December 2020

A Great Place to be 50+
in Rochester,
Rochester Hills &
Oakland Township

Older Persons’ Commission | 650 Letica Dr., Rochester, MI 48307 | 248.656.1403 | www.opcseniorcenter.org

Meals on Wheels
Fitness & Aquatics
Reassurance Calls
Medical Equipment Loans
Virtual Programming

Enrichment & Arts
Transportation
Senior Support Services

OPC Making Spirits Bright ALL Year Long!
Stimulating activities are so very important now more than ever helping to prevent social isolation and depression! Many of us, in our own small ways, have seized the opportunity during this time to reconnect with the simple things that may be increasingly lost in our hectic modern lives. We’re making things from scratch and are realizing how satisfying and fulfilling that can be. Our Art-to-Go kits are a great way to experience that deep satisfaction, plus the finished product makes a great holiday gift made with love! See page 11. As the New Year approaches, we hope you’ll reconnect with your passions by checking out all of the great offerings at the OPC with fitness & aquatics and arts & enrichment programming.

As you know we’re doing things a little differently at the OPC these days! The phased reintroduction of the walking track, pools, cardio & weight room activities is going well and we’ve created or transitioned many programs to virtual online activities including language groups, fitness classes, book clubs, “Ask the Doc” with our wellness partner APR, Brain Storm virtual lectures...the list of programs goes on and on. The internet, Zoom and social media have provided new ways for our members to explore hobbies and interests they may never have participated in before from the safety of their homes. Check out page 14 for information on over 150 FREE online group classes designed for and led by older adults and pages 4 - 5 for OPC Virtual Programs.

Telephone reassurance calls during this pandemic have proven to be more important than ever! They’ve allowed members to remain safely connected while practicing necessary social distancing. With winter on our doorstep, we want to be on the front line of support for our members. Please call our Senior Resource Department at (248) 608-0249 to schedule a regular phone call. It’s also important to note that taking a break from the news and social media can be beneficial; excessive information about the pandemic can be upsetting and possibly cause a sense of imbalance. It’s important to talk with people you trust! Remember, the OPC is always here for you!

2020 has brought no shortage of challenges, but it has also given us moments of opportunity and growth. We did not need a pandemic to illustrate that you, our OPC members, are the focus of everything we do so Welcome 2021 with all its hope and promise. Special thanks to our members, volunteers and especially our dedicated staff for all you do in support of the OPC mission. On behalf of the OPC Board of Directors and staff, Happy Holidays!

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.
Ho Ho Ho!!

THANK YOU to our friends & partners (not-so-secret Santas) for helping make the holidays merry and bright for OPC and our Meals on Wheels clients!

These very special partners will provide the Thanksgiving, Christmas & New Years Day meals for OPC’s Meals on Wheels clients:

Bellbrook of Rochester Hills
Sunrise of Rochester
American House Stone

Ray & Mary Elizabeth Nicholson’s gracious time honored tradition of donating 300 poinsettias to homebound seniors will continue this year through the generosity and thoughtfulness of Mike & Christine Nicholson, who are carrying on their legacy. Many thanks to the Nicholson's for their commitment to local seniors!

The Rochester Kiwanis for their long time donation of turkeys for the special Thanksgiving Lunch for home delivered meal clients and drive-thru participants.
Virtual ENRICHMENT at Home

Holiday Caroling Show
with the OPC 650 Players & Friends

Tuesday, December 22 | 2:30 pm

Bringing the joyful sounds of your favorite holiday songs with this festive Sing-Along Show!

THE CHRISTMAS TRAIN
by David Baldacci

Tom Langdon, a cynical journalist, has to take the train from Washington D.C. to Los Angeles to get home for Christmas, and learns a lot along the way.

Tues. Dec. 29
2:30 pm

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

DECEMBER Virtual BOOK CLUB

DECEMBER Virtual BOOK CLUB

LANGUAGE: Lifelong Learning

SPANISH CONVERSATIONAL GROUP
Wednesdays | 10:30 am

FRENCH CONVERSATIONAL GROUP
Fridays | 11:00 am (no Dec. 25)

Managing GRIEF during the HOLIDAYS

Wednesday
December 23 | 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.

