

June 2026

THIS
MONTH
AT



OPC

SOCIAL & ACTIVITY CENTER

The Best Place To Be 50+

summer
Soirée

A festive evening
to benefit OPC's
Meals on Wheels

**Feelin'
Groovy**

**Friday,
June 19, 2026**

6:30-10 pm

Presented by

**Controller
Technologies**
CORPORATION

Get Groovy & Give Back!

Kick off your summer the right way! Celebrate June with two spectacular events designed to bring our community together while supporting a crucial cause: Meals on Wheels.

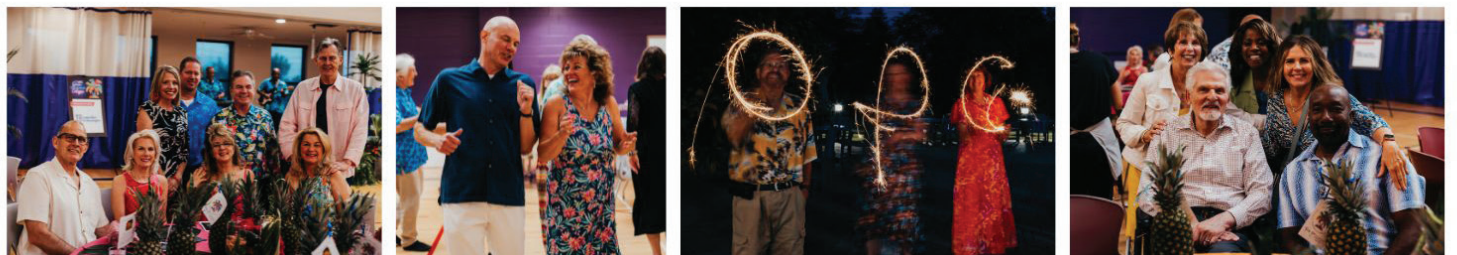


5K Run/Walk for Meals on Wheels + Pancake Breakfast: Saturday, June 6 at 8:00 am

Start your weekend with energy and purpose with OPC's family-friendly 5K Run/Walk for Meals on Wheels.

After you cross the finish line, celebrate your success at our Pancake Breakfast! Enjoy delicious pancakes, sausage links, coffee, and juice. Free breakfast for all Run/Walk participants! Additional tickets are \$10 per person. Stick around in the auditorium to cheer on our winners during the award ceremony. We will present awards to the Male & Female Overall winners, 1st place in each age group, Master, and the Oldest and Youngest Runners.

Special Thanks to Our Sponsors: Presenting – Pixley Funeral; Gold - Controller Technology, Henry Ford Health, Geneva Stephens Memorial; Silver - DB Construction; Bronze – Bowman Chevrolet, Comfort Keepers, Courtyard of Auburn Hills, Aetna; Pancake Breakfast – First State Bank.



Feelin' Groovy Summer Soiree: Friday, June 19 from 6:30 - 10:00 pm

Step back in time for a far-out evening at our Feelin' Groovy Summer Soiree! This signature fundraising event benefits Meals on Wheels and promises a magical night filled with great food, lively music, and retro fun.

Here is what the night has in store for you:

- A champagne reception featuring flavorful strolling appetizers and dinner by Kruse & Muer.
- Live entertainment guaranteed to bring the groovy spirit to life.
- A vibrant 60s and 70s-themed atmosphere from the grooviest of decades.
- Exciting silent auction packages and delightful surprises all night long.

Special Thanks to Our Presenting Sponsor: Controller Technologies.

These events are more than just a good time—they are a chance to make a real difference in the lives of those who depend on Meals on Wheels. Mark your calendars, invite your friends, and secure your spot today! Visit our website to purchase your event tickets now!

Renee



The Best Place To Be 50+

Upcoming Events

July 24
Grandparent Summer Swim

Building Closed

Friday, June 19 @ noon
Summer Soiree Event



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

Featured June Programs



- 04 A Beatles Sing-Along**
Twist & shout your way to an unforgettable afternoon
- 04 Annual Day of Joy**
Comfort Keepers Fancy Ice Cream Social
- 09 Terrific Tuesday**
A glimpse of when lake travel meant luxury and style
- 10 Step Outside and Paint!**
Discover Plein Air Painting in a beginner friendly class
- 16 It's Back! Group Swim Lessons**
Increase your confidence in the water
- 18 Leisure Travel**
Baseball & exciting overnights
- 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

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- 13-17 Fitness & Aquatics**
- 18-19 Travel**
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- 26 Philanthropy**



Registration for all JUNE activities begins on THURSDAY, MAY 21



HERE COMES THE FUN! A BEATLES SING-ALONG

\$25 Luncheon Show – Mon. June 22 @ noon – 2:00 pm
\$15 Dessert Show – Tues. June 23 @ 1 - 2:00 pm

Twist and shout your way to an unforgettable afternoon of Beatles hits and interactive sing along fun!

Join narrator **Jon Katz** and troupe as they bring the music of The Beatles to life with the songs you know and love, from heartfelt ballads to toe tapping classics.

Sing, clap, and come together for a lively celebration and plenty of “yeah, yeah, yeah!”



SAVVY SENIORS

FANCY ICE CREAM SOCIAL Comfort Keepers Annual Day of Joy!

Joy between generations & live music!

Wed. June 17 | 1:00 pm | \$5 | Dining Rm

The sweet tradition returns with a little extra sparkle!

Build your perfect sundae with classic favorites, rich toppings, and deluxe extras for a treat that’s as fun to create as it is to enjoy.

A simple gathering to make the day feel special.



AI & YOU:

How to Jumpstart Your AI Skills with Dr. Dan Arnold

Join Oakland University professor Dr. Dan Arnold (*The AI Man*), for this engaging two-part beginner course designed to make AI easy to understand and use.

2-Part Class | \$40 | CR 3

Wed. June 17 | 4 - 5:30 pm - Session 1: AI - The Good, The Bad & The Unknown

- Learn what AI is and how it's changing everyday life
- Explore popular AI tools, assistants and possibilities

Thurs. June 18 | 4 - 5:30 pm - Session 2: Tool Time: Exploring Common AI Tools

- Get hands-on practice with real AI platforms
- Build confidence using AI for productivity, creativity and daily life

Perfect for beginners, curious learners and anyone ready to explore the future of AI.





Playwriting Workshop

Thurs. June 25 | 6:30 pm | \$5 | CR 3

Continue your playwriting journey with Laura!

Bring your pages and ideas as you refine characters, strengthen dialogue, and build toward a 10-minute script.



