

Romulus

Home of Opportunity

Senior Communicator



Motor City Casino Trip **Tuesday, Nov. 15th 8:15 a.m.**

Romulus Seniors are visiting the Motor City Casino for a cost of \$13 per person and the Casino provides \$25 in credit upon arrival. Seats are limited, call the Center to reserve your spot today.

Pinterest Class **Friday, Nov. 18th 11:00 a.m.**

Learn all about how to stay motivated and eat healthy using a new online tool called, Pinterest. Rose will show you photos and tips for healthy soups, low-calorie snacks and more!

Thanksgiving Luncheon **Monday, November 14th 11:00 a.m.**

Mark your calendar for November 14th to come and join us for our wonderful Thanksgiving luncheon. We all have so much to be thankful for! Our menu will feature home-cooked turkey, stuffing, Rose's rice, mashed potatoes, green bean casserole, and cranberry sauce. For dessert we have pies donated by our wonderful Romulus High School Culinary Arts Program. We will also have Mr. Tom Slatton playing great live music for our seniors. We will have lots of gifts and raffles but you have to sign up early as seats are limited. \$5.00 cost per person.

Save-the-Date for our Christmas Gala Luncheon **Wednesday, December 14th 11:00 a.m.**

Medicare Open Enrollment **Tuesday, November 15th 10:00 a.m.-3:00 p.m.**

The Senior Alliance will be here to help and give you information on what to expect for health care and Medicare changes in 2017. They will guide you on what plans will cover the most and what might be best for your needs. Bring your Medicare card and a list of all your prescriptions. MMap counselors will be answering all of your Medicare questions from the new changes with Blue cross Blue Shield, to part D and the Medicare advantage plan. Call for more details and to sign up for an appointment.

Programs and Services

Club #1	
November 1	Meeting Games Bag Lunch
November 8	No Meeting
November 15	Thanksgiving Dinner Romulus House 12:30 p.m.
November 22	Meeting Games Bag Lunch
November 29	Meeting Games Bag Lunch

Jesse's Inspiration

Thursdays at 10:30 a.m.

Come to worship and be motivated with our own, Jesse Charles, every Thursday!

Free Blood Pressure Checks

Wednesdays, Nov. 2nd & 16th

10:30 a.m.

Corpore Sano Home Health Care, Inc. is providing free blood pressure checks.

Red Hatters Club

Thursday, Nov. 3rd at 12:00 p.m.

We are looking for new members! Our meeting is the first Thursday of the month at noon. Last month we went to Frankenmuth and Boneheads. Please come and join us!

Podiatrist Visit

Friday, Nov. 18th at 10:30 a.m.

Sign up for an appointment to learn about the health of your feet. This service is especially important for those with diabetes.

November Birthdays

2	Jesse J. Charles	19	Carolyn Pinter
2	Cynthia Whitmore	21	Charles William
2	Lee Hunter	22	Dennis Hackett
4	Charles Henry	22	Betty Martin
5	Audrey Lewis	23	Joyce Martin
6	Ray Cianfarani	24	Delores Smith
6	Roger Rose	24	Alice Gilbert
8	Arlene Ellis	25	Paul Golembiewski
9	Carlos Jose Rivera	25	Rose Conde
10	Eileen James	25	Betty Pare'
10	Charnita Miller	26	Georgette Kupski
11	Ken Rutherford	26	Mary Franklin
12	Rosie Daniel	27	Mildred Barnes
15	Rosie Kendrick	27	Ronald Scott
16	Alex Patch	28	Deborah Friday
16	Edith Millward	28	Charles Irvin
17	David White Sr.	30	Marty Cole
18	Donald Hale	30	Peggy Zachrey
18	Ruth Kissel		

BINGO

Mondays & Wednesdays

12:00 p.m.

The fee is 25 cents for two bingo cards.

Monthly Birthday Potluck and Bingo

Monday, Nov. 28th at 11:00 a.m.

Visit the Senior Center for the monthly Birthday Bash. There will be bingo & potluck before the presentation of a birthday cake & the singing of "Happy Birthday".

