Henry Ford Big Band and Ice Cream Social

Monday, July 8
6:30 - 9:00 pm

$20 ticket | Call: 248.659.1029 or 248.608.0251

CLASSIC & MUSCLE CAR SHOW
Saturday, July 27 | 10:00am - 1:00pm

FREE ENTRY FOR SPECTATORS

Presenting Sponsor
American House
Supporting Sponsors
Sunrise Senior Living
Haig’s of Rochester Fine Jewelry

To Benefit Act of Kindness Program

OPEN TO THE PUBLIC

Presenting Sponsor
Comfort Keepers
Supporting Sponsor
Stonecrest of Rochester Hills

Home Care Specialists
From the Executive Director

Clear skies and perfect temps were the setting for another successful 5K Run/Walk for Meals on Wheels with over 350+ participants resulting in over $34,160 raised to benefit homebound seniors in need of a nutritious meal and wellness check. Thank you to the runners, walkers, staff, volunteers and the sponsors: Rutkowski Law Firm, Pixley Funeral Homes, ComForCare, Pomeroy Living, and Par Pharmaceutical and the generous donors who contributed to this great community event! Donations to Meals on Wheels are always welcome!

We are hosting the renowned Henry Ford Big Band on July 8th at 6:30 p.m. The Henry Ford Big Band has performed at many festivals across North America and Europe, including the Montreux International Jazz Festival in Switzerland and Carnegie Hall in New York. Their smooth style transport audiences to bygone eras.

The evening will begin with an ice cream social with all of the fixings, generously provided by American House Senior Living Communities and Sunrise Senior Living, before the concert. This evening is open to the public, so grab a friend and for $20 per person, you can get jazzy while benefiting the Act of Kindness senior home repair program. Haig’s of Rochester Fine Jewelry will be selling glasses of sparkling cider for a chance to win a pair of beautiful diamond stud earrings - chances are $10 for 1 or $20 for 3. Event tickets can be purchased by calling 248-608-0251 or in person through the cashiers, Monday thru Friday 8:30 - 3:30 p.m.

The OPC’s Ultimate Collector Car Show is Saturday, July 27th from 10am to 1 pm. The day will feature food, fun and activities for all. If you have a classic car you’d like to enter into the show please call Jeremy Ridky at 248-608-0295. OPC will be Closed on July 4-7th reopening on the 8th so enjoy the Fourth of July weekend with your family and friends!

Wishing you a Star Spangled Fourth of July!

Renee
Renee Cortright, Executive Director

INFORMATION

BECOME A MEMBER

Resident 50+:
Residing in: Rochester, Rochester Hills, or Oakland Township | $6.00 Membership Card

Nonresident 50+:
All other communities - Annual Fee
$175 per person | $225 married couple

Registration Hours:
Mon - Thurs: 8:30 am - 8:00 pm
Friday: 8:30 am - 3:30 pm
Saturday: 8:00 am - noon

Membership registration forms are available at OPC or online. You must register in person as proof of residency is required. A spouse of a resident member under age 50 can join. Visit our website for more information.

PAYMENTS

In Person: Cashiers Office - Mon - Fri 8:30 am - 3:30 pm Late Night: 8:30 am - 7:00 pm (2nd Tues. of the month)
Phone by Credit Card: 248.659.1029 | 248.608.0251
Online: Fitness & Aquatics passes and classes, Art & Crafts and Enrichment classes (OPC Key Tag required) https://myactivecenter.com

Note: Drop-in classes do not require registration. Proceed directly to the class.

REFUND POLICIES

Class/Program: Refund deadline one week prior. We are not able to offer programs on a prorated basis.
Trips: See page 12.

OTHER INFORMATION

When entering the building, please sign in at the kiosks with your keytag and touch the activities you are participating in for the day. These statistics are very important for future programming of classes.

Register early to avoid class cancellations. All activities and classes are held in the OPC building unless otherwise noted.

We will make reasonable accommodations to assist people with disabilities to access our facility and participate in our programs and services.

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

To provide a safe and enjoyable environment for all members and guests, we appreciate your adherence to the Code of Conduct Policy, available in the lobby or on our website.

OPC is a nonprofit 501(c)3 Organization serving Rochester, Rochester Hills and Oakland Township
**ASCENSION Providence Rochester**

**Rise and Shine Breakfast**

**Tue July 9 | 9:00 - 10:30 am | Cost: $2 | Dining Room**

“Many sleep disorders affect quality of life, but are easy to diagnose and treat.”

Mike Middleton, Lead Technologist, Ascension Providence Rochester Hospital Sleep Center

**TERRIFIC Tuesday | HOT FUN IN THE SUMMER TIME**

**Tuesday | July 9 | 4:30 - 7:30 pm | Cost: $10**

**BELLE ISLE - The Belle of Detroit**

Belle Isle has a long and storied history. The park has hosted world class sporting events, musical performances, and family parties. Brendan Roney of the Detroit Historical Society will present the colorful history of this amazing island.

4:30 pm - Light supper | 5:10 pm - Presentation | Seniors 50+
6:30 pm - Entertainment • Tickets required, call: 248-608-0251 • Deadline: July 3 @ 11:00 am

**DRIVER SAFETY at the OPC | Thursday, July 11 | 11 AM - 2 PM | Upper Parking Lot**

CARFIT is a free, interactive and educational program that teaches participants how to make their vehicle “fit” them to increase safety and mobility when driving.

MUST REGISTER at
https://healthcare.ascension.org/events

For more information, leave a message at 248-465-5352 and a CarFit Technician will call you back.

Appointment spaces are limited, so don’t wait!

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

**MINDFULNESS**

**Wednesday, July 17 | 10:00 am - 12:00 pm**

Explore how the practice of mindfulness can help you cope with challenges and stress of life. Mindfulness offers invaluable resources and coping practices that can enhance your wellbeing and quality of life.

Presenter: Laura Rice-Oeschger LMSW, Michigan Alzheimer’s Disease Center University of Michigan

CALL 248.656.1403 EXT 0 FOR RESERVATIONS | Classroom 3 | Refreshments Provided | Complimentary
**Meditation**  
Monday, July 1 - 29  
6:00 - 7:00 pm | ADS Room  
Join this ongoing group meditation every Monday led by instructors from Heartfulness Meditation.  
Cost: $1 Drop In

**Sweet Speakers**  
Tuesday, July 16 | 7:00 - 8:00 pm | Dining Room  
The TUNE-MASTERS specialize in playing music by request for 3 generations of Americans, particularly songs from the 1920’s to 70’s. They are nearly impossible to stump, but invite everyone to try. Band Leader Carl Cafagna has a wealth of information about American music history. Have fun trying to STUMP the TUNE-MASTERS, AND SHARE IN THE LOVE OF THE Great American Songbook!  
Cost: $5

**2019 MS. SENIOR MICHIGAN PAGEANT**  
Wed, July 17 | 6:30 - 8:30 pm | Auditorium  
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

