

City of Jackson Parks & Recreation Dept. in  
Cooperation with Jackson Public Schools

# Active Living Program News

Vol. #25 Issue #3

March 2025



**PLEASE NOTE THE FOLLOWING PROGRAM INFORMATION:**

- PROGRAMS/TRIP SIGN-UPS/ETC. ARE DONE AT THE BOOS CENTER — IN LOOMIS PARK, BETWEEN GANSON & E. MICHIGAN — UNLESS OTHERWISE NOTED
- WE'RE AT THE BOOS RECREATION CENTER: MONDAYS/WEDNESDAYS/FRIDAYS—8:00 AM—12:00 PM; 1<sup>st</sup> & 3<sup>rd</sup> TUESDAY—11:00 AM—1:30 PM (Bingo)

**Premier World Discovery**  
Worldwide Guided Travel



**Upcoming Travel Opportunities!**  
A Presentation by Tracey Schenk

**WHEN:** Tuesday, April 8  
**TIME:** 1:15pm—2:30 pm  
Immediately Following the Luncheon;  
May come just for the Travel Presentation

**WHERE:** Gene Davis Banquet Facility  
3575 Francis St., Jackson

Come learn about elite, adventurous travel options  
in the US & Worldwide, for those 50 and older!

A Lunch & Learn Event

**NUTRITION PRESENTATION**  
THURSDAY, MARCH 13<sup>TH</sup>  
10:30 am—1:30 pm



**PRESENTER: Jiaying Bao, MS, RD—HFHS**  
King Center Gym, 1107 Adrian St., Jackson

**\*OPTIONAL LUNCH:**

- ◇ Stuffed Pepper Casserole
- ◇ Zucchini & Tomatoes
- ◇ Hot Spiced Apples
- ◇ Milk

**COST:**

- ≤60 years old = \$3.50;
- 60+ = suggested \$2.50



**Registration:** 10:30—11:00  
**Lunch:** 11:00—11:45  
**Presentation:** 12:00—12:45  
**Q & A:** 12:45—01:00

**FRIDAY, MARCH 21—10:15 AM - 10:45 AM**  
Boos Center Gym—Between Exercise Classes

Presentation by Allison Perry, HR, *Our Family Friend*

- Discuss non-medical services available in one's home
- Discuss opportunities to become a Caregiver



**ACTIVE BALANCE**

**NEW CLASS**

**Tuesdays & Thursdays: 8:30 am—9:30 am**  
Boos Recreation Center Gym  
Instructor: Suzy Herrera  
\$5/class or \$40/punch card & get 2 free classes



**MARCH 11<sup>TH</sup>—MONTHLY LUNCHEON**

GENE DAVIS HALL—3575 Francis St., Jackson  
Doors open 10:45 am; Buffet at Noon

**\$14**

Choose Corned Beef or Ham, Red Potatoes,  
Carrots, Cabbage, Tossed Salad, Sheet Cake

**ENTERTAINMENT:**  
Steve Berkemeier



**LUNCHEON NOTES:**

**TICKETS:** Go on sale at the prior luncheon,  
or may be bought at the King Center there-  
after. Must be bought by the Friday prior to  
the event

**ENTERTAINER:** We collect donations at the  
event for the Entertainer

**TO-GO:** Per the staff, you are not allowed to  
fill up a plate and take it home unless you  
buy a TO-GO ticket

**APRIL 8<sup>TH</sup>—MONTHLY LUNCHEON**

GENE DAVIS HALL—3575 Francis St., Jackson  
Doors open 10:45 am; Buffet starts Noon

**\$14**

Marinated Chicken Breast, Mashed Red Skins,  
Chicken Gravy, Key West Vegetable Blend,  
7-Layer Salad, Rolls & Carrot Cake



**ENTERTAINMENT:**  
Home Spun Strings

**CONNECTING WITH THE ACTIVE LIVING PROGRAM**

- **CALL:** Julie Weisbrod, Coordinator: 517-240-1223
- **VISIT:** Boos Center—Mon/Wed/Fri, 8:00am-12:00pm
- **EMAIL:** JWeisbrod@cityofjackson.org
- **WEBSITE:** CityofJackson.org; Search for Active Living Program

SCAN:



**TUES., MAY 6<sup>TH</sup> ELECTION DAY\***

**AT BOOS CENTER**

**NO ACTIVE BALANCE CLASS OR BINGO**

**\*PENDING ELECTION DAY—MAY NOT HAVE**

# UPCOMING TRIPS

**THU, MAR 27<sup>th</sup>**

## DISCOVER DETROIT via Bus Tour

Step-On Guide Bus Tour Includes:

- Tour of Motown Museum
- Tour of Midtown Venues
- Tour of Downtown Venues
- Tour of Michigan Central Train Station
- Enjoy Lunch on your own at the famous Detroit American Coney Island Restaurant



**SOLD OUT**  
Wait List  
\$80

**THU, JUN 26<sup>th</sup>**

## DETROIT TIGERS GAME

Detroit Tigers vs. Oakland Athletics

1:10 pm @ Comerica Park

- Roundtrip on Deluxe Charter Bus
- Tiger Game Ticket
- \$10 Food Voucher



Taking Two Buses!

