ROSES ARE RED
VIOLETS ARE BLUE
PROGRAMS & SERVICES DESIGNED JUST FOR YOU!

Do Something for your Heart
- Ballroom Dance pg 6
- Movies @ OPC! pg 6
- Perfect Pairing pg 7
- 650 Players Auditions pg 7
- Creation Station pg 8
- Heart Healthy Fitness pg 14
From the Executive Director

February is a month of many celebrations like Valentines Day but did you know that February 4 is National Homemade Soup Day or February 9 is National Bagel Day; Special Thanks to Panera who donates delicious bagels for our members to enjoy each day in the dining room. February 11 is “Get out your Guitar Day” so pick up your guitar and strum to your favorite tunes or join the OPC Guitar Group that plays on Tuesdays and Saturdays in the lobby, music listeners and singers welcome.

We like to celebrate birthdays at OPC with a complimentary lunch in the dining room which includes a special treat for adults 60+ celebrating their birthday during that month. Call 248-656-1403 Ext. 0 by 11:00 am the day before the birthday luncheon and identify yourself as a birthday boy/girl. See page 22 for the menu and additional details. Our hope for your Birthday Celebration this year is that it will include family, friends and special treats!

Each New Year brings celebrations and opportunity. Unfortunately, we can also count on con artists to come up with new scams that may hurt you and your family. If you’re a victim of a scam don’t be afraid or embarrassed to talk about it with someone you can trust. Keep on hand the phone number of resources you can turn to, including the local police, your bank and Adult Protective Service. The Attorney General’s Hotline is 800-242-2873.

As we continue to grow we are thankful for your continued participation and for your support!

Renee
Renee Cortright, Executive Director

MEET THE ELECTED OFFICIALS

MAYOR BRYAN BARNETT - Rochester Hills
Mon, Feb 3 10:00 - 11:30 am @ Dining Room

MAYOR STUART BIKSON - Rochester
Thur, Feb 13 4:30 - 5:30 pm @ Rewold Library

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

New Member Coffee Dining Room
Tuesday | February 4 | 6:00 pm
Join us and discover why OPC is a great place to be 50+
Create connections and get to know fellow members
Coffee and light refreshments provided
Get the most out of your membership!
Call 248-656-1403 ext 0 to register.
Complimentary

PRESENTING SPONSOR
GUARDIAN ANGEL CEMETERY
A Member of the Mt. Elliott Cemetery Association
Keepers of family traditions for more than 150 years

INFORMATION

BECOME A MEMBER

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

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

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

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

PAYMENTS

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

Phone by Credit Card:
248.659.1029 | 248.608.0251

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

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

REFUND POLICIES

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

Trips: See page 12

OTHER INFORMATION

When entering the building, please sign in at the kiosks with your keytag and touch the activities you are participating in for the day. These statistics are very important for future programming of classes.

Register early to avoid class cancellations.

All activities and classes are held in the OPC building unless otherwise noted.

We will make reasonable accommodations to assist people with disabilities to access our facility and participate in our programs and services.

While OPC is unable to endorse our sponsors, speakers and advertisers, we greatly appreciate their support.

To provide a safe and enjoyable environment for all members and guests, we appreciate your adherence to the Code of Conduct Policy, available in the lobby or on our website.

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

Topic: **EAT WELL TO BE WELL: BECOMING A QUALITARIAN IN 2020**

**Wednesday | February 19 | 10:00 - 11:00 am | Classroom 3 | Complimentary**

Join Valerie Penz, Certified Nutritional Therapist and Author of Deliciously Holistic-Inspired Favorites, as she explores what Hippocrates taught us so long ago: “Let food be thy medicine and medicine be thy food”. This is an interactive event that includes food samples, recipes, and all of the guidance you need to make 2020 the year to “Eat Well and Be Well.” Breakfast provided @ 9:30 am in the Dining Room.

Call 248.656.1403 Ext 0 FOR RSVP by Feb 13

WOMEN’S LUNCHEON | Brad Cocklin, Owner of Chunk Nibbles

**Thursday | February 27 | 1:00 - 3:00 pm | $12**

**A FUN FOOD WITH A FUN STORY!**

Bradley Cocklin founded Chunk Nibbles™ based on his passion to spread joy and to share his family’s tradition with the rest of the world. The recipe behind Chunk Nibbles is one his grandmother, Cuddy, has been using for decades. Learn more about this sweet and salty gourmet snack mix that’s hard to put down.

Pre-purchase your ticket for the above programs at our cashier’s desk | 248.608.0251 or 248.659.1029
Anthropology Drone Project

Wednesday | February 5 | Auditorium
1:00 - 2:30 pm | $3

Professor Jon Carroll, Ph.D., of OU presents information regarding his travels and the Drone Project.

Artwork: Photograph of people gathered around a drone.

FINANCIAL FRIDAY

REQUIRED MINIMUM DISTRIBUTION: The Story on RMD
Friday | February 14 | 10:00 am | Classroom 1 | $1 Drop In | Presenter: Doree Cook

Sponsored by

Veterans Connection - Welcome Vito Pampalona

Wednesday | February 12 | 10:00 am | Dining Room | $1 Drop In

Welcome all OPC Veterans and spouses! Please join us for breakfast and comradery with speaker Vito Pampalona. Mr. Pampalona is a veteran of the Vietnam War and an advocate for returning veterans through projects that include the Patriot Scholarship program and the Yellow Ribbon Fund. He has sponsored over 25 Guardian Angel Medical Service Dogs and was awarded the Department of the Army Commander’s Award for Public Service.

BOOK SIGNING – Vito Pampalona, Best-selling author of “Real Americans. Don’t Tread on Me.”

Call 248-656-1403
Ext 0 to Register!
PC 1 ON 1  Computer Lab
PC1 on 1 | 1:00 - 2:00 pm | $10
You don’t have to call on your grandchildren for computer help! Each month Instructor Tom Tirrel stands ready to assist OPC members navigate the world that is computers.

