

Winter 2024
(January - March)

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

Senior Center Winter Closures

- 1/1 - 1/2 – New Year's Holiday
- 1/15 – Martin Luther King Jr. Day
- 2/19 – Presidents' Day (until 5 p.m.)
- 3/29 - 3/30 – Good Friday/Easter

Cancellation line: In the event of inclement weather, please call **(586) 446-2693, after 8 a.m.,** for a list of programs that have been cancelled or delayed.



A new year is here with another 365 days to take steps to **age well**. Sterling Heights Parks and Recreation is offering a season full of...

Wellness activities.

Instructional classes to learn or sharpen skills.

New programs to mix up usual routines.

Travel opportunities.

Events to keep residents engaged in the community.

Resources and services to help enhance life.

Take a moment to look through this and future **Fifty Plus Post** publications to see what opportunities are available to help fill the next 365 days. Remember, what steps are taken today will help determine how life will look 365 days from now. We are here to help give our patrons every opportunity to **age well** in 2024 and beyond!

IN THIS ISSUE

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

HOW TO BEST KNOW WHETHER WE ARE CLOSED DUE TO WEATHER!

During the winter season, mother nature likes to mix it up a bit and can keep patrons guessing whether their favorite programs will be cancelled due to weather. The general rule of thumb is that if **WCS** or **UCS** school districts close due to snow or ice, transportation service and programming that has any type of instructor will be cancelled. However, this does not mean that drop-in style programs like the walking track, cardio room or just coming to play games will be affected. The Senior Center and Community Center are considered warming centers, so we very rarely totally close our doors to our patrons. On inclement weather days, staff and city management meet to make the final decision on what will be cancelled, delayed and/or closed. To know the exact outcome of those conversations, the best thing to do is call our cancellation line at **(586) 446-2693** to get the latest news from the department. We try our best to update that line by 8 a.m. on inclement weather days so patrons wanting to join in on morning activities can be informed before they leave the house. We also send out emails to program participants if we need to cancel classes due to weather, building issues and / or instructor illness. Make sure we have your correct email address so you don't miss any important notifications!

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.
- 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.
- **Winter Fifty Plus Post:**
 - Programs advertised only in the **Fifty Plus Post**, with a reference number but not a specific date: **9 a.m. on 1/3/2024.**
 - Programs with a reference number and a specific registration date listed (typically trips, parties, etc.), at **2:15 p.m.** on the date listed. Numbers will be given out starting at 2 p.m. for in-person registrations.
- **Winter 2024 City Magazine: 9 a.m. on 12/5/23.**
- Registration forms must be completely filled out when registering in person or by mail/fax/email. Please make sure to put down a correct email address since receipts and correspondences will be sent via email.
- **Registrations cannot be taken over the phone.**

Payment Information:

Currently accepting cash, credit cards and checks.



Checks should be made payable to:
"Treasurer, City of Sterling Heights"

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 to:
Sterling Heights Senior Center
40200 Utica Rd.
Sterling Heights, MI 48313

Email

Fill out the registration form, scan it, and email to: seniorcenter@sterling-heights.net

Fax

Fill out the registration form and fax it to:
(586) 276-4066.

In Person

Fill out a registration form (on page 30) and bring it to the Senior or Community Center.



BECOME A MEMBER TODAY!

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 \$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!*

Senior Center Sampler Pass: For those just wanting to try a membership before buying, a Senior Center Sampler Pass may be more your speed. 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. 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!**

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 over the age of 55 who do not drive or adults with disabilities. Spots are first come, first served and limited. 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:
email us at shprbus@sterling-heights.net**

OR

Call (586) 446 - 2757

Monday – Friday 9 a.m. – noon & 1 – 4 p.m.

Important Announcements:

2024 registration paperwork and new service guidelines have been mailed to all riders who registered for minibus service in 2023. By January 3, 2024, updated paperwork will need to be completed and on file in order to continue using the Sterling Heights Minibus service. Keep an eye on your mailbox and make sure to get your paperwork in before 1/1, or one week prior to your first scheduled ride in 2024.

SMART has upgraded their software and is partnering with the City of Sterling Heights, and three other communities to utilize their new system. This technology upgrade will enable us to more efficiently schedule and service riders, allow SMART to move riders that have more complex trips and keep a centralized system of paperwork and rider notes. Each bus will also be receiving an onboard driver hub that will direct our drivers around traffic issues and allow for hands free up-to-the-moment communication. We kindly request patience and understanding as we transition to this new system.



(Opens Wednesday, 1/03)



Friday, February 9
11:30 a.m. – 2:15 p.m.
(Doors open for the party at 11:15 a.m.)

The main tradition of Chinese New Year is about getting together with family and friends. It is centered around removing the bad and the old, and welcoming the new and the good. 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 Soprano's Catering (Beef and Broccoli, Chicken Fried Rice, Vegetable Stir-fry, Asian Cucumber Salad, Mandarin Oranges and dessert). A variety of beverage options will be available.
Last day to register is 1/24/24.

Cost: \$20 Resident / \$24 Non-resident
Ref. #: 6001.501
Location: Community Center
**Meals provided in partnership with the Office of Senior Services & the Area Agency on Aging I-B.*

(Opens Tuesday, 1/23)



**HOME
 OPENER
 CELEBRATION**

Friday, April 5

1 – 4 p.m.

(Doors open for the party at 12:45 p.m.)

Join us in celebrating the start of another Detroit Tigers baseball season. Get ready to cheer on the Tigers on the big screen, sing "Take Me Out to the Ball Game", enjoy a hot dog, bag of chips and refreshments. **Last day to register is 3/20/24.**

Cost: \$9 Resident / \$12 Non-resident
Ref. #: 6001.500
Location: Senior Center



SAVE THE DATE
Mark your calendars

**for the
 Petal-Palooza Party**
Friday, May 17

**Are you sick
 or feeling under
 the weather?**

Are you 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.

