

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:

- 7/04 – Independence Day
- 7/25 - 7/29 – Sterlingfest
- 9/05 – Labor Day


Cancellation Hotline:

In the event of inclement weather, please call (586) 446-2693 for a list of programs that have been cancelled or delayed.



Summer is in full swing and we are ready to get patrons out and moving! New fitness programs are on the schedule and more programs are anticipated to start in the fall. Things are looking up as our travel program is back and gaining momentum. This edition covers summer and early fall programming as well. Please pay attention to program deadlines and sign up early so you don't miss out on the fun!

In regard to the July 1 fee structure change, we know there has been a little confusion. The spring edition announced that we will no longer have a drop-in fee for 50+ programming, and are moving to membership only. What this means is:

- For traditional drop-in style programs (walking track, card games, get together, gym activities, etc.) visitors will need to be a member to be able to participate. To help patrons know if they will need to be a member to enjoy their favorite activities, we have added a  icon to those activities.
- For trips, session-based classes, and parties, no membership is required.
- Other programs that require registering in advance will have a program fee for non-members. This is great for our visitors wanting to attend a health presentation or to join a friend to play Bunco. This program fee is listed under cost.
- Grant funded programs and those agencies we have agreements with (ex. Dining Senior Style, Blood Drives, Medicare counseling, etc.) participants do not need to be members or pay a program fee as long as that is the only program they are participating in. So if a patron just wants to come and eat a Dining Senior Style lunch, they do not have to be a member and the only cost associated will be for the meal. If that patron wants to walk or play cards before eating lunch they will need to be a member to do those additional activities.

We know this may seem a little confusing, but we are available to answer questions. If you want to become a member and need more information please see the article on page 3. We encourage you to read beyond page 3 and see some of the amazing programming that is on the horizon. **We hope you have a happy and safe summer!**

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Happy Retirement

After 23 years of dedicated service to the residents of Sterling Heights, Karen Oddo is officially retiring. Karen has always been willing to do whatever the job required whether it be playing a scarecrow at Sterling Frights, making gallons of hot chocolate for Sterling Christmas or coming in early to handle trip registrations. Karen will be missed, but we wish her well as she takes the next step into the adventurous world of retirement. It isn't goodbye, it is see ya later!



IMPORTANT Registration Info.

Please use the guidelines below to help ease confusion and congestion when registering for 50+ programming:

- To avoid program cancellations, please register early.
- 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 **7/06/22**.
- 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.

Registrations cannot be taken over the phone.

Stay Connected:



: www.myshpr.net



: @sterlingheights



: facebook.com/myshpr



: myshpr

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.



If you haven't already become a member what are you waiting for? Membership gives full access to all of our drop-in style programming and many other programs at no additional charge. That is over 45 programs! The cost is still only \$16 resident / \$32 non-resident and is good for one full year from date of purchase. 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. Becoming a member is easy, just fill out the registration form on page 30 and bring it into the Senior Center along with your form of payment. A photo will be taken when you register and you will be given a key tag to use for quick access into the Senior Center. It is that easy! Don't delay, join in on the fun today!



Keeps You Moving!

Curb-to-curb transportation service is offered Monday - Friday until 3:30 p.m. and after 4 p.m. for some Parks and Recreation programming and City Council Meetings. Rides are available for residents who do not drive and over the age of 55, or adults with disabilities. 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 or visit myshpr.net.

**To make an appointment call
(586) 446-2757
Monday - Friday
9 a.m. – 12 p.m. & 1 – 4 p.m.**

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

July

- 7** **The Look** *w/Cool Car Show*
(Classic Rock)
- 14** **Phase 5**
(Motown)
- 21** **Fun House**
(Party Band)

August

- 4** **Dirty Deeds**
(AC/DC Tribute)
- 11** **Family Tradition**
(Country Rock)
- 18** **Boogie Dynamite**
(Disco Era)
- 25** **Your Generation**
(Party Band)

**Musical performers subject to change.*



Every Thursday
Farmers Market
3:00 - 8:00pm



MATTHEW BALL
THE BOOGIE WOOGIE KID
Wednesday, July 13

THE RAMBLERS BAND
Wednesday, August 10

STEVE FLOYD
Wednesday, August 31

Join us for our daytime outdoor summer concerts 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: \$3 Residents / \$5 Non-residents (members free)

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

July 13 Ref. #: 6002.451 (open)

Aug. 10 Ref. #: 6002.452 (open)

Aug. 31 Ref. #: 6002.453 (opens 7/5)

Location: Dodge Park Farmers Market Pavilion

DON'T FORGET TO BRING A CHAIR!



Thursdays, July 14 – September 8*
or September 29 – November 17
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
S.H.P.D. Community Services Bureau

Cost: \$3 Residents / \$5 Non-residents (members free)

July Ref. #: 6002.330 *No Class: 7/28

September Ref. #: 6003.331

Location: Senior Center



Grand Connections

Spend time with your grandchildren and make memories that will last a lifetime.

Bocce Ball Tournament
Thursday, August 11 at 10 a.m.

Play Bocce in Dodge Park with your grand! No experience necessary. Each team will receive a goody bag!

Register by August 1. Ages 6 & up.

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

Ref. #: 6002.362

Location: Meet at the Senior Center

Tuesday, September 27
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



What is Handy Helpers?

