Hello Greater Rochester
Welcome to your OPC!

Premier 50+ Activity Center for the Residents of Rochester, Rochester Hills and Oakland Township

SPECIAL EDITION
March 2020

LIFELONG LEARNING
FITNESS & AQUATICS
MEALS ON WHEELS
TRANSPORTATION
FINE ARTS & CRAFTS
ADULT DAY SERVICE

COMPLIMENTARY CLASSES & EVENTS for March 9 - 14. See page 3

Older Persons’ Commission | 650 Letica Dr., Rochester, MI 48307 | 248.656.1403 | opcseniorcenter.org
From the Executive Director

Hello and Welcome to YOUR OPC ~ the Outstanding Persons Center! I’m pleased to take this opportunity to introduce you to the services and programs that we provide to the residents of Rochester, Rochester Hills and Oakland Township. The OPC is a vibrant state-of-the-art 50+ active facility not only for our area, but in the state of MI, that offers a wide variety of support services, as well as enriching social and fitness activities. Our mission is to enhance the quality of life for older adults in our community.

If you no longer drive, we provide transportation services in our Senior Center vans within Rochester, Rochester Hills and Oakland Township to go to medical appointments, shopping, activities at the Center as well as other errands. We offer an array of very popular fitness & aquatic classes, fine arts and crafts, social and enrichment activities. To assist you while you age-in-place we provide Supportive Outreach Services; Meals on Wheels and congregate noontime meals, support groups, Medicare/Medicaid assistance, counseling, ask-the-attorney, supplemental food programs, information and referral and medical equipment loans. (See page 20)

We are home to the Dennis White Adult Day Service, that is dedicated to assisting older adults who are experiencing progressive memory loss or disability and respite for the caregiver. We provide a safe and welcoming environment with structured daily activities including morning snack and lunch, fitness, art and musical programs, in a comfortable setting with trained staff.

Enjoy this copy of our monthly newsletter and be sure to take advantage of the complimentary classes and workshops offered during our Spring into Action week. You can receive this newsletter every month, just call 248-659-1029 and sign up today. Again, welcome and we hope to see you either during the Spring into Action week or whenever you can stop by and register as a member and take advantage of all that we have to offer at the OPC!

Renee
Renee Cortright, Executive Director

Spring Into Action Speaker

Monday, March 9 | 9:30 - 11:00 am | Dining Room
“HEALTHY COMMUNITY - HEALTHY AGING”
OPC’s Wellness Partner, Ascension Providence Rochester Hospital works tirelessly to promote healthy living in our community. Angela DelPup, MBA, will outline APRH’s wellness strategy to make positive and sustainable changes in the community. Their initiatives, as a result of their recent Community Needs Assessment, will include the following: cardiac health, healthy lifestyle and mental wellness. All are of vital relevance and interest to our members.

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: Go to: opcseniorcenter.org

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
### SPRING INTO ACTION
March 9 - 14

#### Complimentary classes for 50+ Rochester, Rochester Hills & Oakland Township Residents

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<td>Zentangle Demo</td>
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**Special Art Exhibit & Art Demos**

Get inspired to be creative!!
In the OPC Lobby

**Look for this symbol throughout the Newsletter on complimentary programs**

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**Presenting Sponsor**

Ascension Providence Rochester

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**Supporting Sponsors**

Hap

Pixley Funeral Home

Dignity

LIFE WELL CELEBRATED
Will a purpose-driven life help you live longer?

Do you get joy out of volunteering, helping out with your grandkids, or learning new skills in that OPC class you’ve been taking? If you said yes, it could help you live longer. As it turns out, being inspired by things in your life doesn’t just help your emotional well-being: it may keep you healthier.

Dessert & Coffee
Call to reserve your spot!
248.656.1403 Ext 0

2020 PRESIDENTIAL POLITICS:
STATE OF THE RACE

Thur | March 12 | Dining Room
1:30 - 3:00 pm | Complimentary

David A. Dulio is Professor of the Political Science Department and Director of the Center for Civic Engagement at Oakland University. He takes us through the 2020 Presidential Politics: State of the Race.

JOURNEY TO IRELAND
NORTH AND SOUTH
THROUGH THE EYES OF SPENCER BEDARD
Thursday | March 12 | Classroom 1
6:00 - 7:00 pm | Complimentary

The three things that come to mind when you think of Ireland are leprechauns, shamrocks, and Saint Patrick’s Day. But even though the three might have a link to Ireland, they are not exactly what put Ireland on the map. So what is Ireland known for?
Call to reserve a spot!
248.656.1403 Ext 0

FINANCIAL FRIDAY

ROTH IRA CONVERSIONS:
Converting a traditional IRA to a Roth IRA
Friday | March 13 | 10:00 am
Classroom 1 | $1 Drop In | Prestr: Doree Cook

SPONSORED BY

Veterans Connection - Welcome all Veterans

Celebrate Life and Liberty through Service, Honor, Remembrance, Education and Gratitude
Wednesday, March 11
10:00 am | Dining Room | $1 Drop In

Welcome all Veterans, spouses, family and friends!
Enjoy an Irish-themed breakfast and comradery.

For each petal on the shamrock
This brings a wish your way
Good health, good luck, and happiness
For today and every day.
“Author Unknown”

Call 248-656-1403 Ext 0 to Register!

2020 PRESIDENTIAL POLITICS:
STATE OF THE RACE

Thur | March 12 | Dining Room
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David A. Dulio is Professor of the Political Science Department and Director of the Center for Civic Engagement at Oakland University. He takes us through the 2020 Presidential Politics: State of the Race.
SPOTLIGHT on groups & programs

CLASSIC BOOK CLUB  Library  Wed, Mar 11  1:00 - 3:00 pm  $1 Drop-In
“Little Women” by Louisa May Alcott
We decided it was high time to revisit this classic.

NOVELS AT NIGHT  Library  Thur, Mar 19  7:00 - 8:30 pm  $1 Drop-In
“Ireland” - A Novel by Frank Delaney
Past and present weave together as author Frank Delaney entwines the lives of the Storyteller and Ronan in this rich and satisfying book.

COMPUTER CLUB  Classroom 1 & 2  Tue, March 3 - 31  10:00 am - Noon  $1 Drop In
Group meets weekly - Various topics on the latest technology are discussed. Sponsored by:

Pomeroys
Living

FOCUS ON THE ISSUES  Library  Mon, Mar 9 & 23  2:00 - 4:00 pm
Discuss current issues.  $1 Drop In

VINTAGE VIEWS WRITERS  Classroom 2  Mon, Mar 23  12:45 - 1:45 pm
Write stories and share memories in this quarterly publication.

MEDITATION  Atrium  Mon, March 2 - 30  6:00 - 7:00 pm
Achieve mental clarity with meditation.

