#### CLINTON TOWNSHIP SENIOR ADULT LIFE CENTER

# AN ACTIVE LIFE IS THE GOOD LIFE



# JULY - AUGUST CENTER CLOSURES

# TUESDAY, JULY 4

INDEPENDENCE DAY WEDNESDAY, JULY 12 VOLUNTEER APPRECIATION DAY JULY / AUGUST 2023

CLINTON

TOWNSHIP

SENIOR ADULT LIFE CENTER

40730 Romeo Plank Road Clinton Township

Monday - Friday 8:30 a.m. to 4:30 p.m.

(586)286-9333



FAX (586) 286-8757



www.clintontownship.com/ 162/Senior-Center CLINTON TWP. SENIOR ADULT LIFE CENTER

**ABOUT US** 



Welcome to the July-August, 2023 edition of the Clinton Township Senior Center News. Clinton Twp. is pleased and proud of the long heritage of serving our seniors 55+ with grace and distinction. This is not your Grandma's Senior Center; we are vibrant, engaged and ready to meet each day with a new sense of excitement!

#### **Our Mission**

The mission of the Clinton Township Senior Adult Life Center is to dispel the myths of aging by supporting older adults in their pursuit of a lifestyle that nurtures healthy and productive living!

#### Membership Requirements

Membership is open to all residents and non-residents age 55 and over. A valid State of MI photo ID or valid proof of residency is required for membership. Members registering as a couple must reside at the same address. Members must scan in with Center issued badge upon entry to the facility. Valid emergency contact must be on file at all times. Membership may be revoked at any time if any member chooses not to follow facility code of conduct. Code of conduct is available upon request. As social events are oftentimes recorded. your image may be posted on our social media channels and/or CTTV etc.

#### Stay In the Loop

Our bi-monthly newsletter is available for pickup at the Center or downloadable on our website for FREE. Facebook updates are provided on a regular basis and program e-blasts are provided weekly with a valid e-mail on file.

# SENIOR CENTER TEAM

#### Matthew Makowski

Administrative Director (586) 286-9333 ext. 8121 m.makowski@clintontownship.com

#### **Debbie Travis**

Assistant Director (586) 286-9333 ext. 8125 d.travis@clintontownship.com

#### Daniel Ulmer

Recreation Coordinator - Fitness (586) 286-9333 ext. 8076 d.ulmer@clintontownship.com

#### **Ericka Pauly**

Recreation Coordinator - Programs (586) 286-9333 ext. 8120 e.pauly@clintontownship.com

#### Maria Lucido Marlene Coppa Cheryl Abramowicz

Member Services - Memberships, Tours and program registrations. (586) 286-9333

#### **Louise Tabone**

SMART Bus Transportation (586) 286-9476 I.tabone@clintontownship.com



**MEET MATT MAKOWSKI**, Director of the CTSC! Matt knew as a young man that he wanted to be involved with seniors and dedicate his life to helping older adults. Following his passion of helping others, he received his degree in Long Term Care Administration from Madonna University. He now oversees our very active Center, providing educational and recreational

programs, managing the senior para-transit services and providing social services and support groups. Matt's well-rounded education and variety of experiences throughout his career have helped him hone his craft in the workplace, as he has sat on a variety of boards in and around the community, including presenting at the American Society on Aging's National Conference in Denver, Col. He has also been involved in all aspects of aging services continuum of care and is "just as excited today as I was after graduation...," "I'm proud to be a Madonna University alumnus!"

**FUN FACTS ABOUT MATT:** "I love boating, spending time with my wife, Val, and two miniature schnauzers Winnie and Daisy. I play the piano and organ and love the theater. Proud to have been at the Senior Center for 26 years."

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# NUMBERS TO KNOW

Area Agency on Aging 1b Macomb Cty. COVID Hotline Crisis Center Elder Abuse Hotline Interfaith Volunteer Caregivers Lakeshore Legal Counseling and Advocacy Law **Macomb County Central Action**  (800) 852-7795 (586) 463-3750 (586) 307-9110 (855) 444-3911 (586) 757-5551

(248)569-9658 (586)469-5228

Food Supplement, Financial Assistance, Emergency Services, Transportation, Utility Assistance, Tax Prep.,

Meals on Wheels, Loan Closet, Handy Helpers

Medicare/Medicaid Assistance Clinton Township Notary Services (800)803-7174 (586)723-9422

# Low Vision Support

If you are like many who struggle with low vision, we'd like to help by introducing you to our Low Vision Support Guide: Frank Cunningham. Frank, who is legally blind himself yet navigates the world around him successfully, appreciates the opportunity to share all that he knows regarding low vision aids and resources.

You may call Frank directly with any questions at: (586) 465-6694. This is a free service for members.

### **GILLETTE RAZOR RECYCLE**

All brands of disposable razors, blades, cartridges and their packaging can be deposited in our recycling receptacle located in our lobby. These materials then become new park benches, picnic tables and more!

# FREE TECH HELP

**Pine Ridge of Hayes** will be in our lobby 10-11am on the **1st Wednesday of the month** to help show you the basics of your cell phone and answer any questions you may have!

The **Clinton-Macomb Public Library** offers drop-in tech assistance at all three branches. Call 586-226-5000 to confirm availability, or visit a CMPL librarian in our lobby the 2nd Monday of every month.

# LOAN CLOSET (586) 263-8437 x 3



The Clinton Twp. Fire Dept., located on Romeo Plank Road just south of Cass Ave., has a loan closet for residents in need. Items such as wheelchairs, walkers, canes, crutches and other items can be borrowed. There is no cost to borrow the equipment. Please contact the Fire Dept. prior to visiting to make sure they have what you are in need of.

# **RECYCLE HEARING AID & GLASSES**

Thanks to your local Lions Club you can recycle your old prescription glasses and hearing aids at our Center! Drop off glasses or hearing aids you are no longer using the next time you are here! Drop off bin is next to the drinking fountain in the lobby.



