

Vitality

Your monthly guide to aging with grace, purpose and well-being



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VITALITY

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On the cover



On the cover: The Beatles are shown during a Paris photo session in January 1964. Photo courtesy of Apple Corps Ltd



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MONEY & SECURITY

Real estate: Half-bath? Full bath? How is all of that determined?



Steve Meyers
COLUMNIST

Q: We have a third bathroom in our finished basement that has a stall shower. My brother-in-law says it's only considered a half-bath because it doesn't have a bathtub. Is he correct?

A: Your brother-in-law is wrong. Bathrooms go by the number of fixtures. A bathroom with a sink and a toilet is a two-fixture bath, which is also referred to as a half-bath or a lav. A full bath has a sink, toilet, and either a bathtub or shower, or both, so it can be either a three- or four-fixture full bath.

HOME MAINTENANCE TIP

Are you losing up to 25% of your heat because you don't have \$40 to \$80 worth of insulation in your basement?

Having been in literally over a thousand homes over the years, I get to observe a lot of things.

One thing I have noticed, especially in homes built before the 1980s, is the lack of insulation around the rim joist in the

basement.

That is where all the joists rest on top of the basement wall. If you see insulation, you're good, but if you see bare wood, you're losing money out of your pocket every minute during the cold weather here in Michigan.

The fix is simple: buy a roll or two of insulation and cut pieces to fit up in all of the cavities. (If you have bay windows or kitchen sinks that are in a bay with plumbing pipes, then consult with a professional on the correct way to insulate the bay.)

It's a good idea to wear gloves, long sleeves, safety glasses and a face mask when handling insulation.

You can take it a step further and seal all the joints with a foam sealant first before adding the insulation.

I recommend consulting your home improvement store or a contractor/handyman as to the best way to go about it for your home.

As long as you do something, you will start saving money right away.

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

Market update

November'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 up by almost 3% and Oakland County's was up by more than 2%. Macomb County's on-market inventory was down by almost 2% and Oakland County's was up by almost 4%. Macomb County's average days on market was 35 days and Oakland County's was 32 days. Closed sales in Macomb County were up by almost 3% and were down by almost 9% in Oakland County. (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 November, the state of Michigan's inventory was at 2.6 months of supply. Macomb County's inventory was at 2.4 months of supply and Oakland County's inventory was at 2.3 months of supply. By definition, it's still not close to a buyer's market.



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WORK & PURPOSE

New releases dive into the musical archives of the Beatles and Pink Floyd

By Gary Graff
FOR MEDIANEWS GROUP

There's no question that the Beatles and Pink Floyd created a great many musical masterpieces during their respective heydays.

And during the past few months, that work was amplified via further digs into each band's archives.

In the former's case, it was a new incarnation of "The Beatles Anthology," a 1995 project that included an ABC documentary series and subsequent home video release, three separate albums and a coffee table book. Celebrating its 30th anniversary in November, everything was rereleased, with a new ninth episode added to the TV portion and the "Anthology" albums revised to include a fourth volume.

Pink Floyd followed in December with "Wish You Were Here 50," a boxed set commemorating the 50th anniversary of the British band's ninth studio album and the follow-up to 1973's landmark "The Dark Side of the Moon." The new package bolsters the original album with studio outtakes and alternate versions of the songs, as well as a live recording made from a widely bootlegged fan recording of an April 26, 1975, concert at the Los Angeles Sports Arena, four and a half months before "Wish You Were Here"’s release and while the band was still in the midst of recording.

All of this adds insight into these works, almost scholarly presentations that add to any fan's enjoyment and understanding of the music. But it's also a task that comes with great responsibility for those involved. "There's an almost endless supply of record that potentially could come my way for mixing in Surround-Sound or Dolby Atmos," explains Steven Wilson, the British musician who, in addition to his own music, has worked on updated catalog reissues for acts such as Yes, King Crimson, Jethro Tull, Chicago, Black Sabbath, Emerson, Lake & Palmer

and many others. He remixed "Pink Floyd at Pompeii — MCMLXXII," which was released in 2025, and handled the live recording that's part of "Wish You Were Here 50."

"The people I'm doing them for are ... people who have bought the album at least three times in their lifetime," Wilson adds, "and I recognize myself in that equation. I know what I would want is something that doesn't in any way change the music ... but is presenting it in a new way that makes it sound fresh again. It's a real honor to be able to work on these albums I myself have loved over the years."

Giles Martin feels a similar charge when it comes to the Beatles.

The son of original Fab Four producer George Martin, he's been working on projects since "The Beatles: Rock Band" video game in 2009 and has been involved in reissue projects such as 50th anniversary editions of "Sgt. Pepper's Lonely Hearts Club Band," "The Beatles" (a.k.a. "The White Album") and "Abbey Road," the "Revolver: Special Edition" in 2022 and Peter Jackson's acclaimed "The Beatles: Get Back" documentary and the accompanying "Let It Be: Special Edition." Martin has also been involved in reissues for Paul McCartney and George Harrison solo albums, along with projects for the Beach Boys, the Rolling Stones and Elton John.

"We don't really discuss a plan, if you like, because it is what it is," Martin notes. "My job is to represent as truthfully and as best I can what (the music) is. I never ever wanted to change what the Beatles are playing. The heartbeat of the Beatles is always there."

Going into a project, Martin says, "the direction isn't really discussed. ... I'll do a mix and select outtakes and send them to all of them, then discuss. One thing I've always tried to get across is the fact they were a four-piece band, and a really good four-piece band. They were a great band. The sum of them together is



The Beatles perform on the "Thank Your Lucky Stars" TV program on March 28, 1965. PHOTO COURTESY OF APPLE CORPS LTD

better than them individually. They all play the right things, and are very economical, with great thought and great sympathy. That's what I want to come through."

Martin was able to do that from the ground up with "Now and Then," which came out in 2023 as the purported last songs the Beatles will ever release. Like "Free As a Bird" and "Real Love," "new" songs that were part of the original "Anthology" in 1995, "Now and

Then" came from a rough demo tape made by John Lennon. It was considered for "Anthology" as well, but ultimately abandoned because, as McCartney explains in the new Episode 9, "it needs so much work we're a bit terrified to get around to it."

It was technology that Peter Jackson and his team created at their New Zealand Park Road Post Production studio that finally allowed Martin and the Beatles

team to isolate and clean up Lennon's vocal and piano enough to build a song around it, using elements that Harrison, who died in 2001, had recorded during the mid '90s, along with new contributions by McCartney and Ringo Starr.

"It was pretty much a new version of the song," says Martin, who didn't know the song existed until McCartney played it for him in the spring of 2022. "The things that were kept were George's guitar,

acoustic and electric, and obviously John's voice. ... Paul redid the bass and Ringo redid the drums." But Martin maintains that he didn't know how much excitement the song — which is featured on the fourth volume of the "Anthology" albums — would generate while he was working on it.

