

July 2021 • Monthly Newsletter of the Royal Oak Seniors

**The Mahany/Meininger Senior
Community Center building
WILL BE OPEN TO THE PUBLIC
ON THURSDAY, JULY 1st AT
9:00 am!!!**



As we open to the public on July 1st, some things may be different. Face masks may or may not be required inside the building. There will be no coffee service or cups available for water. We ask that you **bring your own water bottle** (the drinking fountain will be available for refills) and your own coffee in a covered container. No food is permitted inside the building. For the senior transportation program, the TSA Federal Mask Mandate is still in full effect for riders and staff until September 13, 2021.

Definitely Taking Place & Starting Dates:

Aphasia	
Thurs., July 1	10:00
Billiards	
M – F, July 1	9:00
Computer Club	
Wed., July 7	12:30
Creative Coloring	
1 st & 3 rd Mon., July 19	10:30
Crochet Creations	
Thur., July 1	12:30
Duplicate Bridge	
Wed., July 7	12:30
Euchre Drop-In	
Thurs., July 1	12:30
Helping Hands	
T & Th, July 1	9:30
Loan Closet	
M–F, July 1	

Mah Jongg Drop-In

Wed., July 7	9:30-12:00
Fri., July 2	1 - 3
P.A.L.	
Fri., July 9	10:00
Pinochle Drop-In	
Tues., July 6	12:30
Rubber Bridge Drop-In	
Mon., July 12	12:15
Sewing/Quilting Group	
Tues., July 6	10:00
Silver Foxes DVD Drop-In	
Mon., July 12; Tues., July 6 & Fri., July 2	9:30
Sit Down & Tone Up DVD	
Tues., July 6	10:30
Sit 'n Knit	
Tues., July 6	1:00
Welcome Newcomers	
1st Mon., August 2	10:30

Pending Taking Place:

Alzheimer Support
Building Rentals
Coffee Service
Deaf Group
Focus on the News
Grief Support
Handbells
Line Dance
Poetry
Star Grabbers
Tim's Kitchen / Bake Sale



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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

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.



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: coffee with lids is permitted, **cakes or cupcakes are not permitted** (we will make an exception with approval of the Senior Center Coordinator), and snack foods are allowed. During the summer months, we realize individual groups would like to have food for their parties, and those may be made with approval of the Senior Center Coordinator. If anyone has questions, please see Paige Cieski, Senior Center Coordinator. **Thank you for your cooperation.**

**Temporarily
Suspended**

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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. Thank you!

We cannot process any monetary transactions until Thursday, July 1, 2021. This affects only Day Trips. Deposits for Extended trips go directly to each Travel Agent, so we CAN accept those registrations.

TRAVEL/TRIP INFORMATION:

- To register, please call the Mahany/Meininger Senior Community Center, Monday-Friday from 9:00 am - 4:30 pm or go to royaloakrec.com (some day/extended trips are not available to register online; must register with a staff person).
- Don't wait to sign up for trips—they may be cancelled for lack of participation.
- **Arrive 15-30 minutes ahead of departure time.**
- Park in the North end of the parking lot by the "Trip Parking" signs. Trips sponsored by Bianco Tours and Rybicki Tours will check you in as you board the motor coach. No need to enter the building! However, some trips may be subject to check-in with Center staff personnel upon arrival—your receipt will tell you where check-in will be.
- Trip itineraries are subject to change without notice. Sometimes the venues surprise us!

IMPORTANT- CANCELLATION POLICY:

- If you cancel, refunds will be issued *if* we are able to fill your space.

Covid-19 Information: Please bring a mask with you for all trips. The motor coach companies are private and can mandate their own restrictions. These restrictions supersede State- and Federally-mandated requirements.

Day Trips

Registration for Day Trips begins
Thursday, July 1.

