

# Madison Heights Active Adult Center

April 2022



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

## A Note From the Coordinator

Spring is in full bloom, and so are our programs at the Center! We have several events planned for you this April and we are excited to share them with you.

The first event is on Friday, April 8. Sign up for a time slot, meet at the Center and then you will be transported over to Dedicated Senior Medical for a VIP Tour of their Warren location. You will meet the docs and staff, have a chance to ask questions, enjoy a light lunch, non-alcoholic champagne, chocolates, flowers and more! See page 2 for more info on how to sign up!

On Monday, April 11 Senior Compass Group is offering a panel discussion called "Ask the Advisor". For more info on this event and how to sign up, see page 3!

We are having our first fundraisers in almost two years, our ever popular Used Purse and Jewelry Sale and Spring Sock Bunnies on April 14th. Chantelle Jewelers will also be having a gold buy back table the day of the jewelry sale. See page 12 for more info!

We are so excited for spring that we are having a party to welcome it in! Our Welcome Spring Party is on Monday, April 18 and is sponsored by Baldwin House in Hazel Park. We will have lunch, games, music from DJ Andy, prizes and lots of fun! See page 2 for more info on the event and how to sign up!

The doctors from Straith Hospital will be back for another great lunch and learn on Monday, April 25 to talk about hip, knee and joint pain. For more info on the event and how to sign up, see page 3!

Can't make it during our regular business hours, or just love us so much you need another day? Stop by on Drop IN Saturday! You can take a tour of the building, pick up a newsletter, try out our exercise equipment, a class and more...all for FREE. For more info see page 2.

We are excited to be starting back up day trips on our bus. We have a Stahl's Auto Museum set for April, a Ford House tour scheduled for May and a Jimmy John's Field trip in June. See page 6 for more info on these trips and how to sign up!

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.

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'll 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.

After a two year hiatus, OMOW (Oakland Meals On Wheels) will be offering congregate lunches again starting Monday, April 4, 2022. See page 7 for more info!

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 getting outside and enjoying this warmer weather, and we hope you can come to ALL of our April events. Make sure to sign up starting Monday, March 28. 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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Join us and our sponsors  
for these Fantastically FREE FUNdays!!!

**DEDICATED  
SENIOR MEDICAL  
VIP TOUR**

**FRIDAY, APRIL 8, 2022  
2 Time Slots 11 am & 12 pm**

Sign up for a time slot, meet at the Center and then you will be transported over to Dedicated Senior Medical for a VIP Tour of their Warren location. You will meet the docs and staff, have a chance to ask questions, enjoy a light lunch, non-alcoholic champagne, chocolates, flowers and more! Please call the Center at (248) 545-3464 to sign up for your time slot.

**Sign up starts  
Monday, March 28, 2022**

**Drop In Saturday!**

**Saturday, April 23, 2022  
9 am - 12 noon  
FREE!**

Can't make it during our regular business hours, or just love us so much you need another day? Stop by on Drop In Saturday! You can take a tour of the building, pick up a newsletter, try out our exercise equipment, computers and billiards tables, taste test items from our cooking class and smoothie day or try out one or all of our exercise classes- all for free! Our exercise demo schedule is below.

**9:30 am- Strength Training/  
Fit Ball Demo  
10:00 am- Zumba Demo  
10:30 am- Chair Yoga Demo  
11:00 am- Cardio Drum Demo**

**Welcome  
Spring  
Party**

**Sponsored by  
Baldwin House**

**Monday, April 18,  
2022**

**Check in between  
12 - 12:30 pm**

**\*Please DO NOT come earlier  
than 12 noon.**

**New beginnings are  
on the way...  
it's time**

**to welcome them!  
Join us for music from  
DJ Andy, lunch, games,  
prizes and lots of fun!!  
Wear your favorite col-  
orful spring outfit, you  
may win a prize!**

