

July 2008

Highland Adult Activity Center: 209 North John Street, Highland, MI 48357 ♦ Office: (248) 887-1707 ♦ Fax: (248) 889-9404
 ♦ Transportation: (248) 887-4979 ♦ Nutrition: (248) 887-4694 ♦ Bldg. 2: Highland Station House, 205 W. Livingston Road, Highland, MI

Monday	Tuesday	Wednesday	Thursday	Friday
	1. <u>Creative Ice Cream Flavor Day</u> ➤ 11:00 Exercise ➤ 11:45 Lunch and Ice Cream ➤ 1:00 Rubber Bridge	2. ➤ 10:00 BP Checks ➤ 12:30 BINGO	3. TRIP: 9:00 am Shopping in White Lake & Pontiac, Farmers Market \$5 ➤ 11:00 Exercise ➤ 11:45 Trivia, Lunch and Patriotic Dessert	4. <u>Independence Day</u> CENTER WILL BE CLOSED: This includes both buildings and transportation. Happy 4th of July!
7. <u>Nat'l Strawberry Sundae Day</u> ➤ 11:45 Strawberry Sundae with lunch ➤ 12:30 BINGO ➤ 1:00 Genealogy Assistance by appointment only ➤ 6:30-9:30 pm, Cards	8. ➤ 10:00 am, Wee Friends/Crafts with Seniors ➤ 11:00 Exercise ➤ 1:00 Rubber Bridge ➤ 6:30 pm, Highland Car Nuts	9. ➤ 10:00 Blood Pressure Checks EVENT: 11:30 am, Birthday and Anniversary Party ➤ 12:30 BINGO	10. <u>National Sugar Cookie Day</u> ➤ 11:00 Exercise ➤ 4:00-5:30 pm Line Dancing \$3	11. TRIP: 9:00 a.m. Garage Sales in the area, \$5 transportation ➤ 10:00 Quilt Club, Bldg. 2 ➤ 12:30 Movie "August Rush" ➤ 2:00 Awareness thru Movement, Bldg. 2, \$6 EVENT: 7:00-10:00 pm, Summer Dinner Dance \$15
14. <u>National Rabbit Week: Visit from Elmer and Fluzzy the Rabbit</u> ➤ 12:30 Bingo ➤ 6:30-9:30 pm, Cards	15. <u>Tapioca Pudding Day</u> TRIP: 9:00 am, Fowler-ville Fair, free to anyone 62 and over, \$8 for transport. ➤ 11:00 Exercise ➤ 11:45 Lunch, Tapioca Pudding Speaker Sherry Stieg "Fraud" ➤ 1:00 Rubber Bridge	16. ➤ 10:00 Blood Pressure Checks ➤ 10:00 Ask the Pharmacist ➤ 12:30 BINGO	17. <u>National Peach Ice Cream Day</u> TRIP: 9:00 am, Ann Arbor Art Fair, lunch is on your own, \$10 for transportation ➤ 10:00 Acrylic Landscape Painting, Mr. Wood, Bldg. 2, \$20 ➤ 11:00 Exercise ➤ 11:45 Trivia, Lunch and Peach Ice Cream 12:30 Armchair Travel-Costa Rica	18. 10:00 Quilt Club, Bldg. 2 ➤ 10:00 "Ask the Lawyer" by appointment only EVENT: 10:30 am, Picnic at Hickory Ridge Pines Park, bring a dish to pass, \$5 for transportation ➤ 2:00 Awareness thru Movement, Bldg. 2, \$6
21. ➤ 11:45 Strawberry Shortcake with Lunch ➤ 12:30 BINGO ➤ 6:30-9:30 pm Cards	22. ➤ 11:00 Exercise ➤ 11:20 Gorgeous Grandma Show and dessert ➤ 1:00 Rubber Bridge	23. <u>Gorgeous Grandma Day & Ice Cream Cone Birthday</u> ➤ 10:00 Blood Pressure Checks ➤ 11:45 Trivia, Lunch and Ice Cream Cone ➤ 12:30 BINGO	24. <u>Tell An Old Joke Day</u> TRIP: 9:30 am, Red Hat Trip to Canterbury Village \$10 ➤ 11:00 Exercise ➤ 11:45 Jokes, Lunch and Blueberry Cheese Cake ➤ 12:15 Oakland County Parks ➤ 4:00-5:30 pm Line Dancing \$3	25. TRIP: 9:00 am, Canoe and Pizza Trip \$25 ➤ 10:00 Quilt Club, Bldg. 2 ➤ 12:30 Movie "Charlie Wilson's War" ➤ 2:00 Awareness thru Movement, Bldg. 2, \$6
28. <u>Nat'l Milk Choc. Day</u> ➤ 12:30 BINGO ➤ 6:30-9:30 pm, Cards	29. ➤ 10:00 Pet Show and Tell (well mannered pets only, please) ➤ 11:00 Exercise ➤ 1:00 Rubber Bridge	30. ➤ 10:00 Blood Pressure Checks ➤ 11:45 Lunch ➤ 12:15 Ice Cream Social ➤ 12:30 BINGO	31. <u>National Salad Week</u> ➤ 10:00 Book Club ➤ 11:00 Exercise ➤ 11:45 Salad Bar Lunch, Trivia and Chocolate Dessert	Lunch is served Monday – Friday at 11:45 a.m. 48-hour notice is needed for reservations. <i>Cards are played daily at 9:00 a.m. at bldg. 2</i>

