

Madison Heights

Active Adult Center

*For active adults in Madison Heights
and the surrounding area
age 50 & up!*

May 2021

A Note From the Coordinator

Spring is in full bloom at the Center and we could not be happier! I am pleased to announce that our scheduled appointments inside the Center are going well, and this month we will begin to offer even more activities inside the Center! In addition to the services currently being offered by appointment, as long as there are no changes to the Governor's Orders or the MDHHS or CDC COVID-19 guidelines, the AAC plans to begin offering reflexology- by appointment only! We are also starting a walking club on Tuesday and Thursday mornings at 10 am on the trail behind the Center. See page 6 for more info!

You will also notice we are advertising trips for the first time in over a year! Yay! As of now all trips will be through outside tour companies, and due to the pandemic, attendance will be at your own risk with plans subject to change. Please call the tour companies directly to learn more about their safety guidelines.

We will be offering three drive-thru and two parking lot events in May! Our first drive-thru event is a curbside craft, a coffee filter butterfly magnet. The free packet includes most of the supplies you will need to create two beautiful, colorful magnets. Our second drive-thru event is a MARVELOUS MAY BOOK GIVEAWAY! Our bookshelves are packed to the gills with books just beginning to be read. They have sat untouched since before the Covid-19 outbreak. For all of May we will be giving away a bag of books to everyone who asks (while supplies last). Call the Center at 248-545-3464 to let us know what your favorite type of books or favorite author are and give us your phone number. We will pick out a selection of books for you, contact you to let you know your books are ready, and deliver them curbside by appointment. They are yours to keep! We cannot take them back or accept any new books at this time. Our third drive-thru event is on May 4 and is May the Fourth Be with You! Attention Star Wars © fans- celebrate one of our most favorite and iconic movie sagas on its special day. Stop by and pick up a special goodie bag filled with everything a Jedi could want. See page 3 for more info on all of these events and make sure you call the Center ahead to RSVP. Spots are limited!

Our first parking lot event of the month is Parking Lot Bingo on May 7! From the warmth and safety of your own car, you will be able to play bingo with your friends. Wave to them, honk at them, cheer when a Bingo is called. Your favorite "Car Hops" will come around car to car and pass out all you need to play. Non-monetary prizes will be given out to the winners! Lastly, we love to party, and when we do it's always HOT HOT HOT! Muy Caliente!!! ...with social distancing of course! Come celebrate Cinco de Mayo on May 21 with snacks, entertainment, and more! Stay in your car or in your chair next to your car (or somehow socially distant). Spots are limited so please call to reserve your parking spot for both of these events!! See page 2 for more details!

And remember to check out our safety guidelines on pages 2 & 3 before you come to any of these events.

Besides working on our curbside, drive through and parking lot events, staff has been working extremely hard to provide essential services to our community. We are offering curbside services for essential items such as medical equipment and Focus Hope food boxes, answering phone calls, responding to emails, Facebook messages and voicemail messages regarding available resources, creating a modified monthly newsletter, offering virtual classes and activities, sharing virtual travel opportunities, and providing bus transportation to doctor appointments, grocery stores, and other essential errands.

Our newsletter is packed with lots of great information. For the latest updates on the AAC, like us on Facebook - Madison Heights Active Adult Center.

We have been enjoying spending time with so many of you at our drive thru and parking lot events as well as our classes at the Center! It has been great to see you again in person... socially distanced! We're happy that we are able to begin offering some services in person inside our building, and we look forward to opening more each month! If you have any questions, or if we can connect you with assistance, please don't hesitate to call the Center at 248-545-3464. Stay safe and be well!!

~ Jennifer Cowan

Madison Heights Active Adult Center Staff

Jennifer Cowan ~
Active Adult Coordinator

John Leuffgen ~
Part-Time Driver

Marie Murphy ~
Part-Time Driver

David Smith ~
Part-Time Driver

Bobby Daniels ~
Part-Time Driver

Heather Parker ~
Active Adult Assistant

Kathleen Faulkner ~
PT Driver/Office Asst

Tiffany Poole ~
Part-Time Receptionist

Gayle Verbiest ~
Part-Time Driver

Paul Gill ~
Part-Time Driver



The Madison Heights Active Adult Center's mission is to improve the lives of older adults age 50 and over through caring service, with opportunities for social interaction, recreation, basic support, education, volunteerism and community activism.

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*** SOCIAL DISTANCING EVENTS ***



PARKING LOT BINGO

Friday, May 7, 2021

1:00 pm - 2:00 pm

**Back by popular demand... another round of
Parking Lot Bingo!!!**



From the warmth and safety of your own car, you will be able to play bingo with your friends. Wave to them, honk at them, cheer when a Bingo is called.

Your favorite "Car Hops" will come around car to car and pass out all you need to play.

Arrive 15 minutes prior to game time to get set up.

**Make sure you are exercising safe practices:
wear your mask, stay in your car or in your chair next
to your car (or somehow socially distant) & make sure
you are symptom free.**



Prizes will be given out to the winners and everyone will receive a goody bag!
Spots are limited for this free event! Please call to reserve you parking spot!!

Please note: the Center will NOT be open to the public for ANY reason.



Post Cinco De Mayo

Friday, May 21, 2021

12:30 – 2:30 PM

**We love to party, and when we do it's always
HOT HOT HOT ! Muy Caliente!!!
..with social distancing of course!**



Snacks, Entertainment, and more!

Arrive 15 minutes prior to event to get set up.

**Make sure you are exercising safe practices:
wear your mask, stay in your car or in your chair next
to your car (or somehow socially distant) & make sure
you are symptom free.**



**Please RSVP for this incredible FREE event as
spots are limited and will fill up fast.
Don't miss out!!**

Please note: the Center will NOT be open to the public for ANY reason.

*** DRIVE THRU EVENT ***



For all Drive-Thru Events:

Please call ahead of event for availability and follow instructions and map below. All Drive-Thru events are for participants aged 50 and up. Please exercise safe practices; wear your mask, stay in your car & make sure you are symptom free.

COFFEE FILTER BUTTERFLY MAGNETS

Call the Center at (248) 545-3464 to schedule a May curbside pickup to get your FREE packet with most of the supplies you will need! While supplies last!



May the 4th Be With You



Tuesday, May 4th, 2021
11:00 am - 12:00 pm



Resistance fighter, Imperial Stormtrooper, Droid, Wookie...We love them all! Celebrate one of our most favorite and iconic movie sagas on it's special day. Stop by and pick up a special goody bag filled with everything a Jedi could want. Call 248-545-3464 to RSVP for this drive thru event. Spots will fill up at warp speed. Miss out, you do not!

Please enter the Dartmouth Street driveway off John R at the traffic light. Follow the driveway down to the back parking lot, drive around the building towards the front circle drive and enter the first driveway. Stop in front of the table by the front door, roll down your passenger window to receive your items, and then circle around to exit either driveway.



MARVELOUS MAY BOOK GIVEAWAY



When you give someone a book, you don't give him [or her] just paper, ink, and glue.
You give him [or her] the possibility of a whole new life."

— Christopher Marley —

Our bookshelves are packed to the gills with books just begging to be read. They have sat untouched since before the Covid-19 outbreak. We would like to see them read and not just sit on our shelves. All of May we will be giving away a bag of books to everyone who asks, Call the Center at 248-545-3464. Let us know what your favorite type of books/favorite author and your email or phone number. We will pick out a selection of books for you and have them ready for curbside pickup each Friday in May. We will contact you when your books are ready for pickup. They are yours to keep! We cannot take them back or accept any new books at this time.