# KEY: Barbell- Easy / Light up to 4 Barbells- Hard / Heavy

### CHAIR YOGA

Experience the benefits of yoga at any mobility level! All poses are done sitting in a chair for easier movement of the torso and arms without fear of injury or strain.

### BALLET BARRE

Enjoy a fun and exciting ballet lesson! No previous ballet experience required. Chairs will be used for **stability, balance**, and ballet-based movements – all modified for senior **flexibility**.

# TAI CHI FOR HEALTH

Learn and practice Sun style of Tai Chi for Health & Arthritis. Basic forms of gentle, physical exercises and stretches that flow into one another without pause can help with **balance**, **focus**, internal **strengthening** and **mental relaxation**.

### LINE DANCING

Join us for line dancing and feel the positive effects in your body and soul as we have more fun than should be allowed in an "exercise" experience! **Returns in September**.

#### 

This strength building class will help you become healthier, stronger & more active! Improve your **balance** & **strengthen** your muscles to accomplish many of your daily living functions.

#### DRUM STRENGTH & CONDITIONING

This is a fun way to work on **endurance**, **strength**, **coordination**, **balance**, and **cardio**. This class uses both sitting and standing for exercises and is open to members who want to have some fun!



Class begins with breathing exercises, chair warm ups and easy stretching followed by standing and floor postures to **strengthen** and align your body promoting **flexibility**, posture and **range of motion**.

### CHAIR ZUMBA GOLD

Enjoy the fun of Zumba while in a seated or standing position. Using light weights designed for Zumba, you will focus on **range of motion, strength** and **coordination**. This class is great for anyone who loves to groove with lower impact on your body.

#### 

Calling all Zumba Enthusiasts! Get ready to move and groove in this modified Zumba class! Follow along to choreography that focuses on **balance**, **range of motion**, and **coordination**.

# STRETCH & STRENGTH

The perfect balance of **cardio**, **weight training**, and **yoga**. Build **strength** and **flexibility** through 20 guided minutes of each segment.

#### 

Combine FUN with FITNESS to increase your **cardio** and muscular endurance while improving your **flexibility** and **balance**. We start with low-impact **aerobics** and end with a strength workout using hand-held weights, tubing and balls.

#### 

Designed to help decrease stiffness and pain using low impact moves, range of motion and light hand weights, this class is not only for those with arthritis but also those new to fitness looking to build **strength, stamina, flexibility** and **balance.** 

# BODY, BALLS & BANDS

This class uses the large exercise balls, resistance bands, and weights to improve **balance, stability**, and overall **core strength**. Exercises are done standing or on the floor with a mat. Please be aware this is an <u>advanced level</u> class.

Instructor-led fitness classes are \$5/class or \$2/class if you have Silver Sneakers or Renew Active. If you have PeerFit Move, instructor-led classes are FREE! Questions about any of our fitness PROGRAMS? CONTACT DAN ULMER AT (586) 723-8076. GROUP FITNESS/GYM SCHEDULE CLINTON TWP. SENIOR ADULT LIFE CENTER

		A		
MONDAY				
Тіме	CLASS	INSTRUCTOR		
9:00 а.м.	Bone Builders	Rhonda		
10:00 A.M.	<b>ARTHRITIS FITNESS</b>	REBECCA		
10:30 a.m.	AEROBICS	Rhonda		
1:00 p.m.	1:00 p.m. BEGINNER TAI CHI FOR HEALTH			
2:30 р.м.	TAI CHI FOR HEALTH	GARRY		
2:30 р.м. Н	EALTHY HOOPS DROP-IN	N BASKETBALL		

TUESDAYTIMECLASSINSTRU8:45 A.M.WALKING CLUB-FREE9:30 A.M.STRETCH & STRENGTH JASH10:30 A.M.CHAIR ZUMBA	
8:45 A.M. WALKING CLUB-FREE 9:30 A.M. STRETCH & STRENGTH JASK	
9:30 A.M. STRETCH & STRENGTH JAS	CTOR
10:30 A.M. CHAIR ZUMBA DEBE	1IN
	BIE
NOON YOGA DAN	EL
1:30 P.M. TABLE TENNIS	
1:30 P.M. CORNHOLE	

# **LET'S GET MOVING Together!**

WEDNESDAY				
Тіме	CLASS	INSTRUCTOR		
9:00 A.M.	DRUM STRENGTH & CONDITIONING	Rhonda		
10:00 A.M.	CHAIR YOGA	Jasmin		
10:00 A.M.	BODY, BALLS, & BAN	NDS REBECCA		
11: <u>00 а.м</u> .	ARTHRITIS FITNESS	REBECCA		
Noon	Zumba	ANGELES		
1:00 р.м.	CO-ED VOLLEYBALL			

THURSDAY
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Тіме	CLASS	INSTRUCTOR	
9:00 а.м.	Bone Builders	Rhonda	
10:30 A.M.	AEROBICS RHONDA		
NOON	Yoga Daniel		
1:45 р.м.	BEGINNER PICKLEBALL**		
2:30 р.м.	INTERMEDIATE PICKLEBALL**		

Instructor-led fitness classes are \$5/class or \$2/class if you have Silver Sneakers or Renew Active. If you have PeerFit Move, instructor-led classes are FREE!

	FRIDAT	
Тіме	CLASS	INSTRUCTOR
10:00 а.м.	<b>ARTHRITIS FITNESS</b>	REBECCA
11:00 а.м.	BALLET BARRE	Катну
12:15р.м.	BADMINTON	
1:45 p.m.	INTERMEDIATE+ PIC	KLEBALL**

CDIDAV

# \*\*NEW PICKLEBALL PROTOCOL\*\*

Sign up for indoor pickleball times outside of Dan's office to secure your spot to play.

#### CLUB 55 FITNESS CENTER CLINTON TWP. SENIOR ADULT LIFE CENTER

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### LOOKING TO KEEP IN SHAPE AND STAY YOUNG AT HEART?