**DéSSERT PROVIDED BY**

**Rewired not Retired SM**  
EVERYTHING YOU EVER WANTED TO KNOW ABOUT A CAREER IN REAL ESTATE AFTER 50  
Wed, July 24 | 7:00 - 8:30 pm | Classroom 1  
Andy Sakmar, owner of Century 21 in Rochester since 1975, will be here to answer all your questions about becoming a real estate agent after 50. He will cover how to get into the business, career expectations, the learning process and more. This will be an educational and fun evening. To Register: 248-656-1403 Ext: 0  
Cost: $1 Drop-in

**FINANCIAL FRIDAY**  
Fri, July 12 | 10:00 - 11:30 am | Classroom 1  
Investments Basics: Growth Options  
Presenter: Doree Cook | Financial Associate  
Cost: $1 Drop in

**TOP CHEF**  
Senior Communities competing to be named OPC Top Chef 2019  
**Appetizers | Entrees | Desserts | Beer & Wine available for purchase | Tickets: 248.659.1029**  
Enjoy delicious food created by Senior Communities Chefs while competing to be named a Top Chef 2019! The Chefs will compete in 3 categories- Appetizers, Entrees and Desserts. Enjoy beer and wine for purchase for $5 a glass and sample amazing foods! Local judges include chefs from the Royal Park Hotel, and Home Bakery in downtown Rochester.

**Presenting Sponsor**

**Thursday August 15**  
5 PM - 7 PM  
$15 Ticket  
Proceeds benefit: Meals on Wheels & Act of Kindness  
**OPEN TO THE PUBLIC**

**TOP CHEF**  
Senior Living Communities  
American House  
Cedarbrook  
First & Main  
Waltonwood Main  
Sunrise  
Stonecrest  
Heartland / HCR  
Henry Ford Village  
Bellbrook  
Open to the Public  
Presenting Sponsor  
Ascension  
Providence Rochester
Computers Club  
Classroom 1 & 2  
Tues, July 2 - 30  
10:00 am - noon  
Weekly topic discussed to increase your computer knowledge.  
Cost: $1 Drop In  

Dining Room  
Wed, July 10  
10:00 am  
Meet your fellow Veterans and share your experiences from your days of service.  
Call 656.1403 Ext 0 to register.  

Cards & Games Drop-In Groups  
Library  
Bingo Mania  
Wed, Aug 28  
1:30 - 3:00 pm  
Grab a friend or two and come on over to the OPC for an exciting game of Bingo!  
Cost: $1 Drop-in  

Focus on the Issues  
Classroom 1  
Mon, July 8 & 22  
Discuss current issues.  
Cost: $1 Drop In  

Vintage View Writers  
Classroom 1  
Mon, July 22  
12:45 - 1:45 pm  

Late Bloomers Gardening Group  
Stone Cottage  
Wed, July 3 - 31  
10:00 - 11:30 am  
Looking for volunteers to join the happy band of Late Bloomers caring for the Stone House Garden at the OPC.  
We have adopted 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 to start as early as 8:30 a.m. Please join us. Group is led by Nancy Szerlag, garden writer for The Detroit News and Free Press.
Enrichment

LANGUAGE classes
Curriculum is continuation based on previous learning.

SPANISH BEGINNER  Classroom 3
Mon, July 1 - 29  11:00 am - noon
Instr: Mike L  Cost: $5 Drop in

SPANISH BEGINNER  Conference Room B
Thur, July 11 - 25  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
Instr: Marta  Cost: $5 Drop in

INTERNATIONAL groups

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GERMAN INTERMEDIATE
Classroom 3
Mon, July 1 - 29
Instr: Gudrun

FRENCH ADVANCED  Classroom 2
Wed, July 10 - 31
Instr: Gudrun

MOVIES @ OPC

Thursday, August 1 | 6:00 - 8:00 pm | Cost: $25

**A Perfect Pairing**
An Evening in CASABLANCA

Enjoy this wine tasting in our beautiful gardens. Michael Cregar, a Certified Sommelier will explore the wine regions of France, Germany, Italy and Africa. The wines will be paired with appetizers to complement. There will be a tribute to the movie, music, and great wines to be shared.

Tickets call: 248.659.1029

MOVIES @ OPC

Monday - Dining Room  | Friday - Auditorium

THE MULE
Mon, July 1  6:00 - 8:00 pm
Starring: Clint Eastwood and Bradley Cooper

MARY POPPINS RETURNS
PG
Mon, July 15  6:00 - 8:00 pm
Fri, July 19  1:30 - 3:30 pm
Starring: Emily Blunt, Dick Van Dyke, and Angela Lansbury

$1 Suggested Donation

OPEN TO THE PUBLIC

SPONSORED BY Heartland Health Care Centers

Monday Movies Sponsored by... Friday Movies Sponsored by...
**LITERATURE** *in the Library*

**BOOK CLUB** “Murder of Roger Ackroyd” by Agatha Christie  
Wed, July 3  \  1:00 - 3:00 pm  \  Cost: $1 Drop In  

**NOVELS @ NIGHT CLUB** “The Magic Room” by Jeffrey Zaslow  
Thur, July 18  \  7:00 - 8:30 pm  \  Cost: $1 Drop In  

**POETRY AT NIGHT** Explore it, pen it and serve it.  
Tue, July 16  \  7:00 - 8:00 pm  \  Cost: $1 Drop In  

**FIRESIDE POETRY** Discuss new and old poetry.  
Thur, July 25  \  1:30 - 3:30 pm  \  Cost: $1 Drop In  

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**DANCE & MUSIC**

**BALLROOM DANCE** OPEN TO THE PUBLIC  
Auditorium  
Mon, July 1, 8, 15  \  7:00 - 8:00 pm  \  Cost: $8 Ticket per session  
American Tango is the dance for July. A partner is not required.  
**Instr:** Amy Tranchida  

**LINE DANCE** with Carol  
OPEN TO THE PUBLIC - PM  
Auditorium  
Mon, July 15, 22, 29  \  1:00 - 2:00 pm  \  Cost: $5 Drop In  
Wed, July 10, 24, 31  \  7:00 - 8:00 pm  \  Cost: $5 Drop In  

**BELLY DANCE** with Sandy  
Auditorium  
Resumes in August  \  7:00 pm  \  Cost: $5 Drop In  

**UKULELE FUN**  
Classroom 3  
Tue, July 2 - 30  \  3:15 - 4:15 pm  \  Cost: $1 Drop In  

**GUITAR** with Jean  
Dining Room  
Tue, July 2 - 30  \  1:30 - 2:30 pm  \  Cost: $1 Drop In  
Sat, July 13 - 27  \  9:30 - 11:30 am  \  Cost: $1 Drop In  

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**SIGN UP FOR PROGRAMS IN ADVANCE**  
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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**PERFORMING ARTS** *in the Auditorium*

**Fall Variety Show Auditions**  
Join OPC’s “650 Players” theatre group and take part in the Fall Musical.  
OPC members age 50 & over qualify. Everyone is welcome and experience is not necessary.  
**Wednesday, August 21 and Thursday, August 22 at 10:00 am**  
Participants will need to prepare one song, or another short audition that best reflects their specific talents.  

