



The 60+ Crowd

A Recreation Department publication
especially for our residents
60 years and better!

HUNTINGTON WOODS RECREATION
SENIOR DIVISION

248.581.2712

The 60+ Crowd is specifically designed to highlight the City services and activities for residents 60+.

The Huntington Woods Parks & Recreation Department has contracted with LPi to run this full-color publication in exchange for 2 pages of ads by local businesses. Please consider supporting the businesses that support us!

SPRING 2024

2024

APRIL

MAY

JUNE

CONTACT US AT THE REC



26325 Scotia,
Huntington Woods, MI 48070



(248) 541-3030



hwrec@hwmi.org



recreation.hwmi.org

SUDOKU

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RECREATION ACTIVITY REGISTRATION

- Register online at **recreation.hwmi.org**, in person at the Gillham Recreation Center, or by mail. Payment in full is required at the time of registration. Please note: there is no "holding" spots.
- Non-resident registration dates are listed in the Hometown Herald/online and non-residents are subject to an additional \$5 per trip/activity.
- If you need assistance registering online, please contact us; **hwrec@hwmi.org** or call 248.541.3030. We are happy to walk you through the process.
- Most trips/activities can be found under "Register Now!" followed by "Adults".

TRIP INFORMATION

- Trips are planned with our residents in mind! We scour the area for some of the most fun &/or interesting places, attempt to get them for you at the very best price and provide transportation for you.
- The trips are targeted for all adults, but we do take added care to make sure there is limited walking and stair climbing when possible (specifically noted when difficulties might be present).
- Trip itineraries are subject to change without notice. Every effort will be made to keep as close to schedule as possible. Trip times are our best approximation.
- Transportation provided by the City of Huntington Woods.

CANCELLATIONS & REFUNDS

- In the event a trip does not require the purchase of tickets, 48 hour notice (business days) of cancellation is required in order to receive a refund. Please inquire at the time you are requesting to cancel whether you will receive a refund.
- A \$5 service fee is retained on all refunds due to withdrawal.
- Cancellations/withdrawals will be given a household credit. Specific request must be made for a refund in the form of a check. Allow 4-6 weeks for all check refunds to be processed.
- Theater ticket payment/commitment is 1 month prior to the show. Unless a replacement is found, tickets are not refundable.

ABOUT US

PARKS & REC DIRECTOR

Tracy Shanley
tshanley@hwmi.org

OUTREACH/ TRANSPORTATION/HARP

Jennifer Furlong
hwcares@hwmi.org

DAY TRIPS/CLASSES

Bridget Levine & Marcy Peters
blevine@hwmi.org

ADMINISTRATIVE MANAGER

Jan Alpert
jalpert@hwmi.org

TRANSPORTATION

Brian Boland
Daniel Monaco
Dave Roegner
Vicki Webb

HELPFUL NUMBERS

Emergency: 911
Public Safety: 248.541.1180
City Hall: 248.541.4300
Library: 248.543.9720
Recreation: 248.541.3030
Public Services (DPW):
248.547.1888

SENIOR ADVISORY BOARD

Lenny Newman, Chair
Melissa Gadd
Greg Gmerek
Fun Ng
Marcy Peters
Sally Schulman-Gaft
Bob Paul, City Commission Liason

Senior Advisory Committee meetings are held the third Thursday of the month at 3:30pm at City Hall.

Upcoming meeting dates:

April 18
May 16
June 20



Huntington Woods has been the center of Catherine Marchione's universe for over 60 years. Catherine was born and raised in Detroit and she graduated from Pershing High School. She attended the University of Michigan with the goal of becoming a teacher.

She and her husband moved to a house on Hart in the '60's where they began their family. And she has been there ever since! The house has changed, been reconfigured and remodeled over time to adapt to the changing family needs. It's also in a great location so that their 4 kids were able to walk or bike to Burton Elementary School, Norup Middle School and Berkley High School.

Catherine worked for the Huntington Woods Police Department for 5 years. She was the Court Clerk when HW had its own court. She was the Dispatcher, she handled driver license renewals, dog licenses, and occasionally acted as a matron when the jail had female detainees. During this time Catherine went back to school at Oakland Community College. Catherine continued her education and obtained her bachelor's degree from Oakland University.

Catherine went on to become the Court Administrator for the new District Court that combined the local courts of Oak Park, Pleasant Ridge, Royal Oak Township and Huntington Woods. She held this position for over 10 years. This eventually led to a consulting position educating court administrators across the state on new court rules. She said the best part was meeting people who became her friends. She also became a tutor at Oakland Community College

A WALK DOWN MEMORY *Cane*

featuring
CATHERINE MARCHIONE

fulfilling her original dream of being a teacher.

