50+EXPO

Wednesday, October 2
9:00 am - 1:00 pm
Featuring Joel Kahn, MD, FACC
Founder, Kahn Center for Cardiac Longevity
How to Live to be a Healthy 100 @1:15 pm

FREE Admission
FREE Parking
Flu Shots
Balance Testing

GREAT Raffle Prizes & Giveaways

SHUTTLE SERVICE
St. Paul’s United Methodist Church
620 Romeo Rd, Rochester

PRESENTING SPONSORS

FREE Admission
FREE Parking
Flu Shots
Balance Testing

GREAT Raffle Prizes & Giveaways

SHUTTLE SERVICE
St. Paul’s United Methodist Church
620 Romeo Rd, Rochester

CAREGIVING
RETIREMENT LIVING
SENIOR HOUSING

HEALTH & WELLNESS
LEGAL SERVICES
TECHNOLOGY

INTEGRATIVE MEDICINE
HEALTH SCREENING
FINANCES

SILVER SPONSORS
The 50+ Expo on Wednesday, October 2 from 9 am – 1 pm will offer a wealth of information, resources, and education for seniors, caregivers, friends and family. The event is FREE for all attendees. More than 70 exhibitors will be in attendance with information on senior housing, consumer products and services, travel, nutrition, health screenings, flu shots available, door prizes, refreshments, lunch for a small fee, plus free parking and shuttle from St. Paul’s Methodist Church.

The culmination of this eventful day will be a presentation at 1:15 pm by Dr. Joel Kahn, Holistic Cardiologist, on “How to Live to be a Healthy 100”. Dr. Kahn will review the science of longevity and describe a plan to achieve it with emphasis on diet, exercise and medical care. Please spread the word to your family and friends to attend this informative day!

Singing and Dance are excellent forms of exercise; your lungs can get a real workout, it stimulates circulation and boosts your immune system. One of the unexpected health benefits of singing and dance is that it improves your social life...that is evident within our 650 Players who perform a Fall and Spring Variety Show and have developed new friendships along the way. OPC Members are always encouraged to join in the fun. The theme for this year’s fall show is Tribute to the Stars on October 29-November 1 & 3. Get your tickets today by calling 248-659-1029!

Thank you to the many volunteers who helped peel, slice, fill, put the pies in and out of the oven, package, sell, spread the word, and everything else for the annual Apple Pie Event at OPC to benefit Meals on Wheels! Our thanks to the team from FCA, the Rochester Fire Department, our loyal OPC members, guests and dedicated staff! The community spirit that results from the making, baking and selling of the apple pies is priceless. We sold out this year! If you bought one of our famous apple pies, thank you for supporting the Meals on Wheels program!

Happy Fall!

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

Rise and Shine BREAKFAST
Tue Oct 1 | 9:00 - 10:30 am | Cost: $2 | Dining Room

“Breast Cancer Screening and Early Detection at Any Age”
by Dr. Julie Shultz, Medical Director of Breast Imaging

Dinner with the Doc
Tue Oct 22 | 6:00 - 7:30 pm | Cost: $5 | Dining Room

“Managing Shoulder and Knee Pain”
by Dr. Ryan Siwiec, Orthopedic Surgeon

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

MONTHLY TOPICS THAT ENLIGHTEN AND ENRICH YOUR LIFE!
Savvy Seniors

Topic: HUMAN TRAFFICKING
Wednesday, October 16 | 10:00 am - 11:00 am
This presentation will constitute an overview of the crime of human trafficking. Attendees will learn about prevalent risk factors, possible indicators and reporting procedures.
Presenter: Nathaniel Knapper, FBI
CALL 248.656.1403 EXT 0 FOR RESERVATIONS | Classroom 3 | Breakfast Provided @9:30 | Complimentary

Topic: BOOMER SUMMIT
Tuesday, November 19 | 6:00 - 8:00 pm
Do you or a loved one plan to downsize in the near future? Are you overwhelmed by all that needs to be done? Where do you begin? How should you prepare? Who can help? Bring your questions to this panel of experts (Elder Care Attorney, Senior Placement Specialist, Realtor, Insurance Agent & Senior Relocation Specialist) and leave feeling educated, prepared, less overwhelmed and ready to Optimize Your Life! Limited Seating is available, reserve your seat now!
CALL 248.656.1403 EXT 0 FOR RSVP by Nov 12 | Auditorium | Light Refreshments Provided | Complimentary

New Member Coffee Dining Room
Wednesday | Oct 16 | 10:00 am & 6:00 pm
Join us and discover why OPC is a great place to be 50+
Create connections and get to know fellow members
Coffee and light refreshments provided
Get the most out of your membership!
Call 248-656-1403 ext 0 to register.
Complimentary

SENIOR LISTENING TOUR
Dining Room
Mon, Oct 7  8:30 - 9:30 am
State Senator Mallory McMorrow will be here to listen to the concerns of the seniors in our area!
Complimentary

THE CANDIDATE & ISSUE FORUM
Auditorium
Fri, Oct 18  8:00 - 10:00 am
Local 2019 Candidates for office from Rochester and Rochester Hills will share their platforms and there will be an update about our schools from the Rochester Community School’s Superintendent. Complimentary
LEARN TO MEDITATE
ADS Room
Wed, Oct 23, 30 Nov 6, 13
6:00 - 7:00 pm
Explore a set of relaxation and meditation exercises to help restore balance in your life and manage stress. Meditate in a chair or bring a floor cushion. Conducted by Heartfulness Meditation Certified Trainers.
Cost: $10

MEDITATION
ADS Room
Mon, Oct 7 - 28
6:00 - 7:00 pm
Join this ongoing group led by instructors from Heartfulness Meditation.
Cost: $1 Drop In

SWEET SPEAKERS: THE WITCH OF DEL RAY
Dining Room
Tue, Oct 15
7:00 - 8:00 pm
In the 1930s in Detroit why was a Hungarian immigrant and her son held for a murder they claimed they did not commit? Amid accusations of witchcraft they were convicted and their cries of innocence went unheeded. That is until one lawyer delved deeper into the case. Author Karen Dybis follows the twists and turns of this shocking story.
Cost: $5

MEET THE AUTHOR
Lobby
Tue, Oct 15
9:30 - 10:30 am
Larry Perkins, one of our own OPC members, presents his new book “Thing’s I don’t Get, Which are a lot!” will be available for purchase and signing.
Cost: Complimentary

VALLEY OF KILMAERTIN, SCOTLAND
Auditorium
Tue, Oct 22
10:00 - 11:30 am
Bob Moore, Financial Advisor and Nancy Engelhardt-Moore, Geologist/Paleontologist mentor docents at the Houston Museum of Natural Science. They will visit OPC and give a lecture on their recent visit to the Valley of Kilmartin, Scotland. They both participate in paleontological and archaeological digs around the world so it will be filled with interesting insight.
To Register: 248-656-1403 Ext: 0
Cost: $3 Drop In

DESSERT PROVIDED BY
CEDARBROOK SENIOR LIVING ROCHESTER

FINANCIAL FRIDAY
INCOME TAXES AND RETIREMENT
Classroom 1
Fri, Oct 11
10:00 - 11:00 am
Income Tax considerations as part of your retirement
TO REGISTER: 248-656-1403 Ext: 0
Cost: $1 Drop In

SOCIAL SECURITY
Classroom 1
Wed, Oct 23
6:00 - 7:00 pm
Timing is Everything
Prstr: Doree Cook, Financial Associate
Cost: $3 Drop In

OAKLAND UNIVERSITY
LAUGHING YOUR WAY THRU STRESS
Auditorium
Friday, October 18
3:00 - 4:30 pm
Join professor Terry Dribble to find out new ways to handle the stress in your life!
Register at 248.656.1403 Ext 0
Cost: $3 Drop In

RETIRED BUT NOT RUSTED
STUDENT AFFORDABLE HOUSING
Auditorium
Monday, November 4
6:00 - 8:00 pm
Student Housing options around Oakland County
Cost: $1 Drop In

