

## May 2021 • Monthly Newsletter of the Royal Oak Seniors

May is filled with many fun and exciting spring events. **Cinco de Mayo** on May 5<sup>th</sup> is more than margarita day. In observance we are handing out FREE Churros between 11 and 11:30 am.

A couple other great programs that will be hosted in the M & M parking lot are **Mother's Day Compost event** on Thursday, May 6<sup>th</sup> from 10 to 11:30 am.

Who is ready for some **Parking Lot BINGO** on Friday, May 7<sup>th</sup> at 12:30 pm? Chef Erin will be having a Bake Sale to help support Tim's Kitchen before and after BINGO. Please make sure you register in advance for both programs. Bring a lounge chair for yourself, wear a face mask and we will be social distancing.

**National Reese Peanut Butter Cup Day** is on Tuesday, May 18<sup>th</sup>. Swing by the M & M Senior Community Center between 11 and 11:30 am and grab yourself a peanut butter cup. Back by popular demand are the **DIY Spring Cookie Kits**. These will be the last kits until the fall. Make sure you get your reservation in because we sell out. Kits are \$5.00 each and pick up dates will be May 25 and 26 from 10 am to 3 pm.

We will continue having **Kerry Price Live Sing-Along** on Friday, May 21<sup>st</sup>. Give the Center a call to see if the 12:30 sing-along will be in the parking lot or inside the Senior Center. We are offering many exercise and painting classes this summer. Make sure you check out the start dates inside the newsletter.

On Monday, May 31<sup>st</sup> we observe **Memorial Day** which is a public holiday to pay tribute to the fallen soldiers. Maybe you can attend a parade or visit with family and friends to thank those who did not have a joyful homecoming. The Senior Center will be closed on the 31<sup>st</sup>.

Just a reminder that there is staff in the building to answer phone calls Monday through Friday from 9 am to 4:30 pm. Please do not hesitate and reach out to us if you need something. Everyone remain safe and well and we look forward to seeing you very soon.

Sincerely,

Paige Belanger



**Welcome to the Mahany/  
Meininger Senior Community  
Center!**

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Steven A. Shanbom, M.D.

Board Certified Ophthalmologist

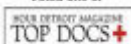
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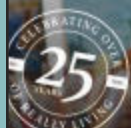
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15-0666



**Leo Mahany/Harold Meininger  
Senior Community Center**  
**248-246-3900**

**Monday - Friday 9:00 AM- 4:30 PM**  
3500 Marais Ave.

Royal Oak, MI 48073

(1 block NORTH of 13 Mile Rd., 3 blocks EAST of  
Crooks Rd.-between Main & Crooks)

**Senior Citizen Activities Coordinator**

Paige Belanger

**Assistant Coordinator**

Erin Koch

**Outreach Administrator**

Carolyn Marsh

**Senior Recreation Specialist**

Barbara Boyce

**R.O.S.E.S.**

Dorothy LaSure

**Van Transportation**

For scheduling: **248-246-3914**

**Monday - Friday, 9:30 AM - 12:30 PM**

**Dispatchers:**

Denise Owens Daniel Baxter

**Salter Community Center**

**248-246-3180**

1545 E. Lincoln Rd,

Royal Oak, MI 48067

(10½ Mile Rd, 1 block West of Campbell Rd.)

*Sorry We're*  
**CLOSED**

The Mahany/Meininger Senior Community Center building is temporarily closed until the state of Michigan reaches Phase 6 of Governor Whitmer's reopening plan.

**Bus Reservation Hours**  
**Monday-Friday 9:30am-12:30pm**

Bus riders may call **248-246-3914** to make an appointment.

**\$3** one-way trip, or **\$4** round trip.

Prepaid tickets are available: **\$19/5**  
round-trip tickets.

**SMART**



The City of Royal Oak promotes independence for residents aged 60 or older, and adults who are permanently disabled. Door-to-door service is available to those with mobility problems and we will assist with groceries. All busses are equipped with lifts. The Royal Oak Transportation service is sponsored by the City of Royal Oak; funded by Beaumont Health, SMART Municipal and Community Credit Funds, and rider donations.

**We are temporarily eliminating the Meijer's & Mall runs. All riders must wear a mask.**

**CANCELLATION HOTLINE NUMBER**  
**248-246-3187**

Whenever inclement weather or building issues force an emergency building closure at the Senior Center, the cancellation information is available on the City's hotline.



