Thankful & Grateful
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Thanksgiving, especially this year, provides the perfect opportunity to reflect on how our lives have benefitted by the sacrifices and efforts of so many. Seeing the bright side, looking for ‘silver linings’, and, yes, being grateful during such times of challenge is not only beneficial but essential to your mental and physical health. Keeping a positive outlook boosts your immune system, builds resilience and wards off depression, which we all need now more than ever. Gratitude (and its sibling, appreciation) is the mental tool we use which allows us to focus on the beauty, joy and good people we come into contact with every day. Here at the OPC, we’re grateful for many things this holiday season including:

• Our very own Meals on Wheels program that has been on the front lines every day, focused on doing all they can to keep vulnerable seniors safe and nourished. Special thanks to our many Meals on Wheels volunteers who continued to deliver meals at the height of the crisis.
• Drivers and dispatch who never stopped providing rides to dialysis, necessary medical appointments and the grocery stores plus delivered commodity foods to homebound seniors.
• Senior Resource team members along with Rochester Hills and Rochester staff who provided wellness checks to OPC members.
• Enrichment, Art and Fitness staff who have provided a huge variety of virtual and in-person programming designed to keep our members agile and fit, both in body and mind.
• Support staff, including administration, finance, marketing and development, nutrition, maintenance and custodial, all of whom reported to work each day, keeping the facility running smoothly, clean and sanitized, and our members informed and up to date.
• Community members who so generously supported the OPC mission with your time, talents and donations during the height of the Covid Crisis.

With the utmost care and precise planning, the expansion of in-person programs while also continuing with virtual offerings is going well. So, enjoy this newsletter with the multiple classes, lectures and special programs and remember all attendance is by advance reservation only. OPC is blessed with our amazing members, volunteers and staff and in turn we’re a blessing to many seniors with our supportive services and programs. Wishing you bountiful blessings this Thanksgiving and always!

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.

A mask is required in the building. 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.
We are grateful to our members, sponsors and the community for their continuous support of the OPC Mission.

We are Grateful!

THANK YOU to everyone who supported the No-Show Summer Soiree! With your help, along with our sponsors, we raised $42,575 for Meals on Wheels!

Laura Arens
John & Gerri Birg
Jeff & Lisa Bontsas
Tom Page & Michele Burns
Roger & Mary Jo Byrd
Thelma Childress
Ron & Nancy Daar
Ms. Susan Decker
Paula & Bryan DelPapa
Ron & Marjorie DiLiddo
Charlotte Doud
Kent Dupont
Jim & Delores Fisher
Thomas & Sharon Getz
Shirely Gofrank
James Hassberger
Martha Hermann
John & Sharon Hiller
Orville Hoksch
Rick & Sue Jayroe
Anjali Korde
Mr. & Mrs. William Kroger
Kathryn & Brian LeBlanc
Carol Madison
Dr. & Mrs. Rick Maibauer
Tom & Fran Martin
Jim & Carol McMahon
Marye E. Miller
Jacqueline Moon
Bill & Nadine Mott
Gregory Nowinski
Michael & Gretchen O’Donnell
Pat O’Neill
Andrew & Christine Pasternak
Peggy Ptasznik
Barb & Roger Roller
Nancy Salvia
Julie Sayers
Cynthia & Michael Sevilla
Frank & Edda Sinz
Tom & Carol Smith
Tim & Melody Soave
Bill & Lori Stoll
Clarence & Lucy Strand
Tom & Beth Talbert
Tamara Tazzia
Bill & Cathy Thomas
Betty Tomlins
Maria Trahan
Denise Warren
Michael Webber
Paul & Terrie Wehrwein
Eugene Wolfbauer
Victor & Patricia Zanolli
AVVY SENIORS

A Message for HOPE & HEALING
with "Andi" Linda Chapman, RN

Wed. November 18 | 10:30 am

Studies show that hope can speed recovery from anxiety and depression. Join “Andi” for an hour that will lift your spirits heading into the Holidays.

SPONSORED BY

Purposeful Retirement

Presented by: Dr. Bob Inskeep & Dick Rappleye

Tuesdays: November 17 & 24, December 1 & 8 | 7:00 pm | $25
(Book/workbook and instruction included)

This four-part interactive series is designed to assist individuals that are contemplating, preparing for or have already retired. Learn steps to get in touch with what could bring you meaning, purpose and happiness in your retirement years. Through a discovery process, you will be guided to envision a future that is the right fit for you.

