

**Northfield Township Community Center**  
**Monthly Report**  
**May 2017**  
**Tami Averill, Director**

**I. May Overview**

The Senior Nutrition program continues to run smoothly. We have 99 registered seniors, with 10 to 16 attending on a daily basis in May. Lunches are served on Mondays, Wednesdays and Fridays at 12:15p.m.

THANK YOU to our Senior Lunch Volunteers – Louisa DeFilippi, Linda Hartley, Ernestine Hogston, Alyssa Jones, Betty Jones, Debbie Leibert, Christine Miles, Karen Neigebauer, Donn Sleek, Chuck Steuer, Ann Thompson, and Curtis Ward. They always do a great job!

A big thank you to our volunteers – Angela Brown, Denise Creque, Peggy Friscia, Ruth Hague, Linda Hartley, Cindy Hogston, Ernestine Hogston, Betty Jones, Alyssa Jones, Phyllis Lindblade, Donn Sleek, Ann Thompson, Curtis Ward, - for the work they contributed in May. Their hard work is always appreciated.

Program planning is ongoing. Preparing for Movies Under the Stars (begins June 16) and the 4<sup>th</sup> of July Parade participation and our annual Root Beer Float Social afterwards.

I continue to attend and keep minutes for the Parks & Recreation Board meetings.

**II. Program Evaluation**

**a. On-Going Services**

Lisa Abrams continues to offer reflexology sessions and therapeutic foot baths on Tuesday and Thursday afternoons and Wednesday evenings. She had no clients this month.

Dr. Anthony Mastrogiacomo from South Lyon Foot & Ankle Specialists continues to offer senior foot care every other month. His visit was rescheduled to June 8 and expecting 6 patients.

The Medical Loan Closet continues to be available to the community. Nine items were loaned in May. We received donations of a shower seat, 3 walkers, a 3-wheeled travel walker with brakes and a shopping bag, a walker with a seat, 2 sets of crutches, a wheelchair, and an IV pole.

The Regency continues to send a Registered Nurse on the 2nd Tuesday of each month for blood pressure screenings. They saw 6 people this month.

Acupuncture therapy continues to be popular, with 12 people participating each week in May. Licensed Acupuncturist, Ron Hough, is at the Center from 4:00p.m. to 6:00p.m. for walk-in visits on Thursday afternoons.

The Kidney Foundation of Michigan's "My Choice, My Health: Prediabetes Prevention" program's participants held their monthly meeting one May 23. 6 people attended and participated in making healthy, low-fat taco salad and fruit salad with a honey, yogurt and lime dressing.

The Blood Pressure Self-monitoring Program presented by the Ann Arbor YMCA, held its monthly meeting on May 10. Participants learned about reading and analyzing food labels, and how to shop for low-sodium diets. There were 8 people in attendance.

b. **Classes**

Chair Yoga (6-10 participants/week) continued on Tuesdays.

Gentle Yoga on Wednesday evenings has 6 to 8 participants each week.

Exercise with Becky (Tues. & Thurs.) has 10 to 12 participants each day.

Tai Chi remains on hiatus while the instructor recovers from recent surgery.

The spring session of MAH Fitness began on May 4. There are 6 people participating.

The Primitive Rug Hooking class continues with 3 students.

Meditation class continued on Tuesday mornings. Four people are currently attending each week. The group has decided to take the summer off beginning the first week of June.

c. **On-Going Activities**

Pinochle continues every Tuesday and Thursday afternoon. Attendance is consistent at 8 to 12 players per day each week.

Mah Jongg Mondays continue with four to six people participating each week.

The Knit, Crochet, Craft group meets every Friday from 11:30a.m. to 1:30p.m. 5 to 8 people attended each week in May.

The Whitmore Lake Portrait Group is in every Monday afternoon. Ten to twelve artists attend each week. The art gallery that showcases their art continues to be popular with our guests. Selections are changed out approximately every two months

Kiwanis continues to hold their regular meetings and Board meetings at the Community Center.

d. **Special Events**

Twenty-two seniors enjoyed a day dinner theater at the Older Persons Commission in Rochester on May 5. They travelled via People's Express bus and enjoyed a lovely luncheon and a musical theater performance, "A Musical Force." This is always a favorite destination for our seniors.

Five people attended the Grown-ups Can Color, Too party on May 16.

A local Condominium Association asked to hold their annual meeting at the Center on May 17. Twenty-seven people attended.

Fifteen people joined us for Pizza & a Movie on May 19. Everyone enjoyed "The Good Dinosaur."

Paul Lippens from McKenna Associates and the Downtown Planning Group held a focus group session for seniors on March 24. They were looking for their input

and ideas for growing the downtown area and developing the North Village area. Approximately 20 seniors participated in a lively discussion.

A speaker from the Medicare Assistance Program spoke to 11 seniors on May 31. She answered their Medicare questions and concerns and discussed what types of help the MAP can give them. 11 people attended.