




AN ACTIVE LIFE IS THE GOOD LIFE





JULY/AUGUST 2022


 40730 Romeo Plank Road
Clinton Township, MI 48038

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

 (586) 286-9333

 (586) 286-8757

 seniors@clintontownship-
mi.gov

 clintontownship.com/162/S
enior-Center

Summer Fever is Here

Welcome to the July/August 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. This is not your Grandma's Senior Center, we are vibrant, engaged and ready to meet each day with a new sense of excitement.

July/August Center Closures

Monday, July 4th - Holiday Observance

Wednesday, July 20 - Volunteer Appreciation Outing



Soak Up the Summer Fun!

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

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) 263-8437 ext. 3



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

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

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



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.

Connect to FREE WiFi at the CTSC!



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.

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.

BALLET BARRE

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

ARTHRITIS FITNESS

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.

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. Please be aware this is an advanced level class.

DRUM STRENGTH & CONDITIONING

This is a fun way 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.

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.

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.

STRETCH & STRENGTH

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

YOGA

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

ZUMBA GOLD

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.

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! **OFF FOR THE SUMMER- SEE YOU IN THE FALL.



MONDAY

TIME	GROUP
9:00 A.M.	BONE BUILDERS
10:00 A.M.	ARTHRITIS FITNESS
10:30 A.M.	AEROBICS
NOON	OPEN GYM
2:30 P.M.	TAI CHI FOR HEALTH

Let's Get Moving Together!

Group fitness classes with an instructor will be \$5 or \$2 if you have Silver Sneakers or Renew Active.

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

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



BEGINNER CLINIC

2nd Monday of the month
2:30 - 4:00 P.M.

Looking to learn the sport of Pickleball? This Clinic is for players new to the sport and want to learn how to play. We will teach the rules of the sport and go over basic skills to practice so you are comfortable to play in a real game. (Limit 2 intro clinics per person)

REGISTRATION REQUIRED!
(586) 286-9333

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

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

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

CALLING ALL PICKLEBALL PLAYERS!

AGES 50+ OUTDOOR

PICKLEBALL TOURNAMENT

ALL SKILL LEVELS WELCOME!
Call to Register
586-286-9333

CLINTON TOWNSHIP SENIOR ADULT LIFE CENTER

Friday, Sept. 23
9 a.m. - 4 p.m.
Tentative Rain-out Date: Friday, September 30

OPEN TO THE PUBLIC
Clinton Township
Senior Center Courts
\$20 Registration Fee

Early Bird Registration for CTSC Members Opens August 4th
Public Registration Opens August 11th

Random Draw for Partners | Prizes for Top Scorers | Door Prizes & Lunch Provided

SEE PAGE 16 FOR A SPECIAL OFF-SITE FITNESS PROGRAM!

SPORTS LEAGUES & PROGRAM CONTACTS

Bocce Ball League

May - September

Judy Freund: (313) 580-2075

Golf - Ladies League

May - August

Christine Hayward: (586) 465-3114

Cornhole

Year Round

Judy Pries: (586) 214-9008

Bowling- Ladies Sr. Belles

Fall

Cathy Bonilla: (248) 709-2322

Pickleball

Year Round

Jerry Robichaud: (586) 228-0913

Volleyball - Co-ed

Year Round

Joann Ruggirello: (586) 201-6678

Darts

Year Round

Jerry Robichaud: (586) 228-0913

Table Tennis

Year Round

Charlie Green: (586) 306-3484

Competitive Volleyball

Fall - Spring

Pat Radaj: (586) 604-5028

Health and Wellness Spa

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.*

**Massage and Reflexology by
Roberta**
Tuesdays
9-4 p.m. (586) 723-8222

Call for appointment and pricing.

**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.



COFFEE BREAK WITH SARA IN PERSON ON THURSDAYS, 10:30-11:30

Let's face it, life gets challenging sometimes but it's comforting to have a friend to talk it out with. Sara Scholl, retired Professional Counselor, is here for you and will be sharing her time with us **IN HOUSE** every Thursday. Please **give her a call to let her know you'll be visiting**, and we'll put the coffee on. Sara: (586) 943-6263.

