

Fall 2022

Fifty Plus Post

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:

- 10/10 - Columbus Day (until 5 p.m.)
- 10/15 - Sterling Frights
- 11/11 - Veterans Day
- 11/24 - 26 - Thanksgiving
- 12/16 - Staff In-service Day
- 12/23 - 26 - Christmas Holiday
- 12/30 - 1/2 - New Year's Holiday

Cancellation Hotline:

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



Fall is officially here and the holiday season is on the horizon. This is typically a very busy time of year for 50+ programming with many traditional favorites and some new additions to keep the lineup fresh. Check out what this publication holds and remember even members need to register for programs. Sign-up early so your event calendar doesn't fall short of all the programs that will help you age well!

The Senior Center turns 25 in October and not only are we keeping the programs vibrant, but also continuing our building renovations. Some anticipated projects include: completing the lighting upgrade on the active life side of the building, card room refresh, main restroom remodel and repairing the water damage in the gym. We look forward to having all of these projects completed and thank our patrons for their patience while we navigate through this process and any inconveniences it may bring. Reading and observing posted signs will help patrons stay informed on changes to the schedule and/or room usage.

Fall is a fabulous time of year and as we start to wrap up 2022 and look forward to the new year, we would like to take a moment to thank all of our patrons that have taken part in 50+ programming this year! We are thankful for your participation and feel blessed to have such amazing individuals taking part in our programs.

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The Parks and Recreation Department staff would like to take a moment and thank all of the service men and women who have served in our Armed Forces. We continue to be the home of the free because of the brave. The City will once again be honoring Veterans at a program on Friday, November 11 at 11 a.m. in the Sterling Heights Community Center. If you are interested in attending this program or have questions, please contact Community Relations at (586) 446-2489.

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 **10/05/22**.
- 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



: facebook.com/myshpr



: @sterlingheights



: 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!

RIDE SMART **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.**



A Sterling Christmas

**SATURDAY
DECEMBER 3**
5:45 - 8:30PM ~ DODGE PARK

Everyone is invited to ring in the holiday season
with a variety of family fun activities.

**ACTIVITIES
ARE FREE
FOR ALL
RESIDENTS!**

Available for purchase
**PROFESSIONAL
PHOTOS
with Santa!**













Friday, October 28

11:30 a.m. – 2 p.m.

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

Last day to register is October 10. 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. Catering provided by the Century Banquet Center (Champagne Breast of Chicken, garlic mash potato, veggies, salad, fruit, roll and dessert).

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

Ref. #: 6003.500

Location: Community Center



HULA IN THE COOLA

Friday, February 10

It may be cold outside, but inside it will be a tropical oasis! So grab your sunglasses, throw on a Hawaiian shirt and join us for an afternoon of food, entertainment, and cool treats! Details will be available in the Winter edition of the Fifty Plus Post.

Opens Thursday, 10/06 at 2:15 p.m.



Thursday, December 15

10 a.m. – 2:15 p.m.

(Doors open for the party at 9:30 a.m.)



Celebrate the joys of the season with friends from the Sterling Heights Senior Center. Jeffrey Cavataio will be singing and sharing his favorite songs with us along with a performance by Disco Santa and our Zumba Gold dancers. There will be chances to win gift baskets and much more. A catered meal will be provided by Kristina's Catering and thanks to a partnership with the Macomb County Senior Nutrition Program. The menu will be available at the Senior Center main desk by 10/3/22.

When registering, participants will be asked to pick a table to sit at. Each table accommodates up to 8 people. Make sure to register with your friends so you can sit together. No seats will be held; seats will be first come, first served. Last day to register is November 28.

Cost: \$20 Resident / \$24 Non-resident

Ref. #: 6003.501

Location: Community Center

AARP Foundation TAX-AIDE

The Sterling Heights Senior Center will once again be hosting AARP Tax Aide this winter. Tax appointments will be a two-week process which helps reduce wait times; week one drop off papers and week two go over return and sign. Specific details will be available in the Winter newsletter. We will begin taking appointments as of January 3 during normal business hours.



