

Commerce Township  
**Richardson Review**

May & June



Richardson  
Community  
Senior Center

## Letter from the Director

1485 E. Oakley Park Rd.  
Commerce Township, MI 48390

Phone (248) 926-0063  
Fax (248) 325-5349  
8:00am - 4:30pm Mon - Fri

[www.commercetwp.com](http://www.commercetwp.com)

### Director

Emily England  
[eengland@commercetwp.com](mailto:eengland@commercetwp.com)

### Staff

Allison Kennedy  
[akennedy@commercetwp.com](mailto:akennedy@commercetwp.com)

Melissa Gardner  
[mgardner@commercetwp.com](mailto:mgardner@commercetwp.com)

We've got a full schedule over the next few months with special presentations and day trips. Waltonwood Twelve Oaks will again be hosting their Mother's Day brunch this May. This is always a popular event, so make sure you get scheduled early to secure your spot. We're also excited to bring you a few new presenters to educate and inform our community on a few new topics.

We continue to explore day trip options and are working to get more added. You don't need to wait for the newsletter to find out what we have planned, our website is continuously updated with new options as they are booked.

Sincerely,

Emily, Allison & Melissa

Commerce Township provides information about seminars and workshops, we do not endorse any private company; we merely inform consumers of the availability of the service. As a consumer, you are encouraged to independently research and ask for referrals.

***SIGN UP FOR ALL FUNCTIONS  
AND EVENTS AT THE CENTER  
WILL TAKE PLACE ON  
April 17 @ 8AM. NO  
RESERVATIONS WILL BE TAKEN  
BEFORE 8AM. PLEASE LEAVE A  
MESSAGE, WE GO BY TIME  
STAMPED ON VOICEMAIL, YOU  
CAN ONLY RESERVE FOR 2  
PEOPLE WHEN YOU CALL.***

### Senior Lunch Program

The senior lunch program is available Monday thru Friday at 12:00 noon. Please, call our center to reserve your lunch a minimum of 2 **business** days in advance.

**248-926-0063**



# SERVICES

## Important Phone Numbers

**Commerce Twp. Offices**  
248-624-0110

**Police Department Non  
Emergency**  
248-858-4950

**Commerce Twp Library**  
248-669-8108

**Alzheimer Association**  
800-337-3827

**AgeWays**  
(Area Agency on Aging)  
800-852-7795

**Social Security**  
800-772-1213

**Oakland County Health  
Division**  
800-848-5533

**Haven 24 hour Crisis Line**  
877-922-1274

**Meals on Wheels**  
810-632-2155

**People's Express**  
877-214-6073

*Join me for Lunch*



CLIP THIS COUPON AND RECEIVE  
1 FREE LUNCH THE MONTH OF  
YOUR BIRTHDAY!

**PLEASE CALL 2 DAYS IN  
ADVANCE TO REGISTER  
FOR LUNCH**

**248-926-0063**



**RICHARDSON SENIOR  
CENTER**

**Day: First Wednesday of the month**

**Time: 10AM - 2PM**

Lay papers flat

No paper clips

Remove items from envelopes

Only items that need shredding

No checkbooks



**\*\*Limit 1 plastic grocery bag per senior\*\***



**Donations are always welcome at the Richardson  
Senior Center. Here is a list of supplies we use:**

**Coffee**

**Napkins**

**Small Plates**

**Paper Towels**

**Plastic Silverware**



# Richardson Senior Center WEEKLY

## Monday

9:30 - Total Body  
11:00 - Mahjongg  
12:00 - Lunch  
12:30 - Bingo  
1:00 - Yoga

## Tuesday

9:30 - Knit & Crochet  
10:00 - Woodcarving  
12:00 - Senior Lunch  
12:30 - Euchre  
1:30 - Zumba Gold

## Wednesday

9:30 - Total Body  
12:00 - Senior Lunch  
12:00 - Pinochle

## Thursday

10:00 - Yoga  
12:00 - Lunch/Movie  
1:30 - Zumba Gold

## Friday

9:00 - Art  
9:30 - Total Body  
12:00 - Senior Lunch  
12:30 - Mexican Train  
12:30 - Hand/Foot  
12:30 - Bridge