"It was only when we finished it and some people heard it and, 'Omigod, this is gonna be huge!' — that was the only time I remember thinking, 'Okay...,'" Martin recalls. "I think had I thought that way to begin with, I'd probably be a little more nervous about it. But I've got Paul and I love him dearly and I have his trust, which I don't take for granted. Whatever you do, you hope it's good enough. I'm working with some pretty good people. ... So it's trying to live up to the standards."

"People think there's a huge planning system to what we do, and there really isn't," Martin adds. "We're amateurs at best; we just seem to get away with it. I suppose it has an element of

high risk involved in it. I suppose I'm used to it. Most of the work I do gets examined by people, but generally I get away with most things."

For Wilson, meanwhile, the "Pompeii" and "Wish You Were 50" projects were particularly "exciting because (Pink) Floyd is really my favorite band." That gave him a perspective as he listened to the group that performed in Los Angeles 50 years ago, especially compared to what he heard on the Pompeii tapes — recorded nearly four years earlier in Italy and filmed for a 1972 concert film.

"After having worked on 'Pompeii,' it's fascinating to hear just how much the dynamic with the band and the relationship between the band and the audience had changed — and not actually always for the better," Wilson explains. "When you listen to the 'Pompeii' recording, you're listening to the sound of a band that developed an incredible chemistry from playing rela-



Pink Floyd. PHOTO COURTESY OF STORM THORGERSON — SONY MUSIC ENTERTAINMENT

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SOCIAL & WELL-BEING

You were home for the holidays and saw signs that your loved one needs help. What to do?

By AgeWays

FORMERLY AREA AGENCY
ON AGING 1-B

When you visited your mom at Christmas last year, you didn't notice anything different about her. She looked put-together, her house was clean, and she seemed perfectly able to get herself where she needed to go — to the market, to doctor appointments, to the local senior center.

This year, though? You're not so sure she's fine. But how do you know if you should intervene? And, how should you do it to minimize any bad feelings she might have after a lifetime of independence?

Nurse Taylor Clark, program specialist for wellness and caregiver services at AgeWays Nonprofit Senior Services, provides this list of the top signs that you should look for — and how to approach your loved one about getting help.

"If you haven't seen your loved one in a while, you'll likely notice if anything has changed since your last visit," Clark says. "That's good, because you can start to address them before things get out of hand."

Here are some changes to look for:

CONFUSION/CHANGES IN MEMORY

Confusion about dates or familiar routines, forgetfulness about where items belong, difficulty following conversations, repetition of stories and questions

MOOD/PERSONALITY CHANGES

Irritability, withdrawal from activities and friends, loss of interest in activities they once enjoyed, avoiding phone calls, not having visi-



Check for ways you can help an older loved one you feel needs assistance. FILE PHOTO

tors

PHYSICAL CHANGES

Unexplained bruises that could indicate falls, not keeping up with hygiene, changes in mobility

DIFFICULTY WITH EVERYDAY TASKS

Forgetting that something is on the stove or in the oven, missing payment of bills, not noticing that food is spoiled

WHAT SHOULD YOU DO?

Jot down the changes you noticed during your visit — and perhaps the changes other people closer to your loved one have seen.

"Document changes. Use examples and note the frequency. That way, once you feel it's becoming more concerning, you can bring what you've noticed to your

loved one or their physician," Clark says.

Have a gentle conversation with your loved one.

Start the talk with "I," as in, "I'm concerned about your safety in the house," and "I've noticed that the house seems a little out of sorts. You're usually so neat. Is everything all right?" rather than "You're not taking care of yourself. We need to do something about it," or something that makes your loved one feel helpless.

"Asking them, 'What is going on?' is really what it starts with," Clark says. "If it's a meal prep issue, see if there's a grocery delivery service or premade meals. If it's a cleaning issue, it might be hiring a cleaner every month or giving them a hand while you're in town. Figure out what the person is strug-

gling with the most."

Encourage a health check.

Suggest scheduling an appointment with your loved one's doctor — and consider going along with them so you can be more aware of their status. If you are worried about confusion, ask for an appointment to get a baseline memory check.

Stay connected after the doctor visit, Clark suggests.

"Try to schedule a time that you check in daily or weekly, even if they don't know it's a schedule, you do. If you have family willing to coordinate, divvy up tasks. One person handling everything can burn them out pretty quickly," she said.

Connect with local agencies, such as AgeWays, senior centers, or adult day programs to find support for your loved one.

If you live out of town, it may not always be possible to visit your loved one more frequently. You could contact a friend of your loved one to see if they can check in every so often or keep you posted if they notice any changes. Call your loved one's house of worship to see if they provide friendly visitor calls or deliver meals.

Encourage your loved one to visit a senior center or community center, make some new friends, see what new hobbies they can pick up, or even check if there are any programs that could help with any concerns you may have.

NEXT STEPS

If you've concluded that your loved one needs a higher level of care, ask them what they want to do in the long

term.

"Specifically ask, 'What can I do to make your life easier until you get to the point where long-term planning has to take effect?'" Clark says. "Reach out to professionals if you must."

AgeWays offers a program that could help your loved one figure out what they need in the long term. Called MI Options, counselors work with individuals to develop a long-term action plan and then follow up with additional support to help them meet their goals.

The key is to take a step back, take notes, and talk kindly to your loved one about what they might need.

"You want them to feel supported while they're on their life's journey. And the journey comes with transitions. They're just learning to navigate within their own limitations and changes," Clark says. "They're learning how to be an older adult while you're trying to learn how to be a caregiver to an older adult."

To access MI Options, call the statewide call center at 800-803-7174 from 8 a.m. to 8 p.m. weekdays, or AgeWays at 248-262-0545 from 8:30 a.m. to 4:30 p.m. weekdays (messages are returned within 24 hours).

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.

BANDS

From Page 5

tively small venues night after night. They've developed this kind of intuitive chemistry.

"And suddenly 'The Dark Side of the Moon' album explodes, and they go to playing massive arenas and massive stadiums, and I actually feel sometimes they're not enjoying it. They're still playing amazing, don't get me wrong, but sometimes, you can hear the frustrations. You can hear the disconnect that, famously, Roger (Waters) would channel into creating 'The Wall,' that sense of alienation he felt from the audience, that barrier that was probably quite uncomfortable for the band.

"And you can start to hear it here; there isn't the same dynamic in the band that there was on 'Pompeii.' It's fascinating as a fan to kind of acknowledge and observe that process."

Wilson actually bought

a copy of the Los Angeles show — recorded by famed bootlegger Mike Millard — at a flea market in Camden, England, when he was a teenager, so he was familiar with the show. All 16 of the tracks have remained unreleased (officially) over the years, including previews of the "Wish You Were Here" tracks and "Raving and Drooling" and "You've Got to Be Crazy," which became templates for "Sheep" and "Dogs," respectively, from Pink Floyd's next album, "Animals," in 1977.

"Floyd didn't record any of their own live shows for a period of time," Wilson notes, "which is extraordinary when you think about how massively, globally, internationally successful they were at the time, and when you consider that in this day and age, how everything is documented.

