

March 2021

# OPC MONTHLY

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

## Erin Go Bragh!

Get ready to sing and swing to your favorite Irish music at a performance of the 650 Mid Day Club with Michael Krieger

## The Perfect Pairing

Wine & Cheese pairing and tasting with the Cheese Lady and the Rochester Wine Shop

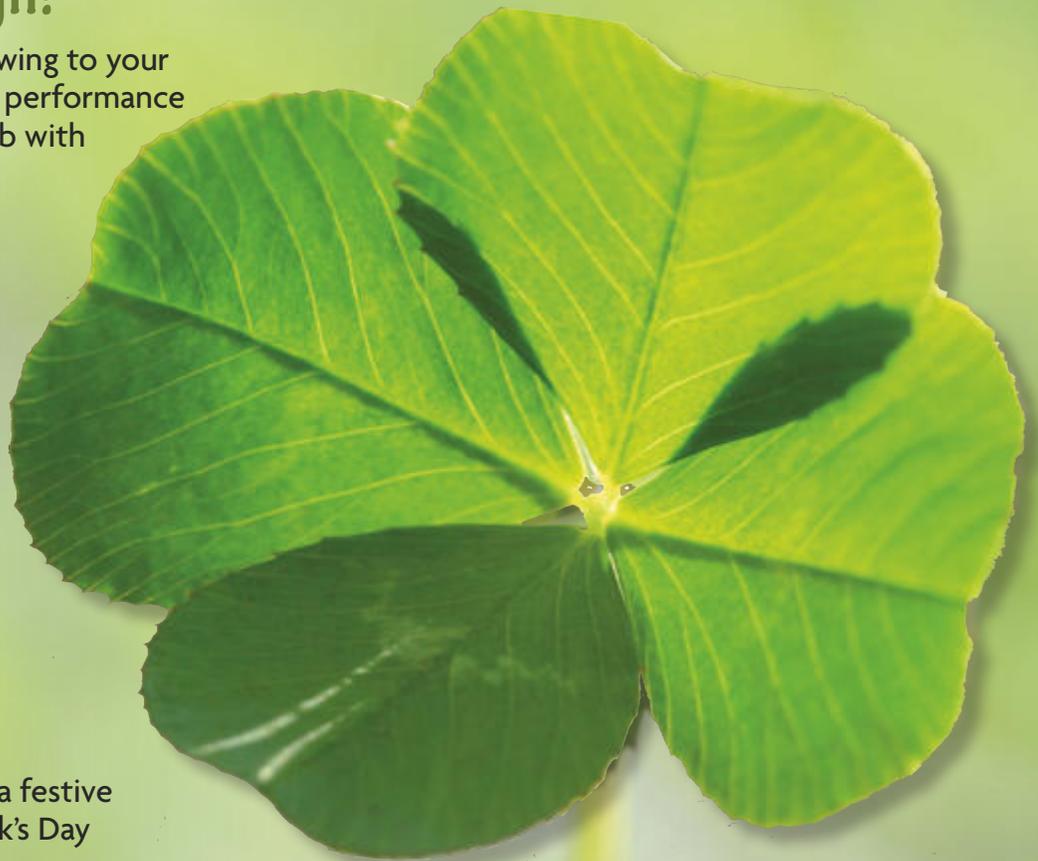
## lunch like the irish

Join us on March 17 for a festive drive-through St. Patrick's Day corned beef lunch

## Insight to Art

Detroit Institute of Arts (DIA)'s VIRTUAL "Behind the Seen" Talk:

*Ordinary People by Extraordinary Artists: Degas, Renoir and Friends*



## *From the Executive Director, Renee Cortright*

*I wandered lonely as a cloud that floats on high o'er vales and hills, when all at once I saw a crowd. A host of golden daffodils; beside the lake, beneath the trees, fluttering and dancing in the breeze." ~ William Wordsworth*

Nothing says spring like a fresh bouquet of sunny daffodils. This March birth flower is known as the flower of spring and represents hope and a sign of new life. Due to its bright yellow hue, the daffodil also symbolizes sunshine to send off the snowy and cold weather, as well as joy and optimism to welcome a warm and cheerful spring with a renewed energy. Welcome Spring into the greater Rochester community with the Dinosaur Hill Nature Preserve's annual Daffodil sale! Buy a bunch for yourself, a friend, a local hero or a Meals on Wheels recipient. Go to [Dinosaurhill.org](http://Dinosaurhill.org) for more information.



Many of our members will feel spring's renewed energy with the continued expansion of in-person activities including pickleball, badminton and table tennis along with art & craft opportunities in March. We know many of our members are looking forward to the camaraderie that comes from participating in these sports. See page 15 for the participation guidelines.

Our warm and inviting Dennis White Adult Day Service will reopen on March 1. This program provides a full curriculum of activities for adults living with dementia or disabilities who may function somewhat independently, but are socially isolated and need structure, activities, mental stimulation and/or supervision. Our program offers a safe, caring environment for the participants and respite for their caregivers during the day, enabling individuals to continue to live at home.

