Senior Picnic

Wednesday, June 8
Jaycee Park

Registration Required - Registration opens May 1
**Senior Fitness Class**

This class will improve circulation through range of motion, building strength, balance, flexibility and coordination. Most exercises are done seated on the chair but you will be taking your cardio up in the beginning of each class. Balls (provided) and weights (provided) are implemented throughout class.

- **Date:** Tuesdays and Fridays
- **Time:**
  - Tuesdays - 10:00 - 11:00 am
  - Fridays - 9:30 - 10:30 am
- **Cost:** $2 per class

Come join the fun!

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**Chair Yoga**

The great thing with yoga is that it is for everybody. Yoga can be suited to anyone’s needs. Any movement big or small is beneficial for both the physical and emotional self. For those who can’t get on the floor to do a traditional mat yoga class, chair yoga offers the same wonderful health benefits. Improve your physical strength, flexibility and stability. Improve your mental balance, clarity and reduce your stress with simple breathing exercises.

- **Date:** Mondays - Starting May 2
- **Time:** 11:00 am - 12:00 pm
- **Cost:** $56 - 8 classes
  - $7 drop-in

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**Berkley Beats - Concerts in the Park**

Join us this summer as the Parks and Recreation brings music to the parks. All concerts will begin at 7:00 pm. Rides from the Oxford Park Towers will be available by contacting Dan at the Community Center.

**June 22**
- The Royal Oak Concert Band & The Woodward Avenue Jazz Orchestra

**July 27**
- Billy Davis Rhythm Machine wsg Mighty Michael

**August 10**
- Harmonic Swell and the Bridge to Reverberation

**August 31**
- Moxie Blitz

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**Greektown Casino**

Date: Thursday, June 23
- Time: 9:15 am - Oxford Park Towers
- 9:30 am - Berkley Community Center
- Cost: $15

Space is limited - Sign up today!

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**Celebrating America Bingo Spectacular**

Date: Wednesday, June 29
- Time: 12:30 - 2:30 pm
- Cost: $10

Includes lunch and two bingo cards. Additional cards can be purchased for $.50. Rides from Oxford Park Towers available. Registration required.
Detroit Symphony Orchestra
Summer Blockbusters

Large budgets, epic storylines, and record crowds. The arrival of summer brings with it blockbuster movies that capture everyone’s attention, and turn film composers—such as John Williams and Hans Zimmer—into household names. Enter the summer with the best music from some of the top-grossing summer movies of all time, including Aladdin, Gladiator, & Raiders of the Lost Ark.

Date: June 3, Friday
Time: 9:30 am - Oxford Park Towers
      9:45 am - Berkley Community Center
Cost: $55

A Closer Walk With Patsy Cline
at Meadowbrook Theatre

Little Big Man, a disc jockey from Patsy Cline’s hometown of Winchester, VA, traces the late singer’s footsteps from early honky-tonk and radio days through her rise at the Grand Ole Opry, plus her appearances at Carnegie Hall and Las Vegas. A Closer Walk With Patsy Cline chronicles Patsy’s compelling journey and features her greatest hits, including “Walkin’ After Midnight,” “Crazy” and “I Fall To Pieces.” This production will transport you back in time. With great tunes, a great band, and country music’s greatest lady, this show will have you singing the whole way home!

Date: June 15, Wednesday
Time: 10:45 am - Oxford Park Towers
      11:00 am - Berkley Community Center
Cost: $70 - Lunch at Kruse & Muer
      included in price

Berkley Parks and Recreation • 2400 Robina • 248-658-3470
### Senior Center Activities

**Movie of the Month**

- **King Richard**
  - Wednesday, May 18

- **West Side Story**
  - Wednesday, June 22

Each month, we will be projecting movies onto the wall of the multipurpose room. Movie snacks including candy, chips, pop, and water will be available.

Movies will begin at 1:00 pm. Pick up from the Oxford Park Towers will be at 12:45 pm.

“King Richard” - 2hrs 24mins - Rated PG-13
Dedicated and resolute family man Richard Williams recognizes the drive and athletic prowess brimming in his two young daughters, Venus and Serena. Inspired to uplift his daughters out of their Compton neighborhood, Richard develops an unorthodox training plan to cultivate the girls’ tennis skills and propel them to international recognition as Black female tennis aces. Based on a true story

“West Side Story” - 2hrs 36mins - Rated PG-13
Love at first sight strikes when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks -- two rival gangs vying for control of the streets.

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**Did you know?**

You can keep up with all of the upcoming day trips, lunch outings, and senior offerings at the Berkley Community Center by having the Berkley Times delivered to your door. Fill out the information below and return it to Dan to get your name added to the list.

Name: ________________________________
Address: ______________________________
Phone: ________________________________
Birthday: ______________________________

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**If We Build It, They Will PLAY!**

Berkley Parks and Recreation is gearing up to give Jaycee Park, home of the senior picnic, a major face lift including updates to the pathways, increasing the accessibility and use of the park, and a state of the art universally accessible playscape.

Learn more and donate today at patronicity.com/jayceepark
### Loan Closet

The Berkley Community Center has a collection of medical equipment that we are happy to loan to any one in need. Walkers, wheelchairs, canes, shower chairs, transfer benches and more are the types of equipment that we carry. Contact us to see if equipment is available.

### Sunshiners Group

Do you or someone you know need a little pick-me-up? The Sunshiners group has embarked on a journey to bring a little sunshine to those in need by sending greeting cards to those who are sick or just need a simple hello. Please contact Dan at the Parks and Recreation Department to get your name or a friends name added to the list!

### Area Agency on Aging 1-B

The Area Agency on Aging 1-B is available to help seniors, adults with disabilities and their families in southeastern Michigan. Contact 1.800.852.7795 for more information. The AAA 1-B will help guide you to programs and services that can be of assistance.

### Meals on Wheels

Available for those over the age of 60, Meals On Wheels delivers food to your door during the week. Contact 248.689.0001 for more information on the program or to sign up.

### Van Transportation

Senior Van Transportation is available for Berkley residents who are 50 or older, retired or semi-retired.

To make a reservation:
- Reservations can be made Monday through Friday between the hours of 9:00 am and 11:00 am by calling 248.658.3470 and asking for transportation.
- Please be ready to provide your name, address and the address of where you will need to be dropped off.
- Please indicate if you will need special assistance including if you are using a walker or are in a wheelchair.
- Reservations need to be made at least two days in advance but can be made months in advance if you have all necessary information.

When scheduling rides, it is extremely important to have the address in which you need to be dropped off. Please make sure you have this information available when you call.

No changes, other than cancellations, will be made on the day of transportation. Additions will not be accepted. Please do not ask the driver to alter the schedule.

As of April 19th,

FACE MASKS NO LONGER REQUIRED TO RIDE BUS
Riddle of the Issue Answer

A deck of cards