



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

## SEPTEMBER-OCTOBER 2017

Mary L. Grant, Senior Director

Kim Steele, Office Support

Michelle Kauffold, Program Aide

### HALLOWEEN PARTY

**Date:** Tuesday, October 31, 2017

**Time:** 11:30 a.m.—2:30 p.m.

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

We're having a party, you're in for a scare, it's a Halloween bash, so dress up if you dare! All are welcome to join us for a "ghoulish" Halloween get-together, where you can eat, drink, and be SCARY! Ticket price includes croissant sandwiches, chicken noodle soup, dessert and beverages, music for dancing, games with prizes, door prizes, and a 50/50 raffle. Costumes or Halloween attire are encouraged. Space is limited, so sign up early. Tickets can be purchased thru Monday, October 23rd 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.

### A SPECIAL THANK-YOU

We would like to take this opportunity to thank American House East II Senior Living for providing us with the delicious dessert for our Happy Everything Party. American House East II is located at 18760 13 Mile Road in Roseville. They offer pet-friendly studio, one and two bedroom apartments for rent. It is a perfect place for active seniors and those who need extra levels of care. If you have any questions about what they have to offer or would like to schedule a tour, please contact them at 586-778-5070.



### ANNUAL SENIOR CENTER HOLIDAY PARTY

**Date:** Friday, December 15, 2017

**Time:** 11:00 a.m.—3:00 p.m.

**Cost:** \$22.00 Authority Member  
 \$25.00 Non-Member

**Location:** Eastpointe Manor (24611 Gratiot Avenue)



*Jingle Bells, Jingle Bells, Jingle All the Way!*

All are welcome to join us for a celebration of Christmas Cheer. This festive holiday event will include a fabulous meal with dessert, entertainment, Christmas Jingo, a photo with Santa, spectacular door prizes, and a 50/50 raffle. Tickets can be purchased thru Friday, December 1st or until filled. Space is limited so sign up early! 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**

## **FOOT DOCTOR**

Dr. Farrar is scheduled to be here on Friday, September 8th from 9:30 a.m.—11:00 a.m. Dr. Murphy is scheduled for Wednesday, October 25th 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.*

## **FORTUNE COOKIE DAY**

**Date: Wednesday, September 13th**      **Time: 9:00 a.m.—11:00 a.m.**

Add a little fun and excitement to your life by celebrating Fortune Cookie Day. These engaging biscuits always have a suitably general clairvoyant message inside which normally promises good health, luck, or fortune to the recipient. It's always nice to get an assurance of pleasant things to come, so a Fortune Cookie or two is just the thing to provide an intriguing and delightful break in the day. We will be selling a Chinese take out container with Fortune Cookies inside in the lobby for a \$1.00 each from 9:00 a.m.—11:00 a.m. All proceeds from the sale will benefit the Senior Center coffee fund.

## **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 September on Thursday the 14th and 28th and in October on Thursday the 12th and 26th. Please sign up at the Senior Office.

## **FALL PLANT & PRODUCE EXCHANGE/SALE**

We welcome everyone to participate in our Fall Plant & Produce Exchange scheduled for Monday, September 18th from 9:00 a.m.—1:00 p.m. here at the Recreational Authority Senior Center. We encourage all participants to bring plants and produce so that there is a wide variety to choose from. Please label your plants with as much information as possible. 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. Just bring them to the Senior Office.*

## **PACE SOUTHEAST MICHIGAN COOKIE SOCIAL AND DISCUSSION**

Please join us on Thursday, September 21st at 10:30 a.m. for a cookie social and discussion sponsored by PACE (Program of All Inclusive Care for the Elderly). PACE provides services, assistance, and support to help eligible individuals age in place. They provide Clinical and Medical Care, Day Center with activities and meals, Physical and Occupational Therapy, Transportation to medical appointments, Dental, Vision, Hearing, Podiatry, and more!

## **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, September 25th and Monday, October 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, September 27th and Wednesday, October 25th from 9:00 am—Noon with information on all MCHD programs, as well as many other resources that are available to Macomb County Residents.

## **BLOOD PRESSURE TESTING**

On Monday, September 25th and Monday, October 23rd 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. Join us in the Conference Room for this FREE service.

## **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, September 29th and Friday, October 27th 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 a must and is taken at the Senior Office.

## **WHO SHOULD YOU TRUST?**

### **Avoid Estate Planning Mistakes Seminar**

**Wednesday, October 11th at 12:30 p.m.**

This "FREE" seminar will include a short informative presentation by Michigan licensed lawyers, a dynamic question and answer period, and you will receive a specially designed folder containing essential estate planning information. The seminar is sponsored by the State Bar of Michigan. If you plan to attend, please sign up at the Senior Office.

Space is limited so sign up early.

