artisan MARKET
SATURDAY, NOVEMBER 9
9AM - 4PM
LOCAL ARTISTS & CRAFTERS | RAFFLE | FOOD
PUBLIC WELCOME | $1 at the door
Support the Arts at OPC
Presenting Sponsor
Supporting Sponsor
From the Executive Director

November at OPC offers a wide variety of activity from the Boomer Summit, Sinatra Anthology Concert with Paul Venditti & Band, Frankenmuth Christmas Lunch & Show travel opportunity and new classes in the fitness area. Grab a cup of coffee/tea, sit in your favorite chair, read this newsletter from cover to cover, then sign up immediately so you don’t miss out on all the great happenings at OPC in November and December!

On November 11, Veterans Day, we honor all veterans and their service to America. The Veteran’s Connection monthly gatherings have been a wonderful opportunity for our Veteran’s to socialize and share their stories. Everyone is connected in some way to a veteran or a serviceman. This month the meeting will be at the Ascension Providence Rochester Hospital from 11-2 pm. There will be a special ceremony and lunch honoring the brave men and women who serve or who have served our nation.

Enjoy a day of shopping for the holidays or for fun on Saturday, November 9th from 9 am to 4 pm at the Artisan Market. There will be one-of-a-kind art, gifts and products prepared by 75 artisans from the Rochester area. The public is welcome so spread the word to your family and friends. See you there!

The OPC’s Annual Giving Campaign kicks off in November. Look for the appeal in the mail. OPC is a charitable organization of the IRS Code 501(C)(3) and relies on donations/fundraising for over 18% of our annual budget to support the essential programs and services for seniors in the Rochester area. Your donation truly matters!

OPC is blessed with our amazing members, volunteers and staff and in turn we’re a blessing to many seniors with our supportive services and programs.

Wishing you bountiful blessings this Thanksgiving!

Renee Cortright, Executive Director

BECOME A MEMBER

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

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

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

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

PAYMENTS

In Person: Cashiers Office - Mon - Fri 8:30 am - 3:30 pm
- Late Night: 8:30 am - 7:00 pm (2nd Tues. of the month)

Phone by Credit Card: 248.659.1029 | 248.608.0251

Online: Fitness & Aquatics passes and classes, Art & Crafts and Enrichment classes (OPC Key Tag required)
- https://myactivecenter.com

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

REFUND POLICIES

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

Trips: See page 13

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
- Mon, Nov 4 10:00 - 11:30 am @ Dining Room

MAYOR - Rochester
- Resumes in Jan 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

**Rise and Shine Breakfast**
Tue Nov 5 | 9:00 - 10:30 am | Cost: $2 | Dining Room

“High Blood Pressure? High Cholesterol? More Than Just a Number”
by Dr. Robert Federman, MD, Internal Medicine

**Dinner with the Doc**
Wed Nov 13 | 6:00 - 7:30 pm | Cost: $5 | Dining Room

“Congestive Heart Failure: You Can’t Beat a Healthy Heart”
by Dr. Nishit Choksi, MD, Medical Director of Cardiovascular Services

**Christmas Cookies with the Doc**
Wed Dec 4 | 1:30 - 3:00 pm | Cost: $1 | Dining Room

“Everything You Need to Know About the Holiday Blues”
by Dr. Robert LaCoste, MD
Chief, Department of Psychiatry

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

---

**TERRIFIC TUESDAY | DETROIT HISTORY: THE EARLY DAYS**

**Tuesday | Nov 12 | 4:30 - 7:30 pm | Cost: $10**

Welcome to our special guest RJ King, author of “Detroit: Engine of America” for a presentation and narrative that covers Detroit’s history from the early days of the city and the official first one hundred years. Interesting facts that will be covered include: Detroit is one of the few U.S. cities that’s older than the country; James Bailey from Barnum & Bailey Circus is from Detroit: Mr. King is Editor of DBusiness Magazine, a Detroit historian and a great storyteller.

4:30 pm - Light supper | 5:10 pm - Presentation | Seniors 50+
6:30 pm - Entertainment • Tickets required, call: 248-608-0251 • Deadline: Nov 8 @ 11:00 am

---

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

**SAVVY SENIORS AT NITE**

**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 18 | Auditorium | Light Refreshments Provided | Complimentary

---

**THANKSGIVING LUNCH** in the Dining Room

**Wednesday | Nov 20 | Noon-1:00pm**

Turkey Breast w/Gravy
Mashed Potatoes
Peas and carrots
Cole Slaw w/Green Pepper
Pumpkin Pie

Suggested Donation: $3/60+ $4/under 60 charge

 Please call 248.656.1403 Ext 0 by 11:00 am on Friday, Nov 15 to register
Enrichment

**MEDITATION**
**ADS Room**
Mon, Nov 4 - 25
Join this ongoing group led by instructors from Heartfulness Meditation.
Cost: $1 Drop In

**LEARN TO MEDITATE**
**ADS Room**
Wed, Nov 6 & 13
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

**MICHIGAN HAUNTS: PUBLIC PLACES, EERIE SPACES**
**Classroom 1**
Mon, Nov 11
6:30 - 7:30 pm
Authors Jon Milan and Gail Offen will take you on a virtual road trip to the “Other Side”. They will explore hotels, restaurants, theaters and other public places in Michigan that are filled with hauntings, ghost towns, and bizarre tales of murder and mayhem. Their recently published book which is a guide to these amazing places will be available for purchase just in time for the gift giving season.
Cost: $5

**INFECTIONIOUS DISEASES**
**Auditorium**
Friday, Nov 8
3:00 - 4:30 pm
The past, present, and future of infectious diseases.
**Presenter:** Dr. Battistuzzi
Register at 248.656.1403 Ext 0
Cost: $3 Drop In

**INCOME TAXES AND RETIREMENT**
**Classroom 1**
Fri, Nov 8
10:00 - 11:00 am
**Give Now, Give Later, Give & Receive**
Put your money where your heart is.
**Presenter:** Doree Cook
Cost: $1 Drop In

**FINANCIAL FRIDAY**
**SPONSORED BY**

**Rewired not Retired**
Will resume in December

---

Thursday December 5
4:30 - 8pm
Sip & Shop while you check some gifts off that X-mas list!

