

Spring 2026
(March - May)

Fifty Plus Post



40200 Utica Road - Sterling Heights

(586) 446-2750 Office (586) 446-2766 Gym



50+ Program & Building Closures

- 4/03 - 4/04 – Good Friday/ Easter Holiday
- 5/23 - 5/25 – Memorial Day

Cancellation line
(586)446-2693

The message is updated by 8 a.m. if there are program cancellations due to weather. If the message is from a different day, it means there are no modifications to the current schedule.

IN THIS ISSUE

50+ Registration Info	2
Membership Info.....	3
Minibus Transportation.....	3
News You Can Use.....	4 - 5
Resources & Services.....	6 - 7
Arts & Leisure	10 - 11
Fun and Games	12 - 13
Lifelong Learning.....	14 - 15
Move Your Body	16 - 23
Travel	24 - 27
Registration Form	30
Contact Information.....	31
Back Page News	32

Mayor - Michael C. Taylor Mayor Pro Tem - Liz Sierawski

Council: Robert Mijac, Michael V. Radtke Jr., Maria G. Schmidt, Henry Yanez and Barbara A. Ziarko
City Manager - Mark D. Vanderpool



Spring brings the beauty of nature reawakening from winter slumber, transitioning into milder weather and vibrant colors of the season. It is a great time to get outside and enjoy the programs and amenities that Sterling Heights Parks and Recreation offers, including our outdoor fitness park at the Senior Center.

Our new recreation software has fully bloomed bringing a robust online registration system and new mobile app. If you would like more information on how to get started on either please visit myshpr.net or contact the Senior Center.

In this edition of the **Fifty Plus Post** you will find a variety of offerings to help you blossom and **Age Well!** this spring.



The warmth of
friendship and
joy of connection
helped our patrons
Age Well and beat
the winter blues.



Registration Basics

- Register early to avoid program cancellations.
- Resident-only registration begins on the date and time listed. **Non-resident registration begins the following day at the same time.** This allows residents 24 hours to register before non-residents.
 - Programs advertised without a specific date listed open at **9 a.m. on 2/04/26**.
 - Programs with a specific registration date listed (ex: trips, parties, etc.), open at **2:15 p.m.** on the date listed. Numbers will be given out starting at 2 p.m. for in-person registrations.
- Waiting lists are formed when programs become filled. Being added to a wait list is not a guaranteed spot in the program nor does it mean that additional classes or spaces will be added. Openings to be filled from waiting lists will be communicated via email.
- Registration forms must be completely filled out. Please make sure we have a correct email address since correspondences will be sent via email. ***Old registration forms will not be accepted.***
- **Registrations cannot be taken over the phone.**
- **Cash, checks and credit cards are accepted.**
- **Checks should be made Payable to: "Treasurer, City of Sterling Heights".**



Ways To Register

In Person

Fill out a registration form
(on page 30) and bring it to the
Senior Center
or Community Center.

Online*

Sign in or create an account at
myshpr.net to register online
*(*credit card payments only)*

Mail

Mail registration form to:
Sterling Hts. Senior Center
40555 Utica Rd., P.O. Box 8009
Sterling Heights, MI 48311-8009



Fax

Fax form to: (586) 276-4066

Email

Email form to: seniorcenter@sterlingheights.gov

Mobile App*

Access your account on your phone from the mobile friendly app. Download the app from the Play Store or App Store. More information at myshpr.net.

*



 = In-person registration only

STAY CONNECTED AND UP-TO-DATE!

Program changes and updates get emailed. Be sure to check your inbox for any updates from: City of Sterling Heights Parks and Recreation. If we don't have your email address, please email us at seniorcenter@sterlingheights.gov





Members receive full access to all drop-in style programming and many other programs at no additional charge. The cost is \$16 resident / \$32 non-resident and is good for one full year from date of purchase. Becoming a member is easy! Simply come to the Senior Center with your form of payment and fill out a Membership Registration Form. When registering, a photo will be taken and a key tag will be given to use for quick access into the Senior Center. It is that easy! Class and trip fees are not covered by the membership. Members must register for programs even if the information mentions the cost for programming is **free for members**. Memberships also make great holiday gifts, the kind that keep giving all year long.

Senior Center Sampler Pass:

For those just wanting to try a membership before buying, a Senior Center Sampler Pass may be more your speed. The pass allows individuals over the age of 50 the opportunity to enjoy all the benefits of a Senior Center Membership for 7 calendar days from the date of purchase. The cost is \$8 for residents and \$16 for non-residents with a limit of one pass per person per calendar year. If a Senior Center Membership is bought within 30 days of purchasing the pass, the cost of the pass will be discounted from the price of the membership. This is one deal you won't want to pass up!

Senior Center Caregiver Pass:

Caregivers that assist a Senior Center member will need to have a caregiver pass to come into the building with the member. This pass is \$5 and good for one year from date of purchase. Each caregiver will need to have their own pass which allows them access to the building to give assistance as needed, but not to participate in a specific program. To obtain a Caregiver Pass, you must fill out a form at the Senior Center.

Sterling Heights Minibus Service

A **SMART** Way To Travel

Curb-to-curb transportation service is offered Monday - Friday, 8:30 a.m. until 3:30 p.m. and after 4 p.m. for some Parks and Recreation programming and City Council meetings. Rides are available for residents over the age of 55 who do not drive or adults with disabilities. Rides can be requested up to 14 days in advance and are first come, first served and limited. If you would like more information about our curb-to-curb transportation service, please contact the number below or visit myshpr.net.

To make an appointment:
email shprbus@sterlingheights.gov
or
Call (586) 446 - 2757

Phone lines are open Monday – Friday, 9 a.m. - noon and 1 - 4 p.m.



BLACKTHORN

(Irish Folk)

Thursday, March 12

6 - 8 p.m.

Plan to attend the last Coffee House Concert of the season at the Sterling Heights Community Center. This event will include locally sourced complimentary coffee from Deer Camp Coffee and mock-tails at intermission.

Fees:

- Advance Purchase \$19 Resident / \$23 Non-resident
- At the Door Sales \$21 Resident / \$25 Non-resident



Sweet Beats

Friday, May 8 at 10:30 a.m.

Join us for the sounds of the 20-piece band from Rochester. The Sweet Beats, an all senior group, play a variety of music using various string instruments, keyboard and a variety of percussion instruments.

Brought to the Center by:

Cost: Free

Location: Senior Center



(Open 3/11)



Thursday, May 7

5:30 - 8:30 p.m.

(Doors open for the party at 5:15 p.m.)

It's time to celebrate! Why, you ask? Why not?! Throw on your best outfit and join us for an evening of food, friendship and fun. High Fidelity will be back to play our favorite dance floor jams. Dinner will be provided by Century Banquet (menu will be released on 3/03/26). Life is too short not to celebrate, so grab your dancing shoes, get dressed for glitz and glam and join us for an evening to remember! **Last day to register is 4/21/26.**

Cost: \$22 Resident / \$28 Non-resident

Location: Community Center

Things to know:

What is considered the dress code?

If you want to wear the formal dress worn to your great nieces wedding, your best Sunday suit or favorite going out jeans, it all works. We want all of our participants to feel comfortable and fabulous (no birthday suits allowed).

What is the menu?

Although the entree will be released 3/03/26 the menu will include garden salad, roll with butter, dessert and a variety of beverages to keep you hydrated.

I need a ride, but the minibus service closes at 3:30 p.m. How can I get to the party?

We will provide service to minibus riders who are registered for the event and need a ride. Just make sure to mention it when registering.

Service Projects

Helping Hands

**Tuesday, March 3,
April 7 & May 5
from 4 - 7 p.m.**

**Tuesdays, March 17,
April 21 & May 19
from 1 - 4 p.m.**

Volunteers prepare plarn (plastic yarn) that will be crocheted into mats for the un-homed. Help us by sorting and cutting plastic grocery bags into strips.



Helping Heroes

Friday, April 24 at 10:30 a.m.

Volunteers fill care bags for the Veterans Outreach food pantry. Volunteers must register online or in person in advance to help.

