



Senior Citizen Nutrition DINING SENIOR STYLE

The Macomb County Senior Citizen Nutrition Program, "Dining Senior Style" is now available in Macomb Township at the Senior Center. Seniors over the age of 60 are eligible to participate in the program. Meals will be served at 11:30am on Tuesdays, here at the Senior Center. A \$3.00 cost share is welcomed but not required. Meals are served on a first-come, first-served basis. For more info call 586-226-4227.

RECIPE OF THE MONTH:

Zucchini Bread *by Shirley Bathgate*

Ingredients:

3 eggs	3 cup flour
1 cup oil	1 tsp baking soda
2 cup sugar	¼ tsp. baking powder
1 tsp. vanilla	1 tsp. salt
2 cup raw zucchini	3tsp cinnamon
(peeled & grated)	½ cup chopped nuts*

Directions:

Beat eggs, add oil, sugar and vanilla. Beat in zucchini. Add remaining dry ingredients and mix well. Fold in nuts. *(Add raisins or chocolate bits in addition, or instead, if you prefer.) Bake in two well greased loaf pans. Bake at 350 degrees for 60-65 minutes.



COMPUTERS

Are you new to computers? Every Thursday we offer the opportunity to become better acquainted with computers.

Please call no later than the Tuesday before to schedule an appointment to learn the basics of:

- Word Processing
- Email set-up
- Surfing the net

It's fun and easy to learn!

Do you already have some computer knowledge? If so, we have 3 computers available for our members to use at the Senior Center.

A printer is available for printing. There is a fee of 25 cents per page.

Computer Lab Hours for January

Tuesday: 9:00am - 3:00pm

Wednesday: 9:00am - 3:00pm

Thursday: 9:00am - 3:00pm



Senior Center Library

There are over two hundred books in the library for your enjoyment. With the exceptions of a few biographies, there are no non-fiction books in the collection as information becomes dated so rapidly. We have quite a few large print novels for members who struggle with small print. These books can be identified by the yellow dots on the spines. While we try to include as many literary genres as possible, most of our books are either mystery/suspense or romance. Mysteries have blue dots and romances have red dots on the spines.

Books circulate on an honor system, nothing has to be checked out and no fines are ever collected. Browse the shelves until you find a book you want to read. Take it home and return when you finish reading.

There is a box on the bottom shelf marked "Gift Books." To keep our library current, we'd love to have your used books. Both paperback and hard cover fiction books are welcome, but we'd appreciate nothing published prior to 2000.

February Birthdays



February 1 st	Patricia Cassel
February 2 nd	Sue Tidwell
February 3 rd	Pamela Ragozzino
February 9 th	Shirley Warner
February 11 th	Anthony Boscarino
February 11 th	Lois Evola
February 16 th	Christine Genuise
February 17 th	Ruth Ann Malek
February 18 th	Pauline Fragomeni
February 19 th	Joyce Philippi
February 20 th	Jeanette Amos
February 24 th	Elaine DeFever
February 28 th	Alicia Ingrao

Happy Birthday!



Walk Aerobics

Join us indoors as we use guided DVD's to develop a walking regimen that is right for you.

We generally use Leslie Sansone's Indoor Walking System "Walk Away the Pounds." This DVD lets us choose one of five different programs. Each program involves walking/marching in place, with kicks, knee raises, side steps and upper body aerobic movements. You may add light weights to burn additional calories. Each program lasts approximately 30 minutes and offers a relatively intense workout.

See the February Calendar for dates and times.



IN THE NEWS

Current Events Discussion Group

Are you hooked on "Breaking News"? Do you linger over the newspaper with coffee? Do you often find yourself reading news magazines while standing in lines?

If you can answer "yes" to any of the previous questions, then this group is for you!

February Meeting Dates:

- February 4, 2010: 11:00am - 12:00pm



Chair Aerobics

This program is developed specifically for seniors to increase balance, flexibility, and coordination, in order to prevent falls. The group will switch between guided DVD's that last about 30 minutes. These are not aerobic, toning or weight loss exercises.

Each session begins with warm-up exercises done in a seated chair. If standing is difficult, you may remain seated in a chair for the entire session. However, most of us will eventually stand behind chairs (holding on) to complete the exercises.

Please join us for a fun but moderately challenging exercise programs designed especially for seniors!

See the February Calendar for dates and times.



DID YOU KNOW?

Macomb Township Senior Center Members are able to register **online** at the Senior Center for any classes, programs or events that are offered by Macomb Township Parks and Recreation.



PICK UP THE SCRAPS

Scrapbook Club

Round up your photo albums, pens, glue, die cuts, stickers, embellishments and any other supplies you can think of and let's start the year off right... with a new Scrapbook Club!

It's a great way to share both those lasting memories with others and creative scraping ideas!