OPC STAY CREATIVE

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

For these virtual art classes go to www.YouTube.com click on Older Persons’ Commission or visit opcseniorcenter.org

MONDAY with the MAYOR

Monday, December 7

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

Using Zoom is EASY! If you have any questions, contact Marianne McCauley
mmccauley@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!
WORK YOUR BODY! w/Lisa Chavis

**BODY STRONG** Strengthen the entire body!
**Mondays | 9:00 am**
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!

**BODY BALANCE** Balance the entire body!
**Wednesdays | 9:00 am**
Work your entire body as a whole, strengthening the small muscle groups and stretching those tight muscles for better coordination, muscle mechanics and flexibility.

CHAIR YOGA! w/Caryn

**Tues & Thurs | 1:30 pm** (no Dec. 24 & 31)
This 45-minute class combines seated and standing poses to get the full benefits of yoga while using a chair for stability and support. Through this gentle practice, we will breathe our way into our body to release tension and tightness, increase flexibility, strength, body awareness, range of motion and balance while promoting a feeling of relaxation and calm.

Attention Virtual Fitness Class participants!
Beginning January 1, there will be a nominal fee to participate in these professionally led fitness and yoga classes.
*More information will be in the January Newsletter*

ASK the DIETITIAN | ZOOM PRESENTATION AND Q&A SERIES

**IOG/Wayne State University**
Virtual Learning Lecture

**Food for Thought**
**Thursday, December 17 at 1:00 pm**
You are what you eat. Not new, but an idea that has taken on new significance as Americans live longer. Most people understand the importance of maintaining physical fitness to keep the body running well as they age, but don't always realize that maintaining the brain is equally important.

*Sponsored by,
Institute of Gerontology
hap*

**Save the Date** for "Sense-ational Brain" in January

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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**

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REGISTER BY CLICKING ON THE LINKS LOCATED UNDER VIRTUAL PROGRAMS FOR DEC. ON THE HOMEPAGE OF THE WEBSITE
650 Mid-Day Club

GIVE NOW, GIVE LATER, GIVE AND RECEIVE
Put your money where your heart is.

In the spirit of “Give Now,” your $5 fee includes a delicious Holiday Treat and support for our Meals on Wheels Program.

Friday, Dec. 11 | 10:00 am | $5 Dining Room

SPONSORED BY:
FINANCIAL FRIDAY

Registration required - Limited number

6 December 2020

Enrichment on-site at OPC

SIP & SPARKLE HOLIDAY SHOW
with The Rick Lieder Band

Thurs. December 10 | 2:30 pm | $10 | Auditorium

I’m Dreaming of a White Christmas!
But if the White runs out, I’ll drink Red!

Enjoy White and Red Wine paired with a personal Charcuterie platter.

SPONSORED BY: Anthology of Rochester Hills

NATIONAL LAMPOON’S CHRISTMAS VACATION
Fri. Dec. 11 | 1:00 pm - rated PG-13

The Griswold family plans for a big family Christmas but all their good intentions can’t save them from a disaster when a surprise visit from Cousin Eddie throws them into disarray.

SPONSORED BY: Home Instead Senior Care

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

SPONSORED BY:
Anthology of Rochester Hills with The Rick Lieder Band

THE SECRET: Dare to Dream - rated PG
Mon. Dec. 14 | 2:30 pm

A powerful storm brings a mysterious man into the life of a young widow struggling to raise three children on her own. His presence re-ignites the family spirit, but he carries a secret.

SPONSORED BY: Pixley Funeral Home

SPONSORED BY: Thrivent Financial

SIP & SPARKLE HOLIDAY SHOW

Dining Room

Includes 8 Games with up to 4 BINGO cards per player and pizza!

SPONSORED BY: hap

Holiday BINGO
Wed, December 23
1:00 pm | $10

650 Mid-Day Club

650 Mid-Day Club

$3 Suggested Donation

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

WOMEN'S LUNCHEON  Presented by: Oakland University Professor Alice Horning

Presentation & Holiday Inspired Lunch
Tuesday, Dec. 15 | 11:00 am | $10 | Dining Room

LITERACY HEROINES!
Celebrate remarkable women in history who have worked to leave this world a better place and hear their fascinating and inspiring stories. Two such historical heroines are Jane Addams, the 1951 Nobel Peace Prize winner, pioneer social worker and feminist, and Cora Wilson Stewart, social reformer, educator and founder of Moonlight School. Professor Alice Horning will introduce us to these amazing women and share their incredible legacies.

