PRIME TIME

Make the best of the rest of your life

A Quarterly Newsletter for the 55+ Community • 2007 Nationally Accredited • March, April, May 2020

CITY OF EAST LANSING

AQUA FITNESS is the one class at Prime Time that meets every day, and participants love the exercise and workout they get. Check out page 10 to read more about the time and price.

IT’S ALMOST RUMMAGE SALE TIME That means it’s time to scour the basement and garage for items you don’t need any longer. The sale is scheduled for May 28-29, but see page 7 for more details about donating items or volunteering.

OPEN ART STUDIO IS FOR EVERYONE Join other creative-minded folks as they work on Prime Time art class creations or venture into inspired territory of their own on Tuesdays, 9 a.m. to Noon. The atmosphere is supportive and fun. All are welcome. No charge for materials if you’re working on a project that’s part of a class you are currently enrolled in. But if you are not enrolled in a class, please pay for the materials or bring your own. (You may pay for scrap glass per pound or purchase your own supplies at Delphi.) Due to the generosity of our monthly art sponsors, we are able to cover the cost of the open art studio. Going forward, the $3 fee will be waived. Enjoy the use of the art lab and camaraderie that it generates through creative play!
Prime Time’s Mission, Vision and Values

Mission Statement
To serve as a community focal point for senior citizens and their families in an atmosphere of respect, trust, empowerment and support.

Vision Statement
A professional organization committed to both advocating for and contributing to the health, enrichment, social and supportive service needs of East Lansing residents age 55 and older.

Value Statement
We value diversity, and will strengthen and support the integration of older people into the life of our community.

We value independence, and will serve as a community focal point assuring access to a comprehensive array of supportive services.

We value good health, and will offer health and wellness opportunities that will encourage healthy lifestyle behaviors and discourage disability and disease.

We value customer service, and will serve our clients and those who help us to serve our clients, with respect, sensitivity and confidentiality.

We value education, and will provide life-long learning opportunities that will meet the needs and interests of our community’s retirees.

FROM OUR DIRECTOR, KELLY ARNDT

As I’m writing this message, the New Year is upon us. Where do we go from here? Judging from the results of our annual satisfaction survey I would have to say, “more of the same,” (results from the survey are on page 7). We believe in quality of life that comes from movement and engagement. When members can maintain their functional fitness levels, they are better able to take part in Prime Time programs and activities, and maintain independence, and overall well-being. That’s what we want for our members. And as we propose new resolutions for 2020, let’s reject the status quo and embark on a fresh path to set thoughtful wellness goals for ourselves. What you think about — you bring about. Here’s to a year of wellness in 2020!

As many of you know, 2020 is the year of the census! Did you know for each resident counted the city receives $1,800? That’s why it is so important that everyone be counted. If you know of someone in your neighborhood who could use help filling out the census, we have volunteers ready and able to assist in this capacity. Just give us a call at 517-337-1113!

News From The Friends

The Board of the Friends thanks all the donors for the outstanding fundraising drive in 2019 raising over $19,000. We’re encouraged that seniors want to support the Prime Time Senior Program and want to see it continue and grow. They have enjoyed the many programs, made new friends and learned new skills. It’s not too late to make a donation. Make checks to The Friends, P.O. Box 261, East Lansing 48826. An acknowledgment list of donors will appear in the next newsletter.

Recycle! East Lansing is May 30

Give yourself the gift of decluttering and take full advantage of the annual Recycle! East Lansing event scheduled for May 30, 8 a.m. to 3 p.m. at 1400-1500 Abbot Road.

Curbside pick-up of recyclable items is available for seniors by calling us at 517-337-1113 on or before May 27. No exceptions. Friends of East Lansing Seniors have graciously agreed to cover the $15.00 fee for those accessing this service. All items should be curbside for pick-up. Visit http://www.cityofeastlansing.com/recycleEL for a list of items accepted, those not accepted and those with a fee.

BWL residential electric customers that recycle a working room air conditioner or dehumidifier will receive a $25 rebate. Limit two of each per household.
Visit our library, check out a book or a puzzle

Looking for a good book? Why not check one out at the Prime Time library? Located in the lounge, the library boasts a pretty good selection, and it’s easy to sign one out. Librarian Donna Costantino (above right), encourages you to take your time, but bring it back eventually. Also available for check out are puzzles, a service started by Ann Rush. In addition, feel free to donate books (no nonfiction, only fiction and no small print) and puzzles (all of the pieces intact, please) by placing them on top of the shelves. Please put puzzle pieces in a plastic zip locked bag inside the puzzle box to avoid losing any loose pieces. We all know how upsetting that can be.

Scholarships available

Prime Time has scholarships available right now to individuals who have an annual household income of $36,750 or below. The funds are ready to be dispersed. Please help us spend them. See Terrie in the Prime Time office.

WELCOME, NEW MEMBERS!

We welcome our new members, and we’re glad you’re here. Please say hello to these nice folks when you get a chance.

PRIME TIME NEWS

Get Ready for the ‘Commit to be Fit’ Fitness Challenge 2020

Prime Time is planning a 10-week team fitness challenge starting in September. Watch the summer newsletter for more details and be ready to sign up! Space will be limited.

