

40200 Utica Road - Sterling Heights

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(586) 446-2766 Gym



Sterling Heights
Innovating Living

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:

- 1/2 - New Year's Day Holiday
- 1/16 - Martin Luther King Jr. Day
- 2/20 - Presidents' Day (Until 5 p.m.)

Cancellation Hotline:

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

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Happy Winter

The wonderment of Winter is upon us! Are you wondering will it snow? Will the sun make an appearance? Will my favorite pants fit after all those holiday treats, etc.? If your wondering includes what to do this winter, look no further than Sterling Heights Parks and Recreation which has plenty to offer! There are more than 20 parks with great outdoor recreation opportunities, including watching the ice skaters in Dodge Park and warming up near the fire. If indoor activities are more your speed, there are many programs City wide to keep you busy. In fact, this edition of the Fifty Plus post is so packed, it may make you wonder how it will all fit on your calendar!

Holiday bills have you wondering about money? Many of the offerings are low cost or free. Those 50 and beyond benefit from the option of the Senior Center membership, which allows free admittance to over 45 different programs at the Senior Center, many changing seasonally. Wondering how to become a member? See page 3. Wondering if you can try before you buy? Check out the article below.

Wondering if snow and ice are affecting programming? Call our cancellation hotline. We try our best to update it by 8 a.m. on inclement weather days. Please note that the Senior Center is often still open on these days to give people a safe place to stay warm, even when programming is cancelled.

Sterling Heights Parks and Recreation has a lot planned for 2023. Wondering what is coming? Keep up to date by visiting myshpr.net and following us on social media (see page 2 for more details).

SENIOR CENTER SAMPLER PASS

New Year's resolution to try something new? Want to move your body more? Need to fight off the isolation that winter can bring, but not ready to commit to a Senior Center membership? Then a Senior Center Sampler Pass may be just what you are looking for. The pass allows individuals over the age of 50 the opportunity to enjoy all the benefits of a Senior Center membership for 7 calendar days from the date of purchase. Do you have an out of town guest visiting? This pass is a perfect way for them to enjoy a week at the Center with you! The cost is \$8 for residents and \$16 for non-residents with a limit of one pass per person per calendar year. If a Senior Center membership is bought within 30 days of purchasing the pass, the cost of the pass will be discounted from the price of the membership. This is one deal you won't want to **pass** up!

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.** 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 **1/04/23**.
- 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](https://twitter.com/sterlingheights)



: [myshpr](https://www.instagram.com/myshpr)

Ways 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.

BECOME A MEMBER

JOIN TODAY!

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. 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. When registering, a photo will be taken and a key tag will be given to use for quick access into the Senior Center. It is that easy! Class and trip fees are not covered by the membership. Members must register for programs even if the information mentions the cost for programming is free for members. Don't delay, join in on the fun today!

INCLEMENT *Weather Policy*

Winter has arrived and so has the snow and 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 gives patrons faster service than waiting until 8:30 a.m. when the phone lines open at the Senior Center. Building closures and delays are often also posted on facebook.com/myshpr.

Sterling Heights Minibus Service

a

SMART way to travel

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.**



NEWS YOU CAN USE

Opens Thursday, 1/05 at 2:15 p.m.



Friday, February 10

11:30 a.m. – 2 p.m.

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

It may be cold outside, but inside it will be a tropical oasis! Toss your winter coat aside, grab your sunglasses, throw on a Hawaiian shirt and forget about the cold weather for the afternoon! Steve Floyd will be singing the warm weather melodies and lunch* will be provided by the Century Banquet Center (Hawaiian roasted pork loin, baby carrots, Polynesian brown rice, salad, fruit, roll and dessert). **Last day to register is January 26.**



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

Ref. #: 6001.511

Location: Community Center

***Meals provided in partnership with the office of Senior Services & the Area Agency on Aging 1-B.**

Opens Thursday, 3/02 at 2:15 p.m.



Friday, April 28

11:30 a.m. – 2 p.m.

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

Join us to say farewell to the winter blues and get ready for Spring! Our favorite D.J., John from High Fidelity Sounds, will be spinning the tunes, so don't forget your dancing shoes. A catered meal* will be provided by Century Banquet Center (grilled lemon chicken, green & yellow beans, pasta with broccoli and garlic, salad, fruit, roll and dessert). **Last day to register is April 13.**



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

Ref. #: 6001.512

Location: Community Center



SPOTLIGHT



Have you heard the buzz around town?! On Friday, October 14, 2022 the Sterling Heights 50+ Spellers won the 17th annual Senior Spelling Bee making them **back-to-back Queen B champs!** Much of the team's success is thanks to Carmen N. & John H., who have spent the last 16 years being dedicated spelling bee coaches! Carmen and John also volunteer for several other 50+ programs and we thank them for sharing so much of their time, spirit, and talents with our patrons and staff. Another big thanks to the Shelby Township Senior Center for hosting the event this year and FreeStar Financial Credit Union for their generous sponsorship. We couldn't **bee** more excited for next year! Want to **bee** a part of the team? Check out the Spring 50+ Post for more information.

