



# Village News



## Embrace the possibilities

420 S Opdyke Rd • Pontiac, MI 48341 • [www.pvm.org](http://www.pvm.org)

April 2017

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### Notes from the Administrator

Spring has sprung and April is upon us! As we transition from winter to the sweet smells of flowering trees and green glory of our landscape coming alive we have to mention some important goings on this April. April is our annual Friends & Family Campaign month. Friends & Family is a month long fundraising drive specifically for our Village and the grounds. We are asking just what is says, that our residents, friends and family all pull together in an effort to fund a new improvement project for Oakland Woods. Your efforts in the past have brought such amazing additions such as our bus, van, new landscaping at the entrances, two automatic door openers for the office and community center plus our just installed and completed carpet replacement in the community center which is only phase one. With phase 2 painting and phase 3 furniture to be completed this coming year. All of this made possible by the generosity of our residents, friends and family. Join us for our KICK OFF PARTY on April 7<sup>th</sup> at 2 pm at the community center. Food, snacks, bingo, door prizes and more!

Be it a nickel or a hundred dollar bill it all adds up to improved living at the Village so please help us get the word out about our campaign and to ask those closest to us to be a part of the fun. The campaign begins April 1 and runs to April 30 2017. We are starting PENNY WARS again this year. See flyers for details on how your area can compete with the other areas at the Village to raise the most pennies nickels and dimes. The winning area will receive a prize of luncheon and an ice cream social in the summer on the day of their choice. So hunt down that loose change and look for the donation jars for your area displayed at the community center.

Also this year we will be running a 50/50 raffle to assist with our efforts. All tickets are just \$1 with half the proceeds to the winner and half to the Village improvement project. Again details are attached for you to review. Please note that anyone can enter the raffle you do not need to be a resident. The winner will be announced on Monday May 1, 2017.

Also April is the month to nominate any Oakland Woods employee for the shining star celebration. The shining star is our way of showing our appreciation to the staff here at Oakland Woods. If any staff member has helped you or went above and beyond to make you day we want to know about it. The nomination form is attached and available in the lobby of the main office. The staff works incredibly hard to ensure the highest standards at Oakland Woods and it's nice to hear about your experiences with them and also the number of nominations will determine the top 10 shining stars for all of PVM and if one of our dedicated employees is in the top ten they will receive recognition and a prize for their efforts so please let's hear all the good stuff from you.

Lastly I want to congratulate Matthew Myers on his promotion to Maintenance Lead. We are in the process of hiring him a new assistant and should be fully staffed in the coming weeks. We thank you for your patience during this transition with only one maintenance person on staff.



## The Village of Oakland Woods

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

Look for PVM on:





# Giving Matters.

By Paul J. Miller, CFRE,  
President, PVM Foundation

**Why does Friends & Family campaign matter?**

**Giving to your local Village = residents' power to choose.**

Friends and Family is a time when residents can look around and say, "What is the number one thing we need?"

Sometimes it's funds for **resident activities combating isolation.**

Sometimes it's **technology upgrades tools to stay connected.**

**Always, it's something important to the residents that can't be done by the Village alone.** Residents **can't do it without you.** Below are the PVM residents' wish lists:

**Resident Activities**

- The Village of Hampton Meadows
- The Village of Harmony Manor
- The Village of Holly Woodlands\*
- The Village of Mill Creek
- The Village of Oakman Manor
- The Village of Sage Grove
- The Village of St. Martha's
- The Village of Warren Glenn

**Technology Upgrades**

- The Village of Our Saviour's Manor
- The Village of Peace Manor
- The Village of Redford
- The Village of Westland

**Exercise Equipment for the Health & Wellness Center** – The Village of East Harbor

**Rainy Day Fund –**

- The Village of Rosebush

**Outdoor Furniture or Enhancements**

- The Village of Oakland Woods
- Perry Farm Village
- The Village of Spring Meadows

**Visit [PVMF.org](http://PVMF.org) to see more and to learn how YOU can help.**

If you have any questions or comments, please contact us at 248-281-2040 or [pvmfoundation@pvm.org](mailto:pvmfoundation@pvm.org).