Special thanks to the Ascension Providence Rochester Foundation for a grant that adds the state-of-the-art activity program It's Never 2 Late (iN2L) to our Adult Day Service offerings. The iN2L person-based technology includes one 70" HD Touch TV on a mobile cart with a loaded microcomputer for group or one-on-one activities that include music, exercise, games, puzzles; the list goes on and on. We anticipate that the inclusion of this program, while specifically designed for seniors in our ADS, will significantly increase engagement and the overall satisfaction of all of our members, clients, their families and our staff. If you have a spouse or family member that could benefit from the adult day service please call 248-608-0261. The adult day service reopening guidelines can be found under the Services tab / Adult Day Service on the website.



Finally, we've added an entrance into the atrium from the lobby to increase the use of this wonderful space. Programming uses may include art, meditation, small gatherings or just a place for members to read a book or relax. We look forward to welcoming members back but to ensure safety, everyone must always wear a properly positioned mask and practice social distancing. If we are going to get through the next several months, members, guests and staff have to continue working together so we can enjoy our spring and each other's company once again.

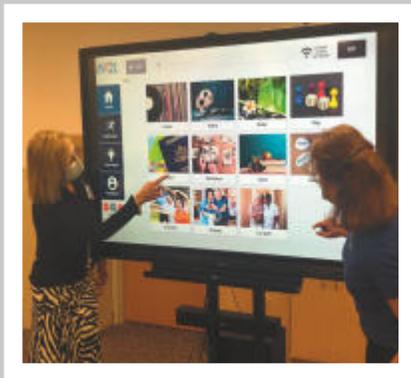
*Happy Spring! Renee*

# Your support is APPRECIATED!

Grants from The Huizenga Endowment Fund at the First Congregational Church in Rochester and the Community Foundation of Greater Rochester's Women's Fund allowed the OPC to help a senior in need this winter. These grants allowed the OPC's Act of Kindness program to facilitate an emergency replacement of the senior's furnace just as winter weather descended upon the area.

**The recipient was tremendously grateful for this assistance:**

*"It is in giving that we receive.' Being a recipient of An Act of Kindness as the winter season is settling in is a humbling experience. Words simply cannot express my gratitude. Thank you sincerely!" ~ Lorrie*



Angela DePup, APR Foundation, reviews the new iN2L

Valued wellness partner, Ascension Providence Rochester Foundation, generously provided a grant that allowed for the purchase of the **It's Never 2 Late** (iN2L) state of the art activity program for the Adult Day Service. iN2L will debut with the reopening of the ADS, and will provide person-centered, supportive, entertaining and engaging activities for clients, improving their quality of life.



Contact Colleen Burtka 248.659.1034 [cburtka@opcseniorcenter.org](mailto:cburtka@opcseniorcenter.org) for how you can support OPC!

## New Virtual Programs!

### DETROIT HISTORY TOURS

LIONS, AND TIGERS, AND BEARS OH MY!



### A VIRTUAL HISTORY OF DETROIT'S ZOOS

Thursday, March 11 | 10:30 am

Have you ever wondered why the Detroit Zoo is outside the city limits? Or whatever happened to the Old Safari Land Zoo on Belle Isle? From dramatic animal escapes to bird napped, cuss word swearing macaws, eccentric zookeepers to fiery politicians, are more than a few strange tales (tails). The story of Detroit's zoos is a wild one.

### DIA - Behind the Seen Talk

ORDINARY PEOPLE BY  
EXTRAORDINARY ARTISTS:  
Degas, Renoir and Friends

Thursday, March 25  
10:30 am

Some of the most important French artists of the 19th century resisted the elitist aesthetic of the academic art tradition by emphasizing the people around them and the human experience as subject matter during a transitioning moment in the modernist era. These are all works on paper by Degas, Renoir, Manet, Toulouse-Lautrec, Vuillard, Bonnard, and Cezanne.

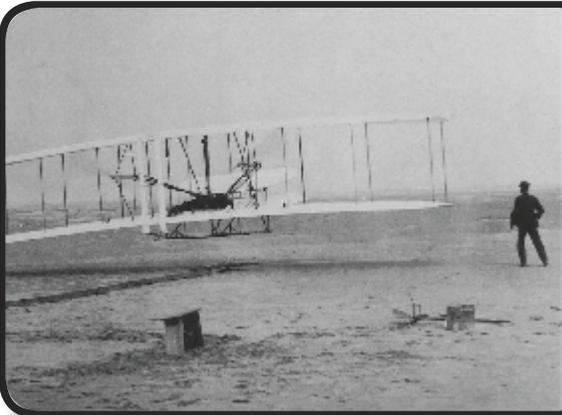


Art Patron:



Virtual program links available on the homepage of our website under "Featured Programs"

# Virtual ENRICHMENT at Home



## FIRST FLIGHT with Joe Oldenburg

Monday, March 15 | 1:00 pm

**FIRST IN FLIGHT: THE WRIGHT BROTHERS AND THE FIRST AIRPLANE**  
Orville and Wilbur Wright, two bicycle mechanics, built the first airplane in the back of their Dayton, Ohio bicycle shop. The airplane flew only four times on December 17, 1903 and it never flew again but what happened to the plane over the next 45 years is actually the most intriguing part of the story.

