

February 2022

# OPC MONTHLY

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

## **Perfect Pairing**

Be mine with wine

## **Fireside Meet-Ups**

A closer look at some influential heroes throughout Black History

## **HOLIDAYS AROUND THE WORLD**

A cooking demo and tasting for the 2022 Chinese New Year

## **Savvy Seniors**

Move forward by simplifying your life

## **Fall in Love with Flowers**

Create a heartwarming floral bouquet



OPC

## *From the Executive Director, Renee Cortright*

### **Celebrate American Heart & Black History this Month**

In 1964, President Lyndon B. Johnson declared the first American Heart Month to tackle heart disease in the United States. Today heart disease is a leading cause of death for both men and women so here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health.

Feeling connected with others and having positive, close relationships benefits our overall health, including our blood pressure and weight. These people motivate us, provide care and companionship. My sister is my virtual workout buddy who provides motivation and keeps me on task with my workout routine. This buddy system is alive and well at the OPC with people joining together for fitness classes (land & pool) or in the gym on the pickleball/badminton/basketball court.

Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others, including by text or phone calls if needed.

- **Be more physically active.** Aim for at least 2 ½ hours of physical activity each week – that's just 30 minutes a day, 5 days of week. Do muscle strengthening exercise 2 days a week.
- **Maintain a healthy weight.**
- **Eat a nutritious diet.** Check out the free Dietary Approaches to Stop Hypertension (DASH) eating plan.
- **Quit smoking.** If you need help call 1-800-QUIT-NOW (1-800-784-8669).
- **Reduce stress.** Set goals to do a relaxing activity every day like walking, yoga or meditation.
- **Get 7-8 hours of quality sleep.** Turn off the TV and other screens and stick to a regular bedtime.
- **Track your heart health stats.** Keep a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars; this will help you stay on your heart-healthy track.

You don't have to make big changes all at once. Small steps will get you where you want to go. Learn more about heart health at [nhlbi.nih.gov/ourhearts](http://nhlbi.nih.gov/ourhearts) or follow #OurHearts on social media.

To really celebrate the month, wear red and join us on Friday, February 4 at noon for heart healthy snacks, information from the American Heart Association and a photo op to highlight how OPC is integral to the heart health of the 50+ in Greater Rochester.

Black History month dates back to 1926 when Carter G. Woodson founded a week in February that encompassed the birthdays of both Abraham Lincoln and Frederick Douglass, to raise awareness of African Americans' contribution to civilization. The celebration was expanded to a month in 1976, the nation's bicentennial. President Gerald R. Ford urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." That year, fifty years after the first celebration, the association held the first African American History Month. Take some time this month and throughout the year to read or watch a documentary about Black History and its importance in the fabric of our American History.

See page 5 of the newsletter for Black History programs. Here is one of several inspirational quotes from Maya Angelou: "Live as though life was created for you."

*Renee*



February 2022

# OPC MONTHLY

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



## Upcoming EVENTS

**FEBRUARY 24**

Perfect Pairing

**MARCH 1-31**

Spring into Action

**MARCH 1, 2 & 3**

650 Players Auditions

**MARCH 10**

St. Patrick's Day  
Party with the  
Mick Gavin Band

OPC

## ■ This Month's Featured Programming

### **Holidays Around the World: Chinese New Year**

4

Celebrate 2022's Year of the Tiger with a cooking demonstration and tasting

### **Fireside Meet-Ups**

5

A closer look at some influential heroes throughout Black History

### **Perfect Pairing**

5

Be Mine with Wine

### **Women's Luncheon**

6

Skin-saving tips for the winter months

### **Savvy Seniors**

8

Move forward with expert advice on downsizing

### **Fall in Love with Flowers**

8

Create your own Valentine's Day bouquet with local floral designer Ashley Brunette

## ■ 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

# Enrichment



## Celebrate Around the World

### CHINESE NEW YEAR 2022 – Year of the Tiger

Thurs. Feb. 17 | 12 - 1:00 pm | \$5 | Dining Rm

Join us as we celebrate the Chinese New Year with OPC culinary artists Hong and Ying in a live cooking demonstration and tasting of some of their favorite recipes.

Raffle - Register for a chance to win!

SPONSORED BY:

**BrightStar Care**  
HOME CARE | MEDICAL STAFFING  
A Higher Standard

**oasis**  
SENIOR ADVISORS

## Nutrition Bites

Thurs. Feb. 10 | 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.

## Using Public Transit Beyond the OPC

Tues. Feb. 15 | 10:30 am | Dining Rm

Complimentary

Thomas Yazbeck & Corey Rowe, Lead Organizers of Rochester Riders, will give information on how to access the Metro Detroit SMART Bus System including where to get passes, accessible destinations of interest, and how and where to board the buses. Their presentation will include the history of the transit system and the types of mass transit that used to exist right here in Rochester.

## Master Class Lecture Series - Start learning today!

### They Came by Sail and Steam: including Great Lakes Travel

presented by Genealogist  
Derek Blount

Tues., February 22 | 1:30 pm | \$5 | Dining Room

Chances are excellent that your ancestors came to America from somewhere overseas. Do you want to know more about their journey? Would you know where to even start? Professional Genealogist Derek Blount joins us to explain how to undertake the search, and locate immigration and naturalization records.



Sponsored by:

**RUTKOWSKI**  
LAW FIRM  
ESTATE PLANNING & ELDER LAW

# Be Mine with Wine!

Please join us for an afternoon of  
DELICIOUS APPETIZERS, GREAT FRIENDS, GOOD TIMES, AND Wine TASTING

*Sommelier Michael Cregar from Woodberry Wine LLC*

**Thursday, FEBRUARY 24**  
**3:30 – 5:00 PM | \$20**



Sponsored by:  
**American House**  
SENIOR LIVING COMMUNITIES  
Elmwood & Stone

## Meet the Mayors

**ROCHESTER**  
Mayor Stuart Bikson  
Tuesday, Feb. 22  
4:30 pm | Library

*Stay up to date on happenings in your community.*

**ROCHESTER HILLS**  
Mayor Bryan Barnett  
Monday, Feb. 7  
10 am | Dining Room

## ROCHESTER HILLS MUSEUM with Pat McKay

**Thurs. Feb. 17 | 10:30 - 11:30 am | \$5**  
**Dining Room**

### The Water Powered Mills of Avon Township

This presentation discusses the history of the mills and waterways in the Greater Rochester Area, focusing on their function and importance to early settler families and economic growth in the community.

SPONSORED BY:



## FIRESIDE POETS MEET-UP

**Thurs. Feb. 24 | 1:30 - 3:00 pm | \$2 upon entry | Library**

Join us for a fireside reading of poems by Maya Angelou

## FIRESIDE CHAT MEET-UP

Hosted on Zoom by Oakland County Parks and Recreation  
Historian Carol Bacak-Egbo

**Thurs. Feb. 10 | 7:00 pm | \$2**

**Zoom from the OPC Library or your own home**

*“Henry Jenkins, The Underground Railroad and Medicine Acres”*

Discover fascinating African American history connected to Oakland County Parks.

