TOP CHEF

Senior Living Communities

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

Proceeds benefit: Meals on Wheels & Act of Kindness

Appetizers | Entrees | Desserts
Beer & Wine available for purchase

For Tickets call: 248.659.1029 | Open to the Public

Participating Communities:
- American House Elmwood
- American House Stone
- Bellbrook
- Blossom Ridge
- Cedarbrook Heartland
- Oakwood House
- Henry Ford Village
- Pomeroy Living
- Stonecrest
- Sunrise
- Waltonwood University

Presenting Sponsor
Ascension Providence Rochester
From the Executive Director

The lovely OPC stone cottage gardens were the backdrop for the Summer Solstice Soiree welcoming Summer’s arrival. The evening began with a champagne reception, croquet, and silent auction in the gardens and moved into the gym transformed into a farm to table delicious dinner by chefs from Stonecrest of Rochester Hills Senior Living. The sparkler finale reminded everyone how the Meals on Wheels program lights up the life of homebound seniors in NE Oakland County and beneficiary of this fundraiser. See page 11 for a photo collage from the evening! Special thanks to the sponsors, community donors to the silent auction, and incredible volunteers who helped set-up, clean-up and the servers who were truly amazing. We are so blessed!

2019 marks several significant historical events:
• The 75th Anniversary of the fateful day that Allied Troops stormed the French beaches of Normandy and liberated it from Nazi Control. There are many of our members that fought in WWII. We can’t thank you enough for your service above self.
• On July 20, 1969 families were huddled around their TV watching as Neil Armstrong and Buzz Aldren landed and walked on the Moon. An unforgettable memory for many!
• This August marks the 50th Anniversary of the Woodstock Music Festival where half a million young people gathered for 3 days of peace and music by Santana, Jimi Hendrix and more. A selfie station to commemorate the festival with a VW bus and props will be located near the main entrance August 12-16 so take a photo and be sure to tag OPC Senior Center in your FB post! (Peace sign)

Many of our OPC members will be participating in the Michigan Senior Olympics Summer Games August 9-18. Some of the events include archery, badminton, cycling, dancesport, racquetball, swimming, volleyball and Track & Field. For a detailed schedule go to www.michiganseniorolympics.org. The MSO Opening Ceremony is Friday, August 9th at Rochester Hills Bloomer Park from 6pm - 8pm. This event is Open to the Public and includes a torch lighting ceremony, food and entertainment! Good luck to the athletes!

Be sure to “Take some time to stop and smell the Roses” on the OPC patio this summer by enjoying your lunch with a friend, read a book, write, meditate or paint.

Renee Cortright, Executive Director

MEET THE ELECTED OFFICIALS

MAYOR BRYAN BARNETT - Rochester Hills
August 5 10:00 - 11:30 am @ Dining Room

MAYOR ROB RAY - Rochester
August 15 4:30 - 5:30 pm @ Rewold Library

SUPERVISOR MIKE BAILEY - Oak Twp
Every Monday 3:00 - 5:00 pm @ Oak Twp Office
**ASCENSION Providence Rochester** A MONTHLY LECTURE WITH A MEAL

**Rise and Shine BREAKFAST**

Tue Aug 6 | 9:00 - 10:30 am | Cost: $2 | Dining Room

**TERRIFIC TUESDAY** | Featuring artist Julie Dawson

**Tuesday | August 13 | 4:30 - 7:30 pm | Cost: $10**

THE WORLD THROUGH THE EYES OF A TRAVELING ARTIST

Birmingham watercolor artist, Julie Dawson, will give a presentation about her wonderful world as an artist. Much of her subject matter comes from extensive travels with her husband, Peter. She has traveled through 100 countries, 50 states, and all 7 continents. Her work has been shown in more than 87 one woman exhibitions, and appears in collections around the world.

4:30 pm - Light supper | 5:10 pm - Presentation | Seniors 50+
6:30 pm - Entertainment • Tickets required, call: 248-608-0251 • Deadline: Aug 9 @ 11:00 am

**WOMEN’S LUNCHEON** | Fashion Show

**Thursday | August 22 | 1:00 - 3:00 pm | Cost: $12**

The Assistance League of Southeast Michigan will host a fashion show to highlight some of the fabulous items that are available at their store, The Resale Connection, located in downtown Rochester. They will also share with us some details of the fantastic projects they spearheaded to help our community and beyond! Great food, good company and the OPC men Waiters make this a fun day for all!

**TOPIC: MOOD BOOSTING FOODS:** What You Eat Can Effect How You Feel

**Wednesday, August 21 | 10:00 am - 11:00 pm**

This presentation explores the mood-enhancing elements of whole food plant-based nutrition and the impact of food choices on mental and emotional health. Presenter: Kelly Michiya MS, Human Nutrition and Integrative Health

CALL 248.656.1403 EXT 0 FOR RESERVATIONS | Classroom 3 | Breakfast Provided | Complimentary
This informational presentation will cover the basics of conservation to aggressive investments and answer the following questions:

• What will my retirement income strategy be?
• How much risk should I take?
• How to keep up with inflation?

Bring your own questions for Doree Cook, Financial Associate with Thrivent Financial.

To Register: 248-656-1403 Ext: 0

Cost: $1 Drop in

INVESTING 101
Rewired not Retired SM
Wed, August 21 | 7:00 - 8:30 pm | Classroom 1
This informational presentation will cover the basics of conservation to aggressive investments and answer the following questions:

• What will my retirement income strategy be?
• How much risk should I take?
• How to keep up with inflation?

Bring your own questions for Doree Cook, Financial Associate with Thrivent Financial.

To Register: 248-656-1403 Ext: 0

Cost: $1 Drop in
OPC VETERANS’ CONNECTION
Wed, Aug 14  10:00 am
Meet fellow Veterans and share experiences from your days of service.
Call 656.1403 Ext 0 to register.

LATE BLOOMERS GARDENING GROUP
Wed, Aug 7 - 28
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 some 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.

CARDS & games

INTERACTIVE PUZZLE
Library
Come by and join in the fun anytime and anyday!

BINGO MANIA
Dining Room
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

CARDS & GAMES DROP-IN GROUPS

Meet new friends, enjoy some conversation and play your favorite game during any of our drop-in times. Arrive 15 minutes early for registration.

