

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

Active Living Program News

Vol. #25 Issue #5

MAY 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 THERE MONDAYS, WEDNESDAYS & FRIDAYS—8:00 AM—12:00 PM; AND 1st & 3rd TUESDAY—11:00 AM—1:30 PM FOR BINGO



WALK, ROLL, STROLL JACKSON

Brought to you by Jackson Recreation & AARP

Kicks Off 5/6!



- Up to 3-mile*, non-competitive events (*shorter routes available)
- ALL Jackson County residents welcome—regardless of physical ability
- Family-friendly; Pet-friendly
- Tuesday nights: **May 6 & May 20, June 3 & June 17, July 1 & July 15**
- First Tuesday each month, meet @ Ella Sharp Park's soccer field
- Third Tuesday each month, meet @ Cascade Park's pavilion near hill
- Registration @ 6:00 pm; warm-up @ 6:20 pm; get moving at 6:30 pm—Lead by Jackson Recreation Staff Member
- Chance to win prizes at each event plus a Grand Prize at the last event

FREE



Worth-A-Try Event:

MUST SIGN UP

PICKLEBALL!

WHEN:

Wednesday, May 21st
12:30 pm—1:30 pm

Equipment Provided

WHERE:

Cascade's Hurst Found. Pickleball Complex

- behind the Cascades Ice Cream Company

WHY:

Come learn and try out this great sport!

WHO:

Active Living Program members

WEDNESDAYS THIS SUMMER: *Jun. 4—Aug. 27

MON/FRI:

- Movement Matters: 09:30 am—10:20 am
- Sit & Stay Fit: 10:40 am—11:30 am

*WED:

- Movement Matters: 08:30 am—09:20 am
- Sit & Stay Fit: 09:40 am—10:30 am



Senior Splash

- Tuesdays, Thursdays & Fridays
- June 18th thru August 9th
- 9:00 to 10:30 a.m.
- Nixon Pool - 400 E. North St.
- \$3 per session

Senior Swim is a self-led swimming, exercising, and/or lounging opportunity in the beautiful heated Nixon pool.

MAY 13TH —MONTHLY LUNCHEON

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

IMPROVED

\$14

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



ENTERTAINMENT:
The MD's

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

TAKING FOOD HOME: Per the staff, you are not allowed to fill your own container to take food home. You must buy a TO-GO ticket in advance.

JUNE 10TH —MONTHLY LUNCHEON

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

BBQ pulled pork, potato salad, macaroni salad, baked beans, coleslaw & strawberry shortcake

ENTERTAINMENT:
Steve Berkemeier



\$14

CONNECTING WITH THE ACTIVE LIVING PROGRAM

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



PROGRAM CLOSED:

- Mon, 5/26: Memorial Day
- Thu, 6/19: Juneteenth
- Fri, 7/4: Independence Day

MORE EVENTS & UPCOMING TRIPS

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

Two Buses!

\$155

- 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

DETROIT TIGERS GAME

Two Buses!

SOLD OUT
Wait List
\$78

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

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



THU, SEP 18th

Henry Ford Museum of American Innovation[®]
Greenfield Village[®]

\$90

Sale Starts
8:30 am
Mon, 5/5

- Round Trip transportation on a Charter Bus
 - Enjoy the Henry Ford Museum at your leisure
 - Appreciate Greenfield Village at your own pace
 - Enjoy meals on your own—several options to choose from
- *RENTALS: Wheel Chair \$4/day; Electric Scooter \$25/day; first come, first served

Good Amount of WALKING*



THU, JUL 10th:

FOUR WINDS CASINO-NEW BUFFALO via Amtrak

SOLD OUT
Wait List
\$80

- 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



SUN, OCT 19-WED, OCT 22

MACKINAW ISLAND

\$1,000 Dbl/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.



Worth-A-Try! Event

FRI, SEP 12th - YOGA \$3

Instructor: Carol Morrow

- Yin and Cardio Chair
- 9:30—10:30*

*Will take place of Movement Matters Class



Julie



Mary



Andrea

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. 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. Instructor: Ken Mangus; \$5/class



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

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



Beginner Line Dancing: Improves balance & strength. Instructors: Tony Vafiadis & Ruthie Sutton; \$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.

MAY 6 & 20

Doors open at 11:00 am

- Caller starts at Noon
- \$2 admission card
- 8 additional cards for \$1
- Free Donuts and Coffee
- 50/50 drawing



