

April 2025

GET OUT AND ENJOY

These Michigan
cities voted the best
for senior travel

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Vitality

YOUR MONTHLY GUIDE TO AGING WITH
GRACE, PURPOSE AND WELL-BEING



STRUT YOUR STUFF
Older models prove
fashion is for everyone

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DELAYING DECLINE
How to tap into the 70%
of the brain we control

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On the cover: Hands are often raised in the air while cruising through Saugatuck Dune Rides.

PHOTO COURTESY OF CRAIG WATSON PHOTOGRAPHY

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6250 Metropolitan
Parkway, Dock D
Sterling Heights, MI
48312

CONTACT US

Customer service/circulation:
888-977-3677

ADVERTISING

Advertising: 586-716-8100

STAFF

Publisher, Michigan Region:

Greg Mazanec,
mipublisher@medianews-group.com

Vice president of news:
Don Wyatt, 248-285-9652,
dwyatt@medianews-group.com

Custom Content Editor:
Jason Alley, 734-246-0143
jalley@medianewsgroup.com

Calendar announcements:

Joe Gray, 248-284-1481
jgray@medianewsgroup.com

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MONEY & SECURITY

Real estate: What constitutes a bill of sale and what should be listed on it?

Q: We accepted an offer on our home and after rereading the purchase agreement, I noticed that it states that we have to provide the buyers with a bill of sale for all personal property included in the sale at closing. We did an online search and it appears that our appliances, pool table and basement bar stools that we're leaving would be considered personal property. We no longer have the receipts from when we bought them. What should we do?



Steve Meyers

A: Good news — you do not need your original receipts from the purchase of those items. A bill of sale is a written legal document provided to pass title of personal property from a seller to a buyer. It is not the actual original purchase receipts of the merchandise. A typical bill of sale will read something like this: "For the sum of one dollar (\$1) and other good and valuable considerations paid to the seller by the purchaser, the seller

warrants and conveys to the purchaser all the seller's rights, title and interests in the above-mentioned property." It can go on and mention items included such as all built-in equipment, lighting fixtures, blinds, shades, window treatments, attached floor coverings, attached mirrors, garage door opener and transmitters, screens, storm doors, landscaping, etc. It should definitely list the items that are included in the sale, which in your case would be the appliances (individually named), pool table and basement bar stools. The bill of sale normally also list what items are excluded from the sale. FYI: the \$1 is more or less symbolic and included as part of the purchase price. You will not see a separate line item for a \$1 charge on your closing settlement statement. As always, you should consult an attorney regarding legal matters.

Q: I'm buying a home and received a copy

of the appraisal. In addition to the appraised value of the home, there is also a cost approach value. What is the cost approach value?

A: Cost approach is rarely used in residential sales. Its presence on appraisals can cause confusion, although there are times when it's necessary. The cost approach is a method of appraising a property based on a depreciated reproduction or replacement cost of improvements plus the value of the lot or land. As an example, let's suppose you have a 20-year-old house that is unique and there are no others like it in a remote area for 10 miles. The appraiser calculates how much it would cost to build that house new today. Then subtracts value for the physical deterioration, functional and economic obsolescence of your current home and then adds on the value of the lot to make its cost value equal to your 20-year-old house. This is done because it was less expensive to build that house 20 years ago than today.

Market update

February's market update for Macomb County and Oakland County's housing market (house and condo sales) is as follows: In Macomb County, the average sales price was down by 1% and Oakland County's was up by more than 9%. Macomb County's on-market inventory was up by more than 6% and Oakland County's on-market inventory was up by more than 1%. Macomb County's average days on market was 41 days and Oakland County's average days on market was 38 days. Closed sales in Macomb County were down by almost 4% and closed sales in Oakland County were down by more than 4%. (All comparisons are month to month, year to year.)

By the long-standing historical definition from the National Association of Realtors, which has been in existence since

1908, a buyer's market is when there is a seven-month supply or more of inventory on the market. A balanced market between buyers and sellers is when there is a six-month supply of inventory. A seller's market is when there is a five-month or less supply of inventory. Inventory has continued to stay low. In February, the state of Michigan's inventory was at 1.9 months of supply. Macomb County's inventory was at 1.6 months of supply and Oakland County's inventory was at 1.5 months of supply. By definition, it's still not close to a buyer's market.

Steve Meyers is a real estate agent/Realtor at Realty Executives Home Towne in Shelby Twp. He can be contacted with questions at 586-997-5480 or email him at Steve@MeyersRealtor.com. You also can visit his website at AnswersToRealEstateQuestions.com.

Our Lord has written the promise of resurrection in every leaf of springtime.

The Wujek and Calcaterra families wish you a blessed Easter season filled with hope and surrounded by the ones you love. We would like to take this opportunity to thank the wonderful families in this community who have chosen us to serve them. We are humbled by your trust.



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SOCIAL & WELL-BEING

ON THE CATWALK: OLDER ADULT FASHION SHOW HIGHLIGHTS POWER OF AGELESS SELF-EXPRESSION

By Susan Thwing
For MediaNews Group

Fashion has long been a medium of self-expression. It serves as a means of visibility, a reflection of identity and a bold declaration of individuality.

As we age, fashion continues to be a powerful tool for self-reinvention, confidence and joy. Rather than fading into the background, older adults are reclaiming their style and embracing their authentic selves with renewed energy.

For many individuals, freely expressing themselves through fashion is a privilege that was not always accessible in their younger years. Events like MiGen's Rainbow Resilience: An Ageless Fashion Affair provide a long-awaited opportunity to showcase their identities — many for the first time.

Angela Gabridge, executive director of MiGen, emphasized the importance of this shift:

"We planned Rainbow Resilience out of a desire to center and celebrate the aging side of our LGBTQ+ community. Not only are our older folks often forgotten as we

age, but many of them never really got to showcase and celebrate themselves authentically when they were younger," Gabridge said. "Rainbow Resilience is different from traditional narratives that say we should get smaller, quieter and less bold with age. It says aging is sexy (if you want it to be). It is joyful, incredibly relevant and a stage of life worth celebrating."

Each outfit was a deeply personal statement for the 11 models who graced the runway at Rainbow Resilience in March. Jess Minnick, owner of Not Sorry Goods and the show's creative director, took a unique approach to curating the designs.

"The models filled out a form with their style preferences and what they wanted to get out of the show," Minnick said. "I wanted to honor what they were looking to express and paired them with artists and designers who could bring that vision to life. Every piece was made with them in mind, and they got to keep their look — a tangible reminder of their confidence and resilience."

