

Fall 2025
(October - December)

Fifty Plus Post

40200 Utica Road - Sterling Heights

(586) 446-2750 Office

(586) 446-2766 Gym



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

50+ Programming & Building Closures

- 10/13 – Columbus Day (until 5 p.m.)
- 10/18 – Sterling Frights
- 11/11 – Veterans Day
- 11/27 - 11/29 – Thanksgiving
- 12/06 – Sterling Christmas
- 12/18 – Staff In-service Day (until 5 p.m.)
- 12/24 - 12/25 – Christmas Holiday
- 12/31 - 1/1 – New Year Holiday

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.



The summer found us soaking up the sun and the fun. With the autumnal equinox in our rear view, it is time to fit in all we can before 2025 comes to a close. As we continue our *Fifty Plus Years of 50+ Programming* year long celebration, we will be showcasing our great facility and programs with an open house on November 19, see page 5 for more information. This season also brings the holidays and a time to celebrate fun, friends and look back at how we have **Aged Well** over the last year.

On the horizon is a new year and improvements in the Parks & Recreation department. We are currently going through a change of registration software that will ease member check-in and registration. No worries, we plan to have classes on how to use the new system! As we go through the process of building, training and implementation, we ask for patience from our patrons. We know that bumps in the road are just part of the journey and we are looking forward to all that is to come. For more information about programming and the latest department news, visit myshpr.net.

IN THIS ISSUE

50+ Registration Info	2
Membership Info.....	3
Minibus Transportation.....	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
Back Page News	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.
 - **Fall Fifty Plus Post:**
 - Programs advertised only in the **Fifty Plus Post**, with a reference number but not a specific date: **9 a.m. on 10/01.**
 - 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.
- 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".**



FIVE WAYS TO REGISTER

In Person

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

Online*

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

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

Fax

Fax form to: (586) 276-4066

Still Not a Member?



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!

Coming Soon Senior Center Caregiver Pass:

Starting January 2, 2026 caregivers that assist a Senior Center member will need to have a caregiver pass to come into the building with the member. This pass is \$5 and good for one year from date of purchase. Each caregiver will need to have their own pass which allows them access to the building to give assistance as needed, but not to participate in a specific program. More information will be available in the Winter **Fifty Plus Post**.

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.

No Minibus Service: 10/13, 11/11, 11/27, 11/28, 12/18, 12/24, 12/25, 12/31 or 1/01

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.

Important Reminder:

After Thanksgiving, 2026 registration paperwork will be mailed to all riders who registered for minibus service in 2025. By January 2, 2026, updated rider registration paperwork will need to be completed and on file to continue using the Sterling Heights Minibus service. Keep an eye on your mailbox and make sure to get your paperwork in to the Senior Center before January 2 or no later than one week prior to your first scheduled ride of 2026.

(Open)



Friday, October 24
11:30 a.m. – 2:15 p.m.

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

It's not too late to join the fun! 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 (salad roll and butter, tomato basil meatballs, pasta marinara green bean medley) will be provided. 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



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



**Thursdays, October 30,
 November 20
 & December 4**

**To schedule an appointment, call
 (248) 262-0545 and request an appointment
 at the Sterling Heights Senior Center.**

Feeling overwhelmed about Medicare open enrollment? Wondering if your plan is "right" for you? The MI Medicare Assistance Program (formerly MMAP) is a free health-benefit counseling service, delivered by certified counselors. The counselors will help narrow your plan choices, reduce confusion and find a plan that fits your budget and gives you the care you need. Then join us at one of our Medicare Open Enrollment events. Appointments must be made in advance and will last approximately an hour.

Cost: Free

Location: Senior Center



50+ PROGRAMMING OPEN HOUSE

Wednesday, November 19
9 a.m. – 12:30 p.m.

