

Delta 39'ers Newsletter

Volume 10, Issue 1

www.deltami.gov/parks

1st Quarter Jan-March 2016

**Delta Township 39'ers
Enrichment Center
4538 Elizabeth Road
Lansing, MI 48917
(517) 484-5600
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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SPOTLIGHT

Come and join the Delta 39'ers every Monday from 1:00-4:00pm for Bridge. No partner is needed. Cost is \$1.50 per person. Enjoy socializing and having fun!



Presentations

AARP Fraud Watch Network: Th., 2/4, 10:30am-12:30pm (Free)

AARP HomeFit Program: Th., 3/3, 10:30am-12:30pm (Free)

AARP Life Reimagined: Th., 4/7, 10:30am-12:30pm (Free)

Enrichment Center; Room 302

Check out Delta Township Senior Council on Facebook

NEW

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.

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

Exercise Classes

<p style="text-align: center;">Tai Chi</p> <p>Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai Chi is low impact and is especially suited for older adults who may not otherwise exercise.</p> <p>Young 24 Style Th, 1/28-3/17 1:00-2:00pm \$48/ 8 Classes</p> <p>Beginning Tai Chi Th, 1/28-3/17 2:15-3:15pm \$48/16 Classes Enrichment Center Room 303</p>	<p style="text-align: center;">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 3:00-3:45 pm \$48/8 Weeks Register in class Enrichment Center Room 304</p> 	<p style="text-align: center;">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>Tu, 10:00-11:00 am Wed, 9:30-10:30 am Th, 10:00-11:00 am 11:30-12:30 pm \$2 drop in fee Enrichment Center Room 304</p> 	<p style="text-align: center;">Chair Exercise</p> <p>Join us in the 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. Resistance bands- \$3 ea. Punch cards- \$20 for 20 punches (1 punch per visit).</p> <p>M/W/F 8:30-9:30 am \$1 drop in fee Lansing Mall</p>
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<p style="text-align: center;">Zumba Gold</p> <p>This class is designed specifically for older active adults and includes Latin and International dance rhythms.</p> <p>M/W/F 1/25-2/12 10:30-11:15 am \$36/9 Classes</p> <p>Tu/Th 1/26-3/3 9:30-10:30am \$48/12 Classes</p> <p>M/W/F 2/15-3/11 10:30-11:15 am \$48/12 Classes Enrichment Center Room 303</p>	<p style="text-align: center;">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 1/25-2/12 9:30-10:15 am \$36/9 Classes</p> <p>M/W/F 2/15-3/11 9:30-10:15 am \$48/12 Classes Enrichment Center Room 303</p>	<p style="text-align: center;">Arthritis Foundation 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>Tu, 1:00-1:45pm Drop in fee \$2 Enrichment Center Room 304</p>	<p style="text-align: center;">Pacers Walking Club</p> <p>Enjoy the benefits of walking all year round. Sign up by logging your miles in the Food Court.</p> <p>Mall opens at 7:00am for walkers Lansing Mall Free</p> 
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Classes/Events

No Fear Computer Class *FREE*

Learn basic computer skills, the internet, and email. Student computers are available, or you can bring your own laptop. Classes are 90 minutes each. 6 week sessions.

Basics

Session I

Tu, 1/12-2/23
11:00am, or 1:00pm

Session II

Tu, 3/15-4/19
11:00am, or 1:00pm



Beyond the Basics

Session I

Tu, 1/12-2/23
3:00pm, or 6:00pm

Session II

Tu, 3/15-4/19
3:00pm, or 6:00pm
Enrichment Center, Room 301
Call the office to register 517-484-5600

Genealogy

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

Tu, 1/26-3/22
1:00-3:00pm
\$32/8 Classes
Enrichment Center
Room 302



Art Through The Centuries

Beginning in the 1100's to the Twentieth Century. We will look at the major art movements and the artists that made it happen. Handouts will be given, and lively conversation is encouraged. Come, relax, and enjoy the beauty art has offered through the centuries.

W, 1/27-3/23
2:15-3:15pm
\$18/9 Classes
Enrichment Center



AARP CarFit

During a 20 minute one-on-one session a trained technician will go through the 12-point checklist and suggest adjustments and adaptations to improve comfort, control, and safety while behind the wheel.

Th, 5/5
11:00am-2:00pm
FREE
By appointment only
Call the office for more information at (517) 484-5600
Enrichment Center

American Art

We will learn about the art, the artist, and the world around them in their time periods. Handouts will be given, and lively conversation encouraged. Come, relax, and learn.

W, 1/27-3/23
1:00-2:00pm
\$18/9 Classes
Enrichment Center
Room 302

Golf Leagues

Men's & Women's Leagues
(Golf Organizational Meeting Tu., 3/29, 11-11:30am, Activity Room)

Tu., 4/19-9/20 (Tee Time 7-9:00am)
Th., 4/21-9/22 (Tee Time 7-8:30am)



Location: Ledge Meadows Golf Course; Cost: \$25

Firekeepers Casino

Join the 39'ers on a trip to Firekeepers Casino. You will receive \$20 in gaming credit and \$5 in food.

