**OPC SENIOR PICNIC**

Come one, Come All!  Drive Right Through!

**Wednesday, September 16**

**Where:** OPC Upper Parking Lot  
**When:** Assigned times from 11:00 - 1:00 pm

Stay in your car and drive by big top entertainment, a car show, and giveaways, plus you will receive a delicious lunch-to-go to enjoy at your favorite picnic spot!

**STEP RIGHT UP & REGISTER!**

**TWO WAYS TO SIGN-UP:**
- My Active Center on the OPC Website Homepage
- Call: 248-608-0280

Registration & Membership Required

**Supporting Sponsors:**
- Heartland Health Care Centers
- Pomeroy Living
- Thrivent Financial
- Town Village Sterling Heights

**Hot Dog Sponsor:**
Rochester Hills Mayor Bryan Barnett

**Entertainment Sponsor:**
Cedarbrook Senior Living
From the Executive Director, Renee Cortright

Thank you everyone for your incredible support of the OPC’s operating millage renewal! We are thrilled with the combined approval of 76%! It truly shows how the seniors and disabled are consistently valued in our communities. As we proceed into this next decade please be assured that our mission has not changed and we will continue to provide dynamic programs and supportive services to keep our members healthy and independent!

Step right up and enjoy the greatest OPC Senior Drive-Thru Picnic on Earth and never leave your car! Enter the main parking lot and drive through a classic car show while listening to music provided by the Rochester HS band. Surprises & giveaways await you and the finale is a delicious picnic lunch-to-go which can be enjoyed at a location of your choice; home or at an area park. This quote by P.T. Barnum pretty much sums up the OPC’s motto of keeping our programs fresh and inclusive especially during these times. “No one ever made a difference by being like everyone else.”

The month of September’s changing weather compels us to shake off our summer laziness and do something and there’s plenty to do at the OPC either under the garden tent, portico or with virtual programming. Regular exercise and social activities are essential under normal circumstances, however, during C-19 it’s more important than ever. Exercise and social connections boost the immune system that may help fight off infections, plus it’s a mood-booster and can reduce stress levels and build emotional resilience. Enjoy the nice variety of activities being offered this fall for your body, mind and soul.

OPC member Angela has participated in several garden patio activities and this is what she had to say about OPC’s program efforts during the crisis, “I was feeling in a funk and being able to participate in the virtual and now outdoor activities has given me the purpose I needed to get up in the morning and out of the house. I feel so lucky to be part of the OPC!”

See you at the picnic!

Renee
Rebuild Rochester, a group of Rochester Community Schools high school students, created 150 individual cards and messages of hope for Meals on Wheels clients! Their mission is to help rebuild the community as we emerge from isolation. Mission accomplished - thanks for brightening the days of local seniors!

Moving Forward Together

“NO SHOW” Summer Soirée
Thanks to these generous sponsors for their support of OPC’s Meals on Wheels!

Ascension Providence Rochester
Controller Technologies
Kathy White & William Wonfor
Cedarbrooke Senior Living
Humana
For more info on OPC’s “No Show” Summer Soirée, visit opcseniorcenter.org or call (248) 659-1034.
REWIRED not RETIRED Virtual Presentation

RETIREMENT and ESTATE PLANNING after the SECURE ACT

*Presented by: Thomas J. Del Pup, JD CFP®*

**Tuesday, September 15 | 1:00 pm**

The SECURE Act is the most consequential tax law change affecting retirement savings and distributions since the creation of the IRA and 401(k). Over the next 30 to 40 years, an estimated $30 trillion in assets will pass from baby boomers to their heirs in the United States alone. Some say this will be the largest private transfer of wealth in human history. The Act contains many beneficial provisions, and the elimination of the “stretch” IRA for most non-spouse beneficiaries will have significant financial/estate planning and income tax retirement consequences. Presentation highlights include:

- How the SECURE Act affects existing retirement and estate plans.
- How the SECURE Act affect distribution rules from IRAs and other retirement accounts.
- Strategies to consider in response to the changes brought by the SECURE Act.

SEPT. Virtual BOOK CLUB

**Lady Clementine**

_by Marie Benedict_

A story of the ambitious woman beside Winston Churchill, who did not flinch through war or surrender to expectations.

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

**Tuesday**  
**September 29**  
**1:00 pm**

MOVIE: Seabiscuit (PG-13)

Virtual Netflix Movie Critic Meet-up!