Join Club 55 Health and Fitness Center! Located inside of the Clinton Twp. Senior Adult Life Center, Club 55 is a private health and fitness club for CTSC members looking to stay fit, active, and healthy. Members of Club 55 receive unlimited access to the Fitness Center with like-minded individuals of all abilities. With over 25 pieces of fitness equipment including five treadmills and three NuStep's, free weights, lockers, showers and private bathrooms- you can start achieving your health and fitness goals TODAY.

To add Club 55 access to your CTSC membership and schedule your Fitness Center Orientation, please call (586) 723-8076.

### DAN'S DISPENSARY

Come visit **Dan's Dispensary of Health & Wellness** located on the bulletin board near Room 1. Every month there will be **NEW SAMPLES** of information to take away from the 6 pillars of Senior Fitness. Other items worth checking out are pictures of YOU having fun in different sports and fitness activities. Keep an eye out for random contests and **FREE GIVEAWAYS** as well. Feel free to leave any comments or insights in the Suggestion Box located outside of Dan's office so we can better serve you!



CURRENT HOURS: Monday-Friday 8:30A-4:00P

> Join Club 55 Fitness Center for ONLY \$65 per YEAR!

Do you have **Silver Sneakers, Renew Active, or Peerfit Move** through your health insurance? ...then it's **FREE.** Check with your health insurance provider if you have participating benefit coverage.

silverSnewsers Strength Strength



**PERSONAL TRAINING SERVICES** 

With 20 years experience working in the fitness industry, Rebecca Metry, certified Personal Trainer, is ready to help you achieve your goals, overall health and quality of life. By incorporating muscle strength, core balance, cardiovascular improvement and injury rehab with each individual program or training session, Rebecca will guide you down your path to success tailored to YOU.

Training packages are \$50/hour and can be used in 30 or 60 min. sessions. Call or text (616) 450-9838 to schedule.

### HORSESHOE CLUB

### WEDNESDAYS, MAY 3RD - SEPTEMBER 27TH 11:00 AM - 1:00 PM

With lighter horseshoes and adaptable throw lines available, this senior-friendly activity is perfect for women and men of any skill and ability levels. BE ONE OF THE FOUNDERS OF A SPORT REVIVAL! **Pre-registration is not required, but please check** *in at the front desk before heading out to the pits.* 





# DROP-IN BOCCE BALL

### TUESDAYS, MAY 2ND-SEPTEMBER 26TH 11:30-1:30pm

SEASONAL

Practice your skills, meet new friends, and stay active with non-competitive open bocce ball play! **Pre-registration is not required, but please check in at the front desk before heading out to the bocce courts**.

# **GROUP SPORTS**

### YEAR-ROUND

CORNHOLE DARTS PICKLEBALL TABLE TENNIS CO-ED VOLLEYBALL

GOLF - LADIES LEAGUE MAY-AUGUST BOCCE BALL LEAGUE & DROP-IN APRIL-SEPTEMBER NEW! HORSESHOE CLUB MAY-SEPTEMBER BOWLING- LADIES SR. BELLES LEAGUE SEPTEMBER-DECEMBER

# FREE BEGINNER

PICKLEBALL CLINIC 2ND MONDAY OF THE MONTH 2:30 - 4:00 p.m. Looking to learn the sport of Pickleball? This Clinic is for players new to the sport and want to learn how to play. We will teach the rules and basic skills to practice, preparing you to play in a real game. REGISTRATION REQUIRED (586) 723-8076



### **SENIOR HOURS AT:**



Discounted court time available to CTSC members! Members **MUST** register through the CTSC for discount by calling (586) 723-8076 prior to contacting Peachtree Tennis Club. **Drop-in tennis and pickleball are off for the summer**. Call Peachtree

directly to schedule discounted court rentals at (586) 469-7000. **DROP-IN** 

PICKLEBALL @ CTSC Members ONLY for indoor play!

#### **INDOOR:** Beginner:

Thursdays, 1:45-2:30P

Intermediate:

Thursdays, 2:30-4:00P

Intermediate+: Fridays, 1:45-3:30P

### OUTDOOR:

Monday - Friday 8:30-Noon All courts are reserved for ages 55+

Monday - Friday 8:30A-4:30P

Court 1 can be reserved by **CTSC Members Only**! Reservations can be made in

the fitness hallway.

# CALLING ALL CARD PLAYERS!

PLEASE BE READY AND CHECKED IN WITH YOUR GROUP <u>15 MINUTES PRIOR</u> TO START TIME TO SECURE YOUR SEAT.

### MONDAY

#### TIME GROUP

10:30 а.м.- Ріпосніе 12:30 р.м.

1:00 P.M.-3:00P.M. CLASSIC EUCHRE FOR ROOKIES

## TUESDAY

#### TIME GROUP

1:00 р.м - Bid Euchre & Regular 3:00 р.м. Euchre

1:00 р.м -3:30 р.м. ВRIDGE

## WEDNESDAY

TIME GROUP

1:00 р.м - Progressive Pinochle \$\$ 3:00 р.м.

# THURSDAY

TIME GROUP

1:00 р.м -3:00 р.м. Риодиевские Euchre \$\$

### CLASSIC EUCHRE FOR ROOKIES INSTRUCTION

#### OFF FOR THE SUMMER- BACK IN THE FALL!

Do you feel like you're missing out on all of the fun because you don't know how to play Euchre?? Marie is willing to devote her time to change that for you! Join us for this on-going, 4-week training course for all levels and catch the wave of Euchre Fun!! Classic Euchre for Rookies dealing starts promptly after instruction at 1:00.

You MUST call or text Marie @ (586) 206-6219 for important information prior to class! \*Please leave a voicemail and she will return your call.

# **GAME FORMATS:**

**BID EUCHRE-** SIX PERSON Uses Jacks to Aces from two decks (two of each card). All cards are dealt to the players, who are on teams.

#### **CLASSIC EUCHRE FOR ROOKIES-**

Traditional Euchre for beginners, follows all Michigan Euchre rules.

**REGULAR EUCHRE-** Traditional Euchre for intermediate and advanced players. Has slight modifications from Classic Euchre.

#### **PROGRESSIVE FORMAT-**

A way of playing cards, by which after every game, the losers at the first table go to the last table, and the winners at all of the tables, except the first, move up to the next table.