SCHOLARSHIPS

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SPRING DONATIONS

William C. Broadway
Carol Brownell
Joe and Gloria Caruso
Nell M. Kuhnmuench
Alice Martin
Charlene Vogan
Barb Zynda
Janet Abramson
Jamie Allman
Patricia Babcock
Joyce Banish
Jean Brown
Barbara Burns-Briggs
Ginger Carrigan
Darlene Chambers
Ruth Chapman
Janice Child
Jeffrey Collar
Sandra Comstock
Tom Doyle
Jane Emery
D. Craig Finger
Kathy Fore
Gail Ganakas
Beanie Gottschalck
Karl Gude
Steve Hayes
Richard Hill-Rowley
Antoinette Hornberger
Barbara Koziol
Raymond Kremsreiter
Patricia Lokey
Mary Ann Martin
Scott McRee
Susanne Melms
Karen Quinn
Gary Quinn
Emma Reardon
Mary Ross
Margarita Sanchez
Mary Savage
John Schoepke
Betty Schoepke
JoAnn Smith
Kay Toben
Gary Tyler
Peter Usher
Carol Viventi
Charlan Washington
Oliver Washington
Marilyn Wilson
Prime Time receives high marks in survey

Prime Time survey participants overwhelmingly said they are very satisfied or satisfied with the Prime Time Seniors Program in general in a survey emailed out in October.

Nearly 84% reported being pleased with the Prime Time Seniors Program and shared numerous reasons why. We’ve reprinted some of the comments to the right.

The survey of seven questions was constructed to assess how participants feel about various aspects of Prime Time, including overall satisfaction, programming areas survey participants would like to see expanded, customer service, the facilities, services provided and communication methods used to learn about goings on at Prime Time.

Of the areas participants would like to see expanded, 60.5% said they’d like to see more educational offerings, and 50% said more fitness classes would be ideal.

Staffing received high marks with nearly 100% saying they are always or usually greeted promptly when they enter the office. Nearly 94% feel their needs have been addressed when they have questions or seek assistance.

Respondents gave the Hannah Community Center, which houses Prime Time, a good grade — nearly 97% — for being clean and well-maintained. But parking is an issue. Only 25% said they always are able to find adequate parking, while 64% said they could usually find a spot.

We asked participants to rank the services provided by Prime Time, and answers were all over the board. This is likely because not all participants have used all of the services, but that was to be expected. Most important, according to the survey, is “information referral,” which received 24%, followed by the “Medicare and Medicaid informational sessions” with 22%.

Nearly 98% get their information about Prime Time through the newsletter, and 43% listed the Prime Time Website as a source of information as well. Word of mouth came in at 37%, which was a nice surprise. Facebook only received 8%, which Prime Time would love to see elevated since staff add posts nearly every day.

Thank you to everyone who participated in the survey. We value and appreciate your feedback and will continue to work toward strengthening Prime Time.

All of the classes and events I have attended at Prime Time have been helpful and the people on the staff and everyone I have met have been welcoming and fun to be with. It is a great organization.

I am a member because it is a great program for many reasons. I cannot list all the reasons here, but let me just say that for me it has been educational, enriching and FUN.

There are a lot of varied activities to participate in which I appreciate and am able to pick what interests me. I am always impressed by how helpful and welcoming everyone is. Being at Prime Time always gives me a good feeling when I take part in any activity.

It’s my second home away from home.

Comments from PT Survey

You’re invited to a sock hop on March 21

Where were you in ’62? Probably hanging out on a weekend in the school gym listening and dancing to your favorite music from the day. Come to the Hannah Community Center gym from 3-5 p.m. on Saturday, March 21, for this re-creation of the music and memories from those simpler times. You may have been at a Sock Hop at Hannah when it was East Lansing High School until the late 50s and then East Lansing Junior High School.

This is a free community event presented by the East Lansing Educational Foundation (ELEF) with punch and cookies as well in the Prime Time space across from the gym. WFMK afternoon radio personality John Robinson will spin the hits we remember from the late 50s and into the mid 60s for your listening and dancing enjoyment.

Special thanks to our main Sock Hop sponsor, Independence Village of East Lansing. Our honorary event chairpersons are Beth and Al Cafagna and Mary Anne and John Larzelere. And remember, the dress code is casual but neat!
SERVICES FOR SENIORS

Prime Time Solo News & Updates

What is Prime Time Solo?
Prime Time SOLO is a social group for widows, widowers, those who are divorced and any single seniors. There is no fee to join the group. Members meet once a month for lunch and often on Friday evenings for dinner and an activity. SOLO provides a safe social environment for members to get together, have fun, and engage in conversations. It is also a place to find a supportive listening ear for those who have suffered a loss.

What programs does SOLO offer?
- Monthly luncheons on the last Monday of the month at 1 p.m. at Coral Gables. To attend, email Ann Cool at acool@cityofeastlansing.com by the Friday before the Monday luncheon.
- A series of Fall Workshops to offer support and discuss issues surrounding bereavement.
- An annual one-day spring retreat to help with healing for those who have experienced the loss of a loved one.
- Social events throughout the year.
  - Members are encouraged to offer their own suggestions for activities that the group can participate in.
  - Many SOLO participants are also members of Prime Time and take part in the many programs Prime Time offers.

How do I get involved?
To learn more about this group and to get information about how to get involved, contact Ann Cool by email at acool@cityofeastlansing.com. You can also visit the Solo facebook page and “like” them at fb.me/Prime-TimeSolo.

