Welcome Back!
OPC is now providing on-site and virtual programs to help you live well and age well

We Couldn’t Do It Without You
Volunteers and partners chip in to support seniors during the holidays

A Lunch to Love
Celebrate Valentine’s Day early with our Drive-Thru Lunch on February 11
*Sponsored by the Assistance League of Southeastern Michigan

Art-to-Go Project
The perfect opportunity to unleash your creativity
From the Executive Director, Renee Cortright

We hear it each time we get on an airplane; “In case the cabin loses pressure, put on your own mask first before assisting others.” If you don’t secure your own oxygen mask first your effectiveness in helping other people is severely compromised; that’s considered self-care.

This is an important metaphor for those who spend a great deal of their time taking care of others rather than themselves. Taking care of others can easily deplete your own energy. If you don’t care for yourself, you can experience burnout, stress, fatigue, reduced mental effectiveness, health problems, anxiety, frustration and an inability to sleep.

It’s normal to feel stressed or overwhelmed especially during these uncertain times, but taking care of yourself is more important than ever so you are equipped to help your family and friends through this difficult time.

Here are a few tips you can use to take care of yourself:

Physical Health:
- Fuel your body by eating a healthy, well-balanced diet and drinking plenty of water.
- Aim to get seven to eight hours of sleep each night and take a nap when you’re tired.
- Exercise every day * Be sure to check out the wide variety of OPC on-site & virtual classes.
- Take deep breaths and stretch often * OPC offers meditation and yoga classes virtually and in-person.
- Avoid risky or destructive behaviors, such as abusing alcohol or drugs, or ignoring public health recommendations.
- Spend time outside, such as going for a walk in the park and follow social distancing guidelines.

Mental Health:
- Set and maintain a routine at home and focus on things you can control.
- Use technology to maintain social connections with your loved ones. Consider a regular check-in schedule to give you something to look forward to.
- Focus your thoughts on the present and things to be grateful for today.
- Listen to music or read books, and lean into your personal beliefs and faith for support.
- Limit your exposure or take a break from the news and social media if you find that it makes you anxious.
- Look for ways to help out in your community by checking on your neighbors, or donating time or money to local organizations.
- Acknowledge and appreciate what others are doing to help you and your community.

Symptoms to Watch for:
If any of the following issues become persistent or interfere with your daily functioning and are outside your norm for the Covid-19 pandemic, contact your medical provider for help and guidance.
- Trouble focusing on daily activities
- Anxiety that turns into feelings of losing control
- Strong feelings that interfere with daily activities
- Having emotions that become difficult to manage
- Feelings of hopelessness or helplessness

OPC is always here for you to help in any way we can. The Senior Resource Department is available to provide telephone reassurance calls, refer to supportive services or sign you up for our on-site counseling services. See page 16 for more details. On this plane called life, taking a little me-time isn’t an indulgence; it’s a necessity!

Renee
Moving Forward in 2021

We are so proud of our incredible partners who help us make a difference in the lives of the seniors we serve each and every day!

Over the holidays, Bellbrook, Sunrise and American House Stone senior living facilities all stepped in to provide Meals on Wheels on Thanksgiving, Christmas and New Year’s days. With their help, along with the Rochester Hills Lions Club, and the many amazing volunteers who delivered meals during the holidays, our Meals on Wheels clients enjoyed a delicious hot meal, a friendly face and holiday cheer.

New Virtual Programs!

Writers & Readers Group
featured speaker MaryAnn Wilshire
Wednesday, February 10 | 2:00 pm

NEW monthly group for writers and readers to meet and discuss books and the writing process

Learn about the Vintage Views, OPC's newspaper written, edited and designed by, for, and about seniors. Learn about the papers history, the process of getting to print and how you can contribute.

The Toledo Zoo is bringing the Zoo to you!

Tour the Toledo Zoo’s historic Aquarium, including the 90,000 gallon Coral Reef where you will get the opportunity to see sharks and over 20 species of tropical fish. In addition, this tour will explore fish of the Great Lakes, Amazon, and Gulf of Mexico. Meet aquatic animals and learn how they care for them.

