

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

JULY-AUGUST 2017

Mary L. Grant, Senior Director

Kim Steele, Office Support

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HAPPY EVERYTHING PARTY

Date: Tuesday, July 11, 2017

Time: 11:30 a.m.—2:30 p.m.

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

Have you ever attended a party where all the major holidays are being celebrated at the same time? Well that is just what we plan to do on July 11th. We will be hosting an event filled with food, fun, and activities that revolve around every holiday.

Menu

Picnic Chicken Tenders (Ranch and BBQ sauces), Submarine Sandwich Portions, Pasta Salad, Potato Salad, Chips, and a special dessert for the event will be sponsored by American House East II Senior Living.

So mark your calendar and plan to join us for this one of a kind party. There are still a few tickets available. Transportation to this event will be provided by S.M.A.R.T. Call the Senior Office to set up a ride.



SIZZLIN' SUMMER NIGHT

All are welcome to join us for the Recreation Authority's Fourth Annual Sizzlin' Summer Night on Thursday, August 3rd from 6:00 p.m.—10:00 p.m. at John F. Kennedy Park (24517 Schroeder, Eastpointe). We are so grateful to our community for supporting us all year round, that we want to throw a party and celebrate with the people who make all that we do possible! The event will feature an outdoor movie (Moana) at dusk, music, petting farm, Lego station, character photo opportunity, air brush tattoos, food trucks, raffle, and much more!! So mark your calendar, bring your family and friends, and join us for a fun summer evening!

RECREATIONAL AUTHORITY SHUT DOWN

The Recreational Authority of Roseville and Eastpointe will be going on shut down during the last part of August through the first week of September, for cleaning and maintenance. The building will be closed at the end of business hours on Friday, August 18th, and will reopen on Tuesday, September 5th at 8:30 a.m. Please mark your calendars, as there will be no activities scheduled during this time. Also, in conjunction with the shut down, there will be no van service available from August 28th to September 4th.

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 is available the second and fourth Thursdays of the month. She will be here in July on Thursday the 13th and 27th and in August on Thursday the 10th. Please sign up at the Senior Office.

SUMMER FUN BINGO

Calling all Bingo lovers! All are welcome to join us the second Monday of every month at 1:00 p.m. Each month's prizes will be centered around a specific theme. There is a \$1.00 charge for this activity. So, mark your calendar for “Patriotic Bingo” on Monday, July 10th and “Flamingo Bingo” on Monday, August 14th. Hopefully, you will be a lucky prize winner!

GROUP COLORING

We have purchased a couple of chalk board coloring books with inspirational messages and will be working on coloring them as a group. Once completed you can take your masterpiece home or leave it here to be displayed in our Drop-In room. This fun and relaxing activity will take place on Wednesday, July 12th at 1:00 p.m. There is no fee to participate, so why not join us and see how creative you can be.

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. Please note: The Stroke Club will be going to Harsens Island for our annual outing on Thursday, July 13th.

FOOT DOCTOR

Dr. Farrar is scheduled to be here on Friday, July 14th from 9:30 a.m.—11:00 a.m. Dr. Murphy is scheduled for Wednesday, August 16th 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.*

JULY IS NATIONAL ICE CREAM MONTH

Date: Wednesday, July 19th

Time: Noon—1:00 p.m.

In 1984, President Ronald Reagan designated July as National Ice Cream Month. He recognized ice cream as a fun and nutritious food that is enjoyed by over 90 percent of the nation's population. We will be serving ice cream novelties, here at the Center, on Wednesday, July 19th from Noon-1:00 p.m. For the low price of \$1.00 you can enjoy an ice cream bar, drumstick, or ice cream sandwich. Please stop by and join us for this refreshing summer treat!

BLOOD PRESSURE TESTING

On Monday, July 24th from 12:00 p.m.—1:00 p.m. Sally, an eldercare specialist from Health Source Home Care, Inc., along with our Nurse Rosa will be here to offer blood pressure testing. Join us in the Conference Room for this FREE service.

Please note: There will be no blood pressure testing in August.

RED HAT NEWS

All Red Hat “Chili Peppers” are invited to join us for an outing to the City of Romeo on Thursday, July 27th. We will be departing at 9:30 a.m. for a day filled with shopping, dining, and exploring. Details on this adventure will be in your Red Hat Newsletter.

Please note: There is no meeting scheduled for the month of August, but mark your calendar as we will be having a picnic luncheon at the Center on September 28th.

Hats off to you ladies!

DOLLAR DONUT DAY

Date: Monday, August 7th

Time: 9:00 a.m.—11:00 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, August 7th from 9:00 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.

BARGAIN HUNTERS PARADISE

If you love garage sales and flea markets, then mark your calendars and plan to join us for our Annual “Bargain Hunters Paradise”. This huge sale takes place on Saturday, August 19th from 9:00 a.m.—2:00 p.m. right here in the parking lot of the Recreational Authority (18185 Sycamore). You will find kitchen/household items, tools, toys/games, collectibles, clothes, books, and much more. All items will be priced to sell! If you would like to rent a booth space for the sale, the cost is \$15.00 for a parking space and we offer table rentals for \$10.00.

You may register at the Senior Office. This event will take place rain or shine.

FALL PLANT & PRODUCE EXCHANGE/SALE

We welcome everyone to participate in our Fall Plant & Produce Exchange scheduled for Monday, September 18th from 9:00 a.m.—1:00 p.m. here at the Recreational Authority Senior Center. We encourage all participants to bring plants and produce so that there is a wide variety to choose from. Please label your plants with as much information as possible.