Senior Ambassador Program seeks to enhance seniors’ well being

Do you feel isolated? Do you wish you had more of a connection with others in your community?
Prime Time and AgeAlive, a Michigan State University unit dedicated to advancing wellbeing and quality of life throughout life, might be able to help.

We have been asked by AgeAlive to offer Prime Time participants the opportunity to take part in a brand new program called the Senior Ambassador Program. The program seeks to reduce loneliness and improve the quality of life of seniors living in our community.

The goal is to have college students interact with seniors and engage in conversations and other activities that will benefit both the senior and the college student.

If you want to form a new friendship, feel more engaged in the life of the community, and give students the benefit of your knowledge, this program might be right for you.

With questions and to sign up for the Senior Ambassador Program, contact Ann Cool, East Lansing's Prime Time Volunteer Coordinator, at 517-337-1113 or acool@cityofeastlansing.com.

Foot care scheduled for winter quarter
We are grateful to the LCC nursing students for providing quality foot care to our community. There is a $25 charge for this service. The nursing students will soak your feet, give a relaxing foot massage and cut your toenails. Two clinics are planned:
- Friday, March 20, and Friday, April 17. The time is 1:30–3:30 p.m. (Last appointment is at 3:15 p.m.)
Please call 517-337-1113 to schedule your appointment.

Friday Tech Labs
The tech labs will meet each Friday afternoon from 1–3 p.m. in the computer lab. Please call ahead to let the office know you are planning to attend. Three MSU student groups, Spartans Rebuilding Michigan, Spartan Ambassadors and Phi Sigma Theta, are helping this year, along with Llewellyn Drong, who covers the lab during university breaks.
VOLUNTEER

Helping Women Period volunteers

**Volunteer**

Once a month for 3 hours, the Prime Time Art Studio is set up as a volunteer workspace to create materials for the local nonprofit, Helping Women Period, a group that distributes bladder control products and disposable menstrual products to homeless women and girls in the Greater Lansing area. Sewers and non-sewers alike are welcome to help construct small bags later filled with products to be distributed at over 100 local charities. Some sewing machines will be provided, but feel free to bring your own. And what a wonderful way to use your extra fabric, buttons and ribbon! Menstrual and bladder control supplies are always welcome, too. See [www.helpingwomensperiod.org](http://www.helpingwomensperiod.org) for more information. Come for awhile or stay the whole time. You can make a difference!

Chris Wright is a frequent volunteer with Helping Women Period.

The Art of Healing Retreat:
After the Loss of a Loved One

"The loss of a loved one is life's most stressful event."
- From the National Mental Health Association

**Monday, May 4, 2020, from 9 a.m. to 4 p.m.**
Check in is at 8:30 a.m. **Retreat Cost: $50.00**
Includes Lunch and Materials
Note: Location to be determined

**Keynote Speaker**
June Castonguay is a Licensed Professional Counselor and Certified Clinical Trauma Professional. She practices at Spring Forest Counseling in her hometown of Okemos, Michigan. June was widowed at the age of 46, and in the five subsequent years experienced the death of three siblings and her mother. Her goal is to help individuals understand and process their grief in a safe and supportive environment.

**Topics Addressed in the Morning Session**
Grief is a very personal ongoing experience. Whether your loss was recent or years ago, you have the right to grieve in a supportive and non-judgmental environment — your way and in your time. The goal of this workshop is not to help you “get over” your loss, but to develop healthy strategies for moving forward while incorporating your loss into your life. You will have the opportunity to foster meaningful connections with other individuals on a similar journey during small group activities.

**Afternoon breakout sessions** help you experience ways to relieve the stress suffered by the loss of a loved one and calm your body and mind.

**Questions?**
Contact Ann Cool at the Prime Time office at 517-337-1113 or email her at acool@cityofeastlansing.com

[facebook](https://fb.me/PrimeTimeSolo)
Prime Time will host its popular rummage sale at the East Lansing Hannah Community Center on Thursday, May 28, from 9 a.m. to 3 p.m. and on Friday, May 29, from 9 a.m. to noon. This sale happens every other year, so remind your friends and family and don’t miss out! All proceeds benefit the Prime Time operating budget.

We will need lots of donations! On May 26 and 27, we will accept donations of linens, jewelry, antiques, collectibles, dishes, tools, baby equipment, games, puzzles, craft supplies, DVDs and VCR tapes, small pieces of furniture, etc., in good condition. Donation receipts are available upon request. (Prime Time representatives reserve the right to turn down donations that do not comply with our standards.)

Unfortunately, we cannot accept books, clothing, shoes, computers, printers, DVD and VCR equipment, encyclopedias, stereo equipment and speakers, typewriters, magazines, suitcases, golf clubs, ski equipment or large pieces of furniture. If you are considering making a donation and have questions about whether or not we will accept an item, please call Prime Time’s office at 517-337-1113 ahead of time.

Volunteers are needed! If you would like to volunteer to help set up, mark items, work as a cashier, oversee a room during the sale or clean up, please call 517-337-1113 or talk to our volunteer coordinator, Ann Cool. It’s always a fun time. You’ll find good bargains and meet great people!

Please note: Classes and activities held in rooms 140, 142, the Prime Time Lounge and the Conference Room will not meet the week of the rummage sale.

