



OPC a
great
place
to
be!

December 2009

MONTHLY NEWSLETTER
650 Letica Drive • Rochester, MI • 48307
248.656.1403 • FAX: 248.656.3153
Building Hours: Mon. - Fri.: 6:30 am - 8:45 pm
Saturday: 7:00 am - 12:00 pm
Cashier Hours: Mon. - Fri.: 8:30 am - 3:30 pm
www.opcseiorcenter.org
Serving Rochester, Rochester Hills, Oakland Twp.

**News from the
Executive Director,
Marye E. Miller**

will be 2 shows at 4:00 pm and 6:00 pm. You must have a ticket to get in, so stop by the OPC financial desk and pick up your tickets with the names of who will be coming to this special event. See the back page of this newsletter for more information. OPC will also have the sparkling stroll in and around the cottage and grounds as it will be lit up for the holidays.

SWIM WITH SANTA

Saturday, December 5, 2009 - Ho Ho Ho! Once again, Santa will be making his appearance at the OPC this year. Families will have the opportunity to swim together and meet Santa in the pool. Santa's helpers will be on hand to distribute fun toys to the kids. This is a fun event that is open to the public. Sign up early to ensure your spot in the pool. To register, visit the financial office on the upper level of OPC or call 248-608-0251.

Swim with Santa session 1: 11:00 am - 12 noon and session 2: 1:00 pm - 2:00 pm.

Cost: \$5 per Child (MUST be accompanied by an adult in the pool area)

\$2.50 per Adult (swimmers and non-swimmers)

OPC NON-RESIDENT MEMBERSHIP FOR 2010:

The OPC non-resident (anyone living outside of Rochester, Rochester Hills or Oakland Township) membership for 2010 will be \$175 per person or \$225 per married couple.

OPC SOCK HOP!

Friday January 22, 2010 at 6:00 pm in the OPC Gym. Come out and dance to your hearts content with music from the 50's, 60's and 70's. If you turn 50 in 2010 your ticket price is \$10.00. The cost to all others is \$15. Being 50 is nifty so come and join in the fun. This is a fundraiser for Program and Events. Open to the public, adults only, so bring family and friends. See page 8 for more information.

IT'S TIME TO RENEW YOUR OPC NEWSLETTER SUBSCRIPTION:

The 2010 OPC Newsletter is the same price as last year - \$17.00 for residents and \$25.00 for non-residents which includes 12 issues of the OPC newsletter plus 4 issues of the Vintage View. Renew by sending a check in the envelope inside this newsletter or at the financial window. Please renew by the February 1, 2010 deadline. You can pick-up a copy of our newsletter at the financial window for \$1.50 per issue.

SNOW DAYS OPC WILL CLOSE:

OPC will be closed if Rochester Community School closes because of snowy/icy roads. Please listen to WJR 760 or WWJ 950 on your radio dial or turn to Channel 4 where they display school closing information at the bottom of the screen. The minibus may run later in the day if roads get plowed and salted and the weather is clear. OPC will also try to get the home delivered meals out. Please do not call the minibus line to see if we will run or not. The minibus line is busy with people making appointments for the next day or staff making calls to the riders scheduled to let them know if we can pick them up. Evening (5:00 pm) programs may meet if we have staff and the weather is clear. If you are in a paid evening class, you will be called.

BUILDING CLOSED CHRISTMAS HOLIDAY:

Starting Wednesday, December 23, 2009 at 4:00 pm through December 27, 2009 the OPC building will be closed for the Christmas Holiday and reopen on Monday December 29, 2009 at 6:30 am. For the New Year holiday the OPC will close on Wednesday, December 30, 2009 at 4:00 pm through January 1, 2010 and reopen Monday, January 4, 2010 at 6:30 am.

OPC Staff and Governing Board wishes each and everyone a happy, healthy holiday season that will last throughout your life.

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 *Look for this symbol next to all night programs*

TRANSPORTATION/MINIBUS:

Call: (248) 652-4780

Monday - Friday: 9:00 am - 2:30 pm

OPC Minibus Transporting Hours:

Mon. - Fri.: 8:00 am - 5:00 pm

Sat: 9:00 am - 5:00 pm

Sun.: 8:00 am - 1:00 pm (Church services only)

Return rides and Cancellations:

Call: 248-608-0296

Mon. - Fri.: 7:30 am - 5:00 pm

Weekend Cancellations:

Call: 248-608-0271 (Before 7:30 am)

PHONE NUMBERS:

Adult Day Services.....	608.0261
Art & Crafts	608.0253
Cultural Arts.....	659.1033
Health & Wellness:	
Aquatics	608.0295
Land/Gym	659.1021
Crittenton Wellness.....	601.2888
Physical Therapy.....	608.8119
Home Delivered Meals:	
Clients	608.0264
Volunteers	608.0281
International.....	608.0277
Leisure Travel	659.1030
Nutrition.....	608.0266
Our Town Cafe.....	608.0265
Outreach.....	608.0248
Programs & Events.....	608.0263
Senior Resources	608.0249
Ticket Sales & Class Registration:	
.....	659.1029 & 608.0251
Transportation.....	652.4780
Vintage View.....	608.0276
Volunteer.....	608.0270



ART IN A BOX

Beginner classes are the place to start your art adventure. Please watch for the class level to help you plan your experience.

“T” indicates BEGINNER, “II” BEG/INTERMEDIATE, and “III” INT/ADVANCED. Some classes are appropriate for more than one level; each level is indicated on the grid. See section below grid for class details and locations. Our Nicholson Studios are indicated as N-I and N-II.

Refund Deadline: One week prior to class

FINE ARTS DRAWING CLASSES

Name of Class	Levels	Days	Dates	Time	Cost	OMW
A. Colored Pencil Int.	II.III	T	Nov. 24, Dec. 1, 8, 15	12:30-3:30	\$37	\$4
B. Basic Drawing/ Independent Art	I.II.II	T	Jan. 19, 26, Feb. 2, 9	12:30-3:30	\$37	\$4

PAINTING CLASSES

Name of Class	Levels	Days	Dates	Time	Cost	OMW
C. Painting for Everyone	I.II.III	W	Dec. 9, 16, 23, 30	1:00-4:00	\$37	\$4
D. Watercolor	I.II	F	Jan. 8, 15, 22, 29	10:00-12:00	\$25	\$3
E. Chinese Brush Beg.	I.II	M	Nov. 23, 30, Dec. 7, 14	9:00-11:00	\$25	\$3
F. Chinese Brush Beg.	I.II	M	Jan. 4, 11, 18, 25	9:00-11:00	\$25	\$3
G. Chinese Brush Int.	I.II	M	Nov. 23, 30, Dec. 7, 14	11:30-1:30	\$25	\$3
H. Chinese Brush Int.	II.III	M	Jan. 4, 11, 18, 25	11:30-1:30	\$25	\$3

MISC. CLASSES

Name of Class	Levels	Days	Dates	Time	Cost	OMW
I. All Kinds of Art	I.II.III	T.	Nov. 17, 24, Dec. 1, 8	1:00-4:00	\$37	\$4
J. All Kinds of Art	I.II.III	T	Jan. 5, 12, 19, 26	1:00-4:00	\$37	\$4

CLAY/POTTERY CLASSES

Supplies: Clay should be purchased through the art department when you register. All other materials are provided.

Name of Class	Levels	Days	Dates	Time	Cost	OMW
K. Pottery Wheel/Clay Handbuilding	I.II.III	T	Jan. 5, 12, 19, 26 Feb. 2, 9	9:00-12:00	\$42 inc. clay \$32 no clay	\$4 \$3

ART IN A BOX CLASS DETAILS

A. Colored Pencil Int. Instructor: Merri-Jo Towns Room: N-II

Class Content: For students who have taken Colored Pencil Beg. Learn to use colored pencils in a painterly way. **Supplies:** Ask for list when you register. “Independent” students bring picture and materials of your choice.

B. Basic Drawing/Independent Art Instructor: Merri-Jo Towns Room: N-II

Class Content: Learn to draw using basic shape concept; emphasis on value and composition. **Supplies:** Medium drawing pad, eraser, small pencil sharpener, B, 2B, 3B, 4B, HB, 2H, 3H, 4H pencils. “Independent” students bring picture and materials of your choice.

C. Painting for Everyone (Oil & Acrylic) Instructor: Jan Sandison Room: N-II

Class Content: Workshop style format. Work on your own projects with teacher critique. Periodic demonstrations presented. Beginners welcome – please indicate “Beginner” at registration. **Supplies:** Bring what you need. Beginners, ask for supply list (oil OR acrylic) when you register.

D. Watercolor Instructor: Pat Szura Room: N-II

Class Content: Basic watercolor techniques and demonstrations of shape, form, light & shade in the landscape presented. **Supplies:** Ask for list when you register.

E. F. Chinese Brush Painting Beg. Instructor: Lee Cheng Tan Room: N-I

Class Content: Explore “Four Gentlemen” (Bamboo, Plum Blossom, Chinese Orchid, Chrysanthemum) and “Four Treasures of the Study Room.” Some history background presented. **Supplies:** Purchase from instructor for additional fee.

G. H. Chinese Brush Painting Int/Adv. Instructor: Lee Cheng Tan Room: N-II

Class Content: Continue to master skills by painting “Four Gentlemen” in color. Intro to flowers, birds, animals & calligraphy **Supplies:** Purchase from instructor for additional fee.

I. J. All Kinds of Art Instructor: Carlos Vazquez Room: N-I

Class Content: Work in any medium under the guidance of a qualified instructor. Workshop style format; teacher critique. **Supplies:** Bring your own supplies.

K. Pottery Wheel/Clay Handbuilding Instructor: Bill Lawson Pottery Studio

Class Content: Throwing pots on the wheel and/or clay handbuilding techniques presented. **Supplies:** Purchase clay when you register; all other supplies provided.

craft classes

THESE CLASSES ARE FOR EVERYONE!

WATCH THE SHOWCASE NEXT TO THE COMPUTER ROOM FOR SAMPLE PROJECTS

BEAUTIFUL BOWS CLASS

Thursday, 1:00 pm – 2:30 pm
(Nicholson Studio I)

Dec. 3 – Learn to make bows with a professional flair! Embellish packages, wreaths and more once you learn a few basic techniques.

Supplies: Minimum 5 yards wire-edged ribbon 3” wide or wider (bring more if you wish).

Instructor: Carolyn Gross

Cost: \$5 **OMW:** \$1

Refund Deadline: Wed., Nov. 25



SIMPLY TERRIFIC CARDS CLASS

Monday, 6:00 pm – 8:00 pm
(Nicholson Studio II)

Dec. 7 – Create 4 different “Thank You Cards” for all those holiday gifts!!

Supplies: See previous article.

Instructor: Caroline Morgan

Cost: \$15 **OMW:** \$2

Refund Deadline: Mon., Nov. 30

BAGS & TAGS CLASS

Tuesday, 6:00 pm – 8:00 pm

Dec. 15 – Decorate 2 holiday gift bags and create an assortment of 12 gift tags. Person-

alize your gift giving! **Supplies:** Included in class fee. Bring double sided tape or tape roller only. No glue!

Cost: \$19 **OMW:** \$2
Refund Deadline: Tues., Dec. 8

REPAIR-REGLUE-RESTRING-REDO COSTUME JEWELRY CLASS -

No class in December. Resumes on Wednesday, Jan. 27th!! Watch for details in January Newsletter.

Announcements

ARTIST OF THE MONTH

PRESENTING OPC PAINTING CLASS

Please stop by the board across from the MSO Office on the lower level to see work displayed by our OPC "Painting for Everyone" Class. This group meets under the expert guidance of instructor, Jan Sandison, on Wednesdays between 1:00 and 4:00 pm. Students may paint in any medium. Make a New Years resolution and consider trying your hand at painting. All levels welcome! Thanks to all of you for sharing your talents with us!

LOOKING FOR VOLUNTEER

TEACHERS!! OPC Art Department is looking for qualified teachers who would like to volunteer to teach art and/or craft classes! Think about sharing your time and talents with others. Call Paula at 248-608-0253, if you are interested!



Visit the Mary Elizabeth Gift Shoppe today!

Make us your HOLIDAY shopping destination! Unique gifts... affordable prices!

**Open Mon.-Fri. 9:00 am-3:30 pm
 Special Evening Hours: Nov. 30-**

**Dec. 17 Mon.-Thurs. until 7:00 pm
 Cash and checks only**

between 3:30 pm & 7:00 pm

-  **Unique ornaments**
 -  **Holiday Floral**
 -  **Loads of stocking stuffers**
 -  **Lovely knits & quilts**
 -  **Special gifts for everyone on your list**
- For shoppers of all ages... 1 to 101...
 A shopping experience you can't afford to miss!!**



WE'RE HAVING A TOOL SALE IN THE WOODSHOP

Got tools or equipment you'd like to donate? Call Paula 248-608-0253 and make arrangements to drop it off. We're planning a BIG TOOL SALE in

Art & Crafts Drop-Ins

These Drop-ins are for everyone!! – Why not try something NEW?

Name of Drop-In	Days	Time	Cost	Room
A. Quilting Circle	Mon.	9:00-11:00	\$0/\$2*	Nicholson Studio II
B. Independent Potters Club	Mon./Thurs.	10:30-1:30	\$2	Pottery Studio
C. Knit & Crochet Group	Tues.	9:30-11:30	\$0/\$2*	Nicholson Studio II
D. Knitting at Night	Tues.	5:00-7:00	\$1/\$2*	Lobby
E. Mosaic Madness	Wed.(see dates)	6:00-8:00	\$2	Upton Woodshop
F.Lapidary & Silversmith	Wed.	6:00-8:30	\$2.50	Nicholson Studios I & II
G. Lapidary & Silversmith	Thurs.	9:00-12:00	\$2.50	Nicholson Studios I & II
H. Woodcarvers	Fri.	9:00-11:30	\$1/\$2*	Nicholson Studio I
I. Open Art Studio	Fri.(see dates)	12:30 – 3:30	\$2	Nicholson Studio II

Drop-In Details

- A. Quilting Circle** **Facilitator: Yolande Webb**
 Group makes items for the Mary Elizabeth Gift Shoppe. *Beginners welcome - \$2 for instruction
- B. Independent Potter's Club (No class Dec. 24 & 31)**
 Pre-requisite: Minimum two 6 week classes with Bill Lawson. **Materials:** Buy your own clay; \$1.00 for glazes (as needed) or supply your own (Cone 05-06).
- C. Knit & Crochet Group** **Facilitator: Muriel Machin**
 Make items for the Mary Elizabeth Gift Shoppe. Beginners welcome -*\$2 for instruction (9:30 - 10:30)
- D. Knitting at Night** **Facilitator: Marilyn Crozier**
 Work on your own projects. Beginners welcome – *\$2 for instruction
Materials: Bring your own supplies
- E. Mosaic Madness – Dec. 2, 9, 16** **Facilitator: Donna Schulert**
 Pre-requisite: One Mosaic Class with Donna Schulert. Work on your own projects – tips provided! **Materials:** Bring your own supplies – glass scraps provided.
- F. Lapidary & Silversmith (Eve)** **Facilitators: Tom Hanson & Jim Bosley**
 Pre-requisite: Beg. Lapidary or Silver Class; qualified instructors available to assist you. **Materials:** Gemstone materials, silver sheet & wire available at low costs or bring your own. All tools, torches, and other supplies provided. **No class Dec. 23 & 30**
- G. Lapidary & Silversmith (Day)** **Facilitator: Tom Hanson**
 Prerequisite: Beg. Lapidary or Silver Class; qualified instructors available to assist you. **Materials:** see above. **No class Dec. 24 & 31**
- H. Woodcarvers** **Facilitator: Adrian Hulverson**
 All levels welcome to work on wood carving projects. Beginners welcome - *\$2 for instruction **Materials:** Bring your own supplies; some supplies provided to get beginners started. **Dec. 4 meet in Upton Woodshop; No class Dec. 25 & Jan. 1**
- I. Open Art Studio – Dec. 4, 11, 18**
 Paint, draw, or do whatever you choose with other creative people; non-instructional session **Materials:** Bring your own supplies.

