



## RECREATION AUTHORITY OF ROSEVILLE-EASTPOINTE

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

OFFICE HOURS: 8:30 A.M.—4:00 P.M. - MONDAY—FRIDAY

[www.rare-mi.org](http://www.rare-mi.org)

# SENIOR ACTIVITIES NEWSLETTER

## SEPTEMBER—OCTOBER 2023

Mary L. Grant, Senior Director

Kim Steele, Office Support

Al Keown, Program Aide

### **PARKING LOT DANCE PARTY (featuring DJ Paul)**

**Date:** Thursday, September 7, 2023 **Time:** 3:00 p.m.—4:30 p.m.

**Location:** Senior Center Parking Lot (East Entrance)

**Cost:** \$5.00 per car

There's always time for a little fun! How about joining us for another parking lot music and dance event. On Thursday, September 7th from 3:00 p.m.—4:30 p.m., Paul from Night and Day Productions will be located underneath the Senior Entrance, and will be spinning tunes from the 50's, 60's, and 70's. The fee is \$5.00 per car. You may choose to sit in your car and listen to the music or bring lawn chairs and sit in front of your vehicle. If you feel the need to dance to the music you can do that as well!!! Refreshments will be provided. So now that you have something to look forward to, mark your calendar and plan to join us for this special event. Cars will be permitted in the Senior Center lot beginning at 2:30 p.m. We would like to thank our generous event sponsors, Kaul Funeral Home of Roseville and Essence Provisioning.

### **TRICK OR TREAT EVENT—SENIOR STYLE**

Halloween can be a fun time for Seniors too!! On Tuesday, October 31st from 12:00 noon - 2:00 p.m. all are welcome to join us for a little trick or treating and a lot of valuable information. We will be hosting a Senior Resource Fair in the Multi-Purpose Room which will include a variety of vendors, healthcare providers, local businesses, Medicare/Medicaid information, flu shots, blood pressure testing and much more. There will be door prizes, refreshments, and giveaways for attendees. It is free to participate in this activity and it's the perfect way to connect with the community around you.

Costumes or Halloween themed attire are encouraged!

### **SENIOR CENTER HOLIDAY PARTY—NEW LOCATION**

**Date:** Thursday, December 7, 2023

**Time:** 11:00 a.m.—2:30 p.m.

**Location:** Vintage House Banquets and Catering (31816 Utica Road, Fraser)

**Cost:** \$32.00 Residents

\$37.00 Non-Residents

“Tis the Season to Jingle and Mingle”! It's time for our RARE Senior Center Holiday Party and all are welcome to join us for this fun and joyous occasion. Party attendees will enjoy a day filled with delicious food, festive music, lively games, fabulous prizes, and lots of photo opportunities. Tickets go on sale Monday, October 2nd and can be purchased thru November 27th or until filled. Seating is reserved so be sure to let us know who you will be sitting with.

SMART Van Transportation is available. Call the Senior Center Office for details.

## **JUST FOR FUN**

### **ENERGY SMART SENIORS WITH DTE AND SEMCO**

Please join us on Wednesday, October 11th at 11:00 a.m. in the Senior Drop-In Room for an informative 20-minute presentation on energy efficiency tips. This is a totally free presentation and provides seniors with kits (one per household) to begin their energy efficiency journey.

The presentation covers where energy comes from in Michigan, how it is used in a typical Michigan home, and ways to be more efficient. Tips include adjusting the thermostat, use of smart/programmable thermostats, adjusting the water heater temperature, insulating the water heater, washing clothes with cold water, etc. A take home booklet containing information on energy safety, will also be distributed. Each DTE and SEMCO kit provides 2 LED A-line bulbs, an LED nightlight, door weather stripping, window insulation kits, high efficiency showerhead, bathroom and kitchen aerators, water pipe insulation and more. A brochure highlighting other ways the sponsoring energy company can help seniors reduce energy waste is also included. Our Senior Center can earn \$500 for hosting the event. We need 50 households to sign up in order to receive the incentive. Please call the Senior Office to make your reservation and support our Center.

