

ALLEN PARK SENIOR PROGRAM
MAY 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 May:

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, **May 1**, 10:00-11:30am

Cardio Drumming – Tuesday & Thursday evenings at P & R 6:30 – 7:30 p.m.

City Wide Garage Sale – May 18, 19, 20, 2018. Sign up at Parks & Rec office.

Dr. Redmond – **May 10**, 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) **May 3rd, May 17th and May 31st** 2018.

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

Pinochle - 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: Calder Dairy, Greenfield Village, National Museum of the Great Lakes.

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

W.C. Household Hazardous Waste Day – Saturday, June 9, 2018 from 8 a.m. – 2 p.m., Henry Ford College 5101 Evergreen Rd, Dearborn.

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