*** MAY 2021 VIRTUAL EVENTS/CLASS INFO ***

Check out our YouTube Channel for the Active Adult Center!

We have posted all kinds of videos that you can access *anytime!*

Videos include the following topics:

-Cardio Drumming -Tai Chi -Craft Class -Food Fun -Creative Writing -Art as Therapy -Chair Yoga

Go to: <https://www.youtube.com/channel/UCXQsJucy4Whs65UqsvKYkVQ/> Or go to YouTube and just search for Madison Heights Active Adult Center. Don't forget to click 'subscribe' to be notified when new videos are posted!



Upcoming Virtual Wellness Workshops Brought to you by the Area Agency on Aging 1-B

Diabetes PATH - 6 Weeks

- Orientation Session: Wednesday, June 16, 2021 at 1:30 PM
Workshop runs from June 23, 2021 – July 28, 2021 from 1:30 PM – 4:00 PM

Aging Mastery Program - 10 weeks

- Orientation Session: Monday, June 7, 2021 at 2:00 PM
Workshop runs from June 14, 2021 – August 16, 2021 from 2:00 PM – 3:30 PM

Pre-Registration is required for all workshops. Once registered, the virtual GoToMeeting link and instructions will be provided. For additional information or to register for a workshop please contact the Area Agency on Aging 1-B at 1-833-262-2200 or email wellnessprograms@aaa1b.org



MAY 2021 TRANSPORTATION SCHEDULE

TO MAKE AN APPOINTMENT FOR PICK UP
CALL (248) 545-3464



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1)
2)	3) DR APPTS, ERRANDS CENTER	4) DR APPTS, ERRANDS CENTER	5) DR APPTS, MEIJER CENTER ERRANDS	6) DR APPTS, ERRANDS KROGER, CENTER	7)	8)
9)	10) DR APPTS, ERRANDS CENTER	11) DR APPTS, ERRANDS CENTER	12) DR APPTS, MEIJER CENTER ERRANDS	13) DR APPTS, ERRANDS KROGER, CENTER	14	15)
16)	17) DR APPTS, ERRANDS CENTER	18) DR APPTS, ERRANDS CENTER	19) DR APPTS, MEIJER CENTER ERRANDS	20) DR APPTS, ERRANDS KROGER, CENTER	21)	22)
23)	24) DR APPTS, ERRANDS CENTER	25) DR APPTS, ERRANDS CENTER	26) DR APPTS, MEIJER CENTER ERRANDS	27) DR APPTS, ERRANDS KROGER, CENTER	28)	29)
30)	31) CENTER CLOSED					

Transportation Schedule:

The above schedule is SUBJECT TO CHANGE based on ridership and our driver's schedules due to COVID-19.

MONDAYS & TUESDAYS: Doctor Appointments up to 7 miles - Fee: \$5.00 (round trip) AND Errands and to the Center.

Errand trips inside Madison Heights and within (1) mile of Madison Heights that we do not go to on another day, such as a pharmacy, bank, post office or a grocery store (besides Meijer) - Fee: \$2.00 (round trip)

WEDNESDAYS: Doctor Appointments up to 7 miles - Fee: \$5.00 (round trip), Meijer AND Errands and to the Center.-

Fee: \$2.00 Errand trips inside Madison Heights and within (1) mile of Madison Heights that we do not go to on another day, such as a pharmacy, bank, post office or a grocery store (besides Meijer or Kroger) - Fee: \$2.00 (round trip)

THURSDAYS: Doctor Appointments up to 7 miles - Fee: \$5.00 (round trip), Kroger AND Errands and to the center.

Errand trips inside Madison Heights and within (1) mile of Madison Heights that we do not go to on another day, such as a pharmacy, bank, post office or a grocery store (besides Meijer) - Fee: \$2.00 (round trip)

- No more than 4 riders on the bus at all times. One stop per rider per day. Riders must sit spaced apart. Riders must wear a mask, must not have had a fever, chills, sore throat, dry cough, difficulty breathing or digestive symptoms such as diarrhea, vomiting and abdominal pain in the past seven days, and will have their temperature taken.

*Riders must be ready 15 minutes before their pick up time and may not get picked up until 15 minutes after their pick up time depending on the schedule, traffic and the weather.

*We need your name, your address and your phone number when you call to make a bus reservation.

*We need your doctor's name, address and phone number if you are making a doctor appointment. .

*Please limit your groceries to what will fit in two standard sized cloth bags.

*Carts and walkers must be standard size and placed in front of you in the seat or at the back of the van (per driver's instructions).

*Aisles must remain clear at all times per safety regulations.

*No riding of the wheelchair lift unless you are in a wheelchair or you have a walker with a seat and are unable to walk up the steps.

Please remember we will offer limited assistance when requested. If we deem you need assistance beyond what we can provide, we reserve the right to require you to bring someone with you to assist you (who must also pay the fee) or to deny service if we feel your safety or others' safety is at risk. *We are not responsible for any missing or broken items.



For special circumstances and unique situations that may arise, please contact the center for possible availability.

** MAY 2021 ON SITE PROGRAMS **



WELCOME BACK!

We are very excited to see you back in the Center again! Please note that this is a phased approach and not every program will be available. All programs that were selected to start are those that can maintain 6 ft distance and do not share materials. Please note, to maintain the safest environment for all, building entry will be restricted to only those who have made either exercise/computer appointments or those that have registered for a class. As always, please be aware that these guidelines are continually changing and may be revised.

- All members will need to make an appointment with AAC staff prior to entering the building.
- 8 patrons for exercise and 2 patrons for computers will be allowed at the top of each hour in the morning.
- Equipment fees are \$0.50 per day \$4.00-Res/\$5.00-Non-Res per month or \$30-Res/\$40-Non-Res per year
- Time is limited to 1/2 an hour
- Parking will be on the south side of the building.
- Once you arrive for your scheduled appointment all participants will need to come to the front door and be screened.
- Do not arrive for your appointment any more than 5 minutes before your scheduled appointment time.
- All participants must wear a facial covering at all times.
- Please maintain 6ft distance from other participants in the room.
- Masks and hand sanitizer will be readily available at all times.
- All participants must be symptom free.
- Staff will be cleaning equipment between uses.



