

The Livonia Senior Bulletin

March 2026



Livonia Senior Wellness Center Good and Strong Café Opens

The Good and Strong Café opened the week of Jan. 26 at the LSWC, adding to the main library lounge area as a second branch of the local Anastasia and Katie's Coffee Shop and Cafe. Both locations are known for employing staff with intellectual and developmental disabilities and for giving them opportunities to develop critical life skills.

"We are so excited to be here in this great new space – offering locally roasted coffee, house-made baked goods, snacks, smoothies, sandwiches, and more," said Kelly Rockwell, executive director and cofounder of non-profit Mi Work Matters, who runs both locations. "We love having the opportunity to serve and connect with patrons of both the senior center and the rec center.

"Both locations employ people with intellectual and developmental disabilities and serve as a training space for building skills for long-term employment – powered by excellent coffee and a welcoming community!"

With the center now fully open, LSWC Program Supervisor Karl Peters retires on Feb. 27 after more than 27 years overseeing the daily operations of Livonia's senior center. Join us 1-3 p.m. Wednesday, March 18, for a Farewell Reception to honor and thank Karl as we wish him well on his next chapter.

Senior Center Closed

No March closures

Join Us!

If you're looking to get moving for the new year, registration for the dozens of new senior group fitness classes (both full sessions and drop-in options) began Jan. 26 for the Winter II session that runs Feb. 23-April 19. Spring registration begins March 23 for April 20-June 7 classes. Many more social events are also on the horizon for the months ahead, too.

If you're a senior ages 55+, swing by the new center. It has its own entrance at 32001 Five Mile Road (in between Bentley Field and the Kirksey Recreation Center) and there is no cost to visit. Individual programs may have a registration fee, though, so make sure to visit Livonia.gov/321 via LivoniaParks.org to register for activities and programs. To learn more about the new facility and the journey it took to get here, visit Livonia.gov/1899.

Programs and Events

Detroit Symphony Orchestra (R) **"Coffee Pops" Concerts**

Cost: \$67.50 residents, \$72.50 non-residents

The next three DSO "Coffee Pops" concerts are available. You can sign up for single concerts or all of the 2026 concerts. Departure from the Livonia Senior Wellness Center will be at 9:45 a.m. for a 10:45 a.m. concert. Price is per concert. Your ticket includes main floor seating, round-trip transportation, coffee and doughnuts (served at 8:45 a.m.) at the senior center, and a volunteer escort. Concerts include:

March 27 "Rick Steves' Europe: A Symphonic Journey

May 29 "Songs of America"

June 19 "Pink Martini"

Alzheimer's Support group

Thursday, March 5, 10 a.m.

Bentley Conference Room

This is an open discussion for family, friends, and loved ones of those living with Alzheimer's or dementia-related issues.

Light refreshments provided.

Livonia Travel Club

Friday, March 6, 1:30 p.m.

Make friends and have memorable adventures as a member of the Livonia Travel Club! Group travel opportunities are open to our Livonia seniors and to those in nearby communities.

Annual memberships are **\$3**.

Call (734) 451-0662 for additional information.

Vision Impaired and Blind Support Group

Tuesday, March 10, 1 p.m.

Henry Ford Health and the Detroit Institute of Ophthalmology will host a vision impairment support group at the Livonia Senior Wellness Center on the second Tuesday of each month. Participants will take part in open discussion and guest presentations. Light refreshments will be provided. For more information, contact Ashley Livshiz at (313) 936-1969.

Ask the Lawyer

**First and Third Friday of each month,
1:30-3 p.m.**

These clinics provide free, limited legal advice to Michigan residents on a first-come, first-served basis. Legal volunteers do not provide representation, file court papers, or appear in court. Assistance is limited to legal advice, education, and related support. Attorneys may charge up to \$10 per notarial act.

New Laws That May Affect my Estate (R) **Planning**

Wednesday, March 11, 2:30 p.m.

Please join Gary Allen, Esq. this month for his presentation on estate planning. Mr. Allen has been a licensed Michigan Attorney for over 30 years, and he wants to keep individuals educated and informed. You don't want to miss this important presentation to protect yourself.

Cricut Club

Wednesday, March 11, 2:30 p.m.

Cricut Design Space is a free app compatible with all Cricut cutting machines on computers, tablets and smartphones. Use it to design and create projects by cutting, drawing or scoring materials. In this class, participants will make a personalized mug. Please bring a phone or tablet and, if possible, download the Cricut Design Space app before class. An infusible ink transfer sheet (available at local craft stores) is required; mugs will be provided.

Sewing Classes with Barb (R)

Thursday, March 12, 1 p.m.

Come make a remote caddy holder for your chair with our creative craft facilitator, Barb Bird. This is a beginner sewing class. Space is limited.

Beginner Euchre (R)

Friday, March 13 and March 27, 11 a.m.

Still haven't mastered the game of Euchre? Instructors will be able to help you learn the basics and become more comfortable with your skills, so you can join in with seasoned players.

St. Patrick's Day Party (R)

Sold out, waiting list only

Friday, March 13, 11 a.m. to 1:30 p.m.

Special thanks to all our event sponsors! Arden Courts, Visiting Angels, and Pomeroy Living Northville!



Sewing Classes with Barb (R)

Thursday, March 19, 1 p.m.

For this class, you will be making a sewing caddy organizer. Please bring a half-yard of cotton/quilt fabric with you. This class is for confident sewists only, please. Space is limited.

Programs and Events

SHIP Counseling

Wednesday, March 18, noon

Do you have questions about Medicare? The State Insurance Health Assistance Program (SHIP) is Michigan's free, unbiased Medicare and Medicaid resource. Certified counselors are onsite at the Livonia Senior Wellness Center the third Wednesday of each month, noon to 4 p.m. SHIP does not sell Medicare plans. Please do not call the senior center; appointments cannot be scheduled there. In-person and telephone appointments are available. To schedule, call (800) 803-3174, (734) 727-2067, or email MIOptions@thesenioralliance.org.

Glass Painting with Adelle [®]

Thursday, March 19, 1 p.m.

\$25 residents, \$27 non-residents

This month's project is a shamrock stemless wine glass! No experience necessary. Our instructor Adelle Fant will guide you step-by-step through everything. All materials are provided; just bring your creativity!

Red Hot and Blue [®]

Thursday, March 19, 2 p.m.

Let's celebrate America's 250th birthday with Yale University's oldest and jazziest all-gender A Cappella Group at the Livonia Senior Wellness Center. A special, live performance brought to you by Mayor Maureen Miller Brosnan and MASCO. This is a free senior event; however, registration is required. Registration begins on Monday, March 2, at 9 a.m.

TechTime@LSWC

Thursdays, 10 a.m. to 2 p.m.

Tech support is available for almost anything on a first-come, first-served basis. Stop by the Livonia Senior Wellness Center and complete a tech support form at the front service desk in the lobby. For more info, call (734) 466-2555.

Fraud Prevention [®]

Friday, March 20, 9 a.m.

Join retired police Sergeant Robert Haig as he presents new scams targeting senior citizens. This vitally important lecture will concentrate on computer and phone scams.

Motivation and Weight Loss: Stacking Behaviors That Make a Difference [®]

Wednesday, March 25, 2:30 p.m.

Cost: \$1

Are you tired of being stuck? What are the tools that many use to motivate themselves to lose weight successfully? Join author, speaker, and board-certified integrative nutrition health coach Keri Lappi as we explore practical and research-based tools that make a difference. Keri is the author of *Just One Thing: Simplifying the Mystery of a Healthy Lifestyle and Quit Quitting* and is the founder of Energetic Wellness Coaching.

