



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

JANUARY-FEBRUARY 2018

Mary L. Grant, Senior Director

Kim Steele, Office Support

Michelle Kauffold, Program Aide

FLAPJACKS AND FLANNELS BREAKFAST PARTY

Date: Friday, February 9, 2018

Time: 9:00 a.m.—11:00 a.m.

Cost: \$10.00 per person—Authority Member

\$12.00 per person—Non-Member

We are hosting a fun breakfast party! So grab your favorite flannel shirt and join us for a rustic themed event, which will include: flapjacks, scrambled eggs, ham, pork sausage, doughnuts, beverages, games, prizes, favors, and even a lumberjack photo booth!

Tickets can be purchased thru February 9th or until filled.

A SPECIAL HOLIDAY THANK-YOU

We would like to take this opportunity to thank the following businesses and individuals for donating prizes for our Holiday Party and making it such a huge success: FirstLight Home Care, The Hi-Steps Fitness Group, Home Instead Senior Care, Honorable Judge Carl Gerds III, Kay Markwardt and Sharon Hall (two of our seniors), The Morning Milers Group, Roseville Wine Shop, Eastpointe Council Member Monique Owens, Roseville Council Members Catherine Haugh, Jan Haggerty, and Steve Wietecha, Macomb County Commissioner Kathy Tocco, and State Senator Steve Bieda.

AARP TAX-AIDE ASSISTANCE AVAILABLE

AARP Tax-Aide, the nation's largest volunteer tax counseling service, will be preparing tax returns free of charge to those 60 years of age or older with low to moderate income. Tax payers with complex returns will be advised to seek professional tax help. The program begins February 6th and runs through April 10th with tax assistance volunteers available every Tuesday from 9:00 a.m.—1:00 p.m. **You must make an appointment to have your taxes prepared, please call the Senior Office on or after Wednesday, January 10th to schedule your appointment.**

SPRING IS IN THE AIR PARTY

Date: Tuesday, April 17, 2018

Time: 11:30 a.m.—2:30 p.m.

Cost: \$12.00 per person—Authority Member

\$14.00 per person—Non-Member

After surviving a long Michigan winter, we need something to celebrate. So let's celebrate spring! Actor Robin Williams said it best "Spring is nature's way of saying Let's Party". This special event will include a buffet style luncheon, entertainment, and spring themed games with prizes. Tickets can be purchased thru April 10th or until filled.

MARK YOUR CALENDAR

FOOT DOCTOR

Dr. Murphy is scheduled to be here on Wednesday, January 3rd from 1:00 p.m.—2:00 p.m. Dr. Farrar is scheduled for Friday, January 12th 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.*

NATIONAL DIABETES PREVENTION PROGRAM ***You Can Make a Change for Life***

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 the answer is yes, you may be interested in the National Diabetes Prevention Program. There is an informational meeting on Wednesday, January 10th at 1:00 p.m. in the Activity Center. Weekly meetings begin Wednesday, January 17th. For more information or to register, please call 1-800-532-2411.

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 from 1:00 p.m.—3:00 p.m. She will be here in January on Thursday the 11th and 25th and in February on Thursday the 8th and 22nd. Please sign up at the Senior Office.

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. Our group is scheduled to meet for lunch at the restaurant on Friday, January 19th and Friday, February 23rd at 11:30 a.m. The cost for a complete meal is \$6.00 per person which includes gratuity. The outing helps the students and gives us an opportunity to enjoy a wonderful lunch at a reasonable price. Registration is taken at the Senior Office.

OAK STREET HEALTH

Tarsha from Oak Street Health will be here on Monday, January 22nd from 9:30 a.m.—10:30 a.m. to provide us with information about her company. Oak Street Health is a primary care facility tailored to seniors over 65 and adults with Medicare. The facility offers transportation to and from all physician appointments as well as having an on site social worker to assist with any social needs a patient may have. Treats will be available to those who stop by her table for information.

BLOOD PRESSURE TESTING

On Monday, January 22nd and Monday, February 26th from 12:00 p.m.—1:00 p.m. Sally, an eldercare specialist from Health Source Home Care, Inc., along with a nurse will be here to offer blood pressure testing. Join us in the Conference Room for this FREE service.

COLORING FOR ADULTS

All are welcome to join us on Monday, January 22nd and Monday, February 26th 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.

MACOMB COUNTY HEALTH DEPARTMENT OUTREACH

Susan Cusmano, a social worker with the MCHD, will be here on Wednesday, January 24th and Wednesday, February 28th from 9:00 am—Noon with information on all MCHD programs, as well as many other resources that are available to Macomb County Residents.

THURSDAYS AT THE MUSEUM

Did you know the Detroit Institute of Arts has special programs for seniors on Thursdays? We are now offering trips to the museum (transportation/activities are free). You will have an opportunity to enjoy films, lectures, art making, or tours followed by a coffee and cookies reception. Join us on January 25th for the Film—"Bombshell—The Hedy Lamarr Story", on February 15th for Art Making—Collage Portraits, and on February 22nd for the film: "No Maps on my Taps". The bus departs from the Center at 12:00 noon and returns at 3:30 p.m. If you are interested in attending any of these outings please contact the Senior Office. Space is limited, so sign up early.

DOLLAR DONUT DAY

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, January 29th from 9:30 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.

"HOW TO SEND AN EMAIL GREETING CARD" CLASS

Date: Thursday, February 1st Time: 1:00 p.m.

Attendees must know their own email address and be able to access it. They should also bring an email address of a friend or relative to send a card to that we will create during the class.

