

**Agenda**  
**Madison Heights Active Adult Center Advisory Board**  
**29448 John R, Madison Heights, MI 48071**  
**Tuesday, October 15, 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 suggest donation; Sign up and pay one day ahead.
  - Chair Yoga- Mondays and Fridays at 11:00 am and 1<sup>st</sup> and 3<sup>rd</sup> 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- Tuesdays 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, 11 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. Sandhill Cranes trip- Wednesday, October 16; 8:15 am – 6 pm; \$85-Res/\$87-Non-Res; Round trip motorcoach transportation, Waterloo Recreation Area, tour, lunch and wine tasting as well as a tour of St. Demetrius Orthodox Church.
- c. Free financial consultations with Quinn from Edward Jones; Third Thursday of the month- October 17; 10 am – 12 noon; Appointments required.
- d. Movie Day- A Quiet Place; Friday, October 18; 12:45 pm; Free! Includes snack.
- e. Reminisce Class- Monday, October 21 at 11 am. Free!
- f. Grief Support Group- Monday, October 21; 1-2 pm; Free!
- g. Branson extended trip depart- Monday, October 21.
- h. American House Troy Craft Class- Essential Oil Chapstick- Tuesday, October 22; 10 am; Free!
- i. Smoothie Day- Tuesday, October 22; 11 am; Flavor: I Put a Spell on You; Free!

- j. Meadow Brook Theatre- Murder on the Orient Express- Wednesday, October 23; 10:45 am – 5:15 pm; \$66-Res/\$68-Non-Res; Lunch at PF Changs in Rochester and ticket to the show.
- k. Perennial Plant Sale- Thursday, October 24 at 9 am. Only \$1 each.
- l. Blood Pressure Checks- Thursday, October 24; 9:30 am – 11:30 am; Free! Through Madison Heights Fire Department.
- m. Area Agency on Aging, 1-B Medicare Talk- Thursday, October 24; 11 am; Free!
- n. Massage Therapy- Friday, October 25; 9:45 am – 12:45 pm; \$25; Appointment required.
- o. Art as Therapy- Friday, October 25; 1 pm; \$2-Res/\$4-Non-Res; Self-reflection through mask making.
- p. Mystery/Clue Party- Friday, October 25; 4-7 pm; \$15-Res/\$17-Non-Res; Dinner, dessert, drinks, clue game, dancing and prizes.
- q. Game Day- Monday, October 28; 12:45 pm; Free! Compete in shuffleboard, pinball and foosball. Prizes and refreshments.
- r. Adventures in Cooking- Tuesday, October 29; 11 am; Theme: Taming the Instant Pot Monster. \$5-Res/\$7-Non-Res.
- s. Haunted Detroit- Thursday, October 31; 9 am – 3:45 pm; \$84-Res/\$86-Non-Res; Round trip motorcoach transportation, tour of Woodlawn Cemetary, tour of historic Elmwood Cemetary and lunch at Amore de Roma.
- t. Reflexology- Friday, November 1; 9:30 am – 12 noon; \$10- Hands, \$20- Feet; Appointment required.
- u. Mature Driver Refresher Class- Friday, November 1; \$15-AARP Members/\$20- AARP Non-Members; Classroom instruction on the latest laws.
- v. Rockin' Round Up- Sunday, November 3; 11 am – 4:30 pm; \$13-Res/\$15-Non-Res; Ticket to show and time to shop at Dixieland Market.
- w. Pool Tournament- Monday, November 4 at 9:00 am; Small entry fee.
- x. American House Hazel Park- Holiday Cookie Jar Class- Wednesday, November 6; 1:45 pm; Free!
- y. Festival of Lights extended trip depart- Wednesday, November 6.
- z. Firekeepers Casino- Thursday, November 7; 8:30 am – 6:30 pm; \$40-Res/\$42-Non-Res; Round trip motorcoach transportation, \$20 slot credit, \$5 food credit and time to gamble.
- aa. Free downsizing/relocating consultations with Rickey from Remax/Vision; Second Thursday of the month- November 7; 10 am – 12 noon; Appointments required.
- bb. Evening Cardio Drumming Class- Thursday, November 7 from 6-7 pm; \$5 per person paid to instructor.
- cc. Massage Therapy- Friday, November 8; 9:45 am – 12:45 pm; \$25; Appointment required.
- dd. Reminisce Class- Monday, November 11 at 11 am. Free!
- ee. Veterans Program- Tuesday, November 12 at 11 am; Free! Veterans who sign up prior receive a free lunch as well.
- ff. Purple Rose Theatre- Sherlock Holmes- Wednesday, November 13; 10 am – 6:30 pm; \$66-Res/\$68-Non-Res; Ticket to show, lunch at Smokehouse 52 and time to shop around town.
- gg. Area Agency on Aging, 1-B Medicare Assistance Appointments- Wednesday, November 13; 10 am – 3 pm; Free!
- hh. Free financial consultations with Quinn from Edward Jones; Third Thursday of the month- November 14; 10 am – 12 noon; Appointments required.
- ii. Evening Cardio Drumming Class- Thursday, November 14 from 6-7 pm; \$5 per person paid to instructor.

- jj. Movie Day- Friday, November 15; On the Basis of Sex; 12:45 pm; Free! Snack included.
- kk. The Price is Right Live!- Friday, November 15; 4:30-10:30 pm; \$92-Res/\$94-Non-Res; Ticket to show and dinner at the Rusted Crow in Detroit.
- ll. Holly Jolly Christmas extended trip depart- Friday, November 15.
- mm. American House Hazel Park Lunch & Learn- Monday, November 18 at 11:30 am. Free with advanced registration.
- nn. Nashville extended trip depart- Monday, November 18.
- oo. Smoothie Day- Tuesday, November 19; 11 am; Free!
- pp. Dr. Adas Podiatry Appointments- Tuesday, November 19; from 9-11 am; Medicare billing every 62 days.

### **Treasurer's Report**

### **Council & Administration**

### **Unfinished Business**

- A) Change hours at the Center
- B) Update on possible sale of property/build new Center
- C) Call for Projects/Events

### **New Business**

- A) Advisory Board Election of Officers
- B) Advisory Board picture

**Adjournment-** \_\_\_\_:\_\_\_\_ (Next Meeting Tuesday, November 19, 2019)