**Save the Date for the Show**

**TRIBUTE 2 THE STARS**

Oct 29 - 31  \  Matinee  \  Lunch Included  
Nov 1  \  Evening  \  Performance Only  
Nov 3  \  Matinee  \  Performance Only

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**650 NITE CLUB**  
Auditorium  
**Ben Sharkey**  
OPEN TO THE PUBLIC  
**Cost:** $20 \  6:30 pm Light appetizers \  7:00 pm Performance \  Beer & Wine for purchase  
**Tickets call: 248.659.1029**  

**Thursday, August 8**  
**6:30 - 8:30 pm**  
One of Detroit’s premier live entertainers over the past 10 years. Ben Sharkey infuses his live performances with a hip and sultry fire, bringing his artful swagger with a colorful fusion of old school, contemporary jazz, soul and pop.  

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**Northern Lights**  
**Auditorium**  
**Presenting Sponsor**

| Modetz Family Funeral Homes | ROCHESTER | WATERFORD | ORION | MACOMB | ARMADA |
JEWELRY & CRAFTS

INTERMEDIATE KNITTING  Studio 1
Mon, July 8 - 29  10:00 am - noon
You already know how to knit and purl. You’ve made scarves, washcloths, blankets and want to move your knitting skills up a notch. Learn to make a vest or sweater to fit you or someone else. Class covers the importance of gauge, reading a pattern, decreases and finishing. Supplies: Bring a pattern, yarn and needles for a project you would like to make.
Instr: Naomi Frenkel  Cost: $45

SUMMER CRAFT WORKSHOPS  Studio 3
DENIM & T-SHIRT CRAFTS

Wed, July 10, 17, 24, 31  1:00 - 4:00 pm
You will be amazed what you can do with old jeans and t-shirts. Make all kinds of jewelry, embellish your flip flops, whip up a tote bag, small purse and MORE!! Supplies: Bring sharp scissors. The rest is provided, but bring your own jeans, t-shirt, flip flops, etc. if you have something special in mind.
You MUST PRE-REGISTER FOR EACH SESSION
Instr: Cherie H.  Cost: $5 per session

Coming in August
papercrafting, altered books & art journals

ROCHESTER PAINTED POT  Studio 1
LAVENDER PLATTER
Mon, July 15  1:00 - 3:30 pm
FUN step by step class to create a summer rimmed platter you’ll love to use or display. Instructor will guide students to use a template and transfer design, but you can add your own touches as well. All supplies, firing and glazes provided.
Instr: Terri Petherbridge  Cost: $45

CREATIVE GREETING CARDS  Studio 3
Wed, July 17  10:00 am - noon
Make a POP-UP box card that folds flat to fit in a standard size envelope (included). Make a second standard greeting card for any occasion. Choice of colors, papers and sentiments. Remember someone special with unique greeting cards personalized by YOU! Supplies provided for $5 to instructor.
Instr: Opal T  Cost: $5

MINI MEMORY BOOK  Studio 3
Thur, July 18  1:00 - 3:00 pm
Create a mini album with lots of pockets to hold your special memories. Hardcover with pages made from #10 envelopes and all kinds of unique papers. Great for preserving memories of your travels, grandkids, family or other keepsakes.
Supplies provided in class fee.
Instr: Candice Schwark  Cost: $20

JEWELRY WITH LAURIE  Studio 3
WIRE WRAP SHELL PENDANT
Thur, July 18  9:30 am - 12:30 pm
Wire wrap a seashell with bronze wire. Add sea pearls, beads and small beads to embellish. For all levels.
Instruction is one-on-one and the finished piece is a real showstopper!
Supplies included in class cost.
Instr: Laurie Sorensen  Cost: $40

JEWELRY WITH TOM FRANZOSI  Studio 1
PENDANT & EARRING SET WITH CABOCHON
All Levels
Thur, July 25  12:30 - 4:30 pm
Learn to create a copper or brass pendant and earring set with stone cabochon. Silver earring hooks, bezel and chain included. All supplies and tools provided for $35 payable to instructor.
Instr: Tom Franzosi  Cost: $15

MOSAIC TILE CLASS  Studio 1
AUTUMN APPLE
Tue, Sept 3  9:30 am - noon
Learn cutting, gluing and grouting techniques to create a mosaic masterpiece. Complete a 6 x 6 inch tile with some color variations available. Great to display or give as a gift. You’ll love the results! No experience needed. Supplies included.
Instr: Mary Gilhuly  Cost: $36

ART is not what you see, but what you make others see.
- EDGAR DEGAS
PAINTING & DRAWING

WATERCOLOR CLASS
Tue, July 9 - 30  1:00 - 3:00 pm  Studio 2
Wed, July 10 - 31  9:30 - 11:30 am  Studio 1
All levels. Learn to mix colors and create a variety of paintings...florals, landscapes, still life. Theme for the month is “time to think red, white and blue.”
Experiment with various techniques: salt, wax paper, saran wrap, masking, gesso & Elmers 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 ¼ 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 ea 4 week session

PAINTING WITH A TWIST  Studio 1
SUNFLOWERS
Tue, July 16
10:00 am - noon
Gather for a morning of laughs, creativity and camaraderie as you discover the inner artist in YOU!!Step-by-step instruction from an experienced, enthusiastic teacher. This 10 x 30 inch canvas is a unique look. Hang indoors or on a covered porch. Grab your friends and join us! No experience needed.
Supplies included.  Cost: $35

CHINESE WATERCOLOR
Mon, July 15 & 22  6:00 - 8:00 pm  Studio 1
Watercolor painters are invited to experience one of the most expressive, ancient art forms of Shanghai freehand style painting. Learn special brushstrokes and ink techniques to capture vivid and simplistic representations of nature. Step-by-step demonstrations including color load will develop your current skills. For all levels. Experienced artists master more advanced subject matter. A variety of seals and cinnabar 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

ACRYLIC PAINTING TECHNIQUES
Wed, July 17 & 24  1:00 - 3:00 pm  Studio 1
Tue, July 23 & 30  10:00 am - noon  Studio 2
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 or follow along with instructors’ stormy seas, night skies and lighthouse 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, a palette knife and canvas (sizes of your choice).
Instr: Michelle Pfarrer
Cost: $20 each 2 week session

FIND YOUR INNER ARTIST
WOODSHOP
Mon - Thur 8:00 am - 8:30 pm | Fri 8:00 am - 4:00 pm | Sat 9:00 am - 11:45 am

REMINDERS FOR WOODSHOP GENERAL USE
• Purchase User Card
• Do not OPERATE EQUIPMENT alone
• Wear safety goggles, masks and earplugs
• Keep supplies in your locker or take them with you
• Lockers must be labeled with locker card

NEW LOCKERS WILL BE INSTALLED WEEK OF JULY 8. After July 3, unlabeled lockers will be opened & contents removed.