Wednesday, February 3 at 1:00 pm
Basics of using essential oils to support your well-being.

Volunteers share their holiday to deliver.

Bellbrook provided Thanksgiving lunch

Nadine & Julia Harrison coordinated the Thanksgiving Day lunch at Bellbrook

Sunrise shared holiday cheer & Christmas day lunch!

RH Lions Club made a $400 donation & coordinated the Christmas day meals

Monday, February 8 at 10:00 am

Introduction to Essential Oils
with Caryn Ciagne

Wednesday, February 3 at 1:00 pm

Basics of using essential oils to support your well-being.

Nadine & Julia Harrison coordinated the Thanksgiving Day lunch at Bellbrook

New Virtual Programs!
**THE OTHER EINSTEIN**

by MARIE BENEDICT

A window into the life of Einstein's first wife, Mileva, a brilliant fascinating woman and physicist in her own right, whose light was lost in Einstein’s enormous shadow.

**Tues. Feb. 23 | 2:30 pm**

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

Books can be picked up at OPC

Contact Marianne at 248.608.0263

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**FEBRUARY Virtual BOOK CLUB**

**THE OTHER EINSTEIN**

**by MARIE BENEDICT**

A window into the life of Einstein’s first wife, Mileva, a brilliant fascinating woman and physicist in her own right, whose light was lost in Einstein’s enormous shadow.

**Tues. Feb. 23 | 2:30 pm**

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

Books can be picked up at OPC

Contact Marianne at 248.608.0263

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**Virtual ENRICHMENT at Home**

**SAVVY SENIORS**

Successful Aging thru Financial Empowerment (SAFE)

**Wednesday, February 17 | 10:00 am**

The Institute of Gerontology at Wayne State University SAFE Program Director LaToya Hall talks about financial scams and identity theft. Learn how to protect yourself, report a possible problem and recover financially and emotionally after being victimized.

**MONDAY with the MAYOR**

**Monday, February 1**

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

**LANGUAGE**

**Lifelong Learning**

**SPANISH CONVERSATIONAL GROUP**

Wednesdays | 10:30 am

(Feb. 17 at 2:30 pm)

**FRENCH CONVERSATIONAL GROUP**

Fridays | 11:00 am

**TECHNOLOGY**

**COMPUTER CLUB**

Tuesdays | 10:00 am

**MAC ENTHUSIASTS GROUP**

Thurs. Feb. 4 & 18 | 10:30 am

**650 Players & Friends present . . .**

**Inspirational Songs & More!**

**Thursday, February 25**

2:30 pm

The talented members of our OPC Theatre Group, along with community musicians, share their most Inspirational Songs & More!

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**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!
ENRICH YOUR MIND & BODY at Home

Virtual program links available on the homepage of our website under "Featured Programs"

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.

CHAIR YOGA w/Caryn
Tues. & Thurs. | 1:30 pm | 8 sessions $20
Note: Feb. 18 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, and strength. Body awareness, range of motion and balance while promoting a feeling of relaxation and calm.

MANAGING GRIEF TOGETHER

Wednesday, February 24 | 2:30 pm
You are not alone. Meet with others through an interactive virtual meeting led by Harvey Bennett, a Certified Grief Counselor.

MINDFUL MONDAY’S with Jan Miller, LPC
Monday’s | 10:30 am | 4 sessions $10
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!
Register by calling 248.659.1029 - Link to exclusive class will be provided upon registration.

HEARTFULNESS MEDITATION with Bhavani Kodali
Monday’s | 6:00 pm
A one hour Virtual Experience

KEEPING UP THE BEAT
Thursday, February 25 | 10:30 am
Heart healthy updates with Chrissy Loveday, PA and Liz Jackson, NP
Tips and tricks for dealing with and managing congestive heart failure, importance of blood pressure control and how diet can impact your health.
Questions are welcome in advance to: mmccauley@opcseniorcenter.org

SUBDUING STRESS
Thursday, February 18 | 1:00 pm
Stress can be sneaky. You can be under acute or chronic stress and not understand that you are. Let’s review the impact of stress on our health and mood and plan to learn some new techniques for managing it.