Contact Marianne for Zoom info. or register to join us at the OPC Library  
248-608-0263 | mmccauley@opc seniorcenter.org

# Enrichment



## Women's Luncheon

Thurs. Feb. 24 | 1:00 pm | \$12 | Dining Room

### SAVE YOUR SKIN DURING THE WINTER

Donna Avalos, business manager for the Chanel Counter at Nordstrom's Somerset location, returns to teach us how to take care of our skin during these cold, dry months.

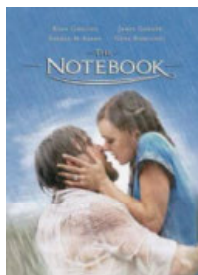
**Drawing & Sample Bags for All**

SPONSORED BY



## LIGHTS, CAMERA, ACTION

*Movies Complimentary  
Popcorn, Candy & Refreshments  
\$2 Suggested Donation*



### THE NOTEBOOK

Mon. Feb. 14 | 3:00 pm | Auditorium

2004 PG-13 (2 hr 3 min)

Two young lovers are torn apart by war and class differences in the 1940s in this adaptation of Nicholas Sparks' best-selling novel.

MONDAY MOVIE  
SPONSORED BY



### RESPECT

Fri. Feb. 25 | 1:00 pm | Auditorium

2021 PG-13 (2 hr 25 min)

Follow the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom in the remarkable true story of the journey to find her voice and become the Queen of Soul.

FRIDAY MOVIE  
SPONSORED BY



*Hearing screenings & cleanings complimentary before the movie. Register with the cashiers 248.659.1029*

*Enrich your life with something new in 2022!*

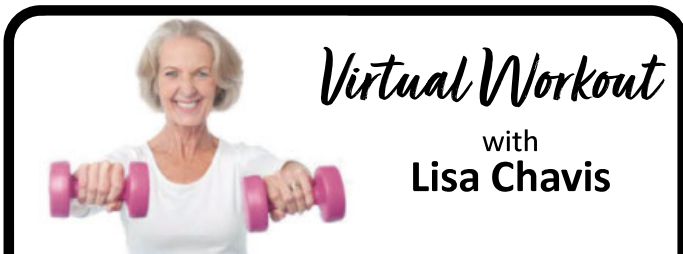


## Mindfulness with Jan Miller

### A MEETING OF THE MINDS FOR 2022

**Mondays | 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



## Virtual Workout

with  
**Lisa Chavis**

**Mondays | 9 - 10:00 am | \$5 per class**

Register for the class and call or email Marianne at 248.608.0263 [mmccauley@opcseniorcenter.org](mailto:mmccauley@opcseniorcenter.org)  
You WILL then be sent the Zoom meeting code ID and Password to join.

## LANGUAGE Classes & Conversation

**French: ADVANCED CLASS** w/Gudrun  
Tues. | 2 - 3:00 pm | \$5 | Class 1

**German: INTERMEDIATE CLASS\*** w/Gudrun  
Mon. | 9:45 - 10:45 am | \$5 | Class 1  
**CONVERSATION GROUP** w/Ingrid  
Tues. | 12:45 - 1:45 pm | \$2 | Class 3

**India: CONVERSATION GROUP** w/Madhuri  
Tues. | 1 - 2:00 pm | \$2 | Class 2

**Spanish: BEGINNER CLASS\*** w/Mike  
Mon. | 1:30 - 2:30 pm | \$5 | Class 1  
Thurs. | 10:30 - 11:30 am | \$5 | Class 1  
**CONVERSATION GROUP** w/Maria  
Wed. | 10:00 am - noon | Virtual Only  
Call 248.608.0263 for Zoom ID & Password  
**SPANISH FOR TRAVELERS\*** w/Lidia  
Tues. | 3:30 - 4:30 pm | \$5 | Class 1

\*Please pre-register! | All fees paid upon entry

## TECHNOLOGY

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



**MAC Enthusiasts - Virtual**  
Thurs. Feb. 3 & 17 | 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

**EXCEL: Basics of Creating Spreadsheets** w/Jim - Computer Lab  
Feb. 22, 23 & 24 | 9:00 am | \$5  
Learn the basics of creating spreadsheets in Excel.

### VOLUNTEER TEACHERS NEEDED!

Use your skills and experience to enrich the lives of others!

TEACHERS NEEDED FOR: **Computer Education - all levels (PC & MAC)**

**Computer Programs - Excel, Word, PowerPoint | iPhone & iPad**

Contact Marianne McCauley: 248.608.0263 or mmccauley@opcseniorcenter.org

## DANCE & MUSIC

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

**DRUM CIRCLE CLASS | Dining Room** NEW!  
Thurs. Feb. 3 & 10 | 2:00 - 3:30 pm | \$5 upon entry

Express your own personal rhythm, relieve stress, and become part of a unique group experiencing recreational music making using drums and hand percussion instruments. Have fun learning the rhythms.

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

**GUITAR GROUP\***  
Tues. | 1:30 - 3:30 pm | \$2 upon entry  
Sat. | 10 am - 1:30 pm | \$2 upon entry

**BELLY DANCING SERIES\*\*** w/Sandy  
Mon. | 11:45 am - 12:45 pm | \$10 for 4 sessions

**LINE DANCE** w/Carol  
Mon. | 1:00 - 2:00 pm | \$5 upon entry (Some Experience)  
Thurs. | 1:30 - 2:30 pm | \$5 upon entry (Some Experience)  
Thurs. | 2:30 - 3:30 pm | \$5 upon entry (Beginner Class)

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



## 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 am - noon | \$2 Class 3

**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

**Euchre Tournament for BEGINNERS!**  
NEW! Feb. 7 | 4:00 pm | \$5 to enter  
All monies collected will be distributed to winners!  
Win PRIZES!

## FOCUS on the ISSUES

Mon. Feb. 7 & 21 | 2 - 3:00 pm | \$2 upon entry  
A casual, come as you are discussion on current events.

# Enrichment



## SAVVY SENIORS *Learn over Breakfast* **Moving Forward**

presented by **Katie Kuiper, Team Leader & Organizer**  
for "Moving Forward"

**Wed. Feb. 16 | 10 - 11:00 am | \$5**  
Dining Room



*Simplifying your life should leave you overjoyed, not overwhelmed.*  
Expert advice you need to know when considering downsizing.  
Plan while you still can – or someone else may be making those decisions for you!  
Pre-move Preparation | During the Move | After the Move

## Fall in *Love* with **FLOWERS!**

### FLORAL ARRANGEMENT CLASS

**Fri. Feb. 11 | 1:00 pm | \$35 | Auditorium**

Learn how to create your own Valentine's Day floral bouquet under the direction of **SPONSORED BY**  
*Brunette Blossoms* owner Ashley Brunette. **Humana.**  
Flowers, supplies and vase are included.



