

Pontiac Senior News

Volume 100, Issue 100

July 2015

Recipe of the Month

Cheese and Sausage Stuffed Zucchini

Ingredients

- 12 ounces pork sausage
- 1 large zucchini
- 3 eggs, beaten
- 1 cup shredded Colby cheese
- 2 cups cottage cheese
- 1 1/2 cups shredded Italian cheese blend
- 1/2 cup chopped onion
- 2 tablespoons Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 pinch garlic salt
- 1/2 cup chopped tomatoes

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Butter a baking dish (size is dependent on the size of your zucchini).
2. Place crumbled sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.
3. Partially cook zucchini in the microwave on high for 5 minutes. Remove from the microwave and let cool for about 10 minutes. Meanwhile, in a medium bowl combine eggs, Colby cheese, cottage cheese, Italian blend cheese, onion, Italian seasoning, salt and pepper.
4. Slice the zucchini in half lengthwise, remove the seeds and rinse. Place both halves in prepared baking dish and sprinkle with garlic salt. Layer the sausage, tomatoes and cheese mixture in each half.
5. Bake in preheated oven for 40 minutes. Then broil for 5 minutes to brown the cheese.

Pontiac All Elementary Reunion - Saturday July 18, 2015, 7PM - 1AM tickets \$20. Contact Selvy Hall 248-613-0889, Lisa Martin 248-881-2001, Darlene Hudson 248-881-5327 or Carla George 248-812-8279 for details.



Pontiac's Sheriff Police Athletic League (PAL) is off and running. **Volunteers Needed**

Fund Raiser to support PAL program

3rd Annual
golf outing

Friday, August 28
9:00am Shotgun Start

18 holes • 4-person scramble

Beacon Hill Golf Club • 6011 Majestic Oaks Drive • Commerce Twp., MI 48382

The haves and Have Nots returns 6/30/2015

Safety Tips for Seniors Living Alone

More and more seniors choose to live on their own these days. Living independently can be very good for your mental health, but you need to take steps to prevent accidents in your house and ensure that help can get to you in the event it's needed:

1. Avoid slippery conditions
2. Remove tripping hazards.
3. Use a medical alert system:
4. Get to know your neighbors
5. Test smoke alarms regularly
6. Organize a daily check-in
7. Don't place items in hard to reach places
8. Put a lock box on your door
9. Keep lists of medications, allergies and personal information in your wallet or purse
10. Take your medical alert system on the road

Senior Spotlight

Scrapbooking 101 -

Willia M. Wright - Instructor

My church had ordered supplies for me to teach scrapbooking at our Vacation Bible School (VBS). We had ordered so many supplies that we didn't have room to store them, so my Pastor asked if I could use them for my senior citizens. Of course I didn't turn them down.

I asked the former director of the Bowens center, Alma Moss, If I could start a class and she gave me permission. So our class began, we started with eight (8) members.

We meet on Thursdays from 1PM - 3PM. There is currently space for more members. Get a scrapbook, your pictures and come join us. We have fun fellowshiping and looking at each others pictures. There is no charge for the class.



Free PATH classes to anyone with a long term health conditions, cancer patients, caregivers, survivors and family members. Get in control of your health by attending a workshop that empowers you to take an active role in managing your health.

Workshop for cancer patients

7/1/15 - 8/5/15 3:30PM - 6PM.

Once a week for 2 ½ hours for 6 weeks

McLaren Oakland Admin Building

64 N. Saginaw St, Pontiac, MI

Contact Kaitlyn Harding, Patient Naigator 586-255-0297 or kmhardin2007@gmail.com

Learn ways to lead a healthier, happier life and skills on how to maintain and improve your ability to carry out daily activities. Receive a copy of the book Living a Healthy Life with Chronic Conditions and a \$30 gas card for completing the workshop.

BLACK HISTORY TOUR

The Underground Railroad __ Ontario Canada

September 12, 2015

Depart Bowens Center at 8:00am

Cost: \$40.00 per person (Bus only)

Each passenger must have \$14.25 for Museum

Fees and the cost of your own food.

A PASSPORT OR ENHANCED DRIVERS LICENSE IS REQUIRED!

MUSEUM SITES:

1. Uncle Tom's Cabin
2. Black History Museum, Chatham, Ontario
3. National Historic Museum, Buxton, Ontario

The Bus will return to Bowens Center at 8:00pm

Mildred Washington

Ruth Ann Jordan

Dyann Hayes



Diabetes Nutrition Class 7/23 9am - 11am

248-338-5284 McLaren Oakland, 4 N East Tower Diabetic nutrition counseling is offered to you by the Department of Nutritional Services at McLaren Oakland. Carbohydrate counting and meal planning will be discussed. Additional topics that may be covered include how to read food labels, how to judge portion size, eating out and fast food. Special occasion food and sugar free foods.