Name of Drop-In Group  Day  Time  Cost  Room
Bridge  M  12:30 - 4:00  $1  2
American Mah-Jong  M  12:30 - 4:00  $1  3
Samba  M  12:30 - 4:00  $1  1
Am. Standard Bridge  T  10:00 - 12:00  $1  3
Euchre  W  12:30 - 4:00  $1  1 & 2
Mah-Jong  W  12:30 - 4:00  $1/$3  3
Chess  W  6:00 - 8:00  $1  3
Pick-A-Puzzle  M - S  All Day  Free  Library
Euchre  Th  10:00 - 12:00  $1  3
Duplicate Bridge*  Th  12:30 - 4:00  $3  2 & 3
Am. Standard Bridge  F  12:30 - 4:00  $1  3
Pinochle  F  12:30 - 4:00  $1  3
Euchre & Pinochle  S  10:00 - 12:30  $1  3

*DETAILS: Duplicate Bridge - Content: Non-sanctioned.
Pre-registration: 12:00 - 12:30 pm, Game begins promptly at 12:30 pm

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DROP-IN GROUPS

Drop-ins cover more specialized topics than our standard grid. If you are knowledgeable about computer basics, please join us for these more specialized programs.

DROP-IN GROUPS  DAYS/DATES  TIME  COST
Computer Club / Rm 1  Every Tue  10:00 - 12:00  $1
“Mac” Enthusiasts/ Rm 1  Th Aug 1, 15  1:00 - 3:00  $1
Ubuntu Club/ Rm 1  Aug 8 & 22  9:00 - 11:00  $1
Digital Photography  F Aug 9  1:00 - 3:00  $2

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PRESENTING SPONSOR
Bellbrook
ST. JOSEPH MERCY SENIOR COMMUNITIES

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FUTURE ON THE ISSUES
Classroom 1
Mon, Aug 12 & 26
Discuss current issues.
Cost: $1 Drop In

VINTAGE VIEW WRITERS
Classroom 1
Mon, Aug 26
12:45 - 1:45 pm

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Wed, Aug 7 - 28
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Enrichment

LANGUAGE classes
Curriculum is continuation based on previous learning.

SPANISH BEGINNER Classroom 3
Mon, Aug 5 - 26 11:00 am - noon
Instr: Mike L
Cost: $5 Drop in

SPANISH BEGINNER Conf Room B
Thur, Aug 1 - 29 7:00 - 8:00 pm
Learn to speak or brush up on skills.
Instr: Mike L
Cost: $5 Drop in

ITALIAN INTERMEDIATE Cl Rm 2
Resumes in September
Instr: Marta
Cost: $5 Drop in

INTERNATIONAL groups

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<thead>
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<th>Day</th>
<th>Time</th>
<th>Cost</th>
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<td>French</td>
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<td>Chinese/English</td>
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</table>

Monday, August 5
6:00 - 8:00 pm
Starring: Tom Cruise
$1 Suggested Donation

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

OPEN TO THE PUBLIC

A Perfect Pairing
An Evening in CASABLANCA
Thursday, August 1
6:00 - 8:00 pm
Cost: $25

Enjoy this wine tasting in our beautiful OPC Stone Cottage 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.

MOVIES @ OPC
| Mon, Aug 5 | 6:00 - 8:00 pm
| Fri, Aug 9 | 1:30 - 3:30 pm

Starring: Tom Cruise
$1 Suggested Donation

POMS PG 13
Mon, Aug 19
6:00 - 8:00 pm
“1 Pizza Night”
Fri, Aug 23
1:30 - 3:30 pm
Starring: Diane Keaton and Rhea Perlman
$1 Suggested Donation
TAKE A CLASS, PLAY A GAME OR JOIN A GROUP

**LITERATURE in the Library**

**BOOK CLUB**
Wed, August 7  
1:00 - 3:00 pm  
Cost: $1 Drop In
The book for discussion is “The Clan Cove Bear” by Jean M. Auel

**NOVELS @ NIGHT CLUB**
Thur, Aug 15  
7:00 - 8:30 pm  
Cost: $1 Drop In
The book is Dewey: “The Library Cat” by Vicki Myron

**POETRY AT NIGHT**
Tue, Aug 20  
7:00 - 8:00 pm  
Cost: $1 Drop In

**FIRESIDE POETRY**
Thur, Aug 22  
1:30 - 3:30 pm  
Cost: $1 Drop In

**DANCE & MUSIC**

**BALLROOM DANCE**  
Mon, August 19 & 26  
7:00 - 8:00 pm  
Cost: $8 Ticket per session
The Hustle is the dance for August. Partner not required.  
Instr: Amy Tranchida

**LINE DANCE** with Carol  
Mon, Aug 5, 12, 26  
1:00 - 2:00 pm  
Cost: $5 Drop In
Wed, Aug 7 - 28  
7:00 - 8:00 pm  
Cost: $5 Drop In

**BELLY DANCE** with Sandy  
Auditorium
Thur, Aug 22  
7:00 pm  
Cost: $5 Drop In

**UKULELE FUN**  
Auditorium
Tue, Aug 6 - 27  
3:15 - 4:15 pm  
Cost: $5 Drop In

**GUITAR** with Jean  
Dining Room
Tue, Aug 6 - 27  
1:30 - 2:30 pm  
Cost: $5 Drop In
Sat, Aug 3-31  
9:30 - 11:30 am  
Cost: $5 Drop In

**BOOK CLUB**
Wed, August 7  
1:00 - 3:00 pm  
Cost: $1 Drop In

**NOVELS @ NIGHT CLUB**
Thur, Aug 15  
7:00 - 8:30 pm  
Cost: $1 Drop In

**FIRESIDE POETRY**
Thur, Aug 22  
1:30 - 3:30 pm  
Cost: $1 Drop In

**with Ben Sharkey**

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.

Cost: $20  
6:30 pm Light appetizers  
7:00 pm Performance  
Beer & Wine for purchase

Tickets call: 248.659.1029

**PERFORMING ARTS in the Auditorium**

**Fall Variety Show Auditions**
Wednesday, August 21 and Thursday, August 22 at 10:00 am

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.

