

# Delta 39'ers News

Volume 11, Issue 4

[www.deltami.gov/parks](http://www.deltami.gov/parks)

4th Quarter October– December 2016

Delta 39'ers  
Enrichment Center  
4538 Elizabeth Road  
Lansing, MI 48917  
(517) 484-5600  
[www.deltami.gov/parks](http://www.deltami.gov/parks)

**Office Hours:**  
Monday-Friday  
10:00am-3:00pm

*If you would like to  
advertise in future  
editions, please contact  
the office at  
(517) 484-5600*

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## Delta-Waverly Garden Club



A special thank you to Delta-Waverly Garden Club. We appreciate all of your hard work and time you dedicate to making our grounds look so beautiful.

### Delta Township Senior Council Meeting

You are cordially invited to attend the quarterly meeting of the Delta Township Senior Council on September 7th at 6:30pm. The meeting will be held at the Delta Enrichment Center, located at 4538 Elizabeth Rd, Lansing. Our guest speaker is a representative from Eatran; discussing public transportation services available in Delta Township. Come and join us and be a part of the community discussion for the future of our Senior population.



### Flu Shot Clinic

~Save the Date~  
Tu., 10/18  
1:00 - 4:00 pm  
&  
Th., 10/20  
10:00am-1:00pm  
First come, first served

### Gift Certificates

Delta 39'ers now offer gift certificates in any denomination. Gift certificates can be used for trips, classes, lunches and more. They make great birthday and Christmas presents!



## Staff Directory

Tammy Opdyke  
Senior Activities Coordinator  
TOpdyke@deltami.gov

Dave Hill  
Aquatics Coordinator  
DHill@deltami.gov

Nichole Combs  
Secretary  
NCombs@deltami.gov

Visit our website at [deltami.gov/parks](http://deltami.gov/parks)

## Exercise Classes

<p><b>NO Classes/Activities</b>  <b>Nov. 7</b> After 2:00pm  <b>Nov. 8</b> All Day          Due to Election</p>	<p><b>Chair Exercise</b></p> <p>Join us in the Lansing Mall food court for this fun exercise class. These exercises help to improve flexibility, range of motion, strength, balance and cardio endurance. Resistance bands are available for \$4 each. Punch cards are also available, \$20 for 20 punches. (1 punch per visit)</p> <p><b>M/W/F :</b>          8:30-9:30 am          \$1 drop in fee          Lansing Mall</p>	<p><b>Jazzercise Lite</b></p> <p>Gentle rhythmic movements provide a warm up, followed by a gradual aerobic segment and weight bearing exercise to help increase bone density and muscle strength.</p> <p><b>M/W :</b>          3:00-3:45 pm          \$48/16 Classes          Prorating &amp; drop in available.          Register in class or call Patty at 881-1938 for more information.          Room 304</p>	<p><b>Pacers Walking Club</b></p> <p>Walk daily all year round. Sign up by logging your miles in the Food Court. Mall opens at 7:00 am for walkers</p> <p><b>Monday-Sunday</b>          Free          Lansing Mall</p> <div data-bbox="1256 758 1409 968" data-label="Image"> </div>
<p><b>Arthritis Exercise Class</b></p> <p>All exercises are created by the Arthritis Foundation and are designed to improve strength, flexibility and range of motion.</p> <p><b>Tu :</b>          1:00-1:45 pm          \$2 drop in fee          Room 304</p>			



<p><b>Senior Core</b></p> <p>This fitness class focuses on the core namely your abdominal muscles and lower back. Beginners are welcome. Please bring water, a mat and towel with you.</p> <p><b>M/W/F :</b>          9/12-10/7          (no class 9/16 &amp; 9/19)          9:30-10:15 am          \$40/10 Classes</p> <p><b>M/W/F :</b>          10/10-10/28          9:30-10:15am          \$36/9 Classes</p> <p><b>M/W/F:</b>          10/31-11/18          9:30-10:15 am          \$36/9 Classes          Room 303</p>	<p><b>Tai-Chi</b></p> <p>Tai Chi is low impact and involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.</p> <p><b>Qigong Shibashi:</b>  <b>Th :</b>          9/22-11/10          1:10-2:10 pm          \$48/8 Classes</p> <p><b>Yang 24 Step Simplified:</b>  <b>Th :</b>          9/22-11/10          2:15-3:15 pm          \$48/8 Classes          Room 303</p>	<p><b>Yoga</b></p> <p>Great class for beginners. Yoga not only helps increase strength and flexibility but it reduces stress. Wear comfortable clothing and come join us!</p> <p><b>Tu :</b> 10:00-11:00 am  <b>W :</b> 9:30-10:30 am  <b>Th. :</b> 10:00-11:00 am          11:30 am-12:30 pm          \$2 drop in fee          Room 304</p> <div data-bbox="889 1759 1092 1969" data-label="Image"> </div>	<p><b>Zumba Gold</b></p> <p>This class is designed specifically for older active adults and includes Latin and International dance rhythms.</p> <p><b>M/W/F :</b>          9/12-10/7          (no class 9/16 &amp; 9/19)          10:30-11:15 am          \$40/10 Classes</p> <p><b>M/W/F :</b>          10/10-10/28          10:30-11:15 am          \$36/9 Classes</p> <p><b>M/W/F:</b>          10/31-11/18          10:30-11:15 am          \$36/9 Classes          Room 303</p>
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**Motor City Casino**