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. 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

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! We are requesting your help for our friends in need. Please send your prayers and well wishes to: RuthAnn, Sara, Louise, Shirley, Rochelle and Barb.

Grief Share Support Group

Tuesdays at the Center | 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



FRIDAY

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



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)



Book Club



Meets Monthly 2:00-3:30
July 20
August 17
 **New members welcome!

WEDNESDAY

- 10:00 A.M. GARDEN CLUB (SEE PG. 11)



BUNKO! \$2 Buy-In

First Wednesday of the month at 1:00 p.m.
 Open to the public, preregistration suggested!
 586-286-9333 **Sweet Treats sponsored by:**
Waltonwood Lakeside



Write Focus

Meets 11:00-1:00
July 1, 15, 29
August 5, 19

Join our group of authors 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.

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



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





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

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.

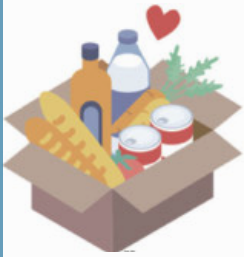
PROGRESSIVE FORMAT- a way of playing cards, by which after every game, the losers at the first table go to the last table, and the winners at all of the tables, except the first, move up to the next table.

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!

Support Our Community



NEW! COMMUNITY FOOD CLOSETS!

Food insecurity impacts all ages and communities. Clinton Township is not immune to food insecurity and we are here to help! With help from our friends at Lowes, the CTSC will be placing mini food pantries stocked with nonperishable food items and water throughout our community. If you would like to donate goods, please contact the Center at 586-286-9333.

Clinton Twp. Senior Adult Life Center



GARDEN CLUB NEEDS YOU!

It takes many hands to maintain our bountiful garden every year. Join the Garden Club at 10am on Wednesdays to get involved! If you would like to donate your time outside of the scheduled meeting time, stop at the front desk and we can get you in contact with the Garden Club leaders!

NO GARDENING EXPERIENCE NEEDED!

Friends of the 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 or bring your spare change to the Center the next time you are here.

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!

LOCAL HEARING AID & GLASSES RECYCLE

Did you know that you can recycle your old prescription glasses and hearing aids at our Center? You can! Thanks to your local Lions Club. Drop off glasses or hearing aids you are no longer using the next time you are here!

Thank You Members!

Our members are consistently going above and beyond to make our Center beautiful and growing.

Special Thanks to *Monika Bacon* for her generous donation of the beautiful water scape fountain that now greets us in our vestibule, in memory of her late husband and Senior Center volunteer, Ed Bacon.

We recently received a very generous donation of stained glass and stained-glass supplies from *Sam Cipriano*, husband of the late Madelyne Cipriano, our beloved Stained Glass Instructor.

always ©LPi
THANKFUL

We appreciate the two new APPLE TREES in our backyard garden! One of the trees is planted in memory of Ned Gierrieri, sponsored by his wife and Garden Club member, *Millie Guerrieri*.

Speaking of garden, thank you *Judy Freund* for donating a tiller for the Garden Club! This will be a HUGE asset for our gardening efforts.

If you are interested in making a monetary donation to the Center or sponsoring an amenity in honor of a loved one, please call Matt Makowski, Director of Senior Services @ (586) 723-8121.

All donations to our non-profit senior center are tax-deductible and VERY appreciated!



All proceeds benefit the Senior Center

*Cappuccino - Coffee - Tea - Soda
Jewelry - Gifts - Figurines - Seasonal Décor
Crystal - Stuffed Animals - Books
and everything in between...*

Do you have a donation for 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



We are EXTREMELY fortunate to have SO many volunteers willing to help at any given moment. Our Center would not be where we are today without our volunteers. If you are looking for ways to get involved, stop by the front desk to pick up a volunteer application the next time you are at the Center.