Virtual program links available on the homepage of our website under "Featured Programs"
Enrichment on-site at OPC

650 Mid-Day Club presents

Mardi Gras Party

with Live Music

by the Pam Joslov Jazz Quartet

Tuesday, February 16 | 2:30 - 4 pm | $10

Sponsored by:

Anthology of Rochester Hills, Divinity Homecare & Heartland

Appetizers & Refreshments

VETERANS CONNECTION

VALENTINE BREAKFAST

Wed. February 10 | 10:00 am

Veterans and their spouses are invited to attend

Enjoy a delicious breakfast and create a valentine you will always remember.

Breakfast Sponsor

Heartland Health Care Centers

Registration required!

Presenting Sponsor

Anthology of Rochester Hills

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

Financial Friday

ECONOMIC UPDATE

An Economic & Market Update and how they may affect you

Friday, February 12

10:30 am | $5

Dining Room

SPONSORED BY:

Thrivent Financial

Sponsoring faith & finances for good

Lights, Camera, Action - OPC Movies in the Auditorium!

THE CURRENT WAR - rated PG

Mon. Feb. 8 | 2:30 pm

Suspenseful - Quirky - Campy

Edison and Westinghouse/Tesla grapple for who will power the nation, sparking one of the first and greatest corporate feuds in American history.

Sponsored by Home Instead Senior Care

Popcorn & Candy To Go $2 Suggested Donation

CASABLANCA - rated PG-13

Fri. Feb. 12 | 1:00 pm

Classics - Romance - Drama

Romantic drama film directed by Michael Curtiz, and starring Humphrey Bogart and Ingrid Bergman.

Sponsored by Pixley Funeral Home

February 2021

6
**Women’s Luncheon**

**GOOD HEALTH MIXES WITH OIL & VINEGAR**

*Presented by: Giuseppe’s International Oils & Vinegars*

Thurs. Feb. 25 | 11:00 am | $10 | Dining Room

Josha 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.

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**DANCE & MUSIC**

**Drum Circle w/Rizal**

Thur. Feb. 4 & 18 | 2:00 – 3:30 pm | $10 for 2 sessions

- Must have own instrument

**Ukulele Fun | Auditorium**

Tuesday's | 2:00 – 3:30 pm | $5 for month

- Must have own instrument

**Guitar Group | Dining Room**

- Tues. Feb. 2, 9 & 23 | 1:30 – 3:30 pm and
- Friday's | 1:30 - 3:30 pm | $10 for month

- Must have own instrument

**Line Dance w/Carol | Auditorium**

Monday's | 1:00 – 2:00 pm | $20 for month

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**FOCUS on the ISSUES**

**Current Events Discussion Group**

Monday, Feb. 8 & 22 | 2-3:00 pm

$5 for 2 sessions

A casual forum to discuss current events over refreshments.

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**TECHNOLOGY**

**COMPUTER CLUB**

Tuesday’s | 10:00 am

- $1 Pay Upon Entry

(Also available on ZOOM - see page 4)

**iPHONE BASICS w/Pam**

Mon. Feb. 8 | 11:00 am - noon | $5

**iPAD BASICS w/Pam**

Mon. Feb. 15 | 11:00 am - noon | $5

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**REWIRED not RETIRED℠**

**AGING & ADDICTION**

Wed. February 17 | 1:00 pm | $5 | Dining Room

Feinberg Health Care Solutions, MI VP of Addiction & Mental Health Services (AMH), Steven Anderson, MA, LLP discusses Aging & Addiction.

**Dessert & Coffee | Open Forum Discussion**

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**Happy Ground Hog Day Feb. 2**
Enrichment on-site at OPC

Social Hour
VALENTINE SHOW
by BLT

Mon. February 22
3 - 4:00 pm | $5
Auditorium

Welcome back Bing, Linda and Tony (BLT Trio), for an hour of live music and good friends.

LIVE ENTERTAINMENT

Rochester Hills Museum Lecture Series

SPECTACULAR ROCHESTER!
presented by: Pat McKay, Manager Rochester Hills Museum at Van Hoosen

Thurs. February 18 | 10:30 am | $5
The people, places, and events that shaped our community’s history and introduced through historic photographs, maps, documents, and fascinating stories.

