

Spring 2023

Fifty Plus Post

40200 Utica Road - Sterling Heights

(586) 446-2750 Office

(586) 446-2766 Gym



Mayor - Michael C. Taylor Mayor Pro Tem - Liz Sierawski
Council: Deanna Koski, Michael V. Radtke Jr., Maria G. Schmidt, Henry Yanez and Barbara A. Ziarko
City Manager - Mark D. Vanderpool

IN THIS ISSUE

50+ Registration Info	2
SMART Bus Info	3
News You Can Use	4 - 7
Resources & Services.....	10 - 11
Lifelong Learning.....	12 - 13
Fun and Games	14 - 15
Week-at-a-Glance	16
Gym Schedule	17
Move Your Body	18 - 19
Fitness Classes	20 - 21
Art & Leisure	22 - 23
Travel	24 - 27
Registration Form	30
Contact Information.....	31
Back Page News.....	32

Senior Center Spring Closure Dates

- 4/7 – Good Friday
- 4/8 – Easter Holiday
- 5/29 – Memorial Day

Cancellation Hotline: In the event of inclement weather, please call **(586) 446-2693** for a list of programs that have been cancelled or delayed.

SPRING

Spring is here, a great time of year in Michigan! Time to get out of our winter habitats and once again enjoy sun, warming temps, pops of color and foliage emerging from their winter slumber. 50+ programming is blossoming as well, offering our patrons more opportunities to age well and bloom into their best self! Make sure to take a few minutes to look through this publication for our spring offerings. There is also some information on upcoming summer fun that is just around the corner.

April 17 - 23 is National Volunteer Appreciation Week. Although the City of Sterling Heights officially recognizes all City volunteers in the fall, we would like to take a moment and thank all of our Parks and Recreation volunteers that help make programs so successful. We truly could not do what we do without them. We ask our patrons to take a moment and thank a volunteer if you see them helping out around the Center and tell them how much you appreciate them sharing their time and talents with us, because we sure do!



We would also like to take a moment and thank all the service men, women and their families who gave the ultimate sacrifice in order for us to maintain our freedoms. The City of Sterling Heights will once again be honoring the fallen with their traditional Memorial Day festivities. Make sure to mark your calendars for Monday, May 29 and visit the City's web page for more information.

Lastly, as we spring forward into the year, June begins other traditional favorites such as the Dodge Park Farmers Market, Music in the Park and of course our own morning concert series that kicks off on Flag Day. For more information on all these amazing programs, open up this publication and/or visit **myshpr.net**.

Since you never know when additional programming opportunities will **SPRING UP**, don't forget to keep up-to-date on social media and fliers posted at the Senior Center.



IMPORTANT Registration Info.

Please use the guidelines below to help ease confusion and congestion when registering for 50+ programming:

- To avoid program cancellations, please register early.
- Registration for 50+ programs can be done online, by mail, fax, email or in person at the Senior Center or the Community Center.
- Resident-only registration begins on the date and time listed. **Non-resident registration begins the following day at the same time.** This allows residents 24 hours to register before non-residents.
- Any 50+ programs listed with a reference number in the **City Magazine** (typically exercise classes, Grand Connections, etc.) will open on the date and time listed in the magazine.
- Programs in the **Fifty Plus Post** publication, with a reference number and a specific registration date listed (typically travel programs, parties, etc.), will open at **2:15 p.m.** on the date listed. Numbers will be given out starting at 2 p.m. for in-person registrations.
- Programs advertised only in the **Fifty Plus Post**, with a reference number but not a specific date listed for their registration, open at **9 a.m.** the first Wednesday of the month for the publication cycle. For this edition it will be **4/05/23**.
- Please make sure to put down a correct email address since receipts and correspondences will be sent via email. If you do not have email, please note that on your registration form.

**Registrations cannot be taken
over the phone.**

Stay Connected:



: www.myshpr.net



: facebook.com/myshpr



: [@sterlingheights](https://twitter.com/sterlingheights)



: [myshpr](https://www.instagram.com/myshpr)

Ways to Register

Online

Visit myshpr.net and sign in or create an account to register online (credit card payments only).



= indicates programs that are not available for online registration.

Mail

Fill out the registration form and mail it along with payment to:
Sterling Heights Senior Center
40200 Utica Rd.
Sterling Heights, MI 48313

Fax

Fill out the registration form and fax it to:
(586) 276-4066.




Email

Fill out the registration form, scan it, and email to: seniorcenter@sterling-heights.net

In Person

Fill out a registration form (on page 30, online, or at the Senior Center) and bring it along with payment to the Center.

Payment Information:

We are currently    accepting cash, credit cards, and checks.

Checks should be made payable to:
"Treasurer, City of Sterling Heights"

Note: There is a \$30 fee for checks returned with non-sufficient funds.

MEMBERSHIPS

If you haven't already become a member, what are you waiting for? Membership gives full access to all of our drop-in style programming and many other programs at no additional charge. That is over 45 programs! The cost is still only \$16 resident / \$32 non-resident and is good for one full year from date of purchase. Becoming a member is easy, just fill out the registration form on page 30 and bring it into the Senior Center along with your form of payment. When registering, a photo will be taken and a key tag will be given to use for quick access into the Senior Center. It is that easy! Class and trip fees are not covered by the membership. Members must register for programs even if the information mentions the cost for programming is free for members. Don't delay, join in on the fun today!

SENIOR CENTER SAMPLER PASS

For those that are worried about committing to a membership, or just wanting to try before buying, then a Senior Center Sampler Pass may be more your speed. The pass allows individuals over the age of 50 the opportunity to enjoy all the benefits of a Senior Center membership for 7 calendar days from the date of purchase. Do you have an out-of-town guest visiting? This pass is a perfect way for them to enjoy a week at the Center with you! The cost is \$8 for residents and \$16 for non-residents with a limit of one pass per person per calendar year. If a Senior Center membership is bought within 30 days of purchasing the pass, the cost of the pass will be discounted from the price of the membership. This is one deal you won't want to **pass** up!

Sterling Heights Minibus Service

is a

 **SMART**
way to travel

Curb-to-curb transportation service is offered Monday - Friday until 3:30 p.m. and after 4 p.m. for some Parks and Recreation programming and City Council Meetings. Rides are available for residents over the age of 55 who do not drive or adults with disabilities. Spots are first come, first served and limited. No same-day service is available. If you would like more information about our curb-to-curb transportation service, please contact the number below or visit myshpr.net.

**To make an appointment call
(586) 446-2757**

**Phone line answered Monday - Friday
9 a.m. – noon & 1 – 4 p.m.**



SPRING *Fling*

Friday, April 28

11:30 a.m. – 2 p.m.

(Doors open for the party at 11:15 a.m.)

Join us to say farewell to the winter blues and get ready for Spring! Our favorite D.J., John from High Fidelity Sounds, will be spinning the tunes, so don't forget your dancing shoes. A catered meal* will be provided by Century Banquet Center (grilled lemon chicken, green & yellow beans, pasta with broccoli and garlic, salad, fruit, roll and dessert).



Last day to register is April 13.

Cost: \$16 Resident / \$20 Non-resident

Ref. #: 6001.512

Location: Community Center

***Meal provided in partnership with the Office of Senior Services & the Area Agency on Aging 1-B.**

GRIEF SUPPORT GROUP

Thursdays, May 4 – June 22

2 - 3:30 p.m.

The last couple years have been all about grief and loss. This grief support group is an 8-week experience that will explore the bereavement process and ways of coping. This group will offer you a safe and trustworthy place to sort through the emotions you are experiencing as a result of your loss while discovering new hope for tomorrow.

Group Leader: Amy Compton, Social Worker

City of Sterling Heights

Community Services Bureau

Cost: \$3 Residents / \$5 Non-residents (members free)

Ref. #: 6002.204

Location: Senior Center



Thank you to DeeBe's for helping to keep our patrons, and staff, warm this winter with their yummy beverages and treats. They will continue to be in the Senior Center atrium Monday - Friday from 9 a.m. to noon, until the end of April. If you have enjoyed them being at the Senior Center, please take a moment to stop by their cart, tell them thank you, and of course take the opportunity to purchase your favorite beverage.



Wednesday, May 24
10 a.m. - 1 p.m.

**Dodge Park
Farmers Market
Pavilion**

**FREE LUNCH
AND REUSABLE
BAG FOR FIRST
300 GUESTS!**

***Healthy Living Vendors**

***Presentations from Health Experts**

***Financial Services**

***Free Health Screenings**

***Meal Ideas**

***Chair Massages & more!**





STEVE FLOYD

Wednesday, June 14

MATTHEW BALL
THE BOOGIE WOOGIE KID

Wednesday, July 12

THE RAMBLERS
BAND

Wednesday, August 23

Join us for our outdoor morning concerts this summer! Although this will be our third season of fun, we are doing things a bit different. In hopes of making it easier for more to enjoy the music, we are opening the concerts up to all ages and not requiring advanced registration. We will still be utilizing the Farmers Market Pavilion in Dodge Park, so concerts can happen no matter what mother nature throws our way. Grab your grandkids, a friend or come on your own and enjoy an hour of great entertainment!

Time: 10:30 a.m.

Location: Dodge Park Farmers Market Pavilion

DON'T FORGET
TO BRING A CHAIR!

GRAND CONNECTIONS

Strengthen the bonds between generations, make lifelong memories and have some fun!
Grab your grandchild and join us!

Let's Dig! Archaeology Workshop

Monday, June 12
2 p.m.