The **Leo Mahany/Harold Meininger Senior Community Center** now offers **FREE PUBLIC WI-FI** for use on your personal device; no password is required, just simply connect your device. Please see the office staff for assistance.

**RESOURCE CENTER** Call the Senior Resource Center for brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochure at the Resource Center, please call **248-246-3900** for an application form. The fees to display brochures are **\$10** monthly or **\$100** yearly.

**Food & Carpeting** The Center would like to keep the carpeting as clean and nice as possible. We ask **all** patrons to adhere to the following rules: coffee with lids is permitted, **cakes or cupcakes are not permitted** (we will make exceptions with approval of the Senior Center Coordinator), and snack foods are allowed. During the holiday seasons, we realize individual groups would like to have food for their parties, and those may be allowed with approval of the Senior Center Coordinator. If anyone has questions, please see Paige Gembarski, Senior Center Coordinator. **Thank you for your cooperation.**

**THANK YOU to  
our Advertisers!!**

**Dear Valued Advertiser,** we would like to thank you for your continued support of our monthly newsletter. Together, your advertising with The Times is reaching more people than ever and that partnership is important to us.

**To our Patrons,** please continue supporting the sponsors of the newsletter. They help to make this publication possible. If you're interested in advertising with The Times, please contact our publishing partner, LPI at [www.4lpi.com](http://www.4lpi.com). Thank you!

## Oakland County COVID-19 Vaccine Information



800-852-7795

**Michigan 2-1-1**: Michigan residents who do not have access to the Internet and need assistance in finding vaccination information or scheduling an appointment may call the COVID-19 hotline at 888-535-6136, or 211 Monday—Friday 8-5.

**MDHHS**: COVID-19 Vaccine updates will be posted as they become available in each County. Covid Hotline: 888-535-6136. Email: COVID19@michigan.gov.

**Oakland County Health Department: Covid-19 Help Hotline: 248-858-1000**

"Save Your Spot" at: [oaklandcountyvaccine.com](http://oaklandcountyvaccine.com). To register for updates: text OAKGOV COVID to 468311. \*

**St. Joseph Mercy Oakland**: Will begin offering vaccinations to individuals age 65 or older as soon as vaccines become available. Scheduling information will be posted online as soon as it is available: <https://bit.ly/35kKO9>

**Beaumont**: Individuals 65 or older will be randomly sent invitations as vaccines become available via [myBeaumontChart](http://myBeaumontChart). An email will be sent to the address on file (from oneChartAMB.oneChartAMB@beaumont.or) providing a link to schedule an appointment. Seniors who are not tech savvy may call 800-592-4784 beginning at 8AM to register. Please advise wait times will be long (as long as an hour or two).

**McLaren Oakland**: Complete the vaccine sign up form McLaren Health Care 65 COVID-19 Vaccine Sign-up Form([office.com](http://office.com)). <https://www.mclaren.org/main/coronavirus-vaccine>.

**Ascension**: Call 248-465-4100. \*

**Meijer Pharmacy**: To register to reserve a vaccine: fill out the online form: <https://clinic.meijer.com>; text COVID to 75049; or call your local Meijer Pharmacy. \*

**Rite Aid Pharmacy**: Do not call local pharmacies. Go to [riteaid.com/Covid-19](http://riteaid.com/Covid-19) and click on the blue "Schedule and Eligibility" button.

**Walgreen's Pharmacy**: Call your local pharmacy for availability or check online at Covid-19 Vaccination/Walgreens Find Care.

\* MOST OF THE ABOVE FACILITIES STATE THE FOLLOWING IN EACH OF THEIR INSTRUCTIONS: "...will notify eligible patients via email, text or phone as appointment times are made available."

**Vaccinefinder.org** is another resource.

LANSING MICH. Michiganders can now begin registering for the COVID-19 vaccination clinic at **Ford Field** in Detroit. The community vaccination site is set to officially open on March 24.

Sign-up is available through these three options:

1. Online at [clinic.meijer.com/register/CL2021](http://clinic.meijer.com/register/CL2021)
2. Text EndCOVID to 75049
3. Call the MDHHS COVID-19 Hotline at 888-535-6136 (press 1)

Residents who don't have access to the internet or need assistance navigating through the registration process can use the MDHHS COVID-19 Hotline to register. Call Monday through Friday from 8 a.m. to 5 p.m., and Saturday and Sunday 8 a.m. to 1 p.m. It is expected that the call center will have long wait times, so calling is recommended only for people who cannot register online or by text.