2010– details to follow. Equipment that is in working condition only please.

ITEMS NEEDED IN THE ART DEPT.

Grapevine wreaths • floral foam • new/gently used silk flowers • wire edged ribbon • yarn, baby specialty yarns • vintage jewelry • china cups • saucers • plates (can be chipped) • cotton fabric (1 yd. min.) • buttons • small/med. baskets/container • vases • wine corks • floral picks • artificial fruit • vines & greens • glue guns & sticks • glass blocks • stained glass scraps • beads • antique spoons and art supplies including paints • brushes • pastels • charcoal • pencils • sketchbooks • etc. Also need a standing coat rack and raku kiln in working condition. Call Paula 248-608-0253 for arrangements to drop off donations. Tax letters provided.



*Join us at the Hop...
 January 22, 2010*

“Got Stuff?”

Donate used or new items of value

Downsizing? Estate Pick Up for Online Auction... Even Cars!
 60% of Proceeds Contributed to OPC Art Department!

Your donated items will be sold through various public auction sites and resale specialists... **BENEFITING OPC Art Department through Project 12 Baskets...**

call DIRECTLY TO DONATE:
1-877-448-7122(toll free)
or/1-586-949-6515

and **VISIT:**
 project12baskets.com to bid



Computers

OPC ON THE WEB! Check out our new OPC website at www.opcseniorcenter.org

OPC WEBSITE DESIGN & SUPPORT
Every Wednesday, 1:00 pm - 2:00 pm
(Computer Learning Annex)

This group meets every Wednesday to update the OPC Website. If you have basic computer skills and an understanding of the internet, join us!



International Programs

Language classes

NOTE: The curriculum is a continuation based on previous learning. If you are interested, sign up at 248-608-0251.

CHINESE
Monday, 9:30 am – 10:30 am
Conference Room B
Dec. 7, 14, 21, 28 - In the 21st Century the Chinese door is wide open to the world! This class teaches traditional Chinese culture as well as daily language. Come to meet the East @ OPC!
Cost: \$16 **OMW: \$2**
Refund Deadline: Mon., Nov. 30

GERMAN BEGINNING
Tuesday, 10:30 am – 11:30 am
Junior Conference Room
Dec. 1, 8 - If you have little knowledge of the German language or have previously known German but need to refresh, this is the class for you!
Instructor: Karen Rose
Cost: \$10 **OMW: \$1**
Refund Deadline: Tues., Nov. 24

GERMAN ADVANCED
Tuesday, 9:30 am – 10:30 am
Junior Conference Room
Dec. 1, 8 - The focus of this group will be on cultural awareness integrating grammar and pronunciation using a text titled Themen Aktuell.
Instructor: Karen Rose
Cost: \$10 **OMW: \$1**
Refund Deadline: Tues., Nov. 24

ITALIAN I
Thursday, 9:30 am – 10:30 am
Conference Room C
No class until January

ITALIAN II
Thursday, 10:45 am – 11:45 am
Conference Room C
No class until January

SPANISH CONVERSATION
Wednesday, 9:00 – 10:30 am
Allen Conference Room
Dec. 2, 9, 16 - This class is all about dialogue and conversation. You need to know some Spanish to participate in this class.

COMPUTER CLASSES

We're offering more classes to meet your needs. Computer Classes start with Computer Basics! After that, choose the class that suits your needs. If you are not sure of your level, please ask for a detailed class description at the ticket office when you choose your class. Computer instructors, Tom Bice and Jeff Small, will be team teaching these classes. All instructors are well versed in the area of computers, but the best quality that they bring to our classroom is their patient teaching style.

OMW: \$1 **Deadline date:** One week before each class

NAME OF CLASS	DAYS	DATE	TIME	COST
Computer Basics	T/W/Thurs.	Dec. 1, 2, 3	9:00-10:30 am	\$15
Computer Basics	T/W/Thurs.	Dec. 1, 2, 3	6:30-8:00 pm	\$15
Word Processing	W/Thurs.	Dec. 9, 10	9:00-10:30 am	\$10
Internet & Email	T/W/Thurs.	Nov. 17, 18, 19	9:00-10:30 am	\$15
Internet & Email	T/W/Thurs.	Dec. 15, 16, 17	9:00-10:30 am	\$15
Excel	M/T/W	Nov. 23, 24, 25	9:00-10:30 am	\$15
Excel	M/T/W	Dec. 21, 22, 23	9:00-10:30 am	\$15

COMPUTERS: BEYOND THE BASICS

Room: Computer Learning Center
These classes and drop ins, all available in the Computer Learning Center, cover more specialized topics than our standard grid. If you are knowledgeable about computer basics, please join us for these more specialized programs.

Refund Deadline: One week prior to class **OMW: \$1**

NAME OF CLASS	DAYS	DATES	TIME	COST
A. How to Create Music CD's	Fri.	Dec. 11	9:00-12:00 pm	\$15
B. Facebook	Thurs.	Dec. 3	3:30-5:00 pm	\$5

DROP-IN GROUPS	DATES	TIME	COST
C. Computer Club	Every Tuesday	10:00 am-12:00 pm	\$1
D. Internet Investment	2nd & 4th Tuesday	1:00-3:00 pm	\$1
E. iPhone Group	2nd & 4th Thursday	12:00-1:00 pm	\$1
F. "Mac" Enthusiasts	2nd & 4th Thursday	1:00-3:00 pm	\$1
G. Digital Photo Beginner	2nd & 4th Friday	12:00-2:00 pm	\$1
H. Digital Photo Advanced	2nd & 4th Friday	2:00-4:00 pm	\$1

- CLASS DETAILS:**
- A. Paint Shop Pro** - Learn all about how to use this program.
Instructor: Jack Vanderschrier
 - B. Facebook** - Learn how to use Facebook.
 - C. Computer Club** - This open forum has computer related presentations and discussions.
 - D. Internet Investment** - Financial information group.
 - E. iPhone Group** - Learn more about the iPhone. **Facilitator:** Bud Reckling
 - F. "Mac" Enthusiasts** - Learn more about the "Mac". **Facilitator:** Joesetta Wood
 - G. Digital Photo Beginner** - Learn about digital photography.
Facilitator: Gary Grobson
 - H. Digital Photo Advanced**

Terrific Tuesday

December 1 & 15

Fun, Fun, Fun, Fun, Fun, Fun, Fun, Fun, Fun, Fun, Fun, Fun, Fun, Fun, Fun, Fun!!

See page 5 under Exciting Features for program details!!

Instructor: Oscar Balmaceda is a native of Argentina and likes to help others learn a 2nd language. **Resource Book:** Spanish in 10 Minutes a Day, Bilingual Books Inc.
Cost: \$12 **OMW: \$1**
Refund Deadline: Wed., Nov. 25

SPANISH INTERMEDIATE
Monday, 11:00 am – 12:00 noon
Allen Conference Room

Dec. 7, 14, 21, 28 - This class is for people who have finished the book Spanish in 10 Minutes a Day or equivalent level. You will learn more practical vocabulary and verb usage. **Instructor:** Carmen Bongiovanni from Puerto Rico has been teaching Spanish

INTERNATIONAL GROUPS

These groups are designed for people who wish to expand their knowledge of different cultures & practice language skills in a supportive environment.

NAME	DATES	TIME	COST	ROOM
Italian Group	Tuesday	2:00 pm-3:00 pm	\$1	Conf. Room C
Polish Group	Wednesday	10:45 am-11:45 am	\$1	Allen Conf. Room
Mah-Jong	Wednesday	1:00 pm-3:00 pm	\$1/\$3	Dining Room
German Group	Tuesday	12:45 pm-1:45 pm	\$1	Junior Conf. Room
English Learning Group	Friday	10:00 am-12:00 pm		Allen Conf. Room
French Group	Friday	10:00 am-11:00 am	\$1	Conf. Room B
Chinese Group	Friday	10:00 am-12:00 pm	\$1	Conf. Room C
Italian Group	Facilitator: Norma J. Accivatti			
Polish Group	Facilitator: Wanda Hoefler			
Mah-Jong	Facilitator: ShunShun Chen, Jeannette Tung, Maria Fung			
German Group	Facilitator: Erika Gutowsky			
French Group	Facilitator: Mike Jones			
Chinese Group	Facilitator: Alice Yen			

for many years.

Cost: \$16 **OMW:** \$2
Refund Deadline: Mon., Nov. 30

* Exciting Features *



NEW DATE

TERRIFIC TUESDAY -
5:00 pm Light Supper

6:00-8:00 pm You choose your activity
Dec. 1 & 15 - Affordable Fun including...
Euchre, Board Games, Discussion Group,
Open Art and Craft Studio, Computer Fun,
Rusty Musician One Night Band and lots of
laughter. **Note:** Dec. 15 White Elephant Gift
Exchange. Bring a wrapped gift!

Cost: \$7 **OMW:** \$1
Purchase tickets by 11:00 am the day prior
Refund Deadline: one week prior

IDENTITY THEFT WITH SENATOR BISHOP

Friday, 11:15 am- 1:30 pm
Cattell Auditorium

Dec. 4 - The Identity Theft Act in 2003
was authored by Senator Mike Bishop.
This important legislation established
identity theft as a felony in Michigan. Sen-
iors are frequently the victims of iden-
tity theft, and it is important to learn how
to protect yourself against these crimes.
There is no cost for this program, but you
“must” pick up your ticket at the ticket
office. See page 9 for details.

Cost: Free
Refund Date: 11:00 Wed. Dec. 2

DANCIN' IN THE DAYLIGHT

Wednesday, 2:00 pm - 4:00 pm
Cattell Auditorium

Dec. 2 - New and exciting event in the af-
ternoon. You saw him first at our senior pic-
nic, now Chet Penkala will play keyboard
and trumpet in the afternoon at OPC. For the
folks that like to dance and those who would
like to listen... couples or singles... this is the
opportunity for you. We will start at 2:00, and
by 3:30 we will end the afternoon with some

fun food, chicken croissant, fruit & dessert.
Cost: \$7 **OMW:** \$1
Refund Deadline: Wed., Nov. 25

HOLIDAY PARTY

Wednesday, 11:00 am – 1:00 pm
Cattell Auditorium

Dec. 9 - Tis the season to be jolly! Join
your friends at the annual OPC Holiday cele-
bration. Gather your group (International,
Cards, Prime Timers etc) and book a table to
decorate for your groups festivity! The party
will kick off with the sweet sounds of the
Adam’s choir under the direction of Mr. Tom
Blue. After which a scrumptious roast beef
luncheon will be served for your enjoyment.
Then to cap the afternoon off we will have a
white elephant gift exchange. So don’t forget
to bring a recycled gift to exchange for some-
thing “new” to you!! Group sign ups please
call Dianne at 248-608-0263. If you don’t
have a group to come with, we will find you
some friends to sit with and enjoy the day!!

Cost: \$8 **OMW:** \$1
Refund Deadline: Wed., Dec. 2

WOMAN'S LUNCHEON

Thursday, 1:00 – 3:00 pm
Cattell Auditorium

Dec. 10 - Jennifer Kincer will be our special
guest presenter. She is a talented performer
who is following her dream! Jennifer will
share with us some exciting stories of her
career path and where it has taken her in the
film industry in Michigan! The luncheon will
be as special as you are! Bring a new friend to
one of the most popular of OPC events!
Get your ticket today!

Cost: \$8 **OMW:** \$1
Refund Deadline: Thurs., Dec. 3

JAPAN & KOREA BY CLEVINGER, PART II

Thursday, 3:30 – 5:00 pm
Elliott Conference Room

Dec. 10 - Oct. was the first installment of
this program but if you missed it, do not hesi-
tate to sign up for Part II. Greg Clevenger
will share more of his pictures and stories of
his recent trip to Japan and Korea. You will

have fun learning more about the culture and
historic backdrops of these two countries! If
you would like to stay youthful as you age...
Life long learning is the ticket!

Cost: \$5 **OMW:** \$1
Refund Deadline: Thurs., Dec. 3

Friday Lecture Series

THE ARCHITECTURE & ENGINEER- ING OF HISTORIC FORT WAYNE

Friday, 10:00 -11:30 am
Elliott Conference Room

Dec. 11 - Dave Jamroz, an excellent histo-
rian and a repeat presenter at the OPC, will
share with us the interesting story of the ar-
chitecture and engineering of historic Fort
Wayne. The Fort was constructed in 1843 to
bolster defense of Michigan against an inva-
sion of the British. Mr. Jamroz is the author
of a book about Historic Fort Wayne and
will have the books available for purchase
that day. The Fort is located in the downriver
area of Detroit and has a fascinating history!
Sometimes we overlook the historic places
that are so close to our own home!

Cost: \$5 **OMW:** \$1
Refund Deadline: Friday, Dec. 4

MAUREEN ESTHER/ THE TITANIC

Friday, 10:00 – 11:30 am
Elliott Conference Room

Dec. 18 - Maureen Esther, one of our favor-
ite presenters, will carry you back to the time
of the sinking of the mighty ship, the Titanic.
With imagery and artifacts she will bring the
story to life! Maureen, a master storyteller,
will enlighten and engage you in the depth
of this tragic tale. You will not want to miss
a second of this presentation!

Cost: \$5 **OMW:** \$1
Refund Deadline: Friday, Dec. 11



& Oakland University

A Partnership in Lifelong Learning

CALENDAR OF EVENTS

Oakland University is a known leader
in many areas of applied research dis-
ciplines including biomedical research,
nanotechnology, manufacturing, infor-
mation technology, alternative energy/
powertrain and homeland defense. OU
connects the outcomes of research to
impact the greater good. Through the
Oakland University/OPC partnership,
we are proud of our research related
presentations. Watch your January 2010
newsletter for specifics.



January 22, 2010...
Save the date for the
first OPC Sock Hop.

Clubs, groups & more!