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.



Daytime commitments causing you to miss out on 50+ programming? Check out the variety of evening and Saturday drop-in programs, evening fitness classes, lifelong learning presentations and more! Looking for something particular and don't see it?

Email seniorcenter@sterling-heights.net or call (586) 446-2750 and let us know your ideas.

M - Th After 5 Drop-in Programming (subject to change)

	M	T	W	Th
Billiards (pg. 22)	*	*	*	*
Concan (pg. 15)	*	*	*	*
Drop-in Cards		*		*
Mah-Jongg (pg. 15)				
Mexican Train Dominoes (pg. 14)			*	
Rummikub / Hand & Foot (pg. 14)		*		
Scrabble (pg. 14)	*			
Sit-n-Stitch (pg. 22)			*	

See pg. 16 for Saturday programming

Sterling Coffeehouse

Thursdays during the summer 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.

The Whiskey Charmers Blackthorn

(Alt. Country)
February 22
Free

(Irish Folk)
March 7
Ref #: 2000.121

Devyn Mitchell

(Acoustic)
March 14
Free

Rusty Reid Blues

(Blues)
March 21
Free

Allentown

(Billy Joel Tribute)
March 28
Ref #: 2000.122

Carry On

(Crosby, Stills, Nash
& Young Tribute)
April 11
Ref. #: 2000.124

**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.**



GRAND CONNECTIONS

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

BOWL WITH YOUR GRAND!

**Thursday, February 22
10:30 a.m.**

Have some fun over winter break! Grab your bowling ball and your grand and join us at Five Star Lanes for some fun! This event includes 2 games of bowling with shoes, 2 slices of pizza and pop. Sign-up early, space is limited. Please make sure each participant is registered.



Register by February 5.

Cost: \$14 Resident / \$18 Non-resident

Ages: 5 & up

Ref. #: 6001.202

Location: 5 Star Lanes

PINEWOOD DERBY RACE

**Saturday, February 17
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

Check out the Community Center Gym Schedule for more winter break opportunities during the week of February 20 - 23.

Cultural Exchange

Friday, March 8

6 – 10 p.m.

The 2024 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

Dining Senior Style

Mondays – Fridays

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).





**Wednesdays,
January 10,
February 14
& March 13
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:

Cost: Free (Registration required)

Ref. #: 6001.217

Location: Senior Center



American Red Cross

**BLOOD
DRIVE**

**Tuesday,
March 26**

10 a.m. – 4 p.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 onto RedCrossBlood.org and enter sponsor code: **sterlingheightscity**, to save lives!

Location: Senior Center



STRIKE UP FRIENDSHIPS. JOIN TODAY!

SUBSTITUTE BOWLERS NEEDED

Join us a substitute bowler through the end of our season. The league meets at 9:15 a.m. on Mondays at 5 Star Lanes through April 8, 2024. The cost to register as a sub is \$10 Resident / \$15 Non-resident with only \$8 per week collected on site. The cost includes 3 games & mystery games!

Ref. #: 6003.502

Location:

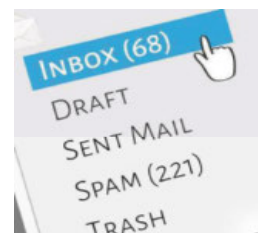


**Perfume-Free
Zone**

Please do not use scented powder, 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!

**Do we have your
email address??**

Program changes and updates get emailed. Be sure to check your inbox for any updates from: City of Sterling Heights Parks and Recreation. If we don't have your email address, please email us at seniorcenter@sterling-heights.net



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586.792.7231

Oakmont Sterling

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Sterling Heights, MI 48314
586.739.9494



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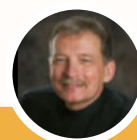


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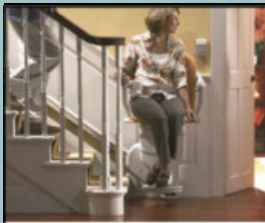
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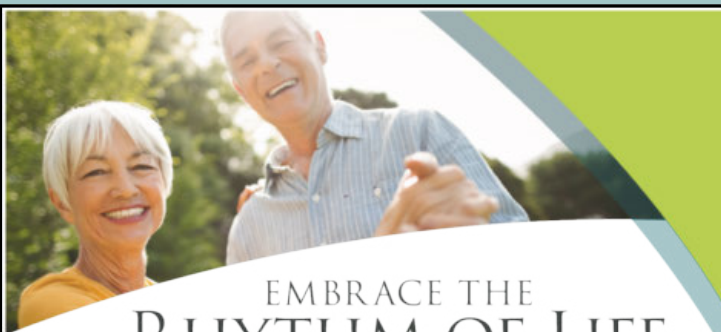


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15-0753



Foot & Nail Care

**Thursdays, January 4 & 18,
February 8 & 15
and March 7 & 21**

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



**Wednesdays, January 10,
February 14
and March 13**

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

Blood Pressure Checks



**Wednesdays, January 17,
February 21 & March 20
9 - 10 a.m.**

Blood pressure checks are offered the 3rd Wednesday of every month. No appointment necessary, just drop in to get checked.
Brought to the Center by:



Location: Senior Center

GOT MEDICARE QUESTIONS?

**Wednesdays, January 17,
February 21 & March 20
Appointments start at 9 a.m.**

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

Cost: Free

Location: Senior Center

Veterans Benefit Outreach

**Fridays, January 19, February 16
& March 15**



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

To Brace or Not to Brace

Friday, January 26

10 a.m.

Aches? Pains? Have you ever thought "If I just put a brace on my back I will feel better again"? Wondering if a brace is the answer to your joint and muscle pain? Join us for a discussion of benefits and disadvantages of bracing, learn about the types of braces/what to look for, and when it might be more than a brace that is needed.

