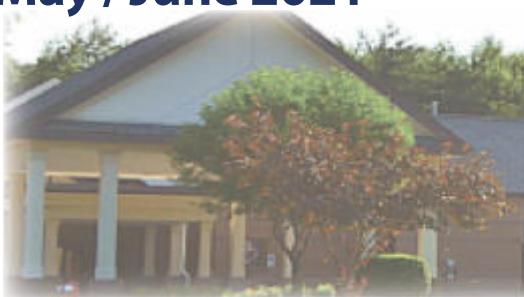


May / June 2021

# 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 & Senior Active Life Closed:

• 5/31 - Memorial Day

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



*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, seek a COVID-19 test 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.

**Need a vaccine? Check out page 14 for more information.**

## Taking Time to be Thankful for Even the Small Things

As we embark on the last days of spring, we are given many opportunities to find joy in the small things. Some of our favorites are listening to the rain, feeling the warm sun on our face, leaving a window open to catch a breeze, and feeling grass under our bare feet. When it comes to the 50+ programming, we are finding joy in the programs we are allowed to have and the new ones that are springing up as we take advantage of the nicer weather and longer days.

As of the printing of this edition, the health regulations are still requiring us to have all participants register in advance for any programming. Mask wearing and social distancing are also still requirements, so we aren't ready to open up programs like cards or games, where sharing of equipment and social distancing aren't possible. But with that news, there are still many programs that you can enjoy. We are still able to celebrate the 27th Annual National Senior Health and Fitness Day, which will also be the kick off for our summer-long Healthy Living Experience! The Sack Lunch Serenade concerts are back and will be held at the amphitheatre, see page 10 for more information. For those of you that are still not comfortable with getting together at the Senior Center, or outdoors, we are continuing our virtual and on-your-own programming. So check out what is inside this edition of the Fifty Plus Post, we hope you find just what you are looking for to help you age well!

Lastly, our Memorial Day activities may need to be altered again this year, but we still want to take a moment and say thank you to all the families with loved ones who paid the ultimate price protecting our freedoms.



# IMPORTANT

Unless otherwise noted, registration for all programming in this newsletter is on 5/5/2021. 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 correspondence will be sent via email. If you do not have email, please note that on your registration form. **We are not able to take registrations over the phone.**

## 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](http://www.myshpr.net)



**Facebook:** [facebook.com/shparksandrec](https://facebook.com/shparksandrec)



**Twitter:** @sterlingheights



**Instagram:** myshpr

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## How to REGISTER



**Online** = indicates classes that have online registration. Visit [myshpr.net](http://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](mailto: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



Our Curb-to-Curb transportation service is currently running for medical and shopping appointments, scheduled Parks and Recreation programs at City facilities and City Council meetings. Rides are offered Monday - Friday until 3:30 p.m. Social distancing rules are being followed on our vehicles, limiting the number of people that can ride at one time. 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. 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. – 12 p.m. & 1 – 4 p.m.**



# BECOME A MEMBER

GLPI

The Sterling Heights Senior Center 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. While the vaccine clinic is running at the Senior Center, Senior Center memberships are being honored at the Community Center for the walking track ONLY. **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

## 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.

***The Library will be presenting  
All About Zoom at the Center in June.  
See page 7 for more information.***

**DMC**

**Rehabilitation Institute  
of Michigan**

## Injury Prevention for Gardening

**Tuesday, May 11  
2:30 p.m.**

Weed out pain in the garden! You will be taught by Physical Therapy experts from Rehabilitation Institute of Michigan to learn about proper gardening ergonomics, body mechanics and tools you can use to make gardening more fun and less painful on your joints and muscles. Come learn and have fun!



**Cost:** Free – Registration Required

**Ref.#:** 6002.201

**Location:** Zoom

## Michigan During the Great Depression

**Thursday, June 3  
2:30 p.m.**

Learn the causes of the Great Depression and why Michigan was hit particularly hard. Find out how Detroit became the city of Champions — something that has never been duplicated in any other city. Speaker, Larry Burkowski, an educator for almost 50 years, will also explain how devastating the depression was on family life.



**Cost:** Free for Members

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

**Ref.#:** 6002.220

**Location:** Senior Center

**Unless otherwise noted, registration for all programming in this newsletter opens 5/5 for Residents and 5/6 for Non-residents. To avoid program cancellation, please register early! For directions on how to register, see page 2.**



©LPI

## Zoom Practice

**Friday, June 4 at 10 a.m.**

Have you tried Zoom? 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 to learn the basics of Zoom!

**Cost:** Free – Registration Required

**Ref.#:** 6002.230

**Location:** Zoom

## Veteran Affairs Benefits

**Thursday, June 10  
2:30 p.m.**

Are you a veteran, or the surviving spouse of a veteran, over 65 years of age? If so, you may be eligible for a little known monthly cash benefit from Veteran Affairs to help offset the cost of your necessary health care. Learn how the benefit can work for you while living in your own home or if you are considering a move to an independent or assisted living community. If you are not eligible today, it is important for you to understand when you may become eligible so you don't miss even one month of eligibility.

**Cost:** Free for Members

\$ .50 Resident / \$ 1 Non-resident

(Cost covers Drop-in fee for non-members)

**Ref.#:** 6002.231

**Location:** Senior Center

## Stress Management

**Thursday, June 17  
10:30 a.m.**

Stress is a part of our daily lives. There are many ways to manage stress and keep it at healthy levels. Left unmanaged, stress can lead to anxiety, depression, trouble sleeping, weight gain and other health problems. Learn some tips on how to develop a lifestyle that incorporates stress-reducing activities. Brought to the Center by Physical Therapy experts from Rehabilitation Institute of Michigan.

**Cost:** Free – Registration Required

**Ref.#:** 6002.232

**Location:** Zoom

## Take Charge! Help Prevent Medicare Fraud, Abuse, and Scams

**Wednesday, June 23  
10:30 a.m.**

Could you be a victim of a medicare scam? Medicare misuse and abuse affects all older adults. Learn how to identify it, report it, and avoid becoming a victim yourself! Join us for a presentation by Michigan's Medicare Medicaid Assistance Program:

**Cost:** Free - Registration Required

**Ref.#:** 6002.233

**Location:** Zoom





# Health Talks

## Managing Anxiety & Depression

Carlisle Vendittelli, M.D.

Wednesday, May 12  
11a.m.

Learn to recognize the signs and symptoms of anxiety and depression. Treatment and resources will be discussed to effectively manage both.

## Managing Arthritis

Carlisle Vendittelli, M.D.

Wednesday, June 9  
11a.m.

Arthritis can limit range of motion and make simple movements difficult. Learn tips, tricks and simple stretching exercises to keep moving and stay active.

## Eating Healthy as We Age

Beth Theisen, R.D.  
Wednesday, July 14  
11a.m.

As our bodies age, our nutritional needs and health challenges change. Join us to learn about the special nutrition concerns of older adults. Discover healthy eating and meal preparation tips to keep your body healthy and help make mealtimes enjoyable.

**For all Health Talk events, please register at:**

[healthcare.ascension.org/events](http://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:*



Ascension



## A MATTER OF BALANCE

MANAGING CONCERN ABOUT FALLS

Tuesdays, June 1 - July 27  
10 a.m. - noon

**Do you have concerns about falling?**  
Many older adults experience concerns about falling and restrict their activities. This award-winning, nine-week virtual program is designed to manage falls and increase activity levels.

