March &
April 2021

CLINTON
TOWNSHIP

SENIOR CENTER

Providing Active Lifestyles for Older Adults 55+

40730 Romeo Plank Road
Clinton Twp., Michigan 48038
(586) 286-9333
seniors@clintontownship.com

SMART

(586) 286-9476

Clinton Twp. residents can contact our SMART bus dispatcher at the Senior Center between:
8:30 a.m. - 12:30 p.m. Monday-Friday. Trips available Monday-Friday from 8:30 a.m. to 3:00 p.m.

Any Clinton Twp. senior or resident with disabilities can apply for a bus pass by contacting
Clinton Twp. Supervisor's office. (586) 723-8093
After hours bus emergency line: (586) 468-0577
(After hours number is to be used for emergencies only)

Senior Service Agencies

Area Agency on Aging 1b **1-800-852-7795**

Medicare Medicaid Asst. Pgm. **1-800-803-7174**

Crisis Center **(586) 307-9110**

Elder Abuse Hotline **(855) 444-3911**

Interfaith Volunteer Caregivers **(586) 757-5551**
Lakeshore Counseling & Advocacy Law **(888) 783-8190**

Macomb County Senior Services **(586) 469-5228**

- *Information & Referral, Loan Closet, Home injury prevention program and Adult Day Care (586) 469-5580*

Meals on Wheels **(586) 469-5228**

Macomb County Central Action Center
Food Supplement Program, Financial Assistance, Emergency Services, Transportation, Utility Asst., Tax prep.
(586) 469-6964

Loan Closet

(586) 263-8437 extension 3

The Clinton Township Fire Dept. located on Romeo Plank Rd. just south of Cass Ave, has a loan closet for residents in need. Items such as Wheelchairs, Walkers, Canes, Crutches and other items can be borrowed. There is no cost to borrow the equipment. Please contact the Fire Dept. prior to visiting to make sure they have what you are in need of.

If you are interested in advertising in this publication contact Eileen Frazier at LPI Publications: (248) 421-4789

ALWAYS BE A WISE CONSUMER

Thank you for your patronage of the businesses and individuals that advertise with us. They help defray the costs of this publication. The Senior Center does not endorse or make any representation regarding the quality or character of services or goods furnished by any of our advertisers/presenters and we urge seniors to always carefully investigate the providers or services and goods before purchase. All programs at the CTSC may include opinions or views which, unless expressly stated otherwise, are not those of the Clinton Twp. Senior Adult Life Center. The programs at the CTSC are intended to be informational only and participants are encouraged to make informed decisions. We encourage you to be a wise consumer of all goods and services.

Administration

40730 Romeo Plank Road
Clinton Twp., Mi. 48038
Phone (586) 286-9333
Pgm. Hotline (586) 723-8127
M-F 8:30 a.m.-4:30 p.m.
seniors@clintontownship.com

Matthew Makowski
Director
Debbie Travis
Assistant Director
Casey Currey
Sports/Fitness Coordinator
Member Services:
Jim, Marlene and Nic
Bus Transportation:
(586) 286-9476

STAY CONNECTED
Online: http://clintontownship.com/senior-center.html

CLINTON TWP. OFFICIALS:

Robert Cannon - Supervisor

Kim Meltzer - Clerk

Paul Gieleghem - Treasurer

Laura Cardamone - Trustee

Mike Keys - Trustee

Tammy Patton - Trustee

Joie West - Trustee

The Senior Center continues to follow and enforce Centers for Disease Control and Prevention (CDC) and the Michigan Department of Health and Human Services (MDHHS) guidelines for physical distancing and mask wearing. **We have resumed offering limited, in-person activities and will continue to expand on our offerings. You must call to pre-register for your classes, as we are not a drop-in center at this time.** We continue to provide essential services, curbside resources and via drive-through events. If you have any questions, or if we can connect you with assistance, please do not hesitate to call the center at (586) 286-9333.

PROGRAM HOTLINE: (586) 723-8127

SENIOR CENTER FM RADIO STATION: 90.1 FM on your vehicle radio. We only broadcast for specific events on CT Civic Center grounds.

JOIN US ON FACEBOOK for updates to learn which programs are slowly being re-introduced and when.

UPDATES will be posted on the Clinton Township Senior Center web page as well as posted on the front windows of the Senior Center.

Please make sure we have your most updated e-mail if you choose to receive updates weekly on programs and events.

Hang in there...we will be together just as soon as possible!!!!

GROUP FITNESS DESCRIPTIONS

AEROBICS

Combine FUN with FITNESS to increase your cardiovascular and muscular endurance while improving your flexibility and balance. We start with low-impact aerobics and end with a strength workout using hand-help weights, tubing and balls.

ARTHRITIS FITNESS

This exercise program is designed to help decrease stiffness and pain using low impact moves, range of motion and light hand weights. It is not only for those with Arthritis but also those new to fitness looking to build strength, stamina, flexibility and balance.

BONE BUILDERS

This strength building class will help you become healthier, stronger & more active! You will learn to improve your balance & strengthen your muscles to accomplish many of your daily living functions.

CHAIR YOGA

This is a wonderful way for anyone who has mobility challenges to be able to experience the benefits of yoga. The poses are done sitting in a chair stabilizing the pelvis and hips for easier movement of the torso and arms without fear of injury or strain.

