



## RECREATIONAL 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

## JULY-AUGUST 2018

Mary L. Grant, Senior Director

Kim Steele, Office Support

Michelle Kauffold, Program Aide

## SIZZLIN' SUMMER NIGHT

All are welcome to join us for the Recreational Authority's Fifth Annual Sizzlin' Summer Night on Thursday, August 2nd 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 (*The Greatest Show on Earth*) at dusk, Rosco the Clown, show tunes with Remington & Taylor, petting farm, pony rides, dunk tank, bounce house, obstacle course with giant slide, joust, stilt walker, fire circus antics, juggling performance, vendor show, basket raffle, craft area by MSU Extension, carnival games, food vendors including Kona Ice, Crazy Gringo, Pizza Hut, and Tasty Fixins, 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 17th, and will reopen on Tuesday, September 4th at 8:30 a.m. Please mark your calendars, as there will be no activities scheduled during this time. The Senior Center Office will be open for registrations only from 9:00 a.m.—3:00 p.m. during shut down. **There will be no van service available from August 27th to September 3rd.**

## THANK YOU SPRING PLANT SALE & EXCHANGE

We would like to extend a very special thank you to Ilene, Virginia, Pat, Jean, Ruth, Marge, Marilyn, Shirley, Florence, and Gail who helped organize and run the event. These wonderful volunteers raised \$221.00 for the Senior Center. We would also like to take this opportunity to thank Drew's Garden for the beautiful flat of marigolds. We are looking forward to another successful plant sale and exchange in the fall.

## ASK-A-LAWYER

Alyia Marie Hakim, an attorney with Hakim & Hakim, PLLC, offers free 20 minute legal consultations the third Thursday of the month. She has been practicing law for 11+ years focusing on estate planning, juvenile law, criminal defense, and family law. She will be available on Thursday, July 19th 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.

# **MARK YOUR CALENDAR**

## **FOOT DOCTOR**

Dr. Farrar is scheduled for Friday, July 13th from 9:30 a.m.—11:00 a.m. Dr. Murphy is scheduled to be here on Wednesday, August 1st 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.*

## **NATIONAL VANILLA ICE CREAM DAY**

**Monday, July 23rd from 11:30 a.m.—12:30 p.m.**

All are welcome to join us on National Vanilla Ice Cream Day to celebrate one of America's favorite ice cream flavors. Chocolate may win the popularity contest, but vanilla is a close second. Vanilla ice cream is more refreshing, more versatile, and easy to celebrate on a hot summer day! Stop by on Monday, July 23rd from 11:30 a.m.—12:30 p.m. as we will be serving vanilla ice cream with your choice of toppings in the lobby for the low price of just \$1.00. All proceeds from the sale will benefit the Senior Center coffee fund.

## **BLOOD PRESSURE TESTING**

On Monday, July 23rd 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.

## **CARE SEMINAR—SENIORS STAYING SHARP**

**Monday, July 23rd at 12:30 p.m.**

A representative from CARE of Southeastern Michigan will be here at the Center to offer a free seminar on "Seniors Staying Sharp". If you are interested in attending, please sign-up at the Senior Office. Further details will be posted on the bulletin board.

## **COLORING FOR ADULTS**

All are welcome to join us on Monday, July 23rd 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 July 25th from 9:00 a.m.—Noon with information on all MCHD programs, as well as many other resources that are available to Macomb County Residents.

## **BELTONE HEARING SCREENING**

On Monday, July 30th from 11:00 a.m.—1:00 p.m., Tony Guido, Hearing Care Practitioner, from Beltone Hearing will be in our Conference Room to perform otoscopy, hearing screening, cleaning of hearing aids, and replace hearing aid batteries. All services are provided free as a part of Beltone's long standing commitment to Helping the World Hear Better since 1940.

## **THURSDAYS AT THE DIA MUSEUM**

All are welcome to join us on August 2nd for a Tour: Highlights of the Permanent Collection and on August 16th for Art Making: Tic-Tac-Toe & other games. The bus departs from the Center at 12:00 noon and returns at 3:30 p.m. If you are interested in participating in this free program, please contact the Senior Office. Space is limited, so sign up early.

## **ROSEVILLE PUBLIC LIBRARY ARCHIVES ROAD SHOW**

**Tuesday, August 7th at 12:30 p.m.**

Archivist and Librarian John Bunkley and Autumn Van Damme will bring, display, and explain some treasures from the Library archives. They will show and tell some of the more interesting items in the collection from photographs of old Roseville to Roseville Creamery bottles, and Mr. App's hat! For those of you who have resided in this community for many years it will be an opportunity to reminisce about days gone by. If you plan to attend, please sign up at the Senior Office.

## **WII—LEAGUE BOWLING**

There will be an organizational meeting held on Friday, September 14th 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 17th through the week of December 3rd, 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.

## **SOMETHING NEW TO DO!**

For the next couple of months, we are going to offer coloring in the Drop-In Room each and every day. We now have a large coloring poster which says "Welcome to the Senior Center" available with colored pencils for those who want to relax, color, and chat. All you need to bring is your imagination to participate in this fun and artful therapeutic escape. Once this poster is complete, we will hang it in our lobby display case.