Huron Lady / Bianco Tours You will cruise from beautiful downtown Port Huron on an informative narrated tour of the Blue Water area. View Great Lakes freighters, the two Blue Water Bridges, and more. Lunch included at The Voyageur, right on the St. Clair River. We'll stop in Marine City at The Sweet Tooth candy and ice cream store on the way back! Cost includes transportation via motor coach, lunch and cruise.

DAY	DATE	TIME	FEE	COURSE#
Thur.	Sept. 2	9:45am-6:00 pm	\$85	T1010su

Zehnder's Oldies Show / Rybicki Tours

The *Beach Party Boys* are North America's favorite tribute to *The Beach Boys*. It's a fun, interactive show where you will find yourself singing along to songs like *Surfin' USA*, *Barbara Ann*, *Fun Fun Fun* and *Good Vibrations*! Enjoy Zehnder's Famous Chicken Dinner before the show, and some shopping on Main Street after. Cost includes transportation via motor coach, lunch and show.

DAY	DATE	TIME	FEE	COURSE#
Tues.	Sept. 14	8:45am - 6:00 pm	\$114	T1011su

Firekeeper's Casino / Bianco Tours Casino package includes a \$20.00 slot credit and \$5.00 to be used for food, slot play or gift shop! Trip cost includes transportation via motor coach.

DAY	DATE	TIME	FEE	COURSE#
Tues.	Oct. 19	8:30 am-6:45 pm	\$44	T1012su

Nite Lights at M.I.S. / Bianco Tours Michigan International Speedway, in Brooklyn, MI, hosts one of Michigan's largest Christmas light displays. We'll stop for a buffet lunch at Jerry's Pub before the light tour. Cost includes transportation via motor coach, lunch and tour.

DAY	DATE	TIME	FEE	COURSE#
Wed.	Dec. 8	2:00—9:15 pm	\$63	T1014su

Extended Trips

Registration for Extended Trips is
now open!

Ark Encounter / Bianco Tours This two-day journey brings you to the Creation Museum in Petersburg, KY, then to the jaw-dropping re-creation of Noah's Ark in Williamstown, KY. The Museum brings the pages of the Bible to life, casting its characters and animals in dynamic form and placing them in familiar settings. The Ark is the largest timber-framed structure in the world at 510 feet long. It's a one-of-a-kind attraction everyone will enjoy! Cost includes transportation via motor coach, all admissions, accommodations and dinner at Greyhound Tavern. \$20 deposit; balance due August 13, 2021.

DATE	FEE
Sept. 15—16, 2021	\$333/PP DBL.

Yopperland / Bianco Tours Head North through the beautiful Michigan autumn landscape! Visit Whitefish Point, Tahquamenon Falls, Pictured Rocks National Lakeshore Boat Cruise, Lake of the Clouds, and more. Cost includes transportation via motor coach, accommodations, 7 meals and all admissions. \$50 deposit; balance due Sept. 3, 2021.

DATE	FEE
Oct. 3-7, 2021	\$947/PP DBL.

**NOW
HIRING**
APPLY TODAY

Seeking Top Talent!

The Royal Oak R.O.S.E.S. (Royal Oak Senior Essential Services) 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.

Pay Rates:

Home Chore	\$12/hr.
Yardwork	\$12/hr.
Personal Care	\$14/hr.
Home Repair	\$15/hr.
Grass Cutting	\$20—25/hr.



Senior Van / Bus Service

Are you new to the Royal Oak Transportation Service we offer?

Or do you need a refresher on the current rules for using this service?

- Vans and bus rides are \$3 for a one way and \$4 for a round trip
- We operate Monday – Friday
- Call 248-246-3914 two weeks in advance to book
- Riders and Drivers are still wearing masks no matter if you are vaccinated or not
- Our service falls under Federal Law; no exceptions to masking rule
- Riders must be able to transport own bags and items
- Drivers take the temperature and ask health questions of each rider
- Max 3 riders on a bus
- Only one rider on the van
- Drivers sanitize and clean interior of bus after each passenger exits
- Still observing social distancing seating on bus

These modified rules are in place from now until September



A Note from Chef Erin...

