



Shelby Township SENIOR NEWS

Mark your calendars for these upcoming events:

Thanksgiving Luncheon:
Nov. 14

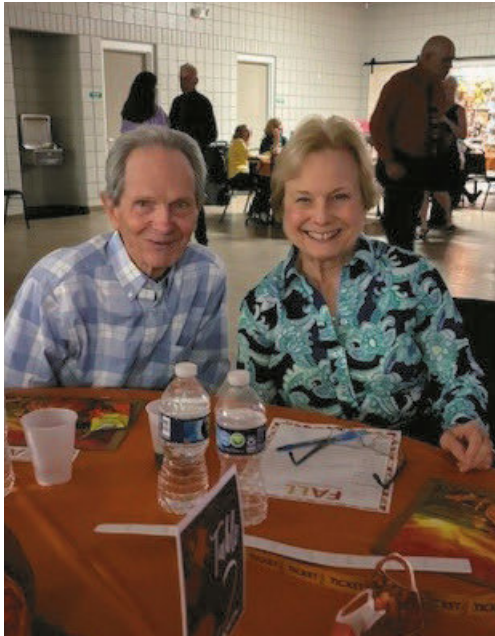
Christmas Bingo:
Dec. 9

Christmas Luncheon:
Dec. 11

Christmas Dinner
Dance: Dec. 20

SAVE THE DATE

The Mobile Secretary of State will return to the senior center on **Thursday, Jan. 30, 2025**, and can help with driver's license and state ID application and renewals, car registration and title transactions, handicap parking placard applications and more.



HOLIDAY SCHEDULE

The senior center and senior transportation will be closed:

- Nov. 5 for Election Day (limited gym activities)
- Nov. 11 for Veteran's Day
 - Nov. 28-29 for Thanksgiving
- Dec. 24-Jan. 1, 2024 for Christmas and New Years (limited gym activities Dec 27 & 30)

Please check with the Front Desk for details on gym hours.

We had a wonderful time at our Fall Dinner Dance and the Oct. Lunch Bunch to Pewabic Pottery in Detroit.

Contact Us

Phone : 586-739-7540
Fax : 586-323-3054
shelbytwp.org/seniors
seniors@shelbytwp.org

Shelby Twp. Activities Center
14975 21 Mile Road
Shelby Township, MI 48315

Find us on Facebook:
Shelby Township Senior Center

LUNCH BUNCH OUTINGS

MICHIGAN CENTRAL AND SLOWS BARBEQUE

11:30 AM | THU, NOV. 7 | \$58

Our Lunch Bunch will take us on a walk thru history as we tour Michigan Central, otherwise known as the old train station in Detroit's vibrant Corktown. Operating from 1913 to 1988, Michigan Central Station was Detroit's primary railroad depot. After sitting vacant for decades, it has undergone an amazing six-year transformation. Join us on a guided walking tour of this spectacular building. Prior to the tour, we will enjoy lunch at Slow's Barbeque in Corktown. Lunch will be a choice of pulled pork or apple chicken sliders, mac and cheese, beverage and bread. The cost includes the docent led tour, lunch and bus transportation.

MEADOWBROOK HOLIDAY WALK AND LELLI'S

10:30 AM | FRI, DEC. 13 | \$69

It's the most wonderful time of the year! Join us as we tour the Meadow Brook House and enjoy the stunning holiday decorations. After, we'll enjoy a delicious lunch at Lelli's in Auburn Hills. Please choose from lake perch, lasagna or chicken at the time of registration. Cost includes the tour, lunch and bus transportation.

Special events

SENIOR CENTER MEMBERSHIP 2025 REGISTRATION

We are now registering for 2025. Membership is required for all activities and events at the senior center. The cost for membership for Shelby Township and Utica residents is \$5. The cost for nonresidents is \$10. All memberships are based on a calendar year.

Brain Fitness Presentation - "Depression is Not a Normal Part of Growing Older"

1:30 PM | TUE, NOV. 12

We are excited to welcome back Marcia, a gerontologist from the Older Adult Program at Care of Southeast Michigan. Marcia will share a program about depression, including how to recognize if someone is suffering from depression, how depression is different for older adults and how to find help. Please let us know if you can join us.

Christmas Basket Weaving

1 PM | WED, NOV. 13 | \$75

Join Deb as she guides us in making a beautiful basket just in time for the holidays! Weave this super cute sleigh to attach to an included wooden base. It is perfect for a stuffed teddy bear or other gifts. Class size is limited, so please register in advance.



Friendsgiving!

Harvest Thanksgiving Luncheon

10:30 AM - DOORS OPEN | THU, NOV. 14 | \$15

11 AM - Lunch

Our November Luncheon will feature Mr. Abraham Lincoln! Mr. Lincoln will share how our national observance of Thanksgiving came to be established in 1863. His program will serve as a reminder that despite the difficulties we experience, we can still find reasons to be thankful. We'll enjoy a traditional turkey lunch. Thank you to our sponsors, **Alcon Insurance, Oakmont Senior Communities, Proactive Home Care, Rickard & Associates, StoryPoint and Sunnyside Medicare.**

Medicare Part D Assistance – Fall Open Enrollment WED, NOV. 6 | MON, NOV. 18

The senior center will collaborate with AgeWays to offer support to Medicare Part D recipients during open enrollment. Reviewing plan choices every year can be very helpful. Appointments are available with counselors who are trained to help you find the most cost effective plan for your needs. Please have current plan information and your medication list with you when you come to your appointment. Please call the Area Agency on Aging to schedule an appointment at 800-803-7174. Please book your appointment early – we have limited availability.

