



Commerce Township
Richardson Review



March & April

Richardson
Community
Senior Center

1485 E. Oakley Park Rd.
Commerce Township, MI 48390

Phone (248) 926-0063
Fax (248)325-5349
8:00am - 4:30pm Mon - Fri

www.commercetwp.com

Director

Emily England
eengland@commercetwp.com

Staff

Allison Kennedy
akennedy@commercetwp.com

Melissa Gardner
mgardner@commercetwp.com

Letter from the Director

We have some great activities coming up over the next couple of months. Rachel will be back with her popular doormat classes, Affinity Senior Care will be visiting on to get your picture taken with the Easter Bunny and 2U Vision will be back with their optical store and they will be offering free cleanings and adjustments for your glasses. March is Colon Cancer Awareness month, join us for a presentation from representatives with the DMC Charach Cancer Treatment Center at Huron Valley Hospital.

In April we will have Great Lakes Crafting back at the Center for another wonderful glass art project. The Senior Compass group will be here on April 17 with their "Ask the Advisor" session. Interim Home Health will be back for their Grief and Loss Discussion Group.

Sincerely,

Emily, Allison, Melissa & Maria

Commerce Township provides information about seminars and workshops, we do not endorse any private company; we merely inform consumers of the availability of the service. As a consumer, you are encouraged to independently research and ask for referrals.

SIGN UP FOR ALL FUNCTIONS AND EVENTS AT THE CENTER WILL TAKE PLACE ON February 14 @ 8AM. NO RESERVATIONS WILL BE TAKEN BEFORE 8AM. PLEASE LEAVE A MESSAGE, WE GO BY TIME STAMPED ON VOICEMAIL, YOU CAN ONLY RESERVE FOR 2 PEOPLE WHEN YOU CALL.

Senior Lunch Program

The senior lunch program is available Monday thru Friday at 12:00 noon. Please, call our center to reserve your lunch a minimum of 2 business days in advance.

248-926-0063



SERVICES

Important Phone Numbers

Commerce Twp. Offices
248-624-0110

**Police Department Non
Emergency**
248-858-4950

Commerce Twp Library
248-669-8108

Alzheimer Association
800-337-3827

AgeWays
(Area Agency on Aging)
800-852-7795

Social Security
800-772-1213

**Oakland County Health
Division**
800-848-5533

Haven 24 hour Crisis Line
877-922-1274

Meals on Wheels
810-632-2155

People's Express
877-214-6073

Join me for Lunch



**CLIP THIS COUPON AND RECEIVE
1 FREE LUNCH THE MONTH OF
YOUR BIRTHDAY!**

**PLEASE CALL 2 DAYS IN
ADVANCE TO REGISTER
FOR LUNCH**

248-926-0063



**RICHARDSON SENIOR
CENTER**

Day: First Wednesday of the month

Time: 10AM - 2PM

- Lay papers flat
- No paper clips
- Remove items from envelopes
- Only items that need shredding
- No checkbooks




****Limit 1 plastic grocery bag per senior****



Donations are always welcome at the Richardson Senior Center. Here is a list of supplies we use:

- Coffee**
- Napkins**
- Small Plates**
- Paper Towels**
- Plastic Silverware**



Sign Up policies

**SIGN UP BEGINS
WEDNESDAY, FEBRUARY 14
@ 8:00AM**

MANY OF OUR ACTIVITIES HAVE LIMITED QUANTITIES, WE WILL TAKE SIGN-UPS IN THE ORDER THEY ARE RECEIVED. IF YOU CALL AND WE DON'T ANSWER, PLEASE LEAVE A MESSAGE, WE WILL GET BACK TO YOU TO CONFIRM YOUR REGISTRATION!

Richardson Senior Center
248-926-0063

When calling to register for an activity, you may register for yourself and 1 additional person. Any calls received before 8 AM will not be added to event registration.



