

Spring 2025
(April - June)

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

SPRING 50+ Programming Closures

- 4/18 - 4/19 – Good Friday/Easter Holiday
- 5/24 - 5/26 – Memorial Day

Cancellation line: (586) 446-2693 The message is updated by 8 a.m. if there are program cancellations due to weather. If the message is from a different day, it means there are no modifications to the current schedule.

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The Celebration Continues!

Our year long celebration of *Fifty Plus Years of 50+ Programming* continues and we have packed our Spring programming with exciting new additions, plus we are bringing back some patron favorites. Make sure to check out this edition and see how we can help you *age well* this season! We will be continuing to add to our programming with some pop-up surprises along the way, so keep an eye on social media, visit myshpr.net and look for information posted around the Senior Center to see additional offerings as they arise.

50+ programming has been so successful over the years thanks to our dedicated staff and wonderful volunteers. In 2024 our volunteers logged over 2,300 hours which is about \$30,000 in saved wages. National Volunteer Week is April 20 - 26 and we want to take a moment and thank our current volunteers for giving of their time and talents. We appreciate all that you give to make 50+ programming a success. Below is a look back at some of our wonderful volunteers over the years.



Memorial Day is a time to pause and remember all of the brave men and women that have made the ultimate sacrifice for our freedom. The 46th Annual Sterling Heights Memorial Day Parade will kick off at 10 a.m. on Monday, May 26. A ceremony will be held in the City Center Courtyard at 9 a.m. to pay tribute to all veterans who have died in the line of duty. For more information, contact Community Relations at (586) 446-2470.



Registration Basics

- Register early to avoid program cancellations.
- 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.
- **Spring Fifty Plus Post:**
 - Programs advertised only in the **Fifty Plus Post**, with a reference number but not a specific date: **9 a.m. on 4/01.**
 - Programs with a reference number and a specific registration date listed (ex: trips, parties, etc.), at **2:15 p.m.** on the date listed. Numbers will be given out starting at 2 p.m. for in-person registrations.
- **Spring / Summer City Magazine: Opens 4/07**
- Waiting lists are formed when programs become filled. Being added to a waitlist is not a guaranteed spot in the program nor does it mean that additional classes or spaces will be added. Openings to be filled from waiting lists will be communicated via email.
- Registration forms must be completely filled out. Please make sure we have a correct email address since correspondences will be sent via email.
- **Registrations cannot be taken over the phone.**
- Cash, checks and credit cards are accepted.
- Checks should be made Payable to: "Treasurer, City of Sterling Heights".



5 Ways To Register

Mail

Mail registration form to:
Sterling Hts. Senior Center
40555 Utica Rd.P.O. Box 8009
Sterling Heights, MI 48311-8009

Online*

Sign in or create an account at
myshpr.net to register online
(*credit card payments only).

In Person

Fill out a registration form (on page 30)
and bring it to the Senior or
Community Center.

Fax

Fax form to:
(586) 276-4066

Email

Email completed form to:
seniorcenter@sterlingheights.gov

*  = Online Registration
not available



Members receive full access to all drop-in style programming and many other programs at no additional charge. The cost is \$16 resident / \$32 non-resident and is good for one full year from date of purchase. Becoming a member is easy! Simply come to the Senior Center with your form of payment and fill out a Membership Registration Form. 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**. Memberships also make great holiday gifts, the kind that keep giving all year long.

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. 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!

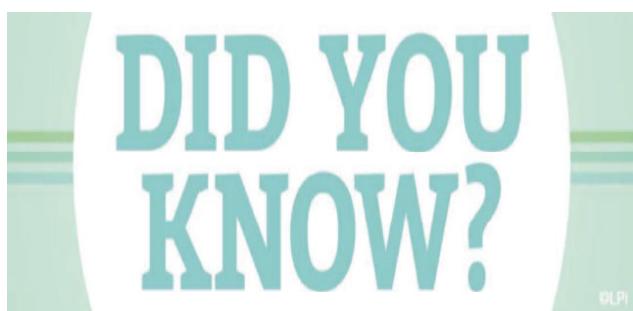
Sterling Heights Minibus Service

A **SMART** Way To Travel

Curb-to-curb transportation service is offered Monday - Friday 8:30 a.m. 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. Rides can be requested up to 14 days in advance and are first come, first served and limited. 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:
email shprbus@sterlingheights.gov
or
Call (586) 446 - 2757**

Phone lines are open Monday – Friday 9 a.m. – 12 p.m. and 1 - 4 p.m.



Registered riders can get a ride to the Dodge Park Farmers Market. The market runs on Thursdays beginning June 5 through September. Rides must be reserved like any other appointment. Our goal is to get riders to the market shortly after it opens so riders get the best selection.

NEWS YOU CAN USE

(Opens Tuesday, 4/01)



**Thursday, May 1
11:30 a.m. – 2:15 p.m.**

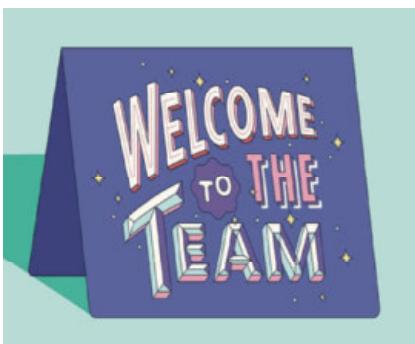
(Doors open for the party at 11:15 a.m.)