One of the standout stories from the night was that of Leslie Henry, a

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PHOTO COURTESY OF JOHN F. MARTIN PHOTOGRAPHY

Model Old School Beth walks the runway at the Rainbow Resilience older adult fashion show.



Model Tracey Mitchell walks the runway at the Rainbow Resilience older adult fashion show.

MONEY & SECURITY

Ask the Financial Doctor: Can I get a tax deduction for gifting thousands to a relative?

Q: I turned 73 on March 15, 2024. When is my first required minimum distribution?

A: The first RMD could have been delayed till April 1, 2025. However, whether or not the first mandatory withdrawal is delayed until April, the second one must be completed by Dec. 31, 2025.

Q: My dad has a Roth account in a 401(k) plan. Does he have to follow any withdrawal rules?

A: Since 2024, Roth accounts in a 401(k) plan have no mandatory withdrawal rules. However, beneficiaries of regular Roth accounts and 401(k) Roths must follow RMD rules.

Q: Has the gift rule changed? I am considering giving \$7,000 to my brother. Do I get a deduction for my gift?

A: The amount that you can gift-
give is \$18,000 annually to any



Richard Rysiewski
Columnist

person without triggering a gift tax. If you are married and your spouse is in agreement, you can double the annual gift to \$36,000. You do not get a tax deduction and the recipient does not declare the gift as taxable income.

Q: What threshold must a taxpayer exceed for medical expense deductions in 2024?

A: The medical expense deduction has a threshold of 7.5% of adjusted gross income. A taxpayer must use Schedule A to list medical expenses. If Schedule A is greater than the standard deduction, use Schedule A.

Richard Rysiewski, a certified financial planner, welcomes all questions on tax and financial matters. Send them to Richard Rysiewski, Financial Doctor, 3001 Hartford Lane, Shelby Twp., MI 48316.



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Members of Greenfield Presbyterian Church, which won a volunteering award at the Rainbow Resilience older adult fashion show, proudly show their colors in accepting the honors.

Fashion

FROM PAGE 4

model living with early-onset Alzheimer's. Minnick and a designer from The Dom Press created a one-of-a-kind look for Henry, printing significant photos and moments from her life onto fabric.

"On the inside of the garment was a message: 'For Leslie, with love.' Her wife, who walked the runway alongside her as her primary caregiver, shared how deeply meaningful the outfit was, allowing Leslie to carry pieces of her memories with her," Minnick said.

For Tracey Mitchell, 55, from Southfield, the fashion show was more than just a chance to wear a stunning outfit. It was a transformative experience. Mitchell,

who works in mental health care, turned to the event as part of her healing process after a traumatic assault at work.

"I couldn't sleep one night and was scrolling through Facebook when I saw the casting call for models," Mitchell recalled. "I signed up on a whim, never expecting to get chosen. But when I got the call, I knew it was meant to be. This was a chance for me to step out of my shell and reclaim my confidence."

Minnick paired Mitchell with a designer specializing in vintage-inspired fashion to align with her love for glamorous, old-Hollywood styles. She walked the runway in a peach-colored, sparkling gown that beautifully complemented her skin tone.

"Walking that runway felt like a rebirth," Mitchell said. "I was able to block out my inse-

curities and just be me. It was a moment of pure joy and self-acceptance."

Though the journey wasn't without its challenges — Mitchell faced scheduling conflicts, a minor car accident and lingering self-doubt — her determination never wavered. "I told myself I was going to see it through, no matter what," she said. "And I did. I walked that runway, and I felt powerful."

Fashion at any age

Beyond the personal stories, Rainbow Resilience highlighted the broader message that self-expression through fashion is ageless. Minnick noted that while many of the designers were in their 20s and 30s, they found deep inspiration in working with older models.

"It was amazing to see young



PHOTOS COURTESY OF JOHN F. MARTIN PHOTOGRAPHY

The Rev. Roland Stringfellow stands with Angela Gabridge, executive director of MiGen, at the organization's Rainbow Resilience older adult fashion show.

designers connect with these models, hearing their stories and translating them into wearable art," Minnick said. "It put so much into perspective — the resilience, the joy, the unwavering authenticity of our elders. It was an overwhelmingly positive experience for everyone involved."

Fashion has the power to uplift, to validate and to help people feel seen. Whether it was a model embracing their gender expression for the first time, another reclaiming a part of their past, or simply someone feeling beautiful in a way they never had before, the impact was undeniable.

Embracing authenticity

Mitchell said she hopes her experience encourages others to embrace their personal style without fear.

"I would tell anyone — look in the mirror and remind yourself every day that you are beautiful. Wear what makes you feel good. Be bold. Be unapologetically you," she said.

For Gabridge, the event reinforced MiGen's mission to uplift LGBTQ+ individuals across generations.

"The versatility and changeability of fashion is also very appealing. It transcends the binary entirely and allows us all to present as we are in that moment," she said. "So many in our community never got to celebrate the experience of aging — whether due to the AIDS epidemic, violence or the chronic stress that discrimination causes. Rainbow Resilience brings the aging experience front and center and reminds us all that we remain vibrant because we say so."

MONEY & SECURITY

Social Security implements stronger identity verification procedures

The Social Security Administration is taking proactive steps to enhance the security of its services by implementing stronger identity verification procedures. The updated measures will further safeguard Social Security records and benefits for millions of Americans against fraudulent activity. In-person identity proofing for people unable to use their personal my Social Security account for certain services will be effective April 14.

“We have listened to our customers, Congress, advocates, and others, and we are updating our policy to provide better customer service to the country’s most vulnerable pop-



Erin Thompson

ulations,” said Lee Dudek, acting commissioner of Social Security. “In addition to extending the policy’s effective date by two weeks to ensure our employees have the training they need to help customers, Medicare, Disability, and SSI applications will be exempt from in-person identity proofing because multiple opportunities exist during the decision process to verify a person’s identity.”

Under the updated policy, beginning April 14, individuals applying for Social Security Disability Insurance (SSDI), Medicare or Supplemental Security Income (SSI) who cannot use a personal my Social Security account can complete their claim entirely over the telephone without the need to come into an office.



PHOTO BY VALERIE MACON — AFP VIA GETTY IMAGES

The logo of the US Social Security Administration is seen outside a Social Security building, November 5, 2020, in Burbank, California. Social Security benefit amounts adjust for inflation every year; here’s how to make the most of those changes for 2024.

