

AN ACTIVE LIFE IS THE GOOD LIFE

***The Senior Center will only be closed due to inclement weather when
OUR NAME appears on Ch. 2, 4 or 7 with the school closings.***



**NOVEMBER-
DECEMBER
2023**

 40730 Romeo Plank Road
Clinton Township

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

 (586) 286-9333

 (586) 286-8757

 [www.clintontownship.com/
162/Senior-Center](http://www.clintontownship.com/162/Senior-Center)

NOVEMBER-DECEMBER CENTER CLOSURES

Friday, November 10

VETERANS DAY

Thursday-Friday, November 23-24

THANKSGIVING

Thursday, December 21

CTSC Holiday Party @ MISD Building

Monday-Tuesday, December 25-26

CHRISTMAS



Welcome to the fabulous Holiday Season 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!

The Senior Center will only be closed due to inclement weather when OUR NAME appears on Ch. 2, 4 or 7 with the school closings.



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



MEET LOUISE TABONE, SMART Bus Transportation Dispatcher

We have been lucky to have Louise with us at the Clinton Township Senior Center since 2021 as our Transportation Dispatcher. Prior to her time here, she worked in event ticketing where she started at the Pontiac Silverdome Box Office and retired from Ford Field, with stints at the Palace of Auburn Hills and Ticketmaster in between. Louise's dedication to customer service and creating positive experiences continues on as she serves our senior residents of Clinton Twp.

Fun facts about Louise: "I enjoy spending time with family, gardening, walking and sketching. Looking forward to more adventures!!"

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
l.tabone@clintontownship.com

NUMBERS TO KNOW

Area Agency on Aging 1b	(800) 852-7795
Macomb Cty. COVID Hotline	(586) 463-3750
Crisis Center	(586) 307-9110
Elder Abuse Hotline	(855) 444-3911
Interfaith Volunteer Caregivers	(586) 757-5551
Lakeshore Legal Counseling and Advocacy Law	(248) 569-9658
Macomb County Central Action	(586) 469-5228
<i>Food Supplement, Financial Assistance, Emergency Services, Transportation, Utility Assistance, Tax Prep., Meals on Wheels, Loan Closet, Handy Helpers</i>	
Medicare/Medicaid Assistance	(800) 803-7174
Clinton Township Notary Services	(586) 723-9422

FREE TECH HELP

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.

**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.

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 need.

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 MEDICARE COUNSELING FROM MMAP

The annual Open Enrollment Period for changes in Medicare coverage runs from October 15 through December 7. Changes you make this fall take effect January 1, 2024.

Do you want to review your choices for 2024 Medicare health and drug coverage?

Appointments for free, unbiased counseling with the Michigan Medicare Medicaid Assistance Program (MMAP) are available this fall – by Zoom, phone, or in person at a number of Macomb Co. locations.

To schedule call (800) 803-7174.

GROUP FITNESS CLASSES

Instructor-led fitness classes are \$5/class or \$2/class if you have Silver Sneakers or Renew Active. If you have FitOn Health (formerly Peerfit Move), instructor-led classes are FREE!

Questions about any of our fitness programs?

**Contact Dan Ulmer
at (586) 723-8076**

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!

BONE BUILDERS



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!

YOGA



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.

STRETCH & STRENGTH



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

AEROBICS



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.

ARTHRITIS FITNESS



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 advanced level class.

KEY:

LEVEL OF DIFFICULTY / INTENSITY:

1 BARBELL- EASY / LIGHT UP TO 4 BARBELLS- HARD / HEAVY

GROUP FITNESS/GYM SCHEDULE

CLINTON TWP. SENIOR ADULT LIFE CENTER

5

MONDAY

TIME	CLASS	INSTRUCTOR
9:00 A.M.	BONE BUILDERS	RHONDA
10:00 A.M.	ARTHRITIS FITNESS	REBECCA
10:15 A.M.	AEROBICS	RHONDA
NOON	Line Dancing-BEGINNER	ENITA
1:15P.M.	LINE DANCING-ADVANCED	ENITA
1:00 P.M.	TAI CHI FOR HEALTH-INTERMEDIATE	GARRY

TUESDAY

TIME	CLASS	INSTRUCTOR
8:45 A.M.	WALKING CLUB-FREE	
9:30 A.M.	STRETCH & STRENGTH	JASMIN
10:30 A.M.	CHAIR ZUMBA	DEBBIE
NOON	YOGA	DANIEL
1:30 P.M.	TABLE TENNIS	
1:30 P.M.	CORNHOLE	

WEDNESDAY

TIME	CLASS	INSTRUCTOR
9:00 A.M.	DRUM STRENGTH & CONDITIONING	RHONDA
10:00 A.M.	CHAIR YOGA	JASMIN
10:00 A.M.	BODY, BALLS, & BANDS	REBECCA
11:00 A.M.	ARTHRITIS FITNESS	REBECCA
1:00 P.M.	Co-Ed VOLLEYBALL	

THURSDAY

TIME	CLASS	INSTRUCTOR
9:00 A.M.	BONE BUILDERS	RHONDA
10:15 A.M.	AEROBICS	RHONDA
NOON	YOGA	DANIEL
1:45 P.M.	BEGINNER PICKLEBALL**	
2:30 P.M.	INTERMEDIATE PICKLEBALL**	

FRIDAY

TIME	CLASS	INSTRUCTOR
10:00 A.M.	ARTHRITIS FITNESS	REBECCA
11:00 A.M.	BALLET BARRE	KATHY
1:45 P.M.	INTERMEDIATE+ PICKLEBALL**	

ALL FITNESS CLASSES AND SPORTS PROGRAMS LISTED ABOVE ARE DROP-IN! YOU DO NOT NEED TO PREREGISTER, BUT LEAVE YOURSELF TIME TO CHECK IN AT THE MEMBER SERVICE DESK PRIOR TO THE START OF YOUR PROGRAM.