$5 Admission
Supports Programs at OPC

Light refreshments
Cash bar
Raffle prizes
TECHNOLOGY

COMPUTER CLUB

Tue, Nov 5 - 26 10:00 am - Noon
Weekly topic discussed to increase your computer knowledge.  Cost: $1 Drop In
Classroom 1 & 2

SPONSORED BY
Pomeroy Living

CARDS & groups

BRIDGE PRACTICE BEGINNER  Cl Rm 2
Mon/Wed Nov 11, 14, 18, 21
and Dec 2, 5, 9, 12
9:00 am - 12:00 pm
Develop your beginning bridge skills by practicing play techniques with an expert!
Instr: Jim Banaszak  Cost: $64

FOCUS ON THE ISSUES  Classroom 1
Mon, Nov 11 & 25  2:00 - 4:00 pm
Discuss current issues.  Cost: $1 Drop In

VINTAGE VIEWS WRITERS  Dining Room
Mon, Nov 18  12:45 - 1:45 pm
Write stories and share memories in this quarterly publication.

LATE BLOOMERS GARDENING GROUP
Wed, Nov 6 - 27  10:00 - 11:30 am
Looking for volunteers to join the happy band of Late Bloomers caring for the Atrium at the OPC. Please join us. Group is led by Nancy Szerlag, garden writer for The Detroit News and Free Press.

OPC VETERANS’ CONNECTION
CELEBRATING OUR VETERANS!
Ascension Providence Rochester Hospital has invited the OPC Veteran’s Connection members to join them for a special day dedicated to honoring the brave men and women who serve or who have served our Nation.
Join us for this FREE event!
DATE: Wednesday, November 13
TIME: 11:00 am - 2:00 pm
PLACE: Ascension Providence Rochester Hospital
Veteran's Ceremony | Lunch
Complimentary Health Screenings
Please call (248) 656-1403 Ext.#0 to register.
ALL VETERANS ARE WELCOME!
Please note: The Veteran’s Connection group location/time change for November meeting.

COMPUTER CLUB

Tue, Nov 5 - 26 10:00 am - Noon
Weekly topic discussed to increase your computer knowledge.  Cost: $1 Drop In
Classroom 1 & 2

SPONSORED BY
Pomeroy Living

CARDS & groups

BRIDGE PRACTICE BEGINNER  Cl Rm 2
Mon/Wed Nov 11, 14, 18, 21
and Dec 2, 5, 9, 12
9:00 am - 12:00 pm
Develop your beginning bridge skills by practicing play techniques with an expert!
Instr: Jim Banaszak  Cost: $64

FOCUS ON THE ISSUES  Classroom 1
Mon, Nov 11 & 25  2:00 - 4:00 pm
Discuss current issues.  Cost: $1 Drop In

VINTAGE VIEWS WRITERS  Dining Room
Mon, Nov 18  12:45 - 1:45 pm
Write stories and share memories in this quarterly publication.

LATE BLOOMERS GARDENING GROUP
Wed, Nov 6 - 27  10:00 - 11:30 am
Looking for volunteers to join the happy band of Late Bloomers caring for the Atrium at the OPC. Please join us. Group is led by Nancy Szerlag, garden writer for The Detroit News and Free Press.

OPC VETERANS’ CONNECTION
CELEBRATING OUR VETERANS!
Ascension Providence Rochester Hospital has invited the OPC Veteran’s Connection members to join them for a special day dedicated to honoring the brave men and women who serve or who have served our Nation.
Join us for this FREE event!
DATE: Wednesday, November 13
TIME: 11:00 am - 2:00 pm
PLACE: Ascension Providence Rochester Hospital
Veteran's Ceremony | Lunch
Complimentary Health Screenings
Please call (248) 656-1403 Ext.#0 to register.
ALL VETERANS ARE WELCOME!
Please note: The Veteran’s Connection group location/time change for November meeting.

CARDS & games

BINGO MANIA  Dining Room
Wed, Nov 27  1:30 - 3:00 pm
Come for an exciting game of Bingo!
Cost: $1 Drop-in

SPORTS TALK  Classroom 1
Wed, Nov 6  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

BINGO MANIA  Dining Room
Wed, Nov 27  1:30 - 3:00 pm
Come for an exciting game of Bingo!
Cost: $1 Drop-in

SPORTS TALK  Classroom 1
Wed, Nov 6  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

BINGO MANIA  Dining Room
Wed, Nov 27  1:30 - 3:00 pm
Come for an exciting game of Bingo!
Cost: $1 Drop-in

SPORTS TALK  Classroom 1
Wed, Nov 6  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

BINGO MANIA  Dining Room
Wed, Nov 27  1:30 - 3:00 pm
Come for an exciting game of Bingo!
Cost: $1 Drop-in

SPORTS TALK  Classroom 1
Wed, Nov 6  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

BINGO MANIA  Dining Room
Wed, Nov 27  1:30 - 3:00 pm
Come for an exciting game of Bingo!
Cost: $1 Drop-in

SPORTS TALK  Classroom 1
Wed, Nov 6  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

BINGO MANIA  Dining Room
Wed, Nov 27  1:30 - 3:00 pm
Come for an exciting game of Bingo!
Cost: $1 Drop-in

SPORTS TALK  Classroom 1
Wed, Nov 6  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
**Enrichment**

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

**SPANISH BEGINNER**  
*Classroom 3*  
Mon, Nov 4 - 25  
11:00 am - noon  
*Instr: Mike L.*  
Cost: $5 Drop in

**NOVELS @ NIGHT CLUB**
Thur, Nov 7 - 21  
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, Nov 6 - 27  
10:00 - 11:00 am  
Instructor is a native speaker.  
*Instr: Marta*  
Cost: $5 Drop in

**INTRODUCTION to 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</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</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>

**LITERATURE in the Library**

**BOOK CLUB**  
Wed, Nov 6  
1:00 - 3:00 pm  
Cost: $1 Drop In

“The Curious Incident of the Dog in the Nighttime” by Mark Haddon

**NOVELS @ NIGHT CLUB**
Thur, Nov 21  
7:00 - 8:30 pm  
Cost: $1 Drop In

“A Wolf called Romeo” by Nick Jans  
*An Interview with the Author using skype*

**POETRY AT NIGHT**  
Tue, Nov 19  
7:00 - 8:00 pm  
Cost: $1 Drop In

**FIRESIDE POETRY**  
Thur, Nov 21  
1:30 - 3:30 pm  
Cost: $1 Drop In

**DANCE & MUSIC**

**BALLROOM DANCE**  
**OPEN TO THE PUBLIC**  
Auditorium  
Mon, Nov 4 - 25  
7:00 - 8:00 pm  
Cost: $8 Ticket per session

The Argentine Tango, East Coast Swing, and Hustle are the dances for November. Partner not required.  
*Instr: Amy Tranchida*

