

# 39'ers News

Volume 10, Issue 2

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

2nd Quarter April-June 2016

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

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

## Inside this issue:

Spotlight	1
Exercise Classes	2
Trips	3
Aquatics Schedule	4
Aquatics Info	5
Calendar	6
Health/Activities	7
Games/Cards	8

## A Special Thank You To Our 2015 Contributors

- ◆ Cheddar's Restaurant
- ◆ DeLuca's Restaurant
- ◆ Dunham Sports
- ◆ Fast Eddie's
- ◆ Fazoli's
- ◆ Finley's American Grill
- ◆ Logan's Roadhouse
- ◆ Outback Steakhouse
- ◆ Uncle John's Cider Mill



## 39th Birthday Bash Ice Cream Social

Come and join us and help us celebrate the 39'ers turning 39, with an Ice Cream Social.



Tuesday, April 5  
12:30-2:30pm & 4:30-6:30pm  
Activity Room; Free



## Check out Delta Township Senior Council on Facebook

If you're a Delta Township Senior Citizen (50+), this is where you can learn about local government, active participation and exchange ideas and experiences with other senior citizens that live in your area.

## Lunch Bunch

Join us for lunch at local restaurants. Fourth Tuesday of the month. Cost of lunch is on your own. Call for location and to sign up at 484-5600.

## 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>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>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 for \$20 for 20 punches. (1 punch per visit)</p> <p><b>M/W/F :</b> 8:30-9:30am \$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> 3:00-3:45pm \$48/8 Weeks Call Patty for more information at 881-1938. 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> 4/11-4/29 9:30-10:15am \$36/9 Classes <b>M/W/F :</b> 5/4-5/23 9:30-10:15am \$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> 4/7-5/26 1:00-2:00pm \$48/8 Classes</p> <p><b>Yang 24 Step Simplified:</b> <b>Th. :</b> 4/7-5/26 2:15-3:15pm \$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> 10:00-11:00am <b>Wed. :</b> 9:30-10:30am <b>Th. :</b> 10:00-11:00am           11:30-12:30pm \$2 drop in fee Room 304</p>	<p><b>Zumba Gold Chair Exercise</b></p> <p><b>Wed. :</b> 3/30 10:45-11:15am <b>Free Demo Class</b> Activity Room</p> <p><b>Wed. :</b> 4/6-5/25 11:15-11:45am \$3 drop in fee Room 303</p>	<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> 4/11-4/29 10:30-11:15am \$36/9 Classes <b>T/Th :</b> 4/12-5/19 (no classes 4/19 &amp; 5/3) 9:30-10:30am \$40/10 Classes <b>M/W/F :</b> 5/4-5/23 10:30-11:15am \$36/9 Classes Room 303</p>
---	--	---	---

**Sea Life Aquarium & Canterbury Village**  
 Visit the aquarium then lunch at Castle Grille at Canterbury Village with time to shop.  
 When: Tuesday , April 19  
 Depart: 8:30 am/Enrichment Center  
 Return: 4:30 pm/Enrichment Center  
 \$74/Per Person  
 Includes: Motor coach transportation, admission, and lunch  
 Not Included: Bus driver's tip (\$1 per person suggested)  
 Registration Deadline: March 16

**Look for upcoming trips:**  
 Tigers Baseball Games  
*June*  
 &  
*September*  
 Dates to be Announced

**Cherry Hut & Cherry Republic**  
 We're off to cherry country near Traverse City. First stop is the Cherry Hut for lunch. Then on to the Cherry Republic the world's largest exclusive retailer of cherry food creations.  
 When: Tuesday, May 17  
 Depart: 8:00 am/Enrichment Center  
 Return: 6:45 pm/Enrichment Center  
 \$45/Per Person  
 Includes: Motor coach transportation  
 Not Included: Lunch, and bus driver's tip (\$1 per person suggested)  
 Registration Deadline: April 15



**Mystery Trip #2**  
 Our destinations are a mystery, you will have to join us to see where we are going.  
 When: Wednesday, July 13  
 Depart: 8:45 am/Enrichment Center  
 Return: 6:00 pm/Enrichment Center  
 \$69/Per Person  
 Includes: Motor coach transportation, lunch, and admissions  
 Not Included: Bus driver's tip (\$1 per person suggested)  
 Registration Deadline: June 21

**Shipshewana Amish Country Housewives Tour**  
 Forget reality TV and meet the Real Housewives of Amish Country. Get a first-hand look at a day in the life of Amish women.  
 When: Thursday, August 25  
 Depart: 8:30 am/Enrichment Center  
 Return: 7:00 pm/Enrichment Center  
 \$87/Per Person  
 Includes: Motor coach transportation, step on guided tour, demonstrations, cooking lesson, and a meal at an Amish home.  
 Not Included: Bus driver's tip (\$1 per person suggested)  
 Registration Deadline: July 22

