

April 2010: Highland Adult Activity Center: 209 North John Street, Highland, MI 48357 ♦ Office: (248) 887-1707 ♦ Transportation: (248) 887-4979

♦ Nutrition: (248) 887-4694 ♦ Bldg. 2: Highland Station House, 205 W. Livingston Rd, Highland, MI 48357

♦ Lunch is served Monday – Friday at 11:45 a.m. 48-hour notice is needed for reservations. ♦ Cards are played daily at 9:00 a.m. Bldg.2, Revision #13

Monday	Tuesday	Wednesday	Thursday	Friday
			1. National Fun at Work Day ➤ 11:30 Trivia & Hot Bread Pudding ➤ 12:30 pm Wii Fun & Games	2. GOOD FRIDAY Highland Adult Activity Center Will Be Closed
5. 10:00 am Chess Club, Learn & Play w/ Herb Lucre ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 10:30 am Speaker: Intro to Healing Together-A Grief Couns. Class” by Home & Hospice Adv. ➤ 12:00 pm Bingo ➤ 1:00 pm Genealogy-Sign Up ➤ 6:30-9:30 pm Cards	6. Egg Salad Week EVENT: 12:00 pm Potluck, Bring a dish or soup to pass. Egg Salad Sandwiches will be provided. ➤ 12:00-3:00 pm Rubber Bridge	7. ➤ 10:00 am Ask the Nurse ➤ 10:00-10:30 am Exercise by Affinity ➤ 10:00 Blood Pr. Check-Age w/Grace ➤ 10:00 am Pulse, Oxygen, Blood Sugar Check by Visiting Angels ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo	8. EVENT: 11:30 am BIRTHDAY & ANNIVERSARY PARTY: Free cake and ice cream only EVENT: 11:30 am Jeopardy with Kim Arcobello from ComForcare Home Care ➤ 5:30-8:00 pm Grief Support Group by Home and Hospice Advantage	9. 9:00-2:00 pm Tax Preparation by appointment, call Edna ➤ 10:00 am Pet Therapy ➤ 10:00 am Quilt Club, Bldg 2, Comm Rm ➤ 12:00 pm Popcorn & Movie-“Love Happens” ➤ 2:15-3:15 pm Aware.Move Exer.Bldg 2
12. National Licorice Day ➤ Snack: Licorice ➤ 10:00 am Chess Club, Learn & Play w/ Herb Lucre ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 10:30 am Speaker: “Massage Therapy for Health” by Vincent Rhodes ➤ 12:00 pm Bingo ➤ 6:30-9:30 pm Cards	13. National Peach Cobbler Day ➤ Snack: Peach Cobbler TRIP: 9:30 am Green Oaks Shopping and Lunch on your own, \$10 ➤ 12:00-3:00 pm Rubber Bridge ➤ 12:30 pm Cooking Class \$3 ➤ 6:30 pm Highland Car Nuts	14. ➤ 10:00 am Ask the Nurse ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 10:00 Blood Pr. Check-Age w/Grace ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo ➤ 7:00-9:00 pm Coin Club	15. ➤ EVENT: 10:15 a.m. Free 15 minute Massages by Vincent Rhodes EVENT: 11:00 am Brunch, \$5 With Guitarist Jerry Sadler ➤ 11:30 am Trivia and Molten Lava Cakes	16. ➤ 10:00 am Pet Therapy ➤ 10:00 am Ask the Lawyer ➤ 10:00 am Quilt Club, Bldg 2, Comm Rm ➤ 10:30 am Free Mary Kay Makeover EVENT: 12:00 pm Pizza Taste Fest, \$5, Movie: “Amelia” ➤ 2:15-3:15 pm Awareness Move Exer. Bldg 2
