

20100 Stephens
St. Clair Shores, MI

Senior Activity
Center

Phone Numbers

Main Line:
586-445-0996

Transportation:
586-498-2331

Helping Hands:
586-498-2339

Center Hours

Monday-Thursday
7:00 AM-7:00 PM

Friday
7:00 AM-4:00 PM

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Contents

Total Wellness Programming

November/December 2016



- Fairway Sav-Mor: Brown Bag Discussion with Tom Rheaume
- **Election Day: November 8th**, Center will be open as a Polling Site—No Programs
 - **Veteran’s Day November 11th City Offices Closed**
 - **Thanksgiving Fest:** November 17th
 - **November 24th and 25th City Offices Closed**
 - **December 8th:** Senior Day DIA Lecture TRANSPORTATION PROVIDED
 - **December 15th:** Holiday Party
 - **December 23rd-26th & 30th: City Offices Closed**

St. Clair Shores Senior Center for Active Adults

Where you matter!!!



Find us on Facebook: **St. Clair Shores Senior Center (50+)**

Find us on Pinterest: **St. Clair Shores Senior Activities Center**

A NOTE...

Thank you all for your help with the Apple Pie Week!! We consider it such a pleasure to have such a great group of volunteers to help with such a fantastic event! A HUGE thank you to our sponsors, C&G Newspaper for their publications, the volunteers, and a special thank you to Marti, Fran, and Ruben in the kitchen for their rock star attitudes and pie making this year!! Erin did a fantastic job with the planning and execution of the whole week, too so, thank you Erin! I am so grateful for all of the office staff help—above and beyond the call of duty!! We have got a fantastic team that I am so proud to work with —I am so happy to come to work with them everyday!

As you know, we finally have approval for the Expansion Project!! Yay! I will be using some space in each edition of the coming years' newsletters to update our members on what we have going on and what to expect as we move along. On October 3rd, 2016 the St. Clair Shores City Council approved the bid from Cross Renovations for \$1,331,497.00. The Senior Center Expansion Committee unanimously agreed to recommend the base bid with two alternate bids: 1. the roof and 2. a motorized partition in the large Blue Room. If there is money remaining from the Contingency Budget, in the Spring, the Committee and Council has determined that we will bid out separately another room on the Northeast corner of the new addition. Accommodations have been made to the blue prints to make the additional room (i.e. a knock out wall and larger HVAC). Once the project starts, the main entrance and the outdoor expansion will be Phase I. As we understand it, the project will be broken down to 3 phases: **First**, the Fitness Center and vestibule to the Main entrance; **Second**, the large Blue Room and Kitchen; **Lastly**, the Gathering Room, Volunteer Desk, and staff offices. This project will require all of us to pack a little extra patience for the next few months. The Kitchen and large Blue Room will be closed for some time. Erin has some resources on the next page for those of our members that rely on meals from our Kitchen. For many of these resources our SMART buses can transport you to and from the

other locations—please call dispatch at 586-498-2331 to set up rides with Bill or Virginia. You can always stop by the office if you have questions!

smile OFTEN

think POSITIVELY

give THANKS

laugh LOUDLY

love OTHERS

dream BIG



Make sure you take a look at all that we will be offering in the coming months—we are happy to discuss other things you would like to see here at the Senior Activities Center or trips you would like to take. We will do our best to listen to suggestions and coordinate what is feasible with schedules and transportation.

Remember when we are frustrated, or things are taking more time than we plan on (as we expect they will), all good things take time and this journey will be worth the wait!

Thank you all for a fantastic summer and fall; let's welcome in the Holiday season with all of our traditions! We appreciate your patience and patronage in the coming months! See you around the Center!

Respectfully,

CARLY

good things
take time..

Hello!

I wanted to take a moment and thank the great staff that I work with, as well as the wonderful members we have here at the center for welcoming me as the new Assistant Coordinator! I appreciate all the patience and kindness during these past two months and I'm grateful for everyone making me feel at home! I also sincerely thank everyone who volunteered, guided and participated in Apple Pie Week! I was a nervous wreck, but I knew I could count on our members and staff to make it the great success it was! It really was incredible to experience. Carly and I have been working hard to get more programs and trips planned in the coming months and we are excited to see all the members enjoy them! Never hesitate to come to me with new ideas, we love to hear your feedback!

I truly have enjoyed getting to know everyone and look forward to what else we have in store!

Sincerely, Erin

Since being here at the St. Clair Shores Senior Center, I have been diligently working on cleaning up and updating our membership files (even through Apple Pie Week) – If you, or a friend, have received a letter from me about your membership, please adhere to the letter and renew your membership.

-Denise



With the renovation breaking ground, come December our **kitchen will be closed** for an undetermined amount of time. With that being said, our meals will not be offered.

There are some other options for those who are interested:

Meals on Wheels: Have a hot meal delivered to your door. Please stop by the office for more information and an application.

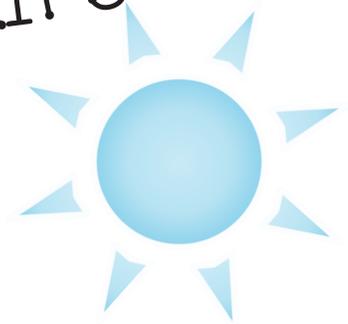
Services for Older Citizens (SOC) in Grosse Pointe: \$5 and you must a reservation mandatory, lunch is served at 11:30am. (313)882-9600. We can offer bus transportation if needed.

