

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

SEPTEMBER—OCTOBER 2018

Mary L. Grant, Senior Director

Kim Steele, Office Support

Michelle Kauffold, Program Aide

BINGO BONANZA PARTY

Date: Tuesday, October 16, 2018

Time: 11:30 a.m.—2:30 p.m.

Cost: \$12.00 per person—Authority Member

\$14.00 per person—Non-Member

Calling all “BINGO” Lovers...this party is just for you! All are welcome to join us for this fun and simple game that can be enjoyed by all. Ticket price includes lunch: chicken, meatballs and gravy, mashed potatoes, green bean almondine, salad, Jello, rolls, dessert and beverages, a variety of bingo games with lots of prizes, door prizes, and a 50/50 raffle. So polish off your good luck charms and sign up for this unique event. Tickets are on sale now and can be purchased at the Senior Office thru Friday, October 12th or until filled.

Transportation will be provided by S.M.A.R.T. Call the Senior Office to schedule a ride.

A SPECIAL THANK-YOU

We would like to take this opportunity to thank American House East II Senior Living for donating door prizes for our Hooray for the USA Party. American House East II is located at 18760 13 Mile Road in Roseville. If you have any questions about this senior living community or would like to schedule a tour, please contact them at 586-778-5070.

FALL PLANT & PRODUCE EXCHANGE/SALE

All are invited to participate in our Fall Plant & Produce Exchange scheduled for Monday, September 17th from 9:00 a.m.—1:00 p.m. here at the Senior Center. We encourage participants to bring plants and produce for the sale. Please label your plants with as much information as possible. **Plants will be exchanged based on size and value of items donated.** Plants 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.

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 20th and Thursday, October 18th 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.

MARK YOUR CALENDAR

FOOT DOCTOR

Dr. Farrar is scheduled for Friday, September 14th from 9:30 a.m.—11:00 a.m. Dr. Jacob is scheduled to be here on Wednesday, October 24th 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.*

WII—LEAGUE BOWLING

There will be an organizational meeting on Friday, September 14th 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 17th through the week of December 3rd, you are invited to attend the meeting. The cost to bowl is \$12.00 for the season. These funds 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 try to find a team for you. If you cannot attend the meeting, but are planning to bowl, please notify the Senior Office as soon as possible.

BLOOD PRESSURE TESTING

On Monday, September 24th and Monday, October 22nd 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, September 24th and Monday, October 22nd 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. Large coloring posters 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. Once the posters are completed, we will display them for all to see.

MACOMB COUNTY HEALTH DEPARTMENT OUTREACH

Susan Cusmano, a social worker with the MCHD, will be here on Wednesday, September 26th and Wednesday, October 24th 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

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 28th and Friday, October 26th 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.

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, October 1st 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.

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 October—December (10/19, 10/26, 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.

BELTONE HEARING SCREENING

On Monday, October 29th 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.

FLU SHOT CLINIC

The Macomb County Health Department will be holding a Flu Shot Clinic here at the Senior Center in October. If you have Medicaid/Medicare Part B, there is no cost for the shot. If you do not have Medicaid/Medicare Part B, there will be a cost for the shot (cash or check). They are unable to process other forms of insurance. You must bring your Medicaid/Medicare Card and ID. *Please note: At the time of printing, a date had not been scheduled. Details will be posted on the Senior Center bulletin board when available.*

ANNUAL SENIOR CENTER HOLIDAY PARTY

Date: Friday, December 14, 2018 **Time:** 11:00 a.m.—3:00 p.m.

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

Location: Eastpointe Manor (24611 Gratiot Avenue)

"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. 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.

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, September 10th we will have "Gift Card" Bingo and on Monday, October 8th we will have "All Things Pumpkin" Bingo.

VOLUNTEERS NEEDED FOR PACKAGE TESTING

Great Lakes Marketing Research will be in the lobby on Wednesday, September 12th 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!

CRAFTING ANYONE?

Jamie, our new craft instructor, will be at the Center on Friday, October 5th at 10:30 a.m. to teach us how to make a Mason Jar tissue holder. The cost is just \$10.00 per person (all materials will be provided) to make this fun, creative, simple craft. When complete, this project will be a great décor item for your home or a gift for friends or family. Please sign up in advance at the Senior Office if you plan to attend.

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

These are the upcoming events scheduled for our Red Hat group. There will be a luncheon and white elephant swap here at the Center on Thursday, September 20th at 11:30 a.m. And in October, we will have an outing for lunch and shopping at Partridge Creek Mall on Thursday, October 18th at 11:00 a.m. Complete details will be in your Red Hat Newsletters.

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 5th.

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 September 4th and October 16th.

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, October 16th.

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.

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.

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.

TRAVEL OPPORTUNITIES

JACKSON, MICHIGAN—HISTORIC PRISON TOUR

Date: Tuesday, October 9, 2018

Authority Member: \$95.00 Non-Member: \$98.00

Departs: 8:30 a.m. Returns: 5:15 p.m.

This interesting and unique fall getaway includes: luxury motorcoach transportation, a visit to Armory Arts Village which was formally the “Old Prison” that has been transformed into a resident artists’ community, lunch at Steve’s Ranch, and a stop at the Cell Block 7 Museum. 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 1, 2018

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.

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 for this trip.

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

FOR YOUR INFORMATION

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 27th and Thursday, October 25th 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.

MEALS ON WHEELS VOLUNTEER OPPORTUNITY

Macomb County Action is dedicated to helping families and individuals throughout their lifespan. They provide Meals on Wheels services for homebound seniors in accordance with their mission: Persistent action to diminish poverty and promote independence. Every week day they serve over 1,700 meals to vulnerable homebound seniors throughout Macomb County. One of the most critical components of the Meals on Wheels program is their volunteers. This takes over 100 dedicated volunteers every day and over 1,000 volunteers in total. They desperately need the help of the community to make sure that no senior goes hungry. Becoming a Meals on Wheels volunteer is easy. All it takes is: complete the online application, attend an orientation, and deliver a minimum of twice a month. Mileage reimbursement is available. So consider this a call to action Roseville and Eastpointe. Let's do Lunch! Please contact us at mca.macombgov.org or by phone at 586-469-5228.

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

WORDS TO LIVE BY



“To the world you may be just one person, but to one person you may be the world.”



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 8th 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

NEWSLETTER SUBSCRIPTION

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