It’s the Great Depression, and a businessman (Jeff Bridges), a jockey, (Tobey Maguire) and a horse trainer (Chris Cooper) team up to help Seabiscuit, a temperamental, undersized racehorse. At first the horse struggles to win, but eventually Seabiscuit becomes one of the most successful thoroughbreds of all time, and inspires a nation at a time when it needs it most.

*Watch the movie on Netflix in the comfort of your own home. Then, become the critic and meet-up with us on zoom to discuss.*

**Friday, Sept. 25 | 1:00 pm**  
A Netflix movie pick of the month

Using Zoom is EASY! If you have any questions, contact Marianne McCauley  
mmccauley@opcseniorcenter.org | 248.608.0263

- Register for all Zoom meetings in advance by clicking on the link on the OPC website or Facebook page.
- Join the Zoom meeting by clicking the Zoom link that was sent to you in the confirmation email.
- The meetings will start on time so please connect 10-15 minutes early to ensure you are successfully connected prior to the starting time.
- Remember, unless you mute your microphone, what you say can be heard by everyone!
AFTER REGISTERING, YOU WILL RECEIVE A CONFIRMATION EMAIL CONTAINING DETAILS ABOUT THE PROGRAM YOU ARE JOINING.

Virtual ENRICHMENT & ARTS AND CRAFTS

BATHTUB GIN AND RUM RUNNING: Prohibition in Detroit and Michigan
Thursday, September 10 at 1:00 pm
Historian Joe Oldenburg presents this fascinating visual tour of Detroit in the Roaring Twenties. Learn about the notorious Purple Gang, speakeasies and rum running on the Detroit River during the Prohibition.

ASK the DOC | ZOOM PRESENTATION AND Q&A SERIES

PTSD - Your Mind Matters
a virtual presentation on Mental Wellness
Wednesday, September 23 | 7:00 pm
Dr. Robert Lacoste, Psychiatrist will present on Post-Traumatic Stress Disorder, which can develop after a very stressful, frightening or distressing event. Our military suffer from the effects of this disorder, now the pandemic has caused an increase. He will share his knowledge and advice for those dealing with the effects of PTSD.

BrainStorm
IOG/Wayne State University
Virtual Learning Lecture
Making Memories
Thursday, September 17 at 1:00 pm
Created by the Institute of Gerontology in collaboration with faculty researchers, participation in the interactive BrainStorm workshops will increase knowledge about brain health and provide skills to maintain and improve cognitive function.

MINDFUL MONDAY’S
with Jan Miller, LPC
A guided one hour meditation revolving around specific topics including Hope During Challenging Times, Relaxation Breathing, and Building Resilience for a Peaceful Life. Give yourself the gift of well-being!
Monday’s | 10:30 am

HEARTFULNESS MEDITATION
with Bhavani Kodali
A one hour Virtual Experience
Monday’s | 6:00 pm

MINDFULNESS:
How to Find Calm and Build Resilience
with Caryn Wells
Oakland University Professor
Caryn will share information about how mindfulness provides a different response to the concerns that COVID brings.
Mon. Sept. 21 | 1:00 pm

Save the Date for “Work that Body” on October 15
Please register for all Zoom programs in advance. Zoom links are available on the home page of the OPC Website, and Facebook. After registering, you will receive a confirmation email containing information about the program you are joining.

**AUTHOR EVENT**

"Michigan Haunts: Public Places, Eerie Spaces"

Presented by: Co-Authors, Jon Milan and Gail Offen

Tuesday, September 22 | 1:00 pm

Michigan has always been a region of mystery. Many strange occurrences have been documented, and tales of allegedly paranormal activity continue to surface to the present day. From the notorious hauntings of remote lighthouses like Seul Choix, to the hauntings of Eloise—one of the most famous psychiatric asylums in America—to the ghost of Minnie Quay, who still wanders Northern Michigan shorelines, co-authors Jon Milan and Gail Offen explore Michigan’s most haunted places. Join us for a spooky afternoon of local history!

Signed books can be ordered in advance. Please email mmccauley@opcseniorcenter.org to reserve your copy.
Virtual FITNESS with OPC's Lisa Chavis

CARDIO & CORE

Let’s get that heart rate up!
Interval training using your own body weight to work on core muscles while also working the cardiovascular system.

Mondays | 9:00 am (no Sept. 7)
Register once and join us every Monday in Sept.

BALANCE & COORDINATION

Functional training folks!
We will work on mind to muscle, proprioception and gait.

Wednesdays | 9:00 am
Register once and join us every Wednesday in Sept.

STRETCH & STRENGTHEN

Do you stretch enough?
Utilizing hand weights, bands and misc household items we will strengthen the entire body. Then relax with a stretch focused on the body as a whole.

