

RECREATION AUTHORITY OF ROSEVILLE-EASTPOINTE

18185 SYCAMORE, ROSEVILLE, MI 48066 586-777-7177

OFFICE HOURS: 8:30 A.M.—4:30 P.M. - MONDAY—FRIDAY

www.rare-mi.org



SENIOR ACTIVITIES NEWSLETTER

MAY 2017

Mary L. Grant, Senior Director

Kim Steele, Office Support

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PIZZA, COMEDY, AND GAME NIGHT



Date: Tuesday, May 2, 2017

Time: 4:00 p.m.—7:00 p.m.

Cost: \$10.00 per person—Authority Member
\$12.00 per person—Non-Member



Are you up for a night filled with laughter and excitement? If so, please join us for a fun new event. We will begin the evening with a delicious pizza party, immediately following dinner you will be treated to a knee slapping, Stand-Up Comedy routine performed by our very own Recreation Center employee, Sharon Mack. To finish out the night we have hired Sandie Baker (actual Jeopardy Contestant from Eastpointe) who will lead us in a game of Jeopardy Trivia complete with contestants and buzzers. *Limited number of tickets are still available.*

A SPECIAL TAX ASSISTANCE THANK YOU

We would like to extend our sincere appreciation to the following volunteers who assisted over 350 individuals prepare their taxes this year: Barb, Bea, Charlotte, Don, Jan, Jay, Jo, Joe, John, Kathy, Linda, Mark, Micki, and Rose Ann. It is absolutely wonderful that these A.A.R.P. volunteers take time out from their busy schedules to help senior citizens in need.

HAPPY EVERYTHING PARTY

Date: Tuesday, July 11, 2017

Time: 11:00 a.m.—2:30 p.m.

Cost: \$12.00 per person—Authority Member
\$14.00 per person—Non-Member



Have you ever attended a party where all the major holidays are being celebrated at the same time? Well that is just what we plan to do on July 11th. We will be hosting an event filled with food, fun, and activities that revolve around every holiday. A special dessert for the event will be sponsored by American House East II Senior Living. So mark your calendar and plan to join us for the is one of a kind party.

Tickets are on sale at the Senior Office through Friday, June 30th or until filled.

Transportation to this event will be provided by S.M.A.R.T.

MARK YOUR CALENDAR

COMPUTER ISSUES? ASK THE “COMPUTER TUTOR”!

If you have a laptop or a desktop computer and would like to address a specific issue, you can sign up for a free half hour session with Nancy Hartwig. General questions regarding email, browsing the web, using search engines, best game sites, word processing, Microsoft Office applications, etc. are all welcome. The tutor will be available on Thursday, May 11th and Thursday, May 25th from 1:00 p.m.—3:00 p.m. Please sign up at the Senior Office.

FOOT DOCTOR

Dr. Farrar is scheduled to be here on Friday, May 12th from 9:30 a.m.—11:00 a.m. Dr. Murphy is scheduled for Wednesday, June 7th from 1:00 p.m.—2:00 p.m. They are both available to assist our seniors with their foot care needs. Appointments should be made in advance at the Senior Office. *Please note: this is not a free screening. You must bring your insurance and Medicare cards with you.*

L.B. WILLIAMS “GOURMET GUILD”

The L. B. Williams Room is a student operated restaurant located in the Roseville Middle School. Professional food service is the central focus of their program. Students learn culinary arts, hospitality management, and food service sciences. The group is scheduled to meet for lunch at the restaurant on Thursday, May 25th at 11:30 a.m. The cost is \$6.00 per person, includes gratuity. The outing helps the students and gives us an opportunity to enjoy a wonderful lunch at a reasonable price. Please register at the Senior Office.

Please note: This will be our last Gourmet Guild until fall classes begin.

COLORING FOR ADULTS

In a very short time, coloring has proven surprisingly addictive for America’s stressed, anxious, and overworked. Adult coloring appeals to people who may want to be creative, but don’t think of themselves as artistic. Coloring gives you a chance to be social, reduces stress and anxiety, trains your brain to focus, and allows you to be you—create your own artwork.

All are welcome to join us on Monday, May 22nd at 1:00 p.m. for a little coloring and refreshments. The cost for this activity is \$2.00 per person and includes supplies for coloring, a treat, and a raffle for an adult coloring book. Please register in advance at the Senior Office.

BLOOD PRESSURE TESTING

On Monday, May 22nd from 12:00 p.m.—1:00 p.m. Sally, an eldercare specialist from Health Source Home Care, Inc. will be here to offer blood pressure testing. Please join us in the Conference Room for this FREE service.

