

Jan./Feb. 2021

Fifty Plus Post



40200 Utica Road - Sterling Heights

586-446-2750 Office 586-446-2766 Gym



Mayor - Michael C. Taylor Mayor ProTem - Liz Sierawski
Council: Deanna Koski, Michael V. Radtke Jr., Maria G. Schmidt, Henry Yanez and Barbara A. Ziarko
City Manager - Mark D. Vanderpool

Senior Center Closed On

- 1/18 – Martin Luther King Jr. Day
- 2/15 – Presidents' Day
(Evening programs still run)

Cancellation Hotline: In the event of inclement weather, please call **(586) 446-2693**, to see which programs have been canceled or delayed.



Are you sick or feeling under the weather?

As a good rule of thumb, ask yourself: Am I experiencing any of the following symptoms?

Fever, cough, difficulty breathing / shortness of breath, muscle pain, sore throat, loss of taste or smell, chills?

If you are showing any of these symptoms, it is necessary to stay home and refrain from visiting the Center or any other public places. Also remember to wash hands frequently to help decrease the spread of germs and risk of becoming ill. Thanks for assisting us in keeping fellow patrons and staff healthy.



Each new year brings with it excitement of a fresh start and new things to come. Many are particularly happy to wave goodbye to 2020 and have much hope for what 2021 will bring. Before we jump into the new year, let's take a moment to review how 2020 ended. Although we had to pause most of our in person programming, the Senior Center continued to be an essential service to our community by being a distribution site for the Meals on Wheels program, providing rides via our SMART buses (for medical appointments and shopping) and helping to combat the negative effects of isolation through our "Connecting and Caring" program. The Parks and Recreation staff have been busy planning programs, both in person, virtually and on your own, so that we can continue to give the community recreation options no matter what health and safety guidelines we are following. Looking forward into the first months of the new year, it looks like we will be continuing to wear masks and following social distancing rules. But the hope is to keep making advancements towards more traditional program offerings, including re-opening the Senior Center Active Life side of the building (more information on page 21). For those of you that don't want to leave the comfort of your home due to the pandemic or inclement weather, we have included in this newsletter information on virtual programming, not only through the Senior Center, but from other organizations as well. Continuing to learn and making social connections as we age, helps us age well. So we challenge you to step outside of your comfort zone and try something new! Henry Ford once said "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." Here is to a year of learning, new beginnings and good health. Happy New Year!

IMPORTANT

Unless otherwise noted, registration for all programming in this newsletter is on 1/6/2021. Any registration dates listed are for Residents only. Non-residents may register the following day. To avoid program cancellations please register early.

To help ensure that we are staying within capacity regulations and with contact tracing, participants must register for **all** 50+ programming at this time. Although you may come to the Center to register, we are encouraging you to use one of our other registration methods to help reduce the risk of virus spread. No matter what form of registration you use, please make sure to put down a correct email address since receipts and correspondences will be sent via email. If you do not have email, please note that on your registration form.

Payment Information:



We are currently accepting cash, credit cards and checks. Checks should be made payable to: **"Treasurer, City of Sterling Heights"**

Note: There is a \$30 fee for checks returned with non-sufficient funds.

Stay Connected:



Online: www.myshpr.net



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Twitter: @sterlingheights



Instagram: myshpr

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How to REGISTER



Online

= indicates classes that have online registration. Visit myshpr.net and sign in or create an account to register online (credit card payments only).

Mail

Fill out the registration form and mail it along with payment to:
City of Sterling Heights Parks & Recreation
40555 Utica Rd. PO Box 8009
Sterling Heights, MI 48311-8009.

Fax

Fill out the registration form and fax it to:
(586) 276-4066.

Email

Fill out the registration form, scan it and email to: seniorcenter@sterling-heights.net

In Person

Fill out a registration form (on page 26, online or at the Center) and bring it along with payment to the Center.

55, can't drive need a ride? Think



Currently, our Curb-to-Curb transportation services are for medical and shopping appointments only. We will be offering appointment time slots Monday - Friday to accommodate more riders. For the safety of our riders and drivers, all riders are required to wear a mask while on the bus and will be required to answer several health screening questions the morning of the appointment. Spots are first come, first serve and limited. No same day service is available. Once the social distancing restrictions have lessened, we will return to more traditional services. Rides are available on weekdays for residents that are 55+, and those with disabilities. To qualify for our services you must not be able to drive. If you would like more information about our curb-to-curb transportation services, please contact the number below.

**To make an appointment call
(586) 446-2757
Monday - Friday
9 a.m. – 1 p.m. & 2 – 4 p.m.**



We have officially begun selling memberships at the Sterling Heights Senior Center. This annual membership covers the cost of all Drop-in fees for one full year, \$16 Resident / \$32 Non-resident. Members can visit the Senior Center during the day, evening or weekend and not pay any Drop-in fee. Programming fees are not covered by the membership. Due to COVID-19, many of our normal drop-in programming is currently session based. Because of this, some programming may say the cost is "Free for Members". Members must still register for programming even if the program mentions the cost for programming is free for members. **Membership to the Senior Center can be purchased at any time and is valid for one year from date of purchase.**

Drop-In Fees

For all programming listed in **this** publication, we incorporated the Drop-in fees into the cost of your registration. This will eliminate your need to try to find coins when checking in during the coin shortage. It also helps us mitigate the spread of the virus by limiting our staff's contact with money. Thank you for your understanding.

Current Drop-in Fees: (Without Annual Membership)

Drop-in fees for Senior Center, Gym & Walking Track:

Monday thru Friday 9 a.m. – 4:30 p.m.:
50 cents Resident / \$1 Non-resident
After 4:30 p.m. and Saturdays:
\$2 Resident / \$3 Non-resident

Drop-in fees for Cardio Room:

Free Residents (with valid ID) / \$3 Non-resident



January 28
3 - 4 p.m.

Many New Year's resolutions revolve around health, working out, eating better, getting enough sleep, etc. This year we want to help you kick start a year of good health with our Healthy New Year Goody Bag. Each bag will have a reusable cloth mask, hand sanitizer, thermometer, hand soap, cleaning wipes, and (the most precious thing of all) a roll of toilet paper. Items made available thanks to funding from the CARES Act. This will be a drive-thru program, so you don't even need to get out of your car.

To be eligible for a **FREE** Healthy New Year Goody Bag, you must be a resident of Sterling Heights and over the age of 62. Supplies are limited so don't delay in registering!

Cost: Free (Sterling Heights residents only)
Ages: 62 and up
Ref. #: 6000.500 (Register by January 19)
Location: Senior Center

AARP Foundation TAX-AIDE

Due to social distancing guidelines and health regulations, the AARP Tax program will not be held in person at the Sterling Heights Senior Center this year. We do look forward to bringing this service back next year when it is safe to do so. In the meantime, if you are looking to get your taxes done we suggest that you call AARP at 888-687-2277 or visit them online at aarpfoundation.org. If you have Internet capabilities AARP offers access to free tax software so you can prepare your own taxes. They also provide assistance over the phone where a volunteer can coach you through the process.

If you have an annual family income of less than \$55,000, no corporate returns and no foreign income you are eligible to get free tax preparation help through Macomb Community Action. They can be reached at 586-463-2637 or online at: macombca.itfrontdesk.com/vita

New Tomorrows



January 7 - February 25
2 - 3 p.m.