Individuals who cannot use their personal my Social Security account to apply for benefits will only

need to prove their identity at a Social Security office if applying for retirement, survivors or auxiliary (spouse or child) benefits. SSA will enforce online digital identity proofing or in-person identity proofing for these cases. The agency will not enforce these requirements in extreme dire-need situations, such as terminal cases or prisoner pre-release scenarios. SSA is currently developing a process that will require documentation and management approval to bypass the policy in such dire need cases.

Individuals who do not or cannot use the agency’s online my Social Security services to change their direct deposit information for any benefit will need to visit a Social Security office to process the change

or can call 800-772-1213 to schedule an in-person appointment. The agency also recommends that individuals unable to apply online call to schedule an in-person appointment to begin and complete a claim for retirement, survivors or auxiliary (spouse or child) benefits in one interaction.

SSA recently required nearly all agency employees, including frontline employees in all offices throughout the country, to work in the office five days a week. This change ensures maximum staffing is available to support the stronger in-person identity proofing requirement.

Erin Thompson is a public affairs specialist for the Social Security Administration.



BE KIND SPOTLIGHT

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HEALTH & FITNESS



SLOWING OUR BRAIN'S DECLINE: HOW TO TAP INTO THE 70% WE CONTROL

By AgeWays

Formerly Area Agency on Aging I-B

Genetics plays a role in how our brain ages. But that accounts for 30% of the cognitive changes that happen as we get older. The other 70%? That's up to us.

Neuroscientist Ana Daugherty runs the Healthy Brain Aging Lab at Wayne State University, where researchers are especially focused on how vascular disease raises the risk for cognitive decline, Alzheimer's disease and related dementias.

Below is an edited interview Daugherty did with AgeWays Nonprofit Senior Services:

Q: What are some of the risk factors for cognitive decline?

A: High blood pressure, diabetes, metabolic syndrome. This set of risk factors is related to heart health and the vascular system. One of the most important things you can do is take care of the heart. The brain demands a lot of oxygen and metabolites in the blood, so things that impair our heart function may impact the brain.

Q: Is this a new understanding of cognitive decline?

A: No. The connection between heart disease and cognition was discovered early on. For example, we know that stroke can lead to behavioral issues. What

is less obvious is how heart health contributes to brain aging. Many people develop these heart conditions in their lifespan. The things you start to do at 18 or 19 set you on the road for what your brain will be in your 70s.

Q: Can treatment for heart-related diseases slow cognitive decline?

A: We know how to diagnose high blood pressure and treat it. Medicating hypertension has benefits. We are reducing the risk for mortality, but not necessarily reducing the risk for dementia. That tells us that we don't understand the actual mechanism that's changing (the brain). It may not be blood pressure di-

rectly, or it is blood pressure, but we need to step in earlier.

So, what are the best ways to slow the brain's decline?

Exercise

Everyday things that raise your heart rate qualify as heart health exercise, like walking quickly through the mall or gardening.

Because of the risk of falls, it's important to do at least two days of muscle-strengthening activities each week. It doesn't have to involve weights; getting up out of a chair, lifting groceries, walking around your yard can get your heart rate up and

help with strengthening muscles.

Challenge yourself to get a moderate increase in heart rate. You want 150 minutes per week (that's less than three hours).

It's about sitting less, too.

Diet

Make sure you are eating a lot of whole grains, fish, fruit and veggies (which are full of antioxidants), low fat and low dairy foods. Eating foods that are low in bad cholesterol and higher in omega fatty acids is beneficial.

Some diets that make the cut: Mediterranean and DASH (a plan with less sodium to help hypertension).

But it's not just about what foods you're eating, but the quantities you're eating them. Eating a lot of cheese frequently, for example, contributes to higher levels of sodium.

Drinking alcohol in excess and frequently tends to show worse health outcomes — risk of dementia, heart disease, liver failure and general frailty.

Cognitive engagement

Cognitive engagement is anything that gets you thinking. Talking about a movie or book, doing puzzles, playing board games, knitting or learning a language are all ways to stay sharp.

Socialization

Connecting with family and friends leads to lower rates of anxiety and higher levels of well-

being. It also seems to be linked with lower cognitive decline. Even introverts can benefit from being engaged with a community.

Resilience builders

Mindfulness, described as being aware of oneself and one's surroundings without judgment or reaction, is linked to slower rates of cognitive decline.

Gardening, for example, can be mindful (and even healthier if you're doing it quickly).

Dancing with a partner ticks other boxes. It is active and social.

Traveling and volunteering are other activities that can be protective for cognitive health.

'It's never too late'

If 70% of variability in aging is due to things in our lifestyle, then we have the power to make changes to help our cognitive health.

Even at the age of 70, you can boost your defenses — and slow cognitive decline.

It's never too late to start. Doing something now will have effects.

This content is provided by AgeWays Nonprofit Senior Services, a nonprofit that serves older adults and family caregivers in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. We provide services, programs and resources that are designed to help seniors age safely and independently. Call us at 800-852-7795 to get connected.



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Genetics plays a role in how our brain ages. But that accounts for 30% of the cognitive changes that happen as we get older. The other 70% is up to us.

Next Issue of Vitality

will be on

THURSDAY MAY 8, 2025



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Send in your information for meetings, seminars, events and press releases for our monthly calendar. Our next edition will run April 10, 2025.

Deadline is April 23, 2025

To be included in our next edition please Email to:

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SOCIAL & WELL-BEING

PLEASANT PENINSULA DESTINATIONS

5 MICHIGAN CITIES VOTED AMONG THE NATION'S BEST FOR SENIOR TRAVEL

By Mark E Lett

For MediaNews Group

You made it through another winter. Now, you're eager for a spring getaway to a Michigan destination.

But where?

Vitality asked older adults in popular, selected tourism communities across the state for their best suggestions for "must see, must do" places in their towns.

We zeroed in on the five Michigan destinations voted among the nation's best for senior travel, according to a wintertime national survey by Freedom Showers. Those are: Saugatuck (No. 92), Frankenmuth (No. 101), Petoskey (No. 137), Charlevoix (No. 165) and Marshall (No. 173).

The survey of more than 3,000 seasoned travelers put special emphasis on accessibility, comfort and ease of access for seniors.

Here's what those in the know shared with Vitality:

Saugatuck: Lisa Mize

For Lisa Mize, talking about things to do in the Saugatuck-Douglas-Fennville area of southwest Michigan is work and fun.

