Older Persons’ Commission | 650 Letica Drive | Rochester, MI | 48307 | 248.656.1403 | www.opcseniorcenter.org

**SUMMER SOLSTICE Soirée**
An Evening Garden Affair to Celebrate Summer’s Arrival

Friday, June 21, 2019
7 p.m.
OPC Gardens
650 Letica Drive
Rochester, MI

4-COURSE DINNER
LIVE MUSIC
SILENT AUCTION

Tickets are $100. To purchase, stop by the Cashier’s Office, visit opcseniorcenter.org or call 248.659.1034.

**2019 OPC 5K Run & Walk for Meals**

Registration from 7:00 - 7:50 am at OPC 5K Run/Walk begins at 8:00

- T-Shirt for participants who register by May 14, 2019
- Prizes for oldest and youngest walkers
- Awards in 10-year age groups
- Refreshments

All proceeds will benefit OPC’s Meals on Wheels Program

Every $5 raised = One home delivered meal

Registration Form on page 28

For a registration form go to our website: www.opcseniorcenter.org
OR register online at Eastsideracingcompany.com (credit card payment will show www.erc.com)

**Henry Ford Big Band and Ice Cream Social**

monday
To Benefit Act of Kindness Program

JULY 8
6:30 - 9:00 pm
$20 ticket
OPEN TO THE PUBLIC

Presenting Sponsor

Supporting Sponsors
From the Executive Director

Celebrate the Great Outdoors at OPC by participating in the 5K Run/Walk for Meals on Wheels on Saturday, June 2nd at 8:00 am. Thank you to Presenting Sponsor -Rutkowski Law Firm, Sprint Sponsor – Pixley Funeral Homes and Jogger Sponsors – ComForCare Home Care, Pomeroy Living and Par Pharmaceutical for supporting this family friendly intergenerational community event! Last year the McDermott family (below), had 3 generations run and walk in the 5K!

Some other outdoor activities to participate in this summer include the Bike for Coffee group who ride along the Clinton River Trail and commune over a cup of coffee afterwards. For the men, fitness and friendly competition go hand in hand by joining one of our four slow pitch softball teams. Get in touch with nature through the Late Bloomer’s Gardening Club on Wednesdays. Regular outdoor activity provides a number of physical health benefits, including lower blood pressure, reduced arthritis pain, weight loss and lowered risk of diabetes. So refer to the OPC newsletter for other outdoor activities.

Enrich your life! Not only does the OPC provide regular classes and activities, they also have special events throughout the year. The Summer Solstice Soiree on June 21st, the Henry Ford Big Band is back by popular demand on July 8 from 6:30-8:30 pm and the Top Chef foodie event on August 15 from 5-7 pm. Enjoy appetizers, main course and desserts made by local senior living communities judged by notable chefs from the area.

The Saturday Summer Hours will begin on June 8 through September 7. During this time the building will be open on Saturdays from 7:00 am to 11:45 am. On September 8th the Fall/Winter hours will resume.

Get up, Get out and Get Moving this summer outdoors and at the OPC!

Renee
Renee Cortright, Executive Director
**ASCENSION Providence Rochester**  
**A MONTHLY LECTURE WITH A MEAL**

**Rise and Shine**  
**BREAKFAST**

**Tue June 4 | 8:00 - 9:30 am | Cost: $2 | Dining Room**

“Prevention and Wellness With Your Primary Care Doctor”  
Dr. Sangita Pradhan

**Dinner with the Doc**

**Tue June 25 | 6:00 - 7:30 pm | Cost: $5 | Dining Room**

Early detection and treatment of circulatory problems can help to prevent more serious issues such as stroke and loss of limb.  
Dr. Nishit Choksi, MD, FACC, FCCP, FACA,  
Director of Cardiovascular Services

**TERRIFIC Tuesday | THE KIT AND KABOODLE ON KIT HOMES**

**Tuesday | June 11 | 4:30 - 7:30 pm | Cost: $10**

The early part of the 20th century saw an American phenomenon in housing. The automobile assembly line process in manufacturing was extended to home building. From the planned communities to mail order houses, families could achieve the American dream. Ron Campbell, a Preservation Architect for Oakland County Planning and Economic Development will show how many of the houses we admire today are the result of kit homes and mail order houses.

4:30 pm - Light supper  | 5:10 pm - Presentation  | Seniors 50+  
6:30 pm - Entertainment • Tickets required, call: 248-608-0251 • Deadline: June 7 @ 11:00 am

**MONTHLY TOPICS THAT ENLIGHTEN AND ENRICH YOUR LIFE!**

**Savvy Seniors**

**Reverse Mortgages: Are they Good or Bad?**

**Wednesday, June 19 | 10:00 am - 12:00 pm**

Learn more about the pros and cons of reverse mortgages from a national expert. Join us for an open dialogue about when reverse mortgages are appropriate and when they are not. Learn about the benefits, costs, fees, and the process. **Presenter:** Mike Gruley, 1st National Reverse Mortgage

**CALL 248.656.1403 EXT 0 FOR RESERVATIONS | Classroom 3 | Refreshments Provided | Complimentary**

**WOMEN’S LUNCHEON**

**DINING ROOM**

**Thursday | June 27 | 1:00 - 3:00 pm | Cost: $12**

Our cosmetic expert, Donna Avaios, Clinque Counter Manager at Macy’s Somerset Collection will be our special guest. Donna will give you the right advise on how to always look your best! Delicious food, camaradie and the OPC Men Waiters make this a special event!

Tickets Call: 248.608.0251 Online: opcseniorcenter.org
Enrichment PROGRAMS & classes

MEDITATION
Mon, June 3 - 24
6:00 - 7:00 pm
Join this ongoing group meditation every Monday led by instructors from Heartfulness Meditation. Cost: $1 Drop In

FOOD DEMO & TASTING
Wed, June 5
2:00 - 3:00 pm
Come and see a food demonstration from a Bellbrook chef. Proceeds benefit Act of Kindness. Menu includes the following dishes: Potato Salad | Cabbage Raisin Salad | Cole Slaw See page 21 for details.

INSTAGRAM AND BEYOND
Wed, June 26
6:30 - 8:00 pm
There are other Social Media Apps other than Facebook. Come and explore the world of Instagram, Snapchat, Messenger and beyond. Instr: L. Schweickert Cost: $1 Drop In

WRITING WORKSHOP
Mon, June 24
9:30 am - 12:00 pm
Dr. Kathryn Cowan, PhD, a visiting Professor from California will be here to host a Writer’s Workshop. Don’t miss this opportunity to sharpen your writing skills. Bring your favorite family photos to inspire you. Learn new approaches to convey your thoughts in a descriptive manner. This will be a fun way to spend a Monday! Cost: $5 Ticket

MS. SENIOR MICHIGAN PAGEANT
Auditorium
Wed, July 17
6:30 - 8:30 pm
Join us for an “Elegant Evening,” to watch the crowning of the 2019 Ms. Senior Michigan. The pageant will feature finalists from all over Michigan to compete and be judged in interview, talent, poise and philosophy of life, but only one will be crowned Ms. Senior Michigan. Cost: $15 Ticket

Thanks to all of the Oakland University Professors who have participated in our OPC/Oakland University Partnership in Lifelong Learning for the 2018 - 2019 sessions. Watch for the fall line up in September!

Rewired not Retired SM
RE-EMPLOYMENT AFTER 50
Wed, June 19 | 7:00 - 8:30 pm | Dining Room
Dr. Bob Inskeep & Dick Rappleye of R & I Associates will cover the topic of returning to the world of work and the special challenges faced by 50, 60, & 70+ job seekers. Topics such as part time work, coping with generational differences in the workforce, networking, accommodations for cognitive decline, opportunities available, and challenges of starting a business will be addressed. To Register: 248-656-1403 Ext: 0 Cost: $1 Drop-in

FINANCIAL FRIDAY
Classroom 1
Fri, June 14 | 10:00 - 11:30 am | Cost: $1 Drop in
Investments Basics Conservation Options
Presenter: Doree Cook | Financial Associate

TOM DALDIN - UNDER THE RADAR
Booksing and Visit
Mon, June 10 | 9:30 – 11:30 am | Dining Room
Join us for a return visit with Tom Daldin of “Under the Radar,” fame. Tom will show a short video about his travels around Michigan and have books available for purchase. Come have some fun! Complimentary

Magic of the Movies
A Special Thanks to the 650 Players, the directors and all the volunteers that made “Magic of the Movies” A GREAT SUCCESS!
OPC VETERANS’ CONNECTION  
**Dining Room**  
Wed, June 12  10:00 am - noon  
Meet your fellow veterans.  
Call 656.1403 Ext 0 to register.  

**LATE BLOOMERS GARDENING GROUP**  
**Dining Room**  
Wed, June 5 - 26  
Looking for volunteers to join the happy band of Late Bloomers caring for the Stone House Garden at the OPC. As of the beginning of May, we are adopting a flexible schedule to accommodate those with busy lives as others who prefer to work in the cool of the morning during the summer. Some expect start as early as 8:30 a.m. Please join us. Group is led by Nancy Szerlag.
Enrichment

LANGUAGE classes
Curriculum is continuation based on previous learning.

