

# Delta 39'ers News

Volume 12, Issue 1

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

1st Quarter January– March 2017

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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## Luncheon

Come and join the 39'ers for lunch! Lunch is served on Monday, Wednesday & Friday at noon. Reservations are required and must be called in by noon the day before you want to attend. Cost is \$3 suggested donation for ages 60+ and \$6 charge for ages 59 and under. Call the office for a menu or to make reservations at 484-5600.



## Do It Yourself Valentine's Day Cards

Celebrate your friendships with wonderful handmade Valentine's Day Cards. Join Jane and get creative! Blank cards, envelopes, and all supplies provided in class.

Sa : 2/11  
10:00 am-12:30 pm  
Cost : \$37  
Room 302

## 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>Registration Begins</b> Tuesday, January 10 @ 8:00 am</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 \$52/16 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> 
<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> 1/18-2/3 9:30-10:15 am \$32/8 Classes</p> <p><b>M/W/F :</b> 2/6-2/24 9:30-10:15am \$36/9 Classes</p> <p><b>M/W/F :</b> 2/27-3/17 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> 2/23-3/23 1:10-2:10 pm \$48/8 Classes</p> <p><b>24 Step Simplified:</b> <b>Th :</b> 2/23-3/23 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</p> <p>\$2 drop in fee Room 304</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> 1/18-2/3 10:30-11:15 am \$32/8 Classes</p> <p><b>M/W/F :</b> 2/6-2/24 10:30-11:15 am \$36/9 Classes</p> <p><b>M/W/F :</b> 2/27-3/17 10:30-11:15 am \$36/9 Classes Room 303</p>

**Firekeepers Casino**

Come and try your luck at Firekeepers Casino. Receive \$20 in gaming credit and \$5 in food credit.

**Tu :**

2/21

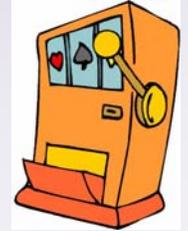
9:00 am- 3:00 pm

Cost : \$35

Included : Motor coach transportation, gaming credit, and food credit.

Not Included: Bus driver's tip (\$1-\$2 per person suggested) and lunch.

Registration deadline : 2/3

**Detroit Institute of Art & Pewabic Pottery**

Enjoy a guided highlights tour of the DIA's collection that is among the top six in the United States, lunch on your own and free time at Pewabic Pottery.

**Tu :**

3/21

8:00 am - 6:00 pm

Cost : \$65

Included : Motor coach transportation , admissions, and tours.

Not included : Bus driver's tip (\$1-\$2 per person suggested) and lunch.

Registration deadline : 2/17

**Great Lakes Crossing Outlets**

With 185 stores and over 30 that can only be found in Michigan, Great Lakes Crossing Outlets is Michigan's largest indoor mall, it is also home to Michigan's largest food court, five full service restaurants (including Rainforest Café), and Michigan Sea Life Aquarium.

**Th :**

4/20

9:00 am - 5:00 pm

Cost : \$35

Included : Motor coach transportation, a complimentary shopping bag per person and a passport to shopping coupon book.

Not included : Bus driver's tip (\$1-\$2 per person suggested) and lunch.

Registration deadline : 3/17

**Lunchtime Lectures**

The Lecture Series will be held on Tuesday's in February from 12:30-2:30pm at the Delta Township Library.

2/7 : March: Book One

2/14 : Living with Meaning, Purpose and Wisdom in the Digital Age.

2/21 : Improbable Scholars

2/28 : Surviving the Angel of Death

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

# Aquatics Schedule



## DELTA TOWNSHIP AQUATICS POOL SCHEDULE

Winter 2017

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	10:00am-12:00pm Swim Lessons
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	1/14 - 3/4
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			
5:00-5:45 pm Deep Water Aerobics	5:00-7:30 pm Swim Lessons  1/10 - 2/28	5:00-5:45 pm Deep Water Aerobics	5:00-7:30 pm Swim Lessons  1/12 - 3/2		<div style="border: 1px solid black; border-radius: 50%; padding: 10px; text-align: center;">                     Private Swim Lessons Available Call to register                 </div> <div style="border: 1px solid black; padding: 10px; text-align: center; margin-top: 10px;">                     POOL RENTALS are available for your private group. Great for birthday parties, reunions, scouts, and more! Call 484-5600 for details.                 </div>
6:00-6:45 pm Splash Aerobics	<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	<i>Call or click to register</i>  517-484-5600 <a href="http://www.deltami.gov">www.deltami.gov</a>		
6:45-8:00 pm Adult Open/  Lap Swim		6:45 - 8:00 pm Adult Open/  Lap Swim			
	7:30-8:30 pm Family Swim 1/10 - 2/28 only		7:30-8:30 pm Family Swim 1/12 - 3/2 only		

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

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

# Aquatics Info

## DELTA TOWNSHIP AQUATICS

Aquatics Office Phone: 517 484-5600

Aquatics Information Line: 484-9322

David Hill – Aquatics Coordinator

**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)

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
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	\$35.00
	Correct change only	Drop in
Lap Swim	All	\$35.00
	Correct change only	Drop in
Family Swim**	All	\$35.00
	Correct change only	Drop in

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, January 2, 2017  
Monday, January 16, 2017  
Friday, April 14, 2017

Aquatics Information Line 484-9322

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

## 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:** 1/18-3/1

**W :** 11:00 am or 1:00 pm

**Session 11:** 3/8-4/19

**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:** 1/18-3/1

**W :** 11:00 am or 1:00 pm

**Session 11:** 3/8-4/19

**W :** 3:00 pm or 6:00 pm

Registration Required; Room 301

# FREE



### Zentangle- Basic

Explore this easy and enjoyable drawing method used to create wonderful small works of art. This is a great class for anyone who thinks they cannot draw—plus it's fun! (Drawing kit/supplies are extra and not included. Purchase from instructor in class).

**Th :**

2/2

1-3:30 pm

Cost : \$37

Room 302

NEW

### Art History- History of Architecture, Furniture & Photography

Miss Cindy is back with a PowerPoint Presentation series on the architecture of the world, with a smattering of the history of furniture and photography. Come, take notes, have fun!

**W :**

2/1-3/29

12:30-1:30pm

Cost : \$18/9 Classes

Room 302



### Genealogy

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

**M :**

1/23-3/13

6:30-8:30 pm

\$32/8 Classes

Activity Room

**Tu :**

1/24-3/14

1-3 pm

Cost : \$32/8 Classes

Room 302



### Art History- French Art

Cindy will bonjour her class with a lecture, viewing some of France's most beloved artists. We'll look at French food, music, and lifestyles as well. Come and Enjoy.

**W :**

2/1-3/29

2:00-3:00 pm

Cost : \$18/9 Classes

Room 302

**Blood Sugar Testing**

Free blood sugar testing courtesy of Extendicare.

**F: 1/6, 2/3, 3/3**  
10:30-11:30 am  
Free



**Blood Pressure Checks**

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

**F: 1/13, 2/10, 3/10**  
11:15-11:45 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



**Delta 39'ers Wish List**

Decaf Coffee  
Napkins  
Paper plates  
Greeting Cards



**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

**~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.



**Treadmill**

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

### Euchre

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

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

### Mahjong

1st & 3rd 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



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