

Pontiac Senior News

Volume 101, Issue 101

August 2015

Recipe of the Month Apple Cake

(Submitted by Amelia Williams)



Ingredients

- 1 ½ cups of cooking oil
- 2 cups sugar
- 2 eggs
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp vanilla flavor
- 2 ½ cups of flour
- 3 cups chopped raw red apples
- 1 cup chopped pecans

Mix oil, eggs and sugar, add vanilla, cream in flour. Mix slow at low speed until mixture is stiff. Mix apples and pecans by hand. Spray pan with cooking spray and add mixture. Bake at 350 degrees for 1 hour.

Healthy Pontiac 248-858-8810

Taste & Tips Days @ the Produce Market

OLSHA - August 4, 11, 25, 2015

September 8, 2015

All Saints Church - August 8, 15, 29, 2015

September 12, 2015

Research shows that remaining socially active as you get older is extremely important to your physical and mental health. Many seniors suffer from loneliness due to the fact that they are homebound, and may not get out of the house as much as they once did. A great way to make sure you stay socially active is to get involved with your local senior center. One of the main benefits of a senior center is that people are surrounded by others who have similar interests and can relate easily to one another. Invite a friend to visit one of two city operated centers. Robert W. Bowens, located at 52 Bagley, Pontiac, MI or Ruth Peterson located at 990 Joslyn Rd, Pontiac, MI.



Maintain your brain and have some fun

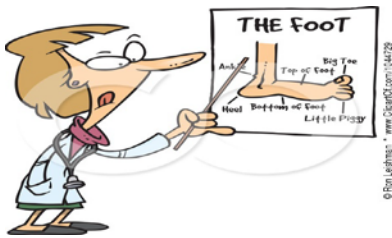
This course provides brain stimulations activities for individuals designed to help keep a person's mind active and sharp. In this two-hour long course, math, spelling, reading, music, art, health and current events are incorporated. Participants have commented on how much they enjoy the class and look forward to attending. Notable increase in the engagement of the individuals in their daily activities.

This class not only provides brain stimulation activities but adds to the quality of life. While the class is designed for those who are retirement age, participants of all ages may benefit from this type of class. Those with learning challenges or trouble concentrating or remembering. For more info Contact Virginia Emanuel, 313-778-6984

Summer Serve Woodside Bible Church - Thursday August 20 thru Saturday, August 22, 2015
 Do you need minor exterior home repairs or yard cleanup? Woodside would love to help made those minor repairs to the outside of your home. To have someone come and review your potential needs please contact our Woodside Pontiac Campus at 248-499-6416. Looking for voluteers to help, bring some work gloves and let's have fun serving together as we clean up empty lots, mow grass and paint.



Senior Night Out was a big hit. It gave seniors an opportunity to get out while enjoying dancing, socializing, playing cards and watch a movie. Over 100 people showed up. Meme's Apple Cake was a big hit.



Foot doctor will be on site at the Bowens Center, August 11, Oct 13, December 15. These dates are

tentative and are subject to change. Please confirm.



August Babies

happy birthday

How Long To Keep Important Documents

(Suggestions)

Bank Records - retain information related to your taxes, business expenses, home improvements, and mortgages payments for at least 7 years. In some cases permanently.

Bills - From one year to permanently. Bills for large purchases, including cars, jewelry, appliances, antiques, furniture, electronics, should be kept permanently in an insurance file for proof of their value should there be a loss or damage.

Birth Certificates, Social Security Card - Permanently

Brokerage Statements- until you sell the securities

Cancelled Checks - 7 years

Credit Card Statements - from 45 days to 7 years. Retain statements for reconciling with your receipts. If the purchase is tax related, keep the statement for 7 years.

Homeowner/Property Documents - for as long as you own the property or in some cases, permanently. Keep all documentation pertaining to the purchase of your home and the cost of all permanent improvements.

Household Inventory - Permanently

Insurance Documents - Permanently

Investment Certificates - for as long as you own the investment

IRS Contribution Record - Permanently

Loan Documents - Until the loan is paid off

Paycheck stubs - 1 year,

Powers of Attorney - Permanently, updating as necessary

W2 forms Receipts used for tax returns, alimony, charitable contributions, mortgage, interest, retirement plan contributions, 7 years

Records for tax deduction taken, Tax Returns - 7 years

Retirement/ saving plan statements, keep quarterly statements from 401K or other plans unless you receive an annual statement.

Service contracts and warranties - for as long as you own the item

Social Security statements - retain until you receive the most recent statement

Total Control Account (TCA) - for as long as you have the account.

Regular Scheduled Activities

Robert W. Bowens Senior Center
52 Bagley, Pontiac, MI 248-758-3240

Activity	Day	Time
Exercise Class	M.W.F.	10.00AM -11.00AM
Computer Class	Will resume in September	
Beginner Hustle Dance	Monday	6PM - 7PM
Golden Opportunity	Tuesday	10AM - 12PM
Bingo	Tuesday	1PM - 2PM
M.O.W. (Lunch)	Daily (\$2.50)	12PM - 1PM
Jewelry Making	1 ST & 3 rd Tuesday	1PM -3PM
Hustle Dance Class	Wednesday	5PM - 7PM
Billiard (Pool)	Daily	9AM - 5PM
Cards	Daily	9AM - 5PM
Maintain your Brain	4 th Monday of each Month	1PM - 3PM

Golden Opportunity Weekly Meeting Tuesday 10AM - 12PM

Bowens Seniors remember to wear your T-Shirt every 3rd Tuesday or pay 50 cents.

Bowens Center T-Shirts & Sweatshirts



Gold or Black

Contact: Marcella Evans

Add \$1.00 for ever X over 3X

Long sleeve T-Shirt available check for price

Tee	Sweatshirts	Jackets
S - XL \$6.00	S - XL \$10.50	S - XL \$35.50
XXL - \$7.00	XXL - \$12.50	XXL - \$38.00
XXX - \$7.00	XXX - \$12.50	XXX - \$40.00

Ruth Peterson Senior Center

990 Joslyn, Pontiac, MI 248-758-3282

Activity	Day	Time
Exercise Video	Daily every hour	9AM - 5PM
Zumba	Monday	10AM -11AM
Bingo	Monday & Thursday	1PM - 3PM
Pinochle	Monday	11:30AM - 3PM
M.O.W. (Lunch)	Daily (\$2.50)	12PM - 1PM
Billiards (Pool)	Daily	9AM - 5PM
Computer Lab	Daily	9AM - 5PM
Nutrition Class	Thursday	11AM - 12PM
Hustle Dance Class-beginners	Thursday	11AM - 12PM
Hustle Dance Class	Thursday	5PM - 7PM

Ruth Peterson
990 Joslyn Rd-Pontiac
248 758-3282

Upcoming Events
Senior's Fun Night
6:00P-8:30P-(Free) must be 50 & up

Bowens Senior Center
52 Bagley St-Pontiac
248 758-3240



Fun for Seniors

Come enjoy a night with other seniors
Bring a Friend, Neighbor or Family member
Something for everyone

Billiards (Pool)
Chess
Checkers
Movies & Popcorn
Pinochle-Biz Whiz-500
Line Dancing



Friday, July 17- Ruth Peterson Center

Friday, July 31- Bowens Center

Friday, August 14- Ruth Peterson Center

Friday, August 28- Bowens Center

Please bring a dish to share

Note: If you do not bring a dish there will be a \$3.00 donation to replace paper goods and to go toward our big end of summer party.