




AN ACTIVE LIFE IS THE GOOD LIFE




**SEPTEMBER-OCTOBER
2022**


 40730 Romeo Plank Road
Clinton Township, MI 48030

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

 (586) 286-9333

 (586) 286-8757

 seniors@clintontownship-mi.gov

 www.clintontownship.com/
162/Senior-Center

Fall into Fun

Welcome to the September-October 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.

September-October Center Closures

Monday, September 5- Labor Day

Monday, October 10- Columbus Day/Indigenous Peoples' Day

Monday, October 24- Staff Training



FALL IN LOVE WITH THE CLINTON TOWNSHIP SENIOR CENTER!



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.

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	(248) 569-9658

Macomb County Central Action Center

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

(586) 469-5228

Medicare/Medicaid Assistance (800) 803-7174

Clinton Township Notary Services (586) 723-9422



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

MEDICARE PLAN COUNSELING

October 26th

November 30th

MMAP, the Michigan Medicare Medicaid Assistance Program, will have 2 counseling dates at the CTSC during Medicare Open Enrollment. Appointments for members are being taken for one-on-one private, unbiased assistance in choosing your Medicare plans from Area Agency on Aging1B. Appointments will be held at the CTSC. Preregistration is required, no walk-ins. Please call 800-803-7174 to schedule.



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



**Connect
to FREE WiFi!**

**Network: Senior Center
Password: Humana4u**

GROUP FITNESS CLASS DESCRIPTIONS

AEROBICS

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

Returning in November, Kathy leads 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!

Let's Get Moving Together!

MONDAY

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

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

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 WU TAI CHI-FREE

THURSDAY

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

8:45 A.M. DRUM STRENGTH & CONDITIONING
 10:00 A.M. ARTHRITIS FITNESS
 11:00 A.M. OPEN GYM- SEE PG 7
 11:00 A.M. INTERMEDIATE WU TAI CHI - FREE
 1:45 P.M. COMPETITIVE 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 and basic skills to practice, preparing you to play in a real game. (Limit 2 intro clinics per person)

REGISTRATION REQUIRED!
(586) 723-8076

Senior Hours at Peachtree Tennis Courts:



Tuesday, Wednesday, and Friday
 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

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!!

Combo Hitter Training Screen PUNCH AWAY PARKINSON'S



Proudly Sponsored By:

Humana

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 ATHLETES!

AGES 50+ OUTDOOR

PICKLEBALL TOURNAMENT

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

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 14 FOR FREE
FITNESS IN THE PARK
DETAILS!**

OPEN GYM FRIDAYS 11:00A.M.-1:00P.M.
WALKING | BASKETBALL | BADMINTON

SPORTS LEAGUES & PROGRAM CONTACTS

Bocce Ball League May - September

Judy Freund: (313) 580-2075

Cornhole

Year Round

Judy Pries: (586) 214-9008

Darts

Year Round

Jerry Robichaud: (586) 228-0913

Bowling- Ladies Sr. Belles NEW BOWLERS AND SUBS WELCOME!

Tuesdays, 12:15-3:00pm

Starts September 6

Cathy Bonilla: (248) 709-2322

Volleyball - Co-ed

Year Round

Joann Ruggirello: (586) 201-6678

Golf - Ladies League

May - August

Christine Hayward: (586) 465-3114

Pickleball

Year Round

Jerry Robichaud: (586) 228-0913

Table Tennis

Year Round

Charlie Green: (586) 306-3484

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: *Ukraine, Ellen, Sheryl, Shirley, Kyle J., Frank, Corrine & Jim B., Colleen, Chris C., Nate, Jeanine, Cindy, Steve S. Wanda, Mary, Sue, Dorothy. Terry P., Marie S., Barb, Irene & Mike, Nicholas, Rochelle, and Bob D.*

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

- 11:30 A.M. MAHJONG INSTRUCTION
12:30 P.M. MAHJONG
1:00 P.M. DOMINO'S

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)

WEDNESDAY

- 10:00 A.M. GARDEN CLUB (SEE PG. 11)
11:30 P.M. DARTS

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 MIXER
1:00 P.M. CHESS CLUB

FRIDAY

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

MAHJONG INSTRUCTION



Mondays: October 31-November 21

Flex your brain and try learning Mahjong! Players will learn all of the basics of game play throughout the 4-week class. You must call Shirley @ (586) 321-7146 for important information prior to class!**Leave a voicemail and she will return your call**

JAM MIXER



Musicians & Singers Unite!
Thursdays 11:00-1:00p.m.