LINE DANCING

Join Enita for "Hooked on Country" line dancing and feel the positive effects in your body and soul as we have more fun than should be allowed in an "exercise" experience!

TAI CHI

Learn to truly relax and feel good with the moving meditation of Tai Chi. We will all practice together so all will be more flexible, healthy and strong with more energy and balance. Wear loose clothing and flat shoes.

YOGA

Class begins with breathing exercises, chair warm ups and easy stretching followed by standing and floor postures to strengthen and align your body promoting flexibility, posture and range of motion.

ZUMBA GOLD

Like the traditional Latin-inspired Zumba workout, this workout incorporates many of the dance/fitness routines set to Latin and international rhythms but is performed at a lower intensity. Drop in for the fun, return for the burn!

BALLET BARRE

Join Kathy for a fun and exciting ballet lesson! No previous ballet experience required. Attire: comfy exercise clothes & socks or flexible, heelless footwear. Chairs will be used for stability, balance, and ballet-based movements –all modified for senior flexibility.

Arthritis Fitness with Rebecca!	**FREE**
M/W/F on Clinton Township TV	**10:30-11:30 am**

Our fitness instructor extraordinaire, Rebecca Metry will continue delivering her Arthritis Fitness class 3 times a week from our Clinton Township cable station for your convenience as we safely resume in-person classes.
AT&T: Ch. 99, WOW: Ch. 10, Comcast Xfinity: Ch. 5. Also available to be live streamed, see page 9 for details. Stop by the Center to pick up your free Exercise Band to utilize in the workouts. While supplies last.
All compliments of our friends at **American House Lakeside**. Call for more info: (586) 286-9333.

Tai Chi for Health with Garry!	**FREE**
M/W/F on Clinton Township TV	**2:30-3:30 pm**

Our resident Tai Chi Master, Garry Cabbil, will be visiting you through our Clinton Township Cable station! Monday warms you up with a Beginner based class, Wednesday intermediate, and Friday advanced. Each day will add more forms to the series of movements being performed to accommodate all levels of practitioners!
AT&T: Ch. 99, WOW: Ch. 10, Comcast Xfinity: Ch. 5. Also available to be live streamed, see page 9 for details. This opportunity is brought to us through the sponsorship of **Humana** and **Hart Hearing**

Find us on Facebook

REGISTER BY CALLING NICK, MARLENE OR JIM AT (586) 286-9333

We have been working diligently to create a safe and welcoming environment. As we re-open slowly, more adjustments will have to be made so please be patient with us as we work on phasing in programming with your safety in mind. For up to date announcements or cancellations, like us on Facebook and follow our web page. Be sure to watch CTTV and monitor our web page at https://clintontownship.com/senior-center.html for online enrichment.

MARCH HAPPENINGS

Zoom Personalized Instructions	FREE!

Call anytime! The world is offering more and more VIRTUAL experiences and many of the ones that WE offer are presented over the platform called ZOOM. Through ZOOM we are able to see each other and share an experience together -safely and conveniently. Don't let technology bully you! We can email you step by step directions specific to your device and offer phone support or in-person guidance as well with appointment.

Computer Tips, Tricks, & Jollities!	FREE!
1-on-1 Instruction, times will vary	

Nancy Hartwig, our former in-house computer tutor is back! Nancy specializes in assisting seniors in becoming comfortable and confident while using their computers. She does this using the K.I.S.S. method (Keep It Simple, Senior!) Technology is definitely here to stay and we can utilize it for fun, information and to stay current in today's world. Each class listed below will be available on a ZOOM conference that you can easily access from the comfort of your home. If there is a handout offered, you will be able to get that from the Senior Center before or after attending the class. Call Nancy directly to make an appointment, leave your message @ (586) 306-8879.

Gillette Recycle Program	FREE!

Gillette has partnered with TERRAcycle to offer the world's 1st National Razor Recycling Program & YOUR Senior Center is a drop-off site! All brands of disposable razors, blades, cartridges and their packaging can be deposited in our receptacle for recycling. These materials then move on to become new park benches, picnic tables and alloys for other products! Thank you for considering our program before you throw those valuables away!

Outdoor Walking Club	FREE!
Tuesday Mornings	8:45-9:15

Let's use this day as an excuse to get outside and enjoy our changing seasons! Nordic Poles will be supplied for stability, first come, first served. Weather dependent. Sponsored by our friends at **HealthQuest Physical Therapy.**

Dominic's Drive-Up Dinners To Go	$11
Friday, March 12 & March 26	11:00-12:00

One thing we all LOVE is home-cooked food. What we LOVE even MORE is when that yummy food is cooked FOR US! Well, we've got great news: Our friends at Dominic's Catering is delivering hot, delicious meals to our Center for our members to drive up, pick up and GO! Celebrate Fridays with these special meals! Orders must be called in by the Monday ahead of Drive-Up date.

March 12: Chicken Scallopini, Roasted Redskin Potatoes, Buttered Baby Carrots and Dinner Roll.

March 26: Veggie Marinara Lasagna, Garden Salad, Garlic Bread and Homemade Cannoli.

Weekly offerings will be posted on the windows out front of the senior center as well as on Facebook, our web page and the hotline. Be in the know!!!! Exciting activities are here!