Acrylic Landscape Painting [®]

Thursday, March 26, 9:30 a.m. to noon

Crafter's Corner

Cost: \$25 residents, \$27 non-residents

Once a month, Artist Steve Wood teaches his step-by-step methods for achieving successful paintings! Classes are designed for beginning and intermediate levels. Anyone can paint, and Steve makes the class enjoyable for everyone, no matter your talents. He brings his humor, enthusiasm, and craft to help you create a beautiful work of art. Grab your friends and join him! All supplies are provided.

Easter Brunch [®]

Friday, March 27, 10 a.m. to 12:30 p.m.

Cost: \$10 residents, \$12 non-residents

Jumping Jellybeans! We're so egg-cited for you to hop on over to the Livonia Senior Wellness Center to party with your peeps! Please join us for a delicious Easter brunch (assorted pastries, fresh fruit, broccoli and cheese quiche, sausage, potatoes, juice, coffee, dessert), lots of drawings, games, and prizes too! Registration begins Friday, March 6, at 9 a.m., for Livonia residents ONLY, in person at the Senior Center, Kirksey Recreation Center, or online at LivoniaParks.org. If spots still remain, non-resident registration will begin at 11 a.m. Due to the popularity of these special events and limited seating, you may only register for yourself and one other person.

Programs and Events

Card Making with Dolly [®]

Tuesday, March 31, 11 a.m.

Whether you're new to card making or experienced, this free workshop is a fun DIY craft. All materials are provided, and you'll leave with a completed card and skills to create more at home. If possible, please bring your own tape runner. This popular class fills quickly. If you attended last month, please allow others the opportunity to participate.

LSMGA Annual Membership & Registration Meeting

Friday, April 24, 10 a.m.

The Livonia Senior Men's Golf Association (LSMGA) is open to resident and non-resident golfers aged 59 and older. Members play 9 or 18-hole rounds at Livonia's public courses: Fox Creek, Whispering Willows, and Idyl Wyld, with flexible days and times. Golfers may join an existing group or form their own. Annual membership is **\$60** and includes score and handicap tracking (including Fox Creek Senior Men's League scores for dual members), three all-member scrambles (June–August), a flighted USGA-style tournament in September, an awards luncheon at 1-Under Banquets at Idyl Wyld, and an end-of-year gift. For more information or if you cannot attend the meeting, contact President Vince Francone at (248) 770-3728 or vince.francone@outlook.com, or Secretary Roger Pattee at (313) 737-1422 or lsmgasecretary1@gmail.com.



Meadowbrook Theatre & Lunch [®]

Wednesday, May 13, 10:30 a.m. Departure

Cost: \$112 residents, \$117 non-residents

This Meadowbrook Theatre trip includes deluxe motorcoach transportation, lunch at Auburn Standard, and a 2 p.m. performance of "Million Dollar Quartet." Set Dec. 4, 1956, the show brings Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together at Sun Records for a legendary jam session featuring hits such as "Blue Suede Shoes," "Fever," "Walk the Line," "Great Balls of Fire," and "Hound Dog." The bus leaves the senior center at 10:30 a.m. Registration begins Monday, March 9, at 9 a.m. in person for Livonia residents only. Online and non-resident registration begins at 11 a.m. Select your lunch entrée at registration and notify staff of any special bus accommodations needed.

Purple Rose Theater & Lunch [®]

Wednesday, May 20, 11:30 a.m. departure

Cost: \$135 residents, \$140 non-residents

This trip includes deluxe motorcoach transportation, lunch at the Gandy Dancer, and a 3 p.m. performance featuring Agatha Christie's "Murder on the Links." Adapted by playwright Steven Dietz, this production brings famed detective Hercule Poirot to life to solve a murder on a French golf course. This is a witty, fast-paced, and stylish mystery. The bus will leave from the senior center at 11:30 a.m. Registration begins Monday, March 9, 9 a.m. in person at the senior center for Livonia residents ONLY. Online and non-resident registration begins at 11 a.m. When registering, please select your lunch entrée and notify the staff if you require any special bus accommodations.

"The Rockers"

First and Third Wednesdays of the month, 9:30 a.m.

Looking for a new craft project? Come paint with "The Rockers" at the senior center. Please bring your own materials: rocks, paint supplies (acrylic craft paint or acrylic pens work best), brushes, and your talents. If you're a beginner, the group will help guide you with tips and techniques to create your masterpiece! No registration necessary.

Mexican Train Dominoes

Tuesdays, noon Commons (East)

Mexican Train is a modern version of Dominoes. Because of its simplicity, it can be played by anyone, no experience necessary. Due to the high interest in playing, we have added this game to our list of activities!

Weight, Wellness and Support Group Thursdays, 8:45 a.m.

Do you need motivation and support to stay on your weight-loss or weight-maintenance journey? Then join this brand-new, fun group to help you lose or maintain a healthy weight. We will meet on Thursdays from 8:45-10:30 a.m. Weigh-ins run 9-9:20 a.m. The meeting runs from 9:30-10:30 a.m. Dues are **\$5** per month to cover the cost of prizes for weight loss or maintenance, as well as additional benefits. Come start the new year with support from friends!

Programs and Events

Annual Senior Resource fair

Friday, April 17, 9 a.m. to 1 p.m.

Save the date! April Showers bring May Flowers! This year's event is Spring-themed, and our area businesses want to "shower" you with valuable senior resources! Grab your friends and come on over to the Livonia Senior Wellness Center for this FREE, fun, informational event. There will be a hot dog sale (cash only), hourly prize giveaways, and an abundance of senior-related resources. No registration necessary.

"Simply the Best – Tina Turner Tribute" [®]

Zehnder's of Frankenmuth

Tuesday, April 28, 9:30 a.m. departure

Sold out, waiting list only

Cost: \$95 residents, \$100 non-residents

For more information, visit LivoniaParks.org.

Income Tax Assistance

Certified AARP Tax Aide volunteers are available to prepare simple 2025 income tax returns for low- to moderate-income clients at the newly opened Livonia Senior Wellness Center (32001 Five Mile Road), east of Hubbard Drive and adjacent to the Kirksey Recreation Center. All services are by appointment only; walk-ins are not accepted. Tax assistance is available 9 a.m. to 2 p.m., Monday through Thursday, through April 15. Please do not arrive more than 15 minutes before your scheduled appointment.

Appointments must be made in person at the Senior Wellness Center on Tuesdays from 9-11 a.m. during the week before your desired service date. Appointment times are assigned on a first-come, first-served basis. When scheduling, clients will receive a packet of required forms that must be completed and returned the following week with all required documentation. Incomplete documentation will require rescheduling after all materials are obtained.