Rewired not Retired
STARTING YOUR OWN BUSINESS
Classroom 1
Wed, Oct 16 | 7:00 - 8:00 pm
Thinking of starting a business either at home or out in the community? Tom Raymond will give you the information to develop a plan, how to secure financing, how to market your business, as well as examples of existing businesses and how they succeeded.
Presenter: Tom Raymond, Small Business Counselor, Economic Development & Community Affairs Oakland County
Refreshments served.
To Register: 248-656-1403 Ext: 0
Cost: $1 Drop In

LAUGHING YOUR WAY THRU STRESS
Auditorium
Friday, October 18
3:00 - 4:30 pm
Join professor Terry Dribble to find out new ways to handle the stress in your life!
Register at 248.656.1403 Ext 0
Cost: $3 Drop In

OAKLAND UNIVERSITY
LAUGHING YOUR WAY THRU STRESS
Auditorium
Friday, October 18
3:00 - 4:30 pm
Join professor Terry Dribble to find out new ways to handle the stress in your life!
Register at 248.656.1403 Ext 0
Cost: $3 Drop In

FINANCIAL FRIDAY
INCOME TAXES AND RETIREMENT
Classroom 1
Fri, Oct 11
10:00 - 11:00 am
Income Tax considerations as part of your retirement
TO REGISTER: 248-656-1403 Ext: 0
Cost: $1 Drop In

SOCIAL SECURITY
Classroom 1
Wed, Oct 23
6:00 - 7:00 pm
Timing is Everything
Prstr: Doree Cook, Financial Associate
Cost: $3 Drop In

OAKLAND UNIVERSITY
LAUGHING YOUR WAY THRU STRESS
Auditorium
Friday, October 18
3:00 - 4:30 pm
Join professor Terry Dribble to find out new ways to handle the stress in your life!
Register at 248.656.1403 Ext 0
Cost: $3 Drop In

650 Nite Club Presents
Boogie Woogie Kid
Thursday, October 10 | 6:30 - 8:30 pm
Matt Ball performs classic Ragtime, Boogie-woogie & Blues piano favorites from the Swingin’ era of the 20’s - 40’s.
Cost: $15

650 Nite Club Presents
Sheila Landis Trio
Thursday, November 14 | 6:30 - 8:30 pm
A blend of swing jazz, Brazilian bossa novas, and pop hits with a preview of the holiday favorites.
Cost: $15
COMPUTER CLUB

Classroom 1 & 2

Tue, Oct 1 - 29 10:00 am - Noon
Weekly topic discussed to increase your computer knowledge. Cost: $1 Drop In

SPONSORED BY
Pomeroy Living
ROCHESTER Skilled Rehabilitation

COMPUTER TECH SUPPORT Computer Lab

Wed, Oct 9 6:30 - 8:00 pm
Receive help or have your questions answered from the experts. This will be a one on one help using OPC computers or you may bring your own computer or tablet.
Instrs: Russell and Ting Shephard
Cost: $1 Drop in

CARDS & groups

FOCUS ON THE ISSUES Classroom 1

Mon, Oct 14 & 28 2:00 - 4:00 pm
Discuss current issues. Cost: $1 Drop In

EUCHRE CLASS Classroom 1

Mon, Oct 7 - 28 9:30 - 11:30 am
Have you always wanted to be able to play a rousing game of Euchre? Learn to play from a Pro! In no time Lou will have you playing the game and having lots of fun!
Instr: Lou Schleicher
Cost: $20

VINTAGE VIEWS WRITERS Classroom 1

Mon, Oct 28 12:45 - 1:45 pm
Write stories and share memories in this quarterly publication. Watch for the Vintage Views publication coming in October.

LATE BLOOMERS GARDENING GROUP

Wed, Oct 2 - 30 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, Oct 9 10:00 - 11:00 am
Meet with other veterans. Spouses are welcome to join this group.
Call 656.1403 Ext 0 to register

SPONSORED BY
CEDARBROOK SENIOR LIVING ROCHESTER

COMPUTER CLASSES

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAYS/DATE</th>
<th>TIME</th>
<th>COST</th>
<th>INSTR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer Help</td>
<td>F Oct 18</td>
<td>1:00 - 2:00</td>
<td>$10</td>
<td>Larry</td>
</tr>
<tr>
<td>iPhone</td>
<td>M Oct 7 &amp; 14</td>
<td>10:30 - 12:00</td>
<td>$10</td>
<td>Pam</td>
</tr>
<tr>
<td>iPad</td>
<td>M Oct 21 &amp; 28</td>
<td>10:30 - 12:00</td>
<td>$10</td>
<td>Pam</td>
</tr>
<tr>
<td>Computer Beginner</td>
<td>T/W/Th Oct 1, 2, 3</td>
<td>9:00 - 10:30</td>
<td>$20</td>
<td>Don</td>
</tr>
<tr>
<td>PC 1 on 1</td>
<td>T Oct 1 - 29</td>
<td>1:00 - 2:00</td>
<td>$10</td>
<td>Tom</td>
</tr>
<tr>
<td>PC 1 on 1</td>
<td>T Oct 1 - 29</td>
<td>2:00 - 3:00</td>
<td>$10</td>
<td>Tom</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>DROP-IN GROUPS</th>
<th>DAYS/DATES</th>
<th>TIME</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer Club / Rm 1</td>
<td>Every Tue</td>
<td>10:00 - 12:00</td>
<td>$1</td>
</tr>
<tr>
<td>“Mac” Enthusiasts / Rm 1</td>
<td>Th Oct 17</td>
<td>1:00 - 3:00</td>
<td>$1</td>
</tr>
<tr>
<td>Ubuntu Club / Rm 1</td>
<td>Th Oct 10 &amp; 24</td>
<td>9:00 - 11:00</td>
<td>$1</td>
</tr>
<tr>
<td>Digital Photography</td>
<td>F Oct 10</td>
<td>1:00 - 3:00</td>
<td>$2</td>
</tr>
</tbody>
</table>

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.

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

*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, Oct 23 1:30 - 3:00 pm
Come for an exciting game of Bingo!
Cost: $1 Drop-in

SPORTS TALK

Classroom 1

Wed, Oct 2 6:30 - 7:30 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

Take a Class, Play a Game or Join a Group
Enrichment

LANGUAGE classes
Curriculum is continuation based on previous learning.

SPANISH BEGINNER Classroom 3
Mon, Oct 7 - 28 11:00 am - noon
Inst: Mike L.  Cost: $5 Drop in

SPANISH BEGINNER Conf Room B
Thur, Oct 3 - 24 7:00 - 8:00 pm
Learn to speak or brush up on skills.
Inst: Mike L  Cost: $5 Drop in

ITALIAN INTERMEDIATE Cl Rm 2
Wed, Oct 2 - 30 10:00 - 11:00 am
Instr: Marta  Cost: $5 Drop in

GERMAN INTERMEDIATE Cl Rm 3
Mon, Oct 7 - 28 9:45 - 10:45 am
Instr: Gudrun  Cost: $5 Drop in

FRENCH ADVANCED Classroom 2
Wed, Oct 2 - 30 11:15 - 12:15 pm
Instr: Gudrun  Cost: $5 Drop in

INTERNATIONAL groups

<table>
<thead>
<tr>
<th>NAME</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>German</td>
<td>T</td>
<td>12:45 - 1:45</td>
<td>$1</td>
<td>3</td>
</tr>
<tr>
<td>India</td>
<td>T</td>
<td>1:00 - 3:00</td>
<td>$1</td>
<td>2</td>
</tr>
<tr>
<td>Italian</td>
<td>T</td>
<td>2:05 - 3:05</td>
<td>$1</td>
<td>Library Norma</td>
</tr>
<tr>
<td>Spanish</td>
<td>W</td>
<td>9:30 - 10:30</td>
<td>$1</td>
<td>1</td>
</tr>
<tr>
<td>Polish</td>
<td>W</td>
<td>11:00 - 12:00</td>
<td>$1</td>
<td>1</td>
</tr>
<tr>
<td>English</td>
<td>F</td>
<td>10:00 - 12:00</td>
<td>$1</td>
<td>Library Larry</td>
</tr>
<tr>
<td>French</td>
<td>F</td>
<td>11:00 - 12:00</td>
<td>$1</td>
<td>3</td>
</tr>
<tr>
<td>Chinese/English</td>
<td>F</td>
<td>10:00 - 12:00</td>
<td>$1</td>
<td>2</td>
</tr>
</tbody>
</table>

