



RECREATIONAL 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

JANUARY—FEBRUARY 2019

Mary L. Grant, Senior Director

Kim Steele, Office Support

Michelle Kauffold, Program Aide

HAPPY BIRTHDAY BASH PARTY

Date: Friday, March 29, 2019

Time: 11:30 a.m.—2:30 p.m.

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

We are inviting everyone to join us for this special event. It's time to celebrate birthdays and today we will celebrate everyone's! Ticket price includes a catered lunch, cake and ice cream, beverages, Birthday Jingo with prizes, a party favor, and a 50/50 raffle. Tickets are on sale now and can be purchased at the Senior Office thru Friday, March 15th or until filled. Transportation will be provided by S.M.A.R.T. Call the Senior Office to schedule a ride.

A SPECIAL HOLIDAY THANK-YOU

We would like to take this opportunity to thank the following businesses and individuals for donating prizes for our Holiday Party and making it such a huge success: the Breakfast Club, the Hi-Steps Fitness Group, Kay Markwardt, Marian Battersby from Home Instead Senior Care, the Morning Milers, Sally Dzick from Health Source Home Care Inc., Roseville Wine Shop, Roseville Council Member Catherine Haugh, and Eastpointe Council Member Monique Owens. Also, Ilene Buccheri for donating the raffle prize for our Senior Marketplace.

AARP TAX-AIDE ASSISTANCE AVAILABLE

AARP Tax-Aide, the nation's largest volunteer tax counseling service, will be here at the Center to prepare tax returns free of charge to those 60 years of age or older with low to moderate income. Tax payers with complex returns will be advised to seek professional tax help. The program begins February 5th and runs through April 9th with tax assistance volunteers available every Tuesday from 9:00 a.m.—1:00 p.m. **You must make an appointment to have your taxes prepared, please call the Senior Office on or after Wednesday, January 9th to schedule your appointment.**

“SNOW DAY” POLICY

When Roseville Community Schools and East Detroit Public Schools are closed due to inclement weather (i.e. “snow day”), all scheduled senior programs, drop-in activities, and the Fitness Room will be closed.

MARK YOUR CALENDAR

FOOT DOCTOR

Dr. Murphy is scheduled to be here on (NEW DAY) Thursday, January 10th from 1:00 p.m.—2:00 p.m. Dr. Farrar is scheduled for Friday, January 11th from 9:30 a.m.—11:00 a.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.*

ASK-A-LAWYER

Alyia M. Hakim, an attorney with Hakim & Hakim, PLLC, kindly offers free 20 minute legal consultations to our seniors on the third Thursday of each month. She has been practicing law for 11+ years focusing on estate planning, juvenile law, criminal defense, and family law. She will be available on Thursday, January 17th and Thursday, February 21st from 1:00 p.m.—3:00 p.m. If you would like to schedule a free 20 minute appointment, please contact the Senior Office.

VETERANS SERVICES

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 Advocate, will be available to assist those with questions on Thursday, January 24th and Thursday, February 28th from 9:00 a.m.—3:00 p.m. in the Conference Room. Please call the Senior Office if you would like to set up an appointment.

L.B. WILLIAMS “GOURMET GUILD”

The L. B. Williams Room is a student operated restaurant located in the Roseville Middle School. Students in the program learn about nutrition, cooking techniques, seasonings and flavorings, and food service career opportunities. Our seniors will meet for lunch at the restaurant on Friday, January 25th and Friday, February 22nd at Noon. The cost for a complete meal is \$6.00 per person which includes gratuity. The outing provides the students with a taste of what a career in cooking is all about and we enjoy a wonderful lunch at a reasonable price. Registration is a must and is taken at the Senior Office.

PORTABLE DENTAL SERVICES

On Monday, January 28th from 9:30 a.m.—11:00 a.m., Sandy from Portable Dental Services will be in our lobby to answer questions and hand out information about their services. Physically challenged and home-bound patients who aren't able to get out of the home, need dental treatment and care as much as those able to make it to the dental office. Maintaining oral health is a key element in improving overall health and quality of life. Their goal is to have their home dentistry patients be comfortable and confident when they eat and smile. They travel to Macomb County and surrounding areas, from their door to yours they are at your service with home dentistry. They set up a “dental office” in your home, wherever the patient is most comfortable. Please feel free to stop by and pick up further information.