Leisure Manor: For a donation of \$3.00, you can enjoy dining style from Meals on Wheels at 1000 Blossom Heath Blvd, doors open at 11:00am, meals served at 11:30am. *First come first serve basis* (586) 773-9200

Roseville/Eastpointe Senior Center: For a donation of \$3.00, you can enjoy dining style from Meals on Wheels at 18185 Sycamore in Roseville *first come first serve basis* (586)777-7177

South Lake High School Bistro: Open Wednesday-Friday from 10:30 to 1:30pm, \$6 for a full lunch! (586) 435-1402

TRAVEL : DAY! OVERNIGHT TRIPS



HUCKLEBERRY RAILROAD HOLIDAY MAGIC **DECEMBER 9**

308375A \$68.00

Need a break from the rush of daily life? Go back to a time when things were a whole lot simpler. Enjoy round trip transportation to Crossroads Village with more than 34 historic structures. Begin with the Mill Street Warehouse Holiday Buffett Dinner before boarding the Huckleberry Railroad for a nighttime ride. See the holiday fantasyland with over 400,000 twinkling lights. The Colwell Opera House will present a Holiday Show and live entertainment, too! Departs 1;15 PM, returns 10:45 PM. Register today!

2017

ELVIS & BUDDY TRIBUTE \$77.00 **FEBRUARY 12**

308327

Round trip transportation to the Theatre on The Avenue in Wyandotte, MI. Lunch from Smokies Restaurant and Bar included. A tribute to Elvis and Buddy Holly performed by Chris Solano to keep your toes tapping!

SOUTHWEST EXPLORER

FEBRUARY 22-28

308345 \$1,899.00 (Double)

Round trip air fare from Detroit/Vegas, four nights in Laughlin, NV, and two nights in Las Vegas. Visits include an incredible Grand Canyon Skywalk, The Hoover Dam, Boat Cruise on Lake Mead, dinner cruise, Red Rock Canyon State Park, Death Valley National Park and two nights in Main Street Station Casino in downtown Las Vegas!

CINCINNATI FLOWER SHOW

APRIL 11-13

308304 \$484.00 (Double)

Round trip deluxe motorcoach to Covington, KY Holiday Inn for two nights. 2 breakfasts and 2 dinners included with the BB Riverboat Cruise, guided tour of Cincinnati and Northern Kentucky, along with the Cincinnati Flower show. Dinner at the Hofbrauhau included, optional time at the Jack Casino Cincinnati, admission and butterfly show at the Krohn Conservatory. No trip would be complete without shopping—check out the 2nd Street Market (lunch on your own).

www.PSDgraphics.com

*and so
the
adventure
begins*



NOVEMBER/ DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-8:40- Walking	-9:30- Knitting/ Crochet	-8:40- Walking	-8:40- Walking	-8:40- Walking
-9:40- Tape Exercise	-9:40- Tape Exercise	-9:40- Tape Exercise	-9:40- Tape Exercise	-9:40- Tape Exercise
-10:00- Blood Pressure	-10:25- Walking	-10:25- Walking	-10:25- Walking	-10:25- Walking
-10:25- Walking	-2:45- Tai Chi	-12:30- Card Game	-1:00- Board Games & Trivia! with Erin	-12:30- Mahjonn
-12:15- Movie		-12:00- Bridge Game		-1:00- Wii Games
		-2:00- Coloring Club		

DATES TO REMEMBER

- NOVEMBER 1 FAIRWAY SAV-MOR: BROWN BAG DISCUSSION
BIRTHDAY LUNCH followed by LUNCH & LEARN WITH DR. COX
- NOVEMBER 4 MEDICARE SUPPLEMENT EDUCATION
- NOVEMBER 7 **MOVIE MONDAY: JUNGLE BOOK**
- NOVEMBER 8 ELECTION DAY ***CIVIC CENTER POLLING CENTER—ALL ACTIVITIES CANCELLED***
- NOVEMBER 10 MINDFULNESS BASED STRESS REDUCTION
- NOVEMBER 11 VETERANS DAY **CITY OFFICES CLOSED**
- NOVEMBER 14 MERIDIAN HEALTH PLAN : ZOE
BOOK CLUB
MOVIE MONDAY: CONCUSSION
- NOVEMBER 16 MEDICARE SUPPLEMENT EDUCATION
- NOVEMBER 17 SENIOR CENTER THANKSGIVING PARTY ***ALL MORNING ACTIVITIES CANCELLED***
OPAC MEETING
- NOVEMBER 18 FRIENDS OF THE LIBRARY BOOK SALE
- NOVEMBER 21 **MOVIE MONDAY: GRUMPY OLD MEN**
- NOVEMBER 24 THANKSGIVING ***CITY OFFICES CLOSED***
- NOVEMBER 25 ***CITY OFFICES CLOSED***
- NOVEMBER 28 **MOVIE MONDAY: ZOOTOPIA**
ZOUNDS HEARING CENTER
- NOVEMBER 29 GREAT LAKES CROSSING SHOPPING TRIP ***TRANSPORTATION PROVIDED ***
- NOVEMBER 30 ANYONE CAN PAINT: STEVE WOOD
- DECEMBER 1 MERIDIAN HEALTH PLAN: ZOE
- DECEMBER 5 **MOVIE MONDAY: THE WALK**
MEDICARE SUPPLEMENT EDUCATION
- DECEMBER 6 BIRTHDAY LUNCH followed by LUNCH & LEARN WITH DR. COX
- DECEMBER 8 SENIOR DAY: DIA ***LIMITED SPACE***
MINDFULNESS BASED STRESS REDUCTION
- DECEMBER 12 **MOVIE MONDAY: GHOSTBUSTER**
BOOK CLUB
- DECEMBER 13 PACE REPRESENTATIVE IN
- DECEMBER 15 SENIOR CENTER HOLIDAY PARTY
- DECEMBER 19 **MOVIE MONDAY: CAFÉ SOCIETY**
- DECEMBER 22 ANYONE CAN PAINT: STEVE WOOD
- DECEMBER 23-26 **CITY OFFICES CLOSED**
- DECEMBER 30 **CITY OFFICES CLOSED**

Senior Center Member's Social Circles

Blood Pressure Monday 10:00 am

Mexican Train Dominos The 2nd & 4th Tuesday of every month 4:00- 6:00 pm

Knitting And Crocheting Tuesdays at 9:30 am

Card Games Wednesdays at 12:30 pm They play Pinochle and Euchre \$2.00

Bridge Wednesday at 12:00 pm

Mahjong Fridays at 12:30 pm





NOVEMBER



HAPPY BIRTHDAY

Join members for the Birthday Lunch **November 1st, 11:15 a.m.**

Let's celebrate all of our November birthday's! Sign up early for lunch—space fills up fast!