Dates to Remember

Shopping Trips

Every Monday—8:15 a.m.

Blood Pressure Checks

November 2 & 16—10:30 a.m.

Liquid Nutrition

November 9—9:00 a.m.

Commodities/Focus Hope

November 17—9:30 a.m.

Lunch Out

November 4—11:00 a.m.

Haircuts

November 21—10:00 a.m.

Motor City Casino

November 15—8:15 a.m.

Thanksgiving Luncheon

November 14—11:00 a.m.

Movie Out

November 30—10:00 a.m.

Visit the Lawyer

—1:00 p.m.

Grocery Shopping

Mondays 8:15 a.m.

Visits to Meijer or Walmart
in Belleville.

Don't forget to call ahead of
time to attend. We need counts
in order to complete our route
schedules. Thank you.

Senior Center Closed

Veterans Day

Friday, November 11

Thanksgiving Holiday

Thursday, November 24

Friday, November 25

Waste Management

No Pickup

Thursday, November 24

One Day Delay

Friday, November 25

Last Day for Yard Waste

Pickup

Friday, November 25

Daily Walking & Stretching

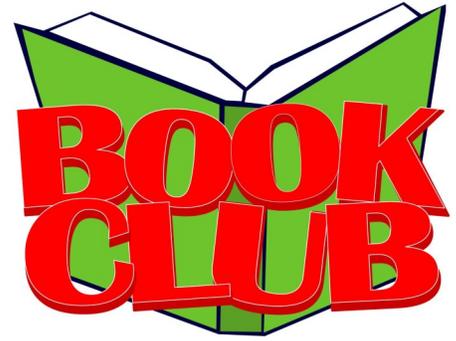
Every Weekday

Walking at 9:00 a.m.

& 11:30 a.m.

Stretching at 12:00 p.m.

Bring some movement into your
life with our walking and
stretching programs! We will
walk and move indoors if the
weather does not cooperate.



Senior Book Club Tuesday, Nov. 15th

10:30 a.m.

The Romulus Public Library will
be holding a morning book club
at the Center.

This month they discuss:
Remarkable Creatures
by Tracy Chevalier, and
My Antonia
By Willa Cather

Quilting Club

Thursdays 6:00 p.m.

Anyone ages 16 and up are
welcome. For those interested
in learning to quilt, wanting to
finish a project, or start
something new!

Trips and Outings

Lunch Out to IHOP

Friday, Nov. 4th

11:00 a.m.

Take the bus out to lunch
with your friends!

Movie Out Wednesday, Nov. 30th

10:00 a.m.

Sign up to go see a movie at the
Imagine Canton Cinema.

\$2.00 for Transportation,
\$8.75 for Ticket, Pop & Popcorn.

Message from the Director, Rose Swidan



Winter is almost here! There's temptation to slow down & do less during the cold and snowy weather, but you don't have to at the Romulus Senior Center!

We are open every weekday and have lots of new programs to keep you active and staying positive. Come and join us with our new Pinterest class on the 18th to keep up with new trends and learn tips for healthy living and clean eating. I'm looking for some feedback on a potential new program—please let me know if you are interested in a new dance class called Cize where you learn how to dance to any song. We might add this to our calendar!

Don't forget to call and sign up for the Medicare enrollment appointments on the 15th. It is important to come and see the counselor to make sure you are on the right plan. Also, don't forget to sign up for the Thanksgiving Luncheon on the 14th. In order to have enough gifts for everyone, you must sign up ahead of time.

Be on the lookout for all the new programs for the upcoming months!

All my love,

Rose

Stay tuned for more information about three new healthy living class sessions in partnership with Beaumont Hospital! Coming in 2017!



You are cordially invited to help celebrate the anniversary of Realistic Ministries and the Birthday of Pastor Jesse Charles.

When: November 3rd, 2016
11AM

Where: Romulus Senior Center
36525 Bibbins Street
Romulus, MI

Have old medical equipment or supplies?

Donate it to the Senior Center for those in need.

