



CLINTON
TOWNSHIP
SENIOR ADULT
LIFE CENTER

March/April 2022
55+ PROGRAMS AND SERVICES

INFORMATION OF INTEREST



(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 citizen or resident with disabilities can apply for a bus pass by contacting Amy at the 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)

RIDES LIMITED DUE TO DRIVER SHORTAGE AT THIS TIME



NUMBERS OF INTEREST

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

Computer Tutor - Nancy Hartwig (586) 286-9333

Macomb County COVID helpline (586) 463-3750

Crisis Center (586) 307-9110

Elder Abuse Hotline (855) 444-3911

Interfaith Volunteer Caregivers (586) 757-5551

Lakeshore Counseling & Advocacy Law (888) 783-8190

Sara Scholl—Counselor (586) 943-6263

Macomb County Central Action Center

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

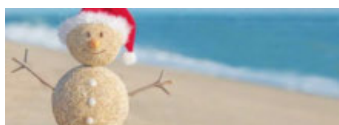
Macomb County Senior Services (586) 469-5228

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

Meals on Wheels (586) 469-5228

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

Notary Services: (586) 723-9422 CT Clerks office



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

Sign up to
Advertise!

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.

MACOMB COUNTY COVID TESTING

The Macomb County Health Department offers fast, convenient, no-cost COVID-19 testing. Its drive-thru testing site is located in Sterling Heights at the former site of Sears Automotive at Lakeside Mall (the entrance is directly across from Solari & Co. Fine Jewelers). Visit

<https://www.macombgov.org/covid19-canigettested>

for more details

SENIOR SERVICES

40730 Romeo Plank Road
Clinton Twp., Mi. 48038
Phone (586) 286-9333
Fax (586) 286-8757
M-F 8:30 a.m.-4:00 p.m.
seniors@clintontownship.com

Matthew Makowski

Director

Debbie Travis

Assistant Director -
Sports/Fitness Coordinator

Recreation Coordinator

Welcome - Ericka Pauly

Member Services:

Cheryl, Maria and Marlene

Bus Transportation:

Louise (586) 286-9476
Pam & Angel - Drivers

STAY CONNECTED

Online: <http://clintontownship.com/senior-center.html>

CLINTON TWP. OFFICIALS:

Robert Cannon - Supervisor

Kim Meltzer - Clerk

Paul Gielegem - Treasurer

Laura Cardamone - Trustee

Mike Keys - Trustee

Tammy Patton - Trustee

Joie West - Trustee



Membership Information

- Must be of age 55 or older
- Have proof of age and residency
- Resident Fee: \$50 for single and \$70 for couple
- Non-Resident Fee: \$80 for single and \$140 for couple

Membership includes an I.D. Name Badge and Bimonthly Newsletter. Fees are for a lifetime membership.

Please note that there are rules of conduct and behavior as well as policies that must be followed.

*As social events at the Senior Adult Life Center are sometimes video recorded, you may be seen and/or published in Township publications and on Clinton Township cable TV and social media channels.

JOIN US ON FACEBOOK for updates.

UPDATES will be posted on the Clinton Township Senior Center web page and our Facebook page. Please follow us and be in the know!

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

The Senior Center will ONLY be closed due to inclement weather when you see OUR NAME scrolling with the school closings listed on your local news stations. Save yourself a trip, check the closings before you venture out.



GROUP FITNESS COURSES

<p style="text-align: center;">AEROBICS</p>	<p style="text-align: center;">ARTHRITIS FITNESS</p>
<p>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-held weights, tubing and balls.</p>	<p>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.</p>
<p style="text-align: center;">BONE BUILDERS</p>	<p style="text-align: center;">CHAIR YOGA</p>
<p>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.</p>	<p>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.</p>
<p style="text-align: center;">LINE DANCING</p>	<p style="text-align: center;">ZUMBA FOR SENIORS</p>
<p>Join Enita for 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!</p>	<p>All the fun of Zumba choreography that you love at a lower intensity for seniors. Focus: balance, range of motion and coordination.</p>
<p style="text-align: center;">YOGA</p>	<p style="text-align: center;">DRUM STRENGTH & CONDITIONING</p>
<p>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.</p>	<p>This is a fun NEW concept to work on endurance, strength, coordination, balance, and cardio taught by our beloved instructor, Rhonda. This class uses both sitting and standing for exercises and is open to members who wants to have some fun! All equipment will be available at the Sr. Ctr. Sponsored by Shelby Nursing</p>
<p style="text-align: center;">BALLET BARRE</p>	<p style="text-align: center;">BODY, BALLS AND BANDS (B3)</p>
<p>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.</p>	<p>This class uses the large exercise balls, resistance bands, and weights to improve balance, stability, and overall core strength. Exercises are done standing or on the floor with a mat, NO chairs necessary. If you’ve ever attended the SOS or Flex and Tone class you will want to check this one out! Please be aware this is an advanced level class.</p>