August 2008

Highland Adult Activity Center: 209 North John Street, Highland, MI 48357 ♦ Office: (248) 887-1707 ♦ Fax: (248) 889-9404

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Lunch is served Monday – Friday at 11:45 a.m.</i></p> <p><i>48-hour notice is needed for reservations.</i></p> <p><i>Cards are played daily at 9:00 a.m. bldg. 2</i></p>	<ul style="list-style-type: none"> ❖ <i>Foot Health</i> ❖ <i>Cataract Awareness</i> ❖ <i>Parks Month</i> 			<ul style="list-style-type: none"> 1. 10:00 Quilt Club, Bldg. 2 ➤ 12:30 Movie “The Bucket List” ➤ 2:00 Awareness thru Movement, Bldg. 2, \$6 <p>***SATURDAY 2nd</p> <p>TRIP: 8:00 am, Eastern Market \$10 (Detroit)</p>
<p>4. <u>Clown Week</u></p> <ul style="list-style-type: none"> ➤ 12:30 BINGO ➤ 1:00 Genealogy assistance by appointment ➤ 6:30-9:30 pm, Cards 	<p>5. <u>Friendship Day and Election Day</u></p> <p>TRIP: 9:00 am, Brighton and Howell Shopping Trip, \$6</p> <p>EVENT: 12:00 Friendship Pizza Party \$3.00</p> <ul style="list-style-type: none"> ➤ 11:00 Exercise ➤ 1:00 Rubber Bridge 	<p>6. <u>Lucille Ball’s B’day</u></p> <ul style="list-style-type: none"> ➤ 9:00 Lucille Ball Video ➤ 10:00 Blood Pressure Checks ➤ 12:30 BINGO 	<p>7. TRIP: 9:00 am, Chesaning: Bonny Mill Inn & Bakery, \$15</p> <ul style="list-style-type: none"> ➤ 11:00 Exercise ➤ 11:45 Trivia, Lunch and Ice Cream Sandwiches 	<p>8.</p> <ul style="list-style-type: none"> ➤ 10:00 Quilt Club, Bldg. 2 ➤ 12:30 Movie “The Great Debaters” ➤ 2:00 Awareness thru Movement, Bldg. 2, \$6
<p>11. <u>Weird Contest Week</u></p> <ul style="list-style-type: none"> ➤ 12:30 BINGO ➤ 6:30-9:30 pm, Cards 	<p>12. TRIP: 1:00 pm, Japanese Food/Culture/Casino, \$79 (MLE)</p> <ul style="list-style-type: none"> ➤ 11:00 Exercise ➤ 1:00 Rubber Bridge ➤ 6:30 pm, Highland Car Nuts 	<p>13.