Homemade Apple Pies

WEDNESDAY, SEPTEMBER 4 - SATURDAY, SEPTEMBER 7
CURBSIDE APPLE PIES AT OPC  |  9 am - 7 pm ‘til sold out!
Get your pie and never leave the car!  🍎 Cash, Check or Credit Card Accepted

Senior Day
at Bloomer Park

Wednesday, September 11
9:30 am - 2:30 pm
SEE BACK FOR SCHEDULE
From the Executive Director

For many, September brings a surge of energy. The changing weather compels us to shake off our summer laziness and do something and there’s plenty to do at the OPC. Start the month out right with the annual picnic at Bloomer Park. Special thanks to Dianne Bubnar who has been enthusiastically planning this memorable event for 16 years. Welcome back to the Dueling Pianos and 2018 Ms. Senior MI Kim Whitney. Plan to come early and stay until the last song is played.

When the doors open on Tuesday, Sept. 3rd after the Labor Day weekend you’ll be met with the aromatic smell of OPC’s homemade Apple Pies sold to benefit the Meals on Wheels program. There will be many opportunities throughout the week to pick up a pie within OPC or at our curbside drive-thru at the front entrance Wednesday through Saturday. We’ve had great success selling the pies at OPC so we’ll not be in the park this year. Please spread the word to your family and friends! Buy a delicious apple pie and benefit a homebound senior! Thank you!

September is a pull-yourself-together time. Join one of the many Fitness & Aquatics classes like Age Reversing Eccentricities, Aqua Interval Training, or Intro to Kayaking (page 14-21). How about that painting class you’ve wanted to take or the language you want to learn, or that presentation you’d like to attend on the DIA, Meadowbrook and Birding (page 2-3). You don’t need to wait to do these activities in January; these are September things to do. So as schools reconvene and new community activities begin, for many this is the true New Year and I hope to see you celebrating it here at the OPC!

Renee
Renee Cortright, Executive Director

BUILDING CLOSED FOR LABOR DAY HOLIDAY:
OPC will close at 4:00 pm on Friday, August 30 thru Monday September 2nd, for the Labor Day Holiday. We will open on Tuesday, September 3 at 6:30 am

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 website

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

MEET THE ELECTED OFFICIALS

MAYOR BRYAN BARNETT - Rochester Hills
September 9  10:00 - 11:30 am @ Dining Room

MAYOR ROB RAY - Rochester
September 19  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 Sept 3 | 9:00 - 10:30 am | Cost: $2 | Dining Room

PRESENTATION
by an Ascension Medical Professional
Refer to flyers located in the OPC Lobby

Dinner with the Doc
Tue Sept 24 | 6:00 - 7:30 pm | Cost: $5 | Dining Room

PRESENTATION
by an Ascension Medical Professional
Refer to flyers located in the OPC Lobby

Pre-purchase your ticket at our cashier’s desk | 248.608.0251 or 248.659.1029

TERRIFIC TUESDAY | Variety Detroit - The Children’s Charity

Tuesday | September 17 | 4:30 - 7:30 pm | Cost: $10

WE ARE THE WORLD WE ARE THE CHILDREN
Variety Detroit is a children’s charity that helps kids no matter the need
by providing vital medical and therapeutic services, essential support,
and recreational and educational opportunities for children.
Executive Director Michelle Murphy will present the story.

Music by Stix N’ Strings

4:30 pm - Light supper | 5:10 pm - Presentation | Seniors 50+
6:30 pm - Entertainment • Tickets required, call: 248-608-0251 • Deadline: Sept 13 @ 11:00 am

MONTHLY TOPICS THAT ENLIGHTEN AND ENRICH YOUR LIFE!

Savvy Seniors

TOPIC: DIA: Behind the Seen
Wednesday, Sept 18 | 10:00 am - 11:00 pm

Presented by trained DIA teaching volunteers, “Behind The Seen” brings insight and engagement about the
DIA’s collection from the museum to you.

CALL 248.656.1403 EXT 0 FOR RESERVATIONS | Classroom 3 | Breakfast Provided | Complimentary

WOMEN’S LUNCHEON | DUTTON FARMS
Dining Room

Thursday | September 26 | 1:00 - 3:00 pm | Cost: $12

Welcome Jenny Brown, CEO of Dutton Farms to our September luncheon. Dutton Farms was established in 2010 to help her sister, Becca Smithers, enjoy a better quality of life. The mission of the farm is to empower and support adults with disabilities to live a life of purpose, inclusion and dignity. Great company, delicious food and the OPC men Waiters complete the picture!
Enrichment

MEDITATION  
Mon, Sept 9 - 30  
6:00 - 7:00 pm  
Join this ongoing group meditation every Monday led by instructors from Heartfulness Meditation.  
Cost: $1 Drop In

SWEET SPEAKERS WITH COMEDIAN JASON DOUGLAS  
Dining Room  
Tue, Sept 10  
7:00 - 8:00 pm  
With his quick wit and commanding stage presence, Jason Douglas takes his audience on a roller coaster ride of laughs. Incorporating a barrage of cultural references, funny stories, and off the wall “one liners, you can’t help but laugh at this goofy, crazy, and original talent. Jason performs over 200 shows per year, and is a regular in Las Vegas.  
Cost: $5

MAUREEN ESTHER - PETER THE GREAT  
Classroom 1  
Mon, Sept 23  
10:00 - 11:30 am  
Meet Peter the Great, a giant powerhouse of energy and the founder of modern Russia. Dragging his people into the European world, he would open a window on the west, by building St. Petersburg. Maureen will wow you with the story of this great man!  
Cost: $5

OAKLAND COUNTY CLERK/REGISTER OF DEED VISIT  
Thur, Sept 26  
9:00 - 10:30 am  
OPC Lobby  
When the Oakland County Clerk/Register of Deeds visits you can get copies of various official county related court documents and ask questions.  
Complimentary

HISTORY of MEADOWBROOK  
Auditorium  
Thursday, Sept 19  
3:00 - 4:30 pm  
In 1957, Alfred and Matilda Wilson donated their 1,400-acre estate, known as Meadowbrook, to Michigan State University along with two million dollars. Michigan State University-Oakland, soon to become Oakland University, was born. As the first public university in Michigan started with public money, Oakland’s early history was unique. This talk will use Oakland’s archival collection of historic photographs to explore what life was like on and off campus in the early days, how the Wilsons contributed to it, and how the University developed.  
Presenter: Dominique Daniel, Ph.D  
Associate Professor, Kresge Library  
Humanities Librarian for History & Modern Languages  
Coordinator of Archives and Special Collections  
Register at 248.656.1403 Ext 0  
Cost: $3 Drop In

FINANCIAL FRIDAY

INVESTMENT BASICS  
Classroom 1  
Fri, Sept 13  
10:00 - 11:00 am  
Economic Update: Economy & Market Update  
How they Can Affect You!

ROTH IRA CONVERSIONS  
Classroom 1  
Tue, Sept 10  
6:00 - 7:00 pm  
Is a conversion right for you?  
Presenter: Doree Cook, Financial Associate  
Cost: $1 Drop In  
SPONSORED BY
FOCUS ON THE ISSUES  Classroom 1
Mon, Sept 9 & 23    2:00 - 4:00 pm
Discuss current issues.         Cost: $1 Drop In

VINTAGE VIEW WRITERS  Classroom 1
Mon, Sept 23 12:45 - 1:45 pm
Write stories and share memories in this quarterly publication. Watch for the Vintage View publication coming in October.