MONDAY

9:00	BONE BUILDERS	RHONDA	\$4
10:00	ARTHRITIS FITNESS	REBECCA	\$4
10:30	AEROBICS	RHONDA	\$4
12:00	LINE DANCING	ENITA	\$5
1:15	ADVANCED LINE DANCING	ENITA	\$5
2:30	TAI CHI FOR HEALTH	GARRY	\$25/4 CLASSES
2:30	Beginner PICKLEBALL INSTRUCTION 2nd Monday of the month	JERRY	Pre Registration

TUESDAY

8:30	COMPETITIVE VOLLEYBALL	PAT	NO FEE
8:45	WALKING CLUB	DEBBIE	NO FEE
10:30	ZUMBA GOLD	DONNA	\$6
12:00	YOGA (Available on Zoom as well)	DANIEL	\$4
1:30	TABLE TENNIS	CHARLIE	NO CHARGE

WEDNESDAY

8:45	DRUM STRENGTH & CONDITIONING	RHONDA	\$5
10:00	CHAIR YOGA	JASMIN	\$5
10:00	BODY, BANDS AND BALLS	REBECCA	\$4
11:00	ARTHRITIS FITNESS	REBECCA	\$4
1:30	CO-ED VOLLEYBALL	JOANN	NO CHARGE

THURSDAY

9:00	BONE BUILDERS	RHONDA	\$4
10:30	AEROBICS	RHONDA	\$4
12:00	YOGA (Available on Zoom as well)	DANIEL	\$4
1:30	PICKLEBALL BEG. AT 1:30 P.M., INTERMEDIATE AT 2:30 P.M.	JERRY	NO CHARGE

FRIDAY

8:45	DRUM STRENGTH AND CONDITIONING	RHONDA	\$5
10:00	ARTHRITIS FITNESS	REBECCA	\$4
11:00	BALLET BARRE	KATHY	\$4
1:45	COMPETITIVE VOLLEYBALL	PAT	NO CHARGE



FITNESS CENTER FOR THOSE 55+



Monday-Friday

8:30-4:00 p.m.

\$55/yr.

Looking to keep in shape and stay young at heart? Why not join the Lee Family Wellness Center at the Senior Center. You will feel better and add quality to your years. Members must successfully complete our specially developed equipment orientation in order to utilize the equipment. A current physicians release of liability form completed and signed by your doctor as well as your annual fees are also required. Your membership to this program will be for one year from the date the doctor gives you permission to participate. Bring a towel, indoor clean rubber soled shoes and wear your workout attire. Orientation for those needing adaptive (or modified) accommodations can be scheduled. This will allow us one-on-one time to give you the proper instruction to the equipment and answer any of your questions. Those in a adaptive/modified orientation may bring a personal helper to assist you on and off the equipment. We updated many of the spaces in the Center including all new tile in both locker rooms. Fitness members are encouraged to utilize locker and shower privileges during workout sessions.



PERSONAL TRAINING

Meet Rebecca Metry - Personal Trainer

I have over 20 years experience working in the fitness industry. My passion is helping people and improving their quality of life, however it may be. I incorporate muscle strength, core balance, cardiovascular improvement and injury rehab with each individual program or training session. I am a certified Personal Trainer working to help YOU achieve your goals and overall health and quality of life. I sincerely look forward to helping you today. *Rebecca Call or Text 616-450-9838*

\$50/hr.

Training packages can be used in 30 or 60 minute sessions

RenewActive[™]
by UnitedHealthcare



Healthways
SilverSneakers[®]
Fitness Program

NEW TO THE FITNESS CENTER

Take a minute to check out the latest addition to the fitness center. We have added a Combo hitter boxing bag. This new piece of equipment can be used for a full body boxing workout. It is great for relieving stress and tension, and is just plain fun to use. You can check it out on YouTube to see all the fun ways to get fit.




We've had another great year on our outdoor Pickleball courts. While we are sad to see them closed for the winter months, we are excited to still offer indoor play at the Senior Center. We have one indoor court available for an open play format. The indoor **beginners** meets on Thursday afternoon at 1:30pm and is followed up by **intermediate play** at 2:30 p.m.. These groups encourage all skill levels to join and offer instruction to those still learning. Please call Debbie at (586) 723-8125 with any other questions.

Outdoor Walking Club (Year Round)	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. Meets all year long.	

Pickleball Instruction	FREE
3/14 and 4/11	2:30-4 p.m.
Just for Beginners! Pickleball is the hottest activity out there right now. It's become a way for seniors to be competitive and to stay active. Come join us on the <u>2nd Monday of each month from 2:30-4:00pm</u> to learn about Pickleball. Jerry will help you with game play, rules, scoring, and just plain fun! Registration is required for this activity. Please call to register at (586) 286-9333.	

