

**Clinton Township**  
*Senior Adult Life Center*

January/February 2014

2014

—HAPPY NEW YEAR—

**DISCOVER**

*the Possibilities...*

***Your Guide to Clinton Township  
Senior Citizen Leisure Services***

*Dear Senior Center Members,*

We would like to thank everyone who participated in the 2013 Giving Tree for MISD Homeless Education Program. Hundreds of children and families will benefit from your generosity. We would also like to thank those who purchased sheets at our annual fundraiser to benefit our programs.

We have so many wonderful programs planned for 2014. Programs to inspire, motivate and help you to maintain independence. Clinton Township Senior Adult Life Center continues to be the leader in quality programming and services for seniors.

**Join us for Fit and Fabulous 2014**

We are pleased to offer for the 3rd year a wonderful way to start the new year. Cherrywood Nursing & Living Center has graciously agreed to sponsor this healthy start to the New Year. Join us at the Senior Center on January 8, 2014 at 9:30 a.m. for our first gathering to welcome and motivate you to our new Health and Fitness series "A New Year, A New You." We will be meeting weekly for a weigh in, healthy living presentations and speakers. Participants will be treated to a fun mystery trip, cooking demonstrations and prizes to keep you motivated to be healthier in 2014. Due to the popularity of the program we will be limiting the group to the first 40. Cherrywood will be sponsoring much of the program in order to keep the costs down to members. See more details on pg. 6 of the newsletter.

**WINTER WEATHER REMINDER:**

Just a friendly reminder that the Senior Adult Life Center will be closed when Chippewa Valley Schools close for inclement weather ~ **MAKE SURE TO WATCH YOUR LOCAL NEWS for the latest school closings!**

The great part of the Clinton Township Senior Center is that there are programs and services year round that are specifically developed for you! No matter what season or what the reason, there is an activity to fit your interests. Enjoy your center!

Warm regards,

*Matt Makowski* (Director)

and

*Debbie McClellan* (Asst. Director)

**CONTENTS**

- Directory .....3
- Services .....4
- Cards .....5
- Ongoing Programs.....6-7
- Fitness Classes .....8-9
- Sports .....10
- Wellness Center .....11
- Special Monthly Programs .....12-13
- Wanderers Travel Program .....14-15
- Spa Services .....16
- Community Services .....17-18
- Center Closings & Reminders .....19
- Advertisers .....21-28



# Clinton Township Senior Adult Life Center

January/February 2014 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

## HOW TO REACH US

### Clinton Township Senior Center



*The Member Services Team:*

*Renee, Jan & Kim*

40730 Romeo Plank Road  
Clinton Township, MI 48038

Ph: (586) 286-9333 Fax: (586) 286-8757  
www.clintontownship-mi.gov/seniors

Operators are standing by to direct your calls.  
Mon.-Fri., 8:30 a.m.-4:30 p.m.



### Main Contacts

Matt Makowski	Director	Ext. 8121
m.makowski@clintontownship-mi.gov		
Debbie McClellan	Asst. Director	Ext. 8120
d.mcclellan@clintontownship-mi.gov		
Casey Currey	Sports & Fitness	Ext. 8076
c.currey@clintontownship-mi.gov		
Debbie Travis	Program Coord.	Ext. 8125
d.travis@clintontownship-mi.gov		
Jan Aleo	Member Services	286-9333
j.aleo@clintontownship-mi.gov		
Kim Kowalik	Member Services	286-9333
k.kowalik@clintontownship-mi.gov		
Renee Vujnov	Member Services	286-9333
r.vujnov@clintontownship-mi.gov		
Nic Abraham	Transportation	286-9476
transport@clintontownship-mi.gov		
SMART Bus Drivers		
Dave Bommarito	Jamie Mack	
Pam Elias	Stan Santilla	

### Our Mission

To dispel the myths of aging by supporting older adults in their pursuit of a lifestyle that nurtures healthy and productive living.

### Township Offices

40700 Romeo Plank Road  
Clinton Township, Michigan 48038  
(586) 286-8000



Robert Cannon	Supervisor
Kim Meltzer	Clerk
William Sowerby	Treasurer
Ken Pearl	Trustee
Paul Gielegem	Trustee
Dean Reynolds	Trustee
Joie West	Trustee

### Sports Numbers



Basketball - ☉	Casey Currey	286-9333
Bocce - ☉ Th.	Maria Salamone	247-0582
Bowling - (w) Tu.	Diane Carr	465-5948
Golf - (w) Th.	Betty Riegel	465-1432
Horseshoes - ☉	Frank Cusumano	226-8949
Pickle Ball - ☉	Don Kolke	630-0950
Tennis - ☉	Pattie Duquette	469-7000
Volleyball - (m)	Paul Schneider	228-0076
Volleyball - (m)	Al Schmidt	468-8318
Volleyball - ☉	Ralph Minella	566-3712
(m)=Mens (w)=Womans ☉=Co-ed		

### Numbers of Interest



<b>Macomb Department of Senior Citizen Services</b>	<b>(586) 469-6313</b>
Chore Services	(586) 469-6964
Congregate Meal Programs	(586) 469-5228
Clinton Twp. Loan Closet	(586) 263-8447
Emergency Food	(586) 469-6004
Meals on Wheels	(586) 469-5228
Energy Programs	(586) 469-5228
Area Agency on Aging 1-B 29100 Northwestern Hwy. Suite 400 Southfield, MI 48034	(248) 357-2255 1-800-852-7795 TDD (248) 263-1455 www.aaa1b.com

# Clinton Township Senior Adult Life Center

January/February 2014 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

## SENIOR SERVICES

**MEDICARE/MEDICAID ASSISTANCE (By Appt)**  
**Thursdays Jan. 9 & Feb. 13 9:00-11:00**

Shari Capozzoli, our trained counselor from the Area Agency on Aging will provide info. and answer any questions you may have regarding Medicare and Medicaid coverage. In addition, info will be supplied regarding supplemental insurance plans. If you are currently having a problem with a doctor or hospital bill, make an appointment and bring any pertinent paperwork with you. This service is provided by the Area Agency on Aging.

## LOW VISION SUPPORT

**By Appt. ONLY Tuesdays or Thursdays**

If you have low vision problems or know someone who does, please share this information with them! We are pleased to have our own Frank Cunningham, a legally blind person of over 20 years, answer any questions you may have regarding low vision problems. He can guide you & help you locate resources, or encourage you on gaining more independence as a person with low vision. You may contact Frank with any questions at 586-465-6694. Transportation may be arranged through our transportation office by calling 586-286-9476.

## SENIOR CENTER BUS TRANSPORTATION



*Transportation: Nic*

Office: 286-9476 8:30 a.m. - 12:30 p.m.  
After office hrs. EMERGENCY: 468-0577  
Senior Center: 286-9333  
Transportation available M-F, 9:00 a.m. to 4:00 p.m. Fee is \$1.00 per way or bus pass.

## SENIORS SURFIN' THE NET

Please stop by to use our INTERNET Service. We have 2 computers for your convenience. 8:30 a.m.- 4:00 p.m. M-TH & Fri. after 2:30 p.m.

## COPY MACHINE **25¢ per page**

Need a copy of a document? Bring it on in. Copyrighted material is prohibited for duplication.

## FAX SERVICE **\$1.00 per page**

Need to fax a document so it gets to its destination quickly? Bring it to us with the correct fax number and we'll send it on its way for you and give you a confirmation slip, too.

## SNACKS

You never know when you are going to get the munchies! We have a variety of goodies for purchase. Salty, sweet and everything in between!

## BEVERAGE SERVICE

Stop by the café to enjoy a cappuccino, regular or decaf coffee or cool beverage. Bottled water can be purchased in the fitness room for \$1.00.

## LOAN CLOSET **No Charge**

The Clinton Twp. Fire department has wheelchairs, walkers, canes, crutches, and other items available for residents to use. They LOAN this equipment at no cost. Please contact the fire department directly @ 263-8437 for more information.

## JOIN US AT THE CENTER!

### LOSE YOUR NEWSLETTER? DON'T WORRY!

Just go to [www.clintontownship-mi.gov/seniors](http://www.clintontownship-mi.gov/seniors) Click on "The Good News". It's on the left side of the page.