Lunch and Learn:



The Doctor is in! After the monthly Birthday lunch, stick around for this FREE doctor lead Q&A with Henry Ford Doctor David Cox M.D.

Immediately following Monthly Birthday Lunch

Pampering Day

Nerium will be back Wednesday, **November 9th @ 9:00 AM**

Bring your pampering gear!

RSVP in the office



OPAC-Older Persons

Advisory Committee

When: Thursday November 17th

TIME: 6:30 –7:30 PM

Would you like to share your ideas to help make the Senior Activity Center better than ever? Join us each month on the 3rd Thursday from 6:30 –7:30 PM in the Carole Kline Board Room.

THANKSGIVING FEAST!



Join us Thursday **November 17th at Noon** to celebrate and be thankful this holiday season! Sign up in the office for this special event. **\$10** for a special lunch prepared by Chef Marti & Fran

ZOUNDS[®] Hearing

When: November 28th

Time: 10am-12pm

Tony from Zounds Hearing Center of St. Clair Shores will be here to do free hearing aid cleanings, free disposable battery replacement, and free on site mini hearing examination and otoscopy with their hearing consultant!

When: November 30th

Time: 1:30—3:30 p.m.

\$25 includes all supplies needed.



Join artist **Steve Wood**, and his unique ability to blend humor and encouragement to create a very enjoyable, relaxing experience. He can truly teach anyone to paint!

*Pre-registration is required!

NOVEMBER

(October 31) Fish Sandwich Sweet Potato Vegetable Fruit	1 BirthDay Lunch Pork Chop & Applesauce Potato, Vegetable Apple Sauce	2 Mac-N-Cheese Stewed Tomatoes Fruit	3 Italian Sausage Sub Peppers & Onions Beef Barley Soup Fruit	4 Ham & Cheese Quiche Salad Fruit
7 Sloppy Joe Potato Green Beans Fruit	8 ELECTION DAY NO MEALS 	9 Bratwurst & Sauerkraut Potato Pancake Applesauce	10 Breaded Chicken Breast Pasta Broccoli Fruit	11 VETERANS DAY CITY OFFICES CLOSED NO LUNCH SERVED
14 Egg & Sausage Sandwich Potatoes Yogurt Fruit	15 Salisbury Steak Mashed Potatoes Vegetables Fruit	16 Pizza Salad Fruit	17 THANKSGIVING FEAST 	18 French Toast Bacon Cottage Cheese Peaches
21 Submarine Sandwich Chicken Soup Fruit	22 Stuffed Peppers Potato Peas Fruit	23 B.L.T Wrap Vegetable Soup Fruit	24 THANKSGIVING CENTER CLOSED	25 CENTER CLOSED
28 Chicken Patty Sandwich Lettuce & Tomato Potato Fruit	29 Maurice Salad Roll Fruit	30 Italian Sausage & Pasta Casserole Salad Garlic Bread Fruit		

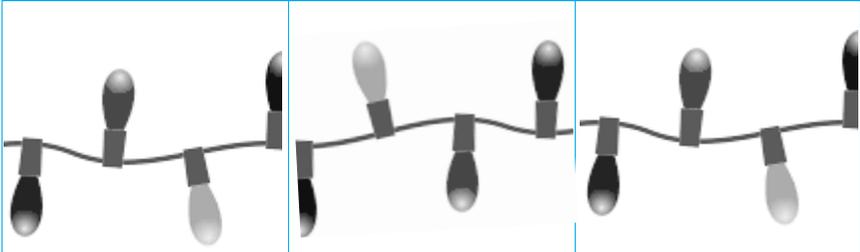
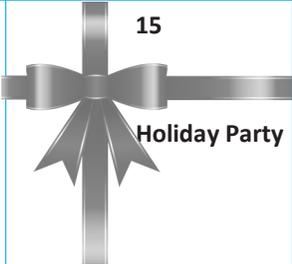
Bread and Milk Served Daily

Bring a friend and enjoy a delicious meal prepared by Marti and Fran! A suggested donation of \$4.00 (60+) and \$5.00 (Under 60).

The kitchen is open Monday through Friday at 11:30 AM.

Sign up is on a first come, first serve basis. Sign up early to ensure you can enjoy lunch!

DECEMBER

			1 Cod Cakes Rice Vegetable Fruit	2 Quiche Lorraine Salad Fruit
5 Egg Salad Sandwich Chicken Rice Soup Fruit	6 BIRTHDAY LUNCH Pork Chop & Applesauce Potato Vegetable Dessert	7 Hot Turkey Sandwich Mashed Potatoes Corn Cranberries	8 Chili Baked Potato Broccoli Fruit	9 Spinach Pie Greek Salad Pita Fruit
12 BBQ Pork Sandwich Potatoes Coleslaw Fruit	13 Meatloaf Potatoes Peas Fruit	14 Chicken Salad Croissant Bean Soup Fruit	 15 Holiday Party	16 Pizza Antipasto Salad Fruit
19 Roast Beef & Cheddar Wrap Beet Salad Fruit (TENTATIVE)	20 Chicken Quesadilla Mexican Rice Corn Casserole Fruit (TENTATIVE)	21 Patty Melt Coleslaw Chips Fruit (TENTATIVE)	22 Ham & Scalloped Potato Casserole Vegetable Fruit (TENTATIVE)	23 CLOSED NO LUNCH SERVED
26 CLOSED NO LUNCH SERVED	27 CLOSED NO LUNCH SERVED	28 CLOSED NO LUNCH SERVED	29 CLOSED NO LUNCH SERVED	30 CLOSED NO LUNCH SERVED

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DECEMBER



**DETROIT
INSTITUTE
OF ARTS**

**Detroit Institute of
Arts Senior Thursdays**

**Thursday December
8th**

Bus leaves at noon

Free transportation, free admission into the DIA and a free seminar! This is a trip you don't want to miss!

