

Madison Heights Active Adult Center

February 2022



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

A Note From the Coordinator

Welcome February- the last full month of winter! The days are getting longer and we are getting closer to those warm sunny days again. Not only is February a short month, but it will fly by with all the fun events we have planned!

Our focus for 2022 is on encouraging you to take care of the most important person in your life- YOU! We have three events this month to focus on supporting you in this effort! The first is a Health in the Heights event on February 7 sponsored by Dedicated Senior Medical. We will have food stations, audiology-hearing testing on site, acupuncture, talks from Dedicated Senior Medical staff, raffles and more! See page 2 for more info! On February 25, AAC staff will help you ditch the New Year's resolutions and instead set an intention for 2022! Join us for a mindfulness activity where you will find your inspirational WORD for the year, share your word with your classmates and create a wearable daily reminder to help you achieve your goals and be your best self! A light breakfast will be served. See page 13 for more info. Lastly, on February 28, Dr. Nadine Jennings from Straith Hospital will be here to host a lunch and learn all about neck and back pain. Enjoy lunch while learning many non-surgical treatment options to alleviate pain, enhance your quality of life, and restore function and ability. See page 3 for more info. Don't forget to sign up ahead for all three events! Space is limited.

We also have a new display at the Center- a Take What You Need Board. Our board is filled with positive quotes and messages, which can help us get through tough days. We are hoping, as you walk down the hall at the Center, you will stop and take what your heart needs to hear.

We are so happy AARP is back this year to offer income tax assistance. At time of print we have just 40 tax appointments left! If you need an appointment and haven't signed up yet - sign up now!

*Please note: Due to the ongoing pandemic and the need for spacing, Tuesdays at the Center will be reserved for: AARP tax appointments, business at the front desk and exercise classes only. There will be no pool table, computer or exercise equipment use.

If you have not come in to get your personal key fob for our new kiosk, call the Center to make an appointment now! See page 12 for info on the kiosk and how to sign up for an appointment.

A local Eagle Scout is working on a project to promote The Autism and Vulnerable or Impaired Persons Program, a database the Madison Heights Police Department created to be used by First Responders to identify, communicate and assist people they encounter on emergency calls. The National database will contain critical information for responding officers, including a photo of the resident and recommendations on how to approach individuals with autism/Asperger's syndrome, deaf/low hearing, Alzheimer's disease/dementia, diabetes, intellectual disability, and other diagnosed mental health issues identified by the resident. See page 12 for more info!

Don't forget to check out pages 6, 7, 8 & 12 for lots of great trips, classes and programs that are coming up at the Center. Pages 13-16 have fun things you can do from the comfort of your home! If you're looking for resources at the Center and in the community, check out pages 17 & 18.

Staff has been working extremely hard to provide essential services to our community. We are offering curbside Focus Hope food boxes, answering phone calls, responding to emails, Facebook and voicemail messages regarding available resources, creating a modified monthly newsletter, and providing bus transportation to doctor appointments, grocery stores, and other errands. Don't forget to pass the word that the AAC is offering FREE transportation for residents through 2023, thanks to a grant through SMART.

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 are excited to help you focus this year on taking care of you! We hope to see you at one or ALL of our February events. 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

Heather Parker ~
Active Adult Assistant

John Leuffgen ~
Part-Time Driver



Kathleen Faulkner ~
PT Driver/Office Asst

Tiffany Poole ~
Part-Time Receptionist

Paul Gill ~
Part-time Driver

Gayle Verbiest ~
Part-Time Driver



Bobby Crowell ~
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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***** SPECIAL EVENT*****

Mondays just got a lot more fun!

**Join us and our sponsors
for these Marvelously FREE Monday FUNdays!!!**

Health In The Heights

**Brought to you by
Dedicated Senior Medical**

Monday, February 7, 2022

12:30 pm

Free!!

**Join us for a healthy Monday Funday!
We will have food stations,
Audiology-hearing testing on site,
Acupuncture, talks from Dedicated Senior Medical staff,
a Raffle and more!**



**Please sign up at least 1 week prior to
this free event. Spots are limited!**

***** SPECIAL EVENT *****

NECK & BACK PAIN LUNCH & LEARN

WITH DR. NADINE JENNINGS

FROM

STRAITH PHYSICAL

MEDICINE & REHABILITATION

MONDAY,

FEBRUARY 28, 2022



12:30 PM

FREE



PLEASE JOIN US FOR A LUNCH & LEARN WITH DR. NADINE JENNINGS FROM STRAITH PHYSICAL MEDICINE & REHABILITATION. DR. JENNINGS IS A BOARD CERTIFIED PHYSIATRIST WHO SPECIALIZES IN EVALUATING AND TREATING CHRONIC PAIN AND VARIOUS OTHER MEDICAL CONDITIONS. SHE RECOVERS PATIENTS WHO COME FROM RECENT SURGERY, WORK/MOTOR VEHICLE ACCIDENTS, AND THOSE LIVING WITH DEGENERATIVE DISEASES OR CHRONIC PAIN. HER TECHNIQUES ARE NON-SURGICAL AND SHE OFFERS MANY TREATMENT OPTIONS TO ALLEVIATE PAIN. DR. JENNINGS AIMS TO ENHANCE PATIENTS' ACTIVITIES OF DAILY LIVING AND QUALITY OF LIFE. TREATMENT IS EMPHASIZED ON NON-SURGICAL SOLUTIONS AND FOCUS TO RESTORE FUNCTION AND ABILITY.

