

Agenda
Madison Heights Active Adult Center Advisory Board
29448 John R, Madison Heights, MI 48071
Tuesday, November 16, 2021
1:00 p.m.

Invocation & Roll Call

Approval of Minutes

Meeting Open to the Public

Staff Report

A) Current Programs-

a. Mondays-

- 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 9:00 am; \$5
- Outdoor Walking Club at 10:00 am; Free!
- Chair Yoga at 11:00 am; \$5

c. Wednesdays-

- Podiatrist- 1st Wednesday- 8:30-10:30 am
- 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-

- Outdoor Walking Club at 10:00 am; Free!
- Zumba Gold at 11:00 am; \$5
- State Licensed \$ Bingo at 1:00 pm

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 hours; 50 cents per day/free in the New Year!
- Monthly events and trips

g. Upcoming Programs

- Smoothie Day- November 18
- Straith Hospital Lunch & Learn-Knee/Hip/Join Pain- November 19
- Dedicated Senior Medical Bingo/Lunch- November 22
- Ray's Thanksgiving Meal Deliveries- November 24
- Creative Cooking Class- November 30
- American House Troy Lunch & Learn- December 3
- Meadow Brook Trip- December 8
- Holiday Chill Day w/Dedicated Senior Medical- December 13
- Baldwin House Holiday Party- December 17
- Status of OMOW

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) Election of Officers
- B) Trial Meeting Schedule for 2022
- C) Civic Plaza Project
- D) Trip Sign Up/Bylaws/Rules & Regulations- on hold as of now

New Business

- A) Holiday Lights Lunch/Voting: Tuesday, January 18, 2021 at 11:30 am
- B) Next Regular Meeting: Tuesday, February 15, 2022 at 1:00 pm

Adjournment- ____:____