** MAY 2021 ON SITE PROGRAMS **

Sun-	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1)
2)	3) 9:00-11:00- COMPUTER/ EXERCISE 1:00-GRIEF SUPPORT	4) 9:00-11:00- COMPUTER/ EXERCISE 10:00-WALKING CLB 11:00-MAY THE 4TH 1:00-CHAIR YOGA	5) 9:00-11:00- COMPUTER/ EXERCISE 1:00-TAI CHI 1:00-COMPUTER HELP	6) 9:00-11:00- COMPUTER/ EXERCISE 10:00-WALKING CLB 1:00-CHAIR ZUMBA	7) 9:00-11:00- COMPUTER/EXERCISE 9:30-REFLEXOLOGY 1:00-PARKING LOT BINGO	8)
9)	10) 9:00-11:00- COMPUTER/ EXERCISE	11) 9:00-11:00- COMPUTER/ EXERCISE 9:00-GARDEN CL 10:00-WALKING CLB 1:00-CHAIR YOGA	12) 9:00-11:00- COMPUTER/ EXERCISE 10:00-MEDITATION 1:00-TAI CHI 1:00-COMPUTER HELP	13) 9:00-11:00- COMPUTER/ EXERCISE 10:00-WALKING CLB 1:00-CHAIR ZUMBA	14) 9:00-11:00- COMPUTER/EXERCISE 12:45-ART THERAPY	15)
16)	17) 9:00-11:00- COMPUTER/ EXERCISE 1:00-GRIEF SUPPORT	18)9:00-11:00- COMPUTER/ EXERCISE 10:00- WALKING CLB 1:00-CHAIR YOGA	19) 9:00-11:00- COMPUTER/ EXERCISE 1:00-TAI CHI 1:00-COMPUTER HELP	20) 9:00-11:00- COMPUTER/ EXERCISE 10:00-WALKING CLB 1:00-CHAIR ZUMBA	21) 9:00-11:00- COMPUTER/EXERCISE 12:30-CINCO DE MAYO	22)
23)	24) 9:00-11:00- COMPUTER/ EXERCISE 1:00-REMINISCE	25)9:00-11:00- COMPUTER/ EXERCISE 10:00-WALKING CLB 1:00-CHAIR YOGA	26) 9:00-11:00- COMPUTER/ EXERCISE 10:00-MEDITATION 1:00-TAI CHI 1:00-COMPUTER HELP	27) 9:00-11:00- COMPUTER/ EXERCISE 10:00-WALKING CLB 1:00-CHAIR ZUMBA	28) 9:00-11:00- COMPUTER/EXERCISE	29)
30)	31) CENTER					

Grief Support Group

Mondays, May 3 & 17, 2021
1:00 pm - 2:00 pm

FREE

This support group meets the 1st and 3rd Monday each month from 1-2:00 pm. For more information call Paul at 248-842-6856. 17 PERSON MAXIMUM
PreRegistration is required.



IN CENTER HEALTH CLASSES

Tuesdays- Chair Yoga with Paul

Wednesdays-Tai Chi with Sam

Thursdays-Chair Zumba with Barb

\$5.00 class fee to be paid directly to instructor. All classes start at 1:00 pm and run for 1/2 - 1 hr. You must call to reserve your spot. There will be no day of drop ins. 17 PERSON MAXIMUM.





**** NEWS TO KNOW ****

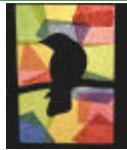


Art As Therapy Friday, May 14, 2021 12:45 pm - 1:45 pm

\$5.00 - paid at Front Desk

*May's Project: Bird Silhouette-Sun Catcher *

No experience is necessary. Art therapy is something for everyone! *Taught by certified Art Therapist Jennifer Edwards.* 13 PERSON MAXIMUM Pre-registration is required.



Meditation Wednesday May 12 & 26, 2021 10:00 am FREE!



Meditation is for everyone. The practice of meditation has been around for thousands of years. It's been shown to help treat or manage anxiety, depression, general stress, and other health/life issues. Amanda Stein, LMSW is a certified meditation teacher with 11 years experience in the field of mental health. She has a passion for community building and supporting others in achieving their goals.

In this class there will be education on meditation and other coping skills, information of resources, discussion, and quiet time to relax and practice meditation. Everyone is welcome to attend; whether you're able to meditate for 30 seconds or 30 minutes. This is a time for both community and caring for yourself. 17 PERSON MAXIMUM Pre-registration is required.

Reminisce Group Monday, May 24, 2021 1:00 pm FREE!



This Month's Topic: SPRING

Join us as we get together and have fun talking and laughing about days gone by. Each month we will have a new discussion topic, activity and prizes. You may learn something new about the past, your friends and even yourself. Pre-registration is required. 17 PERSON MAXIMUM

Walking Club Tuesdays & Thursdays 10:00 am FREE!



One of the best exercises is walking. Join your friends and get your steps in on the walking path by the Center. Meet your fellow walkers every Tuesday and Thursday mornings at 10 am. We start bright and early on Tuesday, May 4, 2021. If you are interested in joining please call the Center for more information at

FREE Computer Assistance by Appointment Wednesdays from 1:00 pm - 3:00 pm Instructor: Mike Salley



Training will be offered to get you started on using a computer. Learn how to type a letter, print, set up an email account, surf the Internet, read the newspaper online, use eBay, and other topics. Call 248-545-3464 to make an appointment. At this time there is no printer available *** Now WIFI Accessible***

Foot Care Tuesday, June 15, 2021 9:00 am - 11:30 am



We are happy to be able to have Dr. Adas back in the Center for Center appointments. Dr. Adas has been providing foot care for over 30 years at his office in Huntington Woods. Call Dr Adas's office @ (248) 478-6870 for an appointment.

Reflexology by Roberta

Friday, May 7, 2021

9:30 am - 11:30 pm

Hands ~ \$11 (11 minutes)

Feet ~ \$22 (25 minutes)



Reflexology is the application of appropriate pressure to specific points and areas on the feet, hands, or ears. Reflexology is beneficial for restoring balance and harmony in the body and releasing tension. Call Roberta at 586-242-5751 to make an appointment. Please note: You are the only one allowed at your appointment.

***** TRAVEL *****

Due to the pandemic, attendance will be at traveler's own risk and plans are subject to change.

For decades, motor coaches have provided safe, critical transportation as part of our nation's infrastructure. Our business is about connecting people to many of life's important activities and events. Whether it's taking groups on vacations, shuttling event goers, or taking sports and school teams to games, the safety of our passengers has always been our top priority. Now, more than ever, we want you to know about our intensified cleaning, disinfecting, distancing and prevention practices to support the health and wellbeing of passengers. We're calling it our Extreme Clean Commitment.

Learn more about our Extreme Clean Commitment by visiting our website at: www.biancotours.com. We are eager to get back on the road and provide you with on-time, comfortable and safe service anywhere you and your groups need to go. We thank you for your past business and are standing by to plan your next trip.

~ Bianco Tours and Transportation

Lilac Festival June 9 - 11, 2021 \$660.00 pp dbl occ



Your Bianco trip includes: Round trip transportation via deluxe motorcoach, 2 nights at a downtown Mackinac Island hotel, 2 breakfasts, one lunch, one dinner, Shepler's Ferry to Mackinac Island, Mackinac Island Lilac Festival, Mackinac Island carriage tour, Grand Luncheon Buffet.

Huron Lady Wednesday, August 11, 2021 9:45 am - Approx. 6:45 pm Res-\$83.00/Non-Res-\$85.00



Your Bianco trip includes: Round trip transportation via deluxe motorcoach, lunch at The Voyageur, a cruise on the Huron Lady II, stop at Sweet Tooth of Marine City and a \$2.00 gift card to Sweet Tooth.

Upcoming Bianco Trips

9/15 Ark Encounter

9/29 Harvest Adventure

10/19 Magnificent Mid Michigan



See future newsletters for more information!



Services & Outside Resources



Help is out there and we can connect you to it!

Call the Active Adult Center at (248) 545-3464 if you have questions.

Even when staff works remotely, calls are transferred to them.

If we can't help you directly, we will try our best to refer you to someone who can.

Below is a list of resources available to you.

Do you need food?

Oakland Meals on Wheels- Daily meal delivery and pantry food packs for a suggested donation. Call them at: (248) 689-0001 (Please leave a message and someone will call you back within 24 hours.)

Focus Hope- Provides free monthly food to senior citizens who are 60 years of age or older and reside in Wayne, Oakland, Macomb and Washtenaw counties. Items include: cereal, juice, cheese, milk, dry beans, peanut butter, spaghetti, fruits, vegetables and protein, with quantities distributed each month. Call the Center at (248) 545-3464 for more information!