SPRING PLANT EXCHANGE

We welcome everyone to participate in our Spring Plant Exchange. This activity will be held on Monday, May 22nd from 9:00 a.m.—1:00 p.m. here at the Senior Center. We encourage all participants to bring in plants for the sale. Please label your plants with as much information as possible. When getting them ready, it is less traumatic for the plants if you dig and pot them up a day or two before the exchange. Plants will also be available for purchase on the day of the event. All are welcome! It’s a great way to meet people and give back to the community! All proceeds benefit the Senior Center coffee fund.

JUST FOR FUN

AFTERNOON AT THE MOVIES BINGO

All are welcome to join us for an hour of fun! This month's prizes will be all about going to the theater. There is a \$1.00 charge for this activity which takes place on Monday, May 8th at 1:00 p.m. So, please join us as you could be the lucky winner of one of our many prizes!

DOLLAR DONUT DAY

Date: Monday, May 15th

Time: 9:00 a.m.—11:00 a.m.

Whether you're partial to a jelly-filled, glazed, Boston crème or a fritter, everybody loves a donut. So mark your calendar and join us on Monday, May 15th from 9:00 a.m.—11:30 a.m. for a yummy breakfast treat! We will be selling donuts in the lobby for a \$1.00 each and as usual, the coffee will be on us.

All proceeds from the sale will benefit the Senior Center coffee fund.

LET'S PLAY CARDS

If you like to play Rummy, please join us on Tuesday afternoons at 12:30 p.m. in the Activity Center. The group plays a version of crazy rummy, which incorporates a different wild card for each game. It's fun to play and easy to learn.

Pinochle and Euchre players are welcome to join us for tournament play on Wednesday afternoons at 12:30 p.m. in the Multipurpose Room. We rotate each week between the two card games and the cost to play is \$2.00 per person which includes snacks and prize money. All sessions include a break for coffee and cookies and game play usually runs until 3:30 p.m.

SIT 'N KNIT/CROCHET

If you like to knit or crochet, our groups meet on Mondays and Tuesdays at 11:00 a.m. If you are just a beginner, we will teach you or if you need a refresher course, we can do that too.

Otherwise, simply work on your own project and enjoy the companionship of our group.

WII BOWLING

Our Spring Session of bowling is coming to an end and soon it will be time to celebrate! We will be hosting the season ending Bowling Banquet at the Center on Friday, June 2nd at 11:30 a.m. The event will include: a delicious pizza lunch including salad and dessert.

Information will be given to bowlers the last week of bowling.

RED HAT NEWS

All Red Hat "Chili Peppers" are invited to a Tea Party! The event will be held at the Center on Thursday, May 25th at 11:30 a.m. Look for complete details in the May Red Hat Newsletter.

STROKE SUPPORT GROUP

Our Stroke Club is a support group for stroke survivors and their caregivers. We meet every Thursday at 12:30 p.m. for fellowship, games, and snacks. Membership is only \$1.00 each week, unless we have a special event planned.

HEALTH & FITNESS

SHAPE—UP

This fun one hour class combines chair fitness along with low impact aerobics. Join us for a great workout! The class is held on Mondays and Wednesdays at 10:30 a.m. The cost per class is: Authority Members—\$1.00 and Non-Members—\$2.00.

LINE DANCE

Put on your dancing shoes and join us every Tuesday at 10:00 a.m. You will learn repetitive steps to a wide variety of music. The cost per class is: Authority Members—\$1.00 and Non-Members—\$2.00. All are welcome!

PICKLEBALL

The Pickleball program is booming and better than ever, the small gym is available on Tuesdays and Thursdays from 1:00 p.m.—3:00 p.m. The fees are as follows: Authority Members—\$1.00 and Non-Members—\$2.00. Pickleball is a racquet sport that combines elements of badminton, tennis, and ping pong. All are invited to give it a try!

ZUMBA GOLD

Enjoy the Latin rhythms and dance yourself into fitness with Zumba Gold! You'll experience dances such as: meringue, salsa, cumbia, hip-hop, and more. Class is every Thursday from 10:00 a.m.—11:00 a.m. The drop in fee is \$7.00 per class, or sign up for four classes for \$23.00 or eleven classes for \$60.00. Why not give it a try? Your first class is FREE!