Find us on Facebook

REGISTER BY CALLING NICK, MARLENE OR JIM AT (586) 286-9333

Mah Jong	FREE!
Monday, March 1	12:30-3:30

Come out to play with your teams. Not an instructional class. Must register in advance.

International Women's Day Contest	FREE!
Monday, March 8	ALL DAY!

Celebrate your never-ending power and purpose by committing to being part of a study group. **Consider joining: ResearchMatch.com** ResearchMatch is a free and secure online tool created by academic institutions across the country who want to include you in their mission of helping studies improve health in the future. ResearchMatch works by emailing you about studies that may be a good match for you. Many studies need healthy volunteers as well as those with all types of health conditions. It is always your choice to decide what studies may interest you. You are not required to participate in a study if you join ResearchMatch. It is always your choice! If you decide to join, give us a call and we'll enter you into our $50 gift card contest and free manicure drawing! **Winning names must be entered by MARCH 31**. Sponsored by: **Humana** and **RosesAreRedEvents.com**

Ask the Expert	FREE!
Tuesday, March 9	1:00-2:00

Henry Ford Macomb brings in their medical experts on senior-relevant topics. Call to register for your seat! **Today: learn about Covid-19 Vaccine Facts & Safety**

Movie Club	FREE!
Monday, March 15	1:00-2:00

Just like a book club except we use FILMS. We will be tuning into the same movie/documentary each month from the safety of our homes and then come together to discuss both sides of the perspective on the 3rd Monday of the month. We will also show this movie prior to the meeting for those who wish to watch it here. March Film: **RENT.**

Brain Fitness	FREE!
Tuesday, March 16	9:30-11:00

Learn all the latest tricks and strategies to keeping your most important muscle strong and fit! Presented by Marcia Relya of CARE. Brain-healthy treats and raffle Sponsored by **Optalis Healthcare -Shelby**.

Lucky YOU! Craft	FREE!
Wednesday, March 17	10:00-11:30

Today, under the instruction of our amazing crafter, Judith Heck, we will be decorating the flower pot that will hold our lucky St. Paddy's Day 4-leaf-CLOVER plant! All supplies, including the plant, are compliments of our friends at **Oasis Senior Advisors**. Limited class capacity, register today!

St. Patrick's Day "It's Your Lucky Day" Concert	FREE!
Wednesday, March 17	4:00-5:00

Our favorite honey-voiced entertainer, Pleze Raybon is IN THE HOUSE, so to speak. Pleze will be singing to us personally in our living rooms today through your Clinton Township cable station! Call ahead (586) 286-9333 to register that you'll be watching from home and receive an entry into our Pot 'o Gold drawing! Multiple winners will be chosen on T.V. during the concert!! Sponsored by**: Advantage Living Centers.**

Drive-Up Resource Tent	FREE!
Thursday, March 18	10:00-12:00

We've got some things up our sleeve to help you get through these long days and we're bundling it all in a safe, convenient drive-up-and-grab opportunity. Activity packets, time-sensitive community-based resources exclusively for seniors, easy and nutritious recipes and some added surprise goodies all in a complimentary grab-and-go bag. So drive up and re-gain your advantage of being a Clinton Township Senior Center Member!! (while supplies last)

REGISTER BY CALLING NICK, MARLENE OR JIM AT (586) 286-9333

Parking Lot Bingo	$5
Friday, March 19	1:00-2:30

We've got some new toys to play with and we want you to join us! We will assemble you in your cars with bingo supplies and direct you to a parking spot to play bingo with us through our brand new RADIO STATION broadcast! Prizes awarded! **THIS IS A PRACTICE RUN** – limited spots so we can fine-tune this experience. Treats and prizes sponsored by **Heartland Rehabilitation of**

Detroit History Tour via ZOOM!	FREE!
Tuesday, March 23	1:00-2:00

As one of America's most recognizable women, Rosie the Riveter has become an icon of feminism, gumption, World War Two, and the "We can do it" spirit. Remarkable for a woman who never actually existed. Join Detroit History Tours, as we dive deep into the history of the women who would come to be known as Rosies. From the art, advertisements, and propaganda to the real life women who built planes, tanks, jeeps and ammunition, we'll explore the lasting legacy of Women War Ordinance Workers in Detroit. Register for your zoom link! Sponsored by **Hart Hearing**.

Rain Barrels and Rain Gardens	FREE!
Wednesday, March 24	11:30-12:30

The Clinton River Watershed Council would like visit us to share the delights of harnessing our rain water and making beautiful things happen from it! This unique opportunity will also be live-streamed from our Clinton Township cable channel so you can watch it on t.v.! Call to reserve your seat!

APRIL HAPPENINGS

Health Matters	FREE
Tuesday, April 6	11:30-1:00

All new topics for 2021!! This is a fantastic opportunity for anyone who is concerned about making better food choices and the importance of an active lifestyle. Each program will include valuable health info provided by **Henry Ford Macomb** and the **ADA**. This will be live and virtual. Raffle prizes for attendees! Registration required. Sponsored by **Dignity Memorial** and **HFM**.