### MEMBERSHIP GUIDELINES

Membership is open to all eligible individuals ages 55 and over, single or married. If one spouse is 55 and a member, the other may be younger. A valid State of Michigan photo ID is required for membership. **Lifetime membership fee: Resident \$50 single, \$70 couple Non-Resident \$80 single, \$140 couple**

### MEMBERSHIP BADGE REPLACEMENTS

If by chance you have misplaced your official badge, come to the reception desk and we can make you a replacement for \$5.00. A photo ID is required for us to verify membership.

MEMBERSHIP INFORMATION

HELPFUL

# Clinton Township Senior Adult Life Center

January/February 2014 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

Please register for all  
Classes and Programs

## CARDS for MEMBERS

Our membership fees are used to operate this facility. **We require that all players become members** to help defray the increasing costs of utilities, supplies and necessary operating expenses. Thank you for your understanding. Rosters will be kept for each group playing at the center. **If you join in you must be able to play.**

**Please arrive 15 minutes before each start time. Dealing will begin promptly at posted time.**

Please call the center for night card schedule.  
(586) 286-9333

### MONDAY

PARTY BRIDGE	9:15 A.M.
PINOCHLE	11:00 A.M.-2:00 P.M.
PROGRESSIVE EUCHRE	6:30 P.M.

### TUESDAY

PRACTICE BRIDGE	1:00-4:00 P.M.
BID EUCHRE	1:00-3:00 P.M.
EUCHRE FOR ROOKIES	1:00-3:00 P.M.
500 FOR ROOKIES	1:00-3:00 P.M.

### WEDNESDAY

PROGRESSIVE PINOCHLE	1:00 P.M.
PROGRESSIVE PINOCHLE	6:30 P.M.

### THURSDAY

PROGRESSIVE EUCHRE	1:00 P.M.
--------------------	-----------

### FRIDAY

PROGRESSIVE PINOCHLE	6:30 P.M.
----------------------	-----------

**FYI: If the center is closed for a holiday or weather emergency... there will be NO evening cards. If in question... call before you come! (586) 286-9333**

*Clinton Township does not discriminate in any way based on religion, race, color, sex, handicap, familial status, national origin, ancestry or for any other reasons prohibited by law. The Center operates its services, programs and activities so they are readily accessible to and usable by individuals with disabilities. If you would like to participate in one of our programs and require special accommodations, please let us know and we will do what we can to make the appropriate arrangements.*

## Tuesday Cards

1:00-3:00 p.m.

### Bid Euchre

Like traditional Euchre, it is a trick-taking game. With each hand players must first bid the number of tricks they and their two partners can take. Then the winner of this round declares if they are bidding HIGH, LOW, or name a TRUMP selection. Scores for each hand are tabulated and the team reaching 63 wins the game. A set of CT house rules is available at the membership desk.

### Euchre for Rookies

More experienced players can join in to assist others, as long as you understand that you will be playing with less experienced players. Please take this opportunity to share your experience and love of the game with those less experienced than you. New class (8 max.) with one-on-one instruction starts November 5. Call front desk to reserve your spot!

### 500 for Rookies

Learn to play 500 with Joan. More experienced players can join in to assist others, as long as you understand that you will be playing with less experienced players that are learning. Please take this opportunity to share your experience and love of the game with those less experienced than you.

## Calling All Euchre Players!

### Euchre 50/50 Fundraising Tournament

Wednesday, January 29 12:00-3:00  
\$10 per person RSVP @ 586-286-9333

This tournament is open to those 50+ in our community. You need NOT be a member to play! Join us for a fun and possibly profitable afternoon of Euchre. Dealing starts at 12:30.



# Clinton Township Senior Adult Life Center

January/February 2014 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

Please register for all  
Classes and Programs

## ONGOING PROGRAMS

### Monday

**STAINED GLASS** \$24

**New sessions start: Jan. 6 & Feb. 24**  
Make sure to pre-register so that this program will not be canceled. Stop by or call 286-9333.

Discover the art of stained glass! No supplies needed to get started ~ New Students Welcome! Madelyn has over 30 years experience and will guide and inspire you every step of the way!

9:30-11:45



### MAH JONG

Mah Jong is a traditional Chinese game using illustrated tiles, with game play similarities to rummy. Call Laurie @ 586-419-5593

12:00-4:00



### DOMINOES

Learn to play a game called "Mexican Train." 2 to 8 players needed. For more info contact Margaret O'Brien (586) 463-0707.

1:00-3:00



### SCRABBLE

Love words? Stop by for a game of Scrabble and make a few new friends at the same time. All are welcome!

1:00-3:00



### Tuesday

#### COMMUNITY SEWING

Do you sew? Even a little? Then we want you to join our group! We sew simple projects such as adult bibs, lap robes and bags for kids going into foster care and also for walkers and wheel-chairs. We have sewing machines and use donated material, so grab your scissors and pins and join us Tuesday mornings.

9:00-11:30



#### CROCHETING & KNITTING

Bring your project and enjoy the company of others! This group is purely social. No formal instruction is given.

12:00-2:30

#### KARAOKE ~ SING ALONG 2:00

Join the group as we sing along to all of our old favorites and learn some new ones, too! Be one of the first to try out our new Karaoke style of singing!

#### KEYBOARD LESSONS "PLAY FOR FUN!"

3:00 pm BEGINNERS 2:00 pm ADVANCED

#### Session Dates:

Jan. 14 - March 18

April 8 - June 17

\$32/10 lessons +

\$15 Book Fee.

Call Grace at 726-6570.



HAVE SOME FUN

### Wednesday

#### BACK BY POPULAR DEMAND!

#### FIT AND FABULOUS

\$40

Weds., Jan. 8 - Apr. 30 Meeting Time: 9:30am

Join us for another year of **Fit and Fabulous** sponsored by Cherrywood Nursing and Living Center. Denise, a registered nurse from Cherrywood will be leading the group to a new you in the New Year. The group will be focusing on jump starting your fitness, tracking your weight loss as you learn how to lead a healthier life. The group will include exercise opportunities, field trips, guest speakers and motivation. The group will fill fast so please sign up soon.

#### "COFFEE BREAK" WITH SARA \$3 10:00-11:00

**NEW!** Bring in your empty mug and "Filler Up!" (Literally and figuratively) Join Sara Scholl, RN, MA, Licensed Professional Counselor, for coffee and a relaxed, round-table style guided discussion on various weekly topics particular to the issues of the 55+ crowd. Drop in for one of the most fulfilling hours of your day! Meeting every Wednesday, no RSVP required.

#### SINGLE FRIENDS

11:00

Please join us on the 1st & 3rd Wednesday of each month. We'll have a short meeting and then go out for lunch, a different restaurant every week. Lunch is on your own, please have your own transportation. We also enjoy many other fun activities. For more info call: 586-412-0123 or 586-231-0070.

## WOOD CARVING

Come discover the art of wood carving. Explore your creative side and enjoy the friendship of others as you carve your own project.

Beginning & experienced carvers welcomed. More info: call Keith at 586-465-4129.

12:00-3:00



## BOOK CLUB

Jan. 15 / Feb. 19

Join Rose for our NEW Book Club that meets monthly on Wednesday at the Senior Center. Books will be provided; however, it is limited to the first 10 people registered. Make sure you register early so you don't miss out. (586) 286-9333

2:00-3:30

## Thursday

### COUNSELING WITH WANDA THURS. BY APPT

Do you have some personal issues that you need to talk over with someone? Some concerns that you need to bounce off someone? The Senior Center has now secured a trained counselor to help you out. Wanda Vasko is now accepting one-on-one confidential appointments to those who wish to receive some guidance. Wanda has had over 20 years experience in counseling and Gerontology and is here to help. You MUST call to book an appointment. (586) 286-9333.

## WEIGHT LOSS SUPPORT

Join us for support as we lose weight together! We use the TOPS (Take Off Pounds Sensibly) program. The cost is a \$26 annually with \$4 monthly dues. Interested? Need more information? Come join us!

9:00-10:30

## HUMANITIES

The humanities are the stories, the ideas and the words that help us make sense of our lives and our world. The humanities introduce us to people we have never met, places we have never visited and ideas that may have never crossed our minds. Please feel free to drop in or join this interesting and diverse group as they explore the world around us! **Many exciting adventures are scheduled for the year!** We are also open to spontaneous activities not limited to Thursdays. For more info: 226-0782.