ALL OF OUR CARD GROUPS ARE FIRST COME, FIRST SEATED. <u>NO PREREGISTRATION</u> REQUIRED. ALL MEMBERS WELCOME TO PLAY! **GROUP GATHERINGS** CLINTON TWP. SENIOR ADULT LIFE CENTER

# **GROUPS AND CLUBS**

# Monday

12:30 P.M. MAHJONG

1:00 р.м.

Domino's

# TUESDAY

9:00 а.м.	Sewing
12:30 р.м.	NEEDLE NUTS
6:00 р.м.	Grief Support Group (see pg. 11)

# WEDNESDAY

10:00а.м.	GARDEN CLUB
11:30 р.м.	DARTS
1:00 р.м.	<b>DISCOVERY BIB</b>

 DISCOVERY BIBLE DISCUSSION For questions about Discovery Bible, please contact Kathy at (586) 817-4015.

# THURSDAY

8:30 A.M.	STARS SR. WEIGHT LOSS (WEIGH IN)
9:00 A.M.	STARS SR. WEIGHT LOSS (MEETING)
11:00 а.м.	JAVA AND JAMS
1:00 р.м.	CHESS CLUB

# FRIDAY

12:30 P.M. BINGO

1:00 р.м. Виммікив

**BUNKO!** 



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<u>\$2 Buy-In</u> Open to the Public

First Wednesday of every month from 1:00-3:00PM **Register to save your treat and seat!** Treats provided by: Villa Bella Luxury Retirement Community

# GARDEN CLUB



Meets weekly on Wednesdays at 10:00AM. Formal club meetings the 1st Wednesday of the Month.

Do you like spending time outdoors? Gardening? Join the Garden Club! This 100% Volunteer driven club has fun while giving back to our community! Sponsored by: **Pomeroy Senior Living** 

# BOOK CLUB



#### Meets Monthly, 2:00-3:30PM July 19th and August 16th

Do you love to read? Join our book club and read a new book each month and have the opportunity to share your thoughts with others!

# WRITE FOCUS

#### Meets 11:00AM-1:00PM July 7, July 21, August 11 and August 25

Join our group of authors to work on various kinds of writing. From short stories, to essays and poetry, expand upon your writing skills together. Contact Nancy for more details at (586) 463-0480.

# JAVA & JAM



Meets Weekly, 11:00AM-1:00PM

FREE coffee provided. Sit back, relax, and enjoy live music from our in-house artists.

JOIN US ON THE FIRST THURSDAY OF THE MONTH FOR KARAOKE!! CONGRATULATIONS, STUDENTS!





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When the Clinton Township Friends of the Senior Center began a scholarship program in 2015, it was established in the spirit of "paying it forward" and becoming the village that would lend a hand in helping to raise a child to greatness – together. Thanks to the generous donations to our College Scholarship Program in this, our nineth year, we were able to offer TWO \$1,000 scholarships and ONE \$500 scholarship to three very qualified and deserving Clinton Township high school seniors. This intergenerational "seniors helping seniors" program is another shining example of how the senior citizens in our township make a positive difference!

Scholarship recipients received recognition on Friday, May 12th at the Clinton Township Senior Adult Life Center. Starting from left: Madison Stewart, Katelyn Kraemer, Alayna Haag.

### **THE 2023 SCHOLARSHIP RECIPIENTS INCLUDE:**

**MADISON STEWART**, graduating from Chippewa Valley High School holds an outstanding 4.042 GPA. This summa cum laude graduating student is a member of National Honor Society, Key Club, Fellowship of Christian Athletes, and a member of the school's Mental Health Committee. Madison's final school-sponsored achievement ended with the title of Executive Board President of Student Government in her senior year, all the while amassing nearly 100 community service hours and actively involved in dance. Madison plans to attend Grand Valley State University and major in Business Administration.

**KATELYN KRAEMER**, a summa cum laude graduate with a 3.98 GPA hails from CVHS as well. Katelyn is a member of Student Government, National Honor Society, Coalition Teen Council, Youth Advisory Council for Know Resolve, a youth suicide awareness and prevention organization, and has been a significant contributor to our community with over 100 service hours in addition to performing in community theatre. Katelyn is slated to attend Michigan State University and aspires to triple major in Psychology, Theatre Arts and Arts & Humanities.

**ALAYNA HAAG**, another summa cum laude graduate of CVHS holds a 4.065 GPA. Alayna's credentials include leadership positions on both the Executive Board of Fellowship of Christian Athletes as well as National Honor Society. Additionally, Alayna committed her time and talent to Class Council, Key Club and contributed over 100 hours of service to our community. Alayna will be attending University of Detroit Mercy and plans to major in Biology through their 5-year Physician's Assistant Program.

On behalf of the Scholarship Review Board and the Friends of the Clinton Township Senior Center, it is with sincere pleasure that we can acknowledge the extraordinary efforts of these three young ladies and wish them well in their future endeavors!

A special nod of thanks goes out to our Scholarship Judges! (L-R), John, Joann and Don committed their time to ensure the fairness of final award decisions in choosing from the pool of unbelievably talented, accomplished applicants. Not an easy task! Thank You, Judges!



**THANK YOU VOLUNTEERS!** 

# The Center will be CLOSED on Wednesday, July 12th for our Volunteer Appreciation Day!



\*

Our volunteers are the lifeblood of the Center. We would not be able to do a fraction of our activities, programs, and special events without them. Their dedication, passion, and giving hearts do not go unnoticed.

VOLUNTEER DRIVEN

CLINTON TWP. SENIOR ADULT LIFE CENTER

Be sure to thank and show your appreciation to the folks who go the extra mile and donate their time and energy to making our Center, THEE CENTER!

