January 2022

OPC MONTHLY

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

2022

HAPPY NEW YEAR

From the Executive Director, Renee Cortright

Happy New Year! I hope you had a wonderful holiday season with your family and friends. The theme for our Annual Fund Drive this year was "A single flame can light a thousand candles". OPC has been a light of inspiration and hope for so many in our community throughout 2021. Each day, we delivered on our promise to provide physical and mental stimulation even while navigating a pandemic.

Here are just some of the many accomplishments from the past year:

- 98,155 Meals Prepared, Served and Delivered
- 71,118 Fitness & Aquatics participants
- 41,829 Transportation rides
- 19,119 Volunteer Hours
- 15,896 Registered Members
- 1,410 Adult Day Service Hours
- 90 dedicated OPC Team Members
- 1 Premier Activity Center ~ OPC!

We continue to provide opportunities for seniors to lead fulfilling, active, joy-filled and secure lives with our fitness and aquatic classes, enrichment and arts programming and the senior support services of transportation, Meals on Wheels, and Adult Day Service.

I've had less than stellar luck keeping my New Year's resolutions in the past, so this year I've decided to take a different approach that focuses on emotional wellness. Cheers to a new year with fresh beginnings! *1. Decide what is most important* by acknowledging that we have finite resources of time and energy. *2. Do good for others.* Volunteering reduces stress and spurs the release of endorphins, "The brain's natural painkillers". *3. Be kinder to yourself. 4. Forgive the one person who least deserves it.* Forgiveness does not mean condoning bad behavior but it does mean "waking up with a fresh start". *5. Go slower, get there faster.* Breaking up big goals into smaller, manageable ones makes a person feel less overwhelmed.

All throughout the year, but especially during this holiday season, we experienced a multitude of ways, (holiday baskets, notes, care packages, poinsettias, knitting hats, scarves and mittens, raking leaves, and delivering food), in which we derive support for our mission from individuals, organizations, businesses, and government partners with their time, talents and monetary donations. They stand with OPC every day as we work to empower older adults to Live Well, Feel Well and Age Well in their community with dignity and respect. Thank you for YOUR generosity and for all you may do in support of the OPC mission!

It's not the destination, it's the journey. May you enjoy each day of your adventure.

Renee

Get the most out of your membership!

Discover why OPC is a great place to be 50+ at this complimentary gathering in the Dining Room.

Wed. January 5 | 1:00 pm
Tues. January 11 | 6:00 pm
Wed. January 26 | 10:00 am

Call 248.659.1029 to register

Upcoming EVENTS

FEBRUARY 17
Top Chef

FEBRUARY 24
Wine Tasting

January 2022

OPC MONTHLY

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

This Month's Featured Programming

Family Feud Live OPC Edition 4
YOU can be a contestant!

650 Mid Day Club 5
Celebrate the New Year with the Boogie Woogie Kid!

Master Class 5
'Over the Rainbow' - Learn about the music of classic American songwriter Harold Arlen

Women's Luncheon 6
Enjoy a spot of tea while learning how to manage our financial lives

Savvy Seniors 8
Start the New Year right with tips to simplify, organize and declutter your home and life

Rewired Not Retired 9
What did I just eat? Surprising facts about food!

Terrific Tuesday 9
The Parade Company – Parades, Pageants and Politics

In Every Issue

A message from Renee	2
Enrichment and Art Classes	4-12
Travel	13
Fitness and Aquatic Classes	14-17
Support Services	18-19
Nutrition Menu	22

Older Persons' Commission (OPC) | 650 Letica Drive Rochester, MI 48307
(248) 656-1403 | opcseniorcenter.org

FAMILY FEUD
LIVE OPC EDITION

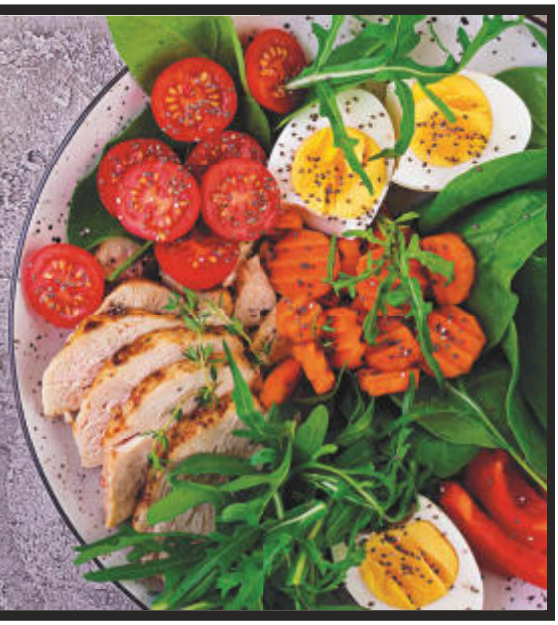
Tues. Jan. 18 | 2:30 pm | $5 | Dining Rm

Now YOU can be a contestant on America's favorite game show right here at the OPC!

Survey says.... Register NOW!

SPONSORED BY:
CAPS Remodeling
CareBuilders at Home

Nutrition Bites



Thurs. Jan. 13 | 10:30 am | Dining Rm

Information and Education for a Healthy Life

EDUCATE AND ENCOURAGE

Join Robin Danto, MSU Extension Educator for an informal presentation on healthy food options. Registration is required!

Complimentary
Call 248.659.1029 to register.

REGISTRATION

REGISTER for classes and programs, ANYTIME, ANYWHERE!

MyActiveCenter (MAC) will enable you to register and pay for many classes and activities in Fitness & Aquatics, Enrichment and Fine Arts, and Travel online, including Fitness & Aquatic passes.

You must already be a member and have an OPC Key Tag to use online registration.

Visit : www.opcseniorcenter.org for instructions or go directly to www.myactivecenter.com

For questions, contact Michele Burns at 248.608.0259

OPC activities are for registered members only, unless otherwise noted.

650 Mid-Day Club New Years Party!

2022

Appetizers, Refreshments, Cash Bar

Celebrate with Matthew Ball

The Boogie Woogie Kid!

Pianist, Singer & Songwriter

Thursday, JANUARY 13

2:30 – 4:00 PM | $15

OPC Auditorium – Open to the Public

CALL 248-659-1029 to register

AH Veterans table compliments of American House

Sponsored by:

American House SENIOR LIVING COMMUNITIES Elmwood & Stone

BrainStorm

a monthly learning lecture

The Magic of Music

Thurs. Jan. 20 | 1:30 pm | $5 | Dining Room

Learn to understand the many ways that music affects our brain health, happiness, socializing and self-esteem and how to use it to enhance your well-being.

Presented by Wayne State University & The Institue of Gerontology in collaboration with faculty researchers

Sponsored by,

community foundation Greater Rochester

Fireside Poets Meet-Up

Thurs. Jan. 27 | 1:30 - 3:00 pm

$2 upon entry | Library

Master Class Lecture Series - Start learning today!

OVER THE RAINBOW

The Music of Harold Arlen

presented by historical speaker Stuart Johnson

Tues., January 25 | 1:30 pm | $5 Dining Rm

This review of Arlen's career will include a short song introduction and slides of the vocal artists who performed that song. Selections include: *Between the Devil and the Deep Blue Sea* (Ella Fitzgerald), *Blues In The Night* (Cab Calloway), *Black Magic* (Billy Eckstine), and of course, *Over The Rainbow* (Judy Garland).

Sponsored by:

RUTKOWSKI LAW FIRM ESTATE PLANNING & ELDER LAW

Women's Luncheon

Thurs. Jan. 27 | 1:00 pm | $12 | Dining Room

WOMEN, WEALTH & WISDOM AFTERNOON TEA

An intimate discussion regarding the steps you can take to gain financial knowledge and peace of mind.
Presented by Xenia Woltman

SPONSORED BY WellBridge of Rochester Hills

LIGHTS, CAMERA, ACTION

Movies Complimentary
Popcorn, Candy & Refreshments
$2 Suggested Donation

DREAM HORSE

Mon. Jan. 10 | 6:00 pm | Dining Rm
Fri. Jan. 14 | 1:00 pm | Auditorium
2021 PG (1 hr 53 min)
A true story of a town bartender with very little money, who convences her neighbors to chip in their meager earnings to help raise a race horse.

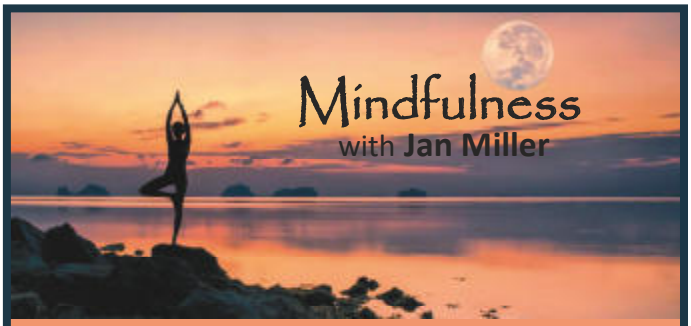
THE COURIER

Mon. Jan. 17 | 6:00 pm | Dining Rm
Fri. Jan. 21 | 1:00 pm | Auditorium
PG (1 hr 39 min)
A true-life spy thriller story of a British businessman who formed a covert, dangerous parnership with a Societ officer to help MI-6 penetrate the Soviet nuclear program during the Cold War.