10:00-12:00



The Humanities Group

## EDGAR CAYCE

Join us as we become enlightened through the fun of sharing information that enriches body, mind and spirit. Contact Kay for more info @ (586) 864-4479.

11:00-12:45

## CHESS CLUB

Drop in for an invigorating and challenging game of chess. All ability levels welcomed! Contact Don: 586-764-5776

1:00-4:00



## Friday

### INVESTMENT CLUB

Join us for a discussion on investments. Get great tips and come with your thoughts to share. For more info call John @ 586-949-4598.

9:30-11:00

### WRITE FOCUS

Writers who meet every other Friday throughout the year to work on various kinds of writing – including short stories, essays and poetry. Contact Nancy @ 463-0480.

11:00-1:00

### BINGO

**Please be sure to purchase your bingo cards before 12:20 p.m. Calling begins promptly at 12:30.**

Join us for an exciting and possibly profitable afternoon!

Admission card is \$1.50; all other cards \$0.50 each; 50/50 raffle tickets are sold much to the delight of those who play. Advanced scheduled transportation is available for those living in Clinton Twp. This is a friendly, non-smoking environment! **We even have music and singing before bingo begins!** Please remember that seating is 1st come, 1st seated!

12:30-2:30



**1st Friday** – Come celebrate the birthdays of the month with a special treat courtesy of **Shelby Crossing Health Campus.**

**4th Friday** – **Villa Bella** treats.

**Blood Pressure Screenings** on Jan. 10, Jan. 24, Feb. 7 and Feb. 21 offered by Denise Hubbard, RN, from **Cherrywood Nursing and Living Center**, 11:00am-12:30pm.



**THANK YOU SPONSORS!**

# Clinton Township Senior Adult Life Center

January/February 2014 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

Please register for all  
Classes and Programs

## Weekly Fitness Schedule

<b>Monday</b>	Walk Fit	8:30-9:00
	Aerobic Mixer	8:45-9:45
	Bone Builders	9:30-10:15
	B2 (Fitball/twist)	10:00-11:00
	Staying Young	10:30-11:30
	Aerobics Plus	11:30-12:30
	Arthritis/Beg. Fit	12:30-1:30
<b>Tuesday</b>	Int. Tai Chi	1:30-2:30
	Beg. Tai Chi	2:30-3:30
	Walk Fit	8:30-9:00
<b>Wednesday</b>	Interval	8:45-9:45
	Func. Strength/Bal.	11:00-11:55
	Yoga	11:00-12:30
	Core	12:00-12:55
	Walk Fit	8:30-9:00
<b>Thursday</b>	Aerobic Mixer	8:45-9:45
	Chair Yoga	10:00-11:00
	Arthritis/Beg. Fit	11:00-12:00
	Zumba Gold	12:30-1:30
	Int. Tai Chi	1:30-2:30
	Beg. Tai Chi	2:30-3:30
	Walk Fit	8:30-9:00
<b>Friday</b>	Interval	8:45-9:45
	Bone Builders	8:45-9:30
	Staying Young	9:30-10:30
	Gentle Yoga	9:45-11:15
	Flex & Tone Yoga	10:00-11:30
	Aerobics Plus	10:30-11:30
	Pilates	11:30-1:00
<b>Monday</b>	Walk Fit	8:30-9:00
	Aerobic Mixer	8:45-9:45
	Arthritis/Beg. Fit	11:00-12:00
	Chair Yoga	12:00-1:00
	Int. Tai Chi	1:30-2:30

- **AEROBIC MIXER Mon, Wed, Fri \$4**
- **Back on Track Monday** – Undo your weekend! Cardio based class.
- **Rev-It-Up Wednesday** – All day energizer! 35 mins. of aerobics followed by a light weight workout & yoga stretches.
- **Friday Frenzy** – A fun-filled intense weekend jump starter! 40 mins. of aerobics followed by strength/weight exercises & light stretching.

- **AEROBICS PLUS Mon, Th \$4**
- Combine FUN with FITNESS to increase your cardiovascular and muscular endurance while improving your flexibility and balance. This class will get and keep you moving! Start with low-impact aerobics and end with a strength workout using hand-held weights, tubing and balls.

- **ARTHRITIS/BEGINNERS FITNESS Mon, Wed, Fri \$4**
- This exercise program is 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.

- **B2 (Fit Ball with a Twist) Mon First class FREE \$4**
- Strengthen your core and tone your body with a custom workout! Therabands allow a total body experience focusing on each muscle group independently. Participants will have choice to use a chair or ball for the seated portion of this program.



## Course Descriptions

As physically active members of the Senior Center and to ensure your safety, please do not engage in any physical activity without your doctor's permission.

**You must wear comfortable clothing and athletic shoes when participating in class.**

- **BONE BUILDERS Th \$4**
- **This 45 Minute strength building class will help you become healthier, stronger and more active!** You will learn to improve your balance & strengthen your muscles to accomplish many of your daily living functions. Learning the proper form & technique of using hand-held weights will not only improve muscular strength but will also increase bone density.

**CHAIR YOGA** Wed, Fri **NEW!** \$4

This class brings you all the concepts of yoga to those who feel they are unable to participate in traditional styles, adapting for those that cannot sit or lie on the floor. Flexibility, strength, and balance postures completed from the comfort of your chair.



**CORE** Tues **NEW!** \$4

Focus on core strength, stability, balance of the abdominal and postural muscle groups. Exercises will be completed sitting on chairs, on stability balls, and standing.

**FUNCTIONAL STRENGTH AND BALANCE** Tues **NEW!** \$4

This course focuses on strengthening exercises to improve Daily Living Activities. Learn how proper mechanics and strengthening can improve your ability to complete your regular daily activities, as well as using these day to day movements to improve strength and balance.

**INTERVAL** Tues, Th \$4

This class will alternate low impact exercises to get your heart going AND weight training for strength, balance and endurance! We will end with stretching, balancing and relaxation techniques to leave you feeling energized and refreshed.

**PILATES** Th \$4

**Pilates will change your body.** In just a few short sessions you can: slim, tone and sculpt, build core strength, look and feel taller and slimmer, enhance flexibility, improve your posture, and become fitter and stronger! Must be able to get down on floor.



**STAYING YOUNG** Mon, Th **First Class FREE** \$4

A low impact-high fun workout that is safe, heart healthy, and gentle on the joints! This class consists of a warm-up, a cardiovascular portion and muscular strength training using weights, tubing and balls. A chair is used for standing and/or seated support.

**TAI CHI (BEG. & INT.)** Mon, Wed, Fri \$4

Join our **BEGINNERS CLASS** to learn the basic forms of this ancient non-aerobic art form that will improve your balance, flexibility & well being. (Wu Style) Start with beginners and progress into the intermediate. Wear comfortable clothes & flat shoes preferably without arches.



**WALK FIT** Daily 8:30am

Join this lively group for morning walking in the climate controlled gym. Come on in and enjoy the music and companionship of walking with others.



**YOGA** Tues, Th \$4

**Tuesday/Thursday –** Gentle 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.



**Thursday – Flex & Tone Yoga** Enjoy the Complete Spa Experience. Begin the journey to strengthen your core, improve flexibility, and balance your mind and body. Rejuvenate and pamper yourself with Facial Yoga, Shoulder Massage, and Aroma Therapy.

**ZUMBA GOLD** Wed \$4

Get a midweek workout that won't soon forget! Dorothy shapes the Zumba formula to suit the needs of the senior adult. Work at your own pace. Sit, stand, or use a walker/wheelchair. This program features exotic rhythms set to high-energy Latin & International beats. You do **NOT** need dance experience or coordination to have fun with this workout! Come see what everyone is talking about!



# Clinton Township Senior Adult Life Center

January/February 2014 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

**REMEMBER - Membership  
is Required to Participate**

## SPORTS

Sports phone #s are located on page 3

### BADMINTON (Players Needed)

Mondays 2:30-4:00  
Wednesdays 9:00-11:00  
Fridays 9:00-11:00



### BOCCE BALL: \$20/Season

Thursdays 9:00-1:00  
Call Maria for more info:  
586-247-0582



### HORSESHOES April-October

Monday/Thursday 9:30-12:00  
New players always welcome!  
Drop in for a friendly game.  
For more info call Frank: 586-226-8949.