MH Emergency Pantry- Pick up and delivery of food donations. Fill out the form on Facebook or call them at: (248) 397-5294.

Royal Oak Salvation Army- call (248) 585-5600
Gleaners Food Bank- call 1-866-453-2637 or go to www.gcfb.org

United Way- call 211

Do you need a mask, gloves or hand sanitizer?

Try the Pharmacy Shop: (248) 591-5555

Would you like a weekly reassurance call?

If so, call the Center at (248) 545-3464 to let us know and we will add you to our call list!

Do you need transportation outside what we offer?

SMART Connector Service- call 1-866-962-5515, press 1 for Connector and 1 again for Reservations.

Do you need medical equipment loans?

We have loans of walkers, wheelchairs, commodes, canes and shower chairs for pick up: 9 am—2 pm

Or call World Medical Relief at (313) 866-5333.

Do you need an online support meeting?

Call Paul LeClair from St. Patrick's Episcopal Church: (248) 842-6856 (Grief Support)

Call Alliance for Healthy Communities at (248) 221-7101 or go to www.aghc-stl.org

Do you need legal assistance?

Contact Lakeshore Legal Aid at 1-888-783-8190. They provide free legal assistance to seniors and low income clients. Besides typical issues, they are now fielding questions about stimulus money and working conditions.

Do you have questions for a nurse?

Call Oakland County's nurse on-call line at 800-848-5533.

Do you have non-health related questions about the #COVID19 pandemic?

Contact Oakland County's Help Hotline at (248) 858-1000 or email hotline@oakgov.com.

Would you like free updates on the Coronavirus?

Oakgov.com/covid or text OAKGOV to 28748

Do you need shelter or medical assistance?

United Way- call 211

Are you in need of home assistance or repairs?

The SHARP program has been suspended until further notice. If you need home repair assistance you may try the following service providers.

Oakland County Home Improvement loans:
(248) 858-5401

Do you need help or information pertaining to Social Security?

The Social Security Administration is still available to help by phone. A local representative is available to take your call Monday thru Friday from 9:00 am— 4:00 pm at:

1-888-456-9559

They may be able to schedule an appointment if they cannot help you by phone. Please do not come into one of their local offices. They cannot accept walk-ins at this time.

You may also visit SSA.gov.

Many of their services can be completed online.



Partnership with OLHSA

OLHSA is the largest private nonprofit agency delivering human services to Oakland and Livingston Counties. Below are the current programs that members can take advantage of during the pandemic.

- Water Residential Assistance Program- Call (313) 386-9727
- Grandparents Raising Grandchildren- Call (248) 479-6516
- Emergency Utility Assistance- Call (248) 479-6516
- Weatherization- Call (248) 479-6516
- Burial benefits, hygiene kits, 1-time food box or rental/mortgage assistance needs due to COVID-19- Call (248) 209-2600



***** Outside Resources *****



Area Agency on Aging 1-B



Established in 1974, the Area Agency on Aging 1-B (AAA 1-B) is a nonprofit 501(c) 3 organization with a rich history of supporting older adults, people with disabilities and family caregivers in southeast Michigan. They are part of a national network of Area Agencies on Aging and a leader in aging services in a six-county region that includes Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. AAA 1-B help people access the services and programs they need to remain living independently and with dignity in their own home or with family caregivers. They provide direct care programs for seniors, along with funding and support for many programs provided by our community partner organizations.

Programs and services AAA 1-B can help people access include:

- Information and Assistance Telephone Line to help people find local resources
- Direct Home Care Services and care coordination to help when seniors are having trouble caring for themselves
- Adult Day Services
- Medicare Medicaid Assistance to help beneficiaries troubleshoot problems and understand their options
- Chore Services to help seniors maintain their homes
- Home Injury control programs to help make seniors' homes safe
- Advocacy to help make seniors' voices are heard
- Transportation Assistance
- Legal services
- Services and support for grandparents raising grandchildren
- Health and Wellness classes to help older adults stay healthy

Contact AAA 1-B for questions and information on their programs and services. Call 1-800-852-7795

FernCare Free Clinic



The FernCare Free Clinic treats people who are between 19 and 64 years of age and who don't have medical insurance or a primary care provider. They provide the following services:

- Non-emergency healthcare
 - Checkups
 - Generic medications
 - Lab Testing
- Enrollment assistance with:
- Prescription Assistance Program
 - Affordable Care Act Insurance Exchange Enrollment Assistance
 - Healthy Michigan Enrollment Assistance
 - 1:1 Smoking Cessation Counseling
 - Acupuncture
 - Nutrition Counseling
 - Lab Testing
 - Wellness/Life Coaching
 - Operates a Little Free Library in front of the clinic

In addition to all of these services, FernCare also can provide many outside resource contacts for medical needs and more.



FernCare Free Clinic, Inc.
459 E Nine Mile Rd.
Ferndale, MI 48220
(248) 677-2273
www.fernCare.org



Community Housing Network Servicing Oakland County



Monday thru Friday 8:30 am - 4:30 pm
(248)928-0111

Specializing in: Homelessness, Renting, Homeownership, Independent Living, Staying Housed due to financial issues.



Housing Resource Center for Oakland County

Monday thru Friday 8:30 am - 4:30 pm
(248)249-1335

Available to help any language or persons with hearing problems.

CommunityHousingNetwork.org

Info on: Subsidized Housing, Housing Choice Voucher (Section 8) Housing

MichiganHousingLocator.com LowIncomeApartmentsForRent.info

These are search engines for housing options in Michigan



LAKESHORE LEGAL AID

Lakeshore Legal Aid is a not-for-profit law firm providing a wide range of free civil legal services to low income people and seniors in our communities.

Their services are available for any senior in Oakland County regardless of income.

Call their Southfield office for a free phone consultation regarding your legal issue or to just ask a legal question.
Lakeshore Legal Aid: 1-888-783-8190



Good Rx

Find the lowest price on prescriptions right from your phone or iPad. GoodRx is 100% free. No personal information required. With their easy-to-use mobile apps feature you can have instant access to the lowest prices for prescription drugs at more than 75,000 pharmacies. They offer coupons and savings tips that can cut your prescription costs by 50% or more.

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- Arm Pain ➢ Migraine Headaches
- Asymmetry ➢ Muscle Spasms
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- Carpal Tunnel (Wrist) ➢ Muscular Imbalance
- Canal Stenosis ➢ Neck Pain
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- Degenerated Joints ➢ Pinched Nerve
- Digestive Disorders ➢ Poor Posture
- Disc Herniations ➢ Rotator Cuff Issues
- Dizziness (Vertigo) ➢ Shoulder Pain
- Dowager's Hump ➢ Sinus Conditions
- Fatigue ➢ Spinal Decay
- Fibromyalgia ➢ Strength Issues
- Golfer's Elbow ➢ Tendonitis
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- Hearing Issues ➢ Thoracic Outlet
- Itchiness ➢ TMJ Issues
- Low Back Pain ➢ Upper Back Pain
- Mid Back Pain ➢ Vision Issues