SPANISH BEGINNER  Classroom 3
Mon, June 3 - 24 11:00 am - noon
Instr: Mike L
Cost: $5 Drop in

SPANISH BEGINNER  Conference Room B
Thur, June 6 - 27 7:00 - 8:00 pm
Learn to speak or brush up on skills.
Instr: Mike L
Cost: $5 Drop in

ITALIAN INTERMEDIATE  Room 2
Resumes in September
Instructor is a native speaker.
Instr: Marta
Cost: $5 Drop in

INTERNATIONAL groups

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GERMAN INTERMEDIATE
Classroom 3
Mon, June 3 - 24 9:45 - 10:45 am
Instr: Gudrun
Cost: $5 Drop in

FRENCH ADVANCED  Classroom 2
Wed, June 5 - 26 11:00 - 12:00 pm
Instr: Gudrun
Cost: $5 Drop in

LITERATURE in the Library

BOOK CLUB “Charlotte’s Web” by E.B. White
Wed, June 5 1:00 - 3:00 pm Cost: $1 Drop In

NOVELS @ NIGHT CLUB “Beneath the Scarlet Sky”
by Mark Sullivan
Thur, June 20 7:00 - 8:30 pm Cost: $1 Drop In

POETRY AT NIGHT Explore it, pen it and serve it.
Tue, June 18 7:00 - 8:00 pm Cost: $1 Drop In

FIRESIDE POETRY Discuss new and old poetry.
Thur, June 27 1:30 - 3:30 pm Cost: $1 Drop In

DANCE & MUSIC

BALLROOM DANCE OPEN TO THE PUBLIC Auditorium
Mon, June 3 - 17 7:00 - 8:00 pm Cost: $8 Ticket per session
East Coast Swing is the dance for June. A partner is not required.
Instr: Amy Tranchida

LINE DANCE with Carol OPEN TO THE PUBLIC - PM Auditorium
Mon, June 3 - 24 1:00 - 2:00 pm Cost: $5 Drop In
Wed, June 5 - 26 7:00 - 8:00 pm Cost: $5 Drop In

BELLY DANCE with Sandy Auditorium
Thur, June 20 7:00 pm Cost: $5 Drop In

UKULELE FUN Classroom 1
Tue, June 4 - 25 3:15 - 4:15 pm Cost: $1 Drop In

GUITAR with Jean Dining Room
Tue, June 4 - 25 1:30 - 2:30 pm Cost: $1 Drop In
Sat, June 1 - 29 9:30 - 11:30 am Cost: $1 Drop In

MOVIES @ OPC  Monday - Dining Room  Friday - Auditorium

ON THE BASIS OF SEX  PG
Mon, June 3 6:00 - 8:00 pm
Fri, June 7 1:30 - 3:30 pm
Starring: Felicity Jones and Armie Hammer
$1 Suggested Donation

THE UPSIDE  PG13
Mon, June 17 6:00 - 8:00 pm
Starring: Bryan Cranston, Kevin Hart, and Nicole Kidman
$1 Suggested Donation

Coffee & Conversation with Congresswoman Elissa Slotkin
Friday, June 7 at 10:00 - 10:30 am
Congresswoman Slotkin will be available to meet and mingle with the members in the dining room.

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Save the date for upcoming programs at OPC

Competition that brings some of the best chefs to the OPC

TOP CHEF
Senior Living Communities

August 15, 2019
5:00 - 7:00 pm

More information on this event in the July Newsletter

50+ Expo

October 2, 2019

For sponsorship information:
email bhagerman-rossetti@opcseniorcenter.org
or call 248.659.1034

Scrapbooking Fundraiser at OPC

September 21, 2019

Registration information available in the July newsletter
JEWELRY & CRAFTS

REGISTRATION IN ADVANCE IS NECESSARY TO HELP US PLAN FOR SUPPLIES

**KNITTING FOR BEGINNERS II**  
Studio 1  
Mon, June 3 - 24  10:00 am - noon  
Pre-requisite: MUST know how to knit and purl. Improve basic knitting techniques and knit a hat in the round. Review casting on, knitting and purling, ribbing and the seed stitch. Learn to increase, decrease, bind off, importance of gauge, and how to read a pattern and labels on yarn. All is taught in an orderly fashion building on what the student already knows.  
*Supplies:*  
16” #8 circular needle, skein of worsted weight yarn & ring marker. Pattern provided.  
*Instr:* Naomi Frenkel  
*Cost:* $45

**STAINED GLASS CLASS**  
Woodshop  
Tue, June 4 - 25  3:00 - 5:00 pm  
Introduction to stained glass. Learn basic cutting, soldering and foiling techniques to make a small piece; various patterns and color choices. Returning students welcome. More challenging foiling techniques to make a small piece; various patterns and colors. Easy, step-by-step in -  
*Supplies:*  
*Instr:* Dave Kosbab  
*Cost:* $40

**SUMMER CRAFT WORKSHOPS**  
Studio 1  
**MOSAICS AND STEPPING STONES**  
Wed, June 5, 12, 19, 26  1:00 - 4:00 pm  
Experiment with mosaics using scrap glass, broken china and glass gems. We have mason jars, wine bottles, cigar boxes and stepping stone molds, but bring your own form to embellish if you have something special in mind.  
*Supplies:* provided except for glue (E-6000 recommended).  
*Instr:* Cherie H.  
*Cost:* $5 per day session

**WIRE WRAP BRACELET**  
Studio 1  
Wed, June 12  1:00 - 3:00 pm  
Learn to form sterling silver and gold filled wire and wrap a semi-precious stone. A unique piece; your choice of stone.  
*Supplies:* included  
*Instr:* Tom F.  
*Cost:* $15

**WIRE WRAP PENDANT**  
Studio 1  
**UPCYCLED NECKLACE OR BRACELET**  
Thur, June 13 & 20  9:30 am - 12:30 pm  
Entry level beading class. Learn easy beading techniques to complete a lovely piece. Color choices available. Instruction is one-on-one and the finished piece will fit you perfectly!  
*Supplies:* included in class cost.  
*Instr:* Terri Petherbridge  
*Cost:* $45

**JEWELRY WITH LAURIE**  
Studio 3  
**FLAT SPIRAL BRACELET**  
Thur, June 27  12:30 - 4:30 pm  
Continue to develop your wire wrap skills and make a sterling silver bracelet with silver beads. Includes closure hook.  
*Supplies:* and tools provided for $35 payable to instructor.  
*Instr:* Tom F.  
*Cost:* $15

**FINGER KNITTING**  
Studio 1  
**ROCHESTER PAINTED POT**  
Wed, June 4  1:00 - 3:00 pm  
Enjoy an afternoon of fun and learn to make bright flower suncatchers in your choice of colors. Easy, step-by-step instructional class; no experience needed.  
*Supplies:* provided for $20 payable to instructor (cash or check). Students will make 2 pieces for $20. Projects need to be prepped for kiln firing and will be delivered back to OPC the following week.  
*Instr:* Laurie Freeman, local artist with “Kiss My Glass”  
*Cost:* $6

**FACETED FLOWER POT**  
Wed, June 12  1:00 - 3:00 pm  
FUN step by step class to create a unique faceted flower pot for your live plants or succulents. If you prefer, the piece can be decorative as well (great for utensils). Color choices available. All supplies and firing provided including choice of specialty glazes or rainbow palette.  
*Instr:* Terri Petherbridge  
*Cost:* $45

**DESIGN AND CREATE JEWELRY**  
Studio 3  
**UPCYCLED NECKLACE OR BRACELET**  
**WIRE WRAP BRACELET**  
**FACETED FLOWER POT**  
**ROCHESTER PAINTED POT**

**REGISTRATION IN ADVANCE IS NECESSARY TO HELP US PLAN FOR SUPPLIES**

For more information or to register, please contact: Fine Arts 248.608.0253 or email finearts@opcc.edu.
ACRYLIC PAINTING WITH MICHELLE Studio 2
NATURE THEMES
Tue, June 4 - 25  10:00 am - noon
For all levels of painters. Learn to work with acrylic paints using brushes, palette knives and a variety of other techniques. Bring your own inspiration (landscape, seascape, floral, etc.) or follow along with instructors’ examples. Demos and discussions are part of the learning experience. Advanced students will benefit from individual critique. Supplies: Bring basic acrylic paint set plus black and white, a variety of brushes and an 11 x 14 or larger canvas. Instr: Michelle Pfarrer  Cost: $40

INDEPENDENT ART Studio 1
Tue, June 4 & 11  12:30 - 3:30 pm

WATERCOLOR CLASS Studio 2
Tue, June 4 - 25  1:00 - 3:00 pm  Wed, June 5 - 26  9:30 - 11:30 am
All levels. Learn to mix colors and create a variety of paintings...florals, landscapes, still life. Focus on the theme “summer is more colorful than just green.” Experiment with various techniques: salt, wax paper, saran wrap, masking, gesso & Elmer's glue. Supplies required: 140# cold press paper, Windsor Newton or DaVinci paints (red, yellow, cobalt blue, brown madder aureolin yellow, cerulean blue, paynes gray, brushes #4, 6 or 8 round ¾ flat w/chisel handle #1 or 2 rigger, ½” foam board, masking tape, salt & #H pencil. Instr. has paper available to purchase at his cost. Instr: Pete Snodgrass  Cost: $50|Each 4 week session

WATERCOLOR WORKSHOP WITH MARILYNN Studio 1
Fri, June 14  9:00 am - 3:30 pm
Join us for a day of developing your watercolor skills. Subject matter is “Hollyhocks.” These lovely, colorful flowers stand tall against the background of charming Victorian home on Mackinaw Island. Learn water masking techniques for clouds, use of masking liquid for flowers and stringent use of ruler and French curves to duplicate parts of the house, especially the pillars and cupola roof. Supplies: Email pbedsol@opcseniorcenter.org for list or pick up on board in art hallway. Bring your own sack lunch or you may eat in OPC café. Instr: Marilynn Thomas  Cost: $45

