

Fall 2023  
(October - December)

# 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



Harvest time is traditionally a time of celebration and that is exactly what is on the agenda this fall for Sterling Heights Parks and Recreation. This fall brings many seasonal events that give our residents an opportunity to get together with family and friends to honor the holidays, our heroes, or to just get out and enjoy nature before the winter weather encourages indoor activities. Autumn is a great time to enjoy an area park with all the colors and smells of the season. The Bocce Barn is also wrapping up its inaugural season so don't miss the chance to get in a game or two before it's too late!

50+ programming has a jam-packed schedule! Highlighted activities include being the host site to the local 50+ Spelling Bee, Halloween Costume Party (last day to register is October 11), holiday shopping trip, Holiday luncheon at Buhl Estate and the 50+ Holiday Party, just to name a few. Check out the contents of this publication, keep up to date with fliers and of course, social media to make sure you don't miss out! Take a moment or two to count your blessings and celebrate all the opportunities 2023 has provided to help you **age well!**



## Senior Center Fall Closures

- 10/9 – Columbus Day  
(until 5 p.m.)
- 10/21 – Sterling Frights
- 11/10 – Veterans Day
- 11/23 - 11/25 – Thanksgiving
- 12/2 – Sterling Christmas
- 12/14 – Staff In-service Day
- 12/25 - 12/26 – Christmas  
Holiday
- 1/1 - 1/2 – New Year Holiday

**Cancellation Hotline:** In the event of inclement weather, please call **(586) 446-2693, after 8 a.m.**, for a list of programs that have been cancelled or delayed.



The Parks & Recreation Department staff would like to take a moment and thank all of the service men and women who have served in our Armed Forces. We continue to be the home of the free because of the brave. The City will once again be honoring Veterans at a program on November 11. For details regarding this event or if you have questions, please contact Community Relations at (586) 446-2489.



Photo Credit to: T. Macovis

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# 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 **10/04/23**.
- 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](http://www.myshpr.net)



: [facebook.com/myshpr](https://facebook.com/myshpr)



: @sterlingheights



: myshpr

## Ways to RESGISTER

### Online

Visit [myshpr.net](http://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](mailto: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:

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.



## BECOME A MEMBER TODAY!

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 just wanting to try a membership before buying, 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

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. Appointments are taken up to two months (8-weeks) in advance and 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](http://myshpr.net).

### To make an appointment:

Call (586) 446 - 2757

Monday – Friday

9 a.m. – noon & 1 – 4 p.m.



email us at

[shprbus@sterling-heights.net](mailto:shprbus@sterling-heights.net)

### Important Announcement:

After Thanksgiving, 2024 registration paperwork and new service guidelines will be mailed to all riders who registered for minibus service in 2023. By January 3, 2024, updated paperwork will need to be completed and on file in order to continue using the Sterling Heights Minibus service. Keep an eye on your mailbox and make sure to get your paperwork in before 1/01, or one week prior to your first scheduled ride in 2024.





## NEWS YOU CAN USE

**Last day to register is October 11!**

# HALLOWEEN COSTUME PARTY

**Friday, October 27**

**11:30 a.m. – 2:15 p.m.**

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

We are never too old for a costume party! Get creative, dig around in your closet and find something amazing to wear to our annual Halloween Party. 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 chicken breast with orange and yellow peppers, corn with baby carrots, roasted garlic sweet potatoes, salad, fruit, roll and dessert). Beverage options will include water, milk, soda or a cup of coffee.



**Cost:** \$20 Resident / \$24 Non-resident

**Ref. #: 6003.500**

**Location:** Community Center

## Save the Date!



**Friday, February 9**

Join us as we celebrate Chinese New Year with friends, food and entertainment.

Details will be available in the Winter edition of the **Fifty Plus Post**.



**Friday, December 8**

**10 a.m. – 2:15 p.m.**

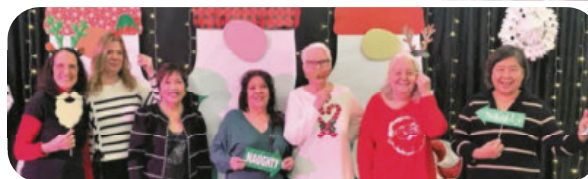
*(Doors open for the party at 9:30 a.m.)*

Let's take the day and celebrate some of our favorite things: friends, food and "**Aging Well**" to name a few. Party goers should expect to be entertained by several acts and Rennie Kaufmann is back as our main entertainer. There will be chances to win gift baskets and several other surprises. A catered meal will be provided by Soprano's Catering (chicken piccata, California mix veggies, pasta palomino, spring salad mix, fresh fruit and dessert). Beverage options will include water, milk, soda or a cup of coffee. Our 50+ holiday party is different than the rest of our gatherings throughout the year; we focus more on time together and celebrating the season (no dancing is planned). So wear your *favorite* outfit, grab your *favorite* person and join us for the *Favorite Things 50+ Holiday Party*. **Last day to register is 11/21/23.**

**Cost:** \$25 Resident /  
\$30 Non-resident

**Ref. #: 6003.501**

**Location:** Community Center



\*Meals provided in partnership with the Office of Senior Services & the Area Agency on Aging I-B.



# MEDICARE

## OPEN ENROLLMENT

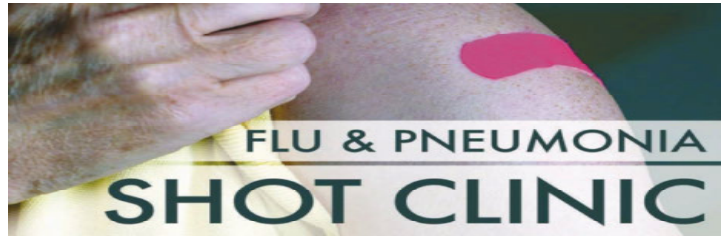
Thursday, October 26,  
Thursday, November 16  
& Thursday, December 7

To schedule an appointment, call  
(800) 803-7174 and request an appointment  
at the Sterling Heights Senior Center.