Join Jesse Stirnemann, McLaren Hospice of Sterling Heights Bereavement Coordinator for the next grief support group which is meeting weekly on Zoom. The grief support group is an 8-week experience that will give you insight on both how to handle grief as well as a community of other group members who have also encountered a loss. The group will offer you a safe and trustworthy place to sort through the emotions you are experiencing as a result of your loss while discovering new hope for tomorrow.

To register, email Jesse.Stirnemann@mcclaren.org
Location: Zoom



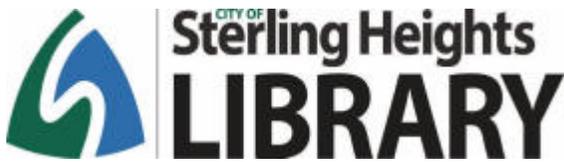
American Red Cross BLOOD DRIVE

Give Blood • Give Life

**Wednesday, January 20
and Thursday, February 25**

According to the Red Cross, winter is "one of the most difficult times of the year to collect enough blood products to meet patient needs." Every 2 seconds someone needs blood! Please join us at the Center to help make sure that blood is there when needed at a moment's notice! Every blood donation saves 3 lives. Please call Community Relations at **(586) 446-2470** for an appointment or log onto www.redcrossblood.org and enter sponsor code, *sterlingheightscity*, to save lives!

Location: Senior Center



The library is offering home delivery service for Residents who are staying home due to safety concerns. Residents will be able to receive contactless deliveries of library materials to their doorstep. To schedule a delivery, residents can make an appointment by calling 586-446-2665 and pressing "4" for home delivery. A library card will be required to enjoy this service. Residents can apply for a card online at <https://www.sterling-heights.net/1578/Get-a-Library-Card> or by visiting the library's lobby in person.



Veterans Benefit Outreach

If you are a veteran, or spouse of a veteran, and have questions or need help filling out paperwork for Service Connected Compensation, Veterans Pension with Aid and Attendance, VA Health Care, etc., a representative from the Macomb County Office of Veteran Services is able to help. **Due to social distancing, the representative is currently only doing phone appointments. To set up a time to get your questions answered, call 586-469-5315.** Our regular representative is Marie, but anyone should be able to help you.



Meals on Wheels is providing hot meals to homebound seniors, even throughout the ongoing pandemic. They have expanded service to provide meals to seniors who normally wouldn't qualify, but are in need of temporary assistance due to the COVID -19 crisis.

Dining Senior Style, the congregate meal program, traditionally happens at the Senior Center on Mondays and Wednesdays. This program offers individuals over 60 a healthy meal for a \$3 suggested donation. This program is still on pause at our location, but is available at other places throughout the county. We are hoping to bring this program back to the Sterling Heights Senior Center in the spring.

For information on the Meals on Wheels or to find out the nearest Dining Senior Style location call:

586-469-5228



Social isolation is a common issue amongst the senior population and has been highlighted and exacerbated due to the pandemic. To help fight off the devastating effects of social isolation, a group of dedicated volunteers call local seniors weekly to just check in and say hello. The feedback we have been getting is that these calls are not only helpful for the receiver but also to the volunteers making the calls. True connections are being made and with them a stronger, healthier community. If you are over the age of 50 and would like to be added to our call list, or if you know of a senior that would benefit, please contact the Senior Center at seniorcenter@sterling-heights.net or call 586-446-2750. We are also looking for friendly volunteers, over the age of 18, to make these friendly reassurance calls. All volunteers will need to take part in a 2-hour training and pass a background check. If you are interested in volunteering please contact the Senior Center.

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**Tuesday,
January 12
and
February 23
at 2:30 p.m.**



Kristen misses seeing all of our wonderful patrons so she is holding monthly Catch-up with Kristen zoom events. This is her opportunity share with patrons what is happening in 50+ programming and in Parks and Recreation. It is also time for patrons to ask questions and chit chat with other patrons in a very relaxed atmosphere. Who knows, there may even be a special guest appearance! If you don't have a computer, no worries. Patrons can call in for this program. Just make sure to tell us you don't have a computer when you register so we can give you the number to call in on.

Cost: Free - Registration Required
January Ref. #: 6000.624 
February Ref. #: 6000.625
Location: Zoom

INTERGENERATIONAL PROGRAMMING

Grand Connections

Grand Connections programming is for enhancing connections between generations, making memories to last a lifetime and having fun in the process. Kids grab your grandparents and invite them to spend time with you at one of these fun activities!

Ice Skate with your Grand!

**Tuesday, February 16
or Thursday, February 18
Noon - 3 p.m.**

Spend some quality time with your grand and skate at the Dodge Park Ice Rink during Winter Break from school. Registration required. Space is limited, so sign up early.



Cost: Free (with photo ID) for Resident / \$5 Non-resident
Skate Rental available for \$4

February 16 Ref. #: 6000.360

February 18 Ref. #: 6000.361

Location: Dodge Park Farmer Market Pavilion

Toadstool House Craft

**Wednesday, April 7
2:30 p.m.**



Think Spring! Join us for this cute Fairy garden craft project! Each grand pair (grand parent and child) will create a Fairy Garden toadstool that can be placed in your garden.

Cost: per person is \$8 Resident / \$12 Non-resident
\$8 for each additional participant

Ages: 6 & Up

Ref. #: 6001.360 (Register by March 24)

Location: Senior Center



Looking for something fun to do with your grandchild? Enjoy putting things together? Racing? Designing? Then the Pinewood Derby Race is for you! We will provide you with a starter car kit that you will be able to shape into your own car design to submit on February 19. We will have a track set up in the Community Center. After all of the cars are turned in, weighed and separated into their designated heats, the race will be on at the Sterling Heights Community Center Raceway. Winners will be broken down into age brackets with the fastest car in each age bracket winning a prize. Due to restrictions, in person participation on race day may be limited or not permitted. An email will be sent out prior to the event with the time frame of your heat.

Date for car pick up:

February 1 from 9 a.m. - 8:00 p.m.

Date of Race:

February 19 from 5:30 - 9 p.m.

Fee: \$20 Resident / \$25 Non-resident

Ref. #:	Ages
3000.108	4 - 6 yr
3000.109	7 - 9 yr
3000.110	10 - 13 yr
3000.111	14 - 18 yr

Location: Community Center

**“Grandparents, like
heroes, are as
necessary to a child's
growth as vitamins.”**

- Joyce Allston

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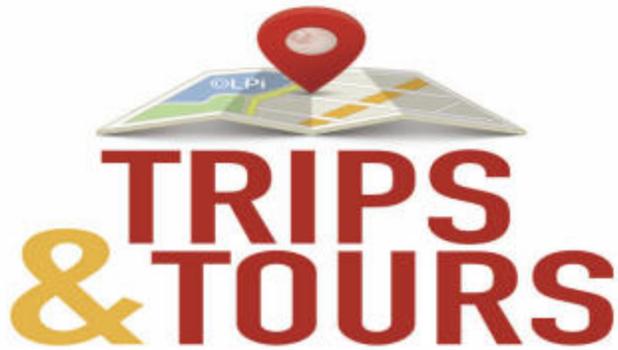
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15-0753



Due to social distancing rules, all of our day trips are on hold at this time. Please stay connected online at myshpr.net and on Facebook (facebook.com/shparksandrec) for any changes in travel programming. We are still accepting registrations for all of our extended travel opportunities through Collette, which can be done online through the Collette website. A link to the Collette website is on myshpr.net. If you need assistance, please contact the Senior Center for help.



