

July 2026

THIS
MONTH
AT



OPC
SOCIAL & ACTIVITY CENTER

The Best Place To Be 50+

A large, stylized illustration of an eagle's head and neck, facing right. The eagle is rendered in dark blue with white stars on its neck and chest. The background features broad, diagonal brushstrokes in red and white, evoking the American flag.

AMERICA
★ 250 Year ★
Anniversary

America Turns 250: Celebrating the Memories that Made Us

Think back to your most treasured Fourth of July. Maybe it was a backyard cookout where your grandmother's potato salad was the undisputed star of the table. Maybe it was a hometown parade where you waved a little flag from the curb, or a lakeside gathering where the fireworks reflected off the water in ribbons of red, white, and blue. Whatever the scene, chances are it comes wrapped in warm memories.

This year, the Fourth of July carries a little extra weight. On July 4, 2026, the United States of America turns 250 years old. A quarter of a millennium. It's the kind of anniversary that invites us to pause — not just to look back at the history books, but to look around at the people beside us and the traditions we've built together, generation by generation.

As communities across the country prepare for what promises to be an unforgettable semi-quincentennial, it feels like the perfect time to look inward as well as outward — to honor not just the nation's history, but the personal histories we each carry with us.

So, as we ready for the many celebrations surrounding our country's 250th anniversary, I thought it would be fun to ask OPC's members about their favorite memories. What Fourth of July moment do you hold closest? Is it a family recipe that has made an appearance at every cookout for as long as you can remember? A tradition that your children or grandchildren now carry forward? A community celebration that reminds you why you love where you live?

Every memory matters. Every story adds color to the larger picture of what this anniversary means — not just as a national milestone, but as a deeply personal one. Here's how to take part:

- Send us your stories, recipes, traditions, and reflections at webuser@OPCcenter.org.
- We'll gather them into a binder for everyone to read and reminisce over.
- With your permission, we'll also share a selection on OPC's social media pages throughout the next month.

Because 250 years of America isn't just something we read about. It's something we lived — one Fourth of July at a time.

To kick things off, I'm sharing a photo taken in 2001 of a treasured Patriotic celebration at my boys school that will forever make my heart smile.

I can't wait to read your memories.

Renee



PS. Annual Nonagenarian Gathering: Nowhere is the spirit of positive aging more alive than in our OPC group of nonagenarians — members between the ages of 90 and 99. You're invited to the celebration on July 30 to honor these remarkable individuals and wish them many more joy-filled years. See page 5 for details.





The Best Place To Be 50+

Upcoming Events

August 13
Margaritaville

Building Closed

Fri. July 3 - Sun. July 5
Reopen on Mon. July 6



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

Featured July Programs



- 04 Vines & Vibes**
A flavorful evening with dinner, wine and music
- 05 Cheers to 90+ years!**
Heartfelt memories with OPC's nonagenarians
- 09 Terrific Tuesday**
It's National Hot Dog Month and Coney Detroit stories
- 12 Christmas in July Pottery Sale**
Unique pieces handmade by OPC Artisans
- 17 Head to the Lake: Fishing 101**
An informative program and fishing at Spencer Park
- 18 Leisure Travel**
New day trips & Historic Savannah & Charleston 2027
- 25 Independence Day Lunch**
Celebrate America's 250th Birthday
- 25 Ms. Senior Michigan Pageant**
Who will be crowned Ms. Senior Michigan 2026
- Back Cover Summer Time Grandkids Swim**
Cool off, make a splash and lasting memories

In Every Issue

- 2** Renee's Message
- 4-12** Enrichment & Art
- 13-17** Fitness & Aquatics
- 18-19** Travel
- 20-21** Support Services
- 22** Nutrition Menu
- 23** Volunteers
- 24-25** Info and Insights
- 26** Philanthropy



Registration for all JULY activities begins on THURSDAY, JUNE 18



Vines & Vibes

a Wine Pairing Dinner

Thursday, July 9

5:30 - 7:30 pm | Dining Room

Members \$45 | Non-member \$55

OPEN TO THE PUBLIC

A fun and flavorful evening featuring a four-course meal perfectly matched with four wines, guided by sommelier

Christel Gaillard, all set to the live music of **Stix & Strings** for a relaxed night of great tastes, great company, and easygoing vibes.



FUN & GAMES

Stars, Stripes & Trivia: America 250 Edition

with Lisa & Marianne

Wed. July 15 | 2:30 pm | \$5 | Dining Room

Test your knowledge of American history, pop culture, and fun facts as we celebrate the nation's 250th anniversary. Be part of a lively trivia experience filled with friendly competition, laughter, and plenty of "I didn't know that!" moments.

Bring a team or come solo and be paired up for an enjoyable evening of brain-teasing fun and community connection.



DINNER LEARN &

THE MONEY MAZE: Protecting Assets Without Losing Sleep

Part 2 of a 4 Part Series

Thurs. July 30 | DINNER SERVED: 5:00 pm | \$10 | Dining Room



POWER OF ATTORNEY FOR
HEALTH CARE DECISIONS

Navigate the complexities of trusts, long-term care costs, and inheritance planning. This session offers practical strategies to safeguard your savings while keeping your lifestyle intact.

Upcoming Sessions:
Come to one or all!

Part 3: Lunch & Learn 9/23 - "Life After What If: Planning for Independence and the Unexpected"
Part 4: Lunch & Learn 11/16 - "Matters: Avoiding Conflict When the Stakes are High"



VETERANS CONNECTION

Fire up your appetite and your patriotic spirit for our annual **VETERAN'S BBQ** with live music by **THE GOLDEN BELLES!**

Wed. July 8 | 11:00 am | \$2 Drop in
Dining Rm | Pre-registration required

Delicious food, laughter, music and great company as we celebrate those who served!