Jam Session and our singing group have joined forces! Dust off those musical instruments and vocal cords- join us as we sing and jam to popular hit songs! NO EXPERIENCE NEEDED!

BUNKO!



\$2 Buy-In

Open to the Public

First Wednesday of every month from 1:00-3:00
Register to save your treat and seat! 586-286-9333
Treats sponsored by: Waltonwood Lakeside

BOOK CLUB



New members welcome!

Do you love to read? Join our book club and read a new book each month and have the opportunity to share your thoughts with others!

Meets Monthly , 2:00-3:30p.m.
September 21 & October 19

WRITE FOCUS



Meets 11:00-1:00p.m.

September 9, 23 October 7, 21

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.



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.

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 UPDATES:

Thank you to all who have helped in many ways to maintain our garden and making sure the produce is getting out to those who need it most.- A special thank you to **Holy Crap Organic Compost** for donating **400 POUNDS of compost** and **Pomeroy Living** for donating much needed gardening supplies!

If you are interested in volunteering with the Garden Club- they meet Wednesdays at 10:00a.m.

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.

RECYCLE YOUR RAZORS, HEARING AIDS, & GLASSES!

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! Drop off bin is located in the hallway just past the store.

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!



On July 20th, we closed the Center and loaded up our volunteers and took a trip to Jimmy John's Field. We had so much fun at the ballpark celebrating and recognizing all of our members who share countless hours of their time to help our Center.

Be sure to thank our volunteers you see at all of our programs, fitness room, and store!

Thank You Volunteers!

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.

We are currently in need of volunteers for:
Special Events & Programs
Fitness Room Monitor
Garden Club



Our members are consistently going above and beyond!

A special thank you goes out to TWO of our dedicated sport program volunteers, *Judy Freund* and *Jerry Robichaud*, as they put in countless hours putting together fun, healthy sports programs, leagues and tournaments. In addition to other programs, Judy heads up our summer Bocce Ball League. She is out there every week prepping the courts, reffing, managing substitute players, and more! Jerry leads both Darts and Pickleball programs. He has a true passion for both sports—welcoming new and seasoned players is his specialty. Jerry also spearheaded our now annual Pickleball Tournament in September!

Be sure to thank Jerry and Judy the next time you see them!



**STOP BY
THE GIFT
SHOP**

*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 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

CLOSED MONDAY, September 5th

MOVIE CLUB	FREE
Thursday, September 1	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 September Movie: October Sky Registration is required (586) 286-9333.	

BREATHWORK WITH DR. BRIAN	FREE
Tuesday, September 6	10:00-11:00
BREATHE away stress, anxiety & pain! Dr. Brian McCarroll will be back to teach us how to breathe better throughout daily life and/or fitness activities, to alleviate symptoms of chronic stress, anxiety, PTSD, new pain, chronic pain, depression or respiratory related issues. No prior fitness or breathwork experience needed. Preregistration suggested, seats are limited!	

GRANDPARENTS STORYTIME	FREE
Wednesday, September 7	10:30-11:30
Calling all grandmas and grandpas! Grab the grand kids and join us on the patio for a grandparent story time presented by the Clinton-Macomb Public Library. There will be books, songs, and fun for everyone followed by time in the garden with our Garden Club! <i>This program is intended for preschool age children.</i> Please call the CMPL at 586-226-5030 to register.	