COMPUTER CLUB  Classroom 1 & 2
Tue, Feb 4 - 25  10:00 am - Noon | $1 Drop In
Group meets weekly - Various topics on the latest technology are discussed.  
Sponsored by: Pomeroy Living

CANASTA OR BUNCO ANYONE?
We’ve had some interest in starting these new programs. If interested please call 248-608-0263 TODAY!

CHESS GROUP  Classroom 3
Mondays  6:00 - 8:00 pm  | $1 Drop In
Think you might want to “MAKE THE MOVE” and join the OPC Chess group?  
NOW is the time - 
Come improve or test your chess skills!

FOCUS ON THE ISSUES  Classroom 1
Mon, Feb 10 & 24  2:00 - 4:00 pm  | $1 Drop In
Discuss current issues.

VINTAGE VIEWS WRITERS  Dining Room
Mon, Feb 24  12:45 - 1:45 pm
Write stories and share memories in this quarterly publication.

FAIL IN LOVE WITH BINGO  Dining Room
Wed, Feb 26  1:30 - 3:30 pm  | $1 Drop In
Meet your new hosts from HAP, enjoy treats, and learn about our new BINGO format.
$1 per Bingo Cards - No limit 8 games!
  *All monies collected will be awarded in prizes!

SAVE THE DATE
Monday, March 9 thru Saturday, March 14
Enrichment

LANGUAGE classes

Curriculum is continuation based on previous learning.

SPANISH BEGINNER  Classroom 1
Tue, Feb 4 - 25      1:00 - 2:00 pm
Instr: Mike L.       $5 Drop in

SPANISH BEGINNER  Conf Room B
Thur, Feb 6 - 27    7:00 - 8:00 pm
Learn to speak or brush up on skills.
Instr:      $5 Drop in

ITALIAN INTERMEDIATE  Cl Rm 2
Wed, Feb 5 - 26   9:30 - 10:30 am
Instructor is a native speaker.
Instr: Marta       $5 Drop in

INTERNATIONAL conversation groups

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GERMAN INTERMEDIATE  Cl Rm 3
Mon, Feb 3 - 24    9:45 - 10:45 am
Instr: Gudrun      $5 Drop in

FRENCH ADVANCED    Classroom 2
Wed, Feb 5 - 26    11:00 - 12:00 pm
Instr: Gudrun      $5 Drop in

LITERATURE

POETRY AT NIGHT    ADS Room
Tue, Feb 18        7:00 - 8:00 pm | $1 Drop In

FIRERIDE POETRY    Library
Thur, Feb 27       1:30 - 3:30 pm | $1 Drop In

BOOK Club          Library
Wed, Feb 12        1:00 - 3:00 pm | $1 Drop In

NOVELS @ Night Club Library
Thur, Feb 20       7:00 - 8:30 pm | $1 Drop In

BOOK Club & NOVELS @ Night READ LIST
- February Book - Homework: A Memoir of My Hollywood Years
  with Julie Andrews and Emma Hamilton

DANCE & MUSIC

DRUM CIRCLE        Auditorium
Thur, Feb 20       1:00 - 2:30 pm | $5 Drop In

BALLROOM DANCE OPEN TO THE PUBLIC Auditorium
Mon, Feb 3 - 24    7:00 - 8:00 pm | $8 Ticket per session
Dance for February is: Waltz & Viennese Waltz. Partner not required.
Instr: Amy Tranchida

LINE DANCE with Carol *PM OPEN TO THE PUBLIC Auditorium
Mon, Feb 3 - 24    1:00 - 2:00 pm | $5 Drop In
Wed, Feb 5 - 26    7:00 - 8:00 pm | $5 Drop In

BELLY DANCE with Sandy Auditorium
Mon, Feb 3 - 24    12:00 - 1:00 pm | $5 Drop In

UKULELE FUN Classroom 3
Tue, Feb 4 - 25    3:15 - 4:15 pm | $1 Drop In

GUITAR with Jean
Tue, Feb 4 - 25    1:30 - 2:30 pm | $1 Drop In
Sat, Feb 1 - 29    9:30 - 11:30 am | $1 Drop In

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

JUDY PG13
Mon, Feb 3       6:00 - 8:00 pm | $1 Drop In
Fri, Feb 7      1:30 - 3:30 pm | $1 Drop In

BROOKLYN PG13
Mon, Feb 17      6:00 - 8:00 pm | $1 Drop In
Fri, Feb 21     1:30 - 3:30 pm | $1 Drop In

MOVIES Sponsors by Home Instead SENIOR CARE
Ultimate Date Night Auditorium
Thursday | February 20 | 6:00 - 8:00 pm | $25 Per Couple

The Wonder of Love Tour
The Ultimate Date Night Wonder of Love Tour with Jay and Laura Laffoon is a 90-minute comedic look at this thing called Love.

Perfect Pairing
Wine Tasting
Thursday February 13
6:00-8:00 pm

$25 Admission
OPEN TO THE PUBLIC

SPONSORED BY Heartland Health Care Centers

Motor City Irish Dancers Auditorium
Saturday | February 29 | 2:00 - 4:00 pm | $12
Sunday | March 1 | 2:00 - 4:00 pm | $12

Aren’t You Lucky? The Motor City Irish Dancers are Back!
Please join us for a wee bit of fun, as we welcome back the Motor City Irish Dancers. Tickets sell out fast – get yours today by calling 248.608-0251 or 248.659.1029

OPEN TO THE PUBLIC

Spring Show Auditions
Monday, February 17 and Wednesday, February 19 at 10:00 am
The fabulous OPC 650 Players theatre group invites you to join them on stage for their spring show. OPC members age 50 & over are welcome and experience is not necessary.

Participants will need to prepare one song, or another short audition that best reflects their specific talents.

Save the Date for the Show
5 - 6 - 7 - 8
Classic Entertainment from the 50’s, 60’s, 70’s & 80’s

April 28 - 30
Matinee Lunch Included
May 1
Evening Performance Only
May 3
Matinee Performance Only
**JEWELRY & CRAFTS**

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

**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: Naomi Frenkel

**JEWELRY WITH TOM FRANZOSI**  
*Studio 1*  |  *$15*
---|---
**COPPER AND STERLING SILVER BRACELET**  
**Thur, Feb 13** 12:30 - 4:30 pm  
Create a classic copper or brass bracelet wrapped with sterling silver and enhanced with beads. All levels... beginners welcome.  
Supplies provided for $40 to instructor.  
Instr: Tom F.