The Giving Tree

The Senior Center will collaborate with a local church to provide a wonderful Christmas for a very deserving family. In early November, tags will be available in the office.

Christmas Puzzle Day

1 PM | MON, DEC. 2

It's puzzle time! Our popular puzzle day competition is back, just in time for the holidays. Registration is required. Get your team of up to three people together and get ready to create your 300 piece puzzle!

Shelby Township Christmas Aglow and Tree Lighting 6 PM | FRI, DEC. 6

The official lighting of the township Christmas tree takes place during the Christmas Aglow Festivities. This event is open to all ages and includes kid's crafts, horse drawn carriage rides and photos with Santa. Make sure to stop in and visit the senior center staff at the event – we'd love to see you!

Christmas Breakfast Bingo

9 AM | MON, DEC. 9 | \$5

10 AM - Bingo

Join us for pancakes, sausage, fruit and bingo! Breakfast will be served from 9-10 a.m. and bingo will start at 10 a.m. The ticket price includes breakfast and bingo. Thank you to our sponsors, **American House, Health Markets Insurance Agency, Oakleigh of Macomb, Shorehaven, Sullivan Funeral Home and Sunnyside Medicare.**

"A December to Remember" Christmas Party

10:30 AM - DOORS OPEN | WED, DEC. 11 | \$25

11 AM - Lunch @ The Palazzo Grande: 54660 Van Dyke Ave.

We are very excited to welcome you to our annual Christmas Party. This event is held at the Palazzo Grande on Van Dyke in Shelby Township. This year, we are excited to welcome Vanessa Carr, who will dazzle us with her Christmas program! The Christmas Party is full of prizes and fun so make sure to get your ticket early – this event sells out very quickly! Thanks to our sponsors, **the Senior Center Steering Committee, Alcon Insurance, Comfort Keepers, The Medical Team Hospice, Oakmont Communities, The Pines, Rickard & Associates, StoryPoint and Sunnyside Medicare.** Please note, you will be asked to choose your seat on the seating chart at the time of registration. There will be 10 people per table.

Christmas Sing-a-long

11 AM | WED, DEC. 18

Join our amazing Senior Center Choir as they treat us to a wonderful sing-a-long just in time to get us ready for the holidays. We'll enjoy some cookies and coffee, too!

Mistletoe Magic Dinner Dance

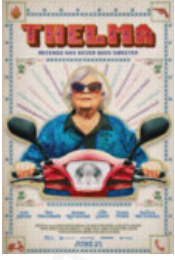
5 PM - DOORS OPEN | FRI, DEC. 20 | \$20

5:30 PM - Dinner

Dance the night away at our magical Christmas Dinner Dance! We are excited to welcome back the band Phase 2, who will delight us with dancing music. We'll also enjoy a delicious dinner consisting of a 2 entrée buffet. This evening is a great way to enjoy some fellowship and music, whether you dance or not. Singles are always welcomed. Thank you to our sponsors, **Next Steps 4 Seniors, Proactive Home Care, Sunnyside Medicare and Town Village of Sterling Heights.**

Coming Attractions

Join us for a movie & popcorn



THELMA - PG-13
12:30 PM, NOV. 7

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her. Starring June Squibb and Richard Roundtree.

run time: 1 hour; 38 minutes



MY PENGUIN FRIEND - PG
12:30 PM, NOV. 21

Inspired by an epic true story, comes this enchanting adventure about a little lost penguin who - after being rescued from an oil spill - transforms the life and soul of a heartbroken Brazilian fisherman. The penguin and the fisherman become unlikely friends, so bonded that even the vast ocean cannot divide them. Starring Jean Reno.

run time: 1 hour; 37 minutes



THE NAUGHTY NINE - PG
12 PM SPECIAL TIME, DEC. 5

Mischievous fifth-grader Andy finds himself without a present from Santa on Christmas morning. Realizing that he must have landed on the "naughty list," Andy pulls together a team of eight other "naughty listers" to help him execute an elaborate heist in Santa's Village at the North Pole to get the presents that they feel they deserve. Starring Danny Glover.

run time: 1 hour; 23 minutes



NOELLE - G
12 PM SPECIAL TIME, DEC. 19

Noelle has always had to support and encourage her brother Nick, who was ordained to take over as Santa. When Nick disappears right before Christmas, Noelle goes on a funny and heartfelt journey to find him and, ultimately, what Christmas is really about. Starring Anna Kendrick and Bill Hader.

run time: 1 hour; 40 minutes

*December movies will start with hot chocolate and Christmas cookies at Noon! Please let us know you are coming ahead of time.
Sponsored by: Oakleigh of Macomb*

*** Please note that movies are selected by their anticipated release dates. If the release dates are changed, we will have to change the movie shown.*

LOUNGE

Stop in and visit our Lounge. Enjoy a cup of coffee, visit with friends, play a board game, help build a puzzle, or watch some television. We also have magazine subscriptions and our Book Nook located in the Lounge. Feel free to take or leave a book, or just borrow one and bring it back. No matter what you do, our new Lounge is a great place to be!