PRIME TIME SINGLES

1st & 3rd Tuesday, 1:00 pm - 3:00 pm
(Allen Conference Room)

Prime Time Singles group plans great activities.
Cost: \$1 drop-in fee at the door.

PICK-A- PUZZLE

1st & 3rd Wednesday, 10:00 am - 11:30 am
(Rewold Library)

Puzzles will be available to be brought in or taken out only during the hours of Pick-a-Puzzle.

Facilitator: Trudy Karas

Cost: Free

HAPPY BIRTHDAY LUNCH

1st Thursday, 11:30 am - 12:30 pm
(Corner Dining)

Dec. 3 - Every month OPC has a Happy Birthday Lunch. All seniors celebrating birthdays during that calendar month will enjoy a complimentary lunch and a picture to remember this special day. **YOU MUST SIGN UP FOR LUNCH** by 11:00 am **THE DAY BEFORE**, and identify yourself as a "Birthday Senior" so we can reserve lunch for you. Call the switchboard at 248-656-1403, ext. 0. The **JANUARY** Birthday Lunch is Thursday, January 7th.

FOCUS ON THE ISSUES

2nd & 4th Monday, 2:00 pm - 4:00 pm
(Allen Conference Room)

Compelling discussions on current issues.
Cost: \$1 drop-in fee at the door.

STAMP CLUB

2nd & 4th Tuesday, 12:00 pm - 2:00 pm
(Conference Room B)

Share experiences in collecting postal material of all kinds. Please bring stamp donations to the Programs Office (next to the gift shoppe).
Cost: \$1 drop-in fee at the door.

VETERANS DISCUSSION GROUP

2nd Wednesday, 10:00 am-12:00 pm
(Elliott Conference Room)

Please come to share with and hear from veterans. Thank you all veterans for what you have done for our country!

Facilitators: Bill Semioli & Jerry Douma

Cost: \$1 drop-in fee at the door.

WRITERS-POETS-PROOFREADERS-COMPUTER WIZARDS (VINTAGE VIEWS)

4th Monday, 3:00 pm - 4:00 pm
(Elliott Conference Room)

Vintage Views needs your ideas and talents - and we train! We welcome newcomers and look forward to seeing you!

COFFEE HOUR WITH ROCHESTER HILLS MAYOR

Monday, 10:00 am - 11:00 am
(Corner Dining Room)

Dec. 7 - Please join us for an informal coffee hour with Bryan Barnett, the Mayor of Rochester Hills. Mayor Barnett is eager to meet with the citizens of the city and invites

you to bring your questions and concerns.

Cost: Free

STATE REPRESENTATIVE TOM MCMILLAN

Monday, 9:00 am-11:00 am
Corner Dining Room

Dec. 14 - Representative Tom McMillan will hold a coffee hour at the OPC. Please come and express your thoughts and concerns to the Representative.

Cost: Free



Caring Support

If you are recovering from a recent loss, we offer caring support. This is a time to share feelings and concerns in a confidential atmosphere. If you would like to attend, call Donna at 248-608-0261.



ALZHEIMER'S SUPPORT

Wednesday, 7:00 pm-8:30 pm
Elliott Conference Room

Dec. 2 - Open Support

Pre-registration for attendance and respite necessary, call 248-608-0249.

OVER 80'S

Monday, 11:30 am -1:30 pm
(Corner Dining Room)

Dec. 14 - Fellowship and lunch followed by a special program in the Dining Room. Once again we are thrilled to welcome the Madrigal Choir from Ortonville High School. The choir is directed by Dr. Debbie Sebetic. This presentation will be a beautiful compliment to the Christmas Season. To make your lunch reservation, call the switchboard at 248-652-1403-0 before 11:00 a.m. Friday, December 11th. For transportation by minibus, call 248-652-4780.

NEW BEGINNINGS STROKE CLUB

Wednesday 11:00 am-1:30 pm
Elliott Conference Room

Dec. 2 - Do arrive on time for exercise with Deb Lane...so important for recovery. Following lunch we will return to the conference room to meet with the Counselor, Micheline Sommers. To make your lunch reservation, call the switchboard at 248-656-1403-0 by 11:00 a.m., Tuesday, December 1st. For transportation by minibus call 248-652-4780.

Dec. 16 - Do arrive on time this day for our very special Christmas Brunch to be held in the Elliott Conference Room. This year I would like you to bring a gift for a child or adult to be donated to the Clothes Closet. With so many people in need right here in Rochester, we can bring some joy to others. Have the gift marked for child (girl or boy) or adult (woman or man) and placed in a gift bag. The gift should be purchased for \$5.00-\$10.00. Donna will take care of all the arrangements for this celebration...you do not need to make a lunch reservation.

Fun! Fun! Fun!

TERRIFIC TUESDAY

Dec. 1 & 15

Affordable Fun with Food and Choices!

What a package Deal!
5:00 pm Light Supper
6:00 pm - 8:00 pm



Light Supper



Discussion Groups



Rusty Musicians
One Night Band



Pick one!

Computer Fun



Board games...
Scrabble,
Mahjong &
Chess

Euchre

Open Art & Craft Studio



One price for the whole evening...

You choose your activity.
Cost: \$7 inclusive OMW: \$1
Age 60 and over - guidelines apply
Ticket must be purchased by:
11:00 am the day prior
Refund Deadline: one week prior
LOCATION: OPC • 650 Leticia Dr.
Rochester, MI • 48307

VISUALLY IMPAIRED CLUB

Wednesday, 11:00 am -1:00 pm

December 16 - Holiday Party


Bring a white elephant gift.

Cost: \$8

Taking care of business

ASK THE ATTORNEY

2nd Monday, 12:00 pm - 3:30 pm
(Conference Room A)

 3rd Tuesday, 5:00 pm - 7:00 pm
(Conference Room B)

Dec. 14, 15 - Attorney Dana Wilson will be here to answer your legal questions. Appointments are necessary and limited to 15 minutes. Call 248-656-1403, press 0.

MEDICARE/PENSION AWARENESS

2nd Tuesday, 9:00 am - 12:00 pm

4th Monday, 1:00 pm - 3:00 pm

(Conference Room B)

Dec. 8, 28 - Help provided for Medicare, Medicaid, HMO's, supplemental insurance, nursing home questions or how to protect your pension. Bring your bills and statements. Appointments: 248-656-1403, press 0.

FREE, NUTRITIONAL COUNSELING
 Provided by a Certified Nutritionist by appointment. **Facilitator:** Marji Dodge-Booth
 Appointments: 248-608-0249

ENROLLMENT FOR MEDICARE PART D PRESCRIPTION DRUG PLAN
 will begin November 15 and continue through December 31. There are a number of prescription drug plans through private companies. You may peruse the different plans and enroll if you choose to do so with the help of trained volunteers here at OPC. You may wish to compare your current plan to others to see if your plan is still the best fit for you. It is imperative that you have all your information to input into the computer in order to choose a plan when arriving for your appointment. Please call 248-608-0249 to schedule an appointment. You may also enroll online by selecting "Prescription Drug and Other Assistance Programs" at www.medicare.gov or call 1-800-633-4227.

 **Cards**

BRIDGE: SUPERVISED PLAY WITH JUDITH

Monday, 9:00 am – 12:00 pm
Junior Conference Room
Dec. 7, 14, 21, 28, Jan. 4 - Increase your bridge playing skill under the careful tutelage of Judith **Instructor:** Judith Skellenger
Cost: \$50 **OMW:** \$5
Refund Deadline: Mon., Nov. 30

BRIDGE: PLANNING TO WIN

Wednesday 9:00 am – 11:00 am
Junior Conference Room
Dec. 9, 16, 23, 30, Jan. 6 - Judith will use Pat Harrington's proven method to help you learn to win at Bridge! **Instructor:** Judith Skellenger
Cost: \$40 **OMW:** \$4
Refund Deadline: Wed., Dec. 2

BRIDGE: BEGINNING WITH JUDITH

Tuesday, 1:00 pm – 3:00 pm
Junior Conference Room
Dec. 8, 15, 22, 29, Jan. 5 - This is a continuing new beginner bridge class. These classes run in 5 week increments. This is part 3. Parts 4 & 5 will follow. **Instructor:** Judith Skellenger
Cost: \$40 **OMW:** \$4
Refund Deadline: Thurs., Dec. 1

 **Books & Poetry**

RADIO SCRIPT READERS
 2nd & 4th Tuesday, 1:00 – 3:00 pm
(Allen Conference Room)
 Join others to read classic comedy scripts from old-time radio shows. It's a barrel of laughs!
Cost: \$1 drop in at the door

FIRESIDE POETS
 4th Thursday, 1:00 pm - 3:00 pm
(Rewold Library)
 Join us as we discuss new poetry and the best of the old. Participate at whatever level you deem comfortable: listener, reader, discussor, sharer

CARDS — DROP-IN GROUPS:
 Meet new friends, enjoy some conversation and play your favorite game during any of our drop-in card times. Arrive 15 minutes early for registration.

Name of Drop-In Group	Days	Time	Cost	Room
A. Bridge	Monday	12:30-3:00 pm	\$1	Juniors' Conf. Rm.
B. Pinochle	Friday	12:30-3:30 pm	\$1	Juniors' Conf. Rm.
C. Euchre	Wednesday	12:30-4:00 pm	\$1	Juniors' & Allen
D. Duplicate Bridge	Thursday	1:00-4:00 pm	\$3	Juniors' & Allen
E. Mexican Train (NEW)	Friday	1;00-3:00 pm	\$1	Allen Conf. Rm.
F. Hand & Foot (NEW)	Friday	1;00-3:00 pm	\$1	Allen Conf. Rm.

DETAILS:
 D. Duplicate Bridge - **Group Content:** Non-sanctioned. Register by 12:30pm. Games will begin at 1:00 pm. There will be prizes.

of favorite poems or presenter of your own.
Cost: \$1 drop-in fee at the door.

 **Dance, Music Entertainment**

NEW! DANCIN' IN THE DAYLIGHT
 Wednesday, 2:00 pm - 4:00 pm
Cattell Auditorium

Dec. 2 - New and exciting event in the afternoon. You saw him first at our senior picnic, now Chet Penkala will play keyboard and trumpet in the afternoon at OPC. For the folks that like to dance and those who would like to listen... couples or singles... this is the opportunity for you. We will start at 2:00, and by 3:30 we will end the afternoon with some fun food, chicken croissant, fruit & dessert.
Cost: \$7 **OMW:** \$1
Refund Deadline: Wed., Nov. 25

NEW! FERNANDO'S RUMBA
 Friday, 1:00 – 2:00 pm
(Elliott Conference Room)

Dec. 4, 11, 18 - Come and have some fun! Great new teacher! Singles encouraged to sign up! **Instructor:** Fernando Caducio
Cost: \$21 **OMW:** \$2
Refund Deadline: Wed., Nov. 23

NEW! FERNANDO'S FOXTROT
 Friday, 2:00 – 3:00 pm
(Elliott Conference Room)

Dec. 4, 11, 18 - Great new class for singles and couples. **Instructor:** Fernando Caducio
Cost: \$21 **OMW:** \$2
Refund Deadline: Wed., Nov. 23

PM LINE DANCE EVENING
 Wednesday, 6:30 pm-8:30 pm
(Cattell Auditorium)

Dec. 16 - The best line dance fun & music in town! **Note:** 60 and over guidelines apply.
Cost: \$4 drop in at the door.

PM STEPPIN' OUT **NOTE: Day Change**
 Thursday, 5:30-8:30 pm
(Dining Room/Cattell Auditorium)

Dec. 17 - The Jerry Archer & Tri-City Plus Band will be entertaining us with our favorite tunes. Please note: Dinner will be served promptly at 5:30 pm. We have a table reserved for our guests who are single, too.
Cost: \$13 **OMW:** \$1
Refund Deadline: Thurs., Dec. 10

Performing Arts

 **CLUB 650 PRESENTS THE SECOND ANNUAL "OPC CHRISTMAS CELEBRATION"**
 Thursday, 7:00 pm,

Doors open at 6:15 pm
Ruth Cattell Theater
Dec. 3 - Join Club 650 and Betty Jones in celebrating the season with the traditional and fun songs of the Holiday Season for yet another entertaining, sophisticated and classy evening. As always, there will be ample supply of your favorite flavored coffees, finger foods, appetizers, sweets and refreshments included. This event is Open to the Public. Tickets are now on sale call 248-608-0251 or 248-659-1029
Cost: \$10 **OMW:** \$1



COLOR ME CHRISTMAS
 Friday, 4:00 - 5:00 pm & 6:00 - 7:00 pm
Ruth Cattell Theater



Dec. 11 - The Older Persons' Commission would like to thank our three supporting communities with our new program "Color Me Christmas!" A new interactive program for kids of all ages. The seating will be limited to the floor with 200 guests with chairs available for seniors. This is an interactive coloring event, so be prepared to be called up on stage to participate in coloring our large screen backdrop, skits, karaoke and Santa's visit, all included in the one hour colorful time. And yes, Santa and Mrs. Claus will wish the group a very Colorful Christmas!
Cost: This Event is FREE.
 Tickets for the "Color Me Christmas" event are FREE, BUT YOU MUST HAVE A TICKET. Pick up your tickets at OPC, 650 Letica Dr. in Rochester between 8:30 am and 3:30 pm. Come and help OPC "Color Me Christmas!" Sponsored by Pixley Funeral Homes. Doors open thirty minutes before event.



CABLE CLUB CLASSES

(Cattell Auditorium)

Interested in learning theater sound and lighting? How about video production and editing? If interested in getting involved with technical aspects of various OPC video and theater productions, then Cable Club is for you. Cable Club will give you hands-on training and enables you to operate video, lighting, sound and editing equipment here at OPC. Cable Club will also get you involved in the technical aspects of our Programs & Events Department. Classes meet Tuesdays and Thursdays at 1pm. Call Shahin at 248-659-1033 with questions or to sign up for classes.

HEART HEALTHY BREAKFAST WITH THE DOCS

Wednesday, January 20,
9:00 am - 12:00 pm



Members of Crittenton's Cardiovascular Team of Specialists are coming in to share their expertise in lowering your risk of heart attack and stroke. Dr. Samer

Kazziha, M.D., FACP, FACC, FSCAI, FCCP, FSVMB, Executive Medical Director of Crittenton Cardiovascular Program, along with Dr. Bahjat Shahbender, M.D. and Dr. Matthew Ebinger, D.O. will address Stroke Prevention, Sudden Cardiac Death Prevention and Atrial Fibrillation. You won't want to miss these outstanding physicians! To register, visit the financial office on the upper level of the OPC or call 248-608-0251. Breakfast will also

be included.

Cost: \$5

OPEN
to the
PUBLIC

WHILE THEY LAST!



*The Entertainment Book
2010 are available
for \$20
at our
OPC Financial Desk.*



TAX ASSISTANCE

Once again, the TCE/VITA Tax Assistance program will be manned by qualified volunteers. The program is set up to focus on low-income seniors and their tax issues. If you are a senior and your last years Gross Income was LESS THAN \$60,000, you qualify for this service. Please seek professional tax assistance, if:

- Your Gross Income exceeds \$60,000.
- You have a large number of stock transactions.
- Or you have other complex tax issues.

