

Summer 2025  
(July - September)

# 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

## 50<sup>+</sup> Programming Closures

- 7/04 – Independence Day
- 7/21 - 7/28 – Sterlingfest
- 8/30 - 9/01 – Labor 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.



Spring has sprung and is already done! It is hard to believe our year-long celebration of *Fifty Plus Years of 50<sup>+</sup> Programming* is halfway over. During the last three months we have enjoyed seeing so many smiling faces while participating in 50<sup>+</sup> Programming and sharing time with others. The summer schedule is packed with fun outings, pop-up celebrations,

new activities and many member favorites. Make sure to check out this edition and see how we can help you **age well** this summer! Please mark your calendars that the Senior Center and Community Center will be closed from Monday, July 21 - Monday, July 28 due to Sterlingfest. Although Sterlingfest may be the City's biggest event, there are many more fun things planned this summer season! Make sure to stay up-to-date on social media and visit [myshpr.net](http://myshpr.net) for information on all that will be happening around town.

## IN THIS ISSUE

50 <sup>+</sup> Registration Info .....	2
Membership Info.....	3
Minibus Bus Info.....	3
News You Can Use.....	4 – 7
Resources & Services....	10 – 11
Fun and Games .....	12 – 13
Lifelong Learning.....	14 – 15
Move Your Body .....	16 – 20
Travel .....	21 – 25
Arts & Leisure .....	26 – 27
Registration Form .....	30
Contact Information.....	31
Dodge Park Thursdays.....	32
Project SEARCH Update .....	32



# 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.
  - **Summer Fifty Plus Post:**
    - Programs advertised only in the **Fifty Plus Post**, with a reference number but not a specific date: **9 a.m. on 7/01.**
    - 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.
  - **Fall City Magazine: Opens 8/18**
- Waiting lists are formed when programs become filled. Being added to a wait list 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

### Online\*

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

### Fax

Fax form to:  
(586) 276-4066

### In Person

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

### Mail

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

### 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](http://myshpr.net).

**To make an appointment:**  
**email [shprbus@sterlingheights.gov](mailto: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.**

### DID YOU KNOW?



SMART fixed-route drivers and our own Minibus drivers provide the shuttles for Sterlingfest. In 2024, over 19,000 riders were transported during the three-day event. Due to Sterlingfest 2025, Minibus transportation will be closed from Wednesday, July 23 through Friday, July 25. During this time we will not be able to provide rides or take appointments. SMART connector, Flex and myride2 are resources for transportation while we are closed.



Registration is NOT required, so grab your friends, family or come on your own and enjoy an hour of great entertainment! These concerts will be held at the Dodge Park Farmers Market Pavilion, keeping us covered - rain or shine!

Sponsored by:



**Don't forget to bring your chair.**

### STEVE FLOYD

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



### ELVIS

by Ron Short

**Wednesday, August 27**  
at 2 p.m.

### BRIAN BAGOZZI

**Friday, September 12**  
at 2 p.m.



# September

IS

# SENIOR CENTER MONTH

In September we have a lot to celebrate! Not only will we be continuing to celebrate *Fifty Plus Years of 50<sup>+</sup> Programming*, but it is also Senior Center Month! Senior Centers from all across the nation are recognized for the difference they make within their communities (however, we like to think that every month is Senior Center Month). No matter the size or location, Senior Centers not only provide fun programming but vital services that allow individuals to **age well**. This year we thought it would be fun to dig out the ole Ice Cream Cart. During the month of September it will be popping up at different locations to celebrate our programming and our patrons. You never know when or where it will be or what may be inside. It will be a party on wheels and we look forward to these sweet celebrations!





(Opens Tuesday, 9/02)



**Friday, October 24**  
**11:30 a.m. – 2:15 p.m.**  
(Doors open for the party at 11:15 a.m.)

Calling all Disco Draculas, line dancing leopards and pop 'n' lockin pumpkins. Grab dancing shoes and your favorite costume and come prepared for a howling good time. High Fidelity Sounds will be spinning spooktacular beats and a catered lunch will be provided (menu will be available on 8/01). Costumes are encouraged but not a necessity. Grab a friend and sign up early! All are welcome!  
**Last day to register is 10/08/25.**



**Cost:** \$21 Resident / \$26 Non-resident  
**Ref. #: 6003.500**  
**Location:** Community Center

## PET SUPPLIES PLUS. DIRTY DOG DISCOUNT CARD\*

Summer 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*



Sterling Heights Senior Center members enjoy having fun and spending time making memories with fellow members. Below are several opportunities for members to put a little sizzle in their summer. Although these activities are free for members, please register so we can be prepared for the correct amount of participants.

## Horse Races

**Wednesday, July 30**  
**11 a.m.**

**Ref. #: 6002.503**

Teams will shake, rattle and roll to get their horses down the straightaway and cross the finish line. Come with friends or meet new ones. All members are welcome.



## Wacky Water Games

**Wednesday, August 13**  
**10:30 a.m.**

**Ref. #: 6002.504**

Beat the summer heat with some fun water activities. Participants should come dressed to get a little wet and bring a beach towel. Bathing suits are not required. All members who compete in the fun will have an opportunity to try and douse a staff member.