OPEN TO THE PUBLIC

Veterans and their spouses are invited to attend

PRESENTING SPONSOR:



BREAKFAST SPONSOR:



CHEERS TO 90+ YEARS!

Thurs. July 30
1:30 - 2:30 pm
Dining Rm

All members are invited to join in for one of our favorite traditions as we celebrate our remarkable **nonagenarians**, our members aged 90+, with cake, ice cream, laughter, and heartfelt memories.

Discover their secrets to longevity, strike a pose in our photo booth, and help make this special celebration unforgettable.

RSVP by July 28 to 248-659-1029, stop by the cashier's office or on myactivecenter.com



SAVVY SENIORS Breakfast CREATE IT at RHPL'S MAKERS SPACE

Wed. July 15 | 9:30 am | \$8 | Dining Rm

Discover the creative possibilities inside the Rochester Hills Public Library's Makers Space with **Matthew from RHPL!** Learn about the tools, technology, and hands-on opportunities available for crafting, DIY projects, designing, and exploring new hobbies in this innovative community space where creativity comes to life.

OPC 650 PLAYERS 2026 FALL LIVE MUSICAL MELODRAMA



Villainy in the Vineyard

Villains, Vines & Vintage Crimes

Also known as: A Pure Michigan Pour Decision

AUDITION CALL! AUG. 4 & 5 | 10AM - NOON

OPC members auditioning for the cast of *Villainy in the Vineyard* should be prepared to sing (bring sheet music) and dance, while no experience is needed for crew positions.

Luncheon Shows: \$30 | OCT. 15, 19, 20 & 21

Dessert Shows: \$20 | OCT. 16, 22 & 23



Directed by Chuck Thompson | Music by Matthew Lavender | Groups tickets of 8 or more on sale now! Call 248-659-1029

REGISTRATION & MEMBERSHIP REQUIRED

Life Long Learning

HISTORY

Daughters of the American Revolution

Mon. July 27 | 2:30 pm | \$5 | Dining Rm

Step inside a world of legend and legacy as **Gail Judson Pietrzyk**—Vice Regent of Stoney Creek NSDAR and DAR Museum Corresponding Docent—separates long-held stories from surprising reality, revealing what life and history are truly like within the Daughters of the American Revolution. Expect a lively, eye-opening look at heritage, traditions, and the truths that often get overlooked.



FDR - The Man & His Presidency

Mon. July 20 | 2:30 pm | \$5 | Dining Rm

Step into the world of Franklin D. Roosevelt as historian **Mike Woloszyk** brings to life the defining moments of one of America's most influential presidents. From the depths of the Great Depression to the challenges of World War II, this engaging presentation blends storytelling and historical insight to reveal the leadership, resilience, and legacy that shaped a nation.



HOBBIES

Calm & Connected: Navigating the Digital World with Ease

Thurs. July 16 | 9:30 am | \$5 | Dining Rm

Learn simple, practical tips for using smartphones and tablets with confidence. This program covers password safety, spotting scams, managing apps, protecting battery life, and keeping your device running smoothly. Presented by **Brian Genoa** of Gen-Tech Solutions, who specializes in helping everyday users feel more comfortable with today's technology.



Sponsored by:



FINANCIAL FRIDAY

WOMEN, WEALTH & WISDOM: Financial Strategies for Her

Fri. July 10 | 10:30 am | \$2 | CR 1

Take charge of your financial future with practical tips on budgeting, retirement planning, investing, and protecting your assets in a welcoming and supportive environment designed with women in mind.

Presented by

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

**OPEN TO
THE PUBLIC**

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

Playwriting Workshop

Thurs. July 23 | 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.

EUCHRE Tournament

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

Wed. July 1 | 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



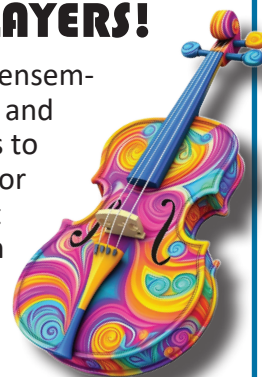
**Pizza
Sponsor**

Advance registration & payment with the cashiers is required!

CALLING ALL STRING PLAYERS!

We are forming a community string ensemble and welcome violin, viola, cello, and double bass players of all skill levels to join us. Whether you play regularly or are looking to pick your instrument back up, we would love to hear from you! If you are interested in being part of this new group, please contact **lyoung@opccenter.org** for more information.

Come make music together and help us build something beautiful!



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 Mon. July 6 - 20 Registration Required Progressive & Consistent Attendance 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

IPHONE / IPAD Workshop for BEGINNERS w/Pam Class 4

Mon. July 13 & 27 | 10 - 11:30 am | \$2 upon entry

Explore the basics of your iPhone or iPad in this beginner friendly workshop, perfect for those just getting started.

GETTING STARTED WITH COMPUTERS w/Susan

Wed. July 8, 15 & 22 | 10 - 11:00 am | \$2 upon entry CR 3

New to computers or building confidence? This beginner friendly series covers laptop basics, internet use, email, and managing files and folders to help you feel more comfortable with everyday tasks. A great starting point.

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

MUSIC & DANCE

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

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.

LINE DANCE w/Carol Auditorium

Mon. | 1 - 2:00 pm | \$7 drop in *(Some exp. suggested)*



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

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

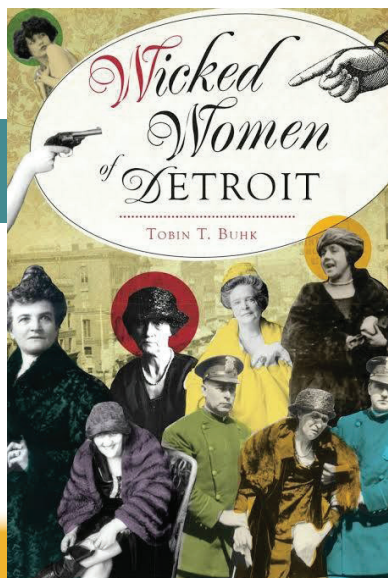
Fri. | 12:30 - 3:30 pm | \$2

GAME On! BOARD GAME FUN w/Bill

Thurs. July 9 & 23 | 1:30 - 3:30 pm | \$2 | CR 3

Whether you're a seasoned pro or new to the game scene there's something for everyone.