Income Tax clients are required to bring the following pertinent information:

- Government-issued photo ID (for all taxpayers to be listed on return)
- Social Security cards for all names referenced on the return, including dependents
- Income documentation: W-2, 1099-MISC, 1099-NEC, 1099-R, 1099-B, 1099-INT, 1099-DIV, W-2G, Schedule K-1
- Medical expense documentation (if itemizing deductions): Proof of 2025 paid premiums, out-of-pocket medical receipts.
- Property Tax bills: Those issued and/or paid in 2025
- Amount of Rent paid (have Landlord name and address available)
- Proof of 2025 Home Heating costs (gas or electric): Reference your November or December 2025 utility bills
- Provide your name and contact information (phone number and/or email address)
- Income documentation: W-2, 1099-MISC, 1099-NEC, 1099-R, 1099-B, 1099-INT, 1099-DIV, W-2G, Schedule K-1
- Copies of 2024 Federal and State (Michigan only) Tax Return premiums, out-of-pocket medical receipts.
- Property Tax bills: Those issued and/or paid in 2025
- Amount of Rent paid (have Landlord name and address available)
- Proof of 2025 Home Heating costs (gas or electric): Reference your November or December 2025 utility bills
- Provide your name and contact information (phone number and/or email address)

IMPORTANT: Please know that all taxpayers referenced on a return should be present. Those who are not present must have legal representation documentation (Power of Attorney, Guardianship) presented to the tax preparer on their behalf. No children will be allowed at appointments.

Senior Fitness and Wellness

Spring registration begins the week of March 23. Spring session will run for 7 weeks. Register in advance for classes you plan to attend or purchase a drop-in wristband. Classes begin the week of April 20 and end the week of June 1.

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 a.m. Restorative Pilates for Seniors, Marie	9 a.m. Senior ChairFit Exercise, Karen	8:45 a.m. Active Older Adult, Roy	9:30 a.m. Restorative Pilates for Seniors, Marie	8:45 a.m. Active Older Adult, Roy
11 a.m. Senior Mobility & Strength, Ryan	10 a.m. Senior Yoga & Strength, Zhanna	10 a.m. Senior Yoga I, Sandy	10:30 a.m. Strength & Core for Seniors, Zhanna	10 a.m. Tai Chi for Seniors, Roy
Noon Strength & Fall Prevention for Seniors, Ryan	11 a.m. Senior ChairFit Exercise w/ Karen	11 a.m. Senior Yoga II, Sandy	Noon Gentle Flow Yoga, Kathleen	11 a.m. Yoga & Meditation for Seniors, Zhanna
1 p.m. Senior ChairFit Exercise w/ Shanna		Noon Senior Mobility & Strength, Ryan	1 p.m. Meditative Yoga for Seniors, Kathleen	1 p.m. Senior Fitness, Roy
2 p.m. Senior Circuits, Shanna	1 p.m. Strength & Fall Prevention for Seniors, Ryan	1 p.m. Strength & Fall Prevention for Seniors, Ryan	2 p.m. Zumba Gold Chair, Elone	2 p.m. Line dance with Denise
3 p.m. Zumba Gold, Trish	2 p.m. Senior ChairFit Exercise, Trish	2 p.m. Gentle Chair Yoga, Zhanna	3 p.m. Senior ChairFit Exercise, Trish	
	3 p.m. Line Dance with Denise	3 p.m. Balance & Strength Yoga for Seniors, Zhanna		

Pre-registered class fees for a 50-minute class	Res: \$2.50/class Non-Res: \$3.50/class
Pre-registered class fees for a 75-minute class	Res: \$3/class Non-Res: \$4.50/class
Drop-in single-class wristband	Res: \$3.50/class Non-Res: \$4.50/class
Drop-in five-pack wristband	Res: \$12.50 Non-Residents: \$17.50

Meditative Yoga for Seniors [®]

Slow down, breathe deeply and reconnect with your inner calm in this peaceful meditative yoga class designed especially for seniors.

Movements are slow, intentional and accessible. Each class includes time for stretching, quiet reflection and mindfulness techniques that soothe and cultivate your inner peace. No prior yoga or meditation experience is needed. Just bring a curious mind, a kind heart and comfortable clothing. This class is perfect for those seeking a calming, restorative experience that nurtures both body and spirit. A mat will be provided for class use, yoga mats recommended.

Instructor: Kathleen

Balance and Strength Yoga for Seniors [®]

Build stability, improve posture, boost confidence. This gentle strength yoga class is designed for seniors who want to improve balance, build strength, and enhance mobility. Through mindful movement, breath awareness, and supported postures, you'll work on improving coordination, core stability, and joint flexibility. Safe, low impact. Modifications using chairs, blocks, or straps as needed. A calm and encouraging environment with plenty of guidance. No prior yoga experience required. A mat will be provided for class use.

yoga mats recommended.

Instructor: Zhanna

[®] Indicates event requires pre-registration at LivoniaParks.org

Senior Fitness and Wellness

Gentle Chair Yoga [®]

Experience the benefits of yoga in a safe, supportive environment designed specifically for older adults. This gentle chair yoga class offers accessible movements that can be done seated or standing using the chair for support- perfect for those with limited mobility, balance concerns or anyone new to yoga. No prior yoga experience is necessary. Come as you are- comfortable clothing and a willingness to relax and enjoy are all you need!

Instructor: Zhanna

Gentle Yoga Flow [®]

This slow-paced supportive class is designed especially for older adults who want to stay active, flexible and strong. Gentle flow yoga combines easy to follow sequences with mindful movement, deep breathing and guided relaxation to promote overall well-being. The flow is gentle, fluid and focused on enhancing mobility, balance and joint health. This class welcomes all levels with compassion and encouragement. Come breathe, stretch and flow in a peaceful and friendly environment. A mat will be provided for class use, yoga mats recommended.

Instructor: Kathleen

Restorative Pilates for Seniors [®]

This gentle low impact class is designed to help seniors build core strength, improve posture and increase flexibility- all while promoting relaxation and body awareness. Restorative pilates focuses on slow, mindful movements and controlled breathing to support joint health, balance and mobility in a safe, encouraging environment. Exercises can be modified for all levels and abilities. Whether you're looking to regain strength, relieve tension or simply move with more ease, this class offers a nurturing approach to whole body wellness. A mat will be provided for class use, yoga mats recommended.

Instructor: Marie

Senior ChairFit Exercise [®]

Gentle fitness for strength, flexibility and fun! Stay active, build strength and improve flexibility; all from the comfort of a chair! This low-impact exercise class is designed especially for older adults looking for a gentle, supportive fitness routine. Participants will perform seated and optional standing exercises to enhance balance, coordination and overall wellbeing. All fitness levels are welcome.

Instructors: Trish, Karen, Shanna

Senior Circuits [®]

Stay strong, active and energized! This fun energizing circuit style workout class is designed for older adults looking to improve strength, endurance, balance and mobility. Participants will move through a series of low impact exercise stations using a variety of equipment. Modifications are available for all fitness levels. Whether you're new to exercise or looking to stay strong and active, this class offers a safe and motivating way to move your body and connect with others.

Instructor: Shanna

Senior Fitness [®]

Class format includes low impact cardiovascular exercise, strength training, balance and flexibility, everything older adults need to maintain health and function as they age. Exercise will include use of weights, bands, balls and a chair. All levels of fitness are welcome.

Instructor: Roy

Senior Mobility and Strength [®]

Stay active, stay strong. This low-impact fitness class is designed specifically for older adults who want to improve their mobility, strength, balance, and flexibility. Each class includes gentle strength training, joint-friendly mobility exercises, and balance work to help prevent falls and support daily movement. This class is perfect for all fitness levels, especially beginners. Modifications are available throughout. Come move with us in a safe, supportive, and encouraging environment!

Instructor: Ryan

Senior Fitness and Wellness

Senior Yoga I [®]

This will be a gentle flow yoga class, emphasizing classical yoga postures. The participant moves with flow to develop focus, strength, and flexibility. All levels of fitness are welcome. A mat will be provided for class use; yoga mats are recommended.

