

Volume 44 • Issue 12 December 2024

Davison News & Views

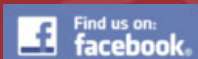


*Remember~ The Center is
Closed on the Following Days!
December 24th, 25th, 26th, 27th, 30th & 31st*

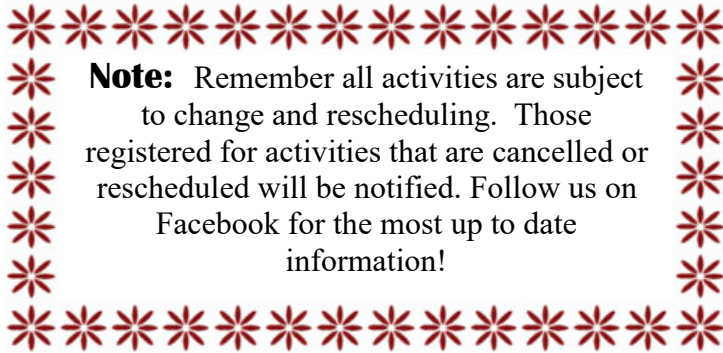
*Merry Christmas & Happy New Years!
From: Kathy, Joie & Jeniel*



Davison-Richfield Area Senior
Citizens Activity Center
10135 Lapeer Rd. Davison
810.658.1566



The Mission of the Davison-Richfield Area Senior Citizens Activity Center is to provide, with the help of its staff and volunteers, information and a range of services, activities and volunteer opportunities which promote personal growth, health, friendship and independence for those 50 years and older in Genesee County.



Note: Remember all activities are subject to change and rescheduling. Those registered for activities that are cancelled or rescheduled will be notified. Follow us on Facebook for the most up to date information!



Staff



Kathy Davis, Executive Director
Joie Hitchcock, Assistant Director
Jeniel Payne, Office Clerk

Authority Board Members

Dona Jenks, Davison Twp. Rep., Chairperson
 Stacey Kalisz, City of Davison Rep., Vice Chairperson
 Barb Arsenault, City of Davison Rep., Secretary
 Jim Slezak, Davison Twp. Rep., Treasurer
 TBA, Davison Twp. Rep.

SCHEDULED MEETING DATES: 12/18/24-1/15/25-2/19/25-3/19/25-4/16/25-5/21/25-6/18/25-7/16/25
 @ 4:30 pm Room #5 at Davison Senior Center



**WE HAVE FREE WIFI...
 NO PASSWORD NEEDED! NETGEAR GUEST**



Office Hours
Monday—Friday
8:00 a.m.—4:00 p.m.



Memorial Donations

Flowers, although pretty for a short time, are gone far too soon. A memorial donation instead of flowers is a way to remember a friend or a family member who has been a part of the Senior Center. This will benefit the Center for a long time.



We would like to thank the businesses that are helping support our Newsletter by advertising in our booklet please call on these businesses when looking for products and services and mention to them that you saw their advertisement & please thank them for their support!

NOTE: Please scan in EVERY time you enter the senior center for what you are here for only! If you do not have a scan card please ask the front desk for one or fill out an application and leave it in the front window.

Supplies Wish List

Our Center uses many supplies on a daily basis. At this time we welcome donations of **Gas Cards, Copy Paper, Individual Wrap Candy, Postage Stamps!**



Non-Discrimination Policy

—Davison-Richfield Area Senior Citizens Activity Center has a policy of non-discrimination in all programs, services & employment. No one shall be excluded based on race, color, national origin, sex, sexual orientation, religion, age, marital status, veteran and military status or disability unless required by the eligibility guidelines for services. Inclusiveness is a core value that drives the organization's mission of service & advocacy on behalf of older adults & individuals with disabilities.



RENTALS

The Davison-Richfield Area Senior Citizens Activity Center
No Smoking—No Alcohol Allowed
 Large Room = 100 Seating Small Room = 20 Seating
 For more information call 810.658.1566



Davison-Richfield Area Senior Citizens Activity Center Funding Sources Include...
 Genesee County & The Genesee County Board of Commissioners, City of Davison, Davison Township, Contributions, Memorial Donations & Fundraisers. We appreciate all who have made a difference.
 This newsletter is fully or partially funded by The Genesee County Senior Millage Funds. Your tax dollars at work!

Information

Need a new watch battery?

No Water Resistant Watches!

1st Monday of the Month that the Center is opened!

Monday, December 2, 2024 @ 10:00—11:00 a.m.

Bring your watch to the center and get a new battery, \$3 per battery. Bonnie Weber will change the battery for you. Also, if you miss the day you can bring your watch in a Ziploc bag with a slip with your name & telephone number on it plus your \$3 and Bonnie will pick them up do them and call you when they are finished.



Generation Band Dance

@ The Davison Area Senior Center
December 4, 11, & 18, 2024
6:00—8:00 p.m.

\$5.00 cover charge at the door!
Classic Country, Classic Rock & more...



Snowman Painting Class with Janis Smyczak

Here at the Davison Senior Center
Wednesday, December 4th @ 9:00am
\$25.00 a person includes all material to paint this 11 x 14 acrylic snowman.
Must pre-pay to hold spot.



Coffee, Donuts & Discussion!

Come socialize at the Davison Senior Center
We will have coffee made & donuts to be served...
Come bring a friend & strike up conversations,
or welcome new friends...**Perfect Peace Monument** will be here.
It is a social hour in our **Room #7 at 10:00 a.m.**
Have your questions ready...

Friday, December 6, 2024—RSVP 810-658-1566



Stone Country Dance

Sunday, December 8, 2024 @ 2:00-4:00 p.m.
\$5.00 per person at the door! Includes Dancing & Fun!
Come on out for an afternoon of good company,
good music & a fun time!



BUNCO—Jan's Group 2nd Tuesday of every month
December 10, 2024—At 5:30—8:30 p.m.

@ Davison Are Senior Center
10135 Lapeer Rd., Davison

Bring your own dice, dinner & drink!
\$3.00 per person-No Age Limit
(\$1.00 goes for rental of room)

We are a fun group of girls—Come check us out!
Any questions please call Jan 810.653.4346



Craft Day with Sherry Picket

All supplies included—
Limited to 10 people!

Wednesday, December 11, 2024
at 10:00—11:30 a.m.

@ The Davison Senior Center—
10135 Lapeer Rd.

Costs: \$10 pp—must pre-pay to hold your spot!



Book Club

2nd Thursday of every month
December 12, 2024 @ 11:00 a.m.

Here at the Davison-Richfield Area Senior Center



Christmas Party / Cookie Exchange

Bingo & Prizes! Sponsor By
Genesee Gardens

Thursday, December 12th
@ Davison Senior Center
11:00am to 12:30pm



Bring a dozen homemade cookies &
take home a dozen of variety cookies!
RSVP 810-658-1566
Ugly Sweater Contest!



Michigan Secretary of State Mobile Office
For Senior Citizens Only!

To process your secretary of state transactions!
Here at the Davison Area Senior Center

10135 Lapeer Rd., Davison



Thursday, December 19th, 2024
Room 6 | 10:00 a.m. to 2:00 p.m.