Session 1: Self-awareness • Realize what makes you happy and brings you satisfaction
Session 2: Exploring • Pursuing • Considering
Session 3: Determining • Beginning • Sharing
Session 4: Finalizing • Finding • Taking Action

Register on MyActiveCenter.com or by calling (248) 659-1029. You will receive your individualized link to the meeting and directions to pick up your Purposeful Retirement Book/Workbook.

AGING IN PLACE DESIGN IN ARCHITECTURE

An interactive discussion with Architectural Designer Jason Robinson

Thurs. November 12 | 10:30 am

Design for "aging in place" allows homeowners to remain in their homes safely, extending independence and comfort as their physical capabilities and needs change. Jason will cover challenges facing our country as people are living longer. What will the current housing stock look like, and what opportunities exist to extend independence and increase quality of life? Learn about this unprecedented demand in design for an aging population and contribute to the conversation.

SPONSORED BY

Comfort Keepers
Home Care Specialists

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Register on MyActiveCenter.com or by calling (248) 659-1029. You will receive your individualized link to the meeting and directions to pick up your Purposeful Retirement Book/Workbook.
STREETS OF DETROIT  Presented by Historian Joe Oldenburg
Who was Woodward and Gratiot and did John R have a last name?

Tuesday, November 17 | 10:30 am

When Detroit was founded in 1701 it had only 3 streets, all named after saints. There are now 2306 streets in Detroit, many have mundane names or were created by developers like our subdivisions today. But other street names tell the history of the city, names of Presidents, land owners, politicians, civil rights icons, soft drinks, and one man whose name is memorialized in a cemetery’s name today.

Making Connections during COVID-19 Pandemic
Monday, November 9 | 1:00 pm

Dr. Gietzen, Medical Director of Senior Services at Ascension Providence Rochester, has witnessed first-hand the negative impact of COVID-19 and isolation on seniors. He will give tips on keeping yourself healthy and safe, and answer your questions.

Questions are welcome ahead of the presentation.
Send questions to: mmccauley@opcseniorcenter.org

Nutrition to Support the Immune System During the Holidays
Wednesday, December 9 | 1:00 pm

Sarah Micallef, Registered Dietitian, DCE, Ascension Providence Rochester Hospital Nutrition Counseling and Diabetes Center, speaks on diet as one of our biggest tools for a healthy immune system and the importance of eating power foods.

Questions are welcome ahead of the presentation.
Send questions to: mmccauley@opcseniorcenter.org

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
Managing GRIEF during the HOLIDAYS

Wednesday
November 25 | 2:30 pm

The holidays can be a very difficult time for people who are grieving. Join Harvey Bennet and this caring group to learn about strategies that may help.

Virtual ART PROGRAMS

Zentangle Techniques
Watch for weekly instructional videos with Cherie (1-2 tangles per session)

Bookfolding
Make a holiday tree using bookfolding techniques with Candice.
For these virtual art classes go to www.YouTube.com click on Older Persons’ Commission

NEW!
The Photographers Lecture Series
Friday, November 20
1:00 pm

This month’s featured photographer is Jason Robinson, an Architectural Designer, with a passion for photography. His work captures cultural and architectural landscapes in exciting and inspiring ways.

This monthly series presents photographers and artists from all aspects of the field to present their work and share their ideas and stories.

Monitoring GRIEF during the HOLIDAYS
Virtual ENRICHMENT & FITNESS at Home

CELEBRATE VETERAN’S WEEK

Commemorate the 75th Anniversary of the end of World War II

OAKLAND COUNTY COMMUNITY TRIBUTE, FLAG RAISING & PINNING CEREMONY

Sunday, November 8 | 1:00 pm
Flag Raising, Flag Pole Dedication, Veteran's Tribute and Pinning Ceremony with keynote speaker Brigadier General Carol Ann Fausone (Ret.)

Location:
Veterans Tribute of Oakland Township
5236 Adams Road
Oakland Township, MI 48306

MILITARY UNIFORM DISPLAY AND WWII TRIBUTE BANNER SIGNING

Tuesday, November 10 | 9:00 am - 3:00 pm

Location:
Ascension Providence Rochester Hospital
1101 W. University Dr.
Rochester, MI 48307

VIRTUAL CELEBRATION OF MILITARY SERVICEMEN AND SERVICEWOMEN including a Special Tribute to the Grateful Generation our World War II Veterans

Thursday, November 12 | 2:30 pm

Register in advance for this program on the homepage of the OPC website under: Virtual Programs for November

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

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 (no class Nov. 9)

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

CHAIR YOGA! w/Kay

This 45-minute class combines seated and standing 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
(no class Nov. 19 & 26)

NOVEMBER Virtual BOOK CLUB

The Giver of Stars
by Jojo Moyes
During Depression-era America, the novel details the lives of five women who become traveling librarians, delivering books to the people of Kentucky.

