

Newsletter

January/  
February  
2022

20100 Stephens  
St. Clair Shores,  
MI 48080

**ST. CLAIR SHORES**  
Senior Center for Active Adults

**Senior Activity  
Center  
Phone Numbers**

Main:

(586) 445-0996

Helping Hands:

(586) 498-2339

SMART

Transportation:

(586) 498-2331

**Fitness Center**

**Hours:**

M-TH: 7am-7pm

F: 7am-4pm

**Office Hours:**

Monday-Friday

9 a.m. - 3:30 p.m.



**Latest updates and information can be found on  
our Facebook.**

**Find us on Facebook: St. Clair Shores Senior Center  
(50+)**

**facebook.com/stclairshoressenior**





# Senior Center Updates



We hope you had a great Holiday Season! As we look into the new year, you will see that we have added two fitness new classes: Senior Upper and Senior Lower Body Strength Training with Miriam. Our Holiday Party was a hit and we hope that you will join us for our Valentine’s Day party in February. Details on all of these events are inside the newsletter.

Due to the ever-changing COVID-19 protocols, events and activities are subject to change. We will do our best to update you as quickly as possible on any last minute changes. Our current procedure is as follows: If a member informs the Senior Center staff that they have tested positive for COVID-19, we will contact those who were in the same class, event, or room as that person. No one’s identity will be revealed in the process.

## Office Closure Dates

## News Box

The Senior Center staff will not be in the office on February 21st. The fitness center will be closed, meals will not be distributed, and there will be no SMART transportation on this day. If Southlake Schools are closed due to inclement weather, the Senior Center is closed as well.

The Senior Center News Box contains our newsletters and any other important news we might want to share with you. This box is available 24/7, 365 days per year for your convenience. Keep an eye on it as we add brochures and documents all the time.

## City of St. Clair Shores Council Meetings

January 3                      February 7  
January 18 (Tues.)      February 22 (Tues.)

Meetings are broadcast on SCSTV as well as online through the Media Center.



# Daily Schedule

Details provided within newsletter

Please note: All programs, card groups, and fitness classes require membership.

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am Hatha Yoga	9 am Silver Sneakers	9 am Hatha Yoga	9 am Silver Sneakers	8:30 am Hatha Yoga
9 am Upper Body Strength Training	9 am Knitting & Crocheting	10 am Chair Exercise & Yoga	9 am Lower Body Strength Training	9 am Upper Body Strength Training
10 am Audio Tape Exercise	9 am Lower Body Strength Training	10 am Reiki	11:30 am Lunch	10 am Audio Tape Exercise
10 am Coffee w/ Kevin Hertel (1st Monday)	11:30 am Lunch	10 am Brain Fitness (Third Wednesday)	12:45 pm Wii Games	11:30 am Lunch
11:30 am Lunch	12:30 pm Hand & Foot (card game)	11:30 am Lunch	1 pm Cornhole	12:30 pm Mahjong
12 pm Pinochle	12:45 pm Wii Games	12:30 pm Euchre	2:30 pm Hatha Yoga	2:30 pm Pickleball
12:30 pm Movie (2nd & 4th Monday)	1 pm Tai Chi	5 pm Caregiver Support Group (1st Wed)		
1 pm Line Dancing	2 pm Beginners Tai Chi	6 pm Zumba		
3:30 pm Pickleball	3 pm Mexican Train Dominoes (2nd & 4th Tuesday)			
6 pm Zumba				



## Knitting/ Crocheting

Craft Room

**When: Tuesdays**

**Time: 9:00am**

Come join your friends and showcase your talents! Want to learn? Many of our talented members have the time and patience to teach you.



## Movie Day

Carol Klein Board Room/Conference Room

**When: January 10th & 24th  
February 14th & 28th**



**Time: 12:30pm**

Meet a friend for a movie at the Senior Activity Center! Bring a snack or drink to enjoy during the movie. Call for details on what's showing. If you have a suggestion for a movie, please let us know: (586) 498-2413.

## Rummikub

A new group playing Rummikub is looking for more players. Join them Wednesdays at 12:30 pm in the Gathering Room. If you haven't played in a while or are looking to learn, please stop in. Everyone is welcome.



## Mahjong

**American Mahjong** meets every Friday at 12:30pm in the Craft Room.

If you are interested in learning **Chinese Mahjong**, a long-time player would like to offer her knowledge and teach you the game. Please call the Senior Center if you are interested in a lesson on Chinese Mahjong (586) 498-2413.

## Card Playing

**Pinochle** players meet every Monday from 12pm-3pm in the Gathering Room.

**Hand & Foot** players meet every Tuesday from 12:30pm-2:30pm in the Gathering Room.

**Euchre** players meet every Wednesday from 12:30pm-3:45pm in the Multipurpose room.



## Cornhole

On Thursdays at 1pm our very own Senior Center member Bill M. is hosting cornhole in our Multipurpose Room. Everybody is welcome. Give it a try!