Snapology takes on archaeology in this fun-packed, deep-dig into the world of artifacts, science, and exploration! You and your future

archaeologist will practice techniques used to uncover artifacts, explore the history of ancient ruins, and examine LEGO® sites of their own! Participants will learn how the scientific method relates to the field of archaeology, how scientists choose specific sites to excavate, and the history behind some of the world's most famous archaeological discoveries. Come dig and learn alongside us! Register by May 29.

Cost: \$17 Resident / \$21 Non-resident

Ages: 6 - 11

Ref. #: 6002.201

Location: Senior Center



Bocce Ball with your Grand!

Monday, July 10
10 a.m.

Check out the new indoor facility and get some exercise while playing Bocce Ball with your grand! No experience necessary! Each participant will receive a snack and a goody bag! Register by July 3.

Cost: \$8 Resident / \$12 Non-resident

Ages: 6 & up

Ref. #: 6002.202

Location: Bocce Barn (Behind the Senior Center)



STRIKE UP FRIENDSHIPS. JOIN TODAY!

Get friends together and join fellow bowlers for a season of fun! The 28-week league meets at 9:30 a.m. on Mondays at 5 Star Lanes, starting September 11, 2023. The cost to register is \$17 Resident / \$25 Non-resident with only \$8 per week collected on site. The cost includes 3 games, mystery games, holiday luncheon and end-of-season awards! Teams of four (no more than 3 men or 3 women on a team), individual bowlers, and substitutes welcome! **Deadline to register is July 21.**

Ref. #: 6002.503

Location: 5 STAR LANES



Join the Back-to-Back Winning Team!

Are your spelling skills buzzworthy? Be a part of the Sterling Heights Senior Center 2023 Spelling Team. The team works together against other senior centers. The Center with the most spellers at the end of the competition wins! Sterling Heights is hosting this year's event on Friday, October 13.

A list of words will be provided to each participant and practices will begin in August for those wishing to study as a team. If you are interested in joining the team, please call the Senior Center at (586) 446-2750. **Deadline to sign up is Friday, July 21.**

Daytime commitments causing you to miss out on 50+ programming? No worries, we have you covered! Check out the After 5:00 Programming drop-in schedule below.

We also have evening fitness classes, lifelong learning presentations and more!

Scroll through this publication to find something that fits your interests. Looking for something particular and don't see it? Email seniorcenter@sterling-heights.net or call (586) 446-2750 and let us know your ideas.

After 5:00 Drop-in Schedule (subject to change).

- *Concan/51 (pg.15): Monday - *Thursday
- *Drop-in Cards: Tuesday and *Thursdays
- *Mexican Train Dominoes (pg.14): Wednesdays
- *Rummikub (pg.14): Tuesdays
- *Scrabble (pg. 14): Mondays
- *Sit-n-Stitch (pg.22): Wednesdays

***Thursdays until 5/25**



Spring Featured After 5:00 Programming

- * Turning 65? New to Medicare (pg. 10)
- * Preparing a Home for Aging in Place (pg. 12)
- * Helping Hands: Prepare PLARN (Plastic Yarn) (pg. 23)

music in the Park

**Thursdays
at 7 p.m.**

Dodge Park Amphitheater

June 1

The Prolifics
(Motown)

June 8

Atomic Radio
(Dance / Rock)

June 15

Bernadette Kathryn
and the **Lonely Days Band**
(Country Rock)

June 22

Mainstreet Soul
(Party Band)
& Movie under the stars!

June 29

Simply Queen
(Tribute)

July 6

WayBack Machine
(Classic Rock)
& Cool Car Rally



**Every Thursday
Farmers
Market**
3:00 - 8:00pm

(Beginning June 1)



CAREGIVER SUPPORT

Alzheimer's Disease and Other Dementias

**Wednesdays, April 12,
May 10 & June 14
10 a.m.**

If you are caring for someone with dementia, who is caring for you? You are not alone. Join us the second Wednesday of each month for this support group that is specifically designed for families and caregivers. This group will help you learn more about the disease as well as understand the changes dementia has made on their lives.

Brought to the Center by: **ARDEN COURTS**
PROMEDICA MEMORY CARE

Cost: \$3 Residents / \$5 Non-residents (members free)

Ref.#: 6002.2205

Location: Senior Center

DINING SENIOR STYLE

Monday – Friday

Tickets sold

10:30 – 11:30 a.m.

(Meal tickets available in Room 4 & are first come, first served)

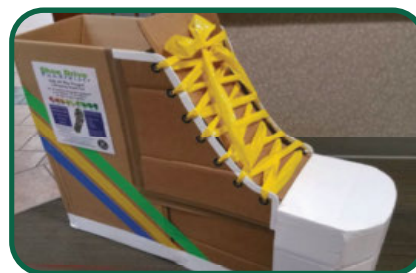
Food served 11:30 a.m. – noon

Anyone 60 years of age and over can receive a meal for a suggested donation of \$3 per meal (\$6.50 for those under the age of 60). This program is brought to the Senior Center thanks to a partnership with the Macomb County – Office of Senior Services and Area Agency on Aging 1-B. Dining Senior Style menus are available at the Senior Center and online at myshpr.net (Menu items may be subject to change without notice).

Shoe Drive Challenge

April 3 - 28

**Nothing to Buy, Nothing to Sell!
Simply Clean out Your Closet!!**



Donate children's, men's or women's shoes: heels, flip flops, snow/hiking boots, sandals, clogs, cleats, sneakers, fancy, casual, ugly and even smelly! Pair shoes by tying or **rubber band them together**. Donations can be placed in the collection bin located near Rooms 1/2.



Women's Intro to Archery

Wednesdays,

May 10 - 31 or June 7 - 28

5:30 – 6:30 p.m.

This 4-week Archery course at the Sterling Heights Nature Center will introduce you to the different types of bows: recurve, compound and crossbow. This jam-packed session will inspire archers of all levels. Classes are held outdoors.



Cost: \$48 Resident / \$60 Non-resident

May Ref. #: 7002.151

June Ref. #: 7002.154

Location: Nature Center

Macomb County's Best Senior Living Welcome Home!

At Oakmont Senior Communities, you will experience a comfortable and elegant atmosphere.

We welcome new residents to join our family!

Check out our website to learn more about our community and all that we have to offer.

oakmontcommunities.com



41255 Pond View Dr, Sterling Heights, MI
(586) 991-3291



41155 Pond View Dr, Sterling Heights, MI
(586) 991-3711



36725 Utica Rd, Clinton Twp, MI
(586) 991-3656

Guess who's getting a facelift?

The Pine Ridges are undergoing renovations!

Hurry in to see
the changes.
Call today!



Pine Ridge

Garfield • Villas of Shelby • Plumbrook

586-723-0000 | 586-739-5520 | 586-274-2500



INDEPENDENT SENIOR LIVING

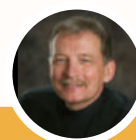


Ascension Complete

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



Assisting Hands®
Home Care

Quality Home Care You Can Trust®

Serving Macomb,
Wayne and Oakland
Counties

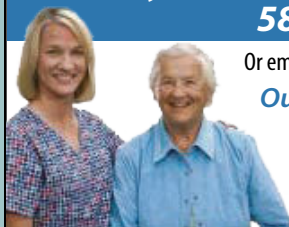
WE ARE A FULL SERVICE AGENCY PROVIDING:
Full Care Coordination • Personal Care • Bathing
Dressing • Cooking • Light Housekeeping
Medication Reminders • Transportation
Hourly and Live-In Home Health Aides

Call today for a **FREE Assessment or Consultation**
586-435-6007

Or email us at: Info_Clintontownship@assistinghands.com

Our carefully selected CAREGIVERS:

- Have a demonstrated deep passion for helping others in need
- Are fully screened and highly trained
- Are Licensed, Bonded and Insured



42815 Garfield Rd., Ste. 203 | Clinton Twp., MI 48038 | www.assistinghands.com/clintontownship



1-D-2-5

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

15-0753

Stop Your Pain!



- NO DRUGS
- NO INJECTIONS
- NO SURGERY
- NO SIDE EFFECTS
- DR. RECOMMENDED PAIN RELIEF
- AMAZING RESULTS

Leaders in High Intensity Laser Therapy
Professionally Trained & Certified

WE GET RESULTS!

RESTORE
WELLNESS CENTER
Laser Therapy

INITIAL
CONSULTATION &
FIRST TREATMENT
ARE FREE!!

10% OFF
WHEN YOU
MENTION THIS AD

13350 24 MILE RD., SUITE 800
Located in the Stonebridge Medical Center
SHELBY TWP
f (586) 459-0077
restorewellnesscenter.com

Ciamillo
SINCE 1979

HEATING, COOLING & PLUMBING

Service & Installation
Residential/Commercial

586-756-0180

Furnace, A/C,
Humidifiers,
Air Quality Products
Hot Water Tanks
EMERGENCY SERVICE
Ciamilloheating@gmail.com
Christina Willson



ALVAREZ BROTHERS
LANDSCAPING

"Excellence in Every Project, Big or Small"
586-344-7683
TheAlvarezBrothersLandscaping.com

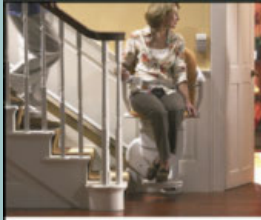
A.J. DESMOND & SONS
FUNERAL DIRECTORS

For your peace of mind, contact us
about making plans in advance

Troy • Crooks Rd Troy • Rochester Rd
248-362-2500 248-689-0700

Royal Oak
248-549-0500

www.AJDesmond.com



BARRIER FREE REMODELING

Certified Aging in Place Specialists

Let us help bring **safety, freedom**
and **comfort** to your home.



