

## SOC Activities – July and August 2107

### **Genealogy Continued...**

**Fridays, June 30 – July 28, 10:00 a.m. – 12:00 p.m.**

**Instructor: Felecia Lewis- Williams**

**Location: Wayne County Community College University Center Computer Lab**

**Wayne County Community College Continuing Education Class**

**Maximum 20**

*No charge – reservations needed*

Students will discover techniques and resources to help uncover their family's history. Strategies for using research facilities and the Internet to document one's family tree will be introduced, therefore some computer skills are necessary. Class will be held at the Mary Ellen Stempfle University Center computer lab at 19305 Vernier Rd, Harper Woods, across from Eastland Mall. Call PAATS at 313-343-2580 if you will need transportation to and from the Lab.

### **Spotlight on SOC Seniors**

**Wednesdays, July 5 – 26, 1:00 – 4:00 p.m.**

**Facilitator: Harry Burkey**

*No Charge – reservations needed*

Learn how to act and be in a movie! Harry Burkey, acting coach and member of the Screen Actors Guild, will teach students how to act for the screen. All students will be invited to participate in some short films being produced this summer. For more info: Contact Harry Burkey, 313-885-1393.

### **Michigan Attorney General “In Home Care and Senior Residences”**

**Tuesday, July 11, 1:00 – 2:00 p.m.**

**Facilitator: Zana Macki, Michigan Attorney General's Office Consumer Education Program**

*No Charge – reservations needed*

Decisions about long-term care are complicated and emotional. By visiting residences, becoming knowledgeable about their services and fees, and understanding the legal agreements you will be prepared to make informed decisions. For those of you who are considering in-home care and senior residences, this is a presentation not to be missed. Learn all about the different levels of in-home care available in your area and all about Michigan senior residence options and resources. Recognizing the warning signs of elder abuse will also be addressed.

### **“The Mind Diet” – Healthy Cooking Demonstration**

**Wednesday, July 12, 1:00 – 2:00 p.m.**

**Chef Dan Kellogg and Andrea Hageman, Registered Dietician - Beaumont Health System - Grosse Pointe**

*No charge – reservations needed*

New research about the "MIND Diet" shows that adding foods such as leafy greens, berries and whole grains to your diet can improve your brain health by about 7 years and decrease your risk of developing dementia by 50%! Andrea and Dan will be discussing how to incorporate these foods into your diet in ways that they are easy to prepare.

### **July Birthday Celebration!**

**Thursday, July 13, 11:30 – 11:45 a.m.**

*No Charge - reservations needed*

Celebrating your birthday in July? Let us know and come join us for a celebration of you! Gourmet lunch on the house, birthday cake (with a candle!) and a keepsake photo with your friends at SOC is just a part of how we want to wish you a Happy Birthday!

### **Keeping you Fit at Home – Core Strengthening Exercises**

**Thursday, July 13, 12:30 – 1:30 p.m.**

**Thursday, August 10, 12:30 – 1:30 p.m.**

**Sponsored by Heartland Health Care Center – Grosse Pointe Woods**

**Keith Finley – PT**

*No charge – reservations needed*

Keith will be discussing and providing demonstrations of a collection of core strengthening exercises designed to protect the spine, increase energy conservation and dynamic balance and improve safety by decreasing the risk for falls.

### **Gardening Practices**

**Tuesdays, July 18, 25, August 1, and Thursday, August 10, 2:00 – 4:00 p.m.**

**Instructor: Deirdre Hope, Master Gardener**

**Location: SOC**

**Wayne County Community College Continuing Education Class**

*No charge – reservations necessary*

Back by popular demand, in this workshop Deirdre will be covering lawn care, tool care and sharpening, propagation and perennial splitting, pest management – good bug vs. bad bug and gardening for pollinators!

### **Veteran's Benefits**

**Tuesday, July 25, 1:00 – 2:00 p.m.**

**Facilitator: Mark Kelly, True Harbour Wealth**

*No charge – reservations needed*

VA Accredited Agent, Mark B. Kelly President of True Harbour Wealth Management & Advisory Group, assists veterans and their families in understanding Veterans Benefits and Aid and Attendance. Mark *is accredited* by the Department of Veterans Affairs. If you are a veteran or the surviving spouse of a veteran, this is an excellent seminar on some of the ins and outs of the application process as well as understanding the qualification process. If you have considered the application process or have been told you do not qualify, this might be a good time to gain additional information for your long-term income needs.