After the registration process is completed, people who have registered will receive an invitation either by "voice or text when it's their turn to schedule the appointment. Vaccine appointments will be scheduled a few days in advance. All COVID-19 vaccines are safe and effective.

March 15, 2021  
Michigan.gov Press Release

**Oakland County Health Division** is partnering with **Ready Nursing Solutions** to assist the county with administering COVID-19 vaccine to long-term care (LTC) staff and residents as well as homebound seniors.

To sign up an Oakland County homebound senior citizen to receive a COVID vaccine from Ready

Nursing Solutions, call 810-331-0902 to make an appointment directly with Ready Nursing Solutions. To register online, go to [Get Ready Vaccine](http://Get Ready Vaccine) and complete the Patient Intake Form. Be sure to select "Oakland County Residents – Homebound" on the intake form organization dropdown menu.

## Chat on the Patio with Mayor Fournier



**Date:** June 2, 2021

**Time:** 10:00 AM - 11:00 AM

**Location:** Outdoors, behind the Royal Oak Senior Community Center  
(Park in the front lot and walk around the south side of the building to the back.)

The Mayor welcomes the opportunity to visit with Royal Oak Residents and personally discuss a variety of topics relevant to our vibrant hometown.

All Royal Oak citizens are welcome to attend this free event.

Seating and refreshments will be provided for all in attendance.

You must call to attend —248 246 3900 or register online: Course # A1003



### Submit a Question

Suggest a question via e-mail:

[Erink@romi.gov](mailto:Erink@romi.gov)

All Questions must be submitted in  
advance by May 24!

Social Distancing and Masks will be required.

Special Note of Thanks to **Woodward Corner Market** for their donation of  
water and donuts to this event.

Leo Mahany / Harold Meininger Senior Community Center

3500 Marais , Royal Oak , MI 48073







Chef Erin

### A Note from Chef Erin...

Hello Friends of the Senior Center,

A huge big thanks for everyone who supported the Easter DIY cookie kits. We hate to toot our own horns, but we sold out early with our bunny and chick buckets. Back by popular demand, the next one is set for May 25<sup>th</sup> and May 26<sup>th</sup>. It will be a **Spring Flowers DIY cookie kit**. You must pre-register. Pick up is curbside, between 10am and 3pm, only \$5 each. This is a perfect activity for the Memorial Day weekend; all ages can participate.

We also have some free giveaways this month. Tuesday, May 18<sup>th</sup> from 11am- 11:30am is *National I Love Reese's Day*. We will hand out 50 free packages of the famous chocolate and peanut butter cups to the first to show up at the Senior Center, curbside and with a mask on, if you please.

Finally, May 5<sup>th</sup> we will give out Churros to the first 50 people at our doorstep, to celebrate *Cinco De Mayo*. This is a cinnamon donut with lots of sugar – yum! No need to RSVP for the two free hand outs of sweets, just pull up to our doors, wearing your mask!

Thanks, and stay safe everyone!

**Tim's Kitchen**  
Serviced by: Chef Erin Koch



FRIDAY JUNE 18TH, 2021

1:00PM—1:45 PM

ROYAL OAK SENIOR COMMUNITY CENTER

**R.S.V.P. BY JUNE 6TH FOR A FREE 'OLD FASHIONED' ROOT BEER FLOAT TO GO!**

(248) 246-3900

**CURBSIDE PICK UP!**

P.S. > You don't have to be a Dad!!



### DIY Spring Cookie Kits!

Six Spring-themed cut-out cookies, with spreadable, hardening frosting and fun sprinkles/sugars.

Just \$5!

Order soon! Cookie Kits are always a sell-out!

248-246-3900

Curbside Pick up Dates:

Tuesday, May 25  
& Wednesday, May 26



# At-Home BINGO!

## Win Center Bucks!

~ Open to Seniors 50+ and disabled adults ~

1. Get your FREE Official At-Home Bingo Card by contacting Carolyn Marsh: 248-246-3900 or emailing Carolynm@romi.gov.
2. Royal Oak Senior Center Staff will draw two Bingo numbers every Monday and Thursday.
3. Numbers will be announced by an e-mail blast, posted at the Center's front doors and by calling the Center at 248-246-3900.
4. Mark your At-Home Card with a highlighter, Bingo dauber, crayon or pencil.