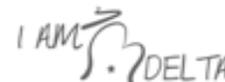


**Mackinac Island - Grand Hotel**  
 4 Days/3 Nights Package  
 M-Th., October 24 – October 27  
 \$1,057/Single, \$786/Double, \$716/Triple (Early bird registration discount of \$25 if you register before June 14) A deposit of \$425 per person is required with your registration  
 Final payment is required by August 26  
 Includes: Transportation, lodging at the Grand Hotel, meals, carriage tour, and special activities  
 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)



## DELTA TOWNSHIP AQUATICS POOL SCHEDULE

**April 4, 2016 – May 28, 2016**



The Aquatics Information Line 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	11:00-12:00 pm Arthritis Aquacise	11:00-11:45 am Arthritis Aquacise	11:00-12:00 pm 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  3/22 – 5/17	5:00-5:45 pm Deep Water Aerobics	5:00-7:30 pm Swim Lessons  3/24 – 5/19	5:00 – 6:00 pm Private Swim Lessons Avail. Call to register	
6:00-6:45 pm Splash Aerobics	Call or click to register:  517-484-5600 <a href="http://www.deltami.gov">www.deltami.gov</a>	6:00-6:45 pm Splash Aerobics	Call or click to register  517-484-5600 <a href="http://www.deltami.gov">www.deltami.gov</a>		
6:45-8:00 pm  Adult Open/ Lap Swim	7:30-8:30 pm Family Swim 3/22 – 5/17 only	6:45-8:00pm  Adult Open/ Lap Swim	7:30-8:30 pm Family Swim 3/24 - 5/19 only		


**POOL RENTALS**  
 are available for  
 your private group.  
 Call 484-5600 for  
 details.

Classes, programs and times subject to change without advanced notice. Updated February, 2015

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

## DELTA TOWNSHIP AQUATICS

Activities Office Phone: 484-5600

### Aquatics Information Line: 484-9322

*PLEASE NOTE: Please call the pool information number listed above for updates or listen to local TV or radio broadcasts for information about Waverly School closings. In the event of severe weather and the Waverly School District is closed, all Delta Township Aquatics programs will be cancelled.*

**Pool Rentals:** Great for parties, reunions, and specialty classes. Call the office for details, 484-5600.

### 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 the Delta Township Aquatics Office for more information about costs and session dates, or to register for swim lessons.

### David Hill – Aquatics Coordinator

**Please make checks payable to: Delta Township**

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	\$55.00
	55 and over	\$50.00
Correct change only	Drop in	\$ 7.00
Adult Open Swim	18 and over	\$ 4.00
Lap Swim	All	\$35.00
Correct change only	Drop in	\$ 4.00
Family Swim**	All	\$35.00
Correct change only	Drop in	\$ 4.00
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 aerobics classes are taught for 45 minutes!**

\*\*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.**

**You may purchase punch cards three ways:** 1) In person 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. 2) By phone (484-5600) using a credit card. Cards will be delivered to the pool twice a week. Visa, Discover and MasterCard are accepted. 3) On the pool deck with check or money order only.