SPONSORED BY:
American House Senior Living Communities
Elmwood (248) 852-1980

The Photographer’s Lecture Series
Fri. February 19 | 1:00 pm | $5

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

Presentation | Open Discussion to Follow

SPONSORED BY:
Cedarbrook Senior Living Rochester

February 2021
REGISTRATION REQUIRED! REGISTER EARLY!
Online: MyActiveCenter on our website | Call: 248.659.1029 Mon - Thurs. 9 am - 3 pm, Fri. 9 am to noon

MUSIC HISTORY SERIES - Frank Sinatra
Presented by: Stu Johnson

PART ONE: Mon. February 15 | 2:30 pm | Dining Room
PART TWO: Wed. February 17 | 2:30 pm | Dining Room
$5 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.

Terrific Tuesday presents...
Working in Hollywood during the 70's

Tuesday, Feb. 9 | 11:00 am | $10 | Dining Room


Presentation | Lunch & Refreshments

Fall in Love with BINGO

Wed. February 24 | 1:00 pm | $10 | Dining Room

Includes 8 Games with up to 4 BINGO cards per player and pizza!
**Back by Popular Demand!**

**ANYONE CAN PAINT w/ Steve Wood**
Fri. Jan. 29 | 10:00 am - noon | $25 includes supplies
Registration still available!
See the January 2021 Newsletter for details.

**ZENTANGLE STUDIO w/Cherie**
Mon. Feb. 1 - 22 | 10 am - noon | $5 per month
Relax with the Zentangle Method, a meditative art form for everyone. Two tangles presented each week for newcomers or those wanting to "refresh." Supplies: Bring fine tip black pen, white paper and pencil.

**CREATION STATION STUDIO w/Cherie & Opal**
Mon. Feb. 1 - 22 | 1 - 3:30 pm | $5 per month
Bring your own supplies and unfinished projects. Enjoy spending creative time with others and sharing ideas. A surprise project and supplies may be presented.

**NEEDLE ARTS STUDIO w/Pat**
Fri. Feb. 12 - 26 | 1 - 3:00 pm | $5 for 3 sessions
Knit, crochet, sew, quilt, embroider and more. Bring your current projects and share ideas . . . learn from one another. Members from our previous morning quilting and knitting groups are welcome to join us.

**POTTERY - HANDBUILDING TECHNIQUES w/Harvey Bennett**
Thurs. Feb. 25 | Art Studios
1:00 - 3:30 pm | $15 includes supplies & firing
Use your fingers, hands and simple tools to make a birdhouse that can be used as a decorative piece or an outdoor habitat for your feathered friends. Make a basic form using the slab method, then add decorative accents, windows doors and more. Experiment with carving techniques and methods to add texture. Create and glaze your project in this one-day session and pick up at a later date.

**OPEN ART STUDIOS**
Bring your projects and work while visiting with friends!

**PAINTING CALM w/Elaine Wells**
Wed. Feb. 24 | Atrium
10 am - noon | $15 includes supplies
Learn to breathe easier and remain calm through simple painting activities. Remove your attention from daily stress and into a relaxed state of mind. No previous art experience necessary. Based on “Paint Yourself Calm” by Jean Haynes and “Drawing Calm” by Susan Everton. Each artful experience is an escape towards more tranquility in your life. Roll up your sleeves and get lost in creativity and calm!

**MOSAIC TILE CLASS w/Mary Gihuly**
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!

**WATERCOLOR PAINTING w/Pete Snodgrass**
Wed. Feb. 10 & 17 | Art Studios
9:30 - 11:30 am | $20 for 2 sessions
Practice your watercolor skills with guidance from an expert instructor. All levels welcome. Theme is "Beauty of Michigan Winters." Call Paula 248-608-0253 or email pbedsole@opcseniорcenter.org for a list of suggested supplies. (16 x 20 paper preferred - #140#)

**STAINED GLASS MINI PROJECT w/Dave Kosbab**
Mon. Feb. 15 & 22 | 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. Feb. 16 & 23 | Classrooms
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 “Exotic Fruits” – your choice of medium.
These classes include supplies

**VALENTINE CARDMAKING w/Opal**
Fri. Feb. 3 | 1 - 3:30 pm | $10
Remember someone special on Valentines Day. Make 4 cards with envelopes. A variety of papers and embellishments to choose from. Let your friends and family know you care!