## *OPC Photographer's Club*

**Fri. Feb. 18 | 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!*

**Congratulations Roy Goldsberry!**

**WINNER OF THE 2021 WINTER/HOLIDAY PHOTO CONTEST**

Ron uses photography as a way to preserve and share his memories of beautiful landscapes.

*Pictured is Vesturhopsvatn Lake in Iceland*

*Learn more about Roy and his wife Jennifer's adventures in photography - Terrific Tuesday July 12th*  
**SAVE THE DATE! PHOTO TOUR OF NATIONAL PARKS**

## CELEBRATE LIVING WELL

with Ascension Providence Rochester

*Lunch & Learn* with **Dr. Peter Rydesky, MD**

**Thurs. Feb. 10 | 1:30 pm | \$5 | Dining Room**

### Interventional Oncology (IO)

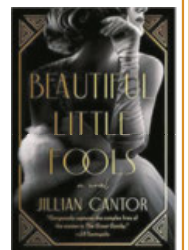
IO is an emerging subspecialty that uses minimally invasive image-guided procedures to enhance cancer care. IO can now be considered the fourth pillar of modern oncology care, the other three being medical, surgical, and radiation.

## February Book Club

### **Beautiful Little Fools**

*a novel by Jillian Cantor*

**Tues. Feb. 22 | 2:30 pm | Library**  
**\$2 upon entry - registration appreciated**  
Beautifully re-crafted American classic, placing the women of *The Great Gatsby* center stage.





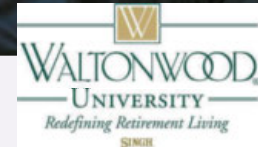
# Terrific Tuesday

## THRILLING Legal THRILLER Author

Tuesday, Feb. 8 | 4:00 pm | \$12 | Dining Room

*Dinner & Music by the Rochester Alley Band*

Join attorney and novelist, William (Bill) Pilchak, as he shares his exciting life-journey from Detroit's public housing projects to a career as a crime fighter and litigator and how it provided material for his electrifying legal thriller series. *Signed books available for purchase.*



## VETERANS CONNECTION BREAKFAST

Wed. Feb. 9 | 10:00 am | Dining Rm  
\$2 upon entry - registration required

*Operation  
Breakfast*

*Veterans and their spouses are invited to attend*

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



Wed. Feb. 23 | 12:30 pm | \$10  
Dining Room

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

Sponsored by:



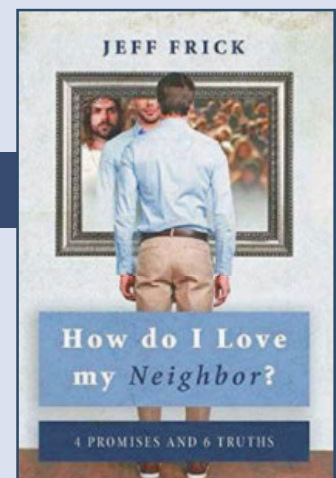
## REWIRED *not* RETIRED <sup>SM</sup>

### How do I Love my Neighbor?

Wed. Feb. 16 | 1:30 - 3:00 pm | \$5 | Dining Room

Meet local author and Chaplain, Jeff Frick as he talks about his insightful book that serves as a guided exploration of "loving your neighbor" with 4 promises and 6 truths.

Sponsored by:



# Fine Art & Crafts

## WATERCOLOR GREETING CARDS w/Pete Snodgrass

Thurs. Feb. 10 | Art Studios

9:30 am - noon | \$15 see supply info

Make one of a kind, original watercolor cards for Valentines and Easter. Bring your own ideas; instructor has samples and ideas to share. Send a greeting from the heart. *Supplies: bring basic watercolor supplies. Purchase cards/envelopes from instructor – large .75 ea; small .50 ea.*



## ANYONE CAN PAINT w/Steve Wood

Mon. Feb. 14 | Art Studios

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

Whether a beginner or rediscovering art, you are invited to complete an 11 x 14 "Love Letters" acrylic painting. Background includes a forest scene of trees and grass. Paint carved initials on a large tree in the foreground. Let the award-winning TV show artist of "Anyone Can Paint," Steve Wood, develop the inner artist in you.

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

Tues. Feb. 15 & 22 | 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 the study of "Birds."



## WATERCOLOR PAINTING CLASS w/Pete Snodgrass

Wed. Feb. 16 - Mar. 9 | 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 with an emphasis on the tints and shades of red and pink. *Email pbedsole@opcseiorcenter.org for a list of suggested supplies.*

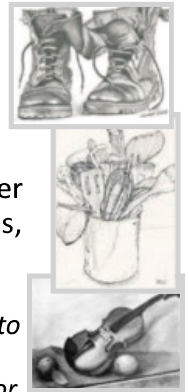


## MULTI-MEDIA DRAWING w/Elaine Wells

Thurs. Feb. 17 - Mar. 10 | Art Studios

10:00 am - noon | \$50 bring own supplies

Practice drawing in your medium of choice – pencil, charcoal or pen and ink. Draw from real life to learn measuring techniques for accuracy. Other benefits include changing light conditions, rich textures, proportion and views from alternate angles. *Supplies: students are encouraged to bring an object(s) from home to compose their own small still life. Also bring medium to large size multi-purpose (11 x 14 or larger) drawing pad and your choice of drawing medium.*



## MONOPRINT TECHNIQUES w/Elaine Wells

Tues. Feb. 22 | Art Studios

9:30 am - noon | \$20 supplies included

An introduction to the monoprint process, a printmaking technique intended to create one unique, unrepeatable impression. Draw images or paint an abstract design on an acrylic backing, press paper, then pull. Experiment with brayers, paints, color mixing and more. Your prints can be turned into small original artwork, cards, bookmarks and more.



## WATERCOLOR CLASS FOR BEGINNERS w/Meg Costantini

Thurs. Feb. 24 - Mar. 17 | 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@opcseiorcenter for a list of supplies.*



*Save the Date!*

## FLORAL WATERCOLOR WORKSHOP

Wed. Mar. 16

9:30 am - 3:00 pm

*Details and registration info  
in March Newsletter*





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



## CREATION STATION | Art Studios



### VALENTINE CARDMAKING w/Opal

**Wed. Feb. 2 | 1 - 3:30 pm | \$10**

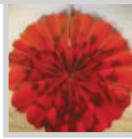
LOVE is in the air - remember someone special on Valentine's Day with a card created by YOU. Make four delightful Valentine cards and a special surprise project that you will love! *Bring scissors and glue.*



### CHINESE NEW YEAR CRAFTS w/Cherie

**Mon. Feb. 7 | 1 - 3:00 pm | \$5\***

Experience the Chinese tradition of celebrating their Lunar New Year. The Year of the Tiger begins Jan. 31 and runs for 16 days. We will be making Chinese Lanterns and fans using simple cutting, folding and stamping techniques. Join us for some paper crafting FUN with a cultural twist!!