## Dominoes



If you enjoy playing Mexican Train Dominoes or would like to learn how, we would be happy to have you join us every second and fourth Tuesday from 3pm-5pm. The group goes out for dinner afterwards.

## Wii Games



Wii bowling and golf are available to play. Join us on Tuesdays & Thursdays at 12:45pm in the Boardroom for some fun games! Try other games like Jeopardy and Wheel of Fortune as well.

## Billiards

The pool table is open. The table is available from 7am until 7pm Monday—Thursday and 7am-4pm on Friday on a first come, first served basis.



## Bocce and Shuffleboard Courts



Courts will be open if it is warm enough. With the weather fluctuating, you could find a day to play. Bocce and shuffleboard are free to play, but you must be a member of the Senior Center to utilize the courts. Shuffleboard is available indoors as well.

## Indoor Pickleball Group



Pickleball players are coming together inside our Multipurpose room on Mondays at 3:30 pm and Fridays at 2:30 pm. Must be a member of the Senior Center to participate.

## Ping Pong

Looking to play a game of ping pong? Give us a call at (586) 498-2413 to reserve a date and time for you and a friend!



## Valentine's Day Party

Join us **February 10th from 12-2pm** for a fun Valentine's lunch with your fellow Senior Center Members. Enjoy raffle prizes, 50/50, and a delicious meal. \$12 paid in advance will secure your spot. Deadline for to make a reservation is February 4th. This party will be limited to 80 attendees.



## Take Charge! Help Prevent Health Care Fraud and Abuse

Could you be a victim of a Medicare scam? Medicare misuse and abuse affects all older adults, costing taxpayers billions of dollars while putting beneficiaries' health and welfare at risk. Join us for a presentation by the Michigan Medicare Medicaid Assistance Program, and learn how to identify Medicare fraud and scams, the steps to take to report them, and how to avoid becoming a victim yourself. This seminar will occur on **Thursday, February 17th** at 1:30 pm. You must sign up for this free presentation by stopping at our office window or calling (586) 498-2413.



## It's Bingo Time!!!!

Come and Join us!  
Friday, February 18, 2022  
1:00pm—2:30pm  
\$5.00 each



Preregistration required by Friday, February 11, 2022

Please register at Front Desk with a SCOTS Board member on Monday or Tuesday  
8:30 am—12:00 pm

See Judy W. or Judy M.



## Remembrance Ceremony—Healing a Grieving Heart



Join Jill Wrubel as she leads us in a ceremony and ritual to recognize a life change and honor that change. This program is open for those who have experienced a significant loss, which can include not only the loss of a loved one, but also a beloved pet, divorce, job, home, or way-of-life as you knew it. Inspirational, informative and engaging—-weaving thoughts into sacred space as Jill takes us on a journey towards healing our heart. Jill can help you be able to handle situations whether it be minute by minute or hour by hour, or day after day. She understands that expectations of so many annual gatherings and events can feel burdensome for so many; as well as those who may not have so many gatherings. You will join in a guided imagery seasonal meditation and a closing candle ceremony. Participants will each light a candle centered within our own individual space, and speak a word or phrase - to create a way to “fit things together” in our heart and in our mind. **February 2nd, from 1-2:15pm in the Multipurpose Room.** Must sign up in advance by phone or at office window. (586) 498-2413. Donations will be accepted at the end of the ceremony.

## Caregiver Support Group

### Gathering Room

**When: First Wednesday of the month**

**Time: 5:00 p.m.**

The caregiver support groups are designed to provide emotional, educational, and social support for caregivers. They help participants develop methods and skills to solve problems and maintain their own personal health while caring for their loved one. Call Mary Jo to sign up: (313) 642-2000. We thank Sunrise and Brightstar Care for providing this program.



## One-on-One Computer Class with Brendan Ross



Get help understanding desk top computers, laptops, iPhones, iPads, and Apple Watches. Brendan can also help you learn about Facebook, email accounts, and accessing the internet. A one-on-one session is **\$20**. Pre-payment due in order to schedule class. Call **(586) 498-2413** for details.

## Adult Skate

### Civic Arena

**When: Tuesdays & Thursdays**

**Time: 9:30am—11:30am**

The Civic Arena, next door to the Senior Activity Center, is offering Adult Skate on Tuesdays and Thursdays from 9:30am until 11:30am. Price is \$3 per person. Inquire with any questions at the Civic Arena window.



## Blood Pressure Checks

**9:45 am to 10:45 am**

### Lifelong Learning Room

Every Monday from 9:45 am to 10:45 am, you can get your blood pressure checked in the Lifelong Learning Classroom.



