

# GRAND BLANC SENIOR CENTER

## SEPTEMBER NEWSLETTER

**THE CENTER WILL BE CLOSED ON MONDAY,  
SEPTEMBER 2ND IN OBSERVANCE OF LABOR DAY**

**This month the Center is full of activities to keep you busy!  
Stop in and check out all we have to offer!**

### Month at a Glance:

**Brookdale Luncheon: Wednesday, September 4th.  
Must make reservations one-week in advance.**

**Powerful Tools for Caregivers: 6-week series begins  
Wednesday, September 4th 2:30pm-4:00pm**

**Card Making with Micky: Tuesday, September 10th  
at 11:00am**

**Rosehaven Manor calling Bingo Wednesday, September 11th**

**Maxwell Physical Therapy Trial Laser Treatment by Appointment**

**Free Yoga Class: Friday, September 13th at 10:30am**

**AARP Smart Tek Class: Friday, September 20th at 10:00am**

**Town Hall with State Representative Tim Sneller  
Monday, September 23rd 6:00pm-8:00pm**

**AARP Safe Driving: Wednesday, September 25 & Thursday,  
September 26th 10:00am-2:00pm**

**Silver Sneakers Stability: 6-week series begins Friday,  
September 27th 11:00am**

### COMING IN OCTOBER!!

**NEW CRAFT AND COMPUTER CLASSES WITH HILLARY!**

**OCTOBER 16TH: AIR-DRY CLAY PROJECT**

**OCTOBER 30TH: GET IN TECHY AND LEARN HOW TO  
USE THE KROGER & WALMART GROCERY  
SHOPPING/COUPONING APPS**

**HEADS UP MEDICARE OPEN  
ENROLLMENT BEGINS OCTOBER  
15TH AND RUNS THROUGH  
DECEMBER 7TH. SCHEDULE  
YOUR APPOINTMENT TODAY  
WITH THE CENTER OFFICE!**

**LABOR DAY**



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## **POWERFUL TOOLS FOR CAREGIVERS WORKSHOP**

Caring for a relative or a friend with a chronic illness can be stressful physically, emotionally and financially. Join our Powerful Tools for Caregivers six week class that is designed to provide you, the family caregiver, with the skills you need to take care of yourself. Powerful Tools for Caregivers will help you: Reduce Stress, Improve Self-Confidence, Balance your Life, Better Communicate your Feelings, Increase Ability to Tackle Tough Decisions, Locate Helpful Resources. This informative and supportive 6-week workshop is held on Wednesdays from 2:30pm-4:00pm. The 6-week session will begin on Wednesday, September 4th. Please call the office to register.

## **CARD MAKING WITH MICKY**

Mickey returns this month with yet another fun card making class! Join Micky on Tuesday, September 10th at 11:00am for a great time! Cost is \$15.00. Please sign-up one week in advance.

## **AARP SMART TEK CLASS**

This brand new 90-minute workshop with Roger Doster focuses on new car technology! Join Roger to learn all about the latest high-tech safety features in your current car, or what technology to look for when shopping for a new car. The safety benefits of blind spot warning systems, forward collision warnings and more. The AARP Smart Tek class will be offered on Friday, September 20th at 10:00am. Please register in advance for this fantastic new class!

## **AARP SAFE DRIVING CLASS**

By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. In addition, you'll learn: How to minimize the effects of dangerous blind spots, and much more. This 8 hour course will be offered on Wednesday, September 25th and Thursday, September 26th from 10:00am-2:00pm. You MUST attend both sessions to receive credit. Space is limited so payment is required at time of sign-up.

## **SILVER SNEAKERS STABILITY**

If you would like to be stronger, improve your balance and decrease your risk of falling... Silver Sneakers Stability is for you! Protect one of your most valuable assets-your independence. A study of older adults participating in exercise classes similar to Silver Sneakers Stability showed 40% were less likely to fall and one-third were less likely to suffer a fall-related injury than non-participants. If you have Silver Sneakers coverage on your health insurance there is no cost for this class, if you do not have Silver Sneakers coverage there is a \$20 charge for the 6-week class (Make checks payable to VAAA) The new six-week session will begin on Friday, September 27th and run through November 1st. Classes are held from 11:00am-12:00pm. Please sign-up early due to limited space!

## **DR. JERRY MCLANE:CHIROPRACTOR**

Local Chiropractor Dr. Jerry McLane visits the Center on the 3rd Wednesday of every month at 9:30am. No appointment needed.

