

**September/October
2026**



SENIOR SCOOP

INSIDE THIS ISSUE

Center Policies/Registration Info • P3-P4
Announcements/Notices • P4-P5
Upcoming Center Events • P5-P7
Day Trips • P8-P9
Calendar • P10-P11
Activities/Groups • P12
Center Games • P13
Health & Fitness • P14
Supportive Services/Resources • P15-P16
Extended Travel with TM • P16

CONTACT INFO

☎ 248-698-2394
🏠 685 Union Lake Rd.
White Lake, MI 48386

FOLLOW US

🌐 whitelaketwp.com/senior-center

Facebook
[@dublincommunityseniorcenter](https://www.facebook.com/dublincommunityseniorcenter)

We welcome adults age 50 and older to our center!



Dublin's Senior Advisory Council

Advisory Council Members

Valerie Bayer
Sue Lee
RoseAnn Failla
Jan Gross
Sharon Kalinowski
Karen Law
Maggie Stephenson

Our council meets quarterly to discuss current programming/events at the Dublin Senior Center and available resources to our seniors. Our board members are an asset and we appreciate their valuable input to our community.

Advisory Board Liaisons

Kathy Gordinear
Laura Hobbs
Carol Kehoe
Anthony Noble

Dublin Community Senior Center Staff

Senior Center Director

Kathy Gordinear
kgordinear@whitelaketwp.com

Program Developer

Laura Hobbs
lhobbs@whitelaketwp.com

Secretary

Carol Kehoe
ckehoe@whitelaketwp.com

Meals-on-Wheels

Dublin Kitchen- Chris Higgins
248-698-2299

Meals-on-Wheels Main Office

810-632-2155

Transportation

WOTA

(West Oakland Transportation Authority)
248-887-4979

Mission Statement

The Dublin Community Senior Center in cooperation with White Lake Township and the White Lake Township Senior Advisory Council offers quality programs and services

for adults fifty years of age and older.

All social, educational, physical and supportive programs and services are designed to enhance the quality of life and maintain the independence and dignity of our participants.

The Dublin Community Senior Center thrives on empowering seniors to celebrate living.

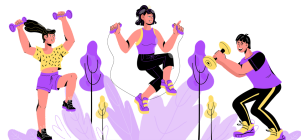
About Dublin

The grand opening of the Dublin Community Center took place on May 17th, 1947. A general public meeting was held and a constitution was adopted the name of the Dublin Community Center was chosen and officers were elected. Membership was open to anyone who was interested in bettering the community through wholesome recreation and education (Pontiac Daily Press, 1947).

Over the years, the Dublin center has grown and evolved into the wonderful senior center we know and love today, offering lots of on-going programming and events for our 50+ community throughout the year.

CLASS/ACTIVITY HOURS

8:15am-5:00pm



Loan Closet Hours:

9am-4pm

Call us for current inventory



Dublin Community Senior Center Policies

Senior Center Participation Eligibility

POLICY: Dublin Community Senior Center does not discriminate participation of adults age 50 and older. Participants of the Dublin Community Senior Center activities shall demonstrate by their behavior and action: responsibility, courtesy, and self-sufficiency.

All participants and guests of the Dublin Community Senior Center shall adhere to the following "Participation Eligibility Guidelines"

Participation Eligibility Guidelines

1. Seniors are defined as adults age 50 and older
2. Guests may attend with a senior age 50 and older with prior permission from senior center staff (no guests under the age of 18)
3. Must be able to function and participate independently
4. Must be able to provide own personal care and needs
- 5- Must present themselves in a clean and sanitary manner
6. Must be able to get along with other participants and staff
7. Must not be verbally abusive
8. Must not demonstrate physical aggression or exhibit socially unacceptable behavior
9. Must be ambulatory or provide own mobility assistance
10. Must not demonstrate wandering behavior
11. Must complete a participation form (emergency contacts/medication list) and update it yearly

Participation/Emergency Form Notice

All individuals (new, current and returning) must have a current participation/emergency form on file with Dublin Community Senior Center prior to participating and/or registering for an activity/event/class/trip/program-

No Exceptions.