**SOLD OUT**  
Wait List  
(\$78)

**THU, JUL 10<sup>th</sup>:**

**ONLY 60 SPOTS!**

## FOUR WINDS CASINO-NEW BUFFALO via Amtrak

**\$80**  
Sale Starts  
8:30am, 3/3

- Round Trip Train Transportation from Jackson Amtrak Station
- Shuttle Buses designated for Jackson Recreation only
- \$10 Food Voucher—loaded on card
- \$15 Slots Free Play—loaded on card
- Shopping at Casino/downtown New Buffalo—On your own



**MON, APR 28<sup>th</sup>—SAT, MAY 3<sup>rd</sup>**

## BRANSON—Show Trip Extravaganza

- Round Trip Transportation on a Charter Bus
- 5 nights lodging, with 3 consecutive nights in Branson area
- 8 meals: 5 breakfasts and 3 dinners
- Admission to 6 Fabulous Shows- 3 morning shows: Jersey Nights; Doug Gabriel Morning Show; Beach Boys; 3 evening shows: The Haygoods Show; Edge of Illusion; Hughes Music Show

**SOLD OUT**  
Wait List  
\$765 pp/DbI  
\$965/Single



**THU, AUG 7<sup>th</sup> ?**

## PUT-IN-BAY, OHIO

PENDING DETAILS

**THU, SEP 18<sup>th</sup> ?**

## HENRY FORD MUSEUM/GREENFIELD VILLAGE?

PENDING DETAILS

**THU, MAY 8<sup>th</sup>**

## HOLLAND'S TULIP TIME FESTIVAL 2025

- Round trip transportation on a Charter Bus
- A walk through the Windmill Island Gardens
- A yummy boxed Lunch—choose from a Turkey or Roast Beef sandwich
- The Parade with Grandstand Seating "Gentex Kinderparade" featuring local children dressed in Dutch outfits
- Enjoying the Tulip Immersion Garden
- Bus games, snacks, movies



**SOLD OUT**  
Wait List  
\$118

**SUN, OCT 19-WED, OCT 22**

## MACKINAW ISLAND

- Round Trip Transportation on Charter Bus
- Round Trip Ferry Ride
- 3 Night Stay in the Grand Hotel
- Breakfast each Morning
- 5-Course Dinner each Evening
- Nightly Dancing with Orchestra
- Carriage Tour
- Classes, Lectures, Lawn Games, Etc.

**SOLD OUT**  
Wait List

\$1,000 DbI/PP  
\$920 Triple/PP  
\$1,230 Single



Happy St. Patrick's Day



## ACTIVE LIVING PROGRAM & JACKSON RECREATION ACTIVITIES—Great for Adults 50+

- See Back Page Calendar for Days & Times This Month -

**NEW CLASS!**

**Active Balance:** A Jackson Recreation class, appropriate for adults 50+. A wide range of exercises, using a chair, to improve balance. Boos Center. Instructor: Suzy Herrera; . \$5/class OR \$40 punch-card & get 2 free classes.



**Movement Matters:** No-impact, moderate-intensity cardio movement program. Improves cardio, balance, strength & flexibility. Boos Center. Instructor: Julie Weisbrod.



**Walk this Way:** Self-led indoor/outdoor walking program at the Boos Center/Loomis Park.

**Tai Chi:** A seated or standing martial art of slow fluid moves, with emphasis on balance, flexibility, & core strength. Boos Center. Instructor: Ken Mangus; \$5/class



**Worth-a-Try:** Occasional activity to try something new or revive an old hobby. See newsletter for details.

**Sit & Stay Fit:** Energetic seated exercises, focused on improving cardio, balance, strength & flexibility. Boos Center. Instructor: Julie Weisbrod



