

**Agenda**  
**Madison Heights Active Adult Center Advisory Board**  
**29448 John R, Madison Heights, MI 48071**  
**Tuesday, January 21, 2020**  
**1:00 p.m.**

**Invocation & Roll Call**

**Approval of Minutes**

**Meeting Open to the Public**

**Staff Report**

A) Trips and Programs-

a. Ongoing Programs:

- Congregate Meal Program- Monday – Friday at 12 noon; \$3.50 suggest donation; Sign up and pay one day ahead.
  - Pool Tournament- 1<sup>st</sup> Monday of the month at 9:00 am; Small entry fee.
  - Chair Yoga- Mondays and Fridays at 11:00 am and 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays at 11:30 am; \$5 drop in fee.
  - Grief Support Group- 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month; 1-2 pm; Free!
  - Prize Bingo continues on Tuesdays at 12:45 pm- Free!
  - Dr. Adas Podiatry Appointments- 3<sup>rd</sup> Tuesday of the month; from 9-11 am; Medicare billing every 62 days.
  - Cardio Drumming Class- Tuesdays at 10:20 am and some Thursday evenings; \$5 drop in fee.
  - Dominoes Club- Tuesdays at 1 pm; Free!
  - Line Dance Class- Tuesdays at 6 pm; \$5 drop in fee.
  - Zumba Gold Class- Wednesdays from 11 am – 12 noon; \$5 drop in fee.
  - 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.
  - Tai Chi Class- Wednesdays, 1-2 pm; \$5 drop in.
  - Free computer help on Wednesdays from 1-2 pm.
  - Free downsizing/relocating consultations with Rickey from Remax/Vision; Second Thursday of the month; 10 am – 12 noon; Walk ins.
  - Free financial consultations with Quinn from Edward Jones; Third Thursday of the month- 10 am – 12 noon; Walk ins.
  - Bingo continues on Thursdays at 1:00 pm- 50 and older!
  - Quilt Group- Thursdays at 1 pm; Everyone works on their own projects.
  - Reflexology- 1<sup>st</sup> Friday of the month; 9:30 am – 12 noon; \$10- Hands, \$20- Feet; Appointment required.
  - Massage Therapy- 1<sup>st</sup> Wednesday and 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month; 9:15 am – 2:15 pm; \$25; Appointment required.
- b. American House Hazel Park Lunch and Learn- Friday, January 24; 11:30 am; lunch, speaker and entertainment; Free!

- c. Art as Therapy- Friday, January 24; 1 pm; \$2-Res/\$4-Non-Res; Sun and Moon yin yang drawing.
- d. Arizona extended trip depart- Saturday, January 25.
- e. Smoothie Day- Tuesday, January 28; 11:00 am; Free! Clear out January Blues with a Sunny Smoothie!
- f. Meadow Brook Theatre- Blithe Spirit- Wednesday, January 29; 11:00 am – 5:00 pm; \$52/\$54; Ticket to show and lunch at Loccino Italian Grill.
- g. AARP Tax Assistance starts Tuesday, February 4 and continues until April 7; Free! Appointments required.
- h. Massage Therapy- Wednesday, February 5; 9:15 am – 2:15 pm; \$25; Appointment required.
- i. Jesus Christ Superstar- Detroit Opera House- Thursday, February 6; 4:45-10:45 pm; \$88/\$90; Ticket to show and dinner at Traffic Jam & Snug.
- j. Reminisce Group- Monday, February 10 at 11 am. Free! Topic: Catching Up.
- k. Adventures in Cooking Class- Tuesday, February 11; 10:00 am; \$5/\$7; The perfect bite.
- l. Inside Detroit- Tuesday, February 11; 9:00 am – 4:30 pm; \$78/\$80; Trip includes round trip motor coach transportation, a behind the scenes tour of Ford Field, lunch at Sinbad's, and tour of Motown Museum.
- m. Center Closed- Monday, February 17 for Presidents' Day.

### **Treasurer's Report**

### **Council & Administration**

### **Unfinished Business**

- A) Update on possible sale of property/build new Center
- B) Call for Projects/Events
- C) Holiday Lights dinner/drive around recap

### **New Business**

- A) Advisory Board picture

**Adjournment-** \_\_\_\_:\_\_\_\_ (Next Meeting Tuesday, February 18, 2020)