January 2020

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On the cover: From snowshoeing and cross country skiing to indoor activities like water aerobics and pickleball, there is plenty to keep you moving this winter.

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SENIOR LIVING

MACOMB COUNTY

Centerline Towers: 803310 Mile, Centerline, 48015

Chesterfield Library: 50560 Patricia, Chesterfield, 48047

Chesterfield Senior Center: 47275 Sugarbush, Chesterfield, 48047

Macomb Daily Building: 19176 Hall Road, Suite 200, Clinton Township, 48038

Macomb County Seniors: 21885 Dunham, Clinton Twp, 48036

Pine Ridge Assisted Living: 36333 Garfield, Clinton Twp, 48036

Clinton-Macomb Library: 35891S. Gratiot, Clinton Twp, 48035

Clinton Twp Senior Center: 40730

Romeo Plank, Clinton Twp, 48038 Heritage Senior Place: 1543018

Mile/ Hayes, Clinton Twp, 48038 **Eastpointe City Rec:** 164358 Mile, Eastpointe, 48021

Fraser Senior Center: 34935 Hidden Pine, Fraser, 48026

Tucker Senior Center 26980 Ballard, Harrison Twp, 48045

Macomb Senior Center: 1992523 Mile, Macomb Twp, 48042

Mt Clemens Library: 150 Cass, Mt. Clemens, 48043

New Baltimore Library: 36480 Main, New Baltimore, 48047

Romeo Park and Rec: 361 Morton,

Romeo, 48065

Roseville Senior Center: 18185 Sycamore, Roseville, 48066

Roseville Library: 29777 Gratiot/ Common, Roseville, 48066

Shelby Senior Center: 51670 Van Dyke, Shelby, 48316

Sunrise Assisted Living: 46471 Hayes, Shelby, 48315

Utica Senior Residence: 7650 Greeley, Shelby/Utica, 48317

St Clair Shores Library: 2250011 Mile, St. Clair Shores, 48081

SCS Parks and Rec: 20000 Stephens, St. Clair Shores, 48080

Sterling Heights Senior Center: 40200 Utica, Sterling Heights, 48313

Henry Ford Medical: 350015 Mile Rd/ Ryan Rd, Sterling Heights 48310

Andreas Rest: 12/Bunert, Warren 48088

Warren City Hall: 29500 Van Dyke hetween 12& 13 Warren 48093

between 12& 13, Warren, 48093

Warren Community Center: 5460

Arden, Warren, 48092

OAKLAND COUNTY

Auburn Hills Senior Center: 1827 N. Squirrel, Auburn Hills, 48326 Orion Center: 1335 Joslyn Road,

Lake Orion, 48360

OPC Rochester: Letica Rd, Rochester, 48307

Troy Senior Center: 3179 Livernois, Troy, 48084

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MONEY & SECURITY

When to question a home evaluation and other real estate questions answered

e : We're looking to buy a house for our daughter and her family to temporarily live in for a couple of years and then turn it into an investment property. The MLS listing says that the property is nonconforming use. What does that mean?



Steve Myers

: This question comes up once in a great while. Nonconforming use is a use of the property that violates zoning regulations or codes, but is allowed to continue because it began before the zoning restriction was enacted. The owner will more than likely be restricted in the extent to which he/she may improve or restore the building/structure. To reduce the amount of surprises you will need to consult (and not limited to) the municipalities zoning department, building department, licensed contractor(s) and a seasoned real estate attorney. It's best to do your due diligence upfront in a situation like this before you own it and find out you can't do what you wanted to do.

: We need to sell our home. We've had two real estate agents come to our home. One agent said that our home was worth \$205,000 to \$215,000 and showed us some comparable sales in the area. The other agent said that we should list our home for \$259,000 because homes are selling fast, but didn't have any comparable sales to match what he was telling us. There's a home similar to ours not too far away that accepted an offer recently and they were asking \$208,000. The agent who said \$259,000 just seems way out there; why or how would he come up with that price? Are we and the other agent missing something? We don't want to give it away but we can't afford for it to sit on the market for six months either.

A: I would definitely get a third opinion; but from the information you gave me about your home (not mentioned in this article) the \$259,000 is way out of line. That particular agent is either very incompetent, unethical or both and is trying to do what is called in this industry, buying a listing. Buying a listing is when an agent overinflates the value of a property to an unsuspecting homeowner to entice the greed factor of humans to

get more money. This agent usually isn't interested in actually selling your home per say, but to use your home listing to pick-up other business either through open houses (which in my opinion don't work) or through calls from the for sale sign or online leads. Eventually the price is going to have to come down or the Seller fires the agent who already picked up business from the listing. When you meet with an agent make sure they are showing you comparable sales within the last 3 - 6 months (unless there are not enough sales; then go back further) of like properties in the area (in a populated area with subdivisions usually an appraiser uses 1.0 to 1.25 mile radius or less from subject property); ranches vs. ranches, basement vs. basement etc. Also, make sure they're breaking down the sales price to per square foot just like an appraiser would. If everything in your area is selling for \$115 to \$125 per square foot and then the agent tells you to list your home for a price that equates to \$155 per square foot then you know something is amiss. Now don't get me wrong, most real estate agents are good, but like any other industry there are always a few who knowingly or unknowingly don't have high ethical standards.

Market Update: November market update for Macomb County and Oakland County's housing market is as follows. In Macomb County prices were up by almost 2% and Oakland County prices were up by more than 4% for the month. Residential home/condo on market inventory was down again. Macomb County's on market inventory was down by almost 1% and Oakland County's on market inventory was down by almost 6%. Average days on market have remained steady; Macomb County average days on market was 35 days and Oakland County average days on market was 37 days. Closed sales in Macomb County were up by almost 2% and closed sales in Oakland County were down by almost 6%. Low inventory continues to be an issue. (All comparisons are month to month, year to year.)

Steve Meyers is a Realtor at RE/ MAX Metropolitan in Shelby Twp. and is a member of the RE/MAX Hall of Fame. Contact him with questions at 586-997-5480 or at Steve@ AnswersToRealEstateQuestions. com You can also visit his website: AnswersToRealEstateQuestions.com.

Brian J. Kurtz



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401(k) ROLLOVERS: If you want your children to be able to "stretch" their distributions out over their lifetimes, it is imperative you roll your 401(k) into an IRA. This is one of my specialties! I'll help you protect your retirement dollars, make them grow, and make sure your beneficiaries understand all their options.

<u>LIFE INSURANCE</u>: Leaving a legacy is important to many of my clients. It's a good idea to have your old policies evaluated from time to time (even if they're "paid up") to see if they are still fitting your needs. I'll do an analysis for you at no cost, and see if you're getting the best possible coverage available to you.

LTC COVERAGE: Should you buy long-term care insurance? Maybe... or maybe not. I can inform you of ALL the options available to set aside funds for your own care, and help you make an informed decision on which method is best for you.

<u>LIVING TRUSTS</u>: Our attorney will prepare your Trust, Powers of Attorney, Medical Powers of Attorney, Last Will and Testament and all other necessary documents for an extremely reasonable fee. And I'll personally make sure all your assets are properly titled - those that go into the trust, and those that don't!



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CAREER & EDUCATION

Strategies for beating loneliness, isolation when working remotely

By Jane Peterson

For MediaNews Group

Every day more and more workers are ditching their daily commute in favor of stepping into their home office, perhaps making the transition to remote work gle to go out in colder weather one of the past decade's biggest when snow and ice present adtrends.

However, it's unfair to call working remotely a trend. It's more of a permanent change to the American workplace - and daily schedule or starting their a failure to thrive. own businesses as part of their "second act."

Either way, working remotely has clear advantages. According to Buffer's 2019 State of Remote Work report, 40% of the 2,500 remote workers surveyed state that a flexible schedule is the biggest benefit. This is followed closely by working from any location (30%); time with family (14%); and working from home (13%).

remote work has its drawbacks, your work day: including the ability to unplug from work, combat isolation and loneliness and be able to collaborate and communicate with oth- or the local chamber of commerce.

be particularly troubling for older workers, who may already be living alone or find themselves with an empty nest.

tive Medicine at Henry Ford Ma-social media promotion.

comb Hospital, said when people are lonely, they may not eat as well or may even withdraw from friends and family in an effort not to be a burden to them.

In addition, some older adults may also be less mobile or strugditional challenges, said Dr. Peter Schoeps, Beaumont Family & Geriatric Medicine specialist, adding that social isolation can contribute to depression, which one that is being embraced by is common among older adults. older workers who are either look- It can also result in a lack of ening for more flexibility in their thusiasm for life, weight loss and

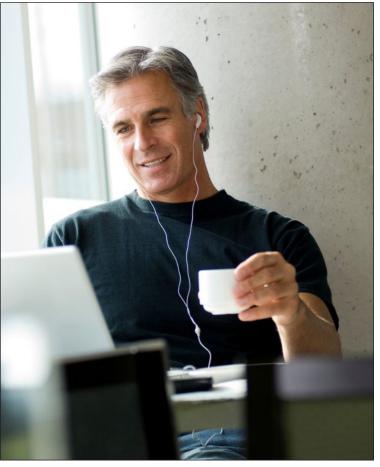
> "Relationships are what life is all about," he said.

To combat loneliness, Schoeps suggests making an effort to connect with others face-to-face and having a go-to person who you can always call to chat.

Whether you are looking to make a change in the New Year or have been a remote worker for years, here are some simple strategies to help prevent loneli-The report also revealed that ness and isolation as you go about

• Get involved. Seek out other businesspeople by joining community-based networking groups

Marie Hauswirth, executive Whether recently retired or director of the Waterford Area working from home, isolation can Chamber of Commerce, said many home-based businesses are chamber members. The investment helps them build relationships, develop partnerships Jonathan Beaulac, D.O., FACOI, and receive exposure to potendirector of Geriatric and Pallia- tial customers through print and



Every day more and more workers are ditching their daily commute in favor of stepping into their home office or their local coffee shop.

Waterford Area Chamber of clude monthly morning events where participants can meet fellow chamber members and enjoy an informal coffee, continen-

Opportunities through the tal breakfast and networking; networking luncheons, which in-Commerce, for example, in- clude a featured speaker who addresses current business topics; and after hours mixers in a social atmosphere.

"Events allow you to meet other synagogue or mosque.

people and they can open the door to so many things," said Hauswirth.

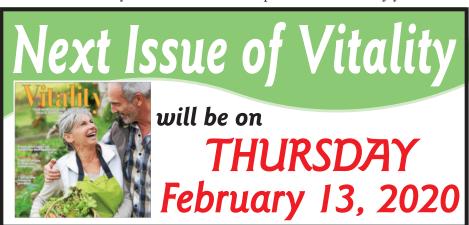
• Plan ahead. If you are interested in attending a networking event, registering for a business expo or joining a business mentor group, don't just mentally tell yourself that you'll catch the next one. Instead, make it a priority by marking in your calendar when you need to register, what you need to bring to the event and other details about the

"If you put items in your calendar, you'll do it," said Hauswirth. "If you don't have it in your calendar, you might have good intentions, but not go."

 Change your scenery. Working from home doesn't mean you are stuck at home. From time to time, try working in a different atmosphere, such as a park, coffeehouse or even the beach. Being around other people and out in the fresh air can do a world of good for your mood.

You can also schedule a meet up with friends, family, former coworkers and new clients at a restaurant to enjoy a meal while discussing current events and work strategies.

 Make daily and weekly goals. Outside of work, make an effort to be socially active, said Beaulac. He recommended participating in an exercise group, joining a local senior center and being a part of a walking club or yoga class, volunteering in the community and attending religious services to connect with others at your church,



Send in your information for meetings, seminars, events and press releases for our monthly calendar. Our next edition will run Thursday, February 13, 2020.

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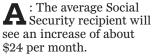
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MONEY & SECURITY

Ask the Financial Doctor: What will the increase in Social Security benefits be in 2020?

Q: For 2020, what will be the increase in benefits for Social Security recipients?



Richard Rysiewski

: What is an ABLE account? Can I use an ABLE account for my disadvantaged son?

A: ABLE (Achieving a Better Life Experience) is a tax-free investment account that lets people with disabilities save for their future without affecting their benefits. If you have a qualifying disability before the age of 26, you may be able to save up to \$27,140 each year in an ABLE account without affecting Medicaid, Supplemental Security Income (SSI) and most other benefits. Of that \$27,140 per year, up to \$15,000 can come from any source, including your family and friends. If you have a job, you can save up to another \$12,140, which can only come from your earned income. When an ABLE account exceeds \$100,000 the beneficiary will no longer qualify for SSI benefits. However, the beneficiary will continue to be eligible for Medicaid.

• I am 69 years old and intend to work till age 75. Will the wages I earn after 69 affect my Social Security benefits?

A: If any annual wage is higher than your previous highest 35 years of wages, your monthly Social Security benefit will increase. The Social Security Administration counts the highest 35 years of wages when calculating your benefits. Wages up to age 60 are inflation-adjusted while the later wages have no adjustment. If any annual wage is higher than the lowest wage in your 35 year wage record, the higher wage will replace the lower wage. The end result will be a higher benefit.