Brought to the Center by:



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

Ref. #: 6001.203

Location: Senior Center

Prevent Pickleball Injuries

Monday, February 12

6 p.m.

Enjoy playing pickleball? Learn about the top exercises to improve your game and avoid injuries. **Brought to the Center by:**



Cost: \$3 Residents /

\$5 Non-residents (members free)

Ref. #: 6001.205

Location: Senior Center

SAVVY SOCIAL SECURITY

Tuesday, March 5*

6 p.m.

Discover the answers to these common Social Security questions: When should I file for Social Security benefits? If I file and continue to work, how will my benefits be affected? Will I pay taxes on my Social Security benefits? Don't miss out on potential opportunities to maximize your retirement income! **Brought to the Center by:**



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

Ref. #: 6001.210

Location: Senior Center

***Can't make it in March? We will be offering this presentation again on Wednesday, May 15 at 10:30 a.m.**



DETROIT
INSTITUTE
OF ARTS

Behind the Seen

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

To Die Upon a Kiss

Tuesday, February 6

2 p.m.

Scientists have proven that when experiencing "love," brain cells release dopamine, a natural stimulant, to many regions of the brain that affect human behavior. These areas of the brain are associated with wanting, motivation, focus, and craving. View a selection of works that explore the variety of behaviors associated with "love."

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

Ref. #: 6001.204

Location: Senior Center

Through Her Eyes:

Women Artists in the DIA's Collection

Tuesday, April 2

2 p.m.

Viewing the work of women artists in the DIA collection heightens awareness of the creative contributions of



women across cultures and time and provides a lens through which to explore issues of gender, relationships between generations, politics, and culture.

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

Ref. #: 6001.207

Location: Senior Center

NATIONAL DIABETES PREVENTION PROGRAM

**Wednesdays beginning
February 21
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 has 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. **Brought to the Center by:**



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



**Monday, March 4
& Tuesday, March 5
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 safe driving techniques, navigate dangerous road conditions and avoid accidents. Participants who complete the course will receive a certificate which may be used for insurance discounts 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. #: 6001.208

Location: Senior Center



Spring into Motion

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

Feeling sore just thinking about the spring clean-up season? Join us to learn about strategies to protect your joints including learning about ergonomic tools and methods for yard work/gardening tasks. We will discuss ways to prevent repetitive injury and sprains that are common when going from the less active winter months to the busy Michigan spring season.

Brought to the Center by:



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

Ref. #: 6001.206

Location: Senior Center

Effects of Dementia Related Illnesses on Estate Planning

Tuesday, March 19
6 p.m.

An individual *is* required to have mental capacity to establish or execute a legal document, but what happens if he or she has been diagnosed with dementia, Alzheimer's, or another illness? Join O'Reilly Rancilio attorney Brian Grant to learn more about probate litigation, mental incapacity claims and more.

Brought to the Center by: **O'REILLY RANCILIO P.C.**
ATTORNEYS AT LAW

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

Ref. #: 6001.215

Location: Senior Center

Common Estate Planning Mistakes

Wednesday, April 17
10:30 a.m.

Proper estate planning benefits all people, regardless of estate size, income status, and even age. Join O'Reilly Rancilio attorney Brian Grant as he discusses the common estate planning mistakes people make and how to avoid them.

Brought to the Center by:

O'REILLY RANCILIO P.C.
ATTORNEYS AT LAW

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

Ref. #: 6001.216

Location: Senior Center



Regain Bladder Control

Tuesday, April 16
6 p.m.

Are you tired of the frequent bathroom trips? Do you experience leaks or uncontrollable urges to go to the bathroom? Dr. Andrew Agosta, with Comprehensive Urology, will share solutions that can help you regain control of your bladder and bowel.

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

Ref. #: 6001.218

Location: Senior Center

Thursdays, April 18 – June 6
9:30 - 11:30 a.m.



MANAGING CONCERNS ABOUT FALLS

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. 209

Location: Senior Center

**HENRY
FORD
HEALTH+**

FUN AND GAMES



**Fridays, January 12,
February 16 & March 15**

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 tournament day for game play.

Jan. Ref. #: 6001.302

Feb. Ref. #: 6001.308 Mar. Ref. #: 6001.314

Location: Senior Center



**Fridays, January 19,
February 23 & March 22**

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 tournament day for game play.

Jan. Ref. #: 6001.303

Feb. Ref. #: 6001.309 Mar. Ref. #: 6001.315

Location: Senior Center



**Tuesdays, January 9,
February 13 & March 12**
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**

Jan. Ref. #: 6001.300

Feb. Ref. #: 6001.306 Mar. Ref. #: 6001.312

Location: Senior Center

**Rummikub or
Hand & Foot**



Tuesdays at 5:30 p.m.

Thursdays at 1 p.m. & Saturdays at 11 a.m.

Rummikub is a tile-based game and Hand & Foot is a fun card game. Both games combine elements of the card game Rummy and tile game Mah-Jongg. **No Play 1/02 or 3/30**

Mexican Train



Mondays at 11 a.m.

**Wednesdays at 5:30 p.m.
& Saturdays 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 1/01, 1/15, 2/19 or 3/30**

Scrabble



Mondays at 5:30 p.m.

Wednesdays at 9 a.m.

Challenge your brain, meet new friends, and join in on a fun game of Scrabble! **No Play 1/01, 1/15 or 2/19**

Open Cards

If you don't see your favorite game, or maybe it isn't at a convenient time for you, let us know. We would love to get additional groups going if space is available.

No Play 1/01, 1/02, 1/15, 2/19, 3/29 or 3/30

All of the games listed below are for



Bridge

Mondays, Tuesdays, Thursdays, and Fridays 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

Fridays at 10:30 a.m.

