So Many Reasons to Smile at OPC!
From the Executive Director, Renee Cortright

On the short list of songs that have brought the world joy, you’d be hard pressed to top the Beatles’ “Here Comes the Sun,” with its cheerful melody and deeply hopeful lyrics (“the smiles returning to the faces”; “I feel that ice is slowly melting”). Take a moment and hum this tune as you read the following announcement. 🎵🎵🎵 We’re excited to announce that in October members will once again be able to take advantage of the weight and cardio rooms, swimming pools, indoor fitness & enrichment classes, woodshop and walking track with the modified business hours of 8 am – 5 pm, Monday through Friday. See reopening schedule of these activities on page 11.

This phased approach of offering in-person programs and services has the safety of members and staff in mind. In July, we began offering fitness and enrichment activities under the garden patio tent and portico. These popular activities have been transitioned indoors pursuant to the guidance of the Governor’s Executive Order 175 and public health officials.

Members will be required to participate in a health screening which includes having their temperature taken, wearing a mask inside the facility at all times and signing the Code of Conduct/Disclaimer. Please refer to the Facility Reopening Guidelines located on the OPC home page for detailed reopening guidelines. The gym will only be used for fitness classes where physical distancing can easily be achieved. Basketball, pickleball, badminton, volleyball and other competitive team sports, along with cards, games, billiards, the computer lab and library will not be permitted until a future phase of re-opening.

All non-resident memberships and annual woodshop user cards which have been frozen since the facility’s closure on March 13 due to the global pandemic, will be re-activated and extended accordingly once a member first returns to the OPC. Memberships will remain frozen for those members who do not feel comfortable returning to the facility at this time.

*This phased preliminary plan may be revised and current target dates are subject to change. Stay up-to-date on our virtual and in-person offerings by visiting our website: www.opcseniorcenter.org and on our Facebook page: OPC Senior Center. Weekly eblasts (an emailed newsletter) offer current program details. If you’d like to receive eblasts, email opcwebuser@opcseniorcenter.org. For immediate questions or concerns call 248-656-1403 x 0.

We look forward to welcoming you back!

Renee

- Only those members who have made an appointment or reservation to participate in a specific OPC class or activity will be allowed in the facility to keep members and staff safe.

- Entry is allowed 15 - 20 minutes before the start of the program, and 15 minutes after the program has started.

- Drinking fountains, coffee and hot water machines are closed. Please bring your own beverage.
It was a Great Day at the OPC!
ADVANCED CARE PLANNING - Making Your Wishes Known

Wednesday, October 21 | 10:00 am

Linda Caudy-Bess, from Beaumont Community Health, will present on the evidence-based model of the Advance Care Program that creates a health care culture that honors an individual’s goals and values for current and future health care.

Preserving Dignity: Preparing for Legal Challenges in the Face of Dementia

Thursday, October 22 | 8:30 am - 12:30 pm

Session One - 8:30 am
Starting the Conversation: The Importance of an Estate Plan
Kara Ferrara, JD, Giarmarco, Mullins & Horton, P.C.

Session Two - 9:15 am
Are All of Your Ducks in a Row?
Don Rosenberg, JD, Barron, Rosenberg, Mayoras & Mayoras, P.C.

Session Three - 10:15 am
Long Term Care Insurance
Susan Lardie, Senior Enrollment Solutions

Session Four - 11:10 am
PANEL: Real Life Stories
Susan Lardie, Senior Enrollment Solutions

Register in advance and visit the OPC website for details on this program.

Event Sponsors:
LIFELONG LEARNING with Oakland University

Managing Isolation during COVID
Thursday, October 8 at 10:30 am

This workshop with Julia Kline, LMSW, Clinical Supervisor from Easter Seals of Michigan will discuss how individuals have found themselves changing their daily routines, social interactions, and much more during the Covid-19 pandemic that have altered our lives in ways we did not anticipate. Learn ways to navigate the changes and social isolation in a healthy way that promotes self-care and emotional and physical well-being.

ASK the DOC | ZOOM PRESENTATION AND Q&A SERIES

What is Osteoarthritis?
Wednesday, October 28 | 1:00 pm

Dr. Fityan, Internal Medicine with APR, will discuss the Risk Factors - Symptoms - Diagnosis - Course and Treatment for Osteoarthritis and if Herbs, Vitamins or Supplements can help.