It's time for us to SHINE! Grab a neighbor, friend or family member and bring them to the Sterling Heights Senior Center to see what 50+ programming is all about! During the event we will be giving tours of the Center. The event will offer cardio room orientations, tables displaying a variety of drop-in programs, a stage showcasing some of our amazing fitness programs and their participants and much more! This event is for anyone that has ever been curious about 50+ programming and the Center or even for current members who are looking to join in more of the fun. We are looking for some current members to volunteer and help with the program. If you are interested in helping, or a group that meets at the Senior Center that would like to showcase their program, please email seniorcenter@sterlingheights.gov or visit the main desk during business hours before the end of October. A program flyer with more detailed information will be available the first week of October. See the tentative schedule of events.

Cost: Free

Location: Senior Center

EVENTS SCHEDULE

Tentative

9:00 a.m.	Doors open
9:30 a.m.	Programming on stage in Rm. 5 begins
9:45 a.m.	Tour of the Center
10:30 a.m.	Cardio Room Orientation (limit 10)
10:45 a.m.	Tour of the Center
11: 15 a.m.	Extended Travel presentation begins
11:30 a.m.	Cardio Room Orientation (limit 10)
11:45 a.m.	Tour of the Center



50+ Programming in Pictures

A picture says 1,000 words and we are hoping to get patrons talking. As part of the 50+ years celebration, we will be offering showings of photos from over the last decade to really go back into the memory banks! The schedule to view the years in review is listed below. So bring your favorite snack, non-alcoholic drink and enjoy the show!

2015 - 2019: 12/17, 11:15 a.m. 2020 - 2025: 12/19, 9:15 a.m. 2015-2025: 12/29 & 12/30, 10a.m.

Cost: Free

Location: Senior Center

(Opens Wednesday, 10/08)



Friday, December 12
10 a.m. – 2:15 p.m.

(Doors open for the party at 9:45 a.m.)

Dust off your dancing shoes because John from High Fidelity Sounds will be playing a variety of tunes to help work off the catered meal provided by Century Banquet (Meal includes lemon chicken, brown and wild rice blend, vegetable medley, salad, roll with butter and dessert). All registered participants will have a chance to bring home a present or two. And you just never know what surprises await. **Last day to register is 11/25/25.**



Cost: \$27 Resident / \$34 Non-resident

Ref. #: 6003.530

Location: Community Center



Due to reserved seating for this event, registration is in-person only. Seats are picked at time of registration and cannot be held for individuals that haven't yet registered.



Heritage Handbells Holiday Concert

Wednesday, December 3
at 2 p.m.

The Heritage Handbells is composed of community residents, as well as bell-ringers from Oakland and Macomb Counties. The group is composed of 11



ringers; each of whom is responsible for playing 3 to 4 bells and/or choir chimes! This group has been entertaining young and old for nearly 20 years and are happy and honored to bring their program to the Center!

Cost: \$3 Residents /

\$5 Non-residents (members free)

Ref. #: 6003.218

Location: Senior Center

PET SUPPLIES PLUS.

DIRTY DOG DISCOUNT CARD*

Prep your pet for winter!! 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*

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.

CHAIR VOLLEYBALL Monday, December 22 1 - 2:30 p.m.

Holiday break from school is a great time to create memories and have fun with your grand! Join us at the Senior Center for an exciting afternoon playing against other families. Chair Volleyball is fun for everyone...the hardest part is staying in your seat!

Deadline to register is December 10.

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

Ref. #: 6003.224

Location: Senior Center

DON'T FORGET to bring your grand to



Sterling Frights

Saturday, October 18 at 10 a.m.

and



Sterling Christmas

on Saturday, December 6 at 5:30 p.m.

Cost: Free

Location: Dodge Park



**Wednesday, January 21
10:30 a.m.**

Are you looking for a fun and engaging way to improve your physical and mental well-being? AgeWays Nonprofit Senior Services will be offering a free presentation to learn more about their newest wellness program, Bingocize! Bingocize is a fun and unique health promotion program that combines gentle exercise and health information with the familiar game of Bingo. It's designed to increase

social engagement, improve balance, reduce falls and increase participants' knowledge of health information relating to staying healthy while aging. Join us for an overview of the program, demonstrations of various exercises done throughout the program and a chance to win prizes while playing the traditional game of Bingo.