We will no longer prepare taxes for those with Limited Partnerships, REITs or rentals. The time we spend on these complex issues will prevent the neediest tax-filers from receiving our services. Program rules also no longer allow us to use our computers to prepare and print the tax forms for mailing. This year, all the work we do MUST be e-filed.

Those wishing to use this program should be sure to maintain good records. Keep all the paperwork that comes in the envelopes with your tax information. We are required to see picture identification for all taxpayers as well as Social Security cards for taxpayers and dependents. If you sold stock in 2009, check your records to see when you purchased the stock and how much you paid for it. We cannot do your taxes without the cost basis and the date of purchase. If you do not provide that information, you will have to reschedule.

We are always looking for qualified people to assist in this program. We offer tax training in January every year. This is excellent training and will enable you to pass the IRS tax test. If you are interested in volunteering, please contact OPC.

As in past years, we will be doing taxes at the OPC on Mondays starting in February 2010. Specifics for the coming year will appear in future issues of this paper. Watch for updates on times and places for tax season assistance.



SOCK HOP!

Friday, January 22, 2010
6:00-9:00 pm in OPC gym

*Dance in the gymnasium... just like
the good old days! Invite your friends
and have a mini reunion at the Hop!*

Fundraiser OPEN TO THE PUBLIC. \$15 includes Fun Food from the 50's and a DJ too. Turning 50 is Nifty at the OPC. 50th Birthday in 2010... your ticket is \$10. (Reduced tickets limited to Rochester, Rochester Hills, & Oakland Twp. residents.) Purchase tickets at OPC, 650 Letica Drive in Rochester, 48307, 248-608-0269. (Adults only)

In 2005, Senator Mike Bishop authored the "Identity Theft Protection Act" which established identity theft as a felony in Michigan.
The Act also sets forth rights and remedies for victims of identity theft.

OPEN
to the
PUBLIC

Senator Mike Bishop
Presents

"PROTECTING YOURSELF FROM IDENTITY THEFT"

FEATURING:

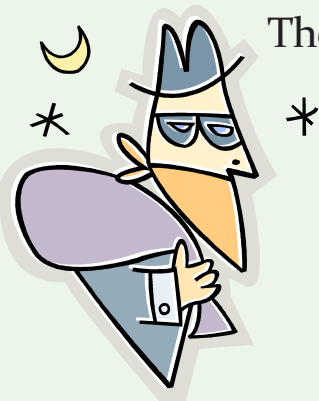
The Oakland County Sheriff's Department &
Other Identity Theft Experts

Friday, December 4, 2009
11:15 am - 1:30 pm

Older Persons Commission
650 Letica Dr. • Rochester, MI 48307

** A free lunch provided **

OPEN
to the
PUBLIC



FIND OUT HOW YOU CAN STAY SECURE:

- Understand how Identity Theft is committed
- Know your rights and protections under Michigan's laws
- Defend yourself & your good name with real prevention tools that reduce your risk of becoming a victim
- Learn how to detect suspicious activity & recognize the signs of identity theft
- Discover what to do if you become a victim & steps you can take to recover

REGISTRATION REQUIRED:

Pick up your free ticket at the OPC Financial Office.

Early registration suggested.

Remember awareness is the first step to prevention



Travel trips

TRANSPORTATION, ESCORT AND DRIVER TIPS INCLUDED ON ALL TRIPS, UNLESS INDICATED



VIENNA BOYS CHOIR

Sunday, 2:00 pm – 7:45 pm

Nov. 29 – The turkey's eaten, the guests have gone home and it's time to start thinking Christmas! Join us for *Christmas in Vienna* presented by the Vienna Boys Choir at Hill Auditorium in Ann Arbor. The choir was established in 1498 and sang exclusively for Austria's imperial court until the 1920s. Today, the choristers (ages 10 – 14) delight music lovers across the globe with their purity of tone, distinctive charm and crowd-pleasing repertoire. After the performance enjoy an included pizza & lasagna buffet w/salad & ice cream at Ann Arbor's Pizza House.

Cost: \$83 **OMW:** \$8
Refund Deadline: Friday, Oct. 9

CHRISTMAS / FAREWELL CONCERT

Sunday, 11:45 am – 6:30 pm

Dec. 6 – Join us to celebrate the end of an era! The Detroit Theater Organ Society will be ending a 45-year run at the Senate Theater with an organ concert on December 6. If you've never attended a Senate Theater Organ Concert before, here is your chance to get in on the last concert at this venue and the most joyous concert of the season. The featured organist for this Christmas concert will be Lance Luce who has been playing the organ for over 40 years. The Senate Theater Wurlitzer pipe organ was originally built for the Fisher Theater in 1927. Complete with nearly every imaginable sound effect, the organ is a one man orchestra/band. The Senate Theater is the only place in the world where you can literally walk through the pipes after every concert, so bring your camera and take a walk-through. Enjoy holiday goodies at intermission. Restrooms located down a short stairway. Brunch before the concert will be included. We are locating a new brunch venue as Gus O'Connor's is no longer available.

Cost: \$60 **OMW:** \$7
Refund Deadline: Friday, Nov. 6



MOTOR CITY CASINO

Tuesday, 8:30 am – 3:00 pm

Dec. 8 – Enjoy classic reel games, new five-reel games, video poker and the most popular video slots. The slot floor has every denomination of game, with over 2,500 games from which to choose. There are over 75 table games like Texas Hold'em and Omaha Hi-Lo. Lunch is on your own; select from four restaurants. Bring two pieces of I.D. to claim jackpot prizes. The current incentive (subject to change) is \$25 e-credits.

Cost: \$28 **OMW:** \$3
Refund Deadline: Friday, Nov. 6



HOLIDAY NIGHTS

Friday, 4:45 pm – 11:00 pm

Dec. 11 – Step into a Christmas card from the past as we celebrate Holiday Nights in Greenfield Village. Strolling costumed carolers/musicians, carriage and Model T rides, artisan demonstrations, reindeer, an ice rink (skates will be available for loan), historic homes displaying seasonal décor, holiday shops, the scent of roasted chestnuts and the charm of candle-lit paths provide the perfect setting to welcome the Christmas season. Included in this festive evening will be an all-you-can-eat family-style feast at the famed Eagle Tavern, a 1850s stagecoach stop. Enjoy an authentic holiday meal, served by costumed presenters, and live music from the period. As the evening winds down, there will be a sing-along followed by a spectacular fireworks display! [Greenfield Village is spread over many acres. Wear warm, comfortable, weather-appropriate clothing and shoes/boots; you will be outside much of the time. Wheelchairs are available for rental (at your expense), and you must bring someone along to attend to you.] **This is a very popular event, so DO NOT WAIT to sign up if you'd like to join us.**

Cost: \$96 **OMW:** \$10
Refund Deadline: Tuesday, Aug. 4

DSO POPS CONCERT

Thursday, 9:00 am – 3:30 pm

Dec. 17 – Detroit's musical holiday tradition keeps getting better. "Home for the Holidays" is a winter wonderland of holiday fun and musical treats that is sure to please. Lunch is on your own and follows the concert at McCormick & Schmick's in Troy.

Cost: \$67 **OMW:** \$7
Refund Deadline: Friday, Nov. 20



JERSEY BOYS

Wednesday, 10:45 am – 4:30 pm

Dec. 23 – Winner of Best Musical 2006 Tony Award, Best Musical Album 2006 Grammy Award and Best New Musical 2009 Oliver Award! Broadway's runaway smash-hit "Jersey Boys" takes you up the charts, across the country and behind the music of Frankie Valli and The Four Seasons. Discover how four blue-collar kids worked their way from the streets of Newark to the heights of stardom. Experience electrifying performances of "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "My Eyes Adored You," and more. "The most exciting musical in years" – Chicago Tribune. "It's just too good to be true" – New York Post. Main floor seats. Enjoy a special light Christmas lunch at OPC before the performance, including a cup of soup, Chicken Salad Croissant, side of fresh fruit, chips, a special dessert & Christmas Punch/tea/coffee.

Cost: \$116 **OMW:** \$12
Refund Deadline: Fri., August 28



PROGRAM CHANGE NEW YEAR'S EVE

Thurs., 2:30 pm - 10:15 pm

Dec. 31 – Please note: *A Forbidden Broadway Christmas* is replacing *Ethel Merman's Broadway* at the Gem Theatre on New Year's Eve. Based on the popular *Forbidden Broad-*

way production, this new show includes spoofs of Broadway's greatest shows & performers. From *The Phantom of the Opera* to *The 25th Annual Putnam County Spelling Bee*, no show is immune from the comedic parody of the Forbidden Company! The Christmas adaptation adds spoofs of celebrities and holiday favorites such as Frank Sinatra, Bing Crosby, Cher, Britney Spears, and more—all singing your favorite holiday numbers. Some numbers have never been performed in the Motor City. You don't need to be a Broadway aficionado to get the jokes. The show is top-notch quality fun! Following the show we will return to Rochester and The Royal Park Hotel for their *Sparkle in the Park* holiday celebration. Enjoy appetizers and a glass of Sparkling Champagne followed by a wonderful dinner in the Conservatory. Select from: Char Grilled Petit Filet of Beef with Port Wine Sauce, Chicken Wellington (Chicken wrapped in Puff Pastry Dough) and Forest Mushroom "Wellington," or a Vegetarian option. A festive dessert and coffee and tea are included. **From those persons attending we will draw one name, and that lucky winner will receive an overnight stay at the Royal Park Hotel with breakfast for two!**

Cost: \$141 **OMW:** \$14
Refund Deadline: Friday, Nov. 20

DSO POPS CONCERT

Thursday, 9:00 am – 3:30 pm

Jan. 7 – "Swingin' with Sinatra and Dorsey" with conductor Jeff Tyzik. Swing into the New Year and come fly away with Las Vegas vocalist Steve Lippia and Jim Pugh on Trombone as they perform the velvety smooth style of Frank Sinatra and big band flare of Tommy Dorsey with hits like "My Way," "Fly Me to the Moon," "New York New York" and "Marie." Following the concert enjoy lunch on your own at Camp Ticonderoga.

Cost: \$67 **OMW:** \$7
Refund Deadline: Friday, Dec. 11

DSO CLASSIC CONCERT

Friday, 9:00 am – 3:30 pm

Jan. 15 – Beethoven's "Eroica" with conductor Leonard Slatkin and Emmanuelle Boivert on violin. The concert features Purcell's *Chacony in G Minor, Violin Concerto* by John Williams (a DSO premiere) and Beethoven's *Symphony No. 3, "Eroica."* Lunch is on your own at Peabody's following the performance.

Cost: \$62 **OMW:** \$6
Refund Deadline: Friday, Dec. 18



FIREKEEPERS CASINO

Tuesday, 8:00 am – 5:30 pm

Jan. 19 – Join us at Firekeepers Casino, Battle Creek's newest gaming hotspot, with over 2,680 of the latest slot and video poker games, 78 table games and a live poker room. The current incentive (subject to change) is \$20 in slot play and a \$5 food voucher. Bring your ID to claim prize money. Minimum signup: 35.

Cost: \$42 **OMW:** \$4
Refund Deadline: Friday, Dec. 11

DSO CLASSIC CONCERT

Friday, 9:00 am – 3:30 pm

Jan. 22 – Hahn & Higdon will feature Hilary Hahn on violin and conductor Leonard Slat-

kin as the DSO presents Rossini's *Overture to La Gazza Ladra*, Jennifer Higdon's *Violin Concerto* and Shostakovich's *Symphony No. 5*. Lunch is on your own following the concert at Alibi in Rochester.

Cost: \$62 **OMW:** \$6
Refund Deadline: Friday, Dec. 18



"BOEING-BOEING"

Wed, 11:45 am – 4:15 pm

Jan. 27, 2010 – The outrageous comedy *Boeing-Boeing* is making it's Michigan Premiere at Meadow Brook Theatre. Bernard lives in Paris and has three fiancées who are all stewardesses on different airlines. He juggles their schedules with one in the air, one on the ground and one pending... until schedule changes bring all three to Paris at the same time. Bertha, his housekeeper, becomes the perfect air traffic controller to hold it all together. Buckle your seatbelts -- It's going to be a bumpy flight! Enjoy a Chicken Salad Croissant, cup of soup, fruit cup, dessert and beverage at OPC before the performance.

Cost: \$37 **OMW:** \$4
Refund Deadline: Friday, Dec. 11



MSO DANCESPORT COMPETITION

Wednesday, 5:30 pm – 11:00 pm

Jan. 27 – Are you a fan of the hit TV shows "Dancing with the Stars" or "So You Think You Can Dance?" Do you love watching dance competitions? Here's a terrific opportunity to see it all up close as couples compete in the following categories: Tango, Waltz, Salsa, Foxtrot, Quickstep, Viennese Waltz, Polka, Cha Cha, Rumba, Samba, Mambo, Bolero, Meringue, East and West Coast Swing, Hustle and Night Club. Competitors will dance to strict tempo music. This event is one of the most elegant and inexpensive dance events you will ever attend! We will **MEET AT** the Royal Park Hotel for a fantastic buffet dinner followed by a night of incredible dancing, yours to enjoy from your premium seats. Dress code is dressy, but not formal. A cash bar is available; cocktails are served at 5:30 pm & dinner at 6:00 pm. You do not have to stay for the entire competition.

Cost: \$40 **OMW:** \$4
Refund Deadline: Friday, Jan. 8

CAMELOT AT MACOMB CENTER

Saturday, 2 pm – 7:30 pm

Jan. 30 – Rediscover the grandeur of one of history's greatest love stories in Lerner and Loewe's timeless masterpiece, *Camelot*, one of the Spotlight Shows this season at Macomb Center for the Performing Arts. With one of Broadway's most enchanting scores, featuring the hauntingly romantic "If Ever I Would Leave You," "I Loved You Once in Silence" and "Follow Me," *Camelot* is the definitive musical theatre fable. "The ultimate fantasy of the musical stage" – *Newsweek*. Dinner is included following the performance at Center Stage Restaurant at Macomb's culinary institute.

Cost: \$83 **OMW:** \$8
Refund Deadline: Friday, Dec. 11



DSO CLASSIC CONCERT

Friday, 9:00 am – 3:30 pm

Feb. 5 – "Brahms & Barber" with Leonard Slatkin, conductor and Sol Gabetta on cello features *Concertato for Orchestra (Moby Dick)* by Peter Mennin, *Cello Concerto* by Barber and *Symphony No. 2* by Brahms. Lunch is on your own at Kruse and Muer in Rochester following the performance.