Questions are welcome ahead of the presentation.
Please send questions to: mmccauceley@opcseniorcenter.org

Presented by:

MINDFUL MONDAY’S
with Jan Miller, LPC

A guided one hour meditation revolving around specific topics including Hope During Challenging Times, Relaxation Breathing, and Building Resilience for a Peaceful Life. Give yourself the gift of well-being!

Monday’s | 10:30 am

HEARTFULNESS MEDITATION
with Bharani Kodali

A one hour Virtual Experience

Monday’s | 6:00 pm

Virtual ENRICHMENT

IOG/Wayne State University
Virtual Learning Lecture

Work that Body
Thursday, October 15 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.

Save the Date for “Living Social” on November 19

SPONSORED BY:

OAKLAND UNIVERSITY

AFTER REGISTERING, YOU WILL RECEIVE A CONFIRMATION EMAIL CONTAINING DETAILS ABOUT THE PROGRAM YOU ARE JOINING.
Virtual ENRICHMENT

TECHNOLOGY via Zoom

MAC ENTHUSIASTS GROUP
Thursday, Oct. 1 & 15 | 10:30 am

COMPUTER CLUB
Tuesdays | 11:00 am - noon

LANGUAGE: Lifelong Learning

SPANISH CONVERSATIONAL GROUP
Wednesdays | 10:30 am

FRENCH CONVERSATIONAL GROUP
Fridays | 11:00 am

Managing GRIEF in a PANDEMIC

Wednesday
October 28 | 2:30 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

Monday, October 5
Visit the OPC Website or Facebook Page and click on Mayor Barnett’s special message to OPC members.

MOVIE: Hocus Pocus (PG-13)

Virtual Movie Critic Meet-up!

Sarah Jessica Parker, Bette Midler and Kathy Najimy star in this supernatural family comedy as a trio of 17th-century sibling witches who are accidentally resurrected in the 20th century by teenager. “It’s all just a bunch of hocus pocus.” – Max
Watch the movie in the comfort of your own home. Then, become the critic and meet-up with us on zoom to discuss.

Friday, Oct. 23 | 1:00 pm
An OPC movie pick of the month!

OCT. Virtual BOOK CLUB

A Gentleman in Moscow
by Amor Towles

A story of a Russian aristocrat living under house arrest in a luxury hotel for more than thirty years
Read the book and join us on Zoom to share your thoughts.

Tuesday
October 27
1:00 pm

Using Zoom is EASY! If you have any questions, contact Marianne McCauley
mccauley@opcseniorcenter.org | 248.608.0263

- 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.
- 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!
**NEW! BODY BALANCE! w/Lisa Chavis**

**Balance the entire body!**

We will work the entire body as a whole. Strengthening the small muscle groups and stretching those tight muscles for better coordination, muscle mechanics and flexibility.

**Wednesdays | 9:00 am**

Register once and join us every Wednesday in Oct.

**NEW! BODY STRONG! w/Lisa Chavis**

**Strengthen the entire body!**

Work upper and lower body and core muscles. Whether you are staying fit for sports or leisure activity, working the body as a whole is what you need. This class delivers!

**Mondays | 9:00 am**

Register once and join us every Monday in Oct.

**NEW! CHAIR YOGA! w/Kay**

This 45-minute chair yoga class combines seated and standing yoga poses to get the full benefits of yoga while using a chair for stability and support. Standing poses are done with one hand or both hands on the chair; seated poses help increase range of motion for the upper body. All poses can be modified to accommodate individual limitations.

**Tues & Thurs. | 1:00 pm** (begins Oct. 6)

**WE NEED YOU . . . To Participate and SAVE the DATES!**

**Celebrate Veteran's Week and commemorate the 75th Anniversary of the end of World War II**

- **Sunday, Nov. 8:** Oakland County Community Tribute, Flag Raising & Pinning Ceremony

- **Tuesday, Nov. 10:** Military uniforms to be displayed at Ascension Providence Rochester Hospital
  
  *Seeking submissions of military uniforms. To submit a uniform for consideration in our display, please send a digital photo to myveterancelebration@gmail.com.*

- **Thursday, Nov. 12:** OPC Virtual Celebration of Military
  
  *Seeking WWII Veterans to share their stories! Please call Marianne McCauley at 248-608-0263 for more information.*

**We look forward to celebrating this momentous occasion and honoring all who served our country!**

For more information on the Veterans Week contact us at myveterancelebration@gmail.com
**Terrific Tuesday** presents . . .

Game Show Party with host Bing Burris! Family Feud - OPC Member Style!