19. 10:00 am Chess Club, Learn & Play w/ Herb Lucre ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 10:30 am Speaker “Driver Safety” By Dennis White, AARP ➤ 12:00 pm Bingo ➤ 6:30-9:30 pm Cards	20. National Pineapple Upside-Down Cake TRIP: 10:00 am Mystery Trip, \$20 for transportation & tour ➤ Snack: Pineapple Upside Down Cake ➤ 12:00-3:00 pm Rubber Bridge ➤ 12:00 pm Popcorn & Movie “The Answer Man”	21. 10:00 am Ask the Nurse ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 10:00 Blood Pr. Check-Age w/Grace ➤ 10:00 am Pulse, Oxygen, Blood Sugar Check by Visiting Angels ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo EVENT: 10:30-11:30 am WOMC 104.3 Radio Station, Free donuts and Coffee	22. National Jelly Bean Day ➤ Snack: Jelly Beans ➤ 10:30-11:00 am Harmonica Lessons, Bring a Harmonica, Free ➤ 11:00-11:30 am “Classics For Easy Listening on Guitar-Hymns and Spiritual Songs”, Free ➤ 11:30 am Trivia & Blueberry Cobbler ➤ 12:30 pm Armchair Travel	23. ➤ 10:00 am Pet Therapy ➤ 10:00 am Quilt Club, Bldg 2, Comm Rm EVENT: 11:00 a.m. Volunteer Appreciation Party with Classical Guitarist June Martin, No cost to volunteers, \$4 for guests ➤ 2:15-3:15 pm Awareness Move Exer. Bldg 2
26. National Pretzel Day ➤ Snack: Pretzels ➤ 10:00 am Chess Club, Learn & Play w/ Herb Lucre ➤ TRIP: 10:15 am-8:00 pm Soaring Eagle Casino, \$30 by Travel Treasures and Tours ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 12:00 pm Bingo ➤ 6:30-9:30 pm Cards	27. ➤ 10:45 am Craft Class “Bowdabra” Make your own Bow or Swag, \$2 EVENT: 12:00 pm Destiny Farms will bring animals to pet!! Free ➤ 12:00-3:00 pm Rubber Bridge	28. National Blueberry Pie Day ➤ Snack: Blueberry Pie ➤ 10:00 am Ask the Nurse ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 10:00 Blood Pr. Check-Age w/Grace ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo	29. ➤ 10:00 am Book Club “Walking in Circles Before Lying Down”, Bldg 2, Community Room TRIP: 10:45 am OPC Players “A Trip to Las Vegas” includes lunch & play \$27 ➤ 11:30 am Trivia & Tapioca	30. ➤ 10:00 am Pet Therapy ➤ 10:00 am Quilt Club, Bldg 2, Comm. Rm ➤ 10:30 am Free Mary Kay Makeover ➤ 12:00 pm Popcorn & Movie “Everybody’s Fine” ➤ 2:15-3:15 pm Awareness Move Exer. Bldg 2

May 2010: Highland Adult Activity Center: 209 North John Street, Highland, MI 48357 ♦ Office: (248) 887-1707 ♦ Transportation: (248) 887-4979

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. 10:00 am Chess Club, Learn & Play w/ Herb Lucre</p> <ul style="list-style-type: none"> ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 12:00 pm Bingo ➤ 1:00 pm Genealogy w/ Appt. ➤ 6:30-9:30 pm Cards 	<p>4. National Hug Holiday Week</p> <ul style="list-style-type: none"> ➤ Give your favorite friend a hug ➤ 12:00-3:00 pm Rubber Bridge ➤ 12:00 pm Movie and Popcorn "Somewhere in Time" 	<p>5. 10:00 am Ask the Nurse</p> <ul style="list-style-type: none"> ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 10:00 Blood Pr. Check-Age w/Grace ➤ 10:00 am Pulse, Oxygen, Blood Sugar Check by Visiting Angels ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo 	<p>6. TRIP: 9:30 am Shopping at Howell Outlet and Antique Mall, \$10</p> <ul style="list-style-type: none"> ➤ 11:30 am Trivia & Apple Pie ➤ 12:30 pm Wii Fun & Games 	<p>7. 10:00 am Pet Therapy</p> <ul style="list-style-type: none"> ➤ 10:00 am Quilt Club, Bldg 2 EVENT: 11:00 a.m. Mother's Day Victorian Party, Entertainment: Picks & Sticks, \$5, Sign up today! ➤ 2:15-3:15 pm Awar Move Exer., Bldg 2
