



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

MARCH-APRIL 2019

Mary L. Grant, Senior Director

Kim Steele, Office Support

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### 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 (Meatballs with Gravy, Chicken, Mashed Potatoes, Green Bean Almondine, Salad, Jello, Bread, Cake and Ice Cream, and 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 22nd or until full. Transportation will be provided by S.M.A.R.T. Call the Senior Office to schedule a ride.

### HAWAIIAN LUAU PARTY

**Coming  
Soon**

**Date:** Tuesday, June 11, 2019

**Time:** 11:30 a.m.—2:30 p.m.

**Cost:** \$14.00 per person—Authority Member  
\$16.00 per person—Non-Member

**Coming  
Soon**

Aloha! All are invited to don your tropical attire and join us for a festive summer luau. Ticket price includes a catered lunch with dessert, Hawaiian entertainment, luau themed games with prizes, door prizes, and a 50/50 raffle. Tickets are now on sale and can be purchased at the Senior Office thru Friday, May 31st or until full. Transportation will be provided by S.M.A.R.T. Call the Senior Office to schedule a ride.

### AARP TAX-AIDE ASSISTANCE

We are currently in the midst of tax season here at the Center. On Tuesdays through April 9th we have AARP/IRS volunteer preparers on site to assist our Seniors file their taxes.

*We are sorry, but all of our appointments for this tax season are filled.*

### “SNOW DAY” POLICY

When Roseville Community Schools and Eastpointe 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. In the event only one school district is closed, there will be only drop-in activities and Fitness Room.

## **MARK YOUR CALENDAR**

### **FOOT DOCTOR**

Dr. Farrar is scheduled for Friday, March 8th from 9:30 a.m.—11:00 a.m. Dr. Murphy is scheduled to be here on (NEW DAY) Thursday, March 14th 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.*

### **PORTABLE DENTAL SERVICES**

On Monday, March 18th 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.

### **PACKAGE TESTING**

Great Lakes Marketing Research will be in the lobby on Wednesday, March 20th from 10:00 a.m. until Noon conducting market research. They are in need of participants between the ages of 50 and 70 to test packages. The Senior Center will be compensated for every participant. So, if you aren't busy, join us and earn some money for the Center. It only takes a few minutes!

### **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, March 21st and Thursday, April 18th 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.

### **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, March 22nd and Friday, April 26th 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.

## **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. Doug, our new Advocate, will be available to assist those with questions on Thursday, March 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.

## **BLOOD PRESSURE TESTING**

On Monday, March 25th and Monday, April 22nd 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, March 25th and Monday, April 22nd 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, March 27th 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.

## **MACOMB COUNTY HEALTH DEPARTMENT OUTREACH**

Susan Cusmano, a social worker with the MCHD, will be here on Wednesday, March 27th and Wednesday, April 24th 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.

## **SUPPORT THE GIRL SCOUTS**

Girl Scout Cookies may be awesomely delicious, but did you know when you make a purchase, you're helping the next generation of girl entrepreneurs get a taste of what it takes to be successful. The Girl Scouts from Troop 75692 will be in our lobby on Monday, April 1st from 9:00 a.m. –11:00 a.m. to sell their delicious cookies.

Please stop by and support this worthy cause.

## **GO GET 'EM TIGERS**

The Detroit Tigers will open their 20th season at Comerica Park on Thursday, April 4th at 1:10 p.m. against the Kansas City Royals. We plan to have the game on in the Senior Center lobby and will be selling peanuts and Cracker Jacks for \$1.00 each during the game.

Feel free to stop by in your Tiger attire and join us as we cheer on our home team.

All proceeds from the sale will benefit the coffee fund.

# **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, March 11th we will have St. Patrick's Day Bingo and on Monday, April 8th we will have Easter Bingo.

## **WII—LEAGUE BOWLING**

Our Winter/Spring Session of bowling has had a challenging start with all the inclement weather, but the bowlers are persevering. All are welcome to stop by the Game Room and watch our bowlers in action.

