Parton, Willie Nelson, Johnny Cash and more.

All seats are on the main floor within the first four rows of the stage. Cost includes round-trip transportation to and from the Max M. Fisher Music Center.

Location: Bus departs from the Recreation Activities Center
4/26 | F | 9:15A-1:45P | \$87/\$97

EXERCISE YOUR MIND

Local professionals share their wisdom and advice. A meal is provided at no charge. Pre-registration is required.

Heart Health

Cardiologist Dr. Kellsey Peterson will share tips on improving heart health as we age, navigating cardiac emergencies and more.

2/28 | W | 12-1P | FREE

Location: Recreation Activities Center

Sponsored by



Pain Management

Learn information and techniques about managing lower back pain.

3/8 | F | 12-1P | FREE

Location: Connect

Sponsored by



Health & Aging

Learn how to grocery shop on a budget, eat with the environment in mind and the importance of strength training.

4/26 | F | 12-1P | FREE

Location: Connect

Sponsored by



WB PUBLIC LIBRARY POP-UP - NEW!

Each month, a librarian from the West Bloomfield Public Library will be at Connect with new books and media available for checkout. They will be able to help residents sign up for and renew library cards, place holds on materials and register for upcoming library programs. Return of library materials cannot be accepted at this event.

Location: Connect

Beginning 3/11 | M | 1-2P | FREE



CONNECT MEMBERSHIPS

MEMBERSHIP UPDATES

MEMBERSHIP REGISTRATION AND RATES:

- \$15 resident individual / \$25 resident couple*
- \$25 non-resident / \$45 non-resident couple*

*a couple is two people living within the same household



To purchase a Connect membership, visit Connect or the Recreation Activities Center. Please bring a driver's license or identification card as proof of residency and also payment. We accept cash, check and credit card. Each member will complete a WB Parks annual waiver, release of liability, and indemnity/hold harmless agreement. Membership duration is for 12 months from date of issue and there is a gift for you when you join and renew! Services and perks are subject to change based on availability and space.

CONNECT MEMBERSHIP SPOTLIGHT SHINES ON OFELIA LOPEZ SALARTE

By Kay McMahon- Senior Services Manager

Ofelia grew up and studied in Manila. She is a widow with two sons and four beautiful grandkids, a girl, a boy, and a set of twin boys aged ten. For 40 years she practiced Nursing in Michigan's prominent high-tech hospitals, including: Pontiac Osteopathic Hospital, Mt Carmel Hospital, Sinai Grace Hospital, William Beaumont Royal Oak Hospital, Henry Ford West Bloomfield Hospital, and worked part time at Notting Hill Rehab. She was nominated four times for the Daisy Award for Extraordinary Nurses. Her nursing specialties include Trauma, Medical - Surgical, Orthopedic, Stroke Step Down Unit, Telemetry and Pediatric Epilepsy Monitoring Unit.

Ofelia has been a member of Connect for 3 years. In her free time, she has participated in numerous Connect member events, holiday lunches such at Harvest Day, St. Patrick's Day, Oktoberfest, many trips with the Senior Resource Group, and several lectures. You can find her admiring special event details and designs, offering a job well done and taking many photos.

A devout Catholic, she is an Eucharistic Minister & Offertory Usher every Sunday at St. Fabian Church in Farmington Hills. Her hobbies include dancing, advocating for her beautiful Filipina communities, socializing and giving back to her community.

In 2001, Ofelia was president of the Philippine - American Senior Citizens of Metro Detroit. Ofelia's motto in life is one we should all stop and listen to: "Age should not define you. You are in control and you define who you are." Age is just a number, she says. She has sizzled her way into her 60's and she is going to be sizzling beyond. Recently, Ofelia won third place in the Ms. Senior Philippine pageant to raise funds for a new Philippine American Cultural Center in Southfield. She has a willingness to try new things, seeks fun opportunities and shares compassion towards everyone she meets. Ofelia lights up the room when she walks in; she is a good friend to all. Ofelia reminds us to have fun, to dress the part and to show up for the fun times in life with the same tenacity and vigor you show for your day job. Through her enthusiasm, talent, passion and time, she challenges the status quo on aging.



NEW EVENTS

FABULOUS 50'S: LUNCH, LISTEN & LEARN

By Carrie Younker- Senior Programmer

Do you have a song that gets your feet tapping? Are there some lyrics that bring upon a special memory for you when you hear them? Did you know that music can help foster health benefits?

When you find that special song that you enjoy listening to over and over again to the point you are singing along with the artist, you are increasing your memory processing and recall. This can help reduce and possibly prevent symptoms of dementia and cognitive memory loss.