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

Concan (51)

Mondays, Wednesdays, Fridays & Saturdays at 11 a.m.

Tuesdays & Thursdays at 12:30 p.m.

Concan is also known as Conquian and is the Arabic version of Rummy. **Not Meeting 3/26**

Euchre

Wednesdays 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

**Mondays & Wednesdays at 10 a.m.
Tuesdays 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

Tuesdays at 9 a.m.

This game is known by different names to different people; Oh Heck, Peanuts, etc.



Fridays,

**January 5, February 2 & March 8
10 a.m.**

Bunco is a lively, social dice game that requires no skill! Bunco is all about rolling the right numbers to win rounds. 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. #: 6001.301

February Ref. #: 6001.307

March Ref. #: 6001.313

Location: Senior Center



Mondays at 1:30 p.m.

Thursdays at 9:30 a.m.

Saturdays at 11 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 1/01, 1/15, 2/19 or 3/30

Location: Senior Center

50 + PROGRAMMING WEEK-AT-A-GLANCE WINTER 2024

<i>Please see program details for times, location and how to participate.</i>	M	T	W	Th	F	S
Arthritis Exercise (pg. 17)						
Badminton (pg. 20) 	See Current Gym Schedule					
Basketball (pg. 20) 	See Current Gym Schedule					
Belly Dancing (pg. 19)						
Billiards (pg. 22) 						
Bridge (pg. 15) 						
Canasta (pg. 15) 						
Cardio Room (pg. 20)						
Chair Yoga (pg. 17)						
Chair Zumba Gold (pg. 18)						
Concan (51) (pg. 15) 						
Cornhole (pg.20) 	See Current Gym Schedule					
Dining Senior Style (pg. 6)						
Euchre (pg. 15) 						
Gentle Yoga for Beginners (pg. 18)						
Get Together 						
Line Dancing (pg. 18)						
Mah-Jongg (pg. 15) 						
Mexican Train Dominoes (pg. 14) 						
Model Builders (pg. 23) 						
Pickleball (pg. 20) 	See Current Gym Schedule					
Pinochle (pg. 15) 						
Outdoor Fitness Park (pg. 17) 						
Rummikub / Hand & Foot (pg. 14) 						
Scrabble (pg. 14) 						
Sit-n-Stitch (pg. 22) 						
Stained Glass (pg. 22)						
Table Tennis (pg. 20) 	See Current Gym Schedule					
Tai Chi Chu'an (pg. 18)						
Up & Down the River (pg. 15) 						
Walking Track (pg. 20) 						
Woodcarving (pg. 23) 						
Zumba Gold (pg. 19)						
Zumba Gold Toning (pg. 19)						

For the latest gym schedule visit myshpr.net or pick up a paper copy at the Senior Center or Community Center.

50+ OUTDOOR FITNESS PARK



Exercising outdoors provides all the physical benefits of indoor exercise (increased blood flow, improved cardiovascular health, strength, flexibility, endurance, etc.) and can also provide vital exposure to sunlight that increases important levels of vitamin D unlike indoor exercise. Members can utilize the park at their own risk, simply stop at the gym desk for a key card and enjoy! Please note that the Fitness Park will close for inclement weather such as thunder and lightening and/or snow and ice.



Winter Hours (Weather permitting):

Mondays - Thursdays

9 a.m. – 8 p.m.

Fridays & Saturdays

9 a.m. – 5 p.m.



Fitness Classes

Arthritis Exercise

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



Instructor: Kim Vitale
Location: Senior Center
Days / Time: Monday, Wednesday & Friday at 11 a.m.

Ref. #:	Day	Dates	Res./Non.
6001.100	M	1/08 – 2/12*	\$30 / \$39
6001.101	W	1/10 – 2/21*	\$36 / \$47
6001.102	F	1/12 – 2/23*	\$36 / \$47
6001.134	M	3/11 – 4/22	\$42 / \$55
6001.135	W	3/13 – 4/24	\$42 / \$55
6001.136	F	3/15 – 4/26*	\$36 / \$47

***No Class: 1/15, 1/17, 1/19 or 3/29**



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: Monday, Wednesday
 & Friday at 9:30 a.m.

Ref. #:	Day	Dates	Res. / Non.
6001.103	M	1/08 – 2/12*	\$30 / \$39
6001.104	W	1/10 – 2/21	\$42 / \$55
6001.105	F	1/12 – 2/23	\$42 / \$55
6001.121	M	3/04 – 4/15	\$42 / \$55
6001.122	W	3/06 – 4/17	\$42 / \$55
6001.123	F	3/08 – 4/19*	\$36 / \$47

***No Class: 1/15 or 3/29**

FITNESS CLASSES

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.
6001.106	Th	1/11 – 2/22	\$42 / \$55
6001.127	Th	3/07 – 4/18	\$42 / \$55

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

Time: 6 – 7 p.m.

Ref. #:	Day	Dates	Res. / Non.
6001.107	M	1/08 – 2/12*	\$30 / \$39
6001.120	M	2/26 – 4/08	\$42 / \$55

*No Class 1/15



Line Dancing

Line dancing is an alternative way to be more active, meet new friends, increase stamina and cardiovascular endurance and improve balance. Dance your way to better health! No experience is necessary. Bring a water bottle and wear comfortable clothing and athletic non-marking shoes.

Instructor: Carol Pakizer

Location: Community Center

Time: 11:30 a.m.