Tuesday, December 20
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

Are you sick or feeling under the weather?

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

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

If you are showing any of these symptoms, it is necessary to stay home, seek a COVID-19 test and refrain from visiting the Center or any other public places. Also remember to wash hands frequently to help decrease the spread of germs and risk of becoming ill. Thanks for assisting us in keeping fellow patrons and staff healthy.

Grand Connections

Strengthen the bonds between generations, make lifelong memories and have some fun! Kids grab your grandparents and join us for a special holiday edition of our Grand Connections program.

Photo Collage Keepsake



Monday, December 19
2:30 p.m.

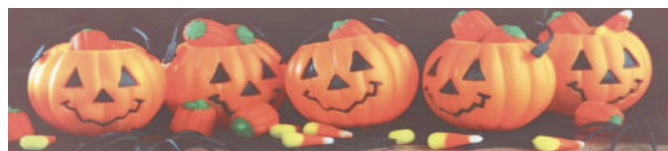
The holiday season is about family and remembering those people that are special to you. What better way to showcase these relationships than with a photo collage board? Grandkids and grand parents will each bring 5 to 6 pictures, no bigger than 4x6. Which will then be cropped, arranged and decoupaged onto a wood board that can be displayed for years to come. Give your one-of-a-kind creation as a gift or keep it for yourself. While you are waiting for your project to dry enjoy a snack, and this perfect time to share stories of favorite holiday memories!

Register by November 28. Ages 6 & up.

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

Ref. #: 6003.360

Location: Senior Center



**Don't forget to
bring your grand to
Sterling Frights
Saturday, October 15**
10 a.m. - 1 p.m.
in Dodge Park



**Wednesday, October 12
& November 9
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)

October Ref. #: 6003.218

November Ref. #: 6003.219

Location: Senior Center



**Wednesday,
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

DINING SENIOR STYLE

Monday – Friday

Tickets sold

10:30 – 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**



**Tuesdays, October 18,
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





Working or have daytime commitments and can't get to the Senior Center before 5? No worries, we have you covered! We have evening fitness classes running (pgs. 20 - 21) and starting this month there are 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 so 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.



Tuesday, October 18
6:30 p.m. (arrive by 6:15 p.m.)

Bring a non-senior friend and join in the fun! **All 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 evening for game play
Ref. #: 6003.624
Location: Senior Center

**use gym entrance for evening Farkle*



Tuesday, November 15
6:30 p.m. (arrive by 6:15 p.m.)

No experience is needed to play this fast-moving dice game! A Non-senior friend is welcome to join as well. **All 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 evening for game play
Ref. #: 6003.634
Location: Senior Center

**use gym entrance for evening Bunco*



Tuesdays, October 25
& November 29
6:30 p.m. (arrive by 6:15 p.m.)

Looking for a fun way to socialize and play your favorite game of cards? Non-senior friend is welcome to join in the fun as well! **All 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)
October Ref. #: 6003.640
November Ref. #: 6003.641

Location: Senior Center
**use gym entrance for evening Euchre*

More Evening Program Opportunities!!

Powerful Tools for Caregivers:
see page 13 for more information.

NEW!!! Evening Pickleball Lessons:
See page 19 for more information.