**You will learn to:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

**Who should attend?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Participants will engage in activities including: group discussion, brainstorming, problem solving, skill building, assertiveness training and some simple exercises. Space is limited, sign-up early! Brought to the Center by Henry Ford Macomb Hospital.

*Each participant will receive resource materials before the session begins (to be picked up at the Senior Center) and must be registered to attend.*

**Cost:** Free – Registration Required

**To register:** Call (586) 263-2324 or email [sboozza2@hfhs.org](mailto:sboozza2@hfhs.org)

**Location:** Zoom

# All About Zoom

Wednesday, June 23  
2:30 p.m.

The COVID-19 pandemic forced many of us to meet in new ways. Zoom, a virtual meeting space, has become one of the most widely used services in Sterling Heights and across the country. Get an in-depth overview on how to use Zoom and the best practices when using it.

**Instructor:** Jason Groth

**Cost:** Free for Members

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

**Ref.#:** 6002.210 

**Location:** Senior Center



# Best Brain Strategies

Thursday, July 22  
2:30 p.m.

Kathy Housey, Brains & Balance Instructor™, returns 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.#:** 6002.234 

**Location:** Senior Center



# Aging Mastery Program®

National Council on Aging

Mondays, June 14 - August 23\*  
2 - 3:30 p.m.

Join the adventure! You are invited to participate in a fun, interactive, virtual 10-week workshop that helps participants improve their well-being and celebrate longevity! The Aging Mastery Program® (AMP) encourages mastery—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being. By participating in this program, you will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.
- Receive the Aging Mastery Program Core Curriculum Handbook, Go4Life exercise DVD, and countless resources.

Programs are made available in whole or part with funding from the Federal Older Americans Act and Michigan Department of Health and Human Services/Aging and Adult Services Agency through the Area Agency on Aging 1-B.

**An orientation will be held on Monday, June 7, 2021 at 2:00 p.m. using GoToMeeting from a computer, tablet, or smartphone! \*Participants must have internet and web camera functionality to participate.**

**Cost:** Free - Registration Required (Space is limited, deadline to register is June 2)

**To register:** email [wellnessprograms@aaa1b.org](mailto:wellnessprograms@aaa1b.org)  
or call (833) 262-2200

**Location:** Virtual with GoToMeeting

**\*No Class on 7/5/2021**

# Macomb County's Best Senior Living

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41155 Pond View Dr, Sterling Heights, MI

(586) 991-3711



36725 Utica Rd, Clinton Twp, MI

(586) 991-3656



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\*Restrictions apply, see sales director for details.

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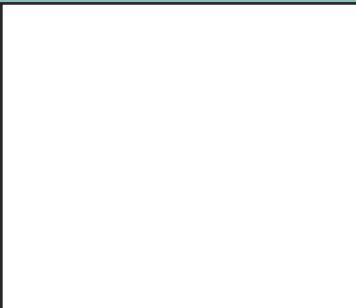
[www.LockwoodofClinton.com](http://www.LockwoodofClinton.com)

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**(586) 345-2700 | [www.ClintonCreekMI.com](http://www.ClintonCreekMI.com)**  
40500 Garfield Rd. Clinton Twp., MI

# NEVER MISS A NEWSLETTER !

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



## NEWS YOU CAN USE



### 50+ Summer Sack Lunch Serenade Outdoor Concerts

**Wednesday, June 30**

*Pre-Fourth of July Bash with Vanessa Carr*

**Tuesday, July 20**

*Christmas in July with Jeff Cavataio*

**Wednesday, September 1**

*So-long to Summer with Kelsey Rose*

Our Sack Lunch Serenade concerts were a popular pre-pandemic program at the Senior Center. We are happy to announce we have fine tuned the program to align with current health regulations and will be providing an outdoor version of the program this summer, utilizing the Amphitheatre in Dodge Park. Participants will need to register for each event and must remain socially distanced on the lawn. Only individuals from the same household may sit next to each other. Make sure to bring a blanket or lawn chair to sit on, something to eat, put on your sun lotion, and sit back and enjoy an hour of entertainment. Each of the concerts will have a theme and participants are encouraged to embrace the theme and have a little fun. Our June concert will be a pre-Fourth of July bash and participants are encouraged to wear some red, white and blue. In July we will be having a Christmas in July theme with Jeff Cavataio, since he was supposed to be our Holiday Party entertainer in 2020. It will be too hot to wear those ugly Christmas sweaters, but you can bring a set of reindeer ears or jingle bells! The last show will be our So-long to Summer concert and we are encouraging all things summer; Hawaiian shirt, sun hat, sunglasses, etc. Space will be limited, so make sure to register early! Masks will be required unless you are actively eating or drinking.

**Cost:** \$2 Resident / \$3 Non-resident   
**Time:** 11:30 a.m. (gates open at 11:15 a.m.)  
**June Ref. #:** 6002.451 (registration opens 5/5)  
**July Ref. #:** 6002.452 (registration opens 6/2)  
**Sept. Ref. #:** 6002.453 (registration opens 8/4)  
**Location:** Dodge Park Amphitheatre

# Healthy Living Experience

*Bringing the fun to you!*

**May 26 – September 29**

For 2021, instead of a one-day Healthy Living Expo, we will be offering an **18-week Healthy Living Experience**. This program will be a community wide health initiative offering events in-person, virtual and on your own that will encourage community engagement, healthy minds and bodies. Each month, participants will receive that month's list of programs, activity ideas, information from local businesses offering exclusive promotions and much more!

The first 500 registrants will also receive a Healthy Living goody bag at the end of the experience full of fun treats that will help encourage participants to continue living a healthy lifestyle into the future.

**Cost:** Free – Registration Required

**Ages:** 18+  
**Ref. #:** 6002.450

**Location:** Varies





## Monday, June 14 9 a.m.

Calling all 50+ golfers! Join us for a fun day of golfing with friends. This scramble outing will include Men's & Women's Closest to the Pin, Men's & Women's Longest Drive and Men's & Women's Closest to the Line. Play includes 9-Holes with a cart. You may register as a foursome, but if you don't have one you will get placed with other single golfers.  
**Deadline to register is May 27.**

**Cost:** \$28 Resident/ \$33 Non-resident

**Time:** Check-in 8:15 a.m.

Tee-off begins at 9 a.m.

**Ref. #:** 6002.500



**Location:** Maple Lane Golf Club

**Interested in joining a  
50+ golf league at Maple  
Lane Golf Club?**

**Here are a couple of options:**

**Carol's League (co-ed):**  
Call Carol at (586) 457-2712

**Thursday Morning 50+ Men's League:** Call Tom at (586) 665-1946

# music in the Park

"CELEBRATING 46 YEARS OF MUSICAL EXCELLENCE"

Music In The Park Weather Hotline 586-446-2692

**Thursdays at 7 p.m. Dodge Park Amphitheatre**

Resident ONLY events. Limited capacity, advanced registration will be required.