Call for an appointment @ 810-658-1566

Genesee Star Quilters

Meet on the third Friday of the month

Friday, December 13—Christmas Party
Friday, December 20, 2024—Regular Day
@ Davison Area Senior Center



The guild is open to adults in Genesee County and beyond. They meet for fun, friendship, to share techniques & to make our community a softer, warmer place. We offer exciting programs and classes. You can attend twice as a guest for FREE then you need to become a member and pay! Monthly guild meetings consist of:

Get together and setup @ 9 a.m.

~ **Business Meeting @ 10 a.m.** & ~ **Program after lunch break.**

For more information contact: webmaster@genstarquilters.org



Exercise Class with Abbie Mars

The exercise class will help you keep joint flexible & muscles strong, sleep better, increase energy & improve your overall outlook! It's FREE **Monday, 9:15—10:00 a.m. & Wednesday, 10:00—10:45 a.m.**



Chair Beachball Volleyball—FREE

Thursday, 8:30 a.m.—10:00 a.m.

Clogging

Monday, 1:00—3:00 p.m.

\$1.00 Each Time



Drums Alive

Thursday, 10:00—11:00 a.m.

\$6.00 Each Time



Line Dance with Katie VanPatten

Tuesday, 9:00—10:00 a.m. Absolute Beginners

\$5.00 per person each time

Tuesday, 10:00—11:30 a.m. Regular

\$4.00 per person each time

Pickleball

Thursday, 1:00—4:00 p.m. Beginners Only!

Thursday, 4:00—8:30 p.m. Regular Play- \$1.00 pp

Friday, 9:00—12:00 p.m.



Shuffleboard—FREE

Tuesday, 1:00—3:30 p.m.

Table Tennis—FREE

Monday, 11:00 a.m.—12:50 p.m.

Wednesday, 12:30—3:30 p.m.



Tai Chi with Josef—FREE

Friday, 1:30—3:00 p.m.



Zumba Gold

Monday, 10:00—11:00 a.m.

\$6.00 per person each time



Bridge Duplicate

Tuesday, 12:00—3:30 p.m.—Room 7

Davison Decorative Art Guild

Tuesday & Thursday, 9:30—11:30 a.m.—Room 5



Euchre

Monday, 12:30—3:30 p.m.—Room 7

Friday, 5:00—8:00 p.m.—Large Room—\$3.00 pp

Hand & Foot

Hand, Knee & Foot

Wednesday, 12:00 p.m.—Set-up

12:30—Play Starts—Room 7



Mah Jong

Monday, 1:00—4:00 p.m.—American—Room 5

Wednesday, 1:00—4:00 p.m.—Chinese—Room 5

Friday, 1:00—5:00 p.m.—Both Groups—Room 5



Mexican Train Dominoes

Monday, 10:00 a.m.—12:00 p.m.—Room 7



Double Deck Pinochle

Friday, 12:30 p.m.—3:30 p.m.—Room 7

Poker

Wednesday, 5:00—9:00 p.m.—Room 7



Pool Table Play

Room available when not scheduled!

Scheduled Play—Monday & Thursday, 9:00 a.m.



Quiddler's Card Game

Tuesday, 1:00—3:30 p.m.—Room 5



Samba Card Game

Thursdays, 12:30—3:30 p.m.—Room 7



Sit & Stitch

Monday, 10:00 a.m.—12:00 p.m.—Room 6



Wood Carving

Monday & Friday, 9:00—11:30 a.m.—Room 5



December GCard MENU

Menu Subject to Change Based on Product Availability and Quality Standards

Please remember to call in the day before by 12:30 pm and cancel your lunches if you **will not** be able to make it.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Chicken Thighs Roasted Brussel Sprouts-4oz. Mixed Veggies-4oz. Diced Pears-4oz. Hawaiian Roll-1 ea. Margarine-1 ea. Milk-8oz.	3 Meatloaf w/Gravy Redskin Potatoes-4oz. Sweet Peas-4oz. Fresh Apple-1 ea. Corn Bread Margarine-1ea. 100% Fruit Juice-4oz.	4 HM Lasagna w/Beef Steamed Broccoli-4oz. Baby Carrots-4oz. Deluxe Fruit Salad-4oz. Garlic Stick-1 ea. Margarine-1 ea. Milk-8oz. 	5 Turkey Burger w/Cheese-1 ea. Potato Wedges-4oz. Green Beans-4oz. Fruit Cocktail-4oz. WG Bun-1 ea. 100% Fruit Juice 	6 Baked Fish-1 ea. Au Gratin Potatoes-4oz. Cole Slaw-4oz. Mixed Fruit-4oz. Potato Roll-1 ea. Margarine-1 ea. Milk-8oz. <div style="border: 1px solid red; padding: 2px; color: red; font-size: small;">Deadline to Order Christmas Luncheon!</div>
9 Beef Tacos Spanish Rice-4oz. Roasted Mexi Corn-4oz. Diced Peaches-4oz. Tortilla Shells—2 ea. Milk-8oz.	10 HM Beef Stew w/Peas, Carrots, Potatoes Italian Green Beans-4oz. Fresh Apple-1 ea. Biscuit-1 ea. Margarine-1 ea. 100% Fruit Juice-4oz.	11 HM Chicken Chili Steamed Broccoli-4oz. Diced Carrots-4oz. Fresh Pear-1 ea. Bread Stick-1 ea. Margarine-1 ea. Milk-8oz.	12 HM Stuffed Green Pepper Veggie Blend-4oz. Steamed Cauliflower-4oz. Pineapple Chunks-4oz. WG Crackers-1pk. Margarine-1ea. 100% Fruit Juice 	13 Salisbury Steak in Gravy Steamed Spinach-4oz. Corn-4oz. Diced Peaches-4oz. Multi-Grain Roll-1 ea. Margarine-1 ea. Milk-8oz.
16 Chicken Parmasan-1 ea. Steamed Spaghetti-2 oz. Veggie Blend-4oz. Diced Pears-4oz. Whole Grain Garlic Bread-1 Margarine-1 ea. Milk-8oz.	17 <u>Count Due 12-10-24</u> HM Chicken Salad Fresh Sliced Cucumbers Deluxe Fruit Salad Croissant Lemonade	18 Antipasto Salad w/Ham, Pepperoni & Salami Carrot Sticks w/Dip Sliced Pears-4oz. Wheat Roll-1 ea. Salad Dressing-1 pkt. Milk-8oz.	19 <u>Christmas Luncheon</u> Glazed Pork Loin Roasted Veggie Medley Candied Yams Apple Crisp HM Holiday Brownie Wheat Roll & Margarine 100% Fruit Juice-4oz.	20 Country Style Chicken Diced Potatoes-4oz. Sweet Peas-4oz. Applesauce-4oz. Dinner Roll-1 ea. Margarine-1 ea. Milk-8oz.
23 Steak Fajitas Cilantro Lime Rice-4oz. Chuck Wagon Veggies-4oz. Pineapple Cup-1 ea. Tortilla Shell Margarine-1 ea. Milk-8oz.	24 CLOSED 	25 CLOSED 	26 CLOSED 	27 CLOSED 
30 CLOSED 	31 CLOSED	Cost: 60 yrs. old & older Genesee Resident = \$3.00 per person Under 60 yrs. old & Non-Genesee Resident = \$6.00 per person 		
				



We are in need of Volunteer Drivers here at our senior center. You will have to fill out a I-chat form, we will need a copy of your license & you will need to sign a driver information sheet. You use the centers vehicle & take our seniors places around the Davison School District. The Rides cost \$4 each way. You collect the money and turn it into the center. If you are interested in volunteering one day a week give us a call at 810-658-1566 Ask for Jeniel.



