

# Madison Heights Active Adult Center

March 2022



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

## A Note From the Coordinator

Hello Spring! I am excited that the days are getting longer, color and softness is returning to the earth, and before we know it the flowers will be blooming again. "Here comes the sun, and I say, it's all right." ~ The Beatles

We have two events planned for you this March. The first is our annual St. Patrick's Party on Monday, March 14. We will have lunch, snacks, the Dublin Derby, DJ music, prizes and more! Prepare to have a great time!! We are grateful that American House Troy is sponsoring this fun event this year! For more info, see page 2. Our second event is a Prize Bingo with lunch included on Monday, March 21, which is sponsored by Rickey Busler from RE/MAX First Real Estate. Rickey will be bringing lunch for everyone, talking a little about the services RE/MAX offers and then hosting a prize bingo. See page 3 for more info! Don't forget to register for both events at least one week prior to their dates. There are a limited amount of spots, so don't miss out!

I know many of you have been asking when we will start taking regular day trips on our bus. Well wait no more, because they are starting back up in April! See page 6 for info on an upcoming trip to Stahl's Auto Museum, and watch future newsletters for upcoming trips in May and beyond!

We are hosting our first fundraiser in over two years on Thursday, April 14. Our very popular Used Purse and Jewelry Sale is back! We will have great deals on gently used purses, jewelry and other accessories. Stop by to check it out! If you are interested in donating items for the sale, feel free to bring them March 1 or later. See page 12 for more information on the sale.

If you haven't visited our new display at the Center- a Take What You Need Board, come on by! 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.

AARP tax appointments at the Center are now full; however you can still find lots of places both in person and online that offer free tax assistance. Flip to page 12 for more info!

\*Please note: Due to the ongoing pandemic and the need for spacing, Tuesdays at the Center during tax season 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, stop by the front desk to register and pick one up, no appointment needed. Our new system allows us to track how many people are using our services, which helps us in our annual budget season. Help us out by picking up a key fob today! It is fun and easy to use. We will give you a demo!

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 hope you are doing well and we will see you at one or ALL of our March 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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**Mondays just got a lot more fun!**

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

**MSAAC Annual  
St Patrick's Day Celebration**

Sponsored by American House Troy

**Monday, March 14, 2022**

**12:30 pm**

**It's sure to be your lucky day  
when you join us in celebrating all  
things Irish.**

**Corned beef lunch, snacks, music  
supplied by DJ Andy, the Dublin  
Derby, prizes and more!**

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

**Masks are required for this event and must  
be worn unless you are eating or drinking.**

**\*\*\* SPECIAL EVENT \*\*\***

# **PRIZE BINGO**

**RICKEY BUSLER FROM RE/MAX VISION  
WILL BE AT THE CENTER ON**

**MONDAY, MARCH 21, 2022**

**AT 12:30 PM**

**TO HOST A FUN AND FREE AFTERNOON OF  
PRIZE BINGO!**

**JOIN US FOR A CATERED LUNCH,  
PRIZE BINGO AND TIME TO ASK RICKEY  
ANY QUESTIONS YOU HAVE ABOUT  
REAL ESTATE AND DOWNSIZING.**

**PLEASE SIGN UP AT LEAST 1 WEEK PRIOR TO THIS FREE EVENT.  
SPOTS ARE LIMITED:**

**MASKS ARE REQUIRED FOR THIS EVENT AND MUST BE WORN UNLESS  
YOU ARE EATING OR DRINKING.**



# MARCH 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) DR APPTS ERRANDS CENTER SALVATION ARMY	22) DR APPTS ERRANDS CENTER	23) MEIJER CENTER	24) KROGER CENTER	25) DR APPTS ERRANDS CENTER	26)
27)	28) DR APPTS ERRANDS CENTER	29) DR APPTS ERRANDS CENTER	30) MEIJER CENTER	31) KROGER CENTER		

