

Delta 39'ers Newsletter

Volume 10, Issue 3

www.Deltami.gov/parks

3rd Quarter June–September

**Delta Township 39'ers
Delta 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*

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SENIOR SPOTLIGHT



Meet Don and Mary Jorgensen! Don and Mary were both born and raised in Grand Ledge. Don was in the military stationed in Korea. When he returned home he worked at Motor Wheel for 22 years, Mary worked at D&C and also babysat. These two soul mates have been married for 62 years and have four children, four grandchildren and five great-grandchildren! They enjoy spending time with their family, traveling, reading, puzzles, golf and bowling! They have been members of the 39'ers for three months and really enjoy how friendly and welcoming everyone has been! We are so glad to have you here as a part of the 39'ers family!

Upcoming Event?

The Delta Township Enrichment Center
Activity Room is available to rent! Call
(517) 484-5600
For information and rates



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

Tai Chi

Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is a noncompetitive, self-paced system of gentle and physical exercise and stretching. Tai Chi is low impact and is especially suitable if you're an older adult who may not otherwise exercise.

Thursdays
1:00pm-2:00pm
7/10-8/28
\$48/ 8 Classes



Pacers Walking Club

Walk daily all year round. Sign up by logging your miles in the Food Court.
Mall opens at 7:00am for walkers
Lansing Mall, Free



Chair Exercise

Join us in the Lansing Mall food court for this fun exercise class! These exercises are designed to improve flexibility, range of motion, strength, balance and cardio endurance. Most exercises can be done sitting or standing. Wear comfortable clothing. Resistance bands are available for \$3 each. Punch cards are also available for \$20 for 20 punches (1 punch per visit).

M/W/F
8:30-9:30 am
\$1 drop in fee

Jazzercise Lite

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.

M/W
3:00-3:45 pm
\$48/16 classes
Drop in fee \$5

Call Patty for more information
(517) 881-1938

Senior Core

New

Senior core is a fitness class that focuses on the core, specifically your abdominal muscles and lower back. These exercises will help develop strength, balance, flexibility, and joint stability. Beginners are welcome! (Please bring a mat, water, and a towel)

M/W
9:30am-10:15am
6/16-7/9
\$32/ 8 Classes
Community Center

Zumba Gold

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! Come see for yourself!

M/W/F,
10:30-11:15 am
7/10-8/28
\$32/ 8 Classes
Community Center





Independent & Assisted Senior Apartments

All inclusive, plus:
 RN on Staff • Scheduled Activities • 24/7 Caregivers
 Two Daily Meals • Transportation • Small Pets Welcome

Call today for lunch & tour! 517-323-6970

www.DeltaRetirement.com • 201 S. Mall Drive, Lansing



47th MRPA Grand Hotel/Mackinac Island Trip

Horse Drawn carriage tour on the Island, afternoon tea, evening dancing and other special activities. Come and join the Delta 39'ers on a trip to Mackinac Island, October 20-23. You will spend 4/days and 3/nights at the Grand Hotel! Package includes: Transportation, Ferry Boat to and from the Island, Carriage Tour, 3 full breakfasts, 2 buffet lunches, a five-course dinner each night and many special activities. For more information or to register call (517) 484-5600. Registration deadline is August 22, 2014.



Mystery Trip

Come and Join the Delta 39'ers, our destination is a ~Mystery~ you'll have to join us to see where we are going!

When: Tuesday July, 8
 Depart: 8:45am
 Return: 5:15pm



Cost: \$75/Person
 Includes: Transportation, Admissions, Lunch, and Driver Tip.

Deadline to Register: June, 6
 Call (517) 484-5600

Henry Ford Museum

Come join us as we visit the Lincoln Chair, George Washington's Camp Bed, Rosa Park's Bus, the Presidential Limousines and much more.

When: Tuesday August, 19
 Depart: 9:30am
 Return: 4:30pm

Cost: \$53/Person
 Includes: Transportation, Admissions, and Driver Tip.

Deadline to Register is July, 29
 Call (517) 484-5600

Genealogy

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

When: Wednesday, 7/16-9/3
 Time: 10:30am-12:30pm
 \$32/Person

Call to Register
 (517) 484-5600

Social Media

Jump on the social media bandwagon. It is a great way to stay in touch with family and friends. This class will give you the basics for getting started.

