



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

NOVEMBER 2016

Mary L. Grant, Senior Director

Michelle Kauffold, Program Aide

Kim Steele, Office Support

ANNUAL SENIOR CENTER HOLIDAY PARTY

Date: Friday, December 16, 2016

Time: 11:00 a.m.—3:00 p.m.

Location: Eastpointe Manor (24611 Gratiot Avenue)

Cost: \$22.00 Authority Member
\$25.00 Non-Member

It's the most wonderful time of the year!

Join us for a celebration of Christmas Cheer. This festive holiday event will include a fabulous meal with dessert, entertainment (DoubleDate Quartet), Christmas Jingo, a photo with Santa, spectacular door prizes, and a 50/50 raffle.

Tickets can be purchased thru Friday, December 2nd or until filled.

Space is limited so sign up early!

Menu

Breaded Chicken, Roast Beef and Gravy, Whipped Potatoes
Pasta with Meat Sauce, Green Beans
Tossed Salad, Dinner Rolls, and Dessert

If SMART Transportation is needed, there are two options:

Option One

Arrangements can be made for Roseville and Eastpointe residents to receive round trip SMART van transportation from your home to Eastpointe Manor.

Option Two

A shuttle bus will run from the Recreation Center (18185 Sycamore) to Eastpointe Manor throughout the day of the event. Since parking at the Banquet Hall can be a little tricky, you can park your car here and shuttle over to the event.

There is no charge for either service.

Call the Senior Office to arrange a ride or for further information.

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, November 10th 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, November 11th from 9:30 a.m.—11:00 a.m.
Dr. Murphy is scheduled to be here on Wednesday, November 16th 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, November 18th 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. Registration is a must and is taken at the Senior Office.

DOLLAR DOUGHNUT DAY

Monday, November 21st, 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 doughnut. So mark your calendar and join us on Monday, November 21st from 10:00 a.m.—11:30 a.m. for a yummy breakfast treat! We will be selling doughnuts 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.

COLORING FOR ADULTS

This quick-spread phenomenon is changing the perception that coloring books are only for children. It helps reduce stress levels, elevates focus and promotes a soothing, relaxing frame of mind and sense of well being. All you need is to pick the colors and draw within the lines. The results can be miraculous! All are welcome to join us on Monday, November 28th 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, November 28th from 12:00 p.m.—1:00 p.m. Sally and Rosa 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

“GOBBLE-GOBBLE” BINGO

Calling all Bingo lovers. All are welcome to join us for an afternoon of fun. This month the prizes will have a “Thanksgiving” theme. There is a \$1.00 charge for this activity which takes place on Monday, November 14th at 1:00 p.m. So, please join us as you could be the lucky winner of one of our many prizes!

LET’S PLAY CARDS

If you like to play Rummy, please join us on Tuesday afternoons at 12:30 p.m. (*new time*) 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 Fall Session is at the half-way point and the Banana Splitz are leading the league in both individual and team high game and series. Due to the Thanksgiving break, there will be no bowling on Thursday, November 24th and Friday, November 25th. If you bowl on either of these days, please contact the Senior Office to make up your session.

RED HAT NEWS

All Red Hat “Chili” Peppers are invited to join us on Thursday, November 17th for a Tea Party at the L.B. Williams Room. Complete details can be found in your November 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.

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.

Please note: The Computer Room will be closed on Friday, November 4th and Friday, November 18th from 9:00 a.m.—3:00 p.m..

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 is payable at the Senior Office. This Chinese soft style martial art concentrates on one's internal sensitivity, co-ordination, and focus. As you attend these classes, your circulation, balance, and respiration will all improve along with an enhanced flexibility. *Please note: There will be no class on November 1st.*

CHAIR YOGA CLASS

Chair Yoga classes are available on Fridays with our instructor Michele, and will resume after the new year. The next session begins on Friday, January 6th and runs through Friday, February 24th. Classes will be 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 Main 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.

Please note: The fitness room will be closed November 13, 24, and 25.

TRAVEL OPPORTUNITIES

FIREKEEPERS CASINO

Date: Thursday, November 10, 2016

Authority Member: \$38.00 Non-Member: \$43.00

Departs: 9:00 a.m. Returns: 6:30 p.m.

Playing with fire is about to get way more fun! This exciting gambling trip takes you to Battle Creek's newest gaming hotspot. Firekeeper's Casino has over 2,680 of the latest slot machines and video poker games, 78 table games, and five sizzling restaurants for your dining pleasure. Casino package includes a \$20.00 slot credit and \$5.00 to be used for food, slot play, or gift shop.

THIS TRIP IS SOLD OUT—WAIT LIST IS FULL

MOTORCITY CASINO

Date: Thursday, January 19, 2017

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

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 \$25.00 in reward play (added to the Club Metro Player's card) good for any slot machine. The gaming floor has been fine-tuned to be the most exciting in the city. There are classic reel games, 57 gaming tables, as well as video poker and the most popular video slots. You may register for this trip at the Main Office. 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.

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, a free day to explore Niagara Falls, and optional trips to Fallsview Casino and Falls Viewing Area. Stop by the Senior Office for a flyer with detailed information on the trip.

A Family Field Trip presented by the Recreational Authority

PARADE COMPANY/OUTDOOR ADVENTURE CENTER

Date: Saturday, November 12, 2016

Authority Member: \$20.00 Non-Member: \$25.00

Departs: 9:45 a.m. Returns: 3:30 p.m.

Join us for a day of fun that is guaranteed to get you in the holiday spirit! We will begin our day at the Parade Company; while there we will enjoy an hour long tour featuring all the amazing floats in America's Thanksgiving Day parade. Our next stop will be the newest addition to the Detroit Riverfront—DNR's Outdoor Adventure Center! Your family will enjoy several interactive exhibits—getting a taste of "Up North, Downtown!". This adventure will also feature lunch and charter bus transportation. Event is limited to the first 50 people.

Sign up now at the Main Office.

FOR YOUR INFORMATION

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, November 2nd and Wednesday, November 16th 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, November 17th 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.

DIABETES PREVENTION PROGRAM

Have you ever been told by a health care professional that you: are at risk for getting diabetes, have prediabetes, have borderline diabetes, have high blood sugar or glucose, or had gestational diabetes? If so, you can make a change for life! We will be offering a Diabetes Prevention Program here at the Center for those of you who are at risk. Registration begins on Wednesday, November 2nd at 10:00 a.m. in the Activity Center. Classes are held twice a month on Wednesday mornings from 10:00 a.m.—11:30 a.m. for the first six months, then once a month for an additional six months. There is no charge to participate in this program.

For further information, contact 1-800-532-2411.

WALKING FOR FUN AND FITNESS

Did you know that we offer open 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.

Here are the top ten reasons why walking every day is beneficial: 1) It strengthens your heart. 2) It lowers disease risk. 3) It keeps weight in check. 4) It can help prevent dementia. 5) It can help prevent osteoporosis. 6) It tones your legs, bum and tummy. 7) It tones up your arms. 8) It boosts your vitamin D levels. 9) It gives you energy. 10) It makes you happy!

So put on a good pair of walking shoes and start your day in a healthy way!

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 has two locations in our area to serve you. They are here in the Activity Center and at the Eastpointe Community Center located at 16435 East Eight Mile Road in Eastpointe. 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 November 8, 11, 22, 24, and 25.

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

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