**CROCHET II**  
*Studio 2*  |  *$45*
---|---
**Tue, Feb 11 - Mar 3** 10:00 am - noon  
Learn the basic crochet stitches and take your skills a step further. Build on the stitches you know and learn to do the crab, picot and shell stitches.  
Discover how to use these stitches on their own or to enhance your knitting.  
You will put a crocheted edging on the washcloth you made in Crochet I and start a blanket using what you have learned.  
All levels... beginners welcome.  
Supplies included.  
Instr: Naomi Frenkel

**KNITTING FOR BEGINNERS II**  
*Studio 1*  |  *$45*
---|---
**Mon, Feb 17 - Mar 9** 10:00 am - noon  
Pre-requisite: Knit and purl stitch. Improve basic knitting techniques and knit a hat in the round.  
Review casting on, knitting and purling, ribbing and seed stitch. Learn to increase, decrease, bind off, importance of gauge, and how to read a pattern and yarn labels.  
Supplies: 16” #8 circular needle, skein of worsted weight yarn & ring marker. Pattern provided.  
Instr: Naomi Frenkel

**PAINTING ON BARNWOOD**  
*Studio 3*  |  *$35*
---|---
**SPRING WELCOME SIGN**  
**Tue, Feb 25** 1:00 - 4:00 pm  
Welcome the sunny days of spring ahead with a unique piece for your porch, garden, yard or anywhere you want to add a touch of seasonal fun! Boards vary in size and slogans. They can be leaned or hung anywhere you want to say hello to spring. All supplies included.  
Instr: Susan Van Heck

**CREATION STATION CLASSES**

**KEY TO MY HEART MASON JARS**  
*Studio 3*  |  *$10*
---|---
**Wed, Feb 5** 1:00 - 4:00 pm  
Simple to make – use seasonal napkins and modge podge on mason jars, then embellish with a special key. Great decorative piece that can be lighted or filled with treats for someone you love.  
Make more than one, if time allows.  
Supplies included.  
Add your own candles or glimmer strings.

**WIRE HEART NECKLACE & EARRING SET**  
*Studio 3*  |  *$15*
---|---
**Wed, Feb 12** 1:00 - 4:00 pm  
The HEART is a symbol of ‘love,” but “love” is always in the air! Make unique heart jewelry you can wear anytime. Beads of many colors, wire and more provided to create pendants and earrings. Your choice as time allows.  
Supplies included.

**DECORATIVE BOTTLES AND BOXES**  
*Studio 3*  |  *$10*
---|---
**Wed, Feb 19** 1:00 - 4:00 pm  
Learn all kinds of techniques to create a unique bottle or box.  
Distress with paints/gesso; add unique papers, fabric; embellish with jewelry, gems, tassels, memorabilia and other extraordinary “stuff.” Lots of ideas...think SPRING...boxes would make a great piece for Easter giving!  
Supplies included in class fee, but bring anything special you want to add.

**WOODBURNING - UKRAINIAN EASTER EGGS**  
*Studio 3*  |  *$12*
---|---
**Wed, Feb 26** 1:00 - 4:00 pm  
Use a woodburning tool to etch traditional Ukrainian egg designs on wooden eggs. Learn use and safety tips of heat gun and simple techniques with colored pencils to enhance your piece.  
Combine new techniques with old traditions. A great craft to start Lent and bring in the Easter season.  
Supplies included.

**LUCK OF THE IRISH MASON JAR & CARD**  
*Studio 3*  |  *$12*
---|---
**Wed, Mar 4** 1:00 - 4:00 pm  
Use seasonal napkins and “lucky” embellishments to create a decorative jar you can light up or give as a gift filled with treats.  
Create a card to wish someone the “luck of the Irish.” Two easy projects in one class. Join us, everyone is a little bit Irish on St. Patrick’s Day.  
Supplies included.

**MOSAIC TILE CLASS**  
*Studio 1*  |  *$36 each session*
---|---
**LOVE IS IN THE AIR**  
**Fri, Feb 7** 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!

**CELTIC KNOT**  
**Fri, Mar 13** 10:00 am - 12:30 pm  
Instructor: Mary Gilhuly
INDEPENDENT ART FOR ACRYLIC PAINTERS  Studio 1  |  $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

CHINESE BRUSH PAINTING  Studio 1  |  $40
Mon, Feb 10 - Mar 2  1:00 - 3:00 pm
Learn the fundamental techniques of this ancient art form through demonstrations of the Four Gentlemen, Chinese Orchid, Bamboo, Plum Blossom and Chrysanthemum. Intro to color and varied subject matter as skills develop. Individual instruction for all levels. Great class to enhance your watercolor and painting skills.  Supplies: purchase from instructor; additional fee.  Instr: Lee Cheng Tan

WATERCOLOR - BEGINNING TECHNIQUES  Studio 2  |  $50
Tue, Feb 11 - Mar 3  1:00 - 3:00 pm
Start the new year with a NEW class in Beginning Watercolor. Explore paper, paint and process in understandable terms allowing you to experiment with your first watercolor paintings.  Supplies: Bring a set of tube watercolor paints, brushes if you have them, one 2B pencil, pink pearl eraser and picture/photo of subject you would like to paint. Learn the process of transferring picture onto watercolor paper. Instructor will discuss additional materials during first class (some materials provided).  Instr: Elaine Wells

WATERCOLOR CLASS  Studio 1  |  $50
Wed, Feb 12 - Mar 4  9:30 - 11:30 am
Learn to create a variety of paintings including landscapes, florals, and still life. During these sessions students will concentrate on texture and techniques to make textures. Experiment with salt, wax paper, saran wrap, masking, gesso & Elmers glue. Some experience suggested.  Supplies: 140# cold press paper, Windsor Newton or DaVinci paints (red, yellow, cobalt blue, brown madder aureolin yellow, cerulean blue, paynes gray, brushes #4, 6 or 8 round ½ flat w/chisel handle #1 or 2 rigger, ½” foam board, masking tape, salt & #H pencil. Instr: has paper available at his cost.  Instr: Pete Snodgrass