(Open)

Canadian Rockies & Glacier National Park June 19 - 25, 2021

Cost: \$3,299 Double, \$3,999 Single, \$3,269 Triple

Highlights of this 7 day trip include: Calgary, Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-to-the-Sun Road, Banff, Athabasca Glacier and optional Lake Louise tour. This trip includes: 10 meals (6 breakfasts, 1 lunch & 3 dinners). Trip information is available online at myshpr.net.

(Open)

Alaska Discovery Land & Cruise September 11 - 22, 2021

**Cost: Inside Cabin: \$4,999 Double / \$7,299 Single
Outside Cabin: \$5,899 Double / \$8,949 Single
Balcony Cabin: \$6,199 Double / \$9,499 Single**

Experience the wonders of Alaska during this 12-day adventure on land and sea. Trip features include: Denali National Park, Sternwheeler Discovery, luxury domed rail tour, Denali Princess Wilderness Lodge, Anchorage, Turnagain Arm, Tundra Wilderness Tour, Hubbard Glacier, Skagway, Juneau, Ketchikan, Inside Passage and much more. This trip includes: 25 meals (11 breakfasts, 6 lunches & 8 dinners). Trip information is available online at myshpr.net.

An informational presentation will be done virtually with Zoom on Tuesday, February 9 at 2:30 p.m. (Register by 2/05/2021).

Cost: Free - Registration required

Ref. #: 6000.605 

Location: Zoom



LIFELONG LEARNING

Please note: In order to continue to bring learning opportunities to the Center, the use of Zoom is the best way to accomplish this.

To participate: Registration is required and an email must be provided for a Zoom link to be sent.

How to Zoom

- The Center will be using Zoom for most of the virtual classes. Zoom is a web-based video conferencing tool that allows users to meet online, with or without video. Participants can call in on a regular land line.
- Registration is required in advance for all Senior Center programs, including those on Zoom.
- You must have an email address to participate in Zoom.
- A link to the Zoom meeting will be sent to you via email the day before the class.
- Join the Zoom meeting by clicking the Zoom link that was sent to you by email. If you are unable to click the link, you may copy the link and paste it into your web address bar.
- If you are joining via telephone, dial the phone number provided in the email and enter the Meeting ID and Password that was sent to you in the email.
- The meetings will begin on time so please connect at least 5 minutes early to ensure you are successfully connected prior to the start time.



Have You Tried Zoom?

In recent months many of our programs have had to rely on Zoom in order to run. Fitness classes, Health Talks, educational meetings and get togethers have been happening in a whole new way. Some seniors have been hesitant to try this new format, but have found once they did, it wasn't so bad after all!

Here is what some of the seniors are saying about Zoom:

Carmelita M. participates in Tai Chi on Zoom, "it's going really good. At first, I had a hard time on it, but now I am used to it."

Gloria B. says she was apprehensive about trying to Zoom, but now she likes being able to do the Arthritis Exercise class in her slippers!

Jeanie K. was reluctant at first, but she decided to give it a try and has become accustomed to getting on Zoom for several classes a week.

*Participants in the **Nutrition and Your Health** presentation said they were happy to be able to still have access to this educational program instead of it getting cancelled.*

**Want to try Zoom to see what it is like, but don't want the pressure of it being for a class?
Join Jennifer for a practice run on Zoom!**

Zoom Practice

Friday, January 22 at 10 a.m.

Cost: Free – Registration Required

Ref.#: 6000.225 

Location: Zoom

Unless otherwise noted, registration for all programming in this newsletter opens 1/6 for residents and 1/7 for Non-residents. To avoid program cancellation, please register early! For directions on how to register see page 2.



HEALTHY HABITS

**Wednesdays,
January 13, 20 & 27
1 - 2:30 p.m.**

This three-week virtual workshop is designed to improve your physical, emotional and spiritual well-being. It combines health information with nutrition, meal planning, stress management and an exercise plan, to help form healthy habits for life. Brought to the Center by Ascension.

Register at: healthcare.ascension.org/events
or call 248-849-5752

Location: Virtual (You must have access to a computer or smartphone and will receive a link after your registration is completed. A dial-in option will be available.)



**Thursday, January 21
2:30 p.m.**

Join Sergeant Aaron Susalla, City of Sterling Heights Police Department, for a presentation about online safety, cell phone and home phone safety. Learn ways to protect yourself from current scams and why people are reluctant to report being a victim.

**Cost: Free for Members
\$.50 Resident / \$1 Non-resident**
(Cost covers Drop-in fee for non-members)

Ref.#: 6000.211

Location: Senior Center (via Zoom if necessary)

Personal Action Towards Health (P.A.T.H.)



**Tuesdays, January 26 – March 9
1 – 3 p.m.**

Chronic Pain PATH is a seven-week self-management workshop designed to help people take an active role in managing chronic pain. Those interested in managing chronic pain are welcome to attend, including those living with chronic pain, family members and caregivers. Participants learn strategies and skills to manage chronic pain such as: dealing with difficult emotions, poor sleep, fatigue and stress, developing exercise and healthy eating plans, managing medications and preventing medication misuse, communicating with family, friends and healthcare providers, decision making and evaluating treatment options and goal setting. Workshop runs 2 hours per week for 7 weeks.

Register at: visitclasses.beaumont.org
or call 800-633-7377, press 2

Location: Virtual with Beaumont Health



**Thursdays, February 18 – April 1
10 a.m. – noon**

This free seven-week program is designed to provide skills and tools to help people living with Type 2 diabetes. Family members, friends, and caregivers are also encouraged to attend the workshop. Learn problem-solving techniques, ways to communicate better with your health care team, balancing your blood sugar and how to improve your overall health and increase your energy. Workshop runs 2 hours per week for 7 weeks.

Register at: visitclasses.beaumont.org
or call 800-633-7377, press 2

Location: Virtual with Beaumont Health

Beaumont



Health Talks

Be a Label Detective: How To Read the New Food Labels

Beth Theisen, RD, CDE
Wednesday, February 10
1 p.m.

Are you trying to eat healthier but are not sure what all the information on the food label means? Learn what is required to be included on a food label and how you can use the nutrition facts panel to help you meet your health goals.



Register at: healthcare.ascension.org/events or call 248-849-5752

Location: Virtual (You must have access to a computer or smartphone and will receive a link after your registration is completed. A dial-in option will be available.)

Aging In Place

Marianne Garascia, ACSW, LMSW
Wednesday, March 10
11a.m.

Join us to discuss ways to enhance the quality of life for older adults experiencing functional and physical changes related to aging and ways to remain safe in your home.

Register at: healthcare.ascension.org/events or call 248-849-5752

Location: Virtual (You must have access to a computer or smartphone and will receive a link after your registration is completed. A dial-in option will be available.)

Thank you to our Health Talk sponsor:



Powerful Tools FOR Caregivers

Tuesdays,
January 26 – March 2
10 - 11:30 a.m.

Are you feeling overwhelmed with your daily tasks and not "caring" for yourself in the process? This is a six-week educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Participants will benefit from this class whether helping someone who lives at home, in a nursing home, or across the country. Brought to the Center by the Area Agency on Aging 1-b.

There will be a pre-workshop orientation on January 19 at 10 a.m.

Register at: Call (833) 262-2200 or email wellnessprograms@aaa1b.org

Cost: Free – Registration Required
Location: Virtual with AAA 1-b

Stay Tuned for Computer Classes

The library's technology staff is waiting to see the best way to offer computer related classes effectively and will give an update as soon they can.



DMC Rehabilitation Institute of Michigan Joint Replacement Wednesday, January 27 11 a.m.