Donuts (To-Go) with the Supervisor	FREE!
Thursday, April 8	10:00-11:00

Open to the Public! Join **Robert Cannon**, your Clinton Township Supervisor today in a relaxed forum to get the nitty-gritty of everything that's current in our wonderful community. Please RSVP to save your seat and to be kept abreast of any modifications or updates regarding this event. We will also be LIVE-streaming this event from our FACEBOOK page and Cable Station.

Dominic's Drive-Up Dinners To Go	$11
Friday, April 9 & April 23	11:00-12:00

One thing we all LOVE is home-cooked food. What we LOVE even MORE is when that yummy food is cooked FOR US! Well, we've got great news: Our friends at Dominic's Catering is delivering hot, delicious meals to our Center for our members to drive up, pick up and GO! Celebrate Fridays with these special meals! Orders must be called in by the Monday ahead of Drive-Up date.

April 9: Swedish Meatballs in Gravy, Mashed Potatoes, California Blend and Dinner Roll.
April 23: Chicken Veggie Stir Fry, Rice, Garden Salad and Garlic Bread.

Find us on Facebook

REGISTER BY CALLING NICK, MARLENE OR JIM AT (586) 286-9333

Garden Gnome Craft	$2
Monday, April 12	1:00-2:30

We'll be creating adorable gnomes for your spring porch or garden under the guidance of our crafty member, Jan Cohan. All supplies are included in your registration fee. Limited seats, call quickly!

Ask the Expert	FREE!
Tuesday, April 13	1:00-2:00

Henry Ford Macomb brings in their medical experts on senior-relevant topics. Call for today's topic and to register for your seat!

Drive-Up Resource Tent	FREE!
Thursday, April 15	10:00-12:00

We've got some things up our sleeve to help you get through these long days and we're bundling it all in a safe, convenient drive-up-and-grab opportunity. Activity packets, community-based resources exclusively for seniors, recipes and some added surprise goodies all in a complimentary grab-and-go bag. Drive up & re-gain your advantage of being a member!! (while supplies last)

Movie Club	FREE!
Monday, April 19	1:00-2:00

Just like a book club except we use FILMS. We'll be tuning into the same movie/documentary each month from the safety of our homes & then come together to discuss both sides of the perspective on the 3rd Monday of the month. We will also show this movie prior to the meeting for those who wish to watch it here. April Film: **The Social Dilemma.**

Brain Fitness	FREE!
Tuesday, April 20	9:30-11:00

Learn all the latest tricks and strategies to keeping your most important muscle strong and fit! Presented by Marcia Relya of CARE. Brain-healthy treats and raffle Sponsored by **Optalis Healthcare -Shelby**.

Detroit History Tour via ZOOM!	FREE!
Thursday, April 22	1:00-2:00

On a Tuesday in October of 1929, everything changed. Detroit, along with the rest of the world, was rocked by the crash of the stock market. The crash and America's response to it would soon plummet the nation into the Great Depression. Join Detroit History Tours as we explore the history of The Great Depression in Detroit; an era that would stretch out for over a decade, encompassing some of the hardest years in American history, and some of the most unique and difficult in Detroit's long memory. Register for your zoom link! Sponsored by **Humana**.

Calling All Bird Lovers!	FREE!
Tuesday, April 27	10:00-12:00

We will be painting birdhouses today for our sweet, feathered friends compliments of **Randall Residence of Sterling Heights**. You will be the envy of your neighborhood when you display this adorable bird house in your yard. Call to save your seat!

Parking Lot Bingo	$5
Friday, April 30	1:00-2:30

We've got some new toys to play with and we want you to join us! We will assemble you in your cars with bingo supplies and direct you to a parking spot to play BINGO! with us through our brand new RADIO STATION (90.1 FM) broadcast! Prizes awarded! Register to reserve your spot! We're ready for you today! Prizes and refreshments sponsored by **Advantage Living Centers**

CONNECT WITH US VIRTUALLY

We will be hosting a few different ways for you to engage with us from a distance. If you see these "platforms" mentioned in our descriptions of any listed event, we invite you to join us remotely to participate and know that we're here to assist with that connection. Call our Guest Services anytime during normal business hours. We love to hear from you!

Join Us on our Cable T.V. Station!

If we have an event listed to be aired on our Clinton Township cable channel, you must live within the Township to receive that broadcast on your T.V.
The channel number is dependent on your carrier:

AT&T: Channel 99 **WOW: Channel 10** **Comcast/Xfinity: Channel 5**

If you are not a resident of Clinton Township, you can still follow our cable content in real time through your computer or smart phone by joining us on our "Live Streaming" platform.

Join Us on our "Live-Streaming" link at:

https://clintontownship.com/community-relations--media-services.html

From this link, you can scroll down to find the Live-Stream display and watch the Clinton Township Cable Channel's content from anywhere!

Joining Our Zoom meetings:

There are many ways to join a Zoom meeting, but the easiest way is to click the **Join** link that the meeting host will provide to you in your email inbox. You can also click **Join** in your Zoom client account and manually enter the meeting ID and password as requested.

Join us on Facebook: Just search "Clinton Township Senior Adult Life Center" and like our page or visit our website for more information at www.clintontownship.com/senior-center

Monday - Friday
9:00am - 3:00pm

We are taking RESERVATIONS for 45 minute sessions
7 People Maximum

Temperature & Questionnaire are required at Check In

MASKS are REQUIRED
Masks must be worn over your mouth and nose at all times
- When you enter the building
- To and from the rest room
- While excercising
- While using any excercise machine
- When you exit the building

Pickleball is where it's at!