INDEPENDENT ART  Studio 1  |  $40
Tue, Feb 25 - Mar 17  12:30 - 3:30 pm
Enhance your drawing skills with guidance from an expert instructor. Subject matter “Cartoon Characters.” Portray characters including Peanuts, Charlie Brown and more using pen and ink.  Supplies: drawing pad and pens or your choice of medium.  Instr: Merri-Jo Towns

LEARN TO DRAW/PART II  Studio 1  |  $50
Wed, Mar 4 - 25  1:00 - 4:00 pm
Pre-requisite: Drawing Part I or previous drawing experience. Review fundamental tools/techniques from Part I course while gaining new insights to improve your drawings. Each lesson provides time to practice skills. Returning students welcome.  Supplies: 11 x 14 sketch pad, pencil, pencil sharpener, white eraser and pocket folder.  Instr: Colleen Sanders

WATERCOLOR WORKSHOP WITH PETE SNODGRASS  Studio 1  |  $40
Sat, Mar 7  9:30 am - 3:00 pm
Practice your watercolor skills in this all-day workshop. Subject matter - “the bright colors of spring.” Students will paint a still life of flowers in a container. Each student will compose their own composition to create an original painting. Techniques will also include practicing the use of gesso. (5 hr. session; ½ hour lunch – bring a sack lunch).  Supplies: BRING a container of your choice (vase, canning jar, old tarnished silver piece, teapot, etc. Can be metal tin, copper or crystal—standard ¼ sheet arches 140 lb. cold press paper, masking fluid and standard watercolor supplies; (see Wed. Watercolor class above). Also bring a white double matt to fit either 11 x 14 or 16 x 20. Gesso provided.  Instr: Pete Snodgrass

STAINED GLASS CLASS  Woodshop  |  $40
Tue, Feb 25 - March 17  3:00 - 5:00 pm
Introduction to stained glass. 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.  Instr: Dave Kosbab

MARY ELIZABETH GIFT SHOP
9:30 am - 3:30 pm  |  Monday - Friday
Need a card or gift for someone special? We are here to help you!  
Remember someone special for Valentines Day!
WOODSHOP

WOODSHOP SAFETY CLASS | $15
Wed, Feb 5  1:00 - 3:30 pm

WOODSHOP SKILLBUILDING | $10
Wed, Feb 12  1:00 - 3:30 pm
SCROLL SAW CLASS
Learn to use the scroll saw to make intricate, precise cuts on thin wood. Can be used for making patterns, designs and puzzles. Instr: Tom S.

DROP-IN PRACTICE SESSION | $2 Drop In
Wed, Feb 26  1:00 - 3:00 pm
Tips/instruction on projects and Woodshop equipment with instructors available to help you. Safety Card required.

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

Mon - Thur  8:00 am - 8:30 pm | Fri  8:00 am - 4:00 pm
Sat  9:00 am - 3:30 pm

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

NEW MONTHLY SERIES

ART HISTORY LECTURES

ART APPRECIATION
COUPLES IN ART  Studio 1 | $5
Tue, Feb 4  | 7:00 - 8:00 pm
A power point presentation and discussion on “Couples in Art”, and a visit into the lives of famous artists who fell in love and continued to work, some side by side, others alone, in their chosen field. Volatile at times, peaceful at other times, always creative, we will discuss what influences they had on one another as well as each other’s work (includes light refreshments). 
Presenter: Elaine Wells - artist, designer & art history presenter

POTTERY & CLAY CLASSES  Pottery Studio

POTTERY WHEEL  All levels
Wed, Feb 26 - Apr 1  1:00 - 4:00 pm | $70
Wed, Feb 26 - Apr 1  5:00 - 8:00 pm | $70
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, Mar 4 - Apr 8  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

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

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
MON w/Cherie 1:00 - 4:00 pm  $3  Studio 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
No Class Feb 28

NEEDLE ARTS
FRI  1:00 - 3:00 pm  $2  Studio 2
No Class Feb 28
Ways to Give to the OPC in 2020

Cash gifts are acceptable in any form (i.e., cash, check, debit or credit card) and in any amount.

You can support the OPC by attending one of our Special Events or fundraisers throughout the year.

A Tribute Gift is a heartfelt way to honor a loved one. The Ptasznik family recently coordinated a moving and generous tribute in memory of Victor, a longtime participant of the Adult Day Service program.

We love Volunteers! You can share your time and talents at events, during programs or through volunteer service organizations. The Rochester Kiwanis recently donated more than 300 turkey breasts for distribution to homebound seniors.

Schedule an Automatic Monthly Donation, and your gift will support OPC programs and services throughout the year.

Does your former Employer Match charitable donations? Check your benefits to potentially double your impact!

These are just some of the ways you can help support the OPC in 2020. If you’d like to discuss these or any other ideas, please call Colleen Burtka, OPC Development & Marketing Specialist at (248)659-1034 or email at cburtka@opcseniorcenter.org.
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 ACRIBATS  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

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. Lunch is included. Sandwich selection choices include: Vegetarian, Turkey, Italian and Roast Beef. This trip involves walking outside between buildings so please 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, April 6  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. Motor coach.
Cancellation fee: $8  |  Deadline March 6

JAPANESE TEA & MORE*  Tue, May 12  8:30 am - 6:00 pm  |  $76
We travel to Saginaw to first tour the unique Castle Museum, then an included lunch followed by Traditional Tea Ceremony and tour of their 3 acre garden at the Japanese Cultural Center. Motor coach.
Cancellation fee: $11  |  Deadline April 10

DAVID FOSTER AT THE FOX*  Fri, May 8  6:30 pm - 12:30 am  |  $78
David Foster has created hit songs and award-winning albums for legends like Barbara Streisand, Celine Dion, Andrea Bocelli, Rod Stewart and many, many more. In this intimate evening, accompanied by hand-picked vocalists, including Katherine McPhee, Foster will explore the music of his career. Tickets are on the main floor. Motor coach.
Cancellation fee: $12  |  Deadline April 3

ALPACA FARM TOUR*  Wed, May 20  9:00 am - 3:00 pm  |  $57
Who knew that we had an Alpaca Farm in our own backyard? We’ll take an educational tour of Oxford’s Eclipse Alpaca farm and be able to pet, feed and meet them close up. A gift shop is available if you’d like to take a little alpaca home with you. Lunch is included in downtown Oxford along with some time to explore its cute shops. Motor coach.
Cancellation fee: $8  |  Deadline April 24
**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 per person.