### **Individual Nutritional Counselling**

**Wednesday, July 26, 9:30 a.m. – 12:00 p.m. then 12:30 – 2:00 p.m.**

**Facilitator – Nancy Weiss, Beaumont Health System - Grosse Pointe**

*No charge – reservations needed*

Do you have questions about your diet or need help following a certain diet? If so, Nancy Weiss, Beaumont registered dietitian, will be available for individual appointments. She will talk with you one-on-one about your diet questions and can provide you with educational materials. Come discuss topics such as weight loss, diabetes, heart disease, high blood pressure, gastrointestinal issues or any other diet related topics. Make your appointment for a 30 minute session and please state what health issue you would like to address.

### **Keeping you Fit at Home – “Modifications in the Home to Reduce your Risks for Falls”**

**Thursday, July 27, 12:30 – 1:30 p.m.**

**Sponsored by Heartland Health Care Center – Grosse Pointe Woods**

**Keith Finley – PT**

*No charge – reservations needed*

Six out of every 10 falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. Many falls could be prevented by making simple changes in your living areas, as well as personal and lifestyle changes. Keith will explain the modifications you can make in your home that can reduce your risks for falls.

### **Demystifying Alzheimer’s Disease**

**Thursday, July 27, 1:00 – 2:00 p.m.**

**Facilitator: Rhonda Hamborsky, Certified Dementia Practitioner and MA Gerontology Student**

*No charge – reservations needed*

Rhonda writes and speaks on the topics of Alzheimer’s and end of life and is also a Hospice volunteer and an advocate for brain wellness. Join us for a discussion about Alzheimers, what it is and what it isn’t; how it compares to other diseases of dementia; what is mild cognitive impairment and the latest research on what we can do earlier in life to delay onset.

### **Movie: “The 33” – PG 13**

**Friday, July 28, 1:00 – 3:00 p.m.**

**Running Time: 127 minutes**

*\$2.00 – Registration required*

Disaster strikes on Aug. 5, 2010, as a copper and gold mine collapses in Chile, trapping 33 men underground. With more than 2,000 feet of rock in their way, members of a rescue team work tirelessly for 69 days to save the seemingly doomed men. Beneath the rubble, the miners begin an epic quest to survive, contending with suffocating heat and the need for food and water. With family, friends and the rest of the world watching, it becomes a race against time and a test of the human spirit.

## **Cars and Trucks Art Exhibition & Classic Car Show**

**Saturday, July 29, 10:00 a.m. – 2:00 p.m.**

**Sponsored by Sunrise Senior Living**

No Charge

Join us to explore the American love affair with cars and trucks and support art programs for dementia patients and their caregivers. The Grosse Pointe Art Center's extraordinary "Car and Truck" art exhibit will move to SOC July 27. We will make a special day of it with classic cars from the Veteran Motor Car Club, an amazing ice cream sundae station where you can engineer the sundae of your dreams, and plenty of helpful information on brain health and community resources, including Home Instead and Nursing Unlimited. Although this event is free, we are asking for donations to support the GPAC's art therapy program.

## **Medicare 101**

**Wednesday, August 2, 7:00 – 8:00 p.m.**

**Facilitator: Deborah Wagner and Micki Nowinski, Michigan Medicare/Medicaid Assistance Program Counselors**

*No Charge – reservations needed*

Are you about to turn 65? Are you inundated with Medicare information in your mail? Are you confused about the process of signing up for Medicare? If you answered YES to any one of these questions, Medicare 101 is for you. This presentation will cover a variety of topics for individuals who will shortly become eligible for Medicare or who simply want a general overview of Medicare. We'll discuss: what Medicare does or doesn't cover; current premium costs; alternatives for supplementing traditional Medicare (including prescription drug plans, Medigap and Medicare Advantage Plans); the enrollment process for individuals newly eligible for Medicare; and changes you can or cannot make after enrolling. You will come out of this program with a wealth of information and a better understanding of Medicare.

## **Preparation and Planning – A Quality of Life and Caregiving Discussion**

**Thursday, August 3, 1:00 – 2:00 p.m.**

**Facilitator: Rhonda Hamborsky, Certified Dementia Practitioner and MA Gerontology Student**

*No charge – reservations needed*

Rhonda writes and speaks on the topics of Alzheimer's and end of life and is also a Hospice volunteer and an advocate for brain wellness. Are you or a loved one confronting a chronic or terminal illness? Do you want your family to understand well - your wishes for quality of life? Do you understand the differences between Hospice and Palliative care? Do you need assistance having the conversation and doing the planning? Have you thought about developing a care map? Join us for a facilitated discussion, during which the considerations for decision making for quality of life will be examined. You will take away a care map for yourself or a loved one, in addition to learning some conversation tools to aid in a discussion with your loved ones.