LATE BLOOMERS GARDENING GROUP
Wed, Sept 4 - 25 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. Please join us. Group is led by Nancy Szerlag, garden writer for The Detroit News and Free Press.

OPC VETERANS’ CONNECTION
Wed, Sept 11 9:30 am - 2:30 pm
Meet at Bloomer Park.
Call 656.1403 Ext 0 to register.

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.

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<thead>
<tr>
<th>Name of Drop-In Group</th>
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*DETAILS: Duplicate Bridge - Content: Non-sanctioned.
Pre-registration: 12:00 - 12:30 pm, Game begins promptly at 12:30 pm

BINGO MANIA  Dining Room
Wed, Sept 25 1:30 - 3:00 pm
Come for an exciting game of Bingo!
Cost: $1 Drop-in

SPORTS TALK  Classroom 1
Wed, Sept 4 7:00 - 8:00 pm
If you like to talk about sports come and join us on the 1st Wednesday of every month, discuss US and Global sports in a group setting with interactive debate. Facilitated by semi-pro soccer player, David Summers, who moved to the Detroit area from England 40 years ago.
Cost $1 Drop In
**Enrichment**

**LANGUAGE classes**
Curriculum is continuation based on previous learning.

**SPANISH BEGINNER**  
*Classroom 3*  
Mon, Sept 9 - 30  
11:00 am - noon  
*Instr: Mike L.*  
Cost: $5 Drop in

**SPANISH BEGINNER**  
*Conf Room B*  
Thur, Sept 5 - 26  
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*  
Wed, Sept 18 & 25  
Instructor is a native speaker.  
*Instr: Marta*  
Cost: $5 Drop in

**GERMAN INTERMEDIATE**  
*Cl Rm 3*  
Sept 9 & 30  
9:45 - 10:45 am  
*Instr: Gudrun*  
Cost: $5 Drop in

**FRENCH ADVANCED**  
*Classroom 2*  
Wed, Sept 4, 18 & 25  
11:15 - 12:15 pm  
*Instr: Gudrun*  
Cost: $5 Drop in

**BOOK CLUB**  
*in the Library*  
**Wed, Sept 4**  
1:00 - 3:00 pm  
Cost: $1 Drop In  
“Book Thief, A Story of Survival And The Resilience of The Human Spirit,” by Markus Zusak

**NOVELS @ NIGHT CLUB**  
*Thur, Sept 19*  
7:00 - 8:30 pm  
Cost: $1 Drop In  
“A Man Named Ove” by Frederick Backman

**POETRY AT NIGHT**  
*Tue, Sept 17*  
7:00 - 8:00 pm  
Cost: $1 Drop In

**FIRESIDE POETRY**  
*Thur, Sept 26*  
1:30 - 3:30 pm  
Cost: $1 Drop In

**MOVIES @ OPC**  
| Monday - Dining Room | Friday - Auditorium |

**ROCKETMAN**  
*R*  
Mon, Sept 9  
6:00 - 8:00 pm  
Fri, Sept 13  
1:30 - 3:30 pm  
Starring: Taron Egerton, Jamie Bell and Richard Madden  
*1 Suggested Donation*

**OUR SOULS AT NIGHT**  
*PG 13*  
Mon, Sept 23  
6:00 - 8:00 pm  
Fri, Sept 27  
1:30 - 3:30 pm  
Starring: Robert Redford, Jane Fonda, Matthias Schoenaerts, and Judy Greer  
*1 Suggested Donation*

**INTERNATIONAL groups**

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**LITERATURE in the Library**

**DANCE & MUSIC**

**BALLROOM DANCE**  
*OPEN TO THE PUBLIC*  
Auditorium  
Mon, Sept 9 - 30  
7:00 - 8:00 pm  
Cost: $8 Ticket per session  
The Foxtrot, Waltz, Tango and Viennese Waltz are the dances for September. Partner not required.  
*Instr: Amy Tranchida*

**LINE DANCE**  
*OPEN TO THE PUBLIC - PM*  
Auditorium  
Mon, Sept 9, 23, 30  
1:00 - 2:00 pm  
Cost: $5 Drop In  
Wed, Sept 4, 18 & 25  
7:00 - 8:00 pm  
Cost: $5 Drop In

**BELLY DANCE**  
*with Sandy*  
Auditorium  
Thur, Sept 9, 23 & 30  
12:00 - 1:00 pm  
Cost: $5 Drop In

**UKULELE FUN**  
*with Carol*  
Classroom 3  
Tue, Sept 3 - 24  
3:15 - 4:15 pm  
Cost: $5 Drop In

**GUITAR**  
*Dining Room*  
Tue, Sept 3 - 24  
1:30 - 2:30 pm  
Cost: $5 Drop In  
Sat, Sept 7 - 28  
9:30 - 11:30 am  
Cost: $5 Drop In

**UKULELE**  
*in the Library*  
**Wed, Sept 4**  
1:00 - 3:00 pm  
Cost: $1 Drop In

**GERMAN INTERMEDIATE**  
*Cl Rm 3*  
Sept 9 & 30  
9:45 - 10:45 am  
*Instr: Gudrun*  
Cost: $5 Drop in

**FRENCH ADVANCED**  
*Classroom 2*  
Wed, Sept 4, 18 & 25  
11:15 - 12:15 pm  
*Instr: Gudrun*  
Cost: $5 Drop in

**MOVIES @ OPC**  
| Monday - Dining Room | Friday - Auditorium |

**OUR SOULS AT NIGHT**  
*PG 13*  
Mon, Sept 23  
6:00 - 8:00 pm  
Fri, Sept 27  
1:30 - 3:30 pm  
Starring: Robert Redford, Jane Fonda, Matthias Schoenaerts, and Judy Greer  
*1 Suggested Donation*
UPCOMING EVENTS

4-7 September
Art Exhibit
Gallery in the OPC Lobby

IMAGES

OLDER PERSONS’ COMMISSION

Scrapbook Fundraiser

SATURDAY September 21 | 9am - 9pm

Scrapbooking

Open to the Public - All Ages Welcome - Proceeds benefit Act of Kindness
For sponsorship & general information
Contact: 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

- CAREGIVING
- RETIREMENT LIVING
- SENIOR HOUSING
- HEALTH & WELLNESS
- LEGAL SERVICES
- TECHNOLOGY
- INTEGRATIVE MEDICINE
- HEALTH SCREENING
- FINANCES

For sponsorship & general information: Laure Unkart email lunkart@opcseniorcenter.org or call 248.608.0260
JEWELRY & CRAFTS

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. No experience needed. Supplies included. Instr: Mary Gilhuly  Cost: $36

ZENTANGLE TECHNIQUES - METAL EMBossING Studio 3
Wed, Sept 4  1:00 - 4:00 pm
Use simple tangles in a new way on copper to create a frameable work of art. No previous experience necessary - for everyone! Supplies: $3 to instructor. Instr: Cherie Hartwick CZTh20  Cost: $8