<table>
<thead>
<tr>
<th>Category</th>
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<th>Double</th>
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<td>$5839</td>
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<tr>
<td>Double:</td>
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<td>$6889</td>
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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

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

**SWITZERLAND BY RAIL** * Tue, September 22 - Sat, October 3, 2020  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. 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

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

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.

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**DSO CLASSICAL** on the OPC Mini bus

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>DSO CLASSICAL</td>
<td>Fri, March 6</td>
<td>9:00 am - 3:30 pm</td>
<td>$65</td>
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<tr>
<td>DSO CLASSICAL</td>
<td>Fri, May 8</td>
<td>9:00 am - 3:30 pm</td>
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<tr>
<td>DSO POPS</td>
<td>Fri, May 15</td>
<td>9:00 am - 3:30 pm</td>
<td>$88</td>
</tr>
<tr>
<td>DSO POPS</td>
<td>Fri, April 24</td>
<td>9:00 am - 3:30 pm</td>
<td>$88</td>
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Detailed Travel Brochures for trips are available in the lobby or on our website: www.opcseniorcenter.org

NEW **DSO CLASSICAL** Fri, May 8 9:00 am - 3:30 pm | $65

Four of Mozart’s five violin concertos were written when the composer was a mere 19 years old. Karen Gomyo, a violinist of “rare musical command, vitality, brilliance and intensity” returns by popular demand to perform Mozart’s classics. Lunch on your own afterward at Alex’s in Rochester Hills.

Cancelling fee: $10 | Deadline April 10

NEW **DSO CLASSICAL** Fri, May 29 9:00am-3:30pm | $65

Music Director Laureate Leonard Slatkin leads the DSO through a program of three favorites beginning with Stravinsky’s Symphonies of Wind Instruments. Bela Bartok’s enduring Music for Strings, Percussion and Celesta follows. The program closes with pianist Garrick Ohlsson performing Brahms’s First Piano Concerto. Lunch is on your own afterward.

Cancelling fee: $10 | Deadline May 1

NEW **DSO POPS** Fri, May 15 9:00 am - 3:30 pm | $88


Cancelling fee: $14 | Deadline April 17

NEW **DSO POPS** Fri, March 27 9:00 am - 3:30 pm | $88


Cancelling fee: $14 | Deadline April 17

NEW **DSO POPS** Fri, April 24 9:00 am - 3:30 pm | $88


Cancelling fee: $14 | Deadline April 17

NEW **DSO POPS** Fri, May 8 9:00 am - 3:30 pm | $65

Four of Mozart’s five violin concertos were written when the composer was a mere 19 years old. Karen Gomyo, a violinist of “rare musical command, vitality, brilliance and intensity” returns by popular demand to perform Mozart’s classics. Lunch on your own afterward at Alex’s in Rochester Hills.

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NEW **DSO POPS** Fri, May 15 9:00 am - 3:30 pm | $88


Cancelling fee: $14 | Deadline April 17

NEW **DSO POPS** Fri, March 27 9:00 am - 3:30 pm | $88


Cancelling fee: $14 | Deadline April 17

NEW **DSO POPS** Fri, April 24 9:00 am - 3:30 pm | $88


Cancelling fee: $14 | Deadline April 17

NEW **DSO POPS** Fri, May 8 9:00 am - 3:30 pm | $65

Four of Mozart’s five violin concertos were written when the composer was a mere 19 years old. Karen Gomyo, a violinist of “rare musical command, vitality, brilliance and intensity” returns by popular demand to perform Mozart’s classics. Lunch on your own afterward at Alex’s in Rochester Hills.

Cancelling fee: $10 | Deadline April 10
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.

- Tue, Feb 4 - 25  8:30 - 9:30 am  | $21
- Thur, Feb 6 - 27  8:30 - 9:30 am  | $21

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, Feb 3 - 24  8:00 - 8:55 am  | $21
- Wed, Feb 5 - 26  8:00 - 8:55 am  | $21
- Fri, Feb 7 - 28  8:00 - 8:55 am  | $21

MUSCLES IN MOTION (2-3)
Group Exercise 2  Instr: Cheryl G. & Dawn K.
A cardio and toning workout for beginning to moderate fitness experience.

- Mon, Feb 3 - 24  9:00 - 9:55 am  | $21
- Fri, Feb 7 - 28  9:00 - 9:55 am  | $21

HEART HEALTHY FITNESS (1)
Group Exercise 2  Instr: Dawn K.
Essential fitness components are introduced for a beginner’s level fitness experience.

- Wed, Feb 5 - 26  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, Feb 5 - 26  9:00 - 9:55 am  | $21

RESCISTANCE & 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, Feb 4 - 25  1:15 - 2:15 pm  | $21  
  Instr: Heather
- Thur, Feb 6 - 27  1:15 - 2:15 pm  | $21  
  Instr: Fabiola

February 7, 2020 is National Heart Day. Wear RED to support heart health!
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, Feb 3 - 24 10:00 - 10:50 am | $21  
Instr: Dawn K.  
Fri, Feb 7 - 28 10:00 - 10:50 am | $21  
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, Feb 3 - 24 11:25 - 12:25 pm | $21  
Instr: Fabiola  
Fri, Feb 7 - 21 11:30 - 12:30 pm | $16  
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 Feb 4 - 27 11:30 - 12:15 pm  
Instr: Dawn K.  
| $42  

ZUMBA (2)  
Group Exercise 2  
Beginner Zumba® class fuses hypnotic Latin rhythms and easy-to-follow moves creating a one-of-a-kind fitness program with Latin and international music. This class will get you moving and having FUN!  
Mon, Feb 3 - 24 10:30 - 11:30 am | $21  
Instr: Leah B.  
Tue, Feb 4 - 25 7:05 - 8:05 pm | $21  
Instr: Leah B.  
Wed, Feb 5 - 26 6:30 - 7:30 pm | $21  
Instr: Fabiola  
Fri, Feb 7 - 21 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, Feb 4 - 25 10:45 - 11:30 am | $21  
Instr: Robin I.  
Tue, Feb 4 - 25 5:15 - 6:00 pm | $21  
Instr: Robin I.  
Thur, Feb 6 - 27 10:45 - 11:30 am | $21  
Instr: Robin I.  

