

Grand Blanc Senior Center

February



Welcome February— Love is in the Air! This month we encourage you to try something new that you may grow to love! February is another busy month at the center. We are so thankful that we are able to offer free AARP Income Tax Appointments thanks to our wonderful volunteers that donate hundreds of hours for this program. The Center will be hosting Senior Winter Games this month so some programs will be cancelled so we can host these fun events. One of the events that is the talk of the town is the Line Dance event, spectators are welcome and encouraged to attend. This event will be held on Friday, February 20 at 1:00pm-please call the office to save a spot!

February at a Glance

Monday, February 2 through Monday, March 9 at 6:00pm: Tai Chi with Kris

Tuesday, February 3 at 11:30am: Advance Physical Therapy Strength & Balance

Wednesday, February 4 at 1:00pm: Card Making with Judi

Monday, February 9 at 1:00pm: The Care Team Heart Health Workshop

Tuesday, February 10 at 6:00pm: Heartland Hospice Memorial Service

Wednesday, February 11 at 9:30am: Acrylic Paint Pour with Lin

Wednesday, February 11 at 1:00pm: Advisacare Hydration Workshop

Wednesday, February 11 at 3:00pm: Maxwell Physical Therapy One on One Consult

Friday, February 13 at 11:00am: GDL What is Artificial Intelligence (AI)

Monday, February 16 at 9:00am: Senior Winter Games Euchre (Registration Ended 1/8)

Tuesday, February 17 at 12:00pm: Brookdale Luncheon & Gentiva Volunteer

Wednesday, February 18: Reiki Appointments beginning at 9:00am

Wednesday, February 18 at 3:00pm: Maxwell Physical Therapy Balance & Strength

Friday, February 20 at 1:00pm: Senior Winter Games Line Dance (Spectator Only)

Monday, February 23 at 1:00pm: Advisacare Hospice 101

Monday, February 23 at 6:00pm: Pasta Making Class

Tuesday, February 24 at 11:30am: Advance Physical Therapy Balance & Strength

Wednesday, February 25 at 5:30pm: Charcuterie Board Class



The Grand Blanc Senior Activity Center is funded by: Genesee County and the Genesee County Board of Commissioners, City of Grand Blanc, Charter Township of Grand Blanc, Genesee County Senior Services Millage, and individual donations. We appreciate all who have made a difference. This program and/or service is fully or partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work.

HEALTH AND FITNESS PROGRAMS

DRUMS ALIVE

Mary Ann Orme will get you moving and grooving in this great class! This class is limited to 30 people with center provided supplies (bucket and sticks). Participants will be required to provide their own ball each week. This Free class is offered on Mondays at 1:30pm. **This class is limited to 30 people, you may sign-up for one month at a time. Please call and cancel if you are unable to attend as there is a waitlist for the class.**

CHAIR YOGA

Chair yoga increases flexibility, strength, improves balance and coordination, reduces stress and pain, and improves sleep. **Join Donna on Monday and Friday mornings at 9:30am. There is a \$3.00 drop-in fee per class.**

YOGA

This class is perfect for the beginner yoga student. Basic postures are taught in a clear and concise manner with modifications being offered to meet your physical ability. With consistent practice, this class will increase your flexibility, endurance, strength and balance. Please bring a yoga mat and a blanket to class. Dress in comfortable clothing that allows for movement. Appropriate for all levels but must be able to get down and up from the floor.

Classes are held on Mondays and Fridays at 10:30am and have a drop-in fee of \$8.00 per class.

MIDWEEK MOVE AND STRENGTH

A fun, upbeat combination of strength training and cardio designed to improve endurance, balance, and strength. Each class includes low-impact options and uses light dumbbells to help participants move at their own pace and feel stronger every week. Classes are held on Wednesday evenings at 5:30pm. Class dates are Wednesday, January 7– Wednesday, February 11. Cost is \$8.00 drop-in or \$40 for the 6-week session. **Please call to reserve your spot.**

REIKI WITH HEATHER

Reiki is a Holistic practice created by a Japanese Buddhist Monk Mikao Usui in the early 20th century. Reiki's primary focus is to clear any blocks of (Qi) Energy flow in the seven main Chakra- Energy Centers. These blockages may be caused by past traumas, addictions, or illnesses that arise from neglecting intuitive needs or love or nourishment Reiki can be very beneficial towards relaxing anxieties and worries of living the day to day life. Heather will be at the center on Wednesday, February 18 at 9:00am offering Reiki appointments. Available appointments and pricing: 15 minute- \$5.00, 30 minute- \$10.00 or 1 hour-\$20.00.

