Welcome Spring!
Celebrate the new season with your own floral creation

Cliff Erickson – Singer, Songwriter and Acoustic Performer
One of OPC’s favorite musicians stops by to share his talents

Nature at Its Best
Take in the beauty of the Great Lakes on a tour with the Noble Odyssey Foundation

“What are Fun & Games?”
Gear up for OPC’s version of America’s favorite game show - Jeopardy!
April is National Humor Month and just to prove it the first day of this month is April Fool’s Day. We all remember the Reader’s Digest Laughter is the Best Medicine. Well, last week I enjoyed a good belly laugh when Grandpa (my father-in-law) experienced a little pandemonium in his house.

He has two energetic Springer Spaniels. One night last week they cornered a possum in the back yard. Of course, the possum did what all possums do and it played dead. The dogs were so proud of their find that they dragged it through the doggy door and you guessed it, into the house. Trotting together with their heads and the possum held high they carried the carcass into the living room and dropped it in front of the chair where Grandpa was sleeping. That was the beginning of the bedlam as both Grandpa and the possum woke up.

The possum made a b-line for cover as the dogs went crazy, barking and chasing the possum between and behind the furniture. Grandpa was, of course, yelling at the dogs and the possum was not impressed with his new home. Luckily, the possum was finally funneled to the door and Grandpa now has a hilarious story to share with anyone who will listen.

I’m still laughing at this story so let’s use National Humor Month to turn over a new leaf and embrace laughter and all it has to offer our body, mind and soul.

Just look at these benefits from a little laughter:
1. Reduced Stress – less worry, more happiness and an immune system boost.
2. More Endorphins – the “feel-good hormone,” that makes you feel happy.
3. Heart Protection – laughing boosts cardiovascular health by lowering blood pressure, improving blood vessel functionality, and increasing blood flow.
4. Improved Performance – Yes, you read that right. Laughing increases engagement, creativity, productivity, collaboration, and well-being while relieving stress and boredom.
5. More Connections – Laughter also brings people together and strengthens relationships.
6. Improved Quality of Life – Laughter just makes us feel good.

“Volunteers are the Heart of OPC!” We are so grateful to our many volunteers who’ve dedicated their time, talents, and energy to making a difference at OPC! I’d especially like to recognize the Meals on Wheels and Commodity Food volunteers who continued to deliver nutritious meals to homebound seniors during the Covid-19 pandemic. April 18-24 is National Volunteer Week, so Thank You to our amazing volunteers who deliver meals, greet, facilitate classes, tend the Stone Cottage gardens…. the list is endless. We couldn’t do what we do without you! We’re always looking for more volunteers to help where needed so whether you can volunteer once a week, month or year please let us know by filling out the application online under Get Connected.

We’re continuing to expand our offerings and hours based on the MDHHS orders so sit down with a warm cup of tea or coffee and enjoy all that April has in store at the OPC! Be sure to check out the virtual program on April 22 titled “Why Honeybees Swarm”. The presenter is my brother, Rod Donovan also known in our family as the “Bee Whisperer”, you’ll enjoy his energy and passion for beekeeping.

Renee
Sharing the LOVE with SENIORS!

Love and laughter were in the air throughout the OPC recently. The Assistance League provided members a delicious Valentine’s Day drive thru lunch, and Meals on Wheels clients received some sweet treats, Valentine’s wishes and greetings!

The cold couldn’t stop the Assistance League, of SE Michigan who sponsored the delightful drive thru Valentine’s Day lunch.

It was sunny with smiles all around as the ladies served up the meals to 200 grateful members!

Generous and thoughtful friends made sweet surprises and greetings for our Meals on Wheels clients!

Our Veterans Connection group also got into the spirit by making Valentine’s cards for fellow service members!

Contact Colleen Burtka 248.659.1034 cburtka@opcseniorcenter.org for how you can support OPC!
Virtual ENRICHMENT at Home

**Why Honeybees Swarm**

Thursday, April 22 | 10:30 am

Award Winning Tewksbury Honey and Bee Company owner Rod Donovan explains what all the BUZZ is about when it comes to Honeybees.

*Register by April 16 to receive a honey tasting trio! Pick up available: April 19-21*

**APRIL Virtual BOOK CLUB**

UNDER THE WIDE AND STARRY SKY
by Nancy Horan

From the New York Times bestselling author of Loving Frank comes a much-anticipated second novel, which tells the improbable love story of a Scottish writer Robert Louis Stevenson and his tempestuous American wife, Fanny.

Tues. Apr. 27 | 2:30 pm

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

Book Club Kit Books available Contact Marianne to reserve yours. mmccauley@opcseniorcenter.org

**LANGUAGE**

SPANISH CONVERSATIONAL GROUP

Wednesdays 10:30 am

**TECHNOLOGY**

COMPUTER CLUB

Tuesdays | 10:00 am

**MAC ENTHUSIASTS GROUP**

Thurs. Apr. 1 & 15 | 10:30 am

**APRIL Virtual BOOK CLUB**

**WRITERS & READERS GROUP**

WRITE ABOUT NATURE WORKSHOP
with Karen Vigmastad, Ph.D.