Warm regards,

Paul J. Miller, CFRE



# It's Your Life. Live It Well.

By Tom Wyllie,  
Director of Wellness

## “H” stands for Heal

In December I introduced you to MESH, which is an acronym that stands for **M**ove, **E**at, **S**leep, **H**eal. It was coined by renowned geriatrician Dr. Bill Thomas and is what he considers to be the key to healthy aging. This month I will focus on the last letter: “H” (Heal).

Contrary to what he was taught to believe in medical school, Dr. Thomas’ vast experience working with older adults has led him to conclude that healing does not come from doctors, rather it comes from patients themselves. Dr. Thomas acknowledges that doctors prescribe medicine, provide compassionate care, and give good counsel (all of which are helpful) but they don’t actually heal. Instead, he believes healing comes from within. It happens when after suffering a serious injury or illness we move forward and define a new normal for ourselves. It happens when we reject the “tragedy narrative” with its paralyzing and debilitating focus on loss and begin to create and tell a new story; a story of love, growth, and possibility. And it happens when we return to living life with meaning and purpose; when there is something in our lives that matters more than our own problems or physical ailments.\*

In sum, if we weave these four things (move, eat, sleep, heal) into the fabric of our lives, Dr. Thomas believes we will create a structure that supports our desire to live a full, productive, and meaningful life; in essence to live life well.

*\*To learn more about how purpose and meaning impact our health and wellbeing visit [www.dungbeetle.org](http://www.dungbeetle.org).*





# Service Coordinator News

By Danette Pye,  
Service Coordinator

*“If you don’t know where you are going any road will get you there.”*

*~Ed Revis*



## **Michigan Department of Attorney General**

Join us for a presentation on **PHONE, MAIL & E-SCAMS April 24, at 1:00p.m in the Community Room.** Learn the signs of scams found through phone calls, e-mails, text messages & mail. Learn how to minimize your risk of being scammed.

## **FREE TAX PREPARATION FOR SENIORS**

Free Income Tax Preparation for seniors is available for those interested. Information regarding these services has been placed on the small table outside of the office. Appointments must be made in advance.

## **THANK YOU ANGELIC HEART HOME CARE (Formerly Sun Shine Home Health Care)**

### *Here’s a few Testimonials from our residents*

*Angelic Heart Home Care was a God send to me. I could not drive after my operation; from the nurse Marcy to Kevin the PT as well as the main PTA Michelle who was remarkable. They made this a wonderful experience from start to finish. I am so grateful that Danette was able to give me a source of help*

*~ Marie Riley*

*They are wonderful loving people, very caring I can’t say enough about them*

*~ Gloria Stokes*

*They are compassionate, caring and show love for the job they have. They show genuine love for their clients, everyone I had was perfect. No time limit; they did their job and left.*

*Michelle was a great PT “Top Notch”, they took care of me like “ROYALTY”*

*~Ed Revis*





# Wellness Coordinator News

By Daniela Blechner,  
Wellness and Activities Coordinator

## WELLNESS UPDATES:

Hello Everyone, and Happy Spring! With the weather (hopefully) changing, and snow no longer a threat, our month of April is filled with all sorts of activities, classes, and outings for you to participate in! A complete list of our April Events can be found on the next two pages of your newsletter. A few activities that I wanted to highlight were our Friends and Family Kick-Off Party happening Friday, April 7th, at 2pm, as well as our first ever Easter Egg Hunt happening Thursday, April 13th at 11am. More details on both of these events can be found in your newsletter, as well as on flyers throughout the community center. Please be sure to read about both of these activities, and sign up in advanced as they are sure to be popular events!