## UPCOMING EVENTS

**Thur. May 1 - Pizza & Movie**

**Mon. May 5 - Consultations w/Kari**

**Tue. May 6 - Sensory Loss Training**

**Wed. May 7 - Brookdale Novi**

**Thur. May 8 - Mother's Day Brunch**

**Tues. May 13 - Daytrip Bell Isle**

**Tues. May 13 - Potluck**

**Wed. May 14 - Computer Help**

**Wed. May 14 - Talk with a Doc**

**Tues. May 20 - OSTC Health Fair**

**Wed. May 21 - Ask the Attorney**

**Mon. May 26 - CLOSED**

**Tue. May 27 - Theme Lunch**

**Wed. May 28 - Book Club**

**Wed. May 28 - DIA Trip**

**Mon. June 2 - Consultations w/Kari**

**Thur. June 5 - Pizza & Movie**

**Tue. June 10 - Potluck**

**Wed. June 11 - Estate Planning**

**Wed. June 11 - Computer Help**

**Thur. June 12 - PPT Pelvic Health**

**Thur. June 12 - Daytrip Ford House**

**Tue. June 17 - Ask the Attorney**

**Fri. June 20 - Summer Doormats**

**Tue. June 24 - Theme Lunch**

**Wed. June 25 - Book Club**

**Wed. June 25 - Travel Show**

**Thur. June 26 - PPT Hand Workshop**





# CARDS



## Pinochle

Wednesday  
12:00 - 3:30



## Hand, Foot & Knee

Friday  
12:30 - 3:30



## Euchre

Tuesday  
12:30 - 3:30



## Bridge

Friday  
12:30-3:30



## Activities



### Art Group

Friday  
9:00 - 11:00



### Knit & Sew

Tuesday  
9:00 - 11:00



### Mexican Train

Friday  
12:30-3:30



### Monday

12:30 - 3:30  
\$0.25/card



### MahJong

Monday  
11:00 - 1:00





# Yoga

with Debbie



Debbie's vinyasa style class welcomes all levels, including those that have never practiced. The flows are developed with the senior body in mind. Debbie is RYT200 certified with 5 years of teaching experience and has been practicing for 15 years.

**Richardson Senior Center**  
**Monday 1:00 PM - 2:00PM**  
**Thursday 10:00 AM - 11:00AM**

**COST: \$5/CLASS**



## TOTAL BODY FITNESS

Patty has been interested in fitness her whole life and is passionate about helping others feel great and has been working with the senior population for several years. As a martial arts teacher for over 15 years, she is also certified in strength and training. Patty also received certification from Beaumont Hospital as a yoga therapist.

Work at your own pace on Strength, Balance and Mobility, with Patty to keep our bodies strong, healthy and flexible while having fun with friends at the same time!!

**MON, WED & FRI**  
**9:30 AM - 10:30 AM**  
**COST: \$2/CLASS**



## Come Dance with Maria

**Along with being certified in Zumba Gold, Maria has a variety of Zumba certifications including Zumba Brazil, Zumba Core and Zumba Glutes. No previous experience needed to join this class as all participants are encouraged to do what they are comfortable with.**

**TUESDAY &  
THURSDAY**  
**1:30 - 2:30**  
**COST: \$5**



# POTLUCK

**Do you enjoy cooking/baking and enjoy lunch with friends?**

**Check out our monthly potluck luncheon!**

**TUESDAY, MAY 13**

**11:30 AM**

MAIN COURSE: CHEESE RAVIOLI

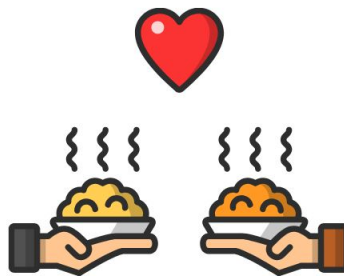
**TUESDAY, JUNE 10**

**11:30 AM**

MAIN COURSE: SWEDISH MEATBALLS

**\*\*PLEASE, BRING YOUR OWN PLATE AND UTENSILS**

**\*\*Please, note the time change**



The main course will be provided by the Richardson Senior Center.