: My spouse and I are retired and file jointly for the Michigan income tax return. Whose age is used when filing jointly?

A : Always use the age of the older spouse for the Michigan tax return.

: Are my IRA assets subject to estate taxes?

A: Yes, any assets that you own when you die are part of your taxable estate. Naming a beneficiary for your IRA will avoid probate but that asset will be included in your taxable estate. The beneficiary receiving the IRA can take a deduction on schedule 'A' if estate taxes were paid on the IRA. The good news is few taxpayers have to pay estate taxes because the estate assets have to exceed \$11.58 million in 2020.

: If I start Social Security early in the year, stop the benefits and pay back the benefits received, will the IRS view this income as a net-zero for the tax year? I am not trying to get an interestfree loan but I want to know my options if I decide to go back to work.

A: The transaction will be a net-zero as long as you repay the benefits in the same tax year. Your Social Security record will be reset provided that you repay the benefits received up to the first 12 months of starting Social Security.

• I have Medicare insurance part B and D and I am planning a cruise vacation to the Mediterranean next February. Does my Medicare insurance cover me on the cruise ship and when I am visiting a foreign country?

A: Generally, Medicare does not cover you outside the United States and its territories. Most Medigap insurance plans will cover you when you travel to another country. Check with your insurance company to verify coverage. If you are not covered then you should purchase international travel insurance.

Richard Rysiewski, a Certified Financial Planner®, welcomes all questions on tax and financial matters. Please send to Richard Rysiewski, Financial Doctor, 3001 Hartford Lane, Shelby Twp., MI 48316 or call (248) 651-7710.

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JANUARY 2020

SOCIAL & WELL-BEING

The best places to retire abroad in 2020

By Richard Eisenberg

Next Avenue

Thinking of retiring abroad in 2020? Have you seen these headlines in recent months? "Death Toll in Chile Protests Since October Rises to 27," "Nicaragua Has a Simple Message for Protesters: Don't," "Thousands Flee to Shore as Australia Fires Turn Skies Blood Red," "Hong Kong Protesters Return to Streets as New Year Begins," "Strike Bites French Economy" and "Seven Days of Unrest and Counting: Thousands Stream Into Ecuador's Capital."

On the face of it, the news about these protests, strikes and fires might seem enough to keep you firmly planted in the United States for retirement (we never if you are considering retiring have such problems here, right?). world is immune from alterca- about the pros and cons of potentions or natural disasters. So, tial locations.



PHOTO COURTESY OF METRO CREATIVE CONNECTION

There are pros and cons to every retirement location that should be considered before making a final decision.

One way to start is by poring abroad, keep that in mind. Better through the Best Places to Retire But the truth is, no place in the yet, do your homework to learn Around the World lists just out from International Living (The factor in safety when producing World's Best Places to Retire in their annual rankings. "If a corre-

2020, which ranks 24 countries) spondent feels a place is not safe (World's Top 10 Retirement Destinations for 2020), the two colosnumbers for key factors rangcare to climate, though they often come up with different places.

For 2020, however, both lists cite Portugal as No. 1; Live and Invest Overseas lists cities or regions, so its winner is actually the Algarve area of Portugal, for the fifth year running — and it's now tied with Mazatlán, Mexico.

Another way to prepare for retirement abroad is to read stories with advice about such relocation.

Dan Prescher, an International Living editor who lives with his wife Suzan Haskins in Merida. Mexico, notes that his publication's reporters around the world

and Live and Invest Overseas or secure, they'll tell us," he says.

So, protests aside, International Living believes its Top 10 sals on the subject. Both crunch places to retire abroad for 2020 – five in Latin America and Mexing from cost of living to health ico; three in Europe and two in Asia — are safe for American expats. Two of them weren't in its Top 10 in 2019: France and Vietnam (they've replaced Peru and Thailand).

The International Living Top 10 for 2020

- 1. Portugal
- 2. Panama
- 3. Costa Rica
- 4. Mexico
- 5. Colombia
- 6. Ecuador 7. Malaysia
- 8. Spain
- 9. France 10. Vietnam

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The Live and Invest Overseas Top 10 for 2020

The Live and Invest Overseas Top 10 list for 2020 (five in Latin America and Mexico, four in Europe and one in Asia):

- 1. Algarve, Portugal
- 2. Mazatlán, Mexico
- 3. Cuenca, Ecuador
- 4. Valletta, Malta
- 5. Città Sant' Angelo, It-
- 6. Ambergris Caye, Belize
- 7. San Ignacio, Belize
- 8. Bled, Slovenia
- 9. Medellin, Colombia 10. Chiang Mai, Thailand

"Many of the new destinations are not well-known and not yet on the mainstream radar," says Kathleen Peddicord, author and publisher of Live and Invest Overseas, about her list.

Why Portugal Is No. 1

One reason Portugal rose to the top of the Internais that this ranking orga-cation. nization changed the way it scored countries for climate. "Countries with a ones that are warm all-yearround," says Prescher.

lot of European economies have been going through," Prescher adds. "It's incredibly affordable and not a basket case." Portugal received the best International Living score for Housing, of all 24 countries ranked.

International Living's Portugal correspondent, Tricia Pimental, says Portugal is the second least expensive country in Europe, after Bulgaria. Pimental and her husband spend dardized the amount English-language school about a third of what they needed for a retirement visa in Toulon, in the south of did in the United States, adding that you can live used to be a lot more coma comfortable lifestyle in Portugal for about \$2,500 a month. By contrast, In- of Panama" visa by having in flux there right now," ternational Living's report at least \$5,000 in a Panama he says. "The country has says a couple can live in bank account, and either plans to combine private



PHOTOS COURTESY OF METRO CREATIVE CONNECTION

Retiring abroad isn't appealing to everyone, but if you are considering it, make sure to do vour research.

Retiring in Panama

Panama, No. 2 on Internual list. This year, it had seem to be going through gories of Retiree Benefits the flips and twists that a & Discounts, Visas & Residence and Opportunity (how well the local authorities support small business, whether it's easy to work remotely and whether there's a strong economy).

"Panama made residency Health Care and Climate a lot easier to get," says Prescher, who describes the country as "a very cosmopolitan place" and with "a government as stable as governments in the Amer- of what I paid in Califoricas get."

and an investment visa. It France.

in the country.

Retiring in France

France's appearance on range of climates were national Living's list for International Living's Top given more weight than just 2020, frequently ranks at 10 for 2020 may surprise or near the top of its an- you, considering the high cost of living in places like Portugal also "doesn't the top scores in the cate- Paris and Lyon. Truth is, retirement in "Mexico, The pare themselves for a slower if they wanted to pursue the country only scored a 66 out of 100 in the Cost of Living category.

> "Yes, France can be expensive, but it doesn't have to be," says Prescher. "You can live in the countryside very easily." International Living's France correspondent, Tulla Rampont, writes in her Best Places to Retire report that "outside of major cities like Paris and Lyon, rent is about a third nia and so is my mortgage He adds: "They've stan- payment." She manages an

Prescher offers a word plicated and costlier." U.S. to the wise about retiring expats can get the "Friends to Mexico: "Health care is Mexico for \$1,500 to \$3,000 buying real estate, starting health care and public

tional Living list this year a month, depending on lo- a business or getting a job health care so everyone has access to the same, affordable health care." But no one knows when that will happen.

Retiring in Mexico

the new book about boomer ing in Mexico need to pre-Fun Side of the Wall" by pace of life, which has its meaningful employment, Travis Scott Luther, more pros and cons. than a million U.S. citizens currently live in Mexico sound great when you deand the country is the No. cide to bury your watch in 1 nation for American ex- the sand and just lay on the Richard Eisenberg is the pats. The most popular cit-beach until you feel like goies for them: Tijuana; San ing home, but it might not Miguel de Allende; Mex- be so great when you are icali, Ensenada and Cha- waiting for someone to of Next Avenue.

pala. And, Luther notes, Puerto Vallarta, Merida and Tulum are growing fast as expat hotspots.

Luther writes that Amer-That said, according to icans considering retir-

"A leisurely life may

come repair vour broken shower," Luther says in the book.

Also, Luther notes, "for almost all Mexico boomers [from the U.S.], working in Mexico is impossible. Even they would be locked out due to residency or tax and benefit restrictions."

senior web editor of the Money & Security and Work & Purpose channels



"A leisurely life may sound great when you decide to bury your watch in the sand and just lay on the beach until you feel like going home, but it might not be so great when you are waiting for someone to come repair your broken shower," Luther says in the book.



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HEALTH & FITNESS

Registration open for 2020 Michigan Senior Olympic Winter Games

Registration is now just find the events enopen for the 2020 Michigan Senior Olympic Winter Games.

The events will kick off on Wednesday, Feb. 5 state participating in the games. The Michigan Sein 5-year age groups.

that are just trying it for mation. the first time. Teams of ing you can contact the MSO Office. The Bowling event is also a new addition to the Winter Games, mixed doubles events planned.

year will be the 2nd An- Plan and Aetna. nual Indoor Track & Field event held at the Macomb Community College in Warren. This event will include a powerwalk, racewalk, 60M run and 800M, 1500M, long jump, triple jump, high jump, pole vault, and shot put. Don't wait to sign up for this great event.

Michigan Senior Olymnization that promotes Bocce healthy lifestyles by orgacompetitions, health, fitness, nutrition, and well- land Fieldhouse ness programs for the over 50 population in the State 8 at OPC Senior Center of Michigan. Many people the competition and camaraderie, while others

joyable to participate in.

If you're not an athlete but would still like to take part in the fun, all of the Winter Games events are and will run until Mon- free to watch (with the exday, Feb. 16, with 800 ception of the Dancesport athletes from all over the event). In the DanceSport Competition, held at the Royal Park Hotel on Feb. nior Olympics are open 16, professional and amato anyone age 50 and teur dancers compete on older. Athletes compete the dance floor. The evening will include a cash Some new additions bar, buffet dinner, rafthis year includes Corn- fles, and social dancing. hole & Bowling. The Corn- For more information or hole event is a "just for to purchase tickets, confun" event that will in- tact the MSO office at clude both seasoned Corn- 248-608-0252 to purchase hole players and those tickets or for more infor-

There are many ways two will compete for the to be involved with Michchance to win a medal. If igan Senior Olympics. you don't have a partner You can be an athlete, a but are interested in play- member, sponsor, volunteer or spectator. This event is made possible by the support of major sponsors including with singles, doubles, and Blue Cross Blue Shield of Michigan, SMART, Oakland County Parks, Wal-Another highlight of tonwood, Heartland-Oakthe Winter Games this land, McLaren Health Saturday, Feb. 15 at Rog-

Here's a look at the the schedule of events for the 2020 Winter Games:

- Cross Country Skiing Saturday, Jan. 12th
- FREE CLINIC Plathurdles, 200M, 400M, form Tennis at Waterford lege Oaks - Saturday, Jan. 12
 - Ice Hockey (Men's 60+ & 70+ Divisions) -Wednesday-Friday, Feb. 5-7 at Troy Sports Center
- Bocce Ball Wednes- pot, Plymouth pics is a nonprofit orga- day, Feb. 5 at Palazzo di
- Basketball (Free ble Tennis Club nizing state games, sports Throw & 3-Point Contest)
 - Billiards Friday, Feb.
- *NEW* Bowling Frisign up for the events for day & Saturday, Feb. 7-8 at Classic Lanes
 - *NEW* Cornhole -



PHOTO BY JASON SCHMITT — FOR MEDIANEWS GROUP

The Pickleball competitions in this year's Winter Games are set for 8 a.m. Feb. 10-11 at Lifetime Fitness in Rochester.

er's Roost

- Indoor Track & Field Tuesday, Feb. 11 at Macomb Community College
- Powerwalk & Racewalk - Tuesday, Feb. 11 at Macomb Community Col-
- Pickleball Sunday-Tuesday, Feb. 9-11 at Lifetime Fitness Rochester
- Powerlifting Sunday, Feb. 9 at Strength De-
- Table Tennis Friday, Feb. 7 at Fenton Ta-
- DanceSport Sunday, - Sunday, Feb. 16 at Oak- February 16 at Royal Park
 - Co-Ed Volleyball Tournament - Sunday, March 15 - Elite Sportsplex