Tues. Nov 24 | 2:30 pm

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

Stu Johnson's Musical History Series:
POPULAR MUSIC OF THE ROARING 20'S 1920-1929

Tuesday, Nov. 10 | 11:00 am | $10 | Dining Room

The 1920's was a pivotal time in the U.S. and the World, with changes in culture, fashion, art, attitudes and music, from Ragtime to what we call today, Big Band Music. We’ll listen to some of the songs made popular that are still popular today.

Lunch | Refreshments | Fun

VETERANS CONNECTION SPEAKER BREAKFAST

Wed. November 11
10:00 am - noon

“Donut Dolly”, Joann Kotcher, author of “Donut Dolly: An American Red Cross Girl's War in Vietnam,” talks about her adventures as one of the 600 young women serving in the American Red Cross Supplemental Recreation Activities Overseas program during war.

FINANCIAL FRIDAY

INVESTMENT BASICS
Conservative & Growth Options

Friday, November 13 | 10:00 am
Complimentary | Dining Room

LIGHTS, CAMERA, ACTION - OPC Movies are BACK in the Auditorium!

Emma - rated PG
Fri. Nov. 13 | 1:00 pm

Hi-society girl Emma navigates her way through the challenges of growing up, misguided matches and romantic misteps to realize the love that has been there all along.

Richard Jewell - rated R
Mon. Nov. 23 | 2:30 pm

A hero's life is shattered by a misplaced rush to judgement when the man who thwarted the 1996 Atlanta bombing was accused as the main suspect.

$2 Suggested Donation
WOMEN'S LUNCHEON in the Auditorium

Presented by: Giuseppe's International Oils & Vinegars

Tuesday, Nov. 24 | 11:00 am | $10
GOOD HEALTH MIXES WITH OIL & VINEGAR
Joshua from Giuseppe's International Oils & Vinegars explains the culinary and health benefits of oils and vinegars. Enjoy a hot savory soup and a fresh tossed salad complimented with a truly fresh olive oil and vinegar dressing and dips.
A Savory Luncheon and Tasting | Presentation

DANCE & MUSIC

Drum Circle with Rizal
Thursday, Nov. 5 & 19 | 2:00 – 3:30 pm | $10 for 2 sessions
Must have own instrument

Ukulele Fun
Tuesday, Nov. 3 - 24 | 3:00 – 4:30 pm | $5 for month
Must have own instrument

Line Dance with Carol
Monday, Nov. 2 - 30 | 1:00 – 2:00 pm | $20 for month
(November 2 is Free Dance - No Instructor)

FOCUS on the ISSUES - Current Events Discussion Group

Monday, Nov. 9 & 23 | 2:00 pm | $5 for 2 sessions
Dining Room
A casual forum to discuss current events over refreshments.

650 Mid-Day Club presents . . .

Musician Tom Smith "Smitty"
Thursday, November 19 | 2:30 pm | $10 | Auditorium
LIVE Music from the 60's, 70's and 80's!
Enjoy a personal Charcuterie Platter & Refreshments
Registration required ~ Limited number

Fresh Greens Holiday Workshop

Presented by: Giuseppe’s International Oils & Vinegars

Tue. Dec. 1 | 1:00 pm | $25
Now’s your chance to decorate your home for the holiday season and bring the beauty of nature indoors. Indulge your sweet tooth with holiday cookies and a warm beverage while you create a fresh-greens arrangement with expert instruction from floral designer Ashley Brunette. All materials and assorted greenery will be supplied.

REGISTRATION REQUIRED & LIMITED! REGISTER EARLY!
Online: MyActiveCenter on our website | Call: 248.659.1029 Tue. & Thurs. 9 am - 2 pm
REWIRED not RETIRED - Re-Explored

Good conversation with retirees and other members thinking about retiring.

LIFE BY DESIGN
Planning for the Next Phase in Life

Presented by: Jim Craft

Wed, November 18 | 1:00 pm | Dining Room | $5

Will your future be driven by:
Inertia, Random events or your Vision for the Next Phase of Life?