Pre-registration is required so sign up today!

WHO: KALI MILLER

WHEN: TUESDAY, DECEMBER 13TH

WHERE: CAROLE KLINE ROOM

TIME: 9:00 AM



WHAT: PACE "The Program of All-Inclusive Care for the Elderly" is a care model centered on the belief that it is better for the well-being of seniors with chronic care needs and their families to be served in the community whenever possible. The purpose of our program is to enable our participants to age in place in their own home with the support of PACE.



Holiday Party!

Join us **Thursday, December 15th at Noon** and spread some holiday cheer on the last event before the renovations! **\$10** per person.

Register in the office to reserve your seat!

**HAPPY
BIRTHDAY**

Join members for the Birthday Lunch
December 6th, 11:15 a.m.

Let's celebrate all of our December birthday's!
Sign up early for lunch—space fills up fast!

Lunch and Learn:



The Doctor is in! After the monthly Birthday lunch, stick around for this FREE doctor lead Q&A with Henry Ford Doctor David Cox M.D.

Immediately following Monthly Birthday Lunch



Thursday

December 22nd

1:30—3:30 PM

\$25 includes all supplies needed

Join artist Steve Wood, and his unique ability to blend humor and encouragement to create a very enjoyable, relaxing experience. He can truly teach anyone to paint! **Pre-registration is required!**

LIFE LONG LEARNING CORNER



Brown Bag/Medicare Talk
Tuesday November 1st
9:00 a.m.—11:00 a.m.

Thomas Rheaume from Fairway Drugs Sav-Mor will be here to allow you to bring all your current medications and over the counter products into a “brown-bag” and discuss them. He will be able to look for any potential problems, double check the correct dosage, strength and frequency with the medications, as well as answer any questions you might have.



Have questions about Medicare?

When: **November 2nd, 30th**

Time: **9:00 am—10:00 am**

Medicare Specialist Sharon can answer any questions or concerns you may have regarding insurance. They are beginning to accept applications for January 1st, 2017. Stop in on above dates or call 586-484-8946 to make an appointment

Caregiver Support Group

A caregiver can be a friend, neighbor, spouse, or family member that helps to care for a person physically, emotionally, or financially. Their care can be intermittent or full time. This support group can offer a safe place to discuss challenges, stresses, and rewards

Monday, November 14th, 6-8pm at the Henry Ford Home Health Care Office located at 25511 Little Mack, Suite B, St Clair Shores, MI 48081



Day(s): November 14 & December 1
Time: 10:00 AM—12:00 PM

Zoe Haynes will be in to discuss government-based health plans (Medicare, Medicaid, and the Health Insurance Marketplace) to improve the quality of care in a low resource environment.

MEDICARE SUPPLEMENT INFORMATION MEETING

Val Poliuto, a licensed insurance agent will be available to explain the Medigap rate increase, as well as subsidies and options for you.

Register for one of his visits:

Friday, November 4th	10:00 AM
Wednesday, November 16th	1:30 PM
Monday, December 5th	1:30 PM

Macomb Community Action Office of Senior Services



MEDICARE PART D assistance. Part D changes each year. Your current plan may not be the most cost-effective. Schedule an appointment with a trained counselor to review options and help register for your plan. Bring all current medication to appointment.

(586) 469-5228

October 17th-December 7th 9:00am-3:30pm

Book Club

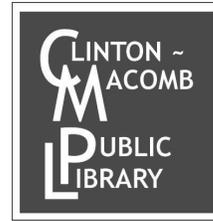
When: 2nd Monday each month

Time: 10:00 am– 11:00 am

Join the SCS Library's Book Club, or bring in your most recent read. Share your progress and the plot or get ideas for what to read next. We'd love to hear what has peaked your interest!



Tuesday, December 13th at 10:30 A.M.



Macomb Library for the Blind and Physically Handicap will be here to present on the services they offer. They provide [audio books](#), [players](#) and [large print books](#) for those who need it. All services are **free**.

Come by for more information!

Friends of the St. Clair Shores Library

Book Sale

at the St. Clair Shores Public Library

Wednesday, November 16	2-8
Thursday, November 17	10-8
Friday, November 18	10-4
Saturday, November 19	10-2

Help raise money and grab a book (or two) from the St. Clair Shores Public Library!

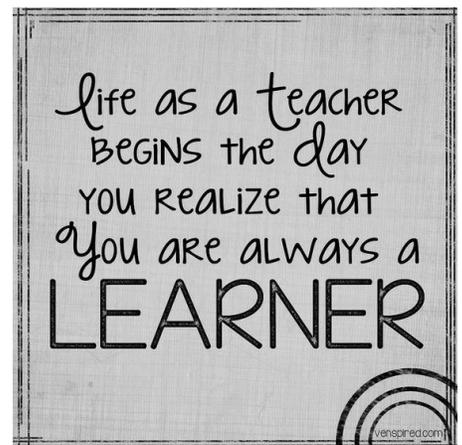


Thank you to our Veterans!!

We thank each of you for your sacrifice and are grateful for your service!