WAKE UP WITH MINDFULNESS  Library  Thur, March 12  8:00 - 9:00 am
Focus on how to cultivate “Mindfulness”.

ESSENTIAL OILS  Classroom 1  Sat, March 14  10:30 - 11:30 am
Learn about therapeutic oils from expert Tracy Jenish at this lecture and Q&A.

I FEEL LUCKY BINGO  Dining Room  Wed, Mar 25  1:15 - 3:30 pm  $1 Drop In
Learn about our new BINGO format.
*$1 per Bingo Cards - No limit!
*All monies collected will be awarded in prizes!
Sponsored by

SPREAD THE WORD:

LATE BLOOMERS Gardening Group
Detroit News Garden Writer Nancy Szerlag
Wed, Mar 4 & 18  10:00 - 11:30 am
This dedicated group meets in and cares for the Atrium and the beautiful gardens of the OPC! Interested call: 248.608.0270

SPORTS TALK
Wed, Mar 11  6:30 - 7:30 pm
Classroom 1
Discuss US and global sports.

SAVE THE DATE:

LEARN MORE NOW - Right Size Your Life!
Wednesday, April 1  1:00 pm  Dining Room
Why now may be the right time to prepare for downsizing.
Poof! Estate Services | Jo’s Cleaning & Organizing

SPONSORED BY
**INTERNATIONAL conversation groups**

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**ENGLISH INTERMEDIATE**

**FRI, MAR 6**

7:00 - 8:00 pm

Learn to speak or brush up on skills.

*Instr:* Mike L

$5 Drop in

**ITALIAN INTERMEDIATE**

**WED, MAR 4**

9:30 - 10:30 am

Instructor is a native speaker.

*Instr:* Marta

$5 Drop in

**LITERATURE**

**POETRY AT NIGHT**

**ADS Room**

**TUE, MAR 17**

7:00 - 8:00 pm

$1 Drop In

**FIRESIDE POETRY**

**Library**

**THUR, MAR 26**

1:30 - 3:30 pm

$1 Drop In

**FIRESIDE IRISH POETRY**

**Library**

**THUR, MAR 12**

1:30 - 2:30 pm

$1 Drop In

So many beautiful poems and countless evocative lines - enjoy some of our favorites . . .

**CLASSIC BOOK Club**

**Library**

**WED, MAR 11**

1:00 - 3:00 pm

$1 Drop In

“Little Women” by Louisa May Alcott

**NOVELS at Night Club**

**Library**

**THUR, MAR 19**

7:00 - 8:30 pm

$1 Drop In

“Ireland”- A Novel by Frank Delaney

**DANCE & MUSIC**

**DRUM CIRCLE**

**Auditorium**

**THUR, MAR 19**

1:00 - 2:30 pm

$5 Drop In

**BALLROOM DANCE OPEN TO THE PUBLIC**

**Auditorium**

**MON, MAR 23**

7:00 - 8:00 pm

$8 Ticket per session

Dance for March is: Bolero & Merengue. Partner not required. 

*Instr:* Amy Tranchida

**LINE DANCE with Carol**

**Auditorium**

**MON, MAR 23**

12:00 - 1:00 pm

$5 Drop In

**BELLY DANCE with Sandy**

**Classroom 3**

**MON, MAR 23**

3:15 - 4:15 pm

$1 Drop In

**UKULELE FUN**

**Auditorium**

**TUE, MAR 31**

1:30 - 2:30 pm

$1 Drop In

**GUITAR with Jean**

**Lobby**

**SAT, MAR 28**

9:30 - 11:30 am

$1 Drop In

**MOVIES @ OPC**

**Monday - Dining Room**

**Friday - Auditorium**

**A BEAUTIFUL DAY IN THE NEIGHBORHOOD**

**PG13**

**MON, MAR 2**

6:00 - 8:00 pm

$1 Drop In

**FRI, MAR 6**

1:30 - 3:30 pm

$1 Drop In

**THE GOOD LIAR**

**R**

**MON, MAR 16**

6:00 - 8:00 pm

$1 Drop In

**FRI, MAR 20**

1:30 - 3:30 pm

$1 Drop In

Friday Movies Sponsored by Home Instead Senior Care - to us, it's personal.
Deadline for ordering tickets is Friday, March 6 @ 11:00 am

**ASCENSION Providence Rochester**

**Rise and Shine Breakfast**

Fri, Mar 13  | 10:15 am Smoothie Bar  | 10:30 am Presentation
Complimentary  | Cafe

**Dinner with the Doc**

Tue, Mar 24  | 5:30 pm Dinner  | 6:00 pm Presentation
Cost: $5  | Dining Room

**“The Importance of Hydration”**
Dr. Sheryl Wissman, MD, Board Certified Physician
Internal Medicine and Pediatrics
Chief Medical Officer

**“Back & Leg Pain Due to Spinal Stenosis - What are the Treatment Options”**
Dr. Daniel Carr, DO, Board Certified Neurosurgeon

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**TERRIFIC TUESDAY | MEET AL KALINE’S LAST BAT BOY**

Tuesday  | March 10  | 4:30 pm  | $10  | Auditorium

**AUTHOR DENNIS CLOTWORTHY**
Former Tiger bat boy shares fond memories of every kid’s dream job! “Al Kaline’s Last Bat Boy” begins with the author’s birth in Malta, a country where the national sport is football (soccer). From that unlikely beginning, the tale moves quickly to Detroit, Michigan, where Dennis Clotworthy grows up in the shadow of Briggs and Tiger Stadium, and finds himself living out every American boy’s dream.

Live Music  | Game Day Buffet  | Presentation and Book Signing
Deadline for ordering tickets is Friday, March 6 @ 11:00 am

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

**SAVY SENIORS**

Wednesday  | March 18  | 10:00 - 11:00 am  | Breakfast@9:30am  | Complimentary

**NON-MEDICATION APPROACHES TO PAIN MANAGEMENT**
Dr. Laura Krasean, from Beaumont Hospital will discuss the relationship between aging and pain, and the medical conditions that contribute to pain as individuals age, and using non-medication strategies to help manage persisting/chronic pain.

Call 248.656.1403 Ext 0 FOR RSVP by March 17

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**WOMEN’S LUNCHEON | RACHELLE WILLNUS - DERBY FASCINATORS & HATS**

Thursday  | March 26  | 1:00 - 3:00 pm  | $12

A brief history of the Kentucky Derby’s most famous accessory. The story of Kentucky Derby hats - the wide-brimmed, straw fashion statements that ride into Churchill Downs each year atop the heads of well-heeled spectators is a story of American enterprise.