Tuesdays | 9:00 am
Thursdays | 9:00 am
Register once and join us every Tuesday & Thursday in September

PURPOSEFUL RETIREMENT

presented by Dr. Bob Inskeep & Dick Rappleye

Tuesdays: September 15, 22, 29 & October 6 | 7:00 pm | $25
(Book/workbook and instruction included)

This four-part interactive series is designed to assist individuals that are contemplating, preparing for or have already retired. Learn steps to get in touch with what could bring you meaning, purpose and happiness in your retirement years. Overcome obstacles while finding purpose, setting on a course to explore those things you would now like to “be”, “do” and “have”. Retirement is an evolving concept requiring an individualized path and plan for each person. Through a discovery process, you will be guided to envision a future that is the right fit for you.

Session 1: Self-awareness • Get in touch with who you really are
Realize what makes you happy and brings you satisfaction

Session 2: Exploring • Pursuing • Considering

Session 3: Determining • Beginning • Sharing

Session 4: Finalizing • Finding • Taking Action

Register on MyActiveCenter.com or by calling (248) 659-1029. You will receive your individualized link to the meeting and directions to pick up your Purposeful Retirement Book/Workbook.
Outdoor Programs  ENRICHMENT

HOW TO REGISTER: All outdoor programs are located in the patio garden tent. Members are required to register for the class or program series ahead of time through My Active Center (OPC website) or by calling the cashiers at 248.659.1029 on Tue. & Thurs. 9 am - 2 pm. No drop-in's or passes. See Outdoor Program Guidelines on page 11.

650 Mid-Day Club presents...

LIVE Music by the "D & A DUO"
Thursday, September 17 | 2:00 – 4:00 pm | $10
Enjoy a refreshing beverage, appetizers and the dynamic music of Donna and Allan Nahajewski!
Refreshments | Appetizers | Live Music
Registration required ~ Limited number

VETERANS CONNECTION BINGO
Celebrate Life and Liberty through Service, Honor, Remembrance, Education and Gratitude

Wednesday, September 9
10:00 am - noon
Enjoy a game of BINGO with Cider & Donuts

Presenting Sponsor: Heartland Health Care Center
Breakfast Sponsor: Thrivent Financial
Registration required - Limited number

FINANCIAL FRIDAY
ECONOMIC UPDATE
Economy and market update and how they may affect you
Friday, September 11 | 1:00 pm

SPONSORED BY: Thrivent Financial
Connecting faith & finances for good

Terrific Tuesday presents...

The Power of Music and the Mind
Singer, songwriter, and musician, Michael Krieger performs and explains "Your Brain on Music."

Tuesday, September 8 | 11:00 am - 1:00 pm | $12
Lunch, Refreshments & Live Concert
Registration required ~ Limited number
DANCE, MUSIC & THEATER

**Drum Circle with Rizal**
Thursday, Sept. 10 & 24 | 2:00 – 3:30 pm | $10 for 2 sessions
Outdoor Patio - Must have own instrument

**Ukulele Fun**
Tuesday, Sept. 1 - 29 | 2:00 – 3:30 pm | $5 for month
Outdoor Patio - Must have own instrument

**Line Dance with Carol**
Monday, Sept. 14 -28 | 1:00 – 2:00 pm | $15 for month
Main Entrance Portico

**650 Players - Theater Group Social Hour**
Tuesday, Sept. 1 | 10:00 am - noon | Complimentary
Outdoor Patio

Registration required for all sessions - Limited number

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**SOCIAL HOUR**

**Monday, September 21**
2:00 - 3:00 pm | $5
Enjoy a speciality drink and entertainment while catching up with friends!

Registration required
Limited number

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**WOMEN'S LUNCHEON - The Secret History behind Nursery Rhymes**

**Presented by: Bea Bailey**
Thursday, Sept 24 from 11:00 am – 1:00 pm | $12
Bea Bailey explores the history and origins of the nursery rhyme which is believed to be associated with actual events in history, with references to tyrants and royalty.

Fresh & Delicious Lunch | Refreshments | Presentation

Registration required
Limited number

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**WESTERN STYLE BINGO**

Wed, Sept. 23 | 10:00 am - noon | $8
8 Games with up to 4 BINGO cards per player
Boot, Scoot and Boogie on over for BINGO - Western Style!
Dress the part and register early to secure your space!