### How To Win and Claim your Prize:

1. Cover a ROW, COLUMN, or DIAGONAL with posted Bingo numbers.
2. Present your winning Card and get your ROSC Center Bucks! Call us first to present your card in person (ring the front-door doorbell!), or send a digital snap-shot via email to carolynm@romi.gov.

**Missed a Number?? Get a replay of all numbers announced by calling the Center, M—F, 9—4 pm.**

*Disclaimer: By requesting a BINGO Card you agree to play and abide by the Official AT-HOME BINGO Rules and guidelines set by the Royal Oak Senior Center. AT-HOME BINGO is conducted solely for the amusement and recreation of the AT-HOME BINGO players. If a winning Bingo Card validity comes into dispute, by agreeing to accept an Official AT-HOME BINGO Card, you the player, agree directly and indirectly to allow all disputes to be settled by the Royal Oak Senior Community Center Staff.*

### NEW EVENT!

### FREE PARKING LOT BINGO!

FRIDAY, May 7, 2021 12:30—1:30 pm

\* In the R.O. Senior Community Center Parking Lot \*

Cruise on in for this free event! Designated parking spots will be marked. Feel free to play from your car, or bring chairs to enjoy the sunshine. Masks and social distancing are required; restrooms are available with health screening upon entry. Play will be 4 games of regular Bingo—winners receive Center Bucks—and one Coverall Cash Prize of \$5!

**You must register by May 6!** Call us at 248-246-3900



Don't go hungry while playing!  
Visit our Bake Sale

**Tim's Kitchen**  
Served by: Chef Erin Koch

## “Give a Book a Forever Home”

We have a library full of books and we want to get people reading! Starting now until we run out, we are offering all of our books to anyone who wants one—forever! ALL books have been in the building untouched since before the COVID-19 outbreak. We ARE NOT ACCEPTING ANY BOOKS, just getting rid of what we have currently.

### First step:

Please call us to find out how you can get yours! 248-246-3900. Give us your e-mail or phone # and what type of books you are most interested in.

### Second step:

We will make a selection, contact you and set it on the bench outside the Center's front doors for you to pick up.



# Volunteers are a Breath of Fresh Air

Our Volunteers are a committed team  
that make hard work look effortless.

Beyond providing good feelings to the Royal Oak Senior  
Community Center, our volunteers have helped create a  
friendly environment for visitors to feel welcomed. Their  
efforts encouraged others to cope and thrive, show off their  
talents, enjoy a meal with the community,  
or share a laugh and good time.

We all look forward to the day our doors open and we  
safely return to our activities and adventures.

Until then we want to express our gratitude for all the time  
our Volunteers have donated in past years.



Thank you, Beaumont Health, for supporting  
the Royal Oak Senior Community Center  
A.G.E. Volunteers!



**Ask the Computer Lady!****Tuesdays, through May, 2021****11:00 am –12:00 pm C1024sp****12:15 – 1:15 pm C1025sp****1:30 -2:30pm C1026sp****\$35/ 60 minutes**

You must wear a mask. Have your questions ready for instructor Marta and be ready for an informative one-on-one session. Bring your laptop or Kindle, your Mac, Tablet, Android or iPhone, learn how to check your email, or make sure your security is up to date. Call ahead to register and pay: 248-246-3900.

**Painting – All Media****Thursdays, 9:15 am – 11:45 am****\$55 / 8 weeks****July 8 – August 26, 2021****C1027su**

You must wear a mask at all times inside the building. Explore the exciting art world of acrylic painting with instructor Mike Byrne! Beginners through advanced artists will work in beginning to finishing techniques. Mike Byrne is a Past Vice President of the South Oakland Art Association and Past President of the Royal Oak Arts Council. He is a working artist in many mediums and accepts student artists from beginner to expert. Supply list is given at sign-up. Pre-register.

**Watercolor Painting****Fridays, 9:15 – 11:45 am****\$55 / 8 weeks****July 9 – August 27, 2021****C1029su**

You must wear a mask at all times inside the building.

Explore the exciting art world of watercolor painting with instructor Mike Byrne! Beginners through advanced artists will work in wet-on-wet through to finishing with techniques that include drybrush. Supply list is given at sign-up. Preregister.

