

AGENDA
Madison Heights Active Adult Center Advisory Board
29448 John R, Madison Heights, MI 48071
Tuesday, May 21, 2019
1:00 pm

I. INVOCATION & ROLL CALL

D. Dalling	T. Mitchell	M. Salley
R. Dickel	D. Mowry	M. Scott
T. Kulak	C. Parker	C. Almas
C. Leuffgen	S. Patton	S. Ballantine
		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 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!
 - Cardio Drumming Class- Tuesdays at 10:20 am; \$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.
 - 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. Purple Rose Theatre- All My Sons- Wednesday, May 22; 10 am – 6:30 pm; \$69/71; Lunch at Smokehouse 52 and ticket to the show.
- c. Massage Therapy- Friday, May 24; 9:45 am – 12:45 pm; \$25; Appointment required.
- d. Memorial Pancake Breakfast- Saturday, May 25; 8-10 am; \$6-Adults/\$4- children under 12; All you can eat pancakes, as well as sausage, coffee, tea and juice. Rock painting sponsored by the Madison Heights Arts & Culture Board.
- e. Center Closed- Monday May 27 for Memorial Day.
- f. Detroit Vibes- Wednesday, May 29; 8:45 am – 3:30 pm; \$74-Res/\$76-Non-Res; Round trip motorcoach transportation, guided bus tour of Detroit, lunch at Mario's Restaurant, bus ride around Belle Isle and time to tour the conservatory on your own.
- g. Oakland County Spring Tour- Thursday, May 30; 9 am – 4:30 pm; \$37-Res/\$39-Non-Res; Waterford Oaks County Market- cooking demo, make a succulent planter, shop the local vendors for flowers and produce; Independence Oaks- boxed lunch, pontoon ride; Cook's Dairy Farm- ice cream.
- h. Pool Tournament- Monday, June 3 at 9:00 am; Small entry fee.
- i. Mackinac Island extended trip depart- Thursday, June 6.
- j. Massage Therapy- Thursday, June 6; 9:45 am – 12:45 pm; \$25; Appointment required.

- k. Ask a Lawyer- Thursday, June 6; 10 am – 12 noon; Free! By appointment only.
- l. Advisory Board elections- Thursday and Friday, June 6 & 7.
- m. Reflexology- Friday, June 7; 9:30 am – 12 noon; \$10- Hands, \$20- Feet; Appointment required.
- n. Living Well Class Orientation sponsored by Disability Network- Friday, June 7 from 12-130 pm; Free.
- o. Reflexology- Friday, June 7; 9:30 am – 12 noon; \$10- Hands, \$20- Feet; Appointment required.
- p. Jimmy John's Field- Friday, June 7; 5-11 pm; \$53-Res/\$55-Non-Res; All-you-can-eat buffet on the patio, unlimited Pepsi soft drinks and water, 2 drink tickets per person for Budweiser, Bud Light or wine, grandstand seats to enjoy the game, group photo on the field, a welcome message on the main scoreboard, a coach chalk talk, player autographs, the opportunity to participate in the giant flag presentation during the National Anthem, a meet and greet with the team mascots, and a short fireworks show.
- q. Reminisce Class- Monday, June 10 at 11 am. Theme: Highlights. Free!
- r. American House Hazel Park lunch and tour- Monday, June 10; 11:30 am; Free! Transportation included.
- s. Adventures in Cooking- Tuesday, June 11; 11 am; Theme: Summer Brunch. \$2-Res/\$4-Non-Res.
- t. Meadow Brook Theatre- The It Girl- Wednesday, June 12; 11 am – 5 pm; \$72-Res/\$74-Non-Res; Lunch at Lelli's and ticket to the show.
- u. Dorsey Schools Spa Day- Thursday, June 13; 830 am – 6 pm; Free massages by appointment only. Call Dorsey Schools for your appointment.
- v. Free downsizing/relocating consultations with Rickey from Remax/Vision; Second Thursday of the month- June 13; 10 am – 12 noon; Appointments required.
- w. Art Therapy- Friday, June 14 from 1-2:30 pm. \$2-Residents/\$4-Non-Residents. Project: Painted Rocks- take one/leave one.
- x. Smoothie Day- Tuesday, June 18; 11 am; Flavor: Strawberry Fields Forever. Free!
- y. Dr. Adas Podiatry Appointments- Tuesday, June 18; from 9-11 am; Medicare billing every 62 days.

B) Treasurer's Report

a.

V. COUNCIL & ADMINISTRATION

VI. UNFINISHED BUSINESS

- A) Change hours at the Center
- B) Sell property/build new Center

VII. NEW BUSINESS

- A) Used Purse Jewelry Sale- \$337.02 was raised. Thank you volunteers!
- B) Advisory Board Nominations are the last 10 days of May starting May 17. The elections are Thursday and Friday, June 6 & 7. Teri Mitchell can be appointed again and Carol Leuffgen and Charlotte Parker can run again.

VIII. COMMENTS

- A) Next meeting: Tuesday, June 18, 2019 at 1:00 pm.

IX. ADJOURNMENT