### PICKLE BALL

Thursdays 11:30-1:30

**It's the latest sport to hit the courts!**  
Played on a badminton court with a paddle and a wiffle ball! Why not give it a try?



### TABLE TENNIS PRACTICE

Tuesday 2:00-4:15  
Thursday 1:30-4:15

**NEW TIMES**



### TENNIS PRACTICE @ Senior Center

Wednesdays 11:00-12:00  
Fridays 2:30-4:00 **NEW TIMES**

**Open gym time is available to practice  
and develop skills with Gary Dessinger.**



### VOLLEYBALL (CO-ED) A Fun, 1 bounce game

Mondays 9:00-10:00  
Tuesdays 9:00-11:00

### VOLLEYBALL (REGULATION)

Tuesdays 11:00-1:00  
Fridays 11:00-1:00



### TENNIS @ PEACHTREE TENNIS CLUB

M & W & F **\$6.00** 1:00-2:30  
Tu & Th **\$6.00** 10:00-11:30

Tennis is played indoors at Peachtree located at 37600 Little Mack at Weybridge. New tennis balls are NOT included in the price. Existing club tennis balls are available for you or you can bring your own. Senior Center membership is required and you MUST purchase a special \$75.00 corporate rate membership from Peach Tree to participate. Any senior in the Clinton group who wishes to rent the courts or play/sub on Peachtree leagues on a regular basis is required to play at least 50% of the time in the CT program. For more information call: 469-7000.

## CASEY'S

**OPEN**

### Come On In and Test Out Our Latest Additions!!

We have recently added several pieces of equipment to our Fitness Center. I know that everyone has their favorite piece to use for their workout so we have just added to the current room. While these pieces look very different and are some what intimidating most of them are stations that you have already used on some of the current pieces of equipment. We have added a Multi-gym that offers 8 different exercises on 3 separate stations. Also, we now have a leg extension and curl machine that allows both exercises to be completed in a seated position instead of having to lie down. Another addition is the Multi-press which offers an overhead press, an incline press, and a bench press all in one machine. Finally, we have a new ARC Trainer. This is a piece of cardio equipment that combines the movements of several other pieces. I would describe it a cross between a cross country skier and a stair climber. I know these changes can be scary, but the members who have tried these pieces so far have been very happy, and I am always available to give a private or group tutorial. Please stop in with any questions.

Thank you,

*Casey*

IT'S TIME TO PLAY SOME SPORTS... We now have equipment so try something new today!



# Clinton Township Senior Adult Life Center

January/February 2014 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

**Pre-Registration and Pre-Payment  
Required for All Classes  
and Programs**

## JANUARY SPECIAL EVENTS ~

### January Movies **Free!** 1:15-3:30 p.m.

Grab your snacks and enjoy our featured movie of the week at the Senior Center on Thursdays starting at 1:15 pm. Don't forget to cast your vote for the following month's features while you're here!



### Genealogy Class

Sponsored by Oakmont Senior Housing

Jan. 7 **10:00-11:00 a.m.**

Have you always felt as though you had roots in royalty?? Join Karen Krugman, noted speaker on genealogy as she presents "Ancestry Search: How to Find Your Roots", and find out! (Don't worry, we'll continue to treat you like royalty regardless of the outcome!) Seating is limited. Complimentary refreshments provided. Please RSVP to (586) 286-9333.

### Drawing for Beginners

Jan. 15

**\$20**  
**12:00-1:00 p.m.**

It's time to learn a new skill or sharpen an old one! If your New Year's Resolution included trying something different, this one is for you! Join us on Wednesdays for 6 weeks and learn the secrets of the trade from artist Lee Gothro, who'll inspire you to sketch the art that surrounds you! Course fee includes all six classes and professional sketching materials. Register at (586) 286-9333.



### Floral Arranging 101 **\$5**

Sponsored by Anne Marie Gattari  
from BrightStar

Jan. 16 **11:00-1:00 p.m.**

If you missed the opportunity to take this class in the past, you're in luck! Let Theresa Fecteau guide you to discover your inner "flower designer"! Enjoy a few laughs and walk out with your beautiful, unique centerpiece. \$5.00 fee covers all materials, thanks to Anne Marie Gattari from BrightStar. This class fills quickly! Call (586) 286-9333.



### Understanding and Preventing Diabetes.

Jan. 21 **10:00-11:00 a.m.**

Join Carolyn Lock, Diabetes Education Specialist from Henry Ford Macomb to learn the ins and outs of diabetes and how you can combat it. Please register at (586) 286-9333.

### Calling All Euchre Players!

**Euchre 50/50 Fundraising Tournament**  
**Wednesday, January 29 12:00-3:00**  
**\$10 per person RSVP @ 586-286-9333**

This tournament is open to those 50+ in our community. You need NOT be a member to play! Join us for a fun and possibly profitable afternoon of Euchre. Dealing starts at 12:30.



## SPECIAL THANKS TO OUR GENEROUS BINGO SPONSORS!



# Clinton Township Senior Adult Life Center

January/February 2014 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

**Pre-Registration and Pre-Payment  
Required for All Classes  
and Programs**

## FEBRUARY SPECIAL EVENTS ~

### February Movies **Free!** 1:15-3:30 p.m.

Grab your snacks and enjoy our featured movie of the week at the Senior Center on Thursdays starting at 1:15 pm. Don't forget to cast your vote for the following month's features while you're here!



### “Green Burials” and “Cremation” Feb. 13 11:00-12:00 p.m.

Join us for a one hour educational and candid discussion on the latest end-of-life arrangement options sponsored by RESURRECTION Funeral Home and the Dignity Memorial Network, hosted by Barry Burnham. Learn about a growing interest in 'natural burials' that may save our environment. We will discuss the benefits, the costs, green caskets and burial locations for green burial. Afterwards, join us for a light luncheon as our guest. Seating is limited. Register early at (586) 286-9333.

### Valentine's Day Luncheon **\$12** February 14 11:30-1:00

Love Is...  
A luncheon with friends!  
BE MINE! See details on  
page 20.



- **Pressure Point Class**
- **Wed., February 15, 2014 1:30-3:30**
- **Pre-register at 586-286-9333**
- **\$20 sign up & prepay at front desk.**
- A Pressure Point Therapy Seminar, presented by John Marchewitz, is being offered in place of the regular T'ai Chi classes for the day. Pressure Point Therapy helps improve circulation, range of motion, can help open blocked sinuses, improve overall health and relieve pain. You do not need to be a T'ai Chi student to participate in this class. Make sure to bring paper and pencil.
- **Preventing Heart Attack and Stroke.**
- **Feb. 18 10:00-11:00.**
- Don't delay in learning all you can to prevent the "silent killers" from knocking on your door. We welcome Amitha Aravapally, MD, Internal Medicine Residency Program Director with Henry Ford Macomb as she shares her expertise on healthy (heart) living with us. Please RSVP at (586) 286-9333.
- **AARP Driver Safety Classroom Course**
- **\$15 AARP Member, \$20 Non-Member**
- **Feb. 26th and 27th, 9:00-1:00 p.m.**
- This 2-day, 8-hour course teaches proven strategies for maintaining independence as a safe driver. Learn defensive driving techniques, new traffic laws and rules of the road. You could be eligible to receive a discount on your car insurance upon completion with no tests to pass!
- Both days are required. Claim your seat fast – call (586) 286-9333.

### Looking for a new place to eat?

The Cruise Café is a student operated restaurant providing the Culinary Arts classes the opportunity to gain real-work experience in the food service industry. They are located inside the Frederick V. Pankow Center at 24600 F.V. Pankow Boulevard, Clinton Twp., 48036. Pankow Blvd. is located on Gratiot just south of Hall road across from the Best Western Concorde Inn. The days and hours of operation are as follows: Tues/Thurs/Fri from 10 a.m. to 12:30 p.m. excluding half-days and school closings. (586) 783-6570 ext. 3

# Traveling with the Wanderers

## TRAVEL INFORMATION

We sure hope you enjoy the wide variety of trips that we have to offer. After discussing the trips availability with Jeanne Kropf, our travel specialist, **payment options are as follows:**

1. Jeanne will be available, when not traveling, on Tuesdays from 1:00-3:00 p.m. to answer questions.
2. Pay at the Senior Center reception desk with the name of the trip, your name, address and phone number and information covering all parties included with the payment. **OR**
3. **Mail a check with the above information to:**  
The Clinton Twp. Senior Center, 40730 Romeo Plank Rd, Clinton Twp. MI. 48038
4. All checks or money orders must be made payable to: **CLINTON TOWNSHIP SENIOR CENTER.**
5. All trip members MUST complete an emergency form prior to trip date.