KNITTING FOR BEGINNERS Studio 1
Mon, Sept 9 - 30  10:00 am - noon
Learn the essential knitting techniques - how to cast on, and the two basic stitches knitting and purling. Also learn to increase, decrease, bind off and the importance of gauge. All is taught in order building on what you have already learned. Supplies: $15 to instructor for yarn and needles. Instr: Naomi Frenkel  Cost: $45

STAINED GLASS Woodshop
Tue, Sept 10 - Oct 1  3:00 - 5:00 pm
Tue, Oct 15 - Nov 5  3:00 - 5:00 pm
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 & safety glasses. Instr: Dave Kosbab Cost: $40 ea session

ACRYLIC POURING - FOUR PANEL WALL DECOR Studio 2
Mon, Sept 16  1:00 - 4:00 pm
Create four canvas panels that can be combined into one image using acrylic pour methods. A unique piece of wall décor to add to any space. Supplies: BRING disposable gloves, apron, baby wipes and a tray with cover (at least 9 x 9) to carry your work home. All other supplies included. Instr: Candice Schwark  Cost: $20

EARRING EXPLOSION Studio 3
Wed, Sept 18  1:00 - 4:00 pm
Long dangles, short dangles, pierced or clip ons . . . make as many pair of earrings as you want. Great for gifts!! Loads of choices. Supplies included. Instr: Cherie Hartwick  Cost: $20

JEWELRY WITH LAURIE - HANDSEWN BRACELET Studio 3
Thur, Sept 19  9:30 am - 12:30 pm
Learn the right-angle weave and other techniques using 2-hole beads to create this lovely piece. Choice of colors available. Instruction is one-on-one. Supplies included. Cost: $35

CALLIGRAPHY Studio 1
Fri, Sept 20 & 27  10:00 am - noon
TIPS and TRICKS ...calligraphy for the beginner and beyond. Learn the art of beautiful writing with simple techniques. All levels welcome – a great refresher course for those with some experience. Supplies included. Instr: Beth Johnson  Cost: $30

PAINTING ON BARNWOOD Studio 2
HALLOWEEN BOARD - Tue, Sept 24  9:30 am - 12:30 pm
GRATEFUL BOARD - Tue, Oct 22  1:00 - 4:00 pm
Paint a unique seasonal piece on real rustic barnwood. Great for your porch, door or anywhere in your home to bring in some seasonal fun. Boards are approximately 16 x 20 and can be hung or leaned. Supplies included. Instr: Susan Van Heck  Cost: $35

WIRE WRAP PENDANT All levels Studio 1
Thu, Sept 26  12:30 - 4:30 pm
Learn to form sterling silver and gold filled wire and wrap a semi-precious stone. A unique piece; your choice of stone. Includes silver plate chain. All supplies and tools provided: Cost: $5

CREATIVE GREETING CARDS Studio 3
Wed, Sept 25  1:00 - 4:00 pm
Make a WELL WISHES SHAKER card in a teacup or cupcake design and a second standard greeting card for any occasion. Remember someone special with unique greeting cards personalized by YOU! Supplies: $5 to instructor. Instr: Opal T  Cost: $15

LAPIDARY BEGINNING Studio 2
Thu, Sept 26 & Oct 3  1:00 - 4:00 pm
Learn safe use of lapidary equipment to saw, cut, polish and mount semi-precious stones. You will create a pendant to take with you. Afterwards attend Drop-Ins to improve your skills. Supplies: $10 to instructor. Instr: Lapidary Group  Cost: $30

ROCHESTER PAINTED POT
TREE OF LIFE BOWL  *Registration by Sept 18  Studio 2
Mon, Sept 23  1:00 - 4:00 pm
Fun step-by-step class to create an awesome rustic tree using specialty glazes. Great addition to your fall décor and is fully functional and food safe (large enough for family style meals). All supplies, firing and glazes provided. Instr: Terri P.  Cost: $55

FALL PUMPKIN  *Registration by Oct 2  Studio 1
Mon, Oct 7  1:00 - 4:00 pm
Fun step-by-step class to create a festive fall pumpkin using a lace technique with cheesecloth. Students can do the lettering themselves or can have it personalized by the Painted Pot Studio with no additional charge. Color choices available. All supplies, firing and glazes provided. Instr: Terri P.  Cost: $45
**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

**INDEPENDENT ART**  
Studio 1  
Tue, Sept 10 - Oct 1  12:30 - 3:30 pm  
Enhance your drawing skills with guidance from an expert instructor. Subject matter: “Reptiles, Amphibians and Snakes.”  
**Supplies:** drawing pad & medium of choice.  
**Instr:** Merri-Jo Towns  
**Cost:** $40

**WATERCOLOR CLASS**  
Tue, Sept 10-Oct 1  1:00 - 3:00 pm  St 2  
Wed, Sept 18-Oct 9  9:30 - 11:30 am  St1  
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 blend-ing 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  
**4 week session**

**WATERCOLOR WORKSHOP**  
Studio 1  
Fri, Sept 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 pbbedsole@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

**LEARN TO DRAW/PART I**  
Studio 1  
Wed, Sept 18 - Oct 9  1:00 - 4:00 pm  
Drawing is the foundation for every art medium. Course is designed specifically for adults with no previous art training or those wanting to improve painting skills. Learn the fundamental tools and techniques to see like an artist! Focus on a new drawing skill each week in a relaxed non-threatening environment.  
**Supplies:** 11 x 14 sketch pad, pencil, pencil sharpener, white eraser and pocket folder.  
**Instr:** Colleen Sanders  
**Cost:** $50

**COLOR BASICS**  
Studio 2  
Mon, Oct 7 - 28  2:00 - 5:00 pm  
Introductory level class for beginning painters or those considering taking a painting class. Learn the color wheel, color mixing, color harmony, and the three elements of color (hue, value and intensity). Complete a painting project each session practicing what you learn. **Supplies included.**  
**Instr:** Colleen Sanders  
**Cost:** $55

**ECOPRINTING**  
Cottage  
Mon, Sept 30  1:00 - 4:00 pm  
Natural objects will be embedded with steam into watercolor papers. The finished papers can be used in cards, albums, covers and more. You will go home with some awesome papers!  
**Supplies:** BRING disposable gloves, apron, baby wipes and any natural items you may find – twigs, flowers, leaves (these will also be available for you).  
**Instr:** Candice Schwark  
**Cost:** $22

**COLORED PENCIL**  
Studio 2  
HOLIDAY SLEIGH  
All levels  
*Registration by Oct 1  
Tue, Oct 8 - 22  9:00 am - noon  
Think you can’t? Rest assured...YOU CAN! Colored pencil is a relaxing medium to work with. Learn step-by-step how to create a picture using Prisma-color Premier colored pencils. Learn to apply color, create dimension, shade, highlight and correct mistakes. **Supplies:** $15 to instructor for pattern packet; and pick up a supply list on art board or email pbbedsole@opcseniorcenter.org.  
**Instr:** Ann Fogg  
**Cost:** $65

**ECOPRINTING**  
Cottage  
Mon, Sept 30  1:00 - 4:00 pm  
Natural objects will be embedded with steam into watercolor papers. The finished papers can be used in cards, albums, covers and more. You will go home with some awesome papers!  
**Supplies:** BRING disposable gloves, apron, baby wipes and any natural items you may find – twigs, flowers, leaves (these will also be available for you).  
**Instr:** Candice Schwark  
**Cost:** $22
WOODSHOP