## Puzzle Palooza

**Wednesday, September 3**  
**10:30 a.m.**

**Ref. #: 6003.534**

Members will be put into groups and compete to be the first team to complete their jigsaw puzzle.





Members ONLY

## "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 2025 Sterling Heights Senior Center 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.

**Deadline to sign up is Thursday, July 17.**

**Cost:** Free for Members (Registration required)

**Ref. #: 6002.502**



.....

## Perfume-Free Zone



Please do not use scented powder, perfume or cologne when visiting the Center. Many of our patrons have respiratory problems, allergies and sensitivities that can be triggered by scents. Thank you for your cooperation!



Members ONLY

## Chair Volleyball

We started with only two teams of play in our atrium and have worked our way to multiple courts of play in the gym. Chair Volleyball helps with balance, core strength, joint flexibility, hand-eye coordination and endurance! With similar rules to regular Volleyball, the major differences are: 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)

**Day:** Tuesdays

**Location:** Senior Center Gym

Ref. #:	Dates	Time
6002.222	7/29 – 8/26*	10 - 11 a.m.
6003.220	9/02 – 9/30*	12 - 1 p.m.
6003.221	10/07 – 11/04*	12 - 1 p.m.

**\*No Play: 8/12, 9/09 or 10/14**





# 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 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



Members ONLY

**Tuesday, September 23  
9:30 - 11:30 a.m.**

Are you struggling to figure out your new (or old) electronic device? The Sterling Heights Public Library will be here to answer your tech questions! Members are asked to bring the device(s) they would like assistance with (smart phone, tablet, e-reader, laptop, etc.). Get your questions answered during a 20 minute one-on-one session. Spots are first come, first served.



**Wednesday,  
September 10  
9 a.m. - noon**  
Shop great deals on  
hardcover books, paper  
backs, puzzles, DVDs and  
more in the Atrium!



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Sterling Heights, MI 48314  
586.726.0603

### ENHANCED INDEPENDENT LIVING

#### Oakmont Parkway

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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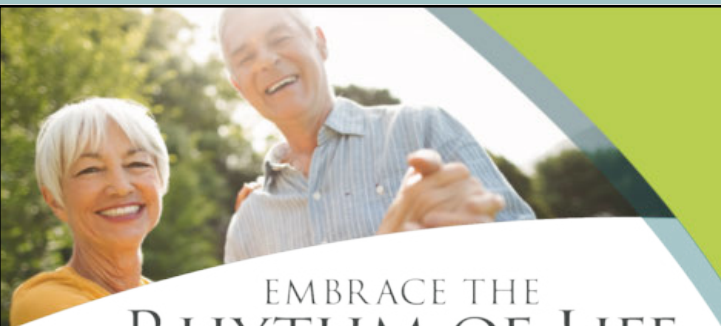


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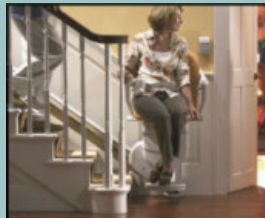


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## RESOURCES AND SERVICES

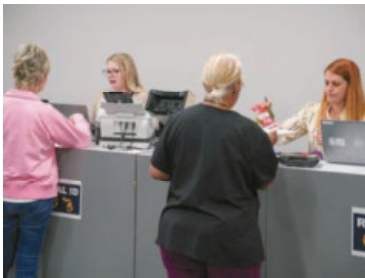


### MICHIGAN SECRETARY OF STATE MOBILE OFFICE IS COMING TO YOU



**Wednesday, August 20  
10 a.m. – 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 can pick up an information packet to assist in being prepared for their appointment.



**Wednesdays, July 9, August 13,  
September 10 & October 8  
10 a.m.**

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

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

**Cost:** Free (Registration required)

**Ref. #:** 6001.217

**Location:** Senior Center

### BLOOD PRESSURE SCREENING

**Wednesdays,  
July 9, August 13  
and September 10  
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

OAKMONT  
Sterling



**MMA**

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Navigating Medicare

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

**Wednesdays,  
July 16, August 20  
& September 17  
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 (MMA), 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, July 10 & 17, August 7 & 21 and September 11 & 25

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, August 15, September 19 & October 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.

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

**Cost:** Free

**Location:** Senior Center



## 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](http://myshpr.net) (Menu items may be subject to change without notice).



Shown below are details and contact information for cooling centers located within the City. These cooling centers are air-conditioned public facilities where people may go for relief during temporary periods of extreme heat; these centers provide shade, water, and restrooms during operating hours.

**Sterling Heights Public Library** – (586) 446-2665  
40255 Dodge Park Rd.  
Monday – Thursday 8:30 a.m. – 8 p.m.  
Friday 1 – 5 p.m.  
Saturday 9:30 a.m. – 5 p.m.

**Sterling Heights Senior Center** – (586) 446-2750  
40200 Utica Rd.  
Monday – Wednesday 9 a.m. – 8 p.m.  
Thursday – Saturday 9 a.m. – 5 p.m.