At least, that's what the Pickleball players say. This sport has been rapidly growing for years and doesn't appear to be slowing down. We are very lucky to have some beautiful facilities in our community. Outside the Senior Center we have 6 courts open dawn to dusk daily from May thru Oct. These courts are designated for senior open play from 9-4pm daily. All levels of player are encouraged to come play. We also have Indoor play at the Senior Center. The group indoors also encourages all skill level players to join, but also tries to offer instruction to those still learning the sport. We have 1 court available indoors and use an open format for play. Please call Casey at (586) 723-8076 with any other questions.

CLINTON TWP. SENIOR CENTER RADIO STATION NAME CONTEST!

We have acquired a short-range radio signal located on your car radio at 90.1 FM. We will be utilizing this station for drive in movies, car parties, car bingo and other various interactive events in 2021. Broadcasting will only be available during dedicated scheduled activities in our parking lot.

We need your HELP naming our station! Please call us at (586) 723-8304 to submit your suggestion. The winner of the contest will be presented with a $100 gift card. Deadline for your entry will be April 30, 2021. Good luck!

Find us on Facebook

VOLUNTEER OPPORTUNITIES

Deliver Meals on Wheels	Daily	Macomb County: (586) 469-5228
Assist preparing activity packs	Ongoing	Call Deb Travis (586) 723-8125
Party Attendants	Ongoing	Call Deb Travis (586) 723-8125
Gift/Coffee Shop Assistant	Ongoing	Call Deb Travis (586) 723-8125
Sanitizing help when facility re-opens to the public	Ongoing	Call Deb Travis (586) 723-8125
Summer OUTDOOR Senior Expo/Fun Fair 2021 (Previously held at MISD)	Ongoing	Call Deb Travis (586) 723-8125
Garden Club Helpers	Ongoing	Call Deb Travis (586) 723-8125
Phone outreach well checks volunteers	Ongoing	Call Deb Travis (586) 723-8125
Be on a list of volunteers available during/after Twp. emergencies. Example: phone wellness checks, chore services for sr. residents, assist at local shelter sites, vaccine clinics etc.	On call	Call Deb Travis (586) 723-8125

Peachtree Tennis:

Peachtree has started their senior hours!

Tues & Thurs 10:00-11:30am

- No socializing after tennis
- Locker rooms closed
- Kitchen closed
- Masks worn in club but not on courts

Call (586) 469-7000 for more information

We are hopeful that these restrictions will be lifted in the very near future!

Find us on Facebook

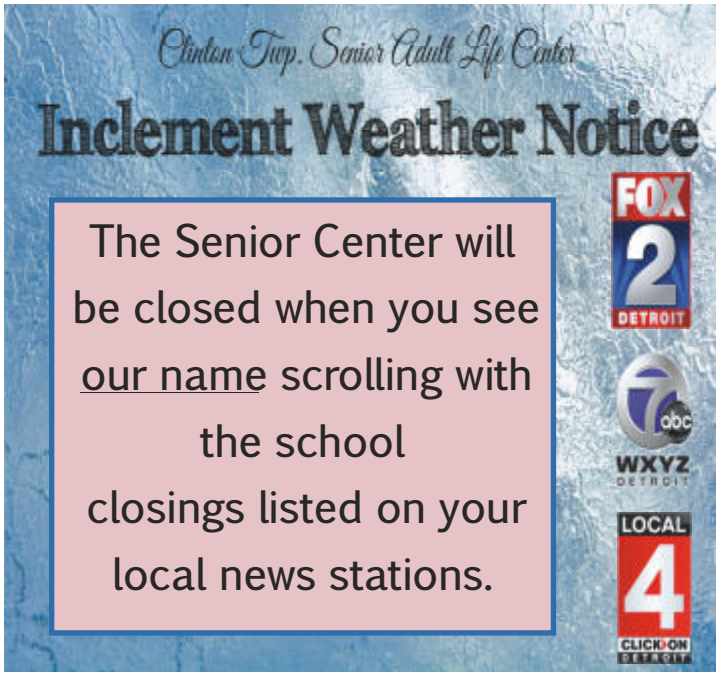
Please note:
Cards have been cancelled until further notice due to physical distancing requirements.

GETSETUP FREE VIRTUAL CLASSES!!

GetSetUp is a pioneering social platform where seniors can learn about a variety of topics through a live, interactive peer-to-peer teaching model. The platform currently offers classes on essential life-changing skills, from professional development to technology, health, wellness and hobbies. It also offers casual social hours. Its expert guides hold graduate and master's degrees in business, music, science, and more.

As part of the Program, GetSetUp will run classes 10 hours a day to make it easy for Michiganders to take a class anytime they like from the comfort and safety of their homes. Make sure you have an email address and access to the Internet. Go to the website getsetup.io/michigan. Take "New Member Orientation" to get started.

If you need help, email help@getsetup.io or call (888) 559-1614. This initiative is supported in part by the Michigan Health Endowment Fund and the MDHHS Aging and Adult Services Agency.



