

SENIOR



HAPPENINGS



SENIOR KAYAK PG. 12

June 2024

For even more programs happening this summer, check out our Summer Guide!



*This newsletter was published on 5/10/24
Information printed considered accurate.*

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SENIOR SERVICES ADVISORY COMMITTEE

MEET THE SENIOR SERVICES ADVISORY COMMITTEE

The Connect Senior Services Advisory Committee (SSAC) seeks to identify and support the needs of senior adults (50+) by assessing and coordinating community resources to appropriately provide; social, educational and recreational programs; supportive outreach information and services; volunteer opportunities; and advocacy on emerging senior issues of concern.



COMMITTEE MEMBERS

Pictured from left to right: Slyvia Whitmer, Fredrick Ball, Joanne Tioran, Lois Schulman, Cameron McClure, Norma Macias, Bharat Mehta & Therese Roshirt

Not pictured: Chuck Downey & Judy Domstein

SSAC MEMBER SPOTLIGHT: NORMA MACIAS

Norma Macias is a Connect Member and has been a West Bloomfield resident for most of her life. As a young person, Norma recognized the vitality of active participation and became an attorney, which took her on a journey to study different areas of law. Finally, she landed on specializing in Elder Law as her central career.

As a traveler of the world, Norma has a zest for life and can speak several romance languages. Although she was born in Ecuador, she believes that her home has always been right here in Michigan.

Through Connect, Norma has participated in many programs and activities including but not limited to Stretch and Tone, March Into Spring, Brisk Weather Walkers, Euchre, Canasta, SRG Trips, Membership Events, Tech Talks and more. Now that Norma has retired, she would like to serve her community and share her culture, knowledge and experience alongside the Senior Services Advisory Committee.



NORMA MACIAS

CONNECT UPDATE

Connect membership has grown! This summer we will celebrate one year in our new space. Since we have opened, the demand for senior services has greatly increased and our membership has grown to include over 660 seniors. As our population ages, so does the demand for such services and spaces.

This summer, we are excited to implement new and free opportunities aimed at offering social work services and resources to seniors. Check out page four for new programs this summer. Make sure to drop by Connect to beat the heat and cool off with us between 1-4 pm at our regularly scheduled drop-in programs!

Sincerely,
Kay McMahon, Senior Services Manager



CONNECT MEMBER ANITA WEISS-HELFMAN
PICTURED AT THE 2023 ICE CREAM FLOATS EVENT

CONNECT HOLIDAY AND SEASONAL CLOSURES

6/19

Closed for Juneteenth

7/4

Closed for Fourth of July

9/2

Closed for Labor Day

9/9

Opens at 11AM

10/2-10/4

No Programming- Rosh Hashanah

Sponsored by



Connect Member Event

Ice Cream Floats

Free!



August 7
12-2pm
Connect

Join us for a root beer float, Boston cooler or scoop of ice cream.
Pre-registration required.
Connect members only.

FEATURED PROGRAMS

DIA: MELODIES AT THE MUSEUM-NEW!

Join us at the Detroit Institute of Arts for a performance of Motown classics from the 1960's and 1970's. This trip will allow for self-guided time in the museum and a coupon for the Museum shop. Post-performance refreshments include cookies and a bottled water. Motor coach transportation provided by the DIA.

Location: Bus departs from the Recreation Activities Center

6/27 | Th | 12-3:45P | \$7/\$12

LAUGHING YOGA-NEW!*

Laughing Yoga combines breathing exercises and laughter. This untraditional yoga features gentle stretches and breath to reduce stress, strengthens your immune system and boost your mood! Pre-registration is required. Space is limited.

Location: Connect at Simsbury

Instructor: Ariana Buksdorf

7/12-7/26 | F | 2-2:30P | FREE

MEN'S SUPPORT GROUP-NEW!*

Join Karen Faith Gordon, LMSW, for a weekly men's discussion group. During this one-hour discussion, participants will discuss the unique challenges faced with aging. Find, create and renew purpose while cultivating connections with other local senior men. Pre-registration is required. Space is limited.

Location: 7399 Middlebelt Road, Suite #4

Instructor: Karen Faith Gordon

7/10-8/14 | W | 4:30-5:30P | FREE

*This Senior Center Social Work Project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$85,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

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ATHLETICO
PHYSICAL THERAPY

FREE PUBLIC EVENT!

15TH ANNUAL

GREATER WEST BLOOMFIELD
HEALTH & WELLNESS FAIR

TUESDAY, JUNE 11TH 11AM-2PM

WEST BLOOMFIELD TOWN HALL 4550 WALNUT LAKE RD.