CIRCUIT TRAINING (3 - 4)  
Group Exercise 1  
High energy 60 minute class incorporating stations, alternating between weight training and cardio.  
Mon, Feb 3 - 24 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, Feb 4 - 25 9:30 - 10:30 am | $21  
Instr: Dawn K.  

PILATES CLASSES  
Pilates-Strength Training (2-3)  
Group Exercise 2  
Workout your entire body based on the Pilates principles of core conditioning and alignment. Use hand weights, stability balls, and other pieces of equipment to address strength, joint flexibility, balance, and proper posture. All levels welcome.  
Mon, Feb 3 - 24 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, Feb 5 - 26 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, Feb 3 - 24 7:00 - 7:50 am | $21  
Instr: Peg G.  
Wed, Feb 5 - 26 7:00 - 7:50 am | $21  
Instr: Peg G.  
Fri, Feb 7 - 28 7:00 - 7:50 am | $21  
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, Feb 4 - 25 2:20 - 3:20 pm | $32  
Instr: John M.  Drop-in: $10  
Fri, Feb 7 - 28 10:30 - 11:30 am | $32  
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, Feb 6 - 27 2:15 - 3:15 pm | $32  
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, Feb 4 - 25 4:00 - 4:50 pm | $21  
Instr: Emily B.  

DANCE FOR PARKINSON’S (1-2)  
Gymnasium  
Wed, Feb 5 - 26 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
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.

Thur, Feb 6 - 27  6:30 - 7:30 pm | $32
Instr: Carol S.

BOXING FOR PARKINSON’S
Gym behind purple curtain
This non-contact boxing class is designed to combat both the motor and non-motor symptoms of Parkinson’s disease. Through use of quick reactions and precise movements, it simultaneously engages the body and the brain. Instructor is certified by Rock Steady Boxing.

Level - A  Max: 10
Improve and maintain fitness level, address postural imbalances, and stress accuracy of movement. Modifications for specific exercises are taught. The intensity level is higher and transitions between exercises are more rapid.

Thur, Feb 6 - 27  12:00 - 1:00 pm | $32
Instr: Carol S.

Level - B  Max: 10
Address high balance risks, improve postural imbalance, flexibility, gait, voice therapy, and cognitive impairment issues. Bring along a care partner for assistance.

Thur, Feb 6 - 27  1:00 - 2:00 pm | $32
Instr: Carol S.

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

Group Exercise 1
Mon, Feb 3 - 24  11:30am - 12:25pm | $21
Instr: Karen

Group Exercise 2
Wed, Feb 5 - 26  11:30am - 12:25pm | $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 Feb 4 - 27  9:30-10:30 am | $42
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.

Thur, Feb 6 - 27  12:20-1:05 pm | $21
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.

Thur, Feb 6 - 27  6:45 - 7:30 pm | $21
Instr: Fabiola

BILLIARDS

HOURS OF SERVICE
OPEN DURING ALL OPC BUSINESS HOURS
• Features 4 well maintained tables
• Drop-In | $2
• 1 YEAR PASS - Good for 1 year from date of purchase | $110

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-registration only. No drop-ins.

Advanced (4)  Group Exercise 2
Must pre-register by December 30
Tue, Feb 4 - 25  7:30 - 8:30 am | $60
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
SILVER
12 / 1 HOUR SESSIONS: $550
BRONZE
6 / 1 HOUR SESSIONS: $300
COPPER
12 / 30 MINUTE SESSIONS: $450
Need recommendation from a trainer.

INDOOR GOLF SERIES - (Part 2 of 3 sessions)
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, Feb 17  9:00 am - 10:30 am | $15 per session
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, Feb 5 - 26**  
**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, Feb 3 - 24**  
**12:45 - 1:45 pm**  
*$21*  
*Instr: Norma B.*  
**Fri, Feb 7 - 21**  
**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, Feb 3 - 24**  
**2:00 - 3:00 pm**  
*$21*  
*Instr: Norma B.*  
**Sat, Feb 1 - 29**  
**9:00 - 10:00 am**  
*$27*  
*Instr: Kay G.*

Slow Flow Yoga (2)  
*Group Exercise 1*  
Emphasis on movement and energy. Bring a yoga mat & blanket.  
**Tue, Feb 4 - 25**  
**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 - Feb 27**  
**11:45 am - 12:45 pm**  
*Instr: Tracy F.*  
**Cost: $72**  
*Drop-in $10*

Yoga (3)  
*Group Exercise 1*  
Recommended for those with yoga experience. Bring a yoga mat and blanket.  
**Tue, Feb 4 - 25**  
**11:35 am - 12:35 pm**  
*$32*  
*Instr: Laura L.*  
*Drop-in $10*

Punch Cards will not be accepted

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STRENGTHEN YOUR BONES  
Start improving your overall physical fitness with these strength training classes.  
**Beginning (2)**  
*Group Exercise 2*  
**Thur, Feb 6 - 27**  
**1:10 - 2:00 pm**  
*$21*  
*Instr: Dawn K.*

**Intermediate (3)**  
*Group Exercise 1*  
**Tue/Thur Feb 4 - 27**  
**10:30 - 11:25 am**  
*$42*

**Advanced (4)**  
*Group Exercise 1*  
**Mon/Wed Feb 3 - 26**  
**5:00 - 6:00 pm**  
*$42*

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STRENGTH & STRETCH FOR PARKINSON’S (1-2)  
*Group Exercise 2*  
Designed for those diagnosed with Parkinson’s Disease. Improve balance, coordination, endurance and strength. Chairs and standing work included.  
**Tue, Feb 4 - 25**  
**12:15-1:00 pm**  
*$21*  
*Instr: Dawn K.*