**Sterling Heights Community Center** – (586) 446-2700  
40250 Dodge Park Rd.  
Monday, Tuesday, Wednesday, Friday, Saturday 9 a.m. – 8 p.m.  
Thursday 9 a.m. – 5 p.m.

## FUN AND GAMES



**Tuesdays,  
July 8, August 12,  
September 9 & October 14**  
**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**

**July Ref. #: 6002.312**

**Sept. Ref. #: 6003.300**

**Location:** Senior Center

**Aug. Ref. #: 6002.318**

**Oct. Ref. #: 6003.306**



**Fridays,  
September 5 & October 3**  
**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.**

**Sept. Ref. #: 6003.301**

**Oct. Ref. #: 6003.307**

**Location:** Senior Center



**Fridays, July 11, August 8,  
September 19 & October 10**  
**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.**

**July Ref. #: 6002.314    Aug. Ref. #: 6002.320**

**Sept. Ref. #: 6003.302    Oct. Ref. #: 6003.308**

**Location:** Senior Center







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 7/21 - 7/28, 8/30 or 9/01**

## 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 10 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 10:30 a.m.**

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

# 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 7/22, 7/23, 7/24, 7/26 or 8/30**

## 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 7/21, 7/23, 7/26, 7/28, 8/30 or 9/01**

## 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 7/21, 7/24, 7/26, 7/28, 8/30 or 9/01**



Mah-Jongg lessons for beginners will return in the Fall.

## 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 7/21, 7/23, 7/28 or 9/01**



**Mondays\* & Thursdays,  
August 4 - October 16  
2 - 3 p.m.**

Bingocize® is a 10-week, evidence-based health promotion program approved through both SNAP-Ed and The National Council on Aging (NCOA). Bingocize® combines exercise and health information with the familiar game of Bingo, which is a fun way to get moving and socializing. This program targets sedentary older adults and people with disabilities at all ability levels to help them improve mobility and independence. To participate, you must commit to attending twice a week for 10 weeks. Space is limited. **Brought to the Center by:**

**\*Not meeting 9/01 or 10/13**

**Cost:** Free (Registration required)

**Ref. #: 6002.205**

**Location:** Senior Center



## Ten Warning Signs of Alzheimer's

**Tuesday, September 16  
10 a.m.**

Join the Alzheimer's Association Michigan Chapter and learn the differences between normal aging and Alzheimer's. Become aware of common warning signs and the importance of early detection.

**Brought to the Center by:**



**Cost:** Free (Registration required)

**Ref. #: 6003.204**

**Location:** Senior Center

## Grandparent Raising Grandchildren Support Group

**Wednesday, September 17  
at 10 a.m.**

Join us for the next Grandparent Raising Grandchildren Support Group meeting where you will meet other grandparents in the SE Michigan area who, just like you, raise their grandchild, more often, grandchildren—several grandchildren. Though all situations are unique, you'll meet grandparents of all ages who are seeking information and connections with others who understand this role. You'll discover resources and valuable information that will help you in your journey. We hope to see you there.

Grandparents Raising Grandchildren (GRG) program is a part of the Oakland Livingston Human Service Agency (OLHSA) and provides free services to grandparents who reside in the same home as related children in kinship care in Oakland, Livingston, and Macomb Counties. Program includes workshops, support groups, and intergenerational activities. If you'd like to connect with someone before the meeting, contact Lisa Grodsky, Program Operations Manager, (248) 372-1915 or Martha Rodgers, Program Consultant, (248) 842-2597.

**Cost:** Free (Registration required)

**Ref. #: 6003.206**

**Location:** Senior Center



**Thursdays,  
September 11 - October 16  
9:30 a.m. - noon**

Diabetes Personal Action Toward Health (PATH) is a fun, six-week interactive workshop led by certified leaders with personal experience to help all adults living with Type 2 diabetes live a healthier life. Learn to manage all aspects of diabetes including communicating better with family and friends, relaxation, understanding nutrition labels, handling difficult emotions and increasing strength and endurance through physical activity. Managing diabetes can present challenges throughout life, and making changes can be hard. Feel more confident and focused as you create personal action plans and set practical, achievable goals that are right for you!

**Brought to the Center by:**



**Cost:** Free (Registration required)

**Ref. #: 6003.210**

**Location:** Senior Center



# The Ins & Outs of Power of Attorneys

**Tuesday, September 23  
at 10 a.m.**

Join Brian Grant to learn about what a Power of Attorney (POA) is and who should have a POA? Learn about when a POA becomes effective and what you should consider when selecting the person that will be making decisions when you aren't capable of making them yourself.

**Brought to the Center by:** **O'REILLY RANCILIO P.C.**  
ATTORNEYS AT LAW

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

**Ref. #: 6003.207**

**Location:** Senior Center



**MANAGING CONCERNS ABOUT FALLS**

**Wednesdays,  
October 15 -  
December 10\*  
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.

**Brought to the Center by:** **HENRY FORD HEALTH.**

**\* Not meeting November 19**

**Cost:** Free (Registration required)

**Ref. #: 6003.209**

**Location:** Senior Center

# Understanding Alzheimer's & Dementia

**Tuesday, October 21  
10 a.m.**

Join the Alzheimer's Association Michigan Chapter and learn about the impact of Alzheimer's. Gain an understanding of the disease stages and risk factors. Current research and available treatment options will also be shared.

