

January Birthdays:

Christine Pannette	2
Dimitrios Douveas	2
Patricia Ferrara	5
Russell Balduc	6
Linda Brewer	8
Terry Mullins	13
Brenda Frazier	13
Mary Jezdimir	14
Patricia Raven	14
Robert Brown	14
Louise Miles	19
Bill Reblin	24
Lowanda McGee	24
Lorie Piscopink	27



Skip the New Year's Resolutions! Instead Make Realistic Goals.

Only 10% of people who make New Years resolutions successfully implement lasting change. The failure of not following through on a resolution can be very discouraging and often undermines future efforts to change.

Mental health experts say other strategies for adopting healthier habits work better.

- Set realistic and obtainable goals.
- Make your goals specific and measurable.
- Do not set too many goals. Pick 1 or 2 that are most important for you to focus on.

Remember, implementing change into our lives is not something we should do once a year. We can, and should, make changes throughout the year to become the best version of ourselves.



Let's Welcome Our New Friends:

Ernest Larco~6012



The St. Clair Shores Housing Commission would like to wish our residents a very happy, healthy & safe New Year.

May you have a year filled with love, laughter, brightness & hope.



Leisure Manor Gazette

What's New in Our Community January 2025 Edition

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Office Hours:
Monday-Friday
8:30am-5:00pm

January Dates of Importance:

New Year's Day Office Closed	1
Housing Commission Meeting	9
Tenant Council Meeting	10
MLK Day Office Closed	20
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Cold Weather Tips: How to Stay Warm in Apartment Living

With temperatures dropping, it is important to stay warm this winter season.

Here are some easy tips you may find helpful:

- ♦ Avoid cold drafts. Place a towel or a drafter protector at the base of the doors.
- ♦ Utilize the sun by keeping your blinds open during the day. Even in the winter, anything the sun touches can provide additional warmth.
- ♦ Take a warm shower or bath, then put on a cozy robe or blanket.
- ♦ Add exercise to your routine. Exercise is a great way to increase your body temperature and to maintain a healthy immune system to prevent colds and flu. Many simple exercises, such as arm exercises, can be done in the comfort of your own home. You can also head down to the senior center to see what kind of activities they offer. The senior center has a fitness room and offers many fitness programs such as yoga, zumba & interval circuit exercise. The senior center offers transportation by appointment. If you would like to schedule an appointment, call (586)498-2331

Stay Warm this Winter Season!

Staying Healthy in Winter

As winter is officially here, it is more important than ever to keep in good health!

- Maintain a healthy diet– Since exercise in winter months is limited, it is important to maintain a balanced diet.
- Eat more vitamin D enriched foods– Exposure to sunlight in the winter months is lacking.
- Stay hydrated– Drinking enough water each day is crucial to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and to keep organs functioning properly.
- Get enough sleep– Sleep is key to keeping your energy up and maintaining a functioning immune system. Create a sleep schedule and stick to it!
- Keep regular doctor appointments– As it becomes colder it is harder to leave home to venture outdoors. Do not slack on keeping up with doctor appointments!



Leisure Manor Holiday Party:

On behalf of the St. Clair Shores Housing Commission, we would like to thank those that attended the Holiday Luncheon!

We had a wonderful time and hope you did as well!

For those that did not attend, please stop by the office for your holiday gift!

Cozy Cupboard Sale:

The Cozy Cupboard is having a sale!

When: Saturday, January 4th, from 11am-1pm

Where: LMI Community Room

The Cozy Cupboard store will also be open on Saturday, from 11am-1pm.

ALL ARE WELCOME!

Bingo:

Starting January 4th, Bingo will go back to its regular hours of 5pm-7pm every Saturday in the LMI Community Room.

Join the Fun!



Don't miss out on the tunnel of lights!

The tunnel of lights will be going on until January 26th.

Come to Blossom Heath Park from 5pm to 9pm for some spectacular views!



Got the Winter Blues?

With the excitement of the holidays over, January can seem like a long, dreary month!

Instead of hiding out under the covers, here are some ideas to pass the time.

-Start a book club. Many people say they would like to read more in the New Year. This is also a great opportunity to get your neighbors involved!

- In addition, take advantage of the many books we have in the community room & library. Please help yourself! Curl up on the couch under a blanket with a cup of hot cocoa and a good book.

-Do a puzzle! The game room in LMI is filled with lots of puzzles & games for your enjoyment.

-Join your neighbors for bingo! Remember bingo takes place every Saturday. Come down to the Community Room in LMI on Saturday's from 5pm-7pm for bingo!

-Volunteer! Volunteer work is an excellent way to combat loneliness and boredom. There are plenty of local non-profit organizations in the area.

Get creative! There are lots of things to do this winter if you use your imagination!



After-Dinner Social:

The first After-Dinner Social was a huge success!

The next Social will be a Valentine's Potluck!

Date: Friday, February 14th

Time: 5pm

Location: LMI Community Room

If interested in attending, sign up sheets will be posted in the LMI & LMII lobby!

Please bring a dish to share!



Aqua Freeze:

Saturday, January 13th & Sunday June 14th

Saturday: Noon-9pm

Sunday: Noon-6pm

Blossom Heath Park

Everyone is welcome to join this 2 day, fun filled winter festival!

There will be a beer tent, live ice carving shows, putt-putt golf, horse-drawn wagon rides, food trucks & much more!

Come Join the Excitement!



Reminder:

Please remember to date your checks 2025.

Rent is due on the 1st of the month & late after the 5th of the month.

Please remember to make your checks/ money orders payable to SCS Housing Comm.

OR

St. Clair Shores Housing Commission

DO NOT make checks payable to Leisure Manor!

Cold in your Unit?

If you think your heat is not working properly, please check the following before calling in a work order:

- Make sure all windows are securely closed.
- Make sure your air conditioner cover has been installed.
- Make sure there is no furniture or other large items blocking the heat register.

Remember, Leisure Manor has a boiler heating system. If you want to increase or decrease the amount of heat this could take up to 2 hours to regulate.

If you would like your A/C cover installed or would like to place a work order, please call the office.