

APRIL

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 DAYS & TIMES WE'RE AT THE BOOS RECREATION CENTER:

- CLASSES/PROGRAMS/EVENTS/TRIP SIGN-UPS, ETC. ARE USUALLY DONE AT THE BOOS CENTER — UNLESS OTHERWISE NOTED
- WE USE THE BOOS CENTER MON/WED/FRI—8:00 AM—11:30 AM; AND 1ST & 3RD TUE. —11:00 AM—1:00 PM - UNLESS OTHERWISE NOTED

PLEASE NOTE:
You will not be able to obtain a license/passport at this event

OPTIONAL

Secretary of State
CANADA TRIP MEETING:
Wed, 4/15, 11:45a—12:30p
Boos Rec Center Gym

Kelly Davis, SOS, Public Engage. Dept.

Kelly will help to clarify Real ID/Enhanced License/Passport—Required Documents Needed to Cross the US/Canadian Border

Best to be clear now, in case you find you still need to get proper documents!



A Lunch & Learn Event

Nutrition Presentation:
2026 FOOD PYRAMID
THURSDAY, APRIL 30th
11:30 am—1:30 pm



PRESENTERS:
Jiaying Bao, RD & Ellen Gillespie, RD

Crouch Senior Center
1715 Lansing Ave., CR 005

Must Sign Up

***OPTIONAL LUNCH:**

- ◇ Chicken Cordon Bleu
- ◇ Sweet Potato Casserole
- ◇ Brussel Sprouts
- ◇ Roll
- ◇ Fresh Fruit
- ◇ Milk

COST:

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

Registration:	11:30—12:00
Lunch:	12:00—12:30
Presentation:	12:30—1:20
Q & A:	1:20—01:30



WEDNESDAYS THIS SUMMER: *JUN 3-SEP 2

MON & FRI:

- Move. Matters: 9:30am—10:20am
- Sit & Stay Fit: 10:40am—11:30 am

***WED:**

- Move. Matters-8:00am –8:50am
- Sit & Stay Fit-9:00am –9:50am



CLOSED

FRIDAY,
APRIL 3rd



APRIL 14TH —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 Boos 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 12TH —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, WORK CELL: 517-240-1223
- **VISIT:** Boos Center—Mon/Wed/Fri, 8:00 am to 11:30 am
- **VISIT:** City Hall, 5th fl, 161 W. Michigan Ave., Mon-Fri, 8am-5pm
- **EM:** JWeisbrod@cityofjackson.org
- **WEB:** CityofJackson.org - Active Living Program
- **SCAN:** Scan the code to the right



\$10 Annual Membership Due Now

WAYS TO SIGN UP:

1. Come to the Boos Rec Center, M/W/F, 8am-11:30 am
2. Visit www.cityofjackson.org; search Active Living

Only members can participate in Exercise Classes, Bingo, Monthly Luncheons, Trips, Lunch & Learn, Special events, etc.

MORE UPCOMING TRIPS/EVENTS

SUN, APR 19—SAT, APR 25, 2026
SAVANNAH/JEKYLL IS., GA & BEAUFORT, SC

- Motorcoach Transportation
- Trolley Tour of Savannah, GA
- Tour of Beaufort, SC
- Evening Show at Famous Savannah Theatre
- Tour of St. Simons Island, GA
- Tram Tour of Jekyll Island, GA
- And much, much more.....

PLEASE PICK UP TRIP MATERIALS AT THE BOOS REC CENTER
 M/W/F: 3/23—4/6
 8:00 AM—11:30 AM

Please Note That We're Closed Fri, 4/3 For Good Friday



THU, JUL 16, 2026
THE ENCORE THEATER*—In Dexter
FIDDLER ON THE ROOF—2PM

CAR POOL

FULL
Waitlist
\$75

Aubree's Pizzeria & Grill—In Dexter
12:00 pm—1:30 pm
Lunch Buffet—Specialty Pizzas, Premium
Saled Bar, Bread Sticks & Beverage



*The Encore Musical Theatre Co. is MI Michigan's premier professional musical theatre, committed to producing high-quality musicals and live music performances

THU, MAY 14, 2026

Hometown Tour

\$30

TOUR JACKSON COUNTY'S BEAUTIFUL:
St. Demetrius Orthodox Church &
Dormition of the Mother of God
Orthodox Monastery

CAR POOL

INCLUDES:

- Entry Into and a Guided Tour of each House of Worship
- Lunch Provided by our Program
- Opportunity to Shop the Monastery's Gift Shop



THU, AUG 13, 2026—ON SALE 5/11

FOUR WINDS CASINO—Via Amtrak
New Buffalo, Michigan

DETAILS PENDING



TUE, SEP 22, 2026-??

SHIPSHEWANA, INDIANA
Flea Market, Shopping, Dining....