CHINESE BRUSH PAINTING Studio 1
Tue, June 18 & 25  6:00 - 8:00 pm
Experience one of the most expressive, ancient art forms of free and flowing painting characteristic of the Literati Shanghai freehand style. Learn special brushstrokes and ink techniques to capture vivid and simplistic representations of nature. Step-by-step demonstrations. For all levels. Experienced artists master more advanced subject matter. A variety of seals and cinnamon paste are available to enhance your calligraphy signatures. Michelle studied traditional Chinese painting for 8 years and is certified as an instructor from the art authority in Beijing. Supplies: bring watercolor paints and a small watercolor spiral book to record lessons. Rice paper and brushes available for purchase from instr. Instr: Michelle Pfarrer  Cost: $20

PAINTING WITH A TWIST Studio 2
PURPLE BIRCH TREES
Wed, June 19  1:00 - 3:00 pm
Gather for an afternoon of laughs, creativity and camaraderie as you discover the inner artist in YOU! Step-by-step instruction from an experienced, enthusiastic teacher. Grab your friends and join us! No experience needed. Finished piece is 16 x 20. Supplies included. Instr: Pete Snodgrass  Cost: $20

PAINTING ON BARNWOOD SUMMER WELCOME SIGN Studio 2
Mon, June 17  1:00 - 3:00 pm
A unique piece for your porch, garden, yard or anywhere you want to add a touch of seasonal fun! Each student will paint a 1 ft. by 4 ft. board that can be leaned or hung anywhere you want to welcome friends and family. Instructor has lots of designs to share, but bring your own ideas too. All supplies included. Instr: Susan VanHeck  Cost: $35
WOODSHOP CLEAN-UP  
Thur, June 13  10:00 - Noon  
All Woodshop Users are invited to join us to give the shop a thorough cleaning. Stop in and help for any amount of time that you can. IT TAKES A TEAM!!

WOODSHOP PROJECT CLASS - BAT HOUSE  
Wed, June 5  1:00 - 3:30 pm  
Build a bat house and attract these mosquito eating creatures to your yard. Practice skills using the table saw, drills and hand tools. Supplies included.  
Instrs: Al F, Mike W  
Cost: $18

DROP-IN PRACTICE SESSION  Wed, June 26  1:00 - 3:00 pm  
Tips/Instruction on projects and Woodshop equipment with instructors available to help you. Safety Card required.  
Cost: $2 Drop - In

REMEMBER to bring your own supplies. OPC does NOT provide glue, sandpaper, etc. Keep supplies in your locker or take them with you. OPC is not responsible for supplies left unattended.

 Independently Pottery Club  
Pre-requisite class or experience

INDEPENDENT POTTER’S CLUB  
M/TH  9:00 am - noon  $3 Pottery  
M/TH  1:00 - 4:00 pm  $3 Studio  
M/TH  5:00 - 8:00 pm  $3  
KNIT & CROCHET w/Muriel & Sarah  
TUE  9:30 - 11:30 am  $1 Library  
TUE  5:00 - 7:00 pm  $1 Library  
INDEPENDENT ART  
TUE  12:30 - 3:30 pm  $2 Studio 1  
(Independent ART starts June 25)

DROP-IN ART & CRAFTS

QUILTING CIRCLE  
MON  9:00 - 11:00 am  $1 Studio 2  
MON  9:30 - 11:30 am  $2 Studio 2

ZENTANGLE w/Cherie  
MON  9:30 - 11:30 am  $2 Studio 2

CREATION STATION  
MON w/Cherie  1:00 - 4:00 pm  $3  
TUE w/Regina  1:00 - 4:00 pm  $3

INDEPENDENT POTTERY WHEEL  
Fri, May 31 - June 28  9:00 am - 12:30 pm  
Learn the basics or refine your skills and practice finer techniques as you create decorative, functional and “artistic” pottery. Learn glazing methods, finishing with unique surface techniques and how to make handles and lids. Enjoy interacting with other potters! Instr: Harvey Bennett  
Cost: $70

Supplies: fee includes glazes and firing; Purchase clay separately at registration desk -- $14 per 25# block.

WOODSHOP SAFETY CLASS  
Wed, June 12  1:00 - 3:30 pm  
Requirement to obtain a Safety Card to use the Woodshop. Purchase “User Card” for shop use.  
Instrs: Marty M, Al F  
Cost: $15

CROWN MOLDING CLASS  
Wed, June 19  1:00 - 3:30 pm  
Crown molding adds a new dimension to your home. Learn to cut and miter molding, then fit and nail it to a ceiling.  
Supplies: includes 4 ft. length crown molding.  
Instrs: Marty, Tom, Virginia  
Cost: $20

INDEPENDENT ART  
pre-requisite class or experience

NEEDLE ARTS  
WED  9:30 - 12:00 pm  $2 Studio 2  
FRI  1:00 - 3:30 pm  $2 Studio 2

LAPIDARY w/Dave & Tom  
WED  5:00 - 8:00 pm  $3 Studio 1/2  
THUR  8:00 - 12:00 pm  $3 Studio 1/2

WIRE WRAP JEWELRY w/Tom  
June 20  
THUR  12:30 - 3:00 pm  $2 Studio 1

OPEN STUDIO PAINTING w/Sharon  
FRI  1:00 - 3:30 pm  $2 Studio 1

THANK YOU
to ALL our dedicated volunteers  
WHO HELPED TO MAKE THE 2ND Hand Jewelry Sale a HUGE success. An event like this is only possible with the help of people like YOU!
Our local fire departments of Rochester, Rochester Hills and Oakland Township, have partnered with OPC to provide a senior educational outreach program to inform citizens as to what services each fire department has available to its residents, provide specialty educational subjects ie: free blood pressure and blood sugar check, fall and medication safety, fire prevention and emergency preparedness information. Please stop by to meet our local Firefighting heroes.
THE IT GIRL  Wed, June 19  12:15 pm - 4:30 pm
Meadow Brook Theatre presents, “The IT Girl”, a lighthearted tribute to silent movies and Clara Bow that reinvents her 1928 Paramount Picture “IT.” Lunch in the OPC Dining Room at 12:15 pm before the show. OPC Mini bus
Cost: $54  Cancellation fee: $8 | Deadline: May 17

PURPLE ROSE THEATRE  Wed, July 10  11:00 am - 6:30 pm
Welcome to Paradise, a World Premier by Julie Marino, is set in the Caribbean. The play centers around two people, despite their age difference, find love and acceptance in each other. Lunch included before the play at Common Grill in Chelsea. Motor coach
Cost: $95  Cancellation fee: $14 | Deadline: June 7

MYSTERY TRIP  Wed, July 17  9:00 am - 3:30 pm  *non-handicapped
Take a step back in time to our mystery destination, where you will sit back, relax and be delighted and entertained. You will be greeted with coffee & donuts at the mystery spot, with a fine dining experience following our tour. Choice of 3 entrees, side dishes, dessert, soft drinks. Motor coach
Cost: $80  Cancellation fee: $12 | Deadline: June 7

DIA TRIP  Thur, July 25  12:00 - 4:00 pm
Enjoy a movie at the DIA (film title TBA), or wander on your own for a self-guided tour. Admission, motor coach, and complimentary cookies & coffee reception provided by the DIA as a millage benefit for tri-county residents. Cost for OPC administration for this trip is $9. Enjoy the 1962 movie, “Ride the High Country,” about an ex-union soldier hired to transport gold. Or, wander on your own.....etc. Motor coach
Cost: $9  Cancellation fee: $1 | Deadline: June 21

GREASE  Sun, July 28  11:00 am - 6:45 pm
The Riverbank Theatre in Marine City is presenting Grease - it’s the one that you want! This professional theatre group is located in the historic Marine Savings Bank building in downtown Marine City. With its bank vaults and early 1900’s architecture still intact, theatre-goers will feel as though they are stepping back in time. Enjoy an included pre-performance lunch at Marine City Fish Company and watch the freighters go by on the St. Clair River. Motor coach
Cost: $81  Cancellation fee: $12 | Deadline: June 28

REN CEN & MI OPERA THEATRE TOUR  Tue, Aug 6  10:00 am - 5:30 pm
Ever wonder what the stories behind Detroit’s architectural landmarks are? We will visit two diverse buildings and enjoy a docent led behind the scenes tour of the history of each - the Detroit Opera House and the GM Renaissance Center. Lunch is included at RenCen Café restaurants. Motor coach.
Cost: $65  Cancellation Fee: $10 | Deadline: July 3

GARDEN TO TABLE DINING & DEMO  Tue, Aug 13  11:30 am - 2:45 pm
OPC returns to Testa Barra restaurant in Macomb to participate in delectable lessons for a Garden to Table meal. Lessons are led by amazing chefs who will educate, entertain and enthral you as you learn insider culinary secrets. You will enjoy full size menu samplings, wine pairing and recipes from your farm fresh, locally sourced delicious lunch.
Motor coach.
Cost: $87  Cancellation Fee: $13 | Deadline: July 12