Additionally, thank you to all who participated in our “T-Shirt Design Contest” by either drawing/creating or by voting! We have a winner! Ms. Dolores Ochoa’s Cardinal T-Shirt design will be our 2017 Village Victory Cup t-shirt! Congratulations to her, and to all of the artists who submitted designs—the competition was close! A mock-design of our t-shirt is featured in this newsletter, and also have a sample size of the completed t-shirt that I ordered. If you would like to see the design in person please stop by my office in the next couple of weeks! Go team!

Along the same Victory Cup lines, now is the time where we need to really start picking up our participation in VVC practices! You will see on your Calendar practices for most VVC events—including our Lip Sync competition! If you have signed up for an event, you are expected to attend all of its scheduled practices—our team needs to practice *together!* We are still looking for participants on our Hoop Shoot team, Wellness Walk team, as well as Lip Sync team, and I know we have several good walkers, singers, and shooters out there in our Village! ☺ Please come see me if you have yet to sign up for an event—Team Cardinals needs you!

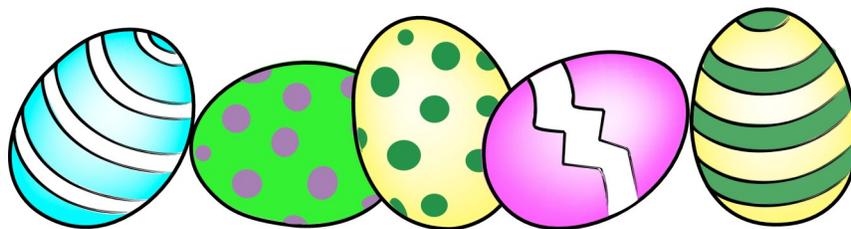


# APRIL EVENTS

**Friends & Family Kick-Off Party:** Our Kick-Off Party will be held in conjunction with our Birthdays and Bingo celebration for April! The event will be held on Friday, April 7th, at 2pm. Refreshments, door prizes, and bingo will all be part of the event, as well as we will be kicking off our Penny Wars competition and the 50/50 raffle ticket purchases! Be sure to bring all of your loose change to the event so that you can give your area a head start in the Penny Wars! Please be sure to sign up in advance for this celebration.



**Easter Egg Hunt:** I am very excited for this event. We will be hosting a family Easter Egg Hunt here at our Community Center! Youngsters and grandchildren are invited to attend, and with weather permitting, Easter Eggs will be hidden inside and outside of the Community Center. We will conclude the activity with some snacks and refreshments to be enjoyed by all who participate in the event. Please be sure to sign up yourself, as well as any guests/grandchildren that will be attending with you, and if you are looking to bring *more than 2 guests* to the activity please come speak with me to confirm. The Easter Egg Hunt will take place on Thursday, April 13th at 11am.



**Coffee & Conversations:** We will be hosting our second “Coffee & Conversations” on Friday, April 14th at 2:30pm. This is a great opportunity to check in with what the Wellness Department has in store, as well as share ideas for future Wellness activities, events and classes. We will have coffee and small treats to go along with our conversations, and please come prepared with Wellness-related topics to discuss. I look forward to seeing several of you there!



# APRIL EVENTS CONT.

**Pewabic Tile Factory Tour:** We have rescheduled our tour date for the Pewabic Tile Factory to be on Monday, April 17th at 9am. If you signed up for the original trip, your name will still remain on the tour list, and if you would like to be added to the tour please be sure to sign up in the Sign Up Book. Please also note that on this date the Main Office and Community Center will be closed for the Easter Holiday, however we will still be taking our trip down to the factory on that morning.



**Big Lots:** We will be taking a shopping trip to Big Lots on Thursday, April 20th at 11am. This store offers a great deal of discounted items—from groceries, to household items, to furniture. If you are looking to stock up on some items for your home please be sure to sign up for this trip!

**Senior Day at the Zoo:** It is that time of year again! Senior Day at the Zoo is scheduled for Wednesday, April 26th at 9:30am. This is a free event for seniors, and it includes trolley rides throughout the zoo, access to all exhibits, live music, and bingo! This was a fun activity last year, and I expect it to be the same again this year as well! Please note that if you choose to sign up for this trip, the cost of lunch and/or any souvenirs will be the responsibility of each resident. I hope to see you all at the zoo!