- Bath/shower chairs
- Grab bars
- Stair chairs
- Lift chair/recliner
- Aluminum exterior ramps
- Tub to shower conversions

CAPS
Remodeling

Call today and get a
FREE consultation!

248.246.1669
capsremodeling.com

Family Owned | Insured | Licensed

**health
markets.**

Overwhelmed by Medicare options?

I can help make it simple



Mark Steffens | (313) 268-1792

Licensed Insurance Agent | msteffens@healthmarkets.com

HealthMarkets Insurance Agency, Inc. is licensed as an insurance agency in all 50 states and the District of Columbia. Not all agents are licensed to sell all products. Service and product availability varies by state. Sales agents may be compensated based on enrollment. No obligation to enroll.

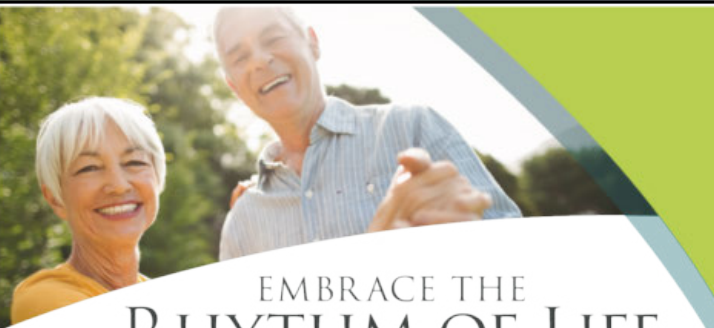
Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

**AD
CREATOR
STUDIO**



lpicommunities.com/adcreator



EMBRACE THE RHYTHM OF LIFE

Call now to schedule your customized tour
and culinary experience. **(586) 232-5898**

HarborChase
Memory Care
Sterling Heights

13400 19 Mile Road
Sterling Heights, MI 48313
www.HarborChase.com

MAKE APPOINTMENTS ONLINE, ANYTIME.

It's time to get back to the care you need.

Find a McLaren Macomb provider and schedule
an appointment today. Virtual visit and mammogram
screening appointments are also available.

mclaren.org/macombappointments

McLaren
MACOMB

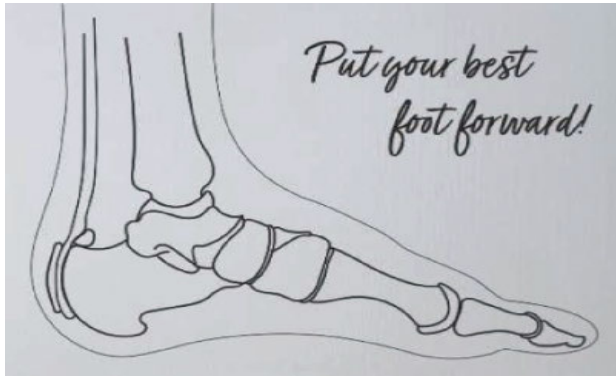
DOING WHAT'S BEST.®



1-D-2-5

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

15-0753



Foot & Nail Care

**Thursdays, April 6 & 20,
May 11 & 25
and June 8 & 22**

Podiatrist Dr. Paul Mallamo can help with bunions, heel pain, nail problems, diabetes, or other conditions. These services are covered by most insurances and Medicare. **Please note:** this is not a free screening; you must bring your insurance & Medicare cards with you. **Call the Center to schedule a 20-minute appointment.** Appointment times begin at 9 a.m.

Cost: Medicare & Co-insurance accepted plus
\$3 Residents / \$5 Non-residents
(members free)

Location: Senior Center

Reflexology

**Wednesdays, April 12,
May 10 & June 7**

Aches? Pains? Poor circulation? Reflexology is a holistic health treatment that increases circulation throughout your body, decreases inflammation, and calms your nervous system which activates your body's healing mechanisms. **To schedule an appointment call or text Heidi Allan, Certified Reflexologist, at (586) 321-2840.**

Cost: \$20 / 20 minute session plus
\$3 Residents / \$5 Non-residents
(members free)

Location: Senior Center

Got Medicare Questions?

**Wednesdays, April 19,
May 17 and June 21
Appointments start at 9 a.m.**

New to Medicare? Questions on Part D, Advantage Plans, Medigap? Questions on Medicare charges & coverage? A Certified Medicare Counselor from the Michigan Medicare Medicaid Assistance Program (MMAP), a service of the Area Agency on Aging 1-B, is now available at the Sterling Heights Senior Center to help you get answers. **One-on-one appointments are free of charge and must be scheduled in advance by calling (586) 446-2750.**

Cost: Free

Location: Senior Center



**Office of
Senior Services**

**Wednesday, May 3
Appointments start at 9:30 a.m.**

Eleana Loy, Macomb County Office of Senior Services Advocate, will be at the Senior Center to answer questions and to help connect patrons with available services. **For more information or to make an appointment call (586) 446-2750.**

Cost: Free

Location: Senior Center

Perfume Free Zone

Please do not use perfume or cologne when visiting the Center (including the gym, Cardio Room and walking track). Many of our patrons have respiratory problems, allergies and sensitivities that can be triggered by scents. Thank you for your cooperation!



Veterans Benefit Outreach

**Fridays, April 21,
May 19 & June 16**

The Macomb County Office of Veteran Services provides one-on-one appointments to Veterans and their spouses. Get questions answered or assistance with filling out paperwork for Service Connected Compensation, Veterans Pension with Aid and Attendance, VA Health Care, etc. **Please call (586) 446-2750 to make an appointment or to get more information.**

Cost: Free

Location: Senior Center



**Fridays, April 14,
May 12 & June 9**

Got questions about your phone, tablet or laptop? Skyler from Pine Ridge of Hayes will be here to help answer any tech questions you may have! **Call the Center to schedule a 15-minute appointment.** Appointment times begin at 9:30 a.m.

Cost: \$3 Residents / \$5 Non-residents (members free)

Location: Senior Center



**Wednesdays, April 19,
May 17 & June 21
9 - 10 a.m.**



Monthly Blood pressure checks have returned to the Senior Center. No appointment necessary, just drop in to get checked. Brought to the Center by Oakmont Sterling and Weston Group.

Location: Senior Center



**Tuesday, June 27
1 - 7p.m.**

Help make sure that blood is there when needed at a moment's notice! To schedule an appointment, please call 1-800-733-2767 or log onto RedCrossBlood.org and enter sponsor code: **sterlingheightscity**, to save lives!

Location: Senior Center



LIFELONG LEARNING

Low Back Pain & Prevention

Wednesday, April 19

10 a.m.

Learn about the different types and causes of low back pain. Plymouth Physical Therapist, Brian Auquier will demonstrate stretches and exercises to help prevent or reduce low back pain. Brought to the Center by:



Cost: \$3 Residents /

\$5 Non-residents (members free)

Ref. #: 6002.206

Location: Senior Center

Turning 65? Time for Medicare!

Tuesday, April 25

6:30 p.m.

Are you approaching age 65? Bet you're swamped with info about enrolling in one of the many Medicare insurance options. Whether you're still working or already retired, one of the biggest issues you will face at 65 and beyond is health care. No matter if you're a millionaire or on a fixed budget, it's important that you understand your Medicare benefits, choices and restrictions. Brought to the Center by:



Cost: \$3 Residents /

\$5 Non-residents (members free)

Ref. #: 6002.207

Location: Senior Center

TAKE CHARGE!

Stay Safe from Medicare Fraud,
Abuse & Scams

Wednesday, May 3

10 a.m.

Could you be a victim of a medicare scam? Medicare misuse and abuse affects all older adults. Learn how to identify it, report it, and avoid becoming a victim yourself! Brought to the Center by:

Cost: \$3 Residents /

\$5 Non-residents (members free)

Ref. #: 6002.208

Location: Senior Center



Monday, May 1

& Tuesday, May 2

9:30 a.m. – 1:30 p.m.

This 8-hour (2 days for 4 hours each day) Driver Safety Program is a classroom refresher course geared to help mature drivers improve their skills and help prevent traffic accidents. Participants who complete the course will receive a certificate which may be used for insurance discounts offered by **some** insurers. This class does not teach you how to drive. There will be a 30-minute lunch break; you may either bring a bag lunch or buy a Dining Senior Style lunch ticket the morning of your class. You must register and pay in advance. **Only cash or checks made payable to: AARP.** Don't delay; class size is limited. *Registration is only available at the Center.*

Cost: \$20 AARP Member / \$25 Non-AARP Member due at registration.

Ref. #: 6002.209

Location: Senior Center



Is it Time for a Smaller Home?

Wednesday, May 3

6 p.m.

Learn tips from a Senior Real Estate Specialist on whether or not it's time to buy a smaller home along with tips for preparing a home for aging in place. Brought to the Center by:

Cost: \$3 Residents /

\$5 Non-residents (members free)

Ref. #: 6002.210

Location: Senior Center



Modify Your Living Space to Age in Place

Wednesday, May 10
2:30 p.m.

Learn about the range of strategic home modifications that can help you age in place. It is possible to live in your home longer and perform even the most basic necessities with more ease and self-confidence. Brought to the Center by:

Cost: \$3 Residents / \$5 Non-residents (members free)

Ref.#: 6002.211

Location: Senior Center



DETROIT
INSTITUTE
OF ARTS

Behind the Seen

"Behind the Seen" is presented by trained DIA volunteers and brings the same level of insight and engagement about the DIA's collection from the museum to the Center.

Picturing Music

Tuesday, May 16
10 a.m.

Exploring the presence of music in visual art heightens awareness of the role music plays

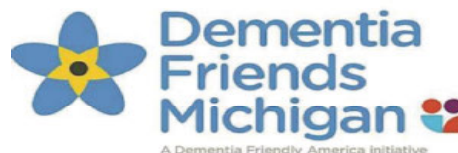
across cultures and time and provides a lens through which to explore the personal, social and creative aspects of identity.



