

August 2026

THIS
MONTH
AT



OPC
SOCIAL & ACTIVITY CENTER

The Best Place To Be 50+





A Successful "Feelin' Groovy" Soiree!



What a night! We welcomed the official arrival of summer with our far-out "Feelin' Groovy" Soiree, and it was groovy indeed. Our gym got a total makeover, transforming into a delightfully magical, retro venue that whisked everyone straight back to the days of peace, love, and good vibes. The evening kicked off with a champagne reception, program and VIP recognition, and a lively silent auction. Then guests settled in for a delicious dinner catered by Kruse & Muer. Once the plates were cleared, it was time to dance! A groovy mix of Motown, funk, classic rock, and feel-good hits from the '60s and '70s kept everyone on their feet all night long. We closed out the evening on the dance floor, beneath a sparkling disco ball, for a heartfelt sing-along to Don McLean's "American Pie." What a way to say goodbye to a magical night!

While the music, dancing, and décor were unforgettable, the true star of the night was Elaine, a remarkable 94-year-old Meals on Wheels client. Her heartfelt testimonial brought smiles to every face in the room, touched hearts and served as a powerful reminder of just how much OPC's Meals on Wheels program means to older adults living in NE Oakland County. Thanks to the generosity of everyone in the room, the event raised an awesome **\$63,000** to support our mission!

An evening like this simply doesn't happen without an incredible community behind it. Our deepest thanks go to our dedicated sponsors (recognized below), the many generous local businesses who donated to the silent auction, our tireless volunteers, and the amazing OPC Staff. We are so blessed to have each and every one of you in our corner! Want to relive the magic? Flip to page 26 for a groovy photo collage from the evening.

Enjoy your lazy, hazy, crazy days of summer & rock on!

Renee



Over \$63,000 raised for
OPC's Meals on Wheels!

summer
OPC
Soiree
A festive evening
to benefit OPC's
Meals on Wheels

**Feelin'
Groovy**

Thank You Sponsors!

**Controller
Technologies**
CORPORATION

PIXLEY
FUNERAL HOME

Dignity
LIFE WELL CELEBRATED

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MECHANICS
SINCE 1915

FRENCH





The Best Place To Be 50+

Upcoming Events

September 9
Senior Day Picnic

September 10
Food Truck Rally

September 19
Pickleball Tournament

*Beat the heat
and enjoy the sunshine
at OPC!*



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

Featured August Programs

- 04 Margaritaville**
Island vibes, live music and good times
- 05 Audition Call**
Fall performance of "Villaging in the Vineyard"
- 08 Women's Luncheon**
An engaging afternoon with a stylish fashion show
- 09 Terrific Tuesday**
Soaring stories and photo op with a live bald eagle
- 12 Looking for Artisans**
Sell your unique items - Artisan Holiday Market Nov. 7
- 19 Leisure Travel**
Travel Show - Majestic Canadian Rockies in 2027
- 21 SOS Mobile Office at OPC**
Renew your license & more with no line
- 26 Feeling Groovy Thank you**
A soiree success - with a little help from our friends
- Back Cover Save the Dates**
Senior Day Picnic and Food Truck Rally

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Front Cover

Photo taken by
avid birder
Victor Dorer



Thank you Victor!



THURS., AUGUST 13 | 6 – 8:00 pm | \$25

Island vibes, live music, and good times on the OPC Garden Patio

Featuring the Leider Band with Steel Drums & Tikki bar

Prizes for Best Island Attire!

Escape to MARGARITAVILLE



Ticket Includes:

Cheeseburger sliders, fries, slaw, one drink ticket, and ice cream!



Sponsored by:



BEYOND the SEASONING

A Flavor-Filled Journey Through Spices & Herbs

Wed. Aug. 19 & 26 | 9:30 am - noon | \$40 | CR 4

Continue your flavor adventure with the Sizzling Spice Lady, Nancy Monson! Explore the differences between spices, seasonings, and herbs while tasting and comparing a variety of flavorful ingredients. Learn how individual flavors come together to create delicious blends and discover simple ways to add new excitement to your everyday cooking. Each participant will receive samples to smell, taste, and enjoy throughout this hands-on experience.

AI & YOU:

Exploring Chatbots and the Next Generation of AI

Wed. Aug. 19 & Thurs. Aug. 20 | 4 - 5:30 pm | \$40 (2-part class)

Continue your AI journey with Dr. Dan (the AI Man) Arnold as you explore chatbots and the next generation of artificial intelligence. Learn how AI tools can help with everyday tasks, spark ideas, find information, and become your personal digital assistant. Discover what "agentic AI" means and how these evolving tools are changing the way we use technology. Previous AI experience is helpful, but new participants are welcome!



FALL SEMESTER (Starting in September)
Food for Thought - Nutrition Education - Cooking Demonstrations

FUN & GAMES!

Fri. Aug. 21 | 2:30 pm | \$5
Dining Room

Spin, solve, and shout it out OPC-style as we turn classic word puzzles into a fast, fun, and laughter-filled game where everyone gets to play along!



Wed. Aug. 5 | 9:30 am | \$2 at sign-in
Dining Rm | PRE-REGISTRATION REQUIRED

Baseball Hall of Famers Who Served

Discover the remarkable stories of Baseball Hall of Famers who answered the call to serve their country. Military historian, author, retired Army veteran, and former museum curator **Steven Mrozek** brings these inspiring individuals to life through fascinating stories that highlight their courage, sacrifice, and lasting legacy, both on the baseball diamond and in military service.

OPEN TO THE PUBLIC - Spouses for Veterans Welcome

PRESENTING
SPONSOR:



BREAKFAST
SPONSOR:



Rochester
Hills
Museum

VOICES FROM THE ARCHIVES

presented by:
CATHY FITZPATRICK

Wed. Aug. 12 | 10:00 am | Complimentary
Dining Rm

Unravel the stories of local poets, activists, and neighbors by sifting through historic newspapers, city documents, and Museum artifacts. See how sources shape the stories of our local community's past.