## 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 are **REQUIRED** to wear a mask at this time!

\*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.\*\*\*



# \*\* March 2022 ON SITE PROGRAMS \*\*



Monday	Tuesday	Wednesday	Thursday	Friday
	1) 9:00-AARP TAX ASSIST 9:30-CARDIO DRUM 11:00-CHAIR YOGA	2) 8:30-PODIATRIST 9:30-STRENGTH TRAINING 10:00-KNIT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP	3) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 1:00-BINGO	4) 9:30-REFLEXOLOGY 10:00-BUNCO
7) 10:00-WALKING CLUB	8) 9:00-AARP TAX ASSIST 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	10) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 1:00-BINGO	11) 9:00-MASSAGE THERAPY 10:00-BUNCO
14) 10:00-WALKING CLUB 12:30-ST PATS PARTY 1:00-GRIEF SUPPORT	15) 9:00-AARP TAX ASSIST 9:30-CARDIO DRUM 11:00-CHAIR YOGA	16) 9:30-STRENGTH TRAINING 10:00-KNIT&CROCHET 11:00-TAI CHI 12:00-AREN'T YOU CRAFTY 12:30-DOMINOES 1:00-COMPUTER HELP	17) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 1:00-BINGO	18) 10:00-BUNCO 12:00-COOKING CLASS 12:45-ART AS THERAPY
21) 10:00-WALKING CLUB 12:30- PRIZE BINGO 1:00-WATERCOLOR	22) 9:00-AARP TAX ASSIST 9:30-CARDIO DRUM 9:30-TURKEYVILLE 11:00-CHAIR YOGA	23) 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 11:00-CHAIR YOGA
28) 10:00-WALKING CLUB 1:00-GRIEF SUPPORT	29) 9:00-AARP TAX ASSIST 9:30-CARDIO DRUM 11:00-CHAIR YOGA	30) 9:30-STRENGTH TRAINING 10:00-KNIT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP	31) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 1:00-BINGO	

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

**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.

**Stahl's Auto Museum/Sanders Candy**  
**Tuesday, April 26, 2022**  
 Check in: 11:15 am in the Dining Room  
 Approx. Return: 4:45 pm  
**\$21-Res/\$23-Non-Res**  
**\*Active Adult Center Bus**



\*Please note you will be required to wear a mask on the bus and possibly at the museum and candy shoppe  
 A visit to the Stahl's Automotive Foundation will take you back to a time in history when cars were more than just a way to take us from point A to point B. Gain a better understanding of how the automobile developed from a novelty to a main form of transportation. In addition to the beautiful cars, enjoy the collection of gas pumps, road signs, oil cans and other car-related accessories from the Depression era.

Prior to departing for Stahl's we will enjoy a boxed lunch together in the dining room at the Center! Spend time catching up with your friends while enjoying lunch which includes a sandwich, chips, fruit or pasta salad (depending on availability), a cookie and a bottle of water. Sandwich choices are: #1- Club Sandwich- Breast of turkey, bacon, red onion, lettuce, tomato, mayo on fresh baked Italian, #2-Garden Party Veggie- Swiss & American cheese, lettuce, tomato, red onion, cucumbers, cream cheese, avocado and mayo on veggie bread or #3-Italian Sub- Lean ham, hard salami, provolone cheese, lettuce, tomato, red onion, mild peppers and special dressing on a baguette.

\*\*If you need gluten free bread, please let us know when you sign up!

On our way back to the Center we will stop at Sanders Candy in Clinton Township. Sanders is the leading source of confections in the region. They carry candies, caramels, chocolates, dessert toppings, cakes and other delicious novelties. Buy something for yourself, or get a tasty gift for a friend!

**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.

**Be On The Look Out!!**

**Watch for more Center sponsored trips coming in May and beyond!**



### EXERCISE EQUIPMENT USAGE

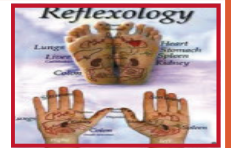
The Center has 2 treadmills, one seated elliptical machine, one standing elliptical, 1 recumbent bike, 1 rower-rider, four NuStep machines, small hand weights and an aerobic step. A short training session is required before first time usage.

**All for FREE!!**



### Reflexology by Roberta

Friday, March 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  
(Once or 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, March 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, March 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

March 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!



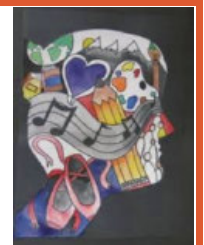
One of the best exercises is walking. Join your friends and get your steps in. We will be walking at Oakland Mall for the fall and winter months. Meet your fellow walkers every Monday and Thursday mornings at 10 am at the mall. Are you a Madison Heights resident and can't drive? Call the Center to schedule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

### Art As Therapy

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

\*March's Project:

**"Symbolic Self Portrait"**



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, March 21, 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, March 16, 2022  
12:00 pm  
FREE



March's Craft: Kokedama Ball  
Sponsored by Dedicated Senior Medical  
Lunch will be provided.