There are many seniors without insurance or coverage that may benefit from items you don't need anymore. Please feel free to drop them off at the Senior Center where they will be distributed on a first come-first serve basis. Items needed include: adult underwear/briefs (size L/XL most requested!), walkers, wheelchairs, shower chairs, bandages, toilet seat risers, etc.



Message from Mayor Burcroff



This month, we have some special holidays and events to participate in. First, is Election Day which is when we can express our constitutional right to vote, a process that is a privilege for us as Americans. Whether you vote absentee, or in-person at the polls, please do not miss this important duty for our country.

That same week we celebrate all of our honorable heroes who have fought and served in our country's armed forces, or continue to today. I thank all of our veterans for their service and for the sacrifices they've made to protect our nation. Please show your respect for our veterans on November 11th.

To close out the month, we celebrate Thanksgiving. We all have so much to be thankful for, especially our friends at the Senior Center. I hope you'll join me at the Thanksgiving Luncheon on the 14th as we reflect and give thanks.

Sincerely,

LeRoy D. Burcroff, Mayor of Romulus

Thank You to Our Sponsors!

Any other businesses or organizations are welcome to purchase an ad in the Communicator for \$75 for six months. All proceeds go toward the construction of a new "Salon" at the Senior Center!

LEONARDO'S RISTORANTE

7575 Merriman Rd.
Romulus, MI 48174

Joe & Vito Liparoto
(734) 326-2560
Proprietors

SAV-ON DRUGS

**36567 Goddard Rd.
Romulus, MI 48174
(734) 941-0755**

JET PAC
LARGE PIZZA WITH 2 TOPPINGS
JET'S BREAD & SALAD

Order Online: JetsPizza.com

Romulus
35681 Van Born Rd.
(734) 728-5387

Orders over \$10 receive free jets bread!

Romulus Flowers & Gifts

Full Service Florist

Ph: (734) 722-6440 7563 Merriman Rd.
Fax: (734) 722-5551 Romulus, MI 48174

www.romulusflowers.com

Corpore Sano Home Health Care Inc.

42323 Ann Arbor Rd.
Plymouth, MI 48170
Office: (734) 454-3488
Fax: (734) 454-3599
info@corporesanohhc.com
www.corporesanohhc.com

CHAP Accredited Medicare Certified BBB Accredited

Mid-Eastern Cuisine at Its Best

Beirut Restaurant

7650 Merriman Rd. Romulus, MI 48174
Tel: (734) 326-1000 / Fax: (734) 326-1072
www.beirutrestaurant.net

IMPERIAL
NURSING & REHABILITATION CENTRE

Director of Census Development

26505 Powers Avenue, Dearborn Heights, Michigan 48125
Cell: 734-626-6024 • Tel: 313-291-6200 • Fax: 313-291-4483
oaidier@OlympiaGroupllc.com • www.ImperialHealthcareCentre.com

OPEN DAILY 8:00 TO 6:00
SAT. 8:00 TO 3:30

DAVE'S BARBER SHOP
HAIRSTYLING
941-0123

37148 GODDARD RD.
ROMULUS, MI 48174

DAVE & JUDIE RAKOTZ
PROPRIETORS

MEDICARE MATTERS

Health Insurance for the Seniors and Disabled

Bradford McQueen
Benefits Consultant

313.728.3245 888.292.1117
37500 Plymouth Rd. medicarematters.net
Livonia, MI 48150 bmcqueen@medicarematters.net

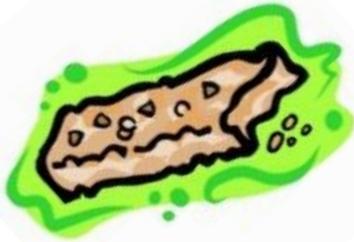
New Events & Reminders

Protein Energy Bar Cooking Class

Wednesday, Nov. 9th

11:00 a.m.

