

Madison Heights Active Adult Center

May 2022



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

A Note From the Coordinator

Goodbye, April. Goodbye, showers. Hello, May! Hello, flowers!

We have several events in the plans for you this May, starting with two great lunch and learns! On Friday, May 6, Dr. Shanbom from Shanbom Eye Specialist will be here to talk about eye health and on Monday, May 23 staff from Reserve at Red Run will be here to talk about their senior living community options. See page 3 for more info on both of these free events!

You don't have to go south of the Border for our Mexican Fiesta! Grab your sombrero and join us for lunch, dancing, games, raffles and more on Monday, May 9! See page 2 for more info on this free event!

PLEASE NOTE: We have reinstated our Activity Sign Up starting in May. This month's sign up date is Thursday, April 28. This means residents can begin signing up for new events, classes and trips starting at 8:00 am on that day and non-residents can sign up starting at 9:45 am, as listed in our bylaws. For the last two years during the Covid-19 surge, we had open registration to make it easier to socially distance, however now that the AAC is entirely back open we are going back to our once a month sign up date. You can always sign up for any program anytime after this date.

Thank you to everyone who donated, volunteered and shopped at our Used Purse and Jewelry Sale. Thank you also to Randy from Chantelle Jewelers for being here to host a gold buyback. We raised \$601.00! Thank you to our staff and volunteers that helped create our cute bunnies and thank you to everyone who adopted our furry little friends. We raised \$81.29! All monies from both sales were deposited into our escrow account to be used only for things at the AAC, as decided by our advisory board.

If you are at the Center, stop by our Take What You Need Board, which is filled with positive quotes and messages, which can help us get through tough days. We are hoping, as you walk down the hall, 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 free, 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.

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 enjoying the sunshine and warmer weather! Make sure to sign up early for our programs, they have been filling up fast. If you have any questions, or if we can connect you with assistance, please don't hesitate to call the Center at 248-545-3464. Stay safe and be well!!

~ Jennifer Cowan



Madison Heights Active Adult Center Staff

Jennifer Cowan ~
Active Adult Coordinator

John Leuffgen ~
Part-Time Driver

Tiffany Poole ~
Part-Time Receptionist

Gayle Verbiest ~
Part-Time Driver



Heather Parker ~
Active Adult Assistant

Kathleen Faulkner ~
PT Driver/Office Asst

Paul Gill ~
Part-time Driver

Bobby Crowell ~
Part-Time Driver

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

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



**Join us and our sponsors
for these Fantastically FREE FUNdays!!!**

Mexican Fiesta Party

**Sponsored by
Dedicated Senior Medical**



Monday, May 9, 2022

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



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

**Shake your maracas
and get your samba on...it's MAY!!!**

**PUEDES DECIR DIVERSION?
(CAN YOU SAY FUN?)**

**Join us for music from DJ Andy,
lunch, games, prizes
and lots of fun!!**

Sign up starts Thursday, April 28, 2022!

**Spots are limited!
Get on the guest list so you don't miss out on the fun!**

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

SHANBOM LUNCH & LEARN

CATARACTS & DRY EYES

FRIDAY, MAY 6, 2022

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

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

Cataracts are one of the most common eye conditions in the world. Cataracts are typically caused by normal changes that happen to the lens in your eye over time. Living with cataracts can be frustrating, especially as you begin to notice your vision decline. At Shanbom Eye Specialist, we offer advanced technology and cataract treatment methods, so you have nothing to worry about!

Recent studies estimate that nearly 30 million people in the U.S. suffer from dry eye disease (DED). It is common, chronic, and can lead to eye discomfort, and changes or decrease in vision. Our eyes need normal tears to stay healthy and comfortable. DED is a condition where we do not produce enough tears, or we do not produce good quality tears to properly lubricate the eyes.

Join us as Dr. Shanbom takes us through what a cataract is and how it can affect your vision as well as how to recognize if you truly have dry eyes.

SIGN UP STARTS THURSDAY, APRIL 28, 2022!

SPOTS ARE LIMITED!

Get on the guest list so you don't miss out !

THE RESERVE AT RED RUN LUNCH & LEARN

MONDAY MAY 23, 2022

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

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

Curious about that new Modern, Independent Senior Residence going up on Dequindre and 12 Mile?

