

ORION CENTER MONTHLY NEWSLETTER



JANUARY

WELCOME TO THE ORION CENTER,

A new year comes with new goals and the Orion Center is here to help you! We are excited to announce that the Exercise Room hours have been extended to be open late Monday and Thursday' til 7 p.m., and the minimum age has been lowered to 50. To see details on the Exercise Room please visit page 8. We also are planning some educational health classes with Ascension for 2022 and some exciting social gatherings that will keep you feeling energized. We look forward to all the fun things 2022 will bring.

Please note we will be closed Monday, January 3 and 17.

-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 a 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 10:00 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.



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, Jan 24 | 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.

IMMERSIVE VAN GOGH EXHIBIT IN DOWNTOWN DETROIT

Thu, Feb 24 | \$40R/\$60NR

At Immersive Van Gogh Exhibit Detroit, you will be immersed in Van Gogh's works – from his sunny landscapes and night scenes to his portraits and still life paintings. The installation includes the *Mangeurs de pommes de terre* (The Potato Eaters, 1885), the *Nuit étoilée* (Starry Night, 1889), *Les Tournesols* (Sunflowers, 1888), and *La Chambre à coucher* (The Bedroom, 1889), and so much more. This is a once in a lifetime experience!

Bus will leave Orion Center at 1 p.m., arrive at Exhibit at 2 p.m.

SPECIAL EVENTS

ELVIS'S BIRTHDAY LUNCH

Orion Center | Thu, Jan 13 | 12 pm | \$7R/\$9NR

Elvis will be turning 87 on January 8 and we want to celebrate The King of Rock n Roll!! Entertainment will be provided by "the King" himself and some of Elvis's favorite foods will be provided. Membership and Registration Required.



GAME DAY SWAP

Thu, Jan 20 | 9 am-5 pm |

Game Day swap will have puzzles, books, DVDs and board games for anyone to swap from 9 am - 5 pm in the Orion Center at 1335 Joslyn Rd. Event is free. Registration is not necessary.



INDOOR COMMUNITY GARAGE SALE

Fri, Jan 21 | 9 am-3 pm |

Why drive from house to house dragging your kids in and out of the car, wasting valuable time and resources? Drive to one location and see it all. No entrance fee for shoppers- it's FREE! Sellers must pre-register, spaces are limited.



VALENTINE'S DAY LUNCH AND LINE DANCING

Orion Center | Mon, Feb 14 | 12 pm | \$5R/\$7NR

Boot, Scoot, and Boogie and come celebrate Valentine's Day with us! The event will start with a soup/salad lunch and end with a lesson on how to line dance. This will be a Valentine's Day event you don't want to miss! Membership and Registration required.



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.



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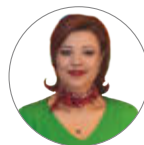
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5. Chronic conditions

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ENRICHMENT CLASSES

CLARITY OF COGNITION SESSION 1

Multi-Purpose | Thu, Jan 20 | 1-2 pm | Free

Join Kathleen Housey from Clarity of Cognition as she discusses the importance of brain health and ways to strengthen and protect yourself as you age.



Session 1: Exercising to Preserve Brain Health, Even from Home!

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



LIBRARY PROGRAMS

SENIOR MOMENTS ACTIVITY HOUR

Multi-Purpose Room | Wed, Jan 26 | 1:30 pm | Free

Join the library for some fun trivia, games, and fellowship at the Orion Center. Any senior is welcome to this entertaining, casual program the 4th Wednesday of every month at 1:30 pm.



SENIOR SOCIAL HOUR

Orion Center Library | 1st and 3rd Fridays | 11 am | Free

Each week will feature a different topic or conversation prompt so participants can enjoy the company of other seniors.

LET'S CRAFT TOGETHER! · REGISTRATION REQUIRED

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.

QUILLING PAPER SNOWFLAKES

Thu, Jan 6
2 pm
\$5R/\$7NR



LOVE BLOCK LETTERS

Wed, Jan 26
2 pm
\$5R/\$7NR



ORION CENTER

50+ ACTIVE CLUBS

FREE

MONDAY

KNITTING/CROCHET | ART ROOM | 12:30
CHINESE MAHJONG | GAME ROOM | 12:30 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 | JAN 12 | 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 | JAN 14 & 28 | 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 50+ 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.

NEW HOURS:

Mon and Thu– 8:30 am–7 pm

Tue, Wed, Fri– 8:30 am–4:00 pm

Equipment Available for Use:

4 Treadmills

1 Elliptical

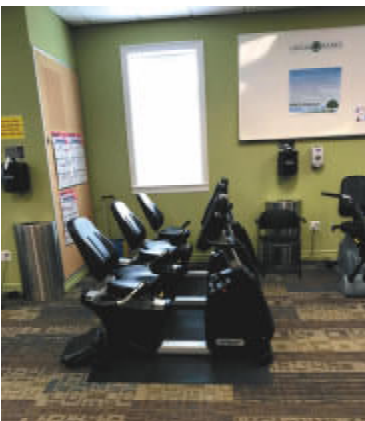
3 Recumbent Bikes

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



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

Open Yoga | Thu | Jan 20-Feb 24 | 10-11:20 am | \$66R/\$69NR | Drop-in \$12R /\$13NR
Open to beginning or returning students. Exploring yoga asanas, breathing and relaxation techniques to help to calm the mind and strengthen the body.

Gentle Yoga | Mon | Jan 24-Feb 14 | 4:45-5:45 pm
\$44R/\$47NR | Drop in \$12R/\$13NR
Participants will learn the foundational poses of yoga. Gentle stretches to increase flexibility and strength in the body. Breathing and relaxation techniques to calm the mind. Please bring a yoga mat, strap and firm blanket.



Continuing Yoga | Mon | Jan 24-Feb 14 | 6-7:15 pm | \$44R/\$47NR | Drop in \$12R/\$13NR
Participants will review the foundational yoga poses learned in the gentle class and continue to explore some new postures and practices that include the quietness of yin yoga.

ZUMBA WITH CYNDY DUVAL

Gold | Mon, Jan 10-Mar 14 | 9:30-10:30 am
Gold Toning | Wed, Jan 12-Mar 2 | 9:30-10:30 am
Session Fee: \$64R/\$67NR | 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 CENTER, 1335 JOSLYN RD

INDOOR COMMUNITY GARAGE SALE



FRIDAY, JANUARY 21

9AM-3PM

FREE PARKING & ADMISSION

ORION  PARKS