Instructor-led fitness classes are \$5/class or \$2/class if you have Silver Sneakers or Renew Active. If you have FitOn Health (formerly Peerfit Move), instructor-led classes are FREE!

*****Due to increased popularity of indoor pickleball in the cooler months, be sure to sign up in the fitness hallway (near Dan's office) to secure your spot each week.***



CLUB 55 FITNESS CENTER

MONDAY-FRIDAY
8:30-4:00

LOOKING TO GET ACTIVE?

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.

JOIN CLUB 55 FITNESS CENTER FOR ONLY \$65 PER YEAR!

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

RenewActive
by UnitedHealthcare

SilverSneakers
by Tivity Health

FITON
HEALTH

PERSONAL TRAINING

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.

IMPORTANT

Be sure to be on the lookout around the Center and in the weekly emails for upcoming Club 55 closures as we make much-needed updates and improvements to YOUR Fitness Center!

LET'S GET ACTIVE!



3rd Annual CTSC Dart Tournament
Wednesday, November 15

REGISTRATION / REFUND DEADLINE: NOVEMBER 10
11:30-2:30 PM
\$15.00 / Player

LIMITED SPOTS
REGISTER EARLY!

GROUP SPORTS

SEASONAL
GOLF - LADIES LEAGUE
MAY-AUGUST
Co-Ed Bocce Ball League
APRIL-SEPTEMBER
HORSESHOE CLUB
MAY-SEPTEMBER
LADIES SR. BELLES BOWLING
SEPTEMBER-APRIL

YEAR-ROUND OPEN PLAY
CORNHOLE | Darts | Pickleball
Table Tennis | Co-ed Volleyball

BOCCE BALL LEAGUE

2024 SEASON
April 25-August 18
REGISTRATION NOW OPEN!
\$25 REGISTRATION FEE
CALL JUDY FOR MORE INFORMATION: (313) 580-2075



DISCOUNTED SENIOR TENNIS

Monday, Wednesday and Friday from 11:00-12:30
*Must have a membership with CTSC and PeachTree to receive discounted rates AND preregister by calling 586-723-8076



PICKLEBALL



BEGINNER PICKLEBALL INSTRUCTION

FREE SMALL-GROUP CLINIC
Get on America's #1 growing sport: 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.
2ND WEDNESDAY OF EACH MONTH
CALL (586) 723-8076 TO REGISTER



INDOOR DROP-IN PICKLEBALL

Beginner:
Thursdays, 1:45-2:30PM
Intermediate:
Thursdays, 2:30-4:00PM
Intermediate+:
Fridays, 1:45-3:30PM

****Due to increased popularity of indoor pickleball in the cooler months, be sure to sign up in the fitness hallway (near Dan's office) to secure your spot each week.**

MONDAY

10:30 A.M.	PINOCHLE
12:30 P.M.	MAHJONG
1:00 P.M.	DOMINO'S
1:00 P.M.	CLASSIC EUCHRE FOR ROOKIES

TUESDAY

9:00 A.M.	SEWING
12:30 P.M.	NEEDLE NUTS
1:00 P.M.	BID EUCHRE
1:00 P.M.	REGULAR EUCHRE
1:00 P.M.	BRIDGE
6:00 P.M.	GRIEF SUPPORT GROUP (SEE PG. 11)

WEDNESDAY

11:30 A.M.	DARTS
1:00 P.M.	PROGRESSIVE PINOCHLE \$\$
1:00 P.M.	DISCOVERY BIBLE DISCUSSION <i>For questions about Discovery Bible, please contact Kathy at (586) 817-4015.</i>

THURSDAY

8:30 A.M.	STARS SR. WEIGHT LOSS (WEIGH IN)
9:00 A.M.	STARS SR. WEIGHT LOSS (MEETING)
1:00 P.M.	PROGRESSIVE EUCHRE \$\$
1:00 P.M.	CHESS CLUB

FRIDAY

12:30 P.M.	BINGO
1:00 P.M.	RUMMIKUB

PLEASE BE READY AND CHECKED IN WITH YOUR GROUP 15 MINUTES PRIOR TO START TIME TO SECURE YOUR SEAT. NO PREREGISTRATION REQUIRED. ALL MEMBERS WELCOME TO JOIN IN!

EUCHRE FOR ROOKIES INSTRUCTION

Mondays @ Noon, Nov. 13-Dec. 4

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. **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.

BOOK CLUB



Meets Monthly, 2:00-3:30PM November 15th and December 20

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



11:00AM-1:00PM

ODD Fridays of each month

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. Leave a message for Mary at (586) 286-6172.

The Girlfriend Hour



2nd Wednesday of the month @ 11:00AM **

Join us and spend time sharing ideas on everything from health and wellness, self-care, self-compassion, spirituality, personal growth, creativity, self-expression and many more topics. Bring one great life tip with you if you have one and let's get this party started! RSVP to save your seat! ** November will meet on November 1st due to the Harvest Party*

BUNCO!



\$2 Buy-In 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

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 related to senior health and fitness. Keep an eye out for random contests, current sports program photos and **FREE MONTHLY GIVEAWAYS provided by Empower Physical Therapy and Fitness**. We want to hear from YOU! Please take advantage of the suggestion box located outside of Dan's office so we can better serve you!