CHECK IN REMINDER



Members are **REQUIRED** to scan **Senior Center issued bar coded membership badges upon entry** to the facility in order for our records to be accurate. Scanning also helps us to keep the lines to a minimum and be as efficient as possible when checking in large volumes of members. Badges can be reissued for a nominal fee of \$3. **Those whom are unable to produce their badge will be asked to step out of line and produce a picture ID whether we know you or not.** An easy way to keep your bar code/scan card with you is to keep it on your keys or have a picture of the bar code on your cell phone.

PLEASE HELP US TO HELP YOU!

Peachtree Tennis

Senior hours at Peachtree Tennis Courts

Tuesdays from 10 a.m. - 11:30 a.m.
Fridays from 11 a.m. - 12:30 p.m.

Call (586) 469-7000 for more information

Fitness Instructor Appreciation Week

April 11-15	ALL CLASSES
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We're so lucky to have the best fitness instructors in the WORLD work HERE, at our Senior Center!! Help us show them the love by joining us for some appreciation-week surprises!

Stretch and Strength	\$20/4 classes per mo.
Tuesdays, March 1-22	Tuesdays, April 5-26
This is a perfect balance to cover all your bases and if already in cardio classes, weight or yoga practice, this will complement that class. In this class, we will cover cardio, yoga stretching and weight training using 1-5lb. weights. You can do this from a chair or standing to build strength and flexibility. Sold in 4-week blocks.	

Homemade All Natural Dog Treats

NOW available in our gift shop!

Direct from our kitchen, we use all natural ingredients that your dogs will do tricks for! Non-gluten variety also available! Stop into our gift shop for yours today!

Hidden Treasures Gift Shop

DONATIONS

DROP OFF INFORMATION

Mondays and Thursdays

between 10-2 p.m.

**Please call for an appointment
(586) 286-9333**

TUESDAY

IN THE LOBBY

Grab a treat and gather information from our community partners between 12:15 p.m. and 1:00 p.m.!

1st Tuesday: **StoryPoint Senior Community**

2nd Tuesday: **Wellbridge Rehabilitation of Romeo**

3rd Tuesday: **Mission Point of Clinton Sr. Community**

4th Tuesday: **Villa Bella Luxury Senior Community**

5th Tuesday: **Oasis Senior Advisors**

Blood Pressure Screening

Courtesy of Pine Ridge of Hayes
1st and 3rd Wednesdays at
Sr. Center 10:45 a.m.-Noon

No appointment necessary



RECYCLE

Hearing Aid Recycle

Donate your old hearing aids (and accessories) for recycling! Your old hearing aid parts might help out another senior! PLEASE package safely and mail to:

Starkey

Attn: Hearing Aid Recycling

6425 Flying Cloud Drive

Eden Prairie, MN. 55344

Questions, call: 1-800-328-8602



Gillette Razor Recycle

Gillette has partnered with TERRAcycle to offer the world's FIRST National Razor Recycling Program and YOUR Senior Center is a drop-off site! All brands of disposable razors, blades, cartridges and their packaging can be deposited in our recycling receptacle located in our lobby. 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!

GROUP CARD PLAYING OPPORTUNITIES FOR MEMBERS

PLEASE BE READY AND CHECKED IN WITH YOUR GROUP 15 MIN. PRIOR TO START TIME TO SECURE YOUR SEAT.

Pinochle: Mondays at 10:30 a.m.

Euchre for Rookies Play: Mondays at 1:00 p.m.

Bid Euchre: Tuesdays, 1:00-3:00 p.m.

Regular Euchre: Tuesdays from 1:00-3:00 p.m.

Bridge: Tuesdays from 1:00-3:00 p.m.

Progressive Pinochle: Wed. from 1:00-3:00 p.m.

Progressive Euchre: Thursdays from 1:00-3:00 p.m.

Euchre for Rookies	FREE
Monday	NOON

Do you feel like you're missing out on all of the fun because you don't know how to play Euchre?? Mary is willing to devote her time to change that for you! Join us in this on-going, 4-week training course for all levels and catch the wave of Euchre Fun!! Dealing starts promptly at 1:00. **You must call Mary @ 623-566-4796 for important information prior to class!**



A big SHOUT OUT to our friends at American Legion S.A.L. Squadron #326 for donating the new 8' x 12' American Flag, which is now proudly displayed in our gym. Thank you so much! We appreciate you!



Friends of the Clinton Twp. Senior Center College Scholarship Fund 2022

*It takes a village to raise a child...
Let's raise one to greatness together!*

It is our hope that we can come together as a community and lend a financial hand to one of our own rising stars. One shining example of a Clinton Township high school senior will be chosen to receive a scholarship towards college expenses. We invite you to join us.

