OPC Operating Millage Renewal

We need YOUR help to keep seniors healthy and independent!

Don't forget to VOTE ON AUGUST 4!
Election day is August 4th and funding for OPC is on the ballot. As free Americans, we once again get to choose the initiatives that we want to support and who will represent and lead our communities. Visionaries are rare. Yet America was built by people who have the vision to imagine the future and then do something to create it! Thirty-seven years ago, the Older Persons’ Commission (OPC) was established when voters approved an operational millage to fund a senior center where elders would be valued, respected, secure and able to maintain their vitality. This new center would provide nutritious meals, transportation, companionship, and engaging activities all under one roof for residents of Rochester, Rochester Hills (formerly Avon Township) and Oakland Township.

Marye Miller led this visionary charge! Originally hired as a bus driver in 1972, she eventually became the Executive Director, expanding the programs and services for the seniors. By working together with influential community members; Earl Borden, Thelma Spencer and others, the millage vote passed and the Older Persons’ Activity Center officially opened in July of 1984 in the former Woodward Elementary School. The membership grew along with the activities offered and eventually the school building was busting out of the seams with activity.

In the early 2000’s a bond issue was passed and by working with the councils and community leader’s architectural plans were drawn up and our current 90,000 sq. ft facility was built with Roy Rewold at the helm. The official move in day was November 15, 2003. From then to now the programs and services have grown to promote the health and wellness of seniors.

Voting has long been viewed as an important civic duty. On August 4th, “We the people” will again choose what is important to us. Your right to be heard in this free and democratic system has been defended by Americans before us. Let your voice be heard!

Renee Cortright

Additional information on the Operational Millage can be found on the Website homepage.

THE
“NO SHOW”
SUMMER Soirée to benefit Meals on Wheels

We aren’t able to gather in person this year, but there is still a way to support OPC’s Meals on Wheels program. Will you please join our generous sponsors in making a tax-deductible donation in support of Meals on Wheels?

Each of these organizations recognize that even without a gathering, it’s important to support seniors who rely on Meals on Wheels. 100% of the donations will go to this essential program.

To make a donation or for more information, please contact Colleen Burtka at (248) 659-1034 or cburtka@opcseniorcenter.org
We’re so grateful to enjoy the continued support of our wonderful local community. Businesses and individuals alike have stepped in and stepped up in support of seniors at a time when it’s more important than ever. The “Love Local” movement has been extended to local seniors, and OPC appreciates this generosity and consideration.

- 100 Faithful Friends made an incredibly generous $9,500 donation in support of Meals on Wheels. Linda Wilcher nominated the program, which the group then selected as their charity of choice.
- The Rochester Hills Kiwanis generously donated to Meals on Wheels.
- The Rochester Lions Club made significant donations in support of both Meals on Wheels and Transportation services.
- The Danish Old Peoples Home donated towards Meals on Wheels, Transportation and Adult Day Service.
- Pixley Funeral Home once again hosted ‘Shred It Day’ at OPC, and almost 300 people dropped off their documents for shredding, and raised $872 in the process!
- OPC member Chris Lapree made and donated a whole supply of masks to help keep staff and volunteers safe.
- Every corporate partner and sponsor of the annual Summer Soiree has agreed to convert their sponsorship of the postponed event into a contribution towards Meals on Wheels. This incredible gesture ensures that the impact of the Soiree continues uninterrupted.

#InThisTogether

“Alone we can do so little; together we can do so much.”

*Helen Keller*

For more information on how you can support the OPC, please contact:

Colleen Burtka
248.659.1034
cburtka@opcseniorcenter.org
RESILIENCE...It’s Always a New Day and it begins in your Mind"  
Presented by “Andi” Linda Champman, licensed RN, CSP

Wednesday, August 19 at 10:30 am

Making the best of each day! Learning and believing that your mindset can transform your world is your responsibility, and a gift we can give to ourselves, even in the most trying times.

WHERE ARE WE?

GUESS WHERE THE PHOTO WAS TAKEN

Can you guess where this photo was taken? Of course you can! We will post a new photo of a prominent landmark located in Rochester, Rochester Hills, or Oakland Township every Thursday in July on the OPC Website & Facebook pages. All you have to do is guess where the photo was taken. We will choose One WINNER each week!

