



40200 Utica Road - Sterling Heights

(586) 446-2750 Office (586) 446-2766 Gym



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

The Senior Center will be Closed:

- 4/15 – Good Friday
- 5/30 – Memorial Day

Cancellation Hotline:

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




The membership program has been such a hit that beginning July 1, a Senior Center Membership will be required for ALL patrons wishing to participate in any drop-in programming. Membership can be purchased at any time, is valid for one full year from time of purchase, and costs \$16 Resident / \$32 Non-resident. Membership does not include the cost for classes, trips, or special events. However, it does cover over 45 different drop-in programs that occur in the daytime, evenings, and on weekends. Members must still register even if the program mentions the cost is free for members. Because it takes a few minutes to process a new membership, we suggest patrons give themselves extra time before their program starts to process the membership, or come a day or two before the program to purchase the membership.

| IN THIS ISSUE | |
|-----------------------------|---------|
| 50+ Registration Info | 2 |
| SMART Bus Info | 3 |
| News You Can Use | 4 – 7 |
| Resources & Services | 10 – 11 |
| Lifelong Learning | 12 – 13 |
| Fun and Games | 14 – 15 |
| Week-at-a-Glance | 16 |
| Gym Schedule | 17 |
| Move Your Body | 18 – 19 |
| Fitness Classes | 20 – 21 |
| Art & Leisure | 22 – 23 |
| Travel | 24 – 27 |
| Registration Form | 30 |
| Contact Information | 31 |
| Back Page News | 32 |



Although the Sterling Heights Senior Center will be closed in observance of Memorial Day on Monday, May 30, please join in the 43rd Annual Memorial Day activities at the City Center. The ceremony begins at 9 a.m. and the parade steps off at 10 a.m. A sincere thank you to all the families with loved ones who paid the ultimate price.

IMPORTANT Registration Changes

In order to ease congestion and reduce in-person wait time, we have made some changes to 50+ programming registration. Please use the guidelines below:

- Registration for 50+ programs can be done online, by mail, fax, email or in person at the Senior Center or the Community Center.
- Resident-only registration begins on the date and time listed. **Non-resident registration begins the following day at the same time.** This allows residents 24 hours to register before non-residents.
- Any 50+ programs listed with a reference number in the **City Magazine** (typically exercise classes, Grand Connections, etc.) will open on the date and time listed in the magazine.
- Programs in the **Fifty Plus Post** publication, with a reference number and a specific registration date listed (typically travel programs, parties, etc.), will open at **2:15 p.m.** both in person and online on the date listed. Numbers will be given out starting at 2 p.m. for in-person registrations.
- Programs advertised only in the **Fifty Plus Post**, with a reference number but not a specific date listed for their registration, open at **9 a.m.** the first Wednesday of the month for the publication cycle. For this edition it will be **4/06/22**.

To avoid program cancellations, please register early. Although we have made the changes above to help reduce wait time for in-person registration, we encourage the use of one of our other registration methods to avoid long wait times as well.

No matter what form of registration used, 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.

We are not able to take registrations over the phone.

How to REGISTER

Online

Visit myshpr.net and sign in or create an account to register online (credit card payments only).



= indicates programs that are not available for online registration.

Mail

Fill out the registration form and mail it along with payment to:
Sterling Heights Senior Center
40200 Utica Rd.
Sterling Heights, MI 48313

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 30, online, or at the Senior Center) and bring it along with payment to the Center.

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.



The Sterling Heights Senior Center annual membership covers the cost of all drop-in fees for one full year from date of purchase, \$16 resident / \$32 non-resident. Members can visit the Senior Center during the day, evening, or weekend and not pay any drop-in fee! This gives members access to over 45 different programs for free. Class and trip fees are not covered by the membership. Members must still register for programs even if the information mentions the cost for programming is free for members.

Daily Drop-In Fees

Now through June 30, 2022, any non-member visitor will be required to pay a drop-in fee when entering the building and completely fill out a registration form for whatever programs they wish to do each day. This including just coming to visit and get together with other patrons. A registration form will need to be completed in full each day you visit the Center.

Current Daily Drop-in Fees (Without Annual Membership)

Senior Center, Gym, & Walking Track:

Monday thru Friday 9 a.m. – 5 p.m.:
50 cents Resident / \$1 Non-resident
After 5 p.m. and Saturdays:
\$2 Resident / \$3 Non-resident

Cardio Room:

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

Beginning 7/1, all drop-in style programs will be for Senior Center Members only. All other programs will have programming fees associated with them.

55, can't drive, need a ride? Think



Curb-to-curb transportation service is offered Monday - Friday until 3:30 p.m. and after 4 p.m. for Parks and Recreation programming and City Council Meetings. Rides are available for residents who are 55+ and those with disabilities. To qualify for our services, you must not be able to drive. Due to a federal mandate, all riders are required to wear a mask while on the bus. Spots are first come, first served and limited. No same-day service is available. If you would like more information about our curb-to-curb transportation service, 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.**



Stay Connected:



Online: www.myshpr.net



Facebook: facebook.com/shparksandrec



Twitter: @sterlingheights



Instagram: myshpr



Office of Senior Services

How Can the Office of Senior Services Help You?

**Monday, May 2
10:30 a.m.**

What is the Office of Senior Services? The focus of this department is to support residents 60 years and older through a variety of programs, resources, and services to help them live safely and comfortably in the community. Join us for this presentation to learn about all the services available for free!

Cost: Daily drop-in fee applies for non-members
Ref. #: 6002.210
Location: Senior Center

One-on-One with an Advocate from the Office of Senior Services

**Wednesdays, June 8 & July 6
Appointments start at 9:30 a.m.**

Aleana Loy, Macomb County Office of Senior Services Advocate, will be here to answer your questions and to help connect you with the services available. **Please call (586) 446-2750 to make an appointment or to get more information.**



**Every Thursday
Farmers Market
3:00 - 8:00pm
(Beginning June 2)**

GRIEF SUPPORT GROUP

**Thursdays, April 28 - June 16
2:30 - 4:30 p.m.**

The last couple years have been all about grief and loss. This grief support group is an 8-week experience that will explore the bereavement process and ways of coping. This 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.

Group Leader: Amy Compton, Social Worker
City of Sterling Heights
Community Services Bureau

Cost: Daily drop-in fee applies for non-members
Ref. #: 6002.330
Location: Senior Center



Are you a sensational speller? Be a part of the Sterling Heights Senior Center 2022 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 Shelby Township Senior Center is hosting this year's event on Friday, October 7.

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 22.**



**Wednesday, June 8
Rennie Kaufmann**

**Wednesday, July 13
Matthew Ball the Boogie Woogie Kid**

**Wednesday, August 10
The Ramblers Band**

We are happy to announce that we are bringing back our daytime outdoor summer concerts again this summer, utilizing the Farmers Market Pavilion in Dodge Park. Participants will need to register for each event. Make sure to bring a lawn chair to sit on, and sit back and enjoy an hour of great entertainment!

Cost: Free for Senior Center Members.
All others \$3 Resident / \$5 Non-resident

Time: Noon (gates open at 11:45 a.m.)

