

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

## NOVEMBER—DECEMBER 2018

Mary L. Grant, Senior Director

Kim Steele, Office Support

Michelle Kauffold, Program Aide

### ANNUAL SENIOR CENTER HOLIDAY PARTY

**Date:** Friday, December 14, 2018

**Time:** 11:00 a.m.—3:00 p.m.

**Cost:** \$22.00 per person—Authority Member

\$25.00 per person—Non-Member

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

### LIMITED NUMBER OF TICKETS STILL AVAILABLE

“I’m Dreaming of a White Christmas” will be the theme for our annual Holiday Party. All are welcome to join us for this winter wonderland extravaganza. The decorations, favors, and centerpieces will tie in with the “White Christmas” theme. 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 Monday, December 3rd 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.

**Senior Center Closure:** Since the Holiday Party is being held off-site, the Center will be closed on Friday, December 14th, this includes the Drop-In Room, Computer Room, and Game Room. The Fitness Room will be available for registered members.

### SENIOR MARKETPLACE

Please join us for a unique shopping event here at the Senior Center. On Friday, November 30th from 10:00 a.m.—1:00 p.m., our Small Gym will be transformed into a Senior Marketplace. The event will feature an array of handmade items, new and gently used holiday decorations, as well as specialty food and gift items. If you are a crafter and are interested in purchasing a table, space is available for \$5.00. Please register at the Senior Center office. All proceeds benefit Senior Center programs.

### A SPECIAL THANK-YOU

We would like to take this opportunity to thank the following businesses for donating door prizes for our Bingo Bonanza Party. Marian Battersby from Home Instead Senior Care for the generous array of cookies, candy, and gift cards and SouthernCare Hospice Services for the Michigan Theme Basket.

### PLANT EXCHANGE THANK YOU

A very special thank you to Marilyn, Marge, Gail, Ilene, Jean, Carmen, and Virginia who helped organize and run the Fall Plant-Produce Sale & Exchange. These lovely ladies raised \$128.00 for the Senior Center coffee fund. We are grateful for their hard work and dedication.

# **MARK YOUR CALENDAR**

## **OPEN ENROLLMENT ASSISTANCE MEDICARE PARTS B/D**

### **Sponsored by: Macomb Community Action**

Medicare Part B and Part D plans change each year. Your current plan may not be the most effective. Meet with a trained counselor to review available options and help for all of your Medicare Open Enrollment needs. Counselors will be here at the Center on select Fridays in November—December (11/2, 11/16, 11/30, and 12/7). Please bring all current medication bottles and your Medicare card to your appointment.

Call 586-469-5228 to schedule an appointment.

## **FOOT DOCTOR**

Dr. Farrar is scheduled for Friday, November 16th from 9:30 a.m.—11:00 a.m. Dr. Murphy is scheduled to be here on (NEW DAY) Thursday, January 3rd 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.*

## **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, November 16th and Wednesday, December 12th at 11:30 a.m. 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.

## **BLOOD PRESSURE TESTING**

On Monday, November 26th 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.

## **COLORING FOR ADULTS**

Here are the top 7 benefits of coloring for adults:

- 1) Your brain experiences relief by entering a meditative state;
- 2) Stress and anxiety levels have the potential to be lowered;
- 3) Negative thoughts are expelled as you take in positivity;
- 4) Focusing on the present helps you achieve mindfulness;
- 5) Unplugging from technology promotes creation over consumption;
- 6) Coloring can be done by anyone, not just artists or creative types;
- and 7) It's a hobby that can be taken with you wherever you go.

All are welcome to join us on Monday, November 26th at 1:00 p.m. for a group coloring project. We will meet in the Activity Center and work on a holiday poster together. There will be Christmas music and cookies for those in attendance. The cost is \$1.00, please sign up at the Senior Office if you plan to attend.

## **MACOMB COUNTY HEALTH DEPARTMENT OUTREACH**

Susan Cusmano, a social worker with the MCHD, will be here on Wednesday, November 28th 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

### **VOLUNTEERS NEEDED FOR PACKAGE TESTING**

Great Lakes Marketing Research will be in the lobby on Monday, December 3rd 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!

### **COOKIES, COCOA, AND CAROLS**

**Date:** Wednesday, December 19, 2018

**Time:** 12:00 p.m.

Tis the season to be jolly... Why not join us for an hour filled with "jolly, holiday fun". We will meet in the lobby around the fireplace for a Christmas sing-a-long. Cookies and cocoa will be served in the Drop-In Room immediately following our caroling. There is no charge for this activity, but if you plan to attend, 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, January 24th and Thursday, February 28th from 9:00 a.m.—3:00 p.m. in the Conference Room. Please call the Senior Office if you would like to set up an appointment.

### **BELTONE HEARING SCREENING**

On Wednesday, January 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.

### **HAPPY BIRTHDAY BASH PARTY**

**Date:** Friday, March 29, 2019

**Time:** 11:30 a.m.—2:30 p.m.

**Cost:** \$12.00 per person—Authority Member

\$14.00 per person—Non-Member

We are inviting everyone to join us for this special event. It's time to celebrate birthdays and today we will celebrate everyone's! Ticket price includes a catered lunch, cake and ice cream, beverages, Birthday Jingo with prizes, a party favor, and a 50/50 raffle. Tickets are on sale now and can be purchased at the Senior Office thru Friday, March 15th or until filled. Transportation 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, November 12th we will have "Give Thanks" Bingo and on Monday, December 10th we will have "Happy Holidays" Bingo.