Regardless of how young we are, *Emotion is Created by Motion*. In order to feel better, we need to move better. Pain can be a limiter to both our ability to move and feel better. A Joint Replacement is one option to serving this purpose. What is a Total Hip Replacement? Who is a candidate for a Total Hip Replacement? How do I know if it is time for a Total Hip Replacement? How long can I expect to be in the Hospital? What type of rehabilitation exists after? What can I optimally anticipate? Join the Rehabilitation Institute of Michigan for this information and more!

Cost: Free – Registration Required
Ref.#: 6000.210 
Location: Zoom

Uniquely Michigan

Thursday, February 11
2:30 p.m.

Michigan is our home and a VERY special place to work, live, and play! What makes Michigan so very special? How does our state compare with others in economic issues, leading tourist attractions, and other factors? What makes Michigan a great place for retirees? Be prepared to learn some new reasons to stand up, cheer, and take extra pride in our state!



Cost: Free for Members
\$.50 Resident / \$1 Non-Resident
 (Cost covers Drop-in fee for non-members)

Ref.#: 6000.220 
Location: Senior Center (via Zoom if necessary)

Best Brain Strategies

Wednesday, February 24
11 a.m.

Kathy Housey, Brains & Balance Instructor™, returns for this 2-part session to share an overview of the three Pillars of Health: Exercise, Diet, Sleep and Relaxation. She will discuss the importance of each, offering short and simple modifications to be made to your diet and daily routine. Brought to the Center by Comfort Keepers



Cost: Free for Members
\$.50 Resident / \$1 Non-Resident
 (covers Drop-in fee for non-members)

Ref.#: 6000.230 
Location: Senior Center (via Zoom if necessary)

Brain Neurobics

Wednesday, March 3
11 a.m.

Join us for the second half of Kathy Housey's *Best Brain Strategies* with this fun, yet challenging, way to work various areas of the brain including reasoning, memory, language and problem solving.



Cost: Free for Members
\$.50 Resident / \$1 Non-Resident
 (Cost covers Drop-in fee for non-members)

Ref.#: 6001.210 
Location: Senior Center (via Zoom if necessary)

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 	3 2:30 p.m. Book Club on Zoom	4	5
8	9 2:30 p.m. Collette: Alaska Discovery Presentation on Zoom <i>National Pizza Day</i>	10 1 p.m. Health Talk: Be a Label Detective presented by Ascension on Zoom	11 2:30 p.m. Uniquely Michigan presented by Larry Burkowski	12
15 Senior Activity Center closed during the day in observance of 	16 2:30 p.m. Helping Hands for the Homeless	17 <i>Ash Wednesday</i>	18	19
22	23 2:30 p.m. Catch-up with Kristen on Zoom	24 11 a.m. Best Brain Strategies with Kathy Housey	25 9 a.m. - 4 p.m. American Red Cross Blood Drive by Appt.	26 11 a.m. Take & Create on Zoom
<p>Due to the current restrictions for social distancing and group size limits, registration is required for all 50+ programming. Offerings listed in this publication were accurate at the time of publishing, but please know that things are still fluid and changes will likely happen. If you have questions please feel free to call the Center at (586) 446-2750 during normal business hours.</p>				

MOVE YOUR BODY

Please note: ALL exercise classes on pages 18 & 19 will be held via Zoom if health regulations restrict us from meeting in person. Students should be prepared to take classes either in person or via Zoom. Refunds will not be given for any classes that either start or revert to Zoom. Please consider this when deciding if registering for a class is right for you. Classes for the session starting in January will automatically begin on Zoom.



Explore the strength of your body, mind and spirit. Practice breathing techniques, stretching, balance and stability poses. Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. This is a great exercise for seniors that would like the benefits of yoga but do not want to get up and down off the floor.

Instructor: Linda Clinton
Location: Zoom & Community Center
Days / Time: Wednesdays & Fridays at 9:30 a.m.

Ref. #:	🕒 Day	Dates	#	Res	Non-Res.
6000.315	W	1/13 – 2/24	7	\$35	\$46
6000.316	F	1/15 – 2/26	7	\$35	\$46
6001.315*	W	3/10 - 4/28	8	\$40	\$52
6001.316*	F	3/12 - 4/30**	7	\$35	\$46

***Registration opens 2/03**
****No Class: 4/02**



Get grooving at your own pace! Zumba Gold is a "feel-happy", high energy, low impact aerobic workout to great Latin music. Bring indoor only, non-marking soled shoes.

Instructor: Peggy DiMercurio
Location: Zoom & Senior Center Gym
Days / Time: Mondays at 9:30 a.m.
 Fridays at 11 a.m.

Ref. #:	🕒 Day	Dates	#	Res.	Non-res.
6000.030	M	1/11 – 3/1**	6	\$30	\$39
6000.031	F	1/15 – 2/26	7	\$35	\$46
6001.030*	M	3/8 - 4/26**	7	\$35	\$46
6001.031*	F	3/12 - 4/30**	7	\$35	\$46

***Registration opens 2/03**
****No Class: 1/18, 2/15, 4/02, 4/05**

Arthritis Exercise

The Arthritis Exercise Program is designed specifically for people with arthritis and uses gentle movements to help increase joint flexibility and range of motion while maintaining muscle strength and decrease pain. Exercising can be done standing or sitting in a chair. You do not need to have Arthritis to enjoy and benefit from the class. All individuals 50+ are welcome! Arthritis Exercise is currently session based due to class size restrictions and social distancing guidelines. If you are unable to attend a class, there will be no refunds.

Instructor: Kim Vitale
Location: Zoom & Community Center
Days / Time: Mondays, Wednesdays & Fridays at 11 a.m.

Ref. #:	🕒 Day	Dates	#	Res.	Non-res.
6000.014	M	1/11 – 3/1**	6	\$30	\$39
6000.015	W	1/13 – 2/24	7	\$35	\$46
6000.016	F	1/15 – 2/26	7	\$35	\$46
6001.017*	M	3/8 - 4/26	8	\$40	\$52
6001.018*	W	3/10 - 4/28	8	\$40	\$52
6001.019*	F	3/12 - 4/30**	7	\$35	\$46

***Registration opens 2/03**
****No Class: 1/18, 2/15 or 4/02**



Tai Chi Chu'an Classes

Looking for a way to reduce stress? Experience this soft, graceful, tranquil and non-aerobic exercise. Tai Chi Chu'an health benefits include increased energy, improved mood, greater flexibility, muscle strength and balance.

Instructor: John Marchewitz
Location: Zoom & Community Center
Days: Tuesdays and Thursdays
Time: Beginner - 9:15 a.m.
 Intermediate - 10:45 a.m.

Ref.# Beg	Ref.# Inter	Day	Dates	#	Res.	Non-res.
6000.020	6000.021	Tu	1/12 - 2/23	7	\$42	\$55
6000.022	6000.023	Th	1/14 - 2/25	7	\$42	\$55
6001.024*	6001.025*	Tu	3/9 - 4/27	8	\$48	\$63
6001.026*	6001.027	Th	3/11 - 4/29	8	\$48	\$63

*Registration opens 2/03

LINE DANCING

EXERCISE

Experience a mind-body workout while dancing your way to better health. Adults 50+ will activate brain power by using memory skills, strengthen bones with minimal impact on joints, work on balance to help prevent falls and release some stress in the process. No experience is necessary. Bring a water bottle and wear comfortable clothing and shoes.

Instructor: Carol Pakizer
Location: Zoom & Senior Center Gym
Days: Tuesday - Intermediate & Thursday - Beginner
Time: 11:45 a.m.