You're Invited to a *Lunch & Learn* about The Reserve at Red Run



hosted by
Sheri Emery, Executive Director
and
Ricky Busler, ReMax First



SIGN UP STARTS THURSDAY, APRIL 28, 2022!

SPOTS ARE LIMITED!

Get on the guest list so you don't miss out !



MAY 2022 TRANSPORTATION SCHEDULE



TO MAKE AN APPOINTMENT FOR PICK UP

CALL (248) 545-3464



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

Masks are NO LONGER required to ride

on our transportation.

Wear masks at your personal discretion.

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.



** MAY 2022 ON SITE PROGRAMS **



Monday	Tuesday	Wednesday	Thursday	Friday
2) 10:00-WALKING CLUB 12:00-LUNCH	3) 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA 12:00-LUNCH	4) 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	5) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 12:00-LUNCH 1:00-BINGO	6) 9:30-REFLEXOLOGY 10:00-BUNCO 12:00-LUNCH 12:30-SHANBOM LUNCH & LEARN
9) 7:00-HOLLAND TRIP 10:00-WALKING CLUB 12:00-LUNCH 12:30-MEXICAN FIESTA 1:00-GRIEF SUPPORT	10) 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA 12:00-LUNCH	11) 9:30-STRENGTH TRAINING 10:00-KNT&CROCHET 11:00-TAI CHI 12:00-LUNCH 12:30-DOMINOES 1:00-COMPUTER HELP	12) 10:00-WALKING CLUB 10:30-BP CHECKS 11:00-ZUMBA GOLD 12:00-LUNCH 1:00-BINGO	13) 9:00-MASSAGE THERAPY 10:00-BUNCO 12:00-LUNCH
16) 9:00-MASSAGE THERAPY 9:00-GARDEN CLEAN UP 10:00-WALKING CLUB 12:00-LUNCH 1:00-WATERCOLOR	17) 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA 12:00-LUNCH 1:00-ADVISORY BD MTG	18) 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	19) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 12:00-LUNCH 1:00-BINGO	20) 10:00-BUNCO 12:00-LUNCH 12:45-ART AS THERAPY
23) 10:00-WALKING CLUB 12:00-LUNCH 12:30-THE RESERVE LUNCH & LEARN 1:00-GRIEF SUPPORT	24) 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA 12:00-LUNCH 1:00-AREN YOU CRAFTY	25) 9:00-FORD HOUSE 9:30-STRENGTH TRAINING 10:00-KNT&CROCHET 11:00-TAI CHI 12:00-LUNCH 12:30-DOMINOES 1:00-COMPUTER HELP	26) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 11:30-SMOOTHIE DAY 12:00-LUNCH 1:00-BINGO	27) 10:00-BUNCO 12:00-LUNCH 12:00-COOKING CLASS
30) CENTER CLOSED Memorial Day	31) 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA 12:00-LUNCH			

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

May Activity Sign Up

Thursday, April 28, 2022

8:00 am Residents

9:45 am Non-Residents

We have reinstated our Activity Sign Up starting in May. This means residents can begin signing up for new events, classes and trips starting at 8:00 am on that day and non-residents can sign up starting at 9:45 am, as listed in our bylaws. For the last two years during the Covid-19 surge, we had open registration to make it easier to socially distance, however now that the AAC is entirely back open we are going back to our once a month sign up date. You can always sign up for any program/class/event anytime after this date.

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.

Detroit Zoo Senior Day

Wednesday, June 1, 2022

9:15 am - 3:30 pm

\$2.00 Res & Non-Res

Active Adult Center Bus



Senior citizens residing in Macomb, Oakland and Wayne counties are invited to enjoy a special day at the Detroit Zoo on Senior Day. Seniors 62 and older and a caregiver receive free admission and parking. Senior Day features live music, tractor train tours, bingo, zookeeper talks and a senior resource area.

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

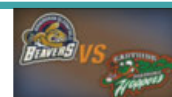
Thursday, June 23, 2022

Check in between: 4:45 - 5:00 pm

Approx Return: 11:00 pm

\$51.00-Res/\$53.00-Non-Res

Active Adult Center Bus



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!

