



# Village News



## Embrace the possibilities

420 S. Opdyke Rd · Pontiac, MI 48341 · [www.pvm.org](http://www.pvm.org)

March 2019

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### Notes from the Administrator

March the month of Spring is here! We can rejoice in milder temperatures and more daylight. Don't forget to set your clocks forward 1 hour on Saturday March 9, 2019 at 2:00 a.m.

Mark your calendars for the week of March 11<sup>th</sup> through the 15<sup>th</sup>. We will be conducting an energy upgrade with our partners from DTE and Consumers Energy. You will receive a preparation notice ahead of our entering your residence to change light bulbs from CLF to LED, faucet water aerators, showerheads and installing pipe inculcation. We will need you help to make this upgrade a smooth one so plan on having your mechanical closet (Furnace/Hot Water Tank) areas clear and accessible as well as the bathroom and kitchen sinks. During the upgrades we will be conducting our bi-annual unit inspections and furnace filter replacements as well. More to come.

The Village Victory Cup practices have begun and the participation is incredible, thank you all for signing up and now let's bring that cup home. For you who haven't signed up for the event see Jon our Wellness Program coordinator for details a great day of fun and smiles.

Please be mindful of your neighbors and friends when having guests visit by asking them to park in one of the farther away spots allowing residents to park closer, easing their journey from their car to their door. There is plenty of parking at the community center if needed.

We have 30 days to prepare for the yearly Village project Friends & Family fundraising campaign. Look for the kickoff event on Friday March 29, 2019 in the community center, food, friends and laughs!



The Village of  
**Oakland  
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## The “Ins & Outs” of Shipt - Part 1

For the last few months, I have been writing about my experience living life without a car. As you might recall, to get groceries I used the app-based service Shipt. This month, in case you might want to try it for yourself, I am going to write in more detail about how it works.

The first thing you'll need is a smartphone or other portable smart device such as a tablet. You'll also need internet access either through Wi-Fi or a cellular data plan and you'll need to have an email address. You will also need a major U.S. credit card, debit card or reloadable gift card, which will be kept on file and used to pay for your Shipt membership, any groceries you order, any delivery fees you may encounter and any tip you might decide to give your shopper.

Lastly, once you have all the above you'll need to get the Shipt app, which is free and can be downloaded from the App Store for iOS devices (i.e., Apple products) and from the Google Play Store for Android devices. Because Shipt works on both iOS and Android platforms, it really doesn't matter what brand of device you choose to use. After downloading the app, the next step is to create an account.

Creating an account involves entering your name, cell phone number, and email address into the Shipt app; entering the address to which you want your groceries delivered; entering your credit/debit/gift card information; and selecting a membership plan, either month-to-month (currently priced at \$14 per month) or yearly (currently priced at \$99 per year). Once you've created your account and purchased a membership, you can finally begin shopping, which I will walk you through in more detail in next month's column.





# The Senior Advocate.

By Lynn Alexander,  
Vice President of Public Affairs

## AGING WELL ATTITUDE

Father time plays tricks on us. We look in the mirror and ask: “Where did the time go?” Over the years as director of the Michigan Office of Services to the Aging, an author, motivational speaker and now in my role with Presbyterian Villages of Michigan, I have been a long-time proponent of having an Aging Well Attitude. Just what is an Aging Well Attitude? In my definition it is a mindset which allows us to “Embrace the Possibilities” (our PVM motto) and look upon aging in a positive way. Yes, we will have some challenges as we age. However, it can be the best of times if we look for the positives. Now folks can live to see their grandchildren graduate and marry, and even experience the joy of welcoming great grandchildren into the world. They have a chance to take up interests and even second careers which allow them to follow their dreams and passions. Over the years I have observed several key components which many experts have noted. Simply utilizing the letters in the word AGE we can zero in on them:

- **A IS FOR ATTITUDE** – Almost everyone I know who has aged well with longevity has displayed this trait. In other words, they do not let anything get them down. They look for the joy in life and help to create it for others no matter what may be going on in their lives. I remember from my motivational speaking days when a woman said she was getting very down due to some issues. Her husband told her to deal with what was going on but to look for the “blessing in disguise” and not let the situation zap the joy from her life. She replied that it was easy for him since that was always what he projected. To that he replied: “What makes you think it is easy for me? I work at it.”
- **G IS FOR GENETICS** – Genetics does play a role. Chronic conditions and longevity which we inherit do impact our aging process. However, experts say that it only impacts 25-30% when it comes to the aging process. And no one gets dealt four aces in the deck. We all have issues to deal with. We can offset this impact by our life choices and engage in a Wellness lifestyle. I did get one ace in the deck since I have a paternal ancestor who lived to be 114 in the 1800’s! However, I also received a few lower cards just like everyone else.
- **E IS FOR EMBRACING AGING & EMBRACING LIFE** – Sadly many people fear aging so much that they want to deny its existence. Many commercials tout: “Don’t give in to Aging. Defy It”. And many people do not want to tell anyone their age. I was once told by a dental assistant that there are thirty or forty something’s who get insulted if they ask them their age. This is not good news for them or for our society! I saw a good slogan: “Know your age and then forget it”. Do not dwell on it. First of all, it never works to try to deny any part of ourselves. It is not good for our self-esteem. Secondly, if we are truly engaged in life via volunteerism, enjoying our families and joining in with others we will have that Aging Well Attitude which can make these some of the best years of our lives.