**Sign up starts Monday,  
March 28, 2022!**

**Please sign up at least 1 week  
prior for this free event.**

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

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

# CARE PATROL LUNCH & LEARN

**MONDAY, APRIL 11, 2022**

**Check in between  
12 - 12:30 pm**

**\*Please DO NOT come earlier than 12 noon.**

SENIOR COMPASS GROUP IS OFFERING A PANEL DISCUSSION CALLED "ASK THE ADVISOR". ARE YOU CONFUSED BY THE STEPS TO TAKE ALONG THE JOURNEY OF AGING? SENIOR COMPASS GROUP MAY BE ABLE TO HELP. THE PANEL INCLUDES PROFESSIONALS SUCH AS A CERTIFIED SENIOR ADVISOR, A LICENSED GERIATRIC CARE MANAGER, AN ELDER CARE ATTORNEY, AN INDEPENDENT MEDICARE SPECIALIST, A LICENSED HOME CARE PROFESSIONAL, A LICENSED HOSPICE PROVIDER, A CERTIFIED FINANCIAL PLANNER, AND A FUNERAL PLANNING ADVISOR.

**SIGN UP STARTS MONDAY, MARCH 28, 2022!**

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

# HIP & KNEE PAIN

## LUNCH & LEARN

SPONSORED BY STRAITH HOSPITAL

**MONDAY, APRIL 25, 2022**

**Check in between  
12 - 12:30 pm**

**\*Please DO NOT come earlier than 12 noon.**

"STRUGGLING WITH HIP & KNEE JOINT PAIN?  
LEARN MORE ABOUT NON-OPERATIVE &  
MINIMALLY INVASIVE TREATMENT OPTIONS" WITH DR. MICHAEL  
FLEISCHMAN, STRAITH ORTHOPEDICS -

**SIGN UP STARTS MONDAY, MARCH 28, 2022!**

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



# APRIL 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)
3)	4) DR APPTS ERRANDS CENTER TRADER JOES	5) DR APPTS ERRANDS CENTER	6) MEIJER CENTER	7) KROGER CENTER	8) DR APPTS ERRANDS CENTER	8)
10)	11) DR APPTS ERRANDS CENTER WALMART	12) DR APPTS ERRANDS CENTER	13) MEIJER CENTER	14) KROGER CENTER	15)  CENTER CLOSED	15)
17)	18) DR APPTS ERRANDS CENTER SALVATION ARMY	19) DR APPTS ERRANDS CENTER	20) MEIJER CENTER	21) KROGER CENTER	22) DR APPTS ERRANDS CENTER	22)
24)	25) DR APPTS ERRANDS CENTER	26) DR APPTS ERRANDS CENTER	27) MEIJER CENTER	28) KROGER CENTER	29) DR APPTS ERRANDS CENTER	30)