Monday, August 15

10:30 a.m.

Handy Helpers is a free program for all Macomb County residents 60 years and older that assists with non-continuous household maintenance tasks. Join us for this presentation to learn about all the services available for free!

Cost: Free (registration required)

Ref. #: 6002.335

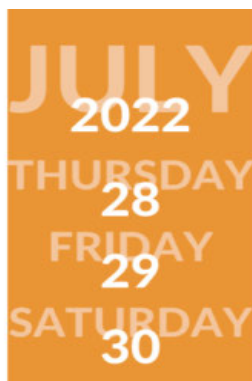
Location: Senior Center



Are you a sensational speller? Time is running out to sign up to "BEE" a part of the 2022 Sterling Heights Senior Center Spelling Team. Shelby Township Senior Center is hosting this year's event on Friday, October 14. The Center with the most spellers at the end of the competition wins!

A list of words will be provided to each participant and practices will begin in August for those wishing to study with others. 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.



Sterlingfest is back and will be a feast for the senses: see the art, hear the music and taste the food. For a full schedule of events go to sterling-heights.net. Shuttles will be available from several locations along Dodge Park. The Senior Center and SMART minibus service will be closed during the festival.



STRIKE UP FRIENDSHIPS. JOIN TODAY!

Time to get things rolling again! Get friends together and join fellow bowlers for a season of fun! 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! Teams of four (no more than 3 men or 3 women on a team), individual bowlers, and substitutes are welcome! **Deadline to register is July 22.**

Ref. #: 6003.100

Location: 5 STAR LANES



**Wednesday, September 14
10 a.m.**

Join us the second Wednesday of each month beginning in September for this new support group that is specially designed for families and caregivers. If you are caring for someone with dementia, who is caring for you? You are not alone. This support group will help you learn more about the disease as well as understand the changes dementia has made on their lives.

Brought to the Center by: **ARDEN COURTS**
PROMEDICA MEMORY CARE

Cost: \$3 Residents / \$5 Non-residents (members free)

Ref. #: 6003.217

Location: Senior Center

NEWS YOU CAN USE

Opens Tuesday, 9/06 at 2:15 p.m.



Friday, October 28

11:30 a.m. - 2 p.m.

(Doors open for the party at 11:15 a.m.)

Who said growing another year older has to be scary? Join us as we celebrate Halloween in our traditional spooktacular way, plus the 25th Anniversary of the Sterling Heights Senior Center. Wear a costume if you dare or just come as your "Boo"tiful self. There will be entertainment, lunch and some additional treats! John the D.J. from High Fidelity Sounds will be spinning the tunes, so don't forget your dancing shoes. For lunch, we will have more than ghoulish goulash thanks to a partnership with the Macomb County Senior Nutrition Program. The event menu will be available after 8/1. Missing the Monster Mash Anniversary Bash may drive you batty, hearing about how much fun your friends had, so don't wait to sign up. Space is limited. **Last day to register is October 10.**

Cost: \$16 Resident / \$20 Non-resident

Ref. #: 6003.500

Location: Community Center



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).

MEDICARE OPEN ENROLLMENT



**Tuesday, October 18,
Tuesday, November 15 &
Wednesday, December 7**

**To schedule an appointment, call: (800) 803-7174
and request an appointment at the
Sterling Heights Senior Center.**

Feeling overwhelmed about Medicare open enrollment? Wondering if you have what is "right" for you? Then join us at one of our Medicare Open Enrollment events. Have your Prescription Part D reviewed by a certified counselor from the Area Agency on Aging 1-B. They can also review supplemental Medicare Insurance policies to determine if you are in the "right" policy. Appointments must be made in advance and will last approximately an hour.

Cost: Free

Location: Senior Center





**Wednesdays,
September 28 &
October 19
9:30 – 11:30 a.m.**

Don't get stuck at home with the Flu, get your shot at one of the Center's clinics this Fall! In order to expedite the process on clinic days, please register in advance! All individuals wanting to get a flu shot will need their insurance card(s) the day of the clinic.

Cost: Free (registration required)
Location: Senior Center



Helping the Homeless
**Tuesdays,
July 19, August 16 & September 20
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.

Location: Senior Center

Helping Heroes
**Tuesday, August 16
11 a.m.**

Volunteers sort donated items and fill care bags for the V.A. Hospital and Veterans Outreach food pantry. Volunteers must sign-up in advance to help. Call 586-446-2750 if you can join us so we know how many to expect.

Location: Senior Center



Have daytime commitments and can't get to the Senior Center before 5? No worries, we have you covered. We have several evening exercise classes running this summer (pgs. 20 - 21) and starting in the fall there will be even more programs happening after 5 p.m. for you to enjoy. We are currently looking for volunteers that would be interested in running an evening card or game group? We would love to see evening Euchre, Mah-Jongg and Rummikub groups. Games not your thing? How about scrap-booking, painting or crafting? There are many possibilities! If you are interested in seeing something in particular on the calendar or are able to volunteer some time, please email seniorcenter@sterling-heights.net or call (586) 446-2750. Our first big evening event will be BINGO! (see below)



***Tuesday, September 20**
Bingo starts at 6:30 p.m.
(Cards sold 5:30 – 6:15 p.m.)

Join us for an evening of fun! **Players must be registered by noon the day before to be able to play, no same day registration.**

Cost: \$3 Residents / \$5 Non-residents (members free)

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

Ref. #: 6003.604

Location: Senior Center *use gym entrance

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15-0753



Office of Senior Services

Wednesdays, July 6 & September 7
Appointments start at 9:30 a.m.