### POLYMER CLAY JEWELRY w/Cherie

**Wed. Feb. 9 & 16 | 1 - 3:30 pm | \$15**

**Week #1** – Learn to mix and manipulate polymer clay to form beads and pendants. Basic techniques covered and new ones explored. **Week #2** – Learn simple jewelry techniques to make your polymer creations into unique earrings, bracelets and necklaces. *Supplies: YOU BRING two or three 2 oz. squares polymer clay (your choice of color). All other supplies and additional clay included.*



### ZIPPER BRACELETS w/Cherie

**Wed. Feb. 23 | 1 - 3:30 pm | \$10\***

Make a unique, classy bracelet using a 7" zipper, buttons, beads and trim. Color palette is black, white and gold. Buttons are adhered by stitching them to the zipper. Easy and GREAT results! Bring some of your favorite buttons to add to your piece.



**\* Indicates ALL supplies included**

## More EXCITING craft classes:

### EASY COWL SCARF w/Candi & Denise

**Tues. Feb. 8 | 10 am - noon | Art Studios | \$12\***

Instructors provide each student with a crochet cowl form that YOU will embellish! Choose from two color palettes and an array of yarns. Super EASY, simply select your yarns, then cut and tie. Beads available to compliment your scarf. *Supplies provided, but BRING sharp scissors.*



### KNITTING FOR BEGINNERS w/Naomi

**Tues. Feb. 15 - Mar. 8 | 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.*



### STACKED BUTTON NECKLACE w/Regina

**Mon. Feb. 28 | 10:00 am - noon | Art Studios | \$12\***

Design your own necklace with buttons, charms, keys, chains and more. Each will be different. String a stack of buttons and add your choice of baubles. Buttons can be woven into the chain as well. These are really FUN – color choices available.



**\* Indicates ALL supplies included**

## CALLING OPC ARTISTS

to exhibit in our

## INSPIRATION & ART EVENT MARCH 7 – 11

part of the 2022 Annual Spring Into Action Month

Submission deadline is Fri., Feb. 25 by noon in-person.

Fine Art, Pottery, Needle Arts, Woodworking & Crafts  
(2 pieces per person)

Info: pbedsole@opc seniorcenter.org.

PRIZES AWARDED!

You may list your work for sale (20% commission to OPC)

# Fine Art & Crafts

## POTTERY STUDIO

### INDEPENDENT POTTERS

*\*Pre-requisite to participate - Minimum 36 hours OPC pottery class time & registration required*

Mon. Feb. 7 - 28 | 9 am - noon / 12:30 - 3:30 pm / 4:30 - 7:30 pm  
Thurs. Feb. 3 - 24 | 9 am - noon / 12:30 - 3:30 pm / 4:30 - 7:30 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. Mar. 2 - Apr. 6 | 9:00 am - noon | \$75

**\$15 for 25# clay - all other supplies included**

Begin with the basics. Learn clay handbuilding techniques to make everything from jewelry 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. Mar. 2 - Apr. 6 | 1:00 - 4:00 pm | \$75 **OR**

Wed. Mar. 2 - Apr. 6 | 4:30 - 7:30 pm | \$75

**\$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.

## WOODSHOP Open Workshop

**Monday - Friday | 9:00 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**

### HANDS ON SERIES: BANDSAW CLASS w/Tom

Wed. Feb. 9 | 2 - 4:30 pm | \$10

Great chance for hands-on experience on one of the most versatile machines in the shop. The bandsaw cuts straight or curved lines. Learn its strengths and limitations.

### PROJECT CLASS: BIRDHOUSE w/Mike

Wed. Feb. 23 | 2 - 4:30 pm | \$16

Build a birdhouse suitable for wrens or bluebirds. Design includes ventilation and a cleanout door. All materials provided.

### WOODSHOP SAFETY CLASS w/Mike & Shel

Mon. Feb. 14 | 2 - 4:30 pm | \$15

Required to obtain a Safety Card to use the Woodshop.

### ANNUAL WOODSHOP USER MEETING

Wed. Feb. 16 | 10 am - noon

*Users with active "User Cards" are invited to attend to discuss shop improvements over the past year, ideas for machine replacement and thoughts for future improvements, classes and search for new class leaders.*

## LAPIDARY Open Studio

**Fridays | Feb. 4 - 25 | 9 am - noon**

**\$7 per session | Art Studios**

**REGISTRATION & EXPERIENCE  
REQUIRED TO PARTICIPATE**

*Continue to watch for class information. We are hoping to offer limited classes as we move further into 2022.*

## OPEN ART STUDIOS

### ZENTANGLE STUDIO w/Cherie - Library

Mon. Feb. 7 - 28 | 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. Feb. 7 - 28 | 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.

### NEEDLE ARTS STUDIO w/Pat - Library

Thurs. Feb. 3 - 24 | 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.



*2nd Hand*  
**JEWELRY SALE**

Contact Paula:  
248-608-0253  
pbedsole@opcseniorcenter.org

**SAVE THE DATE!**  
May 12, 13 & 14

**NOW collecting gently used jewelry, fashion/designer scarves (no winter scarves) and "like new" DESIGNER, VINTAGE and NAME BRAND purses.**

# Travel

## Day Trips:



### SHRINE OF THE LITTLE FLOWER CHURCH TOUR

**Tues. 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**

### FORD FIELD & WHISKEY TOUR

**Tues. Mar. 29 | 9:00 am - 3:30 pm | \$109**

Come tour Ford Field for a behind-the-scenes glimpse of the Detroit Lions. Also, get a peek of a Ford Field suite, an NFL locker room, walk down the tunnel to the field and stand on the turf for a player's view of the stadium. After an included lunch, there will be a private tour and tastings at Two James Spirits, Detroit's First Distillery since Prohibition.

**Cancellation fee: \$16/Deadline: Mar. 11**

#### \*Wheelchair accessible

If you need special accommodations, call 248.659.1030 before registering

**Bus leaves promptly 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. Feb. 2 - 28 | 8:00 am | 12 classes \$72  
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. Feb. 1 - 22 | 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. Feb. 1 - 22 | 12:30 pm | 4 classes \$24 w/Karen\*  
Wed. Feb. 2 - 23 | 10:15 am | 4 classes \$24 w/C Smith  
Thurs. Feb. 3 - 24 | 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. Feb. 1 - 22 | 9:00 am | 4 classes \$24 w/Therese  
Fri. Feb. 4 - 25 | 9:00 am | 4 classes \$24 w/Therese  
Sat. Feb. 5 - 26 | 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. Feb. 3 - 24 | 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. Feb. 7 - 28 | 9:00 am | 4 classes \$24  
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. Feb. 7 - 28 | 10:00 am | 4 classes \$24  
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.

