

February 2021

OPC MONTHLY

A GREAT PLACE TO BE 50+ IN ROCHESTER, ROCHESTER HILLS & OAKLAND TOWNSHIP

Welcome Back!

OPC is now providing on-site and virtual programs to help you live well and age well

We Couldn't Do It Without You

Volunteers and partners chip in to support seniors during the holidays

A Lunch to Love

Celebrate Valentine's Day early with our Drive-Thru Lunch on February 11

Sponsored by the Assistance League of Southeastern Michigan

Art-to-Go Project

The perfect opportunity to unleash your creativity



From the Executive Director, Renee Cortright

We hear it each time we get on an airplane; “In case the cabin loses pressure, put on your own mask first before assisting others.” If you don’t secure your own oxygen mask first your effectiveness in helping other people is severely compromised; that’s considered self-care.

This is an important metaphor for those who spend a great deal of their time taking care of others rather than themselves. Taking care of others can easily deplete your own energy. If you don’t care for yourself, you can experience burnout, stress, fatigue, reduced mental effectiveness, health problems, anxiety, frustration and an inability to sleep.

It’s normal to feel stressed or overwhelmed especially during these uncertain times, but taking care of yourself is more important than ever so you are equipped to help your family and friends through this difficult time.

Here are a few tips you can use to take care of yourself:

Physical Health:

- Fuel your body by eating a healthy, well-balanced diet and drinking plenty of water.
- Aim to get seven to eight hours of sleep each night and take a nap when you’re tired.
- Exercise every day * Be sure to check out the wide variety of OPC on-site & virtual classes.
- Take deep breaths and stretch often * OPC offers meditation and yoga classes virtually and in-person.
- Avoid risky or destructive behaviors, such as abusing alcohol or drugs, or ignoring public health recommendations.
- Spend time outside, such as going for a walk in the park and follow social distancing guidelines.

Mental Health:

- Set and maintain a routine at home and focus on things you can control.
- Use technology to maintain social connections with your loved ones. Consider a regular check-in schedule to give you something to look forward to.
- Focus your thoughts on the present and things to be grateful for today.
- Listen to music or read books, and lean into your personal beliefs and faith for support.
- Limit your exposure or take a break from the news and social media if you find that it makes you anxious.
- Look for ways to help out in your community by checking on your neighbors, or donating time or money to local organizations.
- Acknowledge and appreciate what others are doing to help you and your community.

Symptoms to Watch for:

If any of the following issues become persistent or interfere with your daily functioning and are outside your norm for the Covid-19 pandemic, contact your medical provider for help and guidance.

- Trouble focusing on daily activities
- Anxiety that turns into feelings of losing control
- Strong feelings that interfere with daily activities
- Having emotions that become difficult to manage
- Feelings of hopelessness or helplessness

OPC is always here for you to help in any way we can. The Senior Resource Department is available to provide telephone reassurance calls, refer to supportive services or sign you up for our on-site counseling services. See page 16 for more details. On this plane called life, taking a little me-time isn’t an indulgence; it’s a necessity!





Bellbrook provided Thanksgiving lunch



Nadine & Julia Harrison coordinated the Thanksgiving Day lunch at Bellbrook

Moving Forward in 2021

We are so proud of our incredible partners who help us make a difference in the lives of the seniors we serve each and every day!

Over the holidays, Bellbrook, Sunrise and American House Stone senior living facilities all stepped in to provide Meals on Wheels on Thanksgiving, Christmas and New Year's days.

With their help, along with the Rochester Hills Lions Club, and the many amazing volunteers who delivered meals during the holidays, our Meals on Wheels clients enjoyed a delicious hot meal, a friendly face and holiday cheer.



Sunrise shared holiday cheer & Christmas day lunch!



Volunteers share their holiday to deliver.



RH Lions Club made a \$400 donation & coordinated the Christmas day meals

New Virtual Programs!

Writers & Readers Group featured speaker MaryAnn Wilshire

Wednesday, February 10 | 2:00 pm

NEW monthly group for writers and readers to meet and discuss books and the writing process

Learn about the Vintage Views, OPC's newspaper written, edited and designed by, for, and about seniors. Learn about the papers history, the process of getting to print and how you can contribute.

The Toledo Zoo is bringing the Zoo to you!



Thursday, February 11 at 10:30 am

Tour the Toledo Zoo's historic Aquarium, including the 90,000 gallon Coral Reef where you will get the opportunity to see sharks and over 20 species of tropical fish. In addition, this tour will explore fish of the Great Lakes, Amazon, and Gulf of Mexico. Meet aquatic animals and learn how they care for them.

*Sponsored by:
Bellbrook*



Wednesday, February 3 at 1:00 pm

Basics of using essential oils to support your well-being.

 ST. JOSEPH MERCY SENIOR COMMUNITIES

Virtual ENRICHMENT at Home

SAVVY SENIORS

Successful Aging thru Financial Empowerment (SAFE)

Wednesday, February 17 | 10:00 am

The Institute of Gerontology at Wayne State University SAFE Program Director LaToya Hall talks about financial scams and identity theft. Learn how to protect yourself, report a possible problem and recover financially and emotionally after being victimized.



SAFE

Sponsored by,
 **Comfort
Keepers.**
Home Care Specialists

MONDAY with the MAYOR

Monday, February 1

Visit the OPC Website or Facebook Page and click on Mayor Barnett's special message to OPC members.



