

# Madison Heights Active Adult Center

July 2022



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

## A Note From the Coordinator

Happy July, and welcome summer! We have lots of things planned both inside and outside the Center starting with these events: (See pages 2 and 3 for more info on these events!)

- ◆ Friday, July 8- International Festival sponsored by Dedicated Senior Medical
- ◆ Monday, July 18- Summer Party Sponsored by Reserve at Red Run
- ◆ Friday, July 22- BBQ Picnic/Concert- Sponsored by Baldwin House
- ◆ Monday, July 25- Estate Planning Lunch & Learn- Sponsored by O'Reilly Rancilio P.C.

We also have three new trips scheduled on the AAC bus. After a two year hiatus, we are going back to the theatre! (Yay!!) Our first play will be at the Purple Rose Theatre on Thursday, July 28 to see the latest Sherlock Holmes production. We will also be going back to the Detroit Opera House on Thursday, August 18 to see Ain't Too Proud, a new smash-hit Broadway musical that follows The Temptations' extraordinary journey. We also have a September 14 Detroit Tigers trip scheduled. \*Please sign up early for these trips (in the first week) because the money is due shortly after sign-up. Don't miss out! Our July Activity Sign Up date for this month is Friday, June 24. Residents can begin signing up for new events, classes and trips starting at 8:00 am 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!

Thank you to everyone who has picked up a key fob. It has really helped us with check-ins for events as well as to give us statistics on how many people are participating in our programs (which will help with budgeting). 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. 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 Focus Hope food boxes, answering phone calls, responding to emails, Facebook and voicemail messages regarding available resources, creating a partially 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. (We are hoping to extend this!)

Do you love our newsletter and would like even more info? Like us on Facebook - Madison Heights Active Adult Center.

We hope you are getting outside and enjoying the sunshine! 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, 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

Debbie Dimitrie ~  
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 EVENTS\*\*\*



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

# International Festival

Sponsored by



**Friday, July 8, 2022**

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

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

Come celebrate the melting pot that is our great nation! Share and celebrate your heritage with your friends and they will do the same. Enjoy music and ethnic snacks/desserts from around the world while having a great time with your friends. Bring something from your culture such as a garment, food item, art, jewelry, etc to show off. Dress in something representing your country, or a country you want to visit. Write down a recipe from a country you like or want to visit and share it. Test your memory and guess the countries represented by the flags displayed.

**Sign up starts Friday, June 24, 2022**

**Spots are limited!**

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

# SUMMER PARTY

Sponsored by



**Monday, July 18, 2022**



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

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

What better way to celebrate the summer in the Metro Detroit area than a Motown themed party! Join us for food, games and DJ Andy spinning Motown tunes to tap your feet and whatever else to!!!

**Sign up starts Friday, June 24, 2022**

**Spots are limited!**

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

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

## **BBQ Picnic/Concert**

**Sponsored by**

**BALDWIN HOUSE**  
SENIOR LIVING

**With special musical guests**  
**METRO MUSIC MAKERS**

**Friday, July 22, 2022**

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

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

Join us for a bbq lunch and concert outside along the walking path at the Center. Not fond of picnic tables? Bring your lawn chairs for maximum comfort!

The Metro Music Makers are a 17-piece Big Band, much the same as the big bands of the 1930's and 40's, highlighted with saxophones, trumpets, trombones, and a rhythm section of drums, bass, and piano. They play music ranging from Glenn Miller and Tommy Dorsey to the Beach Boys and Four Seasons, have performed in all counties in the Detroit metropolitan area, and currently rehearse right here in Madison Heights.

**SIGN UP STARTS FRIDAY, JUNE 24, 2022**

**Spots are limited!**

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

## **Estate Planning Lunch & Learn**

**Sponsored by**

**O'REILLY RANCILIO P.C.**  
ATTORNEYS AT LAW

**Monday, July 25, 2022**

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

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

Actor Heath Ledger failed to redo the will he had signed before his daughter was born, leaving his entire \$20 million fortune to his parents and sisters. Singer Prince did not create a will prior to his death, resulting in numerous legal battles over his estimated \$300 million legacy. And the family of singer Aretha Franklin, who authored multiple contradictory wills, faced courtroom battles for years over her wealth.