Aleana Loy, Macomb County Office of Senior Services Advocate, will be at the Senior Center to answer questions and to help connect patrons with available services. For more information or to make an appointment call (586) 446-2750.

Cost: Free

Location: Senior Center

HELPING TO KEEP YOU STEPPIN' IN THE RIGHT DIRECTION
Foot and Nail Care

Thursdays, July 7 & 21, August 11 & 25, September 8 & 22

Podiatrist Dr. Paul Mallamo 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. Appointment times begin at 9 a.m.

Cost: Medicare & Co-insurance accepted plus

\$3 Residents / \$5 Non-residents (members free)

Location: Senior Center

Reflexology

Wednesday, September 14

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. To schedule an appointment call or text Heidi Allan, Certified Reflexologist, at (586) 321-2840.

Cost: \$20 / 20 minute session plus

\$3 Residents / \$5 Non-residents (members free)

Location: Senior Center

Got Medicare Questions?

Wednesdays, July 20, August 17 & September 21
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: Free

Location: Senior Center



Veterans Benefit Outreach

Fridays, July 15, August 19 & September 16

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: Free

Location: Senior Center



Digital & Media Literacy in the Age of Misinformation

Tuesday, August 2
2:30 p.m.

In the ever-increasing, technologically-developed world, the flow of information has increased, but how do you spot what is real and what isn't? Learn the difference between "fake news" and misinformation while also understanding the devices you use everyday.

Instructor: Sterling Heights Public Library Staff

Cost: \$3 Residents / \$5 Non-residents (members free)

Ref. #: 6002.214

Location: Senior Center



Thursdays, August 4 - September 8
9:30 – noon

This free six-week program is designed to provide skills and tools to help people living with Type 2 diabetes. Family members, friends and caregivers are also encouraged to attend the workshop. Learn problem-solving techniques, ways to communicate better with your health care team, balancing your blood sugar and how to improve your overall health as well as increase your energy. Workshop runs for 6 weeks. **Registration deadline is August 2.**

Cost: Free (registration required)

Ref.#: 6002.336

Location: Senior Center

HealthTalks

Safe Use of Vitamins & Supplements

Christine Hermiz, DO
Wednesday, July 13
11a.m.

Every day a new food trend seems to be in the news along with an abundance of advice on supplements and vitamins. Join us to learn safe methods of taking vitamins and supplements combined with advice for healthy eating and living well.

Get in the Game Men's Health

C. Stokes, PhD, RN
Wednesday, September 14
11a.m.

Men are at risk for prostate and colorectal cancer. Learn the signs & symptoms, the gold standards for screening, and what to expect from diagnosis tests and early treatment. Men (and their significant others) are invited.

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:



Toolbox for Stress

Friday, September 9
10:30 a.m.

Kathy Housey, *Balance & Brains Instructor*, returns to share a variety of ways to cope with stress. This presentation will equip you with the tools you can use to deal with stress. Kathy will explain how stress affects the body and the brain and will lead you through four different techniques that you can choose from and practice wherever you are.

Cost: \$3 Residents / \$5 Non-residents (members free)

Ref.#: 6003.210

Location: Senior Center



MENTAL HEALTH

New to Medicare??

Saturday, September 17

10:30 a.m.

Are you turning 65 soon? When you do, you'll be eligible for Medicare! Join Michigan's Medicare Medicaid Assistance Program to find out: when and how you can get Medicare, what Medicare costs, what Medicare covers, what your options are ... and more!

Cost: \$3 Residents / \$5 Non-residents (members free)

Ref.#: 6003.211

Location: Senior Center



Aging in Place

Rehab without Walls

Wednesday, September 21

10:30 a.m.

Join Nicole Brill, Physical Therapist, to learn the holistic definition of aging in place, emphasizing the importance of matching one's physical needs to a home environment. Learn about controllable factors (such as staying healthy) that can allow people to live in the comfort of home when growing older. Brought to the Center by:



Cost: \$3 Residents / \$5 Non-residents (members free)

Ref. #: 6003.212

Location: Senior Center

Strategies For Caregivers Coming Together for Loved Ones

Monday, September 26

10:30 a.m.

Join Kathy Housey to learn strategies to demonstrate physical, emotional and verbal interactions with your loved one effected by dementia and Alzheimer's. Learn how to shed the guilt felt as a caregiver and learn to practice patience and relaxation. Brought to the Center by Shorehaven.



Cost: \$3 Residents / \$5 Non-residents (members free)

Ref. #: 6003.213

Location: Senior Center



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Thursdays,
September 15 –
November 3

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:**



Cost: Free (Registration required)

Ref. #: 6003.330

Location: Senior Center

Medicare Open Enrollment Q & A

Wednesday, September 28
1:30 p.m.

Medicare Open Enrollment is coming! Medicare's annual Open Enrollment period is October 15 through December 7. What does this mean for you? Get your questions answered regarding annual Medicare choices and options with the Michigan Medicare/Medicaid Assistance Program.