Beginner:

Ref. #:	Day	Dates	Res. / Non.
6001.109	Th	1/11 – 2/22	\$42 / \$55
6001.133	Th	3/07 – 4/18	\$42 / \$55

Intermediate:

Ref. #:	Day	Dates	Res. / Non.
6001.108	T	1/09 – 2/20	\$42 / \$55
6001.132	T	3/05 – 4/16	\$42 / \$55

Tai Chi Chu'an

Tai Chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant 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.
6001.110	6001.111	T	1/09 – 2/20	\$42 / \$55
6001.112	6001.113	Th	1/11 – 2/22	\$42 / \$55
6001.128	6001.129	T	3/05 – 4/16	\$42 / \$55
6001.130	6001.131	Th	3/07 – 4/18	\$42 / \$55



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

Days / Time: Monday at 9:30 a.m.

Tuesday at 6 p.m.

Friday at 11 a.m.

Ref. #:	Day	Dates	Res. / Non.
6001.114	M	1/08 – 2/12*	\$30 / \$39
6001.115	T	1/09 – 2/20	\$42 / \$55
6001.116	F	1/12 – 2/16	\$36 / \$47
6001.124	M	3/04 – 4/15	\$42 / \$55
6001.125	T	3/05 – 4/09	\$36 / \$47
6001.126	F	3/01 – 4/19*	\$42 / \$55

*No Class: 1/15 or 3/29



This toning class focuses on muscle conditioning. It blends the Zumba party you love at a slower pace with a redefining total-body workout using Zumba Toning sticks to shake up those muscles!



Instructor: Barb Wolcott

Location: Senior Center

Time: 10 – 11 a.m.

Ref. #:	Day	Dates	Res. / Non.
6001.117	T	1/09 – 2/13*	\$30 / \$39
6001.137	T	3/05 – 4/16	\$42 / \$55

*No Class: 1/23



This unique and graceful Middle Eastern dance style provides energizing low impact dance-exercise. Belly dancing offers an exciting way for those over 50 to challenge themselves. It is a fun and unique form of exercise that builds strength, improves balance, and increases flexibility within your core muscles while still providing stress relief through its calming rhythmic music. Not only will you benefit physically, but also mentally, as this style of dance encourages creativity and expression while building self-confidence. Get ready to take on new challenges — belly dancing awaits!

Instructor: Zea Weisenbach

Location: Senior Center

Time: 2 – 3 p.m.

Ref. #:	Day	Dates	Res. / Non.
6001.153	F	4/05 – 5/10	\$36 / \$47



Carol, our Line Dance Instructor, joined us in 2011 and Peggy, our Zumba Gold Instructor, has been teaching classes at the Center since 2007!

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 & GAMES

The Senior Center gym offers a variety of programs to keep members moving and having fun! These activities bring both competitive and recreational players. Equipment is available for use, or patrons may bring their own if they prefer something specific. Our schedule changes frequently so please stay up-to-date by visiting the Parks and Recreation website (myshpr.net).

Badminton

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

Basketball

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

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.

Pickleball

There are multiple play times for each skill level. Players rotate and will get to play with a variety of skill levels. Please note that pickleball ratings are self designated, staff do not make the call. Players are allowed to come to one block of time per day. (i.e., a player may not play during the Intermediate time slot in the evening if they played during the Advanced time slot in the afternoon.) **Sterling Heights Parks & Recreation uses the following ratings:** Beginner/ Novice (1 - 2.5); Intermediate (3 - 3.5); Advanced (4+).

Table Tennis

This is recreational play and all skill levels are welcome. Both single and doubles play is offered.



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.



Mondays - Thursdays
9 a.m. – 8:45 p.m.

Fridays & Saturdays
9 a.m. – 4:45 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.

Mondays - Thursdays
9 a.m. – 8:45 p.m.

Fridays & Saturdays
9 a.m. – 4:45 p.m.



Lessons

Pickleball 101: Intro for Beginners

Have you been wanting to see what Pickleball is all about? Participants in this one-day class will learn the basic rules, strokes and strategies of the game. **No prior experience necessary.** Paddles and balls are provided.

Instructors: Jeff Ng or Chip Fazio

Day / Time: Tuesday 9:15 - 11:15 a.m.; Thursday 6 - 8 p.m.

Location: Senior Center Gym

Dates:	Tuesday, February 6	Ref. #: 6001.138
	Thursday, March 14	Ref. #: 6001.139
	Tuesday, March 19	Ref. #: 6001.140
	Thursday, April 25	Ref. #: 6001.141

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

Pickleball 201: Mixers for Novice Players

Once you know the basics, you are ready to play in the "Mixers"! Start each class with a warm-up and drills to sharpen your game, then play games with similarly skilled players. Instructor will critique plays and offer tips and strategies. "Mixers" offers a comfortable environment for novice players to practice, play and meet new pickleball players. **Not for true beginners.**

Instructors: Jeff Ng or Chip Fazio

Day / Time: Tuesdays 9:15 - 11:15 a.m.; Thursdays 6 - 8 p.m.

Location: Senior Center Gym

Dates:	Thursdays, February 8 – 29	Ref. #: 6001.142
	Tuesdays, March 26 – April 16	Ref. #: 6001.143

Cost: \$56 Resident / \$73 Non-resident

Pickleball 301: Skills & Drills (Intermediate Level)

Learn effective techniques for serves, ground strokes, 3rd shots, lobs and overheads. Instructor will teach winning strategies including shot selection, communication, positioning and consistency. Players will perform drills and play games to improve skills in game situations. **Not for beginning players.**

Instructors: Jeff Ng or Chip Fazio

Day / Time: Tuesdays 9:15 - 11:15 a.m.; Thursdays 6 - 8 p.m.

Location: Senior Center Gym

Dates:	Tuesdays, January 9 – 30	Ref. #: 6001.119
	Tuesdays, February 13 – March 5	Ref. #: 6001.144
	Thursdays, March 28 – April 18	Ref. #: 6001.145
	Tuesdays, April 23 – May 14	Ref. #: 6001.146

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

Leagues

Join our Pickleball Round Robin Ladder League! 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 - three games to 15 points. *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 +)

Dates: Wednesdays,
January 10 – February 14

Time: 12:30 - 2:30 p.m.