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
**JEWELRY & CRAFTS**

### INTERMEDIATE KNITTING  Studio 1
**Mon, Aug 5 - 26   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
**FUN PAPER PROJECTS**  
**Wed, Aug 7, 14, 21, 28   1:00 - 4:00 pm**
You will be amazed what you can do with paper! Create cards, altered books, art journals, scrapbooks and more...your choice. Experiment with punches, embossing and die cutting techniques. **Supplies:** Bring your own adhesive, books, journal, etc. Supplement with supplies from our stock.  
*YOU MUST PRE-REGISTER FOR EACH SESSION*  
*Instrs*: Cherie H., Opal T.  
*Cost*: $5 per session

### ROCHESTER PAINTED POT  Studio 1
**MASON JAR LANTERN**  
**Wed, Aug 14   9:30 am - noon**
FUN step by step class to create a large mason jar lantern. Add some glimmer strings or a candle and you’ll have a great piece to showcase on a dinner table, as unique décor for any room or on your porch. **All supplies, firing and glazes provided. Registration by Thursday, August 8 please.**  
*Instr*: Terri Petherbridge  
*Cost*: $40

### ZENTANGLE TECHNIQUES  Studio 3
**ZENTANGLE CARTOUCHE**  
**Mon, Aug 19   9:00 am - noon**
Take an old photo, a piece of jewelry, collection of coins, buttons or almost anything and make it into a frameable work of art. Experience the Zentangle Method as you tangle around your keepsakes. Paper color options available. **Supplies:** Bring your own pens (or purchase from instructor) and your choice of items for your composition. Explore this relaxing art form. No experience needed.  
*Instr*: C. Hartwick CZT#20  
*Cost*: $8

### PAINTING ON BARNWOOD  Studio 2
**HARVEST BOARD**  
**Tue, Aug 20   1:00 - 4:00 pm**
**HALLOWEEN BOARD**  
**Tue, Sep 24   9:30 am - 12:30 pm**
Paint a unique seasonal piece on real rustic barnwood. Great for your porch, door or anywhere in your home to bring in the autumn festivities. Boards are approximately 16 x 20 and can be hung or leaned. **All supplies included.**  
*Instr*: Susan Van Heck  
*Cost*: $35

### FUSED GLASS CLASS  Studio 1
**Thurs, Aug 22 & 29   12:30 - 3:30 pm**
Fused glass involves stacking and layering thin sheets of glass to create patterns and simple images. Pieces bond together when fired. Learn to cut and shape glass. First week - make 3 trivets in a design of your choice; second week mount the trivets onto one frame for display. Class will stimulate your ideas to create a piece using many pieces of cut glass organizing them into one design. For ALL levels. **Supplies and tools provided for $35 payable to instructor.**  
*Instr*: Tom F  
*Cost*: $15

### MOSAIC TILE CLASS  Studio 1
**AUTUMN APPLE**  
**Tue, Sept 3   9:30 am - noon**
**HARVEST WREATH**  
**Fri, Oct 4   9:30 am - noon**
Learn cutting, gluing and grouting techniques to create a mosaic masterpiece. These are great seasonal pieces. 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

### STAINED GLASS CLASS  Woodshop
**Tue, Sep 10 - Oct 1   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 designs and projects will be offered to intermediate students. **Supplies included; bring apron and safety glasses.**  
*Instr*: Dave Kosbab  
*Cost*: $40

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**LOOKING FOR VOLUNTEERS** - Volunteers play a large role at OPC. Opportunities available for: Retirees, Working Individuals, Businesses, College & High School Students, and Families  
Get started by calling 248.608.0270
PAINTING & DRAWING

CHINESE BRUSH PAINTING  Studio 1
Mon, Sept 9 - 30  1:00 - 3:00 pm
Learn to handle Chinese brushes and ink; load brush, control ink flow, and execute brush strokes. Intro to color and varied subject matter as skills develop. Individual instruction for all levels. Discover Chinese culture!
Supplies: purchase from instructor; additional fee.
Instr. Lee Cheng Tan  Cost: $40

WATERCOLOR CLASS
Tues, Sep 10 - Oct 1  1:00 - 3:00 pm  Studio 2
Wed, Sep 18 - Oct 9  9:30 - 11:30 am  Studio 1
All levels welcome. Learn to mix colors and create a variety of paintings including florals, landscapes, still life. Theme for the month is “blue skies and early fall.” Concentrate on blending colors and textures. Experiment with various techniques: salt, wax paper, saran wrap, masking, gesso & Elmers glue. One week this session will be painting in the OPC Gardens. 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 ea 4 week session

WATERCOLOR WORKSHOP WITH MARYLYNN THOMAS  Studio 1
Fri, Sep 13  9:00 am - 3:30 pm
Join us for a day of developing your watercolor skills. Subject matter is “Twice as Nice!” You will be painting (if time permits) not one, but two charming birds – a chickadee and a baby blue jay each on 9 x 12 paper. Learn to use masking liquid for the smaller feathers so they look wispy and practice two types of wood grain. Supplies: Bring 2 sheets 9 x 12 watercolor paper or one that can be divided in half (tracings will be 8.5 x 11), a couple smaller brushes or graining brush, masking liquid and basic supplies. For basic supply list email pbedsole@opcseniorcenter.org or pick up list on board in art hallway. Bring your own sack lunch or you may eat in OPC café.
Instr. Marilynn Thomas  Cost: $45

CREATIVE THINKING INSPIRES IDEAS

An Invitation for students and teachers to display fine art and crafts
To Register: call Paula Bedsole 248-608-0253 or email pbedsole@opcseniorcenter.org

4-7 September
Art Exhibit Gallery in the OPC Lobby
IMAGES
**WOODSHOP**

**REMINDE**RS 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

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**DROP-IN ART & CRAFTS** *Pre-requisite class or experience | No Drop ins Monday, September 2*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>QUILTING CIRCLE</strong></td>
<td>MON</td>
<td>9:00 - 11:00 am</td>
<td>$1</td>
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<tr>
<td><strong>ZENTANGLE w/Cherie</strong></td>
<td>MON</td>
<td>9:30 - 11:30 am</td>
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<tr>
<td><strong>CREATION STATION</strong></td>
<td>MON w/Cherie</td>
<td>1:00 - 4:00 pm</td>
<td>$3</td>
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<td></td>
<td>TUE w/Regina</td>
<td>1:00 - 4:00 pm</td>
<td>$3</td>
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<tr>
<td><strong>OPEN STUDIO PAINTING w/Sharon</strong></td>
<td>FRI</td>
<td>1:00 - 3:30 pm</td>
<td>$2</td>
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<tr>
<td><strong>INDEPENDENT POTTER’S CLUB</strong></td>
<td>M/TH</td>
<td>9:00 am - noon</td>
<td>$3</td>
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<td>M/TH</td>
<td>5:00 - 8:00 pm</td>
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<td>M/TH</td>
<td>1:00 - 4:00 pm</td>
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<tr>
<td><strong>KNIT &amp; CROCHET w/Muriel &amp; Sarah</strong></td>
<td>TUE</td>
<td>9:30 - 11:30 am</td>
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<td><strong>INDEPENDENT ART</strong></td>
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<td><strong>NEEDLE ARTS</strong></td>
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<td><strong>LAPIDARY w/Dave &amp; Tom</strong></td>
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<td>THUR</td>
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**POTTERY & CLAY CLASSES**

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<th>Class</th>
<th>Level</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
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<tr>
<td><strong>POTTERY WHEEL</strong></td>
<td>All levels</td>
<td>Wed, Sept 11 - Oct 16</td>
<td>5:00 - 8:00 pm</td>
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</tbody>
</table>

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**

---

**Looking for ARTISANS**

Saturday, November 9
9:00 am - 4:00 pm

**artisan MARKET**

For more information, contact Judy Hickman: jhickman@opcseniorcenter.org or 248.608.0275

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Woodshop User Card:

$10 week | $20 Month | $100 year

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**THE MARY ELIZABETH GIFT SHOP**

Sizzling Sales in August

Summer hours Mon thru Fri 9:30am - 3:30pm
PHILANTHROPY  Summer Solstice Soiree Highlights

Presenting Sponsor
Rutkowski Law Firm

Benefactor Sponsors
Ascension Providence Rochester
Controller Technologies Corp.

