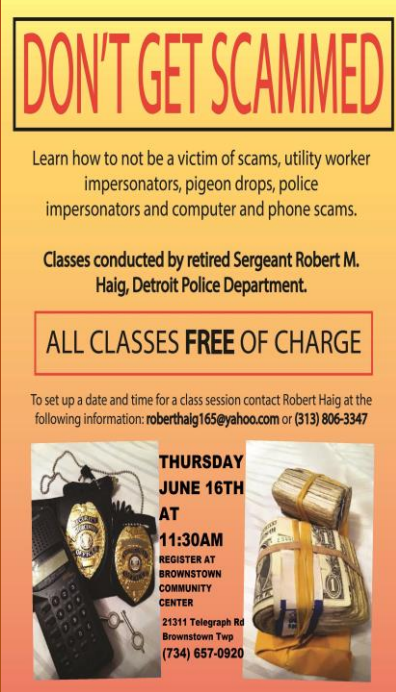


BROWNSTOWN TWP SENIOR NEWS

June 2022



DON'T GET SCAMMED

Learn how to not be a victim of scams, utility worker impersonators, pigeon drops, police impersonators and computer and phone scams.

Classes conducted by retired Sergeant Robert M. Haig, Detroit Police Department.

ALL CLASSES FREE OF CHARGE

To set up a date and time for a class session contact Robert Haig at the following information: roberthaig165@yahoo.com or (313) 806-3347

**THURSDAY
JUNE 16TH
AT
11:30AM
REGISTER AT
BROWNSTOWN
COMMUNITY
CENTER
21311 Telegraph Rd
Brownstown Twp
(734) 657-0920**

The flyer features a yellow background with a red border. It includes images of a police badge, a telephone, and a stack of money.

DON'T GET SCAMMED

Come join us on **Thursday June 16th at 11:30 am** and learn how not to be a victim of scams, utility worker impersonators, pigeon drops, police impersonators, and computer and phone scams.

The class is about 60 to 90 minutes long and conducted by retired Sergeant Robert M. Haig, Detroit Police Department. This event is free of charge.

Brownstown Community Center
21311 Telegraph Rd.
(734) 675-0920

Senior Exercise Classes are Available

Senior exercise meets weekly at the Community Center with a senior exercise video on Tuesday, Wednesday, and Friday at 10:00 am. 25 cent class donation. Transportation provided for Brownstown Township residents.



Join us for exercise!

People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers. Enhance your mobility, flexibility, and balance.



Meet other seniors and enjoy a hot meal.

Contact Us

Senior Services Meals on Wheels
Brownstown Recreation Center
21311 Telegraph Rd
Brownstown Twp., MI 48183
(734) 675-0920 Ask for Joan
www.waynecounty.com/svs

<https://www.waynecounty.com/departments/seniorservices/home-delivered-meals-request-form.aspx>

- You must be home and answer the door to receive your hot or frozen meals.
- Call at least 24 hours in advance to cancel your meals at (734) 326-5202.
- Secure your pets to ensure the safety of our volunteers bringing your meals.
- Volunteer drivers are required to pass a criminal background check to deliver meals.
- Consume your hot meal immediately or promptly place in the refrigerator for consumption later.
- Frozen meal should be placed in freezer and reheated following package instructions.
- Do not place metal containers in the microwave oven. The metal tins are NOT microwave safe

COME IN FOR CONGREGATE MEALS ON MONDAYS AND TUESDAYS

Come into the Brownstown Community Center for a hot lunch on Mondays and Tuesdays from 12pm to 1pm. Call 24 hours in advance to register for meals. Call (734) 675-0920 and ask for Joan. The suggested donation is \$3.00 per meal. Monday through Friday hot meals will resume in October 2022.