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Register for all Outdoor Programs with MyActiveCenter or call 248.659.1029 Tues. & Thurs. 9 am - 2 pm
NATIONAL EMERGENCY PREPAREDNESS MONTH

Plan Ahead and Prepare Yourself

Tuesday, September 15 | 10:00 am | Outdoor Patio & Gardens

Prepare your ENVIRONMENT and your BODY: Ascension Providence Rochester Hospital Orthopedic Physical Therapist, Jennifer Krieter, talks about how to stay prepared and safe in an emergency.

Prepare your HEALTH and SAFETY: FILE OF LIFE Program
Rochester Fire and EMS Departments will be on hand to discuss the importance of preparing for a medical emergency. They will explain the File of Life program, and assist you in completing this life saving document. (Bring along a list of your prescription drugs and dosage, non-prescribed medicine, emergency contacts, medical history, allergies, insurance, physician information and other health related details).

Prepare your FOOD storage and supplies: Robin Dantos, Oakland County MSU Extension presents important information about emergency food supplies, food safety and sanitation.

Complimentary but registration required ~ Limited number

SPONSORED BY

Comfort Keepers

Late Bloomers GARDENING GROUP

The beautiful gardens and atrium at OPC are the work of this dedicated group. Looking for volunteers, please join them!

Wednesday’s | 9:00 am

OPC Garden

with Detroit News Garden Writer

Nancy Szerlag

KENTUCKY PRE-DERBY SOCIAL

Thursday, September 3 | 1:00 - 3:00 pm | $12

Outdoor Patio & Gardens

LIVE DIXIELAND BAND!

DRINK virgin mint juleps

Come EAT Southern Fare

And MERRILY enjoy live Dixieland music

While wearing your DERBY ATTIRE

SPONSORED BY:

Anthology of Rochester

Heartland Health Care Centers

SPONSORED BY:

Home Care Specialists
As we welcome you back to the center this July for our outdoor programming, we want to inform you about our new health and safety guidelines in response to the coronavirus (COVID-19) pandemic. The safety of our members, instructors, and staff is our top priority. In order to provide a healthy environment, we have closely monitored state and local requirements and Centers for Disease Control (CDC) guidelines.

The following health and safety guidelines are what you can expect when you visit the center:

Participation Requirements:
• Everyone must wear a face covering before entering the outdoor tent. If you do not have a face covering, one will be provided to you. Participants need to be able to exercise wearing a mask during the exercise session. Accommodations will be considered for those individuals with asthma or breathing conditions.
• Make note of social distancing and directional signs.
• Members will be greeted by staff who will provide the following:
  o Conduct a no-contact temperature check, screening and verify that you have a class reservation or appointment for that day and time, and will make sure the OPC has a signed new Code of Conduct/Disclaimer for you. If we do not have a newly signed form, you’ll be asked to sign the form before you can participate in the activity.
  o Use of hand sanitizer before entering is required.
• Once this process is successfully completed you will be allowed to enter the tent.
• Upon class/program completion, you will be asked to leave.
• Parking is available in the south and north lot (note: you cannot walk through the building)
• Access to a restroom will be available to class participants.
• Bring your own water bottle and hand towel. Wear supportive shoes and loose comfortable clothing.
• Arrive 15 - 20 minutes before class for check-in.
• Participants will be notified if classes are canceled for inclement weather conditions. No class refunds will be issued.
• Please remember if you, or any of your family members is sick or have been sick, you should stay home and refrain from participating in the outdoor garden activities.

OPC reserves the right, at its discretion, to change, modify or discontinue a program or class at any time.
ART in the GARDEN

MOSAIC TILE CLASS
with Mary Gilhuly
Learn cutting, gluing and grouting techniques to create a mosaic masterpiece. Theme is “Harvest Owl.” Complete a 6” x 6” tile with some color variations. All supplies included.
Fri. Sept. 11 | 10:00 am - 12:30 pm | $35
Location: Under the Portico - main entrance

BARNWOOD PAINTING
with Sue VanHeck
Paint a decorative piece on real rustic barnwood. Your choice of two pumpkin designs in varying color palettes. All supplies included.
Tues. Sept. 22 | 10:00 am - 12:30 pm | $30

WATERCOLOR IN THE GARDEN
with Pete Snodgrass
Practice your watercolor skills with guidance from an expert instructor in this two week session. All levels welcome.
Bring your own subject matter AND SUPPLIES or follow along with a subject provided.
(Contact Paula at pbedsole@opcseniorcenter.org for suggested supply list.)
Mon. Sept. 14 & 21 | 10:00 am - noon | $20