Location: Senior Center

Veterans Outreach Items needed (NEW Items only): Toothpaste (large size), toothbrushes, individually wrapped toilet paper, dish soap, laundry detergent, full-size tissue boxes, individually wrapped paper towel, cleaning supplies.



Memorial Day is a time to pause and remember all the brave men and women that have made the ultimate sacrifice for our freedom. The 47th Annual Sterling Heights Memorial Day Parade will kick off at 10 a.m. on Monday, May 25. A ceremony will be held in the City Center Courtyard at 9 a.m. to pay tribute to all veterans who have died in the line of duty. For information, contact Community Relations at (586) 446-2470.



BOOK FAIR



**Wednesday, May 20
9 a.m. - noon**

**Shop great deals on
hardcover books, paper backs,
DVDs and more in the Atrium!**

SHOE DRIVE CHALLENGE

**April 1 – 30
Nothing to Buy, Nothing to Sell!
Simply Clean out Your Closet!!**



Donate children's, men's or women's shoes: heels, flip flops, snow/hiking boots, sandals, clogs, cleats, sneakers, fancy, casual, ugly and even smelly! Please pair shoes by tying or **rubber banding them together**. Donations can be placed in the collection bin located near Rooms 5 & 6. **Please do not bring shoe boxes.**

RESOURCES AND SERVICES



Alzheimer's / Dementia CAREGIVER SUPPORT GROUP

**Wednesdays,
March 11, April 8 & May 13
10 a.m.**

If you are caring for someone with dementia, who is caring for you? You are not alone. Join us the second Wednesday of **each** month for this support group that is specifically designed for families and caregivers. This group will help you learn more about the disease as well as understand the changes dementia has made on their lives.

Brought to the Center by:



Cost: Free (Registration required)

Location: Senior Center



Veterans Benefit Outreach

**Fridays,
March 20, April 17 & May 15**

The Macomb County Office of Veteran Services provides one-on-one appointments to Veterans and their spouses. Get questions answered or assistance with filling out paperwork for Service Connected Compensation, Veterans Pension with Aid and Attendance, VA Health Care, etc.

To register for an appointment visit myshpr.net or in-person at the Senior Center. *Registration cannot be taken over the phone.*

Cost: Free

Location: Senior Center



MMAP
MICHIGAN MEDICARE
ASSISTANCE PROGRAM
Navigating Medicare

Confused by Medicare? Make an appointment with a Medicare Counselor

**Wednesdays, March 18,
April 15 & May 20
Appointments start at 9 a.m.**

New to Medicare? Questions on Part D, Advantage Plans, Medigap or on Medicare charges & coverage? A Certified Medicare Counselor from the Michigan Medicare Medicaid Assistance Program (MMAP), a service of AgeWays, is available at the Sterling Heights Senior Center to help you get answers. **One-on-one appointments are free of charge and must be scheduled in advance. To register for your appointment visit myshpr.net or in-person at the Senior Center. *Registration cannot be taken over the phone.***

Cost: Free

Location: Senior Center



TECH HELP DROP-IN

**Wednesday, April 22
9:30 - 11:30 a.m.**



Are you struggling to figure out an electronic device? The Sterling Heights Public Library will be here to answer your tech questions! Members are to bring the device(s) they would like assistance with (smart phone, tablet, e-reader, laptop, etc.). Get questions answered during a 20 minute one-on-one session. Spots are first come, first served.



Cost: Free

Location: Senior Center

BLOOD PRESSURE SCREENING

**Wednesdays,
March 11, April 8 & May 13
9 - 10 a.m.**

FREE Blood pressure checks are offered the second Wednesday of every month. No appointment necessary, just drop in to get checked.

Brought to the Center by:

Location: Senior Center



MICHIGAN SECRETARY OF STATE

MOBILE OFFICE IS COMING TO YOU



**Tuesday, May 5
10 a.m. - 3 p.m.**

The Secretary of State is bringing its services to the Center! No more long wait times at the SOS office. Simply make an appointment to complete your SOS transactions including State I.D. or driver's license renewal, title transfers, disability placards and more. **To register for an appointment visit myshpr.net or in-person at the Senior Center.**

Registration cannot be taken over the phone.

Before coming to the appointment, the participant can pick up an information packet to assist in being prepared for their appointment.

Location: Senior Center



Dining Senior Style



Mondays – Fridays

Tickets sold 10:30 – 11:30 a.m.

(Meal tickets available in Room 8 and are first come, first served)

Food served 11:30 a.m. - noon

Anyone 60 years of age and over can receive a meal for a suggested donation of \$3 per meal (\$6.50 for those under the age of 60). This program is brought to the Senior Center thanks to a partnership with the Macomb County – Office of Senior Services and AgeWays. Dining Senior Style menus are available at the Senior Center and online at myshpr.net (Menu items may be subject to change without notice).



FOOT CLINIC

**Thursdays,
March 12 & 26, April 9 & 23
and May 14 & 28**

Podiatrist, Dr. Paul Mallamo, can help with bunions, heel pain, nail problems, diabetes or other conditions. These services are covered by most insurances and Medicare. **Please note:** this is not a free screening, check with your insurance company. You must bring your insurance & Medicare cards with you. **To register for an appointment visit myshpr.net or in-person at the Senior Center.** **Registration cannot be taken over the phone.**

Appointment times begin at 9 a.m.

Cost: Medicare & Co-insurance accepted plus

\$3 Residents / \$5 Non-residents (members free)

Location: Senior Center



Thanks to Our Volunteers!

One of the greatest gifts you can give is your time. Without the help and dedication of our volunteers, we would not be able to offer such great programs. The Senior Center staff would like to thank all of our volunteers who give so much of their time. The month of April may be Volunteer Appreciation Month, but we value each moment that our volunteers give throughout the year. Thank you!



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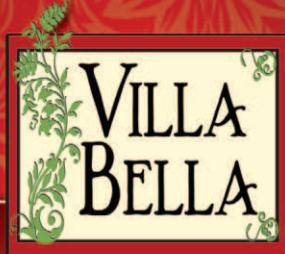
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The City of Sterling Heights, Sterling Heights, MI

15-0753



**Mondays,
9:30 a.m. - noon**

Join fellow artists in a relaxed atmosphere as you exchange ideas, critique each other's work and enjoy each other's company. Bring your own supplies. No formal instruction will be given.



Location: Senior Center
Not meeting 5/25

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STAINED GLASS CLASS

During each session, you will receive instruction to create a new stained glass project while learning how to cut glass, foil and solder to get a beautiful finished project to take home.



Instructor: Joyce May

Location: Senior Center

Day	Dates	Time	Res. / Non.
Th	3/19 - 4/09	9:30 - 11:45 a.m.	\$28 / \$36
Th	4/16 - 5/14	9:30 - 11:45 a.m.	\$35 / \$45
Th	5/21 - 6/18	9:30 - 11:45 a.m.	\$35 / \$45



**Tuesdays,
9 a.m. - 4 p.m.
and
Saturdays,
March 28,
April 25
& May 30
9 a.m. - 4 p.m.**

This group is for quilters, sewers and beyond.



Bring your own machine, supplies and ideas. No formal instruction will be given. Just come and enjoy time with others that have been bitten by the quilting/sewing bug.

Location: Senior Center

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**Wednesdays,
12:30 - 8:30 p.m.
Saturdays, 11 a.m. - 3 p.m.**



Do you knit, crochet, needlepoint or cross-stitch? If so, this group is for you. Just bring in your current project and take a seat! This is an opportunity to share "purls" of wisdom, get ideas and enjoy the company of fellow textile artists. This is strictly a social group. There will be no formal instruction.

Do you have yarn you would like to donate?

The Sit-n-Stitch group accepts donations only on Wednesdays during the time they meet each week. Visit the group in Room 7 at the Center to drop off your donations.

Location: Senior Center

MODEL BUILDERS

**Mondays &
Wednesdays,
9:30 a.m. - noon**

New or experienced kit model builders are welcome to join this group. Work on your own projects: plastic, wood, metal, etc. No formal instruction will be given.

Location: Senior Center
Not meeting 5/25



BILLIARDS



Mondays – Thursdays*

9 a.m. - 8:45 p.m.