-Information courtesy of Michigan Senior Olympics

MICHIGAN SENIOR OLYMPICS 2020 WINTER GAMES



Michigan Senior **Olympics**

DATES	TIME	EVENT	LOCATION	
Sunday, January 12, 2020	10:30AM	Cross Country Skiing (8K or 12K)	Huron Meadows MetroPark	
Wednesday, February 5, 2020	9AM	Men's Ice Hockey	Troy Sports Center	
,, o, Even	10AM	Bocce Ball	Palazzo Di Bocce	
Thursday, February 6, 2020	9AM	Men's Ice Hockey	Troy Sports Center	
Friday, February 7, 2020	9AM	Men's Ice Hockey Troy Sports Cent		
	10AM-1:30PM	Bowling (Doubles) Classic Lane		
	6PM	Table Tennis	Fenton Table Tennis Club	
Saturday, February 8, 2020	10AM	Billards	OPC Senior Center	
	9AM-12:30PM	Bowling (Singles)	Classic Lanes	
Sunday, February 9, 2020	8AM	Pickleball (MD & WD)	Lifetime Fitness - Rochester	
	Noon	Powerlifting	Strength Depot	
Monday, February 10, 2020	8AM	Pickleball (MX)	Lifetime Fitness - Rochester	
Tuesday, February 11, 2020	8AM	Pickleball (MS & WS)	Lifetime Fitness - Rochester	
	5PM	Indoor Track & Field	Macomb Community College MCC - Sports & Expo Center - P Building	
	5PM	1500M Racewalk		
	Aprox. 7PM	1500M Powerwalk		
Saturday, February 15, 2020	1PM	Cornhole	Roger's Roost	
Sunday, February 16, 2020	10AM-Noon	Basketball Free Throw & 3Pt Contest	Oakland Fieldhouse	
	2PM	Dancesport Dinner	Royal Park Hotel	
	3РМ	Dancesport Competition	Royal Park Hotel	
Saturday, February 21-23, 2020	TBA	Racquetball - Motor City Rollout	Total Sports	
Sunday, March 15, 2020	9AM	Co-Ed Volleyball Elite Sportsplex		
FriSun., April 3-5, 2020	TBA	Women's Ice Hockey	Viking Ice Arena, Hazel Park	

Some events are still pending final approval and are tentative

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SOCIAL & WELL-BEING

20 questions to help you reach your 2020 goals

By Megy Karydes

Next Avenue

When making New Year's resolutions, some people choose to set an intention or goal and some choose a particular word to help them stay focused. Others, like Chicagoans Tracy Marks-Seglin, founder of Strategic Words Communications, and her urban planner husband Dave, think about what they want less (and more) of in the coming year and write those things down.

Regardless of how you approach the start of a new year, you'll likely reflect on the past year and how you can make the coming one better. Since we're entering a new decade, this type of reflection can take a bigger meaning in 2020.

So, here are 20 questions your goals in 2020 and bevond:

1. How do I define success? This may differ each year, so think about your definition for 2020.

2. What am I most proud of in the last year — or the regrets or unresolved islast 10 years? Start 2020 by celebrating your wins, says Amy Throw, president and chief encouragement officer with Amy Throw Group, a Saint Charles, Ill.-based coaching firm for women.

3. What did I enjoy doing the most in 2019? And what didn't you enjoy? Don't dress them. waste those learnings. "If you jump into 2020 without taking a moment to reflect, you can't leverage 2019's lessons and insights," says Cathryn Lavery, productiv- of paper on New Year's Eve. ity expert and founder of Then, they hang the strips BestSelf Co., a personal de- in a triple-ziplocked bag (to velopment firm in Austin, protect them from the ele-Texas.

4. Whom do I want to question that once answered, allows you to set



PHOTO COURTESY OF ADOBE STOCK

When making New Year's resolutions, some people choose to set an intention or goal and some choose a particular word to help them stay focused.

that can help you reach tently improve to get closer appointed," Tracy laughs. and closer to your goal,' says Jody Michael, executive coach and founder of Jody lin and her husband repeat Michael Associates, a coach- the above exercise of writing and consulting firm in Chicago.

> 5. What are my nagging sues from this year or earlier? Michael Hyatt, author of Your Best Year Ever and former chairman and CEO of Thomas Nelson Publishers, encourages people to write these down. Then, he says, consider what you can do in the coming year to ad-

6. What do I want more of in my life? Tracy Marks-Seglin and her husband, who are 54 and 58 respectively, write the answers on strips ments) from a backyard tree and open them the followbecome? "This is a deeper ing New Year's Eve to see how many came to fruition. "At that point, we're either up a lifestyle, and consis- really happy or mildly dis-

7. What do I want less of in my life? Marks-Seging these things down on strips of paper. But rather than hang these from a tree, they burn them in the fireplace. "Burning the things we don't want is so visceral and feels so freeing," she ad-

8. What do I want to focus on? That's a question suggested by Rebecca Kiki Weingarten, a professional and personal development coach at New York Citybased TradeCraft Coaching and Consulting.

9. What can I stop procrastinating? Create a list of the "I SHOULDS" that you keep delaying and ask yourself what's holding you back, says Throw.

10. What goals do I want for my own life, not for others? "A lot of the time, we set goals to please other people: I love doing into other opa spouse, family member or colleague," says Hyatt.

11. What support sys-

help me reach my goals? And, conversely, figure out the roadblocks to plan for; personally and profession- you employ your natural note these so you can think ally. Then she works backthrough strategies to deal with setbacks and slumps, says Weingarten.

12. What is one new thinking pattern I can discipline myself to use in 2020? Throw says that knowing certified life coach in Chithis will require developing new habits.

13. What is one good habit that I have? Look for

14. What is one habit I want to change? After you fore that goal is reached," come up with this, determine how you can fix it.

or activity I will say NO to in 2020? Coming up with the answer will make it easier to your big bold audacious goal, Throw notes.

16. How can I parlay what takes a hard look to identify what makes her happy



tems do I have in place to $\,$ To best identify your goals for 2020 it's important to ask yourself what you want out of life.

ward to think of ways she can incorporate these into other parts her life.

17. How can I be 1% better today than I was yesterday? For Jennifer Wisniewski, a cago, New Year's resolutions seem to be more about the goal than the process. "If your concentration is ways to better profit from it. only on the outcome, you will probably give up beshe says. Use the "1% better" marker to focus on the 15. What is one behavior present rather than looking at the future for your happiness, she advises.

18. When am I most refor you to say YES to an aclaxed to properly give mytivity that will get you closer self the time I need to go through this process? Schedule the time, so it'll

19. What is the one big, portunities? Marks-Seglin bold audacious goal that Hopkins University, where gets me most excited? Throw says: Think how can communications courses.

skills, experience and successful behaviors to work toward this goal.

20. What can I do right now or in the next day, week or month, to help reach my one big goal in 2020? The hardest part for some people is getting started. "It can take longer than you thought it would to make real changes happen," Weingarten says.

These 20 questions might be too many — or too few - for you. But you can use them as a starting point to help identify what makes you happy and what you need to put into place to help reach your 2020 goals. Good luck!

Megy Karydes is a freelance writer in addition to being an adjunct professor at Johns she teaches graduate-level JANUARY 2020 MEDIANEWS GROUP VITALITY 13



Douglas G. Paulk, D.O. • James H McQuiston, D.O. • Michael J D'Almeida, D.O. • Roy E. Hanks II, D.O. • Corie L. Seelbach, D.O.

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Dr. Corie L. Seelbach To The Team!



We are very excited to announce that Corie L. Seelbach, D.O. has joined Northeast Surgical Group. Dr. Seelbach received her medical degree from Michigan State University and is a huge Spartan fan. She completed her residency in general surgery at Henry Ford Macomb Hospital, and had an additional year of fellowship training through Loyola University Medical Center in Chicago. Dr. Seelbach has a special interest in robotic and acute care surgery, and uses her surgical skills to achieve the best possible outcome. Her dedication to her patients and respect for the human spirit makes her a great addition to Northeast Surgical Group.

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From left to right, Dr. Hanks, Dr. Paulk, Dr. McQuiston, Dr. Seelbach, Dr. D'Almeida

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HEALTH & FITNESS

10th annual Indoor Triathlon at OPC set for this month

By Jenny Sherman

jsherman@medianewsgroup.com; @jl_ sherm on Twitter

The Rochester Older Persons' Commission will be holding its 10th annual Indoor Triathlon on Saturday, Jan. 25.

The longstanding event is open to the public, meaning athletes of any age and any fitness level have the opportunity to race against OPC members, who are all ages 50 and older. Competitors will take part in 20-minute intervals of running on the indoor track, biking on stationary bikes and swimming in the lap pool, with awards given based on age. Participants can compete as an individual or as part of a team.

An indoor triathlon is different than a typical outdoor triathlon event. Instead of lines marking the start and finish, each leg will be timed, with participants attempting to cover as much distance as possible in the allotted 20 minutes per event.

"Because the events are timed and you get to work at your own pace, those that may not be ready for a traditionally formatted Triathlon can still participate in ours," said Jeremy Ridky, fitness coordinator at the OPC. "This is an excellent opportunity to bond as a family and promote a healthy lifestyle across generations."

Nearly 50 people of varying ages competed in the OPC's Indoor Triathlon last year.

Heats begin at 11:30 a.m. and will continue throughout the afternoon. For those who aren't seasoned tri-athletes, this race provides a great opportunity to try something new and jump start your fitness routine in the new year.

Fees for individuals are \$40 for OPC members and \$45 for non-OPC members. Groups are \$25 per person for one event and \$35 per person for two. No gender restrictions will be made for those competing on teams of two or more.

The Indoor Triathlon is sponsored by Pomeroy Living, whose focus is on promoting healthful and active living. OPC's Fitness and Aquatics department is also dedicated to providing engaging physical activities that keep the body and mind well.

For sign up forms and other Fitness and Aquatics events, visit opcsenior-center.org, email jridky@opcsenior-center.org or call (248) 608-0295.



PHOTOS BY DAVID DALTON — FOR MEDIANEWS GROUP

Nearly 50 people of varying ages competed in the OPC's Indoor Triathlon last year.



The Indoor Triathlon at the OPC is open to the public, meaning athletes of any age have the opportunity to race against OPC members.

An indoor triathlon is different than a typical outdoor triathlon event. Instead of lines marking the start and finish, each leg will be timed, with participants attempting to cover as much distance as possible in the allotted 20 minutes per event.



 ${\tt PHOTOS~BY~DAVID~DALTON-FOR~MEDIANEWS~GROUP}$

Heats begin at 11:30 a.m. and will continue throughout the afternoon.



Walter Zechmeister of Rochester Hills swims in the indoor triathlon at the Older Persons' Commission in Rochester on Jan. 20, 2018.

Tod be in my head,
and in my understanding.
God be in my eyes
and in my looking,
God be in my mouth
and in my speaking.
God be in my heart
and in my thinking,
God be at my end
and at my departing.



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HEALTH & FITNESS

Don't let winter freeze your exercise routine

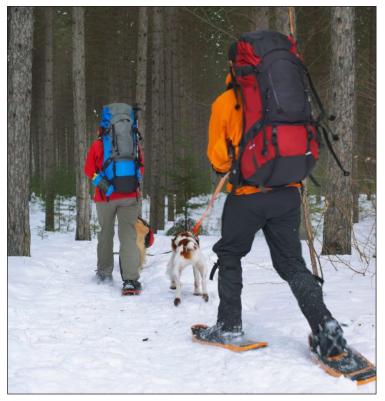


PHOTO COURTESY OF METRO CREATIVE CONNECTION

From snowshoeing and cross country skiing to indoor activities like water aerobics and pickleball, there is plenty to keep you moving this winter.



PHOTO COURTESY OF THE ROCHESTER OLDER PERSONS' COMMISSION

There are plenty of ways to stay active during the winter time.

As temperatures fall there are several ways to move, from snowshoeing to indoor softball

By Debra Kaszubski

For MediaNews Group

Rochester Hills pedals an Air-Dvne cycle at the Older Persons Commission. The bicycle sits near a walking track, which will likely fill with new walkers as more people resolve to lose weight this January. "I bike everyday but Sunday," he said. "I used to be in the pizza business and as soon as I got out of that my wife talked me into coming here. I lost around 35 pounds and kept it off."

Although Hilliard has a staprefers visiting the OPC because

is the top way to stay motivated throughout the winter, according to Matthew Spierling, head of Every day Jerry Hilliard of Fitness and Aquatics at the OPC. "This is the best way to stay accountable," he said.

> Setting goals, working with a personal trainer, and training for a spring 5K are also good ways to stay inspired as well, Spierling

Even though there are a few different ways to stay motivated in the winter, cold temperatures, short days and icy sidewalks can all conspire to keep many people at home and on the sofa. That's tionary bike at home, he said he why it's also important to find an activity you enjoy to keep active he enjoys exercising with other through the cold months. Mall people. Finding an exercise buddy walking and indoor walking what the machine is and how to

tracks at senior centers like the OPC and the Sterling Heights Senior Active Life Center are traditional ways to move while indoors.

Weather permitting, try an outside exercise routine. Shoveling snow doesn't have to be the only winter outdoor activity. A hike in the woods, cross country skiing, or snowshoeing in one of the area Metroparks are options. To stay safe, avoid icy sidewalks by walking on snow-covered grass. Consider a pair of good snow boots and ice cleats, or hike on wellmaintained trails.

Outdoor adult fit parks are now open at the OPC and at Bloomer Park in Rochester. These devices, which look similar to traditional outdoor playground equipment, encourage strength and flexibility for adults. At the OPC, "they have QR code scans that tell you

use it," Spierling said.