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

Rochester
Hills
Museum

HEN MEDIC: The Life of Dr. Bertha Van Hoosen

presented by: SAMANTHA LAWRENCE

Wed. June 10 | 10 - 11:00 am | \$5 | Dining Rm

Born in 1863, Dr. Bertha Van Hoosen fought to become an internationally recognized surgeon and make a place for women in the medical field. During her 59-year career, she pioneered surgical techniques, founded the American Medical Women's Association and traveled the world visiting her "surgical daughters."

PIXLEY
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AARP Drivers Safety Class

Tues. June 2 & Wed. June 3
9:30 am - 1:30 pm
(1/2-hour lunch break)

\$30 for AARP Members
\$35 for Non-Members
includes box lunch

Stay confident behind the wheel with the AARP Driver Safety Class, a two-day refresher designed to help drivers sharpen skills, refresh knowledge of current rules of the road, and potentially earn insurance discounts.

Maintain your Driving Independence with a CarFit Checkup

Thursday, June 4 | 9:00 – 11:30 am
OPC Main Parking Lot | Complimentary

There's a lot more to safe driving than how you drive. Having the proper fit inside your vehicle can make a big difference and help protect you and those around you. With CarFit, an educational program developed by AARP and the American Occupational Therapy Association, you'll get information and resources on how you can enhance your safety in the driver's seat.

Trained experts will show you how you can enhance your comfort, safety and fit within your vehicle with an easy 20-minute appointment. **Reserve your spot today!**

Life Long Learning

HEALTH

The Ultimate Gift: A Conversation on Body Donation

Mon. June 29 | 2:30 pm | \$5 | Dining Rm

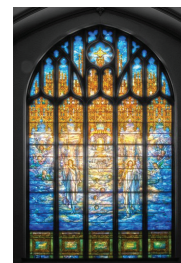
Have you ever wondered how the next generation of doctors, surgeons, and physical therapists learn their craft? They learn from the greatest teachers of all: people like us. Join us for an informative and gentle session on anatomical donation. We'll discuss how this final act of service provides an invaluable "living legacy" for medical education, the peace of mind it offers families, and how you can make a lasting impact on the future of healthcare.

HISTORY

Tiffany-Stained Glass of Detroit & Lower Michigan

Mon. June 15 | 2:30 pm | \$5 | Dining Rm

Explore the brilliance of Louis Comfort Tiffany in this captivating visual presentation with author, photographer, and architectural historian Dale A. Carlson. Through stunning photography, historical images, and fascinating stories, discover Tiffany's extraordinary stained-glass legacy across Detroit and throughout Michigan, including Grand Rapids, Flint, Saginaw, Washtenaw County, and beyond. Learn about the life and artistry of one of America's master designers, followed by an engaging Q&A.



HOBBIES

Wings Over Michigan: Spring Bird Migration

Tues. June 30 | 2:30 pm | \$5 | Dining Rm

Spring in Michigan brings an exciting wave of bird activity as early migrants settle in and new arrivals begin filling the skies. **Victor Dorer, Rick Forrest, and Mike Gould** will guide this engaging look at seasonal birding, sharing what to watch for, where to spot it, and how migration patterns are unfolding right now. Perfect for anyone curious about the natural movement happening just beyond our windows.



FINANCIAL FRIDAY

IDENTITY THEFT PART 2: Safeguarding Assets & Personal Security

Fri. June 12 | 10:30 am | \$2 | CR 3

Continue the conversation on protecting what matters most with practical steps to safeguard your finances, personal information, and daily security. Build on earlier topics with clear strategies to reduce risk and prevent identity theft.

Presented by

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

**OPEN TO
THE PUBLIC**

**Rochester
Wealth Strategies**
Fiduciary • Fee-Only • Independent



Wed. June 10 | 2:30 pm | \$10 | Dining Rm

FLAVORFUL TEA BAR MOCKTAIL

Experience

Celebrate National Herb & Spice Day

Enjoy a hands-on workshop where tea takes center stage. Learn to steep, blend, and craft creative mocktails while sampling bold, refreshing flavors.

VETERANS CONNECTION BREAKFAST

**Wed. June 3 | 9:30 am | \$2 Drop in
Dining Rm | PRE-REGISTRATION REQUIRED**

**JOIN US FOR GOOD COMPANY,
CONNECTION AND CAMARADERIE.**

OPEN TO THE PUBLIC

PRESENTING SPONSOR:

SENIOR LIVING COMMUNITIES
VILLAGE

BREAKFAST SPONSOR:

CARE SERVICES

MUSIC

SWEET BEATS *Instrument & Registration required*

Tues. | 1 - 3:00 pm | \$2 upon entry

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

Sat. | 10:00 am - 1:30 pm | \$2 upon entry Dining Rm

Register in advance to be notified of location change

GONE COUNTRY MUSIC GROUP

Tues. | 11:00 am - noon | \$2 | Auditorium

NEW!

Whether it's guitar, fiddle, harmonica, or your singing voice, *Gone Country* is a welcoming group where every note brings a little Nashville spirit to life.

RECORDER 1 w/Renee

Fridays | 1:00 pm | \$6 (3 Classes) Class Rm. 4

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

RECORDER 2 w/Ken

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

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

Pre-req: Know fingerings and be able to read music notes and simple rhythms.

MUSIC SERIES LESSONS - 8 Week Sessions \$129 with Red Piano Music Studio

**New
SERIES!**

BEGINNER PIANO

Thurs. June 4 - July 30 | 12 - 12:50 pm | CR 4 no class 7/2

Learn to play piano in a welcoming, beginner-friendly class, no experience needed! Explore the basics, read music, and build confidence.

PIANO 2 (Prerequisite: Beginner Piano w/Red Piano Music Studio)

Thurs. June 4 - July 30 | 11 - 11:50 am | CR 4 no class 7/2

Build on your beginner foundation. Strengthen key skills, improve music reading and gain confidence.

PIANO 3 (Prerequisite: Piano 2 with Red Piano Music Studio)

Thurs. June 4 - July 30 | 10 - 10:50 am | CR 4 no class 7/2

A progressive class for returning students. Expand technique, strengthen musicality and continue developing confidence through guided practice.

BEGINNER GUITAR w/Joe

Thurs. June 4 - July 30 | 2 - 2:50 pm | CR 4 no class 7/2

Start your guitar journey with simple chords, strumming, and beginner friendly songs. No experience needed—just bring your enthusiasm! (Limited guitars available—ask ahead - lyoung@OPCcenter.org).

STEP TWO: GUITAR w/Joe

Thurs. June 4 - July 30 | 1 - 1:50 pm | CR 4 no class 7/2

Keep strumming and expanding your skills! Strengthen chords and strumming patterns, expand your song repertoire with growing confidence. (Limited guitars available—ask ahead - lyoung@OPCcenter.org).

LANGUAGE

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

- FRENCH** Absolute Beg. Class w/Rand Progressive Mon. | 10:30 - 11:30 am | \$5 | CR 1
- FRENCH** Intermediate Class w/Jutta Progressive Tues. | 3:00 - 4:00 pm | \$5 | CR 1
- FRENCH** Advanced w/Gudrun Tues. | 2:00 - 3:00 pm | \$5 | CR 1
- 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
- SPANISH** Absolute Beg. w/Laura Wed. June 1, 10, 15, 22 & 29 Progressive - Registration Required 10:30 - 11:30 am | \$5 | CR 3
- SPANISH** Progressive Class w/Maria Wed. | 9:00 am | \$5 | CR 2
- 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

Wed. June 24 | 10 am - noon | \$2 upon entry CR 4

Social Media & You

Learn how to enjoy social media safely and confidently.

- Explore Facebook, Instagram and other popular platforms
- Share photos, messages and updates with ease
- Learn privacy settings and online safety tips

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

CARDS & GAMES

Fees paid at entry

EUCHRE

Mon. | 10 am - noon | \$2 | CR 2 Begin. Practice

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

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 no 6/19

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

HAND & FOOT variation of Canasta | Library

Fri. | 12:30 - 3:30 pm | \$2 no 6/19

PINOCHLE | CR 1

Fri. | 12:30 - 3:30 pm | \$2 no 6/19

GAME On! BOARD GAME FUN w/Bill

Thurs. June 11 & 25 | 1:30 - 3:30 pm | \$2 | CR 3

There's fun, laughs, and new friends for you!

EUCHRE Tournament

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

Wed. June 3 | CR 1 & 2 | \$10 Pre-Registration Required

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

11:30 am: Pizza & Registration

12:30 pm: Games begin



Members Only

Pizza
Sponsor



AMERICA 250! BOARD GAME FUN | Thurs. June 4 & 18 | 4 - 6:00 pm | \$2 | Check at Kiosk

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, enjoy laughter, teamwork, and making new friends.

DANCE

LINE DANCE w/Carol

Auditorium

Mon. | 1 - 2:00 pm

\$7 upon entry

(Some Experience suggested.)

TAP DANCE w/Chuck Sat. | June 13 - 27 & July 11 - 15 | 6 weeks \$55 | Aud.

Level 1: Beginners 9:30 - 10:30 am No previous lessons or experience necessary or a little tap experience long ago but want to brush up.

Level 2: Freshman 11:00 am - 12:00 pm

Lessons long ago or recently participated in the beginner session.

Level 3: Intermediate 12:30 - 1:30 pm

Some previous lessons, an understanding and ability to execute basic tap steps.

Participants must bring their own tap shoes. Until then, please wear hard-soled, flat shoes to class.

Fun & Games



PRICE IS RIGHT: BACKYARD BBQ EDITION

Fri. June 26 | 1:30 pm | \$5 | Dining Room

Get ready to bid, guess, and laugh in this patriotic summer game show! Test your pricing skills with classic backyard BBQ and Fourth of July favorites like hot dogs, lemonade, sparklers, flags, and picnic must haves. How close can you get without going over? Enjoy friendly competition, summer fun, and all-American nostalgia!

American House
SENIOR LIVING COMMUNITIES
HAMPTON VILLAGE

MURDER, SHE WROTE



Women's Luncheon

Why **MURDER, SHE WROTE** was such a Big Hit
with *Bridget Kies, Associate Professor Oakland University*

Thurs. June 25 | 1:00 pm | \$15 | Auditorium

Exploring what made *Murder, She Wrote* a beloved television classic, this presentation looks at Angela Lansbury's iconic role as Jessica Fletcher and the show's signature cozy mystery style that blended charm with suspense. It also highlights the series' lasting popularity, global reach, and expanded franchise including books, TV movies, and more, which helped make it a cultural phenomenon still enjoyed today.

Lunch: Summer Berry Spinach Salad | Strawberry Parfait Day Dessert

WELLBRIDGE
OF ROCHESTER HILLS

MOVIES

SPONSORED BY:

Edward Jones



- Movies are complimentary -
Concessions available for cash purchase

THE RENTAL FAMILY 2025 - PG-13 (1 hr 50 min)

Mon. June 8 | 3:00 pm | Auditorium

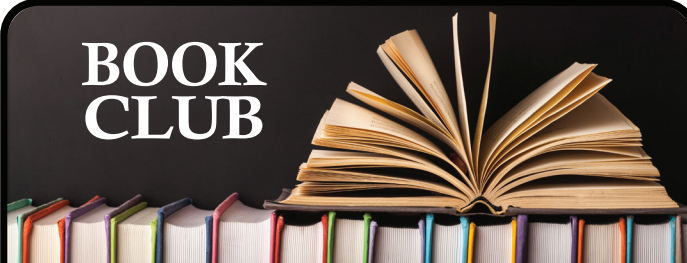
Set in Japan, a struggling American actor takes a job with a "rental family" agency, stepping into strangers' lives and unexpectedly finding connection, purpose, and a sense of belonging.

THE BUCKET LIST 2007 PG-13 (1 hr 37 min)

Fri. June 26 | 1:00 pm | Auditorium

Two terminally ill men, who form an unlikely friendship, are determined to seize life's remaining moments and live it to the fullest before they kick the bucket.

BOOK CLUB



THE GUEST LIST by Lucy Foley

Mon. June 8 | 6:00 pm | Library | \$2 upon entry

A tense mystery set at a glamorous island wedding that turns deadly when long-hidden secrets and old grudges come to light, and a storm traps everyone with a killer among them.

THE GOLDFINCH by Donna Tartt

Tues. June 30 | 2:30 pm | CR 4 | \$2 upon entry

A young boy who survives a tragic museum bombing becomes entangled with a stolen masterpiece, a life of deception, and the lasting pull of grief and beauty.

Taste of Community Tours

Explore Today. Choose Tomorrow

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

Explore Local Senior Living Before You Need It!

TOUR STOPS: Pomeroy Senior Living
Rochester Independent Living & Assisted Living

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. June 19 | 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

GARDEN CLUB

Proudly tending OPC Gardens



**Wednesdays
@ 10 am**

**OPC
Cottage Garden
lower level**

Looking for **VOLUNTEERS**

Call 248.608.0270

No experience needed



**Wed. June 24 | 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. June 12 | 9:30 – 10:30 am

\$2 drop-in | Dining Room

A monthly conversation circle where women gather to listen, share and connect through uplifting topics about plans, traditions and simple joys ahead.

MEET THE MAYORS

Rochester Hills Bryan Barnett

Mon. June 1 | 9:30 am | Dining Rm

Rochester Debbie Jones

Thurs. June 25 | 9:30 am | Library

FIRESIDE POETRY CIRCLE

Fri. June 26 | 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. June 8 & 22 | 2 - 3:00 pm

\$2 upon entry | Classroom 4

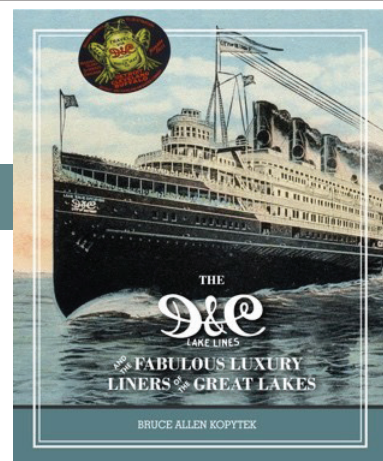
A casual discussion on current events.

GREAT LAKES GLAMOUR: The Story of the Luxury Liners

A captivating glimpse into a time when lake travel meant luxury and style.

June 9 | 4:30 pm | \$15 | Dining Room

Author **Bruce Allen Kopytek** shares a fascinating look at a bygone era on the Great Lakes with his presentation, "The D&C and the Fabulous Luxury Liners of the Great Lakes." Drawing from his book with the same title, he explores the history, elegance, and cultural impact of the Detroit & Cleveland Navigation Company and the grand passenger steamers that once defined travel on the inland seas.



*Terrific
Tuesday*

WALTONWOOD UNIVERSITY
Redefining Retirement Living

4:30: Dinner - Chicken Parmesan | 5:00 - 5:15 pm: Presentation begins

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



STEP OUTSIDE AND PAINT!

**Tues. June 9 - 23 | Stu. 1/2 & outside
9 - 11:00 am | \$50**

Discover Plein Air Painting, creating art outdoors directly from observation, with artist **Susan Sanderson**. In this beginner-friendly class, learn what to bring, how to use a limited palette, and capture light and color beyond what photos can show. Meet briefly indoors for the first session, then paint outside (weather permitting; indoor options as needed). *Email lyoung@OPCcenter.org for supplies.*



BRIDGES OF BLOOMS

**Thurs. June 25 | Studio 1/2
1 - 3:00 pm | \$35***

Redefine the timeless water lily scenes of the iconic classical painter Claude Monet in our Paint Like the Masters: Inspired by Monet's Water Lily Pond workshop, with artist **Gabriela Orza**. Receive a 11"x14" canvas and a guided tutorial to learn how to use oil paints that mimics the short, defined brushstrokes of Monet's Impressionistic style.



FELTED RAINBOW SUNCATCHER

**Wed. June 10 | Studio 1/2
1 - 3:30 pm | \$45***

Learn simple step-by-step felting techniques to layer and shape colorful wool into a glowing rainbow design that beautifully filters natural light with artist **Dotti Sterns**. Leave with a finished suncatcher ready to hang in a sunny window.



ANYONE CAN PAINT

**Mon. June 22 | 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 "Mountain Pass", a scenic landscape with winding paths, mountains and trees. Learn basic painting techniques along the way, no experience needed, follow along and enjoy the process!



SUNFLOWER STORIES

**Tues. June 9 | Studio 1/2
12 - 3:00 pm | \$45***

Create a vibrant 8x14 mixed media artwork with artist **Lisa Lorincz**, inspired by a bold sunflower design. Explore decoupage techniques and building textures combining paint, ink, and collage bringing your piece to life. All skill levels.



WATERCOLOR WORKSHOP

Thurs. June 11 | Studio 1/2

12 - 3:00 pm | \$30 bring own supplies
Create a whimsical fish, with artist **Meg Constantini**, combining vibrant watercolors with pen and ink to add personality. Suggestions provided to encourage students to use imagination and creativity in this light-hearted subject.



ONCE UPON A GOOSE

**Tues. June 16 | Studio 1/2
12 - 3:00 pm | \$30***

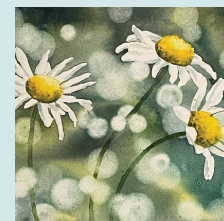
Build on your watercolor basics in this **Next Steps Watercolor** class taught by artist **Kathy Warriner**. Learn to simplify forms, layer washes, and add detail to capture the shape, texture, and movement of a graceful goose. Focusing on brush control, soft edges, and painting whites and reflections, this class helps you build confidence. *For students ready to move beyond beginner techniques.*



GLOWING FLOWERS

Thurs. June 18 | Studio 1/2

12 - 3:00 pm | \$30 bring own supplies
Create a dreamy watercolor inspired by the glowing "bokeh" effect, soft circles of light dancing on water. Guided by **Kathy Warriner**, learn simple techniques like layering, lifting color, and adding luminous highlights. Perfect for all skill levels, this relaxing class brings a touch of magic to your art.



PEACEFUL REFLECTIONS

Wed. June 10 & 24 | Studio 1/2

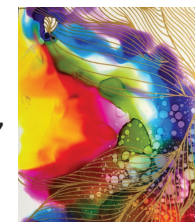
9:30 - 11:30 am | \$35 bring own supplies
Water reflections in watercolor create soft, fluid scenes capturing light, color, and gentle movement on the water's surface. Join artist **Greg L.** to paint a peaceful landscape inspired by nature.



ALCOHOL INK & ZENDOODLE

**Tues. June 23 | Studio 1/2
1 - 3:30 pm | \$40***

Taught by artist **Miekie Rapp-Ulmann**, this beginner class blends alcohol ink techniques with Zentangle-inspired patterns to create expressive artwork. Create one 9x12 piece or two 6x4.5 pieces.



make something Beautiful

POTTERY CHARM NECKLACE w/Regina & Suzie

Tues. June 16 | 5:30 - 7:30 pm | Stu. 1/2 | \$15*

Create a one-of-a-kind necklace featuring a ceramic bead handcrafted at the OPC! In this beginner-friendly class, design and assemble your own wearable art piece.



BEACH IN A BOTTLE w/Suzie

Wed. June 24 | 1 - 3:30 pm | Stu. 1/2 | \$15*

Create a beautiful coastal-themed bottle using twine, pearls and shells. A variety of materials will be provided, or bring your own special beach finds. Add lights to make a charming night light hanging in a window or giving as a gift.



STAINED GLASS CLASS w/Dave & Diane

Tues. June 9 - 23 | 2 - 5 pm | Studio 1/2 | \$75*

Learn stained glass at beginner to intermediate levels. Practice cutting, soldering, and foiling. Beginners create a small ornament; intermediate students make a panel up to 12"x12". Bring design ideas, an apron, safety glasses, and gloves.

"COLOR UP" A JOURNAL w/Cherie, Karen & Opal

Wed. June 17 | 10 am - 3:30 pm | Studio 1/2 | \$40*

Spend a full day exploring color, pattern, and texture in this hands-on mixed media workshop. Rotate through three stations using gel plate printing, gelato sticks, stamps, stencils, and more to transform the pages of a hard-cover journal, plus decorate the cover with sponge painting and mixed media techniques. Create a unique journal for art, collage, Zentangle, photos, or personal writing.

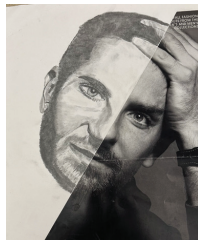


DRAWING PEOPLE WORKSHOP

Wed. June 3 | CR 4

9 - 3:30 pm | \$60* (30 min. lunch break)

For OPC students who have completed Colleen Sanders' Drawing for the Doubtful 1 and 2, or those with prior drawing experience. Review shading techniques for creating form, then focus on drawing the human face with accurate feature placement, followed by figure drawing with correct body proportions. Reference photos provided.



STAMPIN' UP! GREETING CARDS

Tues. June 9 | 1 - 4:00 pm | Stu. 3 | \$30* and/or

Tues. June 9 | 5 - 7:30 pm | Stu. 3 | \$30*

Create a variety of "Red, White & Blue" themed cards with Beth Kozik, Independent Stampin' Up! Demonstrator. Make six cards (two each of three designs) using Stampin' Up! products. Register by June 5. Additional product kits, adhesives, and greeting cards available for purchase (cash or PayPal).



Zentangle projects & techniques w/Cherie CZT#20

** some Zentangle experience needed

FASHION TANGLING**

Mon. June 1 | 1 - 3:30 pm | \$12 | Stu. 3

Bring your own garment - shirt, jacket, shoes, hat, whatever you have, to jazz it up with tangling and colored fabric markers. Should be light color or white, cotton-like or canvas-like fabric. Doesn't have to be new. Great way to disguise spots and scuffs. Black fabric gel pen is provided, and fabric color markers available to use.



BUTTERFLIES & DRAGONFLIES**

Mon. June 8 | 1 - 3:30 pm | \$12 | Stu. 3

Tangling on transparent tiles, using colored pencils and colored watercolor markers, create beautiful butterflies and dragonflies. Patterns for strings, tiles to work on and watercolor marker will be provided to use. Bring black fine line pens, and colored pencils if you have them. Some colored pencils will be available.



GEMS TO TANGLE AROUND**

Mon. June 15 | 1 - 3:30 pm | \$12 | Stu. 3

Create colorful gems, set in tangled bezels, on Bijou tiles (2" square). Bring usual tangling supplies and colored pencils. Gold and/or silver gel pens will add that finishing touch. Some available for purchase. Tiles are provided.



BOBBIN LACE**

Mon. June 22 | 1 - 3:30 pm | \$12 | Stu. 3

Somewhat like the crochet lace but a little more advanced. New Bobbin Lace patterns to follow to complete beautiful tiles. Black tiles provided. Bring your own white gel pens, and white charcoal pencils. Instructor will have some available to purchase.



"ROLL THE DICE" - **

Mon. June 29 | 1 - 3:30 pm | \$2 Drop-in | Stu. 3

No previous sign-up needed. Roll the dice to see what tangle comes up, then decide where on the tile to put it. Bring all your own supplies, pens, paper, etc.



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
 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 (June 9 - 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. June 3 | 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

Wed. June 10 | 2 - 4:00 pm | **\$20**

Learn how to safely and confidently use woodshop equipment in this hands-on class. Focus on tool operation, setup and best practices for common machines and hand tools, perfect for building skills before starting your own projects.

PROJECT CLASS: Planter Boxes

Wed. June 17 | 2 - 5:00 pm | **\$50**

Build a wooden planter box in this hands-on class. Learn basic measuring, cutting, assembly, and finishing techniques while creating a sturdy box for flowers, herbs, or plants. All materials provided.



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



**BEHIND
THE
SEEN**



TO DIE UPON A KISS

Mon. June 29 | 2:30 pm | **\$5** | Dining Rm.

Scientists have proven that when experiencing "love," brain cells release dopamine, a natural stimulant, to many regions of the brain that affect human behavior. These areas of the brain are associated with wanting, motivation, focus, and craving. View a selection of works that explore the variety of behaviors associated with "love".



Thanks to your generous donations our recent "pop-up" sale was a great success!

Used Jewelry Sale
 All proceeds support the Enrichment and Arts department at OPC. We deeply appreciate your continued jewelry donations; your support helps sustain and grow these creative programs.



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 June 1 - 29 | 8:00 am | 13 classes \$78 ^{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. June 2 - 30 | 10:30 am | 5 classes \$30 w/Kim*

Wed. June 3 - 24 | 10:15 am | 4 classes \$24 w/C Smith

Thurs. June 4 - 25 | 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. June 2 - 30 | 12:30 pm | 5 classes \$30

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. June 2 - 30 | 9:00 am | 5 classes \$30 w/Therese

Fri. June 5 - 26 | 9:00 am | 4 classes \$24 w/Therese

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. June 1 - 29 | 10:30 am | 5 classes \$30 w/Claire

Mon. June 1 - 29 | 11:30 am | 5 classes \$30 w/Claire

Wed. June 3 - 24 | 10:30 am | 4 classes \$24 w/Claire

Thurs. June 4 - 25 | 10:30 am | 4 classes \$24 w/Claire

Fri. June 5 - 26 | 11:30 am | 4 classes \$24 w/Angelos

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

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

Mon. June 1 - 29 | 9:00 am | 5 classes \$30

Wed. June 3 - 24 | 9:00 am | 4 classes \$24

Fri. June 5 - 26 | 9:00 am | 4 classes \$24

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. June 2 - 30 | 4:00 pm | 5 classes \$40

Thurs. June 4 - 25 | 3:00 pm | 4 classes \$32

Fri. June 5 - 26 | 10:00 am | 4 classes \$32

Fri. June 5 - 26 | 11:00 am | 4 classes \$32

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. June 1 - 29 | 4:00 pm | 5 classes \$30

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. June 2 - 30 | 2:30 pm | 5 classes \$30

Thurs. June 4 - 25 | 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. June 3 - 24 | 1:30 pm | 4 classes \$24

Fri. June 5 - 26 | 12:00 pm | 4 classes \$24

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. June 2 - 30 | 12:30 pm | 5 classes \$30 w/Julie

Wed. June 3 - 24 | 1:00 pm | 4 classes \$24 w/Karen

Thurs. June 4 - 25 | 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. June 1 - 29 | 1:30 pm | 5 classes \$30

Thurs. June 4 - 25 | 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. June 1 - 29 | 1:00 pm | 5 classes \$30 w/Fabiola

Tues. June 2 - 30 | 9:30 am | 5 classes \$30 w/Leah

Thurs. June 4 - 25 | 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. June 4 - 25 | 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. June 2 - 30 | 11:30 am | 5 classes \$30

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

Fri. June 5 - 26 | 8:30 am | 4 classes \$24 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. June 2 - 30 | 8:30 am | 5 classes \$30

Thurs. June 4 - 25 | 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. June 2 - 30 | 1:30 pm | 5 classes \$30

Tues. June 2 - 30 | 2:30 pm | 5 classes \$30

Thurs. June 4 - 25 | 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.

MOVEMENT PARTY w/Karen (McCardell)

Mon. June 1 - 29 | 3:00 pm | 5 classes \$30

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!

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

SILVER STRONG w/Dawn T. (McCardell)

Mon. June 1 - 29 | 5:30 pm | 5 classes \$30

Tues. June 2 - 30 | 9:00 am | 5 classes \$30 w/Kaylee

Wed. June 3 - 24 | 5:30 pm | 4 classes \$24

Sat. June 6 - 27 | 8:00 am | 4 classes \$24

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. June 2 - 30 | 5:30 pm | 5 classes \$30

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.

MAT PILATES 3-4 (McCardell)

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

Tues. June 4 - 25 | 11:30 am | 4 classes \$24

Fri. June 5 - 26 | 9:30 am | 4 classes \$24 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. June 4 - 25 | 5:00 pm | 4 classes \$32

Exercises and movements to improve your muscular endurance and performance.

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

Mon. June 1 - 29 | 10:30 am | 5 classes \$30 McCardell Rm

Thurs. June 4 - 25 | 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. June 2 - 30 | 1:30 pm | 5 classes \$30

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.



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
Billiards \$2 • Open Swim \$3 • Cardio & Weight Rooms \$2

SUNRISE YOGA w/Kay 2 (Fitness Rm 3)**Tues. June 2 - 30 | 8:00 am | 5 classes \$30**

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. June 3 - 24 | 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. June 6 - 27 | 8:30 am | 4 classes \$24****Sat. June 6 - 27 | 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. June 1 - 29 | 2:00 pm | 5 classes \$30****Mon. June 1 - 29 | 3:00 pm | 5 classes \$30****Tues. June 2 - 30 | 11:30 am | 5 classes \$30* w/Natasha****Wed. June 3 - 24 | 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*

YIN YOGA (Fitness Rm 3)**Mon. June 1 - 29 | 4:00 pm | 5 classes \$30 w/Julie****Thurs. June 4 - 25 | 4:00 pm | 4 classes \$24 w/Julie****Fri. June 5 - 26 | 10:30 am | 4 classes \$24 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.

YOGA, A GENTLE BEGINNING w/Tracy 2 (K. White)**Thurs. June 4 - 25 | 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.

HATHA YOGA w/Natasha (Fitness Rm 3)**Tues. June 2 - 30 | 9:30 am | 5 classes \$30**

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. June 2 - 30 | 10:30 am | 5 classes \$30**

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 | 5 classes \$30 w/Clair****Tues. May 5 - 26 | 10:00 am | 5 classes \$30* 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*

YOGA 26/2 with Melinda (Fitness Rm 3)**Thurs. June 4 - 25 | 10:30 am | 4 classes \$24**

A structured 50-minute class featuring a sequence of 26 postures and 2 breathing exercises. Designed to systematically work every part of the body, it helps build strength, improve flexibility, enhance balance and support overall health.



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. June 24 | 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. June 1 - 29 | 12:30 - 1:30 pm | 5 classes \$40**

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. June 1 - 29 | 11:30 am - 12:30 pm | 5 classes \$40****Wed. June 2 - 30 | 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

AQUATIC CLASSES

AQUA MIX 2-3 (Lap Pool)

Sat. June 6 - 270 | 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. June 2 - 30 | 10:15 am | 5 classes \$30 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. June 2 - 30 | 9:00 am | 5 classes \$30 w/Margaret
Wed. June 3 - 24 | 1:00 pm | 4 classes \$24 w/Cecelia
Wed. June 3 - 24 | 2:00 pm | 4 classes \$24 w/Cecelia
Wed. June 3 - 24 | 6:30 pm | 4 classes \$24 w/Dawn B.
Thurs. June 4 - 25 | 1:00 pm | 4 classes \$24 w/Cecelia
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)

Tues. June 2 - 30 | 8:00 am | 5 classes \$30 w/Ann
Wed. June 3 - 24 | 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. June 1 - 29 | 10:00 am | 5 classes \$30 w/Debbie
Wed. June 3 - 24 | 10:00 am | 4 classes \$24 w/Cecelia
Thurs. June 4 - 25 | 10:00 am | 4 classes \$24 w/Cecelia
Fri. June 5 - 26 | 10:00 am | 4 classes \$24 w/Debbie
Improve balance and stability while developing muscle awareness to aid in preventing slips and falls.

SMALL GROUP SWIM LESSONS w/Joe (Lap Pool)

Beginner:

Tues. June 2 - 30 | 2:00 - 2:40 pm | 4 classes \$40
Learn to float unsupported and swim a distance of 15 feet. Ideal for those new to swimming or looking to strengthen their basic skills.

Intermediate:

Tues. June 2 - 30 | 2:45 - 3:25 pm | 4 classes \$40
Learn how to swim 25 yards freestyle with breathing and gain full confidence in the deep end. Must know how to float unassisted and be able to swim 15 feet.

Advanced:

Tues. June 2 - 30 | 3:25 - 4:05 pm | 4 classes \$40
Move beyond the basics - focuses on stroke refinement, endurance and confidence in a shared lap lane. Learn to swim efficiently alongside others while getting a great workout and improving technique.

AQUATICS STRENGTH & CORE 2-3 (Lap Pool)

Mon. June 1 - 29 | 9:00 am | 5 classes \$30 w/Debbie
Tues. June 2 - 30 | 9:00 am | 5 classes \$30 w/Ann
Wed. June 3 - 24 | 9:00 am | 4 classes \$24 w/Margaret
Thurs. June 4 - 25 | 9:00 am | 4 classes \$24 w/Peggy
Fri. June 5 - 26 | 9:00 am | 4 classes \$24 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. June 3 - 24 | 9:00 am | 4 classes \$24
Thurs. June 4 - 25 | 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. June 1 - 29 | 5:15 pm | 5 classes \$30
Tues. June 2 - 30 | 5:35 pm | 5 classes \$30
Wed. June 3 - 24 | 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 - Advanced (Therapy Pool)

Tues. June 2 - 30 | 8:00 am | 5 classes \$30 w/Peggy
Thurs. June 4 - 25 | 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. June 1 - 29 | 6:30 pm | 5 classes \$30 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.



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 301: Skills & Drills w/Scott

Wed. | June 3 - 24 | 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. June 1 - 29 | 4:00 pm | 5 classes \$40 (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. June 3 - 24 | 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. June 11 | 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.

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

Thurs. June 4 - 25 | 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.

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. June 1 | 12:30-1:30 pm & 1:30-2:30 pm

Mon. June 8 | 12:30-1:30 pm & 1:30-2:30 pm

Tues. June 16 | 4 - 5:00 pm & 5 - 6:00 pm

Tues. June 23 | 4 - 5:00 pm & 5 - 6:00 pm

Mon. June 29 | 12:30-1:30 pm & 1:30-2:30 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.



Skip the cash for drop-in's!

Get a punch card for \$36.

Available for purchase at the cashiers window.



Day Trips

MICHIGAN CENTRAL STATION | Tues. June 30 | 9:30 am - 4:00 pm | \$116

Guided tour through the journey of the historic renovations of The Michigan Station. Learn of the meticulous details they took to uncover and restore the hidden gems of this absolute magnificent building. Prior to the tour, you will enjoy a delicious meal at the famous Slow's BBQ in Corktown. Select TWO from the list of four choices. 1) Apple Chicken, 2) Pulled Pork, 3) BBQ Spicy Chicken Thigh, 4) Vegetarian BBQ. Please let the cashier know your choice at time of registration. Flyers with full details in OPC Lobby. Bianco tour includes motorcoach transportation. Driver gratuity is not included. **Cancellation deadline June 15 - no refund after this date.**

HURON LADY 2 CRUISE | Wed. July 8 | 11:00 am to 6:00 pm | \$49

Lunch is on your own at Bootleggers restaurant before your cruise. Board the Huron Lady 2 for a relaxing 90 minute fully narrated cruise along the sparkling Blue Waters area. You will experience both the Michigan and Canadian shorelines of the St. Clair River. You must be at the dock terminal at 2:30 pm to board the 3:00 pm cruise. OPC motorcoach transportation provided. **Cancellation deadline June 24 - 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.**

CHIHULY AT MEIJER GARDENS | Tues. July 21 | 6:45 am – 6:30 pm | \$165

Experience the magic of glass art through CHIHULY at Meijer Gardens along with a guided tram tour and a stop at Horrocks Farm Market. The Group Tour Lunch comes with a choice of entree, potato chips, a cookie and a beverage. Entrees Choices: 1) Chicken Salad on Wheatberry Bread. 2) Hot Turkey and Swiss on Ciabatta. 3) Roast Beef Wrap with an herbed cheese spread, kosher dill pickle and artisan baby lettuce blend. 4) Vegetarian Michigan Cherry Salad w/ Cherry Maple Vinaigrette. Drink Choices: 1) Coke. 2) Diet Coke. 3) Sprite. 4) Water. Please indicate BOTH food and beverage choices when registering. No substitutions. Shared Rybicki tour includes motorcoach transportation and gratuity for tour manager. Driver gratuity is not included. **Cancellation deadline July 6 - no refund after this date.**

UNITED WHOLESALE MORTGAGE FIELD | Thu. July 23 | 5:30 pm – 9:30 pm | \$70

Enjoy a night out at the ballpark (formerly Jimmy John's Field). You'll start your evening enjoying a great BBQ buffet of Hot dogs, BBQ pulled chicken, sliced smoked sausage with peppers & onions, baked beans, fresh pasta salad, potato chips, cole slaw and cookies. Unlimited Pepsi soft drinks, lemonade, iced tea, and water. Trip includes a group photo on the field, greeting on scoreboard, and meet the mascots. OPC motorcoach transportation provided. **Cancellation deadline July 6 - no refund after this date.**

EMMA'S WEDDING AT PURPLE ROSE | Thurs. August 6 | 10:45 am – 6:30 pm | \$189

Emma is getting married! Again! For the fourth time. Gathering her less-than-enthusiastic best friends, they revisit each of Emma's previous weddings, leading to a hilarious romp through the decades, complete with '80s hair, dial-up internet, Boone's Farm wine and the enduring power of friendship. Lunch is included at Gandy Dancer with bread service, seasonal soup, entree choice from a limited menu, dessert and non-alcoholic beverage (tax & gratuity included). Entree choices: 1) Chicken Cape Codder Salad (maple raspberry vinaigrette, blue cheese crumbles, pine nuts, grilled chicken), 2) Blackened Salmon Caesar Salad, 3) Grilled Shrimp Caesar Salad. *Please make selection upon registration. Shared Rybicki tour includes motorcoach transportation and gratuity for tour manager. Driver gratuity is not included. **Cancellation deadline July 14 - no refund after this date.**

DETROIT TIGERS GAME | Thurs. August 13 | 11:00 am – 5:00 pm | \$95

Enjoy a day at Comerica Park watching the Detroit Tigers vs Cleveland Guardians. Trip includes OPC bus transportation, admission, and \$10 voucher to spend however you wish in Comerica Park. Great stadium seating. **Cancellation deadline July 27 - no refund after this date.**

Bus leaves promptly at posted time PLEASE ARRIVE 30 MINUTES PRIOR





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

Cancellation date June 8 - no refund after this date.

Flyer with details in Lobby & OPC Website

Put-In-Bay on South Bass Island September 2 – 3



Trip Highlights:

- Round Trip Ferry Ride to and from Put-in-Bay on the Jet Express
- Island Tram Tour
- Butterfly House or Perry's Cave It's your choice to discover a 4,000-square-foot, tropical aviary featuring hundreds of butterflies from around the world OR to Explore a natural limestone cave 52 feet below the island's surface.
- Put-In-Bay Winery at the Dollar Estate Situated on the water, directly across from Gibraltar Island, sits the majestic Italianate residence, the Dollar Estate. Enjoy a guided tour of the estate including the ice house while tasting 4 of their iconic Put -in-Bay wines.

Single: \$384 | Double: \$279

Cancellation date Aug. 18

- no refund after this date.

Flyer with details in Lobby & OPC Website

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

Cancellation date Aug. 27 - no refund after this date.

Flyer with details in Lobby & OPC Website

TRAVEL SHOW

Thurs. June 11 @ 2 pm
Dining Room

Introducing :
*Historic Savannah
& Charleston*





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. June 16 | 1:30 - 3:00 pm | CR 4

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

LOW-VISION SUPPORT GROUP

Fri. June 26 | 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. June 26 | 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

No Meeting in June & July

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. June 5 & 19 | 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.

AGING IN METRO DETROIT: A Panel Discussion

Wed. June 10
6:00 pm
OPC Dining Rm

Metro Detroit's aging population will soon reshape our city services, taxes, housing, and health care. Between 2020 and 2030, the number of residents 65 and older across the region is projected to grow by 22%. By 2050, this age group is expected to jump by more than 80% in some local communities.

An expert panel will explore the findings from a recent series in *The Detroit News* and discuss the widespread impacts of this major demographic shift. Refreshments will be served. **Register by calling 248-659-1029.**

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.