### **LET'S PLAY GAMES/CARDS**

All are welcome to drop-in to play Bid Whist, Crazy Rummy, Mexican Train Dominoes, Wii Bowling, and Euchre. If you already know how to play, we invite you to join in the fun. If you are new to any of the games, we encourage you to stop in to observe how they are played.

- Bid Whist - Mondays from 1:00—3:00 p.m. in the Game Room
- Rummy - Tuesdays from 12:30—3:00 p.m. in the Game Room
- Mexican Train Dominoes - Wednesdays at 10:00 a.m. in the Drop-In Room
- Euchre - Wednesdays and Fridays from 1:00—3:00 p.m. in the Game Room
- Wii Bowling - Fridays from 10:00 a.m.—1:00 p.m. in the Game Room

### **POP-UP PARTIES ARE HERE**

This is the new hip and trendy way to host events. Occasionally we will be announcing a new party or event by posting an invitation on the bulletin board (near the Drop-In Room). This will take place two weeks prior to the event happening. Once the party is announced, you can sign up any time. This is a fun way to keep a buzz around the Center and offer some new and innovative program opportunities.

### **SIT 'N KNIT/CROCHET**

Knitters and crocheters love the relaxing time and stories they share while together. If you enjoy either of these crafts, our groups meet on Mondays 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.

### **PAINTING CLASS**

On Tuesday, October 3rd at 1:00 p.m. in the Senior Drop-In Room you are invited to channel your inner artist and join us for a fun Fall themed painting class. Al, our Program Aide, will be guiding you through easy step by step instructions to create a Fall scene titled "Autumn Moonglow". At the end of the class, you will have your very own 9" x 12" canvas masterpiece to take home and display. The cost to participate is \$10.00 per person and all materials are included in the class fee. Space is limited, so sign up early.

Full payment is due upon registration.

# **HEALTH & FITNESS**

## **STRETCH FOR LIFE**

“Stretch for Life” class meets from 9–10:30 a.m. every Monday and Wednesday in the Small Gym. The drop-in fee is \$1.00 per class. The format will include a “walk off the pounds video” from 9–9:30 a.m., floor exercises from 9:30–10:00 a.m., and wall exercises from 10–10:30 a.m. If you plan to participate in the floor exercises, we recommend you bring a yoga mat or a towel.

## **PICKLEBALL BEGINNER LESSONS WITH FRED PROCTER**

Pickleball, a hybrid of tennis and ping pong, is one of the fastest-growing sports in the US. We are now offering a six-week beginner session here at the Senior Center. This will be your opportunity to learn the basics of the game with other players in the area. Coach Procter has many years of pickleball experience and looks forward to sharing his knowledge with you! Paddles will be available, or you can bring your own. Balls will be supplied. These one-hour classes will take place every Tuesday from 10:00-11:00 a.m. beginning September 19th and will run through October 24th. The cost is \$60.00 for Residents and \$65.00 for Non-Residents. There will be time for free play after each session. We are currently taking registrations for this program. Space is limited, so sign up early. Full payment is due upon registration. Please call the Senior Office if you have further questions.

## **PICKLEBALL**

Pickleball is a rapidly growing court game. It is similar to tennis, but is played with a whiffle ball and paddle. We offer pickleball on Tuesdays and Thursdays from 1—3:00 p.m. Court space is limited to 16 players. You must call the Senior Office at 586-777-7177 to make a reservation. Residents—\$1.00 and non-residents—\$2.00.

***Please note: Pickleball will resume on Tuesday, September 12th. There will be no pickleball on Tuesday, October 31st.***

## **CUBII CLASSES**

The next series of classes will be held on Wednesdays at 11:00 a.m. in the Multi-Purpose Room beginning September 20th and running through October 25th. During our Cubii class you will burn calories, increase leg strength, and strengthen mobility. The cost is \$1.00 for residents and \$2.00 for non-residents. Space is limited. You must register and pay in order to reserve your Cubii. We will continue to offer our Cubii's to be used independently on Mondays, Wednesdays, and Fridays from 9:00 a.m.—1:00 p.m. If you would like to enhance your fitness routine all you need to do is give us a call and we will have a Cubii set up for you.