Prizes provided by: Town Village Sterling Heights

MOBILE: Where’d You Go, Bernadette (PG-13)

Virtual Netflix Movie Critic Meet-up!

A loving mom becomes compelled to reconnect with her creative passions after years of sacrificing herself for her family. Her leap of faith takes her on an epic adventure that jump-starts her life and leads to her triumphant rediscovery.

Watch the movie on Netflix in the comfort of your own home. Then, become the critic and meet-up with us on zoom to discuss. Of course, you are welcome to just come and listen until you feel comfortable to offer your own opinions.

Friday, Aug. 28 | 1:00 pm

A Netflix movie pick of the month

AUGUST Virtual BOOK CLUB

The Rosie Project  
by Graeme Simsion

Funny, charming and heartwarming, this is a gem of a novel about a rather awkward university professor’s search for love.

Read the book and join us on Zoom to share your thoughts.

Tuesday, Aug. 25  
1:00 pm
AFTER REGISTERING, YOU WILL RECEIVE A CONFIRMATION EMAIL CONTAINING DETAILS ABOUT THE PROGRAM YOU ARE JOINING.

**Virtual ENRICHMENT & ARTS AND CRAFTS**

**ASK the DOC | ZOOM PRESENTATION AND Q&A SERIES**

**INFO**

**FACING DEMENTIA - Part 2**

**Tuesday, August 18 | 7:00 pm**

Certified Dementia Practitioner, Annette Werner, will share an in-depth presentation bringing you practical information and guidance on this personal topic through a virtual presentation with Q & A. Dr. Steven Hardy, Neurologist will also make an appearance and be available for questions!

**MINDFUL MONDAY’S**

**Mondays in August | 10:30 - 11:30 am**

Join Jan Miller, LPC, for an hour of guided meditation each week revolving around a specific discussion topic. Topics include Hope During Challenging Times, Relaxation Breathing, and Building Resilience for a Peaceful Life. Give yourself the gift of well-being while learning to be your best self!

**BrainStorm**

**A Workout for the Mind**

**IOG/Wayne State University**

**Virtual Learning Lecture**

**The Power of Sleep**

**Thursday, August 20 at 1:00 pm**

Created by the Institute of Gerontology in collaboration with faculty researchers, participation in the interactive BrainStorm workshops will increase knowledge about brain health and provide skills to maintain and improve cognitive function.

**Rewired not Retired Virtual Presentation**

**UNDERSTAND THE NEW MICHIGAN AUTO REFORM LAW**

**Tim Crawford, The Crawford Insurance Group President**

**Wednesday, August 19 at 1:00 pm**

- Is this the right time to change your Personal Injury and Bodily injury auto insurance coverages?
- Will this create a financial risk for your family?
- What will we see in the future from auto-reform 2020?
**Lifelong Learning**

**Learn easy conversational phrases in different languages!**

Have you ever considered learning a new language? Maybe that’s just a little bit too much to tackle right now. How about considering getting comfortable with just a few common words or phrases? You can do it! And, you will thank yourself in the long run – maybe even in a different language.

**LEARN EASY CONVERSATIONAL PHRASES IN FRENCH**

*Bonjour!*  
Thursday, August 13 | 2 pm  
**FRENCH CONVERSATIONAL GROUP**  
Friday, August 7 & 21 | 11:00 am - noon

**LEARN EASY CONVERSATIONAL PHRASES IN GERMAN**

*Hallo!*  
Thursday, August 27 | 2:00 pm  
**GERMAN CONVERSATIONAL GROUP**  
Friday, August 7 & 21 | 1:00 - 2:00 pm

**Managing GRIEF in a PANDEMIC**

*Wednesday*  
August 26 | 1:00 pm  
Interactive virtual meeting led by OPC’s own Harvey Bennett, Certified Grief Counselor. Learn about managing grief and loss during the COVID-19 pandemic.

**MONDAY with the MAYOR**

*August 3*  
Visit the OPC Website or Facebook Page and click on Mayor Barnett’s special message to OPC members.

