

# Ray Township SENIOR CENTER

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## APRIL-MAY-JUNE - 2017

### Welcome Spring!

I am so happy to see the days getting longer, and our snow-birds returning to Ray. I hope you all take the opportunity to enjoy the activities that have been planned. Please contact me with program ideas, travel suggestions and craft ideas.

Hope to see you soon!!

Sarah Parr, Director

### Cinco Di Mayo Party/Potluck



Friday, May 5 - 11 AM

The Senior Center will join together with Armada to celebrate Cinco Di Mayo a day. We will share a spread of Mexican food. Everyone will be asked to bring a dish to share. Beef and chicken for tacos and beverages will be provided. Please RSVP by April 29th.

### Patriotic Picnic

AR - Wednesday, July 5 - 11 AM

Enjoy food and fun with fellow seniors. We will be holding a potluck barbeque. Hamburgers & hot dogs will be provided. Sign-up by June 30 to attend.

Remember to wear Red, White & Blue!



### Craft Day

Wednesday, May 17

Cost: \$2.00


Don't miss this opportunity to enjoy time with friends and take home a craft that you have made. Please RSVP by 5/5 to ensure supplies are available the day of crafts.

### Birthday Celebrations

Join us as we serve dessert to honor our friends with birthdays in April, May and June. Birthdays will be celebrated on April 4, May 9 and June 6



### Summer Walking Club

Looking for motivation to lose a few pounds or just get in a few extra steps? The Senior Center will sponsor a summer walking program from Memorial Day, May 29 until Labor Day September 4. Pedometers and daily step sheets will be given out to all interested seniors beginning May 16. Simply use your pedometer and track your daily steps. The top two seniors will receive a prize at a special healthy lunch on Sept. 13 for all particip  Grab your friends and enjoy the outdoors this summer!!

**IF ENOUGH WALKERS ARE INTERESTED WE WILL MEET AT RAY TOWNSHIP PARK ON WEDNESDAYS AT 11 AM, WALK AS A GROUP AND ENJOY nature together.**

### Ladies Tea

Wednesday, May 10 - 11 AM - \$5.00

The Armada Senior Center in cooperation with the Ray Township Senior Center will host a tea for all women whether they are mothers or not. The event will be held at the Armada Senior Center. A variety of special activities geared for women will be planned for that day. Grab your lady friend & your favorite cup and plan to attend this day of food, fun and prizes!

### Senior Exercise

Tuesday and Thursday

9:30 AM - 10:30 AM

Join a lively group of men and women for a free exercise program. Most exercises can be done from a standing or sitting position and are suitable for most seniors.



## Upcoming Trips

- Detroit Institute of Arts Thursday, April 20<sup>th</sup> \$2  
Enjoy a day at the DIA! Board a bus at the Senior Center for a day at the Detroit Institute of Arts. Featuring tours & talks. Bus will depart at Noon and return approx. 4 PM.
- Turkeyville – How Great Thou Art Wednesday, April 19 \$59  
Enjoy a day in the country at Cornwell's. We will eat a delicious turkey dinner with all the fixings then sit back and enjoy a play "How Great Thou Art". Art is an ordinary man, and he has seen a lot in his years. Join the journey with Art as he finds the true meaning of giving. Lots of laughs, inspiration and songs. Old time gospel music will fill your heart and make you tap your toes. The bus will depart from the Senior Center at 8:10 AM and return approx. 6:45 PM. Reservations must be made and tickets paid for by March 30, to avoid cancellation. No payments can be made the day of the event. TRANSPORTATION COSTS WILL BE PAID IN PART WITH SMART FUNDS. Ray Twps. needs a least 5 ppl minimum going for bus pick up at Ray Township Senior Center.
- Leader Dog Tour-Lunch at Alibi Restaurant Saturday, May 20 \$5 + cost of lunch  
Ever wonder what goes on at the Leader Dogs for the Blind? We will meet at the Armada Senior Center at 8 AM to depart Rochester for a behind the scenes tour of their newly renovated facility. Following the tour we will dine at the Alibi Restaurant on Rochester Road in Troy. We need 25 people to justify the cost of a bus. If we have fewer we will plan to carpool from the Senior Center. Volunteer drivers will receive a free lunch. The \$5 cost is a donation to support the Leader Dog program. Ray Seniors invited to participate. Please call office for more information.
- Mystery Lunch with Lenox Thursday, April 27<sup>th</sup>, May 25<sup>th</sup>  
More information to follow.
- Detroit Tigers Thursday, June 8 \$41.00  
Join as we enjoy a day game at Comerica Park. We will watch the Tigers as they beat the Los Angeles Angels! Included in price is transportation, seat located in section 112, a hotdog and a pop. We will depart from the Armada Senior Center at 11 AM, with a stop at Ray Township 11:15AM before heading to the park for a 1:10 PM game. We will be returning home immediately following the game. Tickets must be paid in full at the time of sign-up.
- Senior Fun Fest Friday, June 30 \$2/Driver Tip  
Ride the SMART bus to The Gibraltar Trade Center in Mt. Clemens. Enjoy a day of information and fun at the Annual Senior Fun Fest. The Bus will leave the Ray Township Senior Center at 8:15 AM and return 2 PM. This trip will have a limited amount of seats, reserve your spot early. This event is open to all seniors. If you wish you can drive to the event on your own. The Gibraltar Trade Center is located at 237 N River Rd, Mt. Clemens MI 48043

More events are in the works, check announcements and postings.  
or call the office for updated information on Trips.

### Transportation

Transportation service is available to seniors (55 +) and disabled persons through a program funded by SMART. Travel must be scheduled at least 3 days in advance on a first come first serve basis. To arrange for transportation or for more information, contact the Richmond Lenox EMS at (586) 749-7713. A donation of \$1 per destination is suggested.