



Ann Arbor Senior Center

1320 Baldwin Street
734.794.6250

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Presented by the Washtenaw Audubon Society. WAS members lead a hike and discuss the basic tricks to identifying birds based on habitat, markings, and sounds. Binoculars provided, but bring yours if you have them. Meet at Argo Park Livery, 1055 Longshore; preregistration required at WashtenawAudubon.org/events. Free of charge.

Repairs Thursday

Every Thursday, 6-8 p.m. Presented by All Hands Active. All invited to drop in with broken electronics, furniture, toys, and any other odd item for AHA members to try to repair and offer advice. Repairs not guaranteed. Livestream available at [meetup.com/AllHandsActive/events](https://www.meetup.com/AllHandsActive/events) for homebound participants. Located at All Hands Active, basement of 225 E. Liberty suite 255. For more information contact james@AllHandsActive.org. Free of charge.

Salty Summer Sounds

Every Thursday through August 26, 7-9 p.m. Presented by Saline Main Street. Downtown family-friendly concerts by area bands. Tonight: Popular Detroit 70s and 80s classic



Ann Arbor Senior Center Newsletter

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WORD OF THE WEEK

Quondam: former or sometime.

QUOTE OF THE WEEK

"Learn as if you will live forever, live like you will die tomorrow." — Mahatma Gandhi

Making Wellness Connections

Tuesdays, now-July 20, 1-2:30 p.m. New! Join Tanya, an intern with the Ann Arbor Senior Center, for a weekly wellness discussion with topics ranging from mindfulness, healthy eating, and the use of art and music for well-being. Online via Zoom. Meeting ID: 913 8737 8746. Passcode: 905774. Join by URL. For information contact bpatton@a2gov.org. Free of charge.

NEW: Quilting Collaborative

Calling all creative seniors! We have a fun at-home project we would like to invite you to join! The Ann Arbor Senior Center is looking for 12 volunteer artists to use either your own, or a provided 10x10 inch piece of fabric as a canvas to create a piece of artwork on. You can use it to tell a story, paint a portrait, display a poem, share a collection – the possibilities are endless. Once completed, all 12 pieces of fabric will be collected and combined into a quilt that will be displayed for the community to enjoy at the Ann Arbor Senior Center. All mediums accepted. All artists must turn in their individual project by Aug. 31. An outdoor show of the final quilt will be announced closer to completion date. To sign up contact bpatton@a2gov.org or call 734.734.6250. Free of charge.

Senior Art in the Park

Monday, July 19, noon-1 p.m. Join Hannah, our summer intern, for a themed art project outside of the Ann Arbor Senior Center. Each class we will provide each artist their own

personal supplies, you just need to bring your own creativity! If the weather is uncooperative, we will meet socially distanced in-doors. Face masks and social distancing required both inside and outside. Preregistration required. For more information contact bpatton@a2gov.org or 734.794.6250. Cost is \$5 per class.

July 19 – Succulent terrarium: Be prepared to get your hands in the dirt and have fun! Creating a lush and lovely bowl of succulents for your patio table is easy. We'll help you plant succulents and create a beautiful take-home terrarium to enjoy year-round.

Evenings of Ensembles

Every Wednesday through July 14 at 8 p.m. Presented by the Ann Arbor Civic Band. Pandemic edition of a popular local outdoor summer tradition features performances by small ensembles from the 86-year-old Civic Band. Tonight: Jerry Robbins directs the Pandemic Players in "Americana," a program of patriotic music. Bring a picnic and blanket and relax on the grass. Canceled in case of inclement weather. Located at the West Park Band Shell patio, 215 Chapin St. For more information contact 734.429.5301. Free of charge.

Leaderless Walks in Nichols Arboretum

Every Thursday through Sept. 30, 8-11 a.m. Presented by the Washtenaw Audubon Society. All invited to join a walk through the Arb to look for resident flora and fauna. Meet at the cul-de-sac at the end of Riverview off Geddes; preregistration required at WashtenawAudubon.org/events. Free of charge.

Beginning Birders

Every Thursday through Aug. 26, 6 p.m.



Visit our website, www.a2gov.org/senior or follow us online at www.facebook.com/annarborseniorcenter

rock band Fifty Amp Fuse Lite. Bring your own lawn chairs to sit on, and there's a separate area for people who want to wear masks. Also, outdoor seating at some restaurants. Dancing. Located downtown Saline. For more information call 734.717.7406. Free of charge.

Nessa

Friday, July 9, 8 p.m. Presented by Kerrytown Concert House Lot Lounge. Outdoor concert of jazz-Celtic fusion with elements of pop, folk, and chamber music by this local ensemble. KCH back lot, 415 N. Fourth Ave. Purchase tickets at KerrytownConcertHouse.com and at the door. For more information call 734.769.2999. Cost is \$20-\$30.