## **MAXWELL PHYSICAL THERAPY-EDUCATION WORKSHOP: LASER THERAPY**

Attention Arthritis Sufferers: You can feel better and stronger without medications, injections, and surgery!

Does this sound familiar? You feel like your life is on hold because of everyday aches and pains.

You can't continue with hobbies like gardening or tennis because it hurts too much.

You have trouble walking, climbing stairs, or standing for too long.

It's not uncommon for those with arthritis to share these symptoms. Arthritis' emotional and physical tolls can result in a life with less movement and less living, leading you to depression, stress, and a life of sitting.

If these situations are all too familiar, laser therapy may be one of the best decisions you make. At Max Well Therapy we've helped hundreds of arthritis sufferers gain control of their life again by using laser therapy.

We are offering you a Free Trial Treatment on September 12th from 1:00pm – 3:00pm at the Grand Blanc senior center. Call and reserve your spot to get your one on one appointment with our therapist.

**\*\*\*\*\*NEW CLASS!!! BEGINNER YOGA WITH DONNA\*\*\*\*\***

This class is perfect for the beginner yoga student. Basic postures are taught in a clear and concise manner with modifications being offered to meet your physical ability. With consistent practice, this class will increase your flexibility, endurance, strength and balance. Please bring a yoga mat and a blanket to class. Dress in comfortable clothing that allows for movement. Appropriate for all levels but must be able to get down and up from the floor.

**FREE CLASSES WILL BE OFFERED ON FRIDAY, SEPTEMBER 13TH at 10:30am.**

New 4-week sessions will begin on Friday, September 20th and run through October 11th. Cost is \$32 for a 4-week session.

**LIFETIME BODY FITNESS**

Join instructor Heather Crawford for our Lifetime Body Fitness Program. Lifetime Body Fitness is a low-impact full body exercise class that focuses on strength, balance, and light cardio. Lifetime Body Fitness is held on Mondays and Wednesdays at 9:30am. A new 10-week Session will begin on Monday, September 9th. Classes are held at 9:30am. Cost is \$30 for the 10 week session.

**BEGINNERS CARDIO-DRUMMING WITH HEATHER**

Cardio-drumming stimulates people whether they are young or old, healthy or ill. Drumming makes people happy! Cardio Drumming is an exercise format that combines regular or weighted drum sticks with lower body dance steps to create a fun-filled cardio workout for the upper and lower body. It can be done seated or standing and is a fun cardiovascular workout for all ages and abilities! Join Heather on Wednesdays at 10:45am for this fun interactive exercise class. You must provide your own "drum" and sticks. "Drums" consist of a basket or round tub and a large exercise ball. **A new 10-week session will begin on Wednesday, September 11th at 10:30am. Cost is \$20.00 for the 10-week session.**

**MSU EXTENSION PRESENTS: COOKING FOR ONE**

Join this wonderful class to discover how cooking for one can be fun!

Over the course of six, 2-hour lessons, you will:

- Learn ways to make cooking for one simple and enjoyable
- Learn helpful tips and tricks to making healthy choices, like eating well and being active
  - Participate in cooking real recipes for one

This FREE 6 week program will begin on Monday, October 7th and run through Monday, November 11th. Classes are held from 1:00pm-3:00pm. Sign-up early space is limited!

**ARTHRITIS EXERCISE-SILVER SNEAKERS APPROVED!**

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routine includes a gentle range-of-motion exercises that are suitable for every fitness level. Classes meet on Tuesdays and Thursdays from 10:00am-11:00am  
This is an on-going class feel free to join anytime!

**SILVER SNEAKERS: CHAIR YOGA**

Inquire today to determine if your health insurance covers your Yoga classes under "Silver Sneakers".

**The Physical Benefits of Yoga Include:**

- \*Greater Flexibility
- \*More Strength & Better Muscle Tone
- \*Improved Breathing
- \*Healthier Blood Pressure & Heart Activity
- \*Increase in Energy Level
- \*Improved Balance
- \*Reduced Stress & Improves Mental Clarity
- \*Increased Circulation
- \*Helps Alleviate Joint Pain from Arthritis
- \*Promotes Relaxation

If you can breathe, you can do some form of yoga. For those who can't get on a traditional mat, chair yoga can offer wonderful health benefits. Classes are held on Mondays at 8:30am, Thursdays & Fridays at 9:00am. If your insurance covers Silver Sneakers there is no charge, if your insurance does not cover Silver Sneakers there is a \$3.00 drop-in fee per class.