June Ref. #: 6002.450 (registration opens 4/4)

July Ref. #: 6002.451 (registration opens 5/2)

Aug. Ref. #: 6002.452 (registration opens 6/6)

Location: Dodge Park Farmers Market Pavilion

**DON'T FORGET TO
BRING A CHAIR!**

Grand Connections

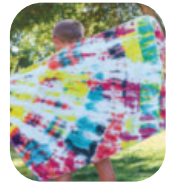
Spend time with your grandchildren and make memories that will last a lifetime through our Grand Connections programming.

Tie-Dye Beach Towel

Wednesday, June 22

2:30 p.m.

Nothing says summer fun like tie dye beach towels. These towels will be perfect to use when you visit the Splash Pad this summer with your grand! Towels and tie-dye supplies will be provided. Register by June 2.



Cost per person: \$8 Resident / \$12 Non-resident

Ages: 6 & up

Ref. #: 6002.360

Location: Senior Center

Jimmy John's Field Baseball Game

Thursday, July 14

Game begins at 11:30 a.m.

Baseball is still considered America's national past-time and rooting for the home team is always a big hit at Jimmy John's Field. Grandparents can teach the skill of keeping score with the provided score sheet. Hot dog or cheese pizza slice and pop lunch is also included. Tickets can be picked up in advance. Register by June 8.

Cost per person: \$20 Resident / \$25 Non-resident

Ages: 6 & up

Ref. #: 6002.361

Location: Jimmy John's Field

Bocce Ball Tournament

Thursday, August 11

10 a.m.

Check out our new indoor bocce ball court! Get some exercise while playing bocce ball with your grand. No experience necessary. Each team will receive a goody bag! Register by August 1.

Cost per person: \$8 Resident / \$12 Non-resident

Ages: 6 & up

Ref. #: 6002.362

Location: Senior Center

Geek Time

Tuesdays, April 5 & June 7
Appointments begin
at 9:30 a.m.

Sign-up for an **extended** Geek Time appointment to get one-on-one help with all of your technology questions! We can solve your latest dilemma, teach you something new on your computer or smart device...it's up to you! This appointment is 45 minutes long to allow for learning and trouble shooting. Contact the Center to schedule your appointment.



Cost: Daily drop-in fee applies for non-members
Location: Senior Center



STRIKE UP FRIENDSHIPS. JOIN TODAY!

Time to get back into the swing of things! Get friends together and join fellow bowlers for a season of fun! If you are interested in joining the Sterling Heights Senior Center Bowling League for the 2022-2023 season, we are taking names now to create new teams or fill vacancies in the league. The 28-week league meets at 9:30 a.m. on Monday mornings at 5 Star Lanes, starting September 12, 2022. The cost to register is \$17 Resident / \$25 Non-resident with only \$8 per week collected on site. The cost includes 3 games, mystery games, holiday luncheon, and end-of-season awards! Please call the Senior Center at (586) 446-2750 and add your name, phone number, and bowling average (if you have one) to the list of interested bowlers. Teams of four (no more than 3 men or 3 women on a team), individual bowlers, and substitutes are welcome!

Deadline to sign-up is July 22.

Location: 

DINING SENIOR STYLE

Monday – Friday

Tickets sold

9:15 – 11:30 a.m.

(Meal tickets available in Room 4 & are first come, first served)

Food pick-up at

approximately 11:30 a.m.

Anyone 60 years of age and over can receive a meal for a suggested donation of \$3 per meal (\$6.50 for those under the age of 60). This program is brought to the Senior Center thanks to a partnership with the Macomb Community Action – Office of Senior Services. Dining Senior Style menus are available at the Senior Center and online at myshpr.net (Menu items may be subject to change without notice).

Due to COVID restrictions, the meals are currently being served packaged for dine-in or "grab-n-go" service, allowing patrons the choice to take food home to eat. As soon as restrictions loosen, meals will be served cafeteria-style only and must be eaten at the Senior Center.



Tuesday, June 28

9 a.m. – 2:45 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. To schedule an appointment, please call 1-800-733-2767 or log on to RedCrossBlood.org and enter sponsor code: **sterlingheightscity**, to save lives!

Location: Senior Center



Healthy LIVING Expo



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and more

In partnership with local health care providers



47th Annual

music *in the Park*

Thursday^{*} NIGHTS 7:00 P.M.

Dodge Park Amphitheatre
40620 Utica Road

Music in the Park Weather Hotline:
(586) 446-2692

Updated at 5 p.m. the day of the event.

myshpr.net/musicinthepark

June

- June 2** **Magic Bus**
(Woodstock Era)
- June 9** **Mainstreet Soul**
(Dance/Motown)
- June 16** **Kari Holmes** *w/Movie in the Park*
(Country Rock)
- June 23** **Crush**
(Best of Bon Jovi)
- June 30** **The Crasherz**
(Party Band)

**Musical performers subject to change.*

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41155 Pond View Dr, Sterling Heights, MI

(586) 991-3711



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NEVER MISS A NEWSLETTER!

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RESOURCES AND SERVICES

DO YOU NEED ASSISTANCE WITH POSSIBLE HOME REPAIRS?

The City of Sterling Heights CDBG program may be able to help with a grant of up to \$800.00. To qualify, you must be the owner-occupant of a single-family home and be of low to moderate income. To be considered for this program, you must include the income from all persons living in the home.

2021 Income Limits

- **1 person = \$33,600**
- **2 persons = \$38,400**
- **3 persons = \$43,200**



If you want more information contact:
Teresa Jarzab, HUD Program Coordinator
(586) 446-2724 or CDBG@sterling-heights.net

Foot and Nail Care

**Thursdays, April 7 & 21,
May 12 & 26, June 9 & 23**

Podiatrist, Dr. Paul Mallamo, provides foot and ankle care at the Center. He can help with bunions, heel pain, nail problems, diabetes, or other conditions. These services are covered by most insurances and Medicare. **Please note:** This is not a free screening. You must bring your insurance & Medicare cards with you. **Call the Center to schedule a 20-minute appointment with Dr. Mallamo.** Appointment times begin at 9 a.m.

Cost: Medicare & Co-insurance accepted.
(Daily drop-in fee applies for non-members)
Location: Senior Center

Reflexology

**Wednesdays, April 13,
May 11 & June 1**

Aches? Pains? Poor circulation? Reflexology is a holistic health treatment that increases circulation throughout your body, decreases inflammation, and calms your nervous system which activates your body's healing mechanisms. **Please call or text Heidi Allan, Certified Reflexologist, at (586) 321-2840 to schedule an appointment.**

Cost: \$20 / 20 minute session
(Daily drop-in fee applies for non-members)
Location: Senior Center

Got Medicare Questions?