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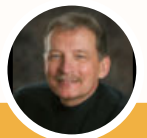


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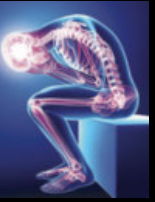


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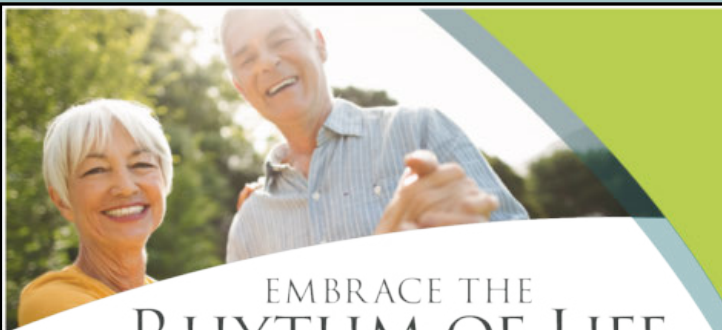
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15-0753

HELPING TO KEEP YOU STEPPIN' IN THE RIGHT DIRECTION

Foot and Nail Care

**Thursdays, October 6 & 20,
November 10 & 17,
December 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

**Wednesdays, October 12,
November 9 & December 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



**Office of
Senior Services**

Wednesdays, November 2

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

Veterans Benefit Outreach

**Fridays, October 21 &
November 18**

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



Got Medicare Questions?

Wednesday, January 18
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



It's that time of year again where Mother Nature can start mixing in some snow and possibly even ice. If the public schools close, that does not mean the Senior Center is closed. In the event of inclement weather please call the cancellation hotline, **(586) 446-2693**, to see which programs have been cancelled or delayed. We try our best to update this line by 8 a.m. on days of inclement weather. This will give you much faster service than waiting until 8:30 a.m. when the phone lines open at the Senior Center.



Helping the Homeless

Tuesdays,
October 18, November 15
& December 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, December 6
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

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

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



Perfume Free Zone

Please do not use perfume or cologne when visiting the Center (including the gym, Cardio Room and walking track). Many of our patrons have respiratory problems, allergies and sensitivities that can be triggered by scents. Thank you for your cooperation!

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 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:



 **ARDEN COURTS**
PROMEDICA MEMORY CARE

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

Ref. #: 6003.215

Location: Senior Center

Pre-planning for Peace of Mind

Wednesday, October 26
10:30 a.m.

Pre-planning your own funeral can provide peace of mind to you and your family. It lessens the burden on loved one's by having a plan in place, while allowing you to put your preferences in writing. It also gives you time to think about how you want others to remember you. Join us for a thoughtful discussion about the many benefits of early planning. Brought to the Center by Sullivan Funeral Home.

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

Ref. #: 6003.221

Location: Senior Center

HealthTalks

Vitamins, Supplements and Eating: What do I need to know?

Christine Hermiz, DO
Wednesday, October 12
11 a.m. (virtual)

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.

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.)

**In-person Health Talk returning to
the Senior Center in November!**

Mood Disorders

Erin Varvo M.D.

Wednesday, November 9
10:30 a.m. (in-person!)

Better understanding, recognizing and addressing changes in moods can improve quality of life. Join us for a discussion on different mood disorders and how to treat them

For all Health Talk events, please register at:
healthcare.ascension.org/events
or call (248) 849-5752.

Location: Senior Center

Thank you to our Health Talk sponsor:



Powerful Tools FOR Caregivers

**Wednesdays,
November 2 – December 7
6 – 7:30 p.m.**

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



Cost: Free (Registration required)

Ref. #: 6003.224

Location: Senior Center (use gym entrance)

Caring for the Caregiver

**Wednesday, November 16
10:30 a.m.**

Being a caregiver to someone suffering with dementia means not only being a support system but a decision maker as well. It can be taxing, so don't be afraid to ask for information or even help! It's important to be a caregiver, but not forget about the feelings you are facing as well. Brought to the Center by:



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

Ref. #: 6003.221

Location: Senior Center



Lorraine Cusumano, R.N., B.S.N.
Thursdays, November 3 – December 8*
1 – 2 p.m.

This new 5-week program is designed to support healthy aging and independence. Participants will receive resources including interactive newsletters each week about the topics discussed during the classes. Join us for fun and fellowship.