DROP-IN ART & CRAFTS *Pre-requisite class or experience

| QUILTING CIRCLE | MON  9:00 - 11:00 am | $1  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  Studio 3 |
| TUE w/Regina 1:00 - 4:00 pm | $3  |
| OPEN STUDIO PAINTING w/Sharon | FRI  1:00 - 3:30 pm | $2  Studio 1 |

| INDEPENDENT POTTER’S CLUB* | M/TH  9:00 am - noon | $3  Studio 2 |
| M/TH  1:00 - 4:00 pm | $3  Studio 2 |
| M/TH  5:00 - 8:00 pm | $3  |

| KNIT & CROCHET w/Muriel & Sarah | TUE  9:30 - 11:30 am | $1  Studio 1 |
| TUE  5:00 - 7:00 pm | $1  Library |

| INDEPENDENT ART | TUE  12:30 - 3:30 pm | $2  Studio 1 |

| 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 |

| METAL SMITHING w/Tom | THUR  12:30 - 3:30 pm | $2  Studio 2 |
| JULY 31 |

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

Woodshop User Card: $10 week | $20 Month | $100 year

POTTERY & CLAY CLASSES RESUME IN SEPTEMBER
INDEPENDENT POTTERY DROP-INS AVAILABLE FOR THOSE WHO MEET THE PRE-REQUISITE QUALIFICATIONS.
You may purchase clay at the cashier’s desk - $14 per 25# block

Saturday, November 9
9:00 am - 4:00 pm
Great opportunity to sell unique handmade art and crafts. Reserve a space NOW! Registration begins Monday, July 8 and ends Friday, October 18. No refunds after this date. Cost: $50 per table (Max 2 participants per table)
Pick up Detail Packet & Registration Form at Cashiers desk or download @ www.opcseniorcenter.org

Payment Options:
• Credit card by phone: 248-608-0251
• Cashier’s Office 8:30 am - 3:30 pm
• By mail 650 Letica Dr Rochester, MI 48307
Checks payable to OPC

SPONSORED BY
Pomeroy Living

THE MARY ELIZABETH GIFT SHOP
WILL CLOSE Monday, July 1
Reopen on Monday, July 8
New summer hours Mon thru Fri 9:30am - 3:30pm
PHILANTHROPY  Summer Solstice Soiree highlights in August issue!

$34,160 Raised for Meals on Wheels!
Thank you runners, walkers and generous donors!

For race results go to www.eastsideracingcompany.com

LOCAL FIREFIGHTERS AT OPC  Tue, July 16 | 10 am - 1 pm | Lobby | Rochester Fire Dept.

Monthly Subject: Extreme Heat Preparedness

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.
**Travel/Trips**

**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

**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 the 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 Alfoccino’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

*Not wheelchair accessible

Purchase tickets by Cancellation Deadline
**TRAVEL SHOW**

Wednesday, August 28

**WASHINGTON DC, ALASKA & SWITZERLAND**

Join OPC for a presentation on our exciting 2020 trips: Washington DC, April 23 - 27, Alaska Land & Cruise, June 2 - 13, and Switzerland by Rail, September 15 - 26. Our Travel Show is an excellent opportunity to hear in-depth about the itinerary of each trip as well, as ask the tour presenters any questions you may have.

**Cost:** $3 | Deadline: August 26

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**NEW**

**GIBRALTAR BAY ALPACA FARM** *non-handicapped*

**Fri, Sept 20**  10:00 am - 5:00 pm

Tour a working alpaca farm on Grosse Ile for a very informative and educational tour. Walk among the animals or sit at picnic tables in the corral...this is a very hands-on tour you’ll surely love. Visit their gift shop, featuring many beautiful alpaca wool items. Wear comfy shoes and dress for the weather. Lunch included before at Smokies on the Water on Grosse Ile. Choice of Strawberry Pecan Salad, Tuna Croissant, Turkey Wrap, Prime Rib Dip. Motor coach

**Cost:** $68  Cancellation fee: $10 | Deadline: August 16

---

**NEW**

**EASTERN MARKET TOUR & LUNCH** *non-handicapped*

**Tue, Sept 24**  9:00 am - 3:30 pm

Explore the vibrant Eastern Market with a Preservation Detroit guide. Find out what makes Eastern Market so fascinating and the history behind America's oldest farmers market. We will tour the area by motor coach and parts will involve some walking. The Tuesday Market will be going on and there will be time to shop. Lunch is included at the Amore da Roma. Dress for the weather.  Motor coach.

**Cost:** $85  Cancellation fee: $13 | Deadline: August 30

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**NEW**

**DSO POPS**

**Fri, Oct 11**  9:00 am - 3:30 pm

Queens of Soul - with a special tribute to Aretha Franklin. Hits from Tina Turner, Patti LaBelle, Gladys Knight, and more. Shayna Steele, vocalist; Jeff Tyzik, conducting. Lunch on your own after at Crumpets of Troy. OPC mini bus

**Cost:** $88  Cancellation fee: $13 | Deadline: September 13

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**Detailed Travel Brochures**

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

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**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.
PAYMENT OPTIONS

PASSES
30 Day* $30  |  6 Month $180 |  1 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.

<table>
<thead>
<tr>
<th>Fitness</th>
<th>$50</th>
<th>$2 value per punch</th>
<th>Use for: $2 Drop-in Activities</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>Open Swim</td>
<td>$50</td>
<td>$3 value per punch</td>
<td>Use for: $3 Drop-in Open Swim</td>
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</tbody>
</table>

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 intermediate level class.

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 July 3 - 31 9:00 - 9:55 am
Instr: Brenda
Cost: $27

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.

Tue July 2 - 30 1:15 - 2:15 pm
Instr: Kathy L.
Cost: $27

Thur July 11 - 25 1:15 - 2:15 pm
Instr: Kathy L.
Cost: $16

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 July 11 - 25 4:30 - 5:20 pm
Instr: Mila M.
Cost: $16

BEG. 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 July 3 - 31 10:30 - 11:30 am
Instr: Lauren B.
Cost: $40
Drop-in: $10

Punch Cards will not be accepted.

*You may not Drop-in until you have taken a complete 1-month series

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 July 11 - 25 5:30 - 6:25 pm
Instr: Lauren B.
Cost: $16

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 July 1 - 29 6:25 - 7:25 pm
Instr: Lauren B.
Cost: $27
STRETCH & BALANCE (2-3)
*Group Exercise 2*
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).
<table>
<thead>
<tr>
<th>Mon</th>
<th>July 1 - 29</th>
<th>10:00 - 10:50 am</th>
<th>Instr: Dawn K.</th>
<th>Cost: $27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri</td>
<td>July 12 - 26</td>
<td>10:00 - 10:50 am</td>
<td>Instr: Dawn K.</td>
<td>Cost: $16</td>
</tr>
</tbody>
</table>

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>
<thead>
<tr>
<th>Mon</th>
<th>July 1 - 29</th>
<th>11:25 - 12:25 pm</th>
<th>Instr: Dawn K.</th>
<th>Cost: $27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri</td>
<td>July 12 - 26</td>
<td>11:30 - 12:30 pm</td>
<td>Instr: Dawn K.</td>
<td>Cost: $16</td>
</tr>
</tbody>
</table>