**TECHNOLOGY virtual meetings & programs**

**EXCEL FOR EVERYDAY LIFE** - Monday, August 10 | 2:00 pm

**MAC ENTHUSIASTS GROUP** - Thursday, August 6 & 20 | 10:30 am

**COMPUTER CLUB** - Tuesdays in August | 11:00 am - 1:00 pm  
Computer Club sponsored by: Pomeroy Living

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**Using ZOOM**

- Register for all Zoom meetings in advance by clicking on the link on the OPC website or Facebook page.
- Join the Zoom meeting by clicking the Zoom link that was sent to you in the confirmation email.
- If you are using a tablet or smartphone, download the Zoom App ahead of time.
- If you are joining by telephone, dial the phone number provided in the Zoom email and enter other provided information when prompted.
- The meetings will start on time so please connect 10-15 minutes early to ensure you are successfully connected prior to the starting time.
- Remember, unless you mute your microphone, what you say can be heard by everyone!

**Using Zoom is EASY! If you have any questions, contact Marianne McCauley mmccauley@opcseniorcenter.org | 248.608.0263**
Virtual FITNESS with OPC's Lisa Chavis

CARDIO & CORE

Let’s get that heart rate up!
Interval training using your own body weight to work on core muscles while also working the cardiovascular system.

Mondays: Aug. 3 - 31 | 9:00 am
Register once and join us every Monday in August

BALANCE & COORDINATION

Functional training folks!
We will work on mind to muscle, proprioception and gait.

Wednesdays: Aug. 5 - 26 | 9:00 am
Register once and join us every Wednesday in August

STRETCH & STRENGTHEN

Do you stretch enough?
Utilizing hand weights, bands and misc household items we will strengthen the entire body. Then relax with a stretch focused on the body as a whole.

Tuesdays: Aug. 4 - 25 | 9:00 am
Thursdays: Aug. 6 - 27 | 9:00 am
Register once and join us every Tuesday & Thursday in August

NEW!! Stay Creative "ART to GO" Projects at Home

View Arts & Crafts Project demonstrations and get creative at home with curbside pick-up Arts and Crafts Kits which include everything you need to successfully complete the project.

August 11: LAVENDER FLOWER MASON JAR PAINTING PROJECT
Learn painting and distressing techniques while creating a lovely lavender Mason Jar craft.

August 25: GARDEN ART OWL
Create this whimsical creature for your garden using repurposed glass and other found objects.

Project video links on the OPC Website and OPC YouTube Channel
Order your “Art to Go” Project Kit
$15.00 each
Call: 248-608-0251
You will receive a follow-up call regarding curb side pick-up details.
Order as many as you like...
FUN for the whole family!
Outdoor Programs ENRICHMENT

HOW TO REGISTER: All outdoor programs are located in the patio garden tent. Members are required to register for the class or program series ahead of time through My Active Center (OPC website) or by calling the cashiers at 248.659.1029 on Tue. & Thurs. 9 am - 2 pm. No drop-in's or passes. See Outdoor Program Guidelines on page 13.

BINGO Pizza Party

Wed, August 26 | 10:00 am - noon | $8

8 Games with up to 4 BINGO cards per player

Pizza and Refreshments
Limited Seating - Register today!

FINANCIAL FRIDAY

Securing and Preserving Your Retirement Strategy
Accumulation, Distribution, Legacy

(Same as July - rained out)

Friday, August 14 | 1:00 pm

VETERANS CONNECTION BREAKFAST

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

Wednesday, August 12
10:00 am - noon

Presenting Sponsor: Breakfast Sponsor:

Registration required - Limited number

Social Distance SOCIAL HOUR

Monday, August 24 | 2:00 pm | $5

Enjoy a Sparkling White Grape Juice and Pineapple Spritzer while catching up with friends!

Registration required - Limited number

Kentucky Pre-Derby Party

Save the Date
Thursday, September 3

SPONSORED BY:

Pizza and Refreshments
Limited Seating - Register today!

