



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



SENIOR ACTIVITIES NEWSLETTER

MAY-JUNE 2018

Mary L. Grant, Senior Director

Kim Steele, Office Support

Michelle Kauffold, Program Aide

HOORAY FOR THE USA PARTY

Date: Friday, June 29, 2018 **Time:** 11:30 a.m.—2:30 p.m.

Cost: \$12.00 per person—Authority Member

\$14.00 per person—Non-Member

All are welcome to join us as we honor our nation’s independence. This patriotic themed party will include a picnic style lunch, sing-a-long, and party games. All are encouraged to wear red, white, and blue! Tickets are on sale now and can be purchased at the Senior Office thru Friday, June 22nd or until filled. Transportation to this event will be provided by S.M.A.R.T.

Call the Senior Office to schedule a ride.

THANK YOU PARTY SPONSORS

We would like to thank Susan Parrish from FirstLight Home Care and Sally Dzick from Health Source Home Care, Inc. for donating door prizes for our Spring is in the Air Party. We greatly appreciate the support of local businesses.

A SPECIAL TAX ASSISTANCE THANK YOU

We would like to extend our sincere appreciation to the following volunteers who assisted over 350 individuals prepare their taxes this year: Barb, Bea, Charlotte, Don, Jan, Jay, Jo, John, Kathy, Linda, Mark, Micki, and Rose Ann. It is absolutely wonderful that these A.A.R.P. volunteers take time out from their busy schedules to help senior citizens in need.

They are truly a special group of people!

SPRING PLANT EXCHANGE & SALE

We welcome everyone to participate in our Spring Plant Exchange & Sale. This activity will be held on Monday, May 21st from 9:00 a.m.—1:00 p.m. here at the Senior Center. We encourage all participants to bring in plants for the sale. Please label your plants with as much information as possible. When getting them ready, it is less traumatic for the plants if you dig and pot them up a day or two before the exchange. 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.***

You can bring them to the Senior Office.

“DIRT” PUDDING CUPS

In conjunction with the Spring Plant Exchange & Sale, we will be selling “Dirt” Pudding Cups in the lobby on Monday, May 21st from 11:00 a.m.—12:30 p.m. The cost is \$1.00 per cup and proceeds benefit the coffee fund. Join us for this special themed treat.

MARK YOUR CALENDAR

FOOT DOCTOR

Dr. Farrar is scheduled for Friday, May 4th from 9:30 a.m.—11:00 a.m. Dr. Murphy is scheduled to be here on Wednesday, May 30th 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.*

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 in May on Thursday the 10th and Thursday the 24th from 1:00 p.m. to 3:00 p.m. She will not be here in June or through the remainder of the summer. Please sign up at the Senior Office.

THURSDAYS AT THE DIA MUSEUM

All are welcome to join us on May 17th for Art Making—Origami Star Books and on May 24th for Film—Casablanca. 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.

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, May 18th 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. *Please note: This will be our last Gourmet Guild until fall classes begin.*

BLOOD PRESSURE TESTING

On Monday, May 21st and Monday, June 25th 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, May 21st and Monday, June 25th 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, May 30th and Wednesday, June 27th 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.

NATIONAL 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 Friday, June 1st from 9:30 a.m.—11:00 a.m. as we celebrate National Doughnut Day! 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.

FLORAL DESIGN CLASS

Have you ever wanted to learn how to make a beautiful flower arrangement? If so, please join us for this fun and unique opportunity. On Thursday, June 21st at 1:00 p.m. a skilled floral designer from Viviano Flower Shop will be here at our Center, teaching us how to make their "Simplicity" vase arrangement. You will be using daisy pompoms with bupleurum and adding multi-bloom spray roses to create your very own designer floral piece for your home. The cost is \$35.00 per person and all supplies are included. If you would like to join us, please call the Senior Center office to make your reservation. Space is limited to sign up early!

THANK YOU SENIOR VOLUNTEERS

We were able to assist the Gleaners Community Food Bank by folding 10,000 plastic grocery bags and attaching postcards to them for the National Association of Letter Carriers' Stamp Out Hunger Campaign. With your support, we helped in the fight against hunger in Southeast Michigan.

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. Large coloring posters along with pencils and markers will be set-up 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 the posters are completed, we will display them for all to see.

SENIOR FUN FEST

Proudly hosted by: Macomb Community Action

The Macomb County Office of Senior Services will be presenting their Annual Senior Fun Fest on Tuesday, June 12th from 9:00 a.m.—12:00 p.m. at Jimmy John's Field in Utica (7171 Auburn Road). This "free" fun-filled day will include community resources, health screenings, wellness activities, live entertainment, bingo, and more. Since this is being held at a new location, there will also be tickets available for the 1:00 p.m. baseball game. We will be offering van transportation to this event from our Center. One van will be available for just the festival and the other will stay until after the game. 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

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, May 14th we will have "Lottery Ticket" Bingo and on Monday, June 11th we will have "Pineapple 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—LEAGUE BOWLING

Our current session of bowling has come to an end and soon it will be time to celebrate! We will be hosting the season ending Bowling Banquet at the Center on Thursday, May 24th at 11:30 a.m. The event will include a pizza party lunch and dessert.

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 a Tea Party! The event will be held at the Center on Thursday, May 3rd at 11:30 a.m. Also, mark your calendar for an outing on Thursday, June 14th. Details will be in your 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!

CHAIR YOGA CLASS

Chair Yoga classes are available on Fridays with our instructor Michele. The next mini session begins on Friday, May 4th and runs through Friday, May 25th. There will also be a mini session beginning on Friday, June 1st and ending on Friday, June 22nd. 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

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.

A DAY AT OUR CAPITOL

Date: Wednesday, June 20, 2018

Authority Member: \$71.00 Non-Member: \$76.00

Departs: 7:00 a.m. Returns: 7:00 p.m.

Trip includes luxury motorcoach transportation, a stop at the Michigan Historical Museum, lunch at the Spartan Hall of Fame Café, a guided tour of the City of Lansing and Michigan State University Campus (on the bus with a step on guide), and a tour of the Capitol Building.

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.

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.

ARK ENCOUNTER

Date: September 27-28, 2018 (Thursday-Friday)

Authority Member: \$294.00 per person/double occupancy

Non-Member: \$299.00 per person/double occupancy

Departs: TBD Returns: TBD

This trip is sold out.

If you would like to be placed on a wait list, please contact the Senior Office.

Detailed flyers on all our trips are available at the Senior Office.

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, May 17th and Thursday, June 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.

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, May 24th and Thursday, June 28th 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 Recreation 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

WORDS TO LIVE BY



“You only live once, but if you do it right, once is enough.”

Mae West



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, May 28th in observance of Memorial 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 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

NEWSLETTER SUBSCRIPTION

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