"But there's no multi-track recordings from the 'Wish You Were Here' or 'Animals' tours. So we're kind of left with what we're left with,

really, and luckily this particular individual was very diligent about getting the best possible recordings, illicit recordings, of some of the biggest bands of the era — even going to the extent of choosing his seats so that he would get the best possible balance."

In burnishing the recording for commercial release, Wilson used a number of versions from throughout the years, fusing together the best bits, fixing drop-outs, refining sonic resolution and adjusting volume levels.

"To be honest, it sounded pretty good to start with," he acknowledges. "I think the bootleg is what it is; it's a bootleg and it sounds like a bootleg, albeit a very superior quality of a bootleg. I think some people thought I was going to go down the route of artificial intelligence and extract it and do a lot of that jiggery-poo. I think if I'd gone the route of stem separation, it would've wound up sounding very processed, very arti-

ficial, and that's not what I wanted."

"So I really just sprinkled a little bit of fairy dust on it — increasing the stereo image, taking out some of the nastier kind of frequencies, boosting the bottom end a little bit, leveling things where there was inconsistency, just sorting all that out. And removing a lot of the tuning-up from between songs to try to make it a more pleasant listening experience, something you'd want to listen to more than once."

With these two Pink Floyd projects under his belt, meanwhile, Wilson is hoping there will be more to come — and that he'll be involved in any future projects.

"I think there's never been a better time to be a Floyd fan," he says, "and I speak as someone who's amongst the biggest Pink Floyd fans. Without any disrespect to the members of the band, the best thing that happened to the Floyd catalog (being sold to Sony) is it being liber-



Celebrating its 30th anniversary, a new incarnation of "The Beatles Anthology," a 1995 project that included an ABC documentary series and subsequent home video release, three separate albums and a coffee table book, was rereleased in November, along with a new ninth episode added to the TV portion and the "Anthology" albums revised to include a fourth volume. **PHOTO COURTESY OF APPLE CORPS LTD**

ated from the sort of internal politics of the band. I think we're going to see a lot more amazing stuff coming out of the Floyd archives — not that it's been handled badly in the past, but there was always a sense there could be more. I think we're seeing that now, and hopefully on lots more projects.

"For me to be involved ... you can imagine my 13- or 12-year-old self being absolutely astonished and dumbfounded, in my own little way, of being part of the curation of these incredible sets that are going to continue to come out, I hope."

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WORK & PURPOSE

Baby boomers population expected to take bigger slice of U.S. pie

The share of senior citizens in the U.S. population is projected to grow from 18.7% in 2025 to nearly 23% by 2050, while children under 18 decline from almost 21% to a projected 18.4%

By Mike Schneider
THE ASSOCIATED PRESS

The oldest baby boomers — once the vanguard of an American youth that revolutionized U.S. culture and politics — turn 80 in 2026.

The generation that twirled the first plastic hula hoops and dressed up the first Barbie dolls, embraced the TV age, blissed out at Woodstock and protested the Vietnam War — the cohort that didn't trust anyone over age 30 — now is contributing to the overall aging of America.

Boomers becoming octogenarians in 2026 include actor Henry Winkler and baseball Hall of Famer Reggie Jackson, singers Cher and Dolly Parton and presidents Donald Trump, George W. Bush and Bill Clinton.

THE AGING AND SHRINKING YOUTH OF AMERICA

America's population swelled with around 76 million births from 1946 to 1964, a spike magnified by couples reuniting after World War Two and enjoying postwar prosperity.

Boomers were better educated and richer than previous generations, and they helped grow a consumer-driven economy. In their youth, they pushed for social change through the Civil Rights Movement, the women's rights movement and efforts to end the Vietnam War.

"We had rock 'n' roll. We were the first generation to get out and demonstrate in the streets. We were the first generation, that was, you know, a socially conscious generation," said Diane West, a metro Atlanta resident who turns 80 in January. "Our parents played by the rules. We didn't necessarily play by the rules, and there were lots of us."

As they got older they became



Donna West sits with her grandson, Paul Quirk, as they speak to a reporter in Marietta, Georgia. MIKE STEWART — THE ASSOCIATED PRESS

"The thing about baby boomers is they've always had a spotlight on them, no matter what age they were," "They were a big generation, but they also did important things."

— BROOKINGS DEMOGRAPHER WILLIAM FREY

See **BOOMERS** on Page T10

PET TRIBUTE PAGE

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NEXT ISSUE WILL BE February 12, 2026

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

WORK & PURPOSE

Quiz: The oldest boomers are turning 80 in 2026. How much pop culture do you remember?

By Mike Schneider
THE ASSOCIATED PRESS

OK boomers: The oldest of you are turning 80 in 2026, the vanguard of a “rock n’ roll” and “TV age” generation that left an imprint on popular culture like no other.

During the 18 years of the “baby boom” from 1946 to 1964, around 76 million Americans were born. The spike in births was magnified by couples reuniting after World War Two and the postwar prosperity that followed. Better educated and wealthier than previous generations, boomers made popular culture more inclusive and helped grow a consumer-driven economy.

Here are 20 questions to see how well you know — or remember — about the indelible imprint made on pop culture by baby boomers and those who catered to their tastes. No Google or ChatGPT allowed. You don’t have to be a boomer to get them right, but it doesn’t hurt.

1. What was in the first Swanson TV dinner?

2. What two other “junk food” favorites were created by the inventor of the orange, powdered drink Tang?
3. Name all three astronauts who were part of the Apollo 11 moon landing in 1969?
4. Who is “the cat who won’t cop out when there’s danger all about?”
5. What did Simon and Garfunkel call themselves before adopting their eponymous name?
6. What TV show teased, “The thrill of victory... and the agony of defeat?”
7. What was the name of the feminist magazine activist Gloria Steinem helped found?
8. Actor and martial artist Bruce Lee died just before the release of which of his films?
9. Which girl group did Darlene Love sing for?
10. What was comedian Freddie Prinze’s catchphrase from the 1970s TV show, “Chico and the Man?”
11. In which country did the “Rumble in the Jungle” take place?
12. How many castaways can you name from the TV show “Gilligan’s Island?”
13. What TV sitcom star from the 1970s once washed dishes at a Harlem eatery with Malcolm X?
14. In what city was baby boomer singer Gloria Estefan born?
15. What was the last Beatles album to be released?
16. What legendary TV shows were mainstays on Saturday nights for CBS in 1973 in what some call the greatest network TV lineup ever?
17. In what year did boxer Cassius Clay change his name?
18. What toy became a worldwide sensation when it was popularized by Wham-O in 1957?
19. Who was tennis player Billie Jean King’s opponent in the “Battle of the Sexes?”
20. What was the real name of “Dr. Seuss?”