**Michigan By the Bottle—Wine Tasting:** For something a little different, I thought we would visit Michigan By the Bottle in downtown Auburn Hills and do a little wine tasting on a Friday afternoon! Our visit to the tasting room is scheduled for Friday, April 28th at 12pm. This wine tasting event will include 3 different wine samples, as well as some small bites & snacks to go along with the wine selections. The cost for each resident will be \$6, and this will include any transportation and bus fees for the day. Please sign up for this event no later than Monday, April 24th so an accurate number of attendees may be submitted to the tasting room. Thank you.





**OUR 2017 VVC**  
**T-SHIRT DESIGN!**





# Shining Star Nomination



The Shining Star award recognizes Presbyterian Villages of Michigan (PVM) employees who exhibit The PVM Service Standards of Excellence. Employees, Residents, Families, and Board members are eligible to nominate a PVM employee. Nominations that do not do a narrative will be accepted but will not be considered when determining the top 10 so please write more rather than less!

Name of Nominee \_\_\_\_\_ PVM Village \_\_\_\_\_

Email \_\_\_\_\_ Phone H( ) \_\_\_\_\_ Cell( ) \_\_\_\_\_

*All nominees must have completed at least 90 days of employment to qualify.*

**Criteria:** The Service Standards of Excellence are built on four core values, listed below, and these values serve as a standard against which every action and thought can be measured and support a culture where team members share their best work, their gifts and talents. Please write a summary on **at least one and as many as four**. Write below each core value, in your own words, why you feel this person meets that particular value. Use the **back** of this form for additional comments.

(1.) Listening with full attention to another person and seeking to understand. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

(2.) Relationships are our way of forming meaningful and genuine connections with our residents, each other and the community. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

(3.) Accountability is the willingness to accept responsibility and to deliver upon expectations. \_\_\_\_\_

\_\_\_\_\_

(4.) Respect is treating all with dignity and worth. \_\_\_\_\_

\_\_\_\_\_

Name of Person Submitting Form \_\_\_\_\_

PVM Village \_\_\_\_\_ Email \_\_\_\_\_

Signature of Person Submitting Form \_\_\_\_\_ Date \_\_\_\_\_

Please place an X: Employee \_\_\_\_\_ Resident \_\_\_\_\_ Family \_\_\_\_\_ Other \_\_\_\_\_

Please turn the completed nomination form directly to the PVM Human Resources **no later than April 30<sup>th</sup> of 2017**. You can email, fax, or mail materials to: Presbyterian Villages of Michigan, Human Resource Nicole Banks, 26200 Lahser Rd., Suite 300, Southfield, MI 48033, [nbanks@pvm.org](mailto:nbanks@pvm.org) or Fax 248.281.2096



# Shining Star Nomination



Name of Nominee \_\_\_\_\_

(1.) Listening with full attention to another person and seeking to understand. \_\_\_\_\_

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(2.) Relationships are our way of forming meaningful and genuine connections with our residents, each other and the community. \_\_\_\_\_

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(3.) Accountability is the willingness to accept responsibility and to deliver upon expectations. \_\_\_\_\_

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(4.) Respect is treating all with dignity and worth. \_\_\_\_\_

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# EASTER EGG HUNT

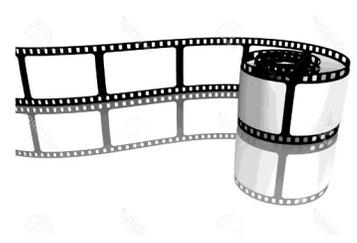


**THURSDAY, APRIL 13TH, 11AM**

**Join us for our first-ever Easter Egg Hunt at Oakland Woods! This is a family event, so grandchildren and youngsters are welcome to participate (please try to stay within 2 guests per resident). We will begin with the Easter Egg Hunt throughout the Community Center, and with weather permitting, some areas outside of the Community Center. Once the Easter Egg Hunt is complete, we will enjoy some light refreshments and treats together in the Community Room. Please be sure to sign yourself up, along with any guests you plan on bringing with to the event, so that the proper amount of refreshments may be purchased. Please let Daniela know if there are any questions or concerns, and we look forward to this fun event with you and your loved ones!**

