

SOC Activities

November and December 2015

Creating Confident Caregivers Workshop

Tuesdays: November 3 through December 8, 2015

Time: 1:30 – 3:30 p.m.

Instructor: Carolyn Van Dorn, Nursing Unlimited, Trained by the Alzheimer's Association

Duration: 6 weeks

Cost: Free

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 care giving skills. You will learn strategies to reduce caregiver stress, improve caregiver confidence, create a positive care giving 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 313-882-9600 to register for the workshop.

AARP Driver Safety Program

Monday and Tuesday, November 9 and 10, 2015

Time: 1:00 p.m. – 5:00 p.m.

Cost: \$15.00 for AARP members, \$20.00 for non AARP members

Take the new AARP Smart Driver Course and you can save money on your car insurance! Refresh your driving skills and know the new rules of the road. Learn research-based driving strategies to help you stay safe behind the wheel. Plus, there are no tests to pass! **Class is limited to 25 participants.** Call today at 882-9600 to make your reservation.

“Outsmart” your Smartphone

Tuesday, November 10, 2015, 12:30 p.m.

Brytanni Casey, Store Manager, Cricket Wireless Harper Woods

Learn how to manage your contacts and pictures and to access and use countless helpful Apps. You will also learn how to customize your home screen, understand widgets and backing up what's important to you. There will be plenty of time for questions and answers on anything else you need to learn about your smart phone.

Veterans Day Event and Luncheon

Wednesday, November 11, 2015, 11:30 a.m.

Sponsored by: American House

Cost: Free!

We invite **all** seniors especially Veterans to join us on this very special day. We will be honored to have as our special guests, a VFW Chapter who will perform their Flag Ceremony and will present each Veteran with a medal to honor their service. The ceremony will end with taps. As a special treat, you will also enjoy a Patriotic music presentation by Mary Anderson. The Daughters of the American Revolution (DAR) will also be joining us to honor our Veterans. A special luncheon prepared for you by our neighbor, the Grosse Pointe American House at Cottage, will follow the ceremony. If you are a Veteran, please let us know when you call to make your reservation. **Participants are limited to the first 48 people who come in or call for a reservation at 882-9600. Reservation deadline is Friday, November 6, 2015.**

November Birthday Celebration!

Thursday, November 12, 2015

If you have a November birthday, we will treat you to lunch at 11:30 a.m. followed by a celebration of you! You may want to bring your family and/or friends to help you celebrate.

Elder Law

Thursday, November 12, 2015, 12:30 a.m.

Kati Graham, Elder Law and Advocacy Center, Neighborhood Legal Services Michigan

Neighborhood Legal Services of Michigan provides services for Wayne County residents, 60 years and older, and for caregivers, including kinship caregivers, who are caring for friends or relatives. Come and join us at SOC for a legal presentation. Sign up with SOC, in advance, if you would like a free consultation on civil legal matters. The presentation will include discussion of the following topics: powers of attorney, guardianship, conservatorship, deeds, wills, trusts, nursing homes, assisted living, senior housing, Medicaid and Medicare. Individual consultations will be available directly following the presentation.

If you would like to take this opportunity for free legal assistance, call SOC at 882-9600 to make an appointment. (Note: You must attend the general presentation prior to your private consultation.)

Special! Avon Bingo

Tuesday, November 17, 2015, 10:15 a.m.

Sponsor: Audrey Bernier

(Note: 1 card per person)

Audrey Bernier, one of our volunteers/caregivers/Avon representative, is going to share her Avon products with you. These will make wonderful stocking stuffers.

“LSVT BIG” - Parkinsons Disease’s Newest Therapy

Tuesday, November 17, 2015, 12:30 p.m.

Rebecca Mucha and Cara McLogan, MPT, St. John Grosse Pointe Physical Rehabilitation Services, Physical Therapy

If you or your loved one has Parkinson’s Disease, this is a presentation not to be missed! The LSVT BIG is a research-based exercise approach developed from principles of the effective Parkinson’s specific speech treatment LSVT LOUD®. The LSVT Programs have been developed and scientifically researched over the past 20 years with funding from the National Institutes of Health. Research on LSVT BIG has documented improved ratings on tests of motor functioning in people with Parkinson disease following treatment. Improvements include: faster walking with bigger steps, improved balance, improved trunk rotation, improvements in activities of daily living such as bed mobility.

Thanksgiving Party

Wednesday, November 18, 2015, 11:30 a.m.

Sponsored by: ShorePointe Nursing Center

Entertainment: Little Big Band

Cost: \$12.00

Location: Great Room

Come and join us for a wonderful and traditional meal consisting of a salad, turkey and gravy, stuffing, mashed potatoes, vegetables, cranberry sauce and pumpkin pie with whipped cream. One of your favorite entertainers, Samson and Twila, better known as The Little Big Band, will be sure to play all of your favorite songs. **The first 48 people with paid reservations received no later than November 13, will get to enjoy our party. Call 313-882-9600 for information.**

Too Old To make a Difference? ... Too Old to have a Purpose? Who Said So?

