

May 2026

THIS
MONTH
AT



OPC
SOCIAL & ACTIVITY CENTER

The Best Place To Be 50+



Positively

BROADWAY

Spring show!

A celebration of Broadway's greatest hits, packed with familiar favorites, energy and feel-good fun!

Presented by: OPC 650 Players

Directed by: David McIntyre & Valerie Mould

Musician Director: Marty Mandlebaum

Tickets on Sale Now!

\$25 Luncheon Shows:

May 13, 18, 19 & 20 @ noon - 3:00 pm

\$15 Dessert Shows:

May 14 @ 5 - 7:00 pm - May 15 & 21 @ 1 - 3:00 pm

Supporting Sponsors



Modetz Family Funeral Homes
ROCHESTER | WATERFORD | ORION | MACOMB | ARMADA

Media Sponsor

Greater Rochester
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American
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SENIOR LIVING COMMUNITIES

functional SLEEP

Friends of
the Show

WELLBRIDGE
OF ROCHESTER HILLS

TOWN VILLAGE
STERLING HEIGHTS
A GRACE MGMT COMMUNITY

Welcome to May! As the weather warms and the days grow longer, we have a wonderful lineup of events and activities to share with you. This month, we are thrilled to bring our community together to learn, celebrate, and enjoy the beauty of the spring season.

First, we invite you to join us for our highly anticipated **Positively Broadway Spring Musical**. Our members have worked hard to bring this spectacular performance to life, and we cannot wait for you to celebrate Broadway's greatest hits, packed with familiar favorites, energy, and fun!

We are also proud to announce that **OPC University** is back in session. To celebrate America's upcoming 250th birthday, we are hosting a special six-week lecture series led by Oakland University faculty. This program dives deep into the fascinating events and key figures surrounding the Revolutionary War. This is a fantastic opportunity to explore our nation's history!

Supporting our local community remains a top priority. This month, we are hosting the **Oakland County Veterans Resource Fair** to connect our veterans with valuable services and support systems. Additionally, nature lovers can rejoice because the Stone Cottage Gardens are officially open for the season. Take a stroll through the grounds and enjoy the vibrant early blooms or better yet join the **Late Bloomers Garden Club** starting May 13 @ 10 am.

Beyond our many major events, May is packed with fun and quirky observances to keep your spirits high. Get some fresh air on **National Play Outside Day** (May 2) before celebrating **Star Wars Day** on May 4—May the 4th be with you! Take a moment to mourn your missing laundry on **Lost Sock Memorial Day** (May 9), and tackle your spring chores on **Clean Up Your Room Day** (May 11). If you need a laugh, let loose on **Dance Like a Chicken Day** (May 14). Finally, treat yourself later in the month by celebrating **National Chocolate Chip Day** (May 15), and firing up the grill for **National Barbecue Day** (May 23).

We look forward to seeing you at our upcoming events and sharing a memorable month together.

Renee

Parkinson's Workshop

Tuesday, May 19 | 4 - 7:30 pm

An engaging workshop for individuals with Parkinson's, care partners and community members.

Highlights Include:

- Keynote presentation by Movement Disorder Specialist, Dr. Peter LeWitt
- Stretching & Movement Session
- Panel discussion with voices from the Parkinson's Community
- Information from Quest Research + much more!



Made possible with a grant from:



- Light Dinner Provided -
Enjoy networking with exhibitors:
 MI Parkinson Foundation,
 Kirk Gibson Foundation & Quest Research

Registration Required: 248-659-1029





The Best Place To Be 50+

Upcoming Events

June 6
5K Run/Walk for Meals

June 19
Summer Soiree
"Feelin' Groovy"

Building Closed

Saturday, May 23
through
Monday, May 25
Reopens on Tuesday, May 26

OPC Social & Activity Center
650 Letica Dr. | Rochester, MI
248-656-1403
OPCcenter.org

Featured May Programs

- 02 Parkinson's Workshop**
Insights and support for those touched by Parkinson's
- 04 OPC University Spring Semester**
An engaging lecture series by OU faculty
- 04 Murder Mystery Dinner**
An interactive, speakeasy-style mystery inspired by Clue
- 06 Veterans Resource Fair**
Information and support for Oakland County Veterans
- 13 NEW! Tai Chi - Eight Brocades**
A relaxing practice supporting strength & overall well-being
- 18 Leisure Travel**
Zehnders - Canal Days - Traverse City Fireworks
- 26 5K Run/Walk for Meals**
Finish with a pancake breakfast!
- Back Cover Summer Soiree "Feelin' Groovy"**
Get your "Groove" on and support Meals on Wheels

In Every Issue

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24-25 Info and Insights
26 Philanthropy



Registration for all MAY activities begins on THURSDAY, APRIL 23



OPC UNIVERSITY SPRING SEMESTER OAKLAND UNIVERSITY Celebrates America 250

Monday, May 4, 11, 18 & June 1, 8, 15 | 4 – 5:00 pm | \$60 | CR 2&3

This engaging lecture series explores key moments, people, and global influences surrounding the American Revolution and its lasting impact on freedom and civil rights. Led by Oakland University faculty, each session offers an accessible and thought-provoking look at the ideas that shaped our nation.



OAKLAND
UNIVERSITY™

We're excited to offer the following lineup:

- May 4: The Civil Rights Movement and the Legacy of the Revolution – *Professor Erin Dwyer*
- May 11: Black Freedom and the American Revolution – *Professor Erin Dwyer*
- May 18: How the Revolutionary War Was Won—And Lost – *Professor Todd Estes*
- June 1: The Declaration of Independence – *Professor Todd Estes*
- June 8: Bermuda and the American Revolution – *Professor Nick Dipucchio*
- June 15: How Foreign Aid Won the American Revolution – *Professor Nick Dipucchio*

MURDER MYSTERY DINNER

Thurs., May 7 | 5:00 - 8:00pm | Auditorium
\$45 Members | \$55 Non-Members

Step into the Roaring '20s for a night of intrigue with the *Detroit Murder Mystery Company*. Enjoy an interactive, 'Clue-style' experience in a speakeasy setting - flappers, zoot suites, and gangsters abound, as you help solve *Death of a Gangster*.

Can you unmask the culprit before the night is over?

Includes Italian dinner & Refreshments | Beer & Wine Cash Bar

LUNCH & LEARN

YOUR VOICE, YOUR CHOICES: How to Control Decision Before Crisis Hits

Part 1 of a 4 Part Series

Thurs. May 14 | LUNCH SERVED: 1:00 pm | \$10 | Dining Room



POWER OF ATTORNEY FOR
HEALTH CARE DECISIONS

Learn how to use tools like powers of attorney and healthcare directives to stay in charge of your life and your assets. We will highlight the things most people overlook until it is too late.

Upcoming Sessions:

Part 2: Dinner & Learn 7/30 - "The Money Maze: Protecting Assets without Losing Sleep."

Part 3: Lunch & Learn 9/23 - "Life After What If: Planning for Independence and Unexpected"

Part 4: Lunch & Learn 11/16 - "Matters: Avoiding Conflict When the Stakes are High"

TACO FIESTA



Tues. May 5 in the Dining Rm
Music: 11:30 am | Lunch: 12:00 pm

Celebrate Cinco De Mayo with a fiesta full of flavor. Enjoy a delicious Taco Bar and a lively *serenata* by OPC Sweet Beats Band.

Register for lunch by 11 am on May 4
Call: 248.659.1032

Cost: 60 & over - \$4 Donation | Under 60 - \$5 Charge

Fun & Games



FINISH the LYRICS

American House
SENIOR LIVING COMMUNITIES
HAMPTON VILLAGE

Fri. May 8 | 2:30 pm | \$5 | Library

From classic hits to catchy commercial jingles you didn't realize you knew, this fast-paced game will have you singing, laughing, and racing to complete the next line. Form a team, bring your best musical knowledge, and see who can hit all the right notes!

SHRED IT DAY is back!

Friday, May 22 | 9 - 11:00 am
Upper Parking Lot

\$2 Donation
per bag

Drive through and safely shred up to 2 paper bags of sensitive documents. Clear your clutter and give back - win-win!

NO REGISTRATION NEEDED

Donations support Enrichment & Arts Programs

Sponsored by:

PIXLEY
FUNERAL HOME

Dignity
LIFE WELL CELEBRATED

Life Long Learning

HEALTH

Could Your Restless Legs be Connected to Your Spine?

Mon. May 4 | 2:30 pm | \$5 | Dining Rm

Physical therapist Ron Clinton will introduce the McKenzie Method, a targeted approach that may help reduce discomfort, improve sleep, and lessen reliance on medication.

Walking the Path of Dementia

Mon. May 11 | 1:30 - 2:30 pm | \$5 | Dining Rm

Experience dementia in a powerful, hands-on way through this immersive, interactive program. Participants will "walk the path" using sensory simulations that mimic cognitive, visual, and physical challenges—offering a deeper understanding, greater empathy, and practical insight for supporting those living with dementia.

Sponsored by:



HISTORY

America's Invasion at the 'Underbelly' of Europe

Wed. May 13 | 2:30 pm | \$5 | Dining Rm

Discover a powerful and deeply personal perspective on World War II as speaker **Frank Cardimen** shares the remarkable journey of his uncle with the 45th Infantry Division, 180th Regiment. From early battles in North Africa under George S. Patton to advancing through Italy with Mark W. Clark, this compelling program traces the Allies' path through Sicily and into Europe.

SAVVY SENIORS Light Breakfast FIRE & HOME SAFETY

Wed. May 20 | 9:30 am | \$8 | Dining Rm

Discover why today's home fires spread faster, and how minutes can make all the difference. **Kevin Sehlmeier**, retired Grand Rapids Fire Department Deputy Chief and former Michigan State Fire Marshal, shares 40+ years of fire safety expertise. Learn how Sonic Alert technology goes beyond standard smoke and carbon monoxide alarms with bright lights, voice messages, scrolling text, and vibration alerts. Get tips and severe weather alerts to stay safe, independent, and confident at home.





VETERANS CONNECTION BREAKFAST

Honoring Service, Building Friendship

**Wed. May 6 | 9:30 am | \$2 Drop in
Dining Rm | PRE-REGISTRATION REQUIRED**

This Memorial Day, we remember and appreciate those who served. Join us for good company, connection and camaraderie.

OPEN TO THE PUBLIC

PRESENTING
SPONSOR:



BREAKFAST
SPONSOR:



Oakland County VETERANS RESOURCE FAIR

**Fri. May 29 | 9 am - noon
Auditorium - Complimentary**

OPEN TO THE PUBLIC



Representatives will be on hand from multiple agencies to provide help for all Oakland County veterans, active duty, guard, reserves and their families.

This **FREE** event requires registration to ensure everyone receives the resources they need.
Visit the cashiers or call **248-659-1029**.



Playwriting Workshop

Thurs. May 28 | 6:30 pm | \$5 | CR 3

Continue your playwriting journey with Laura!

Whether you joined last month or are jumping in for the first time, this interactive workshop builds on the basics as you develop characters, sharpen dialogue, and expand your original ideas for the stage.

Participants will keep working toward a short, 10-minute play, up to eight pieces may be selected for a staged reading by OPC members (performed script-in-hand) at a future special event.