Participation Forms are available at Dublin Community Senior Center or online at **whitelaketwp.com/senior-center**

Participation Stipulation

For participant's own well-being, we remind you that the Dublin Community Senior Center is not responsible for providing care for individuals who have a physical or mental impairment that causes an inability to care for their own personal needs, or that may jeopardize the rights of other members of the group.

Disclaimer

Dublin Community Senior Center offers information through resources and referrals, seminars, classes, and events.

We do not recommend or endorse any individuals, companies, or agencies.

We only inform those inquiring what may be available.

Want to hear the latest Senior Center News?

Website: whitelaketwp.com/senior-center
Facebook: @dublincommunityseniorcenter

Subscribe to Senior Scoop Online
Call or Email Dublin with your info today!

VOLUNTEERS NEEDED

We would love the opportunity for you to be a part of our team. This is a commitment of 1-2 hours of your time. Or as little or often as your schedule will allow. Once a month, once a week, temporary or on a continuous basis.



For more information
call 810-632-2155

Senior Center Policy, Registration & Payment Information

Please note that our schedule is subject to change with or without notice. Additional information can be found on receipts

PAID EVENTS AT DUBLIN: Registration must be completed at Dublin Community Senior Center, 685 Union Lake, White Lake Twp. MI 48386. Cash or Check only (Checks made payable to White Lake Twp.). Member Cancellations: No refunds will be issued unless Dublin is able to fill your spot from our waitlist. An administrative fee will be deducted from all refunds.

FREE EVENTS AT DUBLIN: Call 248-698-2394 to register or visit Dublin Senior Center unless otherwise stated.

DAY TRIPS: Prior to registration, you must have a current participation form on file or must complete prior to registering for your trip. Registration must be completed at Dublin Community Senior Center, 685 Union Lake, White Lake Twp. MI 48386. Cash or Check only (Checks made payable to White Lake Twp.), unless otherwise stated. Member Cancellations: No Refunds will be issued unless Dublin is able to fill your spot from our waitlist. An administrative fee will be deducted from all refunds. Walking/Stair level indicated for each trip from little walking/stairs 🦶 to highly active walking/stairs 🦶🦶🦶🦶

CLASSES*: All fitness classes are drop-in and are paid the day of class. Certain classes may be pre-register only (please refer to class description for more details). Cash or Check only (Checks made payable to White Lake Twp.).

Please Note: Our shuttle bus service has new policies and procedures and we cannot guarantee wheelchair or walker accessible transportation.

EXTENDED TRAVEL WITH TIMELESS MEMORIES, ADVENTURES & EVENTS

All Bookings/Registration is handled by company. For more info, bookings/registration, itineraries, cancellation policy, etc. please visit www.timelessmemoriesane.com

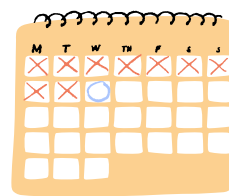
We Welcome Donations at Dublin!

- Bagged individual snacks, unopened
- Individually wrapped candy and/or mints
- Monetary Donations
- Napkins -Plastic Utensils
- Ground Decaf Coffee
- Small Plates
- Dry Coffee Creamer
- Coffee K-Cup Pods



The Dublin Center will be closed on the following dates

September 7th - Labor Day
October 12th - Columbus Day



Thank You

Sponsors & Donors



Affinity Home Care, Lockwood of Waterford, Waltonwood Twelve Oaks, New Hope White Lake, Westlake Health Campus, Canterbury on the Lake, Ruggles Ranch & Farm Market

Sharon Presti, Debra Diamond, Sally Taylor, Mary Jane Sebesta, Ezebet Hautau, Diane Funk, Doreen Timms, Maryann Close, Judy Ritchie, Val Whittington, Linda Willem, Gloria & Ron Schurtzer, Dora & Wayne VanFossen, Terese Tuohey, Joni Jolley

UPCOMING CENTER EVENTS

Movie Day

September 21st at 3:00pm

Movies are complementary

Classic Halloween Movie Day Double Feature

at 2:00pm- October 26th



Senior Celebration

Tuesday, September 15th

11:30am

FREE for current members

Limited Tickets

Register by 8/31 or until full

This Celebration is all about

Y-O-U aka Our Senior Members, in honor of

National Senior Center Month!!!