## LEGAL AID

### **CALL FOR AN APPOINTMENT!**

### **CONSULTATIONS WILL BE VIA PHONE**

Soren Andersen has completed 40 years of law practice. Most of those years have been as a sole practitioner private attorney. His practice includes consumer and small business issues, debtors' rights and creditors remedies, real estate transactions, probate administration, and estate planning. Provides free 15-minute consultations to senior citizens. Consultations will be conducted over the phone. A fee will be charged for additional services.

Please call the Senior Center at 248-246-3900 to schedule your 15-minute consultation.



# May

is a time to go sit on the  
front porch, or find a bench  
at your local  
park!

Get outside and safely greet your neighbors!



## Travel

The **Grand Experience** trip to Mackinac Island (Sept. 28—Oct. 1) is FULL! There is a Wait List started. Call for information: 248-246-3900.

At this time no other Extended or Day trips are planned for the remainder of the year. We are looking forward to more travel opportunities in 2022! Stay tuned!

### Senior Pilates/Core Body Conditioning **Weds. 8:30—9:30 AM**

Pilates is a neuro-muscular resistance control method of exercise designed to help develop strong, flexible muscles and better posture. This is a basic class with emphasis on gradual progression and strict body alignment and exercise form. Wear loose comfortable clothes and bring a mat. Connie is certified in Yoga Fit, TRX Suspension Training, Brains & Balance Past 60 Specialist, & a Certified Personal Trainer. Instructor—Connie Bazy

DATE	FEE	COURSE#
June 2—July 28 (no class July 7)	\$36 / 8 weeks	C1005su



### Zumba Gold Drop-In \$5

**Thurs. 11:00 AM - 12:00 pm**

Combines a dance workout with a party-like atmosphere. Zumba Gold builds cardio-vascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. Designed to be approachable by all, regardless of fitness level. No experience needed.

**Dress comfortably, wear dance shoes or sneakers. Bring water. Drop-in ONLY**

### Gentle Yoga —OUTDOORS ON BACK PATIO

**Thur. 10:00 AM** Yoga creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Instructor: Noreen Daly

DATE	FEE	COURSE#
June 17—August 5	\$40 / 8 weeks	C1014su



### Tai Chi Basic & Chen Style

**Thurs. 9:15 - 10:15 am**

Tai Chi Basic exercises are for beginners to continuing.

The class will include: Tai Chi warm-up, gentle stretching, Tai Chi walking and silk reeling, and Tai Chi Ball Qigong (the Ball in the Mind), and section one of Chen Style Tai Chi old form.

Instructor—Han Hoon Wang

DATE	FEE	COURSE#
June 3—August 5	\$60 / 10 weeks	C1004su

### Covid-19 Screening:

Before entering the Community Center, you will be asked a comprehensive set of questions and have your temperature taken. **Please allow extra time for this before class.**

Masks are required to be worn the entire time you are inside the building.

Remember to keep a distance of at least 6 feet between yourselves.

Your time inside the Center is limited to class time only. Please exit the building to hold conversation after class; we will need the time to sanitize the room before the next class.

*Thank you for your patience and cooperation!*

**We strongly recommend calling to register for your class ahead of time.** The public no longer has access to the back office and there will be limited opportunity for you to register on the day of class.

\*For in-person classes, please bring with you a yoga mat, water bottle, comfortable shoes and any other equipment needed for the class.

\*\*The Senior Center will not be open to the general public until Phase 6. However, for those taking in-person classes you will be allowed to use the restrooms (no more than 2 people allowed in the restroom at one time.)



### Chair Exercise with Cindy

**Weds. and Friday 10:30—11:15 am**

Improve your aerobic capacity, strength, balance and flexibility, doing a variety of fun exercises to music you will love! This class is designed to work gently but effectively on every area of the body, as well as emphasize posture, coordination, and fall prevention. It is appropriate for those who have joint limitations, as well as for anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, and bring a water bottle and hand-held weights, if you wish. Instructor—Cindy Erlandson.

DATE	FEE	COURSE #
Wed. class: June 2—July 7	\$25 / 6 weeks	C1034su
Fri. class: June 4—July 9	\$25 / 6 weeks	C1036su

### Chair Yoga with Cindy

**Weds. 12:30 — 1:15 pm**

**Fri. 11:30 am —12:15 pm**

This class consists of three 15-minute sections, first and last are performed seated; the middle section is performed standing using a chair for balance. Focus: breathing, relaxation, stretching for flexibility and balance practice, which also increases muscular strength.