PLEASE SIGN UP AT LEAST 1 WEEK PRIOR TO THIS FREE EVENT.



FEBRUARY 2022 TRANSPORTATION SCHEDULE



TO MAKE AN APPOINTMENT FOR PICK UP

CALL (248) 545-3464

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1) DR APPTS ERRANDS CENTER	2) MEIJER CENTER	3) KROGER CENTER	4) DR APPTS ERRANDS CENTER	5)
6)	7) DR APPTS ERRANDS CENTER TRADER JOES	8) DR APPTS ERRANDS CENTER	9) MEIJER CENTER	10) KROGER CENTER	11) DR APPTS ERRANDS CENTER	12)
13)	14) DR APPTS ERRANDS CENTER WALMART	15) DR APPTS ERRANDS CENTER	16) MEIJER CENTER	17) KROGER CENTER	18) DR APPTS ERRANDS CENTER	19)
20)	21) CENTER CLOSED FOR PRESIDENT'S DAY	22) DR APPTS ERRANDS CENTER	23) MEIJER CENTER	24) KROGER CENTER	25) DR APPTS ERRANDS CENTER	26)
27)	28) DR APPTS ERRANDS CENTER SALVATION ARMY					

Now offering FREE transportation!!

The Active Adult Center received a grant through SMART which enables us to now offer free transportation to residents who are age 50 and up or disabled. We are able to offer this thru 2023 or until the monies in the grant run out. Transportation rules and schedule below still apply.

Federal Mandate

All drivers and riders must wear masks through

Mid March, 2022*

*Subject to change.



Transportation Schedule:

MONDAYS: Trader Joe's (1st Monday), Walmart (2nd Monday), Salvation Army Thrift Store (3rd Monday) - 10:00 AM Pickup - 1 1/2 hour time limit.

MONDAYS, TUESDAYS & FRIDAYS: Doctor Appointments up to 7 miles - 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 (Meijer & Kroger)

WEDNESDAYS: Meijer and to the Center

THURSDAYS: Kroger -10:00 am Pickup - 1 1/2 hour time limit - AND to the Center

*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.

*One stop per rider per day.

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 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.

** February 2022 ON SITE PROGRAMS **

Monday	Tuesday	Wednesday	Thursday	Friday
	1) 9:30-CARDIO DRUM 11:00-CHAIR YOGA 12:00-CREATIVE COOKING	2) 8:30-PODIATRIST 9:30-STRENGTH TRAINING 10:00-KNIT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP	3) 8:00-SENIOR SPACE 10:00-WALKING CLUB 11:00-ZUMBA GOLD 1:00-BINGO	4) 9:30-REFLEXOLOGY 10:00-BUNCO
7) 10:00-WALKING CLUB 12:30-HEALTH IN THE HEIGHTS	8) 9:00-AARP TAX ASSIST 9:30-FIREKEEPERS 9:30-CARDIO DRUM 11:00-CHAIR YOGA	9) 9:30-STRENGTH TRAINING 10:00-KNIT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP 1:00-AREN'T YOU CRAFTY	10) 10:00-WALKING CLUB 10:00-FINANCE W QUINN 10:30-BP CHECKS 11:00-ZUMBA GOLD 1:00-BINGO	11) 9:00-MASSAGE THERAPY 10:00-BUNCO
14) 10:00-WALKING CLUB 1:00-GRIEF SUPPORT 1:00-WATERCOLOR	15) 9:00-AARP TAX ASSIST NO CARDIO DRUM 11:00-CHAIR YOGA 1:00-ADVISORY BD MTG	16) NO STRENGTH TRAINING 10:00-KNIT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP	17) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 1:00-BINGO	18) 10:00-BUNCO 11:00-CHAIR YOGA 11:30-DIA 12:45-ARTS THERAPY
21) CENTER CLOSED PRESIDENTS DAY 	22) 9:00-AARP TAX ASSIST 9:30-CARDIO DRUM 11:00-CHAIR YOGA	23) 9:30-SOLANUS CASEY 9:30-STRENGTH TRAINING 10:00-KNIT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP	24) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 11:30-SMOOTHIE DAY 1:00-BINGO	25) 10:00-BUNCO 10:00-FIND YOUR WORD 11:00-CHAIR YOGA
28) 10:00-WALKING CLUB 12:30-STRAITH LUNCH & LEARN 1:00-GRIEF SUPPORT	<i>Be My Valentine</i> 			

***** DAY TRIPS & OVERNIGHT TRAVEL *****

FireKeepers

Tuesday, February 8, 2022
9:30 am - approx. 7:30 pm
Res-\$46.00/Non-Res-\$48.00



Your Bianco trip includes: Round trip transportation via deluxe highway motorcoach, FireKeepers Casino. Your casino package includes a \$20.00 slot credit and \$5.00 to be used for food, slot play or gift shop.

Detroit Institute of Arts

Friday, February 18, 2022
12:00 pm - approx 3:30 pm
 (Check in at Center between 1130-11:45 am)
\$2.00 Per Person



Your DIA trip includes: Transportation and a two-hour, self-guided visit of the museum and all it has to offer. You can choose to check out the great artwork and/or take time to shop in gift shop or visit either the Kresge Court or Café DIA for a bite to eat. *FYI: All groups are required to wear masks both on the bus AND in the museum .