SPONSORED BY:  
**Humana**

### MONDAY with the MAYOR

Monday, March 1

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



### LANGUAGE

#### SPANISH CONVERSATIONAL GROUP

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

#### VIRTUAL ART - Zentangle Techniques

Watch for monthly instructional videos with Cherie. Learn 1-2 tangles per session. Click on Stay Creative on the OPC Website

### TECHNOLOGY

#### COMPUTER CLUB

Tuesdays | 10:00 am



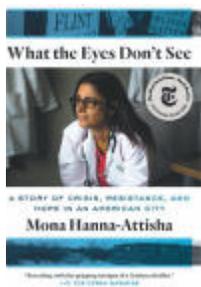
**MAC ENTHUSIASTS GROUP**  
Thurs. Mar. 4 & 18 | 10:30 am

### MARCH Virtual BOOK CLUB

#### WHAT THE EYES DON'T SEE

by MONA HANNA-ATTISHA

By the crusading pediatrician who brought the fight for justice in Flint to the national spotlight, this book is a powerful first-hand account of the Flint water crisis, the signature environmental disaster of our time, and a riveting narrative of her personal advocacy.



Tues. Mar. 30 | 1:00 pm

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

**Special Message to the OPC Book Club from the Author and Special Guest!**

### WRITERS & READERS GROUP

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

Wed. March 10 | 2:00 pm

As enjoyable and fulfilling as writing and reading can be, the truth is that it's often a solitary endeavor. Our group is the perfect place to share what you are working on, find answers to your questions, and remain motivated!

**Open Forum**



**Zoom is EASY!** Questions, contact Marianne McCauley [mmccauley@opcseniorcenter.org](mailto: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



**IUG/Wayne State University**  
Virtual Learning Lecture

## BRAIN CHALLENGES

**Thursday, March 18 | 1:00 pm**

Just like any other muscle group, our brain needs exercise to stay healthy and to grow! Join us for some brain teasers, brain games, and the science behind why these techniques work to build better cognitive function.

Institute of Gerontology



Sponsored by,



**Save the Date** for "Create Something" on Apr. 12

## FITNESS at HOME

### BODY STRONG w/Lisa

**Mondays | 9:00 am | 5 sessions \$12**

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 | 5 sessions \$12**

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

### CHAIR YOGA w/Caryn

**Tues. & Thurs. | 2:30 pm | 9 sessions \$22**

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.*

## CYBER SECURITY BASICS

**with the Stoney Creek High School  
CYBERPATRIOT Team**

**Monday, March 8 | 3:00 pm**

**Learn to be safer on-line:**

- Password Management
- Browser Safety
- On-line Identity Theft Protection

*Part of The United States Air Force National Youth  
Cyber Education Program*

## MANAGING GRIEF TOGETHER

**Wednesday, March 31 | 2:30 pm**

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

## MINDFUL MONDAY'S with *Fan Miller, LPC*

**Monday's | 10:30 am | \$10 for March**

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



# Enrichment on-site at OPC

## Perfect Pairing

Thursday, March 25 | 2:30 pm | \$15

Savor the selections of Kimberly Judd, the Cheese Lady, and Sommelier Jean-Jacques Fertal - Rochester Wine, for this delectable pairing event.

SPONSORED BY:



## VETERANS CONNECTION

Wed. March 10 | 10:00 am

*Veterans and their spouses are invited to attend*



## luck of the IRISH BREAKFAST



PRESENTING SPONSOR  
Anthology of Rochester Hills

Breakfast Sponsor



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

Registration required!

## FINANCIAL FRIDAY

### WILL YOUR TAXES AFFECT YOUR RETIREMENT

Ways to diversify your retirement savings and manage your tax burden

Friday, March 12

10:30 am | \$5 | Dining Room



SPONSORED BY:



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

### THE QUIET MAN

Mon. Mar. 8 | 2:30 pm

Fri. Mar. 12 | 1:00 pm

*1952 Romantic*

A retired American ex-boxer returns to his native hamlet in Ireland to win the hand of a spirited red headed woman.



### THE WAY BACK - PG13

Mon. Mar. 22 | 2:30 pm

Fri. Mar. 26 | 1:00 pm

*2020 Emotional, Inspiring*

Affleck's underplayed performance as an alcoholic basketball coach might be the most personal work he's ever done on screen.

MONDAY MOVIES  
SPONSORED BY  
Pixley Funeral Home



Popcorn & Candy To Go  
\$2 Suggested Donation

FREE hearing screenings and cleaning & checking of Hearing Aids before movie (11:30 am - 12:30 pm)  
Register - see top of page 7

FRIDAY MOVIES  
SPONSORED BY  
Hearing Life - Rochester



## 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

**BURSTING INTO SPRING**  
with Master Gardener Sue Grubba

**Thurs. Mar 18 | 11:00 am | \$10 | Auditorium**

Whether you are a seasoned green thumb, aspiring floral designer or budding backyard vegetable gardener, Sue will provide valuable information for your gardening ventures!

