Get Your New Year off to a good start at the OPC!

Arts & Crafts
Enrichment Programs
Fitness & Aquatics
Travel Opportunities
Performance Arts
Support Groups
Meals on Wheels
Adult Day Services
Transportation
Social Activities

Hello from Greece
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: 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

OPC is a nonprofit 501(c)3 Organization serving Rochester, Rochester Hills and Oakland Township

January 2020

From the Executive Director

Happy New Year! I hope you had a wonderful holiday season with your family and friends. The New Year is a time to reflect on all for which we are grateful, as well as, our priorities and plans for the coming year.

All throughout the year, but especially during the holiday season, we experience a multitude of ways in which we derive support for our mission from individuals, organizations, businesses, and government partners with their time, talents and monetary donations. They stand with OPC every day as we work to empower older adults to Live Well, Feel Well and Age Well in their community with dignity and respect.

We give our heartfelt thanks to each and every one of these partners for their many donations such as: gift baskets to the homebound; making cookies; knitting hats, scarves and mittens; raking leaves; delivering food; donating poinsettias to MOW recipients (see page 11 for a special recognition to Mary Elizabeth & Ray Nicholson).

President John F. Kennedy said, “As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

We’re proud of our many accomplishments in 2019. Here are just some of the many highlights from the past year:

- 104,543 Meals Prepared, Served and Delivered
- 49,258 Transportation rides
- 40,608 Walkers on the track
- 17,615 Registered Members
- 10,699 Supportive Senior Services
- 376 Art & Enrichment class offerings
- 315 dedicated OPC Team Members
- 1 Premier Activity Center ~ OPC!

Thank You for your generous contributions to the 2019 Annual Giving Campaign, “Keeping Our Future Bright”, and for all you may do in support of the OPC mission!

It’s not the destination, it’s the journey. May you enjoy each day of your adventure. Cheers to 2020!

Renee Cortright, Executive Director

SAVE THE DATE - YOU WON’T WANT TO MISS THESE UPCOMING PROGRAMS!

Feb 5 1 - 2:30 pm  
OAKLAND UNIVERSITY - Dr. John Carroll - Anthropology Drone Project

Feb 13 6 - 8:00 pm  
A PERFECT PAIRING - CHOCOLATE LOVE AFFAIR

Mar 19 6:30 - 8 pm  
650 NITE CLUB PRESENTS AARON CARUSO ITALIAN TENOR

MyActiveCenter (MAC) will enable you to register and pay for OPC Fitness & Aquatics passes and many classes such as Fitness & Aquatics, Enrichment, and Art & Crafts activities online.

You must have an OPC Key Tag to use online registration.

Visit : www.opcseniorcenter.org
For questions, contact Michele Burns at 248.608.0259
10th ANNUAL OPC INDOOR TRIATHLON

Saturday | January 25 | Begins @11:30 | Register by Jan 17
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)

TERRIFIC TUESDAY | Michigan’s Hometown

Tuesday | January 14 | 4:30 pm | $10
Rochester: A Glimpse Back at 2019 and the Exciting Plans for 2020
Welcome to Alaina Campbell, President of the Rochester Chamber of Commerce, as she takes a look at the history and vision for the future of Rochester.
Enjoy an exclusive screening of the “Rochester - Michigan’s Hometown” film. It’s YOUR town - learn more about it!
• 4:30 pm Light Dinner
• 5:00 pm Presentation
• 6:30 pm Entertainment

WOMEN’S LUNCHEON | New Year - New You!

Thursday | Jan 23 | 1:00 - 3:00 pm | $12
Join us for a New Year celebration with Stacie Zotkovich, Amazon Best-Selling Author of the “Positive Shift Ahead”, 16 Ways to Redirect Negative Thoughts Quickly. Shifting your mindset can help you every day, in every way! As the CEO of The Positive Shift, and the Director of Business Development for Family Funeral Care, Stacie is engaged in community work and fundraising and extends her abilities and talents to assist others. Her passions are motivating all ages to achieve their goals, in particular, encouraging everyone to strive for success they may not even realize is within their grasp!
Your New Year is waiting... go get it!

Seating is limited and tickets will sell out quickly – Call today to reserve your space!

ASCENSION Providence Rochester

“Big Toe Got You Down? Managing Great Toe Arthritis”
Dr. Robert G. Deckker, MD
Orthopedic Surgeon, Foot and Ankle

Dinner with the Doc

Tue, Jan 28 | 5:30 pm Dinner | 6:00 pm Presentation
Cost: $5 | Dining Room

Pre-purchase your ticket for the above programs at our cashier’s desk | 248.608.0251 or 248.659.1029
Veterans Connection - Special guest speaker

Celebrate Life and Liberty through Service, Honor, Remembrance, Education and Gratitude

Wednesday | January 8 | 10:00 am | Dining Room | $1 Drop In

Welcome all OPC Veterans and spouses! Please join us for breakfast and comradery as we welcome guest speaker Chaka McDonald, Veterans and Military Family Navigator for Oakland County with Oakland Community Health Network. His position entails linking veterans and their family members to appropriate resources in the community, from a local, state or federal perspective. Call 248-656-1403 Ext 0 to Register!
SPOTTED ON new programs

MICROSOFT EXCEL FOR EVERYDAY LIFE
Mon, Jan 6 & 27  |  9:30 - 11:00 am  |  Crm 1
This course focuses on applying Microsoft Excel to practical applications such as budgeting, investment analysis, and vacation planning. Excel functions, charting, and formatting tools will all be explained and applied. Beginning knowledge of Excel required.