**If you have further questions, Jeanne Kropf can be reached at (586) 723-8127**

**If you have an emergency the night before or morning of a trip, please call 586-723-8127, The Wanderer's phone, and leave a message. I will check for any messages the morning of the trip.**

### Day Trips

Payment in full must be made at the time of registration to reserve your place. Payment can be made by **cash, check or money order made payable to: Clinton Township Senior Center.**

Your cancelled check is your receipt.

Include your name, phone number, address, city and zip **for all parties** covered by the payment. All travelers on one-day trips must have an emergency form on file **TWO DAYS PRIOR** to the trip departure. Please update your forms as information changes.

**DAY TRIP PARKING – PLEASE PARK AT THE GAZEBO PARKING LOT LOCATED SOUTH OF THE LIBRARY.**

### Extended Travel

Please book early to avoid disappointment. If you are considering any trip, **do not hesitate** to make a deposit early or the trip may be cancelled due to what appears to be a lack of interest. Deposits for extended trips are refundable up to the final payment date. **You will receive the final itinerary two weeks prior to the trip from the tour company along with luggage tags, medical form and parking information.**

**EXTENDED TRIP PARKING – PLEASE PARK AT THE NORTH END OF MAIN LOT FACING EAST TOWARD THE SOCCER FIELDS.**

### Boarding the Coaches

All trips will board and depart promptly from the Civic Center parking lot. **Plan to arrive at least 15 min. prior to the departure time.** The front seats of each side of the bus are reserved for the travel escort, their guests & trip supplies, those on oxygen and/or guests in a wheelchair or walker as available.

.....  
**REFUND POLICY: There are no refunds for cancellations received within 24 hrs. of the trip, "no shows" or trips that include Show Tickets.** A Senior Center processing fee of \$10 p.p. will be deducted from any refunds for all trips. All refunds are processed through the Twp. Accounting office so there may be an approx. 3-4 week period before receiving the check. Please be patient.  
**NO Exceptions.**

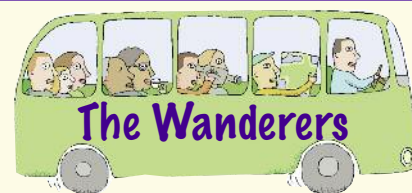
### Passport Rules

**U.S. CITIZENS ARE REQUIRED TO HAVE A VALID PASSPORT, PASSPORT CARD OR ENHANCED DRIVER'S LICENSE FOR TRIPS TO CANADA.**

The Clerk's office accepts applications for new passports Mon.-Fri. from 9am to 4pm. You'll need a passport photo (available in many drug stores, AAA, Costco, etc.) original birth certificate with a raised seal and two checks for payment. If you are under 16, both parents will have to be present at the time of application. We have applications at our office or they're available online at [www.travel.state.gov](http://www.travel.state.gov). Passport book cost: 16+, \$110, under 16, \$80. Passport card: 16+, \$30, under 16, \$15. \$25 processing fee for each applicant.

# Travel with the Wanderers and Leave the Driving to Us!

If you would like detailed information about any of the trips listed below, please come in to the center and pick up a flyer.



**WANDERERS' GIFT CERTIFICATES MAKE GREAT VALENTINE'S DAY GIFTS!**

## TRAVEL PREVIEW – POLAND & ALASKA ADVENTURE TRIPS

Wednesday, January 15, 2014, 11:00 A.M.

Ed McKenna of Collette Vacations will present details of these trips.  
MUST CALL FOR RESEVATIONS AT 586-286-9333.

## 2014 TRAVEL PREVIEW – Wednesday, February 5, 2014, 9:30 A.M.

Representatives from Bianco, Collette, Ed & Ted's Excellent Adventures and Shoreline will be here to highlight their trips. MUST CALL FOR RESERVATIONS AT 586-286-9333!

March 8	"Porgy & Bess"	1 Day	\$ TBD
	You're familiar with the great music "Summertime", "I Got Plenty of Nothing", "It Ain't Necessarily So", winner of several musical Tony Awards. Here is your chance to see the Broadway cast in this stunning new production at the Detroit Opera Theater! Trip includes transportation, three-course luncheon at Sindbad's Restaurant, main floor seating, and escort.		
March 16-24	Gulf Shores Alabama	9 Days	\$1,599.00 p.p. dbl.
	Treat yourself to the luxury of the Perdido Beach Resort in Gulf Shores, Alabama for our five-night stay. Day trips to Bellingrath Gardens, Carnival Museum, Naval Air Museum, Dolphin Watch Cruise, and much more. Includes 12 meals and 2 kickback receptions. See flyer for full details. Final payment due Jan. 9, 2014.		
March 25-31	Arizona	7 Days/6 Nights	\$1,869.00 p.p. dbl.
	What a great time to visit Phoenix, Arizona. Direct non-stop flight with transfer to our home for the next six nights at the Radisson Ft. McDowell Resort! Casino, golf, and heated pool to choose from during your free time. Visit Apache Trail, Tortilla Flat, Dolly Steamboat, Casa Grande Ruins, Desert Botanical Gardens, San Xavier Mission, Sedona, Scottsdale, with Frank Lloyd Wright's Taliesin West, and much more. Six dinners and one lunch included. See flyer for full details. Great price for this remarkable trip!		
April 18-27	California Coast Cruise	9 Days/8 Nights	Cost varies *
	Fly non-stop to Los Angeles. Transfer to the Queen Mary ship for dinner and overnight aboard, breakfast, and tour of ship. Then it's on to the Celebrity Cruise Ship Century for seven nights aboard, including all meals. Stops include: Santa Barbara, San Francisco, Monterey, Catalina Island, Ensenada, returning to Los Angeles. Price includes all cruise transfers, port and air taxes, and tour of Los Angeles on final day. Additional optional tours available. See flyer for full details. Final payment due Feb. 18, 2014. *Cost varies on stateroom chosen.		
October 9-20	Poland	12 Days/11 Nights	\$3,499.00 p.p. dbl.
	Explore your heritage on this spectacular trip to Poland! Visit Warsaw, Krakow, Auschwitz, Wroclaw, Torun, Dansk as well as many other sites of interest. Price includes round trip fair, air taxes/surcharges, hotel transfers and 15 meals. Also recommended cancellation waiver and insurance. See flyer for full details. Must have valid passport for this trip. *Early booking discount of \$250.00 p.p. valid until April 9, 2014*		

Coming soon: Washington D.C. – New York City – Cape May, N.J. – Nova Scotia  
NOTE – any trips that include show tickets ARE NON-REFUNDABLE.

# Clinton Township Senior Adult Life Center

January/February 2014 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

## The Spa

### Manicures & Pedicures

(By Appt.)

Looking for some pampering?...

Let Kameelia, Licensed Cosmetologist, fix you right up! You will leave feeling like a new person.

Mondays	9:00 a.m. - 3:00 p.m.
Fridays	9:00 a.m. - 3:00 p.m.

Regular Manicure .....\$9 .....1/2 hr.

Hot Oil Manicure .....\$10

Pedicure .....\$25 .....1 hr.

Combination .....\$30 .....1 1/2 hr.

Waxing services upon request.

Fees are payable to the manicurist at time of service. 24 hour notice is required for cancellations.



### Reflexology by Roberta

• Appointments available:

• Tuesdays or Thursdays

• Call 586-286-9333 or stop at front desk for appointments!

• **JANUARY ONLY SPECIAL!**

• **Extended Services**

• (25 Minutes) ~ \$15.00

• Gift Certificates Available

• **Massage Appointment**

• JET (11 minutes)

• Hands or back ~ \$10.00

• Extended services (25 mins) ~ \$20.00

• **Reflexology Appointment**

• Hand ~ \$10.00 (11 min) / Foot ~ \$20.00 (25 min)

• **Paraffin Wax Treatments**

• Hand ~ \$5.00 / Foot (now available) ~ \$7.00

• Hand/Foot Combo ~ \$10.00



### Haircuts & Waxing Services

• Wednesdays and Fridays

• 9:00-3:00

• Stop by the Spa Room and meet Jackie, a hairdresser

• with 30 years experience! Appointments can be made either earlier or later than scheduled time.