Feeling overwhelmed about Medicare open enrollment? Wondering if you have what is "right" for you? Then join us at one of our Medicare Open Enrollment events. Have your Prescription Part D reviewed by a certified counselor from the Area Agency on Aging 1-B. They can also review supplemental Medicare insurance policies to determine if you are in the "right" policy. Appointments must be made in advance and will last approximately an hour.

**Cost:** Free

**Location:** Senior Center



**Wednesdays,  
October 11 & November 1  
9:30 – 11:30 a.m.**

Don't get stuck at home with the Flu, get your shot at one of the Center's clinics this fall! In order to expedite the process on clinic days, please register in advance! New this year: RSV vaccine, Pneumonia vaccine and COVID boosters will also be available. All individuals wanting to get vaccinated will need their insurance card(s) the day of the clinic. **For more information or to make an appointment call (586) 446-2750.**

**Cost:** Free (Registration required)

**Location:** Senior Center

**Brought to the Center by:**



Daytime commitments causing you to miss out on 50+ programming? No worries, we have you covered! The calendar boasts a variety of drop in programs, evening fitness classes, lifelong learning presentations and more! We have also extended our Saturday programming opportunities through the fall. 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 Programming (subject to change)

	M	T	W	Th	S
Billiards (pg. 22)					
Concan (pg. 15)					
Drop-in Cards					
Mah-Jongg (pg. 15)					
Mexican Train Dominoes (pg. 14)					
Rummikub / Hand & Foot (pg. 14)					
Scrabble (pg. 14)					
Sit-n-Stitch (pg. 22)					

## Are you sick or feeling under the weather?

Are you experiencing any of the following symptoms? Fever, cough, difficulty breathing / shortness of breath, muscle pain, sore throat, loss of taste or smell, chills? If you are showing any of these symptoms, it is necessary to stay home, seek a COVID-19 test and refrain from visiting the Center or any other public places. Also remember to wash hands frequently to help decrease the spread of germs and risk of becoming ill. Thanks for assisting us in keeping fellow patrons and staff healthy.

INCLEMENT

Weather Policy

It's that time of year again where Mother Nature can start mixing in some snow and possibly even ice. If the public schools close, that does not mean the Senior Center is closed. In the event of inclement weather please call the cancellation hotline, (586) 446-2693, to see which programs have been cancelled or delayed. We try our best to update this line by 8 a.m. on days of inclement weather. This gives patrons faster service than waiting until 8:30 a.m. when the phone lines open at the Senior Center. Building closures and delays are often also posted on [facebook.com/myshpr](https://facebook.com/myshpr).

# GRAND CONNECTIONS

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

*All the World's a Stage presents...*



*at the Macomb Center for the Performing Arts*

**Saturday, November 18**

**10:45 a.m.**

Grandparents and grandkids alike will enjoy this lively musical stage show based on the popular Pixar film. Finding Nemo Jr. brings a vibrant underwater world to life on stage in a story full of family, friendship and adventure. Tickets can be picked up at the Senior Center in advance. **Register by October 13.**

**Cost:** \$23 Resident / \$27 Non-resident

**Ages:** 5 & up

**Ref. #:** 6003.212

**Location:** Macomb Center for the Performing Arts

## Don't Forget



## to bring your grand to Sterling Frights

**Saturday, October 21 at 10 a.m.**

**Cost:** Free

**Location:** Dodge Park

## 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!

octogenarian  
nonagenarian  
centenarian

The **"...genarian celebration"** continues into the fall! September we took time to give a shout out to our Septuagenarians (ages 70-79) that have been doing their best to keep active and engaged. All members that are in their 80's, 90's and 100+ should keep an eye out for information that will be emailed or mailed for those without an email on file. These patrons have been able to take part in our 50+ programming for at least thirty years and are shining examples of how staying active and connected to others in the community helps them **"Age Well"**.



## Dining Senior Style

### Mondays – Fridays

**Tickets sold 10:30 – 11:30 a.m.**

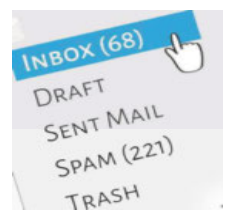
*(Meal tickets available in Room 4 & are first come, first served)*

**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).

## Do we have your email address??

Program changes and updates get emailed. Be sure to check your inbox for any updates from City of Sterling Heights Parks and Recreation. If we don't have your email address, please email us at **seniorcenter@sterling-heights.net**





# Heritage Handbells

## Christmas Concert

**Thursday, November 30**

**10:30 a.m.**

The Heritage Handbells are a community-based English hand bell choir from the Auburn Hills Active-Adult subdivision known as Heritage in the Hills. This group has been entertaining young and old for nearly 20 years and are happy and honored to be making an encore performance at our Center.



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

**Ref. #: 6003.504**

**Location:** Senior Center

## AARP Foundation

# TAX-AIDE

The Sterling Heights Senior Center will once again be hosting AARP Tax Aide starting February 1. Tax appointments will be a two-week process which helps reduce wait times; week one - drop off papers and week two - go over return and sign. Specific details will be available in the Winter newsletter. We will begin taking appointments as of January 3 during normal business hours.



**RED CROSS  
BLOOD DRIVE**

**Tuesday, December 19**  
**11 – 5 p.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





# A Sterling Christmas

**SATURDAY  
DECEMBER 2**

**5:30 - 8:30PM ~ DODGE PARK**

Everyone is invited to ring in the holiday season with a variety of family fun activities.

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586.726.0603

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36725 Utica Road  
Clinton Township, MI 48035  
586.792.7231

#### Oakmont Sterling

41155 Pond View Drive  
Sterling Heights, MI 48314  
586.739.9494



## Guess who's getting a facelift?

The Pine Ridges are undergoing renovations!