Let's Walk—Indoor Walking

Monday—Friday
@ 8am to 10am



Pennies for Projects—We are collecting pennies at the Senior Center! Everyone has pennies laying around, we are asking for you to donate them to the Senior Center. The donation jar is on the front office counter, just drop them in! We will use the money for new items we need around the center.

Pennies, Nickels, Dimes, Quarters & Bills...Also accepted! Thanks! To all the people that have donated



Donations to the Center, is greatly appreciated!
We are needing Gas Cards, Lysol Wipes, Postage Stamps, Regular Coffee & Individual Wrapped Candy!



It won't be long and tax season will be here again! Please remember we **do not** start taking appointments until 2nd week of January and after. We do not get the information from AARP until after then.



Yarn Donations Accepted here at the Senior Center! We also have an abundance of yarn so if you have a project you are in need of yarn please come and look & take from the center's supply! - **FREE**



OLD NEWSBOYS OF FLINT

Please help us with our mission of
"Let No Child Be Forgotten"
at Christmastime!

Drop box at the Davison
Senior Center Lobby!

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Hats-Gloves-Toys-Socks-Underwear

****all must be brand new please****



Old Newsboys of Flint
Since 1924

Genesee County Senior Millage

Telephone Intake and Screening Program

The Telephone Intake and Screening Program is funded by the Genesee County Senior Millage and is open to individuals age 60 and older that live in Genesee County. The Valley Area Agency on Aging Telephone Intake and Screening Program will provide screening for all seniors in an effort to mainstream and utilize all programs and services available to seniors in Genesee County.

Hours of operation: Monday-Friday 8 am–5 pm

Telephone Number: 1-810-249-6531

Answers, Action, & Advocacy For All Things Senior
"These programs and/or services are fully or partially funded by the Genesee County Senior Millage. Your tax dollars at work."

KISS—Keeping Independent Seniors Safe

A program for seniors 62 and older. The KISS program is a telephonic reassurance system that keeps seniors and their loved ones worry-free. Participants in the KISS program can call the KISS office or receive a telephone call every Monday through Friday between the hours of 8:00 a.m. and 12:00 p.m. to make sure that the participant is alright. Special arrangements can be made for participants that need weekend coverage. For more information on

the KISS program please call 810.239.7671

The KISS program is sponsored by the VAAA The KISS program is funded in part by grants from United Way

988 Suicide & Crisis Lifeline

"988" is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline. The 988 Suicide & Crisis Lifeline is for those who are experiencing suicidal or mental health crises. You can call, chat or text "988" 24/7 if you or a loved one are in a suicidal or mental health-related crisis.

Your Connection to Consumers Protection

Contact the consumer protection team, through the State of Michigan Attorney Generals Office, to file a complaint or ask questions. Reach their office online at mi.gov/agcomplaints or by phone at 877.765.8388.

Do Not Call Registry 888.382.1222

Incontinence Supplies—10 a.m. to 2 p.m. Only!

The Center has donated incontinence supplies, which are given out FREE of charge. Sizes and quantities are limited. Call the center for availability at 810-658-1566.

The center accepts supplies also as long as they are not opened!

Loan Closet - 10 a.m. to 2 p.m. Only!



We have donated equipment available for you to borrow—Bath seats, canes, crutches, toilet seat raisers, walkers & wheelchairs.

We ask for a **\$25 CASH** deposit & a waiver to be signed. You will receive your \$25 back upon returning the items!

Information



Genesee County Department of Veterans Services— Veterans 50 yrs. & older



January 24th, 2025 @ 10am to 3:30pm
@ Davison Area Senior Center
 10135 Lapeer Rd., Davison, MI

1/2 hr. appointments—Call to make your appointment 810.658.1566

Benefit Services Include:

- * Disability Compensation
- * Pension Benefits
- * Federal Burial Benefits
- * VA Home Loans
- * **Additional Services Provided at their office—**

@1101 Beach St., Flint, MI 48502 810-257-3068

County burial benefits, Emergent Need Grant applications, PTSD Counseling, Legal Services, Transportation

Documents Needed:

- * DD214 (Separation paper)
- * Marriage Certificate
- * Copy of Driver's License

We want to make sure veterans 50 years and older are receiving all of the benefits you should be receiving because of your service to our country? Call your local Senior Centers to schedule an appointment to make sure you are receiving all of the benefits you are entitled to.

SUDOKU PUZZLE

			8				
	7	6	9				4
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	1					3	4
		3	7		1	2	
7		8					6
	4			2	8	6	1
	3				9	4	2
					7		



Massage Therapist Emily Maurer, CMT

1 hr. massages on Wednesdays & Thursdays

Must call and make an appointment with the front office at 810.658.1566

Cost per hour: 60 yrs. & older = \$30
 Under 60 yrs. old = \$35



Senior Centers Library

Our library here at the senior center
 Hours—8:00 a.m.—3:00 p.m.



We take donations of books to our library but **they must be clean!** and must have a copyright date of **2013 and newer!** **Any donations must get the okay from the front office first!**



Our Library is CLOSED all day on Fridays!



TAKE THE PATH TO BETTER HEALTH

You are invited to participate in a free 5-week workshop—Learn to manage your ongoing health condition, so you can improve your health & feel better!

Get on the Diabetes PATH

Michigan's version of the award-winning Stanford Chronic Disease Self-management Program Diabetes PATH (Personal Action Towards Health) is designed to help people living with Type 2 Diabetes and their support system live a healthier life. In this workshop, YOU can:

- Manage everyday activities by making an action plan
- Avoid Complications
- Learn to balance your blood sugar
- Improve your communication skills with your family and your health care provider
- Understand the importance of monitoring your blood sugar
- Manage symptoms and decrease stress
- Improve your overall health and increase your energy!



RSVP 810-658-1566
 So we have a count!

Davison Area Senior Center
 10135 Lapeer Rd., Davison, MI 48423
 810-658-1566

February 27—March 27, 2025
 1:00—3:30pm

Workshops are FREE, led by qualified leaders, and a snack is provided at each session. Paid for funds by the Valley Area Agency on Aging and Aging and Adult Services Agency. For more information, call Abbie Mars, Health & Wellness Program Manag-



AdvisaCare Home Health & Hospice - Presents **FREE** Blood Pressure Screenings here at the Davison Senior Center from 12:30 to 1:00 pm in our lobby on the 3rd Thursday of every month. You will receive a blood pressure log and be able to ask questions to the nurse while learning about available services in your community! No appointment needed, just walk in!