**Wednesdays, April 20,
May 18 & June 15**
Appointments start at 9 a.m.

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 now available at the Sterling Heights Senior Center to help you get answers. **One-on-one appointments are free of charge and must be scheduled in advance by calling (586) 446-2750.**

Cost: Daily drop-in fee applies for non-members



Location: Senior Center



Veterans Benefit Outreach

Fridays, May 20 & June 17

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 will be in to help. **Please call (586) 446-2750 to make an appointment or to get more information.**

Cost: Daily drop-in fee applies for non-members
Location: Senior Center

VOLUNTEERS MAKE A DIFFERENCE



One of the greatest gifts you can give is your time. Without the help and dedication of our volunteers, we would not be able to offer such great programs. The Senior Center staff would like to thank all of our volunteers who give so much of their time. April may be Volunteer Appreciation Month, but we value each moment that our volunteers give throughout the year. Thank you, thank you, thank you!!

Interested in volunteering? Below are some great ways to get involved in our community and help make a difference in the lives of local seniors.



Interfaith Volunteer Caregivers

**Tuesday, April 19
10 a.m.**

To help celebrate National Volunteer Week, we are spotlighting Interfaith Volunteer Caregivers who are locally making a difference in Sterling Heights and surrounding counties. They are a non-profit organization that provides free services to seniors and disabled adults to help them remain independent in their own homes longer. Examples of services include transportation, grocery shopping, and indoor/outdoor chores. Learn more about the organization, services they provide, how to register as a client, as well as how to sign up to give the gift of time as a volunteer!

Ref. #: 6001.223

Location: Senior Center



Helping the Homeless

**Tuesdays, April 19, May 17 & June 21
1 – 4 p.m.**

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

Location: Senior Center

Outreach items we are most in need of (*new items only*):

- Individually-wrapped toilet paper & paper towel
- Cleaning supplies
- Tissue - full-size boxes
- Dish soap and sponges
- Laundry detergent
- Bar soap



MEALS — on — WHEELS



Meals on Wheels provides hot and healthy meals to homebound seniors. If you or someone you know would benefit from this program or you would like additional information, please call (586) 469-5228.

Meals on Wheels is also looking for volunteers to help organize and deliver meals. If you have some spare time and reliable transportation, they would love for you to join their team to provide this wonderful meal service to seniors in our community. Call the number above for more information.

Intro to Microsoft 365

Tuesday, May 3
2:30 p.m.

Learn the basics of Microsoft 365! Discover how the different 365 apps work and how to share or export your file.

Instructor: Sterling Heights Public Library Staff

Cost: Daily drop-in fee applies for non-members

Ref. #: 6002.211

Location: Senior Center



UNIQUELY MICHIGAN

Tuesday, May 3
10:30 a.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: Daily drop-in fee applies for non-members

Ref. #: 6002.212

Location: Senior Center



NUTRITION EDUCATION for OLDER ADULTS

Lorraine Cusumano, R.N., B.S.N.
Thursdays, May 5 – 26
10:30 – 11:30 a.m.

Eat Smart, Live Strong is a four-session program designed to improve fruit and vegetable consumption and physical activity among the able-bodied senior population. The sessions are designed to motivate participants and build skills. Activities include self-assessment tools to assist participants in achieving eating and physical activity goals as well as learning simple standing and seated exercises.

Brought to the Center by:



HENRY FORD
MACOMB HOSPITALS

Cost: Daily drop-in fee applies for non-members

Ref. #: 6002.334

Location: Senior Center



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Thursdays,
June 2 – July 21
9:30 – 11:30 a.m.

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities. This award-winning, eight-week 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, as well as exercise to increase strength and balance.

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 HOSPITALS

Cost: Daily drop-in fee applies for non-members

Ref. #: 6002.331

Location: Senior Center



**Monday, June 6
& Tuesday, June 7
9:30 a.m. – 1:30 p.m.**

This 8-hour (2 days for 4 hours each day) Driver Safety Program is a classroom refresher course geared to help mature drivers improve their skills and help prevent traffic accidents. Participants who complete the course will receive a certificate which may be used for insurance reduction offered by some insurers. This class does not teach you how to drive. There will be a 30-minute lunch break; you may either bring a bag lunch or buy a Dining Senior Style lunch ticket the morning of your class. You must register and pay in advance. **Only cash or checks made payable to: AARP.** Don't delay; class size is limited. Registration is only available at the Center.

Cost: \$20 AARP Member / \$25 Non-AARP Member due at registration. Daily drop-in fee applies for non-members

Location: Senior Center

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Hip or Knee Pain? *Non-surgical Options & Innovative Surgical Techniques*

**Tuesday, June 21
10:30 a.m.**

Join Michael Fleischman, DO – Hip & Knee Orthopedic Specialist to learn about the latest options to tackle knee and hip pain. Brought to the Center by:



Cost: Daily drop-in fee applies for non-members

Ref. #: 6002.213

Location: Senior Center

HealthTalks

**Basics of Diabetes
William Jacobs, D.O.
Wednesday, April 13
11a.m.**

Learn how diabetes affects the body as well as risk factors. Find out about treatment options and how exercise can help.

**Mens Health
Maintenance for Life
Wednesday, May 11
11a.m.**

Men are experts at preventive home maintenance and taking care of their cars: oil changes, checking the tires, washing, waxing, etc. Do you take care of your own body in the same manner? Join us to learn the essential screenings to keep men in the best of health.

**Safe Fun in the
Summer Sun
Wednesday, June 8
11a.m.**

As we become more active outdoors, the risk of certain injuries and illnesses also increases. Join us to learn summer safety tips around the water, how to prevent heat-related injuries and ways to protect your skin.

**For all Health Talk events, please 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:



FUN AND GAMES



**Fridays, April 1,
May 6 & June 3**

10 a.m. (arrive by 9:45 a.m.)

Meet new friends and join the fun, no experience is needed to play this fast-moving dice game. Newcomers are always welcome!! **Players must be registered by noon the day before to be able to play; no same day registration.**

Cost: Daily drop-in fee applies for non-members;

Bring \$2 with you that day for game play

April Ref. #: 6001.633

May Ref. #: 6002.630

June Ref. #: 6002.631

Location: Senior Center



**Tuesdays, April 26,
May 24 & June 28**

10 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. Newcomers are always welcome! **Players must be registered by noon the day before to be able to play; no same-day registration.**

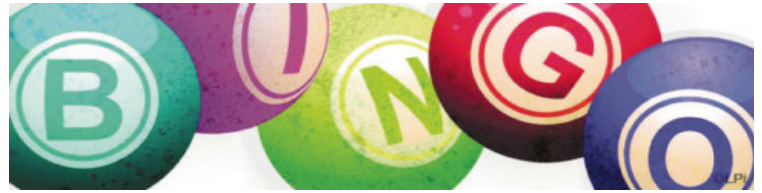
Cost: Daily drop-in fee applies for non-members;
Bring \$2 with you that day for game play

April Ref. #: 6001.624

May Ref. #: 6002.620

June Ref. #: 6002.621

Location: Senior Center



**Tuesdays, April 12,
May 10 & June 14**
Bingo starts at 10 a.m.

(Cards sold 9:15 – 9:45 a.m.)

Join us for Bingo! **Players must be registered by noon the day before to be able to play; no same-day registration.** 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. Space is limited, so register "B4" it's too late!