**WOODBURNED CEDAR BOARD w/Cherie**
Wed. Feb. 10 | 1 - 3:30 pm | $10
Woodburn a cedar board for Valentine’s Day. Inscribe the word “LOVE” with a burning tool. The “O” in Love will be a heart with a keyhole design. Hang a charming key from the locket. Unique and great addition to your season of Love décor.

**KEY CHARM NECKLACE w/Cherie**
Wed. Feb. 17 | 1 - 3:30 pm | $12
Use chains, charms, beads and vintage keys to create a unique necklace with lots to choose from. Add some pieces from your own collection that have special meaning to you. No two will be alike.

**BRAIDED YARN & SILK SCARF w/Candi**
Thurs. Feb. 18 | 9:30 am - noon | $12
Learn simple techniques of braiding and tying to create a really “artsy” scarf that can be worn necklace style!! This is truly unique and you’ll get compliments galore. Bring sharp scissors.

**MANDELA STONES w/Candi**
Thurs. Feb. 25 | 9:30 am - noon | $10 | Atrium
Painting mandala symbols on river stones is very relaxing. The practice of creating the Mandala is a form of meditation, a soothing ritual that allows the painter to express their creativity and find a sense of calmness. Learn easy dot designs to create all kinds of patterns. Enjoy music, creativity and calm in our beautiful OPC Atrium.

"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.

**KEY TO MY HEART CANVAS**
Create a unique valentine piece to bring in the season on LOVE. This 6”x 6” gallery style canvas can be hung or placed on a table. A great multi-media project that will introduce you to the techniques of decoupage and collage.

**RUSTIC HOME SIGN**
Add some rustic charm to your décor with this wood sign that can be leaned on a shelf or hung on the wall. Paint, distress, add ribbon, jute and a key. How simple is that? Kit includes black and white paint, so the choice is yours!

“Art to Go” Kit $15 each | Call: 248-659-1029
You will receive a follow-up call, after Feb. 1 regarding curbside pick-up details.

Project video links on:
OPC Website - Stay Creative link
OPC YouTube Channel: Older Persons' Commission

* Previous kit inquiries call 248.608.0253 *

**WOODSHOP**

Monday - Thursday
8:30 am - Noon | 1 - 4:00 pm
Registration limited to 4 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!

For registration information, see top of page 9

OPC's Fine Art & Crafts Programs are supported by the generosity of ANTHOLOGY OF TROY, our ART PATRON. Thank you!
Mosaics are made using pieces of glass or ceramic held in place by grout. Let's try a simpler version with great results! All you need is a pencil, colorful paper scraps, glue stick and scissors. Choose some paper (recycled magazine and newspaper work great), then start ripping, cutting and gluing. Place each piece leaving small open spaces between them. The white of the paper is your grout.
ASK THE ORTHOPEDIC DOCTOR  Tues. Feb. 9 & 23 | 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 can address concerns and diagnoses such as back pain, shoulder pain, decreased balance, arthritis, slumping posture, stroke, Parkinsons’, MS and so much more.  One-on-one sessions last 45 min. - 1 hour with a Physical Therapist (PT) or PT Assistant.  A physician’s referral is needed in order to get started.

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.

DO YOU HAVE PRE-DIABETES AND WANT TO PREVENT DIABETES?
Consider this LIFESTYLE CHANGE PROGRAM that can help PREVENT or DELAY Type 2 Diabetes

- ONE YEAR CDC (Centers for Disease Control and Prevention) developed group program, working with a trained lifestyle coach and other participants to learn skills to make lasting lifestyle changes.
- FREE VIRTUAL CLASS (the prior 6 classes being very successful) provided by Ascension Providence Rochester Hospital!
- FREE VIRTUAL INTRODUCTORY informational session on Wed. February 17 at 4:30 pm. Eligibility for participation in the class will be reviewed.  The class begins Wed. March 3 from 4:30 - 5:30 pm.