**FIRST MONDAY MORNINGS**  
WITH REP. KEVIN HERTEL

**10AM-11AM**

**SENIOR ACTIVITY CENTER**  
20100 STEPHENS  
ST. CLAIR SHORES





# Senior Center Day Trips

## Greektown Casino

**When: Friday, January 28th & Wednesday, February 23rd**

**Time: 9:30am—2:00pm**

**Price: \$5**

We had a lot of requests to return to the casino in January and February. Grab a friend and your luck! Sign up for either or both trips. Lunch on your own at a restaurant in Greektown.



## Stahs Auto Museum

**When: February 15th**

**Time: 12:30pm-3:00pm**

**Price: \$5**

Join us for this unique museum trip! From their website: "A visit to the Stahs Automotive Foundation will take you back to a time in history when cars were more than just a way to take us from point A to point B. Gain a better understanding of how the automobile developed from a novelty to a main form of transportation. In addition to the beautiful cars, enjoy the collection of gas pumps, road signs, oil cans and other car-related accessories from the Depression era." Lunch on your own after at a local restaurant.



## Lunch at Gilbert's Lodge

**When: February 8th**

**Time: 12:15pm-2:15pm**

**Price: \$5**

Enjoy lunch with your friends at Gilbert's Lodge. \$5 van fare will hold your spot. Lunch on your own. Bus will leave Senior Center at 12:15pm.



## Royal Eagle Valentine High Tea

**When: February 17th**

**Time: 11:15am—2:30pm**

**Price: \$36**

Back by popular demand, a trip to the Royal Eagle for a High Tea has been scheduled. From their website: "... [The] Royal Eagle offers a seven-course Russian Tea luncheon, featuring an exotic selection of luncheon foods, homemade soup, finger sandwiches, and other heavy hors d'oeuvres, as well as a selection of tea varieties from around the globe." If you missed out last time, be sure to sign up quickly for this one-of-a-kind experience!



# Wellness Classes

## Hatha Yoga

Senior Center Multipurpose Room

**Mondays & Fridays**

**Time: 8:30am**

**Thursdays**

**Time: 2:30pm**

**\$5 Drop-in or \$45 Punch Card**

James Abney teaches a mix of Hatha Yoga adding his own personal touch. He focuses on the community of the class in an attempt to make it light hearted and yet a serious practice. James has been teaching for 18 years and his classes fit every level, especially those new to yoga.



## Chair Yoga & Exercise

Senior Center Multipurpose Room

**Wednesdays at 10:00am**

**\$5 Drop-in or \$45 Punch Card**

Chair yoga and exercise is a 40 minute workout of arms, legs, and a full range of motion. A single light weight (1-5lbs) is recommended, but not required. James Abney, Yoga Instructor, will work to strengthen your core, tone your muscles, relax your neck, loosen your shoulders, and get a full body stretch.

## Beginner Line Dance Class

Senior Center Multipurpose Room

**Mondays at 1:00pm**

**\$5 Drop-in or \$45 Punch Card**

This class is fun and has easy to follow dance steps that promote physical and mental wellness. It is designed to provide heart health benefits of an aerobic exercise while also engaging in social activity. No experience necessary! Buy a punch card for \$45.



## Brain Fitness

Join us for Brain Fitness with



Marcia from CARE of

Southeastern Michigan on the third Wednesday of every month. Marcia will be at the Senior Center from 10:00am until 11:30am. Marcia will share the latest research and information on brain health. Participants will engage in activities to challenge the mind. Come prepared to laugh and learn! **You must call to sign up as this class is limited to 15.** (586) 498-2413. **Masks required at this class.**



## Tai Chi

Senior Center Multipurpose Room

**Tuesdays at 1:00pm**

**\$5 Drop-in or \$45**

**Punch Card**

Tai Chi offers a unique form of meditation with low impact movement. Arlene Wetherby instructs students to increase muscle tone, balance, and flexibility.



## Audio Tape Exercise

Senior Center Multipurpose Room

**Mondays & Fridays at 10:00am**

Get moving with audio tape exercise. This free class gets your blood moving and provides a good array of exercises over a 30 minute period.



## Beginner Tai Chi

Senior Center Multipurpose Room

**Tuesdays at 2:00pm**

**\$5 Drop-in or \$45 Punch Card**

Tai Chi instructor, Arlene Wetherby, has started to offer a beginner Tai Chi class. If you are interested in learning about Tai Chi, this is the class to help get you started.