MONDAY MOVIE SPONSORED BY PIXLEY FUNERAL HOME Dignity LIFE WELL CELEBRATED

FRIDAY MOVIE SPONSORED BY HearingLife

Hearing screenings & cleanings complimentary before the Jan. 21 show. One space at 12:00, 12:15 & 12:30 pm. Register with the cashiers 248.659.1029



A MEETING OF THE MINDS FOR 2022

Monday| 11:00 am | Classroom 1 | $5 upon entry
Discover new ways of looking at the world and yourself through varied practices each week including guided meditation, writing prompts, non-fiction book exploration, and group discussion. Enhance your well-being through mindfulness!
Upcoming books: ***Wintering*** by Katherine May
Atomic Habits by James Clear

Meet the Mayors

ROCHESTER

Mayor Stuart Bikson
Tues. Jan. 25 | 4:30 pm | Library

ROCHESTER HILLS

Mayor Bryan Barnett
Mon. Jan. 10 | 10 am | Dining Room

LANGUAGE Classes & Conversation

French:

ADVANCED CLASS w/Gudrun
Tues. | 2 - 3:00 pm | $5 upon entry | Class 1

German:

INTERMEDIATE CLASS* w/Gudrun
Mon. | 9:45 – 10:45 am | $5 upon entry | Class 1

CONVERSATION GROUP w/Ingrid
Tues. | 12:45 – 1:45 pm | $2 upon entry | Class 3

India:

CONVERSATION GROUP w/Madhuri
Tues. | 1 - 2:00 pm | $2 upon entry | Class 2 NEW!

Spanish:

BEGINNER CLASS* w/Mike
Mon. | 1:30 - 2:30 pm | $5 upon entry | Class 1
Thurs. | 10:30 - 11:30 am | $5 upon entry | Class 1

CONVERSATION GROUP w/Maria
Wed. | 10:30 - noon
Virtual Only - Call 248.608.0263 for Zoom ID & Password

SPANISH FOR TRAVELERS* w/Lidia
Tues. | 4 - 5:00 pm | $5 upon entry | Class 1

**Please pre-register!*

TECHNOLOGY

TECHNOLOGY CLUB Classroom 1
Tues. | 10:00 am | $2 upon entry

Sponsored by: Pomeroy Living

MAC Enthusiasts - Virtual
Thurs. Jan. 6 & 20 | 1:00 pm
Meeting ID: 878 7669 3277 | Passcode: opc

COMPUTER HELP: One on One w/Don | Computer Lab
Call 248.608.0263 to schedule a date & time | $5 upon entry

DANCE & MUSIC

*must have your own instrument | **must pre-register

UKULELE FUN*
Tues. | 2:00 – 3:30 pm | $2 upon entry

GUITAR GROUP*
Tues. | 9:30 - 11:30 pm | $2 upon entry
Sat. | 10 am - 1:30 pm | $2 upon entry

BELLY DANCING SERIES** w/Sandy
Mon. | 11:45 - 12:45 pm | $15 for 5 sessions

LINE DANCE w/Carol | Auditorium
Mon. | 1:00 - 2:00 pm | $5 upon entry
Thurs. | 1:30 - 2:30 pm | $5 upon entry
Beginner Class:
Thurs. | 2:45 - 3:45 pm | $5 upon entry

BALLROOM DANCE - WEST COAST SWING w/Amy | Aud.
Mondays | 7 – 8:00 pm | $10 per person upon entry

FOCUS on the ISSUES

Mon. Jan. 10 & 24 | 2 - 3:00 pm
$2 upon entry
A casual, come as you are discussion on current events.

Try something new in 2022!

CARDS & GAMES

All fees paid upon entry

AMERICAN MAH-JONG | Class 2 & 3
Mon. | 12:30 – 3:30 pm | $2

BRIDGE Drop-In
Mon. | 12:30 – 3:30 pm | $2 Class 1
Tues. | 10:00 – noon | $2 Library

SAMBA variation of Canasta | Library
Mon. | 12:30 – 3:30 pm | $2

BOARD GAME Drop-In | Class 2 & 3
Tues. | 6 - 7:45 pm | $2
Jan 11: Yatzee | Jan. 25: Amish Aggravation

EUCHRE | Class 2 & 3
Wed. | 12:30 – 3:30 pm | $2

CHINESE MAH-JONG | Class 1
Wed. | 12:30 – 3:30 pm | $2

CHESS Play/Learn/View | Library
Wed. | 5:45 – 7:45 pm | $2

DUPLICATE BRIDGE (Adv) | Class 2 & 3
Thurs. | 12:30 – 3:30 pm | $3
Experienced Players - Must have partner

HAND & FOOT variation of Canasta | Library
Fri. | 12:30 - 3:30 pm | $2

PINOCHLE | Class 2 & 3
Fri. | 12:30 – 3:30 pm | $2

AMERICAN STANDARD BRIDGE | Class 1
Fri. | 12:30 – 3:30 pm | $2 All levels welcome

BEGINNER EUCHRE CLASS w/Cliff
Mon. Jan. 3 & 10 | 10 am & 4 pm | $5
Come to one, or all sessions | Class 2

SAVVY SENIORS Learn over Breakfast

Time to Declutter

Being Organized Can Increase your Happiness

presented by ***Professional Organizer Sue Porter***

Wed. Jan. 19 | 10 - 11:00 am | $5
Dining Room

Do you feel better in a clean and uncluttered space? Sure, you do! When everything in our home has its own place, life just feels better.

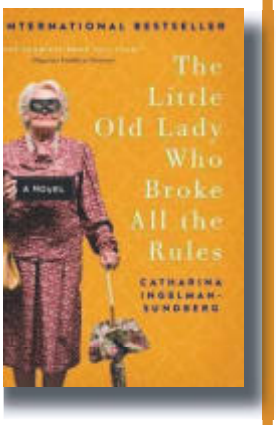
Comfort Keepers.

January Book Club

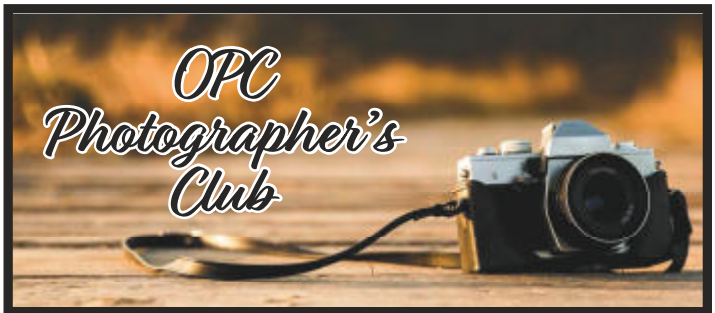
The Little Old Lady Who Broke all the Rules

by Catharina Ingelman-Sunberg

79-year-old Martha Anderson dreams of escaping her care home and robbing a bank. She has no intention of spending the rest of her days in an armchair and is determined to fund her way to a much more exciting life-style.



Tues. Jan. 25 | 2:30 pm | Library
$2 upon entry



Fri. Jan. 21 | 1:30 pm | $2 upon entry
Dining Room

Whether you're a seasoned photographer or someone capturing life's moments on your phone camera, join us and bring along images you'd like to share!

Registration appreciated

CELEBRATE LIVING WELL

with Ascension Providence Rochester

Dinner with the Doc!

Wed. Jan. 12 | 5:00 pm | $5 | Dining Room

HEART HEALTH

Dr. Nishta Sareen, MD FACC is an Interventional Cardiologist specializing in all facets of cardiovascular health.

Terrific Tuesday

THE PARADE COMPANY
PARADES, PAGEANTS & POLITICS

Tuesday, Jan. 11 | 4:00 pm | $12
Dining Room

Volunteer Ambassador John White has marched in America's Thanksgiving Parade since 1958. Learn about the parades fascinating history, new parade props and share your own stories.

Music by the Rochester Alley Band | Dinner | Presentation

WALTONWOOD MAIN
Redefining Retirement Living®

Wed. Jan. 26 | 12:30 pm | $10
Dining Room

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

Sponsored by: hap

VETERANS CONNECTION BREAKFAST

Wed. Jan. 12 | 10:00 am | Dining Rm
$2 upon entry - registration required

Special Speakers from the VA's Home-Based Personal Care Unit at the John D. Dingell VA Medical Center, Detroit, Michigan.

Veterans and their spouses are invited to attend

PRESENTING SPONSOR: American House Village & Park Place
BREAKFAST SPONSOR: Heartland Healthcare Campus / ProMedica

REWIRED *not* RETIRED SM

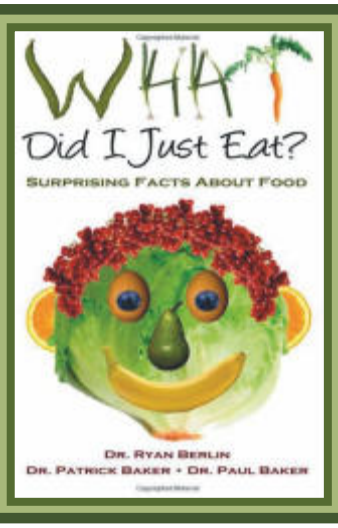
WHAT Did I Just Eat?
SURPRISING FACTS ABOUT FOOD

***Presented by:** Author Dr. Ryan Berlin, DC & Chris Olivero, Certified Personal Trainer*

Wed. January 19 | 1:30 - 3:00 pm | $5 | Auditorium

*Do you want to wait in the Pharmacy line for the rest of your life or the Lifestyle Changes Line? What you EAT is 75% of your Physical makeup, 25% is exercise and environment. Come and find out what YOU can do to **become healthier!***

Sponsored by:
Rochester Wealth Strategies
Fiduciary • Fee-Only • Independent



Fine Art & Crafts

ANYONE CAN PAINT w/Steve Wood

Mon. Jan. 10 | Art Studios
1 - 3:00 pm | $25 includes supplies
Whether a beginner or rediscovering art, you are invited to complete an 11 x 14 acrylic painting of a ocean scene entitled "Passing Storm." Let the award-winning TV show artist of "Anyone Can Paint," Steve Wood, develop the inner artist in you.