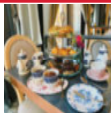
Oakland County Parks Tea Party

Wednesday, June 15, 2022

9:15 am - 2 pm

\$25.00-Res/\$27.00-Non-Res

Oakland County Parks Bus



Enjoy the Ellis Barn at Springfield Oaks and learn about the history of tea while enjoying a variety of tea as well as lunch and dessert. Remember to wear your favorite spring party ware and hat!

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.

"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.

Cornwell's Turkeyville - "The Odd Couple"

Wednesday, August 10, 2022

9:30 am - Approx. 6:30 pm

Res-\$89/Non-Res-\$91.00

Your Bianco tour includes: Round trip transportation via deluxe highway motorcoach, complete turkey lunch buffet, Cornwell's Turkeyville Dinner Theatre featuring "The Odd Couple", Shopping at the Antique Barn and Country Junction gift shops.

Upcoming Travel Opportunities
See Flyer Rack @AAC for more details!!!!!!!

Thunder Bay Resort - July 13-14, 2022

Put-In-Bay - Tuesday July 19, 2022

Sault Ste Marie - July 20 - 22, 2022

Cleveland Rocks - August 15 - 16, 2022

Traverse City - September 12 - 14, 2022

Heartland of America - September 12 - 17, 2022

Amazing Akron - October 19 - 20, 2022

New York City Holiday Entertainment Extravaganza

November 27 - December 2, 2022

Lancaster Christmas - December 2 - 5, 2022

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!!

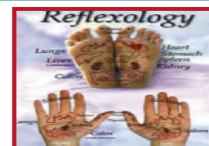


The Madison Heights Fire Department will be returning to the Center for free Blood Pressure checks. Look for their smiling faces from 10:30am to 11:30 am on the 2nd Thursday of every month!



Reflexology by Roberta

Friday, May 6, 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 45 minutes to 1 hour. Check calendar for any class cancellations.



Massage Therapy

Friday, May 13, 2022
Monday, May 16, 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, May 4, 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.

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.

Grief Support Group

May 9 & 23, 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.

OMOW Congregate Lunch Program

Monday - Friday
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 12:00 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.

Art As Therapy

Friday, May 20 2022
12:45 pm - 1:45 pm
\$5-Res/\$7-Non-Res
Paid at Front Desk
May's Project: Tissue Paper Flower



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

Taught by certified Art Therapist Jennifer Josefosky.

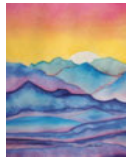


**** IN CENTER ARTS AND GAMES ****



Beginners Watercolor Class

Monday, May 16, 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, May 26, 2022
11:30 AM



"I Cannot Tell a Lie Cherry Smoothie"
While Supplies Last

Creative Cooking
Friday, May 27, 2022
12:00 pm
\$5-res/\$7-Non Res



May's Class: The Perfect Memorial Day Guest

You are invited to the annual Memorial Day picnic and have to bring a dish to pass. Do you bring something sweet, savory, hot, cold, indulgent, healthy.... Your mind is reeling at the possibilities. Stop stressing! We have some knock out dishes that will make your host ask you back for every party and fellow guests clambering for the recipes. Be sure to sign up soon, as seats are limited.

Aren't You Crafty
Tuesday, May 24, 2022
1:00 pm
FREE



May's Craft: Kat's Surprise

April snow showers make way for May's surprise craft class! Kat's ultra creative mind is coming up with something amazing! The only way you will be disappointed is if you don't sign up!!

Sign up soon, as spots are limited.

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.

Scrabble

Tuesdays 10:00 am - 12:00 pm
Pool Room



Join your friends Tuesday mornings 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, Yahtzee, Uno, Scrabble, cards, puzzles and more. ALL for FREE!



SHANBOM
EYE SPECIALIST
Metro Detroit's Premier Eyecare Specialists

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

Madison Heights Chiropractic Center
Dr. John Conflitti
28107 JOHN R, MADISON HEIGHTS (248) 542-3492
FAX: (248) 542-3494
madisonheightschrio@gmail.com
Call To Schedule A Complementary Consultation
It's a conversation, not a commitment

support our ADVERTISERS

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ABK Tree Service
abktreeservice.com

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

(248) 982-7362

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

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

RE/MAX
First

"YOUR Senior Real Estate Specialist"

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I am a Senior Real Estate Specialist with years of experience in the community helping both buyers and sellers.