Wednesday, April 14
2 - 3:30 pm

Learn to draw on your natural surroundings for inspiration and put your observations into writing.

**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 ENRICHMENT & FITNESS at Home
Virtual program links available on the homepage of our website under "Featured Programs"

**Virtual Program Links**
Available on the homepage of our website under "Featured Programs".

**CREATE SOMETHING**
**Thursday, April 15 | 1:00 pm**
Just like any other muscle group, our brain needs exercise to stay healthy and to grow!
Join us for some brain teasers, brain games, and the science behind why these techniques work to build better cognitive function.

**BIODYNAMIC YOGA with Bhavani Kodali**
**Monday's | 10:30 am | $10 for April no class April 5**
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

**FITNESS at HOME**

**BODY STRONG VIRTUAL w/Lisa**
**Mondays | 9:00 am | 3 sessions $7.50 no class 4/5**
Work upper and lower body and core muscles. Stay fit for sports or leisure activity, working the whole body.

**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 | 9 sessions $22.50**
April 15 at 2:30 pm
This 45-minute class combines seated and standing poses 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.

**ESSENTIAL YOGA w/Caryn**
**Fri. Apr. 9 - 30 | 1:30 pm | 4 sessions $10**
Discover the benefits essential oils can bring to your Yoga practice.

Essential Oil Supply List:
- Lemon
- Lavender
- Peppermint
- Wild Orange

Use your own oils or kits are available for $35
Contact: Marianne at 248.608.0263 by March 26

**Register for these classes by calling 248.659.1029**
Link to exclusive classes will be provided upon registration.

**MINDFUL MONDAY’S with Jan Miller, LPC**
**Monday’s | 10:30 am | $10 for April no class April 5**
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.

**VIRTUAL ART**

**Zentangle Techniques**
Watch for monthly instructional videos with Cherie. Learn 1-2 tangles per session.

Click on Stay Creative on the OPC Website homepage

**ESSENTIAL OILS with Jan Miller, LPC**
**Monday’s | 10:30 am | $10 for April no class April 5**
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
Enrichment on-site at OPC

650 Mid-Day Club presents...

Cliff Erickson

Thursday, April 29 | $15
TWO SHOWS Available
1:00 - 2:30 pm | 3:30 - 5:00 pm

Cliff’s soothing voice and extraordinary talent on his signature 12-string acoustic guitar captivate his listeners, taking them along on what has been best described as an “unparalleled musical excursion.”

FINANCIAL FRIDAY

PREPARE WISELY
Estate Strategy Essentials

Friday, April 9 | 10:00 am | $5
Dining Room

VETERANS CONNECTION

Wed. April 14 | 10:00 am

Breakfast
Veterans and their spouses are invited to attend

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

PRESENTING SPONSOR
Anthology of Rochester Hills

Breakfast Sponsor
Heartland

SPONSORED BY:
Hearing Life: Rochester

FREE hearing screenings and cleaning & checking of hearing aids before movie (11:30 am - 12:30 pm)
To register - see top of page 7

NORTH BY NORTHWEST
Fri. April 16 | 1:00 pm
1959 Exciting, Suspenseful
This classic from director Alfred Hitchcock stars Cary Grant as an advertising executive who looks too much like someone else and is forced to go on the lam.

FREE hearing screenings and cleaning & checking of hearing aids before movie (11:30 am - 12:30 pm)
To register - see top of page 7

FRIDAY MOVIES SPONSORED BY Hearing Life - Rochester

JOJO RABBIT
Mon. April 26 | 2:30 pm
2019 Quirky
In this World War II satire, a lonely German boy has his world view turned upside down when he discovers his mother is hiding a young Jewish girl in their attic.

Popcorn & Candy
$2 Suggested Donation

SPONSORED BY:
Pixley Funeral Home

PREPARE WISELY
Estate Strategy Essentials

Friday, April 9 | 10:00 am | $5
Dining Room

SPONSORED BY:
Hearing Life: Rochester

FREE hearing screenings and cleaning & checking of hearing aids before movie (11:30 am - 12:30 pm)
To register - see top of page 7

NORTH BY NORTHWEST
Fri. April 16 | 1:00 pm
1959 Exciting, Suspenseful
This classic from director Alfred Hitchcock stars Cary Grant as an advertising executive who looks too much like someone else and is forced to go on the lam.

FREE hearing screenings and cleaning & checking of hearing aids before movie (11:30 am - 12:30 pm)
To register - see top of page 7

FRIDAY MOVIES SPONSORED BY Hearing Life - Rochester

JOJO RABBIT
Mon. April 26 | 2:30 pm
2019 Quirky
In this World War II satire, a lonely German boy has his world view turned upside down when he discovers his mother is hiding a young Jewish girl in their attic.