1. All participants **MUST** signup 2 days in advance
2. All participants **MUST** bring a dish to pass
3. Bring enough to serve all in attendance

(Menu subject to change without notice)



# SENIOR LUNCHEON

**TUESDAY, MAY 27**

**11:30 AM**

MAIN COURSE: BBQ PULLED PORK

**TUESDAY, JUNE 24**

**11:30 AM**

MAIN COURSE: MAC N CHEESE

**Our monthly senior luncheon on the last Tuesday of every month is FREE to all seniors 60+.**

Registration is required 2 days prior to luncheon



**NOW SHOWING**

# Movie & Lunch



**Thursday  
12PM - 3PM**



**May 1:**



**Unbroken**

Goodrich

School of Rock

One Life

Jesus Revolution



**PG-13 (2014)**

R (2024)

PG-13 (2003)

PG (2023)

PG-13(2023))

**June 5 :**



**The Love Punch**

Moneyball

Yesterday

The Best of Enemies



**PG-13 (2013)**

PG-13 (2011)

PG-13 (2019)

PG-13 (2013)

Cost: \$3.50

No charge if you bring a lunch

Please call **248-926-0063** to  
reserve your spot today!

Space is limited

**May 1 &**



**June 5**



Sponsored by:

**CARE Patrol™**  
Your Partner In Senior Care Solutions

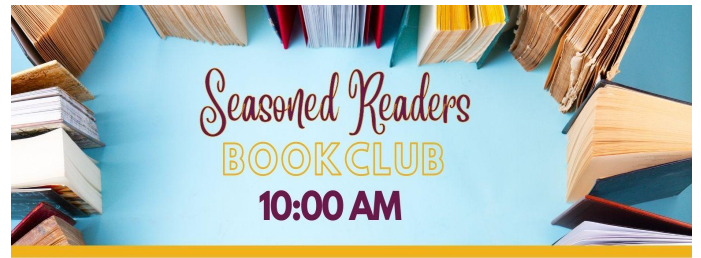
**PIZZA  
PARTY**



ARE YOU LOOKING FOR ASSISTANCE WITH  
A COMPUTER OR TABLET? HAVE  
QUESTIONS ABOUT A SPECIFIC PROGRAM?  
STEVE FROM THE LIBRARY WILL BE HERE  
TO OFFER COMPUTER HELP!

**MAY 14 & JUNE 11**  
**2PM - 3PM**

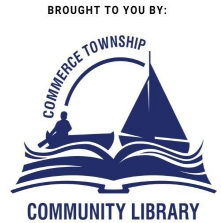
RESERVATIONS ARE REQUIRED! 30 MINUTE TIME LIMIT



GROUP MEETS AT:  
RICHARDSON SENIOR CENTER

**May 28:**  
**Matrix**

**June 25 :**  
**Taste: The Maltese Falcon**



DIXON LAW PLLC  
**MELISSA D. DIXON**  
(248) 684-9742  
Estate Planning  
Elder Law  
Trust Administration  
Probate

Please call 248-926-0063  
to book your 15 minute  
consultation with the  
attorney.



**June 17**  
**Appointments start @ 10AM**

The Lebowski Law Firm is a family run  
law firm which specializes in estate  
planning, estate/trust administration,  
and Elder Law (long term care planning)



Please call 248-926-0063  
to book your 15 minute  
consultation with the  
attorney.



# Sensory Loss Training

Tuesday, May 6th  
10-11am

Richardson Center  
1485 E. Oakley Park Rd  
Commerce Twp, MI

Join us at this interactive program  
as we experience and learn  
what it is like to live with sensory loss.

Program presented and sponsored by  
Tracey Proghovnick Edelstein, LMSW, CIRS-A, CSA  
Community Outreach and Education Coordinator



Register by calling 248.926.0063



MAY 7th at 1 PM  
CALL 248-926-0063 TO  
REGISTER FOR THIS EVENT!

## WHAT TO EXPECT:

- ✓ PRESENTATION ON OUR COMMUNITY
- ✓ PRESENTATION FROM OUR CARE TEAM: BALANCED HOME CARE
- ✓ TRIVIA
- ✓ PRIZES
- ✓ LUNCH PROVIDED
- ✓ DRINKS

JOIN US TO LEARN  
ABOUT BROOKDALE  
INDEPENDANT  
LIVING IN NOVI  
AND ALL WE HAVE  
TO OFFER !!

If you are looking for a place to  
call home, look no further!  
Brookdale Novi offers a warm,  
friendly atmosphere with all  
the activities and amenities  
in house!

Explore your independence  
today at all-inclusive low  
costs.

Call 248.669.5330 to Schedule Your Tour at Brookdale Novi

## DIXON LAW PLLC

FREE Seminar: Estate Planning, Estate  
Settlement & Elder Law Issues



### Secure Your Future & Protect Your Loved Ones

Join us for a FREE informative seminar on Estate Planning, Estate  
Settlement, and Elder Law Issues led by an experienced attorney who  
has successfully administered hundreds of estates.