Spring is in the air and Kat is past ready to say good-bye winter, hello Spring and get her hands in some potting soil. Work with natural, organic materials to make a beautiful Kokedama Ball. Kokedama is a traditional Japanese style moss ball. Sign up soon, as spots are limited.

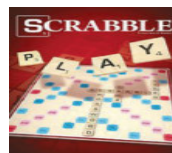
## In Search of Bridge Players

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, March 24, 2022  
11:30 AM



"Shenanigan Smoothie"

\*\*While Supplies Last\*\*

## Creative Cooking

Friday, March 18, 2022  
12:00 pm  
\$5-res/\$7-Non Res



March's Class: Irish you love and happiness  
When Irish eyes are smiling...it's because of all the delicious food set before them. Help count our good fortune and blessings while enjoying healthy spins on traditional Irish dishes.  
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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- > Asymmetry
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- > 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

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**(248)**  
**982-7362**

**NEW HORIZONS CO-OP**  
3101 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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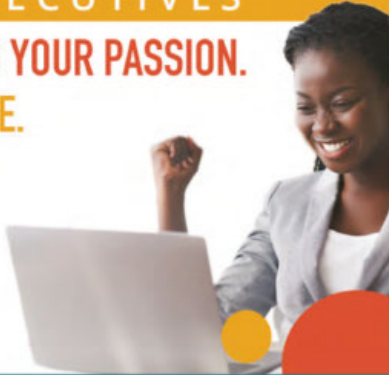


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AD SALES EXECUTIVES

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- Serve Your Community



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[www.4lpi.com/careers](http://www.4lpi.com/careers)

# Thrive Locally

## AVAILABLE FOR A LIMITED TIME!

### ADVERTISE HERE NOW!

Contact Eileen Frazier to place an ad today!  
[efrazier@lpicommunities.com](mailto:efrazier@lpicommunities.com) or (800) 477-4574 x6309

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# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter  
emailed to you at  
[www.mycommunityonline.com](http://www.mycommunityonline.com)





# ATTENTION PLEASE

Due to the ongoing pandemic and the need for spacing, Tuesdays at the Center during tax season (March thru April 12) 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.

AARP Foundation

## TAX-AIDE

### AARP FOUNDATION TAX-AIDE FREE TAX PREPARATION

AARP tax appointments at the Center are now full. You can still find lots of places both in person and online that offer free tax assistance. The following are a few suggested alternative places for free tax preparation:

- <https://turbotax.intuit.com/free/taxes>
- [www.hrblock.com/online-tax-filing/free-online-tax-filing/](http://www.hrblock.com/online-tax-filing/free-online-tax-filing/)
- [www.taxact.com](http://www.taxact.com)

Troy Community Center - (248) 524-3484  
Southfield Parks & Recreation - (248) 796-4620



## Think Spring!

Daylight Savings Time  
Starts @ 2:00 am  
On Sunday, March 13, 2022

### Used Jewelry & Purse Sale Thursday, April 14, 2022 8:00 am - 2:30 pm



Back by popular demand! Find that perfect piece of jewelry or purse for yourself, a friend or family member. Remember, it's never too early to find that perfect gift for someone! Please support this fundraiser for the Center.

**\*Donations of new/gently used purses & jewelry are needed.  
Donations will be taken starting March 1, 2022.\***

## My Senior Center Kiosk

If you haven't already gotten your FREE Kiosk Key, stop in during business hours and get one. With this you will be able to check in for events, classes and more!! We will be able to track the goings on at the Center, which will help with future budget and activity planning. We are very excited to roll out this new program!



## Have you Heard about the Yard Services Program?

The Madison Heights Yard Services Program provides free lawn care services for eligible senior citizens and disabled residents. Once approved for the program recipients receive an allotted number of grass cuts for the upcoming year. Please note: Due to reduced Federal funding and modified grant requirements, snow removal has been eliminated from the yard service program.

In order to qualify for the program, all participants must complete a new application and income verification every year, be below the current income level, be at least 55 years of age or disabled as defined by the Social Security Act (receiving SSI or SSD) and also occupy the home. If a non-senior/non-disabled individual lives in the home, applicants will not qualify for the program. In addition, we need written proof of the total gross annual income of all persons living in the house over 18 years of age, and a list of all persons residing in the household regardless of age.

There are a limited amount of slots on the program each year and the program is based on a first come first serve basis. Applications will be available in March and slots fill up fast. Application Appointments are required this year and will be available in March. Call 248.545.3464 for more info.