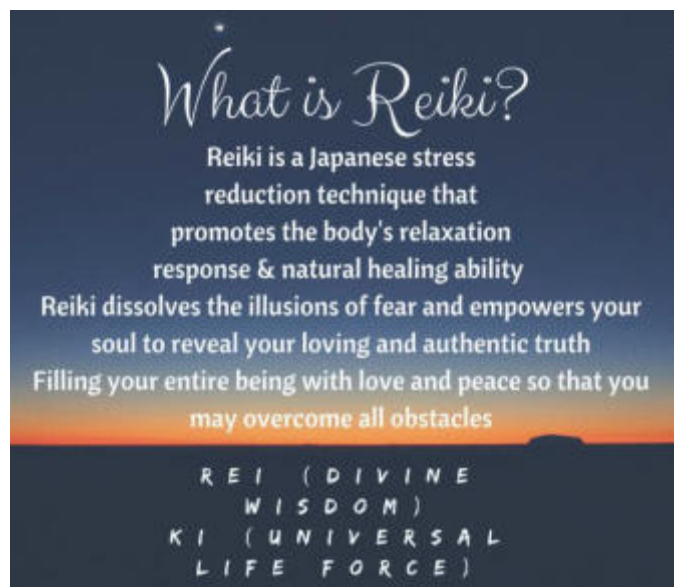


## Reiki

Carol Klein Board/Conference Room

**Wednesdays from 10:00am-12:00pm**

Terri asks that you meet at the Senior Center between 10am and 12pm. You do not need to sign up for this beforehand and there is no charge. You can call (586) 498-2413 with any questions.



# Wellness Classes

## Low-Impact Zumba

Blossom Heath Beach House

**Mondays & Wednesdays**

**STARTING January 24th**

**Time:** 6:00pm

**\$5 Drop-in or \$45 Punch Card**

Low-Impact Zumba focuses on easy to follow choreography, balance, range of motion, and coordination! You'll love this class and the atmosphere that instructor Michelle Sand creates. With the weather changing, the class will be meeting more inside the Beach House.



## Silver Sneakers

Senior Center Multipurpose Room

**Tuesdays & Thursdays | Time:** 9:00am

Join us for this all-level workout. Silver Sneakers includes chair and standing exercises. Call your healthcare provider to see if you qualify to take this class for free. If this is not covered by your insurance provider, members and non-members may drop in for a \$3 fee per class. Come early as the number of chairs available are limited. Thank you to Sunrise on Vernier for providing water and treats to our Silver Sneakers attendees. **No class on February 10th.**

## Total Body Strength Training

Blossom Heath Beach House

**Monday, Tuesday, Thursday, Friday**

**FIRST CLASS January 31st**

**Time:** 9:00am

**\$5 Drop-in, \$45 Punch Card,**

**OR \$35 for February—April**

Miriam offers these classes for seniors who are ready to challenge their body and practice regularly to improve strength and endurance.

**-Upper- Every Monday and Thursday.**

**\$35 for February—April**

Bring own tubing or bands and light weights-standing exercises. 3 sets of 12 reps each exercise! First class 1/31.

**-Lower/Core- Every Tuesday and Friday.**

**\$35 for February—April unlimited classes. Circuit-1 minute work, 1 minute rest using weights & wall exercises.-standing exercises. First class 1/31.**



## Wellness Classes Schedule

Class & Instructor	Day	Time	Location	Class Fee
Line Dancing w/ Sandy	M	1:00pm-2:00pm	Senior Center	\$5*
Low-Impact Zumba w/Michelle	M & W	6:00pm—7:00pm	Blossom Heath Beach House	\$5*
Hatha Yoga w/James	M,W,TH, F	8:30am M & F 9:00am W 2:30pm TH	Senior Center	\$5*
Audio Tape Exercise	M & F	10:00am-10:30am	Senior Center	Free
Total Body Strength Training	M,TU,TH, F	9:00 am– 10:00am	Blossom Heath Beach House	See news- letter
Silver Sneakers	TU & TH	9:00am-10:00am	Senior Center	\$3**
Tai Chi w/Arlene	TU	1:00pm-2:00pm	Senior Center	\$5*
Beginner Tai Chi w/ Arlene	TU	2:00pm-3:00pm	Senior Center	\$5*
Chair Yoga & Exercise w/James	W	10:00am-10:45am	Senior Center	\$5*
Reiki w/Terri	W	10:00am-12:00pm	Senior Center	Free
Brain Fitness w/ Marcia	Third Wed.	10:00am-11:30am	Senior Center	Free

**Call with any questions: (586) 498-2413**

**\*Punch card available at Senior Center. \$45 for 10 punches/classes**

**\*\*May be covered by your insurance**

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Assisted Living (586) 791-2471  
Senior Housing (586) 792-6441

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### Adult Day Services

Our Adult Day Services are funded under Title III of the Older Americans Act from the Area Agency on Aging 1-B through the Michigan Aging and Adult Services Agency.

Providing support and respite for caregivers and their loved ones!

MACOMB  
23401 Jefferson Ave.  
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## Calling All Volunteers!



Would you like to help out the Senior Activity Center? Thanks to your wonderful responses, we have filled all of our volunteers at the front desk. However, we are looking for substitutes for this spot and we are also looking for people interested in helping to assist us with setup before, during, and after a party or big event.

We are also looking for volunteers to help setup and run coffee for the Senior Activity Center. If you are interested. Give us a call to sign up for anything here:

(586) 498-2414. We would love to have you assist us!