Dig out your bell-bottoms and join us to relive the fun of the '70s at our Spring Disco Fever gathering. High Fidelity Sounds will be spinning the groovy beats, so don't forget your boogie shoes! Century Banquet Center will be providing a luncheon of lemon chicken, wild rice, peas & carrots, salad, roll and butter, dessert and a choice of non-alcoholic beverages. Grab a friend and sign-up early! All are welcome! **Last day to register is 4/16/25.**

Cost: \$21 Resident / \$26 Non-resident

Ref. #: 6002.500

Location: Community Center



Introducing Mackenzie Z., our new Program and Services Assistant. Although she is fresh to the Parks and Recreation family, she has been working for the City for over a year and was recently named *DPW Part Time Employee of the Year*. When we asked her to tell us a little about herself she said "While out of the office I enjoy reading, crafting and spending time outdoors with my family and dog Rosemary. I am excited to start this journey with the Sterling Heights Senior Center and can't wait to meet everyone." We are excited to see the impact Mackenzie will have on 50+ programming. Welcome to the team!

PET SUPPLIES PLUS. DIRTY DOG DISCOUNT CARD*

Spring is here! Get all the benefits of washing your dog without the pain of cleaning your bathroom too! You can purchase a discount card for only \$20 (\$70 Value) for 5 washes! No limit on the number of cards you can purchase. Cards can be purchased at the Senior Center, Community Center or the Nature Center.

**Only good at the 18 Mile Rd. near Dequindre location*



Treasure Hunter's Market

**Saturday, May 17
9 a.m. – 2 p.m.**

Join the search for treasure in Dodge Park at this year's market. No maps needed here, vendors will have multitudes of treasures for you to purchase. Items range from: clothes, tools, sporting goods, music and many other collectibles. Admission is free but make sure to bring plenty of cash to take home the best treasures! Food vendors will be on site to keep you fueled while you explore.





**In celebration of fifty plus years of 50⁺ programming,
we will be offering five⁺ concerts to enjoy!**

Registration is NOT required, so grab your friends, family or come on your own and enjoy an hour of great entertainment! Programs will be held at either the Senior Center or Farmers Market Pavilion, keeping us covered - rain or shine! **Sponsored by:**



SENIOR CENTER

MOTOR CITY SAX QUARTET

Friday, May 9
at 11 a.m.

HERITAGE HANDBELLS

Thursday, May 22
at 10:30 a.m.

FARMERS MARKET PAVILION

THE RAMBLERS BAND

Wednesday, June 25
at 10:30 a.m.



ELVIS by Ron Short

Wednesday, August 27
at 2 p.m.

STEVE FLOYD

Wednesday, July 16
at 10:30 a.m.



**Don't forget to bring
your chair for events
held at the Farmers
Market Pavilion.**

SEE THE SUMMER EDITION OF THE FIFTY PLUS POST FOR THE SEPTEMBER CONCERT INFORMATION.



Begins June 5

The Sterling Heights summer tradition has some amazing events planned for the 2025 season. Dodge Park Farmers Market gives residents opportunities to buy fresh and local while Music in the Park will be celebrating 50 years of musical excellence bringing a variety of musical acts and fun additions. For an updated list of vendors and performers check our social media pages.



Spelling Bee



BEE A PART OF THE 20TH ANNIVERSARY STERLING HEIGHTS TEAM!

Have you heard the buzz about our spelling team? Ready to put your spelling skills to the test? Help us bring home the 1st place title and *bee* a part of the Sterling Heights Senior Center 2025 Spelling Team! The team works together against other senior centers and the Center with the most spellers at the end of the competition wins! ***This year's event is on Friday, October 10 at the Shelby Township Senior Center.***

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 Thursday, July 17.**

New! Chair Volleyball

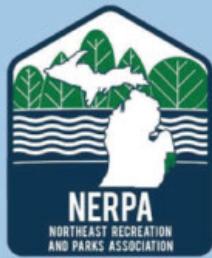
**Tuesdays, April 22 - May 13
Noon - 1 p.m.**

Members have had so much fun with our once-a-month games that we have decided to offer four consecutive weeks of play and move the fun into the gym, allowing us to offer multiple courts worth of play. Chair Volleyball helps with balance, core strength, joint flexibility, hand-eye coordination and endurance! Similar rules to regular Volleyball with the major differences being: the ball is a beach ball, a smaller court is used, the net is lower, participants must remain in a chair during play (at least one cheek) and the ball can be hit as many times as necessary to get it over the net to their opponent's side. Join us for the fun...the hardest part is staying in your chair!

Cost: Free for Members (Registration required)

Ref. #: 6001.141

Location: Senior Center Gym



Sunday, October 19 - Wednesday, October 22, 2025

First come, first served registration begins at **8:30 a.m. on Tuesday, April 1 at the Recreation Authority Center of Roseville & Eastpointe**. Detailed fliers are available at the Sterling Heights Senior Center or by calling (586) 445-5480.

See page 27 for more Extended Travel opportunities.

GRAND CONNECTIONS

Grand Connections programming is for strengthening bonds between generations, making memories to last a lifetime while having fun in the process. When registering, please sign up each grandparent and grandchild.

GRAND GARDEN EXPERIENCE

Tuesday, June 17
10 a.m.

Share in the joy of gardening with your grand! Create a self-watering milk jug garden planter and learn about taking care of your mini garden all summer long! Each participant will create a planter and have their choice of seedlings to add to it. Ages 6 & up.

Register by June 5.



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

Ref. #: 6002.201

Location: Senior Center

GRAND OUTDOOR GAMES

Tuesday, August 5
10 a.m.

Time for summer fun with your grand. Participate in three different popular backyard games: ladderball, cornhole and bocce. Get some exercise while enjoying time with your grand! No experience necessary! Each grand will receive a snack and a goody bag! Ages 6 & up.

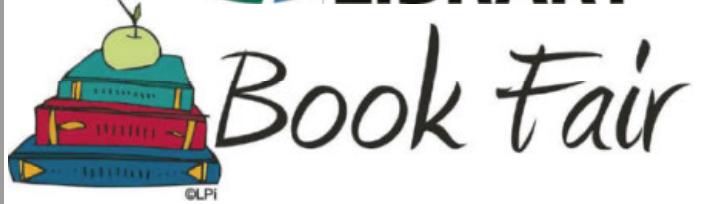
Register by July 28.



