



HAZEL PARK COMMUNITY CENTER'S SENIOR EXPRESS

620 W WOODWARD HEIGHTS, HAZEL PARK

248-546-4093

THANKSGIVING LUNCHEON AND CRAFT SHOW

Join in the fun of our Annual Sr. Citizen's Thanksgiving Luncheon and Craft Sale.

The Craft Show/Sale will begin at approximately 10 a.m. in the Lobby and Activity Room at the Center. There is no charge for admittance to the show; tables are available for \$5 each to sell your crafts.

Thanksgiving Luncheon will consist of Turkey Dinner with all the trimmings, dancing (11:30 – 1:30) and door prizes.

Gather your friends and bring them over to what is sure to be the best luncheon ever! Everyone is welcome, do your Christmas shopping early at the show. (Please advance tickets only for the luncheon, it is sure to sell out!)

LIMITED SEATING

COST: \$5 PER PERSON

DATE: NOVEMBER 18, 2010

TIME: 11:30 A.M.

CRAFT SHOW: 10 A.M. – 1:30 p.m.

New Events and Changes at the Community Center

We would like to say a "Gigantic Thank You" to our very own Hazel Park Lions Club. They have graciously offered and are replacing all of our Dining Room Tables and chairs with new, round tables and chairs.

In an effort to make the most of our budget and offer more to our seniors the following changes are being offered.

Mondays: 11:30 a.m.

Free Movie Day. Each Monday at 10 a.m. we will be showing a movie in the Club Community Room

Tuesdays: 10:00 – 10:30

Walking in the Activity Room. Our room is the size of a gymnasium. This warm walk is sure to do us all good.

Wednesdays: 11:30 a.m.

Free Bingo. Everyone attending our lunch program is welcome to play. Prizes range from baked goods to free lunch.

Thursdays: 10:00 – 10:30 a.m.

Walking in the Activity Room.

Fridays: 11:30 a.m.

Free Bingo, sponsored by area businesses and organizations. Prizes will include paper products and more.

Office hours are 10 a.m. – 3 p.m.

T.E.F.A.P. SURPLUS FOOD DISTRIBUTION

The Emergency Food Assistance Program (TEFAP) will be distributing food at the Landmark Church (formerly Calvary Baptist Church) located on North Chrysler Drive. The next date will be Wednesday, December 8, 2010 from 11 a.m. – 1 p.m. This program is for low-income Oakland County residents. Please bring in address and social security numbers for all members in your household to receive a food box.

LIGHTING CEREMONY

THE ANNUAL LIGHTING CEREMONY WILL BE HELD ON TUESDAY, NOVEMBER 23, 2010 AT 6:30 P.M. at Hazel Park Viking Ice Arena. Join us, the High School and Jr. High Choirs, and High School Band to welcome the Christmas Season and “Santa’s” arrival. Visit Santa and enjoy free ice-skating after!

ANNUAL CHRISTMAS LUNCHEON

Christmas comes to the Community Center on Friday, December 17, 2010 at 11:30 a.m. Lunch will be served followed by a visit and present from “Santa”. Everyone is welcome to attend this holiday party! Entertainment will be provided by the Hazel Park High Choir prior to lunch. Again this year, Emerald Foods will be providing a “Chief’s Choice” dinner with up to 4 entrees to choose from! Last year was truly fantastic!!!!!! You don’t want to miss this.

COST: \$4 PER PERSON

DATE: DEC 17, 2010 starting at 11:30 a.m.

INCLUDES: Exquisite Dinner from Emerald Foods, Door Prizes, Music from the Chorale, Visit and Gift from Santa.

THIS IS DEFINITELY LIMITED AND WILL FILL UP, BUY YOUR TICKET EARLY!!!!!!

PRE-NEW YEAR’S EVE PARTY

Let’s ring in the New Year, just a bit early. Our annual party is held on Wednesday, December 29, 2010 starting at 7 p.m. We begin at 7 by setting our clocks forward to 10 p.m.; this helps us all make it till midnight! Enjoy a Champagne toast (non-alcohol), noisemakers, hats, dinner, dancing and more! Everyone is welcome; just register early so you don’t miss the fun!

DATE: WEDNESDAY, DECEMBER 29, 2010

TIME: 7 – 10 P.M.

FEE: \$8 PER PERSON

INCLUDES: DINNER, DANCING TO FLOYD WEATHERS BAND, DOOR PRIZES, AND ALL THE MAKINGS FOR A FESTIVE NEW YEAR’S EVE PARTY

M.G.M. GRAND DETROIT TRIP

Join us on November 19, 2010 at 10 a.m. for a trip to the casino. Your trip includes transportation only, no packages available for this trip.

DATE: FRIDAY, NOVEMBER 19, 2010 TIME: 10 A.M. COST: \$3 PER PERSON

CHRISTMAS AT CROSSROADS VILLAGE HUCKLEBERRY RAILROAD



Costumed villagers prepare for the holiday season in the village's homes and shops. The Colwell Opera House presents live entertainment and Santa Claus visits with the children. See model trains, craft demonstrations, holiday music and unique shopping opportunities delight all ages.

This holiday fantasyland features thousands of sparkling lights and Michigan's most spectacular moving light display, the Huckleberry Railroad. The entire village is aglow with colored lights and more lights decorate the railroad's locomotive, coaches and trackside displays.

DATE: DECEMBER 19, 2010

3:00: We depart from the Recreation

4:30: Arrive approximately at 4:30 at the Village.

6:00: Meet for dinner at the Mill Street Warehouse.