### Message from The SCOTS Board: Thank you, thank you, thank you!

The Senior Center of the Shores (SCOTS) Board would like to thank our members, friends, and community for their support. It was announced on Tuesday, November 30th by First State Bank that we received \$5,000 as one of the winners of their Banksgiving Grant Event.



We are looking forward to seeing our plans for the patio area come to a reality in the next year. Our members will benefit from the opportunities to garden and enjoy the patio. Keep an eye on the next Newsletter when we call for our first gardening group meeting.

We would also like to thank our members of the Senior Center for their generosity in providing so many warm socks. We distributed them to MCREST and Big Family of Michigan. Thank you for your continued support with providing our members and community with Senior Care.



### SCOTS Board—Amazon Smile Account

1. Login to your Amazon account.
2. Type in Smile in the search area, click on “You shop, AmazonSmile donates”
3. Type in Senior Center of the Shores, Click on Confirm Charity.
4. This generates donations to the SCOTS Board at no extra cost to you.



## New to SMART Transportation?

The Senior Center welcomes new riders on our SMART transportation vehicles every week. Before riding, please familiarize yourself with the following highlights below. Additional details can be found on the following pages.

- SMART transportation through the St. Clair Shores Senior Center is only available to St. Clair Shores residents.
- Rides to doctors or for shopping trips are available from 8:00am until 2:00pm, Monday through Friday.
- Expect a 15 minute window before and after your pickup time as to when the driver will arrive.
- You must be ready to return home by 2:00pm. **Riders must call dispatch by 1:30pm for return trip.**
- The radius for transportation is approximately 8 miles from the Senior Center.
- Currently, you must wear a mask at all times, when approaching, riding, and exiting the bus. Mask must cover both nose and mouth.
- Only one roundtrip ride per passenger per day.
- Only bring on the bus what you can carry. Do not leave personal belongings. SMART drivers are not responsible for others' personal belongings.
- Make your appointment in advance as early as possible.
- Drivers are only able to pickup and drop off at the curb.
- There is a wheelchair lift available. Wheelchairs must have seatbelts.
- Caregivers are welcome, but must wear a mask as well.
- Call (586) 498-2331 as soon as possible if you need to cancel or reschedule your ride.
- Medical appointments have priority over errands.
- If you're ready to take a ride, give us a call at (586) 498-2331. Office hours to schedule transportation are Monday through Friday from 8am until 3pm.
- Please note, transportation **will not be available** on February 21st.





The St. Clair Shores Transportation Service provides seniors & disabled adult residents with transportation. Rides are scheduled first come, first served basis. Space is limited; however, we will do our best to accommodate your request. **Same day service is not available. Leaving a message does not secure an appointment.**

In order to ensure a return ride, your call must be into the transportation department by 1:30 p.m. in order to be picked up no later than 2pm (Mon-Fri). If a change arises and you do not need return transportation, you must notify dispatch.

**Monday—Friday: 8:00am –2:00pm**  
**Saturday (Shopping): Temporarily unavailable**  
 Call **586-498-2331** to make an appointment.  
 Bus reservation hours: **8:00am to 3:00pm.**

See boundary lines drawn in red on map for service area.

- All vehicles offer curbside service to medical appointments, grocery shopping, volunteer jobs, banking and other miscellaneous destinations within the 8 mile service area (see map).
- **Priority is provided to residents needing medical appointments. No one can be transported that is showing or experiencing symptoms of COVID-19. This is for the safety of our drivers & fellow passengers.**

The charge for the service is \$1 each way within the City of St. Clair Shores. Appointments can be made for medical offices outside of the city within a 8 mile radius (see map) for \$1.50 each way.

**When making an appointment, please provide:**

- NAME, PHONE #, ADDRESS, and TIME of where the driver will be PICKING YOU UP.
- ADDRESS, PHONE #, and TIME of appointment where they will be DROPPING YOU OFF.
- Drivers provide curbside pick-up; if you require more assistance you are able to bring a caregiver FREE of charge.
- Are you in a wheelchair or require the lift to enter the vehicle? Please provide this important information when making your appointment.

**COVID-19 UPDATES**

Due to COVID-19 , all passengers are required to wear a mask when entering the bus and during the entire bus ride. **If you are not wearing a mask over your face and mouth, you will not be allowed to board the bus.** Please practice social distancing with other passengers and drivers. Our goal is to try our best to keep passengers and drivers as safe as possible. If you are experiencing any flu-like symptoms, please stay home and cancel your ride.

Saturday service is suspended until further notice.

**CANCELLATIONS / RESCHEDULE**

- If an appointment changes or needs to be cancelled/ rescheduled, please contact transportation department at **586-498-2331** as soon as possible. Please leave a message with your name and phone number if you are unable to get through to the transportation department. Your call will be returned.
- Please allow a 15 minute window before and after your reservation when booking your appointment time. We want to ensure our drivers get to you safely.

**Physical or Verbal Abuse WILL NOT be Tolerated**

If a passenger physically or verbally abuses SMART employees and/or other passengers, that passenger is subject to immediate probation and/or temporary suspension of services.

