

SENIOR GO-GETTERS

Programs for persons age 50 & over

Our program offers comprehensive and diverse services and activities for Lansing area adults over the age of 50. Included are health services, crafts, recreation and many special events. The program meets 10:00 a.m. – 2:00 p.m. Monday - Friday at Letts and Miller Rd. Centers. In addition, Miller Center offers evening programs, dances and events.

Tri-County Office on Aging nutritional meals are served at 12 noon,

Monday - Friday at Letts and Monday, Tuesday, Thursday, and Friday at 11:45 a.m. at Miller. A \$2.00 donation is requested for persons age 60 and older; a \$4.00 donation is requested for persons under age 60.

Transportation arrangements can be made through Spec-Tran by calling 394-6230. You'll receive a token for your return ride home if you order a meal.

PROGRAM LOCATIONS

Letts Community Center, 1220 W. Kalamazoo.....483-4311 • Miller Road Center, 6025 Curry Lane (off Miller).....394-5421



SENIOR GO-GETTERS

Are you an active senior looking to get out and have some fun? The "Senior Moment Program" at Gier Community Center, 2400 Hall Street in Lansing is the place to be. Come and enjoy the company of seniors, ages 50 and over, refreshments and nutritious treats. Activities include leisure recreation, billiards, cards, bingo, shuffle board, and pleasant conversation. For further information, please call Gier Community Center at 483-4313.

4/14	Wed	12-2 pm	Gier	Free
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WEDNESDAY EVENINGS AT MILLER ROAD

Join us for an evening of fun, games and fellowship Wednesday's April through June from 6-9 p.m. The program is free; donations are accepted for refreshments.

DANCE THE NIGHT AWAY

Dance the night away the 1st Thursday of each month (4/8, 5/6, 6/3) at Miller Road from 7 to 10 p.m. The program is free; donations are accepted for refreshments.

WALKING FOR THE HEALTH OF IT (Ages 50+)

A low to moderate level health fitness class for older adults with warm-up stretches and the option of (1) walking for 30 minutes or (2) combining walking and 10 strength exercise stations. A cool down stretch will follow the walking portion of the session. Maps of outdoor walking courses will be provided for those preferring to walk outside. Advance registration required. Funded by Tri-County Office on Aging through Michigan Services to the Aging. Instructor: Jane Braatz. No class 5/28, 6/11.

4/5-9/3	Mon-Wed-Fri	8:45-9:45 am	Foster	Free
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Special Events

EASTER BASKET DECORATING

Bring your basket and decorate cookies and eggs for Easter. We will provide the cookies, frosting, eggs and coloring and basket decorations. Tri-County Office on Aging lunch will be served. Please call to reserve a lunch and let us know if you will be decorating with us. Registration deadline is 3/19. Lunch is included in the price.

3/26	Fri	10-12 pm	Letts	\$5
3/25	Thu	10-12 pm	Miller	\$5

HOT POCKETS POOL TOURNAMENT

All pool players are welcome and encouraged to join us for a great time. Check-in will be at 9:30 a.m. and the tournament will begin at 10 a.m. Refreshments will be provided. Tri-County Office on Aging lunch will be served. First, second and third place prizes will be awarded. Please call 483-4311 to register for the tournament and to reserve lunch. Registration deadline is April 13th at 2 p.m.

Activity #315561A	Free
4/16	Fri 10 am-2 pm Miller

MOTHER'S DAY CELEBRATION

This Mother's Day join us at the Letts Community Center for a day of fun, refreshments and entertainment. Lunch will be provided by Tri-County Office on Aging. Please call 483-4311 to register and reserve lunch. Cost of lunch is included.

Activity #315820A	\$5
5/6	Thu 10 am-1:30 pm Miller & Letts

FATHER'S DAY TALENT SHOW CELEBRATION

Fathers celebrate and share your talent with us. Prizes will be awarded for 1st, 2nd, 3rd talented fathers. Call Miller Road Center at 394-5421 or Letts Center at 483-4311 to reserve for your meal – which includes grilled hot dogs, baked beans, potatoes salad, punch and a special cake with ice cream. Lunch is included in price.

6/17	Thu 10 am- 1:30 pm	Miller & Letts	\$5
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THANKSGIVING IN JULY

Join us as we share in turkey, mashed potatoes and gravy, green beans, cranberry sauce, and sweet potato crisp. Please call 394-5421 before July 21st to reserve your meal.

7/29	Thu	10:30 am-1:30 pm	Miller	\$5
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SENIOR PICNIC

Everybody loves a picnic. We will cook out for you a menu of hotdogs, hamburgers, coleslaw, baked beans and desert. Our entertainment will make you want to get up and dance. Raffle prizes for the most creative sun glasses and most creative hat will be given. Activities available include horseshoes, cricket, and basketball and of course you can stroll through the rose garden. Lunch is included in the cost of the picnic.

Activity #415930A	\$5	
8/19	Thu 11 am-2 pm	Frances Park Large Pavilion

ICE CREAM SOCIAL & INVITATIONAL

Enjoy ice cream sodas with your favorite toppings or a root beer float. Come and meet and greet seniors and join in the activities. We also welcome your ideas of programs you would like Miller Road Center to provide for seniors of the community. Tri-County Office on Aging lunch will be served.

8/25	Wed	10:30 am-1:30 pm	Miller
8/27	Fri	10:30 am-1:30 pm	Letts

A BLUE KIND OF DAY GREET AND MEET

Things will only get better for everyone who wears Blue, you will enjoy Blue ice cream and meet and make new friends. Wearing Blue is the Clue for this greet and meet day. Tri-County Office on Aging lunch will be served.

6/24	Thu	10:30 am-1:30 pm	Miller Rd	\$5
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