Visit us on Facebook for photos from our events at facebook.com/shelbytwpseniors

Our Sept. crafts turned out beautifully.



Our lunch bunch had a wonderful time visiting the Selfridge Museum in September.



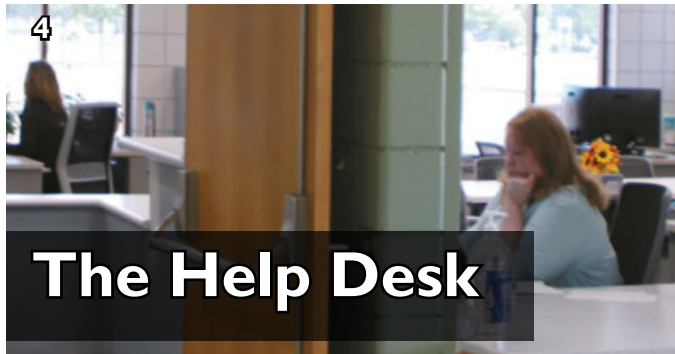
NEW CHOIR MEMBERS NEEDED

Do you like to sing or play an instrument? Then our Senior Center Choir is just for you. No need to be an expert, all skill levels are welcome. You'll have a good time and a very rewarding experience.

STEERING COMMITTEE

11 AM | THU, DEC. 5

We have an elected group at the senior center that serves on the Steering Committee. These dedicated people give their time to make decisions about the senior center. Please join us and share your support and suggestions to make the center a better place for everyone.



The Help Desk

Senior Loan Closet

Need medical equipment for short-term use? This closet is free to the community and contains items such as crutches, canes, portable commodes, walkers, and wheelchairs which you can check out and use for a short period of time. Call us for more information and availability.

Dining Senior Style & Meals on Wheels

Macomb County Meals on Wheels serves meals at the senior center. A limited number of meals are available to eat in the building. Meals are distributed on a first come, first served basis beginning at 11:30 a.m. If you are interested in receiving Meals on Wheels at your home, please contact Macomb County at 586-469-5228.

Veterans Services

The senior center is excited to welcome Laura from the Macomb County Office of Veterans Services Department to the building twice a month. Please note the new day and time - first and third Thursday from 9 a.m.-2 p.m. Laura is

an accredited services officer and can help with veteran's benefits. While no appointment is necessary, please give us a quick call to make sure the representative is here.

The Gift of Time

Too many of our older and disabled neighbors are lonely and isolated. They long for just a brief visit now and then from someone who will take the time to sit and chat. Other families in our community are struggling to take care of a loved one at home. For these full-time caregivers, a break to run errands, go to their own doctor's appointments or just relax for an hour is often impossible because their parent or spouse cannot be left alone. If you have a few hours, once or twice a month, to visit or just sit with an older or disabled adult, your gift of time will make a huge difference for our lonely and struggling neighbors. No hands-on

HOLIDAY CLOSURES

The senior center and senior transportation will be closed:

- Nov. 5 for Election Day (limited gym activities)
- Nov. 11 for Veteran's Day
- Nov. 28-29 for Thanksgiving
- Dec. 24-Jan. 1, 2024 for Christmas and New Years (limited gym activities)

SENIORS IN NEED

Dial 211 for free referrals

Medicare Assistance	800-803-7174
MI Pension Rights	866-735-7737
MI Access to Food	877-664-2233
MI Services to Elderly	517-373-8230
Lakeshore Legal	888-783-8190
Meals on Wheels	586-469-5228
Macomb Veterans Health Department	586-469-5315
	586-469-5235

or nursing experience is needed. For more information, call the Interfaith Volunteer Caregivers at 586-757-5551.

Alzheimer's Support Group

The Alzheimer's Association Caregiver Support Group will be meeting at the Shelby Township Activities Center at 6 p.m. on the second Monday of each month. Join this safe place for caregivers, families and friends of persons with dementia to exchange practical information, develop a support system and learn about resources. All ages are welcome.

Hearing Impaired Older Adults

Our deaf and hearing impaired group meets the third Wednesday of the month at 9:30 a.m. at the senior center.

Smart senior transportation

Hours of Operation:

9 a.m.-4:30 p.m., Monday-Friday

Transportation Office Hours:

8:30 a.m.-5 p.m., Monday-Friday

Who is Eligible for Bus Service: Shelby Township and Utica residents age 50 and older or anyone permanently disabled. Please call 586-739-7540 to schedule a bus appointment.

Fare: Bus tickets may be purchased at the Shelby Township Senior Center. One ticket is required each way for all trips.

Ticket Cost:

- One ticket - \$.50
- 10 tickets - \$5
- 20 tickets - \$10

Need a Bus?

Call 586-739-7540
8:30 AM - 5 PM, Mon- Fri
Detailed information is available at the front desk.

Important Information:

1. Personal appointments such as hair appointments or shopping trips can be made up to two weeks in advance.

Please note that there is a limit of five (5) bags per person on the bus.

2. Medical appointments can be made up to four weeks in advance.
3. Dialysis and physical, occupational, cardiac, or other therapy appointments may be booked in advance for the full treatment schedule.
4. All of our buses are equipped with wheelchair lifts.
5. If bus service is offered for a senior center special event, please contact the front desk to be included on the bus list.

