


AN ACTIVE LIFE IS THE GOOD LIFE




MAY/JUNE 2022

Hello Summer

 40730 Romeo Plank Road
Clinton Township, MI 48038

 Monday - Friday
8:30 a.m. to 4:00 p.m.

 (586) 286-9333

 seniors@clintontownship.com

 [www.clintontownship.com/
162/Senior-Center](http://www.clintontownship.com/162/Senior-Center)

Welcome to the May/June edition of the Clinton Township Senior Center News. Clinton Twp. is pleased and proud of the long heritage of serving our seniors 55+ with grace and distinction. Our award winning programs and services have been developed with YOU in mind. Please take some time to come and visit us often as you will find a plethora of wonderful opportunities to relax, learn, exercise and expand your horizons. This is not your Grandma's Senior Center, we are vibrant, engaged and ready to meet each day with a new sense of excitement. Spring is a great time to re-engage and re-new your soul at the Senior Center.



Spring is here, Summer is on its way!

Welcome

Our Mission

The mission of the Clinton Township Senior Adult Life Center is to dispel the myths of aging by supporting older adults in their pursuit of a lifestyle that nurtures healthy and productive living!

Membership Requirements

Membership is open to all residents and non-residents age 55 and over, single or legally married. A valid State of MI photo ID or valid proof of residency is required for membership. Members must scan in with center issued badge upon entry to the facility. Call us for more information or a free tour at (586) 286-9333.

Valid emergency contact must be on file at all times. Newsletter is provided bi-monthly for pickup in the facility or downloadable on our web site. Additional fee for mailing. Facebook updates are provided on a regular basis and program e-blasts are provided weekly with a valid e-mail on file. Membership may be revoked at any time if any member chooses not to follow facility code of conduct. Code of conduct is available upon request.

As social events are oftentimes recorded, your image may be posted on our social media channels and/or CTTV etc.

Your Senior Center Team

Matthew Makowski

Administrative Director
(586) 286-9333 ext. 8121
m.makowski@clintontownship.com

Debbie Travis

Assistant Director
(586) 286-9333 ext. 8125
d.travis@clintontownship.com

Daniel Ulmer

Recreation Coordinator - Fitness
(586) 286-9333 ext. 8076
d.ulmer@clintontownship.com

Ericka Pauly

Recreation Coordinator - Programs
(586) 286-9333 ext. 8120
e.pauly@clintontownship.com

Cheryl Abramowicz

Marlene Coppa
Maria Lucido
(586) 286-9333
Member Services - Memberships,
Tours and program registrations.

Louise Tabone

Transportation
SMART Bus Transportation
(586) 286-9476
l.tabone@clintontownship.com



Robert Cannon - Clinton Twp. Supervisor

Kim Meltzer - Clinton Twp. Clerk

Paul Gielegem - Clinton Twp. Treasurer

Laura Cardamone - Clinton Twp. Trustee

Michael Keys - Clinton Twp. Trustee

Tammy Patton - Clinton Twp. Trustee

Joie West - Clinton Twp. Trustee

THE SENIOR CENTER WILL ONLY BE CLOSED DUE TO INCLEMENT WEATHER WHEN OUR NAME APPEARS ON CH. 2, 4 OR 7 WITH THE SCHOOL CLOSINGS.

The Loan Closet

The Clinton Twp. Fire Dept., located on Romeo Plank Road 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. (586) 263-8337 ext. 3



Computer Tutor

Nancy Hartwig offers her FREE tutoring services to members via Zoom. She can help with Windows Basics, MS Word, Excel PowerPoint, email, and web searches. NO phones, Apple products, or tablets. NO SOCIAL MEDIA ASSISTANCE. Call Nancy for a consultation at: (586) 306-8879

Always be a wise consumer

Thank you for your patronage of the businesses and individuals that advertise with us. They help defray the cost 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 of 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 Township Senior Center. The programs at the CTSC are intended to be informational and participants are encouraged to make informed decisions. We encourage you to be a wise consumer of all goods and services.

Numbers to Know

Area Agency on Aging 1b	(800) 852-7795
Macomb Cty. Covid Hotline	(586) 463-3750
Crisis Center	(586) 307-9110
Elder Abuse Hotline	(855) 444-3911
Interfaith Volunteer Caregivers	(586) 757-5551
Lakeshore Legal counseling and Advocacy law	(888) 783-8290
Sara Scholl - Counselor	(586) 943-6263

Macomb County Central Action Center

Food Supplement program, Financial Assistance, Emergency services, Transportation, Utility Assistance, Tax preparation

Meals on Wheels	(586) 469-5580
Medicare/Medicaid Assistance	(586) 469-5228
Clinton Township Notary Services	(800) 803-7174
	(586) 723-9422



Connect to FREE WiFi at the CTSC!



Meet Our Instructors

DANIEL

Daniel is an experienced Registered Yoga Teacher, his classes are taught from the heart. He also has the skills to help his students modify their poses to take them further. Daniel has been with the CTSC for 10+ years and currently teaches our Yoga class.

DONNA

Donna is a mother of three wonderful children and has been doing Zumba for over 10 years and teaching for the last 3. Zumba is her happy hour because she loves to dance and have fun!

ENITA

Enita has been teaching Line Dancing at the CTSC for 5 years! With professional dance background, Enita has been instructing and choreographing for over 40 years. During her class, her priority is to encourage each and every dancer to shine.

GARRY

Garry is a certified Tai Chi Instructor. He has been instructing for 5 years, four of which have been with the CTSC. Garry currently instructs Sun Style Tai Chi which focuses on health and arthritis at our Tai Chi For Health class.

JASMIN

Jasmin is a Registered Yoga Teacher. She emphasizes the marriage of yoga & meditation throughout her classes as it is important for us to connect our body, mind and breath. Jasmin currently teaches our Chair Yoga and Stretch & Strength classes.

KATHY

Kathy has been instructing an array of dance classes for over 50 years and has been teaching at the Center for over 10. Kathy has a degree in education and a minor in dance from Eastern Michigan University. She currently instructs our Ballet Barre class.

Group Fitness Classes

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-held 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! Improve your balance & strengthen your muscles to accomplish many of your daily living functions.

REBECCA

With over 20 years in the fitness industry, Rebecca incorporates muscle strength, core balance, and cardiovascular improvement into all of her classes. Rebecca wants to help you achieve your fitness goals in her Arthritis Fitness and Body, Bands and Balls classes.

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.