Diabetes Basics Class 8/18/15 9am - 11am

248-338-5284 McLaren Oakland, 4 N East Tower The RN led class will instruct participants on the basics of diabetes, including signs of high and low blood sugars, medications, sick day guidelines, blood sugar monitoring, recommended test and other important information regarding diabetes. To ensure seating. Registration is required

All July Babies



We Still Need to Reduce Our Salt Intake

New recommendations for the American diet will be coming out later this year and there will be many changes, but one consistent recommendation is for Americans to reduce their sodium intake. Salt is made up of sodium and chloride. Therefore, most Americans need to reduce their salt intake. Healthy adults over the age of 50 need to keep their intake of sodium to no more than 1,500 milligrams a day. This is just a little more than ½ a teaspoon of salt.

To consume less salt, start by reading food labels. The nutrition facts on a label will give you both the milligrams of sodium and the %DV or daily value of sodium. Choose foods that are 5% DV or less. These foods would be considered "low sodium", "reduced sodium", or "no salt added" foods. Other ways to reduce sodium in the diet include:

- Limit processed meats that are cured, salted or smoked.
- Do not add salt to the water when boiling pasta or rice.
- Rinse canned goods to reduce the sodium content.
- Use herbs and spices to replace flavor from omitting salt in a recipe.
- When eating out, ask that salt is left out of your food order.
- Remove the salt shaker from your food preparation area and the kitchen table.

Cruising For Cancer 7/19/2015

McLaren Clarkston, McLaren Oakland

McLaren Cancer Institute, 5680 Bow Pointe Dr., Clarkston

Have a classic car you want to show off? All makes and models welcome.

- Cost is \$20 per car
- Cars will be judged and eligible for awards (TBD)
- To reserve your spot, call (248) 922-6606
- Sponsorship opportunities available

Did you know that lemon is good for pink eye? It stings a little but works better than saline solution.

NO Line dance class at Ruth Peterson Thursday July 2, 2015. Class will resume on Thursday, July 9, 2015. Come, tell a friend. You can still get your dance on at the Bowens center on Wednesday 5 -7.



Tip of the Day: If you have an ant infestation in your house, try this method to get rid of the pesky things once and for all! Mix together 1 cup of water, 1/4 cup sugar, and 1 teaspoon borax—borax is an inexpensive laundry-soap ingredient that can usually be found in the laundry aisle of large stores. Pour the mixture into several small containers, such as jar lids, soda bottle caps, or something else you won't be eating food in later. Place wherever you see ants in your home. The ants will take the poisonous mixture back to their colony, where all of the ants will eat it, killing the whole nest! Just be aware that borax is NOT safe if ingested, especially in large amounts. So keep away from areas where kids and pets can access it.

Total One Resources - 3rd Annual Black Tie Bingo 2015 - Tentative date August 21, 2015.

Location to be determined. Celebrating the 60's and 70's Las Vegas style. You are welcome to dress formally, or step out in your 60's or 70's attire. Afro wigs, bell bottoms, evening gowns or tuxedos! Prize for the best formal dressed, 60's and 70's attire. Seats are selling fast. This will be a sold out event! We are expecting 300 - 400 people

Cost \$50.00 person person. payments plans and major credit cards accepted.

Cost includes Bingo, transportation to and from the event, one entry ticket for the grand prize, strolling buffet, gaming coupons 10 raffle tickets (all night drawings), entertainment.

Vendors of all sort will be on site selling jewelry, purses and other great items. Call 248-968-9508 for details.

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

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-Pontiac
248 758-3282

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

Bowens Senior Center
52 Bagley-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

Golden Opportunity Senior Citizens Club

getaway

Chicago, IL

14 August 2015 – 16 August 2015
Friday – Sunday

Amtrak Station Building
51000 Woodward Avenue
Pontiac, MI 48342

Arrival: 2:00 PM
Departure: 2:30 PM
Return: 10:44 PM

Cost: \$375.00* Based on double occupancy

Price includes-

- Round-trip transportation via Amtrak
- Hotel accommodations at Chicago Marriott Downtown Magnificent Mile

Deposits/Payments: \$75.00 per person due at time of booking
\$150.00 July 7, 2015
\$150.00 August 4, 2015

Checks payable to
Golden Opportunity Club
52 Bagley Street
Pontiac, MI 48341

**Refund by replacement only*

Please give the following information to Clara White (248.334.9764) or Sharon Holmes (248.335.0973) when you make your first deposit.

Experience Chicago Restaurants: Seasons 52, Cheesecake Factory, Grand Lux, Lawry's Prime Rib... Activities River Architecture Tour, Lake Michigan Sight Seeing Tour, Chicago Blues City Tour... Off Broadway Musicals: Bible Bingo, Million Dollar Quartet, Cirque du Soleil... Chicago's Air and Water Show, Buddy Guy Legion...

Golden Opportunity Club Travel Committee, Bowens Center, 52 Bagley St., Pontiac, MI 48341
Traveler Information – Chicago, IL 8/14/15 – 8/16/15

First name	M.I. / Name	Last name	Address	City	Zip
E-mail	Primary Telephone Number		Mobile number		
Roommate	Emergency Contact Name			Emergency Number	

If you have questions or need additional information, please contact Golden Opportunity Travel Committee: Clara White at 248.334.9764 or Sharon Holmes at 248.335.0973 or email sharonholmes625@gmail.com.