AARP Foundation[®] TAX-AIDE

The Sterling Heights Senior Center will once again be hosting AARP Tax Aide this winter. The Senior Center will begin taking appointments as of January 3 during normal business hours.

For the appointment, participants will need to:



- Bring their original documents to be left with an AARP tax volunteer. The participant will need to return to the Center the following week to sign their tax documents so they can be e-Filed.
- Participants not wanting to leave their original documents can bring a copy of the documents, along with the originals. As long as everything is correct with the copies, they can be used to prepare the taxes and the participant can take the originals home.
- Before coming to the appointment, the participant will be required to pick up a packet from the Senior Center. This packet will need to be completed **prior** to your appointment and brought to your appointment along with your original documents.

LHSA
A Community Action Agency

Grandparents Raising Grandkids Wednesday, March 22 10 a.m. - noon

Grandparents Raising Grandkids provides free support and resources to kinship caregivers (grandparents and other relatives as parents), ages 55 and older in Macomb, Oakland, and Livingston County. Support group meetings let grandparents meet others who are in a similar position and can relate to the ups and downs of their situation. Several community supporters and partners participate to provide information useful to kinship caregivers. Please join us for this free group. Coffee, light refreshments and give aways for in-person participants.

Cost: Free (registration required)

Ref. #: 6001.362

Location: Senior Center

Grand Connections

Strengthen the bonds between generations, make lifelong memories and have some fun! Grab your grandchild and join us!

Fleece Tie Heart Pillow Friday, February 24 2:30 p.m.



Grandparents and grandkids will each create their own heart pillow. Add a personalized message inside the pillow. This no-sew craft is fun to put together and can be shared as a gift! Deadline to register is February 6. Ages 6 & up.

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

Ref. #: 6001.361

Location: Senior Center

PINEWOOD DERBY RACE Saturday, February 18 10 a.m. – 1 p.m.

Design, assemble, race! The car kit will be provided when you register. Then you can assemble and design the car you think will be the fastest. There are multiple age groups to race, including a Grand Connections division!

Cost: \$20 Resident / \$26 Non-resident

Ages: 4 & up

Ref. #: 3000.108 12 & under

3000.109 13 - 17 years

3000.110 18+

Location: Community Center



CAREGIVER SUPPORT

Alzheimer's Disease and Other Dementias

**Wednesdays, January 11,
February 8 & March 8
10 a.m.**

If you are caring for someone with dementia, who is caring for you? You are not alone. Join us the second Wednesday of each month for this support group that is specifically designed for families and caregivers. This 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. #: 6001.210

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 served 11:30 a.m. – noon

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 County – Office of Senior Services and Area Agency on Aging 1-B. Dining Senior Style menus are available at the Senior Center and online at myshpr.net (Menu items may be subject to change without notice).



Helping Hands Outreach Reaching Out and Giving Back!

The Senior Center loves to help others (especially those beyond our walls) and provides different opportunities throughout the year to get involved. If you find yourself counting your blessings and want to share with those less fortunate by giving a little of your time or by donation(s), then check out the list of current outreach items needed at the Senior Center.

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

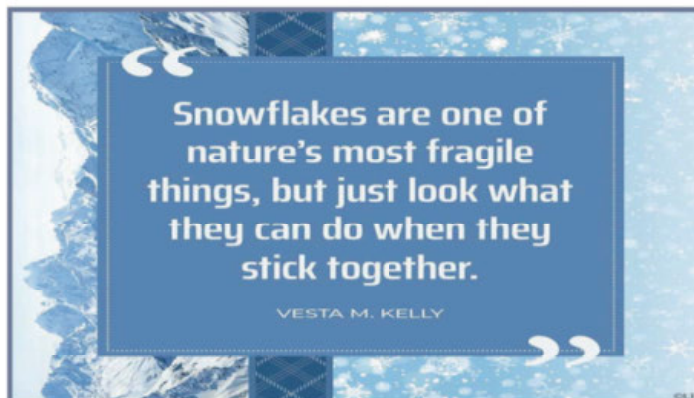
- Individually-wrapped toilet paper & paper towel
- Cleaning supplies
- Tissue - full-size boxes
- Disinfecting wipes
- Dish soap and sponges
- Laundry detergent
- Deodorant

Helping the Homeless Tuesdays,

**January 17, February 21 & March 21
1 – 4 p.m.**

Help prepare plarn (plastic yarn) that will be crocheted into mats for the homeless. Help us by sorting and cutting plastic grocery bags into strips. Plan to meet with us monthly to work on this effort.

Location: Senior Center



Sterling Coffeehouse

Thursdays in the summer have brought a lot of joy to our residents and we are looking to continue that trend throughout the winter months. We are providing both free and ticketed opportunities to see some amazing talent this winter. Ticketed concerts will provide larger name bands along with complimentary coffee and snacks. The free concerts provide a smaller, more acoustic atmosphere for everyone to enjoy.