Solanus Casey Pilgrimage

Wednesday, February 23, 2022
9:30 am— Approx 3:45 pm
\$65.00-Res/\$67.00-Non-Res



Your Bianco tour includes: Round trip transportation via deluxe highway motorcoach, tour Solanus Casey Center, video and gift shop time, lunch, free time to browse the gallery, opportunity to purchase baked goods from On the Rise Bakery.

Cornwell's Turkeyville
Featuring Alfred Hitchcock's "The 39 Steps"

Tuesday, March 22, 2022
9:30 am - Approx 6:30 pm
\$89.00-Res/\$91.00-Non-Res



Your Bianco tour includes: Round trip transportation via deluxe highway motorcoach, complete turkey lunch buffet, time to visit and shop the antique barn, the Country Junction Gift Shops, ice cream parlor, cheese shop and old granary, perfect and intimate seating for the live performance of Alfred Hitchcock's The 39 Steps.

Lancaster Pennsylvania

April 18 - 21, 2022
\$824.00 pp dbl occ



Your Bianco tour includes: Round trip transportation via deluxe highway motorcoach, 3 nights at the Eden Resort (Lancaster, PA) , 3 breakfasts & 3 dinners, the Amish Experience Theater—featuring "Jacob's Choice" and Amish Homestead tour, Kitchen Kettle Village, Sight & Sound Millennium Theater—featuring "David", Good 'N' Plenty Restaurant, Amish buggy rides—Amish Buggy Tour of Countryside, Downtown Lititz, Mount Hope Mansion.

Historic Virginia

May 1 - 6, 2022
\$1,350.00 pp dbl occ



Your Bianco tour includes: Round trip transportation via deluxe highway motorcoach, 5 breakfasts, 1 lunch and 3 dinners, 1 night in Frederick, MD, 2 nights in Norfolk, VA, 1 night in Richmond, VA, 1 night in Staunton, VA, Mount Vernon, Richmond Museum of Fine Arts, narrated boat tour of Norfolk Naval Base, Nauticus Museum & Battleship Wisconsin, guided tour of Richmond, VA, historic riverfront canal cruise, Monticello, White Hall Vineyards, Factory Antique Mall.

Attendance will be at traveler's own risk with plans subject to change.

- All day and over night trips will meet and check in on the bus in the back of the parking lot unless otherwise notified.
- If you would like to request a flyer on a specific trip, please give us your email or come in and pick one up.
- You may come in and make your payment, mail your payment in, or drop it off in our drop box.
- When registering and paying with the Center, cash or check is accepted only.
- Please make checks payable to City of Madison Heights.
- We are not giving receipts out at this time. Your check copy in your check book is your receipt.
- If you wish to pay via credit card, please call Bianco, Shoreline or Collette directly. (Overnight trips only.)
- Day Trips MUST be paid in full at time of registration.
- For any further information please contact the Center at 248-545-3464.

Holland Tulip Time

Monday, May 9, 2022
7:00 am - approx. 8:15 pm
Res-\$96.00/Non-Res-\$98.00



Your Bianco trip includes: Round trip transportation via deluxe highway motorcoach, Lunch at the Beechwood Inn, free time for shopping in downtown Holland, tour of the Windmill Island Gardens and a dinner stop (on your own) on the way home.

Cruisin' Kentucky Gangster Style

May 18-19, 2022
\$294.00 pp dbl occ



Your Bianco tour includes: Round trip transportation via deluxe highway motorcoach, 1 night at the Holiday Inn in Florence, KY, 1 breakfast & 1 dinner, National Museum of the US Air Force, BB Riverboats Dinner Cruise, guided underworld tour of Newport Kentucky, Newport on the Levee.

"Pure AM Gold"
Zehnders of Frankenmuth

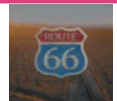
Friday June 10, 2022
9:30 am - approx. 6:30 pm
Res-\$107.00/Non-Res-\$109.00



Your Bianco tour includes: Round trip transportation via deluxe highway motorcoach, Zehnders Luncheon show, Pure AM Gold, shopping time at Zehnders Marketplace on the lower level of Zehnders. Pure AM Gold is an 8 piece horn band that takes you back to the Golden age of the 60's and 70's AM radio. Featuring hits by Burt Bacharach, The Mamas and Papas, The Monkeys, Tony Orlando and Dawn, Neil Diamond, The Monkees, artists of the British invasion and many more.

Heartland of America Tour

September 12 - 17, 2022
\$1,399.00 pp dbl occ



Your Shoreline tour includes: Modern motorcoach transportation, 5 nights lodging, 5 breakfasts, 1 lunch 4 dinners, America's famous Route 66, Route 66 guide for 4 days, Goshen Coffee, legendary Mustang Sanctuary, Doc's Soda Fountain, Soulsby Service Station, Henry's Rabbit Ranch, Pink Elephant Antique Mall, Kruta Bakery, Willoughby Heritage Farm, Cahokia Mounds Historic Site, National Great Rivers Museum, Melvin Price Locks & Dam, Robert Wadlow Statue, Alton Living History Tour, live interactive theatre dinner, Lewis & Clark Confluence Tower, Lewis & Clark historic site, Great Rivers National Byway, Grafton Sky Tour, Mississippi River Cruise, Luggage & handling, tax & tip on included meals.

EXERCISE EQUIPMENT USAGE

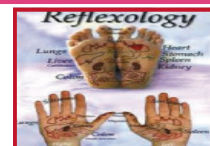
The Center has 2 treadmills, one seated elliptical machine, one standing elliptical, 1 recumbent bike, 1 rower-rider, four NuStep machines, small hand weights and an aerobic step. A short training session is required before first time usage.