LANGUAGE

Lifelong Learning

SPANISH CONVERSATIONAL GROUP

Wednesdays | 10:30 am
(Feb. 17 at 2:30 pm)

FRENCH CONVERSATIONAL GROUP

Fridays | 11:00 am

TECHNOLOGY

COMPUTER CLUB

Tuesdays | 10:00 am

Sponsored by:

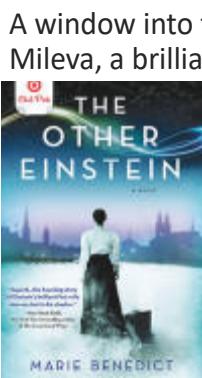

MAC ENTHUSIASTS GROUP

Thurs. Feb. 4 & 18 | 10:30 am

FEBRUARY Virtual BOOK CLUB

THE OTHER EINSTEIN

by MARIE BENEDICT



A window into the life of Einstein's first wife, Mileva, a brilliant fascinating woman and physicist in her own right, whose light was lost in Einstein's enormous shadow.

Tues. Feb. 23 | 2:30 pm

Read the book and join us on Zoom to share your thoughts.

Books can be picked up at OPC Contact Marianne at 248.608.0263

650 Players & Friends present...

Inspirational Songs & More!

Thursday, February 25
2:30 pm



The talented members of our OPC Theatre Group, along with community musicians, share their most Inspirational Songs & More!

Zoom is EASY! Questions, contact Marianne McCauley mmccauley@opcseniorcenter.org | 248.608.0263

- Register for all Zoom meetings in advance by clicking on the link on the OPC website or Facebook page. If there is a fee, register first by calling 248.659.1029 to pay and receive the link to exclusive classes.
- Join the Zoom meeting by clicking the Zoom link that was sent to you in the confirmation email.
- The meetings will start on time so please connect 10-15 minutes early to ensure you are successfully connected prior to the starting time.
- Remember, unless you mute your microphone, what you say can be heard by everyone!

Virtual ENRICH YOUR MIND & BODY at Home



Ascension
Providence Rochester

presents ...

KEEPING UP THE BEAT



Thursday, February 25 | 10:30 am

Heart healthy updates with Chrissy Loveday, PA and Liz Jackson, NP

Tips and tricks for dealing with and managing congestive heart failure, importance of blood pressure control and how diet can impact your health.

Questions are welcome in advance to:
mmccauley@opcseniorcenter.org



IOG/Wayne State University
Virtual Learning Lecture

SUBDUIING STRESS

Thursday, February 18 | 1:00 pm

Stress can be sneaky. You can be under acute or chronic stress and not understand that you are. Let's review the impact of stress on our health and mood and plan to learn some new techniques for managing it.

Institute of Gerontology



Sponsored by,



Save the Date for "Brain Challenges" on Mar. 18

MINDFUL MONDAY'S with *Jan Miller, LPC*

Monday's | 10:30 am | 4 sessions \$10

A guided one hour meditation revolving around specific topics including Hope During Challenging Times, Relaxation Breathing, and Building Resilience for a Peaceful Life. Give yourself the gift of well-being!

Register by calling 248.659.1029 - Link to exclusive class will be provided upon registration.

HEARTFULNESS MEDITATION with *Bharani Kodali*

Monday's | 6:00 pm

A one hour Virtual Experience

FITNESS at HOME

BODY STRONG w/Lisa

Mondays | 9:00 am | 4 sessions \$10

Work upper and lower body and core muscles. Stay fit for sports or leisure activity, working the body as a whole.

BODY BALANCE w/Lisa

Wednesdays | 9:00 am | 4 sessions \$10

Strengthen the small muscle groups and stretch those tight muscles for better coordination, muscle mechanics and flexibility.

CHAIR YOGA w/Caryn

Tues. & Thurs. | 1:30 pm | 8 sessions \$20

Note: Feb. 18 session at 2:30 pm

This 45-minute class combines seated and standing poses to get the full benefits of yoga while using a chair for support. Release tension and tightness, increase flexibility, strength, body awareness, range of motion and balance while promoting a feeling of relaxation and calm.

Register by calling 248.659.1029

Link to exclusive classes will be provided upon registration.

MANAGING GRIEF TOGETHER

Wednesday, February 24 | 2:30 pm

You are not alone. Meet with others through an interactive virtual meeting led by Harvey Bennett, a Certified Grief Counselor.



Enrichment on-site at OPC



650 Mid-Day Club presents . . .
Mardi Gras Party
with **LIVE Music**
by the Pam Joslov Jazz Quartet
Tuesday, February 16 | 2:30 - 4 pm | \$10

Sponsored by:
Anthology of Rochester Hills, Divinity Homecare & Heartland
Appetizers & Refreshments

Anthology
Anthology of Rochester Hills

DIVINITY
HOME CARE

Heartland
Health Care Centers

VETERANS CONNECTION **VALENTINE BREAKFAST**

Wed. February 10 | 10:00 am

Veterans and their spouses are invited to attend



Enjoy a delicious breakfast and create a valentine you will always remember.



Breakfast Sponsor



Registration required!

PRESENTING SPONSOR
Anthology of Rochester Hills

Celebrate Life and Liberty through Service, Honor, Remembrance, Education & Gratitude

FINANCIAL FRIDAY

ECONOMIC UPDATE

An Economic & Market Update and how they may affect you

Friday, February 12

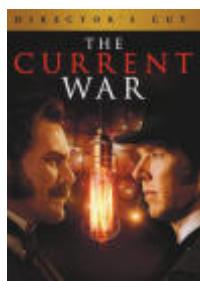
10:30 am | \$5
Dining Room



SPONSORED BY:
THRIVENT FINANCIAL
Connecting faith & finances for good.

LIGHTS, CAMERA, ACTION - OPC Movies in the Auditorium!

THE CURRENT WAR - rated PG
Mon. Feb. 8 | 2:30 pm



Suspenseful - Quirky - Campy
Edison and Westinghouse/Tesla grapple for who will power the nation, sparking one of the first and greatest corporate feuds in American history.

