

WAYNE COUNTY
NUTRITION PROGRAM
MANAGER BARBARA

734-461-1186

LUNCH

MON-FRI

11:45

MEALS ON WHEELS

PODIATRIST

DR. REDMOND

BLOOD PRESSURE

WII BOWLING LEAGUE
WEDNESDAY'S 10:00AM

FILE OF LIFE MAGNET
FORMS AVAILABLE
BE READY FOR AN EMERGENCY

SUMPTER SENIOR ADVISORY
BOARD MEMBERS

KAREN MICKENS, MARGARET ROCHON

BARBARA THOMASON

JOE WILSON

Liaison BILL HAMM

In accordance with the Federal law and the US
Department of Agriculture policy, this institution is
prohibited from discrimination on the basis of race
color, national origin, sex, age religion, disability, political
beliefs or disability.

(Not all prohibited bases apply to all programs)

To file a complaint of discrimination, write to: USDA,
Director, Office of Civil Rights, 1400 Independence Ave.,
S.W., Washington, D.C. 20250-9410 or call (800)795-3272

(voice) or (202) 720-6362 (TDD)/ USDA is an equal
opportunity provider and employer.

meijer

Arthritis Foundation

Exercise

Tuesdays Thursdays Fridays

10:00am

NO IMPACT increase flexibility &
Mobility. FREE with annual
membership

SENIOR OLYMPICS

August

Athletic & Nonathletic

BIRTHDAY BINGO

Last Monday of each month 12:30

FREE

Cake & wrapped bingo prizes

Interested in Quilting or Sewing?

Tuesdays & thursdays meet informally for

friendship, tips, ideas, projects in the

sewing room between 10:00 & 4:00

In need of??

Canes, walkers shower seats etc.

We have a loan closet

COMPUTER CLASSES

JOIN THE COMPUTER AGE

ONE ON ONE INSTRUCTION

CALL FOR APPOINTMENT

MICAFE APPOINTMENTS

Volunteers available Monday, Tuesday
& Wednesdays

Mission Statement

(condensed)

It is the expressed mission of the Sumpter
township Senior Center to do all within its
restraints of time, funding and manpower to:

Provide a safe and enjoyable environment

wherein seniors may congregate.

Act as a liaison between area seniors, social
service agencies, Wayne Co. & Sumpter TWSP

Admins. Create activities promoting health

recreation education socialization

empowerment

Open to suggestions

Comply with all State of Michigan

non-discriminatory precepts.

SPECIAL THANKS TO

KELLERS BAKERY, CHAPP&BUSHEY

PINTERS FLOWERLAND

SUMPTER PHARMACY

PUBLIC SERVICE CREDIT UNION

MARTIN & SON BELTONE

WAYNE COUNTY COMM. COLLEGE

SUMPTER TOWNSHIP

PARKS & REC

POLICE DEPT

& BOARD OF TRUSTEES FOR THEIR

CONTRIBUTIONS

TEFAP & Focus HOPE

Food distribution 3rd Thursday

monthly for income/age qualifying

persons 9:30am-11:30a.m.

Sumpter Senior Center