## 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.\*\*\*



**\*\* April 2022 ON SITE PROGRAMS \*\***

Monday	Tuesday	Wednesday	Thursday	Friday
				1) 9:30-REFLEXOLOGY 10:00-BUNCO 12:00-LUNCH
4) 9:00-MASSAGETHERAPY 10:00-WALKING CLUB 12:00-LUNCH	5) 9:00-AARP TAX ASSIST 9:30-CARDIO DRUM 11:00-CHAIR YOGA 12:00-LUNCH	6) 8:30-PODIATRIST 9:30-STRENGTH TRAINING 10:00-KNT&CROCHET 11:00-TAI CHI 12:00-LUNCH 12:30-DOMINOES 1:00-COMPUTER HELP	7) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 12:00-LUNCH 1:00-BINGO	8) 9:00-MASSAGETHERAPY 10:00-BUNCO 11:00-DEDICATED SENIOR MED VIP TOUR 12:00-LUNCH
11) 10:00-WALKING CLUB 12:00-LUNCH 12:30-CAREPATROL LUNCH&LEARN 1:00-GRIEF SUPPORT	12) 9:00-AARP TAX ASSIST 9:30-CARDIO DRUM 11:00-CHAIR YOGA 12:00-LUNCH	13) 9:30-STRENGTH TRAINING 10:00-KNT&CROCHET 11:00-TAI CHI 12:00-LUNCH 12:30-DOMINOES 1:00-COMPUTER HELP	14) 8:00-PURSE & JEWELRY SALE 8:00-SPRING BUNNY SALE 10:00-WALKING CLUB 10:30-BP CHECKS 11:00-ZUMBA GOLD 12:00-LUNCH 1:00-BINGO	15) CENTER CLOSED 
18) 10:00-WALKING CLUB 12:00-LUNCH 12:30-WELCOME SPRING PARTY 1:00-WATERCOLOR	19) 9:30-CARDIO DRUM 11:00-CHAIR YOGA 12:00-LUNCH 1:00-ADVISORY BDMTG	20) 9:30-STRENGTH TRAINING 10:00-KNT&CROCHET 11:00-TAI CHI 12:00-LUNCH 12:30-DOMINOES 12:30-CARD CLUB 1:00-COMPUTER HELP	21) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 11:30-SMOOTHIE DAY 12:00-LUNCH 1:00-BINGO	22) 10:00-BUNCO 12:00-LUNCH 12:00-COOKING CLASS 12:45-ART AS THERAPY 23) 9:00-SATURDAY DROP IN
25) 10:00-WALKING CLUB 12:00-LUNCH 12:30-HP & KNEE PAIN LUNCH & LEARN 1:00-GRIEF SUPPORT	26) 9:30-CARDIO DRUM 11:00-CHAIR YOGA 11:15-STAHL'S TRIP 12:00-LUNCH	27) 9:30-STRENGTH TRAINING 10:00-KNT&CROCHET 11:00-TAI CHI 12:00-LUNCH 12:30-DOMINOES 1:00-COMPUTER HELP	28) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 12:00-LUNCH 1:00-BINGO	29) 10:00-BUNCO 11:00-CHAIR YOGA 12:00-LUNCH

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

**Stahl's Auto Museum/Sanders Candy**  
**Tuesday, April 26, 2022**  
 Check in: 11:15 am in the Dining Room  
 Approx. Return: 4:45 pm  
 \$21.00-Res/\$23.00-Non-Res  
 \*Active Adult Center Bus



**There are still spots available for this trip!**  
**Don't miss out! Sign up today!!**

**Edsel and Eleanor Ford House**  
**Wednesday, May 25, 2022**  
 Check in: 8:30-8:45 am in Dining Room  
 Approx return: 2:00 pm  
 \$48.00-Res/\$50.00-Non-Res  
 \*Active Adult Center Bus\*



Your AAC staff has a fun day planned for you! Our first stop is a guided tour of the main residence of Edsel and Eleanor Ford. Eleanor and Edsel Ford designed their estate at Gaukler Pointe to reflect their public roles as well as their private values – grand and gracious, a stately mansion inspired by cozy cottages. Here they kept their family safe and surrounded themselves with art and nature. The tour experience is an authentic witness to the past that inspires, educates and engages visitors through exploration of its unique connections to art, design, history and the environment- while celebrating family traditions and community relationships. Please note: This tour requires going up and down flights of stairs. After our tour of the house, we will head over to the Visitors Center to look at the exhibits, visit the gift shop and then have lunch together. Lunch includes a sandwich, fresh fruit, drink and a homemade cookie. Please give us your sandwich choice at time of sign up: #1-Turkey or #2-Chicken Salad. Gluten Free option is available.

**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.

**Mackinac island Lilac Festival**  
**June 8–10, 2022**  
 \$750.00 pp dbl occ



Your Bianco tour includes: Round trip transportation via deluxe highway motorcoach, 2 nights at a downtown mackinac Island hotel located on Main St., 2 continental breakfasts, 1 lunch, 1 dinner, Shepler's Ferry, Mackinac Island Lilac Festival, Mackinac Island carriage tour, Grand luncheon buffet, admission to the Grand Hotel's grounds, shopping time at tMackinaw Crossings.