**The Center will be
CLOSED Wednesday, July 20th
for our Volunteer Appreciation
Outing.**

CLOSED JULY 4, HAPPY INDEPENDENCE DAY!

RED CROSS BLOOD DRIVE!

FREE

Tuesday, July 5

10:00 - 4:00

We are hosting a blood drive in our gym! Your donation may save up to 3 lives. This drive will be accepting appointments for Power Red and Blood donations. Schedule your appointments online at redcrossblood.org or call 800-733-2767. Prior to donating, please be sure to have a healthy meal and drink plenty of fluids. You may donate blood every 56 days. The need for blood is crucial.

HEALTH MATTERS

FREE

Tuesday, July 5

11:30 - 1:00

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.**

SHORTCAKE SOCIAL

FREE

Thursday, July 7

11:30-12:30

The patio is calling your name! Get ready to and join **Oakstreet Health** for live music, sunshine, and strawberry shortcake out on our patio! Register to save your tasty treat! (586) 286-9333

MOVIE CLUB

FREE

Thursday, July 7

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**
July Movie: *Precious (2009)*
Registration is required (586) 286-9333.

WATCH BATTERY WILMA

Fee for Service

Monday, July 11

Noon-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.

RESIN EARRINGS OR KEYCHAIN

\$5

Monday, July 11th

1:00-3:00

Sue is back at it and ready to create some BEAUTIFUL resin art with you! Take your pick between a pair of earrings or a keychain and create a custom piece of art. Samples will be in the display case at the Center. Registration is required, space is limited. (586) 286-9333. \$5 material fee will be due at class.
Registration/Refund deadline: Friday, July 1.

ASK THE EXPERT

FREE

Tuesday, July 12

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

BIRTHDAY PARTY!!

\$14

Wednesday, July 13

Noon-2:00

The Center is celebrating its 40th birthday this year and we are ready to PARTY! Round up your friends and get ready to celebrate ALL birthdays. Register soon- it will sell out!
586-286-9333

PRIZES | LUNCH | LIVE MUSIC | CAKE

CLOSED JULY 20, VOLUNTEER APPRECIATION OUTING

THE ABC'S OF CBD	FREE
Thursday, July 14	11:00-Noon

Myth or Magic? With controversy surrounding this all natural ancient plant many are confused whether or not it really works. Kathy Housey, presents the scientific information about CBD: the difference between CBD and the psychoactive ingredients in marijuana, the history of CBD in the United States, what is legal and where, and the possible conditions it can treat. Register soon! (586) 286-9333. Sponsored by **Comfort Keepers Home Care**

SNOWMAN EARRINGS & NECKLACE	\$27
Thursday, July 14	1:00-3:00

Looking for some new accessories for our Christmas in July Celebration? Amy Jorgensen is coming to your rescue! Create a pair of snowman earrings and necklace SET for less than \$30! Registration required (586) 286-9333. *Refund/Registration Deadline July 7.*

STAINED GLASS	\$5 Daily Drop In
Mondays, July 18-August 29	Noon-3:00

Experienced stained glass artists are welcome to work on projects at their leisure Mondays in July and August. There will be no instructor during this time.— Classes resume in September.

BRAIN FITNESS	FREE
Tuesday, July 19	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.

TECH 101	FREE
Thursday, July 21	10:00-11:00

Eric from **Humana** will be here to teach us basic skills to better utilize our smartphones and tablets! He will also be highlighting how to "like" and "follow" on Facebook. Feel free to bring in your smartphone or tablet to get your BASIC tech questions answered. Limited class size, Register today, 586-286-9333. *This is not 1-on-1.

Christmas in July Celebration

SANTA IS COMING TO TOWN	FREE
Monday, July 25	10:30-Noon

It's Christmas in July! Santa is coming for his mid-year check up to make sure all of our members are on their best behavior! Be sure to stop by to say hello to the Jolly Fellow!