Ref.#:	Day	Dates	#	Res.	Non-res
6000.028	Tu	1/12 - 2/23	7	\$35	\$46
6000.029	Th	1/7 - 2/25	7	\$35	\$46
6001.028*	Tu	3/9 - 4/27	8	\$40	\$52
6001.029*	Th	3/11 - 4/29	8	\$40	\$52

*Registration opens 2/03

A FACE MASK MUST BE WORN AT ALL TIMES



This is required for the entire duration of your visit, even during fitness classes.

Low Impact Fat Burner & Resistance Training will return in the spring 2021



Did you know that many of your favorite exercise instructors have been busy creating exercise videos for you to keep active while at home? You can check out these videos On Demand at the Sterling Heights Parks and Recreation Department's **You Tube Channel** at:

<https://www.youtube.com/channel/UCSj-1z78U3bygMwLLSOIV5g>

SHTV also broadcasts 50+ exercise classes at 4 p.m. weekdays (except Wednesdays).



January 14 - April 8

It is almost time to begin our Winter Wellness Challenge to help keep you in peak health this winter. This is an on your own program that will offer a little motivation and accountability to help you stay on track. Registered participants in this 12-week program will exercise when, where and for how long they wish! They will keep track of their own minutes for time exercised and will report them weekly to the Senior Center. Participants can either email in their weekly log or a friendly volunteer will call for the information. Senior Center staff will then combine all the minutes and convert them to feet, moving our

virtual mountain climber closer to the summit. The goal of the group is to accumulate enough feet to climb Denali, the highest elevation in North America.

Bi-weekly updates will be sent out via email (or snail mail if you don't have an email address). These updates will give some health tips and offer some motivation. We will also announce our prize winners. How do I enter into the prize drawing you may ask? Each time you turn in your weekly minutes, another ticket will be added in the prize drawing (12 chances in all)!

Cost: \$6 Resident / \$9 Non-resident (additional \$6 if you would like a t-shirt)

Ref. #: 6000.331 



The Sterling Heights Community Center will continue to host Table Tennis, Pickleball and Badminton for at least the first part of 2021. Dates and times for programs change frequently so visit myshpr.net for a copy of the latest schedule or pick one up at the Community Center. Participants must register online or in person at the Community or Senior Center for a time slot. Spots are limited and masks must be worn the entire time patrons are in the Community Center.

Cost: Free for Residents (with photo I.D.) / \$3 Non-residents - Registration required 

Location: Community Center

DODGE PARK ICE RINK

The Dodge Park Ice rink is open for the season. This year will not only have the traditional open skating times but will also feature special events.

As always, open skate is free for Residents (with photo ID) and \$5 for Non-residents. Skate rental is only \$4 no matter residency. Check out the City Magazine, myshpr.net and the City's website for information on special events.

Limited space per set time blocks, registration required.



Indoor Walking Opportunities Keep Your Fitness On Track

The Sterling Heights Community Center and Senior Center have indoor tracks to help keep you moving in a warm and dry atmosphere this winter. The Community Center offers a 4 lane 1/10 mile track while the Senior Center has a 2 lane 1/20 mile track. Dates and times vary for when each facility is open so please pick up a schedule or check online at myshpr.net for the latest information. All track users will be required to complete a registration form and COVID-19 related waiver to use the track and can only be registered at the time of use. Out of courtesy to other potential patrons, we will be requesting that track users limit their time to no more than one hour.

Cost at the Community Center:
Free for Residents (with photo I.D.)
\$3 Non-residents

Cost at the Senior Center: Members Free or
Weekday: 50 cents Resident
\$1 Non-resident
After 4:30 p.m. and Saturdays:
\$2 Resident
\$3 Non-resident



Senior Active Life Center

As of the printing of this newsletter, we can only confirm that the Senior Active Life Center; Gym, Walking Track and Cardio Room will be closed until at least January, 4, 2021. We are hoping that pandemic protocols will allow us to open it during the month of January. Here is the current plan for when we are allowed to open that side of the building.

Hours: The Senior Active Life Center would be open weekdays and Saturdays from 9 a.m. - 1 p.m. Also, Monday evenings from 5 - 9 p.m.

Gym: The gym would be used for several fitness class. Sports would continue at the Community Center.

Walking Track: All patrons wishing to use the walking track will need to register and sign waivers. Capacity will be limited and we would encourage visitors to limit time to one hour.

Cardio Room: To accommodate the greatest number of seniors, patrons that are approved Cardio Room users may register for one time slot per week. Each time slot will be for one hour and there is a capacity limit of 1 patron. Between each time slot the room will be sanitized.

Please stay informed by checking the City's website or myshpr.net for the latest update on when the Senior Active Life Center will officially be back open and how to register for all the programming that will be happening within it's walls.

Model Builders

Mondays, 9:30 a.m. – noon
February 1 - March 15

New or longtime kit model builders are welcome to join this group. Work on your own projects: plastic, wood, metal, etc. Registration is required, no drop-ins.

Day: Mondays, February 1 - March 15
 (Six weekly meetings)

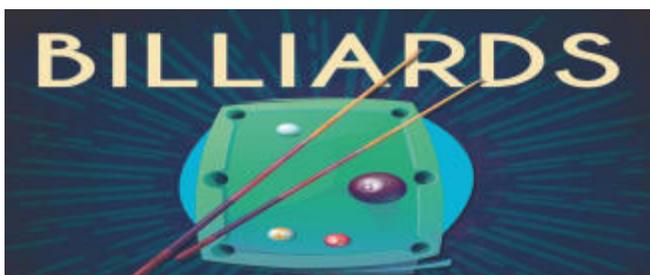
Cost: Free for Members
\$3 Resident / \$6 Non-resident
 (Cost covers Drop-in fee for non-members)

Ref.#: 6000.386

Location: Senior Center

Registration opens 1/27

Not meeting: 2/15



Our billiards room features three 8-foot tables that have been newly recovered, leveled and the pockets have been replaced. Each table also has brand new Aramith premium Belgian billiard balls. Due to COVID-19, individuals interested in playing billiards must register to do so. **Time slots for play are from 9:30 - 11:30 a.m. or 2:15 - 4:15 p.m., Monday - Friday.** Pool cues are available or bring your own. All players must wear a mask the entire time they are in the Senior Center and must maintain social distancing. Please read house rules located on the wall in the billiards room before playing. All skill levels welcome. Spots are limited so sign up early!

Cost: Free for Members
\$.50 Resident / \$1 Non-resident
 (Cost covers Drop-in fee for non-member)



Take & Create

Looking to get creative? Pick up a prepared art kit from the Senior Center and either do it on your own with written step-by-step instruction, or join Jennifer for live instruction on Zoom to socialize and complete the craft together. Registration is required and you can pick up your craft kit at the Senior Center during the dates specified for each craft.

Hot Glue Snowflakes

These snowflakes are fun and easy to make. Using a snowflake template and hot glue gun, you will create a nifty decoration for your windows this winter!



Cost: \$10 Resident
 \$13 Non-resident
Ref. #: 6000.323

Registration deadline: January 11
 (Pick-up craft kit between January 21-26)
Live Zoom Instruction: January 29 at 11 a.m.

Cardboard Tube Polka Dot Tulips

Think spring and create a vase of tulips to bring a splash of color into your home! Each participant will create eight cardboard tulips to be arranged in a vase for a fun centerpiece.