DETAILS PENDING



THU, JUN 11, 2026

2 BUSES

DETROIT TIGERS vs. MINNESOTA TWINS
1:10 pm @ Comerica Park

FULL
Waitlist
\$78

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

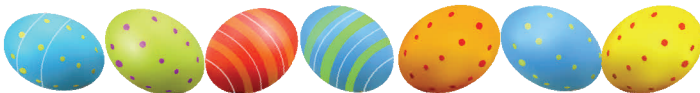


SAT, OCT 3—SAT, OCT 10, 2026

CANADA: Montreal, Quebec, Ottawa

SOLD OUT
Waitlist

DUE IN FULL BY 6/26/26



Premier World Discovery's
2026 TRAVEL OPPORTUNITIES:

- 08/14 – Yellowstone & The Wild West
- 10/20 – Highlights of Italy's Amalfi Coast
- 11/30 – New Orleans Holiday
- 12/10 – Vienna Xmas Markets River Cruise



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

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

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

Walk this Way: Self-led indoor/outdoor walking option in the Boos Recreation Center and/or throughout Loomis Park.

Movement Matters: No-/Low-impact, moderate-intensity cardio movement program. Improves cardio, balance, strength & flexibility. Boos Center. Instructor: Julie Weisbrod. Included with Annual Membership

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

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

Worth-a-Try! Events: Occasional activity to try something new or revive an old hobby/sport. Keep an eye out in the monthly newsletters for upcoming opportunities!

Sit & Stay Fit: Energetic seated/standing exercises to improve cardio, balance, strength & flexibility. Boos Center. Instructor: Julie Weisbrod; Included with Annual Membership

Intermediate Line Dancing: Learn the latest dances in a fun, friendly and informative atmosphere. Improves balance & strength. Instructors: Tony Vafiadis & Ruthie Sutton; \$2/class.

Yin Yoga: SPRING SERIES: Fridays, 4/10/26—6/26/26, 8:15 am—9:10 am; Mat-based, deep stretch floor work. Boos Center-Fireplace Room. Instructor: Carol Morrow; \$5/class

Boos Center Bingo: Doors open at 11:00 am. Admission card is \$3; extra cards are 8 for \$1. Free refreshments. 50/50 Drawing. Caller starts at 12:00 pm

Monthly Luncheon: \$14 Gene Davis Hall, 3575 Francis St. Doors open 10:45 am; Buffet at 12pm. Buy next month's ticket at current event or at Boos Recreation Center thereafter, Mon/Wed/Fri, 8:00 am - 11:30 am. Must buy "To-Go" ticket also if you plan to take food home.

Senior Travel Program: Day/Overnight/Week-long trips throughout the year. See newsletter for announcements. Find complete details in the flyers at the Boos Rec Center.

April 7 & April 21*

- Door opens at 11:00 am
- Caller starts at Noon
- \$3 admission card;
- 8 additional cards \$1
- Free Donuts and Coffee
- 50/50 drawing



Winners of St. Patty's/
Easter Goodie Box
Claudette Wilcox
Diane Lister
Janie Lestyany



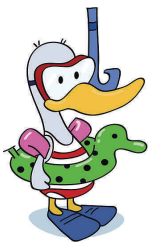
*NO BINGO APRIL 21—SEVERAL WORKERS ON SAVANNAH TRIP



WALK, ROLL, STROLL JACKSON



- FREE, 3-Mile* event; *shorter routes available
- **ALL ARE WELCOME**— family- and pet-friendly
- **MAY 5 & 19** JUNE 2 & 16 & JULY 7 & 21
- 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 16th thru August 8th**
- 9:00 to 10:30 a.m.
- Nixon Pool (400 E. North St.)
- \$3 per session

WATER AEROBICS:

\$5/class OR 10-class punch card—\$40 (get 2 FREE)

July 6th — July 30th
Tuesdays & Thursdays,
10:00 to 11:00 am



APRIL BIRTHDAYS



Priscilla	Abbey	1	Martin	Somerville	18
Carolyn	Fox	1	Tom	Miller	19
Doreen	Ries	2	Donna	Psychas	19
Cathy	Williams	3	Dennis	Shuster	19
Marilyn	Johnson	4	Mai	Vu	19
Sandy	Rubert	4	Mary Jo	Chown	20
Wendy	Curtis	6	Jan	Moor	20
Sandy	Germain	6	Crystal	Dancing-Starr	21
Sandy	Good	6	Betty	Tyslenko	21
Lynn	Wyngaert	6	Mitch	Weisbrod	21
Bruce	Brown	7	Francene	Wingo	21
Charlie	Haglund	7	Mary Lee	Clark	22
Jan	Marshall	7	Joan	Avery	23
Cindy	Spieß	7	Jennifer	Blackford	23
Michelle	Oxley	8	Joe	Cartwright	23
Mark	Taylor	8	Nadine	Zinn	23
Jerry	Peters	9	Donna	Gerry	24
Canh	Vu	10	Karen	Jurewicz	24
Leigh Ann	Faver	11	Christine	Kerr	24
Bernice	Haglund	11	Vicki	Massie	24
Carol	Talmage	11	Jill	Eberly	25
Barb	Ostrander	12	Glenda	Frohriep	25
Temple	McDonald	13	Stacy	Low	25
Dick	Hensel	14	Judy	Reba	26
Paula	Janke	15	Barb	Dunham	27
James	Patefield	15	Janet	Foster	28
Cindy	Carlson	16	Lori	Dailey	29
Harry	Parzych	16	Pat	Kiley	29
Claudette	Wilcox	16	Kay	Lambright	29
Cindy	Cuiss	18	Debbie	Yehl	29
Bernadette	Dewland	18	Anita	Mure	30