VIP Sponsor
Kathy White & William Wonfor

Event Sponsors
Modetz Family Funeral Homes

Valet Sponsor
American House

Silent Auction Sponsor
Pixley Funeral Homes

Dining Sponsor
Stonecrest

Champagne Reception Sponsor
Par Pharmceutical

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Century 21
Sakmar & Associates
Frank Rewold & Sons
Oakland University
Presbryterian Villages
Spalding DeDecker
Barry Hawthorne
Laurie Tennent
Aurum Jewelers

Thank You to the many amazing Volunteers and Community Partners who contributed to the silent auction and success of the benefit for Meals on Wheels and our incredible OPC Team Members!
**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 Allocco’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 CEASER'S 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

**GIBRALTAR BAY ALPACA FARM**  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

**EASTERN MARKET TOUR & LUNCH**  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 16

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**DSO CONCERTS**  on the OPC Mini bus

**NEW**
**DSO CLASSICAL**  Fri, Nov 8  9:00 am - 3:30 pm
Tschaikovsky’s 1st Concerto – featuring pianist Simon Trpceski & Dalia Stasevska, conductor. Lunch on you own after at Maggiano’s in Troy. OPC Mini bus
Cost: $65  Cancellation fee: $10 | Deadline: Oct 11

**DSO POUPS**  Fri, October 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: Sept 13

**NEW**
**DSO CLASSICAL**  Fri, Nov 15  9:00 am - 3:30 pm
Pictures at an Exhibition – by Mussorgsky/Arr. Ravel. Leonard Slatkin, conducting. Lunch on your own after at El Charro in Troy. OPC Mini bus
Cost: $65  Cancellation fee: $10 | Deadline: Oct 18

**NEW**
**DSO POUPS**  Fri, Nov 22  9:00 am - 3:30 pm
The Paul Simon Songbook – all your favorites, featuring vocalist Paul Loren. Jeff Tyzik, conducting. Lunch on your own after at Mon Jin Lau in Troy. OPC Mini bus
Cost: $88  Cancellation fee: $13 | Deadline: Oct 25
**WASHINGTON DC * Thur, April 23 - Mon, April 27, 2020**

Travel to our nation’s capital, Washington DC and explore all the great museums and historical sites. Highlights include; United States Capitol tour and Visitor Center, Union Station, guided tour of the city highlighting Monuments and Memorials with stops at Washington Monument, Lincoln, Vietnam Veterans, WWll and Korean War Veterans Memorials, Ford Theater, Smithsonian Museums, Arlington National Cemetery tram tour, Mount Vernon, Flight 93 National Memorial and more. **Tour includes** deluxe motor coach, 4 nights’ stay at the beautiful Courtyard Alexandria Pentagon South, 4 breakfasts, 4 dinners, guided tours and admissions as noted in the brochure, OPC Group Leader and all gratuities. **Not included** is meals not listed. Triple room consists of 2 double beds or add a roll away based on availability.

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<tr>
<td>Schedule of payments:</td>
<td>Deposit - $400 due at registration</td>
<td>2nd payment - $400 due November 22, 2019</td>
<td>3rd payment - $400 due January 31, 2020</td>
<td>Balance due March 6, 2020</td>
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Cancellation Policy: Insurance cost of $385 + $150 processing fee + airline cancellation penalties if applicable are non-refundable.

**ALASKA AND CRUISE * Tue, June 2 - Sat, June 13, 2020**

Experience a bucket list trip to Alaska! The 5 days land portion includes the Sternwheeler Discovery Cruise in Fairbanks, travel deep into Denali with a Tundra Wilderness Tour, ride a luxury domed scenic train to Talkeetna stay at the Denali Princess Wilderness Lodge and Anchorage where we board the Coral Princess for our 7-night cruise. Cruise highlights include Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, the Inside Passage and Vancouver. **Tour includes;** 12 nights lodging, 11 breakfasts, 6 lunches, 8 dinners, land tours, 7-night cruise, port taxes and fees, roundtrip airfare from Detroit Metro airport, all transfers, luggage handling, comprehensive travel insurance (copy available at cashiers), OPC Group Leader, all gratuities except for cruise ship, **Not included;** shipboard gratuities, baggage fees of $50-$60, optional excursion while on ship and meals not included. Cruise optional excursions can be found on the Princess Cruise Line website. At 85 days prior to departure travelers will be forwarded a cruise reservation number which allows you to pre-book your options directly with Princess. Single cabin categories are limited. ****Book an Outside Cabin and receive an upgrade to Balcony FREE!! (based on availability). All prices are per person. *Bring a copy of your passport at sign up. Must not expire before Feb 13, 2021.*

- Inside Stateroom: Single: $8439 Double: $5839
- Outside Stateroom: Single: $10,289 Double: $6889
- Balcony Stateroom: Single: $10,789 Double: $7189

| Schedule of Payments: | Deposit - $1000 due at registration | 2nd payment - $1000 due on November 29, 2019 | 3rd payment - $1000 due December 27, 2019 | Balance due January 31, 2020 |

Cancellation Policy: Insurance cost of $385 + $150 processing fee + airline cancellation penalties if applicable are non-refundable.

