

ORION CENTER MONTHLY NEWSLETTER



DECEMBER

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WELCOME TO THE ORION CENTER,

MERRY CHRISTMAS AND HAPPY HOLIDAYS! AS WE WRAP ANOTHER YEAR WE WANTED TO SAY THANK YOU FOR YOUR PARTICIPATION AND KINDNESS THROUGHOUT THE YEAR. 2021 HAD ITS UPS AND DOWNS, BUT OVERALL WE ARE SO GRATEFUL WE WERE ABLE TO SERVICE OUR MEMBERS! SPECIAL THANK YOU TO ALL THOSE THAT HELPED MAKE THIS SUCH A SUCCESSFUL YEAR. WE LOOK FORWARD TO WHAT 2022 WILL BRING.

PLEASE NOTE WE WILL BE CLOSED DECEMBER 16, 24, 27, 31 AND JANUARY 3.

**HAPPY HOLIDAYS AND HAPPY NEW YEAR,
ORION CENTER STAFF**



ORION CENTER RESOURCES

MEMBERSHIP (50+)

To participate in any program at the Orion Center you must now be a member and be issued a key fob. Membership is free.

All participants will be required to scan a membership key fob as they enter the building, and then scan again as they exit the building. If you do not have a key fob you will be issued one your first time entering the Orion Center. The Orion Center is ADA Accessible.



To register for any program please call 248-391-0304 x3500 or go online at www.orionparks.com.



MEALS ON WHEELS

Meals on wheels are delivered Monday-Friday. With each delivery participants receive a lunch. Also, many of our meal sites have drivers who will provide frozen meals that can be eaten over the weekend. The Orion Center also offers lunch in the Dining Room Monday through Friday at 12 p.m. A reservation 24 hours in advance is required. Please call 248-391-0304 x3510 by 11:00 am the day prior to your visit. Note: A meal on Monday requires a call by 11:00 am the previous Friday. Fees: \$3.00 donation for 60 years of age and older | \$4.00 donation for anyone 59 years of age and under.



ORION CENTER LIBRARY BRANCH

The Orion Center Branch caters especially to senior citizens and offers a slower pace and a smaller venue than the main library. Open Monday-Friday 10a-3p, it is located downstairs at the Orion Center. A monthly book discussion, large print books, audiobooks, movies, put and take paperbacks, puzzles, and magazines are available for all, and computers and a printer are also available. Stop in and see us for more information, or dial the Orion Center Library Branch at (248) 693-6840.



ONTV

Public Access programs are shown on Comcast Channel 10/ AT&T Channel 99. Government Meetings for the Village of Lake Orion and Orion Township are shown on Comcast Channel 20/ AT&T Channel 99. Educational programs and Board of Education meetings on Comcast Channel 22. For more information contact (248) 693-3377 or visit our website at www.orionONTV.org.



FORGOTTEN HARVEST

Free food Distribution every Monday | Time— 9 a.m.—11 a.m.
 Location : Woodside Bible Church (2500 Joslyn Rd. Lake Orion, MI)
 Forgotten Harvest is a non-profit food rescue organization that collects food that would otherwise go to waste and delivers it free of charge to organizations feeding the hungry in Metro Detroit. To keep everyone safe, food will only be distributed to trunk. Please have your trunk space clear.

SENIOR SUPPORT SERVICES

INFORMATION AND SERVICES

If you need help locating area services and resources such as home care agencies, housing choices, legal referrals, etc. contact Chelsie Petrusha 248-391-0304 x3504

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 during the pandemic.

- Water Residential Assistance Program– Call (313) 386-9727
- Grandparents Raising Grandchildren– Call (248) 209-2721
- Emergency Utility Assistance- Call (248) 479-6516
- Weatherization- Call (248) 479-6516
- Burial benefits, hygiene kits, 1-time food box or rental/ mortgage assistance needs due to COVID-19– Call (248) 209-2600



AREA AGENCY ON AGING 1-B

Contact Area Agency on Aging 1-B <https://aaa1b.org>. Services and Resources available for Seniors during COVID-19. Programs, resources and services from the AAA 1-B support older adults and help them live safely and comfortably at home.

Contact online or call (800) 852-7795 for more information.