Join us for lunch & entertainment

**Sponsored in
party by
WOTA &
Affinity Home
Care Agency**





WEDNESDAY

OCT. 7TH

AT 12:00PM



The Detroit **LIONS**



**AND THE EARLY NFL
PRESENTATION**

**PRESENTATION HELD AT
DUBLIN COMMUNITY SENIOR CENTER
685 UNION LAKE RD WHITE LAKE 48386**

**SPONSORED BY CANTERBURY ON THE LAKE &
WALTONWOOD OF TWELVE OAKS**



**JOIN US FOR STORIES ABOUT YOUR
FAVORITE DETROIT FOOTBALL TEAM AND
THE EARLY NFL FROM THE DETROIT
HISTORICAL SOCIETY SPEAKERS BUREAU**

**\$10 PER PERSON
INCLUDES LITE
LUNCH**

REGISTRATION ONLY AT DUBLIN BY 9/17

SPEAKER JEREMY DIMICK



“Cooking with M”



When: Tuesday, October 6th

Time: 12:00pm

Free Event

Register by 9/28

Pampered Chef Rep, Maureen Kimmell,
will be doing a cooking demo featuring
healthy recipes, helpful tips
and samples of the latest recipes!

Ageways Medicare/Medicaid Open Enrollment

When: Tuesday, November 10th at Dublin

BY APPOINTMENT ONLY

Starting September 1st, call 1-800-803-7174 or
248-262-0545 to make an appointment. Leave a
message and someone from Ageways will return
your call.

**Note: Dublin does not make or handle
appointments. We are a host site only.**

DUBLIN'S HALLOWEEN WEEK



WE HAVE A FUN FILLED WEEK
PLANNED FOR MONDAY, OCT. 26TH -
THURSDAY, OCT. 29TH
TO GET US IN THE MOOD FOR
HALLOWEEN!!

10/26 AT 2PM
CLASSIC HALLOWEEN MOVIE DAY
DOUBLE FEATURE



10/27 AT 3PM
HALLOWEEN CRAFT DAY
\$3.00 PER PERSON.
PRE-REGISTRATION REQUIRED

10/28 FROM 12PM-1PM
FREE CIDER & DONUT

Sponsored
in part by
Ruggles
Ranch &
Farm Market



10/29 AT 1:15PM
CANDY BAR BINGO

PRE-REGISTRATION REQUIRED
COST: 1 FULL SIZE CANDY BAR OR BOXED
CANDY

BINGO: \$0.10 PER CARD, PER ROUND (5 ROUNDS)
COSTUMES OPTIONAL



Day Trip Registration, Payment & Policies

Please see page 4 for more information

Walking/Stair level indicated for each trip from little walking/stairs 
to highly active walking/stairs    

Meadowbrook Theatre's



The Man Who Shot Liberty Valance

Join us for an afternoon of drama, bravery and
good verses evil in this literary classic play