.....
This group will meet monthly on the 4th Thursday to continue working and sharing ideas.

Late Bloomers GARDEN CLUB



**Wednesdays starting May 13 @ 10 am
OPC Cottage Garden (lower level)**

Our beautiful gardens are the work of this dedicated group led by **Nancy Szerlag**.

Looking for VOLUNTEERS - Call 248.608.0270
No experience needed



Wed. May 13 | 9 - 11:00 am

**BUILDING SAFETY
STARTS AT HOME!**



Meet the Rochester Hills Building Department team as they share important safety tips and other information.

MUSIC & DANCE

SWEET BEATS

Instrument & Registration required

Tues. | 1 - 3:00 pm | \$2 upon entry no 5/19

Bring your love of music and your instrument, whether it's strings, drums, flute, or bells to this welcoming group and add to the harmony.

GUITAR GROUP

Instrument & Registration required

Tues. | 1:30 - 4:00 pm | \$2 upon entry no 5/19

Sat. | 10:00 am - 1:30 pm | \$2 upon entry Dining Rm
Register in advance to be notified of location change

LINE DANCE w/Carol Aud. (5/11 & 18 Dining Rm)

Mon. | 1 - 2:00 pm | \$7 upon entry (Some Exp.)

MAY BALLROOM SERIES LESSONS - Cha Cha in May! w/Britney Miller, 2nd Street Studio of Dance

Mon. May 4, 11, 18, June 1, 8 & 15 | 6 - 7:00 pm | 6 weeks \$60 pp Auditorium

This month, our focus is on lively Cha Cha, perfect for couples or singles looking to pick up easy, energetic moves and have a great time with our expert instructors. **Must have a minimum number for class to proceed - register now!**

RECORDER 1 w/Renee NEW CLASS for May

Fridays | 1:00 pm | \$10 (5 Classes) Class Rm. 4

Required: Soprano Recorder (avail. from instructor \$8)
NO experience required. Learn to read music with an easy, proven method. Have fun learning beautiful music.

RECORDER 2 w/Ken

Fri. | 1:00 pm | \$2 at door Atrium

Required: Soprano Recorder (avail. from instructor \$8)

Pre-req: Know fingerings from middle C to high E, able to read music notes & simple rhythms. Enjoy playing contemporary and traditional music in a variety of styles.

LANGUAGE

**Please pre-register! | Fees paid at entry*

- FRENCH** Absolute Beg. Class w/Rand Mon. | 10:30 - 11:30 am | \$5 | CR 1
Progressive
- FRENCH** Intermediate Class w/Jutta Tues. | 3:00 - 4:00 pm | \$5 | CR 1 no 5/19
Progressive
- FRENCH** Advanced w/Gudrun Tues. | 2:00 - 3:00 pm | \$5 | CR 1 no 5/19
- FRENCH** Conversation w/Doug Thurs. | 10:30 - 11:30 am | \$2 | CR 2
- GERMAN** Interm. Class w/Gudrun Mon. | 9:45 - 10:45 am | \$5 | CR 3
- GERMAN** Conversation w/Ingrid Tues. | 12:45 - 1:45 pm | \$2 | CR 1
- INDIAN** Conversation Group Tues. | 1:00 - 3:00 pm | \$2 | CR 2 no 5/19
- SPANISH** Absolute Beg. w/Laura Mon. | 10:00 am | \$5 | CR 3
Progressive - Preregister appreciated for planning purposes
- SPANISH** Progressive Class w/Maria Wed. | 9:00 am | \$5 | CR 2
- SPANISH** STEP TWO w/Laura Mon. May 11 & 18 | 11:15 am | \$5 | CR 3
Prerequisite: Spanish Absolute Beginner w/Laura or previous experience.
- SPANISH** Conversation Beg. w/Mike Thurs. | 10:30-11:30 am | \$2 | CR 3

TECHNOLOGY

TECHNOLOGY CLUB CR 2/3

Tues. | 10:00 am | \$2 upon entry

PC ONE-ON-ONE TECHNOLOGY HELP CR 3

(Assistance for a specific situation you are having trouble with - not a class)

Call 248.608.0263 to schedule day & time | \$5 upon entry

GETTING STARTED WITH COMPUTERS w/Susan

Step 5: Mastering Everyday Tech

Wed. May 13, 20 & 27 | 10 - 11:00 am | \$2 upon entry CR 3

- **Internet & Online Safety:** Browsing, passwords & privacy tips
- **Communication Online:** Email, video calls & document sharing
- **Digital Organization:** Managing files, backups & calendars

Bring your own laptop - Questions? Marianne @ 248-608-0263

CARDS & GAMES

Fees paid at entry

EUCHRE

Mon. May 4 - 18 | 10 am - noon | \$15 | CR 1

Beginner Class

Discover (or rediscover) the fun of Euchre with instructor **Cliff Olivero**. Perfect for beginners or those wanting a refresher. Covers the basics and helps build skills with guided practice. **Preregister**

Wed. | 12:30 - 3:30 pm | \$2 | CR 1/2

AMERICAN MAH-JONGG

Mon. | 12:30 - 3:30 pm | \$2 CR1 Fast Moving

Thurs. | 12:30 - 3:30 pm | \$2 CR2 Begin. Class

BUNCO

Mon. | 12:30 - 2:30 pm | \$2 CR 2

BRIDGE Drop-In

Mon. | 12:30 - 3:30 pm | \$2 CR 3

Tues. | 10:00 am - 12:30 pm | \$2 CR 1

Fri. American Stan. | 12:30 - 3:30 pm | \$2 CR 2

SAMBA variation of Canasta

Mon. | 12:30 - 3:30 pm | \$2 | Library

CHINESE MAH-JONGG | CR 3

NO experience necessary

Wed. | 12:30 - 3:30 pm | \$2

MAH-JONGG Beginner Class

Thurs. | 12:30 - 3:30 pm | \$2

DUPLICATE BRIDGE (Adv) | CR 1

Thurs. | 12:30 - 3:30 pm | \$3

Experienced Players - Must have partner

CHESS FOR BEGINNERS:

Outsmart Your

Grandkids | CR 1

Fri. | 10 am - noon | \$2

Learn basic chess in a judgement-free group.



MEXICAN TRAIN DOMINOS | CR 3

Fri. | 12:30 - 3:30 pm | \$2 Beginners welcome

HAND & FOOT variation of Canasta | Library

Fri. | 12:30 - 3:30 pm | \$2

PINOCHLE | CR 1

Fri. | 12:30 - 3:30 pm | \$2

EUCHRE Tournament

Players MUST be on time and stay until play is completed.

Wed. May 6 | CR 1 & 2 | \$10 Registration Required-Members Only

8 Games - 8 Rounds - Pay-out prizes to 1st - 4th place players

11:30 am: Pizza & Registration

12:30 pm: Games begin



Pizza
Sponsor



GAME On! BOARD GAME FUN w/Bill | Thurs. May 14 & 28 | 1:30 - 3:30 pm | \$2 | CR 3

New to games or a seasoned pro? There's fun, laughs, and new friends waiting for you!

AMERICA 250! BOARD GAME FUN | Thurs. May 7 & 21 | 4 - 6:00 pm | \$2 | CR 3

History comes to life at the game table! Join us for America-Themed Board Games, with strategy, adventure, and challenges inspired by American history. New or experienced, you'll enjoy laughter, teamwork, and making new friends.



Women's Luncheon

FASHIONS OF DOWNTON ABBEY

Thurs. May 28 | 1:00 pm | \$15 | Auditorium

Step into the glamour and intrigue of Downton Abbey as **Lynn Anderson** and **Victoria Mobley** of Fashion and the Automobile bring the early 20th century to life. Discover how fashion revealed class, culture, and a world in transition, all through stunning visuals and engaging insights you won't want to miss.

Lunch: Quiche, Scones & More

Make it a full Downton experience. See the final Downton Abbey film on Friday, May 22 at 1 pm, then join us for the luncheon to explore the style and history behind it.



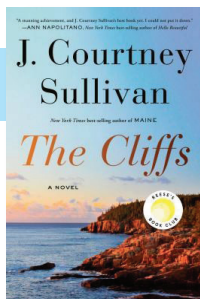
BOOK CLUB

THE CLIFFS

by Sullivan J. Courtney

Mon. May 11 | 6:00 pm
Library | \$2 upon entry

A Harvard archivist returns to her Maine hometown, uncovering family secrets and the hidden history of a grand seaside house in this gripping tale of mystery and discovery.

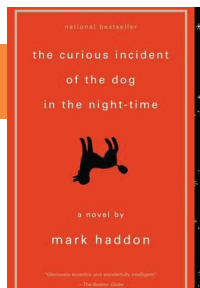


THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME

by Mark Haddon

Tues. May 26 | 2:30 pm
Classroom 4 | \$2 upon entry

A unique and compelling mystery told through the eyes of a young boy on the autism spectrum. As he investigates the death of a neighbor's dog, he uncovers family secrets, navigates daily challenges, and offers a fresh perspective on the world around him.



*Book Kit may be available -
Contact Marianne McCauley at mmccauley@OPCcenter.org
or call 248.608.0263*

Books available at Amazon and other book sellers.

MOVIES

- Movies are complimentary -
Concessions available for cash purchase

MONDAY AT THE MOVIES



THE GREATEST SHOWMAN

Mon. May 11 | 3:00 pm | Auditorium
2017 - PG (1 hr 45 min)

A vibrant, feel-good musical inspired by the life of showman P.T. Barnum. Featuring dazzling performances, unforgettable songs, and a message about embracing individuality, the film celebrates the power of dreams, acceptance, and finding your place in the world.

MOVIES SPONSORED BY:

Edward Jones



DOWNTON ABBEY: The Grand Finale

Fri. May 22 | 1:00 pm | Auditorium
2025 PG (2 hr 4 min)

The beloved Crawley family returns for one last chapter as they navigate changing times, personal milestones, and heartfelt goodbyes—bringing the elegance, drama, and charm of Downton Abbey to a fitting and unforgettable close.



Taste of Community Tours

Explore Today. Choose Tomorrow

Mon., May 11 @ 11:00 am - 2:00 pm \$8

Explore Local Senior Living Before You Need It!

FIRST TOUR STOPS:

Waltonwood University & Waltonwood Main

LUNCH & TOUR | DESSERT & TOUR

Relaxed Visits, Great Food & Sweet Experiences!

Ride the OPC Bus!

Meet in the OPC lobby by 10:45am



Sponsored by
Caring Transitions
Senior Relocation • Downsizing • Estate Sales



MEN'S COFFEE TALK

Fri. May 15 | 9:30 – 10:30 am | \$2 drop-in | Dining Room

A chance to talk about hobbies, experiences, or current events, build friendships, and stay connect.

Sponsored by:

Bellbrook

ST. JOSEPH MERCY
SENIOR COMMUNITIES

FINANCIAL FRIDAY

IDENTITY THEFT PART 1: Protecting Your Devices & Online Life

Fri. May 15 | 10:30 am | \$2 | CR 3

Worried about identity theft? Learn practical ways to protect your devices and keep your online life secure in this hands-on session. Small fee at the door, open to all.