Popcorn & Candy
$2 Suggested Donation

SPONSORED BY:
Pixley Funeral Home
**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**

**Shedding Light on Michigan’s Historic Female Keepers**

**Thurs. April 22 | 11:00 am | $10 | Auditorium**

Dianna Stampfler, founder of Promote Michigan and author of Michigan’s Haunted Lighthouses, will share the fascinating stories of the dynamic and courageous women who tended the lights along Michigan's Great Lakes.

Order a signed copy of “Michigan’s Haunted Lighthouses” by contacting Marianne at mmccauley@opcseniorcenter.org or by calling 248.608.0263.

$20 cash payment can be made to the author following the presentation.

*Presentation, Author Meet & Greet, Lunch & Refreshments*

---

**DANCE & MUSIC**

**Drum Circle w/Rizal**

**Thur. April 8 & 22 | 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

**Line Dance w/Carol | Auditorium**

**Monday’s | 1:00 – 2:00 pm | $15 for month**

(no class April 5)

---

**TECHNOLOGY**

**COMPUTER CLUB**

**Tuesday’s | 10:00 am | $1 Pay Upon Entry**

Also available on ZOOM see page 4

Sponsored by: Pomeroy Living

**iPHONE BASICS w/Pam**

**Mon. April 12**

11:00 am - noon | $5

**iPAD BASICS w/Pam**

**Mon. April 19**

11:00 am - noon | $5

---

**FOCUS on the ISSUES**

**Current Events Discussion Group**

**Mon. April 12 & 26 | 2 - 3:00 pm**

$5 for 2 sessions

*A casual forum to discuss current events over refreshments.*

---

**REWIREd not RETIREd SM**

Provides support and camaraderie for pre and post retirees

**How You Can Identify Your Road Home**

*Presented by: David C. Strubler, Ph.D*

Why "whose you are" matters as much as "who you are and what you do."

**Wed. April 21 | 1:00 pm | $5**

Dining Room

Beyond our gifts and our work, is it possible that our identity is the sum total of all of that to which and all of those to whom we are committed? In addition to exploring “who you are, what you are good at, and where you are going,” ask yourself a more possessive question—"Whose am I?”

---

**Presentation, Author Meet & Greet, Lunch & Refreshments**

---

**Sponsored by:**

**Dessert & Coffee**

**Open Forum Discussion**
Enrichment on-site at OPC

SPRING FLORAL ARRANGEMENT CLASS

Tuesday, April 20 | 1:00 pm | $25
Receive fresh spring flowers and join us for an exclusive class with Brunette Blossom owner Ashley Brunette. She will guide you through a step-by-step process on how to create a beautiful arrangement in a stylish vessel, all while sharing her top floral tips and tricks!

SPONSORED BY:

Let's Play JEOPARDY!

Tuesday, April 20 | 2:30 pm | $5
Now YOU can be a contestant on America’s favorite game shows right here at the OPC!

This NEW quarterly event, hosted by the awesome and talented couple - Bing and Linda Burris, will be FUN & ENTERTAINING! Players will be chosen from the attendees to participate in the game!

Mocktails & Snacks!

ASK THE DOC: Lunch & Learn

with Dr. Robert Czarnecki, MD
Allergy and Immunology

Thursday, April 8 | 12 - 1:00 pm
Dr. Czarnecki has 32 years of experience in his field and is trained to diagnose, treat and manage allergies, asthma and other disorders of the immune system. Questions regarding allergies, penicillin allergy testing and immune system disorders, including COVID’s effect on the immune system, will be addressed.

Presentation with time for Q&A

SPONSORED BY:

Great Lakes Underwater

Tuesday, April 13 | 10:30 am | $5
Auditorium
Luke Clyburn, Great Lakes Underwater Filmmaker with the Noble Odyssey Foundation, will present on the research and evolution of the Great Lakes.

SPONSORED BY:

April 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

The Photographer’s Lecture Series
Spend some time with pArt of Life Photography owner Jeanine. Learn how she captures life and turns it into art.
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

The Hits Just Keep Coming with Master Gardener Sue Grubba
New varieties of annuals, perennials, shrubs and trees are introduced every year and advertised to be better than the old varieties. But do these new varieties really live up to the hype? Sue is back to report on how these new plant varieties are performing in area gardens, cutting through the hype and informing on which plants are really worth the investment.

SPRING BINGO
Wed. April 28 | 12:30 pm | $10
Includes 8 Games with up to 4 BINGO cards per player.
Pizza at 12:30 / Games at 1:00

Terrific Tuesday
Tuesday, April 13 | 11:00 am | $10
George Winters is the PIANO GUY and master of this show!
Lunch & Refreshments
MOSAIC TILE CLASS w/Mary Gilhuly
Tue. Apr. 6 | Aud. | Tabletop Tulips
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. Results are great and anyone can do this!

PAINTING CALM w/Elaine Wells
Tues. Apr. 6 | Atrium
1 - 3:00 pm | $18 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 Haines. Each artful experience is an escape towards more tranquility in your life. Activities will be different from previous session.