We will be using the greeting card site called <http://www.123greetings.com/> to create a Valentine's Day card. This site offers a free service for all the holidays and numerous other personal occasions as well. We will learn how to choose a card of our choice, personalize it, send it, as well as request to be notified when the recipient receives it. This is an awesome site and lots of fun! Register early—class is limited to five students.

COUNTY COMMISSIONER KATHY TOCCO

Kathy Tocco, Macomb County Commissioner, will be in our lobby on Wednesday, February 14th at 9:30 a.m. to meet with residents. This is an excellent and convenient opportunity to meet with her to discuss County issues and concerns.

A VALENTINE'S DAY TREAT!

In honor of Valentine's Day we will be selling heart shaped cookies in the lobby on Wednesday, February 14th from 9:30 a.m.— 11:00 a.m. for a \$1.00. So mark your calendar and join us for a little bit of "love".

JUST FOR FUN

FUN BINGO

It really is a lot of fun to play bingo here at the Center. On the second Monday of each month, we host this popular activity. A different theme is selected and all of our prizes are purchased with that theme in mind. We also have a grand prize drawing at the end of each session and we give away a \$10.00 gift card to a local business. The cost to play is just \$1.00 and the activity usually runs about an hour. On Monday, January 8th we will have "Snow Day Supplies" Bingo and on Monday, February 12th we will have "Flowers and Candy" Bingo.

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 Multi-Purpose 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

We will be hosting the season ending Bowling Banquet at the Senior Center on Friday, January 26th at 11:30 a.m. Immediately following the banquet an organizational meeting will take place for those who want to bowl in the winter session. This session runs from the week of February 5th through the week of April 23rd. 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. Brand new bowlers should contact the Office to check team availability.

WII—OPEN BOWLING

All are welcome to join us for a "Wii" bit of fun! During the month of January 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 February 5th

RED HAT NEWS

There will be an organizational meeting on Thursday, February 1st.
Look for details in your 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. Our holiday party has been rescheduled for Thursday, January 11th at Noon. Details will be available at the first meeting in January.

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!

CHAIR YOGA CLASS

Chair Yoga classes are available on Fridays with our instructor Michele. The next mini session begins on Friday, January 5th and runs through Friday, January 26th. There will also be a mini session beginning on Friday, February 2nd and ending on Friday, February 23rd. Classes are held in the Multi-Purpose Room from 12:30 p.m.—1:30 p.m. The fees are as follows: Authority Members—\$20.00 and Non-Members—\$24.00 this is for 4 weeks. Why not join us as 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 \$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.

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.

TRAVEL OPPORTUNITIES

MOTORCITY CASINO

Date: Thursday, January 25, 2018

Authority Member: \$28.00 Non-Member: \$33.00

Departs: 9:15 a.m. Returns: 3:45 p.m.

Trip includes round trip transportation, free time at the MotorCity Casino, and a players club card with \$15.00 in reward play (added to the Club Metro Player's card) good for any slot machine. 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.

MEADOW BROOK THEATRE

PRESENTING: "TENDERLY: THE ROSEMARY CLOONEY MUSICAL"

Date: Wednesday, February 21, 2018

Authority Member: \$84.00 Non-Member: \$89.00

Departs: 10:15 a.m. Returns: 6:00 p.m.

Trip includes round trip transportation, lunch at Loccino Italian Grill, and a ticket for the play Tenderly: The Rosemary Clooney Musical at Meadow Brook Theatre. Rosemary's journey starts with her simple Mayville, Kentucky childhood and follows her rise to Hollywood stardom. 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.

FOUR WINDS CASINO RESORT

Date: March 18-19, 2018 (Sunday-Monday)

Authority Member: \$184.00 per person/double occupancy

Non-Member: \$189.00 per person/double occupancy

Departs: TBD Returns: TBD

All are welcome to join us on this exciting gambling adventure. Tour includes luxury motorcoach transportation, one night stay at the Four Winds Casino Resort along with a \$25.00 slot credit and a \$10.00 food credit, a stop at the Blue Chip Casino where you will receive a \$19.00 food voucher, and a stop at the Firekeepers Casino where all passengers will receive a \$20.00 slot credit and a \$5.00 food voucher. You may register for this trip at anytime.

DISTRICT DETROIT

Date: Thursday, May 31, 2018

Authority Member: \$80.00 Non-Member: \$85.00

Departs: 8:45 a.m. Returns: 5:30 p.m.

Trip includes luxury motorcoach transportation, a guided tour of Little Caesars Arena, the new home of the Detroit Red Wings and the Detroit Pistons., a pizza party lunch with dessert at the famous Pizza Papalis, and a 3 hour stop at Greektown Casino. 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.

Please note: There is a lot of walking on this tour.

FOR YOUR INFORMATION

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 available on Thursday, January 18th and Thursday, February 15th 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.

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, January 25th and Thursday, February 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.

SENIOR CENTER HOURS

The Senior Center is open Monday—Friday from 8:30 a.m.—4:30 p.m. The Drop-In Room has to be closed by 4:30 p.m. Please be mindful of the time when playing cards, working on the jigsaw puzzle, and any other activities that may delay your leaving on time. The Computer Room is 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 for all printed items. Thank you for your assistance in keeping the Center on schedule.

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

“SNOW DAY” POLICY

When Roseville Community Schools and Eastpointe Public Schools are closed due to inclement weather (i.e. “snow day”), all scheduled senior programs, drop-in activities, and the Fitness Room will be closed.

WORDS TO LIVE BY



If you have the power to make someone happy, do it.
The world needs more of that.



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 Monday, January 15th in observance of Martin Luther King, Jr. Day and Monday, February 19th in observance of Presidents Day.

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! *Please note: There will be no coffee, tea, or cookies in the Drop-In Room during special events.*

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 bi-monthly 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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