Wed. October 21st

Meet at 12:45 PM

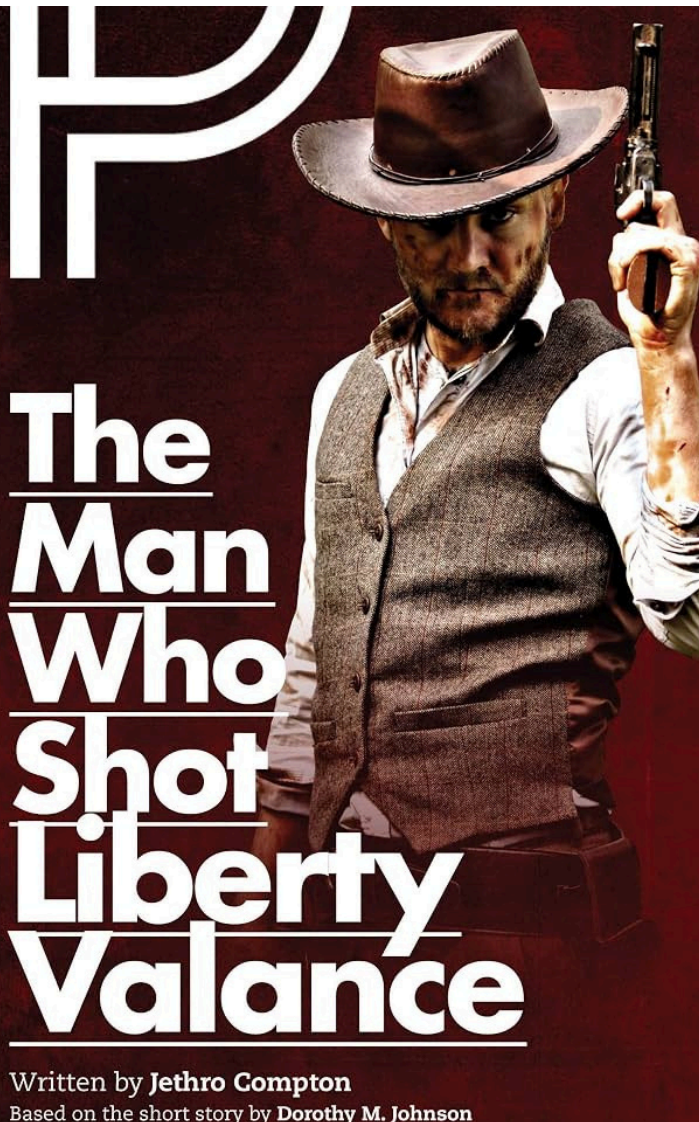
Return approx. 5:00pm

\$60.00 per person

(includes ticket & roundtrip transportation.

Play only, no lunch)

Register by 9/16 or until sold out



Journey into the Wild West, 1890, in this classic story of good versus evil. When a young scholar from New York city travels west in search of a new life he arrives beaten and half-dead on the dusty streets of Twotrees. Rescued from the plains, the town soon becomes his home. A local girl gives him purpose in a broken land, but is it enough to save him from the vicious outlaw who wants him dead?

He must make the choice: to turn and run or to stand for what he believes, to live or to fight; to become the man who shot Liberty Valance. Walking Level 



DUBLIN COMMUNITY
SENIOR CENTER
DAY TRIPS PRESENTS



HOLIDAY JAZZ CONCERT

AT THE DETROIT
INSTITUTE OF ARTS

SPECIAL
MELODIES AT THE MUSEUM
PERFORMANCE

THURSDAY, DECEMBER 17TH

MEET AT DUBLIN: 11:30AM

APPROX RETURN: 4:30PM

FREE TO ATTEND

REGISTRATION DEADLINE: 12/2

INCLUDES ROUNDTrip MOTOCOACH

TRANSPORTATION & CONCERT

Register Today at Dublin Community Senior Center or by
calling 248-698-2394. Limited seats available.