About the Instructor
Jeffrey Richards is a retired Auto Industry Executive where he had many Engineering and Operations roles. Jeff has a Ph.D. in Electrical Engineering and he mastered Excel with personal and business use throughout his Engineering training and 30 year professional career.

Cost: $10

DRUM CIRCLE
Auditorium
Thur, Jan 16  |  1:00 - 2:30 pm  |  $5 Drop in
Drum Circle Kick Off!
A drum circle is gathering of people who meet for the purpose of making music together by playing drums. The drums we will use are 'hand drums' (Djembe, Tubanos, Bongos etc), as opposed to the kind of drums you might find in a commercial music setting. (snare, bass, tom etc.) Drumming is a way of self-expression and a way of socially connecting with others in the drum circle environment. To participate you need not have musical experience. Come join us for an afternoon of musical ‘drumming’ fun.

Feel free to bring your drum if you have one, or come and find out more about each type of drum before choosing yours.

IDEAS FOR NEW PROGRAMS!
Are you interested in joining a BUNCO or CANASTA drop in group?
Stop by or call the Programming Office at 248-608-0263 to show your support for these new programs.

FOCUS ON THE ISSUES
Classroom 1
Mon, Jan 13 & 27  |  2:00 - 4:00 pm  |  $1 Drop In
Discuss current issues.

VINTAGE VIEWS WRITERS
Dining Room
Mon, Jan 27  |  12:45 - 1:45 pm
Write stories and share memories in this quaterly publication.

COMPUTER CLUB
Tue, Jan 7 - 28  |  10:00 am - Noon
Classroom 1 & 2
Weekly topic discussed

SPOTLIGHT on new programs

SPORTS TALK
Wed, Jan 8 6:30 - 7:30 pm
Classroom 1
Talk about sports, discuss US and global sports.

LATE BLOOMERS GARDENING GROUP
Detroit News Garden Writer Nancy Szerlag
Wed, Jan 8 & 22  |  10:00 - 11:30 am  |  Atrium
Come join the dedicated group that cares for the Atrium and house plants of the OPC! No Experience Necessary.
**INTERNATIONAL groups**

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**MONDAY MOVIES**

**MONDAY MOVIES**

**ONCE UPON A TIME IN HOLLYWOOD**

**Mon, Jan 6**
6:00 - 8:00 pm | $1 Drop In

**Fri, Jan 10**
1:30 - 3:30 pm | $1 Drop In

**A BEAUTIFUL DAY IN THE NEIGHBORHOOD**

**Mon, Jan 20**
6:00 - 8:00 pm | $1 Drop In

**Fri, Jan 24**
1:30 - 3:30 pm | $1 Drop In

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**TAKING A CLASS, PLAYING A GAME OR JOINING A GROUP**

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**LITERATURE**

**POETRY AT NIGHT**
ADS Room

Tue, Jan 21
7:00 - 8:00 pm | $1 Drop In

**FIRESIDE POETRY**
Library

Thur, Jan 23
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

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**DANCE & MUSIC**

**BALLROOM DANCE** OPEN TO THE PUBLIC Auditorium
Mon, Jan 6 - 27
7:00 - 8:00 pm | $8 Ticket per session
Dance for January is: Rumba and Cha Cha Partner not required.
Instr: Amy Tranchida

**LINE DANCE** with Carol *PM OPEN TO THE PUBLIC* Auditorium
Mon, Jan 6 - 27
1:00 - 2:00 pm | $5 Drop In
Wed, Jan 8 - 29
7:00 - 8:00 pm | $5 Drop In

**BELLY DANCE** with Sandy Auditorium
Mon, Jan 6 - 27
12:00 - 1:00 pm | $5 Drop In

**UKULELE FUN** with Jean Classroom 3
Tue, Jan 7 - 28
3:15 - 4:15 pm | $1 Drop In

Sat, Jan 11 - 25
9:30 - 11:30 am | $1 Drop In

**GUITAR** with Jean Dining Room
Mon, Jan 6 - 27
1:00 - 2:00 pm | $5 Drop In
Sat, Jan 11 - 25
9:30 - 11:30 am | $1 Drop In

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**MOVIES @ OPC**

**MOVIES @ OPC**
Monday - Dining Room | Friday - Auditorium
650 Players Meet & Greet Mini Workshop

Monday | January 27 | 6:00 - 8:00 pm | $2 Drop In

Meet the Players & Prepare for Auditions

Rub elbows with the 650 Players and discover how adults 50+ from around the County are getting their feet wet on stage. Special mini learning session will prepare you for the Spring Show auditions. Performing brings better health and lots of fun, come join us! Light refreshments provided.

MEET THE ELECTED OFFICIALS

MAYOR BRYAN BARNETT - Rochester Hills
Mon, Jan 6                  10:00 - 11:30 am @ Dining Room

MAYOR STUART BIKSON - Rochester
Thur, Jan 16               4:30 - 5:30 pm @ Rewold Library

SUPERVISOR MIKE BAILEY - Oak Twp
Every Monday            3:00 - 5:00 pm @ Oak Twp Office

FINANCIAL FRIDAY

WILL YOUR TAXES AFFECT YOUR RETIREMENT: Understand the Impact

Friday | January 10 | 10:00 am | Classroom 1 | $1 Drop In | Presenter: Doree Cook

SPONSORED BY

THE OPC FLOAT ROCKED THE ROCHESTER CHRISTMAS PARADE

The award-winning float was made all the merrier with the festive vocals of Jennifer Kincer & The Violettes!
JEWELRY & CRAFTS