### Monday-Friday 10:00am-2:00pm

lidden Ireasures **GIFT & COFFEE SHOP** 

### **OPEN TO THE PUBLIC**

### COFFEE | SNACKS | COLLECTABLES | JEWELRY | HOUSEWARES

Do you have a donation for our Gift Shop or Center? Give us a call to set an appointment to drop it off. We also accept monetary donations in memory or in honor of a loved one. For more information on how you can leave a gift to the Senior Center with your final wishes contact Matt Makowski at: (586) 286-9333 ext. 8121 or email him at: m.makowski@clintontownship-mi.gov

#### When you shop at or donate to the Hidden Treasures Gift Shop, you are supporting YOUR Center!

Kindness is in your blood



### **Blood Drive**

#### Clinton Township Senior Center

Gym 40730 Romeo Plank

Wednesday, July 5, 2023 10:00 a.m. to 4:00 p.m.

More details on page 13!



Scan to schedule your appointment NOW!



# MOBILE MAMOGRAPHY BUS COMING TO CTSC! Monday, September 11 by appointment



**OPEN TO THÉ PUBLIC!** This 20-minute appointment can save your life! The state-ofthe-art Ascension Mobile Mammography Center will be making a house call and offering no-outof-pocket fee, 20-minute scans so YOU can cross it off of your To-Do List! Results are read and sent directly to your primary doc. Registration forms available at our Guest Services desk. Please ask for Ericka or call 586-723-8120 for details and to schedule your <u>FREE\*</u> scan!

Appointments must be scheduled by August 28!

# HEALTH AND WELLNESS SPA

Manicures - Pedicures - Waxing - Cuts - Styles - Perms

Manicures & Pedicures by Kameelia Monday & Friday | 9-3 p.m. (586) 723-8223

Regular manicures, hot oil manicure, pedicure and waxing services. Fees are payable at the time of service. 24 hr. notice is required for cancellations.

#### Haircut and Salon Services by Jackie Wednesday & Thursday | 9-4 p.m. (586) 723-8221

With over 30 years experience. Services include: Cuts, Mustache/Beard trim, Deep Conditioning, Perms, Highlights, Tints and Wash, Blow, Dry Style or Roller.



### **GRIEF SHARE SUPPORT GROUP** Tuesdays at the Center | 6:00-8:00 p.m.

Grief Share is a program sponsored and facilitated by Resurrection Cemetery.

Register with Michelle at: (586) 416-3310

### CHATS WITH SARA IN PERSON THURSDAYS, 10:30-11:30AM MEET SARA SCHOLL!

She is our resident helper to assist you with your personal dilemmas, family issues, difficult people, adjustment to what life throws at you and whatever else you'd like to chat about. Sara is a retired psychiatric nurse and professional counselor. (Her licenses are long expired so her work is of a casual nature.) She can chat with you for 30-40 minutes at the Center usually on Thursdays, but she is flexible. She can also chat with you on the phone if you'd prefer. Of course, if you need more than what Sara can offer within 2-3 meetings, she can give you a referral to a professional or an agency in the area. Call Sara anytime and leave a message that you'd like to set up a time to chat with her.

To schedule a chat call (586) 943-6263.

# **POSITIVE INTENTIONS**

If you are in need of Prayer/Positive Intentions Warriors for anything YOU may be struggling with, please call Debbie at (586) 286-9333 ext. 8125 and leave your name for next month's focus. Together, we can get through anything! We are requesting your help for our friends in need. Please send your prayers and well wishes to: Rhonda, Dean, Julia, Lenny, Rene, Mary, Hope, David, Heidi, Krista, and Jackie. JULY PROGRAM REGISTRATION OPENS ON <u>TUESDAY, JUNE 13TH.</u> To register for programs stop by the member service desk or call (586) 286 9333. \*In person registration will take priority over call-in's.

	Ó0 /der	ASK THE EXPERT	FREE	
DVANCED STAINED GLASS	\$8/day	Tuesday, July 11	10:00-11:00	
Are you an experienced stained glass artis turn to create your own unique piece of sta access to our tools, materials, and stained Anita will be available for assistance. Prer	ained glass. Have glass artesian	Bring your curiosity and your questions o every month as <b>Henry Ford Macomb Hos</b> share their wisdom on a variety of senior topics. Registration is required.	<b>pital</b> health experts	
guarantee your seat, or drop-in based on a <b>complete beginner level class and "gradu</b>	-	BREATHWORK WITH DR. BRIA	N \$5	
offering.		Thursday, July 13	10:30-Nooi	
· · · · · · · · · · · · · · · · · · ·		Dr. Brian McCarroll is back for a monthly	reset!	
ED CROSS BLOOD DRIVE		Once a month, join Dr. Brian on the path	i to your best self. Use	
ednesday, July 5	10AM-4PM	the power of your breath to take contro anxiety, and increase energy. You will a	•	
and Blood donations. <b>Schedule your appoi</b> online at redcrossblood.org or call 800-7 donating, please be sure to have a healthy r olenty of fluids. You may donate blood ever	<b>33- 2767.</b> Prior to meal and drink	required. *Renew Active, Silver Sn Peerfit Move discounts apply! FIELD TRIP: WESTWOOD INN	FREE	
, ,	Y	Thursday, July 13	11:00 Departur	
MOVIE CLUB FREE Step into what life is like at <b>Westwood Inn Senior Living</b>		-		
hursday, July 6	10:00-1:00	on their bus and take a trip to Westwood Inn and learn		
Just like book club, except we use FILMS. Movie viewing begins at 10:00, with discussion among peers immediately following. Popcorn provided by <b>Oakmont Parkway</b> Registration		everything this senior living community has to offer. Proactively plan your future! Seats are limited, registration required.		
s required.	• •	BRAIN FITNESS	FREE	
		Tuesday, July 18	9:30-11:0	
AT SMART, LIVE STRONG	FREE	Mark your calendar for this fun, interactive monthly se		
Thursdays in July (6, 13, 20, 27) 1:00-2:00		the aging brain presented by Marcia Relyea , MIS, CADC-M,		
Enjoy fun and lively activities with other old		alk latest tricks and strategies to keeping your most important		
about easy ways to make smart food choice	es and be more	······································		

Taking reservations NOW!

JULY PROGRAM REGISTRATION OPENS ON TUESDAY, JUNE 13TH. To register for programs stop by the member service desk or call (586) 286 9333. \*In person registration will take priority over call-in's.



