December 2026

THIS MONTH AT

OPC
SOCIAL & ACTIVITY CENTER

The Best Place To Be 50+

THEN. NOW. ALWAYS.





A note from the Executive Director, Renee Cortright

Then. Now. Always. Celebrating More Than 70 Years of OPC



Some promises are made in grand halls.
Ours was made over a deck of cards.

In 1956, a small group of seniors began meeting at the local VFW to play cards, swap stories, and enjoy each other's company. They didn't have much — but they had each other, and a shared belief that people who care can change lives. More than seven decades later, that belief is still the heartbeat of OPC.

Then: A Big Idea That Started Small

Those early gatherings met a need that has never gone away: the need to belong. The weekly card game was a reason to get out of the house, a check-in with friends, a place where nobody felt invisible. As word spread and neighbors joined, new needs came to light — warm meals, rides to the doctor, support for family caregivers. Year after year, OPC grew to meet those needs, guided by one simple idea: take care of one another.

Now: A Legacy You Can Count

Today, that spirit shows up in numbers the founders could hardly have imagined. In the past year alone, OPC:

- Prepared 90,826 meals, served and delivered in NE Oakland County
- Provided 58,355 transportation rides to doctor appts., grocery shopping, and more
- Delivered 9,446 units of supportive services for older adults and caregivers
- Engaged 250,731 people in fitness, arts, education, aquatics, and social programming

Behind every number is a person — a neighbor who feels less alone, a family that found help at the right moment, a new member who walked into a fitness class and left with new friends. That's the real measure of our success.

Always: The Promise Continues

Our communities are growing, and so are we. More people than ever are turning to OPC for programs that keep them active, connected, and thriving. As we look toward the next 50 years, our commitment remains the same: meet people where they are, adapt as our communities evolve, and make sure no one faces aging alone.



To our members, families, volunteers, partners, and team members — thank you. You are the reason OPC has thrived for more than half a century, and we're so grateful to walk this road with you.

Look for our Annual Giving Campaign in your mailbox or give online here: https://opccenter.org/ways-to-give/. Help us write the next chapter, together.

With heartfelt thanks and Holiday Wishes from the OPC Team Members who are here for you every step of the way.

Renee

OPC

The Best Place To Be 50+

Upcoming Events

December 2
A Country Holiday Show

January 18
Grandkid Swim

Building Closed

Wed. Dec. 23 @ 4:00 pm through Fri. Dec. 25

Thurs. Dec. 31 through Fri. Jan. 1

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

Featured December Programs



Front Cover — **Then. Now. Always.** OPC Annual Fund Drive

4 — **Holiday Magic with David Bennett** Festive music to get into the holiday spirit

4 — **A Country Holiday Show** Lively performance of holiday favorites & country tunes

8 — **Women's Luncheon Holiday Tea Party** Delightful eats, good company and festive melodies

9 — **Christmas at the Ford Rotunda** Relive the magic of the Rotunda's Christmas Fantasy

11 — **Santa's Workshop** Give a wooden reindeer a festive makeover

18 — **Leisure Travel** Your new adventure awaits

20 — **Supportive Services** Support & assistance for you or someone you know

Back Cover — **Bell Ringers & Festive Lunch** Celebrate the season with bells and a delicious lunch

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



Holiday Magic
with David Bennett



Thurs. Dec. 17 | 6 - 7:30 pm | Auditorium
Members $15 | Non-member $20

Get into the holiday spirit with an evening of festive music and timeless sounds! Acclaimed Michigan musician **David Bennett** brings his exceptional talent and signature swing style to holiday favorites for a spirited performance filled with musical charm and seasonal cheer.

Refreshments served - Open to the Public



A Sweet Experience

Mon., December 14 | 2:30 pm
Dining Room | $8

Our very own **OPC Sweet Beats Band** brings holiday cheer with an afternoon of festive tunes and seasonal favorites! Enjoy the sounds of the season, good company and a delicious *sweet treat* as we celebrate the holidays together.



The 650 Players present . . .

A down-home holiday filled with music, laughter and barnyard fun!