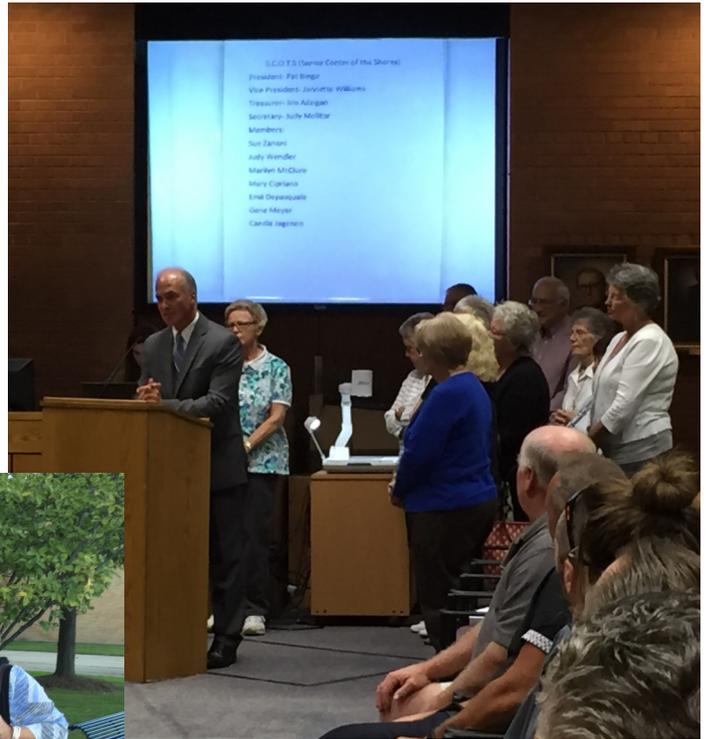
RECYCLING

We are happy to share that we now have two recycle bins at the senior center. While in the center, we encourage you to recycle! In addition, we have two large collection bins for junk mail, magazines, newspapers etc. We also accept greeting cards, pop pull tabs, box tops and Campbell Soup Labels!



Special Needs Check Presentation

A fantastic job by the **SCOTS** Board to donate over \$5,600 to the Special Needs Camp Program! Great job to all who collected donations and helped with the raffle to raise the money! This money was in addition to a \$1,000 donation earlier this summer. The check was presented at the September 19th City Council meeting. **Great job everyone!**



Lunch & Learn's with

Dr. Cox have been very informative and well attended! Immediately following the Birthday Lunch each month, Dr. Cox will be here to talk to our members about their health and well-being! Registration for lunch is required, but listening in is free and encouraged!



Congratulations **Fred Hessler** who shared his **100th** birthday with his friends here at the Senior Activities Center!

Happy Birthday Fred!

Movies

Monday's beginning at 12:15pm

MONDAY NOVEMBER 7TH

Jungle Book PG

Raised by a family of wolves since birth, Mowgli (Neel Sethi) must leave the only home he's ever known when the fearsome tiger Shere Khan (Idris Elba) unleashes his mighty roar. Guided by a no-nonsense panther (Ben Kingsley) and a free-spirited bear (Bill Murray), the young boy meets an array of jungle animals, including a slithery python and a smooth-talking ape. Along the way, Mowgli learns valuable life lessons as his epic journey of self-discovery leads to fun and adventure.



MONDAY NOVEMBER 14TH

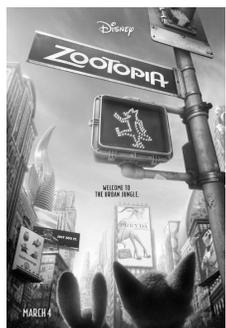
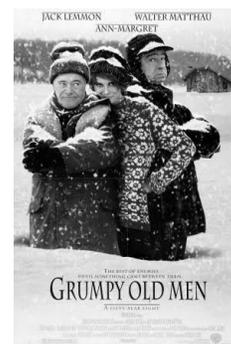
Concussion PG-13

While conducting an autopsy on former NFL football player Mike Webster (David Morse), forensic pathologist Dr. Bennet Omalu (Will Smith) discovers neurological deterioration that is similar to Alzheimer's disease. Omalu names the disorder chronic traumatic encephalopathy and publishes his findings in a medical journal. As other athletes face the same diagnosis, the crusading doctor embarks on a mission to raise public awareness about the dangers of football-related head trauma..

MONDAY NOVEMBER 21ST

GRUMPY OLD MEN PG-13

John Gustafson (Jack Lemmon) and Max Goldman (Walter Matthau) are two curmudgeonly neighbors who have been at each other's throats for years. The rivalry of the former friends intensifies when Ariel (Ann-Margret) comes along and provides a love interest for both of them. When Max finds out that John is experiencing family troubles and financial ruin, however, he steps in to help. Their bond is further cemented when John has a health scare and Max makes the ultimate sacrifice for his friend.



MONDAY NOVEMBER 28TH

ZOOTOPIA PG

From the largest elephant to the smallest shrew, the city of Zootopia is a mammal metropolis where various animals live and thrive. When Judy Hopps (Ginnifer Goodwin) becomes the first rabbit to join the police force, she quickly learns how tough it is to enforce the law. Determined to prove herself, Judy jumps at the opportunity to solve a mysterious case. Unfortunately, that means working with Nick Wilde (Jason Bateman), a wily fox who makes her job even harder.

****Movies are subject to change, depending on availability****
****If the Center is closed due to weather, the movie will be rescheduled****

Movies



MONDAY DECEMBER 5TH

THE WALK PG

As a boy, Philippe Petit dreams of performing daring feats for dazzled crowds. As an adult (Joseph Gordon-Levitt), his life's ambition comes true when he becomes a high-wire artist who stares death in the face with every step. Under the guidance of mentor Papa Rudy, the French daredevil devises a plan to walk on a tightrope attached to the north and south towers of the World Trade Center. With help from his team and against all odds, Petit attempts the seemingly impossible stunt on Aug. 7, 1974.