NORTH OAKLAND TRANSPORTATION AUTHORITY (NOTA)

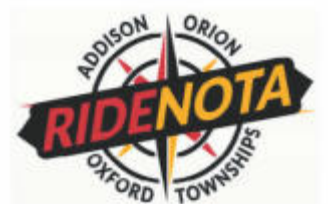
Website: www.ridenota.org Phone: (248) 693-7100

This van service with wheelchair capability is available to residents of Orion, Oxford, and Addison Townships and the Villages of Orion, Oxford, and Leonard for seniors who are 60 years and older, disabled and /or low income.

Hours: Monday to Friday 6 a.m. to 5 p.m. (work rides until 9 p.m.) Saturday 8 a.m. to 4 p.m. (limited service to Addison, Orion and Oxford only) Sunday 8 a.m. to 2 p.m. (limited service to Addison, Orion and Oxford).

Hours for Scheduling a Ride: Monday to Friday 8 a.m. to 2 p.m. Voicemail is not available to schedule rides, you must speak to a Dispatcher.

NOTA is offering free transportation services due to COVID-19 until further notice. The goal is to maintain current service levels at this time and put procedures in place to help keep the public and our employees safe. A mask must be worn at all times by the rider and driver while on the vehicle.



CLUB SPOTLIGHT

KNITTERS AND CROCHET CLUB 2021 ACHIEVEMENTS

Every year the knitters and crocheters do fantastic job creating many different things to donate to several organizations. Here is their tally for the year. *Amazing Job Ladies!*

107 Lap Robes to Detroit VA Hospital, 40 Baby Blankets to the NICU at St. John's Providence Detroit, 110 Beanie Baby Blankets to Local Police and Fire Depts., and 300 Cat and Dog Cuddle for the Oakland Co. Animal Shelter and Pet Adoption Center. *Any donations of clean yarn is appreciated!*



ONE ON ONE WITH PROFESSIONALS

FINANCE/MEDICARE APPOINTMENTS

MRA can help with Medicare enrollment and plan reviews, Life Insurance policy reviews and provide unbiased annuity support. Schedule a one-on-one session with Chad Day from The Michigan Retirement Agency, Don't Be Sold, Be Informed. Appointments are 30 minutes. Please call the Orion Center to let us know what day works best for you.



ASK THE ATTORNEY APPOINTMENTS

Orion Center | Mon, Dec 13 | 1:00-2:30 pm | Free
Attorney Dana Wilson provides private consultations at the Orion Center. If you need assistance with legal problems or if you have legal questions, call the center for a 15-minute appointment.



FIELD TRIP · REGISTRATION REQUIRED

DIA IN PERSON TOUR

Detroit Institute of Arts | Wed, Jan 19 | Free
Schedule for Field Trip:

11:30 am – Pick-up Time at the Orion Center

12:15 pm – Estimated Arrival Time

12:30 pm – 2:30 pm – Self-Guided Visit

2:30 pm - Departure from DIA

3:30 pm- Arrive back at the Orion Center



This service is provided by the DIA free of charge as a millage benefit for tri-county (Wayne, Oakland and Macomb) residents and includes museum admission and bus transportation.

Please be aware all groups are required to wear masks on buses and in the museum.

SPECIAL EVENTS

MADE IN THE MITTEN POP UP

Orion Center | Thu, Dec 2 | 4-8 pm | Free
 The holidays are right around the corner and so is the Made in the Mitten Pop Up Market in the Orion Center on Thursday, December 2 from 4-8 pm. Spend your money locally and buy handmade unique items for gift giving. Admission & Parking is Free!



HOLLY HOLIDAY LUNCH

Orion Center | Wed, Dec 15 | 12 pm | \$6R/\$8NR
 A wonderful tradition at the Orion Center, ring in the Holidays with a delicious meal provided by the OPC and some festive entertainment by the Paint Creek Boys.

Thanks to our sponsor: Pomeroy Living of Lake Orion

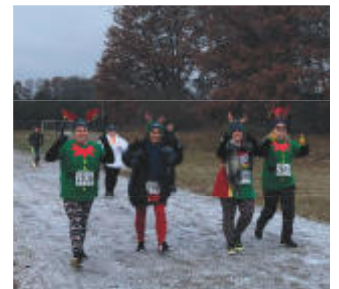


SNOW DASH 5K

Start/Finish Orion Center | Sun, Dec 19 | Race starts at 9 am
 \$13/runner

Dashing through the snow down the Polly Ann Trail for our 5th Annual Snow Dash 5K in Orion Township. Finisher Medals for all participants.