A Country Holiday Show

LUNCHEON SHOW:
Thurs. Dec. 3 | 12 – 2:00 pm | $25

DESSERT SHOWS:
Thurs. Dec. 3 | 6 – 7:00 pm | $15
Fri. Dec. 4 | 1 – 2:00 pm | $15

Sponsored by
Senior Housing Transitions

An entertaining mix of holiday favorites, country tunes, comedy and lively performances sure to put you in the holiday spirit.

OPEN TO THE PUBLIC

December *Life Long Learning* at OPC!

DINNER WITH DR. KAZZIHA:
Your Heart Under Pressure

Dec. 7 | 5:00 pm | $10 | Dining Room

The holidays may warm your heart, but can all that extra stress take a toll? Cardiologist **Dr. Kazziha** returns to OPC to explore the connection between stress and heart health, how your body responds to holiday pressures, and simple ways to ease the strain on your heart while keeping your holiday spirit strong.

Mediterrean Style Menu



WINGS OF WONDER:
Owls & Birds of Prey

Mon. Dec. 14 | 2:30 pm | $5 | Dining Room

Discover the fascinating world of owls and other birds of prey with the **Rochester Hills Nature Center.** Learn about their unique adaptations, hunting skills, and important role in nature during this engaging educational program.



Wed. Dec. 2 | 9:30 am | $2 Drop in
Dining Rm | PRE-REGISTRATION REQUIRED

In December, OPC is adopting a Veteran's family from Selfridge Air National Guard Base for our annual Operation Christmas, and we invite ALL OPC members to be part of this special tradition! We're working to fulfill the family's Christmas wish list, making sure we focus on their wishes, not wants! The list will be shared when available. Cash donations and gift cards are also welcome. Every contribution helps us show our gratitude and bring a little extra joy to a military family this holiday season.

Questions: Contact Marianne mmccauley@OPCcenter.org
Gift Wrapping Station 10:30 - 11:00 am.

PRESENTING SPONSOR: American House Senior Living Communities Village

BREAKFAST SPONSOR: Rutkowski Law Firm, Estate Planning & Elder Law

Classic Holiday Cookie Decorating Class

Thurs. Dec. 3 | 1 – 3:00pm | $40 | CR4







Take a break from the holiday hustle and get creative with **Audrey Edwards from Sweetflour LLC!** In this fun, hands-on class, you'll decorate festive gingerbread cookies while learning decorating techniques to bring your holiday creations to life. All materials are provided, so you can focus on the fun and take home your own beautifully decorated cookies.

A wonderful opportunity to learn something new, get into the holiday spirit, and create sweet treats to share with family and friends. *Perfect for beginners and cookie enthusiasts alike!*

ARTISAN HOLIDAY MARKET 2026

Supporting Sponsors: Mobile Notary of Oakland, Waltonwood Main & University



THANK YOU to our sponsors, vendors and 1,300 attendees for making this year a great success!

CARDS & GAMES

Fees paid at entry

EUCHRE
Mon. | 10 am – noon | $2 | CR 1 Beg. 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 Beginner Class *registration required*

BUNCO
Mon. | 12:30 – 2:30 pm | $2 CR 2

BRIDGE Drop-In
Mon. | 12:30 – 3:30 pm | $2 CR 3
Tues. | 10:00 – 12:30 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 | Library

DUPLICATE BRIDGE (Adv)
Experienced Players - Must have partner
Thurs. | 12:30 – 3:30 pm | $3 | CR 1

AMERICAN CANASTA
Thurs. | 12:30 – 3:30 pm | $2 | Library

CHESS FOR BEGINNERS All levels welcome!
Fri. | 10:00 - 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. Dec. 10 | 1:30 – 3:30 pm | $2 | Stu. 1/2
Whether you're a seasoned pro or new to the game scene there's something for everyone.

