BRIGHTON SENIOR CENTER



Where Active Aging Never Gets Old!

D D

DECEMBER JANUARY

WELCOME!

24/25



Brighton, MI 48116

(810) 299-3817

850 Spencer Road

NEW HOURS: Monday - Thursday 9:00am - 4:00pm Friday 9:00am - 12:00pm

www.brightonseniorcenter.com

@BrightonSeniorCenter



ABOUT US

Welcome to the Brighton Senior Center, the heart of fun and adventure for everyone 50 and older in and around Livingston County! Whether you're seeking new friendships, lifelong learning, thrilling travel experiences, or a range of fitness and enrichment classes, we have something for you. Discover helpful information and assistance, convenient transportation options, and meaningful volunteer opportunities. Stop by and explore – you'll be amazed at what awaits you!

ANNOUNCEMENTS

City of Brighton Residents the city is giving residents a \$25 voucher towards membership! Call or stop by City Hall for more information. Holiday Closures! Christmas/New Year DECEMBER 23 - JANUARY 1

- REMINDER -When Brighton Area Schools are closed due to weather the Senior Center is also CLOSED! We have an Amazon "Wish List"!

use this link https://a.co/8NAHB9L Items ship directly to us.

Your generosity is Apprecited!!



UPCOMING EVENTS

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Join us for a Mid-Winter

THURSDAY. **JANUARY 16** 12:00-1:00PM



\$5.00 MEMBERS

(810) 299-3817 option 1 or stop by the center

	FRIDAY	6 10:00 Relaxed Euchre **Secret Santa Gifts DUE!**	13 10:00 Relaxed Euchre form Ugly Sweater Bingo (Pre-Registration Required!)	20 10:00 Relaxed Euchre	27 CLOSED	Call us (SIO) 299-3817 CHECK OUT OUR WEBSTTE! www.BrightonSeniorCenter.com FOLLOW US ON FACEBOOK!
2024	THURSDAY	 S 9:00 Body Spot Silver (BECC) 9:30 Walking Club 11:00 Chair/Mat Yoga 1:30 Bingo 	12 SECRET SANTA - DAY 4 9:00 Body Spot Silver (BECC) 9:30 Walking Club 10:00 Craft & Chat 11:00 Chair/Mat Yoga 1:30 Bingo 3:00 Meet Your SECRET SANTA!	19 9:00 Body Spot Silver (BECC) 9:30 Walking Club 11:00 Chair/Mat Yoga 12:00 Birthday Luncheon 1:30 Bingo	26 CLOSED	REMINDER III When Brighton Area Schools are closed for inclement weather The Senior Center is also CLOSED!!
-MBER	WEDNESDAY	4 10:00 Euchre 10:00 Mahjong 12:30 Drop-In Poker 2:30 Walking Club	 11 SECRET SANTA - DAY 3 10:00 Euchre 10:00 Mahjong 10:00 Mahjong 12:30 Drop-In Poker 1:00 Cookie Bake & Echange 2:30 Walking Club 	18 10:00 Euchre Tournament 10:00 Mahjong 12:30 Drop-In Poker Cares 2:30 Walking Club	25 Merry Ohristmas	NEW Expanded hours!! Mon-Thur 9am-4pm Fridays 9am-12pm
	TUESDAY	 GIVING TUESDAY! 9:00 Body Spot Silver (BECC) 9:30 Walking Club 10:30 Chair Yoga 11:30 Chair Yoga 1:30 Bingo 	 10 SECRET SANTA - DAY 2 9:00 Body Spot Silver (BECC) 9:30 Walking Club 10:30 Dementia Seminar 10:30 Chair Yoga 11:30 Chair Yoga 11:30 Bingo 	 17 9:00 Body Spot Silver (BECC) 9:30 Walking Club 10:30 Chair Yoga 11:30 Chair Yoga 12:30 Holiday Party NO BINGO TODAYI 	24 CLOSED	31 ALAMPAUS
BRIGHTON Sellor Center	MONDAY	2 10:00 Euchre 10:00 Balance & Strength 12:30 Drop-In Poker 2:30 Walking Club <i>Nurses Foot Care (by appt)</i>	9 SECRET SANTA - DAY 1 10:00 Euchre 12:30 Drop-In Poker 2:30 Walking Club	16 10:00 Euchre 12:30 Drop-In Poker 2:30 Walking Club Nurses Foot Care (by appt)	23 CLOSED	30 CLOSED