Cost: Free (Registration required)

Ref.#: 6003.214

Location: Senior Center



**Monday, October 3 & Tuesday, October 4
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.

Location: Senior Center

**Being a Good Friend
and Neighbor to Someone
with Dementia
Tuesday, October 11
2:30 p.m.**

Gain an understanding of dementia, signs and symptoms to look for and helpful ways to help support individuals impacted and their families during the journey. Participate in fun and engaging activities, learn about resource options and get answers to questions you may have. Brought to the Center by:



Cost: \$3 Residents / \$5 Non-residents (members free)

Ref. #: 6003.215

Location: Senior Center



**with Kathy Housey,
Brains & Balance Instructor™
Wednesday, October 12
2:30 p.m.**

Challenge your brain! Work various areas of the brain including reasoning, memory, language and problem solving with this fun, yet challenging lesson. Practice long-term / short-term memory drills to gain an unstoppable memory! Brought to the Center by:



Cost: \$3 Residents / \$5 Non-residents
(members free)

Ref. #: 6003.216

Location: Senior Center

FUN AND GAMES



**Fridays, July 1,
August 5 & September 2
10 a.m.**

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

Cost: \$3 Residents / \$5 Non-residents (members free)

Bring \$2 with you that day for game play

July Ref. #: 6002.632

August Ref. #: 6002.633

September Ref. #: 6003.630

Location: Senior Center

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 7/04, 7/25, 7/28 or 9/05**

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 7/04, 7/25 or 9/05**

Scrabble

Wednesday at 9 a.m.



Challenge your brain, meet new friends, and join in on a fun game of Scrabble!
No Play 7/27



**Tuesdays, July 12,
August 9 & September 13
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.** 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. We will play 6 regular games and 1 coverall game. Space is limited, so register "B4" it's too late!

Cost: \$3 Residents / \$5 Non-residents (members free)

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

July Ref. #: 6002.602

August Ref. #: 6002.603

September Ref. #: 6003.600

Location: Senior Center



**Tuesdays,
August 23 & September 27
10 a.m.**

Farkle is a fun dice game similar to Bunco or Yahtzee. With a little luck and strategy you could walk away a winner. Newcomers are always welcome! **Players must be registered by noon the day before to be able to play; no same-day registration.**

Cost: \$3 Residents / \$5 Non-residents (members free)

Bring \$2 with you that day for game play


August Ref. #: 6002.622

September Ref. #: 6003.620

Location: Senior Center

OPEN CARDS

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 7/04, 7/25 – 29 or 9/05**

All of the games listed below are for  **Members ONLY**

Bridge

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

Are you looking for something to do this Summer? Do you play Bridge or need a partner. Call 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 while!

Concan (51)

Monday - Friday at 11 a.m.

Concan is also known as Conquian and is the Arabic version of Rummy.

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)**

Up & Down the River

Tuesday at 9 a.m.

Known by different names to different people; Oh Heck, Peanuts, etc.



Want to start something new?? We are looking for people interested in playing Rummikub one day a week. If you are interested, put your name on the list at the Center main desk or call (586) 446-2750.



EUCHRE & PINOCHLE TOURNAMENTS

**Fridays,
July 15, August 19
& September 16**
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. **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: \$3 Residents / \$5 Non-residents
(members free)
Bring \$2 on that day for game play.

Euchre Tournaments

**July Ref. #: 6002.611
August Ref. #: 6002.613
September Ref. #: 6003.605**

Pinochle Tournaments

**July Ref. #: 6002.612
August Ref. #: 6002.614
September Ref. #: 6003.606
Location: Senior Center**

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

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

*Saturday hours return starting 9/10

	M	T	W	Th	F	S*
Arthritis Exercise (pg. 21)	☀		☀		☀	
Badminton (pg. 18) <i>Members ONLY</i>		☀		☀		
Basketball (pg. 18) <i>Members ONLY</i>	☀					
Billiards (pg. 22) <i>Members ONLY</i>	☀	☀	☀	☀	☀	☀
Bridge (pg. 15) <i>Members ONLY</i>	☀	☀		☀	☀	
Canasta (pg. 15) <i>Members ONLY</i>					☀	
Cardio Room (pg. 18)	☀	☀	☀	☀	☀	☀
Chair Yoga (pg. 20)			☀		☀	
Chair Zumba Gold (pg. 21)				☀		
Cornhole (pg.18) <i>Members ONLY</i>	☀				☀	
Cribbage (pg. 15) <i>Members ONLY</i>			☀			
Creative Corner (pg. 22)*Thursdays thru 9/01 <i>Members ONLY</i>		☀		☀		
Deaf Seniors (pg. 23) <i>Members ONLY</i>	☀					
Dining Senior Style (pg. 6)	☀	☀	☀	☀	☀	
Euchre (pg. 15) <i>Members ONLY</i>			☀		☀	
Gentle Yoga for Beginners (pg. 20)	☀					
Get Together <i>Members ONLY</i>	☀		☀		☀	
Hand and Foot (pg. 15) <i>Members ONLY</i>			☀			
Line Dancing (pg. 20)		☀		☀		
Mah-Jongg (pg. 14) <i>Members ONLY</i>	☀			☀		
Mexican Train Dominoes (pg. 14) <i>Members ONLY</i>	☀					
Model Builders (pg. 22) <i>Members ONLY</i>	☀					
Pickleball (pg. 19) <i>Members ONLY</i>	☀	☀	☀	☀	☀	☀
Pinochle (pg. 15) <i>Members ONLY</i>	☀	☀	☀			
Scrabble (pg. 14) <i>Members ONLY</i>			☀			
Sit-n-Stitch (pg. 22) <i>Members ONLY</i>			☀			
Stained Glass (pg. 23)				☀		
Table Tennis (pg. 18) <i>Members ONLY</i>			☀		☀	
Tai Chi Chu'an (pg. 21)		☀		☀		
Up & Down the River (pg. 15) <i>Members ONLY</i>		☀				
Walking Track (pg. 18) <i>Members ONLY</i>	☀	☀	☀	☀	☀	☀
Woodcarving (pg. 23) <i>Members ONLY</i>	☀					
Zumba Gold (pg. 20)	☀		☀		☀	

