

# Madison Heights Active Adult Center

August 2022

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

## A Note From the Coordinator

The dog days of summer are here and we hope you are soaking up the sunshine and warm weather. I know I am!! We have hosted a lot of fun events here at the Center this year with the help of so many great sponsors! In August we are going to take a step back from events and do some planning for the rest of the year. It's a perfect time to do this because we know so many of you are busy during these summer months. We are still offering all our ongoing regular activities, so make sure you stop by for these activities, or to just say hello!

After a two year hiatus Apple Pie Day is back! Yay! See page 2 for all the info on this October event. Movies are also back! Enjoy a Free movie with your friends at the Center. Hard to hear while on the phone? We've got you covered there too. CaptionCall will be here to give you the scoop. We have also teamed up with Oakland County Parks for a fun and informational free morning at the Red Oaks Nature Center. Check out page 3 for the details on these amazing events and how to sign up!

We have some fun upcoming trips scheduled on the AAC bus! We still have tickets for our Detroit Tigers trip on September 14. Sign up now! We will also be offering a few new trips you can sign up for this month:

September 23- Past Tense Cider Mill/White Horse Inn/Country Smokehouse  
October 12- Rowland & Kahn Architectural Tour  
October 26- Meadow Brook Theatre- Little Shop of Horrors

Our Activity Sign Up date for this month is Tuesday, July 26. 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!

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, easy to use and important for our reporting.

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 enjoying the summer! 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 ~  
Part-Time Receptionist

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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# Pie Pie Me Oh My



**It's Back!!  
Apple Pie Day!**



**Monday, October 10, 2022  
Pie Making starts at 8:30 am  
Pie pick ups are on Tuesday, October 11th**

**It is with great excitement that we are able to get back to Baking! Our famous Apple Pies are once again available for Purchase. Regular, sugar free and Dutch apple pies will be available. Please order your pie before October 7, 2022 in order to guarantee your pie. We may have some extra for sale beginning October 11th. Pies are \$15 each and are delicious! We have enclosed a handy order form below for easy ordering. Payment by check or cash upon ordering is greatly appreciated. There will be no activities, classes or access to the exercise equipment and pool room on Monday, October 10.**

**Volunteers are needed for our annual apple pie fundraiser! Please call the Center or stop up to the front desk for more info and to sign up.**

## **2022 Apple Pie Order Form**

**Regular :** \_\_\_\_\_ **Contact Name:** \_\_\_\_\_

**Dutch :** \_\_\_\_\_ **Contact Phone Number:** \_\_\_\_\_

**Sugar Free:** \_\_\_\_\_

**Total # Pies:** \_\_\_\_\_ **@ \$15.00 each =** \_\_\_\_\_

**Total Paid:** \_\_\_\_\_ **Cash/CK#** \_\_\_\_\_

**Date Received:** \_\_\_\_\_ **Received by:** \_\_\_\_\_

## \*\*\* SPECIAL EVENTS \*\*\*

### Telephone Captioning Presented by CaptionCall

Thursday, August 25, 2022



@ 11:30 am



Do you have trouble hearing over the phone? Join our event to learn about true no-cost telephone captioning. CaptionCall does not charge for the captioning service, phone or mobile app, delivery or any form of customer support.

### Red Oaks Nature Center Tour & Informational Hike



Wednesday, August 17, 2022

@ 10:00 am

Join a naturalist for a FREE, guided nature hike at the Red Oaks Nature Center this August. Participants will learn about seasonal topics while getting some exercise and enjoying the outdoors. Dress for the weather. Outdoor attire, bug spray, and sunscreen are recommended.

**\*Please sign up no later than August 12, 2022 as spots are limited.**

# Movie Day is Back!

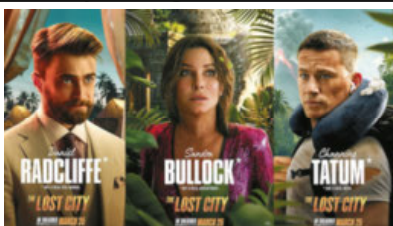
We are bringing our movie days back in August! Come to the AAC twice a month to watch a movie with your friends- one classic movie and one current movie! It's FREE! 12:30 pm strict start time (no late comers allowed). There is no need to register, just drop in. Feel free to bring a drink and snack or purchase them from our vending machine.