### **ADVANCE TAI CHI**

Mondays 2:00pm-2:45pm

Classes begin Monday September 16th and run through Monday, December 9th

This is a 12- week session. Cost is \$72.00

**There is no class Monday October 28th.**

This class will be learning and reviewing advanced forms.

### **BEGINNERS TAI CHI– LEVEL 1**

Fridays 2:00pm-2:45pm

Classes begin Friday, September 13th and run through Friday, December 13th.

This is a 12-week session. Cost is \$72.00

**There is no class Friday, October 25th or Friday, November 29th.**

This class will learn Tai Chi for Diabetes. This is a great beginners form and is particularly beneficial for people with diabetes, but it can provide powerful health benefits for all. NO Tai Chi experience necessary. Join us to discover the mental and physical health benefits of Tai Chi.

### **BEGINNERS TAI CHI– LEVEL 2**

Mondays 3:00pm-3:45pm

Classes begin Monday, September 16th and run through December 9th.

**There will not be class Monday, October 28th**

This is a 12-week session. Cost is \$72.00

This class will be learning Tai Chi for Arthritis Part 2. Tai Chi for Arthritis Part 1 is recommended.

### **ZUMBA GOLD**

Do you want to have a great time dancing and shaking away the pounds and blues?

Join certified Zumba instructor Kimberly on Fridays at 1:00pm for an hour of fun and exercise! Cost is only \$5.00 per class or you can purchase a punch card for \$20 (5 classes).

### **BALANCE CLASS**

Join our volunteer led balance class. Participants in this class will work through semi-strenuous exercises to improve their balance. Class meets every Monday at 10:45am.

### **PICKLEBALL**

No experience required!! Come join our fun group inside on Mondays at 3:45pm & Thursdays at 11:30am!! Outdoor pickleball will be available-weather permitting.

### **LINE DANCING CLASSES**

Join in on the fun! Line dancing is a great way to have fun while exercising. Our instructor, Norma Rudkin, will make you fall in love with line dancing! Class schedule is as follows:

**Intermediate Level Class-Mondays at 12:00pm and Thursdays at 6:30pm**

**Mondays at 6:30pm – Beginner Level Class Thursdays at 1:45pm– Beginner Level Class**

**Cost is \$3.00 for day classes and \$5.00 for evening classes.**

### **CALLING ALL TABLE TENNIS PLAYERS**

The Center recently purchased a ping-pong table!! So grab your paddle and a friend and come on in to the Center to play! Table Tennis is available on Tuesdays from 11:30am-4:00pm Please call ahead if interested in playing!

### **WATERCOLOR CLASS**

Our Instructor, Joe Green, will be on break for the summer. However the room will still be available for those that would like to still come in and paint!

### **SCRABBLE**

The mental concentration required to puzzle through different word options in Scrabble also puts the brain into a meditative state much like taking a class of yoga or meditating. Taking this time to deliberately relax and engage in some mental exercise is a great way to reduce stress and anxiety. Join our Scrabble group on the first, third and fifth Monday of every month and every Wednesdays at 1:00pm

### **BOOK DISCUSSION CLUB**

Join our Book Club on the 2nd Thursday of every month at 10:00am for engaging discussion and friendship!

### **KNITTING AND CROCHETING CLUB**

Join our wonderful knitting and crocheting club on Thursday mornings from 9:00am-11:00am. Come share patterns, stories and friendship. If you are looking for a home for your unused yarn, please consider donating it to the Grand Blanc Senior Center.

### **AMERICAN MAH-JONGG**

Our American Mah-Jongg group meets on Thursdays and Fridays at 12:45pm. Come in for a delightful afternoon!

### **CHESS**

Chess Champ Don Vandivier will teach you how to become a seasoned chess player. Our chess class meets on Tuesdays at 12:30pm.

### **CARD GAMES AT THE CENTER**

**Monday Bridge:** No partner needed. Play starts at 12:30pm. Please sign up in advance.

**Euchre:** Play starts at 12:30pm on Tuesdays and Fridays

**Tuesday Bridge:** Partner needed. ( We may be able to assist you in finding one if need be) Play starts at 12:30pm every Tuesday. Please sign up in advance.