### ZUMBA GOLD CHAIR 1 w/Dayla (K. White)

Sat. Feb. 5 - 26 | 10:00 am | 4 classes \$24

NEW!

Classes are specifically designed for people with limited mobility, balance issues, and anyone who wants a great seated workout.

### BASIC SELF DEFENSE w/Paul (K. White)

Sat. Feb. 26 | 12:00 - 1:45 pm | 1 class \$10

NEW!

Learn basic self-defense from a 4th Degree Black Belt. Review situational awareness training, demos of simple self-defense techniques, and partner work to practice your new skills.

### BEG. TAI CHI – WU STYLE w/John (K. White)

Tues. Feb. 1 - 22 | 4:00 pm | 4 classes \$32

Thurs. Feb. 3 - 24 | 3:00 pm | 4 classes \$32

Fri. Feb. 4 - 25 | 10:00 am | 4 classes \$32

Fri. Feb. 4 - 25 | 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. Feb. 7 - 28 | 11:30 am | 4 classes \$24

Improve your strength, balance, and coordination while learning the Korean martial art, Tang Soo Do. Open to all levels of experience. The OPC Club and Instructor are APTSDF Certified.

### INTERVAL TRAINING 2-3 w/Brenda (K. White)

Wed. Feb. 2 - 23 | 9:00 am | 4 classes \$24

Fri. Feb. 4 - 25 | 9:00 am | 4 classes \$24

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.

### FUNCTIONALLY FIT w/Peggy 2 (K. White)

Mon. Feb. 7 - 28 | 10:30 am | 4 classes \$24

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

A standing and seated class focusing on full body movement, improving coordination, balance and core.

### RESISTANCE & BALANCE TRAINING 3 (K. White)

Tues. Feb. 1 - 22 | 1:30 pm | 4 classes \$24 w/Fabiola

Thurs. Feb. 3 - 24 | 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.

### BALLET w/Karen 2 (K. White)

Wed. Feb. 2 - 23 | 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. Feb. 2 - 23 | 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. Feb. 7 - 28 | 1:00 pm | 4 classes \$24 w/Fabiola

Tues. Feb. 1 - 22 | 9:30 am | 4 classes \$24 w/Leah

Tues. Feb. 1 - 22 | 5:30 pm | 4 classes \$24 w/Leah

Thurs. Feb. 3 - 24 | 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. Feb. 1 - 22 | 11:30 am | 4 classes \$24 w/Karen

Thurs. Feb. 3 - 24 | 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. Feb. 1 - 22 | 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)

Sat. Feb. 5 - 26 | 9:00 am | 4 classes \$24 NEW!

Calm and gentle practice with traditional yoga movements. Bring a yoga mat - blanket is optional.

### CHAIR YOGA w/Debi (K. White)

Mon. Feb. 7 - 28 | 2:00 pm | 4 classes \$24

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

Fri. Feb. 4 - 25 | 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. Feb. 3 - 24 | 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. Feb. 7 - 28 | 8:30 am | 4 classes \$24 w/Kim C.

Fri. Feb. 4 - 25 | 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. Feb. 1 - 22 | 8:30 am | 4 classes \$24

Thurs. Feb. 3 - 24 | 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. Feb. 3 - 24 | 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.

### TOTAL BODY SCULPT 3 w/Kim (D. LaVere)

Fri. Feb. 4 - 25 | 9:00 am | 4 classes \$24 NEW!

Use a variety of equipment in this high energy class to tone up while increasing endurance and strength.

## Parkinson's Exercise Options:

### PWR! PARKINSON WELLNESS RECOVERY

w/ Carol Schram (K. White)

Wed. Feb. 2 - 23 | 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. Feb. 7 - 28 | 11:30 am - 12:30 pm | 4 classes \$32

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. Feb. 1 - 22 | 9:30 am | 4 classes \$32

Improve balance, coordination, endurance and strength in this class with chairs and standing work.

### BOXING FOR PARKINSON'S w/ Carol Schram (Gym)

Tues. Feb. 1 - 22 | 12:00 pm | 4 classes \$32

This non-contact boxing 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. The intensity level is higher and transitions between exercises are more rapid.

# 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. | Feb. 15, 22 & Mar. 1, 8 | 1:45 - 3:45 pm**  
**4 classes \$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

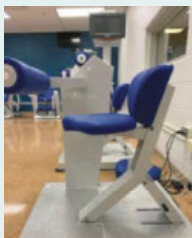
## DROP-IN PICKLEBALL - \$2

*See Gym Schedule for details on the website or posted in the gym*

*Please consult your doctor before starting any exercise program.*

## WEIGHT ROOM \$10 Each ORIENTATION Session

**Fri. Feb. 4 | 10:00 am**  
**Wed. Feb. 9 | 5:00 pm**  
**Tues. Feb. 15 | 10:00 am**  
**Sat. Feb. 26 | 10:00 am**  
**Mon. Feb. 28 | 11:00 am**



To accurately use the HUR weight room equipment, an orientation is required. The HUR pneumatic (air resistance) technology is 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 captured for each user such as repetitions, resistance and progress.

*Registration required.*

## 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

**Tues/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**



## PERSONAL TRAINING

Take your fitness goals to the next level and schedule a personal training session today. 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**



# Aquatics & Fitness

## Aquatic Classes:

### AQUA MUSCLES IN MOTION w/Debbie 2 (Lap Pool)

Fri. Feb. 4 - 25 | 9:00 am | 4 classes \$24

A cardio and toning workout in the shallow end, for beginning to moderate fitness levels, utilizing various pieces of equipment. **NEW!**

### AQUA MIX w/Dawn 2-3 (Lap Pool)

Sat. Feb. 5 - 26 | 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. Feb. 1 - 22 | 10:15 am | 4 classes \$24 w/Carol

Fri. Feb. 4 - 25 | 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)

Mon. Feb. 7 - Mar. 7 | 9:00 am | 5 classes \$30\*

*\*Limited time class, will not be available past Mar. 7*

Wed. Feb. 2 - 23 | 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.

### THE DEEP 2-3 (Lap Pool)

Wed. Feb. 2 - 23 | 8:00 am | 4 classes \$24 w/Margaret

Fri. Feb. 4 - 25 | 8:00 am | 4 classes \$24 w/Sabrina

High-intensity workout using deep water to improve cardio fitness, muscular strength, and endurance.