WATERCOLOR PAINTING w/Pete Snodgrass
Wed. Apr. 7 & 14 | Art Studios
Wed. Apr. 21 & 28 | Art Studios
9:30 - 11:30 am | $20 for each 2 week session bring own supplies
Practice your watercolor skills and learn new techniques with guidance from an expert artist. All levels welcome. Session 1: Landscape; Session 2: Floral. The underlying theme in each session is texture and composition – how when and where to use. Call Paula 248-608-0253 or email pbedsole@opcseniorcenter.org for a list of suggested supplies. (16 x 20 paper preferred - #140#)

STAINED GLASS MINI PROJECT w/Dave Kosbab
Mon. Apr. 19 & 26 | Woodshop
9:30 am - 12:30 pm | $25 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. Apr. 20 & 27 | 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 “Flowers in a Vase” – your choice of medium.

OBSERVATIONAL DRAWING w/Elaine Wells
Tues. April 27 & May 4 | Art Studios
10 am - noon | $25 bring own supplies - see below)
Drawing begins before you even pick up a pencil. It starts by observing and learning “to see.” It involves finding the shapes, forms, gradations and subtleties of your subject. Students will draw from real life, learning to carefully examine the objects before them. All levels welcome. Supplies: Bring drawing pad (at least 9 x 12), ruler, drawing pencils 2B, 4B, 6B and a pink pearl eraser.

POTTERY - HANDBUILDING TECHNIQUES w/Harvey Bennett
Thurs. Apr. 29 | Art Studios
1 - 3:30 pm | $15 includes supplies & firing
Create your own mug using the slab method. Really cool, they actually look wheel thrown. Personalize with textures, etching designs and more. Come play with clay! You will be contacted to glaze your piece after it is bisque fired.

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

You must contact us ahead to arrange a time to drop off donations.

Call Paula 248.608.0253 or email pbedsole@opcseniorcenter.org
CREATION STATION | Art Studios

* These classes include supplies

**OPEN ART STUDIOS**

Bring your projects and work while visiting with friends!

**ZENTANGLE STUDIO w/Cherie**
Mon. Apr. 12 - 26 | 10 am - noon | $5 per month
A simple pathway to relaxation and inner focus. No experience needed. Two new tangles presented each week. **Supplies:** Bring a fine tip pen, white paper and a pencil.

**CREATION STATION STUDIO w/Cherie & Opal**
Mon. Apr. 12 - 26 | 1 - 3:30 pm | $5 per month
Bring your own supplies and unfinished projects. Enjoy spending creative time with others, sharing ideas and crafting.

**NEEDLE ARTS STUDIO w/Pat - Library**
Fri. Apr. 16 - 30 | 1 - 3:00 pm | $5 for 3 sessions
Knit, crochet, sew, quilt, embroider. Bring your current projects and share ideas . . . learn from one another.

---

**PAPER CRAFT CHALLENGE w/Cherie & Opal**
Wed. Apr. 7 | 1 - 3:30 pm | $15*
Each participant gets a “crafty” kit including paper punches, rubber stamps, card sets, scrapbook paper, craft project instructions and more. Kits have the same quantity of supplies, but each is unique. The theme is Spring/Summer, THE CHALLENGE—make something in the class from what is in the kit. The best part is you’ll have plenty left to make more at home. Paper crafting machines also available for your use. **Bring scissors and glue.**

**BOHO MEMORY WIRE BRACELET w/Regina**
Tues. Apr. 13 | 10 am - noon | $12*
Super simple and beautiful bracelet. Choose from a variety of beads and color palettes. Beads are strung on memory wire which makes the piece adjustable to fit any size with a stackable look. Made with a variety of beads so it pairs well with other jewelry and your unique attire.

**LIVE/LOVE/LAUGH BOTTLE w/Cherie**
Wed. Apr. 14 | 1 - 3:30 pm | $12*
Fun project with alcohol inks on a frosted wine bottle. This timeless project is a lovely addition to your décor. The words add meaning, alcohol inks add color and the fairy lights add magic!

**FIBER FASHION SCARF w/Candi**
Thurs. Apr. 15 | 10 am - noon | $10*
Make a lightweight scarf for spring and summer using a variety of beautiful yarns. Very easy – techniques include cutting and knotting. A lovely textural piece – choice of yarns and colors. **Bring scissors.**

**SPRING WALL PLAQUE w/Karen**
Wed. Apr. 21 | 1 - 3:30 pm | $10*
Learn simple decoupage and paper crafting techniques to create this colorful, reversible wall plaque to brighten your décor. Embellish with paper flowers, beads, buttons and more. Hangs on a string of natural wood and pearl beads.

**PENDANT NECKLACE w/Candi**
Thurs. Apr. 22 | 10 am - noon | $10*
Make a stylish pendant using upscale beads and findings. Attach to a silver chain to complete the look. Dark neutral color palette – can be worn with almost anything (chain included).