(*Mondays - Wednesdays

9 a.m. - 7:45 p.m. beginning 5/26)

Fridays & Saturdays*

(Thursdays beginning 5/28)

9 a.m. - 4:45 p.m.

Our billiards room features three 8-foot tables that are open for drop-in play most days. Pool cues are available or bring your own. Please read house rules located on the wall in the billiards room before playing. All skill levels welcome!

Location: Senior Center

No Play 4/03, 4/04, 5/23 or 5/25

Enter at gym doors after 5 p.m. & Saturday



WOOD CARVING

**Mondays &
Wednesdays,**

1 - 4 p.m.

Novice and experienced carvers convene to whittle, chip and carve interesting projects. This group welcomes all!



Location: Senior Center
Not meeting 5/25

CREATE & TAKE

Looking to get creative? Come to the Senior Center and join fellow crafters for socializing and fun while making an artistic creation to take home. Space is limited, registration is required.

**Friday, April 24
at 2 p.m.**

Join **American House** to create a fun seasonal craft! Space is limited; registration required.

Cost: \$3 Resident / \$5 Non-Resident
(members free)

Location: Senior Center

FUN AND GAMES



**Tuesdays,
March 10, April 14 & May 12
Bingo starts at 10 a.m.
(Cards sold 9 – 9:45 a.m.)**

Join us for Bingo! **Players must be registered by noon the day before to be able to play, no same-day registration.** When participants arrive on the day of Bingo, they will need to purchase their cards*. These are paper cards that will be played on only once. Bring your own dauber or buy one at the Senior Center for \$2. We will play six regular games and one coverall game. Space is limited, so register "B4" it's too late!

Cost: \$3 Residents / \$5 Non-residents (members free)
Cards cost: *25 cents per pack –

*Regular Bingos – No limit
\$1 per coverall card – No limit*

Location: Senior Center



On-Going GAMES

**Tuesdays at 5:30 p.m.
Wednesdays at 9:30 a.m.
Thursdays at 1 p.m.
Saturdays at 11 a.m.**



Swoop, Rummikub, Hand & Foot oh my! Join us to play games and meet new friends. All are welcome!
No Play 4/04 or 5/23



**Fridays,
March 6, April 10 & May 1
10 a.m.**

Bunco is a lively, social dice game that requires no skill! Bunco is all about rolling the right numbers to win rounds. Join the fun, newcomers are always welcome! No experience is needed to play this fast-moving dice game.



Players must be registered by noon the day before to be able to play, no same-day registration.

Cost: \$3 Residents / \$5 Non-residents (members free)
Bring \$2 with you that day for game play.

Location: Senior Center



TOURNAMENT

**Fridays,
March 20, April 17 & May 15
Play begins at 10 a.m.**

*(Those not signed in by 9:30 a.m.
will forfeit their guaranteed spot.)*

If you enjoy Euchre, come down to the Center for our monthly tournaments. Play runs until approximately 12:30 p.m. **Players must be registered by noon the day before to be able to play, no same-day registration.** (Any unclaimed prize money will be forfeited after sixty days.)

Cost: \$3 Residents / \$5 Non-residents (members free)
Bring \$2 on tournament day for game play.

Location: Senior Center



If you don't see your favorite game, or maybe it isn't at a convenient time for you, let us know! We would love to get additional groups going if space is available.

All of the games listed below are for Members ONLY
No Play 4/03, 4/04, 5/23 or 5/25



Bridge

Tuesdays, Thursdays & Fridays at 9:15 a.m.

Do you play Bridge or need a partner? Call the Senior Center at (586) 446-2750 if you are interested.

Canasta

Fridays at 10:30 a.m.

Canasta is a card game in the Rummy family of games. All are welcome to learn and /or refresh if you haven't played in a while!

Concan (51)

Monday - Wednesday, Fridays & Saturdays at 10 a.m.
Thursdays at 12:30 p.m.

Concan is also known as Conquian and is the Arabic version of Rummy.

Euchre

Wednesdays at 9:15 a.m.

Euchre is a trick-taking game with a trump, played by four players in teams of two. Each player plays one card; the highest card of the suit led wins the trick, unless someone has played a card of the trump suit.

Pinochle

Mondays & Wednesdays at 10 a.m.
Tuesdays at 9:15 a.m.

Pinochle is a trick-taking and melding game played with 4 players and a deck of 48 cards.
(Monday & Wednesday Cost: \$1.50)

Up & Down the River

Tuesdays at 10:30 a.m.

This game is known by different names to different people; Oh Heck, Peanuts, etc.

Mah-Jongg

Mondays at 1:30 p.m.
Thursdays at 9:30 a.m.
Saturdays at 11 a.m.



Mah-Jongg is a game played with tiles that include Chinese figures and a card that indicates the arrangement of tiles to win a game. Experience necessary.
No Play 4/04, 5/23 or 5/25

Mexican Train

Mondays at 11 a.m.
Wednesdays at 5:30 p.m.
Saturdays at 11 a.m.



Enjoy time with others and have some fun playing Mexican Train Dominoes. This is one train you don't want to miss!

No experience necessary.
No Play 4/04, 5/23 or 5/25

Scrabble

Mondays at 5:30 p.m.
Wednesdays at 9:15 a.m.



Challenge your brain, meet new friends, and join in on a fun game of Scrabble! No Play 5/25





MANAGING CONCERN ABOUT FALLS

set goals for increasing activity, make changes to reduce fall risks at home, as well as exercise to increase strength and balance. Participants will engage in activities including: group discussion, brainstorming, problem-solving, skill-building, assertiveness training and some simple exercises.

Brought to the Center by:

Cost: Free (Registration required)

Location: Senior Center

**Thursdays,
April 30 – June 18
9:30 - 11:30 a.m.**

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities. This award-winning, eight-week program is designed to manage falls and increase activity levels. You will learn to view falls as controllable,

**HENRY
FORD
HEALTH**

The Importance of Gut Health

Friday, April 17

10:30 a.m.

Join this informative presentation with Dr. Balasz from Henry Ford Health as she explores the vital role gut health plays throughout our lives. Discover how the microbiome impacts overall well-being, including aspects you may not have considered, such as mental health and mood regulation.

Brought to the Center by:

**HENRY
FORD
HEALTH**

Cost: \$3 Residents / \$5 Non-residents (members free)

Location: Senior Center



Perfume-Free Zone

Please do not use scented powder, perfume or cologne when visiting the Center. Many of our patrons have respiratory problems, allergies and sensitivities that can be triggered by scents. Thank you for your cooperation!

Foundations of Grief

**Tuesday, April 21
10:30 a.m.**

Join a Grief Support Social Worker from Angela Hospice to discuss how the grieving process works and how to care for yourselves throughout the journey.

Cost: \$3 Residents / \$5 Non-residents (members free)

Location: Senior Center

YOUR POWER YOUR SAFETY: Conversation with the Macomb County Office of Senior Services

**Wednesday, April 29
10:30 a.m.**

The Macomb County Office of Senior Services Macomb County Elder Justice Alliance is bringing conversation to the community on how to help your friends, family, and yourself from harm as we age. Gain tools on how to prevent financial and physical harm, tips and resources to protect yourself and loved ones, and options if you believe you or a loved one has been abused or exploited.

Cost: \$3 Residents / \$5 Non-residents (members free)

Location: Senior Center

MOVE YOUR BODY



50+ FUN & FITNESS

The Senior Center Active Life wing of the building offers a variety of programs to keep members moving and having fun! Athletic activities bring both competitive and recreational players. Equipment is available for use, or patrons may bring their own if they prefer something specific.

Badminton

Players of all levels are welcome to play a friendly game.

Basketball

Half court or Full court? Join us to practice your shot or get a group together for a game.

Bocce

This is a low impact, fun activity that is easy to learn. Bocce is a game for all ability levels.

Cardio Room

The Cardio Room offers six pieces of equipment to help get the heart pumping. To best ensure all of our patrons remain safe and avoid injuries, a mandatory orientation is required before visiting the Cardio Room. Call the Senior Center Gym at (586) 446-2766 to schedule your orientation class or email seniorcenter@sterlingheights.gov.