Presentation,  
Lunch & Refreshments



## DANCE & MUSIC

### Drum Circle w/Rizal

Thur. Mar. 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



### Line Dance w/Carol | Auditorium

Monday's | 1:00 – 2:00 pm | \$25 for month



## FOCUS on the ISSUES

### Current Events Discussion Group

Monday, Mar. 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: Pomeroy Living

### INTRO TO EXCEL w/Jim

Tues, Wed, Thur. March 23, 24 & 25  
9:00 - 10:30 am

### iPHONE BASICS w/Pam

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

### iPAD BASICS w/Pam

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



## REWired *not* RETIRED <sup>SM</sup>

*Provides support and camaraderie for pre and post retirees*

## REWIRE your RETIREMENT!

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

Nancy Dodson, Educator for 52 years and now retired, has rewired her talent and passion in retirement. Join us for this interactive discussion where you just might find the inspiration you need to re-imagine your retirement!

Dessert & Coffee | Open Forum Discussion



Program Sponsored by:



# Enrichment on-site at OPC

650 Mid-Day Club  
presents . . .

## SONGS OF IRELAND with Michael Krieger

Thursday, March 11  
2:30 - 4:00 pm | \$10  
Auditorium

**Appetizers &  
Refreshments**

SPONSORED BY



TOWN VILLAGE  
STERLING HEIGHTS  
A GRACE MGMT COMMUNITY

## SAVVY SENIORS

### SENIOR LIVING & CARE 101 Understand Today's Complex Senior Living and Care Options

Wednesday, March 17 | 10:00 am  
*Complimentary*

Annette Werner, Education Director for Comfort Keepers and Keri Kater, Sales Counselor from Bellbrook Senior Community, have partnered to provide solutions to some of the toughest decisions confronting seniors and their families today. "People need to know there are choices – choices that they can make proactively, not reactively."

SPONSORED BY



Home Care Specialists

COMPLIMENTARY  
BREAKFAST PROVIDED BY:

**Bellbrook**



### FEED YOUR MIND: Breakfast & Learn

Wed. March 24 | 10:00 am | \$2 at door

Enjoy a continental breakfast while learning what happens when you leave the hospital.

A walk thru the Continuum of Care with **Heartland Promedica Senior Care.**

*Pre-registration required*



650 Mid-Day  
Club presents . . .



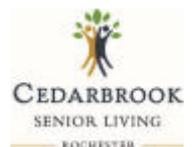
**Cliff  
Erickson**

Thursday, April 29 | \$15

**TWO SHOWS Available**  
1:00 - 2:30 pm | 3:30 - 5:00 pm

Cliff's soothing voice and extraordinary talent on his signature 12-string acoustic guitar captivate his listeners taking them along on what has been best described as an "unparalleled musical excursion."

SPONSORED BY:



**Tickets on sale now!**



### ASK THE DOC: Lunch & Learn

Eye Health / Conditions

Mon. March 29 | 11:00 am | \$5

Comprehensive Ophthalmologist and cataract surgeon Dr. Joshua Vrabec will discuss Senior Eye Health and conditions.

Presentation with time for Q&A | Eye Healthy Lunch

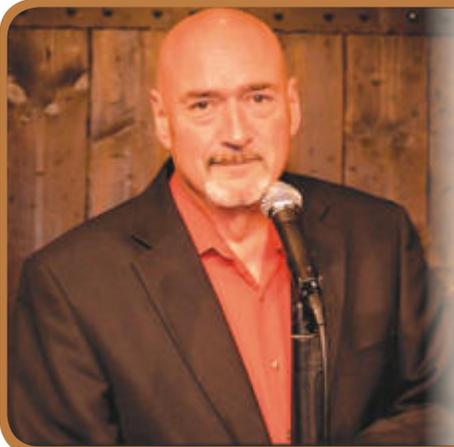
SPONSORED BY



Ascension  
Providence Rochester

**REGISTRATION REQUIRED! REGISTER EARLY!**

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



# Social Hour Comedy Show

**Mon. March 15 | 3 - 4:00 pm | \$5**

Headline comic Bill Hildebrandt is listed as one of “The Funniest People in Detroit” by The Detroit Free Press. He has a unique ability to take the everyday into a unique reality with good, clean fun! Bill has opened for Huey Lewis and the News and the Doobie Brothers – Now, he’s all ours!

SPONSORED BY:



**Laughter & Beverages Provided!**

## Mindfulness Book Club with Jan Miller, LPC

**Wed. March 10 & 24 | 10:30 am | \$5 for 2 sessions**

Are you curious? We will begin reading this first selection after our introductory meeting on March 10. Start discovering the benefits of mindfulness through the wonderful world of books.

**March Selection: The Miracle of Mindfulness**  
by Thich Nhat Hanh



## The Photographer's Lecture Series

**Fri. March 19  
1:00 pm | \$5**

Photographer David Eastin will review the basics of Adobe Photoshop. You are invited to share digitally 5-10 photos that you have taken for our first quarterly Show & Tell!