#### What You'll Learn:

- The key components of a comprehensive estate plan and how they help prevent future problems.
- How an experienced estate settlement attorney can lighten the load for your loved ones.
- Real-life examples from an attorney who has seen it all – and how proper planning can prevent costly mistakes.
- Essential information about guardianships, conservatorships, and Medicaid planning.

Registration Required! To register, call  
248-926-0063

When: June 11, 2025

Where: Richardson Senior Center  
1485 E. Oakley Park Rd  
Commerce Township, MI 48390

Time: 1:00PM

Dixon Law, PLLC  
248-684-9742  
info@dixon-lawoffice.com



Proudly Sponsors

## MOTHER'S DAY BRUNCH

Richardson Senior Center

THURSDAY | MAY 8 | 10:30 AM

Limited Seating Available  
RSVP to 248-926-0063





## Talk With a Doc

### Leaky Bladder and Pelvic Prolapse: When and Why you Should See a Urogynecologist

May 14 | 1pm

**Richardson Senior Center**  
1485 E. Oakley Park Rd., Commerce Township, MI

Register by calling 248-926-0063



Pelvic organ prolapse and urinary incontinence can be uncomfortable and embarrassing, forcing women to give up exercise, socializing with friends and other activities they enjoy. The good news is – it doesn't have to be this way! Join Trinity Health IHA Medical Group Urogynecologist and Reconstructive Pelvic Surgeon **James Ross, MD** to learn more about common pelvic floor conditions and minimally invasive treatments available to help women get their life back.

Trinity Health IHA Medical Group  
Urogynecology - Bloomfield

43097 Woodward Ave.  
Suite 202  
Bloomfield, MI 48302

248-334-4505



IHA Medical Group

## SPRING HEALTH FAIR

Hosted by: OSTC-SW Health Science  
Students

Where: Richardson Senior Center

Tuesday, May 20, 2025

8:30 A.M- 9:45 A.M

11:45 A.M- 1:00 P.M

- Blood pressure screening/Vital signs
- Vision screening
- Hydration Station
- Education on skin care, nutrition, and more!
- Healthy snacks provided!



## RICHARDSON SENIOR CENTER PELVIC HEALTH WORKSHOP



Join us at the Richardson Senior Community Center for an informative session on pelvic health, presented by Michaela Kuhlman, OTR/L. This workshop aims to empower seniors with knowledge and strategies to manage and improve pelvic health effectively.

Understanding that pelvic floor issues are not an inevitable part of aging is crucial. With appropriate knowledge and proactive measures, seniors can maintain and enhance their pelvic health, leading to improved independence and well-being.

June 12th at 11:30am - 1:00pm

Richardson Senior Community Center  
1485 E Oakley Park Rd, Walled Lake, MI 48390  
(248) 926-0063

THIS WORKSHOP  
WILL DELVE INTO  
THE IMPORTANCE  
OF CORE STABILITY  
AND ITS IMPACT ON  
DAILY ACTIVITIES  
AND OVERALL  
WELL-BEING.



## RICHARDSON SENIOR CENTER HAND PAIN WORKSHOP



Seeking relief from hand pain without resorting to medications, injections, or surgery? Join us for the Hand Pain Workshop at the Richardson Senior Community Center, tailored for individuals yearning to restore normalcy and function to their hands naturally. We will discuss a way to get your hands function back and pick the right treatment for the cause of your pain.

- Explore the most common causes of hand pain treatable without surgery.
- Discover effective strategies to regain hand function and alleviate pain.
- Learn how to choose the right treatment tailored to the cause of your hand pain.

June 26th at 11:30am - 1:00pm

Richardson Senior Community Center  
1485 E Oakley Park Rd,  
Walled Lake, MI 48390  
(248) 926-0063

LED BY LAUREN PLANT,  
OTR/L, THIS SESSION  
WILL PROVIDE VALUABLE  
INSIGHTS INTO  
MAINTAINING HAND  
STRENGTH, DEXTERITY,  
AND OVERALL  
FUNCTIONALITY TO  
ENHANCE DAILY LIVING.

10



## Consultations with Kari, your Senior Care Advisor

Certified Senior Advisors provide consulting services for Seniors aged 55+. Kari will meet personally with clients and family members, conduct a thorough assessment, and identify your individual preferences & care needs. With that information, she will recommend the most appropriate services for your needs.