**SWITZERLAND BY RAIL * Tue, September 15 - Sat, September 26, 2020**

Enjoy rich culture against a backdrop of soaring Alpine peaks. You’ll soak up the scenery aboard trains that will take you from the city to the countryside and back again. See the iconic Matterhorn up close at Gornergrat, ride the famed Bernina Express and tour Zurich’s charming streets. **Tour includes;** 12 days, 10 nights accommodations, 10 breakfasts, 5 dinners with beer or wine, 1 wine tasting, guided sightseeing tours, 5 train rides, travel by deluxe motor coach, roundtrip airfare from Detroit Metro, all taxes, fee and surcharges, all transfers, luggage handling, baggage fees, comprehensive travel insurance (copy available at cashiers), OPC Group Leader and gratuities. **Not included;** meals not listed and optional excursions. Bring a copy of your passport at sign-up (must not expire before March 26, 2021) All rates are per person, airline prices subject to change. Single rooms are limited. Tour involves walking on uneven surfaces in high altitude. **Reservation begins at 8:30 am on July 22.**

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<tr>
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Cancellation Policy: Insurance cost of $429 + $150 processing fee + airline cancellation penalties if applicable are non-refundable.

Purchase tickets by Cancellation Deadline | *Not wheelchair accessible*
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.
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 and toning workout for beginners 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 with constant movement to ensure you have a great workout.
Wed | Aug 7 - 28 | 9:00 - 9:55 am
Instr: Brenda
Cost: $21

RESISTANCE & BALANCE TRAINING (2)
Group Exercise 1
Incorporate strength moves to tighten and tone trouble spots, and stretching that will leave you feeling longer and leaner. Improve posture, body awareness, and overall strength. Some floor work, but you may stay in a chair.
Tue | Aug 6 - 27 | 1:15 - 2:15 pm
Instr: Kathy L.
Cost: $21
Thur | Aug 1 - 29 | 1:15 - 2:15 pm
Instr: Kathy L.
Cost: $27

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

DRUMS & MORE (2-3) GE 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! Utilize drumsticks and stability balls along with your body to achieve a total body, mind, and cardiovascular workout in rhythmic fashion.
Thur | Aug 1 - 29 | 4:30 - 5:20 pm
Instr: Mila M.
Cost: $27

BEG. LOW IMPACT BALLET (2)*
Group Exercise 1
Experience ballet while you improve memory, balance, posture, flexibility, and body strength. Barre and ballet center will be taught. All levels - ballet shoes are required.
Wed | Aug 7 - 28 | 10:30 - 11:30 am
Instr: Lauren B.
Cost: $32
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
Restore movement in joints, flexibility in muscles, relieve pain, and stimulate cells to increase energy. A full body workout created by the author of the New York Times bestseller, Aging Backwards.
Thur | Aug 1 - 29 | 5:30 - 6:25 pm
Instr: Lauren B.
Cost: $27

ESSENTRICS® BARRE (3)
Group Exercise 1
Based on the Age Reversing, 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 | Aug 5 - 26 | 6:25 - 7:25 pm
Instr: Lauren B.
Cost: $21
STRETCH & BALANCE (2-3)
   Group Exercise 2
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).
   Mon Aug 5 - 26 10:00 - 10:50 am
   Instr: Dawn K.
   Cost: $21
   Fri Aug 2 - 30 10:00 - 10:50 am
   Instr: Dawn K.
   Cost: $27

FUNCTIONALLY FIT (2)
Beginner strength training with light weights and exercise bands. Also coordination exercises, using balance training for injury prevention. Exercises done standing and seated.
   Mon Aug 5 - 26 11:25 - 12:25 pm
   Instr: Dawn K.
   Cost: $21
   Fri Aug 2 - 30 11:30 - 12:30 pm
   Instr: Dawn K.
   Cost: $27

TONIC, STRETCH, & BALANCE (1)
   Group Exercise 2
Class for those dealing with MS or recovering from a stroke. Balance, strength and flexibility will be addressed. Standing and seated exercises. Those who need to sit through the class are welcome.
   Tue/Thur Aug 1 - 29 11:30 - 12:15 pm
   Instr: Dawn K.
   Cost: $48

ZUMBA (2)
   Group Exercise 1
Beginner Zumba® class fuses hypnotic Latin rhythms and easy-to-follow moves creating a one-of-a-kind fitness program with Latin and international music. This class will get you moving and having FUN!
   Mon Aug 5 - 26 10:30 - 11:30 am
   Instr: Leah B.
   Cost: $21
   Tue Aug 6 - 27 7:05 - 8:05 pm
   Instr: Leah B.
   Cost: $21
   Wed Aug 7 - 28 6:30 - 7:30 pm
   Instr: Fabiola
   Cost: $21
   Fri Aug 2 - 30 1:00 - 2:00 pm
   Instr: Leah B.
   Cost: $27

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 and buttocks.
   Tue Aug 6 - 27 10:45 - 11:30 am
   Instr: Robin I.
   Cost: $21
   Tue Aug 6 - 27 5:15 - 6:00 pm
   Instr: Robin I.
   Cost: $21
   Thur Aug 1 - 29 10:45 - 11:30 am
   Instr: Robin I.
   Cost: $27

CIRCUIT TRAINING (3 - 4)
   Group Exercise 3
High energy 60 minute class incorporating stations, alternating between weight training and cardio.
   Mon Aug 5 - 26 12:30 - 1:30 pm
   Instr: Karen M.
   Cost: $21

BACK HEALTH (1-2)
   Group Exercise 2
Emphasis on increasing lower back strength function and flexibility, as well as enhancing muscle groups that help support proper posture.
   Tue Aug 6 - 27 9:30 - 10:30 am
   Instr: Dawn K.
   Cost: $21
   Thur Aug 1 - 29 9:30 - 10:30 am
   Instr: Dawn K.
   Cost: $27

PILES CLASSES
Pilates-Strength Training (2-3)
   Group Exercise 2
Workout your entire body based on the Pilates principles of core conditioning and alignment. Use hand weights, stability balls, and other pieces of equipment to address strength, joint flexibility, balance, and proper posture. All levels welcome.
   Mon Aug 5 - 26 9:00 - 10:00 am
   Instr: John M.
   Cost: $40 Drop-in: $10
   Fri Aug 2 - 30 10:30 - 11:30 am
   Instr: John M.
   Cost: $40 Drop-in: $10

Punch Cards not accepted.

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 Aug 5 - 26 7:00 - 7:50 am
   Instr: Peg G.
   Cost: $21
   Wed Aug 7 - 28 7:00 - 7:50 am
   Instr: Peg G.
   Cost: $21
   Fri Aug 2 - 30 7:00 - 7:50 am
   Instr: Peg G.
   Cost: $27

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 Aug 6 - 27 2:20 - 3:20 pm
   Instr: John M.
   Cost: $32 Drop-in: $10
   Fri Aug 2 - 30 10:30 - 11:30 am
   Instr: John M.
   Cost: $40 Drop-in: $10

Punch Cards not accepted.