Mize, executive director of the area's Convention and Visitors Bureau, puts it this way: "These beautiful, resort communities that are so beloved by the visitors who come here year after year, hold a special place in my heart. I grew up, went to school and worked here and my roots in this area run very deep."

That said, here are three of her recommendations for seniors visiting the Saugatuck area "Art Coast," offering scenic beaches, sand dunes and waterways along Lake Michigan and a thriving arts and "foodie" scene — about 2 hours and 45 minutes from Detroit.

1. Cruise on the Star of Saugatuck: "This cruise is a fun and relaxing way to see the area from the water. It goes up-



PHOTO COURTESY OF CRAIG WATSON PHOTOGRAPHY

Crane Orchards U-Pick and Corn Maze in Fennville is a popular attraction for those visiting the Saugatuck area.

river to see the downtown as well as taking everyone out to Lake Michigan. The cruise is educational, too, as they will give you some interesting historical tidbits."

2. Ride the hand-cranked Chain Ferry across the Kalamazoo River: "The Diane has been transporting folks since the turn of the century. It's a nostalgic option to slow down the pace of life. Once on the other side of the river, it's a short walk to the Pump House Museum. The museum is operated by the Saugatuck Douglas Historical Society. Once inside, there's a wonderful exhibit telling the history of Mt. Baldhead, the radar tower that still exists on top of the dune. It was added to the National Registry of Historic Places in 2023."

3. Venture out: A short drive to Fennville, where you can visit Crane's Pie Pantry and Restaurant. "They have pie flights(!) when you can't make a decision. Depending on the time of year, you may be able to pick your own peaches or apples,

too! I worked here from the time I was 13 and all through high school. It's a pretty special place. If you like wine or hard cider, right around the corner from Crane's is Modales Wines, Fenn Valley Vineyards, Michigan Wine Company and Virtue Cider. Need I say more?"

Frankenmuth: Herb Zeilinger

Herb Zeilinger is big on Frankenmuth, the small town known as "Little Bavaria" in reference to the city's German heritage.

Zeilinger knows it well. A lifelong resident, Zeilinger, 68, is quick to point out proudly that his great-grandmother came to the Saginaw County community in 1852.

To say Zeilinger knows Frankenmuth is an understatement. Among other pursuits, he spent 17 years with the convention and tourism bureau.

That history — and knowledge — buttress his advice on things to do and see in Frankenmuth, less than a two-hour drive



Herb Zeilinger

from Detroit.

His advice to senior visitors:

1. Ride the Golden Ticket Trolley: The trolley tours the town, providing daily trips for one hour and private rental. With a 28-person capacity, it's fun and educational for all. "It's a good way to learn how Frankenmuth got started," Zeilinger said.

2. Ride a Riverboat: Enjoy the Cass River aboard the 150-passenger Bavarian Belle, a two-story riverboat offering a narrated tour. Your hosts are a father and two sons, Zeilinger said, "who are very hospitable to all going."

3. Bronner's Christmas Wonderland: It's simply this: The world's largest Christmas store. The size of 1.5 football fields and open 361 days a year, Bronner's has an eye-popping selection of Christmas ornaments, decorations, displays, and more, including a life-size Nativity scene.

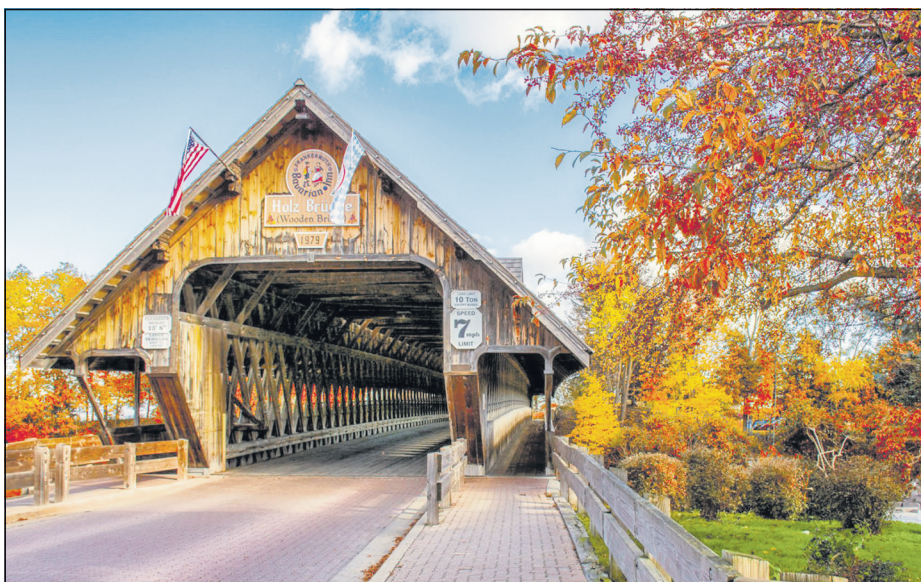


PHOTO COURTESY OF FRANKENMUTH CHAMBER OF COMMERCE AND CONVENTION & VISITORS BUREAU

Frankenmuth's covered bridge is one of its most photographed landmarks.

"You're gonna find something you like," Zeilinger said.

And, of course, there is an abundance of family-style chicken dinners at Frankenmuth's two deliciously famous restaurants: Zehnder's and the Bavarian Inn. How popular is Frankenmuth chicken? The two restaurants serve more than 2 million chicken dinners per year.

Petoskey: Jim and Sue McLain

Jim McLain said he is one of those retirees who "failed" at retirement.

He went back to work, serving as a consultant to small business operators.

To be sure, he's one of "those guys" who sees retirement as a path to staying active, especially when



PHOTO COURTESY OF MICHIGAN BAREFOOT MEMORIES — PETOSKEY AREA VISITORS BUREAU

There are many cut-offs on the Bear River Valley Recreation Trail to enjoy the sights and sounds of the Bear River in Petoskey.

it comes to enjoying the outdoor offerings of the Petoskey area.

"We love it up here," said McLain, 62, adding that the couple visited and vacationed in the area for many years before relocating from the Grand Rapids area four years ago.

When he's not consulting — and Sue, 60, is not teaching fitness classes — they are walking, hiking and cycling throughout the area.

"It's absolutely beautiful here," said Jim, a former international business consultant. "You drive up North and you just start feeling better as you get north of Cadillac."