REGISTRATION IN ADVANCE IS NECESSARY TO HELP US PLAN FOR SUPPLIES

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 2  |  $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 washcloth. Supplies: $15 to instructor for supplies. Instr: Naomi Frenkel

BOOKFOLDING  Studio 2  |  $15
HEDGEHOG MESSAGE KEEPER
Mon, Jan 13  1:00 - 3:00 pm
Turn a plain old book into a unique hedgehog that can sit by your phone and hold messages, business cards and more. Great for all ages! Technique includes folding and creasing paper repeatedly. Supplies: bring a small rigid ruler or bone folder tool. All other supplies included. Instr: Candice Schwark

ACRYLIC POURING  Studio 2  |  $25
POURS ON CANVAS
Tue, Jan 14  1:00 - 4:00 pm
Learn acrylic pouring techniques to create a one-of-a-kind canvas panel. Experiment with paints including metallics and new interference paints, abstraction and methods to create stunning cells. A unique piece of wall décor to add to any space. Supplies: BRING disposable gloves, apron, baby wipes and a box/tray to carry your work home. One canvas and all other supplies provided in class fee. Canvas available to purchase if you wish to do more than one or bring a second one of your own (6 x 6 or 5 x 7). Instr: Candice Schwark

JEWELRY WITH TOM FRANZOSI  Studio 1  |  $15
STERLING BRACELET WITH ROUND CABACHON
Thur, Jan 16  12:30 - 4:30 pm
Create a sterling silver bracelet with a stone setting. Modern, sophisticated design. Choice of colors. Involves some soldering. Intermediate level class. Supplies provided for $40 to instructor. Instr: Tom F.

“SPRING” SNOWMEN  Studio 2  |  $35
Tue, Jan 21  1:00 - 3:00 pm
Create a pair of whimsical snowmen actually made from old mattress/chair springs! LOTS of materials to choose from; no two will be alike. Supplies provided, but you may bring anything special you might like to add. Instr: Sue VanHeck

CREATION STATION CLASSES

QUILLING PAPER SNOWFLAKES  |  $8
Wed, Jan 8  1:00 - 4:00 pm
Quilling is the gentle art of curling thin paper strips into coils. When glued into rounds, the coils are pinched to make shapes to form a design. You will design snowflakes with several patterns to choose from. Great time of the year to learn a new art that just may turn into a new hobby. Supplies included.

ZENTANGLE LET IT SNOW SLATE PAINTING  |  $12
Wed, Jan 15  1:00 - 4:00 pm
Paint a seasonal wall hanging to brighten any room or doorway. Use acrylic paints on recycled roof slate - a great “canvas” with various textures and markings to make each piece unique. Does NOT require previous Zentangle experience. Supplies: $3 fee to instructor.

WOODBURNING WELCOME SIGN  |  $15
Wed, Jan 22  1:00 - 4:00 pm
Use a woodburning tool to etch a hearty welcome on wood. Change this sign to match the season by adding a snowflake, heart, Easter egg, nest, flower and more. You get the idea.... one sign for every season!! FUN and easy!

WINTER CARDMAKING  |  $10
Wed, Jan 29  1:00 - 4:00 pm
Make 3-4 Valentine or Winter themed all occasion cards. Holiday or not, you can always remember someone with a special card. Supplies included in class fee.

LAPIRATORY BEGINNING  Studio 2  |  $30
Thur, Jan 23 & 30  1:00 - 4:00 pm
Learn safe use of lapidary equipment to saw, cut, polish and mount semi-precious stones. You will create a pendant to take with you. Afterwards attend Drop-Ins to improve your skills. Supplies: $10 fee to instructor. Instrs: OPC Lapidary Group

WINDOWPANE PAINTING  Studio 2  |  $35
Tue, Feb 4  1:00 - 4:00 pm
Paint a unique seasonal piece on an old windowpane. Looks good indoors or out. Subject will be winter snowmen – lots of fun designs to choose from. If you prefer to paint on rustic boards, instructor will have other options available. All supplies included. Instr: Susan Van Heck

MOSAIC TILE CLASS  Studio 1  |  $36 each session
LOVE IS IN THE AIR  Fri, Feb 7  10am - 12:30 pm
CELTIC KNOT  Fri, Mar 13  10:00 am - 12:30 pm
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! Supplies included. Instr: Mary Gilhuly
PAINTING & DRAWING

WATERCOLOR CLASS  Studio 1  |  $50
Wed, Jan 8 - 29  9:30 - 11:30 am
Learn to create a variety of paintings including landscapes, florals, and still life. This session focuses 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 ¼ 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

ZENTANGLE INTRO  Studio 3  |  $12
Mon, Jan 13  9:00 am - noon
Take time to relax with the Zentangle Method, a meditative art form for everyone. Learn simple patterns created with a pen. Practice mindfulness through drawing. Increase focus on creativity and find a sense of personal well-being. **Supplies:** $10 to instructor for beginner kit.
**Instr:** C. Hartwick CZT#20

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

FUEL YOUR CREATIVITY take a class

STAINED GLASS CLASS  Woodshop  |  $40
Tue, Jan 21 - Feb 11  3:00 - 5:00 pm
Intro 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 & safety glasses. **Instr:** Dave K.