Services:

1. Routes to and from the senior center begin pick-up at 9 a.m. Senior center routes returning to your home take place at 12:30 p.m. or between 2:30 p.m. and 3 p.m.
2. Individual appointments can also be made.
 - The service area for medical needs extends north to 27 Mile Road, south to 18 Mile Road, east to Romeo Plank Road and west to Livernois Road.
 - The service area for non-medical personal needs is limited to Shelby Township and Utica.
 - There is a maximum allowance of two individual weekly non-medical appointments and three weekly appointments for medical or therapy trips.



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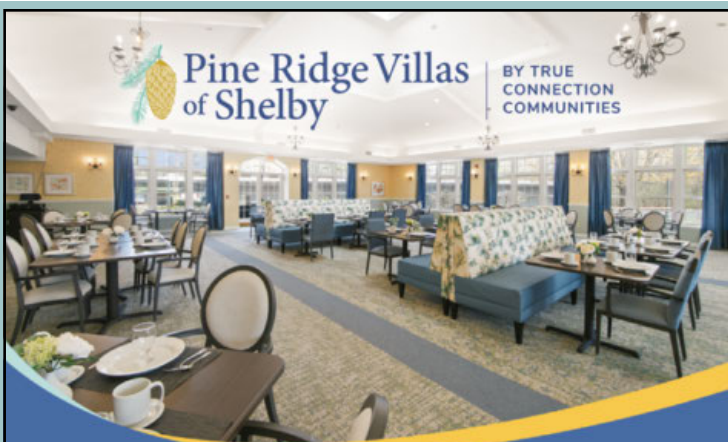


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*Health information provided by www.hopkinsmedicine.org. ** Rules and restrictions may apply, see office for details. Beltone 2023.



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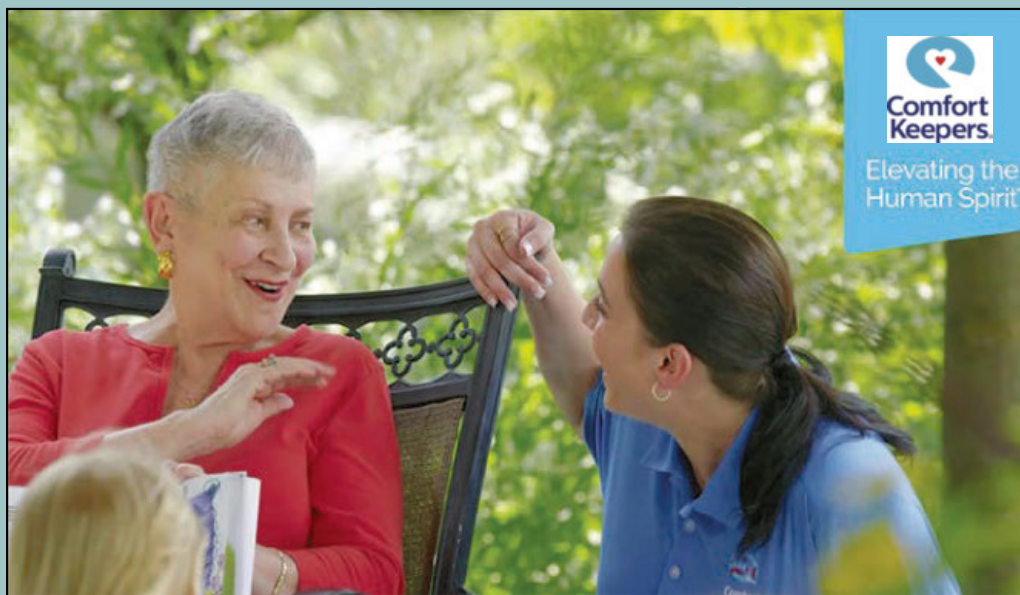


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Cards, Clubs & Classes

CARD GAMES

We are playing all kinds of card games at the Senior Center. We play Euchre, Pinochle, Hand and Foot, Shanghai Rummy, Bridge and Canasta. Check the calendar for specific days and times for the games that interest you!

IPADS

The senior center now has iPads available for use in the building. Please bring identification to check them out at the front desk.

Happenings

1 PM | FRI, NOV. 15 & DEC. 20

Join Amy as we discuss what is happening in the world.

Bingo

10 AM | MON

Bingo is played every Monday at 10 a.m. Each bingo card is \$1.00 - no limit! No registration is required.

Rummikub

10 AM | THU

Join this great group who are getting together to play an old favorite, Rummikub. No registration is required.

Mexican Train Dominoes

1 PM | THU

Join this rapidly growing group on Thursdays at 1 p.m. New players are always welcome.

Brain Games

1 PM | 2ND & 4TH TUE

Did you know that keeping your brain active helps to prevent the onset of memory related disorders? Join us each month to exercise your brain.

Genealogy

1 PM | 3RD WED

Do you know where your family fits into history? Learn tools and tips for locating your ancestors and finding your family's story. Patricia Hallman shares her expertise and will help guide you in your journey. Please feel free to bring your laptop or iPad or borrow one of ours.

Chess Group

1 PM | FRI

We have a chess group meeting on Fridays at 1 p.m. No registration is required.

Michigan Senior Olympics

Are you interested in participating in the Michigan Senior Olympics? For more information, visit michiganseniolympics.org.

Interested in Red Hat Groups?

Interested in learning about the Red Hat Society? We have a chapter at the senior center that is open to new members. For more information, please contact Mary Lambert at 586-232-1147.