Tuesday, Oct. 13 | 11:00 am - 1:00 pm | $10 Auditorium

Family feud is one of the longest running game shows on TV and now is your chance to be part of the Live studio audience of the OPC Family Feud Game Show! Players will be chosen from the attendees to participate in the game!

**Lunch | Refreshments**

Registration required - Limited number

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**VETERANS CONNECTION BREAKFAST**

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

Wednesday, OCTOBER 14
10:00 am - noon | Dining Room

Presenting Sponsor: [Logo]

Breakfast Sponsor: [Logo]

Registration required - Limited number

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**FINANCIAL FRIDAY**

QLAC’s - Qualified Longevity Annuity Contracts

Required minimum distributions and how to defer a portion

Friday, October 9 | 10:30 am
Dining Room

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**A Perfect Pairing**

Tuesday, October 8
1:00 pm | Garden (weather permitting) | $25

*Presented by: The Cheese Lady & Kimberly Judd Jean-Jacques Fertal of Rochester Wine*

This wine and cheese pairing will feature 3 cheeses perfectly paired with wine and accoutrements. Kimberly and Jean-Jacques will give in depth information and history about each wine and cheese.”

SPONSORED BY:
REGISTRATION REQUIRED! REGISTER EARLY!
Online: MyActiveCenter on our website | Call: 248.659.1029 Tue. & Thurs. 9 am - 2 pm

WOMEN’S LUNCHEON in the Auditorium

Presented by: Tonia Carsten
Thursday, Oct. 22 | 11:00 am – 1:00 pm | $12
High Tea or Afternoon Tea - What’s the difference? Join us and find out!
Join Tonia as she discusses the history of high and afternoon teas, and how she fell into owning a tea house restaurant. Enjoy fresh scones made in-house at Tonia’s Victorian Rose.
Elegant Finger Foods and Tea
Registration required
Limited number

DANCE & MUSIC in the Auditorium

Drum Circle with Rizal
Thursday, Oct. 1 & 15 | 2:00 – 3:30 pm | $10 for 2 sessions
Must have own instrument

Ukulele Fun
Tuesday, Oct. 6 - 27 | 2:00 – 3:30 pm | $5 for month
Must have own instrument

Line Dance with Carol
Monday, Oct. 5 - 26 | 1:00 – 2:00 pm | $15 for month

SOCIAL HOUR

Monday, October 19
2:30 pm | Auditorium | $5
GREASE IS THE WORD!
You’re the one that I want, you are the one I want, Woo-oo-oo Honey! Husband and wife duo will be sure to entertain with this Grease Lighting theme!
Music | Specialty Refreshment
LIVE Entertainment | Catch up with friends

FOCUS on the ISSUES - Current Events Discussion Group

Monday, October 12 & 26 | 2:00 pm | $5 for 2 sessions
Dining Room
A casual forum to discuss current events over refreshments.

650 Mid-Day Club presents

The Musical trio - "BLT"
Tuesday, October 27 | 2 - 3:30 pm | $10 | Auditorium
LIVE Music, with all the songs we love to sing along with performers Bing, Linda and Tony
Refreshments | Appetizers | Live Music
Registration required ~ Limited number
Late Bloomers Gardening Group

The beautiful gardens and atrium at OPC are the work of this dedicated group. Looking for volunteers, please join them!

Wednesday’s | 10:00 am
OPC Garden
with Detroit News Garden Writer Nancy Szerlag

Rewired not Retired - Re-Explored

Good conversation with retirees and other members thinking about retiring.

Protecting Your Identity: What to Know, What to Do

Presented by: Xenia Woltmann and Julie Labaza
Rochester Wealth Strategies

Wed, October 21 | 1:00 pm | Dining Room | $5
Learn about the signs of identity theft and fraud, how to protect your personal information online and off and what to do if you become an identity theft victim. Enjoy apple pie and cider!

Halloween BINGO

Wed, Oct. 28 | 10:00 am - noon | Auditorium | $8
Includes 8 Games with up to 4 BINGO cards per player
Join us for a spooky game of bingo fun with prizes and refreshments. Costume is optional!

Essential Oils

Fall Diffuser Blends

Wednesday, Oct. 14
1:00 pm | Dining Room | $5
Receive a sample bottle of an Autumn/Fall Spice Blend. It will smell amazing and help support a healthy immune system.