TRAIN DEPOT TOUR  *non-handicapped  Tue, Aug 20  8:30 am - 8:30 pm
Do you love trains? Visit 4 historic depots, including Jonesville, Kalamazoo, Grass Lake & Ann Arbor. Rad Jones, a local train enthusiast, will join us for the day, sharing rich stories about U.S. railroad history. Refreshments at Grayfield (Jonesville) & Grass Lake, lunch deli buffet at Clara’s (Kalamazoo), and dinner at Gandy Dancer (Ann Arbor). Wear comfortable shoes, there is a 3 min. walk from Grass Lake Depot to The Lost Railway Museum. Motor Coach
Cost: $112  Cancellation fee: $17 | Deadline: July 19
**TIGERS VS INDIANS**  Thur, Aug 29  11:00 am - 5:00 pm
Join OPC for a day at Comerica Park! Lower Baseline Box Seats, Section 113, Rows 42 & 43. Includes voucher for a hot dog and pop plus 2 bottles of water per person. Dress according to the forecast. No bags larger than 16 in x 16 in x 8 in are allowed in the park. Motor coach
Cost: $79  Cancellation fee: $12 | Deadline: July 26

**CRANBROOK PLANETARIUM LIGHT SHOW**  Fri, Sept 6  3:00 - 8:30 pm
The music of Pink Floyd’s “Dark Side of the Moon” will be offered as a private entertainment experience for OPC. We will arrive at Cranbrook Museum of Science and wander the exhibits for 1 hour. At 5pm, our private light and music show in the Planetarium will begin. Contains explicit lyrics. After, we dine at Alfaccino’s in Auburn Hills with a Family-Style Italian meal, featuring Salad, 2 pastas, Roast Beef, Chicken Piccata, dessert, coffee & soft drinks. Motor coach
Cost: $89  Cancellation fee: $13 | Deadline August 2

**LITTLE CAESERS ARENA TOUR**  Thur, Sept 12  10:00 am - 3:00 pm
Enjoy a 90-minute tour of this amazing new facility! Shop at the Team Store after the tour; all attendees receive a 10% discount. Lunch included at Pegasus Taverna in Greektown, with time to visit the Astoria Bakery across the street after lunch. Wear comfortable shoes, there is a lot of walking. No bags larger than 14” x 14” x 6” are allowed. No food, water, liquids, sharp metal objects, weapons or laser pointers allowed. You may carry an umbrella with you. Motor Coach
Cost: $83  Cancellation fee: $12 | Deadline August 9

**MURDER MYSTERY DINNER**  Fri, Oct 18  5:00 - 9:00 pm
You are cordially invited to attend the Billionaires’ Club Annual Masquerade Ball at King’s Court Castle. But as the festivities get underway, a murder occurs! Detectives will need your help to get this soiree back on track by trading clues, gathering information, and solving the crime before the masked menace gets away! Evening wear, suits, Venetian masks (provided), or costumes welcome at this high-class night of masks and murder. Professional actors; R-Rated humor. Appetizers, buffet dinner, dessert and open bar included. Prize for the best costume! Motor Coach
Cost: $130  Cancellation fee: $19 | Deadline: Sept. 13

**Extended Trips**

**MACKINAC ISLAND**  Mon Oct 21 - Thu Oct 24
The Grand Experience includes a 3 night stay at the Grand Hotel, daily full breakfast, lunch buffet on Tuesday and Wednesday, nightly 5 course dinners, dancing with the Grand Orchestra, programs such as special cocktail reception, hotel history lectures kitchen tour, island tour, games and contests, discounts and more. Also included are round trip motor coach and ferry ride, transfers, taxes, baggage handling and gratuities. Triple rooms have 2 double beds with option for a roll-a-way. Please specify rooming situation at check-in. There will be a pre-trip meeting scheduled before departure. Travel insurance is available for additional cost. See cashiers for information brochure. Price is per person.
Single: $1150  Double: $880  Triple: $790
Cancellation fee: $100 | Deadline: June 14
Schedule of payments;
Deposit: $250 due at sign-up
2nd payment: $250 due June 14
Balance due: August 9, 2019

Detailed travel brochures for trips are available in the lobby or on our website:  www.opcseniorcenter.org

**TRIP information**

ARRIVE 30 MINUTES PRIOR TO TRIP departure. We leave promptly at posted time.
Purchase tickets by the cancellation deadline, if possible. If there are low ticket sales, the trip may be cancelled.

Day Trips have an additional $10 charge for nonresidents who are not members.

Refunds:  Day Trips – Refunds prior to cancellation deadline, less posted cancellation fee.  Overnight Trips – Vary by trip. See website.

Please make sure the physical requirements of the trip are appropriate for you to travel safely. Contact the travel office with any questions.

If you require a wheelchair, a walker, or need a special accommodation, please advise at registration. You must be able to ambulate independently, or a caregiver is required.
For a complete list of our policies, see our website.
Fitness & Aquatics

INFORMATION

CONTACTS
Sports Desk: 248.659.1022
Fitness/Aquatic Director: 248.659.1021
Personal Trainers: 248.608.0278

WEIGHT, CARDIO RM. & WALKING

TRACK HOURS
Mon - Fri: 6:30 am - 8:45 pm
Summer Hours (Starting June 8)
Saturday: 7:00 am - 11:45 am

WEIGHT ROOM ORIENTATION
To use the weight room, an orientation with an OPC personal trainer is required. Pay at the cashier desk and sign-up at the sports desk. Present your receipt to the person at the time of your scheduled orientation. Cost: $15

CARDIO/WEIGHT ROOM & GYM:
$2 Drop in fee

WALKING TRACK
Please bring dry, clean shoes to walk in. A coat room is available for you to change. 17.36 laps = 1 mile. Cost: FREE

PAYMENT OPTIONS

PASSES
30 Day* $30 | 6 Month $180 | Year $360
Use for: Cardio/Weight Rooms, Open Swim, Drop-in Gym Activities & Billiards

All Access* (AA) $68
Use for: Drop-in Classes & Gym Activities, Cardio/Weight Rooms & Open Swim
*Valid 30 days from purchase

PUNCH CARDS
A convenient way to pay for drop-in classes. Each card has a free punch.

Fitness
$50 | $2 value per punch
Use for: $2 Drop-in Activities

Fitness & Aquatics
$60 | $6 value per punch
Use for: $6 Drop-in Classes

Open Swim
$50 | $3 value per punch
Use for: $3 Drop-in Open Swim

FITNESS LEVELS OF INTENSITY:
(1) Begin with a chair (2) Beginner (3) Intermediate (4) Advanced (5) Extreme

When a class is offered in different levels of intensity, it’s recommended to begin at the lowest intensity level before attempting the higher level class.

FITNESS drop-in’s

LOW-IMPACT AEROBICS (3-4)
Group Exercise 1
A challenging cardio and toning workout with equipment for an advanced fitness.
Tue/Thur 8:30 - 9:30 am
Instr: Karen
Cost: $5

FITNESS IN MOTION (3-4)
Group Exercise 1
A low impact cardio and toning workout for a moderate to advanced fitness experience.
Mon/Wed/Fri 8:00 - 8:55 am
Instr: Dawn K.
Cost: $5

MUSCLES IN MOTION (2-3)
Group Exercise 1
A cardio & toning workout for beginning to moderate fitness experience.
Mon/Fri 9:00 - 9:55 am
Instr: Cheryl / Dawn
Cost: $5

HEART HEALTHY FITNESS (1)
Group Exercise 2
Essential fitness components are introduced for a beginner’s level fitness experience.
Wed 10:00 - 11:15 am
Instr: Dawn K.
Cost: $5

INTERVAL TRAINING
Group Exercise 1
Combines low impact movements using various equipment to strengthen muscles. This class provides constant movement to ensure you have a great workout.
Wed June 5 - 26 9:00 - 9:55 am
Instr: Brenda
Cost: $21

RESISTANCE & BALANCE TRAINING (2)
Group Exercise 1
Incorporate strength moves to tighten & tone trouble spots, and stretching that will leave you feeling longer & leaner. Improve posture, body awareness, and overall strength. Some floor work, but you may stay in a chair.

Thu June 4 - 25 1:15 - 2:15 pm
Instr: Kathy L.
Cost: $21

Thu June 6 - 27 1:15 - 2:15 pm
Instr: Kathy L.
Cost: $21

FITNESS classes
All classes have a $6 Drop-in, unless noted:

DRUMS & MORE (2-3)
Group Exercise 1
Put a smile on your face and have a ball! Whether you are suffering from stress, fatigue, anxiety, chronic pain, arthritis or any number of other common ailments, Drums & More can benefit you! This class will utilize drumsticks and stability balls along with your body to achieve a total body, mind, and cardiovascular workout in rhythmic fashion. Studies have shown benefits to include stress and anxiety relief, elevated mood, relaxation, control of chronic pain, immune system boost, and alignment of body & mind, all while releasing any negative feelings you may be holding on to. These are just a few of the many significant benefits this class can provide! Chair accommodations can be made.
Thu June 6 - 27 4:30 - 5:20 pm
Instr: Mila M.
Cost: $21

LEG LOW IMPACT BALLET (2)*
Group Exercise 1
Experience ballet while you improve memory, balance, posture, flexibility, and body strength. Ideal for those of all levels. Barre and ballet center will be taught. Ballet shoes are required.
Wed June 5 - 26 10:30 - 11:30 am
Instr: Lauren B.
Cost: $32
Drop-in: $10

AGE REVERSING ESSENTRICS® (2)
Group Exercise 1
Age reversing workout that restores movement in joints, flexibility in muscles, relieves pain, and stimulates cells to increase energy. A full body workout created by the author of the New York Times bestseller, Aging Backwards.
Thu June 6 - 27 5:30 - 6:25 pm
Instr: Lauren B.
Cost: $21

ESSENTRICS® BARRE (3)
Group Exercise 1
Based on the Age Reversing ESSENTRICS® class, this is a faster paced and more advanced workout. Suggested modifications can help you work at your own level. Routines are done barefoot and include standing and mat work.
Mon June 3 - 24 6:25 - 7:25 pm
Instr: Lauren B.
Cost: $21
STRETCH & BALANCE (2-3)
Designed to enhance balance and coordination, while stretching the parts of the body that often times contribute to pain and dysfunction when tight (like the lower back).  