Heart & Bones

(Paul Simon Tribute)

February 16

Ref #: 2000.124

GQ Jazz Trio

(Jazz)

February 23

Free

Blackthorn

(Irish Folk)

March 2

Ref #: 2000.121

Calab and Jackie

(Modern Acoustic)

March 16

Free

Captain Fantastic

(Elton John Tribute)

March 30

Ref. #: 2000.122

Bruce Bright

(Acoustic)

March 23

Free

***All shows will be held on
Thursdays from 6 – 8 p.m.***

Cost: Advance Purchase - Single Event Tickets: \$18 / \$22

Subscription Full Series: \$42 / \$54 Ref. #: 2000.123

Location: Community Center

Seating is first come, first served.

Maximum capacity 280.

Call (586) 446-2700 for more information.

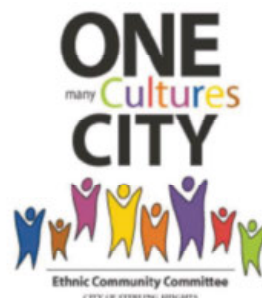
Cultural Exchange

Friday, February 24

6 – 10 p.m.



The 2023 Cultural Exchange will feature a wide array of ethnic music and dance. Experience educational and cultural displays from area groups, local retailers, and much more. A minimum suggested donation of \$1 is requested.



Location: Community 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, new cough, difficulty breathing / shortness of breath, muscle pain, sore throat, 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. There are many other illnesses beside COVID-19, so even if the COVID test is negative, please stay home until symptoms subside. 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.

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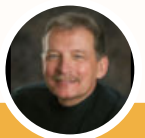
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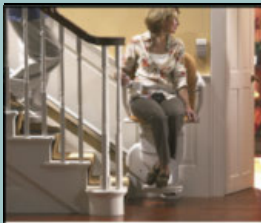
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15-0753



Foot & Nail Care

**Thursdays, January 12 & 26,
February 9 & 23
and March 9 & 23**

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, January 11,
February 8 & March 8**

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, January 18,
February 15 and March 15**
Appointments start at 9 a.m.

New to Medicare? Questions on Part D, Advantage Plans, Medigap? Questions on Medicare charges & coverage? A Certified Medicare Counselor from the Michigan Medicare Medicaid Assistance Program (MMAP), a service of the Area Agency on Aging 1-B, is now available at the Sterling Heights Senior Center to help you get answers. **One-on-one appointments are free of charge and must be scheduled in advance by calling (586) 446-2750.**

Cost: Free

Location: Senior Center



**Office of
Senior Services**

Wednesday, February 1
Appointments start at 9:30 a.m.

Eleana 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

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!



Veterans Benefit Outreach

**Fridays, January 20,
February 17 & March 17**

The Macomb County Office of Veteran Services provides one-on-one appointments to Veterans and their spouses. Get questions answered or assistance with filling out paperwork for Service Connected Compensation, Veterans Pension with Aid and Attendance, VA Health Care, etc. **Please call (586) 446-2750 to make an appointment or to get more information.**

Cost: Free

Location: Senior Center



It's Back!

BLOOD PRESSURE SCREENING

**Wednesdays, January 18,
February 15 & March 15
9 - 10 a.m.**

Members ONLY

Monthly Blood pressure checks have returned to the Senior Center. No appointment necessary, just drop in to get checked. Brought to the Center by Oakmont Sterling and Weston Group.

Location: Senior Center



**Fridays, January 13,
February 10 & March 10**

Got questions about your phone, tablet or laptop? Skyler from Pine Ridge of Hayes will be here to help answer any tech questions you may have! **Call the Center to schedule a 15-minute appointment.** Appointment times begin at 9:30 a.m.

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

Location: Senior Center



AMERICAN RED CROSS



BLOOD DRIVE

**Tuesday, March 28
1 - 7p.m.**

Help make sure that blood is there when needed at a moment's notice! 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



Hospice Facts & Myths

Wednesday, February 1
10 a.m.

What is hospice? There are many myths surrounding hospice care. Join Hospice Consultant, Stephanie Aldridge, to uncover the facts about what hospice is, how is it paid for and who is eligible. Brought to the Center by:



Cost: \$3 Residents / \$5 Non-residents (members free)
Ref. #: 6001.211
Location: Senior Center

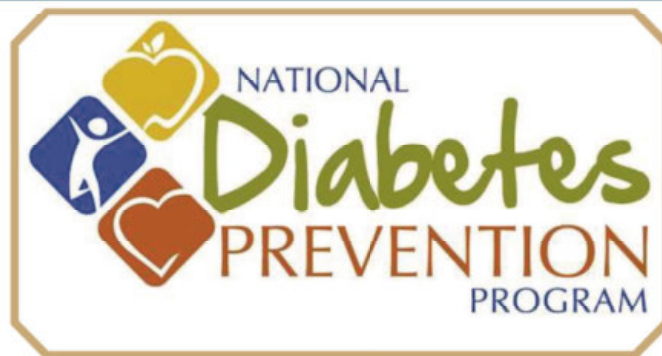
What's a Power of Attorney?

Tuesday, February 28
2:30 p.m.

What's a Power of Attorney and why do I need one? Do I need one for my spouse? My adult child? What happens if someone I love becomes sick or incapacitated and I don't have a Power of Attorney? Join Brian Grant to get answers to these questions and more at this informative presentation. Brought to the Center by:

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ATTORNEYS AT LAW

Cost: \$3 Residents / \$5 Non-residents (members free)
Ref. #: 6001.212
Location: Senior Center



Mondays beginning February 20 6 – 7 p.m.