ZUMBA GOLD

Calling all Zumba Enthusiasts! Get ready to move and groove with Donna in this modified Zumba class! Follow along to choreography that focuses on balance, range of motion, and coordination.

TAI CHI FOR HEALTH

Join Garry as he leads a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion.

RHONDA

Rhonda is the spunk behind our Bone Builders, Aerobics, and Drum Strength & Conditioning classes. She is an ACE certified Personal Trainer and Group Fitness Instructor. She has been with the CTSC for 4 years and looks forward to more to come.

CLOSED MEMORIAL DAY

Get
Movin'!



Group Fitness Classes

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.

BODY, BALLS & BANDS

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.

LINE DANCING

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!

GROUP FITNESS CLASS FEES HAVE CHANGED

All Classes: \$5 / Class
***Silver Sneakers or Renew Active Discounted Rate:** \$2 / Class

DRUM STRENGTH & CONDITIONING

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 want to have some fun! All equipment will be available at the Sr. Ctr. **Sponsored by Shelby Nursing**

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.

STRETCH & STRENGTH

The perfect balance of cardio, weight training, and yoga. Build strength and flexibility through 20 guided minutes of each segment.

SPORTS & LEAGUE CONTACTS

Bocce Ball League

Judy Freund
 (313) 580-2075

Bowling- Ladies Sr. Belles

Cathy Bonilla
 (248) 228-913

Darts

Jerry Robichaud
 (586) 228-0913

Golf - Ladies League

Christine Hayward
 (586) 465-3114

Pickleball

Jerry Robichaud
 (586) 228-0913

Table Tennis

Charlie Green
 (586) 306-3484

Cornhole

Judy Pries
 (586) 214-9008

Volleyball - Co-ed

JoAnn Ruggierello
 (586) 201-6678

Competitive Volleyball

Pat Radaj
 (586) 604-5028

PEACHTREE TENNIS

Senior Hours at Peachtree

Tennis Courts:

Tuesdays from 10-11:30 a.m.

Fridays from 11-12:30p.m.

Call (586) 469-7000 for more information.



A Stronger Tomorrow Starts at Club 55

Looking to keep in shape and stay young at heart? Why not join Club 55 Health and Fitness center! Enjoy unlimited use of the fitness center with like minded individuals. 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 physician's release of liability form completed and signed by your physician provides you permission to participate. Bring a towel, clean rubber soled shoes and wear your workout attire! Anyone with special needs, please notify us in advance and special arrangements can be made for a more personalized approach to the equipment. Lockers, showers and private bathrooms available to members of the Center.



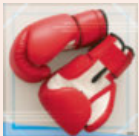
FITNESS ROOM HOURS:

MONDAY - FRIDAY

8:30 A.M. - 4:00 P.M.

FULL TIME RECREATION COORDINATOR ON SITE

Combo Hitter Training Screen COMING SOON!



Proudly Sponsored By:

Humana

Invest in Your Health

Join the fitness facility for less than \$6.00 per month! Do you have **Silver Sneakers** or **Renew Active** through your health insurance?...then it's FREE. Check with your insurance whether you have that as a benefit to your program.

ONLY \$65/YEAR!!



Personal Training Meet Rebecca Metry

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. Training packages can be used in 30 or 60 minute sessions. Call or text (616) 450-9838 \$50/hour



Let's Get Moving Together!



MONDAY	
TIME	GROUP
9:00 A.M.	BONE BUILDERS
10:00 A.M.	ARTHRITIS FITNESS
10:30 A.M.	AEROBICS
NOON	LINE DANCING
1:15 P.M.	ADVANCED LINE DANCING
2:30 P.M.	TAI CHI FOR HEALTH

TUESDAY	
TIME	GROUP
8:45 A.M.	OUTDOOR WALKING CLUB-FREE
9:30 A.M.	STRETCH & STRENGTH
10:30 A.M.	ZUMBA GOLD
Noon	YOGA
1:15 P.M.	INTERMEDIATE WU TAI CHI - FREE
1:30 P.M.	TABLE TENNIS
1:30 P.M.	CORNHOLE

WEDNESDAY	
TIME	GROUP
8:45 A.M.	DRUM STRENGTH & CONDITIONING
10:00 A.M.	CHAIR YOGA
10:00 A.M.	BODY, BALLS, & BANDS
11:00 A.M.	ARTHRITIS FITNESS
1:00 P.M.	CO-ED VOLLEYBALL
2:30 P.M.	BEGINNER TAI CHI-FREE



2ND MONDAY OF THE MONTH
2:30 - 4:00 P.M.

Just for beginners! Pickleball is the hottest activity out right now. It is a great way for seniors to be competitive and remain active. Come join us to learn about Pickleball. Jerry will help you with game play, rules, and scoring. REGISTRATION REQUIRED! (586) 286-9333

THURSDAY	
TIME	GROUP
9:00 A.M.	BONE BUILDERS
10:30 A.M.	AEROBICS
NOON	YOGA
1:30 P.M.	BEGINNER PICKLEBALL
2:30 P.M.	INTERMEDIATE PICKLEBALL

FRIDAY	
TIME	GROUP
8:45 A.M.	DRUM STRENGTH & CONDITIONING
10:00 A.M.	ARTHRITIS FITNESS
11:00 A.M.	BALLET BARRE
11:00 A.M.	INTERMEDIATE WU TAI CHI - FREE
1:45 P.M.	COMPETITIVE PICKLEBALL

GROUP FITNESS CLASS FEES HAVE CHANGED

- *Group classes with an instructor: \$5 / Class
- *Silver Sneakers or Renew Active Discounted Rate: \$2 / Class
- **Group Classes with NO instructor: Free



POSITIVE INTENTIONS

If you are in need of Prayer/Positive Intentions Warriors for anything YOU may be struggling with, please call Debbie at (586) 286-9333 ext 8125 and leave your name for next month's focus. Together, we can get through anything!


COFFEE BREAK WITH SARA
FREE Service
M-F 9-8 p.m.

Let's face it, isolation isn't easy. We are social creatures by nature. Our Friend, Sara Scholl, retired Professional Counselor, is available via phone if you'd like to chat (15 minute sessions). Sara is a great listener and filled with wisdom. Give her a call and possibly gain a few more coping skills. No fee. Sara can be reached at (586) 943-6263. Please leave a message and she'll return your call.

Life is too short to wait...

