

39'ers News

Volume 9, Issue 2

www.deltami.gov/parks

2nd Quarter April-June 2015

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

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

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Senior Spotlight

The Senior Spotlight this quarter is on David Berquist! He was born in Iron Mountain, Michigan in 1950. David has been a Delta Resident for 38 years and a member of the 39'ers for 3 years. He started the scrabble club which meets every Thursday at 1:00 pm and they are always looking for more players to join in on the fun. David and his wife Kathy have been married for 39 years and have three sons and six grandchildren. His favorite hobbies are model railroads, Central Michigan Rock Club and Knights of Columbus. Thank you David for being a part of the 39'ers. We enjoy your witty personality and sense of humor.



A Special Thank You To Our 2014 Contributors

- * Burger King
- * Flap Jacks
- * Target
- * DeLuca's Restaurant
- * Uncle John's Cider Mill
- * Walgreens
- * The Grand Ledge Opera House
- * Fazoli's
- * Walmart
- * Buffalo Wild Wings
- * Finley's
- * Denny's
- * Logan's
- * Fast Eddies
- * Delta Township District Library
- * Big John's Steak & Onion
- * McDonald's

Staff Directory

Tammy Opdyke Senior Activities Coordinator TOpdyke@deltami.gov	Dave Hill Aquatics Coordinator DHill@deltami.gov	Nichole Combs Secretary NCombs@deltami.gov
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Visit our website at deltami.gov/parks

Exercise Classes

<p>Arthritis Exercise Class</p> <p>All exercises are created by the Arthritis Foundation and are designed to improve strength, flexibility and range of motion.</p> <p>Tuesday 1:00-1:45 pm Drop in fee \$2 Room 304 Enrichment Center</p> 	<p>Chair Exercise</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. Most exercises can be done sitting or standing. Resistance bands are available for \$3 each. Punch cards are also available for \$20 for 20 punches. (1 punch per visit)</p> <p>M/W/F 8:30-9:30am \$1 drop in fee Lansing Mall</p>	<p>Jazzercise Lite</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>M/W 3:00-3:45pm \$48/8 Weeks Call Patty for more information (517) 881-1938 Room 304 Enrichment Center</p>	<p>Pacers Walking Club</p> <p>Walk daily all year round. Sign up by logging your miles in the Food Court. Mall opens at 7:00am for walkers</p> <p>Monday-Sunday Lansing Mall Free</p> 
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<p>Senior Core</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>M/W/F 4/27-6/1 9:30-10:15am \$56/14 Classes Room 303 Enrichment Center</p>	<p>Yoga</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>Tuesday: 10:00-11:00am Wednesday: 9:30-10:30am Thursday: 10:00-11:00am 11:30-12:30pm</p> <p>\$2 drop in fee Room 304 Enrichment Center</p>	<p>Zumba Gold</p> <p>This class is designed specifically for older active adults and includes Latin and International dance rhythms. This is such an easy program to follow that people of all ages can do it!</p> <p>M/W/F 4/27-6/1 10:30-11:15am \$56/14 Classes Room 303 Enrichment Center</p>
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Mystery Trip #1

Our destinations are a mystery! You will have to come and join us to see where we are going.

When: Tuesday, April 21

Depart: 9:00 am/Enrichment Center

Return: 5:45 pm/Enrichment Center

\$75/Per Person

Includes: Transportation, lunch and admissions

Registration Deadline: March 23



Discover Saugatuck ~

Lunch at Coral Gables, dune rides, & free time downtown

When: Thursday, May 28

Depart: 9:15 am/Enrichment Center

Return: 6:15 pm/Enrichment Center

\$85/Per Person

Includes: Motor Coach Transportation, lunch, and dune ride

Registration Deadline: April 28



Mackinac Island - Grand Hotel ~

Come and relax at Mackinaw Island! Guests enjoy modern amenities while the hotel's original architecture and charm have been tastefully preserved.

Mackinaw Island is only accessible by ferry boat or plane. The only means of transportation on the Island are horse and carriage or bicycle.

