Here's to a NEW & IMPROVED 2021!
Welcome to 2021! Wow, did we experience some challenges in 2020! But we forged ahead, continuously finding new and creative ways to meet the mental and physical needs of our members sometimes with levity and humor. Here are some highlights that still make me chuckle:

- Bufford & Beatrice the bullfrogs from the garden patio pond, croaking away during exercise and art classes under the tent. Bullfrogs have musical preferences too.
- Virtual Bingo, with one member playing from their hot tub, surrounded by blow-up flamingos.
- A dancing turkey joined us at the Thanksgiving lunch drive-thru.
- Virtual 5K participants took photos in their t-shirts with their children, extended family and pets crossing a virtual finish line.
- Staff members and volunteers learning how to video themselves (the blooper video is coming) while teaching others to crochet, paint, pottery, Asian cooking classes (the egg rolls were delicious) and much more.

A great sense of humor can’t cure all ailments, but data from the Mayo Clinic is mounting about the positive effects of laughter in our lives. Laughter improves your immune system; relieves pain; increases personal satisfaction and can improve your mood, lessening depression and anxiety. So, we’ll continue finding ways to bring a smile and laughter to our members for your good health and ours in this new year.

We are so grateful for the generous support of our mission from individuals, organizations, businesses, and government partners with their time, talents and monetary donations. They stand with OPC every day as we work to empower older adults to LIVE Well, FEEL Well and AGE Well in a community that supports them with dignity and respect. The outpouring has been amazing from our community partners by making masks, scarves and mittens; donating food, daffodils, meals for staff, handwritten notes and cards, shelf stable meal boxes, poinsettias, gift baskets to the homebound; raking leaves, delivering food; the list goes on and on!

So, it’s out with the old and in with new programing for our membership and specifically the Adult Day Service clients with the addition of "It’s Never 2 Late." This adaptive computer system is specifically designed for group or one-on-one activities to increase engagement and the overall satisfaction not only for our clients, but their families and our staff. Special thanks to our wellness partner Ascension Providence Rochester Foundation for providing the generous grant in support of this person-centered technology.

Remember, it’s not the destination, it’s the journey.
May you enjoy the blessings of each day in your adventure filled 2021!

Renee

Holiday Basket Project

THANK YOU to community members, businesses, OPC staff, Adams HS National Honor Students and especially the Greater Rochester Area Girls Scouts (who donated, decorated and delivered) 130 holiday baskets to seniors in need! Special thanks to Kelly and Taylor Brooks for coordinating this long time tradition.

Go to the Older Persons Commission YouTube clip to watch the Girl Scouts holiday message to the seniors.
https://youtu.be/iS1fzGA1luc

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January 2021 “There is no better exercise for the heart than reaching down and lifting people up.” ~ John Holmes
Thank you for helping us make a difference in the lives of seniors in ways both big and small throughout 2020.

In December

- The Nicholson Family continued their longtime tradition of providing poinsettias for our Meals on Wheels clients.
- Pat Chapman & Jill Franz once again delivered their handmade & heartfelt treats.
- Our generous community created OVER 750 holiday cards for homebound seniors for Giving Tuesday.
- The Sewa Diwali project, whose goal is to 'Light Someone's Life by Donating Food,' donated hundreds of pounds of bulk food items for our Meals on Wheels program.
- SCAN Oakland Networking Group made a generous $500 grant to Meals on Wheels.
- Bellbrook generously provided Thanksgiving day meals to our Meals on Wheels clients.
Virtual ENRICHMENT at Home

JANUARY  Virtual BOOK CLUB

THE LIFE WE BURY
by ALLEN ESKENS
A college student's class assignment leads him to investigate a thirty-year-old murder. He finds inconsistencies that the convicted murderer may have been wrongfully accused.

Tues. Jan. 26 | 2:30 pm
Read the book and join us on Zoom to share your thoughts.

MANAGING GRIEF Together

Wednesday, January 27 | 2:30 pm
You are not alone. Meet with others through an interactive virtual meeting led by Harvey Bennett, a Certified Grief Counselor.