***	FRIDAY	3 10:00 Relaxed Euchre	10.00 Relaxed Euchre	17 10:00 Relaxed Euchre	24 10:00 Relaxed Euchre	31 10:00 Relaxed Euchre
022	THURSDAY	2 9:00 Body Spot Silver (BECC) 9:30 Walking Club 1:30 Bingo	 9 9:00 Body Spot Silver (BECC) 9:00 Casino - Firekeepers 9:30 Intro to Watercolor 9:30 Walking Club 10:00 Craft & Chat 11:00 Chair/Mat Yoga 1:00 Forever Fit 1:30 Bingo 	16 9:00 Body Spot Silver (BECC) 9:30 Intro to Watercolor 9:30 Walking Club 11:00 Chair/Mat Yoga 12:00 Chili Cookoff 1:30 Bingo	23 9:00 Body Spot Silver (BECC) 9:30 Intro to Watercolor 9:30 Walking Club 11:00 Chair/Mat Yoga 1:00 Forever Fit 1:30 Bingo	30 9:00 Body Spot Silver (BECC) 9:30 Intro to Watercolor 9:30 Walking Club 11:00 Chair/Mat Yoga 12:00 Birthday Luncheon 1:30 Bingo Nurses Foot Care (by appt)
NUARY 2	WEDNESDAY	1 Rewser	 8 9:00 Tai Chi Plus 10:00 Euchre 10:00 Mahjong 12:30 Drop-In Poker 1:00 Tai Chi & QiGong 2:30 Walking Club 6:00 Social Security Q&A 6:00 Zumba (HAW) 	 15 9:00 Tai Chi Plus 10:00 Euchre 10:00 Mahjong 12:30 Drop-In Poker 1:00 Tai Chi & QiGong 2:30 Walking Club 6:00 Zumba (HAW) 	22 9:00 Tai Chi Plus 10:00 Euchre 10:00 Mahjong 12:30 Drop-In Poker 1:00 Tai Chi & QiGong 2:30 Walking Club 6:00 Zumba (HAW)	29 9:00 Tai Chi Plus 10:00 Euchre Tournament 10:00 Mahjong 1:00 Tai Chi & QiGong 2:30 Walking Club 6:00 Zumba (HAW)
AAV MAN	TUESDAY	BUILDINGS: BECC - 125 S. Church St BHS - Brighton High School HAW - Hawkins Elementary SMS - Scranton Middle School	 7 9:00 Body Spot Silver (BECC) 9:30 Walking Club 10:30 Chair Yoga 11:30 Chair Yoga 12:00 Money Talk - Lunch & Learn 1:30 Bingo 	14 9:00 Body Spot Silver (BECC) 9:30 Walking Club 10:30 Chair Yoga 11:30 Chair Yoga 1:30 Bingo 6:30 Power Cooking: Meal Prep	21 9:00 Body Spot Silver (BECC) 9:30 Walking Club 10:00 Craft & Chat 10:30 Chair Yoga 11:30 Chair Yoga 11:30 Bingo 6:30 Power Cooking: Meal Prep	 28 9:00 Body Spot Silver (BECC) 9:30 Walking Club 10:30 Chair Yoga 11:30 Chair Yoga 1:30 Bingo 6:00 Estate Planning Basics
BRIGHTON	MONDAY	Call us (BIO) 299-3817 CHECK OUT OUR WEBSITE! www.BrightonSeniorCenter.com FOLLOW US ON FACEBOOK!	6 10:00 Euchre 10:00 Balance & Strength 12:30 Drop-In Poker 2:30 Walking Club <i>Nurses Foot Care (by appt)</i>	13 10:00 Euchre 10:00 Balance & Strength 11:00 Cooking w/Maureen 11:00 Winter Landscape 12:30 Drop-In Poker 2:30 Walking Club	20 10:00 Euchre 10:00 Balance & Strength 12:30 Drop-In Poker 2:30 Walking Club Nurses Foot Care (by appt)	27 10:00 Euchre 10:00 Balance & Strength 12:30 Drop-In Poker 2:00 ZU Vision Shop 2:30 Walking Club 6:00 Adult & Pediatric CPR