In addition to her career, Catherine has always been active in the community. She has been a member of the Women's Study Club for 23 years, as well as the Garden Club. Catherine was one of the founding members of the Senior Advisory Committee reporting to City Hall serving for 8 years. The committee set up the HARP program for Huntington Woods. Catherine's passion was trying to find solutions for senior housing in our community. In 2016 she was named Senior Citizen of the Year.

When Catherine was asked what she likes best about Huntington Woods, she said it is the community and the city services. She is grateful for our excellent Public Safety team and the Library. Catherine said that when she had Covid and couldn't leave her house, one of the librarians delivered a book to her at home. Another favorite place for Catherine is the Recreation Center. She is a Monday Lunch Bunch regular, and she loves going on the Senior trips. Many years ago, she hosted her son's rehearsal dinner there. She likes knowing that there are people at the Rec Center that are available to help her with a variety of needs.

When her kids were young and she became a single mom, Catherine said the community helped support her in raising them. She loves living with close-knit neighbors where kids can walk and ride their bikes to school, the pool and to their friends' houses. And now that she is getting older, she said the community is supporting that process as well. Like she said at the beginning of our conversation, she's here to stay!

CALENDAR AT A GLANCE

APRIL

APRIL 1

Monday Lunch Bunch

APRIL 3

Plan Your Best Garden - Library

APRIL 4

Around the World Day Trip

APRIL 5

Bingo

APRIL 8

Monday Lunch Bunch

APRIL 11

Birding vs. Bird Watching - Library

APRIL 13

Creative Art with Sue Fox - Library

APRIL 14

Tech Support

APRIL 15

Monday Lunch Bunch

APRIL 17

Blood Pressure Check

APRIL 17

Exploring Ancestry - Library

APRIL 18

Senior Advisory Committee Meeting

APRIL 19

Movie Matinee: Jules

APRIL 20

Men's Club Auction

APRIL 22

Monday Lunch Bunch

APRIL 25

Pewabic Pottery Tour/Workshop Day Trip

APRIL 29

Monday Lunch Bunch

MAY

MAY 1

Meadowbrook Theatre: Route 66 Day Trip

MAY 3

Bingo

MAY 5

Tech Support

MAY 6

Monday Lunch Bunch

MAY 9

Talent Showcase

MAY 9

Isle Royale: National Park - Library

MAY 13

Monday Lunch Bunch

MAY 14

Dancing with the Stars

MAY 15

Blood Pressure Check

MAY 15

Online Scams - Library

MAY 16

Senior Advisory Committee Meeting

MAY 16

Woods Gallery Artist Reception

MAY 17

Movie Matinee: Book Club

MAY 17 - 19

City-Wide Garage Sale Weekend
9:00 am - 6:00 pm

MAY 20

Monday Lunch Bunch

MAY 21

Trivia

MAY 23

New Residents Reception

MAY 25

Pool Opening Day

MAY 28

Seniors, S'mores & Songs

JUNE

JUNE 3

Monday Lunch Bunch (Library)

JUNE 7

Bingo

JUNE 10

Monday Lunch Bunch (Library)

JUNE 12

Blood Pressure Check

JUNE 13

Underwater Mysteries - Library

JUNE 13

Art with Heart - Day Trip

JUNE 17

Monday Lunch Bunch (Library)

JUNE 19

Huntington Woods Juneteenth
Celebration 6:00 - 8:00 pm

JUNE 20

Senior Advisory Committee Meeting

JUNE 24

Monday Lunch Bunch (Library)

JUNE 25

Concert in the Park: - Burton Park

JUNE 28

Diamond Jack's Detroit River Cruise - Day Trip

SUNDAY SENIOR DROP-IN

Sundays, 10:30 am - Noon

Gillham Recreation Center
Warming Room

Stop by to chat with
your neighbors.

OLDER AMERICANS MONTH

POWERED BY CONNECTION: MAY 2024



**May is National Older Americans Month.
Celebrate with the Huntington Woods Senior
Advisory Committee. All are welcome!**

Older Americans Month Events

Talent Showcase

*Thursday, May 9, 1:00 pm
Gillham Recreation Center*

Featuring BHS Tri-M Music students from all areas of study: Orchestra, Band and Voice. Join other Huntington Woods Seniors in supporting Berkley High School Tri-M Music students! Both solo and ensemble performances will be featured with a variety of repertoire.