REMARKS 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

BOWL TURNING ON THE LATHE
Wed, Sept 11 & 12 1:00 - 3:30 pm
Class demonstrates creating a bowl blank, mounting it to the lathe, turning, hollowing the middle, sanding and finishing. Safety emphasized. Supplies included space is limited.
Instr: Ed Rosebach
Cost: $25

WOODSHOP SAFETY CLASS
Wed, Sept 18 1:00 - 3:30 pm
Requirements to obtain a Safety Card to use the Woodshop. Purchase “User Card” for shop use.
Instrs: Marty M, Tom S & Cliff D
Cost: $15

WOODSHOP PROJECT CLASS
TODDLER PUZZLE
Mon, Sept 23 1:00 - 3:30 pm
Simple to make for little ones who are learning shapes. Encourages hand-eye coordination and imaginative play. Pieces are made with chunky wood so tiny hands can manipulate them. Supplies provided.
Instr: Sharad K
Cost: $20

DROP-IN PRACTICE SESSION
Wed, Sept 25 1:00 - 3:00 pm
Tips/instruction on projects and Woodshop equipment with instructors available to help you. Safety Card required.
Cost: $2 drop-in

WOODSHOP USER CARD
$10 week | $20 Month | $100 year

WOODBOWL SAFETY CLASS
Wed, Sept 18 1:00 - 3:30 pm
Requirements to obtain a Safety Card to use the Woodshop. Purchase “User Card” for shop use.
Instrs: Marty M, Tom S & Cliff D
Cost: $15

DROP-IN ART & CRAFTS

<table>
<thead>
<tr>
<th>QUILTING CIRCLE</th>
<th>Mon - Thur 8:00 am - 8:30 pm</th>
<th>Fri 8:00 am - 4:00 pm</th>
<th>Sat 9:00 am - 11:45 am</th>
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</thead>
<tbody>
<tr>
<td>MON 9:00 - 11:00 am</td>
<td>$1</td>
<td>Studio 2</td>
<td></td>
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<tr>
<td>ZENTANGLE w/Cherie*</td>
<td>Mon 9:30 - 11:30 am</td>
<td>$2</td>
<td>Studio 2</td>
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<tr>
<td>CREATION STATION</td>
<td>Mon w/Cherie 1:00 - 4:00 pm</td>
<td>$3</td>
<td>Studio 3</td>
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<tr>
<td>OPEN STUDIO PAINTING w/Sharon</td>
<td>Tue 1:00 - 4:00 pm</td>
<td>$3</td>
<td>Studio 2</td>
</tr>
</tbody>
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INDEPENDENT POTTER’S CLUB*
M/TH 9:00 am - noon | $3  | Pottery |
M/TH 5:00 - 8:00 pm | $3  | Studio |

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

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

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

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

Omit Sept 24

TWO BILLS AND A CRADLE
Bill Semaan (left) and Bill Need (right)
The cradle was built for a member at OPC. Three years ago, her husband purchased the plans, wood and spindles to build the cradle for their first grandchild. In the meantime, her husband passed away and the cradle never came to fruition. When the second grandchild was on the way, she decided to see if she could find someone to build it. When she approached “the two Bills” in the Woodshop her story tugged at their heartstrings and they took on the project. Great job guys….one lucky baby and a grateful Grandma!

DROPOUT-PURCHASE CLASSES

POTTERY & CLAY CLASSES

POTTERY WHEEL
All levels
Wed, Sept 11 - Oct 16 5:00 - 8:00 pm
Learn the basics or refine your skills and practice finer techniques as you create decorative, functional and “artistic” pottery. Learn glazing methods, finishing with unique surface techniques and how to make handles and lids. Enjoy interacting with other potters!
Instr: Harvey Bennett
Cost: $70

CLAY HANDBUILDING
Wed, Sept 18 - Oct 23 9:00am - noon
Use simple tools like your hands, rolling pins, cookie cutters and more to make useful and decorative items from clay. With an emphasis on nature, experiment with real leaves and colored slip. Includes instruction on the slab roller.
Instr: Cherie Hartwick
Cost: $70

SAVE THE DATE HUGE $7 SALE - Nov 21 & 22 9am-5pm & 23 10am-2pm

WOODSHOP 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

TWO BILLS AND A CRADLE

Bill Semaan (left) and Bill Need (right)
The cradle was built for a member at OPC. Three years ago, her husband purchased the plans, wood and spindles to build the cradle for their first grandchild. In the meantime, her husband passed away and the cradle never came to fruition. When the second grandchild was on the way, she decided to see if she could find someone to build it. When she approached “the two Bills” in the Woodshop her story tugged at their heartstrings and they took on the project.

Great job guys….one lucky baby and a grateful Grandma!
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 Leticia Dr Rochester, MI 48307 Checks payable to OPC

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

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

Henry Ford Big Band and the Classic & Muscle Car Show
Two Outstanding Events benefiting OPC Programs and Services for Seniors in Need!
Thank you to all participants, sponsors and guests!

LOCAL FIREFIGHTERS AT OPC
Tue, Sept 17 | 10 am - 1 pm | Lobby | Rochester Hills Fire Department

Topic: Fall Prevention 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.
CRANBROOK PLANETARIUM LIGHT SHOW  Fri, Sept 6    3:00 - 8:30 pm
The music of Pink Floyd’s “Dark Side of the Moon” will be offered as a private entertainment experience for OPC. We will arrive at Cranbrook Museum of Science and wander the exhibits for 1 hour. At 5pm, our private light and music show in the Planetarium will begin. Contains explicit lyrics. After, we dine at Al focino’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

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 30

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 soirée 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: August 30

FRANKENMUTH CHRISTMAS LUNCH & SHOW  Tue, Dec 3    9:30 am - 5:00 pm
Kick off the holidays with a delicious lunch at Zehnder’s followed by a performance by The Marlins-a variety show that features something for everyone along with many of your favorite Christmas tunes. Motor coach.
Cost: $86     Cancellation fee: $13 | Deadline: Dec 13

NEW CHRISTMAS TREE WALK *  Mon, Dec 9    2:30 - 7:30 pm
Experience the Holidays in this magical 9,500 sq. ft. log home decorated with over 200 Christmas trees. Your self-guided tour encompasses 3 floors of beautiful Christmas decorations in this privately owned home. Before touring enjoy “on your own” dining at the Foxfire Restaurant. OPC big bus
Cost: $34     Cancellation fee: $5 | Deadline: Dec 25

NEW CHRISTMAS LUNCHEON ROYAL PARK  Tue, Dec 10    11:30 am - 2:00 pm
Join OPC in the stunning Conservatory at the Royal Park for a lovely Christmas Luncheon. Your choice of Chicken Piccata or Herb Crusted Whitefish, salad, rolls, seasonal dessert, coffee & tea. Doors open at 11:30am. Prize drawing after lunch. We will meet at the Royal Park - valet parking available.
Cost: $49     Cancellation fee: $7 | Deadline: December 8

NEW YEAR’S PRE-CELEBRATION  Sat, Dec 28    2:00 pm - 9:00 pm
Celebrate the New Year in style without the crowds. We will start with a 2-hour “wander on your own” visit to the Detroit Institute of Arts. After, we head to the Rattlesnake Club for a delicious dining experience. A drive along on Lakeshore Drive to view the holiday lights will top off our evening. Your choice of Beef Short Ribs or Succulent Chicken. Salad, seasonal dessert, coffee, tea & soda included. Motor coach
Cost: $98     Cancellation fee: $15 | Deadline: November 22

TRAVEL SHOW  Washington DC, Alaska & Switzerland
Wednesday, August 28  1:00 - 2:00 pm  Auditorium
WASHINGTON DC * Thu, 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, WWII 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. All prices are per person.