Instructor: Sandy

Senior Yoga II [®]

This will be a gentle flow yoga class, emphasizing classical yoga postures. The participant moves with flow to develop focus, strength, and flexibility. All levels of fitness are welcome. A mat will be provided for class use; yoga mats are recommended.

Instructor: Sandy

Senior Yoga and Strength [®]

Balance your body. Build your strength. Breathe with ease. This unique class blends the calming benefits of yoga with the functional strength of resistance training- designed specifically for older adults. Improve balance, flexibility, posture, and muscle tone in a safe, supportive environment. Each class will include gentle yoga poses, breathwork, and targeted strength exercises using light weights, resistance bands, or bodyweight. No prior experience is needed, just a willingness to move and breathe. A mat will be provided for class use; yoga mats are recommended.

Instructor: Zhanna

Strength and Core for Seniors [®]

Build strength, support your core, and stay independent. This fitness class is designed for older adults who want to maintain muscle strength, improve core stability, and enhance everyday movement. Using light weights, resistance bands, and body weight exercises, we'll focus on building strength safely and effectively, especially in the core, which supports balance, posture, and overall mobility. All levels of fitness are welcome.

Instructor: Zhanna

Strength and Fall Prevention for Seniors [®]

Stay strong, steady, and independent! This specially designed class focuses on improving strength, balance, flexibility, and coordination to help reduce the risk of falls and support daily movement. Through safe, low-impact exercises, participants will build muscle, enhance stability, and boost confidence. This class is perfect for older adults of all fitness levels, especially those looking to stay active and prevent falls.

Instructor: Ryan

Strength and Stretch for Seniors [®]

Feel stronger, move more easily, and stay active! This gentle yet effective class combines light strength training with full-body stretching to support healthy aging and improve overall well-being. Designed specifically for older adults, it helps build muscle, improve flexibility, and relieve stiffness. This class is perfect for all fitness levels and will help you feel your best every day.

Instructor: Karen

Tai Chi for Seniors [®]

The slow and graceful movements are designed to help older adults strengthen their lower extremities, core muscles of the back and abdomen, and improve balance, which can reduce the likelihood of a fall.

Instructor: Roy

Yoga and Meditation for Seniors [®]

This senior-focused class combines yoga and meditation. It will begin with classic yoga postures and transition into relaxing guided meditation. Then, it will relax with affirmations, meditation, visualization, and breath work. All levels of fitness are welcome. A mat will be provided for class use, but yoga mats are recommended.

Instructor: Zhanna

Senior Fitness and Wellness

Zumba Gold Chair [®]

Join us for a fun, low-impact workout designed specifically for active older adults or anyone needing seated support! Zumba Gold Chair takes the vibrant rhythms of Latin and international music and combines them with easy-to-follow dance moves- all from the comfort and safety of a chair. This class is perfect for improving cardiovascular health, flexibility, coordination and mood. No dance experience necessary- just bring your energy, a smile and a willingness to move.

Instructor: Elone

Line Dance with Denise [®]

These classes are geared towards beginners and advanced beginner line dancers. These fun, fast-paced line dancing classes will get you moving with a variety of music!

Instructor: Denise

Zumba Gold [®]

This senior Latin-inspired dance fitness class incorporates Latin/international music and dance moves. The cardio-based dance moves are easy to follow and fun. Come and enjoy the party! All fitness levels are invited!

Instructor: Trish

Active Older Adult [®]

The class format focuses on energetic cardiovascular exercise, strength training, balance, and flexibility — everything older adults need to maintain health and function as they age. Exercise will include the use of hand weights, bands, and a mat. Chairs are also available if needed.

Instructor: Roy

Events at Greenmead Historical Park

History Lecture Series:

Detroit Public Library

Tuesday, March 10, 2 p.m.

The Detroit Public Library, long regarded as one of the city's most beautiful and significant landmarks, reflects architect Cass Gilbert's vision for an Early Italian Renaissance-style library. In this program, author Barbara Cohn will highlight the contributions of local and national artists and share photographs of the murals, mosaics, painted windows, bronze work, and architectural ornamentation that enrich the building. No registration required for this free program at the Alexander Blue House, sponsored by the Livonia Historical Commission.

Tiny Worlds Workshop [®]

Saturday, March 21, 1-2:30 p.m.

Cost: \$25 residents, \$30 non-residents

Join us for a hands-on experience as you craft your own planted terrarium! Participants will enjoy a step-by-step session with all materials provided as they engage their creative spirit to craft their own tiny world! This program is best for ages 18 and older.

Coffee Culture [®]

Sunday, March 29, 9-10:30 a.m.

Cost: \$25 residents, \$27 non-residents

Presented by Gooseneck Coffee

Discover the rich history and vibrant flavors of local coffee in this immersive tasting experience. Learn how different blends and brewing methods shape the perfect cup, and deepen your appreciation for the art of coffee.

Garden Lecture Series:

The Buzzzzz on Pollinators

Monday, March 30, 6:30 p.m.

Michigan has more than 400 native bees, as well as butterflies, moths, hummingbirds, flies, and beetles that pollinate our plants. Let's choose plants for our garden to help our pollinators! Join Carol Brodbeck at the Alexander Blue House for this free program. No registration required.

MARCH DAILY ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m. Table Tennis 8:45 a.m. Euchre 9 a.m. Backgammon 9 a.m. Knitting & Crocheting 9 a.m. Stained Glass 9:30 a.m. Beginner Mahjong / Mahjong 9:30 a.m. Contemporary Issues Noon Bid Whist Noon Double Pinochle 12:30 p.m. Bridge (party) 12:30 p.m. Mahjong 12:45 p.m. Quilting 1 p.m. Bingo	11 a.m. Wayne Ford Assembly Euchre Noon Mexican Train Dominoes 12:20 p.m. Dupl. Bridge 12:30 p.m. Scrabble 1 p.m. Cribbage 2 p.m. S.O.S 2:30 p.m. Gin Rummy	8:30 a.m. Table Tennis 9 a.m. Knitting & Crocheting Exchange Five 11 a.m. Hand and Foot Noon Double Pinochle Exchange Five 12:30 p.m. Mahjong 12:30 p.m. Scrabble 1 p.m. Tournament Pinochle	8:30 a.m. Table Tennis 8:45 a.m. Euchre 8:45 a.m. Weight Wellness and Support group 9 a.m. Backgammon 9 a.m. Woodcarvers 10 a.m. Tech Time Noon Double Deck Pinochle Noon Double Pinochle Four-Handed 12:30 p.m. Euchre 12:30 p.m. Mahjong	12:30 p.m. Euchre
2	3	4 9:30 a.m. The Rockers	5 10 a.m. Alzheimer's Support	6 1:30 p.m. Ask the Lawyer 1:30 p.m. Travel Club
9	10 1 p.m. Low Vision Support	11 2:30 p.m. Cricut Club 2:30 p.m. Estate Planning	12 1 p.m. Sewing - Remote Caddy 6:30 p.m. Parkinson's Support	13 11 a.m. Beginner Euchre 11 a.m. St. Patrick's Day Party - Pre-registration Required
16 1 p.m. NARFE	17	18 9:30 a.m. The Rockers Noon SHIP Counseling 1 p.m. Karl's Retirement Party	19 1 p.m. Glass Painting 1 p.m. Sewing - Caddy Organizer 2 p.m. Red Hot & Blue Concert	20 9 a.m. Fraud Protection 1:30 p.m. Ask the Lawyer
23	24	25 2:30 p.m. Motivation and Weight Loss - \$1	26 9:30 a.m. Acrylic Landscape Painting	27 9:45 a.m. DSO Trip - Departure from the Senior Wellness Center 10 a.m. Easter Brunch - Pre-registration Required 11 a.m. Beginner Euchre
30	31 11 a.m. Card Making			

