

Agenda
Madison Heights Active Adult Center Advisory Board
29448 John R, Madison Heights, MI 48071
Tuesday, June 19, 2019
1:00 p.m.

Invocation & Roll Call

Approval of Minutes

Meeting Open to the Public

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. Capitol Trip- Wednesday, June 19, 2019, 8:00 am - 6:00 pm; \$74-Res/\$76-Non-Res; Includes: Round trip transportation via deluxe highway motorcoach, tour of the Michigan Historical Museum, lunch at Spartan Hall of Fame Café, guided bus tour of Lansing, and comprehensive 1 hour guided tour of the 132 year old State Capitol Building.
- c. Free financial consultations with Quinn from Edward Jones; Third Thursday of the month- June 20; 10 am – 12 noon; Appointments required.
- d. Blood Pressure Checks- Thursday, June 20; 9:30 am – 11:30 am; Free! Through Madison Heights Fire Department.
- e. Trivia Night- Friday, June 21- 5:30-8:30 pm; \$5-Res/\$7-Non-Res; Join us for a night filled with fun and friendly competition. We will have four brainbending rounds of trivia with bonus questions in between, plus pizza, mini subs, dessert and drinks.

- f. Money Management Workshop- Thursday, June 27 at 11 am; Free! Tools and resources on how to stay financially healthy; live independently; make informed decisions on your financial future as well prevent financial exploitation.
- g. Japanese Cultural Center- Friday, June 28, 2019, 9:15 am - 5:00 pm; \$44-Res/\$\$46-Non-Res. Lunch at Hokkaido Japanese Steak & Sushi, self-guided tour of Japanese gardens, guided tea and tour of tea house with green tea and sweets and stop at bakery on the way home.
- h. Movie Day- Friday, June 28; 12:45 pm; Free! Snack included. "The Favourite".
- i. Massage Therapy- Friday, June 28; 9:45 am – 12:45 pm; \$25; Appointment required.
- j. Pool Tournament- Monday, July 1 at 9:00 am; Small entry fee.
- k. Windsor Casino Buy One Get One Free Trips- Monday, July 1 & 15; \$30-Res/\$32-Non-Res; Trip includes transportation, \$15 in coin or food for each trip. *Passport, Passcard or enhanced license required.
- l. Center Closed- Thursday, July 4- Independence Day.
- m. Midland- Friday, July 5; 8 am – 6 pm; \$92-Res/\$94-Non-Res; Includes transportation, Alden B. Dow Home & Studio Tour, Lucky's Steakhouse (lunch included), Dow Gardens, and Whiting Forest Canopy Walk.
- n. Reflexology- Friday, July 5; 9:30 am – 12 noon; \$10- Hands, \$20- Feet; Appointment required.
- o. American House Troy Special Prize Bingo- Tuesday, July 9; 12:45 pm.
- p. Put in Bay- Wednesday, July 10; 6:30 am – 8:45 pm; \$118-Res/\$120-Non-Res; Includes transportation, round trip ferry ride to and from Put in Bay, island tour, Butterfly House or Perry's Cave, lunch voucher, Perry's International Peace Memorial, Put in Bay Winery and Doller House tour.
- q. Card & Book Sale- Thursday, July 11; 9 am – 2 pm; All monies go into the escrow account.
- r. Free downsizing/relocating consultations with Rickey from Remax/Vision; Second Thursday of the month- July 11; 10 am – 12 noon; Appointments required.
- s. Massage Therapy- Friday, July 12; 9:45 am – 12:45 pm; \$25; Appointment required.
- t. Reminisce Class- Monday, July 15 at 11 am. Theme: Best Piece of Advice. *Now taught by Scharrol Poole. Free!
- u. Dr. Adas Podiatry Appointments- Tuesday, July 16; from 9-11 am; Medicare billing every 62 days.
- v. Aren't You Crafty- Tuesday, July 16; 10 am – 12 noon; \$2-Res/\$4-Non-Res; Alcohol Ink Painting.
- w. Free financial consultations with Quinn from Edward Jones; Third Thursday of the month- July 18; 10 am – 12 noon; Appointments required.
- x. Whiskey, Wine and Dine- Friday, July 19; 10:15 am – 5:15 pm; Lunch at Vivio's plus time to shop in Eastern Market, tour and whiskey tasting at Detroit City Distillery, and glass of wine, tour and time to shop at Detroit Vineyards Winery.
- y. Open House- Monday, July 22; 5:30-7:30 pm; Free! Listen to the Banjoes of Michigan, enjoy cake and ice cream, take a tour of the building, ask questions about programs and enter to win raffle prizes.