BLOOD PRESSURE TESTING

On Monday, January 28th and Monday, February 25th from 12:00 p.m.—1:00 p.m. eldercare specialist Sally from Health Source Home Care, Inc. and our nurse, Luz, will be here to offer blood pressure testing. Join us in the Conference Room for this FREE service.

COLORING FOR ADULTS

All are welcome to join us on Monday, January 28th and Monday, February 25th at 1:00 p.m. for a little color therapy. The cost for this activity is \$1.00 per person and includes supplies for coloring, and a treat. Please register in advance at the Senior Office.

We also offer coloring in the Drop-In Room each and every day. Large coloring posters along with pencils and markers will be set-up for those who want to relax, color, and chat. All you need to bring is your imagination to participate in this fun and artful escape. Once the posters are completed, we will display them for all to see.

BELTONE HEARING SCREENING

On Wednesday, January 30th from 11:00 a.m.—1:00 p.m., Tony Guido, Hearing Care Practitioner, from Beltone Hearing will be in our Conference Room to perform otoscopy, hearing screening, cleaning of hearing aids, and replace hearing aid batteries. All services are provided free as a part of Beltone's long standing commitment to Helping the World Hear Better since 1940.

DOLLAR DONUT DAY

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, February 4th from 9:30 a.m.—11:00 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.

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, February 20th 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!

MACOMB COUNTY HEALTH DEPARTMENT OUTREACH

Susan Cusmano, a social worker with the MCHD, will be here on Wednesday, February 27th from 9:00 a.m.—Noon with information on all MCHD programs, as well as many other resources that are available to Macomb County Residents.

JUST FOR FUN

FUN BINGO

It really is a lot of fun to play bingo here at the Center. On the second Monday of each month, we host this popular activity. A different theme is selected and all of our prizes are purchased with that theme in mind. We also have a grand prize drawing at the end of each session and we give away a \$10.00 gift card to a local business. The cost to play is just \$1.00 and the activity usually runs about an hour. On Monday, January 14th we will have "Baby It's Cold Outside" Bingo and on Monday, February 11th we will have "Presidents Day" Bingo.

WII—LEAGUE BOWLING

We will be hosting the season ending Bowling Banquet at the Senior Center on Friday, January 18th at 11:30 a.m. Immediately following the banquet an organizational meeting will take place for those who want to bowl in the winter session. This session runs from the week of January 28th through the week of April 22nd. The cost to bowl is \$12.00 for the twelve week session. Monies collected will offset the cost of the bowling banquet for all participants. You are welcome to come in as a team, or if you are on your own, we will find a team for you.

If you are unable to attend the meeting, please notify the Senior Office.

BLAST FROM THE PAST—"POP UP PARTY"

"The History of Valentine's Day"

We are going to offer something new this year and we hope that you will join us. Every so often we will have a themed pop-up party which will highlight days gone by. It will give us a chance to reminisce and reflect back on the good old days. Our first event will be "The History of Valentine's Day". Our get-together will take place on Thursday, February 14th at 1:00 p.m. The cost will be \$5.00 per person and includes refreshments, valentine card making, and a talk on the History of Valentine's Day. Please sign up at the Senior Office.

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 Multi-Purpose 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

Being part of a knitting/crocheting group is a great way to meet with like minded people. If you enjoy either of these crafts, 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.

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. *Classes resume on Monday, January 7th, also there will be no class scheduled on Monday, February 18th.*

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 \$6.00 per class. Why not give it a try? Your first class is FREE! *Classes resume on Thursday, January 10th.*

NATIONAL DIABETES PREVENTION PROGRAM

The Diabetes Prevention Program is for individuals at risk for Type 2 Diabetes. It is a one year program; the first 6 months participants meet once a week, the last 6 months they meet once a month. The purpose of the program is to lower each participants numbers: blood pressure, cholesterol, glucose, AIC, weight. Program participants work the entire year with a lifestyle coach to develop healthy life choices. Classes are usually around 20 people. There is an informational meeting on Wednesday, February 6th at 1:00 p.m. in the Activity Center. Weekly meetings begin Wednesday, February 13th. For more information or to register, please call 1-800-532-2411.

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 \$30.00 per year, \$50.00 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.

WALKING FOR FUN & FITNESS

We offer walking in the large gym Monday—Friday from 8:30 a.m.—9:30 a.m. Walking whether leisurely strolling or walking at a heart-pumping accelerated pace, is good for your body and emotions.