Cornhole

This bag-tossing game is commonly found at tailgating parties and is very easy to learn. Open to all; no experience necessary.

Pickleball

There are multiple play times for each skill level. Players rotate and will get to play with a variety of skill levels. Please note that pickleball ratings are self designated, staff do not make the call. Players are allowed to come to one block of time per day. (i.e., A player may not play during the Intermediate time slot in the evening if they played during the Advanced time slot in the afternoon.) **Sterling Heights Parks & Recreation uses the following ratings:** Beginner/Novice (1 - 2.5); Intermediate (3 - 3.5); Advanced (4+).

Table Tennis

This is recreational play and all skill levels are welcome. Doubles play is offered.

Walking Track

Our 1/20th mile track is a great place to get in your steps, no matter what mother nature throws our way.

Mondays – Thursdays*

9 a.m. - 8:45 p.m.

(*Mondays - Wednesdays,
9 a.m. - 7:45 p.m. beginning 5/26)

Fridays & Saturdays*

(*Thursdays beginning 5/28)

9 a.m. - 4:45 p.m.

OUTDOOR FITNESS PARK

Exercising outdoors provides all the physical benefits of indoor exercise and can also provide vital exposure to sunlight that increases important levels of vitamin D unlike indoor exercise. Members can utilize the park at their own risk, simply stop at the gym desk for a key card and enjoy! Please note that the Fitness Park will close for inclement weather such as thunder and lightning.

Mondays – Thursdays*

9 a.m. - 8 p.m.

(*Mondays - Wednesdays,
9 a.m. - 7:45 p.m. beginning 5/26)

Fridays & Saturdays

(*Thursdays beginning 5/28)

9 a.m. - 4:45 p.m.

For the latest gym schedule visit myshpr.net or pick up a paper copy at the Senior Center or Community Center. Please carry in your athletic shoes; no street shoes are allowed in the gym, cardio room or on the walking track.

CHAIR VOLLEYBALL



Chair Volleyball helps with balance, core strength, joint flexibility, hand-eye coordination and endurance! With similar rules to regular Volleyball, the major differences are: the ball is a beach ball, a smaller court is used, the net is lower, participants must remain in a chair during play (at least one cheek) and the ball can be hit as many times as necessary to get it over the net to their opponent's side. Join us for the fun...the hardest part is staying in your chair!

Cost: Free for Members (Registration required)

Location: Senior Center Gym



Day	Dates	Time
W	3/04 – 3/25	9:30 - 11 a.m.
W	4/08 – 4/29	9:30 - 11 a.m.
W	5/06 – 5/27	9:30 - 11 a.m.



Wednesdays
May 6 - September 23
9:30 a.m.

The Heart and Sole Walking Club is open to anyone who is 50 years of age or older. It's a great way to enjoy the scenery, socialize with old friends and make some new ones along the way! Explore local parks, walk at your own pace and choose the distance that works for you! This group walks in Dodge Park and will travel to other area parks several times a month.

Cost: \$16 Resident / \$21 Non-resident

Location: All walks will depart from Senior Center. For walks at destination parks, walkers can either meet at the park or travel to the park via the Senior Center SMART bus.

CORNHOLE LEAGUE

Join our new Cornhole Round Robin Ladder League! Players will play with and against division participants, changing partners after each game. Players will be scheduled and assigned a partner based on the previous week's individual score. Standings will be kept and updated weekly during the 6 weeks of league play to determine a league champion (prizes awarded). Game play - three games to 21points.

Dates: Tuesdays, March 10 – April 14

Time: 1 - 3 p.m.

Cost: \$36 Resident / \$48 Non-resident

Location: Senior Center

BOCCE BARN

Opening April 20

The Bocce Barn is reserved for Senior Center Members and 50+ programming scheduled activities only from 9:30 a.m. - 3:30 p.m. Monday – Friday. Patrons wishing to use the Bocce Barn are to first check in at the main Senior Center desk. Restrooms inside the Senior Center will be available during these times. New programming will include washers and putting-a-round. Check the schedule often as times and programs change regularly.

VOLLEYBALL

Do you dig volleyball and are over 50? If you answered yes and are set on having a good time, let us know! We are looking to see if there is enough interest to offer traditional volleyball at the Senior Center this summer. This would be a member only drop-in gym activity. If you are interested please leave your name, if you prefer day or evening volleyball, and contact number or email at the Senior Center gym desk or email seniorcenter@sterlingheights.gov.

Fitness Classes

Fitness classes are based on ability, not age. Check out the Parks & Recreation fitness classes available to Adults 18 years of age and over to see what is best for you.

Endurance Key:

To better determine which fitness class is best for you, use the descriptions below to see the ability and endurance required.

1 Kettlebell Good for those with low endurance & mobility or balance challenges.

2 Kettlebells Able to stand and move for the entirety of the class.

3 Kettlebells Able to move at a quicker pace and/or get up and down off the floor.

4 Kettlebells Able to vigorously move body, including jumping.

Arthritis Exercise

The Arthritis Exercise program may be designed for people with arthritis who want to safely increase their physical activity levels, but it may also benefit those with other chronic health conditions who want to be more active! Increase joint flexibility and range of motion while maintaining muscle strength.

Exercising can be done standing or sitting in a chair.



Instructor: Kim Vitale

Location: Senior Center 

Day	Dates	Time	Res./Non.
M	3/16 – 4/20	11 a.m. - noon	\$42 / \$54
W	3/11 – 4/22	11 a.m. - noon	\$49 / \$63
F	3/13 – 4/24*	11 a.m. - noon	\$42 / \$54
M	5/04 – 6/22*	11 a.m. - noon	\$49 / \$63
W	5/06 – 6/24	11 a.m. - noon	\$56 / \$72
F	5/08 – 6/26	11 a.m. - noon	\$56 / \$72

*No Class: 4/03 or 5/25

Strictly Strength



A gentle but effective strength training class designed to help you build muscle, improve balance and feel stronger every day! All exercises are done standing or seated. Bring weights to class.

Instructor: Carlenda Goslin (Maria Marino Fitness Pros)

Location: Senior Center  

Day	Dates	Time	Res. / Non.
Th	3/12 – 4/23	11 a.m. - noon	\$49 / \$63
Th	5/07 – 6/25	11 a.m. - noon	\$56 / \$72

Strength & Tone

Increase your metabolism, strengthen and tone your entire body. Class format will change each week. All fitness levels welcome. Bring a mat and weights to class.

Instructor: Michele Meckl

Location: Community Center 

Day	Dates	Time	Res. / Non.
T	4/14 – 5/19	9:30 - 10:30 a.m.	\$45 / \$58
W	4/15 – 5/20	5:45 - 6:45 p.m.	\$45 / \$58

Barre Fitness

Barre Fitness is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Barre also focuses on high reps of small range movements. All fitness levels welcome! Bring a mat to class.



Instructor: Michele Meckl

Location: Community Center 

Day	Dates	Time	Res. / Non.
W	4/15 – 5/20	7 - 8 p.m.	\$45 / \$58

Tai Chi Chu'an

Tai Chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi's deep breathing meditation techniques and slow movements can help relieve stress, increase flexibility, strength and improve overall well-being.

Instructor: John Marchewitz

Location: Community Center



Beginner:

Day	Dates	Time	Res./Non.
T	3/10 - 4/21	10 - 11 a.m.	\$49 / \$63
Th	3/12 - 4/23	10 - 11 a.m.	\$49 / \$63
T	5/05 - 6/23	10 - 11 a.m.	\$56 / \$72
Th	5/07 - 6/25	10 - 11 a.m.	\$56 / \$72

Intermediate:



Day	Dates	Time	Res./Non.
Th	3/12 - 4/23	11:15 a.m. - 12:15 p.m.	\$49 / \$63
Th	5/07 - 6/25	11:15 a.m. - 12:15 p.m.	\$56 / \$72

Essentrics

Essentrics is a full-body workout that rapidly changes the shape of your body through a fluid combination of strengthening and stretching. Bring a mat to class.