Please specify length of time requested when making appointment.

MAXWELL PHYSICAL THERAPY STRENGTH PROGRAM

Join Maxwell Physical Therapy on the third Wednesday of every month at 3:00pm for Upper and Lower strength and balance training. This is a great class to help maintain or regain your balance and core strength. **The February program will meet on Wednesday, February 18.**
Please call to reserve your spot.

ARTHRITIS EXERCISE

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routine includes a gentle range-of-motion exercises that are suitable for every fitness level. You may bring your own weights to enhance the class.

This great program is offered on Tuesdays and Thursdays at 10:00am.

This class requires pre-registration to attend. Participants may sign-up on the sign-up sheet in the class on Tuesdays or Thursdays for the next class. Participants that miss the previous class may call the office to sign-up.

ADVANCE PHYSICAL THERAPY PRESENTS: BALANCE CLASS

Join Megan, a physical therapist, from Advance Physical Therapy on the first and fourth Tuesday of each month at 11:30am. Megan will help you improve your balance and strength with a variety of exercises. **The February dates are Tuesday, February 3 and Tuesday, February 24.**
Please call to reserve your spot.

AFTERNOON ARTHRITIS EXERCISE

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routine includes a gentle range-of-motion exercises that are suitable for every fitness level. You may bring your own weights to enhance the class.

This great program is offered on Tuesdays at 2:00pm.

LINE DANCING CLASSES

Join in on the fun! Line dancing is a great way to have fun while exercising. Our instructor, Norma Rudkin, will make you fall in love with line dancing! Cost is \$3.00 per class.

Class schedule is as follows:

Improver Class-Mondays at 12:00pm High Beginner - Thursdays at 12:00pm

Ultra Beginner– Thursdays at 1:30pm

LET'S GO FOR A WALK

Let's Go For a Walk ion Mondays and Fridays from 8:00am-9:00am and Tuesdays and Thursdays from 8:00am-9:45am. 22 laps in our large room is one mile. We have bingo chips available to help you keep track of your laps! Wednesday walking is cancelled until April due to income tax services.

TABLE TENNIS

Doubles table tennis returns on Friday afternoons from 2:00pm-4:00pm.

Please call to register in advance if you would like to play!

SCRABBLE

Join our Scrabble group on Mondays at 1:00pm. Playing Scrabble is a great way to keep you mind active.

ZUMBA GOLD

Do you want to have a great time dancing and shaking away the pounds and blues?

Join certified Zumba instructor Kimberly on Fridays at 1:00pm for an hour of fun and exercise!

Cost is only \$6.00 per class or you can purchase a punch card for \$25 (5 classes).

This class can be done seated or standing!

TAI CHI WITH KRIS

Join Kris Kotula on Monday evenings for an evening of tai chi. This great class will be offered on Mondays at 6:00pm. Tai Chi is a great way to increase flexibility and balance. Cost is \$5.00 drop-in or \$30 for the 6-week session. Class dates are Monday, February 2 through Monday, March 9.

Please call to reserve your spot.

SOCIAL PROGRAMS & TRIPS AT A GLANCE

MAH JONGG	MONDAYS	9:30AM
BRIDGE	MONDAYS	12:00PM
BRIDGE (PARTNERS)	TUESDAYS	12:30PM
EUCHRE	TUESDAYS	12:30PM
EUCHRE	THURSDAYS	12:30PM
POKER	FRIDAYS	12:00PM

June 19-25, 2026: Discover Canadian Rockies & Glacier National Park. Call for cost.

October 13-27, 2026: Discover South Pacific Wonders. Call for cost.

SENIOR CENTER BUS TRIPS– LIMITED TO 6 PEOPLE

Fifty81 Bistro & Hill Road Meijer

Wednesday, February 18

Bus Departs Senior Center at 8:30am

Bus Departs Meijer at 12:15pm

EDUCATION PROGRAMS

WATERCOLOR WITH SUSIE

Susie returns this month with another great 4-week class. Susie will share her love of watercolor and help you discover your talent. This great class will be offered on Mondays from February 2-February 23 from 9:30am-12:00pm. Cost is \$35 for the 4-week class. **Advance payment is required.**

CARD MAKING WITH JUDI

Love is in the air at our next card class on Wednesday, February 4th from 1-4pm, \$30. These cute cards can be used for Valentine's Day, wedding, anniversary, or even get well cards. Stop by the Senior Center and see the sample cards. Bring your own tape runner or liquid glue.