Small changes can make a difference in your health and help you to prevent the development of Type 2 diabetes. The Diabetes Prevention Program is a yearlong evidence-based program that helps participants prevent or delay the onset of Type 2 diabetes by learning how to eat healthy, add physical activity to their routine, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. It is proven to help people with pre-diabetes cut their risk in half for developing Type 2 diabetes. Through this program, you will work as a team to focus on healthy eating, getting started with physical activity, overcoming stress and staying motivated. After the initial 16 weekly sessions, you will meet monthly for added support to help maintain your progress. (*You do not need a Beaumont doctor to participate.)

Cost: Free (Registration required)
To register: Call (800) 633-7377 or visit
beaumont.org/dpp
Location: Senior Center

Estate Planning

Wednesday, March 15
6 p.m.

No matter the size, from substantial to the humble, all of us have an estate and we can't take it with us when we pass away. It is important to provide instructions stating who is to receive what and when they are to receive it. Taking care of these tasks limits the potential for legal battles and/or family turmoil. Join Brian Grant from O'Reilly Rancilio P.C. Attorneys at Law to learn more about estate planning for small and medium-sized estates.

Cost: \$3 Residents / \$5 Non-residents (members free)
Ref. #: 6001.213
Location: Senior Center

O'REILLY RANCILIO P.C.
ATTORNEYS AT LAW



Aging Mastery Program®

National Council on Aging
Mondays, February 27 – May 1
2 - 4 p.m.

Want to Age Well? The Aging Mastery Program® (AMP) is designed to provide baby boomers and older adults with tools to improve their well-being and celebrate longevity over a 10-week period. It is about feeling better now and staying healthy for the future ahead! The AMP encourages individuals to set personal goals around many aspects of their lives, including exercise, nutrition, finances, medication management, advanced care planning, community engagement, and healthy relationships. Participants will create their own plan for aging well by developing attainable goals, sustainable behaviors, and strengthening ties to the community. The program philosophy is that small lifestyle changes can produce big results that will cultivate health and longevity. The program incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to achieve measurable improvements in the management of their health, economic security, and their contributions to society.

Brought to the Center by:

Cost: Free (Registration required)

Ref. #: 6001.214

Location: Senior Center



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Thursdays,
April 20 – June 8
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. #: 6001.215

Location: Senior Center

**HENRY
 FORD
 HEALTH®**



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



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

Cost: \$20 AARP Member / \$25 Non-AARP Member due at registration.

Ref. #: 6001.216

Location: Senior Center

FUN AND GAMES



**Tuesdays, January 24,
February 28 & March 28
10 a.m.**

Farkle is a 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.

January Ref. #: 6001.621

February Ref. #: 6001.622

March Ref. #: 6001.623

Location: Senior Center



**Fridays, January 13,
February 17 & March 17
Play begins at 10 a.m.
(Those not signed in by 9:30 a.m.
will forfeit their guaranteed spot.)**

If you enjoy Euchre, 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.

January Ref. #: 6001.607

February Ref. #: 6001.609

March Ref. #: 6001.611

Location: Senior Center



**Tuesdays, January 10,
February 14 & March 14
Bingo starts at 10 a.m.
(Cards sold 9:15 – 9:45 a.m.)**

Join us for Bingo! **Players must be registered by noon the day before to be able to play; no same-day registration.** 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

January Ref. #: 6001.600

February Ref. #: 6001.601

March Ref. #: 6001.602

Location: Senior Center

**Rummikub
Tuesday at 6:30 p.m.
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.



**Mexican Train
Monday at 11 a.m.
Wednesday at 6:30 p.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 1/2, 1/16 or 2/20**

**Scrabble
Monday at 6:30 p.m.
Wednesday at 9 a.m.**



Challenge your brain, meet new friends, and join in on a fun game of Scrabble! **No Play 1/2, 1/16**



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 1/2, 1/16 or 2/20 All of the games listed below are for**



Bridge

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

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.
Monday - Thursday at 6 p.m.**

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

Euchre

Wednesday & 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.

Pinochle

**Monday & 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.



**Fridays, January 6,
February 3 & March 3
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.

January Ref. #: 6001.630 February Ref. #: 6001.631

March Ref. #: 6001.632

Location: Senior Center



**Fridays, January 20,
February 24 & March 24
Play begins at 10 a.m.**

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

Do you play single deck Pinochle? Join us 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.

