



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 2019

Mary L. Grant, Senior Director

Kim Steele, Office Support

Michelle Kauffold, Program Aide

HAWAIIAN LUAU PARTY

Date: Tuesday, June 11, 2019

Time: 11:30 a.m.—2:30 p.m.

Cost: \$14.00 per person—Authority Member
\$16.00 per person—Non-Member

Aloha! All are invited to don your tropical attire and join us for a festive summer luau. Ticket price includes a catered lunch (Hawaiian Chicken, Rice Pilaf, Pulled Pork Sliders, Tropical Salad, Jello, Dessert, and Beverages), Hawaiian entertainment, luau themed games with prizes, door prizes, and a 50/50 raffle. Tickets are now on sale and can be purchased at the Senior Office thru Friday, May 31st or until full. Transportation will be provided by S.M.A.R.T. Call the Senior Office to schedule a ride.

THANK YOU PARTY SPONSOR

We would like to thank Nicole Proctor from American House East II for donating door prizes for our Happy Birthday Bash 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 300 individuals prepare their taxes this year: Barbara, Bea, Jo, Julien, Kathleen, Linda, Lou Anne, Mark, Micki, and Paul. 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 Wednesday, May 29th from 9:00 a.m.—12:00 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. 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 would like to donate extra flower pots (quart size or larger) for the exchange, you may bring them to the Senior Office.*

MARK YOUR CALENDAR

SEMINAR: RECYCLING IS IMPORTANT

Recycling is one of the best ways for you to have a positive impact on the world in which we live. Recycling is important to both the natural environment and us. We must act fast as the amount of waste we create is increasing all the time. Join us in the Activity Center on Monday, May 6th at 1:00 p.m. to learn more about how easy it is to recycle as well as what items can or cannot be recycled. Victoria from Green for Life will be on hand to teach us the basics and answer any questions you may have. This is a “free” program and refreshments will be served. If you plan to attend, contact the Senior Office.

COOKING MATTERS WORKSHOP

Date: Fridays, May 17th—June 21st

Time: 9:30 a.m.—11:30 a.m.

Location: Multi-Purpose Room

Cooking Matters is a workshop sponsored by Beaumont Community Health. These fun and interactive sessions are presented by trained culinary and nutrition instructors and include hands on presentations on the link between nutrition and health, the affordability of healthy eating, being self-sufficient in the kitchen and general nutritional principles. Topics include: cooking tips, food safety at home, quick and affordable recipes, shopping smart, planning balanced meals and healthy snacks. Beaumont is proud to offer Cooking Matters workshops free of charge with groceries and cookbooks included. To register for the six week session, please sign up at the Senior Office. Space is limited to 20 participants, so sign up early!

FOOT DOCTOR

Dr. Farrar is scheduled for Friday, May 10th from 9:30 a.m.—11:00 a.m. Dr. Murphy is scheduled to be here on Thursday, May 23rd 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-A-LAWYER

Alyia M. Hakim, an attorney with Hakim & Hakim, PLLC, kindly offers free 20 minute legal consultations to our seniors on the third Thursday of each 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, May 16th and Thursday, June 20th 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.

COLORING FOR ADULTS

All are welcome to join us on Monday, May 20th and Monday, June 24th at 1:00 p.m. for a little color therapy. The cost for this activity is \$1.00 per person and includes supplies for coloring and a treat. Please register in advance at the Senior Office.

We also offer coloring in the Drop-In Room each and every day. Extra coloring pages 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 escape.

BELTONE HEARING SCREENING

On Wednesday, May 22nd from 11:00 a.m.—1:00 p.m., Ginny Renas, 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.

L.B. WILLIAMS "GOURMET GUILD"

The L. B. Williams Room is a student operated restaurant located in the Roseville Middle School. Students in the program learn about nutrition, cooking techniques, seasonings and flavorings, and food service career opportunities. Our seniors will meet for lunch at the restaurant on Friday, May 24th at Noon. The cost for a complete meal is \$6.00 per person which includes gratuity. The outing provides the students with a taste of what a career in cooking is all about and we enjoy a wonderful lunch at a reasonable price. Registration is a must and is taken at the Senior Office. *Please note: This will be our last Gourmet Guild until fall classes begin.*

MACOMB COUNTY HEALTH DEPARTMENT OUTREACH

Susan Cusmano, a social worker with the MCHD, will be here on Wednesday, May 29th and Wednesday, June 26th 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.

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 30th and Thursday, June 27th 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.

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, June 3rd 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.

SENIOR FUN FEST

Macomb Community Action will be presenting the 30th Annual Senior Fun Fest on Wednesday, June 26th from 9:00 a.m.—12:00 p.m. at The Lorenzo Cultural Center at Macomb Community College (44575 Garfield Road, Clinton Township). This "free" fun-filled event will include community resources, wellness activities, health screenings, special products and services, entertainment, bingo, and more. We will be offering van transportation to this event from our Center. 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 13th we will have Made in Michigan Bingo and on Monday, June 10th we will have You're One in a Melon Bingo.