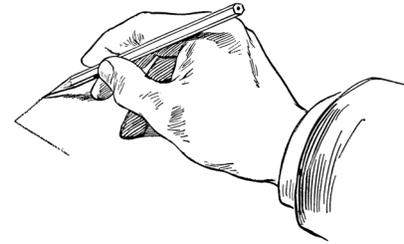
Come learn how to make healthy, low-calorie snack bars with Rose!



Beginner's Drawing Class Tuesday, Nov. 22nd

11:30 a.m.

Join local artist, Mary Trusel, in this series once a month.



Friendly Reassurance Program is Back!

If you live alone and would like us to call on a daily basis for a wellness check, please call the Senior Center and ask to speak with Rose to sign up for the program. There is no charge to participate! Please share this with friends and relatives that may be in need also.

Your Community Showplace!

WAYNE COUNTY COMMUNITY COLLEGE DISTRICT
HENRY C. PRICHTER CENTER FOR SENIORS

ALOFT Circus Arts SEPHIRA

Saturday, November 12 • 8:00 p.m.
\$20.00

Amazing aerialists in a mythical world of light and steel.
Fun for the entire family.

21000 Northline Rd. • Taylor, MI 48180 • Box Office: 734-374-3200
Tickets can be purchased through the Box Office or online 24/7 at aloft.brownpapertickets.com

Ticket price includes tax and service fee.

Your Community Showplace!

WAYNE COUNTY COMMUNITY COLLEGE DISTRICT
HENRY C. PRICHTER CENTER FOR SENIORS

**It's a Wonderful Life:
Live from WOL Radio Theatre**

Saturday, December 10 • 8:00 p.m. • \$15

This 1940s "live broadcast" of Frank Capra's beloved film takes us back to the Golden Age of Radio. It's Christmas Eve, and only a handful of WWL Radio's actors have braved the blizzard to perform that evening's broadcast of *It's a Wonderful Life*. This clever stage adaptation breathes new life into the poignant story of George Bailey and Bedford Falls.

Don't miss this heartwarming holiday show that is sure to be a crowd favorite!

21000 Northline Rd. • Taylor, MI 48180 • Box Office: 734-374-3200
Tickets can be purchased through the Box Office or online 24/7 at www.wcccd.edu/about/parking/ArtsCenter.htm

Ticket price includes tax and service fee.

The Elder Law & Advocacy Center Offers Free Legal Presentation

Persons Sixty Years of Age and Older, Family Members, and Persons Caring for Older Adults This Is For You!

Guidance From Our Experienced Legal Staff

Includes:

- Guardianship/Conservatorship
- Wills/Trusts
- Powers of Attorney
- Nursing Home/Assisted Living/ Senior Housing
- Medicaid/Medicare
- Elder Abuse & Scams
- Information on Support Services for Veterans & Their Families

• Questions can be asked during the presentation.

• Individual assistance offered after the presentation if time permits.

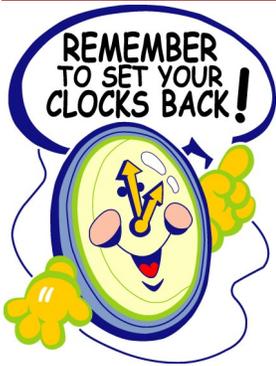
When: January 24, 2017
Where: Romulus Senior center
Time: 11:30
Address: 36525 Bibbins
Phone: 734-955-4120
CAREGIVERS WELCOME!!
For more information ask for Rose Swidan.

Elder Law & Advocacy Center
12121 Henningway
Redford, MI 48239
(313) 937-8291

ELAC is funded by The Detroit Area Agency on Aging, Area Agency on Aging 18, The Senior Alliance and Community Block Grant Funds from

SERVICES ARE FREE

New Events & Reminders



Daylight Savings Time Ends

On November 6th at 2:00 a.m. the time will "Fall Back" to 1:00 a.m., so just remember to set your clocks back when you go to bed on November 5th or when you wake up on November 6th!

Chore Services Reminder

Winter will be here in no time! If you are on Chore Services, remember to call the Senior Center and put in a work order when you need service. We have lots of seniors in the program. We must prioritize medical patients and dialysis appointments, but we will get to everyone so please be patient. Thank you!