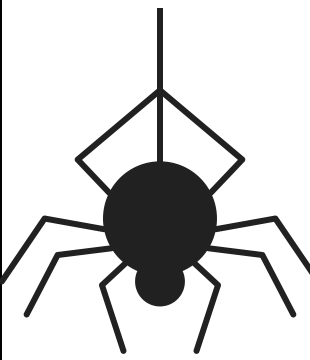
DUBLIN SENIOR CENTER

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Closed Fridays
	1 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics 2:00pm Mystery Activity 3:30pm Wii Interactive Games 4:00pm Body Groove	2 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 11:30am BUNCO* 12:00pm Samba 1:00pm Mahjongg 3:30pm Dominoes	3 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art	
7  We are closed in Observance of Labor Day	8 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics 3:30pm Wii Interactive Games 4:00pm Body Groove	9 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 12:00pm Samba 1:00pm Mahjongg 1:30pm Anyone Can Paint* 3:30pm Dominoes Book Club at White Lake Library 10:30am	10 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art 3:30pm NEW! Stories for Seniors	
14 9:30am Walking Club 9:30am Body Groove 9:30am Chair Yoga 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO 3:00pm Sequence Game	15 All classes/activities are canceled today  Senior Celebration* 11:30am	16 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 11:00am Lakes Sewcity 12:00pm Samba 1:00pm Mahjongg 3:30pm Dominoes <i>Ticket Deadline: Meadowbrook Play Liberty Valence Day Trip</i>	17 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art	
21 9:30am Walking Club 9:30am Body Groove 9:30am Chair Yoga 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO 3:00pm Sequence Game 3:00pm Movie Day	22 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics 3:30pm Wii Interactive Games 4:00pm Body Groove	23 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 11:00am Quilting Club 12:00pm Samba 1:00pm Mahjongg 3:30pm Dominoes	24 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art 3:30pm NEW! Stories for Seniors	
28 9:30am Walking Club 9:30am Body Groove 9:30am Chair Yoga 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO 3:00pm Sequence Game	29 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics 3:30pm Wii Interactive Games 4:00pm Body Groove Dining with the Director*	30 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 11:00am Quilting Club 12:00pm Samba 1:00pm Mahjongg 3:30pm Dominoes	Other Happenings Massage 1st Thurs. of the month By Appointment Only Focus Hope 2nd Tues each month, 11:00am, Dublin Parking Lot Widow/Widower Support Group 3rd Sunday of each month, 2:00pm, Dublin Senior Center	Note Activities/Events/Trips with * You must Pre-Register for at Dublin Senior Center by its deadline. Please see our newsletter for more info

DUBLIN SENIOR CENTER

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Closed Fridays
	Other Happenings Massage 1st Thurs. of the month By Appointment Only Focus Hope 2nd Tues each month, 11:00am, Dublin Parking Lot Widow/Widower Support Group 3rd Sunday of each month, 2:00pm, Dublin Senior Center	Note Activities/Events/Trips with * You must Pre-Register for at Dublin Senior Center by its deadline. Please see our newsletter for more info	¹ 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art	
⁵ 9:30am Walking Club 9:30am Body Groove 9:30am Chair Yoga 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO 3:00pm Sequence Game	⁶ 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 12:00pm Cooking with M* 1:00pm Euchre 1:00pm Rhythmics No Mystery Activity today No Wii Interactive Games 4:00pm Body Groove	⁷ 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 12:00pm Detroit Lions/NFL Presentation* 12:00pm Samba 1:00pm Mahjongg 3:30pm Dominoes	⁸ 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art 3:30pm Stories for Seniors	
¹²  We are closed in Observance of Columbus Day	¹³ 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics 3:30pm Wii Interactive Games 4:00pm Body Groove	¹⁴ 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 12:00pm Samba 1:00pm Mahjongg 1:30pm Anyone Can Paint* 3:30pm Dominoes Book Club at White Lake Library 10:30am	¹⁵ 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art	
¹⁹ 9:30am Walking Club 9:30am Body Groove 9:30am Chair Yoga 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO 3:00pm Sequence Game	²⁰ 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics 3:30pm Wii Interactive Games 4:00pm Body Groove	²¹ 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 11:00am Lake-Sewcity 12:00pm Samba 1:00pm Mahjongg 3:30pm Dominoes Day Trip: Meadowbrook Play Liberty Valance	²² 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm BINGO 3:00pm Independent Art 3:30pm Stories for Seniors	
²⁶ 9:30am Walking Club 9:30am Body Groove 9:30am Chair Yoga 10:00am Wrapped in Warmth 12:00pm Hand, Knee & Foot 12:15pm BINGO 2:00pm Movie Day Halloween Edition-Double Feature No Sequence Game Today Dublin's	²⁷ 9:00am Stretch & Strength 9:30am Walking Club 11:00am Helpful Hookers 1:00pm Euchre 1:00pm Rhythmics No Wii Interactive Games No Body Groove Dining with the Director* Halloween	²⁸ 8:15am Golden Mornings 9:30am Hatha Yoga 9:30am Walking Club 11:00am Quilting Club 12pm-1pm Free Cider & Donut Day while supplies last 12:00pm Samba 1:00pm Mahjongg 3:30pm Dominoes Week	²⁹ 9:15am Balance & Core 10:00am Line Dancing 12:30pm Prog. Hand & Foot 12:30pm Group Game Day 1:15pm CANDY BAR BINGO* Wear Your Halloween Costumes!! 3:00pm Independent Art Event	

Activities/Groups

Wrapped in Warmth



Mondays

10:00am-12:00pm

Come join us for knitting or crocheting lap blankets for the Karmanos Cancer Institute at Huron Valley Hospital.

