

CLINTON TOWNSHIP SENIOR ADULT LIFE CENTER


# 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



### **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

### **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!!"



## 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
<b>Macomb County Central Action</b>	(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.

## 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!

## 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.

## 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

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## 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
1:15 P.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.*



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<sup>™</sup>  
by UnitedHealthcare

SilverSneakers<sup>®</sup>  
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	11:30-2:30 PM	LIMITED SPOTS
NOVEMBER 10	\$15.00 / Player	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 EUCBRE FOR ROOKIES

## TUESDAY

9:00 A.M.	SEWING
12:30 P.M.	NEEDLE NUTS
1:00 P.M.	BID EUCBRE
1:00 P.M.	REGULAR EUCBRE
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 EUCBRE \$\$
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!**

## EUCBRE 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



## 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!



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

## 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!



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**OPEN TO THE PUBLIC**

CLINTON TWP. SENIOR ADULT LIFE CENTER



**Premier**  
WORLD DISCOVERY

# 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

Coffee with the Supervisor  
Thursday, November 30  
@ 10:00A  
**REGISTRATION REQUIRED**

OPEN TO THE PUBLIC

# BUNGO!

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



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

**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

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**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

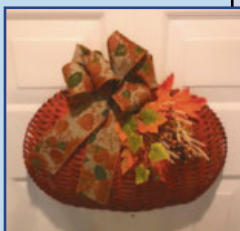
**\$25**

**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 EUCBRE 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.*

<b>MOVIE CLUB</b>	<b>FREE</b>
<b>Thursday, December 7</b>	<b>10:00-1:00</b>

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.

<b>ASK THE EXPERT: PRESCRIPTION MEDS</b>	<b>FREE</b>
<b>Tuesday, December 12</b>	<b>10:00-11:00</b>

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.

<b>MYRIDE2 TRAVEL TRAINING</b>	<b>FREE</b>
<b>Wednesday, December 13</b>	<b>10:00-11:00</b>

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.

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

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!

**CLINTON TOWNSHIP**  
SENIOR ADULT LIFE CENTER

# Holiday Party

**Thursday, December 21st**  
Doors Open @ 11A  
Party Begins @ Noon

Join us for a hearty meal, prizes, and some extra holiday cheer to celebrate this special time of year!

\$25/PERSON  
STOP BY THE CENTER OR CALL (586) 286-9333 TO PURCHASE TICKETS

**OFFSITE LOCATION!**  
**MISD BUILDING**  
**44001 GARFIELD RD**  
**CLINTON TWP. MI**

<b>STRETCH IT OUT</b>	<b>FREE</b>
<b>Thursday, December 28</b>	<b>10:00-11:00</b>

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.

## RYBICKI TOURS 2023

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

**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.**

## **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
<b>NEW! Vienna &amp; Christmas Markets.....</b>	<b>Dec. 2024</b>

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

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## 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 CTSC 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**

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*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](mailto: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

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- \*Lower Drug Costs by Hundreds
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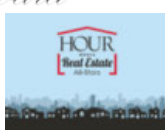
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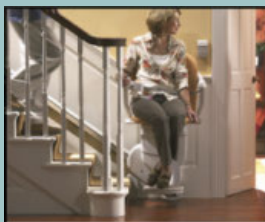
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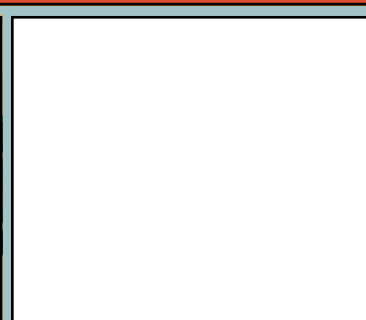
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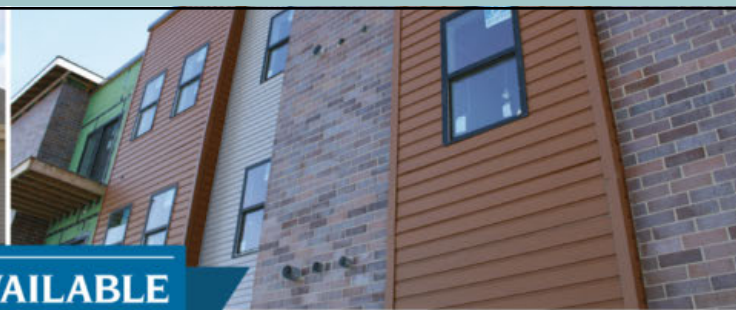


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## *The Supervisor's Message*

***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](http://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](http://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  
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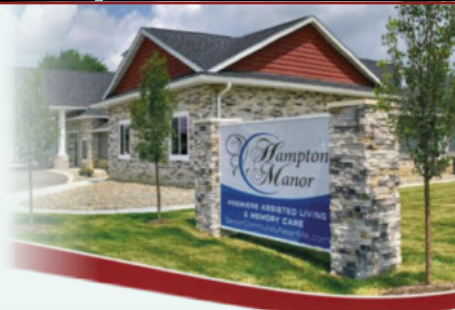
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