

September 2026

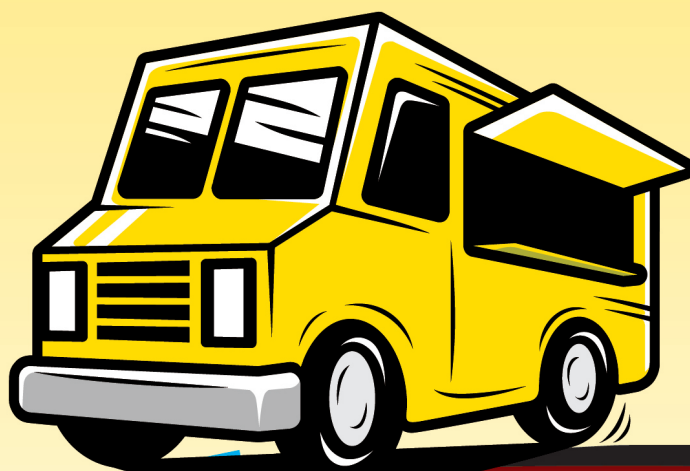
THIS
MONTH
AT



OPC
SOCIAL & ACTIVITY CENTER

The Best Place To Be 50+

**THURSDAY,
SEPTEMBER 10
4 - 8:00 PM**



FOOD TRUCK LINE UP ▪ BEER/WINE & BEVERAGES

LIVE MUSIC BY THE KILLER FLAMINGOS

LAWN GAMES & RAFFLES ▪ FAMILY FUN KID'S ZONE

OPEN TO THE PUBLIC ▪ FREE ADMISSION & SHUTTLE

Presenting Sponsor

CHIEF FINANCIAL
CREDIT UNION

September at OPC Brings Food, Fitness & Fun, Fun, Fun!

Feel that crisp change in the air? September is here, and it's your cue to shake off those lazy summer days and dive into something new. Lucky for you, the OPC is bursting with ways to make this month unforgettable!

Kick Off with Our Annual Picnic — Wednesday, September 9 ~ Grab your friends and join us at 10 am in the OPC lower parking lot, where an 1,800 sq. ft. tent will be buzzing with excitement! The Rochester HS Falcon's Marching Band gets things rolling with high-energy tunes. Then the fun keeps coming with: Games, raffles, and prizes galore; A tasty hot dog lunch (with a vegetarian option, too!); Cool, creamy ice cream and Live favorites from the Rick Lieder Band. Come early, stay late, and soak up every last note. You won't want to miss a single moment!

The Food Truck Rally Returns — Thursday, September 10 ~ Bring your appetite because the Rally is BACK, and it's bigger than ever! From 4–8 pm, feast your way through **10 food trucks** loaded with delicious eats, plus beer, wine, and soda/water to keep the good times flowing.

The showstopper? The legendary **Killer Flamingos** — Detroit's biggest and best party/dance band — delivering an explosive, high-energy live performance you have to see to believe! Bringing the little ones? The kids' Fun Zone has it all: a blow-up slide, bounce hour, games, and more. This one's a blast for every generation!

OPC University: Cook, Learn & Thrive ~ Get ready to roll up your sleeves! Our Fall semester features a **3-week Nutrition Education series** packed with three lectures and mouthwatering cooking demonstrations. It's hands-on, interactive, and downright delicious. Guided by OU professor Jennifer Lucarelli, PhD, and foodservice director Brittany Damerow, RD, this series answers all your health and cooking questions. Topics include: Maintaining a Healthy Weight & Muscle Mass; Auto-Immune Diseases; Bone Health; Diabetes and Blood Pressure. Come hungry for knowledge! (and a great meal!)

Move, Create & Explore ~ Great news — your favorite classes are back! Kickboxing has returned, and we've expanded our Fitness & Aquatic programming so there's even more to love. Feeling creative? Try our brand-new weaving class with renowned fiber artist Boisali Biswas, whose stunning work draws inspiration from her Indian heritage. Don't miss the lapidary participants' sale, featuring gorgeous jewelry and stone-inspired treasures. And with our travel program offering fantastic day trips and overnight getaways, adventure is always within reach!

September is extra meaningful this year. We're honoring Grandparents Day on September 13, and celebrating **National Senior Center Month**. It's all about the connections, purpose, and support that help older adults live longer, fuller lives — and that's exactly what we do every single day at the OPC.

Ready to make September your best month yet? Stop by the OPC, sign up for an event, and join the fun!

Renee

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Thank you Sponsors!



Entertainment Sponsor



Refreshment Sponsor



Kid Zone Sponsor





The Best Place To Be 50+

Upcoming Events

October 7
50+ Expo

Oct. 15 - 22
650 Players Fall Performance
"Villainy in the Vineyard"

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

Featured September Programs

Front Cover

Food Truck Rally

Good food, music and fun for the whole family

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650 Players Fall Live Musical Melodrama

Nutrition education for a healthier you

05

OU Fall Semester - Food for Thought

Nutrition education for a healthier you

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Life Long Learning - Data Centers

The hidden power behind the internet

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Tangle-Con 2026

Tangle your heart out in this 3 day event!

14

NEW! Sit-Fit Class

Enhance whole-body wellness in a safe, effective way

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Leisure Travel

Your new adventure awaits

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Lapidary Sale!

Discover one-of-a-kind polished stone treasures

Back Cover

Senior Day Picnic

Marching Band - Food - Music - Raffle

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Philanthropy

Registration for all SEPTEMBER activities begins on THURSDAY, AUGUST 20



Women's Luncheon SERIES

Bloom Where You're Planted Gardening for Every Season

Thurs. September 24 | 1:00 pm | Dining Room | \$15

Celebrate the beauty of every season. Discover easy gardening tips, learn about the best plants for Michigan landscapes, and gather fresh ideas to add color and charm to your home and garden this fall.

Lunch: Pasta Primavera | Lemon Bar dessert



\$ FINANCIAL FRIDAY

SEPT. 11 | 10:30 AM | CR 2/3 | \$2 upon entry

SOCIAL SECURITY SMARTS

*Presented by Xenia Woltmann, Vice President
Wealth Manager | CCO*

Learn strategies to help maximize your Social Security benefits and make more informed retirement income decisions.



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**Rochester
Wealth Strategies**
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LUNCH & LEARN MANNOR LAW GROUP

MANNOR LAW GROUP
Excellence in Estate Planning and Elder Care

SEPT. 23 | 1:00 PM | DINING ROOM | \$10

LIFE AFTER WHAT IF: Planning for Independence & Unexpected Events

From medical emergencies to sudden moves, discover ways to prepare for life's surprises without giving up control. Practical guidance will help seniors stay independent longer.

GPC 650 PLAYERS PRESENT A LIVE MUSICAL MELODRAMA



Villainy in the Vineyard

EXPERIENCE THE EXCITEMENT OF LIVE THEATER!

Follow a cast of colorful characters through a hilarious musical mystery packed with memorable songs, outrageous villains, clever comedy, and audience-pleasing fun.

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

RESERVED SEATING FOR PARTIES OF 8 OR MORE





MOVE FOR LIFE: Celebrate Healthy Aging

Wednesday, September 16 | 9:30 am | Auditorium | \$8

September is Healthy Aging Month! Discover how regular movement can improve strength, balance, flexibility, and independence. **Karen Milam, Healthy Aging Specialist**, shares simple ways to stay active, reduce fall risk, boost confidence, and keep doing the things you enjoy every day.



FOOD FOR THOUGHT *Fall Semester* Nutrition Education & Cooking Demonstrations



AGE WELL BY EATING WELL! Join Oakland University nutrition experts for a three-week series of practical nutrition education and cooking demonstrations.

Thursdays, September 10, 17 & 24 | 4:00 pm - 5:30 pm | CR 1 & 2 | \$60 (3 part series)

9/10 - WEEK ONE: Maintaining a Healthy Weight

Build a strong nutrition foundation by learning about carbohydrates, protein, healthy fats, vitamins, minerals, and how food choices support healthy weight management.

Recipe of the week - Healthy Tailgating - Buffalo Chicken Dip, Cauliflower wings



9/17 - WEEK TWO: Auto-Immune Diseases

Explore the connection between nutrition, inflammation, and gut health. Learn how antioxidant-rich foods can help support overall wellness.

Recipe of the week - Sheet Pan Salmon with Roasted Vegetables



9-24 - WEEK THREE: Bone Health

Discover how calcium, vitamin D, and other key nutrients help maintain strong bones and support healthy aging through everyday food choices.

Recipe of the week - Tofu with Bok Choy Stir-fry



Taste of Community Tour

Explore Today. Choose Tomorrow

Mon. Sept. 14 @ 10:30 am - 2:00 pm | \$8

Explore Local Senior Living Before You Need It!

LUNCH & DESSERT TOUR STOPS:

Bellbrook Senior Living & All Seasons

Ride the OPC Bus! Meet in the OPC lobby by 10:15 am



MUSIC & DANCE

SWEET BEATS Instrument required

Tuesdays | 1:00 pm | Check Kiosk | \$2 upon entry

Bring your love of music and your instrument, whether it's strings, drums, flute, or bells.

GONE COUNTRY Instrument required

Tuesdays | 11:00 am | Check Kiosk | \$2 upon entry

Whether you play guitar, fiddle, harmonica, or sing, This group brings Nashville spirit to life.

GUITAR GROUP Instrument required

Tuesdays | 1:00 pm | Check Kiosk | \$2 upon entry

An inviting group where players of all levels share songs, skills, and the joy of making music.

RECORDER 1 w/Renee

Fridays | 1:00 pm | \$8 (4 Classes) Class Rm. 4

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

RECORDER 2 w/Ken

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

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

Pre-req: Know fingerings, music notes & simple rhythms.

LINE DANCE

Mondays | 1:00 pm | Auditorium | \$7 upon entry

Enjoy fun line dances with fellow dancers. Some experience suggested.

*** BALLROOM DANCE - RUMBA!**

w/2nd Street Dance Company's Britt Miller

Mon. 9/14 - 10/19 | 6:00 pm | \$60 (6 week series)

Couples and singles welcome!

LEARN TO PLAY

with Red Piano Music Studio

*** PIANO LESSONS - 1**

Wednesdays | 10 - 10:50 am | CR 4 | \$60

Learn piano basics including notes, technique, and simple songs. Perfect for beginners.

*** PIANO LESSONS - 2**

Wednesdays | 11 - 11:50 am | CR 4 | \$60

Continue developing your skills. Completion of Piano 1 or previous beginner experience required.

*** GUITAR LESSONS - 1**

Thursdays | 11 - 11:50 am | CR 4 | \$60

Learn basic chords, strumming, and easy songs. Perfect for beginners.

*** GUITAR LESSONS - 2**

Thursdays | 12 - 12:50 pm | CR 4 | \$60

Build on your skills with new chords, techniques, and songs. Guitar 1 or previous experience required.

*** UKULELE LESSONS - 1**

Wednesdays | 12 - 12:50 pm | CR 4 | \$60

Learn basic chords, strumming, and simple songs. Great for beginners.

DRUM ENSEMBLE CIRCLE

Wednesdays | 1 - 2:00 pm | CR 4 | \$2 drop-in

No experience needed! Join the fun as we create rhythm together. Volunteer facilitator needed.

*** Registration Required**



DIVERSIFORM DANCE PROJECT

SEPT. 22 | 6:00 PM | AUDITORIUM | \$10 MEMBERS & \$15 NON-MEMBERS

Be captivated by an exciting showcase of dance styles, from graceful ballet and expressive modern to energetic tap, jazz, hip hop, and ballroom. Performed by the talented artists of Diversiform Dance Project, this dynamic performance offers something for everyone and promises an afternoon of exceptional entertainment.

CARDS & GAMES

Fees paid at entry

EUCHRE

Mon. | 10 am – noon | \$2 | CR 2

Beginner Practice

Wed. | 12:30 – 3:30 pm | \$2 | CR 1/2

AMERICAN MAH-JONGG

Mon. | 12:30 – 3:30 pm | \$2 CR 1

Thurs. | 12:30 – 3:30 pm | \$2 CR 2 *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. | 12:30 – 3:30 pm | \$2 CR 1

Fri. | 12:30 – 3:30 pm | \$2 CR 2

SAMBA Variation of Canasta

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

CHINESE MAH-JONGG

Wed. | 12:30 – 3:30 pm | \$2 | CR 1

DUPLICATE BRIDGE (Adv)

Experienced Players - Must have partner

Thurs. | 12:30 – 3:30 pm | \$3 | CR 1

CHESS FOR BEGINNERS

All levels welcome!

Fri. | 12:30 - 3:30 pm - noon | \$2 | CR 1

MEXICAN TRAIN DOMINOS

Fri. | 12:30 – 3:30 pm | \$2 | CR 3

HAND & FOOT variation of Canasta | Library

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

PINOCHLE

Fri. | 12:30 – 3:30 pm | \$2 | CR 1

GAME On! BOARD GAME FUN w/Bill

Thurs. Sept. 10 & 24 | 12:30 – 3:30 pm | \$2 | CR 4

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

EUCHRE Tournament

Members Only

Wed. Sept. 2 | CR 1 & 2 | \$10
Registration & payment at cashier

8 Games - 8 Rounds

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

♦ **11:30 am:** Pizza & Registration

♣ **12:30 pm:** Games begin

SPONSORED BY:



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

LANGUAGE

*Please pre-register! | Fees paid at entry | *1 hour session*

FRENCH

Intermediate Class w/Jutta*

Tues. | 3:00 pm | \$5 | CR 1

Advanced Class w/Gudrun*

Tues. | 2:00 pm | \$5 | CR 1

Conversation w/Doug*

Thurs. | 10:30 am | \$2 | CR 2

GERMAN

Intermediate Class w/Gudrun*

Mon. | 9:45 am | \$5 | CR 3

Conversation w/Ingrid*

Tues. | 12:45 am | \$2 | CR 1

SPANISH

Absolute Beginner w/Laura*

Mon. | 10:30 am | \$5 | CR 1

Progressive & Consistent Attendance / Registration Required

Progressive Class w/Maria*

Wed. | 9:00 am | \$5 | CR 2

Conversation Beg. w/Mike*

Thurs. | 10:30 am | \$2 | CR 3

INDIA GROUP

Conversation*

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

**Looking for Italian and Absolute French Instructors
contact Marianne mmcauley@OPCcenter.org**

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

Wed. Sept. 16, 23 & 30 | 10 - 11:00 am | \$15 3 part series | CR 4

Take your skills further with practical, hands-on tasks for everyday computer use.

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

FUN & GAMES



THE GREAT PUZZLE RACE!

Piece Together the Fun!

Fri. Sept. 25 | 2:30 pm | \$5 | Dining Room

Race to the Finish! Teams of four tackle the same 500-piece puzzle in one hour.

Come solo, bring friends, or team up with others and compete for prizes!



September *Life Long Learning* Opportunities



DETROIT SCIENCE CENTER Houston, We Have Liftoff!

Thursday, September 17 | 2:30 pm | Dining Room | \$5

Blast off with the Michigan Science Center as we revisit the excitement of Apollo 11. From launch to moonwalk, experience the triumphs, challenges, and lasting legacy of the mission that proved anything is possible when science and human determination come together.



DATA CENTERS The Hidden Power Behind the Internet

Monday, September 21 | 2:30 pm | Dining Room | \$5

*Every email, video call, online purchase, and AI search depends on massive data centers working around the clock. Join Oakland University **Dr. Chris Kobus** for an eye-opening presentation about the technology that keeps our digital world running, and why it matters to all of us.*



CALM & CONNECTED PART 2: Navigating the Digital World with Ease with *Brian Genoa from Gen-Tech Solutions*

Wednesday, September 30 | 10:00 am | CR 2 & 3 | \$5

Go beyond the basics with more time-saving tips, helpful apps, and practical skills to make everyday technology easier and more useful.



LIVE THEATRE

Patriot Ink: The Story Behind America's First Printed Declaration

MON. SEPT. 28 | 2:00 PM | AUDITORIUM | \$10

Travel back to the American Revolution with Patriot Ink, presented by the Lorenzo Cultural Center Theatre. This engaging live performance tells the inspiring story of the printers who helped spread the Declaration of Independence across the colonies.

Detroit Opera

Highlights of the Season

TUES. SEPT. 29 | 4:00 PM | DINING ROOM | \$15



Experience the artistry of Detroit Opera with a special performance showcasing beautiful voices, memorable melodies, and selections from some of opera's most beloved works. Narrated by Arthur White, Director of Community & Audience Engagement, this engaging afternoon also includes punch and light refreshments as you enjoy an unforgettable musical experience.



MOVIES

Movies are complimentary - concessions available for purchase.



THE SHEEP DETECTIVE

PG | 2026 | 1h 49m

Monday, Sept. 14 | 3:00 pm

When a shepherd played by Hugh Jackman is found dead, his flock of clever sheep sets out to solve the mystery in this charming, family-friendly whodunit full of humor and heart.

ENOLA HOMES 3

PG-13 | 2026 | 1h 48m

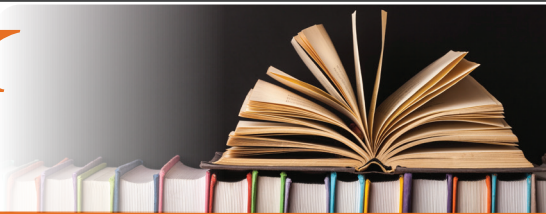
Friday, Sept. 25 | 1:00 pm

A clever and adventurous mystery featuring Enola Holmes as she takes on a new case filled with secrets, surprises, and sleuthing.

Movies are sponsored by:

Edward Jones

BOOK CLUB



BRIAR CLUB by Kate Quinn

Monday, Sept. 14 | 3:00 pm

A compelling historical mystery set in 1950s Washington, D.C., where a group of women form unexpected friendships while secrets, suspense, and one shocking murder change everything.

DEFENDING JACOB by William Landay

Tuesday, Sept. 29 | 2:30 pm

A gripping legal thriller about a family torn apart when a teenager is accused of murder. Packed with suspense and unexpected twists, it explores the limits of love, loyalty, and justice.

Connect & Engage

MEET THE MAYORS

Rochester Hills Bryan Barnett

Mon. Sept. 14 | 9:30 am | Dining Rm

Rochester Debbie Jones

Thurs. Sept. 25 | 9:30 am | Library

FIRESIDE POETRY CIRCLE

Fri. Sept. 25 | 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. Sept. 14 & 28 | 2 - 3:00 pm

\$2 upon entry | Classroom 4

A casual discussion on current events.

INFORMAL OPEN MIC NIGHT

Thurs. Sept. 24 | 4:00 pm | \$2 | Dining Rm.

\$2 upon entry | CR 4

A casual discussion on current events.

PLAYWRITING WORKSHOP

Thurs. Sept. 24 | 6:30 pm | \$5 | CR 3

Continue your playwriting journey with Laura. Bring your pages and ideas building toward a 10-minute script.

MEN'S COFFEE TALK

Dining Room

Fri. Sept. 18 | 9:30 - 10:30 am | \$2 drop-in

Talk about hobbies, experiences, or current events, build friendships, and stay connected.

Bellbrook

ST. JOSEPH MERCY
SENIOR COMMUNITIES



WHO FEELS LUCKY?

Wed. Sept. 30 | 12:30 PM | \$12

8 BINGO GAMES - up to 4 cards per player

PIZZA, SALAD & SODA Included

THE VILLAGE
AT ORCHARD GROVE

SHELBY CROSSING
HEALTH CAMPUS

VETERANS CONNECTION

Wed. Sept. 2 | 9:30 am | \$2 Drop in
Dining Rm | Pre-registration required



Veterans and their spouses are welcome to join us for a delicious **BREAKFAST** and comradery.

PRESENTING
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VILLAGE

BREAKFAST SPONSOR:

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CARE SERVICES



BIRCH TREES IN AUTUMN!

Wed. Sept. 16 | Studio 1/2
1 - 3:00 pm | \$65

Led by artist **Melissa Martiss**, create a beautiful fused glass birch tree scene inspired by the colors of fall. Learn to layer and arrange vibrant glass pieces to capture the texture and beauty of autumn. Your finished piece will be kiln-fired and ready to display. No experience necessary.



ANYONE CAN PAINT

Wed. Sept. 16 | 10 am - 12:00 pm | \$25* Studio 1/2

Warning: You may discover you actually *can paint!* Join **Steve Wood** for a fun, no-pressure painting experience and create your own version of "Old Faithful". No artistic genius required, just show up, follow along, and try not to judge your masterpiece until the paint dries.



ALCOHOL INK WORKSHOP

Mon. Sept. 21 | Studio 1/2
9:30 am - 12:00 pm | \$45*

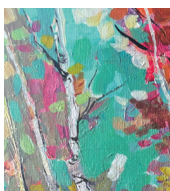
Explore the vibrant world of alcohol inks with artist **Meike Rapp-Ullmann**. Learn blending, layering, and creative techniques to make your own unique artwork. This fun, beginner-friendly class welcomes artists of all skill levels.



FALL INTO COLOR

Tues. Sept. 8 | Studio 1/2
1 - 3:30 pm | \$45*

celebrate the changing colors of the leaves this autumn in our Trees Acrylic Paint class, hosted by artist and instructor **Gabriela Orza**. Follow along with an easy, step-by-step tutorial and paint your own, vivid depiction of this colorful tree scene on an 11"x14" canvas. Students of all skill-levels are welcome to join in the fun.



BLUEBERRY MUFFIN BASKET

Thurs. Sept. 24 | Studio 3
1 - 5:00 pm | \$50*

Weave this charming basket with artist **Deb VanderLinde!** Perfect for holding your favorite muffins, treats, or even dog goodies. This beautiful basket features navy accents and measures 6.5" in diameter x 5" tall.



SPLATTER & TEXTURE

Wed. Sept. 9 | 1:30 - 3:30 and
Sept. 30 | 9:30 - 11:30 am | \$30
Studio 1/2 bring supplies

The splattering method of watercolor application is particularly effective for showing textures on surfaces, especially when used in conjunction with other techniques such as drybrush. Join **Greg L.** in painting a colorful backyard scene using the above techniques.



NEXT STEPS: PAINTING PUMPKINS

Tues. Sept. 15 | Studio 1/2
10 am - 12:30 pm | \$35*

Continue your painting journey with artist **Kathy Warriner** as you learn techniques for painting pumpkins with an emphasis on shading, depth, and dimension. Perfect for those looking to build on their acrylic painting skills while creating a seasonal work of art. Previous watercolor experience recommended.



PRICKLY PEAR PEN & INK WITH WATERCOLOR

Thurs. Sept. 17 | Studio 1/2
1 - 4:00 pm | \$35*

Explore the beauty of pen and ink combined with watercolor in this creative class with artist **Kathy Warriner**. Learn techniques for detailed line work and colorful washes while creating your own prickly pear-inspired artwork. All skill levels are welcome.



THREADS OF TRADITION: A Weaving Workshop

Tues. Sept. 22 & 29 | Studio 1/2 | 10 am - 12:00 pm | \$60

Discover the art of weaving with fiber artist **Boisali Biswas!** A graduate of Visva-Bharati University in India and Bowling Green State University, Boisali's artwork has been exhibited nationally and internationally. Her work combines weaving, dyeing, and painting, inspired by her Indian heritage, nature, and cultural storytelling. In this hands-on workshop, you'll learn the basics of weaving, explore traditional techniques, and create your own decorative fiber piece using yarns, found materials, and natural elements. No experience is needed.



NEW!

make something Beautiful!

KEY TO CREATIVITY w/Regina & SUZIE

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

Create a one-of-a-kind vintage-inspired skeleton key necklace that's full of personality! Choose from a variety of beads, colors, keys, charms and more to make your piece truly unique.



EARRING EXPLOSION w/Suzie

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

Create beautiful, one-of-a-kind earrings to complement your favorite outfits or match a necklace you already own. Handmade earrings also make thoughtful gifts. Choose from a wide variety of beads, colors, and styles as you design a few unique pairs.



STAINED GLASS CLASS w/Dave & Diane

Tues. Sept. 8, 15 & 22 | 2 - 5:00 pm | Woodshop | \$75*

Whether you're new to the craft or ready to try something different, this hands-on class will guide you through the process of designing and creating your own unique stained-glass piece.



STAMPIN' UP! GREETING CARDS

Tues. Sept. 8 | 9 am - 12:00 pm | Stu. 3 | \$35*

Tues. Sept. 8 | 1 - 4:00 pm | Stu. 3 | \$35*

Get crafty for Halloween with Beth Kozik, Independent Stampin' Up! Demonstrator! Create six festive cards (two each of three designs) using fun Stampin' Up! products. Sign up for one session or both and enjoy a creative afternoon of stamping, laughs, and spooky fun! *Register by Sept. 4.* Additional kits, adhesives, and greeting cards available for purchase (cash or PayPal).



Save the date for the THE GREAT PUMPKIN SHOWDOWN

Show off your creativity and enter our

PUMPKIN DECORATING CONTEST

All entries will be displayed the week of October 26.

Pumpkins available for purchase Oct. 1 - details in the Oct. Newsletter



Zentangle projects & techniques

w/Cherie CZT#20

Tangle-Con 2026

September 23-25

10am - 4pm

\$250

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

Bring your regular tangling tools.*

All levels of tangling experience welcome.

Open to the public. OPC membership not required.

*Note: Not all of the items pictured are included.

LACE & GEMS COMBINATION

Mon. Sept. 14 | 1 - 3:30 pm | \$12 | Stu. 3

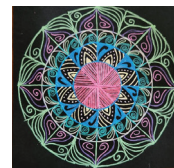
We have had a Lace class and a Gem class. Now it's time to put the two together. Toned paper will be provided. *Bring white gel pens if you have some plus regular tangling supplies. There will be colored pencils on hand to use in class, and the instructor will have white gel pens available for purchase. Zentangle experience is needed.*



MANDALA WITH COLOR

Mon. Sept. 21 | 1 - 3:30 pm | \$12 | Stu. 3

Using colored gel pens, we will revisit the Mandala, a variation of Zentangle in the round. Using the same patterns in new colorful ways. *Bring colored gel pens, if you have them. Some are available for use in the class. Black paper is provided. Zentangle experience is helpful.*



SHADE & SHINE

Mon. Sept. 28 | 1 - 3:30 pm | \$12 | Stu. 3

Practice shading techniques, maybe some new. Add shine to tangles with graphite pencils and colored pencils. *Bring your own regular tangling supplies (pens, pencils, tiles, or sketchbook). Colored pencils will be available for use in class. Zentangle experience is needed.*



* Indicates ALL supplies included | ART STUDIO 1/2 upper level - STUDIO 3 lower level



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 (Sept. 8 - Atrium)

Tuesday | 1 - 3:30 pm | \$2 at door

Draw or paint with other artists. *Bring your own supplies.*

OPEN 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.**

HANDBUILDING TECHNIQUES w/Harvey

Wed. Sept 23 - Oct. 28 | 9:00 am - noon | \$100

Basic and advanced hand building techniques, including clay prep, slab making, surface prep and decoration using cookie cutters, stamps, molds and silk screening. A variety of fun projects presented.

WHEEL CLASS w/Harvey

Wed. Sept. 23 - Oct. 28 | 1 - 4:00 pm | \$100

Basic methods to create decorative, functional and artistic pottery on the wheel. Covers glazing applications/finishing with unique surface techniques.

SMALL GROUP POTTERY w/Harvey

Wed. Sept. 23 - Oct. 28 | 4:30 - 7:30 pm | \$100

A more personalized pottery experience with small groups! Hand building covers clay prep, slab work, and surface design, while wheel focuses on throwing, glazing, and finishing. Each class has a limited number of spots for both hand building and wheel.



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 MEETING

Fri. Sept. 25 | 10:00 am | CR 4

WOODSHOP SAFETY CLASS

Wed. Sept. 16 | 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

Wed. Sept. 23 & 30 | 2 - 4:00 pm | \$60

Create a unique wooden burro planter in this two-part class. Learn woodworking techniques while building, assembling, and finishing this charming planter.

Woodshop safety card required.



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

BEGINNING LAPIDARY

Mon. Sept. 14 & Wed. Sept. 16 | 4:30 - 7:30 pm | Studio 1/2 | \$30

Discover the art of lapidary—the process of cutting, shaping, and polishing stones. In this hands-on class, begin the process of learning how to identify suitable stones and safely use the OPC lapidary equipment to create beautiful jewelry or decorations. *No experience needed. All tools and materials provided. Come prepared to get a little dusty!*

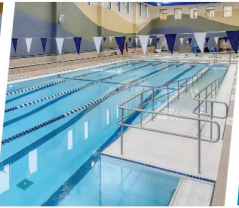
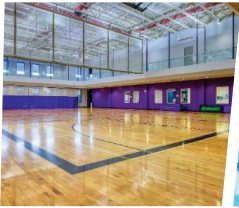
Looking for Artisans!

OPC Artisan Holiday Market - Sat. Nov. 7

Registration form 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 Sept. 2 - 30 | 8:00 am | 12 classes \$72 ~~w/Claire~~ ^{Level 3-4}

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. Sept. 1 - 29 | 10:30 am | 5 classes \$30 ^(no Wed. 9/9) ~~w/Kim~~ ^{Level 3-4}

Wed. Sept. 2 - 30 | 10:15 am | 4 classes \$24 ~~w/C Smith~~

Thurs. Sept. 3 - 24 | 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 3-4 must be able to get on floor.

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

BRAIN AND BODY TRAINING w/Karen 3-4

Tues. Sept. 1 - 29 | 12:30 pm | 5 classes \$30

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

CYCLING 3-4 (Gym)

Tues. Sept. 1 - 29 | 9:00 am | 5 classes \$30 ~~w/Therese~~

Wed. Sept. 2 - 30 | 8:00 am | 5 classes \$30 ~~w/Sharon~~

Fri. Sept. 4 - 25 | 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) ^(no Wed. 9/9)

Mon. Sept. 14 - 28 | 10:30 am | 3 classes \$18 ~~w/Claire~~

Mon. Sept. 14 - 28 | 11:30 am | 3 classes \$18 ~~w/Claire~~

Wed. Sept. 2 - 30 | 10:30 am | 4 classes \$24 ~~w/Claire~~

Thurs. Sept. 3 - 24 | 10:30 am | 4 classes \$24 ~~w/Claire~~

Fri. Sept. 4 - 25 | 11:30 am | 4 classes \$24 ~~w/Angela~~

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

POUND FITNESS 3-4 w/Martie (McCardell)

Mon. Sept. 14 - 28 | 1:30 pm | 3 classes \$18

Thurs. Sept. 3 - 24 | 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. Sept. 1 - 29 | 4:00 pm | 5 classes \$40

Thurs. Sept. 3 - 24 | 3:00 pm | 4 classes \$32

Fri. Sept. 4 - 25 | 10:00 am | 4 classes \$32

Fri. Sept. 4 - 25 | 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. Sept. 2 - 30 | 3:00 pm | 5 classes \$40

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. Sept. 14 - 28 | 4:00 pm | 3 classes \$18

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. Sept. 1 - 29 | 2:30 pm | 5 classes \$40

Thurs. Sept. 3 - 24 | 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. Sept. 2 - 30 | 1:30 pm | 5 classes \$30

Fri. Sept. 4 - 25 | 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) ^(no Wed. 9/9)

Tues. Sept. 8 - 29 | 12:30 pm | 4 classes \$24 ~~w/Julie~~

Wed. Sept. 2 - 30 | 12:30 pm | 4 classes \$24 ~~w/Karen~~

Thurs. Sept. 10-24 | 12:30 pm | 3 classes \$18 ~~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. Sept. 14 - 28 | 9:00 am | 3 classes \$18

Wed. Sept. 2 - 30 | 9:00 am | 4 classes \$24 ^(no Wed. 9/9)

Fri. Sept. 4 - 25 | 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. Sept. 14 - 28 | 12:30 pm | 3 classes \$18 w/Fabiola

Tues. Sept. 1 & 29 | 9:30 am | 2 classes \$12 w/Leah

Thurs. Sept. 3 & 24 | 9:30 am | 2 classes \$12 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. Sept. 3 - 24 | 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. Sept. 1 - 29 | 11:30 am | 5 classes \$30

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

STRENGTHEN, LENGTHEN & BALANCE 3-4 (McCardell)

Mon. Sept. 14 - 28 | 8:30 am | 3 classes \$18 w/Kim C.

Fri. Sept. 4 - 25 | 8:30 am | 4 classes \$24 w/Kim C.

Enjoy an energizing workout that focuses on strength with intervals of cardio training activities and, lengthen muscles while incorporating balance exercises.

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

Tues. Sept. 1 - 29 | 8:30 am | 5 classes \$30

Thurs. Sept. 3 - 24 | 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. Sept. 1 - 29 | 1:30 pm | 5 classes \$30

Tues. Sept. 1 - 29 | 2:30 pm | 5 classes \$30

Thurs. Sept. 3 - 24 | 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. Sept. 14 - 28 | 3:00 pm | 3 classes \$18

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

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. Sept. 14 - 28 | 5:30 pm | 3 classes \$18

Tues. Sept. 1 - 29 | 9:00 am | 4 classes \$24 w/Kaylee

Wed. Sept. 2 - 30 | 5:30 pm | 5 classes \$30

Sat. Sept. 12 - 26 | 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. Sept. 1 - 29 | 5:30 pm | 5 classes \$30

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

MAT PILATES 3-4 (McCardell)

Mon. Sept. 14 - 28 | 9:30 am | 3 classes \$18 w/Kim C.

Wed. Sept. 2 - 30 | 8:20 am | 5 classes \$30 w/Sabrina

Thurs. Sept. 3 - 24 | 11:30 am | 4 classes \$24 w/Melinda

Fri. Sept. 4 - 25 | 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. Sept. 3 - 24 | 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. Sept. 14 - 28 | 10:30 am | 3 classes \$18 McCardell Rm

Thurs. Sept. 3 - 24 | 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. Sept. 1 - 29 | 1:30 pm | 5 classes \$30

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

CARDIO KICKBOXING 3 w/Sabrina (McCardell)

Wed. Sept. 2 - 30 | 12:00 pm | 5 classes \$30

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

SIT-FIT w/R.J. (McCardell)

Mon. Sept. 14 - 28 | 10:00 am | 3 classes \$18

Wed. Sept. 14 - 28 | 10:00 am | 3 classes \$18

Foundational chair fitness class designed to improve functional movement, strength, balance and overall mobility. This simplified, accessible program uses the natural resistance of your own body weight to build stability, enhance everyday movement and support whole-body wellness in a safe and effective way.

NEW!

NEW!

SUNRISE YOGA w/Kay 2 (Fitness Rm 3)**Tues. Sept. 1 - 29 | 8:00 am | 5 classes \$30**

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

SUNSET YOGA w/Georgia (Fitness Rm 3)**Wed. Sept. 2 - 30 | 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. Sept. 12 - 26 | 8:30 am | 3 classes \$18****Sat. Sept. 12 - 26 | 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. Sept. 14 - 28 | 2:00 pm | 3 classes \$18****Mon. Sept. 14 - 28 | 3:00 pm | 3 classes \$18****Tues. Sept. 1 - 29 | 11:30 am | 5 classes \$30* w/Natasha****Wed. Sept. 2 - 30 | 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. Sept. 14 - 28 | 4:00 pm | 3 classes \$18 w/Julie****Wed. Sept. 2 - 30 | 1:30 pm | 5 classes \$30 w/Natasha****Thurs. Sept. 3 - 24 | 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. Sept. 3 - 24 | 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. Sept. 1 - 29 | 9:30 am | 5 classes \$30**

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

RESTORATIVE YOGA w/Natasha (Fitness Rm 3)**Tues. Sept. 1 - 29 | 10:30 am | 5 classes \$30**

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

DYNAMIC MOBILITY FOR ACTIVE AGING 2 (Fitness Rm 3)**Mon. Sept. 14 - 28 | 9:00 am | 3 classes \$18 w/Clair****Tues. Sept. 8 - 29 | 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. Sept. 3 - 24 | 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)** (no Wed. 9/9)**Wed. Sept. 2 - 30 | 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. Sept. 14 - 28 | 12:30 - 1:30 pm | 3 classes \$24**

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

DANCE FOR PARKINSON'S w/Ali (K. White) (no Wed. 9/9)**Mon. Sept. 14 - 28 | 11:30 am - 12:30 pm | 3 classes \$24****Wed. Sept. 2 - 30 | 11:30 am - 12:30 pm | 4 classes \$32***

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

Note: *Wed. Class is in McCardell Room

AQUATIC CLASSES

AQUA MIX 2-3 (Lap Pool)

Sat. Sept. 12 - 26 | 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. Sept. 1 - 29 | 10:15 am | 5 classes \$30 w/Carol
Benefits of yoga and the warm water of the pool. Easier on your joints but more challenging when it comes to balance, due to the movement of the water.

HEALTHY JOINTS 2 - 3 (Therapy Pool)

Tues. Sept. 1 - 29 | 9:00 am | 5 classes \$30 w/Margaret
Wed. Sept. 2 - 30 | 1:00 pm | 5 classes \$30 w/Cecelia
Wed. Sept. 2 - 30 | 2:00 pm | 5 classes \$30 w/Cecelia
Wed. Sept. 2 - 30 | 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. Sept. 14 - 28 | 8:00 am | 3 classes \$18 w/Ann
Tues. Sept. 1 - 29 | 8:00 am | 5 classes \$30 w/Ann
Wed. Sept. 2 - 30 | 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) (no Wed. 9/9)

Mon. Sept. 14 - 28 | 10:00 am | 3 classes \$18 w/Debbie
Wed. Sept. 2 - 30 | 10:00 am | 4 classes \$24 w/Cecelia
Thurs. Sept. 3 - 24 | 10:00 am | 4 classes \$24 w/Cecelia
Fri. Sept. 4 - 25 | 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. Sept. 1 - 29 | 2:00 - 2:40 pm | 5 classes \$30
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. Sept. 1 - 29 | 2:45 - 3:25 pm | 5 classes \$30
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. Sept. 1 - 29 | 3:25 - 4:05 pm | 5 classes \$30
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) (no Wed. 9/9)

Mon. Sept. 14 - 28 | 9:00 am | 3 classes \$18 w/Debbie
Tues. Sept. 1 - 29 | 9:00 am | 5 classes \$30 w/Ann
Wed. Sept. 2 - 30 | 9:00 am | 4 classes \$24 w/Margaret
Thurs. Sept. 3 - 24 | 9:00 am | 4 classes \$24 w/Peggy
Fri. Sept. 4 - 25 | 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. Sept. 2 - 30 | 9:00 am | 4 classes \$24 (no Wed. 9/9)
Thurs. Sept. 3 - 24 | 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. Sept. 14 - 28 | 5:15 pm | 3 classes \$18
Tues. Sept. 1 - 29 | 5:35 pm | 5 classes \$30
Wed. Sept. 2 - 30 | 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. Sept. 1 - 29 | 8:00 am | 5 classes \$30 w/Peggy
Thurs. Sept. 3 - 24 | 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 CIRCUIT TRAINING 3-4 (Lap Pool)

Mon. Sept. 14 - 28 | 6:30 pm | 3 classes \$18 w/Dawn B.
Utilize our aqua bikes, treadmill and elliptical equipment while incorporating strength training. Upbeat and challenging cardio exercises to elevate your heart rate.

Open Swim \$3

Lap 83°F
Therapy 93°F

MONDAY - THURSDAY
Pool Hours: 8 am - 7:45 pm

FRIDAY
Pool Hours: 8 am - 3:45 pm

SATURDAY
Pool Hours: 8 - 1:45 pm
Competitive Lap Swim: Sat. 9 - 10 am

PICKLEBALL



DROP-IN \$3

See Gym Schedule on our website or posted in the gym

DROP-IN PICKLEBALL VIRTUAL LINE

see page 25 for details



PICKLEBALL 101: Beginner Lessons

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

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

PICKLEBALL 201: Novice/Low Interm. Lessons

Mon. Sept. 7 - 28 | 9:30 am - 11:00 am | 4 classes \$16

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

PICKLEBALL 301: Skills & Drills w/Scott

Wed. Sept. 2 - 30 | 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. Sept. 14 - 28 | 4:00 pm | 3 classes \$24 (McCardell)

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

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

Wed. Sept. 2 - 30 | 11:30 am | 4 classes \$32 (no Wed. 9/9)

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. Sept. 3 - 24 | 6:00 pm | 4 classes \$24

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

FITNESS & RECREATION

BASKETBALL 5 on 5

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

BASKETBALL

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

BADMINTON

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

BILLIARDS & DARTS

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

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

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

CARDIO/WEIGHT ROOM

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

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

OPEN GYM - Free

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

TABLE TENNIS

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

VOLLEYBALL

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

WALKING TRACK

Please bring clean athletic shoes to change into to walk.

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

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

WEIGHT ROOM ORIENTATION

\$10 Each Session

Registration required *NO F&A FLEX PASS

Thurs. Sept. 3 | 12:30 - 1:30 pm & 1:30 - 2:30 pm

Tues. Sept. 8 | 10 - 11:00 am & 11 am - 12 noon

Tues. Sept. 15 | 4 - 5:00 pm & 5 - 6:00 pm

Wed. Sept. 23 | 3:30 - 4:30 pm & 4:30 - 5:30 pm

Wed. Sept. 30 | 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.



CHAIR MASSAGE (Training Rm B)

Thurs. Sept. 17 | 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.



Day Trips

DSO VIVA LAS VEGAS | Fri. Oct. 2 | 9 am – 4:00 pm | \$89*

NEW!

Experience the magic of Las Vegas — from the golden days of the Rat Pack and Elvis to the stars lighting up the Strip today. Join the DSO as award winning entertainer Frankie Moreno, his band, and dancer Lacey Schwimmer bring the spirit of Vegas to the stage in a vibrant, feel good celebration. Transportation OPC bus.

Cancellation deadline Sept. 18 – no refund after this date.

FIREKEEPERS CASINO | Tues. Oct. 27 | 8:30 am – 6:30 pm | \$59

NEW!

FireKeepers Casino is turning up the excitement with more than 2,680 new slot and video poker machines, plus 78 table games including blackjack, craps, and roulette. Paired with a full lineup of restaurants, bars, and lounges, it's set to become Battle Creek's top dining and nightlife destination. Casino package includes a \$25 slot credit and \$5 to be used for food, slot play or gift shop! Shared Bianco tour includes motorcoach transportation. Driver gratuity is not included. **Cancellation deadline Oct. 13 - no refund after this date.**

PACKARD PROVING GROUNDS | Thurs. Oct. 29 | 10:00 am – 1:00 pm | \$59

NEW!

During a guided tour, you'll explore the beautifully preserved grounds, stroll through stunning Albert Kahn-designed buildings, and learn how Packard became synonymous with quality, elegance, and performance. You'll admire an impressive collection of classic Packard automobiles and browse the gift shop with unique memorabilia. You'll enjoy a Packard Taxi ride up and down the boulevard. OPC bus transportation provided. No lunch provided. **Cancellation deadline Oct 14 - no refund after this date.**

SELFRIDGE AIR MUSEUM | Fri. Oct. 30 | 9:15 am – 3:00 pm | \$30

NEW!

In 1975, a group of Air National Guard officers and enlisted personnel formed the Michigan Air Guard Historical Association (MAGHA) and the Selfridge Military Air Museum. Their mission is to help preserve the heritage and traditions of the Michigan Air National Guard, Selfridge Air National Guard Base, and the units stationed there. Your trip includes a guided tour of the indoor museum and the outdoor air park featuring 35 aircraft. Afterward, you'll stop for lunch at Aspen Restaurant in Macomb (your expense). OPC bus transportation provided.

Cancellation deadline Oct. 2 – no refund after this date.

IMPORTANT: Since Selfridge is a restricted military base, **you must register with a "Real ID" by September 25** so your background check can be completed. The cashiers will make a copy of your "Real ID."

Tickets still available for these trips. Use the QR Code for a complete description:

- GUN LAKE CASINO | Wed. Sept. 9 | 7:00 am – 6:45 pm | \$79
- HARVEST ADVENTURE | Tues. Sept. 15 | 10:45 am – 4:15 pm | \$120
- MUSIC OF THE BEATLES | Sat. Sept. 19 | 9:15 am – 6:45 pm | \$165
- ONTARIO WINE TOUR | Wed. Sept. 23 | 8:45 am – 5:45 pm | \$152
- MYSTERY TOUR | Thur. Sept. 24 | 9:15 am – 4:30 pm | \$140
- STRATFORD FESTIVAL GUYS AND DOLLS | Fri. Oct. 23 | 7:00 am – 9:30 pm | \$199



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





Double \$4990
Single \$6315



Cancellation date:
December 6
No refund after
this date

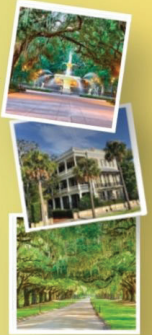
Tour director and driver gratuities included

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.



Majestic Canadian Rockies

AUGUST 22 - 27, 2027

Trip Highlights:

- Unpack once - one hotel in Banff
- Banff Gondola - Sulphur Mountain
- Emerald Lake
- Lunch at Chateau Lake Louise
- Moraine Lake & Valley of the Ten Peaks
- Icefields Parkway
- Columbia Icefield Ice Explorer Ride

Find out all about this once in a lifetime trip!

Sign up for the TRAVEL SHOW
Thurs. Sept. 3 @ 2:00 pm



Double \$5249
Single \$6649

Cancellation date:
May 15, 2027
No refund after
this date

Brochures available with details





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. Sept. 15 | 1:30 - 3:00 pm | CR 4
Respite Care available. Register in advance at **248.659.1036**

LOW-VISION SUPPORT GROUP

Fri. Sept. 25 | 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

Fri. Sept. 25 | 1 - 3:00 pm | CR4
An opportunity for those who are caring for their loved one to come together for support, sharing and time to talk with others who are also living with Parkinson's. Call facilitator Kathy Walton **248.568.3549**.

PARKINSON'S SUPPORT

Wed. Sept. 2 | 5:30 - 7:30 pm | Dining Rm
This group which meets at OPC, is associated with the Michigan Parkinson Foundation, features programs for everyday living, sharing and support. Call: **586.612.2744** for information. Newcomers welcome!

GRIEF SUPPORT GROUP

Fri. Sept. 4 & 18 | 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**.



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

In Partnership with:



Fri. Oct. 23 Paint a Miracle
1 - 2:30 PM OPC Art Studio

RSVP to: **Kerri Gentry**

248.608.0261

SAVE
THE
DATE!

9 AM - 1 PM

Wednesday, Oct. 7

FREE ADMISSION & SHUTTLE SERVICE!

50 PLUS EXPO 2026

Presented by:
PIXLEY
FUNERAL HOME
Dignity



Supporting Sponsors:



GREAT INFO ABOUT:

- Caregiving
- Retirement Living
- Finances
- Wellness
- Housing
- Technology

MORE!

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: 8:00 am - 5:00 pm

Transportation Sponsor:



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



September

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cheesy Ham Casserole Green Beans Romaine Garden Salad Banana Bread	2 Smothered Pork Cutlet Red Skin Potatoes Prince Charles Blend Grapes Dinner Roll	3 BBQ Chicken Broccoli Pasta Salad Marinated Carrot Salad Peach Halves Bread	4 Cod Red Skin Potatoes Peas & Carrots Citrus Fruit Bread
7 BUILDING CLOSED	8 Chicken w/Broccoli & Cheese Baked Sweet Potato Capri Blend Vegetable Tapioca Pudding w/Fruit Wheat Bread	9 Baked Ham Scalloped Potatoes Whole Green Beans Applesauce Wheat Bread	10 Stuffed Shells w/Sauce Italian Vegetable Garden Salad Pineapple Tidbits Whole Wheat Roll	11 Potato Crunch Pollock Butternut Squash Broccoli Citrus Fruit Dinner Roll
14 Stuffed Pepper Mashed Potatoes Garden Salad Tropical Fruit Wheat Bread	15 Chicken Cacciatore Red Skin Potatoes California Blend Apricots Dinner Roll	16 Sloppy Joes Baked Beans Carrots Fruit Cocktail Bun	17 Roast Turkey w/Gravy Cornbread Stuffing Whole Green Beans Garden Salad Applesauce/Bread	18 Beef Mostaccioli Dilled Carrots Romaine Salad Pear Slices Wheat Roll
21 Swedish Meatballs Egg Noodles Scandinavian Blend Cole Slaw Orange Bread	22 Roast Pork Loin Mashed Potatoes & Gravy Steamed Spinach Pears Dinner Roll	23 Chicken & Biscuit Mixed Vegetables Potato Romaine Salad Pineapple Rings Bread	24 Italian Ravioli Savoty Spinach Cabbage Pineapple Slaw Applesauce Wheat Bread	25 Sweet & Sour Chicken Rice Vegetable Salad Green Beans Apricots/Bread
28 Macaroni & Cheese Mixed Vegetable Romaine Salad Fruit Cocktail Corn Muffin	29 Chicken Florentine Whipped Potatoes Capri Blend Vegetable Peach Cobbler Bread	30 Italian Lasagna Italian Green Beans Romaine Salad Pineapple & Oranges 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



VOLUNTEER



If you're newly retired or looking for a meaningful way to stay active and connected, consider volunteering. Whether you can commit to a weekly shift or lend a hand from time to time, there is a place for you on our volunteer team.

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

HENRY FORD HEALTH

Wellness Center & Physical Therapy at OPC

For appointments to all
Wellness Center Programs
call 248-601-2888

After 20 wonderful years at the HFH Wellness Center, our very own Cindy McKenna, RN, is officially retiring! We are incredibly grateful for the two decades of deep care, laughter, and support she has given to all of us, and we wish her nothing but the best as she starts this exciting new chapter. While we will miss Cindy terribly, please know that the HFH Wellness Center at the OPC Social & Activity Center is still right here for you. Our team is as ready as ever to help you out with health tips, advice, or just a friendly face and ear whenever you need it. ~ HFH Administration



ASK THE ...

- **RESIDENT DOCTOR** Wed. Sept. 2, 9, 16, 23 & 30 | 9 - 11:00 am *No appointment required.*
- **PHARMACIST - "KNOW YOUR MEDS"** Tues. Sept. 15 | 9 - 11:00 am Identify potential medication interactions, learn about high-risk meds and address any medication questions.

ADVANCE CARE PLANNING & PALLIATIVE CARE - WHAT IS IT AND WHY IS IT IMPORTANT? Mon. Sept. 21 | 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. Sept. 8 | 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.

CAN'T REACH THOSE TOENAILS? Wed. Sept. 9 | 1 - 4:30 pm

Dr. Alek Frascione, 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.*

FAMILY AND FRIENDS CPR CLASS Wed. Sept. 16 | 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. Sept. 16 | 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. Sept. 16 | 1 - 3:30 pm Find out with a complimentary risk assessment.

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

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

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

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

SoUPER Salad Bar on Friday's



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



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: courtreserve.com

- A free *Court Reserve* account is required
- Sessions open at 8 am, 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 meeting:
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.

LAPIDARY SALE!

Thurs. Oct. 1 | Fri. Oct. 2
4:30-7:30 pm | 10 am - 2 pm
in the Art Studios



Discover sparkling one-of-a-kind treasures when browsing our beautiful selection of polished stones, cabochons, finished jewelry, and unique creations made by our lapidary artists. Every piece highlights the natural beauty of stone, cut, shaped, and polished with care right here in our studio.

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!



Help us Sparkle!

We're collecting gently used jewelry for our Jewelry Sale! Proceeds support the Enrichment & Arts Department and its creative programs, classes, and events. Thank you for sharing your treasures!

Call 248.659.1037 or email
lyoung@OPCcenter.org





This Year's OPC Nonagenarian Celebration honored over 40 members who are 90 years young and beyond, including three centenarians! From smiling photo booth moments proudly holding their age, to sharing a lifetime of wisdom, every guest reminded us that a life well-lived is something to celebrate.

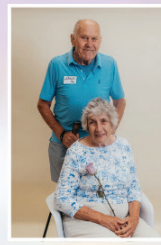
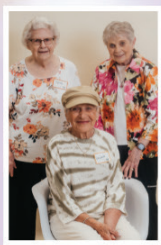
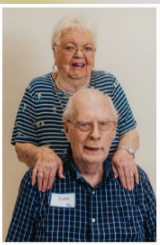
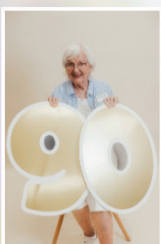
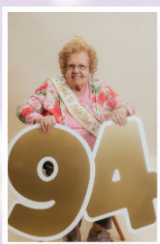
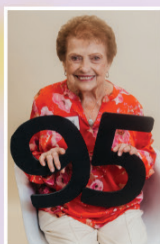
When asked for her secret to a long, happy life, June, 102 said it best: *"Don't worry, be happy!"*



"Keep a positive attitude and a sense of humor" - Lorrie, 91

"You should leave things better than you found them" Gerry, 92

"Keep trying new things and be active at OPC" Diane, 97





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ASRH.DSM@allseasonsliving.com
248.845.2158
AllSeasonsRochesterHills.com

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Kip Toderan
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kelly@ktbraunlaw.com
ktbraunlaw.com

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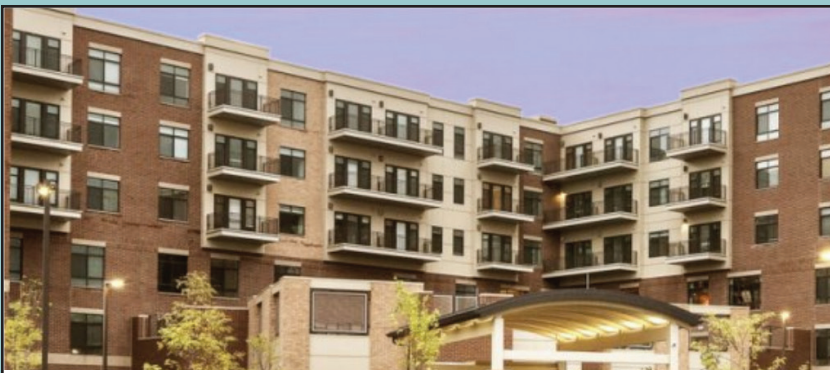
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