Fresh & Delicious Lunch  | Presentation  | Hats by Rachelle Display

★★★★ SAVE THE DATES | April 17 MAKE A DERBY HAT | May 15 CELEBRATE DERBY PARTY ★★★★

Pre-purchase your ticket for the above programs at our cashier’s desk | 248.608.0251 or 248.659.1029
**CROCHET BEGINNING** Studio 2 | $45
Tue, Mar 17 - Apr 7 10:00 am - noon
Learn single crochet, double crochet, half double and triple crochet stitches. After learning these, you will make a scarf. Crochet can be used to make lovely garments and accessories or combined with knitting to add special finishing touches. **Supplies:** $15 to instructor for supplies. **Instr:** Naomi Frenkel

**INTERMEDIATE KNITTING** Studio 1 | $45
Mon, Mar 23, 30 & Apr 6, 20 10:00 am - noon
You already know how to knit and purl and want to move your knitting skills up a notch. Learn to make a vest or sweater. Class covers importance of gauge, reading a pattern, decreases and finishing. **Supplies:** Bring a pattern, yarn and needles for a project you would like to make. **Instr:** Naomi Frenkel

**LAPIDARY BEGINNING** Studio 2 | $30
Thur, Mar 19 & 26 1:00 - 4:00 pm
Learn safe use of lapidary equipment to saw, cut, polish and mount semi-precious stones. Create a pendant to take with you. Afterwards attend Drop-Ins to improve your skills. **Supplies:** $10 fee to instructor. **Instrs:** OPC Lapidary Group

**PAINTING ON BARNWOOD** Studio 1 | $35
Fri, Mar 20 9:00 am - noon
Paint a decorative piece on real rustic barnwood. Birds are the theme this month … choice of designs. Boards vary in size. **Supplies included.** **Instr:** Susan VanHeck

**DESIGN AND CREATE JEWELRY** Studio 3 | $18
DOWNTON ABBEY STYLE BRACELET
Tue, Mar 24 1:00 - 3:30 pm
Use rhinestones, pearls, buttons, baubles and other bling to design a unique upscale piece. **Supplies included.** Bring basic jewelry making tools, if you have them and any special items you have to personalize your piece. **Instrs:** Regina H, Candi M

**STAINED GLASS CLASS** Woodshop | $40
Tue, Mar 31 - Apr 21 3:00 - 5:00 pm
Introduction to stained glass. Learn basic cutting, soldering and foiling techniques to make a small piece; various patterns and color choices. Returning students welcome. More challenging designs and projects offered to intermediate students. **Supplies included;** bring apron and safety glasses. **Instr:** Dave Kosbab

**ZENTANGLE INTRO** Studio 3 | $12
Mon, Mar 30 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 instr for beginner kit. **Instr:** C. Hartwick CZT®

**LUCK OF THE IRISH MASON JAR & CARD** | $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. **Instrs:** Join us, everyone is a little bit Irish on St. Patrick’s Day. **Supplies included.**

**WEARING OF THE GREEN NECKLACE** | $15
Wed, Mar 11 1:00 - 4:00 pm
Make a double strand necklace with toggle clasp using various green and gold beads. Earrings included if time allows. Wear year round. No experience needed. **Supplies included.**

**CARTOUCHE A LOVED ONE** | $8
Wed, Mar 18 1:00 - 4:00 pm
“Cartouche” means to place a border around an image so it stands out. Zentangle techniques will be used, but no experience required. **Supplies:** Bring various fine point pens and photos of family, friends, places or pets — no larger than 3 x 5. Bring a 5 x 7 frame or purchase from instructor.

**“FAVORITE THING” BOOK** | $15
Wed, Mar 25 1:00 - 4:00 pm
Create a handmade book to collect your “favorite thing” all in one place. Family recipes, hobbies, gardening, grandchildren, travel and more…you pick. Design pages to hold your treasures and pockets to put things in. **Supplies:** Bring photos & keepsakes of your favorite things and your own scrapbook adhesive (ZipDry suggested). All other supplies included.

**MOSAIC TILE CLASS** Studio 1 | $36 each session

**CELTIC KNOT** Fri, Mar 13 10:00 am - 12:30 pm
**SPRING ROBIN** Fri, Apr 3 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. **Supplies included.** **Instr:** Mary Gilhuly

**SAVE THE DATE . . . MOSAIC CUSTOM CLOCK PROJECT**
APR 24 & MAY 1 See April Newsletter for details

**INDEPENDENT ART** Studio 1 | $40
Tue, Mar 31 - Apr 21 12:30 - 3:30 pm
Enhance your drawing skills with guidance from an expert instructor. Subject matter “Birds & Nests.” **Supplies:** drawing pad & choice of medium. **Instr:** Merri-Jo Towns
WATERCOLOR WORKSHOP  Studio 1 | $40
WITH PETE SNODGRASS
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 140lb. cold press paper, masking fluid and standard watercolor supplies; (see Wed. Watercolor class above). Also bring a white double mat to fit either 11 x 14 or 16 x 20. Gesso provided.

INDEPENDENT ART FOR ACRYLIC PAINTERS
Tue, Mar 10 - 31  6:00 - 8:00 pm  Studio 1 | $50
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

PAINTING WITH PASTELS  Studio 2 | $30
Tue, Mar 10 & 17  10:00 am - noon
Explore various options to push your drawing towards a painting. Practice basic techniques of layering, blending, crosshatching, scraping and stippling with oil pastels. Supplies: Bring a multi-purpose sketch pad. Pastels provided. Instr: Nina Caruso

WATERCOLOR CLASS  Studio 1 | $50
Wed, Mar 11 - Apr 1  9:30 - 11:30 am
Develop your skills and create a variety of paintings including landscapes, florals, and still life. This session focus on “winter is melting, spring is budding.” Other techniques include use of salt, wax paper, saran wrap, masking, gesso & glue. Some experience suggested.
Supplies: 140# cold press paper, Windsor Newton or DaVinci paints (red, yellow, cobalt blue, brown madder, aureolin yellow, cerulean blue, paynes gray, brushes #4, 6 or 8 round ¾ flat w/chisel handle #1 or 2 rigger, ½” foam board, masking tape, salt & #H pencil. Purchase paper available at class. Instr: Pete Snodgrass

DRAWING STUDIO PRACTICE  Studio 1 | $50
Wed, Mar 11 - Apr 1  1:00 - 4:00 pm
Class is for former students of Colleen Sanders or anyone with previous drawing experience. Each week students will be challenged to develop their fundamental drawing skills with a new still life. Teacher will assist students while they practice and improve their own drawing abilities. Supplies: 11 x 14 sketch pad, pencil, pencil sharpener, white eraser and pocket folder.
Instr: Colleen Sanders