Please make checks payable to: Clinton Twp. Senior Center

For more info call Debbie Travis at (586) 723-8125



The Senior Center will ONLY be closed due to inclement weather when you see OUR NAME scrolling with the school closings listed on your local news stations. Save yourself a trip, check The closings before you venture out.



Police Honor Guard Spaghetti Dinner Fundraiser

Tuesday, March 22

4-8 p.m.

The Clinton Township Police Honor Guard fundraiser will be Tuesday, March 22, 2022, from 4:00pm to 8:00pm. The event will be held at the Mirage Banquet Hall located at 16980 18 Mile Rd., Clinton Twp. MI 48038. Ticket costs are as follows: Adults \$10, Seniors \$7, Children 6-12 - \$5 and Children 5 and under a free. For tickets or more information please contact Lt. Michael Vasilovski (586) 493-7870

FUN GROUP GATHERINGS

MAH JONG
DOMINOS
EUCHRE FOR ROOKIES PLAY
DARTS

Mondays at 12:30 p.m.
Mondays at 1 p.m.
Mondays at 1 p.m.
Mondays at 1:30 p.m.



Walking Club Outdoor
SEWING
CORNHOLE
NEEDLE NUTS
GRIEF SUPPORT

Tuesdays from 8:45-9:15 a.m.
Tuesdays at 9 a.m.
Tuesdays at 1:30 p.m.
Tuesdays at 12:30 p.m.
Tuesdays at 6 p.m.



BUNKO!

1st Wednesday of the month at 1 p.m.

Bunko TREATS graciously sponsored by: Mission Point Healthcare Services

CHESS CLUB

Thursdays at 1 p.m.

STARS Senior Weight Loss (Weigh in)

Thursdays at 8:30 a.m.

STARS Senior Weight Loss (Meeting)

Thursdays at 9:00 a.m.

JAM SESSION

Thursdays 11 a.m.-1 p.m.

RUMMIKUB

Fridays at 1 p.m.

INVESTMENTS

Fridays at 9:15 a.m.

BOOK CLUB

March 16 and April 20 2 p.m.

WRITE FOCUS

March 11&25 and April 1&29 at 11 a.m.



DIGITAL NEWSLETTER

Do you know your newsletter can be found online at:

<http://www.ourseniorcenter.com/find/clinton-township-senior-adult-life-center>

wellness & SPA

PAMPER yourself
At the Senior Center

Manicures - Pedicures - Waxing - Massage Therapy

Spa services are by appointment only.



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

Stop by the Spa and meet Jackie, our 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

Call for pricing and appointment.



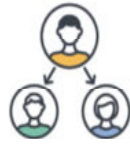
EATING WELL



GET ENOUGH SLEEP



ACTIVITY AND EXERCISE



BE SOCIABLE



MANAGE STRESS



AVOID ALCOHOL, SMOKING AND DRUGS



HELPING OTHERS



ASK FOR HELP

Positive Intention/Prayer List Announcement

Attention all Prayer/Positive Intention Warriors!

If you are in need of Prayer/Positive Intention Warriors for anything YOU may be struggling with, please call (586) 723-8125 and leave your name for next month's focus. Together, we can get through anything.

A HELPING HAND

Grief Share Support Group	6-8 p.m.
Tuesdays	Must Register
To register please call Michelle at: (586) 416-3310	
Grief Share is a program sponsored and facilitated by Resurrection Cemetery. In person and on ZOOM.	

Coffee Break with Sara	FREE
Monday-Friday	9 am-8 pm

Let's face it. Isolation isn't easy. We are social creatures. Our Friend, Sara Scholl, retired Professional Counselor, is available via phone (9am to 8pm) if you'd like to chat (15 minutes sessions) with someone and possibly gain a few more coping skills. No fee. Because we're in this together and we'll come out of this TOGETHER! Sara can be reached at: (586) 943-6263 – leave a message and she'll return your call.

Telephone Crisis Counseling	FREE of CHARGE
24/7/365	Confidential and Private

Specially trained counselors are available by phone to provide support to callers facing any situation. Counselors **listen** to your concerns, **explore** available options, and **offer** information about community services and resources. The Macomb County Crisis Center is dedicated to helping people help themselves with any problem, anytime. Callers who are not comfortable speaking English may ask for their own language. Callers will then be placed on hold and connected with an interpreter. You do not need to be in crisis to call the Crisis Center. If you need current information about available services in Macomb County, call anytime.

All services provided by the Macomb County Crisis Center are free of charge.

Your call to the crisis center is **confidential and private**, and you do not have to give your name.