- z. Purple Rose Theatre- Wednesday, July 24; 10 am – 6:30 pm; \$61-Res/\$63-Non-Res; Lunch at The Common Grill, time to shop around town and ticket to the show.
- aa. Massage Therapy- Friday, July 26; 9:45 am – 12:45 pm; \$25; Appointment required.
- bb. American House Hazel Park- Lunch & Learn- Monday, July 29; 11:30 am.
- cc. Tuesday, July 30- Shipshewana extended trip depart.
- dd. Brain Games Class- Tuesday, July 30; 10 am.
- ee. Smoothie Day- Tuesday, July 30; 11 am; Flavor: Cherry Baby. Free!
- ff. Sunday, August 4- Canadian Rockies extended trip depart.
- gg. National Weather Service/Cranbrook Gardens Trip- Tuesday, August 6; 1:15-8:15 pm; \$38-Res/\$40-Non-Res; Guided tour of Cranbrook Gardens, dinner at Moose Preserve and guided tour and weather balloon launch at National Weather Service.
- hh. Oakland County Sheriff/Madison Heights Police Department- Talk on Scams- Thursday, August 8; 11:00 am.
- ii. Discover Detroit- Wednesday, August 14; 9 am – 6:15 pm; \$91-/\$93-Non-Res; Includes transportation, tour of Federal Reserve Bank of Chicago (Detroit Branch) and lunch at Andiamo Riverfront.
- jj. Oakland Meals on Wheels Bake Sale- Thursday, August 15; 9 am til we are sold out! All monies go directly to support our kitchen.
- kk. Adventures in Cooking- Tuesday, August 20; 11 am; Theme: Grill & Chill Veggie Style. \$2-Res/\$4-Non-Res.
- ll. Oakland County National Senior Day- Wednesday, August 21; 9 am – 4 pm; Free! Includes transportation, day out at Independence Oaks including fishing, archery, nature education, paddle and pontoon boat rides, and a hot dog lunch.
- mm. Blood Pressure Checks- Thursday, August 22; 9:30 am – 11:30 am; Free! Through Madison Heights Fire Department.
- nn. DJ & Dancing- Friday, August 23; 5-8 pm; DJ, dancing, socialization and light refreshments. Co-sponsored with Senior Meet Up group.
- oo. Smoothie Day- Tuesday, August 27; 11:00 am; Free!
- pp. Kellogg Manor- Wednesday, August 28; 7:45 am – 6:45 pm; \$88-Res/\$90-Non-Res; Includes transportation, guided tour of W.K. Kellogg Manor House with included lunch, self-guided tour of Binder Park Zoo.
- qq. Oakland County MI State Fair- Thursday, August 29; 8:30 am – 3:30 pm; Free! Includes transportation, continental breakfast, fun and games and boxed lunch as well as time to explore the exhibits and competitions.
- rr. Madison Heights Fire Marshall- Fire Safety Talk- Thursday, August 29; 11:30 am; Free!
- ss. Massage Therapy- Friday, August 30; 9:45 am – 12:45 pm; \$25; Appointment required.
- tt. Center Closed- Monday, September 2- Labor Day.
- uu. Senior Day at the Detroit Zoo- Wednesday, September 4; 9:15 am – 3:30 pm; Free! Includes transportation and free admission to the zoo.
- vv. Au Sable- Wednesday, September 4; 7:30 am – 9:30 pm; \$104-Res/\$106-Non-Res; Includes transportation, shopping in Pinconning at Wilson's Cheese Shoppe, lunch overlooking Tawas Bay and a two hour cruise on the Ausable River Queen.
- ww. Exotic Zoo- Friday, September 6; 10 am; Free! Come visit with all kinds of exotic animals.

- xx. Jimmy John's Field- Friday, September 6; 5-11 pm; \$53-Res/\$55-Non-Res; Includes transportation, all you can eat buffet on the patio, two drink tickets, a reserved grandstand seat, a group photo on the field, a welcome message on the main scoreboard, a coach chalk talk, player autographs, fireworks and an opportunity to participate in the giant flag presentation during the National Anthem.
- yy. Friday, September 13- Tuscany extended trip depart.
- zz. Sunday, September 15- Wisconsin Dells extended trip depart.

Council & Administration

Unfinished Business

- A) Change hours at the Center- Study started
- B) Sell property/build new Center- Update?
- C) Advisory Board Elections/Officers in September

New Business

- A) Beautification Nominations
- B) Call for Projects/Events

Adjournment