SPONSORED BY
Home Instead Senior Care



Popcorn & Candy To Go \$2 Suggested Donation

CASABLANCA - rated PG-13
Fri. Feb. 12 | 1:00 pm



Classics - Romance - Drama
Romantic drama film directed by Michael Curtiz, and starring Humphrey Bogart and Ingrid Bergman.

SPONSORED BY
Pixley Funeral Home



REGISTRATION REQUIRED & LIMITED! REGISTER EARLY!

Online: MyActiveCenter on our website | Call: 248.659.1029 Mon - Thurs. 9 am - 3 pm, Fri. 9 am to noon

Women's Luncheon

GOOD HEALTH MIXES WITH OIL & VINEGAR

Presented by: Giuseppe's International Oils & Vinegars

Thurs. Feb. 25 | 11:00 am | \$10 | Dining Room

Josh from Giuseppe's International Oils & Vinegars explains the culinary and health benefits of oils and vinegars. Enjoy a hot savory soup and a fresh tossed salad complimented with a truly fresh olive oil and vinegar dressing and dips.



*Savory Luncheon
& Tastings*

Presentation



DANCE & MUSIC

Drum Circle w/Rizal

Thur. Feb. 4 & 18 | 2:00 – 3:30 pm | \$10 for 2 sessions
Must have own instrument



Ukulele Fun | Auditorium

Tuesday's | 2:00 – 3:30 pm | \$5 for month
Must have own instrument

Guitar Group | Dining Room

**Tues. Feb. 2, 9 & 23 | 1:30 – 3:30 pm and
Friday's | 1:30 - 3:30 pm | \$10 for month**
Must have own instrument



Line Dance w/Carol | Auditorium

Monday's | 1:00 – 2:00 pm | \$20 for month



REWIRED not RETIREDSM

Provides support and camaraderie for pre and post retirees

AGING & ADDICTION

Wed. February 17 | 1:00 pm | \$5 | Dining Room

Feinberg Health Care Solutions, MI VP of Addiction & Mental Health Services (AMH), Steven Anderson, MA, LLP discusses Aging & Addiction.

Dessert & Coffee | Open Forum Discussion

Program Sponsored by:



FOCUS on the ISSUES

Current Events Discussion Group

Monday, Feb. 8 & 22 | 2-3:00 pm
\$5 for 2 sessions

A casual forum to discuss current events over refreshments.

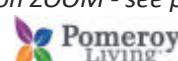
TECHNOLOGY

COMPUTER CLUB

Tuesday's | 10:00 am
\$1 Pay Upon Entry

(Also available on ZOOM - see page 4)

Sponsored by:



UBUNTU CLUB

Friday's | 9:30 - 11:30 am
\$1 Pay Upon Entry

iPHONE BASICS w/Pam

Mon. Feb. 8 | 11:00 am - noon | \$5

iPAD BASICS w/Pam

Mon. Feb. 15 | 11:00 am - noon | \$5



Enrichment on-site at OPC



Social Hour
VALENTINE SHOW
by **BLT**

SPONSORED BY:

**CEDARBROOK
SENIOR LIVING
ROCHESTER**

Mon. February 22
3 - 4:00 pm | \$5
Auditorium

Welcome back Bing, Linda and Tony (BLT Trio), for an hour of live music and good friends.

LIVE ENTERTAINMENT



The Photographer's Lecture Series

Fri. February 19 | 1:00 pm | \$5

This monthly series presents photographers and artists from all aspects of the field to present their work and share their ideas and stories.

Presentation | Open Discussion to Follow

Rochester Hills Museum Lecture Series



SPECTACULAR ROCHESTER!

*presented by: Pat McKay, Manager
Rochester Hills Museum at Van Hoosen*

Wed. February 18 | 10:30 am | \$5

The people, places, and events that shaped our community's history and introduced through historic photographs, maps, documents, and fascinating stories.

SPONSORED BY:



REGISTRATION REQUIRED! REGISTER EARLY!

Online: MyActiveCenter on our website | Call: 248.659.1029 Mon - Thurs. 9 am - 3 pm, Fri. 9 am to noon



MUSIC HISTORY SERIES - Frank Sinatra

Presented by: Stu Johnson

PART ONE: Mon. February 15 | 2:30 pm | Dining Room

PART TWO: Wed. February 17 | 2:30 pm | Dining Room

\$5 for the 2-part series

Francis Albert Sinatra was an American singer, actor and producer who was one of the most popular and influential musical artists of the 20th century. He is one of the bestselling music artists of all time, having sold more than 150 million records worldwide. Join Stu Johnson in this two-part Sinatra appreciation.

Sponsored by:



Terrific Tuesday presents . . .

Working in Hollywood during the 70's

Tuesday, Feb. 9 | 11:00 am | \$10 | Dining Room

Richard Stanley "Roscoe," Hollywood Actor, Television and Movie Screenwriter and Producer, joins us to share his journey through Hollywood from 1970 – 1982.

Presentation | Lunch & Refreshments

SPONSORED BY



Fall in Love with BINGO

**Wed. February 24 | 1:00 pm | \$10
Dining Room**

**Includes 8 Games with
up to 4 BINGO cards
per player and pizza!**

Sponsored by:



Fine Art & Crafts on-site at OPC

Back by Popular Demand!

ANYONE CAN PAINT w/ Steve Wood

Fri. Jan. 29 | 10:00 am - noon | \$25 includes supplies
Registration still available!
See the January 2021 Newsletter for details.



MOSAIC TILE CLASS

w/Mary Gilhuly

Tue. Feb. 2 | Aud. | Spring Robin
9:30 am - noon | \$35 includes supplies

Learn cutting, gluing and grouting techniques to create a mosaic masterpiece. Complete a 6" x 6" tile with some color variations – no two will be exactly alike. Finished results are great and anyone can do this!