TELEPHONE CRISIS COUNSELING
ALWAYS FREE 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 problems, 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 are provided FREE of charge. Your call is confidential and private and you do not have to give your name. You can call the Crisis Center 24/7/365 at: 1-800-273-TALK, 1-800-442-HOPE or (586) 307-9100 V/TTY


Grief Share Support Group
Tuesdays
6:00-8:00 p.m.

Grief Share is a program sponsored and facilitated by Resurrection Cemetery. Attend in person or via ZOOM.

Register with Michelle at: (586) 416-3310



Groups and Clubs

MONDAY

- 12:30 P.M. MAHJONG
- 1:00 P.M. DOMINO'S
- 1:00 P.M. CLASSIC EUCHRE FOR ROOKIES PLAY
- 1:30 P.M. DARTS



STARTING IN MAY, MEMBERS ARE ABLE TO BORROW OUR TANDEM BIKE, 2-SEAT MOTORIZED SURREY, AND OUTDOOR SPORTS EQUIPMENT FROM 9:30-2:30 PM. CALL TO RESERVE:(586) 286-9333

MAHJONG INSTRUCTION- FREE MONDAYS AT 11:30

Looking to try something new? Flex your brain and try Mahjong! We are willing to teach new players everything you need to know to play. Open Mahjong play is promptly after instruction at 12:30.

You must call Shirley @ (586) 321-7146 for important information prior to class!

Leave a voicemail and she will return your call

TUESDAY

- 9:00 A.M. SEWING
- 12:30 P.M. NEEDLE NUTS
- 1:30 P.M. CORNHOLE
- 6:00 P.M. GRIEF SUPPORT GROUP (SEE PG. 8)



MARK YOUR CALENDAR



2:00 P.M. WRITE FOCUS
May 13, 27
June 3, 17

2:00 P.M. BOOK CLUB
May 18
June 15

WEDNESDAY

- 10:00 A.M. GARDEN CLUB (SEE PG. 19)



BUNKO!

First Wednesday of the month at 1:00 p.m.



THURSDAY

- 8:30 A.M. STARS SR. WEIGHT LOSS (WEIGH IN)
- 9:00 A.M. STARS SR. WEIGHT LOSS (MEETING)
- 11:00 A.M. JAM SESSION
- 1:00 P.M. CHESS CLUB



FRIDAY

- 12:30 P.M. BINGO
- 1:00 P.M. RUMMIKUB





Calling all card players!

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

MONDAY

TIME	GROUP
10:30 A.M.	PINOCHLE
1:00 P.M.	CLASSIC EUCHRE FOR ROOKIES

TUESDAY

TIME	GROUP
1:00 P.M - 3:00 P.M.	BID EUCHRE & REGULAR EUCHRE
1:00 P.M - 3:30 P.M.	BRIDGE

WEDNESDAY

TIME	GROUP
1:00 P.M - 3:00 P.M.	PROGRESSIVE PINOCHLE

THURSDAY

TIME	GROUP
1:00 P.M - 3:00 P.M.	PROGRESSIVE EUCHRE

Classic Euchre for Rookies Instruction

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 for this on-going, 4-week training course for all levels and catch the wave of Euchre Fun!! Classic Euchre for Rookies dealing starts promptly after instruction at 1:00.

You must call Mary @ 623-566-4796 for important information prior to class!

CLOSED MEMORIAL DAY



BID EUCHRE- uses Jacks to Aces from two decks (two of each card). All cards are dealt to the players, who are on two teams of two.

CLASSIC EUCHRE FOR ROOKIES-

Traditional Euchre for beginners, follows all Michigan Euchre rules.

REGULAR EUCHRE-

TRADITIONAL EUCHRE FOR INTERMEDIATE AND ADVANCED PLAYERS. HAS SLIGHT MODIFICATIONS FROM CLASSIC EUCHRE.

PROGRESSIVE

FORMAT- a way of playing cards, by which after every game, the losers at the first table go to the last table, and the winners at all of the tables, except the first, move up to the next table.

Support Our Center



ALL PROCEEDS BENEFIT THE SENIOR CENTER

Jewelry - Gifts - Figurines - Seasonal Decor

Cappuccino - Coffee - Tea - Soda

Crystal - Stuffed Animals - Books and everything in between...

Do you have something to donate to the Gift Shop?

Give us a call to set an appointment to drop it off. Appointments can be made on Mondays and Thursdays between the hours of 10 a.m. - 2 p.m. We also accept monetary donations in memory or in honor of a loved one. For more more information on how you can leave a gift to the Senior Center with your final wishes contact Matt Makowski at (586) 286-9333 ext 8121 or m.makowski@clintontownship-mi.gov

Clinton Twp. Senior Adult Life Center

Garden of Life



80% of the harvest is graciously donated to local charities.

Garden Club meets every Wednesday morning at 10:00a.m., and holds monthly meetings on the 1st Wednesday of the month. No garden experience is necessary. Just join us for a meeting and you'll be hooked. 75% of what we grow is donated to area food pantries!

Sponsored in part by: Pomeroy Living Sterling Skilled Rehab



SCHOLARSHIP
Invest in a Bright Future

FRIENDS OF THE CLINTON TWP. SENIOR CENTER COLLEGE SCHOLARSHIP FUND

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 the Clinton Township Senior Center.

Support Our Community

GILLETTE RAZOR RECYCLE

Gillette has partnered with TERRAcycle to offer the world's FIRST National Razor Recycling Program and WE are 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!



BATTERY RECYCLE

You can now recycle your household, single-use, batteries with us! Simply drop off at the front desk the next time you're in!

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



Manicures - Pedicures - Waxing - Massage Therapy - Cuts - Styles - Perms

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 Kameelia at the time of service.

24 hr. notice is required for cancellations.

*Join us in the Life
SPA for a treatment
by appointment only.*

Haircut and Salon Services by Jackie

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

Stop by the SPA and meet Jackie, resident hairdresser with 30 years experience.

Services include: Cuts, Mustache/Beard trim, Deep Conditioning, Perms, Highlights, Tints and Wash, Blow, Dry Style or Roller.

Massage and Reflexology by Roberta

Tuesdays
9-4 p.m. (586) 723-8221

Call for appointment and pricing.

Benefits of Reflexology

Reflexology is linked to many potential benefits, a few of them have been evaluated in scientific studies.

So far, there's evidence that reflexology may help to reduce stress and anxiety, reduce pain, lift mood, and improve general well-being. In addition, people have reported that reflexology helped them boost their immune system, fight cancer, get over colds and bacterial infections, clear up sinus issues, recover from back problems, correct hormonal imbalances, boost fertility, improve digestion, ease arthritis pain, and treat nerve problems and numbness.