8-WEEK BEGINNER STAINED GLASS CLASSES

Next Session Begins January



- Create TWO pieces
- NO experience needed
- Small class size
- Hands-on instruction



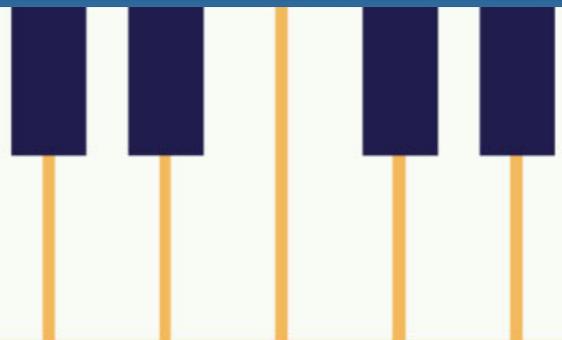
BEGINNER PICKLEBALL INSTRUCTION

FREE SMALL-GROUP CLINIC

Get on America's #1 growing sport: 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.

2ND WEDNESDAY OF EACH MONTH
CALL (586) 723-8076 TO REGISTER



KAWAI PIANO GALLERY OF MI
PRESENTS:

KEYBOARD LESSONS

8-WEEK CLASS STARTS JANUARY 23

Tuesday Mornings

**BEGINNER-ADVANCED
CLASSES OFFERED!**

\$99 Class Registration

\$20 Material Fee due to instructor at the first class

Learn a New Game!

**Mahjong, Hand & Foot,
Classic Euchre for Rookies**

Be on the lookout for special instructional classes to learn one of our regularly occurring games!



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.

**** Clients MUST be members of the CTSC to receive services****

THE
Girlfriend
HOUR

2ND WEDNESDAY OF EACH MONTH @ 11AM

CALLING ALL LADIES! JOIN US AND SPEND TIME SHARING IDEAS ON EVERYTHING FROM HEALTH AND WELLNESS, SELF-CARE, SELF-COMPASSION, SPIRITUALITY, PERSONAL GROWTH, CREATIVITY, SELF-EXPRESSION AND MANY MORE TOPICS. BRING ONE GREAT LIFE TIP WITH YOU IF YOU HAVE ONE AND LET'S GET THIS PARTY STARTED! RSVP TO SAVE YOUR SEAT!

GRIEF SHARE SUPPORT GROUP

Tuesday Evenings at the Center | 6:00-8:00p.m.

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

Register with Michelle at: **(586) 416-3310**

GRIEF
 SUPPORT
 GROUP



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. **(586) 943-6263.**

HELPING KIDDOS ADOPTED BY TUTAS KIDZ KLOSET THROUGHOUT THE CLINTON TWP. REGION GRADES 1-12

Holiday Toy Drive FOR TUTA'S KIDZ KLOSET November 1st - December 1st

HELP SPREAD HOLIDAY CHEER TO A CHILD IN NEED-
DROP OFF A NEW UN-WRAPPED TOY, WINTER COAT, OR
CHILDREN'S PJ'S IN THE CTSC LOBBY

PLEASE NO TOY GUNS OF ANY KIND

FOR MORE INFORMATION PLEASE CALL OR TEXT TONYA AT 313-415-0179



Thank You For Supporting My Eagle Project

August 26, 2023

With your donation and that of others, I was able to raise \$2,065.00. This allowed me, with the help of my Troop, family, and friends, to replace the pollination boxes, add a bird bath, and signs at the Clinton Township Senior Center. The remaining money was donated to the Senior Center.

Members of the Garden Club will plant flowers in the boxes to attract bees and other pollinators in the future.

Aiden Turner, Troop 349



GARDEN CLUB 2023

What a season...



This season has been one for the books!

From the first apple being picked from our young Gala apple tree, to

trying every home remedy to scare away the resident deer- we had our work cut out for us! Through thick and thin, we were still able to donate plenty of fresh produce to our local food pantries!



THANK YOU TO ALL OF OUR GARDENERS!

12

OPEN TO THE PUBLIC

CLINTON TWP. SENIOR ADULT LIFE CENTER

Coffee with the Supervisor

Thursday, November 30

@ 10:00A



REGISTRATION REQUIRED



Travel Show

Wednesday, December 6th
10:00-11:30AM

UTAH | GREECE | VIENNA | ALASKA



Registration is **REQUIRED!** Call
586-286-9333 to save your seat!

Red Cross Blood Drive

Wednesday November 15th
9:00am-3:00pm
in CTSC Gym



Scan the code to schedule your
appointment
or
call
1-800-733-2767



OPEN TO THE PUBLIC

BUNGO!

FIRST WEDNESDAY OF THE MONTH | 1:00 P.M.



\$2 Registration
Preregister to save your seat! 586-286-9333

CLINTON TOWNSHIP SENIOR ADULT LIFE CENTER

MONDAY- FRIDAY
10:00AM-2:00PM

Hidden Treasures 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!

B I N G O

FRIDAYS | 12:30 - 2:30 P.M.

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!

1st Friday: Birthday Bingo Cake— Shelby Crossing Health Campus

2nd Friday: Hart Hearing Center

3rd Friday: Oakmont Parkway Senior Community

4th Friday: StoryPoint Clinton Township

NOVEMBER SPECIAL PROGRAMS

CLINTON TWP. SENIOR ADULT LIFE CENTER

13

NOVEMBER PROGRAM REGISTRATION OPENS ON TUESDAY, OCTOBER 17TH.
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.