### Friday, August 19- Field of Dreams (1989) PG, 147 Minutes, Drama/Family



When Iowa farmer Ray (Kevin Costner) hears a mysterious voice one night in his cornfield saying "If you build it, he will come," he feels the need to act. Despite taunts of lunacy, Ray builds a baseball diamond on his land, supported by his wife, Annie (Amy Madigan). Afterward, the ghosts of great players start emerging from the crops to play ball, led by "Shoeless" Joe Jackson. But, as Ray learns, this field of dreams is about much more than bringing former baseball greats out to play.

### Friday, August 26- The Lost City (2022) PG-13, 112 Minutes, Action/Adventure



Reclusive author Loretta Sage writes about exotic places in her popular adventure novels that feature a handsome cover model named Alan. While on tour promoting her new book with Alan, Loretta gets kidnapped by an eccentric billionaire who hopes she can lead him to an ancient city's lost treasure from her latest story. Determined to prove he can be a hero in real life and not just on the pages of her books, Alan sets off to rescue her.



# AUGUST 2022 TRANSPORTATION SCHEDULE



TO MAKE AN APPOINTMENT FOR PICK UP

CALL (248) 545-3464

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1) DR APPTS ERRANDS CENTER TRADER JOES	2) DR APPTS ERRANDS CENTER	3) MEIJER CENTER	4) KROGER CENTER	5) DR APPTS ERRANDS CENTER	6)
7)	8) DR APPTS ERRANDS CENTER WALMART	9) DR APPTS ERRANDS CENTER	10) MEIJER CENTER	11) KROGER CENTER	12) DR APPTS ERRANDS CENTER	13)
14)	15) DR APPTS ERRANDS CENTER SALVATION ARMY	16) DR APPTS ERRANDS CENTER	17) MEIJER CENTER	18) KROGER CENTER	19) DR APPTS ERRANDS CENTER	20)
21)	22) DR APPTS ERRANDS CENTER CATTLEMANS MARKET	23) DR APPTS ERRANDS CENTER	24) MEIJER CENTER	25) KROGER CENTER	26) DR APPTS ERRANDS CENTER	27)
28)	29) DR APPTS ERRANDS CENTER	30) DR APPTS ERRANDS CENTER	31) MEIJER 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 (Rochester) (3rd Monday), Cattlemans' 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.\*\*\*



## \*\* AUGUST 2022 ON SITE PROGRAMS \*\*

Monday	Tuesday	Wednesday	Thursday	Friday
1) 10:00-WALKING CLUB  4:00-FIT BALL	2) 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA	3) 8:30-PODIATRIST 9:30-STRENGTH TRAINING 10:00-KNT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP	4) 9:00-SNACK SALE 10:00-WALKING CLUB 11:00-ZUMBAGOLD 12:00-LUNCH 1:00-BINGO 4:00-CARDIO DRUM	5) 9:30-REFLEXOLOGY  10:00-BUNCO
8) 10:00-WALKING CLUB 1:00-GRIEF SUPPORT 4:00-FIT BALL	9) 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA	10) 9:30-TURKEYVILLE 9:30-STRENGTH TRAINING 10:00-KNT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP	11) 9:00-SNACK SALE 10:00-WALKING CLUB 10:30-BP CHECKS 11:00-ZUMBAGOLD 12:00-LUNCH 1:00-BINGO 4:00-CARDIO DRUM	12) 9:00-MASSAGE THERAPY  10:00-BUNCO
15) 10:00-WALKING CLUB 1:00-WATERCOLOR 4:00-FIT BALL  CLEVELAND DEPART	16) 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA  CLEVELAND RETURN	17) 9:30-STRENGTH TRAINING 10:00-KNT&CROCHET 10:00-RED OAKS NATURE CTR 11:00-TAI CHI 12:30-DOMINOES 12:30-CARD CLUB 1:00-COMPUTER HELP	18) 9:00-SNACK SALE 10:00-WALKING CLUB 11:00-ZUMBAGOLD 12:00-LUNCH 1:00-BINGO 4:00-CARDIO DRUM 4:00-ANT TOO PROUD	19) 10:00-BUNCO  12:30-MOVIE "FIELD OF DREAMS"
22) 10:00-WALKING CLUB 1:00-GRIEF SUPPORT 4:00-FIT BALL	23) 8:00-ACTMITY SIGN UP 9:30-HAMTRAMCK 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA	24) 9:30-STRENGTH TRAINING 10:00-KNT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP	25) 9:00-SNACK SALE 10:00-WALKING CLUB 11:00-ZUMBAGOLD 11:30-CAPTION CALL 12:00-LUNCH 1:00-BINGO 4:00-CARDIO DRUM	26) 10:00-BUNCO  12:30-MOVIE "THE LOST CITY"
29) 10:00-WALKING CLUB 4:00-FIT BALL	30) 9:30-CARDIO DRUM 10:00-SCRABBLE 11:00-CHAIR YOGA	31) 9:30-STRENGTH TRAINING 10:00-KNT&CROCHET 11:00-TAI CHI 12:30-DOMINOES 1:00-COMPUTER HELP		