MARCH WAYNE COUNTY SENIOR NUTRITION PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
2 Creole Chicken Breast Cheesy Potatoes Brussels Sprouts Multi-Grain Bread Fresh Fruit Milk & Margarine	3 Spaghetti Casserole Broccoli Sliced Carrots Texas Bread Oatmeal Cream Cookie Milk & Margarine	4 Taco Meat Shredded Cheese Pinto Beans Mexican Corn Flour Tortilla Milk Pineapple Tidbits	5 Pork Roast Horseradish Brown Sauce Country Potatoes Green Peas Wheat Roll Applesauce Milk & Margarine	6 No Meal Delivery on Friday *A frozen meal will be delivered with the hot meal on Thursday for consumption on Friday*
9 Chicken Strips Alfredo Sauce Rotini Noodles Brussels Sprouts Multi-Grain Bread Diced Peaches Milk & Margarine	10 Beef Chili Red Potato Wedges California Blend Vegetables Cornbread Fresh Seasonal Fruit Milk & Margarine	11 Chicken Breast Thai Chili Garlic Confetti Rice Broccoli Wheat Roll Birthday Snack Cake Milk & Margarine	12 Baked Meatballs Creamy Marsala Sauce Whipped Potatoes Sliced Carrots Whole Wheat Bread Cookie Milk & Margarine	13 St. Patrick's Day Party Pre-registration required Cost: \$8 res/ \$10 non-res Corned Beef / Cabbage Potatoes / Carrots Beverage Dessert
16 Creamy Paprika Chicken Rotini Noodles Green Peas Multi-Grain Bread Holiday Snack Cake Milk & Margarine	17 St. Patrick's Day Meal Corned Beef w/Mustard Sauce Red Potatoes Cabbage and Carrots Wheat Roll Holiday Snack Cake Milk & Margarine	18 Beef Mostaccioli Mixed Vegetables Texas Bread Peach Crisp Milk Margarine	19 Chicken Pot Pie Broccoli Biscuit Warm Apple Slices Milk Margarine	20 No Meal Delivery on Friday *A frozen meal will be delivered with the hot meal on Thursday for consumption on Friday*
23 Glazed Ham Mashed Sweet Potatoes Green Beans Potato Roll Pineapple Tidbits Milk & Margarine	24 Turkey Breast Gravy Cornbread Dressing Mixed Vegetables Whole Wheat Bread Fresh Seasonal Fruit Milk	25 Meatloaf Brown Gravy Buttermilk Potatoes Brussels Sprouts Wheat Roll Applesauce Milk & Margarine	26 Chicken Breast Mushroom Sauce Au gratin Potatoes Green Beans Whole Wheat Bread Fresh Seasonal Fruit Milk & Margarine	27 Easter Brunch Party Pre-registration required Assorted Pastries Fresh Fruit Broccoli & Cheese Quiche Sausage / Potatoes Beverage / Dessert
30 Hamburger Patty Swiss Cheese Baked Beans Sliced Carrots Hamburger Bun Fresh Seasonal Fruit Milk Ketchup & Mustard	31 Baked Meatballs Sweet & Sour Sauce Confetti Rice Mixed Vegetables Whole Wheat Bread Tropical Fruit Milk & Margarine	PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS (734) 326-5202 OR (800) 851-1454	Visit us at waynecounty.com/svs Suggested donation \$3 per meal	*Menu subject to change without notice*

Moments that Matter at the LSWC





Livonia
Seniors

LIVONIA SENIOR WELLNESS CENTER

32001 FIVE MILE ROAD

FRIDAY, MARCH 13

11 A.M. TO 1:30 P.M.



Saint Patrick's Party

Cost: \$8 residents, \$10 non-residents

Everyone is Irish on St. Patrick's Day!

Please join us for a traditional corned beef and cabbage luncheon with all the fixings, fun, and festivities!

Prizes given to the MOST festive, so get your green on!

Registration begins 9 a.m. Friday, Feb. 20, for Livonia residents ONLY, in person at the senior center, Kirksey Recreation Center and online at LivoniaParks.org. If spots remain, non-resident registration will begin at 11 a.m. Due to the popularity of these special events and limited seating, you may only register for yourself and one other person.



SPECIAL THANK YOU TO ALL OUR SPONSORS!

VISITING ANGELS

ARDEN COURTS



**Pomeroy
Living**
NORTHVILLE
Assisted Living & Memory Care





Livonia
PARKS & RECREATION

Karl's Retirement Celebration

**1-3 p.m.
Wednesday,
March 18**



Come wish Karl well as he begins retirement! Be sure to give him your best advice for having fun. There will be cake and coffee.

We truly hope you can join us in sending Karl off to his seven-day weekends!

**In The Commons at the
Livonia Senior Wellness Center**



LIVONIA SENIOR WELLNESS CENTER
32001 FIVE MILE RD



Glass Painting with Adelle

Thursday, March 19, 1 p.m.

COST: \$25 LIVONIA RESIDENT

\$27 NON-RESIDENT

THIS MONTH'S PROJECT IS A FESTIVE SHAMROCK GLASS!
NO EXPERIENCE NECESSARY. OUR INSTRUCTOR, ADELLE FANT, WILL GUIDE YOU
STEP-BY-STEP THROUGH THE ENTIRE PROCESS. ALL MATERIALS ARE PROVIDED;
JUST BRING YOUR CREATIVITY!



See you there!

REGISTER AND PAY ONLINE AT LIVONIAPARKS.ORG OR IN PERSON AT THE
SENIOR CENTER. FOR MORE INFORMATION PLEASE CALL (734) 466-2555.

LET'S CELEBRATE AMERICA'S

250TH BIRTHDAY WITH

REDHOT & BLUE EST. 1977

Yale University's Oldest and Jazziest All-Gender A Cappella Group



THURSDAY, MARCH 19 🇺🇸 **2 P.M.**

Livonia Senior Wellness Center - Commons
32001 Five Mile Road

A SPECIAL, LIVE PERFORMANCE BROUGHT TO YOU BY

Mayor Maureen Miller Brosnan
&

MASCO

FREE ADMISSION - REGISTRATION REQUIRED (55+)

REGISTRATION OPENS ON MARCH 2 AT 9 AM

VISIT LIVONIAPARKS.ORG

OR CALL THE SENIOR CENTER AT (734) 466-2555



www.redhotandblueofyale.org



facebook.com/yaleredhot



[@redhotandblueofyale](https://instagram.com/redhotandblueofyale)



EST. 1966
**MEADOW
BROOK
THEATRE**
Michigan's Answer to Broadway

MILLION DOLLAR QUARTET

WEDNESDAY, MAY 13, 2026

Cost: \$112 residents, \$117 non-residents

This Meadowbrook Theatre trip includes deluxe motorcoach transportation, lunch at Auburn Standard, and a 2 p.m. performance of "Million Dollar Quartet." Set Dec. 4, 1956, the show brings Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together at Sun Records for a legendary jam session featuring hits such as "Blue Suede Shoes," "Fever," "Walk the Line," "Great Balls of Fire," and "Hound Dog."

The bus departs from the senior center at 10:30 a.m.