**June 10 #9402.001**  
**AIR MARGARITAVILLE**  
(JIMMY BUFFET TRIBUTE)

**June 17 #9402.002**  
**PEACEMAKER**  
(CLASSIC ROCK)

**June 24 #9402.003**  
**YOUR GENERATION**  
(PARTY BAND)

**7th Annual**  
**DODGE PARK FARMERS MARKET**  
EST. 2015

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Rain or Shine **May 27** Every Thursday!  
**September 30** 3:00 - 8:00 PM  
40620 Utica Road

FREE Market Gift JUNE 3 1st 500 people

Special Events **MAY 27** Flower Day

## NEWS YOU CAN USE



**Tuesdays,  
May 11 and June 8  
Bingo starts at 10 a.m.  
(Cards sold 9:15 – 9:45 a.m.)**

Bingo returned to the Senior Center with some modifications for the health and safety of our patrons! Players **must register** to play Bingo no later than noon the day before Bingo is scheduled. This registration secures your spot and pays your drop-in fee (this charge is waived for members). When participants arrive on the day of Bingo, they will need to purchase their cards\*. These will be paper cards that will be played on only once. Bring your own dauber or buy one at the Senior Center for \$2. Food and drink will not be permitted, except for capped water bottles. We will play 6 regular games and 1 coverall game. Face mask and social distancing regulations will be strictly followed. Space is limited, so register "B4" it's too late!

**Cost:** Free for Members

\$.50 Resident / \$1 Non-Resident

(Cost covers Drop-in fee for non-members)

**Cards cost:** \*25 cents per pack –Regular Bingos – No limit  
\*\$1 per coverall card – No limit

**May Ref. #:** 6002.395

**June Ref. #:** 6002.396

**Location:** Senior Center



**Tuesdays, May 25 & June 22  
9 a.m. - 4 p.m.**

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](http://www.redcrossblood.org) and enter sponsor code, sterlingheightscity, to save lives!

**Location:** Senior Center



**Tuesday, May 18  
11 a.m.**

Farkle is a fun dice game similar to Bunco or Yahtzee. For the safety of our patrons, each participant will be given their own set of dice to use during the event so we will not be sharing resources. Social distancing and mask regulations will be followed as well. If you have played Farkle in the past, please note some modifications may be made to comply with health regulations. Newcomers are always welcome!

**Cost:** \$3.50 Resident / \$4 Non-resident

**Ref.#:** 6002.602

**Location:** Senior Center



Are you a sensational speller? Be a part of the Sterling Heights Senior Center 2021 Spelling Team. The spellers work together against other senior center teams. The Center with the most spellers at the end of the competition wins! The Clinton Township Senior Center is hosting this year's event on Friday, October 8.

A list of words will be provided to each participant and practices will begin in August for those wishing to study as a team. If you are interested in joining the team, please call the Senior Center at (586) 446-2750.

**Deadline to sign-up is Friday, July 30.**

# New! HUMAN FOOSBALL

**Tuesday, June 8  
2:30 p.m.**

Spend an afternoon trying out our newest get up and move activity! Human Foosball is played similarly to the traditional table game, but instead of two people going head to head moving their players, it is two teams of humans going head to head to move the ball. Players grab onto their designated hand hold and must stay within their area; moving side to side, but not up and down the playing field. To get the ball in the opponents net, players will need to work as a team. There will be a series of short 5 minute games to allow for more people to play and rest periods. Participants should dress for the weather, including athletic shoes that cover your entire foot, and bring covered water. Masks must be worn during the activity, both on an off playing field. This is a fun game for anyone looking to play a team sport but still maintain some social distancing.

**Cost:** \$2 Resident / \$3 Non-resident  
**Ref.#:** 6002.454   
**Location:** Farmers Market Pavilion



## Grand Connections

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

### Bocce Ball Tournament Tuesday, June 22

**10 a.m.**



Summer vacation has begun! Get some fresh air and exercise while playing Bocce Ball with your grand. No experience necessary! Each team will receive a goody bag.

**Cost per person:** \$8 Resident / \$12 Non-resident  
**Ages:** 6 & up  
**Ref. #:** 6002.350   
**Location:** Senior Center

### Cornhole Tournament Thursday, July 22 10 a.m.

Bring your grand out for a fun bag-tossing game. Cornhole is easy to learn and a great game for all ages. No experience necessary! Each team will receive a goody bag.

**Cost per person:** \$8 Resident / \$12 Non-resident  
**Ages:** 6 & up  
**Ref. #:** 6002.351   
**Location:** Senior Center

### Scavenger Hunt! Tuesday, August 10 10 a.m.

Explore Dodge Park with your grand! A map of clues will send you on an adventure to find nature and landmarks throughout the park. After the hunt, grandpairs will do a nature craft to take home.

**Cost per person:** \$8 Resident / \$12 Non-resident  
**Ages:** 5 & up  
**Ref. #:** 6002.352   
**Location:** Dodge Park Pavilion #2

## RESOURCES



If you are a Macomb County resident looking for a vaccine, please use the following information to schedule an appointment through the Macomb County Health Department. They schedule for eight locations, including Lakeside Mall and the Sterling Heights Senior Center.

- **If you have Internet access:**

1. Visit [macombgov.org/vaccinecentral](http://macombgov.org/vaccinecentral) then follow the prompts to make an appointment.
2. Email [macombvaccine@smartbus.org](mailto:macombvaccine@smartbus.org). In the body of the email put name, date of birth and a contact phone number.

- **If you do not have Internet access:**

1. Call the Health Department directly at (586) 463-8777 during business hours.
2. Call SMART at (586) 421-6579
  - Monday-Friday 3 - 7 p.m.
  - Saturday 8 a.m. -1p.m.
  - Sunday 9 a.m. - 1p.m.

**Please do not call the Senior Center to make an appointment or to ask medical questions regarding the vaccine. Macomb County Health Department or your physician can help with all vaccine related inquiries.**

## Got Medicare Questions?

New to Medicare? Questions on Part D, Advantage Plans, Medigap? Questions on Medicare charges & coverage? A Certified Medicare Counselor from the Michigan Medicare Medicaid Assistance Program (MMAP), a service of the Area Agency on Aging 1-B, is available over the phone until we are able to do one-on-one appointments at the Senior Center again. **Call and leave a message at 800-803-7174.** A MMAP Medicare Counselor will call back to offer counseling like you would normally get at the Senior Center, but via phone.

## 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. **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.



## & DINING SENIOR STYLE

**Meals on Wheels** is providing hot meals to homebound seniors, even throughout the ongoing pandemic. They have also 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. Stay tuned for when this program will return to the Senior Center.

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

**(586) 469-5228**

## TRAVEL

(Open)

### **Painted Canyons of the West featuring Utah's Five National Parks April 25 - May 3, 2022**

**Cost:** Double \$3,499 p.p.  
Single \$4,399 p.p.  
Triple \$3,449 p.p.

Travel from Denver, CO to Las Vegas, NV to see the amazing canyons of the west. Trip features include: Colorado National Monument, Moab, Arches National Park, Dead Horse Point State Park, Utah's Scenic Byway 24, Capitol Reef National Park, Bryce Canyon National Park, Zion National Park, and much more. This 9-day trip includes: 11 meals (7 breakfasts, 1 lunch, 3 dinners). Trip information is available online at [myshpr.net](http://myshpr.net) or a printed copy is available at the Senior Center.