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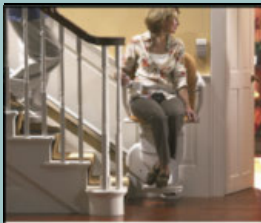
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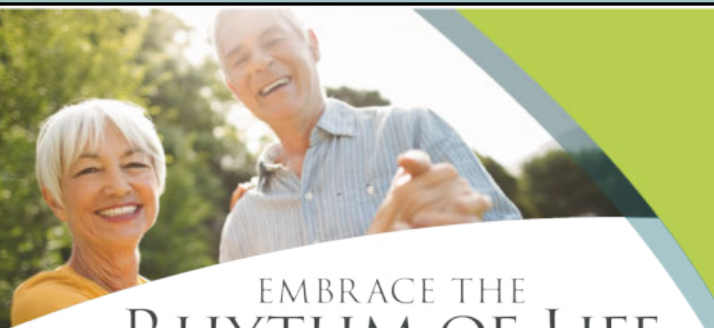
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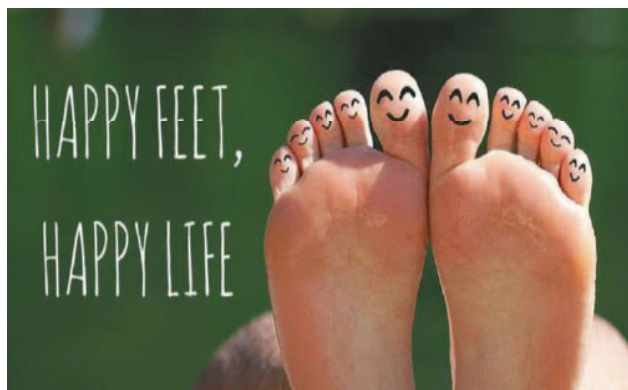
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15-0753



### Foot & Nail Care

**Thursdays, October 12 & 26,  
November 9 & 16  
and December 7 & 21**

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



**Wednesdays, October 11,  
November 8 & December 13**

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

### Blood Pressure Checks



**Wednesdays, October 18,  
November 15 & December 20  
9 - 10 a.m.**

Blood pressure checks are offered the 3rd Wednesday of every month. No appointment necessary, just drop in to get checked. **Brought to the Center by:**



&



**Location:** Senior Center

### Veterans Benefit Outreach



**Fridays, October 20  
& November 17**

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



**THANK YOU, VETERANS!**



GLPI



## Medicare Open Enrollment Q & A

**Wednesday, October 4  
10 a.m.**

Medicare Open Enrollment is coming! Medicare's annual Open Enrollment period is October 15 through December 7. What does this mean for you? Get your questions answered regarding annual Medicare choices and options with the Michigan Medicare/Medicaid Assistance Program.

**Brought to the Center by:**



**Cost:** Free (Registration required)

**Ref. #: 6003.207**

**Location:** Senior Center

## Powerful Tools FOR Caregivers

**Thursdays,  
October 12 –  
November 16  
10 a.m. – noon**

Are you feeling overwhelmed with your daily tasks and not "caring" for yourself in the process? This is a six-week educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Participants will benefit from this class whether helping someone who lives at home, in a nursing home or across the country.

**Brought to the Center by:**



**Cost:** Free (Registration required)

**Ref. #: 6003.208**

**Location:** Senior Center



NUTRITION EDUCATION for OLDER ADULTS

**Lorraine Cusumano, R.N., B.S.N.  
Thursdays, October 19 – November 9  
1 – 2 p.m.**

Eat Smart, Live Strong is a four-session program designed to improve fruit and vegetable consumption and physical activity among the able-bodied senior population. The sessions are designed to motivate participants and build skills. Activities include self-assessment tools to assist participants in achieving eating and physical activity goals as well as learning simple standing and seated exercises.

**Brought to the Center by:**



**Cost:** Free (Registration required)

**Ref. #: 6003.213**

**Location:** Senior Center

## UNIQUELY MICHIGAN

**Wednesday, October 18  
10:30 a.m.**

Michigan is our home and a VERY special place to work, live and play! What makes Michigan so very special? How does our state compare with others in economic issues, leading tourist attractions and other factors? What makes Michigan a great place for retirees? Be prepared to learn some new reasons to stand up, cheer and take extra pride in our state!

**Presenter:** Larry Burkowski



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

**Ref. #: 6003.214**

**Location:** Senior Center

## Recovering from a Fall

Tuesday, October 24

10 a.m.

ATI Physical Therapy will conduct balance assessments with highly skilled and licensed physical therapists. Come with questions, leave with a sense of hope, in the case of a future slip or fall.

**Brought to the Center by:**



**Cost:** Free (Registration required)

**Ref.#:** 6003.215

**Location:** Senior Center

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## What is Probate and How to Avoid it?

Wednesday, October 25

10 a.m.

Did you know that even if you have a will, there's a good chance your heirs will end up in probate court? Probate is a legal process that can be costly and time-consuming, but it is avoidable with proper advanced planning. **Brought to the Center by:**



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

**Ref. #:** 6003.218

**Location:** Senior Center

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## How to Thrive with Arthritis

Wednesday, November 8

10:30 a.m.

Discover the trans-formative potential of physical activity, exercise and physical therapy in alleviating osteoarthritis. Gain an understanding of their pivotal role in enhancing joint health, reducing pain and empowering individuals to proactively manage their condition for a more fulfilling life.

**Brought to the Center by:**



**Cost:** Free (Registration required)

**Ref. #:** 6003.219

**Location:** Senior Center

## Downsizing and Moving in the Right Direction

Wednesday, November 29

10 a.m.