TAKE A CLASS, PLAY A GAME OR JOIN A GROUP

LITERATURE in the Library

BOOK CLUB
Wed, Nov 6 1:00 - 3:00 pm  Cost: $1 Drop In
“Crimes and Punishment ” by Fyodor Dostoevsky

NOVELS @ NIGHT CLUB
Thur, Oct 17 7:00 - 8:30 pm  Cost: $1 Drop In
“A New Earth” by Eckhart Tolle

POETRY AT NIGHT
Tue, Oct 22 7:00 - 8:00 pm  Cost: $1 Drop In

FIRESIDE POETRY
Thur, Oct 24 1:30 - 3:30 pm  Cost: $1 Drop In

DANCE & MUSIC

BALLROOM DANCE OPEN TO THE PUBLIC Auditorium
Mon, Oct 7, 14 & 21 7:00 - 8:00 pm  Cost: $8 Ticket per session
The Rumba and the Cha, Cha are the dances for October. Partner not required. Inst: Amy Tranchida

LINE DANCE with Carol OPEN TO THE PUBLIC- PM Auditorium
Mon, Oct 7 - 21 1:00 - 2:00 pm  Cost: $5 Drop In
Wed, Oct 2 - 23 7:00 - 8:00 pm  Cost: $5 Drop In

BELLY DANCE with Sandy Auditorium
Thr, Oct 17 7:00 - 8:00 pm  Cost: $5 Drop In

UKULELE FUN Classroom 3
Tue, Oct 1 - 29 3:15 - 4:15 pm  Cost: $1 Drop In

GUITAR with Jean Dining Room
Tue, Oct 1 - 29 1:30 - 2:30 pm  Cost: $1 Drop In
Sat, Oct 5 - 26 9:30 - 11:30 am  Cost: $1 Drop In

MOVIES @ OPC Monday - Dining Room  Friday - Auditorium

POMS PG13
Mon, Oct 7 6:00 - 8:00 pm
Fri, Oct 11 1:30 - 3:30 pm
Starring: Diane Keaton and Rhea Perlman
$1 Suggested Donation

HOME AGAIN PG 13
Mon, Oct 21 6:00 - 8:00 pm
"A Pizza Night"
Starring: Reese Witherspoon and Candice Bergen
$1 Suggested Donation

GERMANY INTERMEDIATE Cl Rm 3
Mon, Oct 7 - 28 9:45 - 10:45 am
Instr: Gudrun  Cost: $5 Drop in

ITALIAN INTERMEDIATE Cl Rm 2
Wed, Oct 2 - 30 10:00 - 11:00 am
Instr: Marta  Cost: $5 Drop in

ENGLISH classes
Curriculum is continuation based on previous learning.

SPANISH BEGINNER Classroom 3
Mon, Oct 7 - 28 11:00 am - noon
Inst: Mike L.  Cost: $5 Drop in

SPANISH BEGINNER Conf Room B
Thur, Oct 3 - 24 7:00 - 8:00 pm
Learn to speak or brush up on skills.
Inst: Mike L  Cost: $5 Drop in

ITALIAN INTERMEDIATE Cl Rm 2
Wed, Oct 2 - 30 10:00 - 11:00 am
Instr: Marta  Cost: $5 Drop in

GERMAN INTERMEDIATE Cl Rm 3
Mon, Oct 7 - 28 9:45 - 10:45 am
Instr: Gudrun  Cost: $5 Drop in

FRENCH ADVANCED Classroom 2
Wed, Oct 2 - 30 11:15 - 12:15 pm
Instr: Gudrun  Cost: $5 Drop in

TAKE A CLASS, PLAY A GAME OR JOIN A GROUP

LITERATURE in the Library

BOOK CLUB
Wed, Nov 6 1:00 - 3:00 pm  Cost: $1 Drop In
“Crimes and Punishment ” by Fyodor Dostoevsky

NOVELS @ NIGHT CLUB
Thur, Oct 17 7:00 - 8:30 pm  Cost: $1 Drop In
“A New Earth” by Eckhart Tolle

POETRY AT NIGHT
Tue, Oct 22 7:00 - 8:00 pm  Cost: $1 Drop In

FIRESIDE POETRY
Thur, Oct 24 1:30 - 3:30 pm  Cost: $1 Drop In

DANCE & MUSIC

BALLROOM DANCE OPEN TO THE PUBLIC Auditorium
Mon, Oct 7, 14 & 21 7:00 - 8:00 pm  Cost: $8 Ticket per session
The Rumba and the Cha, Cha are the dances for October. Partner not required. Inst: Amy Tranchida

LINE DANCE with Carol OPEN TO THE PUBLIC- PM Auditorium
Mon, Oct 7 - 21 1:00 - 2:00 pm  Cost: $5 Drop In
Wed, Oct 2 - 23 7:00 - 8:00 pm  Cost: $5 Drop In

BELLY DANCE with Sandy Auditorium
Thr, Oct 17 7:00 - 8:00 pm  Cost: $5 Drop In

UKULELE FUN Classroom 3
Tue, Oct 1 - 29 3:15 - 4:15 pm  Cost: $1 Drop In

GUITAR with Jean Dining Room
Tue, Oct 1 - 29 1:30 - 2:30 pm  Cost: $1 Drop In
Sat, Oct 5 - 26 9:30 - 11:30 am  Cost: $1 Drop In

MOVIES @ OPC Monday - Dining Room  Friday - Auditorium

POMS PG13
Mon, Oct 7 6:00 - 8:00 pm
Fri, Oct 11 1:30 - 3:30 pm
Starring: Diane Keaton and Rhea Perlman
$1 Suggested Donation

HOME AGAIN PG 13
Mon, Oct 21 6:00 - 8:00 pm
"A Pizza Night"
Starring: Reese Witherspoon and Candice Bergen
$1 Suggested Donation
How to live to be a HEALTHY 100

Wednesday, October 2 | 1:15-2:30 pm

Dr. Joel Kahn will review the science of longevity and describe a plan to achieve it, with emphasis on best diet, exercise and medical care.

Open to the Public | Complimentary Program

This program will be located in the OPC Dining Room

HUGE SALE

$7 PLUS price as marked show specials

Name brand, top quality products for women and men. Accessories, Apparel, Jewelry, Gadgets, Leggings, Socks, Leather Goods, Outerwear, and MUCH MORE FOR EVERYONE!

When: November 21st., 22nd & 23rd
Thursday & Friday 9am to 5 pm
Saturday - 10am to 2pm

Where: OPC- Lobby
650 Letica Dr.
Rochester, MI 48307

This sale benefits:
The OPC Art Department

artisan MARKET

LOCAL ARTISTS & CRAFTERS
Food Court & Raffle

Saturdays
November 9
9 AM - 4 PM

PUBLIC WELCOME | $1 at the door

Inquiries call 248.608.0275
Email jhickman@opcseniorcenter.org

650 Midday Club Presents

Wednesday, November 6
1:00 - 3:00 pm

Paul Venditti
LIVE MUSIC

Anthology
Entertainment & Dessert

$10 ENTRY

Open to the Public | Tickets: 248.608.0251
MOSAIC TILE CLASS  Studio 1
HARVEST WREATH  Fri, Oct 4  9:30 am - noon
PATCHWORK TREE  Fri, Nov 8  9:30 am - noon
WINTER SNOWMAN  Fri, Dec 6  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 each session

CREATIVE BOOKMAKING  Studio 3
Wed, Oct 9 & 16  10:00 am - noon
Repurpose a child’s hardboard book into a work of art using unique papers and embellishments. Cherish those special memories ...family or friends theme. Supplies: bring your own adhesive rest included. Instr: Opal T
Cost: $18