There's plenty of hiking, biking and beaches in the Petoskey and Lake Michigan area, about a four-hour drive from Detroit

Early spring, McLain said, is ideal. Among the couple's favorite spots:

1. Boyne Forest Trail: For cycling, McClain suggests the Boyne trail, offering "trails for various skill levels." McClain said springtime riders will be greeted with "tons of light and, in mid-May, trillium everywhere."

2. Tanton Working Forest: Mountain bikers and hikers can't go wrong with Tanton in Petoskey off Maxwell Road. The reserve



PHOTO COURTESY OF PURE MICHIGAN

Charlevoix is a picturesque Lake Michigan town, nestled between Lake Michigan and Lake Charlevoix. The town offers pleasing waterfront settings and views year-round.

offers more than seven miles of trails, with loops for beginners and experts. "The vistas are amazing," said McLain, noting views of Crooked Lake and Round Lake.

3. McCune Conservancy: Hikers and bikers will enjoy the conservancy, about a 10-minute drive out of town, he said. The 3.3-mile loop is described as moderately challenging and popular for birding, hiking and mountain biking. The area features a hardwood forest, a meadow and the spring-fed Minnehaha Creek. Visitors will find some trails easy to stroll, McLain said.

For those looking for a downtown experience, Petoskey — with the nickname "Light of the North" — offers more than 170 shops and restaurants in its charming Gaslight Shopping District.

Charlevoix: Denise Fate

Who better to give advice than a former Oakland County resident with more than a quarter-century experience visiting and living in Charlevoix?

Meet Denise Fate, who retired to Charlevoix after



Denise Fate

an executive career with VW-Audi in Auburn Hills and elsewhere. Born in Texas, and a former longtime resident of Oakland County, Fate was named Citizen of the Year by the Charlevoix area Chamber of Commerce.

Like others, Fate values the harbor views, charming shops and unique attractions in the picturesque Lake Michigan town, about 4 hours and 10 minutes from Detroit. Nestled between Lake Michigan and Lake Charlevoix, the town offers pleasing waterfront settings and views.

"I absolutely love the small-town environment," she said. "If you like to get outdoors and get around,

we have a walkable downtown.

"Our little town is easy to get around in, and that's by design."

Her three recommendations:

1. The Mushroom Houses: Here and there around town, the so-called "Mushroom Houses" remind visitors of something out of "Hansel and Gretel" or "Harry Potter." Designed and built in the early- to mid-1900s, the houses are available for guided and self-guided tours.

2. Downtown: Enjoy a walkabout in the accessible downtown. At the Memorial Drawbridge on U.S. 31, you can look one direction and savor the waterway to Round Lake and Lake Charlevoix. Look the other way and take in Lake Michigan. The bridge opens on the hour and half-hour to allow watercraft to pass.

3. Castle Farms: With gorgeous gardens and a French-inspired castle, Castle Farms is popular for weddings and special events. Guided tours are available, including an outdoor model railroad and an exhibition about World War I.



Sue and Jim McLain

Calendar of trips, activities and events

To have an event included in the Vitality calendar, email the name of the event, the time, date, address, cost (if applicable) and contact information to jgray@medi-anewsgroup.com

APRIL

April 10: Pheasants of Detroit Staff Group Leader, Director, Scott Jennex at the Clawson Senior Center at the Clawson Senior Center, 509 Fisher Court on Thursday, April 10, from 9 a.m. to noon. \$15. Ring-necked pheasants are thriving in Detroit, creating a fascinating human-pheasant subculture! Join us for a documentary short about these unique city birds, followed by a guided walk at Milliken State Park to spot resident pheasants. Register at 248.589.0334 or online at recreation.cityofclawson.com.

April 10: Shelby Gardeners present Jennifer Ott, Shelby Gardeners member and My Thyme Gardens owner, *Weeds: The Good, the Bad, and the Ugly* — Deadheading and Recipe Share. Program held at Burgess-Shadbush Nature Center, 4101 River Bends Dr., Shelby Twp. Programs are

from 1-2 p.m. \$5 admission. For more information, call Ivy Schwartz, publicist, at 586-873-3782.

April 11: Join Widowed Friends, a peer support group hosting Fri, April 11, 10:30 a.m. The Widowed Friends Book Club (recurring second Friday of every month). National Coney Island, 30140 Van Dyke, Warren. The April book will be the book that Matters Most, by Ann Hood. Event Host Elaine 586-291-2471.

April 11: Teen Take & Make Craft: Mosaic Tiles at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Friday, April 11, available all day while supplies last. Drop in and pick up this month's Teen Take & Make Craft! This month, we are using mosaic tiles to make a cute coaster! Available at the front desk, while supplies last. For more information, 586-329-1261.

April 11: Michigan Central Station Tour — Bus departs from Walmart, 45400 Marketplace, Clinton Twp at 9:30 a.m. on Friday, April 11. Discover the rich history and incredible transformation of Michigan Central Station on this 90-minute guided tour.

Enjoy stories of its grandeur, decline and rebirth, while learning about the continuing restoration process. Breakfast/brunch will be at Frank's On The Avenue in St. Clair shores. The meal is NOT included in the price of the trip. You will be on your own and will order off the menu. Tickets are very limited. Please register soon. Cost \$67. Register online at www.lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

April 12: Gardening 101 with Sue: Spring Garden Clean-Up at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Saturday, April 12 at 1 p.m. Join Sue Keehn from the Harrison Township Beautification Commission for her outdoor lecture series at the Library. Spring yard clean-up is an important step in setting up your landscaping for a successful growing season. Learn how to care early in the spring for your plants, shrubs, and trees to give you a productive growing season. Sign up online or at the library. For more information, 586-329-1261.

April 14: Lunch Bunch

Trip: Filippa's Restaurant sponsored by the Clawson Senior Center, 509 Fisher Court on Monday, April 14, Depart at 11:30 a.m. \$7 bus fee, lunch paid separately. Join us for a delicious lunch at Filippa's. Enjoy great food and company on this fun outing. Transportation provided for just \$7. Register at 248.589.0334 or online at recreation.cityofclawson.com.

April 14: Lunch & Learn: Life Insurance at the Clawson Senior Center, 509 Fisher Court on Monday, April 14 at 11:15 a.m. Learn the importance of life insurance and how it can protect you and your loved ones. Enjoy a complimentary lunch while gaining valuable insight into planning for the future. Register at 248.589.0334 or online at recreation.cityofclawson.com.

