Open to the Public

Holiday SIP & SHOP

Thursday, December 5
4:30 - 8:00 PM

$5 Admission
Supports Programs at OPC

Light refreshments | Cash bar | Raffle prizes

Join us at Sip & Shop and celebrate the season!
From the Executive Director

“The only constant in life is change,” is a famous saying from the wise ancient Greek philosopher Heraclitus. We all face changes every day – whether it is a simple change in the weather, our schedule or expected change of seasons. We’re experiencing some change at OPC with the retirement of Dianne Bubnar, OPC’s Enrichment Manager. She’s been our very own energizer bunny banging her drum up and down the hallways for the last 21 years, sometimes even doing a little line dance to make her point that OPC has something for everyone 50+. Anytime you see Dianne she has a smile on her face, pep in her step and a can-do attitude. She welcomes everyone with open arms (members, volunteers, community partners and guests) plus she’s an ambassador for the organization whenever she’s out and about in the community.

Dianne sees her retirement as an opportunity to participate in new lifelong learning opportunities here at the OPC plus continuing with her line dancing that she so enjoys and her volunteer activities. As the New Year approaches I would invite you to reconnect with your passions by checking out all of the great happenings within fitness & aquatics, arts & enrichment, travel, performing arts and volunteer opportunities. Trying something new or just reconnect with an activity you’re familiar with is a great way to foster new friendships and enrich your life.

We wish Dianne well in her retirement and invite you to a party in her honor on Monday, December 16th at 2:00 pm right after her favorite activity Line Dance. In fact, come early and dance with Dianne before the party, she would love that.

Welcome to the newest OPC Team Members Colleen Burtka, Development & Marketing Specialist, and Marianne McCauley, Program Manager. Both bring a wide range of experience to their positions and we’re excited to have them at OPC. (See page 7)

There will be “Dancing in the Streets and on the OPC Float” Sunday, December 8th in the Rochester Parade. The float is built by the talented OPC staff and volunteers and is a nice opportunity to highlight why OPC is considered the premier senior center in the state of MI. Don’t forget to start out the day at the Kiwanis pancake breakfast in the OPC dining room from 7:00 am to 1:00 pm.

As we close out 2019, I want to thank our members, volunteers and especially dedicated staff for making OPC a great place to be! On behalf of the OPC Board of Directors and staff, Happy Holidays!

Renee Cortright, Executive Director

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INFORMATION

**BECOME A MEMBER**

| Resident 50+ | Residing in: Rochester, Rochester Hills, or Oakland Township | $6.00 Membership Card |
| Nonresident 50+ | All other communities | Annual Fee $75 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:** 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

As another year comes to a close, we ask you to consider a financial contribution to the OPC Annual Giving Campaign.
**ASCENSION Providence Rochester**

**Christmas Cookies with the Doc**

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

**CHRISTMAS PARTY** | Adams Chamber Choir

**Wednesday | Dec 11 | 11:00 am - 1:30 pm | $12**

Celebrate the season with your OPC family and friends! The party will kick off with the sweet sounds of Christmas provided by The Adams Chamber Choir, under the direction of Mr. Tom Blue. The student chorus will then join you for a mouth-watering roast beef dinner, prepared by our Nutrition Department and served by The Rochester Junior Women’s Club. The darling ballerinas from the Pointe Academy of Dance put the finishing touches on our annual celebration! Limited number of tickets are available - reserve yours today!

**WOMEN’S LUNCHEON** | With special guest Kim Whitney, 2018 Senior Ms. Michigan

**Thursday | Dec 19 | 1:00 - 3:00 pm | $12**

Enjoy a special Holiday Women’s Luncheon with good friends, tasty food and the inspiring seasonal entertainment of Kim Whitney, a member of the OPC 650 Players and 2018 Senior Ms. Michigan. Your meal will be prepared with love by our talented Nutrition Department and served by The Rochester Men’s Waiter Association. Be sure to reserve your space early - this event will sell out fast!

**CELTIC CHRISTMAS** | The Motor City Irish Dancers

**Friday | Dec 20 | 7:00 - 9:00 pm | $12**

**Saturday | Dec 21 | 2:00 - 4:00 pm | $12**

Blessed be your holiday, Cozy be your hearth,
Merry be your family, Peaceful be your hearts.

You’re invited to join us and celebrate Christmas the Celtic way!
The Motor City Irish Dancers will amaze and delight you as they step dance to the sounds of the Holidays!
There will be an Afterglow in the OPC lobby with Irish Tea and Cookies!

Pre-purchase your ticket for the above programs at our cashier’s desk | 248.608.0251 or 248.659.1029
Rewired not Retired
Meet & Greet Roundtable Discussion

Wednesday | December 18 | 6:30 – 8:00 pm | $1 Drop In
We would like to hear from you! Please join Marianne McCauley, the new OPC Program Manager, for an interactive discussion regarding the 2020 Rewired not Retired lecture series. Let’s talk!

• What subjects are you interested in learning more about?
• Are there inspirational speakers you would like to meet?

Enjoy Complimentary Pizza and refreshments as a thank you for your contributions!