FINGER KNITTING  Studio 2
Wed, Oct 23  1:00 - 3:30 pm
Make a scarf or blanket using “Loopity Loops” yarn and your fingers. Simple, FUN with great results! For Beginner and experienced students. Beginners make a scarf or cowl. Intermediate students learn the pearl stitch to make a small blanket or shawl. Supplies: bring 1 skein Loopity Loops yarn for cowl or 2 skeins of same color for blanket. Find at Joann’s or Michaels. Instr: Bobbie Ginocchio
Cost: $10

Yeast is never too old to set another goal or to dream a NEW DREAM.  - C.S. Lewis
PAINTING & DRAWING

CHINESE BRUSH PAINTING  Studio 1
Mon, Oct 7 - 28  1:00 - 3:00 pm
Learn the fundamental techniques of this ancient art form through demonstrations of the Four Gentlemen, Chinese Orchid, Bamboo, Plum Blossom and Chrysanthemum. Intro to color and varied subject matter as skills develop. Individual instruction for all levels. Supplies: purchase from instructor; additional fee. Instr: Lee Cheng Tan  Cost: $40

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

COLORED PENCIL HOLIDAY SLEIGH  All levels  St 2
Tue, Oct 8 - 22  9:00 am - noon
Registration by Oct 1 please
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 Prismacolor Premier colored pencils. Learn to apply color, create dimension, shade, highlight and correct mistakes. Supplies: $15 to instructor for pattern packet AND pick up supply list on art board or email pbbedsole@opcseniorcenter.org. Instr: Ann Fogg  Cost: $65

MINDFULNESS PAINTING APPROACH  Studio 1
Fri, Oct 18  9:00 am - noon
In this workshop we will explore the principles of mindfulness to inform our painting experience. According to the Mayo Clinic Mindfulness is a type of meditation in which you focus on being intensely aware of what you are sensing and feeling in the moment, without interpretation or judgement. This approach fosters artistic freedom to explore alternative process methods without being attached to a set outcome. Supplies: Bring your own canvas, acrylic paint (optional items: Palette knives, used gift cards, sandpaper, cotton rags, putty knives, spray bottle). Some misc. provided.
Nina is a Detroit based artist and educator working out of her studio at Hatch Art in Hamtramck. Her work spans many mediums, but her primary focus has been abstract encaustic and oil painting as well as mixed medium sculpture. To learn more about Nina, visit http://www.ninacaruso.com/ Instr: Nina Caruso  Cost: $25

INDEPENDENT ART  Studio 1
Tue, Oct 15 - Nov 5  12:30 - 3:30 pm

BASIC WATERCOLOR  Studio 2
Tue, Oct 15 - Nov 5  1:00 - 3:00 pm or
Tue, Oct 15 - Nov 19  1:00 - 3:00 pm
4 or 6 week session – your choice
Practice beginning techniques and work towards painting subject matter of your choice. Demonstrations include how to paint petals, leaves, clouds, rocks, water and more. Practice will result in creating a finished landscape, floral or still painting. Composition and color guidelines also presented. Supplies: basic watercolor set–pan style or tubes, (10) sheets 9 x 12 (or larger) 140# cold pressed watercolor paper, set of synthetic brushes (#6, & #9 round, ½” & 1” flat), plastic palette or styrofoam dish, roll of paper towel, 2H pencil, art gum eraser. Instr: Dale Weber  Cost: $50 4 week session $70 6 week session

WATERCOLOR CLASS  Studio 1
Wed, Oct 16 - Nov 6  9:30 -11:30 am
Focus on mixing fall colors and textures to create a variety of paintings including florals, landscapes and still life. Experiment with various techniques: salt, wax paper, saran wrap, masking, gesso & Elmers glue. Some experience suggested. Supplies: 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 ½ flat w/chisel handle #1 or 2 rigger, ½” foam board, masking tape, salt & #H pencil. Instr: has paper available at his cost. Instr: Pete Snodgrass  Cost: $50

LEARN TO DRAW/PART II  Studio 1
Wed, Oct 16 - Nov 6  1:00 - 4:00 pm
Pre-requisite: Drawing Part I or previous drawing experience. Review fundamental tools/techniques from Part I course while gaining new insights to improve your drawings. Each lesson provides time to practice skills. Returning students welcome. Supplies: 11 x 14 sketch pad, pencil, pencil sharpener, white eraser and pocket folder. Instr: Colleen Sanders  Cost: $50

ROCHESTER PAINTED POT
LARGE 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. Supplies, firing and glazes provided. Instr: Terri P.  Cost: $45

HEIRLOOM CHRISTMAS TREE  Studio 2
Tue, Oct 29  9:00 am - 12:30 pm
Registration by Oct 22 please.
Instructor will guide you step-by-step to create a nostalgic Christmas tree for your holiday decor. Tree is 12” and sits on a 2” tall base. Finished piece lights up (light kit included). Choose from stunning specialty glazes. All supplies, firing and glazes provided. Instr: Terri Petherbridge  Cost: $75

*Registration by Oct 2
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

WOODSHOP SAFETY CLASS
Tue, Oct 1 6:00 - 8:30 pm
Requirement to obtain a Safety Card to use the Woodshop.
Purchase “User Card” for shop use.
Instrs: Cliff D Cost: $15

WOODSHOP SKILLBUILDING USING MEASURING TOOLS EFFECTIVELY
Wed, Oct 9 1:00 - 3:30 pm
Quality finished projects require accurate measurements of distance, angle of fit, level, plum and square. Review basic tools for performing these measurements with hands-on exercises to reinforce concepts.
Instrs: Marty M, Virginia H. Cost: $10

DROP-IN ART & CRAFTS * Pre-requisite class or experience
QUILTING CIRCLE
MON 9:00 - 11:00 am $1 Studio 2
ZENTANGLE w/Cherie*
MON 9:30 - 11:30 am $2 Studio 2
CREATION STATION
MON w/Cherie 1:00 - 4:00 pm $3
TUE w/Regina 1:00 - 4:00 pm $3
OPEN STUDIO PAINTING w/Sharon
FRI 1:00 - 3:00 pm $2 Studio 1
INDEPENDENT POTTER’S CLUB*
M/TH 9:00 am - noon $3 Pottery
M/TH 5:00 - 8:00 pm $3
M/TH 1:00 - 4:00 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
FRID 1:00 - 3:30 pm $2 Studio 2
LAPIDARY w/Dave & Tom
WED 5:00 - 8:00 pm $5 Studio 1/2
THUR 8:00 - 12:00 pm $5 Studio 1/2
WIRE WRAP JEWELRY METALSMITH w/Tom
THUR 9:30 - 12:00 pm $2 Studio 1
FRI 1:00 - 3:00 pm $2 Studio 1

POTTERY & CLAY CLASSES Pottery Studio
CLAY JEWELRY - CERAMIC CHARM NECKLACE Studio 3
Tue, Oct 22 - Nov 5 12:00 - 1:00 pm
Week 1 - design and create unique ceramic charms using metal and rubber stamps, small cookie cutters, etc. for a variety of shapes and textures; Week 2 – glaze; Week 3 - add beads and more to personalize. Natural elegance! All supplies and metal chain included
Instr: Regina H. Cost: $18

CLAY HANDBUILDING Pottery Studio
Wed, Oct 30 - Dec 4 9:00 am - noon
Use simple tools like your hands, rolling pins, cookie cutters and more to make useful and decorative items from clay. Includes instruction on the slab roller. Emphasis will be on holiday themed projects, but you can work on other projects of your choice. This is a 6 week class.
Instr: Cherie Hartwick Cost: $70
Supplies: fee includes glazes and firing; Purchase clay separately at registration desk -- $14 per 25# block.