There are a number of community pools that are open yearround and offer great, lower-impact water aerobics, strength and swim classes for all ages. At the OPC there is a newer water class for members called Aqua Cycle Circuit. For this class, seniors pedal on special water cvcles that are situated inside the pool. Classes are limited to 12 and include other exercises throughout the circuit such as jogging in place and resistance training.

Winter and year-round team sports such as pickleball, basketball, hockey and more are available through many community and senior centers for adults ages 50 and older. Indoor softball practice keeps players conditioned by throwing a foam jelly ball, running the bases, and hitting wiffle balls. "This is great for the guys you to do that."

who want to keep fit year-round," Spierling said.

Wearing an activity tracker is a great way to motivate yourself and hold yourself accountable. In addition to wearable devices, you may use your smartphone. House cleaning, doing laundry, and cooking healthy meals are a good ways to get up and moving. If you normally sit at work, stand up as often as possible.

If you wake up feeling stiff, try some gentle movement. Trunk twists, windmills, hip hinges, arm circles, high knee pulls, and neck rotations are easy options for most people.

"Exercise keeps you happy, healthy and strong," Spierling said. "In the winter it's especially important to get out and move. Be with people and not at home alone. Exercise is one way to get

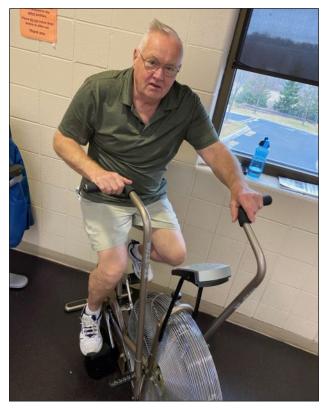


PHOTO BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP Jerry Hilliard of Rochester Hills pedals on the stationary bicycle daily at the Rochester Older Persons' Commission.



From snowshoeing and cross country skiing to indoor activities like water aerobics and pickleball, there is plenty to keep you moving this winter.



PHOTO BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP



PHOTO BY DEBRA KASZUBSKI — FOR MEDIANEWS GROUP Sports such as pickleball, basketball and even indoor softball are great options during winter.

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TECHNOLOGY

SIMS FOR SENIORS

Learn to fly at Waterford Senior Center through popular flight simulator program

By Dean Potter

For MediaNews Group

Labeling 77-year-old Darryl Smith an educator might be an understatement. Armed with his Technical Education degree from Wayne State University he has done educational tours of duty on land and sea. His first tour lasted a little over 40 years in the Waterford School District. He was also a scuba diving instructor for many years at Rec Diving located in Rochester Hills.

He has retired from his land and sea jobs and has now taken to the air. Smith teaches seniors how to fly. He runs the "Sims for Seniors" program using a flight simulator in the Waterford Senior Center located at 3621 Pontiac Lake Rd. The spry Smith is a licensed Life Sport Pilot and has flown his ultra-light two seat aircraft in several countries including the Dominican Republic and Spain. like a real airplane.

Smith started out like the lofty goal of "always wanted to fly." His ultralight aircraft looks like a hang glider with an engine.

"It was thrilling to fly," said Smith, speaking about his ultra-light. "I stay closer to the ground now. I sold the aircraft to a mission group in Africa. The mission uses it to get medicine to the Maasai people in Kenya."

"Like anything else, it gets expensive to keep an aircraft, fuel, paying for a hanger, etc.; it all adds up," he continued.

software, but he did build the components of the simulator which include a real airplane, the canopy that encloses the cockpit and headphones and communication turbo props, Bell 47 Helicop-



Flight simulator student Tom Lendzion, 70, who has been a pilot for more than 30 years, said the simulator experience keeps you on your toes and is very realistic.

"It's actually easier to fly many of his students with a plane than it is to use the he hasn't flown in eight years simulator, at least that is what my students tell me after they take their first flight," said Smith. 58-year old pupil Kevin Chlrogge commented: "The simulator is really sensitive. It is very easy to over-compensate."

Smith explained further, " When you drive a car down the road going 70 mph you don't crank the wheel to change lanes - a plane is the same way but you don't get that feeling in the simulator, only when you are in the air."

Smith didn't build the student, 70-year-old Tom ried about his mind slipping Lendzion said, "It keeps you on your toes; it is very realistic." Lendzion should know. pilot's seat from a 172 Cessna He's been a pilot for more than 30 years piloting everything from King Air 90

system. All of the pieces of ters and Oakland County them, increases in gray matthe simulator function just Sheriff's helicopters to a \$10 million Hawker 700 corporate aircraft. Lendzion says and missed it. That is why he enrolled in the simulator program.

Kevin Chlorgge, an engineer at Chrysler who has 10 successful simulator flights under his belt added, "It is very real. I get sweaty and clammy hands every time I run the simulator. "

For Rob Donohoe the motivation is different. Although he would like to fly a plane one day his immediate goal is to keep his mind sharp. The 66-year old re-Another flight simulator cently retired and was wornow that he is not working. "I just want to keep active and my mind sharp.'

> According to Smith, studies have shown that flight simulator training does have health benefits. Among

ter in vital areas of the brain like the hippocampus and cerebellum. It also increases short-term memory. The uncertainty of what will actually happen when using the simulator creates suspense which increases the emotional investment in doing well. When pilots overcome challenges, it creates a positive experience. When students first use the simulator, the new experience and actions piques and keeps interest.

challenging. Learning to Part of the "Sims for Seproper radio technique practice for safe flying. For example, pilots have to learn their "tail number," a way they identify their aircraft when talking to the control towers. Smith tries to keep it simple,

Learning to fly can be talk and communicate like understand runway desiga pilot can be taxing as well. nations for both take-off and niors" program also includes pool table draped with runlandings.



Darryl Smith, 77, runs the "Sims for Seniors" program using a flight simulator at the Waterford Senior Center.



Try something new and challenge yourself in the new year and take a flight simulation course at the Waterford Senior

using the same tail number their training, from sweaty for everyone taking part in the simulator.

Simulator pilots also must learn navigation skills. Pilots planning trips to different airports throughout the country need to plan their route and how to use and landing. The classroom has a way maps so students can visualize both the layout and their turns to line up for

Although all of the simulator students have had unique experiences during

palms and elevated heartbeats to wrong turns and even crashes, they all shared similar comments about the program. First, it is fun and challenging. Second, they're thankful for Smith's dedication, patience and knowl-

Smith takes it all in stride. "I am rewarded every day watching these guys make progress each time they fly the simulator," he said.

You can find out more about the program by calling the Waterford Senior Center at (248) 682-9450. Each simulator session is \$4.



PHOTOS BY DEAN POTTER — FOR MEDIANEWS GROUP

When pilots overcome challenges, it creates a positive experience. When students first use the simulator, the new experience and actions piques and keeps interest.



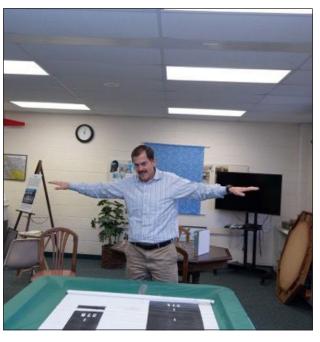
Rob Donohoe, 66, recently retired and thought the flight simulator would provide a great opportunity to keep active and his mind sharp.



Learning to fly can be challenging. Learning to talk and communicate like a pilot can be taxing as well.

"It's actually easier to fly a plane than it is to use the simulator, at least that is what my students tell me after they take their first flight."

 $- \, \textit{Darryl Smith, director of the "Sims for Seniors" program \, at \, the \, \textit{Waterfrod Senior Center}$



Simulator pilots also must learn navigation skills. Pilots planning trips to different airports throughout the country need to plan their route and how to use and understand runway designations for both take-off and landing.



The classroom has a pool table draped with runway maps so students can visualize both the layout and their turns to line up for landings.

Vitality MEDIANEWS GROUP JANUARY 2020

MONEY & SECURITY

6 ways the SECURE Act may impact your retirement

The new law is the broadest piece of retirement legislation in 13 years

By Jamie Hopkins

Next Avenue

The new Setting Every Community Up For Retirement Enhancement (SE-CURE) Act, just signed by President Trump, is the broadest piece of retirement legislation passed in situations until age 72. 13 years. Ultimately, the planning in three key ar-

- Modifying required minimum distribution (RMD) (rules for retirement plans)
- Expanding retirement plan access
- come options in retirement plans

The most immediate impact of the bill will be felt by those nearing or in retirement. If you're a saver or investor in your 50s or vou:

1. Required Minimum **Distribution Relief for Retirement Plans**

Before the SECURE Act. if you had money in a traditional Individual Retirement Account (IRA) or an

employer-sponsored retirement plan and were retired, you were required by law to start making withdrawals at age 70 1/2. But for people who haven't hit 70 1/2 by the end of 2019, the SE-CURE Act pushes out the RMD start date for most

law focuses on retirement RMD start date, the SE-CURE Act gives you additional time to allow your IRAs and 401(k)s to grow without being depleted by distributions and taxes.

2. Additional Roth IRA Planning Increasing lifetime in- Opportunities

Because RMDs won't start until age 72, the new law will give you an additional two years to do what are known as Roth IRA conversions without having to 60s, there are six ways the worry about the impact SECURE Act may affect of required distributions. ing for ways to go back to With a Roth IRA, unlike a traditional IRA, withdrawals are tax-free as long as you meet certain requirements and there are no RMDs during your lifetime. The general goal of a Roth conversion is to convert taxable money in an IRA into a less expensive for small busi-Roth IRA at lower tax rates ness owners to set up retire-

today than you expect to ment plans for employees. pay in the future.

While you can do Roth conversions after you start RMDs, the process is a lot

3. Increased Savings **Opportunities**

The SECURE Act also increased retirement savings opportunities in a number of ways.

Before this law, you By pushing back the couldn't contribute to a taxdeductible IRA after 70 1/2. But with the SECURE Act, you can. So, if you plan on working into your 70s, you can still put money into a deductible IRA. Those over 70 ½ in 2019 won't be able to save in an IRA for this year.

> This law change means a couple over 70 ½ will be allowed to save to an IRA over \$14,000 in 2020 if both spouses are contributing the maximum of \$7,000 a year. This can help them receive a valuable tax deduction and save for the future.

> As more retirees are lookwork part-time in an encore career or in the gig economy, the SECURE Act will provide additional retirement funding flexibility for years to come.

Another SECURE Act provision will make it easier and

The new rule will let more small businesses band together to offer what are called Multiple Employer Plans or MEPs.

David Hanzlik, vice president, annuity and retirement solutions at CUNA Mutual Group, says: "Many people are behind in building their retirement savings and any measures that potentially help them gain access to the benefits of a workplace retirement plan are great."

However, it could be a few vears before small business employees without retirement plans see their employers offer them as a result of the SECURE Act. The law's MEPs provisions don't take effect until 2021. Additionally, the U.S. Department of Labor will need to clarify the rules before many small business employers will feel comfortable providing retirement accounts.

The SECURE Act also will also allow more part-timers to save through employersponsored retirement plans, starting in 2021. In some tirement account. But with cases, these workers will need to put in at least 500 hours a year for three consecutive years in order to be eligible for the plans.

4. Guaranteed **Lifetime Income From Retirement Plans**

The SECURE Act will also encourage employers with retirement savings plans to let employees convert their savings into guaranteed lifetime income, through annuities. Employers will be protected from being sued if the in- ment accounts to make sure surer they choose to make they align with the new benannuity payments doesn't eficiary rules. pay claims in the future.

But it will likely take years before many employer-sponsored retirement plans offer annuities due to the SECURE Act.



AP PHOTO - PATRICK SEMANSKY

The view of the U.S. Capitol building from the Washington Monument in Washington.

5. A Reason to **Review Beneficiary Designations**

The SECURE Act also removed so-called "stretch" provisions for beneficiaries of IRAs and defined contribution plans, like 401(k)s.

In the past, if a traditional IRA was left to a beneficiary, that person could, in most cases, stretch out the RMDs over his or her own life expectancy, essentially "stretching" out the tax benefits of the rethe new law, starting on Jan. 1, 2020, most IRA beneficiaries will now have to distribute their entire inherited retirement account within 10 years of the year of death of the owner.

Surviving spouses, minor children and those not more than 10 years younger than the deceased, however, are generally exempt from this new SECURE Act 10-year distribution rule.

So, the SECURE Act means it's now very important to review the beneficiary designations of your retire-

6. A Reason to Review **Trusts**

In the past, many people used trusts as beneficiaries Financial Services.

of IRAs and 401(k)s, with a "pass-through" feature that let the beneficiary stretch out the tax benefits of the inherited account. The benefit of the trust was, in part, to help manage the inherited retirement account and to provide protections from creditors. However, many of these trusts provided the beneficiary or heir with access to "only the RMD due each year." But the SECURE Act states that all money must be taken out by the end of year 10 after the year of death of the owner.