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.
   Thu Aug 1 - 29 2:15 - 3:15 pm
   Instr: John M.
   Cost: $40 Drop-in: $10

FULL BODY BLAST (3 - 4)
   Group Exercise 1
Get a quick high energy workout, challenging 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 Aug 6 - 27 4:00 - 4:50 pm
   Instr: Emily B.
   Cost: $21

DANCE FOR PARKINSON’S (1-2) Gymnasium

Wednesday, August 7 - 28 1:00 - 2:00 pm
   Instr: Ali W.
   Cost: $32 Drop-in: $10
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.

Punch Cards not accepted.
BOXING classes

Punch cards will not be accepted

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.

Thur  Aug 1 - 29  6:30 - 7:30 pm
Instr: Carol S.  Cost: $40
Drop-in: $10

BOXING FOR PARKINSON’S
Gym behind purple curtain
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.

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  Aug 1 - 29  12:00 - 1:00 pm
Instr: Carol S.  Cost: $40
Drop-in: $10

Level - B
Max: 10
Address high balance risks, improve postural imbalance, flexibility, gait, voice therapy, and cognitive impairment issues. Bring along a care partner for assistance.

Thur  Aug 1 - 29  1:00 - 2:00 pm
Instr: Carol S.  Cost: $40
Drop-in: $10

CORE STRENGTH

Beginning (2)
Begin strengthening back, stomach, and side muscles to improve posture and balance.

Instructor:
Mon  Aug 5 - 26  11:30 am - 12:25 pm
Instr: Karen  Cost: $21

Group Exercise 2

Wed  Aug 7 - 28  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 and balance.

Wed  Aug 7 - 28  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/Thur  Aug 1 - 29  9:30 - 10:30 am
Instr: Karen  Cost: $48

HARD CORE STRENGTH (4)

Group Exercise 2
This class is for advanced level participants who seek full-body strength training class. Move from exercise to exercise with no breaks, and do exercises from the floor. Please bring a mat.

Thur  Aug 1 - 29  12:20-1:05 pm
Instr: Dawn K.  Cost: $27

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: $940

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
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 Aug 7 - 28 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 Aug 5 - 26 12:45 - 1:45 pm
Instr: Norma B.
Cost: $21
Wed Aug 7 - 28 12:45 - 1:45 pm
Instr: Kim D.
Cost: $21
Fri Aug 2 - 30 11:30 am - 12:30 pm
Instr: Carol S.
Cost: $27

Basic Yoga (1-2)
Group Exercise 1
Calm and gentle practice with traditional movements. Bring a yoga mat to class.
Mon Aug 5 - 26 2:00 - 3:00 pm
Instr: Norma B.
Cost: $21
Sat Aug 3 - 24 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 Aug 6 - 27 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 a blanket.
Thur July 11 - Aug 29 11:45am - 12:45pm
Instr: Tracy F.
Cost: $64 Drop-in $10

Yoga (3)
Group Exercise 1
Recommended for those with yoga experience. Bring a yoga mat and blanket.
Tue Aug 6 - 27 11:35 am - 12:50 pm
Instr: Laura L.
Cost: $32 Drop-in $10

Punch Cards will not be accepted

STRENGTHEN YOUR BONES
Start improving your overall physical fitness with these strength training classes.

Beginning (2) Group Exercise 2
Thur Aug 1 - 29 1:10 - 2:00 pm
Instr: Dawn K.
Cost: $27
Intermediate (3) Group Exercise 1
Tue/Thur Aug 1 - 29 10:30 - 11:25 am
Instr: Carol S.
Cost: $48
Advanced (4) Group Exercise 1
Mon/ Wed Aug 5 - 28 5:00 - 6:00 pm
Instr: Robin I.
Cost: $42

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 Aug 6 - 27 12:15 - 1:00 pm
Instr: Dawn K.
Cost: $21

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

Wed 6:00 - 8:30 pm
Sat 8:00 - 10:00 am

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

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<th>CLASS</th>
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<td>M</td>
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<td>$6</td>
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<tr>
<td>Rock &amp; Roll</td>
<td>M</td>
<td>Aug 5 - 26*</td>
<td>10:15 - 11:00 am</td>
<td>$18</td>
<td>$6</td>
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<td>9:15 - 10:00 am</td>
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<td>T</td>
<td>Aug 6 - 27</td>
<td>10:00 - 10:30 am</td>
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<td>Cycle to the Beat</td>
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<td>Aug 1 - 29</td>
<td>9:15 - 10:00 am</td>
<td>$30</td>
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<tr>
<td>Cycle to the Beat</td>
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<td>Aug 2 - 30*</td>
<td>10:15 - 11:00 am</td>
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<tr>
<td>Energy Rides</td>
<td>S</td>
<td>Aug 3 - 24*</td>
<td>8:00 - 8:45 am</td>
<td>$12</td>
<td>$6</td>
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</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.

* Due to MSO Cycling Classes will not run on Fri, Aug 9 - Mon, Aug 12

INTRODUCTION TO KAYAKING

Thursday, August 15 Cost: $23
Meet in OPC lobby at 9:00am - Event begins at 10:00am
Hop on the OPC minibus and take a ride to Spencer Park to learn how to kayak. There will be a brief instructional session, followed by kayaking around the lake. Program lasts approximately one hour. Transportation, kayaks, paddles and life jackets provided. Wear appropriate clothing in the event the kayak tips. Max: 10
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  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  All Levels  Adv/Intermediate Level
Mon 11 - 1:00 pm  Mon 11 - 1:00 pm  Mon 9 - 11:00 am
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  Tue 6:00 - 8:30 pm
Wed 2 - 4:00 pm (Ct 3 & 4)  Wed 4 - 6:30 pm  Wed 11:30 - 1 pm
Thur 2 - 4:00 pm  Fri 11:00 am  Thu 4 - 6:00 pm
Fri 1 - 4:00 pm (Ct 3 & 4)  Fri 6 - 8:30 pm  Fri 9 - 11:00 am
Sat 1 - 4:00 pm  Sat 7 - 8:00 am  Fri 4 - 6:00 pm

LEAGUES & CLINICS IN SESSION:
Look for sign up sheets for Ladder, Round Robin and Drills & Skills on the table in the gym all month of August. Programs will begin in early Sept.