Registration begins Monday, March 9, at 9 a.m., in person for Livonia residents only. Online and non-resident registration begins at 11 a.m. Please select your lunch entrée at registration and notify staff of any special bus accommodations needed.

MENU OPTIONS

- *Chicken Piccata, with red skin potatoes
- *Club Wrap with roasted turkey, Swiss cheese, lettuce, tomato, & mayo, with fries
- *1/2 lb Burger with onion on brioche bun, with fries
- *Grilled salmon with lemon cream sauce, with fries
- *Pasta Marinara, with garden salad

BEVERAGES INCLUDE: COFFEE, DECAF, HOT & ICED TEA, COKE PRODUCTS AND DESSERT

LivoniaParks.org
(734) 466-2555



Livonia Senior Wellness Center
32001 Five Mile Road



the
PurpleRose

theatre company

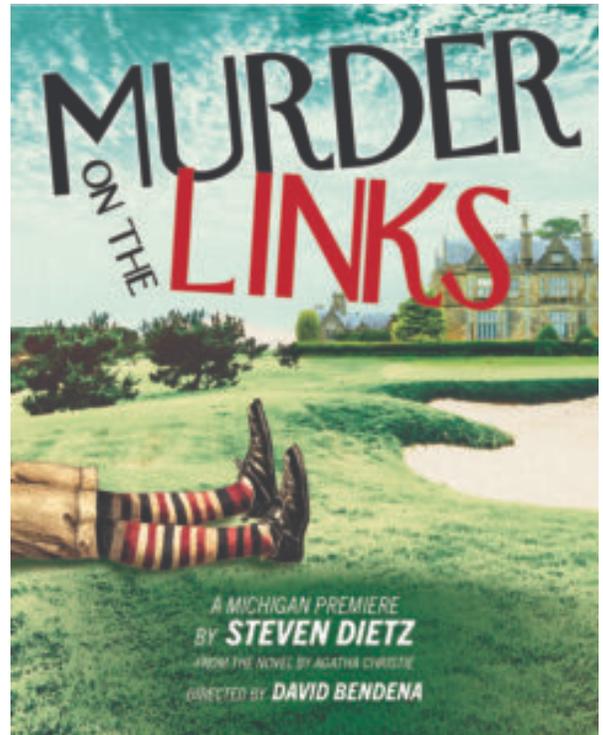
WEDNESDAY

MAY 20, 11:30 A.M.

COST: \$135 LIVONIA RESIDENT

\$140 NON-RESIDENT

Trip includes round-trip transportation via deluxe motor coach, lunch at the Gandy Dancer restaurant in Ann Arbor (limited menu: 6 oz filet mignon (grilled medium), vegetable ravioli or dynamite snapper), a 3 p.m. performance featuring Agatha Christie's "Murder on the Links", and a volunteer escort. Adapted by playwright Steven Dietz, this production brings famed detective Hercule Poirot to life to solve a murder on a French golf course. This is a witty, fast-paced, and stylish mystery!



Livonia Senior Wellness Center

**32001 Five Mile Rd
Livonia, MI 48154**

Registration begins on Monday, March 9, 9 a.m. in person at the Senior Center, for Livonia residents **ONLY**. Registration online at LivoniaParks.org and non-residents begins at 11 a.m. Bus will leave from the Senior Center at 11:30 a.m. with an approximate return time of 6 p.m.

Please select your entrée choice when registering and notify staff of any special bus accommodations.



Livonia
Seniors



2026

LIVONIA SENIOR MEN'S GOLF ASSOCIATION

ANNUAL MEMBERSHIP & REGISTRATION MEETING

FRIDAY, APRIL 24TH, 10 A.M., LIVONIA SENIOR WELLNESS CENTER

The Livonia Senior Men's Golf Association is open to Livonia resident and non-resident golfers 59 years old or older. Golfers play Nine-or-Eighteen-hole rounds at any of Livonia's three Public Golf Courses: **Fox Creek, Whispering Willows, or Idyl Wyld**. The Association offers members the unique flexibility to play on days-of-the-week and times-of-day that best fit their schedules. As needed, we can help a golfer join one of our established Association Groups or start a new group. **Annual \$60 membership includes:**

- Tracking members' scores & handicaps; which includes transferring and tracking Fox Creek Senior Men's League scores for dual members of both the Association and League.
- Participating in three all-member fun events:
 - An Eighteen-Hole Par 3 Challenge Scramble at **Idyl Wyld on June-15th**.
 - A Members Choice Nine-or-Eighteen-Hole Scramble at **Whispering Willows on July-13th**.
 - A Nine-Hole Scramble at **Fox Creek on August-17th**.
- Participating in an all-member flighted **USGA Style Tournament Starting on September-8th**.
- Attending an Awards Luncheon at **① UNDER Banquets at Idyl Wyld on September-25th**.
- Receiving an end-of-year gift.

If you have questions or need more information, please contact:

Vince Francone... President...248-770-3728...vince.francone@outlook.com

Roger Pattee..... Secretary...313-737-1422...lsmgasecretary1@gmail.com

Guy Bellemare.... Treasurer...734-502-6236...gjbellemare@hotmail.com

If you can't make the Annual Membership & Registration Meeting, you can mail-in your registration:

2026 MEMBER REGISTRATION FORM

NAME: _____ **DATE OF BIRTH:** _____

ADDRESS: _____ **CITY:** _____ **ZIP:** _____

HOME PHONE: _____ **MOBILE:** _____

EMAIL: _____

PLEASE CIRCLE Y OR N FOR EACH OF THE SCRAMBLE DATES:

JUNE 15 (18 HOLE PAR3): Y / N **JULY 13 (9/18 HOLES):** Y9 / Y18 / N **AUGUST 17 (9 HOLES):** Y / N

PLEASE CIRCLE SHIRT SIZE: SM MED LG XL XXL XXXL

MAIL-IN-PAYMENT: \$60 FEE WITH CHECK OR MONEY-ORDER PAYABLE TO "LSMGA"

MAIL-IN-PAYMENT TO LSMGA SECRETARY:

**ROGER PATTEE
31127 HILLBROOK ST.
LIVONIA, MI 48152**





**Livonia Senior Men's Golf Association
Annual Membership & Registration Meeting
Friday, April 24th, 10 a.m., Livonia Senior Wellness Center**

The Livonia Senior Men's Golf Association is open to Livonia resident and non-resident golfers 59 years old or older. Golfers play Nine-or-Eighteen-hole rounds at any of Livonia's three Public Golf Courses: **Fox Creek, Whispering Willows, or Idyl Wyld**. The Association offers members the unique flexibility to play on days-of-the-week and times-of-day that best fit their schedules. As needed, we can help a golfer join one of our established Association Groups or start a new group. **Annual \$60 membership includes:**

- Tracking members' scores & handicaps; which includes transferring and tracking Fox Creek Senior Men's League scores for dual members of both the Association and League.
- Participating in three all-member fun events:
 - An Eighteen-Hole Par 3 Challenge Scramble at **Idyl Wyld in June**.
 - A Members Choice Nine-or-Eighteen-Hole Scramble at **Whispering Willows in July**.
 - A Nine-Hole Scramble at **Fox Creek in August**.
- Participating in an all-member flighted **USGA Style Tournament in September**.
- Attending an Awards Luncheon at **① UNDER Banquets at Idyl Wyld in September**.
- Receiving an end-of-year gift.