April 14: Spice of the Month Club: Sage at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Monday, April 14, all day. Join our Spice of the Month Club to try new spices! Members will receive a sample packet of each month's spice, recipes that feature that spice, and a little bit of his-

tory. Spices can be picked up on the second Monday of each month from the front desk on a first come, first serve basis. Don't need the spice but want the information? Join the Spice of the Month Club email list. You'll automatically get everything each month except the free spice sample. The fun comes straight to your email inbox! April's spice of the month is sage. For more information, 586-329-1261.

April 14: Michigan Secretary of State Mobile Office at the Older Persons' Commission, 10 a.m. — 3 p.m. Michigan Secretary of State Mobile Office is coming to OPC! What you can do: First-Time Michigan ID, Renew Driver's License or ID, Transfer Title, Apply for/ Renew Disability Plate. For information or to schedule your visit: 248-608-0249. The OPC is located at 650 Letica Drive, Rochester.

April 14: Join Widowed Friends, a peer support group hosting Mon, April 14, 10:30 a.m. Breakfast at Big Boy (recurring second Monday of every month), 16880 Hall Road & Garfield, Clinton Township. Event Host Gerry 586-556-9471.

April 15-May 22: Introduc-

ing OPC University: AI for Everyday Life & Work at the Older Persons' Commission, Tuesdays and Thursdays April 15-May 22, 4-5 p.m. \$110. This six-week course with Oakland University professor explores the role of Artificial Intelligence (AI) in daily life and work, covering productivity tools and emerging trends. Participants will learn how AI enhances efficiency, decision-making, and problem-solving through real-world examples and hands-on demonstrations. Please pre-register by calling (248) 659-1029. The OPC is located at 650 Letica Drive, Rochester. For more information, visit OPC-center.org.

April 15: Tech Time at HTPL: Intro to Library Databases at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Tuesday, April 15 at 6:30 p.m. Join the adult librarians for monthly Tech Time at HTPL! New to the library, or looking to learn more about what your library card has to offer? Learn the basics of the various databases you can access with your HTPL card

CALENDAR » PAGE 13

Cities

FROM PAGE 11

Marshall: Pam Munsie

You can learn a lot about Marshall from Pam Munsie.

First, know that she was a teacher for more than three decades.

Second, she has lived in Marshall for almost a half-century having moved to Marshall from the Upper Peninsula and a time in Kalamazoo.

She knows the material and she knows the community.

"I love Marshall and I can't say enough about it," said Munsie, 81.



Pam Munsie

Among her recommendations:

1. Museums: History abounds in Marshall, about an hour and 40 minutes from Detroit. Munsie suggests you take your pick and take your time to enjoy "this landmark Michigan

community." Among your options are the Governor's Mansion Museum, a Greek Revival home built in 1839; the Honolulu House Museum, home of the Marshall Historical Society; the U.S. Postal Museum, the second-largest postal museum in the nation; and the American Museum of Magic, with collections of magic artifacts and life stories of magicians.

2. Eastend Studio & Gallery: A tip from Pam: Enjoy the paintings and artwork, but take time to savor a third-floor ballroom — dating to an 1870s dance hall — with its crystal chandeliers, hand-painted grand staircase and metic-

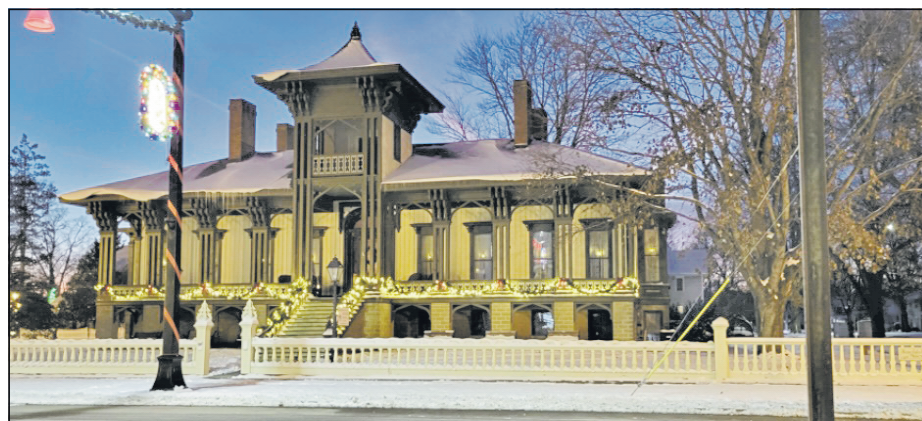


PHOTO COURTESY OF PAM MUNSIE

The Honolulu House Museum is home to the Marshall Historical Society.

ulously restored space.

3. Schuler's Restaurant: No trip to Marshall is complete without a

meal at Schuler's, a fourth-generation restaurant with a history dating more than a century. Among the res-

taurant's flavor-favorites: Cheese spreads and chips treasured by foodies and snackers across Michigan.

Calendar

FROM PAGE 12

for free! From Ancestry to Consumer Reports to CreativeBug, there's something for everyone! Registration is preferred. Secure your spot by registering online, at the library, or by calling (586) 329-1261.

April 15, 22, 29: Knitting and Crochet Circle at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp. Tuesdays, April 15, 22, and 29 from 10 a.m. to noon Welcome knitters and crocheters of all levels! Hang out and share your creativity with other knitters. Please bring your own projects and supplies. The group creates and donates to charitable organizations like Beaumont Little Angels, Project Linus, Compassion Pregnancy, and more to provide comfort items during times of need. For more information, 586-329-1261.

April 15: Alzheimer's/Dementia Caregivers Group at the Older Persons' Commission, 1:30-3 p.m. Support group for those caring for loved ones with Alzheimer's or Dementia. Open to the public. Respite care is available. OPC is located at 650 Letica Drive, Rochester. Call (248)659-1036 or visit OPCcenter.org for additional information.

April 15: Join Widowed Friends, a peer support group hosting Tues, April 15, 10:30 a.m. Breakfast, Pancake Factory (recurring third Tuesday every month) 13693 23 Mile Rd, Shelby Twp (on the NE corner of 23 Mile & Schoenherr) Host Ellen at 586-489-2569 text/cell.

April 16, 23, 30: Join Widowed Friends, a peer support group hosting Wednesdays, April 16, 23, 30, 10 a.m. Breakfast at The Pelican Café, at 2825 Gratiot Blvd, Marysville. No reservations are needed, separate checks. Walk-ins

are always welcome. Call Joanne 810-531-4621 for more info.