WOVEN PUMPKIN DOOR HANG \$25

Wednesday, November 1 9:30-12:30

The leaves are changing and it is time to get our homes decorated for the holidays... but first, THANKSGIVING! Amy Jorgensen will be here to guide you through creating your own pumpkin door hang. Greet your guests with this handmade piece you will take out every year.



Registration/Refund Deadline: October 25

ADVANCED STAINED GLASS \$8/day

Every Monday 8:30-10:30

Are you an experienced stained glass artist? Now it's your turn to create your own unique piece of stained glass. Have access to our tools, materials, and stained glass artisan Anita will be available for assistance. Drop-in based on availability. ***Must complete beginner level class and "graduate" to this offering.**

BEYOND HOSPICE FREE

Monday, November 6 10:00-11:00

What is the first thing that comes to mind when you think of "Hospice"? Is it music therapy? Massage therapy? Pet therapy? Or even Grief Camp for Children? Well ALL of these are services offered by **The Medical Team Hospice!** Johanna MacKenzie, RN will be here to lead a discussion to debunk many of the myths that exist about hospice care. "Hospice" can be a very scary word to hear. But hospice is not about giving up hope. It's about embracing hope and living longer with exceptional care. Registration is required.

HOLIDAY BOW MAKING \$10

Thursday, November 2 10:00-11:00



NOW it is time to start thinking about holiday gifts! If you haven't started your shopping or wrapping...you should be! Judith is excited to teach you how to elevate your gift-giving this year by creating three styles of hand-made bows! Bring 3 wrapped gifts or boxes (with different paper preferred) and learn how to pick ribbon colors, size, and style of bow to best fit your gift.

SMALL CLASS SIZE- Register early!
Registration/Refund Deadline: October 26

CLASSIC EUCHRE FOR ROOKIES INSTRUCTION FREE

Mondays, November 6-27 Noon-1:00

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.

MOVIE CLUB FREE

Thursday, November 2 11:00-2:00

Just like book club, except we use FILMS. Movie viewing begins at 10:00, with discussion among peers immediately following. Popcorn provided by **Oakmont Parkway** Registration is required.

HAPPY BIRTHDAY! TURNING 65 FREE

Thursday, November 9 10:00-11:00

Turning 65 soon? Are you ready? This birthday is even bigger than turning 50! **HAP** will be here to talk about the basics (and not so basics) of Medicare and what to look for while choosing your plan. Registration required **OPEN TO THE PUBLIC!**

NOVEMBER PROGRAM REGISTRATION OPENS ON TUESDAY, OCTOBER 17TH.
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.

IT'S THE SEASON FOR THANKS...
AND TURKEY

HARVEST PARTY

WEDNESDAY, NOVEMBER 8TH
NOON-2:00PM

- FULL TURKEY DINNER -
- LIVE MUSIC -
- 50/50 -
- GIVEAWAYS -

\$20/PERSON REGISTRATION IS REQUIRED!

Red Cross Blood Drive

Wednesday November 15th
9:00am-3:00pm
in CTSC Gym



Scan the code to schedule your appointment
or call
1-800-733-2767

Lunch & Prizes



Members Only

3rd Annual CTSC Dart Tournament

Wednesday, November 15

REGISTRATION / REFUND DEADLINE	11:30-2:30 PM	LIMITED SPOTS
NOVEMBER 10	\$15.00 / Player	REGISTER EARLY!

FITNESS IS GOLDEN	FREE
Thursday, November 9	11:30-12:30

My Doctor's Inn is back again for ANOTHER easy exercise class! "Fitness is Golden" chair exercises are easy to follow and learn. Feel the burn at this guided class where movements are fun and easy to follow for any level. This is a FREE class, but registration is required. Stop in or give us a call.

DAY TRIP: DIA	\$2 CASH*
Thursday, November 16	Noon-4:00

Let us do the driving, and let's go to our beloved DIA! With so much to discover and the exhibits change all the time, every visit is fresh. Enjoy a 1-hour guided experience and time for self-exploration to follow. Thank you **Oakmont Parkway** for supplying our road trip snacks! RSVP required
*Bring your \$2 cash on the bus to tip the driver!

ASK THE EXPERT: STROKE PREVENTION	FREE
Tuesday, November 14	10:00-11:00

Bring your curiosity and your questions on the 2nd Tuesday of every month as **Henry Ford Macomb Hospital** health experts share their wisdom on a variety of senior-sensitive issues and topics. Join us this month for, "**Know the Warning Signs of Stroke**" presented by Mauricia Zoar, manager of the HFHS stroke program. Registration is required.

STAYING INDEPENDENT AT HOME	FREE
Thursday, November 16	10:00-11:00

Community life is not for everyone. Thinking of aging in place? Let **Oakmont Parkway** help you stay independent at by learning some tips and tricks to making your house safe and accessible! We have all heard about "baby-proofing", now it's time to "senior-proof"! Refreshments available, registration is required!

NOVEMBER/DECEMBER SPECIAL PROGRAMS

CLINTON TWP. SENIOR ADULT LIFE CENTER

15

NOVEMBER PROGRAM REGISTRATION OPENS ON TUESDAY, OCTOBER 17TH.
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.

BRAIN FITNESS	FREE
Tuesday, November 21	9:30-11:00

Mark your calendar for this fun, interactive monthly series on the aging brain presented by Marcia Relyea, MIS, CADC-M, LBSW, Gerontologist of **CARE of Southeast MI**. Learn all the latest tricks and strategies to keeping your most important muscle strong and fit! Register to save your seat!