Cost: \$3 Residents / \$5 Non-residents (members free)

Ref.#: 6002.213

Location: Senior Center



Join the Movement - Become a Dementia Friend

Tuesday, June 6
1 - 2 p.m.

Dementia Friends Michigan (DFMI) is an informational session designed to help you understand how to better communicate and support those with dementia. It will change the way you think, act and talk about dementia allowing you to be able to contribute to a dementia friendly community and be a support to friends and family.

Cost: Free (registration required)

Ref.#: 6002.212

Location: Senior Center

What Seniors Need to Know About Selling a Home

Wednesday, June 7
11 a.m.

It can seem overwhelming preparing a home for sale. Senior Real Estate Specialist, Jason Gelios, will share how selling a senior's home is different and what it takes to successfully prepare for the sale. Brought to the Center by:



Cost: \$3 Residents / \$5 Non-residents (members free)

Ref.#: 6002.214

Location: Senior Center

New Birth of Freedom

Wednesday, June 28
11 a.m.

Enjoy hearing a first-hand account from Abraham Lincoln himself of the history of the United States of America during his time as president; from his childhood on the frontier to the twelve turbulent years from 1854 to 1865 which nearly destroyed our young nation, but instead eventually resulted in a "new birth of freedom". Mr. Lincoln will be portrayed by Kevin Wood, a professional Lincoln presenter who bears a remarkable resemblance to "the Great Emancipator" and who is extremely knowledgeable about his life and times.

Cost: \$3 Residents / \$5 Non-residents (members free)

Ref.#: 6002.219 **Location:** Senior Center



Celebrating
JUNETEENTH

FUN AND GAMES



**Fridays, April 21,
May 12 & June 9**

Play begins at 10 a.m.
(Those not signed in by 9:30 a.m.
will forfeit their guaranteed spot.)

If you enjoy Euchre, come down to the Center for our monthly tournaments. Play runs until approximately 12:30 p.m. **Players must be registered by noon the day before to be able to play, no same day registration.** (Any unclaimed prize money will be forfeited after sixty days.)

Cost: \$3 Residents / \$5 Non-residents
(members free)

Bring \$2 on that day for game play.

April Ref. #: 6001.314

May Ref. #: 6002.303

June Ref. #: 6002.309

Location: Senior Center



**Fridays, April 28,
May 26 & June 23**

Play begins at 10 a.m.

(Those not signed in by 9:30 a.m. will forfeit
their guaranteed spot.)

Do you play single deck Pinochle? Join us for our monthly tournaments. Play runs until approximately 12:30 p.m. **Players must be registered by noon the day before to be able to play, no same day registration.** (Any unclaimed prize money will be forfeited after sixty days.)

Cost: \$3 Residents / \$5 Non-residents
(members free)

Bring \$2 on that day for game play.

April Ref. #: 6001.614 May Ref. #: 6002.304

June Ref. #: 6002.310

Location: Senior Center



**Tuesdays, April 11, May 9,
& June 13**

Bingo starts at 10 a.m.

(Cards sold 9:15 – 9:45 a.m.)

Join us for Bingo! **Players must be registered by noon the day before to be able to play, no same-day registration.** When participants arrive on the day of Bingo, they will need to purchase their cards*. These will be paper cards that will be played on only once. Bring your own dauber or buy one at the Senior Center for \$2. We will play 6 regular games and 1 coverall game. Space is limited, so register "B4" it's too late!

Cost: \$3 Residents / \$5 Non-residents (members free)

**Cards cost: *25 cents per pack – Regular Bingos – No limit
\$1 per coverall card – No limit**

April Ref. #: 6001.603

May Ref. #: 6002.300

June Ref. #: 6002.305

Location: Senior Center

Rummikub

Tuesdays at 6 p.m.

Thursdays at 1 p.m.



Rummikub is a tile-based game for 2 to 4 players, combining elements of the card game Rummy and Mah-Jongg.



Mexican Train

Mondays at 11 a.m.

Wednesdays at 6 p.m.



Enjoy time with others and have some fun playing Mexican Train Dominoes. This is one train you don't want to miss! No experience necessary. **No Play 5/29**

Scrabble

Mondays at 6 p.m.

Wednesdays at 9 a.m.




Challenge your brain, meet new friends, and join in on a fun game of Scrabble! **No Play 5/29**



If you don't see your favorite game, or maybe it isn't at a convenient time for you, let us know. We would love to get additional groups going if space is available.

No Play 4/07 or 5/29

All of the games listed below are for 

Bridge

Monday, Tuesday, Thursday, and Friday at 9:30 a.m.

Do you play Bridge or need a partner? Call the Senior Center at (586) 446-2750 if you are interested.

Canasta

Friday at 10:30 a.m.

Canasta is a card game in the Rummy family of games. All are welcome to learn and /or refresh if you haven't played in a while!

Concan (51)

Monday - Friday at 11 a.m.

Monday - Wednesday at 6 p.m.

Concan is also known as Conquian and is the Arabic version of Rummy.

Euchre

Wednesday at 9 a.m.

Euchre is a trick-taking game with a trump, played by four players in teams of two. Each player plays one card; the highest card of the suit led wins the trick, unless someone has played a card of the trump suit.

Pinochle

Monday & Wednesday at 10 a.m.

Tuesday at 9 a.m.

Pinochle is a trick-taking and melding game played with 4 players and a deck of 48 cards.

(Monday & Wednesday Cost: \$1.50)

Up & Down the River

Tuesday at 9 a.m.

Known by different names to different people; Oh Heck, Peanuts, etc.



**Fridays, April 14,
May 5, June 2 & June 30
10 a.m.**

Meet new friends and join the fun, newcomers are always welcome!! No experience is needed to play this fast-moving dice game. **Players must be registered by noon the day before to be able to play, no same day registration.**

**Cost: \$3 Residents / \$5 Non-residents (members free)
Bring \$2 with you that day for game play.**

**April Ref. #: 6001.633 May Ref. #: 6002.302
June 2 Ref. #: 6002.307 June 30 Ref. #: 6002.308**

Location: Senior Center



**Monday at 1:30 p.m.
Thursday at 9:30 a.m.**



Mah-Jongg is a game played with tiles that include Chinese figures and a card that indicates the arrangement of tiles to win a game. No experience necessary; all levels of players welcome! This is a wonderful opportunity to learn how to play. Please commit to coming for three consecutive weeks if you wish to learn. **No Play 5/29**

50 + PROGRAMMING WEEK-AT-A-GLANCE SPRING 2023

Please see program details for times, location and how to participate.	M	T	W	Th	F	S
Arthritis Exercise (pg. 21)						
Badminton (pg. 18)						
Basketball (pg. 18)						
Billiards (pg. 22)						
Bridge (pg. 15)						
Bocce Ball (pg. 18)						
Canasta (pg. 15)						
Cardio Room (pg. 18)						
Chair Yoga (pg. 21)						
Chair Zumba Gold (pg. 20)						
Concan (51) (Pg. 15)						
Cornhole (pg.18)						
Deaf Seniors (pg. 22)						
Dining Senior Style (pg. 7)						
Euchre (pg. 15)						
Gentle Yoga for Beginners (pg. 21)						
Get Together						
Ladderball (pg.18)						
Line Dancing (pg. 20)						
Mah-Jongg (pg. 15)						
Mexican Train Dominoes (pg. 14)						
Model Builders (pg. 22)						
Pickleball (pg. 19)						
Pinochle (pg. 15)						
Rummikub (pg. 14)						
Scrabble (pg. 14)						
Sit-n-Stitch (pg. 22)						
Stained Glass (pg. 23)						
Table Tennis (pg. 18)						
Tai Chi Chu'an (pg. 21)						
Up & Down the River (pg. 15)						
Walking Track (pg. 18)						
Woodcarving (pg. 22)						
Zumba Gold (pg. 20)						
Zumba Gold Toning (pg. 20)						

SENIOR CENTER GYM AND BOCCE BARN SCHEDULE (SUBJECT TO CHANGE)

M	T	W		Th	F	S
Zumba Gold Session 9 - 10:30 a.m.	Pickleball Lessons Session 9 - 11:30 a.m.	Beginner / Novice Pickleball (1 court) 9 - 11:45 a.m.	Singles Table Tennis 9 - 11:30 a.m.	Badminton 9 - 11:30 a.m.	Intermediate Pickleball 9 - 10:30 a.m.	All Levels Pickleball* 9 a.m. - 12:45 p.m. (*Until 5/20)
Badminton 11 a.m. - 2:30 p.m.	Badminton 12 - 2:30 p.m.	Intermediate Pickleball (1 court) 12 - 2:45 p.m.	Doubles Table Tennis 11:30 a.m. - 4:30 p.m.	Intermediate Pickleball 12 - 2:45 p.m.	Zumba Gold Session 11 a.m. - 12:15 p.m.	Closed
Basketball 3 - 8:45 p.m.	Advanced Pickleball 3 - 5:45 p.m.	Advanced Pickleball (1 court) 3 - 5:45 p.m.		Beginner / Novice Pickleball 3 - 5:45 p.m.	Basketball (half court) and Table Tennis 1-4:45 p.m.	Closed
					Closed	
	Intermediate Pickleball 6 - 8:45 p.m.	Basketball League 6 - 9 p.m.		Beginner / Novice Pickleball* 6 - 8:45 p.m. (*Until 5/25)		
Closed	Closed	Closed		Closed		

BOCCE BARN

NOW OPEN

The new Bocce Barn, located behind the Senior Center, is a three-season facility that will be open now through mid-November, 2023. It houses two artificial turf, club-size courts (13'-76'). The Bocce Barn will be reserved for 50+ scheduled activities and Senior Center members only from 9 a.m. - 4 p.m., Monday - Friday. 50+ patrons wishing to use the Bocce Barn are to first check in at the main Senior Center desk. Space is limited to the first 20 people per time slot. See below for the Spring Bocce Barn schedule. During the evening and weekends, there will be blocks of time that the general public can play Bocce; advanced registration required to guarantee a spot to play. For specific times and to get more information on evening and weekend play, please visit myshpr.net. Please note that the Bocce Barn and courts are ADA compliant but there are no restrooms inside the facility. During 50+ play, the restrooms inside the Senior Center will be available. After hours, there will be an accessible portable toilet on site.