Rancho Tranquilico

Friday, July 9, 8 p.m. Barn concerts by local groups. BYOB and a small folding chair. Dancing. Tonight: Local Americana rock 'n' roll singer-songwriter Adam Plomaritas. Located at 1300 Island Lake Rd., Dexter. Purchase tickets in advance at facebook.com/blonik. For more information contact blonik13@aol.com, or 734.223.2321. Cost is \$20.

Your Call is Important to Us

Friday, July 9, 8 p.m. Presented by PTD Productions. Laura Bird directs local actors in architectural sociologist Jan Carpmann's new short comedy written for Zoom about a woman working from home during the pandemic who must navigate a maze of tech support to solve a critical problem with her email account. Cast: Linda Lee Austin, Dave Melcher, Janet Rich, Karrie Waarala, Stephanie McSwain, Martin Gargaro, Johnny Linn and Jerry Doty. On demand viewing premieres at 8 p.m., at facebook.com/PTDProductions. Free of charge.

Summer Birding

Saturday, July 10, 8-10 a.m. and 1 p.m. Presented by Washtenaw County Parks & Recreation. WCPARC naturalist Kelsey Dehring leads a meandering hike through floodplain forests in search of kingfishers, grackles, verries, and other resident birds. Bring binoculars. Then at 1 p.m., all beginner birders welcome to join Dehring in a discussion on how to identify birds based on habitat, markings, and sounds. You'll also go over what to look for in binoculars. Located at Parker Mill County Park, Geddes Road (just east of US-23). Preregistration required (capacity limited) by emailing dehringk@washtenaw.org; specify if you'll attend the 10 a.m. summer hike or the 1 p.m. birding basics. Free of charge.

Sacred Sound Journey

Saturday, July 10, 6:30 p.m. Presented by Verapose Yoga & Meditation House. Join Victoria for this bi-weekly sound journey of crystal singing bowls, Tibetan singing bowls, gongs, drumming and other sacred sound instruments at Verapose Yoga & Meditation House. She begins with guided meditation and relaxation techniques to expand your ability to find equilibrium and harmony, thus opening a portal of creativity and connection during her sound journey. Space is limited. Bring a yoga mat, blanket, pillow, bolsters, and optional eye mask. Located at Verapose Yoga & Meditation House, 3173 Baker Road, Dexter. For more information

contact victoria@veraposeyoga.com or visit veraposeyoga.com/events/. Cost is \$40.

Morning Mindfulness Hike

Sunday, July 11, 9:30 a.m. Presented by Washtenaw County Parks & Recreation. Mindful City Ann Arbor cofounder Julie Woodward and WCPARC naturalist Elle Bogle lead a 90-minute walking meditation hike to introduce the healing benefits of shinrin-yoku, the Japanese practice of "forest bathing." Water bottles and bug spray recommended. Located at Westlake Preserve, 21598 Waterloo Road, Chelsea. Preregistration required (capacity limited) by emailing boglee@washtenaw.org. Free of charge.

Summer Carrillon Concert Series

Every Monday through Aug. 9, 7 p.m. Presented by University of Michigan School of Music. Family-friendly concerts by guest musicians. Tonight: U-M environmental engineering grad Eva Albalghiti. Located at Lurie Tower, 1230 Murfin, Ann Arbor. Preregistration required at myumi.ch/ZQWvq. Free of charge.

Sunrise Nature Hike

Tuesday, July 13, 8:30 a.m. Presented by Washtenaw County Parks & Recreation. WCPARC naturalist Elle Bogle leads a leisurely 90-minute hike through field and forest to take in nature's bounty. Located at Westlake Preserve, 21598 Waterloo Rd., Chelsea. Preregistration required (capacity limited) by emailing boglee@washtenaw.org. Free of charge.

The Art of Saving the World: Fantasy and Science Fiction/Theory Reading Group

Tuesday, July 13, 7-9 p.m. Presented by the University of Michigan English Department. All age 21 and over invited to discuss Dutch writer Corinne Duyvis's new novel about a young girl whose life is inextricably linked in unknown ways to an interdimensional rift that tore open when she was born. For URL email esrabkin@umich.edu. Free of charge.

One Step at a Time: Walking Club

Every Monday, 10-11 a.m. Join Hannah and Tanya for a walk every Monday morning! All forms of walking, and wheeling are welcome, whether you'd like to step, stroll or parade with us. Staff are looking forward to the fresh air, sunshine and focusing on health and wellness during this hour together. Accessibility assistance is available. Plan on enjoying a new route every week! We will begin at the Ann Arbor Senior Center, 1320 Baldwin Ave. Register by emailing Brittany at bpatton@a2gov.org. For information call, 734.794.6250. Free of charge.

Vault of Knowledge

Every Thursday, 7 p.m. Presented by Vault of Midnight. Vault of Midnight events head Caleb Wimbrow hosts a live Instagram trivia quiz in which participants post their answers in the comments section. Prizes. Online at Instagram.com/VaultOfMidnight. For more information call 734.998.1413. Free of charge.