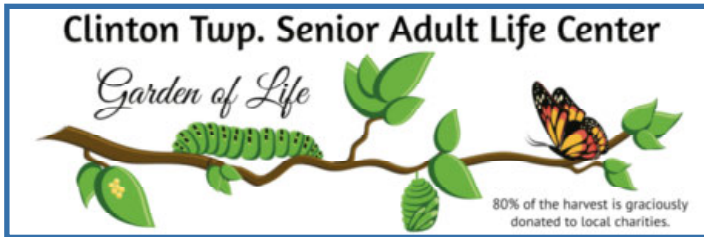
You can call the **Crisis Center** 24/7/365 at:

(800) 273-TALK

(800) 442-HOPE

(586) 307-9100 V/TTY

QUESTIONS, CALL US AT (586) 286-9333



Garden Club Roundup Breakfast Meeting	FREE
Wednesday, March 2	10-11 a.m.
<p>Mark your calendar to join us this day and get the low-down on the different ways you can lend a hand to this very important community effort! 75% of what we grow is donated to area food pantries! No garden experience necessary – just a desire to help and make a difference! Complimentary breakfast today. Sponsored by Pomeroy Living Sterling Skilled Rehab. RSVP to save your seat!</p>	

Ask the Expert	FREE
Tuesday, March 8	10-11 a.m.
<p>Bring your curiosity and your questions on the 2nd Tuesday of every month as Henry Ford Macomb Hospital health experts share their wisdom on a variety of senior-sensitive issues and topics. Registration required at (586) 286-9333.</p>	

Gratitude Journals with CMPL	FREE
Thursday, March 10	1-2 p.m.
<p>Our Clinton-Macomb Public Library is visiting today to inspire us to start a gratitude journal! Studies show that expressing gratitude has a positive impact on our well-being. Learn more about this practice then be creative in making your own journal to record what you are thankful for, and start the habit of gratitude. All supplies will be provided courtesy of our CMPL. Limited seats.</p>	

Watch Battery Wilma	FEE for service
Monday, March 14	12-3 p.m.
<p>2nd Mon. of e/o month. 1st come/1st served. Wilma will also have watches and jewelry for sale.</p>	

Bobbin Necklace Craft Class	\$5
Monday, March 14	12-3 p.m.
<p>Our girl, Amy is back! And she wants to glam you out in this gorgeous necklace that YOU will craft with choice of beads/colors. Sample available in lobby display case. \$15 material fee paid on class day. Limited seats!</p>	

Pie Day	FREE
Monday, March 14	11-Noon
<p>Don't let this day go by without celebrating 3.14 NATIONAL PIE DAY! Slices of pie will be available from our good friends at Baldwin House Lakeside.</p>	

Brain Fitness	FREE
Tuesday, March 15	9:30-11:00 a.m.
<p>Mark your calendar for this fun, interactive monthly series on the aging brain presented by Marcia Reylea of CARE. Learn all the latest tricks and strategies to keeping your most important muscle strong and fit! Register to save your seat!</p>	

Vertigo and Dizziness	FREE
Thursday, March 17	1-2 p.m.
<p>Vertigo is a sensation of feeling off balance. If you have vertigo, you may have dizzy spells, you might feel like you are spinning or that the world around you is spinning. Today, Empower Physical Therapy will be on hand to explore simple remedies for vertigo, dizziness, instability and balance concerns. Call today to reserve your seat!</p>	

St. Paddy's Pizza Bingo Day	FREE
Friday, March 18	11-Noon
<p>Complimentary pizza today for Bingo card holders sponsored by our friends at Oakmont Parkway Senior Community. First come, first served!</p>	

QUESTIONS, CALL US AT (586) 286-9333

Stained Glass Class	\$25
Mondays, March 21	9-11 a.m.
Anita wants to teach you the fine art of stained glass creations. Join us for this 5-wk class and walk out with your own heirloom-quality masterpiece. Limited seats.	

Neurobics for the Brain with Kathy Housey	FREE
Monday, March 21	11-Noon
One hour "Neurobic" Bootcamp for the brain! Practice long term/short-term memory drills to gain an unstoppable memory! Increase cognitive processing speed with a fast paced approach. Directly apply what you learned in this fun and interactive session! Sponsored by: Shorehaven Senior Living .	

Floating Tea Cup Craft	\$10
Thursday, March 24	1-3 p.m.
Talk about cute!! Spend some time with us and learn how to create this floating tea cup craft, overflowing with spring flowers. We supply all the materials for this defiance of gravity, just bring your spring smile and make some friends while you're at it! Sample is on display in our lobby showcase. Register early!	

