

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

MARCH 2017

Mary L. Grant, Senior Director

Kim Steele, Office Support

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ST. PATRICK'S DAY PARTY

Date: Thursday, March 16, 2017

Time: 11:30 a.m.—2:30 p.m.

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

May your pockets be heavy and your heart be light,
May good luck pursue you each morning and night!

Let's celebrate the "Luck of the Irish".

All are welcome to join us for an afternoon filled with Irish food, music provided by Bob & Carl, and fun! Lunch will consist of: corned beef, cabbage, boiled potatoes, vegetable, tossed salad, Jello, bread and dessert. Wearing green is a must!

Tickets are on sale at the Senior Office through Friday, March 10th or until filled.

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

Call the Senior Office to set up a ride.

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.

Tickets are on sale at the Senior Office through Tuesday, April 25th or until filled.

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

Call the Senior Office to set up a ride.

MARK YOUR CALENDAR

FREE TAX ASSISTANCE AVAILABLE

The A.A.R.P./I.R.S. Tax Assistance Program will once again be available here at the Center during the upcoming tax season. Individuals that fall in the low to moderate income range are encouraged to obtain *free* tax help. The program is held on Tuesdays and runs through April 11th. *We are sorry, but all of our appointments for this tax season are filled.*

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, March 9th and Thursday, March 23rd from 1:00 p.m.—3:00 p.m. Due to the popularity of this program, we will be limiting students to the number of sessions scheduled with the tutor.

Please sign up at the Senior Office.

FOOT DOCTORS

Dr. Farrar is scheduled to be here on Friday, March 10th from 9:30 a.m.—11:00 a.m.

Dr. Murphy is scheduled to be here on Wednesday, March 29th from 1:00 p.m.—2:00 p.m.

Both doctors are 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 Friday, March 24th 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.

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, March 27th 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, March 27th 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.

JUST FOR FUN

LUCKY CHARMS BINGO

All are welcome to join us for an afternoon of fun. This month the prizes will consist of items that may bring you good luck! There is a \$1.00 charge for this activity which takes place on Monday, March 13th 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, March 20th

Time: 10:00 a.m.—11:30 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, March 20th from 10:00 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

The new session of Wii Bowling will begin the week of March 6th and runs through the week of May 22nd. Now is the time for us to add new bowlers and/or teams to the league.

If you would like to join us, the cost is \$12.00 per person and includes a bowling banquet at the end of the session. If you did not attend the organizational meeting, but would still like to bowl please call the Senior Office.

RED HAT NEWS

All Red Hat "Chili Peppers" are invited to enjoy a luncheon buffet at Cloverleaf Restaurant on Thursday, March 23rd at 11:30 a.m. Ticket price is \$11.00 and will include the Quick Lunch Buffet, beverage, and tip. Look for complete details in your March 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!

WU STYLE TAI CHI DROP-IN

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 Chinese soft style martial art concentrates on one's internal sensitivity, co-ordination, and focus. As you attend class, your circulation, balance, and respiration will all improve along with an enhanced flexibility.

CHAIR YOGA CLASS

Chair Yoga classes are available on Fridays with our instructor Michele. The next session begins on Friday, March 3rd and runs through Friday, May 5th. 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.

Please note: there will be no class on Friday, April 14th and Friday, April 21st.

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

NIAGARA FALLS GETAWAY

Date: April 24-25, 2017(Monday—Tuesday)

Authority Member: \$190.00 Non-Member: \$195.00

Tour includes round trip luxury motor coach transportation, 1 night accommodation at the Clifton Victoria Inn, 1 breakfast, shopping at World Duty Free America/Ammex, shopping and lunch on your own at White Oaks Mall, photo opportunity at Floral Clock and Whirlpool, and a free day to explore Niagara Falls. Please refer to the flyer for specific details regarding citizenship requirements for crossing the border. You may register for this trip at anytime.

HOLLAND TULIP TIME

Date: Tuesday, May 9, 2017

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

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

Trip includes deluxe motor coach transportation to Holland, MI, lunch at the Alpen Rose Restaurant, free time for shopping in downtown Holland, and admission to the Veldheer Tulip Gardens and Windmill Island Gardens. 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.

GREEKTOWN CASINO

Date: Thursday, June 15, 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

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

FOR YOUR INFORMATION

COFFEE & COOKIE DONATIONS

Here at the Senior Center we have coffee, tea, and cookies available in our gathering 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.

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. John, our Advocate, will be available to assist those with questions on Wednesday, March 1st and Wednesday, March 15th 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.

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, March 16th 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.

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

WALKING FOR FUN & FITNESS

We offer walking in the large gym Monday—Friday from 8:30 a.m.—9:30 a.m. All are welcome to take advantage of this opportunity.

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.

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

NEWSLETTER SUBSCRIPTION

Name: _____

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