Presented by

Rochester Wealth Strategies
Vice President Xenia Woltmann,
IACCP, AWMA™

OPEN TO
THE PUBLIC

Please Pre-Register



Rochester
Wealth Strategies

Fiduciary • Fee-Only • Independent

SPRING BINGO

Wed. May 27 | 12:30 pm | \$12
Dining Room

Includes 8 Games with up to 4 BINGO
cards per player and PIZZA!

THE VILLAGE
AT ORCHARD GROVE

SHELBY CROSSING
HEALTH CAMPUS

Connect and Engage

WOMEN'S CHIT CHAT

Spring into Conversation!

Fri. May 8 | 9:30 – 10:30 am

\$2 drop-in | Dining Room

A monthly conversation circle where all women are invited to listen, share and connect.

MEET THE MAYORS

Rochester Hills Bryan Barnett

Mon. May 4 | 9:30 am | Dining Rm

Rochester Debbie Jones

Thurs. May 28 | 9:30 am | Library

FIRESIDE POETRY CIRCLE

Fri. May 22 | 1 - 3:00 pm

\$2 drop-in | Library

All Poetry lovers welcome!

MEDITATE

Mondays | 6 - 7:00 pm

\$2 drop-in | Conf. Rm. B

Help restore balance in life, manage stress and better your health.

FOCUS ON THE ISSUES

Mon. May 11 | 2 - 3:00 pm

\$2 upon entry | Classroom 4

A casual discussion on current events.



STORIES, STARS & BLOOPERS from a LIFE IN MEDIA



*Terrific
Tuesday*

May 12 | 4:30 pm | \$15 | Dining Room

Step behind the camera with Emmy Award winner **Jon Katz** as he shares his remarkable career producing commercials and corporate videos with stars like Soupy Sales, Tim Allen, and Steve Yzerman. Hear hilarious bloopers, insider stories from decades in broadcasting and advertising, and the lessons he's learned entertaining audiences across the country.

WALTONWOOD
MAIN
Redefining Retirement Living®
SINGLE

4:30: Dinner - Stuffed Peppers | 5:00 - 5:15 pm: Presentation begins

REGISTRATION REQUIRED: Online: MyActiveCenter.com | Call: 248.659.1029 | Cashier's Window



ANYONE CAN PAINT

Mon. May 11 | Studio 1/2
10 am - 12:00 pm | \$25*



Learn to paint with artist **Steve Wood!** In this relaxed, step-by-step class, you'll create "**Coastal Cave**", an ocean sunset featuring a beach with a gentle shoreline and a cave opening. Learn basic painting techniques along the way, no experience needed, just follow along and enjoy the process!

MASTERING PERSPECTIVES

Thurs. May 14 | Studio 1/2
12 - 3:00 pm | \$15



Learn to create depth and dimension in your artwork with instructor **Eleanor Roleston** in this hands-on class. Explore one-point, two-point, and atmospheric perspective while practicing techniques to make objects, buildings, and landscapes look realistic. Perfect for artists of all levels ready to bring their drawings and paintings to life! Email lyoung@OPCcenter.org for supplies

WILD HORSES

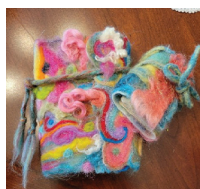
Thurs. May 28 | Studio 1/2
1 - 3:00 pm | \$35*



Let your imagination run wild in this fun acrylic painting workshop! Follow along with artist **Gabriela Orza** as she demonstrates how to create your own version of bold black-and-white horses using a neutral color palette on a 12"x12" canvas. A pre-drawn sketch is provided, making the class accessible for all skill levels.

NEEDLE FELTING: JOURNAL COVERS

Tues. May 12 | Studio 1/2
9 am - 12:30 pm | \$45*

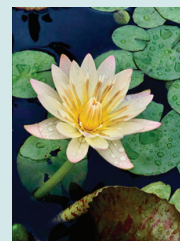


Create a unique journal cover with Dotti Sterns, using a free-form approach to color and imagination, think Peter Max inspired creativity or a bold two-dimensional freestyle design. Let your creativity lead as you craft a one-of-a-kind piece.

WATERCOLOR LOTUS WORKSHOP

Thurs. May 7 | Studio 1/2

12:30 - 3:30 pm | \$30 bring own supplies
Learn techniques for blending vibrant washes and creating soft gradients while painting the delicate petals of lotus flowers. Capture their graceful glow while balancing the contrast with the surrounding water and leaves. Taught by artist **Meg Costantini**.



BEGINNING WATERCOLOR

Fri. May 8 | Studio 3 lower level
9:30 am - 12:00 pm | \$30*

Become familiar with the playful, fluid medium of watercolor with artist **Meg Costantini**. Learn the supplies needed and techniques used to see the magic of watercolor happen. Gain basic knowledge to continue in any of our watercolor classes.



BRUSHES IN THE GARDEN

Thurs. May 21 & 28 | OPC Garden
10 am - 1:00 pm | \$30 bring own supplies

Join **Kathy Warriner** for en plein air watercolor class in the OPC garden! Paint outdoors while learning simple techniques for capturing nature's colors, light, and atmosphere. All levels are welcome, bring your watercolor supplies and a chair (or use a picnic table). On the first day, meet at the **lower-level entrance** for instructions and a quick overview.



SPRING SCENES

Wed. May 20 & 27 | Studio 1/2

9:30 - 11:30 am | \$30 bring own supplies
Create your own early spring country scene in this hands-on watercolor class. Explore vibrant colors and playful light and shadows while learning techniques from artist **Greg L.** to bring your artwork to life.



WINNING WITH WATERCOLOR WORKSHOP

Tues. May 19 | Studio 1/2 | 9 am - 4:00 pm | \$55

Explore your creativity in this hands-on watercolor workshop with **Tony Warren**. Review the materials list at tonywarrenfineart.com and be sure to bring the items marked with an asterisk, which are required for the class. Bring a photo you've personally taken and feel passionate about. Tony will give a personalized demonstration, painting a watercolor from your photo for you to keep! For more information, email lyoung@OPCcenter.org



make something Beautiful

DECOUPAGED TERRACOTTA POTS w/Regina

Tues. May 19 | 5:30 - 7:30 pm | Stu. 1/2 | \$15*

Learn the basics of painting and decoupage a small terracotta pot in the color palate of your choice.



CRUSHED GLASS & RESIN SUNCATCHER w/Melissa

Wed. May 6 | 1 - 3:30 pm | Studio 1/2 | \$30*

Arrange colorful crushed glass into a beautiful design and seal it with clear resin to capture and reflect the light. Learn simple techniques for working with resin while creating a one-of-a-kind piece perfect for hanging in a window or giving as a gift.



MUSIC REIMAGINED w/Marianne & Lisa

Tues. May 5 | 2:30 - 4 pm | Studio 1/2 | \$20*

Turn old piano parts into eye-catching art! Use hammers, strings, keys, and vintage sheet music to create bold, layered masterpieces. It's a fun, creative way to remix music into something totally unique.



SPRINGTIME BOOK BLOOM w/Karen

Wed. May 20 | 1 - 3:30 pm | Stu. 1/2 | \$12*

Transform an old hardcover book into a charming vase and create a beautiful floral arrangement using faux flowers, perfect for a bookshelf, mantel, or table. All materials are provided, but feel free to bring favorite flowers to make your piece uniquely yours.



DRAWING FOR THE DOUBTFUL Part 2

Wed. May 6 - 27 | CR 4

9 - noon | \$60 bring own supplies

A follow-up class to Beginning Drawing with **Colleen Sanders** in March. Participants will have guided time to practice and strengthen the skills and techniques learned in the first session. *Please bring a sketchbook, drawing pencils, a gray kneaded eraser, a white eraser, and a pencil sharpener.*

DRAWING FOR THE DOUBTFUL Part 3

Wed. May 6 - 27 | CR 4

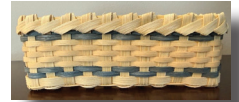
1 - 3:00 pm | \$45 bring own supplies

This class is for students who completed **Colleen Sanders'** Drawing for the Doubtful 1 & 2 and Drawing People Workshop. Continue practicing and refining their skills with new objects. Class continues for four weeks in May.

OPEN TRAY MATCHSTICK BORDER BASKET w/Deb

Thurs. May 14 | 12 - 4:00 pm | Studio 3 | \$75*

This functional rectangular basket features a unique matchstick border technique. Useful as a bread basket, countertop organizer or designed to perfectly fit those decorative guest bathroom paper towels. Choice of accent colors. 9" x 6" x 3.5"



STAMPIN' UP! GREETING CARDS

Tues. May 12 | 1 - 4:00 pm | Stu. 3 | \$30* and/or

Tues. May 12 | 5 - 7:30 pm | Stu. 3 | \$30*

Create a variety of "Happy Birthday" themed cards with **Beth Kozik**, Independent Stampin' Up! Demonstrator. Make six cards (two each of three designs) using Stampin' Up! products. *Register by May 8. Additional product kits, adhesives, and greeting cards available for purchase (cash or PayPal).*



Come see Beth Kozik May 18, from 12 - 2:00 pm
in the lobby for a quick
Stampin' Up! Greeting Card Demo.
Get inspired and learn easy card-making tips!

Zentangle projects & techniques w/Cherie CZT#20

• PRETTY FLOWER CARDS**

• Mon. May 4 | 1 - 3:30 pm | \$12 | Stu. 3

• Create at least four beautiful all-occasion cards. Cards and matching envelopes will be provided. *Bring your basic tangling supplies along with colored gel pens and colored pencils to add the perfect finishing touches.*



• IT'S ALL THERE IN BLACK & WHITE**

• Mon. May 11 | 1 - 3:30 pm | \$12 | Stu. 3

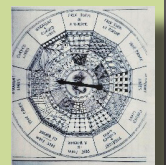
• Take your Zentangle skills up a notch! Start on a white tile with a black pen, then switch to a black tile with a white pen using the same tangle. A prepared tile is provided. *Bring your pens and pencils, or purchase from the instructor.*



• SPIN ZENTANGLE - DROP-IN**

• Mon. May 18 | 1 - 3:30 pm | \$2 | Stu. 3

• A special "spin" chart indicates what string and tangles we use, and then we decide how to put them all together. Problem is you never know what tangle will be next. Call it "Zentangle Mind Stretching." *Bring basic Zentangle supplies.*



**** Some Zentangle experience is needed.**



Working with Stone *aka Lapidary*

OPEN STUDIO | Studio 1/2 | \$7 each session
 Thursday 4:45 pm - 7:45 pm | Fridays 8:30 am - noon
NEW! Saturday 8:30 - 1:30 pm

Registration & OPC Lapidary Class Required to Participate



Pottery & Clay

INDEPENDENT POTTERS *Pre-Registration Required*
**Pre-requisite: - Minimum 2 six week OPC Pottery Classes*
 Monday | 9 am - noon / 12:30 - 3:30 pm / 4:30 - 7:30 pm
 Thursday | 9 am - noon / 12:30 - 3:30 pm / 4:30 - 7:30 pm
\$8 EACH individual session | *limited participation*
 Bring your own clay and glazes. **OPC WILL ONLY FIRE PROJECTS MADE IN THESE INDEPENDENT POTTERY SESSIONS.**



Open Art Studio

NEEDLE ARTS - Library

Tuesday | 1 - 3:00 pm \$2 at door each session
 Thursday | 1 - 3:00 pm

Knit, crochet, sew, quilt, embroider. Share ideas.