Schedule of payments:
Deposit - $400 due at registration
2nd payment - $400 due November 22, 2019
3rd payment - $400 due January 31, 2020
Balance due March 6, 2020

ALASKA LAND & 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 Wilder Nature Tour ride a luxury domed scenic train to Talkeetna stay at the Denali Princess Wilderness Lodge and Anchorage where we board the Royal 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 cashier), 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. All prices are per person. Bring a copy of your passport at sign up. Must not expire before Feb 13, 2021.

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

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 cashier), 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. Single: $6668 Double: $6178
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.

DSO CONCERTS on the OPC Mini bus

DSO POPS Fri, Oct 11 9:00 am - 3:30 pm
Queens of Soul - with a special tribute to Aretta 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

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

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

DSO POPS 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

NEW DSO CLASSICAL Fri, Dec 6 9:00 am - 3:30 pm
Mendelssohn Violin Concerto, featuring James Ehnes, violin and Juanjo Mena, conductor. Lunch on your own after at Lucky’s in Rochester Hills. OPC Mini bus
Cost: $65 Cancellation fee: $10 | Deadline: Nov 8

NEW DSO POPS Fri, Dec 20 9:00 am - 3:30 pm
Home for the Holidays! Detroit’s favorite holiday musical tradition – featuring Dee Donasco, vocalist and Stuart Chafetz, conductor. Lunch on your own after at Bravo in Rochester Hills. OPC Mini bus
Cost: $88 Cancellation fee: $13 | Deadline: Nov 22

Cancellation fee: $10 | Deadline: Oct 6
Cancellation fee: $200 | Deadline Fri. Mar 6, 2020
**Fitness & Aquatics**

**INFORMATION**

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

**WEIGHT, CARDIO RM. & WALKING TRACK HOURS**
Mon - Fri: 6:30 am - 8:45 pm  
Fall/Winter Hours: 9:00 am - 8:00 pm  
Saturday: 7:00 am - 3:45 pm

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

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

**WALKING TRACK**
Please bring dry, clean shoes to walk in. A coat room is available for you to change.  
Cost: FREE

**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

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**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 beginning to moderate fitness experience.  
**Mon/Fri**  
9:00 - 9:55 am  
**Instr:** Cheryl / Dawn  
**Cost:** $5

**HEART HEALTHY FITNESS (1)**

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

**INTERVAL TRAINING**

Group Exercise 1  
Combines low impact movements using various equipment to strengthen muscles with constant movement to ensure you have a great workout.  
**Wed**  
Sept 4 - 25  
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**  
Sept 3 - 24  
1:15 - 2:15 pm  
**Instr:** Kathy L.  
**Cost:** $21

**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.  
**Thu**  
Sept 5 - 26  
5:30 - 6:25 pm  
**Instr:** Lauren B.  
**Cost:** $21

**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**  
Sept 9 - 30  
6:25 - 7:25 pm  
**Instr:** Lauren B.  
**Cost:** $21

**ROLLING YOGALATES (3)**

Group Exercise 2  
Pilates and Yoga inspired moves serve as the foundation for this class along with Self-Myofacial Release (SMR) techniques with a foam roller. Achieve greater range of motion, better spinal alignment and posture, and increased blood flow.  
**Fri**  
Sept 6 - 27  
9:00 - 10:00 am  
**Instr:** Cheryl G.  
**Cost:** $21

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**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.  
**Thu**  
Sept 5 - 26  
4:30 - 5:20 pm  
**Instr:** Mila M.  
**Cost:** $21

**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**  
Sept 4 - 25  
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
**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 Sept 9 - 30**  
  11:25 - 12:25 pm  
  *Group Exercise 2*  
  Instr: Dawn K.  
  Cost: $21
- **Fri Sept 6 - 27**  
  11:30 - 12:30 pm  
  *Group Exercise 1*  
  Instr: Dawn K.  
  Cost: $21

**TONIC, STRETCH, & BALANCE (1)**
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 Sept 3 - 26**  
  11:30 - 12:15 pm  
  *Group Exercise 2*  
  Instr: Dawn K.  
  Cost: $42

**ZUMBA (2)**
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 Sept 9 - 30**  
  10:30 - 11:30 am  
  *Group Exercise 1*  
  Instr: Leah B.  
  Cost: $21
- **Tue Sept 3 - 24**  
  7:05 - 8:05 pm  
  Instr: Leah B.  
  Cost: $21
- **Wed Sept 4 - 25**  
  6:30 - 7:30 pm  
  Instr: Fabiola  
  Cost: $21
- **Fri Sept 6 - 27**  
  1:00 - 2:00 pm  
  Instr: Leah B.  
  Cost: $21

**STEP AEROBICS (4)**
Low impact aerobics using the Step, burning 30-60% more calories than traditional aerobics with emphasis on hips, thighs, abdominals and buttocks.

- **Tues Sept 3 - 24**  
  10:45 - 11:30 am  
  Instr: Robin I.  
  Cost: $21
- **Tues Sept 3 - 24**  
  5:15 - 6:00 pm  
  Instr: Robin I.  
  Cost: $21
- **Thurs Sept 5 - 26**  
  10:45 - 11:30 am  
  Instr: Robin I.  
  Cost: $21

**CIRCUIT TRAINING (3-4)**
High energy 60 minute class incorporating stations, alternating between weight training and cardio.

- **Mon Sept 9 - 30**  
  12:30 - 1:30 pm  
  *Instr: Karen M.*  
  Cost: $21

**BACK HEALTH (1-2)**
Emphasis on increasing lower back strength function and flexibility, as well as enhancing muscle groups that help support proper posture.

- **Tues Sept 3 - 24**  
  9:30 - 10:30 am  
  *Instr: Dawn K.*  
  Cost: $21
- **Thurs Sept 5 - 26**  
  9:30 - 10:30 am  
  *Instr: Dawn K.*  
  Cost: $21

**PILOATES CLASSES**

**Pilates-STRENGTH TRAINING (2-3)**
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 Sept 9 - 30**  
  9:00 - 10:00 am  
  Instr: Dawn K.  
  Cost: $21

**Pilates Beginning (2)**

- **Group Exercise 2**
Get started learning various Pilates techniques from standing and floor positions.
- **Wed Sept 4 - 25**  
  9:00 - 10:00 am  
  Instr: Dawn K.  
  Cost: $21

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

- **Mon Sept 9 - 30**  
  7:00 - 7:50 am  
  *Instr: Peg G.*  
  Cost: $21
- **Wed Sept 4 - 25**  
  7:00 - 7:50 am  
  *Instr: Peg G.*  
  Cost: $21
- **Fri Sept 6 - 27**  
  7:00 - 7:50 am  
  *Instr: Peg G.*  
  Cost: $21