MINI PAINTING WORKSHOP
with Pete Snodgrass
Paint a spectacular fall landscape. Concentrate on texture and color. Can be done in Acrylic or Watercolor, your choice. Bring your own supplies.
(Contact Paula at pbedsole@opcseniorcenter.org for suggested supply list.)
Mon. Sept. 28 | 10:00 am - 1:00 pm | $20

LIFE DRAWING STUDIO
with Marianne McCauley
Brush up on your life drawing skills. Begin with quick warm up exercises, progress to multi-minute sketches. Class will end with a half hour pose.
Tues. Sept. 29 | 10:00 am - noon | $10

POTTERY – HANDBUILDING TECHNIQUES
with Harvey Bennett
Use your fingers, hands and simple tools to make a unique luminary. Techniques include forming a cylinder or shape of your choice, then adding texture and cut out areas so your light will glow! Create and glaze your piece in this one-day session and pick up at a later date. All supplies and firing included.
Thurs. Sept. 10 | 10:00 am – 12:30 pm | $15

DIFFUSER PENDANT NECKLACE
with Regina Helland
Create a clay pendant for the essential oil enthusiast. A quick scent of invigorating oil can be just what you need to get through a rough day. Learn simple texture and design techniques, then make a ribbon or fabric chain to hold your charm. Underglaze that day and return to pick up your fired piece. Create positive energy and BREATHE . . .
Wed. Sept. 30 | 1:30 – 3:30 pm | $15
(includes firing, supplies, & doTERRA essential oil)

See page 8 for Outdoor Registration Information
Outdoor Programs  ARTS AND CRAFTS

CREATION STATION under the tent

AUTUMN CARDMAKING
with Opal, Cherie & Karen
Make 4 fall-themed cards with sentiment of choice. Cricut and Cuttle Bug Embossing demos throughout the session. Supplies included. Location - Portico
Wed. Sept. 9 | 1:00 - 3:30 pm | $8

SEA GLASS PENDANTS
with Cherie
Turn bits of sea glass into stunning pendants. Learn wire-wrap techniques to enhance each piece. Supplies included.
Wed. Sept. 23 | 1:00 - 3:30 pm | $8

ZENTANGLE FALL LEAF CANVAS
with Cherie
Fill leaf shapes with simple Zentangle patterns. No experience needed. Supplies: Bring fine tip pens (colored ones if you have them) and colored pencils. All other supplies provided.
Wed. Sept. 30 | 9:30 am - 12:30 pm | $8

OPEN STUDIO

Bring your own projects and work under the tent in our lovely gardens while visiting with friends!

NEEDLE ARTS STUDIO
with Pat Kienzle
Knit, crochet, sew, quilt, embroider, and more. Includes anything you can do with a needle!
Fri. Sept 18 & 25 | 1:00 - 3:00 pm | $5 for 2 sessions

CREATION STATION SOCIAL
with Cherie & Opal
Bring your own supplies and unfinished projects. Share craft ideas. Surprise craft bag for everyone!
Mon. Sept. 21 | 12:30 - 3:30 pm | $5

Stay Creative! "ART to GO" Projects at Home

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

PENDANT NECKLACE
Make a pendant using upscale beads and findings then attach to a silver chain to complete the look. Dark neutral color palette . . . can be worn with almost anything! (Silver chain included)
Additional $5 for 5-piece jewelry tool set (or use your own tools)

DECORATIVE DECOPAGE VASE
Make a lovely vintage vase with a PARIS theme. Kit includes a variety of images, embellishments and the Modge Podge, of course! Add your own finishing touches. FUN and EASY!

Beginning Sept. 1, order your “Art to Go” Project Kit
$15.00 each
Call: 248-659-1029

Project video links on the OPC Website and the OPC YouTube Channel:
Older Persons' Commission

You will receive a follow-up call regarding curb side pick-up details.

Order as many as you like...
FUN for the whole family!

13
RISE & SHINE w/Peggy
Mondays, Wednesdays and Fridays | 7:00 am
Session 1 - Sept. 2 - 11 | 5 classes $25
Session 2 - Sept. 14 - 25 | 6 classes $30
Formerly Advanced Strength and Balance. The movements taught will focus on specific exercises to improve strength and balance while using body weight and/or resistance equipment (weights, bands, balls). This class is suitable for mid to advanced fitness levels.

STRENGTHEN YOUR BONES w/Robin
Mondays | 4:00 pm | 3 classes $15 (no Sept. 7)
This class focuses on muscle, bone and balance strengthening to improve your overall physical fitness. Bring a mat.

