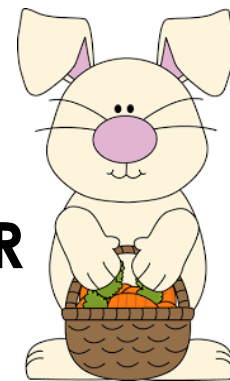




RECREATION AUTHORITY OF ROSEVILLE-EASTPOINTE  
 18185 SYCAMORE, ROSEVILLE, MI 48066 586-777-7177  
 OFFICE HOURS: 8:30 A.M.—4:30 P.M. - MONDAY—FRIDAY  
[www.rare-mi.org](http://www.rare-mi.org)



# SENIOR ACTIVITIES NEWSLETTER

## APRIL 2017

Mary L. Grant, Senior Director

Kim Steele, Office Support

Michelle Kauffold, Program Aide

### REVIEW OF RECREATION MASTER PLAN

#### Roundtable Discussion

**Date:** Monday, April 24, 2017

**Time:** 1:00 p.m.

**Place:** Multi-Purpose Room (here at the Center)

The Recreational Authority of Roseville and Eastpointe is in the process of reviewing and amending the recreation master plan. The recreation master plan is designed to determine the present and future recreation needs of the two communities and to provide mechanisms to meet those needs. The Plan, based on existing recreation facilities and programs, establishes the visions, identified needs, and plan implementation priorities for the Recreation Authority and the two cities moving forward. Call Mary Van Haaren—Building Official (586-445-5016) for more information or with any questions about the process. *Please note:* The formal public hearing for the Recreation Master Plan will be held at the R.A.R.E. Board of Directors meeting on Wednesday, May 10, 2017 at 3:30 p.m. at Roseville City Hall (29777 Gratiot).

### 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**

### **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, April 13th and Thursday, April 27th from 1:00 p.m.—3:00 p.m. Please sign up at the Senior Office.

### **FOOT DOCTOR**

Dr. Farrar is scheduled to be here on Friday, May 12th from 9:30 a.m.—11:00 a.m.

Dr. Murphy is scheduled for Wednesday, June 7th from 1:00 p.m.—2:00 p.m. They 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, April 21st 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, April 24th 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, April 24th 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.

### **QUILT SHOW INFORMATION**

The Macomb County Guild presents “Quilts from the Heart Quilt Show” here at the Recreation Authority on Friday, April 21st from 10:00 a.m.—6:00 p.m. and on Saturday, April 22nd from 10:00 a.m.—5:00 p.m. Admission tickets may be purchased at the door.

### **PROGRAM CHANGES-DURING THE QUILT SHOW**

Due to the Quilt Show there will be no walking in the gym April 20-21, and also no Hi-Steps, Morning Milers, and Senior Drop-In Room on Friday, April 21st. The Fitness Center will be open during the show.

## **JUST FOR FUN**

### **EASTER BUNNY BINGO**

All are welcome to join us for an afternoon of fun. This month you'll have a chance to win either a stuffed bunny or a chocolate one! There is a \$1.00 charge for this activity which takes place on Monday, April 10th at 1:00 p.m. So, please join us as you could be the lucky winner of one of our many prizes!

### **NATIONAL PRETZEL DAY**

**Date:** Wednesday, April 26th

**Time:** 11:00 a.m.—1:00 p.m.

Did you know that the pretzel was invented by monks as a reward to children who learned their prayers. The strips of baked dough, folded to resemble arms crossing the chest, were called *pretiola* (Italian for little rewards). Join us on Wednesday, April 26th from 11:00 a.m.—1:00 p.m. as we celebrate National Pretzel Day. We will be selling bags of pretzels and a glass of root beer in the lobby for a \$1.00. 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**

Our Spring Session of bowling is off to a great start with 8 teams in the league. All are welcome to stop by the Game Room and watch our bowlers in action. We will be closed on Good Friday, so if your team bowls on Friday, April 14th, please contact the Senior Office to schedule a make-up day.

### **RED HAT NEWS**

All Red Hat "Chili Peppers" are invited on an outing to Great Lakes Crossing Mall to visit the Sea Life Aquarium, have lunch, and shop a bit. The outing is scheduled for Thursday, April 27th from 8:30 a.m.—3:30 p.m. Look for complete details in the April Red Hat 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. Our current session runs through Friday, May 12th. 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**

## **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-NEW DATE DUE TO SCHEDULING CONFLICT**

**Date: Thursday, June 22, 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**

This 2 day trip includes round trip deluxe motor coach transportation, 1 night accommodation at the Renaissance Cleveland Hotel, 1 dinner, entry into the Rock & Roll Hall of Fame, Goodtime III Narrated Dinner Cruise along the Cuyahoga River and Lake Erie to view the many sights along Cleveland's skyline, and a guided city tour. You may register for this trip at anytime.

## **COMING SOON**

Frederik Meijer Gardens, August 8th

## **FOR YOUR INFORMATION**

### **FAREWELL JOHN—VETERANS SERVICES**

With mixed feelings of joy for the future but sadness for the friends I will be leaving behind, I must inform you that I am retiring from my position as Senior Counselor of the Macomb County Veterans Department. That means my last visit here at the RARE Senior Center will be on Wednesday, April 5th. Even though I have had 27 memorable years in the Air Force as a Navigator on B-52s and KC-135 aircraft and flew over the world, I have to honestly admit the most meaningful thing I ever did was serving as a Service Officer for the Macomb County Veterans Office which included being at the RARE Senior Center two Wednesdays a month helping veterans get the benefits they deserve. Good Luck and God Speed to all the Veterans who came to see me and all the wonderful people I have met these last 9 years. We the staff along with the members of the Senior Center wish him well. **ROGER THAT!**

### **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, April 20th 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

### **COMING SOON—SPRING PLANT EXCHANGE**

Mark your calendar, our Spring Plant Exchange will be held on Monday, May 22nd from 9:00 a.m.—1:00 p.m. here at the Senior Center. Look for complete details in the May Senior Activities Newsletter.

### **FREE TAX ASSISTANCE AVAILABLE**

The A.A.R.P./I.R.S. Tax Assistance Program, which takes place here at our Center, will soon be at completion. 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.*

# 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 Friday, April 14th and Monday, April 17th in observance of Good Friday and Easter. Also, there will be no meals served at our Senior Center on Thursday, April 20th and Friday, April 21st due to the Quilts from the Heart Quilt Show.*

**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

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### NEWSLETTER SUBSCRIPTION

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

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