Instructor: Carrie James

Location: Community Center



Day	Dates	Time	Res. / Non.
M	4/13 - 5/18	6 - 7 p.m.	\$49 / \$63
W	4/15 - 5/20	6 - 7 p.m.	\$49 / \$63
F	4/17 - 5/22	12:30 - 1:30 p.m.	\$49 / \$63

Essentrics: Stretch & Restore

You will experience a relaxed, but dynamic full-body stretch that will work through all the joints and release tight muscles. Bring a mat to class.

Instructor: Carrie James

Location: Community Center



Day	Dates	Time	Res. / Non.
M	4/13 - 5/18	5:15 - 5:45 p.m.	\$42 / \$55

Mat Pilates

Strengthen your core, improve flexibility and enhance your posture with our energizing Mat Pilates class! Designed for all fitness levels, this low-impact, full-body workout uses body weight and controlled movements to build strength, improve balance and increase mind-body awareness. No equipment needed - just bring a mat and your motivation!

Instructor: Michele Meckl

Location: Community Center



Day	Dates	Time	Res. / Non.
M	4/13 - 5/18	6 - 7 p.m.	\$45 / \$58

TOTAL BODY STRENGTH TRAINING

A full-body workout that combines strength training, cardio and core exercises using dumbbells, resistance bands, medicine balls, the indoor walking track and more. Move through powerful stations designed to build strength, tighten, tone and challenge your entire body. Bring weights to class (5 lbs. or less).

Instructor: Carlenda Goslin

Location: Community Center



Day	Dates	Time	Res. / Non.
M	4/13 - 5/18	7:15 - 8:15 p.m.	\$45 / \$58



Chair Yoga is a gentle, seated form of yoga that connects breath with movement to help increase flexibility, strength, clarity and balance. The practice modifies standard yoga poses so that you can do them while sitting in a chair or standing and using a chair for balance.

Instructor: Elizabeth Wilk (Maria Marino Fitness Pros)

Location: Senior Center



Day	Dates	Time	Res. / Non.
M	3/09 - 4/20	9:30 - 10:30 a.m.	\$49 / \$63
W	3/11 - 4/22	9:30 - 10:30 a.m.	\$49 / \$63
F	3/13 - 4/24*	9:30 - 10:30 a.m.	\$42 / \$54
M	5/04 - 6/22*	9:30 - 10:30 a.m.	\$49 / \$63
W	5/06 - 6/24	9:30 - 10:30 a.m.	\$56 / \$72
F	5/08 - 6/26	9:30 - 10:30 a.m.	\$56 / \$72

*No Class: 4/03 or 5/25

MOVE YOUR BODY

Gentle Yoga FOR BEGINNERS

Revitalize your body, relax your mind, and reduce stress with slow, gentle poses that increase strength and flexibility. Bring a yoga mat and wear comfortable clothing.



Instructor: Elizabeth Wilk (Maria Marino Fitness Pros)
Location: Senior Center



Day	Dates	Time	Res. / Non.
M	3/09 - 4/20	6 - 7 p.m.	\$49 / \$63
M	5/04 - 6/22*	6 - 7 p.m.	\$49 / \$63

*No Class: 5/25

Basic Blend Yoga

Unwind after work and relax! Enjoy this unique blend of core, yoga flow and restore. This class will emphasize breathing, stretching, alignment and core exercises offering you a calm mind, body and spirit. All levels are welcome. Bring a mat to class.

Instructor: Donna Guitar
Location: Community Center



Day	Dates	Time	Res. / Non.
T	4/14 - 5/19	5:15 - 6:15 p.m.	\$45 / \$58

Yoga

Revitalize your body, relax your mind and reduce stress with our yoga class. These classes help to trim and tone the entire body, increase flexibility and strength, help to de-stress the body and calm the mind. All levels are welcome! Bring a mat to class.

Instructor: Elizabeth Wilk (M & W)
Location: Community Center



Day	Dates	Time	Res. / Non.
M	4/13 - 5/18	11 a.m. - noon	\$45 / \$58
W	4/15 - 5/20	11 a.m. - noon	\$45 / \$58
Th	4/16 - 5/21	6:15 - 7:15 p.m.	\$45 / \$58

Zumba! GOLD

Get grooving at your own pace! Zumba Gold is a high-energy, low-impact aerobic workout. Bring indoor-only, non-marking soled shoes.

Instructor: Peggy DiMercurio (M & F)
Location: Senior Center



Day	Dates	Time	Res. / Non.
M	3/09 - 4/20	9:30 - 10:30 a.m.	\$49 / \$63
Th	3/05 - 4/09	6 - 7 p.m.	\$42 / \$54
F	3/13 - 4/24*	11 a.m. - noon	\$42 / \$54
M	5/04 - 6/22*	9:30 - 10:30 a.m.	\$49 / \$63
Th	4/16 - 5/21	6 - 7 p.m.	\$42 / \$54
F	5/08 - 6/26	11 a.m. - noon	\$56 / \$72

*No Class: 4/03 or 5/25



ZUMBA gold toning

This toning class focuses on muscle conditioning. It blends the Zumba party you love at a slower pace with a total-body workout using Zumba Toning sticks to shake up those muscles!

Instructor: Barb Wolcott
Location: Senior Center



Day	Dates	Time	Res. / Non.
T	3/03 - 4/21	10 - 11 a.m.	\$56 / \$72
T	5/05 - 6/23	10 - 11 a.m.	\$56 / \$72



ZUMBA®

A fun mix of dance and fitness moves, this Latin-inspired fitness class will make you sweat and burn calories! Zumba is a great high and low intensity workout with international rhythms and music for all shapes and sizes!

Instructor: Sandra Currie
Location: Community Center



Day	Dates	Time	Res. / Non.
T	4/14 - 5/19	6:30 - 7:30 p.m.	\$45 / \$58
Th	4/16 - 5/21	7:15 - 8:15 p.m.	\$45 / \$58

Chair Zumba GOLD

Chair Zumba Gold aims to improve overall energy, core stability, muscular strength, cardiovascular endurance and motor skills for those who find it difficult to stand for extended periods of time, those with limited mobility and anyone who wants a great seated workout! Shake weight exercises are also incorporated and available to use to enhance your workout.



Instructors: Barb Wolcott
Location: Senior Center

Day	Dates	Time	Res. / Non.
T	3/03 – 4/21	11:30 a.m. - 12:30 p.m.	\$56 / \$72
T	5/05 – 6/23	11:30 a.m. - 12:30 p.m.	\$56 / \$72

LINE DANCE Exercise

Line dance exercise is an alternative way to be more active, meet new friends, increase stamina and cardiovascular endurance and improve balance. From your first steps as a beginner to a seasoned stepper, there is a class for you! Bring a water bottle and wear comfortable clothing and athletic non-marking shoes.

Instructor: Carol Pakizer
Location: Community Center

Beginner:

Day	Dates	Time	Res. / Non.
Th	3/12 – 4/23*	12:45 - 1:45 p.m.	\$42 / \$54
Th	5/07 – 6/25	12:45 - 1:45 p.m.	\$56 / \$72

Intermediate:

Day	Dates	Time	Res. / Non.
Th	3/12 – 4/23*	11:30 a.m. - 12:30 p.m.	\$42 / \$54
Th	5/07 – 6/25	11:30 a.m. - 12:30 p.m.	\$56 / \$72

Advanced:

Day	Dates	Time	Res. / Non.
T	3/10 – 4/21	11:30 a.m. - 12:30 p.m.	\$49 / \$63
T	5/05 – 6/23	11:30 a.m. - 12:30 p.m.	\$56 / \$72

*No Class: 4/16

Beginner Line Dance

Join in the fun & exercise! Each new dance step is taught as we move through each dance. This class is for "first timers" as well as those with some experience. Emphasis on fun and exercise! Non-marking, athletic shoes are required for class.

Instructor: Doug Mazzola
Location: Community Center

Day	Dates	Time	Res. / Non.
T	4/14 – 5/19	6:30 - 7:30 p.m.	\$45 / \$58

Beginner Plus Line Dance

Fun class for experienced beginners! This class is geared for those who have taken beginner classes and would like to take their dancing to the next level. Dances will be at the "beginner + to improver" level (*NO intermediate*). Come join the challenge, exercise and fun! Non-marking, athletic shoes are required for class.