INDEPENDENT ART FOR ACRYLIC PAINTERS  |  $45
Mon, Feb 3 - 24  6:30 - 8:30 pm
A class designed just for YOU! Instructor will assist you in your painting endeavors by sharing demos and various artists processes as well as individual critique. Spend time deepening your own practice and finding your “artistic voice.” Experience new ideas and techniques. **Supplies:** Bring your own subject matter and supplies.
**Instr:** Nina Caruso

LEARN TO DRAW/PART I  Studio 1  |  $50
Wed, Jan 22 - Feb 12  1:00 - 4:00 pm
Drawing is the foundation for every art medium. Course is designed specifically for adults with no previous art training or those wanting to improve painting skills. Learn the fundamental tools and techniques to see like an artist! Focus on a different drawing skill each week. New and previous students welcome. **Supplies:** 11 x 14 sketch pad, pencil, pencil sharpener, white eraser and pocket folder.
**Instr:** Colleen Sanders

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**Instr:** Colleen Sanders

ACRYLIC PAINT BOOTCAMP  Studio 1  |  $32
Mon, Jan 20 & 27  1:00 - 3:00 pm
This two-hour course will cover basic techniques in acrylic painting. Set-up and paint handling will be demonstrated as well as explorations of various techniques. We will look at various mediums and gels to see how they extend and offer versatility within the medium. Techniques such as underpainting, glazing and building impasto will be introduced along with other strategies. **Supplies:** Bring basic set of acrylic paints including black and white, and various brushes. Other tools, canvas, gels, and mediums provided.
**Instr:** Nina Caruso
Nina is a Detroit based artist and educator working out of her studio at Hatch Art in Hamtramck. Her work spans many mediums, but her primary focus has been abstract encaustic and oil painting as well as mixed medium sculpture. To learn more about Nina, visit http://www.ninacaruso.com/

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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

BIRDHOUSE PROJECT | $15
Wed, Jan 15 1:00 - 3:30 pm
Get ready for spring and build a bird house for wrens or bluebirds. Practice skills on the table saw and drill press. You will also be using hand drills and measuring tools. Supplies included. Instr: Mike W, Sharad K.

WOODSHOP SAFETY CLASS | $15
Tue, Jan 14 6:00 - 8:30 pm
Requirement to obtain a Safety Card to use the Woodshop. Purchase “User Card” for shop use. Instr: Cliff D. Sign up in advance to get Safety Card at Class

DROP-IN PRACTICE SESSION | $2 Drop In
Wed, Jan 22 1:00 - 3:00 pm
Tips/instruction on projects and Woodshop equipment with instructors available to help you. Safety Card required.

POTTERY & CLAY CLASSES Pottery Studio

POTTERY WHEEL All levels | $70
Wed, Jan 8 - Feb 12 5:00 - 8:00 pm
Learn basic methods to create decorative, functional and “artistic” pottery on the wheel. Instructor also covers glazing applications and finishing with unique surface techniques.
Instr: Harvey Bennett

CLAY HANDBUILDING | $70
Wed, Jan 15 - Feb 19 9:00 am - noon
Use simple tools like your hands, rolling pins, cookie cutters and more to make useful and decorative items from clay. A variety of project ideas presented. Includes instruction on the slab roller.
Instr: Cherie Hartwick

DROP-IN ART & CRAFTS *Pre-requisite class or experience

QUILTING CIRCLE
MON 9:00 - 11:00 am $1 Studio 2
ZENTANGLE w/Cherie*
MON 9:30 - 11:30 am $1 Studio 2
CREATION STATION Studio 3
MON w/Cherie1:00 - 4:00 pm $3

INDEPENDENT POTTER’S CLUB*
M/TH 9:00 am - noon $3 Pottery
M/TH 1:00 - 4:00 pm $3 Studio
M/TH 5:00 - 8:00 pm $3

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

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

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

NEEDLE ARTS
FRI 1:00 - 3:00 pm $2 Studio 2
Thank You
Mary Elizabeth & Ray Nicholson

Ray Nicholson
1934 - 2019

For over 15 years, the Nicholsons have generously and graciously donated a poinsettia to each and every Meals on Wheels client during the holidays. OPC and the Meals on Wheels recipients will always be grateful to Mary Elizabeth & Ray for all they’ve done to bring Christmas joy to so many people, along with their longtime support of the OPC mission!
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 fee: $13 | Deadline Feb. 21

PACKARD PROVING GROUND + SANDERS* Wed, April 1  10:00 am - 4:00 pm | $55
Come explore the historic Packard Proving Grounds located in Shelby Township. We’ll have a docent led tour that includes important automotive sites as well as several Albert Kahn designed buildings. After a boxed lunch at the Proving Grounds we are off for a tour and sweets at Sanders Chocolate Factory. This trip involves walking outside between buildings so prepare for the weather. Please let cashiers know lunch selection at sign-up. Motor coach.  Cancellation fee: $8 | Deadline: Feb 28

KIRK IN THE HILLS TOUR Mon Apr 6, 2020  9:15 am - 2:15 pm | $55
Discover the Gothic designed Kirk in the Hills Church. Learn the history of this architectural gem including the Tower of the Apostles which houses the world’s largest carillon and sculptures from that era’s leading artists including Marshall Fredricks. Lunch is included. Sandwich selection choices include: Vegetarian, Turkey, Italian and Roast Beef. Motor coach.  Cancellation fee: $8 | Deadline: March 6

DSO CONCERTS on the  OPC Mini bus

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.
Cancellation fee: $10 | Deadline: Dec 27

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.
Cancellation fee: $10 | Deadline Feb 7

DSO POPS 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.
Cancellation fee: $14 | Deadline Feb 28