Brought to the Center by:  AgeWays
Area Agency on Aging 1-800-458-7263

Cost: Free (Registration required)

Ref. #: 6001.204

Location: Senior Center



STAY CONNECTED AND UP-TO-DATE!

Program changes and updates get emailed. Be sure to check your inbox for any updates from: City of Sterling Heights Parks and Recreation.

If we don't have your email address, please email us at seniorcenter@sterlingheights.gov



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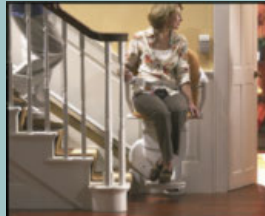
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RESOURCES AND SERVICES

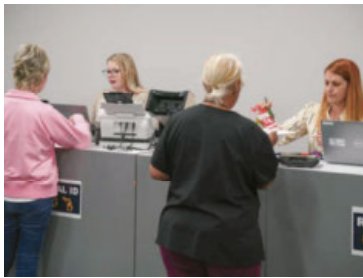


MICHIGAN SECRETARY OF STATE **MOBILE OFFICE IS COMING TO YOU**



**Wednesday, November 5
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, October 8,
November 12 and December 10
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



Veterans Benefit Outreach

**Fridays,
October 17 & November 21**

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



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BLOOD PRESSURE SCREENING

**Wednesdays,
October 8, November 12
and December 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

AARP Foundation® TAX-AIDE

The Sterling Heights Senior Center will once again be hosting AARP Tax Aide starting February 5. Tax appointments will be a two-week process which helps reduce wait times.

Week One - drop off tax documents / papers

Week Two - go over tax return and sign

Specific details will be available in the Winter **Fifty Plus Post**. We will begin taking appointments as of January 2, 2026 during normal business hours.



It's that time of year again where Mother Nature can start mixing in some snow and possibly even ice. If the public schools close, that does not mean the Senior Center is closed. In the event of inclement weather please call the cancellation hotline, (586) 446-2693, to see which programs have been cancelled or delayed. We try our best to update this line by 8 a.m. on days of inclement weather. This gives patrons faster service than waiting until 8:30 a.m. when the phone lines open at the Senior Center. Building closures and delays are often also posted on [facebook.com/myshpr](https://www.facebook.com/myshpr). If the message on the hotline is from a different day, that means there are **no** modifications to the current schedule.

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!



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).



**Thursdays,
October 9 & 23,
November 6 & 20
and December 4 & 11**

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

FUN AND GAMES



**Tuesdays,
October 14 & December 9**

**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 overall 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 overall card – No limit

Oct Ref. #: 6003.306

Dec. Ref. #: 6003.318

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 10/13, 10/18, 11/11, 11/27, 11/29, 12/06, 12/18, 12/24, 12/25, 12/31 or 1/01



**Fridays,
October 3 & November 7
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.

Oct. Ref. #: 6003.307

Nov. Ref. #: 6003.313

Location: Senior Center



**Euchre
Tournament**



**Fridays, October 10,
November 14
& December 19
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.


Oct. Ref. #: 6003.308

Nov. Ref. #: 6003.314

Dec. Ref. #: 6003.320

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 10/13, 10/18, 11/11, 11/27 - 29, 12/06, 12/18, 12/24 - 25, 12/31 or 1/01

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.

Mexican Train

Mondays at 11 a.m.
Wednesdays at 5:30 p.m.
Saturdays at 11 a.m.



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

No Play 10/13, 10/18, 11/29, 12/06, 12/24 or 12/31

Scrabble

Mondays at 5:30 p.m.
Wednesdays at 9 a.m.