Anyone with a trust as the beneficiary of an IRA or employer-sponsored retirement plan such as a 401(k) should immediately review the trust's language to see if it still aligns with his or her intended goals.

Start Planning Now

Many of these SECURE Act rule changes require proactive planning.

So, it is important to speak with a qualified professional about them and your financial and retirement situation.

Jamie Hopkins is director of retirement research at Carson Group. He was previously director of retirement research at The American College of



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JANUARY 2020

CAREER & EDUCATION

Some LinkedIn features to power your 2020 job search

By Nancy Collamer

Next Avenue

If you've resolved to find a job in 2020, I think you'll want to know about four features LinkedIn rolled out over the past two years that might help you land one. They're available to all LinkedIn users, so you don't need to pay for a LinkedIn Premium membership (about \$48 to \$65 a month) to enjoy them.

I'll detail the features in a just moment. But first, a reminder that before making any updates to your LinkedIn if you're interested in shifting into the Profile, and I mean any, be sure to turn off the notifications LinkedIn sends to your network. You don't want to mistakenly alert your employer that you're in job search mode or unnecessarily annoy your friends.

To silence those pesky LinkedIn notifications:

 Go to your LinkedIn home page and click on your Me photo icon

• Under the Account Tab, select Settings & Privacy

• On the Settings page, scroll down to How others see your LinkedIn activity section

• Click on Share job changes, education changes, and work anniversaries and then toggle the Yes/No button to No

When you do want others to see your LinkedIn notifications, toggle back to

Now, here are details on the four LinkedIn features that can help power your job search this year:

1. LinkedIn Pages (formerly known as LinkedIn Company Pages). In late 2018, LinkedIn launched LinkedIn Pages, a terrific feature that can help you learn about millions of potential employers and connect easily to their jobs. The refreshed Pages hold a treasure trove of information for job seekers, including employers that pay well — and gear up to salary data, funding and investor news, negotiate a great starting salary. links to videos and more.

Two especially helpful features on LinkedIn Pages:

Job alerts: If you're interested in a particular company, nonprofit or government agency, sign up for its job alerts (you'll find the Job Alert button when you click on the Jobs Tab in the left-hand column of the employer's page). As a bonus, when you set an alert, LinkedIn will let its recruiters know you're interested in job opportunities, which might in- Semi-Retirement."

crease your chances of hearing directly from employers when they are hiring.

Follow button: You can receive automatic updates from prospective employers in your LinkedIn feed by clicking on their "Follow" button. That information can prove invaluable when networking, prepping for interviews or deciding if an employer is a good fit for you.

2. Customize your LinkedIn news feed with #hashtags. LinkedIn now gives you the ability to follow #hashtags in your LinkedIn news feed. So, for example, green space, you can follow hashtags for #sustainability or #greenjobs. It's a great way to diversify your feed to include stories about where you want to head, as opposed to simply where you've been.

To follow #hashtags, input the term you want to follow (preceded by the # symbol) in the main LinkedIn search bar. Then, click on the Follow button to get automatic updates in your feed.

3. Salary Insights Tool. I reviewed this tool when it was introduced in 2016 (under the name LinkedIn Salary) and found it lacking. But I'm happy to report that following an overhaul in early 2018, it's now greatly improved. Salary Insights provides a detailed breakdown of salaries by job title and location. The data comes from salary ranges provided by employers. But if an employer hasn't provided salary information, LinkedIn shows an estimated range based on member-submitted data.

You can see how salaries differ from employer to employer. You'll also find salary insights parsed by region, years of experience, industry focus and company size, among other filters. It's a lot of data to digest, and like other salary research tools, not every job title is represented. But this tool can help you find

To see this tool in action, go to the LinkedIn Salary page and input your desired job title and location in the search bar labeled "Discover your earning potential."

Good luck in your 2020 job search!

Nancy Collamer, M.S., is a semiretirement coach, speaker and author of "Second-Act Careers: 50+ Ways to Profit From Your Passions During



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CALENDAR OF ACTIVITIES, EVENTS AND TRIPS

To submit information for the calendar, email jgray@ medianewsgroup.com.

January

Jan.: The 2020 Shelby Township Senior Softball League is recruiting players of all skill levels (Minimum 55 years of age) for the 2020 Season. We are seeking pickle ballers, tennis, basketball and volleyball players, skaters, runners, and regulars at local gyms and fitness centers and all of those who want to have some healthy fun this year. One batting cage cage is available to renew those softball skills. League play starts in early May with the 9 inning games starting at 10 a.m. Monday and Wednesday mornings, with a schedule that includes 25 regular season games. The Three Division League games are played at Mae Stecker Park (24 Mile Rd east of Van Dyke) and Ford Field (23 Mile Rd west of Van Dyke). Call Now...the League Managers' Meeting is in early February. For more information call Pat at 586-604-5028 or Oz at 586-978-1284.

Jan. 9: Booked for the Evening, "The Snow Child" by Eowyn Ivey on Thursday, Jan. 9 at 6:30 p.m. at the Roseville Public Library, 29777 Gratiot Avenue. Join us for a lively discussion of the novel "The Snow Child" by Eowyn Ivey. You are welcome to join us even if you haven't read the book. For more information, call 586-445-5407.

Jan. 10: The public is invited to the Friends of the Chesterfield Township Library Used Book Sale. Find a wide variety of books, DVDs and VHS tapes, and CDs to purchase. The Used Book Sale is set for Friday, Jan. 10, from 10 a.m. - 4 p.m., and Saturday, Jan. 11, from 10 a.m. - 3 p.m. The library is located at 50560 Patricia Street. Call 586-598-4900, or go to www.

chelibrary.org.

Jan 12: Day trip to Saganing and Soaring Eagle Casinos. Receive up to \$60 in casino money, food. \$49 per person. Call Connie at 586-770-5899

Jan. 16: The nonfiction book discussion group "Real Reads" will meet on Thursday, Jan. 16, from 6:30 - 7:45 p.m., at the Chesterfield Township Library. The group will discuss the book "What the Eyes Don't See: A Story of Crisis, Resistance, and Hope in an American City" by Dr. Mona Hanna-Attisha. This book was chosen as "The Great Michigan Read" for 2019-2020 by Michigan Humanities. The group always welcomes new people to join the discussion. Preregistration is not required. Copies of the book are available for checkout at the library checkout desk. Pick up a copy and join the discussion. The library is located at 50560 Patricia Street. Call 586-598-5900, or go to www. chelibrary.org.

Jan. 18: People of all ages are welcome to attend the "Marvels of Motion" program set for Saturday, Jan. 18, from 2 – 2:45 p.m., at the Chesterfield Township Library. Presented by Mad Science, the event will show Newton's three laws of motion in action. Try exciting experiments, compete in crazy competitions, and learn the physics behind some of your favorite sports. Preregistration is requested but not required. The library is located at 50560 Patricia Street. Call 586-598-4900, or go to www.chelibrary.org

Jan. 20: MLK Day of Service - Plarn Making Drop-in Community Service at the Roseville Public Library, 29777 Gratiot Avenue on Monday, Jan, 20 from 10 a.m. to 7 p.m. The library will host a day of community service to benefit the local organization, "Macomb Feeding the Need." Drop

in anytime between 10am and 7pm for as little or as long as you can to help make "plarn" (plastic yarn) from grocery bags that the organizations uses to make sleeping mats for the homeless. All ages welcome, no experience necessary.For more information, call 586-445-5407.

Jan. 21-22: Turtle Creek Casino with stops at Soaring Eagle Casino. Package includes \$80 slot credit and \$15 food. Buy 1 get 1 free buffet Tuesday at Soaring Eagle. New pick up location. 41761 Garfield, Clinton Twp., (Greek Pantheon) Canal/ Garfield shopping center. \$149 pp double occupancy. Email text or call Holly Kengel 586-630-6204 or hollykengel@yahoo.com. Must bring a driver's license for package.

Jan. 21: Do you have a new phone or device that you cannot figure out? Visit the Chesterfield Township Library on "Techie Tuesday", Jan. 21, from 11 a.m. – 1p.m., and the library will assist you. Learn how to download eBooks on your phone, work with your tablets, use Microsoft Office and Word, Internet basics, computer basics, social media, email, and more! Bring your questions. Preregistration is not required, just drop by. The library is located at 50560 Patricia Street. Call 586-598-4900, or go to www. chelibrary.org.

Jan. 21: Are you an aspiring novelist? Just love to write? Then attend the program "Write Here", set for Tuesday, Jan. 21, from 6 - 7:30 p.m., at the Chesterfield Township Library. The program offers a safe, supportive space where participants can practice and share their work. Writers of fiction, memoir, creative nonfiction, and other genres are welcome. The group meets the third Tuesday of every month. Bring your work in progress. Participants are also asked to bring their own

pencil, computer, quill, or any other writing materials they want. Preregistration is not required, just drop by. The library is located at 50560 Patricia Street. Call 586-598-4900, or go to www.chelibrary.org.

Jan. 23: Adult Trivia Night - Register, at the Roseville Public Library, 29777 Gratiot Avenue on Thursday, Jan. 23 at 6 p.m. For Adults, Love trivia? Come and test your knowledge against others in 5 rounds of questions. But trivia is more fun with a team. Bring your friends and register each member for your group of 4. Don't have a group? We'll place you in one. Register by phone 586-445-5407 beginning Jan. 9.

portion at their own pace.

Fees for individuals are \$40

for OPC members and \$45

Jan. 25: 10th annual Indoor Triathlon at OPC. This longstanding event is an absolute favorite among regular and new participants alike! It's unique in that this typically warm-weather event will take place in winter in the indoor pool and track at the OPC. Compete in 20-minute intervals of running, biking and swimming, with awards given based on age. As a slightly modified version of the classic three-part race, the Indoor Triathlon is accessible for tweens and teens through older adults at all fitness levels. Competitors can participate as an individual or as part of a team, with each team member participating in their preferred discipline. It is a timed event with a 20-minute allotment for each of the 3 legs, allowing participants to fully work at their own pace. Heats begin at 11:30 a.m. and will continue throughout the afternoon. If you're not a seasoned tri-athlete, this is a great opportunity to try someregister. thing new and jump start your fitness routine in the new year. Event timers will track each leg of the race as participants complete each

for non-OPC members. Groups are \$25 per person for one event and \$35 per person for two. No gender restrictions will be made for those competing on teams of two or more. For sign up forms and other Fitness and Aquatics events, visit opcseniorcenter.org, email jridky@opcseniorcenter.org or call 248-608-0295.

Jan. 26: "Forever Plaid"—

a "Heavenly" Musical—at Stagecrafters and brunch at La Dolce Vita Sunday, Jan. 26. First on today's agenda is Brunch at La Dolce Vita. Afterwards, we're off to Stagecrafters to see "Forever Plaid", a fun-filled musical that includes a number of nostalgic songs from the 1950's including "Three Coins in the Fountain", "Moments to Remember", "No, Not Much", "Sixteen Tons". "Perfidia", "Shangri-La", and "Love is a Many-Splendored Thing". Here's the plot: four high school chums-Sparky, Smudge, Jinx, and Frankielove to sing in harmony and dream of hitting the big time someday. While on their way to their first big gig, dressed in their plaid tuxedos, they're broadsided by a school bus. All four are killed instantly. Miraculously, the four chums get to return from the afterlife for one final chance at musical glory. You will choose your brunch entrée on the day of the trip. Choices will include breakfast platter, eggs sardou, french toast, salmon hash, omelet of the day, fruit crepes, fettuccine florentine, or steak & eggs. All will include beverage and fruit plate. Depart at 10:45 a.m., return about 5 p.m. Cost is \$79. Call L'Anse Creuse Community Education at 586-783-6330 for further information or to

Jan. 28: Air Fryer Demonstration at the Roseville Public Library, 29777 Gratiot Avenue. Roseville, on Tuesday, Jan. 28 at 6:30 p.m. Registration begins Jan. 7. Did you get an air fryer for

Christmas? Or interested in learning more about them? Learn to make healthier fried options with less oil than conventional frying, Local chef Mary Spencer will teach you the ins and outs of deep frying with your air fryer. Samples of the dishes made will be enjoyed by all participants. For more information, call 586-445-5407 or visit rosevillelibrary.org.

Jan. 29: Register for a hands-on class to learn beginning computer skills. No previous experience is necessary for this class, set for Wednesday, Jan. 29, from 2 - 4 p.m., at the Chesterfield Township Library. Learn term definitions and computer hardware and peripheral identification. Use online tutorial to improve mouse dexterity. Computers for class provided by the library. Preregistration is required. The library is located at 50560 Patricia Street. Call 586-598-4900, or go to www.chelibrary.org.

Jan. 30: Art Deco Coasters at the Roseville Public Library, 29777 Gratiot Avenue. Roseville om Thursday, Jan. 30 from 6-7 p.m. For Adults - Registration begins Jan. 9. Create coasters inspired by the 1920's Art Deco style! All supplies will be provided. For more information, call 586-445-5407 or visit rosevillelibrary.org.