GYM SCHEDULE (SUBJECT TO CHANGE)

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

July 5 - Sept. 3 Center Closed July 25-29	Time	M	T	W	Th	F	
	9 a.m.		Pickleball Lessons Session	Single(s) Table Tennis until 11:30 a.m.	Badminton	Cornhole	
	9:30 a.m.	Zumba Gold Session					
	10 a.m.						
	10:30 a.m.			Double(s) Table Tennis			
	11 a.m.	Cornhole (1 Court) Basketball (1 Court)					Zumba Gold Session
	11:30 a.m.		Line Dance (11:45 a.m.) Session		Badminton Drop-in	Beginner / Novice Pickleball	
	12 p.m.						
	1 p.m.						
	2 p.m.						
	3 p.m.						
	4 p.m.						
	4:30 p.m.						
	5 p.m.	Basketball	Beginner / Novice Pickleball	Gym Rental	Closed	Closed	
	6 p.m.						
	7 p.m.						
8 p.m.							
9 p.m.	Closed	Closed	Closed				

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

***Beginning 7/1, Senior Center memberships are required to participate in any non-session based 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 doubles 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. – *4:45 p.m.

(*Open Thursday evenings beginning 9/8)

Friday

9 a.m. – 4:45 p.m.

Saturday

9 a.m. – 1 p.m. (beginning 9/10)

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. – *5 p.m.

(*Open Thursday evenings beginning 9/8)

Friday

9 a.m. – 5 p.m.

Saturday

9 a.m. – 1 p.m. (beginning 9/10)



Lessons

Pickleball Beginner 1-Day Clinic

Have you been wanting to see what Pickleball is all about? Or are you a beginner who would like to know more? Participants in this one-day class will learn the basic rules, strokes, and strategies of the game. Paddles and balls are provided. **Instructors:** Jeff Ng or Chip Fazio

Dates: Tuesday, September 6 **Ref. #: 6003.001**

Time: 9:15 – 11:15 a.m.

Cost: \$17 Resident / \$22 Non-resident

Pickleball Skills & Drills Group Lessons

Intermediate level players will learn 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. This class is not for beginning players. **Instructors:** Jeff Ng or Chip Fazio

Dates: Tuesdays, July 5 – August 2* **Ref. #: 6002.004**

Tuesdays, September 13 – October 4 **Ref. #: 6003.002**

* **No Class 7/26**

Time: 9:15 – 11:15 a.m.

Cost: \$67 Resident / \$87 Non-resident

Location: Senior Center Gym

Open Play

At the Senior Center, we welcome all and have a rotating list of players so that players get to play a variety of people and skill levels; players cannot pick their playmates. During beginner/novice only times, more advanced players are welcome but must play down to a novice level.

Thursday, 2 – 4:30 p.m. (Beginner/novice only)

Tuesday, 5 – 8:45 p.m. (Beginner/novice only)

Thursday, 5 – 8:45 p.m. (beginning 9/08)

Saturday, 9 – 11 a.m. (Residents only) &
11 a.m. – 1 p.m. (beginning 9/10)

No play 7/26 or 7/28

Location: Senior Center

Drop-in Pickleball is also available at the Community Center.

Current schedules can be found at the Community Center or at myshpr.net.

Leagues

Join our NEW Round Robin Ladder Leagues! Players will play with and against division participants, changing partners after each game. Players will be scheduled and assigned a court based on the previous week's individual score. Standings will be kept and updated weekly during the 6 weeks of league play to determine a league champion. Game play - 3 games to 15 points or 1½ hours time limit. Space is limited; if league is full, please add yourself to the wait list and substitute player list.

Co-ed Doubles Round Robin Ladder League (Player Ranking: 2.5 - 3.0)

Dates: Wednesdays,
September 21 – October 26

Time: 11:30 a.m.

Cost: \$26 Resident / \$33 Non-resident

Ref. #: 6003.520

Co-ed Doubles Round Robin Ladder League (Player Ranking: 3.5 & up)

Dates: Wednesdays,
November 2 – December 7

Time: 11:30 a.m.

Cost: \$26 Resident / \$33 Non-resident

Ref. #: 6003.521

Location: Community Center

Substitute League Player

Cost: Free; *must register

2.5 – 3.0 Sub Ref. #: 6003.530

3.5 & up Sub Ref. #: 6003.531

To obtain an USAPA player ranking - visit www.pickleballtournament.com to establish an account. This ranking will determine the league you will join.