Challenge your brain, meet new friends, and join in on a fun game of Scrabble! **No Play 10/13, 12/24 or 12/31**

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 10/13, 10/18, 11/27, 11/29, 12/06, 12/18 12/25 or 1/01



Tuesdays,
October 21 - November 18*
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.nationalmahjonggleague.org. Come observe during regular play days and once you feel you have the basics, join in!

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

Ref. #: 6003.230

Location: Senior Center

***No Class 11/11**



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:



*** 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

Credit: Facts & Myths

**Tuesday, October 21
6 p.m.**

The world of credit scores, credit reports and credit bureaus can be confusing. Learn the facts so you can make informed decisions.

Brought to the Center by:



MICHIGAN
Schools & Government
CREDIT UNION

Cost: \$3 Residents /

\$5 Non-residents (members free)

Ref. #: 6003.228

Location: Senior Center

Safety & Fall Avoidance Outdoors

**Wednesday, October 22
2 p.m.**

Falls don't just happen indoors—outdoor environments come with their own set of hazards. Learn practical strategies for fall prevention, including mobility tips, safe walking techniques and how to plan for different outdoor conditions. Whether you're taking a walk, gardening, or heading to the store, you'll leave with tools to help reduce your risk and stay confidently on your feet. **Brought to the Center by:**



Cost: \$3 Residents /

\$5 Non-residents (members free)

Ref. #: 6003.229

Location: Senior Center

DOWNSIZING WITHOUT THE STRESS

**Tuesday, October 28
6 p.m.**

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

Brought to the Center by:



Cost: \$3 Residents /

\$5 Non-residents (members free)

Ref. #: 6003.211

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. This class does not teach you how to drive. 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.

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

Ref. #: 6003.208

Location: Senior Center

Common Estate Planning Mistakes

**Thursday, November 6
at 10 a.m.**

Proper estate planning benefits all people regardless of estate size, income status and even age. Join O'Reilly Rancilio attorney Brian Grant as he discusses the common estate planning mistakes people make and how to avoid them.

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

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

Ref. #: 6003.212

Location: Senior Center



**Wednesday, November 12
10:30 a.m. - 12:30 p.m.**

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

Cost: Free

Location: Senior Center

FRAUD NOTIFY

**Friday, November 14
10 a.m.**

Join Macomb County Clerk Anthony Forlini for a presentation about the Clerk's Office free Fraud Notify service. Fraud Notify is a simple way to be alerted of potential property fraud. You will receive a notification via email when a Macomb County real estate document is recorded in your name. Learn how to protect your property with the valuable service. **Brought to the Center by Macomb County Clerk, Register of Deeds.**

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

Ref. #: 6003.213

Location: Senior Center

Spotting Scams

**Tuesday, November 18
10:30 a.m.**

Learn about fraud attempts and tactics used by scammers so you can recognize the red flags and keep your personal information safe. **Brought to the Center by:**



MICHIGAN
Schools & Government
CREDIT UNION

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

Ref. #: 6003.226

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.

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.

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

9 a.m. – 8:45 p.m.

Fridays & Saturdays

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.

50+ Bowling League



Substitute Bowlers Needed

Join us as a substitute bowler through the end of our season. The league meets at 9:15 a.m. on Mondays at 5 Star Lanes through April 6, 2026. The cost to register as a sub is \$10 Resident / \$15 Non-resident with only \$9 per week collected on site. The cost includes 3 games and mystery games!

Ref. #: 6003.503

Location:



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
9 a.m. – 8:45 p.m.

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

CHAIR VOLLEYBALL

Join the latest craze at the Center! 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: Wednesdays (*New Day and time!*)

Location: Senior Center Gym



Ref. #:	Dates	Time
6003.219	10/08 – 11/12	9:30 - 11 a.m.
6003.222	11/26 – 12/17	9:30 - 11 a.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.

**The Bocce Barn will
close for the season on 10/31/25**

MOVE YOUR BODY



Good for those with low endurance & mobility or balance challenges.