*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**



## Terrific Tuesday

**Tuesday, Mar. 16 | 11:00 am | \$10  
Dining Room**

**Can't wait to plant? Start with Micro-Greens**

Master Gardener and Detroit News Garden Writer, Nancy Szerlag, will share her story and teach attendees how to grow their own fresh microgreens and sprouts indoors. This will be a fun and interactive presentation.

SPONSORED BY



**Presentation | Fresh & Healthy Lunch**

# LUCKY BINGO

**Wed. March 31 | 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

## **PEN & INK WATERCOLOR WORKSHOP w/Elaine Wells** **Wed. Mar. 3 & 10 | Art Studios**

**10 am - noon | \$25 for 2 sessions** supplies (see below)  
This NEW class will encourage various combinations of pen with watercolor washes to create beautiful effects. Supplies: Bring black Micron pen (point size .05 or .08), watercolors, brushes and a photo to work from. A still life of flowers will be provided for those who wish to draw from life. Paper provided; paints/brushes if you need them.



## **MOSAIC TILE CLASS** **w/Mary Gilhuly**

**Tue. Mar. 9 | Aud. | Celtic Knot**  
**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. Results are great and anyone can do this!

## **KNITTING BEGINNING w/Tara Kury** **Thurs. Mar. 11 & 18 | Art Studios**

**10 - 11:30 am | \$10** yarn provided - bring pair US#10 knitting needles and tapestry needle

Class requires basic knitting knowledge of the knit and purl stitches. Make a trendy, winter twisted ear warmer. Easy, fast and fun! In Session 1, you may learn everything you need to know. Session 2 is available for additional help.

## **INDEPENDENT DRAWING & PAINTING** **w/Merri-Jo Towns**

**Tues. Mar. 16 & 23 | Classrooms**

**1 - 3:30 pm | \$20** bring own supplies  
Improve your drawing and painting skills. Follow along with guidance from instructor or work on your own piece with tips and inspiration. Guided lesson plan is "Birds" – your choice of medium.



**LAPIDARY is BACK!**  
**Fri. Mar. 12, 19 & 26 | 9 am - noon**  
**\$7 each session**  
**Limited to two sessions per month**  
*To register, see top of page 9*

## **WATERCOLOR PAINTING w/Pete Snodgrass** **Wed. Mar. 17 & 24 | Art Studios**

**9:30 - 11:30 am | \$20 for 2 sessions** bring own supplies  
Practice your watercolor skills and learn new techniques with guidance from an expert artist. All levels welcome. Week 1 - the theme will be "green." Bring your own rendition of green to paint. Week 2 – theme will be "Winter is Over" – study the pastel colors of spring. Call Paula 248-608-0253 or email [pbedsole@opcseniorcenter.org](mailto:pbedsole@opcseniorcenter.org) for a list of suggested supplies. (16 x 20 paper preferred - #140#)



## **ZENTANGLE INTRO** **w/Cherie Hartwick CZT#20**

**Wed. Mar. 24 | Art Studios**  
**1 - 3:30 pm | \$10**

The Zentangle Method, is a meditative art form for everyone. Learning simple patterns created with a pen helps reduce anxiety and stress. Increase focus and find a new sense of personal well-being. Supplies: \$10 to instructor for beginner kit.

## **POTTERY - HANDBUILDING TECHNIQUES** **w/Harvey Bennett**

**Thurs. Mar. 25 | Art Studios**

**1:00 - 3:30 pm | \$15** includes supplies & firing  
Use your fingers, hands and simple tools to make a decorative platter. Choose whatever shape you want and learn basic slab techniques to complete your piece. Enhance your platter with textures, etching designs and more. Come play with clay!

## **ANYONE CAN PAINT w/ Steve Wood**

**Tues. Mar. 30 | Auditorium**

**10:00 am - noon | \$25** includes supplies

Let award-winning TV artist, Steve Wood, of the popular show "Anyone Can Paint," help develop the inner artist in you. Whether a beginner or someone rediscovering art, you are invited to join him to complete an 11 x 14 acrylic painting of an ocean beach scene with palm trees. Wood has successfully taught over 4,500 students and proves you don't have to be "born with the gift." His unique ability to blend humor and encouragement results in an enjoyable and relaxing painting experience.





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 \*\***

### SPRING CARDS & BOOKMARKS w/Opal

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

Create 2 cards and 2 bookmarks in a spring theme. Remember someone with a special handmade card. The bookmarks are a great addition to your Easter baskets! A perfect introduction to paper crafting techniques. Join us and get hooked on paper projects!

### REVERSIBLE WOOD BLOCK SIGN w/Cherie

**Wed. Mar. 10 | 1 - 3:30 pm | \$12**

Paint and distress five cedar blocks and a base, then finish with scrapbook paper background/lettering and seal with decoupage medium. Easy to do with great results. Use for St. Patrick's Day, then flip for your Easter décor. Great finishing touch for any shelf, table or mantel.