See pg. 14 for FREE demonstration details!

"Self-care is not self-indulgence, it is self-preservation."

- Audre Lorde, Civil Rights Leader

SUMMER SCHEDULE



Mother's Day/ Day at the Spa Contest!	FREE
May 1 - 26	

Do you have a photo of your MOM? This is a super easy contest! Just send us a photo of your mom and we'll post it on our Facebook during the month of May in honor of Mother's Day. One winner will be randomly drawn on May 27 to receive a "Day at the Spa" in our Health and Wellness Spa including hair, nails, and a massage! Sponsored by: Comfort Keepers Home Care.

Movie Club	FREE
Thursday, May 5	10:00 - 1:00

Just like book club, except we use FILMS. Movie viewing begins at 10:00, with discussion among peers immediately following. Popcorn provided by Oakmont Parkway
 May Movie: The Silver Linings Playbook
 Registration is required (586) 286-9333.

Cinco De Mayo	FREE
Thursday, May 5	11:30

Grab a taco and shake your maracas with our friends at Assured Home Health & Hospice and Stress Free Senior Placement in celebration of Cinco De Mayo! First Come-First Served. Registration is required (586) 286-9333

Progressive Planning Bus	FREE
Monday, May 9	Departure 10:00

Have fun on the party bus as you tour four senior living communities with progressive bites, games, raffles, and karaoke along the way. Have all of your transition questions answered by our tour hosts: Oasis Senior Solutions and Brook Stone Realtors.
 Registration required (586) 286-9333.

Hear What You've Been Missing Hearing Screening & Free Trial	FREE
Friday, May 6 AND 13	By apt / 12-2

Hart Hearing Center will be here to conduct complimentary Hearing Screenings on Friday, May 6 then fit you for free trial personalized hearing aids to be test run on the following Friday, May 13 during a light lunch and presentation at 12:00. This event will fill, register today! (586) 286-9333

Watch Battery Wilma	Fee for Service
Monday, May 9	12:00-3:00

Mark your calendar for every other month on the 2nd Monday! This service is a 1st come, 1st served basis. For your convenience, Wilma will also have watches and jewelry for sale.

CMPL PopUp Library	FREE
Monday, May 9	10:00 - 1:00

Need assistance downloading audio or e-books to your tablet? Want to learn more about the databases the library offers, from genealogy research to brain training exercises? Just looking for a recommendation for a good read? Join the Outreach Librarian from the Clinton-Macomb Public Library every first Monday of the month from 10am - 11am, in the lobby.

Breath Work with Brian	\$20/series
Tuesdays, May 10 - May 31	10:00 - 11:00

By the end of this series you will understand how to incorporate deep conscious breathing into your daily life to help reduce stress and anxiety, increase energy, assist with going to, staying, and going back to sleep, as well as lower inflammation. You will also learn basic stretch and mobility activities to help reduce pain, increase your ability to breathe, and live a fuller life. Registration required (586) 286-9333.



SUMMER SCHEDULE



Ask the Expert	FREE
Tuesday, May 10	10:00-11:00

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 is required at (586) 286-9333.

Macomb Senior Services	FREE
Thursday, May 12	10:00-11:00

Join Eleana Loy, Advocate from Macomb Co. Office of Senior Services for a presentation on EVERYTHING Senior Services has to offer. Eleana will help you navigate programs and resources to live safely, and comfortably in our community.
Registration is required at (586) 286-9333.

Write Focus	FREE
Friday, May 13 & 27	11:00-1:00

Come join our group of authors that meet on Fridays throughout the year to work on various kinds of writing. From short stories, to essays and poetry, expand upon your writing skills together. Contact Nancy for more details at (586) 463-0480.

Brain Fitness	FREE
Tuesday, May 17	9:30-11:00

Mark your calendar for this fun, interactive monthly series on the aging brain presented by Marcia Relyea of CARE. Learn all the latest tricks and strategies to keeping your most important muscle strong and fit! Register to save your seat! (586) 286-9333.

**Starting in May, members are able to borrow our tandem bike, 2-seat motorized surrey, and outdoor sports equipment from 9:30-2:30 pm.
Call to reserve: (586) 286-9333**

Hospice 101	FREE
Wednesday, May 18	10:00-11:00

Johanna MacKenzie, RN from The Medical Team Hospice will be here to lead a discussion to debunk many of the myths that exist about hospice care. "Hospice" can be a very scary word to hear. But hospice is not about giving up hope. It's about embracing hope and living longer with exceptional care. Registration is required at (586) 286-9333.
Tasty Treats provided by Jane from Pine Ridge of Hayes Senior living.

Reflexology Demo	FREE
Thursday, May 19	10:00-11:00

Have you ever "treated your feet?" If not, or you would like to revisit Reflexology with Roberta, she is still here after 21 years! Join the interactive FREE demonstration and get all of your questions answered. Attendees will have the chance to win a free session with Roberta. Registration required (586) 286-9333.

Macrame Keychains	FREE
Wednesday, May 25	11:00

Make easy and beautiful macramé keychains with librarians from the Clinton-Macomb Public Library, and learn about the different resources CMPL has support your crafting habits! Registration required (586) 286-9333.

Peace of Mind	FREE
Thursday, May 26	10:00 - 11:00

Verheyden Funeral Home & Cremation Service invites you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Refreshments will be provided. Registration required (586) 286-9333.



SUMMER SCHEDULE



Special programs fill quickly. Don't wait to register. Most programs offer a wait-list option if they do sell out.
 (586) 286-9333



Father's Day/Day at the Spa Contest!	FREE
June 1 - 28	

Do you have a photo of your DAD? This is a super easy contest! Just send us a photo of your dad and we'll post it on our Facebook during the month of June in honor of Father's Day. One winner will be randomly drawn on June 29 to receive a "Day at the Spa" in our Health and Wellness Spa including hair, nails, and a massage! Sponsored by: *Comfort Keepers Home Care.*

Movie Club	FREE
Thursday, June 2	10:00-11:00

Just like book club, except we use FILMS. Movie viewing begins at 10:00, with discussion among peers immediately following. Popcorn is provided by: *Oakmont Parkway!*
 June Movie: *Summer of Soul*
 Registration is required (586) 286-9333.

Write Focus	FREE
Friday, June 3 & 17	10:00-11:00

Come join our group of authors that meet on Fridays throughout the year to work on various kinds of writing. From short stories, to essays and poetry, expand upon your writing skills together. Contact Nancy for more details at (586) 463-0480.