Able to stand and move for the entirety of the class.



Able to move at a quicker pace and/or get up and down off the floor.

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
Location: Senior Center
Time: 11:30 a.m.

Ref. #:	Day	Dates	Res. / Non.
6003.139	T	10/28 – 12/16*	\$49 / \$63

*No Class: 11/11

Gentle Yoga FOR BEGINNERS

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



Instructor: Elizabeth Wilk (Maria Marino Fitness Pros)
Location: Senior Center
Time: 6 – 7 p.m.

Ref. #:	Day	Dates	Res. / Non.
6003.142	M	11/03 – 12/15	\$49 / \$63

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
Time: 11 a.m. - noon

Ref. #:	Day	Dates	Res./Non.
6003.129	M	11/03 – 12/15	\$49 / \$63
6003.130	W	11/05 – 12/17*	\$42 / \$54
6003.131	F	10/31 – 11/21	\$28 / \$36

*No Class: 11/19



Chair Yoga is a gentle, seated form of yoga that connects 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
Time: 9:30 -10:30a.m.

Ref. #:	Day	Dates	Res. / Non.
6003.135	M	11/03 – 12/15	\$49 / \$63
6003.136	W	11/05 – 12/17*	\$42 / \$54
6003.137	F	10/31 – 11/21	\$28 / \$36

*No Class: 11/19

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

Beginner:

Ref. #	Day	Dates	Time	Res. / Non.
6003.145	Th	10/30 – 12/11*	11:30 a.m.	\$42 / \$54

Intermediate:

Ref. #	Day	Dates	Time	Res. / Non.
6003.144	T	10/28 – 12/16*	11:30 a.m.	\$49 / \$63

***No Class: 11/11 or 11/27**

Tai Chi Chu'an

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

Instructor: John Marchewitz

Location: Community Center

Time: Beginner - 10 a.m. & Intermediate - 11:15 a.m.



Ref. #	Beg	Ref. #	Inter	Day	Dates	Res./Non.
6003.147				T	10/28 – 12/16*	\$49 / \$63
6003.148		6003.149		Th	10/30 – 12/11*	\$42 / \$54

***No Class: 11/11 or 11/27**



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



Ref. #	Day	Dates	Time	Res. / Non.
6003.151	M	11/03 – 12/15	9:30 a.m.	\$49 / \$63
6003.152	Th	10/30 – 12/11*	6 p.m.	\$42 / \$54
6003.153	F	10/31 – 11/21	11 a.m.	\$28 / \$36

***No Class: 11/27**



ZUMBA

gold toning

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



Ref. #	Day	Dates	Time	Res. / Non.
6003.156	T	10/28 – 12/16*	10 a.m.	\$49 / \$63

***No Class: 11/11**



New Class! *Strictly Strength* class and a **Cornhole League** are coming your way this winter! Look for more details in the Winter **Fifty Plus Post**.



LESSONS

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: Tuesday

Ref. #:	Time	Dates	Res. / Non.
6003.514	9:15 - 11:15 a.m.	11/18	\$17 / \$22
6003.515	9:15 - 11:15 a.m.	12/02	\$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

Location: Senior Center Gym

Ref. #:	Time	Dates	Res. / Non.
6003.524	9:15 - 11:15 a.m.	10/14 - 11/04	\$67 / \$87
6003.525	6 - 8 p.m.	11/04 - 12/02*	\$67 / \$87

*No Class 11/11

Pickleball Skills & Drills (4-Week Session)

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.
6003.521	6 - 8 p.m.	10/07 - 10/28	\$67 / \$87

LEAGUES

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,
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*