Hello Friends of the Community Center-

Happy 4th of July, birthday to the United States of America and Independence Day, what ever you call it. We have great reason to celebrate. How are you spending the holiday weekend? What traditions are upheld in your family and friends? I wish everyone a safe and happy holiday weekend.

Ch-Ch-Ch-Ch-Changes are coming July 1, 2021 to our center, like David Bowie lyricized about in his "Changes" song. The staff are preparing to open our doors on this date. While we have no plans to take away offerings that include the free coffee, low-cost Tim's Kitchen meals, carry out meals and daily bake sales, these luxuries will still be on hiatus. The center still needs time to roll out these programs properly along with all our other offerings. Please be patient while we shift gears with food and beverage services.

Our Father's Day Root beer Floats served curbside were a huge hit. The FREE event was sponsored by Woodward Corners part of Meijer Stores. We are so thankful for their continued support to our community. Also the Patio Chat with the Mayor was picture perfect Michigan spring weather. Mayor Fournier spoke for over an hour and a half with topics including downtown transportation, aging in place for seniors, attainable housing, Dream Cruise, noise ordinances, parking, Detroit Water Authority, and Green initiatives. This too was a free event for anyone who registered and Woodward Corners supplied chilled water and a Daily Dozen Donut for all patrons. Much thanks for the Mayor's time and the patrons who asked very good questions.

July 1st was pickup of our charcuterie boards. Did you RSVP in time? There was a limited number of these that showcased a red, white and blue theme of fresh meats, breads, dips, fruits, veggies and desserts. They included a small reusable cutting board and checkered kitchen towel. We love hearing from patrons after these meals are delivered and consumed for planning future activities. Please don't hesitate to give your feedback on our lunch board creation.

In July our curbside pick-up will include a Do-It-Yourself Pizza kit. Green Lantern has partnered with M/M Senior Community Center for delicious ingredients that can be pre-ordered, only \$5.00. The kit includes a ball of fresh pizza dough, the Green Lantern pizza sauce, and two toppings (pepperoni and ham.) The fun part comes as you go home to practice stretching, saucing and cheesing your pizza pie. Directions will detail what equipment is required at home. Please RSVP for this event by calling 248-246-3900.

Erin Koch

Assistant Coordinator of Senior Services & Chef

Tim's Kitchen
Served by: Chef Erin Koch



DIY Personal Pizza Kits

Only \$5

**FRESH DOUGH BALL, HOMEMADE SAUCE,
SHREDDED MOZZARELLA CHEESE, HAM &
PEPPERONI**

**TAKE HOME AND MAKE IT FOR YOURSELF,
FOLLOWING CHEF ERIN'S DIRECTIONS**

CURBSIDE PICK-UP, FRIDAY, JULY 23, 2021

10 AM – 3 PM

CALL 248-246-3900 TO RSVP

**ROYAL OAK COMMUNITY / SENIOR CENTER
3500 MARAIS, ROYAL OAK, MI 48073**

REMINDER:

When you come to the Senior Center, (OPEN July 1st!) please bring your own water bottle. We will not be handing out cups for water at this time. The water fountain is available for refills.

No food is allowed inside the Center at this time.

Thanks for understanding!



Focus on the News 1st & 3rd Tues

Tired of talking back to your TV set? Join a fun and lively discussion of local, national and international issues. **Visitors encouraged.**

**Creative Coloring for Grown-Ups 1st & 3rd Mons.**

Relieve your stress and join your friends in the fun and relaxation of coloring.

\$2 drop-in fee, includes supplies.



DATE	TIME	FEE
Monday, July 19	10:30am	\$2 Drop in Fee

Crochet Creations Join this group for an afternoon of stitching your personal work in progress; pattern discussion; and/or help reading a pattern or learning a new stitch. Beginners are welcome. Several times a year, the group jointly creates projects to give back to the community.



DATE	TIME	FEE
Thurs.	12:30pm	No fee

Helping Hands Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes hats, scarves, lap robes and afghans. Currently working with Beaumont Hospital, Judson Center, and local churches and charitable organizations.