MEALS ON WHEELS FOR THE HOMEBOUND SENIOR

Here in Brownstown Township the Wayne County Senior Services is providing hot Home-Delivered Meals on Mondays and Tuesdays (except for Holidays) with 3-pack frozen meals delivered on Thursdays for consumption Wednesday, Thursday, and Friday. To qualify as Homebound a person is 60 years and older and is unable to prepare meals. If you are interested in receiving meals on wheels at home you can call Joan at (734) 675-0920 or register online for this service at:

SENIOR SERVICES MEALS ON WHEELS

Brownstown Recreation Center
21311 Telegraph Rd
Brownstown Twp., MI 48183





Do you have some time to devote to helping out a senior? How would you like to say "Hello" to homebound seniors and bring a smile to their faces along with a hot home delivered meal? For some, this is the only contact they have with other people, and, for the volunteer, a feeling of great accomplishment that you are contributing to a worthwhile cause.

Meal on Wheels Volunteer Drivers deliver nutritious meals to homebound seniors here in Brownstown Township. Volunteer Drivers may commit to one or more days per week. Meals are delivered Monday through Friday between the hours of 10:30am and 12:00pm. Applicant must have a valid driver's license, reliable transportation and pass a background check. Mileage reimbursement paid for delivery route. We are resuming a full Monday through Friday schedule beginning in October 2022 and Brownstown Township is currently 7 drivers short. Please consider committing to just a couple of hours each week to benefit our seniors in your community.

- Meals are delivered Monday through Friday between the hours of 10:30am and 12:00pm.
- Volunteers must have a valid driver's license, reliable transportation and pass a background check.
- Mileage reimbursement paid for delivery route.
- Volunteer Drivers may commit to one or more days per week.

To volunteer as a driver for Brownstown Township Meals on Wheels please call Joan at (734) 675-0920.



Information and Assistance

Need information or assistance for an older adult?

Call the Senior Alliance at [\(800\) 815-1112](tel:8008151112) to speak with an Information Services Specialist. Specialists are available to answer your questions Monday through Friday from 8:30 am–4:30 pm. The Information and Assistance Call Center is a free service offering resource options for older adults, their families, and caregivers. The call center staff can discuss the Senior Alliance programs and services and connect you to the many programs and services available in our Senior Alliance community service area.

TRAVEL CLUB

Whether you are looking for a day trip to a casino or extended stay vacations the Brownstown Travel Club has great travel options. New trips are announced at the monthly Travel Club Meeting which is held at 11:00am on the first Monday of the month at the Community Center. Downriver residents can join the Travel Club for discounts on travel. Membership is \$10 per year. Join us to learn about our new trips. Any senior may travel with us; you do not have to be a member. If you are interested in joining an application can be obtained from the Community Center. Come on in and check out the flyers outlining the wide variety of trips we have to offer.

Where are we going this year?

Firekeepers	June 28	9:30am	\$45.00
Tranquility By the Lake	June 30	8:30am	\$97.00
Eastern Market	July 9	8:30am	\$87.00
Quilt Gardens	July 12-13	TBD	\$325 pp/dbl
Thunder Bay & Resort	July 13-14	TBD	\$474.00
Turkeyville – “The Odd Couple”	July 14	9:30am	\$88
Hot Air Jubilee	July 23	3:30p	\$57
Matthaei Botanical Gardens (AA)	July 30	8:30am	\$101.00
Cleveland Rocks!	Aug 15-16	TBD	\$405
Put-In-Bay	Aug. 16	8:00am	\$136
Farm Day Getaway	Aug. 18	8:00am	\$97.00
Day in the “D”	Aug. 26	8:30am	\$111.00
Hidden Lakes Garden	Sept. 1	8:00am	\$101.00
Finger Lakes, NY	Sept. 6-9	TBD	\$709 pp/dbl
Traverse City	Sep. 12-14	TBD	\$609 pp/dbl
Washington DC	Sept.15-20	TBD	\$1424 pp/dbl
Yooperland, USA	Oct. 2-6	TBD	\$1029 pp/dbl
Amazing Akron	Oct 19-20	TBD	\$265.00
Grand Experience (Mackinac Island)	Oct. 24-27	TBD	\$1050 pp/dbl
Saline Craft Show <small>Craft S</small>	Nov 12	7:30am	\$97 ^{2h}
Hallmark Christmas Town	Nov 20-21	TBD	\$385 pp/dbl

Come into the Community Center and grab a flyer for more travel information and additional events and destinations.