## **LINE DANCE**

Line Dancing is the perfect exercise. It provides the benefit of an aerobic workout along with increasing balance and coordination. Lynn Reiss, who has been teaching for over 30 years, offers drop-in classes on Wednesdays in the Small Gym. Basic Line Dance will run from 1:00–2:00 p.m. and Improved Line Dance will run from 2:00–3:00 p.m. The fee for each class is \$4.00 for residents and \$5.00 for non-residents.

***Please note: Class resumes on Wednesday, September 13th.***

## **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—11:00 a.m. The drop in fee is \$6.00 per class. Your first class is FREE!

## **CHAIR YOGA**

Chair yoga is a great way for older adults to get the wonderful health benefits of yoga, while seated in a chair. Our instructor, Kristin, will be offering drop-in Chair Yoga on Fridays. The class will take place in the Multi-Purpose Room from 10—11:00 a.m. Due to the calming nature of this class, the doors will be closed promptly at 10:00 a.m. and no one will be admitted after that time. The drop-in fee is \$4.00 for residents and \$5.00 for non-residents.

## **BLOOD PRESSURE TESTING**

Our Program Aide, Al, offers free blood pressure testing every Monday from 10:00 a.m.—Noon. Just stop by the Conference Room during this time to take advantage of this complimentary program.

## **FITNESS ROOM**

When you join the Fitness Center you are required to sign up at the office and complete an orientation. The cost is \$30.00 per year if you are age 55 and over. The current hours are: Monday–Friday, 8:30 a.m.—8:00 p.m. and Saturdays 9:00 a.m.—4:00 p.m.

## **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.

## **WALKING FOR FUN & FITNESS**

Due to the removal and resurfacing of the Large Gymnasium floor, this program will not begin until October 2nd. We offer walking Monday, Wednesday, and Friday from 9:00 a.m.—Noon.

## **POOL ROOM**

Our Pool Room is available Monday—Friday from 9:00 a.m. to 3:00 p.m. by appointment only. To make a reservation, call the Senior Center during regular business hours.

## **SENIOR CENTER HAPPENINGS**

### **MICHIGAN DEPARTMENT OF HEALTH & HUMAN SERVICES**

MDHHS will be in our Lobby on Monday, September 11th and Monday, October 16th from 10:00 a.m.—12:00 Noon to provide Eastpointe residents with information on drinking water filters and ways to adopt other behaviors to reduce lead levels in home drinking water. They will also assist qualifying families receive a filter at no cost.

### **COFFEE & CONVERSATION—SENATOR VERONICA KLINEFELT**

State Senator Veronica Klinefelt will be here on Monday, September 25th and Monday, October 23rd at 10:00 a.m. to meet with residents for coffee and conversation regarding state and local issues. This is a great opportunity to meet and sit down with her to discuss issues and concerns you may have.

### **MEDICARE ASSISTANCE DURING OPEN ENROLLMENT**

#### **Sponsored by: Michigan Medicare/Medicaid Assistance Program**

Medicare Open Enrollment is October 15—December 7, during this time you can review and change your Part D prescription drug plan or your Medicare Advantage plan. Michigan's Medicare Medicaid Assistance Program will be at the Center during this period so you can meet one-on-one with a counselor to review your coverage options: October 27th and November 17th. You must make an appointment for this FREE, unbiased service. Call 800-803-7174 to reserve your time slot or if you have questions about the program.

# TRAVEL OPPORTUNITIES

## **FIREKEEPERS CASINO—SOLD OUT**

**Date: Wednesday, September 20, 2023**

**Authority Member: \$55.00      Non-Member: \$60.00**

**Departs: 9:00 a.m.      Returns: 6:00 p.m.**

This fun day trip includes: luxury motor coach transportation, with plenty of free time at the casino. Firekeepers has over 2,680 of the latest slot machines and video poker games, 78 table games, and 5 sizzling restaurants for your dining pleasure. Casino package includes a \$25.00 slot credit and \$5.00 to be used for food, slot play, or gift shop.