DATE	TIME	FEE
Tues. & Thurs.	9:30 am	No fee

Senior Sew Join us for hand quilting, or machine piecing quilt tops and for socialization. New quilter and just getting started? We can help! Bring sewing machine and your project.



DATE	TIME	FEE
Tues.	10:00am	No fee

Sit 'n Knit Join as we knit and visit! Share work in progress, tips and 'show and tell' finished projects. A relaxing visit with others who share your love of knitting or get a little help.

All welcome, beginners and experienced.

DATE	TIME	FEE
Thurs.	12:30pm	\$1.00

CARDS DROP-IN

- FOR PLAYERS WITH SOME EXPERIENCE -

**Rubber Bridge**

Drop in with a partner to play or come early if you have no partner, will try to pair.

DATE	TIME	FEE
Mons.	12:15pm	\$1.00

Pinochle

Drop in for pinochle and meet new friends.

DATE	TIME	FEE
Thurs.	12:30pm	\$1.00

Duplicate Bridge

Drop in with a partner to play.

For more information visit

www.roduplicatebridge.org

DATE	TIME	FEE
Weds.	12:30pm	\$2.00

Euchre

Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards.

DATE	TIME	FEE
Thurs.	12:30pm	\$1.00

**** See Front page for beginning dates. ****

Mah-Jongg Drop-In

Experienced players may drop in and play.



DATE	TIME	FEE
Weds. Fri.	9:30am-12pm 12:30—3pm	\$0.50 fee

Billiards

Three pool tables are located

DATE	TIME	FEE
M—F	9—4:15	\$.50/day \$3/Mo.

Computer

Club Weds 12:30 PM

Calling all beginners to experienced computer and tech enthusiasts. All levels are welcome to join our growing club, no membership required. Drop in anytime! Various tech topics are covered, including computers, cell phones, tablets, smart TVs, etc. There is always time for questions and answers so bring your tech questions. **Donations accepted.**

DATE	TIME	FEE
Wed.	12:30pm	Donation



Please see the cover page for the start dates for all the above activities.

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.

The Royal Oak Senior Center presents:



Friday, July 16, 2021

12:30 pm

Cost: \$2

An in-person Sing-along with Kerry on piano and vocals, to take place inside the Senior Center. Reminisce with favorite old standards! Song sheets provided.



As we open to the public on July 1, some things may be different. Face masks may or may not be required inside the building. There will be no coffee service or cups available for water. We ask that you **bring your own water bottle** (the drinking fountain will be available for refills) and your own coffee in a covered container. No food is permitted inside the building. For the senior transportation program, the TSA Federal Mask Mandate is still in full effect for riders and staff until September 13, 2021.

Looking for your interest in New Program Ideas, give us your feedback...

TED* Talks

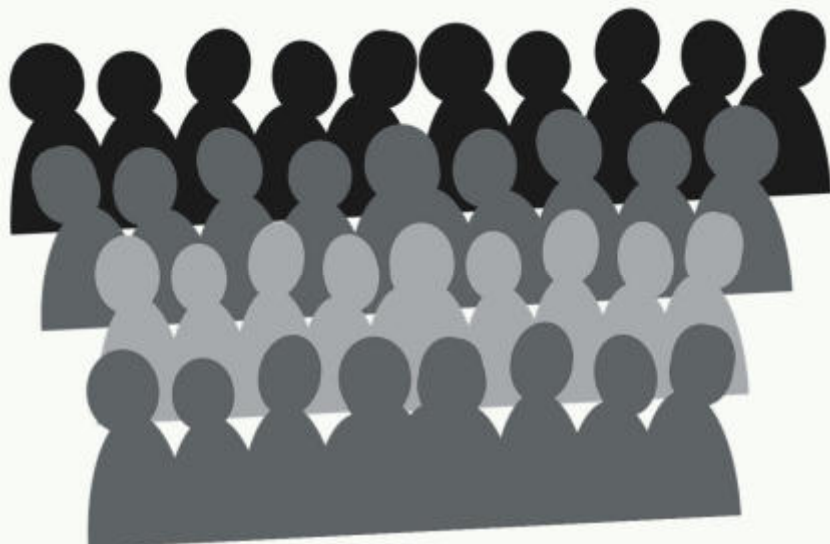
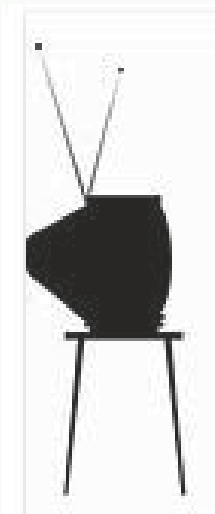
The Royal Oak Senior Center is interested in beginning a new program, called “TED Talks” on a regular weekly or bi-monthly basis.