### SPRING INSPIRED BRACELET w/Regina

**Tues. Mar. 16 | 10 am - noon | \$10**

Use vintage and new beads of stone, metal and plastic to create a unique assemblage bracelet ready to wear with your favorite spring outfit! Some jewelry wiring skills are helpful, but not required. Bring basic jewelry tools, if you have them, and any special beads you'd like to incorporate into your bracelet. Variety of color choices available.



### EARRING EXPLOSION w/Cherie

**Wed. Mar. 17 | 1 - 3:30 pm | \$10**

Use assorted beads and learn techniques including stacking and dangling chains to make a variety of earrings. Theme is "green" for St. Patrick's Day, but we'll offer gold, silver and black and white beads too (add personal pieces if you wish). Can be worn any time of year.

### WOODBURNING TECHNIQUES w/Cherie

**Wed. Mar. 31 | 1 - 3:30 pm | \$12**

Burn a spring design onto a medium size rustic tree round. Multiple designs will be provided. Learn to create beautiful marks, lines and textures. Bring colored pencils to enhance your piece.

## Art Appreciation Lecture

*presented by Elaine Wells*

### Into and Out of Impressionism

**Tues. March 23 | 10:30 am | \$5 | Auditorium**

Discuss the academic style of French painting present at the beginning of Impressionism, a style based on the science of color and light featuring the works of Claude Monet and others. Elaine will conclude the presentation by touching on the transition into Post Impressionism.

## OPEN ART STUDIOS

Bring your projects and work while visiting with friends!

### ZENTANGLE STUDIO w/Cherie

**Mon. Mar. 1 - 29 | 10 am - noon | \$5 per month**

A simple pathway to relaxation and inner focus. No experience needed. Two new tangles presented each week. *Supplies: Bring a fine tip pen, white paper and a pencil.*

### CREATION STATION STUDIO w/Cherie & Opal

**Mon. Mar. 1 - 29 | 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. Mar. 12 - 26 | 1 - 3:00 pm | \$5 for 3 sessions**

Knit, crochet, sew, quilt, embroider. Bring your current projects and share ideas . . . learn from one another.

## WOODSHOP

**Monday - Thursday**

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

**Registration limited to 4 sessions per week**

*\$100 Annual Woodshop User Card is required*

### WOODSHOP SAFETY CLASS 4 w/Marty & Tom

**Fri. Mar. 19 | 1 - 3:30 pm | \$15 | Upton Woodshop**

A requirement to obtain a Safety Card to use the Woodshop. Upon completion, you may purchase a Yearly User Card (\$100), then register to use the shop. Limited space available.

## "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.

*Stay Creative!*

Project video links on:  
OPC Website - Stay Creative link  
OPC YouTube Channel:  
Older Persons' Commission

### BUNNY BOARDS

A simple, but adorable Spring project. Cut out two bunny shapes from pastel, patterned papers then apply them to wood boards using decoupage. Add misc. papers and trims. You will make a set of two. Embellish with pom-pom tails, ribbon, beads and twine. Lots of choices to personalize your pieces. Perfect for a child's room as well!



### SIMPLE KNITTED DISH/WASH CLOTH

Skill Lever: Beginner, requires basic knitting knowledge – should know the knit stitch. This project will teach you how to yarn over and knit two together to make a quick, diagonal knitted dish or wash cloth that make great gifts! Kit provides enough yarn to make two dish/wash cloths.



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

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

**\* Previous kit inquiries call 248.608.0253 \***

## BETWEEN THE LINES: Coloring for Adults Tues. Mar. 16 & 30 | Atrium | 1 - 3:00 pm | \$5 for 2 sessions

Find camaraderie and inspiration in the OPC Atrium. Coloring pages and pencils will be available. We encourage you to bring your own.

**CREATIVITY**  
creativity

Enjoy coloring this page!





# Save the Date June 5, 2021

Get ready to run or walk . . .  
IN-PERSON or VIRTUALLY at your own pace!

Presenting Sponsor:



Jogger Sponsor:



Walker Sponsors:



## 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 Sessions per week limit)

- o Lap Pool 45-minute Sessions: Monday-Friday, 8:00 am – 5:00 pm
- o Therapy Pool 45-minute Sessions: Monday-Friday, 8:15 am – 4:00 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 Sessions per week limit)

- o 45-minute Sessions: Monday-Friday, 8 am – 4:00 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.

**Registration begins  
for all March  
activities on:  
THURS. FEB. 18  
at noon.**

### Walking Track (3 Sessions per week limit)

- o 45 minute Sessions: Monday-Friday, 8:00 am – 4:00 pm
- o Max of 12 people at a time wearing a mask on the track
- o Park on the upper level and enter through the main entrance for the health screening.

## ATTENTION POTTERY STUDIO PARTICIPANTS

We are making plans to re-open the Pottery Studio on a limited basis in April or May, for independent work only. In the meantime, we need independent potters and other students to make arrangements to pick up any projects they left behind when we closed in March 2020. This will help us to reorganize.

*Please call or email Paula to set up an appointment:  
248-608-0253 | pbedsole@opcseiorcenter.org*



## 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.opcseiorcenter.org](http://www.opcseiorcenter.org)
- Local TV News: OPC will be included on the SE MI School Closing Listing
- Members will receive an automated phone call.