Cost: \$10 Resident
 \$13 Non-resident
Ref. #: 6000.330

Registration deadline: February 9
 (Pick-up craft kit between February 22 - 24)
Live Zoom Instruction: February 26 at 2:30 p.m.

Due to COVID-19

We cannot accept donations at this time

BOOK CLUB

The Sterling Heights Public Library brings a book discussion to the Senior Center! Join a lively talk on some great reads. All chosen titles are available in multiple formats through the library, including large print and audio CDs, so everyone can take part in the fun. *Due to COVID-19, the book club will be offered virtually via Zoom through March.*

Book Club discussions will start promptly at **2:30 p.m.** on the following dates:

- January 6** – The Hate U Give by Angie Thomas
- February 3** – Mrs. Everything by Jennifer Weiner
- March 3** – The Giver of Stars by Jojo Moyes

Cost: Free for Members
\$.50 Resident / \$1 Non-Resident
 (Cost covers Drop-in fee for non-members)

January Ref. #: 6000.080 
February Ref. #: 6000.081
March Ref. #: 6001.080
Location: Zoom



Woodcarving

Mondays, 2:15 - 4:15 p.m.
February 1 - March 15

Novice and experienced carvers convene to whittle, chip and carve interesting projects. This club welcomes all. Registration is required, no drop-ins. You do not need to stay for the entire three hours.



Day: Mondays, February 1 - March 15
 (Six weekly meetings)
Cost: Free for Members
\$3 Resident / \$6 Non-resident
 (Cost covers Drop-in fee for non-members)
Ref.#: 6000.385 
Location: Senior Center
Registration opens 1/27
Not meeting: 2/15



Helping Hands for the Homeless

Tuesdays, January 19 & February 16
2:30 – 4:30 p.m.

Help us by sorting and cutting plastic grocery bags into strips that will be crocheted into mats for the homeless. Plan to meet with us monthly to work on this effort. For safety reasons, please bring your own scissors.

Cost: Free for Members
\$.50 Resident / \$1 Non-resident
 (Cost covers Drop-in fee for non-members)

January Ref. #: 6000.383 
February Ref.#: 6000.384
Location: Senior Center



Sit-n-Stitch

Wednesdays, 2:30 – 4 p.m.
February 3 - March 10



Do you knit, crochet, needlepoint or cross-stitch? If so, this group is for you. Just bring in your current project and take a seat. This is an opportunity to share “purls” of wisdom, get ideas and enjoy the company of fellow textile artists. This is strictly a social group; there will be no formal instruction. Come check it out, this group is sure to keep you in stitches! During this time, no yarn donations will be accepted at the Center. Registration is required, no drop-ins.

Day: Wednesdays, February 3 - March 10
 (Six weekly meetings)
Cost: Free for Members
\$3 Resident / \$6 Non-resident
 (Cost covers Drop-in fee for non-members)
Ref.#: 6000.353 
Location: Senior Center
Registration opens 1/27

Calorie Conscious



Thursdays,
January 28 - March 4
at 9:30 a.m.

Are you in need of a little friendly support and accountability when it comes to your weight and healthy eating? The "Calorie Conscious" group may be right for you. This group is all about support and there is no specific diet plan or instruction. You can be doing Keto, High Carb, Low Carb or No Fat, it doesn't matter. This is just a bunch of like-minded folks getting together and helping to keep each other on track when it comes to making healthy choices. New members are welcome! This 6-week program will meet in person at the Senior Center unless state guidelines change and then it will be held via Zoom. Registration is required and fees will not be prorated for any missed classes.

**Cost: Free for members or \$3 Resident
\$6 Non-resident** (Cost covers Drop-in fee)

Ref.#: 6000.382 

Location: Senior Center

Registration opens 1/27



The Sterling Heights Senior Center Bowling League will not be bowling this Winter / Spring. We hope to return in the Fall 2021.

Winter Brain Boosters



At Home Activity Packet

Do you enjoy pencil puzzles and games that get your brain really working? Register to get a bundle of four packets of 14 different brain boosting activity pages per packet delivered right to your door. If you do one activity per day, that gives you 8 weeks of brain boosting activities. (If you ordered a bundle during the Fall, this is a whole **new** set of brain boosting activities!)

Four Pack Bundle: \$4 Resident / \$6 Non-resident
Winter Bundle Ref. #: 6000.600 



The Sterling Heights, Clinton Township and Shelby Township Senior Centers are joining together to bring back the lost art of letter writing. If you are interested in becoming a pen pal with another senior, call the Center. Each participant will be given the name of a Pen Pal from our Pen Pal Pool. After you have drafted your letter, drop it off at the Senior Center and we will take care of the mailing, including the postage! **For those who have already put your name on the list, we hope to begin exchanging letters sometime in February.** Call 586-446-2750 to add your name to the Pen Pal Pool today.

MY MOTHER USED TO SAY, 'THE OLDER YOU GET,
THE BETTER YOU GET ... UNLESS YOU'RE A BANANA.'

BETTY WHITE

GLPI

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EXERCISE YOUR BRAIN

WORD GAMES &

P, u, z, z, l, e, s,



Want More Brain Games? Get our Brain Booster packet and enjoy pages of brain boosting fun to keep you busy this winter. See page 24 for details.

CROSSWORD PUZZLE Sudoku

- ACROSS**
- 1 "Lorna Doone" character
 - 5 Sinbad's bird
 - 8 Demolish: Brit.
 - 12 Idea (Fr.)
 - 13 Alas
 - 14 Cheese
 - 15 Leg ends
 - 16 Burmese knife
 - 17 Taro
 - 18 Small S.A. rabbit
 - 20 Pilgrim
 - 22 Skin vesicle
 - 23 Veneration
 - 24 Beginning
 - 28 Blaubok
 - 32 Public vehicle
 - 33 54 (Rom. numeral)
 - 35 Israelite tribe
 - 36 Ringed boa
 - 39 Reading desk
 - 42 Abdominal (abbr.)
 - 44 Have (Scot.)
 - 45 Female falcon

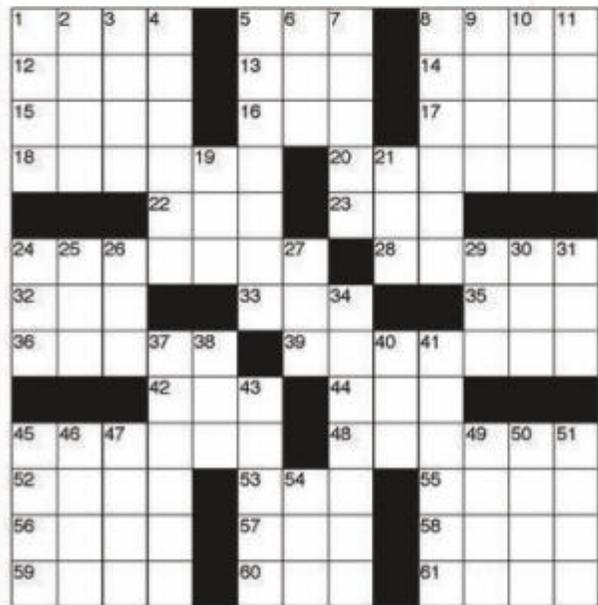
- 48 Butterfly
- 52 State (Fr.)
- 53 Television channel
- 55 Endearment
- 56 Mine (Fr. 2 words)
- 57 Rom. first day of the month
- 58 Per. poet
- 59 Maid
- 60 Compass direction
- 61 Foreign (pref.)