TECHNOLOGY via Zoom

COMPUTER CLUB
Tuesdays | 10:00 am

MAC ENTHUSIASTS GROUP
Thursday, Jan. 7 & 21 | 10:30 am

BASIC COMPUTER CLASS
Friday, Jan. 15 | 10:00 am
Become comfortable and confident while using your computer. Limited to 5 per session

CREATE A FREE EMAIL GREETING CARD
Friday, Jan. 22 | 10:00 am
Use 123Greetings.com to create your own animated and musical greeting cards for a friend or loved one. Limited to 5 per session

HOW THE INTERNET ENHANCES AND IMPROVES OUR LIVES
Friday, Jan. 29 | 10:00 am
Find the information you need! What is a Search Engine or YouTube and how do I use it? Bring your questions and favorite website to share and discover all that is at your fingertips. Literally! Limited to 5 per session

SAVVY SENIORS

The ABC's of CBD

Wednesdays, January 20 | 1:00 pm
Kathy Housey presents the scientific information about CBD, its history in the US, legality and possible conditions it can treat.

MANAGEMENT GRIEF Together

Wednesday, January 27 | 2:30 pm
You are not alone. Meet with others through an interactive virtual meeting led by Harvey Bennett, a Certified Grief Counselor.

LANGUAGE

Lifelong Learning

SPANISH CONVERSATIONAL GROUP
Wednesdays | 10:30 am

FRENCH CONVERSATIONAL GROUP
Fridays | 11:00 am

Monday, January 4
Visit the OPC Website or Facebook Page and click on Mayor Barnett’s special message to OPC members.

Zoom is EASY! 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. If there is a fee, register first by calling 248.659.1029 to pay and receive the link to exclusive classes.
• 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!
Virtual Programs are available January 4 through January 29, 2021

**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 | $10 4 sessions**
Register by calling 248.659.1029
Link to exclusive class will be provided upon registration.

**HEARTFULNESS MEDITATION**
with Bhavani Kodali
A one hour Virtual Experience

**Monday’s | 6:00 pm**

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**BrainStorm**
A Workout for the Mind

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

**MAGIC OF MUSIC**
Thursday, January 21 at 1:00 pm
Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness and memory.

**Save the Date** for “Subduing Stress” on Feb. 18

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

**STROKE PREVENTION**
with Dr. Hardy
Thursday, January 14 | 6:00 pm
Learn about the latest breakthroughs and efforts towards stroke prevention and education.

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

Presented by: Ascension Providence Rochester

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**FITNESS at HOME**

**BODY STRONG w/Lisa**
Mondays | 9:00 am | 4 sessions $10
Work upper and lower body and core muscles. Stay fit for sports or leisure activity, working the body as a whole.

**BODY BALANCE w/Lisa**
Wednesdays | 9:00 am | 4 sessions $10
Strengthen the small muscle groups and stretch those tight muscles for better coordination, muscle mechanics and flexibility.

Register by calling 248.659.1029 - Link to exclusive classes will be provided upon registration.

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**CHAIR YOGA w/Caryn**
Tues. & Thurs. | 1:30 pm | 8 sessions $20
Note: Jan. 21 session at 2:30 pm
This 45-minute class combines seated and standing poses to get the full benefits of yoga while using a chair for support. Release tension and tightness, increase flexibility, strength, body awareness, range of motion and balance while promoting a feeling of relaxation and calm.

**YOGA VARIETY w/Caryn**
Fridays | 1:30 pm | 4 sessions $10
Your chance to explore a variety of Yoga practices including; Nidra, Sculpt, Slow Flow and Stretch. See website for class details.
Enrichment on-site at OPC

650 Mid-Day Club presents . . .

Musician Tom Smith "Smitty"
Thursday, January 14 | 2:30 pm | $10 | Auditorium
(Rescheduled)
LIVE Music from the 60's, 70's and 80's!
Enjoy a personal Charcuterie Platter & Refreshments
Registration required ~ Limited number
Sponsored by Anthology of Rochester Hills & Troy

FINANCIAL FRIDAY

IDENTITY THEFT
What You Need to Know
Friday, January 15
10:30 am | $5
Dining Room

SPONSORED BY:

GAME SHOW

WHEEL OF FORTUNE

Tue. January 19 | 2:30 pm | $5 | Dining Room
Now YOU can be a contestant on America’s favorite game shows right here at the OPC!
This NEW quarterly event, hosted by the talented couple Bing and Linda Burris, will be FUN & ENTERTAINING!
Players will be chosen from the attendees to participate in the game!
Mocktails & Snacks will be served! Sponsored by Cedarbrook
Coming up: Family Feud | The Price is Right | Ultimate Trivia

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

THE SECRET GARDEN - rated PG
Fri. Jan. 22 | 1:00 pm
Set in 1947 England, a young orphan girl, sent to live with her uncle, discovers a magical garden on the grounds of his estate.
Sponsored by Home Instead Senior Care

KNIVES OUT - rated PG-13
Mon. Jan. 25 | 2:30 pm
When a renowned crime novelist is found dead at his estate, an inquisitive detective is enlisted to sift through a web of red herrings and lies to uncover the truth.
Sponsored by Pixley Funeral Home

$2 Suggested Donation
## DANCE & MUSIC

**Drum Circle w/Rizal**
- Thur. Jan. 14 & 28 | 2:00 – 3:30 pm | $10 for 2 sessions
  - Must have own instrument

**Ukulele Fun | Auditorium**
- Tues. Jan. 12, 19, & 26 | 2:00 – 3:30 pm | $5 for month
  - Must have own instrument

**Guitar Group | Dining Room**
- Tues. Jan. 12, 19 & 26 | 1:30 – 3:30 pm | $10 for month
  - Fri. Jan. 15, 22 & 29 | 9:30 - 11:30 pm
  - Must have own instrument

**Line Dance w/Carol | Auditorium**
- Mon. Jan. 11, 18 & 25 | 1:00 – 2:00 pm | $15 for month

## TECHNOLOGY

**COMPUTER CLUB**
- Tue. Jan. 12, 19 & 26 | 10:00 am
  - $5 for 3 meetings
  - (Also available on ZOOM - see page 4)

**INTRODUCTION TO EXCEL w/Jim**
  - 9:00 - 10:30 am
  - $5 for 3 sessions

**iPHONE BASICS w/Pam**
- Mon. Jan. 11 | 11:00 am - noon
  - $5

**iPAD BASICS w/Pam**
- Mon. Jan. 18 | 11:00 am - noon
  - $5

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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

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**Women’s Luncheon**

**WOMEN IN ART with Elaine Wells**
- Thursday, Jan. 28 | 11:00 am | $10 | Dining Room

Art Historian, Elaine Wells, highlights women artists who preserved and gained recognition despite challenges, changing the history of art against all odds.

Presentation | Lunch & Refreshments

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**FOCUS on the ISSUES**

**Current Events Discussion Group**
- Monday, Jan. 11 & 25 | 2:00 pm
  - $5 for 2 sessions

A casual forum to discuss current events over refreshments.

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**VETERANS CONNECTION**

**New Year Breakfast**
- Wed. January 13 | 10:00 am - noon | Dining Room

Veterans and their spouses are invited to attend

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

### Registration required!
Paul describes himself as an amateur photographer, taking up photography when he retired 7 years ago. He will share images and stories from his travels and focus on his album called, “Mostly Black,” created from images taken “close to home” during the past 10 months of lockdown. Open discussion to follow.

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

Victor Dorer and Rick Forrest are returning to discuss this winter’s big surprise for Birders. This is an Irruption Year and therefore Birders are being treated to some of the best winter birding in many years! They will share photos, videos and stories about what beautiful birds you’ll see this winter and where to find them.

SPONSORED BY Waltonwood Main

Presentation | Lunch & Refreshments
**REGISTRATION REQUIRED! REGISTER EARLY!**

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

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**Social Hour with LIVE ENTERTAINMENT**

by Aaron Caruso

Monday, January 18 | 3 - 4:00 pm | $5 | Auditorium

Celebrate National Gourmet Coffee Day with an elaborate coffee beverage and live music from Aaron Caruso, a powerhouse singer and consummate performer who blends amazing vocal chops with comical storytelling.

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

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

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**MAKE A SOCIAL CALL**

Wed. January 20 | 1:00 pm | $5 | Dining Room

Join Judy Dagget, our new Rewired Facilitator and Xenia Woltmann, from Rochester Wealth Strategies, to discuss Social Security and your future.