Register at: <https://runsignup.com/Race/MI/LakeOrion/SnowDash5K> or in person, mail or drop box at the Orion Center.



THE MITTEN TREE

Orion Center Lobby | Dec 1-20
 Help us decorate our Mitten Tree by dropping off new hats, gloves, mittens, or scarfs! All donated items will go to local families in need. Donations will be accepted Monday-Friday 8:30 am-4:30 pm at the Orion Center.



AARP TAX APPOINTMENTS STARTING IN JANUARY

AARP trained volunteers will prepare your federal and state returns. Appointments will be scheduled beginning Tuesday, January 4. There is no charge for this service: however, a donation to the Orion Center is appreciated.

Appointments will be Monday, February 7-Monday, April 11.



Sparks - Griffin

FUNERAL HOME

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Adam Kettlewell
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- Free hearing consultations
- Union Retirees may be eligible for free hearing aids.
- Locally owned and operated.

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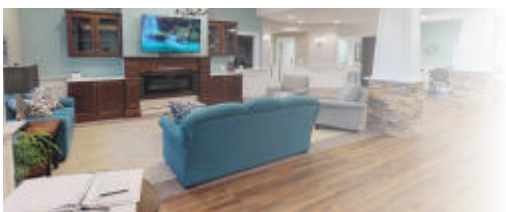


STUDIO • ONE BEDROOM • TWO BEDROOM

Why Grace Senior Living?

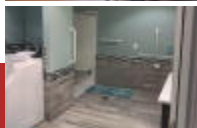
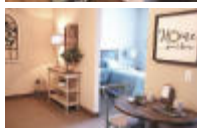
Grace has elevated the lifestyle for those we serve. Each and every aspect promotes the ultimate experience for the residents who call Grace their home. The convenient layout and exceptional amenities allow you or your loved ones to enjoy:

- Nutritious Dining
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Top 5 Causes of Falls for Seniors

1. Impaired vision
2. Medications
3. Poor balance and gait
4. Household hazards: rugs, poor lighting, etc.
5. Chronic conditions

American House offers telehealth and other services that help reduce the risk of falls.
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ENRICHMENT CLASSES

HEARING CLINIC— LUNCH AND LEARN

Dining Room C | Wed, Dec 8 | 12:30-1:30 pm | Free

Topics Covered: The general importance of quality hearing for a social lifestyle, hearing prevention, recent health studies that link Hearing Loss to Memory Related Problems, how Hearing and Balance are related, how Diabetes may injure the nerves and blood vessels of the inner ear, doubling the risk of hearing loss, how Hearing Aids are often covered by Insurance Companies.



Lunch: salad, pizza, breadsticks, water and a cookie

GENEALOGY SERIES— SESSION 1: BEGINNING YOUR FAMILY GENEALOGY

Dining Room C | Wed, Jan 12 | 2-3 pm | Free

Derek J. Blount is a professional genealogist with his own business, "Lost Branches". He holds a B.S. degree from Oakland University and has completed coursework at the Genealogical Research Institute of Pittsburgh. This series starts with how to begin your ancestor search and find the records to support family stories.

Thank you to our Sponsor: American House of Elmwood



LET'S CRAFT TOGETHER! · REGISTRATION REQUIRED

DIY BIRDSEED WREATHS AND CHRISTMAS ANGEL

Fri, Dec 10 | 2 pm | \$5R/\$7NR

Let's get crafty! In this class we will work together to learn a craft that you may not have had the confidence to do at home by yourself. All supplies are provided. Registration Deadline is 24 hours before the class meeting time.



CLUB SPECIAL EVENT

EUCHRE TOURNAMENT

Orion Center | Thu, Dec 2 | 1 pm | \$3R/NR

No partner needed and all levels welcome! Beverage and light snacks will be provided. Tournament Set Up: All scores will be individual and partners will change each game. Prizes will be awarded to 1st and 2nd place!