MONDAY DECEMBER 12TH

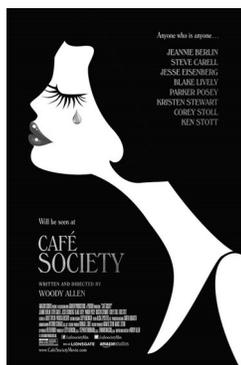
GHOSTBUSTERS RATED PG-13

Two paranormal researchers (Kristen Wiig and Melissa McCarthy) join forces with a nuclear engineer (Kate McKinnon) and a subway attendant (Leslie Jones) to fight off a slew of ghosts that have invaded New York City. Eventually, they come face-to-face with an evil entity who can control human beings. Chris Hemsworth co-stars as the ladies' hunky receptionist. Paul Feig (BRIDESMAIDS) directed this reboot of the 1980s franchise; Ivan Reitman, director of both the original film and GHOSTBUSTERS II, produced.



MONDAY DECEMBER 19TH

CAFÉ SOCIETY RATED PG-13



With the winter months coming up, there a lot of home repairs, fall and winter sprucing up to do to make your home work for you. If you have any questions about your home sprucing needs, feel free to contact Denise at the St. Clair Shores Senior Center office or call 586-445-0996. Thanking you in advance. Looking for an exciting career, young Bobby Dorfman leaves New York for the glitz and glamour of 1930s Hollywood. After landing a job with his uncle, Bobby falls for Vonnie, a charming woman who happens to be his employer's mistress. Settling for friendship but ultimately heartbroken, Bobby returns to the Bronx and begins working in a nightclub. Everything falls into place when he finds romance with a beautiful socialite, until Vonnie walks back into his life and captures his heart once again

*****Movies are subject to change, depending on availability*****
*****If the Center is closed due to weather, the movie will be rescheduled*****

Wellness Classes



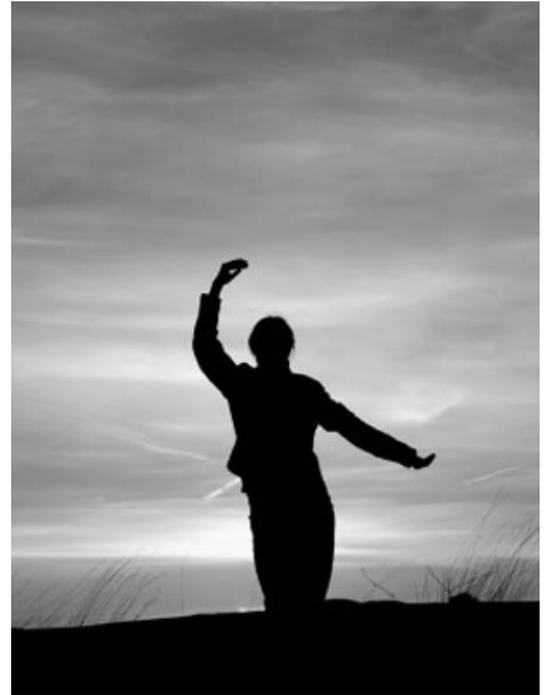
MINDFUL BASED STRESS REDUCTION

Join licensed Psychologist, Maria Menozzi to help improve your coping skills, for everyday and unexpected events. Learn some new skills to help ease the stress of the holidays before they come around. (Bring a notebook and pen, if you wish.)

Thursday **November 11th** 10:30—11:30 AM

Thursday **December 8th** 10:30—11:30 AM

Register today to participate in this **FREE** program!



Tai Chi

Tuesdays at 2:45pm

\$4.00

Tai Chi offers a unique form of meditation with low impact movement.

Arlene Wetherby, the trainer, instructs to reduce stress, increase muscle tone, balance, and flexibility.

LINE DANCING!!

Let's welcome back **LINE DANCING!!**

Beginning **Tuesday November 15th**, join our newest instructor Enita Hass for this great exercise for a great time! \$5 drop in or \$30 for the 6 week class.



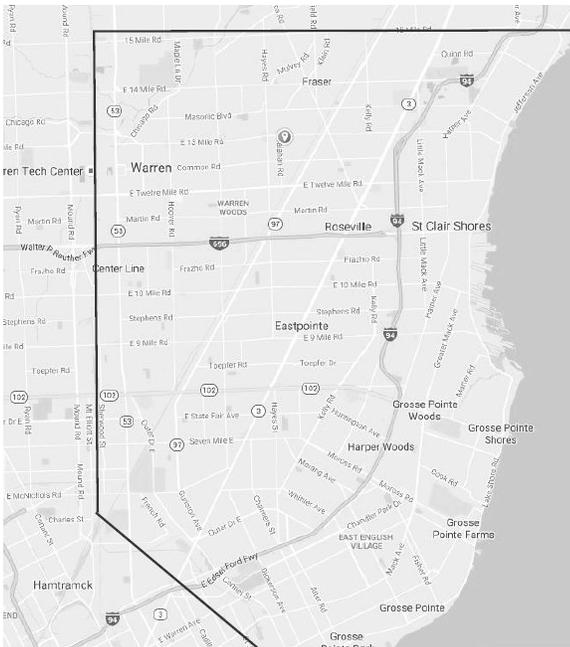
YOU MUST BE A
MEMBER TO
PARTICIPATE IN ALL CLASSES AND
GROUPS AT SCS SENIOR CTR.



City of St. Clair Shores Transportation Services

The St. Clair Shores Transportation Service is for disabled or elderly residents of the city. The service is available Monday through Fridays 8:30am-2:30pm, the last time available for pick up is 1:30pm. The vans run on Saturday for Shopping the Shores from 9:00am until 1:00pm. Call 586-498-2331 to make appointments, as far advanced as possible is best. At least a 24 hour notice is required.

All vehicles offer curb-to-curb service to medical appointments, grocery shopping, volunteer jobs, banking and other miscellaneous destinations within the 8 mile service area (from The Senior Center). The charge for the service is \$1 each way within the City of St. Clair Shores. Appointments can be made for medical offices outside of the city within a 8 mile radius for \$1.50 each way.