Thankful & Grateful

HOLIDAY SOCIAL HOUR

Monday, November 16 | 3:00 pm | $5
Auditorium

Enjoy live music, refreshments, good friends and good times!

BINGO

Wed, November 25 | 1:00 pm | $10
Auditorium

Includes 8 Games with up to 4 BINGO cards per player

THANKS for joining us for BINGO!
We are ready to GIVE you a day of fun!

Sponsored by:

Thank you for joining us for BINGO!
We are ready to GIVE you a day of fun!
REGISTRATION REQUIRED! REGISTER EARLY!

*Online: MyActiveCenter on our website | Call: 248.659.1029 Mon - Thurs. 9 am - 3 pm, Fri. 9 am to noon*

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.

In order to meet occupancy requirements, members will need to make reservations in advance on MyActiveCenter.com or by calling 248-659-1029.

**Woodshop**
- Hours & Sessions: Monday-Thursdays, 8:30 - Noon and 1 pm – 4:30 pm; Friday closed for cleaning and maintenance
- Limited to 3 sessions a week
- Required cleaning between the morning and afternoon sessions.
- Annual woodshop user card required $100 for the year - purchase in advance or upon entry.
- Park on the upper level and enter through the main entrance for the health screening.

**Lap & Therapy Pools and Locker/Shower Facilities**
- Lap Pool Hours: Monday-Thursdays, 8:00 am – 4:00 pm; Fridays, 8 am-noon
- Therapy Pool Hours: Monday-Thursdays, 8:15 am – 3:15 pm; Fridays, 8:15 - 11:15 am
- 45-minute swim sessions. Limited to 2 sessions a week.
- Pay upon entry: $3 per session or purchase a $50 Open Swim Punch card
- Masks must be worn on the pool deck but not in the water or while showering.
- We are not providing any equipment for in the pool (noodles, belts, dumbbells, etc.) and patrons must bring their own blow dryer, we are not providing them at this time.
- Park on the lower level and enter through the aquatic entrance for the health screening.

**Weight and Cardio Rooms**
- Hours: Monday-Thursdays, 9:00 am – 3:00 pm; Fridays, 8 am – Noon
- 45-minute session. Limited to 2 sessions a week.
- Pay upon entry: $2 a session or purchase a $50 Fitness Punch card
- Park on the lower level and enter through the aquatic entrance for the health screening.

**Walking Track**
- Hours: Monday-Thursdays, 8:00 am – 4:00 pm; Fridays, 8 am – Noon
- 45 Minute sessions. Limited to 2 sessions a week
- Max of 8 people at a time wearing a mask on the track
- Nu Step cross trainers will be allowed for use during session. Air dyne bikes and other cardio equipment will not be available due to the respiratory droplets being actively spread during usage.
- Park on the upper level and enter through the main entrance for the health screening.

**Fitness, Enrichment & Art Programming:** Please refer to the November newsletter for all programming details.
INDEPENDENT DRAWING & PAINTING w/Merri-Jo Towns  
Fri. Nov. 6 & 13 | Auditorium  
12:30 - 3:00 pm | $20  
Improve your drawing and painting skills. Follow along with guided instruction or work on your own piece with tips and inspiration. Guided lesson plan is “OPC Stone Cottage” – your choice of medium. Bring your own supplies.

WATERCOLOR w/ Pete Snodgrass  
Wed. Nov. 11 & 18 | Auditorium  
9:30 - 11:30 am | $20 for 2 sessions  
Practice your watercolor skills with guidance from an expert instructor. All levels welcome. Bring your own subject matter AND SUPPLIES or follow along with a subject(s) provided by instructor. (Call Paula 248-608-0253 or email pbedsole@opcseniorcenter.org for a list of suggested supplies).

POTTERY - HANDBUILDING TECHNIQUES w/Harvey Bennett  
Thurs. Nov. 12 | Auditorium  
1:00 - 3:30 pm | $15 includes supplies & firing  
Use your fingers, hands and simple tools to make a decorative tree for your holiday décor. This piece is made using the slab method. Learn carving, stamping and layering techniques. 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. Nov. 16 & 23 | 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. Nov. 17 | Aud. | Joy Angel  
Tue. Dec. 8 | Aud. | Holiday Poinsettia  
9:30 am - noon | $35 each session includes supplies  
Learn cutting, gluing and grouting techniques to create a mosaic masterpiece. Complete a 6” x 6” tile with some color variations – no two will be exactly alike.