Advance sign-up and payment are required.

ACRYLIC PAINT POUR CLASS

Welcome to the vibrant world of acrylic paint pouring, where creativity flows as freely as the paint itself! If you're new to the art scene or simply looking to unleash your inner artist, you're in for a treat. Picture this: swirling colors cascading across your canvas in a dance of pure imagination, each pour a unique expression of your creativity. In this Acrylic Paint Pouring for Beginners Class, we'll dip our imaginations into the basics of acrylic paint pouring, from selecting the right materials to mastering essential techniques. Join Lin on Wednesday, February 11 at 9:30am. for this great class. All materials provided, cost is \$30. **Advance sign-up and payment are required. Displays are up at the center**

THE CARE TEAM PRESENTS: HEART HEALTH

February is National Heart Month! Join Alexsys from The Care Team as she shares information about keeping your heart healthy! Heart health is so important to maintain so do not miss out on this great class. Join Alexsys on Monday, February 9 at 1:00pm. **Please call to reserve your spot.**

HEARTLAND HOSPICE MEMORIAL PROGRAM

Are you grieving the loss of a friend or loved one? Each year Heartland Hospice hosts a memorial program free of charge. Join us on Tuesday, February 10 at 6:00pm.
Please call to reserve your spot.

ADVISACARE PRESENTS: IMPORTANCE OF HYDRATION

Did you know that when you feel thirsty chances are you are already dehydrated. Hydration is so important for brain and organ function. Join Jordan on Wednesday, February 11 at 1:00pm.

Please call to reserve your spot.

MAXWELL PHYSICAL THERAPY ONE ON ONE CONSULTATIONS

Are you unsure if you could benefit from some physical therapy or have questions about an issue you are experiencing. Join Physical Therapy Meghan for a one-on one consultation on Wednesday, February 11. Please call for an appointment

ADVISACARE PRESENTS: HOSPICE 101

Hospice is never a discussion you want to have, but being informed on what hospice entails. Jordan Sanders from Advisacare will share information about everything offered with hospice services. Join Jordan on Monday, February 23 at 1:00pm. **Please call to reserve your spot.**

JAY E. JACOBS CATERING PRESENTS: PASTA MAKING CLASS

Chef Jay will provide the equipment, materials and ingredients required for the demonstration of Pasta 101. In this interactive class you will learn how to make pasta dough, roll the dough and forming/cutting ravioli and other pastas as time permits. Join Chef Jay on Monday, February 23 from 6:00pm-8:00pm. **This class is limited to 10 people and Genesee County residents 60 years of age or older. Cost is \$15.00. Advanced payment is required.**

BUILD YOUR OWN CHARCUTERIE BOARD WITH JAY E. JACOBS CATERING

Come learn how to make a perfect charcuterie board with Jay E. Jacobs catering. Chef Jay will provide everything you need to make your very own charcuterie board. Chef Jay will share recipes with you so you can try more designs at home! This great class will be held on Wednesday, February 25 from 5:30pm-7:30pm. **Cost is \$15.00 per person for Genesee County residents 60 years of age or older. Advance payment is required.**

KNITTERS

Our knitting/crocheting group meets every Thursday morning from approximately 9:00am-11:00am. Our group shares patterns, ideas and friendship. This group is for anyone whether you are working on a personal project or making projects to donate to local charities! If you are looking for a home for your unused yarn, we happily accept donations for our group.

LEARN TO PLAY MAH-JONGG (NO MAH JONGG CARD REQUIRED)

Learn to play Mah-Jongg on Thursdays at 9:30am with Ray. This group is for newbies or those that just need a little refresher

THE ARTIST STUDIO

Bring your paints and your talent to this fun group. Share your love for painting and form some new friendships. All paint mediums are welcome. Join our artist studio on Tuesday mornings from 9:30am-11:30am

BOOK DISCUSSION

Book discussion and reading improves brain connectivity, increases vocabulary and comprehension, empowers you to empathize with other people, aids in sleep readiness, reduces stress, lowers blood pressure and heart rate, fights depression symptoms, prevents cognitive decline as you age, and contributes to a longer life. The Book Discussion group meets on the 2nd Wednesday of each month at 10:00am. **The February session will be held on Wednesday, February 11**

ULTRA BEGINNER LINE DANCE

We are so excited to announce an Ultra Beginner Line Dance Class with Norma! This class is perfect for anyone looking to learn line dance. Norma will start with the basics so you can learn to love line dance! No experience necessary, just need a good attitude and be ready to have a great time! This class will be offered on Thursdays at 1:30pm. Cost is \$3.00 drop-in.