Richardson Senior Center

WEEKLY

Monday

9:30 - Total Body
11:00 - Mahjong
12:00 - Lunch
1:00 - Yoga

Tuesday

9:30 - Knit & Crochet
10:00 - Woodcarving
12:00 - Senior Lunch
12:30 - Euchre
1:30 - Zumba Gold

Wednesday

9:30 - Total Body
12:00 - Senior Lunch
12:00 - Pinochle

Thursday

10:00 - Yoga
12:00 - Lunch/Movie
12:30 - Bingo
1:30 - Zumba Gold

Friday

9:00 - Art
9:30 - Total Body
12:00 - Senior Lunch
12:30 - Mexican Train
12:30 - Hand/Foot
12:30 - Bridge

UPCOMING EVENTS

Thur. March 7 - CarePatrol Pizza

Fri. March 8 - Doormat Class

Tue. March 12 - Potluck

Wed. March 13 - 2U Vision

Fri. March 15 - Easter Bunny

Thur. March 21 - Computer Club

Fri. March 22 - DMC Presentation

Tue. March 26 - Theme Lunch

Wed. March 27 - Book Club

Wed. March 27 - Computer Help

Thur. April 4 - CarePatrol Pizza

Tue. April 9 - Potluck

Wed. April 10 - Computer Help

Fri. April 12 - Glass Art

Wed. April 17 - Senior Compass

Thur. April 18 - Computer Club

Mon. April 22 - Grief Group

Wed. April 24 - Book Club

Tue. April 30 - Theme Lunch

REGULARLY SCHEDULED EVENTS MAY BE CANCELLED OR MOVED FOR SPECIAL EVENTS ON OCCASSION. PLEASE CHECK THE BACK CALENDAR FOR ANY NOTICES AND FOLLOW OUR FACEBOOK PAGE FOR LAST MINUTE UPDATES



CARDS



Pinochle

Wednesday
12:00 - 3:30



Hand, Foot & Knee

Friday
12:30 - 3:30



Euchre

Tuesday
12:30 - 3:30



Bridge

Friday
12:30-3:30



Activities



Art Group

Friday
9:00 - 11:00



Knit & Sew

Tuesday
9:00 - 11:00



Mexican Train

Friday
12:30-3:30



Thursday 12:30 - 3:30

\$0.25/card



Mah Jong

Monday
11:00 - 1:00



Yoga

with Debbie



Debbie's vinyasa style class welcomes all levels, including those that have never practiced. The flows are developed with the senior body in mind. Debbie is RYT200 certified with 5 years of teaching experience and has been practicing for 15 years.

Richardson Senior Center
Monday 1:00 PM - 2:00PM
Thursday 10:00 AM - 11:00AM

COST: \$5/CLASS



TOTAL BODY FITNESS

Patty has been interested in fitness her whole life and is passionate about helping others feel great and has been working with the senior population for several years. As a martial arts teacher for over 15 years, she is also certified in strength and training. Patty also received certification from Beaumont Hospital as a yoga therapist.

Work at your own pace on Strength, Balance and Mobility, with Patty to keep our bodies strong, healthy and flexible while having fun with friends at the same time!!

MON, WED & FRI
9:30 AM - 10:30 AM
COST: \$2/CLASS



Come Dance with Maria

Along with being certified in Zumba Gold, Maria has a variety of Zumba certifications including Zumba Brazil, Zumba Core and Zumba Glutes. No previous experience needed to join this class as all participants are encouraged to do what they are comfortable with.

**TUESDAY &
THURSDAY**
1:30 - 2:30
COST: \$5



POTLUCK

Do you enjoy cooking/baking and enjoy lunch with friends?

Check out our monthly potluck luncheon!