Questions or are you interested in signing up for the Introductory Class?
To register, go to healthcare.ascension.org/events and search "diabetes prevention"
or call Cindy in the Wellness Center at 248-601-2888

In Memoriam
We will miss our friend and OPC team member Scott High, Dispatcher & Driver, who passed away on January 1. Scott was a valued team member since 2013 and will be missed for his dedication to the seniors, warm smile and sense of humor.

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.

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

Cindy McKenna, RN | 248.601.2888
Fitness Classes in the Gym

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 - Feb. 1 - 12 | 6 classes $36
Session 2 - Feb. 15 - 26 | 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.

STRENGTHEN, LENGTHEN & BALANCE w/Robin 2
Mon. Feb. 1 - 22 | 8:30 am | 4 classes $24
Enjoy an energizing workout that focuses on Strength training activities and, lengthen muscles while incorporating balance exercises.

FUNCTIONALLY FIT w/Peggy 2
Mon. Feb. 1 - 22 | 10:30 am | 4 classes $24
Wed. Feb. 3 - 24 | 10:30 am | 4 classes $24
This standing and seated class focuses on full body movement, improving coordination, balance and core.

ZUMBA w/Fabiola 2
Mon. Feb. 1 - 22 | 1:00 pm | 4 classes $24
Beginner Zumba fuses hypnotic Latin rhythms and easy to follow moves creating a one of a kind fitness program with Latin and international music. This class will get you moving and having fun!

BODY STRONG w/Lisa 2-4
Tues. Feb. 2 - 23 | 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. Feb. 2 - 23 | 12:30 pm | 4 classes $24
Thurs. Feb. 4 - 25 | 12:30 pm | 4 classes $24
Begin strengthening back, stomach, and side muscles to improve posture and balance.

MUSCULAR ENDURANCE w/Fabiola 3-4
Tues. Feb. 2 - 23 | 8:30 am | 4 classes $24
Thurs. Feb. 4 - 25 | 8:30 am | 4 classes $24
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. Feb. 2 - 23 | 9:30 am | 4 classes $24
Thurs. Feb. 4 - 25 | 9:30 am | 4 classes $24
Fri. Feb. 5 - 26 | 9:00 am | 4 classes $24
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. Feb. 2 - 23 | 1:30 pm | 4 classes $24
Thurs. Feb. 4 - 25 | 1:30 pm | 4 classes $24
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. Feb. 4 - 25 | 10:30 am | 4 classes $24
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. Feb. 2 - 23 | 11:30 am | 4 classes $24
Thurs. Feb. 4 - 25 | 11:30 am | 4 classes $24
A challenging cardio and toning workout with equipment for all levels.

Lap & Therapy Pools
Weight & Cardio Room
Walking Track
See page 19 for schedule and how to register.
**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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### BEGINNING TAI CHI – WU STYLE w/John

**Tues. Feb. 2 - 23 | 4:00 pm | 4 classes $32**

**Fri. Feb. 5 - 26 | 10:00 am | 4 classes $32**

**Fri. Feb. 5 - 26 | 11:00 am | 4 classes $32**

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.

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### RESTORATIVE YOGA w/Kay 2-3

**Tues. Feb. 2 - 23 | 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.

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### TANG SOO DO w/Paul

**Mon. Feb. 1 - 22 | 11:30 am | 4 classes $24**

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.

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### SUNRISE YOGA W/Kay 2

**Thurs. Feb. 4 - 25 | 7:00 am | 4 classes $24**

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.

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### STRETCH & BALANCE WITH A YOGA INFLUENCE w/Kim 1-2

**Wed. Feb. 3 - 24 | 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, 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.