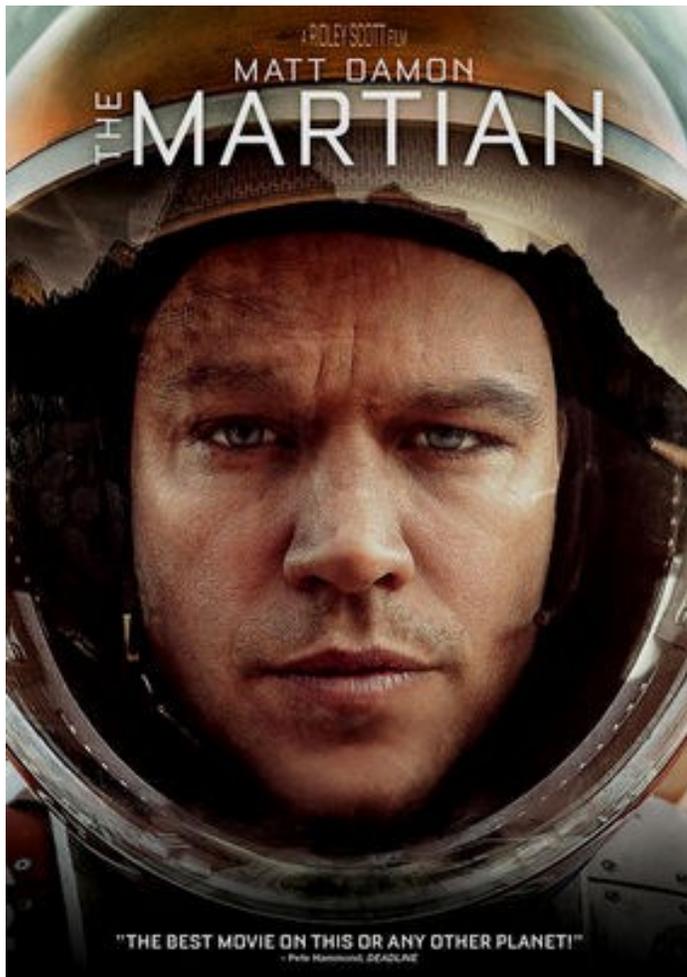


# Theater Thursday



**Thursday, April 6, The Martian:** Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment -- despite having only 28 days of supplies left.

**Thursday, April 27, Pan:** This fantasy drama based on J.M. Barrie's beloved tale about ageless sprite Peter Pan is reset in World War I. With pirates still roaming the landscape, Peter is transported to the magical kingdom of Neverland, where he's destined to become a hero.



April  
1 - 30

# 2017 FRIENDS & family

**YOU** can bring new **outdoor furniture**, like seating benches, and landscaping to **The Village of Oakland Woods!** With new furnishings, residents can enjoy their outdoor space more comfortably and safely.

Thanks to the generosity of donors like **YOU** who gave to last year's Friends & Family campaign, over \$3,000 was raised—and you gave residents a safer, more convenient automatic door opener at the community center!

**2017 Goal:**  
**\$4,000**

*You can enrich the lives of Oakland Woods residents and help them THRIVE in the community!*

### TO MAKE A GIFT:

See the front desk for a donation envelope or

**ONLINE:**  
pvmf.org/OaklandWoods

**CALL:**  
248.281.2040

**MAIL:**  
PVM Foundation  
26200 Lahser Road  
Suite 300  
Southfield, MI 48033



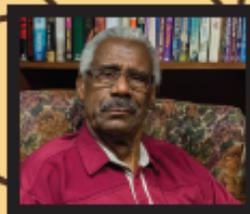
The Village of  
**Oakland Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Presbyterian Villages of Michigan Foundation is a 501(c)(3) nonprofit organization.  
Michigan Charitable Solicitation Registration #MICS 35871.