In listening to a variety of music styles, you can self-improve on your language and speech skills. The lyrics in a song can increase your vocabulary tremendously. You can also lower stress and anxiety levels by listening to some of your favorite tunes. These are just a few examples of the many benefits music can provide.

Please join us for a musical performance by Fabulous 50's along with a discussion about the ways music can benefit you.

Pre-registration required.

Location: Connect

4/19 | F | 1-2P | \$7/\$9

A poster for the 'Fabulous 50's' event. It features a red rounded rectangle with the text 'Fabulous 50's' in white. To the right, it says 'Sponsored by Home Instead' with a logo. Below the title, it says 'LUNCH LISTEN & LEARN!' in bold. The date and time 'April 19 1-2 pm' are in red. The word 'Connect' is in red. A red microphone on a stand is on the right. Musical notes are floating. At the bottom, a red box contains the text 'Residents \$7 Nonresidents \$9'. A small text block says 'Join the band Fabulous 50's and listen to some music while enjoying a finger food lunch. Learn about the original artist and how music can be an educational tool for seniors!'. The background is orange with a red and white checkered floor at the bottom.

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Home Instead
For us, life's personal

Fabulous 50's

LUNCH LISTEN & LEARN!

April 19
1-2 pm
Connect

Join the band Fabulous 50's and listen to some music while enjoying a finger food lunch. Learn about the original artist and how music can be an educational tool for seniors!

Residents \$7
Nonresidents \$9

Resident \$11 / Nonresident \$13



KENTUCKY DERBY DAY

May 10
12-1pm
Connect

Sponsored by



Celebrate the 150th Kentucky Derby by crafting a unique Derby hat & placing your bet on derby-themed races and games!

STAFF FEATURE

Get to know a little more about two of our Connect Customer Service Representatives, Kelly LoGiudice and Darcell Brown!

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

Kelly: I enjoy working with seniors because they never fail to amaze me. So many people come into the doors of Connect with so much knowledge. It is so amazing to speak to our customers and help provide them with a place to come to and make friends.

Darcell: I love providing a welcoming and happy smile when they come and visit us. I love to talk to them and find out about their lives and hobbies. I love the positive energy and wisdom seniors provide. Also, their jokes are very funny.

2. WHAT INSPIRED YOU TO WORK FOR WB PARKS?

Kelly: I was looking for a job that would both challenge me and provide a connection with nature.

Darcell: I have lived in West Bloomfield for 13 years now and I wanted to give back and be involved in the wonderful programs and services to West Bloomfield residents.

3. WHAT IS YOUR FAVORITE SENIOR PROGRAM?

Kelly: My favorite senior program is Drop-in Line Dance on Tuesdays & Fridays.

Darcell: Drop-In cards. The ladies are serious card players and I enjoy their competitive nature.

4. FUN FACT ABOUT YOURSELF.

Kelly: For about 15 years I have been shooting competition archery. I have earned many medals and pins from TCAA, MAA and NFAA for competing and finishing with high scores in my division. I currently shoot on a club team in Commerce, MI.

Darcell: I have a wreath business called All Around the Wreath that I have had for four years now. I make custom holiday wreaths, garlands and table scapes.



KELLY LOGIUDICE
CUSTOMER SERVICE REPRESENTATIVE



DARCELL BROWN
CUSTOMER SERVICE REPRESENTATIVE

UPCOMING SPECIAL EVENTS



ADVISE. ASSIST. ADVOCATE.

VETERANS RESOURCE FAIR

Cost: Free | Registration Required

Mar. 14, 2024 | 9 AM - Noon

WB Parks Connect Senior Center | 33230 W 14 Mile Road

West Bloomfield, MI 48322 Register at: wbparks.org/veteransfair



12-1:30 PM

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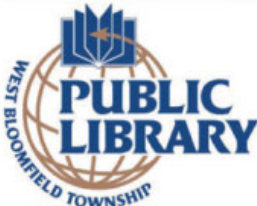
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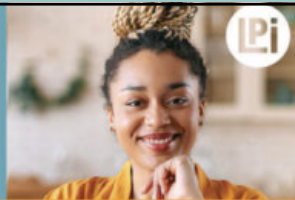
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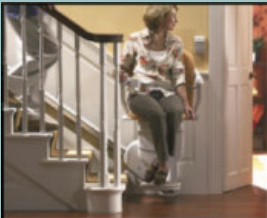
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10/15 - 10/18

Stay tuned for registration
information at wbparks.org

wb parks

EARTH DAY CELEBRATION

THURSDAY, APRIL 18
Pre-registration requested!

4-6PM
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One registration per household. Seller registration opens April 1.
[Visit wbparks.org/garage-sale](http://wbparks.org/garage-sale) for details & restrictions

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