**Poker:** Fridays at 12:00pm

### **PENNY BINGO**

Do you like playing BINGO? Join our fun group on Wednesdays at 12:30pm for Penny Bingo! Cards are \$0.01 each for regular games (12) \$0.02 each for special games (3) and \$0.05 each for the last game which is round the world and coverall! Bingo is a great game to keep your mind active and healthy!

### **ALZHEIMER'S SUPPORT GROUP**

The Center has partnered with the Alzheimer's Association to offer a monthly support group. The group meets on the second Tuesday of every month from 6:00pm-8:00pm. Please call the office at 695-3202 for more information.





### **VISUALLY IMPAIRED SUPPORT GROUP**

The Visually Impaired Program provides programs and services especially designed to assist adults 60 and older, who are losing vision, cope with their loss. Our goal is to introduce safe, new ways to manage daily tasks to persons losing vision so that they can remain independent. The center will host the visually impaired support group on the second Thursday of every month from 10:30am-12:30pm.

### **MEDICAL LOAN CLOSET**

The Center's Medical Loan Closet is available Monday-Friday from 9:00am-11:00am. Inventory varies daily based on usage and donations. If you would like to make a donation please call in advance to see if we are accepting the durable medical goods. Please do not help yourself to medical equipment, you must come in to the office to borrow equipment.

### **VETERAN'S ASSISTANCE**

The center has partnered with the Genesee County Department of Veterans Services to offer Veterans, their spouses, or dependents assistance in filing claims and/or receiving benefits and answering questions. Appointments are available on the 2nd Monday of every month. Please call 695-3202 to schedule an appointment.

### **ADVISORY BOARD**

The Young at Heart Advisory Board meets on the 3rd Monday of each month at 8:30am.

President: Ray Green Secretary: Leona Krause Treasurer: Ray Lum  
Officers: Lydia Baker, Gene Gubala, Carolyn Stingel, and Joann Jenks

### **SENIOR CENTER TRANSPORTATION SERVICE**

The bus provides transportation for current members age 60 and older who reside within the Grand Blanc School District. Participants must sign a bus policy. Transportation is limited to the Senior Center, Doctors Offices, Grocery Stores, Post Office, and Barber/Beauty Shops within the Grand Blanc School District. The Center transportation services cannot provide rides to physical therapy or medical procedures other than routine doctor and dental appointments, blood draws and x-rays. Transportation arrangements must be scheduled with the Grand Blanc Senior Activity Center Office. In addition all questions regarding transportation must be directed to the Grand Blanc Senior Activity Center office. The driver is unable to schedule or make changes to transportation arrangements or answer questions. Transportation arrangements must be made 24 hours in advance. There is a \$4.00 charge for round trip transportation. Any additional scheduled stops are \$2.00 per stop and must be scheduled at the time of original appointment. The fees may be paid in advance or upon boarding the bus. For convenience please have small bills or exact change. Transportation hours are: Monday-Friday 8:00am-1:00pm. Please note: if the Grand Blanc School District closes due to inclement weather, the Senior Center will be closed including transportation.

### **BLOOD PRESSURE SCREENINGS**

The center offers FREE blood pressure screenings every Tuesday from 12:00pm-2:00pm. Make sure you scan your key card and select blood pressure during your visit.

### **COMMODITIES AND EMERGENCY FOOD PROGRAM**

Are you in need of food assistance? The center offers monthly and quarterly food distribution for income qualifying seniors. Commodities are distributed the 3rd Wednesday of every month from 10:00am-12:00pm. Assistance carrying out your box is available during this time only. Please call the office at 695-3202 for more information.

### **MEDICARE/MEDICAID ASSISTANCE PROGRAM AND MICAFAE BRIDGE CARD ASSISTANCE**

Our MMAP specialist can assist you with your Medicare or Medicaid questions and concerns. Our MMAP counselor is available by appointment on Tuesdays and Thursdays. Call the center at 695-3202 to schedule an appointment.



## **LEGAL SERVICES OF EASTERN MICHIGAN: FREE LEGAL SERVICES**

The Center is happy to announce Free Legal Services provided by Legal Services of Eastern Michigan. Attorney Seth Neblock will be available by appointment only on the first Friday of every month. Appointments are 1/2 long and begin at 9:00am. If you and your spouse or wanting to complete a Will or Durable Power of Attorney two appointments will be required. Please call the office to schedule your appointment. Services are available to Genesee County Seniors 60 years of age and older. Services include: Wills, Durable Power-of -Attorney, Advance Directives, Estate Planning, Medicaid Planning, Social Security, Income Tax, Consumer Issues, Housing Complaints, Family Law, Domestic Violence, Bankruptcy, Employment Issues, Public Benefits.