**GIVE TO  
YOUR LOCAL  
VILLAGE  
TODAY!**





## Gift Guidelines

- Gifts must be ***received by April 30, 2017 by the PVM Foundation office*** (gifts can be post-marked on or before April 30).
- Gifts must be ***designated for a Village Friends & Family project*** and cannot be a ticket purchase/admittance fee to a special event.
- ***Payments on existing pledges*** are eligible — please note that your gift is a pledge payment.
- Planned Gifts (e.g., Will, Charitable Gift Annuity, etc.) and New Pledge commitments are ineligible.



# APRIL SKIES SEEM BRIGHTEST

Elsie E. Halsey

*April skies seem brightest  
after winter's stay,  
for birds come winging home again  
that long have been away,  
to build a nest on branch or limb  
from bits of straw and string;  
and as they work, they carol  
their gladsome song of spring*

*April skies seem brightest  
after spring's warm rain  
when a rainbow spans the heavens,  
to remind us once again,  
that God has kept His promise  
just as He said He would,  
that He is God the Father  
and is great and kind and good.*

*Oh, April skies seem brightest  
when every bud is kissed,  
and flowerets open sleepy eyes  
to see if they've been missed.*



## Birthday Celebration!

The Birthday Party will be held on Friday, April 7. Please join us in the community room at 2:00pm for the celebration, bingo and refreshments!

- Wanda Jones ..... 4/3
- Clara Kelley ..... 4/4
- Shige Taylor ..... 4/4
- Bryant Madden..... 4/4
- Rosemary Williams .... 4/8
- Dolores Ochoa ..... 4/8
- Philomena Davenport4/11
- Ramona Bard ..... 4/12
- Diane Terry..... 4/16
- Portia Wynn..... 4/19
- Edna Martin ..... 4/21
- Marilyn Ross ..... 4/21
- Dianne Phillips ..... 4/22
- Herbert Edridge ..... 4/23
- Janet Bushman..... 4/26
- Sherry Watson ..... 4/26
- Irene Patterson ..... 4/27

## EASTER MEMORIES— Gladys billings Bratton

How I love to recall Easter morning  
when, as children, we rose with the dawn  
to hunt for the Easter eggs hidden  
in nests all around the green lawn.  
When bright-colored eggs filled our baskets,  
laughing, we all shared the fun,  
then a happy breakfast together  
as we counted the eggs one by one.

Soon after, we all dressed for church—  
I wore my dress of bright blue,  
my new Easter hat with ribbons and buds,  
and my beautiful gloves of white too!  
Then—Sister and Brother, Mother and Dad—  
together to church we would go,  
to rejoice in this day and to quietly pray

as the organ played softly and low.  
With each passing year I remember  
those mornings of joy long ago.  
though each Easter dawn brings  
its own loveliness,  
still precious those memories grow!

# Resident Council News

By *Judy Shatto*,  
Resident Council President

## Resident Council Board

**Judy Shatto**, *President*  
(248) 499-8574

**Dolores Ochoa** *Vice President*  
(248) 535-7306

**Vernice Johnson**, *Secretary*  
(248) 622-4470

**Catheryn James**, *Treasurer*  
(248) 891-9290

**Ruthie Griffin**, *Sympathy Cards*  
(248) 322-4222

## RESIDENT COUNCIL OFFICERS NOMINATIONS:

**President-Judy Shatto**

**Vice-President- Becky Bolden**

**Secretary- Philena Holdridge**

**Treasurer- Joyce Parlor**

The Amendment was ratified by our Resident Council at the March 28th, 2017 meeting:

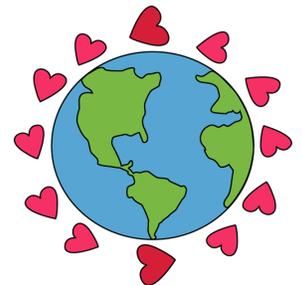
“In the event there is no nomination(s) the existing Officer(s) may run for the office next term.”