All for FREE!!



Reflexology by Roberta

Friday, February 4, 2022
9:30 am—2:00 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.



IN CENTER DROP IN HEALTH CLASSES



Tuesdays @ 9:30 am - Cardio Drumming with Kat
Tuesdays @ 11:00 am - Chair Yoga with Paul
Wednesdays @ 9:30 am - Strength Training w/ Kat
Wednesdays @ 11:00 am - Tai Chi with Sam
Thursdays @ 11:00 am - Zumba Gold & Toning w/ Barb
Fridays @ 11:00 am - Chair Yoga with Paul
(Twice a month. See calendar for dates.)

\$5.00 class fee to be paid directly to instructor.
Punch cards available 10 classes for \$40.

All exercises can be done standing or sitting, so that means it's great for any fitness level.

All classes run for approximately 1 hour. Check calendar for any class cancellations.



Massage Therapy

Friday, February 11, 2022
9:00 am - 3:00 pm
30 Minutes- \$30
60 Minutes- \$55

Massage Therapist- Heidi Gogate



Appointments are required and will be taken on a first come - first serve basis. Call Heidi to make an appointment at 248-943-6585.

Foot Care

Wednesday, February 2, 2022
8:30 am - 10:30 am



We are happy to be able to have Dr. Adas back in the Center for in 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 at the AAC.

Grief Support Group

Mondays, February 14 & 28, 2022
1:00 pm - 2:00 pm
FREE



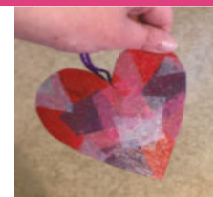
This support group meets the 2nd and 4th Monday each month from 1-2:00 pm. For more information call Paul at 248-842-6856.

Walking Club
Mondays & Thursdays
10:00 am
FREE!



One of the best exercises is walking. Join your friends and get your steps in. We will be walking at Oakland Mall for the fall and winter months. Meet your fellow walkers every Monday and Thursday mornings at 10 am at the mall. Are you a Madison Heights resident and either can't drive or do not want to drive that far? Call the Center to schedule a ride and we will drive you to the mall and back. If you are interested in joining please call the Center for more information at 248.545.3464.

Art As Therapy
Friday, February 18, 2022
12:45 pm - 1:45 pm
\$5-Res/\$7-Non-Res
Paid at Front Desk



*February's Project:

"Tissue Paper Collage project"

No experience is necessary. Art therapy is something for everyone!

Taught by certified Art Therapist Jennifer Josefosky.



**** IN CENTER ARTS AND GAMES ****



Beginners Watercolor Class

Monday, February 14, 2022
1:00 pm - 3:00 pm
\$5-Res/\$7-Non-Res
Paid at Front Desk



Have you ever admired the delicate look of watercolor paintings and thought, "Oh I could never do that." Well this is a class for you! You will be introduced to the techniques that will have you painting beautiful little artwork in no time. Supplies will be provided, so come join us for a relaxing, fun filled class that you will come to love! Watercolor101!

Bingo

Thursdays 1-3 pm



50 or older only. Admission cards are \$1.00. All other cards are 25 cents each. Come early so you can purchase your cards and be ready to play at 1:00pm. After 1:00 pm registration is closed and no other players will be allowed to play. Each week we hold a 50/50 raffle. Raffle funds raised will go to the Center's escrow account to help pay for program needs.

Aren't You Crafty

Wednesday, February 9, 2022
1:00 pm
\$5-Res/\$7-Non-Res
Paid at Front Desk



February's Craft: Valentine Door Hanger

Kat's Aren't You Crafty class is back in 2022. She's got some awesome projects planned! You don't want to miss out. Her first class of the new year will be in February, just in time for Valentines Day. Kat will show you how to make an adorable door hanger for Valentines Day. Sure to put a smile on every face that sees it! If you've ever taken one of Kat's classes, you know they never disappoint!! Sign up soon, as spots are limited.

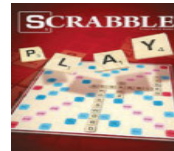
In Search of Bridge Players

Do you love playing bridge or have always wanted to learn? We are looking at putting together a bridge club at the center. If you are interested please call the center. (248)545-3464



Game Room

Our game room offers a space for indoor activities such as pool, shuffle board, pinball, Yatzee, Uno, Scrabble, cards, puzzles and more. ALL for FREE!



Smoothie Day

Thursday, February 24, 2022
11:30 AM

"Sweet Beet Valentine's Smoothie"

While Supplies Last



Creative Cooking

Tuesday, February 1, 2022
12:00 pm
\$5-res/\$7-Non Res



February's Class: Valentine...Table For One

In order to love someone you must love yourself first. Join us as we pamper you and take your taste buds on a ride they will not forget. All of our selections will be 1-2 bites. Just enough for that special someone...You! Be sure to sign up soon, as seats are limited.

Bunco

Join us Fridays from 10:00 am - 12:00 pm.
\$1.00 per person.
Prizes for six players. Three table minimum.



Dominoes Wednesdays at 12:30 pm FREE

Drop in for some stimulating fun with dominoes on Wednesday afternoons. Get together with your friends for some friendly competition. No experience necessary.



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***

Knitting & Crocheting Group Wednesdays from 10 am-12 pm



Join the Oakland County R.S.V.P group as they complete lap robes for Beaumont Hospital and local nursing homes and dress dolls for the Goodfellows. Enjoy encouragement and a social time while you work to finish your latest project.