Plants will also be available for purchase on the day of the event. All are welcome! It's a great way to meet people and give back to the community! All proceeds benefit the Senior Center coffee fund. *Please note: If you have extra flower pots that are quart size or larger, you can donate them to the exchange. Just bring them to the Senior Office anytime from now thru early September.*

MARK YOUR CALENDAR (continued)

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—LEAGUE BOWLING

There will be an organizational meeting held on Friday, September 8th at 10:00 a.m. to discuss the upcoming session of Wii bowling. If you are interested in bowling in the fall session, which runs from the week of September 18th through the week of December 4th, you are invited to attend the meeting. The cost to bowl is \$1.00 each week for twelve weeks. 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.

WII—OPEN BOWLING

All are welcome to join us for a "Wii" bit of fun! During the summer months we will be offering open bowling twice a week here at the Center. The Game Room will be available on Tuesdays from 1:00 p.m.—3:00 p.m. and on Thursdays from 9:00 a.m.—11:00 a.m. and there is no charge to bowl. This is a drop-in activity and all are welcome to participate. We are looking for both regular league bowlers along with new participants who want to learn how to play this fun game. Our next session of league bowling begins the week of September 18th.

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.



WORDS TO LIVE BY

Slow down: Happiness is trying to catch you!



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! *Please note: There will be no class on Tuesday, July 11th due to the Happy Everything Party.*

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, September 8th and runs through Friday, October 27th. 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.

FITNESS ROOM

EFFECTIVE JULY 1ST NEW FEE STRUCTURE

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. Effective July 1st, 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.

TRAVEL OPPORTUNITIES

A DAY AT THE BALLPARK/JIMMY JOHN'S FIELD

Date: Thursday July 20, 2017 **Departs:** 9:30 a.m. **Returns:** 2:30 p.m.

There are still a few seats available. You may register at the Senior Office.

CLEVELAND ROCKS!

Date: July 29-30, 2017 (Saturday-Sunday)

Final itineraries will be sent from Bianco Tours two weeks prior to your trip's departure.

FREDERIK MEIJER GARDENS & SCULPTURE PARK

Date: Tuesday, August 8, 2017

Authority Member: \$97.00 **Non-Member:** \$102.00

Departs: 7:15 a.m. **Returns:** 8:45 p.m.

Trip includes deluxe motor coach transportation, admission to the Frederik Meijer Gardens & Sculpture Park featuring 132 acres of indoor and outdoor gardens, a \$12.00 lunch coupon for the Frederik Meijer Café, and a stop at the Gerald Ford Museum. 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.

TRAVERSE CITY WINE & DINE

Date: October 9-11, 2017 (Monday—Wednesday)

Authority Member: \$574.00 **Non-Member:** \$579.00

This perfect fall getaway includes deluxe motor coach transportation, 2 nights at Grand Beach Resort, 2 continental breakfasts and 2 dinners, Chateau Chantal (tour, wine tasting, and 4 course meal), a guided tour of the Village at Grand Traverse Commons, Milk & Honey (ice cream treat included), Old Mission Peninsula Scenic Drive, Bowers Harbor Vineyards (wine tasting), Boathouse on the West Bay (dinner included) and Chateau de Leelanau (wine tasting). You may register for this trip at anytime.

HARVEST ADVENTURE

Date: Tuesday, October 10, 2017

Authority Member: \$69.00 **Non-Member:** \$74.00

Departs: 7:45 a.m. **Returns:** 6:00 p.m.

All are welcome to join us on this fall adventure. The trip includes a visit to For-Mar Nature Preserve and Arboretum in Burton, MI, lunch at the White Horse Inn, and a stop at Past Tense Cider Mill with a wagon ride and treat for all. 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.

FIREKEEPERS CASINO

Date: Thursday, November 2, 2017

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

Departs: 8:45 a.m. **Returns:** 6:15 p.m.

This exciting gambling trip takes you to Battle Creek's gaming hotspot. Casino package includes a \$20.00 slot credit and \$5.00 to be used for food, slot play, or gift shop. 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.

COUNTRY CHRISTMAS

Date: December 6-7, 2017 (Wednesday-Thursday)

Authority Member: \$264.00 Non-Member: \$269.00

This exciting holiday trip includes: 1 night lodging at the Comfort Suites in Mason, OH, a tour of Big Tree Plantation, dinner at Golden Lamb, The Gift of Lights (walk thru Christmas light park) at The Christmas Ranch, a continental breakfast, a stop at Kings Mills General Store and Christmas Shop, lunch, and a performance of “A Christmas Carol” at the La Comedia Dinner Theater. You may register for this trip at anytime.

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. Marie, our Advocate, will be available to assist those with questions on Thursday, July 27th from 9:00 a.m.—1:00 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, offers free 20 minute legal consultations the third Thursday of the month. She has been practicing law for 10 years focusing on estate planning, juvenile law, criminal defense, and family law. She will be taking the summer off and will be available on Thursday, September 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.

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. Walking is more than just a way to get around. Walking at any speed is a way to improve your fitness, burn calories, and reduce the health risks of inactivity.

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 Tuesday, July 4th in observance of Independence Day. Also, there will be no meals served in the Activity Center during the Recreational Authority’s shut down (Monday, August 21st thru Monday, September 4th).*

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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