RAPU WORKSHOP Tue, Oct 22 5:30 - 8:30 pm Cement Patio near Stone Cottage Garden
Experienced students ONLY - must meet pre-requisite requirements. Experience this ancient Zen form of pottery noted for naturalness and simplicity. After registration, see Paula for a piece of Raku clay. Prior to the class you need to create a small piece of hand built or wheel thrown pottery, have it bisque fired in our Studio, then glaze it with one of the Raku glazes provided. Our Raku night will involve firing the glazed pieces and witnessing the results. What better way to spend a fall evening? Instr: Harvey Bennett Cost: $25

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

WOODSHOP SKILLBUILDING WOOD JOINERY
Wed/Thurs Oct 23/24 1:00 - 3:30 pm
Learn techniques to join wood components including mortise and tenon, box joints, dowels, biscuit joints and dados. Hands on practice. Supplies included.
Instrs: Berg & Mike W. Cost: $18

DROP-IN PRACTICE SESSION
Wed, Oct 16 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 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
Thank you to all who participated and joined us for this great event!

**WINNERS**

**APPETIZER**
Pomeroy Living

**ENTREE**
Henry Ford Village

**DESSERT**
American House Elmwood

**PEOPLE’S CHOICE**
Cedarbrook

Presenting Sponsor
Ascension Providence Rochester
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: Sept 13

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: Oct 25

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: Nov 22

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: November 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

KIRK IN THE HILLS TOUR & LUNCH  Tue, Nov 12  9:15 am - 2:15 pm  
Discover the Gothic designed Kirk in the Hills Church. Learn the history of this architectural gem including the Tower of the Apostles which houses the world’s largest carillon and sculptures from that era’s leading artists including Marshall Fredricks. Lunch is included at The Rust Bucket. Motor coach.
Cost: $57  
Cancellation fee: $9 | Deadline: Oct 11

BLITHE SPIRIT  Wed, Jan 29  12:15 pm - 4:30 pm  
Meadow Brook Theatre presents the comedic farce, “Blithe Spirit,” by Noel Coward. Cantankerous novelist, Charles, is haunted (literally) by the ghost of his first wife, the clever Elvira. Lunch included before the show at 12:15pm in the OPC Dining Room. OPC Mini bus
Cost: $49  
Cancellation fee: $8 | Deadline: Dec 27

DSO CLASSICAL  Fri, Nov 8  9:00 am - 3:30 pm  
Tschaikovsky’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, 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 CLASSICAL  Fri, Jan 17  9:00 am - 3:30 pm  
The songs of Journey, The Eagles & Fleetwood Mac. Michael Krajewski, conducting, along with several guest vocalists. Lunch on your own after at Polka Polish of Troy. OPC Mini bus
Cost: $88  
Cancellation fee: $14 | Deadline: Dec 20

NEW  DSO POPS  Fri, Jan 24  9:00 am - 3:30 pm  
Hadelich Plays Paganini – featuring Augustin Hadelich on violin, and Jader Bignamini conducting. Lunch on your own after at Master’s of Madison Heights. OPC Mini bus
Cost: $65  
Cancellation fee: $10 | Deadline: Dec 27
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 Wilderness 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 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. 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  
Balcony Stateroom: Single: $10,289  Double: $6889

**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 22 - Sat, October 3, 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.  
Single: $6668  Double: $6178

**Schedule of Payments:**
- Deposit - $1000 due at registration
- 2nd payment - $1000 due February 7, 2020
- 3rd payment - $1000 due April 10, 2020
- Balance due June 19, 2020

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

*NEW*

**2nd Trip added by Popular Demand**

Detailed Travel Brochures

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

**TRIP information**

**ARRIVE 30 MINUTES PRIOR TO TRIP departure. We leave promptly at posted time.**

- Purchase tickets by the cancellation deadline, if possible. If there are low ticket sales, the trip may be cancelled.
- Day Trips have an additional $10 charge for nonresidents who are not members.
- Refunds: Day Trips – Refunds prior to cancellation deadline, less posted cancellation fee. Overnight Trips – Vary by trip. See website.
- **Please make sure the physical requirements of the trip are appropriate for you to travel safely. Contact the travel office with any questions.** If you require a wheelchair, a walker, or need a special accommodation, please advise at registration. You must be able to ambulate independently, or a caregiver is required. For a complete list of our policies, see our website.
**FITNESS 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 Oct 2 - 30* 9:00 - 9:55 am
*Instr: Brenda*
*Cost: $27*

**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 Oct 1 - 29* 1:15 - 2:15 pm
*Instr: Kathy L.*
*Cost: $27*
*Thur Oct 3 - 31* 1:15 - 2:15 pm
*Instr: Kathy L.*
*Cost: $27*

**AGES 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 Oct 3 - 31* 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 Oct 7 - 28* 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 Oct 4 - 25* 9:00 - 10:00 am
*Instr: Cheryl G.*
*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  Oct 7 - 28  10:00 - 10:50 am  
Instr: Dawn K.  Cost: $27
Fri Oct 4 - 25  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  Oct 7 - 28  11:25 - 12:25 pm  
Instr: Dawn K.  Cost: $21
Fri Oct 4 - 25  11:30 - 12:30 pm  
Instr: Dawn K.  Cost: $21

TONE, 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 Oct 1 - 31  11:30 - 12:15 pm  
Instr: Dawn K.  Cost: $53

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  Oct 7 - 28  10:30 - 11:30 am  
Instr: Leah B.  Cost: $21
Tue  Oct 1 - 29  7:05 - 8:05 pm  
Instr: Leah B.  Cost: $27
Wed  Oct 2 - 30  6:30 - 7:30 pm  
Instr: Fabiola  Cost: $27
Fri  Oct 4 - 25  1:00 - 2:00 pm  
Instr: Leah B.  Cost: $21

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  Oct 1 - 29  10:45 - 11:30 am  
Instr: Robin I.  Cost: $27
Tue  Oct 1 - 29  5:15 - 6:00 pm  
Instr: Robin I.  Cost: $27
Thu  Oct 3 - 31  10:45 - 11:30 am  
Instr: Robin I.  Cost: $27

CIRCUIT TRAINING (3-4)

Group Exercise 1
High energy 60 minute class incorporating stations, alternating between weight training and cardio.

Mon  Oct 7 - 28  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  Oct 1 - 29  9:30 - 10:30 am  
Instr: Dawn K.  Cost: $27
Thu  Oct 3 - 31  9:30 - 10:30 am  
Instr: Dawn I.  Cost: $27

PILATES 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  Oct 7 - 28  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  Oct 2 - 30  9:00 - 10:00 am  
Instr: Dawn K.  Cost: $27

ADVANCED STRENGTH & BALANCE (2-3)  Group Exercise 1

Improve your bone health using free weights and other resistance equipment to strengthen muscles and bones to prevent osteoporosis.

Mon  Oct 7 - 28  7:00 - 7:50 am  
Instr: Peg G.  Cost: $21
Wed  Oct 2 - 30  7:00 - 7:50 am  
Instr: Peg G.  Cost: $27
Fri  Oct 4 - 25  7:00 - 7:50 am  
Instr: Peg G.  Cost: $21

BEGINNING TAI CHI

Wu Style (2)  Group Exercise 1
Reduce stress and regain natural energy by improving your body’s circulation, muscle tone, joint strength and balance. The class will be taught by Sifu John Marchewitz disciple of Grand Master (Eddie) Wu Kwong Yu of the International Wu Style Federation.

Tue  Oct 1 - 29  2:20 - 3:20 pm  
Instr:  John M.  Cost: $40  Drop-in: $10
Fri  Oct 4 - 25  10:30 - 11:30 am  
Instr:  John M.  Cost: $32  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  Oct 3 - 31  2:15 - 3:15 pm  
Instr:  John M.  Cost: $40  Drop-in: $10

Punch Cards not accepted.

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  Oct 1 - 29  4:00 - 4:50 pm  
Instr:  Emily B.  Cost: $27

Punch Cards not accepted.

DANCE FOR PARKINSON’S (1-2)  Gymnasium

Wed, Oct 9 - 30  1:00 - 2:00 pm  Instr: Ali W.  Cost: $32  Drop-in: $10

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.

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.

Instr: Carol S.