DSO CLASSICAL NEW Fri, April 24  9:00 am - 3:30 pm | $65
Written in a fever of productivity at the height of the composer’s career, Mozart’s Piano Concerto No. 21 exudes the richness and majesty of Mozart himself. Melodies from the dreamy second movement. Lunch on your own after at Grand Tavern, Troy.
Cancellation fee: $10 | Deadline Mar 27
ALASKA LAND & CRUISE * Tue, June 2 - Sat, June 13, 2020
Experience a bucket list trip to Alaska! The 5 days land portion includes the Sternwheeler Discovery Cruise in Fairbanks, travel deep into Denali with a Tundra Wilderness Tour, ride a luxury domed scenic train to Talkeetna stay at the Denali Princess Wilderness Lodge and Anchorage where we board the Royal Princess for our 7-night cruise. Cruise highlights include Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, the Inside Passage and Vancouver. **Tour includes:** 12 nights lodging, 11 breakfasts, 6 lunches, 8 dinners, land tours, 7-night cruise, port taxes and fees, roundtrip airfare from Detroit Metro airport, all transfers, luggage handling, comprehensive travel insurance (copy available at cashiers), OPC Group Leader, all gratuities except for cruise ship. **Not included:** shipboard gratuities, baggage fees of $50-$60, optional excursion on while on ship and meals not included. Cruise optional excursions can be found on the Princess Cruise Line website. At 85 days prior to departure travelers will be forwarded a cruise reservation number which allows you to pre-book your options directly with Princess. Single cabin categories are limited. All prices are per person. Bring a copy of your passport at sign up. Must not expire before Feb 13, 2021.


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

SWITZERLAND BY RAIL * Tue, September 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 cahiers), 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

Please contact Linda at 248.659.1030 or opcleisuretravel@opcseniorcenter.org to check on availability for Alaska or Switzerland Trips before signing up with the cashiers.

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**

**PAYMENT OPTIONS**

**PASSES**
- 30 Day* - $30  
- 6 Month - $180  
- 1 Year - $360

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

**All Access** (AA) - $68

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

*Valid 30 days from purchase

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

- Fitness $50 | $2 value per punch
- Fitness & Aquatics $60 | $6 value per punch
- Open Swim $50 | $3 value per punch

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

**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.

**LOW-IMPACT AEROBICS (3-4)**

Group Exercise 1  Instr: Karen
A challenging cardio and toning workout with equipment for an advanced fitness.
Mon, Jan 7 - 28  8:30 - 9:30 am  |  $21
Thur, Jan 2 - 30  8:30 - 9:30 am  |  $27

**FITNESS IN MOTION (3-4)**

Group Exercise 1  Instr: Dawn K.
A low impact cardio and toning workout for a moderate to advanced fitness experience.
Mon, Jan 6 - 27  8:00 - 8:55 am  |  $21
Wed, Jan 8 - 29  8:00 - 8:55 am  |  $21
Fri, Jan 3 - 31  8:00 - 8:55 am  |  $27

**HEART HEALTHY FITNESS (1)**

Group Exercise 2  Instr: Dawn K.
Essential fitness components are introduced for a beginner’s level fitness experience.
Wed, Jan 8 - 29  10:00 - 11:15 am  |  $21

**INTERVAL TRAINING**

Group Exercise 1  Instr: Brenda
Combines low impact movements using various equipment to strengthen muscles with constant movement to ensure you have a great workout.
Wed, Jan 8 - 29  9:00 - 9:55 am  |  $21

**RESISTANCE & BALANCE TRAINING (2)**

Group Exercise 1  Instr: Heather
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, Jan 7 - 28  1:15 - 2:15 pm  |  $21
Thur, Jan 2 - 30  1:15 - 2:15 pm  |  $27

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

**DRUMS & MORE (2-3)**

GE 1
Put a smile on your face and have a ball! Whether you are suffering from stress, fatigue, anxiety, chronic pain, arthritis or any number of other common ailments, Drums & More can benefit you! Utilize drumsticks and stability balls along with your body to achieve a total body, mind, and cardiovascular workout in rhythmic fashion.
Thur, Jan 2-30  4:30 - 5:20 pm  |  $27
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, Jan 8 - 29  10:30 - 11:30 am  |  $32
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, Jan 2 - 30  5:30 - 6:25 pm  |  $27
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, Jan 6 - 27  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, Jan 3 - 31  9:00 - 10:00 am  |  $27
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, Jan 6 - 27 10:00 - 10:50 am | $21  Instr: Dawn K.
Fri, Jan 3 - 31 10:00 - 10:50 am | $27  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, Jan 6 - 27 11:25 - 12:25 pm | $21  Instr: Dawn K.
Fri, Jan 3 - 31 11:30 - 12:30 pm | $27  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 Jan 2 - 30 11:30 - 12:15 pm  Instr: Dawn K.  | $48

ZUMBA (2) Group Exercise 1
Beginner Zumba® class fuses hypnotic Latin rhythms and easy-to-follow moves creating a one-of-a-kind fitness program with Latin and international music. This class will get you moving and having FUN!
Mon, Jan 6 - 27 10:30 - 11:30 am | $21  Instr: Leah B.
Tue, Jan 7 - 28 7:05 - 8:05 am | $21  Instr: Leah B.
Wed, Jan 8 - 29 6:30 - 7:30 pm | $21  Instr: Fabiola
Fri, Jan 3 - 31 1:00 - 2:00 pm | $27  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, traditional abdominals and buttocks.
Tue, Jan 7 - 28 10:45 - 11:30 am | $21  Instr: Robin I.
Tue, Jan 7 - 28 5:15 - 6:00 pm | $21  Instr: Robin I.
Thu, Jan 2 - 30 10:45 - 11:30 am | $27  Instr: Robin I.