Ted Talks are podcast presentations about a topic related to **T**echnology, **E**ntertainment, or **D**esign. It’s like a college lecture being given by an expert. Most of the younger generation are familiar with TED Talks, but others may be unfamiliar with or have no idea what they are and how much fun they can be. Ted Talks range in running time from 20 mins. to 2 hours. Our program would be designed around Ted Talk podcasts with running times 20 to 40 minutes.

Ted Talks are free on the Internet at www.ted.com and on the TED YouTube channel. Some National Public Radio stations offer the “TED Radio Hour” program and there is a TED Talks podcast. With appropriate technology and licensing permissions Senior Centers and other activity organizations can air the podcast for their customers viewing. Would this be of interest to you?

Please Call the Royal Oak Senior Community Center and let us know of your interests in Ted Talks and the topics you want to learn about.

248-246-3900



Ask the Computer Lady! **Tuesdays, through August, 2021**

11:00 am –12:00 pm C1024su

12:15 – 1:15 pm C1025su

1:30 -2:30pm C1026su

\$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. You must 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. Preregister.

Watercolor Painting

Fridays, 9:15 – 11:45 am

\$55 / 8 weeks

July 9 – August 27, 2021

C1029su

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.



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

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.**



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: July 21-Aug. 25	\$25 / 6 weeks	C1035su
Fri. class: July 16-Aug 20	\$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.

Instructor—Cindy Erlandson.

DATE	FEE	COURSE #
Wed. class: July 21—Aug. 25	\$25 / 6 weeks	C1032su
Fri. class: July 16-Aug. 20	\$25 / 6 weeks	C1040su


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#
July 21—Aug. 25	\$25 / 6 weeks	C1020su