POWER OF PASTELS w/Kathie Troshynski

Tues. Jan. 11 - 25 | Art Studios
9:30 am - 11:30 am | $38 bring own supplies
See the light and values, improve composition and enjoy a fresh approach to painting in pastels. Bring your own subject photos and outside the box thinking to have some fun! Instructor, Kathie Troshynski, has an art degree and has worked with multiple nationally recognized instructors. Colorful landscapes, portraits and abstracts comprise her portfolio. Her work is exhibited in local galleries. *Email pbedsole@opcseniorcenter.org for list of supplies.*

COLOR THEORY FOR PAINTERS w/Elaine Wells

Tues. Jan. 11 | Art Studios
1 - 3:00 pm| $20

Know your paints and how they blend with each other to create beautiful tones, tints and shades that you never imagined. Learning to mix color saves purchasing unnecessary tubes of paint that you rarely use. Practice what you learned by completing a mini landscape painting using a palette knife or brushes and the colors you mixed. *Supplies: Bring small all-purpose sketchbook, set of acrylic paints, brushes and color wheel, if you have one. (canvas and palette knife provided).*

WATERCOLOR PAINTING CLASS w/Pete Snodgrass

Wed. Jan. 12 - Feb. 2 | Art Studios
9:30 - 11:30 am | $50
bring own supplies

For students with a foundation in watercolor basics. Continue your watercolor exploration with instructor guided lessons and demonstrations. Focus on development of watercolor styles and more advanced techniques. *Email pbedsole@opcseniorcenter.org for a list of suggested supplies.*

ACRYLIC PAINTING w/Elaine Wells (all levels)

Thurs. Jan. 13 - Feb. 3 | Art Studios
10 am - noon | $50 bring own supplies

An introduction to the art of acrylic painting on canvas. Includes basic elements and techniques of perspective, composition, shading, color theory and mixing. Your choice of subject matter – bring your own picture source. *Supplies: 16 x 20 canvas, set of acrylic paints, variety of brushes, charcoal pencil, kneaded eraser, spray bottle, cloth for drying.*

WATERCOLOR CLASS FOR BEGINNERS w/Meg Costantini

Thurs. Jan. 13 - Feb. 3 | Art Studios
1 - 3:00 pm | $50 bring own supplies

Course is structured around the basics of watercolor painting. Explore watercolor brushwork, color theory and techniques for creating a variety of textures. This course enables beginners to achieve confidence and mastery through weekly projects in a warm, non-judgemental and inspiring atmosphere. Students are encouraged to embrace their own style right from the start. *Email pbedsole@opcseniorcenter for a list of supplies.*

INDEPENDENT DRAWING & PAINTING w/Merri-Jo Towns

Tues. Jan. 18 & 25 | Art Studios
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 – your choice of medium. Guided lesson plan is "Winter Landscapes."

PAINT LIKE THE PROS w/Elaine Wells

Mon. Jan. 31 | Art Studios
1 - 3:00 pm | $20 includes supplies - bring your own paints and brushes if you have them

Enjoy experimenting with Impressionist techniques in the manner of Claude Monet, the famed Impressionist painter of 19th Century France. Learn about his work, then paint your own field or garden of flowers using strokes of bright unmixed colors. All levels welcome.

OPC's Fine Art & Crafts Programs are supported by the generosity of our ART PATRONS *ANTHOLOGY OF ROCHESTER HILLS & TROY*.

CREATION STATION | Art Studios

SNOWMEN YARD SPINDLES w/Cherie

Wed. Jan. 12 | 1 - 3:30 pm | $10*
An easy project using banister spindles. Make a trio of snowmen. Simply paint and embellish then display indoors or out.

ZEN SNOWFLAKES w/Cherie

Wed. Jan. 19 | 1 - 3:30 pm | $10
Using a pattern designed by the instructor plus some tricks for circle designs, learn how to draw your own unique snowflakes. A great winter project to celebrate the wonders of snow! *Supplies: Bring black fine-line pen (Micron 01), white gel pen, colored pencils and any glitter/metallic gel pens you have. Instructor has Micron and white gel pens for purchase, if you need them.*

PAPER QUILL SNOWFLAKES w/Cherie

Wed. Jan. 26 | 1 - 3:30 pm | $10*
Quilling is an art form using strips of paper that are rolled, shaped and glued to create decorative designs. Using these techniques, you will learn to make paper snowflakes with various patterns. Join us for some "Paper Zen."

VALENTINE CARDMAKING w/Opal

Wed. Feb. 2 | 1 - 3:30 pm | $10*
LOVE is in the air - remember someone special on Valentine's Day with a card created by YOU. Make four delightful Valentine cards and a special surprise project that you will love!

*** Indicates ALL supplies included**

More EXCITING *craft classes:*

KNITTING FOR BEGINNERS w/Naomi

Tues. Jan. 11 - Feb. 1 | 10 am - noon | Library | $60*
Class covers essential knitting techniques. Learn how to cast on, followed by the two basic stitches – knitting and purling. Learn to increase, decrease, bind off and the importance of gauge. All is taught in sequence building on what the student has already learned.

Supplies (yarn & needles) included in registration fee.

VINTAGE WATCH NECKLACE w/Regina

Mon. Jan. 24 | 10 am - noon | Art Studios | $12*
Choose a vintage watch face from our "stash." Add beads, charms and other trifles. Add a chain of your choice – we have lots to choose from. Each will be different and unique – YOU DESIGN!!

ZENTANGLE INTRO w/Cherie Hartwick CZT#20

Fri. Jan. 28 | 1 - 3:30 pm | Studio 3 | $10
Take time to relax with the Zentangle Method, a meditative art form that teaches mindfulness through drawing. Learning simple patterns created with a pen helps to increase focus and reduce anxiety. *Supplies: $10 to instructor for beginner kit.*

MANDALA MINI CANVAS w/Candi

Mon. Jan. 31 | 10:00 am - noon | Art Studios | $12*
The practice of creating Mandala designs is a meditative and soothing ritual allowing painters to express their creativity and find a sense of calm. Design will be done on a 5" x 5" black canvas using a grid method which makes the process super easy and keeps the pattern perfectly aligned. Finished piece can be displayed on a small stand (included).

*** Indicates ALL supplies included**

The OPC Library Mini-Branch is open during OPC's Building Hours.

Fine Art & Crafts

OPEN ART STUDIOS

NEEDLE ARTS STUDIO w/Pat - Library
Thurs. Jan. 6 - 27 | 1 - 3:00 pm | Pre-Register $5 month
Knit, crochet, sew, quilt, embroider. Bring current projects and share ideas. Have fun socializing and learning from one another.

OPEN PAINTING STUDIO - Art Studios
Fri. Jan. 7 - 28 | 1 - 3:30 pm | Drop-in $2 per session
Join fellow painters to work in your medium of choice. Share ideas. A great collaborative opportunity to develop your skills. *Bring your own supplies.*

ZENTANGLE STUDIO w/Cherie - Library
Mon. Jan. 10 - 31 | 10 am - noon
Pre-Register $5 per month | $2 at the door
A simple pathway to relaxation and inner focus. Work at your own pace. New tangles presented periodically. *Bring your own supplies.*

CREATION STATION STUDIO w/Cherie & Opal - Art Studios
Mon. Jan. 10 - 31 | 1 - 3:30 pm
Pre-Register $5 per month | $2 at the door
Bring your own supplies and unfinished projects. Enjoy creative time with others, sharing ideas and crafting. We have tips and some supplies to share.

WOODSHOP Open Workshop

Monday - Friday | 10 am - 4:00 pm
(no sessions when a class is scheduled)
$30 Monthly Card | $150 Annual User Card
WOODSHOP SAFETY CARD REQUIRED TO PARTICIPATE IN ALL CLASSES & DROP-INS

WOODSHOP SAFETY CLASS w/Al & Mike
Thurs. Jan. 6 | 1 - 3:30 pm | $15
Members are required to obtain a Safety Card to use the Woodshop. Upon completion, you may purchase a monthly or yearly user card to use the shop.

RENOVATIONS ARE HAPPENING IN THE WOODSHOP!!
Al Fields and "crew" have re-designed the clamp racks and re-constructed the miter saw table. Stop by and check it out. It looks AMAZING!!
Thanks - we appreciate YOU!

POTTERY STUDIO

INDEPENDENT POTTERS
Pre-requisite to participate - Minimum 36 hours OPC pottery class time & registration required
Mon. Jan. 10 - 31 | 9 am - noon / 12:30 - 3:30 pm / 4:30 - 7:30 pm
Thurs. Jan. 6 - 27 | 9 am - noon / 12:30 - 3:30 pm
$5 EACH individual session | *limited participation*
Bring your own clay and glazes. OPC will fire projects made in these Independent Pottery sessions only.