Please bring an unwrapped Christmas book to be donated to local children

WOMEN'S LUNCHEON
Celebration of remarkable women in history at the LITERACY HEROINES event.

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

DANCE & MUSIC

Drum Circle w/Rizal
Thursday, Dec. 3 & 17 | 2:00 – 3:30 pm | $10 for 2 sessions
Must have own instrument

Ukulele Fun | Auditorium
Tues. 1, 8 & 22 | 2:00 – 3:30 pm | $5 for month
Must have own instrument

Guitar Group | Dining Room
Tues. 1, 8 & 22 | 1:30 – 3:30 pm | $10 for month
Fridays | 1:30 - 3:30 pm
Must have own instrument

Line Dance w/Carol | Auditorium
Mondays | 1:00 – 2:00 pm | $15 for month

FOCUS on the ISSUES

Current Events Discussion Group
Monday, Dec. 14 | 2:00 pm | $3
A casual forum to discuss current events over refreshments.

TECHNOLOGY

COMPUTER CLUB
Tuesdays | 10:00 am | $5 for the month
(Also available on ZOOM - see page 5)

Sponsored by: Pomeroy Living

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Presentation & Holiday Inspired Lunch
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Please bring an unwrapped Christmas book to be donated to local children

VETERANS CONNECTION

Operation Christmas Spirit Luncheon

Wed. December 9 | 10:00 am - noon
Veterans and their spouses are invited to attend. Registration required!

The Veteran's Connection Group has the opportunity to play Santa for a local military family.

Upon registration, you will receive an email with gift ideas for a military family. We will have all the paper, bows and tags to wrap the gifts and write a message of encouragement and love.

SPONSOR
Anthology of Rochester Hills

PRESENTING SPONSOR
Anthology of Rochester Hills

Luncheon Sponsor: Heartland Health Care Centers
Enrichment on-site at OPC

Terrific Tuesday presents...

ANTIQIUES ROADSHOW STYLE EVENT
with Poof! Estate Services

Tuesday, Dec. 8 | 11:00 am | $10 | Dining Room

Whether an item is worth a lot of money or is just a sentimental reproduction, here is your chance to share stories from the past about your keepsake.

Items for appraisal will be chosen by presenter. Estimated “rough” appraisal information will be provided live. More detailed appraisal values can be scheduled with Poof! Estate Services.

Presented by: Waltonwood Main

Presentation - Appraisals | Lunch & Refreshments

The Photographer’s Lecture Series

BEAUTIFUL BIRDS, BUTTERFLIES & BLOOMS
with David Eastin

Friday, December 18 | 1:00 pm | $5

Photographer, Instructor and Studio Consultant, David Eastin will focus on taking better pictures with your DSLR or Mirrorless Camera. Participants should have a working knowledge of their equipment and a desire to improve their technical skills.

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

Fresh Greens Holiday Workshop

Presented by: Oasis Senior Advisors Macomb

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.

SPONSORED BY Oasis Senior Advisors Macomb
REGISTRATION REQUIRED! REGISTER EARLY!
Online: MyActiveCenter on our website  |  Call: 248.659.1029 Mon - Thurs. 9 am - 3 pm, Fri. 9 am to noon

**Favorite Holiday Songs**
with MICHAEL KRIEGER

Thurs. December 3 | 2:30 pm | $10 | Auditorium

Live Entertainment | Holiday Sweets & Treats
Enjoy live music, refreshments, good friends and good times!
Sponsored by Town Village of Sterling Heights

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**REWIRED not RETIRED**
~ Provides support and camaraderie for pre and post retirees

**MINDFUL AGING**
Presented by: Jan Miller

Wed, December 16 | 1:00 pm | $5 | Auditorium

Mindful Living’s Jan Miller, LPC, introduces us to a Mindful Aging curriculum; a way of enriching our lives as circumstances change (retirement, illness, downsizing homes, loneliness, grief, etc.). The presentation will include an introduction to techniques such as guided meditation, awareness of thoughts/feelings/body sensations, easy body movements such as chair yoga and group discussion.