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CENTER CLOSURES

The Center will be closed on **Monday, May 30, 2022** in observance of Memorial Day.



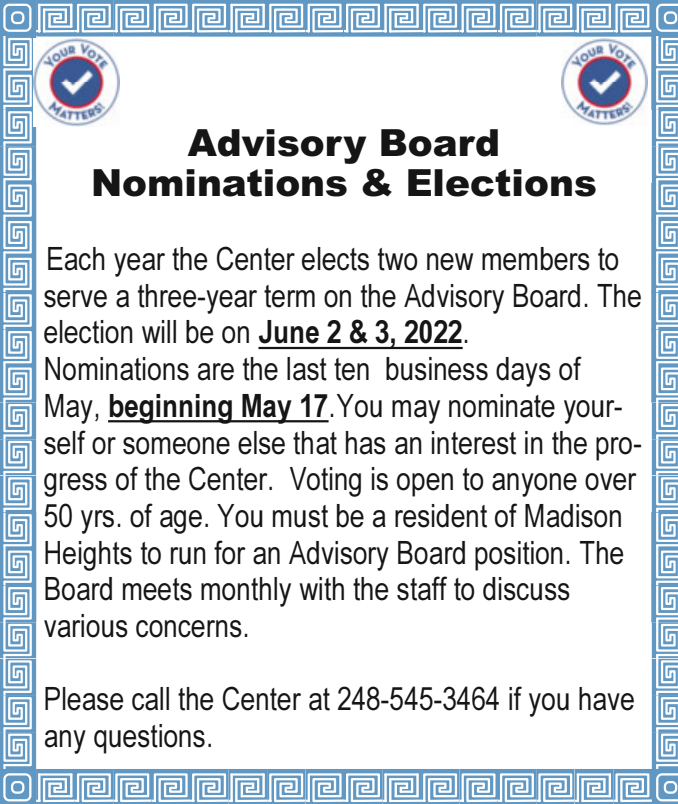
There will not be a pancake breakfast or a Memorial Parade this year. There will be a ceremony at City Hall on Monday, May 30th. Please check with City Hall for more information.



Active Adult Center Garden Clean-Up Monday, May 16, 2022 9:00 am



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



Advisory Board Nominations & Elections

Each year the Center elects two new members to serve a three-year term on the Advisory Board. The election will be on **June 2 & 3, 2022**.

Nominations are the last ten business days of May, **beginning May 17**. You may nominate yourself or someone else that has an interest in the progress of the Center. Voting is open to anyone over 50 yrs. of age. You must be a resident of Madison Heights to run for an Advisory Board position. The Board meets monthly with the staff to discuss various concerns.

Please call the Center at 248-545-3464 if you have any questions.



Special Thanks!!!



Thank you to everyone who donated, volunteered and came out and purchased items at our 2022 purse and jewelry sale! Thanks to everyone's efforts, we were able to raise \$601.00! These funds go directly to the needs of our Center!



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.

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*****

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!



This Memorial Day,
REMEMBER and HONOR
all who have
SERVED and SACRIFICED
for our **FREEDOM.**

© Peace Flash®

The Story of the Poppy

The poppy flower only grows in the absence of other flowers and only in ground that has been churned. In perhaps the best known poem of World War I, when Dr. John McCrae observed poppies growing between the crosses on the soldiers' graves, it inspired him to write the poem *In Flanders Fields*. The poppy has since become known as "The Flower of Remembrance" and is worn in memory of our veterans.



Q: Which crime fighter likes May the most?

A: Robin

Q: What season is it when you are on a trampoline in May?

A: Spring-time.

Q: Which month can't make a decision?

A: MAYbe.

Q: What starts growing in the spring and then goes POP?

A: May-ze

Q: Who conducts the spring orchestra?

A: May-stro.

Q: Why are oak trees so forgiving?

A: Every May they "turn over a new leaf".

Q: What goes up when May rain comes down?

A: An umbrella.

Q: Can February March?