Dancing with the Stars

*Tuesday, May 14, 1:30 pm
Gillham Recreation Center*

Dancers from CASA, Center for Advanced Studies and the Arts, will perform and share their contemporary styles with us and maybe teach us a step or two!

Trivia

*Tuesday, May 21, 6:00 pm
Gillham Recreation Center*

Test your knowledge with your friends and neighbors.

True or False: Hot water will turn into ice faster than cold water.

Seniors, S'mores and Songs

*Tuesday, May 28, 1:00 pm
Gillham Recreation Center*

Enjoy s'mores while singing some of our favorite songs from the 60's/70's led by a group of local musicians.

For detailed information: Contact Jennifer at 248.581.2712 or hwcares.org

PICKLEBALL

*with Norup
Students*

**APRIL 18, MAY 9,
& JUNE 6**

11:00 AM - 12:00 PM

NORUP INTERNATIONAL SCHOOL
14450 MANHATTAN ST. OAK PARK, MI

recreation.hwmi.org



MEMORY KEEPERS

Want to know more? Sample class video available online: directionsinseniorcare.com

Want to improve brain performance without medication? Concerned about your memory?

This 1-hour research-based, interactive program is designed to stimulate your mind & body, improve your mood, and connect with others.

DIRECTIONS
IN SENIOR CARE

PRESENTS:

**MEMORY
KEEPERS**



ENGAGING CLASSES for people who
want to slow down memory loss
or to stay mentally fit!

**TUESDAYS, 1:00 PM
APRIL 2 - MAY 21**

RECREATION.HWMI.ORG

RECREATION.HWMI.ORG

DAY TRIPS



AROUND THE WORLD

Thursday, April 4, 10:30 am - 3:30 pm

Departing from the Gillham Recreation Center

Experience all the great ethnic neighborhoods found in Detroit with unique food and behind-the-scenes experiences! Transportation provided by the HW Bus and trip facilitated by Distinctively Detroit Tours. Registration required by March 21.

Cost: \$80 (includes transportation and tastings at Polish Village Cafe, Mexican Village Cafe and Astoria Bakery)

PEWABIC POTTERY TOUR/WORKSHOP + LUNCH AT SINDBADS

Thursday, April 25, 2024, 9:30 am - 2:00 pm

Departing from the Gillham Recreation Center

Explore the historic museum and learn about Pewabic history and the contemporary fabrication areas. Then we will head to the workshop studio to use clay and colored slips to create your own tile design. Next, we will enjoy lunch at Sindbads which overlooks the Detroit River.

Cost: \$35 (Includes transportation, Pewabic tour/tile workshop, lunch on your own.)

MEADOW BROOK THEATRE -

ROUTE 66 + KRUSE & MUER ON MAIN

Wednesday, May 1, 10:30 - 4:45 pm

Departing from the Gillham Recreation Center

First stop, lunch at Kruse & Muer on Main. Select lunch options when registering. Then on to the show! Take a dollop of Grease, mix in some Pump Boys and Dinettes, and add a generous dose of Forever Plaid, and you have the high-octane fun of Route 66! Get your kicks with this smash coast-to-coast hit musical revue!

Register by April 1.*

Cost: \$83 (includes transportation, lunch & ticket)

***note early deadline!**

We need to commit to tickets one month in advance. No refunds after April 1 unless a replacement is found.

ART WITH HEART IN EASTERN MARKET

Thursday, June 13, 10:00 am - 4:00 pm

Departing from the Gillham Recreation Center

Detroit has an explosive, beautiful art scene and we're going to explore the Eastern Market area of Detroit on this tour with WDIV-TV's Movie Critic and our Celebrity Tour Guide, Greg Russell. There are over 140 murals alone in the Eastern Market. It is also home to C.A.N. Art Handworks where master craftsman Carlos Neilbock has used the age-old art of blacksmithing to produce architectural and functional metalwork for the past 30 years. Our next stop is the Eastern Market Brewery, where we will go into a private room and enjoy a sandwich style lunch along with a flight of 3 beers and a talk about the Brewery. Then, we will continue on to see and learn about the beautiful murals of the Eastern Market before making a stop at Better Made's outlet store!

Transportation provided by the HW Bus and trip facilitated by Distinctively Detroit Tours. Registration required by May 31.

Cost: \$90 (includes transportation, tours & lunch)

DIAMOND JACK'S DETROIT RIVER TOUR

Friday, June 28, 10:00 am - 2:30 pm

Departing from the Gillham Recreation Center

Experience the best of Detroit's rich history and stunning skyline with a one-hour sightseeing tour, expertly narrated by knowledgeable guides. Marvel at the iconic landmarks along the Detroit River as we cruise along the waterway, soaking up the culture and history of the Motor City. With breathtaking views, fascinating insights, and a relaxing atmosphere, this cruise is the perfect way to explore Detroit's unique charm. Following the cruise we will enjoy lunch at a location to be determined.

