

Madison Heights Active Adult Center

June 2022



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

A Note From the Coordinator

I can't believe we are almost halfway through 2022! We have lots of exciting things happening at the Center starting with these fun events:

- ◆ Monday, June 6- Summer Picnic Sponsored by American House Troy
- ◆ Friday, June 17- Thank You Event Sponsored by SMART
- ◆ Monday, June 27- Special Bingo & Lunch- Sponsored by Reserve at Red Run

See pages 2 and 3 for more info on these events!

We have reinstated our Activity Sign Up and this month's sign up date is Tuesday, May 31, 2022. 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. After that date feel free to sign up for any program at any time.

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 & 13 for lots of great trips, classes and programs that are coming up at the Center. Pages 14-16 have fun things you can do from the comfort of your home! If you're looking for resources at the Center and in the community, check out pages 17 & 18.

Staff continues to work 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.

Do you love our newsletter and would like even more info? Like us on Facebook - Madison Heights Active Adult Center. We hope you are enjoying the beautiful summer 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

Heather Parker ~
Active Adult Assistant

John Leuffgen ~
Part-Time Driver

Kathleen Faulkner ~
PT Driver/Office Asst

Tiffany Poole ~
Part-Time Receptionist

Paul Gill ~
Part-time Driver

Gayle Verbiest ~
Part-Time Driver



Bobby Crowell ~
Part-Time Driver

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

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

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

THANK YOU CELEBRATION

Sponsored by  **SMART**
RIDE

Friday, June 17, 2022

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



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

**Patrons, Sponsors, Volunteers...We wouldn't
be the amazing place we are with out you!
So today we are celebrating you!
Enjoy a tapas (small plate) lunch,
music, raffles, and more
as our way of saying
THANK YOU!!**



DJ Andy will be spinning tunes!

**SMART, Dedicated Senior Medical,
Dr Shanbom, Baldwin House, American
House Troy, Straith Hospital, The Reserve at
Red Run and Rickey Busler w/Remax will
all be on hand with info and to answer any
questions!**

Sign up starts Wednesday, May 31, 2022



Spots are limited!



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

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

Summer Picnic

Sponsored by American House Troy

Monday, June 6, 2022

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



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

Enjoy a leisurely Summer picnic lunch and games outside along the walking path with your friends and American House Troy.

We will also have a prize raffle and 50/50!
Not fond of picnic tables?

Bring your lawn chairs for maximum comfort!

SIGN UP STARTS WEDNESDAY, MAY 31, 2022

Spots are limited!

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

Special Bingo and Lunch

Sponsored by The Reserve at Red Run

Monday, June 27, 2022

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



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

Grab your friends and join us for bingo and lunch provided by our friends at The Reserve at Red Run

SIGN UP STARTS WEDNESDAY, MAY 31, 2022!

Spots are limited!

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




JUNE 2022 TRANSPORTATION SCHEDULE



TO MAKE AN APPOINTMENT FOR PICK UP

CALL (248) 545-3464



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

Now offering FREE transportation!!

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

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), Cattlemans Market (4th 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.

***ALL RIDERS MUST BE DONE WITH THEIR APPOINTMENTS NO LATER THAN 2:00 PM .**



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.