DOWN

- 1 Breach
- 2 Design
- 3 Profound
- 4 Hate
- 5 Fanatical
- 6 Wood sorrel
- 7 Rudderfish
- 8 Flat molding
- 9 "Cantique de Noel" composer
- 10 Kemo _____

- 11 Turk. title
- 19 Jap. fish
- 21 Intimidate
- 24 Amazon tributary
- 25 Grab
- 26 Kwa language
- 27 "Abner"
- 29 "Fables in

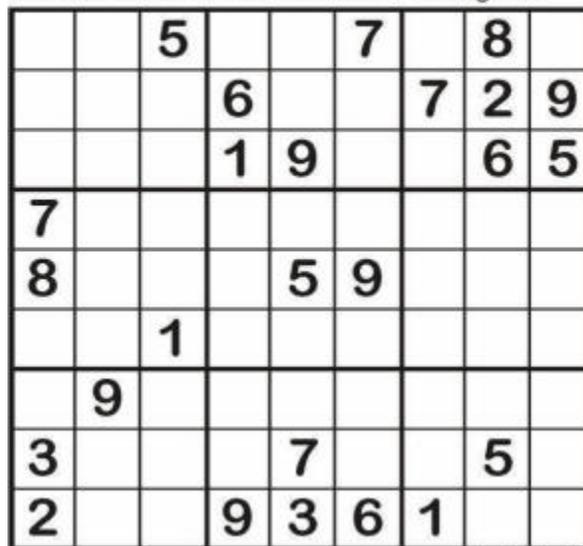
- Slang" author
- 30 Rhine tributary
- 31 Television channel
- 34 Car
- 37 Insect
- 38 Presidential nickname
- 40 Helper
- 41 Caddy (2 words)
- 43 Male duck
- 45 Loyal
- 46 Hindu soul
- 47 Cella
- 49 Crippled
- 50 Dayak people
- 51 Aeronautical (abbr.)
- 54 Low (Fr.)



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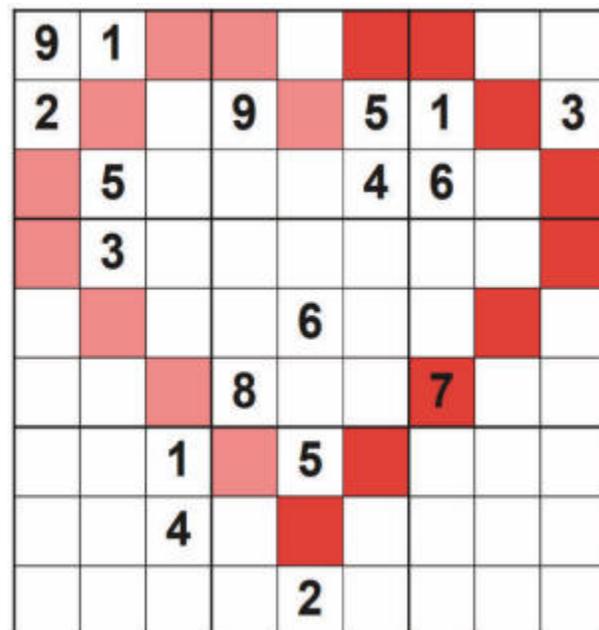
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Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



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DIFFICULTY: ★★☆☆



TRIVIA PLUS

WORD PICTURES

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

IaN
NfrEieEndD



WEATHER
FEELING

TIME
TIME
TIME
TIME
TIME

L
R
U
C



K
C
A
B
UR DATA

Happy Valentine's Day

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



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

Chicken Scratch NY

Answers:



9	6	5	3	2	7	4	8	1
1	8	3	6	4	5	7	2	9
4	7	2	1	9	8	3	6	5
7	3	9	2	6	1	5	4	8
8	4	6	7	5	9	2	1	3
5	2	1	4	8	3	6	9	7
6	9	7	5	1	4	8	3	2
3	1	4	8	7	2	9	5	6
2	5	8	9	3	6	1	7	4

Answer to Sudoku

9	1	3	2	8	6	4	5	7
2	4	6	9	7	5	1	8	3
8	5	7	1	3	4	6	9	2
1	3	8	7	4	2	9	6	5
7	9	2	5	6	1	8	3	4
4	6	5	8	9	3	7	2	1
3	7	1	6	5	9	2	4	8
6	2	4	3	1	8	5	7	9
5	8	9	4	2	7	3	1	6

- Word Pictures Answer Key:**
1. A friend in need
 2. Sign on the dotted line.
 3. Feeling under the weather
 4. Changing times
 5. Curl up by the fire.
 6. I'll watch your back.
 7. Back up your data.

HEART HEALTHY RECIPES



February is Heart Health Month! According to the American Heart Association, you can make many of your favorite recipes healthier by using lower-fat or no-fat ingredients. These healthy substitutions can help you cut down on saturated or trans fats, while noticing little, if any, difference in taste.

- Instead of whole milk (1 cup), use 1 cup fat-free or low-fat milk, plus one tablespoon of liquid vegetable oil.
- Instead of heavy cream (1 cup), use 1 cup evaporated skim milk or 1/2 cup low-fat yogurt and 1/2 cup plain low-fat unsalted cottage cheese.
- Instead of sour cream, use low-fat unsalted cottage cheese plus low-fat or fat-free yogurt; or just use fat-free sour cream.
- Instead of cream cheese, use 4 tablespoons soft margarine (low in saturated fat and 0 grams trans fat) blended with 1 cup dry, unsalted low-fat cottage cheese; add a small amount of fat-free milk if needed.
- Instead of butter (1 tablespoon), use 1 tablespoon soft margarine (low in saturated fat and 0 grams trans fat) or 3/4 tablespoon liquid vegetable oil.
- Instead of unsweetened baking chocolate (1 ounce), use 3 table spoons unsweetened cocoa powder or carob powder plus 1 table spoon vegetable oil or soft margarine; since carob is sweeter than cocoa, reduce the sugar in the recipe by 25%.

Mexican Chicken Soup

- 1 14.5- oz. canned, no-salt-added, or, low-sodium kernel corn (drained, rinsed)
 - 1 15.5- oz. no-salt-added, or, low-sodium kidney beans (drained, rinsed)
 - 2 tsp. canola oil or extra virgin olive oil
 - 1 medium bell pepper (red or green), chopped
 - 1 large onion (chopped)
 - 1 medium diced, seeded jalapeño (remove seeds to reduce spice/heat)
 - 2 clove garlic (minced) OR 1 tsp. garlic powder
 - 2 tsp. ground cumin
 - 5 cup fat-free, low-sodium chicken broth
 - 1.5 lb. boneless, skinless chicken breasts (all visible fat discarded, cut into 1-inch cubes)
 - 1 large tomato (diced)
 - 1/2 cup chopped cilantro
- 1) Drain beans and corn in colander, rinse, set aside.
 - 2) Heat oil in large saucepan over medium heat. Add bell pepper, onion and jalapeno; cook 5-7 minutes, stirring often until vegetables are tender. Stir in garlic and cumin and cook another minute.
 - 3) Add broth to saucepan, increase heat to high, and bring to rapid simmer. Add chicken and cook until no longer pink, about 5 min. Stir in beans, corn, tomato and cilantro, cover and cook on medium heat for 10 minutes, top with extra cilantro leaves (optional) and serve hot.

YIELD: Approximately 6 servings.