7:30: Train Ride

8:30: Depart for home



There is no longer a "dinner" offered, so it's on your own. You can choose from many items such as ham or turkey and cheese sandwich for \$2.12: bowl of soup \$2.12: Soup and Sand \$3.71: pumpkin pie, brownie or chips \$2.12: coffee/hot cocoa or hot cider \$1.59: and more.

Due to limited capacity on our city-owned vehicle, this trip is limited to the first paid 10 senior citizens until November 10, 2010, then open to anyone until the 10 spots are filled.

COST: \$20 PER PERSON

INCLUDES: TRANSPORTATION, TRAIN RIDE, AND ESCORT

Additional spaces are available if you "drive yourself" at a lower cost.



CELEBRATE BIRTHDAYS IN NOVEMBER AND DECEMBER

NOVEMBER BIRTHDAYS		DECEMBER BIRTHDAYS	
GARY MCCASEY	NOV 2	WILLIAM DOEBLER	DEC 1
SAMIRA IBRAHIM	NOV 3	MARY BROWN	DEC 1
ANNA RUZYCKI	NOV 5	MARIE TRUCKNOWSKI	DEC 8
RITA SKIDMORE	NOV 11	IRENE ISAACS	DEC 9
ORVIL CONRAD	NOV 14	MARGARET GILLIGAN	DEC 13
WANDA MCCAIN	NOV 18	JOYCE SWOPE	DEC 13
JANICE HOBBS	NOV 23	ROSALINE SOAVE	DEC 14
CLINTON ADKINS	NOV 24	BARBARA SCOTT	DEC 16
RUTH WHALEY	NOV 27	LESLIE CARTER	DEC 17
RAYMOND KWASCHNEFSKI	NOV 28	MARTHA ELLER	DEC 19
NANCY FOX	NOV 28	EVELYN KUNZE	DEC 22
SANDRA FREDRICK	NOV 30	BETTY KINGSTROM	DEC 30
BETTY BRADFORD	NOV 30	ROSE REIMER	DEC 31

SHOPPING TRIPS FOR NOV AND DECEMBER



NOVEMBER		DECEMBER	
Walmart	Nov 4	Kmart	Dec 6
Kmart	Nov 8	Target, John R	Dec 9
Target, Dequindre	Nov 10	Walmart	Dec 14
Oakland Mall	Nov 16	Meijers	Dec 16
Meijers	Nov 23	Oakland Mall	Dec 20

SENIOR EXPRESS RE-NEWAL TIME

This is the last issue of the Sr. Express for this year. If you would like to continue to receive our bi-monthly newsletter, please complete the following form and return along with your annual fee of \$5 resident: \$7 non-resident to:

Hazel Park Recreation Dept.
620 W Woodward Heights
Hazel Park, MI 48030

Make your checks payable to:

Hazel Park Recreation

NAME: _____

ADDRESS: _____

CITY: _____ ZIP CODE: _____

BIRTHDAY: _____ PHONE: _____

EVENING BIRTHDAY AND PIZZA NIGHTS

Come on over and celebrate your birthday with us! Birthdays are celebrated on the 2nd Thursday of every month from 6 – 9 p.m. for anyone born during the month. Birthday parties will be held during the evening card games. Cost for Birthday night is \$1.50

Pizza parties are held on the 1st and 3rd Thursdays monthly. Cost for pizza is \$2 per person. Everyone is welcome to attend card nights on Tuesdays and Thursdays as well as the Birthday and pizza nights.

Home Chore Program:

OLHSA offers home chore service and much more assistance to low income, Hazel Park Senior Citizens. If you are in need of assistance OLHSA may be able to help you. Please call 248-542-5860

WE WILL BE CLOSED THE FOLLOWING DATES:

November 11 & 12 (Open for lunch only on 12th)
November 25 & 26

December 23 & 24,
December 27, & 31 (Open for lunch only on 27th)



Excerpts fromMICHIGAN STATE UNIVERSITY EXTENSION

DOES CINNAMON LOWER CHOLESTEROL LEVELS?

There have been stories in the newspapers that link the consumption of cinnamon with a reduction in cholesterol levels, but there is no research-based evidence that cinnamon can lower your cholesterol. There is some evidence that eating large amounts of cinnamon, 1-6 grams per day over a period of time, can have an affect on how the body processes sugars and fats. However, to reduce cholesterol levels, make some lifestyle changes such as losing weight, increasing physical activity, if you smoke, quit, and eat heart healthy foods such as fruits, vegetables and whole grains. If these strategies do not lower cholesterol levels, your health care provider may prescribe medication to lower cholesterol levels.

DRY HAND SEASON

As the temperature drops, our skin tends to get dried out and chapped, but this can be prevented by keeping hands and skin moisturized and protected. The United States National Library of Medicine suggests:

- Protect exposed skin from cold, sun, and wind
- Do not use water that is too hot to wash skin
- Keep the air in your home moderately humid
- Use a gentle soap
- Moisturize skin often with lotion

HERE COMES THE FLU SEASON

According to the Center of Disease Control and Prevention, seasonal influenza causes more than 36, 000 deaths and 200,000 hospitalizations each year in the United States. Suffering from heart disease increases the rate of potential complications from the flu. Possible complications include, pneumonia, respiratory failure or infections, heart attacks and even death. It is important to get a flu shot every year and the vaccination is geared to the changing strain.

BLOOD PRESSURE SCREENING AND “ASK THE NURSE”

Can Care Home Healthcare will be at our center on November 15 from 10:30 – 11:30 to discuss quality health care and concerns. Can Care will provide snacks for all in attendance.