**ULY SPECIAL PROGRAMS** 

CLINTON TWP. SENIOR ADULT LIFE CENTER

٩	IYOFASCIAL RELEASE		\$5*
T	hursday, July 20	10:30-Noon	
	<b>Stretching and Mobility:</b> This workshop is you how to reduce muscle knots, pain, and (especially arthritis) through stretching. To in this session can help avoid joint replace muscles. Learn how to manage joint and no the use of drugs by incorporating simple r	d cl ech emi nus	signed to show pronic symptoms priques learned ents due to tight scle pain without
	your daily routine. We will be utilizing foan mats, feel free to bring your own or borrow Active, Silver Sneakers, and Peer discounts apply!	n ro N o	ollers and yoga urs. * <b>Renew</b>

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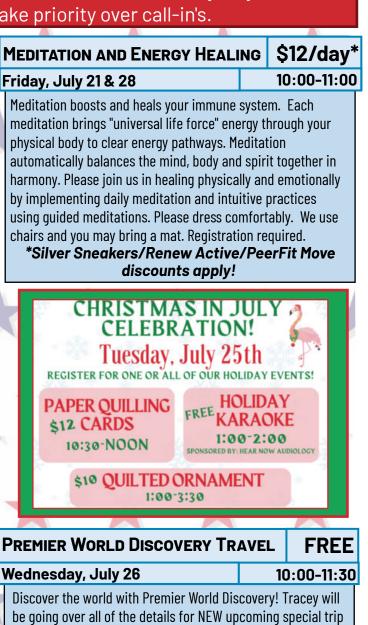
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Fraud Guard	FREE
Thursday, July 20	1:00-2:00

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Macomb County Clerk's Office will be here to talk about Fraud Guard and other fraud protection programs that are currently in place for ALL seniors living in Macomb County. Be sure to register to save your seat.



opportunities including THE ALASKAN CRUISE! **Registration is required, OPEN TO THE PUBLIC!** 

#### EAR CLEANINGS Thursday, July 27

**\$50 By Appointment** 

Hear Now Audiology will be at the Center offering reduced cost ear cleaning using a video otoscope to look in your ears for wax (you will be able to see inside your ear, too)! If needed, an Earigator will be used to remove most wax in 1 flushing, taking 20-30 seconds. Call 586-286-9333 to schedule your 15minute appointment. Payment will be due at appointment time, via cash or CC, no checks please.

AUGUST SPECIAL PROGRAMS CLINTON TWP. SENIOR ADULT LIFE CENTER

AUGUST PROGRAM REGISTRATION OPENS ON <u>TUESDAY</u>, <u>JULY 11</u>. To register for programs stop by the member service desk or call (586) 286 9333. \*In person registration will take priority over call-in's.

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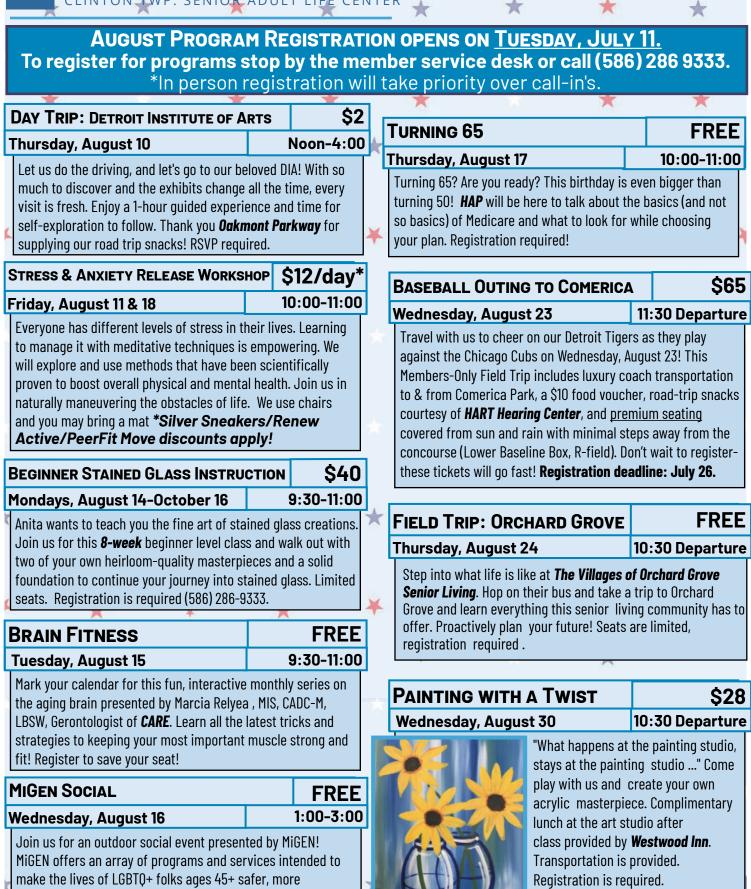


\$15/PERSON

**RSVP REQUIRED!** 

AUGUST SPECIAL PROGRAMS CLINTON TWP. SENIOR ADULT LIFE CENTER

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Deadline to register is Tuesday,

Wednesday, August 23.

connected, more vibrant and more FUN! Refreshments provided by Pine Ridge of Hayes and The Medical Team Hospice.



**GROUP TRAVEL OPPORUNITIES-** The Senior Center has been offering group travel services for over 40 years. We have traveled the globe and seen some amazing sights! All of our trips are guided by a travel escort so all you have to do is sit back and enjoy. Detailed flyers are available for pickup in our lobby or can be viewed/printed off our web site. Questions? Call us at 586 286-9333.