**\*\*If you were on our service in 2021, please look for your renewal letter in the mail.\*\***

## 2022 Golf League



Our 2022 Golf League will be on Tuesdays beginning May 10 and to play through August 23 with a few days saved for rain-outs.

Our Red Oaks league will tee off starting at 8:00 am. Everyone should be off by 8:35 am or so. The total payment for golf at Red Oaks has gone up to \$192.00 (\$12.00 per week) and is due at the Active Adult Center by April 1. Please note: The cost to use a cart this year has also gone up to \$10.00 per week.

Our Maple Lane league will tee off starting at 10:30 am. Everyone should be off by 11:10 am or so. The cost for golf has gone up to \$12.00 per week. Add \$8.00 if you would like to use a cart. If you cannot golf on a certain day, you do not have to pay.

An entry fee of \$32.00 is separate from the golf payments and is due from all golfers by April 1. (Red Oaks players can add this amount to the same check, for a grand total of \$224.00) This fee is used to cover administrative costs- such as printing and mailing the letters and weekly schedules- as well as prizes for the banquet. Please stop by the Center to pay, or you can write a check payable to City of Madison Heights and mail it to the Active Adult Center at 29448 John R, Madison Heights, MI 48071 so it arrives before April 1.

Golf schedules showing golfers' names, phone numbers, tee off times, dates, league format and rules will be mailed out by the end of April.

If you have any questions or concerns regarding the league, please call the Center at 248-545-3464

## Simple Mindfulness Techniques

**Mindfulness is one way to lessen the effects of stress – emotionally and physically. These techniques promote being present, in the moment, and mindful.**



**Sit outside in the sun.** Feel the heat of the rays on you. Appreciate how far the rays have traveled just to reach you.



**Walk around.** Feel as much as you can - notice the grass, pebbles, or soft carpet under your feet.



**Deep breathing.** Take long, slow breaths at the top of the hour, or set a reminder on your phone throughout the day.



**Look at the night sky.** Appreciate how delicate the stars and moon appear. Admire the twinkling lights - maybe notice a satellite or shooting star.



**Sit quietly.** Feel the breath coming and going from your chest, through your nose. Feel how the breath is cool as you inhale and warm as you exhale.



**Write in a journal.** Write down happy moments you can look back on when you're feeling anxious or stressed. Acknowledge the appreciation you feel for the things around you.

## Grounding Technique

**A grounding technique can help decrease anxiety and anger when you are feeling overwhelmed.**

Think 5-4-3-2-1 as you notice:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

**Try the free app for meditation, sleep, and movement exercises.**

[Headspace.com/mi](https://www.headspace.com/mi)



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



How excited was the gardener about spring?

*So excited he wet his plants.*

Does February like March?

*No, but April May*

What season is it best to go on a trampoline?

*Spring time*

What do you call a rabbit with flees?

*Bugs Bunny*

What goes up when the rain goes down?

*Umbrellas*

What month of the year is the shortest?

*May (only 3 letters)*

Name a bow that can't be tied.

*A rainbow*

Why did Cinderella get kicked off the baseball team?

*She always ran away from the ball.*





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



**Saint Patrick's Day**  
March 17



BLARNEY  
CHARM  
CLOVER  
DANCE  
DUBLIN  
EMERALD

GOLD  
GREEN  
IRELAND  
ISLE  
LEPRECHAUN  
LIMERICK

LUCK  
MARCH  
PARADE  
RAINBOW  
SHAMROCK



**COUNT HOW MANY!**

How many Shamrocks 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!

**FEBRUARY'S ANSWERS**

**Three Sets of Twins Solution**

**FEBRUARY WINNER:**

Cupids in the newsletter:

20

Winner:

**STEVE KUJAWSKI**



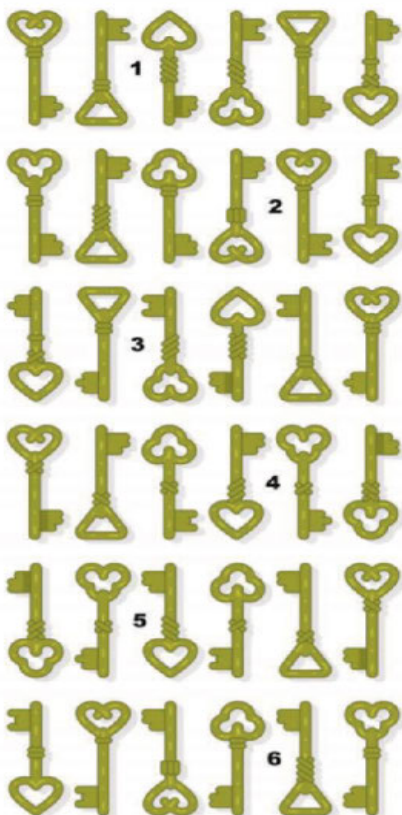
**SHOES CROSSWORD SOLUTION**

**ACROSS**

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

**DOWN**

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



**Mirror Images**

Each row has an exact mirrored copy. Can you match the mirrored rows?