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 Friday, May 10th at 11:30 a.m. The event will include a pizza party lunch and dessert.

BLAST FROM THE PAST—"POP UP PARTY"

"Movie Memories"

Everyone, young and old, loves to reminisce about the movies. Whether you just came home from seeing a movie or you saw it 20 years ago, some movies we hold close to our hearts. On Thursday, June 6th at Noon, we are going to show the movie "Somewhere in Time" (a film about a Chicago playwright who uses self-hypnosis to travel back in time to meet a famous stage actress from the 1900's). After the movie there will be an open discussion on movies, characters, theatres, etc. The cost to attend this event is \$1.00 per person and includes popcorn and pop for the show. If you plan to attend, please register at the Senior Office.

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.

Please note: There will be no Rummy on Tuesday, June 11th.

SIT 'N KNIT/CROCHET

What's the reward in joining a knitting or crochet group? Knitters and crocheters love the relaxing time and stories they share while together. The yarn strand that brings them together, allows them to knit through life's ups and downs. If you enjoy either of these crafts, 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.

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 Shape-Up on Monday, May 20th.

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, June 11th.

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: On Thursday, June 6th, Pickleball will be played from 2:00 p.m.—4:00 p.m.

Also, there will be no Pickleball on Tuesday, June 11th.

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!

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—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. 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 whether leisurely strolling or walking at a heart-pumping accelerated pace, is good for your body and emotions.

BLOOD PRESSURE TESTING

On Monday, June 24th from 12:00 p.m.—1:00 p.m., eldercare specialist Sally from Health Source Home Care, Inc. and our nurse, Luz, will be here to offer blood pressure testing.

Join us in the Conference Room for this FREE service.

TRAVEL OPPORTUNITIES

FRANKENMUTH

Date: Thursday, May 30, 2019

Authority Member: \$62.00 Non-Member: \$67.00

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

All are invited to join us for this classic trip to Frankenmuth. The trip includes luxury motor coach transportation, lunch at Bavarian Inn, free time to stroll the shops on Main Street, and a stop at Bronners Christmas Store. 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.

GREEKTOWN CASINO

Date: Thursday, July 11, 2019

Authority Member: \$22.00 Non-Member: \$27.00

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

This exciting gambling trip includes luxury motor coach transportation along with free time at Greektown Casino. Everyone will receive \$15.00 coin play and a \$5.00 food voucher. 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.

SHIPSHEWANA, INDIANA

Date: Tuesday-Wednesday, July 30-31, 2019

Authority Member: \$284.00 per person/double occupancy

Non-Member: \$294.00 per person/double occupancy

This fun overnight adventure includes: 1 night stay at Farmstead Inn in Shipshewana, IN, 3 meals (1 continental breakfast, 1 lunch, and 1 dinner), featuring stops at: Linton's Enchanted Gardens, Dutch Country Market, Spring Valley Woodcraft—Amish Casket & Coffin Maker, Deutsch Kase Haus, Blue Gate Restaurant and Bakery, Rise 'n Roll Bakery, Shipshewana Flea Market, The Carriage House, and shopping in Downtown Shipshewana. To hold your reservation, a deposit of \$20.00 per person is required.

SUMMER IN THE CITY

Date: Tuesday, August 6, 2019

Authority Member: \$47.00 Non-Member: \$52.00

Departs: 9:15 a.m. Returns: 3:30 p.m.

All are welcome to join us for this unique twist on a tour of Detroit. Your trip will include: luxury motor coach transportation, a guided tour of the Boston Edison Historic District, lunch at Andiamo Riverfront (located in the GM Renaissance Center), free time at Detroit's River Walk, and a shopping stop at Leon & Lulu. 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.

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

FOR YOUR INFORMATION

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.

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 17th 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 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 HOUR WITH STATE SENATOR PAUL WOJNO

All are invited to join us here at the Senior Center for a Coffee Hour with our State Senator Paul Wojno. Senator Wojno is a Democrat representing the 9th District which covers Center Line, a portion of Clinton Township, Eastpointe, Fraser, Roseville, and Warren.

He's a lifelong resident of our great state.

The Senator will be here on Monday, May 13th from 12:30 p.m.—1:30 p.m. in the Activity Center. This is the perfect opportunity for constituents to meet with him and voice their opinions.

RED CROSS BLOOD DRIVE

The Recreational Authority will be hosting an American Red Cross blood drive on Wednesday, May 15th from 10:00 a.m.—4:00 p.m. in Rooms 1 and 2.

To schedule an appointment, log onto redcrossblood.org (sponsor code: raremi).

If you have any questions, call Beth at 313-550-3870 or Tony at 586-445-5480.



WORDS TO LIVE BY

Everyone has a happy ending. If you're not happy, it's not the end.



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 27th and Wednesday, June 26th.*

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

NEWSLETTER SUBSCRIPTION

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