CHINESE BRUSH PAINTING  Studio 1 | $40
Mon, Mar 16 - Apr 6  1:00 - 3:00 pm
Learn fundamental techniques of this ancient art form through demonstrations and practice 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. Enhances your watercolor and painting skills.
Supplies: purchase from instructor; additional fee.
Instr: Lee Cheng Tan

COLORED PENCIL  All levels  Studio 2 | $65
CRYSTAL AND BERRIES COMPOSITION Mon, Mar 16 - 30  1:00 - 4:00 pm
Create a picture using Prismacolor Premier colored pencils. Learn to apply color, create dimension, shade and highlight, how to render glass and correct mistakes. Step-by-step instruction. A relaxing medium for everyone. Supplies: $6 to instructor for pattern packet AND pick up supply list on art board or email pbedsole@opcseniorcenter.org
Instr: Ann Fogg

WATERCOLOR BEGINNING TECHNIQUES  Studio 2 | $50
Tue, Mar 17 - Apr 7  1:00 - 3:00 pm
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, watercolor brushes #4 or #6 round, #4 flat, ¼ or 1 inch flat, and small liner (OR 1 set better grade watercolor brushes), 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. Return students welcome.
Instr: Elaine Wells

THE ART OF DRAWING  Studio 2 | $25
AND PAINTING CALM
Fri, Mar 20 & 27  10:00 am - noon
Take yourself in new directions that allow you to remove your mind from daily stresses and into a relaxed state of mind. An invitation to let go and explore your inner artist. Each artful experience is an escape towards more tranquility in your life. Based on “Paint Yourself Calm” by Jean Haynes and “Drawing Calm” by Susan Everton. No previous experience required.
Supplies: Bring a small sketchbook or multi-purpose drawing tablet. All other supplies provided.
Instr: Elaine Wells

WATERCOLOR WORKSHOP  Studio 1 | $45
WITH MARYLYNN THOMAS
Fri, Mar 27  9:00 am - 3:30 pm
Develop your watercolor skills in this all-day workshop. Subject matter is “Red Barn in Field.” Practice techniques using masking fluid and fine line work.
Supplies: email pbedsole@opcseniorcenter.org or pick up list on board in art hallway. Bring a sack lunch or eat in the OPC café.
WOODSHOP

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

NEW MONTHLY SERIES

ART HISTORY LECTURES

ART APPRECIATION
Monthly PowerPoint presentations and discussions of styles, schools of art, history of various artists and art theory. Elaine brings art history to her audience in an interesting and understandable way. Learn qualities to look for to appreciate what artists were trying to convey in their work. Presenter: Elaine Wells

WOODSHOP

REMINDERS FOR WOODSHOP GENERAL USE
• Purchase User Card
• Do not OPERATE EQUIPMENT alone
• Wear safety goggles, masks and earplugs
• Keep supplies in your locker or take them with you
• Lockers must be labeled with locker card

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

DRYWALL INSTALLATION & REPAIR | $10
Wed, Mar 11 1:00 - 3:30 pm
Learn basics of installing and repairing drywall. Includes use of proper fasteners and accessories required for a smooth finish. “Hands on practice time” covers repairing damaged drywall and how to give drywall a swirled or raised finish. Instrs: Marty M, Virginia H, Karen S

WOMENS WOODSHOP PROJECT | $35
TABLE TOP CLOCK
Wed/Thurs Mar 18 & 19 1:00 - 3:30 pm
Create a classic hardwood Craftsman style clock (7” x 3”) with unique decorative features. Choice of digital clock insert with different colors and Roman or Arabic numerals. Practice skills on tablesaw, bandsaw, drill press, sanding machines. All supplies included.
Instrs: Sharad K, Virginia H

DROP-IN PRACTICE SESSION | $2 Drop In
Wed, Mar 25 1:00 - 3:00 pm
Tips/instruction on projects and Woodshop equipment with instructors available to help you.

WOODSHOP SAFETY CLASS | $15
Tue, Mar 31 6:00 - 8:30 pm
Requirement to obtain a Safety Card to use the Woodshop. Purchase “User Card” for shop use. Sign up in advance to receive Safety Card at class.
Instr: Cliff D.

POTTERY & CLAY CLASSES Pottery Studio

CLAY HANDBUILDING Wed Mar 4 – Apr 8 9:00 am - noon | $70
Use your fingers, hands and simple tools to make useful and decorative items from clay. A variety of project ideas presented. Become acquainted with the clay process, studio tools and equipment. Includes instruction on the slab roller.
Instr: Cherie Hartwick Supplies for clay classes: fee includes glazes and firing; Purchase clay separately at registration desk -- $14 per 25# block.

POTTERY WHEEL Tue, Mar 10 Demonstration for Spring into Action. Watch for future dates in the April Newsletter.

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 Studio
M/TH 1:00 - 4:00 pm $3 Pottery Studio
M/TH 5:00 - 8:00 pm $3 Pottery Studio

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

WOODSHOP

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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

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FRI 1:00 - 3:30 pm $2 Studio 1

NEEDLE ARTS
FRI 1:00 - 3:00 pm $2 Studio 2
MUSIC & MOVIE Auditorium
Wednesday | March 11
6:00 - 8:00 pm

PRESENTING SPONSOR
Aaron Caruso
Auditorium
Thursday | March 19
6:00 - 8:00 pm | $20
BUBLE MEETS BOCCELLI
From fun Italian songs and arias to Broadway and popular music, this great show is not to be missed!

MUSIC: OPC GUITAR GROUP 6:00 - 6:30 pm
Music by legendary recording artist Sixto Rodriguez.

MOVIE: SEARCHING FOR SUGARMAN
Though he faded into obscurity in the US, an early '70's musician known as Rodriguez became a huge hit in South Africa and was widely rumored to have died. Two obsessed fans set out to learn the man's true fate.

SAVE THE DATE
SUMMER SOLSTICE
Soirée
An Evening Garden Affair to Benefit Meals on Wheels at OPC
Friday, June 19, 2020
6:30 p.m.