TUESDAY, MARCH 12

11:30 AM

MAIN COURSE: STUFFED CABBAGE

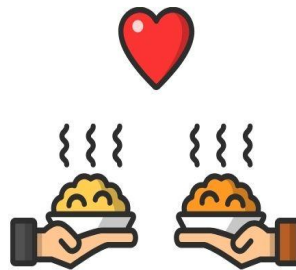
TUESDAY, APRIL 9

11:30 AM

MAIN COURSE: HAM

****PLEASE, BRING YOUR OWN PLATE AND UTENSILS**

****Please, note the time change**



The main course will be provided by the Richardson Senior Center.

1. All participants MUST sign up 2 days in advance
2. All participants MUST bring a dish to pass
3. Bring enough to serve all in attendance

(Menu subject to change without notice)



SENIOR LUNCHEON

TUESDAY, MARCH 26

11:30 AM

MAIN COURSE: CORNED BEEF

TUESDAY, APRIL 30

11:30 AM

MAIN COURSE: CHICKEN N DUMPLINGS

Our monthly senior luncheon on the last Tuesday of every month is FREE to all seniors 60+.



Registration is required 2 days prior to luncheon
Stop by for your monthly blood pressure screening compliments of Affinity Senior Care.



Movie & Lunch



Thursday
12PM - 3PM



March 7:		A Star is Born		R (2018)
March 14:		Second Hand Lions		PG (2003)
March 21:		August Rush		PG (2007)
March 28:		Ticket to Paradise		PG-13 (2014)
April 4:		The Call of the Wild		PG (2022)
April 11:		And So It Goes		PG-13 (2014)
April 18:		Mirror Mirror		PG (2012)
April 25 :		We Bought a Zoo		PG (2011)

Cost: \$3.50

No charge if you bring a lunch

Please call **248-926-0063** to
reserve your spot today!

Space is limited

**PIZZA
PARTY**



**March 7 &
April 4th**



Sponsored by:



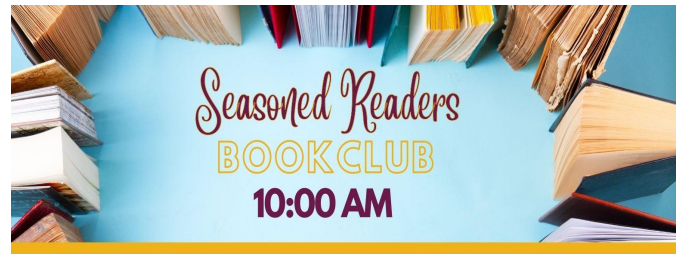
COMPUTER CLUB



March 21 & April 18
9:30AM - 10:30AM

Do you have questions about your email or using the internet. Join Melissa at the Richardson Senior Center for a small group session, Internet & Email 101. We will not have individual help at these sessions

Space will be limited and registration is required.
Please call 248-926-0063



Seasoned Readers BOOK CLUB 10:00 AM

GROUP MEETS AT:

RICHARDSON SENIOR CENTER

March 27th:

The Middlemarch

By: George Elliot

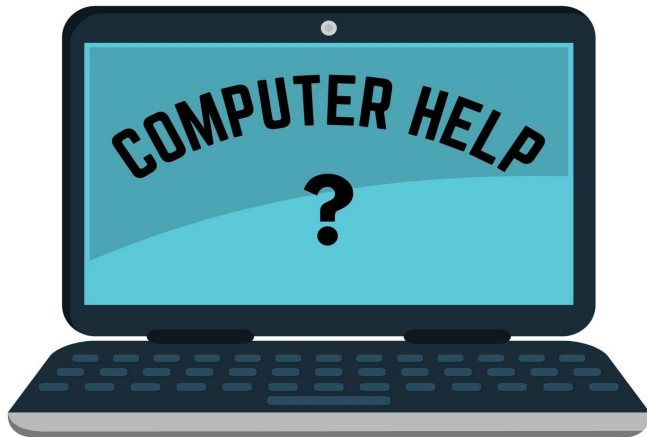
April 24th:

One Summer: America, 1927

By: Bill Bryson



BROUGHT TO YOU BY:



ARE YOU LOOKING FOR ASSISTANCE WITH A COMPUTER OR TABLET? HAVE QUESTIONS ABOUT A SPECIFIC PROGRAM? STEVE FROM THE LIBRARY WILL BE HERE TO OFFER COMPUTER HELP!