### **Free Blood Pressure Screenings**

**The 2<sup>nd</sup> Tuesday of every month beginning August 8, 9:30 – 10:15 a.m.**

**Advantage Living Center – Harper Woods**

*No charge – reservations necessary*

High blood pressure is a silent killer that shows no symptoms but can cause very serious health problems if left untreated. The strain placed on the arteries from high blood pressure weakens the arteries and can lead to a heart attack, stroke, kidney disease or even dementia. Monitoring your blood pressure is an important step in maintaining your health.

### **“The Detroit Tigers: The Big 50” Book Presentation**

**Tuesday, August 8, 1:00 – 2:00 p.m.**

**Author: Tom Gage, Award Winning Sports Writer – Detroit News**

*No charge – reservations needed*

This is a special treat! Are you a Tigers fan? Do you remember Tom Gage, the Detroit News’ sports writer who covered the Tigers from 1979 to 2014? Well, his newly published book combines his encyclopedic knowledge and passion for the Tigers to explore the most significant elements of franchise history. From the early years of Ty Cobb to the recent dominance of Miguel Cabrera, he provides a thorough and thoughtful ranking of the men and moments that helped define the Detroit baseball experience.

Add to the fun of the day- come early and join us for lunch. Our chef will be serving **Ball Park Hot Dogs, coleslaw, a bag of chips, pop and a dessert.**

### **Intermediate Bridge Lessons**

**Wednesdays, August 9 – September 13, 9:30 - 11:30 a.m.**

**Cynthia Luce - Life Master and member of the American Contract Bridge League**

*\$24 for 6 sessions - registration required*

*Maximum of 12*

Build on the basics, tune up your skills and learn new tricks in this class for intermediate players. Each class will begin with a lesson to help improve your bridge skills followed by play with at-the-table coaching.

### **August Birthday Celebration!**

**Thursday, August 10, 11:30 – 11:45 a.m.**

*No Charge - reservations needed*

Celebrating your birthday in August? Let us know and come join us for a celebration of you! Gourmet lunch on the house, birthday cake (with a candle!) and a keepsake photo with your friends at SOC is just a part of how we want to wish you a Happy Birthday!

## **Let's Talk Nutrition – Reading between the Lines plus Dynamite Nutrients in a Small Package**

**Wednesday, August 16, 1:00 – 2:00 p.m.**

**Facilitator: Alena Krygier, Registered Dietician, Beaumont Health System - Grosse Pointe**

*No charge – reservations needed*

As we age, our body's needs change, making it even more critical to get key nutrients to maintain a healthy lifestyle by keeping us strong and fit, and fill us with energy to live a fun, enjoyable and happy life. Join Alena to learn how to read the Nutrition Facts Food Label to ensure you are meeting all the essential nutrients to keep your body smiling! For some individuals, meeting all of your nutrient needs through meals alone can be difficult. This presentation will also include an explanation on how nutrient dense nutrition supplements can be a convenient, quick way to boost your daily nutritional intake.

## **Creating Confident Caregivers**

**Thursday, August 17 – September 21, 1:30 – 3:30 p.m.**

**Facilitator: Carolyn Van Dorn**

*No charge – reservations needed*

Are you caring for someone with Alzheimer's disease, dementia or memory loss? In the Creating Confident Caregivers Workshop you will learn new information, skills and attitudes to manage stress and increase effective caregiving skills. You will learn strategies to reduce caregiver stress, improve caregiver confidence, create a positive caregiving environment and manage behaviors caused by dementia and its effects on the brain. The Workshop is available to anyone providing care for a family member or friend at home who is experiencing symptoms of dementia. Caregivers who are assisting the primary caregiver are also eligible to participate. **Call Carolyn at 313.642.1122 to register for the workshop.**

## **Knee Replacement Surgery**

**Tuesday, August 22, 1:00 – 2:00 p.m.**

**Facilitator: Dr. Robert Ference, M.D., Yvonne Lacrosse, PT Assistant**

*No charge – reservations needed*

Join us for a highly informative educational talk about knee replacement surgery and recovery. Orthopedic Surgeon Dr. Robert Ference will discuss the best techniques to insure a great surgery. Yvonne Lacrosse and the team from X10 Therapy will be there to showcase the latest in rehabilitation technology, the X10 Knee Recovery System. Free knee assessments for all on the X10 Knee Recovery Machine.

## **"In the Good Old Summertime" Ice Cream Social**

**Wednesday, August 23, 2:00 – 3:00 p.m.**

**DJ: Aki Miyamoto**

**Sponsor: Advantage Health Care**

*No charge – registration needed*

Did you know that on July 15, 1984, President Ronald Reagan signed a proclamation declaring July National Ice Cream Month, and "called upon the people of the United States to observe these events with appropriate ceremonies and activities." Well, OK, we are a month late but it still counts. We will provide the ice cream and tons of toppings and your favorite summertime songs!