Come try your luck at Motor City Casino. Receive \$25 in gaming. Must bring a valid ID to get incentive.

**Thursday, November 10**

Depart: 8:30 am/Enrichment Center

Return: 4:30 pm

Cost: \$40/per person

Includes: Motor coach transportation and \$25 in gaming

Not Included: Bus driver's tip (\$1 per person suggested).

Registration deadline: October 27



**Mackinac Island - Grand Hotel**

4 Days/3 Nights Package

M-Th., October 24 – October 27

\$1,057/Single, \$786/Double, \$716/Triple (Early bird registration discount of \$25 if you register before June 14). A deposit of \$425 per person is required with your registration.

Final payment is required by August 26

Includes: Transportation, lodging at the Grand Hotel, meals, carriage tour, special activities and more.

Not Included: Lunch on the way home, bus driver's tip, taxi driver's tip, and carriage tour driver's tip (\$1 per person suggested).

Registration deadline: August 26 or until all rooms are filled.



**Park Hop**

People of all ages are invited to the Delta Township Park Hop on Sunday September 11, between the hours of 1-5 p.m. A sampling of activities at the 5 parks: Delta Mills- Try out the latest sport called Pickleball and sample exercise classes such as Jazzercise Lite, chair exercise, Tai Chi and beginner Yoga; Grand Woods- Music and learn to play Bocce, Kubb and more; Hawk Meadow- Scavenger hunt, trails and a site for pictures; Sharp Park- A chance to "Choose Your Own Adventures" to see the many activities available this park. And this is only a sampling of what you will be able to do!

Pick up a passport in any of the parks and have it stamped in at least 3 parks to be entered into a drawing for prizes. Visit the parks in any order- just remember to turn in your completed passport at your last park by 5 p.m. to be entered into the drawing. Passports will include a map and addresses to the five parks. Sponsored by the Activity Committee of the Delta Township Senior Council and the Delta Township Parks & Recreation Department.

**Lunch Time Lectures**

The Lecture Series will be held on Tuesday's in October from 12:30-2:00 p.m. at the Delta Township Library.

October 4th- How Game Can Change the World

October 11th- First Ladies Laura Bush & Michelle Obama at investing in Our Future.

October 18th- Should we Restrict Speech Promoting Terrorism Online?

October 25th- Douglas Wilson: Abraham Lincoln's Great Ideas



Series sponsored by the Delta Township Library, Delta Township Senior Council and the Delta Township Parks & Recreation Department. More information available at [www.dtdl.org](http://www.dtdl.org).

**DELTA TOWNSHIP AQUATICS POOL SCHEDULE**

September 6, 2016 – December 30, 2016



The Pool Information Line is 484-9322

This schedule can also be found at [www.Deltami.gov/parks](http://www.Deltami.gov/parks)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:45 am Splash Aerobics	9:00-9:45 am Deep Water Aerobics	9:00-9:45 am Splash Aerobics	9:00-9:45 am Deep Water Aerobics	9:00-9:45 am Splash Aerobics	
10:00-10:45 am Deep Water Aerobics	10:00-10:45 am Arthritis Plus Aquacise	10:00-10:45 am Deep Water Aerobics	10:00-10:45 am Arthritis Plus Aquacise	10:00-10:45 am Deep Water Aerobics	
11:00-11:45 am Arthritis Aquacise	11:00-11:45 am Arthritis Aquacise	11:00-11:45 am Arthritis Aquacise	11:00-11:45 am Arthritis Aquacise	11:00-11:45 am Arthritis Aquacise	
12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	
3:30 - 5:00 pm Adult Open/  Lap Swim		3:30 - 5:00 pm Adult Open/  Lap Swim		3:00- 4:00 pm Adult Open Swim  4:00-5:00 pm Lap Swim	
5:00-5:45 pm Deep Water Aerobics	5:00-7:30 pm Swim Lessons  9/13 - 11/1 & 11/8 - 12/8  <i>Call or click to register:</i>  517-484-5600 <a href="http://www.deltami.gov">www.deltami.gov</a>	5:00-5:45 pm Deep Water Aerobics	5:00-7:30 pm Swim Lessons  9/15 - 11/3 & 11/8 - 12/8  <i>Call or click to register</i>  517-484-5600 <a href="http://www.deltami.gov">www.deltami.gov</a>		
6:00-6:45 pm Splash Aerobics		6:00-6:45 pm Splash Aerobics			
6:45-8:00 pm Adult Open/  Lap Swim	7:30-8:30 pm  Family Swim 9/13 -12/6 only	6:45 - 8:00 pm Adult Open/  Lap Swim	7:30-8:30 pm  Family Swim 9/15 - 12/8 only		