### PREMIER WORLD DISCOVERY TRAVEL SHOW JULY 26! 10:00-11:30 SEE PAGE 14 FOR DETAILS-- RSVP REQUIRED

#### Rybicki Tours 2023

Day in the 'D'	July 13
Ohio Light Opera	July 20-22
Weekend in Cleveland	

#### Shoreline Tours 2023

Canadian Rockies	August 14-21
Niagara on the Lake	September 5-8
SD National Parks	September 12-20

#### Ed and Ted's Adventures 2023

Lk. Placid, Adirondack Mtns,&Vermont......Sept.30-Oct. 7 Lancaster Christmas.....Nov. 27-Dec. 2

#### Premier World Discovery 2023-2024

Rome & Tuscany	Nov. 1-8
San Antonio	
Colorful Costa Rica	Feb. 2024
NEW! Utah	May 2024
NEW! Alaskan Cruise	July 2024
NEW!Athens & Greece Islands	0ct. 2024

#### PLEASE BE ADVISED THAT...

- Firearms are not permitted on our trips and alcohol is at the discretion of the travel agency.

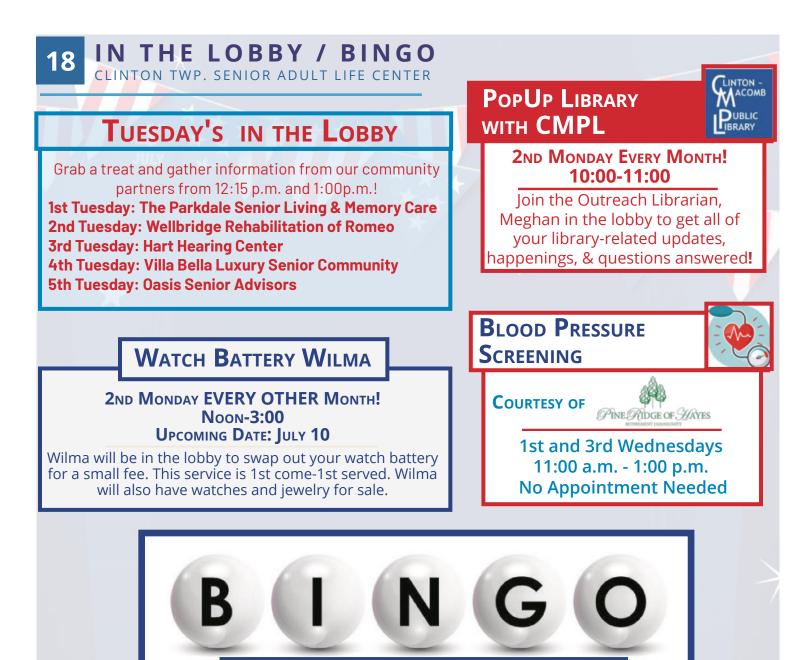
- Trips are added as they become available and may not have been ready by our publication deadline. Check back often so you don't miss out on a great opportunity.

- There are no refunds on No Shows or trips that include a show ticket.

- Front seats of the coach are reserved for the travel director, trip supplies, those on oxygen and/or guests utilizing walking assisted devices.

- Failure to comply with the rules/regulations, you will be asked to refrain from traveling with the group. Travel club lanyards if issued must be visible for the duration of the trip.

PLEASE arrive at minimum 15 minutes before scheduled departure to secure your seat. Trips depart promptly at stated times from the Clinton Township Civic Center lot unless stated otherwise.



## FRIDAYS | 12:30 - 2:30 р.м.

Join us for an exciting and possibly PROFITABLE afternoon of Bingo! Admission card is \$2. Additional cards are \$.25 and paper cards are \$1. CARDS MUST BE PURCHASED NO LATER THAN 12:20P.M. with play beginning at 12:30 prompt. Seats may not be saved as they are first come, first serve. 50/50 raffle prize will be split between 2 winners when kitty (winnings) reaches \$70+. Low vision accommodation now available by request! OPEN TO THE PUBLIC! \*\*Bring Small Bills with you- we cannot make change!\*\* Special thanks to our community partners for sponsoring Bingo treats and raffles! Ist Friday: Birthday Bingo Cake— Shelby Crossing Health Campus 2nd Friday: Hart Hearing Center 3rd Friday: Oakmont Parkway Senior Community 4th Friday: StoryPoint Clinton Township

**5th Friday: Pine Ridge of Hayes** 

We have worked diligently for over 40 years on the concept of continuous improvement. Improvement in our health, wellness, social and emotional support, we are here for you! Our building improvements continue with that spirit of improvement and moving forward. We hope you enjoy the refreshing new décor and delightful amenities we have for you. You are FAMILY at the Clinton Township Senior Adult Life Center. Enjoy today and live life to the fullest at your home away from home.

# LIFETIME MEMBERSHIP RATES

Single.....\$75 Couple.....\$100

**<u>Clinton Township Residents</u>** Non-Clinton Township Residents Single.....\$150 Couple.....\$200

**GUEST PASSES AVAILABLE: \$10/WEEK** 

# Become a LIFETIME member TODAY!















THANK YOU CLINTON TOWNSHIP SENIOR ADULT LIFE CENTER

Comfort

Keepers\_





20



An Enhanced Senior Community





HENRY

HEALTH

FORD



doctors

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TOWN VILLAGE STERLING HEIGHTS

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### **BE A SPONSOR!**

We are always looking for new involvement from our local community! If you are interested in sponsoring a program and/or service, please contact Ericka Pauly at (586) 723-8120 or e.pauly@clintontownship.com