**LINE DANCE**  
*PM OPEN TO THE PUBLIC*  
Auditorium  
Mon, Nov 4, 18, 25  
1:00 - 2:00 pm  
Cost: $5 Drop In

Wed, Nov 6, 20  
7:00 - 8:00 pm  
Cost: $5 Drop In

**BELLY DANCE**  
Auditorium  
Thur, Nov 21  
7:00 - 8:00 pm  
Cost: $5 Drop In

**UKULELE FUN**  
Classroom 3  
Tue, Nov 5 - 26  
3:15 - 4:15 pm  
Cost: $1 Drop In

**GUITAR**  
Dining Room  
Sat, Nov 2 - 23  
9:30 - 11:30 am  
Cost: $1 Drop In

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

**THEY SHALL NOT GROW OLD**  
R  
Mon, Nov 4  
6:00 - 8:00 pm

Fri, Nov 8  
1:30 - 3:30 pm

*1 Suggested Donation

**YESTERDAY**  
PG13  
Mon, Nov 18  
6:00 - 8:00 pm

Fri, Nov 22  
1:30 - 3:30 pm

Starring: Himesh Patel, Kate McKinnon,

*1 Suggested Donation
Anthology
Entertainment & Dessert

OPEN TO THE PUBLIC | Tickets call 248.608.0251

TRIBUTE 2 THE STARS

Directed by Asia Hicks  Music Directed by Michael Pacholski

Sponsored by Modetz Family Funeral Homes
Supporting Sponsor Anthology of Rochester Hills

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

650 Midday Club Presents

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

Paul Venditti
LIVE MUSIC

Open to the Public | Tickets: 248.608.0251

Jingle Bell Jazz with the 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.

Open to the Public | 6:30 pm Light appetizers | $15 Entry

Tickets call 248.608.0251
**JEWELRY & CRAFTS**

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

<table>
<thead>
<tr>
<th>CLASS</th>
<th>INSTRUCTOR/SUPPLIES</th>
<th>STUDIO</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MOSAIC TILE CLASS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PATCHWORK TREE</td>
<td></td>
<td>Studio 1</td>
<td>Fri, Nov 8</td>
</tr>
<tr>
<td>WINTER SNOWMAN</td>
<td></td>
<td>Art Hallway</td>
<td>Fri, Dec 6</td>
</tr>
<tr>
<td>Lia Van Heck</td>
<td></td>
<td></td>
<td>9:30 am - noon</td>
</tr>
<tr>
<td>Learn cutting, gluing and grouting techniques to create a mosaic masterpiece. Complete a 6 x 6 inch tile with some color variations available. Great to display or give as a gift. You’ll love the results! No experience needed.</td>
<td>Supplies included.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>INTERMEDIATE KNITTING</strong></td>
<td></td>
<td>Studio 1</td>
<td>Mon, Nov 11</td>
</tr>
<tr>
<td>Mon, Nov 11 - Dec 4 10:00 am - noon</td>
<td>Naomi Frenkel</td>
<td></td>
<td>9:00 am - noon</td>
</tr>
<tr>
<td>Learn to make a vest or sweater to fit you or someone else. Class covers the importance of gauge, reading a pattern, decreases and finishing. Supplies: Bring a pattern, yarn and needles for a project you would like to make.</td>
<td>Supplies included.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DESIGN AND CREATE JEWELRY</strong></td>
<td></td>
<td>Studio 3</td>
<td>Tue, Nov 12</td>
</tr>
<tr>
<td>DOWNTOWN ABBEY STYLE BRACELET</td>
<td>Terri Petherbridge</td>
<td></td>
<td>1:00 - 3:30 pm</td>
</tr>
<tr>
<td>Tue, Nov 12 - 1 Dec 4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use rhinestones, pearls, buttons, baubles and other bling to design a unique upscale piece. Great holiday wear or a lovely gift. Supplies included. Bring basic jewelry making tools, if you have them and of course you can add any special items you have to personalize your bracelet.</td>
<td>Supplies included.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DECORATIVE BOTTLES AND BOXES</strong></td>
<td></td>
<td>Studio 2</td>
<td>Wed, Nov 13</td>
</tr>
<tr>
<td>Wed, Nov 13 1:00 - 4:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Repurpose found objects including belt buckles, keys, silverware broken jewelry, medals, memorabilia and more into a statement piece of jewelry. Fun experience - design it yourself! Supplies included, but bring anything you might want to add.</td>
<td>Supplies included.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CREATION STATION CLASSES</strong></td>
<td></td>
<td>Studio 3</td>
<td>Wed, Nov 6</td>
</tr>
<tr>
<td>WINE CORK CRAFTS</td>
<td>Cherie Hartwick</td>
<td></td>
<td>1:00 - 4:00 pm</td>
</tr>
<tr>
<td>Wed, Nov 6 1:00 - 4:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>For the wine lover in YOU! Create from corks . . . make message boards, wreaths, ornaments, jewelry, package ties and more. Lots of ideas to choose from. Supplies included.</td>
<td>Cost: $10</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DESIGNATED GLASS CLASS</strong></td>
<td></td>
<td>Studio 1</td>
<td>Tue, Nov 19</td>
</tr>
<tr>
<td>CHRISTMAS PENDANTS/ORNAMENTS</td>
<td></td>
<td></td>
<td>9:00 am - noon</td>
</tr>
<tr>
<td>Thur, Nov 14 12:30 - 4:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fusing involves stacking/layering thin sheets of glass to create patterns and simple images. Pieces bond together when fired. Make 3 pendants or ornaments in a holiday theme. Max pieces size is 1”x2”. Various patterns presented. Finished product includes a gift box; pendants include chain. GREAT GIFTS! Supplies provided for $40 to instructor. Additional $5 if you make 4 pieces.</td>
<td>Supplies provided.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BOOKFOLDING</strong></td>
<td></td>
<td>Studio 2</td>
<td>Mon, Nov 18</td>
</tr>
<tr>
<td>HOLIDAY TREES</td>
<td>Tom F.</td>
<td></td>
<td>1:00 - 4:00 pm</td>
</tr>
<tr>
<td>Mon, Nov 18 1:00 - 4:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learn simple folding techniques to transform old books into festive pieces for your holiday décor. Complete 2 sizes of trees.</td>
<td>Supplies provided.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mount on a votive holder base and add embellishments. Supplies provided but you may bring special pieces or memorabilia to add. We will have books, but you may bring your own, if you choose. Instr: Candice Schwark</td>
<td>Supplies provided.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**CONTACTS**