Women's Luncheon

WICKED WOMEN OF DETROIT

Thurs. July 23 | 1:00 pm | \$15 | Auditorium

Step into Detroit's darker past as author and historian **Tobin T. Buhk** shares the shocking true stories of the city's most notorious women criminals. From scandalous schemes to sensational murders, discover the fascinating tales of the women who made headlines and left their mark on Detroit history.

Lunch: Greek Salad with Chicken



**SAVE
THE
DATE!**

OPC GARDEN PATIO
LIVE MUSIC | GREAT FOOD
TIKI BAR
Thurs. AUGUST 13
6 - 8:00 pm

Escape To
MARGARITAVILLE

SENIOR DAY PICNIC

WED. SEPT. 9
10 am - 12:30 pm



LIVE
MUSIC
—
PICNIC
FARE



THURS. SEPT. 10 | 4 - 8:00 PM
LIVE MUSIC | BEER & WINE
FAMILY FUN

MOVIES

SPONSORED BY:

Edward Jones



- Movies are complimentary -
Concessions available for cash purchase

THE MUSIC MAN

1962 - G (2 hr 31 min)

Mon. July 13 | 3:00 pm | Auditorium

A charming con man arrives in a small town posing as a boys' band leader, only to discover friendship, community, and unexpected love along the way.

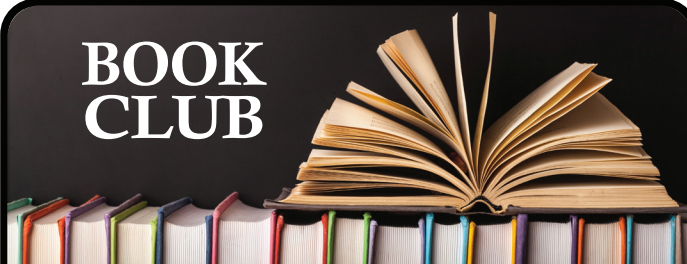
THE DEVIL WEARS PRADA

2006 PG-13 (1 hr 49 min)

Fri. July 24 | 1:00 pm | Auditorium

A young aspiring journalist lands a demanding job at a top fashion magazine and quickly discovers the high-pressure world behind glamour and success.

BOOK CLUB



THE MOST FUN WE EVER HAD

by Claire Lombardo

Mon. July 13 | 6:00 pm | Library | \$2 upon entry

A heartfelt and compelling family drama that explores the bonds, secrets, and complexities of four adult sisters and the parents who shaped their lives.

KIT RULES OF CIVILITY *by Amor Towles*

Tues. July 28 | 2:30 pm | CR 4 | \$2 upon entry

A sophisticated and captivating novel set in 1930s New York City, following a young woman whose chance encounters and ambitions shape the course of her life.

Taste of Community Tours

Explore Today. Choose Tomorrow

Mon., July 13 @ 11:00 am - 2:00 pm \$8

Explore Local Senior Living Before You Need It!

TOUR STOPS: American House

Hampton Village & American House Village

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. July 17 | 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

TOUR ROCHESTER HILLS CITY HALL

**Thurs. July 16 | 10:00 am
Complimentary**

In lieu of Monday with the Mayor this July, we're partnering with the Office of the Mayor to go behind the scenes for an engaging off-site tour and an inside look at local government.



**Pre-registration is required!
Own Transportation**

BINGO!

**Wednesday
July 29
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

Fri. July 10 | 9:30 – 10:30 am

\$2 drop-in | Class Rm 4

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

See ad on this page

Rochester Debbie Jones

Thurs. July 23 | 9:30 am | Library

FIRESIDE POETRY CIRCLE

Fri. July 24 | 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. July 13 & 27 | 2 - 3:00 pm

\$2 upon entry | Classroom 4

A casual discussion on current events.



IT'S NATIONAL HOT DOG MONTH!

Coney Detroit with author Joe Grimm

July 14 | 4:30 pm | \$15 | Dining Room

Take a tasty trip through Detroit history with journalist and author **Joe Grimm** as he shares stories of the traditions, rivalries, and local legends behind the iconic Detroit coney dog and the families who made it a Michigan favorite.

Sponsored & dessert provided by:



4:30: Dinner - Coney Dogs & Fries | 5:15 pm: Presentation begins

*Terrific
Tuesday*



FUSED GLASS TRINKET DISH

Wed. July 15 | Stu. 1/2

1 - 3:00 pm | \$60

A handcrafted fused glass trinket dish, kiln-fired to create a piece that is uniquely made, allowing natural variations in pattern and texture that make every dish one of a kind. Perfect for holding rings, earrings, coins, or other small keepsakes, this decorative dish adds a touch of artful elegance to a dresser, desk, or bedside table. Taught by artist **Melissa Martiss** from Monarch Craft Studio.



ANYONE CAN PAINT

Mon. July 13 | Studio 1/2

10 am - 12:00 pm | \$25*

In this "Anyone Can Paint" workshop, **Steve Wood** will help you create a painting of Arch Rock on Mackinac Island. No experience required, just a willingness to follow directions, ignore panic, and trust the process (and Steve's sense of humor).