Brought to the Center by:

Cost: Free (Registration required)

Ref. #: 6003.222

Location: Senior Center

***Not meeting 11/24**



**DETROIT
INSTITUTE
OF ARTS**

presents:

Behind the Seen

"Behind the Seen" is presented by trained DIA teaching volunteers and brings the same level of insight and engagement about the DIA's collection from the museum to the Center.

Ordinary People by Extraordinary
Artist: Degas, Renoir and Friends
Thursday, December 8
10 a.m.

Some of the most important French artists of the 19th century resisted the elitist aesthetic of the academic art tradition by emphasizing the people around them and the human experience as subject matter during a transitioning moment in the modernist era. These are all works on paper by Degas, Renoir, Manet, Toulouse-Lautrec, Vuillard, Bonnard, Cezanne.

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

Ref. #: 6003.223

Location: Senior Center

FUN AND GAMES



**Fridays, October 7,
November 4 & December 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

October Ref. #: 6003.631

November Ref. #: 6003.632

December Ref. #: 6003.633

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 10/10, 11/24 or 12/26**

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 10/10 or 12/26**

Scrabble

Wednesday at 9 a.m.



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



**Tuesdays, October 11
& December 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! **No Bingo in November.**

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

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

October Ref. #: 6003.601

December Ref. #: 6003.603

Location: Senior Center



**Tuesdays,
October 25, November 22 &
December 20
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


October Ref. #: 6003.621

November Ref. #: 6003.622

December Ref. #: 6003.623

Location: Senior Center



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 10/10, 11/11, 11/24, 11/25, 12/16, 12/23, 12/26, 12/30** All of the games listed below are for 

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.

New! Rummikub

Thursday at 1 p.m.

Rummikub is a tile-based game for 2 to 4 players, combining elements of the card game Rummy and Mah-Jongg.

No Play 11/24



EUCHRE & PINOCHLE TOURNAMENTS

**Fridays,
October 21,
November 18 &
December 9**

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

October Ref. #: 6003.607

November Ref. #: 6003.609

December Ref. #: 6003.611

Pinochle Tournaments

October Ref. #: 6003.608

November Ref. #: 6003.610




































































































December Ref. #: 6003.612

Location: Senior Center

As requested, beginning in January we will be splitting tournament days allowing individuals to partake in both.

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

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

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

The floor in the gym has sustained some water damage resulting in unsafe conditions on the back court. The schedule below is in effect until we are able to fix the gym floor, at which time we will be closing the entire Active Life side of the building. Date for repairs is still to be determined. We thank you for your patience and understanding as we go through this process.

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

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.



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 - Thursday
9 a.m. – 8:45 p.m.

Friday
9 a.m. – 4:45 p.m.

Saturday
9 a.m. – 1 p.m.

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 - Thursday
9 a.m. – 9 p.m.

Friday
9 a.m. – 5 p.m.

Saturday
9 a.m. – 1 p.m.

STAY
ACTIVE

PICKLEBALL

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, December 6 **Ref. #: 6003.005**
 Tuesday, January 10 **Ref. #: 6001.001**

Time: 9:15 – 11:15 a.m.

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

Location: Senior Center

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, November 1 – November 29* **Ref. #: 6003.007**

Time: 9:15 – 11:15 a.m.

* **No Class 11/08** **Location:** Community Center

New day and time!!! Thursday evening lessons!

Dates: Thursdays, January 5 – January 26 **Ref. #: 6001.004**

Time : 6:30 - 8:30 p.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. (Intermediate/Advanced)

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

Saturday, 9 – 11 a.m. (Residents only) & **11 a.m. – 1 p.m.**

No play 10/15, 11/24, 12/24 or 12/31

Location: Senior Center (**Only one court available temporarily**)

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: 3.5 & up)

Dates: Wednesdays,
 November 2 – December 14*

Time: 11:30 a.m.

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

Ref. #: 6003.521

Location: Community Center

***No Play 11/09**

Substitute League Player

Cost: Free; *must register

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.

More league play returns in February!



FITNESS CLASSES

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. Exercises can be done on a yoga mat or adapted to a chair.