## Office News

*By Hillary Vandenberg*

*Administrative Assistant*

Happy March Village of Oakland Woods! I am happy to announce that the walking club is back in business! We are going to start in the community center doing inside walks and as the weather gets better, we will take our walks outside! Our walks in March will be every Thursday at 10 am and then in April we will go back to two days a week. I hope to see you soon!

Let's have a great (and hopefully sunny!) March!



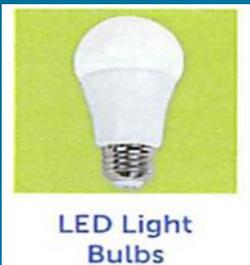


# Maintenance News

By *Matthew Myers*  
*Maintenance Supervisor*

Notice from your maintenance department: Be prepared from March 11th through March 15th!

It's time to participate in the Consumer's Energy Multifamily Program! Maintenance will be accompanied by DTE, Consumers Energy, and contractors to upgrade and maintain the following items:



DTE technicians will be with us to upgrade all of your bulbs to LEDs saving you electricity year round.

Consumers Energy will be replacing bathroom and kitchen faucet aerators, as well as shower heads to save the Village water.



Kitchen Faucet Aerators



Bathroom Faucet Aerators



Energy Efficient Showerhead



Additionally this time Consumers Energy will also be wrapping pipes, saving you gas by making your hot water tank more efficient.

Your maintenance staff will be accompanied by additional maintenance from other villages and/or contractors to help facilitate the changing of your furnace filter, your smoke detector(s), and performing your bi-annual inspection.



Air Filter



Smoke Detectors



*By Sue Carney*

*Service Coordinator*

# WELCOME



HOPE EVERYONE IS DOING WELL.. I THINK WE ARE ALL READY FOR SPRING. MARCH WILL BE A BUSY MONTH AROUND HERE, SO MARK YOUR CALENDARS. THURSDAY MARCH 7, 11 A.M., "ASK THE DOCTOR" WITH DR. CLARENCE MCRIPLEY. FROM RESIDENTIAL PHYSICIANS. GREAT INFORMATION & BRING YOUR QUESTIONS.

THURSDAY MARCH 14, 11 A.M. COME LEARN ABOUT THE MOBILE VISITING DENTIST PROGRAM, NEW DENTAL TIPS FOR NOT SO NEW TEETH.

MONDAY MARCH 25, 2 P.M. VETERAN'S PRESENTATION FOR ALL VETERANS OR WIDOWS OF OR SPOUSES OF A VETERAN. LEARN ABOUT BENEFITS & SERVICES.

JUST TO LET YOU KNOW THAT I CANNOT DO YOUR HOME HEATING TAX CREDIT FORMS. I AM NOT CERTIFIED.

REMEMBER THAT DAYLIGHT SAVINGS TIME STARTS SUNDAY MARCH 10 AT 2 A.M. SPRING AHEAD 1 HOUR.

LASTLY, COME BE A PART OF THE VOW VICTORY CUP TEAM, HELP BRING THE VICTORY CUP HOME TO VILLAGE OF OAKLAND WOODS. SEE JON TO SIGN UP.

**HAVE A GREAT MONTH!**



# Wellness News

*Jon Hayes*  
*Wellness Coordinator*

Happy St. Patrick’s Day everybody! I hope that everybody is finding warmth in the cool winter we have been having. And thank you all so much for being so patient with me as a lot of the bus trips have been cancelled for the month of February due to harsh weather. Never the ideal scenario but I am glad that everybody is safe and has not melted away!

Speaking of melt, March 4<sup>th</sup> will begin our next 6 week challenge titled the Winter Melt. You can see the description for the winter melt below but this is a great opportunity for a lifestyle change. Points will be rewarded for things like No ADDED Sugars, drinking water, sleeping 8+ hours at night, meditation and breathing, journal and reflection, and exercise. It is a great opportunity to bring awareness to our day to day lives. Please please please, I urge you to attend the Winter Melt Meeting on **Friday March 1<sup>st</sup> at 2:00pm.**



In speaking about 6 week Challenges, congratulations to Lorraine Jones, Chris Milz, and Larry Milz who placed 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> respectively in the New you Challenge. If you see them, please give them a pat on the back, a “nice job”, and ask them how you can get involved and win the next 6 Week Challenge (Winter Melt).