ORION CENTER

50+ ACTIVE CLUBS

FREE

MONDAY

KNITTING/CROCHET | ART ROOM | 12:30

CHINESE MAHJONG | GAME ROOM | 12:00 PM

HAM RADIO | ORION ROOM | 6:00 PM

TUESDAY

PAINTING | ART ROOM | 10:00 AM

BINGO | GAME ROOM | 10:00 AM & 12:45 PM

SPANISH | VIRTUAL | 3:30 PM

WEDNESDAY

LIBRARY BOOK CLUB | MULTI-PURPOSE | 1:00 PM

HAND AND FOOT/CARDS | GAME ROOM | 12:30 PM

THURSDAY

QUILTING | ART ROOM | 1:00 PM | 2ND THURSDAY OF THE MONTH

EUCHRE | GAME ROOM | 1:00 PM

SPANISH | VIRTUAL | 3:30 PM

HAM RADIO | ORION ROOM | 6:00 PM

FRIDAY

QUILTING | ART ROOM | 9:00 AM

AMERICAN MAHJONG | GAME ROOM | 10:30 AM

MOVIE CLUB | MULTI-PURPOSE ROOM | DEC 3 & 17 | 1:00 PM

FOR ADDITIONAL DETAILS PLEASE VISIT OUR WEBSITE AT ORIONPARKS.COM

EXERCISE ROOM

The Exercise Room at the Orion Center provides an opportunity for seniors age 54+ to enhance their health and wellness. You must have a current membership to use this room. Interested in an Exercise Room Membership? Please call 248-391-0304 x3500 and a staff member will guide you through the registration process.

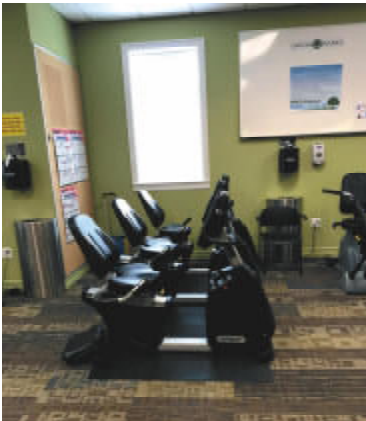
Hours:

Monday-Friday– 8:30 am-4:00 pm

Equipment Available for Use:

4 Treadmills
 1 Elliptical
 3 Recumbent Bikes
 1 Rowing Machine
 2 PhysioSteps (Recumbent Cross-trainer)
 Curves Resistance Machines

Fees	Resident	Non-Resident
1 Month	\$6	\$12
3 Month	\$18	\$36
6 Month	\$30	\$60
1 Year	\$60	\$120



WE ARE EXCITED TO ANNOUNCE OUR PARTNERSHIP WITH PEERFIT!

Peerfit partners with insurance carriers (HAP and Aetna) to provide users with a fitness benefit they actually enjoy. Check in with your Medicare Advantage representative to learn how you can have your Exercise Room Membership at the Orion Center completely paid for!

To learn more please visit these websites for your specific insurance.

HAP: www.peerfitmove.com/hap

Aetna: www.peerfit.com/aetna



EXERCISE CLASSES

SILVER SNEAKERS



Classic (Chair) | Virtual or Orion Center
Every Wed and Fri | 10-11 am | \$3R/NR per class
Free for Silver Sneaker Members

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seating or standing support.

Circuit (Standing) | Virtual or Orion Center
Every Mon | 10-11 am | \$3R/NR per class
Free for Silver Sneaker Members

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. A chair is used for standing support, stretching and relaxation exercises.



HATHA YOGA WITH SUE ALBERT

Restorative Yin Yoga | Mon, Dec 6-13 | Thu, Dec 2-9 | 10-11:10 am | \$22R/\$24NR

Take time to unwind by exploring supportive yoga with the help of blankets and props to reduce muscle tension and general fatigue. In the yin portion of class we will hold poses longer to allow the connective tissue to gently stretch. Bring 2-3 blankets to class.



ZUMBA WITH CYNDY DUVAL

Gold | Mon, Nov 8-Dec 13 | 9:30-10:30 am
Gold Toning | Wed, Nov 10-Dec 15 | 9:30-10:30 am
Session Fee: \$48R/\$51NR | Drop in Fee: \$10R/\$11NR

Choose in person or virtual classes! A Latin inspired cardio workout, incorporating dances such as merengue, salsa, cumbia, belly dancing and more!





ORION TOWNSHIP PARKS &
RECREATION'S 4TH ANNUAL

Snow Dash 5k



Sunday Dec, 19th

Race begins at 9am, check-in at 7am.

Orion Center, 1335 Joslyn Rd

\$13/runner. Register now at [runsignup.com](https://www.runsignup.com)

248.391.0304 X3500 | WWW.ORIONPARKS.COM