FUN & GAMES

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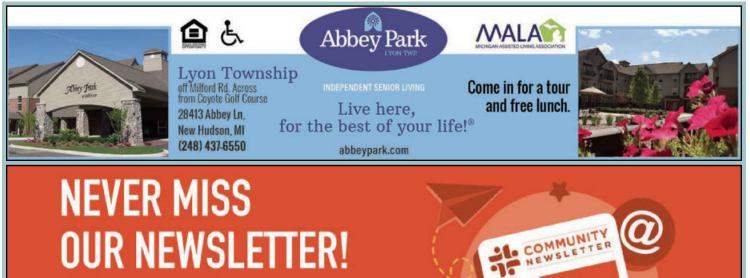
BEACH BLANKET

MARCH JUNE



Drop-In Poker

Mondays & Wednesdays 12:30PM



SUBSCRIBE

Have our newsletter emailed to you.

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Visit www.mycommunityonline.com

FUN & GAMES





Weekly Euchre Every Monday and Wednesday - 10am

Euchre Tournaments December 18th January 29th 10:00 AM Brighton Senior Center \$7 per person at the door



Three cash prizes 50/50 Raffle! Potluck style lunch - Please bring a dish to share or contribute \$10 to the potluck fund.



Mahjong Club Wednesdays 10am

Learn Mahjong Call for Info

It's All About Family!

HAVE YOU PROTECTED THEM?



To Get More Information call (844) 885-4200 or online at www.MichiganEstatePlanning.com

P

Life is Complicated Enough. Protecting Your Family Shouldn't Be...

If Crisis Strikes, You Risk:

- · Losing Control
- Additional Stress on Your Family
 The Loss of What You Spent a
- Lifetime Building

Proper Planning Ensures You:

- Maintain Control of Your Assets for the Sake of The Family
- Give Control, to Those you Trust Most, When You're not Able to Act
- Remain Home Without Stress on the Family. Should the Need for Long Term Care Arise
- · Keep Your Family's Business Private



LifeCare Planning Protects Your Family From:

- The Government
- · Taxes
- Lawsuits
- Nursing Homes
- Those That Want to Take Your Assets From You

Discover:

- Covernment Assistance to Help
 Pay for Care at Home
- Up to \$2,120 a Month in Veteran Benefits to Assist with Care at Home or Assisted Living



1024 E. GRAND RIVER AVE., STE A | BRIGHTON MI 48116 SATELLITE OFFICES | ANN ARBOR | BLOOMFIELD HILLS | LANSING | LIVONIA | NOVI P. 844.885.4200 | F. 888.390.5041 | WWW.MICHIGANESTATEPLANNING.COM

TRAVEL

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We've teamed up with Timeless Memories, Adventures and Events to bring you exciting local. domestic & international travel opportunities! Visit www.BrightonSeniorCenter.com/travel or our travel display at the center for more information about traveling in 2025!

Most trips have sign-up deadlines months in advance... so be sure to check early so you don't miss out!! **Senior Center Membership is not required for travel.

TRAVEL & DAY TRIPS Washington D.C. - A Capitol Christmas (DEC 2024) Hawaii 3 Island Adventure (FEB 2025) DSO - Classical Roots (FEB 2025) DSO - Celtic Journey (MAR 2025) Great Trains and Grand Canyons (APR 2025) Great Canadian Cities (MAY 2025) **Iceland Explorer (MAY 2025)** National Parks & Canyon of Southwest (MAY 2025) **Traverse City Wine Tasting (JUN 2025)** 4th of July NYC (JUL 2025)

TRAVEL & DAY TRIPS cont'd

Canadian Rockies via Rail (JUL 2025) Mississippi River Cruise (JUL 2025) Yellowstone/Grand Tetons/Deadwood (AUG 2025) Cape Cod, Martha's Vinyard and Salem Witch Exp (SEPT 2025) Nova Scotia & the Canadian Maritimes (SEPT 2025) Rails & Riverboats & The Pocono Mountains (OCT 2025) Albuquerque Balloon Festival & Santa Fe (OCT 2025) Highlights of Italy's Amalfi Coast & Rome (OCT 2025) Switzerland & Christmas Markets on Rhine River (DEC 2025) Montreal & Quebec City Christmas (DEC 2025)

- For questions regarding TRAVEL please contact Barb Smith at Timeless Memories, Adventures and Events (248) 497-0291 or TimelessMemoriesAnE@ amail.com.
- To register for travel visit BrightonSeniorCenter.com/travel print the form and mail/drop off with a check to the Senior Center).
- You can also pick up any of the forms at the Senior Center.