NUTRITION PROGRAMS

PRODUCE PANTRY

Thanks to a \$10,000 grant from Community Foundation of Greater Flint, Grand Blanc Chapter the center is able to purchase fresh produce from Flint Fresh. We will be distributing free fresh produce daily, with the exception of holiday weeks. Produce bags will be distributed on a first-come-first-serve basis. Monday produce pick-up time will vary depending on when we are able to pick-up the order, feel free to call before coming in. Tuesday through Friday produce pick-up begins at 8:00am. Availability is limited. Each Monday we receive our order and divide the produce up evenly for all five days of the week so that everyday the same amount of each item will be available. We ask that you please limit yourself to one visit per week so that everyone has an opportunity to this great program!

BROOKDALE LUNCHEON

Join us for a delicious luncheon provided by Brookdale Assisted Living. Brookdale treats us to a homecooked meal each month, so grab a friend and join us! The February Brookdale luncheon will be held on Tuesday, February 17 at 12:00pm. This month Gentiva will be providing desserts and sharing information about volunteer opportunities.

Please call to reserve your spot no later than Tuesday, February 10.

AARP TAX SERVICE INFORMATION

Please make sure you are prepared for your appointment with all of the required documents. You will not be given a second appointment or allowed to return with additional information you forgot to provide. This is an extremely popular program we offer and available appointments are limited.

- On the day of your appointment, please arrive no more than 10 minutes before your scheduled appointment time. Automated reminder calls will go out a few days before your appointment.
- If you are more than 5 minutes late for your appointment, you will not be seen or have another appointment made.
- If you are unable to make your scheduled appointment, please call and cancel as soon as possible. If you fail to call and cancel we will not schedule appointments for you in the future.
- **You must complete the required intake packet before your scheduled appointment. All documentation must be printed on paper-no verbal or digital documentation will be permitted.**

REQUIRED DOCUMENTATION

- Photo Id and Social Security Card for anyone filing taxes. Acceptable SS proof is SS Statement with number on it.
- All income statements including but not limited to W-2, Pension, Lottery Winnings, Alimony...
- Mortgage interest statement
- Last year's tax return
- Consumers energy bill for the home heating credit, if you qualify
- Bank routing number and account number for direct deposit

School District	25030	PRE/MBT	100.0000%
Taxable Value	\$80,985	S.E.V.	\$104,000
Property Class	401 - RESIDENTIAL-IMPROVED	Assessed Value	\$104,000
Tax Bill Number	<i>No Data to Display</i>	Last Receipt Number	00011648
Last Payment Date	09/13/2024	Number of Payments	1
Base Tax	\$2,012.74	Base Paid	\$2,012.74
Admin Fees	\$20.12	Admin Fees Paid	\$20.12
Interest Fees	\$0.00	Interest Fees Paid	\$0.00
Total Tax & Fees	\$2,032.86	Total Paid	\$2,032.86
Renaissance Zone	<i>Not Available</i>	Mortgage Code	<i>Not Available</i>

Tax Bill Breakdown for 2024 Summer

Taxing Authority	Millage Rate	Amount	Amount Paid
COUNTY OP	5.372600	\$435.10	\$435.10
MOTT OP	1.936500	\$156.82	\$156.82
MOTT DT	0.600000	\$48.59	\$48.59
ISD OP	0.402000	\$32.55	\$32.55
SPEC ED	2.342600	\$189.71	\$189.71
VOC ED	0.936400	\$75.83	\$75.83
SE TAX	6.000000	\$485.91	\$485.91
SO TAX	18.000000	\$0.00	\$0.00
SCH B-S	0.963600	\$78.03	\$78.03
SCH DT	6.300000	\$510.20	\$510.20
Admin Fees		\$20.12	\$20.12
		\$86.28	\$86.28

LEGAL SERVICES OF EASTERN MICHIGAN: FREE LEGAL SERVICES

The Center is happy to announce Free Legal Services provided by Legal Services of Eastern Michigan.

Attorney Zach will be available by appointment only on the **first Monday of every month**.