### **Trips at a Glance**

October 9	Irish Hills Fall Color Tour	\$72
October 29	Genitti's Dinner Theatre	\$81
November 6-7	Niagara Falls Festival of Lights	\$369
December 2-5	Christmas at Opryland Resort	\$1299
December 9-12	Christmas at Greenbrier	\$1299
January 25-February 3	Arizona "Valley of the Sun"	\$3199

### **You must come inside to check in with staff prior to boarding bus.**

- **Refunds can only be given if a replacement is found unless otherwise stated on the brochure**
- **Please park in the side lot away from building**

### **Refund Policy**

All refunds must be requested prior to the second class or activity meeting with the exception of single-day classes and trips. No refunds will be given for single-day classes if request for cancellation is not received by the office 24 hours in advance. Refunds for trips will only be given if your seat is filled by another traveler unless otherwise noted on the trip brochure. Refunds will be paid in full when classes or trips are cancelled by the Grand Blanc Senior Center Office. No refunds or deductions will be given for classes or trips missed by participants. A \$7.00 administration fee will be charged on all refunds other than Senior Center cancellations. Requests for refunds must be made to the Grand Blanc Senior Center Office by phone. In order to receive any refund, the participant must show proof of registration (the participant's copy of registration receipt).

**Note:** There will be a two-week waiting period on all refunds. Refunds will be made in the form of a check.

### **PAYMENT POLICY**

PAYMENT FOR ALL CLASSES IS DUE PRIOR TO THE START OF THE FIRST CLASS. PAYMENT FOR SINGLE DAY TRIPS ARE DUE AT TIME OF SIGN-UP. PAYMENTS FOR CLASSES CANNOT BE PRO-RATED. PAYMENT FOR EXTENDED TRIPS ARE LISTED ON TRIP BROCHURE.