Registration required by June 21.

Cost: \$25 (includes transportation and tour; lunch on your own)

LIBRARY PROGRAMS

PLAN YOUR BEST GARDEN

Wednesday, April 3, 6:30 pm
Huntington Woods Library
April showers bring May flowers - Join Jim Miller from English Gardens to plan your spring garden and plantings.

BIRDING VS. BIRD WATCHING

Thursday, April 11, 6:30 pm
Huntington Woods Library
Did you know there is a difference between birding and bird watching? What do these terms mean? Join Greg Bodker to find out the difference.

CREATIVE ART SERIES W/ SUSAN FOX

Saturday, April 13 1:00 - 4:00 pm
Huntington Woods Library
An arts and crafts class held at 1:00 pm with instructor, Susan Fox. Registration is required. Materials provided. Check the Library website for more information, and please remember registration is required at huntingtonwoodslib.org.

EXPLORING ANCESTRY (PART 4)

Wednesday, April 17, 6:30 pm
Huntington Woods Library
Calling all genealogists! Join Robbie Tierman for the last presentation of the series to help you explore the world of ancestry.com.

ISLE ROYALE: MOST REMOTE NATIONAL PARK

Thursday, May 9, 6:30 PM
Huntington Woods Library
Explore Michigan's most remote national park with Jim Defrense. Join us for a wonderful tour of the scenic wilderness and learn the best means of getting to this remote location.

ONLINE SCAMS

Wednesday, May 15, 2:00 pm
Huntington Woods Library
Online scams are the bane of many email account holders existence. Michael Wilson will discuss the best way to avoid becoming a victim of a scam.

UNDERWATER MYSTERIES WITH ROSS RICHARDSON

Thursday, June 13, 6:30 pm
Huntington Woods Library
Ross Richardson has spent the last decade searching and documenting shipwrecks off the coast of western Michigan.

CHECK US OUT ONLINE AT:

huntingtonwoodslib.org

248.543.9720



WOODS GALLERY

The Woods Gallery is located in the lower level of the Huntington Woods Library and features rotating artists for the pleasure of our community. Hours are consistent with regular library hours, except when events/activities are taking place.

"FACES IN NATURE" PHOTOGRAPHS BY CHARLES STERN

Continues through April 27

"VINES / BETWEEN THE VINES: NATURE'S EPHEMERA" - THE PAINTINGS OF LYNN PARKLLAN

May 5 - June 21

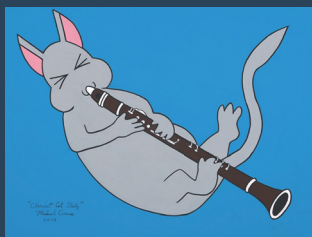
Artist's Reception: Thurs., May 16 | 6 - 8 pm
Brief Gallery Talk 7pm

Lynn Parkllan is a colorist, who paints large canvases. The Gallery will exhibit both her series of studies of vines seen while walking in a nature preserve, and continuing to her series of the abstraction created by the spaces between the vines. Also exhibited are her landscapes with soft blended edges and vibrant coloration.



"THE POP ART PAINTINGS OF MICHAEL CRANE"

June 30 - August 30



Artist's Reception: Thurs., July 11 | 6 - 8 pm
Brief Gallery Talk 7pm
Pleasant Ridge artist, Michael Crane, will be exhibiting his stylized and colorful imagery of cats, fish and more. Viewers will enjoy his whimsical acrylic paintings, influenced by the Pop Art Movement of the 1950's thru 1970's.