Now, more than ever, it’s important for you to know how to get the most from your Social Security. Learn how to make the right calls when it comes to Social Security and your retirement.

*30 min. Presentation | Coffee & Nothing Bundt Cakes Open Forum Discussion*

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**BINGO!**

Wed. January 27 | 1:00 pm | $10 Dining Room

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

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**Mindfulness Workshop**

Wednesday, January 13, 20 & 27 | 9:00 am $15 for three sessions | Dining Room

Mindful Living’s founder, Jan Miller LPC, combines interactive discussion topics with related meditations for your overall well-being. Interweaving relaxation, emotional and physical health tips, along with a good dose of interesting and helpful information is a guaranteed way to jumpstart 2021. And we can’t forget the occasional good laugh for the health of it!
Fine Art & Crafts on-site at OPC

STAINED GLASS MINI PROJECT w/ Dave Kosbab
Mon. Jan. 18 & 25 | Woodshop
9:30 am - 12:30 pm | $25 for 2 sessions
includes supplies
Learn basic cutting, soldering and foiling techniques to make a small piece of your choice. Great intro class, but all levels welcome! All supplies included. Bring apron and safety glasses.

INDEPENDENT DRAWING & PAINTING w/Merri-Jo Towns
Tues. Jan. 19 & 26 | Classrooms 1 & 2
1 - 3:30 pm | $20 bring own supplies
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 “Americana” – try your hand at primitive folk art - your choice of medium.

WATERCOLOR w/ Pete Snodgrass
Wed. Jan. 20 & 27 | Art Studios
9:30 - 11:30 am | $20 for 2 sessions
bring own supplies
Practice your watercolor skills with guidance from an expert instructor. All levels welcome. Theme is "Winter can be Beautiful." Call Paula 248-608-0253 or email pbedsole@opcseniorcenter.org for a list of suggested supplies. (16 x 20 paper preferred - #140#)

POTTERY - HANDBUILDING TECHNIQUES w/Harvey Bennett
Thurs. Jan. 28 | Art Studios
1:00 - 3:30 pm | $15 includes supplies & firing
Use your fingers, hands and simple tools to make a fairy house and a bridge to go with it. You can even add some miniature gnomes! Using the slab method, learn to cut and attach each section to form this 3-dimensional piece. Experiment with texture to bring your fairy house to life. Create and glaze your project in this one-day session and pick up at a later date.

Back by Popular Demand!
ANYONE CAN PAINT (rescheduled) w/ Steve Wood
Fri. Jan. 29 | Art Studios
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.

MOSAIC TILE CLASS with Mary Gilhuly
Tue. Feb. 2 | Aud. | Spring Robin
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. Finished results are great and anyone can do this!

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
REGISTRATION IS REQUIRED TO PARTICIPATE!
WOODSHOP SAFETY CLASS w/Marty & Tom
Fri. Jan. 22 | 1 - 3:30 pm | $15 | Upton Woodshop
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.
These classes include supplies

GYPSY TASSEL NECKLACE
w/ Regina Helland
Fri. Jan. 15 | 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!! Two color choices available. You may also select a necklace from our supplies to go with your completed tassel.

WOODBURNED KITCHEN UTENSILS
w/ Cherie Hartwick
Wed. Jan. 20 | 1 - 3:30 pm | $12
Woodburn 3 wooden utensils with a choice of designs provided or come up with your own. Spice up your cooking experience when you use these “artsy” utensils made by YOU!

ETCHED APPETIZER PLATES (rescheduled)
w/ Candi Murasky
Thurs. Jan. 21 | 10 am - noon | $12
Join us to make a set of special plates (color choices available). Make 4 plates using etching cream and stencils. Choose from a variety of patterns and designs. These are FUN and easy and last for years. For gifting, give as a set or individually topped with your favorite goodies!

HEART NECKLACE
w/ Cherie Hartwick
Wed. Jan. 27 | 1:00 - 3:30 pm | $10
We’ve put together a collection of hearts in all shapes, sizes and colors. Choose what you like to make a chain necklace that will be one of a kind and as unique as YOU! Add a few beads and personalize with hearts/charms from your own collection. Great way to use pieces that have special meaning to you.