The group will start by meeting the 2nd and 4th Wednesday of the month from 12:30pm- 2:30pm.

Please bring all your own supplies. Coffee will be provided!

SNOWFLAKE BRACELET CLASS



Date: Wednesday, February 10, 2010

Time: 10:00am – 12:00pm

Want to learn a new craft and take home a beautiful bracelet to wear? Then join us for this easy class and make a winter inspired bracelet that is custom made to fit your wrist. We will be using Swarovski pearls, quartz crystals and silver plate findings to make a fun and easy to wear bracelet. Basic stringing and crimping techniques will be the focus of this class. Space is limited so sign up soon!

Material Fee: \$10.00

Registration Deadline:

Thursday, February 4, 2010



Health & Wellness Lecture: Tips for Coping with Stress

Date: Wednesday, February 17, 2010

Time: 10:00am – 11:00am

Registration No. 141512-C

Class Size: Maximum 50

Life presents plenty of stressful situations, but worry stresses your body and can have a negative impact on your health. Learn a variety of tips, strategies and skills to help you reduce and cope with stress in your life. Refreshments provided.

Presenter: Rebecca L. Palen, LMSW, OSW-C, GC-C, Certified Oncology Social Workers and Certified Grief Counselor, Van Elslander Center at St. John Hospital and Medical Center.

Pre-registration recommended ensuring availability of adequate refreshments and handouts. Please call 586-992-2900 to register by phone or register in person at the Macomb Township Senior Center.

Event Sponsored By: St. John Health in partnership with Macomb Township Parks and Recreation.

Mardi Gras Luncheon



Thursday, February 18, 2010



Check-in: 11:50am

Lunch will be served at approximately

Fee: \$10.00 per person (Guests are welcome)

The Macomb Township Senior Center would be delighted if you would join us for a Mardi Gras Luncheon!

Lunch will include a buffet style lunch catered By Zio's Catering, and will include: 2 meats, a vegetable, potato, pasta, bread, salad, dessert and beverages.

Please sign-up for this event by Thursday, February 4, 2010 at the Macomb Township

Macomb County Prosecutor's Office
Presents:

S.C.A.M.S.
(Stop Crime Against Macomb Seniors)



A presentation by Asst. Prosecutor
Suzanne Faunce
(Chief of the Senior Crime Unit)

Topics will include Identity Theft, Telemarketing fraud and many other topics

DATE: Wednesday, February, 24, 2010

TIME: 10:00 am

This presentation is **FREE** to Macomb Township Senior Center Members. Please register in advance at the Senior Center or by calling 586-226-4227.

MOVIE & POPCORN DAY!

Featuring: Julie & Julia



Date: Thursday, January 21, 2010

Time: 12:30pm - 2:30pm

Fee: \$1.00 (Includes bag of popcorn and a can of pop)

Meryl Streep is Julia Child and Amy Adams is Julie Powell. This movie is based on two true stories, Julie & Julia intertwines the lives of two women who, though separated by time and space, are both at loose ends...until they discover that with the right combination of passion, fearlessness and butter, anything is possible.

Movie Donated by: Blockbuster of Macomb located at 21 Mile & Card Rd

No One Cold Campaign



The Macomb Township Fire Department, Macomb Township Senior Center and Macomb Township Fire Corps have formed a partnership to work together on a worthy undertaking called the No One Cold Campaign. The Campaign kicked off on December 1, 2009 and runs through February 28, 2010.

The three departments are working together to provide anyone, whoever is “cold” this winter with a fleece blanket.

We are asking for 2 ½ yard donations of fleece material in any color or pattern that can be used to assemble the popular fleece tie blankets. Only new, clean, unused and pre-cut fleece material will be accepted. No pre-made blankets of any kind.

The objective of this campaign is to have the material donated so that members of the Macomb Township Senior Center can make hand-crafted blankets which can be disbursed to those in our community that may be in need. Once the blankets are completed the Senior Center will turn the finished product over to the Macomb Township Fire Department who will also help with the distribution.

Fleece donations can be dropped off to the Macomb Township Senior Center Tuesday through Thursday between the hours of 9:00am & 3:00pm.

ATTENTION SENIOR CENTER MEMBERS:

So far we have had a great response from the community and have started to receive many generous donations. Therefore, the time has come to start assembling these blankets!

It is a great opportunity to give back to the community. Plus it’s fun and easy to do!!! Listed below and on the calendar are the dates and times that we will have the blankets out for you to work on.

- Wednesday, February 3rd: 10:00am – 12:00pm
- Thursday, February 4th: 12:00pm – 2:00pm
- Wednesday, February 10th: 12:00pm – 2:00pm
- Wednesday, February 17th: 12:00pm – 2:00pm
- Wednesday, February 24th: 12:00pm – 2:00pm
- Thursday, February 8th: 12:00pm – 2:00pm