**Beginner Line Dancing:** Improves balance & strength. Boos Center. Instructor: Tony Vafiadis; \$2/class.



**Boos Center Bingo:** Admission—\$2; extra cards—8 for \$1. Free refreshments. Caller starts 12p



**Monthly Luncheons: \$14** Gene Davis Hall, 3575 Francis St., Jackson. Doors open 10:45 am; Buffet at 12pm. Buy next month's ticket during this month's event or at the Boos Center thereafter, Mon/Wed/Fri, 8a-12p, by the Friday prior. No purchases at the door. Tables are first come, first serve. **Must buy To-Go ticket also if you plan to take food home.**



**Senior Travel Program:** Day/Overnight/Extended trips throughout the year. See newsletter for details.



## BINGO

March 4\* & March 18

- Caller starts at Noon
- \$2 admission card ;
- 8 additional cards for \$1
- Free Donuts and Coffee



**\*Chance to win 1 of 3 Pots of Gold**

## February Winners

Tina Schweda  
Walt Ostrander  
Vivian Jackson



# MARCH BIRTHDAYS



### PLEASE NOTE:

Only Current '24-'25 Members Are Listed

Jan	Eding	1	Steve	Mietelka	16
Sally	Fountain	1	Pat	Czekaj	17
Janet	Marin	1	Susan	Hull	17
Paul	LaRose	2	Arlene	Sauceda	17
Arlene	McCormick	2	Loyce	Adams	18
Tino	Villarreal	2	Lois	Wilson	18
Clara	Adams	3	Monica	Maher	19
Lois	Lampart	4	Lynne	Pienta	19
Kay	Andrus	5	Valerie	Goodloe	21
Judy	Campbell	5	Sharon	Gregurich	21
Wanda	Freeze	5	Ann	Maske	21
Connie	Karis	5	Barb	Patefield	21
Judy	Wheeler	5	Dennis	Pienta	22
Mary Jo	Robb	6	James	Caler	24
Sandy	Stephens	6	Cathy	Lisk	24
Phyllis	Pittman	7	Ginger	Field	25
Jan	Somervill	7	Tim	Brigham	26
Susan	McDaniels	12	Marcia	Ranger	27
Christine	Wheeler	13	Rhonda	Grymko	28
Denny	Breedon	14	Diane	Potter	28
Lester	Fraser	14	Donald	Crampton	29
Jewel	Lammers	14	Rachel	DeKarske	30
Liz	McKinnon	14	Lynn	Kenworthy	30
Linda	Rockwell	14	Bonnie	Davies	31
Joy	Rosynek	14	Kathy	Griffin	31
Tony	Vafiadis	14	Madeline	Jalongo	31
Karen	Talbot	15			



## Walk, Roll, Stroll Jackson



In partnership with AARP



- Free, family- & pet-friendly events
- Up to 3 miles; shorter routes are provided if needed
- All are welcome, regardless of age or ability
- Tuesday Nights: **May 6 & 20 June 3 & 17 & July 1 & 15**
- 1st Tuesday of month: meet @ Ella Sharp's soccer fields
- 3rd Tuesday of month: meet @ Cascade's pavilion near hill
- 6:00 pm-registration; 6:20 pm-warm-up; 6:30 pm-we move
- Drawings for prizes at each event; Grand Prize at last event

## Senior Splash

for adults 50+



- Tuesdays, Thursdays, & Fridays
- **June 17th thru August 8th**
- 9:00 to 10:30 a.m.
- Nixon Pool (400 E. North St.)
- \$3 per session