PIXLEY
FUNERAL HOME

Sponsored by:



OPC 650 PLAYERS 2026 FALL LIVE MUSICAL MELODRAMA



Villainy in the Vineyard

Villains, Vines & Vintage Crimes

Also known as: A Pure Michigan Pour Decision

This fall, our stage comes alive with Villainy in the Vineyard, a delightfully wicked musical mystery filled with laughter, intrigue, memorable characters, and the magic of live theater.

Luncheon Shows: \$30 | OCT. 15, 19, 20 & 21 (Noon - 3:00 pm)

Dessert Shows: \$20 | OCT. 16 & 23 (1 - 3:00 pm), OCT. 22 (5 - 7:00 pm)



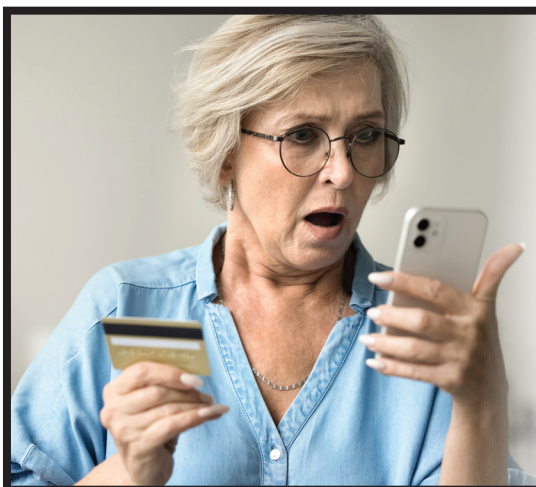
Directed by Chuck Thompson | Music by Matthew Lavender

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

Looking for heroes, villains, comedians, singers, and scene-stealers!

REGISTRATION & MEMBERSHIP REQUIRED

5



SAVVY SENIORS Breakfast

THE SCAM FILES:

True Stories from a Federal Investigator

Wed. Aug. 19 | 9:30 am | \$8 | Dining Rm

Hear firsthand about the latest fraud schemes affecting Americans today. U.S. Postal Inspector Kerry Gardner shares real-world cases, warning signs, and practical strategies to help you stay one step ahead of scammers seeking your money and personal information.



Life Long Learning

HEALTH

The Alzheimer's Association Building Brain-Healthy Habits

Thurs. Aug. 6 | 2:30 pm | \$2 | Dining Rm

Debra Ross from the Alzheimer's Association shares practical, everyday ways to support brain health through simple lifestyle habits. Learn how small, consistent choices can help strengthen memory, improve overall well-being, and support long-term cognitive health.

The Heart Mind Connection

Thurs. Aug. 20 | 9:30 am | \$2 | Dining Rm

Judith Cox, CEO, Mindfulness Institute International, will present on heart centered coherence, a physiological state where your heart, brain, and nervous system are in sync.

Sponsored by:



HEALTH & SCIENCE

Detroit Science Center Diving into DNA

Mon. Aug. 17 | 2:30 pm | \$5 | Dining Rm

Dive into the science that makes you *you* with an engaging look at DNA and how it shapes life, traits, and heredity. Presented by the **Michigan Science Center**, this interactive program brings genetics to life in a fun, easy-to-understand way.

Love Beyond Memory

Tues. Aug. 18 | 10:00 am | \$2 upon entry | Dining Rm

Through a moving short documentary and personal reflections, **Kanu Mehta** shares his journey of caring for his wife through Alzheimer's and his own recovery after a life-changing fall—a heartfelt story of love, resilience, and hope.

Featured on WDIV Detroit, the NY Times, and national media interviews.

FINANCIAL FRIDAY

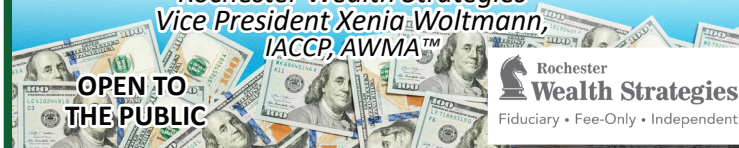
INSURANCE 101: Choosing the Right Coverage for Home, Auto & More

Fri. Aug. 14 | 10:30 am | \$2 upon entry | CR 1

Take the confusion out of insurance with a clear, practical guide to protecting what matters most. Xenia, joined by a special guest, breaks down home and essential coverage so you can make confident, informed choices.

Presented by

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



Playwriting Workshop

Thurs. Aug. 27 | 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.

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. | 10:30 - 11:30 am | \$5 | CR 3
Progressive & Consistent Attendance - Registration Required

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

COMPUTER CLASS w/Susan

Song Writing with AI

Wed. Aug. 26 | 10 - 11:00 am | \$2 upon entry CR 3

Got an idea for a song? Learn how to use three or four thoughts to choose your style, voice, and generate your own song.

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.

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. Aug. 13 & 27 | 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.

EUCHRE Tournament

Members Only

Wed. Aug. 5 | CR 1 & 2 | \$10
Advanced registration & payment required!

8 Games - 8 Rounds

Pay-out prizes to 1st - 4th place players

11:30 am: Pizza & Registration

12:30 pm: Games begin

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



Pizza Sponsor





Women's Luncheon

ASSISTANCE LEAGUE

Presentation & Fashion Show

Thurs. Aug. 27 | 1:00 pm | \$15 | Dining Room

An engaging afternoon awaits with a lively presentation, a fun and stylish fashion show, and a boutique sale featuring unique finds and favorites. Expect an upbeat mix of inspiration and conversation, along with plenty of opportunities to browse, shop, and enjoy time with friends.

Lunch: Mediterranean Chicken



PHILANTHROPY:

Creating a Legacy of Giving

Mon. Aug. 24 | 2:30 pm | \$5 | Dining Room

Kristina Graham and Ed Lynch certified financial advisors share how thoughtful philanthropy can make a meaningful impact both in the community and in your own financial planning. Learn about charitable giving strategies, creating a lasting legacy, and ways to align your generosity with the causes that matter most to you.

Escape the HEAT.

Enjoy the FUN.

Spend Your Summer at OPC!



MOVIES

SPONSORED BY:

Edward Jones



- Movies are complimentary -
Concessions available for cash purchase

THE SEVEN-YEAR ITCH

1955 - NR (1 hr 45 min)

Mon. Aug. 10 | 3:00 pm | Auditorium

A married man home alone for the summer finds his imagination running wild when a charming neighbor moves in upstairs. A classic comedy featuring the iconic Marilyn Monroe.