Cost: \$62 **OMW:** \$7
Refund Deadline: Friday, Jan. 8

S. CARIBBEAN CRUISE

Saturday-Saturday

Feb. 6-13, 2010 – Chase those winter blues away by joining OPC on a Southern Caribbean Cruise on Royal Caribbean's *Serenade of the Seas*. Snowbirds— we'll arrange for you to join us. We will fly into San Juan, Puerto Rico to board our ship for one exciting cruise adventure. During our 7-night cruise we will visit the port cities of Charlotte Amalie, St. Thomas; St. Croix, U.S. Virgin Islands; Basseterre, St. Kitts; Roseau, Dominica and Bridgetown, Barbados before returning to San Juan for our flight home. Included are: Roundtrip air--Detroit to San Juan, all transfers, trip insurance, all port and departure fees, all government taxes & most tips (excludes on-board gratuities which total approximately \$70 per person). Insurance is non-refundable after Oct. 9. Cancellation policy available. Early seating for dinner requested. **PASSPORT Required. It must not expire before August 2010.**

Inside Stateroom

Single: \$2,161 **Double:** \$1,665

Oceanview Stateroom

Single: \$2,421 **Double:** \$1,795

Balcony Stateroom

Single: \$2,928 **Double:** \$2,037

Schedule of Payments

Deposit: Friday, Oct. 2 \$1,000

Final Payment: Friday, Oct. 30 Balance

Refund Deadline: Thurs., Oct. 8



DSO POPS CONCERT

Thursday, 9:00 am – 3:30 pm

Feb. 18 – "Endless Summer – The Music of Brian Wilson and the Beach Boys" with Steve Reineke, conductor and Jeans 'N Classics, soloists. Why waste time traveling the world in search of the perfect wave when you can experience the ultimate pipeline right here in Detroit. Catch the sounds that made California dreaming a lifestyle—"California Girls," "Kokomo," "Help me Rhonda," "Good Vibrations" and more. You're gonna be stoked! Lunch on your own follows the concert at Forte's in Birmingham.

Cost: \$67 **OMW:** \$7
Refund Deadline: Friday, Jan. 22



DSO CLASSIC CONCERT

Friday, 9:00 am – 3:30 pm

Feb. 26 – "Beethoven & Grieg" with Thomas Wilkins, conductor and Gabriela Montero on piano. Featured will be the DSO Premiere *Sphinx Commission* by Roberto Sierra, *Piano Concerto* by Grieg and *Symphony No. 8* by Beethoven. Lunch is on your own at

Franco's Café following the concert.

Cost: \$62 **OMW:** \$7

Refund Deadline: Friday, Jan. 29



"YOUNG FRANKENSTEIN"

Friday, 10:00 am – 4:15 pm

March 12 – We begin with a wonderful lunch, followed by the Mel Brooks hit musical "Young Frankenstein" at the Detroit Opera House. You'll have a monstrously good time at this spectacular new production, winner of the 2008 Outer Critics Circle Award and the Broadway.com Audience Award for Best Musical! This wick-edly inspired re-imagining of the Frankenstein legend follows bright young Dr. Frankenstein (that's Fronkensteen) as he attempts to create a monster—but not without scary and hilarious complications. You'll love the show-stopping numbers which include "Transylvania Mania," and "Puttin' on the Ritz."

Cost: \$102 **OMW:** \$10
Refund Deadline: Friday, Jan. 8

CHICAGO

Tuesday, 5:30 am – Thursday, 11:00 pm

June 1 - 3, 2010 – Join us for an exciting visit to this incredible city. Trip includes roundtrip deluxe motor coach transportation, a city tour and an Ethnic Dine-around dinner, Shedd Aquarium & Oceanarium, dinner at Riva's on Navy Pier and fireworks, Architecture Cruise, guided Highlights Tour of the Art Institute of Chicago (admission to special Matisse exhibition is included), luncheon & Matinee show at Tommy Gun's Garage, lunch at Lou Mitchell's (of Route 66 fame) and Matinee tickets to see the Blue Man Group! Accommodations at the all-suites Omni Hotel in the heart of the Magnificent Mile. Luggage handling and tips on included items. Free time for shopping, museums or enjoying the hotel.

Single: \$984 **Double:** \$766

OMW: \$77 **S.S.Waiver:** \$26

Schedule of Payments:

Deposit: Fri., Nov. 2, 2009 \$400

Final Payment: Fri., Jan. 29, 2010 Balance

Refund Deadline: February 5, 2010



CROATIA'S RIVIERA

Tuesday – Wednesday, TBA

Nov. 2-10, 2010 – Join OPC Leisure Travel on another exciting adventure... this time to Slovenia and the Croatian Riviera! Visit Opatija, an elegant resort and long-time favorite destination of European nobility. Then it's off to the medieval hill town of Moscenice, overlooking Kvarner Bay. Next, visit the beautiful coastal city of Pula, at the southern end of the Istrian peninsula, dating to the 10th century B.C. Travel to Slovenia's capital, Ljubljana, and the historic and enchanting lake resort of Bled, nestled in the Julian Alps. Visit Lipica Stud Farm, the historic home of the world-famous Lipizzaner horses, founded in 1580. Visit Hum, the world's smallest town, home to Istria's most famous and renowned frescoes. The final stop is Motovun, a beautiful medieval city spread over a vineyard-covered hilltop. Two optional excursions are available for our at-leisure days: You may choose to visit Plitvice Lakes National Park, a UNESCO World

Reminder: Please meet in the Cattell Auditorium 1/2 hour before departure time. Park in the northwest corner of main lot.

Heritage site (\$99) and /or the enchanting city of Venice, Italy (\$140). We will stay at one hotel throughout the trip, so no packing and unpacking! Included: Hotel, airfare, transfers, luggage handling, trip insurance, transportation throughout, 7 breakfasts, 4 dinners, and tips. **Note: This tour includes moderate physical activity. Walking tours, and walking longer distances, up stairs and on uneven surfaces should be expected. A passport is required and must be valid until May 2011. Find out more at the Travel Show, January 6.**

Single: \$3,217 **Double:** \$2,867 **Triple:** \$2,837
Schedule of Payments:

Deposit: Friday, Jan. 8, 2010 \$600
 2nd Payment: Friday, Mar. 5, 2010 \$600
 3rd Payment: Friday, Apr. 30, 2010 \$600
 4th Payment: Friday, June 25, 2010 \$600
 Final Payment: Friday, Aug. 6, 2010 Balance
Refund Deadline: Friday, May 7, 2010

TRAVEL SHOW

Wed. Jan. 6 @ 1:00-2:30 pm

Cattell Auditorium at OPC

Cost: \$3

3 trip giveaways! Free Raffle &

2 - \$50 travel gift certificates

Please register by Tues., Dec. 29

FEATURING: CROATIA'S RIVIERA

**Also: Chicago & Holland Tulip Festival
 Snack & beverage served**

OPC TRIP POLICIES

TRAVEL TERMS

Please take special note of the Refund Deadline Date for each trip. If there is not sufficient sign up by that date, the trip may be cancelled. If you are interested in a trip, please sign up early. Some trips offer late sign up, but without benefit of OMW.

CANCELLATION WAIVERS

There are two types of waivers:

1. **Optional Medical Waiver** due to your illness (OMW)
2. **Single Supplement Waiver (SSW)**. In the event your roommate cancels due to illness, you do not have to pay single rate, unless specified in the newsletter.

REFUND (OMW) POLICY - TRIPS

Trip ticket is non-transferable

BEFORE REFUND DEADLINE DATE

100% refund if you cancel before the refund deadline date, including trip cost and waiver.

AFTER REFUND DEADLINE DATE

1. No money will be refunded unless an OMW was purchased, and all tickets have been sold.
2. If we can then sell your ticket to another person, you will be refunded your money less the OMW.

100% of trip cost will be refunded if you purchased a waiver and need to cancel due to illness. You must have doctor's note to receive a refund. The OMW cost is never refunded after deadline date. If trip includes insurance, insurance policies will apply.

OPC POLICY FOR NON-MEMBERS - If Rochester, Rochester Hills, Oakland Township residents or OPC non-resident Members are on the waiting list BEFORE the deadline date, they will replace the non-residents beginning with the last registered. Our millage is paid for by these communities, so we must honor them first. NOTE: We rarely have to bump people - we try to schedule another trip.

For more details or questions, please call Karen at 248-659-1030



general info

248-659-1021

OPC suggests that you consult your doctor before starting any exercise program.

OUR TOWN CAFÉ

Monday - Friday 9:00 am - 2:00 pm
 Open for lunch, all profits benefit the Health and Wellness Department. Volunteers always needed and can call (248) 608 - 0265 to sign up for a shift.

VOLUNTEERS

Our Health and Wellness Desks are always looking for volunteers. Please call (248) 608 - 0270 to volunteer for a shift.

INDOOR WALKING PROGRAM

Crittenton Track
 Monday - Friday 6:30 am - 8:45 pm
 Saturday 7:00 am - 11:45 am
 Coat room available for changing shoes. Please bring clean dry shoes to walk in. 18 Laps gives you 1 mile. No cost to walk.

ALL TICKET SALES:

Cashier Office Hours:
Monday - Friday 8:30 am - 3:30 pm
(248) 608 - 0251, (248) 659 - 1029

HEALTH & WELLNESS PASSES

Health and Wellness passes include the use of the pool, locker room, cardio/weight rooms and the gym fee for drop-in sports. These passes may be purchased at the financial desk or by calling 248-608-0251. Passes are not pro-rated.

Yearly Pass (GOLD): \$300

6-Month Pass (SILVER): \$150

Monthly Pass: \$30

* 6-month and yearly passes will be good from the date of purchase to the corresponding end date after 6 months or 1 year has passed.

land programs

WEIGHT ROOM & CARDIO ROOM

Monday - Friday 7:00 am - 8:45 pm
 Weight Room available to those who have taken the Weight Room Orientation, the Cardio Room is available for all members. Membership card and exact change are required.
Cost: \$2 per day

WEIGHT ROOM ORIENTATION

(McCardell Exercise Equipment)
 Orientations are scheduled at the Sports Desk. This class is required for you to use the weight room.
Cost: \$15.00

HOLISTIC MASSAGE

Wednesdays 10:00 am - 2:00 pm
 Thursdays 12:00 pm - 4:00 pm

(Conference Room C)

Massage therapy for the whole body or target specific areas. Please sign up in 15 minute increments.

Instructor: Denise Tomaszewski
Cost: \$15 per 15 minutes **OMW:** \$2
Refund Deadline: One week prior

LEVELS OF INTENSITY:

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

PLEASE NOTE:

Warming up and cooling down are important components of a safe and effective exercise routine. You need to arrive on time to participate in the warm-up for each class. It is at the instructor's discretion to turn participants away should they not arrive on time for a class.

LOW-IMPACT AEROBICS (4)

Tues. Thurs. 8:30 am - 9:30 am
(Kathy White Aerobics Room)
 A challenging cardio and toning workout using a variety of equipment for an advanced fitness experience. **Instructor:** Deb Lane
Cost: \$4 Drop-in

FITNESS IN MOTION (3)

Mon., Wed., Fri., 8:00 am - 8:55 am
(Kathy White Aerobics Room)
 A low impact cardio and toning workout using a variety of equipment for a moderate to advanced fitness experience.
Instructor: Dawn Yoakum
Cost: \$4 Drop-in

MUSCLES IN MOTION (2)

Mon. Wed. Fri. 9:00 am - 9:55 am
(Kathy White Aerobics Room)
 A cardio and toning workout using a variety of equipment for a beginning to moderate fitness experience. **Instructor:** Deb Lane
Cost: \$4 Drop-in

HEART HEALTHY FITNESS (1)

Mon. Wed. Fri. 10:00 am - 11:15 am
(Dutch LaVere Room)
 Essential fitness components are introduced for a beginner's level fitness experience.
Instructor: Dawn Yoakum
Cost: \$4 Drop-in

STRETCH & BALANCE (1)

Mon. Wed. Fri. 11:30 am - 12:25 pm
(Kathy White Aerobics Room)
 Basic stretching, balance, coordination and flexibility techniques are addressed using chairs for support in sitting and standing.
Instructor: Dawn Yoakum
Cost: \$4 Drop-in

PM CARDIO JAM

Tues., Thurs. 5:30 pm - 6:30 pm
Oct. 1, 6, 8, 13, 15, 20, 22, 27, 29, Nov. 5, 10, 12, 17, 19, 24, Dec. 1, 3, 8, 10, 15, 17, 22, 29 - Are you ready for the next step? Cardio Jam is a fast paced class with advanced choreography and well sequenced routines. This class combines traditional aerobics with a dancers twist. You will be challenged each week and motivated by this invigorating workout. This class includes aerobics, weights, abdominal and

stretching. You want cardio? Come and get it!

Instructor: Karen Milam

Cost: \$102 or \$6 Drop-in **OMW:** \$10

Refund Deadline: Thurs., Sept. 24

STONE, STRETCH, & BALANCE (1)

Tues., Thurs. 11:30 pm – 12:15 pm

(Dutch LaVere Room)

Dec. 1, 3, 8, 10, 15, 17, 22, 29 - This 45-minute class is open to all individuals dealing with MS or recovering from a stroke. We will address balance, strength, and flexibility. Both standing and seated exercises will be used. Those who need to sit throughout the duration of the class are welcome to participate. Exercises will be tailored to fit individual needs.

Instructor: Dawn Yoakum

Cost: \$34 **OMW:** \$3

Refund Deadline: Tues. Nov. 24

ZUMBA (3)

Mon. 4:15 pm – 5:15 pm

(Kathy White Aerobics Room)

Dec. 7, 14, 21, 28 - Enjoy a great cardio workout through unique and high energy Latin dance movements.

Instructor: Barbara Obrien

Cost: \$17 or \$6 Drop-In **OMW:** \$2

Refund Deadline: Mon. Nov. 30

BODY SCULPT (3)

Tue. 4:15 pm – 5:15 pm

(Kathy White Aerobics Room)

Dec. 1, 8, 15, 22, 29 - Designed to make you lean and defined! Focusing on total body health, this class will help sculpt your muscles, strengthen your core, and improve your overall strength and flexibility while burning fat and calories. In addition, it will also help prevent the development of osteoporosis. Great class for all fitness levels.

Instructor: Barbara Obrien

Cost: \$21.25 **OMW:** \$2

Refund Deadline: Tues. Nov. 24

STRETCH & STRENGTH (2)

Tues., Thurs., 1:30 pm – 2:20 pm

(Gymnasium)

Dec. 1, 3, 8, 10, 15, 17, 22, 29 - This class offers the perfect balance to your day. Each class will incorporate strength moves to tighten and tone trouble spots, followed by stretching that will leave you feeling longer and leaner. You will improve posture, body awareness, and overall strength. Some floor work, but you may stay in the chair.

Instructor: Karen Milam

Cost: \$34 **OMW:** \$3

Refund Deadline: Tues. Nov. 24

LET'S GET FIT (4)

Tues., Thurs. 6:30 pm - 7:30 pm

(Kathy White Aerobics Room)

Dec. 1, 3, 8, 10, 15, 17, 22, 29 - An advanced level full body workout using various equipment set to upbeat music. Please bring a water bottle, and exercise mat for floor work and a change of supportive shoes.