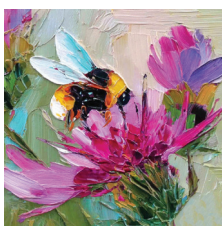


BEE HAPPY

Thurs. July 30 | Studio 1/2

1 - 3:00 pm | \$35*

Create a vibrant acrylic painting of a bee and flower in this class led by artist **Gabriela Orza**. Gabriela will guide you step-by-step and can sketch out the image for you if you'd like a little help getting started. This relaxing, beginner-friendly session is perfect for all skill levels.



PATRIOTIC GNOME

Mon. July 20 | Studio 1/2

9:00 am - 12:30 pm | \$40*

Celebrate America's 250th with a fun and relaxing needle felting class led by artist **Dotti Sterns**! Create your own festive gnome featuring a stars-and-stripes hat. Perfect for summer décor or a handmade gift.



BEGINNING WATERCOLOR

Fri. July 10 | Studio 3

9:30 am - 12:00 pm | \$30*

Start from the beginning and become familiar with the playful, fluid medium of watercolor. Artist **Meg Constantini** will discuss supplies required to continue. Learn to lay out your palette, brush techniques, color mixing and how to work with the water to see the magic of watercolor happen. Gain basic knowledge to continue in any of our watercolor classes to develop your skills.



DOWN THE GARDEN PATH

Thurs. July 9 | Studio 1/2

12 - 3:30 pm | \$30 bring supplies

Create an intimate landscape with Artist **Meg Constantini** combining the essence of a garden pathway with structural accents. Focus on techniques to create the illusion of detail with texture.



MINI WATERCOLOR WORKSHOP

Thurs. July 16 | Studio 1/2

12:30 - 3:00 pm | \$30 bring supplies

Create charming miniature watercolor paintings using simple, loose techniques. In this beginner-friendly class, artist **Kathy Warriner** will show you how to build soft washes, add quick details, and capture scenes like landscapes, florals, or coastal views in a small format.



BOATS AT REST

Wed. July 15 & 22 | Studio 1/2

9:30 - 11:30 am | \$30 bring supplies

Watercolor is the ultimate water-based medium to paint water reflections. Join **Greg L.** in using the wet-on-wet technique to paint a calming water scene with boats and their reflections.



make something Beautiful

MEMORY CARD PAPER CRAFT w/Karen

Wed. July 8 | 1 - 3:30 pm | Stu. 1/2 | \$12*

Create a meaningful keepsake through the art of paper crafting. Assemble a handcrafted memory card using layered papers and collage elements. Each project can be customized to celebrate a loved one, commemorate a special event, reflect a personal journey, or preserve a treasured memory. Materials provided. Bring your favorite adhesive, personal photos or meaningful images to make the piece even more unique and memorable.



BEACH IN A BOTTLE w/Suzie

Wed. July 29 | 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 or to give as the perfect gift.



STAINED GLASS CLASS w/Dave & Diane

Tues. July 7 - 21 | 2 - 5 pm | Woodshop | \$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.



TEACUP CHRISTMAS TREE w/Cherie, Karen & Opal

Wed. July 22 | 1 - 3:30 pm | Stu. 1/2 | \$15*

Create a charming miniature holiday tree tucked inside an elegant teacup or small vessel. Using tiny ornaments, greenery, ribbon, and festive accents, you'll design a "mini-Christmas in July" centerpiece that blends cozy holiday spirit with summer creativity. Bring your imagination and a little holiday cheer, even in July!



STAMPIN' UP! GREETING CARDS

Tues. July 14 | 9 am - 12:00 pm | Stu. 3 | \$35*

Tues. July 14 | 1 - 4:00 pm | Stu. 3 | \$35*

Create a variety of "Welcome Summer" themed cards with **Beth Kozik**, Independent Stampin' Up! Demonstrator. Make six cards (two each of three designs) using Stampin' Up! products. Register by **July 10**. Additional product kits, adhesives, and greeting cards available for purchase (cash or PayPal).



TIME CHANGE

projects & techniques

w/Cherie CZT#20

FUN WITH TEMPLATES**

Mon. July 6 | 1 - 3:30 pm | \$12 | Stu. 3

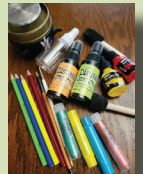
Enhance your Zentangle experience with the use of templates (cheaty things) to make your string. No need to bring any templates, we will have plenty for you to try. Bring regular Zentangle supplies, such as pens and paper, tiles or sketch book.



COLOR PREP TILES/PAPER

Mon. July 13 | 1 - 3:30 pm | \$12 | Stu. 3

Tangling on white paper tiles is great but wait until you try it on colorful tiles/paper. We'll experiment with several products and methods. Acrylic Inks, Watercolor Pencils, Lindy's Magical Powders, and Gelatos will be used. We'll blow bubbles; splat and spin paint so wear old clothes or bring an apron. No experience needed.



TANGLING ON COLOR PREPPED TILES**

Mon. July 20 | 1 - 3:30 pm | \$12 | Stu. 3

If you took last week's class, you now have a wonderful selection of colorful tiles or paper to use in this class. Some prepped tiles will be available if you didn't take that class. Several different approaches will be tried using your favorite tangles or maybe some that are new to you. Bring usual tangling supplies plus colored pencils and/or gel pens if you have them. Some will be available to use.



"SPIN" ZENTANGLE**

Mon. July 27 | 1 - 3:30 pm | \$2 drop-in | Stu. 3

Using a special "spin" chart, to indicate what string and what tangles we use. We have to decide how to put them all together. Problem is you never know what tangle will be next. Bring your basic Zentangle supplies. Previous experience is necessary.

..... Experience the World of TANGLES!

** some Zentangle experience needed

Save the Date **TANGLE - CON 2026**
SEPT. 23 - 25 | Watch for details!
OPEN TO THE PUBLIC



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.**



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

ATTENTION WOODSHOP MEMBERS! WOODSHOP MEETING

Friday, July 24 | 10:00 am | Classroom 4

A time to share updates, discuss upcoming projects, and plan for upcoming shop activities. Your participation and input are greatly appreciated as we continue to grow and support our woodshop community.

