

Northfield Township Community Center
Monthly Report
June 2017
Tami Averill, Director

I. June Overview

The Senior Nutrition program continues to run smoothly. We have 99 registered seniors, with 10 to 16 attending on a daily basis in June. Lunches are served on Mondays, Wednesdays and Fridays at 12:15p.m.

THANK YOU to our Senior Lunch Volunteers – Louisa DeFilippi, Linda Hartley, Ernestine Hogston, Alyssa Jones, Betty Jones, Kristina Kelley, Debbie Leibert, Christine Miles, Karen Neigebauer, Donn Sleek, Chuck Steuer, Ann Thompson, and Curtis Ward. They always do a great job!

A big thank you to our volunteers – Angela Brown, Denise Creque, Peggy Friscia, Ruth Hague, Linda Hartley, Cindy Hogston, Ernestine Hogston, Betty Jones, Alyssa Jones, Kristina Kelley, Phyllis Lindblade, Donn Sleek, Ann Thompson, Curtis Ward, - for the work they contributed in June. Their hard work is always appreciated.

Program planning is ongoing. Preparations continued for the 4th of July Parade participation and our annual Root Beer Float Social. I am also working on scheduling a fall health fair, a craft show, and working on all of our traditional holiday events as well as new program ideas. Line Dancing will be added to the schedule beginning in July.

I continue to attend and keep minutes for the Parks & Recreation Board meetings.

II. Program Evaluation

a. On-Going Services

Lisa Abrams continues to offer reflexology sessions and therapeutic foot baths on Tuesday and Thursday afternoons and Wednesday evenings. She had no clients this month.

Dr. Anthony Mastrogiacomo from South Lyon Foot & Ankle Specialists continues to offer senior foot care every other month. He had 6 patients in June.

The Medical Loan Closet continues to be available to the community. Twenty-nine items were loaned in June. We received donations of 2 walkers, 2 sets of crutches, and several miscellaneous items.

Acupuncture therapy continues to be popular, with 12 people participating each week in June. Licensed Acupuncturist, Ron Hough, is at the Center from 4:00p.m. to 6:00p.m. for walk-in visits on Thursday afternoons.

The Kidney Foundation of Michigan's "My Choice, My Health: Prediabetes Prevention" program's participants held their monthly meeting on June 20. 7 participants were treated to a special fitness class.

The Blood Pressure Self-monitoring Program presented by the Ann Arbor YMCA, held its monthly meeting on June 14. Six participants learned about Low sodium

food substitutes and swaps to help make their recipes healthier. There were 6 people in attendance.

b. **Classes**

Chair Yoga (6-10 participants/week) continued on Tuesdays.

Gentle Yoga on Wednesday evenings has 6 to 8 participants each week.

Exercise with Becky (Tues. & Thurs.) has 10 to 12 participants each day.

Tai Chi remains on hiatus while the instructor recovers from recent surgery.

The spring session of MAH Fitness began on May 4 and runs through July 6. There are 6 people participating.

The Primitive Rug Hooking class continues with 3 students.

Meditation class is taking the summer off. They will return in September.

c. **On-Going Activities**

Pinochle continues every Tuesday and Thursday afternoon. Attendance is consistent at 8 to 12 players per day each week.

Mah Jongg Mondays continue with 4 to 7 people participating each week.

The Knit, Crochet, Craft group meets every Friday from 11:30a.m. to 1:30p.m. 5 to 7 people attended each week in June.

The Whitmore Lake Portrait Group is in every Monday afternoon. Ten to twelve artists attend each week. The art gallery that showcases their art continues to be popular with our guests.

Kiwanis continues to hold their regular meetings and Board meetings at the Community Center.

d. **Special Events**

Five people attended the Grown-ups Can Color, Too party in June.

Four people enjoyed Downton Abbey Revisited.

Pharmacist, Betty Chaffee, joined us on June 7 for a program on June 7. Twelve people attended and learned about what questions to ask your doctor regarding your medications. Betty will be returning in July to offer personalized medication checks.

Twenty-five people enjoyed "Finding Dory" at our kick-off night for "Movies Under the Stars" on June 14. Our next presentation will take place on July 14. The featured movie will be "Trolls."

There was a special presentation by the Foster Grandparent Program on June 21. Ten people attended.

Eight people attended a presentation, "Emergency Preparedness for Seniors," by interns from the Washtenaw County Public Health Department on June 28. The

presenters provided handouts and much good information on how to prepare for emergency situations and evacuations.

Twenty-five people joined us for Pizza & a Movie on June 30. Everyone enjoyed "Up."

Four people attended the "Intro to Essential Oils" class on June 27.

Eight people attended our Kids Coloring Parties in June.

We also served as a host site for a small (six participants) Summer Camp program on June 17. They made a donation to help support Community Center programs.