Anyone wishing to donate yarn, please call 248-698-2394.

Golden Mornings

Wednesdays
8:15am-9:00am
Social Group

Get your day started right with our fun social group, led by Dublin Staff. Join us for the opportunity to share positive conversation along with coffee and treats.



NEW



Stories for Seniors

Select Thursdays
September 10th & 24th
October 8th & 22nd
3:30pm-4:30pm
A read aloud/discussion group

A new group to Dublin!
We will be reading short stories, poetry etc. followed by discussion.
Led by staff and volunteers.



Helpful Hookers

Tuesdays
11:00am-1:00pm
Knitting/Crocheting group

Join us to socialize, share ideas, patterns, and current projects you may be working on.



Anyone Can Paint

2nd Wednesday of each month
1:30pm

\$25.00 - 2 hour session
(all supplies included).

Pre-registration required

Instructor: S. Wood

Classes are designed for beginning and intermediate painting skill levels

All you need to bring to class is yourself and a desire to paint!

Dining with the Director

Last Tuesday of each month

11:30am - Meet at restaurant

Please register in advance

To register, call: 248-698-2394



Rhythmics

Tuesdays
1:00pm - 5:00pm

Music Performance Group
Come sing or come play your instrument. We learn and rehearse a variety of music. Everyone is welcome.



Quilting Group

4th Wednesday
of each month
11:00am - 4:00pm

Everyone works on their own project, or if you have never quilted before and would like to learn - this group is for you!

If there is a 5th Wednesday in the month, you are welcome to quilt that day.

Lakes Sew-ciety Group

3rd Wednesday of
each month
11:00am

Would you like to meet others who share your love of sewing? Want to learn new techniques and make new friends?

Come join Lakes Sew-ciety today!



Dublin Book Club

2nd Wednesday
of each month, 10:30am
New Location: White Lake Library, 11005 Elizabeth Lake Rd.

Call White Lake Twp. Library for more info. and for your monthly book.
248-698-4942

Independent Art

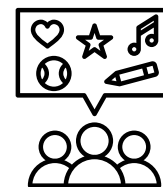


Thursdays
3:00pm-5:00pm
\$1.00 drop in fee

Bring your creativity and join other artists!

Bring your own supplies

Mystery Activity

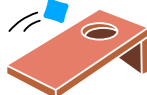


1st Tuesday of each month
2:00pm-4:00pm

Once a month, we will spin our activity wheel, full of lots of fun choices and whatever it lands on, we will do that activity that day! Come join us for some fun!!



Center Games



Special Bingo Day

Thursday, October 29th

CANDY BAR Bingo*

Time: 1:15pm

Pre-Registration Required

Cost: 1 Full Sized Candy Bar or

Boxed Candy due at registration

Bingo: \$0.10 cents per card, per round

(5 rounds)

Don't forget to wear your

Halloween Costumes!



Mondays at 12:15pm

-Please arrive no later
than 12:00pm.

Thursdays at 1:15pm

-Please arrive no later
than 1:00pm.

We play 5 rounds. \$10 cents per
card, per round.

***Please bring exact change**

(Quarters, dimes, & nickels)



Hand Knee & Foot Card Game

(variant of canasta)

Mondays at 12:00pm



Samba Card Game (variant of canasta)

Wednesdays at 12:00pm

Mahjongg - Wednesdays at 1:00pm

Sequence Game

(card & board game combined)

Mondays at 3:00pm

Dominoes- Wednesdays from 3:30pm-5:00pm

We play a variety of domino games including Block, Draw,
Chicken Foot & Mexican Train..