**ZENTANGLE INSPIRED ART/GEMSTONES w/Cherie**
Wed. Apr. 28 | 1 - 3:30 pm | $10 + $5 for supplies
Intertwine colorful gemstones into your Zentangle patterns to create jewels that look like brilliant works of art. **Bring your own colored pencils. All other supplies included in kit you must purchase from instructor.**

**SPRING WALL PLAQUE w/Karen**
Wed. Apr. 21 | 1 - 3:30 pm | $10*
Learn simple decoupage and paper crafting techniques to create this colorful, reversible wall plaque to brighten your décor. Embellish with paper flowers, beads, buttons and more. Hangs on a string of natural wood and pearl beads.

**PENDANT NECKLACE w/Candi**
Thurs. Apr. 22 | 10 am - noon | $10*
Make a stylish pendant using upscale beads and findings. Attach to a silver chain to complete the look. Dark neutral color palette – can be worn with almost anything (chain included).

**ZENTANGLE INSPIRED ART/GEMSTONES w/Cherie**
Wed. Apr. 28 | 1 - 3:30 pm | $10 + $5 for supplies
Intertwine colorful gemstones into your Zentangle patterns to create jewels that look like brilliant works of art. **Bring your own colored pencils. All other supplies included in kit you must purchase from instructor.**

**SPRING WALL PLAQUE w/Karen**
Wed. Apr. 21 | 1 - 3:30 pm | $10*
Learn simple decoupage and paper crafting techniques to create this colorful, reversible wall plaque to brighten your décor. Embellish with paper flowers, beads, buttons and more. Hangs on a string of natural wood and pearl beads.

**PENDANT NECKLACE w/Candi**
Thurs. Apr. 22 | 10 am - noon | $10*
Make a stylish pendant using upscale beads and findings. Attach to a silver chain to complete the look. Dark neutral color palette – can be worn with almost anything (chain included).

**ZENTANGLE INSPIRED ART/GEMSTONES w/Cherie**
Wed. Apr. 28 | 1 - 3:30 pm | $10 + $5 for supplies
Intertwine colorful gemstones into your Zentangle patterns to create jewels that look like brilliant works of art. **Bring your own colored pencils. All other supplies included in kit you must purchase from instructor.**

**SPRING WALL PLAQUE w/Karen**
Wed. Apr. 21 | 1 - 3:30 pm | $10*
Learn simple decoupage and paper crafting techniques to create this colorful, reversible wall plaque to brighten your décor. Embellish with paper flowers, beads, buttons and more. Hangs on a string of natural wood and pearl beads.

**PENDANT NECKLACE w/Candi**
Thurs. Apr. 22 | 10 am - noon | $10*
Make a stylish pendant using upscale beads and findings. Attach to a silver chain to complete the look. Dark neutral color palette – can be worn with almost anything (chain included).

**ZENTANGLE INSPIRED ART/GEMSTONES w/Cherie**
Wed. Apr. 28 | 1 - 3:30 pm | $10 + $5 for supplies
Intertwine colorful gemstones into your Zentangle patterns to create jewels that look like brilliant works of art. **Bring your own colored pencils. All other supplies included in kit you must purchase from instructor.**

**SPRING WALL PLAQUE w/Karen**
Wed. Apr. 21 | 1 - 3:30 pm | $10*
Learn simple decoupage and paper crafting techniques to create this colorful, reversible wall plaque to brighten your décor. Embellish with paper flowers, beads, buttons and more. Hangs on a string of natural wood and pearl beads.

**PENDANT NECKLACE w/Candi**
Thurs. Apr. 22 | 10 am - noon | $10*
Make a stylish pendant using upscale beads and findings. Attach to a silver chain to complete the look. Dark neutral color palette – can be worn with almost anything (chain included).

**ZENTANGLE INSPIRED ART/GEMSTONES w/Cherie**
Wed. Apr. 28 | 1 - 3:30 pm | $10 + $5 for supplies
Intertwine colorful gemstones into your Zentangle patterns to create jewels that look like brilliant works of art. **Bring your own colored pencils. All other supplies included in kit you must purchase from instructor.**
ATTENTION PARTICIPANTS

Plans are in process to re-open the Pottery Studio on a limited basis in May. Independent Potters and students who were in classes last year should make arrangements to pick up projects left behind when we closed in March 2020. Please do this as soon as possible so that we can re-organize the studio.

Please call or email Paula for an appointment: 248-608-0253 | pbedsole@opcseniorcenter.

WOODSHOP

Monday - Friday | 10 am - 3:30 pm
Capacity - 6 people per session
No sessions April 19 & 26
$100 Annual Woodshop User Card Required
REGISTRATION IS REQUIRED TO PARTICIPATE
To register, see top of page 9

LAPIDARY

Friday's | Apr. 9 - 30 | 9 am - noon
$7 per session | limit 2 sessions per month
REGISTRATION IS REQUIRED TO PARTICIPATE
To register, see top of page 9

POTTERY STUDIO

ATTENTION PARTICIPANTS

Plans are in process to re-open the Pottery Studio on a limited basis in May. Independent Potters and students who were in classes last year should make arrangements to pick up projects left behind when we closed in March 2020. Please do this as soon as possible so that we can re-organize the studio.

Please call or email Paula for an appointment: 248-608-0253 | pbedsole@opcseniorcenter.