## **PIONEER TRAIL WINE AROUND—SOLD OUT**

**Date: Thursday, October 19, 2023**

**Authority Member: \$103.00      Non-Member: \$108.00**

**Departs: 8:15 a.m.      Returns: 7:00 p.m.**

Featuring Russell Stover's Chocolates, St. Julian Winery, lunch at Danley's Country House in Tecumseh, MI, Cherry Creek Cellars, and Flying Otter Vineyard.

## **HOLIDAY CHURCH TOUR**

**Date: Thursday, December 7, 2023**

**Authority Member: \$106.00      Non-Member: \$111.00**

**Departs: 9:45 a.m.      Returns: 4:15 p.m.**

This fun day trip includes: luxury motor coach transportation, stops at the historic Trinity Lutheran Church and St. Francis D'Assisi, lunch at Amore de Roma Café, and dessert at Shatila.

## **A LITTLE BIT COUNTRY—NASHVILLE & LOUISVILLE**

**Date: April 21 –25, 2024 (Sunday—Thursday)**

**Authority Member: \$1,840.00      Non-Member: \$1,845.00**

**Departs: TBD      Returns: TBD**

This extended adventure includes: luxury motor coach transportation, 3 nights in downtown Nashville and 1 night in Louisville, meals (4 breakfasts, 1 lunch, and 3 dinners), featuring the Grand Ole Opry, Louisville Slugger Factory, Churchill Downs, Ryman Auditorium, Country Music Hall of Fame, Lunch with a Famous Songwriter, and much more. A \$50.00 deposit per person can hold your spot for this trip. No cash deposits will be excepted. Detailed flyers on this trip are now available for pick up at the Senior Office.

We have had an overwhelming response to our current travel program. As you can see in our newsletter, many of our day trips are sold out already. Moving forward, once a trip is listed in our newsletter, that means registration has begun. You may sign up during regular business hours and full payment is due at the time of registration. We accept cash, check, money order, and debit/credit cards. If you use a credit or debit card you will have to pay a \$2.50 convenience fee. With our current Civic Rec software we need full payment for day trips in order to register you. We cannot hold a spot for you without payment. We are happy that our travelers are back and looking forward to new adventures!

# **FOR YOUR INFORMATION**

## **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, October 10th in honor of Columbus/Indigenous Peoples Day.*

## **SENIOR CENTER HOURS**

The Senior Center Office is open Monday—Friday from 8:30 a.m.—4:00 p.m. The Drop-In and Computer Rooms are available Monday through Friday from 9:00 a.m.—Noon, unless posted otherwise. Please be advised that there will be no coffee or cookies available during this time. The Pool Room is open for weekdays from 9:00 a.m.—3:00 p.m. by appointment.

## **DID YOU KNOW...**

We have a revolving Library in our Drop-In Room. There are two book shelves loaded with paperback books for you to take home to read and bring back at your leisure. If you have any books that you would like to donate, we will accept them during regular business hours.

*Please note: we do not accept any hard cover books.*

Puzzles are also available. We currently have a large amount of puzzles in our pantry that we will also lend out to anyone who would like to borrow them. They range from 300 pieces up to 1000 pieces. Stop by the Senior Office if you would like to peruse our stash!

For all the Knitters and Crocheters we have something for you as well. We have a large collection of knitting and crocheting needles which can be borrowed from our Office. If you are working on a new project and need a specific size needle, check with us first, before you go out and purchase it.

## **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, 8:30 a.m. to 3:30 p.m.

Eastpointe residents should call 586-445-5085

Roseville residents should call 586-445-5482

## **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 bi-monthly issues for \$8.00. Mail this form with your payment to:  
Recreation Authority Senior Center, 18185 Sycamore, Roseville, MI 48066.

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### **NEWSLETTER SUBSCRIPTION**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Birthdate: \_\_\_\_\_