You will see in the Winter Melt description that the winners will receive wellness bucks! Wellness bucks are simple, come to events and you get money. The money you earn by coming to the fitness classes, activities, and meetings will earn you award money to be used at the Village auction at the end of each month. See the wellness office for more details and a breakdown of the biggest opportunity for wellness bucks!

Speaking of wellness classes, I would like to invite you to the newest class that the village has to offer, and that is the GitFit class! GitFit meets every Monday, Wednesday, and Friday at 10:00am. Come check it out for yourself and start feeling the benefits of an excellent community!

Last but not least.... Its time! Oh yes! Its time! The village Victory Cup is right around the corner! I cannot stress enough how important it is for participation. We need YOU! The best way to win the Village Victory Cup Is to participate! There is a white binder next to the activities binder at the community center. If you have not done so, please sign up for the Day, AND the events you’d like to sign up for! More information will be covered at the Village Victory Cup Pep Rally on **Friday March 29<sup>th</sup> at 12:00pm.** Note: Wellness bucks are available for anything related to village victory cup. May even be for more value! (Hint Hint). And yes, Jon is the 2019 village Mascot!



# 6-Week Winter Melt Challenge

The purpose of the Winter Melt is to bring awareness to all of the possible choices in our lives in order to make our lives healthier.

There are 7 ways to earn points every day, and the goal is to gain as many points per day as you can. Now, you don't need to go crazy! You can earn points for whatever is in your threshold. Meaning you can do all of it, or just parts of it.

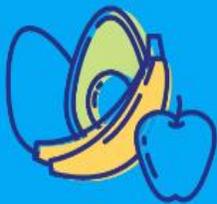
This challenge is based 100% on participation and 100% on the honor system. Tracking will be done on your own. Every day, you will fill out the sheet in the Fitness Studio which has been provided by Jon. Next to your name, under the date, you will write how many points you have achieved.

The most important part of this challenge is PARTICPATION. Therefore, there will be weekly Participation Prizes! If you log everything every day of the week, your name goes into a drawing. At the end of the week a winner will be chosen. Weekly winners will receive \$100 worth of Wellness Bucks. Just by participating, your name goes into the drawing!

The top 3 people with overall points at the end of 6 weeks will win a prize for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>.

- 1<sup>st</sup> place will receive bragging rights, \$500 wellness bucks, and a \$15 gift Card
- 2<sup>nd</sup> place will receive bragging rights, \$300 Wellness bucks and a \$10 gift Card
- 3<sup>rd</sup> place will receive bragging rights, \$200 Wellness bucks and a \$5 gift Card

***It's time to bring awareness to making healthy choices in our lives—See Jon for More Details***



There are 3 ways to earn Nutrition Points



No sugar, dairy, or grains (4pts)



Weighed and measured (4pts)



Drink 1/2 your bodyweight in oz (2pts)



There are 3 ways to earn Lifestyle Points



Sleep 8+ hours a night (5pts)



Meditation/breathing 10 minutes a day (3pt)



Gratitude / Reflection Journal Entry (2pt)



There are 2 ways to earn Movement points.



Exercise 30 minutes a day (6pts)



Mobility/flexibility 10 minutes a day (4pt)

# Wellness Bucks Are Here!

It's simple... come to activities and get rewarded!

For each activity you come to you will earn a certain dollar amount. Your wellness bucks can be put toward our "Auction" at the end of each month.

<u>Classes</u>	<u>Reward</u>
Personal Training	\$100
Relax and Meditate	\$50
Exercise Demonstration	\$50
Sit and Be Fit	\$20
GitFit	\$10
Weekly Workout	\$1 Max/Day

<u>Activities</u>	<u>Reward</u>
Meetings	\$50
Presentations	\$20
All other Activities (i.e. crafts, games, etc.)	\$10