POTTERY HANDBUILDING CLASS w/Cherie
Wed. Jan. 12 - Feb. 16 | 9:00 am - noon | $75
6 class sessions / $15 for 25# clay - all other supplies included
Begin with the basics. Learn clay handbuilding techniques to make everything from jewelry components to bowls and platters using fabric, doilies, rolling pins, cookie cutters and more. Clay manipulating, decorative techniques and basic glazing will be covered.

POTTERY WHEEL CLASS w/Harvey
Wed. Jan. 12 - Feb. 16 | 1 - 4:00 pm | $75
6 class sessions / $15 for 25# clay - all other supplies included
Learn basic methods to create decorative, functional and artistic pottery on the wheel. Also covers glazing applications and finishing with unique surface techniques. All levels.

LAPIDARY Open Studio

Fridays | Jan. 7 - 21 | 9 am - noon
$7 per session | Art Studios
REGISTRATION REQUIRED TO PARTICIPATE

NOTE – *Friday, January 28 will be a "work day" to clean and make necessary adjustments to the Lapidary equipment. You do not need to pay or pre-register for this day, but we hope you will all JOIN US to keep your tools and machines operating well.*

Travel

Day Trips:

FORD HOUSE TOUR **Thurs. Jan. 27 | 9:00 am - 3:00 pm | $93**

Tour the impeccably designed main residence of Edsel and Eleanor Ford, designed by prominent architect Albert Kahn and inspired by Cotswolds-style cottages in England. Around every corner, discover world-class art and design pieces including paintings by Vincent Van Gogh and Diego Rivera. Included lunch at the Ford House. **Cancellation fee: $14/Deadline: Jan. 7**

DSO POPS **Fri. Feb. 11 | 9:00 am - 3:30 pm | $88***

Drawing on classical favorites and circus artistry, Troupe Vertigo leads us on a breathtaking experience featuring dizzying aerial acts, acrobatic perfection and more. They will leave you in awe. Lunch on your afterward. OPC minibus. **Cancellation fee: $13/Deadline: Jan. 7**

DIA **Wed. Feb. 16 | 12 - 4:00 pm | $9**

Enjoy a self-guided tour of the DIA. Services provided by DIA as a milage benefit for tri-county residents. Motor coach. **Cancellation fee: $1/Deadline: Feb. 4**

SHRINE OF THE LITTLE FLOWER CHURCH TOUR

Fri. Feb. 22 | 10:30 am - 3:30 pm | $75*

A docent led tour will uncover the history and architectural gems of the National Shrine of the Little Flower Basilica. Established in 1926 this Catholic church has a long and unique history. Lunch is included at The Sign of the Beefcarver-a Royal Oak tradition since 1957. Motor coach. **Cancellation fee: $11/Deadline: Jan. 21**

YANKEE AIR MUSEUM & FIREHOUSE MUSEUM TOURS

Thurs. Mar. 3 | 9 am - 4:30 pm | $95

Enjoy a docent led tour of the historic Yankee Air Museum filled with historic aircraft and artifacts from WWII. The Willow Run Story movie will be shown. After an included box lunch, we will travel to the Michigan Firehouse Museum and receive a docent led tour of the 1898 firehouse along with learning fire fighting history and the evolution of fire fighting technology. Motor coach. **Cancellation fee: $14/Deadline: Feb. 18**

TALES OF THE BEACONERS **Wed. Mar. 16 | 8:30 am - 1:00 pm | $67**

Professional actors will share the untold stories of the lives of women who worked on the waterways of the Great Lakes during the 19th century. These women navigated many roles from lighthouse keepers to ship's captains. Performance is at the Lorenzo Cultural Center. Brunch is included before the performance. Motor coach. **Cancellation fee: $10/Deadline: Feb. 25**

***Wheelchair accessible**
If you need special accommodations, call 248.659.1030 before registering

Bus leaves prompty at posted time
Please arrive 30 minutes prior

$10 additional charge for non-residents who are not members

Extended Trips:

SWITZERLAND – Alpine Lakes & Scenic Trains **October 5-13, 2022**

Breathtaking Alpine vistas await as you travel through Switzerland!

Experience dramatic views while aboard railways and lake cruises, and enjoy cultural experiences in charming villages. Three included train rides - GoldenPass, Glacier Express-Tour and Bernina Pass.

See the OPC website, pick up a lobby flyer or call Linda at 248.659.1030 for full details.

Fitness Classes

CHOOSE YOUR FITNESS LEVEL 1 - Begin with a chair | 2 - Beginner 3 - Intermediate | 4 Advanced

Land Classes:

RISE & SHINE w/Peggy 2-3 (K. White)
Mon/Wed/Fri. Jan. 3 - 31 | 8:00 am | 13 classes $78
Movements focus on specific exercises to improve strength and balance while using body weight and/or resistance equipment (weights, bands, balls).

BODY STRONG w/Lisa 2-4 (K. White)
Tues. Jan. 4 - 25 | 10:30 am | 4 classes $24
Strengthen the entire body working upper and lower body and core muscles. Stay fit for sports or leisure activity, working the whole body!

CORE STRENGTH 2 (D. LaVere)
Tues. Jan. 4 - 25 | 12:30 pm | 4 classes $24 w/Karen*
Wed. Jan. 5 - 26 | 10:15 am | 4 classes $24 w/C Smith
Thurs. Jan. 6 - 27 | 9:30 am | 4 classes $24 w/Karen**
Begin strengthening back, stomach, and side muscles to improve posture and balance.
Note: *Tues. Class is in K. White Room
*****Thurs. Class is level 3; bring a mat for floor work***

CYCLING 2-3 (Gym)
Tues. Jan. 4 - 25 | 9:00 am | 4 classes $24 w/Therese
Fri. Jan. 7 - 28 | 9:00 am | 4 classes $24 w/Therese
Sat. Jan. 8 - 29 | 9:00 am | 4 classes $24 w/Arlene/Sharon
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.

BOX FIT 101 w/Carol Schram 2-3 (Gym)
Thurs. Jan. 6 - 27 | 6:00 pm | 4 classes $24
A non-contact basic boxing class. Using speed bags, heavy bags, and weights, participants engage in circuit training and drills. Increase strength and balance and cardiovascular endurance. Bring your own boxing gloves and hand wraps.

CARDIO KICKBOXING w/Sabrina 3-4 (K. White)
Mon. Jan. 3 - 31 | 9:00 am | 5 classes $30
Combines martial arts techniques with quick paced cardio. Both an upper and lower body workout, including different types of punches and kicks.

MAT PILATES w/Sabrina 3-4 (D. LaVere)
Mon. Jan. 3 - 31 | 10:00 am | 5 classes $30
Build strength and flexibility, focus on strengthening the core, with balance work, standing and on the floor. Lengthening helps with a longer and stronger spine.

BEG. TAI CHI – WU STYLE w/John (K. White)
Tues. Jan. 4 - 25 | 4:00 pm | 4 classes $32
Thurs. Jan. 6 - 27 | 3:00 pm | 4 classes $32
Fri. Jan. 7 - 28 | 10:00 am | 4 classes $32
Fri. Jan. 7 - 28 | 11:00 am | 4 classes $32
Slow, gentle movements improve muscle tone and balance as well as reflexology - massage technique enhances circulation and alleviates pain. Routine facilitates those with walking or standing restrictions. Open to anyone at any physical level.

TANG SOO DO w/Paul (D. LaVere)
Mon. Jan. 3 - 31 | 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.

INTERVAL TRAINING 2-3 (D. LaVere)
Wed. Jan. 5 - 26 | 9:00 am | 4 classes $24 w/Brenda*
Fri. Jan. 7 - 28 | 9:30 am | 4 classes $24 w/Kim C.
Combines low impact movements using various equipment to strengthen muscles with constant movement to ensure you have a great workout. Bring a mat to class. ***Note: *Wed. Class is in K. White Rm***

FUNCTIONALLY FIT w/Peggy 2 (K. White)
Mon. Jan. 3 - 31 | 10:30 am | 5 classes $30
Wed. Jan. 5 - 26 | 10:30 am | 4 classes $24
A standing and seated class focusing on full body movement, improving coordination, balance and core.

MUSCLES IN MOTION w/Janie 2-3 (D. LaVere)
Mon. Jan. 3 - 31 | 12:30 pm | 5 classes $30
Wed. Jan. 5 - 26 | 11:30 am | 4 classes $24
Fri. Jan. 7 - 28 | 11:30 am | 4 classes $24
A cardio and toning workout for beginning to moderate fitness levels.

RESISTANCE & BALANCE TRAINING 3 (K. White)
Tues. Jan. 4 - 25 | 1:30 pm | 4 classes $24 w/Fabiola
Thurs. Jan. 6 - 27 | 1:30 pm | 4 classes $24 w/Fabiola
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.

BALANCE & CORE STRENGTH w/Janie 2 (D. LaVere)
Tue/Thurs. Jan. 4 - 27 | 10:30 am |8 classes $48
Standing and sitting exercises to work on balance. Great for beginners and those with MS or Parkinson's.

Drop-in's or Punch Cards when space is available.

BALLET w/Karen 2 (K. White)
Wed. Jan. 5 - 26 | 11:30 am | 4 classes $32
Discover the beauty and grace of classical ballet. This class is perfect for beginners and experienced dancers. Learn about music, movement, coordination, proper alignment, and ballet terminology focusing on basic barre exercises and center work. Wear ballet slippers.