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: Elizabeth Wilk, (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
6003.310	M	9/12 – 10/31	8	\$48	\$63

*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: Elizabeth Wilk (Maria Marino Fitness Pros)

Location: Senior Center

Days / Time: Wednesdays & Fridays at 9:30 a.m.

Ref. #:	Day	Dates	#	Res.	Non-res.
6002.312	W	7/06 – 8/31*	8	\$48	\$63
6002.313	F	7/01 – 8/26*	8	\$48	\$63
6003.317	W	9/07 – 10/26	8	\$48	\$63
6003.318	F	9/02 – 10/14	7	\$42	\$55

*No Class: 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.
6002.042	Tu	7/05 – 8/30*	8	\$48	\$63
6002.043	Th	8/04 – 9/01	5	\$30	\$39
6003.040	Tu	9/06 – 10/25	8	\$48	\$63
6003.041	Th	9/08 – 10/27	8	\$48	\$63

*No Class: 7/26

Zumba! GOLD

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.
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
6003.024	M	9/12 – 10/31*	7	\$42	\$55
6003.025	W	9/07 – 10/26	8	\$48	\$63
6003.026	F	9/02 – 10/14	7	\$42	\$55

*No Class: 7/8, 7/25, 7/27, 7/29 or 10/10

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.
6002.024	6002.025	Tu	7/05 – 8/30*	7	\$42	\$55
6002.026	6002.027	Th	7/07 – 9/01*	7	\$42	\$55
6003.010	6003.011	Tu	9/06 – 10/25	8	\$48	\$63
6003.012	6003.013	Th	9/08 – 10/27	8	\$48	\$63

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

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: Mondays, Wednesdays, & Fridays
Time: 11 a.m.

Ref. #:	Day	Dates	#	Res.	Non-res.
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
6002.050	M	8/22 – 9/19*	4	\$24	\$31
6002.051	W	8/24 – 9/21	5	\$30	\$39
6002.052	F	8/26 – 9/23	5	\$30	\$39

*No Class: 7/25, 7/27, 7/29 or 9/05

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 a.m.

Ref. #:	Day	Dates	#	Res.	Non-res.
6002.065	Th	7/07 – 9/01*	8	\$48	\$63
6003.030	Th	9/08 - 10/27	8	\$48	\$63

*No Class: 7/28



Create & Take

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

Summer Garden Craft Wednesday, July 20 at 2:30 p.m.

Join us to paint a Terra Cotta pot that you can use to plant your favorite summer plant or houseplant.



Brought to the Center by:



Cost: \$3 Resident / \$5 Non-Resident (members free)

Ref. #: 6002.320

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.



Location: Senior Center

Not meeting 7/4, 7/25 or 9/5

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!

Location: Senior Center

Not meeting 7/27



**Tuesdays & Thursdays*
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.

***Thursdays through 9/1**

Location: Senior Center

Not meeting 7/26 or 7/28

**Monday – Wednesday*
9 a.m. – 8:45 p.m.**



**Thursday and Friday
9 a.m. – 5 p.m.**

**Saturday* (beginning 9/10)
9 a.m. – 12:45 p.m.**

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 7/4, 7/25 - 7/29 or 9/5

Location: Senior Center

***Enter at gym doors after 5 p.m. & Saturday billiards hours**



STAINED GLASS

**Thursdays, September 8 – 29
October 6 – 27
9:30 - 11:45 a.m.**

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.



**September Ref. #: 6003.322 Sailboat
October Ref. #: 6003.323 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 group welcomes all!



Location: Senior Center
Not Meeting 7/4, 7/25 or 9/5

BOOK CLUB

The Sterling Heights Public Library brings a book discussion to the Senior Center! Join a lively talk on some great reads. All chosen titles are available in multiple formats through the library, including large print and audio CDs, so everyone can take part in the fun. Book Club discussions will start promptly at **10 a.m.** on the following dates:

- August 3** – Fifty Words for Rain
by Asha Lemmie
- September 7** – The Personal Librarian
by Marie Benedict
- October 5** – The Four Kinds of Winds
by Kristin Hannah

Cost: \$3 Residents / \$5 Non-residents (members free)
Location: Senior Center

Deaf Senior Citizens

**Mondays, July 11, August 8 & 22
and September 12 & 26**
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!

Not meeting 7/25
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.





Departs	Destination
07/08/22	Taylor Conservatory & Botanical Gardens
07/12/22	Detroit Opera House: "My Fair Lady"
07/19/22	Eastern Market
08/04/22	Pioneer Wine Trail
08/11/22	Belle Isle: Oudolf Garden & Dossin Great Lakes Museum
08/16/22	Detroit Opera House: "Ain't Too Proud"
08/16/22	Sault Ste. Marie
08/23/22	Eastern Market
09/08/22	Detroit Prohibition Tour
09/11/22	Pacific Northwest and California
09/14/22	Detroit Zoo
09/20/22	Eastern Market
09/22/22	International Auto Show
09/30/22	Michigan Renaissance Festival
10/05/22	Soaring Eagle Casino
10/06/22	Yates Cider Mill
10/13/22	Michigan Science Center
10/19/22	Little Shop of Horrors at Meadow Brook Theatre
10/27/22	DIA: Van Gogh Exhibit
10/24/22	Grand Experience
11/14/22	Bronner's Frankenmuth Christmas Shopping Trip
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 7/05, 8/03 & 9/06)



**Tuesdays, July 19, August 23
or September 20** 

Join us for one or all! Tuesdays at the Eastern Market feature a sampling of the historic Market experience through the inclusion of farmers, flowers, produce dealers, specialty products and prepared food vendors. Please note that items purchased must be able to be stored between you and the seat in front of you or on your lap. The buses are not large enough for large buggies or wagons. As always, walkers are welcome!