**Brought to the Center by:** **ALZHEIMER'S ASSOCIATION**

**Cost:** Free (Registration required)

**Ref. #: 6003.205**

**Location:** Senior Center



**Monday, October 27  
& Tuesday, October 28  
9:30 a.m. - 1:30 p.m.**

New content added! The AARP Driver Safety Course is specifically designed for drivers age 50 and older. You'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. Learn techniques for handling left turns, right of way and roundabouts. This 8-hour (2 days for 4 hours each day) Driver Safety Program is a classroom course geared to help mature drivers improve their safe driving techniques, navigate dangerous road conditions and avoid accidents. Participants who complete the course will receive a certificate which may be used for insurance discounts offered by some insurers. Only cash or checks made payable to AARP due at registration. *\*This class does not teach you how to drive.*

**Cost:** \$20 AARP Member / \$25 Non-AARP Member

**Ref. #: 6003.208**

**Location:** Senior Center



## MOVE YOUR BODY



# 50+ FUN & FITNESS

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](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.

## 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.

## 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](mailto: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

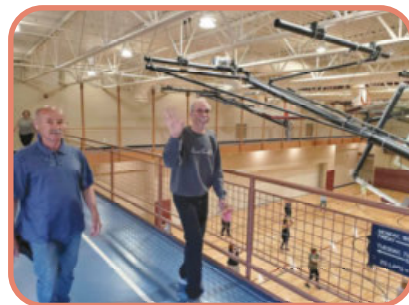
There are multiple play times for each skill level. Players rotate and will get to play with a variety of skill levels. Please note that pickleball ratings are self designated, staff do not make the call. Players are allowed to come to one block of time per day. (i.e., A player may not play during the 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 - Wednesdays\***

(\*Thursdays beginning 9/04)

**9 a.m. – 8:45 p.m.**

**Thursdays, Fridays & Saturdays**

**9 a.m. – 4:45 p.m.**

**For the latest gym schedule visit [myshpr.net](http://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.**



# 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 fee 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 31.**

Ref. #: 6003.502

Location: **5 STAR LANES**



# 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 - Wednesdays\***

(\*Thursdays beginning 9/04)

**9 a.m. – 8:45 p.m.**

**Thursdays, Fridays & Saturdays**

**9 a.m. – 4:45 p.m.**

# BOCCE BARN

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 this season includes washer toss and putting-a-round. Check the schedule often as times and programs change regularly.



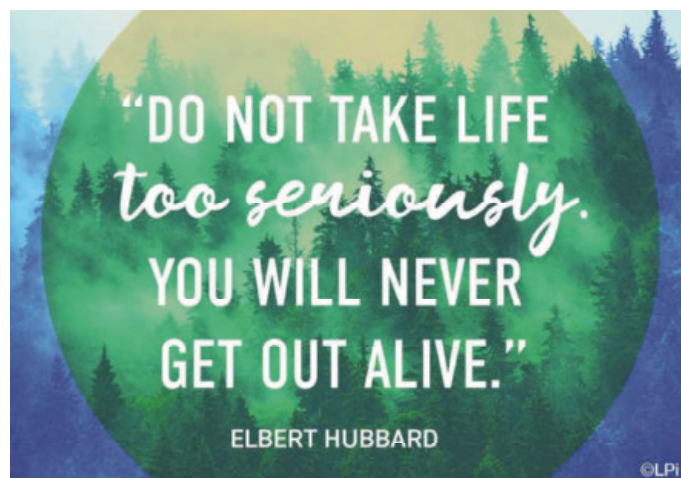
**WASHER TOSS**



**PUTTING AROUND**



**CORN HOLE**



## MOVE YOUR BODY

# 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.
6002.136	M	7/07 – 8/25*	\$42 / \$54
6002.137	W	7/09 – 8/27*	\$49 / \$63
6002.138	F	7/11 – 8/29*	\$49 / \$63
6003.100	M	9/08 – 10/27*	\$49 / \$63
6003.101	W	9/10 – 10/29	\$56 / \$72
6003.102	F	9/12 – 10/10	\$35 / \$45

\*No Class: 7/21, 7/23, 7/25, 7/28 or 10/13



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.
6002.142	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
6003.108	M	9/08 – 10/27*	\$49 / \$63
6003.109	W	9/10 – 10/29	\$56 / \$72
6003.110	F	9/12 – 10/17	\$42 / \$54

\*No Class: 7/21, 7/23, 7/25, 7/28 or 10/13



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.
6002.168	T	7/08 – 8/26*	\$49 / \$63
6003.127	T	9/09 – 10/21	\$49 / \$63

\*No Class: 7/22

# 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.

**Instructors:** Barb Wolcott (T)  
 Debbie MacKool (Th)  
**Location:** Senior Center  
**Days / Time:** Tuesday at 11:30 a.m.  
 Thursday at 10 a.m.