**"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.

**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.

**Jimmy John's Field-**  
**Eastside Diamond Hoppers vs.**  
**Birmingham Bloomfield Beavers**



**Thursday, June 23, 2022**  
 Check in between: 4:45 - 5:00 pm  
 Approx Return: 11:00 pm  
 \$51.00-Res/\$53.00-Non-Res



Jimmy John's Field in Utica will knock you out of the park! Our night includes an all-you-can-eat buffet under the pavilion, two drink tickets, a reserved grandstand seat to enjoy the game, a group photo, a welcome message on the main scoreboard, and a meet and greet with the team mascots! Don't miss out on all the fun- sign up now!

**A Day in the D -**  
**Guided City Tour of Detroit & Diamond Jack's River Cruise**

**Friday, June 24, 2022**  
 8:30 am - approx 4:45 pm  
 \$112.00-Res/\$114.00-Non-Res



Your Bianco tour includes: Round trip transportation via deluxe highway motorcoach, guided city tour of Detroit, Lunch at Amore de Roma Café, Free time at Detroit's River Walk, Diamond Jack's River Cruise.

[Thunder Bay Resort - July 13-14, 2022](#)  
[Put-In-Bay - Tuesday July 19, 2022](#)  
[Sault Ste Marie - July 20 - 22, 2022](#)  
[Cornwell's Turkeyville The Odd Couple](#)

[Wednesday, August 10, 2022](#)  
[Cleveland Rocks - August 15 - 16, 2022](#)  
[Traverse City - September 12 - 14, 2022](#)  
[Heartland of America - September 12 - 17, 2022](#)  
[New York City Holiday Entertainment Extravaganza](#)

[November 27 - December 2, 2022](#)  
[Lancaster Christmas - December 2 - 5, 2022](#)

**See Flyer Rack @AAC for more details!!!!!!!**



### 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!!



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!



### 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 45 minutes to 1 hour. Check calendar for any class cancellations.



**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.

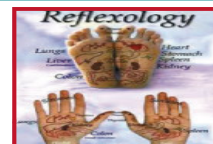
**OMOW Congregate Lunch Program**  
**Monday - Friday (Starts April 4th)**  
**12:00 pm**  
**MHAAC Dining Room**  
**\$3.50 suggested donation**



After a two year hiatus, we are happily able to offer daily congregate lunches at the Center again brought to you by OMOW (Oakland Meals On Wheels). Meals will be given out at noon each day. You MUST sign up and pay by 1:00 pm the prior day. Meals will be hot and pre-packaged. You can enjoy your meal at the Center with your friends or take it home to enjoy there. Call the Center at (248) 545-3464 for info on how to sign up and what's on the menu.

### Reflexology by Roberta

Friday, April 1, 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.

### Massage Therapy

Monday, April 4, 2022  
 Friday, April 8, 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, April 6, 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

April 11 & 25, 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.

### Art As Therapy

Friday, April 22, 2022  
 12:45 pm - 1:45 pm  
 \$5-Res/\$7-Non-Res  
 Paid at Front Desk



\*April's Project:

"Watercolor painting-Tape resist 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, April 18, 2022  
1:00 pm - 3:00 pm  
\$5-Res/\$7-Non-Res  
Paid at Front Desk

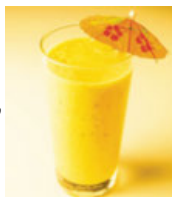


Have you ever admired the delicate look of watercolor paintings and thought, "Oh I could never do that." Well this is a class for you! You will be introduced to the techniques that will have you painting beautiful little artwork in no time. Supplies will be provided, so come join us for a relaxing, fun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

Instructor: Mike Byrne

Smoothie Day  
Thursday, April 21, 2022  
11:30 AM

"Showered in Sunshine April Smoothie"  
\*\*While Supplies Last\*\*



Creative Cooking  
Friday, April 22, 2022  
12:00 pm  
\$5-res/\$7-Non Res



April's Class: Caribbean Dreamin

Inspired by the beauty of her recent cruise, Heather is going to take you on a culinary journey down to the Caribbean. Fruity beverages and fresh ingredients ... everything you need to get ready for some warmer weather! Be sure to sign up soon, as seats are limited.