OFFICE HOURS
MONDAY—FRIDAY
8:00 AM ~ 4:00 PM



DECEMBER 2024

PHONE 810.658.1566
FAX 810.658.8044

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1	2	3	4	5	6	7
8:00 Walking 9:00 Wood Carving Group 9:00 Pool Table Play 9:15 Abbie's Exercise Class 10:00 Sit & Stitch Group 10:00 Mexican Train Dominoes 10:00 Zumba Gold 11:00 Table Tennis 12:00 Lunch 12:30 Euchre 1:00 Mah Jong-American 1:00 Jogging	8:00 Walking 9:00 Wood Carving Group 9:00 Pool Table Play 9:15 Abbie's Exercise Class 10:00 Sit & Stitch Group 10:00 Mexican Train Dominoes 10:00 Zumba Gold 11:00 Table Tennis 12:00 Lunch 12:30 Euchre 1:00 Mah Jong-American 1:00 Jogging	8:00 Walking 9:00 Beginners Line Dance 9:00 MMA P 9:30 Decorative Art Guild 10:00 Regular Line Dancing 12:00 Bridge 12:00 Lunch 1:00 Quiddler's Card Game 1:00 Shuffleboard 4:30 Grief Support Mtg.	8:00 Walking 10:00 Abbie's Exercise Class 10:00 Craft Day Class 12:00 Lunch 12:00 Massage Appts. 12:00 Hand & Foot 12:00 Hand, Knee & Foot 12:30 Table Tennis 1:00 Mah Jong 5:00 Poker 6:00 Generation Band Dance	8:00 Walking 8:30 Chair Volleyball 9:00 Pool Table Play 9:30 Decorative Art Guild 10:00 Drums Alive Class 12:00 Lunch 12:30 Samba Card Game 1:00 Beginner Pickleball 4:00 Regular Pickleball	8:00 Walking 9:00 Wood Carving Group 9:00 Pickleball Play 10:00 Coffee, Donuts & Discussion 12:00 Lunch 12:30 Double Pinchle 1:00 Mah Jong 1:30 Library Closed 1:30 Tai Chi in <u>Room 6</u> 5:00 Euchre	
8	9	10	11	12	13	14
Stone Country Dance 2-4 pm 	8:00 Walking 9:00 Wood Carving Group 9:00 Pool Table Play 9:15 Abbie's Exercise Class 10:00 Sit & Stitch Group 10:00 Mexican Train Dominoes 10:00 Zumba Gold 11:00 Table Tennis 12:00 Lunch 12:30 Euchre 1:00 Mah Jong-American 1:00 Jogging	8:00 Walking 9:00 Beginners Line Dance 9:30 Decorative Art Guild 10:00 Regular Line Dancing 10:30 Parkinson Support 12:00 Bridge 12:00 Lunch 1:00 Quiddler's Card Game 1:00 Shuffleboard 4:30 Grief Support Mtg. 5:00 Bunco Jan's Group	8:00 Walking 10:00 Abbie's Exercise Class 11:00 Hand & Foot 11:00 Hand, Knee & Foot 12:00 Lunch 12:00 Massage Appts. 12:30 Table Tennis 1:00 Mah Jong 5:00 Poker 6:00 Generation Band Dance	8:00 Walking 8:30 Chair Volleyball 9:00 Pool Table Play 9:30 Decorative Art Guild 10:00 Alzheimer's Support 10:00 Drums Alive Class 11:00 Book Club Meeting 12:00 Lunch 12:30 Samba Card Game 1:00 Beginner Pickleball 4:00 Regular Pickleball	Library CLOSED All Day! 9:00 Wood Carving Group 9:00 NO Pickleball! 9:00 Genesee Star Quilters X-mas Party! 12:00 Lunch 12:30 Double Pinchle 1:00 Mah Jong 1:30 Tai Chi in <u>Room 6</u> 5:00 Euchre	



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Taeckens Terrace

Senior Apartment Community

10133 Lapeer Road, Davison, MI 48423

810-653-2985 TTY/TDD 711 | www.TaeckensTerrace.com

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* Laundry Facilities * Next to Davison Senior Center



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(810)245-2600 office

mike@exitrealtygroup.net

489 W. Nepessing St. (Downtown Lapeer) Lapeer, MI 48446

Text: Mikefolsom To:

85377 for my Mobile Business Card.

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15-0663



Ballard Village

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(across from Davison Senior Center)

810-412-5778 (TTY/TDD: 711)

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SRES - SENIOR REAL ESTATE SPECIALIST
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Email: michelle@msellsit.com • Web: msellsit.com

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Red Carpet Keim Action Group, Inc
223 N. State St, Davison MI 48423

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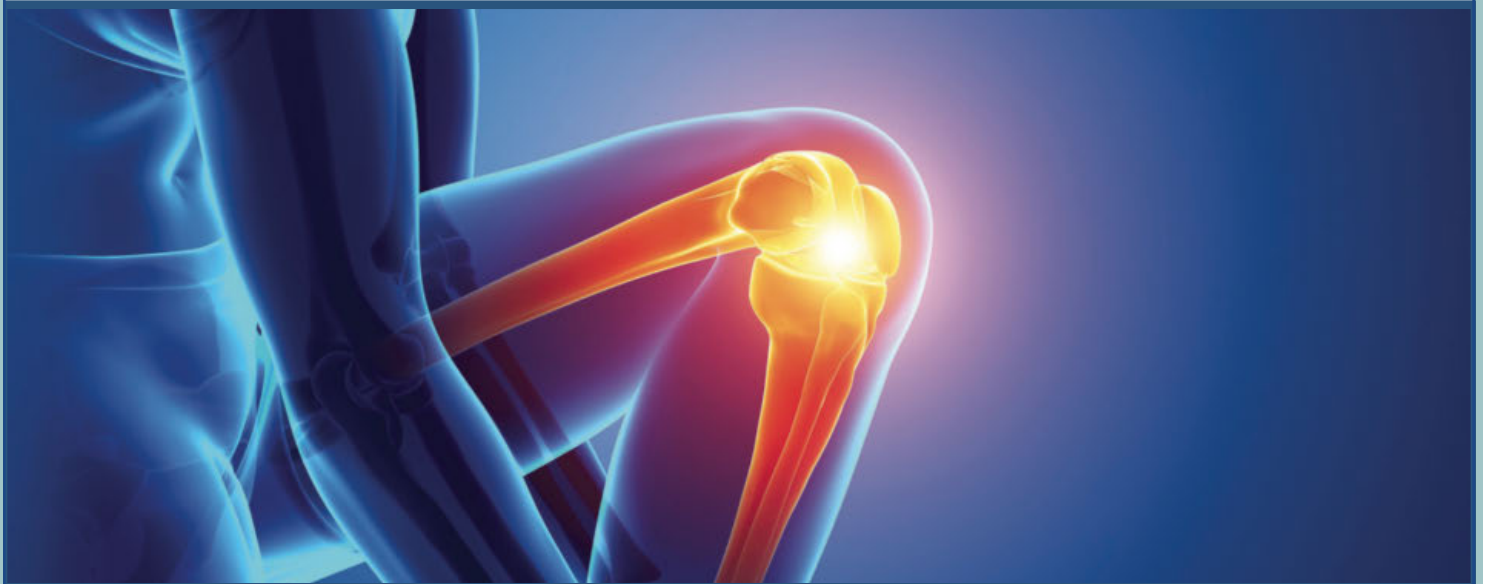
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Vein Center *of Michigan*