Thursday, November 19, 2015, 12:30 p.m. until 2:00 p.m.

Sadie Bolos O'Neil, Speaker, Coach, Trainer, The Bolos Academy

Sponsor: Marian Battersby, Home Instead

Come and join us for an inspirational and exhilarating afternoon with Sadie Bolos O'Neil, Motivational Speaker, Author and Coach. (Note – See page ? of our newsletter for more details)

New! Investment Discussion Club hosted by Morgan Stanley

The 3rd Friday of each month at 10:00 a.m. Next meeting November 20, 2015

Facilitators: Dan Wirtanen, Senior VP Financial Advisor
Eve Zurowski, Financial Advisor Associate

Drawing Workshops: Drawing on the Senses –

Session 1

Monday, November 23, 2015, 1:00 – 2:30 p.m.

John Wood

Cost: \$6.00

Participants will explore a variety of sketching and drawing techniques used to represent what we see. Participants will also use their senses of touch, smell, taste, and hearing to explore how artists represent experiences. Materials will be provided by the instructor for the workshops. Artists of all skill levels are encouraged to attend. The sessions are designed to be engaging for beginners to advanced participants. There will be a total of 5 sessions, one per month.

Session 1: Seeing Shape and Form: Participants will explore effective drawing and sketching techniques with a focus on observation.

About the Instructor: John Wood is an artist from Grosse Pointe Park. He has exhibited his work professionally since 1988. John is a graduate of Cranbrook Academy of Art in Sculpture and Wayne State University in Art Education. John has lectured and presented workshops across the United States and is a retired art educator. Please visit his website to learn more about his work at www.johnlouiswood.com

Book Discussion Club

Wednesday, November 25, 2015, 1:30 p.m.

Cynthia Zurschmiede – Grosse Pointe Library

Natchez Burning – Greg Iles

#1 *New York Times* bestselling author Greg Iles returns with his most eagerly anticipated novel yet and his first in five years—*Natchez Burning*—the first installment in an epic trilogy that interweaves crimes, lies, and secrets past and present in a mesmerizing thriller featuring Southern lawyer and former prosecutor Penn Cage.

Movie: Unbroken - PG 13

Wednesday, November 25 and Monday, November 30, 2015, 1:00 p.m.

Running Time: 138 minutes

Cost: \$2.00

Academy Award winner Angelina Jolie directs and produces *Unbroken*, an epic drama that follows the incredible life of Olympian and war hero Louis "Louie" Zamperini (Jack O'Connell) who, along with two other crewmen, survived in a raft for 47 days after a near-fatal plane crash in WWII - only to be caught by the Japanese navy and sent to a prisoner-of-war camp.

Grosse Pointe Academy 8th Grade Hand Bell Choir

Thursday, December 3, 2015, 12:30 p.m. Great Room

Christmas bells are ringing with the lovely melodies of these talented students under the direction of Bob Foster.

Drawing Workshops: Drawing on the Senses – Session 2

Monday, December 7, 2015, 1:00 – 2:30 p.m.

John Wood

Cost: \$6.00

Participants will explore a variety of sketching and drawing techniques used to represent what we see. Participants will also use their senses of touch, smell, taste, and hearing to explore how artists represent experiences. Materials will be provided by the instructor for the workshops. Artists of all skill levels are encouraged to attend. The sessions are designed to be engaging for beginners to advanced participants. This will be the 2nd of 5 sessions, one per month.

Session 2 – Touching, Texture and Pattern: Participants will explore methods to describe three dimensional textures through the creation of two dimensional patterns.

About the Instructor: John Wood is an artist from Grosse Pointe Park. He has exhibited his work professionally since 1988. John is a graduate of Cranbrook Academy of Art in Sculpture and Wayne State University in Art Education. John has lectured and presented workshops across the United States and is a retired art educator. Please visit his website to learn more about his work at www.johnlouiswood.com

December Birthday Celebration!

Thursday, December 10, 2015

If you have a December birthday, we will treat you to lunch at 11:30 a.m. followed by a celebration of you! You may want to bring your family and/or friends to help you celebrate.

Defer Elementary School Choir

Thursday, December 10, 2015, 12:30 p.m.

Join us as we listen to the beautiful holiday sounds of the Defer Elementary School Choir, conducted by Liz Moses.

Christmas Party

Monday, December 14, 2015, 11:30 a.m.

Sponsored by: Dinshaw Sarkari

Entertainment: The Heart of the Hills Players

Cost: \$12.00 per person

Join us for our annual Christmas feast in which we will have a wonderful gourmet luncheon—specifics to be announced at a later date. Following dinner, you will all be entertained by The Heart of the Hills Players! **The first 48 people with paid reservations received no later than December 9, will get to enjoy our party. Call 313-882-9600 for information.**

Avon Christmas Bingo

Tuesday, December 15, 2015, 10:15 a.m.