Euchre - Tuesdays at 1:00pm

Progressive Hand & Foot Card Game

Thursdays at 12:30pm (experienced players only)

Wii Interactive Games

Tuesdays at 3:30pm, No game: 10/27

Group Game Day- Thursdays at 12:30pm



BUNCO



Wednesday, November 4th

Time: 11:30am Cost: \$10.00

*****Please register in advance.**

Limited to 12 people***

Join us for a lite
lunch & BUNCO!

If you have never
played before,

we will be happy to teach you
this easy dice game.

Sept 2nd Game- Waitlist Only

Congregate Lunch with Meals on Wheels

Meals are prepared through Western Oakland Meals-on-Wheels and are served
at **Dublin Senior Center** at 11:30am on Mondays prior to Bingo at 12:15pm.

Reservations for these meals must be made at least two days in advance by
calling 248-698-2299.

Please specify hot or cold lunch when you make your reservation.

Cost: \$4.00 for 50 years of age and over (Please have correct change)





Sponsored by



of White Lake
248-780-0220

BODY GROOVE



Mondays at 9:30am &

Tuesdays at 4:00pm

No Class: 9/15, 10/27

Free to Attend

For All Fitness Levels

Get ready to move your body and have fun, at your own pace. These workouts are adaptable to any fitness level. You can even start while sitting down! These workouts will give you a variety of benefits including boosting metabolism, protecting your joints, improving stability, balance and coordination and supporting your brain health.



Stretch & Strength

Tuesdays

9:00am – 10:00am

\$5.00 per class

Instructor: J. Schirtzinger

This is a fun, social exercise for active seniors. Improve your stamina, strength, and flexibility.

Each workout includes aerobics (adaptable for low or high), strength training and stretching. Exercises are adjustable to your pace and fitness level.



Balance & Core Strengthening

Thursdays

9:15am – 10:00am

\$5.00 per class

Instructor: J. Schirtzinger

Core exercises train the muscles in your pelvis, lower back, hips, and abdomen to work in harmony.

Strengthening your core leads to better balance and stability. Please note: a chair will be provided as a safety measure.



Line Dancing

Thursdays

10:00am-12:00pm

\$7.00 per class

Instructor: C. Turner

This class is designed for every level of dancer.

Join us for music, exercise, and FUN!

DANCE



Yoga

Chair Yoga

Mondays 9:30am – 10:30am

\$7.00 per class.

Chairs are provided, but you are welcome to bring a mat

Hatha Yoga

Wednesdays 9:30am – 10:30am

\$7.00 per class

Please bring a mat to class

Instructor: J. Eagen

Modified yoga classes for mature adults. Join us today!



Walking Club

Monday, Tuesday, Wednesday

9:30am.

Build friendships as you build steps toward healthy living!

As a group (and depending on the weather), we will choose between walking the track in Vetter's Park behind Dublin Senior Center or working out to a walking exercise video inside the center. As always, you are welcome to choose the exercise option that works best for you.

Supportive Services & Resources

Massage and Reiki



FIRST THURSDAY OF THE MONTH. \$1 per minute

By appointment only and held at Dublin

Appointments fill up quickly, so don't delay! Schedule your appointment in office today!

Please Note: Appointments are prepay only. 30 minute min. Massage Therapy/Reiki policy cancellations cannot be transferred or refunded

Massage therapist: N. Grubbs

Ask the Attorney

Dixon Law in Milford specializes in Elder Law, Estate Planning, Medicaid Planning, Will & Trusts and is a VA accredited attorney. To setup your free phone consultation call: 248-698-2394

Podiatrist Foot Screenings

Dr. Haase and Associates is available for free foot consultations at the Foot & Ankle Center in Waterford.

Call 248-666-8807 and ask for Julie. Mention Dublin to setup a free consultation

Hearing/Hearing Aid Consultations

Offered by Oakland Audiology
~Free hearing screening
~Free hearing aid cleaning & check
Call 248-673-8000 and mention Dublin Senior Center for a free consult

Widows & Widowers Support Gathering

3rd Sunday of each month at 2:00pm

This support group is designed to help individuals cope with the lost of a spouse. We will teach you steps and coping mechanisms to help you through the grieving process. Lead by a Grief Counselor. For ages 50+. Please be advised, this is a Grief Support Group, not a social activity group.