# 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 - Mar. 1 - 15 | 7 classes \$42**

**Session 2 - Mar. 17 - 31 | 7 classes \$42**

*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. Mar. 1 - 29 | 8:30 am | 5 classes \$30**

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

### FUNCTIONALLY FIT w/Peggy 2

**Mon. Mar. 1 - 29 | 10:30 am | 5 classes \$30**

**Wed. Mar. 3 - 31 | 10:30 am | 5 classes \$30**

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

### ZUMBA w/Fabiola 2

**Mon. Mar. 1 - 29 | 1:00 pm | 5 classes \$30**

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. Mar. 2 - 30 | 10:30 am | 5 classes \$30**

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. Mar. 2 - 30 | 12:30 am | 5 classes \$30**

**Thurs. Mar. 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. Mar. 2 - 30 | 8:30 am | 5 classes \$30**

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

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

### CYCLING 2-3

**Tues. Mar. 2 - 30 | 9:30 am | 5 classes \$30 w/Kathy**

**Thurs. Mar. 4 - 25 | 9:30 am | 4 classes \$24 w/Kathy**

**Fri. Mar. 5 - 26 | 9:00 am | 4 classes \$24 w/Therese**

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. Mar. 2 - 30 | 1:30 pm | 5 classes \$30**

**Thurs. Mar. 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. Mar. 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. Mar. 2 - 30 | 11:30 am | 5 classes \$30**

**Thurs. Mar. 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 13 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

### SUNRISE YOGA W/Kay 2

Thurs. Mar. 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. Mar. 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.

### BEGINNING TAI CHI – WU STYLE w/John

Tues. Mar. 2 - 30 | 4:00 pm | 5 classes \$40

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

Fri. Mar. 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.

### TANG SOO DO w/Paul

Mon. Mar. 1 - 29 | 11:30 am | 5 classes \$30

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.

### 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**

### GUIDELINES AND REGISTRATION DETAILS

**Pickleball, Table Tennis and Badminton are back in the Gym beginning March 1!**

#### Participation Requirements:

- Park on the lower level and enter through the aquatic entrance for the health screening.
- Masks are required and must cover the nose while playing. It is highly recommended to wear a glove on your nonplaying hand.
- Players must bring their own equipment. Each group uses their own balls or birdies that must be labeled.
- Pay upon entry: \$2 per session.

#### Pickleball

- Mondays 2:00 – 3:10 pm
- Wednesdays 12:00 – 1:15 pm and 1:30 – 2:45 pm
- Fridays 1:00 pm – 2:15 pm and 2:15 pm – 3:30 pm
- 2 courts - Max of 12 reservations and limited to 1 reservation a week

#### Table Tennis

- Wednesdays 3:15 – 4:30 pm
- 2 tables available. Max of 8 reservations.

#### Badminton

- Mondays 3:30 – 4:30 pm
- 2 courts available. Max of 8 reservations.

**Registration begins Thurs. Feb. 18 at noon**

# 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

### Reopening March 1!

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



## 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, March 8**

**Tuesday, March 23**

**12:00 - 3:00 pm**

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

Call OPC: **248.608.0249**

## WELLNESS COACHING AT OPC

**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 information or appointments:**  
**248.608.0249**

*Zoom appointments are available*

**NEW!**

## SUPPORT groups

### CARING & SHARING LOSS

**Friday, Mar. 5 & 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, Mar. 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, Mar. 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**

## MEDICAL EQUIPMENT LOANS

Available for short term use:

WALKERS \* WHEELCHAIRS \* CANES \* SHOWER STOOLS  
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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.

## MEDICARE | MEDICAID Assistance Program

Due to COVID-19, MMAP Counseling will be provided by:

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



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

## FREE Virtual Classes for Michigan's Older Adults



Visit <https://www.getsetup.io/partner/michigan> to sign up. Use coupon code MICHIGANHEALTH to waive any fees associated with small group classes.

Need Help? email [help@getsetup.io](mailto:help@getsetup.io) or call 1.888.559.1614

Brighten the Day of an OPC Meals on Wheels client with a

## BUNCH OF DAFFODILS!

Dinosaur Hill Nature Preserve is holding their annual Daffodils for Dinosaurs sale, and is once again featuring the option to purchase bunches for OPC's Meals on Wheels clients.



If you would like to order a bunch (or two) to be donated, please visit [www.Daffodils.DinosaurHill.org](http://www.Daffodils.DinosaurHill.org).

*Orders must be placed by March 7*

## AARP TAX ASSISTANCE

Details on area locations are not available at this time.

To find an AARP location near you call: **888-687-2277**

## COVID-19 Vaccine Information

**Oakland County Health Department:**

COVID-19 Vaccine updates will be posted online as they become available at the Save Your Spot link: <https://oaklandcountyvaccine.com/> or text OAKGOV to 28748.

For anyone unable to complete the online form, call:

**Oakland County Health Hotline  
800-848-5533**

Appointments will be added based on the vaccine supply received from the State of Michigan.

OCHD is following the Michigan Department of Health and Human Services COVID-19 vaccination plan.