Appointments are 1/2 long and begin at 9:30am. If you and your spouse are wanting to complete a Will or Durable Power of Attorney two appointments will be required. Please call the office to schedule your appointment. **Services are available to Genesee County Seniors 60 years of age and older.**

Services include: Wills, Durable Power-of -Attorney, Advance Directives, Estate Planning, Medicaid Planning, Social Security, Income Tax, Consumer Issues, Housing Complaints, Family Law, Domestic Violence, Bankruptcy, Employment Issues, Public Benefits.

LSEM Attorney is available by appointment only on the first Monday of each month.

GRIEF SUPPORT SPONSORED BY THE MEDICAL TEAM

We are happy to announce a new partnership with The Medical Team. The Medical Team will offer a monthly grief support group on the 1st and 3rd Monday of each month at 10:30am. You don't have to go through the grieving process alone. Join our caring group of people who will walk alongside you through one of life's most difficult experiences.

The February dates are Monday, February 2 and Monday, February 16

MEDICARE/MEDICAID ASSISTANCE

Our Medicare specialist can assist you with your Medicare or Medicaid questions and concerns.

Our Medicare counselor is available for phone appointments on Tuesdays and Wednesdays.

Call the center at 695-3202 to schedule an appointment.

VISUAL OR HEARING IMPAIRED SUPPORT GROUP

Our Visual and Hearing Impaired Support Group has returned. Join Sabrina from Family Service Agency on the third Monday of each month at 10:00am. The February group will be held on

Monday, February 16. Please call to reserve your spot.

ALZHEIMER AND PARKINSON CAREGIVER SUPPORT GROUP

Are you caring for someone with Alzheimer's, Dementia or Parkinson's? If so, please consider joining our wonderful support group. This group can make the challenges in caregiving a little less stressful knowing you are not alone. The Caregiver Support Group meets on the 3rd Wednesday of each month from 10:00am-12:00pm. **The February date is Wednesday, February 18.**

MEDICAL LOAN CLOSET

The Center's Medical Loan Closet is available Monday-Friday from 9:00am-12:30pm. Inventory varies daily based on usage and donations. If you would like to make a donation please call in advance to see if we are accepting the durable medical goods.

BLOOD PRESSURE SCREENINGS

Stop in on Thursdays between 10:00am-12:00pm to see Elaine from Procare Health Solutions. Elaine will check your blood pressure and share health tips during your visit!

BLOOD SUGAR CHECKS

Stop in on the 2nd Thursday of each month at 10:00am to have a nurse from Brookdale check your blood sugar levels for free.

SENIOR CENTER TRANSPORTATION SERVICE

The bus provides transportation for current members age 60 and older who reside within the Grand Blanc School District. Participants must sign a bus policy. Transportation is limited to the Senior Center, Doctors Offices, Grocery Stores, Post Office, and Barber/Beauty Shops within the Grand Blanc School

District. The Center transportation services cannot provide rides to physical therapy or medical procedures other than routine doctor and dental appointments, blood draws and x-rays. Transportation arrangements must be scheduled with the Grand Blanc Senior Activity Center Office. There is a \$4.00 charge for round trip transportation. Any additional scheduled stops are \$2.00 per stop and must be scheduled at the time of original appointment. The fees may be paid in advance or upon boarding the bus. For convenience please have small bills or exact change. Transportation hours are: Monday through Friday from 8:00am-1:00pm.