M	T	W	Th	F	Sat	Sun
50+ Bocce 9 a.m. - 12 p.m.	50+ Bocce 9 a.m. - 12 p.m.	50+ Ladderball 9 a.m. - 12 p.m.	50+ Bocce League 9 a.m. - 12 p.m. (session based)	50+ Cornhole 9 a.m. - 12 p.m.	Closed	Closed
50+ Cornhole 1 - 4 p.m.	50+ Bocce 1 - 4 p.m.	50+ Bocce 1 - 4 p.m.	50 + Bocce 1 - 4 p.m.	50+ Bocce 1 - 4 p.m.	Bocce General Public 12-6 p.m.	Bocce General Public 12-6 p.m.
Bocce General Public 5 - 9 p.m.	Bocce General Public 5 - 9 p.m.	Bocce General Public 5 - 9 p.m.	Bocce - General Public* 5 - 9 p.m. (*Until 5/25)	Bocce General Public 5 - 9 p.m.	Closed	Closed

MOVE YOUR BODY

New!

Bocce League

Let's roll! If you want to meet people and make some new friends, Bocce is quite possibly the PERFECT game for you! Join our first Co-ed, 50+ league in our newest facility, the Bocce Barn, located behind the Senior Center. Games will be played over a 12-week period. Teams of four will play 3 games each week. Games begin at either 9:15 a.m. or 10:30 a.m. depending on who your opponent is that week. Space is limited. Once the league is full, we will take names for a substitute list.

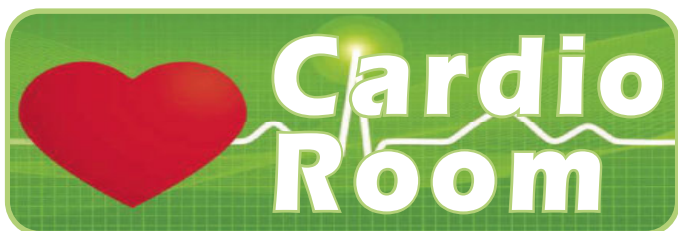
Dates: Thursdays, April 13 – June 29

Time: 9:15 or 10:30 a.m.

Cost: \$72 Resident / \$96 Non-resident

Ref. #: 6001.522

Location: Bocce Barn



The Cardio Room offers 6 pieces of equipment to help get your heart pumping. Before visiting our Cardio Room, patrons must take a mandatory orientation class. Call the Senior Center Gym at (586) 446-2766 to schedule your orientation class or email seniorcenter@sterling-heights.net. We want all of our patrons to be safe and avoid injuries.

Monday - Thursday* (*until 5/25)

9 a.m. – 8:45 p.m.

Friday

9 a.m. – 4:45 p.m.

Saturday* (*until 5/20)

9 a.m. – 12:45 p.m.

Please carry in your athletic shoes;
no street shoes are allowed in the gym,
cardio room or on the walking track.

50+ FUN, FITNESS & GAMES

The Senior Center gym and new Bocce Barn offer a variety of programs to keep members moving and having fun! These activities bring both competitive and recreational players. Equipment is available for use, or you may bring your own. Days and times for non-fitness class activities are on **page 17** but can change, so please stay up-to-date by visiting the Parks and Recreation website (myshpr.net).

Cornhole



This bag-tossing game is commonly found at tailgating parties and is very easy to learn. Cornhole is open to all; no experience is necessary.

Badminton



Players of all levels are welcome to play a friendly game.

New!

Bocce



This is a low impact, fun activity that is easy to learn. Bocce is a game for all ability levels.

Table Tennis



This is recreational play and all skill levels are welcome. Both single and doubles play is offered.

New!

Ladderball



Join this fun and challenging tossing game. Easy enough for all skill levels! No experience necessary.

Basketball



Practice your shot or get a group together for a game.

Walking Track



Our 1/20th mile track is a great place to get in your steps, no matter what mother nature throws our way.

Monday - Thursday* (*until 5/25)

9 a.m. – 9 p.m.

Friday

9 a.m. – 5 p.m.

Saturday* (*until 5/20)

9 a.m. – 1 p.m.



Lessons

Pickleball Beginner 1-Day Clinic

Have you been wanting to see what Pickleball is all about? Or are you a beginner who would like to know more? Participants in this one-day class will learn the basic rules, strokes, and strategies of the game. Paddles and balls are provided. **Instructors:** Jeff Ng or Chip Fazio

Dates: Tuesday, May 16

Ref. #: 6002.136

Tuesday, May 30

Ref. #: 6002.137

Tuesday, August 1

Ref. #: 6002.138

Time: 9:15 – 11:15 a.m.

Cost: \$17 Resident / \$22 Non-resident

Location: Senior Center

Pickleball Skills & Drills Group Lessons

Intermediate level players will learn basic strokes of serve, forehand, backhand, dink, volley and overhead. Fundamental techniques of ready position, grips, eyes on ball and footwork are emphasized. Game rules, etiquette and basic doubles strategies will also be covered. This class is not for beginning players. **Instructors:** Jeff Ng or Chip Fazio

Dates: Tuesdays, April 18 – May 9

Ref. #: 6002.139

Tuesdays, June 6 – 27

Ref. #: 6002.140

Time: 9:15 – 11:15 a.m.

Location: Senior Center

Location: Senior Center Gym

Open Play



At the Senior Center, we offer a variety of play times for each skill level. We have a rotating list of players so that players get to play a variety of fellow pickleball players. Please note that pickleball ratings are self designated, staff do not make the call. Players are allowed to come to one block of time per day. (I.e., a player may not play during the intermediate time slot in the evening if they played during the advanced time slot in the afternoon.) Please see the most current Senior Center gym schedule for play times. If playing with all levels during one time slot is more your speed, then check out the Sterling Heights Community Center gym schedule. Gym schedules can be found at either location and at myshpr.net. For a list of skills associated with each ranking, visit: usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions/

Sterling Heights Parks and Recreation uses the following ratings:

1 - 2.5 Beginner/Novice 3 - 3.5 Intermediate 4+ Advanced



Sterling Heights
**PARKS &
RECREATION**

50+



WALKING CLUB

Most

Wednesdays

May 10 - September 27

9:30 a.m.

Walk at your own pace and choose the distance that works for you! This group walks in Dodge Park and will travel to other area parks several times a month.

Cost: \$16 Resident

\$21 Non-resident

Ref. #: 6002.500

Location: All walks depart from Senior Center. For destination parks, walkers can meet at the park if they don't want to ride the bus.



FITNESS CLASSES



This toning class focuses on muscle conditioning. It blends the Zumba party you love at a slower pace with a redefining total-body workout using Zumba Toning sticks to shake up those muscles!

Instructor: Barb Wolcott
Location: Senior Center
Day: Tuesday
Time: 10 – 11 a.m.

Ref. #:	Day	Dates	Res. / Non.
6002.133	T	5/09 – 6/27	\$48 / \$63
6003.134	T	7/11 – 8/29*	\$42 / \$55

*No Class 7/25



Line dancing is an alternative way to be more active, meet new friends, increase stamina and cardiovascular endurance and improve balance. Dance your way to better health! No experience is necessary. Bring a water bottle and wear comfortable clothing and athletic non-marking shoes.

Instructor: Carol Pakizer
Location: Community Center
Days: Tuesday – Intermediate
 Thursday – Beginner
Time: 11:45 a.m.

Ref. #:	Day	Dates	Res. / Non.
6002.108	T	5/09 – 6/27	\$48 / \$63
6002.109	Th	5/11 – 6/29	\$48 / \$63
6002.110	T	7/11 – 8/29*	\$42 / \$55
6002.111	Th	8/03 – 8/31	\$30 / \$39

*No Class 7/25



Get grooving at your own pace! Zumba Gold is a high-energy, low-impact aerobic workout. Bring indoor-only, non-marking soled shoes.

Instructor: Peggy DiMercurio (M & F)
 Dalya Markarian (T)
Location: Senior Center Gym
Days / Time: Mondays at 9:30 a.m.
 Tuesdays at 6 p.m.
 Fridays at 11 a.m.

Ref. #:	Day	Dates	Res. / Non.
6002.125	M	5/08 – 6/26*	\$42 / \$55
6002.126	T	5/09 – 6/27	\$48 / \$63
6002.127	F	5/12 – 6/30	\$48 / \$63
6002.128	M	7/10 – 8/28*	\$42 / \$55
6002.129	T	7/11 – 8/29*	\$42 / \$55
6002.130	F	7/07 – 8/25*	\$42 / \$55

*No Class: 5/29, 7/24, 7/25 or 7/28



Chair Zumba aims to improve overall energy, core stability, muscular strength, cardiovascular endurance and motor skills. This class is specifically designed for people who find it difficult to stand for extended periods of time, those with limited mobility and anyone who wants a great seated workout!