A: No, but April May

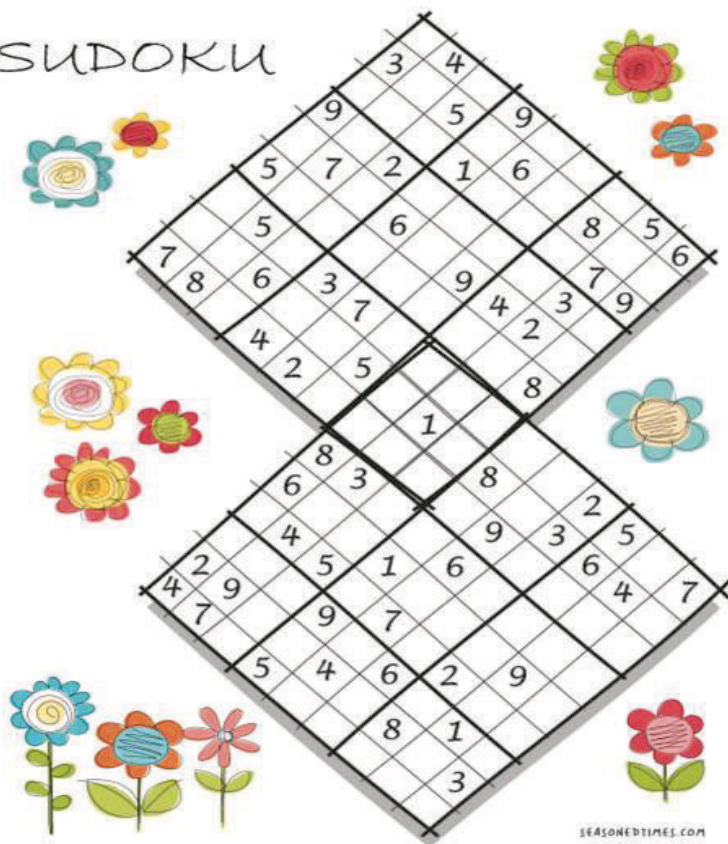




**** FUN AND GAMES ****
Keep your mind sharp!



SUDOKU



COUNT HOW MANY!

How many Poppies 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!

APRIL'S ANSWERS

Umbrellas in the newsletter: 36

Winner: Margaret Arnold

How Many Fish



Weather Crossword Solution

ACROSS

- 2: Official announcement about bad weather conditions – **ADVISORY**
- 3: Upward current of warm air – **THERMAL**
- 7: Arctic atmospheric condition when visibility is very poor – **WHITEOUT**
- 8: To calculate or predict – **FORECAST**
- 11: Change of a gas or vapor to a liquid by cooling – **CONDENSATION**

DOWN

- 1: Condensation of atmospheric water vapor that falls to the ground – **PRECIPITATION**
- 3: Instability in the air – **TURBULENCE**
- 4: Sudden, strong wind of brief duration – **SQUALL**
- 5: Extremely powerful downward air current in a limited area for a short time – **DOWNBURST**
- 6: Sudden rush water, fire, smoke, sound, etc. – **GUST**
- 9: Instrument for measuring atmospheric pressure – **BAROMETER**
- 10: Rotating column of water and spray – **WATERSPOUT**

MAZE





Creative Food:

Avocado Chicken Salad



Ingredients

- 2 boneless skinless chicken breasts, poached and cut into bite-sized pieces
- 2 avocados, cubed
- 1 small mango, cubed
- 1 c. grape tomatoes, quartered
- 1/2 c. fresh or frozen corn
- 1/4 red onion, thinly sliced

FOR DRESSING

- 1/4 c. lime juice
- 3 tbsp. extra-virgin olive oil
- 2 tbsp. freshly chopped cilantro
- 1 tbsp. minced jalapeño
- 2 tsp. honey
- Kosher salt
- Freshly ground black pepper

INSTRUCTIONS:

Make dressing:

In a medium bowl, whisk to combine dressing ingredients and season with salt and pepper.

Put together salad:

In a large bowl, combine salad ingredients and prepared dressing.

Gently toss until salad is coated in dressing, then season to taste with salt and pepper..

Makes 4 servings. Enjoy!