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<th>Day</th>
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<tr>
<td>Mon</td>
<td>June 3-24</td>
<td>10:00-10:50 am</td>
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<tr>
<td>Instr:</td>
<td>Dawn K.</td>
<td>Cost: $21</td>
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<tr>
<td>Fri</td>
<td>June 7-28</td>
<td>10:00-10:50 am</td>
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<tr>
<td>Instr:</td>
<td>Dawn K.</td>
<td>Cost: $21</td>
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FUNCTIONALLY FIT (2)
Formerly called Stretch and Balance, this class offers beginners strength training with light weights and exercise bands. Also coordination exercises, and balance training for injury prevention. Exercises will be done standing and seated.

<table>
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<tr>
<td>Mon</td>
<td>June 3-24</td>
<td>11:25-12:25 pm</td>
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<tr>
<td>Instr:</td>
<td>Dawn K.</td>
<td>Cost: $16</td>
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<tr>
<td>Fri</td>
<td>June 7-28</td>
<td>11:30-12:30 pm</td>
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<tr>
<td>Instr:</td>
<td>Dawn K.</td>
<td>Cost: $21</td>
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</table>

TONE, STRETCH, & BALANCE (1)
Class for those dealing with MS or recovering from a stroke. Balance, strength & flexibility will be addressed. Standing & seated exercises. Those who need to sit through the class are welcome.

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<tr>
<th>Day/Thur</th>
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<tr>
<td>Tue/Thur</td>
<td>June 4-27</td>
<td>11:30-12:15 pm</td>
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<tr>
<td>Instr:</td>
<td>Dawn K.</td>
<td>Cost: $42</td>
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</table>

ZUMBA (2)  
Group Exercise 1
Beginner Zumba® class fuses hypnotic Latin rhythms & easy-to-follow moves creating a one-of-a-kind fitness program that will blow you away with Latin and international music. This class will get you moving and having FUN!

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<td>Mon</td>
<td>June 3-24</td>
<td>10:30-11:30 am</td>
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<tr>
<td>Instr:</td>
<td>Leah B.</td>
<td>Cost: $21</td>
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<tr>
<td>Tue</td>
<td>June 4-25</td>
<td>7:05-8:05 pm</td>
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<tr>
<td>Instr:</td>
<td>Leah B.</td>
<td>Cost: $21</td>
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<tr>
<td>Wed</td>
<td>June 5-26</td>
<td>6:30-7:30 pm</td>
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<tr>
<td>Instr:</td>
<td>Fabiola F.</td>
<td>Cost: $21</td>
</tr>
<tr>
<td>Fri</td>
<td>June 7-28</td>
<td>1:00-2:00 pm</td>
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<tr>
<td>Instr:</td>
<td>Leah B.</td>
<td>Cost: $21</td>
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STEP AEROBICS (4)  
Group Exercise 2
Low impact aerobics using the Step, burning 30-60% more calories than traditional aerobics with emphasis on hips, thighs, abdominals & buttocks.

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<tr>
<td>Tue</td>
<td>June 4-25</td>
<td>10:45-11:30 am</td>
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<tr>
<td>Instr:</td>
<td>Robin I.</td>
<td>Cost: $21</td>
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<tr>
<td>Tue</td>
<td>June 4-25</td>
<td>5:15-6:00 pm</td>
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<tr>
<td>Instr:</td>
<td>Robin I.</td>
<td>Cost: $21</td>
</tr>
<tr>
<td>Thur</td>
<td>June 6-27</td>
<td>10:45-11:30 am</td>
</tr>
<tr>
<td>Instr:</td>
<td>Robin I.</td>
<td>Cost: $21</td>
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CIRCUIT TRAINING (3-4)
Group Exercise 3
High energy 60 minute class that incorporates stations, alternating between weight training and cardio.

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<tr>
<td>Mon</td>
<td>June 3-24</td>
<td>12:30-1:30 pm</td>
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<tr>
<td>Instr:</td>
<td>Karen M.</td>
<td>Cost: $21</td>
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</table>

BACK HEALTH (1-2)
Group Exercise 2
Emphasis on increasing lower back strength and flexibility, as well as enhancing proper posture. Strength and flexibility of muscle groups that help support posture. Also lower back function will be addressed.

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<tr>
<td>Tue</td>
<td>June 4-25</td>
<td>9:30-10:30 am</td>
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<tr>
<td>Instr:</td>
<td>Dawn K.</td>
<td>Cost: $21</td>
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<tr>
<td>Thur</td>
<td>June 6-27</td>
<td>9:30-10:30 am</td>
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<tr>
<td>Instr:</td>
<td>Dawn K.</td>
<td>Cost: $21</td>
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TAI CHI WITH CHAIR | Group Exercise 1 | Thu, June 6 - 27 | 2:15-3:15 pm | Instr: John M. | Cost: $32 Drop-in: $10

ADVANCED STRENGTH & BALANCE (2-3)  
Group Exercise 1
Improve your bone health using free weights and other resistance equipment to strengthen muscles and bones to prevent osteoporosis.

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<tr>
<td>Mon</td>
<td>June 3-24</td>
<td>7:00-7:50 am</td>
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<tr>
<td>Instr:</td>
<td>Peg G.</td>
<td>Cost: $21</td>
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<tr>
<td>Wed</td>
<td>June 5-26</td>
<td>7:00-7:50 am</td>
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<tr>
<td>Instr:</td>
<td>Peg G.</td>
<td>Cost: $21</td>
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<tr>
<td>Fri</td>
<td>June 7-28</td>
<td>7:00-7:50 am</td>
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<tr>
<td>Instr:</td>
<td>Peg G.</td>
<td>Cost: $21</td>
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BEGINNING TAI CHI  
Wu Style (2)  
Group Exercise 1
Reduce stress and regain natural energy by improving your body's circulation, muscle tone, joint strength and balance. The class will be taught by Sifu John Marchewitz disciple of Grand Master (Eddie) Wu Kwong Yu of the International Wu Style Federation.

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<tr>
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<td>2:20-3:20 pm</td>
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<tr>
<td>Instr:</td>
<td>John M.</td>
<td>Cost: $32 Drop-in: $10</td>
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<tr>
<td>Fri</td>
<td>June 7-28</td>
<td>10:30-11:30 am</td>
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<tr>
<td>Instr:</td>
<td>John M.</td>
<td>Cost: $32 Drop-in: $10</td>
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PILATES CLASSES
Pilates-Strength Training (2-3)
Group Exercise 2
Workout your entire body based on the Pilates principles of core conditioning & alignment. Use hand weights, stability balls, & other pieces of equipment to address strength, joint flexibility, balance, & proper posture. All levels welcome.

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<td>Dawn K.</td>
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Pilates Beginning (2)
Group Exercise 2
Get started learning various Pilates techniques from standing positions and floor positions.

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<td>June 5-26</td>
<td>9:00-10:00 am</td>
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<tr>
<td>Instr:</td>
<td>Dawn K.</td>
<td>Cost: $21</td>
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</table>

QIGONG & TAI CHI BASICS  
Yang Style (2)  
Group Exercise 1
Qigong combines posture, movement, intention, and breathing to cultivate, circulate, and transform qi, or life energy. Tai Chi improves flexibility, posture, and balance through slow, gentle movements that relax and strengthen the body and mind.

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<tr>
<td>Wed</td>
<td>June 5-26</td>
<td>1:45-2:45 pm</td>
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<tr>
<td>Instr:</td>
<td>Teresa M.</td>
<td>Cost: $32 Drop-in: $10</td>
</tr>
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</table>

FULL BODY BLAST (3-4)  
Group Exercise 1
This high energy class will give you a quick workout as it challenges you at each station. By incorporating your body weight, weights and other equipment, this workout will push you as it alternates between weight training and cardio.

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<tr>
<td>Tue</td>
<td>June 4-25</td>
<td>4:15-5:00 pm</td>
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<tr>
<td>Instr:</td>
<td>Emily B.</td>
<td>Cost: $21</td>
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</table>
Fitness & Aquatics

**FLEX - N - FOAM ROLL (3)**

*Group Exercise 2*

Flexibility is often overlooked in fitness, yet vital to good health. Using a variety of equipment, experience the increase in energy and injury prevention benefits from having supple, relaxed muscles. Floor work involved and members must be able to balance on floor.

**BOX FIT 101 (3)**

*Gym*

A non-contact boxing class where you learn the basics. Using speed bags, heavy bags, and weights, participants engage in circuit training and drills. Build cardiovascular endurance and increase strength and balance. Bring your own boxing gloves and hand wraps.

**CORE STRENGTH**

*Beginning (2)*

Begin strengthening back, stomach, and side muscles to improve posture and balance.

**GROUP EXERCISE 1**

**Mon June 3 - 24**

11:30 am - 12:25 pm

*Instr: Karen*

*Cost: $21*

**GROUP EXERCISE 2**

**Wed June 5 - 26**

11:25 am - 12:25 pm

*Instr: Carol S.*

*Cost: $21*

**Intermediate (3)**

*Group Exercise 1*

Continue strengthening your back, stomach, and side muscles to improve posture & balance.