Instructor: Robin Oman

Cost: \$34 **OMW:** \$3

Refund Deadline: Thurs., Nov. 24

PERSONAL TRAINING PACKAGES*

Save money and improve your health, what more could you ask for? Purchase hourly one-on-one packages with certified personal trainers at a reduced price. What an excellent way to make that commitment to become a better you. All packages begin with a consultation. Talk to a trainer today and see if you would benefit from this new program. One-on-one, single session, hourly rate: \$45.00. For more information, please call 248-608-0278.

INDIVIDUAL PACKAGE OPTIONS:

Packages	Sessions Included	Hourly Rate	Savings	Prices	OMW
GOLD	24 one hour sessions	\$30	\$360	\$720	\$72
SILVER	12 one hour sessions	\$35	\$120	\$420	\$42
BRONZE	6 one hour sessions	\$37.50	\$ 45	\$225	\$22

You **must** be an OPC member to sign up.

* Some restrictions may apply and Personal Training contract must be signed.

To purchase tickets, please call the financial desk at 248-659-1029.

WEIGHT ROOM STRENGTH TRAINING (2)

Mon., Wed. 12:30 pm – 1:30 pm

(McCardell Exercise Equipment)

Dec. 2, 7, 9, 14, 16, 21, 23, 28, 30 - Learn how to use the weight room equipment from a personal trainer and chart your personal progress.

Cost: \$65.25 **OMW:** \$7

Refund Deadline: Mon., Nov. 25

PILATES BEGINNING (2)

Wednesday 9:00 am – 10:00 am

(Dutch LaVere Room)

Dec. 2, 9, 16, 23, 30 - Get started learning various Pilates techniques from standing positions and floor positions.

Instructor: Dawn Yoakum

Cost: \$26.25 **OMW:** \$3

Refund Deadline: Wed., Nov. 25

PILATES BEGINNING (2)

Thursday., 9:15 am – 10:15 am

(Dutch LaVere Room)

Dec. 3, 10, 17 - See previous article for more information.

Instructor: Dawn Yoakum

Cost: \$15.75 or \$6 Drop-in **OMW:** \$2

Refund Deadline: Thurs. Nov. 25

PILATES (3)

Thursday 5:00 pm – 6:00 pm

(Dutch LaVere Room)

Dec. 3, 10, 17 - Get a full body workout using a series of mat exercises and total body movement.

Instructor: Dawn Yoakum

Cost: \$15.75 **OMW:** \$2

Refund Deadline: Thurs., Nov. 25

PILATES (3)

Monday 4:00 – 5:00 pm

(Dutch LaVere Room)

Dec. 7, 14, 21, 28 - See previous article for more information.

Instructor: Dawn Yoakum

Cost: \$21 **OMW:** \$2

Refund Deadline: Mon., Nov. 30

THE MIXX (4)

Saturday 8:00 am – 9:00 am

(Kathy White Aerobics Room)

Dec. 5, 12, 19 - An advanced level cardio and strength training workout using a variety of equipment.

Instructor: Peggy Grodecki

Cost: \$12.75 or \$6 Drop-in **OMW:** \$2

Refund Deadline: Fri., Nov. 27

SELF-HEALING REIKI

Tues. 9:00 am -10:00 am

(Dutch LaVere Room)

Dec. 1, 8, 15, 22, 29 - The hands-on healing art of Reiki, blended with yoga and meditation, gives you the power to keep your body healthy. Reiki is one of the more widely known forms of energy healing. When harnessed with meditation techniques, we can keep all diseases away, and even cure chronic illnesses when used along with other medical treatment. There are 24 positions to cover all the body organs and chakras. Regular practice of self-healing Reiki can bring wonderful results. Come learn with an experienced Reiki-Master at the OPC.

Instructor: Kulwant Singh

Cost: \$26.25 **OMW:** \$3

Refund Deadline: Tues. Nov. 24

STEP AEROBICS (4)

Tuesday 10:45am – 11:30 am

(Dutch LaVere Room)

Dec. 1, 8, 15, 22, 29 - A low impact aerobics class using the Step. Step aerobics burns 30 - 60 % more calories than traditional aerobics with particular emphasis on hips, thighs, abdominals, and buttocks. It is a fun way to burn calories and strengthen lower body.

Instructor: Sue Misch

Cost: \$28.30 **OMW:** \$3

Refund Deadline: Tues. Nov. 24

OSTEO FITNESS (2)

Mon., 7:00 am-7:50 am

(Kathy White Aerobics Room)

Dec. 7, 14, 21, 28 - To improve your bone health, this strength training class uses free weights and other resistance equipment to help strengthen muscles and bones to help in the prevention of osteoporosis.

Instructor: Peg Grodecki

Cost: \$17 **OMW:** \$2

Refund Deadline: Mon., Nov. 30

OSTEO FITNESS (2)

Wed., 7:00 am-7:50 am

(Kathy White Aerobics Room)

Dec. 2, 9, 16, 23, 30 - To improve your bone health, this strength training class uses free weights and other resistance equipment to help strengthen muscles and bones to help in

the prevention of osteoporosis.

Instructor: Peg Grodecki

Cost: \$21.25 **OMW:** \$2

Refund Deadline: Wed., Nov. 25

NEW! OSTEO FITNESS (2)

Fri., 7:00 am-7:50 am

(Kathy White Aerobics Room)

Dec. 4, 11, 18 - To improve your bone health, this strength training class uses free weights and other resistance equipment to help strengthen muscles and bones to help in the prevention of osteoporosis.

Instructor: Peg Grodecki

Cost: \$12.75 **OMW:** \$1

Refund Deadline: Wed., Nov. 25

CORE STRENGTH BEGINNING (2)

Mon., Wed. 11:30 am – 12:30 pm

(Dutch LaVere Room)

Dec. 2, 7, 9, 14, 16, 21, 23, 28, 30 - Begin strengthening back, stomach, and side muscles to improve posture and balance.

Instructor: Carol Milana

Cost: \$38.25 **OMW:** \$4

Refund Deadline: Wed., Nov. 25

CORE STRENGTH INTERMEDIATE (3)

Mon., Wed. 12:30 pm – 1:30 pm

(Kathy White Aerobics Room)

Dec. 2, 7, 9, 14, 16, 21, 23, 28, 30 - Continue strengthening your back, stomach, and side muscles to improve posture and balance.

Instructor: Sue Misch

Cost: \$38.25 or \$6 drop-in **OMW:** \$4

Refund Deadline: Wed., Nov. 25

CORE STRENGTH ADVANCED (4)

Tues., Thurs. 9:30 am – 10:30 am

(Kathy White Aerobics Room)

Dec. 1, 3, 8, 10, 15, 17, 22, 29 - Continue strengthening your back, sides and stomach with advanced techniques. Recommended after Core Strength Intermediate.

Instructor: Deb Lane

Cost: \$34 **OMW:** \$3

Refund Deadline: Tues., Nov. 24

STRENGTHEN YOUR BONES BEG. (2)

Tues., Thurs. 1:10 pm – 2:00 pm

(Dutch LaVere Room)

Dec. 1, 3, 8, 10, 15, 17, 22, 29 - Start improving your overall physical fitness with this beginner's level strength training class.

Instructor: Dawn Yoakum

Cost: \$34 **OMW:** \$3

Refund Deadline: Tues., Nov. 24

PM STRENGTHEN YOUR BONES (3)

Mon., Wed. 5:00 pm – 6:00 pm

(Dutch LaVere Room)

Dec. 2, 7, 9, 14, 16, 21, 23, 28, 30 - Intermediate level class. See previous strength training.

Instructor: Dawn Yoakum

Cost: \$38.25 **OMW:** \$4

Refund Deadline: Wed., Nov. 25

STRENGTHEN YOUR BONES ADV. (4)

Tues., Thurs. 10:30 am – 11:25 am

(Kathy White Aerobics Room)

Dec. 1, 3, 8, 10, 15, 17, 22, 29 - Advanced level strength training class. See previous

strength training.

Instructor: Dawn Yoakum

Cost: \$34 **OMW:** \$3

Refund Deadline: Tues., Nov. 24

YOGA, A GENTLE BEGINNING (2)

Monday 2:00 pm – 3:00 pm

(Kathy White Aerobics Room)

Nov. 2, 9, 16, 23, 30, Dec. 7, 14, 21, 28 - Learn the basics of yoga and begin to experience the health benefits. Please bring a mat or blanket to class.

Instructor: Tracy Flynn

Cost: \$47.25 **OMW:** \$5

Refund Deadline: Mon., Oct. 26

YOGA, A GENTLE BEGINNING (2)

Wednesday 2:00 pm – 3:00 pm

(Kathy White Aerobics Room)

Dec. 2, 9, 16, 30, Jan. 6, 13, 20, 27 - See previous article for more information.

Instructor: Tracy Flynn

Cost: \$42 **OMW:** \$4

Refund Deadline: Wed., Nov. 25

Cost: \$7 drop-in fee (Only for those who have previously taken the class)

Refund Deadline: Wed., Nov. 25

YOGA (3)

Tuesday 11:45 am – 1:00 pm

(Kathy White Aerobics Room)

Nov. 3, 10, 17, 24, Dec. 1, 8, 15, 22, 29 - Recommended for those with yoga experience. Please bring a mat or blanket to class.

Instructor: Tracy Flynn

Cost: \$7 drop-in fee (Only for those who have previously taken the class)

Cost: \$47.25 **OMW:** \$5

Refund Deadline: Tues., Oct. 27

YOGA (3)

Thursday 11:45 am – 1:00 pm

(Kathy White Aerobics Room)

Nov. 5, 12, 19, Dec. 3, 10, 17 - See previous article for more information.

Instructor: Tracy Flynn

Cost: \$7 drop-in fee (Only for those who have previously taken the class)

Cost: \$31.50 **OMW:** \$3

Refund Deadline: Thurs., Oct. 29

PM SLOW FLOW YOGA (2)

Tuesday 6:00 pm – 7:00 pm

(Dutch LaVere Room)

Dec. 1, 8, 15, 22, 29 - Yoga for all levels with focus on breathing and posturing. Please bring a mat or blanket to class.

Instructor: Julie Santilli

Cost: \$26.25 **OMW:** \$3

Refund Deadline: Tues., Nov. 24

PM SLOW FLOW YOGA (2)

Thursday 6:00 pm – 7:00 pm

(Dutch LaVere Room)

Dec. 3, 10, 17 - See previous article for more information.

Instructor: Julie Santilli

Cost: \$15.75 **OMW:** \$2

Refund Deadline: Wed., Nov. 25

CHAIR TAI CHI (1)

Tuesday 2:00 pm – 3:00 pm

(Kathy White Aerobics Room)

Dec. 1, 8, 15, 22, 29 - Benefit from Tai Chi

movements from a seated position. No standing required.

Instructor: Kim Cary

Cost: \$26.25 **OMW:** \$3

Refund Deadline: Tues., Nov. 24

CHAIR TAI CHI (1)

Thursday 2:00 pm – 3:00 pm

(Kathy White Aerobics Room)

Dec. 3, 10, 17 - See previous for more information.

Instructor: Kim Cary

Cost: \$15.75 **OMW:** \$2

Refund Deadline: Wed., Nov. 25

PM TAI CHI BEGINNING (2)

Wed. 5:00 pm – 6:00 pm

(Kathy White Aerobics Room)

Nov. 4, 11, 18, 25, Dec. 2, 9, 16, 23, 30 - Students will learn the basics of Tai Chi. Tai Chi helps to improve balance and coordination, strength, and flexibility. No experience is necessary. All levels of physical abilities are welcome.

Instructor: Kim Cary

Cost: \$47.25 **OMW:** \$5

Refund Deadline: Wed. Oct. 28

TAI CHI INTERMEDIATE (3)

Thursday 3:00 pm – 4:00 pm

(Kathy White Aerobics Room)

Dec. 3, 10, 17 - Further develop skills with this class and bridge the gap between beginner and advanced levels.

Instructor: Kim Cary

Cost: \$15.75 **OMW:** \$2

Refund Deadline: Wed., Nov. 25

TAI CHI ADVANCED (4)

Tuesday 3:15 pm – 4:15 pm

(Kathy White Aerobics Room)

Dec. 1, 8, 15, 22, 29 - A challenging class with advanced skills and techniques of Tai Chi.

Instructor: Kim Cary

Cost: \$26.25 **OMW:** \$3

Refund Deadline: Tues., Nov. 24



FOR MORE INFO 248-659-1029

All activities are available outside normal scheduled hours and can be played at anytime provided it does not interfere with regularly scheduled activities or events.

PM BADMINTON DROP-IN

Mon. & Thurs. 6:00 pm – 8:45 pm

(Gymnasium)

Backyard badminton to advanced players are welcome to come and play.

Cost: \$2 Drop-In

PM 5-ON-5 BASKETBALL

Wed. 6:30 pm – 8:45 pm

Sat. 9:00 am – 11:45 am

(Gymnasium)

Full court of 5-on-5 games lasting 15 minutes are played.

Cost: \$2 Drop-In

DROP-IN BASKETBALL

Mon., Wed. 7:00 am - 9:00 am

The gymnasium is open for basketball players of all skill levels to come and play or just shoot hoops.

Cost: \$2 Drop-In

NEW! PICKLEBALL SKILLS DRILLS & CRAZY MIXED UP DOUBLES

Friday, December 11, 2009

1:00 pm - 4:00 pm

Join us at 1:00pm sharp for fast-paced skills Pickleball drills. Every 7 minutes, the horn will sound and you'll move to the next court for another challenging session. We'll take a short break midway through, and then re-group for Crazy Mixed Up Doubles where we start with a burst of 10-minute court times. You'll be paired with random partners and track your individual points for each round. There's no telling who your partner may be! Practice your skills drills while you "Clown Around on Court". Every point counts toward some Crazy Mixed Up Prizes! Partner Search for MSO and other tournaments. 32 Player Maximum. To register, visit the financial office on the upper level of the OPC or call 248-608-0251.

Contact Dick Manasseri at 248-375-5907 if you have any questions.

Cost: \$5 (Free for OPC Ladder Players and USAPA Members)



OPEN to the PUBLIC

All activities are available outside normal scheduled hours and can be played at anytime provided it does not interfere with regularly scheduled activities or events.

Outside the OPC

OPC HOCKEY CLUB

Tuesdays 10:00 am – 11:30 am

Thursdays 10:30 am – Noon

OPC is looking for 50+ hockey players! Ice time is reserved at the Onyx in Rochester. For more information, call Tom Perks at 248-760-8066.

Cost: \$15 Drop-In



Aquatics

For more info call the Aquatic Desk: 248-608-0293 or 248-608-0295

POOL HOURS:

Mon. - Fri., 7:00 am - 7:00 pm

Saturday, 7:00 am - 11:45 am

Pool Closed 11:45 am - 12:30 pm M - F

Open swim schedule is available at the aquatics desk.

***CLASS DROP-IN POLICY**

We will only allow Drop-ins if 5 people are pre-registered for the month. \$6 Drop-in fee can be paid at the Aquatics desk.