Enrichment Programs 248.608.0263 | Fine Arts 248.608.0253

**Art & Crafts**

**JEWELRY & CRAFTS**

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

<table>
<thead>
<tr>
<th>CLASS</th>
<th>INSTRUCTOR/SUPPLIES</th>
<th>STUDIO</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FUSED GLASS CLASS</strong></td>
<td></td>
<td>Studio 1</td>
<td>Thu, Nov 19</td>
</tr>
<tr>
<td>CHRISTMAS PENDANTS/ORNAMENTS</td>
<td></td>
<td></td>
<td>Dec 3 - 17</td>
</tr>
<tr>
<td>Thur, Nov 14 Dec 3 - 17 3:00 - 5:00 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Introduction to stained glass. Learn basic cutting, soldering and foiling techniques to make a small piece; various patterns and color choices. Returning students welcome. More challenging designs and projects will be offered to intermediate students. Supplies included; bring apron and safety glasses.</td>
<td>Supplies included; bring apron and safety glasses.</td>
<td>Studio 1</td>
<td></td>
</tr>
<tr>
<td>Instr: Dave Kosbab</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>JEWELRY WITH LAURIE</td>
<td></td>
<td>Studio 3</td>
<td>Thu, Nov 21</td>
</tr>
<tr>
<td>CRYSTAL BEADED BRACELET</td>
<td>Laurie Sorensen</td>
<td></td>
<td>9:00 am - noon</td>
</tr>
<tr>
<td>Thur, Nov 21 9:00 am - noon</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Instr: Laurie Sorensen</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>JEWELRY WITH TOM</td>
<td></td>
<td>Studio 1</td>
<td>Thur, Dec 5</td>
</tr>
<tr>
<td>STERLING SILVER RING</td>
<td></td>
<td></td>
<td>12:30 - 4:30 pm</td>
</tr>
<tr>
<td>Thur, Dec 5 12:30 - 4:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Create a sterling silver ring with a gemstone setting, choice of your colors. Involves some soldering. Intermediate Level Class Supplies provided for $40 to instructor. Instr: Tom F. Cost: $15</td>
<td>Supplies provided for $40 to instructor. Instr: Tom F. Cost: $15</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
WATERCOLOR WORKSHOP WITH PETE SNODGRASS  Studio 1
Fri, Nov 1  9:30 am - 3:00 pm
Paint a dramatic snowscape utilizing Nita Engle methods of colorful snow banks along a cold Michigan creek.
(5 hr. session; ½ hour lunch - bring a sack lunch or eat in OPC cafe).
**Supplies:** standard ¼ sheet arches 140 lb. cold press paper, masking fluid and standard watercolor supplies; (see Wed. Watercolor class below), Bring any photos of snow scenes for reference, must include wooded forest.
_Instr:_ Pete Snodgrass  
_Cost:_ $40

ABSTRACT EXPLORATIONS  Studio 1
Mon, Nov 11 & 18  1:00 - 3:00 pm
In this two-week workshop you will be introduced to specific artists and methods of abstract painting followed by brief demos. Students then go into their own work and apply what they have learned to create a piece of their own. You may work on one or more paintings within these sessions.
**Supplies:** Bring your own canvas (16 x 20 or larger suggested), acrylic paints and brushes. (optional items: palette knife, putty knife, used gift cards, sandpaper, cotton rags, spray bottle).
_Instr:_ Nina Caruso  
_Cost:_ $25

WATERCOLOR CLASS  Studio 1
Wed, Nov 13 - Dec 4  9:30 - 11:30 am
Tue, Nov 26, Dec 3 - 17  1:00 - 3:00 am
Learn to create a variety of paintings including landscapes, florals, landscapes and still life. These sessions focus on winter . . . it’s colorful and salt makes snow!! 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 ¾ 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 each 4 week session

PORTRAIT DRAWING INTERMEDIATE  Studio 1
Wed, Nov 13, 20 & Dec 4  1:00 - 4:00 pm
Pre-requisite: Colleen’s Drawing 1 & 2 or previous drawing experience | Intermediate level class
Students will learn to achieve a recognizable likeness of their subject. Includes some drawing from live model.
**Supplies:** Bring charcoal paper, charcoal pencil, kneaded eraser and blending stick to first class.
_Instr:_ Colleen Sanders  
_Cost:_ $45

INDEPENDENT ART  Studio 1
Tue, Nov 19 - Dec 10  12:30 - 3:30 pm
Enhance your drawing skills with guidance from an expert instructor. Subject matter - “cars.”
**Supplies:** drawing pad & medium of choice.
_Instr:_ Merri-Jo Towns  
_Cost:_ $40

WATERCOLOR WORKSHOP WITH MARILYNN THOMAS  Studio 1
Fri, Dec 6  9:00 am - 3:30 pm
Join us for a day of developing your watercolor skills. Subject matter is a still life featuring a simple white pitcher, fruit and vegetables. Explore choices of backgrounds, following the original image or choosing your own color scheme. Can be realistic or abstract. Use Masking liquid to save bright reflections on the pitcher and peppers with softer reflections on the less reflective objects. Show texture variations using color and shadows which make this such an interesting piece.
**Supplies:** email pbedsole@opcseniorcenter.org or pick up list on board in art hallway. Bring your own sack lunch or you may eat in OPC café.
_Instr:_ Marilynn Thomas  
_Cost:_ $45

---

**THE MARY ELIZABETH GIFT SHOP**

*Let us help you with your gift shopping for the holidays*

Monday thru Friday  9:30 am - 3:30 pm
WOODSHOP Project Class

WOODSHOP PROJECT CLASS
BOXES AND TRAYS
Wed, Nov 13  1:00 - 3:30 pm  |  $18
Learn to make precision box joint boxes and trays using OPC’s new Incra box joint jig. **All supplies including wood provided.**  Instrs: Berg and Mike W.

DROPPED ART & CRAFTS

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

INDEPENDENT POTTER’S CLUB *  
M/TH  9:00 am - noon  $3  Pottery Studio
M/TH  5:00 - 8:00 pm  $3  Pottery Studio
M/TH  1:00 - 4:00 pm  $3
KNIT & CROCHET w/Muriel & Sarah  
TUE  9:30 - 11:30 am  $1  Studio 1
TUE  5:00 - 7:00 pm  $1  Library

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

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

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

POTTERY & CLAY CLASSES  
Pottery Studio

POTTERY WHEEL  All levels  
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.
*Instr: Cherie Hartwick  
*Cost: $70

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

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

Session 5 | Nov 7  Neurobics for the Brain  
Sponsored by: CEDARBROOK
PHILANTHROPY

Feeling Grateful!

We are continually grateful for the many ways in which the community gives to the OPC.

Notre Dame Prep student Stephen Dzialo donated his time and effort to collect over 665 pounds of non-perishable food items for Meals on Wheels this summer.