**Wed June 5 - 26**

12:30 - 1:30 pm

*Instr: Heather*

*Cost: $21*

**Advanced (4)**

*Group Exercise 1*

Continue strengthening your back, sides and stomach with advanced techniques. Recommended after Core Strength Intermediate.

**Tue/Thu June 4 - 27**

9:30 - 10:30 am

*Instr: Karen*

*Cost: $42*

**HARD CORE STRENGTH (4)**

*Group Exercise 2*

This class is for advanced-level participants who seek a full-body strength training class. Be prepared to move from exercise to exercise with no breaks, and you will need to be able to do exercises from the floor. Please bring a mat.

**Thu June 6 - 27**

12:20-1:05 pm

*Instr: Dawn K.*

*Cost: $21*

**MUSCULAR ENDURANCE (4)**

*Group Exercise 1*

Improve your ability to sustain demands of daily activities, keep your bones healthy and strong, and help increase your energy levels. These workouts will be focused on lower weights with higher repetitions for 45 minutes, keeping you moving with dumbbells, exercise bands, and your own body weight.

**Thu June 6 - 27**

6:45 - 7:30 pm

*Instr: Fabiola*

*Cost: $21*

**OTHER programs**

**LADIES TOUR DE TRAILS (2)**

*Meet at Sports Desk*

Bring your bike and enjoy a leisurely ride with other women along the Clinton River or Paint Creek Trail. The ride will be approximately 1.5 - 2 hours long. Bike at your own speed as well as distance. Helmets and water are required. Begins May 4.

**Fri 9:00 am**

*Cost: $2 Drop In*

**BIKE FOR COFFEE**

*Meet at Sports Desk*

Take a ride with other bike enthusiasts along the Clinton River Trail & stop for a cup of coffee. Park your bike in the bike rack outside of the sports desk entrance and meet at the sports desk before heading out. Helmets required. Begins May 7.

**Tue 9:00 am**

*Cost: $2 Drop In*

**OPC HOCKEY CLUB**

OPC is looking for 50+ hockey players! Ice time is reserved at the Onyx in Rochester. For info call: Matt Spierling at 248.659.1021.

**Tue & Thur 10:00 - 11:20 am**

*Cost: $15 Drop in*

**GOALIE SUBS NEEDED**

OPC Hockey club is looking for substitute goal tenders. Skate time is 10:30-11:50 am on Tuesdays and Thursdays at the Onyx. Contact Matt Spierling for more information at 248.659.1021.

**Tue & Thur 10:00 - 11:20 am**

**SMALL GROUP PERSONAL TRAINING**

*Meet at Sports Desk*

(Instructor utilizes multiple areas)

Group of 3-6 clients per session with tailored programs as in 1-on-1 training. Prior to your 1st session, you will fill out forms describing your exercise history, level of physical activity, current goals, and sign a waiver. Forms available at the aquatic desk. Pre-registration only. No drop-ins.

**Advanced (4)**

*Group Exercise 2*

Must pre-register by March 28

**Tue June 4 - 25**

7:30 - 8:30 am

*Instr: Dawn K.*

*Cost: $60*

*All Access Passes are not accepted*
YOGA classes

Yoga Stretch & Strength (1-2)  
Group Exercise 2  
Add new dimension to yoga using 1-2 lb weights, straps and yoga blocks.  
Wed June 5 - 26  2:00 - 3:00 pm  
Instr: Kim D.  Cost: $21

Chair Yoga (1-2)  
Group Exercise 2  
Option to practice the Yoga poses from a chair or from your yoga mat.  
Mon June 3 - 24  12:45 - 1:45 pm  
Instr: Norma B.  Cost: $21  
Wed June 5 - 26  12:45 - 1:45 pm  
Instr: Kim D.  Cost: $21  
Fri June 7 - 28  11:30 am - 12:30 pm  
Instr: Carol S.  Cost: $16

Basic Yoga (1-2)  
Group Exercise 1  
Calm and gentle practice with traditional movements. Bring a yoga mat to class.  
Mon June 3 - 24  2:00 - 3:00 pm  
Instr: Norma B.  Cost: $21  
Sat June 8 - 29  9:00 - 10:00 am  
Instr: Kay G.  Cost: $21

Slow Flow Yoga (2)  
Group Exercise 1  
Emphasis on movement and energy. Bring a yoga mat & blanket.  
Tue June 4 - 25  6:00 - 7:00 pm  
Instr: Kay G.  Cost: $21

Yoga, A Gentle Beginning (2)  
Group Exercise 1  
Learn the basics of yoga. Bring a yoga mat and blanket.  
Thur May 2 - June 27  11:45am - 12:45pm  
Instr: Tracy F.  Cost: $72  
Drop-in: $10

Punch Cards not accepted.

Yoga (3)  
Group Exercise 1  
Recommended for those with yoga experience. Bring a yoga mat and blanket.  
Tue June 4 - 25  11:35 am - 12:50 pm  
Instr: Laura L  Cost: $32  
Drop-in: $10

Punch Cards not accepted.

PERSONAL & SWIM TRAINING

GOLD  
24 / 1 HOUR SESSIONS: $725*  
$940

SILVER  
12 / 1 HOUR SESSIONS: $425*  
$550

BRONZE  
6 / 1 HOUR SESSIONS: $230*  
$300

COPPER  
12 / 30 MINUTE SESSIONS: $345*  
$450

* Package pricing good through June 30th. Increase in pricing will go into effect July 1st, 2019  
For Information call: 248.608.0278

GYM drop-in activities

CYCLING classes

CLASS  
Power Pedal  
Rock & Roll  
Cycle to the Beat  
Free Cycle Demo  
Cycle to the Beat  
Cycle to the Beat  
Energy Rides  
Indoor Cycling

DAY  
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DATES  
June 3 - 24  
June 3 - 24  
June 4 - 25  
June 4 - 25  
June 6 - 27  
June 7 - 28  
June 8 - 29

TIME  
6:30 - 7:15 pm  
10:15 - 11:00 am  
9:15 - 10:00am  
10:00 - 10:30am  
9:15 - 10:00 am  
10:15 - 11:00am  
8:00 - 8:45am

COST  
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GYM activities

VOLLEYBALL activities

Two levels of Volleyball are played year round: A Division Tuesday and the B Division “social” Thursday. Both leagues start in May & November. Neither of our leagues are considered “beginner”.  
For info, call Gloria at: 248.375.2793 or email gloriawolken@wowway.com  
Tue 9:00 -1:00pm  Thu 8:30 -12:00pm

TABLE TENNIS  
M/W/F  1:00 - 4:00 pm

BADMINTON  
M/Th  6:00 - 8:30 pm

5-ON-5 BASKETBALL  
Wed  6:30 - 8:30 pm  
Sat  (Starting June 8th)  8:00 - 10:00 am  
Sat (June 1st only)  9:00 - 11:30 am

BASKETBALL SHOOT AROUND  
Tue  1:00 - 4:00 pm

VOLLEYBALL (All Levels)  
Sat (begins June 8)  10:00 am - 11:45 am  
Sat (June 1 only)  11:30 - 2:30 pm  
Cost: $2 for each

DANCE FOR PARKINSON’S (1-2)  
Gymnasium  
Dance for Parkinson’s is an aesthetic experience that uses the elements of narrative, imagery and community to address PD-specific concerns such as balance, coordination and depression. This class will engage the participants’ minds and bodies, and create an enjoyable social environment that emphasizes dancing rather than therapy.  
Wed June 5 - 26  1:00 - 2:00 pm  
Instr: Ali W.  Cost: $32  
Drop-in: $10

Punch Cards not accepted.

STRENGTHEN YOUR BONES  
Start improving your overall physical fitness with these strength training classes.  
Beginning (2)  
Intermediate (3)  
Advanced (4)

Group Exercise 2  
Group Exercise 1  
Group Exercise 1  
Group Exercise 1

Tue/Thur June 4 - 27  10:30 - 11:25 am  
Instr: Carol S.  Cost: $42

Mon/ Wed June 3 - 26  5:00 - 6:00 pm  
Instr: Robin I.  Cost: $42

Tue June 4 - 25  12:15 - 1:00 pm  
Instr: Dawn K.  Cost: $21

GYM drop-in activities

TABLE TENNIS  
M/W/F  1:00 - 4:00 pm

BADMINTON  
M/Th  6:00 - 8:30 pm

5-ON-5 BASKETBALL  
Wed  6:30 - 8:30 pm  
Sat  (Starting June 8th)  8:00 - 10:00 am  
Sat (June 1st only)  9:00 - 11:30 am

BASKETBALL SHOOT AROUND  
Tue  1:00 - 4:00 pm

VOLLEYBALL (All Levels)  
Sat (begins June 8)  10:00 am - 11:45 am  
Sat (June 1 only)  11:30 - 2:30 pm  
Cost: $2 for each
**PICKLEBALL activities**

For more information on Pickleball Activities contact Jeremy Ridky @ 248.608.0295 or jridky@opcseniorcenter.org

**FREE BEGINNER LESSONS**
A one-hour introduction to the basics of the game. Upon completion, stay for Mentor Games from 10:30 - 11:30 am.