Stained Glass Class	\$25
Mondays, June 6-July 11	9:00-11:00

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, registration required (586) 286-9333.

Breath Work with Brian	\$20/series
Tuesdays, June 7 - 28	9:30-11:00

By the end of this series you will understand how to incorporate deep conscious breathing into your daily life to help reduce stress and anxiety, increase energy, assist with going to, staying, and going back to sleep, as well as lower inflammation. You will also learn basic stretch and mobility activities to help reduce pain, increase your ability to breathe, and live a fuller life. Registration is required (586) 286-9333.

Travel Presentation	FREE
Wednesday, June 8	10:00-11:30

Come meet Tracey from our newest travel partner, *Premier World Discovery!* She will be going over all of the details for TWO special trip opportunities, Hawaii and Great Trains. Registration is required (586) 286-9333.

Coffee with Cannon	FREE
Thursday, June 9	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 your treat!)

American House Field Trip	FREE
Thursday, June 9	11:00-1:30

Hop on their bus and take a trip to *American House Sterling Meadows*. Learn everything this senior living community has to offer. Proactively plan your future! Seats are limited, registration required (586) 286-9333.



SUMMER SCHEDULE



Starting in May, members are able to borrow our tandem bike, 2-seat motorized surray, and outdoor sports equipment from 9:30-2:30 pm.

Call to reserve: (586) 286-9333

AARP Driver's Safety Course	\$20 AARP members \$25 nonmembers
Wednesday & Thursday, June 15/16	10:00-11:00

OPEN TO THE PUBLIC. This 2-day, 8-hour course teaches proven strategies for maintaining independence as a safe driver. You could be eligible to receive discounts on your car insurance upon completion with no test to pass! Claim your seat by calling (586) 286-9333. Refundable payment due at registration. Must present proof of AARP membership on the first day of class for discount.

CMPL PopUp Library	FREE
Monday, June 13	10:00-11:00

Need assistance downloading audio or e-books to your tablet? Want to learn more about the databases the library offers, from genealogy research to brain training exercises? Just looking for a recommendation for a good read? Join the Outreach Librarian from the Clinton-Macomb Public Library every first Monday of the month from 10am - 11am, in the lobby.

Oh, To Be a Kid Again...!

Party on the Patio

Wednesday, June 22, Noon-2:00pm | \$14

Summer is BACK! It's time to party like you're a kid again! With live music, food, games, and friends, it'll sell out quickly. Tickets are limited, registration required (586) 286-9333.

Tomlinson Arboretum Tour	FREE
Saturday, June 18	10:00

The Friends of the Arboretum takes us on a narrated walking tour of the 25-acre Tomlinson Arboretum, just west of the Main Library. We will meet in the Auditorium at Main. The tour is 1-1/2 miles long and will take one and a half hours. **Public and all ages welcome.** Register through the Clinton-Macomb Public Library, registration opens June 4, call 586-226-5050 or online at cmpl.org.

Dollar Bill Origami Star Craft	\$5
Monday, June 20	1:00-3:00

Just in time for the 4th of July, Sue will be here to guide you through the steps to make your own origami star using dollar bills. Bring \$5 to class to trade for new bills. Registration is required (586)286-9333.

Teapot Wind-Chime Craft	\$5
Monday, June 27	Noon - 3:00

Don't miss out on creating a beautiful teapot wind chime with our friend Amy Jorgensen. This masterpiece is the perfect summer addition to any decor. \$20 material fee due at class. Limited seats, registration required (586) 286-9333.

Balance & Fall Recovery	FREE
Thursday, June 30	1:00-2:00

Join ATI Physical Therapy for a balance and fall recovery class. Free balance assessments, demonstration, and practice available during this 1-hour class with highly skilled and licensed physical therapists. Come with questions, leave with a sense of hope, in the case of a slip or fall. Registration is required (586)286-9333.

CLOSED MEMORIAL DAY



Take a Trip



The Senior Center has been offering group travel services for over 40 years. We have traveled the globe and seen some amazing sights! All of our trips are guided by a travel escort so all you have to do is sit back and enjoy. Never fear, most extended trips can be taken as a single, double or triple. Travel insurance is available and encouraged for large trips in case you need to cancel for any reason. Detailed flyers are available for pickup in our lobby or can be viewed/printed off our web site. Be sure to follow us on Facebook. Questions? Call us at 586 286-9333.

Rybicki Tours 2022

- Nashville, Tennessee.....May 2-5
- American in Paris - Fox Theater.....May 8
- Solanus Casey Center - Detroit.....May 18
- Mackinac Island Lilac Festival.....June 10-13
- Mystery Tour.....June 23
- Freedom Festival Fireworks.....June 27
- Soaring Eagle Casino.....September 13-14

Shoreline Tours 2022

- Mississippi River Cruise.....June 20-23
- NYC Fireworks.....July 3-8
- Route 66 - Heartland of America.....Sept. 12-17
- Rails and Sails of Sierra Nevada.....Sept. 16-24
- Rails of West Virginia.....October 10-14
- Lancaster Christmas.....Dec. 2-5
- NYC Holiday.....Nov. 27-Dec 2
- Lancaster Christmas.....Dec. 2-5

Ed and Ted's Adventures 2022

- New Orleans and Biloxi.....October 22-31
- Smoky Mountain Christmas.....Nov. 27-Dec. 2

2023 TOURS IN THE WORKS!!!

- Hawaii Three Island Adventure
February 21–March 1, 2023 (9 days & 8 nights)
- Great Trains & Grand Canyon
May 14-19, 2023 (6 days & 5 nights)
- Rome & The Country Roads Of Tuscany
October 24-31, 2023 (8 days & 6 nights)
- San Antonio Holiday
December 6-10, 2023 (5 days & 4 nights)

SEE PG 15 FOR NEW TOUR PARTNER PRESENTATION DETAILS!

The climate controlled deluxe motor coaches include:

TV monitors, reclining seats, restroom, reading lights, large windows, adjustable foot rests, air-ride suspension and overhead storage. Many coaches even offer free WiFi when available!

Please be advised that...

Firearms are not permitted on our trips and alcohol is at the discretion of the travel agency.

Trips are added as they become available and may not have been ready by our publication deadline. Please check back often so you don't miss out on a great opportunity.

There are no refunds on no shows or trips that include a show ticket.