Volunteers made blankets and distributed them, providing warmth and cheer to home-bound seniors.

Over 60 people participated in our Scrapbooking event, raising over $3,000 in support of the OPC’s Act of Kindness program, created to help seniors in need with minor home repairs.

The OPC Gang and Red Hat Ladies celebrated the life of their dear friend and fellow swimmer, Patti “Cookie” Cook, by dedicating a garden bench in her honor!

OPC’s programs and services are designed for all those 50+, and rely on support from the community. Thank you for sharing your precious time, talents and resources. The upcoming Annual Giving Campaign is another way to be involved and help continue the tradition of excellence at the OPC! Keep an eye on your mail in the coming weeks!

LOCAL FIREFIGHTERS AT OPC  Tue, Nov 19  |  10 am - 1 pm  |  Lobby  |  Oakland Township

Topic: TBD  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.
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 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: Nov 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 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: Nov 22

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

FARMINGTON PLAYERS*  Sat, Feb 8  4:00 - 11:00 pm
“Unnecessary Farce” - A sting operation in a cheap motel goes sour after two cops set up an embezzling mayor and his accountant. While the cops videotape from the room next door, hilarity ensues in the confusion over who’s in which room, who’s hired a Scottish hit man, and why the accountant keeps taking off her clothes! Dinner before at O’Mara’s in Berkley. Motor coach.
Cost: $86  Cancellation fee: $13  |  Deadline: Jan 10

DSO CONCERTS on the OPC Mini bus

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

DSO POPLS  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

DSO CLASSICAL  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

NEW  DSO CLASSICAL  Fri, Feb 14  9:00 am - 3:30 pm
Debussy & Ravel - Thomas Sondergard, conductor; Bertrand Chamayou, piano. Lunch on your own after at Loccino’s of Troy. OPC Mini bus
Cost: $65  Cancellation fee: $10  |  Deadline: Jan 17

NEW  DSO POPLS  Fri, Feb 28  9:00 am - 3:30 pm
From Broadway to Hollywood featuring hits from West Side Story, Chicago, Les Miserables & more. Robert Bernhardt conducting with featured vocalists. Lunch on your own after at Alibi of Troy. OPC Minibus
Cost: $88  Cancellation fee: $14  |  Deadline: Jan 31

Purchase tickets by Cancellation Deadline  |  * Not wheelchair accessible
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

SWITZERLAND BY RAIL * Tue, September 22 - Sat, October 3, 2020 2nd Trip added by Popular Demand!
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 diners 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

---

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

**TRIP information**

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

Purchase tickets by the cancellation deadline, if possible. If there are low ticket sales, the trip may be cancelled.

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

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

Please make sure the physical requirements of the trip are appropriate for you to travel safely. Contact the travel office with any questions. If you require a wheelchair, a walker, or need a special accommodation, please advise at registration. You must be able to ambulate independently, or a caregiver is required. For a complete list of our policies, see our website.
**Fitness & Aquatics**

**INFORMATION**

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

**WEIGHT, CARDIO RM. & WALKING TRACK HOURS**
Mon - Fri: 6:30 am - 8:45 pm
Fall/Winter Hours
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 on duty and sign-up at the sports desk.

**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 Nov 6 - 27 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 Nov 5 - 26 1:15 - 2:15 pm
Instr: Heather
Cost: $21
Thur Nov 7 - 21 1:15 - 2:15 pm
Instr: Fabiola
Cost: $16

**DRAWS & 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.

**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 Nov 6 - 27 10:30 - 11:30 am
Instr: Lauren B.
Cost: $32

**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.

**PAYMENT OPTIONS**

<table>
<thead>
<tr>
<th>PASSES</th>
<th>Cost (in dollars)</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Day*</td>
<td>$30</td>
</tr>
<tr>
<td>6 Month</td>
<td>$180</td>
</tr>
<tr>
<td>1 Year</td>
<td>$360</td>
</tr>
</tbody>
</table>

*Use for: Cardio/Weight Rooms, Open Swim, Drop-in Gym Activities & Billiards*

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

<table>
<thead>
<tr>
<th>Fitness &amp; Aquatics</th>
<th>Cost (in dollars per punch)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$50</td>
<td>$2</td>
</tr>
</tbody>
</table>

*Use for: $2 Drop-in Activities*

<table>
<thead>
<tr>
<th>Fitness &amp; Aquatics</th>
<th>Cost (in dollars per punch)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$60</td>
<td>$6</td>
</tr>
</tbody>
</table>

*Use for: $6 Drop-in Classes*

<table>
<thead>
<tr>
<th>Open Swim</th>
<th>Cost (in dollars per punch)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$50</td>
<td>$3</td>
</tr>
</tbody>
</table>

*Use for: $3 Drop-in Open Swim*

**FREE**

<table>
<thead>
<tr>
<th>Cost</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>FREE</td>
<td>2 Drop-in Activities</td>
</tr>
<tr>
<td>FREE</td>
<td>$6 Drop-in Classes</td>
</tr>
<tr>
<td>FREE</td>
<td>$3 Drop-in Open Swim</td>
</tr>
</tbody>
</table>

**Cardio/Weight Room & Gym**
$2 Drop-in fee

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

**Open Swim**
Cost: $50 | $3 value per punch
*Use for: $3 Drop-in Open Swim*
### Instr:

**Mon Nov 4 - 25**
- **10:00 - 10:50 am**
- **Instr:** Dawn K.
- **Cost:** $21

**Fri Nov 1 - 22**
- **10:00 - 10:50 am**
- **Instr:** Dawn K.
- **Cost:** $21

### 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 Nov 4 - 25**
- **11:25 - 12:25 pm**
- **Instr:** Dawn K.
- **Cost:** $21

**Fri Nov 1 - 22**
- **11:30 - 12:30 pm**
- **Instr:** Dawn K.
- **Cost:** $21

### TONE, 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 Nov 5 - 26**
- **11:30 - 12:15 pm**
- **Instr:** Dawn K.
- **Cost:** $37

### 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 Nov 4 - 25**
- **10:30 - 11:30 am**
- **Instr:** Leah B.
- **Cost:** $21

**Tue Nov 5 - 26**
- **7:05 - 8:05 pm**
- **Instr:** Leah B.
- **Cost:** $21

**Wed Nov 6 - 20**
- **6:30 - 7:30 pm**
- **Instr:** Fabiola
- **Cost:** $16

**Fri Nov 1 - 22**
- **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.

**Tue Nov 5 - 26**
- **10:45 - 11:30 am**
- **Instr:** Robin I.
- **Cost:** $21

**Tue Nov 5 - 26**
- **5:15 - 6:00 pm**
- **Instr:** Robin I.
- **Cost:** $21

**Thur Nov 7 - 21**
- **10:45 - 11:30 am**
- **Instr:** Robin I.
- **Cost:** $16

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

**Mon Nov 4 - 25**
- **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.

**Tue Nov 5 - 26**
- **9:30 - 10:30 am**
- **Instr:** Dawn K.
- **Cost:** $21

### PILATES 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 Nov 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 Nov 4 - 25**
  - **7:00 - 7:50 am**
  - **Instr:** Peg G.
  - **Cost:** $21

- **Wed Nov 6 - 27**
  - **7:00 - 7:50 am**
  - **Instr:** Peg G.
  - **Cost:** $21

- **Fri Nov 1 - 22**
  - **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.