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.

## 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.

\*VOLUNTEERS NEEDED!\*

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.

## Bunco

Join us Fridays from 10:00 am - 12:00 pm.  
\$1.00 per person.



Prizes for six players. Three table minimum.

## Card Club

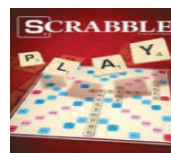
3rd Wednesday of each month  
12:30 pm—2:00 pm  
Pool Room



Join your friends on the 3rd Wednesday of each month for fun and some friendly competition. Drop ins welcome. No experience necessary.

## 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!





**SHANBOM**  
EYE SPECIALIST  
Metro Detroit's Premier Eyecare Specialists

Steven A. Shanbom  
M.D.  
Board Certified  
Ophthalmologist

- Advanced Laser Cataract Surgery
- Blade Free All - Laser Lasik
- General Ophthalmology
- Conveniently located on Woodward south of 12 Mile
- \* Most insurances accepted

Voted one of  
HOUSE DETROIT MAGAZINE  
**TOP DOCS**

Call today to schedule your appointment 248-546-2133  
\*Evening available

28747 Woodward Avenue, Berkley, MI 48072 | www.shanbomeye.com

**FREE**  
**AD DESIGN**

WITH PURCHASE  
OF THIS SPACE

**CALL**  
**800.477.4574**

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

- Arm Pain
- Migraine Headaches
- Asymmetry
- Muscle Spasm
- Bone Spurs
- Muscle Tension
- Carpal Tunnel (Wrist)
- Muscular Imbalance
- Canal Stenosis
- Neck Pain
- Decreased Motion
- Numbness/Tingling
- Degenerated Joints
- Pinched Nerve
- Digestive Disorders
- Poor Posture
- Disc Herniations
- Rotator Cuff Issues
- Dizziness (Vertigo)
- Shoulder Pain
- Dowager's Hump
- Sinus Conditions
- Fatigue
- Spinal Decay
- Fibromyalgia
- Strength Issues
- Golfer's Elbow
- Tendonitis
- Headaches
- Tennis Elbow
- Hearing Issues
- Thoracic Outlet
- Itchiness
- TMJ Issues
- Low Back Pain
- Upper Back Pain
- Mid 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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- Tree/Bush Trimming
- Tree Pruning and Shaping
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- Brush Removal
- Lot Clearing
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**(248)**  
**982-7362**

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**Amenities**

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**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

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

**MADISON HEIGHTS CO-OP**

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at 248-585-2336  
To Schedule a Tour!

**Amenities**

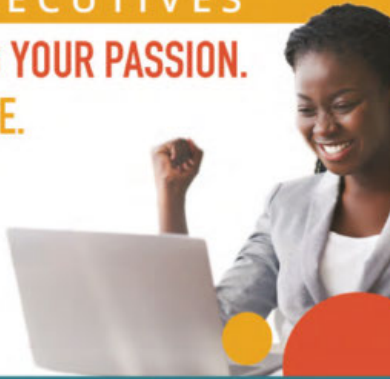
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emailed to you at  
[www.mycommunityonline.com](http://www.mycommunityonline.com)





**ATTENTION  
PLEASE**

**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**

**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 are available now and slots fill up fast. Application Appointments are required this year and will be available in March. Call 248.545.3464 for more info.

**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!

**CENTER CLOSURES**

The Center will be closed on **Friday, April 15, 2022** in observance of Good Friday.