CRAFTING TOGETHER - Studio 1/2 *No Registration - Just drop in*

Monday | 1 - 3:30 pm | \$2 at door
 Bring your creativity and enjoy a relaxed crafting session. Work on your projects with access to tools and supplies, perfect for creating, connecting, and getting inspired.

INDEPENDENT ART - Studio 3 (May 12 - Atrium)

Tuesday | 1 - 3:30 pm | \$2 at door
 Draw or paint with other artists. *Bring your own supplies.*

ZENTANGLE w/Cherie - Studio 3

Monday | 10 am - noon | \$2 at door
 Tangle together/share ideas. *Bring your own supplies.*



Working with Wood

OPEN WOODSHOP: Mon. - Fri. 9 am - 4:00 pm
 Sat. 9 am - 1:45 pm *bring a buddy*

\$15 Weekly | \$30 Monthly | \$175 Annual
 SIGN IN AT KIOSK & DISPLAY USER CARD IN RACK

SAFETY CARD REQUIRED FOR ALL CLASSES & DROP-INS

WOODSHOP SAFETY CLASS

Wed. May 6 | 2 - 5:00 pm | \$15

Required to obtain a Safety Card to use the woodshop and take classes. Includes orientation, safety instruction and "hands on" practice. ***Bring hearing and eye protection.***

SKILL BUILDING: Sanding Techniques w/Berg & Frank

Wed. May 13 | 2 - 4:00 pm | \$20

Learn how to master sanding with our power equipment, as well as detail and hand sanding techniques. In this hands-on class, you'll create your own custom sanding block designed to fit comfortably in your hand, complete with a foam or soft base perfect for future woodworking projects.

PROJECT CLASS: Garden Trellis w/Berg & Tom

Wed. May 20 | 2 - 4:00 pm | \$40

Create a charming seasonal garden trellis in this hands-on class. Using wood and simple hardware, you'll build a sturdy trellis perfect for flowers or climbing plants. Templates and guidance will be provided, and finishing is optional, make it your own!



We request that you ALWAYS wear appropriate eye and ear protection when working in the shop.



ZENTANGLE KEEPSAKE:

ALL DAY WORKSHOP w/Heather & Cherie

Wed. May 13 | 10 am - 3:30 pm
 Studio 1/2 | \$50

An 8"x10" frame and a precut mat with 4 openings for you to fill, with things about you or someone you love (could even be a couple or more). The "things" will be a tangled initial, birthstone gem, birth month flower, and a photo (or a copy of a photo). The openings are 2 1/2" by 3 1/2", for photo size. Frame, mat and all paper supplies are supplied. Bring regular tangling supplies, plus colored gel pens and colored pencils to bring this keepsake to life. *(Bring a lunch)*



Used
**Jewelry
Sale**

May 18 & 19
 10 am - 3:30 pm

**BIGGER
THAN EVER!!!!**

Larry the watch battery guy too!



CHOOSE YOUR FITNESS LEVEL

- 1 - Begin w/ a chair
- 2 - Beginner
- 3 - Intermediate
- 4 - Advanced

Land Classes

RISE & SHINE 2-3 (K. White)

M/W/F May 1 - 29 | 8:00 am | 12 classes \$72 **Level 3-4 w/Claire**

Movements focus on specific exercises to improve strength and balance while using body weight and/or resistance equipment (weights, bands, balls).

CORE STRENGTH 2 (McCardell)

Tues. May 5 - 26 | 10:30 am | 4 classes \$24 **w/Kim***

Wed. May 6 - 27 | 10:15 am | 4 classes \$24 **w/C Smith**

Thurs. May 7 - 28 | 8:30 am | 4 classes \$24 **w/Claire****

Begin strengthening back, stomach, and side muscles to improve posture and balance.

Note: *Tues. Class is in K. White Room Level 3

**Thurs. Class is level 3; bring a mat for floor work

BRAIN AND BODY TRAINING w/Karen 3-4

Tues. May 5 - 26 | 12:30 pm | 4 classes \$24

Build a stronger brain-body connection by improving the signals controlling balance, coordination and reaction time. Through safe standing and seated exercises, strengthen your core, improve posture and movement.

CYCLING 3-4 (Gym)

Tues. May 5 - 26 | 9:00 am | 4 classes \$24 **w/Therese**

Fri. May 1 - 29 | 9:00 am | 5 classes \$30 **w/Therese**

Sat. May 2-16,30 | 8:30 am | 4 classes \$24 **w/Arlene/Sharon**

Experience sprints, hill climbs, muscle and balance work, all to music designed to motivate you and put some fun in your day in this 45 minute class.

FUNCTIONALLY FIT 2 (K. White)

Mon. May 4 - 18 | 10:30 am | 3 classes \$18 **w/Claire**

Mon. May 4 - 18 | 11:30 am | 3 classes \$18 **w/Claire**

Wed. May 6 - 27 | 10:30 am | 4 classes \$24 **w/Claire**

Thurs. May 7 - 28 | 10:30 am | 4 classes \$24 **w/Claire**

Fri. May 1 - 29 | 11:30 am | 5 classes \$30 **w/Angeles**

A standing and seated class focusing on full body movement, improving coordination, balance and core.

INTERVAL TRAINING 2-3 w/Brenda (K. White)

Mon. May 4 - 18 | 9:00 am | 3 classes \$18

Wed. May 6 - 27 | 9:00 am | 4 classes \$24

Fri. May 1 - 29 | 9:00 am | 5 classes \$30

Combines low impact using various equipment to strengthen muscles with constant movement to ensure you have a great workout. Bring a mat to class.

BEG. TAI CHI – WU STYLE w/John (K. White)

Tues. May 5 - 26 | 4:00 pm | 4 classes \$32

Thurs. May 7 - 28 | 3:00 pm | 4 classes \$32

Fri. May 1 - 29 | 10:00 am | 5 classes \$40

Fri. May 1 - 29 | 11:00 am | 5 classes \$40

Slow movements and gentle exercises take all of the muscles and joints through their full and natural range of motion, promoting strength and flexibility, improving balance, reducing stress and increasing overall health. Open to anyone at any fitness level.

TAI CHI - EIGHT BROCADES w/Linda (K. White)

Mon. May 4 - 18 | 4:00 pm | 3 classes \$24 **NEW!**

Gentle, slow movements with easy breathing help improve balance, flexibility, and joint mobility. This relaxing practice supports strength, reduces stress, and promotes overall well-being. Simple to learn and ideal for older adults. Open to all fitness levels.

TANG SOO DO w/Ron (McCardell)

Tues. May 5 - 26 | 2:30 pm | 4 classes \$24

Thurs. May 7 - 28 | 2:30 pm | 4 classes \$24

This entry level program will give you the basics of Tang Soo Do, providing a grounding in stances, hand techniques, Korean language commands, and progress toward the first form for the beginning student.

QI GONG w/Don (K. White)

Wed. May 6 - 27 | 1:30 pm | 4 classes \$24

Fri. May 1 - 29 | 12:00 pm | 5 classes \$30

A gentle, flowing practice combining mindful movement, breath work and meditation to balance the body's energy, help reduce stress, improve flexibility and restore a sense of calm and vitality. No experience needed - all levels.

STRENGTH & CONFIDENCE 3-4 (McCardell)

Tues. May 5 - 26 | 12:30 pm | 4 classes \$24 **w/Julie**

Wed. May 6 - 27 | 1:00 pm | 4 classes \$24 **w/Karen**

Thurs. May 7 - 28 | 12:30 pm | 4 classes \$24 **w/Julie**

Increase your physical strength and mental toughness through weight bearing and resistance training exercises using a variety of equipment. Must be able to get up from the floor easily and have a positive attitude.

POUND FITNESS 3-4 w/Martie (McCardell)

Mon. May 4 - 18 | 1:30 pm | 3 classes \$18

Thurs. May 7 - 28 | 1:30 pm | 4 classes \$24

Full-body cardio jam session inspired by the infectious, energizing fun of playing the drums. Using lightly weighted sticks you'll sweat, sculpt and rock your way through a high-intensity workout that combines cardio, conditioning and strength training.

ZUMBA 2-3 (K. White)

Mon. May 4 - 18 | 1:00 pm | 3 classes \$18 w/Fabiola

Tues. May 5 - 26 | 9:30 am | 4 classes \$24 w/Leah

Thurs. May 7 - 28 | 9:30 am | 4 classes \$24 w/Leah

Hypnotic Latin rhythms and easy to follow moves create a one of a kind fitness program with Latin and international music. Get moving and have fun doing it!

LOW IMPACT (K. White) *Wed. Class in McCardell

Thurs. May 7 - 28 | 9:30 am | 4 classes \$24 w/Claire

A challenging cardio and toning workout with equipment for all levels.

NEUROFIT: BRAIN & BODY TRAINING w/Karen 3-4

Tues. May 5 - 26 | 11:30 am | 4 classes \$24

Move your body, challenge your mind! Fresh choreography each month with cardio, strength, and balance drills to boost memory, coordination and reaction time.

STRENGTHEN, LENGTHEN & BALANCE 3-4 (McCardell)

Mon. May 4 - 18 | 8:30 am | 3 classes \$18 w/Kim C.

Fri. May 1 - 29 | 8:30 am | 5 classes \$30 w/Kim C.

Enjoy an energizing workout that focuses on Strength training activities and, lengthen muscles while incorporating balance exercises.

MUSCULAR ENDURANCE w/Fabiola 3-4 (K. White)

Tues. May 5 - 26 | 8:30 am | 4 classes \$24

Thurs. May 7 - 28 | 8:30 am | 4 classes \$24 McCardell Rm

Keep your bones healthy and strong, and help increase your energy levels. This 45 minute workout focuses on weights with repetition. Work at your own pace.

RESISTANCE & BALANCE TRAINING 2 w/Fabiola (K. White)

Tues. May 5 - 26 | 1:30 pm | 4 classes \$24

Tues. May 5 - 26 | 2:30 pm | 4 classes \$24

Thurs. May 7 - 28 | 1:30 pm | 4 classes \$24

Incorporate strength moves to tighten and tone trouble spots, and stretching that will leave you feeling longer and leaner. Improve posture, body awareness and overall strength.

BARRE FUSION w/Kim C. 3-4 (K. White)

Mon. May 4 - 18 | 10:30 am | 3 classes \$18 McCardell Rm

Thurs. May 7 - 28 | 10:30 am | 4 classes \$24

Incorporates pilates, yoga, strength training, cardio, and dance - deep focus on core and emphasizes moves that will tone, stretch, and elongate muscles.

STEP & SCULPT w/Arlene (McCardell)

Tues. May 5 - 26 | 1:30 pm | 4 classes \$28

A classic cardio workout that has lasted for decades because "It delivers results! Step up, around, and down from the platform to strengthen your muscles.