FISHER THEATRE

Would you like to attend a program at Detroit's Fisher Theatre? Give us a call and let us know which of these programs you'd be most interested in. With your feedback we can plan future trips!

Fun Home: Nov. 29-Dec. 11

Beautiful-The Carole King Musical: Dec. 13-Jan. 8

The Phantom of the Opera: Jan. 11-22

Disney's The Lion King: Feb. 1-26

Hedwig & the Angry Inch: Feb. 21-Mar. 5



State/General Election Day Tuesday, November 8th Polls Open 7:00 a.m.-8:00 p.m.

Absentee voting is available for anyone ages 60 or older. Vote in the convenience of your own home and avoid the lines on election day! If you would like to vote absentee, or have any other questions regarding the election, please contact the City of Romulus Clerk's Office either by visiting City Hall (lower level) or calling (734) 942-7540. You can also visit www.romulusgov.com/electioninfo.

Veterans Day Toast Friday, November 11th 11:00 a.m. at VFW Post 9568

Romulus VFW Post 9568, located at 39270 W. Huron River Drive, invites veterans, their families and any members of the public to their Post for a Veterans Day toast and ceremony. Early arrival is suggested. For more information, call (734) 941-3030.

Recipe Exchange: Autumn Squash Soup

Ingredients

4 c. peeled & cubed butternut squash
1 large apple, peeled, cored & cubed
1/2 large yellow onion, diced
1 T. coconut oil
1/2-1 t. curry powder

3 1/2 c. vegetable broth
1/2 c. almond milk
1 t. salt + a few extra dashes
A few dashes of cinnamon

Directions

1. Roast cubed butternut squash that has been seasoned with cinnamon and salt for 30 mins at 425°F.
2. Meanwhile, in a large skillet over med-high heat, sauté apple and onion in coconut oil with curry powder and a few dashes of salt for about 10 mins and until softened.
3. Add broth, milk, and squash to the large skillet with the apple and onion and bring to a boil. Reduce heat and simmer uncovered for about 20 mins. Stir in salt to taste. I used 1 tsp of salt.
4. Use an immersion blender or transfer soup to a high-speed blender or food processor and blend until soup is smooth and creamy.
5. Enjoy with crusty bread or a grilled cheese!



Goodfellows Newspaper Ads

Purchase by November 1st

Goodfellows Applications for Assistance

Available now!

Must be postmarked by November 30th

Get all the information at www.romulusgov.com/goodfellows

Need a venue for your meeting or party? Rooms for rent at the Romulus Senior Center

The Romulus Senior Center is a great place to celebrate any special occasion from baby showers, to family reunions and even wedding receptions! Rooms are available any day of the week and can hold up to 120 people. Arrange for a caterer or use the on-site kitchen. Call today!



Events at the Romulus Public Library

Second Monday Book Club Monday, Nov. 14th at 7:00 p.m.

Fates and Furies
by Lauren Groff

*To register for all Library programs
call (734) 942-7589 or
visit the Circulation Desk at 11121
Wayne Rd., Romulus, MI 48174*

Library Hours

Monday-Thursday: 10am-8pm / Friday-Saturday: 10am-5pm / Sunday: Closed

Food Services

Need Food?

Low income residents are eligible for free commodities each month. A variety of food is provided by the Emergency Food Assistance Program.

Distribution: Thursday, November 17th at 9:30 a.m.

Liquid Nutrition is also available:
Wednesday, November 9th at 9:00 a.m.

Hot Meals Daily

Lunch at the Senior Center is provided daily at 11:00 a.m. Please call (734) 955-4120 the day before to reserve a meal.

Wayne County asks for a donation of \$3.00

Volunteers Needed

The Senior Center is looking for volunteers to pack food each morning from 9:00 a.m. to 11:00 a.m. for the Meals on Wheels Program. Please call if you are interested.