WOODSHOP SAFETY CLASS

Wed. July 8 | 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.***

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

CHRISTMAS in July POTTERY SALE

Thurs. July 23
10:00 am - 3:00 pm | Lobby



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 (July 14 - 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.*

Save the Date!

for the

OPC Artisan Holiday Market
Saturday, November 7



Great opportunity to sell your unique handmade fine art and crafts.

Registration begins, August 3 @ 8:30 am
\$85 per table

2 table limit per person (Max 2 participants per table)

Payment and registration form required to secure a space.

Registration form at cashier or download @ OPCcenter.org
available on **July 1, 2026**
Register in-person or by mail

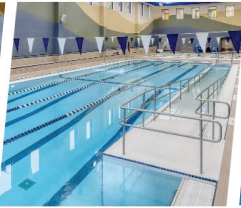
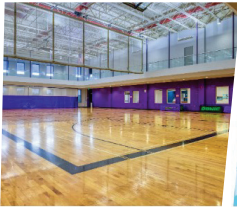
Questions: Lisa Young lyoung@OPCcenter.org | 248-659-1037

NOW COLLECTING

Thoughtfully selected Jewelry for our Gift Shop and "Pop-Up Sales"

Donations are always welcome!

Call 248.659.1037 or
[email lyoung@OPCcenter.org](mailto:elyoung@OPCcenter.org)



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 July 1 - 31 | 8:00 am | 13 classes \$78 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. July 7 - 28 | 10:30 am | 4 classes \$24 w/Kim*

Wed. July 1 - 29 | 10:15 am | 5 classes \$30 w/C Smith

Thurs. July 2 - 30 | 8:30 am | 5 classes \$30 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. July 7 - 28 | 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. July 7 - 28 | 9:00 am | 4 classes \$24 w/Therese

Fri. July 10-31 | 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. July 6 - 27 | 10:30 am | 4 classes \$24 w/Claire

Mon. July 6 - 27 | 11:30 am | 4 classes \$24 w/Claire

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

Thurs. July 2 - 30 | 10:30 am | 5 classes \$30 w/Claire

Fri. July 10-31 | 11:30 am | 4 classes \$24 w/Angeles

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

POUND FITNESS 3-4 w/Martie (McCardell)

Mon. July 6 - 27 | 1:30 pm | 4 classes \$24

Thurs. July 2 - 30 | 1:30 pm | 5 classes \$30

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.

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

Tues. July 7 - 28 | 4:00 pm | 4 classes \$32

Thurs. July 9 - 30 | 3:00 pm | 4 classes \$32

Fri. July 10-31 | 10:00 am | 4 classes \$32

Fri. July 10-31 | 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.

ADVANCED TAI CHI w/John

Wed. July 8 - 29 | 10:15 am | 4 classes \$32

For those with prior Tai Chi experience who want to further develop forms and moving postures.

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

Mon. July 6 - 27 | 4:00 pm | 4 classes \$24

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

Thurs. July 2 - 30 | 2:30 pm | 5 classes \$30

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

Fri. July 10-31 | 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. July 7 - 28 | 12:30 pm | 4 classes \$24 w/Julie

Wed. July 1 - 29 | 12:30 pm | 5 classes \$30 w/Karen

Thurs. July 2 - 30 | 12:30 pm | 5 classes \$30 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.

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

Mon. July 6 - 27 | 9:00 am | 4 classes \$24

Wed. July 1 - 29 | 9:00 am | 5 classes \$30

Fri. July 10-31 | 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.

ZUMBA 2-3 (K. White)

Mon. July 6 - 27 | 1:00 pm | 4 classes \$24 w/Fabiola
Tues. July 7 - 28 | 9:30 am | 4 classes \$24 w/Leah
Thurs. July 2 - 30 | 9:30 am | 5 classes \$30 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. July 2 - 30 | 9:30 am | 5 classes \$30 w/Claire
A challenging cardio and toning workout with equipment for all levels.

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

Tues. July 7 - 28 | 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. July 6 - 27 | 8:30 am | 4 classes \$24 w/Kim C.
Fri. July 10-31 | 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. July 7 - 28 | 8:30 am | 4 classes \$24
Thurs. July 2 - 30 | 8:30 am | 5 classes \$30 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. July 7 - 28 | 1:30 pm | 4 classes \$24
Tues. July 7 - 28 | 2:30 pm | 4 classes \$24
Thurs. July 2 - 30 | 1:30 pm | 5 classes \$30
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. July 6 - 27 | 3:00 pm | 4 classes \$24
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. July 6 - 27 | 5:30 pm | 4 classes \$24
Tues. July 7 - 28 | 9:00 am | 4 classes \$24 w/Kaylee
Wed. July 1 - 29 | 5:30 pm | 5 classes \$30
Sat. July 11-25 | 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. July 7 - 28 | 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.

MAT PILATES 3-4 (McCardell)

Mon. July 6 - 27 | 9:30 am | 4 classes \$24 w/Kim C.
Tues. July 7 - 28 | 11:30 am | 4 classes \$24
Fri. July 10-31 | 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. July 2 - 30 | 5:00 pm | 5 classes \$40

Exercises and movements to improve your muscular endurance and performance.

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

Mon. July 6 - 27 | 10:30 am | 4 classes \$24 McCardell Rm
Thurs. July 2 - 30 | 10:30 am | 5 classes \$30

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

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.

CHAIR MASSAGE (Training Rm B)

Thurs. July 23 | 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 & 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. July 7 - 28 | 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. July 1 - 29 | 6:00 pm | 5 classes \$30**

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. July 11-25 | 8:30 am | 3 classes \$18****Sat. July 11-25 | 9:30 am | 3 classes \$18**

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

CHAIR YOGA w/Georgia (K. White)**Mon. July 6 - 27 | 2:00 pm | 4 classes \$24****Mon. July 6 - 27 | 3:00 pm | 4 classes \$24****Tues. July 7 - 28 | 11:30 am | 4 classes \$24* w/Natasha****Wed. July 1 - 29 | 2:30 pm | 5 classes \$30**

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. July 6 - 27 | 4:00 pm | 4 classes \$24 w/Julie****Thurs. July 2 - 30 | 4:00 pm | 5 classes \$30 w/Julie****Fri. July 10-31 | 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. July 2 - 30 | 11:45 am | 5 classes \$30**

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. July 7 - 28 | 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. July 7 - 28 | 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. July 6 - 27 | 9:00 am | 4 classes \$24 w/Clair****Tues. July 7 - 28 | 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*

YOGA 26/2 with Melinda (Fitness Rm 3)**Thurs. July 2 - 30 | 10:30 am | 5 classes \$30**

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

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. July 6 - 27 | 12:30 - 1:30 pm | 4 classes \$32**

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. July 6 - 27 | 11:30 am - 12:30 pm | 4 classes \$32****Wed. July 1 - 29 | 11:30 am - 12:30 pm | 5 classes \$40***

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. July 11 - 25 | 8:00 am | 3 classes \$18 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. July 7 - 28 | 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. July 7 - 28 | 9:00 am | 4 classes \$24 w/Margaret
Wed. July 1 - 29 | 1:00 pm | 5 classes \$30 w/Cecelia
Wed. July 1 - 29 | 2:00 pm | 5 classes \$30 w/Cecelia
Wed. July 1 - 29 | 6:30 pm | 5 classes \$30 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. July 6 - 27 | 8:00 am | 4 classes \$24 w/Ann
Tues. July 7 - 28 | 8:00 am | 4 classes \$24 w/Ann
Wed. July 1 - 29 | 8:00 am | 5 classes \$30 w/Margaret
High-intensity workout using deep water to improve cardio fitness, muscular strength, and endurance.

BALANCE & STABILITY 2-3 (Therapy Pool)

Mon. July 6 - 27 | 10:00 am | 4 classes \$24 w/Debbie
Wed. July 1 - 29 | 10:00 am | 5 classes \$30 w/Cecelia
Thurs. July 2 - 30 | 10:00 am | 5 classes \$30 w/Cecelia
Fri. July 10-31 | 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. July 7 - 28 | 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. July 7 - 28 | 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. July 7 - 28 | 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. July 6 - 27 | 9:00 am | 4 classes \$24 w/Debbie
Tues. July 7 - 28 | 9:00 am | 4 classes \$24 w/Ann
Wed. July 1 - 29 | 9:00 am | 5 classes \$30 w/Margaret
Thurs. July 2 - 30 | 9:00 am | 5 classes \$30 w/Peggy
Fri. July 10-31 | 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. July 1 - 29 | 9:00 am | 5 classes \$30
Thurs. July 2 - 30 | 9:00 am | 5 classes \$30
Develop strength, flexibility, muscular endurance, balance, and coordination with some low impact.

AQUA ZUMBA w/Fabiola 2 (Lap Pool)

Mon. July 6 - 27 | 5:15 pm | 4 classes \$24
Tues. July 7 - 28 | 5:35 pm | 4 classes \$24
Wed. July 1 - 29 | 5:35 pm | 5 classes \$30
Aqua class focusing on cardio-conditioning and body toning with Latin rhythms and easy to follow moves.

CHALLENGE YOUR CORE - Advanced (Therapy Pool)

Tues. July 7 - 28 | 8:00 am | 4 classes \$24 w/Peggy
Thurs. July 2 - 30 | 8:00 am | 5 classes \$30 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. July 6 - 27 | 6:30 pm | 4 classes \$24 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

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

Therapy
93°F



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. | July 1 - 29 | 11 am - 1:00 pm | 5 classes \$80

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. July 6 - 27 | 4:00 pm | 4 classes \$32 (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. July 1 - 29 | 11:30 am | 5 classes \$40

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.

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

Thurs. July 2 - 30 | 6:00 pm | 5 classes \$30

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. July 6 | 12:30 - 1:30 pm & 1:30 - 2:30 pm

Tues. July 14 | 4 - 5:00 pm & 5 - 6:00 pm

Mon. July 20 | 12:30 - 1:30 pm & 1:30 - 2:30 pm

Tues. July 28 | 4 - 5:00 pm & 5 - 6:00 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.



FISHING 101 Thurs. July 16 | 10 - 11:30 am | \$12 Pre-registration required

Come fish with us in this informative program for newcomers and enthusiasts alike!

Take a brief hike to learn about the history and wildlife of Spencer Park. Then, head to the lake to learn some fishing basics, common types of fish, local fishing regulations and general safety. Hopefully we'll catch some fish along the way! All materials provided. Meet at the picnic tables near the beach. Please arrive on time as the program starts promptly. No pets! Any changes/maps will be sent via email prior to the event.

MEET AT: SPENCER PARK - 3701 John R, Rochester Hills NO TRANSPORTATION PROVIDED



Day Trips

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 | 10:15 am – 7:00 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.**

LITTLE VILLAGE, DETROIT | Fri. August 7 | 10:30 am – 4:30 pm | \$25 NEW!

Little Village is a 3.5-acre, arts-focused cultural corridor on Detroit's east side designed to foster community through creative, sustainable development. Located near the Detroit River and Belle Isle, it features the Shepherd (a converted church cultural center), the LANTERN arts hub, "It Takes a Village" Skatepark designed by Tony Hawk and artist McArthur Binion and the Charles McGee Legacy Park featuring sculptures by the renowned late Detroit artist. Next, stop at Pewabic Pottery where the museum's exhibits focus on the history of Detroit, the Arts and Crafts movement in America and the development of ceramic art in the country. Enjoy lunch at Sinbad's (your expense). **Cancellation deadline July 24 - no refund after this date.**

BAY CITY, MICHIGAN | Fri. August 14 | 7:00 am – 4:45 pm | \$135 NEW!

Explore an eclectic, nautical city nestled along the Lake Huron coast with one-of-a-kind boutiques and antique shops to coffee houses, taverns, and waterfront eateries. A local guide will share old stories, filled with ghosts, legends and other folklore. Enjoy a 2-hour cruise down the Saginaw River into Saginaw Bay while learning the rich history of this old lumber and shipbuilding town. A buffet lunch is included at Krzysiak's House, a popular local restaurant offering authentic Polish food. Shared Bianco tour includes motorcoach transportation. Driver gratuity is not included. **Cancellation deadline July 30 - no refund after this date.**

LITTLE BAVARIA ADVENTURE | Thurs. August 20 | 8:30 am – 6:00 pm | \$155 NEW!

Get ready for a one of a kind experience as we head to Frankenmuth, Michigan's own Bavarian escape. The day kicks off with a lively 45 minute guided tour through the heart of town, highlighting its Old World charm and fascinating heritage. Roll up your sleeves for a hands-on pretzel rolling session, then enjoy a delicious lunch at the iconic Bavarian Inn. Choose from 3 entrees. 1) Frankenmuth Chicken Style Luncheon Plate 2) Bavarian Combination Luncheon (German meal) and 3) Vegan Chili (Vegan, Dairy Free, Gluten Free, Vegetarian). Tax & Gratuity included. After lunch, we'll dive deeper into local history with a guided tour of the Frankenmuth Historical Museum. We'll wrap up the day aboard the Bavarian Belle Riverboat, where a narrated cruise offers beautiful river views and stories you won't hear anywhere else. Shared Rybicki tour includes motorcoach transportation and gratuity for tour manager. Driver gratuity is not included. **Cancellation deadline July 30 - no refund after this date.**

JACK A. FROST MUSEUM | Tue. August 25 | 10:00 am – 2:30 pm | \$21* ^{NEW!}

The destination for the collector car enthusiast! Jack Frost had a love for cars. He purchased a 62-acre property in 1927 and built his car sanctuary. The Museum is dedicated to honoring the life, work, and enduring impact of Jack A. Frost. He was a visionary lighting electrician contractor, entrepreneur, automobile enthusiast, and community leader. After a tour of the museum, you'll stop for lunch at Taqueria Lime & Salt restaurant (your expense).

Cancellation deadline August 11 - no refund after this date.

EXTENDED TRAVEL

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

NEW!

PREMIER
WORLD DISCOVERY



Historic Savannah & Charleston

MARCH 12 - 18, 2027

Trip Highlights:

- Charleston City Tour
- 2 Antebellum Mansions: Edmonson-Alston House and Middleton Place
- Beaufort Carriage Ride
- Savannah City Tour includes Mercer-Williams House Museum
- St. Simons Island
- Jekyll Island Trolley Tour



Double \$4990

Single \$6315



Cancellation date:
December 6
No refund after
this date

Tour director and driver gratuities included

Brochures available with details

Day Trip Cancellation Policy: A non-refundable \$10 processing fee for day trips, will be applied to all cancellations made on or before the cancellation deadline.
NO refunds will be issued after the cancellation deadline.

***indicates Wheelchair accessible**

Bus leaves promptly at posted time PLEASE ARRIVE 30 MINUTES PRIOR

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



For more information contact Chris at 248-659-1030



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. July 21 | 1:30 - 3:00 pm | CR 4

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

LOW-VISION SUPPORT GROUP

Fri. July 24 | 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

No Meeting in July & August

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 July & August

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. July 17 | 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.

Protect Yourself from PHONE SCAMS!

Phone scams targeting seniors and people with disabilities are increasing. Follow these tips, suggested by AgeWays, to help avoid scams:

- **Don't Pick Up:** Don't answer calls from unfamiliar numbers. If it's important, they will leave a message.
- **Don't Share:** Don't give sensitive info over the phone (bank numbers, Social Security or Medicare number) unless YOU initiated the call.
- **Slow Down:** Be wary of urgent requests or requests with unusual forms of payment (wire transfers or gift cards). This is a big red flag!

If you think you've been scammed, call the Michigan Department of Attorney General Consumer Protection Team: 517.335.7599



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. July 24
1 - 2:30 PM



Music Therapy
ADS Room

Fri. Aug. 28
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 website **OPCTransportation.org**. 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.*

New Riders: a Transportation Membership form must be filled out even if you are an OPC member.

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 delivered by a driver on your next visit.

Reservation line open:

Monday - Friday: 6:00 am - 9:00 pm

Transportation Sponsor:



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

July



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 Roast Pork Loin
Mashed Potato & Gravy
Spinach
Pears
Wheat Bread
** Special Menu
at OPC - see pg. 25*

2 Chicken & Biscuit
Sliced Potatoes
Vegetable
Romaine Salad
Pineapple Rings

3
**BUILDING
CLOSED**

6 Macaroni & Cheese
Mixed Vegetable
Romaine Salad
Fruit Cocktail
Corn Muffin

7 Chicken Florentine
Whipped Potatoes
Capri Blend Vegetable
Peach Cobbler
Dinner Roll

8 Italian Lasagna
Italian Green Beans
Romaine Salad
Orange Pineapple Salad
Italian Bread

9 Pizza Supreme
Three Bean Salad
Creamy Cole Slaw
Red Apple
Cookie

10 Rosemary Chicken
Breast
Wild Rice
Roasted Brussels Sprouts
Romaine Salad
Banana/Dinner Roll

13 Salisbury Steak
Stuffed Green Pepper
Mashed Potatoes
Carrots
Apple
Breadstick

14 Chicken Kiev
Red Skin Potatoes
Capri Blend Vegetable
Orange Sections
Whole Wheat Bread

15 Pub Burger
Lettuce/Tomato
Cucumber Salad
Red Grapes
Bun

16 Tuna Tetrazzini
Broccoli Cuts
Garden Salad
Peach Halves
Wheat Roll

17 Baked Ham
Sweet Potatoes
Mixed Vegetable
Banana
Dinner Roll

20 Vegetable Lasagna
Zucchini Cole Slaw
Grapes
Whole Wheat Bread

21 Spaghetti
w/Meat Sauce
Italian Vegetable
Cucumber & Tomato Salad
Peaches
Garlic Bread

22 BBQ Chicken on Bun
Broccoli Salad
Potato Salad
Banana

23 Beef Stew
w/Vegetables
Cole Slaw
Apple
Corn Bread

24 Turkey Breast
w/Gravy
Whipped Potatoes
Steamed Spinach
Cabbage Slaw
Apple Cobbler/Roll

27 Baked Pork Chop
Scalloped Potatoes
Mixed Vegetable
Apple Slaw
Fresh Pear
Dinner Roll

28 Smothered Chicken
Chive Potatoes
European Blend
Fruit Surprise
Whole Wheat Bread

29 Tuna Tetrazzini
Romaine Salad
Green Beans
Orange
Wheat Bread

30 Oven Baked Fish
Potato Wedges
Broccoli Cuts
Banana
Dinner Roll

31 Pizza Supreme
Three Bean Salad
Romaine Salad
Red Apple
Cookie

OPC | 650 Leticia 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



Spark joy in your life and others!

Opportunities include:

Event Set-Up & Take-Down | Servers | Sign-In Assistance
Pool & Sports Desk Receptionists | Meals on Wheels Drivers
Café Assistants | Gardeners

Whether you're a student (ages 13+), retired, or working and available evenings or weekends, there's a place for you at OPC. Flexible scheduling allows you to volunteer when it works best for you.

Join the OPC Volunteer Team!

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



Nurse out:
July 9 from
12 - 4 pm

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: Sunlight is the primary source of vitamin D-often called the sunshine vitamin. Getting enough vitamin D is associated with strong bones, a healthy immune system, better mood, cardiovascular health and good muscle function. Sunlight really can bring a smile to your face!

ASK THE . . .

- **NURSE (Cindy McKenna) in the Atrium** Thurs. July 16 | 9 - 11:00 am *No appointment required.*
- **RESIDENT DOCTOR** Wed. July 1, 8, 15, 22 & 29 | 9 - 11:00 am *No appointment required.*
- **PHARMACIST - "KNOW YOUR MEDS"** Tues. July 21 | 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. July 20 | 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. July 14 | 9:30 am - noon

FAMILY AND FRIENDS CPR CLASS Wed. July 8 | 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. July 8 | 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. July 8 | 1 - 3:30 pm Find out with a complimentary risk assessment.

CAN'T REACH THOSE TOENAILS? Wed. July 1 | 1 - 4:30 pm

Dr. Husain, D.P.M. will perform diabetic foot checks, cutting and filing of toenails, inspecting other abnormalities of the feet and routine foot checks. *Please bring your insurance card and drivers license. Dr. Husain will bill your insurance.*

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



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

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.

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:
Sept. 3, 2026
5:00 pm
OPC Social &
Activity Center
Classrooms 2 & 3

INDEPENDENCE DAY
Celebration Lunch
Wed. July 1 @ noon

MENU:
Hot Dog on bun
Potato Salad
Baked Beans
Potato Chips
Cherry Pie

Register for lunch
by 11 am on June 29
Call 248.659.1032

COST:
60 & Over - \$4 Donation
Under 60 - \$5 Charge

Mrs. Senior Michigan Pageant

Wed. July 22 | 2:00 pm | Tickets \$20
Purchase Tickets with OPC Cashiers or call 248-659-1029



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!**



Thank You!

With your help, our 5k Run/Walk for Meals on Wheels was able to raise over **\$42,000!**

Thank you to the participants, volunteers, staff and sponsors for making this year's 5k a major success!

Thank You to our
Sponsors and
Supporters





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248.793.9594
hearinglife.com

*See office for details.
Mention **code AH0Q-11** when calling



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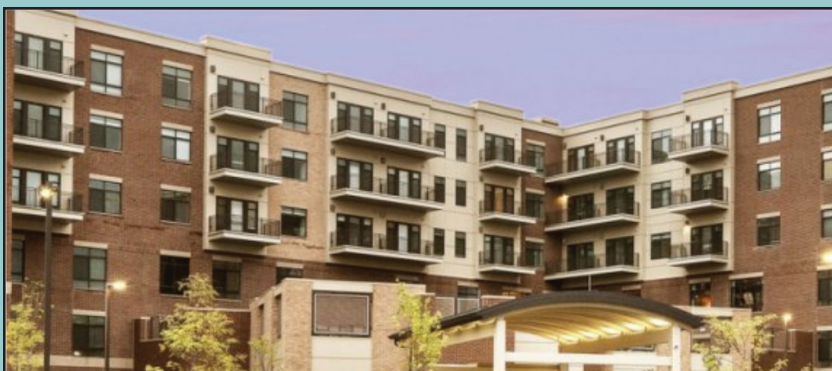
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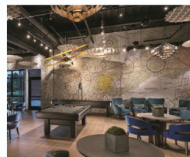
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Saturday:

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There must be one adult in the water with every child. Parents may participate and pay the \$5 fee if accompanied by a member.

**QUESTIONS - CONTACT ERIN:
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BUILDING CLOSED: Friday, July 3 - Sunday, July 5 - Reopening on Mon. July 6