**Suspension of Service and Appeal**

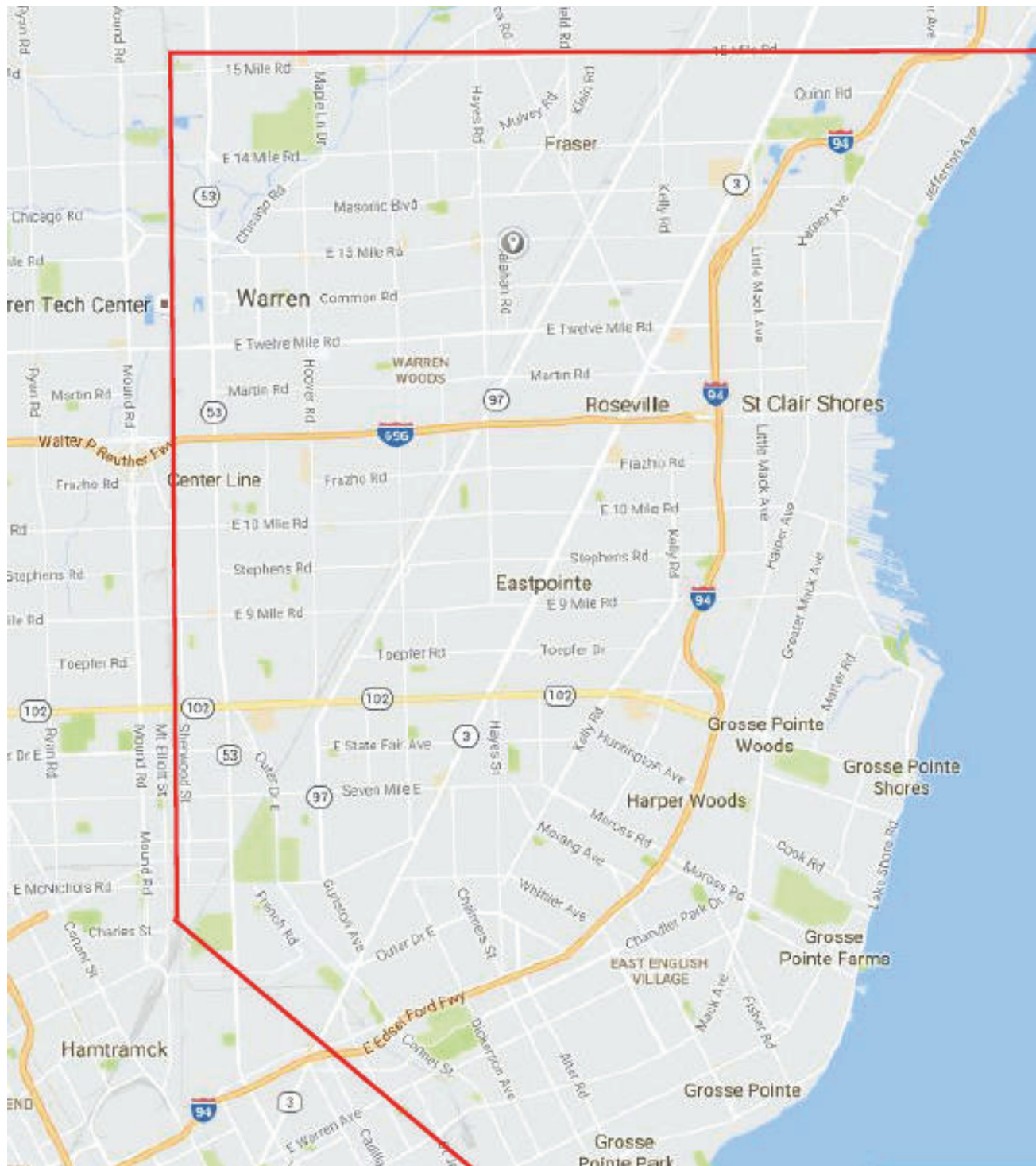
If a passenger is in violation of these guidelines, a warning/ suspension letter and, “Notice of Right to Appeal Suspension” form will be mailed to the passenger outlining the potential disciplinary action:

- 1st Violation : 7 day suspension
- 2nd Violation : 14 day suspension
- 3rd Violation: 21 day suspension
- 4th Violation : 28 day suspension

**Closures**

**If Southlake schools are closed due to inclement weather, there is no SMART van service.**

# SMART Service Area



- SMART service area goes as far North as 15 Mile, South—Beaumont Grosse Pointe, and West—Van Dyke.
- Safety belt must be worn during transport.
- Mask is required at all times during transportation. It must cover nose and mouth.
- If shopping, only purchase what you can carry as drivers cannot assist.