CIRCUIT TRAINING (3 - 4)
Group Exercise 1
High energy 60 minute class incorporating stations, alternating between weight training and cardio.
Mon, Jan 6 - 27 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, Jan 7 - 28 9:30 - 10:30 am | $21  Instr: Dawn K.

PILOTES CLASSES
Pilates-Strength Training (2-3)
Group Exercise 2
Workout your entire body based on the Pilates principles of core conditioning and alignment. Use hand weights, stability balls, and other pieces of equipment to address strength, joint flexibility, balance, and proper posture. All levels welcome.
Mon, Jan 6 - 27 9:00 - 10:00 am | $21  Instr: Dawn K.

Pilates Beginning (2)
Group Exercise 2
Get started learning various Pilates techniques from standing and floor positions.
Wed, Jan 8 - 29 9:00 - 10:00 am | $21  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, Jan 6 - 27 7:00 - 7:50 am | $21  Instr: Peg G.
Wed, Jan 8 - 29 7:00 - 7:50 am | $21  Instr: Peg G.
Fri, Jan 3 - 31 7:00 - 7:50 am | $27  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, Jan 7 - 28 2:20 - 3:20 pm | $32  Instr: John M.  Drop-in: $10  Fri, Jan 3 - 31 10:30 - 11:30 am | $40  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 circulaiton 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, Jan 2 - 30 2:15 - 3:15 pm | $40  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, Jan 7 - 28 4:00 - 4:50 pm | $21  Instr: Emily B.

DANCE FOR PARKINSON’S (1-2) Gymnasium
Wed, Jan 8 - 29 1:00 - 2:00 pm | $32  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.

January 2020
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.
Instr: Carol S.
Thur, Jan 2 - 30 6:30 - 7:30 pm | $40

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: Dawn K.
Thur, Jan 2 - 30 12:00 - 1:00 pm | $40

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: Dawn K.
Thur, Jan 2 - 30 1:00 - 2:00 pm | $40

CORE STRENGTH
Beginning (2)
Begin strengthening back, stomach, and side muscles to improve posture and balance.
Group Exercise 1
Mon, Jan 6 - 27 11:30 am - 12:25 pm | $21
Instr: Karen

Group Exercise 2
Wed, Jan 8 - 29 11:30 am - 12:25 pm | $21
Instr: Carol S.

Advanced (4)
Group Exercise 1
Continue strengthening your back, sides and stomach with advanced techniques. Recommended after Core Strength Intermediate.
Tue/Thur Jan 2 - 30 9:30-10:30 am | $48
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.
Thur, Jan 2 - 30 12:20-1:05 pm | $27

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, Jan 2 - 30 6:45 - 7:30 pm | $27

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
BRONZE
6 / 1 HOUR SESSIONS: $300
COPPER
12 / 30 MINUTE SESSIONS: $450
Need recommendation from a trainer.

For Information: 248.608.0278

HOURS OF SERVICE
OPEN DURING ALL OPC BUSINESS HOURS
• Mon - Fri: 6:30 am - 8:45 pm
Sat: 7:00 am - 3:45 pm
• Features 4 well maintained tables for Drop-In Play | $2 Drop In
• 1 YEAR PASS - Good for 1 year from date of purchase | $110

Golf instructor Baird Wohlfeil will provide you with personal instruction and reveal strategies to help you on the course. The skills clinic series will be progressive. Participants will learn new skills each session and a variety of topics will be covered, working up to the 2020 golf season. Golfers at any handicap level are welcome. Please bring your own clubs. Max: 12
Mon, Jan 20 9:00 am - 10:30 am | $15 per session

INDOOR GOLF SERIES – (Part 1 of 3 sessions)

NEW YEAR
NEW YOU

INSTRUCTIONAL SESSION CLINICS:
• Strategic Play Clinics
• Golf Theory Clinics
• Practice Range Clinics

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 | $15 Drop In

OPC HOCKEY CLUB

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-reistration only. No drop-ins.

Advanced (4)
Group Exercise 2
Must pre-register by December 30
Tue, Jan 7 - 28 7:30 - 8:30 am | $60
Instr: Dawn K.
All-Access Passes are not accepted

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 | $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-reistration only. No drop-ins.

Advanced (4)
Group Exercise 2
Must pre-register by December 30
Tue, Jan 7 - 28 7:30 - 8:30 am | $60
Instr: Dawn K.
All-Access Passes are not accepted
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

**Tues** | 9:00-1:00 pm **Thurs** | 8:30-12:00 pm

**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**

**VOLLEYBALL** (All Levels)

Sat | 11:30 am - 2:00 pm

**STRENGTHEN YOUR BONES**

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

**Beginning (2)**

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>COST</th>
<th>DROP-IN</th>
<th>INSTR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thur</td>
<td>Jan 2 - 30</td>
<td>1:10 - 2:00 pm</td>
<td>$27</td>
<td></td>
<td>Dawn K.</td>
</tr>
</tbody>
</table>

**Intermediate (3)**

| DAY/Thur | Jan 2 - 30     | 10:30 - 11:25 am | $48   |         | Carol S.|

**Advanced (4)**

| Day/Thur | Jan 6 - 29     | 5:00 - 6:00 pm   | $42   |         | Robin I.|

**STRENGTH & STRETCH FOR PARKINSON’S (1-2)**

**Yoga Stretch & Strength (1-2)**

*Group Exercise 2*

Add new dimension to yoga using 1-2 lb weights, straps and yoga blocks.