Cost: \$26 Resident / \$33 Non-resident
Ref. #: 6001.147

Dates: Wednesdays, March 6 – April 10
Time: 12:30 - 2:30 p.m.

Cost: \$26 Resident / \$33 Non-resident
Ref. #: 6001.148

Dates: Wednesdays, April 17 – May 22
Time: 12:30 - 2:30 p.m.

Cost: \$26 Resident / \$33 Non-resident
Ref. #: 6001.149

Location: Community Center

Substitute League Player

Cost: Free; **must register*

January Sub Ref. #: 6001.150

March Sub Ref. #: 6001.151

April Sub Ref. #: 6001.152

ARTS AND LEISURE



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.
6001.212	Th	1/04 – 1/25	\$24 / \$32
6001.213	Th	2/01 – 2/22*	\$24 / \$32
6001.214	Th	3/07 – 3/28	\$24 / \$32

January Project: Valentine Hearts

**February & March Projects:
To Be Determined**

Location: Senior Center

***No Class 2/29**

SNIPPETY QUILTERS

Members ONLY

**Tuesdays,
10 a.m. - 4 p.m.**



This group is for quilters, sewers and beyond. Bring your own machine, supplies and ideas. No formal instruction will be given. Just come and enjoy time with others that have been bitten by the quilting/sewing bug.

Location: Senior Center

Not meeting 1/02 or 3/26

Sit-n-Stitch

**Wednesdays, 12:30 – 8:30 p.m.
Saturdays, 11 a.m. – 3 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

Not meeting 3/30



Mondays - Thursdays,
(except tournament days)

9 a.m. – 8:45 p.m.

Members ONLY

Fridays & Saturdays,

9 a.m. – 4:45 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 1/01, 1/02, 1/15, 2/19 (until 5 p.m.), 3/29 & 3/30

Location: Senior Center

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



**Wednesdays, January 3 & 17,
February 7 & 21
and March 6 & 20**

Billiard tournaments have been scheduled for the first and third Wednesday of the month and are open to men and women. The billiard room will be closed, except for tournament play, until 12:30 p.m. on tournament days. **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 on tournament day for play.

Jan. 3 Ref. #: 6001.304 Jan. 17 Ref. #: 6001.305

Feb. 7 Ref. #: 6001.310 Feb. 21 Ref. #: 6001.311

Mar. 6 Ref. #: 6001.316 Mar. 20 Ref. #: 6001.317

Location: Senior Center



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

Winter Craft

Join American House Friday, February 2 at 2 p.m. for a creative painting project!

Cost: \$3 Resident / \$5 Non-Resident (members free)
Ref. #: 6001.211

Location: Senior Center

Model Builders

2ND DAY
ADDED!

Members
ONLY

**Mondays & Wednesdays,
9:30 a.m. – noon**

New or experienced kit model builders are welcome to join this group. In January, the first four newcomers to this group will receive a free model provided by the current model builder participants. Work on your own projects: plastic, wood, metal, etc. No formal instruction will be given.



Location: Senior Center **Not meeting 1/01**

WOOD CARVING

**Mondays & Wednesdays,
1 – 4 p.m.**

Members
ONLY

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

Location: Senior Center **Not meeting 1/01**



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 bottom of this page.

Helping the Homeless

**Tuesdays, January 9,
February 6 & March 5
from 4 – 7 p.m.**

**Tuesdays, January 16, February 20
& March 19 from 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 Wednesday, March 20 at 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 - all-purpose cleaner
- Tissue: full-size boxes
- Disinfecting wipes
- Dish soap and sponges
- Laundry detergent
- Hand Soap

General Trip Information

- Resident registration for trips begins in-person and online at **2:15 p.m.** on the day listed above the trip title.
- **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 are **non-refundable** unless a suitable replacement can be secured at least two business days prior to departure.
- 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 via email prior to departure.



Departs

Destination

01/25/24	Zehnder's Snowfest in Frankenmuth
01/31/24	"Father of the Bride" at Meadow Brook Theatre
02/20/24	FireKeepers Casino
02/29/24	Charles H. Wright Museum of African American History
03/08/24	DSO Concert "Red Carpet Film Scores"
03/14/24	Outdoor Adventure Center: Maple Sugaring
03/20/24	Historic Marshall
03/26/24	Stahls Automotive Foundation
04/10/24	Soaring Eagle Casino
04/11/24	Detroit Historical Museum
04/24/24	Harvest Adventure
04/25/24	Treasures of Europe
04/26/24	DSO Concert "Country Hits Nashville Songs"
05/08/24	"Route 66" at Meadow Brook Theatre
05/16/24	Mystery Trip
05/21/24	Niagara Falls Overnight
06/02/24	Motor City Brass Band Mystery Theater
06/18/24	Diamond Jack's Detroit River Luncheon Cruise
09/11/24	Alaska Discovery
03/28/25	Spain's Classics

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 Tuesday, 1/23)



Tuesday, February 20 

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

Cost	Depart	Return	Ref. #	Travel By:
\$44 / \$49	9 a.m.	7 p.m.	6001.422	CARRS

(Opens Tuesday, 1/23)



THE WRIGHT

Charles H. Wright Museum of African American History

Thursday, February 29 

For over half a century, the Charles H. Wright Museum of African American History has dedicated itself to exploring and celebrating the rich cultural legacy of African Americans. The state-of-the-art museum in Detroit's thriving Midtown serves as a cultural beacon for the City of Detroit, and for the United States, championing the stories of African Americans while offering a space for rigorous contemplation.