Presented by: Tracy Jenish DoTerra Essential Oils

The ART of History

with Maureen Ester

Thursday, Oct. 29
10:00 am | Dining Room | $5
35,000 BC - AD 1970
Prehistoric cave paintings, King Tut’s fiery manuscript illumination. Northern Renaissance mastery of detail, portraits of kings and queens of old, Civil War photography, post-impressionism, photorealism and much more.
REGISTRATION REQUIRED! REGISTER EARLY!
Online: MyActiveCenter on our website | Call: 248.659.1029 Tue. & Thurs. 9 am - 2 pm

Woodshop, Pools, Weight & Cardio Rooms, and Walking Track are back!

Participation requirements: Everyone must wear a mask and practice social distancing while in the facility. If you don’t have a mask, one will be provided to you. Upon entering the facility members, will receive a no-contact temperature check and health screening, reservation or appointment will be verified and collect a signed revised Code of Conduct/disclaimer. Please refer to the Facility Opening Guidelines available on the OPC website.

The following activities will be offered in the month of October:

Monday, October 5: Woodshop
- 2 Sessions: Monday - Thursdays, 8:30 - Noon and 1 pm - 4:30 pm; Friday closed for maintenance
- Required cleaning between the morning and afternoon sessions
- Annual woodshop user card required - Limited to 2 sessions a week
- Park on the upper level and enter through the main entrance for the health screening. In order to meet occupancy requirements, members will need to make reservations in advance on www.MyActiveCenter.com or by calling (248-659-1029).

Monday, October 12: Lap & Therapy pools and Locker/Shower facilities
- Lap Pool: Monday - Thursdays, 8:00 am - 3:00 pm; Friday 8 am - Noon
- Therapy Pool: Monday - Thursdays, 8:15 am - 3:15 pm; Fridays 8:15 -1 1:15 am
- 45 Minute sessions - Limited to 2 sessions a week
- Masks must be worn on the pool deck but not in the water or while showering. Patrons must bring their own blow dryer, etc. we are not providing them at this time. Also, we are not providing any equipment for in the pool.
- Park on the lower level and enter through the aquatic entrance for the health screening. In order to meet occupancy requirements, members will need to make reservations in advance on www.MyActiveCenter.com or by calling (248-659-1029).

Monday, October 19: Weight and Cardio Rooms
- Monday - Thursdays, 9 am - 3 pm; Fridays 8 am - Noon
- 45 Minute sessions - Limited to 2 sessions a week
- Cost: $2 or purchase a fitness punch card
- Park on the lower level and enter through the aquatic entrance for the health screening. In order to meet occupancy requirements, members will need to make reservations in advance on MyActiveCenter.com or by calling (248-659-1029).

Monday, October 26: Walking Track
- Monday - Thursdays, 8:00 am - 4:00 pm; Fridays, 8 am – Noon
- 45 Minute sessions - Limited to 2 sessions a week
- Max 8 people at a time wearing a mask
- Air dyne bikes and other cardio equipment will not be accessible for use except for the NuStep Cross Trainers
- Park on the upper level and enter through the main entrance for the health screening. In order to meet occupancy requirements, members will need to make reservations in advance on www.MyActiveCenter.com or by calling (248-659-1029).
ECOPRINTING
w/ Candice Schwark
Fri. Oct. 2 | OPC Gardens
11:30 am - 2:30 pm | $15 includes supplies

Take natural materials and learn the process of embedding them with steam into watercolor papers. Pounding techniques to reproduce lovely floral imprints will also be covered. Finished papers can be used for cards, albums, journals and more. Bring an apron, baby wipes and some nature items – twigs, flowers, leaves.

WATERCOLOR
w/ Pete Snodgrass
Mon. Oct. 5 & 12 | Auditorium
10:00 am - noon | $25 for 2 sessions

Practice your watercolor skills with guidance from an expert instructor. All levels welcome. Bring your own supplies and subject matter or follow along with a subject provided by instructor. (Call Paula 248-608-0253 or email pbedsole@opcseniorcenter.org for a list of suggested supplies).

INDEPENDENT DRAWING & PAINTING w/Merri-Jo Towns
Wed. Oct. 7 & 21 | Auditorium
1:00 - 3:30 pm | $20

Improve your artistic drawing and painting skills. Follow along with guided instruction, or work on your own piece with tips and inspiration.

ZENTANGLE INTRO CLASS
w/Cherie Hartwick CZT#20
Wed. Oct. 14 | Auditorium
9:30 am - noon | $20 includes supplies

Take time to relax with the Zentangle Method, a creative, meditative art form that helps reduce anxiety and stress. Practice mindfulness through drawing.