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

Ref. #: 6002.202

Location: Bocce Barn



**Wednesday,
May 14
9 a.m. - noon**

**Shop great deals on hardcover books,
paper backs, puzzles, DVDs and more
in the Atrium!**

SHOE DRIVE CHALLENGE

April 1 - 30

***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! Please pair shoes by tying or **rubber banding them together**. Donations can be placed in the collection bin located near Rooms 5 & 6. **Please do not bring shoe boxes.**

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Clinton Township, MI 48035
586.792.7231

Oakmont Sterling
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Sterling Heights, MI 48314
586.739.9494



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RESOURCES AND SERVICES



MICHIGAN SECRETARY OF STATE MOBILE OFFICE IS COMING TO YOU

**Tuesday, April 29
10 a.m. to 3 p.m.**

The Secretary of State is bringing its services to the Center! No more long wait times at the SOS office. Simply make an appointment to complete your SOS transactions including State I.D. or driver's license renewal, title transfers, disability placards and more. **Call the Center at (586) 446-2750 to schedule an appointment.** Before coming to the appointment, the participant will be required to pick up an information packet so you will be prepared for your appointment.



**Wednesdays, April 9, May 14,
June 11 and July 9
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.#: 6001.217

Location: Senior Center

Drug



Take Back Day

**Saturday, April 26
10 a.m. - 2 p.m.**

Safely dispose of old prescriptions at one of the locations listed below. Can't make it that day? Drop your prescriptions off anytime in the medication disposal box in the lobby of the Sterling Heights Police Department.

Locations: St. Michael's Church on Hayes or Kroger on Schoenherr Rd.



MMAP
MICHIGAN MEDICARE
ASSISTANCE PROGRAM

Navigating Medicare

**Confused by Medicare?
Make an appointment
with a
Medicare Counselor**

**Wednesdays,
April 16, May 21, June 18
and July 16
Appointments start at 9 a.m.**

New to Medicare? Questions on Part D, Advantage Plans, Medigap? Or on Medicare charges & coverage? A Certified Medicare Counselor from the Michigan Medicare Medicaid Assistance Program (MMAP), a service of AgeWays, is 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



**Thursdays,
April 10 & 24,
May 8 & 22 and June 12 & 26**

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, check with your insurance company. 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



Veterans Benefit Outreach



**Fridays,
May 16 and June 20**

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.

For more information or to make an appointment please call (586) 446-2750.

Cost: Free

Location: Senior Center

Dining Senior Style



Mondays – Fridays

Tickets sold 10:30 – 11:30 a.m.

(Meal tickets available in Room 8 and 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 AgeWays. Dining Senior Style menus are available at the Senior Center and online at myshpr.net (Menu items may be subject to change without notice).

BLOOD PRESSURE SCREENING

**Wednesdays,
April 9, May 14,
June 11 and July 9
9 – 10 a.m.**

Blood pressure checks are offered the second Wednesday of every month. No appointment necessary, just drop in to get checked.

Brought to the Center by:



Location: Senior Center

FUN AND GAMES



Tuesdays, April 8, May 13, June 10 & July 8 Bingo starts at 10 a.m. (Cards sold 9 – 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 are 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 six regular games and one 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

Apr. Ref. #: 6001.318

June Ref. #: 6002.306

May Ref. #: 6002.300

July Ref. #: 6002.312

Location: Senior Center

On-Going GAMES

**Tuesdays at 5:30 p.m.
Wednesdays at 9:30 a.m.
Thursdays at 1 p.m.
Saturdays at 11 a.m.**



Swoop, Rummikub, Hand & Foot oh my! Join us to play games and meet new friends. All are welcome!

No Play 4/19 or 5/24



Tuesdays, April 15 - May 6 1 – 2 p.m.

Have you been wanting to learn the game of Mah-Jongg but aren't sure how to start? Join seasoned players for a 4-week instructional session. You'll learn about tiles, game-play, rules, strategies, and the etiquette of this ancient game. For the class, it is recommended you order your own 2025 Rule Cards from [www.nationalmahjongleague.org](http://nationalmahjongleague.org). Come observe during regular play days and once you feel you have the basics, join in! (see pg. 13).

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

Ref. #: 6001.219

Location: Senior Center



Fridays, April 4, May 2, June 6 & September 5 10 a.m.

Bunco is a lively, social dice game that requires no skill! Bunco is all about rolling the right numbers to win rounds. 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.

Apr. Ref. #: 6001.319 **June Ref. #:** 6002.307

May Ref. #: 6002.301 **Sept. Ref. #:** 6003.301

Location: Senior Center



Open Cards

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. **All of the games listed below are for No Play 4/18, 4/19, 5/24 or 5/26**

Bridge

Mondays, Tuesdays, Thursdays, & 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, Wednesdays, Fridays & Saturdays at 11 a.m.

Tuesdays & Thursdays at 12:30 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, April 11, May 9,

June 13 and July 11

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.

Apr. Ref. #: 6001.320 June Ref. #: 6002.308

May Ref. #: 6002.302 July Ref. #: 6002.314

Location: Senior Center

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 4/19, 5/24 or 5/26**

Mah-Jongg

**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. Experience necessary. **No Play 4/19, 5/24 or 5/26**

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 5/26**

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning



Wednesday, April 2
10 a.m.

Join the Alzheimer's Association Michigan Chapter and learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.
Brought to the Center by:



Cost: Free (Registration required)
Ref. #: 6001.215
Location: Senior Center

"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.

Behind the Seen

Painted with Silk: The Art of Early American Embroidery

Thursday, April 24
2 p.m.

From the 1600s until about 1830, the education of American girls emphasized reading, writing, and embroidery. For girls whose families could afford to send them to school, a finely worked embroidery which was worthy of being framed for display in her home served as a kind of diploma. It evidenced both her mastery of an important practical skill and the diligence and self-discipline that society expected of its more privileged members.

