



RECREATION AUTHORITY OF ROSEVILLE-EASTPOINTE
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 OFFICE HOURS: 8:30 A.M.—4:30 P.M. - MONDAY—FRIDAY
 www.rare-mi.org



SENIOR ACTIVITIES NEWSLETTER

JUNE 2017

Mary L. Grant, Senior Director

Kim Steele, Office Support

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HAPPY EVERYTHING PARTY

Date: Tuesday, July 11, 2017

Time: 11:00 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.

Tickets are on sale at the Senior Office through Friday, June 30th 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.

ROOT BEER FLOATS

Wednesday, June 21st from Noon—1:30 p.m.

The root beer float is a long-time favorite summer refreshment. They were invented by Frank J. Wisner in August of 1893. He was inspired to “float” a scoop of vanilla ice cream on top of his Myers Avenue Red root beer. All are welcome to stop by on Wednesday, June 21st from Noon—1:30 p.m. as we will be creating these deliciously refreshing beverages in the lobby for the low price of just \$1.00.

THANK YOU SPRING PLANT SALE & EXCHANGE

We would like to extend a very special thank you to Marilyn, Virginia, Florence, Darlene, Ruth, Shirley, Carmen, Jean, Gail, Rosalind, and Ed who helped organize and run the event. These wonderful volunteers raised \$175.50 for the Senior Center. We would also like to take this opportunity to thank Drew’s Garden for the beautiful geranium plant and Dottie S. for the planters. We are looking forward to another successful plant sale and exchange in the fall.

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, June 8th and Thursday, June 22nd from 1:00 p.m.—3:00 p.m. Please sign up at the Senior Office.

FOOT DOCTOR

Dr. Murphy is scheduled for Wednesday, June 7th from 1:00 p.m.—2:00 p.m. Dr. Farrar is scheduled to be here on Friday, July 14th from 9:30 a.m.—11:00 a.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.*

VOLUNTEERS NEEDED FOR PACKAGE TESTING

Great Lakes Marketing Research will be in the lobby on Monday, June 19th from 10:00 a.m. until Noon conducting market research. They are in need of participants between the ages of 50 and 70 to test packages. The Senior Center will be compensated for every participant. So, if you aren't busy, join us and earn some money for the Center.

GROUP COLORING

We're going to shake things up a bit in the adult coloring world. We have purchased 5 large mandala coloring posters (22" x 22") and will be working on them as a group. Our first group session will be on Wednesday, June 14th at 1:00 p.m. in the Drop-In Room. There is no fee to participate, just stop in and add your artistic talents to the project. Once completed, we will frame the posters and hang them in the Center. Please join us, all are welcome!

BLOOD PRESSURE TESTING

On Monday, June 26th 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. Please join us in the Conference Room for this FREE service.

SENIOR FUN FEST

The Macomb County Office of Senior Services will be presenting their Annual Senior Fun Fest on Friday, June 30th from 9:00 a.m.—1:00 p.m. at the Gibraltar Trade Center North (237 N. River Road, Mt. Clemens). This fun-filled day will include community resources, health screenings, wellness activities, entertainment, games, prizes, and more. Parking and admission are FREE! We will be offering van transportation to this event from our Center.

If you would like to ride the van or need transportation from your home to catch the van, please contact the Senior Office. The cost to take the van is \$1.00 each way.

For further information call, 586-469-5228

JUST FOR FUN

“KEEP COOL AND ENJOY A LEMONADE” BINGO

Calling all Bingo lovers! All are welcome to join us for lemonade bingo. All of this month's prizes will be centered around this refreshing summer drink. There is a \$1.00 charge for this activity. So, mark your calendar for Monday, June 12th at 1:00 p.m. and hopefully, you will be a lucky prize winner!

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

As a reminder, the bowling banquet will be on Friday, June 2nd at 11:30 a.m. The event will include: a delicious pizza lunch including salad and dessert. Please register in the Senior Office if you haven't done so already.

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.

RED HAT NEWS

A special thank-you goes out to Advantage Living Center (25375 Kelly Road) for providing us with delicious croissant sandwiches for our Red Hat Tea Party. We appreciate their generosity.

All Red Hat “Chili Peppers” are invited to meet for lunch on your own at Gilbert's Lounge, located at 22335 Harper Avenue, in St. Clair Shores. We will meet at 11:30 a.m. on Thursday, June 29th. Look for complete details in the June 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, July 14th. 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

GREEKTOWN CASINO—SOLD OUT

Date: Thursday, June 22, 2017

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

A DAY AT THE BALLPARK/JIMMY JOHN'S FIELD SPACE IS LIMITED—SIGN UP EARLY

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 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.

Please note: there will be no S.M.A.R.T. van transportation to the pick up point.

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.

FREDERIK MEIJER GARDENS & SCULPTURE PARK FEATURING GERALD FORD MUSEUM

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 3 day wine and dine trip includes deluxe motor coach transportation, 2 nights accommodation at Grand Beach Resort, 2 continental breakfasts, 2 dinners, featuring Chateau Chantal, Village at Grand Traverse Commons, Milk & Honey, Old Mission Peninsula Scenic Drive, Bowers Harbor Vineyards, Boathouse on West Bay, and Chateau de Leelanau.

You may register for this trip at anytime.

Detailed flyers on all our trips are available at the Senior 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. Marie, our Advocate, will be available to assist those with questions on Thursday, June 22nd 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, is scheduled to be here to offer free 20 minute legal consultations on Thursday, June 15th 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.

BARGAIN HUNTERS PARADISE

We are currently taking applications for our Bargain Hunters Paradise event which will take place right here in the Recreation Authority parking lot on Saturday, August 19th from 9:00 a.m.—2:00 p.m. If you would like to rent a booth space for the sale, the cost is \$15.00 for a parking space and we also offer table rentals for \$10.00. You may pick up a detailed flyer and application at the Senior Office. This event will take place rain or shine.

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.

WALKING FOR FUN & 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 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

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