If you can't make the Annual Membership & Registration Meeting or need more information, Please contact: Vince Francone, President, 248-770-3728 vince.francone@outlook.com or Roger Pattee, Secretary, 313-737-1422 lsmgasecretary1@gmail.com



Stitch Sessions

SATURDAY, MARCH 7
GREENMEAD'S
ALEXANDER BLUE HOUSE

These programs are best for ages 14 and older.

Beginner Crochet Noon-2 p.m.

This beginner-friendly class is perfect for anyone curious about the art of looping yarn into beautiful, handmade creations.

\$35/resident

\$38/non-resident

Beginner Knitting 2:30-4:30 p.m.

Discover the joy of knitting in this relaxed, hands-on class designed for beginners.

\$35/resident

\$38/non-resident

Advanced Crochet 5-7 p.m.

Using the single, double, and chain stitch, we'll learn how to crochet "in the round."

\$35/resident

\$38/non-resident



Advance registration required at
LivoniaParks.org.



Livonia
PARKS & RECREATION



Happy Greenmead Historical Park
Birthday
Dr. Seuss!
Stories, Snacks and Crafts

Mon, March 9 10:30 a.m. to Noon

Oh, the fun you'll have! Get ready to step into the whimsical world of Dr. Seuss! We are celebrating his birthday with a morning filled with nonsense, laughter and a whole lot of imagination. Whether your child is a "Thinker of Thinks" or a fan of the "Cat," this event will spark creativity and a love of reading in kids ages 4-10. An adult must accompany the child.

Residents \$10

Non-Residents \$12

Register at LivoniaParks.org



Livonia
PARKS & RECREATION





Livonia Senior Wellness Center Assembly Required

The Advanced Competition
Sun, March 15 11 a.m. to 5 p.m.

Teams (2-4 members) will race against each other to complete the same 550-piece MYSTERY puzzle. Participants will only be given a brief look at the puzzle's image and must complete it without the aid of the image. Team members may be as young as 6. Prizes will be awarded.



Livonia
PARKS & RECREATION

Cost per team
(one person registers)
Residents \$24
Non-Residents \$32



Register at LivoniaParks.org



COFFEE CULTURE

Sunday, March 29

9-10:30 a.m.

Greenmead Historical Park



Explore the history and taste of local
coffees, and learn about the differences
between the blends and brews.



\$25 Resident

\$27 Non-Resident

Advance registration required
at LivoniaParks.org

Presented by:



GOOSENECK

COFFEE CO.



Livonia
PARKS & RECREATION

Best for participants ages 16 and older



Rec Center Readers Book Club



Join us each month for the discussion

**KIRKSEY RECREATION CENTER
7 P.M. WEDNESDAYS**

February 25

“The Book of Lost Names” by Kristin Harmel

March 25

“Atmosphere” by Taylor Jenkins Reid

April 29

“Running with Sherman: The Donkey with the Heart of a Hero”
by Christopher McDougall

June 24

“The Lost Apothecary” by Sarah Penner

Books are available through the Livonia Public Libraries

Free to Members, \$3 Residents, \$5 Non-Residents

Register at LivoniaParks.org



Livonia
PARKS & RECREATION

Tiny Worlds Workshop

Saturday, March 21

1-2:30 p.m.

Greenmead Historical Park's

Alexander Blue House

Join us for a hands-on experience as you craft your own planted terrarium!

Participants will enjoy a step-by-step session with all materials provided as they engage their creative spirit to craft their own tiny world!

\$25/Resident

\$30/Non-Resident

Advance Registration Required
at LivoniaParks.org

Best for participants ages 16 and older



Livonia
PARKS & RECREATION

GREENMEAD

For more information, visit Greenmead.us



Livonia
PARKS & RECREATION

Lectures take place at the Alexander Blue House, 20501 Newburgh Road.

No registration required for this free series sponsored by the Livonia Historical Commission.

Monday, Jan. 5, 2 p.m.

Pontiac's Transportation Legacy

The City of Pontiac has a very broad history in wheeled vehicles which spans from carriages to cars, motorized bikes to 18-wheelers, and everything in between. This program will discuss elements of the industrial, technical, and social history.

Thursday, Feb. 5, 6:30 p.m.

Spirit of Detroit: Architecture, Urbanism and Imagination

What is the "Spirit of Detroit" and how do we see it in the structures, sculptures and public spaces of the city? Join art/architectural historian Deborah Lubera Kawsky for a visual tour of Detroit's urbanistic and architectural history.

Tuesday, March 10, 2 p.m.

Detroit Public Library

For the last century, the Detroit Public Library has ranked as one of the most beautiful buildings in Detroit - an important landmark, as well as a significant monument serving generations of Detroiters. We will review it's architecture and art.

Wednesday, April 15, 6:30 p.m.