STRETCH & BALANCE WITH A YOGA INFLUENCE w/Kim D. 1-2 (D. LaVere)
Wed. Jan. 5 - 26 | 8:30 am | 4 classes $24
Begin with 10-12 minutes of relaxation and warm up exercises while seated in a chair. Next 30 minutes of strength, cardio and balance exercises standing near a chair. The final 15 minutes is seated concentrating on abs and stretching, with a 5 minute guided meditation.

ZUMBA 2 (K. White)
Mon. Jan. 3 - 31 | 1:00 pm | 5 classes $30 w/Fabiola
Tues. Jan. 4 - 25 | 9:30 am | 4 classes $24 w/Leah
Tues. Jan. 4 - 25 | 5:30 pm | 4 classes $24 w/Leah
Thurs. Jan. 6 - 27 | 9:30 am | 4 classes $24 w/Leah
Hypnotic Latin rhythms and easy to follow moves create a one of a kind fitness program with Latin and international music. Get moving and have fun doing it!

LOW IMPACT 3-4 (K. White)
Tues. Jan. 4 - 25 | 11:30 am | 4 classes $24 w/Karen
Thurs. Jan. 6 - 27 | 8:30 am | 4 classes $24 w/Karen
A challenging cardio and toning workout with equipment for all levels.

Yoga Classes:

SUNRISE YOGA w/Kay 2 (D. LaVere)
Tues. Jan. 4 - 25 | 8:00 am | 4 classes $24
Get an enjoyable start to your day! Yoga moves combined with breathing techniques strengthen the muscles and relieve stress. Bring a mat and towel.

BASIC YOGA w/Kay 2 (K. White) NEW!
Sat. Jan. 8 -29 | 9:00 am | 4 classes $24
Calm and gentle practice with traditional yoga movements. Bring a yoga mat - blanket is optional.

CHAIR YOGA w/Debi (K. White)
Mon. Jan. 3 - 31 | 2:00 pm | 5 classes $30
Wed. Jan. 5 - 26 | 2:30 pm | 4 classes $24
Fri. Jan. 7 - 28 | 1:00 pm | 4 classes $24
This energizing class unites breathing with movement while seated or standing supported by chair. Simple poses improve posture, balance, strength, and stability. Deep breathing, relaxation, meditation and stretching techniques improve range of motion and flexibility.

YOGA, A GENTLE BEGINNING w/Tracy 2 (K. White)
Thurs. Jan. 6 - 27 | 11:45 am | 4 classes $32
Focus on gentle, safe movements to create more mobility and strength to reduce pain and limitations. Improve balance, energy and mood.

STRENGTHEN, LENGTHEN & BALANCE 2 (D. LaVere)
Mon. Jan. 3 - 31 | 8:30 am | 5 classes $30 w/Kim C.
Fri. Jan. 7 - 28 | 8:30 am | 4 classes $24 w/Kim C.
Enjoy an energizing workout that focuses on Strength training activities and, lengthen muscles while incorporating balance exercises.

MUSCULAR ENDURANCE w/Fabiola 3-4 (K. White)
Tues. Jan. 4 - 25 | 8:30 am | 4 classes $24
Thurs. Jan. 6 - 27 | 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.
Note: *Thurs. Class is in D. LaVere Room

BARRE FUSION w/Kim C. 2-3 (K. White)
Thurs. Jan. 6 - 27 | 10:30 am | 4 classes $24
This workout incorporates pilates, yoga, strength training, cardio, and dance—with a deep focus on the core and emphasizes moves that will tone, stretch, and elongate muscles.

Parkinson's Exercise Options:

PWR! PARKINSON WELLNESS RECOVERY w/ Carol Schram (K. White)
Wed. Jan. 5 - 26 | 12:30 - 1:30 pm | 4 classes $32
PWR! is a PD-specific skill training program that maintains and restores everyday movement skills. The exercises target multiple systems and allows for adaptation for disease severity.

DANCE FOR PARKINSON'S w/Ali (K. White)
Mon. Jan. 3 - 31 | 11:30 am – 12:30 pm | 5 classes $40
Increase coordination, balance, flexibility, and strength through music and movement from a range of dance styles specifically designed for those living with Parkinson's Disease and their spouse/caregiver.

STRETCH & STRENGTH FOR PARKINSON'S w/ Carol Schram (D. LaVere)
Tues. Jan. 4 - 25 | 9:30 am | 4 classes $32
Improve balance, coordination, endurance and strength in this class designed for individuals with Parkinson's with chairs and standing work.

BOXING FOR PARKINSON'S w/ Carol Schram (Gym)
Tues. Jan. 4 - 25 | 12:00 pm | 4 classes $32
This non-contact boxing class has you engage in circuit training with bilateral moment to stimulate the body and challenge brain function. You must maintain balance without assistance and bring your own hand wraps and boxing gloves in order to work with heavy bag, speed bag and other equipment this class provides. The intensity level is higher and transitions between exercises are more rapid. Modifications for specific exercises are taught.

Please consult your doctor before starting any exercise program.

Aquatics & Fitness

BASKETBALL 5 on 5
Wed. | 6 - 7:45 pm | $2
Sat. | 9:30 - 11 am | $2

BASKETBALL SHOOT AROUND
Tues. | 12 - 1:30 pm | $2

BADMINTON
Thurs. | 6 - 7:45 pm | $2
- Doubles or 1-on-1
- 2 courts

BILLIARDS
Mon.-Thurs. | 8 am - 8 pm | $2
Fri. | 8 am - 4 pm | $2
Sat.| 8 am - 2 pm | $2
or **1-year pass $110**

CARDIO & WEIGHT ROOM
Mon. - Thurs. | 8 am - 8 pm | $2
Fri. | 8 am - 4 pm | $2
Sat. | 8 am - 2 pm | $2

OPEN GYM
Mon/Wed. | 8 - 9:30 am | Free
Tues/Thurs. | 8 - 10:00 am | Free

TABLE TENNIS
Mon/Wed/Fri. | 1 - 4 pm | $2
Doubles or 1-on-1 • 4 tables

WALKING TRACK
Mon-Thurs. | 8 am - 7:45 pm | Free
Fri. | 8 am - 4 pm | Free
Sat.| 8 am - 2 pm | Free

VOLLEYBALL
Tues. | 10 am - noon | $2
Sat. | 11 am - 12:30 pm | $2

How's the Water?

Therapy 93°F

Lap 83°F

OPEN SWIM | $3

Monday - Thursday
Pool Hours: 8 am - 7:45 pm
Locker Room Hours: 7:45 am - 8 pm

Friday
Pool Hours: 8 am - 3:45 pm
Locker Room Hours: 7:45 am - 4 pm

Saturday
Pool Hours: 8 am - 1:45 pm
Locker Room Hours: 7:45 am - 2 pm

Open Swim may not be available during scheduled classes.

16 **Drop-in's or Punch Cards when space is available.**

Aquatic Classes:

AQUATICS MIX w/Dawn 2-3 (Therapy Pool) NEW!
Sat. Jan. 8 - 29 | 8:00 am | 4 classes $24
Mix it up with our newest water fitness format. Utilize a variety of equipment in both the deep and shallow ends to improve your cardiovascular fitness and strength.

AQUA YOGA (Therapy Pool)
Tues. Jan. 4 - 25 | 10:15 am | 4 classes $24 w/Carol
Fri. Jan. 7 - 28 | 2:30 pm | 4 classes $24 w/Debi
Enjoy harmony between the benefits of yoga and the warm water of the pool. Easier on your joints but more challenging when it comes to balance, due to the movement of the water.

AQUATICS STRENGTH & CORE w/Peggy 2 (Lap Pool)
Wed. Jan. 5 - 26 | 9:00 am | 4 classes $24
Strengthen your core through a series of new, creative and challenging moves. Exercises can be done in the shallow, or deep end of the pool.

MAKING WAVES w/Cecilia 2-3 (Lap Pool)
Wed. Jan. 5 - 26 | 1:00 pm | 4 classes $4
Aqua class targeting cardiovascular fitness with some low impact. Exercises are done in shallow end.

THE DEEP 2-3 (Lap Pool)
Wed. Jan. 5 - 26 | 8:00 am | 4 classes $24 w/Margaret
Fri. Jan. 7 - 28 | 8:00 am | 4 classes $24 w/Sabrina
High-intensity workout utilizing deep water to improve cardiovascular fitness, muscular strength, and endurance.

HEALTHY JOINTS 2 - 3 (Therapy Pool)
Tues. Jan. 4 - 25 | 8:00 am | 4 classes $24 w/Margaret
Wed. Jan. 5 - 26 | 2:00 pm | 4 classes $24 w/Cecilia
Wed. Jan. 5 - 26 | 6:30 pm | 4 classes $24 w/Dawn
Improve range of motion, strength, & muscle tone with controlled movements. Beneficial for people with arthritis or recovering from an injury.

AQUA ZUMBA w/Fabiola 2 (Lap Pool)
Mon. Jan. 3 - 31 | 5:45 pm | 5 classes $30
Tues. Jan. 4 - 25 | 5:45 pm | 4 classes $24
Thurs. Jan. 6 - 27 | 5:45 pm | 4 classes $24
Aqua class focusing on cardio-conditioning and body toning with Latin rhythms and easy to follow moves.

BALANCE & STABILITY w/Cecilia 2-3 (Therapy Pool)
Wed. Jan. 5 - 26 | 10:00 am | 4 classes $24
Improve balance and stability while developing muscle awareness to aid in preventing slips and falls.