## 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.

# march

## Meals on Wheels Menu

Congregate Meals will resume at a later date

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Chicken Broccoli Casserole Baked Potato Prince Charles Blend Tapioca Pudding Roll	<b>2</b> Meatloaf w/Gravy Garlic Mashed Potatoes Peas/Italian Vegetable Fresh Orange	<b>3</b> Ham (low sodium) Scalloped Potatoes Brussel Sprouts Baked Apples Roll	<b>4</b> Beef Stroganoff Egg Noodles French Cut Beans Peach Halves Roll	<b>5</b> Oven Baked Fish Scalloped Potatoes Hot Vegetable Salad Apricots Roll
<b>8</b> Stuffed Cabbage Oven Roasted Potatoes Parsley Carrots Fresh Pear Breadstick	<b>9</b> Chicken Breast w/gravy Whole Potatoes Carrots Fruit Medley Roll	<b>10</b> Italian Ravioli Broccoli Cuts Three Bean Salad Fruit Cocktail Roll	<b>11</b> Sweet & Sour Meatballs w/Rice Sugar Snap Peas Oriental Blend Vegetable Orange Salad Roll	<b>12</b> Baked Cod Sliced Potatoes Peas Orange Bread
<b>15</b> Chinese Pepper Steak w/Brown Rice Cut Green Beans Broccoli Cuts Apple Breadstick	<b>16</b> Port Chop Creole Roasted Potatoes Asparagus Peach Slices Wheat Bread	<b>17</b> Smothered Chicken Red Skin Potatoes Mixed Vegetable Fruit Cocktail Wheat Bread	<b>18</b> Bratwurst w/Bun German Potato Salad Sauerkraut Apple	<b>19</b> Lemon Pepper Cod Oven Roasted Potatoes Capri Blend Vegetable Orange Wheat Roll
<b>22</b> Macaroni & Cheese Baby Beats Romaine Salad Fruit Salad Corn Muffin	<b>23</b> Chicken Cutlet Roasted Potatoes Broccoli Cuts Fresh Pear Breadstick	<b>24</b> Turkey w/vegetables Egg Noodles Garden Salad Grapes Roll	<b>25</b> Turkey Burger w/bun Tomato Salad Three Bean Salad Red Apple	<b>26</b> Tuna Pasta Salad Shredded Lettuce Peas Sliced Peaches Mini Muffin
<b>29</b> Stuffed Green Pepper Sliced Potatoes Normandy Vegetable Apricots Wheat Bread	<b>30</b> Meatloaf w/gravy Whole Potatoes Brussel Sprouts Grapes Roll	<b>31</b> Breaded Pork Patty Red Skin Potatoes Peas Applesauce Roll	<b>Grab &amp; Go Lunches Available</b> <b>Monday - Friday   Pick-up begins at noon</b> <i>\$3 suggested donation</i> <b>Call 24 hours in advance</b> <b>to reserve a meal: 248.659.1032</b>	



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](http://www.aaa1b.org) • 1.800.852.7795**

# Ascension Providence Rochester *at OPC*

## Wellness Center

**ASK THE ORTHOPEDIC DOCTOR** Tues. Mar. 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, Parkinsons', 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**

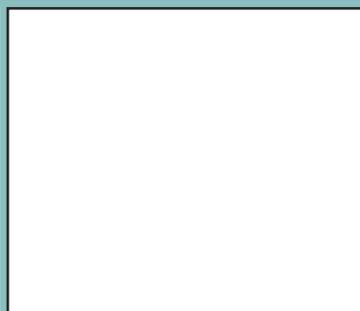
**Call Cindy McKenna, RN 248.601.2888** at the OPC APR Wellness Center to schedule or learn more about the visits.

**Home Health**  
 248.609.2880 (phone)  
 248.629.2880 (fax)  
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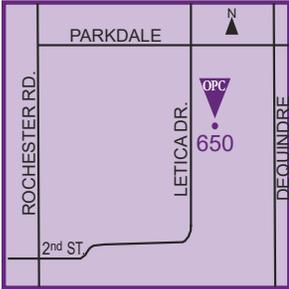
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**Registration for all March activities begins on THURSDAY, FEBRUARY 18 at noon.**

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  
By appointment or reservation only

### CONTACT INFORMATION

#### General Information

248.656.1403  
Please leave a voicemail

#### Meals on Wheels

248.608.0264

#### Senior Support Services

248.608.0249

#### Transportation

248.652.4780

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# "Lunch like the Irish"

## Drive-thru Lunch

Wed. March 17 | 11:00 am - noon

Stay in your car and drive right through to pick up your  
**Lunch to Go!**

**Corned Beef - Cabbage - Carrots - Red Skinned Potatoes  
Garden Salad - Dinner Roll - Green Cake**

\$5 Donation per meal collected at drive-thru

### TWO WAYS TO REGISTER

- ☘ My Active Center on the OPC Website
- ☘ Lunch like the Irish Hotline (248) 608-0280

Registration, membership  
and attendance required

Registration closes at noon  
Wednesday, March 10  
or until sold out

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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.