**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! We are also lucky to welcome Randy from Chantelle Jewelers back. He will have a table set up to buy back gold. Bring in your gold and/or pre 1964 silver coins. He is also donating 10% to the Center! His table will be open from 9:00 am - 12:00 pm. Please support this fundraiser for the Center.

**\*Donations of new/gently used purses & jewelry may be dropped off until April 8, 2022.\***

**Spring Bunny Fundraiser**  
April 14, 2022



Wouldn't you love to take one of these adorable little loves home with you? Easiest pet ever to care for, and homemade with love by your AAC staff. They are perfect as a gift for that someone special or to keep for yourself. Bunnies are \$6 for one or 2 for \$10.

All proceeds will go toward the needs of the Center.

**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



In 2022 we are focusing on taking care of ourselves, not just physically, but also emotionally and spiritually. Now more than ever, we see how important self-care is. Stop by the Center and visit our Take What You Need board. A piece of peace, courage, calm...take it off of our board and help it manifest in your life.

Need a bit more? Stop up at the counter for an encouraging word, smile or even a hug.

As you work towards new goals and create healthy habits in your life, especially after enduring nearly two years in an all-consuming pandemic, don't forget to embrace and be proud of where you are and all that you are today—both physically and emotionally.

Below are four positive mental health tips that'll help you feel healthier and happier along the way:



### **1. FOCUS ON SELF-COMPASSION OVER SELF-IMPROVEMENT.**

As you set goals and plans for the new year, remember to also cut yourself some slack when encountering life's inevitable bumps and slip-ups. Self-compassion is about being inwardly understanding, encouraging and kind in the face of setbacks—a reaction we commonly extend to friends and family members but can forget when it comes to ourselves. Research even shows that self-compassion can enhance performance and professional growth and has a direct correlation with high self-esteem. When you're kind to yourself, you're more likely to succeed.

### **2. SET (AND KEEP) YOUR BOUNDARIES.**

Boundaries are an important aspect of protecting emotional well-being. When boundaries are respected, it allows people to feel safe, comfortable and respected. This is why they're so crucial to maintaining healthy relationships, and for improving and strengthening the relationships that mean the most to us. Setting boundaries and sticking to them can also help remind us of our values and goals, and help us prioritize the things that bring true fulfillment as we start fresh in the new year.

### **3. PRACTICE FORGIVENESS.**

Hanging on to strong, negative feelings—anger, resentment, disappointment—can be a heavy weight to carry. So heavy that it can lead to chronic depression, anxiety and stress. Letting go of ill feelings and making room for understanding, compassion and empathy can help bring peace of mind and allow you to move forward in a healthier headspace. In many situations, however, forgiveness can be a complicated process and easier said than done. Journaling, talking with a loved one or even speaking with a therapist can help you work toward moving forward.

### **4. ASK FOR HELP.**

Sometimes seeking the help of others, and knowing when and how to ask can be daunting. If you're feeling overwhelmed, stressed, depressed or anxious, remember to speak up and lean on those around you—family, friends, colleagues. If asking for help is a source of discomfort and you're not sure how to get the help you need, keep in mind that there are health professionals and support options available.