When: Tuesday, 8/12
 Time: 10:30am-12:30pm
 \$2/Person



Call to Register
 (517) 484-5600

Delta Township 39'ers

May 2014

Delta Township Enrichment Center, 4538 Elizabeth Road, Lansing 48917

517-484-5600

www.deltami.gov/parks

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
				1 Yoga 10:00/11:30 Scrabble 1:00 Euchre 6:00	2 Blood Pressure Zumba 10:30 Lunch 12:00 Bingo 1:00	 <p>Memorial Day Facts: Memorial Day was called "Decoration Day", because of the practice of decorating soldiers graves with flowers. New York was the first State to officially recognize Memorial Day.</p>
5	Zumba 10:30 Lunch 12:00 Bingo 1:00 Bridge 1:00 Jazzercise Lite 3:00 Euchre 6:00	6 Footcare Yoga 10:00 Pinoche 12:00	7 Yoga 9:30 Zumba 10:30 Lunch 12:00 Bingo 1:00 Cribbage 1:00 Jazzercise Lite 3:00	8 Footcare Yoga 10:00/11:30 Scrabble 1:00 Euchre 6:00	9 Blood Sugar Zumba 10:30 Lunch 12:00 Bingo 1:00	
12	Zumba 10:30 Lunch 12:00 Bingo 1:00 Bridge 1:00 Jazzercise Lite 3:00 Euchre 6:00	13 Yoga 10:00 Pinoche 12:00	14 Chair Massage Zumba 10:30 Lunch 12:00 Bingo 1:00 Jazzercise Lite 3:00	15 Yoga 10:00/11:30 Scrabble 1:00 Euchre 6:00	16 Zumba 10:30 Lunch 12:00 Bingo 1:00	
19	Zumba 10:30 Lunch 12:00 Bingo 1:00 Bridge 1:00 Jazzercise Lite 3:00 Euchre 6:00	20 Hearing Screen. Yoga 10:00 Pinoche 12:00	21 Chair Massage Yoga 9:30 Zumba 10:30 Speaker/Lunch 12:00 Bingo 1:00 Cribbage 1:00 Jazzercise Lite 3:00	22 Yoga 10:00/11:30 Scrabble 1:00 Euchre 6:00	23 Zumba 10:30 Lunch 12:00 Bingo 1:00	
26	CLOSED 	27 Yoga 10:00 Lunch Bunch 11:30 Pinoche 12:00	28 Chair Massage Yoga 9:30 Birthdays Lunch 12:00 Bingo 1:00 Jazzercise Lite 3:00	29 Yoga 10:00/11:30 Scrabble 1:00 Euchre 6:00	30 Lunch 12:00 Bingo 1:00	

DELTA TOWNSHIP AQUATICS POOL SCHEDULE

The Pool Cancellation Phone Number is 484-9322

This schedule can also be found at www.Deltami.gov/parks

Effective March 31, 2014 — May 31, 2014

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	9:00-9:45 Aqua Zumba
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	10:00-10:45 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	Call or Click To register 484-5600 www.deltami.gov/ parks
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	
3:15-4:00 pm Adult Open Swim		3:15-4:00 pm Adult Open Swim		3:00-4:00 pm Adult Open Swim	
4:00-5:00 pm Lap Swim		4:00-5:00 pm Lap Swim		4:00-5:00 pm Lap Swim	
5:00-5:45 pm Deep Water Aerobics	5:00-7:30 pm Swim Lessons 3/25 – 5/20 <i>Call or click to register:</i> 517-484-5600 www.deltami.gov	5:00-5:45 pm Deep Water Aerobics	5:00-7:30 pm Swim Lessons 3/27 – 5/22 <i>Call or click to register</i> 517-484-5600 www.deltami.gov		
6:00-6:45 pm Splash Aerobics		6:00-6:45 pm Splash Aerobics			
6:45-7:30 pm Adult Open Swim		6:45-7:30 pm Adult Open Swim			
7:30-8:30 pm Lap Swim		7:30-8:30 pm Lap Swim			
	7:30-8:30 pm Family Swim 3/25-5/20 only	7:30-8:30 pm Lap Swim	7:30-8:30 pm Family Swim 3/27-5/22 only		
 <p style="text-align: center;">POOL RENTALS are available for your private group. Great for birthday parties, reunions, and more!</p>					

DELTA TOWNSHIP AQUATICS INFO

Pool Information & Cancellation Phone: 484-9322

PLEASE NOTE: Please call the pool cancellation 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.

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. Ages 18+

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. Ages 18+

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. Ages 18+

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? Ages 18+

Adult Open Swim

Come join us for an adult 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! Ages 18+

Swim Lesson Information

We offer Adult and Youth swim lessons in the Township pool. Private and semi-private lessons are also available. Please call the Delta Township Activities Office for more information about costs and session dates, or to register your child 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.

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 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 Activities office, located inside the Enrichment Center, 4538 Elizabeth Road Lansing, Michigan. Office hours are 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. Visa, Discover and MasterCard are accepted.

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

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

Health Service

Foot Care

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

Twice a month

\$25 per person
Call for an appointment
Gift certificates available



Blood Pressure Checks

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

3/7, 4/4, 5/2, 6/6
11:15am-11:45am

Activity Room
No appointment needed



Chair Massage

Enjoy a relaxing 15 minute message with Certified Therapist, Terri Howland

2nd and 4th Wednesday of the month

\$12 per person
Call for an appointment
Gift certificates available



Delta 39'ers Wish List

Decaf Coffee
Large Piece Puzzles
Napkins




Blood Sugar Checks

Blood sugar checks once a month courtesy of Extendicare.

5/9, 6/13, 7/11, 8/8, & 9/12
11:00am, Activity Room

No appointment needed
Free



Hearing Screening

Hearing Screening courtesy of, "Hearing Center of Lansing".

6/17
12:00-3:00pm, Activity Room

Call for an appointment
Free



Classes/Games


**Games and Cards
No Partners Needed**
**Bridge-Social**

Monday
1-4pm
\$1.50 per person

Scrabble

1st and 3rd Thursday
1-3pm
\$.50 per person

Bingo

Mon., Wed., Fri
1-3pm
\$1 per person/12 card

Pinochle

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

Euchre

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

Cribbage

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

Come and join us for lunch!

Every Monday, Wednesday, and Friday seniors enjoy fellowship and good nutritious meals that are provided by Tri-County on Aging. Lunch begins at 12:00 noon, followed by bingo at 1:00pm. Suggested donation for lunch \$3, bingo fee is \$1 for 12 cards.



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