Presented by
Ascension Providence Rochester
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 prepare for the weather. Please let cashiers know lunch selection at sign-up. Motor coach.
Cancellation fee: $8  |  Deadline Feb 28

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

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

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

MEADOW BROOK THEATRE “FANCY”  NEW  Wed, June 17  12:15 pm - 4:30 pm  |  $59
Inspired by Reba McEntire’s hit recording, FANCY is the story of a young girl turned out of her mother’s house with nothing but her guitar and the clothes on her back who rises to superstardom in the world of country music. But at what cost? Featuring a glorious score of chart-topping, crossover hits including “Mama, He’s Crazy,” “Before He Cheats,” “I Walk the Line,” & many more. Lunch at OPC Dining Room. OPC mini bus.
Cancellation fee: $9  |  Deadline: May 15

PURPLE ROSE THEATRE “A WALK AROUND THE TABLE”  NEW  Wed, June 24  11:00 am - 6:30 pm  |  $91
A romantic comedy about the trials and triumphs of finding true love. Alternating between the past and present, Nonna recounts to her panic-stricken, bride-to-be granddaughter, her own precarious days of courtship. Through humor, mystery, scheming, and pain, we see that while life was different in the old days, when it comes to love, some things will never change. Lunch at Karl’s Cabin. Motor coach.
Cancellation fee: $14  |  Deadline: May 22

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

Purchase tickets by Cancellation Deadline  |  * Not wheelchair accessible
Arrive 30 minutes prior to trip departure and meet in Auditorium
NEW MACKINAC ISLAND  Mon, Oct 12 - Oct 15  8:00 am - 5:00 pm
The Grand Experience is back this year with a 3 night stay at the Grand Hotel. Included is daily full breakfast, nightly 5 course dinners, dancing with the Grand Orchestra, programs such as special cocktail reception, hotel history lectures, kitchen tour, island tour, games and contests, discounts and more. Also included are round trip motor coach and ferry ride, transfers, taxes, baggage handling and gratuities. Triple rooms have 2 double beds with option for a roll-a-way. Please specify rooming situation at check-in. The pre-trip meeting is scheduled for October 6 at 10:00 am in the auditorium. Travel insurance is available for additional cost and not offered through OPC. See cashiers for insurance brochure. Price is per person.
Single: $1231  Double: $931  Triple: $833
Cancellation fee: $100 | Deadline: June 12
Schedule of payments:
Deposit: $250 due at sign-up  2nd payment: $250 due June 12
Balance: Due August 28

DSO CONCERTS on the OPC Mini bus

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, returns by popular demand to perform Mozart’s classics. Lunch on your own afterward at Alex’s in Rochester Hills.
Cancellation fee: $10 | Deadline April 10

DSO POPS Fri, May 15  9:00 am - 3:30 pm | $88
Time travel through the dark cabarets and speakeasies of New York, Paris, Berlin, London and Chicago. Featuring vintage imagery and video, the 1920s in all its decadence with music from Irving Berlin, Edith Piaf, Josephine Baker, and more. Lunch is on your own afterward at Camp Ticonderoga in Troy.
Cancellation fee: $14 | Deadline April 17

Mackinac Island Mon, Oct 12 - Oct 15  8:00 am - 5:00 pm
The Grand Experience is back this year with a 3 night stay at the Grand Hotel. Included is daily full breakfast, nightly 5 course dinners, dancing with the Grand Orchestra, programs such as special cocktail reception, hotel history lectures, kitchen tour, island tour, games and contests, discounts and more. Also included are round trip motor coach and ferry ride, transfers, taxes, baggage handling and gratuities. Triple rooms have 2 double beds with option for a roll-a-way. Please specify rooming situation at check-in. The pre-trip meeting is scheduled for October 6 at 10:00 am in the auditorium. Travel insurance is available for additional cost and not offered through OPC. See cashiers for insurance brochure. Price is per person.
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For trip policies and detailed trip information see the website: www.opcseniorcenter.org

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**Payment Options**

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**Suites:**

- **PayPal**
- **Cash**
- **Check**

**Swim & Billiards**

- **Swim, Drop-in Gym Activities & Billiards**
- **Cardio/Weight Rooms & Open Use for:**
  - **$3 Drop-in Open Swim**
  - **$6 Drop-in Classes**
  - **$2 Drop-in Activities**

**Activity Options**

**Fitness Levels of Intensity:**

1. Beginner
2. Intermediate
3. Advanced
4. 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, Mar 3 - 31** 8:30 - 9:30 am | $27
  - **Fri, Mar 6 - 27** 8:00 - 8:55 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, Mar 2 - 30** 8:00 - 8:55 am | $27
  - **Wed, Mar 4 - 25** 8:00 - 8:55 am | $21
  - **Fri, Mar 6 - 27** 8:00 - 8:55 am | $21

**Muscles in Motion (2-3)**

- **Group Exercise 1** Instr: Cheryl / Dawn
  - A cardio and toning workout for beginners to moderate fitness experience.
  - **Mon, Mar 2 - 30** 9:00 - 9:55 am | $27
  - **Fri, Mar 6 - 27** 9:00 - 9:55 am | $21

**Heart Healthy Fitness (1)**

- **Group Exercise 1** Instr: Dawn K.
  - Essential fitness components are introduced for a beginner’s level fitness experience.
  - **Wed, Mar 4 - 25** 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, Mar 4 - 25** 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, Mar 3 - 31** 1:15 - 2:15 pm | $27
  - **Thur, Mar 5 - 26** 1:15 - 2:15 pm | $21

**Punch Cards Not Accepted | Drop In $10**

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**Fitness Levels of Intensity:**

1. Begin with a chair
2. Beginner
3. Intermediate
4. Advanced
5. Extreme

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**NEW Classical Ballet (2-3)**

- **Group Exercise 1**
  - Discover the beauty and grace of classical ballet. This class is perfect for beginners as well as experienced dancers. You will learn about music, movement, coordination, proper alignment, and ballet terminology. The focus will be on basic barre exercises as well as center work.
  - **Wed, Mar 4 - 25** 12:30 - 1:30 pm | $32
  - **Instr: Karen**
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, Mar 2 - 30 10:00 - 10:50 am | $21  
Instr: Dawn K.  
Fri, Mar 6 - 27 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, Mar 2 - 30 11:25 - 12:25 pm | $27  
Group Exercise 2  Instr: Dawn K.  
Fri, Mar 6 - 27 11:30 - 12:30 pm | $21  
Group Exercise 1  Instr: Dawn K.

TONE, STRETCH, & BALANCE (1)  
Group Exercise 2  
Class for those dealing with MS or recovering from a stroke. Balance, strength and flexibility will be addressed. Standing and seated exercises. Those who need to sit through the class are welcome.
Tue/Thur Mar 3 - 31 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, Mar 2 - 30 10:30 - 11:30 am | $27  
Instr: Leah B.  
Tue, Mar 3 - 31 7:05 - 8:05 pm | $27  
Instr: Leah B.  
Wed, Mar 4 - 25 1:45 - 2:45 pm | $21  
Instr: Fabiola  
Wed, Mar 4 - 25 6:30 - 7:30 pm | $21  
Instr: Leah B.  
Fri, Mar 6 - 27 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, Mar 3 - 31 10:45 - 11:30 am | $21  
Instr: Robin I.  
Tue, Mar 3 - 31 5:15 - 6:00 pm | $27  
Instr: Robin I.  
Thur, Mar 5 - 26 10:45 - 11:30 am | $21  
Instr: Robin I.