## **BLAST FROM THE PAST—"POP UP PARTY"**

### **"Let's Play Board Games"**

Our next themed pop-up party is a pizza party luncheon along with some "good old fashioned" board game play. The event will take place on Monday, April 15th at 1:00 p.m. The cost will be \$5.00 per person and includes pizza, pop, and time to play a few games. We will also have a little talk about the history of how these family style board games became popular. If you would like to donate a game such as Yahtzee, Scrabble, etc., to be used for this activity, please bring it to the Center. If you plan to attend, please register 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**

What's the reward in joining a knitting or crochet group? Knitters and crocheters love the relaxing time and stories they share while together. The yarn strand that brings them together, allows them to knit through life's ups and downs. 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.

## **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! ***Please note: There will be no Pickleball on Thursday, April 4th due to the Quilt Show.***

## **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! ***Please note: There will be no class on Thursday, April 4th due to the Quilt Show.***

## **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. ***Please note: There will be no walking available on Thursday, April 4th and Friday, April 5th due to the Quilt Show.***

## **FALLS: A MAJOR HEALTH RISK FOR SENIORS**

Each year, 1 in 3 adults age 65+ falls.

Here are a few tips to help you stay steady and reduce falls:

Choose shoes carefully, clear clutter, update your bathroom with shower bars and non-slip mats, put lighting within reach, leave ample room around furniture to walk, and lastly store items in easy to reach places, not too high or too low.

# **TRAVEL OPPORTUNITIES**

## **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.

## **FRANKENMUTH**

**Date: Thursday, May 30, 2019**

**Authority Member: \$62.00      Non-Member: \$67.00**

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

All are invited to join us for this classic trip to Frankenmuth. The trip includes luxury motor coach transportation, lunch at Bavarian Inn, free time to stroll the shops on Main Street, and a stop at Bronners Christmas Store. 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.

## **GREEKTOWN CASINO**

**Date: Thursday, July 11, 2019**

**Authority Member: \$22.00      Non-Member: \$27.00**

**Departs: 9:15 a.m.      Returns: 3:45 p.m.**

This exciting gambling trip includes luxury motor coach transportation along with free time at Greektown Casino. Everyone will receive \$15.00 coin play and a \$5.00 food voucher. 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.

## **SHIPSHEWANA, INDIANA**

**Date: Tuesday-Wednesday, July 30-31, 2019**

**Authority Member: \$284.00 per person/double occupancy**

**Non-Member: \$294.00 per person/double occupancy**

This fun overnight adventure includes: 1 night stay at Farmstead Inn, 1 continental breakfast, 1 lunch, and 1 dinner, with lots of fun stops in and around the town of Shipshewana and of course time for bargain hunting at the Midwest's largest flea market.

# **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.

## **VOLUNTEERS NEEDED—MAKE CLEANING REWARDING!**

For many older and disabled adults who are struggling to remain in their own homes, simple tasks that we take for granted like dusting and vacuuming can become next to impossible. Not only can a cluttered or dirty house be uncomfortable, but it can become a health and safety hazard. If you have a couple hours that you can offer to provide some light housekeeping for a struggling neighbor, you can make a real difference in someone's life—and gain immeasurable rewards in the process! Grab a friend and clean as a team to make it even more enjoyable. You can help on a regular basis, or just whenever you have some extra time. You will be scheduled around your other commitments. For more details or to join the "Bucket Brigade", please call Interfaith Volunteer Caregivers at 586-757-5551.

## **SHELBY TOWNSHIP SENIOR MEN'S SOFTBALL LEAGUE**

Looking for a few good men. If you are a pickleballer, tennis, basketball or volleyball player, skater, runner, a regular at the gym, or want to have some healthy fun this year...it's time to join the Shelby Township Senior Men's Softball League. Last year almost 275 senior men played in their Three Divisions: Most players hail from Macomb, Oakland, and Wayne Counties. Games are played Monday and Wednesday mornings beginning at 10:00 a.m. Games begin in mid-May thru Mid-August. You are encouraged to get more information by contacting Oz (586-978-1284) or Pat (586-604-5028).

## **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

## **WORDS TO LIVE BY**



Sometimes good things fall apart so better things can fall together.



# 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. *Please note: There will be no Morning Mile on Friday, April 5th due to the Quilt Show.*

**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 April 4th, 5th, and 19th.*

**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, 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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### NEWSLETTER SUBSCRIPTION

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