RECREATION PROGRAMS



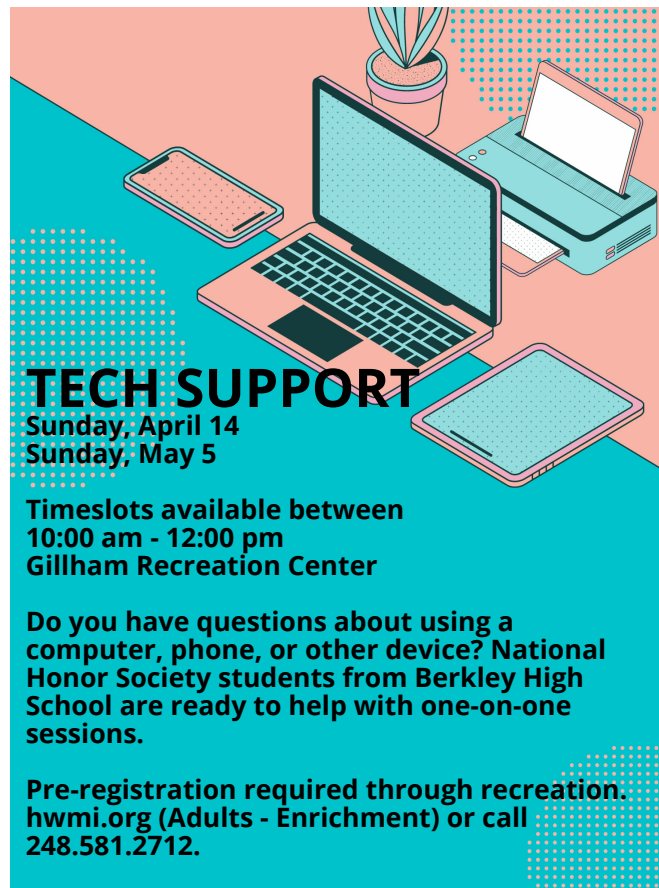
BINGO

APRIL 5 | MAY 3 | JUNE 7
10:00 - 11:30 AM

Join us at the Gillham Recreation Center on the first Friday of the month for Bingo!

Fun prizes will be awarded.
Registration required.

Cost: \$2 for your first card,
\$1 each additional bingo card.



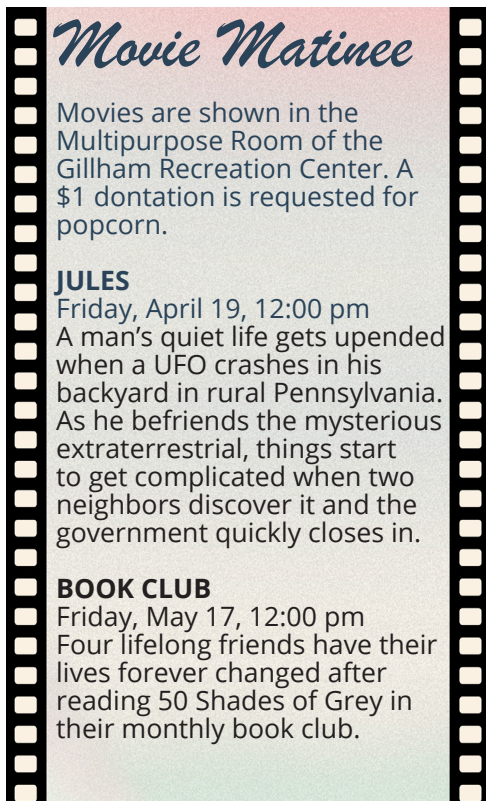
TECH SUPPORT

Sunday, April 14
Sunday, May 5

Timeslots available between
10:00 am - 12:00 pm
Gillham Recreation Center

Do you have questions about using a computer, phone, or other device? National Honor Society students from Berkley High School are ready to help with one-on-one sessions.

Pre-registration required through recreation.
hwmi.org (Adults - Enrichment) or call
248.581.2712.



Movie Matinee

Movies are shown in the Multipurpose Room of the Gillham Recreation Center. A \$1 donation is requested for popcorn.

JULES
Friday, April 19, 12:00 pm
A man's quiet life gets upended when a UFO crashes in his backyard in rural Pennsylvania. As he befriends the mysterious extraterrestrial, things start to get complicated when two neighbors discover it and the government quickly closes in.

BOOK CLUB
Friday, May 17, 12:00 pm
Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.

GILLHAM RECREATION CENTER INDOOR PICKLEBALL

Mondays & Wednesdays: 9:00 am – 12:00 pm (4 courts)
Tuesdays: 6:00 - 8:00 pm (4 courts)
Saturdays: 9:00 - 11:00 am (2 courts)

Schedule begins April 1. View the indoor schedule online at recreation.hwmi.org

INDOOR PICKLEBALL FEES
HW RESIDENTS: Annual Memberships: \$40 or \$2/drop-in.
NON-RESIDENTS: \$50 annual Facility Fee plus \$4/drop-in.

Stop by the front desk before entering the gym for check-in and payment.

OUTDOOR COURT RESERVATIONS
Pickleball courts are available at 11 Mile/Huntington and the Gillham Recreation Center for reservation daily from 9:00 am - 9:00 pm. Reservations can be made online at recreation.hwmi.org.

Fees: HW Residents: \$2/hr | Non-Residents: \$4/hr.