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EYE SPECIALIST
Metro Detroit's Premier Eyecare Specialists

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Board Certified
Ophthalmologist

- Advanced Laser Cataract Surgery
- Blade Free All - Laser Lasik
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FREE
AD DESIGN

WITH PURCHASE
OF THIS SPACE

CALL
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When The Spine Shifts... Is This YOU?

- > Arm Pain
- > Asymmetry
- > Bone Spurs
- > Carpal Tunnel (Wrist)
- > Canal Stenosis
- > Decreased Motion
- > Degenerated Joints
- > Digestive Disorders
- > Disc Herniations
- > Dizziness (Vertigo)
- > Dowager's Hump
- > Fatigue
- > Fibromyalgia
- > Golfer's Elbow
- > Headaches
- > Hearing Issues
- > Itchiness
- > Low Back Pain
- > Mid Back Pain
- > Migraine Headaches
- > Muscle Spasm
- > Muscle Tension
- > Muscular Imbalance
- > Neck Pain
- > Numbness/Tingling
- > Pinched Nerve
- > Poor Posture
- > Rotator Cuff Issues
- > Shoulder Pain
- > Sinus Conditions
- > Spinal Decay
- > Strength Issues
- > Tendinitis
- > Tennis Elbow
- > Thoracic Outlet
- > TMJ Issues
- > Upper Back Pain
- > Vision Issues

Madison Heights
Chiropractic Center

Dr. John Conflitti

28107 JOHN R, MADISON HEIGHTS
(248) 542-3492
FAX: (248) 542-3494
madisonheightschrio@gmail.com

Call To Schedule A Complementary Consultation
It's a conversation, not a commitment

support our
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THIS SPACE IS
AVAILABLE

ABK Tree Service
abktreeservice.com

- Tree Removals
- Tree/Bush Trimming
- Tree Pruning and Shaping
- Storm Damage
- Brush Removal
- Lot Clearing
- Stump Grinding

(248)
982-7362

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you senior living in 1979.

Hazel Park | 248.545.0707 | BaldwinHouseSeniors.com

NEW HORIZONS CO-OP
31101 Edward, Madison Heights
Please Call Our Leasing Office
at 248-585-0999
To Schedule a Tour!



Amenities

- Heat & Water Included
- Individual Heating and Cooling
- Rent Subsidized (30% adjusted Income)
- On-Site Beauty Shop
- On-Site Laundry
- On-Site Service Coordinator
- Near Oakland Mall and Meijer

AFFORDABLE RENTAL COMMUNITIES FOR SENIORS
for 70 years as a mission-driven non-profit, CSI exists solely to provide the highest quality, affordable housing communities possible for seniors



Resident Members Benefit From

- Continuing Education
- Diversity & Open Membership
- Democratic Control
- Social Interaction
- Senior Empowerment
- Not-For-Profit Operation

JOIN OUR WAITLIST

(800) 593-3052 www.csi.coop TDD (800) 348-7011

MADISON HEIGHTS CO-OP
500 E. Irving, Madison Heights
Please Call Our Leasing Office
at 248-585-2336
To Schedule a Tour!



Amenities

- All Utilities Included
- Individual Heating & Cooling
- Rent Subsidized (30% adjusted income)
- On-Site Service Coordinator
- Laundry Room on Every Floor
- Near Oakland Mall and Meijer

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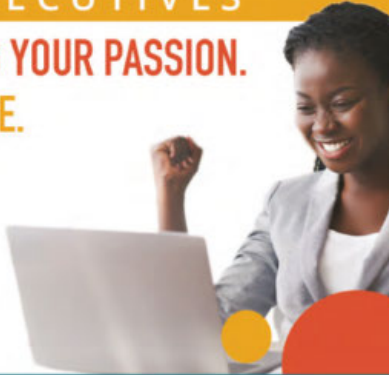


WE'RE HIRING

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ATTENTION PLEASE

**** Starting February 8, 2022 ****

(and through April 12)

Tuesdays will be reserved for:

- AARP Tax Help
- Business at the front desk
- And exercise classes

ONLY

**NO Pool Table, Exercise Equipment
or Computer Use**

AARP Foundation

TAX-AIDE

Free tax assistance for those who need it most

AARP FOUNDATION TAX-AIDE FREE TAX PREPARATION

**Tuesdays, 9 AM to 3 PM
beginning in February, 2022**

Register now by calling the Active Adult Center at 248-545-3464. AARP Tax-Aide Volunteers, trained and certified in cooperation with the IRS, will help low to moderate income taxpayers, especially those 50 and older, to prepare Federal and Michigan taxes. When making an appointment, instructions about pre-appointment package, and safety protocols, will be provided.

Welcome My Senior Center Thursday, February 3, 2022

Set up your appointment now to meet with Tiffany on February 3, 2022. Please come up to the Center and see Tiffany in the front lobby at your set appointment time. She will help you register on our new system and will issue you your very own FREE "Kiosk Key". With this you will be able to register for events, trips, classes and more!! We are very excited to roll out this new program! Please call ahead of time to secure your appointment time. 248-545-3464.

COFFEE CONCERTS ARE BACK!

**Wednesday Evenings In February
7 pm - 9 pm
\$5 per concert taken at the door**

Guaranteed to warm your spirits on cold winter nights. The Madison Heights Intermediate Women's Club will also be selling light refreshments. The concerts will be held at the Active Adult Center and all ages are welcome. Tickets will be sold at the door. Doors open at 6:30pm.