March Lunch and Learn The Wisdom of Trauma	FREE
Wednesday, March 30	11 a.m.-1 p.m.
Exclusive Screening with Dr. Gabor Maté. The interconnected epidemics of anxiety, chronic illness and substance abuse are, according to Dr Gabor Maté, normal. But not in the way you might think. One in five Americans are diagnosed with mental illness in any given year. Suicide is the second most common cause of death in the US for youth aged 15-24, and kills over 800,000 people a year globally and 48,300 in the USA. Drug overdose kills 81,000 in the USA annually. The autoimmunity epidemic affects 24 million people in the USA. What is going on? In The Wisdom of Trauma, we travel alongside physician, bestselling author and Order of Canada recipient Dr. Gabor Maté to explore why our western society is facing such epidemics. Lunch is sponsored by The Orchards-Michigan and Assured Hospice .	

Detroit Institute of Arts Road Trip	FREE
Thursday, March 31	Noon-3 p.m.
Hop on our bus and let us do the driving to our beloved DIA! There's so much to discover and the exhibits change all the time so that every visit is fresh. We will depart from our Gazebo parking lot and return by 4:00. Road-trip snacks compliments of our friends at Oakmont Parkway Senior Community .	

Outdoor Walking Club	FREE
Tuesday mornings	8:45-9:15 a.m.
Throughout the month of April: FREE Pedometer to walkers! Let's use this day as an excuse to get outside and enjoy our ever-changing Michigan seasons! You do not need any special equipment to walk with us! Nordic Poles will be supplied for stability, first come, first served. Weather dependent. Sponsored by our friends at Wellbridge Rehabilitation of Romeo .	

Health Matters!	FREE
Tuesdays, April 5	11:30 a.m.-1 p.m.
All new topics for 2022!! This is a fantastic opportunity for anyone who is concerned about making healthy choices and the importance of an active lifestyle. Each program will include valuable health info provided by Henry Ford Macomb and the ADA . Registration required. Complimentary lunch provided. Sponsored by Dignity Memorial and HFM .	

Take Me Out To The BALLGAME	FREE
Friday, April 8	NOON-?
You won't need a ticket to enjoy the OPENING DAY of baseball this year! We're bringing all the fun to you! Grab your lawn chair and join us in our "stadium" (gym) to watch our Tigers play their 1st game of the season. And of course no baseball game is complete without SNACKS, so we've got you covered including hot dogs, chips, soda, and ice cream! Get ready to be spoiled- all from our sweetheart Clinton Township Clerk, Kim Meltzer! This will sell out, so please register quickly!	

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Advisors

Ask the Expert **FREE**

Tuesday, April 12 **10-11 a.m.**

Bring your curiosity and your questions on the 2nd Tuesday of every month as **Henry Ford Macomb Hospital** health experts share their wisdom on a variety of senior-sensitive issues and topics. Registration required at (586) 286-9333.

April Lunch and Learn: Critical Race Theory Explained In Plain Terms **FREE**

Wednesday, April 13 **11:00 a.m. - 1:30 p.m.**

Over the past few months in the United States, the expression “critical race theory,” or CRT, has appeared in statehouses and political gatherings from almost nowhere. For some, critical race theory is a way of understanding how race has shaped American society and public policy. For others, CRT creates division and conflict between different cultures. But even those who criticize critical race theory have a hard time defining what it is. So, what exactly is it? Special guest, Professor Mungo from the University of Toledo is driving in to explain. A short film and lunch follows the presentation. Sponsored by: **Comfort Keepers Home Care**

Coffee with Supervisor Bob Cannon **FREE**

Thursday, April 14 **10-11 a.m.**

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.

Brain Fitness **FREE**
Tuesday, April 19 **9:30-11 a.m.**

Mark your calendar for this fun, interactive monthly series on the aging brain presented by Marcia Re-lyea of CARE. Learn all the latest tricks and strategies to keeping your most important muscle strong and fit! Register to save your seat!

Spring Fling! **FREE**

Tuesday, April 19 **11:30-12:30 p.m.**

Oakstreet Health is back to visit and get us motivated for Spring cleaning! Listen as they share their tips for streamlining success and share with us cleaning kits and **BOXED LUNCHES** to make it all fun! Register today!

Bike-Basket Basket Weaving **\$5**

Thursday, April 21 & 28 **9:30-12:30 p.m.**

Join Amy Jorgenson, as she teaches you the meditative, lost art of basket weaving. This gorgeous basket could fit a bike or walker. \$26 material fee payable on first class. You will LOVE it! Limited seats.

Emotional Freedom Technique Training **FREE**

Monday, April 25 **11-Noon**

EFT , also known as “tapping” is used to address emotional short circuits that prevent normal energy flow through various organs in the body. This is a research backed approach to self-healing by applying light pressure on meridian points on the face and upper body. Often many conditions, in addition to anxiety, can be brought under control through tapping. The lecture explains the history and science behind it and visually demonstrates the technique as it will finish up with an actual session. Sponsored by: **Westwood Inn Senior Living.**

Stained Glass Class **\$25**

Monday, April 25 **9-11 a.m.**

Anita wants to teach you the fine art of stained glass creations. Join us for this 5-week class and walk out with your own heirloom-quality masterpiece. Call for details. Limited seats.