**Mon**, Jan 8 - 29 | 2:00 - 3:00 pm | $21 | 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**, Jan 6 - 27 | 12:45 - 1:45 pm | $21 | Instr: Norma B.

**Wed**, Jan 8 - 29 | 12:45 - 1:45 pm | $21 | Instr: Kim D.

**Fri**, Jan 3 - 31 | 11:30am - 12:25pm | $27 | Instr: Carol S.

**Basic Yoga (1-2)**

*Group Exercise 1*

Calm and gentle practice with traditional movements. Bring a yoga mat to class.

**Mon**, Jan 6 - 27 | 2:00 - 3:00 pm | $21 | Instr: Norma B.

**Sat**, Jan 4 - 25 | 9:00 - 10:00 am | $21 | Instr: Kay G.

**Slow Flow Yoga (2)**

*Group Exercise 1*

Emphasis on movement and energy. Bring a yoga mat & blanket.

**Tue**, Jan 7 - 28 | 6:00 - 7:00 pm | $21 | Instr: Kay G.

**Yoga, A Gentle Beginning (2)**

*Group Exercise 1*

Learn the basics of yoga. Bring a yoga mat and a blanket.

**Thur**, Jan 2 - 27 | 11:45 am - 12:45 pm | $24 | Instr: Tracy F. | Cost: $22 | Drop-in $10

**Yoga (3)**

*Group Exercise 1*

Recommended for those with yoga experience. Bring a yoga mat and blanket.

**Tue**, Jan 7 - 28 | 11:35 am - 12:50 pm | $32 | Instr: Laura L. | Drop-in $10

**Punch Cards will not be accepted**

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**January 2020**

The Gym will close at 11:30 am INDOOR TRIATHLON on Saturday, January 25

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**WHEN WAS THE LAST TIME YOU DID SOMETHING FOR THE FIRST TIME? ~ Sally Edwards**

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**NEW YEAR | NEW YOU!**
FREE BEGINNER LESSONS
A one-hour introduction to the basics of the game. Upon completion, stay for Beginner/Mentor games from 10:30 - 11:30 am.

Wed 9:30 - 10:30 am | Cost: FREE
Mentor Games 10:30 - 11:30 am | Cost: FREE

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

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

ADVANCED PRACTICE
Appropriate for intermediate/advanced players. Organized practice and drills led by certified pickleball instructors. Players must have ability to perform repetitive drills and sustain rigorous activity. These sessions will improve consistency, accuracy, court positioning and reduce unforced errors. Difference theme-based drills each week, and situational games (regular games with special rules to work on specific shots and strategies). Max: 8

Themes covered:
- Dinking, 3rd shot drops
- 3rd shots (drop, drives, rolling forehand)-transition/4th and 5th shots
- Volley's/Overhead/Lobs (offensive, defensive, retrieval)
- Serves, service returns, groundstrokes

Group A - Thur, Jan 9 - 30 12:00 - 2:00 pm | $32 | Max: 8

AQUATIC YOGA Therapy Pool
Enjoy the peaceful harmony between the benefits of yoga and the warm water atmosphere of the pool. Aqua yoga is easier on your joints but more challenging in the water for balance and will help to improve breathing capacity, a stronger posture, stress reduction, better balance and joint mobility. Designed for any level participant with modifications and no need to know how to swim. Instr: Carol S.

Wed, Jan 8 - 29 5:40 - 6:30 pm | $20
**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, Jan 6 - 27  6:30 - 7:20 pm | $20*
*Instr: Fabiola*

*Thur, Jan 2 - 30  5:30 - 6:20 pm | $25*
*Instr: Fabiola*

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

*Sat, Jan 4 - 18  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, Jan 6 - 27  2:00 - 2:50 pm | $20*
*Instr: Robin I.*

*Fri, Jan 3 - 31  2:00 - 2:50 pm | $25*
*Instr: Robin I.*

*Intermediate (2)*
*Tue, Jan 7 - 28  2:30 - 3:20 pm | $20*
*Instr: Jeannie L.*

*Advanced (3)*
*Wed, Jan 8 - 29  2:00 - 2:50 pm | $20*
*Instr: Robin I.*

**AQUACYCLE CIRCUIT (3-4)**
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, Jan 6 - 27  9:00 - 9:50 am | $20*
*Instr: Debbie B.*

*Wed, Jan 8 - 29  9:00 - 9:50 am | $20*
*Instr: Debbie B.*

*Fri, Jan 3 - 31  9:00 - 9:50 am | $25*
*Instr: Robin*

**AQUA STRENGTH & INTERVAL TRAINING (3)**
Ideal for those with arthritis or anyone recovering from a joint injury. Focus on cardio-conditioning and body toning. Ideal for those with arthritis or anyone recovering from a joint injury. Stability in joints. Remember to drink plenty of water before and after class.

*Mon, Jan 6 - 27  6:30 - 7:20 pm | $20*
*Instr: Fabiola*

*Thur, Jan 2 - 30  5:30 - 6:20 pm | $25*
*Instr: Fabiola*

**THURSDAY, JAN 30**
*10:00 - 2:30 pm*
*COST: $20*

*per 20 Minute Appointment*
*Conference Room B*

Heidi Allan, certified Reflexologist, uses massage-like techniques on feet to send nerve impulses to all parts of the body which can help initiate pain reduction, relaxation and healing.

*Appointment @ 248-608-0251*
*Payment due when appointments are made.*
ADULT DAY SERVICE

The OPC’s Adult Day Service program is dedicated to assisting older adults experiencing progressive memory loss in a safe and compassionate place outside the home and during the day. The stimulating and caring environment is designed to enhance the self-esteem, well being, and dignity of each member. For information please call 248.608.0261.