Instructor: Elizabeth Wilk,
(Maria Marino Fitness Pros)
Location: Senior Center
Day: Monday
Time: 6:30 – 7:30 p.m. (Changing to 6 p.m. in January)

Ref. #:	Day	Dates	Res. / Non.
6003.311	M	11/7 – 12/19	\$42 / \$55
6001.316	M	1/23 – 2/27	\$36 / \$47

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.
6003.319	W	11/2 – 12/14	\$42 / \$55
6003.320	F	10/21 – 12/9*	\$36 / \$47
6001.310	W	1/11 – 2/22	\$42 / \$55
6001.311	F	1/13 – 2/24	\$42 / \$55

*No Class: 11/11 or 11/25

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.
6003.042	T	11/01 – 12/13*	\$48 / \$63
6003.043	Th	11/03 – 12/15*	\$48 / \$63
6001.040	T	1/10 – 2/21	\$42 / \$55
6001.041	Th	1/12 – 2/23	\$42 / \$55

*No Class: 11/8 or 11/24

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
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.
6003.027	M	11/7 – 12/19	\$42 / \$55
6003.028	W	11/02 – 12/14	\$42 / \$55
6003.029	F	10/21 – 12/09*	\$36 / \$47
6001.060	M	1/09 – 2/27*	\$36 / \$47
6001.061	T**	1/10 – 2/21	\$42 / \$55
6001.062	F	1/13 – 2/24	\$42 / \$55

*No Class: 11/11, 11/25, 1/16 or 2/20

**Please note the Wednesday evening class will be changing to Tuesday evening beginning in January.

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

Time: 10 a.m.

Ref. #:	Day	Dates	Res. / Non.
6003.031	Th	11/03 – 12/15*	\$36 / \$47
6001.066	Th	1/12 - 2/23*	\$36 / \$47

*No Class: 11/24 or 2/16

Essentrics

Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic & fluid combination of strengthening & stretching. The technique develops lean, strong & flexible muscles with immediate changes to your posture.

Instructor: Carrie James

Location: Community Center

Time: Monday & Wednesday 6:30 - 7:30 p.m.
Friday 12:30-1:30 p.m.

Ref.#	Day	Dates	Res. / Non.
2803.034	M	10/31 – 12/12	\$49 / \$63
2803.035	W	11/02 – 12/14	\$49 / \$63
2803.036	F	11/04 – 12/09*	\$33 / \$42

*No Class: 11/25

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

Time: 11 a.m.

Ref. #:	Day	Dates	Res./Non.
6003.053	M	10/17 – 12/05	\$48 / \$63
6003.054	W	10/19 – 12/07	\$48 / \$63
6003.055	F	10/11 – 12/09	\$48 / \$63
6001.050	M	1/09 – 2/27*	\$36 / \$47
6001.051	W	1/11 – 2/22	\$42 / \$55
6001.052	F	1/13 – 2/24	\$42 / \$55

*No Class: 11/11, 11/25, 1/16 or 2/20

Essentrics Stretch & Restore

Looking to release tension after a long day or restore movement after injury/inactivity? Experience a relaxed, but dynamic and deep, full body stretch that will work through all the joints and release tight muscles.

Instructor: Carrie James

Location: Community Center

Time: 5:30 - 6 p.m.

Ref.#	Day	Dates	Res. / Non.
2803.037	M	10/31 – 12/12	\$42 / \$55

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

Time: Beginner – 9:15 a.m. (9:30 a.m. in January) Intermediate – 10:45 a.m.

Ref.# Beg	Ref.# Inter	Day	Dates	Res./Non.
6003.014	6003.015	T	11/01 – 12/13*	\$36 / \$47
6003.016	6003.017	Th	11/03 – 12/15*	\$36 / \$47
6001.020	6001.021	T	1/10 – 2/21	\$42 / \$55
6001.022	6001.023	Th	1/12 – 2/23	\$42 / \$55

*No Class: 11/08 or 11/24



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.