PELVIC FLOOR THERAPY	FREE
Wednesday, November 29	10:00- 11:00

Raj Thangamuthu, PT with **Empower Physical Therapy**, is back with Stephanie Feng DPT who specializes in Pelvic Floor Therapy. This type of therapy involves physical methods of strengthening and/or relaxing the muscles of the pelvic floor to help improve core stability, posture, and help to decrease incontinence. Registration is required.

AARP DRIVER'S SAFETY COURSE	\$20 AARP members \$25 nonmembers
Wednesday & Thursday, Nov. 29-30	9:00-1:00

OPEN TO THE PUBLIC. This 2-day, 8-hour course teaches proven strategies for maintaining independence as a safe driver. You could be eligible to receive discounts on your car insurance upon completion with no test to pass! Claim your seat by calling (586) 286-9333. Refundable payment due at registration. Must present proof of AARP membership on the first day of class for discount.

COFFEE WITH THE SUPERVISOR	FREE
Thursday, November 30	10:00-11:00

OPEN TO THE PUBLIC! Join Robert Cannon, your Clinton Township Supervisor today in a relaxed forum to get the nitty-gritty of everything that's current in our wonderful community. Preregister to save your seat and treat!

DECEMBER PROGRAM REGISTRATION OPENS ON TUESDAY, NOVEMBER 14TH.
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.

WALKING IN THE PATH OF DEMENTIA	FREE
Tuesday, December 5	10:00-11:00

Nearly 14% of you will be diagnosed with some type of dementia in your lifetime. Join **Arden Courts: Promedica Memory Care** for this educational seminar where you can learn how to make your journey through dementia a little bit easier. Learn about the background, changes that may occur throughout the stages, and common challenges. Registration is required.





Travel Show

Wednesday, December 6th
10:00-11:30AM

UTAH | GREECE | VIENNA | ALASKA


**Registration is REQUIRED! Call
586-286-9333 to save your seat!**

DECEMBER PROGRAM REGISTRATION OPENS ON TUESDAY, NOVEMBER 14TH.
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.

MOVIE CLUB	FREE
Thursday, December 7	10:00-1:00

Just like book club, except we use FILMS. Movie viewing begins at 10:00, with discussion among peers immediately following. Popcorn provided by **Oakmont Parkway** Registration is required.

ASK THE EXPERT: PRESCRIPTION MEDS	FREE
Tuesday, December 12	10:00-11:00

Bring your curiosity and your questions on the 2nd Tuesday of every month as **Henry Ford Macomb Hospital** health experts share their wisdom on a variety of senior-sensitive issues and topics. This month we will be discussing **Safely Using and Storing Your Prescription Medications** presented by: Madie Tortomasi and Cate Bourgeois, community educators, Families Against Narcotics. Registration is required.

MYRIDE2 TRAVEL TRAINING	FREE
Wednesday, December 13	10:00-11:00

Looking for transportation options? **Myride2** is a transportation options service provided by the **Area Agency on Aging 1-B** that assists in locating the most affordable and efficient transportation options based on your needs. Travel training is a short course designed to promote independent travel. We will concentrate on using fixed routes as well as connector services around Clinton Township. **OPEN TO THE PUBLIC**- Registration is required.

HOLIDAYS AT THE FORD ESTATE	\$65
Thursday, December 14	10:20 departure

There is no place like the FORD House for the holidays. Come along with us as we take a luxury motorcoach to Grosse Pointe Shores and get a private guided tour throughout the historic Main Residence and marvel at the stunning holiday décor throughout the grounds. During the tour, you will hear captivating stories about the estate's rich history as you take in the home's understated elegance, a look inspired by Eleanor Ford's tastes and wishes. Following the tour, a buffet lunch of Caesar salad, chicken parmesan with a lemon sauce, silk potatoes, seasonal vegetable, and warm seasonal crisp will be served. Limited seats- be sure to register starting Nov. 14th!



STRETCH IT OUT	FREE
Thursday, December 28	10:00-11:00

Upper back, shoulder and neck pain can be uncomfortable and debilitating. Good thing Raj Thangamuthu, PT with **Empower Physical Therapy**, is back again to help. He will teach stretching exercises that focus on relieving the pain in these areas of the body and help us to keep moving comfortably. Registration is required.

WANDERER TRAVEL CLUB! OPEN TO THE PUBLIC

GROUP TRAVEL OPPORTUNITIES- *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.*

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.

RYBICKI TOURS 2023

Brunch & Birch Run.....	November 15
Ringling Bros. Circus.....	November 18
Starbright Christmas.....	December 6
Christmas & Holiday Tradition.....	December 13

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.*

PREMIER WORLD DISCOVERY 2023-2024

Colorful Costa Rica.....	Feb. 2024
Utah.....	May 2024
Alaskan Cruise.....	July 2024
Athens & Greece Islands.....	October 2024
NEW! Vienna & Christmas Markets.....	Dec. 2024

CTSC Theater Trips 2023-2024

Assisted Living: THE HOME.....	November 26
Celtic Angels Christmas.....	December 8
PRISM Christmas.....	December 16
Too Hot to Handel.....	January 12
Rumors- Fleetwood Mac Tribute.....	January 12
Ruben & Clay.....	January 13
The American Soldier.....	January 20
Wicked.....	January 25

TUESDAYS IN THE LOBBY

Grab a snack and gather information from our community partners from 12:15 - 1:00p.m.!