SNOW REMOVAL

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

MEDICAL EQUIPMENT loans

Walkers, wheelchairs, shower stools, transfer benches and canes are available for short term use. Call 248.608.0248 for equipment availability and to schedule a loan pick up at OPC.

- Mon - Thurs 9:00 am - 7:30 pm
- Friday 9:00 am - 3:30 pm
- Saturday 9:00 am - 11:30 am

Pick up or return all loaned items to the Welcome Center or Customer Service Desk. All returned/donated items must be in good condition, cleaned and sanitized. Equipment donations are accepted with prior approval due to limited space.

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.

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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.
For the first time, every household will have the option to respond online or by phone. If you need help completing your Census form, check with your local senior center. Many of them will offer assistance in March and April 2020. For more information, call 248-262-9216 or go to www.aaa1b.org/census-2020.

DID YOU KNOW THE NEXT CENSUS WILL TAKE PLACE IN 2020?

Be counted in Michigan!

Important senior services depend on your participation. Billions of federal dollars are allocated to states based on an accurate Census count.
### January 2020

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BIRTHDAY LUNCH</strong> Thursday, January 2 11:45 am - 12:30 pm</td>
<td><strong>BUILDING CLOSED</strong> New Year’s Day</td>
<td><strong>BIRTHDAY LUNCH</strong> Spanish Rice w/Meat Key West Vegetable Fruit Mixed Cup</td>
<td>Pollock Almondine Oven Browned Potatoes Peas Broccoli Salad Vegetable Roll Citrus Fruit</td>
<td></td>
</tr>
<tr>
<td>6 Stuffed Green Pepper Mashed Potatoes Garden Salad Breadstick Coconut Tropical Fruit Salad</td>
<td>7 Tuscan Chicken Red Skinned Potatoes Creamy Cole Slaw Vegetable Roll Apricots</td>
<td>8 Beef Pastie w/Gravy Three Bean Salad Zucchini Cole Slaw Ambrosia</td>
<td>9 Turkey Breast Garlic Mashed Potatoes Asparagus Garden Salad Corn Muffin Fruit Mixed Cup</td>
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</tr>
<tr>
<td>10 Mosticcioli w/Meat Sauce Carrots Spinach Romaine Salad Pear Slices</td>
<td>11 Swedish Meatballs Egg Noodles Scandinavian Blend Crunchy Pea Salad Four-Fruit Salad</td>
<td>12 Pork Chop w/Sauerkraut Rosemary Potatoes Prince Charles Blend Red Grapes</td>
<td>13 Chicken a la King Chive Potatoes Mixed Vegetables Fresh Fruit Salad</td>
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</tr>
<tr>
<td>14 Italian Lasagna Green Beans Romaine Garden Salad w/Garbanzo Beans Corn Muffin Fruit Medley</td>
<td>15 Meatloaf Mixed Vegetables Garden Salad Apple Juice</td>
<td>16 Italian Ravioli Savory Spinach Cabbage Pineapple Slaw Orange</td>
<td>17 Parmesan Chicken Vegetable Rice Pilaf Creamy Cole Slaw Red Apple</td>
<td></td>
</tr>
<tr>
<td>22 Cod Baked Potato Broccoli Cuts Romaine Garden Salad w/Garbanzo Beans Apricots</td>
<td>23 Italian Lasagna Green Beans Romaine Garden Salad w/Garbanzo Beans Corn Muffin Fruit Medley</td>
<td>24 Meatloaf Mixed Vegetables Garden Salad Apple Juice</td>
<td>25 Baked Pork Chop w/Mushroom Gravy Sliced Potatoes Normandy Vegetable Blend Pickled Beets Banana</td>
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</tr>
<tr>
<td>26 Escalloped Chicken &amp; Noodles Green Beans Cabbage Pineapple Slaw Red Apple</td>
<td>27 Chinese Chicken Casserole Carrot Salad Oriental Blend Noodle Chow Mein Red Grapes</td>
<td>28 Italian Lasagna Green Beans Romaine Garden Salad w/Garbanzo Beans Corn Muffin Fruit Medley</td>
<td>29 Baked Pork Chop w/Mushroom Gravy Sliced Potatoes Normandy Vegetable Blend Pickled Beets Banana</td>
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<tr>
<td>30 Chinese Chicken Casserole Carrot Salad Oriental Blend Noodle Chow Mein Red Grapes</td>
<td>31 Pork Patty Au Gratin Potatoes Peas Carrot Salad Applesauce</td>
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</tbody>
</table>

**Enjoy a delicious lunch in the OPC Dining Room, Monday through Friday at 12:00 pm**

Please call by 11:00 am the day before or for a meal on Monday call by 11:00 am on Friday. Call 248.656.1403 Ext 0

60 and Over - $3 suggested donation  | Under 60 - $4 charge  | Menu is subject to change based on availability

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**Contact information:**

[www.aaa1b.org](http://www.aaa1b.org) • 1.800.852.7795

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.
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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15-0724
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
- OPC Facebook
- Members will receive an automated phone call 🌳

FEATURED LUNCH IN THE DINING ROOM

Friday, January 24
Beef Pastie
Green Beans
Cole Slaw
Cherry Pie
Bread

HAPPY BIRTHDAY, MICHIGAN!

Please call 248.656.1403 Ext 0 by 11:00 am on Tue, Jan 23 to register

January 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 & Wed, Jan 1

Cashier’s Hours: Mon - Fri: 8:30 am - 3:30 pm
Late Night: Tue, Jan 14: 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