ZIPPER BRACELET
This kit includes all you need to make a unique, classy bracelet using a 7” zipper, buttons, beads and trim. Color palette is black, white and gold. Buttons are adhered by stitching them to the zipper. Easy and GREAT results!

LET IT SNOW DECORATIVE SIGN
This kit contains a beautiful piece of cedarwood and paints to complete a seasonal sign to set on your porch, mantle or wherever you want to create a cozy feeling. Video will present tips on painting an evergreen tree laden with snow and a small red cardinal. Tips for painting words included.

Beginning Jan. 4, order your “Art to Go” Kit $15.00 | Call: 248-659-1029
You will receive a follow-up call, after Jan. 11 regarding curbside pick-up details.

PROJECT video links on:
OPC Website - Stay Creative link
OPC YouTube Channel: Older Persons’ Commission

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

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.

OPEN STUDIO | Art Studios
Bring your own projects and work while visiting with friends!

CREATION STATION STUDIO w/ Cherie & Opal
Mon. Jan. 11, 18 & 25 | 1 - 3:30 pm | $5 for 3 sessions
Bring your own supplies and unfinished projects. Enjoy spending creative time with others and sharing ideas.

NEEDLE ARTS STUDIO w/ Pat Kienzle
Fri. Jan. 15, 22 & 29 | 1 - 3:00 pm | $5 for 3 sessions
Knit, crochet, sew, quilt, embroider, and more. Includes anything you can do with a needle!
ZENTANGLE - an easy method of creating beautiful images from repetitive patterns. Thanks to Cherie Hartwick for designing these snowflakes for you to color with fine tip markers or colored pencils.

If you enjoyed this coloring page, learn to draw your own patterns. Join us every Monday . . .

ZENTANGLE STUDIO w/Cherie
Mon. Jan. 11, 18 & 25 | 10 am - noon | $5 for 3 sessions
Relax with the Zentangle Method, a meditative art form for everyone. Two tangles presented each week for beginners or those wanting to "refresh." Supplies: Bring fine tip black pen, white paper and pencil.

Watch instructional videos on www.youtube.com, click on Older Persons' Commission or visit www.opcseniorcenter.org.
Pools, Weight & Cardio Rooms, and Walking Track

Guidelines and Registration Details

Participation requirements: Everyone must wear a mask and practice social distancing while in the facility and have a reservation or appointment. 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 and a signed revised Code of Conduct/Disclaimer. Please refer to the Facility Opening Guidelines available on the OPC Website. Make reservations in advance on MyActiveCenter.com or by calling 248-659-1029.

Lap & Therapy pools and Locker/Shower facilities (3 Session Limit)
- Lap Pool 45-minute Sessions: Monday-Thursdays, 8:00 am – 5:00 pm; Fridays, 8 am-Noon
- Therapy Pool 45-minute Sessions: Monday-Thursdays, 8:15 am – 3:15 pm; Fridays 8:15-11:15 am
- 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.
- Park on the lower level and enter through the aquatic entrance for the health screening.

Weight and Cardio Rooms (3 Session Limit)
- 45-minute Sessions: Monday-Thursdays, 9 am – 3 pm; Fridays, 8 am – 2 pm
- 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 (3 Session Limit)
- 45-minute Sessions: Monday-Thursdays, 8:00 am – 4:00 pm; Fridays, 8 am – Noon
- 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 is not 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.

Thanksgiving and Holiday Drive-thru Lunch

It’s more than a LUNCH. It’s an opportunity to STAY IN TOUCH!
Fitness Classes in the Gym

All classes begin January 11 and end January 31
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

CHOOSE YOUR FITNESS LEVEL
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 - Jan. 11 - 20 | 5 classes $30
Session 2 - Jan. 22 - 29 | 4 classes $24
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.

STRENGTHEN, LENGTHEN & BALANCE w/Robin 2
Mon. Jan. 11 - 25 | 8:30 am | 3 classes $18
Enjoy an energizing workout that focuses on Strength training activities and, lengthen muscles while incorporating balance exercises.

FUNCTIONALLY FIT w/Peggy 2
Mon. Jan. 11 - 25 | 10:30 am | 3 classes $18
Wed. Jan. 13 - 27 | 10:30 am | 3 classes $18
This standing and seated class focuses on full body movement, improving coordination, balance and core.