Voices in Harmony Chorus

Every Tuesday, 7-9:30 p.m. All female singers invited to join the weekly online rehearsals of this local 40-member a cappella barbershop harmony chorus. For URL email Info@VoicesInHarmonyChorus.org. For more information call, 734.612.7580. Free to visitors, \$26 monthly dues for those who join.

Oz's Bach Porch

Every Tuesday, 12:30-2:30 p.m. Presented by Oz's Music Environment. Live music by local musicians, outdoors and socially distanced. Bring food, if you'd like. Livestream available for homebound viewers at facebook.com/OzMusicDotCom. Located at 1920 Packard. For information call 734.662.8283. Free of charge.

Noontime Exercise

Every Monday, Wednesday, and Friday, noon – 1 p.m. Presented by the University of Michigan Turner Senior Wellness Program. All ages invited to follow basic prerecorded movements. No equipment necessary. Tai Chi (noon-12:30 p.m.) and "Walking off the Pounds," walking in place (12:30-1 p.m.). For the meeting URL email info.tswp@umich.edu or call 734.998.9353. Free of charge.

In-home physical therapy

Had it with your cane or walker? Sick of pain limiting what you can do? For help with strengthening legs and shoulders, using a walker, rising from a chair or whatever limits your mobility, Dr. Parvej Khan makes house calls for BCBS Medicare members. Dr. Khan is certified (LSVT, BIG/CERT), licensed, and fully vaccinated. For more information visit therapyatyourdoor.com or call 734.215.5784.

Sunday evening game night

Every Sunday, 7 p.m. Presented by the Ann Arbor Adventure Club. Join for an evening of playing popular games online. You help decide which game to play at the beginning of the night. Have a pencil and paper ready to use. For URL email burrbarr7@hotmail.com. Free.

Knit Happens: Ann Arbor Stitch'n'Bitch

Every Tuesday, 6-8 p.m. All knitters invited to work on their projects and swap tips with others. For the URL preregister at MeetUp.com/Ann-Arbor-StitchNBitch. For more information contact 734.945.3035. Cost is \$2 monthly dues.

Book your own private Zoom tea tasting!

Missing your friends? Looking for a unique experience? You and your friends (no matter where they live!) can book a private online tea tasting with Teahaus shop owner Lisa – and you can even personalize your experience with add-ons. Includes a Finum brewing basket or a specialty mug or even a tea-infused treat for everyone in your group. Email Lisa@teahaus.com for more pricing, and to arrange a date.

Senior Planet - Aging with attitude

Senior Planet from AARP harnesses technology to change the way we age. Its courses, programs, and activities help seniors learn new skills, save money, get in shape and make new friends. Wherever you are in the world, you can

subscribe to its newsletters and participate online. Some of the exciting activities hosted by Senior Planet include chair yoga, Smartphone Photography, Graphic Design Tools – Lunch and Learn, Holistic Wellness Discussion Groups, and more! To learn more visit seniorplanet.org.

Trivia time

Every Wednesday, 4-4:30 p.m. and Saturday, 7-7:30 p.m. Local sisters Katie and Abbie throw out themed questions for anyone to answer in the YouTube chat box. For more information visit AADL.tv or call, 734.327.4200. Free.

Comhaltas

Every Thursday, 7 p.m., All are invited to join members of this local chapter of the Detroit Irish Music Association for an informal evening playing traditional Irish music on various instruments. Lessons are offered. For the URL email, Contact@DetroitIrishMusic or visit Facebook.com/DetroitIMA. Free.

Qigong and easy Tai Chi

Monday, Wednesday and Friday, noon-1 p.m. New small, short forms for beginners. Practice internal energy art of Qigong and simple forms of Tai Chi. No matter what age and fitness level you are, enjoy this hour of healthy stretching, flow, meditation, seated and standing exercises.

Tai Chi for mobility maintenance

Tuesday, and Thursday, noon-1 p.m. Enjoy this slow, low-impact mind-body exercise that strengthens muscles, improves balance and motor control and facilitates mindfulness and concentration. The classes offered by WCC are (essentially) fee-free for Washtenaw County residents 65 years old or older. If you are not yet 65 years, or do not live in Washtenaw County, please connect with instructor Karla (karla@taichilove.com) for more information about their reasonable rates or residency waivers.

Live Music: San and Emily Slomovits

Every Monday and Thursday, 5 p.m. Multi-instrumentalist San (best known as half of the popular family-friendly duo Gemini) and his vocalist-violinist daughter Emily perform livestream folk music geared towards kids (Monday) and adults (Thursday). Online at Facebook.com/GeminiChildrensMusic (Monday) and Facebook.com/Emily.Slomovits (Thursday). Free, but donations for Food Gatherers or a social or racial justice-oriented organization accepted. Contact, sandor2021@gmail.com.

Comfort Keepers of Ann Arbor

Need assistance running errands, grocery shopping, meal preparation or cleaning and disinfecting? Comfort Keepers provides a wide range of services from companionship, respite care for families, help around the house, meal prep, full personal care assistance, shower assistance, etc. Contact Jordan Stirling at 734.418.9186.