Answers

1. Turkey, dressing, potatoes and peas. 2. William A. Mitchell also invented Pop Rocks and Cool Whip. 3. Neil Armstrong, Buzz Aldrin and Michael Collins. 4. John Shaft. 5. Tom and Jerry. 6. ABC’s “Wide World of Sports.” 7. Ms. 8. “Enter the Dragon.” 9. Trick question: She was lead singer of The Blossoms, but she also sang songs that were credited to The Crystals. 10. “Looking good!” 11. Zaire. 12. Gilligan, The Skipper, Ginger, The Professor, Mary Ann, Thurston Howell III and Eunice “Lovey” Howell. 13. “Sanford and Son” star Redd Foxx. 14. Havana, Cuba. 15. “Let It Be,” though “Abbey Road” was the last they recorded together. 16. “All in the Family,” “MASH,” “The Mary Tyler Moore Show,” “The Bob Newhart Show” and “The Carol Burnett Show.” 17. 1964. 18. The Hula Hoop. 19. Bobby Riggs. 20. Theodor Geisel.

— Scott Stroud in Nashville and Terry Spencer in Fort Lauderdale contributed to this report.

BOOMERS

From Page 8

known as the “me” generation, a pejorative term coined by writer Tom Wolfe to reflect what some regarded as their self-absorption and consumerism.

“The thing about baby boomers is they’ve always had a spotlight on them, no matter what age they were,” Brookings demographer William Frey said. “They were a big generation, but they also did important things.”

By the end of this decade, all baby boomers will be 65 and older, and the number of people 80 and over will double in 20 years, Frey said.

The share of senior citizens in the U.S. population is projected to grow from 18.7% in 2025 to nearly 23% by 2050, while children under 18 decline from almost 21%

to a projected 18.4%. Without any immigration, the U.S. population will start shrinking in five years. That’s when deaths will surpass births, according to projections from the Congressional Budget Office, which were revised in September to account for the Trump administration’s immigration crackdown.

Population growth comes from immigration as well as births outpacing deaths.

The aging of America is being compounded by longer lives due to better health care and lower birth rates.

The projected average U.S. life expectancy at birth rises from 78.9 years in 2025 to 82.2 years in 2055, according to the CBO. And since the Great Recession in 2008, when the

YOUNGER GENERATIONS MISS BOOMER MILESTONES

Women are having fewer children because they are better educated, they’re delaying marriage to focus on careers and they’re having their first child at a later age. Unaffordable housing, poor access to child care and the growing expenses of child-rearing also add up to fewer kids.

University of New Hampshire senior demographer Kenneth Johnson estimates that the result has been 11.8 million fewer births, compared to what might have been had the fertility rate stayed at Great Recession levels.

“I was young when I had kids. I mean that’s what we did — we got out of college, we got married and we had babies,” said West, who has two daughters, a stepdaughter and six grandchildren.

“My kids got married in their 30s, so it’s very different.”

A recent Census Bureau study showed that 21st century young adults in the U.S. haven’t been adulting like baby boomers did. In 1975, almost half of 25-to-34-year-olds had moved out of their parents’ home, landed jobs, gotten married and had kids. By the early 2020s, less than a quarter of U.S. adults had hit these milestones.

West, whose 21-year-old grandson lives with her, understands why: They lack the prospects her generation enjoyed. Her grandson, Paul Quirk, said it comes down to financial instability.

“They were able to buy a lot of things, a lot cheaper,” Quirk said.

All of her grandchildren are frustrated by the economy, West added.

“You have to get three roommates in order to afford a place,” she said. “When we

got out of college, we had a job waiting for us. And now, people who have master’s degrees are going to work fast food while they look for a real job.”

IMPLICATIONS FOR THE ECONOMY

The aging of America could constrain economic growth. With fewer workers paying taxes, Social Security and Medicare will be under more pressure. About 34 seniors have been supported by every 100 workers in 2025, but that ratio grows to 50 seniors per 100 working-age people in about 30 years, according to estimates released last year by the White House.

When West launched her career in employee benefits and retirement planning in 1973, each 100 workers supported 20 or fewer retirees, by some calculations.

Vice President JD Vance

and Tesla CEO Elon Musk are among those pushing for an increase in fertility.

Vance has suggested giving parents more voting power, according to their numbers of children, or following the example of Hungary’s Viktor Orbán in giving low-interest loans to married parents and tax exemptions to women who have four children or more.

Frey said programs that incentivize fertility among U.S. women hardly ever work, so funding should support pre-kindergarten and paid family leave.

“I think the best you can do for people who do want to have kids is to make it easier and less expensive to have them and raise them,” he said. “Those things may not bring up the fertility rate as much as people would like, but at least the kids who are being born will have a better chance of succeeding.”

HEALTH & FITNESS

How many steps do you need? Researchers found 4,000 steps led to benefits for older women

By Rick Sobey
MEDIANEWS GROUP

Are you constantly looking at your watch or phone to check your step count as you strive to hit 10,000 steps a day?

Well, a new Mass General Brigham study shows that only 4,000 steps one or two days a week can lead to health benefits for a senior population.

Older women who took 4,000 steps on just one or two days per week had a 27% lower risk of cardiovascular disease and a 26% lower risk of death compared to those who got less steps, according to the researchers.

And with more steps came

even greater benefits.

"In countries like the United States, advances in technology have made it such that we don't really move very much, and older individuals are among those least active," said senior author I-Min Lee, an epidemiologist in the Mass General Brigham Department of Medicine and the Division of Preventive Medicine at Brigham and Women's Hospital.

"Because of today's low step counts, it's increasingly important to determine the minimum amount of physical activity required to improve health outcomes, so that we can offer realistic and feasible goals for the public," Lee added.

In this federally funded study, Mass General Brigham researchers conducted a prospective cohort study of 13,574 older women — who were about 72 years old on average — without cardiovascular disease or cancer from BWH's Women's Health Study.

The women wore ActiGraph GT3X+ accelerometers to track their steps over seven days between 2011 and 2015. For the next 10 years, the researchers monitored mortality and cardiovascular disease incidence.

Participants were sorted by how many days per week they achieved steps of 4,000, 5,000, 6,000, or 7,000.

Those who got 4,000 steps

one or two days per week had 26% lower mortality risk and 27% lower cardiovascular disease risk compared to those who never hit 4,000 on any day.

What's more, reaching 4,000 steps three or more days in a week decreased mortality risk further to 40%.

As for women who reached the higher step thresholds, cardiovascular disease risk leveled out.

The health benefits seem to be associated with the total volume of steps taken, rather than how many days per week a particular threshold was achieved.

This suggests that there isn't a "better" way to get steps — women with similar total volume of steps, either achieved by consistent steps throughout the week or sporadic steps in just a few days, had similar health benefits.

Future research will need to explore whether these effects hold in populations beyond older, American, mostly white women. Also, the researchers want to analyze even lower step count thresholds to determine whether less than 4,000 steps can produce similar health benefits.

"I hope our findings encourage the addition of step count metrics to physical activity guidelines, including the upcoming 2028 U.S. Physical Activity Guidelines," said lead and corresponding author Rikuta Hamaya, of Mass General Brigham's Department of Medicine and the Division of Preventive Medicine at BWH. "If we can promote taking at least 4,000 steps once per week in older women, we could reduce mortality and cardiovascular disease risk across the country."

ATTENTION ORGANIZATIONS GROUPS & CLUBS

Send in your information for meetings, seminars, events and press releases for our monthly calendar. Our next edition will run February 12, 2026.