MOVEMENT PARTY w/Karen (McCardell)

Mon. May 4 - 18 | 3:00 pm | 3 classes \$18

A fun, feel good movement class set to upbeat music, guiding you to learn short combinations that will challenge your brain and body and boost your mood. No dance experience needed. Move your way!

SILVER STRONG w/Dawn T. (McCardell)

Mon. May 4 - 18 | 5:30 pm | 3 classes \$18

Tues. May 5 - 26 | 9:00 am | 4 classes \$24 w/Kaylee

Wed. May 6 - 27 | 5:30 pm | 4 classes \$24

Sat. May 2 - 16 | 8:00 am | 3 classes \$18

It is possible to gain strength after 50! Along with the added benefits of flexibility, stability and mobility that come from training with weights. Why not have fun while doing it? All fitness levels are welcome.

CARDIO DANCE PARTY w/Dawn T. (McCardell)

Tues. May 5 - 26 | 5:30 pm | 4 classes \$24

This low-impact cardio class incorporates easy choreography and optional light weights set to hot hits from the 60's to current pop music to get your body moving and your heart pumping.

BASIC STRENGTH TRAINING w/Therese (Weight Rm)

Fri. May 8 | 3:00 pm Tues. May 19 | 2:30 pm

Wed. May 13 | 5:30 pm *\$10 each date/session*

Learn how to use free weights, cable machine and other equipment besides the blue HUR machines. One hour session with a personal trainer. Limit 4 per class.

**no F&A Flex Pass | Registration required*

KICKSTART ENERGY w/Sabrina 3 (McCardell)

Wed. May 6 - 27 | 9:20 am | 4 classes \$24

Combines martial arts techniques with quick paced cardio. Both an upper and lower body workout, including different types of punches and kicks.

MAT PILATES 3-4 (McCardell)

Mon. May 4 - 18 | 9:30 am | 3 classes \$18 w/Kim C.

Wed. May 6 - 27 | 8:20 am | 4 classes \$24

Fri. May 1 - 29 | 9:30 am | 5 classes \$30 w/Kim C.

Build strength and flexibility, focus on strengthening the core with balance work, standing and on the floor. Lengthening helps with a longer and stronger spine.

SMALL GROUP PERSONAL TRAINING w/Julie (McCardell)

Thurs. May 7 - 28 | 5:00 pm | 4 classes \$32

Exercises and movements to improve your muscular endurance and performance.



PERSONAL TRAINING

GOLD (24) - 1 Hour Sessions: **\$940**

SILVER (12) - 1 Hour Sessions: **\$550**

BRONZE (6) - 1 Hour Sessions: **\$300**

COPPER* (12) - 30 Min. Sessions: **\$450**

SINGLE (1) - 1 Hour Session: **\$60**

SEMI-PRIVATE Must find a partner

(6) - 1 Hour Sessions: **\$410 (\$205 per person)**

**Need recommendation from a trainer.*

For Information: 248-659-1021

YOGA

SUNRISE YOGA w/Kay 2 (Fitness Rm 3)

Tues. May 5 - 26 | 8:00 am | 4 classes \$24

Get an enjoyable start to your day! Yoga moves combined with breathing techniques strengthen the muscles and relieve stress. Bring a mat and towel.

SUNSET YOGA w/Georgia (Fitness Rm 3)

Wed. May 6 - 27 | 6:00 pm | 4 classes \$24

Asanas (postures) based on slow-flowing, energetic movement coordination with the breath and holding postures to relax the mind and body. For all levels who can move freely on a yoga mat. Bring a mat and small towel.

BASIC YOGA w/Kay (K. White)

Sat. May 2-16,30 | 8:30 am | 4 classes \$24

Sat. May 2-16,30 | 9:30 am | 4 classes \$24

Calm and gentle practice with traditional yoga movements. Bring a yoga mat - blanket is optional.

CHAIR YOGA w/Georgia (K. White)

Mon. May 4 - 18 | 2:00 pm | 3 classes \$18

Mon. May 4 - 18 | 3:00 pm | 3 classes \$18

Tues. May 5 - 26 | 11:30 am | 4 classes \$24* w/Natasha

Wed. May 6 - 27 | 2:30 pm | 4 classes \$24

An energizing class uniting breathing with movement while seated or standing supported by a chair. Simple poses improve posture, balance, strength, and stability. Deep breathing, relaxation, meditation and stretching techniques improve range of motion and flexibility.

**Tues. Class in McCardell Room*

YOGA, A GENTLE BEGINNING w/Tracy 2 (K. White)

Thurs. May 7 - 28 | 11:45 am | 4 classes \$24

Focus on gentle, safe movements to create more mobility and strength to reduce pain and limitations. Improve balance, energy and mood.

YIN YOGA (Fitness Rm 3)

Mon. May 4 - 18 | 4:00 pm | 3 classes \$18 w/Julie

Thurs. May 7 - 28 | 4:00 pm | 4 classes \$24 w/Julie

Fri. May 1 - 29 | 10:30 am | 5 classes \$30 w/Natasha

Combines deep breathing, warm ups and holding of poses. Through long, deep stretches, increase range of motion and regain flexibility lost to age, sedentary lifestyle or sustained active exercise such as running and sports.

HATHA YOGA w/Natasha (Fitness Rm 3)

Tues. May 5 - 26 | 9:30 am | 4 classes \$24

Breathing techniques, warm ups and poses balance both sides of the body, the Sun (Ha) and the Moon (tha) balancing the right and the left, followed by relaxation poses. This is a beginner yoga using a mat.

RESTORATIVE YOGA w/Natasha (Fitness Rm 3)

Tues. May 5 - 26 | 10:30 am | 4 classes \$24

Gentle and therapeutic yoga focusing on relaxation and rejuvenation, involving holding a series of supportive poses for extended periods using props like blankets and bolsters. Emphasis on deep, mindful breathing.

DYNAMIC MOBILITY FOR ACTIVE AGING 2 (Fitness Rm 3)

Mon. May 4 - 18 | 9:00 am | 3 classes \$18 w/Clair

Tues. May 5 - 26 | 10:00 am | 4 classes \$24* w/Kaylee

A movement based stretch class using gentle flows and functional mobility work to keep you moving comfortably in everyday life. **Tues. Class in McCardell Room*

PARKINSON'S Exercise Options

**** Members with freezing or balance issues should bring a caregiver to class. ****

PWR! PARKINSON WELLNESS RECOVERY

w/ Carol Schram (K. White)

Wed. May 6 - 27 | 12:30 - 1:30 pm | 4 classes \$32

PWR! is a PD-specific skill training program that maintains and restores everyday movement skills. The exercises target multiple systems and allows for adaptation for disease severity.

PWR! BOXING w/ Carol Schram (McCardell)

Mon. May 4 - 18 | 12:30 - 1:30 pm | 3 classes \$24

This non-contact boxing class has participants engage in circuit training with bilateral movement to stimulate the body and challenge brain function. Attendees must maintain balance without assistance, no exceptions. Bring boxing gloves that cover entire hand. No boxing gloves with exposed fingers or thumbs are permitted. Instructor will show the wraps to purchase at the first class. The intensity level is higher and transitions between exercises are more rapid. Modifications for specific exercises are taught.

DANCE FOR PARKINSON'S w/Ali (K. White)

Mon. May 4 - 18 | 11:30 am - 12:30 pm | 3 classes \$24

Wed. May 6 - 27 | 11:30 am - 12:30 pm | 4 classes \$32*

Increase coordination, balance, flexibility, and strength through music and movement from a range of dance styles specifically designed for those living with Parkinson's Disease and their spouse/caregiver.

Note: *Wed. Class is in McCardell Room

FITNESS & AQUATICS PAYMENT OPTIONS

F & A FLEX PASS | \$80

Unlimited Drop-In Classes, Gym Activities, Open Swim, Cardio/Weight Rooms & Billiards when space is available.
(Expires 34 calendar days from date of purchase)

DROP-IN PUNCH CARD | \$36

Use instead of cash for:

• Drop-in Classes \$7-\$11 • Gym Activities \$3 **NEW PRICE**
Billiards \$2 • Open Swim \$3 • Cardio & Weight Rooms \$2

Drop-ins or Punch Cards when space is available.

Aquatic Classes

AQUA MIX 2-3 (Lap Pool)

Sat. May 2-16,30 | 8:00 am | 4 classes \$24 w/Dawn B.
Mix it up with our newest water fitness format. Utilize a variety of equipment in both the deep and shallow ends to improve your cardiovascular fitness and strength.

AQUA YOGA (Therapy Pool)

Tues. May 5 - 26 | 10:15 am | 4 classes \$24 w/Carol
Benefits of yoga and the warm water of the pool. Easier on your joints but more challenging when it comes to balance, due to the movement of the water.

HEALTHY JOINTS 2 - 3 (Therapy Pool)

Tues. May 5 - 26 | 9:00 am | 4 classes \$24 w/Margaret
Tues. May 5 - 26 | 1:00 pm | 4 classes \$24 w/Cecelia
Wed. May 6 - 27 | 1:00 pm | 4 classes \$24 w/Cecelia
Wed. May 6 - 27 | 2:00 pm | 4 classes \$24 w/Cecelia
Wed. May 6 - 27 | 6:30 pm | 4 classes \$24 w/Dawn B.
Improve range of motion, strength, & muscle tone with controlled movements. Beneficial for people with arthritis or recovering from an injury.

THE DEEP 2-3 (Lap Pool)

Mon. May 4 - 18 | 8:00 am | 3 classes \$18 w/Sabrina
Tues. May 5 - 26 | 8:00 am | 4 classes \$24 w/Ann
Wed. May 6 - 27 | 8:00 am | 4 classes \$24 w/Margaret
High-intensity workout using deep water to improve cardio fitness, muscular strength, and endurance.

BALANCE & STABILITY 2-3 (Therapy Pool)

Mon. May 4 - 18 | 10:00 am | 3 classes \$18 w/Debbie
Tues. May 5 - 26 | 2:00 pm | 4 classes \$24 w/Cecelia
Wed. May 6 - 27 | 10:00 am | 4 classes \$24 w/Cecelia
Thurs. May 7 - 28 | 10:00 am | 4 classes \$24 w/Cecelia
Fri. May 1 - 29 | 10:00 am | 5 classes \$30 w/Debbie
Improve balance and stability while developing muscle awareness to aid in preventing slips and falls.

AQUATICS STRENGTH & CORE 2-3 (Lap Pool)

Mon. May 4 - 18 | 9:00 am | 3 classes \$18 w/Debbie
Tues. May 5 - 26 | 9:00 am | 4 classes \$24 w/Ann
Wed. May 6 - 27 | 9:00 am | 4 classes \$24 w/Margaret
Thurs. May 7 - 28 | 9:00 am | 4 classes \$24 w/Peggy
Fri. May 1 - 29 | 9:00 am | 5 classes \$30 w/Debbie
Strengthen your core through a series of new, creative and challenging moves. Exercises can be done in the shallow, or deep end of the pool.

WATER WORKS 2 w/Cece (Therapy Pool)

Wed. May 6 - 27 | 9:00 am | 4 classes \$24
Thurs. May 7 - 28 | 9:00 am | 4 classes \$24
Develop strength, flexibility, muscular endurance, balance, and coordination with some low impact.