**Tue Nov 5 - 26**
- **2:20 - 3:20 pm**
- **Instr:** John M.
- **Cost:** $32

**Fri Nov 1 - 22**
- **10:30 - 11:30 am**
- **Instr:** John M.
- **Cost:** $32

**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, benefiting a wide range of participants.

**Thur Nov 7 - 21**
- **2:15 - 3:15 pm**
- **Instr:** John M.
- **Cost:** $24

**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 Nov 5 - 26**
- **4:00 - 4:50 pm**
- **Instr:** Emily B.
- **Cost:** $21

**Punch Cards not accepted.**

---

### DANCE FOR PARKINSON’S (1-2)
Gymnasium

**Wed, Nov 6 - 27**
- **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.**
Fitness & Aquatics

BOXING classes

Punch cards will not be accepted
Drop-ins: $10

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.

Thu Nov 7 - 21
6:30 - 7:30 pm
Instr: Carol S.
Cost: $24

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.

Thu Nov 7 - 21
12:00 - 1:00 pm
Instr: Carol S.
Cost: $21

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.

Thu Nov 7 - 21
1:00 - 2:00 pm
Instr: Carol S.
Cost: $24

CORE STRENGTH

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

Group Exercise 1
Mon Nov 4 - 25
11:30 am - 12:25 pm
Instr: Karen
Cost: $21

Group Exercise 2
Wed Nov 6 - 27
11:30 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 Nov 6 - 27
12:30 - 1:30 pm
Instr: Heather
Cost: $21

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

Tue/Thu Nov 5 - 26
9:30 - 10:30 am
Instr: Karen
Cost: $37

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.

Thu Nov 7 - 21
12:20 -1:05 pm
Instr: Dawn K.
Cost: $16

MUSCULAR ENDURANCE (4)

Group Exercise 1
Keep your bones healthy and strong, and help increase your energy levels. These workouts will be focused on lower weights with higher repetitions for 45 minutes, keeping you moving with dumbbells, exercise bands, and your own body weight.

Thu Nov 7 - 21
6:45 - 7:30 pm
Instr: Fabiola
Cost: $16

OTHER programs

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 October 29
Tue Nov 5 - 26
7:30 - 8:30 am
Instr: Dawn K.
Cost: $60

PERSONAL & SWIM 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.

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.

Swim with Santa
Saturday, December 7
Open to the Public

Session 1: 11:00 am - 12:00 pm  |  Session 2: 1:00 pm - 2:00 pm

Once again, Santa will be making his appearance at the OPC this year. Families will have the opportunity to swim together and meet Santa in the pool. Santa’s helpers will be on hand to distribute fun toys to the kids. Register at the OPC Cashier’s Office or call 248.608.0251 to reserve your spot.
Cost: $5 per child  $2.50 per adult (includes spectators)
10th ANNUAL OPC INDOOR TRIATHLON

Saturday, January 25, 2020

Have you ever wanted to compete in a Triathlon or are you a veteran tri-athlete looking for a fun off season challenge? If so, our Indoor Triathlon is just for you! During this indoor event you will swim, bike, and run for 20 minutes each. Visit opcseniorcenter.org for a registration form.

For any questions, please contact Jeremy Ridky at 248-608-0295 or at jridky@opcseniorcenter.org.

Cost for Team: $25 per person for 1 event
$35 per person for 2 events
Cost for Individual: $40 (OPC Member)
$45 (Non-OPC Member)

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

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

VOLEYBALL (All Levels)
Sat 11:30 am - 2:00 pm

Cost: $2 for each

The Gym will be closed for the ARTISAN MARKET on Fri, Nov 8 @ 11:30 am thru Sat, Nov 9 All Day

CYCLING classes

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>COST DROP-IN</th>
<th>INSTR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Pedal</td>
<td>M</td>
<td>Nov 4 - 25</td>
<td>6:30 - 7:15 pm</td>
<td>$24 $6</td>
<td>Therese</td>
</tr>
<tr>
<td>Rock &amp; Roll</td>
<td>M</td>
<td>Nov 4 - 25</td>
<td>10:15 - 11:00 am</td>
<td>$24 $6</td>
<td>Heather</td>
</tr>
<tr>
<td>Cycle to the Beat</td>
<td>T</td>
<td>Nov 5 - 26</td>
<td>9:15 - 10:00 am</td>
<td>$24 $6</td>
<td>Kathy</td>
</tr>
<tr>
<td>Free Cycle Demo</td>
<td>T</td>
<td>Nov 5 - 26</td>
<td>9:00 - 10:30 am</td>
<td>$0 $0</td>
<td>Kathy</td>
</tr>
<tr>
<td>Cycle to the Beat</td>
<td>Th</td>
<td>Nov 7 - 21</td>
<td>9:15 - 10:00 am</td>
<td>$18 $6</td>
<td>Kathy</td>
</tr>
<tr>
<td>Cycle to the Beat</td>
<td>F</td>
<td>Nov 1 - 22</td>
<td>10:15 - 11:00 am</td>
<td>$24 $6</td>
<td>Kathy</td>
</tr>
<tr>
<td>Energy Rides</td>
<td>S</td>
<td>Nov 2 - 23</td>
<td>8:00 - 8:45 am</td>
<td>$18 $6</td>
<td>Therese</td>
</tr>
</tbody>
</table>

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

*No cycling on Nov 9 for ARTISAN MARKET

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

Beginning (2) Group Exercise 2
Thur Nov 7 - 21 1:10 - 2:00 pm
Instr: Dawn K. Cost: $16

Intermediate (3) Group Exercise 1
Tue/Thur Nov 5 - 26 10:30 - 11:25 am
Instr: Carol S. Cost: $37

Advanced (4) Group Exercise 1
Mon/Wed Nov 4 - 25 5:00 - 6:00 pm
Instr: Robin I. Cost: $37

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 Nov 5 - 26 12:15 - 1:00 pm
Instr: Dawn K. Cost: $21

YOGA classes

Yoga Stretch & Strength (1-2)
Group Exercise 2 Cost: $21
Add new dimension to yoga using 1-2 lb weights, straps and yoga blocks.
Wed Nov 6 - 27 2:00 - 3:00 pm
Instr: Kim D.