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Dr. John Conflitti

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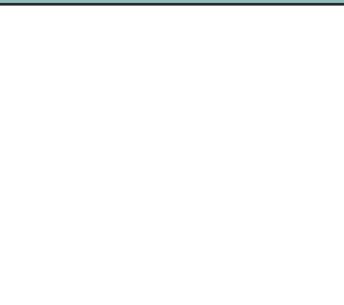
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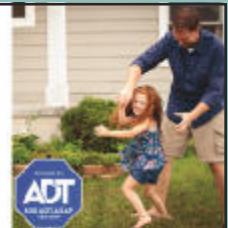
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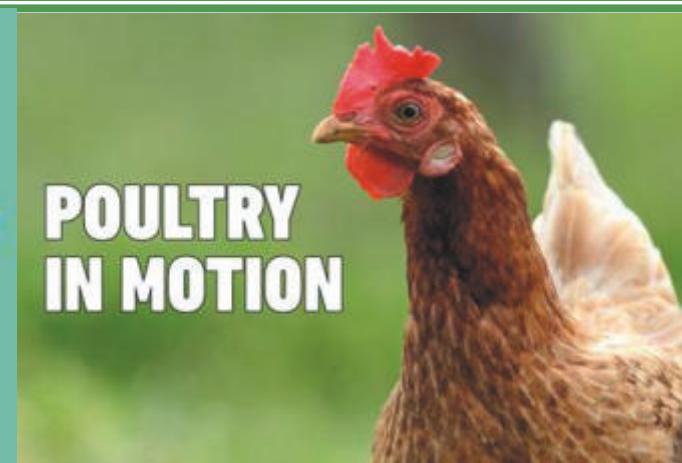
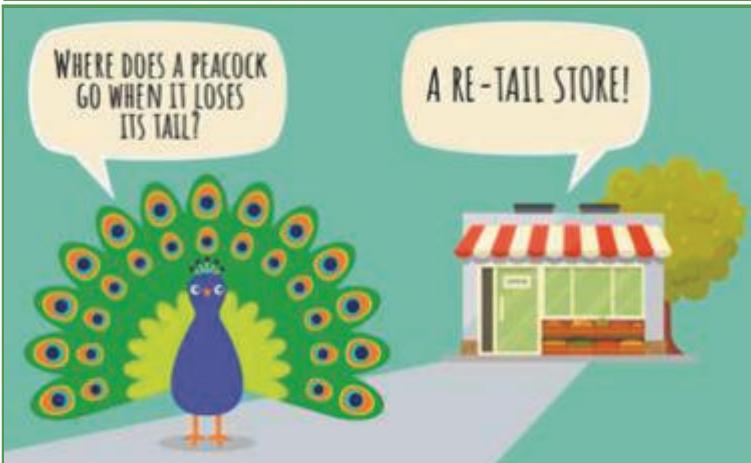


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Since May 2 is World Laughter Day and May 8 is World Migratory Bird Day, let's celebrate both with some fowl jokes! LOL

Do birds always know exactly where they're going? No, sometimes they just wing it!

What do you get if you cross a turkey with a ghost? A poultry-geist!

When is the best time to buy budgies? When they're going cheep!

What do you call two birds in love? Tweet-hearts!

Why are they called hummingbirds? Because they can't remember the words!

What do you get if you cross a parrot with a woodpecker? A bird that talks in morse code!!

What do birds call other birds that live nearby? Nest-door neighbors!

Why do birds fly south in the fall? It's too far to walk!

What kind of birds do you usually find locked up? Jail birds!

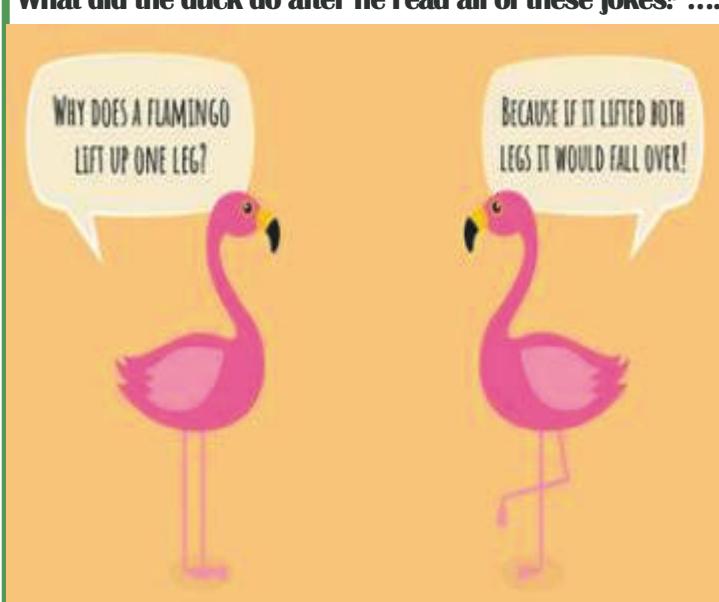
Why did the bird get a ticket? Because it broke the laws of gravity!

My friend was harassing me with bird puns..... but toucan play at that game!

What's the difference between a bird and a fly? A bird can fly, but a fly can't bird!

What do you get if you cross a parrot with a shark? A bird that will talk your ear off!

What did the duck do after he read all of these jokes? It quacked up!! :)





** FUN AND GAMES **

Keep your mind sharp!



Number Search Puzzle #001

DIRECTIONS: Find the numbers in the list below the grid. The numbers can be in any direction: backwards, forwards, up, down, or diagonally.

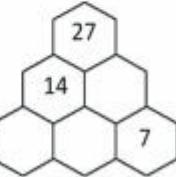
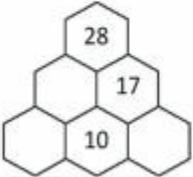
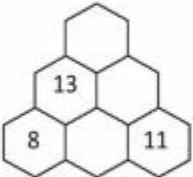
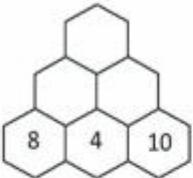
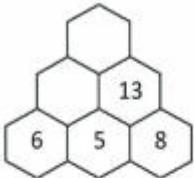
2	5	6	1	8	5	6	3	0	4	8	3	6	1	6
7	2	8	7	6	5	3	2	8	0	8	5	8	1	8
3	0	2	3	1	3	6	0	6	5	4	8	7	6	5
2	2	9	0	8	3	4	5	2	0	9	6	2	0	8
4	8	5	7	4	3	3	3	3	4	5	2	4	9	8
4	8	6	9	2	6	1	9	8	4	1	5	0	5	4
4	7	8	5	1	0	0	0	2	1	5	1	4	6	1
7	0	5	6	5	4	1	8	0	9	0	6	9	0	3
9	0	5	4	4	4	5	9	7	7	0	3	3	3	4
1	0	5	3	9	2	7	4	2	3	5	2	0	5	0
0	9	8	9	6	4	9	7	9	8	0	5	9	2	0
3	2	2	9	4	2	5	5	0	0	6	3	9	0	0
3	8	7	1	2	6	0	0	0	0	8	2	1	6	5
9	6	5	4	9	8	7	2	5	2	0	6	8	0	1
1	3	6	2	3	1	7	0	8	9	9	1	0	1	3

130456	410474	561280
1150276	433534	567032
253080	446234	572845
2701159	444791	588186
280858	451908	592884
286554	470083	642950
296681	481973	712600
322942	500043	870099
325326	520680	896197
399918	549472	991013

HEXAGON ADDITION WALL 2B

Complete these hexagon walls.

Each number in the wall is made by adding the 2 numbers below.



APRIL WINNER:

UMBRELLAS in the newsletter: 21
Winner: Pat Riley

REBUS PUZZLES

Here is a quick introduction to explain all you need to know on solving a Rebus puzzle. Rebus are pictures often made with letters, numbers or images, which cryptically represents a word, phrase, or saying.

man board	BABY	WBOEOADRS	PDOIVOEL
Words Funny Words Funny Words Words	HEAD	GRASS	HILL
JOB	PROMISES	LEG	league
SPLOASTCE	KNOCK TIMBER	PLAYING	Please

COUNT HOW MANY!