Daily Brain Teasers

Stop by the front desk and find our daily brain teaser. Complete the challenge and turn it in to be entered into a drawing for a monthly prize.

Gift Shop Donations Needed

The Gift Shop is in need of donations. If you have any items that you would like to donate, please drop them at the front desk. Please note that we are not taking any donations for the flea market at this time.

Red Cross Blood Drive

The next American Red Cross Blood Drive will be held at the senior center on Jan. 16. Please call the senior center or go to redcrossblood.org to make your appointment today!

Artist Exhibit - Jill Ballantyne

The work of a local artist is displayed in the hallway of our building for two months. November and December features the art work of Jill Ballantyne. Please stop by and check out this talented artist!

THANK YOU TO OUR 2024 SPONSORS!

The Senior Center would like to extend a sincere thank you to our community partners and those that have supported the seniors over the past year. We could not do what we do without your help!

- Alcon Insurance
- American House Senior Living Communities
 - Comfort Keepers
 - Community Choice Realty
 - Diversity Insurance
 - HealthMarkets Insurance Agency
 - Hong Kong Café
 - Matrx Health and Fitness
 - Next Steps 4 Seniors
 - Oakleigh of Macomb
 - Oakmont Communities
 - Pine Ridge of Hayes/ The Pines
 - Pomeroy Living
- Proactive Home Care
 - Rickard & Associates
- Shelby Crossing
- Shelby Manor
- Shorehaven Senior Living
- Sonic Alert Hearing
- StoryPoint Clinton
- Sullivan Funeral Home
 - Sunnyside Medicare
 - Team Rehab
 - The Medical Team Hospice
- Town Village of Sterling Heights
 - Village at Orchard Grove

Travel flyers are available on the township website at shelbytwp.org/seniors.

Travel is filling very quickly. Please make your travel plans as soon as possible!

New York Holiday
12/3/2024

Great Trains & Grand Canyons
5/4/2025

Holiday Church Tour
12/6/2024

Purple Rose Theater
5/14/2025

Firekeepers
3/12/2025

New England
5/18/2025

Zehnder's
3/21/2025

Mackinac Island
6/3/2025

Southern Charm
4/6/2025

Albuquerque Ballon Fiesta & Santa Fe
10/3/2025

San Antonio Fiesta
4/25/2025

Amalfi Coast & Rome
10/21/2025

Vera Bradley Outlet
5/1/2025

Our senior trips may sell out at anytime. Be sure to register early!

CRAFTS

Art with Tony - Winning with Watercolor
9 AM-NOON | THU, NOV. 7, 14 & 21, DEC. 5 & 12 | \$60
Join award winning artist, Tony Warren, as he guides us in watercolor instruction.

Water Color Class
9:30-11:30 AM | LATE FALL: MON, NOV. 4, 18 & 25 | \$30
HOLIDAY: MON, DEC. 2, 9 & 16 | \$30
Pete Snodgrass, Instructor

NEW Introduction to Acrylic Painting
10 AM | TUE, NOV. 12 & 19, DEC. 3 & 10
Class cost: \$48 | Material cost: \$30
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NEW Mixed Media Collage Travel Art
1 PM | THU, NOV. 7, 14 & 21, DEC. 5
Class cost: \$48 | Material cost: \$25
Italy’s fields of lavender, French vineyards, Indiana’s covered bridges... Bring 3-4 inspiring travel photos and any ticket stubs or paper souvenirs that could be collaged into an art piece. We’ll create 2 very personal mixed media art pieces from these photos which will make great keepsakes or special gifts for the hard to buy for! (Landscapes and architectural photos are more successful. Printing a physical photo will be easier to work from when having messy hands)

In the Kitchen: Sweet Potato Pie

INGREDIENTS

- 1 (1 pound) sweet potato, with skin
- ½ cup butter, softened
- 1 cup white sugar
- ½ cup milk
- 2 large eggs
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 (9 inch) unbaked pie crust

Prep Time: 15 minutes
Cook Time: 1 hour 40 minutes

Recipe From: allrecipes
DIRECTIONS

1. Gather the ingredients.
2. Place whole sweet potato in pot and cover with water; bring to a boil.

3. Boil until tender when pierced with a fork, 40 to 50 minutes.
3. Preheat the oven to 350 degrees F. Remove sweet potato from the pot and run under cold water. Remove and discard skin. Break sweet potato flesh apart and place in a bowl. Add butter and mix with an electric mixer until well combined.
4. Add sugar, milk, eggs, nutmeg, cinnamon, and vanilla; beat on medium speed until mixture is smooth.
5. Pour filling into unbaked pie crust.
6. Bake in the preheated oven until a knife inserted in the center comes out clean, 55 to 60 minutes. Remove from the oven and let cool before

Cookies & Coloring
10 AM | THU

Cookies and Coloring is on Thursday mornings. Join us as we relax, share some stories and enjoy a sweet treat. All materials are supplied.

Knit & Crochet
11 AM | 2ND & 4TH WED

Our knit and crochet group meets on the second and fourth Wednesday of each month. Bring the project you are working on for some show and tell. We also have a large supply of donated yarn that can be used for charitable projects.

Quilting
12:30 PM | 1ST & 3RD WED

The Shelby Senior Stitchers meet on the first and third Wednesday of each month. The fourth Wednesday of each month is a sewing day. This group quilts all types of projects for many local charities and is open to new members.