TONE, STRETCH, & BALANCE (1)
*Group Exercise 2*
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.
| Tue/Thur  | July 2 - 30 | 11:30 - 12:15 pm | Instr: Dawn K. | Cost: $42 |

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!
<table>
<thead>
<tr>
<th>Mon</th>
<th>July 1 - 29</th>
<th>10:30 - 11:30 am</th>
<th>Instr: Leah B.</th>
<th>Cost: $27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>July 2 - 30</td>
<td>7:05 - 8:05 pm</td>
<td>Instr: Leah B.</td>
<td>Cost: $27</td>
</tr>
<tr>
<td>Wed</td>
<td>July 3 - 31</td>
<td>6:30 - 7:30 pm</td>
<td>Instr: Fabiola</td>
<td>Cost: $27</td>
</tr>
<tr>
<td>Fri</td>
<td>July 12 - 26</td>
<td>1:00 - 2:00 pm</td>
<td>Instr: Leah B.</td>
<td>Cost: $16</td>
</tr>
</tbody>
</table>

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.
<table>
<thead>
<tr>
<th>Tue</th>
<th>July 2 - 30</th>
<th>10:45 - 11:30 am</th>
<th>Instr: Robin I.</th>
<th>Cost: $27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>July 2 - 30</td>
<td>5:15 - 6:00 pm</td>
<td>Instr: Robin I.</td>
<td>Cost: $27</td>
</tr>
<tr>
<td>Thur</td>
<td>July 11 - 25</td>
<td>10:45 - 11:30 am</td>
<td>Instr: Robin I.</td>
<td>Cost: $16</td>
</tr>
</tbody>
</table>

CIRCUIT TRAINING (3 - 4)
*Group Exercise 1*
High energy 60 minute class that incorporates stations, alternating between weight training and cardio.
| Mon       | July 1 - 29 | 12:30 - 1:30 pm | Instr: Karen M. | Cost: $27 |

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.
| Tue       | July 2 - 30 | 9:30 - 10:30 am | Instr: Dawn K. | Cost: $27 |
| Thur      | July 11 - 25 | 9:30 - 10:30 am | Instr: Dawn K. | Cost: $16 |

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.
| Mon       | July 1 - 29 | 9:00 - 10:00 am | Instr: Dawn K. | Cost: $27 |

Pilates Beginning (2)
*Group Exercise 2*
Get started learning various Pilates techniques from standing positions and floor positions.
| Wed       | July 3 - 31 | 9:00 - 10:00 am | Instr: Dawn K. | Cost: $27 |

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.
| Mon       | July 1 - 29 | 7:00 - 7:50 am   | Instr: Peg G.  | Cost: $27 |
| Wed       | July 3 - 31 | 7:00 - 7:50 am   | Instr: Peg G.  | Cost: $27 |
| Fri       | July 12 - 26 | 7:00 - 7:50 am  | Instr: Peg G.  | Cost: $16 |

BEGINNING TAI CHI
*Group Exercise 1*
Wu Style (2)
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.
| Tue       | July 2 - 30 | 2:20 - 3:20 pm   | Instr: John M. | Cost: $40 Drop-in: $10 |
| Fri       | July 12 - 26 | 10:30 - 11:30 am | Instr: John M. | Cost: $24 Drop-in: $10 |

TAI CHI WITH CHAIR
*Group Exercise 1*
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.
| Thur      | July 11 - 25 | 2:15 - 3:15 pm   | Instr: John M. | Cost: $24 |

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.
| Tue       | July 2 - 30 | 4:00 - 4:50 pm   | Instr: Emily B. | Cost: $27 |

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       | July 3 - 31 | 1:00 - 2:00 pm   | Instr: Ali W.  | Cost: $40 Drop-in: $10 |

Punch Cards not accepted
BOXING classes

Punch cards will not be accepted

**BOX FIT 101 (3)**  
*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.*  
**Gym**  
**Drop-in:** $10  
**Instr:** Carol S.  
**Thur**  
**July 11 - 25**  
**6:30 - 7:30 pm**  
**Cost:** $24  

**BOXING FOR PARKINSON’S**  
*This non-contact boxing class is designed to combat both the motor and non-motor symptoms of Parkinson’s disease. Through use of quick reactions and precise movements, it simultaneously engages the body and the brain. Instructor is certified by Rock Steady Boxing.*  
**Gym behind purple curtain**  
**Level - A**  
**Max:** 10  
**Improve and maintain fitness level, address postural imbalances, and stress accuracy of movement. Modifications for specific exercises are taught. The intensity level is higher and transitions between exercises are more rapid.*  
**Thur**  
**July 11 - 25**  
**12:00 - 1:00 pm**  
**Instr:** Carol S.  
**Drop-in:** $10  
**Cost:** $24  

**CORE STRENGTH**  
*Beginning (2)**  
*Begin strengthening back, stomach, and side muscles to improve posture and balance.*  
**Group Exercise 1**  
**Mon**  
**July 1 - 29**  
**11:30 am - 12:25 pm**  
**Instr:** Karen  
**Cost:** $27  
**Group Exercise 2**  
**Wed**  
**July 3 - 31**  
**11:25 am - 12:25 pm**  
**Instr:** Carol S.  
**Cost:** $27  
**Intermediate (3)**  
*Continue strengthening your back, stomach, and side muscles to improve posture & balance.*  
**Wed**  
**July 3 - 31**  
**12:30 - 1:30 pm**  
**Instr:** Heather  
**Cost:** $27  
**Advanced (4)**  
*Continue strengthening your back, sides and stomach with advanced techniques. Recommended after Core Strength Intermediate.*  
**Tue**/**Thur**  
**July 2 - 30**  
**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.*  
**Thur**  
**July 11 - 25**  
**12:20-1:05 pm**  
**Instr:** Dawn K.  
**Cost:** $16  

**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.*  
**Thur**  
**July 11 - 25**  
**6:45 - 7:30 pm**  
**Instr:** Fabiola  
**Cost:** $16  

**PERSONAL TRAINING**

Take your fitness goals to the next level and schedule a personal or group training session today. Our trainers are available throughout the week and Saturdays. Get started today and fill out a personal training inquiry packet and be paired with the trainer of your choice or let our staff find the one that best fits your needs. Our trained, certified, experienced instructors will help design an, individualized plan that works for you, your schedule, and your goals.

**PERSONAL & SWIM TRAINING**

**GOLD**
*24 / 1 HOUR SESSIONS: $440*  

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

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

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

Need recommendation from a trainer.