BEGINNING TAI CHI – WU STYLE w/John
Tuesdays | 4:00 pm | 5 classes $25
Fridays | 10:00 am | 4 classes $20
Wu Style Tai Chi Chuan uses slow, gentle movements to improve muscle tone and balance as well as reflexology, or massage technique to enhance circulation and alleviate pain. With a routine which can be geared to facilitate those with walking or standing restrictions using a seated position or a chair to stabilize, this class is open to anyone at any physical level, benefitting a wide range of participants.

STRETCH & BALANCE WITH A YOGA INFLUENCE w/Kim
Wednesdays | 8:30 am | 5 classes $25
This hour long class begins with 10-12 minutes of relaxation and warm up exercises done while seated in a chair. We'll spend 30 minutes doing strength, cardio & balance exercises standing near our chairs. The chair is useful for balance or if you begin to feel fatigued. The final 15 minutes are spent seated. We'll concentrate on abs and stretch out the muscles worked. The final 5 minutes is a guided meditation to relax you completely.

SUNRISE YOGA w/Kay
Tuesdays | 7:00 am | 5 classes $25
Thursdays | 7:00 am | 4 classes $20
Get an enjoyable start to your day with the benefits of yoga outside. Yoga moves combined with breathing techniques to strengthen the muscles and relieve stress. Bring a mat and towel.

MUSCULAR ENDURANCE w/Fabiola
Tuesdays & Thursdays | 8:30 am | 9 classes $45
Keep your bones healthy and strong, and help increase your energy levels. This 45 minute workout will focus on weights with repetition. Participate at their own pace.

BIKE FOR COFFEE
Meet in lower level parking lot
Tuesday's 9:00 am | Free
Take a ride with other bike enthusiasts along the Clinton River Trail and stop for a cup of coffee. Helmets required.

WALKING WEDNESDAYS
Meet in the Lower Level Parking Lot
Wednesday's @ 10:00 am | Free
Reap the benefits of walking outdoors with weekly walks from OPC and back by taking advantage of the Clinton River and scenic nearby trails, and make a new friend along the way! All fitness levels welcome. Must be an OPC member to participate. Social distancing observed. Bring along a water bottle!
Outdoor Programs - FITNESS

NEW! TANG SOO DO w/Paul
Mondays | 9:30 am | 3 classes $15 (no Sept. 7)
This entry level program will give you the basics of Tang Soo Do while maintaining hygiene and social distancing requirements, providing a grounding in stances, basic hand techniques, Korean language commands, and progress toward the first form for the beginning student.

NEW! CYCLING OUTDOORS w/Kathy
Tuesdays | 9:30 am | 5 classes $25
Thursdays | 9:30 am | 4 classes $20
Cycle to the Beat in a unique outdoor setting. Experience sprints, hill climbs, muscle and balance work, all to music designed to motivate you and put some fun in your day in this 45 minute class.

NEW! RESTORATIVE YOGA w/Kay
Tuesdays | 6:00 pm | 5 classes $25
Improve mobility and range of motion through stretching that uses gravity, relaxation and deep breathing. Poses are held for 2-5 minutes to stretch underlying fascial tissue, releasing areas of tension. Props are used so the participant can fully relax for the duration of the pose. Participants are asked to bring their own props, mats and a large towel or a blanket.

STANDINGS
OPC Rams - 8 Wins | 4 Losses
1st Place 2nd Division
OPC Orioles - 0 Wins | 11 Losses
9th Place 2nd Division
OPC Reds - 8 Wins | 4 Losses
2nd Place 3rd Division
Head out to a game and root on the OPC Teams!

The building is closed but the Adult Fitness Park is OPEN!
Questions? Call Matt at 248.659.1021

Register for Outdoor Programs with MyActiveCenter or call 248.659.1029 Tues. & Thurs. 9 am - 2 pm
Senior Support Services

The OPC Senior Support Services Program offers you or someone you care about a place to find out about information and resources, available in the community, on all aspects of aging. We can connect you to the helpful programs and services if you or your loved one is experiencing difficulties - physical, emotional, legal or financial. Please call us for information over the phone, or to set up an in-person appointment at OPC. 248.608.0249

NUTRITION SERVICES

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

FOOD PROGRAMS
Monthly and Quarterly Food Programs are only available for income qualified individuals. Income and/or age guidelines must be met. Call 248.608.0249 for more information. This institution is an equal opportunity provider.