Ref. #:	Day	Dates	Res. / Non.
6002.146	T	7/08 – 8/26*	\$49 / \$63
6002.147	Th	7/10 – 8/28*	\$49 / \$63
6003.112	T	9/09 – 10/21	\$49 / \$63
6003.113	Th	9/11 – 10/23	\$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.
6002.149	M	7/07 – 8/25*	\$42 / \$54
6003.115	M	9/08 – 10/27	\$56 / \$72

\*No Class: 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.
6002.152	Th	8/07 – 8/28	\$28 / \$36
6003.118	Th	9/11 – 10/23*	\$42 / \$54

## Intermediate:

Ref. #:	Day	Dates	Res. / Non.
6002.151	T	7/08 – 8/26*	\$49 / \$63
6003.117	T	9/09 – 10/21	\$49 / \$63

\*No Class: 7/22 or 10/16

# 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:** Tuesday: Beginner - 10 a.m.

Thursday: Beginner (July Session) - 9:30 a.m.

Intermediate (July Session) - 10:45 a.m.

*New Times in Sept.* Beginner - 10 a.m. &  
 Intermediate - 11:15 a.m.

Ref.# Beg	Ref.# Inter	Day	Dates	Res./Non.
6002.160		T	7/08 – 8/26*	\$49 / \$63
6002.161	6001.162	Th	7/10 – 8/28*	\$49 / \$63
6003.120		T	9/16 – 10/21	\$42 / \$54
6003.121	6003.122	Th	9/18 – 10/23	\$42 / \$54

\*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 (Th)

**Location:** Senior Center

**Days / Time:** Monday at 9:30 a.m.

Thursday at 6 p.m. - **New Day!**

Friday at 11 a.m.

Ref. #:	Day	Dates	Res. / Non.
6002.165	M	7/07 – 8/25*	\$42 / \$54
6002.167	F	7/11 – 8/29*	\$49 / \$63
6003.124	M	9/08 – 10/27*	\$49 / \$63
6003.125	Th	9/11 – 10/23	\$49 / \$63
6003.126	F	9/12 – 10/17	\$42 / \$54

\*No Class: 7/21, 7/25, 7/28 or 10/13

# PICKLEBALL

## LESSONS LEAGUES

### Intro to Pickleball - One-day Clinic

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:** Paul Jones or Donna Santi

**Location:** Senior Center Gym

**Day / Time:** Monday at 11 a.m. - 1 p.m.  
Tuesday at 9:15 - 11:15 a.m. or \*Tuesday at 6 - 8 p.m.

Ref. #:	Day	Dates	Res. / Non.
6002.154	M	July 7	\$17 / \$22
6002.155	M	July 14	\$17 / \$22
6002.156	M	August 4	\$17 / \$22
6003.512	T	September 9	\$17 / \$22
6003.513	*T	September 16	\$17 / \$22

### Pickleball 101 (4-Week Session)

Want to learn more about pickleball, improve your skills and play in leagues or tournaments? Learn the rules of the game, basic hitting techniques and other tips and strategies of the game during this 4-week session. Paddles and balls are provided.

**Instructors:** Paul Jones or Donna Santi

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

**Location:** Senior Center Gym

Ref. #:	Day	Dates	Res. / Non.
6003.524	T	10/14 - 11/4	\$67 / \$87

### Pickleball Skills & Drills

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:** Paul Jones or Donna Santi

**Day:** Tuesday

**Location:** Senior Center Gym

Ref. #:	Time	Dates	Res. / Non.
6003.520	9:15 - 11:15 a.m.	9/16 - 10/7	\$67 / \$87
6003.521	6 - 8 p.m.	10/07 - 10/28	\$67 / \$87

Join our Pickleball Round Robin Ladder Leagues! 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,  
September 17 - October 22

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

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

**Ref. #: 6003.507**

**Dates:** Wednesdays,  
October 29 - December 3

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

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

**Ref. #: 6003.509**

**Location:** Community Center

### Substitute Player

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

**September Sub Ref. #: 6003.508**

**October Sub Ref. #: 6003.510**



# Know Before You Go!

- 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.**
- Trips are **non-refundable** unless a suitable replacement can be secured at least two business days prior to departure.
- 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.
- 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.
- Check-in begins 1 hour prior to departure.
- Travelers must be checked in at least 15 minutes 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

07/09/25	"Bert & Trixie Visit the Vet" at the Purple Rose Theatre
07/15/25	Edsel 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
08/21/25	Riverwalk: Robert Valade Park
08/26/25	Eastern Market
09/15/25	Greece Island Hopper
09/17/25	Zhender's "Rockin' Oldies Beach Party Boys"
09/19/25	Detroit Tigers vs. Atlanta Braves
09/30/25	Grand Rapids: Art Prize Overnight
10/03/25	DSO Concert "Troop Vertigo"
10/07/25	Ontario Wine Tour
10/15/25	Toledo Zoo - Senior Discovery Days
10/16/25	Outdoor Adventure Center: Riverfront Railroads
10/21/25	Luncheon Theatre Show "Dames at Sea" at the OPC
10/23/25	Franklin Cider Mill
10/29/25	"Catch Me if You Can" at Meadow Brook Theatre
11/13/25	Soaring Eagle Casino
11/21/25	DSO The Billy Joel Songbook
12/03/25	San Antonio Holiday
02/26/26	Sunny Portugal
04/24/26	Historic Savannah & Charleston
05/20/26	Sequoia & Kings National Parks
09/19/26	Landscapes & Lighthouses of Coastal Maine
10/22/26	Spotlight on the French Riviera
03/11/27	Ireland