How many DAISIES can you find in this newsletter? ???
Call us with your number!! A winner will be chosen from all correct answers and they will win a prize!

APRIL'S ANSWERS

MATH CHALLENGE

$$7+7-3=11$$

$$3 \times 11 = 33$$

$$11-4=7$$

$$7-3=4$$

$$\text{Camel}=3$$

CROSSWORD

Across

2. FLOWERS

4. PLANT

5. MARCH

9. EGG

10. CHERRY

11. BREAK

Down

1. BLOOM

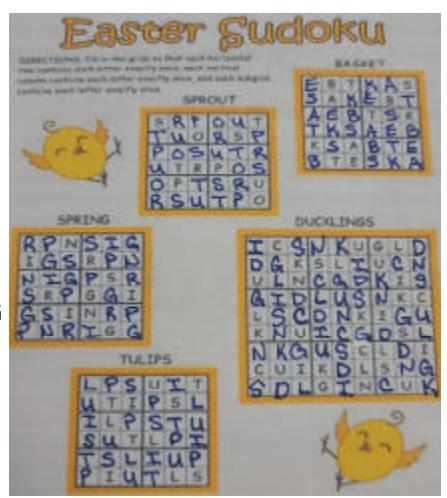
3. SPRING

4. PICNIC

6. APRIL

7. BEAR

8. GEESE





We've all been taking this time to do things we normally might be too busy to do or have been meaning to do. We have also been able to just sit and be silent and think about what has been going on and how it has affected us. What have you learned and what will remember about this time?
What is something positive that has come out of this unprecedented situation?
How have you let your creative side come out during this time?

Make sure you check out videos on our YouTube channel, and our on-site art therapy and meditation classes too!



Everything Is Awful and I'm Not Okay: questions to ask before giving up

Are you hydrated?

If not, have a glass of water.

Have you eaten in the past three hours?

If not, get some food — something with protein, not just simple carbs. Perhaps some nuts or hummus?

Have you showered in the past day?

If not, take a shower right now.

Have you stretched your legs in the past day?

If not, do so right now. If you don't have the energy for a run or trip to the gym, just walk around the block, then keep walking as long as you please. If the weather's crap, drive to a big box store (e.g. Target) and go on a brisk walk through the aisles you normally skip.

Have you said something nice to someone in the past day?

Do so, whether online or in person. Make it genuine; wait until you see something really wonderful about someone, and tell them about it.

Have you moved your body to music in the past day?

If not, jog for the length of an EDM song at your favorite tempo, or just dance around the room for the length of an upbeat song.

Have you cuddled a living being in the past two days?

If not, do so. Don't be afraid to ask for hugs from friends or friends' pets. Most of them will enjoy the cuddles too; you're not imposing on them.

Have you seen a therapist in the past few days?

If not, hang on until your next therapy visit and talk through things then.

Have you changed any of your medications in the past couple of weeks, including skipped doses or a change in generic prescription brand?

That may be screwing with your head. Give things a few days, then talk to your doctor if it doesn't settle down.

If daytime: are you dressed?

If not, put on clean clothes that aren't pajamas. Give yourself permission to wear something special, whether it's a funny t-shirt or a pretty dress.

If nighttime: are you sleepy and fatigued but resisting going to sleep?

Put on pajamas, make yourself cozy in bed with a teddy bear and the sound of falling rain, and close your eyes for fifteen minutes — no electronic screens allowed. If you're still awake after that, you can get up again; no pressure.

Do you feel ineffective?

Pause right now and get something small completed, whether it's responding to an e-mail, loading up the dishwasher, or packing your gym bag for your next trip. Good job!

Do you feel unattractive?

Take a selfie. Your friends will remind you how great you look, and you'll help fight society's restrictions on what beauty can look like.

Do you feel paralyzed by indecision?

Give yourself ten minutes to sit back and figure out a game plan for the day. If a particular decision or problem is still being a roadblock, simply set it aside for now, and pick something else that seems doable. Right now, the important part is to break through that stasis, even if it means doing something trivial.

Have you over-exerted yourself lately — physically, emotionally, socially, or intellectually?

That can take a toll that lingers for days. Give yourself a break in that area, whether it's physical rest, taking time alone, or relaxing with some silly entertainment.

Have you waited a week?

Sometimes our perception of life is skewed, and we can't even tell that we're not thinking clearly, and there's no obvious external cause. It happens. Keep yourself going for a full week, whatever it takes, and see if you still feel the same way then.



**You've made it this far, and you will make it through.
You are stronger than you think.**



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PHYSICAL WELLNESS—Keeping You Moving & Motivated

Exercise helps strengthen the lymphatic system. That's where our immune cells circulate and lowers levels of stress hormones. Effectively managing stress levels keeps our immune system running strong. Now more than ever it is important that we take care of ourselves.



Don't forget to check out our YouTube exercise classes and our on site classes. We have Chair Yoga, Chair Zumba, and Tai Chi. We also have exercise equipment for all activity levels.



Happy spring! The nicer weather has made it so much easier to get active. You can be active anywhere you are- at home, at work, or out and about- anywhere! You don't need a gym membership or exercise equipment to be active. You could easily head to a local park, and there are small and large parks and trails throughout all neighboring counties. Local parks offer a variety of activities such as walking trails, hiking, biking, skating, rollerblading, golf, basketball, soccer, baseball fields, volleyball courts, swimming, boating, fishing, geocaching, hunting, disc golf, archery and even zip lining!

Oakland County residents age 62 and up can get a free 2021 Free Annual Vehicle Permit, which allows free vehicle entry into all OCPR day-use parks, including Addison Oaks, Groveland Oaks, Highland Oaks, Independence Oaks, Lyon Oaks, Orion Oaks, Red Oaks, and Rose Oaks County Parks. Active Adults can walk a different Oakland County Park each month during Oakland County Park's TrailBlazer Walking Series. Learn about trails and the parks while getting your steps! These are informational one-mile hikes, but trails are available for longer hikes. This is a FREE program but you must preregister to attend. You will be social distancing during the hike. Call 248-343-6287 for questions and program details or you can text to reserve your spot. If you have questions beyond the TrailBlazer Walking Series, call Oakland County Parks at 248-858-0916 or info@oaklandcountyparks.com for more information.

Macomb County residents have a great resource that was created to help community members find physical activity opportunities for all fitness levels, ages and costs. You can find a physical opportunity that fits your needs and lifestyle, whether it be a park or trail nearby that offers a variety of activities. Call 586-469-7001 or go to <https://living.macombgov.org/living-movemore-wheredoigotogetective> for more info!

Seniors age 62 or older can visit 13 Huron-Clinton Metroparks with an annual pass (Resident Price: \$29, Non-Resident Price: \$34) that is valid from the time of purchase through December 31, 2021. Metroparks Included: Delhi, Dexter-Huron, Hudson Mills, Huron Meadows, Indian Springs, Kensington, Lake Erie, Lake St. Clair, Lower Huron, Oakwoods, Stony Creek, Willow and Wolcott Mill Metropark. Call 810-227-2757 for more info!

Wayne County residents have a great site to visit to find a park near them! Go to <https://www.waynecounty.com/departments/publicservices/parks/pick-a-park.aspx> or call 313-224-7600.