Due to limited space, register at 248.656.1403 Ext 0

Holiday Basket Project

OPC is proud to partner with volunteers to fill Holiday Food Baskets

Food baskets are needed for select senior members of our community who would benefit from some holiday cheer!

If you would like to donate or volunteer
Please call Tara Kury @ 248-608-0249
Thank you for your kindness

TERRIFIC TUESDAY | THE FAYGO BOOK WITH AUTHOR JOE GRIMM

Tuesday | Dec 17 | 4:30 - 7:30 pm | $10

REMEMBER WHEN YOU WERE A KID? WELL PART OF YOU STILL IS & THAT’S WHY THEY MAKE . . .

Joe Grimm author of “The Faygo Book”, will give an entertaining and colorful history of Faygo which has stood the test of time. Faygo was founded in Detroit in 1907, and still remains a favorite of Michiganders (and everyone has a favorite flavor). Entertainment will be “The Dickens Singers” from St. Paul United Methodist Church and the Rusty Musicians.

4:30 pm - Light supper
5:10 pm - Presentation | Seniors 50+

6:30 pm - Entertainment • Tickets required, call: 248-608-0251 • Deadline: Dec 13 @ 11:00 am
TECHNOLOGY

COMPUTER CLUB

Tue, Dec 3, 10 & 17  10:00 am - Noon
Weekly topic discussed to increase your computer knowledge. $1 Drop In
Classroom 1 & 2

SPONSORED BY
Pomeroy Living

CARDS & groups

FOCUS ON THE ISSUES  Classroom 1
Mon, Dec 9  2:00 - 4:00 pm | $1 Drop In
Discuss current issues.

VINTAGE VIEWS WRITERS  Dining Room
Mon, Dec 16  12:45 - 1:45 pm
Holiday celebration for our Vintage View Writers!

LATE BLOOMERS GARDENING GROUP
Detroit News Garden Writer Nancy Szerlag
Dec 4, 11 & 18 | 10:00 - 11:30 am  Atrium
Plant Dreams, Pull Weeds, and Grow a Happy Life!
We are looking for volunteers to join the “Late Bloomers” group caring for the Atrium and House Plants of the OPC! No experience necessary - Detroit News Garden Writer Nancy Szerlag will be on hand to lead the way. It’s amazing what we can accomplish when we’re in it together! On Dec 18 - Enjoy Special Christmas Tea with Lavender Cookies!

OPC VETERANS’ CONNECTION
Christmas Party
Wednesday, December 11 at 11:00 am
The OPC Veterans’ Connection Club will be celebrating Christmas at the OPC annual Christmas Party! All Veterans, spouses and friends are invited to join us. Due to limited space, you must register. The cost is $12 a ticket.
All American Veterans who register for the party will receive FREE tickets!
Compliments of Marianne McCauley

SPORTS TALK  Classroom 1
Wed, Dec 4  6:30 - 7:30 pm | $1 Drop In
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.

BINGO MANIA will be back in January!
ENRICHMENT

INTERNATIONAL groups

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MAIDEN

PG
Mon, Dec 2 6:00 - 8:00 pm  $1 Drop In
Fri, Dec 6 1:30 - 3:30 pm  $1 Drop In

This documentary is about Tracy Edwards, who became the skipper of the first ever all-female crew to enter the Whitbread Round the World Race in 1989, a gruelling yachting competition that covers 33,000 miles and lasts nine months.

TAKING A CLASS, PLAY A GAME OR JOIN A GROUP

LITERATURE

POETRY AT NIGHT  ADS Room
Tue, Dec 17     7:00 - 8:00 pm     $1 Drop in

FIRESIDE POETRY  Library
Resumes in Jan  1:30 - 3:30 pm   $1 Drop in

BOOK Club  Library
Wed, Jan 8      1:00 - 3:00 pm    $1 Drop in

NOVELS @ Night Club  Library
Thur, Jan 16    7:00 - 8:30 pm    $1 Drop in

BOOK Club & NOVELS@Night READ LIST
• January Book - It All Comes Back to You by Beth Duke
• February Book - Homework: A Memoir of My Hollywood Years with Julie Andrews and Emma Hamilton

DANCE & MUSIC

BALLROOM DANCE  OPEN TO THE PUBLIC  Auditorium
Mon, Dec 2, 9, 16 9:45 - 10:45 am
Instr: Gudrun $5 Drop in

LINE DANCE  with Carol *PM OPEN TO THE PUBLIC  Auditorium
Mon, Dec 2, 9, 16 1:00 - 2:00 pm   $5 Drop in
Wed, Dec 4, 11  7:00 - 8:00 pm   $5 Drop in

BELLY DANCE  with Sandy  Auditorium
Thu, Dec 5, 12    7:00 - 8:00 pm   $5 Drop in

UKULELE FUN  Classroom 3
Tue, Dec 3 - 17   3:15 - 4:15 pm   $1 Drop in

GUITAR  with Jean  Dining Room
Tue, Dec 3 - 17   1:30 - 2:30 pm   $1 Drop in
Sat, Dec 7 - 21  9:30 - 11:30 am $1 Drop in

MOVIES @ OPC  Monday - Dining Room  Friday - Auditorium

MAIDEN  PG
Mon, Dec 2 6:00 - 8:00 pm $1 Drop In
Fri, Dec 6 1:30 - 3:30 pm $1 Drop In

This documentary is about Tracy Edwards, who became the skipper of the first ever all-female crew to enter the Whitbread Round the World Race in 1989, a gruelling yachting competition that covers 33,000 miles and lasts nine months.
What’s New at OPC this month... 