### HEALTHY JOINTS 2 - 3 (Therapy Pool)

Mon. Feb. 7 - 28 | 9:00 am | 4 classes \$24 w/Debbie

Tues. Feb. 1 - 22 | 8:00 am | 4 classes \$24 w/Margaret

Wed. Feb. 2 - 23 | 1:00 pm | 4 classes \$24 w/Cecilia

Wed. Feb. 2 - 23 | 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. Feb. 7 - 28 | 5:45 pm | 4 classes \$24

Tues. Feb. 1 - 22 | 5:45 pm | 4 classes \$24

Thurs. Feb. 3 - 24 | 5:45 pm | 4 classes \$24

Aqua class focusing on cardio-conditioning and body toning with Latin rhythms and easy to follow moves.

### MAKING WAVES 2-3 (Lap Pool)

Mon. Feb. 7 - 28 | 10:00 am | 4 classes \$24 w/Debbie

Wed. Feb. 2 - 23 | 2:00 pm | 4 classes \$24 w/Cecilia

Aqua class targeting cardiovascular fitness with some low impact. Exercises are done in shallow end.

### BALANCE & STABILITY 2-3 (Therapy Pool)

Wed. Feb. 2 - 23 | 10:00 am | 4 classes \$24 w/Cecilia

Fri. Feb. 4 - 25 | 10:00 am | 4 classes \$24 w/Debbie

Improve balance and stability while developing muscle awareness to aid in preventing slips and falls.

### WATER WORKS w/Cecilia 2 (Therapy Pool)

Wed. Feb. 2 - 23 | 9:00 am | 4 classes \$24

Develop strength, flexibility, muscular endurance, balance, and coordination with some low impact.

### POOL GYM CIRCUIT TRAINING w/JT 3-4 (Lap Pool)

Wed. Feb. 2 - 23 | 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.

### 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.

### SMALL GROUP SWIM LESSONS (Lap Pool)

Thurs. Feb. 3 - 24 | 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 goals. The instructor uses 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)

**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.

## PAYMENT OPTIONS

### ALL ACCESS PASS | \$68

Unlimited Drop-In Classes, Gym Activities, Open Swim, Cardio/Weight Rooms & Billiards

*(Expires 30 days from date of purchase).*

### DROP-IN PUNCH CARD | \$36

*Use instead of cash for:*

- Drop-in Classes \$7-\$11
- Gym Activities \$2
- Billiards \$2
- Open Swim \$3
- Cardio & Weight Rooms \$2

# 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. Feb. 3 | 8:30 - 10:00 am  
(In person)

Mon. Feb. 14 | 4 - 5:00 pm  
(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.

For information 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, Feb. 4 & 18 | 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, Feb. 8 | 2 - 3:00 pm

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

### VISUALLY IMPAIRED

Friday, Feb. 25 | 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, Feb. 23 | 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

Wednesday, Feb. 2 | 3 - 5:00 pm

This group that meets at OPC, is associated with the Michigan Parkinson Foundation, featuring programs for everyday living, sharing and support. Call: **586.612.2744** for information. Newcomers welcome!

## 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, Feb. 7 | 9 am - noon**  
**Monday, Feb. 14 | 12 - 3:00 pm**  
**Friday, Feb. 25 | 2 - 4:00 pm**



To make an appointment call: **248.608.0249**



## Stone Cottage Garden Memorial Bricks

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.

3 LINES  
16 SPACES

5 LINES  
16 SPACES

7 LINES  
20 SPACES



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.

Order forms are available at the  
cashier's window and on the OPC website  
[www.opcseniorcenter.org](http://www.opcseniorcenter.org)

**For questions contact Colleen at  
248.659.1034**

## 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.



*Transportation Program  
sponsored by:*

**Beaumont**

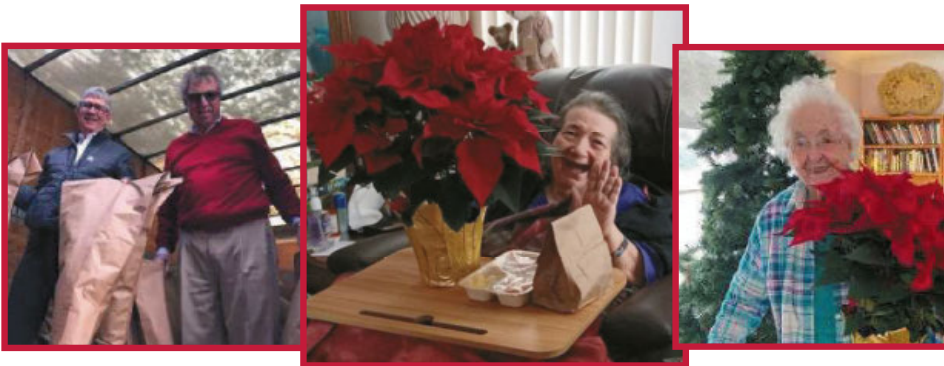
Ride Reservation: **248.652.4780** | Weekday Cancellations: **248.608.0296** | Weekend Cancellations: **248.608.0271**

While OPC is unable to endorse our sponsors, speakers and advertisers, we greatly appreciate their support. **19**

# Philanthropy

*Last year OPC was once again blessed with a tremendous outpouring of support from community friends and partners, who showered our seniors with warmth, holiday cheer, smiles and gifts. Here are just a few of the many ways we benefitted from the generosity of you, our OPC Friends!*

**Holiday Baskets** including food, household items, small gifts and treats, and a gift card to a local grocery store were donated and delivered with the help of local Girl Scouts, Brownies, the Adams High School National Honors Society, Community and OPC members & staff. We were thrilled to be able to provide the baskets and a holiday greeting to over 160 seniors!



Mike & Christine Nicholson continued their cherished (and GREATLY appreciated) family legacy of donating holiday **poinsettias** to homebound seniors that brightened the homes and holidays for 305 seniors! The lovely plants are part of a rich community tradition, having been purchased by Rochester Rotary from Bordines, & delivered personally by our friends, Frank Rewold & Brad Upton to the OPC!

Bellbrook Senior Living partnered with the OPC to hold a **sock drive** for homebound seniors, warming the hearts and feet of seniors all winter long!



The OPC's Veterans Connection donated generously to the Vietnam Veterans of America Chapter 154 'Operation Christmas,' helping to provide **gifts** to 100 local families.

**Care packages** provided by both, Ascension Providence Rochester and the Baldwin Society, were distributed to low-income and homebound seniors providing a welcome lift during the holiday season.

*Wellness Center*

**Call Cindy to make appointments for all Wellness Center Programs**



**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 ORTHOPEDIC DOCTOR Tues. Feb. 1 & 15 | 9 - 11:00 am**

Dr. Maibauer, M.D., retired Orthopedic Surgeon, has returned to address orthopedic questions and concerns.

**ASK THE RESIDENT Wed. Feb. 2, 9, 16, & 23 | 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.

**WHAT IS YOUR RISK OF FALLING? Wed. Feb. 9 | 1:30 - 3:30 pm**

Find out with a complimentary balance/fall risk assessment.