Private Swim  
Lessons Avail.  
Call to register

POOL RENTALS are  
available for your  
private group. Great  
for birthday parties,  
reunions, and more!  
Call  
484-5600  
for details.

Classes, programs and times subject to change without advanced notice updated July 2016

Visit our website at [deltami.gov/parks](http://deltami.gov/parks)

## DELTA TOWNSHIP AQUATICS

Aquatics Office Phone: 517 484-5600

**Aquatics Information Line: 484-9322**

PLEASE NOTE: Please call the Aquatics information number listed above for updates. In the event of severe weather and the Waverly School District is closed, then all Delta Township Aquatics programs will be cancelled.

**Pool Rentals:** Great for parties, reunions, and specialty classes. Call the office for details.

**Adult Water Exercise** – you do not need to be a swimmer to participate. Your first visit to one water exercise class (of your choice) is complimentary. All water aerobics classes are taught for 45 minutes.

**Arthritis Aquacise** ☺

Aquatic exercise class designed by the Arthritis Foundation and taught by Arthritis Foundation certified instructors. These classes are designed to alleviate the symptoms of arthritis while increasing muscle strength, limb flexibility, and increased range-of-motion (ROM). Many participants also experience significant pain and stress relief. Stretching movements are included throughout the class.

**Arthritis Plus Aquacise** ☺

This class is a step up from the Arthritis class described above. This workout includes about 20 minutes of low-level endurance activities, which provides cardiovascular benefits to participants, as well as multiple exercises and stretches for the entire body.

**Splash** ☺

These classes provide a participant with fun and fast cardiovascular activities that also include muscle strengthening and toning. Jumping and bouncing moves are included. Class concludes with relaxing stretch session.

**Deep Water Aerobics** ♣

This class is designed to make the most of water resistance by offering the participant the challenge provided by long, strong, and powerful movements through the water – did you know that a *half hour* of water walking is equivalent to walking 2 hours on land?

**Adult Open Swim**

Come join us for an adults only open swim time. This is an opportunity for adults to use the pool without an instructor or having to swim laps. Use your lap / family swim card, water aerobics card, or pay a \$4 drop in fee per person. Enjoy the pool and do what you want to do! Ages 18+

**Swim Lesson Information**

Adult and Youth swim lessons are offered at the warm water pool at Waverly East. Private and semi-private lessons are also available. Please call or click for more information or to register for swim lessons; 484-5600, [www.deltami.gov](http://www.deltami.gov)

**David Hill – Aquatics Coordinator**

For each activity you may purchase a punch card, which is good for 10 visits. **Refunds will not be issued for new or partially used punch cards.**

Activity	Age	Fee
<b>Adult Water Exercise</b>	54 and under	\$55.00
	55 and over	\$50.00
Correct change only	Drop in	\$ 7.00
<b>Adult Open Swim</b>	18 and over	\$35.00
	Drop in	\$ 4.00
<b>Lap Swim</b>	All	\$35.00
	Drop in	\$ 4.00
<b>Family Swim**</b>	All	\$35.00
	Drop in	\$ 4.00

Please make checks payable to: Delta Township

\*\*Family Swim – an adult aged 18 or above must remain in attendance, with no more than 5 youth swimmers under their supervision. **It is the policy of Delta Township to not allow children over the age of 5 in opposite gender locker rooms.**

Punch cards may be purchased at the Delta Township Aquatics office, located inside the Enrichment Center, 4538 Elizabeth Road Lansing, Mi. Office hours are M-F, 10:00 am to 3:00 pm.

You may also purchase punch cards by phone (484-5600) using a credit card. Cards will be delivered to the pool twice a week. Major credit cards are accepted.

~ Purchase punch cards on the pool deck with a **check or money order only** ~

Swim schedules are available on Delta Township's website, [www.Deltami.gov](http://www.Deltami.gov), at the Pool, and at the Delta Township Aquatics office.

**The Pool will be closed on the following dates:**

- Monday September 5, 2016
- Thursday November 24, 2016
- Friday November 25, 2016
- Friday December 23, 2016
- Monday December 26, 2016

**Aquatics Information Line 484-9322**

# Classes

## No Fear– Computer Class

### Basic Computer Class:

Learn how to use windows, copy & paste, file management, security & safety, web browsers & basic browser functions, internet basics, email basics & safety, and various other topics that may be brought up in class.