Card Making Class
10-11:15 AM | FRI, NOV. 8 & 22, DEC. 13 & 20

Are you interested in making your own greeting cards? Class sizes are limited. Registration at the front desk is required. All card pieces are precut and glued together in class. Cards are \$1 per card.

Craft Class
10 AM | THU, NOV. 21, DEC. 5 | \$5

Join our popular monthly crafting class. Room is limited so please sign up in advance at the front desk.



Nov. Craft



Dec. Craft





Group fitness classes

Did you know that the senior center offers several different instructor-led exercise classes for just \$3 per class? No advance sign up is required. See the current line-up above.

Occasional cancellations may happen to accommodate programming or instructor schedules. Please refer to the detailed calendar on page 14-15.

Yoga

10-11 AM | MON
1-2 PM | THU

A well rounded mat yoga class. Includes standing and balancing postures and stretches on the mat. This class is designed to increase flexibility, strength, and balance. Please bring your mat. Stephanie is the instructor on Mondays and Kelly is the instructor on Thursdays.

Chair Yoga

11:15 AM-12:15 PM | MON
10:30-11:30 AM | THU

This class is designed for people who have mobility challenges but would still like to experience the benefits of yoga. This class will use the wall and the chair for support, but will not be on the floor. Amanda is the instructor.

Zumba Gold

12:30-1:30 PM | MON

This Latin inspired workout incorporates dance and fitness routines set to Latin music. Zumba Gold is performed at a reduced intensity, but still burns a lot of calories. Debbie is the instructor.

Balance Class

1-2 PM | MON

This class uses many different techniques to strengthen the core and to build balance and coordination. We've learned that falls cause so many health concerns - now is the time to work to prevent them. This class is led by Laura and is considered low to medium impact.

Aerobics

10-11 AM | TUE & FRI

This class is our highest level of impact and is taught by Sabrina and Heather.

Line Dance

11:30 AM-12:30 PM | TUE

This class introduces line dance to participants. Lynn is the instructor.

Chair Exercise

10-11 AM | WED

Laura leads this low impact aerobic exercise class which has participants sit in a chair for most of the class.

Aerobic Dance Class

11 AM-Noon | WED

Join Joann for a great workout focusing on aerobic style dance. No skills or experience are required.

Tai Chi

2:30-3:30 PM | WED

This beginner class helps improve your quality of life, especially for those suffering from arthritis. It is great for body posture and increases strength and flexibility. It also aids in reducing pain. Stephanie is the instructor.

Drum Class

11 AM-Noon | FRI

This class combines some sitting and standing exercises with music! Rhonda is the instructor.

November and December Gym Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pickleball Session #1 8:30-10:30 AM Session #2 RESIDENT PRIORITY 10:30 AM-12:30 PM Free/Resident \$2/Nonresident Balance Class 1-1:55 PM \$3 per person Walking/Jogging 2-4:30 PM Free	Walking/Jogging 8:30-10 AM Free Aerobic Exercises 10-10:55 AM \$3 per person Pickleball Session #1 11 AM-1 PM Session #2 RESIDENT PRIORITY 1-3 PM Session #3 BEGINNER 3-5 PM Free/Resident \$2/Nonresident	Walking/Jogging 8:30-10 AM Free Chair Exercise 10-10:55 AM \$3 per person Pickleball Session #1 11 AM-1 PM Session #2 RESIDENT PRIORITY 1-3 PM Session #3 3-5 PM Free/Resident \$2/Nonresident Walking/Jogging 5-6 PM Free	Pickleball Session #1 8-10 AM Session #2 10 AM-12 PM Session #3 RESIDENT PRIORITY 12-2 PM Free/Resident \$2/Nonresident Pickleball Lessons 2-4 PM \$5 per class *REGISTRATION REQUIRED* Walking/Jogging 4-5:30 PM Free	Walking/Jogging 8:30-10 AM Free Aerobic Exercise 10-10:55 AM \$3 per person Pickleball Session #1 RESIDENT PRIORITY 11 AM-1 PM Session #2 1-3 PM Session #3 BEGINNER 3-5 PM Free/Resident \$2/Nonresident Walking/Jogging 5-5:30 PM Free
WERTZ ROOM Pickleball Lob Machine Practice 1-4:45 (and by appointment)				

All Pickleball Sessions are open with no registration required. Resident priority sessions will be open to non-residents if less than 24 people are playing. Additional pickleball and walking times are offered in the evening and on Saturdays. Please check the Parks and Recreation calendar by visiting shelbytwp.org/parks for the most up to date information.

PICKLEBALL LESSONS

Instructional Pickleball 1

2-4 PM | THU, NOV. 21 | \$5 per session

Are you interested in learning how to play pickleball? This class is designed for those who have never played pickleball. Learn the basics of this fast growing sport.

Instructional Pickleball 2

2-4 PM | THU, NOV. 7, DEC. 5 | \$5 per session

Have you started to play pickleball and wondered what is next? This class is designed for those that have knowledge of the game and have completed a beginner class.

Skills to Drills Pickleball

2-4 PM | THU, NOV. 14, DEC. 12 | \$5 per session

Are you interested in enhancing your pickleball skills? This class is designed for the intermediate pickleball player with **at least 1 year of playing experience**. Learn new shots and drills designed to enhance your play. After, practice what you have learned by playing some games.