Front seats of the coach are reserved for the travel director, trip supplies, those on oxygen and/or guests utilizing walking assisted devices.

Failure to comply with the rules/regulations for group travel will be asked to refrain from traveling with the group. Travel club lanyards if issues must be visible for the duration of the trip.

PLEASE arrive at minimum 15 minutes before scheduled departure to secure your seat. Trips depart promptly at stated times from the Clinton Township Civic Center lot unless stated otherwise.



In the Lobby



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: **Hart Hearing Center**
 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
 10:45 a.m. - Noon

No Appointment Needed

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. HELP US HELP YOU!



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**

Welcome New Members!

SPRING 2022 DIRECTOR'S MESSAGE

I would like to personally welcome you to a Center like no other. The CT Senior Adult Life Center is an amazing home away from home. Our skilled Recreation Coordinators provide a vast array of programming for a vast array of interests. The moment you walk in our doors, you will feel the warmth and cozy feel of our active and vibrant center. Our exciting fitness facility "Club 55" offers you a plethora of exercise equipment, the SPA at CT provides a comfortable oasis for all your beauty and relaxation needs. Games, parties, events, volunteering opportunities and everything in between is offered year round for your convenience. If you are looking for travel opportunities - look no further. We offer day, overnight and extended travel services both domestic and international. No need to worry about a thing, leave the driving and pampering to us! You too can enjoy the retirement you deserve! Come see us for your personal tour! Happy Spring!



MATTHEW MAKOWSKI,
 Clinton Twp. Senior
 Center Director

NEW!! DAY PASSES AVAILABLE: \$10/DAY *DOES NOT INCLUDE REGISTRATION OR TICKET PRICE IF APPLICABLE*



Community Events and Programs

Shuffleboard Group Hangout

WEDNESDAYS AT 4:30PM

Orleans Sports Café
 Mt. Clemens

Interested in Table Shuffleboard? Join our group, make new friends, and enjoy the fun! Food and beverage available to purchase, no registration fee.

Contact Judy at:
 (313) 580-2075 for more information.

**Group is not affiliated with CTSC.*

Interfaith Volunteer Caregivers

Volunteers Needed!

The Interfaith Volunteer Caregivers program is in need of volunteers who can provide transportation in the local area. Especially drivers who are available during the day time business hours. You tell us what days, times and areas are convenient for you, and we will call you with specific appointments that meet these criteria.

PLEASE CALL THEIR OFFICE AT
 (586) 757-5551

FOR MORE DETAILS.

Shred Day

SATURDAY, MAY 7
 10:00-1:00P.M.

Clinton Township Civic Center Parking Lot

Did spring cleaning leave you with items to shred? Clinton Township is hosting their annual Shred Day on May 7th from 10-1 in the Civic Center parking lot. LIMIT 2 grocery bags or 2 small boxes per person. **SHRED ONLY, NO HAZARDOUS WASTE COLLECTION!**

OPEN TO ALL CLINTON TOWNSHIP RESIDENTS



THANKS

to our sponsors



STERLING
Skilled Rehabilitation

Humana

BALDWIN HOUSE™
SENIOR LIVING

WE ♥ OUR VOLUNTEERS

We appreciate and love our volunteers! The countless hours and energy they put into the CTSC is outstanding! The next time you see a volunteer, be sure to thank them!

OAKMONT.
Parkway

An Enhanced Senior Community



HENRY FORD
MACOMB HOSPITALS

Shelby Crossing
Health Campus

ASSURED CARE
HOME HEALTH & HOSPICE, INC.



Luxury Retirement Community

HART
HEARING CENTER

oasis
SENIOR ADVISORS.



American Red Cross Blood Drive

Tuesday, July 5th
10am-4pm

Clinton Township Senior Center Gym!

Register online at:
redcrossblood.org or
call 1-800-733-2767

NexCare
WELLBRIDGE

STORYPOINT™
Shine. Everyday.

Sponsorships

If you are interested in sponsoring a program and/or service, please contact Ericka Pauly at (586) 723-8120 or e.pauly@clintontownship.com

Advertising in our Publication

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



America's Choice in Senior Homecare®

Light Housekeeping, Meal Preparation, Companionship, Alzheimer's Care, Hygiene Assistance, Medication, Reminders and much more.

586-726-6999

www.VisitingAngels.com/SterlingHeights



TWO GOOD REASONS
I CAN'T STOP FOR KNEE PAIN.

If knee or hip pain is limiting your active lifestyle, it's time to take control.

Our orthopedic surgeons take the time to discuss the causes of your chronic hip and knee pain and share the latest non-surgical and surgical treatment options, using the latest technology.

mclaren.org/macombortho



Val Poliuto

Independent Sales Agent
39085 Moravian Dr.
Clinton Twp., MI 48036
586-465-0070
Vpoliuto@comcast.net
www.fsimcorp.com



Authorized to Offer



Medicare Plans
from UnitedHealthcare

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel



Contact us at: careers@4lpi.com | www.4lpi.com/careers

SUPPORT OUR ADVERTISERS!



Pine Ridge of Garfield
Living Senior.

BY TRUE CONNECTION COMMUNITIES

New Year.
New Home.
Save Big!



SAVE UP TO \$10,000*
ON SELECT APARTMENTS.

INDEPENDENT LIVING
36333 Garfield Road
Clinton Township, MI 48035
586-723-0000
www.PineRidgeGarfield.com

Whether you're looking to relax and enjoy retirement or skip the chores to focus on your social schedule, Pine Ridge of Garfield is the place to do it!

*Restrictions apply, see sales director for details.



We install grab bars

DETROIT GRAB BAR

You should never know you needed one.

Be proactive!

David Wegener

davidw@detroitgrabbar.com

(248) 283-4519

www.detroitgrabbar.com

THIS SPACE IS
AVAILABLE



4-D-5-5

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

15-0767

Clinton Township Senior Housing 62 Plus
 Comfortable Living at Affordable Prices
BEAUTIFUL 1 & 2 BEDROOM APARTMENTS
 Starting at **\$600**



Heritage Estates



**Starting at
 \$600**



Secured Entry • All Appliances
 Balcony/Patio • Activity Center
 Close to Shopping, Banks, Restaurants
 Washer/Dryer in Apartment

Stop in and get details or call

586-263-5919
TTY 800-989-1833



email: heritage.estates@fourmidable.com

ELDER LAW AND ESTATE PLANNING ATTORNEYS



Delivering the 5-Star Experience Every Time ★

SSR LAW

ELDER LAW & ESTATE PLANNING

Medicaid | Estate Planning
 Trust Administration | Veterans Benefits
 Probate | Special Needs Planning

(586) 239-0871
ssrlawoffice.com

37060 Garfield Road, Suite T-6
 Clinton Township, MI 48036



**Carewell
 Pharmacy**

41940 Hayes Road
 Clinton Township, MI 48038

Tel: (586) 221-2829

www.cwpharmacy.com
 email: care@cwpharmacy.com

Free Delivery * Free Selected Antibiotics * Best Price
 OTC Medications * Free Medication Review
 We Accept All Insurance

Adult Keyboard Class

For active retirees who have always
 wanted to play an instrument!

