

## Mission Statement (Condensed)

It is the expressed mission of the Sumpter Township Senior Center to do all within its restraints of time, funding and manpower to:

Provide a safe and enjoyable environment wherein seniors may congregate.

Act as a liaison between area seniors, social service agencies, Wayne Co. & Sumpter TWSP Admins. Create activities promoting health, recreation, education socialization empowerment.

Open to suggestions

Comply with all State of Michigan non-discriminatory precepts.

## NUTRITION PROGRAM

MON THRU FRI 11:30

CONGREGATE & MEALS ON WHEELS

\$3.00 suggested *donation to help*

*support the Nutrition program*

734-727-7357 TO SIGN UP

734-461-1186 For Sumpter reservations

Nutrition Manger Barbara Shelton

## Sumpter Township Water Department

Offers Senior Discounts to Residents

65 and older! Bring your picture ID to

Anna Winter at the Township Hall.

## SUMPTER SENIOR CENTER

Maryann Watson

Senior Center Specialist

734-461-9373

Barbara Shelton

Wayne County Nutrition Manager

734-461-1186

Senior Liaison

Clerk Esther Hurst

Senior Advisory Board

Karen Mickens

Margaret Rochon

Joe Wilson

## Interested in QUILTING or SEWING

Meet informally for friendship, tips, ideas,

In the quilting room

Tuesdays & Thursdays 10 am to 1:00pm



Telephone: 734-722-2830



2350 I Sumpter Rd  
Belleville, MI 48111

734-461-9373

- Free and low cost transportation & travel
- Wayne County Nutrition- Daily lunch served at 11:30
- Focus Hope /TEFAP food available to qualifying individuals
- Technology Assistance, WIFI,
- Upholstery class, Quilting, Crafts
- **Arthritis Foundation Exercise**
- **MICAFE**

Loan Closet-walkers, bath chairs, wheelchairs and diabetic lancets call:

734-461-9373 for more info

## TEFAP & FOCUS HOPE

Food distribution is the 3rd Thursday monthly from 9:30 to 11:30am for income/age qualifying persons .At the Senior center.

January 19	February 16	March 16
April 20	May 18	June 15
July 20	August 16	September 20
October 19	November 15	December 20

### Hair & Nails By *Bonnie K*

734.718.7815

One of our own members will come to your home to cut your hair!

### TECHNOLOGY ASSISTANCE

To schedule your appointment by email [dcostanza@mich.edu](mailto:dcostanza@mich.edu)

Call 734-461-9373 for assistance

### PODIATRIST 248-489-1887

Doctor Redmond comes to our center on Wednesdays monthly at 10am.

First Come First Served.

Please call 734-461-9373 for more info.

Regularly schedule clients will get a reminder call from his receptionist.

### FILE OF LIFE MAGNET FORMS AVAILABLE

Have your medicine list ready in case of an Emergency

## Travel & Trips

### Policies and Procedures

The Senior Transportation Program reserves the right to make changes in the program at any time to accommodate the needs of the **group**.

The Senior Transportation Program reserves the right to cancel rides in the event of inclement

weather, mechanical problems or any other reason that may affect the safety of riders.

If any of the four school districts are closed our transportation is closed.

Airport, Huron, Lincoln, Van Buren schools.

Riders are expected to conduct themselves in a manner that is considerate and courteous of the driver and other riders.

All bus passengers must exit the bus upon destination arrival. Please plan on walking,

Please pay in full for any trips one week prior or you will forfeit your seat.

Partial Payments accepted.

### ALL TRIP PLANS ARE SUBJECT TO CHANGE.

2 stop shopping to Belleville

One short stop, then Meijer or Walmart

Call for more info

Any transportation emergencies please call

734-461-6201 ext. 2243

The secretary will notify the driver/Maryann

Please call the office #734-461-9373 before 9am

To cancel or reserve.

In Partnership with



## ARTHRITIS FOUNDATION EXERCISE

Tuesdays & Thursdays 10:30am

Increase flexibility & mobility

NO IMPACT

FREE with annual membership

Trained instructors

Virginia Belinski, Dee Patterson

**Cardio Drumming**

**6:30PM Tuesdays**

**9:30am Thursdays**

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Nutrition Manger Barbara Thomason

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USDA Director, Office of Civil rights, 1400 Independence Ave. S. W., Washington DC 20250-9410 or call (800)795-3272 (voice) or (202) 720-6382 (TDD) USDA is an equal opportunity provider and employer.