• Call 810-614-9319 to schedule your appointment.

• **Services include, but not limited to:**

• Haircuts/finger dry – men or women \$9

• Mustache or Beard Trim – \$3

• Deep Conditioning Treatment – \$9

• **Styling Services:**

• Wash, Blow Dry & Style or Roller Set – \$9

• **Wednesdays Only:**

• Perm – \$30 (Includes cut & style)

• Hilites – \$30 (includes style)

• Tint – \$25 (Includes style)

• Tint with Hilites – \$40 (Includes style)

• **Waxing Services:**

• Eyebrow - \$8, Chin or Upper Lip - \$4 ea./All 3 -\$15

• **Special Occasion** Makeup Application available



# Clinton Township Senior Adult Life Center

January/February 2014 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

## Community Services

### Watch Battery Wilma

Feb. 3, 2013 12:00-3:00

Join Wilma between the hours of Noon and 3 p.m. for watch battery replacements & service.

This service is on a 1st come, 1st serve basis. For your convenience, Wilma has watches and jewelry for sale. Wilma only comes the 1st Monday of every other month.



### Sharpening Services

Sam Cipriano will sharpen your kitchen knives, scissors and various non-electric garden tools. Drop off your items in a bag with your name and phone number at the front desk. When your items are finished we will notify you for a pickup. Scissors and/or knives \$3.00 ea. Garden tools \$4.00 ea. Must prepay at time of drop-off.



### Have Lunch with Friends on Fridays

- Your Clinton Twp. Senior Adult Life Center is a
- MCCA Senior Nutrition Site. On Fridays between
- 11:00-12:30 we have a delicious and nutritious
- HOT lunch available just for you. The menu varies
- from week to week and the suggested donation is
- \$3.00 for those 60 and older. The meals are
- served on a first come first serve basis.



### Clinton Township Senior Adult Life Center Technology

Welcome to the age of ever changing technology! We at the Senior Adult Life Center want to move with you into this new era. We are here to assist you in every way. We have volunteer members ready to walk with you, hand in hand, into this uncharted territory! You can make your one-on-one tutoring appointment by calling (586) 286-9333. Please read the following and take the appropriate actions.



- **Do we have your correct email address?**  
While we will continue to mail your requested bi-monthly newsletter, we'd like to keep you

up to date with the latest news and opportunities from your center. By having an email address on file with us, we can send you e-blasts of information regarding closures, special events and more.

- **Have you checked out our new website?**  
Make sure to check out our new and improved interactive website. You can see the latest pictures from our events, check out what's coming up and so much more!

[www.clintontownship-mi.gov/seniors](http://www.clintontownship-mi.gov/seniors)

- **Have you "liked us" on Facebook?**  
Did you know we are on Facebook? Pass this information on to your friends and family! On this page you can comment on your favorite activity or event, view our pictures and more!



# Clinton Township Senior Adult Life Center

January/February 2014 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

## COMMUNITY SERVICES

### SENIOR-FRIENDLY COMPUTER CLASSES WITH MIKE WILSON

#### **FREE Introductory Computer Class for Seniors, Recent Learners, and Those Who Don't Have a Clue!**

Meet computer author and patient instructor Mike Wilson who will help you understand the basics of computers! See a demonstration on the many things you can do with a computer. Also, Mike will give a preview about upcoming classes. We're sure that after you take this introductory class you will come away with the confidence to explore other upcoming basic computer classes! (This is not a prerequisite to taking other computer classes.)

**FREE**      **Date: Friday, January 10**      **Time: 2:15 p.m. – 3:30 p.m.**

#### **Help! I Have A Computer And I Don't Know What To Do Next!**

**Includes instructor's 100-page, easy-to-follow manual.**

Will cover topics such as: email features and attachments; printing, playing music and DVDs, copy and pasting, transferring camera pictures, finding good free games, using pictures as desktop backgrounds, keyboard shortcuts, and so much more! Seniors...don't miss this class! (Book fee purchase: 25.00 due at start of first class.)

**\$40.00**      **Date: Fridays, January 17 & 24**      **Time: 2:15 p.m. – 4:15 p.m.**

#### **Basic Keyboard Exploration: Learn What All The Keys Are About!**

**(Optional: Bring full battery-charged laptop.)**

Are you a bit intimidated by so many keys on your computer? The Instructor and class will explore the use of each key on the keyboard. Find out how the use of shortcut keys, and copying & pasting will save time.

**\$25.00**      **Date: Friday, January 31**      **Time: 2:15 p.m. – 4:30 p.m.**

#### **Learn To Organize Computer Pictures, Files, Folders, And E-mails**

**Bring Your Laptop (Optional)**

Are your files, digital pictures, emails, and information scattered everywhere on your computer? Learn to create folders and get organized. Discover how to download and copy files from the Internet. See how pictures are transferred from a camera to computer. Find out how to save files and projects on your computer, CDs, and flash drives, and easily find them. (Handouts given)

**\$40.00**      **Date: Fridays, February 7 & 14**      **Time: 2:15 p.m. – 4:15 p.m.**

#### **Learning the iPad for those who Don't have a Clue!**

**(Optional: Bring fully-charged iPad.)**

Come see a demonstration on the iPad. With this easy to use tablet computer you can check e-mail, explore websites, take awesome pictures, read books, listen to music & videos, play tons of games, and talk with & see family members in an instant. There are no complicated keyboards or difficult operating systems. Your patient instructor will guide you through the amazingly easy-to-use iPad!

**\$40.00**      **Date: Fridays, February 21 & 28**      **Time: 2:15 p.m. – 4:15 p.m.**

# Closings & Cancellations

JANUARY & FEBRUARY 2014

AREA AFFECTED	DATE	REASON
Center Closed	January 1	New Year's Day
Aerobic Mixer	February 5	Travel Show
No Bingo or Investments	February 14	Valentine's Party
Center Closed	February 17	President's Day

*Please check the daily schedule to see if any additional dates/closings have occurred since this newsletter was printed.*

**Weather & Holiday Closings:** There will be no senior night cards, bus service or activities on any holiday in which the Senior Center/Civic Center is closed. **Please note**, the Senior Center will be closed if Chippewa Valley Public Schools cancel school for inclement weather. If in doubt, please contact the Senior Center first before making a trip over (586) 286-9333. It is your responsibility to know when the center is closed, please mark your calendars as needed.

## A Few Updates and Reminders



Class Registrations ~ Please let us know as soon as possible if you are not able to participate in an activity for which you have signed up so that someone on the waitlist may be contacted. Full refunds are made when we cancel an activity due to insufficient registration or circumstances beyond our control.

We now have a generous supply of NEW sports racquets, paddles and necessary equipment on hand for loan so if you desire to try any of the sports we offer, we have you covered! We hope this allows you to broaden your horizons before having to purchase your own equipment.



We are requesting that you continue to make sure lights are turned off in rooms that are empty. This will help with our utility bills, so if you are the last one out...like your mama used to say "Buster, turn off the lights?"

It is imperative that you check in at the reception desk each time you enter the facility. We have been very patient and have plenty of line jumpers and now we need your assistance. Those who choose not to follow protocol will be asked to refrain from participating in our programs. Checking in is quick, easy and will assist us in keeping our records accurate. When time permits please make sure your emergency records are updated.



### BECOME A SENIOR CENTER LEGACY SUPPORTER

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Please mail to:**

Clinton Twp Senior Adult Life Center  
 Attn: Debbie McClellan/Legacy Campaign  
 40730 Romeo Plank Road  
 Clinton Twp. MI 48038

*Please remember that every gift, no matter the size, helps to ensure that our services are here for years to come.*

As always you can be a supporter of the center. Gifts are still accepted "in memory of" and "in honor of" (circle one)

On the occasion of: \_\_\_\_\_

Please send acknowledgement of this gift to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ Zip: \_\_\_\_\_

**Please mail to:**

Clinton Twp Senior Adult Life Center  
 40730 Romeo Plank Road  
 Clinton Twp. MI 48038

XOXO

XOXO

# Valentine's Day Luncheon

*Friday, February 14, 2014*



*11:30-1:00p.m.*

*\$12.00 per person*



*R.S.V.P. at (586)286-9333*

Join us for a special holiday celebration as we share in a scrumptious hot buffet meal, LIVE entertainment, 50/50 raffle, special treats and prizes. Be sure to wear your red!