High Tea	FREE
Wednesday, April 27	Noon-2 p.m.

Great Food, Company and a Fashion show! Come sip and stroll down memory lane as we discover worldwide fashion trends. Our Special Guest speaker Lori, will be displaying and discussing fashion hats as far back as the 1780's. To keep in the theme, bring your own TEA CUP to enjoy and If you've got a HAT, WEAR IT!! Sponsored by: StoryPoint Senior Community of Chesterfield and Anytime Care homecare. RSVP quickly!



Fridays

12:30-2:30 p.m.

Join us for an exciting and possibly PROFITABLE afternoon of Bingo! Admission card is \$2. Additional cards are .25 and paper cards are \$1. Cards must be purchased no later than 12:20p.m. with play beginning at 12:30 prompt. Seats may not be saved as they are first come, first serve. Our seating capacity is predicated on the most current health & safety guidelines. 50/50 raffle prize will be split between 2 winners when kitty (winnings) reaches \$70 or more. **OPEN TO THE PUBLIC!** Complimentary Blood Pressure Screenings on the 1st Friday of the month thanks to **The Orchards of Michigan.**

Special Thanks to our community partners for sponsoring Bingo Treats and raffles!

- 1st Friday: **Shelby Crossing Health Campus**
- 2nd Friday: **Hart Hearing Center**
- 3rd Friday: **Oakmont Parkway Senior Community**
- 4th Friday: **Lockwood of Clinton**
- 5th Friday: **Mission Point Rehab of Clinton Township**



PLEASE, PLEASE, PLEASE be sure to bring small bills as we are unable to break large bills for entrance fees, snacks and 50/50 raffles. We wouldn't want anyone disappointed.

Supervisor's Message

Late March is when spring officially arrives—on the calendar. But, living in Michigan, we know the warm weather often lags far behind.

So, it's with warm thoughts we begin plans for a project on the land we purchased along the Clinton River Spillway. The grant we received to make the purchase requires the addition of recreation opportunities and environmental improvements to the land. The requirement fits well with our strategic initiatives to design environmentally friendly projects.

Our new parking lot at the Civic Center is one such project. The lot's "responsible" design is another example of going the extra mile to ensure a healthy waterway system. It was built using clean water standards to ensure the Clinton River and Lake St. Clair are not contaminated with oils and other pollutants. Also, we built the lot to make sure our new splash pad has adequate parking. We held a trial opening last year when splash pad construction was completed. Hundreds of people came out, and the kids loved it, an excellent indicator to ensure a successful grand opening this spring.

Also, this spring, we've scheduled another Shred Day to help Township residents with their spring cleaning.

Also, this spring, we've scheduled another Shred Day to help Township residents with their spring cleaning. If you have personal documents that need safe, secure disposal, then bring them to the Civic Center Parking lot on Saturday, May 7, from 10 a.m. to 1 p.m. In addition, we're looking to have another electronic recycling event in September.

I'm sure by now you've seen the inspirational Gold Star Families Memorial Monument near the Historical Village. Last year, we dedicated the monument, funded by private donations, to honor families impacted by the death of a loved one serving our nation. On June 11, at 1 p.m., we're holding a ceremony to rededicate the monument with newly installed brick pavers to honor, recognize, and serve Gold Star Families and the legacy of their loved ones who have made the ultimate sacrifice.

Calendar listings of all events held at the Civic Center can be

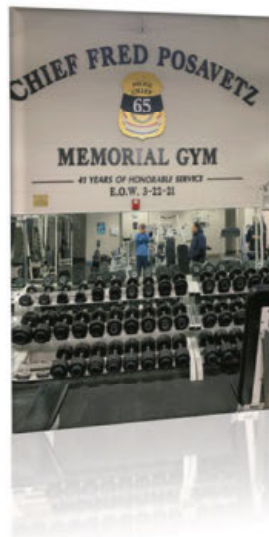
found on our new website at ClintonTownship.com. Since last summer, when the website went live, more than 500 site visitors have signed up with MyAccount, which allows you to submit forms online and pay bills. Also, you can customize your viewing experience and engage in the information that interests you by subscribing to Notify Me. Notify Me automatically sends email and text notifications about community news and happenings, including board and committee meetings, agendas, and minutes. So, stay in touch with us through our website, follow us on Twitter, become our Facebook friend, or watch us on our CTTV YouTube channel.