CIRCUIT TRAINING (3 - 4)  
Group Exercise 2  
High energy 60 minute class incorporating stations, alternating between weight training and cardio.
Mon, Mar 2 - 30 12:30 - 1:30 pm | $27  
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, Mar 3 - 31 9:30 - 10:30 am | $27  
Instr: Dawn K.

PIATES 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, Mar 2 - 30 9:00 - 10:00 am | $27  
Instr: Dawn K.

Pilates Beginning (2)  
Group Exercise 2  
Get started learning various Pilates techniques from standing and floor positions.
Wed, Mar 4 - 25 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, Mar 2 - 30 7:00 - 7:50 am | $27  
Instr: Peg G.  
Wed, Mar 4 - 25 7:00 - 7:50 am | $21  
Instr: Peg G.  
Fri, Mar 6 - 27 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, Mar 3 - 31 2:20 - 3:20 pm | $40  
Instr: John M.  Drop-in: $10  
Fri, Mar 6 - 27 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.
Thu, Mar 5 - 26 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, Mar 3 - 31 4:00 - 4:50 pm | $21  
Instr: Emily B.
Fitness & Aquatics

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

BOX FIT 101 (3)  Gym
A non-contact boxing class where you learn the basics. Using speed bags, heavy bags, and weights, participants engage in circuit training and drills. Build cardiovascular endurance and increase strength and balance. Bring your own boxing gloves and hand wraps.
Thur, Mar 5 - 26  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, Mar 5 - 26  12:00 - 1:00 pm  |  $24
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, Mar 5 - 26  1:00 - 2:00 pm  |  $24
Instr: Carol S.

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

Group Exercise 2
Wed, Mar 4-25  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 Mar 3-31  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.
Thur, Mar 5 - 26  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, Mar 5 - 26  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

INDOOR GOLF SERIES - (Part 3 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, Mar 16  9:00 am - 10:30 am  |  $15 per session

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
Tue, Mar 3 - 31  7:30 - 8:30 am  |  $75
Instr: Dawn K.

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.

For Information: 248.608.0278

For Information: 248.608.0278
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, Mar 4 - 25  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, Mar 2 - 30  12:45 - 1:45 pm | $27  
Instr: Norma B.  
Wed, Mar 4 - 25  12:45 - 1:45 pm | $21  
Instr: Kim D.  
Fri, Mar 6 - 27  11:30am - 12:25pm | $21  
Instr: Carol S.

Basic Yoga (1-2)  Group Exercise 1  
Calm and gentle practice with traditional movements. Bring a yoga mat to class.  
Mon, Mar 2 - 30  2:00 - 3:00 pm | $27  
Instr: Norma B.  
Sat, Mar 7 - 28  9:00 - 10:00 am | $16  
Instr: Kay G.

Slow Flow Yoga (2)  Group Exercise 1  
Emphasis on movement and energy. Bring a yoga mat & blanket.  
Tue, Mar 3 - 31  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.  
Thr, Mar 5 - Apr 23  11:45 am - 12:45 pm  
Instr: Tracy F.  Cost: $64  Drop-in $10

Yoga (3)  Group Exercise 1  
Recommended for those with yoga experience. Bring a yoga mat and blanket.  
Tue, Mar 3-31  11:35 am - 12:50 pm | $40  
Instr: Laura L.  Drop-in $10

Punch Cards will not be accepted

STRENGTHEN YOUR BONES
Start improving your overall physical fitness with these strength training classes.  
Beginning (2)  Group Exercise 2  
Thr, Mar 5 - 26  1:10 - 2:00 pm | $16  
Instr: Dawn K.

Intermediate (3)  Group Exercise 1  
Tue/Thr Mar 3 - 31  10:30 - 11:25 am  
Instr: Carol S.  | $48

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

STRENGTH & STRETCH FOR PARKINSON’S (1-2)  Group Exercise 2  
Designed for those diagnosed with Parkinson’s Disease. Improve balance, coordination, endurance and strength. Chairs and standing work included.  
Tue, Mar 3 - 31  12:15-1:00 pm | $27  
Instr: Dawn K.

GYM activities

VOLLEYBALL LEAGUE
Two levels of Volleyball are played year round: A Division Tuesday and the B Division “social” Thursday. Both leagues start in May & November. Neither of our leagues are considered “beginner”.

For info, call Gloria at: 248.375.2793 or email gloriawolken@wowway.com

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

GYM drop-in activities

TABLE TENNIS  M/W/F  1:00 - 4:00 pm  
M/W/F  2:00 - 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

CYCLING classes

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

NEW WALKING WEDNESDAYS
Meet in the Lobby
Wed, Mar 4 - 25 @ 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, 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!
A one-hour introduction to the basics of the game. Upon completion, stay for Beginner/Mentor games from 10:30 - 11:30 am.

**Mentor Games**

Wed 9:30 - 10:30 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>
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<tbody>
<tr>
<td>Mon 1 - 4:00 pm</td>
<td>Mon 4 - 6:00 pm</td>
<td>Mon 9 - 11:00 am</td>
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<td>Tue 1 - 4:00 pm</td>
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<td>Fri 6 - 8:30 pm</td>
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<td>Fri 1 - 4:00 pm (Ct 3 &amp; 4)</td>
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<tr>
<td>Sat 2 - 4:00 pm</td>
<td>March 31</td>
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</tbody>
</table>

**Advanced Practice**  
Group A - Thur, Mar 5 - 26  
12:00 - 2:00 pm  
$32

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

**Leagues & Clinics in Session**  
Fri, Jan 10 - Mar 13  
8:00 am - 12:30 pm  
$35

(*Feb 28 7:00 - 11:30 am) All Level Ladder

**Round Robin**  
Tue, Jan 7 - Mar 10  
6:00 - 8:30 pm  
$35

**Speed Pickleball Tournament**  
Fri, Mar 27  
9:00 - 11:30 am  
$5

Compete in ten “7 minute rounds” with multiple partners to produce an overall winner. Max: 16

**Pickleball Skills & Drills**  
Thur, Mar 5 - 26  
2:00 - 4:00 pm  
$40

For beginner-intermediate ability, with knowledge of the rules and some playing experience. Focus on improving basic skills. OPC reserves the right to direct you to the appropriate level (1 or 2) in order to achieve similar ability levels with the group. PRE-REGISTRATION ONLY.

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**Softball Practice Drop In**

Mon | Mar 2 - 30 | 11 am - 12 pm | $2 Drop In | Gym

**Karate Club (3-4)**

Group Exercise 1  
Practice Tang Soo Do Karate and improve coordination, strength, and flexibility while learning self defense techniques. Advance through lessons and even test for belts. This class is progressive in nature, participants may drop in to join at anytime!