ADULT DAY SERVICE

Due to the pandemic, Adult Day Service is unavailable until further notice. The OPC’s Adult Day Service program is dedicated to assisting older adults experiencing progressive memory loss in a safe and compassionate place outside the home and during the day. Call 248.656.1403 Ext. 0

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

ASK THE ATTORNEY

Mon, Sept. 8 & 21
12:00 - 3:30 pm
Free 15 minute legal advice by Rutkowski Law Firm by appointment.
Call OPC: 248.608.0249

INSURANCE INFORMATION

Due to COVID-19, MMAP Counseling will be provided by:
- Telephone
- Email
- Postal Mail or
- Web based applications
To make an appointment call: MMAP: 800.803.7174

MEDICAL EQUIPMENT LOANS
Available for short term use:
WALKERS • WHEELCHAIRS • CANES • SHOWER STOOLS
TRANSFER BENCHES
To schedule a loan pickup call: 248.608.0248
Leave a voicemail with your name, contact number and item you need or wish to donate or return.

SUPPORT groups

CARING & SHARING LOSS
Fri, Sept. 18  10:00 am - 11:30 am
Participating in a grief support group can be a healthy first step in the healing process. Meet others who are dealing with similar losses and gain a better understanding of the grief process. Register: 248.656.1403 Ext. 0

VISUALLY IMPAIRED
Fri, Sept. 25  10:00 - 11:30 am
Provides information, socialization, support and speakers to those with low vision. The group is open to the public. Call 248.608.0246 to register.

The above groups meet in the outdoor Garden Tent

PARKINSONS' SUPPORT VIRTUAL PRESENTATION
Wed, Sept. 2  6:00 pm
Dr. Richard Trosch will be the featured speaker. This virtual educational event will focus on “Your Journey with Parkinson's Disease”.
For the Zoom meeting link and additional information contact:
Ludmilla at ludmillat@outlook.com
**MEDICARE 101 - a Virtual Presentation**

*Presenter: Loretta Mack, MMAP Site Coordinator – Oakland County Area Agency on Aging 1-B*

**Wednesday, September 30, 2020 | 1:00 pm**

Medicare can be complicated—even confusing—with its multiple parts and the many choices it offers. There are dates and deadlines to remember, lots of confusing terms and different kinds of plans. How do you cut through the clutter in your mailbox and inbox to make the right decisions? Medicare 101 is designed to help you understand the basics. Knowing what to do, when you need to do it and making smart choices.

*Please register for this Zoom program in advance. Zoom links are available on the home page of the OPC Website, After registering, you will receive a confirmation email containing information about the program you are joining.*

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**We need your HELP!**

We are experiencing a great demand for our Medical Loan Closet

If you are no longer in need of the following items, please consider a donation:

- 4 Wheel Rollator Walkers
- Wheel Chairs
- Transfer Benches
- Shower Stools

Crutches or Commodes not accepted

For information or to make a donation call: 248.608.0248

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**COMPLETE YOUR 2020 CENSUS NOW!**

New 2020 Census completion deadline is September 30, 2020

Respond online or by phone today

[www.my2020census.gov](http://www.my2020census.gov)

844-330-2020

It’s safe and your community counts on it. Be Counted!

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**TRANSPORTATION**

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

**Hours of Service:**
- Monday - Friday: 8:15 am - 4:30 pm
- Saturday: 9:00 am - 4:00 pm
- Sunday: Church services only

**Cost:** $2 per ride each way (includes aides and unscheduled caregivers)
- Pay the driver with exact change or with a token
- Tokens: $2.00 each | Token Package: 11 tokens for $20.00, a 10% savings

**Purchase Token Package:**
- From the Driver: Exactly $20 cash or check only. Drivers cannot make change.
- Mail a check to: OPC - In memo line include your name and “Bus Tokens” | Tokens will be mailed or delivered by a driver.

### September

**Meals on Wheels Menu**

*Congregate Meals will resume at a later date*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
<td></td>
</tr>
</tbody>
</table>
| Pineapple Ham *(low sodium)*  
Au Gratin Potatoes  
Mixed Vegetables  
Romaine Garden Salad  
Pear | Spanish Rice with Meat  
Key West Vegetable Blend  
Carrot Salad  
Dinner Roll  
Mixed Fruit Cup | Baked Pollock Almondine  
Oven Browned Potatoes  
Peas  
Broccoli Salad  
Citrus Fruit | Stuffed Green Pepper  
Mashed Potatoes  
Garden Salad  
Breadstick  
Coconut Tropical Fruit Salad |