This will sell out, so be sure to get your tickets early.

**MEMBERS ONLY**

(586) 286-9333

Clinton Township Senior Center 40730 Romeo Plank Rd. Clinton Twp. 48038



# Our Gift Shop Needs Your Help!

Donations of slightly used, resalable household items, books, DVDs, and jewelry are always needed. Tell your friends and family we need their help, too!

Donations can be dropped off Monday-Friday, 8:30a.m.-4:00p.m.



## ADVERTISEMENTS

If you wish to advertise your business or services in this publication, please contact Debbie McClellan for information at (586) 286-9333.

We are a family owned, licensed and bonded, non-medical home care company.



31275 Fraser Dr.  
Fraser, MI 48026  
(586) 293-2457

[www.purehomecareservices.com](http://www.purehomecareservices.com)

In addition to offering the traditional non-medical home care services, the Pure Team offers resources for many other aspects which accompany the need for home care. At no additional charge, we will help you during these stressful times – offering information in areas such as:

- Finances/Reverse Mortgages
- Legal Issues
- Home Modification
- Home Monitoring Systems
- Medical Supplies



**Dale, Sean and Lisa Eltringham, CSA**

- |                           |                        |
|---------------------------|------------------------|
| • Grooming/Dressing       | • Meal Preparation     |
| • Hourly/24-Hour Care     | • Medication Reminders |
| • Recreational Activities | • Errand Services      |
| • Bathing Assistance      | • Grocery Shopping     |
| • Referral Services       | • Transportation       |
| • Companion Care          | • Light Housekeeping   |
| • Respite Care            | • And Much More!       |

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 representations regarding the quality or character of services or goods furnished by any of our advertisers and we urge seniors to always carefully investigate the providers of services and goods before purchasing.**

## Senior Homecare By Angels! You Select Your Caregiver

- Up to 24 hour care
- Meal Preparation
- Errands/Shopping
- Hygiene Assistance
- Light Housekeeping
- Companionship
- Experienced Caregivers



Call Today For  
**A No Charge Consultation**  
**586-726-6999**  
[www.visitingangels.com](http://www.visitingangels.com)

# Looking for a New Physician?

## JACQUELINE MOORE, DO

INTERNAL MEDICINE



Jacqueline Moore, DO, has joined the medical practice network for Henry Ford Macomb Hospitals. She is on staff at Henry Ford Macomb Hospital in Clinton Township.

Dr. Moore is a graduate of the Michigan State University College of Osteopathic Medicine and completed her residency in internal medicine at Providence Hospital and Medical Center. Her clinical interests include women's health and preventive medicine.

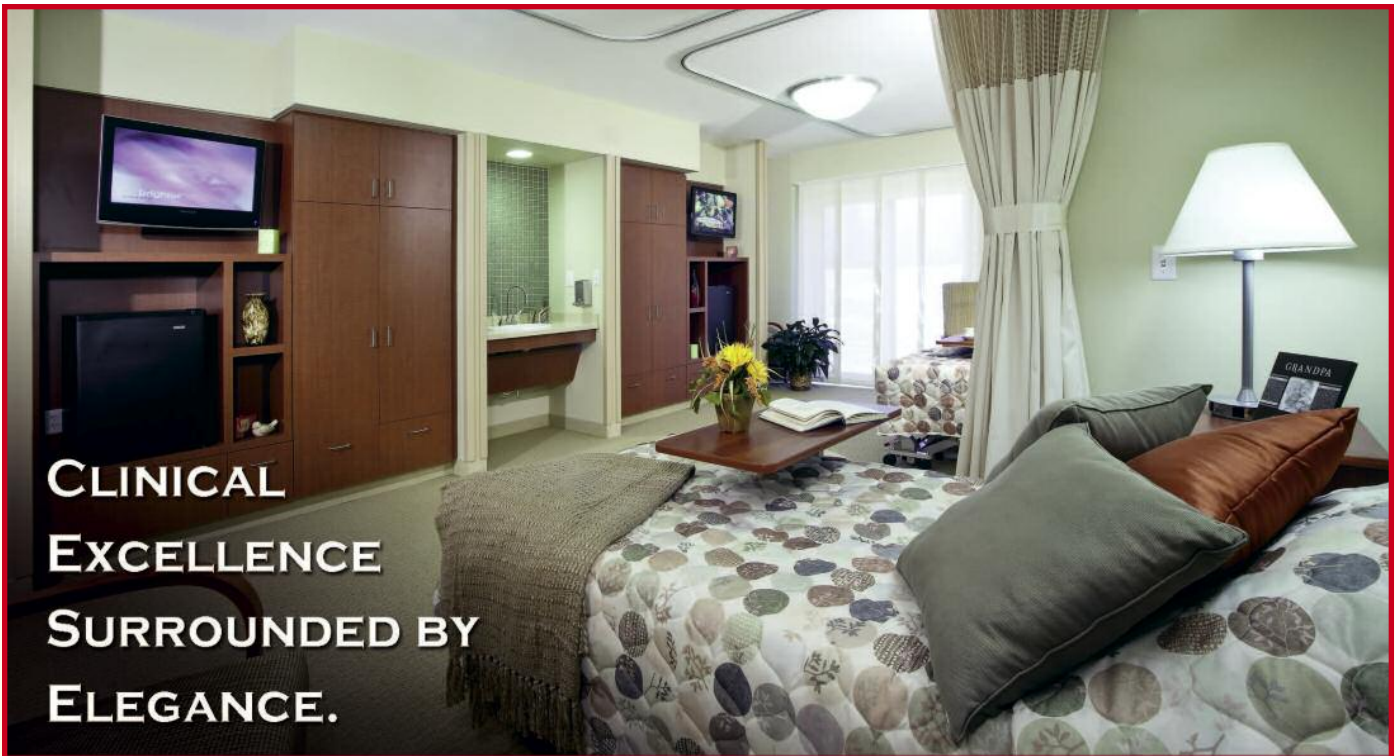
*NEW PATIENTS WELCOME • Participates with most insurance plans*



**HENRY FORD MACOMB  
INTERNAL MEDICINE**

13801 15 Mile Road  
Sterling Heights, MI, 48312  
(586) 757-9707

[HenryFordMacomb.com](http://HenryFordMacomb.com)



**CLINICAL  
EXCELLENCE  
SURROUNDED BY  
ELEGANCE.**

Our Expert Clinical Team is Ready to Serve You  
After Your Hospital Stay, Conveniently Located At:

 **Cherrywood™**  
Nursing & Living Center

2372 Fifteen Mile Rd. Sterling Heights, MI 48310

**To Enjoy a Tour, Please Call: (586) 978-2280**

*www.CherrywoodNursing.com*

Private & Semi-Private Suites Available. Participation in Medicare, Medicaid & various insurance plans are accepted.

**Your Health, Your Recovery, Your Choice...*In Your Neighborhood!***

***Get Back Home...To What Really Matters!™***



IN-HOME SENIOR CARE SERVICES

**YOU'VE ALWAYS BEEN THE INDEPENDENT TYPE.  
WE AIM TO KEEP YOU THAT WAY.**

We help to keep your independent spirit strong. Comfort Keepers® provides compassionate in-home care that helps you live a happy, fulfilling life in the comfort of your own home. Our wide range of services promote independence and wellbeing. We call it *Interactive Caregiving*®, a unique approach provided by special caregivers called *Comfort Keepers*®. All to help keep minds, bodies and lives active, happy and healthy.



- Companion Care
- Housekeeping & Meals
- Shopping & Errands
- Incidental Transportation
- Personal Care
- Medication Reminders



**Comfort  
Keepers®**

**586-231-0526**

An international network of independently owned and operated offices. • © 2011 CK Franchising, Inc.

[WWW.COMFORTKEEPERS.COM](http://WWW.COMFORTKEEPERS.COM)



To you it's about making the right choice...*To us, it's personal.*

Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead can help.