"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.

HELLO SPRING JOURNAL

This kit includes a journal, stamps, ink pad, punches, scrapbook paper, envelopes, embellishments, doodle patterns and more. Journey into a new season by recording your sunny thoughts in an artful way. Don’t wait, breathe in fresh air and plant new beginnings.

“Art to Go” Kit $15 each | Call: 248-659-1029

You will receive a follow-up call, after April 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 *

Monday, May 24 – Thursday, May 27

Spring into ACTION at OPC

KICK-OFF Friday, May 21

Presenting Sponsor
Ascension Providence Rochester
Pickleball: 2 courts - Max of 12 reservations. $2 per session. Bring own equipment.

Pools: 2 tables/courts available. Max of 8 reservations. Bring your own equipment -$2

Table Tennis & Badminton

Walking Track:

PREREGISTRATION REQUIRED FOR ALL ACTIVITIES:

Pickleball: 2 courts - Max of 12 reservations. $2 per session. Bring own equipment.

Table Tennis & Badminton: 2 tables/courts available. Max of 8 reservations. Bring your own equipment -$2

Pools: 45-minute time slots with two (2) people per lane start on opposite sides. Masks must be worn on the pool deck but not in the water or while showering. No equipment is provided (noodles, belts, dumbbells, etc.) bring your own blow dryer. Pay upon entry: $3 per session or purchase a $50 Open Swim Punch card.

Weight and Cardio Rooms: 45-minute unlimited sessions. $2 a session or purchase a $50 Fitness Punch card

Walking Track: 45-minute unlimited sessions, max of 15 people at a time wearing a mask on the track. Park on the upper level and enter through the main entrance for the health screening.

Expanded Class offerings in the pool, gym and auditorium can be found on page 15.

**SHRED IT** DAY

Friday, May 7 | 9 a.m. to 10 a.m.

OPC Parking Lot

*Sponsor: LIFE WELL CELEBRATED*

Follow the traffic signs and stay in your car.
**Fitness Classes in the Gym**

**Snow Day Fitness Class Make-up Day – Tuesday, April 6**
Tuesday, April 6th has been designated as the make-up day for the February 16 snow day. ALL individuals who were signed up for classes on that day can attend the class they missed at no cost. If you received a voucher (salmon colored) please bring it with you but it is not necessary to attend this make-up day. The voucher will not be honored at any other time.

**In the Gym:**

**RISE & SHINE w/Peggy 2-3**

Mondays, Wednesdays and Fridays | 7:00 am  
Session 1 - Apr. 7 - 16  | 5 classes $30  
Session 2 - Apr. 19 - 30  | 6 classes $36  
*Formerly Advanced Strength and Balance.* The movements focus on specific exercises to improve strength and balance while using body weight and/or resistance equipment (weights, bands, balls).

**STRENGTHEN, LENGTHEN & BALANCE w/Robin 2**

Mon. Apr. 12 - 26 | 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. Apr. 12 - 26 | 10:30 am | 3 classes $18  
Wed. Apr. 7 - 28 | 10:30 am | 4 classes $24  
A standing and seated class focusing on full body movement, improving coordination, balance and core.

**ZUMBA w/Fabíola 2**

Mon. Apr. 12 - 26 | 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. Apr. 13 - 27 | 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. Apr. 13 - 27 | 12:30 am | 3 classes $18  
Thurs. Apr. 1 - 29 | 12:30 pm | 5 classes $30  
Begin strengthening back, stomach, and side muscles to improve posture and balance.

**MUSCULAR ENDURANCE w/Fabíola 3-4**

Tues. Apr. 13 - 27 | 8:30 am | 3 classes $18  
Thurs. Apr. 1 - 29 | 8:30 am | 5 classes $30  
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 2-3**

Tues. Apr. 13 - 27 | 9:30 am | 3 classes $18  
Thurs. Apr. 1 - 29 | 9:30 am | 5 classes $30  
Fri. Apr. 9 - 30 | 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.

**PUSH YOUR LIMITS CYCLING CLASS w/ J.T.**

Tues. Apr. 13 - 27 | 5:15 - 6:00 pm | 3 classes $18  
Pedal to the beat with this high energy workout with hills, drills, sprints and balance work.

**RESISTANCE & BALANCE TRAINING w/Fabíola 3**

Tues. Apr. 13 - 27 | 1:30 pm | 3 classes $18  
Thurs. Apr. 1 - 29 | 1:30 pm | 5 classes $30  
Incorporate strength moves to tighten and tone trouble spots, and stretching that will leave you feeling longer and leaner. Improve posture, body awareness and overall strength.

**LOW IMPACT w/Karen 3-4**

Tues. Apr. 13 - 27 | 11:30 am | 3 classes $18  
Thurs. Apr. 1 - 29 | 11:30 am | 5 classes $30  
A challenging cardio and toning workout with equipment for all levels.
Registration is required 24 hours prior to start of class. Unregistered members will not be allowed to participate.