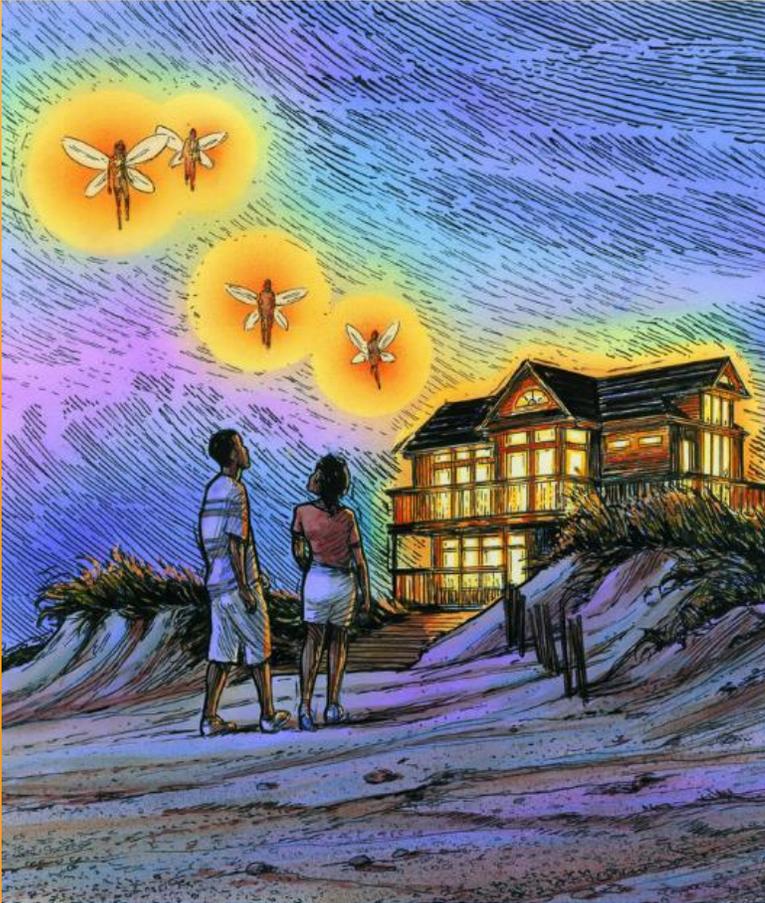


## MEADOW BROOK THEATRE PRESENTS:

### *Stick Fly*

By Lydia R. Diamond  
March 20 - April 14, 2019

The affluent, African-American LeVay family is gathering at their Martha's Vineyard home for the weekend, and brothers Kent and Flip have each brought their respective ladies home to meet the parents for the first time. As the two newcomers butt heads over issues of race and privilege, long-standing tensions bubble under the surface and reach a boiling point when secrets are revealed.



**Sign up in the activities binder to reserve your spot!**

# Theater Thursday

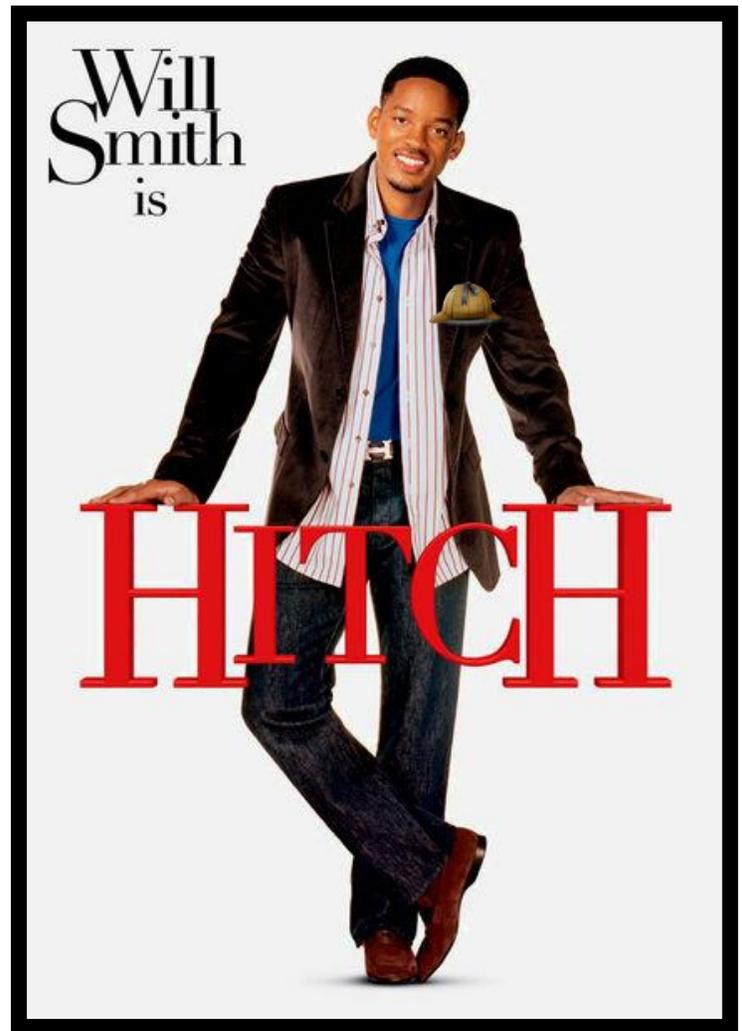
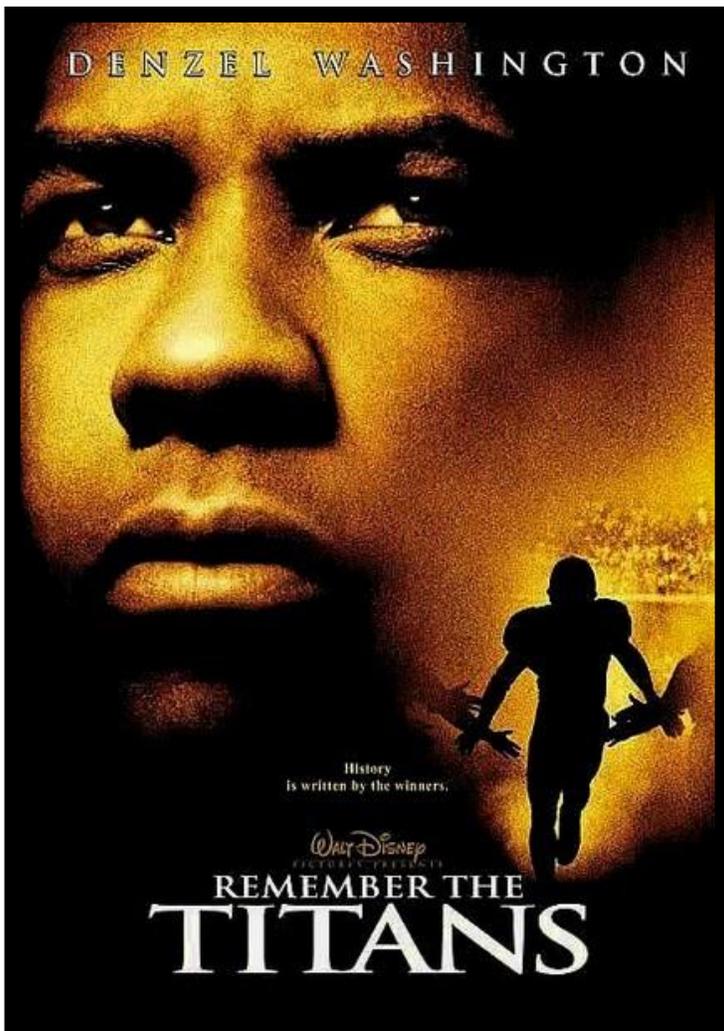