Instructor: Dalya Markarian
Location: Senior Center
Day: Thursday
Time: 10 a.m.

Ref. #:	Day	Dates	Res. / Non.
6002.131	Th	5/11 – 6/29	\$48 / \$63
6002.132	Th	7/06 – 8/31*	\$42 / \$55

*No Class: 7/27

chair yoga

Explore the strength of your body, mind and spirit. Practice breathing techniques, stretching, balance and stability poses while sitting on a chair or standing using a chair for support. This is a great exercise for individuals that would like the benefits of yoga but do not want to get up and down off the floor.



Instructor: Elizabeth Wilk (Maria Marino Fitness Pros)
Location: Senior Center
Days / Time: Mondays (starting 7/10), Wednesdays & Fridays at 9:30 a.m.

Ref. #:	Day	Dates	Res. / Non.
6002.120	W	5/10 – 6/28	\$48 / \$63
6002.121	F	5/12 – 6/30	\$48 / \$63
6002.122	M	7/10 – 8/28*	\$42 / \$55 New Day!
6002.123	W	7/05 – 8/30*	\$48 / \$63
6002.124	F	7/07 – 9/01*	\$48 / \$63

*No Class: 7/24, 7/26 or 7/28

Gentle yoga FOR BEGINNERS

Revitalize your body, relax your mind, and reduce stress with slow, gentle poses that increase strength and flexibility. Bring a yoga mat and wear comfortable clothing. Exercises can be done on a yoga mat or adapted to a chair.

Instructor: Elizabeth Wilk
 (Maria Marino Fitness Pros)

Location: Senior Center

Day: Monday

Time: 6 – 7 p.m.

Ref. #:	Day	Dates	Res. / Non.
6002.118	M	5/08 – 6/26*	\$42 / \$55
6002.119	M	7/10 – 8/28*	\$42 / \$55

*No Class 5/29 or 7/24



Arthritis Exercise

The Arthritis Exercise program may be designed specifically for people with Arthritis, but it is a great option for those without Arthritis as well! Participants will use gentle movements to help decrease pain, increase joint flexibility and range of motion while maintaining muscle strength. Exercising can be done standing or sitting in a chair.



Instructor: Kim Vitale
Location: Senior Center
Days / Time: Mondays, Wednesdays & Fridays at 11 a.m.

Ref. #:	Day	Dates	Res./Non.
6002.112	M	5/08 – 6/26*	\$42 / \$55
6002.113	W	5/10 – 6/28	\$48 / \$63
6002.114	F	5/12 – 6/30	\$48 / \$63
6002.115	M	7/10 – 8/28*	\$42 / \$55
6002.116	W	7/12 – 8/30*	\$42 / \$55
6002.117	F	7/14 – 9/01*	\$42 / \$55

*No Class: 5/29, 7/24, 7/26 or 7/28

Tai Chi Chu'an

Tai Chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi's deep breathing meditation techniques and slow movements can help relieve stress, increase flexibility, strength and improve feelings of overall well-being.

Instructor: John Marchewitz
Location: Community Center
Days: Tuesdays & Thursdays
Time: Beginner – 9:30 a.m.
 Intermediate – 10:45 a.m.

Ref.# Beg	Ref.# Inter	Day	Dates	Res./Non.
6002.100	6002.104	T	5/09 – 6/27	\$48 / \$55
6002.101	6002.105	Th	5/11 – 6/29	\$48 / \$63
6002.102	6002.106	T	7/11 – 8/29*	\$36 / \$47
6002.103	6002.107	Th	7/06 – 8/31*	\$42 / \$55

*No Class: 7/18, 7/20, 7/25 or 7/27



ARTS AND LEISURE

Billiards



Monday - Thursday* (*until 5/25)
9 a.m. – 8:45 p.m.

Friday
9 a.m. – 5 p.m.

Saturday* (*until 5/20)
9 a.m. – 12:45 p.m.

Our billiards room features three 8-foot tables that are open for drop-in play most days. Pool cues are available or bring your own. Please read house rules located on the wall in the billiards room before playing. All skill levels welcome!

No Play 4/07, 4/08 or 5/29

Location: Senior Center

***Enter at gym doors after 5 p.m. & Saturday**

Deaf Senior Citizens

Mondays, April 10 & 24,
May 8 & 22 and June 12 & 26
9:30 a.m. – 4:30 p.m.

Local deaf seniors meet twice a month to socialize, play games and maybe play a couple hands of cards. Drop in for a few minutes or bring a lunch and stay all day. All are welcome to join in the fun!

Location: Senior Center

EVERYONE is



Sit-n-Stitch

Wednesdays,
12:30 – 8:30 p.m.

Members ONLY

Do you knit, crochet, needlepoint or cross-stitch? If so, this group is for you. Just bring in your current project and take a seat! This is an opportunity to share "purls" of wisdom, get ideas and enjoy the company of fellow textile artists. This is strictly a social group; there will be no formal instruction. Come check it out; this group is sure to keep you in stitches!



Location: Senior Center

Model Builders

Mondays, 9:30 a.m. – noon

Members ONLY

New or experienced kit model builders are welcome to join this group. Work on your own projects: plastic, wood, metal, etc. No formal instruction will be given.

Location: Senior Center

Not meeting 5/29

Wood CARVING

Members ONLY

Mondays & Wednesdays,
1 – 4 p.m.

2ND DAY ADDED!

Novice and experienced carvers convene to whittle, chip and carve interesting projects. This group welcomes all!

Location: Senior Center

Not meeting 5/29



STAINED GLASS

During each session, you will receive instruction to create a new stained glass project while learning how to cut glass, foil and solder to get a beautiful finished project to take home.

Instructor: Anita Ellison

Location: Senior Center

Time: 9:30 – 11:45 a.m.



Ref.#	Day	Dates	Res. / Non.
6002.215	Th	4/06 – 4/27	\$24 / \$31
6002.216	Th	5/04 – 5/25	\$24 / \$31
6002.217	Th	6/01 – 6/29*	\$24 / \$31

*No Class 6/08

April project: Spring Tulip

May project: Spring Flower Pots

June project: To Be Determined



Location: Senior Center

Create & Take

Looking to get creative? Come to the Senior Center and join fellow crafters and take home your creation. Space is limited, registration is required.

Spring Fairy Garden

Friday, April 21 at 2 p.m.

Join Oakmont to create your own Fairy Garden, just in time for Spring!

Cost: \$3 Resident / \$5 Non-Resident (members free)

Ref. #: 6002.218

Location: Senior Center

Brought to the Center by:



Helping Hands Outreach Reaching Out and Giving Back!

The Senior Center loves to help others (especially those beyond our walls) and provides different opportunities throughout the year to get involved. If you find yourself counting your blessings and want to share with those less fortunate by giving a little of your time or by donation(s), then check out the list of current outreach items needed at the Senior Center.

Helping the Homeless

**Tuesdays, April 4, May 2
& June 6 from 4 – 8 p.m.**

EVENING
ADDED!

**Tuesdays, April 18, May 16
& June 13 from 1 – 4 p.m.**

Help prepare plan (plastic yarn) that will be crocheted into mats for the homeless. Help us by sorting and cutting plastic grocery bags into strips. Plan to meet with us monthly to work on this effort.

Location: Senior Center

Helping Heroes Tuesday, May 2 at 11 a.m.

Volunteers sort donated items and fill care bags for the V.A. Hospital and Veterans Outreach food pantry. Volunteers must sign-up in advance to help. Call (586) 446-2750 if you can join us so we know how many to expect.

Location: Senior Center

Outreach items we are most in need of (*new items only*):

- Individually-wrapped toilet paper & paper towel
- Cleaning supplies
- Tissue: full-size boxes
- Disinfecting wipes
- Dish soap and sponges
- Laundry detergent
- Deodorant

General Trip Information

- Resident registration for trips begins in-person and online at **2:15 p.m.** on the day listed.
- **Non-residents may register the next day at 2:15 p.m.**
- Pricing listed is resident / non-resident.
- Dates and pricing are subject to change.
- Return times listed are approximate.
- If you need a wheelchair lift bus for any of our day trips, please let us know before registering as we need to check on the availability of that bus with the company.
- Trips that require tickets or other fees are **non-refundable** unless a suitable replacement can be secured at least one business day prior to departure.
- No refunds are given if canceled with less than 3 business days' notice.
- Travelers are to park in the northeast lot. This is the lot along the tree line near the gym.
- Each traveler must visibly wear the provided lanyard for the duration of the trip.
- Travelers must be checked in at least 15 minutes prior to departure.
- Check-in will begin 1 hour prior to departure.
- Trip itineraries and meal choices are subject to change. When possible, travelers will be alerted prior to departure.



Departs

Destination

04/14/23	Ohio Wine Tour
04/26/23	Soaring Eagle Casino
04/27/23	Outdoor Adventure Center: <i>Marvelous Michigan Geology</i>
05/09/23	"Aladdin" at the Fisher Theatre
05/10/23	"Honky Tonk Angels" at Meadow Brook Theatre
05/17/23	Midland Dow Gardens & Whiting Forest Canopy Walk
05/19/23	Greenfield Village
05/22/23	Diamond Jacks Detroit River Cruise
06/02/23	Kalamazoo: Cruisin' the Gilmore
06/09/23	Detroit Tigers at Comerica Park
06/16/23	Lansing: Michigan Princess
06/20/23	Shipshewana Shopping Overnight Trip
06/22/23	Outdoor Adventure Center: <i>Story of the Sturgeon</i>
06/27/23	Eastern Market
07/10/23	FireKeepers Casino
07/18/23	Eastern Market
08/09/23	Purple Rose Theatre: "A Jukebox for the Algonquin"
09/18/23	Traverse City Overnight Trip
09/28/23	Hawaiian Adventure
04/25/24	Treasures of Europe

Endurance Level Key

To better assist travelers, trips are rated according to the level of endurance required.



