



RECREATIONAL AUTHORITY OF ROSEVILLE-EASTPOINTE

18185 SYCAMORE, ROSEVILLE, MI 48066 586-777-7177

OFFICE HOURS: 8:30 A.M.—4:00 P.M. - MONDAY—FRIDAY

[www.rare-mi.org](http://www.rare-mi.org)



# SENIOR ACTIVITIES NEWSLETTER

## SEPTEMBER—OCTOBER 2019

Mary L. Grant, Senior Director

Kim Steele, Office Support

Katie Birchall, Program Aide

### SENIOR RESOURCE FAIR

On Friday, September 20th, the Senior Center will be hosting a Senior Resource Fair in the Multi-Purpose Room from 10:00 a.m.—2:00 p.m.. There will be a variety of vendors including healthcare providers, local businesses, Macomb County Senior Services, and much more. We will also offer flu shots and blood pressure testing. There will be door prizes, refreshments, and giveaways. This event is sponsored by Aetna Better Health of Michigan, HomeInstead Senior Care, and Michigan Complete Health.

### HALLOWEEN PARTY

**Date:** Thursday, October 31, 2019

**Witching Hours:** 11:30 a.m.—2:30 p.m.

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

All are invited to join us for a “spooktacular” Halloween Party, where you will have the opportunity to eat, drink, and be scary!!! Ticket price includes a catered lunch (Chicken, Stuffed Cabbage, Mashed Potatoes, Green Bean Almondine, Tossed Salad, Rolls, and Jello) with dessert and beverages, a variety of Halloween themed games with lots of prizes, door prizes, and a 50/50 raffle. Costumes are encouraged. Space is limited, so sign up early. Tickets can be purchased thru Thursday, October 17th 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.

### ANNUAL SENIOR CENTER HOLIDAY PARTY

**Date:** Thursday, December 12, 2019      **Time:** 11:00 a.m.—3:00 p.m.

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

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

“Joy to the World” 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 all have a “Joyful” theme. This festive holiday event will include a fabulous meal, entertainment, Christmas Jingo, a photo with Santa, door prizes, and a 50/50 raffle. Tickets can be purchased through December 3rd 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.

**Please note:** Tickets for the Holiday Party go on sale for Authority Members on Monday, September 9th and on Tuesday, October 1st for Non-Members. We will have pre-seating for the event this year. You will be given your seat assignment at registration.

## **MARK YOUR CALENDAR**

### **BELTONE HEARING SCREENING**

On Wednesday, September 4th 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.

### **FOOT DOCTOR**

Dr. Farrar is scheduled for Friday, September 6th from 9:30 a.m.—11:00 a.m. Dr. Murphy is scheduled to be here on Thursday, October 17th 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.*

### **PLANT EXCHANGE AND SALE**

All are invited to participate in our upcoming Plant Exchange and Sale. This activity is scheduled for Wednesday, September 18th from 9:00 a.m.—12:00 p.m. here at the Senior Center. We encourage participants to bring plants and produce for the sale. **Plants will be exchanged based on size and value of items donated (\$10.00 limit on exchanges).** Garden themed items will also be available for purchase on the day of the event. This is a great way to meet new people and give back to the community! All proceeds benefit the Senior Center coffee fund. We accept donations of flower pots that are quart size or larger, please bring them to the Senior Office in advance so they can be disbursed prior to the event.

### **COLORING FOR ADULTS**

All are welcome to join us on Monday, September 23rd and Monday, October 28th at 1:00 p.m. for a little color therapy. The cost for this activity is Authority Members—\$1.00 and Non-Members—\$2.00 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.

### **WII—LEAGUE BOWLING**

If you are interested in bowling in the fall session, which runs from the week of September 23rd through the week of November 25th, please contact the Senior Office as soon as possible. You are welcome to come in as a team, or if you are on your own, we will try to find a team for you. The cost to bowl is \$10.00 for the season. These funds will offset the cost of the bowling banquet for all participants.

## **BLAST FROM THE PAST—"POP UP PARTY"**

### **"School Days Reminisce"**

Remember the first day of school, how you were both nervous and excited at the prospect of a new school year? Let's relive those fond memories and reminisce about school days. Please plan to join us on Thursday, September 26th at 11:30 a.m. for a back to school gathering. The cost to participate is \$5.00 per person and includes a bag lunch (peanut butter and jelly sandwich, chips, an apple, and a cookie), a fun simple project, maybe a game or two, and time to talk about our experiences as a student. Registration will be taken at 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. 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, September 27th and Friday, October 25th at 11:30 a.m. The cost for a complete meal is \$7.00 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.

### **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, September 30th from 9:00 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.

### **PACKAGE TESTING**

Great Lakes Marketing Research will be in the lobby on Monday, October 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. Those who participate will be compensated and the Senior Center will be supported as well. So, if you aren't busy, join us and earn some money for the Center. It only takes a few minutes!

### **MEDICARE ASSISTANCE DURING OPEN ENROLLMENT**

#### **Sponsored by: Michigan Medicare/Medicaid Assistance Program**

Medicare Open Enrollment is October 15—December 7, during this time you can review and change your Part D prescription drug plan or your Medicare Advantage plan. Michigan's Medicare Medicaid Assistance Program will be at the Center four times during this period so you can meet one-on-one with a counselor to review your coverage options: Fridays, Oct. 25, Nov. 8, Nov. 15, and Dec. 6. You must make an appointment for this FREE, unbiased service.