Cost: \$3 Residents / \$5 Non-residents (members free)
Ref.#: 6001.222
Location: Senior Center



Wednesday, April 23
10 a.m.

Join the Corewell Health trauma team to learn about important basic steps that can be taken to save a life. Participants will be educated on how to control life threatening bleeding with hands-on materials. In addition, hands-only cardiopulmonary resuscitation (CPR) skills will be taught. Instructors will also be going over the use of an automated external defibrillator (AED). Class size is limited, sign-up early. *Brought to the Center by:*

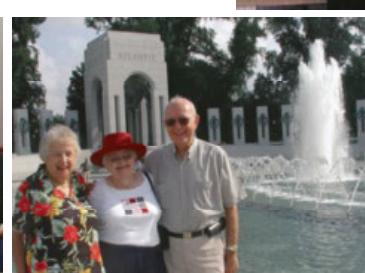
Cost: Free (Registration required)
Ref. #: 6001.221
Location: Senior Center





50+ YEARS OF MEMORIES

Oh the places we have gone and the moments we have shared. Here is just a sampling of some of the fun we have had over the years. We are eager to see what the next fifty years brings!



DROP-IN WEEK-AT-A-GLANCE SPRING 2025

Members ONLY	<i>Please see page listed for program details.</i>	M	T	W	Th	F	S
Billiards (pg. 23)		伞	伞	伞	伞	伞	伞
Bridge (pg. 13)		伞	伞		伞	伞	
Canasta (pg. 13)						伞	
Concan (51) (pg. 13)		伞	伞	伞	伞	伞	伞
Dining Senior Style (pg. 11)		伞	伞	伞	伞	伞	
Euchre (pg. 13)				伞			
Get Together		伞		伞		伞	
Mah-Jongg (pg. 13)		伞			伞		伞
Mexican Train Dominoes (pg. 13)		伞		伞			伞
Model Builders (pg. 23)		伞		伞			
On-Going Games (pg. 12)			伞	伞	伞		伞
Pinochle (pg. 13)		伞	伞	伞			
Scrabble (pg. 13)		伞		伞			
Sit-n-Stitch (pg. 22)				伞			伞
Snippety Quilters (pg. 22)			伞				伞
Stained Glass (pg. 22)					伞		
Up & Down the River (pg. 13)			伞				
Woodcarving (pg. 23)		伞		伞			

Outdoor Fitness Park

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 lightning.

Mondays - Thursdays* (*until 5/22)

9 a.m. – 8:45 p.m.

Fridays & Saturdays

(Thursdays Beg. 5/29)

9 a.m. – 4:45 p.m.





50+ FUN, FITNESS & GAMES

The Senior Center active life wing of the building offers a variety of programs to keep members moving and having fun! Athletic 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 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.

New! Basketball: Horsing Around

Challenge fellow members to a game of horse, around the world or just shoot a few hoops to improve skills and have fun. This is not a time for full court games.

Bocce

This is a low impact, fun activity that is easy to learn. Bocce is a game for all ability levels. *Beginning 4/21.*

Cardio Room

The Cardio Room offers six pieces of equipment to help get the heart pumping. To best ensure all of our patrons remain safe and avoid injuries a mandatory orientation is required before visiting the Cardio Room. Call the Senior Center Gym at (586) 446-2766 to schedule your orientation class or email seniorcenter@sterlingheights.gov.

Cornhole

This bag-tossing game is commonly found at tailgating parties and is very easy to learn. Open to all; no experience 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* (*until 5/22)
9 a.m. – 8:45 p.m.

Fridays & Saturdays

(Thursdays Beg. 5/29)
9 a.m. – 4:45 p.m.

For the latest gym schedule visit myshpr.net or pick up a paper copy at the Senior Center or Community Center. Please carry in your athletic shoes; no street shoes are allowed in the gym, cardio room or on the walking track.

Arthritis Exercise

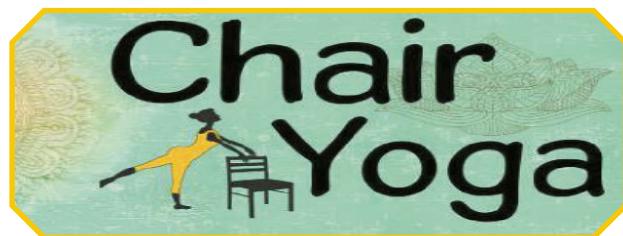
The Arthritis Exercise program may be designed for people with arthritis who want to safely increase their physical activity levels, but it may also benefit those with other chronic health conditions who want to be more active! Increase joint flexibility and range of motion while maintaining muscle strength. 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.
6002.100	M	5/05 – 6/23*	\$49 / \$63
6002.101	W	5/07 – 6/25	\$56 / \$72
6002.102	F	5/09 – 6/27	\$56 / \$72
6002.136	M	7/07 – 8/25*	\$42 / \$51
6002.137	W	7/09 – 8/27*	\$49 / \$63
6002.138	F	7/11 – 8/29*	\$49 / \$63

*No Class: 5/26, 7/21, 7/23, 7/25 or 7/28



Chair Yoga is a gentle, seated form of yoga that incorporates basic yoga principles like connecting breath with movement to help increase flexibility, strength, clarity and balance. The practice modifies standard yoga poses so that you can do them while sitting in a chair or standing and using a chair for balance.

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.
6002.106	M	5/05 – 6/23*	\$49 / \$63
6002.107	W	5/07 – 6/25	\$56 / \$72
6002.108	F	5/09 – 6/27	\$56 / \$72
6002.142	M	7/07 – 8/25*	\$42 / \$54
6002.143	W	7/09 – 8/27*	\$49 / \$63
6002.144	F	7/11 – 8/29*	\$49 / \$63

*No Class: 5/26, 7/21, 7/23, 7/25 or 7/28

Belly Dancing

This graceful Middle Eastern dance style provides energizing, low impact dance-exercise. It is a fun and unique form of exercise that builds strength, improves balance, and increases flexibility within your core muscles while still providing stress relief through its calming rhythmic music. Get ready to take on new challenges — belly dancing awaits!