Call 586-498-2331 for questions and appointments.

From Dispatch:

Allow me to introduce myself; I am Virginia Villarreal the new dispatcher for the Transportation program. Along with Bill, he or I will be available 8:00 am to 4:00 pm to schedule rides within an eight mile radius. Personally, I was raised and raised my 28 year old son in the City of St. Clair Shores. Professionally, I am currently still an election official here at the Senior Center on polling day. Previously I have driven a semi over-the-road, thereby bringing my experiences to the Transportation department in hopes of making the experience more efficient, friendly, and accessible.

Sincerely,
Virginia Villarreal

Welcome Virginia to the team—stop by the office and introduce yourself!

In addition to the regular shopping trips, check out this special trip we are offering. Trip is limited to members of the Senior Activity Center only please. Call to register or talk to your driver (or dispatch) today!



Shop 'til you drop!
Tuesday, November
29th

Bus leaves the Senior Activity Center at **9:00 am** and leaves Great Lakes Crossing at **3:00 pm**. Start you holiday season with the best outlet shopping in the State! Sign up early—this trip is going to fill up fast! **\$5 per person, limited to members.**



Helping Hands



Helpful Hints

Our Helping Hands program is designed to assist people in the community, aged 50 and older. We can help you find programs that can assist you with snow removal, leaf pick up, grass cutting, handymen, chores, and much more. You can reach this program by calling 586-498-2339 or stop in the office and speak with Denise Locke. Below you will find further information for Macomb County residents from Macomb County Office of Senior Services:

HOME CHORE SERVICES

586-469-5228

Macomb County Community Services Agency assists seniors with home maintenance and minor repairs. The program is available to persons 60 and older. Services include grass cutting, snow shoveling and odd jobs. For more information call 586-469-5228.

SENIOR LOAN CLOSET

586-469-5228

Are you in need of a wheelchair, bath bench, and various medical equipment? Macomb County has a loan closet. Please call 586-469-5228 if you are interested in donating or borrowing equipment. Must be 60 years of age to participate in this program.

SENIOR PROJECT FRESH

586-469-6313

Qualified senior participants, 60 years and older, can receive coupons that are used to purchase Michigan grown produce. Please call to make an appointment.

The county of Macomb offers assistance to its residents aged 60 and older. Please read below to find out how you can register for these helpful programs.

SNOW REMOVAL

586-469-5228

Those interested in snow removal must make a new request every year. Each year, a new snow removal list is created for seniors based on social and economic need. If you have already signed up for this program a notification will be mailed to you. All snow removal will be performed after a snowfall of TWO OR MORE INCHES of snow. Under normal conditions, snow will be cleared within one to two days after snowfall has stopped.

GRASS CUTTING

586-469-5228

For those individuals interested in grass cutting, you must make your request by JANUARY 1st. Each year, a new grass cutting list is created for seniors based on social and economic need. Notifications will be mailed in April to those who have been placed on the grass cutting list. Grass cutting begins mid-April and continues into October. Lawns will be cut approximately once weekly April to July and every other week August to October.

Seniors requesting Chore Service are expected to share in the cost of providing the service. For each service performed, the senior should make an appropriate contribution. No one will be excluded from receiving services if their income does not permit them to contribute at the recommended level.

Membership Information

To be involved with the Active Adult Center and programs, we require you to be 50 years or older. An annual membership fee is required for participation. Residents pay \$25 per year and non-residents pay \$40. Renewal is required every year.

Membership Renewal

Your renewal date will be printed on your membership card. Come to the office and pay your annual dues on or after the printed date. Your membership number will remain the same, but you will receive a new membership card every year. When you sign up, you will be asked to sign a release of information form along with a survey for HUD. You may also make changes to your registration card to update information. You will not be able to participate in programs and services if your membership is not current and your forms have not been properly filled out. **Effective June 1, 2014, all members are required to show their card and sign in when entering the Senior Center and participating in activities.**

Handicapped Accessibility

The Active Adult Center and the City of St. Clair Shores actively seek and support participation by all people with a variety of interests and abilities in its recreational pro-

grams and services.

The Active Adult Center will operate its services, programs and activities so that they are readily accessible to, and usable, by individuals with disabilities. Please let us know how we can serve you better.

Funding for Staffing and Programs

The Active Adult Center staffing and operations receive funding from the Community Development Block Grant Funds. The Senior and Disabled Transportation Program received its funding from SMART Municipal Credits, SMART Community Credits and Michigan Department of Transportation Specialized Services for staffing and operations.

The St. Clair Shores Senior Meal Program is funded in whole or in part by the Federal Older Americans Act and the Michigan Office of Services to the Aging through the Area Agency on Aging 1-B. The Senior Center complies with terms and regulations of the Title V of the Civil Rights Act of 1964 as amended and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodation will be provided upon notification or request.

Hot Lunch Program

The Active Adult Center luncheon contracts with the Macomb County Senior Nutrition, AAA 1-B, and

the Michigan Office on Services to the Aging. In order to receive subsidies per meal we are required, by contract, to provide information on the people who participate in our meal program. A signed release of information is required, for reporting purposes, that go to the state and federal agencies that provide the funding for the program. Participants are asked to fill out a form that will be kept on file. Participants must also sign their legal name each time they eat a meal. These sign-up sheets are our documentation. Each week, sign-up sheets are put out for the following!

Stay up to date with the Expansion and the status of the Kitchen update—we will shut down the Kitchen for some time (see page 2).

No membership required for meals.