April 16: Savvy Seniors at the Older Persons' Commission. Stay Safe: Scams & Home Safety presented by Police Chief George Rouhib, April 16, 9:30 a.m. \$5. Stay informed and protect yourself! Learn essential tips to avoid scams, safeguard your personal information, and enhance your home security. Discover how to recognize fraud, prevent identity theft, and secure your home. Don't miss this opportunity to stay safe and empowered! This event is sponsored by Comfort Keepers. Register by calling (248)659-1029. The OPC is located at 650 Letica Drive, Rochester. For more information, visit OPCcenter.org

April 16: Charcuterie Class w/ Board Babez at the Older Persons' Commission, 2 p.m. \$55 Learn to craft the perfect charcuterie board in this hands-on class! With guidance from an expert instructor, you'll master the art of pairing meats, cheeses, fruits, and more to create a beautiful and delicious spread. Whether you're a beginner or pro, you'll leave with your own custom charcuterie board to enjoy or share! For more information, call (248)659-1029 or visit OPCcenter.org. The OPC is located at 650 Letica Drive, Rochester.

April 17: Join Widowed Friends, a peer support group hosting Thursday, April 17, 10 a.m. — Men Only Breakfast, Lukich Family Restaurant, (recurring first and third Thursday), 3900 Rochester Rd., Troy. Call Ed, 586-909-1444.

April 17: Trivia Night at Total Sports at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Thursday, April 17 at 6:30 p.m. Come test out your knowledge at HTPL Trivia Night, hosted at Total Sports! Tickets include trivia plus unlimited pizza, salad, and soft drinks. Tickets can be purchased at

the library for \$7 in advance or purchased at the door on Trivia Night for \$8. Cash or check only! Maximum team size of six, and arrive with a team or we'll team you up. For more information, 586-329-1261.

April 17: Easter Luncheon & Bingo at the Clawson Senior Center, 509 Fisher Court on Thursday, April 17 at noon. \$6. Celebrate Easter with a delicious luncheon, followed by Bingo at 1PM! Reserve your spot early for this fun-filled holiday event. Register at 248.589.0334 or online at recreation.cityofclawson.com.

April 17: Spring Wine and Food Pairings at the Older Persons' Commission with Sommelier Christel Gaillard from Woodberry Wines, April 17, 5:30-7:30 p.m. \$40 Members \$45 Nonmembers. As winter fades and nature blooms, it's time to celebrate spring with delightful wine and food pairings. Open to the public. Sponsored by American House Elmwood/Stone. For more information, call (248)659-1029 or visit OPCcenter.org. The OPC is located at 650 Letica Drive, Rochester.

April 18: AARP OATS Tech Talk: Everyday Uses of AI at the Clawson Senior Center, 509 Fisher Court on Friday, April 18 at 1 p.m. FREE. AI is changing the world, but did you know it's already a part of your daily life? Join us to explore practical ways AI is used every day. Register at 248.589.0334 or online at recreation.cityofclawson.com.

April 19: The Great Puzzle Swap at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp. on Saturday, April 19 from noon to 2 p.m. Have any new or gently used puzzles that you'd like to trade? Stop by the library between Tuesday, April 1 and Tuesday, April 15 to drop them off. For each puzzle you donate, you'll receive a ticket. On April 19, we'll host The Great Puzzle Swap, where you can select

one new puzzle per ticket you received. Any remaining puzzles will be available for sale from 2:30-5 p.m. the same day. For more information, call 586-329-1261.

April 21: Yoga Tales & Twists at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp. Mondays, April 21 at 10 a.m. Through gentle stretching and mindful breathing, kids develop focus and relaxation skills that can benefit them in daily life. Whether they're pretending to be animals in the jungle or floating like clouds, yoga for kids is all about fun, connection, and discovering the joy of movement! Please bring your own yoga mats. Registration is encouraged, but not required. For more information, 586-329-1261.

April 21: Movie at the Library at the Clawson Senior Center, 509 Fisher Court on Monday, April 21, 1 p.m. at the Library. FREE. Enjoy a FREE movie screening with complimentary popcorn. Relax and enjoy a great film with friends. Movie TBD. Register at 248.589.0334 or online at recreation.cityofclawson.com.

April 22: Join Widowed Friends, a peer support group hosting Tues, April 22, 1:30 p.m. Lunch at Buddy's Pizza, 45841 Hayes, Shelby Twp. Event host Mary Lou, 586-295-3098 by April 19, Limit 20.

April 23: Chess Club at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Wednesdays, April 23 from 4-6 p.m. Whether you're a beginner or an experienced player, everyone is welcome to join our twice monthly club where you can learn and play chess at your own pace. Hone in on your skills or just enjoy a casual game— or club provides the perfect opportunity to immerse yourself in the world of chess. Ages 12 and up. Registration is encouraged, but not required. For more information, 586-329-1261.

April 23: Join Widowed

Friends, a peer support group hosting Wed, April 23, 9:30 a.m. Breakfast at The Avenue Family Restaurant (second and fourth Wednesday of every), 31253 Woodward Avenue, Royal Oak. Event Host Marilyn, 248-543-1018.

April 23: Coffee & Conversation with CARE of Southeastern Michigan at Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Wednesday, April 23 at 10 a.m. Join Marcia Relyea from CARE of Southeastern Michigan at the library for free coffee and donuts. The brain naturally changes as we age. What's normal, and when should we be concerned? Learn tips and tricks to keep your brain in shape. Ask questions and take the chance to connect with your community. Sign up online or at the library. For more information, 586-329-1261.

April 24: Women's Luncheon: The Healing Power of Sound at the Older Persons' Commission, 1 p.m. \$15. Experience the calming and transformative benefits of sound bathing with Amy Wargo, Founder of Earthly Connections. Discover how soothing sound frequencies can reduce stress, enhance well-being, and promote relaxation. Following is a live sound bath demonstration, offering a peaceful experience you won't forget. Bring a yoga mat to fully relax during the practice or enjoy the serene experience from a seated position. This program is sponsored by Wellbridge of Rochester Hills. Register by calling (248)659-1029. The OPC is located at 650 Letica Drive, Rochester. For more information, visit OPCcenter.org

April 25: Join us for Coffee & Donuts at the DSO "Women Rock" — Bus departs from Walmart, 45400 Marketplace, Clinton Twp. at 9:15 a.m. on Friday, April 25. This is the set list of legends. The Detroit Symphony Orchestra and

special guests perform rock hits by Carole King, Janis Joplin, Aretha Franklin, Pat Benatar, Tina Turner, and more, including "What's Love Got To Do With It," "Proud Mary," "Piece Of My Heart," "Love Is A Battlefield," and "Flashdance." Cost \$75. Register online at www.lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

April 25: Memory Café at OPC at the Older Persons' Commission, 1-2:30 p.m. A welcoming social gathering for individuals affected by memory challenges and their care partners. Some activities include art, music and games with light refreshments provided. Sponsored by Waltonwood Main. Open to the public. RSVP to Theresa Gill (248)659-1036 or tgill@OPCcenter.org. The OPC is located at 650 Letica Drive, Rochester. For more information, call (248)659-1029 or visit OPCcenter.org.