WATERCOLOR PAINTING

w/Pete Snodgrass

Wed. Feb. 10 & 17 | Art Studios
9:30 - 11:30 am | \$20 for 2 sessions
bring own supplies



Practice your watercolor skills with guidance from an expert instructor. All levels welcome. Theme is "Beauty of Michigan Winters." Call Paula 248-608-0253 or email pbedsole@opcseniorcenter.org for a list of suggested supplies. (16 x 20 paper preferred - #140#)

STAINED GLASS MINI PROJECT w/Dave Kosbab

Mon. Feb. 15 & 22 | Woodshop

9:30 am - 12:30 pm | \$25 for 2 sessions includes supplies
Learn basic cutting, soldering and foiling techniques to make a small piece of your choice. Great intro class, but all levels welcome! All supplies included. Bring apron and safety glasses.



INDEPENDENT DRAWING & PAINTING

w/Merri-Jo Towns

Tues. Feb. 16 & 23 | Classrooms
1 - 3:30 pm | \$20 bring own supplies

Improve your drawing and painting skills. Follow along with guided instruction or work on your own piece with tips and inspiration. Guided lesson plan is "Exotic Fruits" – your choice of medium.



PAINTING CALM w/Elaine Wells

Wed. Feb. 24 | Atrium

10 am - noon | \$15 includes supplies

Learn to breathe easier and remain calm through simple painting

activities. Remove your attention from daily stress and into a relaxed state of mind. No previous art experience necessary. Based on "Paint Yourself Calm" by Jean Haynes and "Drawing Calm" by Susan Everton. Each artful experience is an escape towards more tranquility in your life. Roll up your sleeves and get lost in creativity and calm!

POTTERY - HANDBUILDING

TECHNIQUES w/Harvey Bennett

Thurs. Feb. 25 | Art Studios
1:00 - 3:30 pm | \$15 includes supplies & firing



Use your fingers, hands and simple tools to make a birdhouse that can be used as a decorative piece or an outdoor habitat for your feathered friends. Make a basic form using the slab method, then add decorative accents, windows doors and more. Experiment with carving techniques and methods to add texture. Create and glaze your project in this one-day session and pick up at a later date.

OPEN ART STUDIOS

Bring your projects and work while visiting with friends!

ZENTANGLE STUDIO w/Cherie

Mon. Feb. 1 - 22 | 10 am - noon | \$5 per month

Relax with the Zentangle Method, a meditative art form for everyone. Two tangles presented each week for newcomers or those wanting to "refresh." Supplies: Bring fine tip black pen, white paper and pencil.

CREATION STATION STUDIO w/Cherie & Opal

Mon. Feb. 1 - 22 | 1 - 3:30 pm | \$5 per month

Bring your own supplies and unfinished projects. Enjoy spending creative time with others and sharing ideas. A surprise project and supplies may be presented.

NEEDLE ARTS STUDIO w/Pat

Fri. Feb. 12 - 26 | 1 - 3:00 pm | \$5 for 3 sessions

Knit, crochet, sew, quilt, embroider and more. Bring your current projects and share ideas . . . learn from one another. Members from our previous morning quilting and knitting groups are welcome to join us.



OPC's Fine Art & Crafts Programs are supported by the generosity of
ANTHOLOGY OF TROY, our ART PATRON. Thank you!

CREATION STATION | Art Studios

** These classes include supplies **

VALENTINE CARDMAKING w/Opal

Fri. Feb. 3 | 1 - 3:30 pm | \$10

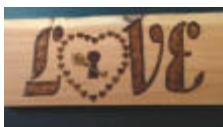
Remember someone special on Valentines Day. Make 4 cards with envelopes. A variety of papers and embellishments to choose from. Let your friends and family know you care!



WOODBURNED CEDAR BOARD w/Cherie

Wed. Feb. 10 | 1 - 3:30 pm | \$10

Woodburn a cedar board for Valentine's Day. Inscribe the word "LOVE" with a burning tool. The "O" in Love will be a heart with a keyhole design. Hang a charming key from the locket. Unique and great addition to your *season of Love* décor.



KEY CHARM NECKLACE w/Cherie

Wed. Feb. 17 | 1 - 3:30 pm | \$12

Use chains, charms, beads and vintage keys to create a unique necklace with lots to choose from. Add some pieces from your own collection that have special meaning to you. No two will be alike.



BRAIDED YARN & SILK SCARF w/Candi

Thurs. Feb. 18 | 9:30 am - noon | \$12

Learn simple techniques of braiding and tying to create a really "artsy" scarf that can be worn necklace style!! This is truly unique and you'll get compliments galore. Bring sharp scissors.



MANDELA STONES w/Candi

Thurs. Feb. 25 | 9:30 am - noon | \$10 | Atrium

Painting mandala symbols on river stones is very relaxing. The practice of creating the Mandala is a form of meditation, a soothing ritual that allows the painter to express their creativity and find a sense of calmness. Learn easy dot designs to create all kinds of patterns. Enjoy music, creativity and calm in our beautiful OPC Atrium.



Stay Creative!

"ART to GO" Projects at Home

View Art & Craft Project demos and stay creative at home with curbside pick-up kits which include everything you need to complete the project.

KEY TO MY HEART CANVAS

Create a unique valentine piece to bring in the season on LOVE. This 6"x 6" gallery style canvas can be hung or placed on a table. A great multi-media project that will introduce you to the techniques of decoupage and collage.



RUSTIC HOME SIGN

Add some rustic charm to your décor with this wood sign that can be leaned on a shelf or hung on the wall. Paint, distress, add ribbon, jute and a key. How simple is that? Kit includes black and white paint, so the choice is yours!



"Art to Go" Kit \$15 each | Call: 248-659-1029

You will receive a follow-up call, after Feb. 1 regarding curbside pick-up details.