Holiday Craft

Winter Wonderland Scene

Monday, November 7 at 2 p.m.

The holiday season is quickly approaching. Join us to create a decoration that you can give as a gift or keep for yourself!

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

Ref. #: 6003.326

Location: Senior Center
Brought to the Center by:



Sit-n-Stitch

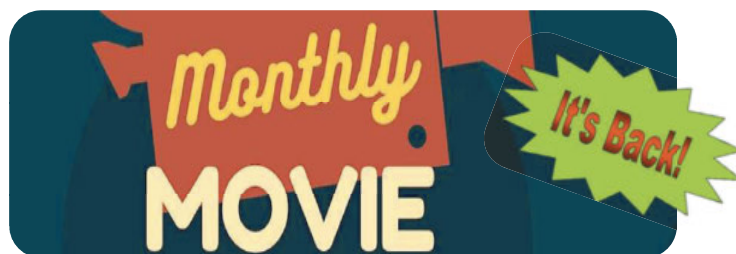
**Wednesdays,
12:30 – 3:30 p.m.**

*Members
ONLY*

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



Watch a movie and enjoy some refreshments at the **Sterling Heights Public Library at 10 a.m.**

Upcoming shows are:

October 20: The Witches. PG

November 10: Thor: Love and Thunder. PG-13

December 15: Top Gun: Maverick. PG-13

Transportation will be provided from the Senior Center to the Library for those who cannot drive. Participants must call (586) 446-2757 to schedule a ride. Don't forget to also schedule your ride to and from the Center.

Billiards



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

Tuesday, Thursday & Friday 9 a.m. – 5 p.m.

Saturday* 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 10/10, 10/15, 11/11, 11/24, 11/25, 11/26, 12/16, 12/23, 12/24, 12/26, 12/30 or 12/31

Location: Senior Center

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

*Members
ONLY*

STAINED GLASS



During each 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.

Instructor: Anita Ellison

Location: Senior Center

Time: 9:30 – 11:45 a.m.



Ref.#	Day	Dates	Res. / Non.
6003.323	Th	10/06 – 10/27	\$24 / \$31
6003.324	Th	11/03 – 12/08*	\$30 / \$39
6001.330	Th	1/05 – 1/26	\$24 / \$31

October project: Nightlight*

(*Small material fee paid to instructor)

November project: Christmas Lantern

January project: To be Determined

Location: Senior Center

***No class 11/24**

WOOD CARVING

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 10/10 or 12/26



CREATIVE CORNER

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.

Location: Senior Center

Not meeting 12/20

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 10/10 or 12/26

Deaf Senior Citizens

Mondays, October 24,

November 14 & 28

& December 12

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 10/10 or 12/26

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

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
10/20/22	Senior Fun Festival at Lorenzo Cultural Center
10/24/22	Grand Experience
10/27/22	DIA: Van Gogh Exhibit
11/10/22	Outdoor Adventure Center: The Edmond Fitzgerald: What Really Happened?
11/14/22	Bronner's Frankenmuth Christmas Shopping Trip
11/22/22	Festival of Trees
11/29/22	Great Lakes Crossing Mall
12/07/22	Edsel Ford House Lunch and Tour
01/04/23	Les Misérables at the Fisher Theater
02/07/23	FireKeepers Casino
02/11/23	Iceland's Magical Northern Lights
03/17/23	Neil Diamond Tribute Show at Zehnder's
09/28/23	Hawaiian Adventure

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 Thursday, 10/06)

SENIOR FUN FESTIVAL at Lorenzo Cultural Center

Thursday, October 20



Join us for a trip to Macomb County's largest senior expo! Enjoy wellness activities, entertainment, take part in health screenings and get community resources.