## TRAVEL

(Opens Tuesday, 8/05)

### Detroit Riverwalk: Robert C. Valade Park Thursday, August 21



Join us for a day at the Detroit Riverwalk's newest park to open along the East Riverfront. It features an expansive, sandy beach with chairs and umbrellas. Robert C. Valade Park includes an important bridge along the Riverwalk connecting Stroh River Place to Aretha Franklin Amphitheatre, two of the most popular destinations along the riverfront. Visit the Café at Valade featuring takeout from Smokey G's Smokehouse or pack a bag lunch!

Cost	Depart	Return	Ref. #	Travel By:
\$6 / \$9	9:45 a.m.	2 p.m.	6002.438	SMART

(Opens Tuesday, 8/05)

### EASTERN MARKET

Tuesdays, August 26



Join us for the last Eastern Market trip of the season! Tuesdays feature a sampling of the historic Market experience through the inclusion of farmers, 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 buggies or wagons.

Cost	Depart	Return	Ref. #	Travel By:
\$6 / \$9	10:15 a.m.	2 p.m.	6002.436	SMART

(Opens Tuesday, 8/05)

Zhender's of Frankenmuth presents...

### ROCKIN' OLDIES BEACH PARTY BOYS

Wednesday, September 17



The Beach Party Boys are in their 10th year of non-stop touring. They have been described as the ultimate beach party coming to life! The show is fast paced and interactive with a focus on lots of nostalgia to awaken the teenage hearts of all those who carried a Transistor Radio in the 60's! Patrons will have time for shopping following the show. Includes 2-piece Chicken Dinner and show.

Cost	Depart	Return	Ref. #	Travel By:
\$85 / \$90	9:30 a.m.	7 p.m.	6003.402	Bianco

(Opens Tuesday, 8/05)

PNC Pops Coffee Concert with the DSO

### Troupe Vertigo

Friday, October 3



The DSO joins forces with Troupe Vertigo! Blending a mix of visually stunning acrobatics with the power of a world-class orchestra, this performance promises an unforgettable experience that will leave you on the edge of your seat!

Cost	Depart	Return	Ref. #	Travel By:
\$53 / \$56	8:45 a.m.	1:25 p.m.	6003.403	SMART

(Opens Tuesday, 8/05)

### Ontario Wine Tour

Tuesday, October 7



Join us to explore Ontario Canada's wine trail. Savor wine tastings at three unique wineries and enjoy lunch at North 42 Degrees Estate Winery & Bistro 42 with a choice of **1)** Wild Mushroom & cheese bread, **2)** Frittata with tomato relish (different options available), **3)** Grilled focaccia sandwich, **4)** Fish & Chips, **5)** House gnocchi, **6)** Korean fried chicken & waffles, sunny side up egg or **7)** Bistro burger. Each entrée served with fries or greens. This tour will be going into Canada. \*Proof of citizenship **must** be presented at the time of registration. The following forms are acceptable: Valid Passport, valid passport card, enhanced driver's license or certificate of naturalization accompanied by a valid passport.

Cost	Depart	Return	Ref. #	Travel By:
\$121 / \$126	9 a.m.	5:30 p.m.	6003.404	Bianco

(Opens Tuesday, 8/05)



Wednesday,  
October 15



Visit Toledo Zoo for Senior Discovery Day! The Toledo Zoo's animal collection consists of thousands of mammals, fish, reptiles, amphibians, birds, and invertebrates, representing 750+ exotic species from all over the world. Lunch will be a boxed choice of **1)** Chicken Salad with Mayo Sandwich or **2)** Turkey and Spinach Wrap. Lettuce, tomato, condiments, potato chips, apple, gourmet cookie and Coca-cola beverage included with each option.

**Cost:** \$58 Resident/\$63 Non-resident – Over 60

\$90 Resident / \$95 Non-resident – Under 60

Depart	Return	Ref. #	Travel By:
8:15 a.m.	4:30 p.m.	6003.407	Carrs



(Opens Thursday, 9/04)

DNR Outdoor  
Adventure Center



## Riverfront Railroads

Thursday, October 16 

In the early to mid-1900s, the Detroit waterfront was a hub of industry served by rail lines. Learn more about the rail era that flourished here along the riverfront for several decades. Includes pastries, coffee & tea.

Cost	Depart	Return	Ref. #	Travel By:
\$14 / \$17	8:15 a.m.	12:45 p.m.	6003.406	SMART

(Opens Thursday, 9/04)

OPC 650 Players presents...



