

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

I. April Overview

The Senior Nutrition program continues to run smoothly. We have 99 registered seniors, with 10 to 16 attending on a daily basis in April. 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, Ellen Kerek, Debbie Leibert, Karen Neigebauer, Donn Sleek, Ann Thompson, and Curtis Ward. They always do a great job!

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

Program planning is ongoing.

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

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 every other month. He will return in May.

The Medical Loan Closet continues to be available to the community. Seven items were loaned in April. We received donations of a shower seat, 2 walkers, a walker with a seat, 2 sets of crutches, a cane, 1 wheelchair, a raised toilet seat, a revolving car seat cushion, and blood pressure monitor.

The Regency continues to send a Registered Nurse on the 2nd Tuesday of each month for blood pressure screenings. They saw 4 people this month.

Acupuncture therapy continues to be popular, with 10 to 15 people participating each week in April. 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 their second monthly meeting on April 24. There are 8 people participating in the program.

The Blood Pressure Self-monitoring Program presented by the Ann Arbor YMCA, held its second meeting on April 12. Participants learned about the recommended daily allowance for sodium, what the common sources of sodium are in the average meal and how to lower their sodium intake by making some swaps in their meals. There are twelve people currently participating.

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.

MAH Fitness ended its winter run on April 6 with 7 people participating. A new 10-week session will begin May 4.

The Primitive Rug Hooking class continues with 3 students.

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

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 four to six people participating 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 in April.

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.

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

d. **Special Events**

The April Grown-Ups Can Color, Too Parties were attended by a total of 9 people. It is an enjoyable and relaxing evening for all in attendance. Kids coloring had 5 participants in April.

Karaoke was cancelled on April 21, due to our DJ being ill. We continue to work on putting together our own equipment, and a collection of CDs.

Eight people enjoyed watching "Zootopia" during Pizza & a Movie on April 28.

"Downton Abbey Revisited" began in April. Fans of the PBS series and those that have never had the chance to watch it will meet on the 2nd & 4th Thursday evenings of each month from 7:00 to 9:00p.m. We will watch 2 episodes each evening beginning with Season 1 and running right through to the finale. We kicked it off with 4 participants, but expect to add more as we go along. Everyone enjoyed tea and cookies as they watched the show.

Project Bunny 2017 was a big success! We put together and delivered 52 baskets/gift bags on April 14. These special spring surprises went out to homebound seniors, families/children in need and those that just needed a little surprise. Thank you to everyone who contributed their time and hard work to assemble and deliver everything. Big THANK YOU to all those that contributed goodies to the cause! Special thanks to Kiwanis Club of Whitmore Lake and the Lighthouse Center for their donations of funds to help purchase supplies for the program.