Proper estate planning benefits all people, regardless of estate size, income status, and age. Join O'Reilly Rancilio attorney Brian Grant as he discusses the common estate planning mistakes people make and how to avoid them during this Lunch and Learn seminar.

Brian Grant is an estate planning attorney with O'Reilly Rancilio, Macomb County's largest full-service law firm based in Sterling Heights.

**SIGN UP STARTS FRIDAY, JUNE 24, 2022!**

**Spots are limited!**

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



# JULY 2022 TRANSPORTATION SCHEDULE



TO MAKE AN APPOINTMENT FOR PICK UP  
CALL (248) 545-3464



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>I Scream, You Scream</i>				1) DR APPTS ERRANDS CENTER	2)
3)	4) CENTER CLOSED INDEPENDENCE DAY	5) DR APPTS ERRANDS CENTER	6) MEIJER CENTER	7) KROGER CENTER	8) DR APPTS ERRANDS CENTER	9)
10)	11) DR APPTS ERRANDS CENTER WALMART	12) DR APPTS ERRANDS CENTER	13) MEIJER CENTER	14) KROGER CENTER	15) DR APPTS ERRANDS CENTER	16)
17)	18) DR APPTS ERRANDS CENTER SALVATION ARMY	19) DR APPTS ERRANDS CENTER	20) MEIJER CENTER	21) KROGER CENTER	22) DR APPTS ERRANDS CENTER	23)
24)	25) DR APPTS ERRANDS CENTER CATTLEMANS MARKET	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.

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 (Rochester) (3rd Monday), Cattleman's Market (Centerline) (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.\*\*\*





# \*\* JULY 2022 ON SITE PROGRAMS \*\*



Monday	Tuesday	Wednesday	Thursday	Friday
				1) 9:30-REFLEXOLOGY 10:00-BUNCO
4) CENTER CLOSED INDEPENDENCE DAY 	5) 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA	6) 8:30-PODIATRIST 9:30-STRENGTH TRAINING 10:00-KNIT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP	7) 9:00-SNACK SALE 10:00-WALKING CLUB 11:00-ZUMBAGOLD 12:00-LUNCH 1:00-BINGO 4:00-CARDIO DRUM	8) 10:00-BUNCO 12:30-INTERNAT.FEST
11) 10:00-WALKING CLUB 1:00-GRIEF SUPPORT 4:00-FIT BALL	12) 8:30-PROHIB TOUR 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA	13) 9:30-STRENGTH TRAINING 10:00-KNIT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP 1:00-AREN'T YOU CRAFTY THUNDER BAY DEP	14) 9:00-SNACK SALE 10:00-WALKING CLUB 10:30-GEEK SQUAD HELP 10:30-BP CHECKS 11:00-ZUMBAGOLD 12:00-LUNCH 1:00-BINGO 4:00-CARDIO DRUM	15) 10:00-BUNCO
18) 10:00-WALKING CLUB 12:30-SUMMER PARTY 1:00-WATERCOLOR 4:00-FIT BALL	19) 7:30-PUT-IN-BAY 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA	20) 9:00-OCP SENIOR DAY 9:30-STRENGTH TRAINING 10:00-KNIT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 12:30-CARD CLUB 1:00-COMPUTER HELP SAULT STE MARIE DEP	21) 9:00-SNACK SALE 10:00-WALKING CLUB 11:00-ZUMBAGOLD 11:30-SMOOTHIE DAY 12:00-LUNCH 1:00-BINGO 4:00-CARDIO DRUM	22) 10:00-BUNCO 12:30-BBQ PICNIC SAULT STE MARIE RET
25) 10:00-WALKING CLUB 12:30-ESTATE PLANNING LUNCH & LEARN 1:00-GRIEF SUPPORT 4:00-FIT BALL	26) 8:00-AUGUST ACTIVITY SIGN-UP 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA	27) 9:30-STRENGTH TRAINING 10:00-KNIT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP	28) 9:00-SNACK SALE 10:00-WALKING CLUB 10:00-PURPLE ROSE 11:00-ZUMBAGOLD 12:00-LUNCH 1:00-BINGO 4:00-CARDIO DRUM	29) 10:00-BUNCO 12:00-COOKING CLASS