DATE	FEE	COURSE #
Wed. class: June 2—July 7	\$25 / 6 weeks	C1033su
Fri. class: June 4—July 9	\$25 / 6 weeks	C1039su

### Healthy Back Class with Cindy

**Weds. 1:30—2:15 pm**

If you have ever experienced acute or chronic back pain, you are in the majority. This class, based on YMCA's Way to a Healthy Back, is designed to strengthen and stretch back and core muscles in order to prevent back injuries that can often result from everyday activities; to improve posture; and to increase awareness of body mechanics to promote safety in everyday movements. Please bring a mat and water. Wear comfortable clothing and shoes. Instructor—Cindy Erlandson.

DATE	FEE	COURSE#
June 2—July 7	\$25 / 6 weeks	C1019su

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
	11:00 Computer Class 12:15 Computer Class 1:30 Computer Class	8:30 Pilates 10:30 Chair Exercise 12:30 Chair Yoga 1:30 Healthy Back <sup>11-11:30</sup> Pick up your free Churros!	10- Mother's Day 10:30 Composting Event 9:15 Tai Chi 10:00 Gentle Yoga 11:00 Zumba Gold	10:30 Chair Exercise 11:30 Chair Yoga 12:30 Parking Lot Bingo
10	11	12	13	14
	11:00 Computer Class 12:15 Computer Class 1:30 Computer Class	8:30 Pilates 10:30 Chair Exercise 12:30 Chair Yoga 1:30 Healthy Back	9:15 Tai Chi 10:00 Gentle Yoga 11:00 Zumba Gold	10:30 Chair Exercise 11:30 Chair Yoga
17	18	19	20	21
	<sup>11-11:30</sup> Pick up your Reese's Peanut Butter Cup! 11:00 Computer Class 12:15 Computer Class 1:30 Computer Class	8:30 Pilates 10:30 Chair Exercise 12:30 Chair Yoga 1:30 Healthy Back	9:15 Tai Chi 10:00 Gentle Yoga 11:00 Zumba Gold	10:30 Chair Exercise 11:30 Chair Yoga <sup>11:45-12:45</sup> Maurice Salad Pick-Up!
24	25	26	27	28
	<sup>10-3</sup> DIY Cookie Kit Pick-Up 11:00 Computer Class 12:15 Computer Class 1:30 Computer Class	<sup>10-3</sup> DIY Cookie Kit Pick-Up 8:30 Pilates 10:30 Chair Exercise 12:30 Chair Yoga 1:30 Healthy Back	9:15 Tai Chi 10:00 Gentle Yoga 11:00 Zumba Gold	10:30 Chair Exercise 11:30 Chair Yoga
31				



TO THE MEN AND WOMEN OF THE ARMED FORCES OF THE UNITED STATES.

**FOR YOUR COURAGE, SACRIFICE, AND SERVICE:  
THANK YOU.**

"THE TRULY COURAGEOUS AND POWERFUL NEVER HAVE TO PROVE IT.  
IT IS ALWAYS SHOWN IN THEIR ACTIONS."



—CHIEF SPECIAL WARFARE OPERATOR (SEAL) ADAM BROWN. KIA MARCH 17, 2010

WWW.FEARLESSNAVYSEAL.COM





**R.O.S.E.S.** is a program providing a variety of supportive services to Royal Oak residents age 62 and over and qualify for subsidy. You must live in your own home alone, with a spouse, or with a disabled adult child. Seniors living with able-bodied adult children do not qualify for the subsidy assistance. To ascertain household income, please provide your name, most recent Home Heating Credit or Michigan Homestead Property Tax Credit form. If you live in one of the senior high rises, you will need to provide: The HUD Tenant Eligibility & Rent Procedures form.

The following subsidy scale will apply as of July 1, 2021:

INCOME FOR ONE	INCOME FOR TWO	HOURLY RATE
Below \$16,800	Below \$19,200	\$3
\$16,801-\$28,000	\$19,201-\$32,000	\$5
\$28,001-\$44,800	\$32,001-\$51,200	\$7

The City of Royal Oak sponsors this service. Please call **248-246-3900 Monday-Friday** for more assistance.

**Home Chores** - Household tasks such as yardwork, housework, and gutter (first level only) cleaning are available. No windows, weeding, wall washing or roofing.