# MEMBERSHIP & FUNDING INFORMATION

## MEMBERSHIP

To be involved with the Senior Activity Center and our programs, we require you to be 50 years or older. An annual membership fee and form are required for participation every year. Residents pay **\$25** per year and non-residents pay **\$40**. Membership begins on the day of payment and is good for 1 year from the date registered. Payment accepted: Visa, MasterCard, Cash, and Checks made payable to the City of St. Clair Shores.

### Membership Renewal

The renewal date is indicated on your card. Upon renewal, you will receive a new membership card. When you sign up you will be asked to sign a release of information form along with a required survey from HUD. You may also make changes to your membership form to keep contact information up-to-date. You will not be able to participate in programs and services if your membership form is not current and/or it has not been properly filled out. **Memberships can be renewed or purchased at the office window or in the Fitness Center. Call with any questions: (586) 498-2413.**

### Accessibility

The Senior Activity Center and the City of St. Clair Shores actively seek and support participation by all people with a variety of interests and abilities in its recreational programs and services. The Senior Ac-

tivity Center will operate its services, programs and activities so that they are readily accessible to, and usable by individuals with disabilities. Please, let us know how we can serve you better.

### Hot Lunch Program

**The St. Clair Shores Senior Meal Program is funded in whole or in part by the Federal Older Americans Act and the Michigan Office of Services to the Aging 1-B. The Senior Center complies with terms and regulations of the Title V of the Civil Rights Act of 1964 as amended and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodation will be provided upon notification or request.**

The Senior Activity Center luncheon program contracts with the Macomb County Senior Nutrition, AAA 1-B, and the Michigan Office on Services to the Aging. In order to receive subsidies per meal we are required, by contract, to provide information on the participants of our meal program. A signed release of information is required, for reporting purposes, that go to the state and federal agencies that provide the funding for the program. Participants are asked to fill out a form that will be kept on file. These forms are updated annually. Participants must also sign their legal name each time they eat a meal. Each week, sign-up meal calendars will be made available. Please call for details: (586) 498-2339.

No membership is required for meals. Requested donation: \$5 (60 years+), \$6 (under 60 years old). **Prior sign-up for meals is required.**

### Funding for Staffing and Programs

The Senior Activity Center staff and operations receive funding in part from the Community Development Block Grant Funds (CDBG).



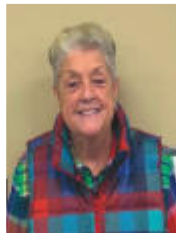
The Senior and Disabled Transportation Program receives its funding from SMART Municipal Credits, SMART Community Credits and Michigan Department of Transportation Specialized Services for staffing and operations. Due to our funding sources, information regarding demographics is required for membership. Incomplete demographic information will result in refusal of membership.

# Senior Advisory Committee (SAC)

The next meetings are Thursday, January 20th and Thursday, February 17th at the Senior Activity Center. We currently have an opening for a new member. To apply, pickup an application at the Center, City Hall, or online at: <https://www.scsmi.net/116/Boards-Commissions>

## SENIOR CENTER OF THE SHORES (SCOTS) BOARD MEMBERS

President: Patricia Binge



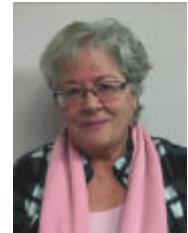
Treasurer: Jim Adzigian



Vice President: Fran Alexander



Secretary: Judy Molitor



### Members



Mary Cipriano



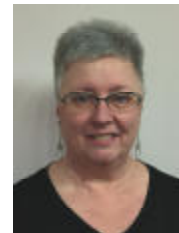
Marilyn McClure



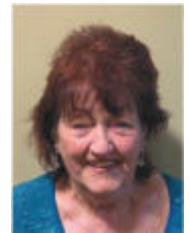
Judy Wendler



Jannett Williams



Candie Jagenow



Maggie Smith

### Message from the SCOTS Board

Don't forget that the green "Paper Retriever" bin on the west side of the parking lock helps raise funds for the SCOTS board. Only items accepted: Catalogs, Magazines, Newspapers, Junk Mail, Office Paper, Fax Paper, Notebooks, Folders. No cardboard or phonebooks are allowed or recyclable in this bin.



# Helping Hands Program

The Helping Hands program is designed to assist people in the community, age 50 and older. We can help you find programs that can assist you with grass cutting, leaf pick up, snow removal, chores, and much more. You can reach this program by calling Jeff at **(586) 498-2339** or stop in the office and speak with him directly.



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## HOUSING

Helping Hands has information on available senior housing. If you, or anyone you know, is in need of assistance for housing in St. Clair Shores and surrounding areas, please call Jeff at (586) 498-2339 for more information.

## HOME INJURY PREVENTION PROGRAM

This program was created to help prevent injuries in the homes of disabled and frail senior citizens who cannot otherwise afford safety devices. Safety devices included: grab bars, transfer benches, handheld shower heads and toilet assist rails. In addition, temporary modular ramps can be installed for a short term basis. For more information call (586) 469-6329.