TRAVEL OPPORTUNITIES

MOTORCITY CASINO

Date: Thursday, January 31, 2019

Authority Member: \$28.00 Non-Member: \$33.00

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

Trip includes round trip transportation, free time at the MotorCity Casino, and a players club card with \$15.00 in reward play (added to the Club Metro Player's card) good for any slot machine. 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.

AN OVERNIGHT GAMBLING GETAWAY FEATURING: GUN LAKE CASINO AND FIREKEEPERS CASINO

Date: February 10-11, 2019 (Sunday-Monday)

Authority Member: \$150.00/double occupancy

Non-Member: \$155.00/double occupancy

This fun overnight adventure includes: 1 night stay at the luxurious Firekeepers Casino Hotel where you will have lots of time at the casino to win big!! Everyone will receive \$40.00 in free play and \$10.00 to be used for food, beverages, or gift shop. There is also a stop at Gun Lake Casino, which is a fun new gathering place in Wayland, MI. There you will receive \$10.00 in slot play and a \$10.00 food voucher. You may register for this trip at anytime.

A \$20.00 deposit will hold your reservation.

THE HISTORIC WHITNEY

Date: Tuesday, March 12, 2019

Authority Member: \$70.00 Non-Member: \$75.00

Departs: 10:30 a.m. Returns: 5:00 p.m.

All are welcome to join us for this classy day out! Trip includes round trip transportation, lunch at Meriwethers, a champagne reception and guided stroll through the Whitney mansion, and a stop at Pewabic Pottery where you will have the opportunity to tour this Detroit based business which was founded in 1903. 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.

SEALED FOR FRESHNESS

PERFORMING AT THE THEATRE ON THE AVENUE IN WYANDOTTE, MI

Date: Thursday, April 11, 2019

Authority Member: \$72.00 Non-Member: \$77.00

Departs: 10:00 a.m. Returns: 5:00 p.m.

Trip includes round trip transportation, lunch at Ford Yacht Club, and a ticket for the hilarious comedy "Sealed for Freshness". The play takes place at a neighborhood Tupperware Party set in 1968. 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.

Detailed flyers on all our trips are available at the Senior Office.

FOR YOUR INFORMATION

SENIOR CENTER HOURS

The Senior Center is open Monday—Friday from 8:30 a.m.—4:30 p.m. The Drop-In Room has to be closed by 4:30 p.m. Please be mindful of the time when playing cards, working on the jigsaw puzzle, and any other activities that may delay your leaving on time. The Computer Room is 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 for all printed items. Thank you for your assistance in keeping the Center on schedule.

MEALS ON WHEELS VOLUNTEER OPPORTUNITY

Macomb County Action is dedicated to helping families and individuals throughout their lifespan. They provide Meals on Wheels services for homebound seniors in accordance with their mission: Persistent action to diminish poverty and promote independence. Every week day they serve over 1,700 meals to vulnerable homebound seniors throughout Macomb County. One of the most critical components of the Meals on Wheels program is their volunteers. This takes over 100 dedicated volunteers every day and over 1,000 volunteers in total. They desperately need the help of the community to make sure that no senior goes hungry. Becoming a Meals on Wheels volunteer is easy. All it takes is: complete the online application, attend an orientation, and deliver a minimum of twice a month. Mileage reimbursement is available. So consider this a call to action Roseville and Eastpointe. Let's do Lunch! Please contact us at mca.macombgov.org or by phone at 586-469-5228.

COFFEE & COOKIE DONATIONS

Here at the Senior Center we have coffee, tea, and cookies available in our Drop-In room daily from 9:00 a.m.— 3:00 p.m. We have a donation box on the table, which helps offset the cost of these items. We are also grateful to those individuals who bring in packages of cookies and containers of coffee for us to use. Any and all donations are greatly appreciated.

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

NEW YEAR'S WORDS TO LIVE BY



Believe that anything is possible, Start each day with goals, Eat more real food, Buy good books and make time to read them, Drink water, Exercise daily when it sounds like a terrible idea, Shop for quality not quantity, Purge the unnecessary and decrease clutter, Hug the ones you love, Find the best in others, and Show others the best in you.



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, January 21st in observance of Martin Luther King, Jr. Day and Monday, February 18th in observance of Presidents 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! *Please note: There will be no coffee, tea, water, or cookies in the Drop-In Room during special events.*

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 Recreational 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 Recreational 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 bi-monthly issues for \$6.00. Mail this form with your payment to:
Recreational Authority Senior Center, 18185 Sycamore, Roseville, MI 48066

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