IHEART RECOVERY	FREE
Thursday, September 8	1:00-2:00
Join Shelby Rehabilitation's highly skilled, licensed physical therapists and learn about our cardiovascular program. Learn about monitoring your heart and we will provide free samples for tracking your exercise, mobility and progress, including rate of perceived exertion, breathing patterns, heart rate and more. Preregistration suggested as seats are limited (586) 286-9333.	

September
CONCERT SERIES

Join us for **FREE LIVE MUSIC**
from 1-2pm every
Wednesday in September!

SEPTEMBER 7- VANESSA CARR
SPONSORED BY: **BALDWIN HOUSE SENIOR LIVING LAKESIDE**

SEPTEMBER 14- WALTER DEMCHYNA
SPONSORED BY: **OAKSTREET HEALTH**

SEPTEMBER 21- DENNIS FARAC
SPONSORED BY: **HART HEARING CENTER**

SEPTEMBER 28- BETTER TOGETHER
SPONSORED BY: **VILLA BELLA LUXURY RETIREMENT COMMUNITY**

WEEK-LONG OPEN HOUSE!

September 6th-9th bring your friends and show them how great our Center is! No guest pass required for the following programs:

Tuesday, Sept. 6
Breathwork with Dr. Brian Workshop 10:00-11:00a.m.

Wednesday, Sept. 7
Grandparents Storytime 10:30-11:30a.m.
Bunko! 1:00-3:00p.m. (Always open to the public)
September Concert Series: Vanessa Carr 1:00-2:00p.m.

Thursday, Sept. 8
Jam Mixer, light refreshments provided 11:00-1:00p.m.
iHeart Recovery Presentation 1:00-2:00p.m.

Friday, Sept. 9
Pizza Bingo! 11:00-2:30p.m. (Always open to the public)
Open Gym: Basketball, Badminton, Walking 12:00-1:00 p.m.

OPEN HOUSE PIZZA BINGO	FREE
Friday, September 9	11:00-12:00
Complimentary pizza today for Bingo card holders. First come, first served! Compliments of Pine Ridge of Hayes .	

FREE Fitness in the Park

BRING YOUR FRIENDS AND FAMILY- ALL AGES WELCOME!

12:30 - 1:30p.m.
Prince Drewry
Park

Join the Clinton Township Senior Center for free fitness classes in the park!

August 29- Line Dancing

Sponsored By: Robert Cannon, Clinton Twp. Supervisor

September 12- Line Dancing

Sponsored By: Tammy Patton, Clinton Twp. Trustee

September 19- Zumba

Sponsored By: Kim Meltzer, Clinton Twp. Clerk

September 26- Zumba

Sponsored By: Paul Gielegheem, Clinton Twp. Treasurer



WATCH BATTERY WILMA

Fee for Service

Monday, September 12

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.

NEW STAINED GLASS CLASS

\$25

Monday, September 12

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. Limited seats. Registration is required (586) 286-9333.

ASK THE EXPERT

FREE

Tuesday, September 13

10:00-11:00

Bring your questions! Adam Simon with HAP will be back to talk Medicare basics! **Henry Ford Macomb Hospital** health experts share their wisdom on a variety of senior-sensitive issues and topics the 2nd Tuesday of every month. Registration is required at (586) 286-9333

SCAMS

FREE

Wednesday, September 14

10:00-11:00

Prosecutor Lucido and staff will be here to teach seniors how to protect themselves, prioritizing the issues of fraud scams, telemarketing scams, financial exploitation, and elder abuse. Registration is required (586) 286-9333.

LEARN THE SPORT

FREE

Wednesday, September 14

10:00-11:00

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

FIELD TRIP: PINE RIDGE OF HAYES

FREE

Thursday, September 15

10:00-1:00

Hop on their bus and take a trip to **Pine Ridge of Hayes Senior Living**. Learn everything this senior living community has to offer. Proactively plan your future! Seats are limited, registration required (586) 286-9333.

BRAIN FITNESS

FREE

Tuesday, September 20

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.