**Wed** 9:30 - 10:30 am  
**Cost:** FREE

**Mentor Games** 10:30 - 11:30 am  
**Cost:** FREE

**DROP-IN SESSIONS**
Enjoy a fun game of Pickleball! Skill levels as listed below.  
**Cost:** $2 Drop-in

**Novice Level**  
**Mon** 1 - 4:00 pm  
**Mon** 4 - 6:00 pm  
**Mon** 9 - 11:00 am  
**Tue** 1 - 4:00 pm  
**Tue** 4 - 6:00 pm  
**Wed** 2 - 4:00 pm (Ct 3 & 4)  
**Wed** 4 - 6:30 pm  
**Thur** 4 - 6:00 pm  
**Fri** 1 - 4:00 pm (Ct 3 & 4)  
**Sat** 2 - 3:30 pm (6/1 only)  
**Sat** 7 - 8:00 am (Starting 6/8)

**All Levels**  
**Mon** 9 - 11:00 am  
**Wed** 11:30 - 1 pm  
**Wed** 6 - 8:30 pm  
**Fri** 4 - 6:00 pm  
**Sat** 7 - 9:00 am (6/1 only)

**Adv/Intermediate Level**  
**Mon** 9 - 11:00 am  
**Wed** 11:30 - 1 pm  
**Thur** 4 - 6:00 pm  
**Fri** 4 - 6:00 pm  
**Sat** 7 - 8:00 am (Starting 6/8)

**LEAGUES & CLINICS IN SESSION:**
**ALL LEVEL LADDER**  
**FRI** MAY 3 - JULY 19 (No 5/24 & 7/5)  
8:00 am - 12:30 pm

**ROUND ROBIN**  
**TUE** MAY 7 - JULY 9  
6:00 - 8:30 pm

**DRILLS & SKILLS LEVEL 2**  
**THUR** JUNE 6 - JULY 11 (No 7/4)  
2:00 - 4:00 pm

**PICKLEBALL PRACTICE SESSION**
Volunteer leaders will administer drills throughout the session to work on with a partner(s) in a group setting. Work to master the basics of the game through controlled practice to enhance muscle memory!

**Mon** 11:00 - 1:00 pm  
**Drop in:** $2

**AQUATIC HEALTHY JOINTS**
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**Beginning (1)**
Slow and controlled movements, providing full range of motion in major joints and muscles. Beneficial for people with arthritis and those recovering from an injury.

**Mon/Wed** June 3 - 26  
1:00 - 1:50 pm  
**Instr:** Susan O./Robin L  
**Cost:** $40

**Tue/Thur** June 4 - 27  
10:00 - 10:50 am  
**Instr:** Harlene C./Margaret A.  
**Cost:** $40

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**Advanced (2)**
Working to improve range of motion, strength, & muscle tone. Recommended for individuals who have previously participated in Aquatic Healthy Joints.

**Mon/Wed** June 3 - 26  
12:00 - 12:50 pm  
**Instr:** Susan O./Robin L  
**Cost:** $40

**Tue/Thur** June 4 - 27  
5:00 - 5:50 pm  
**Instr:** Jeannie L.  
**Cost:** $40

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**AQUATIC CORE**
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**The Core (1)**
Build a strong abdomen and back while moving through the water using resistance and balance.

**Mon/Wed** June 3 - 26  
8:00 - 8:50 am  
**Instr:** Margaret/Heather/Susan  
**Cost:** $40

**Tue/Thur** June 4 - 27  
1:30 - 2:20 pm  
**Instr:** Jeannie L.  
**Cost:** $40

**Advanced Core Strength (2-3)**
Continue to strengthen your abdomen and back with this advanced core workout. Move through the water using resistance and balance. Recommended for those who have taken Core Strength.

**Tue/Thur** June 4 - 27  
7:00 - 7:50 am  
**Instr:** Peg G.  
**Cost:** $40

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During designated class times in the Therapy and Lap Pool

It is at management’s discretion to allow or exclude open swimmers from entering based on class size and related factors. If you are an open swimmer, we encourage you to plan your open swim when classes are not in session, so you do not risk waiting until the end of the class to enter the pool. Thank you for working with us to ensure a great pool experience for everyone!

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**AQUA YOGA Therapy Pool**
Enjoy the peaceful harmony between the benefits of yoga and the warm water atmosphere of the pool. Aqua yoga is easier on your joints but more challenging in the water for balance and will help to improve breathing capacity, a stronger posture, stress reduction, better balance and joint mobility. Designed for any level participant with modifications and no need to know how to swim.

**Wed** June 5 - 26  
5:30 - 6:30 pm  
**Instr:** Carol S.  
**Cost:** $20

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**LEVELS OF INTENSITY:**
(1) Beginner, (2) Intermediate, (3) Advanced

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**Therapy Pool**
90 - 94° F

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All classes have a $6 Drop-In, unless otherwise noted.

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**Aquatic Healthy Joints**
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**Peg G.**  
**Cost:** $40

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**Susan O./Robin I.**  
**Cost:** $40

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**Margaret/Heather/Susan**  
**Cost:** $40

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**Harlene C./Margaret A.**  
**Cost:** $40

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**Susan O./Robin L.**  
**Cost:** $40

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**Tracy L./Kim R./Heather C./Peg G.**  
**Cost:** $40

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**Carol S.**  
**Cost:** $20

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**AQUA ZUMBA (2-3)**
Focus on cardio-conditioning and body toning. Ideal for those with arthritis or anyone recovering from a joint injury. This class will help build strength and stability in joints. Remember to drink plenty of water before and after class.

**LIQUID BOOT CAMP (3)**
Wake up with water, perk up with Robin! A great way to start your day!

**FITNESS CHALLENGE H2O**
All levels welcome to this class that incorporates the buoyancy and resistance of water. Challenge your cardiovascular system and muscle groups.

**WATER-WORKS AEROBICS (1-2)**
Basic water aerobic class with easy-to-follow moves. Work at your own ability and challenge yourself to improve your physical fitness.

**MINI DIP (1-2)**
Get skinny when you take a dip in the pool and join this workout. This 30 minute aerobics class incorporates water resistance and other equipment to help you burn calories.

**AQUA FIT (2-3)**
Working at high and low energy levels to build strong hearts, tone muscles, and improve your endurance.

**THE DEEP (3)**
High-intensity water workout utilizing deep water and designed to improve cardiovascular fitness, muscular strength, and endurance. Buoyancy belts are used.

**AQUATIC PERSONAL TRAINING**
Work with a certified personal trainer to develop a plan tailored to your goals & abilities.

**PRIVATE SWIM LESSONS**
Improve your swimming stroke and get comfortable in the water with a certified swim instructor. Non-swimmers will start at the shallow end learning how to move and float in the pool. For more information, please contact 248-608-0247. Lessons are 50 minutes long.

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**CANCELLATION OF GREAT PROGRAMS CAN BE AVOIDED**
Deadlines are very important for planning purposes at the OPC for our staff and instructors. Please avoid disappointment by registering early. Thank you! All activities and classes are held in the OPC building unless otherwise noted.

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**CHAIR MASSAGE**

**WEDNESDAY, JUNE 5**
10:00 - 12:30 PM
**COST:** $10 per 10 Minute Appointment
Conference Room B
Relax and unwind with a chair massage from a professional massage therapist.
Make an appointment @ 248-608-0251
Payment due when appointment is made.

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**MAKING WAVES (1-2)**
Complete body workout involving strength, endurance and tone, using power movements through water.

**AQUA FIT (2-3)**
Working at high and low energy levels to build strong hearts, tone muscles, and improve your endurance.

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**OPEN SWIM/LAP SWIM**
Cost: $3 or All Access Pass or Fitness & Aquatics Pass *Open swim schedules are available at the Aquatic Desk. During all scheduled class times: lap pool will have at least one lane available for lap swimmers. Individuals who require assistance entering the pool or getting dressed must have their own caregiver.

**OPEN SWIM PUNCH CARD**
Value - $50 For any $3 Drop-in. To be used for Open Swim. Each card has a “Free” punch which provides a FREE REWARD after you use the full value of the card.
Senior Resources

**ADULT DAY SERVICE**

**Monday - Friday** 8:30 am - 4:00 pm

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. The stimulating and caring environment is designed to enhance the self-esteem, well being, and dignity of each member.

For information please call 248.608.0261

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**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.

**LUNCH AT OPC** See page 22

**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.

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**ACT OF KINDNESS**

The Act of Kindness Program is designed to assist income eligible seniors with minor home repairs. Call 248.608.0249 for more information and eligibility requirements.

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**MEDICAL EQUIPMENT loans**

Walkers, wheelchairs, shower stools, transfer benches and canes are available for short term use.

Call **248.608.0248** for equipment availability and to schedule a loan pick up at OPC.

- Mon - Thurs: 9:00 am - 7:30 pm
- Friday: 9:00 am - 3:30 pm
- Saturday: 9:00 am - 11:30 am

Pick up or return all loaned items to the Welcome Center or Customer Service Desk. All returned/donated items must be in good condition, cleaned and sanitized. Equipment donations are accepted with prior approval due to limited space.

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**SUPPORT groups**

**CAREGIVER’S SUPPORT**

Tue, June 4 3:00 - 4:30 pm
Share and learn with the others caring for someone who is frail, dependent, suffering from memory loss or Alzheimer’s disease. Receive information, encouragement and support. Adult respite is available, but pre-registration is required. Call 248.608.0261.

**VISUALLY IMPAIRED**

Fri, June 28 10:00 am - 11:30 am
Provides information, socialization, support and speakers to those with low vision. This group is Open to the Public. Call **248.608.0246** to register. Next topic: End of Life Concerns

**CARING & SHARING LOSS**

Fri, June 4 & 21 10:00 am - 12:00 pm
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.