Slow-Cooker Chicken Parmesan with Eggplant and Angel Hair Pasta

- 1 medium eggplant (peeled, finely chopped)
- Cooking spray
- 28 oz. canned, no-salt-added, crushed tomatoes, (1 can)
- 1 Tbsp. salt-free Italian seasoning (divided)
- 1/4 tsp. salt-free Italian seasoning (divided)
- 2 lb. boneless, skinless chicken breasts (2 large chicken breasts), all visible fat discarded
- 1/8 tsp. salt
- 1/8 tsp. ground black pepper
- 12 oz. packaged, whole-wheat angel hair pasta, broken into quarters (1 package)
- 2 Tbsp. Parmesan cheese
- 1/4 cup shredded, fat-free mozzarella cheese

- 1) Peel the eggplant and then finely chop it into small pieces, about 8 cups.
- 2) Coat the bowl of a large slow cooker with cooking spray. Then, add chopped eggplant, crushed tomatoes, and 1 tablespoon Italian seasoning into the slow cooker bowl. Use a spoon or spatula to combine. Add chicken breasts into the slow cooker, snuggling them into the tomato and eggplant mixture. Sprinkle remaining 1/4 teaspoon Italian seasoning, salt, and pepper onto the chicken. Set the slow cooker to cook low for 7 to 8 hours or high for 3 to 4 hours.
- 3) When almost ready to serve, remove chicken from slow cooker onto a plate, along with 1/2 cup tomato-eggplant sauce. Break the angel hair pasta into quarters and stir pasta into the tomato sauce. Add chicken back into the slow cooker on top of pasta, pouring that 1/2 cup tomato-eggplant sauce over chicken. Top with Parmesan and mozzarella cheese.
- 4) Cover and cook until pasta is done, about 15 to 25 minutes. (Note that the pasta will cook on the quicker side if the slow cooker is on high heat versus low heat.)
- 5) Cut each chicken breast into 3 portions and serve with eggplant pasta.

Quick Tips

Cooking Tip: When using a slow cooker, always place what will take the longest to cook on the bottom near the heat source. In this case, the eggplant takes longer to cook than the chicken.

Keep it Healthy: Switching whole-wheat pasta in place of a typical one made from white flour adds a variety of vitamins and more fiber. Consider trying spaghetti squash instead of pasta. You can microwave the squash in just a few minutes.

Tip: Many spice blends contain added salt, so it is important to look for a salt-free Italian spice blend.

YIELD: Approximately 6 servings.

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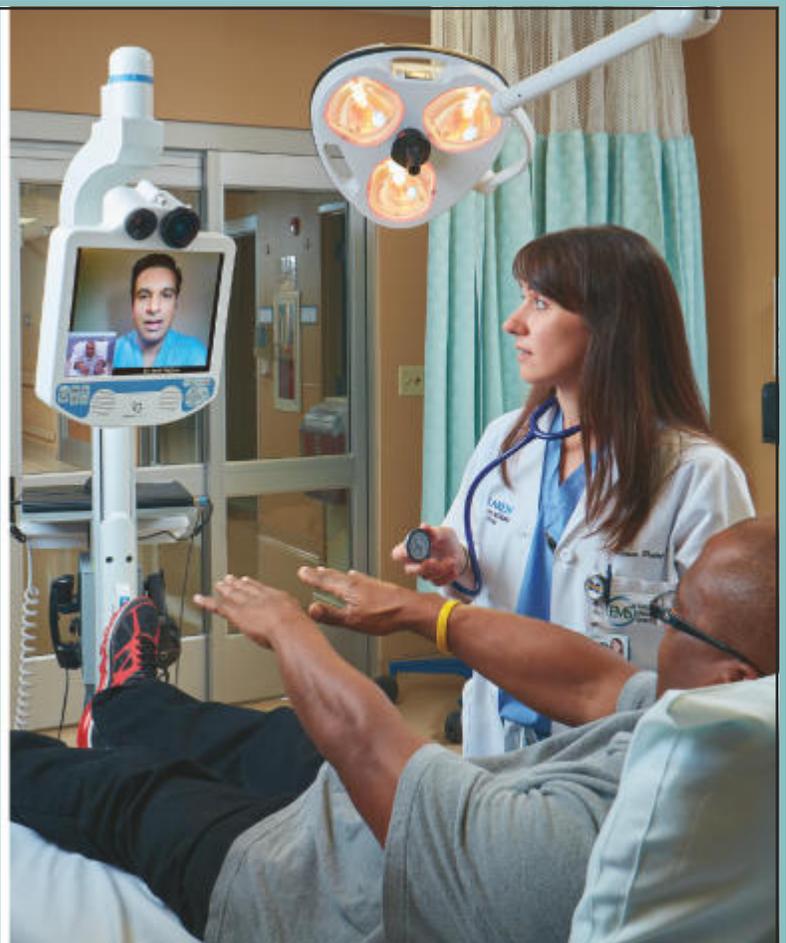
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Contact Us

Main Center Phone: (586) 446-2750
Mon. - Fri. 9 a.m. - 4:30 p.m.

E-mail us at:
seniorcenter@sterling-heights.net

Location: 40200 Utica Rd.
Entrance is on Utica Rd.
one block East of Dodge Park Rd.
between 17 Mile & Dodge Park Rd.

Mailing Address:
Sterling Heights Senior Center
P.O. Box 8009
Sterling Heights, MI 48311-8009

Cancellation Hotline: (586) 446-2693

The Sterling Heights "Fifty Plus Post" is published bi-monthly by the Sterling Heights Senior Activity Center, part of the City of Sterling Heights Parks & Recreation Department. Its purpose is to inform individuals age 50 and beyond about recreational opportunities. The "Fifty Plus Post" is available for pick up bi-monthly at the Center, online at www.myshpr.net and www.ourseniorcenter.com.

Although we do our best to ensure that all information in this publication is accurate, errors occasionally occur and/or last minute changes in programming may be necessary. We apologize for any inconvenience and thank you for your patience and understanding.

Other Helpful Information:

Area Agency on Aging 1-B: (800) 852-7795 or aaa1b.com

GFL (refuse disposal): (844) 464-3587 or
gflenv.com/gfl-locations/sterling-heights

Lakeshore Legal Aid: (888) 783-8190 or lakeshorelegalaid.org

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the lobby of the Sterling Heights Police Department
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Parks and Recreation: (586) 446-2700 or myshpr.net

Public Library: (586) 446-2665 or shpl.net

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City of Sterling Heights
Department of Parks and Recreation
40555 Utica Road
P.O. Box 8009
Sterling Heights, MI 48311-8009



If you haven't visited the Senior Center lately, here are some things you may have missed:

- The second phase of the roof replacement project was completed this fall replacing the roof on the gym side of the building.
- Rooms 5 - 7 have gotten a makeover with new paint, cabinets, counters and window shades.
- The atrium has new chairs and tables. These chairs are lighter so patrons will have an easier time moving them and are made from a material that allows us to sanitize them to help keep our patrons

safe. They also allow us more flexibility so the room can be changed according to what activity is happening at the time and better accommodate social distancing regulations.

- We are upgrading the toilets throughout the building so that all are ADA height and not just the ones in the accessible stalls. This has been a requested improvement for years and we are happy to finally make it happen.
- Thanks to our partnership with SMART, we have traded in the old van and gotten another Ford Transit which is a great vehicle for taking riders to appointments, especially those with small parking lots. We also upgraded one of our 14 passenger vehicles with an 18 passenger vehicle, which will help us transport larger groups to trips in the future and gives us more space for social distancing during the pandemic.
- To help protect our patrons, we have non-touch thermometers located at both entrances of the Senior Center. These were purchased with CARES Act funding.