OUTDOOR ADULT FITNESS PLAYGROUND

The Outdoor Adult Fitness Playground is finished and now open for business. It’s located outside the fitness door entrance along the building. OPC was the recipient of a Ralph C. Wilson Jr. Legacy Fund Grant. The Design & Access Fund supports projects in southeast Michigan that serve to increase the walkability and bikeability of local communities and/or increase outdoor recreational activities within the region. The Older Persons’ Commission applied for and received a $50,000 grant for the Adult Fitness Playground. The project goal is to improve the fitness for older adults with a variety of low-impact and ADA accessible outdoor exercise equipment.

WELCOME TO OUR NEW STAFF

Marianne McCauley: Program Manager for the Enrichment & Fine Art Department

Big Shoes! Those are what Marianne McCauley has to fill in taking over for Dianne Bubnar, the beloved OPC Super Star for over twenty years.

That said, Marianne brings her own positive energy and sincere passion for enriching the lives of others through creative programming. With a background in fine art and many years working closely within the senior industry – especially with veterans, she is excited to continue the legacy that Dianne has built and move forward to put her own stamp on an already steller department.

Colleen Burtka: Development & Marketing Specialist

Bill S is a wonderful supporter of the OPC and regularly shares his time and talents as a volunteer. He was recently reviewing his retirement benefits, and realized that, for every 20 hours he volunteers for a non-profit, Exxon has a matching gift program up to of $2,000 annually! We are so grateful Bill discovered this benefit. Here he shares his donation with Colleen Burtka, OPC’s Development & Marketing Specialist.

Colleen comes to OPC from Angels’ Place, where she worked on special events and sponsorships. As a longtime Rochester & Oakland Township resident, she is very excited to be able to share her experience in Development here in her hometown.
JEWELRY & CRAFTS

REGISTRATION IN ADVANCE IS NECESSARY TO HELP US PLAN FOR SUPPLIES

PAINTING ON BARNWOOD  Studio 2  |  $35
HOLIDAY AND WINTER BOARDS
Tue, Dec 3  9:30 am - noon
Paint a unique decorative piece on real rustic barnwood. Great way to add some seasonal FUN to your home. These look great indoors or out! Boards vary in size. Lots of designs to choose from. No experience needed. All supplies included. Instr: Susan Van Heck

ROCHESTER PAINTED POT  Studio 1  |  $50
CHRISTMAS TREE DUO
Wed, Dec 4  1:00 - 4:00 pm
Paint 2 whimsical, festive trees for the holidays (tall/11”, medium/8”). Rainbow color palette plus holiday colors. Display or give as a gift. Supplies included. Instr: Terri Petherbridge

JEWELRY WITH TOM  Studio 1  |  $15
STERLING SILVER RING
Thur, Dec 5  12:30 - 4:30 pm
Create a sterling silver ring with a gemstone setting, choice of colors. Involves some soldering. Intermediate Level Class Instr: Tom F. Supplies provided for $40 to instructor.

MOSAIC TILE CLASS  Art Hallway  |  $36
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. You’ll love the results! No experience needed. Supplies included. Instr: Mary Gilhuly

JEWELRY WITH LAURIE  Studio 3  |  $45
BRAIDED WIRE BRACELET
Thur, Dec 12  9:30 am - 12:30 pm
Learn braiding and explore wire wrap techniques to create a gorgeous bracelet. Choose from bronze, silver, and gold wire and a variety of beads and colors. Intermediate level class – must be familiar with wire wrapping. Supplies included. Instr: Laurie Sorensen

CREATION STATION CLASSES  Studio 3

DECEMBER DROP IN SESSIONS  |  $3 Drop In
Mon, Dec 2 - 30  1:00 - 4:00 pm
Stop in to work on your own projects.

CREATION STATION CLASSES  |  $5
HOLIDAY GIFT TAGS
Wed, Dec 4  1:00 - 4:00 pm
Why buy tags when you can make them yourself. Your packages will be totally unique with a festive flair. We have all kinds of holiday punches, paper, cords and more. Join us for an afternoon that will put you in the holiday spirit! Instrs: Cherie H., Opal T.