(Open)

### **Pacific Northwest and California September 11 - 18, 2022**

**Cost:** Double \$2,999 p.p.  
Single \$3,799 p.p.  
Triple \$2,969 p.p.

Trip features include: Seattle, Mount St. Helens Visitor Center, Portland, Redwood National Park, Avenue of the Giants, San Francisco and much more. This 8-day trip includes: 10 meals (6 breakfasts, 1 lunch, 3 dinners). Trip information is available online at [myshpr.net](http://myshpr.net) or a printed copy is available at the Senior Center.

**The 50+ Easter Egg Hunt blew us all away (almost literally) with how egg-citing it was! It was nice to see so many familiar faces and create memories at another 50+ special event. We hope patrons will hop on by soon to join us in one of our summer programs.**



**Hats off to all our Easter Bonnet Competition participants. It was great fun seeing your creations. Drum roll please...the 2021 Easter Bonnet Competition winners are listed below. Congratulations!!!**

1st - Zita R.      2nd - Josie M.      3rd - Beverly S.



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3</b>	<b>4</b> <i>Star Wars Day</i>	<b>5</b> 2:30 p.m. Book Club <i>Cinco de Mayo</i>	<b>6</b>	<b>7</b>
<b>10</b>	<b>11</b> 10 a.m. BINGO  2:30 p.m. Rehabilitation Institute of Michigan presents Injury Prevention for Gardening on Zoom  <i>Eat What you Want Day</i>	<b>12</b>  11 a.m. Health Talk: Managing Anxiety & Depression (Virtual with Ascension)	<b>13</b>	<b>14</b>  11 a.m. Create & Take  <i>National Dance Like a Chicken Day</i>
<b>17</b>	<b>18</b>  11 a.m. Farkle 2:30 p.m. Helping Hands for the Homeless	<b>19</b>	<b>20</b>  <i>World Bee Day</i>	<b>21</b>  <i>National Eat More Fruits &amp; Vegetables Day</i>
<b>24</b>	<b>25</b>  9 a.m. - 4 p.m. American Red Cross Blood Drive by Appt	<b>26</b>  <b>Healthy Living Experience Begins (registration required)</b>  Annual Senior Health & Fitness Day (More information available on 5/12)	<b>27</b>  <b>Flower Day at the Farmer's Market</b> 	<b>28</b>
<b>31</b>    Registration is required for all 50+ programming. Events listed in this publication were accurate at the time of publishing, but please know that things are fluid and changes can happen. If you have questions please feel free to call the Center during business hours at (586) 446-2750.				

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>1</b>	<b>2</b> 2:30 p.m. Book Club	<b>3</b> 11 a.m. Create & Take 2:30 p.m. Michigan During the Great Depression presented by Larry Burkowski 	<b>4</b> 10 a.m. Zoom Practice with Jennifer on Zoom <i>Hug Your Cat Day</i>
<b>7</b>	<b>8</b> 10 a.m. BINGO 2:30 p.m. Human Foosball Game <i>Upsy Daisy Day</i>	<b>9</b> 11 a.m. Health Talk: Managing Arthritis (Virtual with Ascension)	<b>10</b> 2:30 p.m. VA Benefits presented by Rick Lemanski 	<b>11</b>
<b>14</b> 9 a.m. Golf Scramble at Maple Lane Golf Club  <b>FLAG DAY JUNE 14</b>	<b>15</b> 2:30 p.m. Helping Hands for the Homeless	<b>16</b>	<b>17</b> 10:30 a.m. Rehabilitation Institute of Michigan presents Stress Management on Zoom 	<b>18</b> <i>National Fishing Day</i>
<b>21</b> <i>National Selfie Day</i>	<b>22</b> 9 a.m. - 4 p.m. American Red Cross Blood Drive by Appt. 10 a.m. Grand Connections: Bocce Ball Tournament	<b>23</b> 10:30 a.m. Medicare Fraud presented by Medicare Medicaid Assistance Program on Zoom 2:30 p.m. All About Zoom	<b>24</b> 	<b>25</b> 11 a.m. Create & Take
<b>28</b>	<b>29</b>	<b>30</b> 11:30 a.m. Sack Lunch Serenade with Vanessa Carr at the Dodge Park Amphitheatre		

## 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.**

### chair yoga

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:** Liz Wilk (Maria Marino Fitness Pros)  
**Location:** Community Center  
**Days / Time:** Wednesdays & Fridays at 9:30 a.m.

Ref. #:	Day	Dates	#	Res	Non-res.
6002.315	W	5/12 – 6/23	7	\$35	\$46
6002.316	F	5/14 – 6/25	7	\$35	\$46
6002.317	W	8/04 – 9/22	8	\$40	\$52
6002.318	F	8/06 – 9/24	8	\$40	\$52



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:** Community Center  
**Days / Time:** Mondays at 9:30 a.m.  
Fridays at 11 a.m.

Ref. #:	Day	Dates	#	Res.	Non-res.
6002.036	M	5/10 – 6/28*	7	\$35	\$46
6002.037	F	5/14 – 6/25	7	\$35	\$46
6002.038	M	8/02 - 9/27*	8	\$40	\$52
6002.039	F	8/06 - 9/24	8	\$40	\$52

\*No Class: 5/31 or 9/06

### 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. However, 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:** Community Center  
**Days / Time:** Mondays, Wednesdays & Fridays at 11 a.m.

Ref. #:	Day	Dates	#	Res.	Non-res.
6002.017	M	5/10 – 6/28*	7	\$35	\$46
6002.018	W	5/12 – 6/23	7	\$35	\$46
6002.019	F	5/14 – 6/25	7	\$35	\$46
6002.020	M	8/02 – 9/27*	8	\$40	\$52
6002.021	W	8/04 – 9/22	8	\$40	\$52
6002.022	F	8/06 – 9/24	8	\$40	\$52



\*No Class: 5/31 or 9/06

## 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:** 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.
6002.040	6002.041	Tu	5/04 – 6/22	8	\$48	\$63
6002.042	6002.043	Th	5/06 – 6/24	8	\$48	\$63
6002.044	6002.045	Tu	8/03 – 9/21	8	\$48	\$63
6002.046	6002.047	Th	8/05 – 9/23	8	\$48	\$63



## 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:** Community Center

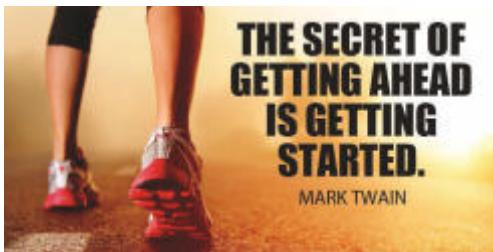
**Days:** Tuesday - Intermediate & Thursday - Beginner

**Time:** 11:45 a.m.

Ref.#:	Day	Dates	#	Res.	Non-res.
6002.028	Tu	5/11 – 6/22	7	\$35	\$46
6002.029	Th	5/13 – 6/24	7	\$35	\$46
6002.030	Tu	8/03 – 9/21	8	\$40	\$52
6002.031	Th	8/26 – 9/30	6	\$30	\$39

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

A FACE  
MASK MUST  
BE WORN AT  
ALL TIMES



Many of your favorite exercise instructors have created exercise videos for you to stay active while at home. You can check out these videos On Demand at the Sterling Heights Parks and Recreation Department's website at [myshpr.net](http://myshpr.net). Click on Programs--On demand Programs--50+ Workouts.