## DAMES AT SEA

Tuesday, October 21 

Join us for a trip to the OPC in Rochester where you will step back into the golden age of movie musicals with **DAMES at SEA** for a high-spirited, toe-tapping celebration presented by the talented OPC 50+ Performing Arts troupe! Lunch is included.

Cost	Depart	Return	Ref. #	Travel By:
\$26 / \$29	11:15 a.m.	3:45 p.m.	6003.409	SMART

(Opens Thursday, 9/04)



Thursday, October 23 

Join us for a trip to Franklin Cider Mill this fall. Watch the original 90-ton press squashing fresh apples into cider, the old-fashioned bottler filling jugs with fresh Cider and the ovens cooking hot donuts.

Cost	Depart	Return	Ref. #	Travel By:
\$6 / \$9	9:30 a.m.	12:15 p.m.	6003.410	SMART

(Opens Thursday, 9/04)

Meadow Brook Theatre presents...

## CATCH ME IF YOU CAN A MYSTERY

Wednesday, October 29 

Overflowing with mirth, this Broadway whodunit is exciting from beginning to end. A Michigan advertising man, who has brought his bride to the boss' mountain lodge for a honeymoon, calls in the local police to investigate her sudden disappearance. Enter a pretty young girl who insists over his protests that she is the missing wife. A priest backs up her story. A funny little man who owns a delicatessen enters and before you know it there are two murders at the isolated lodge.

Cost	Depart	Return	Ref. #	Travel By:
\$47 / \$50	12:45 p.m.	5:30 p.m.	6003.405	SMART

(Opens Thursday, 9/04)



Soaring Eagle  
CASINO & RESORT®

Thursday, November 13 

Spend a day at Soaring Eagle Casino playing the latest games. You will receive \$20 in Premium Play, earn 600 points & receive \$10 in play, \$10 food (loaded onto card) and \$10 in Bingo bucks; driver tip is included. Valid identification required to receive Premium Play.

Cost	Depart	Return	Ref. #	Travel By:
\$52 / \$57	9 a.m.	7 p.m.	6003.408	Carrs

(Opens Thursday, 9/04)

PNC Pops Coffee Concert with the DSO

## The Billy Joel Songbook

Friday, November 21 

The DSO and Tony DeSare bring Billy Joel's greatest hits to life! Hear classics like "Piano Man," "New York State of Mind," and "Just the Way You Are" in a symphonic tribute conducted by Enrico Lopez-Yañez.

Cost	Depart	Return	Ref. #	Travel By:
\$53 / \$56	8:45 a.m.	1:25 p.m.	6003.411	SMART

## EXTENDED TRAVEL



For additional details, or to register for the trips listed on this page, visit: [myshpr.net](http://myshpr.net) or the Sterling Heights Senior Center.

(Open)

### 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



### 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: "Calçadas" 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



### \*HISTORIC SAVANNAH & CHARLESTON

April 24 - 30, 2026

\$3975 Double /  
\$5225 Single  
w/air from DTW  
& w/9 meals  
(6 breakfasts & 3 dinners)



**Highlights:** Savannah City Tour, Middleton Place, Jekyll Island Trolley Tour, Two Antebellum Mansions (Edmonston-Alston House, Mercer Williams House), Beaufort Carriage Ride and St. Simons Island.

Travel arrangements through:

Tour Activity Level: 3 out of 4





## \*SEQUOIA & KINGS CANYON NATIONAL PARKS

(Featuring San Diego  
& California's Central Coast)

May 20 - 29, 2026

Pricing available in  
August 2025

Includes 16 meals  
(9 breakfasts, 3 lunches  
& 4 dinners)

**Highlights:** San Diego  
Harbor Cruise, Carlsbad  
Walking Food Tour,  
Old Mission Santa Barbara,  
Pismo Beach, Los Angeles  
City Tour, Paso Robles Wine  
County Lunch, Sequoia and  
Kings Canyon National Parks.

Travel arrangements through:



**Tour Activity Level:**  
3 out of 4



## \*LANDSCAPES & Lighthouses OF COASTAL MAINE

September 19 - 25, 2026

\$3,949 Double /  
\$5099 Single  
w/air from DTW  
& w/9 meals  
(6 breakfasts & 3 dinners)

**Highlights:** Boston  
City Tour & Fenway Park,  
Casco Boat Cruise, Cape Neddick Lighthouse, Coastal  
Maine Botanical Gardens, Lobster Clambake, Portland  
Head Lighthouse



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



## STAY TUNED:

for more information about  
**IRELAND - MARCH 2027**



## \*TRAVEL PRESENTATIONS

Join us for one (or both) of these upcoming trip  
presentations. Representatives from the travel  
company will discuss what travelers should expect on  
each trip and answer audience questions.

### Historic Savannah & Charleston and Landscapes & Lighthouses of Coastal Maine

Thursday, August 28, at 10 a.m.

### Sequoia & Kings Canyon National Parks

Tuesday, September 9, at 2 p.m.