ROMULUS SENIOR CENTER

36525 Bibbins
Romulus, MI 48174
Phone: (734) 955-4120



Customer service at all levels
Always offer solutions
New and innovative ideas

www.romulusgov.com



Our Romulus Team

Mayor	LeRoy D. Burcroff
Senior Center Director	Rose Swidan
Office Assistant	Sharon Raftary
Office Staff	Priscilla Herring
Bus Driver	Karen Kusibab
Meals-on-Wheels	Cindy Coak
CDBG Chore Services	Leondo Smith Larry Cochran

www.facebook.com/CityofRomulus

www.youtube.com/CityofRomulus

Comcast Cable Channels 12 & 18

Important Phone Numbers

Senior Resources

Prescription Assistance Information
(734) 282-7177

Food Assistance/Wayne County Meals
(734) 727-7357

Counseling & Substance Abuse
(734) 729-9286

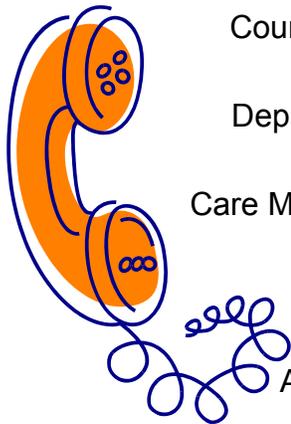
Department of Human Services
(313) 277-4800

Care Management Family Resources
(734) 282-7177

Adult Abuse
(855) 444-3911

Applying for Bridge Card
(313) 580-4144

Food Assistance in Romulus
(734) 955-4120



City of Romulus

EMERGENCY: Dial 9-1-1 (Police)

Mayor's Office
(734) 942-7571

City Council
(734) 955-4506

City Clerk's Office
(734) 942-7540

City Treasurer's Office
(734) 942-7580

Community Services Department
(734) 955-4504

Department of Public Services
(734) 942-7579

Water Department
(734) 942-7560

November 2016

Please note that advanced sign up for programs, luncheons, lunch out, shopping, trips, and tours will help prevent cancellation of these events.

Hot meals daily call 24 hours ahead.

Wayne county Liquid Nutrition and Meals on Wheels (734)727-7357
Transportation M-F call for appointment 24 hours ahead for reservation.

(734) 955-4120

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Club #1 Meeting Bunco 12pm	2 Blood Pressure 10:30am Fun Day 12pm Bingo 12pm	3 Ministries 10:30am Red Hatters 12pm Game Day 12pm Quilting 6pm	4 Pokeno 12pm Lunch Out-IHOP 11am	5
6	7 Walmart 8:15am Bible Study 11:30am Bingo 12pm	8 Election Day! Club #1 No Meeting Art Class 11:30am Bunco 12pm	9 Liquid Nutrition 9am Protein Bar Cooking Class 11:30am Fun Day 12pm Bingo 12pm	10 Ministries 10:30am Game Day 12pm Quilting 6pm	11  <i>Veterans Day</i>	12
13	14 Meijer 8:15am Thanksgiving Luncheon 11am Bible Study 11:30am Bingo 12pm	15 Motor City 8:15am Medicare Open Enrollment Apts 10am-3pm Book Club 10:30am Bunco 12pm Club #1 at Romulus House 12:30pm	16 Blood Pressure 10:30am Fun Day 12pm Bingo 12pm	17 Focus Hope/ Commodities 9:30am Ministries 10:30am Game Day 10:30am Quilting 6pm	18 Podiatrist 10:30am Pinterest Class 11am Pokeno 12pm	19
20	21 Walmart 8:15am Haircut 10am Bible Study 11:30am Bingo 12pm	22 Club #1 Meeting Beginner's Drawing Class 11:30am Bunco 12pm	23 Fun Day 12pm Bingo 12pm	24  <i>Happy Thanksgiving</i>	26	
27	28 Meijer 8:15am Birthday Bingo Bash 11am Bible Study 11:30am	29 Club #1 Meeting Bunco 12pm	30 Blood Pressure 10:30am Movie Out 10am Fun Day 12pm Bingo 12pm			