

Hazel Park Recreation

Senior Express

SEPTEMBER / OCTOBER 2017



Wednesday, September 6, 2017
10 a.m. to 3 p.m.

Senior citizens residing in Macomb, Oakland and Wayne counties are invited to enjoy a special day at the Detroit Zoo. Senior Day features live music, tram tours, bingo, zoo keeper talks and a senior resource area. If you have questions, please call (248) 547-5535

Seniors 62 and older in the tri-county area and a caregiver receive free admission and parking.

Hazel Park residents-- we will be providing rides to the zoo!

There will be a fee of \$3 per person.

MGM Grand Detroit

Join us for a fun filled trip to the Casino
Friday September 15th, 2017! Trip includes
transportation only. Departure time is 10 A.M.

Cost is \$3 per person.



SEPTEMBER BIRTHDAYS

LOIS SLIVATZ	4
BETTY BARLOW	5
AGNES WOODWARD	7
MARY DUFFNER	13
FLORENCE ATWOOD	29
JOANNA PIASKOWSKI	30

OCTOBER BIRTHDAYS

BEVERLY JOHNSON	3
JOAN JOHNSON	4
KATHERINE MILLER	5
TINA CAUDILL	6
ROBERT HALEY	31



SEPTEMBER SHOPPING

TARGET SEPTEMBER 1
OAKLAND MALL SEPTEMBER 8
MGM SEPTEMBER 15TH
WALMART SEPTEMBER 22
MEIJER SEPTMEBER 29

OCTOBER SHOPPING

KROGER (12 MILE) OCTOBER 6
TARGET OCTOBER 13
MEIJER OCTOBER 20
OAKLAND MALL OCTOBER 27





Hazel Park Recreation would like to welcome Oak Street Health to Hazel Park!

Oak Street Health is tailored to the unique health care needs of people with Medicare. Their doctors see fewer patients than most doctors, so they spend more time with you. This allows them to take the time to understand your individual circumstances and develop a comprehensive care plan for you.

Each clinic also features a community room with unique programming including fitness classes, computer lessons, and movie nights.

Sweet Potato Mash

Directions

Pierce 4 sweet potatoes with a fork; microwave 8 minutes. Scoop the flesh into a bowl, then mash. Brown 3 tablespoons butter in a skillet, then add 8 sage leaves and fry until crisp; transfer to a plate. Cook 4 chopped scallions with salt and pepper in the browned butter. Drizzle over the sweet potatoes; top with the sage.



Hazel Park Van Service

The City of Hazel Park in cooperation with SMART offers transportation services to Hazel Park residents who are ages 60 or older with no other means of transportation and to the physically handicapped of any age. Rides offered between the hours of 8:30 a.m. - 2:00 p.m. Monday - Thursday. Rides must be made at least 2 days in advance; call to verify transportation service area. The fee is \$3.00 round trip. For further information, call 248-547-5535 for a list of rules and necessary medical forms that must be completed prior the use of transportation services.



ONGOING PROGRAMS AT THE CENTER...

Lunch is served Monday - Thursday at 11:30 a.m. There is a \$3.50 per meal requested donation. Meals are courtesy of Senior Meals On wheels.

Bingo is played every Wednesday after lunch. Prizes are donated pastries, chips, and one winner will receive a free lunch for the day.

Cards are played on Tuesdays and Thursdays from 6-8 p.m. everyone is welcome to attend.

Birthdays are celebrated in the evening on the 2nd Thursday monthly during evening cards.

Pizza night is on all Thursdays (except Birthday night) during evening cards. Cost for pizza is \$2.00 per person.