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



August Activity Sign-Up - Tuesday, July, 26, 2022  
September Activity Sign-Up - Tuesday, August 23, 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.



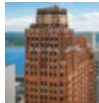
**Detroit Tigers Trip**  
Wednesday, September 14, 2022  
Check in by: 11:30 am  
Approx. Return: 5:30 pm  
\$40.00-Res/\$45.00-Non-Res



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.\***

**Rowland & Kahn Architectural Tour**  
Wednesday, October 12, 2022  
Check in between: 8:45 - 9:00 am  
Approx. Return: 2:00 pm  
\$70.00-Res/\$72.00-Non-Res



Dozens of imposing factories, glorious houses of worship, handsome schools, and majestic skyscrapers stand as fixed monuments of the lives, loves, and obsessions of two of Detroit's greatest architects: Wirt Rowland and Albert Kahn. During the first half of the 20th century, Detroit was transformed by dramatic economic expansion, explosive population growth, and the vision of these two men. Join Detroit History Tours on this remarkable journey into the city's history as evidenced through the buildings of Kahn and Rowland. Together with your brilliant guide, you'll traverse the inner sanctums of privately owned buildings, gaze at the ever rising tops of skyscrapers, and see the factories that built the Motor City's motors. You'll learn the identifying styles of both architects, how Detroit invented the modern factory, and why Detroit is largely responsible for the rise of "art deco" design. We'll track their work through factories that gave birth to the automobile, great skyscrapers born of the prosperous 1920's, and lesser-known banks, schools, churches, homes, and stores that composed the fabric of everyday life in Detroit. After our tour we will have lunch at the Irish Tavern in Madison Heights.

**Past Tense Cider Mill/White Horse Inn/Country Smoke House/Northern Farm Market**  
Friday, September 23, 2022  
Check in between: 8:45 - 9:00 am  
Approximate Return: 3:30 pm  
\$35.00-Res/\$37.00-Non-Res



Get ready for a fun fall day out with your friends! Hop on the bus, our first stop of the day is at Past Tense Cider Mill in Lapeer. At Past Tense, they make fresh award winning cider throughout the year from a blend of several different apples. Shop in the mill for cider, apples, donuts, pies, fudge, jams and more! The Past Tense Country Store offers a wide variety of unique home decor. They feature a year round Christmas department, the best selection of silk florals in the area, year round Halloween, candy and candles- something for everyone!

Next on our tour is the White Horse Inn in Metamora- a 173 year old building with so much history! The building was once a general store, an inn and also a stagecoach stop. The building was beautifully renovated to a restaurant in 2014 and offers a reimagined comfort menu with a twist. Lunch includes entrée, non-alcoholic drink and homemade chocolate chip cookie. Entrée choices are: #1-Goulash, #2-Chicken Pot Pie or #3-Maurice Salad. Please choose your entrée when you sign up.

Our next stop of the day will be at the Country Smoke House in Almont. They are a 30+ year old family owned and operated wild game, gourmet meats & specialty foods store. They have over 200 award-winning products made in-house. Their family has been making sausage for FIVE generations! Besides meats, they offer spice rubs, BBQ sauces, cheeses, sweets and lots more. They also have a BBQ & Booze Barn outside each weekend! You can pick up dinner (and a drink) so you don't have to cook tonight!