POTTERY - HANDBUILDING TECHNIQUES w/Harvey Bennett
Thurs. Oct. 15 | Auditorium
1:00 - 3:30 pm | $15 includes supplies & firing

Create and glaze a set of tiles depicting a nature theme using your fingers, hands and simple tools. Techniques include carving, stamping, and low relief. Create and glaze your pieces in this one-day session and pick up at a later date.

STAINED GLASS MINI PROJECT w/ Dave Kosbab
Mon. Oct. 19 & 26 | Woodshop
9:30 am - 12:30 pm | $25 for 2 sessions includes supplies

Learn basic cutting, soldering and foiling techniques to make a small seasonal stained-glass piece. Great intro class, but all levels welcome! Bring Apron and safety glasses.

MOSAIC TILE CLASS with Mary Gilhuly
Tue. Oct. 20 | Auditorium
9:30 am - noon | $35 includes supplies

Learn cutting, gluing and grouting techniques to create this lovely “Fall Tree”. Complete a 6” x 6” tile with some color variations – no two will be exactly alike.

MINI PAINTING WORKSHOP w/ Pete Snodgrass
Thurs. Oct. 29 | Auditorium
12:30 - 3:30 pm | $15

Improve your painting skills using your choice of watercolor or acrylics. Create a painting featuring fall blossoms, gourds and pumpkins. Concentrate on color, texture and composition. Bring your own supplies. (Call Paula 248-608-0253 or email pbedsole@opcseniorcenter.org for supplies).
CREATION STATION | Auditorium

** These classes include supplies **

**UPCYCLED FALL NECKLACE**
*with Regina Helland*
**Tues. Oct. 6 | 9:30 - 11:30 am | $10**
Add a touch of Fall to your favorite outfit with this lovely necklace. Repurpose chains, charms and stone, wood and glass beads in an Autumn palette. Each piece will be unique and easy to do! You will be proud to say “I designed and made this myself!”

**FABRIC PUMPKINS**
*with Cherie Hartwick*
**Wed. Oct. 7 | 10:00 - 11:30 am | $10**
Easy fall project with GREAT results! These charming pumpkins are made with just a few simple supplies – a large roll of toilet paper, fabric square, ribbon, floral and a wooden stem. Take home two pumpkins, it’s so simple, you can make more at home!!

**FALL WREATH WORKSHOP**
*with Candi Murasky*
**Thur. Oct. 15 | 9:30 am - noon | $10**
Create an autumn inspired wreath that will be as unique as you. Custom made bows, floral and more!

**WOODBURNING – THANKFUL SIGN**
*with Cherie H.*
**Wed. Oct. 28 | 1:00 - 3:30 pm | $8**
‘Tis the season to be “thankful.” Create a piece for your home to reflect this sentiment using a wood-burning tool and colored pencils on palette board wood. Embellish with various materials. Bring your own colored pencils, if you have them.

OPEN STUDIO | Art Studio

Bring your own projects and work while visiting with friends!

**NEEDLE ARTS STUDIO**
*with Pat Kienzle*
**Fri. Oct. 16 & 23 | 1:00 - 3:00 pm | $5 for 2 sessions**
Knit, crochet, sew, quilt, embroider, and more. Includes anything you can do with a needle!

**CREATION STATION STUDIO**
*with Cherie & Opal*
**Mon. Oct. 12 & 26 | 12:30 - 3:30 pm | $5 for 2 sessions**
Bring your own supplies and unfinished projects. Share craft ideas. Surprise craft bag for everyone!

**STAY CREATIVE!**

"ART to GO" Projects at Home

View Art & Craft Project demos and stay creative at home with curbside pick-up kits which include everything you need to complete the project.

**SILK & FIBER FASHION SCARF**

Make a lightweight scarf using silk fashion fabric and other fibers. So pretty and VERY EASY! Make one for yourself . . . GREAT for gift giving too! We will call you with color choices (three color palettes available)

Beginning Oct. 1, order your “Art to Go” Kit
$15.00 | Call: 248-659-1029

You will receive a follow-up call regarding curb side pick-up details.