<p>10. 10:00 am Chess Club, Learn & Play w/ Herb Lucre</p> <ul style="list-style-type: none"> ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 10:30 am Speaker "Home Safety for Seniors" by Pauline Kenner ➤ 12:00 pm Bingo ➤ 6:30-9:30 pm Cards 	<p>11. 12:00-3:00 pm Rubber Bridge</p> <ul style="list-style-type: none"> ➤ 12:30 pm Cooking Class \$3 ➤ 6:30 pm Highland Car Nuts 	<p>12. 10:00 am Ask the Nurse</p> <ul style="list-style-type: none"> ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 10:00 Blood Pr. Check-Age w/Grace ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo ➤ 7:00-9:00 pm Coin Club 	<p>13. EVENT: 11:30 am BIRTHDAY & ANNIVERSARY PARTY: Free cake and ice cream only</p> <p>EVENT: 11:30 am Trivia: "Are You Smarter Than A Fifth Grader" by Age with Grace</p> <ul style="list-style-type: none"> ➤ 6:00-8:00 pm Grief Support Group by Home and Hospice Advantage 	<p>14. 9:30 am Foot Doctor, by appt. only</p> <ul style="list-style-type: none"> ➤ 10:00 am Pet Therapy ➤ 10:30 am Free Mary Kay Makeover ➤ 10:00 am Quilt Club, Bldg 2 ➤ 12:00 pm Popcorn/Movie "Fantastic Mr. Fox" ➤ 2:15-3:15 pm Awar Move Exer. Bldg 2 15. Saturday EVENT: 9:00 a.m. to 2:00 p.m. Craft Fair and Bake Sale
<p>17. TRIP: 8:15 am-7:30 pm, \$15, Hiawatha & Point Edward Casino-Travel Treasures & Tours</p> <ul style="list-style-type: none"> ➤ 10:00 am Chess Club, Learn & Play w/ Herb Lucre ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 12:00 pm Bingo ➤ 6:30-9:30 pm Cards 	<p>18. TRIP: 10:00 am Whole Foods, Trader Joes-West Bloomfield, Lunch on your own at Stage Deli \$10 trans</p> <ul style="list-style-type: none"> ➤ 12:00-3:00 pm Rubber Bridge 	<p>19. 10:00 am Ask the Nurse</p> <ul style="list-style-type: none"> ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 10:00 Blood Pr. Check-Age w/Grace ➤ 10:00 am Pulse, Oxygen, Blood Sugar Check by Visiting Angels ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo 	<p>20. 10:30-11:00 am Harmonica Lessons, Bring a Harmonica, Free</p> <ul style="list-style-type: none"> ➤ 11:00-11:30 am "Romance & Dance" Music on Guitar-Spanish Folk Melodies, Free ➤ 11:30 am Trivia & Chocolate Chip Cookies ➤ 12:30 pm Armchair Travel 	<p>21. National Strawberries & Cream Day</p> <ul style="list-style-type: none"> ➤ Snack: Strawberries and Cream ➤ 10:00 am Quilt Club, Bldg 2 ➤ 10:00 am Ask the Lawyer ➤ 10:00 am Pet Therapy ➤ 12:00 pm Movie & Popcorn "Gifted Hands: The Ben Carson Story" ➤ 2:15-3:15 pm Aware Mov Exer. Bldg 2 EVENT: 6:00 pm Fiddlers Re-Strung Potluck, \$5