Elections will be held in May. Installation of elected officers and new area reps will be held in June. Anyone interested in being an area rep, please contact Judy. April is indeed a month of **NEW BEGINNINGS!**

## EARTH DAY is Saturday, April 22nd—This holiday has been celebrated since 1970.

Remember to take note of the 4 Rs: Recycle, Reuse, Reduce, Rethink!

Always recycle your water bottles and paper coffee cups, which if you didn't know, could circle the Earth over 50 times with the number that are currently trashed! We have recycling containers by the garage for paper & paperboard, cans, and plastics—please NO glass, garbage, or needles!



## PRIVATE PAPERS & DOCUMENTS ONLY RECYCLING: WEEK OF APRIL 17TH



It's back! We are offering the opportunity to recycle any and all private and confidential documents into a secure container located in the Community Center lobby during the week of April 17th. Please note that the office will be closed for the Easter Holiday on Monday, April 17th, however you will be able to bring your documents up to the office during the remainder of that week. Thank you.

# Resident Council News

By Judy Shatto,  
Resident Council President

## NATIONAL VOLUNTEER WEEK

National Volunteer Week is Sunday, April 23 through Saturday April 29. President Nixon established National Volunteer Week in 1974. Volunteers quietly and diligently work at their assigned tasks, many of which employees do not like to or have the time to do. Businesses, churches, and people in general could not survive without their dedicated volunteers! So, let us give a heartfelt THANK YOU to all the volunteers. Recognize them and tell them we appreciate them for all of their help!



## FRIENDS & FAMILY FUNDRAISER

The resident Council has given a generous donation from our treasury funds. Every resident, friend, or family member can donate any amount during the month of April. We have special envelopes you may obtain at the office—or ask either Kevin or Judy. What ideas or suggestions do you have for our 2017 fundraiser? There is a suggestion box located in the community room, or again, speak with Kevin with your ideas.



## LIBRARY COMMITTEE

We now have a new home for our library, in the Fireside Room. The previous Library will now be solely our Conference Room, for meetings and such, which will still be available for our use. We will be reorganizing the nice selection of books, which residents are welcome to borrow and read. We will also have a selection of children's books to borrow, when relatives and grandchildren visit.

## GARDEN CLUB

Our next meeting will be on Tuesday, April 11th at 2:00pm. We welcome more resident volunteers or friends of the community. There are always ways to get involved with the Garden Club!





# AS THE VILLAGE TURNS



After attending the funerals of four different friends from our Village, some thoughts came to mind as I observed the attending friends and families. I would like to share my observations, which surprisingly are filled with optimism and pure delight. During the funerals, not only were there tears of sadness and loss, but also joy, smiles, and laughter—yes, I said laughter! I have to say, it was enjoyable. We were celebrating their lives. I was glad I was in their presence of sharing all of the friends and families' connections of immense love and caring. The comradery amongst all was warming and uplifting to my heart, and I am sure to all there.

Now, I realize many seniors at this time in their lives may not have many relatives or friends left to share life with, but have you given thought to the vast wealth of knowledge and life experiences seniors have absorbed in their lives? Seniors living alone have tons of extremely interesting stories and memories to share with others, which sad to say, sometimes go unnoticed. Many are fortunate enough that they DO have friends and families to share their lives with.

So, whether you know, see, meet or are a senior, take time to say hello or talk to them. Perhaps, even set up a regular visit. Invite them to lunch and get to know them, or perhaps include them in events. Ask them to share some of their experiences with you. You will find there is so much more than just a higher number of age difference. In fact, many times there's an unexplained familiarity between children and teenagers with seniors that is uncanny. They GET each other. What fun! How is that not just beautiful and encouraging? As I said, what knowledge lies beneath the surface of a senior citizen—we are just older, that's all!