Please note that class sizes are limited and registration is required. Refunds will only be issued if they are requested 72 hours prior to the start of the session.

Stay up-to-date with Classes!

The Senior Center has a new system for alerting you of last-minute class changes and cancellations. From your smartphone, send a text message to Remind to opt in to messages. Please choose from the class list below to add yourself to the notification list. Note that the @ is required! Send the following underlined text to 81010:

- Monday yoga: @monyoga10
- Monday chair yoga: @monchairyo
- Monday balance class: @monbal100
- Monday Zumba: @monzum1230
- Tuesday aerobics: @tuesaero10
- Tuesday line dance: @lined1130
- Wednesday chair exercise: @wedchair10
- Wednesday dance aerobics: @aerodance
- Wednesday Tai Chi: @taichi230
- Thursday yoga: @thuyoga1
- Thursday chair yoga: @thuchairyo
- Friday aerobics: @friaero10
- Friday drum class: @fridrum

If you need help, please ask at the front desk – our staff is happy to help you opt in!

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>8:30 AM Billiards 9 AM Coloring 9 AM Open Computers 10 AM Aerobics 11 AM Drum Class 1 PM Bridge 1 PM Chess 1 PM Cribbage</p>
<p>4</p> <p>9 AM Open Computers 9 AM Feather Quilting 9:30 AM Watercolor Class 10 AM Bingo 10 AM Yoga 11:15 AM Chair Yoga 12:30 PM Zumba Gold 1 PM Bible Study 1 PM Balance Class</p>	<p>5</p> <p>CLOSED</p> <p>ELECTION DAY</p>	<p>6</p> <p>10 AM Medicare by Appointment 10 AM Choir 10 AM Chair Exercise 11 AM Dance Class 12:30 PM Shanghai Rummy 12:30 PM Quilters 1 PM Euchre 2:30 PM Tai Chi</p>	<p>7</p> <p>9 AM Veteran's Rep 9 AM Art with Tony 10 AM Cookies & Coloring 10 AM Rummikub 10:30 AM Chair Yoga 11:30 AM Lunch Bunch 12:30 PM Movie 12:30 PM Hand & Foot 1 PM Media 1 PM Dominoes 1 PM Yoga</p>	<p>8</p> <p>8:30 AM Billiards 9 AM Coloring 9 AM Open Computers 10 AM Aerobics 10 AM Greeting Cards 11 AM Drum Class 1 PM Bridge 1 PM Chess 1 PM Cribbage</p>
<p>11</p> <p>CLOSED</p> <p>VETERAN'S DAY</p> <p>6 PM Alzheimers Support</p>	<p>12</p> <p>8:30 AM Billiards 10 AM Mahjongg 10 AM Open Computers 10 AM Aerobics 10 AM Acrylic 11:30 AM Line Dance 12 PM Event Designers 1 PM Euchre 1 PM Brain Games Medicare by Appointment</p>	<p>13</p> <p>10 AM Choir 10 AM Chair Exercise 11 AM Dance Class 11 AM Knit & Crochet 12:30 PM Shanghai Rummy 1 PM Basket Weaving 2:30 PM Tai Chi</p>	<p>14</p> <p>9 AM Art with Tony 10 AM Cookies & Coloring 10 AM Rummikub 10:30 AM Chair Yoga 11 AM Luncheon 12:30 PM Hand & Foot 1 PM Media 1 PM Dominoes 1 PM Yoga</p>	<p>15</p> <p>8:30 AM Billiards 9 AM Coloring 9 AM Open Computers 10 AM Aerobics 11 AM Drum Class 1 PM Happenings 1 PM Bridge 1 PM Chess 1 PM Cribbage</p>
<p>18</p> <p>9 AM Open Computers 9:30 AM Watercolor Class 10 AM Bingo 10 AM Yoga 10 AM Medicare by Appointment 11:15 AM Chair Yoga 12:30 PM Zumba Gold 1 PM Bible Study 1 PM Balance Class</p>	<p>19</p> <p>8:30 AM Billiards 10 AM Mahjongg 10 AM Open Computers 10 AM Aerobics 10 AM Acrylic 11:30 AM Line Dance 12 PM Event Designers 1 PM Euchre</p>	<p>20</p> <p>9:30 AM Deaf Group 10 AM Choir 10 AM Chair Exercise 11 AM Dance Class 12:30 PM Shanghai Rummy 12:30 PM Quilters 1 PM Genealogy 1 PM Pinochle 2:30 PM Tai Chi</p>	<p>21</p> <p>9 AM Veteran's Rep 9 AM Art with Tony 10 AM Cookies & Coloring 10 AM Craft Class 10 AM Rummikub 10:30 AM Chair Yoga 12:30 PM Movie 12:30 PM Hand & Foot 1 PM Media 1 PM Dominoes 1 PM Yoga</p>	<p>22</p> <p>8:30 AM Billiards 9 AM Coloring 9 AM Open Computers 10 AM Aerobics 10 AM Greeting Cards 11 AM Drum Class 1 PM Bridge 1 PM Chess 1 PM Cribbage</p>
<p>25</p> <p>9 AM Open Computers 9 AM Kiwanis 9:30 AM Watercolor Class 10 AM Bingo 10 AM Yoga 11:15 AM Chair Yoga 12:30 PM Zumba Gold 1 PM Bible Study 1 PM Balance Class</p>	<p>26</p> <p>8:30 AM Billiards 10 AM Mahjongg 10 AM Open Computers 10 AM Aerobics 11:30 AM Line Dance 12 PM Event Designers 1 PM Euchre 1 PM Brain Games</p>	<p>27</p> <p>10 AM Choir 10 AM Chair Exercise 11 AM Dance Class 11 AM Knit & Crochet 12:30 PM Shanghai Rummy 12:30 PM Quilters 1 PM Pinochle 2:30 PM Tai Chi</p>	<p>28</p> <p>CLOSED</p> <p>THANKSGIVING</p>	<p>29</p> <p>CLOSED</p> <p>THANKSGIVING</p>