Online: MyActiveCenter on our website | Call: 248.659.1029 Mon - Thurs. 9 am - 3 pm, Fri. 9 am
No Drop-in's or Punch Cards | Weights & Bands Provided | Park in the lower level and enter through the Aquatic Door

STRETCH & BALANCE WITH A YOGA INFLUENCE w/Kim 1-2
Wed. Apr. 7 - 28 | 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.

BEGINNING TAI CHI – WU STYLE w/John
Tues. Apr. 13 - 27 | 4:00 pm | 3 classes $24
Fri. Apr. 9 - 30 | 10:00 am | 4 classes $32
Fri. Apr. 9 - 30 | 11:00 am | 4 classes $32
Slow, gentle movements improve muscle tone and balance as well as reflexology - massage technique enhances circulation and alleviates 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. Apr. 12 - 26 | 11:30 am | 4 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.

STRETCH & BALANCE WITH A YOGA INFLUENCE w/Kim 1-2
Wed. Apr. 7 - 28 | 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.

BEGINNING TAI CHI – WU STYLE w/John
Tues. Apr. 13 - 27 | 4:00 pm | 3 classes $24
Fri. Apr. 9 - 30 | 10:00 am | 4 classes $32
Fri. Apr. 9 - 30 | 11:00 am | 4 classes $32
Slow, gentle movements improve muscle tone and balance as well as reflexology - massage technique enhances circulation and alleviates 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. Apr. 12 - 26 | 11:30 am | 4 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.

HEALTHY JOINTS w/ Jeannie 1-3 (Therapy Pool)
Tues. Apr. 6 - 27 | 5:00 pm | 4 sessions $24
Thurs. Apr. 8 - 29 | 5:00 pm | 4 sessions $24
Improve range of motion, strength, & muscle tone with controlled movements in this therapy pool class. Beneficial for people with arthritis or recovering from an injury.

AQUA ZUMBA w/ Fabiola (Lap Pool)
Tues. Apr. 6 - 27 | 5:45 pm | 4 sessions $24
Thurs. Apr. 8 - 29 | 5:45 pm | 4 sessions $24
Focus on cardio-conditioning and body toning. Ideal for those with arthritis or anyone recovering from a joint injury. Max 8

THE DEEP w/ Margaret A. (Lap Pool)
Wed. Apr. 7 - 28 | 8:00-8:50 am | 4 classes $24
High-intensity water workout utilizing deep water and designed to improve cardiovascular fitness, muscular strength, and endurance. Max 8

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

Parkinson’s Support:

PWR! PARKINSON WELLNESS RECOVERY w/ Carol (Auditorium)
Wed. Apr. 7 - 28 | 9:30 - 10:30 am | 4 classes $32
PWR! is a PD-specific skill training program that maintains and restores everyday movement skills. The exercises target multiple systems and allows for adaptation for disease severity.

DANCE FOR PARKINSON’S w/ Ali (Auditorium)
Mon. Apr. 12 - 26 | 11:00 am – noon | 3 classes $24
This class strives to increase coordination, balance, flexibility, and strength through music and movement from a broad range of dance styles and is specifically designed for individuals living with Parkinson’s Disease and their spouse/caregiver.

In the Pool:

Gym, Pools, Weight & Cardio and Walking Track Guidelines and Registration on page 13
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.

**Senior Support Services**

This program is designed to assist income eligible seniors with minor home repairs. Call 248.608.0249 for more information and eligibility requirements.

**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.

**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, April 5
Tuesday, April 20
12:00 - 3:00 pm
Complimentary 15 minute legal consultations by appointment.
Call OPC: 248.608.0249

**WELLNESS COACHING AT OPC**
Tuesday | 10:00 am - 4:00 pm
Thursday | 10:00 am - 1:00 pm
Cost $25 - 50 minute session
A Licensed Counselor will meet in private with adults 50+ to discuss what might be troubling them, in a safe and confidential environment.
For information or appointments: 248.608.0249
Zoom appointments are available

**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.

**NUTRITION SERVICES**

**ADULT DAY SERVICE**
Welcoming New Clients!
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, April 16 | 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, April 23 | 10:00 - 11:30 am
Provides information, socialization, support and speakers to those with low vision. The group is open to the public. Call 248.608.0246 to register.