MINI PAINTING WORKSHOP w/ Pete Snodgrass  
Thurs. Nov. 19 | Auditorium  
9:30 am - 12:30 pm | $15  
Paint from still life with tips from an experienced watercolor artist. Instructor will begin class with a live demonstration of methods and techniques. Each student will then paint from their own floral still life (provided) with tips from instructor. Class will end with a short critique and review of your work. (Bring whatever watercolor supplies you have – brushes, paints and #140 watercolor paper or call Paula 248-608-0253 or email pbedsole@opcseniorcenter.org for a list of suggested supplies).

BARNWOOD PAINTING w/ Sue VanHeck  
Fri. Nov. 20 | Auditorium  
10 am - 12:30 pm | $30 includes supplies  
Paint a decorative piece on real rustic barnwood. Your choice of two holiday designs in varying color palettes. Can be displayed indoors or outdoors. Ring in the holidays!
creation station | auditorium

** these classes include supplies **

** gratitude journal **
w/cherie harwick & opal tabacchi
wed. nov. 11 | 1:00 - 4:00 pm | $10

november is the national month of gratitude.
create a gratitude journal to record your own thoughts and “thank you’s.”
design a cover and learn lots of fun things like making pockets, adding embellishments, and other techniques. no matter what we are going through in our lives, there are always things to be thankful for. great opportunity to give journaling a try!

** mini christmas tree workshop **
w/candi murasky
thurs. nov. 12 | 9:30 am - noon | $10
create a cute tabletop tree. lots of materials to choose from to fit your style! finished tree is mounted on your choice of base (actual tree is 15” tall). great addition to your holiday décor or give as a special gift. relax and get ready for christmas!!

** diffuser pendant necklace **
w/regina helland art studio
-tues. nov. 17 | 1:00 - 3:00 pm | $10
create clay pendants for the essential oil enthusiast. make as many as time allows. a quick scent of invigorating oil can be just what you need to get through a rough day. learn simple texture and design techniques, then make a ribbon or fabric chain to hold your charm. underglaze that day and return to pick up your fired pieces.

** winter woodburned disks **
w/cherie harwick
wed. nov. 18 | 1:00 - 3:30 pm | $10
a touch of nature is always welcome. these wooden disks can be used as ornaments or package decorations. woodburn a variety of disks with a winter or holiday design of your choice. we will have lots of ideas to choose from. bring colored pencils if you have them to add color to your designs.

open studio | art studio

bring your own projects and work while visiting with friends!

** needle arts studio w/pat kienzle **
-fri. nov. 6 & 13 | 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 w/cherie & opal **
-mon. nov. 9 & 16 | 1:00 - 3:30 pm | $5 for 2 sessions
bring your own supplies and unfinished projects. share craft ideas and complete your holiday gifts!

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.

** winter greeting cards **
this amazing kit includes scrapbook paper with a winter theme, card/envelope sets, embellishments, fancy cutting scissors and a glue stick. video and enclosed instructions show how to cut the paper to decorate the cards. sentiments are included, but leave the cards blank until you need them--you’ll be ready for any occasion!!

beginning nov. 1, order your “art to go” kit
$15.00 | call: 248-659-1029
you will receive a follow-up call regarding curbside 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 sept. & oct. kits still available *

regional organization of palm beach county"
Fitness Classes in the Gym

All classes begin November 1 and end November 30 - No classes Nov. 26 & 27
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 Door

Fitness Levels: 1 - Begin with a chair | 2 - Beginner | 3 - Intermediate | 4 Advanced

RISE & SHINE w/Peggy 2-3
Mondays, Wednesdays and Fridays | 7:00 am
Session 1 - Nov. 2 - 13 | 6 classes $36
Session 2 - Nov. 16 - 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.

MUSCULAR ENDURANCE w/Fabiola 3-4
Tues. Nov. 3 - 24 | 8:30 am | 4 classes $24
Thurs. Nov. 5 - 19 | 8:30 am | 3 classes $18
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.

CYCLING w/Kathy
Tues. Nov. 3 - 24 | 9:30 am | 4 classes $24
Thurs. Nov. 5 - 19 | 9:30 am | 3 classes $18
Fri. Nov. 6 - 20 | 9:30 am | 3 classes $18 NEW!
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.

BEGINNING TAI CHI – WU STYLE w/John
Tues. Nov. 3 - 24 | 4:00 pm | 4 classes $32
Fri. Nov. 6 - 20 | 10:00 am | 3 classes $24
Fri. Nov. 6 - 20 | 11:00 am | 3 classes $24
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.