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9 AM Open Computers 9:30 AM Watercolor Class 10 AM Bingo 10 AM Yoga 10 AM Feather Quilting 11:15 AM Chair Yoga 12:30 PM Zumba Gold 1 PM Bible Study 1 PM Balance Class 1 PM Puzzle Day</p>	<p>3 8:30 AM Billiards 10 AM Mahjongg 10 AM Open Computers 10 AM Aerobics 10 AM Acrylic 11:30 AM Line Dance 12 PM Event Designers 1 PM Euchre 1 PM Bunco</p>	<p>4 10 AM Choir 10 AM Chair Exercise 11 AM Dance Class 12:30 PM Shanghai Rummy 12:30 PM Quilters 1 PM Euchre 2:30 PM Tai Chi</p>	<p>5 9 AM Veteran's Rep 9 AM Art with Tony 10 AM Cookies & Coloring 10 AM Craft Class 10 AM Rummikub 10:30 AM Chair Yoga 11 AM Steering Committee 12 PM Movie 12:30 PM Hand & Foot 1 PM Media 1 PM Dominoes 1 PM Yoga</p>	<p>6 8:30 AM Billiards 9 AM Coloring 9 AM Open Computers 10 AM Aerobics 11 AM Drum Class 1 PM Bridge 1 PM Chess 1 PM Cribbage 6 PM Christmas Aglow</p>
<p>9 9 AM Open Computers 9 AM Kiwanis 9 AM Christmas Breakfast Bingo 9:30 AM Watercolor Class 10 AM Yoga 11:15 AM Chair Yoga 12:30 PM Zumba Gold 1 PM Bible Study 1 PM Balance Class 6 PM Alzheimers Support</p>	<p>10 8:30 AM Billiards 10 AM Mahjongg 10 AM Open Computers 10 AM Aerobics 10 AM Acrylic 11:30 AM Line Dance 12 PM Event Designers 1 PM Euchre 1 PM Brain Games Medicare by Appointment</p>	<p>11 11 AM Christmas Party 2:30 PM Tai Chi</p>	<p>12 9 AM Art with Tony 10 AM Cookies & Coloring 10 AM Rummikub 10:30 AM Chair Yoga 12:30 PM Hand & Foot 1 PM Dominoes 1 PM Yoga</p>	<p>13 8:30 AM Billiards 9 AM Coloring 9 AM Open Computers 10 AM Aerobics 10 AM Greeting Cards 10:30 AM Lunch Bunch 11 AM Drum Class 1 PM Bridge 1 PM Chess 1 PM Cribbage</p>
<p>16 9 AM Open Computers 9:30 AM Watercolor Class 10 AM Bingo 10 AM Yoga 11:15 AM Chair Yoga 12:30 PM Zumba Gold 1 PM Bible Study 1 PM Balance Class</p>	<p>17 8:30 AM Billiards 10 AM Mahjongg 10 AM Open Computers 10 AM Aerobics 11:30 AM Line Dance 12 PM Event Designers 1 PM Euchre</p>	<p>18 9:30 AM Deaf Group 10 AM Choir 10 AM Chair Exercise 11 AM Dance Class 11 AM Christmas Sing-a-long 12:30 PM Shanghai Rummy 12:30 PM Quilters 1 PM Genealogy 1 PM Pinochle 2:30 PM Tai Chi</p>	<p>19 9 AM Veteran's Rep 10 AM Cookies & Coloring 10 AM Rummikub 10:30 AM Chair Yoga 12 PM Movie 12:30 PM Hand & Foot 1 PM Dominoes 1 PM Yoga</p>	<p>20 8:30 AM Billiards 9 AM Coloring 9 AM Open Computers 10 AM Aerobics 10 AM Greeting Cards 11 AM Drum Class 1 PM Happenings 1 PM Bridge 1 PM Chess 1 PM Cribbage 5 PM Dinner Dance</p>
<p>23 9 AM Open Computers 9 AM Kiwanis 1 PM Bible Study</p>	<p>24 CLOSED FOR THE HOLIDAYS</p>	<p>25 CLOSED FOR THE HOLIDAYS</p>	<p>26 CLOSED FOR THE HOLIDAYS</p>	<p>27 CLOSED FOR THE HOLIDAYS</p>
<p>30 CLOSED FOR THE HOLIDAYS</p>	<p>31 CLOSED FOR THE HOLIDAYS</p>	<p>1 CLOSED FOR THE HOLIDAYS</p>		

Shelby Twp. Senior Center
14975 21 Mile Road
Shelby Twp., MI 48315

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