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**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**

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*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

**SUPPORT groups**

**CARING & SHARING LOSS**
Friday, Feb. 1 & 19 | 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, Feb. 26 | 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, Feb. 3 | 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

**ASK THE ATTORNEY**
Monday, February 8
Tuesday, February 23
12:00 - 3:00 pm
Complimentary 15 minute legal advice by Rutkowski Law Firm by appointment.
Call OPC: 248.608.0249

**COUNSELING AT OPC**

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>10:00 am - 4:00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>10:00 am - 1:00 pm</td>
</tr>
<tr>
<td>Cost $25 - 50 minute session</td>
<td></td>
</tr>
</tbody>
</table>

A Licensed Counselor will meet in private with adults 50+ to discuss what might be troubling them, in a safe and confidential environment. For more information or to make an appointment please call 248.608.0249.

**MEDICAL EQUIPMENT LOANS**
Available for short term use:
- WALKERS
- WHEELCHAIRS
- CANES
- SHOWER STOOLS
- TRANSFER BENCHES

To schedule a loan pickup call: 248.608.0248
Leave a voicemail with your name, contact number and item you need or wish to donate or return.

**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.
**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.

**Mental Health Support**

**Need someone to talk to?**
Mental Health support services are available through Michigan’s COVID-19 Information Hotline (1-888-535-6136, then press 8).

It’s free, confidential and available 24/7/365.

Calls are answered by trained crisis counselors who provide support as well as connection to community resources.

**Free Virtual Classes for Michigan’s Older Adults**

Visit [https://www.getsetup.io/partner/michigan](https://www.getsetup.io/partner/michigan) to sign up.

Use coupon code MICHIGANHEALTH to waive any fees associated with small group classes.

**Need Help?** email help@getsetup.io or call 1.888.559.1614

**COVID-19 Vaccine Information**

Oakland County Health Department:

COVID-19 Vaccine updates will be posted online as they become available at the Save Your Spot link: [https://oaklandcountyvaccine.com/](https://oaklandcountyvaccine.com/) or text OAKGOV to 28748.

For anyone unable to complete the online form, call:

**Oakland County Health Hotline**
800-848-5533

Appointments will be added based on the vaccine supply received from the State of Michigan.

OCHD is following the Michigan Department of Health and Human Services COVID-19 vaccination plan.

**AARP Tax Assistance**

Details on area locations are not available at this time.

To find an AARP location near you call: 888-687-2277

**Medicare | Medicaid Assistance Program**

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

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

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

**COVID-19 Vaccine Information**

Oakland County Health Department:

COVID-19 Vaccine updates will be posted online as they become available at the Save Your Spot link: [https://oaklandcountyvaccine.com/](https://oaklandcountyvaccine.com/) or text OAKGOV to 28748.