***** CREATIVE ARTS *****
EXPRESSION AND HEALING THROUGH ART



Creating art can be beneficial throughout every stage of life. Art can relieve burdensome stress, encourage creative thinking, boost self-esteem, and provide a sense of accomplishment. There are lots of fun art projects you can do at home with supplies you probably have on hand. Try one, or ALL, of the fun art projects below!

And don't forget to check out our YouTube Art Therapy and Craft classes and our onsite art therapy classes!

DIY Paint Can Bird Feeder

SUPPLIES:

- ◆ 3 small paint cans,
- ◆ A 3/16" wooden dowel
- ◆ Finch food
- ◆ Paint
- ◆ Thick ribbon
- ◆ Hot glue



DIY Bird Feeders

INSTRUCTIONS:

1. Cutting part of the dowel into 4 inch pieces (one for each paint can and 1 left over).
2. Paint the three cans with spray paint or any paint you have on hand and paint the dowel pieces brown.
3. Let paint cans dry & then spray paint with clear gloss if you would like to preserve it.
4. Put a little bead of hot glue on the inside groove of the top of each paint can (where the lid would snap into) and stick a dowel piece in.
5. Wrap ribbon around paint cans and put a couple of dabs of hot glue under the ribbon to help secure it
6. Tie it to a tree outside and fill with finch food.

DIY YARN BIRD MOBILE

SUPPLIES:

- | | |
|-------------------------|--------------------|
| • Yarn | • Beads |
| • Cardstock | • Craft glue |
| • Scissors | • Wooden sticks |
| • Needle and thread | • Pencil and ruler |
| • Craft wire and pliers | |



INSTRUCTIONS:

1. You'll need 3 pieces of cardstock papers. For the long piece (12 cm) use dark colored yarn, this will be the upper part of the bird. For one 9 cm piece use light colored yarn, this will be the lower part of the bird. For the other 9 cm cardstock piece mix 2 colors together.
2. Take different colored yarns and wrap them around the cardstock papers lengthwise. Keep wrapping them until they are thick enough (1cm thickness on each side should work)
3. Hold the yarns on the cardstock firmly and cut any one side. Doing so you will get a group of yarn strands. The group of yarns will double lengthwise than the cardstock papers after cutting one side.
4. Take the dark colored, 24 cm long yarn group and place it on a flat surface horizontally. Take the light colored 18 cm long yarn group and place it on the longer group of yarns vertically, right in the middle, creating a cross.
5. Fold the 24 cm long yarns into half, wrapping the light colored yarn group. Take a small piece of dark colored yarn and tie it around the half folded yarn group tightly adjacent to the fold.
6. Now fold the light colored yarn group into half, take a small piece of light colored yarn and tie it around the half folded yarn group tightly adjacent to the fold. Make sure that the edges of both half folded yarn groups are leveled.
7. Take the mix-colored yarn group and place it below the tied yarns from the previous step. The folded parts of the previous tied yarn groups should be facing upwards.
8. Take a small piece of paper (half of A4 sized paper). Crumple the piece of paper and squeeze it to make it small. The size of the birds body would depend on the size of the crumpled paper.
9. Place the crumpled paper in between the 3 group of yarns
10. After placing the crumpled paper in between the yarn groups hold the open ends of the yarn groups together tightly.
11. Take a small piece of any colored strand and tightly tie it around that end to join all the yarn groups together.
12. Trim the end of the yarn groups to level them.
13. Simply attach 2 black beads on both sides of the birds head using needle and matching thread.
14. Make a small cone from orange colored cardstock paper for the beak. Glue the beak on its place.
15. Use craft wire to make the legs. Attach the legs by bending the open ends of the legs and inserting it through the yarns of the lower part.
16. Make Pompoms. Wrap yarn around and around your hand until you get enough yarn. Gently pull the yarn off of your hand, wrap another piece around the center of the yarn ball. Tie it tight to secure, cut up both sides. Trim to form.
17. Assemble the sticks and tie together. Add the birds and pompoms. Attach yarn on top to hang.



***** CREATIVE ARTS *****
FOOD FUN



Here are a few Spring recipes that are light and refreshing.
Give them a try! Make sure to check out our food fun class on YouTube, and once we can offer them, check out our Smoothie Day and Adventures in Cooking Class!

SPRING ORZO WITH ASPARAGUS, LEMON AND DILL

INGREDIENTS:

- 6-7 ounces orzo
- 2 tablespoons olive oil
- 1 shallot- diced
- 3 garlic cloves- rough chopped

- 1 extra large bunch asparagus, tough ends removed, cut into 1 inch pieces.
- 1 cup snap peas
- $\frac{1}{2}$ - $\frac{3}{4}$ teaspoon salt and pepper (see notes)
- 2 lemons (or sub one lemon, with preserved lemon)
- $\frac{1}{2}$ cup fresh dill
- crumbled feta (optional)

PREPARATION

1. Set salted water to boil and cook orzo according to directions.
2. In a large skillet, heat oil over medium heat.
3. Add chopped shallot and garlic, and stir frequently, saute until golden and fragrant.
4. Add asparagus and snap peas. Saute 5-7 minutes stirring often, scooping up the shallot from the bottom of the pan. Add salt and pepper. Cook until asparagus is bright green, and little a little crisp, cooked to al dente. The thinner the asparagus, the faster it will cook. Turn heat off. Add the zest of one lemon.
5. Drain pasta and if serving warm, save a little of the hot pasta water. (For Chilled pasta, see notes below.)
6. Add the warm orzo pasta to the skillet with the asparagus and just a little pasta water to loosen it up to your liking. Stir. Add a generous squeeze of lemon juice and finely chopped preserved lemon if using (1-2 tablespoons). Taste for salt and lemon. Add more if necessary or if it tastes bland. Fold in the fresh dill and sprinkle with optional feta (keeping in mind that feta will add salt too). Serve immediately.

Makes 4 servings. Enjoy!



LEMON DROP GLAZED MINI CUPCAKES

INGREDIENTS:

Mini Lemon Drop Cupcakes

- 1 box lemon cake mix
- 1 box instant vanilla pudding 3.4 oz, dry mix
- 4 large eggs
- 1 1/4 cups sour cream or yogurt
- 1/2 cup milk

Easy Lemon Glaze

- 3 1/2 cups powdered sugar
- 2 tsp grated lemon zest from 1 lemon
- 2 TBSP unsalted butter melted
- 1/4 cup fresh lemon juice from 1 lemon
- 1/4 cup hot water



PREPARATION

1. Preheat the oven to 325 F. Coat mini muffin tin with cooking spray.
2. Beat the cupcake ingredients in a large bowl with an electric mixer for several minutes until blended and smooth. Fill each muffin hole about 1/2 full. I used a small cookie scoop and it worked perfectly! Bake for about 12 minutes or until a toothpick inserted in the center comes out clean.
3. Cool the pan on a wire rack for about 2 minutes and then turn the muffin pan over on a wire rack so that all the muffins are upside down.
4. Cool completely and once all the batter is cooked, you can make the glaze.
5. Place the wire racks over waxed paper.
6. Beat the glaze ingredients in a medium bowl until smooth.
7. Dip muffins in glaze to coat the bottoms (which are now the tops!) and the sides and let the excess drip off back into the bowl.
8. Place each lemon drop back on the wire racks until the glaze is set.