** JUNE 2022 ON SITE PROGRAMS **



Monday	Tuesday	Wednesday	Thursday	Friday
		1) 8:30-PODIATRIST 9:00-DETROIT ZOO NO STRENGTH TRAINING 10:00-KNT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP	2) 8:00-ADV BDELECTNS 10:00-WALKING CLUB 11:00-ZUMBA GOLD 1:00-BINGO 4:00-CARDIO DRUM	3) 8:00-ADV BDELECTNS 9:30-REFLEXOLOGY 10:00-BUNCO
6) 10:00-WALKING CLUB 12:30-SUMMER PICNIC 4:00-FIT BALL	7) 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA	8) 9:30-STRENGTH TRAINING 10:00-KNT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP	9) 10:00-WALKING CLUB 10:30-BP CHECKS 11:00-ZUMBA GOLD 1:00-BINGO 4:00-CARDIO DRUM	10) 9:00-MASSAGE THERAPY 10:00-BUNCO
13) 9:00-MASSAGE THERAPY 10:00-WALKING CLUB 1:00-GRIEF SUPPORT 4:00-STRENGTH TRAINING	14) 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA	15) 9:30-STRENGTH TRAINING 9:15- OCP TEA PARTY 10:00-KNT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 12:30-CARD CLUB 1:00-COMPUTER HELP	16) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 1:00-BINGO 4:00-CARDIO DRUM	17) 10:00-BUNCO 12:30-THANK YOU EVENT
20) 10:00-WALKING CLUB 1:00-WATERCOLOR NO STRENGTH TRAINING	21) NO CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA 1:00-ADVISORY BD MTG	22) NO STRENGTH TRAINING 10:00-KNT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP	23) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 11:00-SEN COMPANION 11:30-SMOOTHIE DAY 1:00-BINGO NO CARDIO DRUM	24) 8:30-DAY IN THE D 10:00-BUNCO 12:00-COOKING CLASS
27) 10:00-WALKING CLUB 12:30-SPECIAL BINGO 1:00-GRIEF SUPPORT 4:00-STRENGTH TRAINING	28) 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA	29) 9:30-STRENGTH TRAINING 10:00-KNT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP	30) 10:00-WALKING CLUB 11:00-ZUMBA GOLD 1:00-BINGO 4:00-CARDIO DRUM	



June Activity Sign Up

Tuesday, May 31, 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 BIANCO 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, 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!

Oakland County Parks Senior Day

Wednesday, July 20, 2022
10 :00 am - approx 2:00 pm
\$7.00-Res/\$9:00-Non-Res



Come enjoy the Day at Independence Oaks County Park. Enjoy fishing, archery, a nature education program, lawn games and pontoon boat rides. Lunch of hot dog, chips and lemonade is provided.

Sherlock Holmes and the Adventure of the Ghost Machine ~ Purple Rose Theatre

July 28, 2022
Lunch and time for shopping will be provided prior to the 3:00pm show.



See July's newsletter for more details.

Ain't Too Proud ~ Detroit Opera House

August 18, 2022
Dinner included prior to evening show



See July Newsletter for more details.

Mark your calendars



Upcoming Meadow Brook Theatre matinee shows w/ lunch included prior to show!

- ♦ Little Shop of Horrors
Wednesday, October 26, 2022
- ♦ Birthday Club
Wednesday, January 25, 2023
- ♦ Blues in the Night
Wednesday, March 8, 2023
- ♦ Harry Townsend's Last Stand
Wednesday, April 12, 2023
- ♦ Honky Tonk Angels
Wednesday, May 10, 2023
- ♦ Noises Off
Wednesday, June 14, 2023



***** BIANCO TOURS DAY TRIPS & OVERNIGHT TRAVEL *****



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



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.

Quilt Garden
August 9 - 10, 2022
\$320.00 pp dbl occ



Your Bianco Tour includes: Round trip transportation via deluxe highway motorcoach, 1 night at the Blue Gate Garden Inn in Shipshewana, Indiana, 1 breakfast, 1 lunch, 1 dinner, Elkhart Co. visitor center, Quilt Garden tour, Blue Gate Restaurant, Blue Gate Theater featuring "The Carpenters Once More", Rise and Roll Bakery, Heritage Ridge Creamery, shopping in downtown Shipshewana, Teaberry wood products tour and shopping.

Henry Ford - From Farm to Factory
Tuesday, September 6, 2022
9:00 am - Approx. 3:30 pm
Res - \$108.00/Non-Res- \$110.00



Your Bianco tour includes: Round trip transportation via deluxe highway motorcoach, Henry Ford tour, Ford Piquette Avenue Plant tour, trivia and prizes during the tours, lunch and dessert at The Original Buddy's Pizza.