**MARCH 27 & APRIL 10
2PM - 3PM**

RESERVATIONS ARE REQUIRED! 30 MINUTE TIME LIMIT

Area Agency on Aging 1-B

 **AgeWays**
Nonprofit Senior Services

New Name.

Same Great People. Same Great Programs.

While our name has changed, our programs, people, and dedication to supporting older adults, adults with disabilities, and family caregivers remains the same. So does our phone number. You can reach us at **800-852-7795** whenever you, or an older adult you know, needs assistance.

Want to know more about our name change?
Visit [AgeWays.org/NewName](https://www.AgeWays.org/NewName) or scan the QR code:



Contact Us:

 [AgeWays.org](https://www.AgeWays.org)

 **800.852.7795**

AARPSM Tax-AideTM



WE STILL HAVE APPOINTMENTS AVAILABLE TO ASSIST WITH YOUR 2023 TAX RETURNS.

PLEASE CALL 248-926-0063 TO SCHEDULE YOUR APPOINTMENT TODAY!



COMMERCE LIBRARY STAFF MEMBERS WILL BE ON-SITE TO DEBUT OUR NEW LIBRARY KIOSK. THAT'S RIGHT: YOU WILL SOON BE ABLE TO CHECK OUT LIBRARY BOOKS AT THE SENIOR CENTER! ENJOY A SWEET TREAT, ENTER TO WIN FUN GIVEAWAYS, LEARN ALL ABOUT THE KIOSK AND GET A LIBRARY CARD!

MARCH 20TH
11AM - 12PM
RICHARDSON
SENIOR CENTER



Easter Bunny Photo Event

An Easter party sponsored by
Affinity Senior Care & Affinity Home Care Agency

Friday, March 15
11:30AM - 1:00PM

Seniors, Grandchildren and Special Friends are welcome. Light refreshments will be served

RSVP Ph# 248-926-0063



Get Behind a Cure **Colon Cancer** **Awareness**



Friday, March 22
11AM - 12PM
Richardson Senior Center

with
Tammi Pouget, RN &
Melissa Mayes, BSN, RN, OCN

REGISTRATION
☎ 248-926-0063

DMC
Huron Valley-Sinai
Hospital



Optical Store

March 13th | noon to 2 pm
Richardson Senior Center

New, Comfortable, and Stylish Eyewear from 2U VISION
Bring Your Vision Prescription!

Cleaning, Repair, and Adjustment for your current glasses is FREE!

info@2UVision.com | 947.479.1039 | 248.833.8581 Fax

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"Ask the Advisor"

Have a question regarding the **Journey of Aging**? Join us for this informative presentation along with a Question-and-Answer session. The Senior Compass Group is ready to help you navigate the difficult and confusing world of aging. They will assist you when making important and life changing decisions for you or your loved ones. The Senior Compass Group's professional Advisors offer education, guidance, personal & professional experience, as well as a vast array of additional resources to assist families with your questions and concerns relating to Seniors.

We are pleased to make this complimentary presentation and panel discussion available to all members of our local communities in Southeastern Michigan.

The esteemed panel of Speakers include a Certified Senior Advisor and Placement Consultant, a Financial Planner, an Elder Law & VA attorney, a Licensed Medicare/Medicaid Specialist, a Funeral Advisor, a Licensed Senior Realtor, a Licensed Homecare provider and a Licensed Hospice Provider.



The Senior
Compass Group
Let Us Be Your Guide

JOIN US!

