

# ALLEN PARK SENIOR PROGRAM JULY 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:**

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

**Blood Pressure Testing-** First Tuesday of the month, **June 2**, 2019 10:00-11:30am

**Cardio Drumming** – Tuesday & Thursday evenings at the **CHAMPAIGN PARK (WEATHER PERMITTING)**  
6:30 – 7:30 p.m.

**Dr. Redmond** – **July 25th**. Call the Office to book your appointment, 313-928-0770.

**Easter Market Senior Trip** – Tuesday, August 20, \$5.00. Sign up at Community Center Office.

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

**Knitting-** Wednesday Room F & G at 1pm

**Lemonade in the Shade** – FREE – Grab your picnic blanket and lawn chairs, all ages welcome, concert & art project, July 16 at 1 PM, at Reil Park (Euclid & Quandt). Come join us for some fun and music.

**Massage with Denise** – (By appointment) **July 11, July 25, 2019.**

**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** – Monday & Wednesday at 9am, \$3 fee paid to instructor.

**Senior Trips** – Visit our lobby for brochures on various trips offered by Bianco Tours.

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

**Wayne County Household Hazardous Waste Collection** – Saturday, August 10, 2019 8 a.m. to 2 p.m.  
Westland Shopping Center 35000 Warren, Westland MI 48185 (Lot behind JCP Store)

## **PLEASE CHECK OUT OUR FLYERS IN THE LOBBY**

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

Planning a picnic.....We have six (6) park shelters 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**