## MACOMB COUNTY LOAN CLOSET

Helping Hands at the Saint Clair Shores Senior Center does not have ample room to operate a loan closet. However, Macomb County accepts and loans wheelchairs, canes, and walkers. Currently, they are accepting donations of wheelchairs, canes, and walkers. All equipment must be clean and in good working condition. Donations may be dropped off to: Macomb Community Action Office of Senior Services at 21885 Dunham Road, Suite 6, Clinton Township, MI 48036 Monday - Friday from 8:30 am - 5:00 pm.

## Meal Program

Our meal program is currently offered as indoor dining with your fellow neighbors. You must sign up for a meal inside the Senior Center at



least one week in advance as shopping occurs every Monday. For information regarding our lunch program, contact Jeff at (586) 498-2339. We serve a maximum of 40 meals per day. There will be no meal service February 21st. The suggested donation for meals is \$5 for those over 60 and \$6 for those under 60.

## Senior Citizen Mental Health Survey



A survey has been created by the Shores Network for Action and Prevention (S.N.A.P.) senior committee. S.N.A.P. is a coalition of stakeholders to promote the overall wellness of the community through awareness, education, and support on substance abuse and suicide prevention. The information gathered from this survey will be used to help Macomb County senior citizen advocates have a better understanding of the needs and status of the older adult community. This survey is available to be completed during normal business hours at the Senior Center. An easy-to-use computer tablet will be provided for you to anonymously submit your answers. Your voice matters! We know that some of these questions may bring up difficult or complicated feelings as you think about the past year. If you are in need of someone to talk to, please call the Macomb County Telephone Warm Line at (888) 733-7753. You are not alone.



Stop by the Senior Center office to fill out this survey any day after January 3rd, 2022.

## Macomb County Friendly Caller Program

During these times of disconnectedness and social isolation, who couldn't use a friend and a friendly voice saying, "Hello?" Program volunteers reach out over the phone to connect with Macomb County Seniors interested in a friendly social conversation. It's a no-pressure, informal, social call that can last anywhere from 10 minutes to 30 minutes depending on interest and natural flow of conversation on any particular day. Think of it as an old-fashioned front porch visit...over the phone. The Friendly Caller program is provided through the generous support of volunteers and Meals on Wheels of America. Interested in it for yourself or a loved one? Complete the form at: <https://mca.macombgov.org/MCA-Seniors-FriendlyCaller> or call: (586) 469-5228.



## Goldenberry Adult Day Caring Center



At the Senior Center, we often receive calls from our members who are looking for a little extra help during the day for their loved ones. Below we share information from our friends at Macomb Community Action that might assist those looking for such help:

“GoldenBerry Adult Day Caring Center is a state of the art program in Macomb County for individuals with Alzheimer's or dementia related conditions. The goal is to enhance quality of life for older adults impacted by dementia. The Center offers respite care for caregivers who are in need of assistance caring for their loved one. Staff provide continuous supervision and practice mandated safety protocols. GoldenBerry provides programs of both social and medical models geared at allowing those with physical and cognitive disabilities to remain in a safe and comfortable environment during the day. They are open Monday through Friday from 7:30 a.m. - 5:30 p.m. and attendance is flexible.”

For more information please call (586) 469-5580 or visit their website at: [mca.macombgov.org/MCA-Seniors-DayServices](https://mca.macombgov.org/MCA-Seniors-DayServices)



# Parks and Recreation Highlights

## UPCOMING EVENTS

### JANUARY

- 1-9** TUNNEL OF LIGHTS  
BLOSSOM HEATH, 5-9 PM
- 2** PAVILION RENTAL BEGINS  
CIVIC ARENA, 8:30 AM
- 15** AQUA FREEZE FESTIVAL  
BLOSSOM HEATH, 12-9 PM
- 16** AQUA FREEZE FESTIVAL  
BLOSSOM HEATH, 12-6 PM

### FEBRUARY

- 1** BOAT WELL RENTAL  
BEGINS FOR  
RESIDENTS  
CIVIC ARENA, 8:30 AM
- 20** DADDY-DAUGHTER  
DANCE  
BLOSSOM HEATH INN, 2 PM

CALL 586-445-5350 FOR MORE DETAILS.



# Veterans Day Ceremony

We honored our Veterans of the Senior Center on November 10, 2021.

Thank you to Councilman Dave Rubello for helping present and American House Senior Living for providing the supplies for this event.



# Halloween & Thanksgiving Party



Thank you to our wonderful sponsors and volunteers for making these events possible!

## Halloween Party Sponsors



**SCOTS Board**  
**Senior Center of**  
**the Shores**



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**ORCHARDS**



## Thanksgiving Luncheon Sponsors

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**Senior Center of**  
**the Shores**



**THE**  
**ORCHARDS**





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**CranberryPark.net**

26101 Jefferson Ave., North of 10 Mile, St. Clair Shores, MI48081

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