



TOPIC TUESDAY

March Upcoming Discussions



Tuesday, March 12, 2019—12:00-12:45 pm - Safety Concerns for Seniors

Crimes involving seniors are on the increase in most large U.S. cities. It is also becoming more prevalent in small communities just like ours.

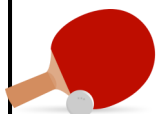
Think about this, if you are ever threatened in public, what would you do? The way you react could be the difference between becoming a victim and avoiding a potentially dangerous encounter.

Thinking that it can only happen to someone else and doing nothing to prepare yourself or take precautionary measures makes you the perfect victim criminals are looking for.

Making yourself less of a target is simpler than you might think.

Presented by: Officer Tim Bueche

Grand Blanc Township Police Department



Tuesday, March 19 2019—12:00-12:45 pm - Meet Your Match

A wide range of studies have shown that the best way to ensure health in longevity is to regularly engage in physical activity. Even moderate exercise has been shown to improve all aspects of health with virtually no negative side effects, and the body remains trainable and adaptable into the 80s and 90s. And yet, by the age of 75, 33% of men and 50% of women engage in no physical activity at all. In fact, studies show that many of the physical symptoms we associate with old age, like weakness and loss of balance, are actually symptoms of inactivity and lack of exercise.

Join us and you will be introduced to the fundamentals of pickleball: including scoring, rules, court orientation, and execution.

Presented by: Don Leavy

Tennis Manager, Certified Pickleball Instructor