STAY ACTIVE AT THE REC

WALK THE GYM

Mornings: Mon & Wed: 8:30 - 9:00 am;
Tues., Thurs. & Fri.: 8:30 - 9:30 am

Afternoon: Mon. - Fri. (except Tues.):
1:00 - 2:00 pm

Enjoy walking in the Gillham Recreation Center
climate-controlled gym! 16 laps = 1 mile (1/2
gym may only be available at certain times)

Schedule subject to change. Monthly schedule
available online at recreation.hwmi.org



RECREATION.HWMI.ORG

RECREATION CLASSES

Visit **RECREATION.HWMI.ORG** for a complete list of classes
offered at the Gillham Recreation Center.

MON

5:00 - 6:00 pm
April 1 - May 20

RELEASE & REJUVENATE

Designed to bring balance back into the body/
mind by releasing stress and tension that can
accumulate throughout our day.

TUE

9:00 - 9:45 am
April 2 - May 28

CHAIR YOGA: STRETCH & STRENGTH

Improve your flexibility and strength with gentle
exercises performed in a seated position. This class
is perfect for all ages and levels including seniors.

WED

6:00 - 7:30 pm
April 3 - June 5

ENERGIZING YOGA

Relax, increase flexibility, boost your energy
level, balance your emotions and stay in shape.
Attention is paid to the alignment of the bones
and muscles to aid in freedom of movement and
thought.

THUR

9:30 - 10:30 am
April 4 - May 23

NOURISH FROM WITHIN

Utilizing yoga postures, yoga therapy techniques
and breath work, we will explore the wisdom that
yoga has to offer to bring balance to our whole
being.

THUR

11:00 - 12:00 pm
April 4 - May 23

TAI CHI

Enjoy an hour of peace and tranquility while
learning the beautiful art of Tai Chi/Qi Gong.

HUNTINGTON WOODS AQUATICS CLUB

Purchase your family
or senior membership
online at recreation.hwmi.org or at the
Gillham Recreation
Center.

GRANDCHILDREN PASS CARD

Allows a grandchild to enter
the Aquatics Club while under
the direct supervision of a
Senior Swim Pass holder.
Grandchildren must be under
the age of 18. Each grandchild
is added to the household
membership account and will
be assigned a key tag.
Cost: \$74 per grandchild

ADULT SWIM

**Mon. - Thurs., 11:30 am - 12:40
pm | June 17 - August 8**

Designated swim time for
persons 18 years and older to
exercise in the 4ft section and
lap lanes on the far end of the
pool. Regular pool rates apply
- all patrons must check in at
the pool desk before entering
the pool. The deck and pool
will be cleared at 12:40 pm
and reopened at 1:00 pm.

AQUA FIT

**Sundays, 10:00 - 11:00 am
8 weeks: June 9 - August 11 (no
class 6/30, 7/14)**

**Wednesdays, 7:00 - 8:00 pm
8 weeks: June 26 - August 14**
Designed for those interested
in improving cardiovascular
fitness, muscle tone,
coordination and circulation.
You do not need to be able to
swim to participate. Music will
occasionally be added to the
fun! Cost: \$70

RECIPE CORNER

FRIENDSHIP CAKE

It's the cake that keeps on giving! Originating in Germany and popular in the Amish community, this special cake has a long-standing tradition of sharing among friends.

Note – starting from scratch this cake can take nearly TWO MONTHS to make, but if you have ingredients passed along to you, it could take ONE MONTH or as little as 1 HOUR to make.

Over 3 weeks you create a “starter” liquid ingredient that can be shared with friends. Over 4 more weeks you sweeten fruit which results in a juice, that can also be shared. The Friendship Cake is like a chain letter, with more and more people passing along the ingredients and recipe.



STEP 1: MAKE THE STARTER (20 DAYS)

Begin the Friendship Cake recipe here, unless you already have Starter from a friend.

STARTER INGREDIENTS

- 1 20-oz can Pineapple Chunks, drained
- 1 16-oz can Apricots, drained
- 1 16-oz can Sliced Peaches, drained and cut into chunks
- 1 10-oz jar Maraschino Cherries, drained
- 1-1/4 cups Whiskey or Brandy (optional)
- 1-1/2 cups White Sugar

DIRECTIONS

Combine all ingredients in a large glass jar and stir. Cover jar with a **loose-fitting** lid (careful - do not tighten or jar will explode). Let stand at room temperature for 3 weeks, stirring mixture 2-3 times per week.

On day 21, drain the fruit and reserve the liquid in a pint sized glass jar and seal. This liquid is the Starter - you will need 1-1/2 cups of it for the cake. The rest can be shared. Use the Starter within 3 days or freeze. The fruit will not be used for the cake, but it can be eaten.