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

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
11/20/25	DIA - Melodies at the Museum
11/21/25	DSO The Billy Joel Songbook
11/25/25	Festival of Trees
12/02/25	Great Lakes Crossing Mall
12/03/25	San Antonio Holiday
12/04/25	MIS Nite Lites trip
12/11/25	Outdoor Adventure Center: Urban Forestry
01/22/25	North American International Auto Show
01/28/25	"All Shook Up" at Meadow Brook Theatre
01/30/25	DSO Concert "Epic Film Scores"
02/05/25	FireKeepers Casino
02/26/26	Zhenders "Captain Fantastic an Elton John Tribute"
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	Discover Irish Splendor

(Opens Wednesday, 10/08)

The Detroit Institute of Arts presents...**Melodies at the Museum:
Gnote~7 Motown Tribute****Thursday, November 20** 

Take part in this unique opportunity at the Detroit Institute of Arts for Melodies at the Museum which will feature a musical performance by Gnote~7. This performance is a tribute to the Motown sound of the 1960s and 1970s including Smokey Robinson, The Temptations, The Jackson Five and others. After the performance, enjoy time for a self-guided visit of the museum.

Cost	Depart	Return	Ref. #	Travel By:
\$6 / \$9	11:45 a.m.	3:45 p.m.	6003.412	DIA

(Opens Wednesday, 10/08)

**Tuesday, November 25** 

Back by popular demand! Join us for the Annual Festival of Trees, a benefit for the Children's Hospital of Michigan Foundation. The Festival of Trees is a public display featuring individually designed 7', 4', & 3' trees, Holiday wreaths, gingerbread houses, Christmas stockings, a festival gift shop, and more.

Cost	Depart	Return	Ref. #	Travel By:
\$10 / \$13	9:15 a.m.	12:30 p.m.	6003.416	SMART

(Opens Wednesday, 11/05)

**Tuesday, December 2** 

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

Cost	Depart	Return	Ref. #	Travel By:
\$6 / \$9	9:45 a.m.	2:45 p.m.	6003.415	SMART

(Opens Wednesday, 10/08)

**at the Michigan International Speedway****Thursday, December 4** 

Visit one of Michigan's largest Christmas light displays. This animated drive-through display is over three miles long! Millions of dancing lights will make up 65 different themes, a 250-foot lighted tunnel and a forest of mega trees all while driving on the track and along pit row at Michigan International Speedway! Enjoy a dinner buffet at Jerry's Pub beforehand with items such as baby back ribs, Lake Perch, chicken kabobs, salad bar, dessert and non-alcoholic beverage.

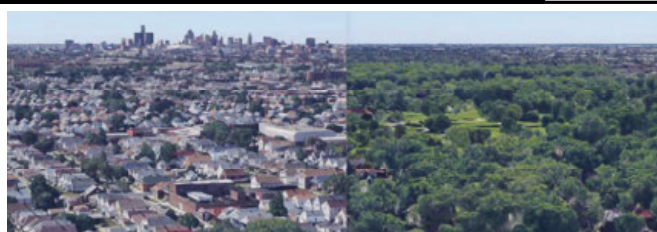
Cost	Depart	Return	Ref. #	Travel By:
\$65 / \$70	1:45 p.m.	9 p.m.	6003.413	Bianco

(Opens Wednesday, 10/08)

**Explore Urban Forestry**
Thursday, December 11 

Join us for our next trip to the Outdoor Adventure Center to discuss the value of trees, from either where the sidewalk ends, or where it begins. We will explain "wildland-urban interface," where human development meets undeveloped wildland. Does a tree really know where it's at? Presenter Joe Aiken is the Great Lakes and Canada senior regional technical manager for Arborjet. His 40-plus years in the tree care industry have provided a diverse and valuable experience which has permitted him to guide others in plant health care decisions. Includes pastries, coffee & tea.