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

## MOVE YOUR BODY



The Sterling Heights Community Center will continue to host Table Tennis, Pickleball and Basketball. 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.



### 50+ Basketball

**Mondays, 7 - 9 p.m.**  
**Saturdays, 9 - 10:30 a.m.**

Practice your shot or get a group together for a friendly half court game.

**Cost:** Free for Residents (with Photo I.D.) / \$3 Non-residents - Registration Required  
**Location:** Community Center



### Mondays, 9 - noon

When played regularly, Table Tennis improves reflexes, hand-eye coordination and balance, while toning and strengthening the core muscles, upper & lower body.

**Cost:** Free for Residents (with Photo I.D.) / \$3 Non-residents - Registration Required  
**Location:** Community Center

## pickleball Lessons

### Pickleball Beginner 1-Day Clinic

Learn the basic rules, strokes, and strategies of the game. Learn everything you need to start playing from certified pickleball instructors. Paddles and balls are provided.

**Instructors:** Julie Dykowski or Jeff Ng

**Date:** Tuesday, May 18  
**Time:** 9:15 - 11:15 a.m.  
**Cost:** \$17 Resident / \$22 Non-resident  
**Ref. #:** 6002.501

**Location:** Community Center

### Pickleball Skills & Drills Group Lessons

Appropriate for Novice/Intermediate level players. Certified Instructors will teach basic strokes of serve, forehand, backhand, dink, volley and overhead. Fundamental techniques of ready position, grips, eyes on ball, and footwork are emphasized. Game rules, etiquette, and basic doubles strategies will also be covered.

**Instructors:** Julie Dykowski or Jeff Ng

**Dates:** Tuesdays, June 1 - 22 (Four weekly sessions)  
**Time:** 9:15 - 11:15 a.m.  
**Cost:** \$67 Resident / \$87 Non-resident  
**Ref. #:** 6002.502

**Location:** Community Center

## Open Play

**50 + Only Courts**  
**Mondays - Fridays, 9 a.m. - noon**

### All Ages

**Tuesdays & Thursdays, 2:30 - 4:30 p.m.**  
**Tuesdays, 7 - 9 p.m.**

This fun sport, played on a badminton-sized court with a paddle and a whiffle ball, is popular nationwide.

**Cost:** Free for Residents (with Photo I.D.) / \$3 Non-residents - Registration Required  
**Location:** Community Center

# Cardio Room

Approved Cardio Room users must register for a one-hour time slot to use the equipment. We encourage patrons to register online or in advance in order to ensure the time slot they are interested in is open. To help with health safety, only one patron, or household, is allowed per time slot and masks are to be worn. **Please do not arrive more than 5 minutes before your scheduled time.** Sanitizing of the equipment and room is done between users.

If you are interested in using the Cardio Room but have not yet taken the mandatory orientation class, please contact the Senior Center at 586-446-2750 or email seniorcenter@sterling-heights.net to make arrangements to attend an orientation.

## Bocce

**Mondays, May 10 - June 21\***  
**10 a.m.**

Calling all Bocce players! New to the game or a veteran player? Bocce is a low impact, enjoyable activity. Get some fresh air and join us for a morning of fun! **Advanced registration required.** Play will begin at 10 a.m., please be prompt so we can form teams and start on time.

**Cost:** Free for Members

\$3 Resident / \$6 Non-resident

(Cost covers Drop-in fee for non-members)

**Ref.#:** 6002.100 

**Location:** Senior Center\*\*

**\*No play 5/31**

\*\*We are anticipating to begin construction on the indoor Bocce courts sometime this summer. If we break ground prior to June 21, Bocce will be moved to the grassy area next to the Senior Center.



## Tuesdays, May 11 - June 15 at 10 a.m.

This bag-tossing game is commonly found at tailgating parties and is very easy to learn. Cornhole is open to all individuals over the age of 50 and no experience is necessary.

**Cost:** Free for Members

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

**Ref.#:** 6002.104 

**Location:** Senior Center

Sterling Heights  
Senior Center



Our Heart & Sole Walking Club will be back starting in May. The Club will be slightly modified in order to keep in line with health regulations and transportation restrictions. The major difference is that Walking Club members will meet at the park instead of at the Senior Center\*. Parks are all local and the Walking Club typically meets two or three times per month from May until October. To find out more about this year's Club, ask about how you can watch the informational meeting that was recorded in April.

\*For individuals that use our SMART bus service and are interested in joining the Heart and Sole Walking Club, please email seniorcenter@sterling-heights.net or call (586) 446-2760.

**Day:** Most Wednesdays from May - October

**Time:** 9:30 a.m.

**Fee:** \$12 Resident / \$15 Non-resident  
(Walking Club T-shirt included)

**Ref. #:** 6001.350 

# Create & Take

Looking to get creative? Come to the Senior Center and join fellow crafters and take home your creation. Registration is required. For those of you not yet comfortable coming into the Senior Center, we will have the craft kits available with written instructions so you can take and then create at your leisure.

## Herb Seed Starting Jar Planters

**June 3 at 11 a.m.**

Create an indoor herb garden for your sunny window! Each participant will be able to start herb seeds in three glass jars.

**Cost:** \$10 Resident  
\$12 Non-resident  
**Ref. #:** 6002.335



*Actual seed options may vary.*

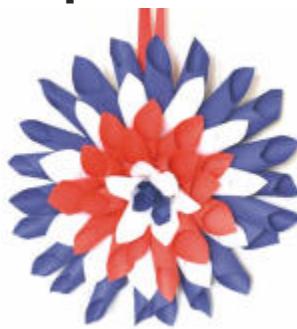
**Registration deadline:** May 19

## Patriotic Dahlia Wreath

**June 25 at 2:30 p.m.**

This red, white, and blue paper Dahlia wreath is a simple craft that is a fun decoration to hang in your home for Independence Day.

**Cost:** \$10 Resident  
\$12 Non-resident  
**Ref. #:** 6002.333



**Registration deadline:** June 9

**Due to COVID-19**

**We cannot accept  
donations at this time**



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

**May 5** - Anxious People by Fredrik Backman

**June 2** - The Lager Queen of Minnesota  
by J. Ryan Stradal

**July 14** - The Exiles by Christina Baker Kline

**Cost:** Free for Members

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

**May Ref. #:** 6002.080



**June Ref. #:** 6002.081

**July Ref. #:** 6002.082

**Location:** Senior Center



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. Please do not arrive more than 10 minutes before scheduled time.** Pool cues are available or bring your own. All players must wear a mask properly 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-members)

# Spring Brain Boosters

## At Home Activity Packet



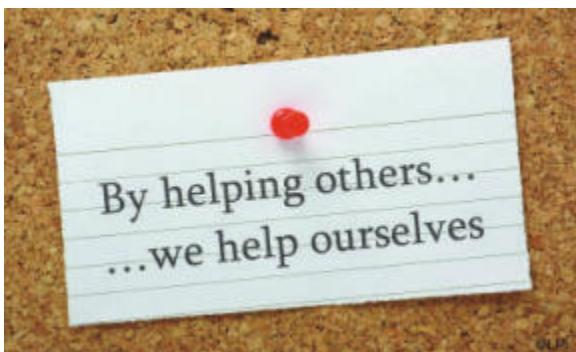
Have you been feeling bored? Looking for something fun to do? Do you enjoy pencil puzzles and games that get your brain really working? Register to get a bundle of four packets of 14 different brain boosting activity pages per packet delivered right to your door. If you do one activity per day, that gives you 8 weeks of brain boosting activities! (If you ordered a bundle in March /April, this is a whole new set of brain boosting activities!)