#### Labor Day Holiday

**No Meal Delivery**

<table>
<thead>
<tr>
<th><strong>8</strong></th>
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<th><strong>10</strong></th>
<th><strong>11</strong></th>
</tr>
</thead>
</table>
| Beef Paste with low sodium Gravy  
Three Bean Salad  
Zucchini Cole Slaw  
Dinner Roll  
Ambrosia | Turkey Breast  
Garlic Mashed Potatoes  
Asparagus  
Garden Salad  
Corn Muffin  
Mixed Fruit Cup | Tuscan Chicken  
Red Skin Potatoes  
Creamy Cole Slaw  
California Blend  
Vegetable Roll  
Apricots | Bar B Q Chicken  
with Hamburger Bun  
Broccoli Pasta Salad  
Marinated Carrot Salad  
Peach Halves |

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<thead>
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<th><strong>14</strong></th>
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<th><strong>16</strong></th>
<th><strong>17</strong></th>
<th><strong>18</strong></th>
</tr>
</thead>
</table>
| Pork Chop with Sauerkraut  
Rosemary Potatoes  
Prince Charles Blend  
Dinner Roll  
Red Grapes | Chicken a la King  
Chive Potatoes  
Mixed Vegetables  
Breadstick  
Fresh Fruit Salad | Italian Ravioli  
Savory Spinach  
Cabbage Pineapple Slaw  
Orange | Baked Garlic Parmesan Chicken  
Vegetable Rice Pilaf  
Creamy Cole Slaw  
Breadstick  
Red Apple | Roasted Vegetable Lasagna  
Zucchini Cole Slaw  
Wheat Bread  
Diced Pears |

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<thead>
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<th><strong>21</strong></th>
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<th><strong>23</strong></th>
<th><strong>24</strong></th>
<th><strong>25</strong></th>
</tr>
</thead>
</table>
| Macaroni & Cheese  
Herbed Green Beans  
Romaine Garden Salad  
Corn Muffin  
Fruit Cocktail | Chinese Chicken Casserole  
Carrot Salad  
Oriental Blend  
Chow Mein Noodles  
Red Grapes | Italian Lasagna  
Green Beans  
Romaine Garden Salad  
Italian Bread  
Fruit Medley | Pizza  
Three Bean Salad  
Creamy Cole Slaw  
Red Apple  
Cookie | Baked Cod  
Baked Potato  
Broccoli Cuts  
Romaine Cuts  
Dinner Roll  
Apricots |

<table>
<thead>
<tr>
<th><strong>28</strong></th>
<th><strong>29</strong></th>
<th><strong>30</strong></th>
</tr>
</thead>
</table>
| Escallop Chicken & Noodles  
Peas and Carrots  
Cabbage Pineapple Slaw  
Orange | Meatloaf  
Mixed Vegetables  
Garden Salad  
Italian Bread  
Apple Juice | Baked Pork Chop & Mushroom Gravy  
Sliced Potatoes  
Vegetable Blend  
Pickled Beets  
Banana |

#### Grab & Go Lunches Available

**Monday - Friday**  
Pick-up begins at noon  
$3 suggested donation  
Must call 24 hours in advance to reserve a meal: 248.659.1032
Wellness Center
Hi, everyone! I have missed seeing you for wellness checks!

Are You:
- Feeling OK?
- Keeping an eye on your numbers? How has your blood pressure been?
- Finding that you have questions or concerns about you or a loved one's health that you would like addressed?

I'm here at the OPC, so feel free to call me!

Physical Therapy
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. All care is provided one-on-one with a physical therapist or physical therapist assistant. Sessions last 45 min - 1 hour. A physician's referral is needed in order to get started.

Cindy McKenna, RN
248.601.2888
OPC closes at 4:00 pm Friday, Sept. 4 - Monday, Sept. 7 for the Labor Day Holiday

All building and programming updates will be listed on our Facebook page, website www.opcseniorcenter.org, and in our weekly eblasts. Register for all Outdoor classes on MyActiveCenter or by calling 248-659-1029 Tues. & Thurs. 9 am - 2 pm.

Thank you Late Bloomers Garden Group for uplifting our spirits with the beauty of nature!

HOURS
To be determined when the building reopens.

CONTACT INFORMATION
General Information
248.656.1403
Please leave a voicemail

Meals on Wheels
248.608.0264

Senior Support Services
248.608.0249

Transportation
248.652.4780

GOVERNING BOARD
John Dalton, Chairman
Micheline Sommers, Vice-Chairman
William Jandeska, Treasurer
Douglas Gould, Secretary
Mike Bailey
Dale Hetrick
Nancy Salvia
David Walker

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YouTube Channel - Older Persons’ Commission