Cost	Depart	Return	Ref. #	Travel By:
\$14 / \$17	8:15 a.m.	12:45 p.m.	6003.414	SMART



(Opens Wednesday, 11/05)

NORTH AMERICAN INTERNATIONAL
DETROIT
AUTO SHOW

Thursday, January 22, 2026 

Experience the most innovative designs in the world and the next generation of transportation. The Detroit Auto Show is bringing back our indoor EV Experience that affords visitors the chance to immerse themselves in a wide range of electric vehicles. Sitting alongside a professional driver, show-goers will traverse through a serpentine track that includes an acceleration lane stretching more than 300 feet. Please note that lunch will be on your own at the Auto Show. There is a small food court area in Huntington Place.

Cost	Depart	Return	Ref. #	Travel By:
\$19 / \$22	9 a.m.	3:30 p.m.	6001.402	SMART



(Opens Wednesday, 11/05)

Meadow Brook Theatre presents...

ALLSHOOKUP

Wednesday, January 28, 2026 

This crowd-pleasing musical is inspired by and featuring the songs of Elvis Presley®. It's 1955, and into a square little town in a square little state rides a guitar-playing young man who changes everything and everyone he meets in this hip-swiveling, lip-curling musical fantasy that'll have you jumpin' out of your blue suede shoes with such classics as "Heartbreak Hotel," "Jailhouse Rock," and "Don't Be Cruel". Collaboration with Oakland University's School of Music, Theatre, & Dance.

Cost	Depart	Return	Ref. #	Travel By:
\$47 / \$50	12:45 p.m.	5:30 p.m.	6001.400	SMART

(Opens Wednesday, 11/05)

PNC Pops Coffee Concert with the DSO Epic Film Scores

Friday, January 30, 2026 

Join the DSO and conductor Steve Reineke as they bring the silver screen to life in an unforgettable night of Epic Film Scores. From Hollywood's golden age to today's biggest blockbusters, this cinematic celebration highlights legendary composers who forever defined the sound of film. Experience heart-racing thrillers, classic epics, and beloved fanfares in a journey through iconic moments in film history you won't want to miss.

Cost	Depart	Return	Ref. #	Travel By:
\$53 / \$56	8:45 a.m.	1:25 p.m.	6001.401	SMART

(Opens Wednesday, 11/05)



Thursday, February 5, 2026 

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.	6001.404	Carrs

(Opens Wednesday, 11/05)

Zhender's of Frankenmuth presents... Captain Fantastic an Elton John Tribute

Thursday, February 26, 2026 

Enjoy a great Zehnder's luncheon, sit back and enjoy the show—"Captain Fantastic"! This is not only an amazing tribute to this amazing entertainer, but he also bears a striking resemblance to Sir Elton John! Patrons will have time for shopping following the show. Includes 2 piece Chicken Dinner and show.

Cost	Depart	Return	Ref. #	Travel By:
\$92 / \$97	9:30 a.m.	7 p.m.	6001.406	Bianco

EXTENDED TRAVEL



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

HISTORIC SAVANNAH & CHARLESTON April 24 - 30, 2026



\$3,975 Double / \$5,225 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



MEET OUR TRAVEL REPRESENTATIVES

Representatives from Collette and Premier will be at our 50+ Programming Open House on November 19 to discuss upcoming trips and how extended travel works when traveling with their company. All are welcome!



11:15 a.m.
Tracey S. from
Premier World
Discovery



Noon
Ed M. from
Collette

SEQUOIA & KINGS CANYON NATIONAL PARKS (Featuring San Diego & California's Central Coast) May 20 - 29, 2026

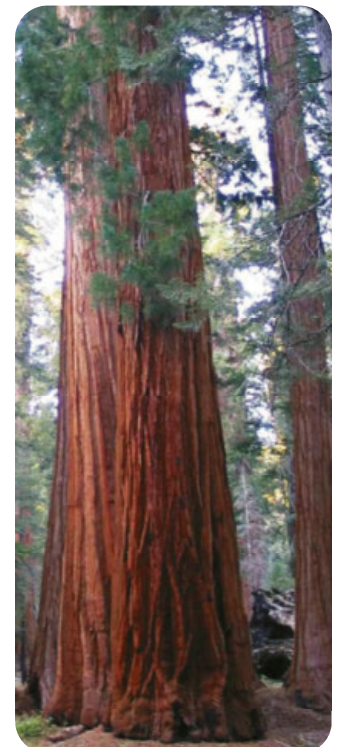
\$4,499 Double /
\$5,899 Single
w/air from DTW
& w/16 meals
(9 breakfasts, 3 lunches
& 4 dinners)