### **WII—LEAGUE BOWLING**

Our final week for bowling is December 3rd—7th. Please mark your calendar for the Bowling Banquet which is scheduled for Friday, January 18th here at the Senior Center at 11:30 a.m. All bowlers will be given a flyer with a registration form attached. Please return your form to by Friday, January 11th. The next session will begin the week of January 28th.

### **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**

Being part of a knitting/crocheting group is a great way to meet with like minded people. 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.

### **RED HAT NEWS**

All Red Hat Chili Peppers are invited to partake in our annual holiday luncheon. This festive event will take place at the L. B. Williams Room, which is located at the Roseville Middle School (16250 Martin Road & Barkman). We will meet at 1:00 p.m. on Thursday, December 6th for a lovely lunch served by the students along with festivities. The cost is \$10.00 per person. Look for details in your next 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. Our Stroke Club will be having their annual holiday luncheon here at the Senior Center on Thursday, December 13th at 12:30 p.m. Details will be available during our next regular meeting.

# **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 Wednesday, December 26th and Wednesday, January 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!

## **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!

## **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.

## **MEET THE TRAINER**

We are pleased to announce that we are partnering with Nancy Seguin, Fitness Coordinator/ Fitness Trainer to offer individual personal training sessions within the Fitness Center. She will be on-site for you to meet with her on Thursday, November 8th from 9:00—11:00 a.m. and Wednesday, November 14th from 5:30—7:30 p.m. Stop by and see what Nancy has to offer you! Should you have any questions or concerns, please contact the Main Office at 586-445-5480. ***Please note: Personal training services WILL BE AT YOUR OWN EXPENSE. This IS NOT a service that will be provided through your annual membership.***

## **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.

# **TRAVEL OPPORTUNITIES**

## **FIREKEEPERS CASINO—SOLD OUT**

**Date: Thursday, November 1, 2018**  
**Departs: 8:30 a.m. Returns: 6:30 p.m.**

## **MOTORCITY CASINO**

**Date: Thursday, January 31, 2019**  
**Authority Member: \$28.00 Non-Member: \$33.00**  
**Departs: 9:30 a.m. Returns: 3:30 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.

## **AN OVERNIGHT GAMBLING GETAWAY**

### **FEATURING: GUN LAKE CASINO AND FIREKEEPERS CASINO**

**Date: February 10-11, 2019 (Sunday-Monday)**  
**Authority Member: \$150.00/double occupancy**  
**Non-Member: \$155.00/double occupancy**

This fun overnight adventure includes: 1 night stay at the luxurious Firekeepers Casino Hotel where you will have lots of time at the casino to win big!! Everyone will receive \$40.00 in free play and \$10.00 to be used for food, beverages, or gift shop. There is also a stop at Gun Lake Casino, which is a fun new gathering place in Wayland, MI. There you will receive \$10.00 in slot play and a \$10.00 food voucher. You may register for this trip at anytime. A \$20.00 deposit will hold your reservation.

**Coming  
Soon**

## **THE HISTORIC WHITNEY**

**Date: Tuesday, March 12, 2019**  
**Authority Member: \$70.00 Non-Member: \$75.00**  
**Departs: 10:30 a.m. Returns: 5:00 p.m.**

**Coming  
Soon**

All are welcome to join us for this classy day out! Trip includes round trip transportation, lunch at Meriwethers, a champagne reception and guided stroll through the Whitney mansion, and a stop at Pewabic Pottery where you will have the opportunity to tour this Detroit based business which was founded in 1903. 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.

## **SEALED FOR FRESHNESS**

**PERFORMING AT THE THEATRE ON THE AVENUE IN WYANDOTTE, MI**

**Date: Thursday, April 11, 2019**  
**Authority Member: \$72.00 Non-Member: \$77.00**  
**Departs: 10:00 a.m. Returns: 5:00 p.m.**

Trip includes round trip transportation, lunch at Ford Yacht Club, and a ticket for the hilarious comedy "Sealed for Freshness". The play takes place at a neighborhood Tupperware Party set in 1968. 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**

## **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.

## **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.

## **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 East Detroit 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.

## **TREE LIGHTING CEREMONIES**

All are welcome to join us as at City Hall as we kick off the holiday season:

City of Eastpointe—Wednesday, December 5th at 7:00 p.m.

City of Roseville—Thursday, December 6th at 6:30 p.m.

Both events are free and include a visit with Santa, a sing-a-long, and refreshments. This is a perfect way to share a fun evening with family and friends in a festive environment.

## **WORDS TO LIVE BY**



Enjoy the little things in life, because one day you will look back, and realize they were the big things!



# 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 November 6th, 12th, 22nd, and 23rd. Also, no meals will be served on December 24th, 25th, 31st and January 1st.*

**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, water, 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

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

Address: \_\_\_\_\_

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