It's Easy & It's fun!

**10 WEEK
 GROUP COURSE**

\$99 A \$150
 Value!

Beginner Classes
Enroll Today!

EVOLA MUSIC
 Since 1931

586-726-6570
evola.com

12745 23 Mile Rd
 Shelby Twp.

health
 markets

**Overwhelmed by
 Medicare options?**

I can help make it simple



Michael Ales

586-556-7666

Licensed Insurance Agent | michael.ales@healthmarkets.com



4-D-5-5

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

15-0767

CONFUSED BY MEDICARE?

Call for a **FREE Consultation**

Licensed Medicare Enrollment Consultant
Bruno Tabbi



Call or Text **586-612-5887** <http://americanhealthplansinsurance.com>

American Health Plans
16600 18 Mile Rd
Clinton Twp., MI 48038

**GROW YOUR BUSINESS
BY PLACING AN AD HERE!**

CONTACT US!

Contact Eileen Frazier to place an ad today!
efrazier@lpicommunities.com
or (800) 477-4574 x6309




SUPPORT OUR ADVERTISERS!



 **Cornerstone**
medical group

William Jacobs, DO

 Evening and Saturday
Hours Available

Practices Osteopathic
Manipulative Treat-
ment for a Hands On
Approach to Many
Painful Conditions



13951 Plumbrook Rd., Sterling Hts.
586-274-2400

THIS SPACE IS
AVAILABLE

*Recieve 15% off your
Preplanning Purchase*

Take 15 minutes to understand what **NEEDS** to
be done in advance of a life changing event

586-286-9020

Restrictions Apply - Call for Details
Good through December 31, 2021



RESURRECTION CEMETERY
Dedicated to The Ones You Love

In-Home Care Services



Companion Care
Light Housekeeping
Personal Care
In-Home Safety Solutions

Contact Us Today
(586) 231-0526

Keeping the Comforts of Home™

At Comfort Keepers®, we provide in-home care that helps
seniors and others live safe and happy, independent lives
in the comfort of their own homes.



42621 Garfield, Ste 101B • Clinton Twp., Michigan 48038

© 2017 CK Franchising, Inc. An international network, where most offices independently owned and operated.

ComfortKeepers.com



Your Journey to Better Hearing Starts Now.



Audiologist
Angie Lederman, MS, CCC-A

- Audiology
- Hearing Aids
- Tinnitus Management
- Custom Hearing Protection
- Cerumen (Wax) Management

Hear Now Audiology & Tinnitus Center

40680 Garfield Suite 1B
Clinton Township, MI 48038

(586) 333-5405 | www.hearnowcenter.com



4-D-5-5

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

15-0767

== THE VILLAGE OF EAST HARBOR ==

Now taking reservations:

We are Rolling out the Red Carpet

The Village of East Harbor is excited to announce the expansion of our Ranch style apartments and brand new apartment building.

New features include:

- Smart technology
- Not for profit experience leadership
- Inside and outside maintenance included

You also will have access to all the amenities The Village of East Harbor has to offer on its 44-acre campus. To learn more or set up a virtual appointment contact: 586.725.6030



- Private Entrance Apartments
- Assisted Living
- Skilled Nursing and Rehab
- Memory Care



Speak to a Sales Counselor today for more information and to schedule your virtual tour.

Join The Village of East Harbor's Text club and receive text alerts for events and availability
Text the words East Harbor to 40691*

For more information call 586.725.6030

33875 Kiely Drive
Chesterfield, MI 48047-3604
www.pvm.org



*Message and Data Rates may apply. Messages will be delivered by Mobile in SMS Format. Message frequency depends on promotions. For Help, text HELP to 40691. To opt out of this program, text stop to 40691 anytime.



Senior Living and Care Solutions

Eldercare Consulting • Placement Assistance
Advocacy • Beyond Driving With Dignity

Call for more information: (586) 917-9170
seniorcare-macombcounty.com

LET US PLACE YOUR AD HERE.



AVOID PROBATE

**LIVING TRUSTS / WILLS
FREE CONSULTATION**

Charles Regan Shaw, P.L.C.

16950 19 Mile Rd., Ste. 2 • Clinton Township
(586) 226-3805



Lockwood is here in Clinton Township!

50 or better senior community

**Call to reserve your new home today
(586) 790-1100**

24500 Metropolitan Pkwy., Clinton Township

www.LockwoodofClinton.com



MISSION POINT of CLINTON TOWNSHIP

Delivering Excellence. Every Life. Every Moment. Every Day.

Need Short Term Care or Long Term Care?

We accept Medicare & Medicaid and most insurances.

We are committed to our community.



We offer:

- Short-Term Rehab
- Skilled Nursing
- Memory Care
- Respite Stays

17001 17 Mile Rd. • Clinton Twp., MI 48025 • 586-286-7100 • missionpointhealthcare.com/clintontwp



4-D-5-5

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

15-0767

Clinton *Currents*

Supervisor's Message

2020 Census numbers tell us that our largest growing population demographic is over age 60, which drives the need for continued investment in senior living options. As we age, many of us look to transition from family homes to living accommodations offering varying levels of care and service. Yet, many of us want to remain close to our families.

Well, there's good news when it comes to senior living in Clinton Township.

Pulte Homes is building ranch-style duplex condos in the Maple Ridge development that will appeal to seniors. Another is StoryPoint of Clinton Township, a three-story, 177-unit facility offering senior independent living, enhanced services living, assisted living, and memory care living options to accommodate changing needs. The projects are located on the old Macomb-Oakland Regional Center (MORC) property on 19 Mile across Henry Ford Macomb Hospital.

Garfield Senior Living is a 113-unit senior apartment center built on Garfield north of Canal. And the former Concorde Inn on Gratiot was transformed into the beautiful Parkdale Assisted Living and Memory Care, with 147 units of living space.

