

ALLEN PARK SENIOR PROGRAM  
SEPTEMBER 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 SEPTEMBER:**

**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, **September 4**, 10:00-11:30am

**Cardio Drumming** – Tuesday & Thursday evenings at the **COMMUNITY CENTER** 6:30 – 7:30 p.m.

**City Wide Garage Sale** – September 14 – 16, permits available at Parks & Rec office.

**Dr. Redmond** – **September 13**, 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) **September 6 and September 20**, 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 Trips** – Visit our lobby for brochures on the following trip: Greenfield Village, Casino's, and several new Day Trips!

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

**W.C. Household Hazardous Waste Day** – Saturday, November 3, 2018: 8 a.m. - 2 p.m. Wayne County Community College-Downriver Campus. 21000 Northline, Taylor.

**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**