Cost	Depart	Return	Ref. #	Travel By:
\$27 / \$30	12:45 p.m.	3:15 p.m.	6001.429	SMART

(Opens Tuesday, 1/23)



PNC Pops Coffee Concert

"Red Carpet Film Scores"

Friday, March 8 

Travel to Orchestra Hall for a PNC Pops Coffee Concert. Lights, camera, action—music! Films depend on the depth of the orchestra to turn images on a screen into moments that stay with us forever. Experience some of the most memorable scores in cinema through the unforgettable sound of the DSO.

Cost	Depart	Return	Ref. #	Travel By:
\$40 / \$43	8:45 a.m.	1:30 p.m.	6001.430	SMART

(Opens Tuesday, 1/23)

DNR Outdoor
Adventure Center



Maple Sugaring

Thursday, March 14 

Celebrate one of Michigan's tastiest natural resources during this hands-on program. Explore the adaptations that make the marvelous maple sap so sweet and learn about Michigan's maple syrup industry through history. This program is indoors and outdoors (rain or shine) and includes a short walk to Milliken State Park – dress for the weather! Includes pastries, coffee and tea.

Cost	Depart	Return	Ref. #	Travel By:
\$13 / \$16	8:15 a.m.	12:45 p.m.	6001.426	SMART

(Opens Tuesday, 1/23)

Historic Marshall

Wednesday, March 20 

Celebrate the first day of spring and visit the beautiful city of Marshall to see some of the lovely historic homes as well as touring three historic museums: Honolulu House in the heart of Marshall's National Historic Landmark District, Governor's Mansion Museum and the United States Postal Museum. Enjoy a delicious lunch at Schuler's with a choice of 1) Lake Erie Walleye or 2) Chicken Marsala. All entrées include bread and cheese, garden salad and pop, coffee, tea or iced tea.

Cost	Depart	Return	Ref. #	Travel By:
\$69 / \$74	7 a.m.	5:45 p.m.	6001.424	Bianco

(Opens Tuesday, 3/05)



Wednesday, April 10 

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 Premium Play.

Cost	Depart	Return	Ref. #	Travel By:
\$49 / \$54	9 a.m.	7 p.m.	6001.423	CARRS

(Opens Tuesday, 1/23)

Stahls Automotive Museum**Tuesday, March 26** 

Travel back to a time in history when cars were more than just a way to take us from point A to point B. Every one of the museum's vintage cars and vehicles demonstrates special creativity and imagination in its engineering and design. The museum features historically significant cars from the Depression and Art Deco eras, along with automobile memorabilia.

Cost	Depart	Return	Ref. #	Travel By:
\$5/ \$8	1 p.m.	3:30 p.m.	6001.431	SMART

(Opens Tuesday, 3/05)

**Thursday,
April 11**

Join us for the Historical Perspectives Tour at the Detroit Historical Museum. Native American footpaths started us on a journey that led to major industries (not just cars!) which brought the city of Detroit tremendous growth and waves of new immigrants. Explore over 300 years of the city's development, the people who built it and the growth we continue to see today.

Cost	Depart	Return	Ref. #	Travel By:
\$16 / \$19	12:30 p.m.	3:45 p.m.	6001.428	SMART

(Opens Tuesday, 1/23)

Harvest Adventure**Wednesday, April 24** 

Travel to Metamora and step back in time at the White Horse Inn. This local landmark dates back to the 1850s and is one of the oldest continuously operating restaurants in Michigan. Enjoy lunch with a choice of 1) cowboy mac & cheese with smoked pulled pork and panko, 2) pot roast grilled cheese on marbled rye, 3) Maurice salad (Hudson's classic recipe) or 4) fish and chips. All entrées include non-alcoholic beverage, dessert and tip. The adventure continues with a stop at Westview Orchards for shopping and wine sampling after lunch



Cost	Depart	Return	Ref. #	Travel By:
\$62/ \$67	10:45 a.m.	4:15 p.m.	6001.425	Bianco

(Opens Tuesday, 3/05)

PNC Pops Coffee Concert with the DSO**"Country Hits Nashville Songs"****Friday, April 26** 

Travel to Orchestra Hall for a PNC Pops Coffee Concert. Like a Nashville recording session brought to life, experience a who's who of the Grand Ole Opry, featuring the songs of Patsy Cline, Dolly Parton, Willie Nelson, Johnny Cash, Garth Brooks, Tim McGraw, Kacey Musgraves and more. Watch out for spontaneous line dancing!

Cost	Depart	Return	Ref. #	Travel By:
\$40 / \$43	8:45 a.m.	1:25 p.m.	6001.427	SMART

(Opens Tuesday, 3/05)

Meadow Brook Theatre presents...**ROUTE 66****Wednesday, May 8** 

Take a dollop of Grease, mix in some Pump Boys and Dinettes, add a generous dose of Forever Plaid and you've got the high octane fun of "Route 66"! Begin with the sounds of the 1950s Chicago and travel along the "Main Street of America" to the California coast with the surf music of the 1960s.

Cost	Depart	Return	Ref. #	Travel By:
\$43 / \$46	12:45 p.m.	5:30 p.m.	6002.421	SMART

(Opens Tuesday, 3/05)

**Thursday, May 16** 

Tap into your sense of adventure and join us for a trip to....wait, we aren't telling! All you have to do is show up and prepare for mysteriousness. The meal choice is what you choose, but the rest is for you to discover along the way! Lunch choice of 1) 8 oz. Prime Rib on an open face roll served with french fries, 2) Chicken Parmesan served with Fettuccine Alfredo or 3) fish & chips. All entrees served with bread, salad, cheesecake and tea, coffee or soda.

Cost	Depart	Return	Ref. #	Travel By:
\$62 / \$67	8:45 a.m.	5:15 p.m.	6002.424	Bianco

(Opens Tuesday, 3/05)

Ford Community & Performing Arts Center presents...