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 Aug 7 - 28 5:30 - 6:30 pm  Instr: Carol S.  Cost: $20

PREVENT OR DELAY TYPE 2 DIABETES
FREE introductory classes on eligibility and participation:
Wednesday, August 21 OR Wednesday, September 11 at 11:00 am in the Wellness Center at the OPC.
This one year CDC developed group program is for individuals diagnosed with pre-diabetes or will prevent diabetes by working with a trained coach and others to learn skills to make lasting lifestyle changes. The FREE class will be held every Wednesday from 11 am – 12 Noon starting September 18 in the Ascension Providence Rochester (APR) Wellness Center. For questions or interest in signing up for the introductory classes contact Cindy McKenna, Wellness Center Nurse at 248-601-2888 or call the Ascension Providence Rochester Nutrition Counseling Center at 248-652-5660

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)
Strengthen your core through a series of new, creative and challenging exercises. Exercises can be done in the shallow, or deep end of the pool. All are welcome.
Fri  Aug 2 - 30  8:00 - 8:50 am  Instr: Susan O.  Cost: $25

Core Strength (1)
Build a strong abdomen and back while moving through the water using resistance and balance.
Mon/Wed  Aug 5 - 28  8:00 - 8:50 am  Instr: Margaret/Heather/Susan  Cost: $40
Tue/Thur  Aug 1 - 29  1:30 - 2:20 pm  Instr: Jeannie L.  Cost: $45

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  Aug 1 - 29  7:00 - 7:50 am  Instr: Peg G.  Cost: $45

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  Aug 5 - 28  1:00 - 1:50 pm  Instr: Susan O./Robin I.  Cost: $40
Tue/Thur  Aug 1 - 29  10:00 - 10:50 am  Instr: Harlene C./Margaret A.  Cost: $45

Advanced (2)
Working to improve range of motion, strength, & muscle tone. Recommended for individuals who have previously participated in Aquatic Healthy Joints.
Mon/Wed  Aug 5 - 28  12:00 - 12:50 pm  Instr: Susan O./Robin I.  Cost: $40
Tue/Thur  Aug 1 - 29  5:00 - 5:50 pm  Instr: Jeannie L.  Cost: $45

AQUA BASKETBALL
Come make a splash and participate in our aquatic basketball shoot around. Enjoy some time in the water while shooting hoop in the shallow end.
Fri  Aug 3 - 31  3:00 - 3:50 pm  Cost: $3 Drop in
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 Aug 5 - 26  6:30 - 7:20 pm  
Instr: Fabiola  Cost: $20  

LIQUID BOOT CAMP (3)  
Wake up with water, perk up with Rob-in! A great way to start your day!  
Sat Aug 3 - 24  8:00 - 8:50 am  
Instr: Robin  Cost: $20  

FITNESS CHALLENGE H20  
All levels welcome to this class that incorporates the buoyancy and resistance of water. Challenge your cardiovascular system and muscle groups.  
Beginning (1)  
Mon Aug 5 - 26  2:00 - 2:50 pm  
Instr: Robin I.  Cost: $20  
Fri Aug 2 - 30  2:00 - 2:50 pm  
Instr: Robin I.  Cost: $25  
Intermediate (2)  
Tue Aug 6 - 27  2:30 - 3:20 pm  
Instr: Jeannie L.  Cost: $20  
Advanced (3)  
Wed Aug 7 - 28  2:00 - 2:50 pm  
Instr: Robin I.  Cost: $20  

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 Aug 5 - 28  8:00 - 8:50 am  
Instr: Deb B. / Margaret  Cost: $40  
Fri Aug 2 - 30  8:00 - 8:50 am  
Instr: Robin  Cost: $25  

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 Aug 5 - 28  10:00 - 10:50 am  
Instr: Debbie B.  Cost: $40  
Fri Aug 2 - 30  10:00 - 10:50 am  
Instr: Margaret  Cost: $25  

MINI DIP (1-2)  
Get skinny when you take a dip in the pool and join this workout. This 30 minute aerobic class incorporates water resistance and other equipment to help you burn calories.  
Tue Aug 6 - 27  4:30 - 5:00 pm  
Instr: Jeannie L.  Cost: $20  

AQUA STRENGTH & INTERVAL TRAINING (3)  
Maximize the resistance of water & challenge yourself with a deep and shallow interval/strength workout. Improve balance, strength and cardiovascular fitness!  
Must be comfortable suspended in deep water with aqua belts.  
Mon Aug 5 - 26  9:00 - 9:50 am  
Instr: Debbie B.  Cost: $20  
Wed Aug 7 - 28  9:00 - 9:50 am  
Instr: Debbie B.  Cost: $20  
Fri Aug 2 - 30  9:00 - 9:50 am  
Instr: Margaret  Cost: $25  

AQUATIC PERSONAL TRAINING  
Work with a certified personal trainer to develop a plan tailored to your goals & abilities.  
*See Personal Training, page 16 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 16 for package pricing  

DON’T FORGET TO HYDRATE! DRINK MORE WATER!
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.

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.

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.

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

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.

MEDICARE BASICS PROGRAM
Monday, August 5
2:30 - 3:30 pm
Dining Room
MMAP counselors will present and provide any changes. Call 248.656.1403 Ext 0
To reserve a seat!

ASK THE ATTORNEY
Conference Room A / B
Mon, Aug 12  12:00 - 3:30 pm
Tue, Aug 6, 27  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, Aug 12  9:00 - 3:30 pm
Wed, Aug 21  1:00 - 4:00 pm
MMAP counselor available to advise on Medicare, Medicare Advantage Plans, Supplement Plans, RX Plans, Medicaid and Long Term Issues. Call 248.656.1403 Ext 0
To schedule your 1 hour appt.

SUPPORT groups
CAREGIVER’S SUPPORT
Tue, Aug 6  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, Aug 23  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.

CARING & SHARING LOSS
Fri, Aug 2  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.
10:00 - 11:00 For those with recent loss
11:00 - 12:00 Continued encouragement and support. Newcomers must register for attendance. Call Donna at 248.608.0261.

PARKINSON’S SUPPORT
Resumes in Sept  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!

ADULT DAY SERVICE
Tuesday, August 6
12:00 - 3:00 pm
Conference Room A / B
MMAP counselors will present and provide any changes.
Call 248.656.1403 Ext 0
To reserve a seat!