Instructor: Doug Mazzola
Location: Community Center

Day	Dates	Time	Res. / Non.
T	4/14 – 5/19	7:45 - 8:45 p.m.	\$45 / \$58



PICKLEBALL LESSONS

LEAGUES

Intro to Pickleball - One-day Clinic

Have you been wanting to see what Pickleball is all about? Participants in this one-day class will learn the basic rules, strokes and strategies of the game. No prior experience necessary. Paddles and balls are provided.

Instructors: Donna Santi

Location: Senior Center Gym

Day	Dates	Time	Res. / Non.
T	4/14	6 - 8 p.m.	\$17 / \$22
T	5/12	9:15 - 11:15 a.m.	\$17 / \$22

Pickleball 101 (4-Week Session)

Want to learn more about pickleball, improve your skills and play in leagues or tournaments? Learn the rules of the game, basic hitting techniques and other tips and strategies of the game during this 4-week session. Paddles and balls are provided.

Instructors: Donna Santi

Location: Senior Center Gym

Day	Dates	Time	Res. / Non.
T	3/17 - 4/07	6 - 8 p.m.	\$67 / \$87
T	4/14 - 5/05	9:15 - 11:15 a.m.	\$67 / \$87
T	5/19 - 6/09	9:15 - 11:15 a.m.	\$67 / \$87
T	5/19 - 6/09	6 - 8 p.m.	\$67 / \$87

Pickleball Skills & Drills

Learn effective techniques for serves, ground strokes, 3rd shots, lobs and overheads. Instructor will teach winning strategies including shot selection, communication, positioning and consistency. Players will perform drills and play games to improve skills in game situations. *Not for beginning players.*

Instructors: Donna Santi

Location: Senior Center Gym

Day	Dates	Time	Res. / Non.
T	3/17 - 4/07	9:15 - 11:15 a.m.	\$67 / \$87
T	4/21 - 5/12	6 - 8 p.m.	\$67 / \$87

Join our Pickleball Round Robin Ladder Leagues! Players will play with and against division participants, changing partners after each game. Players will be scheduled and assigned a court based on the previous week's individual score. Standings will be kept and updated weekly during the 6 weeks of league play to determine a league champion (prizes awarded). Game play - three games to 15 points.

**Space is limited; if league is full, please add yourself to the wait list and substitute player list.*

Co-ed Doubles Round Robin Ladder League

(Player Ranking: 2.5 +)

Dates: 4/15 - 5/20

Time: 12:30 - 2 p.m.

Cost: \$26 Resident /
\$33 Non-resident

Location: Community Center

Substitute Player

Cost: Free; ***must register**



Know Before You Go!

- Resident registration for trips begins in-person and online at **2:15 p.m.** on the day listed above the trip title. Numbers will be given out starting at 2 p.m. for in-person registrations.
- **Non-residents may register the *next day* at 2:15 p.m.**
- Trips are ***non-refundable*** unless a suitable replacement can be secured at least two business days prior to departure.
- Pricing listed is resident / non-resident.
- Dates & pricing are subject to change.
- Return times listed are approximate.
- If you need a wheelchair lift bus for any of our day trips, please let us know ***before registering*** as we need to check on availability of wheelchair seating.
- Travelers are to park in the northeast lot, the lot along the tree line near the gym.
- Each traveler must visibly wear the provided lanyard for the duration of the trip.
- Check-in begins 1 hour prior to departure.
- Travelers must be checked in at least 15 minutes prior to departure.
- Trip itineraries and meal choices are subject to change. When possible, travelers will be alerted via email prior to departure.

Endurance Level Key

To better assist travelers, trips are rated according to the level of endurance required.



Easy: Little walking. Ex: Going to a lunch or play.



Moderate: Walking with few breaks and some stairs.



Strong: Much walking, uneven surfaces, and /or multiple flights of stairs.



All of our upcoming outings are listed below chronologically. Please check: myshpr.net or email seniorcenter@sterlingheights.gov to inquire if spots are still available.

Departs Destination

03/13/26	Monarch Craft Studio
03/25/26	Soaring Eagle Casino
03/27/26	DSO Concert "Rick Steves' Europe: A Symphonic Journey
03/31/26	"& Juliet" at the Fisher Theatre
04/08/26	"Come From Away" at Meadow Brook Theatre
04/16/26	Hamtramck
04/24/26	Historic Savannah & Charleston
04/28/26	Great Lakes Crossing Shopping
04/30/26	Ohio Wine Tour
05/06/26	"Million Dollar Quartet" at Meadow Brook Theatre
05/14/26	Midland: Dow Gardens & Whiting Forest Canopy Walk
05/19/26	Luncheon Theatre Show "Positively Broadway" at the OPC
05/20/26	Sequoia & Kings National Parks
05/28/26	Kellogg Manor House
05/29/26	DSO Concert "Songs of America"
06/05/26	Detroit Tigers vs. Seattle Mariners
06/10/26	"Always a Bridesmaid" at Meadow Brook Theatre
06/12/26	Bay City
06/19/26	DSO Concert "Pink Martini"
06/25/26	DIA Melodies at the Museum
07/08/26	"Emma's Wedding" at Purple Rose Theatre
07/10/26	Detroit Tigers Vs. Philadelphia Phillies
09/19/26	Landscapes & Lighthouses of Coastal Maine
10/22/26	Spotlight on the French Riviera
12/04/26	Christmas in London
03/11/27	Discover Irish Splendor

TRAVEL

(Opens Wednesday, 3/11)

Shopping at Great Lakes Crossing Mall

Tuesday, April 28 

Back by popular demand! Get some much-needed personal retail therapy / mall walking to help calm the nerves. The bus will drop you off to enjoy the day as you wish; take in a movie at the theatre, have lunch with a friend (on your own), get a new outfit, etc.

Cost	Depart	Return	Travel By:
\$6 / \$9	9:45 a.m.	2:45 p.m.	SMART

(Opens Wednesday, 3/11)

Meadow Brook Theatre presents...

MILLION DOLLAR QUARTET

Wednesday, May 6 

December 4, 1956: an extraordinary twist of fate brings Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam sessions ever, with an irresistible tale of broken promises, secrets, betrayal and celebrations that are both poignant and funny. Relive the era with the smash-hit sensation featuring an incredible score including "Blue Suede Shoes," "Fever," "Walk the Line," "Great Balls of Fire," "Hound Dog," and more.



Cost	Depart	Return	Travel By:
\$47 / \$50	12:45 p.m.	5:30 p.m.	SMART

(Opens Wednesday, 3/11)

Midland: Dow Gardens & Whiting Forest Canopy Walk

Thursday, May 14 

Travel to Midland to tour the home and studio of Alden B. Dow. Designated a National Historic Landmark in 1989, it continues to engage the imagination and elicits emotional responses in all who experience this powerful statement of Mid-Twentieth Century Modern architecture. Next, travel to Dow Gardens to experience a dazzling 110-acre display of annuals and perennials punctuated by distinctive bridges, towering pines, and delightful water features. Lastly, explore Whiting Forest of Dow Gardens featuring 54 acres of woodlands, ponds, apple orchard, meadows and stream. You will be immersed in the forest on the nation's longest canopy walk, 1,400 feet long, soaring up to 40 feet above the ground. Enjoy lunch at Lucky's Steakhouse with a choice of 1) old fashioned burger with cheese, grilled onions, lettuce, tomatoes & pickle with French fries, 2) chicken parmesan served with fettuccine Alfredo OR 3) Icelandic cod lightly breaded and served with tartar sauce. All entrées served with bread, salad, dessert and non-alcoholic beverage.

Cost	Depart	Return	Travel By:
\$91 / \$96	7 a.m.	6:30 p.m.	Bianco

(Opens Wednesday, 3/11)

OPC 650 Players presents...

Positively BROADWAY

Tuesday, May 19 

Get ready to be dazzled! This May, OPC Performing Arts proudly presents its 2026 Spring Show, **Positively Broadway**, a vibrant celebration of Broadway's greatest hits performed with energy, heart, and plenty of show-stopping flair. Go on an unforgettable journey through beloved Broadway classics, filled with lively music, dazzling choreography and the unmistakable magic of live performance. You will get to enjoy a delicious lunch and dessert before the show.