Jan. 29-30: I night stay at beautiful Little River Resort & Casino. Stops at Saganing & Soaring Eagle Casinos. Receive \$ 75casino money, food. Full breakfast buffet for seniors cost only \$5. Indoor pool. \$159 per person. Call Connie at 586-770-5899.

February

Feb. 6: Booked for the Evening at the Roseville Public Library, 29777 Gratiot Avenue. Roseville on Thursday, Feb. 6 at 6:30 p.m. "The Nightingale" by Kristin Hannah. Love reading and good conversation? Come join our book discussion group each month for a lively and

friendly talk about titles covering a diverse range of topics and genres. For more information, call 586-445-5407 or visit rosevillelibrary. org.

Feb. 11-13: Mountaineer W, Virginia. 2 night stay at beautiful Mountaineer Hotel & Casino, Stops at Hollywood Toledo & Meadows Casinos. Receive at least \$105 casino money, food. indoor pool. Only \$195 per person. Call Connie at 586-770-5899.

Feb. 11: Adult Open Craft Night at the Roseville Public Library, 29777 Gratiot Avenue. Roseville on Tuesday, Feb. 11 at 5:30 p.m. For Adults – Registration begins Jan. 21. Join us for a social crafting evening and work on your projects while enjoying the company of other crafters. Bring whatever you would like to work on (coloring, scrapbooking, beading, knitting, sewing, etc.) Participants may bring their own supplies or coloring and some beading supplies will be available. For more information, call 586-445-5407 or visit rosevillelibrary.org.

Feb. 13: Essential Oils and Rice Bags at the Roseville Public Library, 29777 Gratiot Avenue. Roseville on Thursday, Feb. 13 at 2 p.m. For Adults – Registration begins Jan. 23. Are you in need of a therapeutic hot/ cold bag to help relieve muscle tension, soreness or provide relaxation? Renee Pokoj from Organic Stepping Stones will show you how to make your own reusable fabric rice bag. She will also share how and why to use your natural heating/cold pack. Attendees can select their fabric to fill with rice and choose an essential oil to scent their bag. This DIY project really comes in handy. For more information, call 586-445-5407 or visit rosevillelibrary.org.

Feb. 14: Come with us to enjoy a lovely Valentine's Day Tea at Tonia's Victorian Rose in Downtown Rochester. Tea will include scones, finger sandwiches,

fresh fruit, sweets, and, of course, tea. After tea, there will be a little time (approximately 30 minutes) to visit a couple of Downtown Rochester's shops. Before heading home, there will be a MYSTERY STOP where everyone will receive a treat to take home. PLEASE NOTE: Because of the size of the Victorian Rose, this trip is limited to 23 participants so sign up soon if you want to go. Depart at 10:30 a.m., return about 2:45 p.m. Cost is \$64. For further information, or to register, call L'Anse Creuse at 586-783-6330. Register at http:// commed.lc-ps.org

Feb. 16: Day Trip To Fire-keeper's. Spend the day at beautiful Firekeeper's. Receive at least \$25. Casino money, food. \$35 per person. Call Connie at 586-770-5899.

Feb. 16: Hawaiian Theme Card Party. Sponsored by:Daughters of Isabella Queen of the Skies, Circle 683 on Sunday, Feb. 16, from 12:30–3:30 p.m. at St Thecla Activity Center, 20762 So. Nunneley. Clinton Township. Lunch, dessert, door, raffle, & table prizes. Donation \$8. Tickets available at the door. For more information, call 586-791-6177 or 586-791-9012.

Feb. 22-March 1: Orlando & Cocoa Beach, Florida. Join Travel with Nance for \$923. 4 nites Orlando area & 2 enroute each Way. Visit Holy Land Experience, Exploration Tower, Gatorland, Bok Tower Gardens, Cocoa Beach Pier, National Grove House & Citrus Candy Factory. 8 breakfasts, 6 dinners. Call 313-535-2921.

Feb. 23: Day trip to Saganing and Soaring Eagle Casinos. Receive up to \$60 in casino money, food. \$49 per person. Call Connie at 586-770-5899.

Feb. 28: Detroit Symphony Orchestra Coffee Concert— "From Broadway To Hollywood"— at Orchestra Hall. Musicals such as "West Side Story", "Chicago", "The Sound of Music", and "Les

Miserables" all became hits both on Broadway and in Hollywood. Join us today and enjoy the music that has thrilled audiences of the stage and screen, including beloved songs like "My Favorite Things", I Dreamed a Dream" and "All That Jazz". Seating is mid-balcony. Complimentary coffee and donuts will be available prior to the concert. After the concert, we're off to the Traffic Jam for lunch. Make entrée selection at time of reservation: Pot Roast, Fish and Chips, Vegetarian Lasagna, Chicken Pot Pie, or TJ's Famous Burger. All include Beverage and TJ's Famous Chocolate Chip Cookie for dessert. Trip departs at 9:15 a.m., returns at about 3:15 p.m. Cost is \$79.00. For further information, or to register, call L'Anse Creuse at 586-783-6330. You also may register by going to http://commed.lc-ps.org

March

Mar. 4: Musical— "Working"—at Meadow Brook Theatre. Based on Stud Terkels's best-selling book of interviews with American workers, "Working" paints a vivid portrait of the men and women that the world so often takes for granted: the schoolteacher. the waitress, the millworker, the mason and the housewife, just to name a few. Nominated for six Tony Awards, this classic musical has been updated for a modern age. Prior to the performance we'll do lunch at Alfoccino Restaurant. Make entrée selection at time of reservation. Choices are Meat and Cheese Ravioli smothered with meat sauce and baked with 4 cheeses, Salmon Filet served with vegetables in a lemon wine sauce on a bed of linguini noodles, Chicken Picatta served with a side of pasta. Baked Tilapia served rice pilaf. All include Beverage and Dessert. On the day of the trip, you will have choice of a salad or minestrone soup. Trip departs at 11:15 a.m., returns at about 5:15 p.m.

Cost is \$71.00. For further information, or to register, call L'Anse Creuse at 586-783-6330. You also may register by going to http://commed.lc-ps.org

March 7-15: MHL presents a trip to New Orleans. Nine days and eight nights, four consecutive nights in the New Orleans area with a trip to Madame Tussaud's wax museum in Nashville, Tennessee. Guided tour of New Orleans, visit the National War World War II museum and visit the Destrehan, Plantation which is listed on the national register of historic places. There will be daily demonstrations, browse through authentic buildings, etc., go to Mardi Gras World, go on a cruise Riverboat cruise on the Mississippi River Wind on the Mississippi River. \$934 for single occupancy. For more information.call Mary Ann at 586-530-6936.

March 8: Day trip to Gun Lake. Receive \$20 om casino Money, food. Seafood

Kari Krause, M.A.

Marianne Fortino, M.A.

buffet. \$45 per person. Call Connie at 586-770-5899.

March 15: "Fiddler On The Roof" at the Fisher Theatre. Rich with musical hits we all know and love, including "Tradition", "Sunrise, Sunset", "If I Were a Rich Man", "Matchmaker, Matchmaker" and "To Life (L'Chaim)", "Fiddler on the Roof" takes place at the turn of the 20th Century in a poor Russian village. The plot of this heart-warming play centers around Tevye, a poor dairyman and the father of five daughters, and his attempts to maintain his Jewish religious and cultural traditions as outside influences encroach upon his family's life. Tevye must cope with his three oldest, strongwilled daughters, who wish to marry for love, as well as the Tsar's edict that evicts the Jews from the village. Seating for this performance is in the Mezzanine. Prior to the performance, we'll enjoy a family-style dinner at Villa Restaurant.

Dinner will include salad, pasta, roasted chicken, veal parmesan, oven roasted potatoes, green beans, beverage, and vanilla ice cream for dessert. Trip departs at 4:30 p.m., returns at about 10:30 p.m. Cost is \$118. For further information, or to register, call L'Anse Creuse at 586-783-6330. Register by going to http://commed.lc-ps.org

March 19: Do you like mystery trips? Are you a history buff? Does the World War Il era interest you? If you answered yes to one or more of these questions, then we think you will enjoy today's trip. First, we'll take part in an interactive presentation on two figures from the World War II era. Afterwards, we'll enjoy an Irish-themed lunch, followed by a question-and-answer session. Today's the first day of spring, a good day to do something different. Trips departs at 9:30 a.m., returns at about 2:45 p.m.

CALENDAR » PAGE 31



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GRANDPARENTS BRAG PAGE





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B I N G O

MORNING BINGO

Tuesday & Thursday
Open 9:00 am-Start 10:30 am

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Charity Game Tickets Sold Proceeds to assist our Veterans and our Community

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MORNING BINGO Mondays

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North Gratiot Hall

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Full concession counter
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Proceeds to assist our Veterans
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Thursdays: Doors Open - 4:30pm Starts 6:30pm Lic. #A-22591

Fridays: Doors Open at 11:30am Starts 12:30pm Lic #A-21848

Sundays: Doors Open - 4:30pm Starts 6:30pm Lic #A-21636

Proceeds to assist individuals with disabilities.

North Gratiot Bingo Hall 47650 Gratiot (east side, just north of 21 mile rd) 586-598-4960

TO ADVERTISE IN THIS DIRECTORY CALL 586-273-6186



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Calendar

FROM PAGE 27

Cost is \$52. For further information, or to register, call L'Anse Creuse at 586-783-6330. Register by going to http://commed.lc-ps.org

March 22-24: Four Winds Getaway. 2 night stay at beautiful Holiday Inn, New Buffalo. Stops at Firekeeper's & Blue Chip Casinos. Receive \$135 casino money, food. Receive breakfast each morning. indoor pool. \$195 per person. Call Connie at 586-770-5899.

March 24: The Grand Canyon of Pennsylvania. This 4 Day/3 Night trip doesn't take place until May 19-22, but final payment is due on or before March 24. The Grand Canyon of Pennsylvania experienced aboard a horse-drawn covered wagon similar to those used in the 1800's. A tour guide will relay the history of the canyon as we travel to an

overlook that will provide us with a magnificent view of this 800-foot glacially carved canyon. A guided bus tour of the mansions of Williamsport's historic Millionaires Row. Dinner at the Peter Herdic House. Trip also includes a guided bus tour of historic Lewisburg, a sightseeing cruise on the Susquehanna River, visits to the Mifflinburg Buggy Museum and the 1889 Annunciation Church, three nights lodging, three breakfasts, two other dinners, luggage handling, tax & meal gratuities, and motorcoach transportation. Cost is \$668 per person/double occupancy. Call L'Anse Creuse Community Education at 586-783-6330 for further information or to register. A \$100.00 deposit is due at registration. Register at http://commed.lc-ps.org

March 29: Day trip to Saganing & Soaring Eagle. Game time at both casinos. Receive up to \$60 in casino money, food. \$49 per person. Call Connie at 586-770-5899.

April

April 19-25: Savannah, St. Simons & Jekyll Islands, GA and Beaufort, SC - April 19-25. Join Travel with Nance for \$789. 4 nites Savannah area & lenroute each way. Guided Trolley Tour of Savannah plus Hop-On/Hop-Off Privileges. See Parris Island, SC & Beaufort. Tour St. Simons Island, tram tour of Jekyll Island. 6 brkfs/4 dinners. Call 313-535-2921.

April 26: Belle Isle & Detroit Institute of Arts Travel with Nance for \$52. Narrated tour of Isle. Visit Dossin Great Lakes Museum. Conservatory Aquarium. Visit DIA with \$10 gift Card towards lunch at CafeDIA. Call 313-535-2921.

May

May 1-5: Join Travel with Nance for \$635. 4 nites DC area, 2 days guided tours of DC including the WWII

CALENDAR » PAGE 32



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2020 Motorcoach Tours

Savannah, St. Simons & Jekyll Islands, GA and Beaufort, SC - April 19-25, \$789. 4 nites Savannah area & 1 enroute each way. Guided trolley four of Savannah + Hop-On/Hop-Off Privileges. Parris Island, SC & Beaufort. Tour St. Simons Island, tram tour of Jekyll Island and 10 meals.

Belle Isle & Detroit Institute of Arts - April 26, \$52. Narrated Island tour, visit Dossin Great Lakes Museum, Conservatory, Aquarium. Visit DIA with \$10 Gift Card towards lunch at CafeDIA.

Washington, DC - May 1-5, \$635. 4 nites DC area. Mount Vernon Estate, tram ride of Arlington National

Cemetery, new Museum of the Bible. Two guided tours of Washington including Memorials, monuments, Smithsonian, etc. 4 brkfs & 4 dinners.

Cornwell, Turkeyville Dinner Theatre & Marshall - May 13, \$85. "Right Bed Wrong Husband". Comedy, matinee with turkey buffet lunch. Gift Shop & Bakery. Narrated Tour of Marshall, see the Honolulu House, National Inn, Governor's Mansion & Capitol Hill School House (drive-bys).