Instructor: Zea Weisenbach
Location: Senior Center
Days / Time: Wednesday at 6 p.m.

Ref. #:	Day	Dates	Res. / Non.
6002.104	W	4/30 – 5/21	\$28 / \$36
6002.105	W	5/28 – 6/18	\$28 / \$36
6002.140	W	8/06 – 8/27	\$28 / \$36

Chair Zumba GOLD

Chair Zumba aims to improve overall energy, core stability, muscular strength, cardiovascular endurance and motor skills for those who find it difficult to stand for extended periods of time, those with limited mobility and anyone who wants a great seated workout! Shake weight exercises are also incorporated and available to use to enhance your workout.

Instructor: Barb Wolcott (T)
Dalya Markarian (Th)
Location: Senior Center
Days / Time: Tuesday at 11:30 a.m.
Thursday at 10 a.m.

Ref. #:	Day	Dates	Res. / Non.
6002.110	T	5/06 – 6/17	\$49 / \$63
6002.111	Th	5/08 – 6/26	\$56 / \$72
6002.146	T	7/08 – 8/26*	\$49 / \$63
6002.147	Th	7/10 – 8/28*	\$49 / \$63

*No Class: 7/22 or 7/24

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.
6002.113	M	4/28 – 6/23*	\$56 / \$72
6002.149	M	7/07 – 8/25*	\$42 / \$54

*No Class: 5/26, 7/21 or 7/28

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.
6002.116	Th	5/08 – 6/26	\$56 / \$72
6002.152	Th	8/07 – 8/28	\$28 / \$36

Intermediate:

Ref. #:	Day	Dates	Res. / Non.
6002.115	T	5/06 – 6/24	\$56 / \$72
6002.151	T	7/08 – 8/26*	\$49 / \$63

*No Class: 7/22

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 / Time: Tuesdays: Beginner – 10 a.m.
 Thursdays: Beginner 9:30 a.m.
 Intermediate – 10:45 a.m.

Ref.# Beg	Ref.# Inter	Day	Dates	Res./Non.
6002.126		T	5/06 – 6/17	\$49 / \$63
6002.127	6002.128	Th	5/08 – 6/19	\$49 / \$63
6002.160		T	7/08 – 8/26*	\$49 / \$63
6002.161	6001.162	Th	7/10 – 8/28*	\$49 / \$63

*No Class: 7/22 or 7/24



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.
6002.131	M	5/05 – 6/23*	\$49 / \$63
6002.132	T	4/22 – 5/27	\$42 / \$54
6002.133	F	5/09 – 6/27	\$56 / \$72
6002.165	M	7/07 – 8/25*	\$42 / \$54
6002.167	F	7/11 – 8/29*	\$49 / \$63

*No Class: 5/26, 7/21, 7/25 or 7/28

MOVE YOUR BODY



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.
6002.134	T	5/06 – 6/17	\$49 / \$63
6002.168	T	7/08 – 8/26*	\$49 / \$63

*No Class: 7/22



**CITY OF
Sterling Heights
PARKS &
RECREATION**

50+



WALKING CLUB

Bocce Barn Opening April 21

The Bocce Barn is reserved for Senior Center Members and 50+ programming scheduled activities only from 9 a.m. - 4 p.m. Monday - Friday. Patrons wishing to use the Bocce Barn are to first check in at the main Senior Center desk. Restrooms inside the Senior Center will be available during these times. New programming will include washers and putting-a-round. Check the schedule often as times and programs change regularly.



Wednesdays
May 7 - September 24
9:30 a.m.

Meet new friends, explore new parks, 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.

Start your first walk off on the right foot! Join us for a special presentation on Wednesday, May 7 at 9:30 a.m. with Level 11 Physical Therapy to learn some warm up techniques and stretches to improve your walking experience. After the presentation, the group will be walking at Dodge Park. **Brought to the Center by:**



Cost: \$16 Resident / \$21 Non-resident

Ref.#: 6002.501

Location: All walks will depart from Senior Center. For walks at destination parks, walkers can either meet at the park or travel to the park via the Senior Center SMART bus.



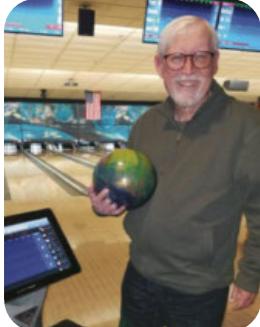
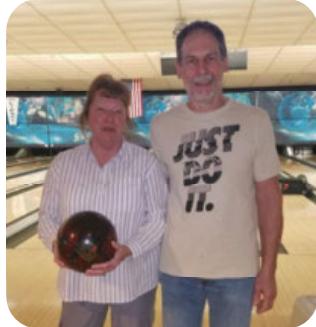
50+ Bowling League

Strike up friendships and join the Center's 50+ Bowling League! This fun, recreational league meets for 28 weeks at 5 Star Lanes on Mondays at 9:30 a.m.. The league begins on Monday, September 15, 2025. The cost to register for the league is \$18 Resident / \$26 Non-resident with only \$9 per week collected on site. The cost includes three games, mystery games, end-of-season luncheon and 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 18.