<p>2</p> 	<p>3 MMAP Appts 9:00 Watercolor 9:30 Arthritis Exercise 10 Table Tennis 11:30 Lunch 12:00 Blood Pressure 12 Euchre 12:30 Chess 12:30 Bridge 12:30</p>	<p>4 Video Exercise 8:30 <b>Brookdale Lunch 12:00</b> <b>Must reserve one week in advance</b> Bingo 12:30-3:30 Scrabble 1:00 Powerful Tools 2:30</p>	<p>5 MMAP Appts Knitting 9:00-11:30 Chair Yoga 9:00 Arthritis 10:00 Pickleball 11:30 Lunch 12:00 Mah Jongg 12:45 Line Dancing 1:45 Line Dancing 6:30</p>	<p>6 Chair Yoga 9:00 Matter of Balance 10:00-12:00 Yoga 10:30 Lunch 12:00 Poker 12:00 Euchre 12:30 Mah Jongg 12:45 Zumba 1:00 CCC 1:00-3:00 Beg Tai Chi 2:00</p>
<p>9 Chair Yoga 8:30 Video Exercise 8:30 New: Lifetime 9:30 Balance Class 10:45 Line Dancing 12:00 Lunch 12:00 Bridge 12:30 Cooking 1:00 Adv Tai Chi 2:00 Int. Tai Chi 3:00 Pickleball 3:45 Line Dancing 6:30</p>	<p>10 MMAP Appts 9:00 No Watercolor Arthritis Exercise 10 Helping Hands 11:00 Card Making 11:00 Table Tennis 11:30 Lunch 12:00 Blood Pressure 12 Euchre 12:30 Chess 12:30 Bridge 12:30</p>	<p>11 Video Exercise 8:30 Lifetime 9:30 New: Cardio Drumming 10:30 Lunch 12:00 Rosehaven Guest Bingo Caller 12:30 Scrabble 1:00 Powerful Tools 2:30</p>	<p>12 MMAP Appts Knitting 9:00-11:30 Chair Yoga 9:00 Book Discussion 10 Arthritis 10:00 Vis Impaired 10:30 Pickleball 11:30 Lunch 12:00 Mah Jongg 12:45 Maxwell 1:00-3:00 Line Dancing 1:45 Line Dancing 6:30</p>	<p>13 Chair Yoga 9:00 MOB 10:00-12:00 <b>FREE Yoga 10:30</b> Lunch 12:00 Poker 12:00 Euchre 12:30 Mah Jongg 12:45 Zumba 1:00 CCC 1:00-3:00 <b>NEW: Beg Tai Chi 2:00</b></p>
<p>16 Chair Yoga 8:30 Video Exercise 8:30 Lifetime 9:30 Balance Class 10:45 Line Dancing 12:00 Lunch 12:00 Bridge 12:30 Cooking 1:00 <b>Adv Tai Chi 2:00</b> <b>Tai Chi PT 2 3:00</b> Pickleball 3:45 Line Dancing 6:30</p>	<p>17 MMAP Appts 9:00 Watercolor 9:30 Arthritis Exercise 10 Table Tennis 11:30 Lunch 12:00 Blood Pressure 12 Euchre 12:30 Chess 12:30 Bridge 12:30</p>	<p>18 Video Exercise 8:30 Lifetime 9:30 Cardio Drum 10:30 Lunch 12:00 Bingo 12:30 Scrabble 1:00 Powerful Tools 2:30</p>	<p>19 MMAP Appts Knitting 9:00-11:30 Chair Yoga 9:00 Arthritis 10:00 Pickleball 11:30 Lunch 12:00 Mah Jongg 12:45 Line Dancing 1:45 Line Dancing 6:30</p>	<p>20 Chair Yoga 9:00 MOB 10:00-12:00 AARP Tek 10:00 <b>NEW Yoga 10:30</b> Lunch 12:00 Poker 12:00 Euchre 12:30 Mah Jongg 12:45 CCC 1:00-3:00 Zumba 1:00 Beg Tai Chi 2:00</p>
<p>23 Chair Yoga 8:30 Video Exercise 8:30 Lifetime 9:30 Balance Class 10:45 Line Dancing 12:00 Lunch 12:00 Bridge 12:30 Adv Tai Chi 2:00 Tai Chi Pt 2 3:00 <b>No Pickleball or Evening Line Dance</b></p>	<p>24 MMAP Appts 9:00 Watercolor 9:30 Arthritis Exercise 10 Table Tennis 11:30 Lunch 12:00 Blood Pressure 12 Euchre 12:30 Chess 12:30 Bridge 12:30</p>	<p>25 Video Exercise 8:30 Lifetime 9:30 Cardio Drum 10:30 AARP Safe Driving 10:00-2:00 Bingo 12:30 Scrabble 1:00 Powerful Tools 2:30</p>	<p>26 MMAP Appts Knitting 9:00-11:30 Chair Yoga 9:00 Arthritis 10:00 Safe Driving 10 –2 Pickleball 11:30 Lunch 12:00 Mah Jongg 12:45 Line Dancing 1:45 Line Dancing 6:30</p>	<p>27 Chair Yoga 9:00 Yoga 10:30 New: Stability 11:00 Lunch 12:00 Poker 12:00 Euchre 12:30 Mah Jongg 12:45 Zumba 1:00 Caregiver 1:00-3:00 Beg Tai Chi 2:00</p>
<p>30 Chair Yoga 8:30 Video Exercise 8:30 Lifetime 9:30 Balance Class 10:45 Line Dancing 12:00 Lunch 12:00 Bridge 12:30 Adv Tai Chi 2:00 Tai Chi Pt 2 3:00 Pickleball 3:45 Line Dancing 6:30</p>	 <p style="text-align: right;">©LPI</p>			