SPONSORED BY:

SPONSORED BY:

SPONSORED BY:
**DANCE & MUSIC**

**Drum Circle with Rizal**  
Thursday, Aug. 20 & 27 | 2:00 – 3:30 pm | $10 for 2 sessions  
Outdoor Patio - Must have own instrument

**Guitar Group**  
Tuesday, Aug. 4, 18 & 25 | 1:30 – 3:30 pm | $5 for month  
Outdoor Patio - Must have own instrument

**Ukulele Fun**  
Wednesday, Aug. 5 - 26 | 3:00 – 4:30 pm | $5 for month  
Outdoor Patio - Must have own instrument

**Line Dance with Carol**  
Monday, Aug. 3 - 31 | 1:00 – 2:00 pm | $25 for month  
Main Entrance Portico

Registration required  
Limited number

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**LATE BLOOMERS**

**GARDENING GROUP**

**Wednesday’s | 9:00 am | OPC Garden**

with Detroit News Garden Writer  
Nancy Szerlag

The beautiful gardens and atrium at OPC are the work of this dedicated group.  
If you love to garden, please join them!

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**TERRIFIC TUESDAY presents . . .**

**Matt Ball aka: The Boogie Woogie Kid!**

**Tuesday, August 11 | 11:00 am - 1:00 pm | $12**  
Outdoor Patio Garden under the Tent

Lunch | Refreshments | Live Concert

Registration required ~ Limited number

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**WOMEN’S LUNCHEON - Learn About Butterflies in the Garden**

Presented by: Sandy Niks and Mary Ellen VanSlembrouck  
Thursday, August 27 from 11:00 – 1:00 pm | $12

Want to have butterflies in your garden? Learn about the plants that attract these winged beauties to your yard and the fascinating life cycles of some of your favorite butterflies.

Fresh & Delicious Lunch | Refreshments  
Presentation & Butterfly Display

Registration required  
Limited number

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Register for all Outdoor Programs with MyActiveCenter or call 248.659.1029 Tues. & Thurs. 9 am - 2 pm
Outdoor Fitness Classes

RISE & SHINE w/Peggy
Mondays, Wednesdays and Fridays | 7:00 am
Session 1 - Aug. 3 - 14 | 6 classes $30
Session 2 - Aug. 17 - 28 | 6 classes $30
Formerly Advanced Strength and Balance. The movements taught will focus on specific exercises to improve strength and balance while using body weight and/or resistance equipment (weights, bands, balls). This class is suitable for mid to advanced fitness levels.

STRENGTHEN YOUR BONES w/Robin
Mondays | 4:00 pm | 4 classes $20
This class focuses on muscle, bone and balance strengthening to improve your overall physical fitness. Bring a mat.

BEGINNING TAI CHI – WU STYLE w/John
Tuesdays | 4:00 pm | 4 classes $20
Fridays | 10:00 am | 4 classes $20
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.

SUNRISE YOGA w/Kay
Tuesdays | 7:00 am | 4 classes $20
Thursdays | 7:00 am | 4 classes $20
Get an enjoyable start to your day with the benefits of yoga outside. Yoga moves combined with breathing techniques to strengthen the muscles and relieve stress. Bring a mat and towel.

MUSCULAR ENDURANCE w/Fabiola
Tuesdays and Thursdays | 8:30 am | 8 classes $40
Keep your bones healthy and strong, and help increase your energy levels. This 45 minute workout will focus on weights with repetition. Participate at their own pace.

STRETCH & BALANCE WITH A YOGA INFLUENCE w/Kim
Wednesdays | 8:30 am | 4 classes $20
This hour long class begins with 10-12 minutes of relaxation and warm up exercises done while seated in a chair. We'll spend 30 minutes doing strength, cardio & balance exercises standing near our chairs. The chair is useful for balance or if you begin to feel fatigued. The final 15 minutes are spent seated. We'll concentrate on abs and stretch out the muscles worked. The final 5 minutes is a guided meditation to relax you completely.

Try out OPC’s Adult Fitness Park!

For assistance or questions on the Fitness Park equipment contact:
Matt Spierling 248.659.1021

All classes begin Aug. 3 and end Aug. 28
No Drop-in's or Punch Cards
Weights & Bands Provided
See page 13 for Outdoor Program Guidelines
# Outdoor Programs

## ART in the GARDEN

### WATERCOLOR
**with Pete Snodgrass**
Practice your watercolor skills with guidance from an expert instructor. All levels welcome. Bring your own subject matter or follow along with a subject provided. Supplies not included. Sign up for one session or both.