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810.606.1660 • FlintKneePain.com



15	16	17	18	19	20	21
8:00 Walking 9:00 Wood Carving Group 9:00 Pool Table Play 9:15 Abbie's Exercise Class 10:00 Sit & Stitch Group 10:00 Mexican Train Dominoes 10:00 Zumba Gold 11:00 Table Tennis 12:00 Lunch 12:30 Euchre 1:00 Mah Jong-American 1:00 Clogging	8:00 Walking 9:00 Beginners Line Dance 9:00 MMAP 9:30 Decorative Art Guild 10:00 Regular Line Dancing 10:30 Parkinson Support 12:00 Bridge 12:00 Lunch 1:00 Quiddler's Card Game 1:00 Shuffleboard 4:30 Grief Support Mtg.	8:00 Walking 10:00 Abbie's Exercise Class 12:00 Lunch 12:00 Massage Appts. 12:00 Hand & Foot 12:00 Hand, Knee & Foot 12:30 Table Tennis 1:00 Mah Jong 4:30 Authority Board Mtg. 5:00 Poker 6:00 Generation Band Dance	8:00 Walking 8:30 Chair Volleyball 9:00 Pool Table Play 9:30 Decorative Art Guild 10:00 Secretary of State here 10:00 Drums Alive Class 12:00 Lunch 12:30 Blood Pressure Clinic with AdvisaCare Nurse 12:30 Samba Card Game 1:00 Beginner Pickleball 4:00 Regular Pickleball	8:00 Walking 8:30 Chair Volleyball 9:00 Pool Table Play 9:30 Decorative Art Guild 10:00 Secretary of State here 10:00 Drums Alive Class 12:00 Lunch 12:30 Blood Pressure Clinic with AdvisaCare Nurse 12:30 Samba Card Game 1:00 Beginner Pickleball 4:00 Regular Pickleball	Library CLOSED All Day! 9-11am Commodities Curbside Pickup 9:00 Genesee Star Quilters 9:00 Wood Carving Group 9:00 NO Pickleball 12:00 Lunch 12:30 Double Pinocle 1:00 Mah Jong 1:30 Tai Chi in Room 6 5:00 Euchre	

22	23	24	25	26	27	28
8:00 Walking 9:00 Legal Services of Eastern MI 9:00 Wood Carving Group 9:00 Pool Table Play 9:15 Abbie's Exercise Class 10:00 Sit & Stitch Group 10:00 Mexican Train Dominoes 10:00 Zumba Gold 11:00 Table Tennis 12:00 Lunch 12:30 Euchre 1:00 Mah Jong-American 1:00 Clogging	8:00 Walking 9:00 Legal Services of Eastern MI 9:00 Wood Carving Group 9:00 Pool Table Play 9:15 Abbie's Exercise Class 10:00 Sit & Stitch Group 10:00 Mexican Train Dominoes 10:00 Zumba Gold 11:00 Table Tennis 12:00 Lunch 12:30 Euchre 1:00 Mah Jong-American 1:00 Clogging	CLOSED	CLOSED	CLOSED	CLOSED	

29	30	31
	CLOSED	CLOSED



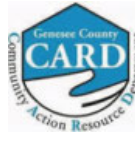
Rules!

We all have different personalities and behaviors. It is what makes us who we are! In a large group of people sometimes our unique qualities will clash with one another. At the Davison-Richfield Area Senior Citizens Activity Center everyone is expected to treat each other with respect. Keep hurtful opinions to yourself. When confronted with inappropriate behavior please bring it to the attention of the staff to be dealt with. We have a beautiful facility and wonderful people attending. When everyone works together and respects each other we maintain this beautiful quality.

GCCARD Daily Lunch

12:00 Noon Monday—Friday

Must call the center 810.658.1566 one day in advance by 12 pm to sign-up for lunch, reservations for Mondays must be made by 12 pm on the prior Friday. A requested donation of \$3.00 for anyone 60 yrs. and over that lives in Genesee County & \$6.00 for anyone under 60 yrs. and lives outside of Genesee County!



Commodity Supplemental Food—Curbside pick-up!

Friday, December 20, 2024

9:00—11:00 a.m. ONLY

This senior food program follows the federal income guideline of a Family of 1 = \$1,632 & a Family of 2 = \$2,215. Available to people 60 years or older!

You must fill out an application & prove your income & get the approval before receiving it.

TeFAP Commodity Program—Curbside pick-up!

Given out quarterly—4 Times a year

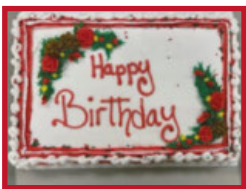
March, June, September & December

This is an additional food program with income eligibility guidelines for 60 years of age & older with a household size of 1 = \$2,510 a month & a household size of 2 = \$3,407 a month.

Home Delivered Meals (Meals on Wheels)

Home Delivered Meals are available to any Genesee County resident 60 years of age or older who is incapacitated due to illness, surgery, physical handicap or advancing age, AND is unable to prepare their own meals, AND is without support of family, friends or neighbors for meal preparation. Meals are available up to seven (7) days per week.

Call 810.235.3567 to schedule it.



The 1st Thursday of every month Davison Bakery donates birthday cake to celebrate

the people with birthdays for the month! People that reserve lunches on the 1st Thursday of the month will get a piece of **FREE** birthday cake from the Davison Bakery!



331 N. Main St.,
Davison
810-658-7777



Regular Yoga Class with Lois is starting up in January 2025

Time, Date & Price TBA



If interested call and be put on the list of interest.

810-658-1566

Come get a good yoga workout for your body & your mind!



thank you!

To All That order from our Poinsettia Fundraiser! Every little bit helps...



ELDER ABUSE - Office of Sheriff—If you suspect elder abuse or exploitation, please call ELDER ABUSE HOTLINE 810-257-3422—Senior Safety Tips: Never give out personal information over the phone, including birth date, social security number and account numbers. Do not throw paperwork containing sensitive information in the trash, shred it. Never let strangers in the house to use the phone.

Legal Services of Eastern Michigan

Zach Pelech from Legal Service of Eastern Michigan December 23, 2024 @ 9:00 am -12:00 pm to help with your legal problems! Services Include: Consumer Issues, Housing Complaints, Family Law, Domestic Violence, Employment Issues, Public Benefits, Wills, Durable Power-of-Attorney for Finances, Durable Power-of-Attorney for Healthcare, Medicaid Planning, Social Security, Income Tax Issues, Nursing Home Issues. **Do Not Offer:** Trusts, Criminal Matters, Personal Injury, Financial or Business Advice. **Must call and make appointments @ 810.658.1566**

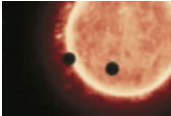


Puzzles—Senior Center will take donations of puzzles and puzzles are here to take home to do. Thank You!



Save the "Our Family UPC barcodes" from VG's and help the senior center earn money! Through the Direct Your Labels program we can raise money simply by doing something we all do each week—going to the grocery store. Every time you shop at any local store carrying Our Family brand products, clip and save your UPC barcodes. Every time we collect 500 UPC barcodes, we can turn them into a \$25 check for the senior center. With your support and more than 2,000 Our Family brand products available to purchase, there is no limit to the amount of labels we can collect. Drop off your labels in the box in the lobby labeled Direct you labels! Thank you for your support to the senior center.