Project video links on:

OPC Website - Stay Creative link

OPC YouTube Channel: Older Persons' Commission

* Previous kit inquiries call 248.608.0253 *

WOODSHOP

Monday - Thursday

8:30 am - Noon | 1 - 4:00 pm

Registration limited to 4 sessions per week

Annual Woodshop User Card is required and can be purchased for \$100 a year:

online on MyActiveCenter or
by calling the cashier at 248-659-1029

REGISTRATION IS REQUIRED TO PARTICIPATE!

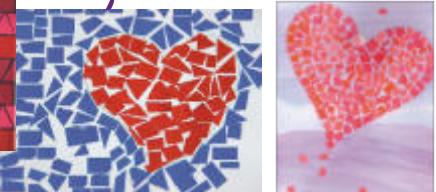
CREATIVITY

OPC
creativity

Mosaics are made using pieces of glass or ceramic held in place by grout. Let's try a simpler version with great results! All you need is a pencil, colorful paper scraps, glue stick and scissors. Choose some paper (recycled magazine and newspaper work great), then start ripping, cutting and gluing. Place each piece leaving small open spaces between them. The white of the paper is your grout.



Inspiration . . .



SHARE a PHOTO of your MOSAIC!
Email pbedsole@opcseniorcenter.org

If you like mosaics, sign up for a
Mosaic Tile Class with Mary Gilhuly
on Feb 2 . . . see page 10 for details.



In Memoriam

We will miss our friend and OPC team member Scott High, Dispatcher & Driver, who passed away on January 1. Scott was a valued team member since 2013 and will be missed for his dedication to the seniors, warm smile and sense of humor.



SNOW DAY POLICY

OPC determines its own closures and does not follow the school system.

For closure notifications and updates go to:

- OPC Website: www.opcseniorcenter.org
- Local TV News: OPC will be included on the SE MI School Closing Listing
- Members will receive an automated phone call.



Ascension Providence Rochester at OPC

Wellness Center

ASK THE ORTHOPEDIC DOCTOR Tues. Feb. 9 & 23 | 9 - 11:00 am

Dr. Maibauer, M.D., retired Orthopedic Surgeon, has returned to address orthopedic questions and concerns. Call Cindy to make an appointment.



HI EVERYONE!
I'm here at OPC, so feel free to call me to talk and/or to make an appointment to come in.

Cindy McKenna, RN | 248.601.2888

Physical Therapy

Monday, Wednesday & Thursday | 8:00 am - 4:30 pm
Call 586-992-0869 for scheduling and information

Physical therapy can address concerns and diagnoses such as back pain, shoulder pain, decreased balance, arthritis, slumping posture, stroke, Parkinson's, MS and so much more. One-on-one sessions last 45 min. - 1 hour with a Physical Therapist (PT) or PT Assistant. A physician's referral is needed in order to get started.

Home Safety Visits

Ascension Providence Rochester (APR) is now offering home safety visits to help our seniors Age in Place!

These safety visits are designed to alleviate a senior's stress and risk so that they can continue to enjoy the comfort of their home. The home safety visit will include the following:

Fall Prevention Tips | Balance Assessment | Medication Disposal | Assistive Device Adjustments
Call Cindy McKenna, RN 248.601.2888 at the OPC APR Wellness Center to schedule or learn more about the visits.

DO YOU HAVE PRE-DIABETES AND WANT TO PREVENT DIABETES?

Consider this LIFESTYLE CHANGE PROGRAM that can help PREVENT or DELAY Type 2 Diabetes

- **ONE YEAR CDC** (Centers for Disease Control and Prevention) developed group program, working with a trained lifestyle coach and other participants to learn skills to make lasting lifestyle changes.
- **FREE VIRTUAL CLASS** (the prior 6 classes being very successful) provided by Ascension Providence Rochester Hospital!
- **FREE VIRTUAL INTRODUCTORY** informational session on **Wed. February 17 at 4:30 pm**. Eligibility for participation in the class will be reviewed. **The class begins Wed. March 3 from 4:30 - 5:30 pm.**

Questions or are you interested in signing up for the Introductory Class?

To register, go to healthcare.ascension.org/events and search "diabetes prevention"
or call Cindy in the Wellness Center at 248-601-2888

Fitness Classes in the Gym

Registration is required 24 hours prior to start of class. Unregistered members will not be allowed to participate.
No Drop-in's or Punch Cards | Weights & Bands Provided | Park in the lower level and enter through the Aquatic Door

CHOOSE YOUR FITNESS LEVEL

1 - Begin with a chair | 2 - Beginner | 3 - Intermediate | 4 Advanced

RISE & SHINE w/Peggy 2-3

Mondays, Wednesdays and Fridays | 7:00 am

Session 1 - Feb. 1 - 12 | 6 classes \$36

Session 2 - Feb. 15 - 26 | 6 classes \$36

Formerly Advanced Strength and Balance. The movements focus on specific exercises to improve strength and balance while using body weight and/or resistance equipment (weights, bands, balls). Class is suitable for mid to advanced fitness levels.

STRENGTHEN, LENGTHEN & BALANCE w/Robin 2

Mon. Feb. 1 - 22 | 8:30 am | 4 classes \$24

Enjoy an energizing workout that focuses on Strength training activities and, lengthen muscles while incorporating balance exercises.

FUNCTIONALLY FIT w/Peggy 2

Mon. Feb. 1 - 22 | 10:30 am | 4 classes \$24

Wed. Feb. 3 - 24 | 10:30 am | 4 classes \$24

This standing and seated class focuses on full body movement, improving coordination, balance and core.

ZUMBA w/Fabiola 2

Mon. Feb. 1 - 22 | 1:00 pm | 4 classes \$24

Beginner Zumba fuses hypnotic Latin rhythms and easy to follow moves creating a one of a kind fitness program with Latin and international music. This class will get you moving and having fun!