## Thursday, March 14th, Remember the Titans:

The year is 1971, and the people of Alexandria, Va., are none too pleased when African American Herman Boone is given the nod to head a newly integrated football team. As the season progresses, however, their contentious attitudes begin to change.

## Thursday, March 28th, Hitch:

Smooth and sexy Hitch helps clueless clients make a great first impression with their dates so they can get to the second date. But when a lovely gossip reporter starts nosing around his business, Hitch has to figure out a whole new strategy to love.



## Birthday Celebration!

The Birthday Party will be held on **Friday, March 22**. Join us in the community room at 2:00pm for refreshments, bingo and prizes!

Chuck Holdridge	3/1
Christine Milz	3/4
Carolyn Green	3/6
Valentine Robinson	3/8
Millage McDonald	3/9
Diane Perkins	3/10
Nancy MacDonald	3/11
Betty Fitzhenry	3/12
Vernice Harper	3/13
Margaret Mullen	3/14
Douglas Herd	3/19
Bertha Simpson	3/19
John Collins	3/21
Katherine Williams	3/22
Kathryn Price	3/23
Irene Brown	3/26
Abraham Ramsey	3/27
Franzetta Hill	3/28
Quincy McCoy	3/31



# FUN FACTS

## SAINT PATRICK'S DAY

### MARCH 17th



**SHAMROCKS**  
On St. Patrick's Day, shamrocks seem to be everywhere. But why? It is said that Saint Patrick used the shamrock, or three-leaf clover, to explain the Holy Trinity to the Irish people.




**LEPRECHAUNS**  
Leprechauns are a type of male fairy that live in Ireland, and are very smart and known to trick people. They are extremely quick and will vanish at the sight of any human, but if you can manage to catch one, you might be able to get his pot of gold or three wishes.




**LUCK OF THE IRISH**  
During the gold and silver rush in the 1800's, many of the most famous and successful miners were Irish. Over time, these mining fortunes led to the phrase, "luck of the Irish." Now, the luck of the Irish can mean extreme luck, sheer luck, or even bad luck.




**WEARING GREEN**  
Ever since the Irish Catholic Confederation started using the green harp flag in the 1600's, St. Patrick's Day celebrations have included green ribbons and shamrocks. If you don't wear green on St. Patrick's Day, look out! You might get pinched!