<p>2</p> 	<p>3</p> <p>Ham, Turkey &amp; Cheese Sandwich on a Pretzel Bun Orange Fresh Broccoli Fruit Juice</p>	<p>4</p> <p>Brookdale Luncheon Reservations required no less than one week in advance</p>	<p>5</p> <p>Turkey w/Gravy Garlic Mashed Potatoes Prince Charles Vegetables Wheat Roll Applesauce Fruit Juice</p>	<p>6</p> <p>Homemade Beef &amp; Bean Burrito Sweet Corn w/Peppers Apple Spanish Rice Milk</p>
<p>9</p> <p>BBQ Ribs Baked Beans Corn on the Cob Potato Roll Fruit Salad Lemonade</p>	<p>10</p> <p>Stuffed Peppers O'Brien Potatoes Scandinavian Vegetables Sliced Bread Pears Fruit Juice</p>	<p>11</p> <p>Pork Loin w/Gravy Diced Sweet Potatoes Green Beans Corn Bread Banana Milk</p>	<p>12</p> <p>Peppered Beef Steak w/Gravy Loaded Potato Salad Chopped Broccoli Potato Roll Honey Dew Fruit Juice</p>	<p>13</p> <p>Chicken Marsala Chopped Spinach Mashed Potatoes Whole Grain Roll Fruit Cocktail Milk</p>
<p>16</p> <p>Pub Burger w/Cheese Cauliflower Mixed Vegetables Whole Wheat Roll Apple Milk</p>	<p>17</p> <p>Sweet &amp; Sour Chicken Peas &amp; Carrots Brown Rice Mixed Fruit Cup Potato Roll Fortune Cookie Fruit Juice</p>	<p>18</p> <p>Homemade White Chicken Chili Baby Carrots Tossed Salad w/Tomatoes Corn Bake Mixed Fruit Salad Milk</p>	<p>19</p> <p>Chicken Breast Marinated Beets Far East Vegetables Brown Rolls Birthday Cake Fruit Juice</p>	<p>20</p> <p>Grilled Fish Tuscan Asiago Vegetables Tossed Salad w/Tomatoes Dinner Roll Strawberry Applesauce Milk</p>
<p>23</p> <p>Chicken Caesar Salad Cherry Tomatoes Snap Peas Flat Bread Fresh Fruit Milk</p>	<p>24</p> <p>Homemade Salisbury Steak w/Gravy Mashed Potatoes Caribbean Vegetables Multi-Grain Roll Tropical Fruit Salad Fruit Juice</p>	<p>25</p> <p>BBQ Ribs Baked Beans Corn on the Cob Potato Roll Fruit Salad Lemonade</p>	<p>26</p> <p>Meatball Sub Sweet Peas Vegetable Blend Apple Cookie Fruit Juice</p>	<p>27</p> <p>Artisan Macaroni &amp; Cheese Zucchini &amp; Tomatoes Steamed Broccoli Corn Muffin Mixed Fruit Milk</p>
<p>30</p> <p>Homemade Corn Chowder w/Diced Ham &amp; Potatoes Tossed Salad Vegetable Blend Corn Muffin Diced Pears Milk</p>	<h2 style="margin: 0;">SEPTEMBER MENU</h2> <p style="margin: 0;">PLEASE NOTE: THERE IS A REQUESTED \$3.00 DONATION FOR GENESEE COUNTY RESIDENTS 60 &amp; OVER. THERE IS A \$6.00 CHARGE FOR ANYONE UNDER 60 OR RESIDING OUTSIDE OF GENESEE COUNTY. RESERVATIONS MUST BE MADE BY 12:00PM THE BUSINESS DAY PRIOR</p>			

Grand Blanc Senior Center  
12632 Pagels Drive  
Grand Blanc, MI 48439  
Hours of Operation  
Monday-Friday  
8:00am-4:00pm  
Phone: (810) 695-3202  
Fax: (810) 953-0726  
gbsc3202@gmail.com  
Website:  
gbseniorcenter.org

**PRST STD**  
**U.S. POSTAGE**  
**PAID**  
**Grand Blanc, MI**  
**Permit No. 35**

### **OR CURRENT RESIDENT**

The Grand Blanc Senior Citizens Activity Center is funded by: Genesee County and the Genesee County Board of Commissioners, Grand Blanc Parks and Recreation, City of Grand Blanc, Charter Township of Grand Blanc, Genesee County Senior Services Millage, and individual donations. We appreciate all who have made a difference. This program and/or service is fully or partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work.

### **VOLUNTEERS NEEDED FOR AARP TAX-AIDE PROGRAM**

The income tax assistance program facilitated by the AARP Foundation is looking for new volunteers. We assist tax payers with income tax preparation at many of the Senior Centers throughout Genesee County from February through April each year. If you are good with numbers and interested in helping people, this can be a very rewarding opportunity to volunteer and give back to the community.

You can find out more about the program by visiting our website at [aarp.org/taxaide](http://aarp.org/taxaide) or stop by the Center office and we can put you in touch with one of our current volunteers.

# **SAVE THE DATE**

## **ANNUAL HEALTH FAIR**

### **WEDNESDAY, OCTOBER 9TH**

### **9:00AM-11:30AM**

### **DONUTS PROVIDED BY ALTERNATIVE LEDERLY CARE**

### **LUNCH PROVIDED BY AMERICAN HOUSE**

### **LUNCH RESERVATIONS MUST BE MADE ONE WEEK IN ADVANCE**