Cost	Depart	Return	Travel By:
\$31 / \$34	11:15 a.m.	3:45 p.m.	SMART

(Opens Wednesday, 3/11)

Kellogg Manor House

Thursday, May 28



Travel to Hickory Corners, Michigan to enjoy a guided tour of Kellogg Manor House (home to former cereal magnate W.K. Kellogg) situated on the highest point overlooking Gull Lake. This 100-year-old manor house boasts awe-inspiring views and historic grandeur.

This lovely lakeside setting includes a carriage house with chauffeur's residence, greenhouse and natural gardens, boathouse and an authentic Dutch windmill. Enjoy a luncheon with a choice of 1) Pastry topped chicken pot pie with a tossed salad or 2) Michigan harvest house salad with a bowl of vegetable soup. The trip concludes at Cherry Creek Cellars that is located in a historic 1870 schoolhouse and includes a wine tasting of the vintner's award-winning wines.



Cost	Depart	Return	Travel By:
\$79 / \$84	6:45 a.m.	7 p.m.	Bianco

PNC Pops Coffee Concert with the DSO

SONGS OF AMERICA

Friday, May 29



Celebrate America's 250th Anniversary with the songs and sounds that have shaped the nation's musical legacy. From jazz standards and Broadway classics to the great American Songbook, vocalists Melinda Doolittle and Jimmie Herrod join the Detroit Symphony Orchestra and conductor Enrico Lopez-Yañez for a journey through America's musical heritage.



Cost	Depart	Return	Travel By:
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(Opens 3/11- Game 1 & 4/22 - Game 2)

Detroit Tigers

Friday, June 5

vs. Seattle

or

Friday, July 10

vs. Philadelphia



Don't strike out, join us for one, two or three opportunities to head to the old ball game to cheer on the Detroit Tigers this summer. Weather permitting there will be fireworks after the games. Seats are in section 113. Stay tuned for more information about our third visit to the ball park in the Summer **Fifty Plus Post**.

Date	Cost	Depart	Return	Travel By:
6/05	\$49 / \$52	4 p.m.	11 p.m.	SMART

Date	Cost	Depart	Return	Travel By:
7/10	\$57 / \$60	4 p.m.	11 p.m.	SMART

(Opens Wednesday, 4/22)

Meadow Brook Theatre presents...

Always a Bridesmaid

Wednesday, June 10



On the night of their senior prom, Libby, Ruth, Deedra, Monette and Charlie promise that they will be bridesmaids in one another's weddings... no matter what. Now, more than thirty years later, these Southern gals are still making "the long walk" for each other, determined to honor that vow. 'For better or for worse' takes on a whole new meaning in this delicious comedy about old friends. From the writers of The Golden Girls and Kingdom Come.

Cost	Depart	Return	Travel By:
\$47 / \$50	12:45 p.m.	5:30 p.m.	SMART

(Opens Wednesday, 4/22)

BAY CITY

Friday, June 12



Tour Bay City, an old lumber and shipping town that has many old stories, filled with ghosts, legends and other folklore. Learn about Hell's Half Mile and Water Street where as many as 5000 loggers would hit the street. Tour the district with turn-of-the-century brick buildings, which house quaint specialty shops, eateries and pubs. Enjoy a buffet luncheon at Krzysiak's House, one of the most popular restaurants in the Bay area. After lunch board the Princess Wenonah for a 2-hour cruise down the Saginaw River into Saginaw Bay.

Cost	Depart	Return	Travel By:
\$77 / \$82	7:30 a.m.	4:45 p.m.	Bianco

(Opens Wednesday, 4/22)

PNC Pops Coffee Concert with the DSO

PINK MARTINI

Friday, June 19



Explosive yet graceful, touching yet playful—there's no band quite like Pink Martini! Joined by the DSO and featuring the sensational Storm Large, this 12-musician ensemble delivers a genre-blurring performance that blends jazz, world music, and '40s-'50s pop, taking audiences on a musical journey around the globe. With songs in 25 languages and over 3 million albums sold worldwide, Pink Martini returns to Orchestra Hall for an unforgettable performance!

Cost	Depart	Return	Travel By:
\$53 / \$56	8:45 a.m.	1:30 p.m.	SMART

(Opens Wednesday, 4/22)

The Detroit Institute of Arts presents...

Melodies at the Museum: Motown Tribute

Thursday, June 25



Take part in this unique opportunity at the Detroit Institute of Arts for Melodies at the Museum which will feature a musical performance tribute to the Motown sound of the 1960s and 1970s including Smokey Robinson, The Temptations, The Jackson Five and others. After the performance, enjoy time for a self-guided visit of the museum.

Cost	Depart	Return	Travel By:
\$6 / \$9	11:45 a.m.	3:45 p.m.	DIA

(Opens Wednesday, 4/22)

Emma's Wedding(s)

Wednesday, July 8



Travel to Purple Rose Theatre in Chelsea for the world premiere of Emma's Wedding(s). Emma is getting married. Again. For the fourth time, actually. But she's determined that this one will be the one. Gathering her less-than-enthusiastic best friends, they revisit each of Emma's previous weddings, leading to a hilarious romp through the decades, complete with '80s hair, dial-up internet, Boone's Farm wine and the enduring power of friendship. *(Contains adult content and subject matter.)*

Travelers will have lunch at Karl's Cabin with a choice of **1**) Chicken Picatta with whipped potatoes and green beans, **2**) Parmesan encrusted cod with buttered redskins and broccoli or **3**) Maurice Salad. All entrées served with table bread, non-alcoholic beverage and butter pecan ice cream. Patrons will have time to walk around downtown Chelsea and maybe even do a little shopping prior to the performance.

Cost	Depart	Return	Travel By:
\$116 / \$121	10:15 a.m.	6:45 p.m.	Bianco

EXTENDED TRAVEL



For additional details, or to register for the trips listed on this page, visit: myshpr.net or the Sterling Heights Senior Center.

LANDSCAPES & LIGHTHOUSES OF COASTAL MAINE

September 19 – 25, 2026

\$3,949 Double /
\$5,099 Single
w/air from DTW
& w/9 meals
(6 breakfasts & 3 dinners)



Highlights: Boston City Tour & Fenway Park, Casco Boat Cruise, Cape Neddick Lighthouse, Coastal Maine Botanical Gardens, Lobster Clambake, Portland Head Lighthouse

Travel arrangements through:
Tour Activity Level: 2 out of 4



SPOTLIGHT ON THE FRENCH RIVIERA

October 22 – 30, 2026

\$3,999 Double /
\$4,699 Single w/air
from DTW & w/12 meals
(7 breakfasts, 1 lunch
& 4 dinners)



Highlights: Nice Flower Market, Tasting Tour in Old Town of Nice, Monaco, Hilltop Village of Eze, Perfumery Workshop, Saint-Jean-Cap-Ferrat, Cannes, Wine Tasting, St. Paul de Vence.

Travel arrangements through:
Tour Activity Level: 3 out of 4



CHRISTMAS IN LONDON*

December 4 - 10, 2026



\$3,899 Double / \$4,899 Single w/air from DTW
& w/9 meals (5 breakfasts, 2 lunches & 2 dinners)

Highlights: Christmas Markets, Covent Garden, Greenwich, Blenheim Place, St. Paul's Cathedral, London's South Bank, Christmas Light Drive.

Travel arrangements through:
Tour Activity Level: 3 out of 4



DISCOVER IRISH SPLENDOR

March 11 – 18, 2027

\$3,999 Double /
\$4,799 Single
w/air from DTW
& w/9 meals
(6 breakfasts & 3 dinners)



Highlights: Dublin, Rock of Cashel, Blarney Castle, Dingle Peninsula, Cliffs of Moher, whiskey distillery tour, Foynes Aviation Museum & a castle hotel stay.

Travel arrangements through:
Tour Activity Level: 1 out of 4



*TRAVEL PRESENTATION

A representative from Collette will discuss what travelers should expect on this trip and answer audience questions. Join us to see if this adventure is for you.

Monday, April 6

2 p.m. Christmas in London
Free, all are welcome!