1st Tuesday: The Parkdale Senior Living & Memory Care

2nd Tuesday: Wellbridge Rehabilitation of Romeo

3rd Tuesday: Hart Hearing Center

4th Tuesday: Villa Bella Luxury Senior Community

5th Tuesday: Oasis Senior Advisors

WATCH BATTERY WILMA



**2ND MONDAY EVERY OTHER MONTH!
NOON-3:00**

UPCOMING DATE: NOVEMBER 13TH

Wilma will be in the lobby to swap out your watch battery for a small fee. This service is 1st come-1st served. Wilma will also have watches and jewelry for sale.

BLOOD PRESSURE SCREENING



COURTESY OF

THE MEDICAL TEAM
HOSPICE
Honoring life's journey

1st and 3rd Wednesdays

11:00 a.m. - 1:00 p.m.

No Appointment Needed

POPUP LIBRARY WITH CMPL



**2ND MONDAY EVERY MONTH!
10:00-11:00**

Join the Outreach Librarian, Meghan in the lobby to get all of your library-related updates, happenings, & questions answered!

Puzzle Stop



**Keep your brain
active!**

Help us complete
our jigsaw puzzles
one piece at a
time!

**CLINTON
TOWNSHIP
SENIOR CENTER**

iPad Café



Check out one
of our iPad's
the next time
you're at the
Center! From
research to
brain games
there is so
much to learn!

*must remain in the GTSC with iPad



Become a **LIFETIME** member **TODAY!**

LIFETIME MEMBERSHIP RATES

Clinton Township Residents

Single.....\$75

Couple.....\$100

Non-Clinton Township Residents

Single.....\$150

Couple.....\$200

GUEST PASSES AVAILABLE: \$10/WEEK

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.



Luxury Retirement Community

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



An Enhanced Senior Community



Comfort Keepers



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

Thank you for your patronage of the businesses and individuals that advertise with us. They help defray the cost of this publication. The Senior Center does not endorse or make any representation regarding the quality or character of services or goods furnished by any of our advertisers/presenters and we urge seniors to always carefully investigate the providers of services and goods before purchase. All programs at the CTSC may include opinions or views which, unless expressly stated otherwise, are not those of the Clinton Township Senior Center. The programs at the CTSC are intended to be informational and participants are encouraged to make informed decisions. We encourage you to be a wise consumer of all goods and services.



America's Choice in Senior Homecare®

Light Housekeeping, Meal Preparation, Companionship, Alzheimer's Care, Hygiene Assistance, Medication, Reminders and much more.

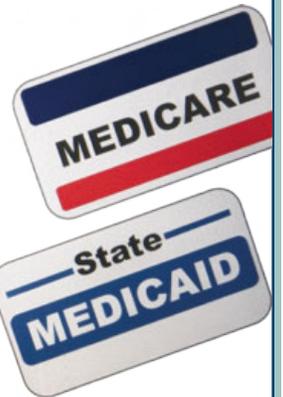
586-726-6999

www.VisitingAngels.com/SterlingHeights

Senior Health Resource Center

We are excited to introduce a **NEW no cost benefit to our community** - the new Senior Health Resource Center, helping you get the most out of your Medicare Benefits & insurance.

- Answer Any Medicare Questions
- Maximize Your Medicare Benefits
- Leverage Medicare Dental Benefits
- *Access THOUSANDS \$\$\$ in Vision & Hearing Aid Programs
- *Lower Drug Costs by Hundreds
- Lower Health Insurance Premiums
- Review Your Medicare Advantage, Medicare Supplements & RX Plans
- Free Valuable Resource to You



Your Trusted Medicare Advisor

Brian Hines
The Medicare Source
MedicareSourceMI.org
248-677-1567

Use phone camera to scan



*SENIOR HEALTH ADVOCATE IS A STATE LICENSED HEALTH AGENT THAT CAN ASSIST WITH PLAN ENROLLMENT IF REQUESTED. BENEFITS VARY BY ELIGIBILITY AND SITUATION. NOT CONNECTED WITH OR ENDORSED BY THE U.S. GOVERNMENT OR THE FEDERAL MEDICARE PROGRAM. *WE DO NOT OFFER EVERY PLAN AVAILABLE IN YOUR AREA. ANY INFORMATION WE PROVIDE IS LIMITED TO THOSE PLANS WE DO OFFER IN YOUR AREA. PLEASE CONTACT MEDICARE.GOV OR 1-800-MEDICARE TO GET INFORMATION ON ALL YOUR OPTIONS

Val Poliuto

Independent Sales Agent
39085 Moravian Dr.
Clinton Twp., MI 48036
586-465-0070
Vpoliuto@comcast.net
www.fsimcorp.com



Carewell Pharmacy

41940 Hayes Road
Clinton Township, MI 48038

Tel: (586) 221-2829

www.cwpharmacy.com
email: care@cwpharmacy.com

Free Delivery * Free Selected Antibiotics * Best Price OTC Medications * Free Medication Review We Accept All Insurance



Call for more information about our senior living services.

ASSISTED LIVING

MEMORY CARE

POST-ACUTE HEALTHCARE SERVICES

586-532-2100

13794 21 Mile Rd.
Shelby Township, MI 48315
shelbycrossinghc.com



Lori Brown

Broker Associate

Cell: (810) 543-8896

*Excellent Customer Service for over 30 Years!
For ALL Your Real Estate Needs.*

- Senior Real Estate Specialist (SRES)
- National Association of Realtors
- Certified Distressed Property Expert (CDPE)

RE/MAX ADVISORS

Office: (586) 725-1900

Email: lori@loribrownsales.com



DETROIT GRAB BAR

We install grab bars

You should never know you needed one.