Our last stop of the day will be at the Northern Farm Market. They are a long standing community focused market with fresh quality produce. Pick up some fresh veggies and fruit before we head back home from a nice fall trip!

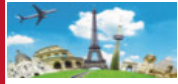
**Meadow Brook Theatre- Little Shop of Horrors**  
Wednesday, October 26, 2022  
Check in between: 10:45 am - 11:00 am  
Approx. Return: 4:30 pm  
\$70.00-Res/\$72.00-Non-Res



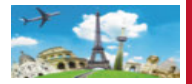
The meek floral assistant Seymour Krelborn stumbles across a new breed of plant he names "Audrey II" - after his co-worker crush. This foul-mouthed, R&B-singing carnivore promises unending fame and fortune to the down-and-out Krelborn as long as he keeps feeding it BLOOD. Over time, though, Seymour discovers Audrey II's out-of-this-world origins and intent toward global domination!

Prior to the 2:00 pm show we will have lunch at Alfocinno Italian Restaurant in Auburn Hills. Lunch includes: Entrée, a tossed salad or homemade minestrone soup (based on your entrée choice), fresh garlic bread sticks, coffee, tea, or iced tea and a Mini Pastry for dessert. Entrée choices are: #1-Chicken Greek Salad, #2-Summer Spring Mix Seafood Salad, #3-Sliced Turkey Sandwich, #4-Meat & Cheese Ravioli, #5-Salmon Filet, #6-Chicken Picatta, or #7-Whitefish. \*Please choose your entrée when signing up for the trip.

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



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



## DAY TRIPS

### 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.

### 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.

### 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.

### 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.

## EXTENDED TRIPS

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

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.

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".

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.

Hallmark Christmas Town  
Columbiana, Ohio  
November 19- 20, 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 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!



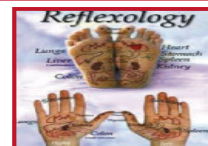
### Reflexology by Roberta

Friday, August 5, 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.

### Massage Therapy

Friday, August 12, 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.



All classes run for approximately 45 minutes to 1 hour. Check calendar for any class cancellations.

### Foot Care

Wednesday, August 3, 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

August 8 & 22, 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
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- Arm Pain
- Asymmetry
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- 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
- Tendonitis
- 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  
madsoneheightschrio@gmail.com  
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BaldwinHouseSeniors.com

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31101 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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- Social Interaction
- Senior Empowerment
- Not-For-Profit Operation

**JOIN OUR WAITLIST**

(800) 593-3052 [www.csi.coop](http://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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helping both buyers and sellers.*



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# NEVER MISS A NEWSLETTER!

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



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

**Beginners Watercolor Class**

Monday, August 15, 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



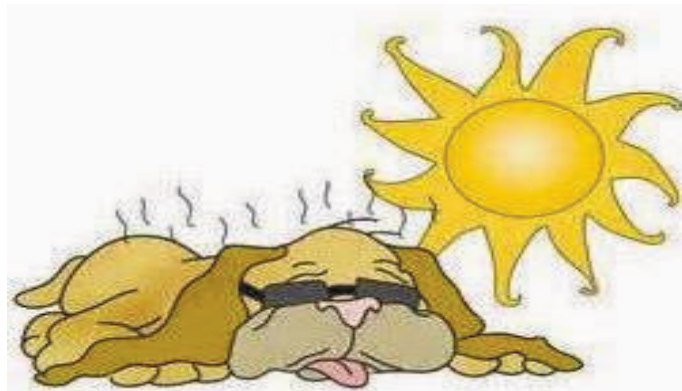
50 or older only. Admission cards are \$1.00. All other cards are 25 cents each. Come early so you can purchase your cards and be ready to play at 1:00pm. After 1:00 pm registration is closed and no other players will be allowed to play. Each week we hold a 50/50 raffle. Raffle funds raised will go to the Center's escrow account to help pay for program needs.

**\*VOLUNTEERS NEEDED!\***

**NO Classes in August**

**Creative Cooking Class, Smoothie Day and Aren't you Crafty Class will not be offered this month.**

**These hot summer days got us like...**



**We'll be back in September with new, awesome, fresh, creative ideas for you to experience and try!**

**Stay tuned and check out September newsletter for more info!!!**

**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.

**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!**



**WE NEED YOUR HELP!!**

**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.



Show your support for your favorite place and dress like all the "COOL KIDS"! Get your AAC Swag at the front desk today!