Deadline is January 28, 2026

To be included in our next edition please Email to:

VITALITY

Groups & Clubs

Email: Joe Gray • jgray@medianewsgroup.com

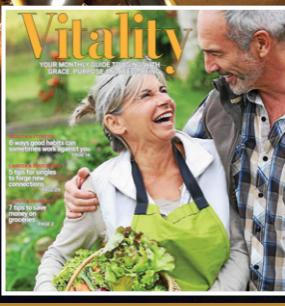
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Next Issue of Vitality

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THURSDAY

FEBRUARY 12, 2026




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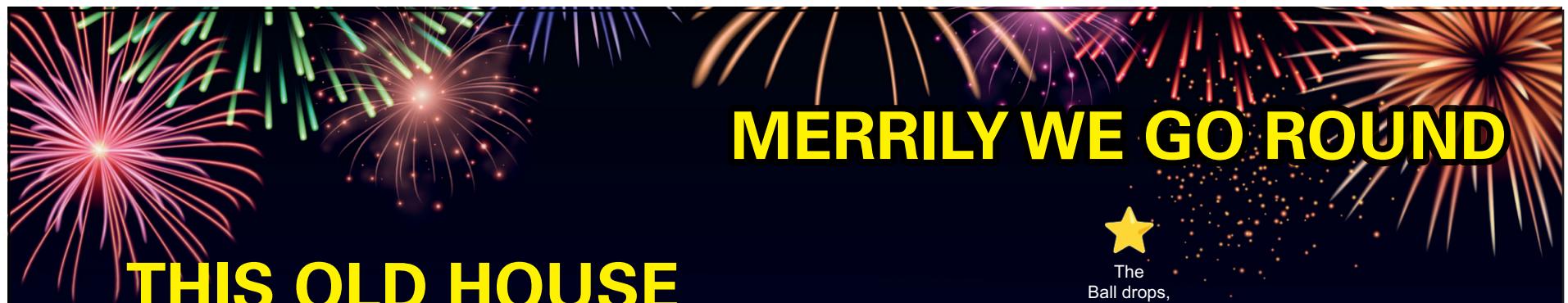
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MERRILY WE GO ROUND

THIS OLD HOUSE

When I was young and lived at home
there was always love and I was never alone.
Mom and Dad where always there, other times
there were sisters and brothers to care.

The big old house so toastie warm
on any winter school day morn.

A coal stove with a poker there
that mom would wrap your hair around
past your shoulders and farther down.

Pass the pasture and over the field
then the woods and still down the road.
Only three miles for a young girl to go.

Big red building so tall and grand
and always smelled just like crayons.

Howdy Doody on the bubble box or
look for geese on the side lot.

No matter what we did for fun
neighbor kids came on the run.

Dad came home with pockets full of treats
or maybe just a penny from behind his ear.

So much more there is to tell
of all those sights, sounds and smells.
Our home of homes we'd forever know
for now it lies crumpled under the snow.

Written by Eileen Shuman of Pontiac, MI



The
Ball drops,
A New Year, a fresh start.
Candy, flowers and love beats
in your heart.



Winter melts away and Spring opens her eyes.
Wet and wild the Bunny leaves baskets of surprise.



The earth explodes into blooms with honeyed scents.
It's a green light to go and enjoy
the summer events.



Red, White, and Blue, America we salute you!
The Grand Finale begins of sizzling day
under skies of blue.



Nature whispers a change of colors into a spectacular view.
Glowing trees and pumpkins that
end with a spooky Boo!



The earth hardens as we give thanks with the seasons end.
Ho, Ho, Ho, A Holy Night and a peek of
wonder around the bend.



Another Ball drops, another New Year,
another chance for a fresh start.
Merrily, Merrily we go round and round with a hopeful heart.



Written by
Lucia Allen
of Roseville, 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 February 12, 2026

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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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@medianewsgroup.com.

JANUARY

Jan. 8: Adult Craft Night: Anything But a Paintbrush at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Thursday, Jan. 8 at 6 p.m. Have you ever tried painting with a stick? Maybe a fork or a toothbrush? Adults, put your creativity to the test at our monthly Adult Craft Night, where we'll paint a tiny masterpiece using anything BUT a paintbrush! No need to stress — this craft is the perfect way to decompress in the new year and have a laugh over what you may or may not create! Registration is required. For more information, call 586-329-1261.

Jan. 9: Financial Friday at the OPC. Kickstart Your Financial Journey: Tips for a Strong Start, Friday, Jan. 9, 10:30 a.m. \$2. Start the year with practical strategies to organize your finances, set goals, and build a strong foundation for a secure financial future. Presented by Rochester Wealth Strategies Vice President Xenia Wolmann, AWMA. Open to the public. For information or to register please call 248-659-1029. The OPC is located at 650 Letica Drive, Rochester.

Jan 12: Spice of the Month Club: Turmeric at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Monday, Jan. 12, available all day while supplies last! 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 history. 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! Jan.'s Spice of the Month is Turmeric. For more information, call 586-329-1261.

Tuesdays, Jan. 13, 20, and 27: Knitting & Crochet Circle at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Township, 10 a.m. 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, call 586-329-1261.

Jan. 13: The Birmingham Metropolitan Women's Club presents their Annual Meeting followed by a delicious lunch, Tuesday, Jan. 13 at 10:30 a.m. We will discuss our achievements, our charities and our events at the Spring Tea & Fall Fashion Show. Come see what we are all about. You do not have to be a member to give us a try. Reserve your place two weeks prior to the event by calling Chris at 248-303-7339. Lunch & program \$34, held at the Iroquois Club, 43248 Woodward Ave., Bloomfield Twp. To learn more, visit tbtmc.com

Jan. 13: Terrific Tuesday: Discover the Detroit Riverfront. Sponsored by the OPC. Tuesday, Jan. 13, 4:30 p.m. Dinner 5 p.m. Presentation. \$15. Since 2003, the Detroit Riverfront Conservancy has transformed the riverfront into a beautiful, safe, and accessible space for everyone. Explore the highlights, learn about ongoing projects, and celebrate this iconic space's past, present, and future. Sponsored by Waltonwood Main. Register by calling (248)659-1029. The OPC is located at 650 Letica Drive, Rochester. For more information, visit OPCenter.org

Jan. 14: Drop-In Tech Help at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Wednesday, Jan. 14, from 1-2:30 p.m. Need help navigating your smartphone? Have questions about your new computer? An adult librarian is available for one-on-one basic tech assistance during this time on a first come, first served basis. No registration required. Please bring your device and any relevant passwords. For more information, call 586-329-1261.

Jan. 14: Let's head to lunch at Lelli's before the show at Meadowbrook Theatre, "All Shook UP" on Wednesday, Jan 14. This musical was inspired by and features the songs of Elvis Presley. Set in 1955 the story of the guitar-playing young man and his hip-swiveling musical fantasy will have you jumping out of your blue suede shoes. Enjoy these classics: "Heartbreak Hotel", "Jailhouse Rock" and "Don't be Cruel." Bus departs from John Armstrong Performing Arts back parking lot, 24066 F V Pankow Blvd, Clinton Twp at 11:00 am.