For more information, call the Recreation Department: 248-589-2294.



CENTER CLOSURES

The Center will be closed on Monday, February 21, 2022 in observance of Presidents Day.



Inclement Weather Policy

Please call the Center after 9 am to see if any scheduled classes, activities, trips, lunch or transportation are cancelled for the day.

The City's snow emergency phone number is 248-588-5555.



Financial Management Questions With Quinn from Edward Jones

Thursday, February 10, 2022

10:00 am - 11:30 am

FREE



Do you have financial management questions that need answers? Receive a free and confidential consultation from Quinn Wright with Edward Jones.

The Madison Heights Fire Department will be returning to the Center for free Blood Pressure checks. Look for their smiling faces from 10:30am to 11:30 am on the 2nd Thursday of every month!



***** DOING THE MOST GOOD *****

Read below how one of our Lamphere Seniors is trying to make a difference in the City. Stay tuned for updates and how to get involved.

"My name is Zach Molencupp and I am a senior at Lamphere High School, a member of the National Honors Society and currently working on my Eagle Project with Troop 1589 out of Edmonson Elementary.

My project is to promote The Autism and Vulnerable or Impaired Persons Program, a database the Madison Heights Police Department created to be used by First Responders to identify, communicate and assist people they encounter on emergency calls. The National database will contain the individuals' fingerprints, current photos and key information to help the First Responders identify someone in the program. The form also contains contact information for the family members or guardians so they can be reunited and returned safely. My sister, who is on the spectrum, was the test subject used to help compile the information for this database.

All information stored in the database is confidential and will only be shared with First Responders.

In addition my plan also is to supply the First Responders with items to help comfort these individuals during the emergency call. Things like fidget spinners, sensory items and stuffed animals can help both Autistic and young people to help them feel comfortable and make a connection with the emergency personnel.

Only people who are residents of Madison Heights and/or are currently attending a school or institution in the city are eligible for the program at the current time."

Find YOUR Word



Bracelet Maker Class

Friday, February 25, 2022

10 AM

\$10-Res / \$12-Non-Res



Ditch the new year resolution and instead set an intention for 2022! Join us for a mindfulness activity where you will find your inspirational WORD for the year, share your word with your classmates and create a wearable daily reminder to help you achieve your goals and be your best self!

BE PRESENT. BE OPEN. BE CONFIDENT.

A LIGHT BREAKFAST WILL BE SERVED

Take What You Need Board

Starting in January we will no longer be displaying our giving tree. In it's place will be our Giving Back Board. It will be filled with positive quotes and messages. In 2022 we are committed to helping each person take care of themselves physically, emotionally, mentally and spiritually, and find the good and positive in everyday living. Affirming words and positive quotes can help everyone get through tough days. We are hoping, as you walk down the hall at the Center, you will stop and "take what your heart needs to hear".





**** FUN AND GAMES ****
Keep your mind sharp!



Find three (3) sets of identical twins...



SEASONEDTIMES.COM

COUNT HOW MANY!

How many **CUPIDS** can you find in this newsletter? ???
ONLY the ones that look like this:



Call us with your number!! A winner will be chosen from all correct answers and they will win a prize!

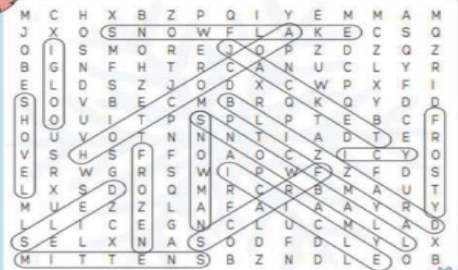
JANUARY WINNER:

Snowflakes in the newsletter: 12
Winner: April Anselmo

DECEMBER'S ANSWERS



WINTER WORD SEARCH



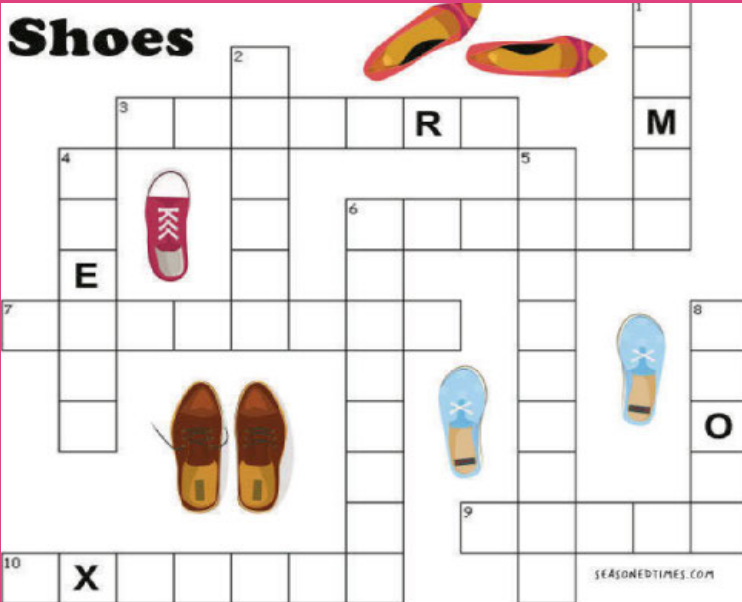
- BLIZZARD
- FROSTY
- FROZEN
- HOT COCOA
- ICICLE
- ICY
- IGLOO
- JACKET
- MITTENS
- SCARF
- SHOVEL
- SLED
- SNOWBALL
- SNOWFLAKE
- SNOWMAN