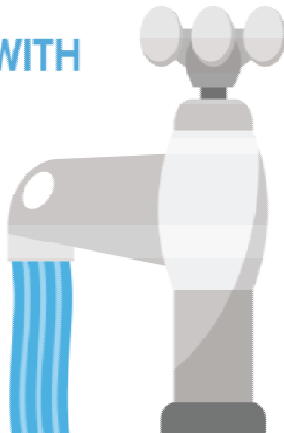
**Support the Active Adult Center & grab your AAC swag TODAY!**

**Jackets - \$40**  
**Hats - \$15**  
**Cups - \$10**

**NEED ASSISTANCE WITH YOUR WATER BILL?**

**WRAP CAN HELP!**

The Water Residential Assistance Program provides funding to eligible, low-income households. Funding is provided by the Great Lakes Water Authority and is administered in partnership with local community action agencies.



WRAP can help reduce your water bill and pay past due balances!

**WRAP Eligibility:**

- Reside within an eligible GLWA Member Community (see reverse side for list)
- Responsible for paying your water bill
- At or below 200% of the federal poverty level
- Own or rent your home

200% Federal Poverty Chart

Number of Household Members	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Income Limit \$	27980	36,620	46,060	55,500	64,940	74,380	83,820	93,260	102,700	112,140	121,580	131,020	140,460	149,900



248-983-5656  
www.WayneMetro.org/WRAP



**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\*\*\***

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

**Garden Sale**

Monday September 26, 2022  
 Starts at 10:00 am  
 Suggested Donation

This fall Center Staff and volunteers will be thinning out our gardens. There will be some perennials available for a small donation. 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! Bring your own containers to take your "piece" home.

**\*\*While supplies last\*\***

**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).

**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!



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



- Which kind of dog lives in Dracula's castle? A bloodhound.
- What do you call a dog magician? A Labra-cadabra-dor.
- What kind of dog can jump higher than a building? All kinds — buildings can't jump!
- What do dogs do when they need to take a bathroom break during a movie? They press the paws button.
- What do dogs have that no other animals have? Puppies!
- What do dogs like to eat at the movie theaters? Pupcorn.
- Where do dogs park their cars? In the barking lot.
- What do dogs and phones have in common? They both have collar ID.
- What kind of dog do you look for to ask the time? A watchdog.
- When is a black dog not a black dog? When he's a greyhound!
- Why should you be careful when it rains cats and dogs? Because you might step in a poodle.
- What would you get if you cross a cocker spaniel with a poodle and a rooster? Cocker-poodle-doo.
- What do you call young dogs who play in the snow? Slush puppies.
- What did the hungry dalmatian say after his meal? "That hit the spots!"
- What do you call it when a cat wins first place at a dog show? A CAT-tastrophe.
- What did the waiter tell the dog at the restaurant? "Bone-appetite!"
- What do you do if your dog chews a dictionary? Take the words out of his mouth.
- Why did the dog wear a sweater? Because he was a chili dog.
- What kind of place should you never take a dog? The flea market.
- What is a dog that sneezes? A-choo-wawa.



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



## Dog Breed Word Search

- AIREDALE
- AKITA
- BASSET HOUND
- BEAGLE
- BOXER
- BULLDOG
- CHIHUAHUA
- CHOW CHOW
- COLLIE
- DACHSHUND
- DALMATIAN
- GERMAN SHEPHERD
- GREAT DANE
- LHASA APISO
- MALAMUTE
- MALTESE
- MASTIFF
- PEKINGESE
- POMERANIAN
- POODLE
- PUG