April 17
1PM- 2:30PM

Richardson
Senior Center

1485 E. Oakley Park Rd
Commerce Township, MI
48390

**RESERVE YOUR SPOT TODAY!
DEADLINE:
APRIL 11**

Space is Limited

RSVP by Calling:
248-926-0063



Interim Healthcare and Hospice Grief Programs 2024

If you are looking to make connections with others who are experiencing grief and loss, consider joining us for one of our community programs in 2024. We want to thank all the facilities that have graciously opened their doors for us to provide these opportunities.

Grief and Loss Discussion Groups

Participants will be able to connect with others who have lost a loved one through facilitated discussion and story sharing.

Where: Richardson Senior Center, 1485 E. Oakley Park Road, Walled Lake

Facilitated by Lisa Gardner, Bereavement Coordinator
with Interim Healthcare and Hospice

Groups will be held on the following Mondays:

January 22nd, April 22nd, and July 22nd
from 10:00-11:30 AM

To RSVP: Contact the center at (248) 926-0063



ROCKIN' OLDIES SHOW FT. JOHNNY ROGERS

Register today!



WEDNESDAY, SEPTEMBER 18, 2024
10AM - 4:30PM

COST: \$70

INCLUDES: TRANSPORTATION, MUSICAL SHOW &
2-PIECE CHICKEN LUNCH WITH DESSERT AT
ZHENDER'S OF FRANKENMUTH

REGISTER BY CALLING: 248-926-0063
PAYMENT REQUIRED TO RESERVE YOUR SEAT



TRIPS ARE NON-REFUNDABLE UNLESS WE ARE ABLE TO SELL YOUR TICKET

SPRING DOORMATS

WITH RACHEL

Sign up
now!

Friday, March 8th
11:30 - 2:30

Cost: \$45

Includes:

All supplies to complete project & lunch

Sign up begins now!

Register by calling
248-926-0063



GLASS ART WITH GREAT LAKES CRAFTING

Friday, April 12
11:30 - 3:00

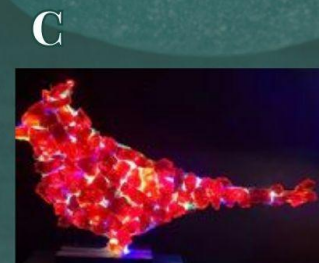
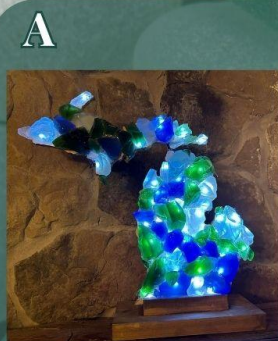
Cost: \$50

Includes:

All supplies to complete project & lunch

Sign up begins now!

Register by calling
248-926-0063



SIGN UP
TODAY!

TRAVEL

DIAMOND TOURS TRIPS IN 2024!

Mackinac Island & Northern Michigan
June 2024

Boston, Salem & Cape Ann
October 2024

PREMIER WORLD DISCOVERY TRIPS IN 2024!

Albuquerque Balloon Fiesta
October 2024

Rose Parade New Year's
December 2024

Additional information regarding these and all other trips, can be found at the Richardson Senior Center. You can also email us at SeniorServices@commercetwp.com for additional information