Cost \$120. Register online at www.lc-ps.ce.elyeo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

Jan. 14: Murder & Booze Book Club sponsored by the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Wednesday, Jan. 14 at 6 p.m. Join the library at Three Blind Mice for our mystery, thriller, and true crime book club! Enjoy a cold one and grab an appetizer while we discuss The Frozen River by Ariel Lawhon. Get your copies now! Register online or call 586-29-1261. Registration is required due to restaurant capacity. We are meeting at: Three Blind Mice Irish Pub (in upstairs room), 101 N Main St., Mt. Clemens. Book Description: Maine, 1789: When the Kennebec River freezes, entombing a man in the ice, Martha Ballard is summoned to examine the body and determine cause of death. As a midwife and healer, she is privy to much of what goes on behind closed doors in Hallowell. Her diary is a record of every birth and death, crime and debacle that unfolds in the close-knit community. Months earlier, Martha documented the details of an alleged rape committed by two of the town's most respected gentlemen—one of whom has now been found dead in the ice. But when a local physician undermines her conclusion, declaring the death to be an accident, Martha is forced to investigate the shocking murder on her own. Over the course of one winter, as the trial nears, and whispers and prejudices mount, Martha doggedly pursues the truth. Her diary soon lands at the center of the scandal, implicating those she loves, and compelling Martha to decide where her own loyalties lie. Inspired by the life of Martha Ballard, a renowned 18th-century midwife who defied the legal system and wrote herself into history.

Jan. 15: Live at the OPC: American Stories: Garth Brooks Live with Les Smith, Thurs. Jan. 15 | 6-7:30 p.m., \$15. Members \$20 Non-Members. A feel-good tribute to Garth Brooks, featuring performer Les Smith as he brings Garth's unforgettable hits to life while celebrating the stories, songs, and moments we all share as America marks its 250th year. Light appetizers & refreshments provided. Open to the public. The OPC is located at 650 Letica Drive, Rochester. For more information call (248)656-1403 or visit OPCenter.org

Jan. 15: Living Well, Learning More: Forever Better at the OPC, Thursday, Jan. 15, 2 p.m. \$5. Dinn-

ing Room. Discover the history and philosophy behind yoga with Christopher Briney, director of the Center for Iyengar Yoga. Explore how yoga has been valued for thousands of years as a path to better health, energy, and overall well-being — no matter your age or lifestyle. Sponsored by Arden Corts Promedica Memory Care. The OPC is located at 650 Letica Drive, Rochester. For more information call (248)656-1403 or visit OPCenter.org

Jan. 15, 22, 29: Music & Movement with Music Maker Marge at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Thursdays, Jan. 15, 22, and 29 at 10 a.m. Come jam out with Marge! Sing songs, play instruments, and listen to stories! This program is geared toward children ages 2 and up. No registration is required. For more information, call 586-329-1261.

Jan. 15: Trivia Night at Total Sports sponsored by the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Thursday, Jan. 15 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. Due to increased demand, starting in 2026, tickets must now be purchased in advance at the library for \$9. Cash or check only. Max team size of 8. Arrive with a team or we'll team you up. For more information, call 586-329-1261.

Jan. 16: Grief Support Group at the OPC, Friday, Jan. 16, 10-11:30 a.m. The death of a loved one affects your head, heart and spirit. A Grief Support Group is an opportunity to gain an understanding about grief and receive support and healing with other caring individuals who have experienced a loss. Many people report a feeling of relief in knowing they are not alone as they share their experience with others. Open to the public. Walk-ins are welcome. Questions: (248)608-0249. The OPC is located at 650 Letica Drive, Rochester. For more information, visit OPCenter.org.

Jan. 16: All-Ages Winter Happy Hour at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Friday, Jan. 16 from 3-5 p.m. Beat the cold weather with HTPL at our Winter Happy Hour! Drop in and join us for snacks and treat yourself to a special hot cocoa bar. Watch a movie, paint a watercolor masterpiece, make a beautiful bracelet, and more. All ages are welcome at this family-

friendly program. No registration required, just drop in when you can. For more information, call 586-329-1261.

Jan. 17: Paws & Create at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Saturday, Jan. 17 from 1-3 p.m. Adults — need a way to decompress after the busy holiday season? Drop by on Saturday, Jan. 17 starting at 1 p.m. to help make fleece no-sew blankets and other small crafts that will be donated to local animal shelters. "Paws" and create something fun and relaxing, then give back to your community! We'll have a few special furry guests for you to meet as well, so be prepared to give lots of hugs and cuddles! Registration is required. This is an adults-only program. For more information, call 586-329-1261.

Jan. 20: Alzheimer's/Dementia Caregivers Group at the OPC, Tuesday, Jan. 20, 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 OPCenter.org for additional information.

Jan 21: Bridgerton-Themed Tea Party, Guests of every station are welcome, though those inclined to dress for the time are most encouraged. Should you choose to grace society with your finest, the ladies may don empire waist gowns, pearls, or their most resplendent cocktail attire, while gentlemen shall be most fetching in a classic waistcoat. Whether you attend in royal regalia or come simply for the charm, one thing is certain, this gathering will set the tone for the social season. Ardmore Café in St. Clair shores lunch and refreshments. Wednesday, Jan. 21 at 7:45 a.m. Pick up location at St. Paul of Tarsus, 41300 Romeo Plank Road, Clinton Twp. or 8:15 a.m. at St. Margaret of Scotland, 2120113 Mile Rd, St. Clair Shores. Cost \$68. Register online at www.lc-ps.elyeo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

Jan. 21: Adult BINGO for Books at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Wednesday, Jan. 21 at 6 p.m. Looking for your new favorite book? Hoping to read more in the new year? Come play bingo with us, but with a twist: if you get a bingo, you can choose a book as your prize. This is an adults-only event. Registration is required — sign up online or at the library, or

call 586-329-1261.

Jan. 21: Savvy Seniors Breakfast at the OPC. Healthy Start for the New Year, Wednesday, Jan. 21, 9:30 a.m., \$8. Dr. Molenda, Corewell Health Lifestyle Medicine physician, shares tips on staying healthy and active during the winter months. 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 OPCenter.org

Jan. 22: Tech Time at HTPL: Intro to Libby and Hoopla at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Thursday, Jan. 22 at 6:30 p.m. Join the adult librarians for monthly Tech Time at HTPL! Learn the basics of popular library apps Libby and Hoopla. These apps are perfect for reading e-books, playing audiobooks, and streaming other content — all free with your library card! Registration is preferred but not required. For more information, call 586-329-1261.