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

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, March 25, 2016**

**Monday, May 30, 2016**

**Aquatics Information Line 484-9322**

# Delta Township 39'ers

Delta Township Enrichment Center, 4538 Elizabeth Road, Lansing 48917

517-484-5600

# March 2016

www.deltami.gov/parks

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		NOTES
		<b>1</b> Footcare Yoga 10:00 Pinochle 12:00 Arthritis Ex 1:00 Genealogy 1:00		<b>2</b> Yoga 9:30 Senior Core 9:30 Zumba Gold 10:30 Lunch 12:00 Bingo/Cribbage 1:00 American Art 1:00 Art Thru The Centuries 2:15 Jazzercise Lite 3:00		<b>3</b> Footcare Yoga 10:00/11:30 <b>AARP HomeFit 10:30</b> Scrabble 1:00 Young 24 Style 1:00 Beginning Tai-Chi 2:15 Euchre 6:00		<b>4</b> Blood Sugar Senior Core 9:30 Zumba Gold 10:30 DbL Pinochle 12:00 Lunch 12:00 Bingo 1:00		<b>Spring Facts:</b> The first day of spring is called the vernal equinox, which is a Latin term for "spring" & "equal night". Hurricane season begins in late spring. Tornado Alley is most active this time of year. There is more daylight during spring due to the earth's axis tilting toward the sun at this time of year. <b>Happy Spring Everyone!</b>
<b>7</b> Senior Core 9:30 Zumba Gold 10:30 Lunch 12:00 Bingo 1:00 Bridge 1:00 <b>No Activities After 2:00pm</b>		<b>8</b> Mystery Trip <b>No Activities</b> <b>Election</b>		<b>9</b> Chair Massage Yoga/Senior Core 9:30 Zumba Gold 10:30 <b>Speaker/Lunch 12:00</b> Bingo/Cribbage 1:00 American Art 1:00 Art Thru The Centuries 2:15 Jazzercise Lite 3:00		<b>10</b> Yoga 10:00/11:30 Scrabble 1:00 Young 24 Style 1:00 Beginning Tai-Chi 2:15 Euchre 6:00		<b>11</b> Blood Pressure Senior Core 9:30 Zumba Gold 10:30 MahJong 12:00 <b>Speaker/Lunch 12:00</b> Bingo 1:00		*Speakers* <b>Wed. March 9</b> Jason Sarata <b>Topic:</b> "Financial Planning" <b>Friday, March 11</b> Tri County Office on Aging <b>Topic:</b> "Community Forum"
<b>14</b> Lunch 12:00 Bingo 1:00 Bridge 1:00 Jazzercise Lite 3:00 Euchre 6:00		<b>15</b> Footcare Yoga 10:00 Pinochle 12:00 Arthritis Ex 1:00 Genealogy 1:00 Computer Classes		<b>16</b> Yoga 9:30 <b>St. Patricks/Lunch 12:00</b> Bingo/Cribbage 1:00 American Art 1:00 Art Thru The Centuries 2:15 Jazzercise Lite 3:00		<b>17</b> Yoga 10:00/11:30 Scrabble 1:00 Young 24 Style 1:00 Beginning Tai-Chi 2:15 Euchre 6:00		<b>18</b> Lunch 12:00 DbL Pinochle 12:00 Bingo 1:00		
<b>21</b> Lunch 12:00 Bingo 1:00 Bridge 1:00 Jazzercise Lite 3:00 Euchre 6:00		<b>22</b> Footcare Yoga 10:00 <b>Lunch Bunch 11:30</b> Pinochle 12:00 Arthritis Ex 1:00 Genealogy 1:00 Computer Classes		<b>23</b> Yoga 9:30 <b>Easter/Lunch 12:00</b> Bingo/Cribbage 1:00 American Art 1:00 Art Thru The Centuries 2:15 Jazzercise Lite 3:00		<b>24</b> Yoga 10:00/11:30 Scrabble 1:00 Euchre 6:00		<b>25</b> Closed Good Friday		
<b>28</b> Lunch 12:00 Bingo 1:00 Bridge 1:00 Jazzercise Lite 3:00 Euchre 6:00		<b>29</b> Yoga 10:00 <b>Golf Meeting 11:00</b> Pinochle 12:00 Arthritis Ex 1:00 Computer Classes		<b>30</b> Chair Massage <b>Bday/Lunch 12:00</b> Bingo 1:00 Cribbage 1:00 Jazzercise Lite 3:00		<b>31</b> Yoga 10:00/11:00 Scrabble 1:00 Euchre 6:00				

<p><b>Blood Pressure Checks</b></p> <p>The Delta Township Fire Department is offering free blood pressure checks once a month.</p> <p><b>4/8, 5/13, 6/10</b> 11:15am-11:45am Free</p>	<p><b>Blood Sugar Testing</b></p> <p>Courtesy of Extendicare</p> <p><b>4/1, 5/6, 6/3</b> 10:30-11:30am Free</p>	<p><b>Foot Care</b></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><b>Twice a month</b> \$25 per person Call for an appointment Gift certificates available</p>	<p><b>Chair Massage</b></p> <p>Enjoy a relaxing 15 minute massage with Certified Therapist, Terri Howland.</p> <p><b>2nd &amp; 4th Wed.</b> \$12 per person Call for an appointment Gift certificates available</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 7:00am for walkers</p> <p><b>Monday-Sunday</b> Free Lansing Mall</p> 			

**~ Golf Leagues ~**

Men's Leagues & Women's League  
*(Golf Organizational Meeting: Tuesday, March 29, 11:00am-11:30am)*  
 Tu: 4/19-9/20, Tee Time: 7-9am, \$25  
 Th: 4/21-9/22, Tee Time 7-8:30am, \$25  
 Ledge Meadows Golf Course



**Virtual Dementia Tour**

This tour is not computer-based. It is a dementia simulation that teaches people the physical and mental challenges of those living with dementia.

Th: 4/14  
10:00am-2:00pm  
First come, first served  
Free, Room 302

**AARP Life Reimagined**

For individuals to take inventory of their accomplishments and identify new or existing goals and develop a plan to accomplish these goals.

Th: 4/7  
10:30am-12:30pm  
Free, Room 302

**AARP CarFit**

A 20 minute one-on-one session with a trained technician who will suggest adjustments, adaptations to improve comfort, and control and safety.

Th: 5/5  
By appointment Only (11-2), Free

**39'ers Wish List**

Paperback books (newer than 2006)  
Napkins  
Ice cream toppings  
Decaf Coffee



## 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

**Double-Pinochle**

Tuesday  
12:00-3:30pm  
\$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

**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**