DROP-IN TAI CHI

Over the winter months we have been experiencing a low volume of students for Drop-In Tai Chi. We will be offering this class throughout the month of May with the hope that we will pick up additional students. If not, it will be cancelled. So do your part and join in, not only for the great benefits, but to save the class. Jim Kohler, our instructor, will be teaching class on Tuesdays from 12:30 p.m.—1:30 p.m. on a Drop-In basis. The class fee is \$5.00 per class for Authority Members and \$6.00 for Non-Members and payable at the Senior Office. This martial art concentrates on one's internal sensitivity, co-ordination, and focus. As you attend class, your circulation, balance, respiration, and flexibility will all improve.

CHAIR YOGA CLASS

Chair Yoga classes are available on Fridays with our instructor Michele. Our current session runs through Friday, May 12th. Classes are held in the Multi-Purpose Room from 12:30 p.m.—1:30 p.m. The fees are as follows: Authority Members—\$40.00 and Non-Members—\$48.00 this is for 8 weeks. These classes enhance body and breathing awareness and will help you develop a state of mental calm.

FITNESS ROOM

The facility is available Monday – Friday from 8:30 a.m. – 8:00 p.m. and on Saturdays and Sundays from 12:00 p.m. – 6:00 p.m. The fee for Roseville and Eastpointe residents 55 years or older is \$25.00 per year, \$35.00 for residents 14—55 years of age, and \$150.00 for non-residents. Registrations are taken at the Senior Office and once you are registered you will be scheduled for an orientation at which time you will be given your ID card. Orientations are given Monday-Friday from 4:00 p.m.—7:30 p.m. and Saturday-Sunday from 12:00 p.m.—5:30 p.m. You must bring your ID card with you each time you work out.

TRAVEL OPPORTUNITIES

HOLLAND TULIP TIME—SOLD OUT

Date: Tuesday, May 9, 2017

Authority Member: \$101.00 Non-Member: \$106.00

Departs: 6:30 a.m. Returns: 9:45 p.m.

GREEKTOWN CASINO

Date: Thursday, June 22, 2017

Authority Member: \$26.00 Non-Member: \$31.00

Departs: 9:30 a.m. Returns: 3:30 p.m.

Trip includes deluxe motor coach transportation to Greektown Casino, your downtown playground where the fun never stops! No matter what you want to play, they've got your game. From new slot machines and table games to live poker, there's over 100,000 square feet of exciting, action-packed choices. Everyone will receive \$20.00 coin play. You may register for this trip at anytime. Van transportation to the pick up point will be available from S.M.A.R.T. for \$1.00 each way. Call the Senior Office to arrange a ride.

A DAY AT THE BALLPARK/JIMMY JOHN'S FIELD

Date: Thursday July 20, 2017

Authority Member: \$12.00 Non-Member: \$14.00

Departs: 9:30 a.m. Returns: 2:30 p.m.

Trip includes round trip school bus transportation and Grandstand seating at the first independent professional ballpark in the Metropolitan Detroit area. Enjoy an afternoon game featuring two of the United Shore Professional Baseball League teams at this state of the art ballpark. You may register for this trip at anytime. Van transportation to the pick up point will be available from S.M.A.R.T. for \$1.00 each way. Call the Senior Office to arrange a ride.

CLEVELAND ROCKS!

Date: July 29-30, 2017(Saturday-Sunday)

Authority Member: \$324.00 Non-Member: \$329.00

This 2 day trip includes round trip deluxe motor coach transportation, 1 night accommodation at the Renaissance Cleveland Hotel, 1 dinner, entry into the Rock & Roll Hall of Fame, Goodtime III Narrated Dinner Cruise along the Cuyahoga River and Lake Erie to view the many sights along Cleveland's skyline, and a guided city tour.

You may register for this trip at anytime.

FREDERIK MEIJER GARDENS & SCULPTURE PARK FEATURING GERALD FORD MUSEUM

Date: Tuesday, August 8, 2017

Authority Member: \$97.00 Non-Member: \$102.00

Departs: 7:15 a.m. Returns: 8:45 p.m.

Trip includes deluxe motor coach transportation, admission to the Frederik Meijer Gardens & Sculpture Park featuring 132 acres of indoor and outdoor gardens, a \$12.00 lunch coupon for the Frederik Meijer Café, and a stop at the Gerald Ford Museum. You may register for this trip at anytime. Van transportation to the pick up point will be available from S.M.A.R.T. for \$1.00 each way. Call the Senior Office to arrange a ride.

FOR YOUR INFORMATION

VETERANS SERVICES—NEW ADVOCATE

The process of finding, applying for, receiving, and maintaining veterans benefits can be confusing and frustrating. The goal of the Veterans Services Department is to provide outstanding service to the veterans and their families who reside in Macomb County.