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

CLOSED MONDAY, OCTOBER 10 & 24TH!

KEYBOARD LESSONS	\$99
Starts Tuesday, September 20	Beginner-9:30 Advanced-10:30
Learn to play your favorite songs in just a few weeks without tedious drills or finger exercises. Kawai Piano Gallery of MI. will be here to teach you keyboarding while having fun in groups with other people just like you! Ten-week class meets Tuesdays for 45 minutes. Cost is \$99.00. A \$20 material fee is payable to the instructor on the first day. Registration is required at (586) 286-9333.	

PREMIER WORLD DISCOVERY	FREE
Wednesday, September 21	10:00-11:30
Tracey from Premier World Discovery is BACK! She will be going over all of the details for TWO special trip opportunities, Tuscany & Rome and San Antonio. Registration is required (586) 286-9333. OPEN TO THE PUBLIC!	

COOKING DEMONSTRATION	FREE
Thursday, September 22	1:30-3:00
The Chef at Waltonwood Lakeside will be here for a LIVE cooking demonstration. Learn the behind the scene secret of how to make the best banana's foster. Demonstrations will run in 30 minute shows with LIMITED SEATS. Registration is required (586) 286-9333.	

TREE OF LIFE NECKLACE	\$23
Thursday, September 22	1:00-3:00
Amy Jorgensen is back and will be guiding you through designing your very own Tree of Life pendant necklace. This is one you don't want to miss! Registration required (586) 286-9333. Refund/Registration Deadline: September 9	

NOT A MEMBER YET? ATTEND OUR OPEN HOUSE
SEPTEMBER 6-9 FOR A TOUR AND WAIVED GUEST
PASS FEE ON SELECT PROGRAMS! CAN'T MAKE IT
TO THE OPEN HOUSE? CHECK OUT PG.19 FOR
GUEST PASS DETAILS!

BE PREPARED!	FREE
Monday, October 3	11:00-Noon
The Clinton Township Fire Marshall will be here sharing ways we can we can prepare our homes now, in the event an emergency occurs. Registration is required at (586) 286-9333.	

HEALTH MATTERS!	FREE
Tuesday, October 4	11:30-12:30
Join us for this quarterly series for anyone who is concerned about making better health choices and the importance of an active lifestyle. Each program will include valuable health info provided by Henry Ford Macomb and the ADA . Lunch is provided by Dignity Memorial . Registration Required (586) 286-9333.	

GARDEN CLUB POTLUCK	FREE
Wednesday, October 5	11:00-Noon
Our Gardeners worked hard this season and today they come together to showcase the fruits of their labor. If you are a member of our Garden Club, please join us today by calling to register you and the dish you will be passing for this annual tradition of feasting with friends! (586)286-9333.	

MOVIE CLUB	FREE
Thursday, October 6	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 October Movie: Rumble: The Indians Who Rocked the World Registration is required (586) 286-9333.	

ASK THE EXPERT	FREE
Tuesday, October 11	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.	

CLOSED MONDAY, OCTOBER 10 & 24TH!

ADAPTIVE TECH FOR YOU! FREE

Wednesday, October 12 **1:00-2:00**

Macomb Library for the Blind and Print Disabled will be demonstrating a wide variety of adaptive technology devices that Macomb Co. residents with low vision or low mobility can loan-out for free. You will learn how adaptive technology can help you stay connected with friends and family, access essential information, and how it can enhance your daily activities. Some adaptive tech that will be demonstrated are Amazon Echo Dots, Apple iPhones, OrCam MyEye, and Smart Pens. Registration Required (586) 286-9333.

LEARN THE SPORT FREE

Wednesday, October 12 **11:00-Noon**

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

COFFEE WITH CANNON FREE

Thursday, October 13 **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!) (586) 286-9333.

HEAL YOUR GUT FREE

Thursday, October 13 **10:30-11:30**

Jennifer Gale, Classical Naturopath and Functional Diagnostic Nutrition Practitioner, is coming back to share her knowledge with us. This session will be diving into gut health and the best natural health practices and supplements. Limited seats! Registration Required (586) 286-9333.