**BEGINNING TAI CHI**
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.

- **Tues Sept 3 - 24**  
  2:20 - 3:20 pm  
  *Instr: John M.*  
  Cost: $32  
  Drop-in: $10
- **Fri Sept 6 - 27**  
  10:30 - 11:30 am  
  *Instr: John M.*  
  Cost: $32  
  Drop-in: $10

**TAI CHI WITH CHAIR**
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.

- **Thurs Sept 5 - 26**  
  2:15 - 3:15 pm  
  *Instr: John M.*  
  Cost: $32  
  Drop-in: $10

**FULL BODY BLAST (3-4)**
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.

- **Tues Sept 3 - 24**  
  4:00 - 4:50 pm  
  *Instr: Emily B.*  
  Cost: $21

**STRETCH & BALANCE (2-3)**
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 Sept 9 - 30**  
  10:00 - 10:50 am  
  *Group Exercise 2*  
  Instr: Dawn K.  
  Cost: $21
- **Fri Sept 6 - 27**  
  10:00 - 10:50 am  
  *Group Exercise 1*  
  Instr: Dawn K.  
  Cost: $21

**DANCE FOR PARKINSON’S (1-2)**
Gymnasium
Dance for Parkinson’s is an experience that uses narrative, imagery and community to address PD-specific concerns such as balance, coordination and depression. Engage the participants’ minds and bodies, and create an enjoyable social environment that emphasizes dancing rather than therapy.

- **Wed Sept 4 - 25**  
  1:00 - 2:00 pm  
  *Instr: Ali W.*  
  Cost: $32  
  Drop-in: $10

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  Sept 5 - 26  6:30 - 7:30 pm
Instr: Carol S.  Cost: $32
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  Sept 5 - 26  12:00 - 1:00 pm
Instr: Carol S.  Cost: $32
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  Sept 5 - 26  1:00 - 2:00 pm
Instr: Carol S.  Cost: $32
Drop-in: $10

CORE STRENGTH

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

Group Exercise 1
Mon Sept 9 - 30  11:30 am - 12:25 pm
Instr: Karen  Cost: $21

Group Exercise 2
Wed Sept 4 - 25  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 Sept 4 - 25  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  Sept 3 - 26  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 full-body strength training class. Move from exercise to exercise with no breaks, and do exercises from the floor. Please bring a mat.

Thur  Sept 5 - 26  12:20-1:05 pm
Instr: Dawn K.  Cost: $21

MUSCULAR ENDURANCE (4)

Group Exercise 1
Improve your ability to sustain demands of daily activities, keep your bones healthy and strong, and help increase your energy levels. These workouts will be focused on lower weights with higher repetitions for 45 minutes, keeping you moving with dumbbells, exercise bands, and your own body weight.

Thur  Sept 5 - 26  6:45 - 7:30 pm
Instr: Fabiola  Cost: $21

PERSONAL programs

BIKE FOR COFFEE
Meet at Sports Desk Entrance
Take a ride along the Clinton River Trail and stop for a cup of coffee. Helmets required.

Tue  9:00 am  Cost: $2 Drop In

OPC HOCKEY CLUB
OPC is looking for 50+ hockey players and substitute goal tenders! Ice time is reserved at the Onyx in Rochester. For info, call Matt Spierling at 248.659.1021

Tue & Thur  10:30 - 11:50 am  Cost: $15 Drop in

SMALL GROUP PERSONAL TRAINING
Meet at Sports Desk
(Instructor utilizes multiple areas)
Group of 3-6 clients per session with tailored programs as 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. Pre-registration only. No drop-ins.

Advanced (4)  Group Exercise 2
Must pre-register by Aug 27

Tue  Sept 3 - 24  7:30 - 8:30 pm
Instr: Dawn K.  Cost: $60
All-Access Passes are not accepted

GOLF LEAGUE BANQUET
Auditorium
All ladies and gentleman that have participated in the 2019 Seior Golf League at Hampton Golf Course are welcome to sign up for the 2019 Golf Banquet at OPC. For more information, call Jeremy Ridky at (248)608-0295.

Mon  Sept 16  1:00 - 3:00 pm  Cost: $10

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.

RATES

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

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
INTRODUCTION TO KAYAKING

Saturday, September 21  
Cost: $23  
Meet in OPC lobby at 9:00am - Event begins at 10:00 am
Hop on the OPC minibus and take a ride to Draper Twin Lake to learn how to kayak. There will be a brief instructional session, followed by kayaking around the lake, led by Oakland Township Parks & Rec Staff. Program lasts approximately one hour. Transportation, kayaks, paddles and life jackets provided. Wear appropriate clothing in the event the kayak tips.  
Max: 10

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 Sept 4 - 25  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 Sept 9 - 30  12:45 - 1:45 pm  
Instr: Norma B.  
Cost: $21

Yoga, A Gentle Beginning (2)  
Group Exercise 1  
Learn the basics of yoga. Bring a yoga mat & blanket.  
Mon Sept 9 - 30  2:00 - 3:00 pm  
Instr: Kay G.  
Cost: $21

STRENGTHEN YOUR BONES
Start improving your overall physical fitness with these strength training classes.  
Beginning (2)  
Group Exercise 2  
Thur Sept 5 - 26  1:10 - 2:00 pm  
Instr: Dawn K.  
Cost: $21

Intermediate (3)  
Group Exercise 1  
Tue/Thur Sept 3 - 26  10:30 - 11:25 am  
Instr: Carol S.  
Cost: $42

Advanced (4)  
Group Exercise 1  
Mon/Wed Sept 4 - 30  5:00 - 6:00 pm  
Instr: Robin I.  
Cost: $42

Basic Yoga (1-2)  
Group Exercise 1  
Calm and gentle practice with traditional movements. Bring a yoga mat to class.  
Mon Sept 9 - 30  2:00 - 3:00 pm  
Instr: Norma B.  
Cost: $21

Sat Sept 7 - 28  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 Sept 3 - 24  6:00 - 7:00 pm  
Instr: Kay G.  
Cost: $21

Basic Yoga (1-2)  
Group Exercise 1  
Calm and gentle practice with traditional movements. Bring a yoga mat to class.  
Mon Sept 9 - 30  2:00 - 3:00 pm  
Instr: Norma B.  
Cost: $21

Sat Sept 7 - 28  9:00 - 10:00 am  
Instr: Kay G.  
Cost: $21

Yoga, A Gentle Beginning (2)  
Group Exercise 1  
Learn the basics of yoga. Bring a yoga mat and blanket.  
Thur Sept 5 - Oct 31  11:45 am - 12:45 pm  
Instr: Tracy F.  
Cost: $72  Drop-in $10

Energy Rides  
S Sept 7 - 28*  8:00 - 8:45 am  
Cost: $18  Drop-in $6

Table Tennis  
M/W/F  1:00 - 4:00 pm  
Cost: $2 for each  
Drop in activities  

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

No Gym Drop In Activities on Saturday, Sept 21 all day & Friday, Sept 20 at 12:00 pm

GYM drop-in activities

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

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

No Gym Drop In Activities on Saturday, Sept 21 all day & Friday, Sept 20 at 12:00 pm