Jan. 22: Women's Luncheon at the OPC. Dianne in Style! Making Fashion Simple, Accessible & Fun, Thursday, Jan. 22, 1 p.m. \$15. Personal styling expert Dianne Boyer will cut through the confusion, doubt, and uncertainty around fashion trends, dressing for your body type, and even provide some closet organizational tips. Her goal is to help women create wardrobes that make them feel joyful and confident. This event 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 OPCenter.org

Jan. 23: Visually Impaired Group at the OPC, Friday, Jan. 23, 10-11:30 a.m. Support group providing information, socialization, support and speakers to those with low vision. Open to the public. Register by calling (248)608-0246. The OPC is located at 650 Letica Drive, Rochester. For more information, visit OPCenter.org

Jan. 23: Memory Café at OPC, Friday, Jan. 23, 1-2 p.m. A 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@OPCenter.org. The OPC is located at 650 Letica Drive, Rochester. For more information, call (248)659-1029 or visit OPCenter.org.

Jan. 27: Tuesday Night Book Group at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Tuesday, Jan. 27 at 6 p.m. Join the Tuesday Night Book Group as we discuss *Before We Were Yours* by Lisa Wingate. Get your copy and join us today. About the Book: Memphis, 1939. Twelve-year-old Rill Foss and her four younger siblings live a magical life aboard their family's Mississippi River shantyboat. But when their father must rush their mother to the hospital one stormy night, Rill is left in charge—until strangers arrive in force. Wrenched from all that is familiar and thrown into a Tennessee Children's Home Society orphanage, the Foss children are assured that they will soon be returned to their parents—but they quickly realize the dark truth. At the mercy of the facility's cruel director, Rill fights to keep her sisters and brother together in a world of danger and uncertainty. Aiken, South Carolina, present day. Born into wealth and privilege, Avery Stafford seems to have it all: a successful career as a federal prosecutor, a handsome fiancé, and a lavish wedding on the horizon. But when Avery returns home to help her father weather a health crisis, a chance encounter leaves her with uncomfortable questions and compels her to take a journey through her family's long-hidden history, on a path that will ultimately lead either to devastation or to redemption. Based on one of America's most notorious real-life scandals—in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country—Lisa Wingate's riveting, wrenching, and ultimately uplifting tale reminds us how, even though the paths we take can lead to many places, the heart never forgets where we belong. For more information, call 586-329-1261.

Jan. 28: Happy New Year BINGO Games at the OPC, Wednesday, Jan. 28, 12:30 p.m. \$10. Join us for Bingo in the Dining Room. Ticket price includes 8-10 games with up to 4 BINGO cards per player and pizza! Daytime bingo Sponsored by the Village at Orchard Grove and Shelby Crossing. Evening bingo sponsored by Home Helpers Home Care. The OPC is located at 650 Letica Drive, Rochester. For more information, call (248)659-1029 or visit OPCcenter.org.

Jan. 28: Read It & Eat! Cookbook Book Club at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Wednesday, Jan. 28 at 6 p.m. Calling all chefs, amateur

cooks, book lovers, and all of the above! Join our new cookbook book club — Read It and Eat! Here's what to do: 1. Reserve your recipe in our selected cookbook at the front desk. This month's cookbook is The Bradshaw Family Cookbook: Our Favorite Recipes for Game Days, Weekdays, and Any Day. One recipe can be reserved per attendee. Registration for this club is in-person only for this reason. 2. Take a photo of the recipe or help yourself to one free copy at the front desk. 3. Prepare the dish and bring it to share with the group on Wednesday, Jan. 28th at 6:00 p.m. We will take turns discussing the recipes, providing feedback, and listening to others' experiences. No need to bring utensils or plates — just bring yourself and the food you made. For more information, call 586-329-1261.

Jan. 29: Harrison Township Diamond Dazzlers (Diamond Dot Club) at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Thursday, Jan. 29 at 6 p.m. Are you a regular Diamond Dot fanatic, or are you looking for a new hobby to keep you occupied during the cold winter months? Drop in and join our new Adult Diamond Dot club! Come chat with fellow Diamond Dotters and treat yourself to a cozy and relaxing evening of crafting. Snacks and beverages will be provided. Feel free to bring your own project to work on. We'll also have freebies available if you come empty-handed. No registration required — simply stop by between 6 p.m. and 8 p.m. For more information, call 586-329-1261.

Jan. 30: Parkinson's Care Partner Group at the OPC, Friday, Jan. 30, 1-3 p.m. This group provides an opportunity for those who are caring for their loved one to come together for support, sharing and time to talk with others who are also living with Parkinson's. Open to the public. Call facilitator Kathy Walton 248.568.3549. The OPC is located at 650 Letica Drive, Rochester. For more information, visit OPCcenter.org.

FEBRUARY

Feb. 4: All-Ages Craft Night: Tote Bag Accessorizing at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Wednesday, Feb. 4 at 6 p.m. Join us for a special All-Ages Craft Night! Decorate your own canvas tote bag and create some fun bonus accessories — perfect for carrying your library materials. Registration is required. For more information, call 586-329-1261.

Feb. 10: The Birmingham Metro-

politan Women's Club presents at their monthly luncheon, Kathy Trudeau, from the Eastern Market will tell us the story of the Eastern Market from the beginning until now and its impact on the Detroit community and surrounding areas, Tuesday, Feb. 10 at 10:30 a.m. You do not have to be a member to give us a try. Reserve your place two weeks prior to the event by calling Chris at 248-303-7339. Lunch & program \$34, held at the Iroquois Club, 43248 Woodward Ave., Bloomfield Twp. To learn more, visit tbmwc.com

Feb. 12: DSO Symphony at the Table An elegant evening of Art, Dining & Music. Sponsored by the OPC. Thursday, Feb. 12, 5-7:45 p.m. Members \$75 Non-Members \$85. An elegant evening of Art, Dining and Music. Start in the lobby with a champagne toast, appetizers, and a fine art exhibit. Move to the dining room to enjoy your prearranged seating and a selection of wines introduced by our sommelier. Conclude in the auditorium with dessert and a performance by a Detroit Symphony Orchestra quartet, followed by a Q&A with the musicians. Sponsored by American House Elmwood/Stone. Open to the public. The OPC is located at 650 Letica Drive, Rochester. For more information call (248)656-1403 or visit OPCcenter.org

Feb. 13: VITA Tax Prep at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Fridays, Feb. 13, 20, and 27 from 9 a.m. to 4 p.m. Macomb County residents are eligible to receive free tax help from VITA. Please bring all valid identification, income documentation, proof of expenses, direct deposit information, and past year's tax returns. There are no longer income limitations to the program. This is NOT a library program. To schedule an appointment, you must call 586-463-2537 or visit macombca.itfrontdesk.com/vita.

Feb. 16: Wooden Airplane Designing at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Monday, Feb. 16 at 1 p.m. Have fun decorating your own wooden airplane with paint markers, stickers, and more! Use your creativity to make it your own, then take it home to display. This event is suggested for Kindergarten- 6th grade ages. Registration required. at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp. For more information, call 586-329-1261.

Feb. 18: Bubble Tea and Beads at the Harrison Township Public Library, 38255 L'Anse Creuse,

Ste. A, Harrison Twp., Wednesday, Feb. 18 at 6 p.m. Calling all teens! Come hang out, sip on some bubble tea, and get creative making beaded jewelry. This is a teens-only event. Registration required. For more information, call 586-329-1261.