Be proactive!

David Wegener

davidw@detroitgrabbar.com

(248) 283-4519

www.detroitgrabbar.com

Guess who's getting a facelift?

The Pine Ridges are undergoing renovations!

Hurry in to see the changes. Call today!



Garfield • Villas of Shelby • Plumbrook

586-723-0000 | 586-739-5520 | 586-274-2500

INDEPENDENT SENIOR LIVING



For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0767

Clinton Township Senior Housing 62 Plus
 Comfortable Living at Affordable Prices
BEAUTIFUL 1 & 2 BEDROOM APARTMENTS
 Starting at **\$720**



Heritage Estates



**Starting at
 \$720**



**Secured Entry • All Appliances
 Balcony/Patio • Activity Center
 Close to Shopping, Banks, Restaurants
 Washer/Dryer in Apartment**

Stop in and get details or call

**586-263-5919
 TTY 800-989-1833**



email: heritage.estates@fourmidable.com

**THRIVE
 LOCALLY**

**Place Your Ad Here and
 Support our Community!**

Instantly create and
 purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



BARRIER FREE REMODELING

Certified Aging in Place *Specialists*

Let us help bring **safety, freedom
 and comfort** to *your* home.



- Bath/shower chairs
- Grab bars
- Stair chairs
- Lift chair/recliner
- Aluminum exterior ramps
- Tub to shower conversions



Call today and get a
FREE consultation!

248.246.1669
capsremodeling.com
 Family Owned | Insured | Licensed

health
 markets

**Overwhelmed by
 Medicare options?**

I can help make it simple



Michael Ales

586-556-7666

Licensed Insurance Agent | michael.ales@healthmarkets.com

HealthMarkets Insurance Agency, Inc. is licensed as an insurance agency in all 50 states and the District of Columbia. Not all agents are licensed to sell all products. Service and product availability varies by state. Sales agents may be compensated based on enrollment. No obligation to enroll.



For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0767

The sooner you call, the more we can help.

Our State. Our Town.
Our Hospice.

24/7 Support
888-247-5701
or hom.org

Hospice of Michigan

A member of the **northstar** Care Community

Ascension Complete

Jim Olejniczak
Benefits Advisor

Confused about Medicare? Let me help!

Contact me today! 248-561-2577
James.Olejniczak@AscensionComplete.com



A **health plan** for what matters most - YOU



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574



In-Home Care Services

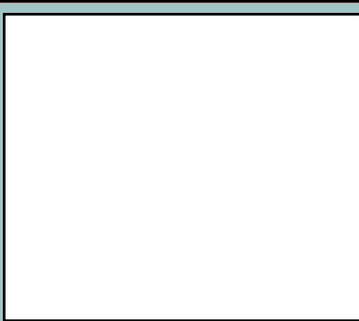
- Personal care
- Companionship and housekeeping
- Dementia and Alzheimer's care
- Respite care
- Meal planning & meal preparation
- Transportation

Comfort Keepers
Elevating the Human Spirit

ADVERTISE HERE
to reach your community



Call 800-477-4574



Make everyday Extraordinary

At Comfort Keepers, we provide in-home care that helps seniors and others live safe, happy, and independent lives in the comfort of their own homes.

Comfort Keepers
586-231-0526
42621 Garfield Rd, Ste 101B • Clinton Twp. MI 48038
Comfortkeepers.com



LEE ELLENA
FUNERAL HOME

Funeral Services & Celebration Center

46530 Romeo Plank Road
Macomb, MI 48044

586.412.8999

lee-ellenafuneralhome.com

Under New Ownership



Your Journey to Better Hearing Starts Now.



- Audiology
- Hearing Aids
- Tinnitus Management
- Custom Hearing Protection
- Cerumen (Wax) Management

Audiologist
Angie Lederman, MS, CCC-A

Hear Now Audiology & Tinnitus Center
40680 Garfield Suite 1B
Clinton Township, MI 48038

(586) 333-5405 | www.hearnowcenter.com






NOW AVAILABLE

- 44 acre wooded campus
- 2 bedrooms, 2 bath
- Washer and dryer
- Walk in closet
- French doors to private patio
- One and two car attached garages
- Activity, wellness and spiritual programs
- Emergency ERS system
- Maintenance inside and out
- Month to month lease



The Village of
East Harbor

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

HARBOR INN

VIRTUAL TOUR



SCAN ME

Embrace the possibilities

The Village of East Harbor - Harbor Inn

33875 Kiely Drive
Chesterfield, Michigan 48047

Call: 586.725.6030 Fax: 586.716.7170

www.villageofeastharbor.org



Lockwood
of Clinton

Independent Luxury Senior Living
Package Pricing Options
50 or better senior community

**Call to reserve your new
home today
(586) 790-1100**

24500 Metropolitan Pkwy., Clinton Township



www.LockwoodofClinton.com



**AVOID
PROBATE**

**LIVING TRUSTS / WILLS
FREE CONSULTATION**

Charles Regan Shaw, P.L.C.

16950 19 Mile Rd., Ste. 2 • Clinton Township
(586) 226-3805

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com



For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0767



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

Volunteer to join a Township committee—it's good for your health!

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."
—Author Unknown

I've always felt that a thriving community's underlying support is made possible by the work of volunteers. Volunteers are often at the root of so many successful endeavors. Even our nation's beginning, the result of the Revolutionary War, was fought by voluntary citizen soldiers.