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**MUSIC HISTORY SERIES - Frank Sinatra**
Presented by: Stu Johnson

**PART ONE:** Tuesday, December 15 | 2:00 pm | Auditorium
**PART TWO:** Thursday, December 17 | 2:00 pm | Auditorium
$10 for the 2-part series

Francis Albert Sinatra was an American singer, actor and producer who was one of the most popular and influential musical artists of the 20th century. He is one of the bestselling music artists of all time, having sold more than 150 million records worldwide. Join Stu Johnson in this two-part Sinatra appreciation.
MOSAIC TILE CLASS
with Mary Gilhuly
Tue. Dec. 8 | Aud. | Holiday Poinsettia
9:30 am - noon | $35 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.

WATERCOLOR
w/ Pete Snodgrass
Wed. Dec. 9 & 16 | Art Studios
9:30 - 11:30 am | $20 for 2 sessions
Practice your watercolor skills with guidance from an expert instructor. All levels welcome. Week 1 - Paint your own Christmas Cards (3 cards & envelopes for $1 from instructor). Week 2 - "Peaceful Landscape - First Snow" (16 x 20 paper preferred - #140#). Call Paula 248-608-0253 or email pbedsole@opcseniorcenter.org for a list of suggested supplies.

Back by Popular Demand!

ANYONE CAN PAINT
w/ Steve Wood
Mon. Dec. 14 | Auditorium
10:00 am - noon | $25 includes supplies
Let award-winning TV artist, Steve Wood, of the popular show "Anyone Can Paint," help develop the inner artist in you. Whether a beginner or someone rediscovering art, you are invited to join him to complete a 11 x 14 acrylic painting on canvas. Theme is a winter landscape with a cabin and mountains. Wood has successfully taught over 4,500 students and proves you don't have to be "born with the gift." His unique ability to blend humor and encouragement results in an enjoyable and relaxing painting experience.

COLORED PENCIL RENDERING
w/Merri-Jo Towns
Tues. Dec. 15 | Art Studios
12:30 - 3:30 pm | $10 bring own supplies
Learn to use colored pencils in a painterly way. Each student will be given an apple and the instructor will show how to make it come to life. Learn color layering, shading, highlighting and more. Some experience suggested. Improve your drawing skills. Bring small/medium drawing pad, Prisma Colored Pencils, eraser and small pencil sharpener.

WOODSHOP SAFETY CLASS w/Marty & Tom
Fri. Dec. 4 | 12:30 - 3:30 pm | $15
A requirement to obtain a Safety Card to use the Woodshop. Upon completion, you may purchase a Yearly User Card ($100), then register to use the shop. Limited space available.

REGISTRATION IS REQUIRED TO PARTICIPATE!

WOODSHOP

Monday - Thursday
8:30 am - Noon | 1 - 4:00 pm

Registration limited to 3 sessions per week
Annual Woodshop User Card is required and can be purchased for $100 a year:
online on MyActiveCenter or
by calling the cashier at 248-659-1029

OPEN STUDIO | Art Studios

Bring your own projects and work while visiting with friends!

NEEDLE ARTS STUDIO w/Pat Kienzle
Fri. Dec. 4 & 11 | 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. Dec. 7 & 14 | 1:00 - 3:30 pm | $5 for 2 sessions
Bring your own supplies and unfinished projects. Share craft ideas and complete your holiday gifts!
CREATION STATION | Art Studios

** These classes include supplies **

**HOLIDAY WREATH WORKSHOP**
*with Candi Murasky & Elaine Giacopelli*
Thurs. Dec. 3 | 9:30 am - noon | $10
Create a gorgeous faux holiday wreath that will be as unique as YOU! Add a custom-made bow and view bow making demo. Huge choice of floral and other embellishments to fit any style. We’d be glad to make you a couple extra bows for your gift wrapping too!