January Ref. #: 6001.608

February Ref. #: 6001.610

March Ref. #: 6001.612

Location: Senior Center






























**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 1/2, 1/16 or 2/20**

50 + PROGRAMMING WEEK-AT-A-GLANCE WINTER 2023


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)				❄️		
Concan (51) (Pg. 15) 	❄️	❄️	❄️	❄️	❄️	
Cornhole (pg.18) 	❄️		❄️		❄️	
Creative Corner (pg. 22) 		❄️				
Deaf Seniors (pg. 23) 	❄️					
Dining Senior Style (pg. 6) 	❄️	❄️	❄️	❄️	❄️	
Euchre (pg. 15) 			❄️		❄️	
Gentle Yoga for Beginners (pg. 20)	❄️					
Get Together 	❄️		❄️		❄️	
Ladder Ball (p.18) 	❄️		❄️			
Line Dancing (pg. 20)		❄️		❄️		
Mah-Jongg (pg. 14) 	❄️			❄️		
Mexican Train Dominoes (pg. 14) 	❄️		❄️			
Model Builders (pg. 22) 	❄️					
Pickleball (pg. 19) 	❄️	❄️	❄️	❄️	❄️	❄️
Pinochle (pg. 15) 	❄️	❄️	❄️			
Rummikub (pg. 14) 		❄️		❄️		
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 AND AFTER 5:00 INFO (SUBJECT TO CHANGE)

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

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

AFTER 5:00 PROGRAMMING

Working or have daytime commitments and can't get to the Senior Center before 5? No worries, we have you covered! Below is a schedule of our weekly drop - in programming. These are for . We also have evening fitness classes running (pgs. 20 - 21). Look in the news you can use and lifelong learning sections to see additional programs. Interested in a particular program and don't see it on the schedule? Please email seniorcenter@sterling-heights.net or call (586) 446-2750 and let us know your ideas.

After 5:00 Drop-in Schedule	M	T	W	Th
Concan (51) (Pg. 15)	❄️	❄️	❄️	❄️
Drop-in Cards		❄️		❄️
Mexican Train Dominoes (pg. 14)			❄️	
Rummikub (pg. 14)		❄️		
Scrabble (pg. 14)	❄️			
Sit-n-Stitch (pg. 22)		❄️		
Table Tennis (pg.18)			❄️	

Winter Featured Evening Opportunities

- * Diabetes Prevention Program
- * Estate Planning
- * Evening Pickleball Lessons

MOVE YOUR BODY

New! **Bocce League**

Let's roll! If you want to meet people and make some new friends, Bocce is quite possibly the PERFECT game for you! Join our first Co-ed 50+ league in our newest facility, the Bocce Barn, located behind the Senior Center. Games will be played over a 12-week period. Teams of four will play 3 games each week. Games begin at either 9:15 a.m. or 10:30 a.m. depending on who your opponent is that week. Space is limited. Once the league is full, we will take names for a substitute list.

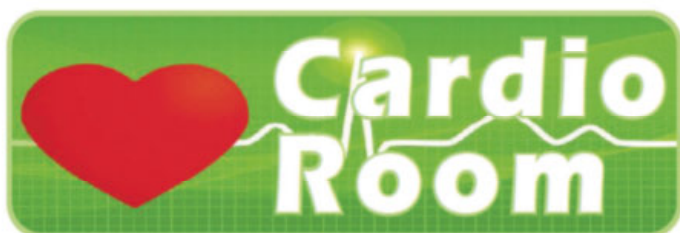
Dates: Thursdays, April 13 – June 29

Time: 9:15 or 10:30 a.m.

Cost: \$72 Resident / \$96 Non-resident

Ref. #: 6001.522

Location: Bocce Barn



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.

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

50+ FUN, FITNESS & 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.

Bocce



This is a low impact, fun activity that is easy to learn. Bocce is a game for all ability levels. **Look for more info at the Center in March**

Table Tennis



This is recreational play and all skill levels are welcome. Both single and doubles play is offered. Evening play is two tables only and in gym fitness room.

Ladder Ball



Join this fun and challenging tossing game. Easy enough for all skill levels! No experience necessary.

Basketball



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

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.



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, February 28 **Ref. #: 6001.002**
 Tuesday, April 11 **Ref. #: 6001.003**

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, January 31 – February 21 **Ref. #: 6001.0044**
 Tuesdays, March 14 – April 4 **Ref. #: 6001.006**

Time: 9:15 – 11:15 a.m.

Location: Senior Center

New day and time!!! Thursday evening lessons!

Dates: Thursdays, March 2 – March 23 **Ref. #: 6001.005**

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.

Tuesday, 5 – 8:45 p.m. (Intermediate/Advanced)

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

*No Play 1/5 – 1/26 or 3/2 – 3/23

Saturday, 9 – 1 p.m.

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 Pickleball 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 (prizes awarded). 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,
January 11 – February 15

Time: 11:30 a.m.

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

Ref. #: 6001.520

Location: Community Center

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

Dates: Wednesdays,
March 1 – April 5

Time: 11:30 a.m.

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

Ref. #: 6001.521

Location: Community Center

Substitute League Player

Cost: Free; *must register

2.5 - 3.0 Sub Ref. #: 6001.530

3.5 & up Sub Ref. #: 6001.531

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

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 – 7 p.m.