Chair Yoga (1-2)
Group Exercise 2 Each Session: $21
Option to practice the Yoga poses from a chair or from your yoga mat.
Mon Nov 4 - 25 12:45 - 1:45 pm
Instr: Norma B.
Wed Nov 6 - 27 12:45 - 1:45 pm
Instr: Kim D.
Fri Nov 1 - 22 11:30 am - 12:25 pm
Instr: Carol S.

Basic Yoga (1-2)
Group Exercise 1 Each Session: $21
Calm and gentle practice with traditional movements. Bring a yoga mat to class.
Mon Nov 4 - 25 2:00 - 3:00 pm
Instr: Norma B.
Sat Nov 2 - 23 9:00 - 10:00 am
Instr: Kay G.

Slow Flow Yoga (2)
Group Exercise 1 Emphasis on movement and energy. Bring a yoga mat & blanket.
Tue Nov 5 - 26 6:00 - 7:00 pm
Instr: Kay G. Cost: $21

Yoga, A Gentle Beginning (2)
Group Exercise 1 Learn the basics of yoga. Bring a yoga mat and a blanket.
Thur Nov 7 - Dec 19 11:45 am - 12:45 pm
Instr: Tracy F. Cost: $48 Drop-in $10

Yoga (3)
Group Exercise 1
Recommended for those with yoga experience. Bring a yoga mat and blanket.
Tue Nov 5 - 26 11:35 am - 12:50 pm
Instr: Laura L. Cost: $32 Drop-in $10

Punch Cards will not be accepted
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 Nov 1 - 22 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 Nov 4 - 27 8:00 - 8:50 am  
Instr: Margaret  Cost: $40
Tue/Thur Nov 5 - 26 1:30 - 2:20 pm  
Instr: Jeannie L.  Cost: $35

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 Nov 5 - 26 7:00 - 7:50 am  
Instr: Peg G.  Cost: $35

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 Nov 4 - 27 1:00 - 1:50 pm  
Instr: Susan O./Robin I.  Cost: $40
Tue/Thur Nov 5 - 26 10:00 - 10:50 am  
Instr: Harlene C./Margaret A.  Cost: $35

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

Mon/Wed Nov 4 - 27 12:00 - 12:50 pm  
Instr: Susan O./Robin I.  Cost: $40
Tue/Thur Nov 5 - 26 5:00 - 5:50 pm  
Instr: Jeannie L.  Cost: $35

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 stonger posture, stress reduction, better balance and joint mobility. Designed for any level participant with modifications and no need to know how to swim.

Wed, Nov 6 - 20 5:40 - 6:30 pm  
Instr: Carol S.  Cost: $15
**Fitness & Aquatics**

**GENERAL information**

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

**POOL HOURS**
Mon - Fri: 7:00 am - 8:30 pm
Fall/Winter Hours
Saturday: 7:00 am - 3:30 pm

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

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

---

**lap pool**

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

**WEDNESDAY, NOV 6**
10:00 - 12:30 PM
COST: $20
per 20 Minute Appointment

**Lower Level Personal Training Rm**

**Water Works Conditioning**

**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**
Nov 4 - 25
6:30 - 7:20 pm
Instr: Fabiola
Cost: $20

**Thu**
Nov 7 - 21
5:30 - 6:20 pm
Instr: Fabiola
Cost: $15

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

**Sat**
Nov 2 - 23
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**
Nov 4 - 25
2:00 - 2:50 pm
Instr: Robin I.
Cost: $20

**Fri**
Nov 1 - 22
2:00 - 2:50 pm
Instr: Robin I.
Cost: $20

**Intermediate (2)**

**Tue**
Nov 5 - 26
2:30 - 3:20 pm
Instr: Jeannie L.
Cost: $20

**Advanced (3)**

**Wed**
Nov 6 - 27
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**
Nov 4 - 27
8:00 - 8:50 am
Instr: Deb B. / Margaret
Cost: $40

**Fri**
Nov 1 - 22
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**
Nov 4 - 27
10:00 - 10:50 am
Instr: Debbie B.
Cost: $40

**Fri**
Nov 1 - 22
10:00 - 10:50 am
Instr: Margaret
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**
Nov 4 - 25
9:00 - 9:50 am
Instr: Debbie B.
Cost: $20

**Wed**
Nov 6 - 27
9:00 - 9:50 am
Instr: Debbie B.
Cost: $20

**Fri**
Nov 1 - 22
9:00 - 9:50 am
Instr: Margaret
Cost: $20

**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

**SPORTS CONDITIONING**

Aqua All Seasons Sports Conditioning Class is designed for the Pre/Post and In Season by using the properties of resistance and buoyancy in water. Focus on improved range of motion, strength, core, balance and endurance to assist in the prevention of injury and sports performance. Take game to the next level!

**WED**
Nov 6 - 20
7:00 - 7:50 pm
Instr: Susan O.
Cost: $15

**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**
Nov 1 - 22
3:00 - 3:50 pm
Cost: $3 Drop in
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.

NUTRITION SERVICES

MEALS ON WHEELS

Meals are available 7 days a week (5 hot, 2 frozen) in Rochester, Rochester Hills, Oakland Township, Auburn Hills, Independence Township, Orion and Oxford, Addison and Brandon.

To register for a meal call 248.608.0264 between 9:00 am - 1:00 pm.

LUNCH AT OPC See page 22

FOOD PROGRAMS

Monthly and Quarterly Food Programs are only available for income qualified individuals. Income and/or age guidelines must be met. Call 248.608.0249 for more information. This institution is an equal opportunity provider.

ACT OF KINDNESS

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

SUPPORT groups

CAREGIVER’S SUPPORT

Tue, Nov 5 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

Returns in January.

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, Nov 1 & 15 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, Nov 6 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 Conf Room B

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 Nov 11 12:00 - 3:30 pm
Tue Nov 26 5:00 - 7:00 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 NURSE  Mon - Fri   8:00 am - Noon & 1:00 pm - 4:00 pm
Come in for blood pressure checks & bring along questions or concerns about your health. Cindy McKenna, Ascension Registered Nurse, is on site located in the lower level and designed for walk-ins.