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The City of Sterling Heights, Sterling Heights, MI

15-0753

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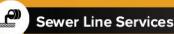
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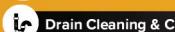
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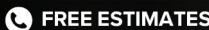
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The City of Sterling Heights, Sterling Heights, MI

15-0753

ACTIVITY REGISTRATION FORM

myshpr.net | recreation@sterlingheights.gov | 586-446-2700



Primary (First & Last Name): _____ Date of Birth: ____ / ____ / ____ Male / Female / Other

Phone (Prime): (_____) Cell / Home / Work Phone (Secondary): (_____) Cell / Home / Work

Email (Prime): _____ Email (Secondary): _____

Address: _____ Apt #: _____

City: _____ Zip: _____ State: _____

Emergency Contact #1 (Required): _____ Relation: _____ Phone #: (_____) _____

Emergency Contact #2 (Required): _____ Relation: _____ Phone #: (_____) _____

Not living in household

Participant Name	Date of Birth	Gender	Program Name	Date / Day of Week	Fee
	/ /	M / F / O			\$
	/ /	M / F / O			\$
	/ /	M / F / O			\$

Space for additional participants provided on the back.

Payment method: Cash Charge Check # _____ payable to: Treasurer City of Sterling Heights

Total Due \$

Credit Card Information (mail, fax, or email registration only)

Visa/MC/Discover #: _____ 3 digit: _____ Exp. Date: _____

For Visa/MC/Discover charges please sign here: _____

Department of Parks and Recreation Release, Waiver, Hold Harmless, Indemnity and Participation Agreement

The risks of injury and illness (ex: communicable diseases such as MRSA, influenza, and COVID-19) to myself or my child from the use of the Sterling Heights Community Center, Senior Center, Nature Center and its amenities are significant, including the potential for permanent disability and death, and while particular rules, equipment and personal discipline may reduce these risks, the risks of serious injury and illness do exist; and, in consideration of the City of Sterling Heights, City of Sterling Heights Department of Parks and Recreation ("City") allowing me and/or my child or ward access to and use of the Community Center, Senior Center, Nature Center and its amenities, I for myself, spouse, and child or ward agree to:

- (A) Assume all risks of injury and property damage and accept all responsibility in case of accidents, injury or death;
- (B) RELEASE AND HOLD HARMLESS AND AGREE NOT TO SUE the City, its employees, and elected or appointed officials, for any claim, damages, costs or cause or action which I may have or suffer or may in the future have or suffer as a result of any accident, injury including death or damages sustained or incurred while accessing or using the Community Center, Senior Center, Nature Center and its amenities, even if arising from their negligence, to the fullest extent permitted by law, and
- (C) agree to indemnify, defend, and hold harmless the City, its elected and appointed officials, and employees from any and all claims for injuries, damages or loss, of any kind whatsoever arising in any way in connection with my access to and use of the Community Center, Senior Center and its amenities.

PARENT OR GUARDIAN ACKNOWLEDGEMENT AND CONSENT:

I have read and understand the terms of this Agreement and unconditionally agree to its full terms, waivers and releases on behalf of both myself, and my child or ward, whose name(s) is listed above. All such terms, statements, warranties, notices, representations, waivers and releases fully apply to my child or ward as if I was the participant. I understand that, by signing this Consent, I am giving up important legal rights both on behalf of myself and my child or ward regarding potential rights and claims against the City, if any. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms. I hereby warrant and represent that if I am neither the Child's Parent nor legal Guardian, I have been granted the expressed authority to execute this Waiver, Release and Assumption of Risk Agreement by, and on behalf of, the Child's Parent or Guardian. In the event that it is determined I do not have the authority to execute this agreement on behalf of another, I agree that I shall be solely liable for any and all claims, actions, penalties, causes of action, services, fees or similar expense.

I acknowledge I have read and understand the above release, waiver & participation agreement and agree to abide by its terms & conditions.

/ /

Participant or Parent/Guardian Signature

Date

Name (Print)

I prefer **not** to have myself or my child photographed or recorded during registered classes or programs. I understand that photos taken in public spaces or at community events may still be used for City purposes.

Office Use Only: License Exp: ____ / ____ / ____ Processed by: _____ Date: ____ / ____ / ____ 11/5/25

This form is for Classes and Trips ONLY. Membership Registration Forms can be found at the Senior Center.



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P.O. Box 8009
Sterling Heights MI, 48311-8009

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Business Office: (586) 446-2750
(Mon. – Fri. 9 a.m. – 5 p.m.)

Cancellation Line: (586) 446-2693

E-mail us at:
seniorcenter@sterlingheights.gov

Location: 40200 Utica Rd.
Entrance is on Utica Rd.
(Between 17 Mile & Dodge Park Rd.
one block East of Dodge
Park roundabout)

Mailing Address:
Sterling Heights Senior Center
40555 Utica Rd.
P.O. Box 8009
Sterling Heights MI, 48311-8009

Minibus Service:
shprbus@sterlingheights.gov
or (586) 446-2757
(Mon.-Fri. 9 a.m. - 12 p.m. & 1 - 4 p.m.)

Parks & Recreation Senior Center Staff

Parks & Recreation Director: Kyle Langlois

Parks & Recreation Manager: April Heier

Recreation Superintendent: Kristen Briggs

Recreation Specialist: Jennifer Rizzo

Management Assistant: Christine McCullum

Senior Clerk: Bozena Saladiak

Program and Services Assistants: Julie Sarcona and Mackenzie Zyla

Program Assistants : Leona C., Kim S., Jean V., Linda J., Janet H., Connie M., Linda K., Maggie P., Carol O., Sherion B., Tom K., Nancy T., Debra M. & Kelly H.

Bus Drivers: Sharon L., Ed S., Matt F., Karen M., Denise B., Susan N., Joe B., Jerry S., Eric H. & Steve V.

Other Helpful Information:

AgeWays (formerly Area Agency on Aging 1-B): (800) 852-7795 or AgeWays.com

Lakeshore Legal Aid: (888) 783-8190 or lakeshorelegalaid.org

Mac. Co. Office of Senior Services: (586) 469-5228 or macombgov.org/seniors
(Loan Closet, Home Chore Assistance, Meals on Wheels, Dining Senior Style, etc.)

Macomb Food Program: (586) 469-6004

Medicare/Medicaid Assistance Program: (248) 262-0545

City of Sterling Heights:

Animal Control: (586) 446-2879

Community Relations: (586) 446-2489

Department of Public Works: (586) 446-2440

Medication Disposal Box: lobby of the Police Dept. (Available 24/7)
(40333 Dodge Park Rd.)

Parks and Recreation: (586) 446-2700 or myshpr.net

Public Library: (586) 446-2665 or shpl.net

Although we do our best to ensure that all information in this publication is accurate, errors occasionally occur and/or last-minute changes in programming may be necessary. We apologize for any inconvenience and thank you for your patience & understanding.

**City of Sterling Heights
Department of Parks and Recreation
40555 Utica Road
Sterling Heights, MI 48313**

OR CURRENT RESIDENT

MARK YOUR CALENDAR

Below are some notable spring Parks and Recreation events:

Artist Inside

(Registration required)

3/14 & 4/11 11:30 a.m. - 12:30 p.m.

Heartsaver CPR

(Registration required)

4/15 or 5/13 5-9 p.m.

Treasure Hunter Market

5/15 9 a.m. - 2p.m.

For more events and information
check out myshpr.net.

2026 Community Garden Season Is Here!

Opens 5/01

Located in James C. Nelson Park, the Sterling Heights Community Garden offers residents and non-residents the opportunity to grow vegetables, flowers, and native plants. Gardeners can rent in-ground, raised, ADA-accessible, or children's beds for the season. The Community Garden also hosts public educational programs, group visits, and volunteer days to encourage community involvement! Soil, compost, water, and shared tools are provided for all gardeners. Garden bed rentals are currently open for residents and non-resident registration opens March 2. Cost: \$20-\$120. Interested individuals or households can apply in person at the Community Center or by mailing the documents to Sterling Heights Parks and Recreation at 40555 Utica Rd., P.O. Box 8009, Sterling Heights, MI. 48311-8009.