Thur Oct 3 - 31  6:30 - 7:30 pm
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.

Instr: Carol S.

Thur Oct 3 - 31  12:00 - 1:00 pm
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.

Instr: Carol S.

Thur Oct 3 - 31  1:00 - 2:00 pm
Cost: $40
Drop-in: $10

CORE STRENGTH

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

Group Exercise 1

Mon Oct 7 - 28  11:30 am - 12:25 pm
Instr: Karen
Cost: $21

Group Exercise 2

Wed Oct 2 - 30  11:30 am - 12:25 pm
Instr: Carol S.
Cost: $27

Intermediate (3) Group Exercise 1
Continue strengthening your back, stomach, and side muscles to improve posture and balance.

Wed Oct 2 - 30  12:30 - 1:30 pm
Instr: Heather
Cost: $27

Advanced (4) Group Exercise 1
Continue strengthening your back, sides and stomach with advanced techniques. Recommended after Core Strength Intermediate.

Tue/Thur Oct 1 - 31  9:30 - 10:30 am
Instr: Karen
Cost: $53

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 Oct 3 - 31  12:20-1:05 pm
Instr: Dawn K.
Cost: $27

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.

Instr: Fabiola

Thur Oct 3 - 31  6:45 - 7:30 pm
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
12 / 1 HOUR SESSIONS: $550
6 / 1 HOUR SESSIONS: $300
COPPER
12 / 30 MINUTE SESSIONS: $445

Need recommendation from a trainer.

For Information: 248.608.0278

OTHER 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  10:00 - 11:20 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 in 1-on-1 training. Prior to your 1st session, you will fill out forms describing your exercise history, level of physical activity, current goals, and sign a waiver. Pre-registration only. No drop-ins.

Advanced (4) Group Exercise 2
Must pre-register by September 24

Tue Oct 1 - 29  7:30 - 8:30 pm
Instr: Dawn K.
Cost: $75

All-Access Passes are not accepted

CHAIR MASSAGE

THURSDAY, OCT 10
10:00 - 12:30 PM
COST: $10 per 10 Minute Appointment

Lower Level Personal Training Rm
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.
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 Oct 2 - 30 2:00 - 3:00 pm
Instr: Kim D.  Cost: $27

Chair Yoga (1-2)
Group Exercise 2
Option to practice the Yoga poses from a chair or from your yoga mat.
Mon Oct 7 - 28 12:45 - 1:45 pm
Instr: Norma B.  Cost: $27
Wed Oct 2 - 30 12:45 - 1:45 pm
Instr: Kim D.  Cost: $27
Fri Oct 4 - 25 11:30 am - 12:25 pm
Instr: Carol S.  Cost: $21

Basic Yoga (1-2)
Group Exercise 1
Calm and gentle practice with traditional movements. Bring a yoga mat to class.
Mon Oct 7 - 28 2:00 - 3:00 pm
Instr: Norma B.  Cost: $21
Sat Oct 5 - 26 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 Oct 1 - 29 6:00 - 7:00 pm
Instr: Kay G.  Cost: $27

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

Yoga (3)
Group Exercise 1
Recommended for those with yoga experience. Bring a yoga mat and blanket.
Tue Oct 1 - 29 11:35 am - 12:50 pm
Instr: Laura L.  Cost: $40  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
Thu Oct 3 - 31 1:10 - 2:00 pm
Instr: Dawn K.  Cost: $27

Intermediate (3)
Group Exercise 1
Tue/Thu Oct 1 - 31 10:30 - 11:25 am
Instr: Carol S.  Cost: $53

Advanced (4)
Group Exercise 1
Mon/Wed Oct 2 - 30 5:00 - 6:00 pm
Instr: Robin I.  Cost: $48

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 Oct 1 - 29 12:15 - 1:00 pm
Instr: Dawn K.  Cost: $27

GYM activities

Volleyball League
Two levels of Volleyball are played year round: A Division Tuesday and the B Division “social” Thursday. Both leagues start in May & November. Neither of our leagues are considered “beginner”. For info, call Gloria at: 248.375.2793 or email gloriatedusko@wowway.com

GYM drop-in activities

Table Tennis
M/W/F
1:00 - 4:00 pm

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

5-ON-5 BASKETBALL
Wed
6:30 - 8:30 pm
Sat
9:00 - 11:30 am

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

Volleyball (All Levels)
Sat
11:30 am - 2:00 pm
Cost: $2 for each

The Gym will be closed for the EXPO from 1:00 pm on Tue, Oct 1 until 5 pm on Wed, Oct 2

CYCLING classes

CLASS  DAY  DATES  TIME  COST  DROP-IN  INSTR
Power Pedal  M  Oct 7-28  6:30 - 7:15 pm  $24  $6  Therese
Rock & Roll  M  Oct 7-28  10:15 - 11:00 am  $24  $6  Heather
Cycle to the Beat  T  Oct 1 - 29  9:15 - 10:00 am  $30  $6  Kathy
Free Cycle Demo  T  Oct 1 - 29  10:00 - 10:30 am  $0  $0  Kathy
Cycle to the Beat  Th  Oct 3 - 31  9:15 - 10:00 am  $30  $6  Kathy
Cycle to the Beat  F  Oct 4 - 25  10:15 - 11:00 am  $24  $6  Kathy
Energy Rides  S  Oct 5 - 26  8:00 - 8:45 am  $24  $6  Therese

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.

CYCLING classes

CLASS  DAY  DATES  TIME  COST  DROP-IN  INSTR
Power Pedal  M  Oct 7-28  6:30 - 7:15 pm  $24  $6  Therese
Rock & Roll  M  Oct 7-28  10:15 - 11:00 am  $24  $6  Heather
Cycle to the Beat  T  Oct 1 - 29  9:15 - 10:00 am  $30  $6  Kathy
Free Cycle Demo  T  Oct 1 - 29  10:00 - 10:30 am  $0  $0  Kathy
Cycle to the Beat  Th  Oct 3 - 31  9:15 - 10:00 am  $30  $6  Kathy
Cycle to the Beat  F  Oct 4 - 25  10:15 - 11:00 am  $24  $6  Kathy
Energy Rides  S  Oct 5 - 26  8:00 - 8:45 am  $24  $6  Therese

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.

SPENCER COLOR TOUR

Tuesday, October 8
Join Rochester Hills Parks Naturalist Lance DeVoe and learn about the natural native wildlife and plants in our area, the tapping of maple trees, the parks history and opportunity for beautiful fall photos. This will be followed by a bring your own brown-bag lunch and an Ascension Doctor will discuss the impact moving has on the body. Max: 10
*OPC will provide transportation- meet in OPC upper lobby at 10:15am, 10:30am departure time.  Cost: $15

October 2019
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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>9:30 - 10:30 am</td>
<td>FREE</td>
</tr>
<tr>
<td>Mentor Games</td>
<td>10:30 - 11:30 am</td>
<td>FREE</td>
</tr>
</tbody>
</table>

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

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

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

Group A - Max: 8
Thu, Oct 3 - 24 12:00 - 2:00 pm Cost: $32

Group B - Max: 8
Thu, Oct 3 - 24 2:00 - 4:00 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 Oct 7 - 28 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 Oc 4 - 25 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 Oct 2 - 30 8:00 - 8:50 am Instr: Margaret/Heather/Susan Cost: $45
Tue/Thur Oct 1 - 31 1:30 - 2:20 pm Instr: Jeannie L. Cost: $50

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 Oct 1 - 31 7:00 - 7:50 am Instr: Peg G. Cost: $50

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 Oct 2 - 30 1:00 - 1:50 pm Instr: Susan O./Robin I. Cost: $45
Tue/Thur Oct 1 - 31 10:00 - 10:50 am Instr: Harlene C./Margaret A. Cost: $50

Advanced (2)
Working to improve range of motion, strength, & muscle tone. Recommended for individuals who have previously participated in Aquatic Healthy Joints.
Mon/Wed Oct 2 - 30 12:00 - 12:50 pm Instr: Susan O./Robin I. Cost: $45
Tue/Thur Oct 1 - 31 5:00 - 5:50 pm Instr: Jeannie L. Cost: $50