For Information: 248.608.0278

**OTHER programs**

**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*  
**Thur**  
**10:30 - 11:50 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.*  
**Thur**  
**10:30 - 11:50 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 June 25*  
**Tue**  
**July 2 - 30**  
**7:30 - 8:30 am**  
**Instr:** Dawn K.  
**Cost:** $75  

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.  
  **Mon** July 1 - 29  
  12:45 - 1:45 pm  
  **Wed** July 3 - 31  
  12:45 - 1:45 pm  
  **Fri** July 12 - 26  
  11:30 am - 12:30 pm  
  Instr: Norma B.  
  Cost: $27  
  Instr: Norma B.  
  Cost: $27  
  Instr: Kim D.  
  Cost: $27  
  
- **Chair Yoga (1-2)**  
  Group Exercise 2  
  Option to practice the Yoga poses from a chair or from your yoga mat.  
  **Mon** July 1 - 29  
  12:45 - 1:45 pm  
  **Wed** July 3 - 31  
  12:45 - 1:45 pm  
  **Fri** July 12 - 26  
  11:30 am - 12:30 pm  
  Instr: Kim D.  
  Cost: $27  
  Instr: Kay G.  
  Cost: $16  
  
- **Basic Yoga (1-2)**  
  Group Exercise 1  
  Calm and gentle practice with traditional movements. Bring a yoga mat to class.  
  **Mon** July 1 - 29  
  2:00 - 3:00 pm  
  **Sat** July 13 - 27  
  9:00 - 10:00 am  
  Instr: Kay G.  
  Cost: $27  
  Instr: Tracy F.  
  Cost: $10  
  
- **Slow Flow Yoga (2)**  
  Group Exercise 1  
  Emphasis on movement and energy. Bring a yoga mat & blanket.  
  **Tue** July 2 - 30  
  6:00 - 7:00 pm  
  Instr: Kay G.  
  Cost: $27  
  Instr: Laura L.  
  Cost: $40  
  
- **Yoga, A Gentle Beginning (2)**  
  Group Exercise 1  
  Learn the basics of yoga. Bring a yoga mat & a blanket.  
  **Thur** July 11 - Aug 29  
  1:10 - 2:00 pm  
  Instr: Dawn K.  
  Cost: $18  
  Drop-in  
  Cost: $6  
  
- **STRENGTHEN YOUR BONES**  
  **Beginning (2)**  
  Group Exercise 2  
  Start improving your overall physical fitness with these strength training classes.  
  **Beginning (2)**  
  **Thur** July 11 - 25  
  1:10 - 2:00 pm  
  Instr: Dawn K.  
  Cost: $16  
  **Intermediate (3)**  
  **Mon/Thur** July 2 - 30  
  10:30 - 11:25 am  
  Instr: Carol S.  
  Cost: $42  
  **Advanced (4)**  
  **Mon/Thur** July 1 - 31  
  5:00 - 6:00 pm  
  Instr: Robin L.  
  Cost: $53  
  
- **STRENGTH & STRETCH FOR PARKINSON’S (1-2)**  
  Group Exercise 2  
  Designed for those diagnosed with Parkinson’s Disease. Improve balance, coordination, endurance and strength. Chairs and standing work included.  
  **Tue** July 2 - 30  
  12:15 - 1:00 pm  
  Instr: Dawn K.  
  Cost: $27  
  
- **Yoga Stretch & Strength (1-2)**  
  Group Exercise 2  
  Add new dimension to yoga using 1-2 lb weights, straps and yoga blocks.  
  **Mon** July 13 - 29  
  12:45 - 1:45 pm  
  **Wed** July 3 - 31  
  12:45 - 1:45 pm  
  **Fri** July 12 - 26  
  11:30 am - 12:30 pm  
  Instr: Kim D.  
  Cost: $27  
  Instr: Norma B.  
  Cost: $27  
  Instr: Kim D.  
  Cost: $27  
  
**GYM Activities**

**Volleyball League**

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  
**Thur** 8:30-12:00pm

**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  
  8:00 - 10:00 am

**Basketball Shoot Around**

**Tue**  
1:00 - 4:00 pm

**Volleyball (All Levels)**

 Sat  
  10:00 am - 11:45 am

**Cost:** $2 for each

**Cycling Classes**

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>COST</th>
<th>DROP-IN</th>
<th>INSTR</th>
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<tbody>
<tr>
<td>Power Pedal</td>
<td>M</td>
<td>July 1 - 29</td>
<td>6:30 - 7:15 pm</td>
<td>$30</td>
<td>$6</td>
<td>Therese</td>
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<tr>
<td>Rock &amp; Roll</td>
<td>M</td>
<td>July 1 - 29</td>
<td>10:15 - 11:00 am</td>
<td>$30</td>
<td>$6</td>
<td>Heather</td>
</tr>
<tr>
<td>Cycle to the Beat</td>
<td>T</td>
<td>July 2 - 30</td>
<td>9:15 - 10:00 am</td>
<td>$30</td>
<td>$6</td>
<td>Kathy</td>
</tr>
<tr>
<td>Free Cycle Demo</td>
<td>T</td>
<td>July 2 - 30</td>
<td>10:00 - 10:30 am</td>
<td>$0</td>
<td>$0</td>
<td>Kathy</td>
</tr>
<tr>
<td>Cycle to the Beat</td>
<td>Th</td>
<td>July 11 - 25</td>
<td>9:15 - 10:00 am</td>
<td>$18</td>
<td>$6</td>
<td>Kathy</td>
</tr>
<tr>
<td>Cycle to the Beat</td>
<td>F</td>
<td>July 12 - 26</td>
<td>10:15 - 11:00 am</td>
<td>$18</td>
<td>$6</td>
<td>Kathy</td>
</tr>
<tr>
<td>Energy Rides</td>
<td>S</td>
<td>July 13 - 27</td>
<td>8:00 - 8:45 am</td>
<td>$18</td>
<td>$6</td>
<td>Therese</td>
</tr>
</tbody>
</table>

**Indoor Cycling** - Start your workout with a cycling class. Class starts with a warm up, then leads you through hill climbs, flat rides, and standing & sitting sprints.

**Men’s Softball Schedule**

- **Rams** - July 3, 15, 17, 22  
- **Shamrocks** - July 17, 22, 29  
- **Reds** - July 3, 24, 31  
- **Orioles** - July 10, 17, 29

**Monday & Wednesday**  
10:00 am @ Borden Park in Rochester

**Women’s Softball Schedule**

The “Her”icanes women’s slow pitch softball team plays on Tuesdays, 6:45 pm at Jaycee Park in Troy  
**July 9, 16, 30 & Aug 6**
**FREE BEGINNER LESSONS**
A one-hour introduction to the basics of the game. Upon completion, stay for Beginner/Mentor games from 10:30 - 11:30 am.