Sponsor: Audrey Bernier

Note: 1 card per person

Audrey sponsors a special bingo this month with Avon products for- prizes.

University Liggett School Lower School Choir

Tuesday, December 15, 2015, 12:30 p.m.

Join us for wonderful Holiday music sung by the ULS lower school choir directed by Rachel Houk.

Movie: The Second Best Marigold Hotel - PG

Wednesdays, December 16 and 23, 2015, 1:00 p.m.

Running Time: 123 Minutes

Cost: \$2.00

As “The Best Exotic Marigold Hotel” has only a single remaining vacancy, posing a rooming predicament for two fresh arrivals, Sonny pursues his expansionist dream of opening a second hotel. This movie’s cast includes Richard Gere, Dev Patel, Tina Desai, Judy Dench and Maggie Smith. Enjoy!

Book Discussion Club

Wednesday, December 30, 2015, 1:30 p.m.

Cynthia Zurschmiede – Grosse Pointe Library

The Storied Life of A.J. Fikry – Gabrielle Zevin

In this sweet, uplifting homage to bookstores, Zevin perfectly captures the joy of connecting people and books. A. J. Fikry, the cantankerous owner of Island Books, is despondent after losing his beloved wife and witnessing the ever-declining number of sales at his small, quirky bookstore. Then, someone leaves a baby at his store. That baby immediately steals A. J.’s heart and unleashes a dramatic transformation.

Ongoing Activities – November and December 2015

Grannie Nannies

The 1st Friday of every month (except July and August), 1:30 – 3:00 p.m.

Big Boy Restaurant, 20710 Mack Avenue, Grosse Pointe Woods

Come join a fun group of grandmothers who love spending time with their grandchildren! You'll share innovative, memory-making opportunities that bring quality to your relationships with the young people in your life, such as where can you take your three-year old for a fun afternoon or what games do six-year olds like to play? If you are a grandmother and would like to share experiences with others, join the "Grannie Nannies" for laughs and great advice! Look for the group at one of the back tables. They will be glad to have you join them. For more information, please call SOC at (313)882-9600.

New! Investment Discussion Club Hosted by Morgan Stanley

The 3rd Friday of each month at 10:00 a.m.

Facilitators: Dan Wirtanen, Senior VP Financial Advisor
Eve Zurowski, Financial Advisor Associate

Knit Michigan – Knitting for Charity

Tuesdays: 11:00 a.m. – 1:00 p.m.

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

Sponsor: Heartland Health Care Center – Grosse Pointe Woods

We are supporting "Knit Michigan", a non-profit organization, by knitting "Chemo Caps" for patients in infusion rooms where they go for their chemo treatments.

Alzheimers Caregivers Support Group

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

Facilitators: Carolyn Van Dorn - Nursing Unlimited and Marian Battersby – Home Instead

We offer a safe place for caregivers, family and friends of persons with dementia to meet and develop a mutual support system. Please call SOC at 313-882-9600 and let us know if you will be joining us.

No-Sew Fleece Blanket Making

Wednesday, 10:00-11:30 a.m.

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

Alice Laitner plays the Piano for You!

Every Tuesday, 11:00 – 11:30 a.m. and 12:30 – 1:30 p.m.

Living Room

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

Wednesdays: 1:00 p.m. until 3:00 p.m.

SOC now has a Mah Jongg Club! If you know how to play and would like to join a fun group, call 313-882-9600 for reservations.

Wellness Clinic and Blood Pressure Check

3rd Tuesday of every month: 12:30 p.m. until 2:00 p.m.

Sponsored by: BrightStar Care of Grosse Pointe / Macomb

Drop in for a blood pressure check and a short presentation on various health topics.

Texas Hold'em Poker

Lessons: Mondays: 10:00 a.m. until 12:00 p.m.

Tournaments: Mondays: 12:00 p.m. until 4:00 p.m.

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. If you are interested in learning this fun and competitive game, contact Harry Burkey at 313-885-1393.

Bingo

Tuesdays and Thursdays: 10:15 a.m. until 11:15 a.m. \$2.00 per card.

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

Computer Instructions

Fridays: 12:00 p.m. until 4:00 p.m.

Learn beginner, intermediate and advanced computer lessons in computer basics, Microsoft Word and Excel. If you want to become familiar with Facebook, your new iPhone, emailing or learn how to use an e-reader such as Kindle, this is the place for you.

Keeping you Fit at Home

Last Thursday of every month: 12:30 – 1:30 p.m.

Sponsored by: Heartland Health Care Center – Grosse Pointe Woods

Come join us and staff from Heartland Grosse Pointe Woods to learn and practice new ways to keep yourself active at home. Whether it's stretching, exercises, or balance everyone can benefit from learning something new.

Contract Bridge Club

Every Friday: 9:00 – 11:00 a.m.

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.