Discover the best steps to take when downsizing. Join Jason Gelios, Senior Real Estate Specialist, to get a better understanding of how to simplify your next move or downsizing from a longtime home.

**Brought to the Center by:**



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

**Ref.#:** 6003.216

**Location:** Senior Center

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## Normal Aging: Myths & Facts

Wednesday, December 6

10 a.m.

Are you starting to see rapid changes in your day-to-day health? What are normal and not so normal signs of aging? Gain valuable tools to set yourself up for success with discussion tailored to improving overall awareness, health, and independence.

**Brought to the Center by:**



&



**Cost:** Free (Registration required)

**Ref.#:** 6003.217

**Location:** Senior Center






**Wednesdays,  
January 24 – March 13  
9:30 - 11:30 a.m.**

***Do you have concerns about falling?***

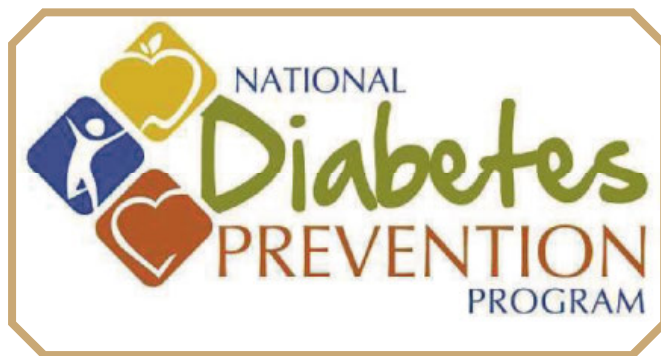
Many older adults experience concerns about falling and restrict their activities. This award-winning, eight-week program is designed to manage falls and increase activity levels. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, as well as exercise to increase strength and balance. Participants will engage in activities including: group discussion, brainstorming, problem-solving, skill-building, assertiveness training, and some simple exercises. Space is limited; sign-up early!

**Brought to the Center by:** 

**Cost:** Free (Registration required)

**Ref. #: 6001.201**

**Location:** Senior Center



**Wednesdays beginning  
February 21  
6 – 7 p.m.**

Small changes can make a difference in your health and help you to prevent the development of Type 2 Diabetes. The Diabetes Prevention Program is a yearlong evidence-based program that helps participants prevent or delay the onset of Type 2 Diabetes by learning how to eat healthy, add physical activity to their routine, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. It has proven to help people with pre-diabetes cut their risk in half for developing Type 2 Diabetes. Through this program, you will work as a team to focus on healthy eating, getting started with physical activity, overcoming stress and staying motivated. After the initial 16 weekly sessions, you will meet monthly for added support to help maintain your progress. (\*You do not need a Corewell Health doctor to participate.)

**Cost:** Free (Registration required)

**To register:** Call (800) 633-7377 or visit [beaumont.org/dpp](http://beaumont.org/dpp)

**Location:** Senior Center



**Wednesdays,  
October 11,  
November 8  
& December 13  
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:**



**Cost:** Free (Registration required)

**Ref.#: 6003.220**

**Location:** Senior Center

## FUN AND GAMES



**Fridays, October 13,  
& November 17**

**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 tournament day for game play.**

**October Ref. #: 6003.306**

**November Ref. #: 6003.310**

**Location:** Senior Center



**Fridays, October 20  
& December 15**

**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 tournament day for game play.**

**October Ref. #: 6003.307**

**December Ref. #: 6003.311**

**Location:** Senior Center



**Tuesdays, October 10,  
November 14 & December 12**  
**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

**October Ref. #: 6003.308**

**November Ref. #: 6003.312**

**December Ref. #: 6003.314**

**Location:** Senior Center

**Rummikub or  
Hand & Foot** 

**Tuesdays at 5:30 p.m.**

**Thursdays at 1 p.m. & Saturdays at 11 a.m.**

Rummikub is a tile-based game and Hand & Foot is a fun card game. Both games combine elements of the card game Rummy and Mah-Jongg. **No Play 10/21, 11/23, 11/25, 12/02 or 12/14**

**Mexican Train** 

**Mondays at 11 a.m.**

**Wednesdays at 5:30 p.m.**

**& Saturdays at 11 a.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 10/09, 10/21, 11/25, 12/02, 12/25 or 1/01**

**Scrabble** 

**Mondays at 5:30 p.m.**

**Wednesdays at 9 a.m.**

Challenge your brain, meet new friends, and join in on a fun game of Scrabble! **No Play 10/09, 12/25 or 1/01**





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 10/09, 10/21, 11/10, 11/23-11/25, 12/02, 12/14, 12/25, 12/26, 1/01 or 1/02**

All of the games listed below are for



## Bridge

**Mondays, Tuesdays, Thursdays, and Fridays 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

**Fridays 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)

**Mondays - Saturdays at 11 a.m.**

**Mondays - Thursdays at 6 p.m.**

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

## Euchre

**Wednesdays 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

**Mondays & Wednesdays at 10 a.m.**

**Tuesdays 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

**Tuesdays at 9 a.m.**

This game is known by different names to different people; Oh Heck, Peanuts, etc.