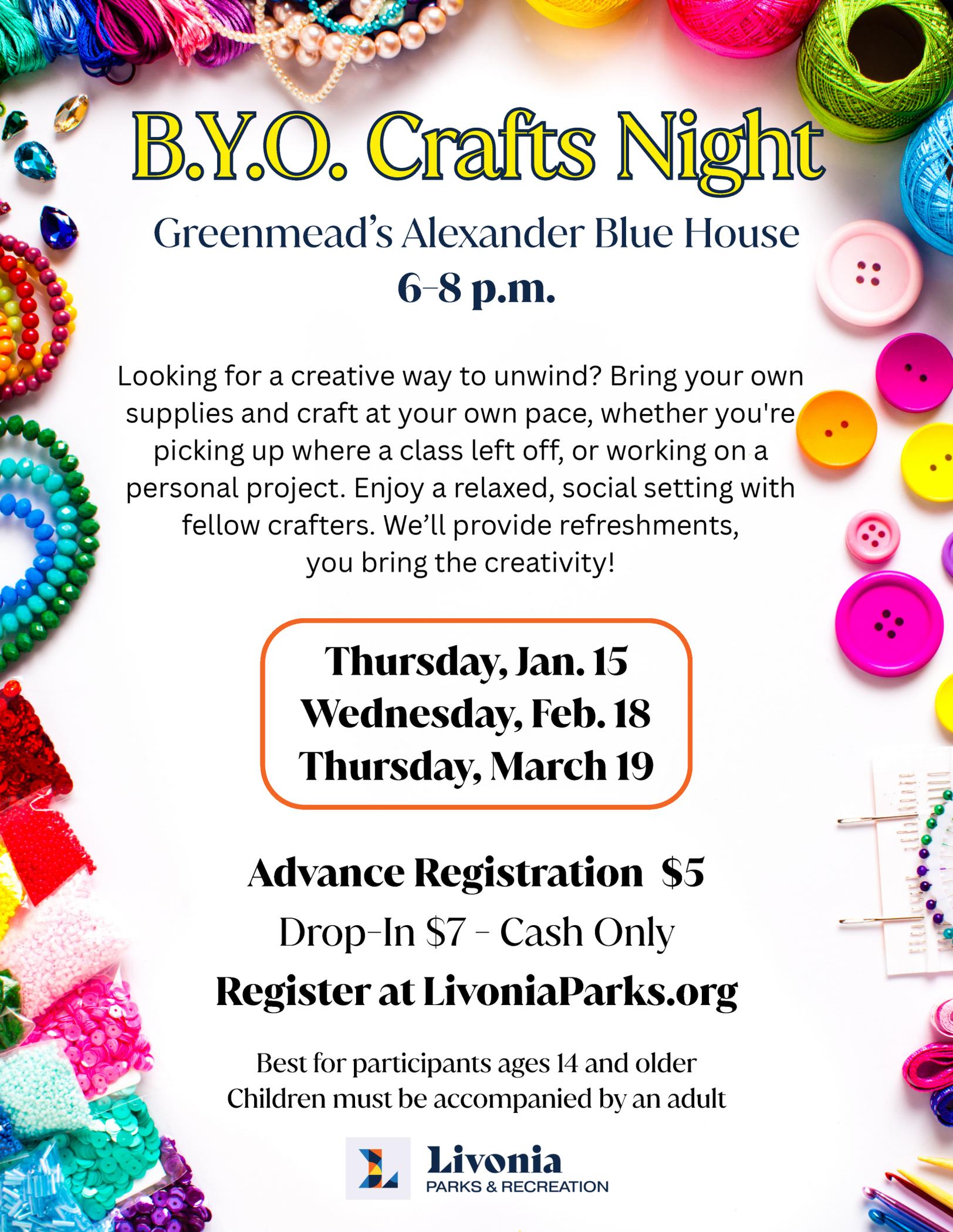
History of Troy

Come learn how the City of Troy transformed from a pioneer settlement to a farming community to the City of Tomorrow. Presented by the Troy Historic Village.

Monday, May 4, 6:30 p.m.

AACHM: Preserving Black History in Washtenaw

Come learn about the AACHM's programs to preserve and document African-American history. We'll hear stories of African-American experiences and restorative efforts to uncover burial sites hidden in an abandoned cemetery.



B.Y.O. Crafts Night

Greenmead's Alexander Blue House
6-8 p.m.

Looking for a creative way to unwind? Bring your own supplies and craft at your own pace, whether you're picking up where a class left off, or working on a personal project. Enjoy a relaxed, social setting with fellow crafters. We'll provide refreshments, you bring the creativity!

Thursday, Jan. 15
Wednesday, Feb. 18
Thursday, March 19

Advance Registration \$5

Drop-In \$7 - Cash Only

Register at LivoniaParks.org

Best for participants ages 14 and older
Children must be accompanied by an adult



Livonia
PARKS & RECREATION

*Seniors, family members, caregivers,
and community members -
You're invited to share your voice!*



COMMUNITY LISTENING SESSION

Date & Time: Friday, March 20, 2026 - 1:00 p.m.

Location: Livonia Senior Wellness Center, 32001 Five Mile Road, Livonia, MI



The Michigan Commission on Services to the Aging is hosting a **Community Listening Session** in your community to gather public comments on issues that matter most to older adults.

We would like to hear about your experiences:

- **Aging in your community** – What's working well? What challenges do you see?
- **Accessing nutritious food and meals** – Are there healthy, affordable options in your community?
- **Availability of transportation** – Are there reliable, safe ways to get where you need to go?
- **Caring for family members** – What support or resources have you found helpful?
- **Support** – What additional help do you need?

Or consider sharing other topics that are important to you.



Michigan Commission on Services to the Aging

Aging, Community Living, and Supports Bureau
ATTN: Commission on Services to the Aging
Capitol Commons Center
P.O. Box 30676
Lansing, MI 48909-8176

517-241-4100 | MDHHS-ACLSinfo@michigan.gov

*Appointed by the Governor, the 15-member Commission on Services to the Aging advises the Governor, the Legislature, and the Michigan Department of Health & Human Services on issues of importance to older adults and recommends changes to federal and state policies and programs, approves plans and budgets developed by state's Area Agencies on Aging, and oversees the administration of the **Older Americans Act in Michigan.***

*The Commission is assisted by a 40-member **State Advisory Council on Aging**, comprised of older adults and senior advocates from across the state, in this important work.*

Wednesday
March 11, 2026
2:30 p.m.

Livonia Senior Wellness Center
32001 Five Mile Rd



Livonia
Seniors

Gary Allen, Esq. is back sharing his professional guidance. Mr. Allen has been a licensed Michigan attorney for more than 30 years, and he wants to keep individuals informed and educated. You don't want to miss this important presentation!

TOPIC OF DISCUSSION

NEW LAWS THAT MAY AFFECT
MY ESTATE PLANNING

PLEASE REGISTER ONLINE OR BY CALLING THE SENIOR CENTER.

(734) 466-2555

LivoniaParks.org

Livonia Senior Wellness Center 32001 Five Mile Rd

Healthy Discussion with Keri



MOTIVATION AND WEIGHT LOSS: Stacking behaviors that make a difference!

Are you tired of being stuck? What are the tools that many use to successfully motivate themselves to lose weight? Join author, speaker, and board-certified integrative nutrition health coach Keri Lappi as we explore practical and research-based tools that make a difference. Keri is the author of *Just One Thing: Simplifying the Mystery of a Healthy Lifestyle* and *Quit Quitting* and is the founder of Energetic Wellness Coaching. Register and pay online at LivoniaParks.org or in person at the Senior Center.

WEDNESDAY
March 25, 2026
2:30 P.M.
Cost: \$1.00



Anyone Can Paint

Thursday, March 26 , 9:30 a.m.

Join instructor Steve Wood for a fun, creative acrylic landscape painting class. All supplies provided. This class is designed for beginning and intermediate levels. Register and pay online or in person at the senior center.

Cost:

\$25 Livonia resident

\$27 non-resident



Livonia
Seniors



LIVONIA SENIOR WELLNESS CENTER

32001 FIVE MILE RD, LIVONIA

(734) 466-2555 LivoniaParks.org

LIVONIA SENIOR WELLNESS CENTER



Easter BRUNCH

FRIDAY, MARCH **27** 10 A.M. - 12:30 P.M.

COST: \$10 LIVONIA/\$12 NON-RESIDENT

JUMPING JELLYBEANS! WE'RE SO EGG-CITED FOR YOU TO HOP ON OVER TO THE LIVONIA SENIOR WELLNESS CENTER TO PARTY WITH YOUR PEEPS! PLEASE JOIN US FOR A DELICIOUS EASTER BRUNCH (ASSORTED PASTRIES, FRESH FRUIT, BROCCOLI AND CHEESE QUICHE, SAUSAGE, POTATOES, JUICE, COFFEE, DESSERT), LOTS OF DRAWINGS, GAMES AND PRIZES TOO!

REGISTRATION BEGINS FRIDAY, MARCH 6, AT 9 A.M., FOR LIVONIA RESIDENTS ONLY, IN PERSON AT THE SENIOR CENTER, KIRKSEY RECREATION CENTER OR ONLINE AT LIVONIAPARKS.ORG. IF SPOTS STILL REMAIN, NON-RESIDENT REGISTRATION WILL BEGIN AT 11 A.M. DUE TO THE POPULARITY OF THESE SPECIAL EVENTS AND LIMITED SEATING, YOU MAY ONLY REGISTER FOR YOURSELF AND ONE OTHER PERSON.

SPECIAL THANK YOU TO OUR SPONSORS:

ANGELA
HOSPICE



Arden Courts
MEMORY CARE IS ALL WE DO.

AMERICAN
HOUSE



32001 Five Mile Rd, Livonia

PURCHASE YOUR TICKETS FOR..



Presented by the
LIVONIA CIVIC CHORUS

May 3, 2026 3 p.m.

at the

Stevenson High School PAC

33500 Six Mile Rd., Livonia



TICKETS: \$15

Online: <https://shorturl.at/gAkGC>

From Livonia Senior Wellness
Center, Members or At the Door



SINGING WITH LOVE SINCE 1965