FREE BEGINNER PICKLEBALL LESSONS

Wed. 9:30 am – 10:30 am, Pickleball Mentor Games 10:30 am – 11:30 am

Sat. 8:00 – 9:00 am (Court 4 Only)

(Gymnasium)

Pickleball is a FUN game to play. In one hour, you will be introduced to the basics of the game. Upon the completion of the beginner lessons on Wednesdays from 9:30am – 10:30am, you are invited to stay for Beginner/Mentor Games from 10:30am – 11:30am. OPC Pickleball mentors will be happy to partner with you and help you to gain an understanding of the game. One court will also be reserved for free beginner lessons on Saturdays from 8:00 – 9:00 am. There is no need for a partner and OPC provides all equipment.

Cost: FREE

DROP-IN PICKLEBALL

Novice Drop-In (Assumes completion of the Beginner Lessons)

Mon. 1:00 – 3:00 pm (Courts 3 & 4),

Thurs. 2:30 – 4:00 pm (Courts 3 & 4)

Intermediate Drop-In

Tues. 4:00 – 5:30 pm

Wed. 11:30 – 1:00 pm

Intermediate/Advanced Drop-In

Mon. 3:00 – 4:30 pm

Tues. 7:00 – 8:45 pm

Thurs. 4:00 – 6:00 pm

Open Drop-In (All skill levels)

Mon. 4:30 – 6:00 pm

Tues. 1:00 – 4:00 pm

Wed. 4:00 – 6:30 pm

Sat. 7:00 – 9:00 am

(Gymnasium)

Pickleball is a FUN sport played on a badminton sized court with a low net, a wiffle ball, and a paddle. OPC drop-in Pickleball welcomes players of all skill levels, recreational and competitive players. There are sessions for everyone. Come prepared for a good workout and a good laugh! No need to have a partner. OPC provides all equipment. Sign-in at the Sports Desk. Each drop-in session is limited to the first 24 players.

Cost: \$2 Drop-In



DROP-IN VOLLEYBALL

Tuesday, 5:30 pm-7:00 pm

(Gymnasium)

Do you want to improve your volleyball skills? Practice is every Tuesday for anyone that is interested, so lace up those sneakers and have a good time! Members of the "A, B, C, D," Leagues practice and new players are encouraged to come out and get involved.

Cost: \$2 Drop-in

DROP-IN TABLE TENNIS

Mon., 1:00 pm – 3:00 pm

Wed., Thurs., Fri., 1:00 pm – 4:00 pm

(Gymnasium)

Enjoy a fun and friendly game of table tennis. Singles and doubles are played. If you are interested in free beginner lessons, contact Jim Burk at 248-656-1865.

Cost: \$2 Drop-in

DROP-IN Wii

Mon., Wed., 1:00 pm - 3:00 pm

(Duich LaVere Room)

Come and experience the latest craze in video games. The Nintendo Wii system along with the Wii Fit program will let you enjoy your favorite sports and exercise routines. The Wii game system has Golf, Bowling, Tennis, Baseball and even Boxing. The Wii Fit program will do an initial Body Mass Index assessment and create a stimulating workout based on your personal preferences. Work on your balance, posture, hand eye coordination, or just play a game and have fun. This is a "must try" you will enjoy it.

Cost: FREE

DROP-IN GOLF

Mon. 11:00 am – 1:00 pm

Thurs. 7:00 am – 9:00 am

(Gymnasium)

For those of you who would like to practice your golf skills during the off-season, the OPC gymnasium will be available for you to practice. Bring in your clubs and keep up your game!

Cost: \$2 Drop-in

CRITTENTON/OPC FITNESS CHALLENGE (REPEAT ATTENDERS)

Tuesday, Noon - 12:30 pm

Dec. 1 - For those who are continuing the class

Cost: \$45 **OMW:** \$5

Refund Deadline: Tues., Nov. 24

**drop-in/pre-register classes
therapy pool**

AQUATIC CORE STRENGTH

Mon.,Wed., 8:00 am - 8:50 am

Dec. 2, 7, 9, 14, 16, 21, 23, 28, 30, - This class is designed to build a strong abdomen and back. Toning the body is also a result of this workout. You will move through the water using resistance and balance.

Instructor: Marilyn Gerlach

***See Drop-in policy page 15.**

Cost: \$45 for month **OMW:** \$5

Refund Deadline: Wed. Nov. 25

AQUATIC CORE STRENGTH

Fri. 8:00 am - 8:50 am

Dec. 4, 11, 18 - See previous article for more information. **Instructor:** Jeannie Leech

***See Drop-in policy page 15.**

Cost: \$15 for month **OMW:** \$2

Refund Deadline: Wed. Nov. 25

AQUATIC TAI CHI

Thurs., 12:30 pm - 1:20 pm

Dec. 3, 10, 17 - The slow, graceful movement patterns of water tai chi add a new dimension to any workout by enhancing the mind, body, and spirit. This class is open to participants of all skill levels. Pre-registration required.

Instructor: Kim Cary

Cost: \$15 for month **OMW:** \$2

Refund Deadline: Wed. Nov. 25

AQUATIC CORE STRENGTH

Tues., Thurs., 7:00 am - 7:50 am

Dec. 1, 3, 8, 10, 15, 17, 22, 29 - See previous article for more info.

Instructor: Peg Grodecki

***See Drop-in policy page 15.**

Cost: \$40 **OMW:** \$4

Refund Deadline: Tues., Nov. 24

AQUATIC CORE STRENGTH

Tues., Thurs., 1:30 pm - 2:20 pm

Dec. 1, 3, 8, 10, 15, 17, 22, 29 - See previous article for more info.

Instructor: Marilyn Gerlach

***See Drop-in policy page 15.**

Cost: \$40 **OMW:** \$4

Refund Deadline: Tues., Nov. 24

AQUATIC HEALTHY JOINTS

Tues., Thurs., 10:00 am - 10:50 am

Dec. 1, 3, 8, 10, 15, 17, 22, 29 - A beginning-level class focusing on slow and controlled movement, providing full range of motion in major joints and muscles. Especially beneficial for people with arthritis and those recovering from an injury.

Instructor: Marilyn Gerlach

***See Drop-in policy page 15.**

Cost: \$40 **OMW:** \$4

Refund Deadline: Tues., Nov. 24

AQUATIC HEALTHY JOINTS

Mon.,Wed., 1:00 pm - 1:50 pm

Dec. 2, 7, 9, 14, 16, 21, 23, 28, 30 - See previous article for more information.

Instructor: Marilyn Gerlach

***See Drop-in policy page 15.**

Cost: \$45 for month **OMW:** \$5

Refund Deadline: Wed. Nov. 25

AQUATIC HEALTHY JOINTS

Fri., 1:00 pm - 1:50 pm

Dec. 4, 11, 18 - See previous article for more information. **Instructor:** Peg Grodecki

***See Drop-in policy page 15.**

Cost: \$15 for month **OMW:** \$2

Refund Deadline: Wed. Nov. 25

NEW! AQUATIC HEALTHY JOINTS

Mon., Wed., 2:00 pm - 2:50 pm

Dec. 2, 7, 9, 14, 16, 21, 23, 28, 30 - See previous article for more information.

Instructor: Marilyn Gerlach

***See Drop-in policy page 15.**

Cost: \$45 for month **OMW:** \$5

Refund Deadline: Wed. Nov. 25

PM AQUATIC HEALTHY JOINTS (ADVANCED)

Tues., Thurs., 5:00 pm - 5:50 pm

Dec. 1, 3, 8, 10, 15, 17, 22, 29 - An advanced-level class. This class focuses on each joint in the body, working to improve range of motion, strength, and muscle tone. It is recommended for individuals who have previously participated in Aquatic Healthy Joints.

Instructor: Jeannie Leech

***See Drop-in policy page 15.**

Cost: \$40 **OMW:** \$4

Refund Deadline: Tues., Nov. 24

lap pool

COREPOWER H2O

Mon., Wed. 9:00 am - 9:50 am

Dec. 2, 7, 9, 14, 16, 21, 23, 28, 30 - Come join the fun! Enhance your core stability, cardio endurance, muscle strength & flexibility. (Don't miss that next long shot in your Pickle Ball game!)

Instructor: Marilyn Gerlach

***See Drop-in policy page 15.**

Cost: \$45 **OMW:** \$5

Refund Deadline: Wed. Nov. 25

COREPOWER H2O

Fri. 9:00 am - 9:50 am

Dec. 4, 11, 18 - See previous article for more information. **Instructor:** Peg Grodecki

***See Drop-in policy page 15.**

Cost: \$15 **OMW:** \$2

Refund Deadline: Wed. Nov. 25

THE DEEP

Mon., Wed., 8:00 am - 8:50 am

Dec. 2, 7, 9, 14, 16, 21, 23, 28, 30 - A high-intensity water workout utilizing deep water and designed to improve cardiovascular fitness, muscular strength, and endurance.

Buoyancy belts are used.

Instructor: Deb Lane

***See Drop-in policy page 15.**

Cost: \$45 for month **OMW:** \$5

Refund Deadline: Wed. Nov. 25

THE DEEP

Fri. 8:00 am - 8:50 am

Dec. 4, 11, 18 - See previous article for more information. **Instructor:** Peg Grodecki

***See Drop-in policy page 15.**

Cost: \$15 for month **OMW:** \$2

Refund Deadline: Wed. Nov. 25

WATER-WORKS AEROBICS

Mon.,Wed., 10:00 am-10:50 am

Dec. 2, 7, 9, 14, 16, 21, 23, 28, 30 - Join our basic water aerobic class with easy-to-follow moves. This class will allow you to work at your own ability, yet challenge you to improve your physical fitness.

Instructor: Marilyn Gerlach & Carol Quintal

***See Drop-in policy page 15.**

Cost: \$45 for month **OMW:** \$5

Refund Deadline: Wed. Nov. 25

WATER-WORKS AEROBICS

Fri. 10:00 am - 10:50 am

Dec. 4, 11, 18 - See previous article for more information. **Instructor:** Peg Grodecki

***See Drop-in policy page 15.**

Cost: \$15 for month **OMW:** \$2

Refund Deadline: Wed. Nov. 25

PM SEA SCULPT

Mon., Wed. 5:30 - 6:30 pm

Dec. 2, 7, 9, 14, 16, 21, 23, 28, 30 - This class is designed for those who want intense cardiovascular conditioning, strengthening, and toning of the major muscle groups. This class is primarily conducted in the deep water so you must be comfortable in the deep to get the full benefit of this class.

Instructor: Debby Visconti & Carol Milana

***See Drop-in policy page 15.**

Cost: \$45 for month **OMW:** \$5

Refund Deadline: Wed. Nov. 25

MAKING WAVES

Tues., Thurs., 9:00 am - 9:50 am

Dec. 1, 3, 8, 10, 15, 17, 22, 29 - A complete body workout involving strength, endurance and tone, using power movements through the water.

Instructor: Carol Quintal & Marilyn Gerlach

***See Drop-in policy page 15.**

Cost: \$40 **OMW:** \$4

Refund Deadline: Tues., Nov. 24

CARDIO WAVES

Tues., Thurs., 10:00 am - 10:50 am

Dec. 1, 3, 8, 10, 15, 17, 22, 29 - This class will put you in both the deep and shallow end. Working at high and low energy levels to build strong hearts, tone the muscles, and improve your endurance.

Instructor: Deb King

***See Drop-in policy page 15.**

Cost: \$51.43 **OMW:** \$5

Refund Deadline: Tues., Nov. 24

LIQUID BOOT CAMP

Saturday, 9:00 am - 9:50 am

Dec. 5, 12, 19 - Wake up with water, perk up with Peggy! Start your day with a high intensity water aerobic class.

Instructor: Peg Grodecki

***See Drop-in policy page 15.**

Cost: \$15 for month **OMW:** \$2

Refund Deadline: Wed. Nov. 25

NEW! OPC SWIM TEAM

Tues., Wed. 7:00 pm – 8:30 pm

Oct., Nov., Dec. - Come join the OPC Swim Team! Swimmers of all abilities are welcome to join. No previous competition experience is necessary. Coach Jason Williams will teach you proper form and give you the opportunity to practice your skills through drills and other exercises. Joining the swim team will help you build your endurance and confidence so that you can compete at your full potential. The cost will include practices during the months of October, November, and December on the day(s) of your choosing. In addition, you will also receive an OPC swim cap. For more information, please contact Jason at 248-608-0247.

Cost: \$50 for Tuesdays **OMW:** \$5

Cost: \$50 for Wednesdays **OMW:** \$5

Cost: \$6 Drop-In

Refund Deadline: Tues., Sept. 29

Therapy Pool may be closed at instructors discretion during Aquatic Healthy Joints, Aquatic Healthy Joints Advanced and Aquatic Core Strength. Therapy Pool will be closed Thursday from 12:30 pm - 1:20 pm for the Aquatic Tai Chi Class.

PRIVATE SWIM LESSONS

Always wanted to learn how to swim? Or at least know how to save yourself in the water? Or are you an experienced swimmer and want to improve strokes and efficiency with new techniques? This is a great opportunity to have a one-on-one class with an experienced and certified swim instructor. For more information, please contact Jason at 248-608-0247.

Cost: \$25 (per hour) **OMW:** \$3

SEMI-PRIVATE SWIM LESSONS

If you are interested in learning how to swim, but you'd rather swim with a buddy or a spouse, semi-private swim lessons are perfect for you! For more information, please contact Jason at 248-608-0247.

Cost: \$35 per hour (per couple) **OMW:** \$4

Open swim schedule available at the aquatics desk

AQUATIC PERSONAL TRAINER

Scheduled around your availability. Work with a certified personal trainer to develop a workout plan tailored to your goals and abilities.

Cost: \$45 (per hour session) **OMW:** \$5

OPEN SWIM/LAP SWIM

During class times at least one lap lane will be open for swimmers. It may be necessary to share a lane with others.

AQUATIC HOURS*

Monday - Friday 7:00 am - 7:00 pm

(Pool desk will close at 7:30 pm)

Saturday, 7:00 am - 11:45 am

(Pool desk will close at 12:00 pm)

Please shower with soap before entering pools. **Things to bring:** towel and soap.

OPC has swim fins, kick boards, noodles and buoyancy belts for you to use.

***Pool and locker rooms will be closed from 11:45 am - 12:30 pm daily for cleaning (Except Saturday).** Persons who require any assistance entering pool or getting dressed must have their own caretaker. Family changing rooms are available for this purpose.

HEART HEALTHY BREAKFAST WITH THE DOCS

Wednesday, January 20, 2009 @ 9:00 am - 12:00 pm

Members of Crittenton's Cardiovascular Team of Specialists are coming in to share their expertise in lowering your risk of heart attack and stroke. Dr. Samer Kazziha, M.D., FACP, FACC, FSCAI, FCCP, FS-VMB, Executive Medical Director of Crittenton Cardiovascular Program, along with Dr. Bahjat Shahbander, M.D. and Dr. Matthew Ebinger, D.O. will address Stroke Prevention, Sudden Cardiac Death Prevention and Atrial Fibrillation. You won't want to miss these outstanding physicians! To register, visit the financial office on the upper level of the OPC or call 248-608-0251. Breakfast will also be included.