Call today to register for your **COMPLIMENTRY** 30 minute consultation!

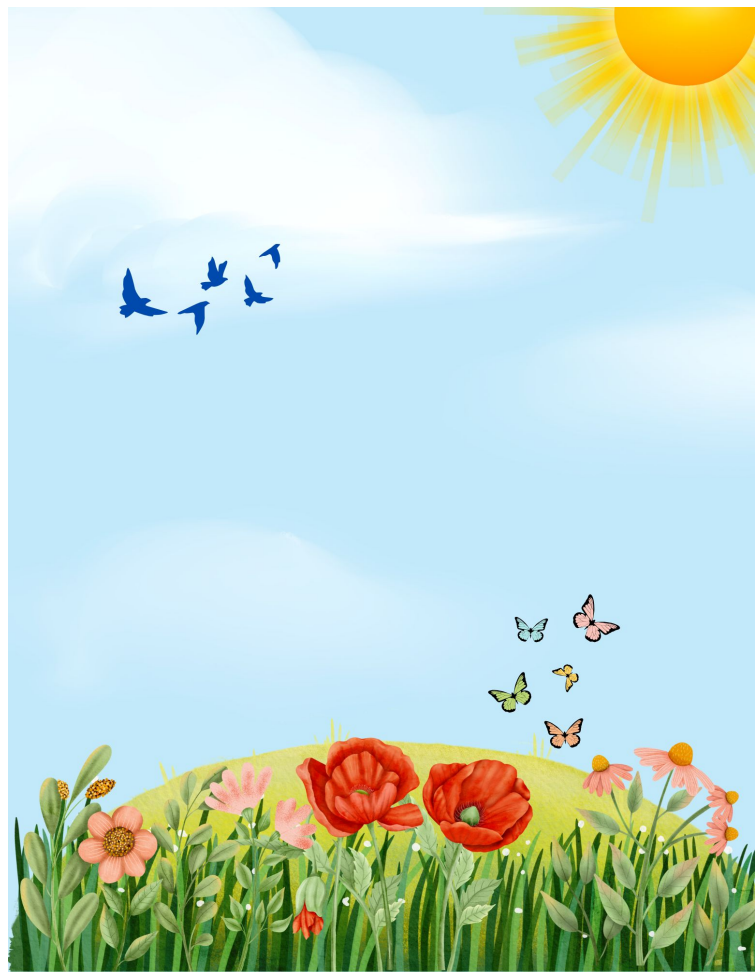
May 5  
June 2

📞 Register by calling 248-926-0063

📍 Richardson Senior Center  
1485 E. Oakley Park Rd  
Commerce Township



Kari has over 30 years in Healthcare and Senior Care Consulting. She is a Certified Dementia Practitioner and a Certified Senior Advisor. Her expertise is in all areas of the aging journey, making her highly sought after in her field.



# SUMMER DOORMATS WITH RACHEL

A



B



C



D



**Friday, June 20  
11:30 - 3:00**

**Cost: \$50**

**Includes:  
All supplies to complete project & lunch**

**INTERESTED IN ANOTHER DESIGN?  
PLEASE LET US KNOW, WE'LL  
CONSULT WITH RACHEL TO SEE IF  
SHE CAN ACCOMMODATE A  
CUSTOM DESIGN.**

**Sign up begins now!  
Register by calling  
248-926-0063**





**F**  
FORD HOUSE  
EDEL & ELEANOR

## GROUNDS TOUR

Date: June 12  
Time: 9:30am - 3:00pm  
Cost: \$75

### Cost Includes:

Transportation from Richardson Senior Center  
Guided Tour of Grounds  
Buffet Lunch

\*\*\*Please note that due to terrain variations, this tour isn't accessible for those with mobility challenges. Dress comfortably and be prepared for the elements by wearing suitable footwear\*\*\*

PAYMENT MUST BE MADE AT THE TIME OF  
REGISTRATION TO RESERVE YOUR SEAT!