Ref. #:	Day	Dates	Res. / Non.
6001.316	M	1/23 – 2/27	\$36 / \$47
6001.317	M	3/13 – 4/24	\$42 / \$55

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.
6001.310	W	1/11 – 2/22	\$42 / \$55
6001.311	F	1/13 – 2/24	\$42 / \$55
6001.312	W	3/8 – 4/26	\$48 / \$63
6001.313	F	3/10 – 4/28*	\$42 / \$55

*No Class: 4/7

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.
6001.040	T	1/10 – 2/21	\$42 / \$55
6001.041	Th	1/12 – 2/23	\$42 / \$55
6001.042	T	3/07 – 4/25	\$48 / \$63
6001.043	Th	3/09 – 4/27	\$48 / \$63

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 (T**)

Location: Senior Center Gym

Time: Mondays at 9:30 a.m.
Tuesdays at 6 p.m. (NEW DAY & TIME!)
Fridays at 11 a.m.

Ref. #:	Day	Dates	Res. / Non.
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
6001.063	M	3/13 – 4/24	\$42 / \$55
6001.064	T	3/07 – 4/25	\$48 / \$63
6001.065	F	3/10 – 4/28*	\$42 / \$55

*No Class: 1/16, 2/20 or 4/7

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.
6001.066	Th	1/12 - 2/23*	\$36 / \$47
6001.067	Th	3/09 - 4/27*	\$42 / \$55

*No Class: 2/16, 4/6

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

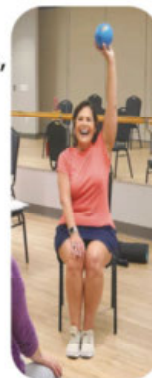
Time: Monday & Wednesday 6:30 - 7:30 p.m.
Friday 12:30-1:30 p.m.

Ref.#	Day	Dates	Res. / Non.
2800.011	M	1/09 - 2/13*	\$41 / \$53
2800.012	W	1/11 - 2/15	\$49 / \$63
2800.013	F	1/13 - 2/17	\$49 / \$63

*No Class: 1/16

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.
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
6001.053	M	3/13 - 4/24*	\$30 / \$39
6001.054	W	3/08 - 4/26*	\$36 / \$47
6001.055	F	3/10 - 4/28*	\$36 / \$47

*No Class: 1/16, 2/20, 4/3, 4/5, 4/7, 4/10, 4/12 or 4/14

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.
2800.014	M	1/09 - 2/13*	\$36 / \$47

*No Class: 1/16

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 - 9:30 a.m. Intermediate - 10:45 a.m.

Ref.# Beg	Ref.# Inter	Day	Dates	Res./Non.
6001.020	6001.021	T	1/10 - 2/21	\$42 / \$55
6001.022	6001.023	Th	1/12 - 2/23	\$42 / \$55
6001.024	6001.025	T	3/07 - 4/25	\$48 / \$63
6001.026	6001.027	Th	3/09 - 4/27	\$48 / \$63



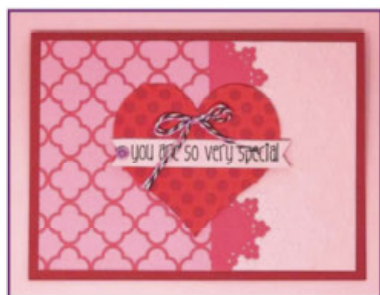
Create & Take

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

Create Your Own Greeting Cards

Friday, February 3 at 2 p.m.

Create two hand made cards for those special friends that can be given in time for Valentine's Day!



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

Ref. #: 6001.217

Location: Senior Center

Brought to the Center by:



Sit-n-Stitch

**Wednesdays,
12:30 – 8:30 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:

January 19: Where the Crawdads Sing PG 13

February 16: Dog PG-13

March 16: Black Adam 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 - Thursday 9 a.m. – 8:45 p.m.

Friday 9 a.m. – 5 p.m.

Saturday* 9 a.m. – 12:45 p.m.

**Members
ONLY**

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 1/2, 1/16, 2/20 (until 5 p.m.)

Location: Senior Center

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

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.
6001.330	Th	1/05 – 1/26	\$24 / \$31
6001.331	Th	2/02 – 2/23	\$24 / \$31
6001.332	Th	3/02 – 3/23	\$24 / \$31

January project: Valentine Hanger or Nightlight*

(*Small material fee paid to instructor for nightlight)

February project: Mosaic Stone

March project: To be Determined

Location: Senior Center

WOOD CARVING

NEW DAY!!!

Wednesdays,

1 – 4 p.m.

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

Location: Senior Center



CREATIVE CORNER

Tuesdays

9:30 a.m. – 3:30 p.m.

Members ONLY

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 3/28

Model Builders

Mondays, 9:30 a.m. – noon

Members ONLY

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 1/2, 1/16 or 2/20

Deaf Senior Citizens

Mondays, January 9 & 23,

February 13 & 20

and March 13 & 20

9:30 a.m. – 4:30 p.m.

Members ONLY

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!

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 registering 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

01/04/23	Les Misérables at the Fisher Theater
02/07/23	FireKeepers Casino
02/11/23	Iceland's Magical Northern Lights
02/15/23	The Reptarium
03/17/23	Neil Diamond Tribute Show at Zehnder's
03/29/23	Ann Arbor and The Big House
04/14/23	Ohio Wine Tour
04/26/23	Soaring Eagle Casino
05/10/23	"Honky Tonk Angels" at Meadow Brook Theatre
05/17/23	Midland Dow Gardens & Whiting Forest Canopy Walk
05/22/23	Diamond Jacks Detroit River Cruise
06/20/23	Shipshewana Shopping Overnight Trip
09/28/23	Hawaiian Adventure



June 2: Kalamazoo: Cruisin' the Gilmore

June 16: Michigan Princess Cruise

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.