For more information, please call our grief facilitator, Kathy Kleine, at 248-918-1622

Loan Closet



Our closet is available Monday-Thursday 9am-4pm. Call for item availability

Dublin Community Senior Center offers a Durable Equipment Loan Closet for those in need of medical equipment. We ask for a \$10.00 cash fee for each item borrowed. Info: 248-698-2394 Find us and others at loanclosets.org

Meals on Wheels



If you or your loved one is struggling to make meals due to inability to

grocery shop, physical strain, etc. think about signing up for Meals on Wheels and have meals delivered right to your door!

Call (810) 632-2155 for more info



Focus Hope

2nd Tuesday of each month
11:00am – 12:00pm

Dublin Community Senior Center is a host site for the Focus Hope Food Distribution program each month. Food is distributed in the Dublin parking lot. Info: 313-494-4600

Nurse on Call

Oakland County Heath Division

Public Health Nurses are available to answer any health related questions you may have. They will also inform you of valuable resources within their department and your community.



1-800-848-5533



Medicare/Medicaid Assistance Program

A trained volunteer through AgeWays is available to assist you with claims, denials of service or answer any questions you may have about these benefit programs.

Medicare Hotline: 1-800-633-4227

Helpful Numbers

- Open Door Outreach: 248-360-2930
- Community Sharing Outreach Center: 248-889-0347
- Encore Adult Day Care Services (Catholic Charities of Southeast MI) Waterford location: 248-487-9685
- Oakland/Livingston Human Services Agency: 248-209-2600
- Faith in Action Oakland County: 248-820-3767
- St. Joseph Helpers, Minor Home Repair 800-303-5075
- Veterans' Services, Oakland County: 248-858-0785

AgeWays offers many services for seniors that family caregivers will want to explore. We can connect you with in-home care, Meals on Wheels, adult day services, and respite services, along with classes on caregiving, information, and support.

AgeWays has certified Resource Specialists available to answer questions and offer information on local services for seniors, person with disabilities and family caregivers. Call the toll free number above to speak to a specialist.



248-887-4979

www.ridewota.org

SENIOR TRANSPORTATION

Western Oakland Transportation Authority (WOTA) is a door-to-door, demand response public transportation service for resident 18 and older with priority given to seniors age 55+, disabled adults age 18+ and veterans of our service area. Regardless of your mobility, WOTA can take you where you need to go as all of our vehicles are lift-equipped.

New riders can also complete their rider application through the WOTA website. For further information and to request a new rider application and copy of rider's guidelines, please call WOTA.

Vacation Home Watch

If you are going out of town and would like White Lake Township Police Department to keep an eye on your home, there are a couple of ways to accomplish this:

~Call **248-698-4400**

or

~Go online to White Lake Township Police Department and fill out the Vacation Home Watch form



Senior Welfare Contact Program

This program, in cooperation with White Lake Twp. Police Department, is to reduce criminal victimization of the elderly, provide home security checks, establish neighborhood watch programs, and conduct monthly welfare checks.

If you or someone you know needs assistance and would benefit from this program, please call **248-698-4400**

White Lake Twp. Minor Home Repair

White Lake Township offers a minor home repair program designed to help low to moderate income household's complete more complicated home maintenance. In order to qualify you must be a resident of White Lake Township and meet income specifications. An application and income verification must be submitted to the township. For further information, please contact Trish Pergament in the Supervisor's office at **248-698-3300 Ext. 150**

EXTENDED TRAVEL WITH TIMELESS MEMORIES, ADVENTURES & EVENTS (BUS TOURS)

(PARTNERED WITH SHORELINE CHARTERS & TOURS, PREMIER WORLD DISCOVERY)



Looking for Extended travel events or adventure trips?

Visit Timeless Memories Adventures & Events online

www.timelessmemoriesane.com

Flyers are available at the Dublin Senior Center or online.

For Booking info for all extended travel events with Timeless Memories, Adventures & Events, please see page 3.