Don't wait to go to their funeral to be amazed when you hear about your friend or family member's life. Reach out now, and really get to know and appreciate them.

Happy Spring! And Happy Easter!

Blessings to you,

Judy

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 10:00 Strength Training 11:00 VVC-Volleyball 2:00 Bible Study	4 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Walmart & Chase	5 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit 1:45 Walking Group	6 9:00 Stretch & Flex 10:00 VVC-Lip Sync 1:00 Theater Thursday	7 10:00 Balance & Core 11:00 VVC- Puzzler 2:00 Birthdays & Bingo/ Friends & Family Kick-Off Party	8
9	10 <b>NO EXERCISE</b> 2:00 Bible Study	11 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic 1:00 Meijer 2:00 Garden Club	12 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit 1:45 Walking Group	13 9:00 Stretch & Flex 11:00 Easter Egg Hunt <b>FRUITS AND VEGGIES</b>	14 10:00 Balance & Core 11:00 VVC-Bean Bag & Hoop Shoot 2:30 Coffee & Conversations	15
16	17 <b>NO EXERCISE</b> <b>OFFICE CLOSED</b> **9:00 Pewabic Tile Factory Tour** <small>**Please note that our trip will still occur, even though main office is closed for holiday.**</small>	18 9:00 Balance & Core 11:00 TOPS 11:00 Blood Pressure Clinic & Bingo 1:00 Hollywood Market <b>SECURE DOCUMENT DISPOSAL WEEK</b>	19 9:00 Prayer Group 10:00 Strength Training 11:00 Village Chorus 1:00 Sit & Be Fit 1:45 Walking Group	20 9:00 Stretch & Flex 10:00 VVC- Lip Sync 11:00 Big Lots Shopping Trip <b>FOCUS HOPE</b>	21 <b>NO EXERCISE</b>	22
23	24 10:00 Strength Training 11:00 Kroger Marketplace 1:00 Phone, Mail, & E-scams Presentation 2:00 Bible Study <b>FREE TABLE</b>	25 9:00 Balance & Core 10:00 VVC-Puzzler 11:00 TOPS 11:00 Blood Pressure Clinic—Seminar 2:00 Resident Council Meeting	26 <b>NO EXERCISE</b> 9:00 Prayer Group 9:30 Senior Day at the Detroit Zoo! 11:00 Village Chorus	27 9:00 Balance & Core 10:00 VVC-Lip Sync 1:00 Theater Thursday	28 10:00 Balance & Core 10:45 VVC-Volleyball 12:00 Michigan by the Bottle: Wine Tasting	29
30	1	2	3	4	5	6

# MAY

**Presbyterian Villages  
of Michigan  
Mission Statement**

Guided by our  
Christian heritage,  
we serve seniors of  
all faiths and create  
new possibilities for  
quality living.

[www.pvm.org](http://www.pvm.org)

# Office Number

**(248) 334-4379**

## Village Staff

**Kevin Centala**

*Administrator*

**Sharon Benton**

*Administrative Assistant*

**Carolyn Mancos**

*Administrative Assistant*

**Jack Johansson**

*Leasing Specialist*

**Danette Pye**

*Service Coordinator*

**Daniela Blechner**

*Wellness and Activities Coordinator*

**Matthew Myers**

*Maintenance Tech*

**EMERGENCY MAINTENANCE**

*(248) 330-0213*

**On-Site Security**

*(248) 917-2539*



**Presbyterian  
Villages**  
OF MICHIGAN

THE FOUNDATION

**Presbyterian Villages of Michigan Foundation** serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit [www.pvmfoundation.org](http://www.pvmfoundation.org)

**Embrace the possibilities**

**Pontiac, MI 48341-3145**

**420 S Opdyke Rd**

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

**Oakland Woods**  
The Village of