STEP 2: MAKE THE FRIENDSHIP FRUIT (30 DAYS)

FRIENDSHIP FRUIT INGREDIENTS

- 1-1/2 cup starter (see recipe above)
- 1 large can Sliced Peaches with juice
- 8-1/2 cups Sugar
- 2 (15 oz) cans Pineapple Chunks
- 2 (10 oz) jars sliced Maraschino Cherries with juice

DIRECTIONS

In a large glass jar or bowl add the following, keep loosely covered.

Day 1: 1-1/2 cup Starter, peaches and 2 1/2 cups sugar. Stir daily for 10 days.

Day 10: 2-1/2 cups sugar and pineapple. Stir daily for 10 days.

Day 20: 2-1/2 cups sugar and maraschino cherries. Stir daily for 10 days.

Day 30: Strain juice from fruit and divide juice into 5 parts to share (friends can use this juice as the Starter in Step 2). Divide fruit into 3 parts (you will only need 1 part/cake).

STEP 3: BAKE THE CAKE

CAKE INGREDIENTS

- Friendship Fruit (1 part of the 3 made)
- 1 box Yellow Pudding Cake Mix
- 4 Eggs
- 2/3 cup Cooking Oil
- 1 cup Chopped Walnuts

DIRECTIONS

Step 1: Preheat oven to 350 degrees.

Step 2: In a large bowl, mix together all ingredients

Step 3: Transfer to a greased and floured bundt cake pan. Bake 40 - 50 minutes until golden brown.

Step 4: Top with icing, if desired.

Recipe provided by Greg Gmerek who enjoys sharing jars of Starter, a slice of cake and the recipe with neighbors and friends.

MONDAY LUNCH BUNCH

MONDAY LUNCH BUNCH

12:00 pm | Mondays
Gillham Recreation Center

April 1, 8, 15, 22, 29

May 6, 13, 20

June 3, 10, 17, 24 (Library)



Join your neighbors on Mondays at noon for lunch and a presentation. Lunch is supplied by Tim's Kitchen of Royal Oak. The lunch fee is \$5.00, paid in advance.



Tim's Kitchen

ABOUT MONDAY LUNCH

- LUNCH SERVED AT NOON
- SPEAKER INFORMATION

The speaker presentation begins approximately at 12:30 pm. You are welcome to bring your own lunch or join us for the speaker portion only.

Who is presenting? Find speakers in the City's weekly eblast or contact Jennifer Furlong at hwcares@hwmi.org or 248.581.2712.

Speakers discuss topics of interest for approximately 25 minutes. Should you know of a topic or speaker that might be a good fit, please let Jennifer know!

REGISTRATION

Pre-registration is required for lunch, by 10:00 am on the preceding Wednesday.

recreation.hwmi.org
(Register Now!>Adults>Enrichment)

If you need assistance registering, please contact us at 248.581.2712.

TRANSPORTATION

To arrange transportation to Monday Lunch, contact Jennifer at 248.581.2712. Please provide 48 hour notice.

REGISTER NOW



recreation.hwmi.org



hwrec@hwmi.org



248.541.3030

RECREATION.HWMI.ORG

OUTREACH & GENERAL SERVICES



CURB-TO-CURB TRANSPORTATION

Monday - Friday, 9:00 am - 3:00 pm

Residents 55 years or better and unable to drive, temporarily or permanently, can arrange for transportation on the City SMART Van for medical appointments, support groups, shopping or other activities of daily living.

- The bus is equipped with a lift to accommodate individuals seated in wheelchairs or motorized scooters.
- Riders, please make sure to be ready 15 minutes before the scheduled pick up time.
- A 48-hours (business hours) advance notice is required.
- The travel distance must be within a 7-mile radius of the Gillham Recreation Center.
- The fee is \$1 each way. Trips are limited to one per day.
- Changes/additions may not be made on the day of transportation (other than cancellations). Please do not ask the driver to alter the schedule.

To arrange for transportation, please call Jennifer at 248.581.2712 between 9:00 am - noon, Monday - Friday or email hwcares@hwmi.org.

HELP MAINTAINING YOUR INDEPENDENCE

The Recreation Department has a staff member dedicated to helping you with your day-to-day needs. Jennifer Furlong, HWCares Senior Outreach Coordinator, can assist you. Jennifer is a wealth of information and has lots of resources at her finger tips! Feel free to contact her for additional information, 248.581.2712.