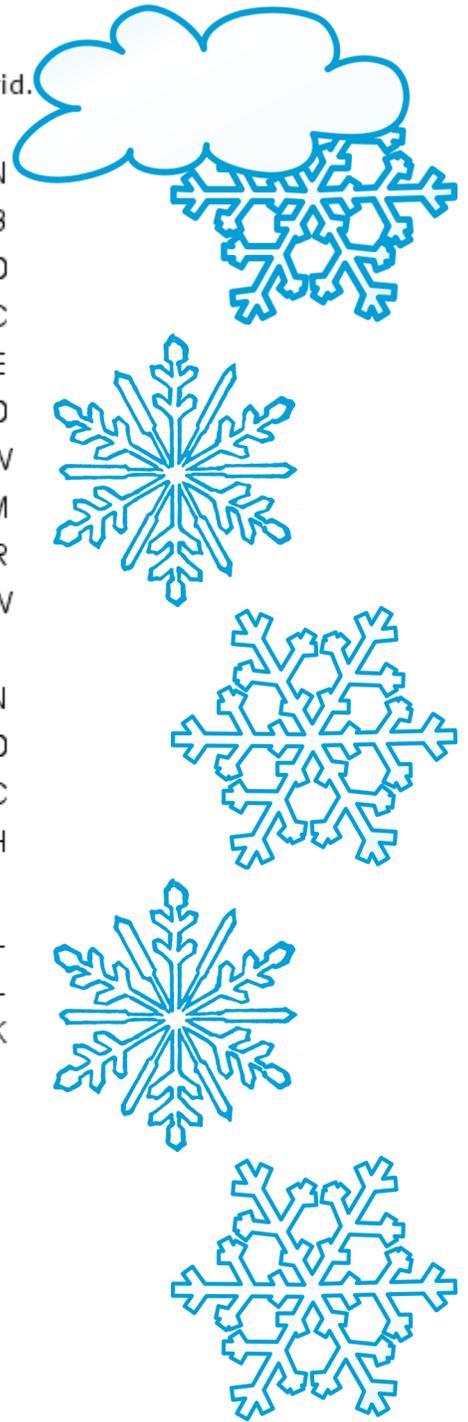
Thank you for Supporting the Senior Center! Your membership dollars help keep our center operating.

Winter

Find and circle all of the Winter related words that are hidden in the grid.
The remaining letters spell a Japanese proverb.

L S O S E K A L F W O N S E L C I C I N
 L E Y C E K R A I M N D D R A Z Z I L B
 A S C A W V K A I O E C I K C A L B R D
 B W A R D R O T E S N O W S H O V E L C
 W E R F A I T L C W A F I R E P L A C E
 O A N P I E L I G E R N H E A D B A N D
 N T I S N C P O L S Y E S E T A K S S W
 S S V S N M E T H K E A D N D F R N E M
 T H A M Y O S F S C K T N N O L O H A R
 Y I L L R A W E I O C W O E U W O G S W
 E R O S C O R S W S O I I B B G M C O I
 S T E W A I T S H L H V T O O S N A N N
 N K O P T M O S P O G I A S T G O O N D
 D N I W P L T W T O E R N C O E G U L C
 S E O I S I O S N W D S R G A R E A P H
 E N L T N N L G I F R E E Z E T F L N I
 S R I S S G G S M R O N B O O D I K S L
 T C F I R E W O O D H A I L S T O O B L
 E H S S T N A P I K S C H P A C T I N K

- | | | | |
|-----------|----------------|-------------|------------|
| BLACK ICE | HAIL | SEASON | SNOWBOARD |
| BLIZZARD | HEADBAND | SKATES | SNOWFLAKE |
| BOOTS | HIBERNATION | SKI DOO | SNOWMAN |
| CARNIVAL | HOCKEY | SKI PANTS | SNOWSHOES |
| CHRISTMAS | HOLIDAYS | SKIING | SOLSTICE |
| COLD | ICE FISHING | SLED | SOUP |
| EGG NOG | ICICLES | SLEET | STEW |
| FIREPLACE | KNIT CAP | SLIPPERY | STORM |
| FIREWOOD | LONG UNDERWEAR | SNOW CASTLE | SWEATSHIRT |
| FOG | MITTENS | SNOW PLOW | TOBOGGAN |
| FREEZE | OLYMPICS | SNOW SHOVEL | VACATION |
| FROST | PARKA | SNOW TIRES | WIND CHILL |
| GLOVES | SCARF | SNOWBALL | WOOL SOCKS |



DID YOU KNOW?

On November 4th, 1825 the Erie Canal was formally opened.

On November 18th, 1963, the push button phone was firstly introduced (by Bell Telephone Company)

December 17, 1903, the Wright Brothers made their first flight

The US playing card company 'Bicycle' had manufactured a playing card in WW2 that, when the card was soaked, it would reveal an escape route for POWs. These cards were Christmas presents for all POWs in Germany. The Nazis were none the wiser!

TEAM MEMBERS

SENIOR COORDINATOR

CARLY PODZIKOWSKI

ASSISTANT SENIOR COORDINATOR

ERIN MONAHAN

COMMUNITY OUTREACH LIAISON

DENISE LOCKE

CHEF

MARTI MARQUES

CHEF ASSISTANT

FRAN MCCABEE

FITNESS ATTENDANTS

RUBEN ASCENCIO

RON LARSON

DISPATCH

BILL LETO

VIRGINIA VILLARREAL

TRANSPORTATION DRIVERS

TWILA BEIER

BILL BURKE

DALE DERR

COLLEEN KELLY

MIKE KERWIN

BOB OSAER

DAVE RICKETTS

MARIE SLUMA

DEREK STEVELINCK

LINDA TRETHERWEY

STEVE WILLIAMS



1. What do get if you cross a Snowman with a Vampire?
2. Why can't you take a turkey to church?
3. What do you call an obnoxious reindeer?
4. If you live in an igloo, what's the worst thing about global warming?
5. What do you call ten Arctic hares hopping backwards through the snow together?

1. Frostbite
2. Because of their FOUL language
3. RUDEolph
4. No privacy!
5. A receding hare line

ANSWERS:



THANK YOU FOR
MAKING APPLE PIE WEEK
A SUCCESS!!



Thank You To Our Premier Sponsors!