Ref. #: 6003.502

Location:



PICKLEBALL 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. Paddles and balls are provided. **No prior experience necessary.**

Instructors: Chip Fazio or Jeff Ng

Location: Senior Center Gym

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

Ref. #:	Day	Dates	Res. / Non.
6001.155	T	April 1	\$17 / \$22
6001.156	Th	April 24	\$17 / \$22
6002.118	T	May 6	\$17 / \$22
6002.119	T	June 10	\$17 / \$22
6002.154	M	July 7	\$17 / \$22
6002.155	M	July 14	\$17 / \$22
6002.156	T	August 5	\$17 / \$22

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, 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: Chip Fazio or Jeff Ng

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

Location: Senior Center Gym

Ref. #:	Day	Dates	Res. / Non.
6002.121	T	May 13 - June 3	\$56 / \$73

ARTS AND LEISURE



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.
6001.213	Th	4/03 – 4/24	\$28 / \$36
6002.210	Th	5/01 – 5/29	\$35 / \$45
6002.211	Th	6/05 – 6/26	\$28 / \$36

Location: Senior Center



SERVICE PROJECTS

Helping the Homeless

Tuesdays, April 1, May 6, June 3

from 4 – 7 p.m. and

Tuesdays, April 15, May 20, June 17
from 1 – 4 p.m.

Volunteers prepare plarn (plastic yarn) that will be crocheted into mats for the homeless. Help us by sorting and cutting plastic grocery bags into strips.

Helping Heroes

Monday, May 12 at 11 a.m.

Volunteers fill care bags for the 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 needed (NEW Items only):

individually wrapped toilet paper, dish soap, laundry detergent, full size tissue boxes, individually wrapped paper towel, cleaning supplies.



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

and

**Saturdays, April 26,
& June 28**

9 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



**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.

Do you have yarn you would like to donate?

The Sit-n-Stitch group accepts donations only on Wednesdays during the time they meet each week. Visit the group in Room 7 at the Center to drop off your donations.

Location: Senior Center
Not meeting 4/19 or 5/24

Create & Take

Looking to get creative? Come to the Senior Center and join fellow crafters for socializing and fun while making an artistic creation to take home. Space is limited, registration is required.

**Friday, May 16
at 2 p.m.**

Join **American House** to create a fun winter craft!

Ref. #: 6002.203

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

Location: Senior Center



Wood Carving

**Members
ONLY**

**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 5/26



MODEL BUILDERS

**Mondays
& Wednesdays,
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 5/26



**Members
ONLY**

BILLIARDS

8

**Mondays -Thursdays* (*Until 5/22)
9 a.m. – 8:45 p.m.
Fridays & Saturdays**

**Members
ONLY**

**(Thursdays beginning 5/29)
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 4/18, 4/19, 5/24 or 5/26

Location: Senior Center
Enter at gym doors after 5 p.m. & Saturday

General Trip Information

- Resident registration for trips begins in-person and online at **2:15 p.m.** on the day listed above the trip title. Numbers will be given out starting at 2 p.m. for in-person registrations.
- Non-residents may register the *next day* at 2:15 p.m.**
- Pricing listed is resident / non-resident.
- Dates & 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 availability of wheelchair seating.
- Trips are **non-refundable** unless a suitable replacement can be secured at least two business days prior to departure.
- Travelers are to park in the northeast lot. 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 begins 1 hour prior to departure.
- Trip itineraries and meal choices are subject to change. When possible, travelers will be alerted via email prior to departure.

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.



All of our upcoming outings are listed below chronologically. Please check: myshpr.net or email seniorcenter@sterlingheights.gov to inquire if spots are still available.

Departs	Destination
04/10/25	"My Mother and the Michigan/Ohio War" at the Purple Rose Theatre
04/22/25	Great Lakes Crossing Mall
04/25/25	DSO Concert "Women Rock"
04/30/25	Soaring Eagle Casino
05/07/25	"The Rat Pack Lounge" at Meadow Brook Theatre
05/08/25	Outdoor Adventure Center: Motor City Memories
05/15/25	"Nunsense" at Cornwell's Dinner Theatre Turkeyville, USA
05/20/25	Diamond Jacks Cruise
05/27/25	The Conservatory at Belle Isle
06/06/25	Detroit Tigers vs. Chicago Cubs
06/11/25	"Shear Madness" at Meadow Brook Theatre
06/11/25	Black Hills, Badlands & Mt. Rushmore
06/13/25	Bay City
06/20/25	DSO Concert "The Music of Cole Porter"
06/24/25	Eastern Market
07/09/25	"Bert & Trixie Visit the Vet" at the Purple Rose Theatre
07/15/25	Ford House & Gardens Tour
07/29/25	Eastern Market
08/04/25	FireKeepers Casino
08/08/25	Detroit Tigers vs. LA Angels
08/12/25	Canadian Rockies & Glacier National Park
08/15/25	Blake's Sunflower Festival
09/15/25	Greece Island Hopper
12/03/25	San Antonio Holiday
02/26/26	Sunny Portugal
10/22/26	Spotlight on the French Riviera

TRAVEL

(Opens Tuesday, 4/01)

Diamond Jacks

Tuesday, May 20



Cruise the Detroit River learning about historical markers along the route. Enjoy a delicious lunch of Chicken Piccata, Pasta Alfredo, red skin potatoes, green beans, garden salad with dressing, rolls, dessert, coffee and soft drinks aboard Diamond Jacks riverboat while taking in the sights.

Cost	Depart	Return	Ref. #	Travel By:
\$61 / \$64	10:30 a.m.	3:15 p.m.	6002.428	SMART

(Opens Tuesday, 4/01)

Anna Scripps Whitcomb Conservatory at Belle Isle

Tuesday, May 27



Join us for a guided tour of the newly renovated Anna Scripps Whitcomb Conservatory. It showcases an exotic and rare collection of plants from around the world and is the oldest continually-running conservatory in the United States. Following the tour, take in the sights of the island and enjoy a stop at the Oudolf Garden.

Cost	Depart	Return	Ref. #	Travel By:
\$16 / \$19	8:30 a.m.	12 p.m.	6002.430	SMART

(Opens 4/01- Game 1, 5/21 - Game 2 & 6/18 - Game 3)

Detroit Tigers

Fridays, June 6, August 8

or September 19



Don't strike out, join us for one, two or three opportunities to head to the old ball game to cheer on the Detroit Tigers this summer. Weather permitting there will be fireworks after the games. Seats are in section 113.