BODY STRONG w/Lisa 2-4

Tues. Feb. 2 - 23 | 10:30 am | 4 classes \$24

Strengthen the entire body working upper and lower body and core muscles. Whether you are staying fit for sports or leisure activity, working the body as a whole is what you need!

CORE STRENGTH ALL LEVELS w/Karen 2-3

Tues. Feb. 2 - 23 | 12:30 pm | 4 classes \$24

Thurs. Feb. 4 - 25 | 12:30 pm | 4 classes \$24

Begin strengthening back, stomach, and side muscles to improve posture and balance.

MUSCULAR ENDURANCE w/Fabiola 3-4

Tues. Feb. 2 - 23 | 8:30 am | 4 classes \$24

Thurs. Feb. 4 - 25 | 8:30 am | 4 classes \$24

Keep your bones healthy and strong, and help increase you energy levels. This 45 minute workout will focus on weights with repetition. Participate at their own pace.

CYCLING w/Kathy 2-3

Tues. Feb. 2 - 23 | 9:30 am | 4 classes \$24

Thurs. Feb. 4 - 25 | 9:30 am | 4 classes \$24

Fri. Feb. 5 - 26 | 9:00 am | 4 classes \$24

Experience sprints, hill climbs, muscle and balance work, all to music designed to motivate you and put some fun in your day in this 45 minute class.

RESISTANCE & BALANCE TRAINING w/Fabiola 3

Tues. Feb. 2 - 23 | 1:30 pm | 4 classes \$24

Thurs. Feb. 4 - 25 | 1:30 pm | 4 classes \$24

Incorporate strength moves to tighten and tone trouble spots, and stretching that will leave you feeling longer and leaner. Improve posture, body awareness and overall strength.

BODY BALANCE w/Lisa 2-4

Thurs. Feb. 4 - 25 | 10:30 am | 4 classes \$24

Balance your body working the entire body as a whole. Strengthen the small muscle groups and stretch those tight muscles for better coordination, muscle mechanics and flexibility.

LOW IMPACT w/Karen 3-4

Tues. Feb. 2 - 23 | 11:30 am | 4 classes \$24

Thurs. Feb. 4 - 25 | 11:30 am | 4 classes \$24

A challenging cardio and toning workout with equipment for all levels.

Lap & Therapy Pools

Weight & Cardio Room

Walking Track

See page 19 for schedule and how to register.

REGISTRATION REQUIRED! REGISTER EARLY!

Online: MyActiveCenter on our website | Call: 248.659.1029 Mon - Thurs. 9 am - 3 pm, Fri. 9 am to noon

PERSONAL TRAINING

Take your fitness goals to the next level and schedule a personal training session today. Fill out a personal training inquiry packet to be paired with a trainer of your choice, or let our staff find one that best fits your needs. Our trained, certified, experienced instructors will help design an individualized plan that works for you, your schedule, and your goals. Training sessions will be conducted one-on-one in either of our spacious group fitness classrooms. Availability is limited so call today!

GOLD 24 - 1 HOUR SESSIONS: **\$940**

SILVER 12 - 1 HOUR SESSIONS: **\$550**

BRONZE 6 - 1 HOUR SESSIONS: **\$300**

COPPER* 12 - 30 MIN. SESSIONS: **\$450**

*Need recommendation from a trainer

For Information: 248-608-0247

BEGINNING TAI CHI – WU STYLE w/John

Tues. Feb. 2 - 23 | 4:00 pm | 4 classes \$32

Fri. Feb. 5 - 26 | 10:00 am | 4 classes \$32

Fri. Feb. 5 - 26 | 11:00 am | 4 classes \$32

Wu Style Tai Chi Chuan uses slow, gentle movements to improve muscle tone and balance as well as reflexology, or massage technique to enhance circulation and alleviate pain. With a routine which can be geared to facilitate those with walking or standing restrictions using a seated position or a chair to stabilize, this class is open to anyone at any physical level.



RESTORATIVE YOGA w/Kay 2-3

Tues. Feb. 2 - 23 | 6:00 pm | 4 classes \$24

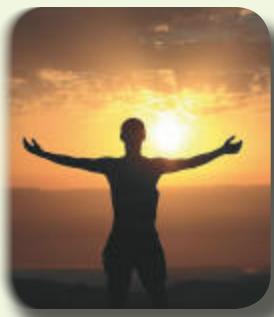
Improve mobility and range of motion through stretching using gravity, relaxation and deep breathing. Poses are held for 2-5 minutes to stretch underlying fascial tissue, releasing areas of tension using props so the participant can fully relax for the duration of the pose. Bring your own props, mat and a large towel or blanket.

SUNRISE YOGA W/Kay 2

Thurs. Feb. 4 - 25 | 7:00 am | 4 classes \$24

Get an enjoyable start to

your day with the
benefits of yoga. Yoga
moves combined with
breathing techniques
strengthen the
muscles and relieve stress.
Bring a mat and towel.



STRETCH & BALANCE WITH A YOGA INFLUENCE w/Kim 1-2

Wed. Feb. 3 - 24 | 8:30 am | 4 classes \$24

This hour long class begins with 10-12 minutes of relaxation and warm up exercises done while seated in a chair. Then 30 minutes doing strength, cardio and balance exercises standing near a chair, to use for balance or if you feel fatigued. The final 15 minutes are spent seated concentrating on abs and stretching, ending with a 5 minute guided meditation to relax you completely.

TANG SOO DO w/Paul

Mon. Feb. 1 - 22 | 11:30 am | 4 classes \$24

This entry level program gives the basics of Tang Soo Do, providing a grounding in stances, basic hand techniques, Korean language commands, and progress toward the first form for the beginning student.