A TASTE OF WALTONWOOD

FREE

Thursday, October 13

11:30-3:00

Hop on their bus and take a trip to **Waltonwood Lakeside**. Learn everything this senior living community has to offer including a meal, full tour, and live music! Proactively plan your future! Seats are limited, registration required (586) 286-9333.

BRAIN FITNESS

FREE

Tuesday, October 18

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.

FALL TRAVEL SHOW

FREE

Wednesday, October 19

10:00-Noon

You won't want to miss this preview of all the wonderful trips that our 5 star travel companies have in store for us this year! Have all of your questions answered and begin planning for your "trip of a lifetime"! **OPEN TO THE PUBLIC!** Registration Required (586) 286-9333.
Travel Companies: Ed & Ted, Rybicki, & Shoreline

DAY TRIP: DETROIT INSTITUTE OF ARTS

\$2

Thursday, October 20

12:00-4:00

Hop on our bus and let us do the driving to our be-loved DIA! There's so much to discover and the exhibits change all the time so that every visit is fresh. We will depart from our Gazebo parking lot and return by 4:00. RSVP (586) 286-9333.

HAND REFLEXOLOGY DEMO

FREE

Thursday, October 20

10:00-11:00

Reflexology is more than the feet, it's hands too! Roberta will be hosting a FREE interactive presentation focusing on Reflexology of the hands. Attendees will have the chance to win a seat in the demonstration chair! RSVP (586) 286-9333.

CLOSED MONDAY, OCTOBER 10 & 24TH!

MEDICARE ASSISTANCE DAY

FREE

Wednesday, October 26

10:00-4:00

MMAP, the Michigan Medicare Medicaid Assistance Program, will have 2 counseling dates at the CTSC during Medicare Open Enrollment. Appointments being taken for one-on-one private, unbiased assistance in choosing your Medicare plans from Area Agency on Aging 1B. No walk-ins. **Call 800-803-7174 to schedule.**

HALLOWEEN BINGO

FREE

Friday, October 28

11:00-12:00

Spooky times are here! Join us for Halloween Bingo in your favorite costume and enjoy donuts and apple cider thanks to our friends at **Lockwood of Clinton!**

CANDY BURN EXERCISES

FREE

Tuesday, October 25

11:00-Noon

Raj Thangamuthu, PT with Empower Physical Therapy is back to get us! This workout is meant for ghouls and goblins who give in to the sugary temptation that comes with Halloween. It's made with tricks- full body exercise circuit and treat - active recovery with yoga moves. These are gentle on your joints to get ready for Halloween eve. Registration Required (586) 286-9333.

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

Michelangelo's Sistine Chapel & Riverboat...Sept. 8
Hudson River Valley.....Sept. 19-24
Shaw Festival.....Oct. 5-7

Shoreline Tours 2022

NYC Holiday.....Nov. 27-Dec 2
Lancaster Christmas.....Dec. 2-5

Ed and Ted's Adventures 2023

Savannah, Charleston, Myrtle Beach...Apr. 14-24, '23

Premier World Travel 2023

Hawaii 3 Islands.....Dep. Feb. 21
Great Trains & Grand Canyons.....Dep. May 14
Rome & Tuscany.....Dep. Oct. 1
San Antonio.....Dep. Dec. 6

FALL TRAVEL SHOWS

September 21- Premier World Travel

See pg. 15 for details

October 19-Rybicki, Shoreline, Ed & Ted

See pg. 16 for details

NEW! Tickets through the CTSC!