4 Days/3 Nights Package

M-Th., October 26– October 29

\$976/Single, \$746/Double, \$676/Triple

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

Please call for more information (517) 484-5600



Look for Upcoming Trips:

Tigers Baseball Games

&

Shipshewana



DELTA TOWNSHIP AQUATICS POOL SCHEDULE

March 2, 2015 – May 29, 2015

This schedule can also be found at www.deltami.gov/parks
The Aquatics Information Line is 484-9322]

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	11:00-12:00 pm Adult Open Swim	11:00-11:45 am Arthritis Aquacise	11:00-12:00 pm Adult Open Swim	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 3/24 – 5/19	5:00-5:45 pm Deep Water Aerobics	5:00-7:30 pm Swim Lessons 3/26 – 5/21	5:00-5:30 pm Private Swim Lessons Avail. Call to register	
6:00-6:45 pm Splash Aerobics	Call or click to register: 517-484-5600 www.deltami.gov	6:00-6:45 pm Splash Aerobics	Call or click to register 517-484-5600 www.deltami.gov	5:30 -7:00 Triathlon Workshop 4/17 – 5/27	
6:45-7:30 pm Aqua Zumba		6:45 - 7:30 pm Aqua Zumba			
7:30-8:30 pm Lap Swim	7:30-8:30 pm Family Swim 3/24 – 5/19 only	7:30-8:30 pm Lap Swim	7:30-8:30 pm Family Swim 3/26 – 5/21 only		



Classes, Programs and times subject to change without advanced notice. Updated Feb., 2015

Visit our website at deltami.gov/parks

DELTA TOWNSHIP AQUATICS
 Aquatics Office Phone: (517) 484-5600

Aquatics Information Line: 484-9322

PLEASE NOTE: If the Waverly Schools are closed due to inclement weather then all Delta Township Aquatics programs will also be cancelled. Please call the Aquatics Information Line for details.

Pool Rentals: Great for parties, reunions, and specialty classes, and more! Call the office for details or to book a date.

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?

Aqua Zumba ⚡

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

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 \$3 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 the Delta Township Aquatics Office for details and to schedule a session.

David Hill – Aquatics Coordinator

The Pool is Located at Waverly East Intermediate School
 3131 W. Michigan Ave., Lansing, 48917.

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

Activity	Age	Fee
Adult Water Exercise*	54 and under	\$45.00
	55 and over	\$40.00
Correct change only	Drop in	\$ 6.00
Adult Open Swim	18 and over	\$ 3.00
Lap Swim	All	\$25.00
Correct change only	Drop in	\$ 3.00
Family Swim**	All	\$25.00
Correct change only	Drop in	\$ 3.00
Bottled Water		\$ 1.00

*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 aerobic classes are taught for 45 minutes!

Family Swim: an adult aged 18 or older 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.

You may purchase punch cards three ways:

- 1) In person, at the Delta Township Aquatics office.
 - 2) Over the phone (484-5600) with a credit card.
 - 3) On the pool deck with check or money order only.
- Please make checks payable to: **Delta Township**

Swim schedules are available on Delta Township's website and at the Delta Township Activities office.

The Pool will be closed on the following days:
Friday April 3, 2015
Monday May 25, 2015
 Aquatics Information Line 484-9322