Senior Support Services

OPC Senior Support Services offers seniors and their caregivers information and resources on all aspects of aging. Our Senior Resource specialists will answer your questions and draw on an extensive database of senior focused programs, services and organizations to connect you with the right resources in the Rochester area and Oakland County. Please call **248-608-0249**.



NUTRITION SERVICES

MEALS ON WHEELS

Meals are available 7 days a week (5 hot, 2 frozen) in Rochester, Rochester Hills, Oakland Township, Auburn Hills, Independence Township, Orion and Oxford, Addison and Brandon. To register for a meal call **248.608.0264** between 9:00 am - 1:00 pm.

FOOD PROGRAMS

Monthly and Quarterly Food Programs are only available for income qualified individuals. Income and/or age guidelines must be met. Call **248.608.0249** for more information.

ADULT DAY SERVICE

Due to the pandemic, Adult Day Service is unavailable until further notice.

The OPC's Adult Day Service program is dedicated to assisting older adults experiencing progressive memory loss in a safe and compassionate place outside the home and during the day. Call **248.656.1403 Ext. 0**

ADS ART & MUSIC PROGRAMS



Comfort Keepers
Home Care Specialists

ACT OF KINDNESS

This program is designed to assist income eligible seniors with minor home repairs. Call **248.608.0249** for more information and eligibility requirements.

ASK THE ATTORNEY

Monday, February 8

Tuesday, February 23

12:00 - 3:00 pm

Complimentary 15 minute legal advice by Rutkowski Law Firm by appointment.

Call OPC: **248.608.0249**

COUNSELING AT OPC NEW!

Tuesday | 10:00 am - 4:00 pm

Thursday | 10:00 am - 1:00 pm

Cost \$25 - 50 minute session

A Licensed Counselor will meet in private with adults 50+ to discuss what might be troubling them, in a safe and confidential environment.

For more information or to make an appointment please call **248.608.0249**.

MEDICAL EQUIPMENT LOANS

Available for short term use:

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To schedule a loan pickup call: **248.608.0248**

Leave a voicemail with your name, contact number and item you need or wish to donate or return.

SUPPORT groups

CARING & SHARING LOSS

Friday, Feb. 1 & 19 | 10 am - noon
Auditorium

Participating in a grief support group can be a healthy first step in the healing process. Meet others who are dealing with similar losses and gain a better understanding of the grief process.

10 - 11:00 am

Newcomers with a recent loss

11 - 12:00 pm

Continued encouragement & support

Register in advance:
248.656.1403 Ext. 0

VISUALLY IMPAIRED

Friday, Feb. 26 | 10:00 - 11:30 am
Provides information, socialization, support and speakers to those with low vision. The group is open to the public. Call **248.608.0246** to register.

PARKINSON'S SUPPORT VIRTUALLY

Wednesday, Feb. 3 | 6:00 pm
The Rochester Parkinson Disease Support Group will meet virtually on the first Wednesday of the month until further notice. For more information, call Group Facilitators Brad & Linda Potter: **586.612.2744**

MEDICARE | MEDICAID Assistance Program

Due to COVID-19, MMAAP

Counseling will be provided by:

- Telephone
- Email
- Postal Mail or
- Web based applications



To make an appointment call: **MMAAP at 800.803.7174**

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MENTAL HEALTH SUPPORT

Need someone to talk to?

Mental health support services are available through Michigan's COVID-19 Information Hotline (1-888-535-6136, then press 8).

It's free, confidential and available 24/7/365.

Calls are answered by trained crisis counselors who provide support as well as connection to community resources.



TRANSPORTATION

Bus service for persons 60+ and disabled adults residing in Rochester, Rochester Hills and Oakland Township to medical, dental, personal appointments, shopping or activities at OPC.

Hours of Service:

Monday - Friday: 8:15 am - 4:30 pm Saturday: 9:00 am - 4:00 pm

Cost: \$2 per ride each way (includes aides and unscheduled caregivers)

Pay the driver with exact change or with a token

Tokens: \$2.00 each | Token Package: 11 tokens for \$20.00, a 10% savings

Purchase Token Package:

From the Driver: Exactly \$20 cash or check only. Drivers cannot make change.

Mail a check to: OPC - In memo line include your name and "Bus Tokens" | Tokens will be mailed or delivered by a driver.



Ride Reservation: **248.652.4780** | Weekday Cancellations: **248.608.0296** | Weekend Cancellations: **248.608.0271**

While OPC is unable to endorse our sponsors, speakers and advertisers, we greatly appreciate their support.

February



mmr

Meals on Wheels Menu

Congregate Meals will resume at a later date

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Green Pepper Roasted Potatoes Carrots Apple Breadstick	2 Chicken Tenderloin w/Gravy Red Skin Potatoes Broccoli Cuts Orange Sections Roll	3 Turkey Burger w/Bun Lettuce & Tomato Cucumber Salad Red Grapes	4 Tuna Noodle Casserole Caribbean Vegetable Garden Salad Apricots Bread	5 Baked Ham Sweet Potatoes Whole Green Beans Banana Dinner Roll
8 Beef Stroganoff Cauliflower/Broccoli Salad Spinach Fruit Medley Whole Wheat Bread	9 Creamy Chicken & Vegetables Whipped Potatoes Salad Orange Sections Roll	10 BBQ Chicken on a Bun Broccoli Pasta Salad Marinated Carrot Salad Peach Halves	11 Meatloaf w/Gravy Red Skin Potatoes Garden Salad Normandy Vegetables Diced Pears Roll	12 Turkey a la King with Rice Herbed Green Beans Vegetable Salad Gelatin Grain Roll
15 Vegetable Lasagna Zucchini Cole Slaw Grapes Whole Wheat Bread	16 Sweet & Sour Meatballs & Rice Key West Vegetable Oriental Salad Red Apple	17 Chicken Divan Chive Potatoes Whole Green Beans Romaine Salad Apple Sauce Breadstick	18 Herbed Pork Loin Oven Browned Potatoes Baby Carrots Garden Salad Fruit Salad Wheat Roll	19 Baked Pollock Roasted Potatoes Normandy Blend Veg. 100% Fruit Juice Whole Wheat Roll
22 Grilled Pork Patty European Blend Sweet Potatoes Cinnamon Apples Wheat Bread	23 Lemon Chicken Brown Rice Prince Charles Blend Garden Salad Sliced Peaches Roll	24 Mexican Beef & Bean Casserole Romaine Salad Spinach Apricots Wheat Bread	25 Pizza Three Bean Salad Carrots Grapes	26 Oven Baked Fish Herb Diced Potatoes Succotash Fruit Salad Whole Wheat Roll
		Grab & Go Lunches Available Monday - Friday Pick-up begins at noon <i>\$3 suggested donation</i> Call 24 hours in advance to reserve a meal: 248.659.1032		