ZUMBA w/Fabiola 2
Mon. Jan. 11 - 25 | 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. Jan. 12 - 26 | 10:30 am | 3 classes $18
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. Jan. 12 - 26 | 12:30 pm | 3 classes $18
Thurs. Jan. 14 - 28 | 12:30 pm | 3 classes $18
Begin strengthening back, stomach, and side muscles to improve posture and balance.

MUSCULAR ENDURANCE w/Fabiola 3-4
Tues. Jan. 12 - 26 | 8:30 am | 3 classes $18
Thurs. Jan. 14 - 28 | 8:30 am | 3 classes $18
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.

CYCLING w/Kathy 2-3
Tues. Jan. 12 - 26 | 9:30 am | 3 classes $18
Thurs. Jan. 14 - 28 | 9:30 am | 3 classes $18
Fri. Jan. 15 - 29 | 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.

RESISTANCE & BALANCE TRAINING w/Fabiola 3
Tues. Jan. 12 - 26 | 1:30 pm | 3 classes $18
Thurs. Jan. 14 - 28 | 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.

BODY BALANCE w/Lisa 2-4
Thurs. Jan. 14 - 28 | 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. Jan. 12 - 26 | 11:30 am | 3 classes $18
Thurs. Jan. 14 - 28 | 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 13 for schedule and how to register.
BEGINNING TAI CHI – WU STYLE w/John
Tues. Jan. 12 - 26 | 4:00 pm | 3 classes $18
Fri. Jan. 15 - 29 | 10:00 am | 3 classes $24
Fri. Jan. 15 - 29 | 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.

SUNRISE YOGA w/Kay 2
Thurs. Jan. 14 - 28 | 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. Jan. 13 - 27 | 8:30 am | 3 classes $18
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, to use for balance or if you feel fatigued. The final 15 minutes are spent seated concentrating on abs and stretching, ending with a 5 minute guided meditation to relax you completely.

RESTORATIVE YOGA w/Kay 2-3
Tues. Jan. 12 - 26 | 6:00 pm | 3 classes $18
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.

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

BEGINNING TAI CHI – WU STYLE w/John
Tues. Jan. 12 - 26 | 4:00 pm | 3 classes $18
Fri. Jan. 15 - 29 | 10:00 am | 3 classes $24
Fri. Jan. 15 - 29 | 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. Jan. 11 - 25| 11:30 am | 3 classes $18
This entry level program gives 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.

Drinking fountains are closed - Please bring a water bottle - Water bottle filling station is open
OPC Senior Support Services offers seniors and their caregivers information and resources on all aspects of aging. Our Senior Resource specialists will answer your questions and draw on an extensive database of senior focused programs, services and organizations to connect you with the right resources in the Rochester area and Oakland County. Please call 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, January 11**
**Tuesday, January 26**
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, Jan. 15 | 10 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 & support
Register in advance:
248.656.1403 Ext. 0

**Visually Impaired**
Friday, Jan. 22 | 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.

**Parkinson’s Support Virtually**
Wednesday, Jan. 8 | 6:00 pm
The Rochester Parkinson Disease Support Group will meet virtually on the first Wednesday of the month until further notice. For more information, call Group Facilitators Brad & Linda Potter: 586.612.2744
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.

**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.
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<th>MONDAY</th>
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<th>THURSDAY</th>
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<td>with meat</td>
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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
Ascend Providence Rochester at OPC

Wellness Center

ASK THE ORTHOPEDIC DOCTOR Tues. Jan. 12 & 26 | 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.

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 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.
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ROCHESTER 485-9858

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www.HomeInstead.com/408

ACHC Accredited - Accreditation Commission for Health Care. Each Home Instead Senior Care office is independently owned and operated
Registration for all January activities begins on Friday, December 18 at noon.

Building Closed from December 24 - January 10, 2021 | Reopen Monday, January 11
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

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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.

Only members who have made an appointment or registered to participate in a specific OPC class or activity will be allowed in the facility.
A mask is required in the building. Entry is allowed 15 minutes before the start of the program, and 15 minutes after the program has started.
Drinking fountains and coffee are closed - bring your own beverage.

Happy Holidays & a Happy New Year