- **Wed. August 5** | 10:00 am - noon | $10
- **Mon. August 10** | 10:00 am - noon | $10

### MOSAIC TILE CLASS
**with Mary Gilhuly**
Learn cutting, gluing and grouting techniques to create a mosaic masterpiece. Theme is “Follow Your Path,” a lovely contemporary design. Complete a 6” x 6” tile with some color variations. All supplies included.

- **Thur. August 6** | 10:00 am - noon | $35

### CREATE A DERBY HAT FACINATOR
**with Rachelle Willnus**
Express your own personality and let yourself show! The Kentucky Derby is all about the hat. Students leave with their own unique Derby hat. All supplies included.

- **Thur. August 13** | 10:00 am - 1:00 pm | $55

### GARDEN STEPPING STONES
**with Cherie Hartwick**
Create a round cement stepping stone using glass gems, stained glass pieces and bits of broken dishes. Add an artful touch to your garden!

All supplies included.

- **Thurs. August 20** | 10:00 am – noon | $10

## WALKING WEDNESDAYS

Meet by the OPC Main Entrance

**Wed, August 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, and make a new friend along the way! Walks 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. Social distancing will be observed.

*Bring along a water bottle!*

## BIKE FOR COFFEE

**Meet in lower level parking lot**

**Tuesday’s 9:00 am | Free**

Take a ride with other bike enthusiasts along the Clinton River Trail and stop for a cup

## MEN’S SOFTBALL SCHEDULE

**Watch the OPC Rams, Orioles & Reds**

**Mondays & Wednesdays**

**10:00 am**

**June 29 - September 14**

**Ford Field Central Park**

7460 23 Mile Road, Shelby Township

Register for Outdoor Programs with MyActiveCenter or call 248.659.1029 Tues. & Thurs. 9 am - 2 pm
The OPC Senior Support Services Program offers you or someone you care about a place to find out about information and resources, available in the community, on all aspects of aging. We can connect you to the helpful programs and services if you or your loved one is experiencing difficulties - physical, emotional, legal or financial. Please call us for information over the phone, or to set up an in-person appointment at OPC. 248.608.0249

**NUTRITION SERVICES**

**MEALS ON WHEELS**

Meals are available 7 days a week (5 hot, 2 frozen) in Rochester, Rochester Hills, Oakland Township, Auburn Hills, Independence Township, Orion and Oxford, Addison and Brandon. To register for a meal call 248.608.0264 between 9:00 am - 1:00 pm.

**FOOD PROGRAMS**

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

**ACT OF KINDNESS**

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

**ASK THE ATTORNEY**

Classroom 3

Mon, Aug. 10  12:00 - 3:30 pm

Fee 15 minute legal advise by Rutkowski Law Firm by appointment.

Call 248.608.0249

**INSURANCE INFORMATION**

A MMAP counselor is available to advise on Medicare, Medicare Advantage Plans, Supplement Plans, RX Plans, Medicaid and Long Term Issues, by phone appointment.

Call 248.608.0249

**MEDICAL EQUIPMENT LOANS**

Available for short term use:

WALKERS  •  WHEELCHAIRS  •  CANES
SHOWER STOOLS  •  TRANSFER BENCHES

To schedule a loan pickup call: 248.608.0248

Leave a voicemail with your name, contact number and item you need. Returns and donations accepted when the building reopens.

**COVID-19 INFORMATION**

Oakland County COVID-19 Help Hotline:
Call: 248.858.1000 | Email: hotline@oakgov.com | Text: OAKGOV to 28748

Mental Health Crisis Counseling:
Common Ground 24-hour helpline 1.800.231.1127

Macomb County Health Department Hotline:
Call: 586.463.3750

State of Michigan Hotline:
Call: 888.535.6136 | Email: COVID19@michigan.gov

**SUPPORT groups**

**CARING & SHARING LOSS**

Fri, August 21  10:00 am - 11:30 am

Participating in a grief support group can be a healthy first step in the healing process. Meet others who are dealing with similar losses and gain a better understanding of the grief process. Register: 248.656.1403 Ext. 0

**VISUALLY IMPAIRED**

Fri, August 28  10:00 - 11:30 am

Provides information, socialization, support and speakers to those with low vision. The group is open to the public. Call 248.608.0246 to register.