Date	Cost	Depart	Return	Ref. #	Travel By:
6/06	\$52 / \$54	4:30 p.m.	11 p.m.	6002.429	SMART

Date	Cost	Depart	Return	Ref. #	Travel By:
8/08	\$44 / \$47	4:30 p.m.	11 p.m.	6002.431	SMART

Date	Cost	Depart	Return	Ref. #	Travel By:
9/19	\$39 / \$42	4 p.m.	11 p.m.	6003.401	SMART

(Opens Tuesday, 4/01)

Meadow Brook Theatre presents... SHEAR MADNESS

Wednesday, June 11



This unique comedy-whodunit takes place today in the "Shear Madness" hair salon and is chock full of up-to-the minute spontaneous humor. During the course of the action, a murder is committed, and the audience gets to spot the clues, questions the suspects and solve the funniest mystery in the annals of crime. The outcome is never the same, which is why many audience members return again and again to the scene of mayhem.

Cost	Depart	Return	Ref. #	Travel By:
\$47 / \$50	12:45 p.m.	5:30 p.m.	6002.421	SMART

(Opens Tuesday, 4/01)

BAY CITY

Friday, June 13



Tour Bay City, an old lumber and shipping town that has many old stories, filled with ghosts, legends and other folk lore. Learn about Hell's Half Mile and Water Street where as many as 5000 loggers would hit the street. Tour the district with turn-of-the-century brick buildings, which house quaint specialty shops, eateries and pubs. Enjoy a buffet luncheon at Krzysiak's House, one of the most popular restaurants in the Bay area. After lunch board the Princess Wenonah for a 2-hour cruise down the Saginaw River into Saginaw Bay.

Cost	Depart	Return	Ref. #	Travel By:
\$78 / \$83	7:30 a.m.	4:45 p.m.	6002.425	Bianco

(Opens Tuesday, 4/01)

PNC Pops Coffee Concert with the DSO

Let's Misbehave: The Songs of Cole Porter

Friday, June 20



Cole Porter's songs feel forever new. Pianist Tony DeSare, trombonist Aubrey Logan, and tap dancer John Manzari put fresh spins on "Night and Day," "I Get A Kick Out of You," "I've Got You Under My Skin," "Anything Goes," and more.

Cost	Depart	Return	Ref. #	Travel By:
\$53 / \$56	8:45 a.m.	1:25 p.m.	6002.422	SMART

TRAVEL

(Opens 5/21-June Trip & 6/18-July Trip)

EASTERN MARKET

Tuesdays, June 24 or July 29 

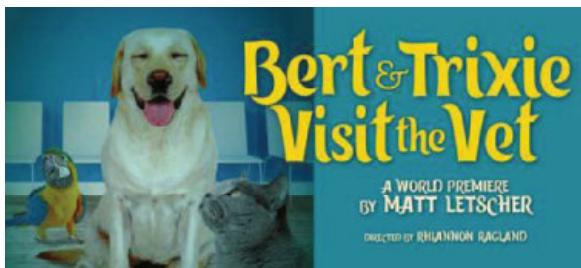
Tuesdays at the Eastern Market feature a sampling of the historic Market experience through the inclusion of farmers, flowers, produce dealers, specialty products and prepared food vendors. Please note that items purchased must be able to be stored between you and the seat in front of you or on your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

Date	Cost	Depart	Return	Ref. #	Travel By:
6/24	\$6/ \$9	10:15 a.m.	2 p.m.	6002.433	SMART

Date	Cost	Depart	Return	Ref. #	Travel By:
7/29	\$6/ \$9	10:15 a.m.	2 p.m.	6002.434	SMART

(Opens Tuesday, 4/01)

Purple Rose Theater presents....



Wednesday, July 9 

Four pets in a veterinarian's waiting room plan an escape when they fear that one of them has been brought in to be put down or "never come back." A comedy about life, death, the family you choose, the family who chooses you and what it means to truly be free. (Contains adult language and subject matter.) Travelers will have lunch at Weber's Restaurant with a choice of 1) caramelized salmon – topped with scallions or 2) Tuscan pan-seared chicken – Andouille sausage, mushrooms, red onion, cilantro, sun-dried tomatoes in a cream sauce. All entrées served with house salad with dried cranberries and toasted almonds, vegetable, Au Gratin potatoes, rolls, pastries, coffee, hot tea or soft drink. 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:
\$105 / \$110	10:30 a.m.	6:30 p.m.	6002.426	Bianco

(Opens Wednesday, 5/21)

Ford House & Gardens Tour

Tuesday, July 15 

Discover the private estate of one of America's most iconic automotive families.

Stroll through Eleanor's Rose Garden and Josephine's vegetable garden, immersing yourself in their historical significance. Throughout this picturesque escapade, discover the architectural marvels that grace Ford House, each narrating a unique story of its own. Luncheon at the visitor center is included. *Please note that due to terrain variations, this tour isn't accessible for those with mobility challenges. Dress comfortably and be prepared for the elements by wearing suitable footwear.*



Cost	Depart	Return	Ref. #	Travel By:
\$68 / \$71	9 a.m.	2:45 p.m.	6002.432	SMART

(Opens Wednesday, 6/18)



Monday, August 4 

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 used for food, drink, merchandise or additional slot play); driver tip is included. Valid identification required to receive free slot play.

Cost	Depart	Return	Ref. #	Travel By:
\$47 / \$52	9 a.m.	7 p.m.	6002.435	Carrs

(Opens Wednesday, 6/18)

BLAKE'S SUNFLOWER FESTIVAL

Friday, August 15 

More details to come! Check for trip information fliers at the Center in June.

EXTENDED TRAVEL



For additional details, or to register for the trips listed on this page, visit: myshpr.net or the Sterling Heights Senior Center.