SUDOKU

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N	F	A	W	L	O	K	E	S
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Shoes



SEASONEDTIMES.COM

ACROSS

- 3. Shoes that can be slipped on the foot
- 6. Attached to a runner or a set of wheels
- 7. High waterproof shoes, usually made of rubber
- 9. Cover the feet, ankles, and sometimes the lower leg
- 10. Leather shoes that lace



DOWN

- 1. Shoes with a kitten or higher heel
- 2. Waterproof attached boots and pants
- 4. Shoes with metal, rubber or other material protruding from sole
- 5. Shoes with high, very narrow heels
- 6. Casual shoes with rubber sole designed for exercise
- 8. Shoes with a thick wooden sole



**** TO MAKE YOU SMILE ****



- ◆ "What do you write in a slug's Valentine's Day card?" "Be my Valenslime!"
- ◆ "What did the stamp say to the envelope on Valentine's Day?" "I'm stuck on you!"
- ◆ "Why didn't the skeleton want to send any Valentine's Day cards?" "His heart wasn't in it."
- ◆ "Why did the sheriff lock up their valentine?" "She stole their heart."
- ◆ "What do you call two birds in love?" "Tweethearts!"
- ◆ "How can you tell when a squirrel is in love?" "It goes nuts!"
- ◆ "I thought I won the argument with my wife as to how to arrange the dining room furniture. But when I got home the tables were turned."
- ◆ "I once fell in love with someone who only knew 4 vowels. They didn't know I existed."
- ◆ "How did the telephone propose to his girlfriend?" "He gave her a ring!"
- ◆ "What did one oar tell the other oar?" "This is so row-mantic!"
- ◆ "What did the light bulb say to the other light bulb?" "You light my world up."
- ◆ "How can you get arrested on Valentine's Day?" "For stealing someone's heart."

What did the calculator say to the pencil on Valentine's Day?

✱

"You can always count on me."



What did the paper clip say to the magnet?
"I find you very attractive."





Creative Food: **Tomato Bisque with Heart Shaped Grilled Cheese**

Ingredients

Tomato Bisque:

- 2 Tbsp. Olive Oil
- ½ C. Yellow Onion, chopped
- 3 Garlic Cloves, minced
- 2 28-oz. cans San Marzano Tomatoes with juices, chopped
- 2 tsp. Red Wine Vinegar

- 1 tsp. Dried Basil
- ½ tsp. Dried Oregano
- ¼ tsp. Thyme
- ¼ tsp. Rosemary
- 1 Bay Leaf
- 1 ½ Tbsp. veggie broth concentrate mixed with 3 C. hot water
- ½ C. Heavy Cream, more for garnish
- Fresh Basil for garnish

Grilled Cheese Sandwiches:

- 8-12 Slices of Sourdough Bread
- 4-6 Slices Mozzarella
- 2 Roma Tomatoes, sliced

INSTRUCTIONS: **Tomato Bisque**

1. Heat the oil in a large saucepan over medium heat. Sauté the onion and garlic until tender. Add the tomatoes, vinegar, dried herbs, bay leaf, and prepared Veggie Broth Concentrate. Cover, and simmer for about 25 minutes, until the liquid has reduced by ¼.
2. Remove the soup from heat and discard bay leaf.
3. Add the soup to a blender and puree until smooth. Alternatively, an immersion blender may be used.
4. Return the soup to a simmer to heat through. Remove from the heat and gradually stir in the heavy cream. Season with salt and pepper to taste.
5. Serve hot and garnish with basil.

Grilled Cheese Sandwiches:

1. Heat a large skillet or a griddle on medium-high heat.
2. Using a cookie cutter, cut bread and mozzarella slices into heart shapes.
3. Butter one side of each heart-shaped bread slice, or brush with olive oil.
4. Assemble the sandwiches with layers of mozzarella, basil and tomato slices.
5. Grill each sandwich for 2-3 minutes on each side, until the outsides are browned
6. and the cheese begins to melt.

Makes 6 servings Enjoy!



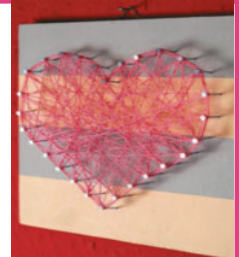
Creative Art: **Heart Shaped Nail String Art**

Materials:

- | | | |
|--------------------------------|---------------------|------------|
| • Wood board | • Stud | • Pencil |
| • Grey and beige acrylic paint | • Hanger | • Hammer |
| • Paint brush | • Embroidery thread | • Scissors |
| | | • Tape |