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CYCLING classes

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<th>DATES</th>
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<th>COST</th>
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<td>M</td>
<td>Feb 3 - 24</td>
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<td>$24</td>
<td>$6</td>
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<tr>
<td>Rock &amp; Roll</td>
<td>M</td>
<td>Feb 3 - 24</td>
<td>10:15 - 11:00 am</td>
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<td>9:15 - 10:00 am</td>
<td>$24</td>
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<td>Free Cycle Demo</td>
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<tr>
<td>Cycle to the Beat</td>
<td>Th</td>
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<td>Kathy</td>
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<tr>
<td>Cycle to the Beat</td>
<td>F</td>
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<td>10:15 - 11:00 am</td>
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<td>$6</td>
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<td>Energy Rides</td>
<td>S</td>
<td>Feb 1 - 29</td>
<td>8:00 - 8:45am</td>
<td>$30</td>
<td>$6</td>
<td>Therese</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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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 | No Feb 28 | |
|-------------|-----------|
| M/W/F | 1:00 - 4:00 pm |
| BADMINTON | |
| M/Th | 6:00 - 8:30 pm |
| 5-ON-5 BASKETBALL | |
| Wed | 6:30 - 8:30 pm |
| Sat | 9:00 - 11:30 am |
| BASKETBALL SHOOT AROUND | |
| Tue | 1:00 - 4:00 pm |
| VOLLEYBALL (All Levels) | |
| Sat | 11:30 am - 2:00 pm |
| $2 for each |

NEW!! WALKING WEDNESDAYS  
(Organizational Meeting in the dining room)  
**Wed, Feb 5 - 26 @ 10:00 am | Free**  
Reap the benefits of walking outdoors with weekly walks from OPC and back by taking advantage of the Clinton River and scenic nearby trails, our new outdoor fit-park and make a new friend along the way! Gayla Houser will lead the walks that will generally cover between 1.5-3 miles round trip and includes warm-up and cool down. All fitness levels welcome. There is no cost, but you must be an OPC member to participate. Bring along a water bottle! The organizational meeting in the dining room on Wednesday, February 5th will be used to discuss the program prior to walking. Each week, the group will meet in the upper lobby before departing.
FREE BEGINNER LESSONS
A one-hour introduction to the basics of the game. Upon completion, stay for Beginner/Mentor games from 10:30 - 11:30 am.
Wed 9:30 - 10:30 am  | Cost: FREE
Mentor Games 10:30 - 11:30 am  | Cost: FREE

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

<table>
<thead>
<tr>
<th>Novice Level</th>
<th>All Levels</th>
<th>Adv/Intermediate Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 1 - 4:00 pm</td>
<td>Mon 4 - 6:00 pm</td>
<td>Mon 9 - 11:00 am</td>
</tr>
<tr>
<td>Tue 1 - 4:00 pm</td>
<td>Tue 4 - 6:00 pm</td>
<td>Wed 11:30 - 1 pm</td>
</tr>
<tr>
<td>Wed 2 - 4:00 pm (Ct 1 &amp; 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 6 - 8:30 pm</td>
<td>Fri 4 - 6:00 pm</td>
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<tr>
<td>Fri 1 - 4:00 pm</td>
<td>Sat 7 - 9:00 am</td>
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</tr>
<tr>
<td>Sat 2 - 3:30 pm</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
- 3rd shots (drop, drives, rolling forehand)/transition/4th and 5th shots
- Dinking, 3rd shot drops

GROUP A - Thur, Feb 6 - 27 12:00 - 2:00 pm | $32 | Max: 8
GROUP B - Thur, Feb 6 - 27 2:00 - 4:00 pm | $32 | Max: 8

LEAGUES & CLINICS IN SESSION All Level Ladder
Fri, Jan 10 - Mar 13 8:00am-12:30pm (7:00am-11:30am on Feb 28th) | $35

ROUND ROBIN
Tue, Jan 7 - Mar 10 6:00 - 8:30 pm | $35

AQUA YOGA Therapy Pool Wed, Feb 5 - 26 5:40 - 6:30 pm | $20
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.
AQUA ZUMBA (2-3)
Focus on cardio-conditioning and body toning. Ideal for those with arthritis or anyone recovering from a joint injury. Build strength and stability in joints. Remember to drink plenty of water before and after class.

Mon, Feb 3 - 24 6:30 - 7:20 pm | $20
Instr: Fabiola
Thur, Feb 6 - 27 5:30 - 6:20 pm | $20
Instr: Fabiola

LIQUID BOOT CAMP (3)
Wake up with water, perk up with Peg! A great way to start your day!
Sat, Feb 1 - 29 8:00 - 8:50 am | $25
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, Feb 3 - 24 2:00 - 2:50 pm | $20
Instr: Robin I.
Fri, Feb 7 - 21 2:00 - 2:50 pm | $15
Instr: Robin I.

Intermediate (2)
Tue, Feb 4 - 25 2:30 - 3:20 pm | $20
Instr: Jeannie L.

Advanced (3)
Wed, Feb 5 - 26 2:00 - 2:50 pm | $20
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 Feb 3 - 26 8:00 - 8:50 am
Instr: Deb B. / Margaret
Fri, Feb 7 - 28 8:00 - 8:50 am
Instr: Robin
$40

$20

PRIVATE SWIM LESSONS
Improve your swimming stroke and get comfortable in the water with a certified swim instructor. Non-swimmers will start at the shallow end learning how to move and float in the pool. For more information, please contact 248-608-0247.
Lessons are 50 minutes long.
*See page 16 for package pricing

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 Feb 3 - 26 10:00-10:50 am | $40
Instr: Debbie B.
Fri, Feb 7 - 28 10:00 - 10:50 am | $20
Instr: Robin

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, Feb 3 - 24 9:00 - 9:50 am | $20
Instr: Debbie B.
Wed, Feb 5 - 26 9:00 - 9:50 am | $20
Instr: Debbie B.
Fri, Feb 7 - 28 9:00 - 9:50 am | $20
Instr: Robin

AQUA BASKETBALL
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

NEW
AQUA CYCLE CIRCUIT (3-4)
Utilize our aqua bikes, while incorporating strength training, use of bodyweight, resistance bands, and other pool accessories. The class will be upbeat, with good music and be challenging as you work on various cardio exercise to elevate your heart rate. The ultimate goals of the class is to increase leg strength, upper body, and cardio/endurance.
Max: 12
Instr: JT
Thur, Feb 6 - 27 7:00 - 7:45 pm | $20
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

Meals on Wheels

NUTRITION SERVICES
MEALS ON WHEELS
Meals are available 7 days a week (5 hot, 2 frozen) in Rochester, Rochester Hills, Oakland Township, Auburn Hills, Independence Township, Orion and Oxford, Addison and Brandon.
To register for a meal call 248.608.0264 between 9:00 am - 1:00 pm.
LUNCH AT OPC See page 22

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

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

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.