**Four Pack Bundle:** \$4 Resident /  
\$6 Non-resident

**Spring Bundle #2 Ref. #:** 6002.600



**See page 26 for some examples of  
Brain Boosters included in each packet!**



# Calorie Conscious



**Thursdays,  
May 13 - July 1 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. 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.** New members are welcome!

**Cost:** Free for Members

\$4 Resident / \$8 Non-resident  
(Cost covers Drop-in fee for non-members)

**Ref.#:** 6002.388



**Location:** Senior Center



# Helping Hands for the Homeless

**Tuesdays, May 18 & June 15  
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)

**May Ref. #:** 6002.090



**June Ref.#:** 6002.091

**Location:** Senior Center

## ARTS AND LEISURE



**It's Back!**

**Tuesdays,  
9:30 a.m. - noon.  
May 18 - June 29**

Join fellow artists in a relaxed atmosphere as you exchange ideas, critique each other's work and enjoy each other's company. Bring your own supplies. No formal instruction will be given. **Registration is required, no drop-ins.**

**Day:** Tuesdays, May 18 - June 29  
(Seven weekly meetings)

**Cost:** Free for Members  
\$3.50 Resident / \$7 Non-resident  
(Cost covers Drop-in fee for non-members)

**Ref.#:** 6002.334

**Location:** Senior Center



## Sit-n-Stitch

**Wednesdays, 2:30 – 4 p.m.**

**May 12 - June 30**

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, May 12 - June 30  
(Eight weekly meetings)

**Cost:** Free for Members  
\$4 Resident / \$8 Non-resident  
(Cost covers Drop-in fee for non-members)

**Ref.#:** 6002.380

**Location:** Senior Center



## Model Builders

**Mondays, 9:30 a.m. – noon  
May 10 - June 28\***

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, May 10 - June 28\*  
(Seven weekly meetings)

**Cost:** Free for Members  
\$3.50 Resident / \$7 Non-resident  
(Cost covers Drop-in fee for non-members)

**Ref.#:** 6002.384

**Location:** Senior Center

**\*Not meeting 5/31**



## Woodcarving

**Mondays, 2:15 - 4:15 p.m.  
May 10 - June 28\***

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, May 10 - June 28\*  
(Seven weekly meetings)

**Cost:** Free for Members  
\$3.50 Resident / \$7 Non-resident  
(Cost covers Drop-in fee for non-members)

**Ref.#:** 6002.382

**Location:** Senior Center

**\*Not meeting 5/31**

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### WORD GAMES & Puzzles



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BOUND  
- OPTIMISM

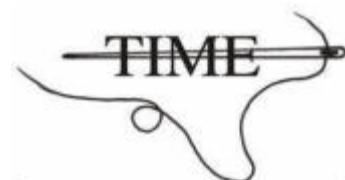


C H R O M E

OIL  
OIL  
OIL  
OIL

## COMMON

T\$H\$E  
B\$A\$N\$K



### What's In Your Garden

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

#### Word List:

CARROTS  
PEPPERS  
CUCUMBER  
TURNIP  
ONION  
POTATO  
OKRA

PARSNIPS  
ZUCCHINI  
RADISH  
ARUGULA  
GARLIC  
RHUBARB  
SQUASH

PEAS  
HONEYDEW  
PUMPKIN  
KALE  
SHALLOT  
CORN  
COLLARDS

BEANS  
BROCCOLI  
SPINACH  
BEET  
KOHLRABI  
CHARD  
ASPARAGUS

# CROSSWORD PUZZLE

# Answers:

## ACROSS

- 1 Bath (Fr.)
- 5 Explode
- 8 Of the kind of (suf.)
- 12 She (Fr.)
- 13 Jap. apricot
- 14 Para-aminobenzoic acid
- 15 Differ
- 17 Arabian chieftain
- 18 Greek letter
- 19 Tree
- 21 Asbestos (abbr.)
- 22 Burmese knife
- 23 Incessantly
- 25 Lt. marble
- 29 Tilled land
- 32 Common man
- 33 Siesta
- 35 Adjective-forming (suf.)
- 36 Agave fiber
- 38 Daw
- 40 Soft mineral
- 42 Guido's note (2 words)

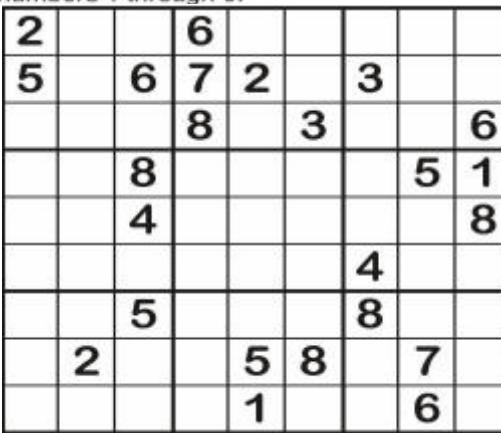
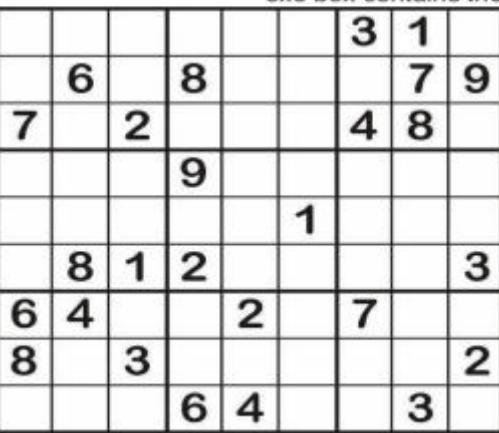
## DOWN

- 1 "Venerable" monk
- 2 Settled
- 3 "Casablanca" characters
- 4 Nat'l Endowment for the Arts (abbr.)
- 5 Steal
- 6 Buddhist sacred mountain
- 7 Pique
- 8 Amazon tributary
- 9 N.A. tree
- 10 Wading bird
- 11 Carbon (pref.)
- 16 Objective
- 20 Stowe character
- 22 Old Sp. gold coin
- 24 Heath evergreen
- 25 Consumer price index (abbr.)
- 26 They (Fr.)
- 27 Peccadillo (2 words)
- 28 Horse
- 30 Arabic letter
- 31 Cheer
- 34 Bishop
- 37 Sprite
- 39 Away from the wind
- 41 Slayer of Caesar
- 43 Ecuador (abbr.)
- 44 Hindu queen
- 46 Hit on the head
- 47 Frankenstein's assistant
- 48 Olive genus
- 49 Eagle's nest
- 51 Daughter of Zeus
- 53 Amer. Ballet Theatre (abbr.)