**Keeping you Fit at Home – “Exercises to Increase Walking Speed”**  
**Thursday, August 24, 12:30 – 1:30 p.m.**  
**Sponsored by Heartland Health Care Center – Grosse Pointe Woods**  
**Keith Finley – PT**  
*No charge – reservations needed*

It turns out that walking speed has been shown to predict mortality, risk of falls, functional decline, and nursing home placement! A decrease in gait speed can change your ability to perform your activities of daily living which will make you more likely to be dependent on others. A slowed walking speed may also increase your risk of falling which can lead to a loss of independent living. Join Keith as he demonstrates exercises to increase the speed of your gait.

**Movie: “Brooklyn” – PG 13**  
**Friday, August 25, 1:00 - 3:00 p.m.**  
**Running Time: 105 minutes**  
*\$2.00 – Registration required*

Oscar nominee Saoirse Ronan lights up the screen as Eilis Lacey, a young Irish immigrant navigating through 1950’s Brooklyn. Although her initial homesickness soon gives way to romance, when Eilis’s life is disrupted by news from her hometown, she is forced to choose between two countries and two men on opposite sides of the world. Based on the best-selling novel, Brooklyn is a warm and wonderful story about falling in love...and finding your way home.

**“Minimizing Vulnerability: Protecting your Health and Wealth in Retirement”**  
**Tuesday, August 29, 1:00 – 2:00 p.m.**  
**Lisa Ficker – Wayne State University, Institute of Gerontology and Merrill Palmer Skillman Institute**  
*No Charge – reservations needed*

All seniors, especially women, need to educate themselves to protect assets in retirement. Learn the strategies to identify trusted social resources, take care of your cognitive health, make plans for the future and of course, avoid the common scams: grandchild scam, Jamaican lottery, IRS, 'broken' computer, etc.

## **Ongoing Activities**

**Bocce Ball on our Front Lawn!**  
**Wednesdays, through August**  
**Time: 10:00 – 11:30 a.m. (Weather Permitting)**

Throwing balls toward a target is the oldest game known to mankind. As early as 5000 B.C., the Egyptians played a form of Bocce with polished rocks. This ancient sport will be played on our front lawn once again this summer! There is no experience needed and in addition to making friends and having fun, the game can help you with coordination and balance. Please join us!

## **Walking Club**

**Every Monday, 9:00 a.m. (Weather permitting)**

**Facilitators: Wilhelmina Giblin**

No Charge

If having someone to walk with helps motivate you to lace up and hit the pavement, then our new Walking Club is just what you need! Bring walking shoes, a water bottle and meet us on our patio. If it's your first time, please go inside to our registration desk and sign our exercise waiver.

## **SOC Garden Club**

**Mondays, 9:00 – 10:30 a.m.**

**Garden Coach: Richard Thomas**

*No charge – reservations needed*

Important! Call in to the SOC office by 2:00 p.m. on previous Friday to confirm you will attend the following Monday. There will be no classes on Mondays that have no registered students. There is no class on days that SOC is closed or the instructor is out of town.

Garden instruction, gloves on experience for any level of garden enthusiast available every Monday morning with professional Garden Coach, Richard Thomas. The purpose of the club is twofold: first provide hands on experience, cultivate your knowledge of plants and flowers and, secondly, volunteering and helping keeping SOC landscape beds beautiful.

Learn plant identification - trees, shrubs, perennials, annuals and weeds by name and by their care needs, proper use of tools, where to obtain garden materials, season by season gardening including indoor plant care, pollinator information, and field trips.

Bring garden gloves and trowels and questions.

## **Mindfulness/Meditation Practice - Finding Your Little Piece of Peace**

**Every Thursday, 9:00-9:30 a.m.**

**Jennifer Raybaud – Certified Mindfulness Instructor; Beaumont Health Systems Instructor**

*\$3.00 – registration required*

This 30-minute class will bring together 4 essential elements to calming the mind and enjoying your life more. Through the practices of gentle stretch, breathing basics, engagement in mindful ways of thinking, doing and being and finally, meditation, a more peaceful, purposeful life awaits. Walk - ins are welcome!