<p>24. 10:00-10:30 am Exercise by Affinity Home Care Agency</p> <ul style="list-style-type: none"> ➤ 10:00 am Chess Club, Learn & Play w/ Herb Lucre ➤ 12:00 pm Bingo ➤ 6:30-9:30 pm Cards <p>-----</p> <p>Monday, May, 31st Memorial Day Highland Adult Activity Center Will Be Closed</p>	<p>25. 10:45 am Craft Class "Beading" Make your own Bracelet or Necklace, \$2</p> <ul style="list-style-type: none"> ➤ 12:00-3:00 pm Rubber Bridge ➤ 12:00 pm Movie and Popcorn "Whip It" 	<p>26. 10:00 am Ask the Nurse</p> <ul style="list-style-type: none"> ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 10:00 Blood Pr. Check-Age w/Grace ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo 	<p>27. National Grape Popsicle Day</p> <ul style="list-style-type: none"> ➤ Snack: Popsicles ➤ 10:00 am Book Club "The Curious Case of Benjamin Button", Bldg 2, Community Room ➤ 10-10:30 am Exercise TRIP: 10:00 "Caregiver and Senior Expo" at Canterbury Village-Lunch on your own \$10 ➤ 11:30 am Trivia & Layer Cake 	<p>28. 10:00 am Quilt Club, Bldg 2</p> <ul style="list-style-type: none"> ➤ 10:00 am Pet Therapy TRIP: 11:00 a.m. Memorial Holiday Picnic at Duck Lake Pines Park, Bring a dish to pass, transportation \$6 ➤ 2:15-3:15 pm Awareness Move Exer. Bldg 2

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Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1. EVENT: 10:00-2:00 pm “Books are Fun” by Imagination Books</p> <p>➤ 12:00-3:00 pm Rubber Bridge</p>	<p>2. TRIP: 9:15 am-6:00 pm Firekeepers Casino, \$28 by Travel Treasures & Tours</p> <p>➤ 10:00 am Ask the Nurse ➤ 10:00-10:30 am Exercise by Affinity ➤ 10:00 Blood Pr. Check-Age w/Grace ➤ 10:00 am Pulse, Oxygen, Blood Sugar Check by Visiting Angels ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo</p>	<p>3. TRIP: 9:00 am Shopping in Novi, \$10</p> <p>➤ EVENT: 11:30 am “Health Trivia” by Elizabeth Lorge, Ace Medical Supply</p> <p>➤ 12:30 pm Wii Fun & Games</p>	<p>4. National Cheese Day EVENT: 12:00 pm Potluck, Bring a dish to pass</p> <p>➤ 10:00 am Pet Therapy ➤ 10:00 am Quilt Club, Bldg2 ➤ 12:00 am Popcorn & Movie “Sherlock Holmes” ➤ 2:15-3:15 pm Awareness Move Exer. Bldg 2</p>
<p>7. Nat'l Chocolate Ice Cream Day</p> <p>➤ Snack: Chocolate Ice Cream ➤ 10:00 am Chess Club, Learn & Play w/ Herb Lucre ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency, Inc. ➤ 12:00 pm Bingo ➤ 1:00 pm Genealogy w/ Appt. ➤ 6:30 -9:30 pm Cards</p>	<p>8. National Jelly Filled Doughnut Day</p> <p>➤ Snack: Jelly Filled Doughnut ➤ 12:00-3:00 pm Rubber Bridge ➤ 12:30 pm Cooking Class \$3 ➤ 6:30 pm Highland Car Nuts</p>	<p>9.</p> <p>➤ 10:00 am Ask the Nurse ➤ 10:00 Blood Pr. Check-Age w/Grace ➤ 10:00 am Ask the Nurse ➤ 10:00-10:30 am Exercise by Affinity ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo ➤ 7:00-9:00 pm Coin Club</p>	<p>10. EVENT: 11:30 am BIRTHDAY & ANNIVERSARY PARTY: Free cake and ice cream only</p> <p>➤ 11:30 am Trivia ➤ 6:00-8:00 pm Grief Support Group by Home and Hospice Advantage</p>	<p>11. 10:00 am Quilt Club, Bldg 2 ➤ 10:00 am Pet Therapy ➤ 10:30 am Free Mary Kay Makeover TRIP: 10:00 am American Polish Cultural Center and Polish Market, Lunch on your own \$13</p> <p>➤ 12:00 pm Popcorn & Movie “The Accidental Husband” ➤ 2:15-3:15 pm Aware. Move Exer., Bldg 2</p>