POOL GYM CIRCUIT TRAINING w/JT 3-4 (Lap Pool)
Wed. Jan. 5 - 26 | 4:45 pm | 4 classes $24
Utilize our aqua bikes, while incorporating strength training. Upbeat and challenging as you work on various cardio exercise to elevate your heart rate.

Aquatic Classes con't:

OPEN AQUA BIKES (Lap Pool)
Mondays | 2 - 4:00 pm | *included with open swim*
The aqua bikes get placed in lane one of the lap pool for non-instructional use during open swim time. Limit your turn to 30 minutes if others are waiting.

WATER WORKS w/Cecilia 2 (Therapy Pool)
Wed. Jan. 5 - 26 | 9:00 am | 4 classes $24
Develop strength, flexibility, muscular endurance, balance, and coordination with some low impact.

SMALL GROUP SWIM LESSONS (Lap Pool)
Thurs. Jan. 6 - 27 | 2:00 pm | 4 classes $32
Thurs. Jan. 6 - 27 | 3:00 pm | 4 classes $32
If you are a first-time swimmer, just need some stroke work, or anything in between, we will help you reach your unique goals. The instructor utilizes a combination of devices and techniques to increase your confidence. Attendance in the entire series of classes is strongly recommended to build off your skills each week. (Limit 5)

PICKLEBALL

PICKLEBALL 101: Beginner Lessons
Wednesdays | 9:30 - 10:30 am | $2
A one-hour introduction to the basics of the game. Upon completion individuals will play a mentor game. (Court 1) ***Limited to one session. Must be pre-registered.**

PICKLEBALL 102: Novice Mentor Games
Wednesdays | 9:30 - 11:00 am | $2
Must have completed Pickleball 101. Join the mentors in a game to help hone your skills. Mentors will join at 10:00 am and members in the current beginner lesson will join in after their lesson. (Courts 2-4)

PICKLEBALL 201: Novice/Low Interm. Lessons
Mondays | 11:00 - 1:00 pm | $2
Each session focuses on drills meant to improve basic skills as serves, returns, different shots, etc. Players perform drills and play games each week. Sign up for one or multiple sessions. ***Must be pre-registered.**

PICKLEBALL 301: Skills & Drills Interm. Players
Tues. | Jan. 11, 18, 25 & Feb. 1 | 1:45 - 3:45 pm
4 sessions $50
For Novice/Intermediate players. No Beginners! Certified instructor will teach effective techniques for serves, ground strokes, 3rd shots, volley, lobs and overheads. Learn winning strategies including shot selection, communications, positioning and consistency. Player perform drills and play games to improve skills in game situations. ***Must be pre-registered, no all access pass**

DROP-IN PICKLEBALL - $2
See Gym Schedule for details on the website or posted in the gym

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 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 are 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: 248-608-0278

PAYMENT OPTIONS

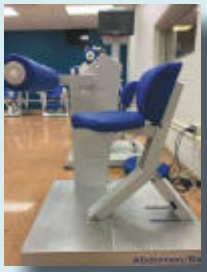
ALL ACCESS PASS | $68
Unlimited Drop-In Classes, Gym Activities, Open Swim, Cardio/Weight Rooms & Billiards
The All Access Pass is added to your OPC key tag and will display when you check in at the kiosk.
(Expires 30 days from date of purchase).

DROP-IN PUNCH CARD | $36
Need to pay and don't have exact change?

Use instead of cash for:
- **Drop-in Classes $7-$11**
- **Gym Activities $2**
- **Open Swim $3**
- **Cardio & Weight Rooms $2**
- **Billiards $2**

WEIGHT ROOM ORIENTATION
$10 Each Session

Mon. Jan. 3 | 11:00 am
Wed. Jan. 12 | 5:00 pm
Tues. Jan. 18 | 10:00 am
Fri. Jan. 21 | 10:00 am
Sat. Jan. 29 | 10:00 am



To accurately use the HUR weight room equipment, an orientation is required. The HUR equipment is pneumatic (air resistance) technology designed to provide safe, effective training for a diverse range of abilities with less risk of injury. With HUR SmartTouch, create and manage your own training programs. Data is automatically captured for each user, recording data, such as repetitions, resistance and progress. Registration required.

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
9:00 am - 1:00 pm

MEALS AT OPC

Lunch is available in the Dining Room Monday - Friday at noon. Reservations are required. See page 22 for the menu and more details on how to reserve your meal.

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.

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

Thurs. Jan. 6 | 3 - 5:00 pm
(In person)

Tues. Jan. 18 | 8:30 - 10:00 am
(Zoom - not at OPC)

Complimentary 15 minute legal consultations by appointment.

Call OPC: 248.608.0249

WELLNESS COACHING AT OPC

Tuesdays | 10:00 am - 4:00 pm
Thursdays | 10:00 am - 1:00 pm
Cost $25 - 50 minute session

Toni Sanchez-Murphy, MA, LLP will meet in private with adults 50+ to discuss what might be troubling them, in a safe and confidential environment. *Zoom available.*

For infomation or appointments:
248.608.0249

MEDICAL EQUIPMENT LOANS

Available for short term use:

WALKERS • WHEELCHAIRS • CANES • SHOWER STOOLS
TRANSFER BENCHES

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, Jan. 7 & 21 | 10 am - noon

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
11 - 12:00 pm - Continued Support

Register in advance:
248.608.0261

ALZHEIMERS/DEMENTIA CAREGIVERS GROUP

Tuesday, Jan. 11 | 2 - 3:00 pm

Respite Care available. Register in advance at **248.608.0261.**

VISUALLY IMPAIRED

Friday, Jan. 28 | 10 - 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 CARE PARTNER GROUP

Wednesday, Jan. 26 | 1 - 3:00 pm

This group provides an opportunity for those who are care providing for their loved one to come together for support, sharing and time to talk with others who are also living with Parkinson's. We welcome anyone who would like to join!

PARKINSON'S SUPPORT

Returning in February

ADULT DAY SERVICE

Welcoming New Clients!

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 **248.608.0261.**

Care for the day, home at night!

MEDICARE | MEDICAID Assistance Program

Our Volunteer Counselors are here to help!

In-Person appointments at OPC to answer your questions.

Monday, Jan. 10 | 9 am - noon
Monday, Jan. 24 | 12 - 3:00 pm

To make an appointment call: **248.608.0249**

OAKLAND COUNTY MICHIGAN Cares

Tips to Cope with Stress & Anxiety for Seniors and their Caregivers

- **Stay Informed**
- **Avoid to much exposure to the news** ~ Take breaks from the media if it's upsetting you
- **Take care of your body** ~ Eat well-balanced meals, exercise and get plenty of sleep
- **Take medications as prescribed**
- **Connect with others** ~ Make phone calls and share your feelings with friends & family
- **Engage in meaningful activities** ~ Read a book, work on a craft or woodworking project
- **Go outside** ~ Take a walk or visit a local park

Look out for these common signs of distress

- Feeling of numbness, disbelief, anxiety or fear; changes in appetite and energy; difficulty concentration; difficulty sleeping; Headaches, body pains and skin rashes; anger or short temper; increased use of alcohol, tobacco or other drugs.

Seek help when needed

- If the signs of distress listed above impact your daily life talk to a counselor or doctor

Contact Oakland Community Health Network's access line at 248-464-6363 for mental health and substance use disorder recovery resources or call the number on the back of your insurance card.

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.

The Transportation Program is sponsored by:

Beaumont

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

Stone Cottage Garden Memorial Brick Order Form

Be a part of OPC's rich tradition of friendship, fellowship and honor by memorializing a friend or loved one with an engraved brick in the Stone Cottage Gardens. This permanent recognition will remain as a tribute in the lovely and serene surroundings of the garden located on the south side of the OPC facility.

Orders received from November through March will be placed in the spring, and those received from April through October will be installed in the fall. Complete the order form below and submit your payment to the Cashier's Office.

Make checks payable to the Older Persons' Commission.

4" x 8" Brick (3 lines – 16 spaces)

4"x 8"
$150

8" x 8" Brick (5 lines – 16 spaces)

8"x 8"
$250

12" x 12" Brick (7 lines – 20 spaces)

12"x12"
$500

EXAMPLE:

Any symbol (period, comma, dash, &) is considered a space.

For questions contact Colleen at 248.659.1034

			I	N		L	O	V	I	N	G			
			M	E	M	O	R	Y		O	F			
		J	A	N	E		S	M	I	T	H			

Ascension Providence Rochester at OPC

Wellness Center

Call Cindy to make appointments for all Wellness Center Programs
Cindy not in January 19 - 28

HI EVERYONE!
Feel free to call me to talk and/or to make an appointment to come in.

Cindy McKenna, RN
248.601.2888

ASK THE RESIDENT Wed. Jan. 5, 12, 19 & 26 | 9 - 11:30 am
A resident from the Rochester Academic Family Medicine Practice at Ascension Providence Rochester Hospital will be available to answer health concerns or questions that you may have.

ASK THE ORTHOPEDIC DOCTOR Tues. Jan. 4 & 18 | 9 - 11:00 am
Dr. Maibauer, M.D., retired Orthopedic Surgeon, has returned to address orthopedic questions and concerns.

HEARING TESTING & HEARING AID CLEANING Tues. Jan. 11 | 9:30 - noon
Screening, baseline hearing test by Hart Medical Hearing Care Doctor of Audiology Laura Salome. Consultation and results reviewed by Audiologist Laura Salome.