**ETCHED APPETIZER PLATES**
*with Candi Murasky*
Mon. Dec. 7 | 10 am - noon | $12
Join us to make some special plates for yourself or to give as gifts. Make 4 plates using etching cream and stencils. Choose from a variety of patterns and designs (holiday or non-holiday themed). These are FUN and easy and last for years. Give as a set or individually topped with your favorite gifting goodies!

**ALCOHOL INK ORNAMENTS**
*with Cherie Hartwick*
Wed. Dec. 9 | 1:00 - 4:00 pm | $12
Paint unique, colorful glass ornaments in a watercolor style using alcohol inks. Perfect for the holidays, but also beautiful hanging in a window throughout the year. Complete several ornaments – great gifts!

**GYPSY TASSEL NECKLACE**
*with Regina Helland*
Fri. Dec. 11 | 10:00 am - noon | $10
Create a tassel using ribbons, fancy yarns, fabric, beads, pearls and more. This UNIQUE piece will have a loop and can be attached to any chain, beaded necklace or string of pearls. When you wear this, everyone will want one!! Neutral and color choices available. You may also select a necklace from our supplies to go with your completed tassel.

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 SNOWFLAKE VASE**
Start with a 12” black vase and a Painty Pen. Draw snowflakes in any design you choose. Embellish with jewels, pearls, glass gemstones and more. Snowflake patterns and all you need to complete this vase, included in each kit. We’ll even add a few artificial greens to fill your vase.

**BOOKFOLDING - HOLIDAY TREE**
Make a small, unique holiday tree to add to your décor. Learn simple bookfolding and embellishing techniques. Fun and easy.

**MASON JAR SNOWMAN LANTERN**
Very EASY! Nice results. Paint a mason jar. Add a snowman topper, some buttons, a scarf and more. Mini string lights included for a winter glow!

Beginning Dec. 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

Great gift ideas!

NOW collecting gently used jewelry in anticipation of hosting our popular “2nd HAND JEWELRY SALE” in 2021.

You must contact us ahead to arrange a time to drop off donations.
Call Paula 248.608.0253 or email pbedsole@opcseniorcenter.org

REGISTRATION REQUIRED! REGISTER EARLY!

Online: MyActiveCenter on our website | Call: 248.659.1029 Mon - Thurs. 9 am - 3 pm, Fri. 9 am to noon
Fitness Classes in the Gym

All classes begin December 1 and end Dec. 23
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 - Dec. 2 - 11 | 5 classes $30
Session 2 - Dec. 2 - 13 | 5 classes $30
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. Dec. 1 - 22 | 8:30 am | 4 classes $24
Thurs. Dec. 3 - 17 | 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 your own pace.

CYCLING w/Kathy 2-3
Tues. Dec. 1 - 2 | 9:30 am | 4 classes $24
Thurs. Dec. 3 - 17 | 9:30 am | 3 classes $18
Fri. Dec. 4 - 18 | 9:00 am | 3 classes $18
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. Dec. 1 - 22 | 4:00 pm | 4 classes $32
Fri. Dec. 4 - 18 | 10:00 am | 3 classes $24
Fri. Dec. 4 - 18 | 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. Dec. 7 - 24 | 11:30 am | 3 classes $18
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.

RESTORATIVE YOGA w/Kay 2-3
Tues. Dec. 1 - 22 | 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.

SUNRISE YOGA w/Kay 2
Thurs. Dec. 3 - 17 | 7:00 am | 3 classes $18
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.

STRETCH & BALANCE WITH A YOGA INFLUENCE w/Kim 1-2
Wed. Dec. 2 - 23 | 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.
RESISTANCE & BALANCE TRAINING w/Fabiola 3
Tues. Dec. 1 - 22 | 1:30 pm | 4 classes $24
Thurs. Dec. 3 - 17 | 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. Dec. 7 - 21 | 1:00 pm | 3 classes $18
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 2-4
Tues. Dec. 1 - 22 | 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. Dec. 1 - 22 | 12:30 pm | 4 classes $24
Thurs. Dec. 3 - 17 | 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. Dec. 7 - 21 | 8:30 am | 3 classes $18
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

FUNCTIONALLY FIT w/Peggy 2
Mon. Dec. 7 - 21 | 10:30 am | 3 classes $18
Wed. Dec. 2 - 23 | 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 2-4
Thurs. Dec. 3 - 17 | 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. Dec. 1 - 22 | 11:30 am | 4 classes $24
Thurs. Dec. 3 - 17 | 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 15 for schedule and how to register.
FREE Virtual Classes for Michigan's Older Adults

Michiganders can now enjoy over 150 FREE online group classes designed for and led by older adults. Offerings include classes on how to use a smartphone or tablet, how to use video conferencing like Zoom, grocery delivery, as well as virtual social hours, which have all become more necessary during the COVID-19 pandemic. This grant is supported by the Michigan Health Endowment Fund, and in partnership with GetSetUp.