Barb Zynda and Shirley Hanna find something they like at the 2018 rummage sale, while Nancy Seebeck works on the display.

The rummage sale is a great time to catch up with friends. Penny Grahan-Yooll and Marie Buxton get a chance to do just that.

Yes, we accept these items
- linens
- jewelry
- antiques
- collectibles
- dishes
- tools
- baby equipment
- games & puzzles
- craft supplies
- DVD & VCR tapes
- small pieces of furniture

No, we don’t accept these items
- books
- clothing
- shoes
- computers
- printers
- DVD & VCR equipment
- encyclopedias
- stereo equipment & speakers
- typewriters
- magazines
- suitcases
- golf clubs
- ski equipment
- large pieces of furniture
SPRING CLASSES

M=Members  NM=Non-Members  All classes need a minimum of five participants. Please enroll & pay at least seven days prior to the first class.

Life Stories: Writing Your Memoirs

Fridays, March 27-May 15
Morning Session:
10:30 a.m.—12:15 p.m.
Afternoon Session:
1:00-2:45 p.m.
Cost: $76 (M), $81 (NM)

Through this much-loved participatory class, you’ll shape your memories into stories and get the support of others working on their own memoirs. Have fun while accomplishing something important. Note: Potluck and Special Plenary Session (morning + afternoon) on May 15, Noon–3:30 p.m. Maximum 12.
Instructor: Nancy Seubert

Adding a New Session! New Time!

Beginning Birding
Tuesdays, May 5-26, 9-10:30 a.m.
Cost: $25 (M) $30 (NM)

A Prime Time favorite is back! Join veteran birder and Michigan Audubon Society member Richard Yarsevich as you venture into the field for this beginning birding class. Learn about field identification, lifestyles and ecology of local birds first hand. The sessions will meet in the parking lot at Abbot Road Park. Please note, though the trails of the park are paved, there will be a good deal of standing and walking in this class. Please plan accordingly! Class will meet rain or shine.
Instructor: Richard Yarsevich

Estate Planning Seminar with Theodore Hughes

Monday, April 20
10 a.m.-12 p.m., Recital Room
Cost: $5 (M), $10 (NM)

Back by popular demand, this seminar will introduce attendees to estate planning and its goals: wills, living trusts, probate court administration of decedents’ estates, techniques used to avoid probate, using powers of attorney to plan for disability, writing a letter of instruction to survivors and how to get started with preparing an estate plan. Presenter Theodore E. Hughes, Michigan Assistant Attorney General for Law (Ret.), is a graduate of the Detroit College of Law and has practiced in the area of estate planning.
Facilitator: Theodore Hughes

Current Events

Wednesdays, 1-2:45 p.m., Room 142, Drop-in cost: $2 (M), $3 (NM)

Keep up with local, national and world-wide news, including the economy, sports, politics and the arts.

- Your views are important. All points of view are considered. Bring us your own topics.
- We are a “learning center”!
- Our discussions are lively and courteous.
- We bring a variety of backgrounds and perspectives to the group.
- Your viewpoints are welcome. Join us!
SPRING CLASSES

M=Members  NM=Non-Members  All classes need a minimum of five participants. Please enroll & pay at least seven days prior to the first class.

Intro to Italian Conversation

Fridays, March 6–April 10
1:30–3:30 p.m.
Conference Room
Cost: $60 (M), $65 (NM)

In this practical and fun approach to learning a new language, learn how to start little conversations in Italian. Subjects include greetings, clothing, the alphabet, counting, the days of the week and more. No purchase of materials is required, but please bring lined paper and a pen. Teacher Giorgio Burigana is an Italian national born in Venice. Maximum 10.

Instructor: Giorgio Burigana

Continuing Italian Conversation

Fridays, April 17–May 22
1:30–3:30 p.m.
Conference Room
Cost: $60 (M), $65 (NM)

Maybe this is the next step to a trip to Italy! The continuing program will be set around more specific subjects including 1) At the restaurant/bar 2) Traveling: taxi, train, plane 3) Shopping 4) Being out and about. No purchase of materials is required, but please bring lined paper and a pen. Teacher Giorgio Burigana is an Italian national born in Venice. Maximum 10.

Instructor: Giorgio Burigana

Technology with Michelle

Session I: Google Drive
Monday, March 23, 11 a.m.-Noon, Lounge
Cost: $15 (M), $20 (NM)

Google Drive offers you the ability to create word processing files, spreadsheets, presentations, and other documents similar to Microsoft Office, but for free. Google Drive also offers users the ability to store files on their servers, synchronize files across devices and share files up to 15 gigabytes for free. This allows for easy storage of photos, stories, designs, drawings, recordings, videos and more. Join Michelle for an introduction to how helpful this can be for your technology needs. Five Chromebooks will be available for use in the class. Otherwise, bring your own. Please let the office know if you plan to use one of our Chromebooks. Maximum 10.

Session II: LinkedIn
Monday, April 20, 11 a.m.-Noon, Lounge
Cost: $15 (M), $20 (NM)

LinkedIn allows members to create profiles and “connections” to each other in an online social network, representing real-world professional and social relationships. This workshop will provide you with the knowledge and tools necessary to create, maintain, and update a profile on LinkedIn, as well and be able to navigate the professional social networking site. Attendees should bring a laptop computer or borrow one from the Prime Time office. Please let the office know if you plan to use one of our Chromebooks. Maximum 10.

Michelle L. Malkin is a self-taught “techie” with many years of teaching experience. She is currently a PhD candidate at MSU.

Poster Presentation & Music Performance

Friday, March 20, 1–3 p.m.
Room 142, Cost: FREE, but please register

The MSU Social Science Scholars, a small group of motivated undergraduates have been working on research projects for the last two years and want to share their findings. They have all put together posters describing their research and will have them displayed for you. We warmly invite you to come and see their work, talk informally with them, and provide feedback. You’ll also be treated to the sounds of some talented string musicians. We hope to see you there!
HEALTH & FITNESS CLASSES

M=Members  NM=Non-Members  All classes need a minimum of five participants. Please enroll & pay at least seven days prior to the first class.

Aqua Fitness
Monday–Friday, 10:30–11:30 a.m.
Fun for all fitness levels, whether you want to strengthen your muscles, recuperate from an injury or move in a fun, friendly environment. Exercising in the water will help your flexibility, agility, balance and core. You’ll have a great workout, and you don’t even have to get your face or hair wet! No need to sign up ahead of time.
Water Art Certified Instructors: Amy Convey, Carolyn Haines & Fran Loose

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The costs listed above are per class. Members may purchase a full or partial punch card.

*No class 5/25

Tai Chi Yang Style 24
Tuesdays, 1–2 p.m.
Tai Chi is a series of continuous, connected movements sometimes called a moving meditation. It is relaxing and invigorating at the same time. Tai Chi strengthens muscles, builds bone density, reduces cholesterol, lowers blood pressure and more. It develops balance, focus and control, which will benefit you mentally as well as physically. See Harvard Medical School Guide to Tai Chi by Wayne and Fuerst. Feel free to come in 15 minutes before class to ask questions or warm up. Maximum 15.
Instructor: Linda Peet

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*No class 5/26

Stretch, Flex & Balance I
Thursdays, 10:45–11:45 a.m.
Improve posture, balance and flexibility! This class is for beginners but will challenge all fitness levels using chair exercises. Maximum 24.
AFAA Certified Instructor: Julie Dillon

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*No class 5/28

Stretch, Flex & Balance II
Tuesdays, 10:45–11:45 a.m.
This more challenging class is for those who have taken Stretch, Flex & Balance I. Maximum 24.
AFAA Certified Instructor: Julie Dillon

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*No class 5/26

Line Dancing
Wednesdays, 1–2 p.m.
Join line dancing for fun, exercise, and staying involved in a social activity. No partner needed. Instructor: Yvonne Curtis-Major

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Zumba
Fridays, 10–11 a.m.
Zumba – the perfect combination of fun, movement and music designed just for you. We take the “work” out of workout. Come join the fun! Maximum 29.

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HEALTH & FITNESS CLASSES

Adaptive Yoga
Enjoy gaining strength while also gaining flexibility by performing standard Yoga poses sitting in a chair or standing. Breathing will be an important part of the class as we warm up, work on gentle stretches, challenge our balance and strength and go to deeper stretches. All levels welcome.

Please note: You can only go to the class on the day/time you sign up and pay for.

AFAA Certified Instructor: Amy Convey

Mondays (9-10 a.m.)
Rm 142, Maximum 16

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Wild Walkers Club
Thursdays, 9:45-10:45 a.m.
Join instructor Julie as she leads participants through an indoors (and sometimes outdoors) walking course at the community center. Learn warm up and cool down stretches along with balance exercises you can add to your home walking practice. All levels welcome. No need to sign up ahead of time.

AFAA Certified Instructor: Julie Dillon

Mondays, Wednesdays & Fridays
9:15-10:15 a.m.
Cardio, yoga, pilates, balance and resistance training are in this popular class! All equipment provided. No need to sign up ahead of time.

AFAA Certified Instructors: Amy Convey, Carolyn Haines & Bill Wiseman

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Pickleball
Pickleball is played on a modified court with a paddle and whiffle ball. We are a slower paced, noncompetitive, recreational alternative. Our emphasis is working on skills and having fun – not winning. Come join us and try it out.

Please note: You can only go to the class on the day/time you sign up and pay for.

Mondays (3:15-4:30 p.m.)

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PLEASE NOTE: Classes and activities held in rooms 140, 142, the lounge and the conference room will not meet the week of the rummage sale, May 25-29.
ART CLASSES

Thank you to our winter Art Studio sponsors: Carol Brownell and Alice Martin

Each month, a business, organization or individual generously donates $250 to help us keep the Art Studio’s supply costs down and tuition costs at a minimum. This way, everyone who would like to participate has the opportunity to do so. Scholarships are also available.

Please note that we may need to cancel a class if there are not five participants enrolled. Please enroll and pay no later than a week before the first class starts.

Prime Time Art Studio, Room 140, is a place where creativity and socialization flourish! All classes on these two pages are offered in the Art Studio.

The price of the course includes supplies unless otherwise noted in each write-up below.

M=Members  NM=Non-Members

Gnarled Tree
Tuesdays, Mar. 17 & 24
1-2:30 p.m.
Cost: $30 (M), $35 (NM)
You’ll love this technique that can make anyone look accomplished. It’s a fun project and while it has some drying time, it is surprisingly easy to make. Maximum 6.
Instructor: Donna Graves.

Anyone Can Paint!
Friday, May 8, 1-3 p.m.
Cost: $30 (M), $35 (NM)
Back by popular demand! Join award-winning and former TV artist Steve Wood as he combines painting tips and techniques. Using humor and encouragement, he provides a relaxing and enjoyable experience for beginning and intermediate painters. By the end of the two hour class, you will leave with a completed 11 X 14 acrylic painting! Maximum 12.
Instructor: Steve Wood

Knotted Linen Necklace
Tuesday, April 21
1-2:30 p.m.
Cost: $24 (M), $29 (NM)
This necklace is as pretty as it is artistic. Bead kit is included with a color selection. Learn a technique that you can carry forward using a variety of materials. Maximum 6.
Instructor: Donna Graves

Wire Sculpture
Mondays, April 20-May 11
1-2:30 p.m.
Cost: $60 (M), $65 (NM)
Like sculpting with wire, “Imagination allows you to bend the rules of the temporal world.” (Amy Sherald). This course is a basic exploration of wire sculptural concepts and technical processes using various materials to translate ideas into three-dimensional form. We will explore the use of media and materials, extend three dimensional thinking by means of additive, subtractive, and construction approaches to sculpture, and broaden the understanding and appreciation of contemporary sculpture. Ask for supply list when you sign up. Maximum 12.
Instructor: Richard Tanner

Knotted Linen Necklace
ART CLASSES

Cattleya Orchids in Watercolor

**Thursdays, March 12-26, 1-4 p.m.**
**Cost: $60 (M), $65 (NM)**

Drawing from photos, we will capture the regal beauty of the cattleyas with a free flowing background. $5 supply fee to instructor. **Maximum 12.**

Instructor: Carolyn Donahue

---

Apples in Watercolor

**Thursdays, April 9-23, 1-4 p.m.**
**Cost: $60 (M), $65 (NM)**

This project calls for a unique technique that will create a lot of "happy accidents". We will draw, transfer, then throw in all the color at once. This “negative painting” will draw out the subject in the foreground. $5 supply fee to instructor. **Maximum 12.**

Instructor: Carolyn Donahue

---

Flamingo Collage on Canvas

**Thursdays, May 7-21, 1-4 p.m.**
**Cost: $60 (M), $65 (NM)**

Try your hand using this approach with background on canvas that will be ready to hang when finished. We will color our own papers with the colors of our choosing, then have a ball assembling it. $5 supply fee paid to instructor. **Maximum 12.**

Instructor: Carolyn Donahue

---

Carving for Fun

**Thursdays, 10 a.m.-Noon**

Wood carving is made accessible and fun in this class where popular instructor, Fred Erbisch, starts you off with basic shapes already formed. The **Session I** project will be a relief carving of your choice of a mermaid or dove, **Session II** will be an in-the-round piece titled "fish in a fish in a fish" and the last session, **Session III**, will feature letter openers with your choice of a beaver or unicorn. All skill levels are welcome and all tools and materials will be provided. **Maximum 12.**

Instructor: Fred Erbisch

---

Rhythmic Bands

**Fridays, April 17 & 24, 10 a.m.-12 p.m.**
**Cost: $50 (M), $55 (NM)**

Perfect for narrow spaces, these serene sculptures are a dance of opaque, translucent, and iridescent fused glass. Any color combination may be used to fit within your décor. The dimensions are 21 inches high by 2 inches wide. Some basic glass cutting techniques will be taught and used. Some examples are displayed in the art studio. Class participants will make two bands in this class. Participants must be able to cut glass on their own or be willing to learn how to do so. **Maximum 6.**

Instructor: Kelly Arndt

---

Fairy Doors

**Fridays, May 8-May 22, 10 a.m.-12 p.m.**
**Cost: $20 (M), $25 (NM)**

Fairy doors can be found in many locations, but usually are set into the base of a tree. I have a fairy door in a hallway in my home. It matches my décor and is a magnet for any youngster. Some parents use fairy doors to stimulate their children’s imaginations and prompt creative thinking, describing the fairies as creatures that use their magical powers to protect children from bad dreams, grant their wishes if they are well-behaved, and replace lost teeth with small rewards. Start your story by handcrafting your own mosaic fairy door with special trinkets or pieces you may like to incorporate into your mosaic design. This class will have available glass, tiles, and ceramic pieces, along with adhesive glue and mortar that will make your design truly original! **Maximum 6.**

Instructor: Kelly Arndt

---

**Are you a carpenter?**

We are looking for someone to help create space in our fitness equipment room. Please contact Carolyn Haines at 517-337-1113 or chaines@cityofeastlansing.com if you can help us with this project.
MORE OPPORTUNITIES

M=Members  NM=Non-Members  All classes need a minimum of five participants. Please enroll & pay at least seven days prior to the first class.

Beginner Meditation
Fridays, May 1–22
1-2:15 p.m., Room 144
$60 (M), $65 (NM)

Have you ever wondered what meditation is and how it works? Have you ever wanted to try it? Popular instructor, Kurt Scholler, will introduce a variety of techniques and provide plenty of time to practice together and talk about your experiences. The purpose of the class is to introduce you to meditation techniques so you can practice at home or wherever you are. Techniques come from a variety of meditative traditions and are taught in a non-denominational way, using everyday language. There are lots of reasons to participate: maybe you want to re-invent yourself in retirement and be open to new experiences; or maybe you would like to experience more self-love and acceptance as your body ages; or you are fed up with negative thinking and just want a little peace and quiet. All those are great reasons to learn meditation. So come join us! Maximum 20.
Facilitator: Kurt Scholler

“Tired of meditating for two years after taking Kurt’s class at Prime Time. I can honestly say that I am more relaxed, peaceful and feel optimism for the future. Kurt’s style of teaching meditation in a non-denominational way using everyday language made it possible for me to learn and then use this in my life. I’m very grateful as I feel my life has been transformed.”
—Cheryl Goodman

Behind the Scenes
Featuring the MSU Department of Theatre Production Directors, Faculty & Students

Marian, or the True Tale of Robin Hood, by Adam Szymkowicz
Thursdays, April 9 and 23, 3-5 p.m., Conference Room
Cost: $40 (M), $45 (NM)
(Cost includes a digital copy of the script and a show ticket!)

Attention all theatre lovers! Don’t miss this unique opportunity to learn more about MSU Department of Theatre productions. Join this group at East Lansing Hannah Community Center. Each “Behind the Scenes” event has three sessions. Classes are scheduled for two hours.

■ First class (April 9): An open discussion of the play and related historical context will be led by MSU faculty or a community expert.
■ The play: The Behind the Scenes package includes a ticket to the production at MSU on the day and time of your choosing.
■ Second class (April 23): The second class will feature a post-performance “talk back” with team members involved in the production.

The classes will be led by a combination of MSU Department of Theatre faculty, production collaborators and Friends of MSU Theatre board members. Participants will then have the option of attending a performance on campus on date of their choice. Reading of the script is optional.

Play run: April 10-19 (See http://theatre.msu.edu/marian for exact dates and times) Play is performed in the Passant Theatre.

Join us for a gender-bending, patriarchy-smashing, hilarious new take on the classic tale of Robin Hood! Marian explores the cost of revealing your true self in a time of trouble.

Facilitators: Carol Bryson, Sam Austin and Joan Mattson. Deadline to enroll is one week before start of class. Maximum 25.

Death Cafe
Tuesdays, March 10, April 14 & May 12, 1-2:30 p.m., Lounge
Cost: $2 per session donation for drinks and snacks

Speaking casually about death is taboo in many cultures, but death is part of life, and when we talk about it, we help normalize it. Normalizing death helps us better prepare for it. You can’t prepare for something you don’t acknowledge. By having conversations about death, you can help others feel more comfortable about death, too, so it’s not viewed as something morbid, but something absolutely worth talking about.

“At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. Our objective is ‘to increase awareness of death with a view to helping people make the most of their (finite) lives’. A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session.” — From the Death Cafe website
Facilitator: Julie Dillon
**DISCUSSION GROUPS & BOOKS**

M = Members  NM = Non-Members  All classes need a minimum of five participants. Please enroll & pay at least seven days prior to the first class.

**Nonfiction Book Club***

**Wednesdays, 11:30 a.m.-12:30 p.m.**

Conference Room

Drop-in cost: $2 (M), $3 (NM)

This group reads nonfiction on a wide range of topics, including politics, religion, history and more. Group members choose the readings together and are responsible for obtaining their own copies of the material. Everyone is welcome to join this dynamic group! The next four books are “The Ungrateful Refugee,” by Dina Nayeri; “Hidden Figures,” by Margot Lee Shetterly; “Successful Aging,” by Daniel J. Levitin; and “Songs of America,” by Jon Meacham and Tim McGraw.

Facilitator: Lisa Thelen

---

**Read Aloud Group***

**Tuesdays, 9:30-10:30 a.m., Lounge**

Drop-in cost: $2 (M), $3 (NM)

Come to the new expanded Read Aloud. We will still be reading aloud from a wide variety of materials (including any of your original work). There will also be time for expressing “what’s on your mind.” Come join us.

Facilitator: Judy Wattenberg

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**What’s So Funny***

**Wednesdays, 11 a.m.-Noon, Lounge**

Drop-in cost: $2 (M), $3 (NM)

What’s So Funny is a weekly session to learn about, discuss and enjoy humor. Most weeks will focus on a theme, such as political, elder humor, etc. The goals of these sessions are to learn a little, laugh a lot.

Facilitator: Judy Wattenberg

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**Spanish Literature***

**Mondays, 10 a.m.-Noon**

Conference Room

Drop-in cost: $2 (M), $3 (NM)

Participants will read literature from Spanish-speaking countries.

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**Punch cards!**

Members will be able to purchase punch cards for classes with asterisks on pages 15-16. Punch cards will expire on June 30, 2020.

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**Wednesday Morning Book Discussions**

**Wednesdays, 10-11 a.m., Lounge**

Cost: $24 (M), $39 (NM)

Facilitator: Nancy Lucas

**Session I, March 4-25**

Cost: $8 (M), $13 (NM)

*The Dutch House*

by Ann Patchett

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**Session II, April 1-29**

Cost: $10 (M), $15 (NM)

*To Kill a Mockingbird*

by Harper Lee

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**Session III, May 6-20**

Cost: $6 (M), $11 (NM)

*The Underground Man*

by Ross Macdonald

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**Fiction Book Club**

**Wednesdays, March 11-April 15**

1-2:30 p.m., Room 144

Cost: $10 (M), $15 (NM)

Facilitator: Jim Coty

Join this lively group as they read and discuss “Olive Kitteridge” by Elizabeth Strout, a Pulitzer Prize winning novel.

“In a voice more powerful and compassionate than ever before, New York Times bestselling author Elizabeth Strout binds together thirteen rich, luminous narratives into a book with the heft of a novel, through the presence of one larger-than-life, unforgettable character: Olive Kitteridge.”

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**The Future***

**Thursdays, 10-11:30 a.m.**

Lounge

Drop-in cost: $2 (M), $3 (NM)

If you have an interest in what the world may be like in years to come, wish to share your point of view, and/or sharpen your perspective, please join in on this ongoing discussion group. The willingness to listen and consider new ideas and add to the discussion will make this a dynamic group. Topics for future meetings will depend on what the group decides. All are welcome. Maximum 12.

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**PLEASE NOTE:** Classes and activities held in rooms 140, 142, the lounge and the conference room will not meet the week of the rummage sale, May 25-29.
**DISCUSSION GROUPS, GAMES & MUSIC**

M = Members  NM = Non-Members  All classes need a minimum of five participants. Please enroll & pay at least seven days prior to the first class.

**Beginning Ukulele**  
**Thursdays, Mar. 26-May 14**  
2:30-3:30 p.m., Room 142  
**Cost: $81 (M) - $86 (NM)**

Have you tried to learn to play guitar or another instrument and become frustrated? Would you like to get together with others to sing songs and enjoy yourself? If so, you should try playing the ukulele in this entertaining and engaging class. NO MUSICAL EXPERIENCE IS NECESSARY! Borrow one of our ukuleles with a $50 returnable check, or bring that uke that’s been gathering dust in your closet—get ready for some fun! **Maximum 18.**  
**Instructor: Liz Wright**

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**Beginners Plus Uke**  
**Thursdays, March 26-May 14**  
1-2 p.m., Room 142  
**Cost: $81 (M), $86 (NM)**

If you’ve taken Beginning Ukulele class and are ready for the next step, but don’t quite feel ready to move up to the Intermediate level, this Beginners Plus class is for you. Students should feel at ease playing C, F, G7, Am, G, D7 and Em chords along with a few strum variations. This would also be appropriate for any Intermediate Ukulele class students who feel a bit over their heads at that level. Must provide your own music stand. **Maximum 30.**  
**Instructor: Liz Wright**

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**Intermediate Ukulele**  
**Wednesdays, March 4, 11, 25,**  
April 1-29 (No class 3/18)  
11 a.m.-Noon, Room 235*  
**Cost: $81 (M), $86 (NM)**

You’ve been working hard on your ukulele skills all year long for your big chance on the stage! Get ready to perform at the Mighty Uke Day festival the weekend of May 9 in Old Town Lansing. We’ll take a handful of our favorite songs and work on arranging them with dynamics, strum patterns, alternate chords, and more. The crowd will go wild! All music will be provided. **Maximum 45.**  
**Instructor: Ben Hassenger**

*Except for 3/11 and 4/22, when it will meet in the Executive Conference Room and 4/8 when it will meet in the Recital Room

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**Prime Time Crime**  
**Time: Mystery Discussion Group**  
**Tuesdays, March 3-April 7**  
1-3 p.m., Room 144  
**Cost: $12 (M), $17 (NM)**

**Black and White/Comedy**

March 3 • **Swing Shift Maisie,** 1943, 87 min.  
March 10 • **RIFIFI,** 1955, French, 90 min.  
March 17 • **Lucky Jordan,** 1943, 90 min.  
March 24 • **The Blue Dahlia,** 1946, 110 min.  
March 31 • **Party Girl,** 1958, 99 min.  
April 7 • **Izzy and Moe,** 1985, 90 min.  
**Facilitator: John Larson**

**Game players:** In order to be consistent with pricing, game players will be charged $1 per full hour of play per person, with one additional dollar added overall for nonmembers.

**Scrabble***  
**Mondays, 2-4:30 p.m., Lounge**  
**Drop-in cost: $2 (M), $3 (NM)**

If you love words and language, this classic game will provide hours of fun! All skill levels are welcome!

**Duplicate Bridge**  
**Thursdays, 4:30-8 p.m., Lounge**  
**Drop-in cost: $4 (M), $5 (NM)**  
($1 per full hour of play; plus $1 for NM)

This favorite game will challenge your skills of strategy. We are welcoming new players.

**Mah Jongg***  
**Thursdays, 1-3 p.m., Lounge**  
**Drop-in cost: $2 (M), $3 (NM)**

Play this social game of numerical strategy—it will stimulate your mind! Chinese and American versions played.

**Euchre***  
**Fridays, 10 a.m.-Noon, Lounge**  
**Drop-in cost: $2 (M), $3 (NM)**

Trump always wins in this social and strategic card game.

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**India Seniors**  
**4th Wednesday of the month**  
**March 25, April 22, 4 p.m., Conference Room**

The India Seniors group gathers for conversations, information sharing and cheer. **No meeting on May 27.**
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QUESTIONS? COMMENTS? CONTACT US!

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