Call 800-803-7174 to reserve your time slot or if you have questions about the program.

### **MACOMB COUNTY HEALTH DEPARTMENT OUTREACH**

Susan Cusmano, a social worker with the MCHD, will be here on Wednesday, October 30th 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.

# **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 at 1:00 p.m. 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 Authority Members—\$1.00 and Non-Members—\$2.00 and the activity usually runs about an hour.

On Monday, September 9th we will have “All About Breakfast” Bingo and on Monday, October 14th we will have “Cider Mill Treats” Bingo.

## **“SKIES OF WINTER” PAINT PARTY**

**Sponsored by: On The Gogh Studio**

Join us on Thursday, November 21st at 1:00 p.m. for a fun-filled painting class, where you will follow step-by-step instructions given by a local artist to create a beautiful winter-themed canvas painting. You can see a sample of the painting on the class flyer or on the Senior News Bulletin Board. This class is fun and easy to follow along with, so it’s perfect for every skill level. Sign up today and let us help you find your inner ‘Gogh’! The cost is just \$15.00.

Space is limited, so sign up early!

## **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 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**

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.



## **WORDS TO LIVE BY**

“Every day is another chance to do something great”.



# **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, September 4th.*

## **LINE DANCE**

Put on your dancing shoes and join us on Tuesdays 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, September 3rd.*

## **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 Thursday, October 31st.*

## **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!

## **CHAIR YOGA—NEW PROGRAM**

For many people over fifty, yoga is an ideal form of gentle, low impact exercise. Chair yoga is a great way for older adults to get the wonderful health benefits of yoga, while seated in a

chair. Yoga is an excellent way to loosen and stretch painful muscles, reduce stress, and improve circulation. Our instructor, Kristin, will be offering a drop-in Chair Yoga class on

Fridays in October and November. The class will take place in the Multi-Purpose Room from 10:30 a.m.—11:30 a.m. The drop-in fee is \$2.00 for Authority Members and \$3.00 for

Non-Members. There will be a “free” demonstration on Friday, September 27th at 10:30 a.m. for those who would like to meet the instructor and learn more about this new class.

Please contact the Senior Office if you plan to attend the demonstration.

## **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.

You must bring your ID card with you each time you work out.

# **TRAVEL OPPORTUNITIES**

## **OLD ROAD DINNER TRAIN, BLISSFIELD, MI**

**Date: Thursday, October 10, 2019**

**Authority Member: \$99.00      Non-Member: \$104.00**

**Departs: 9:15 a.m.      Returns: 4:30 p.m.**

This interesting and unique fall getaway includes: luxury motor coach transportation and lunch aboard the train while a table-side Murder Mystery Show takes place. Each railcar will have members selected as participants. So come out to join in the fun and see the twisted devious plot unfold before your very eyes. 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 7, 2019**

**Authority Member: \$39.00      Non-Member: \$44.00**

**Departs: 8:30 a.m.      Returns: 6:30 p.m.**

This trip includes: luxury motor coach transportation, free time at the casino where playing with fire is about to get way more fun! This exciting gambling trip takes you to Battle Creek's gaming hotspot. Firekeepers Casino has over 2,680 of the latest slot machines and video poker games, 78 table games, and five sizzling restaurants for your dining pleasure. 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.

## **AN OVERNIGHT HOLIDAY GETAWAY OGLEBAY-WINTER FESTIVAL OF LIGHTS**

**Date: Monday-Tuesday, December 9-10, 2019**

**Authority Member: \$224.00 per person/double occupancy**

**Non-Member: \$234.00 per person/double occupancy**

This holiday themed overnight adventure includes: 1 night stay at the Mountaineer Racetrack and Gaming Resort (\$10.00 in coin and a \$10.00 food voucher each day), 1 dinner, a six mile drive through the Oglebay Festival of Lights, and a behind the scenes look at Fannie May/Harry London Chocolates. To hold your reservation, a deposit of \$20.00 per person is required.

## **UNHOLY TOLEDO**

**Date: Monday, January 20, 2020**

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

**Departs: 10:00 a.m.      Returns: 6:00 p.m.**

Instead of "Holy Toledo" this fun filled adventure focuses on "Unholy Toledo". The trip includes luxury motor coach transportation, lunch in Erie, MI at Angelo's Northwood Villa, a two hour guided tour as you escape into the Glass City's underworld, and dessert at Tony Packo's. 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**

## **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, September 19th and Thursday, October 17th 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 26th and Thursday, October 24th 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.

## **BLOOD PRESSURE TESTING**

On Monday, October 28th 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.

## **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. If you walk between 7,500 and 10,000 each day, you will improve your sleep, decrease hypertension, and reduce your risk of heart attack and stroke.

## **SENIOR CENTER HOURS**

The Senior Center which includes the Drop-In Room, Computer Room, and Game Room is open **Monday—Friday from 8:30 a.m.—4:00 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. If you are using the Computer Room, please limit your sessions to approximately one hour with a maximum of three hours per day. Also 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

# **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 14th in honor of Columbus/Indigenous Peoples 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 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**

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