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 Oct 2 - 30 5:40 - 6:30 pm Instr: Carol S. Cost: $25

DON’T FORGET TO HYDRATE!
DRINK MORE WATER!
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  Oct 7 - 28  6:30 - 7:20 pm  Instr: Fabiola  Cost: $20
- Thu Oct 3 - 31  5:30 - 6:20 pm  Instr: Fabiola  Cost: $25

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

- Sat  Oct 5 - 26  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  Oct 7 - 28  2:00 - 2:50 pm  Instr: Robin I.  Cost: $20
- Fri  Oct 4 - 25  2:00 - 2:50 pm  Instr: Robin I.  Cost: $20

Intermediate (2)
- Tue Oct 1 - 29  2:30 - 3:20 pm  Instr: Jeannie L.  Cost: $25

Advanced (3)
- Wed  Oct 2 - 30  2:00 - 2:50 pm  Instr: Robin I.  Cost: $25

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

- Mon/Wed  Oct 2 - 30  8:00 - 8:50 am  Instr: Deb B. / Margaret  Cost: $45
- Fri  Oct 4 - 25  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  Oct 2 - 30  10:00 - 10:50 am  Instr: Debbie B.  Cost: $45
- Fri  Oct 4 - 25  10:00 - 10:50 am  Instr: Margaret  Cost: $20

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

- Tue  Oct 1 - 29  4:30 - 5:00 pm  Instr: Jeannie L.  Cost: $25

AQUA STRENGTH & INTERVAL TRAINING (3)
Maximize the resistance of water & challenge yourself with a deep and shallow interval/strength workout. Improve balance, strength and cardiovascular fitness!

Must be comfortable suspended in deep water with aqua belts.

- Mon  Oct 7 - 28  9:00 - 9:50 am  Instr: Debbie B.  Cost: $20
- Wed  Oct 2 - 30  9:00 - 9:50 am  Instr: Debbie B.  Cost: $25
- Fri  Oct 4 - 25  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
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

**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

**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.

**MEDITATION 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.

**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

**RECREATIONAL ACTIVITIES**

**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.

**SUPPORT groups**

CAREGIVER’S SUPPORT

Tue, Oct 1 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, Oct 25 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, Oct 4 & 18 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.

PARKINSON’S SUPPORT

Wed, Oct 2 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!

**MEDICARE OPEN ENROLLMENT**

Open enrollment for Medicare, Drug & Health Plans

Starts Oct 16 - Dec 6, 2019

MMAP Counselors will be assisting at OPC during the week by appointment only.

Call for appts 248.656.1403 Ext 0

**ASK THE ATTORNEY**

Conference Room A / B

Mon Oct 14 12:00 - 3:30 pm

Attorney Rutkowski, answers your legal questions.

Appointments are necessary.

Call 248.656.1403 Ext 0 to schedule a free 15 minute appointment.
### 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, Oct 11 | 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, Oct 8 & 22 | 9:00 - 11:00 am

#### Ask the Dentist
Dr. Tironi | Wed, Oct 9 | 9:00 - 10:00 am  
Come with your questions regarding oral health. He can also answer questions regarding TMJ, dental implants, and cosmetic dentistry.

### Bone Density Screening
Fri, Oct 11 | 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

### Can’t Reach Those Toenails?
Wed, Oct 16 | Appts 1:00 - 5:00 pm  
Dr. Husain, 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. Husain will be billing your insurance company. Cost: $2 (Holds Appointment)

### Ascension Providence Physical Therapy
Mon, Wed, Thur | 8:00 am - 4:30 pm  
Physical therapy can address concerns and diagnoses such as back pain, shoulder pain, decreased balance, arthritis, slumping posture, stroke, Parkinson’s, MS, and so much more. All care is provided one-on-one with a physical therapist. Sessions last 45 min. - 1 hour. A physician’s referral is needed in order to get started. Call 586.992.0869 for scheduling and information.

### Area Agency on Aging 1-B

#### Caregiver’s Survival
**Wednesday, Sept 25 | 9:30 am - Noon**  
**Classroom 1**  
Cost: Complimentary  
Jill Gather Livingston will combine her Caregiving Survival seminar with instruction in elderly care, focusing on aging loved ones with dementia. The content will review ways to manage behaviors and give caregivers tools to assist them in their role as a caregiver. Participants will receive a handbook containing the presentation.

To Reserve your seat call or email: 1.833.262.2200 or wellnessprograms@aaa1b.org

**Caregiving Survival PLUS Caring for the Elderly with Dementia:**  
“Caregivers are at great health risk due to the amount of stress they carry with them at all times.”