**SAINT PATRICK**  
Saint Patrick was a missionary that brought hope and optimism to the people of Ireland by building churches across the country. Saint Patrick died on March 17, 461, and that day has become an Irish holiday. Saint Patrick's Day has spread beyond Ireland and grown into a worldwide holiday, a day to celebrate everything Irish.



**PINCHING**  
St. Patrick's Day celebrators say wearing green makes you invisible to leprechauns, who pinch everyone they see. People began pinching others who didn't wear green as a reminder that a leprechaun might sneak up and pinch them!



**CELEBRATING WORLDWIDE**  
St. Patrick's Day has become a cultural celebration for both the Irish and non-Irish; everyone joins the party! Almost every major city celebrates with parades, marathons, or other fun events. Dublin, Ireland holds the grandest St. Patrick's parade. Here in America, Boston, Massachusetts has the biggest celebration.



**KISS ME, I'M IRISH!**  
This saying comes from the Irish legend, kissing the Blarney Stone. The Blarney Stone is said to bring luck to those who kiss it, and attracts people from all over the world. Since many people can't travel all the way to Ireland to kiss the Blarney Stone, the next best chance of getting good luck is by kissing an Irish person!



**CLADDAGH RINGS**  
The Claddagh ring is a traditional Irish ring that shows two hands holding a heart, which is wearing a crown. The ring represents friendship (the hands), love (the heart), and loyalty (the crown). Claddagh rings can be given as a friendship ring, or as an engagement and wedding ring.

www.printsies.com



# Happy St. Patrick's Day



# Resident Council News

By *Judy Shatto*,  
Resident Council President

Spring is almost here! It will be so wonderful to see green again and new beginnings of leaves on the trees and colorful flowers blooming soon!

With that in mind, the Resident Council will be having some new changes this spring. As I mentioned last month, it is election time for the four offices. Nominations and the election process will be starting in March. The offices are for President, Vice President, Secretary and Treasurer. These are all two year terms. Please read the Resident Council by-laws page listing the duties and responsibilities of the offices. There are extra copies of our by-laws at the sign-up table in the lobby. I will be posting info on our bulletin board in the dining room too. As you can see, this process will be from March thru June! These positions are to be taken seriously with complete dedication. You must be able to attend ALL meetings and represent our village and residents with honesty and enthusiasm to serve all VOW residents. Please attend our meetings for more details. Remember, in May when we vote, you **MUST BE IN ATTENDANCE AT THE MAY MEETING TO BE ABLE TO VOTE!** We will be putting out a “One Call” to keep you informed and updated from time to time but also **READ** your newsletter or better yet, **ATTEND** the Resident Council meetings for updates and fun. Questions? Call me or one of our officers.

## Garden Club News:

With our Michigan weather being a “roller coaster” this year, the Garden Club has decided to wait until beautiful April to have our first meeting this year. I just know there are anxious and hardworking gardeners in our village. It’s SO obvious when you drive thru the village and notice the beauty and colors we see our residents’ hard work and creativity of their beautiful flowers displayed with sheer pride! Wouldn’t it be nice to share your knowledge of gardening by joining our Garden Club? We really DO need your help. Please think about attending the April meeting that will be posted in the April newsletter.

***Something is hidden in our monthly newsletter. Can YOU find it?***

***Each monthly newsletter will have a hidden item for you to find. Drop your answer in the dining room suggestion box. Please use the entry form provided. Be sure to include your name, the newsletter page number, and where on the page it was found. The monthly drawing for the winner will happen at our Resident Council Meetings. You must be present in order to win.***

***For the month of February, locate the hound () hiding. Good Luck!***

## Resident Council Board

**Judy Shatto**, *President*

(248)499-8574

**Becky Bolden**, *Vice President*

(248)766-3684

**Philena Holdridge**, *Secretary*

(248)977-3038

**Joyce Parlor**, *Treasurer*

(248)210-5678

**Ruthie Griffin**, *Sympathy Cards*

(248) 322-4222

## **Article IV – Officers**

### Section 1 Positions

President

Vice President

Secretary

Treasurer

Area and Cottage Representatives (These are Volunteer Positions. The number of volunteers needed is three to four for each apartment area and three to four for each cottage block.)

### Section 2 Tenure

The term of office for all officers shall be two years.

If a position becomes vacant, a special election will be held to replace the office within 30 days after a candidate accepts nomination of the vacated office.

Elected officers may succeed themselves one time.

In the event there are no nominee(s) to fill an office, the existing officer(s) will be allowed to extend the term. (This amendment was added to by-laws on March 28, 2017)

Volunteer officers may succeed themselves indefinitely.