FOR DAILY PROGRAM CANCELLATIONS CALL THE HOTLINE AT 723-8127

2021 FITNESS SCHEDULE

As we begin to safely re-open, we will resume exercise classes in the gym with class sizes to be limited. Some classes are larger than others and we may need to limit visits per week to be able to give all members an opportunity to participate. We are also planning to continue Zooming live classes for those members not able to return right away so keep your eyes open for us to email you those links.

TIME	CLASS	INSTRUCTOR/LEADER	FEE
MONDAY			
9:00	BONE BUILDERS	RHONDA	$4
10:30	AEROBICS	RHONDA	$4
12:00	LINE DANCING	ENITA	$5
TUESDAY			
10:00	ZUMBA GOLD	SHONECE	$4
12:00	YOGA	DANIEL	$4
1:30	TABLE TENNIS	CHARLIE	FREE
WEDNESDAY			
10:00	CHAIR YOGA	JASMIN	$5
11:30	ARTHRITIS FITNESS	RHONDA	$4
1:30	CO-ED VOLLEYBALL	JOANN	FREE
THURSDAY			
9:00	BONE BUILDERS	RHONDA	$4
10:30	AEROBICS	RHONDA	$4
12:00	YOGA	DANIEL	$4
1:30	PICKLEBALL	JERRY	FREE
FRIDAY			
10:00	ZUMBA GOLD	SHONECE	$4
11:00	BALLET BARRE	KATHY	$5
12:30	ARTHRITIS FITNESS	RHONDA	$4

CLINTON TOWNSHIP SENIORS

Program Updates

Subject to change

2021 Group Gatherings

The groups listed will be meeting monthly on the dates below. Contact the Front Desk at 586-286-9333 to register.

RUMMIKUB	**March 26 & April 16**
DOMINOS	**March 22 & April 26**
NEEDLE NUTS	**March 9 & April 13**
BOOK CLUB	**March 17 & April 21**

Registration for the 2021 Bocce season is now open!

$20 reserves your spot in the league next spring as well as a ticket to the end-of-season banquet! You must register by April 1, 2021 in order to participate. Contact the Front Desk at 586-286-9333 to sign up today!

Michigan Senior Olympics SPRING GAMES

May 13-23, 2021

The Michigan Senior Olympics are excited to announce the addition of Spring Games to the 2021 schedule!

Events include:

Archery, Basketball Free Throw & 3pt Contest, Billiards, Bowling, Cornhole, Cycling, Disc Golf, Pickleball, & Powerlifting. Many Virtual Events are also available!

For more information:

www.MichiganSeniorOlympics.org or call 248-608-0250

Pickleball in Clinton Twp. AGES 50+

PLEASE BE PATIENT AS WE RE-ENGAGE!

Clinton Township Senior Adult Life Center

Health & Wellness Spa

Spa Days are back! We are so very excited to re-open our newly updated Spa Room and welcome the return of Jackie, Kameelia, and Roberta! Spa services are by appointment only and, to maintain safe practices, only one person per hour will be scheduled. Contact the numbers listed below to sign up!

Manicures & Pedicures by Kameelia

Mondays & Fridays 9-3 p.m. (586) 723-8223

Regular Manicures, Hot Oil Manicure, Pedicure and Waxing Services. Fees are payable to the manicurist at time of service. 24 hr. notice is required for cancellations.

Haircut & Salon Services by Jackie

Wednesday & Fridays 9-4 p.m. (586) 723-8221

Stop by the Spa and meet Jackie, a hairdresser with 30 years experience. Services include: Haircuts, Mustache/Beard Trim, Deep Conditioning, Perms, Highlights, Tints and Wash, Blow Dry, Style or Roller.

Massage & Reflexology by Roberta

Tuesdays 9-4 p.m. (586) 723-8222

Celebrating 21 years! Schedule your massage today. 11 minutes…. $11 25 minutes….$20

Find us on Facebook

PLEASE SEE PAGES 14-16 FOR ADJUSTMENTS TO THE PGM SCHEDULES

Bocce Ball League
Judy Freund (313) 580-2075

Bowling Ladies Senior Belles
Cathy Bonilla (248) 709-2322

Darts
Jerry Robichaud (586) 228-0913

Golf (Ladies) Thursdays (Summer)
Christine Hayward (586) 465-3114

Horseshoes (April-October)
Casey Currey (586) 723-8076

Pickleball
Jerry Robichaud (586) 228-0913

Softball: Pat Radaj (586) 604-5028
Roger Ricci (313) 770-4545
Bob O'Brien (586) 799-7981
Marv Parent: (248) 853-9665

Table Tennis
Charlie Green (586) 306-3484

Tennis Practice
Casey Currey (586) 723-8076

Volleyball
(Co-ed) A fun, 1 bounce game
JoAnn Ruggirello (586) 201-6678

Men's Volleyball
Paul Schneider (586) 228-0076

Since we will be using the gymnasium for all fitness activities, some leagues will remain on hold until we are able to safely increase all activities at the center. Please contact Casey for any questions about when your group will return to the schedule.

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TRAVEL TIPS

Let us show you the world!

The Center has been offering group travel services for over 38 years. We have traveled the globe and seen some amazing sights! All of our trips are guided by travel escorts so sit back and enjoy. Never fear, any extended trip can be taken as a single, double or triple and insurance is available for large trips.