Cost: Daily drop-in fee applies for non-members

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

April Ref. #: 6001.603

May Ref. #: 6001.600

June Ref. #: 6001.601

Location: Senior Center

Mexican Train
Monday at 11 a.m.

Enjoy time with others and have some fun playing Mexican Train Dominoes. This is one train you don't want to miss! No experience necessary. **No Play 5/30**

Scrabble
Wednesday at 9 a.m.

Challenge your brain, meet new friends, and join in on a fun game of Scrabble!

Mah-Jongg
Monday at 1:30 p.m.
Thursday at 9:30 a.m.

Mah-Jongg is a game played with tiles that include Chinese figures and a card that indicates the arrangement of tiles to win a game. No experience necessary; all levels of players welcome! This is a wonderful opportunity to learn how to play. Please commit to coming for three consecutive weeks if you wish to learn. **No Play 5/30**



If you don't see your favorite game, or maybe it isn't at a convenient time for you, let us know. We would love to get additional groups going if space is available. **No Play 4/15 or 5/30**

Bridge

Monday, Tuesday, Thursday, and Friday at 9:30 a.m.

Are you looking for something to do this Spring? Do you play Bridge or need a partner. We hope to have you join us. Contact the Senior Center at (586) 446-2750 if you are interested.

Canasta

Friday at 10:30 a.m.

Canasta is a card game in the Rummy family of games. All are welcome to learn and /or refresh if you haven't played in a while!

Cribbage

Wednesday at 10 a.m.

Cribbage, or crib, is a card game that involves playing and grouping cards in combinations which gain points.

Euchre

Wednesday and Friday at 9 a.m.

Euchre is a trick-taking game with a trump, played by four players in teams of two. Each player plays one card; the highest card of the suit led wins the trick, unless someone has played a card of the trump suit.

Hand and Foot

Wednesday at 9:30 a.m.

Hand and Foot is a variation of Canasta.

Pinochle

Monday and Wednesday at 10 a.m. Tuesday at 9 a.m.

Pinochle is a trick-taking and melding game played with 4 players and a deck of 48 cards. **(Monday & Wednesday Cost: \$1.50 plus daily Drop-in fee for non-members)**

Up & Down the River

Tuesday at 9 a.m.

Known by different names to different people including: Oh Hell, Oh Heck, Peanuts, etc.



Euchre & Pinochle Tournaments

Fridays, April 22, May 20 & June 17

Play begins at 10 a.m.

(Those not signed in by 9:30 a.m.
will forfeit their guaranteed spot.)

If you enjoy Euchre or single deck Pinochle, come down to the Center for our monthly tournaments. Play runs until approximately 12:30 p.m. Bus transportation is available for non-driving Sterling Heights Seniors, but must be scheduled in advance.

Players must be registered by noon the day before to be able to play, no same day registration. Any unclaimed prize money will be forfeited after sixty days.

Cost: Daily drop-in fee applies for non-members;

**Bring \$2 with you that day
for game play.**

Euchre Tournaments

April Ref. #: 6001.613

May Ref. #: 6002.607

June Ref. #: 6002.609

Pinochle Tournaments

April Ref. #: 6001.614

May Ref. #: 6002.608

June Ref. #: 6002.610

Location: Senior Center

Daily drop-in fee applies for non-members for all programs on pages 14 - 15.

50 + PROGRAMMING WEEK-AT-A-GLANCE SPRING 2022

Please see program details for times, location and how to participate.

| | M | T | W | Th | F | S |
|---------------------------------|---|---|---|----|---|---|
| Arthritis Exercise (pg. 20) | | | | | | |
| Badminton (pg. 18) | | | | | | |
| Basketball (pg. 18) | | | | | | |
| Billiards (pg. 23) | | | | | | |
| Bridge (pg. 15) | | | | | | |
| Canasta (pg. 15) | | | | | | |
| Cardio Room (pg. 18) | | | | | | |
| Chair Yoga (pg. 20) | | | | | | |
| Cornhole (pg.18) | | | | | | |
| Cribbage (pg. 15) | | | | | | |
| Creative Corner (pg. 23) | | | | | | |
| Deaf Seniors (pg. 22) | | | | | | |
| Dining Senior Style (pg. 6) | | | | | | |
| Euchre (pg. 15) | | | | | | |
| Get Together | | | | | | |
| Hand and Foot (pg. 15) | | | | | | |
| Line Dancing (pg. 20) | | | | | | |
| Mah-Jongg (pg. 14) | | | | | | |
| Mexican Train Dominoes (pg. 14) | | | | | | |
| Model Builders (pg. 23) | | | | | | |
| Pickleball (pg. 19) | | | | | | |
| Pinochle (pg. 15) | | | | | | |
| Scrabble (pg. 14) | | | | | | |
| Sit-n-Stitch (pg. 23) | | | | | | |
| Stained Glass (pg. 22) | | | | | | |
| Table Tennis (pg. 18) | | | | | | |
| Tai Chi Chu'an (pg. 21) | | | | | | |
| Up & Down the River (pg. 15) | | | | | | |
| Walking Track (pg. 18) | | | | | | |
| Woodcarving (pg. 22) | | | | | | |
| Zumba Gold (pg. 21) | | | | | | |

GYM SCHEDULE: BEGINNING 4/4 (SUBJECT TO CHANGE)

Please carry in your athletic shoes; no street shoes are allowed in the gym, cardio room or on the walking track.

| Time | M | T | W | Th | F | S |
|------------|---|--------------------------------------|---|--|--------------------|--|
| 9 a.m. | | Pickleball Lessons Session | Single(s) Table Tennis Drop-in until 11:30 a.m. | Badminton Drop-in | Cornhole Drop-in | All Levels Pickleball Drop-in Residents Only from 9 - 11 a.m. |
| 9:30 a.m. | Zumba Gold Session | | | | | |
| 10 a.m. | | | | | | |
| 10:30 a.m. | | | | | | Closed Saturdays starting 5/28 |
| 11 a.m. | Cornhole (1 Court) Basketball (1 Court) Drop-in | | Double(s) Table Tennis Drop-in | | Zumba Gold Session | |
| 11:30 a.m. | | Line Dance (11:45 a.m.) Session | | Line Dance (11:45 a.m.) Session | | |
| 12 p.m. | | | | | | |
| 12:30 p.m. | | | | | | |
| 1 p.m. | | | | | | Table Tennis (1 Court) Cornhole (1 Court) Drop-in |
| 1:30 p.m. | | | | | | |
| 2 p.m. | | Badminton Drop-in | Beginner / Novice Pickleball Drop-in | | | |
| 2:30 p.m. | | | | | | |
| 3 p.m. | | | | | | |
| 3:30 p.m. | | | | | | |
| 4 p.m. | | | | | | |
| 4:30 p.m. | | | | | | |
| 5 p.m. | Basketball Drop-in | Beginner / Novice Pickleball Drop-in | Gym Rental | All Levels Pickleball Drop-in (until 5/26) | Closed | |
| 6 p.m. | | | | | | |
| 7 p.m. | | | | | | |
| 8 p.m. | | | | | | |
| 8:45 p.m. | | | | | | |
| 9 p.m. | Closed | Closed | Closed | Closed | | |

MOVE YOUR BODY

Please carry in your athletic shoes; no street shoes are allowed in the gym, cardio room or on the walking track.