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

<table>
<thead>
<tr>
<th>Novice Level</th>
<th>All Levels</th>
<th>Adv/Intermediate Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 1 - 4:00 pm</td>
<td>Mon 4 - 6:00 pm</td>
<td>Mon 9 - 11:00 am</td>
</tr>
<tr>
<td>Tue 1 - 4:00 pm</td>
<td>Tue 4 - 6:00 pm</td>
<td>Tue 6:00 - 8:30 pm</td>
</tr>
<tr>
<td>Wed 2 - 4:00 pm (Ct 3 &amp;4)</td>
<td>Wed 4 - 6:30 pm</td>
<td>Wed 11:30 - 1 pm</td>
</tr>
<tr>
<td>Thur 2 - 4:00 pm (Ct 1 &amp;2)</td>
<td>Fri 11 - 1:00 am (7/26 only)</td>
<td>Thur 4 - 6:00 pm</td>
</tr>
<tr>
<td>Fri 1 - 4:00 pm (Ct 3 &amp;4)</td>
<td>Fri 6 - 8:30 pm</td>
<td>Fri 9 - 11:00 am</td>
</tr>
<tr>
<td>Sat 7 - 8:00 am</td>
<td>Fri 4 - 6:00 pm</td>
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</tr>
</tbody>
</table>

**LEAGUES & CLINICS IN SESSION:**
**ALL LEVEL LADDER**
**FRI MAY 3 - JULY 19 (No session 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

**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 July 3 - 31 5:30 - 6:30 pm  Instr: Carol S.  Cost: $25**

**AQUATIC classes**

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

**Therapy Pool 90 - 94° F**

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

**AQUATIC CORE**
**The Core (2)**
Strength your core through a series of new, creative and challenging moves. Exercises can be done in the shallow, or deep end of the pool. All are welcome.

**Fri July 12 - 26 8:00 - 8:50 am**  
**Instr: Susan O.**  
**Cost: $15**

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

**Mon/Wed July 1 - 31 8:00 - 8:50 am**  
**Instr: Margaret/Heather/Susan**  
**Cost: $50**

**Tue/Thur July 2 - 30 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 July 2 - 30 7:00 - 7:50 am**  
**Instr: Peg G.**  
**Cost: $40**

**AQUATIC HEALTHY JOINTS**
**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 July 1 - 31 1:00 - 1:50 pm**  
**Instr: Susan O./Robin L.**  
**Cost: $50**

**Tue/Thur July 2 - 30 10:00 - 10:50 am**  
**Instr: Harlene C./Margaret A.**  
**Cost: $40**

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

**Mon/Wed July 1 - 31 12:00 - 12:50 pm**  
**Instr: Susan O./Robin L.**  
**Cost: $50**

**Tue/Thur July 2 - 30 5:00 - 5:50 pm**  
**Instr: Jeannie L.**  
**Cost: $40**

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

AQUATIC 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 July 3 - 31 5:30 - 6:30 pm  Instr: Carol S.  Cost: $25**
**Fitness & Aquatics**

---

**OPEN SWIM/PARTY SWIM**  
Cost: $3 or All Access Pass or Fitness & Aquatics Pass  
Open swim schedules are available at the Aquatic Desk. Separate swim schedules are posted for lap pool and party swim. 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**  
Cost: $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.

**WEDNESDAY, JULY 10 | 10:00 - 12:30 PM**  
**CHAIR MASSAGE**  
Relax and unwind with a chair massage from a professional massage therapist.  
Make an appointment @ 248-608-0251  
Payment due when appointment is made

---

**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.  
Mon July 1 - 29  
6:30 - 7:20 pm  
Instr: Fabiola  
Cost: $25

**LIQUID BOOT CAMP (3)**  
Wake up with water, perk up with Robin! A great way to start your day!  
Sat July 13 - 27  
8:00 - 8:50 am  
Instr: Robin  
Cost: $15

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

**Beginning (1)**  
Mon July 1 - 29 2:00 - 2:50 pm  
Instr: Robin I.  
Cost: $25  
Fri July 12 - 26 2:00 - 2:50 pm  
Instr: Robin I.  
Cost: $15

**Intermediate (2)**  
Tue July 2 - 30 2:30 - 3:20 pm  
Instr: Jeannie L.  
Cost: $25

**Advanced (3)**  
Wed July 3 - 31 2:00 - 2:50 pm  
Instr: Robin I.  
Cost: $25

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

**Mon/Wed July 1 - 31**  
8:00 - 8:50 am  
Instr: Deb B. / Margaret  
Cost: $50  
Fri July 12 - 26 8:00 - 8:50 am  
Instr: TBD  
Cost: $15

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**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.  
Mon/Wed July 1 - 31  
10:00 - 10:50 am  
Instr: Debbie B.  
Cost: $50  
Fri July 12 - 26  
10:00 - 10:50 am  
Instr: Margaret  
Cost: $15

**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.  
Tue July 2 - 30  
4:30 - 5:00 pm  
Instr: Jeannie L.  
Cost: $25

**AQUA STRENGTH & INTERVAL TRAINING (3)**  
Maximize the resistance of water & challenge yourself with a deep & shallow interval/strength workout. Improve balance, strength & cardiovascular fitness! Must be comfortable suspended in deep water with aqua belts.  
Mon July 1 - 29  
9:00 - 9:50 am  
Instr: Debbie B.  
Cost: $25  
Wed July 3 - 31 9:00 - 9:50 am  
Instr: Debbie B.  
Cost: $25  
Fri July 12 - 26 9:00 - 9:50 am  
Instr: Margaret  
Cost: $15

---

**AQUATIC PERSONAL TRAINING**  
Work with a certified personal trainer to develop a plan tailored to your goals & abilities.  
*See Personal Training, page 17 for pricing packages.

**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.  
*See page 17 for package pricing

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**July 2019**

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**CONTACT INFORMATION**  
Aquatic Desk: 248-608-0293  
Pool Manager: 248-608-0295

**POOL HOURS**  
Mon - Fri: 7:00 am - 8:30 pm  
Summer Hours  
Saturday: 7:00 am - 11:30 am

**SUMMER HOURS**  
Wed July 3 - 31  
10:00 - 12:30 pm  
Pool Manager: 248-608-0251  
Aquatic Desk: 248-608-0293

---

**MAKING WAVES (1-2)**  
Complete body workout involving strength, endurance and tone, using power movements through water.  
Tue/Thur July 2 - 30  
9:00 - 9:50 am  
Instr: Harlene C./ Susan O.  
Cost: $40

**AQUA FIT (2-3)**  
Working at high and low energy levels to build strong hearts, tone muscles, and improve your endurance.  
Tue/Thur July 2 - 30  
10:00 -10:50 am  
Instr: Margaret A. / Susan O.  
Cost: $40

---

**FITNESS & Aquatics**

---

**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.

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**GENERAL information**

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**INSTR:** Harlene C. / Susan O.  
**COST:** July 2 - 30

---

**Relax and unwind with a chair massage from a professional massage therapist.**  
Make an appointment @ 248-608-0251  
Payment due when appointment is made

---

**Wake up with water, perk up with Robin! A great way to start your day!**

---

**FOR ANY $3 DROP-IN.**

---

**Get skinny when you take a dip in the pool and join this workout.**

---

**Improve your swimming stroke and get comfortable in the water.**

---

**Relax and unwind with a chair massage.**

---

**Drink More Water**

---

**STAY HYDRATED**

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**July 2019**
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.

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.

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.