**Fridays,  
October 6, November 3,  
& December 1  
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.**

**October Ref. #: 6003.309**

**November Ref. #: 6003.313**

**December Ref. #: 6003.315**

**Location: Senior Center**



**Mondays at 1:30 p.m.  
Thursdays at 9:30 a.m.  
Saturdays at 11 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 10/09, 10/21, 11/23, 11/25, 12/02, 12/14, 12/25 or 1/01**

**Location: Senior Center**

## 50 + PROGRAMMING WEEK-AT-A-GLANCE FALL 2023

Please see program details for times, location and how to participate.	M	T	W	Th	F	S
Arthritis Exercise (pg. 17)						
Badminton (pg. 20) 	See Current Gym / Bocce Barn Schedule					
Basketball (pg. 20) 	See Current Gym / Bocce Barn Schedule					
Billiards (pg. 22) 						
Bridge (pg. 15) 						
Bocce Ball (pg. 20) 	See Current Gym / Bocce Barn Schedule					
Canasta (pg. 15) 						
Cardio Room (pg. 20)						
Chair Yoga (pg. 17)						
Chair Zumba Gold (pg. 18)						
Concan (51) (pg. 15) 						
Cornhole (pg.20) 	See Current Gym / Bocce Barn Schedule					
Dining Senior Style (pg. 6)						
Euchre (pg. 15) 						
Gentle Yoga for Beginners (pg. 18)						
Get Together 						
Line Dancing (pg. 18)						
Mah-Jongg (pg. 15) 						
Mexican Train Dominoes (pg. 14) 						
Model Builders (pg. 22) 						
Pickleball (pg. 20) 	See Current Gym / Bocce Barn Schedule					
Pinochle (pg. 15) 						
Outdoor Fitness Park (pg. 17) 						
Rummikub / Hand & Foot (pg. 14) 						
Scrabble (pg. 14) 						
Sit-n-Stitch (pg. 22) 						
Stained Glass (pg. 23) 						
Table Tennis (pg. 20) 	See Current Gym / Bocce Barn Schedule					
Tai Chi Chu'an (pg. 18)						
Up & Down the River (pg. 15) 						
Walking Track (pg. 20) 						
Woodcarving (pg. 22) 						
Zumba Gold (pg. 19)						
Zumba Gold Toning (pg. 19)						

**For the latest gym and bocce barn schedule visit [myshpr.net](http://myshpr.net) or pick up a paper copy at the Senior Center or Community Center.**



# 50+ OUTDOOR FITNESS PARK



The Senior Center's newest amenity, the 50+ Outdoor Fitness Park, has had many of our patrons huffing and puffing (in a good way). Exercising outdoors provides all the physical benefits of indoor exercise (increased blood flow, improved cardiovascular health, strength, flexibility, endurance, etc.) and can also provide vital exposure to sunlight that increases important levels of vitamin D unlike indoor exercise. Members can utilize the park at their own risk, simply stop at the gym desk for a key card and enjoy! Please note that the Fitness Park will close for inclement weather such as thunder and lightening and/or snow and ice.



**Mondays - Thursdays**

**9 a.m. – dusk**

**Fridays & Saturdays**

**9 a.m. – 5 p.m.**

**Sundays**

**Noon - 5 p.m.\***

(\*pick up key card inside Bocce Barn - until 11/19)



## Fitness Classes

### 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:** Monday, Wednesday & Friday at 11 a.m.

Ref. #:	Day	Dates	Res./Non.
6003.139	M	11/06 – 12/18	\$42 / \$55
6003.140	W	11/01 – 12/20	\$48 / \$63
6003.141	F	11/03 – 12/22*	\$30 / \$39
6001.100	M	1/08 – 2/12*	\$30 / \$39
6001.101	W	1/10 – 2/21*	\$36 / \$47
6001.102	F	1/12 – 2/23*	\$36 / \$47

\*No Class: 11/10, 11/24, 12/08, 1/15, 1/17 or 1/19



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:** Monday, Wednesday  
 & Friday at 9:30 a.m.

Ref. #:	Day	Dates	Res. / Non.
6003.127	M	11/06 – 12/18	\$42 / \$55
6003.128	W	11/01 – 12/20	\$48 / \$63
6003.129	F	11/03 – 12/22*	\$30 / \$39
6001.103	M	1/08 – 2/12*	\$30 / \$39
6001.104	W	1/10 – 2/21	\$42 / \$55
6001.105	F	1/12 – 2/23	\$42 / \$55

\*No Class: 11/10, 11/24, 12/08 or 1/15

## FITNESS CLASSES

### Chair Zumba GOLD

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

**Time:** 10 a.m.

Ref. #:	Day	Dates	Res. / Non.
6003.142	Th	11/02 – 12/21*	\$36 / \$47
6001.106	Th	1/11 – 2/22	\$42/ \$55

\*No Class: 11/23 or 12/14

### 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

**Time:** 6 – 7 p.m.

Ref. #:	Day	Dates	Res. / Non.
6003.126	M	11/06 – 12/18	\$42 / \$55
6001.107	M	1/08 – 2/12*	\$30 / \$39

\*No Class 1/15



### Line Dancing

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

**Time:** 11:30 a.m.

#### Beginner:

Ref. #:	Day	Dates	Res. / Non.
6003.138	Th	11/02 – 12/21*	\$36 / \$47
6001.109	Th	1/11 – 2/22	\$42 / \$55

#### Intermediate:

Ref. #:	Day	Dates	Res. / Non.
6003.137	T	10/31 – 12/19	\$48 / \$63
6001.108	T	1/09 – 2/20	\$42/ \$55

\*No Class 11/23 or 12/14

### 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

**Time:** Beginner – 9:30 a.m.  
Intermediate – 10:45 a.m.

Ref. # Beg	Ref. # Inter	Day	Dates	Res./Non.
6003.133	6003.134	T	10/31 – 12/12	\$42/ \$55
6003.135	6003.136	Th	11/02 – 12/07*	\$30 / \$39
6001.110	6001.111	T	1/09 – 2/20	\$42 / \$55
6001.112	6001.113	Th	1/11 – 2/22	\$42 / \$55

\*No Class 11/23







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

**Days / Time:** Monday at 9:30 a.m.  
Tuesday at 6 p.m.  
Friday at 11 a.m.

Ref. #:	Day	Dates	Res. / Non.
6003.130	M	11/06 – 12/18	\$42 / \$55
6003.131	T	11/07 – 12/19*	\$36 / \$47
6003.129	F	11/03 – 12/15*	\$24 / \$31
6001.114	M	1/08 – 2/12*	\$30 / \$39
6001.115	T	1/09 – 2/20	\$42 / \$55
6001.115	F	1/12 – 2/16	\$36 / \$47

\*No Class: 11/10, 11/21, 11/24, 12/08 or 1/15



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  
**Time:** 10 – 11 a.m.