Knitting for Beginners  Studio 1  |  $45
Mon, Jan 6 - 27  10:00 am - noon
Classes cover essential knitting techniques. Begin by learning how to cast on, then how to do the two basic stitches that everything else is based on – knitting and purling. Also learn to increase, decrease, bind off and the importance of gauge. All is taught in an orderly fashion building on what the student has already learned. Supplies: $15 fee payable to instr. for yarn and needles. Instr: Naomi Frenkel

CROCHET  Studio 1  |  $45
Tue, Jan 7 - 28  10:00 am - noon
Crochet can be used alone to make lovely garments and accessories or combine it with knitting to add those special finishing touches. Learn to do a single crochet, double crochet, half double and triple crochet. After learning all of these stitches, you will make a scarf. Supplies: $15 to instructor for supplies. Instr: Naomi Frenkel

STAINED GLASS CLASS  Woodshop  |  $40
Tue, Jan 21 - Feb 11  3:00 -5:00 pm
Introduction to stained glass. Learn basic cutting, soldering and foiling techniques to make a small piece; various patterns and color choices. Returning students welcome. More challenging designs and projects will be offered to intermediate students. Supplies included; bring apron and safety glasses. Instrs: Dave Kosbab

“You can’t use up creativity. The more you use, the more you have.”
- Maya Angelou
WATERCOLOR CLASS  Studio 1
Tue, Nov 26, Dec 3-17  1:00 - 3:00 pm  |  $50
Wed, Jan 8 - 29  9:30 - 11:30 am  |  $50
Learn to create a variety of paintings including landscapes, florals, 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

WATERCOLOR WORKSHOP  WITH MARILYNN THOMAS
Studio 1
Fri, Dec 6  9:00 am - 3:30 pm  |  $45
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: for supply list email pbedssole@opcseniorcenter.org or pick up supply list on board in art hallway. Bring your own sack lunch or you may eat in OPC café.
Instr: Marilynn Thomas

EXPLORING PRINTMAKING  Studio 1
Mon, Dec 9  1:00 - 3:00 pm  |  $20
Join us for a fun experience in monoprinting, the most painterly method among printmaking techniques. Create cards, tags, bookmarks and more – great for holiday giving. Lay a painterly base, then experiment with brayers, stamps, corks and all kinds of objects that can be used to print with. Spontaneity is the beauty of this printmaking style. Supplies included.
Instr: Nina Caruso

COLORED PENCIL  All levels  Studio 2
BALTIMORE ORIOLE
Mon, Jan 20 - Feb 3  1:00 - 4:00 pm  |  $65
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: $7 to instructor for pattern & paper AND pick up supply list on art board or email pbedssole@opcseniorcenter.org  Instr: Ann Fogg

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

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 PROJECT CLASS
WINTER REINDEER
Wed, Dec 4 1:00 - 3:30 pm  |  $18
Practice skills on the drill press and bandsaw to make a whimsical winter reindeer for your holiday décor. Made from natural stumps and branches.
All supplies included. Instr: Tom S.

WOODSHOP SAFETY CLASS
Mon, Dec 9 1:00 - 3:30 pm  |  $15
Requirement to obtain a Safety Card to use the Woodshop.
Purchase “User Card” for shop use.
Instr: Shel S.

DROP-IN PRACTICE SESSION
Fri, Dec 13 1:00 - 3:00 pm  |  $2 Drop In
Tips/instruction on projects and Woodshop equipment with instructors available to help you. Safety Card required.

WOODSHOP

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

POTTERY & CLAY CLASSES Pottery Studio

RESUME IN JANUARY  Watch for details in the upcoming January Newsletter, after the New year 2020!

Mindfulness Painting with Nina Caruso

GET YOUR ART ON AT OPC!

Painting on Slate with Cherie Hartwick

Raku Workshop with Harvey Bennett
PHILANTHROPY

As 2019 comes to a close, we send our heartfelt thanks to each of our community partners who have facilitated or supported our efforts in serving our seniors. Thank you for a wonderful year!

American House Senior Living
Communities
Anthology Senior Living
Ascension Providence Rochester
Aurum Jewelers
Bellbrook
Beltone
Blossom Ridge
Boulevard Health Center
Mayor Bryan Barnett
Cedarbrook Senior Living
Century 21 – Sakmar & Assoc.
Chief Financial Credit Union
ComForCare
Comfort Keepers
Controller Technologies Corp.
Frank Rewold & Sons
Haig’s of Rochester Fine Jewelry
Barry Hawthorne
Heartland Health Care
Henry Ford Health System
Home Instead Senior Care
Metro Vein Centers
Michigan Ophthalmology
Modetz Family Funeral Homes
Nothing Bundt Cakes
NuLife Medical
Oakland University
Oakmont Independent &
Oakmont Assisted
Par Pharmaceuticals
Pixley Funeral Homes
Pomeroy Living
Presbyterian Villages of Michigan
Rutkowski Law Firm
Senior Health Shop
Senior Helpers
Shelton Buick GMC
Spalding DeDecker
Stonecrest
Sunrise Senior Living
Thrivent Financial
Tim Horton’s
(ROchester Rd. & Crooks Rd. locations)
Veterans Empowering Veterans
Visiting Angels
Waltonwood
Wellbridge of Rochester Hills
Kathy White & William Wonfor

THANK YOU

To Ray and Mary Nicholson,
for their annual donation of beautiful poinsettias to bring holiday cheer and joy to our homebound Meals on Wheels recipients.

To the Rochester Hills Kiwanis for their generous donation of turkeys used to prepare delicious lunches for 900 area seniors.