Senior Astronomers w/Bob Kren—Come join Bob as he meets with seniors across the county to discuss their shared passion for astronomy.



Meetings take place the **third Wednesday of each month @ 10am.**

Schedule as follows—

Clio Senior Center	December 18th
Swartz Creek Area Senior Center	January 15th
Grand Blanc Senior Center	February 19th
Davison Senior Center	March 19th

Members will also schedule dates for evening Observations!



SNOW & ICE WEATHER WILL BE HERE SOON...Remember if the Davison Schools are CLOSED due to the weather...The Davison Senior Center will be CLOSED also!

Before adventuring out, check your local TV Channels 12 & 25

it will be posted on there!



DO NOT Call the center because the telephones will not be answered!

*Please remember to update your contact information if anything has changed in this last year...We need to have updated information in our My Senior Center System in case of emergencies!
Thank You Staff!*

We are in **NEED** of Meet & Greet Sub—Volunteers
**9:00 a.m. to 12:00 p.m. or
12:00 p.m. to 3:00 p.m.**

Our Meet & Greet volunteers sit at the desk in our lobby and help people with the scan card sign-ins, answers telephone calls when needed, help show people where to go in the building for programs, etc.

If you are interested in volunteering please call
810.658.1566



The Genesee County Board of Commissioners are pleased to announce a new County-wide roof revitalization program made possible through a 1.7 million MSHDA MI Neighborhood grant. The program is being administered by the Genesee County Metropolitan Planning Commission, in partnership with Genesee County Habitat for Humanity.

Homeowners that are interested in applying should visit www.ourhousingfuture.com or contact the hotline phone number at 810-341-ROOF for further guidance.

The Genesee County Board of Commissioners and our partner organizations, are proud to offer no interest, no payment roof replacements for qualifying households! Construction costs are secured with a five-year forgivable mortgage attached to the property.

ELIGIBILITY REQUIREMENTS

- Owner/occupier of a single family home
- Home must have deteriorated and failing roof
- Mortgage/taxes/insurance must be current
- Total household income must fall within specific limits (see table)
- Debt against home cannot exceed value

Household Size	Income Limits
1 Person	\$66,850
2 Person	\$76,400
3 Person	\$89,950
4 Person	\$95,500
5 Person	\$103,150
6 Person	\$110,800
7 Person	\$118,450
8 Person	\$126,100

FOR MORE INFORMATION, SCAN THE QR CODE WITH YOUR SMARTPHONE OR VISIT OURHOUSINGFUTURE.COM

810-341-ROOF

The Michigan State Housing Development Authority is committed to providing meaningful access. For accommodations, modifications, translation, interpretation or other services, please contact MSHDA: MHAS.Reason@msdha.org

*Program administered by Genesee County Metropolitan Planning Commission (810) 237-3070



Transportation—Monday thru Friday

We have a vehicle available to bring you to and from (healthy) medical visits, pharmacy, and grocery shopping in the **Davison Area Only**. We have **volunteer drivers** so we have to check with them before we can confirm rides! **You must call the day before to schedule a ride by 12:00 p.m. Cost: \$4.00 each way**

The vehicle is **NOT** handicap accessible

Requirements for the transportation services ~

Must be 60 years of age or older, must be able to get into vehicle independently, must complete a senior center participation form!



Alzheimer's Support Group—FREE

December 12, 2024 @ 10:00 a.m.—12:00 p.m.

Learn about the Care Consultation program and other programs and resources through the Alzheimer's Association

Presenter: Miranda Betty's LMSW/Care Counselor, Alzheimer's Association Michigan Chapter **ALL WELCOME!!!**

The Alzheimer's Support Group is open to anyone caring for a family member or a friend with Alzheimer's Disease or some form of dementia. For more information call **Bonnie Guith @ 810.869.4722** or **Kathy Davis @ 810.658.1566**



Grief Support—FREE

Tuesdays, 4:30-6:30 p.m.—Room 6

If interested call 810.496.8625 and leave a message.

Parkinson's Disease Support Group—FREE

December 10, 2024 @ 10:30 a.m.—12:00 p.m.

We understand the need to share common experiences and to gain the support of others in similar health situations. If you or a loved one are facing the challenges of Parkinson's, make plans now to join us for one of our helpful support group meetings to gain valuable insight and learn more about the disease. If interested in coming call 810.658.1566 to get on the list.

MMAP—Michigan Medicare/Medicaid Assistance Program

1st & 3rd Tuesday of every month from 9:00am to 3:00pm here at the Davison Area Senior Center

This program is a service that can help you make health insurance decisions. MMAP's mission is to educate, counsel & empower Medicare beneficiaries and those who serve them so that they can make informed health decisions. Our counselor will help with all MDHHS issues, problems, etc. call for an appointment 810-658-1566 or MMAP, Inc. at 1-800-803-7174 for assistance all year round.

The Davison-Richfield Area Senior Citizens Activity Center acts only as an agent for the independent suppliers that provide hotel accommodations, transportation, sightseeing activities, or other services connected with these tours. All such services are subject to the terms and conditions of those suppliers. Davison-Richfield Area Senior Citizens Activity Center, its employees, agents, directors and representatives are not responsible for any injury, damages, expenses, or losses of any kind sustained by any person as a result of participation in these tours.

Cancellation Policy

Cancellation of any trip if subject to a refund— will have a \$5.00 cancellation fee from the Davison-Richfield Area Senior Citizens Activity Center. Cancellation on the day of the trips or NO SHOWS! No Refunds...No Exceptions!

Trip flyers may be picked up at the

Davison-Richfield Area Senior Citizens Activity Center.

Overnight prices are based on double occupancy.

Trip reservations are not guaranteed until payment is received. To avoid waiting lists or finding out that a trip has been cancelled, sign up early! Travel programs have registration deadlines! At deadline time, the trip will be cancelled if we do not have enough committed travelers or you may have to drive to a different pick-up spot!

Please arrive 15-20 minutes before departure time

for all trips and **PLEASE park your vehicles in our trip parking lot, the bus will pick you up over there!**

Note: All person traveling to Canada must have a passport or an enhanced driver's license. All casino packages are subject to change without notice. Proper identification & Social Security Card are required to collect prizes over the amount of \$1,199.

2025 TRIPS

Puerto Vallarta All-Inclusive Getaway featuring Paradise Village Nuevo Vallarta with Premier World Discovery

February 16-23, 2025—\$3,199 per person/dbl

Tour Highlights: Resort Amenities will include a welcome

drink, 4 restaurants with International cuisine, Theme

Dinners nightly including:

Mexican Fiesta, Shrimp Fest, Western Night, Tropical Night, Neptune Night, Italian Night & BBQ Night, Lobby bar with TV



via satellite, 2 beach snack bars, wait service at pool & beach area, high speed internet access, Paradise village Palenque Spa & Spa Hacienda del Paraiso: body & beauty treatments, massages (additional charge), Hospitality room for late departures, shopping Plaza with variety of shops.