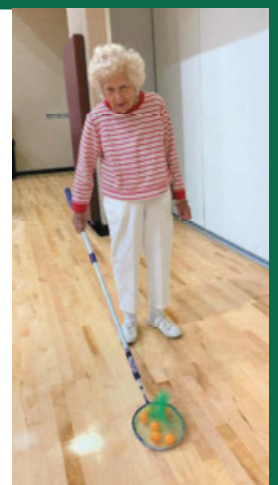
Ref. #:	Day	Dates	Res. / Non.
6003.143	T	10/31 – 12/19	\$48 / \$63
6001.117	T	1/09 – 2/13*	\$30 / \$39

\*No Class: 1/23



## Summer Fun Facts!

- We added two *new* buses to our fleet.
- Someone special turned 93!
- Two of our staff members completed enough college credits to graduate!
- Six sponsors helped us with our programming.
- 713 adventurous patrons went on trips!
- We added a *new* fitness class & opened the Outdoor Fitness Park!



## MOVE YOUR BODY

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 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 patrons may bring their own if they prefer something specific. Our schedule changes frequently so please stay up-to-date by visiting the Parks and Recreation website ([myshpr.net](http://myshpr.net)).

#### Badminton

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

#### Basketball

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

#### 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.

#### Pickleball

There are multiple play times for each skill level. Players rotate and will get to play with a variety of skill levels. 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.) **Sterling Heights Parks & Recreation uses the following ratings:** Beginner/ Novice (1 - 2.5); Intermediate (3 - 3.5); Advanced(4+).

#### Table Tennis

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

#### Walking Track

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

**Mondays - Thursdays**  
**9 a.m. – 8:45 p.m.**

**Fridays & Saturdays**  
**9 a.m. – 4:45 p.m.**



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](mailto:seniorcenter@sterling-heights.net). We want all of our patrons to be safe and avoid injuries.

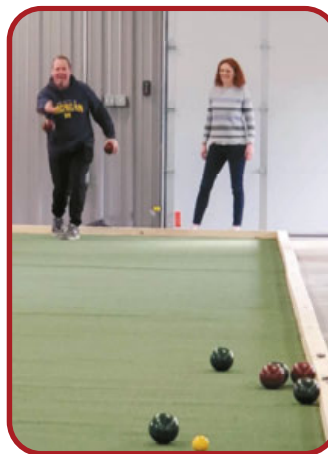
**Mondays - Thursdays**  
**9 a.m. – 8:45 p.m.**

**Fridays & Saturdays**  
**9 a.m. – 4:45 p.m.**

### BOCCE BARN

The Bocce Barn is reserved for 50+ scheduled activities and Senior Center members only from 9 a.m. – 4 p.m., Monday – Friday with general drop-in available evenings and weekends. 50+ patrons wishing to use the Bocce Barn are to first check in at the main Senior Center desk. Fall Bocce Barn schedules are available at the Senior Center, Community Center and online at [myshpr.net](http://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 is an accessible portable toilet on site.



**The Bocce Barn will close for the season on 11/20/23.**





## Lessons

### Pickleball 101: Intro for Beginners

Have you been wanting to see what Pickleball is all about? Participants in this one-day class will learn the basic rules, strokes and strategies of the game. **No prior experience necessary.** Paddles and balls are provided.

**Instructors:** Jeff Ng or Chip Fazio

**Day / Time:** Tuesday 9:15 - 11:15 a.m.; Thursday 6 - 8 p.m.

**Location:** Senior Center Gym

**Dates:** Thursday, October 19  
Tuesday, November 14  
Thursday, January 4

**Ref. #: 6003.102**

**Ref. #: 6003.144**

**Ref. #: 6001.118**

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

### Pickleball 201: Mixers for Novice Players

Once you know the basics, you are ready to play in the "Mixers"! Start each class with a warm-up and drills to sharpen your game, then play games with similarly skilled players. Instructor will critique plays and offer tips and strategies. "Mixers" offers a comfortable environment for novice players to practice, play and meet new pickleball players. **Not for true beginners.**

**Instructors:** Jeff Ng or Chip Fazio

**Day / Time:** Tuesdays 9:15 - 11:15 a.m.

**Location:** Senior Center Gym

**Dates:** Tuesdays, November 21 – December 12

**Ref. #: 6003.145**

**Cost:** \$56 Resident / \$73 Non-resident

### Pickleball 301: Skills & Drills (Intermediate Level)

Learn effective techniques for serves, ground strokes, 3rd shots, lobs and overheads. Instructor will teach winning strategies including shot selection, communication, positioning and consistency. Players will perform drills and play games to improve skills in game situations. **Not for beginning players.**

**Instructors:** Jeff Ng or Chip Fazio

**Day / Time:** Tuesdays 9:15 - 11:15 a.m.; Thursdays 6 - 8 p.m.

**Location:** Senior Center Gym

**Dates:** Thursdays, October 26 – November 16  
Tuesdays, January 9 – 30

**Ref. #: 6003.105**

**Ref. #: 6001.119**

**Cost:** \$67 Resident / \$87 Non-resident

## Leagues

Join our Pickleball Round Robin Ladder League! Players will play with and against division participants, changing partners after each game. Players will be scheduled and assigned a court based on the previous week's individual score. Standings will be kept and updated weekly during the 6 weeks of league play to determine a league champion (prizes awarded). Game play - three games to 15 points. Space is limited; if league is full, please add yourself to the wait list and substitute player list.