Thank you to all who have touched or supported our mission this past year. Whether you volunteered your time and talents, attended events and fundraisers, made a donation or paid a tribute to a loved one with a gift to OPC... we thank you and wish you a very happy, healthy and blessed 2020!
NEW YEAR’S PRE-CELEBRATION  Sat, Dec 28  2:00 pm - 9:00 pm  |  $98
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  Cancellation fee: $15 | Deadline: Nov 22

BLITHE SPIRIT  Wed, Jan 29  12:15 pm - 4:30 pm  |  $49
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.  Cancellation fee: $8 | Deadline: Dec 27

FARMINGTON PLAYERS*  Sat, Feb 8  4:00 - 11:00 pm  |  $86
“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  Cancellation fee: $13 | Deadline: Jan 10

DIA TOUR  Thur, Feb 20  12:00 - 4:00 pm  |  $9
Enjoy a docent-led tour of the DIA and a complimentary coffee and cookie reception. Services provided by DIA as a millage benefit for tri-county residents. Motor coach  Cancellation fee: $1 | Deadline: Feb 7

PEKING ACROBATS  Fri, March 13  4:15 - 10:30 pm  |  $99
Macomb Center presents The Peking Acrobats, an exuberant event with the festive pageantry of a Chinese carnival. Witness daring maneuvers including precision tumbling, juggling and amazing displays of contortion & flexibility. Dinner included before at Mon Jin Lau of Troy. Motor coach  Cancellation fee: $15 | Deadline: Feb 7

GENITTI’S MURDER MYSTERY & LUNCH  Wed, March 18  9:30 am - 3:30 pm  |  $85
We’ll enjoy a brief narrated bus tour of Northville with a quick stop at Great Harvest Bread Co. This is followed by an authentic 7-course family style Italian lunch and theater at Genitti’s Hole-in-the-Wall. The performance is an interactive mystery/comedy. Motor coach  Cancellation: $13 | Deadline Feb. 21

DSO CONCERTS

DSO POP5 Fri, Jan 17  9:00 am - 3:30 pm  |  $88
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 Cancellation fee: $14 | Deadline: Dec 20

DSO CLASSICAL  Fri, Jan 24  9:00 am - 3:30 pm  |  $65
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 Cancellation fee: $10 | Deadline: Dec 27

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

DSO POP5 Fri, Feb 28  9:00 am - 3:30 pm  |  $88
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 Cancellation fee: $14 | Deadline: Jan 31

DSO CLASSICAL  Fri, March 6  9:00 am - 3:30 pm  |  $65
Classical Roots – Andre Watts plays Beethoven. Thomas Wilkins, conducting. Lunch on your own after at Kruse & Muer in Royal Oak. OPC Mini bus Cancellation fee: $10 | Deadline Feb 7

DSO POP5 Fri, March 27  9:00 am - 3:30 pm  |  $88
Music & Magic: Michael Grandinetti, star of TV’s “Masters of Illusion,” will combine his art with magical melodies. Lunch on your own after at Bonefish Grill in Troy. OPC Mini bus Cancellation fee: $14 | Deadline Feb 28
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.
* 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 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.  

Inside Stateroom: 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

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**TRIP information**

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

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

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

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

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

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

Cancellation Policy: Insurance cost of $429 + $150 processing fee + airline cancellation penalties if applicable are non-refundable.
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 | $5
Instr: Dawn K.

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 | $5
Instr: Dawn K.

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 | $5
Instr: Cheryl / Dawn

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 | $5
Instr: Dawn K.

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 Dec 4 - 18 9:00 - 9:55 am | $16
Instr: Brenda

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, Dec 3 - 17 1:15 - 2:15 pm | $16
Instr: Heather

Thur, Dec 5 - 19 1:15 - 2:15 pm | $16
Instr: Fabiola

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

DRUMS & MORE (2-3) GE 1
Put a smile on your face and have a ball! Whether you are suffering from stress, fatigue, anxiety, chronic pain, arthritis or any number of other common ailments, Drums & More can benefit you! Utilize drumsticks and stability balls along with your body to achieve a total body, mind, and cardiovascular workout in rhythmic fashion.
Thur, Dec 5 - 19 4:30 - 5:20 pm | $16
Instr: Mila M.

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, Dec 4 - 18 10:30 - 11:30 am | $24
Instr: Lauren B.
Drop-in: $10
Punch Cards will not be accepted.
*You may not Drop-in until you have taken a complete 1-month series

AGE REVERSING ESSENTRICS* (2)
Group Exercise 1
Restore movement in joints, flexibility in muscles, relieve pain, and stimulate cells to increase energy. A full body workout created by the author of the New York Times bestseller, Aging Backwards.
Thur, Dec 5 - 19 5:30 - 6:25 pm | $16
Instr: Lauren B.

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, Dec 2 - 23 6:25 - 7:25 pm | $21
Instr: Lauren B.

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, Dec 6 - 20 9:00 - 10:00 am | $16
Instr: Cheryl G.
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, Dec 2 - 23 10:00 - 10:50 am | $21
Instr: Dawn K.
Fri, Dec 6 - 20 10:00 - 10:50 am | $16
Instr: Dawn K.