**Home Repair** - Repairs that do not require a licensed contractor are available to homeowners. Repairs including minor plumbing, carpentry and minor electrical. No roofing.

**Personal Home Care** - Includes assistance with activities of daily living; bathing, meals, shampoos, dressing and help with ambulating. Personal aides cannot handle incontinent clients and are not trained to clean up bodily fluids. NO pill sorting or dispensing medication.

**No Pet Care.** We do not clean up after pets, walk or handle feedings.



### Seeking Top Talent!

The Royal Oak R.O.S.E.S. Program is looking for reliable, dependent, self-motivators to assist with **home repairs**, **home chore** and **personal care** for Royal Oak residents age 62 and over who qualify for subsidy. Are you that person? Or know someone who is? Individuals are paid for the labor provided.

**Please contact Dorothy LaSure at 248-246-3919.** Applicants must be able to pass a background check. For information regarding the R.O.S.E.S. Program, please contact Mahany Meininger Senior Community Center.



Our **Outreach Administrator** helps residents aged 62 and over through the sometimes overwhelming process of obtaining needed services. Please call **248-246-3917** with your concerns about personal care, prescription assistance, housing or any other independent living needs. An in-home visit to assess needs is available through this service at no cost.

### Medicare/Medicaid Assistance Program

**MMAP** Counselors are available for assistance in choosing the right health care plan for you. For questions regarding Medicare, Medicare Part D prescription plans and Medicaid, call Carolyn Marsh at **248-246-3900. Available by appointment only.**

### Alzheimer's Caregiver Support Group

Support Group providing opportunity for caregivers to share information and learn from others in a supportive, caring environment. In-person Support is temporarily unavailable. To find Virtual Support to go: [www.alz.org](http://www.alz.org) or call 24/7 helpline: 1-800-272-3900. The Royal Oak Senior Community Center Outreach department has resources available on caregiving for someone living with Alzheimer's or suffering from memory issues. Call Carolyn Marsh @ 248-246-3900.

### Meaningful Activity and Ideas for People Living with Alzheimer's Disease Visitors

If you are caring for someone with AD, arranging visitors gives opportunity to educate family and friends on communication and interactions. Share details on what the person still can do and how much he/she understands. Have the visit preplanned, limited and arrange the time for when the person is at their best. Take invited friends and family aside and offer suggestions about how to start talking to the person with AD. Always remind visitors to introduce themselves and not to feel hurt if the person does not remember them.

If grandchildren are worried they are not remembered, assure them that AD doesn't erase the bond between children and grandparents. Ask children to offer to read books, look through photo albums or magazines calmly together with their grandparent. All loved ones can take a walk together, hold hands, and give plenty of hugs. Encourage family to keep eye contact and smile. By maintaining an inviting demeanor, your loved one will stay at ease. Acting with comfortable body language can help your loved one recognize that you are someone familiar, even if they do not remember names.

Statements like "*You remember me, right?*" will only create feelings of confusion. A better approach would be, "Grandma let me tell you more about me..."

If Grandpa is upset about something that happened 10 years ago, you should go into their "world." Saying "*Dad, that happened 10 years ago,*" just causes more confusion for him. In his mind, what he's upset about is real. Show compassion and give reassurance that he's okay. When all else fails, ask open-ended questions, and keep the conversation going smoothly. It's best to keep visits, conversations, and activities simple and follow the person with Alzheimer's lead.

Luksic, K. (2021, 03 30). *How to Talk to Children About Alzheimer's*. Retrieved from PARENTS: <https://www.parents.com/toddlers-preschoolers/development/behavioral/how-to-talk-to-children-about-alzheimers/>

National Institute on Aging. (2019, January). Caring for a Person with Alzheimer's Disease. *Your Easy-to-Use Guide from the Na-*



### Board of Education

800 DeVillen, Royal Oak, MI 48073

**Senior Gold Card**, a complimentary activity pass from the Royal Oak School District for Royal Oak senior citizens age 60 and over, includes free admission to:

- ♦ All athletic events (except state sponsored tournaments)
- ♦ All school drama programs & dance shows
- ♦ All vocal & instrumental music concerts
- ♦ Evening recreational swim at Royal Oak High School

Applications are available at the Churchill Community Education Center, 707 Girard, Royal Oak. For additional information, please call **248-588-5050**.