#### Co-ed Doubles

#### Round Robin Ladder League

(Player Ranking: 2.5 +)

**Dates:** Wednesdays, Nov. 1 – Dec. 13\*

**Time:** 12:30 - 2:30 p.m.

**Cost:** \$26 Resident / \$33 Non-resident

**Ref. #: 6003.146**

**Location:** Community Center

**\* No play 11/08**

#### Substitute League Player

**Cost:** Free; **\*must register**

**Sub Ref. #: 6003.147**



## Billiards



**Mondays - Thursdays,**

*(except tournament days)*

**9 a.m. – 8:45 p.m.**

**Fridays & Saturdays,**

**9 a.m. – 4:45 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 10/09, 10/21, 11/10, 11/23 - 11/25, 12/02, 12/14, 12/25, 12/26, 1/01 or 1/02**

**Location:** Senior Center

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



**Wednesdays, October 4 & 18,  
November 1 & 15  
and December 6 & 20**

Billiard tournaments have been scheduled for the first and third Wednesday of the month and are open to men and women. The billiard room will be closed, except for tournament play, until 12:30 p.m. on tournament days. **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 on tournament day for play.**

**Oct. 4 Ref. #: 6003.316    Oct. 18 Ref. #: 6003.317**  
**Nov. 1 Ref. #: 6003.318    Nov. 15 Ref. #: 6003.319**  
**Dec. 6 Ref. #: 6003.320    Dec. 20 Ref. #: 6003.321**

**Location:** Senior Center

## Model Builders

**Mondays, 9:30 a.m. – noon**

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 10/09, 12/25 or 1/01**



## SNIPPETY QUILTERS



**Tuesdays,  
10 a.m. - 4 p.m.**

This group is for quilters, sewers and beyond. Bring your own machine, supplies and ideas. No formal instruction will be given. Just come and enjoy time with others that have been bitten by the quilting/sewing bug.

**Location:** Senior Center

**Not meeting 12/19, 12/26 or 1/02**



## Sit-n-Stitch

**Wednesdays,  
12:30 – 8:30 p.m.**

**Saturdays,  
11 a.m. – 3 p.m.**



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

**Not meeting 10/21, 11/25 or 12/02**



## WOOD CARVING

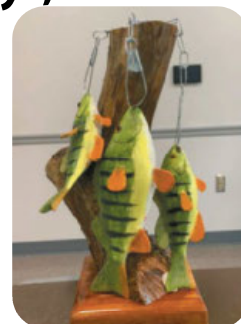
**Mondays & Wednesdays,  
1 – 4 p.m.**

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

**Location:** Senior Center

**Not meeting**

**10/09, 12/25 or 1/01**







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

## Christmas Crafts

**Join American House**  
**Friday, November 17 at 2 p.m.**  
**or Oakmont Sterling on**  
**Friday, December 1 at 2 p.m.**  
**for some creative holiday crafts!**



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

**November Ref. #: 6003.221**

**December Ref. #: 6003.222**

**Location:** Senior Center



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.
6003.211	Th	10/05 – 10/26	\$24 / \$32
6003.223	Th	11/02 – 11/30*	\$24 / \$32
6003.224	Th	12/07 – 12/28*	\$18 / \$24

**October Project: To Be Determined**

**November Project: Christmas Tree**

**December Project: To Be Determined**

**Location:** Senior Center

**\*No Class 11/23 or 12/14**



## 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 bottom of this page.

## Helping the Homeless

**Tuesdays, October 3,**  
**November 7 & December 5**  
**from 4 – 8 p.m.**

**EVENINGS  
ADDED!**

**Tuesdays, October 17, November 21**  
**& December 19 from 1 – 4 p.m.**

Help prepare plarn (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

**Wednesday, December 20 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 - all-purpose cleaner
- 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

10/11/23	Senior Discovery Day at the Toledo Zoo
10/12/23	Outdoor Adventure Center: <i>Riverfront Railroads</i>
10/19/23	Soaring Eagle Casino
10/25/23	"Ken Ludwig's Moriarty" at Meadow Brook Theatre
11/02/23	Westview Orchards Cider Mill
11/08/23	OPC 650 Players "Something's Afoot"
11/28/23	Great Lakes Crossing Mall
12/5/23	<i>Holly, History &amp; Harmony</i> at Addison Oaks Buhl Estate
12/07/23	"White Christmas" at the Encore Theatre
01/25/24	Zehnder's Snowfest in Frankenmuth
01/31/24	"Father of the Bride" at Meadow Brook Theatre
02/20/24	FireKeepers Casino
05/21/24	Niagara Falls Overnight
04/25/24	Treasures of Europe
09/11/24	Alaska Discovery
03/28/25	Spain's Classics



## 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

(Opens Thursday, 10/05)

### WESTVIEW ORCHARDS

**Thursday, November 2** 

Join us for a trip down memory lane to purchase a crisp, refreshing glass of cider and a fresh cider donut. Westview owns and operates 188 acres of land and encompasses six generations of family dedication.

Cost	Depart	Return	Ref. #	Travel By:
\$5 / \$8	9:45 a.m.	Noon	6003.432	SMART

(Opens Thursday, 10/05)

OPC 650 Players presents...

### Something's Afoot

**Wednesday, November 8** 

Combine Agatha Christie's most ingenious murder mystery plot with a delightfully dizzy musical comedy score and what do you get? A delightful musical where the bodies pile up between songs, and the young lovers don't know whether to kiss or run for cover! Enjoy a roast beef dinner and dessert before the show.

Cost	Depart	Return	Ref. #	Travel By:
\$30/ \$33	4:15 p.m.	8:45 p.m.	6003.428	SMART

(Opens Thursday, 11/02)

### Great Lakes Crossing Mall

Christmas SHOPPING 

**Tuesday, November 28** 

The Holidays are fast approaching and this is a great time to pick up some presents for those on your nice list. Or you may be completely stressed out with the holidays and need some personal retail therapy / mall walking to help calm the nerves. The bus will drop you off to enjoy the day as you wish; take in a movie at the theatre, have lunch with a friend, get a new outfit, etc.