Cost: \$5 OPEN TO THE PUBLIC



Swim With Santa

Saturday, Dec. 5, 2009

Session 1: 11:00 am -12:00 pm

Session 2: 1:00 pm - 2:00 pm

Ho Ho Ho! Once again, Santa will be making his appearance at the OPC this year. Families will have the opportunity to swim together and meet Santa in

the pool. Santa's helpers will be on hand to distribute fun toys to the kids. This is a fun event open to the public. Sign up early to ensure your spot in the pool. To register, visit the financial office on the upper level of the OPC or call 248-608-0251.

Cost: \$5 per child, \$2.50 per adult



**CRITTENTON HOSPITAL
MEDICAL CENTER**

**CRITTENTON PHYSICAL THERAPY
AT THE OPC!**

Programs are held in the Crittenton Physical Therapy Center on the lower level, unless otherwise noted.

ASK THE PHYSICAL THERAPIST

Thurs. 2:00 pm - 3:00 pm

Do you have any questions about Crittenton's Physical Therapy program at the OPC? Come talk to our Physical Therapist, Jenny Hildreth, or call 248-608-8119 and learn more about our exciting new program

CRITTENTON PHYSICAL THERAPY AT OPC

Mon., Wed., Thurs. 9:00am – 2:00pm

Crittenton Physical Therapy Center
Crittenton Physical Therapy is now available at the OPC. If pain, limited mobility, or decreased balance keep you from living your life to its fullest, we can help. Physical therapy can address concerns and diagnoses such as back pain, shoulder pain, decreased

balance, arthritis, slumping posture, stroke, Parkinson's, MS, and so much more. If you think you might benefit from the personal attention of a physical therapist, please give us a call or stop in at one of our "Ask the Physical Therapist" sessions listed below. All care is provided one-on-one with a physical therapist. Sessions last 45 min. - 1 hour, depending on your individual needs. All care is based on a comprehensive evaluation. A physician's referral is needed in order to get started. Medicare and most insurances are accepted. Come check us out! The Crittenton Physical Therapy Center is conveniently located in the Health & Wellness area next to the Crittenton Wellness Center on the lower level of the OPC. Call 248-608-8119 for scheduling and information.

Programs are held in the Crittenton Wellness Center on the lower level, unless otherwise noted.

ASK THE NURSE

Mon. - Thur. 8:00 am - 12:00 pm &
1:00 pm - 4:00 pm, Fri. 8:00 am - 12:00 pm
Come in for blood pressure checks and bring
along questions or concerns about your health.
Cindy McKenna is OPC's Registered Nurse
on duty. *This is designed for walk-ins.*

Cost: FREE

***For class registration and fee payments,
contact OPC cashiers desk on upper level
or call 248.608.0251 or 248.659.1029.**

**CRITTENTON/OPC FITNESS
CHALLENGE (START)**

Tuesday, Noon - 12:30 pm

Dec. 1 - See Aquatics page 15 & 16 for details.

Cost: \$100 initially **OMW:** \$10

Refund Deadline: Tues., Nov. 24

**CRITTENTON/OPC FITNESS
CHALLENGE (REPEAT ATTENDERS)**

Tuesday, Noon - 12:30 pm

Dec. 1 - See Aquatics page 15 & 16 for details.

Cost: \$45 monthly **OMW:** \$5

Refund Deadline: Tues., Nov. 24

**HEARING TESTING AND
HEARING AID CLEANING**

Tuesday, 9:00 am - 12:00 pm

Dec. 8 - Hearing Screening, baseline hearing
test by Crittenton Hospital Medical Center's
Audiology Department.

Cost: \$3 **OMW:** \$1

Refund Deadline: Tues., Dec. 1

**LYME DISEASE: WHAT
YOU NEED TO KNOW**

OPEN
to the
PUBLIC

Tuesday, 12:00 pm - 1:00 pm

Dec. 8 - Did you know that Lyme Disease ex-
ists here in Michigan? Linda Lobes, President
of the Michigan Lyme Disease Association,
will be joining us in the Wellness Center. She
will address the symptoms of Lyme Disease,
how to prevent it and proper tick removal.

Cost: \$3 **OMW:** \$1

Refund Deadline: Tues., Nov. 1

ATTENTION MEN!!! PSA TESTING

Wednesday, 9:00 am - 10:30 am

Dec. 9 - PSA (Prostate Surface Antigen) is an
enzyme produced by prostate cells. PSA levels
can be used to tell if you have prostate related
disease. An experienced member of Crittenton's
lab department will draw your blood and
results will be mailed to you and your doctor
(bring doctor's name and address). Results
will be available the same day.

Cost: \$15 **OMW:** \$2

Refund Deadline: Wed., Nov. 24

**CRITTENTON DIABETES
SELF-MANAGEMENT EDUCATION**

Thursday, 9:00 am, 10:00 am

Conference Room B

Crittenton's Diabetes Self-Management Edu-
cators are coming to the OPC. For your con-

venience they will be providing the individual
instruction here at the OPC that they provide
at Crittenton's Diabetes Education and Nutri-
tion Counseling Center at 441 S. Livernois.
Typically many costs are covered by insur-
ance. Please contact your insurance company
for detailed coverage information. If you have
been referred by your primary care provider,
the Diabetes Education Counseling Center can
bill your insurance company. \$2 reserves
your appointment time here at the OPC.

Dec. 10 - This self-management education
is for diabetics! The first of this 2-week,
one-on-one education will take place with a
certified diabetic nurse educator. She will
review your medical history, your labwork
and your medications. She will review glu-
cose meter technique and/or update to a new
glucose meter. Appointments are for 1 hour.

Dec. 17 - This second session of one-on-one
diabetes self-management education will
take place with a **registered dietitian**, certi-
fied in diabetes education. She will review
your current meal plan and will devise and
update to an appropriate diabetic meal plan,
individualized for you. She will review car-
bohydrate counting and label reading. Ap-
pointments are for 1 hour. **Register at the
cashier's desk.** You will be contacted and
insurance information obtained by a mem-
ber of the Diabetes Education Counseling
Center. **Questions:** Call Cindy in the Well-
ness Center at 248-601-2888.

Cost: \$3 **OMW:** \$1

Refund Deadline: Thurs., Dec. 3

**BLOOD CHOLESTEROL & BLOOD
GLUCOSE SCREENING**

Friday, 9:00 am - 12:00 pm

Dec. 11 - Registered nurse will screen for total
cholesterol, high density lipoprotein (HDL)
and blood glucose and discuss results. Please,
if you eat 6 hours prior to test, low fat only!

Cost: \$15 **OMW:** \$2

Refund Deadline: Fri., Dec. 4

**FAMILY AND FRIENDS
CPR CLASS**

OPEN
to the
PUBLIC

Tuesday, 1:00 pm - 3:30 pm

Dec. 14 - This class is for family members
and friends who would like to learn how to
provide the basic skills of CPR for adults,
children and infants and how to help an adult,
child or infant who is choking. No written
test. No certification card. Limit 6.

Cost: \$10 (includes book) **OMW:** \$1

Refund Deadline: Tues., Dec. 7

"ASK THE DOCTOR"

OPEN
to the
PUBLIC

Tuesday, 9:00 am - 11:00 am

Dec. 15 - Do you have a ques-
tion that you would like to ask a physician?
Dr. Johal, of Wayne State's Residency Pro-
gram at Crittenton Hospital Medical Center,

will be available to help answer questions or
concerns that you have about your health.
This is designed for walk-ins.

Cost: FREE

ASK THE HOMECARE NURSE

Wednesday, 9:00 am - 11:00 am

OPEN
to the
PUBLIC

Dec. 16 - What exactly is
homecare? What professional
services can be provided? How can I qualify
to have a nurse come to my home and does
Medicare pay for these services? My medi-
cations are so confusing. Can a nurse help
explain them to me? How can I get homecare
started? Come with your questions-for your-
self or for someone you care about! Kathryn
Andrews, RN, will be available to answer
your questions. Designed for walk-ins.

Cost: FREE

**INQUIRING MINDS WANT TO KNOW
ABOUT... PRESCRIPTION PAIN MEDS**

"Ask the Doc"- Thurs., 9:00 am - 11:00 am

"Prescription Pain Meds"- Thurs., 11:00 am
- 12:00 pm

Dec. 17 - Dr. Brian Schreeringa, of Wayne
State's Residency Program, will confront
the task of finding the balance between
proper pain management of those who need
narcotics to relieve pain and suffering, and
those who have various degrees of depen-
dency. This presentation will focus on both
the physician's and patient's role in address-
ing these issues.

Designed for walk-ins.

OPEN
to the
PUBLIC

Cost: FREE

BONE DENSITY SCREENING

Friday, 9:00 am - 11:00 am

Dec. 18 - Registered nurse will screen for
bone density and discuss results. Approxi-
mately 15 min.

Cost: \$15 **OMW:** \$2

Refund Deadline: Fri., Dec. 11

**HEART HEALTHY BREAKFAST
WITH THE DOCS**

Wednesday, 9:00 am - 12:00 pm

Jan. 20 - Members of Crittenton's Cardio-
vascular Team of Specialists are coming in
to share their expertise in lowering your risk
of heart attack and stroke. Dr. Samer Ka-
zziha, M.D., FACP, FACC, FSCAI, FCCP,
FSVMB, Executive Medical Director of
Crittenton Cardiovascular Program, along
with Dr. Bahjat Shahbender, M.D. and Dr.
Matthew Ebinger, D.O. will address Stroke
Prevention, Sudden Cardiac Death Preven-
tion and Atrial Fibrillation. You won't want
to miss these outstanding physicians! To
register, visit the financial office on the up-
per level of the OPC or call 248-608-0251.
Breakfast will also be included.

Cost: \$5

OPEN
to the
PUBLIC

For all questions for Crittenton Wellness Center at OPC, please call 248-601-2888!

December 2009

Volunteers needed to deliver Meals on Wheels to the homebound seniors. Call 248-608-0281 for more information

*Breakfast Club - Enjoy breakfast in the dining room at 7:45 am on the first Tuesday of the month for a cost of \$3. Purchase a ticket at the financial desk by 11:00 am on Wednesday, November 25.

SALAD BAR & BREAD BASKET ARE ALSO AVAILABLE.

Menu is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 12:00 Lunch - Chicken Kiev, Spinach Casserole, Oven Browned Potatoes & Ambrosia	1 7:45 Breakfast Club* 12:00 Lunch - Pollock Almondine, Peas, Oven Browned Potatoes & Citrus Fruit Cup	2 12:00 Lunch - Amish Yamsetti, Broccoli Cuts & Apricots	3 12:00 Lunch - Pork Chow Mein, Green Beans, Brown Rice & Fruit Surprise	4 12:00 Lunch - Vegetable Lasagna, Baby Beets & Orange
14 12:00 Lunch - Salisbury Steak, European Blend, Whipped Potatoes & Cranberry Jello Mold Salad	8 12:00 Lunch - Low Sodium Ham, Mixed Vegetables, Scalloped Potatoes & Applesauce	9 12:00 Lunch - Veal Parmesan, Green Beans, Whipped Potatoes & Fruit Delight	10 12:00 Lunch - Tuna Tetrazzini, Peas and Carrots & Peach Slices	11 12:00 Lunch - Chicken Dinner w/Stuffing, Brussel Sprouts w/Cheese Sauce, Mashed Potatoes & Pumpkin Pie Cake
21 12:00 Lunch - Bar-B-Q Chicken on a Bun, Baked Beans, Cabbage & Pineapple Slaw & Apricots	15 12:00 Lunch - Polish Sausage on a Bun w/Sauerkraut, German Potato Salad, Red Apple & Cookie	16 12:00 Lunch - Turkey Breast w/Gravy, Cole Slaw w/Green Pepper, Sweet Potatoes & Pineapple w/Cranberry Relish	17 12:00 Lunch - Pepper Steak, Oriental Blend, Brown Rice & Pear Halves	18 12:00 Lunch - Pork Roast w/Stuffing & Gravy, Peas & Carrots. Mashed Potatoes & Apple Sauce
28 12:00 Lunch - Macaroni & Cheese, Baby Beets, Broccoli Cuts & Orange	22 12:00 Lunch - Veal Supreme, Succotash, Whipped Potatoes & Banana	23 12:00 Lunch - Mosticciole, Italian Blend & Fruit Salad	24 Building Closed for Christmas Eve	25 Building Closed for Christmas Day
28 12:00 Lunch - Macaroni & Cheese, Baby Beets, Broccoli Cuts & Orange	29 12:00 Lunch - Pizza Supreme, Carrot Fingers, Cookie & Peach Halves	30 12:00 Lunch - American Chow Mein, Peas & Tapioca Pudding w/Pineapple	31 Building Closed for New Years Eve	Jan. 1 2010 Building Closed for New Years Day

Older Persons' Commission • 650 Letica Drive • Rochester, MI • 48307 • 248.656.1403 — (FUNDING: The Older Americans Act ABA 1-B has funded OPC (Rochester, Rochester Hills, and Oakland Township areas) for the Nutrition Program. The site for your noon time dining pleasure is OPC, 650 Letica Drive, Rochester, MI 48307. We ask that you call by 11:00 a.m. on the day before. Lunch is served at 12:00 p.m. (For a meal on Monday, you would call by 11:00 a.m. on Friday). You may want to go on the regular list for the day, and you only need to call when you cancel. Any person 60 and over is eligible for the meal. The suggested donation is \$3.00. If you, or someone you know, would like to receive a meal delivered to your home call Senior Resources at (248) 608-0264. The suggested donation is \$3.50 per meal. OPC is in compliance with the Civil Rights and Rehabilitation Act.

OPC's COLOR ME CHRISTMAS...

Sponsored by Pixley Funeral Homes

Friday, December 11, in the OPC Cattell Auditorium

Two Shows... 4:00 pm and 6:00 pm

The Older Persons' Commission would like to thank our community with OPC's new program

FREE!

"Color Me Christmas!"

FREE!

OPC is excited to color in the holidays with their new interactive program for kids of all ages.

Here is the colorful scoop...

1. The colorful program is for younger children (must have adult supervision for every four children).
2. The seating will be limited to the floor with 200 guests.
3. This is an interactive coloring event, so be prepared to be called up on stage to help color. The large screen backdrop, skits, karaoke and Santa's visits are all included in the one hour colorful time. And yes, Santa and Mrs. Claus will wish the group a very Colorful Christmas!
4. Tickets are FREE...BUT YOU MUST HAVE A TICKET TO BE ADMITTED.

**Pick up your tickets at OPC.
650 Letica Dr. Rochester
between 8:30 am and 3:30 pm, Mon. - Fri.
Come and help OPC "Color Me Christmas!"**

Older Persons' Commission
650 Letica Drive • Rochester, MI • 48307
Call for information 248-608-0251

