

Agenda
Madison Heights Active Adult Center Advisory Board
29448 John R, Madison Heights, MI 48071
Tuesday, March 17, 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 suggested donation; Sign up one day ahead.
- Pool Tournament- 1st 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- 1st & 3rd Monday of the month; 1-2 pm; Free!
- Prize Bingo continues on Tuesdays at 12:45 pm- Free!
- Dr. Adas Podiatry Appointments- 3rd Tuesday of the month; from 9-11 am; Medicare billing every 62 days. Appointment required.
- 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- 1st Friday of the month; 9:30 am–12 noon; \$10-Hands, \$20-Feet; Appointment required.
 - Massage Therapy- 1st Wednesday and 2nd & 4th Friday of the month; 9:15 am–2:15 pm; \$25; Appointment required.
- b. This Month's Special Programs:
- Writing Our Life Stories Class- Friday, March 20; 11 am; \$2-Res/\$4-Non-Res; Writing exercises, short readings, and the optional opportunity to share your writing in an uplifting and affirming space. Sign up ahead.
 - Movie: The Good Liar- Friday, March 20; 12:45 pm; Free; Snack included.
 - That Golden Girls Show- Saturday, March 21; 9:15 am – 5 pm; \$74-Res/\$76-Non-Res; Ticket to show, lunch at Brio Tuscan Grill, shopping at Partridge Creek Mall and Sanders/Morley Candy- Sold out!
 - Reminisce Group- Monday, March 23; 11 am; Free! Topic- The Very First Time. Have fun talking and laughing about days gone by. Refreshments included.
 - Zino's Pizza Fundraiser- Monday, March 23; 10 am – 10 pm; A portion of the sales that night will go towards supporting the Active Adult Center.
 - American House Hazel Park Lunch & Learn- Monday, March 23; 11:30 am; Free! Sign up ahead.
 - Art with On the Gogh- Tuesday, March 24; 10 am; \$22-Res/\$24-Non-Res; Follow step by step instructions to create a beautiful spring flower mosaic. Sign up ahead.
 - Free blood pressure checks by the Pomeroy Sterling Heights- Thursday, March 26 from 9:30–11 am.
 - Oakland County Nature Discovery- Thursday, March 26; 10 am; Free! Sign up ahead. A Park Naturalist will entertain us with a fascinating presentation about the wildlife that call Michigan home, which includes the use of live animals.
 - DSO- Music & Magic- Friday, March 27; 8:30 am – 1:30 pm; \$55-Res/\$57-Non-Res; Ticket to show, refreshments and time to shop at Avalon Bakery prior to the show included- Sold out!
 - Detroit Tiger's Opening Day at the Center- Monday, March 30; 12-4:30 pm; Lunch is a suggested donation of \$3.50 and watching the game, refreshments, games and prizes are free. Sign up ahead.
 - Smoothie Day- Tuesday, March 31; 11 am; Free! While supplies last. This month's smoothie: Irish Breakfast in Belfast.
 - Aren't You Crafty Class- Tuesday, March 31; 10 am; \$5-Res/\$7-Non-Res; Create a picture with glue gun art. Sign up ahead.
 - Trip sign up- Wednesday, April 1 starting at 9:15 am.

- Beginner's Watercolor Paint Class- Wednesday, April 1; 12:30-3:30 pm, \$2-Res/\$4-Non-Res; Explore and express your inner artist. Sign up ahead.
- Cell Phone Class- Monday, April 6; 1 pm; Free! Sign up ahead.
- Meadow Brook Theatre- Mary Jane- Wednesday, April 8; 11 am – 5 pm; \$61-Res/\$63-Non-Res; Ticket to show and lunch at Dimitri's included- Sold out!
- Used Purse & Jewelry Sale- Thursday, April 9; 9 am – 2:30 pm; All funds raised will go into the AAC escrow account.
- Center closed- Friday April 10- Good Friday.
- American House Hazel Park Lunch & Learn- Monday, April 13; 11:30 am; Free! Sign up ahead.
- Adventures in Cooking Class- Tuesday, April 14; 11 am; \$5-Res/\$7-Non-Res; Delights from the land down under- a taste of Australian food. Sign up ahead.
- Cannabis Education Talk- Wednesday, April 15; 10 am; Free!
- Vera Bradley extended trip depart- Wednesday, April 15.
- Oakland County History Discovery- Thursday, April 16; 10 am; Free! Sign up ahead. A Park Naturalist will entertain us with fascinating facts about archaeological excavations in our county parks.
- Volunteer Appreciation Dinner- Friday, April 17; 4-7 pm; Free! Dinner to honor all of our wonderful volunteers. Sign up ahead.
- Louisville extended trip depart- Friday, April 17.
- Reminisce Group- Monday, April 20; 11 am; Free! Topic TBA. Have fun talking and laughing about days gone by. Refreshments included.
- Podiatrist- Tuesday, April 21; 9 am – 12 noon; Free under Medicare billing every 62 days. Appointment required.

B) New Programs-

- a. Music Appreciation Class

C) Maintenance Requests-

- a. Handicap buttons for back two bathrooms: doors too heavy/end up being propped open/privacy and sound issues
- b. Kitchen floor: bad drain/damage to floor as a result

D) 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 Councilman Soltis' request for info on OMOW mobile meal program/did they received a raise in recipients due to insert in water bill
- C) 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 April 21, 2020)