Cost	Depart	Return	Ref. #	Travel By:
\$5 / \$8	9:45 a.m.	2:45 p.m.	6003.430	SMART

(Opens Thursday, 10/05)

### Holly, History & Harmony at Buhl Estate

**Tuesday, December 5** 

Enjoy an elegant, scrumptious buffet at the historic Buhl Estate at Addison Oaks County Park. Learn about the history of Addison Oaks as well as holiday traditions in different cultures. Then, sit back and enjoy the seasonal music of the Twelfth Night Singers.

Cost	Depart	Return	Ref. #	Travel By:
\$50 / \$53	9:15 a.m.	3:15 p.m.	6003.429	SMART

(Opens Thursday, 10/05)

The Encore Musical Theatre Co. presents..

### Irving Berlin's WHITE CHRISTMAS THE MUSICAL

**Thursday, December 7** 

This holiday season discover the Encore Musical Theatre in Ann Arbor to enjoy a dazzling score by Irving Berlin, featuring well-known standards including "Blue Skies," "I Love a Piano," "How Deep is the Ocean" and the perennial title song, "White Christmas". This is an uplifting, wholesome musical that will delight audiences of all ages. Based on the classic film, White Christmas tells the story of a song-and-dance team putting on a show in a magical Vermont inn and falling for a stunning sister act in the process. Full of dancing, laughter and some of the greatest songs ever written! Travelers will have lunch at Gandy Dancer with a choice of:

- 1) Oven Roasted Antarctic Salmon
- 2) Lemon Chicken
- 3) Parmesan Crusted Snapper

Cost	Depart	Return	Ref. #	Travel By:
\$120/ \$125	10 a.m.	6 p.m.	6003.431	Bianco

(Opens Thursday, 11/02)



**Thursday, January 25, 2024**

Celebrate winter fun with larger-than-life snow and ice sculptures in Frankenmuth for Snowfest! Enjoy a 2-piece chicken dinner at Zehnder's along with a Dueling Piano show. Patrons will have time for shopping following the show.

Cost	Depart	Return	Ref. #	Travel By:
\$80 / \$85	9:30 a.m.	7 p.m.	6001.421	Bianco

(Opens Thursday, 10/06)

**Meadow Brook Theatre presents..**

## Father of the Bride

**Wednesday, January 31**

Poor Mr. Banks! His jacket is too tight, he can't get a cocktail, and he's footing the bill.... He's the father of the bride. Stanley Banks is just your ordinary suburban dad. He's the kind of guy who believes that weddings are simple affairs in which two people get married. But when daddy's little girl announces her engagement, Mr. Banks feels like his life has been turned upside down.

Cost	Depart	Return	Ref. #	Travel By:
\$43 / \$46	12:45 a.m.	5:30 p.m.	6001.420	SMART



- Historic Marshall - March 20
- Soaring Eagle Casino - April 10
- Mystery Trip w/Bianco - May 16



See Winter Fifty Plus Post for registration date.



**Tuesday, February 20**

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.	6001.422	CARRS



**May 21 - 22, 2024**

**Cost: Single \$488 Resident / \$496 Non-resident  
Double \$410 Resident / \$418 Non-resident  
Triple \$392 Resident / \$400 Non-resident**

**Ref. #: 6002.423**

Take in the breathtaking views of Niagara Falls, Ontario for this one night excursion stay at the Sheraton on the Falls (Casino Niagara is attached to the hotel). Enjoy time to shop at White Oaks Mall on the way. A buffet dinner is included at the Fallsview Restaurant along with the Voyage to the Falls boat tour (included). There will be some free time to see the sights and attractions within walking distance of the hotel.



## EXTENDED TRAVEL OPTIONS ALASKA DISCOVERY LAND & CRUISE

(featuring a 7 night Holland America Cruise)

**September 11 - 22, 2024**



\$5,499 Double \$8299 Single with air from DTW  
w/26 meals (11 breakfasts, 7 lunches & 8 dinners)  
\*Additional pricing options for cruise room view.

## SPAIN'S CLASSICS March 28 - April 8, 2025



\$4,749 Double \$5649 Single with air from DTW  
w/16 meals (10 breakfasts, 2 lunches & 4 dinners)

Information on both trips available online at [myshpr.net](http://myshpr.net)  
and at the Senior Center. Registration  
for these trips is directly through

**collette**

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## 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 \$13 Resident/\$19 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:

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## 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 lakeshorelegalaid.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 & understanding.

## Parks & Recreation Senior Center Staff

**Parks & Recreation Director:** Kyle Langlois

**Recreation Superintendent:** Kristen Briggs

**Recreation Specialist:** Jennifer Rizzo

**Main Office:** Christine McCullum, Bozena Saladiak & 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,  
Carol Olson, Sherion Bounds & Tom Koller

**Bus Drivers:** Becky Stewart, Sharon Lautenbach, Ed Streling,  
Karen McClellan, Matt Finateri, Denise Berg, Susan Nihem,  
Joe Battaglia, Gerry Hoste, Matt Lockwood, Mark Czarnecki,  
Jerry Snelling & Eric Hauer

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

OR CURRENT RESIDENT

welcome  
TO THE  
TEAM

Please welcome Christine McCullum, Management Assistant, to our team! Christine will be helping with our Minibus Service, making sure our riders are getting where they need to go and that our staff are well equipped to get them there. We are excited to have Christine as part of the team and can't wait to see all that she brings to enhance our services. Welcome aboard!



Happy  
Holidays  
AND A  
JOYFUL NEW YEAR

May the true spirit of the holidays fill your heart and home with joy today and into the coming year. We thank all of our patrons for their time spent with us this year and look forward to "**Aging Well**" together in 2024!