

ALLEN PARK SENIOR PROGRAM JULY 2018 GRAPEVINE



Allen Park Community Center
15800 White St. Allen Park, MI 48101
Office Phone Number: 313-928-0770
Monday-Friday 8:30am-4:30pm

Lunch/Meals on Wheels: 313-928-1775 Menu on Back Page
Monday-Friday 8:30am-12:00pm (*Call 24 hrs in advance for Reservation*)
Lunch served at 11:30 a.m.

Liquid Nutrition: (734) 326-5202 OR 1-800-851-1454 *3rd Friday of Month (9:00 a.m. – 12 noon)*

Listed are some of the events and activities going on in July:

Allen Park Benches – The Parks & Rec. Department is collecting plastic caps & lids to create new park benches. Drop off location is inside the Community Center at 15800 White St. See our 2 new benches; one at city hall and the other in Parks & Recreation Lobby.

BINGO – Tuesday at 12:30pm, .25 cents per card.

Blood Pressure Testing- First Tuesday of the month, **July 3**, 10:00-11:30am

Cardio Drumming – Tuesday & Thursday evenings at **Champaign Park** 6:30 – 7:30 p.m.

Dr. Redmond – **July 12**, 2018. Call the Office to book your appointment, 313-928-0770.

Hearing Impaired Social Gathering – Every Wednesday at 10:00 a.m.

Massage with Denise – (By appointment) **July 12 & July 26**, 2018.

Pickleball – Tuesday & Thursday 9 – Noon, \$3.00 per person.

Pinocle - Thursday at 12:00 noon, \$1.50 per player

Quilters- Wednesday Room F & G at 10am

Senior Exercise with Mary – Monday & Wednesday at 9am, \$3 fee paid to Mary.

Senior Olympics – July 23 – 27th, 2018, hosted by City of Flat Rock. Registration forms available in the Parks & Recreation office.

Senior Trips – Visit our lobby for brochures on the following trip: Greenfield Village, National Museum of the Great Lakes. August 24th Eastern Market.

Tai Chi with Barb Reynolds – Monday & Friday at 10am, \$3 fee paid to Barb.

W.C. Household Hazardous Waste Day – Saturday, July 21, 2018 - 8 a.m. - 2 p.m. Detroit City Airport 11499 Conner Street, Detroit.

PLEASE CHECK OUT OUR FLYERS IN THE LOBBY

Planning a party.....We have seven (7) rooms for rent.

Call or stop by the Parks & Recreation Department for more info (313) 928-0770.

VISIT OUR WEB PAGE AT CITYOFALLENPARK.ORG FOR NEW PROGRAMS