

**Agenda**  
**Madison Heights Active Adult Center Advisory Board**  
**29448 John R, Madison Heights, MI 48071**  
**Tuesday, February 18, 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 one day ahead.
- Pool Tournament- 1<sup>st</sup> Monday of the month; 9:00 am; Small entry fee.
- Chair Yoga- Mondays and Fridays at 11 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 am; \$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 welcome.
- Free financial consultations with Quinn from Edward Jones; Third Thursday of the month- 10 am–12 noon; Walk-ins welcome.
- Bingo continues on Thursdays at 1:00 pm; \$1.00 first card and 25 cents for each additional card.
- 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. This Month's Special Programs:
- Free blood pressure checks by the Madison Heights Fire Department- Thursday, February 20 from 9:30–11 am.
  - Carnival of Fun- Friday, February 21; 4-7 pm; \$15-Res/\$17-Non-Res; Dinner, entertainment, games, snacks, face painting and more!
  - Windsor Casino Mardi Gras- Tuesday, February 25; 9 am–4:15 pm; Passport, card or enhanced license required; Trip includes round trip motorcoach transportation, coffee, paczkis, special Mardi Gras entertainment and your choice of: free lunch buffet, \$15 meal voucher or \$15 coin voucher.
  - Paczki Day- Tuesday, February 25; A variety of flavors for sale starting at 8 am for just 75 cents each.
  - Craft Class- Tuesday, February 25; 10 am; \$5-Res/\$7-Non-Res; Valentine Sock Gnomes.
  - Smoothie Day- Tuesday, February 25; 11 am; Free! This month's flavor: Be Mine Strawberry Cheesecake.
  - Meadow Brook Theatre- Working- Wednesday, February 26; 11 am–5 pm; \$62-Res/\$64-Non-Res; Ticket to show and lunch at Mitchell's Fish Market.
  - Movie of the month: "Little"; Friday, February 28; 12:45 pm; Free! Snack included.
  - Trip sign up- Wednesday, March 4 starting at 9:15 am.
  - Game Day with John- Monday, March 9; 12:45 pm; Free! Shuffleboard, pinball, snacks, prizes and more!
  - Purple Rose Theatre- Roadsigns- Wednesday, March 11; 9:45 am–6:30 pm; \$58-Res/\$60-Non-Res; Ticket to show and lunch at Metzger's German Restaurant.
  - Fisher Theatre- Fiddler on the Roof- Thursday, March 12; 4:30-11:15 pm; \$96-Res-\$98-Non-Res; Ticket to show, dinner at Crispelli's and time to shop in the stores inside the Fisher Building.
  - Art as Therapy- Friday, March 13; 1-2:30 pm; \$2-Res/\$4-Non-Res; Birch tree painting using watercolor paints & painters tape.
  - St. Patrick's Party- Monday, March 16; 1-3 pm; \$8-Res/\$10-Non-Res; Snacks, entertainments, prizes and Dublin Derby racing!

B) New Programs-

- a. Writing Our Life Stories: Friday, March 20; 11:00 am; \$2-Res/\$4-Non-Res; From Writing Workshops Detroit, writer Kelsey Ronan joins us in an exploration of imagination and reflection. This monthly workshop will include writing exercises, short readings, and the optional opportunity to

share your writing in an uplifting and affirming space. No experience necessary.

C) Outside Events-

- a. Solberg Tower Talk: Monday, February 24; 2:00 pm; Promote use of Center for residents of all three apartment buildings; bring newsletters, snacks, and raffles.

D) Maintenance Requests-

- a. Handicap buttons for back two bathrooms: doors too heavy/end up being propped open/privacy and sound issues
- b. Gas line/valve in kitchen: very loud/strong gas smell
- c. Kitchen floor: bad drain/damage to floor as a result
- d. Cracks in dining room floor: expanding year to year

E) Current Budget Requests-

- a. Bus 471: 2002 aging bus/aging cushions/armrests broken/ongoing heating & cooling issues/inside & under storage issues/vents leak/steering & suspension issue/used for not only us, but day camp, pub crawl & Lansing trip
- b. Dishwasher: aging dishwasher/issues with sanitizing and Health Department violations/can't find parts
- c. Furniture in front room: aging cushions/difficult to get out of/stains/tears
- d. Van 469: 2010 aging van/no grab holds/pole in right of way
- e. Pool Tables: aging tables/stuck to floor

**Treasurer's Report**

**Council & Administration**

**Unfinished Business**

- A) Update on possible sale of property/build new Center
- B) Update on Ms. Kulak's and Ms. Dickel's board positions
- C) Update on Councilman Soltis' request for info on OMOW mobile meal program/did they received a raise in recipients due to insert in water bill
- D) Update of Councilman Soltis' request for Board to contact Oakland County Commissioner regarding monies for home care/snow removal

**New Business**

- A)

**Adjournment-** \_\_\_\_:\_\_\_\_ (Next Meeting Tuesday, March 17, 2020)