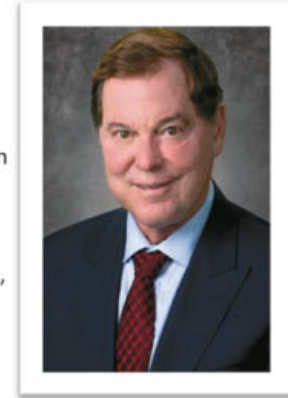
As you can see, there are many options to choose from while living your life right here in Clinton Township.

Much of the Township's economic development is in the highly desirable health care field. For example, on 15 Mile Road, west of Garfield, a new office building includes an independent urgent care center.

In addition, Henry Ford Macomb Hospital is adding a tremendous \$250 million expansion, which consists of a 225,000-square-foot, five-story patient tower with 160 private rooms. Also, parking and other renovations will be included, and the hospital's powerhouse will expand by more than 11,000 square feet.

You might be surprised to learn that 18 percent of Clinton Township jobs are in the healthcare sector. Moreover, these

jobs continue to grow in our community, especially with the addition of the Harrington Medical Center across from McLaren Macomb Hospital. Upon completion, the three-story, 62,000 square foot medical center will offer outpatient surgery, various medical services, and a pharmacy. With construction underway, the project is scheduled to be completed in June.



Supervisor Bob Cannon

It is truly a blessing to live in a community with so many medical care options and excellent health care career opportunities for our residents.

Great communities give families options to worship, and what a wonderful addition we have in Faith Baptist Church. The church is located in the former Baker College facility on Little Mack and plans to open a school. People come from all over to worship, which is good as our local restaurants and businesses are ready to serve them. My office recently greeted a new resident to Clinton Township who moved here just to be close to Faith Baptist. Their congregation has already gotten involved in our community in several ways, including our blood drive.

Sometimes, you can see their vans in our Civic Center parking lot because they utilize our baseball and soccer fields.



Harrington Medical Center groundbreaking. Supervisor Bob Cannon with Clerk Kim Meltzer (left), and Trustee Tammy Patton (right).

As the warm weather approaches, I look forward to seeing many of you outdoors enjoying our parks, the Clinton River, and all we have to offer in our great community.

Robert J. Cannon



HFH Macomb is adding a \$250 million expansion, including a five-story patient tower with 160 private rooms.

Fall in Love with...



VILLA BELLA

Luxury Retirement Community

586.412.8910

www.VILLA-BELLA.NET
CLINTON TOWNSHIP, MI

Call about our specials!

TOURS AVAILABLE 7 DAYS A WEEK
SATURDAY & SUNDAY BY APPOINTMENT



RE/MAX Advisors

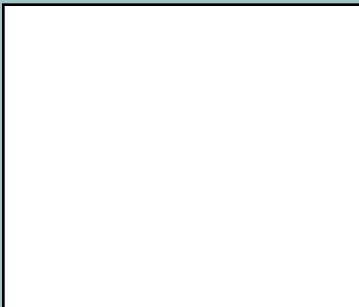
Lori Brown

**Associate Broker
RE/MAX Advisors**

*Excellent Customer Service for over 30 Years!
For ALL Your Real Estate Needs.*

- Senior Real Estate Specialist (SRES)
- National Association of Realtors
- Certified Distressed Property Expert (CDPE)

Cell: **(810) 543-8896**
Office: **(586) 725-1900**
Email: lori@loribrownsales.com



STAND OUT
with a PREMIUM DIGITAL AD
on MYCOMMUNITYONLINE.COM

CONTACT US AT 800-477-4574

This Space
is Available



Your Home for the Day

"Highly Recommend" "Light and Airy, Not Stuffy,"
"This Place is Absolutely Beautiful"



SARAH E. LEE
Owner

46530 Romeo Plank Rd., Macomb, MI 48044
586.412.8999 Call for an appointment.

Lee-ElleenaFuneralHome.com



4-D-5-5

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

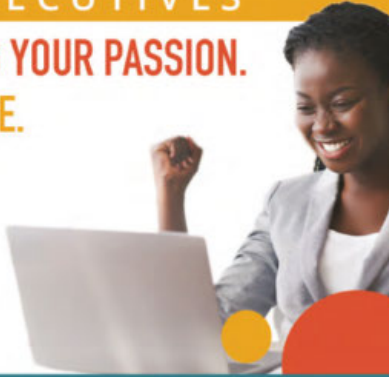
15-0767

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers



Advantage Living Center
Rehabilitation
Skilled Nursing - Memory Care
Warren
12250 East 12 Mile Rd.
(586) 753-9801
advantageliving.net




The sooner you call,
the more we can help.

24/7 Support
888-247-5701
or hom.org

Our State. Our Town.
Our Hospice.

A member of the northstar Care Community



(586) 300-5563
51122 Romeo Plank • Macomb, MI 48042
117 W. St. Clair St. • Romeo, MI 48065
www.HartHearingCenter.com



Nicole Rinehart
Board Certified
Hearing Instrument
Specialist

**FREE HEARING SCREENING*
AND 10% OFF ANY HEARING AID****

Limited time only. Exclusions may apply. See office for details.
*Free screening is widely available at no cost. **Our everyday low prices!

©2022 Starkey Laboratories, Inc. All Rights Reserved. 1/22 827082285



SHELBY HEALTH AND REHABILITATION CENTER

A top-rated health & rehabilitation center specializing in post-acute rehabilitation and skilled nursing care following a hospital stay. Advanced therapy, authentic hospitality, and a commitment to our guests.

Great Staff-Great Care



46100 Schoenherr Road
Shelby Township, MI 48315
(586) 566-1100



www.optalishealthcare.com/shelby-health-and-rehabilitation-center



4-D-5-5

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

15-0767



40730 Romeo Plank Road
Clinton Township, MI 48038

PRSR STD.
U.S. POSTAGE
PAID
MASS MAILING

AROUND-THE-CLOCK INDIVIDUAL CARE.
SO WHEN IT'S TIME TO REST, YOU CAN REST ASSURED.



Having a parent in a safe, comfortable place with highly trained medical staff nearby and activities to keep them engaged can go a long way in reducing the amount of time you spend worrying. That's why we're here.

Schedule your visit today.

MEMORY CARE
AND SO MUCH MORE



** A Trilogy Senior Living Community*

13794 21 Mile Rd. • Shelby Township, MI 48315
586-239-0113 • shelbycrossinghc.com •



4-D-5-5 For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0767