Inclusions—Roundtrip Airfare—DTW, Roundtrip Transfers—DTW, 6 Nights—Paradise Village Nuevo Vallarta in a Superior Jr. Suite, All Meals & Drinks during resort stay, All taxes, security fees & fuel charges, Hotel Transfers, Baggage Handling.



Sunny San Diego & So Cal Highlights with Premier World Discovery
February 20-26, 2025—\$3,549.00 per person/dbl

Tour Highlights: 5 Nights in San Diego at one hotel, Old Town San Diego, San Diego City Tour, USS Midway Museum, San Diego Harbor Cruise, Palm Springs City Tour, Temecula Valley Wine Tasting, San Diego Zoo with Guided Bus Tour, Pacific Surfliner Train, Mission San Juan Capistrano, La Jolla, Coronado Island.



Inclusions: Roundtrip Airfare—DTW, Roundtrip Transfers—DTW, 8 Meals: 5 Breakfasts & 3 Dinners, Professional Tour Director, Motorcoach Transportation, Admissions per Itinerary, Sightseeing per Itinerary, Baggage Handling at Hotels. **Accommodations:** 5 Nights—Embassy Suites San Diego Bay Downtown or Hilton Garden Inn San Diego Old Town, San Diego. **Tour Activity Level:** 3

Detroit Institute of Arts with a taste of Polonia!
with Route 23
Wednesday, March 19, 2025—
\$95.00 per person

Trip Includes: Round trip motor coach



transportation to Detroit, Admission & Tour of the Detroit Institute of Art, & Lunch at Polonia's. **Departs:** 8:30am

Approx Return: 4:30pm.

Firekeepers Casino with Route 23
Tuesday, April 8th, 2025— \$55.00 per person

Trip Includes: Round trip motor coach transportation to Battle Creek, Michigan, 4 hours of gaming at Firekeepers Casino with each person to get back \$20 in gaming & \$5 in food from the casino with extra specials for Senior Day! **Departs:** 8:00am **Approx Return:** 4:00pm



Auto Barons Mansion Tour with Route 23
Tuesday, April 15th, 2025—\$114.00 per person



Continued– Trip Includes: Round trip deluxe motor coach transportation, Guided Tour of the Ford House, Free time to Explore Exhibits & The Shop at the Ford House Visitor Center, Gourmet Catered Luncheon at Meadow Brook Hall & Guided Tour of Meadow Brook Hall. **Departs:** 8:30am

Frederik Meijer Gardens & Sculpture Park—Butterflies Are Blooming! Featuring: Gerald R. Ford Museum with Route 23

Tuesday, April 22nd,
2025—\$89.00 per person



Trip Includes: Round trip motor coach transportation to Grand Rapids, Michigan,



Admission to Butterflies Are Blooming at Frederik Meijer Gardens & Sculpture Park, Free time for lunch at the Meijer Gardens Café and Gift Shop,

Admission and Self Guided Tour of the Gerald R. Ford Museum. **Departs:** 8:00am.

Great Trains & Grand Canyons with Premier World Discovery

May 4 –10, 2025—\$3,549 per person/dbl

Highlights: Two Rail Journeys—Grand Canyon Railway, Verde Canyon Railroad, Grand Canyon National Park, Oak Creek Canyon, Sedona Trolley Tour, Chapel of the Holy Cross, Tlaquepaque & Uptown Sedona, Montezuma Castle, Jerome, Chuckwagon Supper & Show.

Inclusions: Roundtrip Airfare—DTW, Roundtrip Transfers—DTW, 5 Nights Hotel Accommodations, 8 Meals— 5 Breakfasts & 3 Dinners, Professional Tour Director, Motorcoach Transportation, Sightseeing per Itinerary, Admissions per Itinerary, Hotel Transfers, Baggage Handling at Hotels. **Accommodations:** 5 Nights—Hilton Sedona Resort, Sedona Courtyard by Marriott, Poco Diablo Resort or Element Sedona. **Tour Activity Level:** 2

Holland Tulip Festival & Saugatuck with Route 23
May 8th, 2025—\$154.00 per person

Trip Includes: Round trip motor coach transportation to Holland, Michigan, Admission and Free Time at Veldheer Tulip Gardens, Lunch at Coral Gables Restaurant, Free time downtown Saugatuck, Ride on the Saugatuck Dune Rides. **Departs:** 7:15am **Approx Return:** 8:15pm.





**Great Canadian Cities with Shoreline Tours
Gananoque & 1000 Islands—Montreal-Quebec City—
Ottawa “Capital of Canada”**

May 11-18, 2025—\$3,099.00 per person/dbl

Note: A Passport, Pass Card, or
Enhanced Drivers License is required
for travel into Canada & re-entry to
the U.S. **Tour Includes:** Modern



Motorcoach Transportation, 1 Night
Gananoque, 2 Nights Montreal, 2 Nights Quebec City, 2
Nights Ottawa, 5 Breakfast—1 Lunch—3 Dinners, 1000
Island Cruise with Lunch, Montreal Sightseeing Tour,
Norte-Dame Basilica, St. Joseph’s Oratory, Mount Royal,
Ste. Anne de Beaupre, Montmorency Falls, Sightseeing
Tour of Quebec City, Rideau Canal Dinner Crise,
Sightseeing Tour of Ottawa, Byward Market, Luggage
Handling, Tax & Tip on Included Meals, All Gratuities for
Step-on Guides. Deposit of \$500 per person at time of
registration. Final Payment Due Date March 18, 2025.
Cancellation Protection \$250 per person.

**Taste of Michigan’s Sunrise Side with Route 23
Thursday, June 19, 2025—\$119.00 per person**

Trip Includes: Round trip motor coach transportation to
Northeast Michigan, a stop for a breakfast on your own at
The Rose City Café, Dinner at Iva’s Famous Chicken
Dinners (includes: Chicken Family Style Dinner with all the
fixings, N/A Beverage Service, and Ice Cream for
Dessert), Stop at Fairview Organic Maple Syrup, Stop at
Amish Creamery, Wine Tasting at Rose Valley Winery
(Includes: 6 Wine Tastings). Stop at Sherri’s Candies.

Departs: 7:45am **Approx Return:** 8:30pm

**Mississippi River Cruise with Shoreline Tours
July 14-17, 2025—\$1,399.00 per person/dbl**

Tour Includes: Modern motor
coach transportation, 1 Night—
Moline, Illinois, 2 Nights—
Dubuque, Iowa, 3 Breakfasts—
1 Lunch—2 Dinners,



Celebration Belle Mississippi River Cruise, All Day Cruise
on Mighty Mississippi, National Mississippi River Museum
& Aquarium, Field of Dreams Movie Site, New Melleray
Abbey Monastery, Luggage Handling, All tax & tips on
included meals. Deposit of \$200 per person at time of
registration with balance due 5/14/25. Cancellation
Protection \$115 per person at registration.