HOLIDAY SWEATER DAY CONTEST	
Tuesday, July 26	All Day

Dig out your favorite sweater, now is your chance to wear it ONE MORE TIME this year!

CRAFT & COOKIE DECORATING	FREE
Wednesday, July 27	10:00-Noon

Waltonwood Lakeside will be here to spread holiday cheer with crafts and cookie decorating! Make sure to RSVP to this one- limited seats available (586) 286-9333.

COCOA AND CAROLS	FREE
Thursday, July 28	11:00-1:00

Christmas in July would be incomplete without a few Christmas carols! Join Jam Session and sing along with some of your favorite holiday tunes as you sip on some hot cocoa. Just drop by! No need to preregister.

SEPTEMBER PICKLEBALL TOURNAMENT EARLY BIRD REGISTRATION FOR CTSC MEMBERS OPENS ON AUGUST 4!

SPECIAL PROGRAMS FILL QUICKLY. DON'T WAIT TO REGISTER. MOST PROGRAMS OFFER A WAIT-LIST OPTION IF THEY DO SELL OUT (586) 286-9333!

MEDICATIONS 101	FREE
Thursday, July 28	10:00-11:00

How are medications processed in our bodies when we age?

Bring your curiosity and questions and learn about popular and over-the-counter medications, their uses, adverse effects, and potential interactions. Does our body still process medications the same way when we age? Are those possible interactions more likely to occur when we age? How do we get the best effects of the medicines when we age? Learn more with 4th-year medical student Puja Laroia from Michigan State University, College of Osteopathic Medicine (MSUCOM).
Mentor: Dr. Carolina Restini, PharmD, Ph.D. (MSUCOM, Dept. Pharmacology & Toxicology)
Registration is required at (586) 286-9333.

MOVIE CLUB	FREE
Thursday, August 4	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**
August Movie: *The Glass Castle (2017)*
Registration is required (586) 286-9333.

ASK THE EXPERT	FREE
Tuesday, August 9	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.

DIY FRIENDSHIP BRACELETS	FREE
Wednesday, August 10	10:00-11:30

Celebrate National Friendship Day with **Waltonwood Lakeside**. Create a one of a kind bracelet for a friend or just make one to keep and make a new friend while you are here! Registration is required (586) 286-9333.

COFFEE WITH CANNON	FREE
Thursday, August 11	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!)

CAREGIVERS COMING TOGETHER	FREE
Thursday, August 11	11:00-Noon

This lecture offers caregivers and friends information and the opportunity to shed potential guilt. The distinction between different types of dementia is stressed, highlighting Alzheimer's, along with the ten warning signs. Strategies are offered to demonstrate physical, emotional and verbal interaction, as well as identifying specific bathroom and "sundowners syndrome" techniques. Finally, some fascinating brain apps are identified alongside the importance of music, tv shows and movies, and valuable websites to visit. The lecture is meant to give caregivers and friends the means to feel good about their own behavior with their loved one as they practice patience and relaxation. Registration is required at (586) 286-9333.
Sponsored by: **Westwood Senior Living**

NOT A MEMBER YET? DO YOU HAVE A FRIEND WHO IS NOT A MEMBER? DID YOU KNOW YOU CAN NOW PURCHASE A WEEK PASS TO HAVE ACCESS TO OUR SPECIAL PROGRAMS AND FITNESS CLASSES? SEE PAGE 19 FOR MORE DETAILS.

SEPTEMBER PICKLEBALL TOURNAMENT EARLY BIRD REGISTRATION FOR CTSC MEMBERS OPENS ON AUGUST 4!

BRAIN FITNESS	FREE
Tuesday, August 16	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.

LEARN THE SPORT	FREE
Wednesday, August 17	10:00-11:00

Horseshoes! Looking for a new sport or to brush the dust off? Horseshoes is a great sport for all ages and abilities! Our new Fitness Coordinator will be out at the horseshoe pits behind the Center to help teach the game. Weather permitting- Register in case of rain delay (586)286-9333.