## Sudoku

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



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DIFFICULTY: ★★★★

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DIFFICULTY: ★★★★

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

Answer to Sudoku

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

A	I	N	E	A	N	E	T	R	A	Y
U	N	I	T	C	A	T	B	O	E	R
C	A	S	A	S	E	A	E	A	G	L
E	R	Y	F	A	B	L	E	I	O	A
T	A	L	C	E	L	A				
I	S	T	L	E	G	R	A	C	K	L
P	L	E	B	N	A	P	I	C	A	L
C	I	P	O	L	I	N	A	R	A	D
D	A	O	E	V	E	R				
E	T	A	O	L	I	V	E	A	S	B
B	A	I	N	P	O	P	A	T	I	C

1.	Nothing in common
2.	Money in the bank
3.	Bondless optimism
4.	Three alarm fire
5.	Chrome dome
6.	Change of oil
7.	Stitch in time

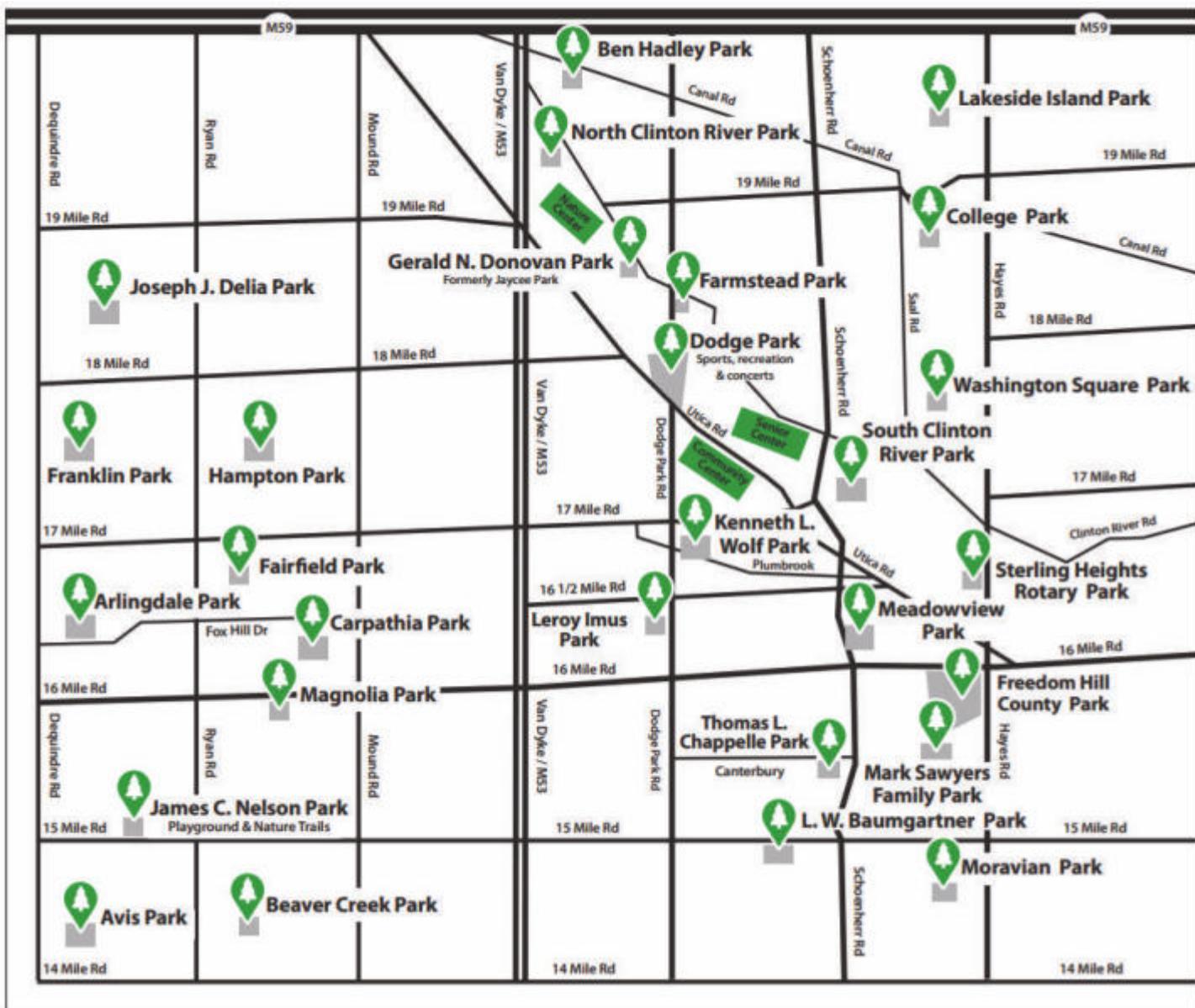
Word Pictures Answer Key:

# STERLING HEIGHTS PARKS

May and June are wonderful months to get out and enjoy one of the City of Sterling Heights parks. The weather isn't too hot and the days are long. Each park has its own personality and there is one to suit whatever your needs are for the day. A map of all Sterling Heights parks is below. Visit [MYSHPR.net](http://MYSHPR.net) for a full list of amenities at each location. If you like to walk, path distances are also located online so you can plan your route before you arrive at the park. Remember no matter which park you visit, all dogs must be on a six-foot leash and it is a City ordinance to pick up after your furry friend.

# Park Hours

**April - September: 7 a.m. - 10 p.m.**



**Are you 55 years or older and struggling to find employment?**



Senior Community Service Employment Program (SCSEP) can help.

**Contact Us Today!**

(586) 783-8710  
[info@macomb-stclairworks.org](mailto:info@macomb-stclairworks.org)  
[www.macomb-stclairworks.org/scsep](http://www.macomb-stclairworks.org/scsep)



Michigan Works! Macomb/St. Clair is an equal opportunity employer/program. Supported in part by state and/or federal funds. A proud partner of the American Job Center network. Auxiliary aids and services are available upon request to individuals with disabilities. TTY #711.

**THE RIGHT STROKE SPECIALIST RIGHT NOW AT MCLAREN.**

McLaren Stroke Network—your expert team for treating stroke, aneurysm and many other neurological issues.

To learn more, visit [mclaren.org/stroke](http://mclaren.org/stroke).



DOING WHAT'S BEST®

To learn more about our community seminars, visit [mclarenmacomb.eventbrite.com](http://mclarenmacomb.eventbrite.com)



America's Choice in Senior Homecare®

Bathing Assistance • Dressing Assistance • Grooming  
Assistance with Walking • Medication Reminders • Errands  
Shopping • Light Housekeeping • Meal Preparation  
Friendly Companionship • Flexible Hourly Care  
Respite Care for Families • Live-In Care

**586-726-6999**

Each Visiting Angels agency is independently owned and operated.