Easy: Little walking. Ex: Going to a lunch or play.



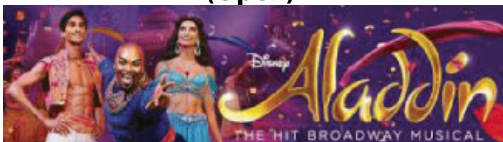
Moderate: Walking with few breaks and some stairs.



Strong: Much walking, uneven surfaces, and /or multiple flights of stairs.

TRAVEL

(Open)



at the Fisher Theatre

Tuesday, May 9



Spots still available! Registration deadline April 5.

Cost	Depart	Return	Ref. #	Travel By:
\$75 / \$77	6 p.m.	11 p.m.	6001.431	SMART

(Opens Monday, 4/03)

DNR Outdoor
Adventure Center



Marvelous Michigan Geology



Thursday, April 27

What natural processes gave our state its shape and abundant natural resources? Find out about the fascinating geology of the Great Lakes State. The Outdoor Adventure Center staff will share some of our most breathtaking and interesting sites. There will be time for exploring the OAC after the presentation.



Cost	Depart	Return	Ref. #	Travel By:
\$11 / \$13	8:15 a.m.	12:45 p.m.	6001.429	SMART

(Opens Monday, 4/03)



Friday, May 19



Tap into your can-do spirit! Spend the day experiencing firsthand the sights, sounds and sensations of America's fascinating formation, where over 80 acres brim with resourcefulness and ingenuity. Ride a train pulled by a historic locomotive while getting a narrated tour of the Village. You may pack a bag lunch or purchase lunch on-site.

Cost	Depart	Return	Ref. #	Travel By:
\$39 / \$41	9 a.m.	3:30 p.m.	6002.432	SMART

(Opens Monday, 4/03)



Friday, June 2



Walk right up to automotive history at the Gilmore Car Museum, located between Kalamazoo and Battle Creek. Browse through the collections and exhibit after exhibit of incredible vehicles, in a most memorable setting. Enjoy lunch at Main Street Pub with a choice of **1)** Grilled Chicken Kabob served with grilled onions, tomatoes, green peppers, whole button mushrooms, and rice pilaf, **2)** Pot Roast or **3)** Chef's Salad. All entrées are served with pop, coffee or tea and dessert. **Please note:** Dinner stop on your own on the way home.

Cost	Depart	Return	Ref. #	Travel By:
\$69 / \$74	8 a.m.	8:45 p.m.	6002.423	Bianco

(Opens Monday, 4/03)



Friday, June 9



Here is your chance to cheer on the Detroit Tigers, in person at Comerica Park, as they take on the Arizona Diamondbacks. Weather permitting there will be fireworks after the game. Seats are in section 113.

Cost	Depart	Return	Ref. #	Travel By:
\$41 / \$43	4 p.m.	11 p.m.	6002.426	SMART

(Opens Monday, 4/03)



Friday, June 16



Experience a fun day in Lansing! Tour the Capitol building and cruise the Grand River aboard the Michigan Princess Riverboat. Enjoy a full luncheon buffet with all the trimmings while listening to live music. The day will end with a stop at Horrocks Farm Market.



Cost	Depart	Return	Ref. #	Travel By:
\$77 / \$82	7:45 a.m.	5 p.m.	6002.420	Bianco

TRAVEL

(Opens Tuesday, 5/02)

DNR Outdoor
Adventure Center



The Story of the Sturgeon Thursday, June 22

Get up-close and personal with a Detroit River "fossil," the Lake Sturgeon! Learn the unique biology of this ancient fish species, the reasons behind their decline in the Detroit River and what is currently being done to restore this iconic species to our river.

Cost	Depart	Return	Ref. #	Travel By:
\$11 / \$13	8:15 a.m.	12:45 p.m.	6002.428	SMART

(Opens 5/02 & 6/05)



Tuesdays, June 27 or July 18



Join us for one or both! Tuesdays at the Eastern Market feature a sampling of the historic Market experience through the inclusion of farmers, flowers, produce dealers, specialty products and prepared food vendors. Please note that items purchased must be able to be stored between you and the seat in front of you or on your lap. The buses are not large enough for large buggies or wagons. As always, walkers are welcome!

June 27 Ref. #: 6002.433 July 18 Ref. #: 6002.434

Cost	Depart	Return	Travel By:
\$5 / \$8	10:15 a.m.	2 p.m.	SMART

(Opens Tuesday, 5/02)



Monday, July 10

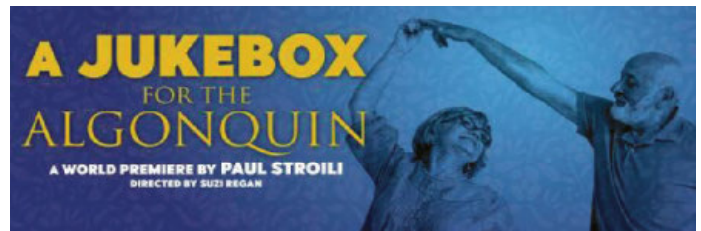


Spend a day at FireKeepers Casino playing the latest games. You will receive \$20 in free slot play and \$5 in points (points can be use for food, drink, merchandise or additional slot play); driver tip is included. Valid identification required to receive free play.

Cost	Depart	Return	Ref. #	Travel By:
\$44 / \$49	9 a.m.	7 p.m.	6002.430	CARRS

(Opens Tuesday, 5/02)

Purple Rose Theatre presents...



Wednesday, August 9


"A Jukebox for the Algonquin" is a tale about those who will not be forgotten – a serious comedy about sex, drugs, and rocking chairs. At a senior living community in the Adirondacks, a small group of residents decide they're not quite ready to "go gentle into that good night." This band of displaced former city dwellers from Brooklyn and the Bronx hatch a plot to prove that aging is not a New York state of mind. (*Contains adult language & content.) Lunch at Weber's Restaurant with a choice of **1)** Northern lakes whitefish oven broiled with citrus beurre blanc sauce or **2)** Prime rib, a house specialty 8 oz. cut, slow roasted and served with au jus. Patrons will have time to walk around downtown Chelsea and maybe even do a little shopping prior to the performance.

Cost	Depart	Return	Ref. #	Travel By:
\$93 / \$98	10:30 a.m.	6:30 p.m.	6002.427	Bianco



(Open)

Shipshewana Shopping Excursion

June 20 - 21 


**Cost: Single \$437 Resident / \$445 Non-resident
Double \$354 Resident / \$362 Non-resident
Triple \$326 Resident / \$334 Non-resident**

Ref. #: 6002.425

Travel with Bianco to the middle of Amish Country in Shipshewana, Indiana for an overnight trip at the Farmstead Inn within walking distance to shops downtown. On day one the group will stop at the Dutch Country Market, Linton's Enchanted Gardens, Teaberry Wood Crafts and Heritage Ridge Creamery. Enjoy a family style meal of roast beef, fried chicken, mashed potatoes, vegetables, homemade noodles, salad, bread and dessert at Blue Gate Restaurant and Bakery. The group will start day two at the Rise & Roll Bakery before heading to the Shipshewana Flea Market, the largest in the Midwest with over 900 booths covering 100 acres. Lunch will be included at the Carriage House before venturing to downtown Shipshewana for shopping time at the local shops before heading back to the Senior Center.

(Opens Tuesday, 5/02)

TRAVERSE city MI

September 18 - 20 

**Cost: Single \$925 Resident / \$933 Non-resident
Double \$748 Resident / \$756 Non-resident
Triple \$724 Resident / \$732 Non-resident**

Ref. #: 6003.420

Travel to the Cherry Capitol of the World and enjoy a stay at the Sugar Beach Resort Hotel. Explore the sights of the Sleeping Bear Dunes National Lake Shore, shopping in downtown Traverse City, Mission Point Lighthouse, Left Foot Charley Winery and more! Enjoy a tour of Chateau Chantel Winery along with wine tasting, wine education and dinner.

Day 2 enjoy dinner at Boone's Long Lake Tavern with a choice of **1) Prime Rib 2) Chicken or 3) Whitefish**. This 3-day trip includes 2 breakfasts (at the hotel) and 2 dinners.





Grand EXPERIENCE

Tuesday, October 24 - Friday, October 27, 2023

First come, first served registration begins at **8:30 a.m. on Monday, April 10 at the Recreation Authority Center of Roseville & Eastpointe**. Detailed fliers are available at the Sterling Heights Senior Center or by calling (586) 445-5480.



REGENCY AT
SHELBY TOWNSHIP

PRE-REGISTRATION



Do you have an Upcoming Surgery?

At REGENCY AT SHELBY TOWNSHIP, we offer the luxury of reserving a private suite at our state-of-the-art transitional care community for your rehabilitation needs.

Contact our experienced Admissions Department today to schedule your rehabilitation stay!
586.580.5500

7401 22 MILE RD, SHELBY TOWNSHIP, MI 48317
PHONE 586.580.5500 | FAX 586.580.5501
WWW.CIENAHEALTHCARE.COM

A
CIENA
HEALTHCARE
Community

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Eileen Frazier

efrazier@lpicommunities.com
(800) 477-4574 x6309

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

YOUR SAFETY, OUR PRIORITY

Continue Your Life Story

at
ANTHOLOGY SENIOR LIVING

ROCHESTER HILLS

248-266-2959

1775 S. Rochester Road

TROY

248-282-6009

3400 Livernois



ASSISTED LIVING & MEMORY CARE
AnthologySeniorLiving.com

SUPPORT OUR ADVERTISERS!