# RAIN?



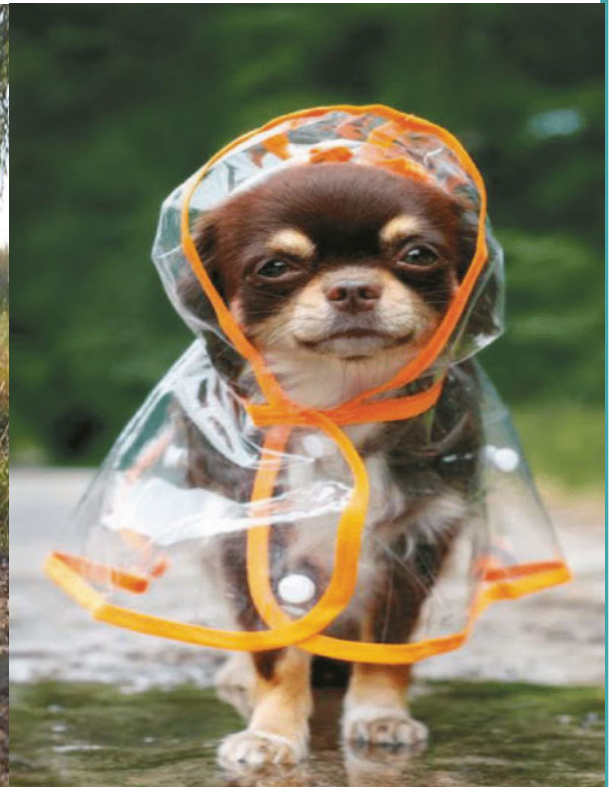
**FREE CARWASH**



**Knock Knock  
Who's there?  
Accordion  
Accordion who?  
Accordion to the forecast, it's going  
to rain tonight.**



- ◆ **What is a wet bear called?  
A drizzly bear.**
- ◆ **Are bees able to fly in the rain?  
Not without their yellow jackets.**
- ◆ **What do you call it when it's rain-  
ing ducks and geese?  
Fowl weather.**
- ◆ **What is known as the world's  
wettest animal?  
Rain-deer.**
- ◆ **What type of pants do rain  
clouds wear?  
Thunderwear.**
- ◆ **The weather was forecast to rain  
for three months, but I drought it.**







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



## WEATHER

**ACROSS**

- Official announcement about bad weather conditions
- Upward current of warm air
- Arctic atmospheric condition when visibility is very poor
- To calculate or predict
- Change of a gas or vapor to a liquid by cooling

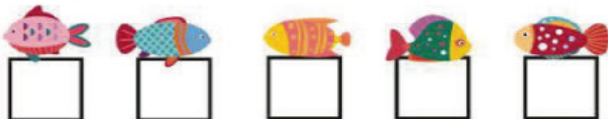
**DOWN**

- Condensation of atmospheric water vapor that falls to the ground
- Instability in the air
- Sudden, strong wind of brief duration
- Extremely powerful downward air current in a limited area for a short time
- Sudden rush water, fire, smoke, sound, etc.
- Instrument for measuring atmospheric pressure
- Rotating column of water and spray

### HOW MANY FISH?



How many of each of the fish shown below can you find in the group?



### COUNT HOW MANY!

How many Umbrellas 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!

### MARCH'S ANSWERS

Shamrocks in the newsletter: 31

Winner: Dan Maltese

### Mirror Images Solution

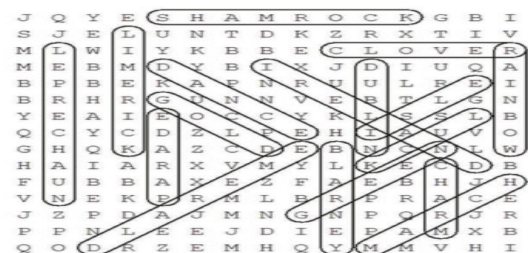
Rows 1 & 3

Rows 2 & 6

Rows 4 & 5

### Saint Patrick's Day

March 17





## Creative Food:

# Roasted Vegetable Naan Flatbread



### Ingredients

- 1 medium zucchini, thinly sliced
- 1 medium summer squash, thinly sliced
- 1 orange bell pepper, thinly sliced and deseeded
- 1 red bell pepper, thinly sliced and deseeded
- 1 tablespoon olive oil plus more for naan
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 naan breads
- 1/2 cup hummus
- 1 handful arugula
- 1/4 cup crumbled feta cheese

### INSTRUCTIONS:

1. Preheat the oven to 400 degrees F.
2. Toss the zucchini, squash and peppers with the olive oil, salt and pepper. Place the vegetables on 2 parchment-lined sheet pans and roast for 20-25 minutes until slightly browned at the edges.
3. Brush the naan with olive oil and warm for 2 minutes in the oven.
4. Spread the hummus on the naan. Arrange the roasted vegetables on top followed by the arugula and feta.