S	P	W	K	C	D	H	W	R	E	X	S	H	A	R	P	E	I
D	D	E	U	G	Z	T	E	C	G	I	Q	J	L	V	A	D	L
A	R	S	O	Z	Q	E	N	S	H	I	H	T	Z	U	E	M	B
C	O	E	Y	S	V	S	K	X	G	O	K	O	H	Y	A	U	E
H	T	T	H	N	P	S	E	D	U	C	W	A	O	S	L	T	T
S	T	L	H	P	S	A	N	S	D	V	U	M	T	L	U	D	P
H	W	A	C	K	E	B	A	D	B	H	A	I	D	M	O	O	A
U	E	M	T	D	S	H	P	S	I	S	F	O	A	H	M	E	R
N	I	J	O	I	R	D	S	H	A	F	G	L	D	E	R	E	E
D	L	V	Q	R	K	Y	C	N	K	H	A	T	R	Z	X	B	I
C	E	O	N	O	N	A	I	T	A	M	L	A	D	O	I	E	L
D	R	V	E	L	X	G	Q	Q	B	M	N	G	B	N	X	A	L
S	C	H	I	P	P	E	R	K	E	I	R	N	U	E	O	G	O
X	E	L	A	D	E	R	I	A	A	N	K	E	B	A	Y	L	C
D	R	A	N	R	E	B	T	N	I	A	S	P	G	N	N	E	U

- ROTTWEILER
- SAINT BERNARD
- SAMOYED
- SCHIPPERKE
- SHAR-PEI
- SHIH-TZU
- WEIMARANER



© puzzler-to-print.com

### GUESS THE PICTURE



### JULY'S ANSWERS

**Ice Cream Cones in the newsletter: 40**

**Winner: Ellen Lauria**

### COUNT HOW MANY!

How many Paw Prints can you find in this newsletter? ???

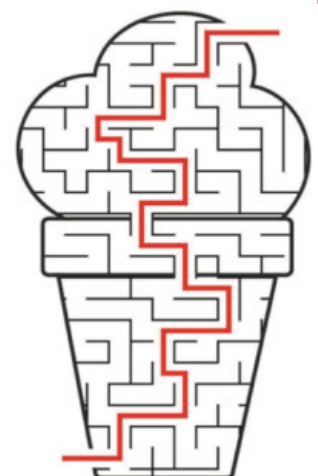
ONLY the ones that look like this:



Call us with your number!! A winner will be chosen from all correct answers and they will win a prize!

Answers:

- Strawberry
- Vanilla
- Praline
- Cherry
- Peach
- Caramel
- Coffee
- Chocolate
- Mint





## Creative Food: Corn Salsa

**Packed with flavor- yet healthy! This salsa is made with corn, juicy tomatoes, chopped red onion and is tossed with a cilantro lime dressing. It can be served as an appetizer or side dish (with or without tortilla chips) at any summer party or piled on top of tacos, quesadillas, grilled chicken, salmon or pork.**

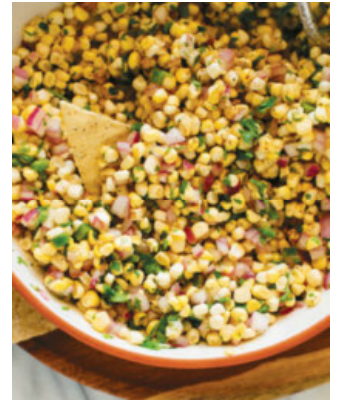
### Ingredients:

- ◆ 2 c. corn (charred, grilled or uncooked)
- ◆ 1/2 c. diced purple onion
- ◆ 1 1/2 Tbsp fresh lime juice
- ◆ 2 vine ripened tomatoes seeded & diced
- ◆ 1/4 c. chopped cilantro
- ◆ 1 clove garlic minced
- ◆ 1/2 tsp kosher salt
- ◆ 1/4 tsp ground black pepper

### Instructions:

1. Mix all ingredients in bowl.
2. Chill or serve immediately

**Makes 6 servings. Enjoy!**



## Creative Art: Framed Paw Print

### Materials:

- 5 x 7 Picture Frame
- -5 x 7 Scrapbook Paper
- -4 x4 Plain White Paper or Card Stock
- -2 x 1 1/2 White Paper or Card Stock
- -Ink Pad (Non-Toxic)
- -Glue
- -Printer or Marker
- -Baby Wipes or Damp Towel
- -Scissors
- ...and your pet of course!