### Itinerary

- 9:30 - Depart Richardson Senior Center
- 11:00 - Guided Tour of Grounds
- 12:30 - Lunch Buffet
- 1:45 - Board bus to return to Richardson Senior Center

Trip is non-refundable unless we are able to fill your seat

*Travel with us!*

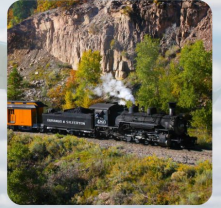
## Premier World Discovery

## Travel Show

June 25  
1pm

Join us for an opportunity to learn  
about upcoming trips in 2025 and 2026!  
Tracey will give a brief overview on the  
different trips available and answer any  
questions you may have .

Register by calling 248-926-0063



**PREMIER**  
WORLD DISCOVERY



**PREMIER**  
WORLD DISCOVERY

Richardson Senior Center presents

## National Parks & Canyons of the Southwest

Featuring The Grand Canyon, Bryce Canyon and Zion National Park

May 3-8, 2026

6 DAYS

**BOOKING  
DISCOUNT!**  
Save \$100 Per Person  
\$200 Per Couple\*

**NO RISK DEPOSIT  
NO CHANGE FEES**

Book Now and your Deposit is Risk Free with  
No Change Fees until Final Payment Due Date!  
See back for details\*\*



**TOUR RATES:**  
Booking Discount\*: **\$2825** pp double  
Regular Rate: **\$2925** pp double  
Single Supplement: +\$650

\*\*See Reservation Info for Booking Discount details



**PREMIER**  
WORLD DISCOVERY

Richardson Senior Center presents

## California Rail Discovery

September 9-15, 2026

7 DAYS

**BOOKING  
DISCOUNT!**  
Save \$100 Per Person  
\$200 Per Couple\*

**NO RISK DEPOSIT  
NO CHANGE FEES**

Book Now and your Deposit is Risk Free with  
No Change Fees until Final Payment Due Date!  
See back for details\*\*



**TOUR RATES:**  
Booking Discount\*: **\$3875** pp double  
Regular Rate: **\$3975** pp double  
Single Supplement: +\$1125

\*\*See Reservation Info for Booking Discount details



# May 2025

Mon	Tue	Wed	Thu	Fri
			<b>1 CarePatrol Pizza &amp; Movie</b> 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	<b>2</b> 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
<b>5 Consultations w/Kari</b> 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	<b>6 Sensory Loss—10am</b> 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	<b>7 Brookdale Novi—1pm</b> 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle	<b>8 Mother's Day Brunch—10:30</b> 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	<b>9</b> 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
<b>12</b> 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	<b>13 Belle Isle Day Trip</b> 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Potluck 12:30—Euchre 1:30—Zumba Gold	<b>14 Talk with a Doc—1pm</b> <b>Computer Help</b> 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle	<b>15</b> 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	<b>16</b> 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
<b>19</b> 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	<b>20 OSTC Health Fair</b> 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	<b>21 Ask the Attorney</b> 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle	<b>22</b> 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	<b>23</b> 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
<b>26</b> <b>CLOSED</b>	<b>27</b> 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Theme Lunch 12:30—Euchre 1:30—Zumba Gold	<b>28 DIA Day Trip</b> 9:30—Total Body 10:00—Book Club 12:00—Senior Lunch 12:00—Pinochle	<b>29</b> 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	<b>30</b> 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot

# June 2025

Mon	Tue	Wed	Thu	Fri
<b>2 Consultations with Kari</b> 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	<b>3</b> 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	<b>4</b> 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle	<b>5 CarePatrol Pizza &amp; Movie</b> 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	<b>6</b> 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
<b>9</b> 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	<b>10</b> 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Potluck 12:30—Euchre 1:30—Zumba Gold	<b>11 Estate Planning—1pm Computer Help</b> 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle	<b>12 PPT Pelvic Health—1pm Ford House Day Trip</b> 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	<b>13</b> 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
<b>16</b> 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	<b>17 Ask the Attorney</b> 9:30—Knit & Crochet 10:00—Woodcarving 12:00—Senior Lunch 12:30—Euchre 1:30—Zumba Gold	<b>18</b> 9:30—Total Body 12:00—Senior Lunch 12:00—Pinochle	<b>19</b> 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	<b>20 Doormat Class—11:30am</b> 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
<b>23</b> 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga	<b>24</b> 9:30—Knit & Crochet 10:00—Woodcarving 11:30—Theme Lunch 12:30—Euchre 1:30—Zumba Gold	<b>25 Travel Show—1pm</b> 9:30—Total Body 10:00—Book Club 12:00—Senior Lunch 12:00—Pinochle	<b>26 PPT—Hand Workshop</b> 10:00—Yoga 12:00—Lunch & Movie 1:30—Zumba Gold	<b>27</b> 9:00—Art 9:30—Total Body 12:00—Senior Lunch 12:30—Mexican Train, Bridge, Hand/Knee/Foot
<b>30</b> 9:30—Total Body 11:00—Mah Jongg 12:00—Senior Lunch 12:30—Bingo 1:00—Yoga				



# Spring into Waltonwood Senior Living



## *“Rightsize with Dignity”*

at Waltonwood Twelve Oaks

Thursday, May 1st from 6-7 PM | RSVP Today!