<p>14. 10:00 am Chess Club, Learn & Play w/ Herb Lucre</p> <p>➤ 10:30 am Speaker “Hearing Loss and Hearing Instruments” by Dave Wizgird, Hear Clear. Will provide free cleaning of your hearing aids</p> <p>➤ 10:00-10:30 am Exercise by Affinity Home Care Agency, Inc. ➤ 12:00 pm Bingo ➤ 6:30 -9:30 pm Cards</p>	<p>15. TRIP: 9:00 am Ford Rouge Factory Tour (obtain free admission through your library Museum Adventure Pass), Lunch on your own, \$13</p> <p>➤ 12:00-3:00 pm Rubber Bridge ➤ 12:00 pm Movie and Popcorn “Love Finds A Home”</p>	<p>16.</p> <p>➤ 10:00 am Ask the Nurse ➤ 10:00 Blood Pr. Check-Age w/Grace ➤ 10:00 am Ask the Nurse ➤ 10:00 am Pulse, Oxygen, Blood Sugar Check by Visiting Angels ➤ 10:00-10:30 am Exercise by Affinity Home Care Agency, Inc. ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo</p>	<p>17.</p> <p>➤ 10:30-11:00 am Harmonica Lessons, Bring a Harmonica, Free</p> <p>➤ 11:00-11:30 am “Folk Music of the British Isles” on Guitar, Free</p> <p>➤ 11:30 am Trivia & Apple Crisp ➤ 12:30 pm Armchair Travel</p>	<p>18.</p> <p>➤ 10:00 am Ask the Lawyer ➤ 10:00 am Pet Therapy ➤ 10:00 am Quilt Club, Bldg. 2 EVENT: 11:00 a.m. Father’s Day Western Party with Guitarist Bob Lowe, \$5, Sign up today!</p> <p>➤ 2:15-3:15 pm Awareness Move Exer. Bldg 2</p>
<p>21.</p> <p>➤ 10:00 am Chess Club, Learn & Play w/ Herb Lucre</p> <p>➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 12:00 pm Bingo ➤ 6:30-9:30 pm Cards</p>	<p>22. EVENT: 11:00 am Brunch, \$4</p> <p>➤ 12:00-3:00 pm Rubber Bridge</p>	<p>23.</p> <p>➤ 10:00 am Ask the Nurse ➤ 10:00 Blood Pr. Check-Age w/Grace ➤ 10:00 am Ask the Nurse ➤ 10:00-10:30 am Exercise by Affinity ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo</p>	<p>24. National Chocolate Éclair Day</p> <p>➤ 10:00 am Book Club “Ice Hunter”, Bldg 2, Community Room</p> <p>EVENT: Picnic at Walden-woods, Sign up with Bev</p>	<p>25. National Handshake Day</p> <p>➤ Shake your friends hand today! ➤ 10:00 am Pet Therapy ➤ 10:00 am Quilt Club, Bldg. 2, ➤ 12:00 pm Popcorn & Movie “Up”</p> <p>➤ 2:15-3:15 pm Awareness Move Exer. Bldg 2</p>
<p>28. National Tapioca Day</p> <p>➤ Snack Tapioca ➤ 10:00 am Chess Club, Learn & Play w/ Herb Lucre</p> <p>➤ 10:00-10:30 am Exercise by Affinity Home Care Agency ➤ 12:00 pm Bingo ➤ 6:30-9:30 pm Cards</p>	<p>29. 10:45 am Craft Class “Card Making”, \$1</p> <p>TRIP: 11:00 am “Four Seasons Florist” Bonnie Sanberg. Tour her gardens, watch floral arrangement being made, free pizza, \$10 transp.</p> <p>➤ 12:00-3:00 pm Rubber Bridge</p>	<p>30.</p> <p>➤ 10:00 am Ask the Nurse ➤ 10:00 Blood Pr. Check-Age w/Grace ➤ 10:00 am Ask the Nurse ➤ 10:00-10:30 am Exercise by Affinity ➤ 10:00-11:00 am Computer Class ➤ 12:00 pm Bingo</p>		