**HEARING TESTING & HEARING AID CLEANING Tues. Feb. 15 | 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.

**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. This is a FREE 8 session class.

**HOME SAFETY VISITS by Ascension Providence Rochester to help our seniors Age in Place!**

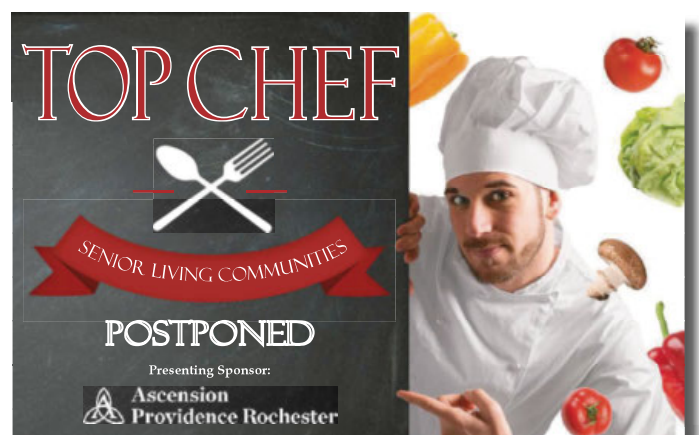
These safety visits are designed to alleviate a senior's stress and risk so that they can continue to enjoy the comfort of their home. The home safety visit will include the following:

**Fall Prevention Tips | Balance Assessment | Medication Disposal | Assistive Device Adjustments**

Many thanks to Rochester Rotary Charities for their generous **\$2,500 grant** to OPC's Act of Kindness program, which helps provide necessary home repairs for low-income seniors. This grant allows us to assist seniors needing minor repairs, keeping them safely in their homes.



*Thank you for your generosity, support and goodwill towards seniors in our community!*



**The Top Chef Event scheduled for February 17, 2022 is postponed.**

**A new date will be announced soon!**

# February



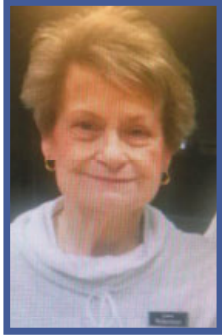
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 Chicken Tenderloin w/Gravy</b> Red Skin Potatoes Broccoli Cuts Orange Sections Dinner Roll	<b>2 Turkey Burger w/Bun</b> Lettuce/Tomatoes Cucumber Salad Red Grapes	<b>3 Tuna Noodle Casserole</b> Caribbean Vegetable Garden Salad Apricots Bread	<b>4 Baked Ham</b> Sweet Potatoes Whole Green Beans Banana Dinner Roll
<b>7 Beef Stroganoff</b> Califlower/Broccoli Salad Savory Spinach Fruit Medley Whole Wheat Bread	<b>8 Creamy Chicken &amp; Vegetables</b> Whipped Potatoes Salad Orange Sections Dinner Roll	<b>9 BBQ Chicken w/Bun</b> Broccoli Pasta Salad Marinated Carrot Salad Peach Halves	<b>10 Meatloaf w/Gravy</b> Red Skin Potatoes Garden Salad Normandy Vegetables Diced Pears Dinner Roll	<b>11 Chicken a la King w/Rice</b> Herbed Green Beans Vegetable Salad Gelatin Grain Roll
<b>14 Vegetable Lasagna</b> Zucchini Cole Slaw Grapes Whole Wheat Bread	<b>15 Sweet &amp; Sour Meatballs</b> Rice Key West Vegetable Oriental Salad Red Apple	<b>16 Chicken Divan</b> Chive Potatoes Whole Green Beans Romaine Salad Apple Sauce Breadstick	<b>17 Herbed Pork Loin</b> Oven Browned Potatoes Baby Carrots Vegetable Salad Fruit Salad Wheat Roll	<b>18 Baked Pollock</b> Roasted Potatoes Normandy Blend Veg. 100% Fruit Juice Whole Wheat Roll
<b>21 Grilled Pork Patty</b> European Blend Sweet Potatoes Cinnamon Apples Wheat Bread	<b>22 Lemon Chicken</b> Brown Rice Prince Charles Blend Vegetable Salad Diced Peaches Dinner Roll	<b>23 Mexican Beef &amp; Bean Casserole</b> Romaine Salad Spinach Apricots Wheat Bread	<b>24 Pizza</b> Three Bean Salad Carrots Grapes	<b>25 Oven Baked Fish</b> Herbed Diced Potatoes Succotash Fruit Salad Whole Wheat Roll
<b>28 Stuffed Green Pepper</b> Roasted Potatoes Carrots Apple Breadstick	<div style="border: 2px solid #e91e63; border-radius: 15px; padding: 10px; background-color: #e91e63; color: white;"> <p><b>NUTRITION MENU</b> 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 &amp; over - \$3 donation   Under 60 - \$4 charge</p> </div>			

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

# Featured Volunteer

**Judy Sloan** has worn many hats during her 20+ years of volunteerism at the OPC. Here are just a few of the many ways she has supported the programs at the center: facilitated games, worked concessions, registration tables and the pool desk, set-up, served and cleaned-up. Judy is a retired home decorator who enjoys spending time with her family. Married to her husband Al for 59 years, they have 3 children, 7 grandchildren and 3 great grandchildren. When Judy isn't volunteering she attends lectures, swims, plays pinochle and is a proud member of the Lions Club.



**Volunteering is what keeps Judy young at heart so next time you see her at the OPC be sure to say hello!**

**VOLUNTEERS ARE THE HEART OF OPC!**  
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, Tea or a  
warm bowl of  
Homemade Soup!**

**Soup | Salad | Sandwiches**





*FOR THE JOYS OF  
Independent Senior Living*

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



**INNOVATIVE.  
ENGAGING.  
ENLIVENING.  
TOTALLY  
CAPTIVATING.**

175 E. Nawakwa Road | Rochester Hills, MI | 248.299.0700 | [AllSeasonsRochesterHills.com](http://AllSeasonsRochesterHills.com)

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

Managed by: 

Proud Recipient of the Prestigious 

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](http://alifeinfullbloom.com)



**BUYING**

SPORTSCARDS • MEMORABILIA  
COLLECTIONS



Call: Adam - (248) 790-0090



**TOP \$\$\$ PAID**



**BUYING**

GOLD, SILVER, JEWELRY, WATCHES,  
COLLECTIONS & ACCUMULATIONS

email: [Staffing007@yahoo.com](mailto:Staffing007@yahoo.com)



**TOP \$\$\$ PAID**

  
**THE AVALON**  
OF AUBURN HILLS  
A GRACE MGMT COMMUNITY

**The Lifestyle  
You Deserve**

Schedule a visit today!