DAY TRIP: ANTON ART CENTER	\$2
Tuesday, August 23	10:00-1:00

Looking for a day out? Join us as we visit the Anton Art Center for a guided tour featuring the Michigan Watercolor Society Exhibit and walk to lunch at Bath City Bistro. *Cost of lunch is not included* Transportation provided from CTSC or meet us there! Limited bus seats- Register soon! (586) 286-9333.

AMERICAN FLAG JUTE BASKET	\$23
Thursday, August 25	1:00-3:00

Amy Jorgensen will be here crafting beautiful American Flag jute baskets. Use indoor or outdoor, these baskets have countless possibilities. Words don't do it justice, check out the display case to see what YOU can make! Registration is required, (586) 286-9333. Registration/Refund deadline is August 18.

PANCAKES ON THE PATIO



FRIDAY, AUGUST 26TH 10:00-11:30

Join us on the patio where we'll be flipping "flapjacks" and serving up all your favorite breakfast sides. Live entertainment by PLEZE!

\$5/person preregister to save your plate (586) 286-9333

FREE POP UP EVENT



Fitness in the Park!

**@ Prince Drewry Park
MONDAY, AUGUST 29 | 12:30-1:30
LUNCH & LINE DANCING WITH ENITA**

We are taking fitness classes on the road! Join us at Prince Drewry Park for a FREE hot dog lunch and Line Dancing with our spunky instructor, Enita! Serving all Seniors in Clinton Township, it is our mission to provide safe, fun, and healthy programs for everyone. Grab your friends and family- all ages welcome! Transportation provided from CTSC or meet us there! Limited bus seats- Register soon! (586) 286-9333.

22013 Quinn Rd., Clinton Township, MI

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

Historic Theater Tour.....July 14
 Cornwell's Dinner Theater.....July 20
 Charlevoix, MI.....July 26-28
 Motown River Cruise.....August 11
 Soaring Eagle Casino.....September 13-14
 Hudson River Valley.....September 19-24

Shoreline Tours 2022

NYC Fireworks.....July 3-8
 NYC Holiday.....Nov. 27-Dec 2
 Lancaster Christmas.....Dec. 2-5

Ed and Ted's Adventures 2022

New Orleans and Biloxi.....October 22-31

NEW! Tickets through the CTSC!

'Ain't Too Proud'....August 18 Detroit Opera House

2023 TOURS

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)



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 from 12:15 p.m. and 1:00p.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

**POPUP LIBRARY
WITH CMPL**

**2ND MONDAY EVERY MONTH!
10:00-11:00**

Join the Outreach Librarian, Meghan in the lobby to get all of your library-related updates, happenings, & questions answered!

**BLOOD PRESSURE
SCREENING**

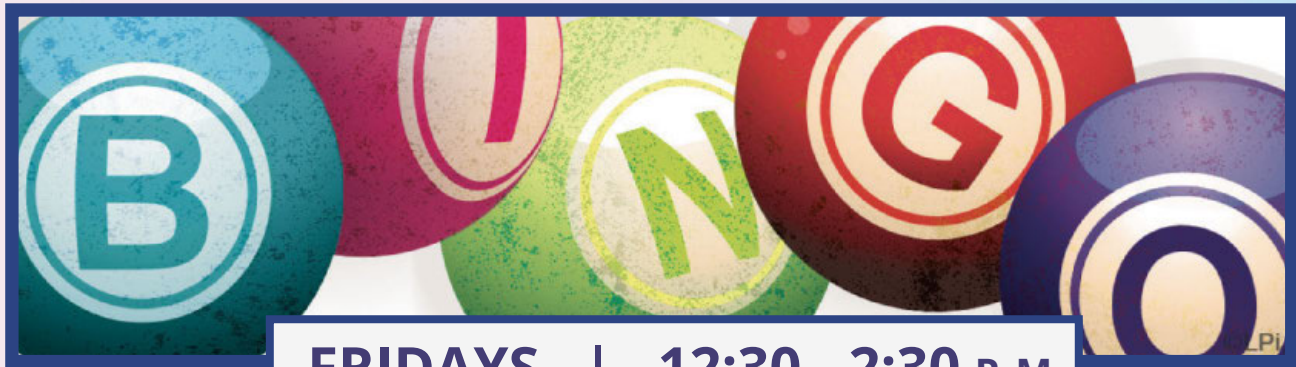
COURTESY OF PINE RIDGE OF HAYES

**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. 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.**



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.