ASK THE PRIMARY CARE DOCTOR
Dr. Hull  Fri, Nov 8  9:30 - 11:00 am  |  Dr. Federman  Mon, Nov 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, Nov 5 & 26   9:00 - 11:00 am

ASK THE RESIDENT  Wed, Nov 6 - 27   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

Register and pay at Cashiers Desk  248.608.0251 | 248.659.1029

BONE DENSITY SCREENING  Fri, Nov 1   9:00 - 11:00 am  Cost: $2
Registered nurse will SCREEN for bone density & discuss results in 15 minutes. This is not a diagnostic test. For women only.

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

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

ASK THE MEDICAL PROFESSIONAL  Contact | Cindy McKenna  248.601.2888

LOVING FOR VOLUNTEERS
Volunteers play a large role at OPC
Opportunities available for:
  Working & Retired Individuals
  Businesses
  High School Students
  College Students
  Families
Get started by calling  248.608.0270

50+ EXPO
THANK YOU SPONSORS
VOLUNTEERS, VENDORS & PARTICIPANTS FOR ANOTHER SUCCESSFUL EVENT!
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **BIRTHDAY LUNCH**  
Thursday, November 7  
11:45 am - 12:30 pm  
Seniors celebrating birthdays will receive a complimentary lunch.  
SIGN UP by 11 am on Wed, Nov 6  
Call 248-656-1403 Ext. 0. | 4  Beef Stroganoff  
Cauliflower & Broccoli  
Savory Spinach  
Egg Noodles  
Fruit Medley | 5  Creamy Chicken w/Vegetables  
Whipped Potatoes  
Garden Tomato Salad  
Peas | 6  Bar B Q Chicken  
Broccoli Pasta Salad  
Marinated Carrot Salad  
Peach Halves | 7  **BIRTHDAY LUNCH**  
Meatballs w/Gravy  
Red Skin Potatoes  
Garden Salad  
Normandy Vegetable Blend  
Escalloped Apples |
| 8  Turkey a la King  
Brown Rice  
Herbed Green Beans  
Vegetable Salad  
Fruited Gelatin | 11  Vegetable Lasagna  
Zucchini Cole Slaw  
Red Grapes | 12  Sweet & Sour Meatballs  
Brown Rice  
Key West Vegetable  
Oriental Salad  
Red Apple | 13  Chicken Divan  
Chive Potatoes  
Green Beans  
Romaine Garden Salad  
Applesauce | 14  Roast Pork Loin w/gravy  
Oven Browned Potatoes  
Carrot Fingers  
Garden Salad  
Fruit Salad |
| 15  Beef Pastie w/Gravy  
Whole Beets  
Cabbage Pineapple Slaw  
Apple Juice | 18  Grilled Pork Patty  
European Blend  
Red Grapes | 19  Lemon Chicken  
Brown Rice  
Prince Charles Blend  
Garden Salad  
Sliced Peaches | 20  **Thanksgiving Lunch**  
Turkey Breast w/Gravy  
Mashed Potatoes  
Peas and carrots  
Parsley  
Pumpkin Pie | 21  Oven Baked Fish  
Herb Diced Potatoes  
Succotash  
Fresh Fruit Salad |
| 22  Pizza  
Three Bean Salad  
Dilled Carrots  
Red Grapes | 25  Italian Ravioli  
Green Beans  
Garden Salad  
Apricots | 26  Chicken a la King  
Brown Rice  
Prince Charles Blend  
Romaine Garden Salad  
Pear Halves | 27  Stuffed Cabbage  
Parsley Potatoes  
Vegetable Medley  
Cabbage Pineapple Slaw  
Applesauce | 28  **BUILDING CLOSED**  
THANKSGIVING |
| 29  **BUILDING CLOSED**  
THANKSGIVING |
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
Kathy’s Cleaning Company
Complete Home Cleaning
~ 30 Years in Business in Rochester ~
Rochester Hills & Surrounding Areas
Bonded & Insured
24 Hour Phone Service
Cell: 586-747-7499
Office: 586-254-9693

INDEPENDENT MEDICAL TRANSPORTATION SERVICES
SENIOR AND VETERAN DISCOUNTS
Reliable, Professional and Quality On-Time Transportation for Non-Emergency Individuals
Wheelchair customers welcome,
All destinations – (Dr., Rehab, Casino, Airport, Etc.)
Rochester Hills and surrounding areas 24/7
TEL: (248) 545-3144 – EMAIL: transport@imn.care
- Licensed and Insured -

Modetz Family
Funeral Homes
Thank you for choosing our family for your family.
www.modetzfuneralhomes.com

HAP IS HERE
Going the extra mile with $0*
PPO and HMO Medicare plans
Here at HAP, our Medicare Advantage plans come with vision, dental and hearing coverage. Plus, up to $400/year for over-the-counter items. To learn more about your options, schedule a one-on-one appointment with:

Debbie Knill
248-443-8636 • dknill@hap.org

*You must continue to pay your Medicare Part B premium.
Health Alliance Plan (HAP) has HMO, HMO-POS, PPO plans with Medicare Contracts. Enrollment depends on contract renewal.
Y0076_ALL 2020 Agent Senior Newspap_M
CMS Accepted 9/09/2019
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

Book a tour at one of our communities today
www.pomeroyliving.com

Villa Bella

Luxury Retirement Community

586.412.8910
www.VILLA-BELLA.net

Call about our specials!

Tours available 7 days a week
Saturday & Sunday by appointment
Auburn Hills Primary Care
Same-day appointments
2251 N. Squirrel Road
Suite 2018
Auburn Hills, MI 48326
t 248-652-5020
Ascension Medical Group
Adam Hull, DO
Noor Raji, MD

Assistance in the Comfort of Home
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

248.886.7300
comforcare.com/mi/northoakland
©2015 ComForCare Health Care Holdings, Inc. Each Office is independently owned and operated. ComForCare is an equal opportunity employer and provides all clients with quality service without discrimination.
YOU CAN USE.

Snow Day Policy

OPC determines its own closures and does not follow the school system. If OPC closes for snow or icy road conditions, the building will close for the entire day.

For closure notifications and updates go to the:
- OPC Website: www.opcseniorcenter.org
- Local TV News: OPC will be included on the SE MI School Closing Listing
- Members will receive an automated phone call

NOVEMBER HOURS OF SERVICE

BUILDING HOURS: Mon - Fri: 6:30 am - 8:45 pm  
Sat: 7:00 am - 3:45 pm

BUILDING CLOSED: Wednesday, Nov 27 @ 4:00 pm  
Reopens on Monday, Dec 2

CASHIER’S HOURS: Mon - Fri: 8:30 am - 3:30 pm  
LATE NIGHT: Tue, Nov 12: 8:30 am - 7:00 pm

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