Monday		Tuesday		Wednesday		Thursday		Friday		
						9:15 Tai Chi 9:30 Helping Hands 10:00 Aphasia 10:00 Gentle Yoga 11:00 Zumba Gold 12:30 CrochetCreations 12:30 Euchre 1-3 Pick up your Charcuterie Lunch!		9:30 Silver Foxes 10:00 PAL 10:30 Chair Exercise 11:30 Chair Yoga 12:30 Mah Jongg		
5	Center is Closed Today 	6	BILLIARDS 9:30 Silver Foxes 9:30 Helping Hands 10:30 Sit Down & Tone 10:30 Sewing/Quilting 11:00 Computer Class 12:30 Pinochle Drop-In 12:30 Computer Class 1:00 Sit 'n Kait 1:30 Computer Class	7	BILLIARDS 8:30 No Pilates today 9:30 Mah Jongg 10:30 Chair Exercise 12:30 Chair Yoga 12:30 Computer Club 12:30 Duplicate Bridge 1:30 Healthy Back	8	BILLIARDS 9:15 Tai Chi 9:15 Painting 9:30 Helping Hands 10:00 Aphasia 10:00 Gentle Yoga 11:00 Zumba Gold 12:30 CrochetCreations 12:30 Euchre	9	BILLIARDS 9:15 Watercolor 9:30 Silver Foxes 10:00 PAL 10:30 Chair Exercise 11:30 Chair Yoga 12:30 Mah Jongg	
12		BILLIARDS 9:30 Silver Foxes 12:15 Rubber Bridge	13	BILLIARDS 9:30 Silver Foxes 9:30 Helping Hands 10:30 Sit Down & Tone 10:30 Sewing/Quilting 11:00 Computer Class 12:30 Pinochle Drop-In 12:30 Computer Class 1:00 Sit 'n Kait 1:30 Computer Class	14	BILLIARDS 8:30 Pilates 9:30 Mah Jongg 10:30 Chair Exercise 12:30 Chair Yoga 12:30 Computer Club 12:30 Duplicate Bridge 1:30 Healthy Back	15	BILLIARDS 9:15 Tai Chi 9:15 Painting 9:30 Helping Hands 10:00 Aphasia 10:00 Gentle Yoga 11:00 Zumba Gold 12:30 CrochetCreations 12:30 Euchre	16	BILLIARDS 9:15 Watercolor 9:30 Silver Foxes 10:00 PAL 10:30 Chair Exercise 11:30 Chair Yoga 12:30 Mah Jongg 12:30 Kerry Price
19	BILLIARDS 9:30 Silver Foxes 10:30 Creative Coloring 12:15 Rubber Bridge	20	BILLIARDS 9:30 Silver Foxes 9:30 Helping Hands 10:30 Sit Down & Tone 10:30 Sewing/Quilting 11:00 Computer Class 12:30 Pinochle Drop-In 12:30 Computer Class 1:00 Sit 'n Kait 1:30 Computer Class	21	BILLIARDS 8:30 Pilates 9:30 Mah Jongg 10:30 Chair Exercise 12:30 Chair Yoga 12:30 Computer Club 12:30 Duplicate Bridge 1:30 Healthy Back	22	BILLIARDS 9:15 Tai Chi 9:15 Painting 9:30 Helping Hands 10:00 Aphasia 10:00 Gentle Yoga 11:00 Zumba Gold 12:30 CrochetCreations 12:30 Euchre	23	BILLIARDS 9:15 Watercolor 9:30 Silver Foxes 10:00 PAL 10:30 Chair Exercise 11:30 Chair Yoga 12:30 Mah Jongg 1-3 Pick up Pizza Kit	
26	BILLIARDS 9:30 Silver Foxes 12:15 Rubber Bridge	27	BILLIARDS 9:30 Silver Foxes 9:30 Helping Hands 10:30 Sit Down & Tone 10:30 Sewing/Quilting 11:00 Computer Class 12:30 Pinochle Drop-In 12:30 Computer Class 1:00 Sit 'n Kait 1:30 Computer Class	28	BILLIARDS 8:30 Pilates 9:30 Mah Jongg 10:30 Chair Exercise 12:30 Chair Yoga 12:30 Computer Club 12:30 Duplicate Bridge 1:30 Healthy Back	29	BILLIARDS 9:15 Tai Chi 9:15 Painting 9:30 Helping Hands 10:00 Aphasia 10:00 Gentle Yoga 11:00 Zumba Gold 12:30 CrochetCreations 12:30 Euchre	30	BILLIARDS 9:15 Watercolor 9:30 Silver Foxes 10:00 PAL 10:30 Chair Exercise 11:30 Chair Yoga 12:30 Mah Jongg	



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

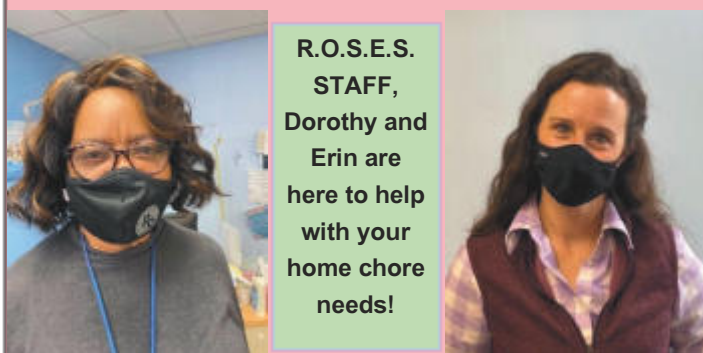
The City of Royal Oak sponsors this service. Please call **248-246-3900 Monday-Friday** for more assistance.