(Opens Thursday, 1/05)



THE Reptarium

Wednesday, February 15 

Snakes, lizards, reptiles, turtles and more, oh my! What sets The Reptarium apart from other zoos is that the animals don't just stay behind glass. Travelers are guaranteed to have some hands-on interaction with a snake, lizard, tortoise or more if they want to. Join us for a private tour of this unique reptile zoo.


Cost	Depart	Return	Ref. #	Travel By:
\$21 / \$23	9:45 a.m.	11:25 a.m.	6001.428	SMART

(Opens Thursday, 1/05)

Outdoor Adventure Center



Maple Sugar:
Nature's Sweet Treat

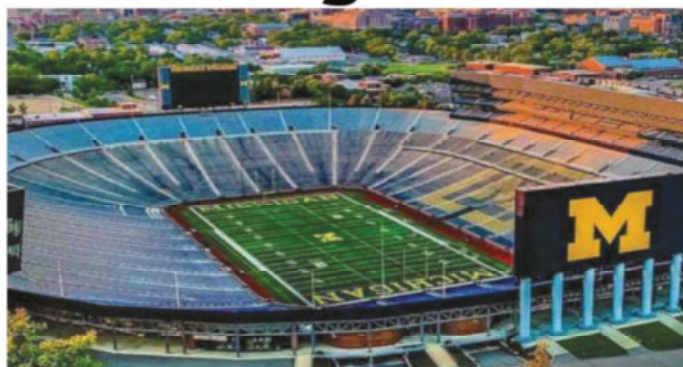
Thursday, March 9 


Join the Outdoor Center in downtown Detroit as they celebrate one of Michigan's tastiest natural resources during a hands on program! Explore the adaptation that make the marvelous maple sap so sweet and learn about Michigan's maple syrup industry through history. End the experience with a tasting of local syrup. This program will be indoors and outdoors - dress for the weather. There will be time for exploring the OAC after the presentation.

Cost	Depart	Return	Ref. #	Travel By:
\$11 / \$13	8:15 a.m.	12:45 p.m.	6001.422	SMART

(Opens Thursday, 1/05)

Ann Arbor & The Big House



Wednesday, March 29 

Ann Arbor is a small town with big city sophistication renowned for its cultural offerings and competitive collegiate sports teams. We will enjoy a tour of Michigan Stadium, nicknamed "The Big House". It is the largest stadium in the United States and the Western Hemisphere, the third largest stadium in the world, and the 34th largest sports venue in the world. Afterwards, enjoy lunch in the beautifully restored 1886 Michigan Central Depot, the Gandy Dancer, with a choice of **1)** Oven-roasted Antarctic Salmon with roasted pepper béarnaise, **2)** Lemon Chicken with mushrooms, artichokes and lemon butter or **3)** Parmesan Crusted Snapper with lemon beurre blanc and chives. All entrees served with Martha's Vineyard salad, deluxe bread, dessert, coffee, tea or iced tea. The trips concludes with a visit to Michigan's Natural History Museum located at the University of Michigan's College of Literature, Science and the Arts.

Cost	Depart	Return	Ref. #	Travel By:
\$91 / \$96	7:45 a.m.	4:15 p.m.	6001.427	Bianco

(Opens Thursday, 2/02)




THE PERFECT DAY IN Ohio Wine Country

Friday, April 14 

Discover the best wines with tastings at each of these Ohio wineries: Knotty Vines, Majestic Oak Winery & Neon Groundhog Brewery and Chateau Tebeau. Enjoy a buffet lunch at The Barn Restaurant and Doughbox Bakery that includes soup salad, beverage and dessert. At Chateau Tebeau, enjoy an educational talk with the winemaker on different types of wines while enjoying cheese, grapes and veggie tray with Ham & Swiss and Turkey & Provolone sliders.

Cost	Depart	Return	Ref. #	Travel By:
\$77 / \$82	7 a.m.	8:15 p.m.	6001.426	Bianco

TRAVEL

(Opens Thursday, 3/02)



Wednesday, April 26 

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 food (loaded onto card) and \$10 in Bingo bucks; driver tip is included. Valid identification required to receive free play.

Cost	Depart	Return	Ref. #	Travel By:
\$49 / \$54	9 a.m.	7 p.m.	6001.425	CARRS

(Opens Thursday, 2/02)

Meadow Brook Theatre presents...



Wednesday, May 10 

When three gutsy gals from different backgrounds take charge of their lives, they decide to follow their honky tonk dreams to the city of Nashville. Combining 30 classic country tunes, including "Stand by Your Man," "9 to 5," "Harper Valley PTA" and more. Join us for this hilarious, foot-stomping good time.