AQUA ZUMBA w/Fabiola 2 (Lap Pool)

Mon. May 4 - 18 | 5:15 pm | 3 classes \$18
Tues. May 5 - 26 | 5:35 pm | 4 classes \$24
Wed. May 6 - 27 | 5:35 pm | 4 classes \$24
Aqua class focusing on cardio-conditioning and body toning with Latin rhythms and easy to follow moves.

CHALLENGE YOUR CORE (Therapy Pool)

Tues. May 5 - 26 | 8:00 am | 4 classes \$24 w/Peggy
Thurs. May 7 - 28 | 8:00 am | 4 classes \$24 w/Peggy
Advanced class targets core strength and stability with dynamic movements using equipment and the water's resistance in both shallow and deep water.

AQUA BIKE CIRCUIT TRAINING 3-4 (Lap Pool)

Mon. May 4 - 18 | 6:30 pm | 3 classes \$18 w/Dawn B.
Utilize our aqua bikes, treadmill and elliptical equipment while incorporating strength training. Upbeat and challenging cardio exercises to elevate your heart rate.

SMALL GROUP SWIM LESSONS w/Joe
Returns in June

Skip the cash for drop-in's!
Get a punch card for **\$36**.
Available for purchase at the cashiers window.



Open Swim \$3

How's the Water?

Lap 83°F

Therapy 93°F

MONDAY - THURSDAY

Pool Hours: 8 am - 7:45 pm

FRIDAY

Pool Hours: 8 am - 3:45 pm

SATURDAY

Pool Hours: 8 - 1:45 pm

Competitive Lap Swim: Sat. 9 - 10 am



PICKLEBALL

DROP-IN \$3

See Gym Schedule on our website or posted in the gym

DROP-IN PICKLEBALL VIRTUAL LINE

see page 25 for details



PICKLEBALL 101: Beginner Lessons

Wednesdays | 9:30 - 11:00 am | \$3 no F&A Flex Pass

A one-hour introduction to the basics of the game. Upon completion individuals will play a mentor game. (Court 1) *Limited to one session. Must be pre-registered.

PICKLEBALL 201: Novice/Low Interm. Lessons

Mon. May 4 - 18 | 11:00 am - 1:00 pm | 3 classes \$12

A series of progressive classes for beginners or low intermediate players. Start with safety, equipment reviews, and serves and returns. Each succeeding class progresses to various shots, positioning and basic strategy. Improve skills through repetitive drills. Mentored games played each session. It is most beneficial if you attend every session. *Must be pre-registered, no F&A Flex Pass.

PICKLEBALL 301: Skills & Drills w/Scott

Wed. | May 6 - 27 | 11 am - 1:00 pm | 4 classes \$64

For Novice/Intermediate players. No Beginners! Certified instructor will teach effective techniques for serves, ground strokes, 3rd shots, volley, lobs and overheads. Learn winning strategies including shot selection, communications, positioning and consistency. Player perform drills and play games to improve skills in game situations. *Must be pre-registered, no All Access Pass.

COMPREHENSIVE FITNESS

ABSOLUTE BEGINNER BALLET CLASS w/Karen

Mon. May 4 - 18 | 4:00 pm | 3 classes \$24 (McCardell)

Always wanted to learn ballet? Explore the basic fundamentals of technique, build confidence and enjoy moving with elegance and ease. Wear ballet slippers or comfortable shoes. A true beginner class with no experience.

GOLDEN SWANS BALLET w/Karen 1 (K. White)

Wed. May 6 - 27 | 11:30 am | 4 classes \$32

Step back to the barre with grace and joy. Designed for seniors with previous dance experience - revisit the foundations of ballet, posture, balance and musicality at a gentle pace that honors the body.

CHAIR MASSAGE (Training Rm B)

Thurs. May 14 | 11:00 am - 1:00 pm Space is limited.

\$15 per 10 minute session *NO F&A FLEX PASS

A 10 minute session with a Simplicity Healing massage therapist. Call a cashier to reserve your time.

FITNESS & RECREATION

BASKETBALL 5 on 5

Wed. | 6 - 8:00 pm | \$3 / Sat. | 9:30 - 11 am | \$3

BASKETBALL

Tues. | 12 - 1:30 pm | \$3 Shoot Around & \$3 1/2 Court

BADMINTON

Mon./Thurs. 6 - 8:00 pm | \$3 Doubles or 1-on-1 / 2 courts

BILLIARDS & DARTS

Mon.-Thurs. | 8 am - 8:00 pm | \$2

Fri. | 8 am - 4 pm | \$2

Sat. | 8 am - 2 pm | \$2/1 yr. pass \$110

CARDIO/WEIGHT ROOM

Mon. - Thurs. | 8 am - 8:00 pm | \$2

Fri. | 8 am - 4 pm | \$2 / Sat. | 8 am - 2 pm | \$2

OPEN GYM - Free

Mon/Wed. | 8 - 9:30 am / Tues & Thurs. | 8 - 10:00 am

TABLE TENNIS

Mon/Wed/Fri. | 1 - 4 pm | \$3 Doubles or 1-on-1 / 4 tables

VOLLEYBALL

Sat. | 11 am - 12:30 pm | \$3

WALKING TRACK

Please bring clean athletic shoes to change into to walk.

Mon-Thurs. | 8 am - 8:00 pm | Free

Fri. | 8 am - 4 pm / Sat. | 8 am - 2 pm | Free

WEIGHT ROOM ORIENTATION

\$10 Each Session

Registration required *NO F&A FLEX PASS

Mon. May 4 | 12:30-1:30 pm & 1:30-2:30 pm

Mon. May 11 | 3 - 4:00 pm & 4 - 5:00 pm

Mon. May 18 | 12:30-1:30 pm & 1:30-2:30 pm

Wed. May 27 | 3 - 4:00 pm & 4 - 5:00 pm

The HUR pneumatic technology is designed to provide safe, effective training for a range of abilities with less risk of injury. Create and manage your own training programs. Data is captured for each user on repetitions, resistance and progress. To accurately use the HUR weight room equipment, an orientation is required.



BOX FIT w/Carol Schram 3-4 (Gym)

Thurs. May 7 - 28 | 6:00 pm | 4 classes \$24

A non-contact basic boxing class. Using speed bags, heavy bags, and weights, participants engage in circuit training and drills. Increase strength and balance and cardiovascular endurance. Bring your own boxing gloves and hand wraps.



Day Trips

PURPLE ROSE MURDER ON THE LINKS | Thurs. May 7 | 10:00 am - 7:30 pm | \$185

Enjoy a delicious savory meal at the Carlyle Grill in Ann Arbor before the show (full sit-down meal from a limited menu). Then, off to the Theatre to enjoy the Agatha Christie's most intricate whodunits. Flyers with full detail available in OPC lobby. Rybicki shared tour with motorcoach transportation and gratuity included.

Cancellation Deadline April 1 - no refund after this date.

KELLOGG MANOR HOUSE & GARDENS | Tues. June 9 | 6:15 am - 7:45 pm | \$132

Step into elegance and history with a guided tour of the stunning W.K. Kellogg Manor House, in Hickory Corners, Michigan, perched high above Gull Lake and surrounded by beautifully restored gardens and lakeside views. After enjoying an included lunch in this grand setting, continue your day with a visit to Cherry Creek Cellars in the scenic Irish Hills. Housed in a charming 1870 schoolhouse, this boutique winery blends old-world craftsmanship with award-winning wines—perfect for a relaxing tasting experience you won't want to miss.

Flyers with full detail available in OPC lobby. Bianco shared tour with motorcoach transportation. Gratuity not included. *Please inform cashier your lunch choice at time of registration: Pastry Topped Chicken Pot Pie or Michigan Harvest House Salad.* ***Cancellation Deadline May 26 - no refund after this date.***

DSO PINK MARTINI | Fri. June 19 | 9:00 am – 4:00 pm | \$89*

Explosive yet graceful, touching yet playful – there's no band quite like Pink Martini. This 12-musician ensemble delivers a genre-blurring performance that blends jazz, world music, and 40's-50's pop, taking audiences on a musical journey around the globe. Afterward, lunch at a local restaurant, your cost. Please let cashiers know of any physical assistance needed at the time of registration. Transportation OPC bus.

Cancellation deadline June 11 - no refund after this date.

ZEHNDERS "FRIENDS OF FLEETWOOD" | Wed. July 15 | 10:00 am – 6:00 pm | \$139

Enjoy the famous Zehnder's 2-Piece famous Chicken Luncheon in the main dining room while listening to the music of Fleetwood Mac and its members. This interactive top-notch entertainment is a tribute to the musical legacy of Fleetwood Mac. Time is allotted for shopping at Zehnder's Marketplace in the lower level. Shared Bianco tour. Motorcoach transportation. Driver gratuity is not included.

Cancellation deadline June 1 - no refund after this date.

CANAL DAYS GRAND RAPIDS, OHIO | Thurs. July 30 | 7:45 am -6:15 pm | \$107

A unique Canal Experience at Providence Metropark in Grand Rapids, Ohio. You'll board an authentic mule drawn canal boat for a one-hour cruise on the restored section of the Miami and Erie Canal. You'll get a sense of what canal travel was like in the 19th century, passing through Lock #44, and visiting the working Isaac Ludwig Mill. Lunch is included at Miss Lily's, a charming small-town restaurant, featuring a hearty buffet. Shared Bianco tour. Motorcoach transportation. Driver gratuity is not included.

Cancellation deadline July 10 - no refund after this date.

EXTENDED TRAVEL

**NEW
DATE**

Thunder Bay Resort June 24 – June 25



Named by *USA Today* as one of the Top ten sleigh/carriage rides in the US, this is an experience filled with all the best of Northern Michigan! Trip includes: 1 Night at Thunder Bay Resort in Hillman, 1 breakfast / 1 Dinner, Deluxe Motorcoach Transportation and professional Bianco Tour Director. *Tour Director & Driver Gratuities not included.*

Trip Highlights:

- Sturgeon Point Lighthouse & Museum
- Thunder Bay Elk Viewing Carriage Ride
- Narrated Glass-bottom Boat Shipwreck Tour
- Great Lakes Maritime Heritage Center
- Shopping at Pinconning Cheese House

Single: \$637 member / \$647 non-member per person

Double: \$575 member / \$585 non-member per person

Triple : \$555 member / \$565 non-member per person

Flyer with details in Lobby & OPC Website

For more information contact Chris at 248-659-1030

Traverse City Fireworks September 10 – 12



Journey to the "Cherry Capitol of the World" for a fabulous fall getaway with a magical firework display with an included behind the scenes peek and much more! Trip includes: 2 night stay at the Bayshore Resort in Traverse City, 2 Breakfasts / 2 Dinners, Deluxe Motorcoach Transportation and professional Bianco Tour Director. *Tour Director & Driver Gratuities not included.*

Trip Highlights:

- Cops & Doughnuts
- Sleeping Bear Dunes National Lake Shore
- Pierce Stocking Scenic Drive & Leland, MI
- The International Fireworks Championship
- Chateau Chantal Winery & Downtown Traverse City

Single: \$1,165 per person

Double: \$935 per person

Flyer with details in Lobby & OPC Website

For more information contact Chris at 248-659-1030

Treasures of IRELAND Sept. 29 – Oct. 7, 2026

For more information and availability
contact Chris at 248-659-1030



The Leisure Travel Department is excited to welcome a new team member, Chris Coulter, our Travel Coordinator! Be sure to stop by and say hello. Chris would love to hear about your favorite local adventures and Michigan getaways—your ideas could help inspire a future trip!