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, Dec 2 - 23 11:25 - 12:25 pm | $21
Group Exercise 2 Instr: Dawn K.
Fri, Dec 6 - 20 11:30 - 12:30 pm | $16
Group Exercise 1 Instr: Dawn K.

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 Dec 3 - 19 11:30 - 12:15 pm
Instr: Dawn K. | $32

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, Dec 2 - 23 10:30 - 11:30 am | $21
Instr: Leah B.
Tue, Dec 3 - 17 7:05 - 8:05 pm | $16
Instr: Leah B.
Wed, Dec 4 - 18 6:30 - 7:30 pm | $16
Instr: Fabiola
Fri, Dec 6 - 20 1:00 - 2:00 pm | $16
Instr: Leah B.

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, Dec 3 - 17 10:45 - 11:30 am | $16
Instr: Robin I.
Tue, Dec 3 - 17 5:15 - 6:00 pm | $16
Instr: Robin I.
Thur, Dec 5 - 19 10:45 - 11:30 am | $16
Instr: Robin I.

CIRCUIT TRAINING (3 - 4)
Group Exercise 1
High energy 60 minute class incorporating stations, alternating between weight training and cardio.
Mon, Dec 2 - 23 12:30 - 1:30 pm | $21
Instr: Karen M.

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, Dec 3 - 17 9:30 - 10:30 am | $16
Instr: Dawn K.

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 Dec 2 - 23 9:00 - 10:00 am | $21
Instr: Dawn K.

Pilates Beginning (2)
Group Exercise 1
Get started learning various Pilates techniques from standing and floor positions.
Wed Dec 4 - 18 9:00 - 10:00 am | $16
Instr: Dawn K.

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, Dec 2 - 23 7:00 - 7:50 am | $21
Instr: Peg G.
Wed, Dec 4 - 18 7:00 - 7:50 am | $16
Instr: Peg G.
Fri, Dec 6 - 20 7:00 - 7:50 am | $16
Instr: Peg G.

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, Dec 3 - 17 2:20 - 3:20 pm | $24
Instr: John M. Drop-in: $10
Fri, Dec 6 - 20 10:30 - 11:30 am | $24
Instr: John M. 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.
Thur, Dec 5 - 19 2:15 - 3:15 pm | $24
Instr: John M. 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, Dec 3 - 17 4:00 - 4:50 pm | $16
Instr: Emily B.

DANCE FOR PARKINSON’S (1-2) Gymnasium
Wed, Dec 4 - 18 1:00 - 2:00 pm | $24 Instr: Ali W. 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**

**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, Dec 5 - 19  6:30 - 7:30 pm  | $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.

**Instr:** Carol S.

**Thur, Dec 5 - 19  12:00 - 1:00 pm  | $24**

**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, Dec 5 - 19  1:00 - 2:00 pm  | $24**

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

**Group Exercise 1**

**Mon, Dec 2 - 23  11:30am - 12:25pm  | $21**

**Instr:** Karen

**Group Exercise 2**

**Wed, Dec 4 - 18  11:30am - 12:25pm  | $16**

**Instr:** Carol S.

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

**Tue/Thu Dec 3 - 19  9:30-10:30 am  | $32**

**Instr:** Karen

**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.

**Instr:** Dawn K.

**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.

**Instr:** Fabiola

**Thur, Dec 5 - 19  6:45 - 7:30 pm  | $16**

**Opc Suggests That You Consult Your Doctor Before Starting Any Exercise Program**

**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/Thu 10:00 - 11:20 am  | $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 November 26

**Tue, Dec 3 - 17  7:30 - 8:30 am  | $45**

**Instr:** Dawn K.

**All-Access Passes are not accepted**

**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
12 / 1 Hour Sessions: $550
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  |  **$5 per child  $2.50 per adult (includes spectators)**

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.
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, Dec 4-18 2:00 - 3:00 pm | $16*  
*Instr: Kim D.*

Chair Yoga (1-2)  
*Group Exercise 2*  
Option to practice the Yoga poses from a chair or from your yoga mat.  
*Mon, Dec 2 - 23 12:45 - 1:45 pm | $21*  
*Instr: Norma B.*  
*Wed, Dec 4 - 18 12:45 - 1:45 pm | $16*  
*Instr: Kim D.*  
*Fri, Dec 6 - 20 11:30am - 12:25pm | $16*  
*Instr: Carol S.*

Basic Yoga (1-2)  
*Group Exercise 1*  
Calm and gentle practice with traditional movements. Bring a yoga mat to class.  
*Mon, Dec 2 - 23 2:00 - 3:00 pm | $21*  
*Instr: Norma B.*  
*Sat, Dec 7 - 21 9:00 - 10:00 am | $16*  
*Instr: Kay G.*

Slow Flow Yoga (2)  
*Group Exercise 1*  
Emphasis on movement and energy. Bring a yoga mat & blanket.  
*Tue, Dec 3 - 17 6:00 - 7:00 pm | $16*  
*Instr: Kay G.*

