

Agenda
Madison Heights Active Adult Center Advisory Board
29448 John R, Madison Heights, MI 48071
Tuesday, November 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 suggest donation; Sign up and pay one day ahead.
- Pool Tournament- 1st Monday of the month at 9:00 am; Small entry fee.
- Chair Yoga- Mondays and Fridays at 11:00 am and 1st and 3rd Tuesdays at 11:30 am; \$5 drop in fee.
- Grief Support Group- 1st & 3rd Monday of the month; 1-2 pm; Free!
- Prize Bingo continues on Tuesdays at 12:45 pm- Free!
- Dr. Adas Podiatry Appointments- 3rd Tuesday of the month; from 9-11 am; Medicare billing every 62 days.
- 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- Tuesdays at 1 pm, except for 3rd Tuesday at 6 pm; \$5 drop in fee.
- Free downsizing/relocating consultations with Rickey from Remax/Vision; Second Thursday of the month; 10 am – 12 noon; Walk ins.
- Free financial consultations with Quinn from Edward Jones; Third Thursday of the month- 10 am – 12 noon; Walk ins.
- Bingo continues on Thursdays at 1:00 pm- 50 and older!
- Quilt Group- Thursdays at 1 pm; Everyone works on their own projects.
- Reflexology- 1st Friday of the month; 9:30 am – 12 noon; \$10- Hands, \$20- Feet; Appointment required.
- Massage Therapy- 2nd & 4th Friday of the month; 9:45 am – 12:45 pm; \$25; Appointment required.
- Bunco- Fridays at 1 pm; Small entry fee.

- b. Clean out Your Closet Sale- Thursday, November 21 from 9 am – 2:30 pm. Donations being taken. All funds raised go into our escrow account.
- c. Hello Dolly- Fisher Theatre- Thursday, November 21; 4:45-11 pm; \$135-Res/\$137-Non-Res; Ticket to show, shopping in Fisher Building and dinner at Union Street in Detroit.
- d. Art as Therapy- Friday, October 25; 1 pm; \$2-Res/\$4-Non-Res; Magazine photo & words collage.
- e. Spaghetti Western- Friday, November 22; 5:30-8 pm; \$8-Res/\$10-Non-Res; Homemade spaghetti dinner, movie and popcorn.
- f. Holiday Clay Pot Craft- Tuesday, November 26; 10 am – 12 noon; \$21-Res/\$23-Non-Res.
- g. Center Closed- Thursday & Friday, November 28 & 29.
- h. Madison Senior Lunch- Wednesday, December 4.
- i. Lamphere Senior Lunch- Thursday, December 5.
- j. Evening Cardio Drumming Class- Thursday, December 5 from 6-7 pm; \$5 per person paid to instructor.
- k. Friends and Family Holiday Party- Friday, December 6; 4-7 pm; \$15-Res/\$17-Non-Res; Dinner, dessert, drinks, white elephant game, and music.
- l. Oakland County Classic Christmas- Monday, December 9; 10:15 am – 3 pm; \$42-Res/\$44-Non-Res; Elegant buffet at Glen Oaks County Park, history on Glen Oaks, holiday goodies and treats and music by Twelfth Night Singers.
- m. Lamphere Caroling- Thursday, December 12; 11 am; Free! Refreshments included.
- n. Evening Cardio Drumming Class- Thursday, December 12 from 6-7 pm; \$5 per person paid to instructor.
- o. Motor City Brass Band Sounds of the Season Concert- Sunday, December 15; 12:15-7:45 pm; \$21-Res/\$23-Non-Res; Shop at Shatila Bakery, concert, dinner on your own at a fast food stop and Wayne County Lightfest.
- p. Blood Pressure Checks- Thursday, December 19; 9:30 am – 11:30 am; Free! Through Madison Heights Fire Department.
- q. Evening Cardio Drumming Class- Thursday, December 19 from 6-7 pm; \$5 per person paid to instructor.
- r. Center Closed- Tuesday, December 24, 2019 – Wednesday, January 1, 2020.
- s. Stranahan Theatre- Bandstand- Sunday, January 12; 9 am – 5:30 pm; \$138-Res/\$140-Non-Res; Round trip motorcoach transportation, ticket to show, lunch at Georgio's Café International.

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
- C) Holiday Lights dinner/drive around- Tuesday, December 17, 2019 at 4:45 pm

Adjournment- ____:____ (Next Meeting Tuesday, January 21, 2020)