Instructions

1. **Prep the board.** Use beige acrylic paint to paint the front and all the edges. You might need to apply two coats of paint to get perfect coverage. Before you do that however make sure you're happy with the dimensions and proportions of your board.
2. **Measure and mark a striped pattern on the board.** We wanted the backdrop of this heart to have a striped pattern so we went ahead and marked the lines with a pencil. If you want to do the same thing you need a ruler as well. Measure the board and decide how many stripes you want to make based on how thick you want them to be.
3. **Tape off the stripes.** In order to get this striped pattern you'll need to cover some of the areas on the board with painter's tape. Cover the sections that you want to keep the beige color and leave the rest exposed. Make sure your tape lines up with the markings you made earlier.
4. **Paint the stripes.** Once the tape is in place, take the light blue acrylic paint and apply a coat or two on the exposed sections of the board. Don't forget the edges and don't worry if you go outside the lines. That's what the tape is there for.
5. **Remove the tape.** When you're done painting the stripes go ahead and peel off the tape. It's probably best to do this before the paint starts to dry because you don't want it to chip away or to look messy.
6. **Make a paper template.** You're going to need a heart template and this is actually something that you can do yourself. All you need is a piece of paper, a pencil and scissors. Trace the heart and make adjustments if needed, then cut off the excess paper but make sure to leave a bit on each side.
7. **Hammer the nails along the outline.** Next, take your paper stencil and center it on the board. Tape it in place so it doesn't move around and it's easier to hammer in the nails later. Now that your stencil stays in place, take your hammer and start to add the nails along the outline. Use small nails and space them 1 cm or so apart or however you see fit. Don't hammer them all the way in, just enough to keep them straight and in place. Once all the nails are in place go ahead and remove the paper because later on it's going to be impossible to do so. You're not going to reuse the stencil so don't worry about it getting ruined.
8. **Wrap the string around the nails.** This is the most important step of the entire project. It's when you're actually making the string art. Decide where you want to start from. Wrap one end of the string around a nail and make sure it doesn't come off or get loose. Then wrap the rest of the string around the other nails. Then start to go from side to side and create a sort of random zig-zag pattern. The idea is to cover the interior of the heart with string as best as possible without getting any big gaps.
9. **Attach the hook.** At this point the heart string art is all done and all that's left to do is attach a picture frame hook to the back so you can hang it on a wall. If you're using a self-adhesive hook this is going to be easy. Just make sure it's centered so the heart looks level when you hang it. When you're done secure the other end of the string onto a nail, make a couple of knots and cut off the excess string.



****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.
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

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

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?

Contact World Medical Relief at (313) 866-5333.

The AAC Medical Loan Closet is now open.
Please call (248)545-3464 for availability.

Do you need a 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.ahc-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 need Help accessing Resources?

<http://julieslist.homestead.com/>

This website will help those in 6 counties of S.E. Michigan, find the resources they need in the privacy of their own home or office or even on your phone! This website offers not only well-known agencies in S.E. Michigan, but private and religious organizations which other "information agencies" do not offer. You also do NOT have to call an "information agency" and speak to an intake worker, receive only 3 resources and continue to have to call back, tell your story and receive 3 more resources.

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?

SHARP Program - We are happy to announce that our SHARP program is back. Do you have a lightbulb or smoke detector battery that needs replacing or some other small home maintenance item that you need help with? Our SHARP volunteers may be able to help you. Give the Center a call if you are in need of assistance. Are you a handy person looking to give back to the MH community's seniors? We are always looking for volunteers. Contact us for more info.

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

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 sure 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.
751 E. Nine Mile Road
Suite 2
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.

You can look up and research side effects, pharmacy hours and locations, pill images, and much more!

You can also access GoodRx through their website at www.goodrx.com.

Alternative Transportation Available

The Center offers its own transportation for Madison Heights residents. If we are unable to accommodate your transportation needs, below are a few alternative places to inquire about transportation.

SMART Bus: 1-866-962-5515
Boomerang Errand Services, LLC: (248) 275-8256
Independent Medical Transportation Services: (248) 545-3144



Beaumont Patient Information: 248-743-6667

*Most transportation companies require at least 24-48 hours notice. If you need immediate or within 24 hour transportation we suggest you contact UBER 808-189-7190 or LYFT 631-201-5938.

***** THANK YOUS *****

Thank you to - Shirley Novak for making and donating the beautiful blankets and pillows. Thank you also for taking care of our birthday and anniversary cards that we send out each month. You make them so special and personal.

Thank you to - DJ Andy Mi and Joy for always generously donating their time to provide us with great music and entertainment for our events!!

Thank you to all of the volunteers who instantly jump in to help us clean up after events. Your help means more than you could ever know.

Thank you to - Ray Chammas and his sous chef David Chammas for donating their time and effort to preparing Holiday dinners for 25 of our seniors. Thank you also to our drivers John and Paul for helping to package and deliver the meals.

Thank you to Tiffany for calling and contacting all those getting meals.

Thank you to -All of our sponsors for our 12 Days of Giving: Rickey Busler, Quinn Wright, Shirley Novak, Dr. Shanbom, American House Troy, Baldwin House Hazel Park and Straith Hospital. You are all the best!

Thank you to - Elaine Vaughn, Jean Nickrand, Charlie Hamilton, Stefani Olszewski, Lois Krawczyk, Bev Ramaut, Carol Boyer and Susan Lessien for their generous donations.

Thank you to - Our Fun Friday and Marvelous Monday Event Sponsors: Baldwin House, Dr Shanbom, American House Troy, Dr Adas, The Straith Hospital and Dedicated Senior Medical Center.

**** CELEBRATIONS!! ****

February Birthdays

- 10-Edward Novak
- 11-Mary Lou Stema
- 18-Stefanie Olszewski
- 20-Dorothy Shonts
- 21-Havon Hoback
- 22-Marcy Maher
- 24-John Leuffgen



February Anniversaries

22-Charlie and Joanne Hamilton

Can't find your name on our birthday or anniversary list?
ONLY those who have paid to receive our newsletter at home are recognized in our birthday and anniversary section. They also receive a beautiful card as well. Don't miss being recognized. Sign up today!



***** Art, Cooking, Meadowbrook & Holiday Merry Making *****





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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