Senior Resources

Contact | Laure Unkart | 248.608.0260
Bienestar del Centro de la Salud en OPC

PREGUNTA AL PROFESIONAL MÉDICO

PREGUNTA A LA ENfermera

PREGUNTA AL DOCTOR DE MEDICINA ORTOPÉDICA

PREGUNTA AL DENTISTA

PREGUNTA AL RESIDENTE

BONE DENSITY SCREENING  Fri, Aug 9    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 & HEARING AID CLEANING
Tue, Aug 13   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

CAN’T REACH THOSE TOENAILS?
Wed, Aug 7   Appts 1:00 - 5:00 pm
Dr. Maibauer, DPM, will be performing diabetic foot checks, cutting and filing of toenails, inspecting other abnormalities of the feet and routine foot checks. PLEASE BRING YOUR INSURANCE CARDS AND DRIVER’S LICENSE. Dr. Maibauer will be billing your insurance company. Cost: $2 (Holds Appointment)

DIABETES PREVENTION PROGRAM - Begins in August see page 18 for description
A LIFESTYLE CHANGE PROGRAM THAT CAN HELP TO PREVENT OR DELAY TYPE 2 DIABETES

ASK THE MEDICAL PROFESSIONAL

ASK THE NURSE
Mon - Fri   8:00 am - Noon & 1:00 pm - 4:00 pm
Come in for blood pressure checks & bring along questions or concerns about your health. Cindy McKenna, Ascension Registered Nurse, is on site located in the lower level and designed for walk-ins. Nurse not in on August 2.

ASK THE PRIMARY CARE DOCTOR
Dr. Hull Fri, Aug 9 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, Aug 20 & 27  9:00 - 11:00 am

ASK THE DENTIST
Dr. Tironi Wed, Aug 14   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 RESIDENT Wed, Aug 7 - 28   9:30-11:00 am
A resident from the Rochester Academic Family Medicine Practice at Ascension Providence Rochester Hospital will be available to answer health concerns or questions that you may have.

THE MEDICAL PROFESSIONAL IS DESIGNED FOR WALK-INS

Register and pay at Cashiers Desk  248.608.0251 | 248.659.1029

Diabetes Prevention Program - Begins in August see page 18 for description
A Lifestyle Change Program That Can Help to Prevent or Delay Type 2 Diabetes

Upcoming Events

Sábado 21 de septiembre de 2019  |  9am - 9pm

Scrapbooking
Open to the Public - All Ages Welcome - Proceeds benefit Act of Kindness
For sponsorship inquiries: Renee Cortright rcortright@opcseniorcenter.org or 248.608.0255
For general information: Daria Burcar dburcar@opcseniorcenter.org or call 248.608.0270

OPC 50+ Expo
October 2, 2019  |  9am - 1pm
Featuring Joel Kahn, MD, FACC Founder, Kahn Center for Cardiac Longevity
How to live to be a Healthy 100

Previendo la diabetes - Comienza en agosto vea la página 18 para descripción
Un programa de cambio de estilo de vida que puede ayudar a prevenir o retrasar el tipo 2 de la diabetes
**August**

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>
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<tbody>
<tr>
<td><strong>BIRTHDAY LUNCH</strong> Thursday, August 1 11:45 am - 12:30 pm Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Wed, July 31 and identify yourself as a &quot;Birthday Senior&quot;. Call 248-656-1403 Ext. 0.</td>
<td><strong>1 BIRTHDAY LUNCH</strong>  Chicken Florentine Oven Roasted Potatoes Peas Cole Slaw Peach Slices</td>
<td><strong>2</strong> Ham Salad Croissant Garden Salad w/Garbanzo Beans Pickled Beets Sliced Pineapple Croissant</td>
<td><strong>15 FEATURED LUNCH</strong>  Tuna Tetrazzini Succotash Romaine Salad Apricots Lemon Meringue Pie</td>
<td><strong>16</strong> Chicken Broccoli Rice Casserole Whole Beets Garden Salad Fresh Pear</td>
</tr>
<tr>
<td>5 Herbed Pork Chop Oven Roasted Potatoes Asparagus Shredded Cabbage Slaw Applesauce</td>
<td>6 Tuna Salad on Lettuce Cherry Tomatoes Cantaloupe Bran Muffin</td>
<td>7 Baked Cod Baked Potato Italian Blend Vegetable Broccoli Salad Sliced Pineapple</td>
<td>8 Ricotta Shells w/Meat sauce Green Beans Romaine Salad Fresh Orange</td>
<td>9 Turkey Breast w/Gravy Sweet Potatoes Normandy Vegetable Garden Salad Jello</td>
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<tr>
<td>12 Chicken Cavatappi Prince Charles Blend Romaine Salad Prunes</td>
<td>13 Vegetable Lasagna Broccoli Cuts Carrot Slaw Four-Fruit Salad</td>
<td>14 Meatloaf w/Gravy Mashed Potatoes Steamed Spinach Zucchini Cole Slaw Orange Sections</td>
<td>15 FEATURED LUNCH  Tuna Tetrazzini Succotash Romaine Salad Apricots Lemon Meringue Pie</td>
<td>16 Chicken Broccoli Rice Casserole Whole Beets Garden Salad Fresh Pear</td>
</tr>
<tr>
<td>19 Pork Chop Creole Whole Potatoes European Blend Vegetables Carrots Ambrosia</td>
<td>20 Beef Pastie Three Bean Salad Broccoli Cuts Fresh Peach</td>
<td>21 Polish Sausage Baked Beans Cauliflower Salad Mixed Fruit</td>
<td>22 Sweet &amp; Sour Meatballs Noodles Capri Blend Vegetables Vegetable Slaw Sliced Apple</td>
<td>23 Chicken Piquet w/Barley Pilaf Mixed Vegetables Broccoli Cuts Peach Halves</td>
</tr>
<tr>
<td>26 Stuffed Green Pepper Mashed Potatoes Brussel Sprouts Garden Salad Peach Slices</td>
<td>27 Glazed Chicken Rice Pilaf Italian Green Beans Crunchy Pea Salad Fresh Orange</td>
<td>28 Tuna Pasta Salad Three Bean Salad Cucumber Salad Watermelon Bran Muffin</td>
<td>29 Macaroni &amp; Cheese Whole Beets Cabbage Slaw Apricots</td>
<td>30 Baked Cod Red Skin Potatoes Carrots Apple</td>
</tr>
</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

August 2019
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
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www.RutkowskiLawFirm.com

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- 10 Panel Drug Screens

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248.886.7300
www.HomeInstead.com/408
Building Hours:
Mon - Fri: 6:30 am - 8:45 pm
Sat: 7:00 am - 11:45 am
Building Closed:
Friday, August 30 - at 4:00 pm
Reopens, Tuesday, Sept 3
Cashier’s Hours:
Mon - Fri 8:30 am - 3:30 pm
Late Night: Tue, Aug 13 8:30 am - 7:00 pm

August Hours of Service

Volunteers Needed
Starting Tuesday, September 3 to make and sell OPC’s famous apple pies!
For further details email: dburcar@opcseniorcenter.org

General Information: 248.656.1403 Ext. 0
Transportation/Minibus: 248.652.4780
Cashier Office: 248.608.0251 | 248.659.1029