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SENIOR SEASONAL HIKES

Join our naturalist on a seasonal nature discovery walk. Each walk ranges from 1-1.5 miles. Explore various trails in West Bloomfield and observe the changing seasons. Hiking poles provided.

Location: WB Woods Nature Preserve

6/12 | W | 2-3:30P | FREE

Location: Bloomer Park

7/10 | W | 2-3:30P | FREE



BOND PROPOSAL

WB PARKS BOND PROPOSAL

AUGUST 6 ELECTION
WBPARKS.ORG/BOND

If the bond is approved by voters, an expanded, multigenerational Connect community center will be built on the Civic Center Campus. The new Connect will be a gathering place for all ages and nearly four times as large as the current Recreation Activities Center to meet community demand for programs and services.



SENIOR LOUNGE CONCEPT

The 33,000-square-foot building would feature:

- A dedicated lounge space for seniors to gather
- Indoor pickleball, table tennis, a walking track & fitness classes designed for seniors
- A wider variety of recreation programs focused on both the mental and physical wellbeing of participants of all ages



GYMNASIUM CONCEPT

If approved, the bond also will enable West Bloomfield Parks to make needed investments in other parks within the Township including:

- Paved walking trail replacements at Marshbank Park
- An expanded pickleball complex at Drake Sports Park



WALKING TRACK CONCEPT



CONNECTING COMMUNITY

VOLUNTEER OPPORTUNITIES

VOLUNTEER WITH US!

WB Parks has a variety of fun volunteer opportunities including: greeters, game and craft assistants, registration assistants, program assistants, prep work, nature program assistance and much more. The success of many of our programs and events depends on the efforts of our volunteers. Those who contribute their time, energy and talents make it possible for our residents to have an enjoyable recreation experience! To learn more or to sign up, visit wbparks.org/volunteer.

VOLUNTEER SPOTLIGHT: THEA SAILER

Thea Sailer has lived in West Bloomfield since February of 1976. She and her husband chose West Bloomfield because it was the midway point between her and her husband's work. On one of the snowiest days in December of 1975, they first saw what would be their future home. Together, they raised their children here, taking advantage of summers on Walnut Lake. It was and still is an ideal location for Thea. She believes that there is much to appreciate about this community including: the diversity of the population, the unique, older neighborhoods from the 30's - 50's that were once vacation cottages on the area lakes, public and private educational opportunities, the beauty of the parks and the architecture of the older churches.



THEA SAILER

When asked how she got involved with the WB Parks, Thea stated: "In 2010, I suddenly lost my beloved husband. I was adrift in sorrow, aimless except for helping with new grandbabies. In 2011, a neighborhood friend suggested I try the exercise class at Walnut Lake Elementary School. I did and I have benefited from Stretch and Tone ever since. Exercise, as one of the foundations of health makes our bodies stronger, and our mood more positive. This class worked wonders for my psyche!"

In 2012, when Stretch and Tone needed a leader, the late Mary Suci said to Thea, "Well, why don't you teach the class?" That was her defining moment - She said "yes" and she has been with WB Parks ever since. She believes that saying yes to that challenge provided her with purpose, direct health benefits and a wonderful community of friends. We believe that her dedication to WB Parks' Stretch and Tone program has directly impacted the lives of hundreds of seniors in the last 10 years. On the impact of volunteering, she says: "In volunteering, I give freely of my time, talent and treasure. It's a way to give back to the community. The reward is that I feel good about myself, with richer experiences and wonderful friends. When volunteering, I am always blessed in return."

If Thea could describe herself in three words, she would describe herself as kind, creative and a lifelong learner. She believes kindness makes the world a better place and that it only takes a moment to say a supportive word, extend a sincere thank you or pay attention to another's needs. A lifelong learner is always curious and with this, Thea has enjoyed her book club for over 17 years and has learned from each book she has read. Thea learned to cook creatively when she had to eliminate dairy and wheat from her diet. Family and friends rarely know they are enjoying meals without dairy and wheat. In ten years, Thea visualizes herself enjoying life because she will be fit enough to be active and independent thanks to her dedicated time teaching and taking Stretch and Tone.

Her biggest passions are education, health and nutrition. She intends to be the Nonna who attends graduation parties and dances at the weddings of her grandchildren. If she could give you one piece of advice, Thea would say: "Be the change you wish to see in the world."

STAFF FEATURE

Get to know a little more about our newest Connect Senior Programmer, Gillian Gifford:

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

My favorite thing about working with seniors is the knowledge, wisdom and stories that they have to share. I love learning about their lives and taking in all of the advice that they have to offer!

2. WHAT INSPIRED YOU TO WORK FOR WB PARKS?

I love having a job where I can be both active and interactive with the community on a daily basis.

