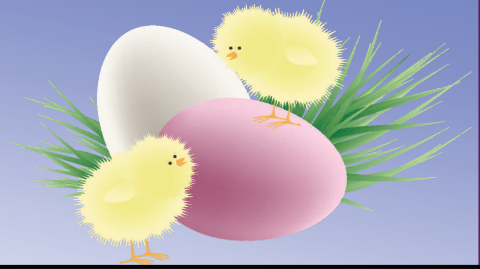


City of Jackson Parks & Recreation Dept.
in Cooperation with Jackson Public Schools

Active Living Program News

Vol. #25 Issue #4

APRIL 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; 1st & 3rd TUESDAY—11:00 AM—1:30 PM (Bingo)

SPRINGTIME CARD MAKING!

CRAFT
EVENT



TUESDAY, APRIL 1
9:00 am—10:30 am
(Stick Around For Bingo After!)

INSTRUCTOR: Pamela Johnson,
Previous Owner of Lansing's Award-Winning
Pages in Time Specialty Scrapbook Store

\$15/
due at
sign up

Make 8,
Boutique-
Quality
Cards

Boos Rec Center—Fireside Room—Loomis Park

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!

WEDNESDAYS THIS SUMMER: *JUN 2-AUG 29

MON/FRI:

- Move. Matters: 9:30am—10:25am
- Sit & Stay Fit: 10:35 am—11:30 am

*WED:

- Move. Matters-8:30am -9:25am
- Sit & Stay Fit-9:35am -10:30am



CLOSED
FRIDAY,
APRIL 18TH



**NO WEDNESDAY
POTLUCK LUNCHES**
6/2/25 - 8/29/25

APRIL 9TH —MONTHLY LUNCHEON

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

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

\$14

ENTERTAINMENT:
Home Spun Strings



LUNCHEON NOTES:

TICKETS: Go on sale at the prior luncheon, or
may be bought at the King Center thereafter.
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

MAY 14TH —MONTHLY LUNCHEON

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

Meatloaf, Mashed Potatoes & Gravy,
Baby Carrots, 7-layer Salad, Rolls and Pie.

\$14



ENTERTAINMENT:
The MD's

CONNECTING WITH THE ACTIVE LIVING PROGRAM

- CALL: Julie Weisbrod, Coordinator: 517-240-1223; Leave Message
- CALL: Jackson Recreation Dept: 517-788-4040
- VISIT: King Center—Mon/Wed/Fri, 8:00am-12:00pm
- EMAIL: JWeisbrod@cityofjackson.org
- WEBSITE: CityofJackson.org; Scroll down to
Active Living Program button
- SCAN: QR Code to the right



TUESDAY, MAY 6th
MAY BE AN
ELECTION DAY*

AT BOOS CENTER
***If So, We Will**
Not Have Bingo



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

MORE UPCOMING TRIPS/EVENTS

MON, APR 28th—SAT, MAY 3rd

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



Diamond Tours

THU, JUL 10th:

ONLY 60 SPOTS!

\$80

FOUR WINDS CASINO-NEW BUFFALO via Amtrak

- 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



THU, MAY 8th

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



THU, AUG 7th

PUT-IN-BAY, Ohio

\$155

Sale starts
8:30 m Wed, 4/2

- Round Trip Transportation on a Charter Bus
- Round Trip Ferry on the "Jet Express"
- Daylong private train—Island Tour, destination transportation
- A \$15.00 Food Voucher
- A Tour of Heineman Winery
- A Visit to the famous Crystal Cave
- Enjoying Perry's Monument Visitor Center
- Visit the Butterfly House; the Antique Car Museum
- Free Time for Taking in the Unique Shops



THU, JUN 26th

Two Buses!

DETROIT TIGERS GAME

Detroit Tigers vs. Oakland Athletics
1:10 pm @ Comerica Park

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

SOLD OUT

Wait List
(\$78)



THU, SEP 18th ?

PENDING DETAILS

HENRY FORD MUSEUM/GREENFIELD VILLAGE?

SUN, OCT 19-WED, OCT 22
MACKINAW ISLAND

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

SOLD OUT
Wait List

- 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.



ACTIVE LIVING PROGRAM & JACKSON RECREATION ACTIVITIES—Great for Adults 50+ - See Back Page Calendar for Days & Times This Month -

Fun & Games: Self-led/group-led game activities—ie. cards, puzzles, board games, coloring. Supplies provided.



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.

April 1 & April 15

- Door opens at 11:00 am
- Caller starts at Noon
- \$2 admission card;
- 8 additional cards \$1
- Free Donuts and Coffee
- 50/50 drawing



Winners of St. Patty's Day "Pot-of-Gold"
Arlene McCormick
Jerry Smith
Theresa Smith



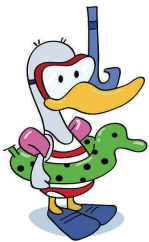
MAY NOT HAVE BINGO MAY 6TH DUE TO POSSIBLE ELECTION



WALK, ROLL, STROLL JACKSON



- FREE, 3-Mile* event; *shorter routes available
- **ALL ARE WELCOME**— family- and pet-friendly
- **MAY 6 & 20, JUNE 3 & 17 & JULY 1 & 15**
- 1st Tue. listed ea. month meets @ Ella Sharp Park's soccer parking lot
- 2nd Tue. listed ea. month meet s @ Cascade Park's pavilion near hill
- Register at event @ 6:00 pm; warm-up @ 6:20 pm; get moving @ 6:30 pm—Group Lead
- Drawing for prizes at each event; Grand Prize at the 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