****BRING SMALL BILLS WITH YOU- WE CANNOT MAKE CHANGE!****

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!

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!



MATTHEW MAKOWSKI,
Clinton Twp. Senior
Center Director

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

MEMBERSHIP RATES

Clinton Township Residents

Single.....\$75

Married Couple....\$100

Non- Clinton Township Residents

Single.....\$150

Married Couple....\$200

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.

FAITH @ WORK THANKS YOU!

Many members donated
items to the Lenten Bag
project for victims of sex
trafficking/
homelessness. Faith @
Work collected over 200
bags to be distributed to
various organizations
throughout our
community who are
engaged in street
outreach. Thank you all for
the donations, and
support!

THANKS

to our sponsors



STERLING
Skilled Rehabilitation

BALDWIN HOUSE
SENIOR LIVING

Humana

Not all of our sponsorships are programs and items you can physically see at the Center. Humana has graciously sponsored our Wi-Fi for the year! Starting in July, our Wi-Fi password will be changing to: **Humana4u** in appreciation of their support!



OAKMONT.
Parkway

An Enhanced Senior Community



**Comfort
Keepers**



**HENRY FORD
MACOMB HOSPITALS**

Shelby Crossing
Health Concepts



Luxury Retirement Community



WALTONWOOD
LAKESIDE
Redefining Retirement Living
SINGH

HART
HEARING CENTER

oasis
SENIOR ADVISORS.

STORYPOINT
Shine. Everyday.

BE A SPONSOR!

We are always looking for new involvement from our local community! If you are interested in sponsoring a program and/or service, please contact Ericka Pauly at (586) 723-8120 or e.pauly@clintontownship.com

ADVERTISE IN OUR NEWSLETTER AND AT THE CENTER!

Did you know: If you are a paid advertiser in our newsletter publication, you are able to house marketing materials in our lobby? If you are interested in advertising in this publication contact Eileen Frazier at LPI Publications. 800-477-4574 x 3609



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!

EVOLVA 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>

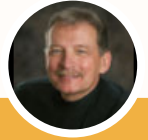
American Health Plans
16600 18 Mile Rd
Clinton Twp., MI 48038

Ascension Complete

Jim Olejniczak
Benefits Advisor

Confused about Medicare? Let me help!

Contact me today! **248-561-2577**
James.Olejniczak@AscensionComplete.com



A **health plan** for what matters most - YOU

Receive *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

Thrive
Locally

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



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



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



NOW AVAILABLE

- 44 acre wooded campus
- 2 bedrooms, 2 bath
- Washer and dryer
- Walk in closet
- French doors to private patio
- One and two car attached garages
- Activity, wellness and spiritual programs
- Emergency ERS system
- Maintenance inside and out
- Month to month lease



The Village of
East Harbor

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

HARBOR INN

VIRTUAL TOUR



SCAN ME

Embrace the possibilities

The Village of East Harbor - Harbor Inn

33875 Kiely Drive
Chesterfield, Michigan 48047

Call: 586.725.6030 Fax: 586.716.7170

www.villageofeastharbor.org



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
of Clinton**

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

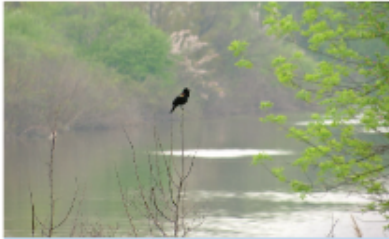


Supervisor's Message

If you notice our new Township logo, you can see it symbolizes the three branches of the Clinton River. To us, the river is one of our most treasured assets, and we continue to develop initiatives to make it come alive for all of our residents.