50+ FUN, FITNESS AND GAMES

The Senior Center gym offers a variety of programs to keep our patrons moving and having some fun! These activities bring in both the competitive and recreational players. Equipment is available for use, or you may bring your own. Days and times for non-fitness class activities are on **page 17** but can change, so please stay up-to-date by visiting the Parks and Recreation website, myshpr.net.

Cost: *Daily drop-in fee applies for non-members
***Beginning 7/1, Senior Center memberships are required to participate in any drop-in gym activities.**

Cornhole

This bag-tossing game is commonly found at tailgating parties and is very easy to learn. Cornhole is open to all; no experience is necessary.

Badminton

Players of all levels are welcome to play a friendly game.

Basketball

Practice your shot or get a group together for a game.

Table Tennis

This is recreational play and all skill levels are welcome. Both single and double play is offered. See schedule for exact times.

Cardio Room



The Cardio Room offers 6 pieces of equipment to help get your heart pumping. Before visiting our Cardio Room, patrons must take a mandatory orientation class. Call the Senior Center Gym at (586)446-2766 to schedule your orientation class or email seniorcenter@sterling-heights.net. We want all of our patrons to be safe and avoid injuries.

Monday - Wednesday

9 a.m. – 8:45 p.m.

Thursday

9 a.m. – 8:45 p.m. (until 5/19)

Friday

9 a.m. – 4:45 p.m.

Saturday

9 a.m. – 1 p.m. (until 5/21)

Walking Track

Our 1/20th mile track is a great place to get in your steps, no matter what mother nature throws our way.

Monday - Wednesday

9 a.m. – 9 p.m.

Thursday

9 a.m. – 9 p.m. (until 5/19)

Friday

9 a.m. – 5 p.m.

Saturday

9 a.m. – 1 p.m. (until 5/21)

FITNESS CLASSES

New!

Gentle yoga

FOR BEGINNERS

Revitalize your body, relax your mind, and reduce stress with slow, gentle poses that increase strength and flexibility. Bring a yoga mat and wear comfortable clothing.

Instructor: Maria Marino
Fitness Pros
Location: Senior Center
Day: Monday
Time: 6:30 - 7:30 p.m.



| Ref. #: | Day | Dates | # | Res. | Non-res. |
|----------|-----|--------------|---|------|----------|
| 6002.314 | M | 7/11 - 8/29* | 7 | \$42 | \$55 |

*No Class: 7/25

chair yoga

Explore the strength of your body, mind and spirit. Practice breathing techniques, stretching, balance and stability poses while sitting on a chair or standing using a chair for support. This is a great exercise for individuals 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: Senior Center
Days / Time: Wednesdays & Fridays at 9:30 a.m.

| Ref. #: | Day | Dates | # | Res. | Non-res. |
|----------|-----|--------------|---|------|----------|
| 6001.314 | W | 4/13 - 5/18 | 6 | \$30 | \$39 |
| 6001.315 | F | 4/01 - 5/13* | 6 | \$30 | \$39 |
| 6002.310 | W | 5/25 - 6/29 | 6 | \$30 | \$39 |
| 6002.311 | F | 5/20 - 6/24 | 6 | \$30 | \$39 |
| 6002.312 | W | 7/06 - 8/31* | 8 | \$48 | \$63 |
| 6002.313 | F | 7/01 - 8/26* | 8 | \$48 | \$63 |

*No Class: 4/15, 7/27 or 7/29

Line Dancing



Dance 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 athletic non-marking shoes.

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

| Ref. #: | Day | Dates | # | Res. | Non-res. |
|----------|-----|--------------|---|------|----------|
| 6001.044 | Tu | 4/12 - 5/17 | 6 | \$30 | \$39 |
| 6001.045 | Th | 4/14 - 5/19 | 6 | \$30 | \$39 |
| 6002.040 | Tu | 5/24 - 6/28 | 6 | \$30 | \$39 |
| 6002.041 | Th | 5/26 - 6/30 | 6 | \$30 | \$39 |
| 6002.042 | Tu | 7/05 - 8/30* | 8 | \$48 | \$63 |
| 6002.043 | Th | 8/04 - 9/01 | 5 | \$30 | \$39 |

*No Class: 7/26

Arthritis Exercise

The Arthritis Exercise Program may be designed specifically for people with Arthritis, but it is a great option for those without Arthritis as well! Participants will use gentle movements to help decrease pain, increase joint flexibility and range of motion while maintaining muscle strength. Exercising can be done standing or sitting in a chair.

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

| Ref. #: | Day | Dates | # | Res. | Non-res. |
|----------|-----|--------------|---|------|----------|
| 6001.056 | M | 4/18 - 5/23 | 6 | \$30 | \$39 |
| 6001.057 | W | 4/13 - 5/18 | 6 | \$30 | \$39 |
| 6001.058 | F | 4/01 - 5/13* | 6 | \$30 | \$39 |
| 6002.050 | M | 6/06 - 6/27 | 4 | \$20 | \$26 |
| 6002.051 | W | 5/25 - 6/29 | 6 | \$30 | \$39 |
| 6002.052 | F | 5/20 - 6/24 | 6 | \$30 | \$39 |
| 6002.053 | M | 7/11 - 8/15* | 5 | \$30 | \$39 |
| 6002.054 | W | 7/06 - 8/17* | 6 | \$36 | \$47 |
| 6002.055 | F | 7/01 - 8/19* | 7 | \$42 | \$55 |

*No Class: 4/15, 7/25, 7/27 or 7/29

Tai Chi Chu'an

Sometimes referred to as "meditation in motion", Tai Chi's deep-breathing meditation techniques and slow movements can help relieve stress, increase flexibility, strength and improve feelings of overall well-being.

Instructor: John Marchewitz
Location: Community Center Fitness Studio 1
Days: Tuesdays and Thursdays
Time: Beginner – 9:15 a.m.
 Intermediate – 10:45 a.m.



| Ref.# Beg | Ref.# Inter | Day | Dates | # | Res. | Non-res. |
|-----------|-------------|-----|--------------|---|------|----------|
| 6001.028 | 6001.029 | Tu | 4/12 – 5/17 | 6 | \$36 | \$47 |
| 6001.030 | 6001.031 | Th | 4/14 – 5/19 | 6 | \$36 | \$47 |
| 6002.020 | 6002.021 | Tu | 5/24 – 6/28 | 6 | \$36 | \$47 |
| 6002.022 | 6002.023 | Th | 5/26 – 6/30 | 6 | \$36 | \$47 |
| 6002.024 | 6002.025 | Tu | 7/05 – 8/30* | 7 | \$42 | \$55 |
| 6002.026 | 6002.027 | Th | 7/07 – 9/01* | 7 | \$42 | \$55 |

*No Class: 7/19, 7/21, 7/26 or 7/28



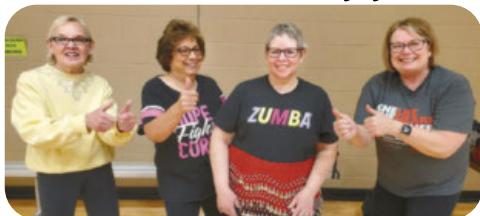
Get grooving at your own pace! Zumba Gold is a high-energy, low-impact aerobic workout. Bring indoor-only, non-marking soled shoes.