Yoga, A Gentle Beginning (2)  
*Group Exercise 1*  
Learn the basics of yoga. Bring a yoga mat & 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, Dec 3 - 17 11:35 am - 12:50 pm | $24*  
*Instr: Laura L.*  
*Drop-in $10*

Punch Cards will not be accepted

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GYM activities

VOLLEYBALL LEAGUE

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

**Tue 9:00-1:00pm Thu 8:30-12:00pm**

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

| BASKETBALL SHOOT AROUND |
| Wed | 6:30 - 8:30 pm |
| Sat | 9:00 - 11:30 am |

**VOLLEYBALL (All Levels)**

| Sat | 11:30 am - 2:00 pm |

$2 for each

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CYCLING classes

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<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>DATES</th>
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<th>COST</th>
<th>DROP-IN</th>
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<td>Power Pedal</td>
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<td>Rock &amp; Roll</td>
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<td>Energy Rides</td>
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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.

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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)**

SWIM BIKE RUN

SPONSORED BY Pomerooy Living
### AQUATIC classes

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

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**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, Dec 6 - 20** 8:00 - 8:50 am  |  $15  
  Instr: Deb B.

**Core Strength (1)**

Build a strong abdomen and back while moving through the water using resistance and balance.

- **Mon/Wed, Dec 2 - 23 8:00 - 8:50 am** | $35  
  Instr: Margaret / Robin

- **Tue/Thur, Dec 3 - 19 1:30 - 2:20 pm**  | $30  
  Instr: Jeannie L.

**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, Dec 3 - 19 7:00 - 7:50 am**  | $30  
  Instr: Peg G.

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**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 Dec 2 - 23 1:00 - 1:50 pm**  | $35  
  Instr: Susan O./Robin I.

- **Tue/Thur Dec 3 - 19 10:00 - 10:50 am**  | $30  
  Instr: Harlene C. / Margaret A.

**Advanced (2)**

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

- **Mon/Wed Dec 2 - 23 12:00 - 12:50 pm**  | $35  
  Instr: Susan O./Robin I.

- **Tue/Thur Dec 3 - 19 5:00 - 5:50 pm**  | $30  
  Instr: Jeannie L.

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**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, Dec 4 - 18 5:45 - 6:35 pm**  | $15  
  Instr: Carol S.
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, Dec 2 - 23  6:30 - 7:20 pm  |  $20
Instr: Fabiola
Thur, Dec 5 - 19  5:30 - 6:20 pm  |  $15
Instr: Fabiola

LIQUID BOOT CAMP (3)
Wake up with water, perk up with Peg! A great way to start your day!
Sat, Dec 7 - 21  8:00 - 8:50 am  |  $15
Instr: Peg

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, Dec 2 - 23  2:00 - 2:50 pm  |  $20
Instr: Robin I.
Fri, Dec 6 - 20  2:00 - 2:50 pm  |  $15
Instr: Robin I.
Intermediate (2)
Tue, Dec 3 - 17  2:30 - 3:20 pm  |  $15
Instr: Jeannie L.
Advanced (3)
Wed, Dec 4 - 18  2:00 - 2:50 pm  |  $15
Instr: Robin I.

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 Dec 2 - 23  8:00 - 8:50 am
Instr: Deb B. / Margaret  $35
Fri, Dec 6 - 20  8:00 - 8:50 am
Instr: Robin  $15

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, Dec 2 - 23  9:00 - 9:50 am  |  $20
Instr: Debbie B.
Wed, Dec 4 - 18  9:00 - 9:50 am  |  $15
Instr: Debbie B.
Fri, Dec 6 - 20  9:00 - 9:50 am  |  $15
Instr: Margaret

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 Dec 2 - 23  10:00-10:50am  |  $35
Instr: Debbie B.
Fri, Dec 6 - 20  10:00-10:50am  |  $15
Instr: Margaret

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.
Fridays 3:00 - 3:50 pm  |  $3 Drop in

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

**NUTRITION SERVICES**

**MEALS ON WHEELS**

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

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

**LUNCH AT OPC** See page 22

**FOOD PROGRAMS**

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

**MEDICAL EQUIPMENT**

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.

**ACT OF KINDNESS**

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

**SUPPORT groups**

**CAREGIVER’S SUPPORT**

Tue, Dec 3 3:00 - 4:30 pm

Share and learn with the others caring for someone who is frail, dependent, suffering from memory loss or Alzheimer’s disease. Receive information, encouragement and support. Adult respite is available, but pre-registration is required. Call 248.608.0261.

**VISUALLY IMPAIRED**

Fri, Jan 24 10:00 - 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, Dec 6 & 20 10:00 am - 12:00 pm

Participating in a grief support group can be a healthy first step in the healing process. Meet others who are dealing with similar losses and gain a better understanding of the grief process.

10:00 - 11:00 For those with recent loss
11:00 - 12:00 Continued encouragement and support. Newcomers must register for attendance. Call Donna at 248.608.0261.

**PARKINSON’S SUPPORT**

Returns in Feb 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!

**ASK THE ATTORNEY**

Conference Room A / B

Mon, Dec 9 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.

