

Agenda
Madison Heights Active Adult Center Advisory Board
29448 John R, Madison Heights, MI 48071
Tuesday, February 15, 2022
1:00 p.m.

Invocation & Roll Call

Approval of Minutes

Meeting Open to the Public

Staff Report

A) Current Programs-

a. Mondays-

- Walking Club at 10:00 am; Free!
- Grief Support Group- 2nd & 4th Monday; 1:00 pm; Free!
- Watercolor Class- 3rd Monday; 1:00 pm; \$5-Res/\$7 Non-Res

b. Tuesdays-

- Cardio Drumming at 9:30 am; \$5
- Chair Yoga at 11:00 am; \$5
- Creative Cooking- 3rd Tuesday at 12:00 pm

c. Wednesdays-

- Podiatrist- 1st Wednesday- 8:30-10:30 am
- Strength Training at 9:30 am; \$5
- Knit & Crochet Group at 10:00 am; Free!
- Tai Chi Class at 11:00 am; \$5
- Dominoes Group at 12:30 pm; Free!
- Craft Class- 3rd Wednesday at 1:00 pm; \$5-Res/\$7 Non-Res
- Computer Assistance at 1:00 pm; Free!

d. Thursdays-

- Walking Club at 10:00 am; Free!
- Zumba Gold at 11:00 am; \$5
- State Licensed \$ Bingo at 1:00 pm
- Smoothie Day- 4th Thursday at 11:30 am

e. Fridays-

- Reflexology- 1st Friday; 9:30 am-11:30 am; \$10-20
- Bunco at 10:00 am; Free!
- Massage Therapy- 2nd Friday at 9 am; \$25 for 30 minutes
- Art as Therapy- 3rd Friday; 12:45 pm; \$5-Res/\$7 Non-Res

- f. Every Day-
 - Computer, exercise equipment & billiard table use- anytime during regular business hours; now free!
 - Monthly events and trips

- g. News to Know
 - Coffee Concerts every Wednesday evening in February at 7:00 pm
 - Center Closed Monday, February 21
 - Find Your Word Maker Class- February 25
 - Straith Hospital Back and Neck Pain Lunch & Learn- February 28
 - Kiosk/Software Update
 - Status of OMOW
 - Masks/Capacity

B) Maintenance Requests-

C) Budget Requests-

- a. Bus 471: City currently looking to purchase new vehicle
- b. Van 469: 2010 aging van/no grab holds/pole in right of way- Budget request 2022-23

Treasurer's Report

Council & Administration

Unfinished Business

- A) Civic Plaza Project
- B) Trip Sign Up/Bylaws/Rules & Regulations- on hold as of now

New Business

Adjournment- ____:____