Cost	Depart	Return	Ref. #	Travel By:
\$5 / \$7	9 a.m.	11:15 a.m.	6003.436	SMART

(Opens Thursday, 10/06)

Outdoor Adventure Center -

*The Edmund Fitzgerald:
What Really Happened?*



Thursday, November 10



Presented by the National Museum of the Great Lakes. Explore the brief history of shipping on the Great Lakes that led to the impressive debut of the Edmund Fitzgerald. She had an exciting life during the 18 years she sailed, often carrying record breaking loads. Her loss on November 10, 1975 still puzzles many to this day. Spend time exploring the OAC after the presentation.

Cost	Depart	Return	Ref. #	Travel By:
\$11 / \$13	8:15 a.m.	12:45 p.m.	6003.433	SMART

(Open)

Frankenmuth's Bronner's & Bavarian Inn

Monday, November 14



Join us for a trip to Bronner's to get some names checked off your Christmas shopping list! A family style Frankenmuth chicken dinner 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

(Opens Thursday, 10/06)



Tuesday, November 22



Back by popular demand! Join us for the 38th Annual Festival of Trees, a benefit for the Children's Hospital of Michigan Foundation. This is a great way to get in the Christmas spirit, and find some inspiration for decorating this holiday season. The Festival of Trees is a public display featuring individually designed 7', 4', & 3' trees, Holiday wreaths, gingerbread houses, Christmas stockings, a festival gift shop, and more!

Cost	Depart	Return	Ref. #	Travel By:
\$9 / \$11	9:15 a.m.	12:30 p.m.	6003.432	SMART

(Opens Tuesday, 11/01)



Tuesday, November 29



The Holidays are fast approaching and this is a great time to pick up some presents for those on your nice list. Or you may be completely stressed out with the holidays and need some personal retail therapy / mall walking to help calm the nerves! The bus will drop you off to enjoy the day as you wish; take in a movie at the theatre, have lunch with a friend, get a new outfit, etc.

Cost	Depart	Return	Ref. #	Travel By:
\$5 / \$7	9:45 a.m.	2:45 p.m.	6003.431	SMART

Departing April 2024

Treasures of Europe

Set your sights on the European journey of a lifetime and discover all the must-sees of England, France, Switzerland & Italy. Informational brochures available at the Senior Center and at MYSHPR.net.

TRAVEL

(Opens Thursday, 10/06)

Edsel Ford House Tour & Luncheon

Wednesday, December 7 

Discover the private estate of one of America's most iconic automotive families. The stunning architecture, expansive lakefront gardens and grounds and historic cars all give a glimpse into the Ford family's life at the estate. For lunch enjoy a Caesar Salad, roasted garlic red skin potatoes, chicken Parmesan encrusted with lemon sauce, and warm Traverse City cherry crisp accompanied with whipped cream and caramel sauce.



Cost	Depart	Return	Ref. #	Travel By:
\$52/ \$54	8:30 a.m.	1:30 p.m.	6003.434	SMART

(Opens Thursday, 10/06)

Fisher Theatre presents...

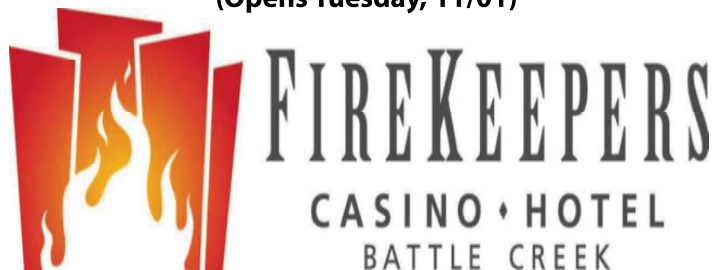


Wednesday, January 4, 2023 

Set against the backdrop of 19th century France, Les Misérables tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption—a timeless testament to the survival of the human spirit. This epic and uplifting story has become one of the most celebrated musicals in theatrical history. Seats are on the main floor at Fisher Theatre.