TANG SOO DO w/Paul
Mon. Nov. 2 - 30 | 11:30 am | 5 classes $30
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.

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.
Drinking fountains are closed - Please bring a water bottle - Water bottle filling station is open

REGISTRATION REQUIRED! REGISTER EARLY!  
*Online: MyActiveCenter on our website  |  Call: 248.659.1029 Mon - Thurs. 9 am - 3 pm, Fri. 9 am to noon

RESISTANCE & BALANCE TRAINING w/Fabiola 3  
Tues. Nov. 3 - 24 | 1:30 pm | 4 classes $24  
Thurs. Nov. 5 - 19 | 1:30 pm | 3 classes $18  
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 2  
Mon. Nov. 2 - 30 | 1:00 pm | 5 classes $30  
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 2-3  
Tues. Nov. 3 - 24 | 10:30 am | 4 classes $24  
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 2-3  
Tues. Nov. 3 - 24 | 12:30 pm | 4 classes $24  
Thurs. Nov. 5 - 19 | 12:30 pm | 3 classes $18  
Begin strengthening back, stomach, and side muscles to improve posture and balance.

STRENGTHEN, LENGTHEN & BALANCE w/Robin 2  
Mon. Nov. 2 - 30 | 8:30 am | 5 classes $30  
Enjoy an energizing workout that focuses on Strength training activities and, lengthen muscles while incorporating balance exercises.

PERSONAL TRAINING  
Take your fitness goals to the next level and schedule a personal training session today. Fill out a personal training inquiry packet to be paired with a trainer of your choice, or let our staff find 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. Training sessions will be conducted one-on-one in either of our spacious group fitness classrooms. Availability is limited so call today!

GOLD  
24 - 1 HOUR SESSIONS: $940

SILVER  
12 - 1 HOUR SESSIONS: $550

BRONZE  
6 - 1 HOUR SESSIONS: $300

COPPER*  
12 - 30 MIN. SESSIONS: $450

*Need recommendation from a trainer

For Information: 248-608-0247

FUNCTIONALLY FIT w/Peggy 2  
Mon. Nov. 2 - 30 | 10:30 am | 5 classes $30  
Wed. Nov. 4 - 25 | 10:30 am | 4 classes $24  
This standing and seated class focuses on full body movement, improving coordination, balance and core.

BODY BALANCE w/Lisa 2-3  
Thur. Nov. 5 - 19 | 10:30 am | 3 classes $18  
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 3-4  
Tues. Nov. 3 - 24 | 11:30 am | 4 classes $24  
Thurs. Nov. 5 - 19 | 11:30 am | 3 classes $18  
A challenging cardio and toning workout with equipment for all levels.

Lap & Therapy Pools  
Weight & Cardio Room | Walking Track

See page 11 for schedule and how to register.
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. Nov. 10 & 24
12:00 - 3:00 pm
Complimentary 15 minute legal advice by Rutkowski Law Firm by appointment.
Call OPC: 248.608.0249

COUNSELING

EasterSeals Michigan is offering 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

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
Friday, Nov. 20 10:00 am - noon Auditorium
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
Returning in January 2021

PARKINSONS’ SUPPORT VIRTUAL PRESENTATION
Wed, Nov. 4 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
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.

**Transportation**

**OPEN ENROLLMENT VIRTUAL ASSISTANCE DAYS**
**OCTOBER 15TH - DECEMBER 7TH**

The Medicare Medicaid Assistance Program (MMAP) is here to help with your options!

**Our Counselors Can Help You:**
- Understand plan choices and compare plans
- Potentially save money on Part D premiums and medication costs

This is a **FREE and UNBIASED** service with our certified counselors!

Call to schedule your 1-on-1 appointment at
**1-800-803-7174**
(Sessions will be by phone or Zoom)

Visit [aaa1b.org/medicare-medicaid-help/](aaa1b.org/medicare-medicaid-help/) for more information

**Holiday Baskets**

OPC is proud to partner with volunteers to fill Holiday Food Baskets

Food baskets are needed for selected members of our senior community
Please RSVP by November 13 to participate.