July Ref. #: 6002.433

August Ref. #: 6002.434

September Ref. #: 6003.420

Cost	Depart	Return	Travel By:
\$5 / \$7	10:15 a.m.	2 p.m.	SMART

(Opens Tuesday, 7/05)

BELLE ILSE OUDOLF GARDEN & DOSSIN GREAT LAKES MUSEUM

Thursday, August 11 

Enjoy a tour of Oudolf Garden Detroit (OGD). An outdoor garden on Belle Isle spanning across 2.5 acres, the garden holds 32,000 perennials and grasses, 90% of which are from Michigan growers. After the gardens, we will head to the Dossin Great Lakes Museum for a guided tour. The museum is dedicated to showcasing the story of the Great Lakes, with a special emphasis on Detroit's role in regional and national maritime history. Be sure to pack a beverage and bagged lunch to enjoy before the museum tour.

Cost	Depart	Return	Ref. #	Travel By:
\$20 / \$25	9 a.m.	3 p.m.	6002.435	SMART

(Opens Tuesday, 7/05)

Detroit Prohibition Tour

Thursday, September 8 

Visit the haunts and riverfront locations the rum runners and bootleggers used to ply their trade and the company that made Detroit's bootlegging history possible. Your tour guide is a Detroit Prohibition historian and a descendant of Detroit bootleggers. Enjoy lunch at Amore da Roma, Detroit's oldest Italian restaurant and a former speakeasy with a choice of: **1) Broiled whitefish, 2) Chicken Parmigiana or 3) Baked Lasagna.** All entrees include salad, dessert and non-alcoholic beverage. After lunch, visit a former speakeasy and toast to the end of Prohibition!

Cost	Depart	Return	Ref. #	Travel By:
\$70 / \$75	8 a.m.	4:30 p.m.	6003.421	Bianco

(Opens Wednesday, 8/03)



Wednesday, September 14 

Enjoy a Senior day at the Detroit Zoo for Senior Day! Enjoy live music, tram tours, bingo, zookeeper talks, senior resource area and of course, the animals.

Cost	Depart	Return	Ref. #	Travel By:
\$5 / \$7	Noon	4:30 p.m.	6002.422	SMART

(Opens Wednesday, 8/03)



Stay tuned for details regarding the upcoming Auto Show trip in September.

TRAVEL

(Opens Wednesday, 8/03)

Michigan Renaissance Festival

Friday, September 30 

Huzzah! Travel back in time to the days of knights, fair maidens and jesters. Enjoy one of the 17 stages that boasts non-stop entertainment. See merchants demonstrating a variety of crafts such as glass blowing, print making and candle making. Lunch is on your own, so bring cash for food and beverages. No outside food is permitted.

Cost	Depart	Return	Ref. #	Travel By:
\$24 / \$26	9:30 a.m.	3:30 p.m.	6003.423	SMART

(Opens Wednesday, 8/03)

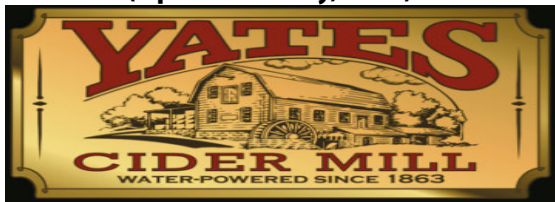


Wednesday, October 5 

Spend a day at Soaring Eagle Casino playing the latest games. You will receive \$20 in Premium Play; earn 600 points & receive \$10 in play, \$10 in food (loaded onto card) and \$10 in Bingo bucks. Valid identification required to receive free play. Driver tip is included.

Cost	Depart	Return	Ref. #	Travel By:
\$49 / \$54	9 a.m.	7 p.m.	6003.424	CARRS

(Opens Tuesday, 9/06)



Thursday, October 6 

The Fall season isn't complete without a trip to the Cider Mill to purchase a crisp, refreshing glass of cider and a fresh cider mill donut. Yates has been producing the same kind of fresh, 100% all natural, cider that folks enjoyed way back in 1876.

Cost	Depart	Return	Ref. #	Travel By:
\$5 / \$7	9:45 a.m.	Noon	6003.425	SMART

(Opens Wednesday, 8/03)



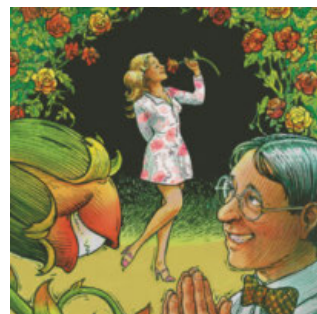
Thursday, October 13 

The Michigan Science Center is a Smithsonian-affiliate science museum in Detroit. It's mission is to inspire curious minds of all ages to discover, explore and appreciate science, technology, engineering and math in a creative, dynamic learning environment.