These classes are designed to keep your mind active, allow you to engage with others, increase your ability to live independently and learn new things. And most importantly, have fun!

Visit https://www.getsetup.io/partner/michigan to sign up for FREE classes for Michiganders age 60 and over. Use coupon code MICHIGANHEALTH to waive any fees associated with small group classes.

Take the "New Member Orientation" to get started!

If you need help, email help@getsetup.io or call 1-888-559-1614

WINTER BUCKET LIST

1. GET MORE SLEEP
2. DRINK MORE WATER
3. GET MORE EXERCISE
4. READ MORE
5. GET MORE ORGANIZED
6. CLEAN MORE OFTEN
7. EXPLORE MORE
8. RELAX MORE
9. HAVE MORE PATIENCE
10. FORGET DOING 'MORE'

Don't miss out on all the great programs and classes at OPC!

Get the OPC Newsletter Delivered to your home in 2021

$18 for the year | 12 issues

SIGN UP FOR YOUR SUBSCRIPTION TODAY!

Check: Made payable to OPC
Write "2021 Newsletter Subscription" in the memo line

Credit Card: Call the cashiers at 248.659.1029
Woodshop, Pools, Weight & Cardio Rooms, and Walking Track Guidelines

**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 & 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
- **Sessions: Monday – Thursday:** 8 – 8:45 am, 9 – 9:45 am, 10 – 10:45 am, 11 – 11:45 am, 12 – 12:45 pm
  - 1 – 1:45 pm, 2 – 2:45 pm, 3 – 3:45 pm
- **Friday:** 8 – 8:45 am, 9 – 9:45 am, 10 – 10:45 am, 11 – 11:45 am
- **Therapy Pool Hours:** Monday-Thursdays, 8:15 am – 3:15 pm; Fridays 8:15 - 11:15 am
  - **Sessions: Monday – Thursday:** 8:15 – 9 am, 9:15 – 10 am, 10:15 – 11 am, 11:15 – 12 pm, 12:15 – 1 pm
  - 1:15 – 2 pm, 2:15 – 3 pm, 3:15 – 4 pm
- **Friday:** 8:15 – 9 am, 9:15 – 10 am, 10:15 – 11 am, 11:15 – 12 pm
- 45-minute swim sessions. Limited to 3 sessions a week.
- Pay upon entry: $3 per session or purchase a $50 Open Swim Punch card
- There will be no Aquatic Fitness classes at this time.
- 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, 8 am – 3 pm; Fridays, 8 am – 2 pm
  - **Sessions: Monday – Thursday:** 8 – 8:45 am, 9 – 9:45 am, 10 – 10:45 am, 11 – 11:45 am, 12 – 12:45 pm
  - 1 – 1:45 pm, 2 – 2:45 pm, 3 – 3:45 pm
  - **Friday:** 8 – 8:45 am, 9 – 9:45 am, 10 – 10:45 am, 11 – 11:45 am, 12 – 12:45 pm, 1 – 1:45 pm
- 45-minute sessions. Limited to 3 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
  - **Sessions: Monday – Thursday:** 8 – 8:45 am, 9 – 9:45 am, 10 – 10:45 am, 11 – 11:45 am, 12 – 12:45 pm
  - 1 – 1:45 pm, 2 – 2:45 pm, 3 – 3:45 pm
  - **Friday:** 8 – 8:45 am, 9 – 9:45 am, 10 – 10:45 am, 11 – 11:45 am
- 45 Minute sessions. Limited to 3 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 sessions. Airdyne 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.
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

Monday, December 14
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, Dec. 18 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
“Save the Date”
Next Meeting: January 22, 2021

PARKINSONS’ SUPPORT
VIRTUAL PRESENTATION
Wednesday, Dec. 2 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 ASSISTANCE

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

Area Agency on Aging 1-B
Answers you can trust

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/ for more information

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

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.


