



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

MARCH-APRIL 2018

Mary L. Grant, Senior Director

Kim Steele, Office Support

Michelle Kauffold, Program Aide

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 (Chicken, Roast Beef, Mashed Potatoes, Vegetable, Salad, Jello, Bread, Dessert, and Beverages), entertainment, and spring themed games with prizes. Tickets are on sale now and can be purchased at the Senior Office thru April 10th or until filled. Transportation to this event will be provided by S.M.A.R.T. Call the Senior Office to schedule a ride.

AARP TAX-AIDE ASSISTANCE

The A.A.R.P./I.R.S. Tax Assistance Program, which takes place here at our Center, is running smoothly. The program is held on Tuesdays and runs through April 10th.

We are sorry, but all of our appointments for this tax season are filled.

SENIOR VOLUNTEERS NEEDED

We are looking for about 15 awesome Seniors to help us with a project. On Friday, March 16th from 9:00 a.m.—11:00 a.m., we will be folding plastic grocery bags which will be used for the National Association of Letter Carriers' Stamp Out Hunger Campaign. This is the largest food drive of the year for the Gleaners Community Food Bank. With your support, we can help the fight against hunger in Southeast Michigan. So if you'd like to participate in the bag-folding project, please contact the Senior Office.

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.

MARK YOUR CALENDAR

ASK THE “COMPUTER TUTOR” SCHEDULE

The following computer tutor classes/sessions are available: Thursday, March 8th—“How to Use Copy & Paste” class, Thursday, March 22nd—One-on-One session, Thursday, April 12th— “How to Search the Internet” class, and Thursday, April 26th—One-on-One session.

All classes/sessions are from 1:00 p.m.—3:00 p.m. Please sign up at the Senior Office.

Register early—classes are limited to five students.

FOOT DOCTOR

Dr. Farrar is scheduled for Friday, March 9th from 9:30 a.m.—11:00 a.m. Dr. Murphy is scheduled to be here on Wednesday, March 14th 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.*

PACKAGE TESTING

Great Lakes Marketing Research will be in the lobby on Wednesday, March 14th 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.

It only takes a few minutes!

NATIONAL POTATO CHIP DAY

In honor of National Potato Day we will be selling a bag of Michigan's own Better Made chips and a glass of pop in the lobby on Wednesday, March 14th from 12:00 p.m.– 1:00 p.m.

The cost is just a \$1.00, so why not stop by and enjoy America's number one snack food.

THURSDAYS AT THE DIA MUSEUM

All are welcome to join us on March 15th for Art Making—Pamphlet Stitch Notebooks. 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, March 23rd and Friday, April 20th 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.

BLOOD PRESSURE TESTING

On Monday, March 26th and Monday, April 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.

COLORING FOR ADULTS

All are welcome to join us on Monday, March 26th and Monday, April 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.

AUTHORITY BOARD MEMBER/CITY COUNCIL MEMBER CHARLES FRONTERA

Charles Frontera, Recreational Authority Liaison/Roseville City Council Member, will be in our lobby on Monday, March 26th at 9:30 a.m. to meet with residents who have questions or concerns about the Recreational Authority and the City of Roseville. Please stop by and say hello to Charles when he is here.

MACOMB COUNTY HEALTH DEPARTMENT OUTREACH

Susan Cusmano, a social worker with the MCHD, will be here on Wednesday, March 28th and Wednesday, April 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.

COFFEE HOUR WITH SENATOR STEVE BIEDA

Senator Steve Bieda will be here on Monday, April 16th at 1:00 p.m. to meet with residents for coffee and conversation regarding state and local issues. This is an excellent and convenient opportunity to meet and sit down with him to discuss issues and concerns.

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, April 23rd 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.

QUILT SHOW INFORMATION

The Macomb County Guild presents "Quilts from the Heart Quilt Show" here at the Recreational Authority on Friday, April 27th from 10:00 a.m.—6:00 p.m. and on Saturday, April 28th from 10:00 a.m.—5:00 p.m. Admission tickets may be purchased at the door.

COUNTY COMMISSIONER KATHY TOCCO

Kathy Tocco, Macomb County Commissioner, will be in our lobby on Monday, April 30th 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.

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, March 12th we will have "In a Jiffy" Bingo and on Monday, April 9th we will have "Spring Cleaning" 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 Winter/Spring Session of bowling is off to a great start with 9 teams in the league. All are welcome to stop by the Game Room and watch our bowlers in action. We will be closed on Good Friday, so if your team bowls on Friday, March 30th, please contact the Senior Office to schedule a make-up day. *Please note: Open bowling will begin after the current session has ended. Look for details in our May Newsletter.*

RED HAT NEWS

All Red Hat Chili Peppers are invited to join us for our next meeting which will take place on Thursday, March 22nd at 1:00 p.m. here at the Center. A floral design specialist from Viviano Flower Shop will be here to teach us how to make a fresh flower arrangement in a tea cup. Details and pricing will be available in the March Red Hat Newsletter. We will not be meeting in April, but mark your calendar for a Tea Party on Thursday, May 3rd.

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.

Please note: There will be no class on Monday, April 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. *Please note: There will be no class on Tuesday, April 17th.*

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 Pickleball on Tuesday, April 17th and Thursday, April 26th.

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!

Please note: There will be no class on Thursday, April 26th.

CHAIR YOGA CLASS

Chair Yoga classes are available on Fridays with our instructor Michele. The next mini session begins on Friday, March 23rd and runs through Friday, April 20th with no class held

on Good Friday, March 30th. 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. *Please note: There will be no walking*

available on Thursday, April 26th and Friday, April 27th due to the Quilt Show.

TRAVEL OPPORTUNITIES

FOUR WINDS CASINO RESORT—NEW DATE

Date: March 20-21, 2018 (Tuesday-Wednesday)

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.

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.

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, March 15th and Thursday, April 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, March 22nd and Thursday, April 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.

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

A sense of humor is good to have at any age!



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. ***Please note: On Friday, April 13th, this activity will be held in the Multi-Purpose Room and on Friday, April 27th this activity will be cancelled due to the Quilt Show.***

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 Friday, March 30th and Monday, April 2nd in observance of Good Friday and Easter. Also, there will be no meals served at our Senior Center on Thursday, April 26th and Friday, April 27th due to the Quilt Show.

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

Name: _____

Address: _____

City: _____ Zip: _____ Phone: _____