

**Northfield Township Community Center**  
**Monthly Report**  
**February 2017**  
**Tami Averill, Director**

**I. February Overview**

The Senior Nutrition program continues to run smoothly. We have 97 registered seniors, with 10 to 15 attending on a daily basis in February. Lunches are served on Mondays, Wednesdays and Fridays at 12:15p.m.

THANK YOU to our Senior Lunch Volunteers –Linda Hartley, Alyssa Jones, Betty Jones, Ellen Kerek, Debbie Leibert, Karen Neigebauer, Mike Pohl, Donn Sleek, Ann Thompson, and Curtis Ward. They do a great job and keep things running smoothly.

A big thank you to our volunteers – Angela Brown, Denise Creque, Damon Dotson, Ruth Hague, Linda Hartley, Cindy Hogston, Ernestine Hogston, Betty Jones, Alyssa Jones, Phyllis Lindblade, Kim Pohl, Isabel Pohl, Mike Pohl, Donn Sleek, Ann Thompson, Curtis Ward, - for the work they contributed in February. Their hard work is always appreciated.

Planning for spring and summer programming continued.

**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.

Dr. Anthony Mastrogiacomo from South Lyon Foot & Ankle Specialists continues to offer senior foot care once a month. He saw six patients in January. He will return on March 23.

The Medical Loan Closet continues to be available to the community. Six items were loaned in February. We received donations of a shower seat, a walker, a cane, and a commode.

The Regency continues to send a Registered Nurse on the 2nd Tuesday of each month to do blood pressure screenings.

Acupuncture therapy is going strong, with 6 to 11 people participating each week in February. 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: Diabetes Prevention" program's participants completed their weekly meetings held the first monthly meeting on February 27. Monthly meetings will continue through September. The program has been very successful for all participants.

**b. Classes**

Chair Yoga (6-10 participants/week) continued on Tuesdays. Gentle Yoga on Wednesday evenings has 5 to 8 participants each week.

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

Zumba Gold (Wed. a.m.) currently has 3 students.

Tai Chi has four ladies participating in the session runs through March 1. The new session will switch over to Tuesdays from 12:00p.m. to 1:00p.m. beginning March 14.

MAH Fitness will begin a new 10-week session on February 2.

The Primitive Rug Hooking class continues with 3 students. They have created lovely throw rugs and footstool covers.

Meditation class continues on Tuesday mornings. Four people are currently attending.

**c. On-Going Activities**

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

Mah Jongg Mondays continue. Four to six people participate each week.

The Knit, Crochet, Craft group meets every Friday from 11:30a.m. to 1:30p.m. 4 to 8 people attended each week during February.

The Whitmore Lake Portrait Group remains steady with their participation. Ten to twelve artists attend each week. The art gallery that showcases their art continues to be popular with our guests. Selections are changed out approximately every two months. In the current exhibit, all of the portraits feature one of our volunteers!

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

**d. Special Events**

The February Grown-Ups Can Color, Too Party was attended by 10 people. Kids' coloring was enjoyed by four children and three adults. In both cases, a good time was had by all in attendance!

Karaoke is back! We continue to work on putting together our own equipment, and a collection of CDs. The February 17 program was attended by 6 people.

Ten people enjoyed watching "Sully" at Lunch & a Movie on February 15. Fourteen people enjoyed and "oldie but goodie," "Beethoven," during Pizza & a Movie on February 24.

The YMCA of Ann Arbor is bringing their Blood Pressure Self-Monitoring program to the Community Center. This is a 4-month program that will teach qualified participants to monitor and track their blood pressure. It will also provide programming on healthy eating and habits to help them work toward the goal of keeping their blood pressure under control. There are currently 8 participants registered for the program. The first educational program will be held at 1:00p.m. on March 8.

The first of the three Free Tax Assistance days for seniors and others with lower incomes was held on Friday, February 24. This annual service is provided by the Senior Services Dept. of Catholic Social Services of Washtenaw County. Two more dates are on the schedule – March 10 and 24 from 9:00 to Noon. This service is by appointment only. Appointments can be made by calling the Community Center at 734-449-2295. This year, participants are required to have an income of \$30,000/yr. or less.