## **Article V – Duties of Officers**

### Section 1 The President Shall

Preside over all Resident Council meetings

Preside over all meetings of the Executive Board

Appoint the chair of all committees

The President's name shall appear on the records of the Council's selected financial institution.

### Section 2 The Vice President Shall

Preside in the absence of the President

Serve as membership chair

The Vice President's name shall appear on the records of the Council's selected financial institution.

### Section 3 The Secretary Shall

Keep a record (minutes) of proceedings at the Resident Council and Executive Board meetings

Take attendance – by sign in sheet- at above meetings

Act as custodian of all records – including committee reports

Provide copies of meeting minutes at subsequent meetings for the body's approval

The Secretary's name shall appear on the records of the Council's selected financial institution.

### Section 4 The Treasurer Shall

Receive and deposit all monies collected by the Council into an account at a selected financial institution. The treasurer's name shall appear on the records of said institution.

Maintain a record of all monies collected by the council

Disburse checks for payment of obligations as approved by the council. All checks must have signatures of two elected officers

Provide copies of a current financial report at each meeting.

### Section 5 Area and Cottage Representatives Shall

Welcome new residents to the village

Distribute birthday cards

Report death/illnesses to Care and Concern Committee

Bring resident concerns to the Council's attention

## **Article IX – Election**

Nominations for the four elected officers and names of the volunteer representatives are due by March of the election year. The names of the nominees and volunteers shall be published in the April Newsletter. Elections held in May. Installation of elected and volunteer officers will be held in June.

# Resident Council News

By Judy Shatto,  
Resident Council President

## Library News:

March Books of the Month:

**“A Very Special Man-John Glenn”** This is a memoir with Nick Taylor. John grew up in the small town of New Concord, Ohio. His father served in WWI. John joined the Marine Aviator Flight School. This was the beginning of flying planes on ships and in the air. He was the first American to fly around the world in the Mercury Atlas 6 Friendship 7 spacecraft. In later life, he became a U.S. Senator for his home state of Ohio and served for 24 years.

**“Her Father’s House”** by Belva Plain. This is a large print novel. A very talented man, a New York lawyer, became a farm director in the South. You, the reader, will have some surprises when you read this book!

Thank you for sharing your books. Thanks to those who return books to the library so others can have a chance to read them also.

## Happy St. Patrick’s Day!

On the bulletin board located in the foyer, there will be some weekly St. Patrick’s Day and Irish quotes or sayings. This is just for fun. Check them out. I hope they make you smile and feel welcomed as you enter our community center!

## Resident Council Board

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**Becky Bolden, Vice President**

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**Philena Holdridge, Secretary**

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**Joyce Parlor, Treasurer**

(248)210-5678

**Ruthie Griffin, Sympathy Cards**

(248) 322-4222

# AS THE VILLAGE TURNS

## *Thelma Crowl*



I was born in the little town of Lakeview, north of Lansing, in Mecosta County. My first memory was of my parents arguing about voting. One wanted Hoover and the other favored Roosevelt. Grandmother said neither voted because it would cancel each other out.

I really wanted to go to school, and then it happened. I walked with the other kids to our one room school . It was wonderful! Books brought from Lansing in a book mobile were the best.

At age five a neighbor family invited me to church with them. From September to December I learned Bible verses. At Christmas, my Sunday School teacher told the story of Jesus birth. She followed up with the Easter story - Why He came and He died to take away sin. I knew I had problems and this was the way to be free of sadness so I said “yes” to that.

When I was in 5th grade our house burned down. There was nothing left - no toys, no beds. My parents moved to another farm. My father was a tenant farmer and they always had a house for us. The barn was wired for electricity and I went with my father at night for the milking where I would read.

Second Tragedy: my father and mother separated. She wanted to be “Rosie the Riviter” in Detroit. She took her four girls and a new man to Van Dyke, MI (now Warren). I was 13, it was January 1942, and I was in 8th grade. I had many jobs: child care, old people care, but at 14 the stores hired people my age. I gave all the money I earned to a dentist to fix my teeth.

At 16 I left home permanently, living in a boarding house on Van Dyke; went to school and work every day except Sunday. Did homework on the bus and after 9 pm. I met a Navy man from the Pacific who lived at the Boarding House. I paid no attention to him until he asked me to coffee after work. I didn't drink coffee so I don't know why I went and listened to his story.

That coffee date gave me a very special husband for 38 years...5 children...19 grandchildren...29 great grandchildren, and a wonderful mother in law. She was a Christian, and in the last year of her life we were married in a hospital room by her pastor. She never saw her grandchildren. After her death her Bible was in our home. My husband was going to college full time while working full time, and I was lonely. I picked up the Bible and began reading it. It didn't take long before I knew I was a real Christian; I understood every word. Then a neighbor invited me to church. January 1949 Lyman and I were baptized together. The rest is too long for this story. Ask me if you want to know more.