**The Chit Chat and Color Club...It's fun and relaxing!!!**

**Wednesdays, 12:30-1:30 p.m.**

**Facilitator: Mary Kay Fiorentino**

*No Charge - reservations are necessary*

If you would like to relax and socialize at the same time, come and join us for our brand new "Chit Chat and Color Club". Just like meditation, coloring allows us to switch off our brains from other thoughts and focus only on the moment, helping to alleviate anxiety and produce a sense of calm. The health benefits are tremendous. We will supply the coloring books and the colored pencils. All you need to bring is a desire to relax and have fun. ☺

**Knitting for Charity**

**Tuesdays, 1:00 - 3:00 p.m.**

**Facilitator: Patty Matheson, employed at The Wool and the Floss, Grosse Pointe.**

**Sponsor: Heartland Health Care Center – Grosse Pointe Woods**

*No Charge – reservations are necessary*

Join our group to knit a wide variety of items to benefit local residents touched by cancer. The group began with knitting caps for chemo patients and has expanded to scarves, small lap blankets, shawls and more. The knit lap blankets are for Henry Ford Hospital-Cottage, Radiation Oncology department. The knit caps are for Knit Michigan. Knitters can choose any project they like!

**Alzheimer's Caregivers Support Group**

**Third Thursday of every month, 6:00 – 8:00 p.m.**

**Facilitators: Carolyn Van Dorn, Nursing Unlimited and Marian Battersby, Home Instead**

*No Charge - reservations needed*

We offer a safe place for caregivers, family and friends of persons with dementia to meet and develop a mutual support system.

**Note New Day!!!! - Loss and Grief Recovery Support Group**

**First Wednesday of every month, 6:30 – 8:00 p.m.**

*No charge – reservations needed*

This new group will be facilitated by area experienced counselors including Dr. David Dieter. This is not a therapy session but attendees will share their losses as they choose with each other in an atmosphere of trust, gentleness and confidentiality. This is nonsectarian and open to all. Group is limited to 12.

**Progressive Rummy**

**Every Tuesday, 12:45 - 1:45 p.m.**

*No Charge - reservations needed*

Don't know this simple card game? We'd be happy to teach you. It's an extremely popular variation of Rummy also known as Contract Rummy. Pretty much addictive. Guaranteed!

### **No-Sew Fleece Blanket - Making**

**Wednesdays, 9:30 –11:30 a.m.**

**Sponsor: Blanketed with Love**

*No Charge, reservations needed*

Come and help this wonderful, non-profit organization, “Blanketed with Love” fulfil their goal of making 500 fleece, no sew blankets for those in need. No experience necessary.

### **Alice Laitner plays the Piano for You!**

**Tuesdays, 11:00 - 11:30 a.m. and 12:15 - 1:00 p.m.**

One of our favorite seniors, Alice Laitner, will lull you into a lovely state of mind as she plays the piano just for you in our living room.

### **Mah Jongg Club**

**Every Wednesday, 1:00 - 3:00 p.m.**

*No Charge - reservations needed*

If you know how to play the American version of this ancient game, come join the fun!

### **Texas Hold'em Poker**

**Lessons: Every Monday, 10:00 a.m. - 12:00 p.m.**

**Tournaments: Every Monday, 12:00 - 4:00 p.m.**

**For more information about the game and fees, contact Harry Burkey, 313-885-1393**

*No charge – reservations needed*

Learn to play this popular, competitive game where the object is to win everyone else's game chips. For most of the players, the game is more about the fun and friendship than the competition.

### **Bingo**

**Every Tuesday and Thursday, 10:15 - 11:15 a.m.**

*\$2.00 per card - reservations needed*

Bingo is not only fun but really good exercise for your brain. Join us for the fun, the friendship and the great prizes!

### **One-on-One Technology Instructions**

**Every Friday, 12:00 - 4:00 p.m.**

*No Charge – reservations needed*

Learn beginner, intermediate and advanced computer lessons in computer basics, including Microsoft Word and Excel. Also, if you need help with your Smart Phone, either Android or iPhone, your E-Reader such as Kindle, Tablets such as iPad or Android, or you just want to get to know Facebook and E-Mailing, this is the place for you.

## **Contract Bridge Club**

**Every Friday, 1:00 - 3:00 p.m.**

*No Charge – reservations needed*

Bridge is the world's greatest game of the mind. It is stimulating, challenging and provides the ideal setting for socializing and making new friends. The club is not a class. We are offering a room for players who already know how to play bridge to join with friends. Groups must bring their own playing and score cards.

**Call 313-882-9600 to reserve your spot for all activities. If there is a charge, your registration will not be complete without payment.**

### **Refund Policy**

**If SOC cancels an activity or event, you will be reimbursed in full. If you cancel your registration prior to the start date (excluding trips), you will be given a SOC gift certificate as your refund. No refunds can be made after the start date of an activity or event.**