Sunday, June 2 

Are you an enthusiast of Sherlock Holmes, Agatha Christie, James Bond or Peter Gunn? Join the Motor City Brass Band for an investigative musical journey celebrating the best of the detective and mystery genre. Filmmakers and TV producers use music to communicate the tone and mood of their story, creating suspense and drama that is integral to the plot. Motor City Mystery Theater is sure to include some of your favorite mystery and detective music.

Cost	Depart	Return	Ref. #	Travel By:
\$30 / \$38	1:30 p.m.	6 p.m.	6002.430	SMART

(Opens Tuesday, 1/23)

Diamond Jacks

Tuesday, June 18 

Cruise the Detroit River learning about historical markers along the route. Enjoy a delicious lunch of chicken Piccata, pasta Alfredo, red skin potatoes, green beans, garden salad with dressing, rolls, dessert, coffee and soft drinks aboard Diamond Jacks riverboat while taking in the sights.

Cost	Depart	Return	Ref. #	Travel By:
\$57 / \$60	10:30 a.m.	3:15 p.m.	6002.427	SMART

(Opens Tuesday, 1/23)



May 21 - 22, 2024

**Cost: Single \$488 Res. / \$496 Non-res.
Double \$410 Res. / \$418 Non-res.
Triple \$392 Res. / \$400 Non-res.**

Ref. #: 6002.423



Take in the breathtaking views of Niagara Falls, Ontario for this one night excursion stay at the Sheraton on the Falls (Casino Niagara is attached to the hotel). Enjoy time to shop at White Oaks Mall on the way. A buffet dinner is included at the Fallsview Restaurant along with the Voyage to the Falls boat tour (included). There will be some free time to see the sights and attractions within walking distance of the hotel.

EXTENDED TRAVEL OPTIONS

ALASKA DISCOVERY LAND & CRUISE

(featuring a 7 night Holland America Cruise)

September 11 - 22, 2024

\$5,499 Double / \$8,299 Single with air from DTW w/26 meals (11 breakfasts, 7 lunches & 8 dinners) *Additional pricing options for cruise room view.

An informational presentation will be held on Tuesday, February 6 at 10 a.m.

Ref. #: 6001.432

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

Location: Senior Center

SPAIN'S CLASSICS

March 28 - April 8, 2025

\$4,749 Double / \$5,649 Single with air from DTW w/16 meals (10 breakfasts, 2 lunches & 4 dinners)

An informational presentation will be held on Monday, March 25 at 2 p.m.

Ref. #: 6001.433

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

Location: Senior Center

Information on both trips available online at **myshpr.net** and at the Senior Center. Registration for these trips is directly through

collette

-SAVE THE DATE-

Gateway to Lenewee with Bianco: June 14

**• Purple Rose Theatre -
"What Springs Forth": June 26**

**• Lake Michigan Overnight Tour
with Bianco: August 20 - 21**

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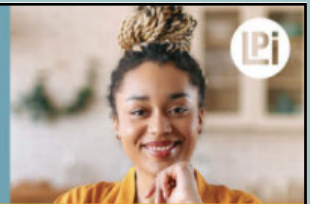
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Wednesday, March 20 | 10:00 AM

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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 _____



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Business Office: (586) 446-2750
(Mon. – Fri. 9 a.m. – 5 p.m.)

Cancellation Line: (586) 446-2693

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

Minibus Service:

shprbus@sterling-heights.net or
(586) 446-2757
(Mon.-Fri. 9 a.m. - 12 p.m. and 1 - 4 p.m.)

Stay Up-to-date Online:



: myshpr.net



: facebook.com/myshpr



: myshpr



: @sterlingheights

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www.mycommunityonline.com

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 lakeshorelegallaid.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

Parks & Recreation Senior Center Staff

Parks & Recreation Director: Kyle Langlois

Recreation Superintendent: Kristen Briggs

Recreation Specialist: Jennifer Rizzo

Main Office: Christine McCullum, Bozena Saladiak & Julie Sarcona

Program/Office Assistants : Leona Cross, Kim Schudlich,
Jean Volos, Roy Vultaggio, Linda Jaskiewicz, Janet Herrmann,
Linda Krieger, Connie Meador, Angela Rashid, Maggie Prong,
Carol Olson, Sherion Bounds & Tom Koller

Bus Drivers: Becky Stewart, Sharon Lautenbach, Ed Streling,
Karen McClellan, Matt Finateri, Denise Berg, Susan Nihem,
Joe Battaglia, Gerry Hoste, Matt Lockwood, Mark Czarnecki,
Jerry Snelling & Eric Hauer

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 & understanding.

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

OR CURRENT RESIDENT

CONGRATULATIONS ON YOUR
PROMOTION



Katie Neifer is the new Administrative Assistant for the Parks and Recreation department. We are so excited to see her take this next step in her career. Congratulations!

WHAT'S
New
WHAT'S
Next

In 2023, the gym wing lighting improvement project and main bathrooms renovations were completed thanks to CDBG funding. The

Card Room was refreshed with a new counter, cabinets, coat racks, shades, sills, paint, tables and high efficiency heaters. In our continued efforts to update the building, improvements to our Senior Center Library will be made in 2024. The first phase is anticipated to be completed by the end of January 2024 with additional improvements late summer / early fall 2024. New tables are also expected in several rooms, replacing the brown plastic tables. Thanks for your patience as we are looking forward to the finished product.



Please welcome Programs and Services Assistant, Julie Sarcona, to our Senior Center team! Julie has been a Program Assistant at the Community Center since it opened in 2020. She believes in our mission, enjoys interacting with the patrons and uses her creativity to problem solve and make beautiful creations. We are excited to have her in our building. Welcome aboard!