## **CHOCOLATE CUPCAKE DAY**

**Date: Wednesday, October 18th**

**Time: 10:00 a.m.—Noon**

Please join us on National Chocolate Cupcake Day and indulge yourself in the most delicious of cupcakes. It should hardly require any encouragement to have you devour up all the delicious chocolate cupcakes you can find, including those available for sale here at the Center. We will be selling these scrumptious treats in the lobby for a \$1.00 each from 10:00 a.m.—Noon. All proceeds from the sale will benefit the Senior Center coffee fund.

# **JUST FOR FUN**

## **FALL FUN BINGO**

Calling all Bingo lovers! All are welcome to join us the second Monday of every month at 1:00 p.m. Each month's prizes will be centered around a specific theme. There is a \$1.00 charge for this activity. So, mark your calendar for "Be My Honey Bingo" on Monday, September 11th and "All About Fall" on Monday, October 9th.

## **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—LEAGUE BOWLING**

There will be an organizational meeting held on Friday, September 8th 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 18th through the week of December 4th, 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.

## **RED HAT NEWS**

All Red Hat "Chili Peppers" are invited to an indoor picnic here at the Center on Thursday, September 28th at Noon. In October we will be meeting at a local restaurant on Thursday, October 26th at 11:30 a.m. Complete details will be in your Red Hat Newsletters.

## **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.



**WORDS TO LIVE BY**  
Dare to be different!



# **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! *Please note: There will be no class on Tuesday, October 31st due to the Halloween Party.*

## **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! *Please note: There will be no class on Tuesday, October 31st due to the Halloween Party.*

## **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 session begins on Friday, September 8th and runs through Friday, November 3rd. 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, October 13th.*

## **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. 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.

## **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. *Please note: There will be no walking on Wednesday, October 11th and Tuesday, October 31st.*

# **TRAVEL OPPORTUNITIES**

## **TRAVERSE CITY WINE & DINE**

**Date: October 9-11, 2017 (Monday—Wednesday)**

**Authority Member: \$574.00      Non-Member: \$579.00**

This perfect fall getaway includes deluxe motor coach transportation, 2 nights at Grand Beach Resort, Chateau Chantal, a guided tour of the Village at Grand Traverse Commons, Milk & Honey, Old Mission Peninsula Scenic Drive, Bowers Harbor Vineyards, Boathouse on the West Bay, Chateau de Leelanau, includes 2 continental breakfasts and 2 dinners.

You may register for this trip at anytime.

## **HARVEST ADVENTURE**

**Date: Tuesday, October 10, 2017**

**Authority Member: \$69.00      Non-Member: \$74.00**

**Departs: 7:45 a.m.      Returns: 6:00 p.m.**

All are welcome to join us on this fall adventure. The trip includes a visit to the For-Mar Nature Preserve and Arboretum in Burton, MI, lunch at the White Horse Inn, and a stop at Past Tense Cider Mill with a wagon ride and treat for all. 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 2, 2017**

**Authority Member: \$38.00      Non-Member: \$43.00**

**Departs: 8:45 a.m.      Returns: 6:15 p.m.**

This exciting gambling trip takes you to Battle Creek's gaming hotspot. 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.

## **COUNTRY CHRISTMAS**

**Date: December 6-7, 2017 (Wednesday-Thursday)**

**Authority Member: \$264.00      Non-Member: \$269.00**

This exciting holiday trip includes: 1 night lodging at the Comfort Suites in Mason, OH, a tour of Big Tree Plantation, dinner at Golden Lamb, The Gift of Lights (walk thru Christmas light park) at The Christmas Ranch, a continental breakfast, a stop at Kings Mills General Store and Christmas Shop, lunch, and a performance of "A Christmas Carol" at the La Comedia Dinner Theater. You may register for this trip at anytime.

## **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.

# **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, September 21st and Thursday, October 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.

## **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, September 28th and Thursday, October 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.

## **COFFEE & COOKIE DONATIONS**

Here at the Senior Center we have coffee, tea, and cookies available in our gathering 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. Any and all donations are greatly appreciated. We are also grateful to those individuals who bring in packages of cookies and containers of coffee for us to use. A very special thank-you to Jim Bassett, Mary DeKane, Yula Dortman, and Roman Hammes.

## **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.

## **FIRSTLIGHT HOMECARE**

On Monday, October 2nd, from 10:00-11:00 a.m., Susan Parish (Community Liaison) from FirstLight HomeCare is scheduled to be in our lobby to answer any questions you may have about their company. FirstLight HomeCare provides quality, affordable, non-medical in-home care for seniors and those recovering from surgery. They vow to provide first-class personal service for their clients so that they may enjoy warmth, independence, and relaxed comfort in their own home or any setting. Complimentary donuts will be served during this time, while supplies last.

## **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.

*Please note: There will be no meals served on Monday, October 9th.*

**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 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**

Name: \_\_\_\_\_

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