Cost	Depart	Return	Ref. #	Travel By:
\$44 / \$46	12:45 p.m.	5:30 p.m.	6002.422	SMART

(Opens Thursday, 3/02)

Dow Gardens & Whiting Forest Canopy Walk



Wednesday, May 17   

Travel to Midland to tour the home and studio of Alden B. Dow, designated a National Historic Landmark in 1989, it continues to engage the imagination and elicits emotional responses in all who experience this powerful statement of Mid-Twentieth Century Modern architecture. Next, travel to Dow Gardens to experience a dazzling 110-acre display of annuals and perennials punctuated by distinctive bridges, towering pines, and delightful water features. Lastly, explore Whiting Forest of Dow Gardens featuring 54 acres of woodlands, ponds, apple orchard, meadows and stream. You will be immersed in the forest on the nation's longest canopy walk, 1,400 feet long, soaring up to 40 feet above the ground. Enjoy lunch at Lucky's Steakhouse with a Choice of **1)** 8oz Prime Rib on an open faced fresh baked roll served with french fries, **2)** Chicken Parmesan served with fettuccine alfredo OR **3)** Icelandic Cod lightly breaded and served with tartar sauce. All entrees served with bread, salad, ice cream and non-alcoholic beverage.

Cost	Depart	Return	Ref. #	Travel By:
\$72 / \$77	7:30 a.m.	6:30 p.m.	6002.421	Bianco



(Opens Thursday, 1/05)

Diamond Jacks Detroit River Tour

Cruise the Detroit River aboard the Diamond Queen. Learn about historical markers and sights along the route. Enjoy a delicious lunch of herb marinated bone-in chicken, baked beans, potato salad, corn on the cob, garden salad with dressing, rolls, dessert, coffee and soft drinks.

Cost	Depart	Return	Ref. #	Travel By:
\$50 / \$52	10:30 a.m.	3:15 p.m.	6002.424	SMART



Monday, May 22  

(Opens Thursday, 2/02)

Shipshewana Shopping Excursion

June 20-21 

Cost: Single \$437 Resident/ \$445 Non-resident
Double \$354 Resident/ \$362 Non-resident
Triple \$326 Resident / \$334 Non-resident

Ref. #: 6002.425

Travel with Bianco to the middle of Amish Country in Shipshewana, Indiana for an overnight trip at the Farmstead Inn, walking distance to shops downtown. On day one the group will stop at the Dutch County Market, Linton's Enchanted Gardens, Teaberry Wood Crafts and Heritage Ridge Creamery. Enjoy a family style meal of roast beef, fried chicken, mashed potatoes, vegetables, homemade noodles, salad, bread and dessert at Blue Gate Restaurant and Bakery. The group will start day two at the Rise & Roll Bakery before heading to the Shipshewana Flea Market, the largest in the Midwest with over 900 booths covering 100 acres. Lunch will be included at the Carriage House before venturing to downtown Shipshewana for shopping time at the local shops before heading back to the Senior Center.



Treasures of Europe

April 25 – May 8, 2024

Cost: \$5,499 Double p.p.
\$6,399 Single p.p.
\$5,399 Triple p.p.



From London, England, home of Big Ben, Westminster Abbey and Buckingham Palace to Paris, France; and Lucerne, Switzerland to Venice, Florence and Rome, Italy. Highlights include: London, Eurostar Train, Seine River Cruise & Dinner, TGV High-Speed Train, Michelangelo's David, Island of Murano,



Italian Vineyard Experience and The Colosseum. This 14-day trip includes 18 meals (12 breakfasts, 1 lunch and 5 dinners). Trip brochures are available for pick-up at the Center or online at myshpr.net.

An informational meeting will be held on Tuesday, February 21 at 2:30 p.m.

Cost: \$3 Resident / \$5 Non-resident (members free)
Ref. #: 6001.424



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MACOMB

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OAKLAND

3300 S. Adams Rd
Auburn Hills, MI 48326
(248) 537-3300 ext. 3803

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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. To have the "Fifty Plus Post" mailed to your mailbox, 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 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, Bozena Saladiak and Katie Neifer

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, Mark McKeon,
Matt Lockwood, Mark Czarnecki and David Doto

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

OR CURRENT RESIDENT

Center Updates

©LPI

2022 was a big year for construction projects around the Senior Center. Rooms 1-4 and Room 8 were all given a fresh look. We completed our three year roofing project, repaired the gym floor damage (including adding a third pickleball court when re-lining) and the Card Room face-lift is under way and should be completed by the end of Winter.

Our next big project at the Senior Center will be remodeling the main bathrooms. During this time, the bathrooms by the main doors will be closed and the bathrooms on the gym end will be used for the entire building. Keep this in mind when visiting the Center. This project is slated to begin sometime this winter and will take a couple of months to complete. At the end of remodeling, we will have one ADA stall in each bathroom, touchless fixtures, better lighting and a fresh look!

If all that isn't enough, we are hoping to have a viable option for coffee at the Senior Center by the end of January! If this solution does pan out, it will allow our patrons to purchase coffee, tea, hot chocolate and espresso each weekday morning. This program would be offered on a trial basis, so make sure to purchase a cup or two and let us know if you love it or if it isn't your cup of tea!