Supervisor Bob Cannon

In closing, it was a sad day when we heard the news about the passing of Police Chief Fred Posavetz. Since that time, there have been beautiful tributes in his memory, and we will never forget his dedication to our community. Although the time was short for Chief Bruce Wade to lead the department, he was instrumental in overseeing a smooth transition to Chief Dina Caringi. I was so pleased when she accepted my offer to become the first woman to be sworn in to occupy CTPD's top job. Dina has spent her life and most of her career here in Clinton Township, making me

proud to have her as our sixth police chief. She is truly homegrown, all the way. Chief Caringi told me she didn't walk in the door when she was first hired, thinking she would be the chief. Instead, she saw herself becoming the best police officer she could be for all the residents of our community. I know she has done that and more.



Robert J. Cannon

Bocce Ball League

Judy Freund (313) 580-2075

Bowling Ladies Senior Belles

Cathy Bonilla (248) 709-2322

Darts

Jerry Robichaud (586) 228-0913

Wednesdays

Golf (Ladies) Thursdays (Summer)

Christine Hayward (586) 465-3114

Horseshoes (Mondays in April-October)

Debbie Travis (586) 286-9333 ext. 8125

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Jerry Robichaud (586) 228-0913

Softball:

Pat Radaj (586) 604-5028

Roger Ricci (313) 770-4545

Bob O'Brien (586) 799-7981

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SCW-032	Purple Rose Theater	March 9
SCW-110	Michigan Philharmonic's ODE TO JOY	April 9
SCW-026	Ark Encounter & More	April 12-14
SCW-027	Blue Man Group - Fox Theater	April 23
SCW-028	Nashville, Tennessee	May 2-5
SCW-111	Fox Theater - American in Paris	May 8
SCW-112	Solanus Casey Center—Detroit	May 18
SCW-033	Mackinac Island Lilac Festival	June 10-13

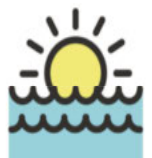
ED AND TED'S ADVENTURE TOURS

SCW-011	A Kentucky Derby Experience	May 18-20
SCW-021	MAINE: Mountains to the Sea	June 19-28
SCW-203	New Orleans and Biloxi	October 22-31

SHORELINE TOURS

SCW-013	Gulf Coast Getaway	March 1-10
SCW-020	Old South – Charleston & Savannah	April 2-8
SCW-014	Kentucky Bourbon Trail	May 2-5
SCW-019	Mississippi River Cruise	June 20-23
SCW-018	NYC Fireworks	July 3-8
SCW-029	Cape Cod and Boston Pops	August 13-19
SCW-030	Route 66-Heartland of America Tour	Sept. 12-17
SCW-022	Rails and Sails of Sierra Nevada	Sept. 16-24
SCW-031	Rails of West Virginia	October 10-14
SCW-034	Lancaster Christmas	December 2-5

Registration desk is open from 8:30 a.m. to 4 p.m. Monday-Friday





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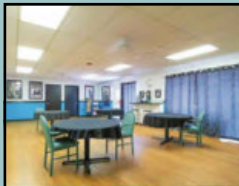
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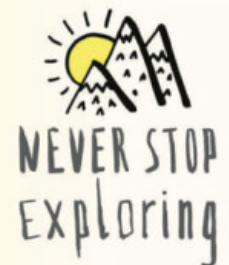
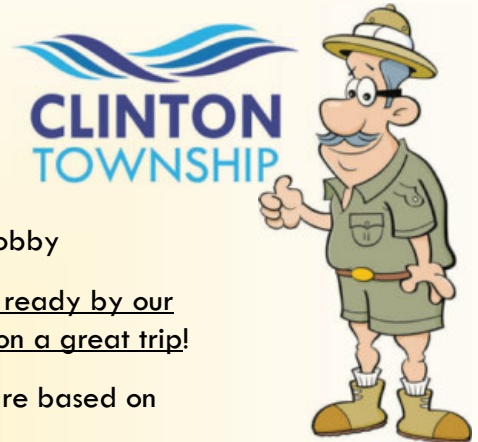
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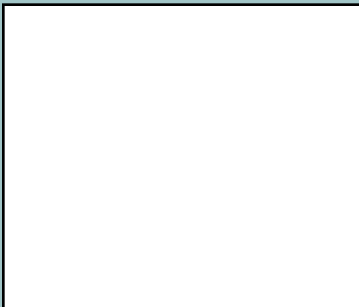
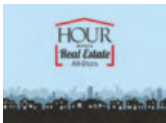
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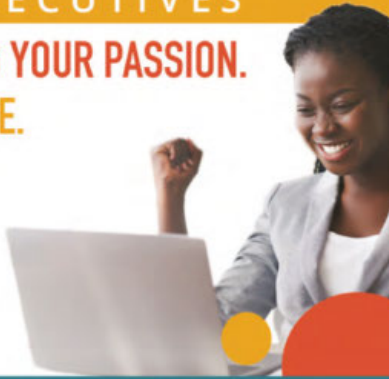
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