WHAT IS YOUR RISK OF FALLING? Wed. Jan. 12 | 1:30 - 3:30 pm
Find out with a complimentary balance/fall risk assessment.

CAN'T REACH THOSE TOENAILS? Wed. Jan. 12 | 1 - 4:00 pm
Dr. Husain, D.P.M. will be performing diabetic foot checks, cutting and filing of toenails, inspecting other abnormalities of the feet and routine foot checks. PLEASE BRING YOUR INSURANCE CARDS AND DRIVER'S LICENSE. Dr. Husain will be billing your insurance company.

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.

Mon., Wed., Thurs.,| 8:00 am - 4:30 pm | Call 586-992-0869 for scheduling and information

Call Cindy McKenna at the Wellness Center for information and to schedule these programs:

MATTER OF BALANCE class, designed to manage falls and increase activity levels is returning by popular demand in March. Look for details in the February newsletter for this FREE 8 session class.

HOME SAFETY VISITS by Ascension Providence Rochester 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

Talented chefs from local senior living facilities will compete in one of three catagories:

Appetizer | Entree | Dessert

Enjoy their delicious dishes and you judge the winner of the next TOP CHEF!

Watch for registration in the February Newsletter

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **Salisbury Steak** Parsley Potatoes Roasted Brussel Sprouts Sliced Peaches Wheat Bread	4 **Escalloped Chicken and Noodles** Green Beans Cabbage Slaw Banana Wheat Bread	5 **Ham Low Sodium** Au gratin Potatoes Mixed Vegeables Garden Salad Fresh Pear Dinner Roll	6 **Spanish Rice w/Meat** Key West Vegetable Carrot Salad Fruit Cup Whole Wheat Roll	7 **Chicken w/Gravy** Red Skin Potatoes Mixed Vegetables Fruit Salad Dinner Roll
10 **Stuffed Pepper** Mashed Potatoes Garden Salad Tropical Fruit Salad Breadstick	11 **Tuscan Chicken** Red Skin Potatoes California Blend Apricots Dinner Roll	12 **Beef Pastie w/Gravy** Three Bean Salad Zucchini Cole Slaw Ambrosia Dinner Roll	13 **Roasted Turkey w/Gravy** Garlic Mashed Potatoes Asparagus Garden Salad Mixed Fruit/Muffin	14 **Mostaccioli w/Meatsauce** Carrots Romaine Salad Pear Slices Dinner Roll
17 **Swedish Meatballs** Noodles Scandinavian Blend Pea Salad Fruit Salad Dinner Roll	18 **Pork Chop w/Sauerkraut** Rosemary Roasted Potato Price Charles Blend Grapes Whole Wheat Bread	19 **Chicken a la King** Whole Potatoes Mixed Vegetables Fruit Salad Breadstick	20 **Italian Ravioli** Savory Spinach Cabbage Pineapple Slaw Orange Wheat Bread	21 **Chicken Parmesan** Vegetable rice Pilaf Cole Slaw Apple Breadstick
24 **Macaroni & Cheese** Herbed Green Beans Romaine Salad Fruit Cocktail Corn Muffin	25 **Chinese Chicken Casserole** Carrot Salad Oriental Blend Vegetable Grapes Dinner Roll	26 **Italian Lasagna** Italian Cut Green Beans Romaine Salad Fruit Medley Italian Bread	27 **Pizza** Three Bean Salad Creamy Cole Slaw Red Apple Cookie	28 **Baked Cod** Baked Potato Broccoli Cuts Apricots Dinner Roll

Nutrition Menu

Lunch is served at OPC Mon - Fri at Noon
Reservations required
Call 248.659.1032 by 11 am the day prior
COST OF LUNCH: 60 & over - $3 donation | Under 60 - $4 charge

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**

Featured Volunteer

Orville Hosch has been a dedicated OPC volunteer for over 20 years, and currently volunteers at the Welcome Center Desk. Orville is a retired Air Force Lieutenant Colonel who worked on the Apollo Program and was in the Air Force for 25 years. Orville lives with his wife Evelyn and they have four kids (two in Michigan, one in Boston and one in Washington State), and six grandkids. In his spare time, he volunteers helping people find the gravestones of their relatives in cemeteries. He searches for the stones, cleans off the gravesite, takes a picture and forwards the information along to family members. Orville has lots of fascinating stories to tell. ***Please stop by the Welcome Center Desk on Wednesday mornings to say hello and thank him for his service in the Air Force and at the OPC!***

If you would like to share your talents and become an OPC volunteer, there are many opportunities available. Please visit our website or call: 248.608.0270

OUR TOWN CAFE

Proceeds Benefit Meals on Wheels

We are open!

Hours:
Monday - Thursday
9:00 am - 2:00 pm

Stop in today for a Hot Coffee or a warm bowl of Homemade Soup!

Soup | Salad | Sandwiches

FOR THE JOYS OF *Independent Senior Living*

all seasons
ROCHESTER HILLS

SCHEDULE YOUR TOUR TODAY & RECEIVE DINNER FOR 2*

All Seasons emboldens you to discover a dynamic range of enlightening perspectives and experiences each day.

Our Resort-Style Community Offers:

- Spacious 1 and 2 bedroom residences
- An expansive menu of freshly prepared meals and daily chef specials
- Fine arts performances
- A variety of thoughtfully planned, engaging activities
- Family engagement app
- Individual chauffeured transportation
- A host of technology-based enrichment

INNOVATIVE.
ENGAGING.
ENLIVENING.
TOTALLY CAPTIVATING.

175 E. Nawakwa Road | Rochester Hills, MI | 248.299.0700 | AllSeasonsRochesterHills.com

*See Leasing Agent for Details.
Limited Availability.
New Prospect Only

Managed by: BEZTAK

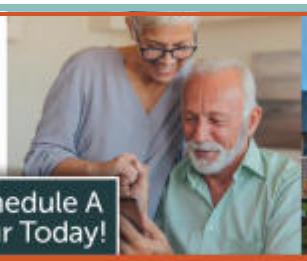
Proud Recipient of the Prestigious BEST MANAGED COMPANIES

Ask Us Why!

BLOSSOM COLLECTION℠

MOCERI

Schedule A Tour Today!



INSPIRED SENIOR LIVING
Retirement • Independent • Assisted • Memory Care

GREATER ROCHESTER AREA
(248) 759-8500 alifeinfullbloom.com

BUYING
SPORTSCARDS • MEMORABILIA
COLLECTIONS
Call: Adam - (248) 790-0090
TOP $$$ PAID

BUYING
GOLD, SILVER, JEWELRY, WATCHES,
COLLECTIONS & ACCUMULATIONS
email: Staffing007@yahoo.com
TOP $$$ PAID

Welcome to WHERE LIFE HAPPENS!

NOW OPEN!

First & Main™ Assisted Living and Memory Care isn't where senior living happens, it's where life happens—active, vibrant and healthy. Here, technology meets compassion in a modern atmosphere designed to bring people together. Welcome to the lifestyle you seek, the care and security you need and the dignity you deserve.

CALL LISA FOR A TOUR TODAY!
(248) 606-8514

3151 E. Walton Boulevard, Auburn Hills, MI 48326
First & Main™ is a Licensed Home For The Aged

first&main
ASSISTED LIVING | MEMORY CARE
www.firstandmainauburnhills.com

FAMILY SIZE MEALS
248.853.3366
NORTH SHACK
1986 • 35 Years • 2021
1990 E. Auburn Rd.
(corner Dequindre)
DINE IN • CARRY OUT • DRIVE THRU
www.NorthShack.com

"YOUR HANDYMAN"
NEED HELP AT HOME?
Mark Van Curen
248-495-6047
Painting, Faucets, Home Repairs, Exterior, Rotten Wood Repair, Call and Ask.
Insured, Reasonable, Flexible

Life has a lot to offer here.

If you've been curious about our community, why wait? Join us with a virtual tour to experience the lifestyle, amenities and services that make life here so special.

Social Distancing does not have to mean Isolation!

It's easy to live life to its fullest with the options available to you in our luxury community. Join us for a virtual tour and get to know our team, talk with a current resident, get all your questions answered and tour our beautiful residences.

To sign-up for a tour or to get more information, call (248)-481-5971.

CEDARBROOK SENIOR LIVING ROCHESTER

790 Letica Dr.
Rochester, Michigan 48307
cedarbrookseniorliving.com
(248)-481-5971
Celebrating life everyday.

21 AAA North
6842 N. Rochester Rd.,
Rochester, MI 48309

Connecting Buyers to Sellers for over 40 Years!

Marie King Caumartin
Broker Associate
Also licensed in Florida

(248) 856-8990
mking.c@mirealsource.com
Proud Member of the Rochester OPC!
www.viewmetrodetroithomes.com

On your Road to Recovery choose Heartland

Heartland Health Care Center – Oakland
925 West South Boulevard
Troy, MI 48085
248.729.4400
heartlandnursing.com/Oakland

Heartland Oakland

© 2018 HCR Healthcare, LLC

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.477.4574

Tim Milligan REALTOR®
Timmilligan2003@yahoo.com
www.RealLiving.com/TimMilligan

- OVER 30 YEARS EXPERIENCE
- SENIOR REAL ESTATE SPECIALIST

Cell: 248-804-8802
Office: 248-293-0000
Fax: 248-997-8600
266 E. Auburn
Rochester Hills, MI 48307

RealLiving Great Lakes

custom
HOME HEALTH • PALLIATIVE • HOSPICE
248.629.2880
888 W Big Beaver Road, Suite 900
Troy, MI 48084
www.customhomehealth.com
www.customhospice.com

CALL TO SCHEDULE YOUR TOUR:
248-266-2959

ANTHOLOGY
OF ROCHESTER HILLS

Stonecrest of Rochester Hills is now
ANTHOLOGY OF ROCHESTER HILLS
Explore our boutique-inspired assisted living and memory care options today!

