

AGENDA
Madison Heights Active Adult Center Advisory Board
29448 John R, Madison Heights, MI 48071
Tuesday, January 15, 2019
1:00 pm

I. INVOCATION & ROLL CALL

D. Dalling	C. Leuffgen	M. Salley
R. Dickel	T. Mitchell	M. Scott
T. Kulak	D. Mowry	J. Vitali, Jr.
T. Lambrecht	S. Patton	J. Cowan

II. APPROVAL OF MINUTES

III. PUBLIC COMMENTS

IV. STAFF REPORT

A) Trips and Programs-

a. Ongoing Programs:

- Exercise DVD- Monday- Friday at 9:30 am; Free!
 - Congregate Meal Program- Monday – Friday at 12 noon; \$3.50; Sign up one day ahead.
 - Chair Yoga- Mondays, Wednesdays and Fridays at 11:00 am and Tuesdays at 11:30 am; \$5 drop in fee.
 - Prize Bingo continues on Tuesdays at 12:45 pm- Free!
 - Knit & Crochet Group- Wednesdays from 10 am – 12 noon; Everyone works on their own project as well as lap robes for seniors in nursing homes, blankets for babies at Beaumont, and doll dresses for Goodfellows.
 - Dominoes Club- Wednesdays at 1 pm; Free!
 - Tai Chi Class- Wednesdays, 1-2 pm; \$5 drop in.
 - Free computer help on Wednesdays from 1-2 pm.
 - Line Dance Class- Thursdays at 11:00 am; \$5 drop in fee.
 - Bingo continues on Thursdays at 1:00 pm- 50 and older!
 - Quilt Group- Thursdays at 1 pm; Everyone works on their own projects.
 - Bunco- Fridays at 1 pm; Small entry fee.
- b. Movie Day- Friday, January 18 at 12:45 pm. Free! Snack included. “Ocean’s 8”.
- c. Art Therapy- Friday, January 18 from 1-3 pm. \$2-Residents/\$4-Non-Residents. January’s Project: Winter Tree Theme with Mixed Media
- d. Health in the Heights Event- Friday, January 18 from 6-8 pm. Free! Exercise demos, Madison Heights celebrity cooking demo, massages and healthy refreshments.
- e. Center Closed- Monday, January 21- MLK Day
- f. January Blues Bake Sale- Thursday, January 24; 9 am – 12 noon. All monies goes into the escrow account.
- g. Massage Therapy- Friday, January 25; 9:45 am – 12:45 pm; \$25; Appointment required.
- h. Windsor Casino Trip #2- Monday, January 28; \$30-Res/\$32-Non-Res; \$15 back in coin or food per trip!
- i. American House Hazel Park- Lunch & Learn- Monday, January 28; Depart Center at 11:30 am on their bus. Free!
- j. Meadow Brook Theatre- A Fox on the Fairway- Wednesday, January 30; 9:45 am – 4:45 pm; \$51-Residents/\$53-Non-Residents; Ticket to show and time for shopping and lunch at Canterbury Village.
- k. Reflexology- Friday, February 1; 9:30 am – 12 noon; \$10- Hands, \$20- Feet; Appointment required.
- l. Pool Tournament- Monday, February 4 at 9:00 am; Small entry fee.

- m. Free AARP Tax Assistance begins Tuesday, February 5 and continues every Tuesday through April 9. Appointment required.
- n. Ask a Lawyer- Thursday, February 7; 10 am – 12 noon; Free! By appointment only.
- o. Massage Therapy- Friday, February 8; 9:45 am – 12:45 pm; \$25; Appointment required.
- p. Walk with Ease starts Monday, February 11 at 8:30 am and continues for six weeks, two to three times a week. This free exercise program can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you may have success with Walk With Ease.
- q. Reminisce Class- Monday, February 11 at 11 am. Free! Topic: Favorite Things.
- r. American House Hazel Park- Lunch & Learn- Monday, February 11; Depart Center at 11:30 am on their bus. Free!
- s. Adventures in Cooking- Tuesday, February 12; 11 am; \$4-Residents/\$6-Non-Residents; Death by Chocolate.
- t. Sweetheart Bake Sale- Thursday, February 14; 9 am – 12 noon.
- u. Dr. Adas Podiatry Appointments- Tuesday, February 19; from 9-11 am; Medicare billing every 62 days.

B) Treasurer's Report

a.

V. COUNCIL & ADMINISTRATION

A)

VI. UNFINISHED BUSINESS

A)

VII. NEW BUSINESS

A)

VIII. COMMENTS

A) Next meeting: Tuesday, February 19, 2019 at 1:00 pm.

IX. ADJOURNMENT