By the way, I had to pay for the coffee. He left his wallet in his room.

# March 2019 Wellness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Key:</b>  <b>RED = BUS TRIP</b>  <b>BLUE = EXERCISE</b>  <b>BLACK = VILLAGE ACTIVITIES</b>  <b>GREEN = PARTIES</b></p>						
3	<p>4            10:00 GiFit            11:00 VVC: Balloon Volleyball</p> <p>** <b>WINTER MELT BEGINS**</b></p>	<p>5            10:00 God and Prayer            11:00 TOPS            11:00 Bingo with Sabrina            11:30 Blood Pressure Clinic            12:00 Sit &amp; Be Fit            1:00 Mardi Gras Party!!</p>	<p>6            10:00 GiFit            11:00 VVC: Hoop Shoot            11:30 WC: The Puzzler            12:30 Yoga Class            Presented by R.M.A.B.            1:30 Whole Foods</p>	<p>7            10:00 Walking Club            11:00 Ask the Doctor            12:00 Sit &amp; Be Fit            1:00 Dollar Stop—Traveling Dollar Store            2:00 Calendar Meeting</p>	<p>8            10:00 GiFit            11:00 Kick-A-Roo            12:00 Card Games            1:00 Relax and Meditate</p>	<p>9</p>
10	<p>11            10:00 GiFit            11:00 VVC: Balloon Volleyball            11:30 VVC: Beanbag Toss            1:00 Art Therapy: Popsicle Stick Leprechaun            2:00 Greg from</p>	<p>12            10:00 God and Prayer            11:00 TOPS            11:30 Blood Pressure Clinic            12:00 Sit &amp; Be Fit            1:00 Target</p>	<p>13            10:00 GiFit            11:00 VVC: Hoop Shoot            11:30 WC: The Puzzler            12:00 Walmart OR Meijer, and Chase Bank</p>	<p>14            10:00 Walking Club            11:00 Mobile Dentist            12:00 Sit &amp; Be Fit            1:00 Theatre Thursday</p> <p><b>FRUITS &amp; VEGGIES</b></p>	<p>15            10:00 GiFit            11:00 Kick-A-Roo            12:00 Card Games            1:00 St. Patrick's Day Party!!            Presented by Comcast</p> <p><b>NO RELAX AND MEDITATE</b></p>	<p>16</p>
17	<p>18            12:00 Area on Aging Presentation</p> <p><b>Happy St. Patrick's Day!</b></p>	<p>19            10:00 Troy Senior Expo            God and Prayer            11:00 TOPS            11:30 Blood Pressure Clinic            2:00 March Madness Party!  <b>NO SIT AND BE FIT</b></p>	<p>20            10:00 GiFit            11:00 VVC: Hoop Shoot            11:30 WC: The Puzzler            12:00 Huron Foods</p>	<p>21            10:00 Walking Club            12:00 Sit &amp; Be Fit</p> <p><b>FOCUS HOPE</b></p>	<p>22            10:00 GiFit            11:00 Kick-A-Roo            12:00 Card Games            1:00 Relax and Meditate            2:00 Birthdays &amp; Bingo</p>	<p>23</p>
24	<p>25            10:00 GiFit            11:00 VVC: Balloon Volleyball            11:30 VVC: Beanbag Toss            1:00 Art Therapy: Adult Coloring            2:00 Veterans Presentation</p>	<p>26            10:00 God and Prayer            11:00 TOPS            11:30 Blood Pressure Clinic            12:00 Sit &amp; Be Fit            1:00 Applebee's            2:00 Resident Council Meeting</p>	<p>27            10:00 GiFit            11:00 VVC: Hoop Shoot            11:30 WC: The Puzzler            1:00 Meadowbrook</p>	<p>28            10:00 Walking Club            12:00 March Auction            1:00 Theatre Thursday</p> <p><b>NO SIT AND BE FIT</b></p>	<p>29            10:00 GiFit            11:00 Kick-A-Roo            12:00 Friends and Family Kick Off/Village Victory Cup Pep Rally!</p>	<p>30</p>
31						

**Presbyterian Villages  
of Michigan  
Mission Statement**

Guided by our  
Christian heritage,  
we serve seniors of  
all faiths and create  
new possibilities for  
quality living.

[www.pvm.org](http://www.pvm.org)

## Office Number

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*Administrative Assistant*

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**Presbyterian  
Villages**  
OF MICHIGAN

THE FOUNDATION

**Presbyterian Villages of Michigan Foundation** serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit **[www.pvmfoundation.org](http://www.pvmfoundation.org)**

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**Pontiac, MI 48341-3145**

**420 S. Opdyke Rd**

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A SENIOR LIVING COMMUNITY

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