**Cape Cod & Martha’s Vineyard with a Salem Witch
Experience with Shoreline Tours**

September 12-19, 2025—\$2,799 per person/dbl

Tour Includes: Modern motor coach
transportation, 2 Nights—Pennsylvania To/
From, 2 Nights—Salem, MA area, 3 Nights—
Cape Cod, Red Jacket Oceanfront Resort, 7
Breakfasts—4 Dinners, Bill’s Bike Barn, Salem Historic
Trolley, Salem Witch Museum, House of 7 Gables, Peabody
Essex Museum, Tour of Cape Cod—Hyannis, Provincetown
Whale Watch Cruise, Roundtrip Ferry—Martha’s Vineyard,
Tour of Martha’s Vineyard, New Bedford Whaling Museum,
Houdini Museum & Magic Shoe, Tax & tip on included
meals, Luggage Handling, Gratuities for all step on guides.
Deposit of \$200 per person at time of registration with
balance due 6/12/25. Cancellation Protection \$175 per
person.



**Iceland Explorer with Premier World Discovery
September 17-24, 2025—\$5,125.00 per person/dbl**

Tour Highlights: 5 Nights at One Hotel—
Reykjavik, Reykjavik City Tour, Blue
Lagoon, Golden Circle Tour, National
Museum, Strokkur Geyser & Gullfoss/
Golden Falls, Hot Spring Bread Experience,
Thingvellir National Park, South Coast Tour, Skogar Folk
Museum, Skogafoss Waterfall, Keflavik & Bessastadir,
Viking Ship Museum, Lake Kleifarvatn. **Inclusions:**
Roundtrip Airfare—DTW, Roundtrip Transfers—DTW, Int’l
Air Departure Taxes/Fuel, 8 Meals: 5 Breakfasts, 1 Lunch &
2 Dinners, Professional Tour Director, Motorcoach
Transportation, Admissions per Itinerary, Sightseeing per
Itinerary, Baggage Handling at Hotels. **Accommodations:** 5
Nights—Grand Hotel Reykjavik, Iceland Air Hotel Marina or
Foss Hotel, Reykjavik, Iceland. **Tour Activity Level:** 3



**Shipshewana Amish Backroads Brown Bag Tour
with Route 23**

Thursday, September 18, 2025—\$145.00 per person

Tour Include: Round trip motor coach
transportation to Shipshewana, Indiana, Step on
Guided Tour of Shipshewana Amish Backroads
by Karleen Richter, Brown Bag with Amish
goodies, Thresher’s Amish Family Style Luncheon, shopping
at an Amish Bulk Food Store, Stop at a Woodworking shop
specializing in unique wooden baskets, Stop at an Amish
Bakery, Stop at an Amish Leather Craftsman specializing in
exotic leathers. **Departs:** 7:30am





Art Therapy with Valley Area Agency on Aging & Flint Senior Lives Matter
Here at the Davison Senior Center on **Wednesdays @ 10:00am** for 8 weeks
Starting January 8th, 2025

All Supplies included!
RSVP 810-658-1566 if interested.

SUDOKU ANSWER KEY

3	9	4	8	7	2	1	5	6
1	7	6	9	5	3	8	4	2
5	8	2	4	1	6	7	3	9
2	1	9	6	8	5	3	7	4
4	6	3	7	9	1	2	8	5
7	5	8	2	3	4	9	6	1
9	4	7	5	2	8	6	1	3
8	3	5	1	6	9	4	2	7
6	2	1	3	4	7	5	9	8

ALZHEIMER'S ASSOCIATION



Pop Can/Bottle Drive for the Alzheimer's Association thru December we will be collecting pop cans/bottles here at the Davison Senior Center we will take them to the store to get the cash and donate the money to the Alzheimer's Association in the memory of Rosalie Doyle, the Directors mother. If you have cans and bottles at home and do not want to bother with returning them bring them to the senior center for us or you can donate money for the cause!



If you have not been feeling well or have tested positive for COVID! Please be considerate and stay home until you are fully over it!
LET'S NOT SPREAD GERMS... Thanks Staff

Newsletter—It's Time To **Renew** -If you want the newsletter mailed to your home it's time to pay! Use the form on the back of this newsletter & send it in to the senior center and get put back on the newsletter mailing list. Newsletter mailings go from January 2025 thru December 2025 for only \$20 for the year.

DO YOU HAVE **concerns** about falling?



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Location: Davison Area Senior Center
1:00pm – 2:00pm

Monday, February 10, 2025
Monday, February 24, 2025
Monday, March 3, 2025
Monday, March 10, 2025
Monday, March 17, 2025
Monday, March 24, 2025
Monday, March 31, 2025
Monday, April 7, 2025
** No class on February 17 – Presidents Day!!

Classes are conducted over eight sessions, meeting once a week, one hour per session.

To sign up for the class please contact Davison Senior Center. Space is limited.



A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006
This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved.
Used and adapted by permission of Boston University.

Paid for with ACLS Bureau. & Valley Area Agency on Aging. If you would like additional information, please contact Abbie Mars at the Valley Area Agency on Aging at 810-239-7671, Ext 213.

SENIOR WINTER GAMES IS BACK!!

FEBRUARY 3RD - FEBRUARY 27TH, 2025



COST: \$15.00 PER PERSON

(EXTRA \$3.00 FEE FOR BOWLING EVENT)

REGISTRATION WINDOW:

MONDAY, NOVEMBER 11TH TO THURSDAY, JANUARY 9TH

INCLUDES: T-SHIRT, UNLIMITED EVENTS, OPENING CEREMONY WITH ENTERTAINMENT & CLOSING BANQUET LUNCHEON!

2025 EVENTS

PIE EATING, BOWLING, JIGSAW PUZZLE, SPADES, CHECKERS, SCRABBLE, YAHTZEE, HAND, KNEE & FOOT, SHUFFLEBOARD, TABLE TENNIS, PING PONG, CRIBBAGE, PINOCHE, SUDOKU, SENIOR GRAND PRIX, SOFTBALL TOSS, FREE THROW, EUCHRE, BAKING, PICKLEBALL, MINIATURE GOLF, LINE DANCING, DOMINOES, SPELLING BEE, ARTS & CRAFTS, POOL, DARTS, CORNHOLE, FRISBEE TOSS, LADDER GOLF

Hello December!

Davison-Richfield Area
Senior Citizens Activity Center
10135 Lapeer Rd.
Davison, MI 48423

*Happy
Holidays*

Phone: 810.658.1566

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We are on the web!
www.davison-sc.org



 **NO SMOKING** 

**DAVISON-RICHFIELD AREA
SENIOR CITIZENS ACTIVITY CENTER
IS A **TOBACCO FREE ZONE!**
BOTH FACILITY AND GROUNDS!**

**NO SMOKING, NO VAPING & NO TOBACCO OF
ANY FORMS!**

 **NO VAPING
DEFENSE
DE VAPÔTER**

CASH OR CHECK ONLY!

(January- December) *****2025 Newsletter Form***** *Suggested Donation \$ 20.00****

DAVISON-RICHFIELD AREA SENIOR CITIZENS ACTIVITY CENTER 10135 LAPEER RD., DAVISON, MI 48423 810.658.1566

FULL NAME: _____ **BIRTHDATE:** _____

SPOUSE FULL NAME: _____ **BIRTHDATE:** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

COUNTY: _____ **TOWNSHIP:** _____

TELEPHONE: _____ **CELL PHONE:** _____

SPOUSE CELL PHONE: _____ **AMOUNT:** _____