At the crossroads of  
Squirrel Rd. and E. Walton Blvd.  
(248) 282-4094  
[TheAvalonOfAuburnHills.com](http://TheAvalonOfAuburnHills.com)

ASSISTED LIVING & MEMORY CARE

**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](http://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.



790 Leticia Dr.  
Rochester, Michigan 48307  
[cedarbrookseniorliving.com](http://cedarbrookseniorliving.com)  
(248)-481-5971  
Celebrating life everyday.



**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](mailto:mking.c@mirealsource.com)  
Proud Member of the  
Rochester OPC!  
[www.viewmetrodetroitohomes.com](http://www.viewmetrodetroitohomes.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](http://heartlandnursing.com/Oakland)



© 2018 HCR Healthcare, LLC



# Adult Keyboard Class

For active retirees who have always wanted to play an instrument!

*It's Easy & It's fun!*

10 WEEK GROUP COURSE

**\$99** A \$150 Value!

Beginner Classes  
Enroll Today!

**EVOLA MUSIC**  
Since 1931

**586-726-6570**  
**evola.com**

12745 23 Mile Rd  
Shelby Twp.

## 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



## 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](http://AnthologySeniorLiving.com)

# AMERISTAFF

## NURSING SERVICES

We're here for you.

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



Call for your  
**FREE EVALUATION**

**(248) 288-2270**

[ameristaffservices.com](http://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](mailto:transport@imn.care)**  
- Licensed and Insured -



ROCHESTER | WATERFORD  
248.651.8137 248.674.4181

**Modetz Family  
Funeral Homes**

ORION  
248.371.3777

*Thank you for choosing our family for your family.*  
[www.modetzfuneralhomes.com](http://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*



210 W. University, Suite 4  
Rochester, MI 48307

**Cell: (248) 766-5623**

**Office: (248) 651-1200**

[jane@janeevanshomes.com](mailto:jane@janeevanshomes.com)

[www.Janeevanshomes.com](http://www.Janeevanshomes.com)



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0724

**MEDICAL AND SURGICAL FOOT AND ANKLE SPECIALISTS**



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](http://www.greatlakesfootandankle.com)

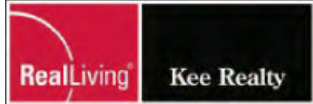
See why so many seniors call  
 American House home sweet home!

To find out more, call us today!

**Elmwood**      **Stone**  
 (248) 852-1980      (248) 853-2330

**American House**  
 SENIOR LIVING COMMUNITIES  
[AmericanHouseMI.com](http://AmericanHouseMI.com)

Affordable | Single-story | Family-owned for over 40 years



**Darlene Kujanek**  
**REALTOR®**

Associate Broker  
 Seniors Real Estate Specialist®

**(248) 408-6721**

[Darlene.Kujanek@gmail.com](mailto:Darlene.Kujanek@gmail.com)

210 W. University, Ste. 4,  
 Rochester, MI 48307



**Making Dreams  
 Come True for  
 Buyers & Sellers!**



[www.realliving.com/Darlene.Kujanek](http://www.realliving.com/Darlene.Kujanek)



**Pomeroy Living®**

**ROCHESTER**

**ORION**

**Independent Living**      **Skilled Rehabilitation**  
 (248) 829-1030      (248) 852-7800

**Assisted Living & Memory Care**  
 (248) 564-2200

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

Book a tour at one of our communities today  
[www.pomeroyliving.com](http://www.pomeroyliving.com)



**DETROIT  
 GRAB BAR**

**(248) 283-4519**

**We install grab bars**

**You should never know  
 you needed one.**

Be proactive!

David Wegener

[davidw@detroitgrabbar.com](mailto:davidw@detroitgrabbar.com)

[www.detroitgrabbar.com](http://www.detroitgrabbar.com)



**Kim Russell**

Placement Specialist

**(248) 931-6006**

[kimrussell4seniors@gmail.com](mailto:kimrussell4seniors@gmail.com)

[www.NextSteps4Seniors.com](http://www.NextSteps4Seniors.com)

Our Services are provided at no cost to you!



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](http://www.VisitingAngels.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 for 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!**



**Call Now!** Appointment times are limited!

**248-841-4878**

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

[www.beltonehearingaid.com](http://www.beltonehearingaid.com)



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpcommunities.com](http://www.lpcommunities.com)

15-0724



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<sup>®</sup>  
MEMORIAL

LIFE WELL CELEBRATED<sup>®</sup>

ROCHESTER  
248-651-9641

AUBURN HILLS  
248-852-1800

KEEGO HARBOR  
248-682-0200

The celebration  
of a lifetime  
begins here.

Our State. Our Town.  
Our Hospice.



The sooner you call,  
the more we can help.

24/7 Support

888-247-5701  
or hom.org

A member of the northstar Care Community

Check out our Website for the Latest Financial and Economic News  
[www.spectrumfr.com](http://www.spectrumfr.com) Current Publications



6915 Rochester Rd  
Troy, MI 48085

Call: (248) 643-0033

. Financial, Retirement &  
Estate Planning  
. Portfolio Management

# Assistance at Home



- Ⓢ 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.



4-D-5-5

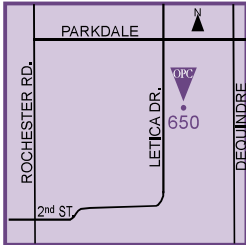
For ad info. call 1-800-477-4574 • [www.lpcommunities.com](http://www.lpcommunities.com)

15-0724



650 Letica Drive  
Rochester, MI 48307

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



Registration for all FEBRUARY activities begins on THURSDAY, Jan. 20 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**

Micheline Sommers, *Ch.*

William Jandeska, *Treasurer*

Dominic Abbate

Al Fisk

Dale Hetrick

Nancy Salvia

David Walker

**FOLLOW US**

[www.opcseniorcenter.org](http://www.opcseniorcenter.org)

YouTube Channel:

Older Persons' Commission



Casting Call for Onstage & Backstage

# AUDITIONS

March 1, 2 & 3 | 9:00 am – noon



for the 650 Players Spring 2022 Live Show



## GOING GLOBAL

*A Musical Adventure*



**Directed by Karen Elliott**

**Show Dates: May 14, 16, 17, 18, 19 & 21**

**Audition Notes:** Acquaint yourself with one of the following songs:

*Brotherhood of Man – Save your Kisses for Me*

*One Voice Children's Choir – Maroon 5's Memories*

*Jim Malcolm & Darren Maclean's I'm Gonna Be (500 Miles)*

Contact Marianne McCauley with any questions | 248-608-0263 | [mmcauley@opcseniorcenter.org](mailto:mmcauley@opcseniorcenter.org)

**SNOW DAY CLOSURE  
NOTIFICATIONS**

Listed on [www.opcseniorcenter.org](http://www.opcseniorcenter.org) or Local TV News with school closures. Members will receive an automated phone call.