Once we start opening up travel, flyers will be located in the lobby and online at https://clintontownship.com/senior-center.html

Dear Clinton Township Senior Center Travelers,

We certainly miss you so very much and are working diligently to get back in the swing of things. The pandemic has certainly put a curve ball in our plans but with our diligent mask wearing, washing hands and keeping our physical distancing, we hope we are on the right track now and things will continue to improve. Now that the vaccines are being made available, it is our sincere hope to get things moving just as soon as safely possible. We have been in touch with Ed and Ted's, Rybicki as well as Shoreline and they share our concerns to keep you as safe as possible as we start traveling again.

2021 TOUR UPDATES AT THE TIME OF PRINTING

(More information and trips to come as they become available)

Ed and Teds update:

We will be moving our New Orleans trip from April to the end of October. Dates TBD shortly. Hopefully our first trip will be Cape Cod in June which is currently still sold out. (Cross your fingers) Hope everyone is staying safe, getting vaccinated, and getting ready to travel. I know I am. Looking forward to seeing everyone soon! Ed

Rybicki Tours:

June 11-14:	**Lilac Festival** on Mackinac Island
June 23:	**Frederik Meijer Gardens**
June 28:	**Fireworks Tour.** (waiting on confirmation from the boat company)
July 13-15:	**Petoskey**
July 14-23:	**Vacations By Rail: Alaska.**
July 29:	**A Day In Toledo-Great Lakes Museum** (rescheduled from May 11)

More trips coming soon! Flyers in lobby and online at https://clintontownship.com/senior-center.html

Shoreline Tours update:

Mike has been in contact with us and is anxious to have the Canadian borders reopen for business. Shoreline is a Canadian business and the border shutdown has been extremely challenging. We will be sure to keep you posted as soon as we can start traveling again.

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Spring Word Search

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- Firearms are not permitted on our trips.

CLINTON TOWNSHIP

- Detailed flyers are available for each trip in the CT Senior Center lobby and online.
- Trips are added as they become available and may have not been ready by our publication deadline. Please check back often so you don't miss out on a great trip!
- There are no refunds if you do not show up for a trip. Any refunds are based on individual trip / travel agency policies.
- There are no refunds for trips that include show tickets unless a suitable replacement can be secured prior to departure.
- The front seats of the coach are reserved for the travel director, trip supplies, those on oxygen and/or guests utilizing a walker or wheelchair as needed.
- Those who do not comply with the rules/regulations for group travel will be asked to refrain from traveling with the group.
- **Canadian travel IS ON HOLD AT THIS TIME**.
- Travel Club lanyards if issued must be visible for the duration of the trip.
- Please arrive 15 min. before schedule departure to secure your seat. Trips depart promptly at stated times.

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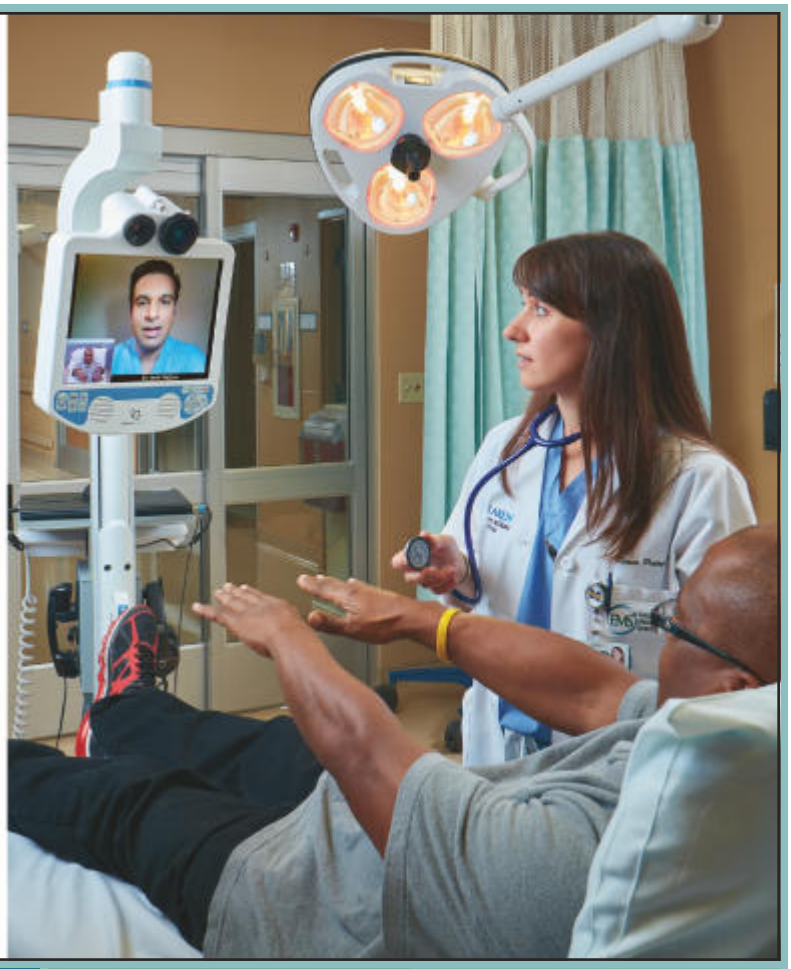