Cost	Depart	Return	Ref. #	Travel By:
\$96/ \$98	6:30 p.m.	11:30 p.m.	6001.420	SMART

(Opens Tuesday, 11/01)



Tuesday, February 7, 2023 


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:
\$44 / \$49	9 a.m.	6:30 p.m.	6001.421	CARRS

(Opens Tuesday, 11/01)

Neil Diamond Tribute Show at Zehnder's of Frankenmuth



Friday, March 17, 2023 

Back by popular demand! Since 1996, Tom Sadge has been bringing the look, sound and feel of Neil Diamond to audiences across the U.S., Canada and Europe. Enjoy all the popular Neil Diamond hits including America, Sweet Caroline and Crackling Rosie. During the show travelers will enjoy Zehnder's world famous chicken luncheon. After the show there will be time to shop before heading home.

Cost	Depart	Return	Ref. #	Travel By:
\$77 / \$82	9:30 a.m.	5:45 p.m.	6001.423	Bianco

Hawaiian Adventure

September 28 – October 7, 2023

Cost: Double \$5,599 p.p.
Single \$7,299 p.p.
Triple \$5,549 p.p.



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).

An informational presentation will be held on Tuesday, November 1 at 3:30 p.m.

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

Ref. #: 6003.332

Location: Senior Center



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15-0753

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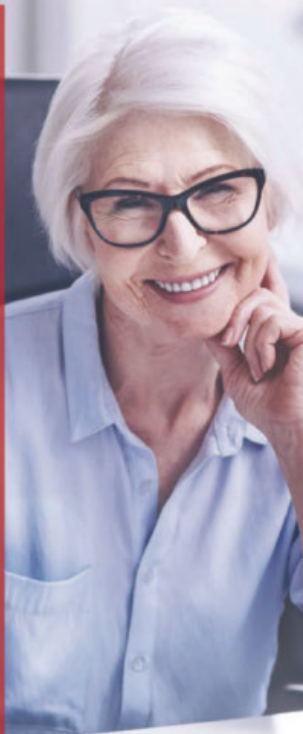
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www.VisitingAngels.com/SterlingHeights



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1-D-2-5

For ad info. call 1-800-477-4574 • www.lpiconmunities.com

15-0753



Registration Form

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

Address: _____ Apt #: _____

City: _____ Zip: _____ Email: _____

Phone: (Primary) _____ (Secondary) _____ (Other) _____

Emergency Contact #1 (Required)

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

Name: _____ Relation: _____ Name: _____ Relation: _____

Primary #: _____ Alt. #: _____ Primary #: _____ Alt. #: _____

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

Payment Method: ☐ Cash ☐ Check payable to: Treasurer City Of Sterling Heights # _____ ☐ Charge

Credit Card Info.	Visa/MC/Discover # _____ + 3 digit _____ Exp. Date: _____
	For Visa/MC/Discover charges please sign here: _____

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

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

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

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

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

PARENT OR GUARDIAN ACKNOWLEDGEMENT AND CONSENT:

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

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

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

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

Office Use Only: Clerk _____ Date ____/____/____ Arrival Time ____:____ AM / PM Pymt Method _____



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:



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 lakeshorelegalaids.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: 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, Joe Battaglia, Gerry Hoste and Matt Lockwood

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

OR CURRENT RESIDENT



2022 is coming to close and we are excited to see all of our traditional holiday programming back on the schedule. Mark your calendar to join us for A Sterling Christmas (pg 3) and 50+ program Holiday Party (pg 4). There may be additional events not listed in this publication so stay tuned to fliers around the Center, myshpr.net and of course social media for any additional opportunities. Happy Holidays to all and may the new year bring good health and many blessings to you and yours.

May the true spirit of the holidays fill your heart & home with joy today and into the coming year.



Bozena has shifted positions and is now our full time Senior Clerk at the Senior Center. We are excited to have her in this position and look forward to her continuing to serve our patrons and enhance our front office with hard work and her contagious positive energy! Congratulations!!!