<table>
<thead>
<tr>
<th>Holiday Dinner Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. $10 grocery gift card</td>
</tr>
<tr>
<td>2. 1 can of vegetables</td>
</tr>
<tr>
<td>3. 1 can of fruit</td>
</tr>
<tr>
<td>4. 1 box of stuffing</td>
</tr>
<tr>
<td>5. 1 box of instant potatoes</td>
</tr>
<tr>
<td>6. 1 can of cranberries</td>
</tr>
<tr>
<td>7. holiday dessert (cookies, mug cake)</td>
</tr>
<tr>
<td>8. tea bags</td>
</tr>
<tr>
<td>9. breakfast bars</td>
</tr>
<tr>
<td>10. large gift bags/decorated boxes</td>
</tr>
</tbody>
</table>

**Household Products**

1. paper towels
2. toilet paper
3. kleenex
4. liquid dish soap
5. liquid hand soap
6. toothpaste/toothbrush
7. shampoo/conditioner (gift set)
8. hand sanitizer

Add unisex gift wrapped items... suggestions; large print puzzle books, candy (sugar-free), holiday napkins, kitchen towels, oven mitts, stamps & stationery, calendars, snacks, socks and throw blankets.

Drop off your basket by Friday, December 4 before noon to OPC’s Senior Resource Dept.
Please contact Tara Kury for questions, to RSVP, or if you would like to personally deliver your basket.

248.608.0249

Thank you for your kindness!

**Holiday Baskets**

2020 Medicare Open Enrollment will not be at OPC. Please schedule your appointment by calling the number below.

**2020 Medicare Open Enrollment**

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   (to put all items in)

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

While OPC is unable to endorse our sponsors, speakers and advertisers, we greatly appreciate their support.
# Thanksgiving Holiday
No Meal Delivery

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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Baked Ziti with Meatsauce</td>
<td>2 Meatloaf with Mushroom Gravy</td>
<td>3 Turkey Burger on Bun</td>
<td>4 Baked Chicken</td>
<td>5 Spanish Rice w/Meat</td>
</tr>
<tr>
<td>Cabbage Pineapple Slaw</td>
<td>Garlic Mashed Potatoes</td>
<td>Lettuce Salad</td>
<td>Red Skin Potatoes</td>
<td>Key West Vegetables</td>
</tr>
<tr>
<td>Italian Blend</td>
<td>Romaine Garden Salad</td>
<td>Sliced Tomatoes</td>
<td>Broccoli Cuts</td>
<td>Carrot Salad</td>
</tr>
<tr>
<td>Whole Grain Italian Bread</td>
<td>Italian Blend Vegetable</td>
<td>Cucumber Salad</td>
<td>Cabbage Pineapple Slaw</td>
<td>Dinner Roll</td>
</tr>
<tr>
<td>Sliced Pineapple</td>
<td>Four-Fruit Salad</td>
<td>Santa Fe Salad</td>
<td>Orange Sections</td>
<td>Fruit Mixed Cup</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 Stuffed Cabbage</td>
<td>10 Baked Cod</td>
<td>11 Roasted Vegetable Lasagna</td>
<td>12 Sweet &amp; Sour Meatballs w/Rice</td>
<td>13 Italian Ravioli</td>
</tr>
<tr>
<td>Oven Roasted Potatoes Parsley</td>
<td>Sliced Potatoes</td>
<td>Carrots Romaine Garden Salad</td>
<td>Sugar Snap Peas</td>
<td>Broccoli Cuts</td>
</tr>
<tr>
<td>Carrots Breadstick</td>
<td>Peas Garden Salad</td>
<td>Vegetable Roll</td>
<td>Oriental Blend</td>
<td>Garden Salad</td>
</tr>
<tr>
<td>Pear</td>
<td>Prunes</td>
<td>Fruit Medley</td>
<td>Dinner Roll</td>
<td>Fruit Cocktail</td>
</tr>
<tr>
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</tr>
<tr>
<td>16 Chinese Beef Pepper Steak</td>
<td>17 Pork Chop Creole</td>
<td>18 Baked Chicken w/Mushroom Gravy</td>
<td>19 Bratwurst on Bun</td>
<td>20 Lemon Pepper Cod</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>Oven Roasted Potatoes Asparagus</td>
<td>Red Skin Potatoes</td>
<td>Cole Slaw</td>
<td>Oven Roasted Potatoes Capri</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Creamy Cole Slaw</td>
<td>Mixed Vegetables</td>
<td>German Potato Salad</td>
<td>Blend</td>
</tr>
<tr>
<td>Romaine Garden Salad</td>
<td>Dinner Roll</td>
<td>Crunchy Pea Salad</td>
<td>Sauerkrut</td>
<td>Whole Wheat Dinner Roll</td>
</tr>
<tr>
<td>Breadstick</td>
<td>Peach Slices</td>
<td>Cantaloupe</td>
<td>Red Apple</td>
<td>Orange</td>
</tr>
<tr>
<td>Red Apple</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23 Macaroni &amp; Cheese</td>
<td>24 Baked Chicken Cutlet w/Gravy</td>
<td>25 Turkey with Vegetables</td>
<td>26 Thanksgiving Holiday</td>
<td>27 Thanksgiving Holiday</td>
</tr>
<tr>
<td>Whole Beets</td>
<td>Oven Roasted Potatoes Cabbage</td>
<td>Egg Noodles</td>
<td>No Meal Delivery</td>
<td>No Meal Delivery</td>
</tr>
<tr>
<td>Romaine Garden Salad</td>
<td>Pineapple Slaw</td>
<td>Romaine Garden Salad</td>
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<tr>
<td>Fruit Salad</td>
<td>Green Peas</td>
<td>Red Grapes</td>
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<tr>
<td>Corn Muffin</td>
<td>Pear</td>
<td>Dinner Roll</td>
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<tr>
<td></td>
<td>Breadstick</td>
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<tr>
<td>30 Salisbury Steak</td>
<td></td>
<td></td>
<td>Grab &amp; Go Lunches Available</td>
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</tr>
<tr>
<td>Parsley Potatoes</td>
<td></td>
<td></td>
<td>Monday - Friday</td>
<td></td>
</tr>
<tr>
<td>Roasted Brussel Sprouts</td>
<td></td>
<td></td>
<td>Pick-up begins at noon</td>
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<tr>
<td>Garden Salad</td>
<td></td>
<td></td>
<td>$3 suggested donation</td>
<td></td>
</tr>
<tr>
<td>Peach Crisp</td>
<td></td>
<td></td>
<td>Must call 24 hours in advance to reserve a meal: 248.659.1032</td>
<td></td>
</tr>
</tbody>
</table>