COUNSELING services

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

ASK THE ATTORNEY

Conference Room A / B
Mon, July 8 12:00 - 3:30 pm
Tue, July 23 5:00 - 7:00 pm

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

Call 248.656.1403 Ext 0 to schedule a free 15 minute appointment

MEDICARE & MEDICAID INSURANCE ASSISTANCE

Conference Room B
Mon, July 8 9:00 - 12:00 pm
Wed, July 17 1:00 - 4:00 pm
Mon, July 22 12:00 - 3:00 pm


Call 248.656.1403 Ext 0
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
### July

Enjoy a delicious lunch in the OPC Dining Room, Monday through Friday at 12:00 pm.

Please call by 11:00 am the day before or for a meal on Monday call by 11:00 am on Friday. Call 248.656.1403 Ext 0.

60 and Over - $3 suggested donation | Under 60 - $4 charge | Menu is subject to change based on availability.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Stuffed Cabbage</td>
<td>2 FEATURED LUNCH</td>
<td>3 Baked Pollock Almondine</td>
<td>4</td>
<td>5 Building Closed</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Pub Burger</td>
<td>Potatoes</td>
<td></td>
<td>Building Closed</td>
</tr>
<tr>
<td>Carrots</td>
<td>Baked Beans</td>
<td>Mixed Vegetables</td>
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<tr>
<td>Cabbage Slaw</td>
<td>Potato Salad</td>
<td>Cole Slaw</td>
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<tr>
<td>Fruit Salad</td>
<td>Cabbage Slaw Watermelon</td>
<td>Plums</td>
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</tr>
<tr>
<td>8 Beef Stroganoff</td>
<td>9 Vegetable Lasagna</td>
<td>10 Baked Glazed Ham</td>
<td>11 BIRTHDAY LUNCH</td>
<td>12 Pork Loin w/Gravy</td>
</tr>
<tr>
<td>Cauliflower Broccoli Salad</td>
<td>Normandy Vegetable Blend</td>
<td>Yams</td>
<td>BBQ, Chicken</td>
<td>Mashed Potatoes</td>
</tr>
<tr>
<td>Savory Spinach</td>
<td>Romaine Vegetable sald w/ Garbanzo Beans</td>
<td>Salad</td>
<td>Broccoli Pasta Salad</td>
<td>European Blend Vegetable</td>
</tr>
<tr>
<td>Noodles</td>
<td>Fresh Orange</td>
<td>Carrots</td>
<td>Three Bean Salad</td>
<td>Creamy Cole Slaw Orange Section</td>
</tr>
<tr>
<td>Fruit Medley</td>
<td></td>
<td>Banana</td>
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<tr>
<td>15 Mac 'n Cheese</td>
<td>16 Chicken Casserole</td>
<td>17 Italian Ravioli</td>
<td>18 Breaded Pork Chops</td>
<td>19 Pizza</td>
</tr>
<tr>
<td>Romaine Garden Salad</td>
<td>Garden Salad</td>
<td>Vegetable Salad</td>
<td>Au Gratin Potatoes</td>
<td>Carrot Salad</td>
</tr>
<tr>
<td>Whole Beets</td>
<td>Peas</td>
<td>Green Beans</td>
<td>Broccoli Steamed</td>
<td>Cabbage Slaw</td>
</tr>
<tr>
<td>Plums</td>
<td>Peach Halves</td>
<td>Fruit Cocktail</td>
<td>Salad/w Garbanzo Beans</td>
<td>Red Apple Cookie</td>
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<tr>
<td>Corn Muffin</td>
<td></td>
<td></td>
<td>Fresh Apple</td>
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<tr>
<td>22 Tuna Casserole</td>
<td>23 Chicken Cacciatore</td>
<td>24 Polish Sausage</td>
<td>25 Beef Stew</td>
<td>26 Turkey Burger</td>
</tr>
<tr>
<td>Caribbean Vegetable</td>
<td>Oven Roasted Potatoes</td>
<td>Calico Beans</td>
<td>Garden Salad</td>
<td>Cucumber Salad</td>
</tr>
<tr>
<td>Whole Beets</td>
<td>Peas &amp; Carrots</td>
<td>Carrot Raisin Salad</td>
<td>Fresh Apple</td>
<td>Santa Fe Salad</td>
</tr>
<tr>
<td>Plums</td>
<td>Jello</td>
<td>Plum Halves</td>
<td>Biscuit</td>
<td>Canteloupe</td>
</tr>
<tr>
<td>Corn Muffin</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29 Salisbury Steak</td>
<td>30 Baked Cod</td>
<td>31 Baked Ziti</td>
<td>BIRTHDAY LUNCH</td>
<td>Thursday, July 11</td>
</tr>
<tr>
<td>Baked Potato</td>
<td>Roasted Potatoes</td>
<td>with Meat Sauce</td>
<td></td>
<td>11:45 am - 12:30 pm</td>
</tr>
<tr>
<td>Key West Vegetable</td>
<td>Cabbage Slaw</td>
<td>Cole Slaw</td>
<td>Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Wed, July 10 and identify yourself as a “Birthday Senior”. Call 248-656-1403 Ext. 0.</td>
<td></td>
</tr>
<tr>
<td>Garden Salad</td>
<td>Mixed Vegetables</td>
<td>California Blend</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banana</td>
<td>Red Grapes</td>
<td>Grapefruit Sections</td>
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</tbody>
</table>

Older Persons’ Commission • 650 Letica Drive • Rochester, MI • 48307 • 248.656.1403

The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: www.aaa1b.org • 1.800.852.7795
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 PRIMARY CARE DOCTOR
Dr. Hull   Fri, July 12   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, July 2, 16 & 30   9:00 - 11:00 am

ASK THE MEDICAL PROFESSIONAL IS DESIGNED FOR WALK-INS

July 2019

BONE DENSITY SCREENING   Fri, July 12   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, July 23   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

Wellness Center at OPC
Contact   Cindy McKenna   248.601.2888

Register and pay at Cashiers Desk   248.608.0251 | 248.659.1029

BONE DENSITY SCREENING   Fri, July 12   9:00 - 11:00 am
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Patients come from all over the nation
Most trusted experts in life-changing dentistry
Michigan’s leading cosmetic and restorative dentists

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New Member Coffee

Wednesday | July 10 | 10:00 am and 6:00 pm | Dining Room
Discover why OPC is a great place to be 50+ at this complimentary gathering.

A presentation on exciting current and future events
- Receive tips on our website, social media, and check-in process
- Create connections and get to know fellow members
- Coffee and light refreshments provided
- Get the most out of your membership!
- Call 248-656-1403 ext 0 to register.

JULY HOURS OF SERVICE
BUILDING HOURS:  Mon - Fri:  6:30 am -  8:45 pm
                  Sat:  7:00 am - 11:45 am
BUILDING CLOSED: Thursday, July 4 - Holiday
                 Reopens, Monday, July 8
CASHIER’S HOURS: Mon - Fri  8:30 am -  3:30 pm
                 LATE NIGHT: Tue, July 9  8:30 am -  7:00 pm

GENERAL INFORMATION:  248.656.1403 Ext. 0
TRANSPORTATION/MINIBUS:  248.652.4780
CASHIER OFFICE:  248.608.0251 | 248.659.1029