</p> <ul style="list-style-type: none"> ➤ 10:00 Blood Pressure Checks <p>EVENT: 11:30 am, Birthday and Anniversary Party</p> <ul style="list-style-type: none"> ➤ 12:30 BINGO 	<p>14. EVENT: 11:00 am, Summer Picnic at Highland Adult Activity Center: Watermelon Seed Spitting Contest also Weird Contests \$4</p> <ul style="list-style-type: none"> ➤ 4:00-5:30 pm Line Dancing \$3 	<p>15. TRIP: 9:00 am, Metro Beach and Box Lunch \$15 lunch/transportation</p> <ul style="list-style-type: none"> ➤ 10:00 Quilt Club, Bldg. 2 ➤ 10:00 “Ask the Lawyer” by appointment only 12:30 Movie “The Waterhorse” ➤ 2:00 Awareness thru Movement, Bldg. 2, \$6 <p>RUMMAGE SALE Aug 15-16</p>
<p>18.</p> <ul style="list-style-type: none"> ➤ 12:15 Ice Cream Social ➤ 12:30 BINGO ➤ 6:30-9:30 pm, Cards 	<p>19. TRIP: 9:00 am, Trout Farm in Dexter. Lunch is on your own \$20 admission and transportation</p> <ul style="list-style-type: none"> ➤ 11:00 Exercise ➤ 1:00 Rubber Bridge 	<p>20. <u>Lemonade’s B’day</u></p> <ul style="list-style-type: none"> ➤ 10:00 B P Checks ➤ 10:00 Ask the Pharmacist ➤ 11:45 Lemonade w/ lunch ➤ 12:30 BINGO 	<p>21.</p> <ul style="list-style-type: none"> ➤ 10:00 Acrylic Landscape Painting, Mr. Wood, Bldg. 2, \$20 ➤ 11:00 Exercise ➤ 11:45 Trivia, Lunch and Lemon Pie 12:30 Armchair Travel-Kenya Safari 	<p>22. 10:00 Quilt Club, Bldg. 2</p> <ul style="list-style-type: none"> ➤ 12:30 Movie “27 Dresses” ➤ 2:00 Awareness thru Movement, Bldg. 2, \$6 <p>***SATURDAY 23rd TRIP: 6 am, Up North Casino \$119 (MLE)</p>
<p>25. TRIP: 9:15 am, Michigan State Fair Senior Day, \$10 transportation (62 and over free admission)</p> <ul style="list-style-type: none"> ➤ 12:30 BINGO ➤ 6:30-9:30 pm, Cards 	<p>26.</p> <ul style="list-style-type: none"> ➤ 9:30 am Great Lakes Medical Supply: Speaker-Diabetes ➤ 11:00 Exercise ➤ 1:00 Rubber Bridge <p>EVENT: 6:30 pm, Hawaiian Luau (Dinner included) \$15</p>	<p>27.</p> <ul style="list-style-type: none"> ➤ 10:00 Blood Pressure Checks ➤ 12:30 BINGO 	<p>28.</p> <ul style="list-style-type: none"> ➤ 10:00 Book Club ➤ 11:00 Exercise ➤ 11:45 Trivia and Peach Pie ➤ 4:00-5:30 pm, Line Dancing \$3 	<p>29.</p> <ul style="list-style-type: none"> ➤ 10:00 Quilt Club, Bldg. 2 ➤ 12:30 Movie “The Ultimate Gift” ➤ 2:00 Awareness thru Movement, Bldg. 2, \$6