**Session 1:** 9/6-10/18

Tu: 11:00 am or 1:00 pm

**Session 11:** 11/2–12/14

W: 11:00 am or 1:00 pm

### Beyond the Basics:

How to use windows, good file management, getting to know how your PC works on the inside, security & safety, how to make a good password, how to download and install anti viruses, PC cleaning, tune up & basic virus removal, using google apps, internet tutorial websites, and various other topics.

**Session 1:** 9/6-10/18

Tu: 11:00 am or 1:00 pm

**Session 11:** 11/2-12/14

W: 3:00 pm or 6:00 pm

Registration Required; Room 301

**FREE**



## Zentangle (Drawing Class)

Explore this easy and enjoyable drawing method used to create wonderful small works of art. Begin with a black pen on white paper (supplied), drawing simple abstract patterns. This is a great class for anyone who thinks they cannot draw—plus it's fun!

**Sa :**

9/17

10:00 am– 12:30 pm

Cost: \$48.00

**-Or-**

**W:**

9/21

1-3:30 pm

Cost: \$48.00

Room 302



## Genealogy

Have fun learning how to get started in genealogy, the various resources, and how to preserve your information.

**M :**

9/19-11/21

(no class 10/31 & 11/7)

6:30-8:30 pm

\$32/8 Classes

Activity Room

**Tu :**

9/20-11/15

(no class 11/8)

1-3 pm

\$32/8 Classes

Room 302



## AARP Smart Driver

Learn proven safety strategies to help keep you safe while on the road. After taking the class, you may be eligible for a discount on your car insurance.

**M & Th :**

9/19 & 9/22

1:00-5:00 pm

AARP Member Rate/\$18

AARP Non-Member Rate/\$23

Room 302

## AARP Finance 50+

An educational seminar with Delta Township's Treasurer Howard Pizzo; offering participants an opportunity to learn about and plan for budgeting and setting financial goals, assessing and planning for credit and debt and developing a savings and protecting assets.

**W :**

10/5, 10/12, & 10/19

10:30 am-12:00 pm

Free/3 Classes

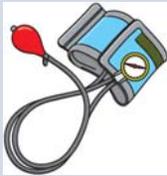
Room 302

# Health Services

## Blood Pressure Checks

The Delta Township Fire Department is offering free blood pressure checks once a month.

**F: 9/9, 10/14, 11/11, 12/9**  
11:15-11:45 am  
Free



## Blood Sugar Testing

Free blood sugar testing courtesy of Extendicare.

**F: 9/2, 10/7, 11/4, 12/2**  
10:30-11:30 am  
Free



## Foot Care

Appointments include toenail cutting, footbath and foot massage. Minor calluses and rough areas are filed. (corn removal a medical procedure, therefore this procedure is not performed).

**Twice a month**  
\$25 per person  
Call for an appointment  
Gift certificates available



## Flu Shot Clinic

**Tu :**  
10/18  
1:00 pm- 4:00 pm  
**Th :**  
10/20  
10:00 am-1:00 pm  
First come, first served



## ~Weather Reminder~

Please check your local TV and radio stations before heading out to the Senior Center. If Waverly Community Schools are closed due to inclement weather, the Senior Center is also closed. Remember to watch for ice in the parking lot and sidewalks. We will make every effort to have these areas shoveled and salted, but please be cautious.

## Chair Massage

Enjoy a relaxing 15 minute massage with Certified Therapist, Terri Howland.

**2nd & 4th (Wednesday)**

\$12 per person

Call for an appointment

Gift certificates available



There is a treadmill available for use at the Delta Enrichment Center

M-F, 10:00 am-3:00 pm

Free



## No Partner Needed

### Bingo

Monday, Wednesday, & Friday  
1:00-2:30 pm  
\$1 per person  
12 Cards



### Bridge (Social/Contract)

Monday  
1:00-4:00 pm  
\$1.50 per person

### Cribbage

Wednesday  
1:00-3:00 pm  
\$1.50 per person

### Double-Pinochle

1st & 3rd Friday  
11:00 am-3:00 pm  
\$1.50 per person



### Euchre

Monday  
6:00-9:00 pm  
\$1.50/person

Thursday  
6:00-9:00 pm  
\$3.00/person

### Mahjong

2nd & 4th Friday  
12:00-3:00 pm  
\$.50 per person

### Pinochle

Tuesday  
12:00-3:30 pm  
\$1.50 per person

### Scrabble

Thursday  
1:00-3:00 pm  
\$.50 per person



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4538 Elizabeth Road  
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