Travel@OPCcenter.org | 248.659.1030

For questions regarding the physical endurance levels of a trip call 248.659.1030 before registering

Bus leaves promptly at posted time
PLEASE ARRIVE 30 MINUTES PRIOR
*indicates Wheelchair accessible

\$10 additional charge for non-residents who are not members

OPC Cancellation Policy: A non-refundable \$10 processing fee will be applied to all cancellations made on or before the cancellation deadline. No refunds will be issued after the cancellation deadline, unless a waiting list is available and your spot can be filled.



OPC Senior Support Services offers seniors and their caregivers information and resources on all aspects of aging, and will connect you with the right senior focused programs, services and organizations in the Rochester area and Oakland County. For more information, please call **248-608-0249**.

NUTRITION SERVICES

MEALS ON WHEELS

Hot meals are available 5 days a week in Rochester, Rochester Hills, Oakland Township, Auburn Hills, Independence Township, Orion and Oxford, Addison and Brandon.

To inquire about eligibility requirements, call 248.608.0264 Mon - Fri 9 am - 1 pm



LUNCH WITH FRIENDS AT OPC

Food, fun & fellowship in the Dining Room Monday through Friday at noon. Reservations are required by calling **248.659.1032** by 11 am the day prior. 60 & over - \$4 donation / Under 60 - \$5 charge. See page 22 for the menu.

ACT OF KINDNESS

This program is designed to assist income eligible seniors with minor home repairs. Call **248.608.0249** for more information and eligibility requirements.

COMMODITY SUPPLEMENTAL FOOD PROGRAMS

Monthly and Quarterly Food Programs are available for income qualified individuals. Call for more information on income and/or age guidelines. **248.608.0249**

WELLNESS COACHING AT OPC

Tuesdays | 9:00 am - 4:00 pm

Thursdays | 9:00 am - 4:00 pm

Cost \$25 - 50 minute session

Toni Sanchez-Murphy, MA, LLP will meet in private with adults 50+ to discuss what might be troubling them, in a safe and confidential environment.

For an appointment: 248.608.0249

MEDICAL EQUIPMENT LOANS

Available for short term use:

WALKERS • WHEELCHAIRS • CANES
SHOWER STOOLS • TRANSFER BENCHES

Leave a voicemail with your name, contact number and item you need or wish to donate or return. **248.608.0248**

Due to limited space, we reserve the right to refuse any donations.

MEDICARE/MEDICAID Assistance

SHIP Volunteer Counselors are here to help!

(State Health Insurance
Assistance Program)

Personal assistance at no charge, SHIP counselors are your guide to maximize your benefits and savings. Michigan's SHIP doesn't sell Medicare plans--they just help you understand them.

**Appointments call:
248.608.0249**

Ask receptionist for location

SUPPORT groups

ALZHEIMER'S/DEMENTIA CAREGIVERS GROUP

Tues. May 19 | 1:30 - 3:00 pm | CR 4

Respite Care available. Register in advance at **248.659.1036**

LOW-VISION SUPPORT GROUP

Fri. May 22 | 10 - 11:30 am | CR 2/3

Provides information, socialization, support and speakers to those with low vision. The group is open to the public.

Call **248.608.0246** to register.

PARKINSON'S CARE PARTNER GROUP

Fri. May 29 | 1 - 3 pm | CR 4

An opportunity for those who are caring for their loved one to come together for support, sharing and time to talk with others who are also living with Parkinson's. Call facilitator Kathy Walton **248.568.3549**.

PARKINSON'S SUPPORT

Wed. May 6 | 5:30 - 7:30 pm | Dining Rm

This group which meets at OPC, is associated with the Michigan Parkinson Foundation, features programs for everyday living, sharing and support.

Call: **586.612.2744** for information.

Newcomers welcome!

GRIEF SUPPORT GROUP

Fri. May 1 & 15 | 10 - 11:30 am | CR 4

The death of a loved one affects your head, heart and spirit. A Grief Support Group is an opportunity to gain an understanding about grief and receive support and healing with other caring individuals who have experienced a loss. Many people report a feeling of relief in knowing they are not alone as they share their experience with others.

**Walk-ins are Welcome!
Questions: 248.608.0249**

ADULT DAY SERVICE

Welcoming New Clients!

The **OPC's Adult Day Service** program supports adults with progressive memory loss in a safe, compassionate environment.



Designed for seniors who are socially isolated but can function somewhat independently, the program offers structured activities and mental stimulation. Participants engage in current events discussions, games, exercise, arts and crafts, music, dance, storytelling, and more—ensuring a fun and enriching experience and respite for the caregiver.

Care for the day, home at night!

For more information:
248.608.0261

Monthly ADS Music Therapy sessions are made possible thanks to the generous support of Susan Hagaman.

Parkinson's Workshop

Tuesday May 19
4 - 7:30 pm



An engaging workshop for individuals with Parkinson's, caregivers and community members.

Made possible by a grant from:



We hope you will join us!
Details and registration information on page 2.

MEMORY CAFE



at **OPC**

A welcoming social gathering for individuals affected by memory challenges and their care partners. This shared experience includes art, music, games and socialization!

Art - Music - Games!

Light Refreshments

Fri. May 22
1 - 2:30 PM

Motown Music
Therapy
ADS Room

Fri. June 26
1 - 2:30 PM

Paint a Miracle
OPC
Art Studio

RSVP to: Kerri Gentry

248.608.0261

In Partnership with:



Sponsored by:



TRANSPORTATION

Transportation is provided to residents in Rochester, Rochester Hills and Oakland Township, with priority given to seniors 55+, individuals with disabilities, veterans and low-income riders. Service is available for medical, dental, personal appointments, shopping or activities at OPC and also includes trips to Oakland University, and medical facility locations in Auburn Hills, Troy, Sterling Heights and other locations noted on our OPCTransportation.org website. A reservation is required no less than 4 days in advance (7 - 10 business days is recommended). *Exceptions may be made for medical/dental appointments based on availability.*

Hours of Service: Monday - Friday: 6:00 am - 9:00 pm | Saturday: 9:00 am - 4:00 pm | Sunday: 8:00 am - 1:30 pm

Cost: \$2 required fee per ride each way (includes aides and unscheduled caregivers)

Pay the driver with exact change or with a token

Tokens: \$2.00 each | Token Package: 10 tokens for \$20.00

Purchase Token Package:

OPC Cashier Counter: Using cash, check or credit card.

From the Driver: Exactly \$20 cash or check only. Drivers cannot make change.

Mail a check to: Cashiers - In memo line include your name and "Bus Tokens" Tokens will be mailed or delivered by a driver.

Reservation line open:

Monday - Friday: 8:00 am - 5:00 pm

Transportation Sponsor:



Ride Reservation: **248.652.4780** | Return/Cancellations: **248.608.0296** | Weekend Cancellations: **248.608.0271**





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JOIN US FOR LUNCH! Lunch is served at OPC Mon - Fri at NOON Reservations required - Call 248.659.1032 by 11 am the day prior COST: 60 & over - \$4 donation Under 60 - \$5 charge			1 Rosemary Chicken Wild Rice Roasted Brussels Sprouts Jello Bread
4 Stuffed Green Pepper Mashed Potatoes Carrots Apple Bread	5 Chicken Kiev Red Skin Potatoes Capri Blend Vegetable Orange Sections Bread	6 Hamburger on Bun Lettuce/Tomatoes Cucumber Salad Grapes	7 Tuna Tetrazini Broccoli Cuts Garden Salad Peach Halves Bread	8 Baked Ham Sweet Potatoes Mixed Vegetables Banana Dinner Roll
11 Vegetable Lasagna Zucchini Cole Slaw Grapes Bread	12 Spaghetti w/Meat Sauce Italian Vegetable Cucumber Tomato Salad Peaches Bread	13 BBQ Chicken w/Bun Broccoli Salad Potato Salad Banana	14 Beef Stew w/Vegetables Cole Slaw w/Green Pepper Apple Corn Bread	15 Turkey Breast w/Gravy Whipped Potatoes Steamed Spinach Cabbage Slaw Jello Bread
18 Baked Pork Chop Scalloped Potatoes Mixed Vegetable Apple Slaw Fresh Pear Bread	19 Meatloaf w/Gravy Oven Browned Potatoes Romaine Salad Mexican Corn Fruit Salad Dinner Roll	20 Ham Scalloped Potatoes Capri Blend Vegetable Tapioca Pudding w/Pineapple Bread	21 Chicken Cutlet w/Gravy Roasted Potatoes Mixed Vegetables Apple Bread	22 Tuna Pasta Salad Shredded Lettuce Pickled Beets Orange Mini Muffin
25 BUILDING CLOSED	26 Sweet & Sour Chicken Brown Rice Oriental Blend Cole Slaw Apricots/Bread	27 Bratwurst on Bun German Potato Salad Sauerkraut Apple	28 Spaghetti w/Meatballs Broccoli Cuts Garden Salad Pear Halves Bread	29 Ham Salad Garden Salad Pickled Beets Sliced Pineapple Croissant

OPC | 650 Letica Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of AgeWays is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: www.AgeWays.org • 1.800.852.7795



We have volunteer opportunities for just about everyone, especially with several special events coming up in the next few months. To help make these larger events a success, we're currently seeking volunteers who can assist with set-up and clean-up—tasks that require strength and stamina.

If you're up for the challenge, we'd love to have you! Please complete a volunteer application on our website under the "Support Us" tab.

Please help spread the word to your kids and grandkids—thank you for considering! We'd love to have you join our volunteer team.

GOT MUSCLES?

AND A LITTLE
HUSTLE?



WE NEED SET UP AND CLEAN UP VOLUNTEERS

Daria Burcar, Volunteer Coordinator | 248.608.0270 | volunteer@OPCcenter.org



Nurse not in:
May 20 - 22

HENRY FORD HEALTH

Wellness Center & Physical Therapy at OPC

Call Cindy at 248-601-2888 to make appointments for all Wellness Center Programs or stop by for a blood pressure check and to ask questions about health concerns Mon. - Fri. 8 am - 4 pm.

TIP OF THE MONTH: Movement Matters! Twenty-two minutes of daily moderate intensity physical activity reduces chances of developing diabetes, heart disease, high blood pressure and improves immune function.

ASK THE . . .

- **NURSE (Cindy McKenna) in the Atrium** Thurs. May 28 | 9 - 11:00 am *No appointment required.*
- **RESIDENT DOCTOR** May 6, 13 & 27 | 9 - 11:00 am *No appointment required.*
- **PHARMACIST - "KNOW YOUR MEDS"** Tues. May 19 | 9 - 11:00 am Identify potential medication duplications, learn about high-risk meds and address any medication questions.