April 25: Join Widowed Friends, a peer support group hosting Fri, April 25, Noon to 3 p.m. Cards/Games/Friendship, St. Therese, 48115 Schoenherr, Shelby Twp. Please bring a snack to share and your own drink. Dinner/lunch TBD. Event Host Liz, 586-801-4536 for questions.

April 26: The Single Way, a group for Christian single adults, is having its next meeting on Saturday, April 26, at 6 p.m.. It will feature a salad/dessert night dinner and a games night. Price is \$5 and includes the dinner main course, snacks, and beverages. Each person should bring either a salad or dessert to share with others. If coming, a reservation is due by Friday, April 25. For more information and location, call 586-774-2119.

For a complete listing, visit
MacombDaily.com
DailyTribune.com
TheOaklandPress.com

Poetry Page

ADVENTURES OF APRIL

APRIL SNOW MAY GET UP AND GO
AND TAKE MARCH WINDS ALONG WITH IT.
IN TIME FOR BASEBALL, PLANS TO WED,
AND FLOWERS TO BLOOM THROUGH THE SUMMER.
IT'S MICHIGAN, YOU KNOW, WHERE ANYTHING GOES
AND PATIENCE IS TESTED FULL SPEED.
TELL THAT TO DAFFODILS, PANSIES, AND ESPECIALLY, WEEDS.
WHO TEST FATE AND TIME AND USUALLY SUCCEED.
IT'S AN EXCITING TIME WHEN BASEBALL BEGINS.
THE CHALLENGE TO WIN AT THE FORE OF EVERYONE'S TICKET.
IT'S THE POPCORN AND PEANUTS
AND HOT DOGS TOO, IMPORTANT
AS EVER BEFORE. AS THE NINTH
INNING COMMENCES, FANS ON THE FENCES,
WHO WILL WIN THE GAME?
APRIL RAINS SCORE AND MAKE IT PLAIN.
THAT WINNING IS THE ONLY WAY HOME.
AGAIN, IT'S FATE AND PLAYERS WHO ARE GREAT
THAT DETERMINE THE WINNERS FOR SURE.
SO, GET IN GEAR THE WINNERS ARE HERE,
AND YOU - THE FANS WELL KNOW;
WIN OR LOSE, SMILES OR BLUES,
LOYALTY TAKES A STAND.
DON'T PUT AWAY THE BOOTS, SCARVES
OR GLOVES, FOR APRIL PROVIDES THE CHALLENGE;
FEED THE BIRDS, SHOW YOUR LOVE,
AND PRAY TO THE LORD ABOVE.
HE TAKES CARE OF THINGS
WITH BIRDS ON THE WING,
AND CHASES THE CLOUDS AWAY.....

Submitted by Margherita J. Wiszowaty of
St. Clair Shores, MI

DAVE

We have a good neighbor named Dave
Who never learned how to behave
When it's 10° below he's out shoveling snow
In his shorts and no socks
While his knees go "Knock, Knock"
We all think he's slightly depraved!
Now Dave's finally made it to fifty
Even though we thought it most "IFTY"
No more smoking cigars or driving fast cars
No more cream pies or spaghetti dinner
The doctors' admonish "you gotta get thinner!"
Is his stomach starting to sag, his eyes losing their twinkle
His feet starting to drag, is that a new wrinkle
And that thick head of hair is it beginning to thin
Bags under the eyes, a plump double chin?
No need to fret over one small bald spot
Cuz sonner or later we all go to pot!
Dave, you may as well face it, you're over the hill
You'll never grow younger
Cause there's no magic pill
Adjust to the change
You'll find it quite nifty
And if you behave
You may make it to sixty!

Submitted by Joan C. Sobosky of Clinton Twp, MI

FIRST & LAST NAME: _____ PHONE NUMBER: _____
ADDRESS: _____
CITY/STATE/ZIP: _____ NAME OF POEM: _____

MAIL TO: Poetry, Pets &
Be Kind Spotlight
Dawn Emke
53239 Settimo Crt
Chesterfield, MI 48047

If you chose to submit your Poetry, Pet Tribute or Be Kind Spotlight 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 Poetry, Pet Tributes & Be Kind Spotlights to: demke@medianewsgroup.com

**Look for other ads in this issue of Vitality for more information
on Be Kind Spotlight and Pet Tribute.**

NEXT ISSUE WILL BE MAY 8, 2025

Thank you for your interest in sharing your creativity. We look forward to reading your poems and letters of appreciation.

LOONEY TUNES

Looney Tunes is my Amazon parrot named after my favorite cartoons (And yes, he can say "What's up, Doc?" just like Bugs Bunny).

He came into my life when he was 5 months old and he's now 41. He has been by my side during college, my various jobs, my marriage and my retirement.

Looney can whistle Beethoven's 5th Symphony and sing opera, but best of all is when he says to me "I'll love you forever and ever."

What other pet can give you so much love for a lifetime?

**Member of Gail Wang's Family
of Troy, MI**



FIRST & LAST NAME: _____ PHONE NUMBER: _____

ADDRESS: _____

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

MAIL TO: Poetry, Pets &
Be Kind Spotlight
Dawn Emke
53239 Settimo Crt
Chesterfield, MI 48047

If you chose to submit your Poetry, Pet Tribute or Be Kind Spotlight 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 Poetry, Pet Tributes & Be Kind Spotlights to: demke@medianewsgroup.com

**Look for other ads in this Vitality with more information
on Pet Tribute and Be Kind Spotlight.
NEXT ISSUE WILL BE MAY 8, 2025**

Thank you for your interest in sharing your creativity. We look forward to reading your poems and letters of appreciation.

• SERVICE Directory

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Do you now have a house or condo to sell?
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