**Women's Health  
Lunch & Learn  
with Katie Lavery**



**Canvas Painting  
with Lou Cubille at  
Armory Arts**



**PLEASE NOTE:**  
If you attend a Potluck Lunch,  
please bring a dish to share

# MARCH

**Activities &  
Potluck Lunch Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <ul style="list-style-type: none"> <li>• Move. Matters: 9:30—10:30</li> <li>• Walk this Way: 9:30-10:30</li> <li>• Sit &amp; Stay Fit: 10:40—11:30</li> <li>• LUNCH: 11:30-Goulash \$1</li> <li>• Line Dance: 12:15-1:00</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• Act. Balance: 8:30-9:30</li> </ul> <p><b>B I N G O</b></p> <p>Door Opens 11:00; Starts 12:00</p> <p>Chance to win 1 of 3 Pots of Gold </p>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>• Tai Chi: 9:00-10:00</li> <li>• Move. Matters: 9:30—10:30</li> <li>• Walk this Way: 9:30-10:30</li> <li>• Sit &amp; Stay Fit: 10:40—11:30</li> <li>• LUNCH: 11:30-Hot Dogs \$1</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• Act. Balance: 8:30-9:30</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>• Move. Matters: 9:30—10:30</li> <li>• Walk this Way: 9:30-10:30</li> <li>• Sit &amp; Stay Fit: 10:40—11:30</li> <li>• LUNCH: 11:30- MSU vs UM Basketball Potluck </li> </ul>
<p><b>10</b></p> <ul style="list-style-type: none"> <li>• Move. Matters: 9:30—10:30</li> <li>• Walk this Way: 9:30-10:30</li> <li>• Sit &amp; Stay Fit: 10:40—11:30</li> <li>• LUNCH: 11:30-Slop. Joes \$1</li> <li>• Line Dance: 12:15-1:00</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• Act. Balance: 8:30-9:30</li> </ul> <p><b>Gene Davis Luncheon</b></p> <ul style="list-style-type: none"> <li>◇ Doors open 10:45 am</li> <li>◇ Buffet 12:00 pm</li> <li>◇ Program Ends 1:30pm</li> </ul> <p>Steve Berkemeier Performs</p> <p>We Pass the Can for Entertainer Donations</p>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>• Tai Chi: 9:00-10:00</li> <li>• Move. Matters: 9:30—10:30</li> <li>• Walk this Way: 9:30-10:30</li> <li>• Sit &amp; Stay Fit: 10:40—11:30</li> <li>• LUNCH: 11:30-Grilled Cheese &amp; Ham \$1</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>• Act. Balance: 8:30-9:30</li> </ul> <p>Lunch &amp; Learn Event <b>NUTRITION PRESENTATION</b> 10:30—1:00 King Recreation Center</p>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>• Move. Matters: 9:30—10:30</li> <li>• Walk this Way: 9:30-10:30</li> <li>• Sit &amp; Stay Fit: 10:40—11:30</li> <li>• LUNCH: Baked Potatoes</li> </ul>
<p><b>17</b></p> <ul style="list-style-type: none"> <li>• Move. Matters: 9:30—10:30</li> <li>• Walk this Way: 9:30-10:30</li> <li>• Sit &amp; Stay Fit: 10:40—11:30</li> <li>• LUNCH: 11:30-St. Patty's Day Salad Potluck </li> <li>• Line Dance: 12:15-1:00</li> </ul> 	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• Act. Balance: 8:30-9:30</li> </ul> <p><b>B I N G O</b></p> <p>Door Opens 11:00; Starts 12:00</p>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>• Move. Matters: 9:30—10:30</li> <li>• Walk this Way: 9:30-10:30</li> <li>• Sit &amp; Stay Fit: 10:40—11:30</li> <li>• LUNCH: 11:30-Pancakes</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Act. Balance: 8:30-9:30</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• Move. Matters: 9:30—10:15</li> <li>• Sit &amp; Stay Fit: 10:45—11:30</li> <li>• OUR FAMILY FRIEND Presentation 10:15-10:45</li> <li>• Walk this Way: 9:30-10:30</li> <li>• LUNCH: 11:30-Bean Soup \$1</li> <li>• Chair Tai Chi—12:00—1:00</li> </ul>
<p><b>24</b></p> <ul style="list-style-type: none"> <li>• Move. Matters: 9:30—10:30</li> <li>• Walk this Way: 9:30-10:30</li> <li>• Sit &amp; Stay Fit: 10:40—11:30</li> <li>• LUNCH: 11:30-St. Patty's Day Salad Potluck</li> <li>• Line Dance: 12:15-1:00</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>• Act. Balance: 8:30-9:30</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>• Move. Matters: 9:30—10:30</li> <li>• Walk this Way: 9:30-10:30</li> <li>• Sit &amp; Stay Fit: 10:40—11:30</li> <li>• LUNCH: 11:30-Tacos \$1</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• Act. Balance: 8:30-9:30</li> </ul> <p>Day Trip <b>DISCOVER DETROIT</b> Load 8:00 am/Leave 8:30 am/Return 7:00 pm</p>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• Yoga: 9:30—10:30</li> <li>• Walk this Way: 9:30-10:30</li> <li>• Sit &amp; Stay Fit: 10:40—11:30</li> <li>• LUNCH: 11:30-Scalloped Potatoes \$1</li> <li>• Chair Tai Chi—12:00—1:00</li> </ul>
<p><b>31</b></p> <ul style="list-style-type: none"> <li>• Move. Matters: 9:30—10:30</li> <li>• Walk this Way: 9:30-10:30</li> <li>• Sit &amp; Stay Fit: 10:40—11:30</li> <li>• LUNCH: 11:30-March Birthdays Potluck </li> <li>• Line Dance: 12:15-1:00</li> </ul>	 <p><b>Happy St. Patrick's Day</b></p>			