



# Attorney General Bill Schuette's **Senior Brigade**

A MICHIGAN SENIORS INITIATIVE



July 2011  
Number 15

## **Travel Tips**

- Airplanes aren't as clean as you think.
- Most credit card rewards are nonrefundable.
- RV rentals can have hidden fees.
- Cell phones on cruise ships will drown you with fees.
- Get the facts about "Free Flight" vouchers.

Click [here](#) to learn more.



Source: [www.aarp.org](http://www.aarp.org).

## **July is Parks & Recreation Month**

Since 1985, America has celebrated July as the nation's official Parks and Recreation Month. This year's theme is "Rock Your Park!". The National Recreation and Park Association (NRPA) promotes several ways for you to "Rock Your Park" in July.



### **Take the Five in July Park Pledge**

July 2011 offers five Fridays, Saturdays, and Sundays. Create a healthy lifestyle by getting out to your local park, trail, swimming pool, playground or nature area each weekend. Make a personal commitment to get outdoors by signing the NRPA's Take the Five in July Park Pledge. Visit [www.nrpa.org](http://www.nrpa.org) to take the pledge.

### **2011 "Rock Your Park" Flash Mob Contest**

Have your group or organization show how great your parks and recreational areas are by creating a flash mob. A flash mob is a group of people who assemble suddenly in a public place, perform an unusual and sometimes seemingly pointless act for a brief time, then disperse, often for the purposes of entertainment. NRPA will choose one park and recreation agency and one citizen group as winners! Visit [www.nrpa.org](http://www.nrpa.org) for more details. Contest entries are due by August 1, 2011.

## **Stay Healthy & Active This Summer!!**

To keep your diet in check while you are out and about, go to the [National Institute on Aging](#) website, and check out their publication "[Healthy Eating After 50](#)" for sound advice that can promote healthy dietary habits.

The Senior Brigade website includes helpful resources on their "[Stay Healthy & Active](#)" featured links page, including one that could put you in touch with Michigan Clubs & Activities. Clicking [here](#) will give you an "in" on filling your social calendar for the entire summer with all that Michigan has to offer to the senior community.