2 Produce Pantry Walking 8:00-9:30 Watercolor 9:30-12:00 Chair Yoga 9:30 Mah Jongg 9:30 Yoga 10:30 Grief Support 10:30 Line Dance 12:00 Bridge 12:00 Scrabble 1:00 Drums Alive 1:30 Tai Chi 6:00	3 Produce Pantry Walking 8:00-9:45 MMAP Appointments Watercolor 9:30 Exercise 10:00 ADPT 11:30 Bridge 12:00 Euchre 12:30 Exercise 2:00	4 Produce Pantry AARP Tax Appointments Card Making 1:00 MidWeek Move 5:30	5 Produce Pantry MMAP Appointments Walking 8:00-9:45 Knitting 9:00 Mah Jongg 9:30 Exercise 10:00 Line Dance 12:00 Euchre 12:30 Beg Line Dance 1:30	6 Produce Pantry Walking 8:00-9:30 Quilting 9:00 Chair Yoga 9:30 Yoga 10:30 Poker 12:00 Zumba 1:00 Table Tennis 2:00
9 Produce Pantry Walking 8:00-9:30 Watercolor 9:30-12:00 Chair Yoga 9:30 Mah Jongg 9:30 Yoga 10:30 Line Dance 12:00 Bridge 12:30 Scrabble 1:00 Heart Health 1:00 Drums Alive 1:30 Tai Chi 6:00	10 Produce Pantry Walking 8:00-9:45 MMAP Appointments Watercolor 9:30 Exercise 10:00 Bridge 12:00 Euchre 12:30 Exercise 2:00	11 Produce Pantry AARP Tax Appointments Acrylic Paint 9:30 Book Discussion 10:00 Hydration 1:00 Maxwell PT Consults by Appt 3:00 MidWeek Move 5:30	12 Produce Pantry MMAP Appointments Walking 8:00-9:45 Knitting 9:00 Mah Jongg 9:30 Blood Sugar Checks 10-12 Blood Pressure 10:00 Exercise 10:00 Line Dance 12:00 Euchre 12:30 Beg Line Dance 1:30	13 Produce Pantry Walking 8:00-9:30 Quilting 9:00 Chair Yoga 9:30 Yoga 10:30 GDL What is AI 11:00 Poker 12:00 Zumba 1:00 Table Tennis 2:00
16 Produce Pantry No Walking or Yoga Senior Winter Games Euchre 9:00 Mah Jongg 9:30 Yoga 10:30 Grief Support 10:30 Line Dance 12:00 Bridge 12:00 Scrabble 1:00 Drums Alive 1:30 Tai Chi 6:00	17 Produce Pantry Walking 8:00-9:45 MMAP Appointments Watercolor 9:30 Exercise 10:00 Brookdale Luncheon 12:00 Bridge 12:00 Euchre 12:30 Exercise 2:00	18 Produce Pantry AARP Tax Appointments Senior Bus Field Trip Fifty 81 Bistro & Hil Rd Meijer 8:30 Reiki Appts 9:00 Caregiver Support 10:00-12:00 Maxwell PT Balance & Strength 3:00	19 Produce Pantry MMAP Appointments Walking 8:00-9:45 Knitting 9:00 Mah Jongg 9:30 Exercise 10:00 Line Dance 12:00 Euchre 12:30 Beg Line Dance 1:30	20 Produce Pantry Walking 8:00-9:30 Quilting 9:00 Chair Yoga 9:30 Yoga 10:30 Poker 12:00 Senior Winter Games Line Dance 1:00 No Zumba or Table Tennis
23 Produce Pantry Walking 8:00-9:30 Watercolor 9:30-12:00 Chair Yoga 9:30 Mah Jongg 9:30 Yoga 10:30 Line Dance 12:00 Bridge 12:00 Scrabble 1:00 Hospice 101 1:00 Drums Alive 1:30 Tai Chi 6:00 Pasta Class 6:00	24 Produce Pantry Walking 8:00-9:45 MMAP Appointments Watercolor 9:30 Exercise 10:00 ADPT 11:30 Bridge 12:00 Euchre 12:30 Exercise 2:00	25 Produce Pantry AARP Tax Appointments Charcuterie Class 5:30	26 Produce Pantry MMAP Appointments Walking 8:00-9:45 Knitting 9:00 Mah Jongg 9:30 Exercise 10:00 Line Dance 12:00 Euchre 12:30 Beg Line Dance 1:30	27 Produce Pantry Walking 8:00-9:30 Quilting 9:00 Chair Yoga 9:30 Yoga 10:30 Poker 12:00 Zumba 1:00 Table Tennis 2:00

Grand Blanc Senior Center
12632 Pagels Drive
Grand Blanc, MI 48439
Hours of Operation
Monday-Friday
8:00am-4:00pm
Phone: (810) 695-3202
gbsc3202@gmail.com
Website:
parks.gbtgov.com

**PRST STD
U.S. POSTAGE
PAID
Grand Blanc, MI
Permit No. 35**

OR CURRENT RESIDENT

MEMBERSHIP

Please take the time to renew your membership and help us update our files.
There is a requested \$10.00 donation per person to receive the newsletter in the mail. Thank you!

NAME: _____

DATE OF BIRTH: _____

PHONE NUMBER: _____

EMAIL: _____

ADDRESS: _____

ETHNICITY: _____ **LIVE ALONE? YES OR NO**

EMERGENCY CONTACT: _____

EMERGENCY CONTACT PHONE #: _____