Creative Art: Remembrance /Memorial Day Poppy Wreath

Materials:

- a paper plate,
- 16 red cupcake liners
- some black and green paper scraps
- some green buttons
- scissors
- glue



Instructions

1. Cut circles out for black flower centers.
2. Prepare cupcake liners. Invert them so that the red side was on the inside.
3. Trim off the edges of half of the paper cups with a wavy line.
4. Do the same to the other half of the cups, but this time about halfway down the liner, in order to make them smaller.
5. Cut the center out of the paper plate.
6. Assemble flowers. Stack up the layers (big liner, small liner, black center, green button) making sure they were glued down well.
7. Attach them to the paper plate ring, making sure to keep them close to one another.
8. Cut our and add a few paper leaves where you see the white plate peeking out.
9. Allow glue to dry completely and then hang and enjoy!



****Services & Outside Resources****



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

Call the Active Adult Center at (248) 545-3464 if you have questions.
If we can't help you directly, we will try our best to refer you to someone who can.

Below is a list of resources available to you.

Do you need food?

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

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

MH Emergency Pantry- Pick up and delivery of food donations. Fill out the form on Facebook

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

United Way- call 211

Would you like a weekly reassurance call?

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

Do you need transportation outside what we offer?

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

Do you need medical equipment loans?

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

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

Do you need a support meeting?

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

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

Do you need legal assistance?

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

Do you need Help accessing Resources?

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

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

Do you have questions for a nurse?

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

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

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

Would you like free updates on the Coronavirus?

Oakgov.com/covid or text OAKGOV to 28748

Do you need shelter or medical assistance?

United Way- call 211

Are you in need of home assistance or repairs?

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

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

Do you need help or information pertaining to Social Security?

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

1-888-456-9559

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

You may also visit SSA.gov.

Many of their services can be completed online.

Partnership with OLHSA

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

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

Area Agency on Aging 1-B



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

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

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

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

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

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

GoodRx

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

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

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

Alternative Transportation Available

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

SMART Bus: 1-866-962-5515

Boomerang Errand Services, LLC: (248) 275-8256

Independent Medical Transportation Services:

(248) 545-3144

Beaumont Patient Information: 248-743-6667

*Most transportation companies require at least 24-48

hours notice. If you need immediate or within 24 hour

transportation we suggest you contact UBER 808-189-7190

or LYFT 631-201-5938.



***** THANK YOU *****

Thank you to - Kat, Tiffany, Heather, Beverly and Chris for creating the adorable bunnies for our fundraiser. 55 bunnies were given new homes and we were able to raise \$81.29!

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 FunDay Event Sponsors: Baldwin House, Dr Shanbom, American House Troy, Dr Adas, The Straith Hospital, Dedicated Senior Medical Center, Rickey Busler and Senior Compass Group.

*****Spring has Sprung! *****



**** CELEBRATIONS!! ****

May Birthdays

- 15-Anita Leonard
- 15-Janice Morehead
- 15-Joseph Foster
- 18-Jacqueline Martin
- 19-Christopher Young
- 22-Barbara McAdams
- 24-Deanna Drayton
- 24-Sharon Roddy
- 25-Janey Patterson
- 27-Jackie Shepp
- 27-Susan Ratliff
- 28-Donna Dalling



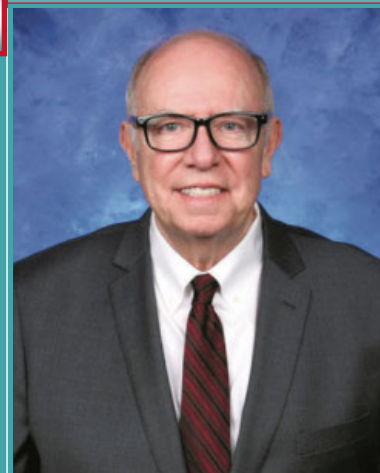
May Anniversaries

- 01-Walter & Cecile Scott
- 02-Graham & Joan Stallsmith
- 13-Joseph & Barbara Miller
- 20-Edward & Shirley Novak
- 24-Christopher & Brenda Young
- 28-Mike & Helen Kapolka



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!

***** A LIFE WELL LIVED *****



We would like to express our deepest sympathy at the recent passing of Mayor Pro Tem Bob Corbett. Bob was a long time servant to the City of Madison Heights. He could occasionally be seen exercising at the center and served on the Active Adult Advisory Board. He will be missed by many. Thank you Bob for all of your years of service and dedication to the city. You can rest easy...We've got this.





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!*