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

ASK THE ATTORNEY
Conference Room A / B
Mon, Feb 10 12:00 - 3:30 pm
Tue, Feb 25 5:00 - 7:00 pm
Attorney Rutkowski, answers your legal questions. Appointments are necessary. Call 248.656.1403 Ext 0 to schedule a free 15 minute appointment.

SUPPORT groups
COUNSELING
EasterSeals Michigan is offering in-home and office-based private therapy services with licensed counselors for any adult 50+ to discuss what might be troubling them, in a safe and confidential environment. For more information or to make an appointment please call (877)231-0155.

MEDICARE & MEDICAID INSURANCE ASSISTANCE
Conference Room B
Mon, Feb 10 9:00 - 12:00 pm
Wed, Feb 19 1:00 - 4:00 pm
Mon, Feb 24 12:00 - 3:00 pm
MMAP counselor available to advise on Medicare, Medicare Advantage Plans, Supplement Plans, RX Plans, Medicaid and Long Term Issues. 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 ORTHOPEDIC DOCTOR
Dr. Maibauer  Tue, Feb 11 & 25  9:00 - 11:00 am

ASK THE RESIDENT  Wed, Feb 5 - 26  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.

ASK THE PRIMARY CARE DOCTOR
Dr. Hull  Fri, Feb 14  9:30 - 11:00 am
The doctor will be available to answer health concerns or questions you may have.

ASK THE MEDICAL PROFESSIONAL IS DESIGNED FOR WALK-INS

BONE DENSITY SCREENING Fri, Feb 7  9:00-11:00 am
Registered nurse will SCREEN for bone density & discuss results in 15 minutes. This is not a diagnostic test. For women only.
Cost: $2

HEARING TESTING & HEARING AID CLEANING
Tue, Feb 4 Appts  9:30 am - 12:00 pm
Hearing screening, baseline hearing test by Crittenton Medical Equipment Audiologist. Make appt at cashier’s desk. Cost: $2

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.

VALENTINE’S LUNCH
Friday, February 14 | Noon - 1:00 pm

Menu: Parmesan Chicken
Whole Green Beans with Almonds
Roasted Red Skin Potatoes
Salad & Bread Basket
Red Velvet Cake

Complimentary Luncheon
Courtesy of the Assistance League Southeastern MI
who want to share their love for seniors!

Limited seating for this event: RSVP required by February 7 at 11:00 am
Call 248-656-1403 Ext. 0 | Served in the OPC Dining Room
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Stuffed Green Pepper Roasted Potatoes Carrot Fingers Red Apple Breadstick</td>
<td>4 Baked Chicken Red Skin Potatoes Broccoli Cuts Cabbage Pineapple Slaw Orange Sections Vegetable Roll</td>
<td>5 Turkey Burger Lettuce and Tomatoes Sante Fe Salad Red Grapes</td>
<td>6 BIRTHDAY LUNCH Cheesy Tuna Casserole Carribean Vegetables Garden Salad Apricots</td>
<td>7 Baked Ham Sweet Potatoes Green Beans Dinner Roll Banana</td>
</tr>
<tr>
<td>10 Beef Stroganoff Cauliflower &amp; Broccoli Savory Spinach Egg Noodles Fruit Medley</td>
<td>11 Chicken w/Vegetables Whipped Potatoes Garden Salad Red Apple Breadstick</td>
<td>12 Bar B Que Chicken Broccoli Pasta Salad Marinated Carrot Salad Peach Halves</td>
<td>13 Meatlof w/Mushroom Gravy Red Skin Potatoes Garden Salad Normandy Vegetable Blend Escaloped Apples Vegetable Roll</td>
<td>14 Turkey a la king Brown Rice Herbed Green Beans Vegetable Salad Vegetable Roll Fruited Gelatin</td>
</tr>
<tr>
<td>17 Vegetable Lasagna Zucchini Cole Slaw Red Grapes</td>
<td>18 Sweet &amp; Sour Meatballs Brown Rice Key West Vegetable Blend Oriental Salad Red Aplle</td>
<td>19 Chicken Divan Chive Potatoes Green Beans Romaine Garden Salad Applesauce</td>
<td>20 Roast Pork Loin wGravy Oven Browned Potatoes Carrot Fingers Garden Salad Vegetable Roll Fruit Salad</td>
<td>21 Beef Pastie w/Gravy Whole Beets Cabbage Pineapple Slaw Apple Juice</td>
</tr>
<tr>
<td>28 BUILDING CLOSED AT NOON</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

**FEBRUARY**

- **BIRTHDAY LUNCH**
  - Thursday, February 6
  - 11:45 am - 12:30 pm
  - Seniors celebrating birthdays will receive a complimentary lunch.
  - SIGN UP by 11 am on Wed, Feb 5
  - 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**
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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*You must continue to pay your Medicare Part B premium.
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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
- OPC Facebook
- Members will receive an automated phone call

February Hours of Service

Building Hours: Mon - Fri: 6:30 am - 8:45 pm
Sat: 7:00 am - 3:45 pm

Building Closure: Fri, Feb 28 at 11:45 am for Staff Development Day

Cashier’s Hours: Mon - Fri 8:30 am - 3:30 pm
Late Night: Tue, Feb 11 8:30 am - 7:00 pm