Cleveland Rocks
August 15 - 16, 2022
\$400 pp dbl occ



Your Bianco Tour includes: Round trip transportation via deluxe highway motorcoach, 1 night at the Drury Plaza Hotel in downtown Cleveland, 1 breakfast, 1 lunch 1 dinner, Rock & Roll Hall of Fame, Great Lakes Science Scenter, Valenti's Italian Restaurant, Jack's Casino, guided tour of Cleveland, Goodtime III narrated lunch cruise, Cleveland Art Museum.

Shipshewana Christmas
Tuesday, November 15, 2022
6:45 am - Approx. 9:00 pm
Res-\$133.00/Non-Res-\$135.00



Your Bianco tour includes: Round trip transportation via deluxe highway motorcoach, Lunch at the Blue Gate Restaurant, Blue Gate Theater featuring the show "Our Christmas Dinner", shopping time in downtown Shipshewana.

Traverse City
September 12 - 14, 2022
\$604.00 pp dbl occ



Your Bianco Tour includes: Round trip transportation via deluxe highway motorcoach, 2 nights at Sugar Beach Resort Hotel, 2 breakfasts, 2 dinners, Chateau Chantal, Sleeping Bear Dunes National Lake Shore, Rove Vineyard & Winery, North Peak Brewing Company, Gallagher Farm Market, Mission Point Lighthouse, downtown Traverse City, Pinconning Cheese House.



Amazing Akron
October 19 - 20, 2022
\$270.00 pp dbl occ



Your Bianco Tour includes: Round trip transportation via deluxe highway motorcoach, 1 night accommodation in Akron, OH, 1 breakfast, 1 dinner, Brandywine Falls, MAPS Air Museum, Spaghetti Warehouse, Cuyahoga Railroad, Mustill Store & Canal system.

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!!

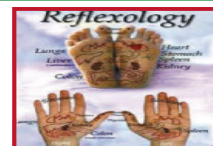


The Madison Heights Fire Department will be returning to the Center for free Blood Pressure checks. Look for their smiling faces from 10:30am to 11:30 am on the 2nd Thursday of every month!



Reflexology by Roberta

Friday, June 3, 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



- Mondays @ 4:00 pm - Strength Training with Kat**
- Tuesdays @ 9:30 am - Cardio Drumming with Kat**
- Tuesdays @ 11:00 am - Chair Yoga with Paul**
- Wednesdays @ 9:30 am - Strength Training with Kat**
- Wednesdays @ 11:00 am - Tai Chi with Sam**
- Thursdays @ 11:00 am - Zumba Gold & Toning with Barb**
- Thursdays @ 4:00 pm - Cardio Drumming with Kat**
- 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, June 10, 2022
 Monday, June 13, 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, June 1, 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. Meet your fellow walkers every Monday and Thursday mornings at 10 am at the Center. Walk the beautiful walking path by the Center and enjoy the fresh air and friendship. Are you a Madison Heights resident and can't drive? Call the Center to schedule a ride and we will drive you to the Center. If you are interested in joining please call the Center for more information at 248.545.3464.

Grief Support Group

June 13 & 27, 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

At this time we are no longer offering Daily Congregate meals through OMOW at the Center. Please check the Center's newsletter for upcoming events and other lunch opportunities. To receive meals at home please call OMOW at 248.689.0001. Anyone whether homebound or not can receive meals from OMOW.

Fit Ball w/ Kat

Monday, June 6, 2022
 4:00 pm
 FREE



Looking to try something new? Come check out FitBall with Kat! This is challenging but fun! In this class you will use large exercise balls and free weights to build muscles and strengthen your core. This is an intermediate class, but can be modified. If you've taken Kat's Strength Training class, this is a perfect partner class to continue your fitness journey.

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- 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
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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

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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

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

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

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



Amenities

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

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Cell: (248) 417-1846

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



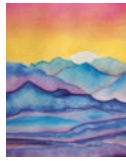
Beginners Watercolor Class

Monday, June 20, 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

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!

Smoothie Day

Thursday, June 23, 2022

11:30 AM

"Strawberry Supreme Smoothie "

FREE! **While Supplies Last** FREE!



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.

Creative Cooking

Friday, June 24, 2022

12:00 pm

\$5-res/\$7-Non Res



June's Class: Three cheers for the Air Fryer!

You've finally mastered the instant pot and now they are throwing the Air Fryer at you. "I thought the IP was the best thing since sliced bread...now this?" you think to yourself. Come and see what all the hype is about! You will learn and sample some quick and easy dishes that are sure to please. Everyone who attends will be entered into a drawing for their very own Air Fryer!! Be sure to sign up soon, as seats are limited.

Bunco

Join us Fridays from 10:00 am - 12:00 pm.

\$1.00 per person.

Prizes for six players. Three table minimum.



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.

Aren't You Crafty



There will not be any Craft class in June.

Our resident crafty chick will be back soon with an awesome new project.

Stay tuned to upcoming newsletters for the next future masterpiece!

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.

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!





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 were the last ten business days of May,

Voting is open to anyone 50 yrs. of age and up. 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.

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



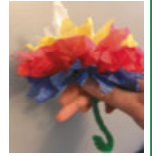
Training will be offered to get you started on using a computer. Learn how to type a letter, print, set up an email account, surf the Internet, read the newspaper online, use eBay, and other topics. **Call 248-545-3464 to make an appointment.**
At this time there is no printer available
***** Now WIFI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

FOND FAREWELL!

It is with great sadness that we say farewell to our Art Therapist Jen Edwards. She is furthering her career and has accepted a full time position elsewhere. We are so grateful to Jen and everything she has brought to the Center and our Active Adults. We wish Jen only the best of everything and know that she will brighten the lives of all those she encounters just as she has brightened ours.



Special Thanks!!!



Thank you to Kat and her merry band of gardeners!!!
Thank you John Quigley, Bonnie Quigley, Margaret Topping, Dolores Mowry, Suzie Patton, Ray Ingram, Nancy Ingram, Cheryl Kennedy and DPS staff!!

Our gardens continue to be the talk of the town because of all of your efforts!

Are you bored? Do you help your neighbor?

If so, then this great opportunity is for you!!

Senior Companion volunteers help adults remain independent by offering support to those who are lonely, isolated, ill or disabled.

There are so many benefits to volunteering: staying active, meeting new people, helping others out, just to name a few.

If you qualify you could be eligible for a non-taxable stipend

For more details

Join us

on Thursday, June 23rd at 11:00am





** TO MAKE YOU SMILE **



Q: What do you get when you combine an elephant with a fish?

A: Swimming trunks!

Q: Do fish go on vacation?

A: No, because they're always in school!

Q: Why did the dolphin cross the beach?

A: To get to the other tide!

Q: Why don't oysters share their pearls?

A: Because they're shellfish!

Q: What is a frog's favorite summertime treat?

A: Hopsicles!

Q: Why should you never blame a dolphin for doing anything wrong?

A: Because they never do it on porpoise!

Q: Why can't basketball players go on vacation?

A: They would get called for traveling!

Q: Which letter of the alphabet is the coolest?

A: Iced "T"!

Q: What's gray, has four legs and a trunk?

A: A mouse on vacation!

Q: What do you call a snowman in July?

A: A puddle!

Q: What's black and white and red all over?

A: A zebra with a sunburn!

Q: Where do sheep go on vacation?

A: To the baa-hamas!



Q: What do you call a dog on the beach in the summer?

A: A hot dog!





Guess the phrase!



COUNT HOW MANY!

How many strawberries 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!

MAY'S ANSWERS

Poppies in the newsletter: 35

Winner: Steve Kujawski

Positive Traits Crossword



SEASONS4TIMES.COM

Looking for words with positive meanings.

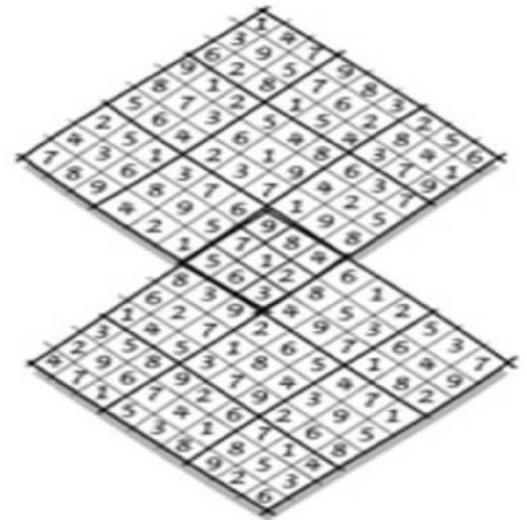
ACROSS

- 4. Positive
- 8. Famous
- 10. Efficient
- 12. Recommend
- 13. Giving
- 14. Adept
- 15. Creative
- 16. Highly regard

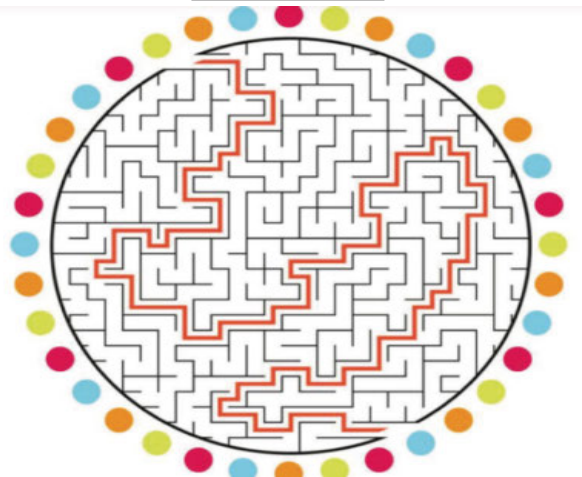
DOWN

- 1. Knowledgeable
- 2. Cheerful
- 3. Frank
- 5. Lively
- 6. Courageous
- 7. Laugh
- 9. Achieve
- 11. Lucky

Sudoku Answer



Maze Answer





Creative Food:

One Pan Caribbean Jerk Chicken with Pineapple-Coconut Rice



Ingredients:

For the chicken marinade:

- 4 boneless skinless chicken thighs (about 1.25-1.5 pounds)
- 1/2 tablespoon olive or avocado oil
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 2 tablespoons gluten free soy sauce
- 1 tablespoon apple cider vinegar
- 1 tablespoon lime juice
- 1/2 tablespoon honey
- 1/2 tablespoon ground allspice

- 1/2 teaspoon ground cinnamon
- 1 teaspoon dried thyme
- 1/4 teaspoon cayenne
- 1/2 teaspoon sea salt
- Freshly ground black pepper

For the veggies & rice:

- 1/2 tablespoon olive or avocado oil
- 1 bunch green onions, diced
- 1 large red bell pepper, cut into chunks
- 1 (15 ounce) can lite coconut milk
- 1 cup fresh or frozen pineapple chunks

1 cup basmati white rice (don't use brown, it will take too long to cook)**

To garnish:

- Green onions
- Fresh lime

Instructions:

1. Add chicken to a large bowl. Add in 1 tablespoon olive oil and your jerk seasoning: garlic, ginger, soy sauce, apple cider vinegar, lime juice, honey, allspice, cinnamon, dried thyme, cayenne, sea salt and black pepper. Use clean hands to toss the chicken in the mixture.
2. Cover and allow chicken to marinate for at least 30 minutes or up to 6 hours, or you can skip this completely and begin the cooking process.
3. Next add 1/2 tablespoon olive oil to a large deep 10 inch skillet and place over medium high heat. (If you do not have a skillet a large pot will also work very well!) Once oil is hot, add in chicken and season with a little more salt and pepper. Cook until browned 4-5 minutes, then flip and and cook an additional 4-5 minutes. Remove from pan and transfer to a plate.
4. In the same skillet (it should be greased enough already for sauteing), add green onion, red bell pepper chunks; saute for 1-2 minutes. Then add in coconut milk and rice and stir well to combine. Bring to a simmer then fold in the pineapple, making sure it is evenly distributed. Add browned chicken on top.
5. Reduce heat to low, cover the skillet immediately and cook for 20-25 minutes. After 20-25 minutes, most of the liquid should be absorbed and rice should be cooked. Serve immediately. Garnish with green onions and serve with a squeeze of fresh lime juice.

Makes 4 servings. Enjoy!

Creative Art: **Leaf Imprinted Clay Pendant Necklace**

Materials:

- Small leaves
- Polymer clay and roller, possibly a clay cutter depending on your design idea
- Jump ring and chain
- Optional acrylic paint and sealer (like Sculpey Gloss Glaze)



Instructions

1. You only need just a little bit of clay for this project, so leftovers work great. If your clay is new, though, you will need to condition it by rolling it for a few minutes until it softens. I like to work with clay on wax paper or parchment paper to protect my work surface.
2. Roll it out to about 1/4 inch. press your small leaf into the clay, vein side/backside toward the clay, then flip your clay over and roll it out a little. Do not try to roll your clay out any flatter here – it will break your leaf apart and make it harder to remove.
3. Now, peel your leaf off.
4. Now, trim your clay to the size pendant you want.
5. Poke a hole in your pendant with a toothpick (or a drink stirrer also works well) and lay it on a baking sheet.
6. Now, bake it according to the package instructions. This will vary by brand, but what you can expect is that it will take about 30 minutes for each 1/4 inch thick your pendant is in a low-temperature oven.
7. Once it's baked and cooled, you can add some paint if you like to help add contrast! I didn't bother with a paintbrush, I just used a bit of paper towel to coat my pendant with paint (making sure all the cracks were totally painted).
8. Then, with a bit of damp paper towel, I wiped off the excess paint from the surface, leaving the paint just in the leaf veins. If you wipe off too much, just try again. :) You can add some Sculpey Gloss if you want to seal it with a shiny finish, but that's totally optional.
9. Then, when it's dry, just add a jump ring and chain! Now you can wear a little bit of nature!

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



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

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

Below is a list of resources available to you.

Do you need food?

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

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

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

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

United Way- call 211

Would you like a weekly reassurance call?

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

Do you need transportation outside what we offer?

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

Do you need medical equipment loans?

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

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

Do you need a support meeting?

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

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

Do you need legal assistance?

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

Do you need Help accessing Resources?

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

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

Do you have questions for a nurse?

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

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

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

Would you like free updates on the Coronavirus?

Oakgov.com/covid or text OAKGOV to 28748

Do you need shelter or medical assistance?

United Way- call 211

Are you in need of home assistance or repairs?

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

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

Do you need help or information pertaining to Social Security?

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

1-888-456-9559

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

You may also visit SSA.gov.

Many of their services can be completed online.



Partnership with OLHSA

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

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



Area Agency on Aging 1-B



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

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

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

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

FernCare Free Clinic



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

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

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

FernCare Free Clinic, Inc.
751 E. Nine Mile Road
Suite 2
Ferndale, MI 48220
(248) 677-2273
www.ferncare.org

Community Housing Network Servicing Oakland County



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

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

Housing Resource Center for Oakland County

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

Available to help any language or persons with hearing problems.

CommunityHousingNetwork.org

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

MichiganHousingLocator.com LowIncomeApartmentsForRent.info

These are search engines for housing options in Michigan

LAKESHORE LEGAL AID



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

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

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

Good Rx



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

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

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

Alternative Transportation Available

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

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



Beaumont Patient Information: 248-743-6667

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

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

Thank you to - Sue Hopcroft, Linda Zembold, Rose Novocel, Stefanie Olszefski and Charlie and Joanne Hamilton for their generous donations.

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

Thank you to - Shirley Novak for the beautiful blankets and the birthday and anniversary cards!

Thank you to - Our wonderful "angels" who deliver donations of bread, pastries, bagels and other treats.

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



**** CELEBRATIONS!! ****

June Birthdays

- 01-Bonnie Quigley
- 03-Sandy Bruss
- 05-Mary Lou Smith
- 05-Ann Brilliant
- 09-Jessie Lopinski
- 10-Barbara Miller
- 13-Judith Agazio
- 18-Ann Brunk
- 22-Elizabeth Dover
- 23-Patricia Mueller
- 26-Elaine Williams



June Anniversaries

- 6-7 - Ray & Nancy Ingram
- 6-17- Dennis & Rosemary Tye



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!**





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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