September 2008

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. <u>LABOR DAY</u></p> <p>CENTER WILL BE CLOSED: This includes both buildings and transportation.</p> <p>Have a nice Holiday!</p>	<p>2. <u>National Waffle Day</u></p> <p style="text-align: center;">Toaster Waffle Snack</p> <ul style="list-style-type: none"> ➤ 11:00 Exercise ➤ 1:00 Rubber Bridge 	<p>3.</p> <ul style="list-style-type: none"> ➤ 10:00 Blood Pressure Checks ➤ 12:30 BINGO 	<p>4.</p> <p>TRIP: 9:00 am, Hamtramck, \$10 for transportation</p> <ul style="list-style-type: none"> ➤ 11:00 Exercise ➤ 11:45 Ice Cream Sandwiches and Trivia 	<p>5. 10:00 Quilt Club, Bldg. 2</p> <p>TRIP: 9:30 RSVP Volunteer Luncheon by invitation only \$6.00 for transportation</p> <ul style="list-style-type: none"> ➤ 12:30 Movie "Prairie Home Companion" ➤ 2:00 Awareness thru Movement, Bldg. 2, \$6
<p>8. <u>Nut Bread Day</u></p> <ul style="list-style-type: none"> ➤ 11:45 Lunch and Banana Nut Bread ➤ 12:30 BINGO ➤ 6:30-9:30 pm, Cards 	<p>9. <u>Hot Dog Birthday</u></p> <ul style="list-style-type: none"> ➤ 11:00 Exercise ➤ 11:45 Hot Dogs with lunch <p>New Members are welcome!!</p> <ul style="list-style-type: none"> ➤ 1:00 Rubber Bridge ➤ 6:30 pm, Highland Car Nuts 	<p>10. <u>Line Dance Week</u></p> <ul style="list-style-type: none"> ➤ 10:00 Blood Pressure Checks <p>EVENT: 11:30 am, Birthday and Anniversary Party</p> <ul style="list-style-type: none"> ➤ 12:30 BINGO 	<p>11.</p> <p>TRIP: 9 am, Biblewalk Tour and Lunch \$79 (MLE)</p> <ul style="list-style-type: none"> ➤ 11:00 Exercise ➤ 11:45 Lunch, Trivia and Chocolate Milk Shake ➤ 4:00-5:30 Line Dancing \$3 	<p>12. TRIP: 9:00 am Flint Planetarium/Museum: Lunch is on your own, \$20 admission and transport.</p> <ul style="list-style-type: none"> ➤ 10:00 Quilt Club, Bldg. 2 ➤ 12:30 Movie "PS I Love You" ➤ 2:00 Awareness thru Movement, Bldg. 2 (\$6)
<p>15. <u>Eat an Apple a Day</u></p> <p style="text-align: center;">Apple Snack</p> <ul style="list-style-type: none"> ➤ 12:30 BINGO ➤ 6:30-9:30 pm, Cards 	<p>16.</p> <p>TRIP: 8:00 am, Frankenmuth, Lunch is on your own, \$15 trans- portation</p> <ul style="list-style-type: none"> ➤ 11:00 Exercise ➤ 1:00 Rubber Bridge 	<p>17.</p> <ul style="list-style-type: none"> ➤ 10:00 Blood Pressure Checks ➤ 10:00 Ask the Pharmacist ➤ 12:30 BINGO 	<p>18.</p> <ul style="list-style-type: none"> ➤ 10:00 Acrylic Landscape Painting w/ Steve Wood, Bldg.2 (\$20) ➤ 11:00 Exercise ➤ 11:45 Lunch and Trivia and apple pie <p>12:30 Armchair Travel-Scotland</p>	<p>19. 10:00 Quilt Club, Bldg. 2</p> <ul style="list-style-type: none"> ➤ 10:00 Ask the Lawyer ➤ 12:30 Movie "Dan in Real Life" ➤ 2:00 Awareness thru Movement, Bldg. 2, \$6 <p>EVENT: 5:00-7:00 pm Pancake Supper and Open House \$3.50 for seniors</p>
<p>***SUNDAY 21st 11:00 am Rodeo and Carnival \$17 admission and transportation</p> <p>22. <u>Birthday Ice Cream Cone</u></p> <ul style="list-style-type: none"> ➤ 11:45 Ice Cream Cone with lunch ➤ 12:30 BINGO ➤ 6:30-9:30 pm, Cards 	<p>23. <u>Autumn Begins</u></p> <p>TRIP: 9:45 am, Cider and Soaring Eagle Casino Tour, \$39 (MLE)</p> <ul style="list-style-type: none"> ➤ 11:00 Exercise ➤ 1:00 Rubber Bridge 	<p>24.</p> <p style="text-align: center;">Biscuit and Honey Snack</p> <ul style="list-style-type: none"> ➤ 10:00 Blood Pressure Checks ➤ 12:30 BINGO 	<p>25.</p> <ul style="list-style-type: none"> ➤ 10:00 Book Club ➤ 11:00 Exercise ➤ 11:45 Trivia & Root Beer Floats ➤ 4:00-5:30 Line Dancing \$3 <p>TRIP: 4:30 pm, Senior Harvest Ball, Wixom \$25</p>	<p>26.</p> <ul style="list-style-type: none"> ➤ 10:00 Quilt Club, Bldg. 2 <p>EVENT: 11:00 am, Ethnic Potluck \$3.50</p> <ul style="list-style-type: none"> ➤ 2:00 Awareness thru Movement, Bldg. 2 (\$6)
<p>29.</p> <ul style="list-style-type: none"> ➤ 12:30 BINGO ➤ 6:30-9:30 pm, Cards 	<p>30. Mary Kay Makeover 9:30</p> <ul style="list-style-type: none"> ➤ 11:00 Exercise ➤ 1:00 Rubber Bridge 	<p style="text-align: center;">❖ <i>Senior Center Month</i></p>	<p><i>Lunch is served Monday –Friday at 11:45 a.m. 48-hour notice is needed for reservations.</i></p>	<p style="text-align: center;"><i>Cards are played daily at 9:00 a.m. bldg. 2</i></p>