Project video links on the OPC Website and the OPC YouTube Channel: Older Persons’ Commission

Order as many as you like... FUN for the whole family!
* Limited number of kits still available from September *

Beginning October 5

Monday – Thursday (2 sessions) 8:30 - Noon & 1 - 4:30 pm - Limited to 2 sessions per week
Annual Woodshop User Cards, which have been frozen since the facility’s closure due to the global pandemic, will be re-activated and extended once the member first returns to the woodshop. The Annual Woodshop User Card is $100 a year and can be purchased:

online on MyActiveCenter or by calling the cashier at 248-659-1029
Fitness Classes in the Gym

All classes begin October 1 and end October 30
Registration is required 24 hours prior to start of class. Unregistered members will not be allowed to participate.
No Drop-in’s or Punch Cards | Weights & Bands Provided | Park in the lower level and enter through the Aquatic Doors

RISE & SHINE w/Peggy
Mondays, Wednesdays and Fridays | 7:00 am
Session 1 - Oct. 2 - 16 | 7 classes $42
Session 2 - Oct. 19 - 30 | 6 classes $36
Formerly Advanced Strength and Balance. The movements focus on specific exercises to improve strength and balance while using body weight and/or resistance equipment (weights, bands, balls). Class is suitable for mid to advanced fitness levels.

STRETCH & BALANCE WITH A YOGA INFLUENCE w/Kim
Wednesdays | 8:30 am | 4 classes $24
This hour long class begins with 10-12 minutes of relaxation and warm up exercises done while seated in a chair. Then 30 minutes doing strength, cardio and balance exercises standing near a chair. The chair is useful for balance or if you feel fatigued. The final 15 minutes are spent seated concentrating on abs and stretching. The final 5 minutes is a guided meditation to relax you completely.

BEGINNING TAI CHI – WU STYLE w/John
Tuesdays | 4:00 pm | 4 classes $32
Fridays | 10:00 am | 5 classes $40
Fridays | 11:00 am | 5 classes $40
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.

SUNRISE YOGA w/Kay
Tuesdays | 7:00 am | 4 classes $24
Thursdays | 7:00 am | 5 classes $30
Get an enjoyable start to your day with the benefits of yoga. Yoga moves combined with breathing techniques strengthen the muscles and relieve stress. Bring a mat and towel.

MUSCULAR ENDURANCE w/Fabiola
Tuesdays & Thursdays | 8:30 am | 9 classes $54
Keep your bones healthy and strong, and help increase you energy levels. This 45 minute workout will focus on weights with repetition. Participate at their own pace.

TANG SOO DO w/Paul
Mondays | 11:30 am | 4 classes $24
This entry level program will give the basics of Tang Soo Do, providing a grounding in stances, basic hand techniques, Korean language commands, and progress toward the first form for the beginning student.

CYCLING w/Kathy
Tuesdays | 9:30 am | 4 classes $24
Thursdays | 9:30 am | 5 classes $30
Experience sprints, hill climbs, muscle and balance work, all to music designed to motivate you and put some fun in your day in this 45 minute class.

RESTORATIVE YOGA w/Kay
Tuesdays | 6:00 pm | 4 classes $24
Improve mobility and range of motion through stretching using gravity, relaxation and deep breathing. Poses are held for 2-5 minutes to stretch underlying fascial tissue, releasing areas of tension using props so the participant can fully relax for the duration of the pose. Bring your own props, mat and a large towel or blanket.

Drinking fountains are closed
Please bring 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 of coffee. Helmets required.

REGISTRATION REQUIRED! REGISTER EARLY!
Online: MyActiveCenter on our website | Call: 248.659.1029 Tue. & Thurs. 9 am - 2 pm

New Classes for You in the Gym!

RESISTANCE & BALANCE TRAINING w/Fabiola
Tuesdays | 1:15 pm | 4 classes $24
Thursdays | 1:15 pm | 5 classes $30
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.

ZUMBA w/Fabiola
Mondays | 1:00 pm | 4 classes $24
Beginner Zumba 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!

BODY STRONG w/Lisa
Tuesdays | 10:30 am | 4 classes $24
Thursdays | 11:30 am | 5 classes $30
Strengthen the entire body working upper and lower body and core muscles. Whether you are staying fit for sports or leisure activity, working the body as a whole is what you need!

CORE STRENGTH ALL LEVELS w/Karen
Tuesdays | 12:30 pm | 4 classes $24
Thursdays | 12:30 pm | 5 classes $30
Begin strengthening back, stomach, and side muscles to improve posture and balance.

STRENGTHEN, LENGTHEN & BALANCE w/Robin
Mondays | 8:30 am | 4 classes $24
Enjoy an energizing workout that focuses on Strength training activities and, lengethen muscles while incorporating balance exercises.

FUNCTIONALLY FIT w/Peggy
Mondays | 10:30 am | 4 classes $30
Wednesdays | 10:30 am | 4 classes $30
This standing and seated class focuses on full body movement, improving coordination, balance and core.

BODY BALANCE w/Lisa
Thursdays | 10:30 am | 5 classes $30
Balance your body working the entire body as a whole. Strengthen the small muscle groups and stretch those tight muscles for better coordination, muscle mechanics and flexibility.