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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  

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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
ASK THE ORTHOPEDIC DOCTOR Tuesday, Nov. 3 & 17 | 9 - 11:00 am
Dr. Maibauer, M.D., retired Orthopedic Surgeon, has returned to address orthopedic questions and concerns. Call Cindy to make an appointment.

HEARING TESTING & HEARING AID CLEANING Tuesday, Nov. 17 | 9:30 - 11:00 am
Hearing screening, baseline hearing test by Hart Medical Equipment Audiologist Laura Salome. Call Cindy to make an appointment.

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. 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.

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.
For referrals please contact
Cheryl Brill,
Director of Marketing
(586) 295-9903

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CALL TO SCHEDULE A TOUR TODAY
NOW BOOKING IN-PERSON APPOINTMENTS AS ALLOWED BY CITY ORDINANCE

All Seasons is designed to delight every one of your senses...everyday!
Call or visit our website to schedule your IN-PERSON or VIRTUAL tour so that we can personally show you our distinctively stylish 1 or 2 bedroom residences featuring individual HVAC units and beautiful community venues. You will be captivated by the gracious services we offer, including full daily social calendars, chef-prepared meals and chauffeured transportation.

175 Nawakwa Road  Rochester Hills, MI  AllSeasonsRochesterHills.com  248.918.4160
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10 Panel Drug Screens
6000 Square Foot Training Center

ROCHESTER • WATERFORD
248.886.7300
www.HomeInstead.com/408

ACHC Accredited - Accreditation Commission for Health Care. Each Home Instead Senior Care office is independently owned and operated.
Building Closed for Thanksgiving Holiday Nov. 25 at 4 pm through Nov. 29. Reopen Mon. Nov. 30

Register for all classes on MyActiveCenter or call 248-659-1029 Mon. - Thurs. 9 am - 3 pm & Fri. 9 am - noon

All building and programming updates will be listed on our Facebook page, website and in our weekly eblasts.

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

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

FOLLOW US
www.opcseniorcenter.org
YouTube Channel - Older Persons' Commission

Thanksgiving Drive-Thru Lunch

Wednesday | November 18 | 11:00 am - 1:00 pm
$3.00 Donation per Meal Collected at Drive-Thru

Don’t miss our delicious Thanksgiving Turkey lunch with all the trimmings! Stay in your car and drive right through to pick up your lunch to go!

Two ways to register:
My Active Center on the OPC website homepage
Turkey Hotline at (248)608-0280

Registration closes at noon Friday, November 13 or until sold out

Registration & Membership is required

Happy Thanksgiving!

Sponsored by Anthology of Troy & Rochester Hills

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