Instructor: Peggy DiMercurio (M & F)
 Dalya Markarian (W)
Location: Senior Center Gym
Days / Time: Mondays at 9:30 a.m.
 Wednesdays at 6 p.m. **(NEW DAY & TIME!)**
 Fridays at 11 a.m.

| Ref. #: | Day | Dates | # | Res. | Non-res. |
|----------|-----|--------------|---|------|----------|
| 6001.064 | M | 4/18 – 5/23 | 6 | \$30 | \$39 |
| 6001.065 | F | 4/01 – 5/13* | 6 | \$30 | \$39 |
| 6002.060 | M | 6/06 – 6/27 | 4 | \$20 | \$26 |
| 6002.061 | F | 5/20 – 6/24 | 6 | \$30 | \$39 |
| 6002.062 | M | 7/11 – 8/29* | 7 | \$42 | \$55 |
| 6002.063 | W | 7/06 – 8/31* | 8 | \$48 | \$63 |
| 6002.064 | F | 7/01 – 8/26* | 7 | \$42 | \$55 |

*No Class: 4/15, 7/8, 7/25, 7/27 or 7/29

Welcome Back, Peggy!



We Missed You!

New! Chair Zumba Gold

Chair Zumba aims to improve: overall energy, core stability, muscular strength, cardiovascular endurance and motor skills. This class is specifically designed for people who find it difficult to stand for extended periods of time, those with limited mobility and anyone who wants a great seated workout!

Instructor: Dalya Markarian
Location: Senior Center
Day: Thursday
Time: 10 – 11 a.m.

| Ref. #: | Day | Dates | # | Res. | Non-res. |
|----------|-----|--------------|---|------|----------|
| 6002.065 | Th | 7/07 – 9/01* | 8 | \$48 | \$63 |

*No Class: 7/28



ARTS AND LEISURE



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 **10 a.m.** on the following dates:

April 6 – The Silent Patient by Alex Michaelides

May 4 – The Nine Lives of Rose Napolitano
by Donna Freitas

June 1 – Death on the Nile by Agatha Christie

August 3 – Fifty Words for Rain
by Asha Lemmie

Cost: Daily drop-in fee applies for non-members

Location: Senior Center

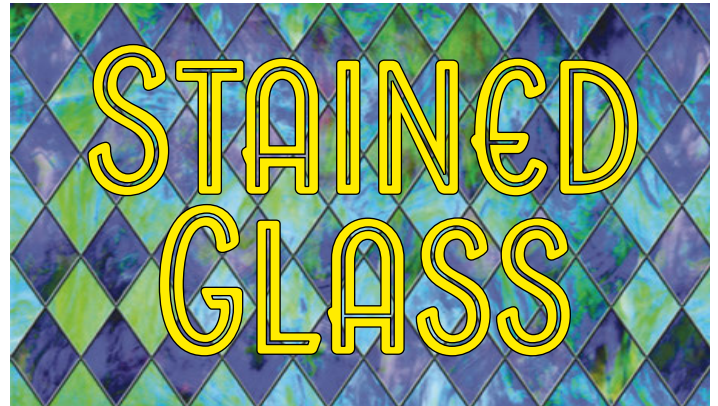
Deaf Senior Citizens

**Mondays, April 11 & 25,
May 9 & 23 and June 13 & 27
9:30 a.m. – 4:30 p.m.**

Local deaf seniors meet twice a month to socialize, play games and maybe play a couple hands of cards. Drop in for a few minutes or bring a lunch and stay all day. All are welcome to join in the fun!

Cost: Daily drop-in fee applies for non-members

Location: Senior Center



**Thursdays, April 7 – April 28
May 5 – May 26
June 2 – June 23**

During each 4-week session, you will receive instruction to create a new stained glass project while learning how to cut glass, foil and solder to get a beautiful finished project to take home.

April Ref. #: 6001.300 Glass flower project

May Ref. #: 6002.322 Mosaic glass & stone project*

(*Small material fee paid to instructor for stones)

June Ref. #: 6002.333 Project to be determined

Instructor: Anita Ellison

Cost per session: \$24 Resident / \$31 Non-resident

Location: Senior Center



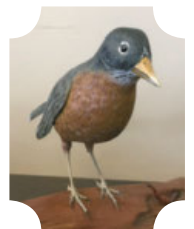
Mondays, 1 – 4 p.m.

Novice and experienced carvers convene to whittle, chip and carve interesting projects. This club welcomes all!

Cost: Daily drop-in fee applies for non-members

Location: Senior Center

Not Meeting 5/30



Create & Take

Looking to get creative? Come to the Senior Center and join fellow crafters and take home your creation. Registration is required.

Spring Birdhouse

Friday, April 29 at 10 a.m.

When we think about Spring, we think about the birds chirping, flowers blooming and days lasting longer. Join us to create a birdhouse decoration that will be a perfect reminder of the season!

Brought to the Center by :



Cost: \$3 Resident / \$5 Non-Resident
Daily drop-in fee applies for non-members

Ref. #: 6001.331

Location: Senior Center



Monday – Friday

9 a.m. – 4:45 p.m.

Tuesday & Thursday* (until 5/19)

5 – 8:30 p.m.

Saturday* (until 5/21)

9 a.m. – 12:45 p.m.

***Enter at gym doors for evening & Saturday billiards hours**

Our billiards room features three 8-foot tables that are open for drop-in play most days. Pool cues are available or bring your own. Please read house rules located on the wall in the billiards room before playing. All skill levels welcome! **No Play 4/15 or 5/30**

Cost: Daily drop-in fee applies for non-members

Location: Senior Center



Tuesdays, 9:30 a.m. – 3:30 p.m.

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.

Cost: Daily drop-in fee applies for non-members

Location: Senior Center

Model Builders

Mondays, 9:30 a.m. – noon

New or experienced kit model builders are welcome to join this group. Work on your own projects: plastic, wood, metal, etc. No formal instruction will be given.

Cost: Daily drop-in fee applies for non-members

Location: Senior Center

Not meeting 5/30

Sit-n-Stitch

Wednesdays, 12:30 – 3:30 p.m.

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!



Cost: Daily drop-in fee applies for non-members

Location: Senior Center

General Trip Information

- Resident registration for trips begins in-person and online at **2:15 p.m.** on the day listed.
- **Non-residents may register the next day at 2:15 p.m.**
- Pricing listed is resident / non-resident.
- Dates and pricing are subject to change.
- Return times listed are approximate.
- If you need a wheelchair lift bus for any of our day trips, please let us know before you register as we need to check on the availability of that bus with the company.
- Trips that require tickets or other fees are **non-refundable** unless a suitable replacement can be secured at least one business day prior to departure.
- No refunds are given if canceled with less than 3 business days' notice.
- Travelers are to park in the northeast lot. This is the lot along the tree line near the gym.
- Each traveler must visibly wear the provided lanyard for the duration of the trip.
- Travelers must be checked in at least 15 minutes prior to departure.
- Check-in will begin 1 hour prior to departure.
- Trip itineraries and meal choices are subject to change. When possible, travelers will be alerted prior to departure.
- Due to a federal mandate, all riders are required to wear a mask while on the bus.