## **BINGO BONANZA PARTY**

**Date:** Tuesday, October 16, 2018      **Time:** 11:30 a.m.—2:30 p.m.

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

Calling all "BINGO" Lovers...this party is just for you! All are welcome to join us for this fun and simple game that can be enjoyed by all. Ticket price includes a catered lunch with dessert and beverages, a variety of bingo games with lots of prizes, door prizes, and a 50/50 raffle. So polish off your good luck charms and sign up for this unique event. Tickets are on sale now and can be purchased at the Senior Office thru Friday, October 12th or until filled.

Transportation to this event will be provided by S.M.A.R.T.

Call the Senior Office to schedule a ride.

## **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, July 9th we will have “Beach Blanket” Bingo and on Monday, August 13th we will have “Luau Party” 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—OPEN BOWLING**

All are welcome to join us for a “Wii” bit of fun! We will be offering open bowling in the Game Room on Tuesdays from 11:00 a.m.—2:00 p.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 will begin in September.

### **RED HAT NEWS**

All Red Hat “Chili Peppers” are invited to join us for a down home country breakfast at the Cracker Barrel Restaurant in Roseville (30750 Little Mack Avenue). The Cracker Barrel restaurant has been serving good country cooking and offering unique gifts in their retail stores since 1969. On Thursday, July 26th, we plan to meet at 9:00 a.m. for breakfast (on your own) followed by free time to shop for fun food items and treasures. Please contact the Senior Office if you plan to attend by Monday, July 23rd.

### **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 12th.*

# **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.

*Please note: There will be no Shape-Up on Monday, July 2nd.*

## **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 Line Dance on Tuesday, July 3rd.*

## **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 \$6.00 per class.

Why not give it a try? Your first class is FREE!

## **DROP-IN CHAIR YOGA CLASS**

There will be no Chair Yoga classes during the months of July and August. On Friday, September 7th classes will begin on a drop-in basis. Michele, our instructor, will teach in the Multi-Purpose Room from 12:30 p.m.—1:30 p.m. The drop-in fees are as follows: Authority Members—\$4.00 and Non-Members—\$5.00. 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. (no weekends July-August). The fee for Roseville and Eastpointe residents 55 years or older is \$30.00 per year, \$50.00 for residents 14—54 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. 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**

## **QUILT GARDENS (AMISH COUNTRY)**

**Date: Tuesday, July 24, 2018**

**Authority Member: \$87.00      Non-Member: \$92.00**

**Departs: 6:45 a.m.      Returns: 9:30 p.m.**

Trip includes: luxury motorcoach transportation, a stop at the Barn Door Quilt Garden, a stop at Das Dutchmen Essenhaus where you will enjoy a Thrasher Family Style Lunch and view a quilt garden and mural, free time at Krider "World's Fair" Garden, and time for shopping at Shipshewana Flea Market which is the Midwest's largest flea market with nearly 900 booths, so be prepared for walking. 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.

## **JACKSON, MICHIGAN—HISTORIC PRISON TOUR**

**Date: Tuesday, October 9, 2018**

**Authority Member: \$95.00      Non-Member: \$98.00**

**Departs: 8:30 a.m.      Returns: 5:15 p.m.**

This interesting and unique fall getaway includes: luxury motorcoach transportation, a visit to Armory Arts Village which was formally the "Old Prison" that has been transformed into a resident artists' community, lunch at Steve's Ranch, and a stop at the Cell Block 7 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.

## **FIREKEEPERS CASINO**

**Date: Thursday, November 1, 2018**

**Authority Member: \$39.00      Non-Member: \$44.00**

**Departs: 8:30 a.m.      Returns: 6:30 p.m.**

This trip includes: luxury motor coach transportation, free time at the casino where playing with fire is about to get way more fun! This exciting gambling trip takes you to Battle Creek's gaming hotspot. Firekeepers 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. 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.

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**A Family Field Trip presented by the Recreational Authority**

## **TOLEDO MUD HENS**

**Date: Saturday, August 18, 2018**

**Authority Member: \$25.00      Non-Member: \$30.00**

**Departs: 4:30 p.m.      Returns: Conclusion of the Game**

Join us for a great night at the ballpark with the Detroit Tigers Minor League affiliate—Toledo Mud Hens!! This event will feature lower level seating, \$5 Mud Hen bucks, and charter bus transportation. There are a few seats still available. Sign up now at the Main Office.

**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, July 26th 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.

## **BARGAIN HUNTERS PARADISE**

We are currently taking applications for our Bargain Hunters Paradise event which will take place right here in the Recreational Authority parking lot on Saturday, August 18th 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.

## **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

## **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**

“Sail the ocean even when others stay on the shore”.



# 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 MCCA 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 Wednesday, 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 20th thru Monday, September 3rd).*

**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 Recreational 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 Recreational 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:  
Recreational Authority Senior Center, 18185 Sycamore, Roseville, MI 48066

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### NEWSLETTER SUBSCRIPTION

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