QUICK STRAWBERRY COMPOTE

INGREDIENTS:

- 1 pound fresh strawberries
- 2 tablespoons granulated sugar
- 3 tablespoons orange juice, or water
- Cornstarch, as needed, optional

PREPARATION

1. Gather the ingredients.
2. Rinse the strawberries, pat them dry, and then hull the fruit. Cut very large berries in half or quarters; leave smaller berries whole.
3. Place the berries in a saucepan. Add the sugar and juice or water. Bring to a boil. Reduce the heat to low and simmer until the strawberries are all soft and just starting to fall apart and the liquid thickens, between 5 to 10 minutes.
4. Taste, and add more sugar if necessary. The compote will thicken a little while it cools off, but if you think it's too thin, mix 1 tablespoon of water with 1 tablespoon of cornstarch and add it to the saucepan. If using frozen fruit, you might need a little more cornstarch. Stir well and remove from heat.
5. Let the compote cool off completely. Transfer to a clean pint jar and store in the refrigerator for up to two weeks. **Makes 8 servings. Enjoy!**



THE "SOON-TO-BE" SPRING MOCKTAIL

INGREDIENTS:

- Cranberry Juice
- Pineapple Juice
- Peach flavored sparkling water
- Ice



PREPARATION:

1. Add ice to a pitcher.
2. Add 2 cups of cranberry juice, 3 cups of pineapple juice.
3. Top with the peach sparkling water.

Makes 4-6 servings. Enjoy!

*** NEWS TO KNOW ***

Active Adult Center Garden Clean-Up

Tuesday, May 11, 2021 @ 9:00 am

Calling all volunteer gardeners...and those that aren't afraid to get their hands dirty! Bring a pair of gardening gloves and clippers or other tools as we have a limited supply. Pizza and refreshments will be provided after the cleanup.

Please call the Center at 248-545-3464 to sign up today!



Volunteers of the Year

Our volunteers of the year for 2020 are EVERYONE who volunteered their time to the AAC during the pandemic!! Congratulations!! Saying thanks during a strange time is strange to say the least. So many people stepped up in an uncertain time to make sure our seniors' immediate needs were met, coming up with creative ways to do things, sometimes at home. Starting with our wonderful AAC staff- so many staff members went above and beyond taking work home on days off and during furloughed time, to make sure every senior who needed help got it. Staff ran virtual classes, sent thinking of you, get well and sympathy cards, assisted seniors with installing safety equipment at their homes, drove seniors to medical appointments, helped the MH Emergency Pantry with donations and more! City staff in another department stepped up to fill in the gaps that were left when most of the AAC staff was laid off, offering to deliver mail and order us personal protective equipment. One of our regular volunteers called over 43 seniors every week to simply check in on them and ask if they needed anything, connecting them with much needed resources, and just chatting with them to keep them connected. She also answered phones once a week, proofread our newsletter and helped create goodie bags. Another group of volunteers helped us create craft kits for curbside pickup, organized our book shelves and helped prep our newsletters for mailing. One senior drove another senior (whom they had never met) when they were stranded 15 miles away from home. Another volunteer sent out birthday and anniversary cards to our seniors and made homemade blankets for us to give away as prizes for our online contests. Other volunteers came in to help with Focus Hope food monthly pickups, washed the AAC windows, donated cookies, donated DJ services, and more! Thank you to all of our wonderful volunteers for 2020!! You are a great group of caring and brave individuals and we are so thankful for each and every one of you!!! Thank you also to our amazing sponsors: Shanbom Eye Specialist, Oak St Health, American House Troy, American House Hazel Park, Mediguide, Optalis Health, Trynex, Pomeroy Skilled Sterling and the MH Women's Club. If we missed anyone, please call the Center to let us know! Volunteers, we wish we could have a big party to celebrate you, but since we can't, please call us in May to schedule a pick up of a special thank you goodie bag from us!

Beverly Parker
Sean Ballantine
Heather Parker
Kat Faulkner
Tiffany Poole
John Leuffgen



Jennifer Cowan
Mark Cowan
Shirley Novak
Andy Mi
Chris Collom
Suzie Patton



Delores Mowry
Margaret Topping
Donna Dalling
Mike Salley
Sandy Bruss
John Quigley



*** CENTER CLOSURES ***

CENTER CLOSURE

The Center will closed on Monday, May 31, 2021 in observance of Memorial Day. All City buildings will be closed that day. We will re-open Tuesday, June 1, 2021.



*** COVID-19 VACCINE NEWS & INFO ***

Go to: www.oaklandcountyyvaccine.com. You can also Register your email address to receive news and information about Oakland County vaccination and COVID-19 resources. Or text OAK-GOV to 28748. Or call (248) 424-7000.

To make an appointment, call (586) 463-8777, Monday-Friday between 8:30 a.m. – 5 p.m. Vaccination appointments are available Monday – Friday between 9 a.m. – 4 p.m. and Saturdays between 10 a.m. – 2 p.m.



Thank you to - Shirley Novak for making and donating the beautiful blankets and pillows.

Thank you to - John Quigley for doing such a wonderful job washing the Center's windows.

Thank you to - The family of Linda Hersha for their generous donation on her behalf.

Thank you to - Al Kananos for our Easter goodies. Thank you for always thinking of us at the Center. Thank you for your smile, your kind words and demeanor. Thank you for always being a bright spot in our week.

Thank you to - American House Hazel Park for the gift cards.

Thank you to - Carrie Durkin for the beautiful gift bag

Parking Lot Bingo - Thank you so much to American House Troy for the wonderful goodie bags.

Valentine Drive Up - Thank you to the GFWC Madison Heights Women's Club, Katie McConkie & Staff for the donation of sugar cookies for the boxes.

Car-a-Oke - Thank you to the amazing DJ Andy for donating his time and talents!

Drive Up Lunch - Thank you to the Irish Tavern for partnering with us for a successful drive up lunch event!

** CELEBRATIONS!! **

May Birthdays

14-Patti Smith
15-Anita Leonard
15-Joseph Foster
18-Jacqueline Martin
19-Christopher Young
20-Janice Mazzenga
24-Deanna Drayton
24-Sharon Roddy
25-Lynne Unger
25-Janey Patterson
27-Jackie Shepp
27-Susan Ratliff

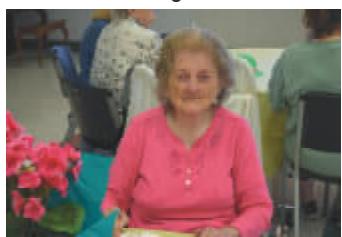
Happy belated birthday to
Mea Adams!

May Anniversaries

01-Walter & Cecile Scott
02-Graham & Joan Stallsmith
05-John & Margaret Mahoney
20-Edward & Shirley Novak
24-Christopher & Brenda Young
28-Mike & Helen Kapolka

*** A LIFE WELL LIVED ***

If you have ever been to the Center, then you have definitely crossed paths with Ms. Ann Hust. Our Annie was quite the character. She started every day off with a cup of coffee and a cheese danish. She made sure that everyone knew the goings on at the Center, and she loved to relax in front of the fire. We will miss her laughter, her sassiness and her morning greetings. Our deepest sympathy goes out to her daughter Susan and her family .



**** DRIVE THRU EVENTS ****

Parking Lot Bingo, Car-aoke, and a lunch drive through ... oh my! No matter the weather or any other obstacle, our # 1 mission is to keep you engaged, on your toes, smiling and enjoying each other's company. Check out all the fun we had in April!!!





Active Adult Center
29448 John R. Rd.
Madison Heights, MI 48071

Phone: 248-545-3464

For active adults in Madison Heights and the surrounding area age 50 & up!

RETURN SERVICE REQUESTED



Madison Heights Active Adult Center

*For active adults in Madison Heights and the surrounding area
age 50 & up!*



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