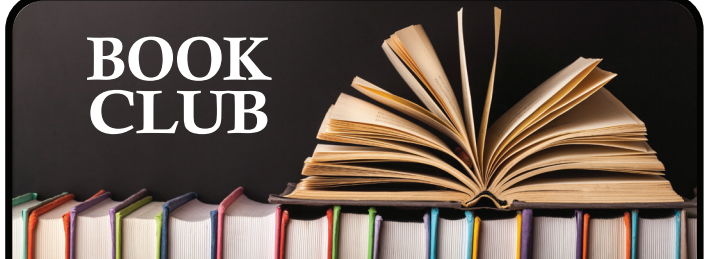
PROJECT HAIL MARY

2026 - PG-13 (2 hr 36 min)

Fri. Aug. 28 | 1:00 pm | Auditorium

Ryan Gosling stars as an astronaut stranded light-years from Earth, racing to save humanity with help from an unexpected ally.

BOOK CLUB



THE MOST FUN WE EVER HAD

by Claire Lombardo

Mon. Aug. 10 | 6:00 pm | Library | \$2 upon entry

A heartfelt story of the Sorenson family, exploring love, secrets, and the complicated bonds that connect parents, children, and siblings.

BIG LITTLE LIES by Liane Moriarty

Tues. Aug. 25 | 2:30 pm | CR 4 | \$2 upon entry

A captivating story of friendship, secrets, and the hidden struggles behind seemingly perfect lives in a close-knit community.

Taste of Community Tour

Explore Today. Choose Tomorrow

Mon., August 10 @ 11:00 am - 2:00 pm \$8

Explore Local Senior Living Before You Need It!

TOUR STOPS: Flourish Collection

by Storypoint Group

LUNCH & DESSERT TOUR

Relaxed Visits, Great Food & Sweet Experiences!

Ride the OPC Bus!

Meet in the OPC lobby by 10:45am



Sponsored by
Caring Transitions



MEN'S COFFEE TALK

Fri. Aug. 21 | 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



Wed. August 26 | 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

Help Our Gardens BLOOM!

Whether you have a green thumb or just enjoy being outdoors, we'd love to have you on our garden team.

Wednesdays @ 10 am
OPC Cottage Garden

Looking for Volunteers

Call: 248.608.0270

no experience needed

Our beautiful gardens are the work
a dedicated group of
volunteers led by Nancy Szerlag.



Connect and Engage

WOMEN'S CHIT CHAT

Fri. Aug. 14 | 9:30 – 10:30 am

\$2 drop-in | Class Rm 4

"Sips, Sunshine & Stories"

Topic: Favorite summer memories and traditions.

A monthly conversation circle where women gather to share and connect.

MEET THE MAYORS

Rochester Hills Bryan Barnett

Mon. Aug. 3 | 10:00 am | Dining Rm

Rochester Debbie Jones

Thurs. Aug. 27 | 9:30 am | Library

FIRESIDE POETRY CIRCLE

Fri. Aug. 21 | 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. Aug. 10 & 24 | 2 - 3:00 pm

\$2 upon entry | Classroom 4

A casual discussion on current events.

Terrific Tuesday



SOARING STORIES: Life with Bald Eagles

Aug. 11 | 4:30 pm | \$15 | Dining Room

Wildlife veterinarian **Dr. Carl Palazzolo** explores the biology and behavior of Michigan's bald eagles, sharing stories from nearly 50 years of caring for wildlife. Learn how injured eagles are treated and the new threats they face today. **After the presentation, enjoy a photo opportunity with a live bald eagle.** Dr. Palazzolo's book, *The Comeback of Our National Symbol in Michigan*, will be available for purchase, with proceeds benefiting Michigan wildlife rehabilitators.

WALTONWOOD
UNIVERSITY
Redefining Retirement Living
SINCE

Dinner: Beef Tacos with Sides & Condiments

Sponsored & dessert provided by:

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



FUSED GLASS COASTER

Wed. Aug. 5 | Studio 1/2

1 - 3:30 pm | \$75

Create 2 beautiful and functional fused glass coasters in this fun, hands-on workshop! **Melissa from Monarch Craft Studio** will guide you in designing your own unique piece using colorful glass, shapes, and textures. No experience necessary, just bring your creativity. Your finished coaster will be kiln-fired after class and ready for pickup at a later date.



ANYONE CAN PAINT

Mon. Aug. 24 | Studio 1/2

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

Grab a brush and have some fun with artist **Steve Wood**! In this easy, step-by-step class, you'll create your own "Bridge Over the Creek" painting while learning simple techniques along the way. No experience is needed, just come ready to relax, get creative, and leave with a masterpiece you'll be proud to display!



PAINT YOUR PET

Thurs. Aug. 27 | Studio 1/2

1 - 3:00 pm | \$45*

Join artist **Gabriela Orza** for a fun painting workshop where you'll bring your beloved pet to life on canvas. Whether you're a seasoned painter or picking up a brush for the first time, Gabriela will guide you step-by-step to create a portrait you'll be proud to display. *Want a head start? Email a clear photo of your pet to lyoung@opccenter.org before Aug. 21, and Gabriela will sketch the outline for you so you can jump right into painting!*

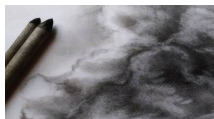


CHARCOAL DRAWING

Tues. Aug. 11 | Studio 1/2

10 am - 2:00 pm | \$45

Learn the basics of charcoal while creating a beautiful landscape with dramatic clouds. Artist **Janet Davison** will teach simple blending and shading techniques to bring your sky to life. Email lyoung@opccenter.org for a list of supplies.



VIEW THROUGH A WINDOW

Tues. Aug. 4 | Studio 1/2

10 am - 12:30 pm | \$30 bring supplies

Create a charming "view through a window" scene in watercolor with artist **Kathy Warriner**! One card provided to get you started. Bring more cards if you'd like to create additional views.



ITALIAN COURTYARD GLOW

Wed. Aug. 5 & 19 | Studio 1/2

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

Join **Greg L.** in painting an Italian courtyard with natural light and subtle shadows using soft watercolor washes and incorporating the wet-on-wet technique.