Date: Tuesday, February 9
 Time: 9:00am –3:00pm
 Cost: \$35/Person

Includes: Motor coach transportation, \$20 in gaming and \$5 in food.

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

Registration Deadline: 1/25

Call the office to register (517) 484-5600



Michigan Sea Life Aquarium & Canterbury Village

Visit the Michigan Sea Life Aquarium. Next we will have lunch at Castle Grille at Canterbury Village, with time to shop and check out the rest of Canterbury Village.

Date: Tuesday, April 19
 Time: 8:30am-4:30pm
 Cost: \$74/Person

Included: Motor coach transportation, admission, and lunch.

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

Registration Deadline: 3/16

Call the office to register (517) 484-5600

Mystery Trip #1



Take a mystery trip with the 39'ers. You will have to join us to see where we are going.

Date: Tuesday, March 8
 Time: 9:00am-5:00pm
 Cost: \$74/Person

Includes: Motor coach transportation, admissions, and lunch.

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

Registration Deadline: 2/5

Call the office to register (517) 484-5600

Cherry Hut & Cherry Republic

We're off to cherry country near Traverse City. First stop is the Cherry Hut for lunch and stock up on all your favorite cherry jams, jellies, and more. Then on to Cherry Republic the world's largest exclusive retailer of cherry food creations.

Date: Tuesday, May 17
 Time: 8:00am-6:45pm
 Cost: \$40/Person

Includes: Motor coach transportation

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

Registration Deadline: 4/15

Call the office to register (517) 484-5600

Severe Weather Policy for Delta 39'ers & Aquatics

If Waverly School District is closed for severe weather conditions all activities, classes and events are also cancelled. Activities, classes and events will be rescheduled if possible. A reminder also 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.

Health Services

~Come join us for lunch~

Every Monday, Wednesday and Friday seniors enjoy fellowship and good, nutritious meals provided by Tri-County Office on Aging. Lunch begins at noon. Suggested donation for lunch is \$3. Reservations are required the day before by noon. Call (517) 484-5600 for more information.

~Foot Care~

Appointments include toenail 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



~Chair Massage~

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

**2nd and 4th Wednesday
of the month
\$12 per person**
Call for an appointment
Gift certificates available



~Blood Sugar Testing~

Medilodge of Lansing offers **Free** blood sugar testing once a month.

2/5, 3/4, 4/1
10:30-11:30am



~Blood Pressure Checks~

The Delta Township Fire Department offers **Free** blood pressure checks once a month.

1/8, 2/12, 3/11, 4/8
11:15am-11:45am



~Delta 39'ers Wish List~

Decaf Coffee
Small paper plates
Mini Candy Bars
Hot Cocoa Packets





DELTA TOWNSHIP AQUATICS POOL SCHEDULE

January 4, 2016 – April 2, 2016



The Aquatics Information Line 484-9322

This schedule can also be found at 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	9:00-9:45 am Deep Water Aerobics 1/16 – 3/5
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 am-12 pm Swim Lessons 1/16 – 3/5
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 517-484-5600 www.deltami.gov
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	
				3:00-4:00 pm Adult Open Swim	
3:30- 5:00 pm Adult Open/ Lap Swim		3:30-5:00 pm Adult Open/ Lap Swim		4:00-5:00 pm Lap Swim	
5:00-5:45 pm Deep Water Aerobics	5:00-7:30 pm Swim Lessons 1/12-3/1	5:00-5:45 pm Deep Water Aerobics	5:00-7:30 pm Swim Lessons 1/14-3/3	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 www.deltami.gov	6:00-6:45 pm Splash Aerobics	Call or click to register 517-484-5600 www.deltami.gov		
6:45-8:00 pm Adult Open/ Lap Swim	7:30-8:30 pm Family Swim 1/12-3/1 only	6:45-8:00pm Adult Open/ Lap Swim	7:30-8:30 pm Family Swim 1/14-3/3 only		



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

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.

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 \$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 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:

December 31: The Pool closes at 1:00 pm

Friday January 1, 2016

Monday January 18, 2016

Friday March 25, 2016

Aquatics Information Line 484-9322

Cards/Games

Lunchtime Lectures: Presented in partnership with the Delta Township Senior Council & The Delta Township District Library (*visit: www.dtdl.org/events/LunchtimeLectures.*)

Bring your lunch & join us for weekly online lectures from The Floating University's Great Big Ideas lecture series.

Feb 2: The Rawls-Nozick Debates as an Introduction to the Philosophy of Politics & Economics.

Feb 9: Linguistics as a Window to Understanding the Brain.

Feb 16: Is Biomedical Research Really Close to Curing Anything?

Feb 23: The Authority of Ideas: Decoding the DNA of Education in Search of Actual Knowledge.

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

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

Euchre

Monday & Thursday
6:00-9:00pm



Mahjong

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



No Partner Needed

Delta Township 39'ers & Aquatics
4538 Elizabeth Road
Lansing, MI 48917