SEASOONEDTIMES.COM



## Creative Food: Irish Stew



### Ingredients

- 2 tablespoons olive oil
- 3 pounds beef stew meat
- 1 cup onion coarsely chopped
- 1 tablespoon minced garlic
- 1/4 cup all purpose flour
- 1 cup Irish stout beer
- 4 cups beef broth
- 1/4 cup tomato paste
- 2 pounds small yellow potatoes halved
- 1/2 teaspoon dried thyme leaves
- 2 cups carrots peeled, halved and cut into 1 inch pieces
- Salt and pepper to taste
- 2 tablespoons chopped parsley

### INSTRUCTIONS:

1. Preheat the oven to 350 degrees F.
2. Heat the olive oil in a large pot over medium high heat. Season the beef generously with salt and pepper to taste.
3. Add half the beef cubes to the pot in a single layer. Cook for 3-4 minutes per side or until browned. Remove the beef from the pot and repeat with remaining meat. Remove all the browned meat from the pot.
4. Add the onions to the pot and cook for 5-6 minutes or until tender. Add the garlic and cook for 30 seconds.
5. Return the meat to the pot. Add the flour and stir to coat the meat and onions.
6. Add the beer, beef broth, tomato paste, potatoes, thyme and carrots to the pot. Season with salt and pepper to taste. Stir to combine and bring the pot to a simmer.
7. Cover the pot. Place it in the oven and bake for 2 1/2 - 3 hours or until meat and vegetables are tender. Sprinkle with parsley, then serve.

**Makes 8 servings Enjoy!**

## Creative Art: Scrap Paper Shamrock Wreath

### Materials:

- Scrap Paper. Double-sided looks best. Or you can glue two pieces together to make double sided paper.
- 7- 12x2" strips of paper
- 7- 10x2" strips of paper
- 7- 8x2" strips of paper
- Ribbon for Hanging
- Extra scraps of paper for center decoration and back pieces
- Hot Glue

### Instructions

1. Stack one of each size of paper together and glue them together on one end.
2. Loop the shortest piece over and glue the edge down. Tape off the stripes.
3. Repeat with the other two pieces until you have a teardrop shape.
4. Repeat steps 2 and 3 until you have made six tear drops. Group in twos and glue the ends together to form a heart shape.
5. To make the stem, you will be making two fold marks on each of the three strips you have left.
6. For the 12" strip, make a fold mark 5 inches from the left edge and 5 inches from the right edge, so that there are 2 inches between the two fold lines and the section between the folds is centered.
7. For the 10" strip, make one fold mark 4.25" from the left edge and 4.25" from the right edge, so that there are 1 1/2 inches between the two fold lines and the section between the folds is centered.
8. For the 8" strip, make one fold mark 3.5" from the left edge and 3.5" from the right edge, so that there is 1 inch between the fold lines and the section between them is centered.
9. Line up the ends and glue them all together, like this
10. Now assemble your shamrock. I cut out a small cardstock circle so I would have something to glue all those points to. Then I added a little accordion fold medallion in the front center. It's cute and it hides the part where it's glued together.
11. **Glue on a ribbon loop so you can hang the wreath. 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







## **\*\*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](http://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](http://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](mailto:hotline@oakgov.com).

### **Would you like free updates on the Coronavirus?**

[Oakgov.com/covid](http://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](http://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



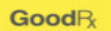
Lakeshore Legal Aid is a not-for-profit law firm providing a wide range of free civil legal services to low income people and seniors in our communities.

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](http://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 YOU \*\*\*

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



\*\* CELEBRATIONS!! \*\*

March Birthdays

- 01-Rita Malinowski
- 04-Suzie Patton
- 14-Carol Cuckovich
- 15-Carol Lobeck
- 16-Marjorie Townsend
- 19-William Stoel
- 19-Jack Lockman
- 22-Marie Bessler
- 27-Helen Kapolka
- 27-Donna Strauss



Happy belated birthday  
to  
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, Mini Health Fair & Strength Training \*\*\*





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!*



2  
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2  
2