Niagara Falls & Toronto, Canada - May 18-22, \$520. 4 nites in Niagara Falls area, Guided tour Of Niagara Falls & Toronto. Journey to the Falls on a 'Hornblower Niagara Cruise'. Visit Niagara-On-The-Lake, Queen Victoria Park Casa Loma and Fallsview Casino. 4 breakfasts & 4 dinners.

Atlantic City, New York & Philadelphia - June 6-12, \$745. 3 nites Atlantic City Casino Hotel. 1 nite New York City area & 2 nites enroute. Guided Tours of New York City and Philadelphia. Visit to Liberty Bell & Independence Hall. Atlantic City Casino Bonus. 6 breakfasts & 3 dinners.

62nd Annual Detroit Ford Fireworks – June 22 - \$TBA. In Windsor, dinner, drinks, private seating.

Cornwell, Turkeyville Dinner Theatre & Marshall – Aug 19, \$85. "Honky Tonk Angels".

Musical, matinee with turkey buffet lunch. Gift Shop & Bakery. Narrated Tour of Marshall.

63rd Annual Labor Day Bridge Walk - Sept 5-7, \$TBA. 2 nites in St. Ignace in the U.P. Round-trip Ferry to

Mackinac Island, 2 breakfasts, shopping time in Mackinaw City. Bridge Walk optional.

Uncle John's Cider Mill, Sept 19, \$68. 39th Annual Arts & Crafts Fair, Live Music and a free glass of cider

and a donut. Buffet Lunch at Historic Coral Gables Restaurant in Lansing.

Mt. Rushmore. Sept 12-20. \$949. 4 nites in South Dakota. 2 nites enroute each way. See Mount Rushmore Memorial, Badlands, Custer State Park, Crazy Horse Memorial, Deadwood, Journey Museum, High Plains

Western Museum, Corn Palace & Wall Drug. 8 breakfasts & 6 dinners.

Cape Cod-Boston-Salem-Glouster, MA, Oct 4-10, \$979. 4 nites Commodore In on Cape Cod. Dune Buggy tour of Provincetown area. Cape Cod National Seashore, Tour Salem & House of Seven Gables. Tour Plymouth, see Plymouth Rock. Lobstering Cruise. Tour Boston, Fanuil Hall and Quincy Market, Beacon Hill, 'Cheers Bar'. Tour Hyannis, JFK Memorial, St. Francis Xavier Church & Daniel Webster Inn Mansion (private dinner here). Niagara Falls & Niagara-on-the-Lake. 8 meals.

COMING: New York City, Sept 24-30, 829. Vermont, Oct 19-24, \$765. Branson, Nov 9-14, \$679.

Cornwell, Turkeyville Dinner Theatre & Marshall - Nov 18, \$85 for "Christmas is for the Birds", comedy, musical matinee with turkey buffet lunch. Narrated Marshall tour. Detroit Churches, Dec 4.





ame(s) of Pets:		EMAIL FORM & PHOTO TO: demke@medianewsgroup.com	
lember of the	Family.	Mail to: Vitality Pet Page Attn: Dawn Emke	
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32 Taye Medianews group



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- Jan 28 Firekeepers \$35 pp
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- Mar 15 St. Paddy's Day Parade & More \$75 pp
- April 15 Vera Bradley \$85 pp
- April 21 Kiss Me I'm Russian \$68
- April 30 May 3 Parade of Nations Beach Front \$940 pp
- May 5 Cinco de Mayo \$70
- May 7 Tulip Festival \$90
- May 11 16 Ark Encounter & Surprises in Cincinnati \$665 pp
- May 15 Clare Quilt Auction \$68 pp
- May 19 Mystery Trip \$75 pp
- June 4 Bay City/Pinconning On the Water \$85 pp
- June 8-12 Mackinac Island & Sault Ste Marie \$585 pp
- June 22 Fireworks Galore, Detroit \$159 pp

(24 seats remaining)

- July 8 Garden Walk & Art Show \$75 pp
- July 23 26, 2020 Buffalo Gardens, Museums \$659 pp
- Aug 10 18 Colorado Garden of the Gods \$975 pp
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• Mar 4-12, 2021 - Vietnam from Detroit \$2,799 pp

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Calendar

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Memorial, Capitol Hill, Monuments, Smithsonian, the New Museum of the Bible & 1 evening tour. Mount Vernon Estate and Gardens. Tram tour of Arlington National Cemetery. 4 breakfasts & 4 dinners. Call 313-535-2921.

May 4-8: Lancaster Show Trip & the Dutch Country. Admission to the "Queen Esther" show at Sight & Sound Millennium Theatre. Admission to the "Britain's Best" show at the American Music Theatre. Admission to the Amish Experience & Jacob's Choice at the F/X Theatre. Guided tour of Philadelphia. Guide tour of Lancaster. Visit Kitchen Kettle Village. Visit Park City Center, Departure from Good Shepherd Evangelical Lutheran Church, 3110023 Mile Road, Chesterfield at 8 a.m. Cost is \$589 per-person double occupancy. Add \$149 for single occupancy. For more information and reservations, call Gail Karns at 586-949-7043.

June

June 25-July 1: MHL presents a trip to New York City. Deven nights, six days for only \$825 per person double occupancy. A tour of Manhattan, Central Park, Rockefeller Center Center, Times Square, the 911 Museum and Memorial and so much more. A visit to the Statue of Liberty on Liberty Island and onto to Ellis Island. A dinner party with live entertainment on one of our evenings in New York City. For more information regarding this trip or any other trips. call Mary Ann at 586-530-6936.

Monthly events

■ Confident Communicators Club: Meets monthly for people that need self improvement skills in public speaking and confidence with leading people confidently, in any clubs, schools

,travel , families, churches and it is a free non profit club the first three visits. The group meets at Washington townships senior center 57900 Van Dyke upstairs level on the 1st, 2nd and 3rd Wednesday of each month from 8–9:30 a.m.

■ Senior Card Playing: Come and join a fun grou

Come and join a fun group of card players who play a wide range of card games. Everyone brings a snack to share while playing. Free. Mondays from 1–4 p.m. at 35248 Cricklewood Blvd. (Cricklewood Recreation Building). Call 586-725-0291.

- New Baltimore Senior Club: Tuesdays from 10 a.m. to 2 p.m. This welcoming group of seniors has all sorts of fun. We play bingo, hold luncheons, go on trips, and play cards. Monthly dues, \$2. Location 35248 Cricklewood Blvd. (Cricklewood Recreation Building). Call 586-725-0291.
- Zumba Gold: from 10:30-11:30 a.m. every Monday and Wednesday at the Washington Center, 57880 Van Dyke, Washington Twp. Cost depends on how many punches purchased. 4 punches \$23 resident, \$29 NR; 11 punches \$60 resident, \$66 NR. For more information, call 586-752-6543.
- Line Dancing: Join us for line dancing every Thursday at our Washington Activity Center (57900 Van Dyke, Washington) Intermediate/ Advanced starts at 10:30 and Beginners starts at 11:30. Call for more details 586-752-6543
- Bingo: is played from 1 to 2:30 p.m. Fridays at the Troy Community Center, 3179 Livernois.
- Pickleball: is played from 12:30 to 2:30 p.m. every Tuesday and Thursday at the Romeo Activity Center, 361 Morton St. Drop in to play or call 586-752-9601 for more information.
- The Warren/Center Line Senior Connection: invites adults ages 55 and older to join Macomb County's vibrant senior group. The

group meets on the second Monday of the month at De-Carlo's Banquet & Convention Center, 6015 E. 10 Mile Road in Warren, just east of Mound. Doors open at 5 p.m., and programs start at 6 p.m. Dues are \$10 per year, and members receive the following: free refreshments, coffee, soft drinks, juices, and snacks; music by a disc jockey and dancing; and information from quest speakers. Featured speakers throughout the year include officials from federal, state, county, and city governments; doctors of all specialties, from internal medicine and gerontologists to cancer specialists; elder law attorneys; and fraud prevention speakers. For more information, call 586-268-9452, 586-264-5657, or 586-755-6112.

■ Pickleball: is going strong at the Romeo Activity Center (361 Morton Street, Romeo) every Tuesday and Thursday from 10–11. Please call for more details 586– 752–6543.

■ Volunteers needed:

Volunteers are needed

- to help immigrants with conversational English during English workshops at the Troy Community Center. Neither educational qualifications nor experience is required, but volunteers should be natural-born Americans who speak the
- is required, but volunteers should be natural-born Americans who speak the standard American dialect. Volunteers may sign up for one or both schedules, 1 to 3 p.m. Tuesdays and 10 a.m. to noon Saturdays. For more information, contact Ed Lee at 248-926-2288 or edlee@toee.org.
- Euchre parties: Disabled American Veterans 129 and Operation Yellow Ribbon hold euchre parties from 4 to 6 p.m. on the second Sundays and 7 to 9 p.m. on the fourth Thursdays of every month at 47326 Dequindre Road in Shelby Township. The cost is \$7 (plus quarters for euchre). Refreshments will be available. Reservations are needed one day in advance.

Call 248-425-2722 or 248-953-4901 to register or for more information.

- The Mi Stitchin' Time Crochet Group: meets from 5:30 to 7 p.m. every Tuesday at the Romeo District Library's Kezar Library, 107 Church St. For more information, call 586-752-2583.
- Detroit region retirees:
 If you live in the metropolitan Detroit area, are retired, and would like to meet new people from other walks of life, the Detroit region retirees group meets five times a year at various restaurants in the area. For more information, contact Stanley Hreneczko at 586-268-3656.

■ Cards and games:

Widowed men and women of all ages are welcome to meet for cards and games from 6 to 9 p.m. on the first Thursday of each month at Sts. John and Paul Catholic Church, 7777 28 Mile Road, in Washington Township and on the third Thursday of each month at St. Isidore Church, 1820123 Mile Road, in Macomb. Cards and games will be provided. Bring a small snack to share and your own beverage. For more information, call 586-781-5781 or 586-991-7374.

- Bridge: The Older Persons Commission, 650 Letica in Rochester, offers sanctioned bridge games from 11:30 a.m. to 3:30 p.m. Saturdays. The cost is \$8 at the door, and a coffee house will be open from 5 to 8 p.m. Monday through Wednesday in the OPC lobby. Open to OPC members 50 and older. Call 248-608-0263 for more information.
- Fine art classes: The Older Persons Commission, 650 Letica in Rochester, offers fine arts classes such as Chinese brush painting, watercolor painting, drawing, clay jewelry, or pottery wheel hand building. Days and times vary. For more information, visit opcsenior-center.org and click "about us" and then the "newsletter" tab.
- Club 55: meets from 9

a.m. to noon every Tuesday at Classic Lanes, 2145 Avon Industrial Drive in Rochester Hills. The cost is \$5 per person for three games and shoes. Guests receive complimentary coffee and cookies. Call 248-852-9100.

■ Widowed men and women: are invited for a movie and dinner on the third Sunday of each month at the AMC Forum 30 Theatre in Sterling Heights, followed by dinner at UNO Restaurant in the same complex. To RSVP and find out movie selection, call 248-917-3733 or email

angelwayll@comcast.net.

■ All widowed: are invited to meet on the third Wednesday of each month for dinner at area restaurants at 5 p.m. Order from the menu, separate

checks. RSVP and find out location by calling 248-840-

■ Widowed men and

women: are invited every third Thursday from 6 to 9

p.m. at St. Isidore Church, 1820123 Mile Road, for cards, games, and friendship. Bring a small snack to share and your own beverage. Call 586-991-7374.



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SUNDAY! FUNDAY!

FIREKEEPERS

DAY TRIP

JANUARY 19. 2020

FEBRUARY 2. 2020

BAY MILLS CASINO WITH STOPS TO ST IGNACE AND SAULT STE **MARIE KEWADIN CASINOS**

JUNE 28-29-30, 2020

p.p. dbl occ.

Includes 2 nights at the Bay Mills Casino, \$60.00 in freeplay, \$20.00 in food, FREE DRINKS WHILE PLAYING, stops to St Ignace and Sault Ste Marie Casinos, Juice and sweet rolls served on bus

Includes \$20.00 in freeplay and \$5.00 in food, Juice and sweet rolls served on bus. 8:00 am pickup from Meijers at 15 Mile and Utica Rd ODAWA CASINO

WITH STOPS TO SOARING EAGLE CASINO AND TURTLECREEK CASINO

APRIL 19-20-21, 2020

p.p. dbl occ.

Includes 2 nights at the Odawa Hotel (hotel is not attached to casino but they have an on demand shuttle) 2 continental breakfasts, \$105.00 in freeplay and \$20.00 in food.(You can earn up to \$20.00 more each day at Odawa Casino with points earned!!!)

SENIOR TUESDAYS!!! **FIREKEEPERS** DAY TRIP

FEB 11, 2020

Includes \$20.00 in free play and \$5.00 in food. Seniors 55 and over earn 55 points and receive an additional \$10.00 in free play. Juice and sweet rolls served on bus. Bus leaves from

FOUR WINDS CASINO

WITH STOPS TO GUN LAKE AND FIREKEEPERS CASINO

MARCH 29-30, 2020

p.p. dbl occ.