Feb. 23: Oscars Voting Competition at the Harrison Township Public Library, 38255 L'Anse Creuse, Ste. A, Harrison Twp., Monday, Feb. 23 through Saturday, March 14. Calling all cinephiles! Grab a form from the library and select your Oscar-winning predictions. Turn your form back in before the ceremony on March 15... whoever predicts the highest number of winners will receive a prize. For more information, call 586-329-1261.

Feb. 25: Round Trip Transportation — Via deluxe highway motor coach. Detroit Prohibition tour — This guided tour will take you to the haunts and riverfront locations the rum runners and bootleggers used to ply their trade. Lunch at Ottava Via located in historic Corktown. After lunch we will visit a former Detroit Speakeasy. For adults 21 years of age or older. Wednesday, Feb. 25 at 7:45 a.m. Pick up location at St. Paul of Tarsus, 41300 Romeo Plank Road, Clinton Twp. or 8:15 a.m. at St. Margaret of Scotland, 2120113 Mile Rd, St Clair Shores. Cost \$159. Register online at www.lc-ps.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

MARCH

March 10: The Birmingham Metropolitan Women's Club presents at their monthly luncheon, Britta Riashi, Friendship and Engagement Manager, The Ford House, Tuesday, March 10 at 10:30 a.m. She will lead us through a memorable experience of visiting the Ford House and enlighten us as to Eleanor Ford's vision of the estate in the future. You do not have to be a member to give us a try. Reserve your place two weeks prior to the event by calling Chris at 248-303-7339. Lunch & program \$34, held at the Iroquois Club, 43248 Woodward Ave., Bloomfield Twp. To learn more, visit tbmwc.com

March 22: Spring Card Party sponsored by: Daughters of Isabella, Circle 683, at St. Thecla Activity Center, 20740 South Nunley, Clinton Twp., from 12:30-3:30 p.m. on Sunday, March 22. Pinochle, Euchre, dominoes or other card games, lunch, raffles, door and table prizes. Come alone or with a group. Tickets are available at the door. Donation, \$10. For more information, call 586-791-6177 or 586-791-9012.

Monthly events

■ Monthly Casino Trips: Sponsored by the Clawson Senior Center, 509 Fisher Court, Clawson. Last Thursdays & Fridays, 10 a.m. (unless otherwise noted). \$12. Venture out to Hollywood Casino or Motor City Casino (rotates monthly). Try your luck at the slots, table games, and more! Enjoy the excitement with friends. Register: 248.589.0334 or recreation.cityofclawson.com

■ Chair Drumming: Second Thursday of the month at 1 p.m. at the Clawson Recreation and Senior Center, 509 Fisher Court. Cost is \$5 per drop-in class. For more information, call 248-589-0334 or online at recreation.cityofclawson.com

■ The Birmingham Metropolitan Women's Club: Meets the second Tuesday of the month at the Iroquois Club, 43248 Woodward Ave., Bloomfield Twp. at 10:30 a.m. for lunch & informative speakers. We are a friendly group of 50+ women who gather for friendship, informative programs & philanthropic activities in our community. Visit before becoming a member. The cost for the luncheon & program is \$32. To make a reservation, call Chris at 248-303-7339. To learn more, visit tbmwc.com

■ Monthly Epic Health Screenings: At the Clawson Senior Center, 509 Fisher Court, Clawson. Last Wednesdays (unless otherwise noted), 11 a.m.—1 p.m. FREE. Stay on top of your health with a quick 10-minute checkup. Professionals will be on-site to monitor vital signs and share tips for maintaining a healthy lifestyle. Register: 248.589.0334 or recreation.cityofclawson.com

■ Learn Spanish: at 11:30 a.m. on Wednesdays at the Clawson Senior Center, 509 Fisher Court, Clawson. Donations welcomed. For more information, call 248-589-0334 or visit cityofclawson.com

■ Somerset Mall Walking and Shopping: 1st & 3rd Wednesdays of the month. Depart at 9:45 a.m. from the Clawson Recreation and Senior Center, 509 Fisher Court to enjoy a scenic and safe way to support your physical & mental well-being and shop while you are there! Cost \$3. Contact dispatch at 248-583-6700 to sign up.

■ Join Widowed Friends: A peer support group hosting Tuesdays, noon. Bowling Collier Bowl, 879 S. Lapeer Rd (M24) Arrive at Noon for lane assignment. Three games, shoes extra. Lunch afterward is optional. Hosts: Joe, 248-693-2454 or Nadine, 248-475-9036.

■ Join Widowed Friends: A peer support group hosting Thursdays. Michigan Meadows Golf

Course will resume very soon. Call Chuck, 586-201-6607.

■ Yoga for Seniors: At the Fraser Senior Activities Center, 34935 Hidden Pine Dr., Fraser. Friday mornings 10:30am-11:30 a.m. (6-week sessions). Wednesday mornings 11:30-12:30 p.m. (6-week sessions). \$26 for members per session, \$32 for non-members per session. To register, call 586-296-8483.

■ Attorney Eric Glick: At the Clawson Senior Center, 509 Fisher Court, Clawson. 3rd Wednesdays, 1—2:15 p.m. FREE. Schedule a 15-minute legal consultation to discuss your questions and concerns. Find helpful guidance and resources in a confidential setting. Register: 248.589.0334 or recreation.cityofclawson.com

■ Join Widowed Friends: A peer support group hosting Monday Golf, Stony Creek Golf Course will resume soon. Call Ted, 248-425-4879.

■ Pickleball Drop: in with friends of all ages for a friendly game of pickleball at the Clawson Senior Center, 509 Fisher Court, Clawson, on Mondays, from 1-3 p.m. Cost is \$2. For more information, call 248-589-0334 or visit cityofclawson.com

■ Quilting Group: meets every Tuesday from 10 a.m. to 2 p.m. at the Clawson Senior Center, 509 Fisher Court, Clawson. For more information, call 248-589-0334 or visit cityofclawson.com

■ Water Fitness Classes: Mondays & Wednesday, from 11:10 a.m. — noon (times subject to change based on staffing) at L'Anse Creuse North high school located at 23700 Twenty One Mile Rd, Macomb. Cost \$5 drop in or punch cards available for \$50 — payment accepted poolside or online and bring your receipt. Register online at Lc-ps.ce.eleyo.com or by calling L'Anse Creuse Community Education at 586-783-6330.

■ Wheel of Fortune: At the Clawson Senior Center, 509 Fisher Court, Clawson. 3rd Thursdays, 1 p.m. (date subject to change). FREE. Spin the wheel, solve puzzles, and claim your prize in this lively, interactive game. Bring your lucky charm and competitive spirit. Register: 248.589.0334 or recreation.cityofclawson.com

■ Quilting Group: Meets every Tuesday, from 10 a.m. to 2 p.m. in Room 5/6. at the Clawson Recreation and Senior Center, 509 Fisher Court. Let's meet up to discuss the latest topics and ask questions in a friendly environment. Call 248-589-0334 or visit cityofclawson.com

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