Cost	Depart	Return	Ref. #	Travel By:
\$16 / \$18	9:30 a.m.	12:45 p.m.	6003.426	SMART

(Opens Tuesday, 7/05)

Meadow Brook Theatre presents...



Little Shop OF HORRORS

Wednesday, October 19 

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

Cost	Depart	Return	Ref. #	Travel By:
\$43 / \$45	12:45 p.m.	5:30 p.m.	6003.427	SMART

(Opens Tuesday, 9/06)



DETROIT INSTITUTE OF ARTS

Van Gogh in America



Thursday, October 27

Van Gogh in America celebrates the Detroit Institute of Art's status as the first public museum in the United States to purchase a painting by Vincent Van Gogh, his Self-Portrait (1887). On the 100th anniversary of its acquisition, experience around 70 authentic Van Gogh works from around the world and discover the fascinating story of America's introduction to this iconic artist, in an exhibition only at the DIA.

Cost	Depart	Return	Ref. #	Travel By:
TBD	9:15 a.m.	2:30 p.m.	6003.428	SMART

(Opens Tuesday, 9/06)



Monday, November 14

Join us for a trip to Bronner's to get some names checked off your Christmas shopping list! A family style meal of homemade bread, noodle soup, cole slaw, seasonal salads, Frankenmuth style chicken, mashed potatoes, baked dressing with gravy, vegetable, buttered noodles, Chef's choice dessert, coffee, tea, milk or fountain soft drinks will be served at Bavarian Inn. After lunch, enjoy time to shop at the Bavarian Inn shops and on Main Street.



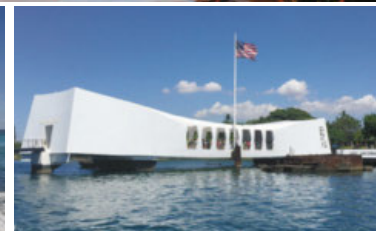
Cost	Depart	Return	Ref. #	Travel By:
\$56 / \$61	8:30 a.m.	4:45 p.m.	6003.429	Bianco

Hawaiian Adventure

September 2023

(Specific dates to be determined)

Embrace the spirit of "Aloha" on a leisurely 3-island tour of Hawaii featuring 3-night stays in each Oahu, Big Island (Kona) and Maui. Enjoy a stroll through the streets of the royal capital, Lahaina, Maui. Trip features visits to Pearl Harbor, Waikiki's North Shore, Honolulu, Hawai'i Volcanoes National Park, Bay View Farm and "Valley Isle" of Maui. This 10-day trip includes 13 meals (9 breakfasts and 4 dinners).



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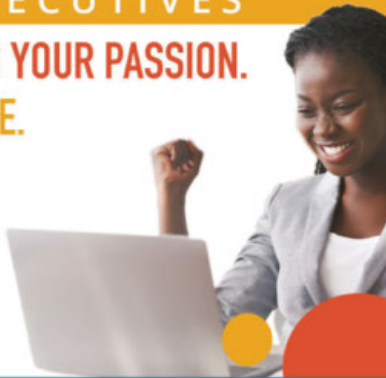
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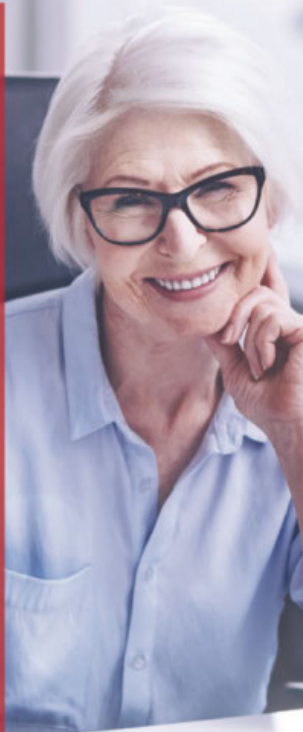
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Our Adult Day Services are funded under Title III of the Older Americans Act from the Area Agency on Aging 1-B through the Michigan Aging and Adult Services Agency.

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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: (800) 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,
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Susan Nihem, Joe Battaglia, Gerry Hoste and Matt Lockwood

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



September is National Senior Center Month. The Sterling Heights Senior Center is proud to serve the community with our 50+ program offerings. We are also thankful for all of our partners like the Area Agency on Aging, Macomb County Community Action, local hospital systems, AARP and many more that allow us to bring a wide variety of services and programs to help our patrons age well. To celebrate National Senior Center Month we thought we would do another photo challenge, since last year's photo contest was such a hit. This year will be a little different though. We are asking our patrons to take a photo of their favorite thing about the Sterling Heights Senior Center/ 50+ programming. Every person who submits a photo in the photo challenge will have their name put in a hat and we will draw for prize winners. Photos can be emailed to seniorcenter@sterling-heights.net or dropped off at the Senior Center from August 1 - 31. Please include your name, phone number, and any description you would like to add to the photo. Photos will be on display at the Senior Center through the month of September and winners will be announced in the Fall edition of the Fifty Plus Post. Lastly, thank you to all of our patrons who help make the Sterling Heights Senior Center a great place to find friends and fellowship. Our building is so much more than a place to come and do things; it is a place to improve your quality of life and age well!