Includes 1 night at the Four Winds Casino and Hotel. Stop at Gun Lake Casino on the way up and Firekeepers on the way home. \$55.00 in freeplay and \$25.00 in food, luggage handling, Sweet rolls and Juice served on bus

Meijers 15 Mile and Utica 8:00 am TURTLE CREEK WITH STOPS TO **SOARING EAGLE CASINO AND ODAWA CASINO**

MAY 17-18-19, 2020

p.p. dbl occ.

Includes 2 nights at the Turtle Creek Casino and Hotel, \$100.00 in freeplay and \$16.00 in food. Earn up to \$20.00 more each day with points earned.

Contact: KATHY WIECZOREK (586) 566-0135

Poetry Corner

Beyond The Past

Stepping out into space,
Motionlessly flowing through eternity.
Leaving the stunting past behind.
Awakening to the presence of time.
Seeing clearly through thine eyes,
Life in its greatest glory.
Knowing we do not walk alone,
Within this earth we call home.
Beyond all of this we can see the past,
That brought us to this very day.
As we go on into time and space,
Moving slowly, yet fast while life
Moves us beyond the past!

By Alethea Monk Howard Sterling Heights, MI



Introspection

I have seen the launches of Columbia as it soars, I have heard the noise of battle during one of our wars. I wish the world no more to bleed. For this disgrace, there is no need. I have seen the hawks and eagles as they soar, Their grace and beauty, you should not ignore. I remembered the day we landed on the moon, I was having lunch, it was about noon. Everybody wants to drive somewhere in their cars, I wish they would take the time and look up at the stars. We must stop putting atomic waste into the ground, Nothing will be solved, our problems will compound. Dropping debris into our oceans, streams and rivers, Makes me mad and give me the shivers. I wish the world would watch their greed, And help one another when they see the need. I wish before my life shall end, That all earth's troubles shall mend.

> By Roy Cooper Clinton Twp, MI



Tranquil Nights

As the darkness falls
At the end of the day
The sun slowly
Fades away
The moon rises high
Into the sky
With the stars shining
So bright
Illuminating into the
Dark night
Quietness fills the air
Without a touch of despair
People tucked in their beds
Ready for the night
Waking to the morning light!

By Sharon Cooper Warren, MI



Do you have a creative side that you would like to share with your community readers? We are looking for original, unpublished poetry. This will be your time to shine in our Poetry Corner. Please keep poems to 300 words or less and print clearly. Next Issue will be February 13, 2020.

FIRST & LAST NAME: _____ PHONE NUMBER: ____

ADDRESS:

CITY/STATE/ZIP: ______ NAME OF POEM: _____

MAIL TO: Vitality Poetry Corner
Dawn Emke
19176 Hall Rd, Suite 200
Clinton Twp, MI 48038

If you chose to submit your poem through email, please include your first and last name along with your phone number and the city, state you reside in. You will not be solicited and all information will be kept confidential.

Email: demke@digitalfirstmedia.com

Thank you for your interest in sharing your creativity. We look forward to reading your poems.

Poetry Corner

Magic In Dreams

Are you a dreamer?
I am
A knitter of dreams
A painter with words

Indeed who makes them real?

God does
In painted words and dreams
He brings stories to life

There is magic to tell
Listen
Hear the tales of yesterday
And dream about tomorrow

See the bright new morning

Awake

To the sweet song of birds

To the magic in your dreams

A dreamer, a writer, a poet
Pretend
Let your imagination fly
Find the future in your dreams

By Elizabeth Prechtel McClellan, Warren, Mı

9 Am From

I am from the cold air on an ice rink
To the soft breeze on a soccer field
The satisfaction of landing an elegant jump
Or just scoring the final goal

I am from the watery breeze on a summer day at the beach
To the excitement of waking up on a snowy Christmas Morning
The satisfaction of feeling the waves hit my ankles
To grabbing my blanket and seeing a flood of presents

I am from the smell of fresh foods

And spices in the evening

The satisfaction of going to my Tata's and smelling grape leaves

To getting to buy the first bite of her kibbee

I am from a family of athletes
To a bunch of funny friendships
The satisfaction of beating my family in a competitive game
To the funny moments that come from hanging out with friends

I am from the relaxation of the lyrics pouring in my head
The satisfaction of putting in my headphones after a long day
One time I saw a ring that read,
Music is what feelings sound like which help me understand
That I'm here for a reason.

By Ghislaine Slayton Roseville, MI



Sharing Christ's Story With Love

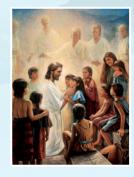
Sharing Christ's story with love
Is really a labor of love
It's our new mission statement for this coming year
And we want everyone possible to hear

Sharing Christ's story can be done in so many ways
As we together get this New Year underway
Our relationships and service are a part of this plan
And should capture our attention span

Sharing Christ's story is the mission of the church
As we still daily continue to search
For souls that need to know His love
The one who reigns in Heaven above

Sharing Christ's story has been our mission since day1
And should not end until we've told everyone
This year especially let's all join in the task
For this is what Jesus so simply did ask

By Clifford Miller Sterling Heights, MI



Thank you for your interest in sharing your creativity. We look forward to reading your poems.

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For free brochures for other trips around the world call **Big Daddy Tours**



Weds. April 1, 2020 Tues, May 5, 2020 Cinco De Mayo Tues, June 2, 2020 & Weds, July 22, 2020 💆 Weds, August 19, 2020

Your Trip Includes:

- · Your Trip Includes:
- \$20 Free Play from Casino
- \$5 towards Dining, Slot Play or Gift Shop from Casino
- · Luxury Bus Travel

Hurry & book your trip. The \$25 from Casino offsets the \$35 cost for the trip! \$35 pp

Zehnder's Spring Special

Red Hat Ladies Day

Tuesday, April 28, 2020

Your Trip Includes:

- Famous Frankenmuth Plated Chicken Dinner
- Entertainment Provided by The New Odyssey Guy
- Special Dessert, Table Favor & Glass of Wine w/Meal
- Shopping Downtown Frankenmuth
- Luxury Bus Travel

\$89 pp



Detroit Then & Now

Saturday, June 20, 2020



ooking to have a great day in Detroit? Explore the latest & greatest & sightsee throughout Downtown, New Center, Midtown, Mexican Town, Belle Isle & The Riverfront,

Trip Includes:

Fun & Knowledgeable Guided Tour & Transportation Lunch at Detroit Yacht Club Gaming Time Greektown Casino \$20 Play from Casino

Pennsylvania Adventure

Monday-Friday, May 25-29, 2020



Lancaster, Gettysburg, Hershey, Shanksville, Clark PA Special Patriotic & Memorable Visits

Trip Includes:

- 3 Hour, Fully Escorted Tour of Gettysburg
- · Sight & Sound Theater Presentation of
- 2 Nights / Beautiful Fulton Steamboat Inn, PA
- 1 Dinner, 1 Lunch / Miller's Smorgasboard
- 2 Full Breakfasts
- 3 Hour Guided Tour Amish Country, Homes, Farms, School & Fun Shopping!
- 1 Night Luxury Stay / Hotel Hershey, Dinner Upon Arrival & Breakfast Included
- Visit to Hershey Gardens, Hershey Chocolate Factory & Hershey Museum

\$1,079 Single

\$929 Double

Thursday, June 25, 2020 Cambridge, Ontario, Canada

Drive through large game reserves in the comfort of the Safari Tour Bus and see over 1,000 animals & birds roaming freely. Featuring Lions, Tigers, Baboons, Zebras, Giraffes, Rhinos, Bison & More!

Your Trip Includes:

- All You Can Eat at Mombasa Market Restaurant
- Boat Cruise / Tour upon the "African Queen"
- Railway Tour upon the "Nature Boy"
- Live Animal Shows
- Live Bird Shows
- Bring Passport/Enhanced License

\$149 Adult

\$119 Child 3-12yrs



Resort & Shows

December 6-9, 2020

- YOUR TRIP INCLUDES:
- 3 Nights at Gaylord Opryland Resort Nashville, TN General Jackson Showboat Lunch Cruise & Show
- Christmas Dinner & Show (The Oakridge Boys)
- 3 Full Breakfasts at Oprvland's Cascade Restaurant
- Ticket to "Opry" at the Ryman Auditorium
- Ticket to Opryland's Famous "ICE" presentation
- & Treasurers Art Show
- Admission to Delta River Flatboat Ride Inside Gaylord Opryland Free Time Downtown Nashville
- Luxury Bus Travel w/Video Entertainmen



Single (Traditional) \$1,230 Double (Traditional) \$929

Mackinac Island Excursion



TRIP INCLUDES:

- 3 Nights at the Historic Grand Hotel
- Dancing to Grand Hotel Orchestra, Feature Movies & Nightly Demitasse
- 3 Full Breakfasts, 5-Course Dinners Nightly
- Champagne Reception
- Breakfast at Kryzsiak's Restaurant Tea & Cookies Each Afternoon Round-Trip Ferry Boat & Horse-Drawr
- Taxi Rides Guided Carriage Tour of Mackinac Island
- Luxury Bus Travel w/Entertainment Planned Tournaments/Games/Activities Daily w/Prizes
- Single \$1,209

Double \$915

Church Basment Ladies

Thursday, September 24, 2020



A celebration of the church basement & the women who work there. Church Basement Ladies is a musical comedy featuring four distinct characters & their relationships as they organize the food & solve the problems of a rural Minnesota church about to undergo changes. FUNNY!

Your Trip Includes:

- Luxury Motorcoach Travel w/Video Entertainment Buffet Dinner of Roast Turkey, Dressing, Potatoes, Gravy, Rolls, Vegetables, Soup, Salad & More!
- 3 Choices of Dessert
- Broadway-Style Performance



Smokey Mountain Grandeur!

WAIT LIST ONLY!

Sunday-Thursday, Sept 13-17, 2020

Your Trip Includes:

- 4 Nights at Beautiful NEW Black Fox Lodge, Pigeon Forge TN
- Dinner & Exciting Show "Pirates Voyage"
- The Smokey Mountain Opry Theatre Show
 Welcome Dinner at Black Fox Lodge
- Admission to World Renowned Titanic Museum 3 Full Buffet Breakfasts at Black Fox Lodge
- Dinner & Show at Dixie Stampede! Live Horses
- Round Trip Luxury Bus Travel & All Luggage Transfers Loads of Laughs & Memories Forever!



\$979 Single \$729 Double



Monday-Wednesday, October 6-8, 2020

- Your Trip Includes:
 2 Night Stay / 4 Star Hilton Fallsview Hotel
- 2 Full Deluxe Breakfasts / Hilton
- Round Trip Luxury Bus Transportation Fully Escorted Niagara's Best Location & Next Door to Fallsview Casino
- \$25 Pre-Loaded Senaca Niagara Casino & Resort
- Exciting Boat Ride / The Maid of The Mist
- Shopping & Free Time in Niagara Falls Visit Niagara on the Lake

\$539 Single

\$389 Double

Amish Country of Ohio Weds-Fri, September 2-4, 2020



- 2 Nights Carlisle Inn Sugarcreek Private Tour & Dinner at Warther Museum
- Light Lunch & Wine Tasting at Swiss Heritage Winery Countryside Tour w/Step-On Guide & Fun

Stops Share the Amish way of life, visit Behalt Hershberger animal farm, Shop at **\$579 Single**

Lehman's Hardware, Amish & Mennonito Heritage Center, Heni Cheese Haus & Bakery, Flea Markets & More!

- Dinner & Show at The Ohio Star Theatre Delicious Meat at Amish Home
- Roundtrip Deluxe Transportation & Luggage Handling

\$449 Double

Cherry Festival Celebration

Tuesday - Thursday, July 7-9, 2020

Petoskey, Manistee & Traverse City, MI

- Trip Includes: • CASINO BONUS! \$55 pp Slot Play, Plus \$5 Food
- 1 Night Stay / The Odawa Casino Resort, Petoskey
- 1 Night Stay Little Rivers Casino Hotel in Manistee • Time Spent at Cherry Festival Activities
- · Breakfast at Krzsiak's Restaurant
- Breakfast at Odawa Hotel
- Lunch & Tour of Castle Farms, Charlevoix
- Cherry Pie for All Passengers from Big Daddy Tours
- Round Trip Transportation

\$519 Single

\$379 Double



SOARING EAGLE CASINO & SHIPSHEWANA FLEA MARKET Sunday-Monday, April 5-6, 2020

Your Trip Includes:

- · Gaming at Soaring Eagle Casino
- \$30 Slot Play from Casino
- \$20 Dining Card from Casino · Admission to Flea Market
- Deluxe Overnight Stay
- Breakfast at Krysiaks' • \$10 Play at Saganing Eagles Stop
- Luxury Bus Travel

\$232 Single

\$189 Double

586-781-63