MEMBERSHI

SIO PER FAMILY



HEALTH & WELLNESS

Daily Lunches

BAS Salads -\$6.00 each M-TH, 12:00-1:00pm Must pre-order by 2pm the day before Available Sept-June



Eye Wear and Eye Examinations

20 Vision brings a complete optical store to us every two months. They offer stylish, comfortable, hypoallergenic, and high-quality eye wear with an extended warranty for



adults 50+. Contact them to schedule an eye exam in the privacy of your own home. Call 947-479-1039 or send an email

to info@2UVision.com.

2UVision will be here on January 27th at 2:00pm.

Nurses Foot Care

Ava Passino, RN, BCGN, is now accepting new patients as openings become available. Each 1 hour session includes:

foot/leg assessment, warm foot bath, nail trimming and therapeutic foot/leg massage. Fee for services is not insurance billable.



To schedule an appointment call Ava at (313) 303-7836.

Cooking with Maureen



Join Maureen Kimmel from Pampered Chef to learn recipes foods, friends & fun! using time saving tools, quick tips for healthy eating and to discover the chef in you!

January 13th at 11:00am - Space is LIMITED!

Personal Care Cabinet

Check out the personal care cabinet located in the hallway by the bathrooms. Inside you'll find a variety of items such as adult undergarments, toiletries, covid tests, masks and more! All items are available to take as needed. If you have items to donate they MUST be unopened/used and dropped off at the front desk.

Hearing Checks

Chris from Beltone will be conducting FREE hearing tests, checking current hearing aids, replacing batteries and more.



Check with the center for dates/times.

Medical Loan Closet

Canes, Crutches, Shower Chairs, Toilet Risers, Wheelchairs, Walkers, Elder Care Supplies. Call (810) 299-3817, option 2



Panera/ Busch's Donations

Free donations from Panera Bread and Busch's are available to members inside the Senior Center. All items are available on a first come basis.



PANERA - Tuesdays **BUSCH'S** - Tues/Thurs



Resource Advocate

Provided by Livingston County Catholic Charities. Information & assistance with: Housing, Legal Aid, Food Assistance, Care Giving, In-Home Services, Tax Aid, Medicare/Medicaid, Counseling, etc.



To schedule an appointment call Mary Heymes (517) 545-5944 ext. 136 or mary@livingstoncc.org.

Transportation

Rides available for a fee to medical appointments, grocery

stores, banking, hair salons, etc. Bus service is not available to/from surgical procedures. Driver does not stay for medical appointments. Please note, there is a 15 minute variance for each pick up.



To schedule a ride, call (810) 299-3817, Option 3

Title VI of the Civil Rights Act of 1964 prohibits discrimination based on race, color, or national origin in programs and activities receiving Federal financial assistance. Specifically, Title VI provides that "no person in the United States shall, on the ground of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance" (42 U.S.C. Section 2000d).

Fitness Classes

Balance & Strength	Mon	10:00-10:45am
Body Spot Silver	Tu/Th	9:00-10:30am
Chair Yoga	Tue	10:30-11:15am
Chair Yoga	Tue	11:30-12:15pm
Tai Chi Plus	Wed	9:00-10:00am
Tai Chi & QiGong	Wed	1:00- 2:00pm
Chair/Mat Yoga	Thur	11:00-11:45am
Forever Fit Every Othe	er Thur	1:00- 2:00pm
Zumba w/Joanie	W/Sa	6:30pm/10am
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Visit our website or stop by the center to view class descriptions, dates and to register. Register early, classes fill up fast!!