- Companionship
- Meal Preparation
- Shopping & Errands
- Personal Care
- Light Housekeeping
- Medication Reminders
- Incidental Transportation
- Alzheimer's Care

Each Home Instead Senior Care franchise office is independently owned and operated. © 2013 Home Instead, Inc.

Call for a free, no-obligation appointment  
**586.992.0100**

Serving Macomb County

**Home  
Instead**  
SENIOR CARE®  
*To us, it's personal.*

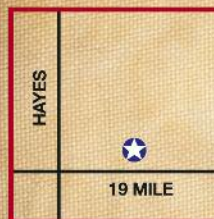
[HomeInstead.com/535](http://HomeInstead.com/535)



**American  
House**   
SENIOR LIVING COMMUNITIES  
[americanhouse.com](http://americanhouse.com)

**What do you want to do today?**

Start creating moments to cherish for a lifetime. Call us today to schedule a complimentary lunch and a personal tour!



**Lakeside**  
**(586) 648-1783**  
15731 19 Mile Rd  
Clinton Twp, MI 48038



**Keep Our Community  
& Youth Safe!**

**Lock Up Your Medication  
& Responsibly Dispose  
of Unused Medication**



**Disposal Container Always Available -  
Lobby of Clinton Township Police Dept.  
37985 Groesbeck**

Many teens who abuse prescription drugs get them from the medicine cabinets of family members.

1 in 7 teens in the U.S. report abusing prescription drugs to "get high".

There has been a 91% increase in the deaths of teens from prescription drug overdose in the past 8 years.

**A message from the**



**Great Dane**

Heating & Air Conditioning

36611 Gratiot

Clinton Twp, MI 48035

(586) 790-2604 \* (586) 790-2605 Fax

**Experience The Service You Deserve**

**5% Off**

**A NEW CARRIER  
FURNACE OR A/C**

Carrier Models Only

For a limited time only. Call for details.  
Cannot be combined with other coupons or specials.

**\$25 OFF!**

**SERVICE  
CALL**

For a limited time only. Call for details.  
Cannot be combined with other coupons or specials.  
Expires 02/28/2014.



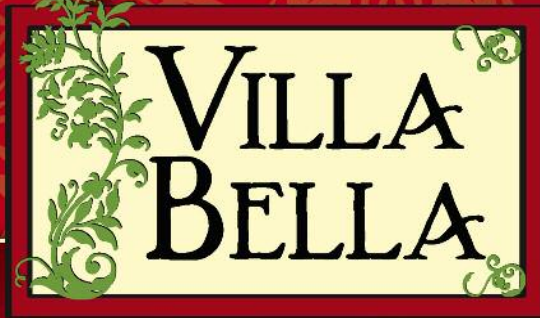
turn to the experts



**www.greatdanevac.com  
(586)790-2604**



*Fall in Love with...*



*Luxury Retirement Community*

**586.412.8910**

**www.VILLA-BELLA.NET  
CLINTON TOWNSHIP, MI**

**TOURS AVAILABLE 7 DAYS A WEEK  
SATURDAY & SUNDAY BY APPOINTMENT**

**HOSEY** FOOT & ANKLE CENTERS *Excellence in Foot & Ankle Care*

Thomas C. Hosey DPM, FACFAS      Jennifer L. Somers DPM      Ryan M. Murphy DPM

**Treating All Foot and Ankle Conditions**  
 Saturday, Evening Appointments and Emergency Visits Available  
 Most Insurances Accepted

**586.263.4411**  
 hoseypodiatry.com

**CLINTON TWP.** 42550 Garfield, Suite 103  
 Just South of 19 Mile Road

**STERLING HTS.** 44344 Dequindre  
 Just South of M-59

**MT. CLEMENS**  
 253 S. Gratiot  
 1 Mile N. of Metro Parkway

**George H. Nassif, M.D.**  
 BOARD CERTIFIED GERIATRIC AND INTERNAL MEDICINE  
 42621 GARFIELD ROAD, SUITE 108  
 CLINTON TOWNSHIP, MI 48038  
 (586) 263-3312 • www.drgnassif.com

M•W•F 9am-2pm  
 T•Th 2pm-7pm

*Specializing in the Treatment of Adults and Elders*

Office hours by appointment      Most insurances accepted

*Advertise Here*

**Call Debbie**  
**586-286-9333**

**Clinton Township Senior Housing 62 Plus**  
**Comfortable Living at Affordable Prices**

**BEAUTIFUL 1 & 2 BEDROOM APARTMENTS** Starting at **\$530**


*Heritage Estates*

**Starting at \$530**


**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](mailto:heritage.estates@fourmidable.com)




**Waltonwood at Lakeside**  
 Luxury Senior Living  
**Call or stop by today!**  
**(586) 232-5781**



Independent Living, Licensed Assisted Living & Memory Care  
 14750 Lakeside Circle, Sterling Heights  
 Located at Lakeside Mall, south of Hall Rd., west of Hayes Rd.  
[www.Waltonwood.com](http://www.Waltonwood.com) 

Most Insurances Accepted      New Patients Welcome

**Michigan Foot & Ankle Institute**



*"Our mission is to create a trustworthy, friendly environment in which we provide the highest quality and most advanced foot and ankle care in Southeastern Michigan."*

**586-228-2255**

Board Certified, American Board of Podiatric Surgery Fellow, American College of Foot and Ankle Surgeons, Affiliated with: Henry Ford Macomb, Mt. Clemens Regional Medical Center, St. John, Henry Ford Lakeside, Cottage and Crittenton Hospitals

*Early morning, evening and weekend appointments!*

**Edmund J. Kowalchick, DPM**  
**Stacey L. Miller, DPM**


44250 Garfield, #160, Clinton Township, MI 48038  
[www.michiganfootandankleinstitute.com](http://www.michiganfootandankleinstitute.com)

**Determined To Find A Cure**

Diabetes affects 24 million people in the U.S. alone. It is a leading cause of death in the country, as well as a major contributor in deaths from heart disease and stroke.

The Dignity Memorial® network is committed to finding a cure for diabetes through fundraising, time, sweat, and sheer determination. To find out more about how you can help, or to join Team Dignity, visit [www.DignityStepOut.com](http://www.DignityStepOut.com)

National Sponsor of  
**STEP OUT | WALK TO STOP DIABETES™**  
 American Diabetes Association.



**RESURRECTION FUNERAL HOME**  
 Barry Burnham, Manager  
 40800 Hayes Road | Clinton Township, MI 48038  
 586-412-3000 | [www.resurrectionfuneralhome.com](http://www.resurrectionfuneralhome.com)

**KAUL FUNERAL HOME**  
 Kristen Miller, Manager  
 35201 Garfield Avenue | Clinton Township, MI 48035  
 586-792-5000 | [www.kaul-funeral.com](http://www.kaul-funeral.com)



**BrightStar**  
 QUALITY SENIOR HOME CARE

**Stay Independent. Stay in Your Own Home. Our Nurses and Caregivers Can Help.**

Registered Nurses | Licensed Practical Nurses | Certified Nurse Assistants

**586.279.3610**  
[www.brightstarcare.com](http://www.brightstarcare.com)



BrightStar of Grosse Pointe / Southeast Warcomb is a proud partner of Wayne State University's Institute of Gerontology, supporting research and education on aging.

22811 Greater Mack Ave., Ste. 204  
 St. Clair Shores, MI 48080

**Clinton Township Senior Adult Life Center**

40730 Romeo Plank Rd.  
Clinton Township, MI 48038-2900  
CHANGE SERVICE REQUESTED

PRSR STD.  
U.S. POSTAGE  
**PAID**  
MASS  
MAILING

## Rehab is work. But it can also be fun.

Gourmet dining. Fine linens. Personal concierge service. This is rehab? Our Home Again rehabilitation service will pamper you while you undergo physical, occupational or speech therapy. You'll work out with some of the most modern equipment, using innovative therapy

approaches with proven results. And once you're ready to return home, we'll send you back with prepared meals and do a home assessment to insure your safety. To find out how we can help you or someone you love transition smoothly back home, call us to schedule a personal tour.



586-532-2100 • 13794 21 Mile Road • Shelby Township, MI 48315 • [shelbycrossinghc.com](http://shelbycrossinghc.com)  
*Assisted Living • Short-Term Rehab, Skilled Nursing, Memory Care, Adult Day Services*