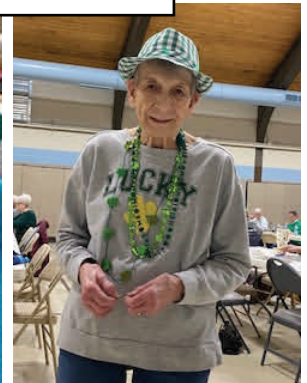
3/10 St. Patty's Luncheon



3/10 Premier World Discovery Presentation



3/17 St. Patty's Day Bingo



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
		1 <ul style="list-style-type: none"> • Tai Chi: 9:00-10:00 • Move. Matters: 9:30-10:20 • Walk this Way: 9:30-10:30 • Sit & Stay Fit: 10:40—11:30 	2	3 <p>CLOSED</p> <p>GOOD FRIDAY -BLESSINGS-</p>
6 <ul style="list-style-type: none"> • Fun & Games: 9:00-11:00 • Move. Matters: 9:30-10:20 • Active Balance: 9:30-10:20 • Walk this Way: 9:30-10:30 • Sit & Stay Fit: 10:40—11:30 • LUNCH: 11:30—Slop. Joe \$1 • Inter. Line Dance: 12:00-12:45 	7 <p>Door Opens 11:00; Starts 12:00</p>	8 <ul style="list-style-type: none"> • Tai Chi: 9:00-10:00 • Move. Matters: 9:30-10:20 • Walk this Way: 9:30-10:30 • Sit & Stay Fit: 10:40—11:30 	9	10 <ul style="list-style-type: none"> • Fun & Games: 9:00-11:00 • Yin Yoga: 8:15-9:10 • Move. Matters: 9:30-10:20 • Active Balance: 9:30-10:20 • Sit & Stay Fit: 10:40—11:30 • LUNCH: 11:30- Tacos \$1
13 <ul style="list-style-type: none"> • Fun & Games: 9:00-11:00 • Move. Matters: 9:30-10:20 • Active Balance: 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 • Inter. Line Dance: 12:00-12:45 	14 <p>Gene Davis Luncheon Doors open 10:45 am Buffet Meal 12:00 pm-1:10 pm</p> <p>ENTERTAINER: Home Spun Strings</p>	15 <ul style="list-style-type: none"> • Tai Chi: 9:00-10:00 • Move. Matters: 9:30-10:20 • Walk this Way: 9:30-10:30 • Sit & Stay Fit: 10:40—11:30 <p>11:45a-12:30p OPTIONAL CANADA MEETING Secretary of State & Documents Needed</p>	16	17 <ul style="list-style-type: none"> • Fun & Games: 9:00-11:00 • Yin Yoga: 8:15-9:10 • Move. Matters: 9:30-10:20 • Active Balance: 9:30-10:20 • Sit & Stay Fit: 10:40—11:30 • LUNCH: 11:30- Spaghetti \$1
20 SAVANNAH TRIP <ul style="list-style-type: none"> • Fun & Games: 9:00-11:00 • Move. Matters: 9:30-10:20 • Active Balance: 9:30-10:20 • Walk this Way: 9:30-10:30 • Sit & Stay Fit: 10:40—11:30 • LUNCH: 11:30—Baked Pot. \$1 • Inter. Line Dance: 12:00-12:45 	21 SAVANNAH TRIP <p>Door Opens 11:00; Starts 12:00</p>	22 SAVANNAH TRIP <ul style="list-style-type: none"> • Tai Chi: 9:00-10:00 • Move. Matters: 9:30-10:20 • Walk this Way: 9:30-10:30 • Sit & Stay Fit: 10:40—11:30 	23 SAVANNAH TRIP	24 SAVANNAH TRIP <ul style="list-style-type: none"> • Fun & Games: 9:00-11:00 • Yin Yoga: 8:15-9:10 • Move. Matters: 9:30-10:20 • Active Balance: 9:30-10:20 • Sit & Stay Fit: 10:40—11:30 • LUNCH: 11:30-Celebrate April Birthdays
27 <ul style="list-style-type: none"> • Fun & Games: 9:00-11:00 • Move. Matters: 9:30-10:20 • Active Balance: 9:30-10:20 • Walk this Way: 9:30-10:30 • Sit & Stay Fit: 10:40—11:30 • LUNCH: 11:30—Hot Dogs\$1 • Inter. Line Dance: 12:00-12:45 	28	29 <ul style="list-style-type: none"> • Tai Chi: 9:00-10:00 • Move. Matters: 9:30-10:20 • Walk this Way: 9:30-10:30 • Sit & Stay Fit: 10:40—11:30 	30 <p>Lunch & Learn Nutrition Presentation: 2026 Food Pyramid Crouch Senior Center 1715 Lansing Ave., Conf. Room 005</p>	