LOW IMPACT w/Karen
Tuesdays | 11:30 am | 4 classes $24
Thursdays | 11:30 am | 5 classes $30
A challenging cardio and toning workout with equipment for all levels.
Senior Support Services

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.

ADULT DAY SERVICE

Due to the pandemic, Adult Day Service is unavailable until further notice.
The OPC’s Adult Day Service program is dedicated to assisting older adults experiencing progressive memory loss in a safe and compassionate place outside the home and during the day. Call 248.656.1403 Ext. 0

ACT OF KINDNESS

This 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

Tues. Oct. 13 & 27
12:00 - 3:30 pm
Complimentary 15 minute legal advice by Rutkowski Law Firm by appointment.
Call OPC: 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 or wish to donate or return.

SUPPORT groups

CARING & SHARING LOSS
Fri, Oct. 16 10:00 am - noon
Participating in a grief support group can be a healthy first step in the healing process. Meet others who are dealing with similar losses and gain a better understanding of the grief process.
10 - 11:00 am - Newcomers with a recent loss
11 - 12:00 pm - Continued encouragement and support
Register in advance: 248.656.1403 Ext. 0

VISUALLY IMPAIRED
Fri, Oct. 23 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.
**Last meeting until January 2021**

PARKINSONS' SUPPORT VIRTUAL PRESENTATION
Wed, Oct. 7 6:00 pm
The Rochester Parkinson Disease Support Group will meet virtually on the first Wednesday of the month at 6:00 pm until further notice.
For more information call: 248.417.3679
**MEDICARE 101 - a Virtual Presentation**

*Presenter: Loretta Mack, MMAP Site Coordinator – Oakland County Area Agency on Aging 1-B*

**Wednesday, September 30, 2020 | 1:00 pm**

Medicare can be complicated—even confusing—with its multiple parts and the many choices it offers. There are dates and deadlines to remember, lots of confusing terms and different kinds of plans. How do you cut through the clutter in your mailbox and inbox to make the right decisions? Medicare 101 is designed to help you understand the basics. Knowing what to do, when you need to do it and making smart choices.

*Please register for this Zoom program in advance. Zoom links are available on the home page of the OPC Website, After registering, you will receive a confirmation email containing information about the program you are joining.*

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**MEDICARE | MEDICAID**

**ASSISTANCE PROGRAM FOR OPEN ENROLLMENT**

Due to COVID-19, MMAP Counseling will be provided by:

- Telephone
- Email
- Postal Mail or
- Web based applications

To make an appointment call:  
**MMAP: 800.803.7174**

---

**Flu Shot Clinic**

*with the Oakland County Health Division*

**Tuesday, October 13 | 9 am – 1 pm**

**OPC Auditorium**

Appointment required by calling the Oakland County Nurse On Call:  
**800-848-5533**

Bring ID & Insurance Card if available

**get your Flu Shot**

*No Walk-in’s | Appointments only*

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**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.

**Ride Reservation:** 248.652.4780 | Weekday Cancellations: 248.608.0296 | Weekend Cancellations: 248.608.0271
**October**