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CLASSES & ACTIVITIES

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FITNESS

BODY SPOT SILVER (BECC) ANNUAL (TU & TH) | 9:00AM | \$99

BALANCE & STRENGTH 1/6 - 1/27 (M) | 10:00AM | \$FREE

TAI CHI PLUS 1/8 - 2/12 (W) | 9:00AM | \$30

TAI CHI/QIGONG 1/8 - 2/12 (W) | 1:00PM | \$30

ZUMBA W/JOANIE (Hawkins) 1/8 - 4/30 (W & SA) | 6:30PM/10:00AM

FOREVER FIT 1/9 - 2/20 (TH) | 1:00PM | \$FREE

CHAIR YOGA 1/14 - 2/18 (TU) | 10:30AM | \$30 1/14 - 2/18 (TU) | 11:30AM | \$30

MAT YOGA 1/16 - 2/20 (TH) | 11:00AM | \$30

FINANCE

SOCIAL SECURITY Q&A 1/8 (W) | 6:00PM | \$10

ESTATE PLANNING BASICS 1/27 (M) | 6:00PM | \$10

EDUCATIONAL

MINDFULNESS 101 1/14 (TU) | 6:30PM | \$30

POWER COOKING: EASY MEAL PREP 1/14 (TU) | 6:30PM | \$46 1/21 (TU) | 6:30PM | \$46

ADULT & PEDIATRIC CPR 1/27 (M) | 6:00PM | \$100

PHOTOGRAPHY 101 & THE ART OF SEEING 1/28 (TU) | 6:00PM | \$75

ART

INTRO TO WATERCOLOR PAINTING 1/9 - 1/30 (TH) | 9:30AM | \$130 1/9 - 1/30 (TH) | 6:15PM | \$130

WINTER LANDSCAPE 1/13 (M) | 11:00AM | \$89

Classes are held at the Brighton Senior Center (850 Spencer Rd) unless indicated elsewhere.

BECC - 125 S. Church St. (Gym) Hawkins - 8900 Lee Rd (Cafeteria)

Our fitness classes fill up FAST! Sign up early or you'll miss out.

Register online www.BrightonCommunityEd.com, by calling (810) 299-3817 or at the center.



CENTER FOR PERFORMING ARTS



"The ultimate educational rock experience for kids, parents, and educators alike" "Buy 10+ tickets and automatically save an additional 10%!



Care Services for Seniors by Seniors!

We provide in-home senior care to seniors in the Greater Livingston area. We are VA approved, and accept private pay or Long Term Care insurance. To learn more about how we can help, let's get in touch!

Our Services At A Glance

Companionship • Light Housekeeping • Meal Prep Transportation • Overnight Stays • Respite Care Dementia / Alzheimer's Care • Shopping & Errands Personal Care • Pet Care • Medication Reminders Daily Living Assistance • And More!

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850 Spencer Road Brighton, MI 48116



Our Staff

Jodie Valenti, Director (810) 299-3818 valentij@brightonk12.com

Deb Perry, Asst. Activities Director (810) 299-4018 perryd@brightonk12.com

Diana Walsh, Front Desk Jan Piatek, Front Desk (810) 299-3817, option 1 seniorcenter@brightonk12.com

David Passino, Bus Driver (810) 299-3817, option 3 passind@brightonk12.com

Barb Smith, Travel Coordinator (248) 497-0291 timelessmemoriesane@gmail.com

Looking to Volunteer?

If you're looking to make a difference in our community and enjoy working with actively aging adults, we have several volunteer opportunities available. Stop by or give us a call today!

DONATIONS ARE APPRECIATED!

- Used & new household items (including some furniture)
- Used & new craft supplies
- Returnable bottles & cans
- Non-perishable food
- Personal care items (toiletries, etc)
- In-kind
- THEY ARE TAX DEDUCTIBLE TOO!

PRESORT STD US POSTAGE PAID BRIGHTON, MI PERMIT NO. 10

Oh What FUN we have! Stop by and see what makes us the place to be this winter













DISCLAIMER

Although the Brighton Senior Center provides information through workshops, seminars and advertising for senior services, we do not endorse any private company. Our goal is to inform our members of the availability of services that may enhance their lives outside of the Center. As a consumer, you are encouraged to independently research and ask for references. We appreciate all the support we receive from our local business community and health care providers.