On a global scale, 90 percent of the humanitarian work provided by the Red Cross is performed by volunteers. Closer to home, Macomb County always needs volunteer drivers for its Meals on Wheels program. And there is no less of a need in Clinton Township for those who live and work here to voluntarily donate their time and skill to serve our community.



SEARCH committee openings at clintontownship.com

Lending your time to help others and contribute to the greater good is no small commitment because you are giving a part of your life.

Often, volunteers are described as unsung heroes. Although they deserve recognition for their thoughtful deeds, many do not seek accolades and are rewarded indirectly. Studies show that volunteering leads to better health. An article from the Michigan State University Extension quotes studies that show volunteering can improve your mental well-being, decrease chronic pain, and lower heart disease rates. And researchers at the

University of Michigan report that people who volunteer live longer than those who don't. However, on average, those who volunteer mainly for personal benefit live no longer than non-volunteers. So, live healthier and longer by lending your expertise and skills to a Clinton Township board, commission, or committee.

We need volunteers to serve on our more than 30 committees. Often, the decisions made by the Board of Trustees are based on the work and findings of our committees. There are many opportunities to serve, and I'm confident you can find one that fits your schedule.

Currently, there are openings on our Inclusive Playground Committee, the Historical Commission, and the Downtown Development Association (DDA). To find more, go to clintontownship.com and enter "committee openings" in the search box. Each committee has its responsibilities, meeting time, term of appointment, and application information. Call 586-723-8093 if you have any questions.

Don't be discouraged if you can't get on the committee of your choice. There are plenty of opportunities to meet enthusiastic people like yourself who want to lend their time and expertise in the ongoing effort to improve the quality of life in our community. Volunteering is a two-way path; not only do you impart your knowledge, but you can also learn new skills. Everyone wins!



Supervisor Bob Cannon

Robert J. Cannon



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

Fall in Love with...



VILLA BELLA

Luxury Retirement Community

586.412.8910

WWW.VILLA-BELLA.NET

CLINTON TOWNSHIP, MI

Call about our specials!

TOURS AVAILABLE 7 DAYS A WEEK
SATURDAY & SUNDAY BY APPOINTMENT



ACE HANDYMAN SERVICES

*It's your home.
Not just any handyman will do.*

Most Popular Services:
Decks • Fencing • Plumbing • Painting
Electrical • Drywall • Carpentry

(248) 716-8111
AceHandymanServices.com



Our Craftsmen are background-checked, reliable professionals who are licensed and insured, that listen & solve your problem. We stand behind our work.

SUPPORT OUR ADVERTISERS!

Parents Changing Spaces A FREE Senior Living Referral Service

Our complimentary referrals include:

- Assisted Living
- Memory Care
- Residential Care Homes
- Respite/Short Term Stays

844.7.PARENT
(844.772.7368)

www.parentschangingspaces.com



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Eileen Frazier

efrazier@lpicommunities.com

(800) 477-4574 x6309

Home Transitioning with an Expert Now is the Time to Consider a Move!

Your Senior Real Estate Specialist® (SRES)
Ready to help make life-changing Decisions.

- Complimentary Staging
- Complete Moving Services
- Relocation Services
- Certified Residential Specialist
- Customized Plans to Meet All of Your Needs



Cheryl Parisi
Realtor® ABR®, CRS®, SRES®

248-733-5806

Parisirealty@gmail.com
www.parisirealty.com

210 W University, Suite 4
Rochester, MI 48307

Don't list your home with anyone.
List with someone who knows your neighborhood!



Experience ♦ Knowledge ♦ Integrity



Hampton Manor

PREMIER ASSISTED LIVING of Clinton

18401 15 Mile Rd. • Clinton Township, MI 48035

Independent Living • Assisted Living • Memory Care

FIVE STAR HOME COOKED MEALS • LIFE ENRICHMENT ACTIVITIES
SALON/SPA/THEATER • HOUSEKEEPING AND ASSISTANCE WITH DAILY ACTIVITIES

- *Waving Community fee (\$2500 Value) for a limited time -*

(586) 785-0005 • ClintonAssistedLiving.com



FREE HEARING TESTS!

Finding out what could be causing your hearing loss is as easy as...1, 2, 3

1 Does **earwax** limit your hearing?

2 Could **middle ear** be the problem?

3 Could it be **nerve loss**?

Get Back To Happy

We know it's easy to put off having your hearing checked. But we also know that treating hearing loss — even in mild cases — can have life-changing results. So we're inviting you to visit our office and consult with our licensed hearing professionals for free.

Experience the Joy of Hearing!



Nicole Rinehart
Board Certified
Hearing Instrument
Specialist

Better hearing has never been more effortless.

With up to **55 million adjustments** made every hour, always-on technology delivers realistic and genuine sound quality in every listening environment — automatically!



Available in rechargeable styles!*

*Rechargeable option not available in all styles. See clinic for details.



Up To **\$1,000 OFF**
a pair of hearing aids

Limited time only. Exclusions may apply.
See office for details.

(586) 333-3954

51122 Romeo Plank • Macomb, MI 48042
117 W. St. Clair St. • Romeo, MI 48065

HART
HEARING CENTER
www.HartHearingCenter.com

©2023 Starkey Laboratories, Inc. All Rights Reserved. 1/23 1030874139
Audibel is a registered trademark of Starkey Laboratories, Inc. Arc is a trademark of Starkey Laboratories, Inc.





40730 Romeo Plank Road
Clinton Township

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



** A Trilogy Senior Living Community*

13794 21 Mile Rd. • Shelby Township, MI 48315
586-239-0113 • shelbycrossinghc.com •



For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0767