• • • • • (Opens Tuesday, 4/01)

ART PRIZE - GRAND RAPIDS

September 30 - October 1, 2025

\$435 / \$443 Triple
\$475 / \$483 Double
\$596 / \$604 Single
w/2 meal vouchers
Ref. #: 6003.400



Highlights: One night at the Amway Grand Hotel Downtown, free time to explore Art Prize and hotel amenities, guided tour of Frederik Meijer Gardens, wine tasting at Robinette's Apple Haus.

Travel arrangements through:

Tour Activity Level: 2 out of 4



SAN ANTONIO HOLIDAY

December 3 - 7, 2025

5-days (4 nights - San Antonio)

\$2,825 per person
double occupancy



Highlights: San Antonio City Tour, San Jose Mission, LBJ Ranch, Alamo, Riverwalk Cruise, Austin City Tour, LBJ Museum at UT, Lady Bird Wildflower Center, National Museum of the Pacific War, 4 nights at one hotel.

Travel arrangements through:

Tour Activity Level: 2 out of 4



At 10 a.m. on Thursday, April 24 a representative from Premier World Discovery will be presenting and answering questions regarding the San Antonio trip. All are welcome!

*SUNNY PORTUGAL February 26 - March 6, 2026



3,499 Double / \$3,899 Single
w/ air from DTW & 13 meals
(8 breakfasts, 2 lunches & 3 dinners)

Highlights: Lisbon, Belem, Choice of: "Calcadas" walking tour or "The Way of the Cod" tour, Cork Factory, Evora, Alentejo, Lagos, Algarve, Portimao, Setubal, Portuguese Riviera, Obidos, Sintra, UNESCO World Heritage Sites, and Choice of: National Palace of Sintra or walking tour.

Travel arrangements through:

Tour Activity Level: 2 out of 4



*SPOTLIGHT ON THE FRENCH RIVIERA October 22 - 30, 2026



\$3,999 Double / \$4,699 Single
w/ air from DTW & w/12 meals
(7 breakfasts, 1 lunch & 4 dinners)

Highlights: Nice Flower Market, Tasting Tour in Old Town of Nice, Monaco, Hilltop Village of Eze, Perfumery Workshop, Saint-Jean-Cap-Farret, Cannes, Wine Tasting, St. Paul de Vence.

Travel arrangements through:

Tour Activity Level: 3 out of 4



***On Monday, May 19 a representative from Collette will be presenting and answering questions regarding two of our upcoming travel opportunities. All are welcome!**

-10 a.m. - Sunny Portugal

-11 a.m. - Spotlight on the French Riviera

STAY TUNED:

for more information about upcoming travel opportunities in 2026 - 2027.

- Savannah and Charleston - April 2026
- Landscapes and Lighthouses of Coastal Maine - September 2026
- Ireland - February 2027

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Friday, Jan. 26 | 10:00 AM

Spring into Motion!
Wednesday, March 20 | 10:00 AM

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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 CardInfo	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 _____ 01/21/25

This form is for Classes and Trips ONLY. Membership Registration Forms can be found at the Senior Center.



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Cancellation Line: (586) 446-2693

E-mail us at:
seniorcenter@sterlingheights.gov

Location: 40200 Utica Rd.
Entrance is on Utica Rd.
(Between 17 Mile & Dodge Park Rd.
one block East of Dodge
Park roundabout)

Mailing Address:
Sterling Heights Senior Center
40555 Utica Rd.
P.O. Box 8009
Sterling Heights MI, 48311-8009

Minibus Service:
shprbus@sterlingheights.gov or
(586) 446-2757
(Mon.-Fri. 9 a.m. - 12 p.m. & 1 - 4 p.m.)

Parks & Recreation Senior Center Staff

Parks & Recreation Director: Kyle Langlois

Recreation Superintendent: Kristen Briggs

Recreation Specialist: Jennifer Rizzo

Management Assistant: Christine McCullum

Senior Clerk: Bozena Saladiak

Program and Services Assistants: Julie Sarcona and Mackenzie Zyla

Program Assistants : Leona C., Kim S., Jean V., Roy V., Linda J., Janet H., Connie M., Linda K., Angela R., Maggie P., Carol O., Sherion B., Tom K., Nancy T., Debra M. & Kelly H.

Bus Drivers: Sharon L., Ed S., Matt F., Karen M., Denise B., Susan N., Joe B., Mark C., Jerry S., Steve V., John P. & Donna O.

Other Helpful Information:

AgeWays (formerly Area Agency on Aging 1-B): (800) 852-7795 or AgeWays.com

Priority Waste (refuse disposal): (855) 927-8365 or Prioritywaste.com

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

Mac. Co. Office of Senior Services: (586) 469-5228 or macombgov.org/seniors
(Loan Closet, Home Chore Assistance, Meals on Wheels, Dining Senior Style, etc.)

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: lobby of the Police Dept. (Available 24/7)
(40333 Dodge Park Rd.)

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

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

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.

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

OR CURRENT RESIDENT

Sterling Heights Community Garden

Join us as we celebrate the grand opening of the Community Garden at James C. Nelson Park on May 1 at 6 p.m.! This event will officially kick off the growing season and mark a significant step forward in the City of Sterling Heights' commitment to a greener, healthier, and more connected community.



The Community Garden is just the beginning of the exciting James C. Nelson Park Improvements. Each of the new enhancements will transform the park into a vibrant space for education, recreation and sustainability while ensuring accessibility for all. With over 100 garden beds, micro forests, and unique attractions, the park will serve as a hub for environmental learning, fresh food access, and community engagement. Come celebrate this milestone with us and be part of a healthier, more vibrant community! Garden beds licenses are still available for the 2025 season.

2025 Season Fees

Garden Beds	Approximate Size	Annual License Fee
In Ground Garden Beds	4' x 12'	\$120
Above Ground Planting Beds	6' x 3'	\$60
ADA/Wheelchair Accessible Garden Beds	3' x 6'	\$60
Children's Garden Beds - Ages 6 to 12	3' x 3'	\$30