2/27 Turkeyville's
 Good Morning Vietnam:
 Hits from 1955-1975



Lunch & Learn
 Nutrition Education
 with HFHS RD



Happy St. Patrick's Day!
 Movement Matters and
 Sit & Stay Fit Classes



APRIL BIRTHDAYS



Priscilla	Abbey	1
Carolyn	Fox	1
Cathy	Williams	3
Sandy	Rubert	4
Marilyn	Johnson	4
Wendy	Curtis	6
Sandy	Germain	6
Sandy	Good	6
Lynn	Wyngaert	6
Jan	Marshall	7
Bruce	Brown	7
Charlie	Haglund	7
Cindy	Spies	7
Jerry	Peters	9
Canh	Vu	10
Leigh Ann	Faver	11
Bernice	Haglund	11
Carol	Talmage	11
Barb	Ostrander	12
Temple	McDonald	13
Dick	Hensel	14
Paula	Janke	15
James	Patefield	15
Cindy	Carlson	16
Harry	Parzych	16
Claudette	Wilcox	16
Cindy	Cuiss	18
Bernadette	Dewland	18
Martin	Somervill	18
Donna	Psychas	19
Dennis	Shuster	19
Mai	Vu	19
Betty	Tyslenko	21
Francene	Wingo	21
Joan	Avery	23
Donna	Gerry	24
Karen	Jurewicz	24
Christine	Kerr	24
Vicki	Massie	24
Glenda	Frohriep	25
Stacy	Low	25
Barb	Dunham	27
Janet	Foster	28
Kay	Lambright	29
Debbie	Yehl	29
Anita	Mure	30

Activities & Potluck Lunch Calendar



POTLUCK LUNCHES:
Please bring a dish to share if you stay for the lunches. All members are welcome to participate.






MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 CARD MAKING 9:00am-10:30am Fireside Room</p> <p>B I N G O</p> <p>Doors open at 11:00 Caller Starts at 12:00</p> 	<p>2</p> <ul style="list-style-type: none"> •Tai Chi: 9:00-10:00 •Move. Matters: 9:30—10:25 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:35—11:30 •LUNCH: Spaghetti 11:30- \$1 	<p>3</p>	<p>4</p> <ul style="list-style-type: none"> •Fun & Games: 9:00-11:00 •Active Balance: 9:30-10:30 •Move. Matters: 9:30-10:25 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:35—11:30 •LUNCH: 11:30 —Tiger's Opening Day—Hot Dogs \$1 
<p>7</p> <ul style="list-style-type: none"> •Fun & Games: 9:00-11:00 •Active Balance: 9:30-10:30 •Move. Matters: 9:30—10:25 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:35—11:30 •LUNCH: 11:30-Spring Salad Potluck •Begin. Line Dance: 12:15-1:00 	<p>8 GENE DAVIS LUNCHEON Doors open 10:45 am Buffet starts 12:00 pm Program Ends 1:15pm We'll Pass the Can Entertainment: Home Spun Strings</p> <p>PREMIER WORLD DISCOVERY Travel Talk: 1:15-2:30 At Gene Davis Banquet Hall</p>	<p>9</p> <ul style="list-style-type: none"> •Tai Chi: 9:00-10:00 •Move. Matters: 9:30—10:25 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:35—11:30 •LUNCH: 11:30-Nachos - \$1 	<p>10</p>	<p>11</p> <ul style="list-style-type: none"> •Fun & Games: 9:00-11:00 •Active Balance: 9:30-10:30 •Move. Matters: 9:30-10:25 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:35-11:30 •LUNCH: 11:30-Breakfast
<p>14</p> <ul style="list-style-type: none"> •Fun & Games: 9:00-11:00 •Active Balance: 9:30-10:30 •Move. Matters: 9:30—10:25 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:35—11:30 LUNCH: 11:30-Baked Potatoes •Begin. Line Dance: 12:15-1:00 	<p>15</p>  <p>B I N G O</p> <p>Doors open at 11:00 Caller Starts at 12:00</p>	<p>16</p> <ul style="list-style-type: none"> •Tai Chi: 9:00-10:00 •Move. Matters: 9:30—10:25 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:35—11:30 •LUNCH: 11:30-Easter Potluck 	<p>17</p>	<p>18 CLOSED</p> 
<p>21</p> <ul style="list-style-type: none"> •Fun & Games: 9:00-11:00 •Active Balance: 9:30-10:30 •Move. Matters: 9:30—10:25 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:35—11:30 LUNCH: 11:30-Goulash \$1 •Begin. Line Dance: 12:15-1:00 	<p>22</p>	<p>23</p> <ul style="list-style-type: none"> •Tai Chi: 9:00-10:00 •Move. Matters: 9:30—10:25 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:35—11:30 •LUNCH: 11:30-Grilled Ham & Cheese \$1 	<p>24</p>	<p>25</p> <ul style="list-style-type: none"> •Fun & Games: 9:00-11:00 •Active Balance: 9:30-10:30 •Move. Matters: 9:30-10:25 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:35-11:30 •LUNCH: 11:30-Sloppy Joes \$1
<p>28 BRANSON TRIP</p> <ul style="list-style-type: none"> •Fun & Games: 9:00-11:00 •Active Balance: 9:30-10:30 •Move. Matters: 9:30—10:25 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:35—11:30 LUNCH: 11:30-Mac&Cheese \$1 •Begin. Line Dance: 12:15-1:00 	<p>29 BRANSON</p>	<p>30 BRANSON TRIP</p> <ul style="list-style-type: none"> •Tai Chi: 9:00-10:00 •Move. Matters: 9:30—10:25 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:35—11:30 •LUNCH: 11:30-Celebrate April Birthdays 	<p>1 BRANSON 2 BRANSON TRIP</p> 