3. WHAT IS YOUR FAVORITE SENIOR PROGRAM?

My favorite senior program is Line Dancing.

4. FUN FACT ABOUT YOURSELF.

So far in my life, I have visited five countries outside of the U.S. and I am hopeful for that number to continue to grow throughout my future!



GILLIAN GIFFORD
SENIOR PROGRAMMER

Interested in WB Parks' Trips? Learn more about them from Senior Programmer and Trip Coordinator Heidi Russell!

1. WHAT IS YOUR ROLE IN COORDINATING WB PARK'S TRIPS?

I plan the locations for our day trips around the metro Detroit area, including coordinating all venue reservations and meals.

2. WHAT TYPES OF SENIOR TRIPS DOES WB PARKS OFFER?

We offer all different types of trips, with the goal of offering unique outings and experiences. Some might be cultural, like a play or DSO performance. Others might be nature-oriented, but I plan trips that I hope will be of interest to our participants. One of the benefits of attending with WB Parks is folks can sit back, relax and enjoy the adventures without having to drive on their own. Plus they are fun and a time to share activities with others!

3. WHICH UPCOMING TRIP ARE YOU MOST EXCITED ABOUT?

We have a Detroit Urban Farm Tour & Lunch trip, with Linda Yellin, Feet on the Street Tours, in July that I think will be really interesting. I love Detroit - and sharing the city with our participants.

4. WHAT DO YOU ENJOY MOST ABOUT WB PARKS' TRIPS?

It is such fun for me to hear feedback from our seniors who have had a great day - exploring with WB Parks. I program trips that I would like to attend with friends or family. Please let me know if you have suggestions of a location that you would like to visit. I am always looking for new trip ideas.



HEIDI RUSSELL
SENIOR PROGRAMMER

UPCOMING SPECIAL EVENTS

SPONSORED BY:



RESIDENT \$5/NONRESIDENT \$7
PRE-REGISTRATION IS REQUIRED.



INDEPENDENCE DAY PICNIC

WEDNESDAY, JUNE 26
MARSHBANK PARK
12-1:30 PM

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Marshbank Park

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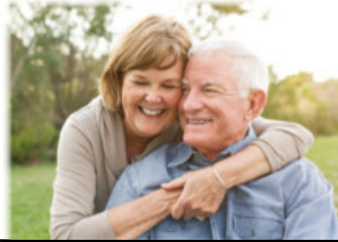
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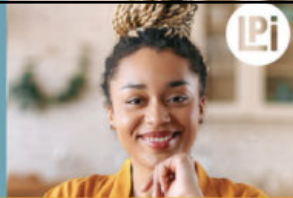
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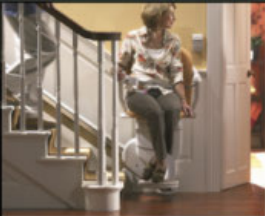
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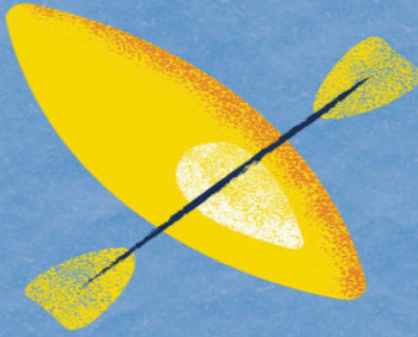
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RESIDENT \$38 / NONRESIDENT \$43



SENIOR KAYAK

AUGUST 14

9-10:30 AM

MARSHBANK PARK

EXPLORE THE OUTDOORS ON THIS NATURALIST-GUIDED TOUR OF CASS LAKE!

Marshbank Music

WEDNESDAYS AT MARSHBANK PARK
5:30 - 8:30 PM

FOOD SERVICE STARTS AT 5:30, MUSIC KICKS OFF AT 6:00

VARIETY OF FOOD TRUCKS AVAILABLE!

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LINEUP

- JULY 10: DAN RAFFERTY BAND
ROCK AND POP HITS
- JULY 17: THUNDERBEARDS
ZZ TOP TRIBUTE
THIS EVENT ENDS AT 8:15 PM.
- JULY 24: DETROIT RETRO SOCIETY
SOUL, FUNK, R&B AND MORE
- JULY 31: MOBILE DUELING PIANO
INTERACTIVE MUSICAL COMEDY

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10AM - 12PM
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- Interactive talks with Bees in the D & Xerces Society
- Live caterpillar displays
- Native seed giveaway

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West Bloomfield Parks has contracted with LPI to print this newsletter with the majority of costs covered by local business advertisements. We will be mailing this newsletter out three times annually. If you'd like to be added to our distribution list, please call 248.451.1900.