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>Sept 9 - 30</td>
<td>6:30 - 7:15 pm</td>
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<tr>
<td>Rock &amp; Roll</td>
<td>M</td>
<td>Sept 9 - 30</td>
<td>10:15 - 11:00 am</td>
<td>$24</td>
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<td>Heather</td>
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<td>Cycle to the Beat</td>
<td>T</td>
<td>Sept 3 - 24</td>
<td>9:15 - 10:00 am</td>
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<td>Kathy</td>
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<tr>
<td>Free Cycle Demo</td>
<td>T</td>
<td>Sept 3 - 24</td>
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<td>Cycle to the Beat</td>
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*Gym closed on Saturday, September 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

Tue  9:00-1:00pm Thu 8:30-12:00pm
PICKLEBALL activities
For more information on Pickleball Activities contact Jeremy Ridky @ 248.608.0295 or jridky@opcseniorcenter.org

FREE BEGINNER LESSONS
A one-hour introduction to the basics of the game. Upon completion, stay for 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

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

LEAGUES & CLINICS IN SESSION:
ALL LEVEL LADDER
Fri, Sept 6 - Nov 8 8:00 am - 12:30 pm Cost: $35

ROUND ROBIN
Tue, Sept 10 - Nov 19 (No Oct 1st) 6:00 - 8:30 pm Cost: $35

PICKLEBALL SKILLS & DRILLS CLINIC
Skills & Drills is appropriate for those with beginner-intermediate ability. You must already have knowledge of the rules and some playing experience. Focus will be on improving basic skills including serve, ground-strokes, returns, volleys, lobs & overheads. OPC reserves the right to direct you to the appropriate level (1 or 2) in order to achieve similar ability levels with the group. PRE-REGISTRATION ONLY.
*Each clinic can be taken multiple times, but priority will always first be given to qualified players whom are signing up for the first time. Max: 8
Thu, Sept 5-26 2:00 pm - 4:00 pm Cost: $40

ADVANCED PRACTICE
Appropriate for intermediate/advanced players. Organized practice and drills led by certified pickleball instructors. Players must have ability to perform repetitive drills and sustain rigorous activity. These sessions will improve consistency, accuracy, court positioning and reduce unforced errors. Difference theme-based drills each week, and situational games (regular games with special rules to work on specific shots and strategies). Max: 8
Themes covered:
- Dinking, 3rd shot drops
- 3rd shots (drop, drives, rolling forehand)/transition/4th and 5th shots
- Volley’s/Overhead/Lobs (offensive, defensive, retrieval)
- Serves, service returns, groundstrokes
Thu, Sept 5 - 26 12:00 - 2:00 pm Cost: $32

PICKLEBALL PRACTICE SESSION (NOVICE - INTERMEDIATE)
Volunteer leaders will administer drills throughout the session to work on with a partner(s) in a group setting. Work to master the basics of the game through controlled practice to enhance muscle memory!
Mon Sept 9 - 30 11:00 - 1:00 pm Cost: $2 Drop in

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 moves. Exercises can be done in the shallow, or deep end of the pool. All are welcome.
Fri Sept 6 - 27 8:00 - 8:50 am
Instr: Susan O. Cost: $20

Core Strength (1)
Build a strong abdomen and back while moving through the water using resistance and balance.
Mon/Wed Sept 4 - 30 8:00 - 8:50 am
Instr: Margaret/Heather/Susan Cost: $40
Tue/Thur Sept 3 - 26 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 Sept 3 - 26 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 Sept 4 - 30 1:00 - 1:50 pm
Instr: Susan O./Robin I. Cost: $40
Tue/Thur Sept 3 - 26 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 Sept 4 - 30 12:00 - 12:50 pm
Instr: Susan O./Robin I. Cost: $40
Tue/Thur Sept 3 - 26 5:00 - 5:50 pm
Instr: Jeannie L. Cost: $40

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, 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 Sept 4 - 25 5:30 - 6:30 pm Instr: Carol S. Cost: $20

AQUA BASKETBALL
Come make a splash and participate in our aquatic basketball shoot around. Enjoy some time in the water while shooting hoops in the shallow end.
Fri Sept 6 - 27 3:00 - 3:50 pm Cost: $3 Drop in

GYM CLOSED Closed Fri, Sept 20 at 12:00 pm & Sat, Sept 21 all day
**Fitness & Aquatics**

**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** Sept 9 - 30  
6:30 - 7:20 pm  
Instr: Fabiola  
Cost: $20

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

**Sat** Sept 7 - 28  
8:00 - 8:50 am  
Instr: Robin  
Cost: $20

**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** Sept 9 - 30  
2:00 - 2:50 pm  
Instr: Robin I.  
Cost: $20

**Fri** Sept 6 - 27  
2:00 - 2:50 pm  
Instr: Robin I.  
Cost: $20

**Intermediate (2)**

**Tue** Sept 3 - 24  
2:30 - 3:20 pm  
Instr: Jeannie L.  
Cost: $20

**Advanced (3)**

**Wed** Sept 4 - 25  
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** Sept 4 - 30  
8:00 - 8:50 am  
Instr: Deb B. / Margaret  
Cost: $40

**Fri** Sept 6 - 27  
8:00 - 8:50 am  
Instr: Robin  
Cost: $20

**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** Sept 4 - 30  
10:00 - 10:50 am  
Instr: Debbie B.  
Cost: $40

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

**Tue** Sept 3 - 24  
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** Sept 9 - 30  
9:00 - 9:50 am  
Instr: Debbie B.  
Cost: $20

**Wed** Sept 4 - 25  
9:00 - 9:50 am  
Instr: Debbie B.  
Cost: $20

**Fri** Sept 6 - 27  
9:00 - 9:50 am  
Instr: Margaret  
Cost: $20

**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

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**Fitness & Aquatics**

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

**Tue/Thur** Sept 3 - 26  
10:00 - 10:50 am  
Instr: Margaret A. / Susan O.  
Cost: $40

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**CHAIR MASSAGE**

**WEDNESDAY, SEPT 11**

**10:00 - 12:30 PM**

**COST: $10**

per 10 Minute Appointment

Conference Room B

Take a moment for yourself with a 10 minute chair massage from a licensed massage therapist. Call ahead to make an appointment @ 248-608-0251

Payment due when appointment is made.

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**OPC**

**SUGGESTS THAT YOU CONSULT YOUR DOCTOR BEFORE STARTING ANY EXERCISE PROGRAM**
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 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
MEMBERS ONLY
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.

SNOW REMOVAL
Snow removal services are available for income eligible seniors and disabled residents. Funded under the Community Development Block Grant Program 248.608.0249.

ASK THE ATTORNEY

Conference Room A/B
Mon. Sept 9 12:00 - 3:30 pm
Tue. Sept 24 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.

SUPPORT groups

CAREGIVER’S SUPPORT
Tue, Sept 3 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, Sept 27 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, Sept 6 & 20 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
Wed, Sept 4 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!

MEAL PLANS FOR SENIORS

MEALS ON WHEELS
Meals are delivered 7 days a week either hot or frozen. Meals are delivered to 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.

SNOW REMOVAL
Snow removal services are available for income eligible seniors and disabled residents. Funded under the Community Development Block Grant Program 248.608.0249.