Financial sponsors for the Senior Transportation Program are the City of Huntington Woods, Beaumont and SMART. An alternate transportation option is the SMART Connector (866.962.5515) or smartbus.org. Call Jennifer at 248.581.2712 for additional options if needed.

**AGEWAYS
(PREVIOUSLY AAA1B)**
1.800.852.7795 | ageways.org
Programs and services include:

- Information and Assistance Telephone Line
- Adult Day Services
- Direct Home Care Services and Care Coordination
- Medicare/Medicaid Assistance
- Home injury control programs
- Wellness classes to help stay healthy

GRIEF SUPPORT GROUP
Mondays, 1:00 pm - 2:00 pm
April 8 & 22, May 13 & 27, June 10 & 24, 2024
Madison Heights Active Adult Center - 260 W. 13 Mile Rd
Madison Heights, MI 48071

For more information call Paul at the Madison Heights Active Adult Center at 248.842.6856

REASSURANCE CALLS AND AT HOME ASSISTANCE

If you or someone you know would like to be contacted for check-in calls or assistance, contact Jen at 248.581.2712 or hwcares@hwmi.org.

SOCIAL SECURITY

Do you need help or info pertaining to Social Security? The Social Security Administration is still available to help by phone. A local representative is available to take your call Monday thru Friday from 9:00 am— 4:00 pm at: 1.888.456.9559. They may be able to schedule an appointment if they cannot help you by phone. You may also visit SSA.gov. Many of their services can be completed online.

OAKLAND LIVINGSTON HUMAN SERVICES AGENCY (OLHSA)

OLHSA is the largest private nonprofit agency delivering human services to Oakland and Livingston Counties. Below are the current programs that members can take advantage of:

- Water Residential Assistance Program (313) 386.9727
- Grandparents Raising Grandchildren (248) 479.6516
- Emergency Utility Assistance (248) 479.6516
- Weatherization (248) 479.6516
- Burial benefits, hygiene kits, or 1-time food box (248) 209.2600

ADDITIONAL SERVICES

Free Entry Days



FREE ENTRY DAYS AT OAKLAND COUNTY PARKS

- Monday, April 22, 2024 (Earth Day)
- Thursday, May 2, 2024 (Restore in the Outdoors)
- Wednesday, June 19, 2024 (Juneteenth)

On Oakland County Parks and Recreation Free Entry Days, visitors can enjoy free park entry with access to trails, dog parks, playgrounds, beaches at Groveland Oaks (Holly) and Independence Oaks (Clarkston) and fishing spots. See a complete list of Oakland County Parks at oakgov.com/parks

The following Oakland County Parks are always open to the public FREE of charge:

- Catalpa Oaks County Park
27705 Greenfield Road, Southfield
- Pontiac Oaks County Park
1400 Telegraph Road, Pontiac
- Red Oaks Nature Center
30300 Hales St., Madison Heights
- Springfield Oaks County Park
12451 Andersonville Road, Davisburg
- Waterford Oaks County Park
1702 Scott Lake Road, Waterford

HAPPY BIRTHDAY

Are you or someone you know celebrating a special birthday?

Contact hwcares@hwmi.org or call Jen at 248.581.7212 so we can help you celebrate!

SENIOR CITIZENS APPRECIATION DAY AT THE DETROIT ZOO

Wednesday, June 5
10:00 am - 3:00 pm

Enjoy a special day at the Detroit Zoo! Seniors (62+) receive complimentary zoo admission plus guided tours and keeper chats.

MEDICAL EQUIPMENT LOAN CLOSET

Looking to borrow medical equipment? Our City has durable medical equipment to help you remain independent.

Contact Jen at 248.581.2712 or hwcares@hwmi.org to find out whether we have available what you are looking for!

CHECK YOUR BLOOD PRESSURE REGULARLY

APRIL 17 | MAY 15 | JUNE 12
10:00 - 11:00 AM

Have your blood pressure checked by a registered nurse at the Gillham Recreation Center.

THE 60+ CROWD

The information listed here is focused on residents 60 yrs+. The 60+ Crowd is published quarterly and can also be found online at hwmi.org. There are additional services and activities offered to the entire community - please refer to the Hometown Herald for info.



Interested in receiving emails with upcoming programs and events specifically related to seniors? Email hwrec@hwmi.org to be added to our mailing list.

**HUNTINGTON WOODS
PARKS & RECREATION**
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HWMI.org

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48070**

Thank you Galloway and Collens for supporting the
Huntington Woods Parks & Recreation Department and our programs.
Your mailing sponsorship allowed us to mail this 60+ Crowd out to the entire City!

GALLOWAY AND COLLENS

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