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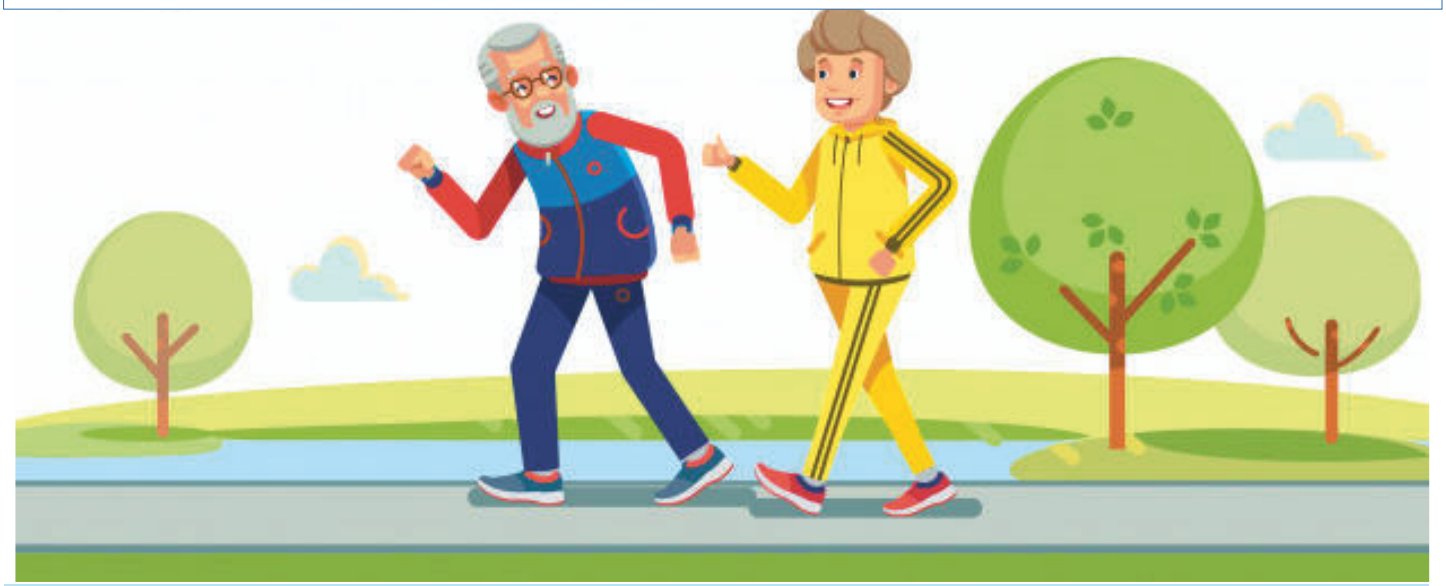

Take your daily walk up a notch on our Fit Trail! Many of you already enjoy our walking path so we 'stepped' it up a notch with exercise stations. Starting in April, we will be placing signs around the path with instructions for different exercises that can be completed without added equipment to help get your heart rate up and help you build some strength. Use this as a great way to challenge yourself and even take your daily step competitions to the next level, but most of all get out and get active!

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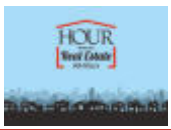

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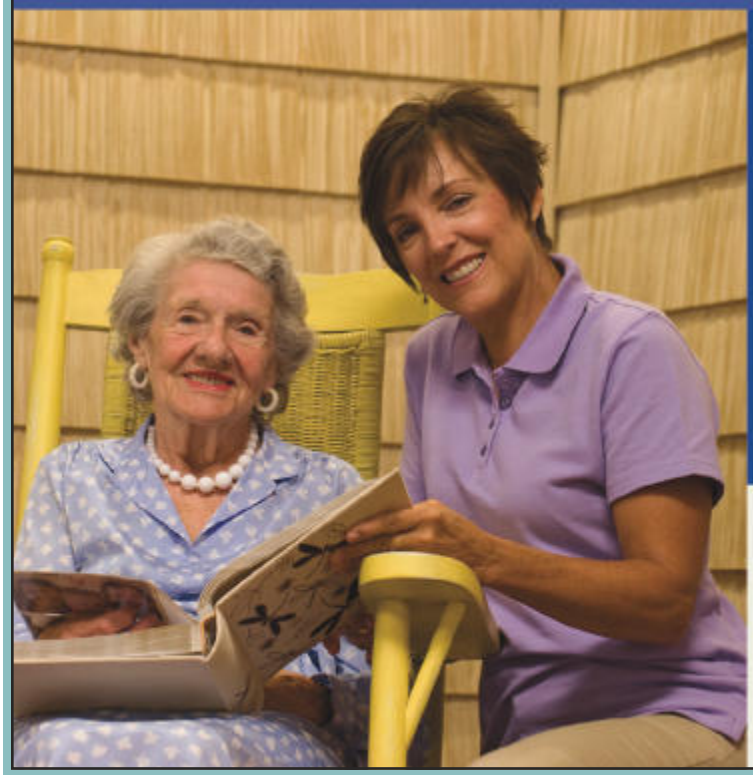

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