ADVANCE CARE PLANNING & PALLIATIVE CARE - WHAT IS IT AND WHY IS IT IMPORTANT? Mon. May 18 | 10 - noon
A Geriatric Nurse Practitioner will meet one-on-one to discuss advance care planning and palliative care.

HEARING SCREENING & REVIEW with Catherine May, Audiologist Tues. May 12 | 9:30 am - noon

FAMILY AND FRIENDS CPR CLASS Wed. May 20 | 10 - 11:30 am | **Cost: \$10 includes book**

Learn the lifesaving skills of hands only CPR (compressions using a manikin on a table), how to help someone who is choking and the use of an AED. Taught by Nancy Butty, HFH Injury Prevention Specialist.

STOP THE BLEED Wed. May 20 | 12 - 12:45 pm

Be prepared for bleeding emergencies to provide aid until first responders arrive. Learn to identify "life-threatening" bleeding and how to use bleeding control techniques with Nancy Butty, HFH Injury Prevention Specialist.

WHAT IS YOUR RISK OF FALLING? Wed. May 20 | 1 - 3:30 pm

Find out with a complimentary balance/fall risk assessment.

HOME SAFETY VISITS Designed to alleviate a senior's risk and stress so they can continue to age in place.

Includes: Fall Prevention Tips | Balance Assessment | Medication Disposal | Assistive Device Adjustments

PHYSICAL THERAPY Mon. - Thurs. | 7:00 am - 5:00 pm | Call 248-608-8119 for scheduling and information

Address concerns and diagnoses such as back pain, shoulder pain, decreased balance, arthritis, slumping posture, stroke, Parkinson's, MS and more. Sessions last 45 min. - 1 hour with a Physical Therapist (PT) or PT Assistant.

SoUPER Salad Bar on Friday's



at 11:30 AM in the DINING ROOM
\$4 Donation age 60+ | \$5 Charge age 59 & under

INFORMATION

BECOME A MEMBER

Resident 50+:

Residing in: Rochester, Rochester Hills, or Oakland Township | \$6.00 Membership Card

Nonresident 50+:

All other communities - Annual Fee \$225 per person | \$350 married couple

Member Registration Hours:

Mon - Thurs: 8:30 am - 7:30 pm

Friday: 8:30 am - 3:30 pm

Saturday: 8:00 am - 1:30 pm

Membership registration forms are available at OPC or online. You must register in person as proof of residency is required. Visit our website for more information.

REGISTER AND PAY FOR A CLASS OR PROGRAM

Cashier Hours: Mon - Fri 8:30 am - 3:30 pm

Phone with Credit Card: 248.659.1029

Online: myactivecenter.com (OPC Key Tag required)

Registration instructions on the website

REFUND POLICIES

Class/Program/Trips: See website for more info.

OTHER INFORMATION

- When entering the building, please sign in at the kiosks with your keytag and touch the activities you are participating in for the day. These statistics are very important for future programming of classes.
- Register early to avoid class cancellations.
- We will make reasonable accommodations to assist people with disabilities to access our facility and participate in our programs.
- To provide a safe and enjoyable environment for all members and guests, we appreciate your adherence to the Code of Conduct Policy, available in the lobby or on our website.

OPEN TO THE PUBLIC GUIDELINES

OPC activities are for register members only, unless otherwise noted.

Facility Events - Nonmembers 50+ are allowed to participate for no additional charge.

Travel - Nonmembers 50+ who register for day trips are required to pay an addl. charge of \$10.

Fundraisers - Nonmembers 21+ can participate for no additional charge.

Intergenerational - All ages are welcome to attend, i.e., 5K, 650 Player Matinee (non-lunch performances), Food Truck Rally, Grandkids Swim. Some athletic events may designate an age.



OUR TOWN CAFE

Proceeds Benefit Meals on Wheels

Hours:

Monday - Thursday

9:00 am - 2:00 pm

Soup, Salads & Sandwiches

Located in the lower level at OPC

We strive for accuracy in this newsletter — yet occasional typos or updates may occur after publication. Dates, costs and rooms may change. Thank you for understanding!



Stone Cottage Garden Memorial Bricks

Be a part of OPC's rich tradition of friendship, fellowship and honor by memorializing a friend or loved one with an engraved brick in the Stone Cottage Gardens. This permanent recognition will remain as a tribute in the lovely and serene surroundings of the garden located on the south side of the OPC facility.

3 LINES
16 SPACES



5 LINES
16 SPACES



7 LINES
20 SPACES



Orders received from April through October will be installed in the fall, and those received November through March will be placed in the Spring.

Order forms are available at the cashier's window and on the OPC website OPCcenter.org

**For questions contact Jenay Frost:
248.659.1034**

Drop-In PICKLEBALL *Virtual Line*



Making it easier to register!

Set up your free account:
opc.pickleplanner.com

- A free Pickle Planner account is required
- Sessions open at 8 pm, 7 days before the session
- Only 1 virtual sign up per person per day
- \$3 is due at the Sports Desk prior to start time
- Kiosk check-in and wristbands are still required.

OPC GOVERNING BOARD

Stuart Bikson, Chairman
Michele Sommers, V-Chairman
Robin Buxar, Treasurer
Al Fisk, Secretary
James Gill, Jr.
Diana Mannino
Carol Morlan
Theresa Mungoli

Next meeting:

May 7, 2026

5:00 pm

OPC Social &
Activity Center
Classrooms 2 & 3

MYACTIVECENTER (MAC) ONLINE REGISTRATION

Register and pay for classes and activities in Fitness & Aquatics, Enrichment and Fine Arts, and Travel online, including Fitness & Aquatic passes.

You must already be a member and have an OPC Key Tag to use online registration.

Visit : OPCcenter.org for instructions or go directly to myactivecenter.com

For questions, contact Michele Burns:
mburns@OPCcenter.org

NOTE: MyActive Center uses PayPal for payment.

3 Ways to Register for classes and programs:

Preferred!
ONLINE:

www.myactivecenter.com

IN PERSON:

Visit the Cashier's Window
Monday - Friday
8:30 am - 3:30 pm

BY PHONE:

Call the Cashier's
248.659.1029

The Cashiers are extremely busy the first day of registration.

Customers at the window will be assisted before phone calls. It may take up to 48 hours to return your call. Please use our online system if you can.

GIVE YOUR JEWELRY A SECOND LIFE!

Your gently used jewelry can spark creativity at OPC! Proceeds support our Enrichment & Art programs through gift shop and pop-up sales.

Call 248.659.1037 or email
lyoung@OPCcenter.org

SHOP, DISCOVER, DELIGHT!

Visit the
**Mary Elizabeth
Gift Shop**

Monday - Friday
10 am - 2 pm

Unique artisan creations, handcrafted cards, and rotating secondhand jewelry make perfect gifts or treats for you!

Join the OPC GIFT SHOP TEAM!

Looking for friendly volunteers to help in the gift shop assisting visitors, organizing items, and handling sales.

- **Flexible shifts**
- **Training provided**
- **Fun community vibe**

Interested? Contact us at
lyoung@opccenter.org
and **join the fun!**

PANCAKE BREAKFAST!

Participants eat free following event, & additional pancake breakfast tickets for friends/family of participants are available for \$10 per person.

Pancake Breakfast Sponsored by:



OPC 2026 5K RUN WALK

TO BENEFIT
MEALS ON WHEELS
SATURDAY, JUNE 6, 2026

PRESENTED BY: **PIXLEY**
FUNERAL HOME

Dignity
LIFE WELL CELEBRATED

Details:

- Registration from 7 to 7:50 am | 5K Run/Walk begins at 8 am
- Course is flat, along the Clinton River Trail with one hill
- T-shirts for participants who register by **5/9/26**
- Awards in 10-year age groups (chip time event)

Bib/Shirt Pick-Up at the OPC Main Entrance:

- Thursday, June 4 from 5 to 7:30 pm
- Friday, June 5 from 8 am to 3 pm

Two Ways to Register:

1. Scan the QR code to be directed to the race website.
2. Fill out a registration form below



GOLD SPONSORS:



Geneva
Stephens
Memorial

SILVER SPONSOR:



BRONZE SPONSORS:



NEW!

Start your own fundraiser today and make every mile count. Create a personal fundraising page, share it with your network, and help provide meals to seniors in need. Whether you're participating in the 5K or supporting from afar, your efforts can make a real difference. Visit <https://givebutter.com/oUD7iB/join>



REGISTRATION FORM

Complete form and mail to: OPC, 650 Letica Drive, Rochester, MI 48307 **OR** register online by scanning QR code above.

To pay by credit card, please call the Cashiers Desk at (248) 659-1029. For more information on registration, call (248) 608-0278.

Full Name _____ ☐ M ☐ F

Address _____ Date of Birth _____

City _____ State _____ Zip _____

Phone _____ Email _____

Choose One

- ☐ 5K (Timed)
- ☐ 5K (Untimed)

Entry Fee

- ☐ \$35 | Pre-Registration (**By 5/30/26**)
- ☐ \$40 | After Pre-Registration and on Race Day
- ☐ \$25 | Age 13 & Under (**By 5/30/26**)
- ☐ \$30 | Age 13 & Under (After Pre-Registration Deadline)

T-Shirt Size

- ☐ Youth ☐ Small ☐ Medium
- ☐ Large ☐ XL ☐ XXL (Add \$2)
- ☐ No T-shirt

- Non-participant Pancake Breakfast tickets at \$10/each _____

- Additional Donation to OPC Social & Activity Center (if desired) _____

TOTAL AMOUNT DUE

\$ _____

CONSENT

WAIVER: In acceptance of my registration for OPC's 2026 5K Run & Walk for Meals on Wheels, I hereby release OPC and all participating groups, sponsors and persons officially connected with this event from any and all injury or damage whatsoever from my participation. Signature of applicant or parent/legal guardian (if under 18 years of age):

26

Signature _____

Date _____



Your Search Ends Here

Schedule Your Tour Today
and Receive a Gift for 2



all seasons
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from the Moment You Enter!"*
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For Details Contact:
ASRH.DSM@allseasonsliving.com
248.845.2158
AllSeasonsRochesterHills.com 

Oakland University William Beaumont
School of Medicine
Body Donation Program



Contact us about this impactful end-of-life planning
option – an alternative to organ donation.

bodydonation@oakland.edu | (248) 370-3457
oakland.edu/medicine/body-donation-program

ADT-Monitored Home Security

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- Flood Detection
- Fire Safety
- Carbon Monoxide

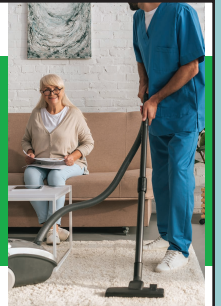


 Authorized Provider **SafeStreets** **833-287-3502**

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- Weekly, Biweekly, or Monthly Visits
- Move-In & Move-Out Cleaning
- Clothing drop-off to cleaners or laundromat



Call or Text: **847-749-9323**



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Call to schedule your FREE Hearing Test*



HearingLife

134 W. University, Suite 203
Rochester, MI 48307
248.793.9594
hearinglife.com

Kip Toderan
Hearing Instrument Specialist
Lic. #350201879

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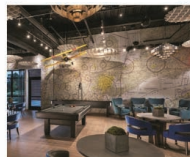
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