



COPELAND SENIORS NEWSLETTER



Monthly Birthdays will be celebrated on the last Wednesday of the month from 11a – 1p. Cake will be provided. Call Lita to add your name to the Birthday list.



Presents.....

Date: January 23, 2023 **Time:** 1:00 PM

Location: Copeland Center - 2306 4th St, Wyandotte

Presentation will include details about our FREE community programs and services. Come learn and enjoy our hospitality table!

SENIOR TRANSPORTATION

Monday – Friday service. 9a – 1p. \$1.50 each way within the cities of Wyandotte, Riverview and Southgate. Specialty trips available for \$5. 7-day notice required. Call Lita to schedule a pick-up.

AEROBIC DROP-IN \$2

Monday, Wednesday and Friday. NO 3rd Wednesday of the month. \$2 drop-in.

Floor Exercise 8:30a – 9:15a

Aerobics 9:30a – 10:30am



MJR MOVIE DAY

2nd Tuesday of the month. Movie list will be posted week before on bulletin board for morning showings at MJR. FREE TRANSPORTATION! Call Lita to add your name to the list.

BLOOD PRESSURE CHECK

3rd Friday of the month.
8a – 11a

Certified EMT on duty. Call Lita, Appointment Required.

MGM CASINO

1st Friday of the month. \$5 transportation Fee. Minimum 5 people required. 8a depart Copeland.....12:30p departs MGM.

SHUFFLEBOARD DROP-IN \$2

2nd and 4th Friday of the month. Equipment will be provided. \$2 drop-in fee. 11:30 am – 1:30 pm