### Instructions

1. You will first want to get everything ready and laid out ahead of time. I had my dog come outside and sit facing me. I had them "shake" and held onto their paw and blotted it onto the ink pad. If you do not think you dog will sit still you can have them lay down on their side and do the same.
2. From there, you will need to place your dog's paw firmly onto the 4 x 4 paper. Make sure to apply pressure to all toes as well. After you have made you paw print you can try a few more until you find one you like best. Then use your baby wipes to clean off your dog's foot. The hardest part is over! Now it's time to get creative!
3. For the next part you can either go onto your computer and type up their name (and a date if you choose) or you can free hand them on the 2 x 1 1/2 paper. Then just use scissors or a fancy paper cutter to cut out the wording.
4. Grab your scrapbook paper and began to arrange the paw print, trim them down, and add the name tag. You can fill the entire frame with the paw print if you like, or you can have a mat put around it. It all depends on your personal preference!
5. Then, just glue it all together. You can use scrapbook glue, a glue stick, rubber cement or something to that nature.
6. Once you have everything all glued down you pop them into the frames!  
(Don't forget to clean the glass!)



And here you go! A great way to remember your pet! Cheap, Fun and CUTE !



## **\*\*Services & Outside Resources\*\***



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



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

*Below is a list of resources available to you.*

### **Do you need food?**

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

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

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

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

**United Way-** call 211

### **Would you like a weekly reassurance call?**

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

### **Do you need transportation outside what we offer?**

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

### **Do you need medical equipment loans?**

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

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

### **Do you need a support meeting?**

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

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

### **Do you need legal assistance?**

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

### **Do you need Help accessing Resources?**

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

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

### **Do you have questions for a nurse?**

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

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

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

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

[Oakgov.com/covid](http://Oakgov.com/covid) or text OAKGOV to 28748

### **Do you need shelter or medical assistance?**

United Way- call 211

### **Are you in need of home assistance or repairs?**

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

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

### **Do you need help or information pertaining to Social Security?**

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

1-888-456-9559

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

You may also visit [SSA.gov](http://SSA.gov).

Many of their services can be completed online.

### **Partnership with OLHSA**

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

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

### Area Agency on Aging 1-B



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

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

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

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

### Community Housing Network Servicing Oakland County



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

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

### Housing Resource Center for Oakland County

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

Available to help any language or persons with hearing problems.

### CommunityHousingNetwork.org

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

### MichiganHousingLocator.com LowIncomeApartmentsForRent.info

These are search engines for housing options in Michigan

### LAKESHORE LEGAL AID



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

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

Call their Southfield office for a free phone consultation regarding your legal issue or to just ask a legal question.

Lakeshore Legal Aid: 1-888-783-8190

### FernCare Free Clinic



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

- Non-emergency healthcare
- Checkups
- Generic medications
- Lab Testing

Enrollment assistance with:

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



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

FernCare Free Clinic, Inc.

751 E. Nine Mile Road

Suite 2

Ferndale, MI 48220

(248) 677-2273

www.ferncare.org



### Good Rx



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

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

You can also access GoodRx through their website at [www.goodrx.com](http://www.goodrx.com).

### Alternative Transportation Available

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

SMART Bus: 1-866-962-5515

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

Independent Medical Transportation Services:

(248) 545-3144

Beaumont Patient Information: 248-743-6667

\*Most transportation companies require at least 24-48

hours notice. If you need immediate or within 24 hour

transportation we suggest you contact UBER 808-189-7190

or LYFT 631-201-5938.



## \*\*\* THANK YOUS \*\*\*

**Thank you to** - Sue Hopcroft, Elaine Vaughan, Maria Sislock, Donna Dalling, Grace Ann Peck 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.

**Thank you to** - Best Buy and their Geek Squad for coming out and answering our Seniors tech issues in addition to helping maintain our gardens.

**Thank you to** - The hard working folks in DPS who helped with our gardens and set up for our BBQ.

## \*\*\*Summer Shenanigans\*\*\*



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

### August Birthdays

05-Rosemarie Tye  
07-Margaret Zellner  
07-Wilma Wagner  
09-Cheryl Gerdes  
10-Ruth Stoel  
16-Walter Scott  
17-Karen Zielke  
21-Gladys Wynn  
'27-Gloria Dakroub  
28-Cecile Scott  
30-Charlie Hamilton  
31-David Berlinghoff



### August Anniversaries

05-William & Ruth Stoel  
11-Bill & Caroline Majewski



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!*

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



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