### ADVERTISE IN OUR NEWSLETTER

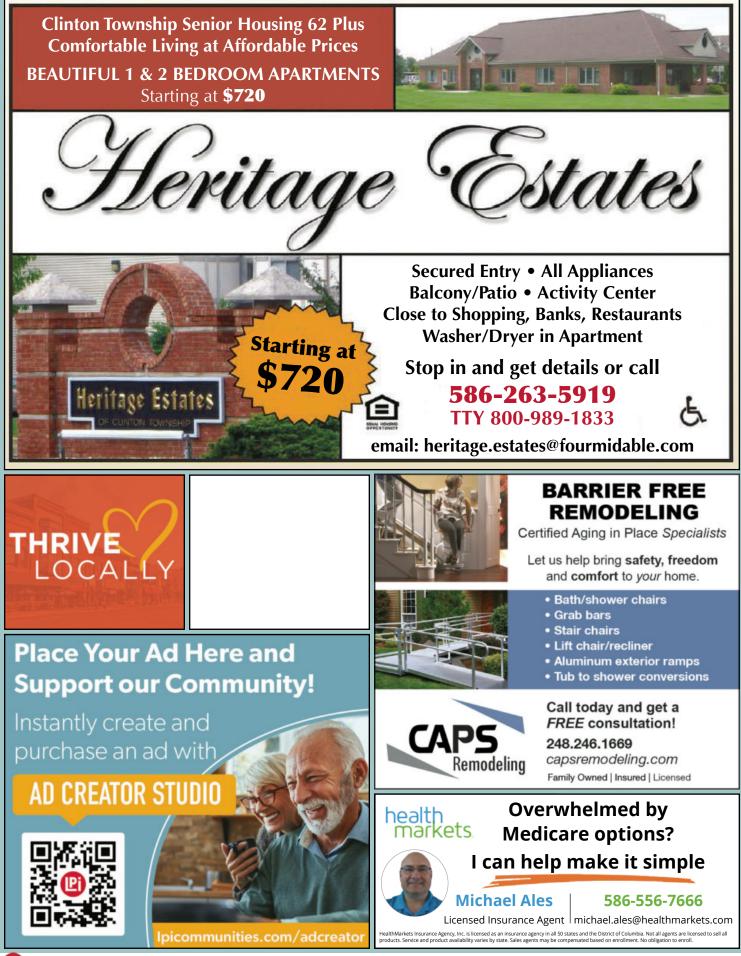
Did you know: If you are a paid advertiser in our newsletter publication, you are able to house marketing materials in our lobby? If you are interested in advertising in this publication contact Eileen Frazier at LPI Publications. 800-477-4574 x 6309

# **BE A WISE CONSUMER**

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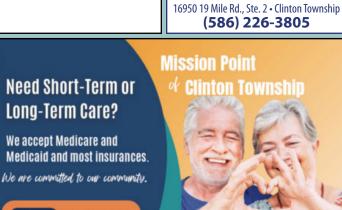


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- Memory Care reclamon Township CLINTON TOWNSHIP Delivering Excellence, Every Moment, Every Life, Every Dwg.



# CLINTON CURRENTS 2

STAY UP TO DATE, WATCH THE SENIOR SPOTLIGHT & MORE ON CLINTON TWP. TV OR SCAN THE QR CODE TO GO DIRECTLY TO THE TOWNSHIP'S YOUTUBE CHANNEL!

WOW Channel 10 COMCAST CHANNEL 5 AT&T/U-VERSE CHANNEL 99

# The Supervisor's Message

#### "Do your best. One day, you will be someone's hero." — Anonymous

Keeping Clinton Township residents safe is one of the core services we proudly offer. It would take more space than this column allows to cover all the work our first responders provide, but I will highlight some.



The Clinton Township Police Department (CTPD) is dedicated to forming relationships that build trust throughout the community, which helps reduce crime. The CTPD is connected to the communities they serve, including our young people. By building relationships with County entities, the Department is leading in helping

individuals deal with the effects of mental illness, substance abuse, and crimes involving sexual assault and internet scams. For example, we partnered with CARE of Southeastern Michigan, Families Against Narcotics (FAN), and Hope Not Handcuffs to help break the cycle of addiction in our community. And we produced an awareness program to warn the public of internet scams. Also, the Township partners with a crime victim's advocate to help those in need find resources and support, in addition to being part of the Macomb County Sexual Assault Response Team (SART), whose mission is to support victims of sexual assault in every way possible.

Sometimes, the quality work of a police response team is best understood by looking at a specific example. Late last year, a nearly 10-year-old cold case from 2013—the brutal murder of a mother and daughter, was finally closed. This happened because our officers and detectives would not give up and utilized new technologies and connections with peers to bring justice to bear.

The Clinton Township Fire Department (CTFD) continues to be forwardthinking while providing a high level of service. Investments in equipment and personnel have paid dividends in safety for firefighters and the public. CTFD continues to train in areas such as vehicle extrication and the





utilization of Lucas CPR devices on front-line vehicles, which provide many life-saving success stories. And CTFD stays connected to the community through safety education and awareness information. Part of that includes helping residents needing temporary access to medical equipment by loaning wheelchairs, walkers, crutches, and canes—free of charge.



Supervisor Bob Cannon

Our fire professionals are active in local charitable groups such as the Kiwanis and the Goodfellows and

participate in the Battle of the Badges series of events, competing with our police department and other municipalities in the annual fundraisers to raise money for local causes.

Our medical transport is provided by Medstar Ambulance. They also offer a high level of service while staying connected to the community by participating in numerous community fundraisers like shopping with kids at Christmas and assisting less-abled kids during Halloween. I was pleased the Board voted to extend their contract with us through 2026. Clinton Township Police and Fire Departments, aided by Medstar, provide the best protection and service.

Both Township and Macomb County emergency management personnel impact our residents' safety. A critical function provided is the emergency notification siren system. This year we received a \$100,000 grant to pay 30 percent of the cost of overhauling Clinton Township sirens.

Men and women who run toward danger when everyone else runs away are a special breed. We are grateful for our police, fire, and medical emergency personnel.

Robert J. Cannon

Robert Cannon - Clinton Twp. Supervisor Kim Meltzer - Clinton Twp. Clerk Paul Gieleghem - Clinton Twp. Treasurer Michael Keys - Clinton Twp. Trustee Tammy Patton - Clinton Twp. Trustee Joie West - Clinton Twp. Trustee Julie Matuzak- Clinton Twp. Trustee







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# AROUND-THE-CLOCK INDIVIDUAL CARE. SO WHEN IT'S TIME TO REST, YOU CAN REST ASSURED.



Having a parent in a safe, comfortable place with highly trained medical staff nearby and activities to keep them engaged can go a long way in reducing the amount of time you spend worrying. That's why we're here.

Schedule your visit today.

#### MEMORY CARE AND SO MUCH MORE



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