Home Flu Shot Program
Oakland County Residents 65+

Get a flu shot at home from a public health nurse.

Available for residents who are homebound and 65 years and older.

Payment options include Medicare, Medicaid, most Blue Cross Blue Shield plans and Blue Care Network, and additional insurances. No one will be denied access to services due to inability to pay; there is a discounted/sliding fee schedule available.

Appointment Required
Oakland County Nurse on Call
1-800-848-5533

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

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<th>WEDNESDAY</th>
<th>THURSDAY</th>
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</thead>
<tbody>
<tr>
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<td>Parsley Potatoes Roasted Brussel Sprouts</td>
<td>2 Escalloped Chicken &amp; Noodles Green Beans Coleslaw</td>
<td>3 Pineapple Ham Low Sodium Au Gratin Potatoes Mixed Vegetables Romaine Garden Salad Pear</td>
<td>4 Spanish Rice w/Meat Key West Vegetables Dinner Salad</td>
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<td>7 Stuffed Green Pepper</td>
<td>Mashed Potatoes Garden Salad Coconut Tropical Fruit Breadstick</td>
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<td>Egg Noodles Scandinavian Blend Crunchy Pea Salad Four-Fruit Salad Potato Bread</td>
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<td>21 Macaroni &amp; Cheese</td>
<td>Herbed Green Beans Romaine Garden Salad Corn Muffin Fruit Cocktail</td>
<td>22 Chinese Chicken Casserole Carrot Salad Oriental Blend Red Grapes Vegetable Roll</td>
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<tr>
<td>28 Pizza</td>
<td>Three Bean Salad Creamy Cole Slaw Red Apple Cookie</td>
<td>29 Baked Cod Baked Potato Broccoli Cuts Garden Salad Vegetable Roll Apricots</td>
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**December 2020**

### Meals on Wheels Menu

**Congregate Meals will resume at a later date**

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**Grab & Go Lunches Available**

Monday - Friday
Pick-up begins at noon
$3 suggested donation
Call 24 hours in advance to reserve a meal: 248.659.1032

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**Contact information:**

[aaa1b.org](http://aaa1b.org) • 1.800.852.7795

**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 Tues. Dec. 1, 15, 29 | 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 Tues. Dec. 8 | 9:30 - 11:00 am
Hearing screening, baseline hearing test by Hart Medical Equipment Audiologist Laura Salome. Call Cindy to make an appointment.

ASK THE RESIDENT Wednesday, Dec. 2, 9, 16 | 9 - 10:00 am
A resident from the Rochester Academic Family Medicine Practice at Ascension Providence Rochester Hospital will be available to answer health concerns or questions. 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, 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.

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

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• Individual chauffeured transportation

We adopted new standard of care in our daily operations by implementing COVID- specific initiatives for our residents’ well-being including:
• Contact-free “EasyMove” program
• On-site COVID-19 rapid response testing
• Proper use of PPE
• On-site electrostatic cleaning

175 E. Nawakwa Road  |  Rochester Hills, MI 48307  |  248.918.2097  |  AllSeasonsRochesterHills.com

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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

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

OPC Holiday Lunch
Drive-thru
Wed. Dec. 9 | 11 am - 12:30 pm

Don’t miss our delicious Holiday Lunch for you to enjoy at home.
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
Holiday Hotline at 248.659.1036
Deadline Dec. 4 at noon or until sold out

$5.00 Donation per meal collected at drive-thru
see page 18 for menu

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Mon - Fri: 8:00 am - 5:00 pm
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Registation & Membership Required

SNOW DAY POLICY
OPC determines its own closures and does not follow the school system. For closure notifications and updates go to:
- OPC Website: www.opcseniorcenter.org
- Local TV News: OPC will be included on the SE MI School Closing Listing
- Members will receive an automated phone call.

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

BUILDING CLOSED
December 24 - 27 | Reopen Mon. Dec. 28
December 31 - Jan. 3 | Reopen Mon. January 4

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.