### Find Royal Oak Schools on Facebook!

Are you on Facebook? Royal Oak Schools is! Follow the district and stay up-to-date by searching for **Royal Oak Schools** and clicking "like".



**Royal Oak City Hall**  
203 S. Troy St.  
Royal Oak, MI 48067  
(248)246-3000  
[www.romi.gov](http://www.romi.gov)



### Homebound Program

The Royal Oak Public Library will now provides free mail delivery of books to Royal Oak residents who are unable to come to the library due to long-term or temporary disability. Through this service, books, including audiobooks, are mailed, along with return postage, directly to your home at no charge. Questions? Please contact Mick Howey, Homebound Services Coordinator at **248-246-3724** or visit [www.romi.gov](http://www.romi.gov). Call for hours.



The Senior Center has a medical equipment available. There is no charge to use it. Keep it as long as you need it to the center. It may be loaned to anyone in need. The Center also accepts gently used or new equipment. Please call **248-3900** to see what is available or prior to dropping off donations.



All volunteer opportunities are temporarily suspended due to the state mandated shut-down. However, the Senior Center is always looking to add new programs and volunteers. Please contact the center to discuss further.

*\*Sponsored by a grant from Beaumont Health, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.*

**Meals on Wheels** are available to seniors.



To enroll call  
**Oakland Meals on Wheels at**  
**248-689-0001**.

(These meals differ from Tim's Kitchen served at the Senior Center.)



### Deaf Group

### Aphasia Support Group

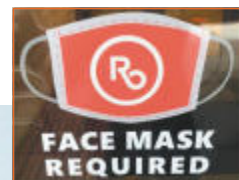
### Grief Support Group

### P.A.L. (Positive Attitude Living)

Due to the Covid-19 pandemic, our Center is not hosting any of the Drop-In support groups at this time. We understand the need for support continues. Our Outreach Administrator can give referrals that can help in this difficult time. Please call Carolyn Marsh at 248-246-3917.

**For up-to-date information regarding Senior Activities and resources, please visit the City of Royal Oak website at <https://www.romi.gov/seniors>**





## What's Happening Around the Senior Center?

### Zumba Gold Class



Look how cute our Easter Cookie Kits were! 95 people got to "DIY" their own Easter Cookies. Thank you to Chef Erin for putting it all together!



Transportation is up and running!



Located next to our front door...handy for payments!



### Bulletin Board!



First-Graders and Kindergarteners from Royal Oak St. Mary's Elementary were busy celebrating Earth Day! They wanted to show us their ideas to keep Mother Earth healthy. From our Future Senior Citizens!



## Mahany/Meininger Senior Community Center Mission Statement

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities. Supportive services that promote independence and quality of life are available for residents who are 50 and older or permanently disabled adults.

"The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of actual or perceived race, color, religion, national origin, sex, age, height, weight, condition of pregnancy, marital status, physical or mental limitation, legal source of income, family responsibilities, sexual orientation, gender identity or HIV status of person, that person's relatives, or that person's associates or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination."



### City of Royal Oak Customer Service Values:

We are a team that values integrity, approaching all situations with a positive attitude, and creating an environment of respect, fairness, and empathy.

#### Codes of Conduct:

- Live the Golden Rule
- Act with Patience
- Listen Attentively
- Lead by Example
- Embody Honesty
- Take Responsibility
- Communicate Effectively
- Be Proactive
- Live Royal Oak



### CANCELLATION HOTLINE NUMBER

**248-246-3187**

Whenever inclement weather or building issues force an emergency building closure at the Senior Center, the cancellation information is available on the City's hotline.

### Refund Policy!

*Your satisfaction is important to us...*

- No refunds will be granted after the start of the second week of class.
- There will be a \$5 service fee.
- Trip cancellations depend on the independent travel agency, for additional information regarding trip refunds refer to page 5.

### We Value Your Feedback!

If you have a suggestion, comment or concern please feel free to let us know. Comment Cards can be found at the front desk or submit an email inquiry to:

<https://www.romi.gov/formcenter/Senior-Center-24/Contact-Us-Senior-122>



For updates, pictures, event information, classes and more click on [www.romi.gov](http://www.romi.gov) website or "like" the official City of Royal Oak Facebook, Twitter and YouTube sites.

**SCENT  
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We ask that persons attending the Center please refrain from using perfume, cologne, and other fragrances for the comfort of the other patrons. **We appreciate your cooperation.**



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