Sat, Mar 7-28  
10:00 - 11:30 am  
$21  
Instr: Paul F.

**Aquatic Core**

The Core (2)

Strengthen your core through a series of new, creative and challenging moves. Exercises can be done in the shallow, or deep end of the pool. All are welcome.

Fri, Mar 6 - 27  
8:00 - 8:50 am  
$20  
Instr: Deb B.

Core Strength (1)

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

Mon/Wed | Mar 2 - 30  
8:00 - 8:50 am  
$45  
Instr: Margaret/Robin

Tue/Thur | Mar 3 - 31  
1:30 - 2:20 pm  
$45  
Instr: Jeannie L.

Advanced Core Strength (2-3)

Continue to strengthen your abdomen and back with this advanced core workout. Move through the water using resistance and balance. Recommended for those who have taken Core Strength.

Tue/Thur | Mar 3 - 31  
7:00 - 7:50 am  
$45  
Instr: Peg G.

**Aquatic Healthy Joints**

Beginning (1)

Slow and controlled movements, providing full range of motion in major joints and muscles. Beneficial for people with arthritis and those recovering from an injury.

Mon/Wed | Mar 2 - 30  
1:00 - 1:50 pm  
$45  
Instr: Susan O./Robin I.

Tue/Thur | Mar 3 - 31  
10:00 - 10:50 am  
$45  
Instr: Harlene C./ Margaret A.

Advanced (2)

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

Mon/Wed | Mar 2 - 30  
12:00 - 12:50 pm  
$45  
Instr: Susan O./Robin I.

Tue/Thur | Mar 3 - 31  
5:00 - 5:50 pm  
$40  
Instr: Jeannie L.

**Aqua Yoga (2-3)**

Enjoy the peaceful harmony between the benefits of yoga and the warm water atmosphere of the pool. Improve breathing capacity, posture, stress reduction, balance and joint mobility. Designed for any level participant.

Wed, Mar 4 - 25  
5:40 - 6:30 pm  
$15  
Instr: Carol S.
AQUA ZUMBA (2-3)  
Focus on cardio-conditioning and body toning. Ideal for those with arthritis or anyone recovering from a joint injury. Build strength and stability in joints. Remember to drink plenty of water before and after class.  
**Mon, Mar 2 - 30**  6:30 - 7:20 pm | $20  
**Instr:** Fabiola

**LIQUID BOOT CAMP (3)**  
Wake up with water, perk up with Peg! A great way to start your day!  
**Sat, Mar 7 - 28**  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, Mar 2 - 30**  2:00 - 2:50 pm | $25  
**Instr:** Robin I.  
**Fri, Mar 6 - 27**  2:00 - 2:50 pm | $20  
**Instr:** Robin I.  
**Intermediate (2)**  
**Tue, Mar 3 - 31**  2:30 - 3:20 pm | $25  
**Instr:** Fabiola  
**Advanced (3)**  
**Wed, Mar 4 - 25**  2:00 - 2:50 pm | $20  
**Instr:** Rob 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 Mar 2 - 30**  8:00 - 8:50 am  
**Instr:** Deb B. / Margaret  $45  
**Fri, Mar 6 - 27**  8:00 - 8:50 am  
**Instr:** Robin  $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

**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  
**Thu, Mar 5 - 26**  7:00 - 7:45 pm | $20

**NEW 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

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**MAKING WAVES (1-2)**  
Complete body workout involving strength, endurance and tone, using power movements through water.  
**Tue/Thur Mar 3 - 31**  9:00-9:50am | $45  
**Instr:** Harlene C./ Susan O.

**AQUA FIT (2-3)**  
Working at high and low energy levels to build strong hearts, tone muscles, and improve your endurance.  
**Tue/Thur Mar 3 - 31**  10:00-10:50am | $45  
**Instr:** Margaret A. / Susan O.

**REFLEXOLOGY**  
**THURSDAY, MARCH 19**  
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.

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**Contact Information**  
Aquatic Desk: 248-608-0293  
Pool Manager: 248-608-0295

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

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

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

**Fitness Challenge H2O**  
A great way to start your day!  
**Sat, Mar 7 - 28**  8:00 - 8:50 am | $15  
**Instr:** Peg

**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, Mar 2 - 30**  9:00 - 9:50 am | $25  
**Instr:** Debbie B.  
**Wed, Mar 4 - 25**  9:00 - 9:50 am | $20  
**Instr:** Debbie B.  
**Fri, Mar 6 - 27**  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

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**General Information**  
**Pool Hours**: 78 - 83° F  
**Making Waves (1-2)**  
Complete body workout involving strength, endurance and tone, using power movements through water.  
**Tue/Thur Mar 3 - 31**  9:00-9:50am | $45  
**Instr:** Harlene C./ Susan O.

**Aqua Fit (2-3)**  
Working at high and low energy levels to build strong hearts, tone muscles, and improve your endurance.  
**Tue/Thur Mar 3 - 31**  10:00-10:50am | $45  
**Instr:** Margaret A. / Susan O.

**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, Mar 2 - 30**  6:30 - 7:20 pm | $20  
**Instr:** Fabiola

**Liquid Boot Camp (3)**  
Wake up with water, perk up with Peg! A great way to start your day!  
**Sat, Mar 7 - 28**  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, Mar 2 - 30**  2:00 - 2:50 pm | $25  
**Instr:** Robin I.  
**Fri, Mar 6 - 27**  2:00 - 2:50 pm | $20  
**Instr:** Robin I.  
**Intermediate (2)**  
**Tue, Mar 3 - 31**  2:30 - 3:20 pm | $25  
**Instr:** Jeannie L.  
**Advanced (3)**  
**Wed, Mar 4 - 25**  2:00 - 2:50 pm | $20  
**Instr:** Rob 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 Mar 2 - 30**  8:00 - 8:50 am  
**Instr:** Deb B. / Margaret  $45  
**Fri, Mar 6 - 27**  8:00 - 8:50 am  
**Instr:** Robin  $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

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**Reflexology**  
**Thursday, March 19**  
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.
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.

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 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.

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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.

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

ASK THE 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. Nurse not in March 16.