Older Persons' Commission | 650 Letica Drive | Rochester, MI | 48307 | 248.656.1403
 The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: www.aaa1b.org • 1.800.852.7795

Guidelines and Registration Details

Pools, Walking Track, Weight & Cardio Rooms

Participation requirements: Everyone must wear a mask and practice social distancing while in the facility and have a reservation or appointment. If you don't have a mask, one will be provided to you. Upon entering the facility, members will receive a no-contact temperature check and health screening and a signed revised Code of Conduct/Disclaimer. Please refer to the Facility Opening Guidelines available on the OPC Website.

Make reservations in advance on MyActiveCenter.com or by calling 248-659-1029.

Lap & Therapy pools and Locker/Shower facilities (3 Session Limit)

- o Lap Pool 45-minute Sessions: Monday-Thursdays, 8:00 am – 5:00 pm; Fridays, 8 am – 2:00 pm
- o Therapy Pool 45-minute Sessions: Monday-Thursdays, 8:15 am – 4:00 pm; Fridays 8:15 am – 2:00 pm
- o Pay upon entry: \$3 per session or purchase a \$50 Open Swim Punch card
- o Masks must be worn on the pool deck but not in the water or while showering. We are not providing any equipment for in the pool (noodles, belts, dumbbells, etc.) bring your own hair dryer.
- o Park on the lower level and enter through the aquatic entrance for the health screening.

Weight and Cardio Rooms (3 Session Limit)

- o 45-minute Sessions: Monday-Thursdays, 9 am – 3 pm; Fridays, 8 am – 2 pm
- o Pay upon entry: \$2 a session or purchase a \$50 Fitness Punch card
- o Park on the lower level and enter through the aquatic entrance for the health screening.

Walking Track (3 Session Limit)

- o 45- minute Sessions: Monday-Thursdays, 8:00 am – 4:00 pm; Fridays, 8 am – Noon
- o Max of 8 people at a time wearing a mask on the track
- o Nu Step cross trainers are the only equipment allowed for use during session.
- o Park on the upper level and enter through the main entrance for the health screening.

**Registration begins
for all February
activities on:
THURS. JANUARY 21
at noon.**

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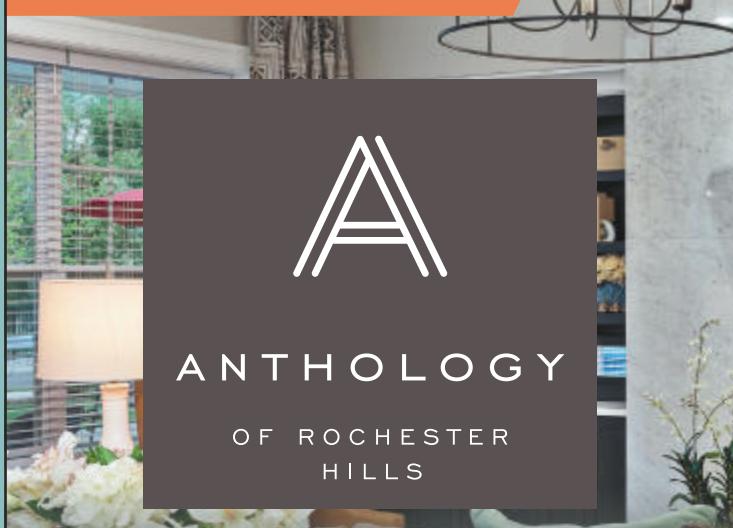


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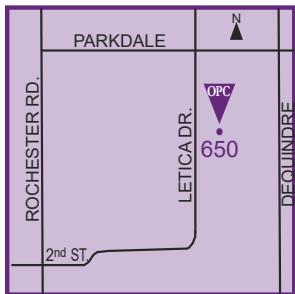
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Registration for all February activities begins on THURSDAY, JANUARY 21 at noon.

Register for all classes on MyActiveCenter or call 248-659-1029 Mon. - Thurs. 9 am - 3 pm & Fri. 9 am - noon
All building and programming updates will be listed on our Facebook page, website and in our weekly eblasts.

HOURS

Mon - Fri: 8:00 am - 5:00 pm
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CONTACT INFORMATION

General Information

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Two ways to register:

- ♥ [My Active Center on the OPC Website Homepage](#)
- ♥ [Valentine Hotline at \(248\) 608-0280](#)

Registration, membership
and attendance required

Registration closes at noon
Monday, February 8
or until sold out



Only members who have made an appointment or registered to participate in a specific OPC class or activity will be allowed in the facility.

A mask is required in the building. Entry is allowed 15 minutes before the start of the program, and 15 minutes after the program has started.

Drinking fountains and coffee are closed - bring your own beverage.