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.



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 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 Sensory Stimulation Therapy (sst)

Originally used as a therapy in Europe, sensory stimulation has gained prominence in the United States as a treatment for Alzheimer's disease. (Wegerer, 2017)

Alzheimer's disease creates anxiety and stress, and those living with AD become more sensitive to their physical & social environments and rely more on their senses for cues about what is going on around them. By using everyday household objects, caregivers can help those with Alzheimer's feel engaged, encourage self-expression & stir memories of an emotional connection. Giving these seniors the means to express themselves, when they can no longer do so with words, helps them feel safe and relaxed. Other benefits from SST activity are helping with anxiety, elevating mood, and building self-esteem.

Here are some meaningful activities that incorporate sst:

- Arrange fresh or artificial flowers.
- Paint small wooden boards and/ or fit together PVC pipes.
- **Great idea for tinkers & Seniors with High Motor functions.
- Senior helps prepare snacks, pulling grapes off stems and placing in snack bags is a manageable and useful task.
- Tie loose knots along a thick rope, Senior may enjoy untying them.
- Sort buttons, bolts, coins, or silverware.
- Give small jobs, wipe doorknobs or wash eye glasses. Reminisce with them about their hometown. Print out maps, with detail of familiar landmarks and street names, of Mom/ Dad's hometown from google maps <https://www.google.com/maps>
- Holding old keys or delicate fabrics can evoke memories. Even if your loved one does not remember their first car or wedding, the feeling of weighty keys or embroidered veil could encourage reminiscence.

Call ROSC Outreach - Carolyn Marsh at 248 246 3900 if you would like a copy of the NIH "Caring for a Person with Alzheimer's Disease" Guide to caregiving.



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



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. Call for hours.



The Senior Center has durable medical equipment available for loan. There is no charge to borrow an item, keep it as long as necessary, and return it to the center cleaned and ready to be loaned to the next person in need. The Center

also accepts donation of gently used or new equipment. Please call **248-246-3900** 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.



Deaf Group

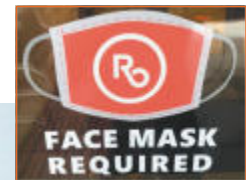
Aphasia Support Group

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>

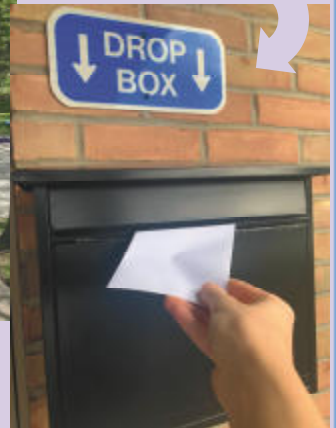


What's Happening Around the Senior Center?

*Gentle Yoga class
on the back patio*



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



New to the
front of the
building are two
boxes: a Little
Free Pantry
and a Little
Free Library



**WELCOME
BACK!!**



Do you like
surprises?

Do you enjoy
writing cards?



Do you love
sending mail?

Mystery Greeting Card Pick-Up Program

Royal Oak Senior Community Center is launching a FREE Mystery Greeting Card pick-up program. Call, 248-246-3900, to request your freebie. The ten-card bundle will be sitting outside on our bench with your name on it. One bundle per person, thanks!

What is the catch? Are there strings attached?

No, the mystery is you do not know what 10 cards you will receive. We have Blank, Thinking of You, Birthday, Christmas, and many others; it will be an interesting assortment of cards with envelopes.

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 website or "like" the official City of Royal Oak Facebook, Twitter and YouTube sites.

**SCENT
FREE
ZONE**



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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