March 2024

Mon	Tue	Wed	Thu	Fri
<p>4 TAXES 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 1:00—Yoga</p>	<p>5 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold</p>	<p>6 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle</p>	<p>7 CarePatrol Pizza & Movie 10:00—Yoga 12:00 Lunch & Movie 12:30—Bingo 1:30—Zumba Gold</p>	<p>1 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Foot/Knee</p>
<p>11 TAXES 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 1:00—Yoga</p>	<p>12 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Potluck 12:30—Euchre 1:30—Zumba Gold</p>	<p>13 2U Vision—12PM 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle</p>	<p>14 10:00—Yoga 12:00 Lunch & Movie 12:30—Bingo 1:30—Zumba Gold</p>	<p>15 Pics w/Easter Bunny-11:30 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Foot/Knee</p>
<p>18 TAXES 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 1:00—Yoga</p>	<p>19 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold</p>	<p>20 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle</p>	<p>21 Computer Club 10:00—Yoga 12:00 Lunch & Movie 12:30—Bingo 1:30—Zumba Gold</p>	<p>22 DMC—11AM 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Foot/Knee</p>
<p>25 TAXES 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 1:00—Yoga</p>	<p>26 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Theme Lunch 12:30—Euchre 1:30—Zumba Gold</p>	<p>27 Computer Help 9:30—Total Body 10:00—Book Club 12:00—Senior Lunch 12:00—Pinochle</p>	<p>28 10:00—Yoga 12:00 Lunch & Movie 12:30—Bingo 1:30—Zumba Gold</p>	<p>29 Center Closes at 12PM 9:00—Art 9:30—Total Body</p>

April 2024

Mon	Tue	Wed	Thu	Fri
1 TAXES 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 1:00—Yoga	2 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	3 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle	4 CarePatrol Pizza & Movie 10:00—Yoga 12:00 Lunch & Movie 12:30—Bingo 1:30—Zumba Gold	5 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Foot/Knee
8 TAXES 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 1:00—Yoga	9 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Potluck 12:30—Euchre 1:30—Zumba Gold	10 Computer Help 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle	11 10:00—Yoga 12:00 Lunch & Movie 12:30—Bingo 1:30—Zumba Gold	12 Glass Art—11:30AM 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Foot/Knee
15 TAXES 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 1:00—Yoga	16 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	17 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle Senior Compass Group-1PM	18 Computer Club 10:00—Yoga 12:00 Lunch & Movie 12:30—Bingo 1:30—Zumba Gold	19 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Foot/Knee
22 Grief Group—10AM 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	23 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	24 9:30—Total Body 10:00—Book Club 12:00—Senior Lunch 12:00—Pinochle	25 10:00—Yoga 12:00 Lunch & Movie 1:30—Zumba Gold	26 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Foot/Knee
29 9:30—Total Body 11:00—Mahjong 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	30 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Theme Lunch 12:30—Euchre 1:30—Zumba Gold			

KARI WEST, CSA

SENIOR CARE CONSULTANT

(248) 931-4646

KWEST@CAREPATROL.COM



CARE *Patrol*™

Your Partner In Senior Care Solutions

Are you ready to downsize and move into an active Independent Senior Living community?

Would you or a loved one benefit from the care and security of living in an Assisted Living Community? Perhaps you just need a little extra help at home?

Are you Confused by all of the different options and unsure where to get information and resources?

CONTACT KARI WEST TO SET UP YOUR PRIVATE COMPLIMENTRY CONSULTATION TODAY. SHE WILL HELP YOU NAGIVATE THROUGH THE BEST OPTIONS FOR YOUR INDIVIDUAL NEEDS.

Upcoming Events at Waltonwood Twelve Oaks

RSVP for
you and
a friend
today!



Taste of Waltonwood

March 12th, 2 - 4 p.m.

Join us for a first-class culinary experience featuring interactive cooking demonstrations, infused water stations, and delicious desserts made by our in-house pastry chef.

Complimentary take-away for all guests.

Plant Your Roots at Waltonwood

April 18th, 2 - 4 p.m.

Join us for signature Waltonwood refreshments and appetizers and tour our newly upgraded 2024 Independent Living Apartments

RSVP by April 14th



RSVP to Heather or
Casey today!

248-735-1500

Independent Living, Licensed Assisted Living & Memory Care

27475 Huron Circle, Novi, MI 48377



COMMERCE TOWNSHIP

Richardson Community Senior Center

1485 E. Oakley Park Rd
Commerce Township, MI 48390

Phone: 248-926-0063

Fax: 248-325-5349

Hours: 8:00AM - 4:30PM

Monday - Friday

www.commercetwp.com