VISIT US: 1775 S Rochester Road / Rochester Hills, MI
AnthologySeniorLiving.com

AMERISTAFF
NURSING SERVICES

We're here for you.

- Private Duty Homecare
- Catastrophic Care
- Occupational Therapy
- Physical Therapy
- Medical Staffing

COVID 19 CDC COMPLIANT

Call for your FREE EVALUATION

(248) 288-2270
ameristaffservices.com

INDEPENDENT MEDICAL TRANSPORTATION SERVICES
SENIOR AND VETERAN DISCOUNTS

Reliable, Professional and Quality On-Time
Transportation for Non-Emergency Individuals
Wheelchair customers welcome,
All destinations – (Dr., Rehab, Casino, Airport, Etc.)
Rochester Hills and surrounding areas 24/7

TEL: (248) 545-3144 – EMAIL: transport@imn.care
- Licensed and Insured -

ROCHESTER | WATERFORD
248.651.8137 248.674.4181
ORION
248.371.3777

Modetz Family Funeral Homes

Thank you for choosing our family for your family.
www.modetzfuneralhomes.com

Jane Evans
YOUR REALTOR FOR LIFE
OPC Member and OPC Lifeguard
Resident of Rochester Hills for 18 years
19 years in the Real Estate business

RealLiving Kee Realty

210 W. University, Suite 4
Rochester, MI 48307
Cell: (248) 766-5623
Office: (248) 651-1200
jane@janeevanshomes.com
www.Janeevanshomes.com

MEDICAL AND SURGICAL FOOT AND ANKLE SPECIALISTS

GREAT LAKES FOOT & ANKLE INSTITUTE

Stephen T. Frascone, D.P.M.
Matthew P. Hansen, D.P.M.
Laura M. LaMar, D.P.M.
Zeeshan S. Husain, D.P.M.
Jonathan M. King, D.P.M.
Ryan J. Rogers, D.P.M.
Elaine G. Grant, D.P.M.

ROCHESTER
1135 W. University Drive,
Suite 305, Rochester, MI 48307
(248) 651-0162

SHELBY TWP
13350 24 Mile Rd., Suite 600,
Shelby Twp., MI 48315
(586) 991-8760

www.greatlakesfootandankle.com

Call us today to see why so many seniors are making American House home!

Elmwood
(248) 260-9599

Stone
(248) 260-9600

American House
SENIOR LIVING COMMUNITIES

AmericanHouse.com

RealLiving Kee Realty

Darlene Kujanek
REALTOR®
Associate Broker
Seniors Real Estate Specialist®

(248) 408-6721
Darlene.Kujanek@gmail.com
210 W. University, Ste. 4,
Rochester, MI 48307

Making Dreams Come True for Buyers & Sellers!

www.realliving.com/Darlene.Kujanek

Pomeroy Living

ROCHESTER

Independent Living **(248) 829-1030**
Skilled Rehabilitation **(248) 852-7800**
Assisted Living & Memory Care
(248) 564-2200

ORION

Independent,
Assisted Living & Memory Care
(248) 621-3100

Book a tour at one of our communities today
www.pomeroyliving.com

We install grab bars

DETROIT GRAB BAR

You should never know you needed one.
Be proactive!
David Wegener
davidw@detroitgrabbar.com

(248) 283-4519
www.detroitgrabbar.com

Hearing loss affects more than just you...

Hearing loss often causes us to withdraw from loved ones, resulting in resentment, lack of communication, connection and intimacy. Screenings can help detect that start of hearing loss!

- **FREE** Complimentary Hearing Screenings
- **FREE** Clean and Checks On Your Current Hearing Aids (ANY make or model)
- **FREE** In-Office Demo of Our Latest Digital Hearing Technology!

AND FOR A LIMITED TIME ONLY Beltone is offering **$1000 off** on an Imagine technology system!*

*Offer valid toward the purchase of two Beltone Imagine™ hearing instruments. &500 of a single instrument. Discount based off MSRP, cannot be combined with other offers or coupons. Not valid on previous purchases. See store fpr details. Beltone 2021™

We support & honor most Medicare and discount plans including BCBS and TRUHEARING
We offer professional award-winning service, technology. and a FREE LIFETIME BELCARE TREATMENT PLAN. CALL US DIRECTLY TO MAXIMIZE YOUR MEDICARE BENEFIT!

Beltone Hearing

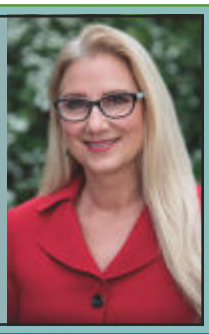
Call Now! *Appointment times are limited!*
248-841-4878

ROCHESTER HILLS 1460 Walton Blvd., Suite 40, Rochester,MI 48309
www.beltonehearingaid.com

Next Steps 4 Seniors

Kim Russell
Placement Specialist
(248) 931-6006

kimrussell4seniors@gmail.com
www.NextSteps4Seniors.com
Our Services are provided at no cost to you!



America's Choice in Homecare.
Visiting Angels
LIVING ASSISTANCE SERVICES

Essential Senior Homecare Services
Located in Rochester Hills
• Errands • Shopping • Light Housekeeping • Meal Preparation
Friendly Companionship • Hourly Care • Respite Care for Families

(248) 649-8890
Each Visiting Angels agency is independently owned and operated.

www.VisitingAngels.com

MANNORLAWGROUP
Excellence in Estate Planning and Elder Care

We help families plan for all stages of life

47% men 65+ | 58% women 65+ | 52% people 65+

Estimated percentages of people aged 65 and older who will someday need Long Term Care

Have You Planned For This Stage of Life?

Did you know the average cost of a nursing home stay is almost $9,000 per month? We help families like yours preserve their while still affording long term care

Avoid Losing Your Life-Savings

Wills, Trusts, Powers of Attorney, Medicaid Planning, Estate Administration, VA Benefits & More

We Offer In-Person & Virtual Appointments - Contact Us Today

CALL OUR OFFICE TODAY
TOLL FREE (800)990-6030
GRAND BLANC (810)694-9000
ROCHESTER HILLS (248)605-3908

WWW.MANNORLAWGROUP.COM
SERVING TWO LOCATIONS
GRAND BLANC & ROCHESTER HILLS

PIXLEY
FUNERAL HOME
Dignity MEMORIAL
LIFE WELL CELEBRATED

The celebration of a lifetime begins here.

ROCHESTER 248-651-9411
AUBURN HILLS 248-852-1800
KEEGO HARBOR 248-682-0200

Check out our Website for the Latest Financial and Economic News
www.spectrumfr.com Current Publications

SPECTRUM
FINANCIAL RESOURCES

1779 West Big Beaver Rd
Troy, MI 48084
Call: (248) 643-0033
. Financial, Retirement & Estate Planning
. Portfolio Management

Assistance at Home

Home Instead
To us, it's personal

- Personal Care Assistance/Showers
- Meal Preparation
- Medication Reminders
- Light Housekeeping/Laundry
- Specialized Services

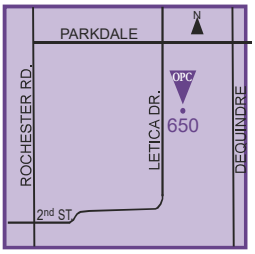
- ACHC Accredited
- FBI Fingerprinting
- Background Checks
- Drug Screens
- 6000 Square Foot Training Center

ROCHESTER • WATERFORD
(248) 886-7300
HomeInstead.com/408

Each Home Instead office is independently owned and operated.

OPC a great place to be 50+!

650 Letica Drive
Rochester, MI 48307



NON-PROFIT
U.S.POSTAGE
PAID
SOUTHFIELD, MI
PERMIT NO. 63

Registration for all JANUARY activities begins on THURSDAY, DEC. 16 at 8:30 AM.

BUSINESS HOURS
Monday - Thursday:
8:00 am - 7:45 pm
Friday:
8:00 am - 4:00 pm
Saturday:
8:00 am - 2:00 pm

CONTACT INFO
General Information
248.656.1403
Meals on Wheels
248.608.0264
Senior Support Services
248.608.0249
Transportation
248.652.4780

GOVERNING BOARD
John Dalton, *Chairman*
Micheline Sommers, *VC*
William Jandeska, *Treasurer*
Douglas Gould, *Secretary*
Dominic Abbate
Dale Hetrick
Nancy Salvia
David Walker

FOLLOW US
www.opcseniorcenter.org
YouTube Channel:
Older Persons' Commission

Mark your Calendar for these 2022 events!

February 17 - Top Chef
March 2022 - Spring Into Action
March 10 - St. Patricks Day Party
April 11-14 - Volunteer Appreciation Week
May 12 - 14 - 2nd Hand Jewelry Sale
June 4 - 5K Run/Walk
June 24 - Summer Soiree
July 30 - Car Show
September 14 - Senior Picnic
September 15 - Oktober Fest
October 5 - Senior Expo
November 12 - Artisan Market

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.