The above groups meet in the outdoor Garden Tent
OPC Outdoor Program Guidelines

As we welcome you back to the center this July for our outdoor programming, we want to inform you about our new health and safety guidelines in response to the coronavirus (COVID-19) pandemic. The safety of our members, instructors, and staff is our top priority. In order to provide a healthy environment, we have closely monitored state and local requirements and Centers for Disease Control (CDC) guidelines.

The following health and safety guidelines are what you can expect when you visit the center:

**Participation Requirements:**
- Everyone must wear a face covering before entering the outdoor tent. If you do not have a face covering, one will be provided to you. Participants need to be able to exercise wearing a mask during the exercise session. Accommodations will be considered for those individuals with asthma or breathing conditions.
- Make note of social distancing and directional signs.
- Members will be greeted by staff who will provide the following:
  - Conduct a no-contact temperature check, screening and verify that you have a class reservation or appointment for that day and time, and will make sure the OPC has a signed new Code of Conduct/Disclaimer for you. If we do not have a newly signed form, you’ll be asked to sign the form before you can participate in the activity.
  - Use of hand sanitizer before entering is required.
- Once this process is successfully completed you will be allowed to enter the tent.
- Upon class/program completion, you will be asked to leave.
- Parking is available in the south and north lot (*note: you cannot walk through the building*)
- Access to a restroom will be available to class participants.
- Bring your own water bottle and hand towel. Wear supportive shoes and loose comfortable clothing.
- Arrive 15 - 20 minutes before class for check-in.
- Participants will be notified if classes are canceled for inclement weather conditions. No class refunds will be issued.
- Please remember if you, or any of your family members is sick or have been sick, you should stay home and refrain from participating in the outdoor garden activities.

**OPC reserves the right, at its discretion, to change, modify or discontinue a program or class at any time.**

**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)
- Pay the driver with exact change or with a token
  - Tokens: $2.00 each | Token Package: 11 tokens for $20.00, a 10% savings

**Purchase Token Package:**
- **From the Driver:** Exactly $20 cash or check only. Drivers cannot make change.
- **Mail a check to:** OPC - In memo line include your name and “Bus Tokens” | Tokens will be mailed or delivered by a driver.