Marie, our *new* Advocate, will be available to assist those with questions on Thursday, May 25th from 9:00 a.m.—1:00 p.m. in the Conference Room. Please call the Senior Office if you would like to set up an appointment.

ASK-A-LAWYER

Alyia M. Hakim, an attorney with Hakim & Mehanna, PLLC, is scheduled to be here to offer free 20 minute legal consultations on Thursday, May 18th from 1:00 p.m.—3:00 p.m. She has been practicing law for 10 years focusing on estate planning, juvenile law, criminal defense, and family law. If you would like to schedule a free 20 minute appointment, please contact the Senior Office.

AMERICAN HOUSE EAST II SENIOR LIVING TOUR & BREAKFAST

Have you ever wondered what it's like inside an American House Senior Living Residence?

If so, we would love for you to take advantage of this fun opportunity. On Wednesday, June 14th at 9:00 a.m. you are welcome to board the van here at the Senior Center and head over to the property which is located at 18760 13 Mile Road. You will begin your outing with a complimentary breakfast followed by a grand tour of the residences. You will have an opportunity to ask questions along the way and there will even be some fun giveaways.

American House East II offers pet-friendly studio, one and two bedroom apartments for rent.

It is a perfect place for active seniors and those who need extra levels of care.

If you would like to participate in this tour, please contact the Senior Office.

Space is limited, so sign up early!

COMPUTER ROOM

The Computer Room is open and available Monday – Friday from 8:30 a.m.—4:00 p.m. Please limit your sessions to approximately one hour with a maximum of three hours per day.

Please be advised that eating and drinking in the Computer Room is prohibited. There is a set fee of 25 cents per page (payable to the Senior Office) for all printed items.

SENIOR VAN TRANSPORTATION

Senior Van Transportation is available Monday—Friday from 8:30 a.m. to 3:30 p.m. The dispatchers will make reservations for Eastpointe and Roseville residents, on a first come, first serve basis. Rides must be scheduled in advance. The fee is \$1.00 per way. Vans will travel from 8 Mile to 15 Mile Roads and Jefferson to Hoover. For complete details, please contact the Senior Van Transportation lines Monday—Friday, 9:00 a.m. to 2:00 p.m.

Eastpointe residents should call 586-445-5085

Roseville residents should call 586-445-5482

DAILY HAPPENINGS

MORNING MILE: Monday, Wednesday, and Friday from 9:00 a.m.—9:30 a.m.
It takes just a half hour to complete 2 miles and you are energized for the day.
So join us to “Walk Away the Pounds” with the Leslie Sansone DVD.

DINING SENIOR STYLE: The Senior Nutrition Program is available on weekdays here in the Activity Center. The MCCSA offers warm and delicious lunches which are served Monday through Friday at 11:30 a.m. A suggested cost-share donation is \$3.00. *Please note: There will be no meals served on Monday, May 29h in observance of Memorial Day.*

SENIOR DROP-IN ROOM: All are welcome to stop in each and every day to play cards (Skip-Bo, Hand & Foot, Pinochle, Euchre), dominoes, fix the puzzle or read books/magazines. We are always in need of extra euchre players on Tuesdays and Fridays. The room is open everyday during regular business hours. Please stop in and join us!

POOL/GAME ROOM: Calling all pool players...If you enjoy playing 8 ball, 9 ball, or any style of pool, you are welcome to stop in, during business hours, and play a game or two.

PRIVATE CLUBS & ORGANIZATIONS

HI-STEPS: We are an organization of seniors devoted to social interaction and physical fitness. You must be 55 years or older to participate. There is no charge for membership. We meet on Monday, Wednesday, and Friday in the large gym at the Recreation Authority building. Walking and/or floor exercise is from 9:30 a.m.—10:00 a.m. and exercise from 10:00 a.m.—10:30 a.m. Any questions, please contact Ruth Samuel at 313-460-8578.

PRAYING HANDS: Meets on the first Monday of every month from 10:00 a.m.—2:00 p.m. We have social time along with Dining Senior Style. We play bingo for a \$2.00 fee for non-cash prizes. Please come and join us! Any questions, please contact Linda Giles at 810-364-9782.

NEWSLETTER HOME DELIVERY

To receive a copy of the Recreation Authority Senior Newsletter by mail, fill out the form below, and mail it with a check or money order payable to: R.A.R.E.
You will receive 12 issues for \$6.00. Mail this form with your payment to:
Recreation Authority Senior Center, 18185 Sycamore, Roseville, MI 48066

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