## \*\*\* AAC DAY TRIPS \*\*\*



July Activity Sign Up - Friday, June 24, 2022  
August Activity Sign-Up - Tuesday, July 26, 2022



8:00 am Residents / 9:45 am Non-Residents

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. 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.



### Oakland County Parks Senior Day

Wednesday, July 20, 2022

9:00 am - approx 2:45pm

\$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

Thursday, July 28, 2022

Check in by: 10:00 am

Approx. Return: 6:30 pm

\$71.00-Res/\$73.00-Non-Res

**\* PLEASE SIGN UP NO LATER THAN JULY 1ST \***



London: November 1905. England and the world are changing. As civilization edges towards the horrors of World War I, every day brings new tensions in Europe and technological advances that make Victorian England feel like a distant dream. Into the rooms of Sherlock Holmes come Nikola Tesla and Thomas Edison—with new inventions that will alter the course of human history—only both inventions have gone missing. Can Holmes, Watson, and Irene Adler somehow unravel the latest diabolical scheme of Marie Chartier—evil daughter of the late Professor Moriarty? Can world peace be achieved by the most powerful weapon ever created? Can death itself be overcome by a scientific genius? And can Sherlock Holmes survive the greatest personal loss of his career?

**\*PLEASE NOTE: At this time masks are required in the theatre.**

Prior to the 3:00 pm show we will enjoy lunch at Smokehouse 52 and have ample time to shop around town. Please note: We will have two groups that will flip flop lunch and shopping times. The first group will eat at 12 noon and then shop entirely after lunch. The second group will shop a little before lunch, meet at the restaurant at 1:00 pm sharp and eat, and then shop a little after lunch as well. You will need to pick your lunch group at time of sign up. If you are mailing in, we will pick your group for you. If you have friends going, we will try our best to keep you in the same group. Please let us know their names at time of sign up.

Please choose your entrée, one side, and dessert when you sign up. Entrée choices are: Pulled Pork SW, Pulled Chicken SW, BBQ Sliders or Fried Chicken SW.

Side choices are: French Fries, Homemade Chips, Coleslaw, Pit Beans, Collard Greens, Applesauce or Green Beans & Stewed Tomatoes

Dessert choices are: Brownie Sundae, Banana Pudding, or Candied Bacon Waffle Sundae

### Ain't Too Proud ~ Detroit Opera House

Thursday, August 18, 2022

Check in by: 4:00 pm

Approx. Return: 11:00 pm

\$101.00-Res/\$103.00-Non-Res

**\* PLEASE SIGN UP NO LATER THAN JULY 1ST \***

Ain't Too Proud is the electrifying, new smash-hit Broadway musical that follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. With their signature dance moves and silky-smooth harmonies, they rose to the top of the charts creating an amazing 42 Top Ten Hits with 14 reaching number one.

Prior to the show we will have dinner at Lockharts BBQ in Royal Oak. We will have a limited menu to choose from. Check in upon sign up if you have to choose your meal option prior to the day of. Desserts and adult beverages will be available to purchase on your own.



### Detroit Tigers Trip

Wednesday, September 14, 2022

Check in by: 11:30 am

Approx. Return: 5:30 pm

\$40.00-Res/\$45.00-Non-Res



Come out to watch the Tigers take on the Houston Astros! We will be sharing our day with our friends from the Troy Recreation Senior Group. We will leave from the AAC and bus downtown to Comerica Park together. Trip fee includes ticket, \$10 food/beverage voucher, and roundtrip transportation.

**\*Please note seats are extremely limited for this trip.\***

### Mark your Calendars

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

- ◆ Little Shop of Horrors - October 26, 2022
- ◆ A Christmas Carol - November 30, 2022
- ◆ Birthday Club - January 25, 2023
- ◆ Blues in the Night - March 8, 2023
- ◆ Harry Townsend's Last Stand - April 12, 2023
- ◆ Honky Tonk Angels - May 10, 2023
- ◆ Noises Off - June 14, 2023



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

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



**Detroit Prohibition Tour**  
Tuesday, July 12, 2022  
8:30 am – Approx. 4:00 pm  
Res-\$100.00/Non-Res-\$102.00



**\*You Must Be 21 to participate in this tour\***  
Your Bianco tour includes: round trip transportation via deluxe highway motorcoach, 5 hour tour of the haunts and riverfront locations the rumrunners and bootleggers used to ply their trade, lunch at Amore Da Roma (Detroit's oldest restaurant), a visit and toast at a former Detroit speakeasy

**Cleveland Rocks**  
August 15 - 16, 2022  
\$400.00 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, Good-time III narrated lunch cruise, Cleveland Art Museum.

**Cornwell's Turkeyville - "The Odd Couple"**  
Wednesday, August 10, 2022  
9:30 am - Approx. 6:30 pm  
Res-\$89.00/Non-Res-\$91.00



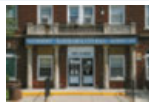
Your Bianco tour includes: Round trip transportation via deluxe highway motorcoach, complete turkey lunch buffet, Cornwell's Turkeyville Dinner Theatre featuring "The Odd Couple", Shopping at the Antique Barn and Country Junction gift shops.

**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

**Hamtramck History Tour**  
Tuesday, August 23, 2022  
9:30 am - Approx. 3:00 pm  
Res-\$109.00/Non-Res-\$111.00



Your Bianco tour includes: round trip transportation via deluxe highway motorcoach, tours of St. Albus, St. Florian, Hamtramck History Museum, visit historic landmarks in Hamtramck, lunch at Polish Village Café, shopping at the Polish Art Center, Srodek's and New palace Bakery, everyone will get one of their famous paczkis for dessert.

**Taste of Northern Michigan**  
September 26 - 29, 2022  
\$820.00 ppdbl occ



Your Bianco tour includes: round trip transportation via deluxe highway motorcoach, 3 night stay at Holiday Inn Express in Petosky, MI, 3 continental breakfasts, 1 lunch, 3 dinners, shopping at Cops & Doughnuts, optional trip to Odawa Casino, guided tour of Charlevoix including the "Gnome Homes", Castle Farms & Gardens, scenic drive through the Tunnel of Trees, guided tour of Petosky, Kilwin's Chocolates, shopping in downtown Petosky, dinner at Grey Gables restaurant, wagon tour and shopping at Friske's Orchard.

**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.

**Yooperland USA**  
October 9-13, 2022  
\$1024.00 pp dbl occ



Your Bianco tour includes: Round trip transportation via deluxe highway motorcoach, 1 night each in Newberry, Westmore, Houghton and Harris, 3 breakfasts, 1 lunch, 3 dinners & \$20 food voucher good at Island Resort & Casino, Great Lakes Shipwreck Museum, Tahquamenon Falls, Pictured Rocks National Lakeshore Boat Cruise, Tour Copper Country/Keweenaw Peninsula, Lake of the Clouds, Fumee Falls, Iron Mountain Iron Mine, Kitch-iti-iki "The Big Spring".

**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.

**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.

**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.

**Hallmark Christmas Town**  
Columbiana, Ohio  
November 20 - 21, 2022  
\$390.00 pp dbl occ



Your Bianco tour includes: Round trip transportation via deluxe highway motorcoach, 1 night at Best Western Plus Dutch Haus Inn & Suites, 1 breakfast, 1 lunch, 1 dinner, shopping at Das Dutch Village, Las Vegas Live! Christmas Review, Firestone Park Joy of Christmas Holiday Lights Display, Arms Family Museum featuring "Memories of Christmas Past", shopping in downtown Columbiana, A Christmas Story House, Museum & gift shop.



### 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!!**

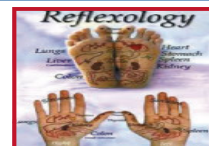


The Madison Heights Fire Department will be returning to the Center for free Blood Pressure checks. Look for their smiling faces from 10:30am to 11:30 am on the 2nd Thursday of every month!



### Reflexology by Roberta

Friday, July 1, 2022  
 9:30 am—2:00 pm  
 Hands ~ \$12 (11 minutes)  
 Feet ~ \$24 (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 - Fit Ball 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**

**\$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

**There will be NO massages for July.**

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, July 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.

### Fit Ball w/ Kat

**Mondays @ 4:00 pm**  
**\$5.00 paid directly to instructor**



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.

### Grief Support Group

July 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.

### 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.

### Thursday lunch by Ray

**Thursdays @ 12:00 pm**  
**\$6.00 per meal**



Prepared by our favorite chef, Ray! You MUST sign up and pay the week before in order to take part in lunch. Check with the front desk for each week's menu.

### OMOW Home Delivered Meal



To receive meals at home please call OMOW at 248.689.0001. Anyone whether homebound or not can receive meals from OMOW.



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







# \*\*\*\* IN CENTER ARTS AND GAMES \*\*\*\*



## Beginners Watercolor Class

Monday, July 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, July 21, 2022

11:30 AM

"Nice Cream "Milk" Shakes "

**FREE! \*\*While Supplies Last\*\* FREE!**



## Creative Cooking

Friday, July 29, 2022

12:00 pm

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



**July's Class: I scream, you scream, we all scream for Nice Cream!**

There's never a bad time for ice cream, especially the summer. Indulging too much can really put a damper on your Beach body. Nice Cream satisfies your cravings while being kind to your Beach Bod! Learn how to make all different variations of this not just Summer Time treat! Be sure to sign up soon, as seats are limited.

## Aren't You Crafty

Wednesday, July 13, 2022

1:00 pm

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

**July's Class: Flip Flop Wreath**



Kat has the cutest summer house decoration made from the most popular summer accessory... FLIP FLOPS! You will be the envy of everyone on your block with this hanging on your door! Be sure to sign up soon, as seats 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**



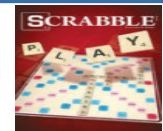
Join your friends on the 3rd Wednesday of each month for fun and some friendly competition. Drop ins welcome.

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!**





## Advisory Board Elections Results

Each year the Center elects two new members to serve a three-year term on the Advisory Board. The election was held on **June 2 & 3, 2022** and it was extremely close!

Congratulations to Suzie Patton and Mike Salley. Thank you to our outgoing board member Delores Mowry for her years of service. Thank you also to Carol D'Andrea and Margene Scott for running. We appreciate each and every one of you for your passion and continued involvement in the Center!

## CENTER CLOSURES

The Center will be closed on **Monday, July 4 2022** in observance of Independence Day.



## Would you like a piece of The Center??

This fall Center Staff and volunteers will be thinning out our gardens. There will be some perennials available for a small donation. See the upcoming August Newsletter for specific date, time and more info! This is a perfect way to take a piece of the Center home with you before we make the big move up to the City Campus next year!

## Oakland County Parks Free Annual Vehicle County Parks Pass for Seniors!

Free Oakland County Parks Annual Vehicle Passes are available to senior citizens living in Oakland County who are a minimum of 62 years of age at the time the pass is requested. These residents must provide valid documentation (i.e. driver's license or passport) to verify residency and age. An application is available at <https://www.oakgov.com/> for seniors, veterans, and persons with permanent disabilities. For more information call (248) 858-0916 or email at [info@oaklandcountyparks.com](mailto:info@oaklandcountyparks.com).



## 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!

## Thursday Snack Sale Thursdays from 9:00 am - 2:30 pm



Proceeds to benefit the needs of the Center.

Do you love to bake? Do you want to help the Center? We are going to have a snack sale every Thursday. If you would like to donate to the sale, please bring in your individually packaged donations to the front desk either on Wednesday or by 8:00 am on Thursday. Items can be sweet or savory. Please provide a list of ingredients for those individuals with food allergies.

## Best Buy Community Out Reach Day

Thursday, July 14, 2022  
10:30 am - 12:30 pm

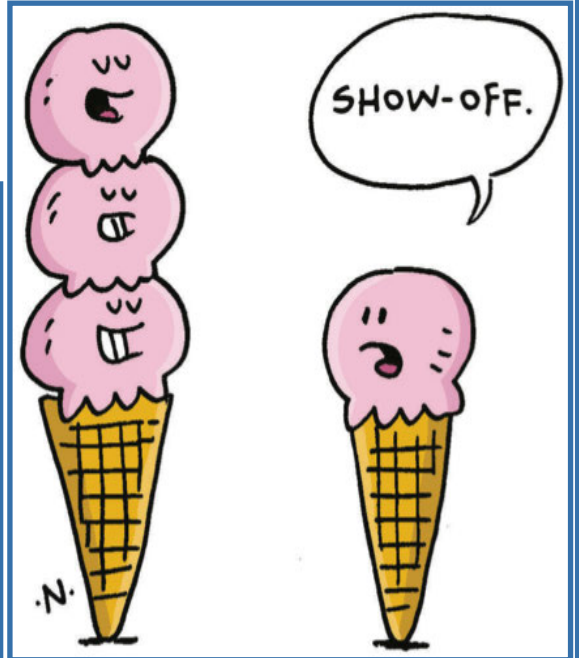


Volunteers from Best Buy will be on hand to help us in the Gardens and serve lunch. In addition to that, they will have an "Ask the Geek" area. Volunteers at the ask the Geek area are able to answer any questions at all with laptops, tablets and cell phones. Bring your tech questions! We are so grateful to Best Buy for offering this well needed opportunity.



Where do you learn to make complicated ice cream dishes? Sundae School.  
 Why does everyone invite ice cream to the party? It's cool.  
 Why are popsicles so snobby? They have a stick up their butt.  
 Did you hear they passed a law banning ice cream? Don't worry, it was ruled un-cone-stitutional!  
 What's the best band to listen to while eating ice cream? Spoon!  
 Why is ice cream so bad at tennis? They have a soft serve.  
 How did Reese eat her ice cream? Witherspoon.  
 What's Dracula's favorite ice cream flavor? Veinilla.

You can't make everybody happy, you aren't a tub of ice cream.



YOU CAN'T BUY happiness BUT YOU CAN BUY ice & cream AND THAT'S KIND OF THE SAME THING







# \*\* FUN AND GAMES \*\*

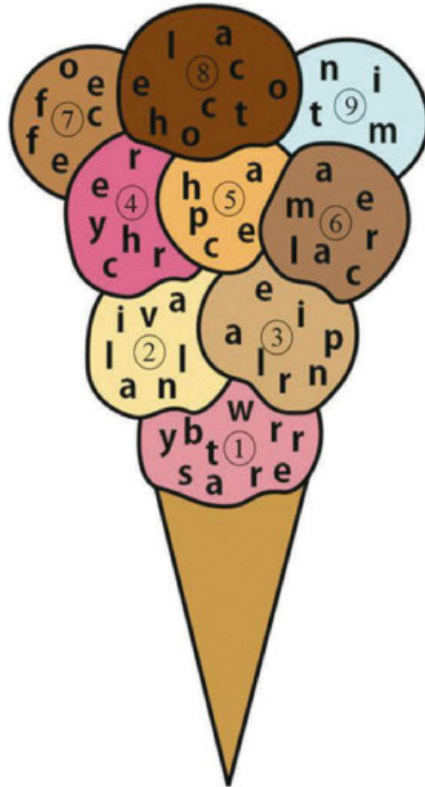
Keep your mind sharp!



## Ice Cream Mystery!

Andrew couldn't decide what flavor of ice cream he wanted most, so he just asked for a nine scoop cone. Unscramble the letters on each scoop to find out what flavors he enjoyed.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_



## COUNT HOW MANY!

How many ICE CREAM CONES 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!

## JUNE'S ANSWERS

Strawberries in the newsletter: 39

Winner: Steve Kujawski

## Guess the Phrase Answer

**Overseas Travel**

## Positive Traits Crossword Answers

### Positive Traits Crossword Solution

#### ACROSS

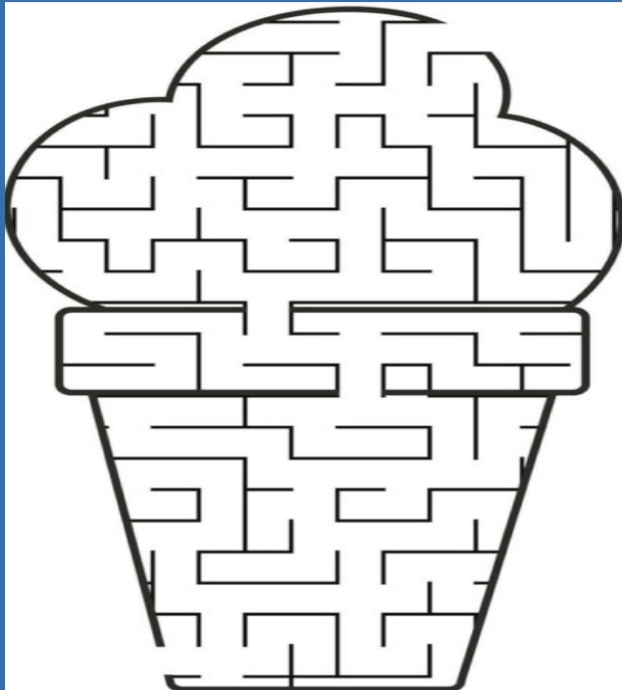
4. Positive - OPTIMISTIC
5. Famous - LEGENDARY
6. Efficient - EFFECTIVE
7. Recommend - ENDORSE
8. Giving - GENEROUS
9. Adept - SKILLFUL
10. Creative - IMAGINATIVE
16. Highly regard - ADMIRE

#### DOWN

4. Knowledgeable - BRILLIANT
5. Cheerful - UPBEAT
6. Frank - STRAIGHTFORWARD
7. Lively - ENERGETIC
8. Courageous - FEARLESS
9. Laugh - CHUCKLE
10. Achieve - ACCOMPLISH
11. Lucky - FORTUNATE



## ICE CREAM MAZE

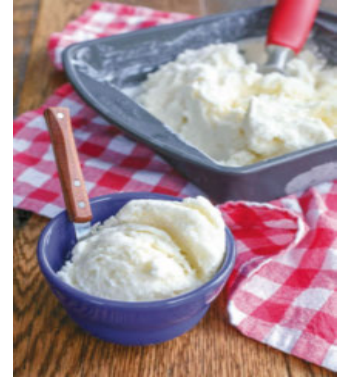




## Creative Food: Ice Cream Without a Machine

### Ingredients:

- ◆ 1 1/2 cups milk
- ◆ 1 1/2 cups heavy cream
- ◆ 2/3 cup sugar
- ◆ 1 tablespoon vanilla extract
- ◆ 1/8 teaspoon kosher salt



### Instructions:

1. Stir together your ice cream mixture and pour it into an 8-10 inch square baking pan.
2. **FIRST FREEZE:** Place it in the freezer for 90 minutes. Remove from the freezer and whisk the mixture, scraping the sides of the pan and breaking up any frozen chunks. Return the pan to the freezer and continue freezing.
3. **SECOND FREEZE:** Check it again after 45 minutes. Remove from the freezer and whisk the mixture, scraping the sides of the pan well. Use a sturdy whisk to whip the mixture a bit as it begins to freeze. Make sure you're scraping the edges completely every time. Return to the freezer as quickly as possible after whisking the mixture each time.
4. **ADDITIONAL FREEZING STEPS:** Continue freezing the mixture, checking it again after 30 minutes. Remove from the freezer and whisk the mixture, scraping the sides of the pan well. Use a sturdy whisk to whip the mixture a bit as it begins to freeze. Make sure you're scraping the edges completely every time. Return to the freezer as quickly as possible after whisking the mixture. Repeat this process 2 more times, every 30 minutes. After a couple of hours, it should be thickening to a slushy soft-serve consistency.
5. Continue breaking the ice cream up and stirring it for as long as you like. The longer that you whisk the ice cream and continue breaking it up as it freezes, it will create an airier or fluffier final product. Ice cream without a machine typically takes 3-4 hours to freeze to a soft-serve consistency.

**Makes 6 servings. Enjoy!**

## Creative Art: Tissue Paper Ice Cream Cone Flowers

### Materials:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Colorful tissue paper</li> <li>• Brown construction paper</li> <li>• Scissors</li> </ul> | <ul style="list-style-type: none"> <li>• Pencil</li> <li>• Twine or string</li> <li>• Double stick tape or hot glue gun</li> </ul> |
|---|--|



### Instructions

1. Cut tissue paper into 12" x 6" pieces. You'll need 6 sheets per flower. Lay them on top of each other, tie string around the center and then cut the edges into rounded corners. Then carefully start separating the tissue paper to form a fluffy looking flower.
2. Next you'll want to make your paper cones. We used this printable template and traced our brown paper around it. Cut it out and use double stick tape or hot glue to adhere the cone.
3. Next you'll want to attach your tissue paper ice cream flowers to your cone. You can use hot glue or double-stick tape to do that.



## **\*\*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.fern-care.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 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.

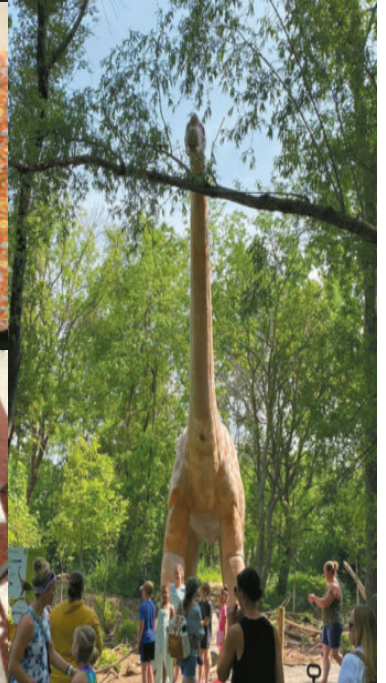
**\*\*\*Start of Summer Shenanigans\*\*\***



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

**July Birthdays**

- 02-Faye McGhee
- 04-Louise Jones
- 04-Eleanor Thornton
- 05-Janice Dillon
- 09-Nancy Ingram
- 10-Carol Ann Brown
- 14-Beverly Snopkowski
- 19-Bill Shuman
- 21-Pat Riley
- 23-Bernadette Broski
- 26-Clarice Kovala
- 27-Joyce Littlejohn
- 29-Paula Moran
- 31-Marcia Polancih



**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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