**MEDICARE & MEDICAID INSURANCE ASSISTANCE**

Conference Room B

Mon, Dec 9 9:00 - 12:00 pm

Mon, Dec 23 12:00 - 3:00 pm


Call 248.656.1403 Ext 0

To schedule your 1 hour appt.
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, Dec 13  9:30 - 11:00 am
The doctor will be available to answer health concerns or questions you may have.

ASK THE ORTHOPEDIC DOCTOR
Dr. Maibauer  Tue, Dec 3 & 17  9:00 - 11:00 am

ASK THE RESIDENT  Wed, Dec 4 - 18  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, Dec 6  9:00 - 11:00 am  | $2
Registered nurse will SCREEN for bone density & discuss results in 15 minutes. This is not a diagnostic test. For women only.

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.

VOLUNTEER

LOOKING 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

Snowbirds: BE COUNTED IN MICHIGAN!
If you spend six months or more in Michigan, make sure you are counted as a resident of Michigan in the Census.

• Help Michigan to secure its share of federal dollars.
• New in 2020 - Responses collected online and via phone.
• Every home will receive a Unique ID code mailed from the U.S. Census Bureau. You need this code to complete your census (online/by phone).

For more information, go to www.aaa1b.org/census-2020 or call 248-262-9216

December 2019
## December

Enjoy a delicious lunch in the OPC Dining Room, Monday through Friday at 12:00 pm
Please call by 11:00 am the day before or for a meal on Monday call by 11:00 am on Friday. Call 248.656.1403 Ext 0
60 and Over - $3 suggested donation | Under 60 - $4 charge | Menu is subject to change based on availability

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>
| 2. Chicken Casserole  
Baked Potato  
Prince Charles Blend  
Tapioca Pudding  
w/Pineapple | 3. Meatloaf w/Gravy  
Garlic Mashed Potatoes  
Romaine Garden Salad  
w/Garbanzo Beans  
Italian Blend Vegetable  
Four-Fruit Salad | 4. Pineapple Ham  
Scalloped Potatoes  
Brussel Sprouts  
Baked Apples | **5. BIRTHDAY LUNCH**  
Beef Stroganoff  
Egg Noodles  
French Cut Green Beans  
Peach Halves | **6. Baked Chicken**  
Whipped Potatoes  
Key West Vegetable Blend  
Garden Salad  
Apricots |
| 9. Stuffed Cabbage  
Oven Roasted Potatoes  
Parsley Carrots  
Pear | 10. Baked Cod  
Sliced Potatoes  
Peas  
Garden Salad  
Prunes | 11. Italian Ravioli  
Broccoli Cuts  
Garden Salad  
Fruit Cocktail | **12. Sweet & Sour**  
Chicken  
Brown Rice  
Sugar Snap Peas  
Oriental Blend  
Mandarin Orange Salad | **13. Baked Chicken**  
w/Stuffing  
Garlic Mashed Potatoes  
Carrots  
Vegetable Roll  
Fruit Medley |
| 16. Pepper Steak  
Brown Rice  
Green Beans  
Romaine Garden Salad  
w/Garbanzo Beans  
Red Apple | 17. Pork Chop Creole  
Oven Roasted Potatoes  
Asparagus  
Creamy Cole Slaw  
Peach Slices | 18. Baked Chicken  
w/Mushroom  
Red Skin Potatoes  
Mixed Vegetables  
Crunchy Pea Salad  
Cantaloupe | **19. Bratwurst on Bun**  
Cole Slaw  
w/Green Pepper  
German Potato Salad  
Sauerkraut  
Red Apple | **20. Lemon Pepper Cod**  
Oven Roasted Potatoes  
Carrots  
Vegetable Roll  
Fruit Medley |
| 23. Mac & Cheese  
Whole Beets  
Romaine Garden Salad  
w/Garbanzo Beans  
Fruit Salad  
Corn Muffin | **24. BUILDING CLOSED**  
CHRISTMAS | 25. **BUILDING CLOSED**  
CHRISTMAS | 26. Tuna Pasta Salad  
Peas  
V8 Juice  
Mini Muffin  
Plums | **27. Turkey Burger**  
Chickpea Tomato Salad  
Three bean Salad  
Orange |
| 30. Salisbury Steak  
w/Gravy  
Parsley Potatoes  
Roasted Brussel Sprouts  
Garden Salad  
Peach Crisp | **31. BUILDING CLOSED**  
New Year’s Day | **BIRTHDAY LUNCH**  
Thursday, December 5  
11:45 am - 12:30 pm  
Seniors celebrating birthdays will receive a complimentary lunch.  
SIGN UP by 11 am on Wed, Dec 4  
Call 248-656-1403 Ext. 0. |

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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.

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Weekend Cancellations: 248.608.0271
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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

**DECEMBER HOURS OF SERVICE**

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

**BUILDING CLOSED:** Tue, Dec 24 & Wed, Dec 25  
Tue, Dec 31 - Reopens Jan 2

**CASHIER’S HOURS:** Mon - Fri: 8:30 am - 3:30 pm  
**LATE NIGHT:** Tue, Dec 17: 8:30 am - 7:00 pm

Happy Holidays