April 15th Winners

- Chris Borkowski
- Pat May
- Gerry Zirwes

PLEASE NOTE:
Only Members Paid
in Full for the '24-
'25 Year are Listed



MAY BIRTHDAYS



Theresa	Calderone	1	Pat	Hardrick	16
Dan	Cole	1	Diane	Marriott	17
Christina	Olds	1	Ruth	Smith	17
Tom	Wyngaert	1	Janie	Bristol	18
Lynn	Campbell	4	Cindy	Stevens	18
Rhonda	Ryan	4	Cathy	Filter	19
Louis	Sheldon	4	Colleen	DeWitt	21
Don	Leatherman	5	Annissa	Sumner	21
Mary Ann	Shuster	5	Shirley	Hogoboom	22
David	Cropsey	6	Ann	Cagney	23
Kerri	Sparks	6	James	Carpenter	23
Jerry	Terry	6	Bonnie	Kraus	23
Albert	Spalding	7	Gary	Baxter	24
Bess	Reverts	9	Lynn	Guernsey	24
Callie	Clark	10	Terrence	Greenslade	25
Cinda	Roberts	11	Regina	Muzzin	26
Tim	Turvey	11	Rose	Easton	27
Carrolyn	Harris	13	Denny	Johns	27
Doris	Kuntz	13	Susan	Wolcott	27
Nancy	Parzych	13	Linda	Caler	28
Sheryl	Patterson	14	Ethyl	Clippart	28
Sharon	Taliaferro	15	Terrie	Griffes	28
Karen	LeCrone	15	Jim	Sharpe	28
Susan	Stewart	15	Debbie	Wahr	29
Dave	Taylor	15	Midge	Fuller	30
			Anne	Guise	30



*Our Family Friend
Presentation,
3/21/25*



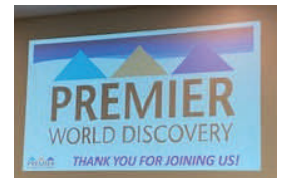
*Discover Detroit
3/27/25*



*Card Making
Craft Event
4/1/25*



*Premier World Discovery
Trip Presentation
4/8/25*



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
BRANSON TRIP	BRANSON TRIP	BRANSON TRIP	1 BRANSON TRIP	2 BRANSON TRIP
<p>5</p> <ul style="list-style-type: none"> •Fun & Games: 9:00-11:00 •Act. Balance: 9:30-10:30-\$5 •Move. Matters: 9:30-10:20 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:40—11:30 •LUNCH: 11:30 —Pancakes •Beg. Line Dance: 12:00-12:45—\$2 	<p>6</p> <p>B I N G O</p> <p>Doors open at 11:00 Caller Starts at 12:00</p> <p>WALK, ROLL, STROLL JAX— 6pm-Ella Sharp</p>	<p>7</p> <ul style="list-style-type: none"> •Tai Chi: 9:00-10:00— \$5 •Move. Matters: 9:30—10:20 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:40—11:30 •LUNCH: 11:30-Spaghetti \$1 	<p>8</p> <p>HOLLAND TULIP TIME</p> <p>Load: 6:00am Return: 7:30pm</p>	<p>9</p> <ul style="list-style-type: none"> •Fun & Games: 9:00-11:00 •Act. Balance: 9:30-10:30-\$5 •Move. Matters: 9:30-10:20 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:40—11:30 •LUNCH: 11:30 —Mother’s Day Potluck
<p>12</p> <ul style="list-style-type: none"> •Fun & Games: 9:00-11:00 •Act. Balance: 9:30-10:30-\$5 •Move. Matters: 9:30-10:20 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:40—11:30 •LUNCH: 11:30 —Nachos-\$1 •Beg. Line Dance: 12:00-12:45—\$2 	<p>13</p> <p>GENE DAVIS LUNCHEON Doors open 10:45 am Buffet starts 12:00 pm Program Ends 1:30pm We'll Pass the Can Entertainment: The MD's</p>	<p>14</p> <ul style="list-style-type: none"> •Tai Chi: 9:00-10:00— \$5 •Move. Matters: 9:30—10:20 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:40—11:30 •LUNCH: 11:30-Subs-\$1 	15	<p>16</p> <ul style="list-style-type: none"> •Fun & Games: 9:00-11:00 •Act. Balance: 9:30-10:30-\$5 •Move. Matters: 9:30-10:20 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:40—11:30 •LUNCH: 11:30-Slop. Joes-\$1
<p>19</p> <ul style="list-style-type: none"> •Fun & Games: 9:00-11:00 •Act. Balance: 9:30-10:30-\$5 •Move. Matters: 9:30-10:20 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:40—11:30 •LUNCH: 11:30 —Baked Pot. •Beg. Line Dance: 12:00-12:45—\$2 	<p>20</p> <p>B I N G O</p> <p>Doors open at 11:00 Caller Starts at 12:00</p> <p>WALK, ROLL, STROLL JAX— 6pm-Cascades</p>	<p>21</p> <ul style="list-style-type: none"> •Tai Chi: 9:00-10:00— \$5 •Move. Matters: 9:30—10:20 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:40—11:30 •LUNCH: 11:30-Grilled Ham & Cheese-\$1 <p>Worth-A-Try! Event PICKLEBALL! Cascades Courts There by 12:15 (12:30-1:30)</p>	22	<p>23</p> <ul style="list-style-type: none"> •Fun & Games: 9:00-11:00 •Act. Balance: 9:30-10:30-\$5 •Move. Matters: 9:30-10:20 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:40—11:30 •LUNCH: 11:30-Memorial Day Potluck
<p>26 CLOSED</p>	<p>27</p>	<p>28</p> <ul style="list-style-type: none"> •Tai Chi: 9:00-10:00— \$5 •Move. Matters: 9:30—10:20 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:40—11:30 •LUNCH: 11:30-Hors d'oeuvres 	29	<p>30</p> <ul style="list-style-type: none"> •Fun & Games: 9:00-11:00 •Act. Balance: 9:30-10:30-\$5 •Move. Matters: 9:30-10:20 •Walk this Way: 9:30-10:30 •Sit & Stay Fit: 10:40—11:30 •LUNCH: 11:30-Celebrate May Birthdays