More than just a critical part of our drainage system, these waterways have tremendous recreational potential and are a source of beauty and pride to our community. One of our strategic plan initiatives is to bring out the value in these assets by adding amenities close to the waterfront and, most importantly, ensuring the water remains clean and protected.

Our efforts include a collaborative project to install a universally accessible boat launch at George George Park. A universal design intends for the launch to be accessible for people of all ages and skill levels.



Clinton Township acquired more than 6 acres along the Clinton River Spillway for recreational use.

Groundbreaking is expected this summer.

The project also includes an innovative parking lot design with green infrastructure techniques and pavers to reduce the lot's overall impervious surface. This allows stormwater to be filtered naturally before seeping back into the ground, protecting the watershed. Clinton Township is proud to partner in funding this effort with the Michigan Natural Resources Trust Fund and the Clinton River Watershed Council.

Another boat launch project along the Clinton River centers on Budd Park. We requested earmark money through Congressman Andy Levin's office to fund this project and others like riverbank stabilization and removing log jams. In March, we received notice that he secured \$640,000 for a series of improvements along the Clinton River Water Trail. This includes opening the river from Sterling Heights to Mount Clemens—part of our local and regional Master Plan to further stimulate the "blue economy." Thank you, Congressman Andy Levin!

Last year, we acquired 6.3 acres of land along the north side of the Clinton River Spillway. The parcel, located just east of Harper and north of Metro Parkway, was purchased from the Macomb County Drain Commission with a grant through the Michigan Natural Resources Trust Fund.

Our plan for how to use the land to benefit residents is currently under development. As part of our strategic vision plan, we have partnered with Macomb County, Mount Clemens, and Harrison Township to obtain a planning grant through SEMCOG. This grant is being used to develop a master recreation plan for the spillway area including our newly acquired parcel. More news will be coming on this in the future.



Supervisor Bob Cannon

The plan involves non-motorized transportation options to connect neighborhoods and communities to the spillway. The County is taking the lead on orchestrating the study with the full cooperation of the benefiting communities.

An essential aspect of developing a river trail system is making sure the Clinton River remains healthy. Clinton Township has been doing its part to make this happen by investing in our water and sewer infrastructure. In the southern portion of the Township, we are nearing the completion of a 20-year project to improve the sewer system. Overall, south of Metro Parkway, we've invested more than \$35 million over two decades to protect the environment and the precious recreational value of our rivers and lakes. We believe we are nearing the end of this critically important project.



In May, our new splash pad officially opened on the Civic Center campus.

Warm weather is upon us and it's great to be back in the swing of things with Music and Movies in the Park, our fabulous fireworks display on July 6, and the famous Gratiot Cruise on August 7. If the reaction to our new splash pad is any indication, it's shaping up to be an exciting summer in Clinton Township. Enjoy!

Robert J. Cannon

STAY UP TO DATE, WATCH SENIOR SPOTLIGHT ON CLINTON TOWNSHIP TV!

WOW CHANNEL 10

COMCAST CHANNEL 5

AT&T/U-Verse CHANNEL 99

Fall in Love with...



**VILLA
BELLA**

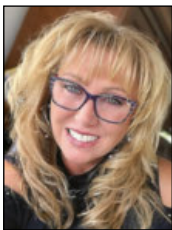
Luxury Retirement Community

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

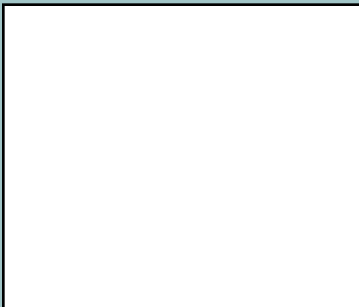
Lori Brown

**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

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



ADVANTAGE
LIVING CENTER
REHABILITATION • SKILLED NURSING
WARREN
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.

Hospice of Michigan
A member of the **northstar** Care Community

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

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