OPC 650 Letica Dr • Rochester • MI • OPC Auditorium

### Healthy Brain Series
**Thursday, Oct 3 - Nov 7 | 1:45 - 3:15 pm**  
*In the OPC Dining Room*  
Cost: $3 per session

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

#### Session 2 | Oct 10
**Exercise to Preserve Brain Health!**  
Sponsored by: BRIGHT STAR

#### Session 3 | Oct 17
**What You Eat Affects Your Brain**  
Sponsored by: BELLBROOK

#### Session 4 | Oct 24
**The Importance of Sleep**  
Sponsored by: WALTONWOOD

#### Session 5 | Nov 7
**Neurobics for the Brain**  
Sponsored by: CEDARBROOK
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Salisbury Steak w/Gravy Parsley Potatoes Roasted Brussel Sprouts Garden Salad Peach Crisp</td>
<td>2 Escallop Chicken and Noodles Green Beans Cabbage Pineapple Slaw Banana</td>
<td>3 BIRTHDAY LUNCH Pineapple Ham Au Gratin Potatoes Mixed Vegetables Romaine Garden Salad Pear</td>
<td>4 Baked Pollack Almondine Oven Browned Potatoes Peas Broccoli Salad Vegetable Roll Citrus Fruit</td>
<td>7 Stuffed Green Pepper Mashed Potatoes Garden Salad Breadstick Coconut Tropical Fruit Salad</td>
</tr>
<tr>
<td>8 Tuscan Chicken Red Skin Potatoes Creamy Cole Slaw California Blend Vegetable Roll Apricots</td>
<td>9 Beef Pastie w/Gravy Three Bean Salad Zucchini Cole Slaw Ambrosia</td>
<td>10 Turkey Breast Garlic Mashed Potatoes Asparagus Garden Salad Corn Muffin Fruit Mixed Cup</td>
<td>11 Mostaccioli w/Meat Sauce Carrots Spinach Romaine Salad Pear Slices</td>
<td>14 Swedish Meatballs Egg Noodles Scandinavian Blend Crunchy Pea Salad Four-Fruit Salad</td>
</tr>
<tr>
<td>15 Pork Chop w/Sauerkraut Roasted Potatoes Prince Charles Blend Red Grapes</td>
<td>16 Chicken a la King Chive Potatoes Mixed Vegetables Breadstick Fresh Fruit Salad</td>
<td>17 Italian Ravioli Savory Spinach Cabbage Pineapple Slaw Orange</td>
<td>18 Baked Garlic Parmesan Chicken Vegetable Rice Pilaf Creamy Cole Slaw Red Apple</td>
<td>21 Macaroni &amp; Cheese Herbed Green Beans Romaine Garden Salad w/Garbanzo Beans Corn Muffin Fruit Cocktail</td>
</tr>
<tr>
<td>29 Chicken Florentine Oven Roasted Potatoes Savory Spinach Cabbage Pineapple Slaw Sliced Pineapple</td>
<td>30 Baked Pork Chop w/Mushroom Gravy Sliced Potatoes Normandy Vegetable Blend Pickled Beets Banana</td>
<td>31 Pork Patty Au Gratin Potatoes Peas Carrot Salad Applesauce</td>
<td>30 Baked Pork Chop w/Mushroom Gravy Sliced Potatoes Normandy Vegetable Blend Pickled Beets Banana</td>
<td>29 Chicken Florentine Oven Roasted Potatoes Savory Spinach Cabbage Pineapple Slaw Sliced Pineapple</td>
</tr>
<tr>
<td>27 Beef Pastie w/Gravy Three Bean Salad Zucchini Cole Slaw Ambrosia</td>
<td>26 Turkey Breast Garlic Mashed Potatoes Asparagus Garden Salad Corn Muffin Fruit Mixed Cup</td>
<td>25 Baked Cod Baked Potato Broccoli Cuts Romaine Garden Salad w/Garbanzo Beans Apricots</td>
<td>24 Pizza Three Bean Salad Creamy Cole Slaw Red Apple Cookie</td>
<td>23 Italian Lasagna Green Beans Romaine Garden Salad w/Garbanzo Beans Fruit Medley</td>
</tr>
<tr>
<td>17 Italian Ravioli Savory Spinach Cabbage Pineapple Slaw Orange</td>
<td>16 Chicken a la King Chive Potatoes Mixed Vegetables Breadstick Fresh Fruit Salad</td>
<td>15 Pork Chop w/Sauerkraut Roasted Potatoes Prince Charles Blend Red Grapes</td>
<td>14 Swedish Meatballs Egg Noodles Scandinavian Blend Crunchy Pea Salad Four-Fruit Salad</td>
<td>13 Beef Pastie w/Gravy Three Bean Salad Zucchini Cole Slaw Ambrosia</td>
</tr>
<tr>
<td>12 Turkey Breast Garlic Mashed Potatoes Asparagus Garden Salad Corn Muffin Fruit Mixed Cup</td>
<td>11 Mostaccioli w/Meat Sauce Carrots Spinach Romaine Salad Pear Slices</td>
<td>10 Turkey Breast Garlic Mashed Potatoes Asparagus Garden Salad Corn Muffin Fruit Mixed Cup</td>
<td>9 Beef Pastie w/Gravy Three Bean Salad Zucchini Cole Slaw Ambrosia</td>
<td>8 Tuscan Chicken Red Skin Potatoes Creamy Cole Slaw California Blend Vegetable Roll Apricots</td>
</tr>
<tr>
<td>7 Stuffed Green Pepper Mashed Potatoes Garden Salad Breadstick Coconut Tropical Fruit Salad</td>
<td>6 Baked Pork Chop w/Mushroom Gravy Sliced Potatoes Normandy Vegetable Blend Pickled Beets Banana</td>
<td>5 Turkey Breast Garlic Mashed Potatoes Asparagus Garden Salad Corn Muffin Fruit Mixed Cup</td>
<td>4 Baked Pollack Almondine Oven Browned Potatoes Peas Broccoli Salad Vegetable Roll Citrus Fruit</td>
<td>3 Escallop Chicken and Noodles Green Beans Cabbage Pineapple Slaw Banana</td>
</tr>
<tr>
<td>2 Escallop Chicken and Noodles Green Beans Cabbage Pineapple Slaw Banana</td>
<td>1 Escallop Chicken and Noodles Green Beans Cabbage Pineapple Slaw Banana</td>
<td>0 Escallop Chicken and Noodles Green Beans Cabbage Pineapple Slaw Banana</td>
<td>31 Pork Patty Au Gratin Potatoes Peas Carrot Salad Applesauce</td>
<td>30 Baked Pork Chop w/Mushroom Gravy Sliced Potatoes Normandy Vegetable Blend Pickled Beets Banana</td>
</tr>
</tbody>
</table>

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

**BIRTHDAY LUNCH**
Thursday, October 3
11:45 am - 12:30 pm
Seniors celebrating birthday will receive a complimentary lunch. SIGN UP by
11 am on Wed, Oct 2
Call 248-656-1403 Ext 0.

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
**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.

Ride Reservation: **248.652.4780** | Weekday Cancellations: **248.608.0296** | Weekend Cancellations: **248.608.0271**
Patients come from all over the nation
Most trusted experts in life-changing dentistry
Michigan’s leading cosmetic and restorative dentists

doolin hadlad
ADVANCED DENTISTRY
248-656-2020
433 UNIVERSITY DR., ROCHESTER

SEE WHAT OUR PATIENTS ARE SAYING AT DISCOVERDH.COM
SMILE MAKEOVERS • PORCELAIN VENEERS • DENTAL IMPLANTS • TMJ • TEETH WHITENING

When You’re Ready to Make a Move...
Call the experts in transitions at every stage of life!

The Real Estate Team of
LynnBaker & DebyGannes
(248) 379-3000 | (248) 379-3003

Hall & Hunter CHRISTIE'S
INTERNATIONAL REAL ESTATE
442 S. Old Woodward Avenue | Birmingham, MI

OPENING SPRING 2019
MODELS OPEN!

BLOSSOM RIDGE
Call 1-866-898-0001
MoceriBlossomRidge.com
Greater Rochester Area

INSPIRED SENIOR LIVING

Protecting Everyone You Love and Everything You Own Through Thoughtful Planning

RUTKOWSKI LAW FIRM
ESTATE PLANNING & ELDER LAW

•Estate Planning
•Elder Law/Medicaid Planning
•Asset Protection Planning
•Long-Term Care Planning

•Special Needs Planning
•Veterans Benefits
•Guardianship/Conservatorship
•Probate/Trust Administration

1-800-ESTATES (1-800-378-2837)
www.RutkowskiLawFirm.com

Happily Serving The Rochester Older Persons’ Commission (OPC)
WALK-IN BATHTUB SALE!  SAVE $1,500

855-480-1029
Or visit: www.walkintubinfo.com/save

Walk-In Tubs
✔ Backed by American Standard’s 140 years of experience
✔ Ultra low entry for easy entering & exiting
✔ Patented Quick Drain® Technology
✔ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
✔ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!
855-480-1029
Or visit: www.walkintubinfo.com/save

There’s no cost to you!
(888) 612-8951
We’re paid by our partner communities

Joan Lunden, a journalist, best-selling author, former host of Good Morning America and senior living advocate.
Darlene Kujanek
REALTOR®
Associate Broker
Seniors Real Estate Specialist®
(248) 408-6721
Darlene.Kujanek@gmail.com
210 W. University, Ste. 4,
Rochester, MI 48307
Making Dreams Come True for Buyers & Sellers!

Elmwood
(248) 852-1980
Stone
(248) 853-2330
...the bed and breakfast of senior living!

Pomeroy Living®
ROCHESTER
Independent Living (248) 829-1030
Skilled Rehabilitation (248) 852-7800
Assisted Living & Memory Care (248) 564-2200

ORION
Independent,
Assisted Living & Memory Care (248) 621-3100

VILLA BELLA
Luxury Retirement Community
586.412.8910
www.VILLA-BELLA.net
CLINTON TOWNSHIP, MI
TOURS AVAILABLE 7 DAYS A WEEK
SATURDAY & SUNDAY BY APPOINTMENT

MEDICAL AND SURGICAL FOOT AND ANKLE SPECIALISTS
ROCHESTER
1135 W. University Drive,
Suite 305, Rochester, MI 48307
(248) 651-0162
SHELBY TWP
13350 24 Mile Rd., Suite 600,
Shelby Twp., MI 48315
(586) 991-8760
www.greatlakesfootandankle.com

Stephen T. Frascone, D.P.M.
Matthew P. Hansen, D.P.M.
Laura M. LaMar, D.P.M.
Zeehan S. Khazan, D.P.M.
Jonathan M. King, D.P.M.
Ryan J. Rogers, D.P.M.
Elaine G. Grant, D.P.M.

Call about our specials!

LIKE US ON facebook

For ad info. call 1-800-477-4574 • www.4lpi.com
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.
TRIBUTE 2 THE STARS
Directed & Choreographed by Asia Hicks   Music Directed by Michael Pacholski

Oct 29 - 31  Lunch & Performance  12:00 - 3:00 pm  $15
Nov 1   Evening Performance only  7:00 - 9:00 pm  $10
Nov 3   Matinee Performance only  2:00 - 4:00 pm  $10

OPEN TO THE PUBLIC   | Tickets call 248.608.0251