Makes 2 flatbreads. Enjoy!

## Creative Art: Stained Glass Butterfly

### Materials:

- Contact paper
- Black construction paper
- Butterfly template
- Tissue paper
- Scissors
- Yarn or twine

### Instructions

1. Trace the butterfly template onto a piece of black construction paper and cut it out. I just did a quick Google search to find a butterfly shape that I could use as a template.
2. Fold the butterfly shape in half and cut about half an inch to an inch from the outside following the outline of the shape. This will create the stained glass frame.
3. Cut a piece of contact paper slightly larger than the butterfly. Peel the backing off and stick the stained glass frame to the sticky side..
4. Cut a variety of colors of tissue paper into small squares and place on the contact paper, overlapping a little to cover completely.
5. Take a second piece of contact paper, peel off the backing, and place it sticky side down on top of the butterfly.
6. Trim the excess contact paper off around it.
7. Finally, snip a little hole into one of the butterfly wings, string the yarn through and tie in a knot.



## **\*\*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**

### 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**

### 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



### 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** - Delores Mowry, April Anselmo, Marjorie Townsend, Jean Roberson, Cecile Scott, Martha Kehoe, Connie Keehn, Barb Miller, Jackie Shepp, Jean Roberson, Vonnie Gniazdowski and Mike and Geri Salley for their generous donations for our purse and jewelry sale.

**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, Dedicated Senior Medical Center, Rickey Busler and Senior Compass Group.

## \*\*\*So much fun...so many memories!\*\*\*



## \*\* CELEBRATIONS!! \*\*

### April Birthdays

- 02-Lois Krawczyk
- 04-Caroline Majewski
- 05-Clare Williams
- 06-Joanne Formanczyk
- 10-Martha Kehoe
- 13-Michaela Samson
- 14-Sharon Toerper
- 16-Heidi Engler
- 17-Diane Sexton
- 19-Mea Adams
- 20-Lorraine Witkowski
- 21-Dolores Guban
- 21-Bill Majewski
- 27-Najla Peoples
- 30-Julia Mihalick
- 30-Jerry Hadacz



Happy belated **90th** birthday  
to  
Mary Stema!

### April Anniversaries

25-Tim & Nancy Oparka

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!

### \*\*\*FYI Senior Athletes\*\*\*

#### Michigan Senior Olympics

Calling all athletes, senior centers, and programmers... the Michigan Senior Olympics are in full swing for 2022. Registration for the Summer Games will open this Spring and the games will take place in August & September. Anyone ages 50+ is welcome to participate. The summer games will count as the official qualifier for the 2023 National Senior Games in Pittsburgh, PA. Events include: Archery, Basketball 3v3, Free Throw & 3Pt Contest, Badminton, Billiards, Bowling, Cornhole, Cycling, DanceSport, Disc Golf, Golf, Pickleball, Powerlifting, Powerwalk, Racewalk, 5K, 10K, Shuffleboard, Soccer, Softball, Swimming, Table Tennis, Tennis, Track & Field, Triathlon, and Volleyball. For more information, please visit: [www.MichiganSeniorOlympics.org](http://www.MichiganSeniorOlympics.org) or call 248-608-0250.

### \*\*\* A LIFE WELL LIVED \*\*\*

We fondly remember our MHAAC family who recently left this world for the next.

- 12-6-21 Harold Booms
- 12-7-21 Dolores Amato
- 12-8-21 Clara Booms
- 12-16-21 Marion Blavatt
- 01-08-22 Lee Paraskevin
- 2-1-22 Nancy Quesnell
- 2-14-22 Dorothy Peacock





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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