TREE FROGS

Thurs. Aug. 13 & 20 | Studio 3

12:30 - 3:30 pm | \$45 bring supplies

Jump into a playful watercolor session painting vibrant, whimsical tree frogs with artist **Kathy Warriner**! Explore color layering, texture, and lively brushwork as you bring these little characters to life on the page.



BEHIND
THE
SEEN

PICTURING MUSIC



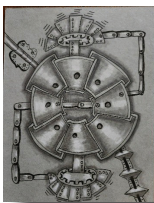
Mon. Aug. 31 | 2:30 pm | \$5 | Dining Rm.

Exploring the presence of music in visual art heightens awareness of the role music plays across cultures and time and provides a lens through which to explore the personal, social, and creative aspects of identity.

STEAMPUNK TANGLING**

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

Gears, gadgets, intricate mechanisms done using the Zentangle Method. A fun, different way to become creative while tangling. *Toned paper provided. Bring regular supplies, including silver and/or gold metallic gel pens. Some will be available for purchase.*



SUMMER SOUVINER TANGLING** Shells & Rocks

Mon. Aug. 10 | 1 - 3:30 pm | \$12 | Stu. 3

We have nice big shells, some small ones, and rocks of all sizes mainly from Lake Michigan. *Bring your own tangling supplies and acrylic paint pens, if you have them or use class pens.*



INTRO TO ZENTANGLE

Mon. Aug. 17 | 1 - 3:30 pm | \$12 | Stu. 3

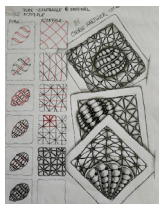
Relax and get creative with the Zentangle method - an easy, meditative artform that teaches mindfulness through repetitive drawing. Simple patterns created with a pen helps increase focus and reduce anxiety. No experience needed, considered art for the non-artist. *Supplies - \$10 - to instructor for Beginner Kit*



ONE STEP BEYOND BASICS

Mon. Aug. 24 | 1 - 3:30 pm | \$12 | Stu. 3

A follow-up session for those who have taken the Intro class or are feeling a little rusty on techniques. Learn 4 tangles which vary with each class and explore how to place them within a new string. Step-outs provided. Previous experience necessary. *Supplies - Bring basic Zentangle supplies - pens, pencil, tortillions and paper tiles or sketch book.*



TIGHTEN UP YOUR TANGLING TECHNIQUES

Mon. Aug. 31 | 1 - 3:30 pm | \$12 | Stu. 3

Taken a few Zentangle classes but haven't done it in a while? Just learning but want more knowledge about different techniques? Problems with shading or a specific tangle? This is the class for you! Any special problems you have can be addressed. *Bring your own basic tangling supplies.*

** some Zentangle experience helpful.

make something Beautiful!

VINTAGE KEY JEWELRY ART w/Regina

Tues. Aug. 18 | 5:30 - 7:30 pm | Stu. 1/2 | \$15*

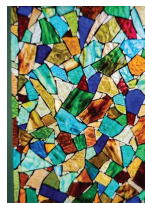
Create a lovely pendant using keys and vintage clip earrings. Simple necklace chain included.



PICTURE FRAME-STAINED GLASS MOSIAC w/Cherie

Wed. Aug. 12 | 1 - 3:30 pm | Stu. 1/2 | \$15

Working with stained glass bits and pieces on the glass of an 8" by 10" picture frame. Patterns will be provided but you can do your own design. *Frame and stained glass provided. Must bring own E600 glue.*



STAINED GLASS CLASS w/Dave & Diane

Tues. Aug. 4, 11 & 18 | 2 - 5:00 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.*



SPIRAL BEADED SUNCATCHER w/Suzie

Wed. Aug. 19 | 1 - 3:30 pm | Stu. 1/2 | \$15*

Create a sparkling spiral sun catcher with colorful beads and a crystal prism. Hang your finished piece in a sunny window, on a porch, or in a garden space to enjoy year-round or give as a perfect gift.



STAMPIN' UP! GREETING CARDS

Tues. Aug. 11 | 9 am - 12:00 pm | Stu. 3 | \$35*

Tues. Aug. 11 | 1 - 4:00 pm | Stu. 3 | \$35*

Sign up for one or both sessions and create a variety of "Terrific Textures" themed cards with Beth Kozik, Independent Stampin' Up! Demonstrator. Make six cards (two each of three designs) using Stampin' Up! products. *Register by Aug. 7. Additional product kits, adhesives, and greeting cards available for purchase (cash or PayPal).*



Save the Date!
TANGLE-CON 2026
September 23 - 25
10 am - 4 pm | \$250

Includes special supplies, coffee, water, snacks (all 3 days) and a pizza party on Friday

Note: Not all items pictured are included



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 (Aug. 11 - 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.*



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.**

SHORT COURSE - NEW GLAZING TECHNIQUES

Wed. Aug. 5, 12 & 19 | 1 - 4:00 pm | \$80 Pottery Studio

Ready to take your pottery to the next level? In this fun and hands-on 3-week course, explore two eye-catching surface techniques: underglaze transfers (decals) and cuerda seca (dry rope). Add bold patterns, crisp lines, and unique designs that will make your pieces stand out! OPC potters **Yolanda and Sheryl** will guide you through each step, from prep to final application, so you can confidently try something new and expand your creative toolbox.

Bring your pottery tools along with leather-hard or bisque-fired pieces you'd like to transform. For the cuerda seca portion, we'll provide all tiles, markers, tools, and glazes.

Prerequisite: Participants must have completed at least two pottery courses and be eligible for independent pottery use.



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. Aug. 5 | 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/PROJECT CLASS

Bandsaw Box Class

Wed. Aug. 12 & 19 | 2 - 4:00 pm | \$80

Discover the art of woodworking and create a beautiful keepsake box you'll be proud to display or give as a gift! In this hands-on two-day class, you'll learn how to safely use the bandsaw and other woodworking tools while shaping, sanding, and finishing your own handcrafted piece.



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



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

Looking for Artisans!

for the

OPC Artisan Holiday Market
Saturday, November 7

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

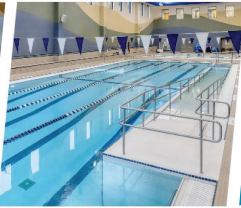
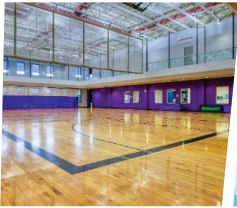
Registration begins, Mon. August 3 @ 8:30 am

Registration form and details at cashiers or download at OPCcenter.org

Register in-person or by mail

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





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 Aug. 3 - 31 | 8:00 am | 13 classes \$78 w/Claire ^{Level 3-4}

Movements focus on specific exercises to improve^(no 7/3) strength and balance while using body weight and/or resistance equipment (weights, bands, balls).

CORE STRENGTH 2 (McCardell)

Tues. Aug. 4 - 25 | 10:30 am | 4 classes \$24 w/Kim*

Wed. Aug. 5 - 26 | 10:15 am | 4 classes \$24 w/C Smith

Thurs. Aug. 6 - 27 | 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. Aug. 4 - 25 | 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. Aug. 4 - 25 | 9:00 am | 4 classes \$24 w/Therese

Fri. Aug. 7 - 28 | 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. Aug. 3 - 31 | 10:30 am | 5 classes \$30 w/Claire

Mon. Aug. 3 - 31 | 11:30 am | 5 classes \$30 w/Claire

Wed. Aug. 5 - 26 | 10:30 am | 4 classes \$24 w/Claire

Thurs. Aug. 6 - 27 | 10:30 am | 4 classes \$24 w/Claire

Fri. Aug. 7 - 28 | 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. Aug. 3 - 31 | 1:30 pm | 5 classes \$30

Thurs. Aug. 6 - 27 | 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.

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

Tues. Aug. 4 - 25 | 4:00 pm | 4 classes \$32

Thurs. Aug. 6 - 27 | 3:00 pm | 4 classes \$32

Fri. Aug. 7 - 28 | 10:00 am | 4 classes \$32

Fri. Aug. 7 - 28 | 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. Aug. 5 - 26 | 3:00 pm | 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. Aug. 3 - 31 | 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. Aug. 4 - 25 | 2:30 pm | 4 classes \$24

Thurs. Aug. 6 - 27 | 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. Aug. 5 - 26 | 1:30 pm | 4 classes \$24

Fri. Aug. 7 - 28 | 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. Aug. 4 - 25 | 12:30 pm | 4 classes \$24 w/Julie

Wed. Aug. 5 - 26 | 12:30 pm | 4 classes \$24 w/Karen

Thurs. Aug. 6 - 27 | 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.

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

Mon. Aug. 3 - 31 | 9:00 am | 5 classes \$30

Wed. Aug. 5 - 26 | 9:00 am | 4 classes \$24

Fri. Aug. 7 - 28 | 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. Aug. 3 - 31 | 12:30 pm | 5 classes \$30 w/Fabiola

Tues. Aug. 4 - 25 | 9:30 am | 4 classes \$24 w/Leah

Thurs. Aug. 6 - 27 | 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. Aug. 6 - 27 | 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. Aug. 4 - 25 | 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. Aug. 3 - 31 | 8:30 am | 5 classes \$30 w/Kim C.

Fri. Aug. 7 - 28 | 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. Aug. 4 - 25 | 8:30 am | 4 classes \$24

Thurs. Aug. 6 - 27 | 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. Aug. 4 - 25 | 1:30 pm | 4 classes \$24

Tues. Aug. 4 - 25 | 2:30 pm | 4 classes \$24

Thurs. Aug. 6 - 27 | 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. Aug. 3 - 31 | 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. Aug. 3 - 31 | 5:30 pm | 5 classes \$30

Tues. Aug. 4 - 25 | 9:00 am | 4 classes \$24 w/Kaylee

Wed. Aug. 5 - 26 | 5:30 pm | 4 classes \$24

Sat. Aug. 1 - 29 | 8:00 am | 5 classes \$30

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. Aug. 4 - 25 | 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. Aug. 3 - 31 | 9:30 am | 5 classes \$30 w/Kim C.

Thurs. Aug. 4 - 25 | 11:30 am | 4 classes \$24

Fri. Aug. 7 - 28 | 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. Aug. 6 - 27 | 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. Aug. 3 - 31 | 10:30 am | 5 classes \$30 McCardell Rm

Thurs. Aug. 6 - 27 | 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. Aug. 4 - 25 | 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. Aug. 20 | 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. Aug. 4 - 25 | 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. Aug. 5 - 26 | 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. Aug. 1 - 29 | 8:30 am | 5 classes \$30****Sat. Aug. 1 - 29 | 9:30 am | 5 classes \$30**

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

CHAIR YOGA w/Georgia (K. White)**Mon. Aug. 3 - 31 | 2:00 pm | 5 classes \$30****Mon. Aug. 3 - 31 | 3:00 pm | 5 classes \$30****Tues. Aug. 4 - 25 | 11:30 am | 4 classes \$24* w/Natasha****Wed. Aug. 5 - 26 | 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. Aug. 3 - 31 | 4:00 pm | 5 classes \$30 w/Julie****Wed. Aug. 5 - 26 | 1:30 pm | 4 classes \$24 w/Natasha****Thurs. Aug. 6 - 27 | 4:00 pm | 4 classes \$24 w/Julie**

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. Aug. 6 - 27 | 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. Aug. 4 - 25 | 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. Aug. 4 - 25 | 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. Aug. 3 - 31 | 9:00 am | 5 classes \$30 w/Claire****Tues. Aug. 4 - 25 | 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. Aug. 6 - 27 | 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. Aug. 5 - 26 | 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. Aug. 3 - 31 | 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. Aug. 3 - 31 | 11:30 am - 12:30 pm | 5 classes \$40****Wed. Aug. 5 - 26 | 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. Aug. 1 - 29 | 8:00 am | 5 classes \$30 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. Aug. 4 - 25 | 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. Aug. 4 - 25 | 9:00 am | 4 classes \$24 w/Margaret
Wed. Aug. 5 - 26 | 1:00 pm | 4 classes \$24 w/Cecelia
Wed. Aug. 5 - 26 | 2:00 pm | 4 classes \$24 w/Cecelia
Wed. Aug. 5 - 26 | 6:30 pm | 4 classes \$24 w/Dawn B.
Improve range of motion, strength, & muscle tone with controlled movements. Beneficial for people with arthritis or recovering from an injury.

THE DEEP 2-3 (Lap Pool)

Mon. Aug. 3 - 31 | 8:00 am | 5 classes \$30 w/Ann
Tues. Aug. 4 - 25 | 8:00 am | 4 classes \$24 w/Ann
Wed. Aug. 5 - 26 | 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. Aug. 3 - 31 | 10:00 am | 5 classes \$30 w/Debbie
Wed. Aug. 5 - 26 | 10:00 am | 4 classes \$24 w/Cecelia
Thurs. Aug. 6 - 27 | 10:00 am | 4 classes \$24 w/Cecelia
Fri. Aug. 7 - 28 | 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. Aug. 4 - 25 | 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. Aug. 4 - 25 | 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. Aug. 4 - 25 | 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. Aug. 3 - 31 | 9:00 am | 5 classes \$30 w/Debbie
Tues. Aug. 4 - 25 | 9:00 am | 4 classes \$24 w/Ann
Wed. Aug. 5 - 26 | 9:00 am | 4 classes \$24 w/Margaret
Thurs. Aug. 6 - 27 | 9:00 am | 4 classes \$24 w/Peggy
Fri. Aug. 7 - 28 | 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. Aug. 5 - 26 | 9:00 am | 4 classes \$24
Thurs. Aug. 6 - 27 | 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. Aug. 3 - 31 | 5:15 pm | 5 classes \$30
Tues. Aug. 4 - 25 | 5:35 pm | 4 classes \$24
Wed. Aug. 5 - 26 | 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. Aug. 4 - 25 | 8:00 am | 4 classes \$24 w/Peggy
Thurs. Aug. 6 - 27 | 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. Aug. 3 - 31 | 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

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. | Aug. 5 - 26 | 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. Aug. 3 - 31 | 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. Aug. 5 - 26 | 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.

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

Thurs. Aug. 6 - 27 | 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.

KAYAKING 101

Saturday. Aug. 15
9 - 10 am | \$25



This beginner's class is designed for those wanting to try out kayaking for the first time. Covers basic safety, etiquette and boat and paddle basics. Boats and safety equipment provided. Participants are required to wear the provided lifejackets. Please wear appropriate clothing/footwear for water activities and plan to leave your valuables in your vehicle. Participants will meet at the dock. Please arrive on time as the program starts promptly. No pets! Any changes/maps will be sent via email prior to the event. Pre-registration required | No Transportation Provided

MEET AT: SPENCER PARK - 3701 John R, Rochester Hills

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

Thurs. Aug. 6 | 12:30 - 1:30 pm & 1:30 - 2:30 pm

Tues. Aug. 11 | 4 - 5:00 pm & 5 - 6:00 pm

Mon. Aug. 17 | 4 - 5:00 pm & 5 - 6:00 pm

Mon. Aug. 24 | 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.



Day Trips

GUN LAKE CASINO | Wed. Sept. 9 | 7:00 am – 6:45 pm | \$79 NEW!

Visitors can enjoy a wide range of casino activities, including hundreds of slot machines and table games, along with a lively social atmosphere. Several food options are available, including the Sandhill Café, Sandhill Express (grab-and-go) or CBK (Craft Bar Kitchen). Visitors receive \$20 in casino perks, including: \$10 in free slot play plus \$10 in dining credits. Rybicki tour includes motorcoach transportation and gratuity for the tour manager. Driver gratuity is not included. **Cancellation deadline August 20 - no refund after this date.**

HARVEST ADVENTURE | Tues. Sept. 15 | 10:45 am – 4:15 pm | \$120 NEW!

The adventure begins with a lunch at the White Horse Inn (Metamora) - A local landmark dating back to the 1850s. Until recently, it was the oldest continuously operating restaurant in Michigan and served as a stage-coach stop, hotel, inn, brothel, and restaurant. Some even claim it was a safe house on the Underground Railroad. Choice of entrées are Cowboy Mac n' Cheese (mac n' cheese with pulled pork); Pot Roast Grilled Cheese, Maurice Salad or Fish and Chips. Visit Westview Orchards and Winery where you'll experience a guided outing combining orchard activities, free fruit, and a wine tasting of up to 3 wines. Shared Bianco tour includes motorcoach transportation. Driver gratuity is not included. **Cancellation deadline September 1 - no refund after this date.**

MUSIC OF THE BEATLES ** (see below) | Sat. Sept. 19 | 9:15 am – 6:45 pm | \$165 NEW!

Get ready to twist, shout, and sing your heart out as we dive back into the golden age of pop with a joyful, high energy celebration of *The Beatles* at the Victoria Playhouse in Petrolia, Canada. From the irresistible charm of She Loves You to the technicolor magic of Sgt. Pepper, Abbey Road, and Let It Be, this show brings all the feel good nostalgia you can handle. Lunch is included at The Black Gold Brewery. Shared Rybicki tour includes motorcoach transportation and gratuity for tour manager. Driver gratuity is not included. **Cancellation deadline August 18 - no refund after this date.**

ONTARIO WINE TOUR ** (see below) | Wed. Sept. 23 | 8:45 am – 5:45 pm | \$152 NEW!

A Perfect Day of Wine, Food & Scenic Views in Ontario's Wine Country. Discover the charm, history, and flavors of Harrow, Ontario with this carefully curated winery experience visiting three wineries. Enjoy premium tastings, a delicious lunch, and breathtaking vineyard settings. For lunch, you'll have a choice of Fish & Chips, House Gnocchi, Bistro Burger, Burrata Panzanella, traditional Caesar Salad. Shared Bianco tour includes motorcoach transportation. Driver gratuity is not included. **Cancellation deadline September 8 - no refund after this date.**

MYSTERY TOUR | Thur. Sept. 24 | 9:15 am – 4:30 pm | \$140 NEW!

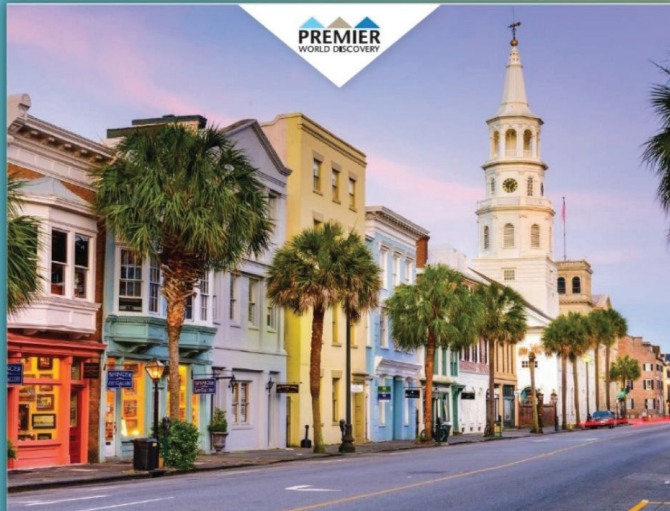
Where are you headed?? Are you looking for a fun adventure? This tour includes lunch, a taste of Michigan's harvest season, and hidden gems along the way. This trip will keep you guessing from start to finish. Shared Rybicki tour includes motorcoach transportation and gratuity for tour manager. Driver gratuity is not included. **Cancellation deadline September 3 - no refund after this date.**

STRATFORD FESTIVAL GUYS AND DOLLS ** (see below) | Fri. Oct. 23 | 7:00 am – 9:30 pm | \$199 NEW!

Get ready—this season's *Guys and Dolls* is set to bring the house down. With irresistible music, dazzling choreography, and a cast bursting with talent, it's two and a half hours of pure Broadway magic. Few shows give every performer a chance to sparkle quite like this timeless favorite. Lunch on your own in Downtown Stratford. Shared Rybicki tour includes motorcoach transportation and gratuity for tour manager. Driver gratuity is not included. **Cancellation deadline September 8 - no refund after this date.**

MUSIC OF THE BEATLES, ONTARIO WINE TOUR and STRATFORD FESTIVAL GUYS AND DOLLS

**Passengers are required to present proof of citizenship. The following forms are acceptable:
VALID PASSPORT, PASSPORT CARD, ENHANCED DRIVERS LICENSE, or CERTIFICATES OF NATURALIZATION
ACCOMPANIED BY A VALID PASSPORT. Aliens need valid passports and valid US Re-Entry Permit



Double \$4990
Single \$6315



Cancellation date:
December 6
No refund after
this date

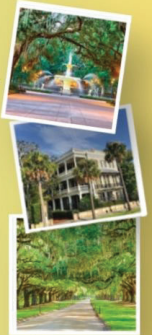
Tour director and driver gratuities included

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



Brochures available with details

Attention Leprechauns Heading to Ireland!

IRELAND PRE-TRIP MEETING | Wed. Sept. 16 | 2:00 pm | Dining Room

Tracey from Premier World Discovery will join us to review the important details for your upcoming trip. If you're unable to attend, please contact Chris at 248-659-1030 so she can set aside your travel materials for pickup.

Attention Mackinac Island Attendees!

MACKINAC PRE-TRIP MEETING | Fri. Sept. 25 | 2:00 pm | Dining Room

A pre-trip meeting will be held to review important travel details and distribute travel packets, including luggage tags, brochures, and other helpful materials. If you are unable to attend, please contact Chris at 248-659-1030 to arrange pickup of your travel packet.

Cancellation Info: August 24, 2026 and prior - full refund less \$50 OPC processing fee | NO Refunds after Aug. 24, 2026



TRAVEL SHOW Introducing: Majestic Canadian Rockies

Thurs. Sept 3 @ 2:00 pm | Dining Room
Please contact the cashiers to register

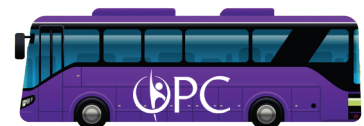


Day Trip Cancellation Policy: A non-refundable \$10 processing fee for day trips, will be applied to all cancellations made on or before the cancellation deadline.
NO refunds will be issued after the cancellation deadline.

*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 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 OPEN TO THE PUBLIC

ALZHEIMER'S/DEMENTIA CAREGIVERS GROUP

Tues. Aug. 18 | 1:30 - 3:00 pm | CR 4
Respite Care available. Register in advance at **248.659.1036**

LOW-VISION SUPPORT GROUP

Fri. Aug. 28 | 10 - 11:30 am | CR 2/3
Provides information, socialization, support and speakers to those with low vision. Call **248.608.0246** to register.

PARKINSON'S CARE PARTNER GROUP

No Meeting in 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 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. Aug. 7 & 21 | 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.

GRANDPARENTS RAISING GRANDCHILDREN PROGRAM

Raising grandchildren is a journey filled with love, joy, and sometimes a few surprises along the way. If you find yourself parenting all over again, this program is for you.

Here's what you can look forward to:

- Connecting with others who share your experience
- Learn practical coping strategies and fresh child-rearing
- Join hybrid support group meetings
- Enjoy intergenerational activities

Visit www.olhsa.org/grandparents-raising-grandchildren or call **248-209-2721** to learn more.



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!

Sponsored by:



Fri. Aug. 28 **Paint a Miracle**
1 - 2:30 PM OPC Art Studio

In Partnership with:



Fri. Sept. 25 **Music Therapy**
1 - 2:30 PM ADS Room

RSVP to: Kerri Gentry
248.608.0261

MICHIGAN SECRETARY OF STATE

MOBILE OFFICE IS COMING TO YOU

Mon. Aug. 3
10:00 am - 3:00 pm
Classroom 4

What you can do:

- First-Time Michigan ID
- Renew Driver's License or ID
- Transfer Title
- Apply for/Renew Disability



A great time to get up-to-date with Secretary of State!

For info. or to schedule your visit: 248-608-0249

Need documents notarized?

Nevine Rizk, Mobile Notary of Oakland & Metro

Detroit Realtor (SRES) will be onsite Aug. 3 | 10 am - 3 pm



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**



August



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stuffed Cabbage Garlic Mashed Potato Carrots Garden Salad Peaches Bread	4 Meatloaf w/Gravy Oven Browned Potatoes Salad Mexican Corn Fruit Salad Dinner Roll	5 Ham Low Sodium Scalloped Potatoes Capri Blend Vegetable Tapioca Pudding Bread	6 Chicken Cutlet w/Gravy Roasted Potatoes Mixed Vegetables Apple Dinner Roll	7 Tuna Pasta Salad Shredded Lettuce Pickled Beets Orange Mini Muffin
10 Sweet & Sour Chicken Brown Rice Oriental Vegetable Cole Slaw Apricots/Dinner Roll	11 Bratwurst German Potato Salad Sauerkraut Apple Bun	12 Spaghetti w/Meatballs Broccoli Cuts Garden Salad Pear Halves Bread	13 Ham Salad Garden Salad Pickled Beets Sliced Pineapple Croissant	14 Herb Baked Chicken Mashed Potatoes Asparagus Cabbage Slaw Cinnamon Apples/Bread
17 Smothered Pork Cutlet Sweet Potatoes Carrots Fresh Fruit Cup Whole Wheat Bread	18 Chicken Lasagna Green Beans Beet Salad Apricots Dinner Roll	19 Turkey w/Gravy Garlic Mashed Potatoes Peas Garden Salad Pear Dinner Roll	20 Mostaccioli w/Meat Italian Blend Vegetable Cabbage Slaw Grapes Wheat Bread	21 Baked Cod Rosemary Potatoes Broccoli Cuts Apricots Wheat Bread
24 Macaroni & Cheese Baby Beets Vegetable Slaw Sliced Peaches Corn Muffin	25 Stuffed Green Pepper Mashed Potatoes Garden Salad Tropical Fruit Salad Wheat Bread	26 Ham Low Sodium Au Gratin Potatoes Broccoli Cuts Orange Dinner Roll	27 Pork Chop Creole Roasted Potatoes Brussels Sprouts Applesauce Whole Wheat Bread	28 Swedish Meatballs Mashed Potatoes Scandinavian Blend Blushing Pear Halves Dinner Roll
31 Vegetable Lasagna Green Beans Vegetable Slaw Apple Wheat Bread		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



Dog Days, Do Good Days

Opportunities include:

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

Why not **VOLUNTEER** during the "Dog Days of Summer" at the OPC?

Make a Difference. Share the Love.

OPC

Contact Daria at (248) 608-0270 or Volunteer@opccenter.org with any questions

*Beat the heat while warming someones heart!
Volunteer this summer and join the OPC Volunteer Team*



*Nurse out:
Aug. 3 - 10*

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.

ASK THE . . .

- **NURSE (Cindy McKenna) in the Atrium** Thurs. Aug. 20 | 9 - 11:00 am *No appointment required.*
- **RESIDENT DOCTOR** Wed. Aug. 12, 19 & 26 | 9 - 11:00 am *No appointment required.*
- **PHARMACIST - "KNOW YOUR MEDS"** Tues. Aug. 18 | 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. Aug. 17 | 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. Aug. 11 | 9:30 am - noon

MATTER OF BALANCE class, designed to manage falls and increase activity levels is returning by popular demand in September. This FREE eight session class begins Sept. 15 and is held Tuesdays and Thursdays from 1 - 3:00 pm.

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.

• **TIP OF THE MONTH:** Adults age 65 and older are more vulnerable to heat-related illnesses because the body becomes less efficient at regulating temperature, and some medications can increase the risk. When temperatures rise above 80°F, take extra precautions by avoiding prolonged sun exposure, planning outdoor activities for the early morning or evening, drinking plenty of water throughout the day, wearing lightweight, light-colored clothing, and spending time in air-conditioned spaces whenever possible. A few simple steps can help you stay safe, healthy, and comfortable all summer long.

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
Micheline Sommers, Vice-Chair
Robin Buxar, Treasurer
Al Fisk, Secretary
James Gill, Jr.
Diana Mannino
Carol Morlan
Theresa Mungoli

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

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.

Lost Something? We May Have It!

Check the Lost and Found bins located at the lower-level Pool Desk and the upper-level Welcome Center.

A variety of items, including locker cards, are waiting to be claimed.

Unclaimed items will be donated periodically.



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!**

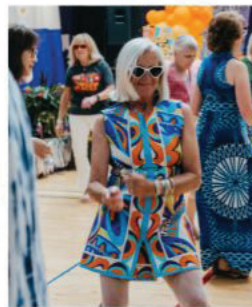


Thank You!

With a little help from our friends, we were able to raise over **\$63,000 for Meals on Wheels!** Thank you to the staff, volunteers, sponsors and donors who helped make this event a far out success!

summer 
Soirée
A 'far out' evening
to benefit OPC's
Meals on Wheels

Feelin' Groovy





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and Receive a Gift for 2



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Kip Toderan
Hearing Instrument Specialist
Lic. #350201879



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Rochester, MI 48307
248.793.9594
hearinglife.com

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



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The Law Office of Kelly T. Braun, PLLC

248-581-4425
kelly@ktbraunlaw.com
ktbraunlaw.com

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Lady Bird Deeds

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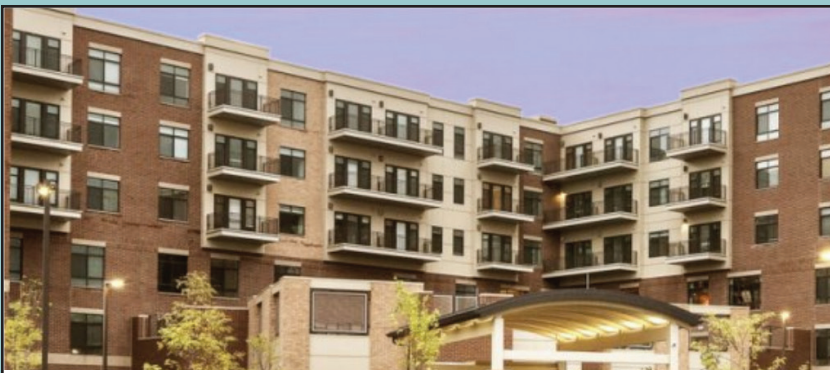
0213-2613



For ad info. call 1-800-950-9952 • www.lpicommunities.com

OPC Social and Activity Center, Rochester, MI

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