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# Meals on Wheels Menu

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Stuffed Green Pepper</td>
<td>2 Chicken Tenderloin w/Gravy</td>
<td>3 Turkey Burger w/Bun Lettuce &amp; Tomato</td>
<td>4 Tuna Noodle Casserole</td>
<td>5 Baked Ham</td>
</tr>
<tr>
<td>Roasted Potatoes</td>
<td>Red Skin Potatoes</td>
<td>Cucumber Salad</td>
<td>Caribbean Vegetable Salad</td>
<td>Sweet Potatoes</td>
</tr>
<tr>
<td>Carrots</td>
<td>Broccoli Cuts</td>
<td>Garden Salad</td>
<td>Garden Salad</td>
<td>Whole Green Beans</td>
</tr>
<tr>
<td>Apple</td>
<td>Orange Sections</td>
<td>Red Grapes</td>
<td>Apricots</td>
<td>Banana</td>
</tr>
<tr>
<td>Breadstick</td>
<td>Roll</td>
<td></td>
<td>Bread</td>
<td>Dinner Roll</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 Beef Stroganoff</td>
<td>9 Creamy Chicken &amp; Vegetables</td>
<td>10 BBQ Chicken on a Bun</td>
<td>11 Meatloaf w/Gravy</td>
<td>12 Turkey a la King with Rice</td>
</tr>
<tr>
<td>Califlower/Broccoli Salad</td>
<td>Whipped Potatoes, Salad</td>
<td>Broccoli Pasta Salad</td>
<td>Red Skin Potatoes</td>
<td>Herbed Green Beans</td>
</tr>
<tr>
<td>Spinach</td>
<td>Orange Sections</td>
<td>Marinated Carrot Salad</td>
<td>Garden Salad</td>
<td>Vegetable Salad</td>
</tr>
<tr>
<td>Fruit Medley</td>
<td>Roll</td>
<td>Peach Halves</td>
<td>Normandy Vegetables</td>
<td>Gelatin</td>
</tr>
<tr>
<td>Whole Wheat Bread</td>
<td></td>
<td></td>
<td>Diced Pears</td>
<td>Grain Roll</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>15 Vegetable Lasagna</td>
<td>16 Sweet &amp; Sour Meatballs &amp; Rice</td>
<td>17 Chicken Divan</td>
<td>18 Herbed Pork Loin</td>
<td>19 Baked Pollock</td>
</tr>
<tr>
<td>Zucchini Cole Slaw</td>
<td>Key West Vegetable, Oriental Salad</td>
<td>Chive Potatoes</td>
<td>Oven Browned Potatoes</td>
<td>Roasted Potatoes</td>
</tr>
<tr>
<td>Grapes</td>
<td>Red Apple</td>
<td>Whole Green Beans</td>
<td>Baby Carrots</td>
<td>Normandy Blend Veg.</td>
</tr>
<tr>
<td>Whole Wheat Bread</td>
<td></td>
<td>Romaine Salad</td>
<td>Garden Salad</td>
<td>100% Fruit Juice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Apple Sauce</td>
<td>Fruit Salad</td>
<td>Whole Wheat Roll</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bread</td>
<td>Wheat Roll</td>
<td></td>
</tr>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>22 Grilled Pork Patty</td>
<td>23 Lemon Chicken</td>
<td>24 Mexican Beef &amp; Bean Casserole</td>
<td>25 Pizza</td>
<td>26 Oven Baked Fish</td>
</tr>
<tr>
<td>European Blend</td>
<td>Brown Rice</td>
<td>Romaine Salad</td>
<td>Three Bean Salad</td>
<td>Herb Diced Potatoes</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>Prince Charles Blend</td>
<td>Spinach</td>
<td>Grapes</td>
<td>Succotash</td>
</tr>
<tr>
<td>Cinnamon Apples</td>
<td>Garden Salad</td>
<td>Apricots</td>
<td></td>
<td>Fruit Salad</td>
</tr>
<tr>
<td>Wheat Bread</td>
<td>Sliced Peaches</td>
<td>Wheat Bread</td>
<td></td>
<td>Whole Wheat Roll</td>
</tr>
<tr>
<td></td>
<td>Roll</td>
<td></td>
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</tr>
</tbody>
</table>

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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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**Greater Courtenay Senior Center**

**248.656.1403**

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**Older Persons’ Commission | 650 Letcha Drive | Rochester, MI | 48307**

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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
Guidelines and Registration Details

Pools, Walking Track, Weight & Cardio Rooms

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 – 2:00 pm
- Therapy Pool 45-minute Sessions: Monday-Thursdays, 8:15 am – 4:00 pm; Fridays 8:15 am – 2:00 pm
- 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.) bring your own hair 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 are the only equipment allowed for use during session.
- Park on the upper level and enter through the main entrance for the health screening.

Registration begins for all February activities on:
THURS, JANUARY 21
at noon.

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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.
Registration for all February activities begins on THURSDAY, JANUARY 21 at noon.

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
Dominic Abbate
Dale Hetrick
Nancy Salvia
David Walker

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

A Lunch to Love
Thursday, February 11 | 11:00 am - noon

Stay in your car and drive right through to pick up your complimentary Valentine Lunch to Go!

Courtesy of the Assistance League Southeastern MI

Mostaccioli with Meat Sauce ♥ Green Beens ♥ Garlic Bread
Salad ♥ Red Velvet Cake

Two ways to register:
♥ My Active Center on the OPC Website Homepage
♥ Valentine Hotline at (248) 608-0280

Registration, membership and attendance required

Registration closes at noon
Monday, February 8
or until sold out

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.