Departs Destination

| | |
|-------------|--|
| 04/25/22 | Painted Canyons of the West |
| 04/27/22 | Purple Rose Theatre: <i>Sherlock Holmes and the Adventure of the Ghost Machine</i> |
| 05/05/22 | Holland Tulip Festival |
| 05/13/22 | Detroit Riverwalk |
| 05/17/22 | FireKeepers Casino |
| 05/23/22 | Diamond Jacks Detroit River Tour |
| 06/02/22 | Grand Rapids: Frederik Meijer Gardens |
| 06/10/22 | Lake St. Clair Metropark |
| 6/15 & 6/16 | Huron Lady Cruise |
| 07/08/22 | Taylor Conservatory & Botanical Gardens |
| 07/12/22 | Fisher Theatre: <i>"My Fair Lady"</i> |
| 08/04/22 | Pioneer Wine Trail |
| 08/16/22 | Fisher Theatre: <i>"Ain't Too Proud"</i> |
| 08/16/22 | Sault Ste. Marie |
| 09/11/22 | Pacific Northwest and California |
| 10/24/22 | Grand Experience |
| 02/12/23 | Iceland's Magical Northern Lights |

Endurance Level Key

To better assist travelers, trips are rated according to the level of endurance required.



Easy: Little walking. Ex: Going to a lunch or play.



Moderate: Walking with few breaks and some stairs.



Strong: Much walking, uneven surfaces, and /or multiple flights of stairs.

TRAVEL

(Opens Monday, 4/04)



Tuesday, May 17 

Spend a day at FireKeepers Casino playing the latest games. Trip includes \$20 in free slot play, \$5 in points (points can be use for food, drink, merchandise or additional slot play) and driver tip. Valid identification required to receive free play.

| Cost | Depart | Return | Ref. # | Travel By: |
|-------------|-----------|--------|----------|------------|
| \$40 / \$45 | 9:30 a.m. | 7 p.m. | 6002.421 | Carrs |

(Opens Monday, 4/04)

Grand Rapids Federik Meijer Gardens

Thursday, June 2 



Frederik Meijer Gardens features several areas contained in this Grand Rapids attraction such as a Tropical Conservatory and Sculpture Park. Patrons will enjoy a guided-tour tram ride (weather permitting) of the sculpture and nature trails. Everyone will receive a \$15 lunch voucher to enjoy lunch at the Taste of the Gardens on-site. There will also be a stop at Robinette's Apple Haus & Gift Barn to enjoy some shopping.

| Cost | Depart | Return | Ref. # | Travel By: |
|-------------|-----------|-----------|----------|------------|
| \$49 / \$54 | 7:15 a.m. | 6:15 p.m. | 6002.428 | Bianco |

(Opens Monday, 4/04)



Friday, May 13 

Enjoy a morning at the Detroit Riverwalk. Take in the sights of the Detroit River with plenty of spots to sit or walk the trail at your own pace.



| Cost | Depart | Return | Ref. # | Travel By: |
|-----------|--------|------------|----------|------------|
| \$4 / \$6 | 9 a.m. | 12:15 p.m. | 6002.426 | SMART |

(Opens Monday, 5/02)

LAKE ST. CLAIR METROPARK

Friday, June 10 

Grab your sunglasses and spend the morning walking and exploring our local metropark. Over 1 mile of shoreline and a 1,600 foot boardwalk offers a wonderful view of Lake St. Clair.



| Cost | Depart | Return | Ref. # | Travel By: |
|-----------|--------|--------|----------|------------|
| \$4 / \$6 | 9 a.m. | Noon | 6002.427 | SMART |

TRAVEL

(Opens Tuesday, 6/07)



TAYLOR
CONSERVATORY
& BOTANICAL
GARDENS

Friday, July 8



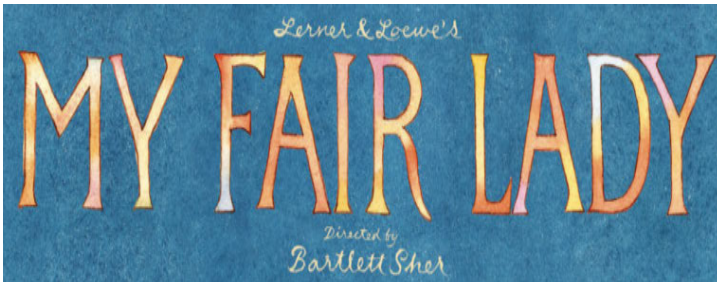
Join us for a guided tour of the Taylor Conservatory & Botanical Gardens. The open-air Conservatory is the only one in Michigan and is filled with seasonal displays of flowers from May to October. The Gardens offer an experience you'll remember forever. Taylor Conservatory was voted as one of the Top 12 Most Beautiful Botanical Gardens in Michigan. **Bring a bagged lunch for yourself to enjoy a picnic.**



| Cost | Depart | Return | Ref. # | Travel By: |
|-------------|-----------|-----------|----------|------------|
| \$10 / \$12 | 9:30 a.m. | 1:30 p.m. | 6002.430 | SMART |

(Opens Monday, 4/04)

Fisher Theatre presents...



Tuesday, July 12



From Lincoln Center Theater and director Bartlett Sher comes the new production of this classic musical. Boasting such memorable songs as "I Could Have Danced All Night", "The Rain in Spain" and "Wouldn't it Be Lovely", *MY FAIR LADY* tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistics professor who is determined to transform her into his idea of a "proper lady". At the end, you will wonder: who is really being transformed?

| Cost | Depart | Return | Ref. # | Travel By: |
|-------------|-----------|------------|----------|------------|
| \$70 / \$72 | 6:30 p.m. | 11:15 p.m. | 6002.431 | SMART |

(Opens Tuesday, 6/07)



Thursday, August 4

Southeast Michigan's Wine Region is home to the modern-day vintner, ready to welcome and guide you through your discovery and enjoyment of their award-winning wines. Taste and discover wines at St. Julian Winery, Cherry Creek Cellars and Winery North of 12. Enjoy lunch at Danley's Country House: broasted chicken, mashed potatoes, salad, bread, green beans and ice cream.

| Cost | Depart | Return | Ref. # | Travel By: |
|-------------|--------|-----------|----------|------------|
| \$64 / \$69 | 9 a.m. | 7:15 p.m. | 6002.429 | Bianco |

(Opens Monday, 5/02)

Fisher Theatre presents...