**All are welcome to come and learn if these  
adventures are for you!**

## Stained Glass Class

### New Instructor

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:** Joyce May

**Location:** Senior Center

**Time:** 9:30 – 11:45 a.m.

Ref.#	Day	Dates	Res. / Non.
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6003.214	Th	9/04 – 9/25	\$28 / \$36
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6003.215	Th	10/02 – 10/30	\$35 / \$45
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**Location:** Senior Center



## 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, August 22  
at 2 p.m.**

Join **American House** to create a fun craft for fall!



**Ref. #: 6002.204**

**Cost:** \$3 Resident /

\$5 Non-Resident (members free)

**Location:** Senior Center

## SNIPPETY QUILTERS

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

**and**

**Saturdays, August 23  
& September 27**

**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

**Not meeting 7/22**



**Members  
ONLY**



## Sit-n-Stitch

**Wednesdays,  
12:30 – 8:30 p.m.**

**Saturdays, 11 a.m. – 3 p.m.**

**Members  
ONLY**

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

**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 7/23, 7/26 or 8/30**



# 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 7/21, 7/23, 7/28 or 9/01**



# 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 7/21, 7/23, 7/28 or 9/01**



**Mondays – Wednesdays\***

(\* Thursdays beginning 9/04)

**9 a.m. – 8:45 p.m.**

**Thursdays, 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!

**Location:** Senior Center

**No Play 7/21 - 7/28, 8/30 or 9/01**

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



**Helping the Homeless**

**Tuesday, September 2**

**from 4 – 7 p.m. and**

**Tuesdays, July 15, August 19 & September 16**

**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.

**Veterans Outreach Items needed**

**(NEW Items only):**

Toothpaste (large size), toothbrushes, individually wrapped toilet paper, dish soap, laundry detergent, full-size tissue boxes, individually wrapped paper towel, cleaning supplies.

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Each Visiting Angels agency is independently owned and operated.  
[www.VisitingAngels.com/SterlingHeights](http://www.VisitingAngels.com/SterlingHeights)

To Brace or Not to Brace  
Friday, Jan. 26 | 10:00 AM

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



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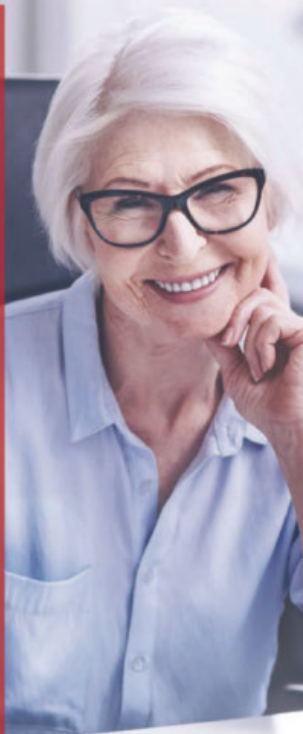
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www.macomb-stclairworks.org/scsep

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# Registration Form

Head of Household (First &amp; 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

<b>Credit Card Info</b>	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
---	----------





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

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**Sterling Heights Senior Center**  
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Return this completed coupon along with a check or money order for \$13 Resident/\$19 Non-resident, for a one (1) year subscription of the "Fifty Plus Post".

Make checks payable to: **Treasurer, City of Sterling Heights.**

### Name and Address (Please print clearly!):

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: myshpr



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**Business Office:** (586) 446-2750  
(Mon. – Fri. 9 a.m. – 5 p.m.)

**Cancellation Line:** (586) 446-2693

**E-mail us at:**  
[seniorcenter@sterlingheights.gov](mailto: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](mailto: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](http://AgeWays.com)

**Priority Waste (refuse disposal):** (855) 927-8365 or [Prioritywaste.com](http://Prioritywaste.com)

**Lakeshore Legal Aid:** (888) 783-8190 or [lakeshorelegalaid.org](http://lakeshorelegalaid.org)

**Mac. Co. Office of Senior Services:** (586) 469-5228 or [macombgov.org/seniors](http://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](http://myshpr.net)

**Public Library:** (586) 446-2665 or [shpl.net](http://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.

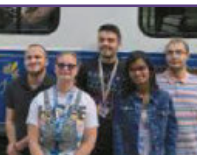
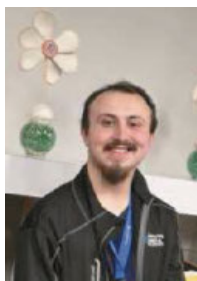
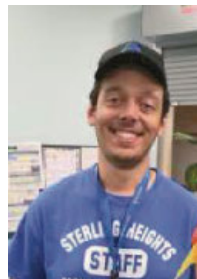


City of Sterling Heights  
Department of Parks and Recreation  
40555 Utica Road  
Sterling Heights, MI 48313

OR CURRENT RESIDENT



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. No Dodge Park Thursday on July 24. Last Dodge Park Farmers Market of the season is 9/25/2025.



The first year of Project SEARCH has come to an end. We would like to thank our interns for all that they brought to enhance 50+ programming. We are so excited to see them move forward in their employment journeys and wish them good luck in all their future endeavors.



Please welcome our 2025 - 2026 Project SEARCH interns, pictured to the left. They will be starting to learn job skills in our Parks & Recreation department in August and at the Senior Center in September.