For more information or to make an appointment please call 248.608.0249.

**MEDICARE & MEDICAID INSURANCE ASSISTANCE**

**ASK THE ATTORNEY**

Conference Room A / B

Mon, June 10 12:00 - 3:30 pm
Tue, June 25 5:00 - 7:00 pm

Attorney Mike Rutkowski, or a firm associate answers your legal questions.

For more information or to make an appointment please call **248.656.1403 Ext 0**

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**MEMBERS ONLY**

**COUNSELING services**

Every Tuesday, from 9:00 am - 4:00 pm and Thursday, from 9:00 am-noon, a Licensed Counselor is available to meet in private with any adult 50 and older to discuss what might be troubling them, in a safe and confidential environment.

For more information or to make an appointment please call 248.608.0249.

Cost $25.00 - 50 minute session

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**PARKINSON’S SUPPORT**

Wed, June 5 6:00 - 8:00 pm
This group, associated with the Michigan Parkinson Foundation, features programs with PD specialists, therapists and pointers for everyday living, sharing and supporting each other as people and families learn to live well with Parkinson’s disease. Call **248.659.8003** for information. Newcomers welcome!

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**ADULT DAY SERVICE**

Monday - Friday
8:30 am - 4:00 pm

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. The stimulating and caring environment is designed to enhance the self-esteem, well being, and dignity of each member.

For information please call 248.608.0261
**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)

**Riders can pay the driver with exact change or with a token**
**A token package is available - 11 tokens for $20, with a 10% savings**

**There are three ways to purchase tokens:**
1. **OPC Cashier Counter** - using cash, check or credit card.
2. **Purchase from the driver** a packet of 11 tokens for $20 - Exactly $20 cash or check only. The drivers will not be authorized to make change.
3. **Mail a check to:** Cashiers, 650 Letica Drive, Rochester, MI 48307
   (In memo line include your name and “Bus Tokens”) - Tokens will be mailed to you or delivered by a driver.

Request a ride: **248.652.4780**
Cancel a reservation: **248.608.0296** | Weekends: **248.608.0271**
**MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY**
--- | --- | --- | --- | ---
3 Smothered Chicken Whipped Potatoes Carrots Garden Salad Fresh Orange | 4 Salisbury Steak Parsley Potatoes Roasted Brussel Sprouts Peach Crisp | 5 Escaloped Chicken and Noodles Green Beans Romaine Garden Salad Banana | 6 **BIRTHDAY LUNCH** Spanish Rice w/Meat Key West Vegetable Cabbage Slaw Fruit Cup | 7 Ham Au Gratin Potatoes Mixed Vegetable Garden Salad Fresh Pear
10 Stuffed Pepper Whole Potatoes Prince Charles Blend Creamy Cole Slaw Tropical Fruit Salad | 11 **Featured Lunch** German Chocolate Cake Day Chicken Parmesan Vegetable Rice Pilaf Vegetable Salad Fresh Apple German Chocolate Cake | 12 Italian Ravioli Savory Spinach Cabbage Pineapple Slaw Fresh Pear | 13 Turkey w/Gravy Garlic Mashed Potatoes Asparagus Garden Salad Peach Slices | 14 Chicken a la King Chive Potatoes Peas Carrot Salad Healthy Fruit Salad
17 Macaroni & Cheese Herbed Green Beans Romaine Garden Salad Fruit Cocktail Corn Muffin | 18 Pork Chop w/Sauerkraut Rosemary Roasted Potatoes Prince Charles Blend Grapes | 19 Swedish Meatballs Noodles Normandy Vegetables Garden Salad Prunes | 20 Baked Chicken Baked Potato Broccoli Cuts Vegetable Slaw Sliced Apples | 21

| 24 Mostaccioli w/Meatsauce Carrots Romaine Salad w/Beans Pear Slices | 25 Beef Pastie w/Gravy Capri Blend Vegetable Zucchini Cole Slaw Apricots | 26 Chicken Casserole Broccoli Slaw Oriental Blend Vegetable Chow Mein Noodles Orange | 27 Meatloaf w/Gravy Whipped Potatoes Peas & Carrots Garden Salad Ambrosia | 28 Tuscan Chicken Red Skin Potatoes Cole Slaw California Blend Vegetable Plums |

**BIRTHDAY LUNCH** **Thursday, June 6**
**11:45 am - 12:30 pm**
Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Wed, June 5 and identify yourself as a “Birthday Senior”. Call 248-656-1403 Ext. 0.

**BUILDING CLOSED AT NOON**
ASCENSION PROVIDENCE PHYSICAL THERAPY
Mon, Wed, Thur  8:00 am - 4:30 pm
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. Sessions last 45 min. - 1 hour. A physician’s referral is needed in order to get started. Call 586.992.0869 for scheduling and information.

ASK THE MEDICAL PROFESSIONAL

ASK THE RESIDENT
Wayne State Resident Wed, June 5 - 25  9:30 - 11:00 am
A resident from the Wayne State Residency Program at Ascension Providence Rochester Hospital will be available to answer health concerns or questions that you may have.

ASK THE PRIMARY CARE DOCTOR
Dr. Hull Fri, June 7 - 28  9:30 - 11:00 am
The doctor will be available to answer health concerns or questions you may have.

ASK THE ORTHOPEDIC DOCTOR
Dr. Maibauer Tue, June 4 & 18  9:00 - 11:00 am

ASK THE DENTIST
Dr. Tironi Wed, June 12  9:00 - 10:00 am
Come with your questions regarding oral health. He can also answer questions regarding TMJ, dental implants, and cosmetic dentistry.

ASK THE MEDICAL PROFESSIONAL IS DESIGNED FOR WALK-INS

BONE DENSITY SCREENING
Fri, June 14  9:00 - 11:00 am
Registered nurse will SCREEN for bone density & discuss results in 15 minutes. This is not a diagnostic test. For women only.  Cost: $2

HEARING TESTING AND HEARING AID CLEANING
Tue, June 11  Appts 9:30 am - 12:00 pm
Hearing screening, baseline hearing test by Crittenton Medical Equipment Audiologist. Make appt at cashier’s desk.  Cost: $2

ASCENSION PROVIDENCE PHYSICAL THERAPY

Driver Safety coming in July to the OPC

Thursday, July 11  Look for more information in the July Newsletter

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Helping Mature Drivers Find Their Safest Fit
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kara@crestviewcadillac.com (248) 656-9507 Fax

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Please join us for a fun-filled event to benefit OPC's Meals on Wheels Program, which provides daily meals for homebound seniors 7 days a week.

**EVERY $5 RAISED = ONE HOME DELIVERED MEAL!**

Saturday, June 1, 2019
OPC | 650 Letica Drive | Rochester, MI

Registration from 7 to 7:50 a.m. | 5K Run/Walk begins at 8 a.m.

Course is flat, along the Clinton River Trail with one hill

**Bib/ Shirt Pick-Up:**
May 30 and 31 from 7 a.m. to 8 p.m. | OPC lobby

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**REGISTRATION FORM for 2019 5K Run/Walk**
OR register online at Eastsideracingcompany.com (credit card payment will show www.erc.com)

LAST Name _____________________________________________ FIRST Name _____________________________________________

Address _________________________________________________________________________________________________

City _____________________________________________ State ____________ Zip __________________________

Phone __________________________________ Email ____________________________________________________________

**SELECT DIVISION/RACE:**
☐ MALE ☐ FEMALE ☐ 5K (Timed) ☐ DONATION ONLY

**SHIRT SIZE:**
☐ YOUTH ☐ LARGE ☐ SMALL ☐ X-LARGE ☐ MEDIUM ☐ 2X-LARGE (Add $2)

**ENTRY FEE:**
☐ $20 PRE-REGISTRATION (BY 5/31/19)
☐ $30 RACE DAY REGISTRATION
☐ $15 AGE 12 & UNDER
☐ $25 RACE DAY REGISTRATION (12 & UNDER)

☐ Enclosed is my check (#____________________________ ) payable to OPC in the amount of $_____________________

☐ Please charge my registration to: ☐ Visa ☐ Mastercard ☐ Discover

Card #: □□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□ Exp. Date:____________________

Name on card (if different from registrant) __________________________________________________________________________

WAIVER: In acceptance of my registration for OPC’s 5K Run & Walk, I hereby release OPC and all participating groups, sponsors and persons officially connected with this event from any and all injury or damage whatsoever from my participation.

Signature of applicant or parent/legal guardian (if under 18 years of age):

NAME _____________________________________________ DATE __________________________

MAIL REGISTRATION FORM TO: OPC, 650 Letica Drive, Rochester, MI 48307 (Additional forms can be downloaded at opcseniorcenter.org)

For more information, call Matthew Spierling at (248) 659-1021.

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★ T-shirts for participants who register by 5/10/19
★ Awards in 10-year age groups *(chip time event)*
★ Prizes for oldest and youngest walkers
★ Refreshments

OPC TRANSPORTATION / MINIBUS:

GENERAL INFORMATION:

CASHIER OFFICE:

PRESORTED STANDARD U.S. POSTAGE PAID Rochester, MI Permit No. 61

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REGISTRATION FORM for 2019 5K Run/Walk

OR register online at Eastsideracingcompany.com (credit card payment will show www.erc.com)

LAST Name _____________________________________________ FIRST Name _____________________________________________

Address _________________________________________________________________________________________________

City _____________________________________________ State ____________ Zip __________________________

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