**Make American House your
Home Sweet Home!**

Sterling Heights (586) 646-4103

AFFORDABLE | SINGLE-STORY | Family-owned for over 40 years

**American
House** 
SENIOR LIVING COMMUNITIES

AmericanHouseMI.com



1-D-2-5

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

15-0753

**Are you 55
years or
older and
struggling
to find
employment?**

**MICHIGAN
WORKS!**
MACOMB/ST. CLAIR

Senior Community Service
Employment Program
(SCSEP) can help.

**Contact Us
Today!**

(586) 783-8710
info@macomb-stclairworks.org
www.macomb-stclairworks.org/scsep

Michigan Works! Macomb/St. Clair is an equal opportunity employer/program. Supported in part by state and/or federal funds. A proud partner of the American Job Center network. Auxiliary aids and services are available upon request to individuals with disabilities. TTY #711



America's Choice in Homecare.
VisitingAngels
Senior Assistance Services

America's Choice in Senior Homecare®

Bathing Assistance • Dressing Assistance • Grooming
Assistance with Walking • Medication Reminders • Errands
Shopping • Light Housekeeping • Meal Preparation
Friendly Companionship • Flexible Hourly Care
Respite Care for Families • Live-In Care

586-726-6999

Each Visiting Angels agency is independently owned and operated.

www.VisitingAngels.com/SterlingHeights



Iwona Insurance Agency Inc

Your Health is Important

Iwona (Evona) Wszedybyl

Individual & Senior Healthcare Benefit Specialist

Free Help with Medicare Enrollment

48570 Van Dyke, Shelby Twp MI 48317

586-722-3302



ADVERTISE HERE
to reach your community



Call 800-477-4574

**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT **WWW.MYCOMMUNITYONLINE.COM**



Registration Form

Head of Household (First & Last Name): _____ Date of Birth: _____ Male / Female

Address: _____ Apt #: _____

City: _____ Zip: _____ Email: _____

Phone: (Primary) _____ (Secondary) _____ (Other) _____

Emergency Contact #1 (Required)

Emergency Contact #2 (Required)- **Not living in household**

Name: _____ Relation: _____ Name: _____ Relation: _____

Primary #: _____ Alt. #: _____ Primary #: _____ Alt. #: _____

Participants Name	DOB	M/F	Program Name & Activity Number	Fee
				\$
				\$
				\$
				\$
				\$
Total Due				\$

Payment Method: ☐ Cash ☐ Check payable to: Treasurer City Of Sterling Heights # _____ ☐ Charge

Credit Card Info.	Visa/MC/Discover # _____ + 3 digit _____ Exp. Date: _____
	For Visa/MC/Discover charges please sign here: _____

Department of Parks and Recreation Release, Waiver, Hold Harmless, Indemnity and Participation Agreement

The risks of injury and illness (ex: communicable diseases such as MRSA, influenza, and COVID-19) to myself or my child from the use of the Sterling Heights Community Center, Senior Center, Nature Center and its amenities are significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist; and, in consideration of the City of Sterling Heights, City of Sterling Heights Department of Parks and Recreation ("City") allowing me and/or my child or ward access to and use of the Community Center, Senior Center, Nature Center and its amenities, I for myself, spouse, and child or ward agree to:

(A) Assume all risks of injury and property damage and accept all responsibility in case of accidents, injury or death;

(B) RELEASE AND HOLD HARMLESS AND AGREE NOT TO SUE the City, its employees, and elected or appointed officials, for any claim, damages, costs or cause or action which I may have or suffer or may in the future have or suffer as a result of any accident, injury including death or damages sustained or incurred while accessing or using the Community Center, Senior Center, Nature Center and its amenities, even if arising from their negligence, to the fullest extent permitted by law; and,

(C) agree to indemnify, defend, and hold harmless the City, its elected and appointed officials, and employees from any and all claims for injuries, damages or loss, of any kind whatsoever arising in any way in connection with my access to and use of the Community Center, Senior Center and its amenities.

PARENT OR GUARDIAN ACKNOWLEDGEMENT AND CONSENT:

I have read and understand the terms of this Agreement and unconditionally agree to its full terms, waivers and releases on behalf of both myself, and my child or ward, whose name(s) is listed above. All such terms, statements, warranties, notices, representations, waivers and releases fully apply to my child or ward as if I was the participant. I understand that, by signing this Consent, I am giving up important legal rights both on behalf of myself and my child or ward regarding potential rights and claims against the City, if any. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms. I hereby warrant and represent that if I am neither the Child's Parent nor legal Guardian, I have been granted the expressed authority to execute this Waiver, Release and Assumption of Risk Agreement by, and on behalf of, the Child's Parent or Guardian. In the event that it is determined I do not have the authority to execute this agreement on behalf of another, I agree that I shall be solely liable for any and all claims, actions, penalties, causes of action, services, fees or similar expense.

I acknowledge I have read and understand the above release, waiver & participation agreement and agree to abide by its terms & conditions.

Participant or Parent/Guardian Signature _____ Date _____ Name (Print) _____ DOB _____

____ I do not wish to have pictures of myself, child, or legal guardian used for departmental use, including publications.

Office Use Only: Clerk _____ Date ____/____/____ Arrival Time ____:____ AM / PM Pymt Method _____



**Get the
Fifty Plus Post
Mailed to your Door!**

The "Fifty Plus Post" is available free of charge at the Senior Center and other City offices. To have the "Fifty Plus Post" mailed to your mailbox, please return this completed coupon along with a check or money order for \$12 Resident/\$18 Non-resident, for a one (1) year subscription.

Make checks payable to: **Treasurer, City of Sterling Heights.**
Please print clearly!

Mail to:

**Sterling Heights Senior Center
Attn: Fifty Plus Post
40200 Utica Road
Sterling Heights, MI 48313**

Name and Address:



CONTACT US

Main Center Phone: (586) 446-2750
Mon. – Fri. 9 a.m. – 1 p.m. & 2 – 5 p.m.

E-mail us at:
seniorcenter@sterling-heights.net

Location: 40200 Utica Rd.
Entrance is on Utica Rd.
one block East of Dodge Park Rd.
between 17 Mile & Dodge Park Rd.

Mailing Address:
Sterling Heights Senior Center
40200 Utica Road
Sterling Heights, MI 48313

Cancellation Hotline: (586) 446-2693

Other Helpful Information:

Area Agency on Aging 1-b: (800) 852-7795 or aaa1b.com

GFL (refuse disposal): (844) 464-3587 or
gflenv.com/gfl-locations/sterling-heights

Lakeshore Legal Aid: (888) 783-8190 or lakeshorelegalaids.org

Macomb Community Action: (586) 469-5228
(Loan Closet, Home Chore Assistance, Meals on Wheels,
Dining Senior Style, Senior Project Fresh)

Macomb Food Program: (586) 469-6004

Medicare/Medicaid Assistance Program: (800) 803-7174

City of Sterling Heights:

Animal Control: (586) 446-2879

Community Relations: (586) 446-2489

Department of Public Works: (586) 446-2440

Medication Disposal Box: Available 365 days a year in
the lobby of the Sterling Heights Police Department
(40333 Dodge Park Rd.)

Parks and Recreation: (586) 446-2700 or myshpr.net

Public Library: (586) 446-2665 or shpl.net

The Sterling Heights "Fifty Plus Post" is published quarterly by the Sterling Heights Senior Activity Center, part of the City of Sterling Heights Parks & Recreation Department. Its purpose is to inform individuals age 50 and beyond about recreational opportunities. The "Fifty Plus Post" is available for pick up quarterly at the Center or online at **www.myshpr.net** and **www.mycommunityonline.com**.

Although we do our best to ensure that all information in this publication is accurate, errors occasionally occur and/or last-minute changes in programming may be necessary. We apologize for any inconvenience and thank you for your patience and understanding.

Parks & Recreation Senior Center Staff

Parks & Recreation Director: Kyle Langlois

Recreation Superintendent: Kristen Briggs

Recreation Specialist: Jennifer Rizzo

Front Office: Jeff Babbitt, Bozena Saladiak and Katie Neifer

Program/Office Assistants : Leona Cross, Kim Schudlich,
Jean Volos, Roy Vultaggio, Linda Jaskiewicz, Janet Herrmann,
Linda Krieger, Connie Meador, Angela Rashid, Maggie Prong
and Tom Koller

Bus Drivers: Becky Stewart, Sharon Lautenbach, Ed Streling,
Karen McClellan, Matt Finateri, Denise Berg, John Lamanna,
Susan Nihem, Joe Battaglia, Gerry Hoste, Mark McKeon,
Matt Lockwood and Mark Czarnecki

**City of Sterling Heights
Department of Parks and Recreation
40555 Utica Road
Sterling Heights, MI 48313**

OR CURRENT RESIDENT



ARE YOU READY FOR A "BARN" GOOD TIME?

The long wait is over and the Bocce Barn officially opened at the end of March! The facility will be open Monday - Friday from 9 a.m. - 4 p.m. for 50+ programming. See page 17 for the Spring schedule. Evening and weekend times will be available for the general public. More information available online at myshpr.net.

Coming Soon

Senior Center Membership benefits are expanding! Construction has started on the 50+ Fitness Park. This open air, secured area will be located outside the gym entrance of the Senior Center. It will house 9 pieces of equipment that will allow Senior Center Members the opportunity to do cardio and strength training while getting some Vitamin D. The Fitness Park will be open while the Senior Center is open and run similar to the Cardio Room. Keep an eye around the Senior Center, social media and myshpr.net for more information about the grand opening!