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



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. June 26
1 - 2:30 PM

Paint a Miracle
OPC
Art Studio

Fri. July 24
1 - 2:30 PM

Music Therapy
ADS Room

RSVP to: Kerri Gentry

248.608.0261

In Partnership
with:



Sponsored by:



Transportation Sponsor:
Corewell Health

June

MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Smothered Pork Cutlet Sweet Potatoes Carrots Fruit Cup Bread	2 Chicken Lasagna Green Beans Beet Salad Apricots Dinner Roll	3 Turkey w/Gravy Mashed Potatoes Peas Garden Salad Pear Dinner Roll	4 Mostaccioli w/Meat Italian Blend Vegetable Cabbage Slaw Grapes Dinner Roll	5 Baked Cod Rosemary Potatoes Broccoli Cuts Apricots Bread
8 Macaroni & Cheese Baby Beets Vegetable Slaw Fruit Cocktail Corn Muffin	9 Stuffed Pepper Mashed Potatoes Garden Salad Tropical Fruit Salad Whole Wheat Bread	10 Ham w/Low Sodium Au Gratin Potatoes Mixed Vegetables Broccoli Cuts Orange Dinner Roll	11 Pork Chop Creole Au Gratin Potatoes Roasted Brussels Sprouts Applesauce Wheat Bread	12 Swedish Meatballs Mashed Potatoes Scandinavian Blend Blushing Pears Dinner Roll
15 Salisbury Steak Egg Noodles Brussels Sprouts Cabbage Slaw Sliced Peaches Bread	16 Cheesy Ham Casserole Green Beans Garden Salad Banana Whole Wheat Bread	17 Smothered Pork Chop Red Skin Potatoes Prince Charles Blend Grapes Wheat Bread	18 BBQ Chicken Broccoli Pasta Salad Marinated Carrot Salad Peach Halves Bun	19 Cod Red Skin Potatoes Peas & Carrots Citrus Fruit Wheat Bread
22 Meatloaf Parsley Potatoes Spinach Diced Peaches Bread	23 Chicken w/Broccoli & Cheese Baked Sweet Potatoes Vegetable Tapioca Pudding w/Fruit Bread	24 Baked Ham Scalloped Potatoes Whole Green Beans Applesauce Dinner Roll	25 Stuffed Shells w/Meat Italian Blend Vegetable Garden Salad Pineapple Tidbits Bread	26 Potato Crunch Pollock Butternut Squash Broccoli Citrus Fruit Dinner Roll
29 Stuffed Pepper Mashed Potatoes Garden Salad Tropical Fruit Wheat Bread	30 Chicken Cacciatore Red Skin Potatoes California Blend Apricots Dinner Roll	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 		

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



VOLUNTEERS HAVE A WONDERFUL WAY OF SPREADING SUNSHINE WHEREVER THEY GO!

Through acts of kindness - big or small - they brighten someone else's day and create ripples of hope in their communities. What many don't realize is that this generosity shines right back on them, too.

Volunteering has been shown to boost mood, reduce stress and lower the risk of depression. It can also increase a sense of purpose, strengthen relationships and even improve heart health. By giving their time and talents, volunteers not only make the world a better place - they also enjoy a happier, healthier life.

Want to make a difference and spread a little sunshine at OPC? Join our team of volunteers—we'd love to have you! A variety of opportunities are available.



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



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:** HFH psychotherapist Jessica Jensen shared in a recent WWJ interview that there are positive effects of laughter on physical health. Among it's benefits laughter triggers endorphins (the body's feel good chemicals aiding in pain management and reducing tension), lifts our mood and enhances blood flow. Have a good laugh today!

ASK THE . . .

- NURSE (Cindy McKenna) in the Atrium** Thurs. June 18 | 9 - 11:00 am *No appointment required.*
- RESIDENT DOCTOR** Wed. June 3, 10, 17 & 24 | 9 - 11:00 am *No appointment required.*
- PHARMACIST - "KNOW YOUR MEDS"** Tues. June 16 | 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. June 15 | 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. June 9 | 9:30 am - noon

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.



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 Mungioli

Next meetings:

June 4, 2026
June 25, 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.

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 **5/11/26**
- 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:



BOWMAN
WITH YOU EVERY MILE



THE Courtyard
ASSISTED LIVING & SENIOR CARE



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



**"There's a Happy Positive Energy
from the Moment You Enter!"**
- New Resident at All Seasons Rochester Hills

For the Joys of Independent Senior Living

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

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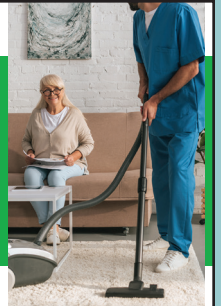
Each Visiting Angels agency is independently owned and operated.

www.VisitingAngels.com

MY HOUSE CLEANER

**Proudly
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- Vacuuming, Dusting, Mopping & More
- Weekly, Biweekly, or Monthly Visits
- Move-In & Move-Out Cleaning
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Call or Text: 847-749-9323



Spacious Senior Living Apartments in Rochester Hills



Waltonwood Main
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248-601-7600



Waltonwood University
Independent Living & Assisted Living
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**Call and schedule a tour
of our newly renovated
communities today!**

www.Waltonwood.com  

Life-changing hearing care starts here.

HearingLife is a national hearing care company that operates more than 600 hearing care centers in the U.S. Revolutionary new hearing devices **may improve speech understanding and the ability to remember more.** Enjoy the convenience of rechargeability and Bluetooth® connectivity.

We offer the following services:

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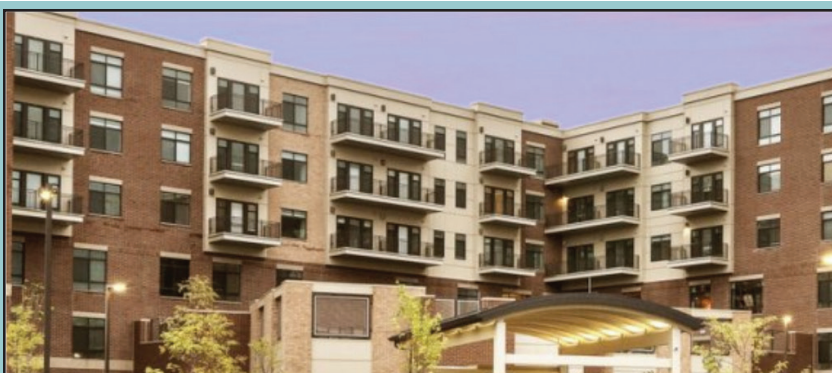
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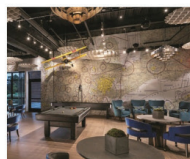
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