Tuesday, August 16



This electrifyingly new smash-hit Broadway musical follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. Nominated for 12 Tony Awards and the winner of the 2019 Tony Award for Best Choreography, it's a thrilling story of brotherhood, family, loyalty and betrayal during a decade of civil unrest in America. Set to the beat of the group's treasured hits, this unforgettable story of the legendary quintet will remind you why they are considered the greatest R&B group of all time.

| Cost | Depart | Return | Ref. # | Travel By: |
|-------------|-----------|------------|----------|------------|
| \$75 / \$77 | 6:30 p.m. | 11:15 p.m. | 6002.432 | SMART |

(Opens Monday, 5/02)

Sault Ste. Marie & The Soo Locks

August 16 - 18 

Cost: Single \$555 Resident / \$563 Non-resident
Double \$474 Resident / \$482 Non-resident
Triple \$455 Resident / \$463 Non-resident

Ref. #: 6002.425

Travel to the Upper Peninsula and see the sights. Stay at the beautiful Kewadin Casino Hotel (incentive package: \$10 per day plus \$10 in food coupons per day is



included for your gaming enjoyment). Enjoy a fabulous dinner overlooking the St. Mary's River at the Lockview Restaurant with a choice of: **1)** stuffed shrimp **2)** white fish or **3)** 8 oz sirloin. All entrees include salad, bread, baked potato, vegetable, dessert and non-alcoholic beverage. Visit the Tower of History, Museum Ship Valley Camp, Downtown Sault Ste. Marie, Soo Locks Cruise and Mackinaw Crossings for shopping time. Dinner at Sault Ste. Marie Country Club with a choice of: **1)** chicken marsala with mashed potatoes/gravy & vegetables **2)** fresh whitefish with wild rice and vegetables or **3)** penne casarecce. This 3-day trip includes 2 breakfasts (at the hotel) and 2 dinners.



October 24 – 27, 2022



Cost: Single \$1150 w/bus / \$1025 w/o bus
Double \$910 w/ bus / \$785 w/o bus
Triple \$885 w/bus / \$760 w/o bus

Northeast Recreation and Parks Association (NERPA) will once again offer the popular Grand Experience trip to Mackinac Island and the Grand Hotel. This all-inclusive trip, complete with five-course dinners, a wide variety of unique programs and activities such as golf, tournaments, crafts, dancing and carriage tours will make your stay at this world-class destination a truly Grand Experience.




*** Rooms will be sold on a first come, first served basis beginning Thursday, April 14 at 8:30 a.m. at the Recreation Authority Center of Roseville & Eastpointe.**

Detailed fliers are available at the Sterling Heights Senior Center, online at www.myshpr.net or by calling (586) 445-5480.

(Open)

Iceland's Magical Northern Lights

February 12 - 18, 2023

Cost: Double \$3,399 p.p.
Single \$3,899 p.p.
Triple \$3,369 p.p. 

Each year during the winter months, travelers journey to Iceland and venture out into the dark to see the magical, but elusive, Northern Lights (aurora borealis). The light show is truly dazzling and worth the pursuit. Travelers will also experience: Reykjavik, a Northern Lights Cruise, Golden Circle, Thingvellir National Park, Lava Exhibition Center, Blue Lagoon, etc. This 7-day trip includes 10 meals (5 breakfasts and 5 dinners). Trip information is available online at myshpr.net or a printed copy is available at the Senior Center.



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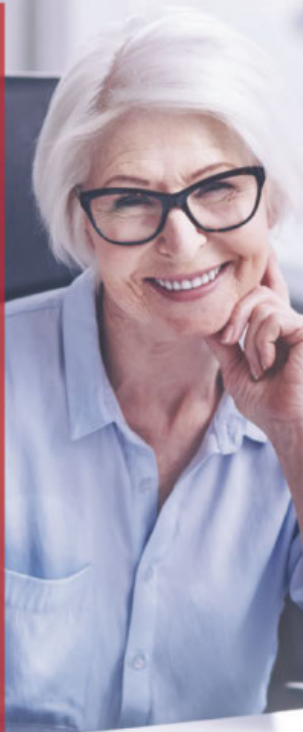
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1-D-2-5

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15-0753



Get the Fifty Plus Post Mailed to your Door!

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 for \$12 Resident/\$18 Non-resident, for a one (1) year subscription.

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

Mail to:

**Sterling Heights Senior Center
Attn: Fifty Plus Post
40200 Utica Road
Sterling Heights, MI 48313**

Name and Address:



CONTACT US

Main Center Phone: (586) 446-2750
Mon. – Fri. 9 a.m. – 1 p.m. & 2 – 5 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
40200 Utica Road
Sterling Heights, MI 48313

Cancellation Hotline: (586) 446-2693

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

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

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

The Sterling Heights "Fifty Plus Post" is published quarterly 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 quarterly at the Center or online at www.myshpr.net and www.mycommunityonline.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.

Parks & Recreation Senior Center Staff

Parks & Recreation Director: Kyle Langlois

Recreation Superintendent: Kristen Briggs

Recreation Specialist: Jennifer Rizzo

Front Office: Karen Oddo, Cheryl Kracht and Bozena Saladiak

Program/Office Assistants : Leona Cross, Kim Schudlich,
Jean Volos, Roy Vultaggio, Linda Jaskiewicz, Janet Herrmann,
Linda Krieger and Tom Koller

Bus Drivers: Becky Stewart, Sharon Lautenbach, Ed Streling,
Karen McClellan, Matt Finateri, Denise Berg, John Lamanna,
Susan Nihem, Jeremy Ridky, Joe Battaglia and Matt Lockwood

City of Sterling Heights
Department of Parks and Recreation
40555 Utica Road
Sterling Heights, MI 48313

OR CURRENT RESIDENT



Nutrition is a vital component of our health and well-being, especially as we age. Since 1972, the National Senior Nutrition Program has been there to support older adults by providing nutrition services across the country. Funded by the Older Americans Act, the Administration for Community Living (ACL) provides grants to states to support a network of local programs that deliver nutrition services to older adults. These programs promote healthy eating, decrease social isolation and support better health. They also provide a gateway for older adults to access other home and community-based services such as falls prevention programs, chronic disease management services and more.

Macomb Community Action Office of Senior Services is the local organization that provides the Senior Nutrition Program. The City of Sterling Heights has been partnering with them since 2015, providing Dining Senior Style and Meals on Wheels services

through the Sterling Heights Senior Center, as well as funding to support our 50+ parties to help reduce the cost to our participants. This partnership has had a positive impact on so many of our residents' lives and we are proud to celebrate the 50th Anniversary with others across the country. You can celebrate with us by participating in the Senior Nutrition Program game. This is a great way to have fun and be entered in our free food prize drawing. Starting April 1, pick up a game sheet from the Senior Center or Community Center. Fill the game sheet out and return it to the Senior Center prior to noon on 5/03/22. All completed sheets will be entered in the prize drawing. Prizes include: free Dining Senior Style meals and grocery store gift cards.

To find out more about the Dining Senior Style program, check out the article on page 6. Menus are available for pick up at the Senior Center or online at myshpr.net. If you are interested in finding out more about the Meals on Wheels program or becoming a volunteer, please contact (586) 469-5228.