ASK THE ORTHOPEDIC DOCTOR
Dr. Maibauer   Tue, Mar 10 & 31   9:00 - 11:00 am

ASK THE RESIDENT  Wed, Mar 4 - 18   9:30 - 11:00 am
A resident from the Rochester Academic Family Medicine Practice at Ascension Providence Rochester Hospital will be available to answer health concerns or questions

ASK THE PRIMARY CARE DOCTOR
Dr. Hull   Fri, Mar 13   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

Register and pay at Cashiers Desk   248.608.0251 | 248.659.1029

BONE DENSITY SCREENING Fri, Mar 6   9:00-11:00 am
Registered nurse will SCREEN for bone dMar 6 & discuss results in 15 minutes. This is not a diagnostic test. For women only. Cost: $2

HEARING TESTING & HEARING AID CLEANING
Tue, Mar 10   Appts   9:30 am - 12:00 pm
Hearing screening, baseline hearing test by Hart Medical Equipment Audiologist. Make appt at cashier’s desk. Cost: $2

CAN’T REACH THOSE TOENAILS?  Wed, Mar 18   Appts 1:00 - 5:00 pm
Dr. Husain, DPM, will be performing diabetic foot checks, cutting and filing of toenails, inspecting other abnormalities of the feet and routine foot checks. PLEASE BRING YOUR INSURANCE CARDS AND DRIVER’S LICENSE. Dr. Husain will be billing your insurance company.
Cost: $2 (Holds Appointment)

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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.

MORE OPC NEWS YOU CAN USE!

TIMESLIPS *
Auditorium
Wednesday | March 11 | 10:00 - 11:00 am

DO YOU KNOW A SENIOR WHO IS UNDERCONNECTED EXPERIENCING ISOLATION OR ONSET DEMENTIA?
Learn how to CREATE an experience with a TIMESLIPS ENGAGEMENT PARTY
Andrew will provide an informative presentation on what this experience can do to improve the quality of life for the senior in your life.
Come learn and schedule A TimeSlips Engagement Party today!

THE OPC IS HERE TO HELP YOU TO BE COUNTED IN 2020!
March through April
Every Wednesday
9:00 am - Noon
March 4 - April 29
Fully Trained staff and volunteers will be available to assist members in completing their 2020 Census forms in the PC Computer Lab.
Transportation will be available to assist homebound seniors in Rochester, Rochester Hills and Oakland Township.
### March

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

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

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>Baked Potato</td>
<td>Garlic Mashed Potatoes</td>
<td>Brussel Sprouts</td>
<td>Beef Stroganoff</td>
<td>Key West Vegetable</td>
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<tr>
<td>Prince Charles Blend</td>
<td>Romaine Garden Salad</td>
<td>Italian Blend Vegetable</td>
<td>Egg Noodles</td>
<td>Garden Salad</td>
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<tr>
<td>Tapioca w/Pineapple</td>
<td>Four-Fruit Salad</td>
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<td>French Cut Green Beans</td>
<td>Apricots</td>
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<td></td>
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<td>Peach Halves</td>
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<tr>
<td>Oven Roasted Potatoes</td>
<td>Sliced Potatoes</td>
<td>Broccoli Cuts</td>
<td>Sugar Snap Peas</td>
<td>Carrots</td>
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<tr>
<td>Parsley Carrots</td>
<td>Peas</td>
<td>Garden Salad</td>
<td>Orientation Blend</td>
<td>Romaine Garden Salad</td>
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<td>Breadstick</td>
<td>Garden Salad Prunes</td>
<td>Fruit Cocktail</td>
<td>Mandarin Orange Salad</td>
<td>w/Garbanzo Beans</td>
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<td>Pear</td>
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<td>Vegetable Roll</td>
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<td>Fruit Medley</td>
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<tr>
<td>Brown Rice</td>
<td>Oven Roasted Potatoes</td>
<td>Creamy Cole Slaw</td>
<td>Cole Slaw w/Green Pepper</td>
<td>Oven Roasted Potatoes</td>
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<tr>
<td>Green Beans</td>
<td>Asparagus</td>
<td>Peach Slices</td>
<td>German Potato Salad</td>
<td>Capri Blend</td>
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<tr>
<td>Romaine Garden Salad</td>
<td>Creamy Cole Slaw</td>
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<td>Sauerkraut</td>
<td>Orange</td>
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<tr>
<td>Breadstick</td>
<td>Peach Slices</td>
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<td>Red Apple</td>
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<tr>
<td>Whole Beets</td>
<td>Oven Roasted Potatoes</td>
<td>Romaine Garden Salad</td>
<td>Chickpea Salad</td>
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<tr>
<td>Romaine Garden Salad</td>
<td>Cabbage Pineapple Slaw</td>
<td>w/Garbanzo Beans</td>
<td>Three Bean Salad</td>
<td>V8 Juice</td>
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<tr>
<td>w/Garbanzo Beans</td>
<td>Green Peas</td>
<td>Red Grapes</td>
<td>Orange</td>
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<td>Fruit Salad</td>
<td>Pear</td>
<td>Dinner Roll</td>
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<td>Plums</td>
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<td>Corn Muffin</td>
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<td>30. Salisbury Steak</td>
<td>31. Oven Baked Fish</td>
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<tr>
<td>Parsley Potatoes</td>
<td>Herb Diced Potatoes</td>
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<tr>
<td>Roasted Brussel Sprouts</td>
<td>Normandy Vegetable Blend</td>
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<tr>
<td>Garden Salad</td>
<td>Whole Wheat Bread</td>
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<tr>
<td>Peach Crisp</td>
<td>Fresh Fruit Salad</td>
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**BIRTHDAY LUNCH**

**Thursday, March 5 | 11:45 am - 12:30 pm**

Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Wednesday, March 4

Please call 248-656-1403 Ext. 0.
TRANSPORTATION

Bus service for persons 60+ and disabled adults residing in Rochester, Rochester Hills and Oakland Township to medical, dental, personal appointments, shopping or activities at OPC.

Hours of Service:
- Monday - Friday: 8:15 am - 4:30 pm
- Saturday: 9:00 am - 4:00 pm
- Sunday: Church services only

Cost: $2 per ride each way (includes aides and unscheduled caregivers)

Riders can pay the driver with exact change or with a token
A token package is available - 11 tokens for $20, with a 10% savings

There are three ways to purchase tokens:
1. **OPC Cashier Counter** - using cash, check or credit card.
2. **Purchase from the driver** a packet of 11 tokens for $20 - Exactly $20 cash or check only. The drivers will not be authorized to make change.
3. **Mail a check to:** Cashiers, 650 Letica Drive, Rochester, MI 48307 (in memo line include your name and “Bus Tokens”) - Tokens will be mailed to you or delivered by a driver.


MEET THE ELECTED OFFICIALS

- **MAYOR BRYAN BARNETT** - Roch Hills
  Mon, Mar 2 10:00 - 11:30 am Dining Room

- **MAYOR STUART BIKSON** - Rochester
  Wed, Mar 18 4:30 - 5:30 pm Rewold Library

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

---

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2:00 - 4:00 pm
$10 Admission

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Cashier’s Hours
Monday through Friday
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Late Night
Tuesday, March 10
8:30 am - 7:00 pm

CONTACT INFORMATION
General Information
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Transportation
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Cashier’s Office
248.608.0251
248.659.1029

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