[www.VisitingAngels.com/SterlingHeights](http://www.VisitingAngels.com/SterlingHeights)

**Iwona Insurance Agency Inc**

Your Health is Important

Iwona (Evona) Wszedybyl

Individual & Senior Healthcare Benefit Specialist

Free Help with Medicare Enrollment

48570 Van Dyke, Shelby Twp MI 48317

**586-722-3302**





# Registration Form

Head of Household (First & Last Name): \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Male / Female

Address: \_\_\_\_\_ Apt #: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: (Primary) \_\_\_\_\_ (Secondary) \_\_\_\_\_ (Other) \_\_\_\_\_

Emergency Contact #1 (Required)      Emergency Contact #2 (Required)- Not living in household

Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Name: \_\_\_\_\_ Relation: \_\_\_\_\_

Primary #: \_\_\_\_\_ Alt. #: \_\_\_\_\_ Primary #: \_\_\_\_\_ Alt. #: \_\_\_\_\_

Participants Name	DOB	M/F	Program Name & Activity Number	Fee
				\$
				\$
				\$
Total Due				\$

Payment Method:  Cash  Check payable to: Treasurer City Of Sterling Heights # \_\_\_\_\_  Charge

Credit Card Info	Visa/MC/Discover # _____ + 3 digit _____ Exp. Date: _____
------------------	---

For Visa/MC/Discover charges please sign here: \_\_\_\_\_

**Department of Parks and Recreation Release, Waiver, Hold Harmless, Indemnity and Participation Agreement**

The risks of injury and illness (ex: communicable diseases such as MRSA, influenza, and COVID-19) to myself or my child from the use of the Sterling Heights Community Center, Senior Center, Nature Center and its amenities are significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist; and, in consideration of the City of Sterling Heights, City of Sterling Heights Department of Parks and Recreation ("City") allowing me and/or my child or ward access to and use of the Community Center, Senior Center, Nature Center and its amenities, I for myself, spouse, and child or ward agree to:

(A) Assume all risks of injury and property damage and accept all responsibility in case of accidents, injury or death;

(B) RELEASE AND HOLD HARMLESS AND AGREE NOT TO SUE the City, its employees, and elected or appointed officials, for any claim, damages, costs or cause or action which I may have or suffer or may in the future have or suffer as a result of any accident, injury including death or damages sustained or incurred while accessing or using the Community Center, Senior Center, Nature Center and its amenities, even if arising from their negligence, to the fullest extent permitted by law; and,

(C) agree to indemnify, defend ,and hold harmless the City, its elected and appointed officials, and employees from any and all claims for injuries, damages or loss, of any kind whatsoever arising in any way in connection with my access to and use of the Community Center, Senior Center and its amenities.

**PARENT OR GUARDIAN ACKNOWLEDGEMENT AND CONSENT:**

I have read and understand the terms of this Agreement and unconditionally agree to its full terms, waivers and releases on behalf of both myself, and my child or ward, whose name(s) is listed above. All such terms, statements, warranties, notices, representations, waivers and releases fully apply to my child or ward as if I was the participant. I understand that, by signing this Consent, I am giving up important legal rights both on behalf of myself and my child or ward regarding potential rights and claims against the City, if any. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms. I hereby warrant and represent that if I am neither the Child's Parent nor legal Guardian, I have been granted the expressed authority to execute this Waiver, Release and Assumption of Risk Agreement by, and on behalf of, the Child's Parent or Guardian. In the event that it is determined I do not have the authority to execute this agreement on behalf of another, I agree that I shall be solely liable for any and all claims, actions, penalties, causes of action, services, fees or similar expense.

I acknowledge I have read and understand the above release, waiver & participation agreement and agree to abide by its terms & conditions.

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_ Name (Print) \_\_\_\_\_ DOB \_\_\_\_\_

I do not wish to have pictures of myself, child, or legal guardian used for departmental use, including publications.

Office Use Only: Clerk \_\_\_\_\_ Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Arrival Time \_\_\_\_\_ : \_\_\_\_\_ AM / PM Pymt Method \_\_\_\_\_ ] 10/02/20



## Get the Fifty Plus Post Mailed to your Door!



**Mail to:**  
**Fifty Plus Post**  
**P.O. Box 8009**  
**Sterling Heights,**  
**MI 48311-8009**

The "Fifty Plus Post" is available free of charge at the Senior Center and other City offices. If you, or someone you know would like the "Fifty Plus Post" mailed to them, please return this completed coupon along with a check or money order, \$12 Resident/\$18 Non-resident, for a one (1) year subscription.

Make checks payable to: **Treasurer, City of Sterling Heights.**  
**Please print clearly!**

## 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](http://www.myshpr.net) and [www.ourseniorcenter.com](http://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](http://aaa1b.com)

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

**Lakeshore Legal Aid:** (888) 783-8190 or [lakeshorelegalaid.org](http://lakeshorelegalaid.org)

**Macomb Community Action:** (586) 469-5228  
(Loan Closet, Home Chore Assistance, Meals on Wheels,  
Dining Senior Style, Senior Project Fresh)

**Macomb Food Program:** (586) 469-6004

**Medicare/Medicaid Assistance Program:** (586) 803-7174

**City of Sterling Heights:**

**Animal Control:** (586) 446-2879

**Community Relations:** (586) 446-2489

**Department of Public Works:** (586) 446-2440

**Medication Disposal Box:** Available 365 days a year in the lobby of the Sterling Heights Police Department (40333 Dodge Park Rd.)

**Parks and Recreation:** (586) 446-2700 or [myshpr.net](http://myshpr.net)

**Public Library:** (586) 446-2665 or [shpl.net](http://shpl.net)

## Parks & Recreation Senior Center Staff

**Parks & Recreation Director:** Kyle Langlois

**Recreation Supervisor:** Kristen Briggs

**Recreation Specialist:** Jennifer Rizzo

**Front Office:** Karen Oddo, Cheryl Kracht and Bozena Saladiak

**Program/Office Assistants :** Leona Cross, Kim Schudlich, Roy Vultaggio, Theresa Leslie-Robinson, Val Gjysma, Linda Jaskiewicz, Janet Herrmann, Mike Lupe, Charlene Caradonna, Jean Volos, Caroline Campbell, Katie LaChance and Connie Meador

**Bus Drivers:** Becky Stewart, Cindy Rocco, Sharon Lautenbach, Karen McClellan, Rick Fisher, Denise Berg, Ed Streling, John Lamanna, Susan Nihem and Richard Cole

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

OR CURRENT RESIDENT



As we continue to put the pieces back together, and slowly emerge from this pandemic, we want to thank our patrons for their patience and flexibility. Change is never easy, and goodness knows we have seen enough of it in the last year. Our patrons have been truly fantastic with accepting the changes and continuing to support the 50+ programming. It shows your true commitment to aging well, which is important, even during a pandemic.

Over the next few months we hope to continue to see some relaxation of regulations and the opportunity to bring back even more of our programming. This includes expanding our travel program to include day trips. During the summer months, we look forward to using our outdoor spaces and utilizing the wonderful parks and recreation amenities the City of Sterling Heights offers. One improvement to note is that the athletic courts for basketball and tennis at Carpathia Park are being resurfaced and weather permitting will be completed mid to late May. A big addition to our amenities is that we are scheduled to start construction on our new indoor Bocce facility, or Bocce Barn, as we fondly refer to it. It will allow residents of all ages to enjoy the sport for more months per year than we have previously enjoyed. This is the last piece of the Recreating Recreation millage and we are eager to see it completed!