ASK THE ATTORNEY

Conference Room A/B
Mon. Sept 9 12:00 - 3:30 pm
Tue. Sept 24 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. Sept 9 9:00 - 12:00 pm
Wed. Sept 11 1:00 - 4:00 pm
Mon. Sept 23 12:00 - 3:00 pm
Call 248.656.1403 Ext 0 To schedule your 1 hour appt.
FREE PAD (PERIPHERAL ARTERIAL DISEASE) SCREENING Sat, Sept 21 9:00 am - 1:00 pm Wellness Center
Leg pain is an everyday issue for lots of Americans. The pain is often a result of Peripheral Arterial Disease or PAD (also, known as Peripheral Vascular Disease - PVD), a circulatory condition caused by blockage of the blood vessels in the legs. Common symptoms include: aching, tiredness or cramping in the legs during walking or exercising; numbness and tingling in the lower legs and feet; coldness in the lower legs and feet; and ulcers or sores in the legs or feet that don’t heal. It is important to detect and treat circulatory problems to help prevent more serious issues such as heart attack, stroke, and loss of a limb. However, up to 40% of individuals with PAD have no leg pain. PAD affects 12-20% of Americans ages 60 and older. Sign up with the switchboard @ 248.656.1403. Dr. Choksi, MD, Medical Director of Cardiovascular Services @ Ascension Providence Rochester will be available for review of your risk for PAD.

FREE PAD (PERIPHERAL ARTERIAL DISEASE) SCREENING Fri, Sept 13 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, Sept 10 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

ASK THE MEDICAL PROFESSIONAL
ASK THE NURSE Cindy McKenna | 248.601.2888
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.

ASK THE PRIMARY CARE DOCTOR
Dr. Hull Fri, Sept 13 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, Sept 17 & 24 9:00 - 11:00 am

ASK THE DENTIST
Dr. Tironi Wed, Sept 11 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, Sept 4 - 25 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.

ASK THE MEDICAL PROFESSIONAL IS DESIGNED FOR WALK-INS

PREVENT OR DELAY TYPE 2 DIABETES
FREE introductory classes on eligibility and participation:
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 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 Ascension Providence Rochester Nutrition Counseling Center at 248-652-5660

Healthy Brain Series
Thursday, Oct 3 - Nov 7 1:45 - 3:15 pm
In the OPC Dining Room Cost: $3 per session
Rewire your Brain with Kathy Housey, certified “Train the Brain” instructor. Back by popular demand, Kathy will provide new brain health information along with more interactive brain games.

Session 1 | Oct 3 Preventing Alzheimer’s & Dementia
Sponsored by: POMEROY LIVING

Session 2 | Oct 10 Exercise to Preserve Brain Health!

Session 3 | Oct 17 What You Eat Affects Your Brain

Session 4 | Oct 24 The Importance of Sleep

Session 5 | Nov 7 Nuerobics for the Brain
**September**

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3 Roast Turkey Brown Rice Roasted Brussel Sprouts Romaine Salad Orange</td>
<td>4 Beef Pastie w/Gravy Spinach Romaine Salad Dilled Carrots Cranberry Jello w/fruit</td>
<td>5 <strong>BIRTHDAY LUNCH</strong> Stuffed Cabbage Whipped Potatoes Broccoli Cuts Pear Slices</td>
<td>6 Chicken Cavatappi Pasta Romaine Spring Mix Asparagus Banana</td>
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<tr>
<td>Building Closed</td>
<td>9 Pork Chop Creole Red Skin Potatoes Crunchy Pea Salad Applesauce</td>
<td>10 Baked Chicken w/Gravy Baked Potato Green Beans Citrus Sections</td>
<td>11 Macaroni &amp; Cheese Baby Beets Spinach Romaine Salad Corn Muffin Fruit Salad</td>
<td>12 Kielbasa on a Bun Baked Beans Sauerkraut Red Apple</td>
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<tr>
<td>16 Chicken Chow Mein White Rice Spinach Romaine Salad Peach Slices</td>
<td>17 Tuna Pasta Salad Peas Mini Muffin Mixed Fruit Cup</td>
<td>18 Ham Scalloped Potatoes Peas and Carrots Cabbage Slaw Sliced Pineapple</td>
<td>19 Carribean Chicken Red Skin Potatoes Brussel Sprouts Diced Pears</td>
<td>20 Turkey Burger Sante Fe Salad Cookie Grapes</td>
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<tr>
<td>23 Chinese Peppersteak Oriental Blend Rice Vegetable Sloaw Peaches</td>
<td>24 Chicken Cacciatore Whipped Potatoes Romaine Salad California Blend Orange</td>
<td>25 Salisbury Steak Whole Potatoes Italian Green Beans Spinach Salad Tropical Fruit Salad</td>
<td>26 Baked Cod Sliced Potatoes Romaine Salad Key West Vegetable Blend Apple</td>
<td>27 Mostaccioli Cabbage Pineapple Slaw Succotash Four Fruit Salad</td>
</tr>
<tr>
<td>30 Stuffed Pepper Whole Potatoes Prince Charles Blend Apple</td>
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**BIRTHDAY LUNCH** Thursday, Sept 5
11:45 am - 12:30 pm

Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Wed, Sept 4 and identify yourself as a “Birthday Senior”. Call 248-656-1403 Ext 0.
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.

Ride Reservation: **248.652.4780** | Weekday Cancellations: **248.608.0296** | Weekend Cancellations: **248.608.0271**
Assistance in the Comfort of Home

Whether you need a little bit of assistance or are returning home from the hospital, our compassionate caregivers can help. Discover the benefits our personalized services will bring to you or your loved one’s life!

- Personal Care Assistance/Showers
- Meal Preparation/Shopping
- Medication Reminders
- Light Housekeeping/Laundry

WHY CHOOSE US?

- ACHC Accredited
- FBI Fingerprint Background Checks
- 10 Panel Drug Screens

Call today for a FREE Consultation!

248.886.7300
www.HomeInstead.com/408

ACHC Accredited - Accreditation Commission for Health Care. Each Home Instead Senior Care office is independently owned and operated.
Senior Day at Bloomer Park
Wednesday, September 11  9:30 am - 2:30 pm

No cost. Registration required: 248-656-1403 then press 0

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:30 am</td>
<td>Slow Flow Yoga with Kaye</td>
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<tr>
<td>10:00 am</td>
<td>Line Dance with Pattie</td>
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<tr>
<td>10:30 am</td>
<td>Rochester High School Falcon Marching Band</td>
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<tr>
<td>11:20 am - noon</td>
<td>Kim Whitney</td>
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<tr>
<td>12:00 - 12:30 pm</td>
<td>Picnic Lunch - Hot Dogs, Fixins and Ice Cream Cart</td>
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<tr>
<td>12:45 pm</td>
<td>Performance by Dueling Pianos</td>
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<tr>
<td>All Day</td>
<td>Antique Car Display</td>
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**Sponsors**

- American House Senior Living Communities
- Beltone
- Heartland Health Care Center
- Home Instead
- Nothing Bundt Cakes
- Pixley Funeral Home - Dignity Memorial
- Pomeroy Living
- Senior Health Shop
- Stonecrest of Rochester Hills
- Tim Hortons (Rochester Rd. & Crooks Rd. locations)
- Waltonwood on Main
- Waltonwood on University
- Mayor Bryan Barnett, Rochester Hills

OPC will be closed for the Labor Day Weekend:
Friday, August 30th, at 4:00 pm
thru Monday, September 2nd
Re-opening on Tue, September 3rd at 6:30 am

Saturday extended hours begin on September 7th from 7:00 am to 3:45 pm
Take advantage of the change and make Saturdays a part of your fall routine!