## *Join our Waltonwood Community Today!*

- Chef-prepared culinary experiences
- Life Enrichment programs providing social & wellness opportunities
- Housekeeping services & home maintenance
- A variety of apartment styles
- Personal care services available when needed
- Cultivating friendships & more!

## *Ask about our Spring Incentives!*



Call and schedule  
a tour today.

248-735-1500

*Independent Living, Licensed Assisted Living, & Memory Care*

27475 Huron Circle, Novi, MI 48377



# KARI WEST, CSA, CDP

SENIOR CARE ADVISOR

(248) 931-4646

KWEST@CAREPATROL.COM



**CARE** *Patrol*™

Your Partner In Senior Care Solutions

Are you confused by all of the different options and unsure where to get information and resources?

Are you ready to downsize and move into an active Independent Senior Living community?

Would you or a loved one benefit from the care and security of living in an Assisted Living or Memory Care Community? Perhaps you just need a little extra help at home?

**CONTACT KARI WEST TO SET UP YOUR PRIVATE COMPLIMENTRY CONSULTATION TODAY. SHE WILL HELP YOU NAGIVATE THROUGH THE BEST OPTIONS FOR YOUR INDIVIDUAL NEEDS.**







Yes Annual Enrollment is over, BUT there are other times throughout the year you may be able to make changes.

If you.....

- are wondering if you can make changes
- want help understanding all the options
- want to see if your plan is still best for you
- have questions and would like answers

Call Me

**I offer FREE consultations and represent most Medigap, Medicare Advantage and Prescription Drug Plans.**



**SUE STARR MORSE  
LICENSED LOCAL AGENT  
PH# 248-212-7771**





## Pleasantry Home Care



### Our Mission

At **PLEASANTRY HOME CARE** we are here to provide you or your loved one with peace of mind, quality care, and the respect they deserve through personal care.

#### **PLEASANTRY HOME CARE**

- » Private Duty Services
- » Companionship
- » Hygiene Assistance
- » Light Massages
- » Meal Preparation/ Feeding
- » Medication Reminder
- » Organize mail
- » Light Housekeeping
- » Errands / Shopping
- » Reassurance calls
- » Day & Night care services

### Contact

Tamika Littleton  
586 718-2868

At Pleasantry Home Care,  
we believe every day  
should be a pleasant day



## Pleasantry Senior Living



### Our Mission

**PLEASANTRY SENIOR LIVING** will provide exceptional quality care to our residents by offering a level of care that promotes independence while recognizing each person's individuality through a commitment to treat each resident with dignity, courtesy and respect they deserve in a safe, loving home environment.

#### **PLEASANTRY SENIOR LIVING LICENSED ADULT FOSTER CARE HOME**

- » For Male / Female
- » Memory Care & Home for Aged
- » Private Rooms
- » Open floor plan
- » Spacious Outdoor Deck
- » 24 Hour Supervision
- » All inclusive services for one flat rate
- » Located in Commerce Twp 48382

### Contact

Tamika Littleton  
586 718-2868

Our door is open to you -  
So that you are not alone,  
We are Pleasantry Senior Living -  
giving you a caring  
and pleasant home!





Best Health Options LLC



## Ask the Medicare Lady



**Medicare Questions? I've got answers!**

**Get the right Medicare plan  
for you!**

**Call Susan Jackson**

Independent Licensed Healthcare Agent

**248-819-9541**

Puzzle #3

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

Puzzle #4

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

# COMMERCE TOWNSHIP

## Richardson Community Senior Center

1485 E. Oakley Park Rd  
Commerce Township, MI 48390

Phone: 248-926-0063

Fax: 248-325-5349

Hours: 8:00AM - 4:30PM

Monday - Friday

[www.commercetwp.com](http://www.commercetwp.com)