## Meals on Wheels Menu

### Congregate Meals will resume at a later date

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>3 <strong>Stuffed Green Pepper</strong>&lt;br&gt;Rosemary Roasted Potatoes&lt;br&gt;Carrots&lt;br&gt;Red Apple&lt;br&gt;Breadstick</td>
<td>4 <strong>Baked Chicken with Mushroom Gravy</strong>&lt;br&gt;Red Skin Potatoes&lt;br&gt;Broccoli Cuts&lt;br&gt;Cabbage Pineapple Slaw&lt;br&gt;Orange Sections</td>
<td>5 <strong>Turkey Burger</strong>&lt;br&gt;Lettuce and Tomatoes&lt;br&gt;Cucumber Salad&lt;br&gt;Santa Fe Salad&lt;br&gt;Red Grapes</td>
<td>6 <strong>Cheesy Tuna Noodle Casserole</strong>&lt;br&gt;Caribbean Vegetable Blend&lt;br&gt;Garden Salad&lt;br&gt;Apricots</td>
<td>7 <strong>Baked Ham</strong>&lt;br&gt;Sweet Potatoes&lt;br&gt;Green Beans&lt;br&gt;Dinner Roll&lt;br&gt;Banana</td>
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<tr>
<td><strong>10 Beef Stroganoff</strong>&lt;br&gt;Cauliflower &amp; Broccoli&lt;br&gt;Savory Spinach&lt;br&gt;Egg Noodles&lt;br&gt;Fruit Medley</td>
<td><strong>11 Creamy Chicken with Vegetables</strong>&lt;br&gt;Whipped Potatoes&lt;br&gt;Garden Salad&lt;br&gt;Breadstick</td>
<td><strong>12 Bar B Q Chicken with Bun</strong>&lt;br&gt;Broccoli Pasta Salad&lt;br&gt;Maronated Carrot Salad&lt;br&gt;Peach Halves</td>
<td><strong>13 Meatloaf with Mushroom Gravy</strong>&lt;br&gt;Red Skin Potatoes&lt;br&gt;Romaine Garden Salad&lt;br&gt;Normandy Vegetable Blend&lt;br&gt;Escaloped Apples</td>
<td><strong>14 Turkey a la King</strong>&lt;br&gt;Brown Rice&lt;br&gt;Herbed Green Beans&lt;br&gt;Vegetable Salad&lt;br&gt;Gelatin Cup</td>
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<tr>
<td><strong>17 Roasted Vegetable Lasagna</strong>&lt;br&gt;Zucchini Cole Slaw&lt;br&gt;Red Grapes</td>
<td><strong>18 Sweet &amp; Sour Meatballs</strong>&lt;br&gt;Brown Rice&lt;br&gt;Key West Vegetable Blend&lt;br&gt;Oriental Blend&lt;br&gt;Red Apple</td>
<td><strong>19 Chicken Divan</strong>&lt;br&gt;Chive Potatoes&lt;br&gt;Green Beans&lt;br&gt;Romaine Garden Salad&lt;br&gt;Applesauce&lt;br&gt;Breadstick</td>
<td><strong>20 Roast Pork Loin with Gravy</strong>&lt;br&gt;Oven Browned Potatoes&lt;br&gt;Whole Baby Carrots&lt;br&gt;Garden Salad&lt;br&gt;Fruit Salad</td>
<td><strong>21 Beef Pastie with low sodium gravy</strong>&lt;br&gt;Whole Beets&lt;br&gt;Cabbage Pineapple Slaw&lt;br&gt;Apple Juice</td>
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<td><strong>24 Pork Patty</strong>&lt;br&gt;European Blend&lt;br&gt;Sweet Potatoes&lt;br&gt;Cinnamon Applesauce&lt;br&gt;Breadstick</td>
<td><strong>25 Lemon Chicken</strong>&lt;br&gt;Brown Rice&lt;br&gt;Prince Charles Blend&lt;br&gt;Garden Salad&lt;br&gt;Sliced Peaches</td>
<td><strong>26 Mexican Beef Rice &amp; Bean Casserole</strong>&lt;br&gt;Romaine Garden Salad&lt;br&gt;Spinach&lt;br&gt;Apricots</td>
<td><strong>27 Oven Baked Fish</strong>&lt;br&gt;Herb Diced Potatoes&lt;br&gt;Succotash&lt;br&gt;Fruit Salad</td>
<td><strong>28 Pizza</strong>&lt;br&gt;Three Bean Salad&lt;br&gt;Carrots&lt;br&gt;Red Grapes</td>
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<tr>
<td><strong>31 Salisbury Steak</strong>&lt;br&gt;Parsley Potatoes&lt;br&gt;Roasted Brussel Sprouts&lt;br&gt;Romaine Garden Salad&lt;br&gt;Crescent Roll&lt;br&gt;Peach Crisp</td>
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### Grab & Go Lunches Available

- **Monday - Friday**<br>- Pick-up begins at noon<br>- $3 suggested donation
- Must call 24 hours in advance to reserve a meal: 248.659.1032

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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
Hi, everyone! I have missed seeing you for wellness checks!

Are you:

- Feeling OK?
- Keeping an eye on your numbers?
- How has your blood pressure been?
- Finding that you have questions or concerns about you or a loved one's health that you would like addressed?

I'm here at the OPC, so feel free to call me!

Cindy McKenna, RN
Ascension Providence Rochester
Wellness Center at the OPC
248-601-2888

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- Meals on Wheels
- Transportation
- Adult Day Services
- Support Groups
- Information and Referral Services for Seniors and Caregivers
- Aquatic & Fitness Classes
- Performing Arts
- Enrichment
- Fine Art & Crafts
- Travel Opportunities
- Lecture Series
- Social Events

All building and program updates will be listed on our www.opcseniorcenter.org - Website, Facebook page and in our weekly eblasts. Register for all Outdoor classes on MyActiveCenter or call 248-659-1029 Tues. & Thurs. 9 am - 2 pm.

HOURS
To be determined when the building reopens.

CONTACT INFORMATION
General Information
248.656.1403
Please leave a voicemail

Meals on Wheels
248.608.0264

Senior Support Services
248.608.0249

Transportation
248.652.4780

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