Delta Township 39'ers

March 2015

www.deltami.gov/parks

517-484-5600

Delta Township Enrichment Center, 4538 Elizabeth Road, Lansing 48917

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		NOTES		
2	Senior Core 9:30 Zumba 10:30 Lunch 12:00 Bingo 1:00 Bridge 1:00 Jazzercise Lite 3:00 Euchre 6:00	3	Footcare Yoga 10:00 Pinochle 12:00 Arthritis Ex 1:00	4	Yoga 9:30 Senior Core 9:30 Zumba 10:30 Lunch 12:00 Bingo 1:00 Cribbage 1:00 Jazzercise Lite 3:00	5	Footcare Yoga 10:00/11:30 Scrabble 1:00 Tai-Chi 18 Style 1:00 Tai-Chi Beginning 2:15 Euchre 6:00	6	Blood Sugar Senior Core 9:30 Zumba 10:30 Lunch 12:00 Bingo 1:00			
9	Senior Core 9:30 Zumba 10:30 Lunch 12:00 Bingo 1:00 Bridge 1:00 Jazzercise Lite 3:00 Euchre 6:00	10	Yoga 10:00 Pinochle 12:00 Arthritis Ex 1:00	11	Chair Massage Yoga 9:30 Senior Core 9:30 Zumba 10:30 Lunch 12:00 Bingo 1:00 Jazzercise Lite 3:00	12	Yoga 10:00/11:30 Scrabble 1:00 Tai-Chi 18 Style 1:00 Tai-Chi Beginning 2:15 Euchre 6:00	13	Blood Pressure Senior Core 9:30 Zumba 10:30 Mah Jong 12:00 Lunch 12:00 Bingo 1:00	St. Patrick's Day Cupcakes: Ingredients 1 3/4 Cp Flour 2/3 Cp Sugar 1 pkg. Instant pistachio pudding 2 Tsp Baking powd. 1/2 Tsp Salt 2 Eggs 1/2 Cp Canola oil 1 Tsp Vanilla ex. Green food coloring Cream Cheese frosting Directions: Combine all ingred. in large bowl, Mix well, Bake at 375 for 18-22 min. ~Speaker~		
16	Senior Core 9:30 Zumba 10:30 St.Pats/Lunch 12:00 Bingo 1:00 Bridge 1:00 Jazzercise Lite 3:00 Euchre 6:00	17	Yoga 10:00 Pinochle 12:00 Arthritis Ex 1:00	18	Yoga 9:30 Senior Core 9:30 Zumba 10:30 Speaker/Lunch 12:00 Bingo 1:00 Jazzercise Lite 3:00	19	Yoga 10:00/11:30 Scrabble 1:00 Tai-Chi 18 Style 1:00 Tai-Chi Beginning 2:15 Euchre 6:00	20	Senior Core 9:30 Zumba 10:30 Lunch 12:00 Bingo 1:00			
23	Senior Core 9:30 Zumba 10:30 Lunch 12:00 Bingo 1:00 Bridge 1:00 Jazzercise Lite 3:00 Euchre 6:00	24	Yoga 10:00 Lunch Bunch 11:30 Pinochle 12:00 Arthritis Ex 1:00	25	Chair Massage Yoga 9:30 Lunch 12:00 Bingo 1:00 Jazzercise Lite 3:00	26	Yoga 10:00/11:30 Scrabble 1:00 Euchre 6:00	27	Mah Jong 12:00 Lunch 12:00 Bingo 1:00			
30	BDay/Lunch 12:00 Bingo 1:00 Bridge 1:00 Jazzercise Lite 3:00 Euchre 6:00	31	Yoga 10:00 Pinochle 12:00 Arthritis Ex 1:00									
Wed., March 18 "Where do we go from here" Cara Storey Point												

Health Services/Activities

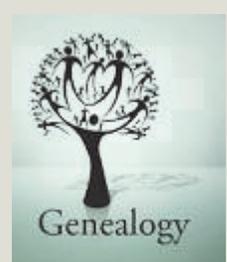
<p>Blood Pressure Checks</p> <p>The Delta Township Fire Department is offering free blood pressure checks once a month.</p> <p>3/13, 4/17, 5/8, 6/12 11:15am-11:45am Free</p> 	<p>Blood Sugar Testing</p> <p>Courtesy of Extendicare.</p> <p>3/6, 4/10, 5/1, 6/5 10:30-11:30am Free</p> 	<p>Foot Care</p> <p>Appointments include toenail cutting, foot-bath and foot massage. Minor calluses and rough areas are filed. (Corn removal is a medical procedure, therefore this procedure is not performed).</p> <p>Twice a month \$25 per person Call for an appointment Gift certificates available</p>	<p>Chair Massage</p> <p>Enjoy a relaxing 15 minute massage with Certified Therapist, Terri Howland.</p> <p>2nd & 4th Wed. \$12 per person Call for an appointment Gift certificates available</p> 
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~Genealogy ~

Join Jim and have fun learning how to get started in genealogy, the various resources available, and how to preserve your information.

Day
T, 4/7-5/26
1:00-3:00pm, Room 302
\$32/8 Classes

Evening
Th., 4/9-5/28
6:00-8:00pm, Room 302
\$32/8 Classes




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~Golf Leagues~

Men's Leagues & Women's Leagues
T/Th., 4/21 & 4/23-9/22 & 9/24
7:00-9:00am
Ledge Meadows Golf Course



Delta 39'ers Wish List

Decaf Coffee
Large Piece Puzzles
Napkins



Games

No Partner Needed**Bingo**

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

**Bridge-Social**

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

**Cribbage**

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

**Euchre**

Monday & Thursday
6:00-9:00pm
\$1.50 per person

**Mah Jong**

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

New

Pinochle

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

**Scrabble**

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



Delta Township 39'ers & Aquatics
4538 Elizabeth Road
Lansing, MI 48917
(517) 484-5600