Assisted Living: The Musical.....Oct. 1
Croce Plays Croce.....Oct. 7
Vienna Boys Choir.....Oct. 23
The Merry Wives of Windsor.....Nov. 16
Hamilton.....Nov. 30
Sandy Hackett's Rat Pack.....Dec. 10
Story of Gloria Estefan.....Jan. 9
The Texas Tenors.....Jan. 28
The World of Musicals.....Feb. 3
Get Ready! Motown Experience.....Feb. 17
Marcus, or the Secret of Sweet.....Mar. 1
Bob Seger Experience.....Mar. 31

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: The Parkdale Senior Living & Memory Care

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!**

****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

5th Friday: Pine Ridge of Hayes

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*

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Married Couple....\$100

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Single.....\$150

Married Couple....\$200

COMMUNITY EVENTS AND PROGRAMS

Electronic Recycling

Saturday, September 17

CIVIC CENTER PARKING LOT

9AM-NOON

Safely dispose unwanted small electronics-including computers and accessories, printers, cell phones, home phones, radios, stereo systems, TVs, CD and DVD players, Blu-ray players, fax machines, photocopiers, typewriters, word processors, game consoles, and accessories.

**** ID Required, must be a Clinton Township Resident****

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.

MIXED BOWLING LEAGUE

Love to bowl? Have free time on Thursdays? Give Judy a call and see how you can join the Thursday Mixed Bowlers League. League starts on Thursday, September 8th at 12:30p.m.

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

**Group is not affiliated with CTSC.*













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

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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

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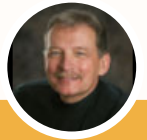
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The Supervisor's Message

Access & Connectivity

In the wake of the pandemic, many of us value human connectivity more than ever. Still, our personal happiness is further gained from a healthy balance of mind, body, and spirit. Access and connectivity can get us there.

My association with McLaren and Henry Ford hospitals has shown me first-hand that Clinton Township residents are fortunate to have access to healthcare services from two of the best hospitals anywhere. And their offerings are only getting better.

In my last report, I mentioned the large-scale building projects both hospital systems are working on— McLaren's Harrington Medical Center, which will offer imaging services, outpatient surgery, and a pharmacy, and Henry Ford's \$250 million five-story patient tower with 160 private rooms.

Close-to-home quality healthcare is critical, and so is access to recreational areas and services for people of all ages and abilities. I can assure you that the Township is not standing still in its efforts to maximize resources to increase accessibility to our parks and the Clinton River.

With the river being such a presence in our Township, it's not hard to see why we wholeheartedly support the Clinton River Watershed Council (CRWC) and its core values. Like the CRWC,



Our strategic initiative to add paths & trails includes a new walkway alongside Cass Avenue, across the Clinton River.

we believe the connection between clean water and a healthy ecosystem provides recreational and economic opportunities essential to our quality of life.

For example, two of our connective endeavors are strategic initiatives to develop a river trail system and enhance our non-motorized network of paths and trails. Progress toward these goals is demonstrated with the completion of our universally accessible kayak launch project at George George Park and our Transportation Alternatives Program (TAP) grant pathway project on Cass Avenue.

Work on trails doesn't end on the water. Another goal is to enhance and connect our non-motorized network of pathways throughout the Township. This includes looking for ways to link the Clinton River Spillway pathway to George George Park and from there to Moravian and Garfield roads, all the way to the Freedom Trail bike path that runs for more than 10 miles alongside Metro Parkway. We recently renamed our portion of the Freedom Trail after former United States Congressman David Bonior, who secured the funds for both the Trail and Normandy Park. Congressman Bonior represented our district in Washington DC for many years.

Of course, all of this comes at a cost, so we must plan to ensure that our financial model supports quality of life initiatives. In the short term, we look to research and identify available grant money that we can apply toward our objectives.

In future reports, I'll bring you up to speed on our financial sustainability plan, which will influence our progress. Until then, recreate outdoors and enjoy the autumn season in our parks and on our pathways.

Robert J. Cannon



Supervisor Bob Cannon

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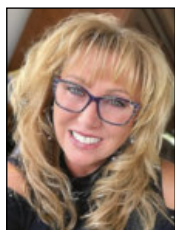
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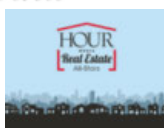
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