**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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<tr>
<td>Stuffed Green Pepper</td>
<td>Baked Chicken</td>
<td>Turkey Burger w/Bun</td>
<td>Cheesy Tuna Noodle Casserole</td>
<td>Baked Ham</td>
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<tr>
<td>Oven Roasted Potatoes</td>
<td>Red Skin Potatoes</td>
<td>Lettuce &amp; Tomato</td>
<td>Vegetable Salad</td>
<td>Sweet Potatoes</td>
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<tr>
<td>Carrot Fingers</td>
<td>Broccoli Cuts</td>
<td>Santa Fe Salad</td>
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<td>Cabbage Pineapple Slaw</td>
<td>Red Grapes</td>
<td>Peach Halves</td>
<td>Dinner Roll</td>
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<td>Baked Ham</td>
<td>Whole Wheat Bread</td>
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<td>Vegetable Roll</td>
<td>Sweet Potatoes</td>
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<tr>
<td>Beef Stroganoff</td>
<td>Creamy Chicken with Vegetables</td>
<td>Bar-B-Que Chicken with Vegetables</td>
<td>Meatloaf with Mushroom Gravy</td>
<td>Turkey a la King</td>
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<tr>
<td>Cauliflower &amp; Broccoli</td>
<td>Whipped Potatoes</td>
<td>Broccoli Pasta Salad</td>
<td>Red Skin Potatoes</td>
<td>Brown Rice</td>
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<tr>
<td>Savory Spinach</td>
<td>Garden Salad</td>
<td>Marinated Carrot Salad</td>
<td>Garden Salad</td>
<td>Herbed Green Beans</td>
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<tr>
<td>Roasted Vegetable Lasagna</td>
<td>Sweet &amp; Sour Meatballs</td>
<td>Chicken Divan</td>
<td>Roast Pork Loin with Gravy</td>
<td>Beef Pastie with Gravy</td>
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<td>Zucchini Cole Slaw</td>
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<td>Garden Salad</td>
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<td>Romaine Garden Salad</td>
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<td>Red Apple</td>
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<tr>
<td>Lemon Chicken</td>
<td>Mexican Beef Rice &amp; Bean Casserole</td>
<td>Oven Baked Fish</td>
<td>Pizza</td>
<td>Pork Patty</td>
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<tr>
<td>Brown Rice</td>
<td>Garden Salad</td>
<td>Herb Diced Potatoes</td>
<td>Three Bean Salad</td>
<td>Garlic Mashed Potatoes</td>
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<td>Prince Charles Blend</td>
<td>Savory Spinach</td>
<td>Succotash</td>
<td>Dilled Carrots</td>
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<td>Apricots</td>
<td>Whole Wheat Bread</td>
<td>Fresh Fruit Salad</td>
<td>Mixed Vegetables</td>
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<td>Dinner Roll</td>
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<td>Fruit Cocktail</td>
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<td>Dinner Roll</td>
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**Grab & Go Lunches Available**
Monday - Friday | Pick-up begins at noon
$3 suggested donation
Must call 24 hours in advance to reserve a meal: 248.659.1032

October 2020

**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**
ASK THE ORTHOPEDIC DOCTOR
Tuesday, October 6, 13, & 20 | 9 - 11:00 am
Dr. Maibauer, M.D., retired Orthopedic Surgeon, has returned to address orthopedic questions and concerns on Tuesday Mornings. Call Cindy to make an appointment.

Physical Therapy
Physical therapy can address concerns and diagnoses such as back pain, shoulder pain, decreased balance, arthritis, slumping posture, stroke, Parkinsons', MS and so much more. One-on-one sessions last 45 min. - 1 hour with a Physical Therapist (PT) or PT Assistant. A physician's referral is needed in order to get started.

Home Safety Visits
Ascension Providence Rochester (APR) is now offering home safety visits to help our seniors Age in Place! These safety visits are designed to alleviate a senior’s stress and risk so that they can continue to enjoy the comfort of their home. The home safety visit will include the following:
- Fall Prevention Tips
- Balance Assessment
- Medication Disposal
- Assistive Device Adjustments

Call Cindy McKenna, RN 248.601.2888 at the OPC APR Wellness Center to schedule or learn more about the visits.

HI EVERYONE!
I'm here at OPC, so feel free to call me to talk and/or to make an appointment to come in.

Cindy McKenna, RN | 248.601.2888

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For referrals please contact
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Director of Marketing
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Samantha D’Onofrio
248-443-1161 • sdonofri@hap.org

*You must continue to pay your Medicare Part B premium.
Health Alliance Plan (HAP) has HMO, HMO-POS, PPO plans with Medicare Contracts. Enrollment depends on contract renewal.
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CMS Accepted 9/09/2019

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ACHC Accredited - Accreditation Commission for Health Care. Each Home Instead Senior Care office is independently owned and operated
All building and programming updates will be listed on our Facebook page, website www.opcseniorcenter.org, and in our weekly eblasts. Register for all classes on MyActiveCenter or by calling 248-659-1029 Tues. & Thurs. 9 am - 2 pm.

HOURS
Mon. - Fri.: 8:00 am - 5:00 pm
By appointment or reservation only

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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Micheline Sommers, Vice-Chairman
William Jandeska, Treasurer
Douglas Gould, Secretary
Mike Bailey
Dale Hetrick
Nancy Salvia
David Walker

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YouTube Channel - Older Persons’ Commission

Successful Gardening Season
The OPC Organic Garden plot season was very productive and well maintained by the members. Thank you to Nora Ferraz de Campos for facilitating this garden program and special thanks to all of the gardeners for sharing their abundant harvest with the Nutrition Department for the Meals on Wheels program.

OPC sends a weekly email update of our programs and events. If you are not receiving our "eBlasts" and would like to, please email:
Michele Burns: mburns@opcseniorcenter.org