**PARKINSON’S SUPPORT VIRTUALLY**
Wednesday, Apr. 7 | 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.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Grab & Go Lunches Available**
Monday - Friday | 1 Stuffed Cabbage Rolls
Green Beans
Beets
Orange
Wheat Bread | 2 BUILDING CLOSED |
| **Grill Closed** | 6 Stuffed Pepper
Red Skin Potatoes
California Blend
Apricots
Roll | 7 Beef Pastie w/Gravy
Three Bean Salad
Zucchini Cole Slaw
Ambrosia
Roll | 8 Roasted Turkey with Gravy
Garlic Mashed Potatoes
Asparagus
Bean Salad
Mixed Fruit
Corn Muffin | 9 Mostaccioli with Meat Sauce
Carrots
Romaine Salad
Pear Slices
Wheat Roll |
| 12 Swedish Meatballs
Noodles
Scandinavian Blend
Pea Salad
Fruit Salad
Roll | 13 Pork Chop with Sauerkraut
Rosemary Roasted Potato
Prince Charles Blend
Grapes
Whole Wheat Bread | 14 Chicken a la King
Whole Potatoes
Mixed Vegetables
Fruit Salad
Bread Stick | 15 Italian Ravioli
Savory Spinach
Cabbage Pineapple Slaw
Orange
Wheat Bread | 16 Chicken Parmesan
Vegetable Rice Pilaf
Cole Slaw
Orange
Apple
Breadstick |
| 19 Macaroni & Cheese
Herbed Green Beans
Carrots
Fruit Cocktail
Corn Muffin | 20 Chinese Chicken Casserole
Carrot Salad
Oriental Blend Vegetable
Grapes
Roll | 21 Italian Lasagna
Italian Cut Green Beans
Carrot Salad
Fruit Medley
Italian Bread | 22 Pizza
Three Bean Salad
Creamy Cole Slaw
Red Apple
Cookie | 23 Baked Cod
Baked Potato
Broccoli Cuts
Apricots
Roll |
| 26 Salisbury Steak
Parsley Potatoes
Roasted Brussel Sprouts
Sliced Peaches
Wheat Bread | 27 Escaloped Chicken & Noodles
Green Beans
Cabbage Slaw
Banana
Wheat Bread | 28 Ham (Low Sodium)
Au Gratin Potatoes
Mixed Vegetables
Fresh Pear
Roll | 29 Spanish Rice w/meat
Key West Vegetable
Carrot Salad
Fruit Cup
Whole Wheat Roll | 30 Chicken w/Gravy
Red Skin Potatoes
Mixed Vegetable
Fruit Salad
Roll |
**ASCENSION PROVIDENCE ROCHESTER at OPC**

### Wellness Center

**ASK THE ORTHOPEDIC DOCTOR**  Tues. April 6 & 20 | 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. April 6 | 9:30 - 11:00 am  
Screening, baseline hearing test by Hart Medical Hearing Care Audiologist Laura Salome. Call Cindy for an appointment.

**ASK THE RESIDENT**  Wed. April 7 & 14 | 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 that you may have. Call Cindy to make an appointment.

#### Physical Therapy

One-on-one sessions with a Physical Therapist (PT) or PT Assistant. A physician’s referral is needed.  
**Monday, Wednesday & Thursday** | 8:00 am - 4:30 pm  
*Call 586-992-0869 for scheduling and information*

#### Home Safety Visits

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.

---

**If you’ve been curious about our community, why wait? Join us for a virtual tour to experience the lifestyle, amenities and services that make life here so special.**

**Social Distancing does not have to mean isolation!**

It’s easy to live life to its fullest with the options available to you in our luxury community. Join us for a virtual tour and get to know our team, talk with a current resident, get all your questions answered and tour our beautiful residences.

**To sign-up for a tour or for more information, call (248)-481-5971.**
CALL TO SCHEDULE YOUR TOUR

Even now, All Seasons is designed to delight every one of your senses...every day!

We offer:
• An expansive menu of chef prepared meals and daily specials, delivered several times per day
• Outdoor fitness classes
• Fine arts performances
• Technology based forms of enrichments
• Family engagement app
• 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
INNOVATIVE. ENGAGING. ENLIVENING. TOTALLY CAPTIVATING.
Stonecrest of Rochester Hills is now
ANTH OLY OF ROCHESTER HILLS
Explore our boutique-inspired assisted living and
memory care options today!

VISIT US: 1775 S Rochester Road / Rochester Hills, MI
AnthologySeniorLiving.com

INDEPENDENT MEDICAL TRANSPORTATION SERVICES
S E N I O R A N D V E T E R A N D I S C O U N T S
Reliable, Professional and Quality On-Time
Transportation for Non-Emergency Individuals
Wheelchair customers welcome,
All destinations – (Dr., Rehab, Casino, Airport, Etc.)
Rochester Hills and surrounding areas 24/7

TEL: (248) 545-3144 – EMAIL: transport@imn.care
- Licensed and Insured -

Modetz Family
Funeral Homes
Thank you for choosing our family for your family.
www.modetzfuneralhomes.com

4-D-5-5 For ad info. call 1-800-477-4574 • www.lpiseniors.com 15-0724
ROCHESTER • WATERFORD
(248) 886-7300
HomelInstead.com/408

Each Home Instead office is independently owned and operated.

1. Personal Care Assistance/Showers
2. Meal Preparation
3. Medication Reminders
4. Light Housekeeping/Laundry
5. Specialized Services
   - ACHC Accredited
   - FBI Fingerprinting
   - Background Checks
   - Drug Screens
   - 6000 Square Foot Training Center
Save the Date
June 5, 2021

Get ready to run or walk . . .
IN-PERSON or VIRTUALLY at your own pace!

Presenting Sponsor:

Jogger Sponsor: [Sponsor Logo]

Walker Sponsors: