

THIS
MONTH
AT



OPC

SOCIAL & ACTIVITY CENTER

October 2026

The Best Place To Be 50+

Wed., October 7

9 AM - 1 PM

FREE ADMISSION & SHUTTLE SERVICE!

50 PLUS EXPO 2026

GREAT INFO ABOUT:

- Caregiving
- Retirement Planning
- Finances
- Wellness
- Housing
- Technology

**&
MORE!**

**AMAZING
Giveaways,
Raffle Prizes,
+ Flu Shots!**

• Presenting Sponsors •



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Excellence in Estate Planning and Elder Care

A note from the Executive Director, Renee Cortright

Fall is here, and so is one of our busiest, brightest seasons at the OPC! This month is full of chances to learn, celebrate, laugh, and connect. Here's what you won't want to miss.

Don't Miss the 50+ Expo: Mark your calendar for the 50+ Expo on Wednesday, October 7th, from 9 am to 1 pm. This event is packed with information, resources, and education for seniors, caregivers, friends, and family — and best of all, it's completely FREE for everyone who attends.

More than 90 exhibitors will be on hand with everything you need to know about:

- Senior housing options
- Consumer products and services
- Resources for Aging in Place
- Flu/Vaccine Clinic

You'll also enjoy a wide variety of door prizes. Hot dog and chips lunch will be available for a small fee. Parking is free, and we're offering a convenient shuttle from St. Paul's Methodist Church so getting to OPC is easy.

Whether you come to gather helpful information, ask questions, or simply enjoy a fun morning out with friends, the Expo is the perfect place to connect. Bring a neighbor, invite a family member, and make a day of it — we can't wait to see you there!

Curtain Up! "Villainy in the Vineyard" Fall Live Musical Melodrama — October 15–22

This hilarious musical mystery is packed with memorable songs, outrageous villains, clever comedy, and plenty of audience fun. Choose from a variety of luncheon, and dessert shows to fit your schedule. Get your tickets today by calling 248-659-1029!

Let's Stay Connected: We've noticed that many of our members aren't yet receiving our bi-weekly email notices (eblasts) — and we don't want you to miss a thing! Signing up is easy: just click the link on our website home page at OPCcenter.org.

We also send text alerts when a class is canceled, so please stop by the lobby desk, visit or call the cashiers at 248-659-1029 to update your primary phone number to your cell phone number so we can make sure we have everything we need to keep you in the know. Great communication starts with great information, a win-win for all — thank you!

As the days grow shorter outside, it's a wonderful time to explore new possibilities inside. Join a new class, volunteer for an event, or connect with a friend over coffee. This is a month of connection, growth, and joy — and we're so glad you're part of our community.

Renee



CAREGIVER WORKSHOP

Walking the Path of Dementia

Monday, October 26
6 - 7:30 pm

*Light Dinner/On-Site Respite Care Provided
Hosted at OPC - 650 Letica Drive, Rochester*



**Register for Workshop and Respite
by calling: 248-608-0261**

Hands-On, Immersive, Interactive Experience

Program Provided by:



Participants will "walk the path" of dementia through sensory simulations that mimic the cognitive, visual, and physical challenges those living with dementia experience.



Guest Speaker: Ted Bott

Discuss the different types of dementia, learn the 10 major warning signs of Alzheimer's and the importance of early detection.



The Best Place To Be 50+

Upcoming Events

October 1
Lapidary Sale

Oct. 15 - 16
Pop-Up Jewelry Sale

November 7
Artisan Holiday Market

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

Featured October Programs

- Front Cover** **50+ Expo**
Valuable information, giveaways and flu shots
- 02** **Caregiver Workshop**
Walking the path of dementia
- 04** **Autumn Cellar Celebration**
Special dinner and paired wine to celebrate the season
- 05** **Haunted Harvest**
Stories, music and the magic of fall
- 10** **A Sweet Trick or Treat**
Decorate a set of spooky-themed sugar cookies
- 12** **Woodshop Open House**
Explore the shop and watch a craftsman demo
- 18** **Leisure Travel**
Your new adventure awaits
- 25** **Lapidary Sale!**
Discover one-of-a-kind polished stone treasures
- Back Cover** **Villainy in the Vineyard**
650 Players fall live theater production

In Every Issue

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

Registration for all OCTOBER activities begins on THURSDAY, SEPTEMBER 17



Autumn Cellar Celebration

Thursday, October 8

5:30 - 7:30 pm | Dining Room

Members \$45 | Non-member \$55

Fall is calling for a toast! Enjoy a special four-course dinner celebrating the flavors of the season, with each course thoughtfully paired with wine selected to complement every bite. Sommelier **Christel Gaillard** of Woodberry Wine will guide us through an evening filled with delicious autumn inspired dishes, wonderful wines and great company.

Not a wine drinker? No problem!

Seasonal autumn beers will also be available for purchase, so everyone can raise a glass and enjoy the evening.



Halloween FUN & GAMES day!

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

An afternoon of Halloween fun, games and plenty of laughs with Lisa & Marianne!

Try your hand at Donut Dare—Let It Drop, knock down the pins with Pumpkin Bowling, test your Halloween knowledge with Trivia, and enjoy a festive Halloween Munch Mix Bar and fun Halloween punch. Show off your Halloween spirit in our optional costume contest, and we'll also reveal the winner of **The Great Pumpkin Showdown** during the afternoon.



SECRET DETROIT:

A Guide to the Weird, Wonderful & Obscure

Tues. Oct. 13 | 4:30 pm | \$15 | Dining Room

Think you know Detroit? Think again!

Author and journalist **Karen Dybis** takes a fascinating and entertaining look at the Motor City's best-kept secrets. Discover strange stories, forgotten places, unusual characters and quirky bits of history hiding in plain sight. It's Detroit like you've never seen it before... weird, wonderful, surprising and absolutely worth knowing!

SECRET

Terrific Tuesday!



Dinner: Baked Potato & Chili Bar

Sponsored & dessert provided by:

October *Life Long Learning* at OPC!

STROKE: KNOW THE SIGNS. SAVE A LIFE.

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

A stroke can happen suddenly, and knowing what to look for can make all the difference. Learn how to recognize the warning signs of a stroke, understand the different types of strokes, and discover the risk factors that can increase your chances of having one.

Michelle Davies, RN, BSN, Henry Ford Health Stroke Coordinator, shares what to know about **recognizing a stroke quickly, taking action, and reducing your risk** through prevention and healthy choices. *Because when it comes to stroke, every minute matters.*

VIRTUAL TOUR OF DETROIT

Mon. Oct. 12 | 10:00 am | \$5 | Dining Room

Take a virtual tour of Detroit with author and Detroit tour guide **Rusty Rosman**. Discover how reminiscing about favorite places and cherished memories can support brain health, lift your mood, and strengthen connections with others. Explore Detroit through stories and memories, then be inspired to share a few of your own.

DINNER WITH THE CARDIOLOGY SPECIALIST, DR. KAZZIHA

Mon. Oct. 12 | 4:30 pm | \$10 | Dining Room

Learn more about hypertension and why managing your blood pressure is so important for your overall health. **Dr. Kazziha** will discuss risk factors, prevention, treatment options, and simple steps you can take to help keep your blood pressure under control.



1930s JAZZ, JOSEPHINE BAKER & THE HINDENBURG

Mon. Oct. 19 | 3:30 pm | \$5 | Dining Rm

A Special Guest from New York City! Award-winning author and 1930s NYC historian **L.A. Chandlar** brings

the fascinating world of her bestselling *Lane Sanders Mystery Series* to life. Discover the glamour of jazz, the unforgettable Josephine Baker, and the mystery surrounding the infamous Hindenburg disaster through rare photographs, surprising stories, and fascinating history.



This special presentation offers a glimpse into 1930s New York from an author who has spent more than 20 years living, writing and researching the city.

BEYOND THE SHADOWS: Paranormal Investigations

Tues. Oct. 20 | 3:00 pm | \$5 | Dining Room

Steve Wood returns to share fascinating stories from the world of paranormal investigations. Explore unexplained encounters, mysterious locations, and the techniques investigators use when searching for answers beyond the ordinary.

Take an opportunity to learn something new!

HAUNTED HARVEST

STORIES, MUSIC & THE MAGIC OF FALL

Experience Fall's magic with live storytelling, enchanting string music, delicious appetizers, and a festive seasonal mocktail.

Celebrate autumn traditions in a cozy, captivating setting as classic stories come to life through live performance.

Seats are limited – reserve today for an entertaining afternoon filled with stories, music, and seasonal charm!

Gather Round for Tales, Traditions & Treats.



TUESDAY, OCTOBER 27 | 2:30 - 4:00 PM | AUDITORIUM | \$10 | PUBLIC WELCOME

CARDS & GAMES

Fees paid at entry

EUCHRE

Mon. | 10 am – noon | \$15 3 classes | CR 2
Perfect for beginners or those wanting a refresher, instructor **Cliff Olivero** covers the basics and helps you build skills with guided practice.

Mon. Oct. 26 | \$2 Beginner Practice Day

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. Oct. 8 & 22 | 1:30 – 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. Oct. 14 | 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

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

SPONSORED BY:



LANGUAGE

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

FRENCH

Intermediate Class w/Jutta*

Advanced Class w/Gudrun*

Conversation w/Doug*

Oct 20 & 27 Only

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

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

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

GERMAN

Intermediate Class w/Gudrun*

Conversation w/Ingrid*

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

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

SPANISH

Beginner 1 w/Laura Oct.-Nov.

Start at the very beginning while learning introductions, how to talk about yourself and your family.

Beginner 2 w/Laura Oct.-Nov.

Continue building - Previous experience, Laura's Beginner 1 class completion or equivalent experience required.

Progressive & consistent attendance encouraged / Registration Required

Progressive Class w/Maria*

Conversation Beg. w/Mike*

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

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

INDIA CONVERSATION GROUP* Tues. | 1-3:00 pm | \$2 | CR 2

AMERICAN SIGN LANGUAGE (ASL)

REFRESH OR PRACTICE* w/Amy

Wed. | 1 - 2:00 am | \$2 | Computer Lab

New Class Starting in November

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. | 10 - 11:00 am | \$20 (4 weeks) | CR 3

Oct. 7: Using Spreadsheets

Learn how to use MS Excel or Google Sheets to track your budget or organize your collections.

Oct. 14: Typing 101

Using your computer or tablet to create letters, lists or correspondence with MS Word or Google Docs.

Oct. 21: Drawing with Computer 101

Make basic drawings using MS Paint, Google Canvas and Krita.

Oct. 28: Canva Basics

Create professional-looking visuals without needing a design background or complex software. Learn to use Canva online.

Bring your own laptop

Questions? Marianne 248-608-0263

MUSIC & DANCE

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.

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.

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

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 Some experience suggested

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



SAVVY SENIORS BREAKFAST

HEARING LOSS & COGNITION: The Connection You Need to Know

Wed. Oct. 21 | 9:30 am | \$8 | Dining Rm

Hearing loss is more than missing a few words in conversation. Learn about the surprising connection between hearing, brain health and cognition, why untreated hearing loss can affect how we think and interact with the world around us, and what steps we can take to stay connected and keep our brains engaged.



\$ FINANCIAL FRIDAY

Oct. 9 | 10:30 am | CR 2&3 | \$2 upon entry

MEDICARE MADE EASY

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

Confused by Medicare? Let's make it simple! Join Xenia and her guest for a straightforward look at Medicare, what you need to know, your options and how to make confident choices.



VETERANS CONNECTION

Wed. Oct. 14 | 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 comraderie.*

Presentation by Maggie Speelman & Stephanie Egres
Veterans Services Oakland County

PRESENTING
SPONSOR:



BREAKFAST SPONSOR:



Women's Luncheon

HUDSON'S: Detroit's World-Famous Department Store

Thurs. Oct. 29 | 1:00 pm | \$15 | Dining Rm

Step back into the golden age of Detroit shopping with author and historian **Bruce Kopytek** as he brings the story of Hudson's to life. One of the world's largest department stores, Hudson's was more than a place to shop, it was a Detroit institution filled with traditions, unforgettable characters, and plenty of stories. Come discover the fascinating history and colorful memories behind the store that generations of Detroiters knew and loved.

Lunch: Maurice Salad



Taste of Community Tour

Explore Today. Choose Tomorrow

Mon. Oct. 12 @ 10:30 am - 2:00 pm | \$8

Explore local Senior Living before you need it!

LUNCH & DESSERT TOUR STOPS

Flourish Collection by StoryPoint Group

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



MOVIES

SPONSORED BY:

Edward Jones



9 TO 5 PG - 1980 (1 hr 50 min)

Mon. Oct. 12 | 3:00 pm | Auditorium

In honor of the one and only **Dolly Parton**, enjoy the classic comedy filled with laughs, friendship, and a little workplace revenge. This beloved film is the perfect way to celebrate Dolly and her unforgettable role.

PRESSURE 2026 - PG-13 (1 hr 40 min)

Fri. Oct. 2 | 1:00 pm | Auditorium

A gripping behind-the-scenes look at the tense 72 hours before D-Day. Brendan Fraser, Andrew Scott and Damian Lewis star in this powerful historical drama.

**- Movies are complimentary -
Concessions available for cash purchase**

BOOK CLUB



IN SUCH GOOD COMPANY: Eleven Years of Laughter, Mayhem and Fun in the Sandbox
by comedy legend Carol Burnett

Mon. Oct. 12 | 6:00 pm | Library | \$2 upon entry

A delightful behind-the-scenes look at Carol's years on television, filled with laughter, memorable moments, and the wonderful cast of characters who made it all happen.

KILLERS OF THE FLOWER MOON: The Osage Murders and the Birth of the FBI
by David Grann

Tuesday, Oct. 27 | 2:30 pm | CR 4 | \$2 upon entry

A gripping true story of greed, murder, and injustice surrounding the Osage Nation—and the investigation that helped shape the early FBI.

Connect & Engage

MEET THE MAYORS

Rochester Hills Bryan Barnett

Mon. Oct. 5 | 9:30 am | Dining Rm

Rochester Debbie Jones

Thurs. Oct. 22 | 9:30 am | Library

FIRESIDE POETRY CIRCLE

Fri. Oct. 23 | 1 - 3:00 pm |

\$2 upon entry | 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. Oct. 12 & 26 | 2 - 3:00 pm

\$2 upon entry | Classroom 4

A casual discussion on current events.

PLAYWRITING WORKSHOP

Thurs. Oct. 22 | 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. Oct. 16 | 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

Halloween Bingo



Wed. Oct. 28 | 12:30 PM | \$12
8 BINGO GAMES - up to 4 cards per player
PIZZA, SALAD & SODA Included



THE VILLAGE
AT ORCHARD GROVE

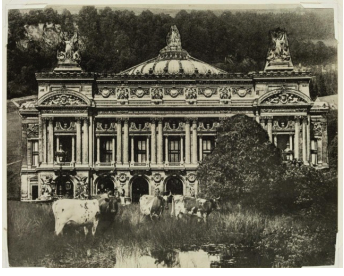


SHELBY CROSSING
HEALTH CAMPUS



BEHIND
THE
SEEN

COWS AT THE OPERA HOUSE & OTHER MUSEUM MYSTERIES



Mon. Oct. 26 | 2:30 pm | \$5 | Dining Room

What do cows have to do with an opera house? And what other secrets might be hiding in the museum? Explore some of the most fascinating mysteries surrounding the Detroit Institute of Arts, from curious stories and unexpected discoveries to hidden meanings and questions of authenticity. Along the way, uncover the intriguing tales behind artworks that have puzzled experts, sparked debate, and captured the imagination.

Come for the art, stay for the mysteries!

How Does OPC's Gardens Grow? QUITE WELL!

A heartfelt thank you to the Late Bloomer Garden Group, led by **Nancy Szerlag**, for planting and caring for the beautiful gardens and pond for everyone to enjoy.

Thank you to **Bill Cook** for leading our vegetable gardeners and to all the gardeners whose hard work resulted in such a bountiful harvest.





FUSED GLASS: Pumpkin Tealight Holder

Wed. Oct. 14 | Studio 1/2

1 - 3:00 pm | \$65*

Instructor: Melissa Martiss

Bring a little autumn glow into your home! In this fun class, create a colorful pumpkin-themed tealight holder featuring three cheerful pumpkins surrounded by sparkling, fall-inspired glass. Once fired, your finished piece will be ready to hold a tealight and add a warm, cozy glow to your fall décor.



ANYONE CAN PAINT

Tues. Oct. 20 | Stu. 1/2 | 10 am - 12:00 pm | \$25

Instructor: Steve Wood

Warning: You may discover you actually *can* paint. Join us for a fun, no-pressure painting experience and create your own version of "Fall Reflections," a peaceful lake scene with trees reflected in the water. No artistic genius required, just follow along, and try not to judge your masterpiece until the paint dries.



SPOOKY NEEDLE FELTING

Tues. Oct. 20 | Studio 1/2

1 - 3:30 pm | \$45*

Instructor: Dotti Sterns

Get into the spooky spirit with *The Nightmare Before Christmas* inspired needle felting class! Learn the basics of needle felting while creating a fun design featuring **Jack Skellington**. Perfect for fans of this Halloween classic! No previous experience is necessary.



PUMPKINS, PAINT & AUTUMN

Tues. Oct. 6 | OPC Garden

1 - 3:30 pm | \$25*

Instructor: Kathy Warriner

Paint a quick, loose watercolor scene featuring pumpkins in the OPC Garden. All levels welcome! Bring your own supplies; water will be provided. Dress for the weather and meet in the garden.



PAINTING THE AUTUMN GARDEN: Plein Air

Mon. Oct. 5 & 12 | Studio 1/2 - then head outside

9:00 am - 12:00 pm | \$45

Instructor: Susan Sanderson

Capture the rich colors of autumn as you paint colorful foliage, winding garden paths, rocks, and natural textures directly from the landscape. Explore expressive plein air techniques while learning to capture the warm autumn light, vibrant seasonal colors, and peace of the garden in your own unique painting.



UTENSIL BASKET

Thurs. Oct. 22 | Studio 3

1 - 5:00 pm | \$55*

Instructor: Deb VanderLinde

This utensil basket has asymmetrical color accents and welcomes whimsical add-on beads (not included). Measures 5" diameter x 6.5" tall. Some color options available.



TRICK OR TREAT WAS NEVER SO SWEET!

Thurs. Oct. 22 | 1 - 3:00 pm | \$40* Studio 1/2

Audrey Edwards from Sweetflour LLC will guide you through a fun Halloween cookie decorating class! Learn the basics of royal icing, including outlining, flooding, wet-on-wet, piping, lettering, and more while decorating your own set of spooky-themed sugar cookies. Everything you need is provided, including vanilla-almond sugar cookies, royal icing, decorating supplies, recipes, a step-by-step guide, and a box to take your cookies home.

PAINT A HAIKU: Words into Art

Mon. Oct. 19 Studio 1/2

9 - 11:00 am | \$25*

Instructor: Susan Sanderson

Explore the connection between poetry and painting in this creative class inspired by the simplicity of haiku. You'll learn the basics of haiku, write your own short poems, and transform the images and emotions from your words into a painting. No writing or painting experience is necessary.



ALASKA IN WATERCOLOR

Wed. Oct. 14 & 28 | Studio 1/2

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

Instructor: Greg Lautzenheiser

Inspired by a photograph from a recent trip to Alaska, this class will guide you in creating a stunning scenic painting featuring the rugged landscapes and majestic beauty of the Last Frontier. Bring your creativity and get ready for an unforgettable painting experience!



DRAWING FOR THE DOUBTFUL: Introduction

Wed. Oct. 7 - 28 | Classroom 3

12:30 - 3:30 pm | \$75 bring supplies

Instructor: Colleen Sanders

Designed for anyone who wants to learn to draw, even those who believe they can only draw "stick figures"! No previous art experience is needed. Learn foundational drawing skills, including line, proportion, spatial relationships, perspective, and shading to create volume. Skills are introduced step-by-step in a relaxed, non-competitive environment where everyone can learn with confidence. Email lyoung@opccenter.org for supply list.



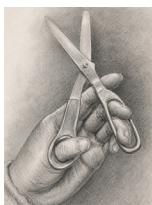
DRAWING FOR THE DOUBTFUL: Part 3

Wed. Oct 7 - 28 | Classroom 3

9:00 am - 12:00 pm | \$75

Instructor: Colleen Sanders

For students who have taken Drawing for the Doubtful 1 & 2 and Drawing People, providing ample time to hone the skills learned in the previous sessions. Practice drawing with a variety of subject matter each week. Individual attention provided. A non-competitive, relaxing environment will provide the ultimate enjoyable experience.



make something Beautiful!

COZY YARN PUMPKINS w/Regina

Tues. Oct. 13 | 5:30 - 7:30 pm | Stu. 1/2 | \$15*

Create a charming trio of mini pumpkins using soft yarn and simple crafting techniques. Choose your favorite fall colors and add rustic stems and finishing touches to make each pumpkin uniquely yours.



CORD NECKLACE w/Suzie

Wed. Oct. 21 | 1 - 3:30 pm | Stu. 1/2 | \$15*

Create a stylish, easy-to-wear necklace without a traditional clasp! Learn how to work with cord, decorative beads, charms, and findings to design a unique necklace that slips easily over your head. Leave with a beautiful necklace you'll be proud to wear, or give as a gift!



STAMPIN' UP! GREETING CARDS w/Beth

Tues. Oct. 13 | 9 am - 12:00 pm | Stu. 3 | \$35*

Tues. Oct. 13 | 1 - 4:00 pm | Stu. 3 | \$35*

Get crafty for **Welcome Autumn** 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 Oct. 9.** Additional kits, adhesives, and greeting cards available for purchase (cash or PayPal).



THE GREAT PUMPKIN SHOWDOWN

Show off your creativity and enter our

PUMPKIN DECORATING CONTEST

Pumpkins available for purchase Oct. 1 for \$5

Pick up a craft pumpkin from the Gift Shop starting October 1 and let your creativity shine. Return your decorated pumpkin to the Enrichment & Arts Office by Oct. 23. Visit the display in the lobby Oct. 26 - 30 and vote! Awards will be given for People's Choice and Staff Favorite. Winners will be announced on Oct. 30.

MAY THE BEST PUMPKIN WIN!





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 no Oct. 23

Registration & OPC Lapidary Class Required to Participate



Pottery & Clay

INDEPENDENT POTTERS *Pre-Registration Required*

**Pre-requisite: - Minimum 2 six week OPC Pottery Classes*

Monday | 9 am - noon / 12:30 - 3:30 pm / 4:30 - 7:30 pm

Thursday | 9 am - noon / 12:30 - 3:30 pm / 4:30 - 7:30 pm

\$8 EACH individual session | *limited participation*

Bring your own clay and glazes. ***OPC WILL ONLY FIRE PROJECTS MADE IN THESE INDEPENDENT POTTERY SESSIONS.***



Open Art Studio

NEEDLE ARTS - Library

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

Thursday | 1 - 3:00 pm

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

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

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

Bring your creativity and enjoy a relaxed crafting session. Work on your projects with access to tools and supplies, perfect for creating, connecting, and getting inspired.

INDEPENDENT ART - Studio 3 (Oct. 13 - Atrium)

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

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

OPEN ZENTANGLE - Studio 3

Monday | 10 am - noon & 1 - 3:30 pm | **\$2 at door**

Tangle together/share ideas. *Bring your own supplies.*

**NEW
Time!**



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. Oct. 7 | 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: Milling Basics

Wed. Oct. 14 | 2 - 4:00 pm | \$20

Learn the fundamentals of as you gain hands-on experience using the table saw, miter saw, jointer, and planer. Build confidence with these essential tools while learning proper techniques for safely preparing and sizing lumber for your projects. ***Woodshop card required.***

PROJECT CLASS: Spooky Planter Box

Wed. Oct. 21 | 2 - 4:00 pm | \$65

Build your own rustic fall planter box, perfect for displaying seasonal flowers, mums, or festive décor. Learn basic woodworking skills while creating a beautiful piece you can enjoy all season long. ***Woodshop card required.***



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

WOODSHOP OPEN HOUSE

Monday, October 26

11:00 am - 2:00 pm

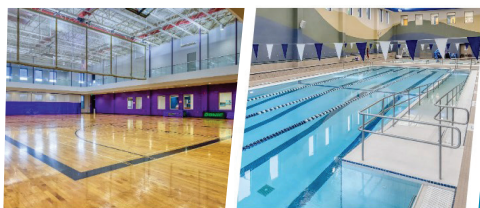
Meet our experienced woodworkers, explore the shop and watch a craftsman demonstrate the art of creating intricate inside-out wooden Christmas Ornaments.

Mingle with our seasoned shop members, who will be available to answer questions while enjoying light refreshments.



**THANK YOU FOR YOUR GENEROUS DONATIONS
OF GENTLY USED JEWELRY FOR OUR
POP-UP JEWELRY SALES.**

All proceeds support the
 Enrichment and Arts department and its
 creative programs, classes and events.



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 Oct. 2 - 30 | 8:00 am | 13 classes \$78 w/Level 2-4

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. Oct. 6 - 27 | 10:30 am | 4 classes \$24 w/Level 3-4 w/Kim*

Wed. Oct. 7 - 28 | 10:15 am | 4 classes \$24 w/C Smith

Thurs. Oct. 1 - 29 | 8:30 am | 5 classes \$30 w/Claire**

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

Note: *Tues. Class is in K. White Room Level 3-4 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. Oct. 6 - 27 | 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. Oct. 6 - 27 | 9:00 am | 4 classes \$24 w/Therese

Wed. Oct. 7 - 28 | 8:00 am | 4 classes \$24 w/Sharon

Fri. Oct. 2 - 30 | 9:00 am | 5 classes \$30 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. Oct. 5 - 26 | 10:30 am | 4 classes \$24 w/Claire

Mon. Oct. 5 - 26 | 11:30 am | 4 classes \$24 w/Claire

Wed. Oct. 7 - 28 | 10:30 am | 4 classes \$24 w/Claire

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

Fri. Oct. 2 - 30 | 11:30 am | 5 classes \$30 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. Oct. 5 - 26 | 1:30 pm | 4 classes \$24

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

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

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

Tues. Oct. 6 - 27 | 4:00 pm | 4 classes \$32

Thurs. Oct. 1 - 29 | 3:00 pm | 5 classes \$40

Fri. Oct. 2 - 30 | 10:00 am | 5 classes \$40

Fri. Oct. 2 - 30 | 11:00 am | 5 classes \$40

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

ADVANCED TAI CHI w/John

Wed. Oct. 7 - 28 | 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. Oct. 5 - 26 | 4:00 pm | 4 classes \$24

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

TANG SOO DO w/Ron (McCardell)

Tues. Oct. 6 - 27 | 2:30 pm | 4 classes \$24

Thurs. Oct. 1 - 29 | 2:30 pm | 5 classes \$30

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

QI GONG w/Don (K. White)

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

Fri. Oct. 2 - 30 | 12:00 pm | 5 classes \$30

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

STRENGTH & CONFIDENCE 3-4 (McCardell)

Tues. Oct. 6 - 27 | 12:30 pm | 4 classes \$24 w/Julie

Wed. Oct. 7 - 28 | 12:30 pm | 4 classes \$24 w/Karen

Thurs. Oct. 1 - 29 | 12:30 pm | 5 classes \$30 w/Julie

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

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

Mon. Oct. 5 - 26 | 9:00 am | 4 classes \$24

Wed. Oct. 7 - 28 | 9:00 am | 4 classes \$24

Fri. Oct. 2 - 30 | 9:00 am | 5 classes \$30

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

BASIC STRENGTH TRAINING w/Therese (Weight Rm)

Fri. Oct. 9 | 2:00 pm *\$10 each date/session*
Thurs. Oct. 15 | 5:30 pm
Learn how to use free weights, cable machine and other equipment besides the blue HUR machines.
One hour session with a personal trainer.

*no F&A Flex Pass | Registration required

ZUMBA 2-3 (K. White)

Mon. Oct. 5 - 26 | 12:30 pm | 4 classes \$24 w/Fabiola
Tues. Oct. 6 - 27 | 9:30 am | 4 classes \$24 w/Leah
Thurs. Oct. 1 - 29 | 9:30 am | 5 classes \$30 w/Leah
Hypnotic Latin rhythms and easy to follow moves create a one of a kind fitness program with Latin and international music. Get moving and have fun doing it!

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

Thurs. Oct. 1 - 29 | 9:30 am | 5 classes \$30 w/Claire
A challenging cardio and toning workout with equipment for all levels.

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

Tues. Oct. 6 - 27 | 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. Oct. 5 - 26 | 8:30 am | 4 classes \$24 w/Kim C.
Fri. Oct. 2 - 30 | 8:30 am | 5 classes \$30 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. Oct. 6 - 27 | 8:30 am | 4 classes \$24
Thurs. Oct. 1 - 29 | 8:30 am | 5 classes \$30 McCardell Rm
Keep your bones healthy and strong, and help increase your energy levels. This 45 minute workout focuses on weights with repetition. Work at your own pace.

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

Tues. Oct. 6 - 27 | 1:30 pm | 4 classes \$24
Tues. Oct. 6 - 27 | 2:30 pm | 4 classes \$24
Thurs. Oct. 1 - 29 | 1:30 pm | 5 classes \$30
Incorporate strength moves to tighten and tone trouble spots, and stretching that will leave you feeling longer and leaner. Improve posture, body awareness and overall strength.

SILVER STRONG w/Dawn T. (McCardell)

Mon. Oct. 5 - 26 | 5:30 pm | 4 classes \$24
Tues. Oct. 6 - 27 | 9:00 am | 4 classes \$24 w/Kaylee
Thurs. Oct. 1 - 29 | 5:30 pm | 5 classes \$30
Wed. Oct. 7 - 28 | 5:30 pm | 4 classes \$24
Sat. Oct. 3 - 31 | 8:00 am | 5 classes \$30
Sat. Oct. 3 - 31 | 9:00 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. All fitness levels.

CARDIO DANCE PARTY w/Dawn T. (McCardell)

Tues. Oct. 6 - 27 | 5:30 pm | 4 classes \$24
This low-impact class incorporates easy choreography and optional light weights set to hot music hits to get your body moving and your heart pumping.

MAT PILATES 3-4 (McCardell)

Mon. Oct. 5 - 26 | 9:30 am | 4 classes \$24 w/Kim C.
Wed. Oct. 7 - 28 | 8:20 am | 4 classes \$24 w/Sabrina
Thurs. Oct. 1 - 29 | 11:30 am | 5 classes \$30 w/Melinda
Fri. Oct. 2 - 30 | 9:30 am | 5 classes \$30 w/Kim C.
Build strength and flexibility, focus on strengthening the core with balance work, standing and on the floor. Lengthening helps with a longer and stronger spine.

SMALL GROUP PERSONAL TRAINING w/Julie (McCardell)

Thurs. Oct. 1 - 29 | 5:00 pm | 5 classes \$40
Exercises and movements to improve your muscular endurance and performance.

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

Mon. Oct. 5 - 26 | 10:30 am | 4 classes \$24 McCardell Rm
Thurs. Oct. 1 - 29 | 10:30 am | 5 classes \$30
Incorporates pilates, yoga, strength training, cardio, and dance - deep focus on core and emphasizes moves that will tone, stretch, and elongate muscles.

STEP & SCULPT w/Arlene (McCardell)

Tues. Oct. 6 - 27 | 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.

CARDIO KICKBOXING 3 w/Sabrina (McCardell)

Wed. Oct. 7 - 28 | 9:15 am | 4 classes \$24
Combines martial arts techniques with quick paced cardio. Both an upper and lower body workout, including different types of punches and kicks.

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

Mon. Oct. 5 - 26 | 10:00 am | 4 classes \$24
Wed. Oct. 7 - 28 | 10:00 am | 4 classes \$24
Foundational chair fitness class designed to improve functional movement, strength, balance and overall mobility using natural resistance of your body weight.

MOVEMENT PARTY w/Karen (McCardell)

Mon. Oct. 5 - 26 | 3:00 pm | 4 classes \$24
A fun, feel good movement class set to upbeat music, guiding you to learn short combinations that will challenge your brain and body and boost your mood.



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

SUNRISE YOGA w/Kay 2 (Fitness Rm 3)

Tues. Oct. 6 - 27 | 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. Oct. 7 - 28 | 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. Oct. 3 - 31 | 8:30 am | 5 classes \$30

Sat. Oct. 3 - 31 | 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. Oct. 5 - 26 | 2:00 pm | 4 classes \$24

Mon. Oct. 5 - 26 | 3:00 pm | 4 classes \$24

Tues. Oct. 6 - 27 | 11:30 am | 4 classes \$24* w/Natasha

Wed. Oct. 7 - 28 | 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. Oct. 5 - 26 | 4:00 pm | 4 classes \$24 w/Julie

Wed. Oct. 7 - 28 | 1:30 pm | 4 classes \$24 w/Natasha

Thurs. Oct. 1 - 29 | 4:00 pm | 5 classes \$30 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. Oct. 1 - 29 | 11:45 am | 5 classes \$30

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

HATHA YOGA w/Natasha (Fitness Rm 3)

Tues. Oct. 6 - 27 | 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. Oct. 6 - 27 | 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. Oct. 5 - 26 | 9:00 am | 4 classes \$24 w/Clair

Tues. Oct. 6 - 27 | 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. Oct. 1 - 29 | 10:30 am | 5 classes \$30

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



PARKINSON'S Exercise Options

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

PWR! PARKINSON WELLNESS RECOVERY

w/ Carol Schram (K. White)

Wed. Oct. 7 - 28 | 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. Oct. 5 - 26 | 12:30 - 1:30 pm | 4 classes \$32

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

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

Mon. Oct. 5 - 26 | 11:30 am - 12:30 pm | 4 classes \$32

Wed. Oct. 7 - 28 | 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. Oct. 3 - 31 | 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) w/Carol

Tues. Oct. 6 - 27 | 10:15 am | 4 classes \$24
Wed. Oct. 7 - 28 | 11:45 am | 4 classes \$24
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. Oct. 6 - 27 | 9:00 am | 4 classes \$24 w/Margaret
Wed. Oct. 7 - 28 | 1:00 pm | 4 classes \$24 w/Cecelia
Wed. Oct. 7 - 28 | 2:00 pm | 4 classes \$24 w/Cecelia
Wed. Oct. 7 - 28 | 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. Oct. 5 - 26 | 8:00 am | 4 classes \$24 w/Ann
Tues. Oct. 6 - 27 | 8:00 am | 4 classes \$24 w/Ann
Wed. Oct. 7 - 28 | 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. Oct. 5 - 26 | 10:00 am | 4 classes \$24 w/Ann
Wed. Oct. 7 - 28 | 10:00 am | 4 classes \$24 w/Cecelia
Thurs. Oct. 1 - 29 | 10:00 am | 5 classes \$30 w/Cecelia
Fri. Oct. 2 - 30 | 10:00 am | 5 classes \$30 w/Ann
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. Oct. 6 - 27 | 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. Oct. 6 - 27 | 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. Oct. 6 - 27 | 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. Oct. 5 - 26 | 9:00 am | 4 classes \$24 w/Ann
Tues. Oct. 6 - 27 | 9:00 am | 4 classes \$24 w/Ann
Wed. Oct. 7 - 28 | 9:00 am | 4 classes \$24 w/Margaret
Thurs. Oct. 1 - 29 | 9:00 am | 5 classes \$30 w/Peggy
Fri. Oct. 2 - 30 | 9:00 am | 5 classes \$30 w/Ann
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. Oct. 7 - 28 | 9:00 am | 4 classes \$24
Thurs. Oct. 1 - 29 | 9:00 am | 5 classes \$30
Develop strength, flexibility, muscular endurance, balance, and coordination with some low impact.

AQUA ZUMBA w/Fabiola 2 (Lap Pool)

Mon. Oct. 5 - 26 | 5:15 pm | 4 classes \$24
Tues. Oct. 6 - 27 | 5:35 pm | 4 classes \$24
Wed. Oct. 7 - 28 | 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. Oct. 6 - 27 | 8:00 am | 4 classes \$24 w/Peggy
Thurs. Oct. 1 - 29 | 8:00 am | 5 classes \$30 w/Peggy
Advanced class targets core strength and stability with dynamic movements using equipment and the water's resistance in both shallow and deep water.

AQUA CIRCUIT TRAINING 3-4 (Lap Pool)

Mon. Oct. 5 - 26 | 6:30 pm | 4 classes \$24 w/Dawn B.
Utilize our aqua bikes, treadmill and elliptical equipment while incorporating strength training. Upbeat and challenging cardio exercises to elevate your heart rate.

Open Swim \$3

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. Oct. 5 - 26 | 11:00 am - 1:00 pm | 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. Oct. 14 - 28 | 11 am - 1:00 pm | 3 classes \$48

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. Oct. 5 - 26 | 4:00 pm | 4 classes \$32 (McCardell)

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

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

Wed. Oct. 7 - 28 | 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. Oct. 1 - 29 | 6:00 pm | 5 classes \$30

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

FITNESS & RECREATION

BASKETBALL 5 on 5

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

BASKETBALL

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

BADMINTON

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

BILLIARDS & DARTS

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

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

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

CARDIO/WEIGHT ROOM

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

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

OPEN GYM - Free

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

TABLE TENNIS

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

VOLLEYBALL

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

WALKING TRACK

Please bring clean athletic shoes to change into to walk.

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

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

WEIGHT ROOM ORIENTATION

\$10 Each Session

Registration required *NO F&A FLEX PASS

Thurs. Oct. 8 | 12:30 - 1:30 pm & 1:30 - 2:30 pm

Tues. Oct. 20 | 4 - 5:00 pm & 5 - 6:00 pm

Thurs. Oct. 29 | 12:30 - 1:30 pm & 1:30 - 2:30 pm

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



CHAIR MASSAGE (Training Rm B)

Thurs. Oct. 15 | 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.

All new adventures for you!

FORD PIQUETTE PLANT MUSEUM | Fri. Nov. 6 | 9:30 am – 3:00 pm | \$65

As the birthplace of the Ford Model T car, the Ford Piquette Avenue Plant is recognized as one of the most significant automotive heritage sites in the world. It was built in 1904 on Piquette Avenue and the Milwaukee Junction Rail Line in Detroit. Enjoy a private 1.5 hour guided tour and discover the rich history of Model T. Lunch at Sinbad's is included. Please choose one of the following: Broiled Pork Chop, Iceland Cod, Broiled Chicken Breast, or Pasta with Vegetables. OPC transportation provided. **Cancellation deadline Oct. 23 - no refund after this date.**

MGM CASINO | Tues. Nov. 10 | 9:00 am – 3:00 pm | \$20

MGM Grand Detroit is a premium, AAA Four-Diamond resort and casino located in downtown Detroit, Michigan. Spanning 100,000 square feet, it features nearly 2,500 slot machines, 150 table games, and a state-of-the-art poker room. OPC transportation provided. **Cancellation deadline October 27 – no refund after this date.**

STARBRIGHT CHRISTMAS AT VICTORIA PLAYHOUSE | Tues. Nov. 17 | 9:30 am – 6:30 pm | \$165

Let joyful music fill the air with this heart-warming musical celebrating the spirit of Christmas. "Starbright Christmas 2026" at the Victoria Playhouse in Petrolia, Canada is filled with the glorious music of the season. Lunch is included at The Black Gold Brewery. Rybicki tour includes motorcoach transportation and gratuity for the tour manager. Driver gratuity is not included. **Cancellation deadline October 14 - no refund after this date.**

Passengers are required to present proof of citizenship. The following forms are acceptable: 1 VALID PASSPORT; 2 PASSPORT CARD; 3 ENHANCED DRIVERS LICENSE; 4 CERTIFICATES OF NATURALIZATION accompanied by a valid passport. Aliens need valid passports and valid US Re-Entry Permit.

THE PARADE COMPANY | Wed. Nov. 18 | 8:45 am – 3:45 pm | \$129

Experience a behind the scenes look at one of Detroit's most beloved traditions: America's Thanksgiving Parade®. Guests explore a vibrant world of color, creativity, and craftsmanship inside The Parade Company Studio. Lunch is included at Hudson Café, a modern Detroit favorite inspired by the historic Hudson's department store that once stood across the street. Choose one: Woodward Burger with Waffle Fries, Downtown Club with Waffle Fries, or Maurice Salad with Pita Bread. Tour the beautifully restored Detroit Opera House, including backstage areas normally closed to the public. Learn about its history, restoration, and how productions come together. Bianco tour includes motorcoach transportation. Driver gratuity is not included. **Cancellation deadline November 4 - no refund after this date.**

DSO LEGENDS: THE PAUL SIMON SONGBOOK | Fri. Nov 20 | 8:30 am – 4:00 pm | \$89*

Conductor Jeff Tyzik returns for an evening of music from the legendary Paul Simon. Explore his unique artistry as a songwriter from his years with Simon and Garfunkel through his solo albums Graceland and Rhythm of the Saints. You'll enjoy songs including "Bridge Over Troubled Water," "Me and Julio Down by the Schoolyard," "The Sound of Silence," and "50 Ways to Leave Your Lover." Transportation OPC bus. **Cancellation deadline November 6 – no refund after this date.**

ZEHNDER'S THREE MEN & A TENOR | Thurs. Dec. 3 | 10:00 am – 6:00 pm | \$139

Enjoy Zehnder's famous 2 Piece Chicken Luncheon paired with the high energy "Three Men & A Tenor Holiday Show," filled with music, laughs, and heartwarming moments for all ages. After the show, explore Zehnder's Marketplace for gourmet foods, unique gifts, and seasonal treasures. Shared Bianco tour includes motorcoach transportation. Driver gratuity is not included. **Cancellation deadline October 19 - no refund after this date.**




Historic Savannah & Charleston

MARCH 12 - 18, 2027



Trip Highlights:

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

Double \$4990
Single \$6315



Cancellation date:
December 6
No refund after
this date

Tour director and driver gratuities included

Brochures available with details






COMING SOON

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

Double \$5249
Single \$6649

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

Brochures available with details



Find out all about this once in a lifetime trip!

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



SWITZERLAND & CHRISTMAS MARKETS ON THE RHINE PRE-TRIP MEETING

Mon. Nov. 16 | 2:30 pm | Auditorium

Tracey from Premier World Discovery will be joining us to go over all 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. If someone else will be picking them up for you, just let her know.

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)

Open Enrollment is Oct. 15 - Dec. 7

OPC has appointments open Oct. 16 - Dec. 7 on various days and times. Please call the Senior Resource office at the number below to set up an appointment.

Appointments call: 248.608.0249

Ask receptionist for location

SUPPORT groups OPEN TO THE PUBLIC

ALZHEIMER'S/DEMENTIA CAREGIVERS GROUP

Tues. Oct. 20 | 1:30 - 3:00 pm | CR 4
Respite Care available. Register in advance at **248.659.1036**

LOW-VISION SUPPORT GROUP

Fri. Oct. 23 | 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. Oct. 30 | 1 - 3:00 pm | CR 4
An opportunity for those who are caring for their loved one to come together for support, sharing and time to talk with others who are also living with Parkinson's. Call facilitator Kathy Walton **248.568.3549**.

PARKINSON'S SUPPORT

Wed. Oct. 7 | 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. Oct. 2 & 16 | 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. Oct. 23 **Paint a Miracle**
1 - 2:30 PM OPC Art Studio

In Partnership with:



Fri. Nov. 20 **Music Therapy**
1 - 2:30 PM ADS Room

RSVP to: Kerri Gentry

248.608.0261

Protect Yourself from PHONE SCAMS!

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

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

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

MICHIGAN SECRETARY OF STATE

MOBILE OFFICE IS COMING TO YOU

Fri. Oct. 30
10:00 am - 3:00 pm
Classroom 4

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

What you can do:

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



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 Oct. 30 | 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 Registration 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.

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



Reservation line open:

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

Transportation Sponsor:





October MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JOIN US FOR LUNCH!

Lunch is served at OPC Mon - Fri at NOON

Reservations required -

Call 248.659.1032 by 11 am the day prior

COST: 60 & over - \$4 donation | Under 60 - \$5 charge

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

2 Rosemary Chicken Breast
Wild Rice
Roasted Brussels Sprouts
Garden Salad
Peaches/Bread

5 Stuffed Green Pepper
Roasted Potatoes
Carrots
Apple
Breadstick

6 Chicken Kiev
Red Skin Potatoes
Capri Blend Vegetable
Orange Sections
Bread

7 Pub Burger
Lettuce/Tomatoes
Cucumber Salad
Red Grapes

8 Tuna Tetrazzini
Broccoli Cuts
Garden Salad
Peach Halves
Bread

9 Port Patty
Sweet Potatoes
Mixed Vegetables
Banana
Dinner Roll

12 Vegetable Lasagna
Zucchini Cole Slaw
Grapes
Whole Wheat Bread

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

14 BBQ Chicken
Broccoli Salad
Potato Salad
Banana
Bun

15 Beef Stew w/Vegetables
Cole Slaw
Apple
Corn Bread

16 Turkey Breast w/Gravy
Sliced Potatoes
Steamed Spinach
Cabbage Slaw
Apple Crisp

19 Baked Pork Chop
Scalloped Potatoes
Mixed Vegetables
Apple Slaw
Fresh Pear
Bread

20 Smothered Chicken Breast
Chive Potatoes
European Blend
Fruit Surprise
Whole Wheat Bread

21 Tuna Tetrazzini
Cole Slaw
Green Beans
Orange
Wheat Bread

22 Oven Baked Fish
Potato Wedges
Broccoli Cuts
Banana
Bread

23 Pizza Supreme
Three Bean Salad
Garden Salad
Red Apple
Chocolate Chip Cookie

26 Stuffed Cabbage
Rosemary Potatoes
Carrots
Salad
Peach Slices
Bread

27 Meatloaf w/Gravy
Oven Browned Potatoes
Garden Salad
Mexican Corn
Fruit Salad
Wheat Roll

28 Ham Low Sodium
Scalloped Potatoes
Capri Blend
Tapioca Pudding w/Fruit
Breadstick

29 Chicken Cutlet w/Gravy
Roasted Potatoes
Mixed Vegetable
Apple
Bread

30 Tuna Pasta Salad
Shredded Lettuce
Pickled Beets
Fresh Orange
Mini Muffin

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

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




Volunteers Needed for FALL CLEAN UP

We are looking for individuals, families, companies, groups, students who would like to rake leaves for homebound seniors in our area.

-  Please bring your own gloves, rakes, leaf blowers and brown leaf bags.
-  You pick a date and time in November, and we will send you the address of the houses assigned to you!
-  Thank you for brightening the lives of our seniors.

Many hands make light work!

Volunteer@OPCcenter.org

Know a student who needs volunteer hours? Is your student group—like National Honor Society or Key Club—looking for a service project? Or is your company searching for a fun way to give back as a team? Grab your rakes and join us! Contact Daria for details and to get your group involved.

Daria Burcar, Volunteer Coordinator
 248-608-0270
volunteer@OPCcenter.org

HENRY FORD HEALTH

Wellness Center & Physical Therapy at OPC

Henry Ford Health remains committed to providing health and wellness support to the OPC members. At this time, we are planning to have staff available on Monday, Wednesday, and Friday in addition to our regular scheduled providers. Please consult the schedule posted on the Wellness Center door for any updates. Please be patient as we work to establish providers and support staff to meet the needs of the community.

Autumn provides delicious seasonal produce such as sweet potatoes, apples, beets, and dark leafy greens which support immunity and digestive health. You can also add spices like cinnamon, garlic, and turmeric to meals to enhance flavors, support heart health, and reduce inflammation.

ASK THE . . .

- **FAMILY MEDICINE RESIDENT DOCTOR** Wednesdays | 9 - 11:00 am | *No appointment required*
Meet with a resident to have your blood pressure checked and answer any questions you may have.
- **PHARMACIST** - Tues. Oct. 20 | 9 - 11:00 am | *Call for an appointment*
Identify potential medication interactions, learn about high-risk medications and address any other medication questions.
- **NURSE** Mondays & Fridays | 9:00 am - 3:00 pm | *No appointment required*
Meet with a Registered nurse to have your blood pressure checked and ask any questions you may have.
- **COMMUNITY HEALTH COORDINATOR** Wednesdays 9:30 am - 2:30 pm | *No appointment required*
Meet with the community health coordinator to discuss your health care needs and find the right fit for you.

ADVANCE CARE PLANNING - Mon. Oct. 19 | 10 - noon | *Call for an appointment*

Toni Glover, a Geriatric Nurse Practitioner, will meet with you to discuss advance care planning.

HEARING SCREENING - Tues. Oct. 13 | 9:30 am - noon | *Call for an appointment*

Catherine May, Certified Audiologist, will provide a hearing screening and review your results.

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 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 Mungioli

Next meeting:

**Nov. 5, 2026
5:00 pm**

OPC Social &
Activity Center
Classrooms 2 & 3

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. Perfect for gifts, collectors, or anyone who loves nature's artistry turned into wearable design.

Pop-Up Jewelry Sale

Thursday, Oct. 15
10 am - 3 pm

Friday, Oct. 16
10 am - 2 pm

Buy 2 necklaces, get 1 FREE!

Larry, our battery expert will be available!

Great selection of second hand jewelry ...

find something special for yourself or someone you love.

LOCAL ARTISTS & CRAFTERS

**Saturday
NOVEMBER 7
9 am - 3 pm**

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HOLIDAY
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2026**

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OPC Social & Activity Center | 650 Letica Dr. Rochester, MI 48307 | [OPCcenter.org](https://opccenter.org)



OPC

SOCIAL & ACTIVITY CENTER

The Best Place To Be 50+

THANK YOU TO THESE

Difference Makers

Donor Spotlight

Thank you to Beverly Rewold for her very generous gift to OPC. Donations of any size are greatly appreciated and provide a meaningful way to leave a lasting legacy while supporting OPC's mission.



George is always willing to help and is rarely seen without a

Volunteer Spotlight

smile. "I joined OPC because I have no immediate family in the area. I've made so many wonderful friends here. Volunteering is one way I am able to say 'Thank you' for all OPC has done for me." - George.

Department Spotlight

OPC's Transportation Department has been

recognized for going above and beyond to provide a positive experience for each rider.



Retirement Celebrations



Congratulations to Shirley (15 years) and Cindy (20 years) on their retirements! Thank you both for your many years of dedication, service and care for our OPC members. You will be missed!



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and Receive a Gift for 2



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AllSeasonsRochesterHills.com  

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hearinglife.com

Kip Toderan
Hearing Instrument Specialist
Lic. #350201879

*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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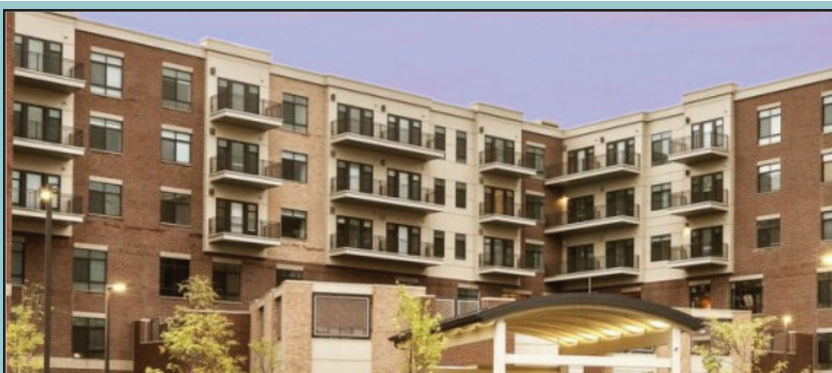
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OPC Social and Activity Center, Rochester, MI

15-0724



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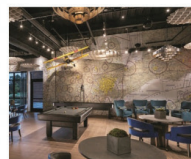
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