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 /
\$5,099 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



*TRAVEL PRESENTATION

A representatives from Collette will discuss
what travelers should expect on the trip
and answer audience questions.

Spotlight on the French Riviera

Monday, November 3, at 9:30 a.m.

All are welcome to come and learn if
this adventure is for you!

DISCOVER IRISH SPLENDOR

March 11 - 18, 2027



\$3,999 Double / \$4,799 Single
w/air from DTW & w/9 meals
(6 breakfasts & 3 dinners)

Highlights: Dublin, Rock of Cashel, Blarney Castle,
Dingle Peninsula, Cliffs of Moher, whiskey distillery
tour, Foynes Aviation Museum & a castle hotel stay.

Travel arrangements through:

Tour Activity Level:

1 out of 4



*In June travelers enjoyed visiting the
Badlands, Black Hills and Mt. Rushmore.
Join us on our next adventure!*

ARTS AND LEISURE

STAINED GLASS CLASS

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.
6003.215	Th	10/02 – 10/30	\$35 / \$45
6003.216	Th	11/06 – 12/11	\$35 / \$45

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, November 21
at 2 p.m.**

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

Ref. #: 6003.201

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

Location: Senior Center



SNIPPETY QUILTERS

Members
ONLY

**Tuesdays,
9 a.m. - 4 p.m.
and
Saturdays,
October 25
& November 22
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 11/11

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 12/24 or 12/31

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 10/13, 12/24 or 12/31



WOOD CARVING

Mondays & Wednesdays,

1 – 4 p.m.

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

Location: Senior Center

Not meeting 10/13, 12/24 or 12/31



Mondays – Thursdays

9 a.m. – 8:45 p.m.

Fridays & Saturdays

9 a.m. – 4:45 p.m.

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

Location: Senior Center

No Play 10/13 (until 5 p.m.), 10/18, 11/11, 11/27, 11/28, 11/29, 12/06, 12/18, 12/24, 12/25 or 12/31
Enter at gym doors after 5 p.m. & Saturday



Helping the Homeless

**Tuesday, October 7,
November 4
& December 2**

from 4 – 7 p.m. and

**Tuesdays, October 21,
November 18 & December 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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Registration Form

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

Address: _____ Apt #: _____

City: _____ Zip _____ Email: _____

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

Emergency Contact #1 (Required)
Emergency Contact #2 (Required)- *Not living in household*

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

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

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

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

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

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

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

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

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

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

PARENT OR GUARDIAN ACKNOWLEDGEMENT AND CONSENT:

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

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

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

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

Office Use Only: Clerk _____ Date ____/____/____ Arrival Time ____:____ AM / PM Pymt Method _____	01/21/25
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This form is for Classes and Trips ONLY. Membership Registration Forms can be found at the Senior Center.



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Attn: Fifty Plus Post

40555 Utica Rd.

P.O. Box 8009

Sterling Heights MI, 48311-8009

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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

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: (248) 262-0545

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



The Senior Center staff wants to thank all of our patrons for participating in 50+ programming this year and look forward to Aging Well with you in 2026!



The Sterling Heights Mobile Library visited the Senior Center and our patrons helped themselves to some free books. The Mobile Library will be in Dodge Park from 3 - 4:30 p.m. the first four Wednesdays in October. Visit sterlingheights.gov for more information.



Plan to join us January 21, 2026 for our next book fair with the Library at the Senior Center. Be sure to check our next edition of the **Fifty Plus Post** for more information.