EUCHRE Tournament
Members Only

Wed. Dec. 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
Progressive Class w/Maria*	**Wed.	9:30 am	$5	CR 2**
Conversation Beg. w/Mike*	**Thurs.	10:30 am	$2	CR 3**

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

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 PC only - MAC assistance is not currently available).
Call 248.608.0263 to schedule day & time | $5 upon entry

IPHONE / IPAD Workshop for BEGINNERS w/Pam CR 4
Mon. Dec. 7 & 14 | 10 - 11:30 am | $2 upon entry
Explore the basics of your iPhone or iPad in this beginner friendly workshop, perfect for those just getting started.

TECH TALK w/Susan
Wed. | 10 - 11:00 am | $5 drop in | CR 3
Tech Talk: You Ask, we Explore
Have a technology question? Bring it along! Join Susan for a weekly open forum covering Windows, Apple, iPads, Android, PCs and tablets. Share questions, exchange ideas, and work together to find answers. No formal lessons, just friendly conversation and learning from one another!

DANCE

LINE DANCE Some experience suggested
Mondays | 1:00 pm | Auditorium | $7 upon entry

BALLROOM DANCE LESSONS
Mondays with Brit Miller, 2nd Street Studio of Dance
6 - 7:00 pm | Auditorium | $10 Drop-in
Put on your dancing shoes and enjoy an evening of music, movement and fun! Brit Miller will lead a lively ballroom dance lesson designed for all experience levels. No series commitment is required, come when you can, learn something new and enjoy dancing with friends!

MUSIC

COMING SOON!
Lessons *with David*
Registration starts Dec. 17

PIANO - 1 True Beginner
Wed. Jan. - Feb. | 10 - 10:50 am | CR 4 | $120 8 week session
Start with the basics and learn notes, simple melodies and foundational techniques while building skills.

PIANO - 2 Intermediate *(prerequisite: Piano 1)*
Wed. Jan. - Feb. | 11 - 11:50 am | CR 4 | $120 8 week session
Expand technique, strengthen musicality and continue developing confidence through guided practice.

PIANO - 3 Advanced *(prerequisite: Piano 2)*
Wed. Jan. - Feb. | 12 - 12:50 pm | CR 4 | $120 8 week session
Build on beginner foundation - strengthen key skills, improve music reading and gain confidence.

GUITAR - 1 True Beginner
Thurs. Jan. - Feb. | 10 - 10:50 am | CR 4 | $120 8 week session
Learn the fundamentals, basic chords, strumming patterns and simple songs. Build a sold foundation.

GUITAR - 2 Advanced
Thurs. Jan. - Feb. | 11 - 11:50 am | CR 4 | $120 8 week session
Expand chord knowledge, refine strumming and explore new songs and techniques.

UKULELE - 1 True Beginner
Thurs. Jan. - Feb. | 12 - 12:50 pm | CR 4 | $120 8 week session
Learn basic chords, simple strumming patterns and songs on this easy and fun to play instrument.

UKULELE - 2 Experienced Players
Thurs. Jan. - Feb. | 1 - 1:50 pm | CR 4 | $120 8 week session
Expand your skills and build on existing knowledge while improving technique, rhythm and confidence.

SWEET BEATS Instrument required
Tuesdays | 1:00 pm | Auditorium | $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 | Auditorium | $2 upon entry
Whether you play guitar, fiddle, harmonica, or sing, a welcoming group bringing the Nashville spirit to life.

GUITAR GROUP Instrument required
Tuesdays | 1:00 pm | Check Kiosk | $2 upon entry
Saturdays | 10:00 am | Check Kiosk | $2 upon entry

RECORDER Intermediate w/Renee & Ken
Fridays | 1:00 pm | $12 (6 weeks Nov/Dec) Class Rm. 4
Strengthen music reading, technique and confidence.
Required: *Soprano Recorder (avail. from instructor $8)*
Pre-req: *Recorder 1 & 2*

RECORDER 2 Intermediate w/Renee & Ken
Fri. | 1:00 pm | (6 weeks Nov/Dec) Class Rm. 4
Play contemporary and traditional music.
Pre-req: *Know fingerings, read notes & simple rhythms.*



$ FINANCIAL FRIDAY
Dec. 11 | 10:30 am | CR 2&3 | $2 upon entry

YEAR-END TAX, GIVING & GIFTING STRATEGIES: Make the Most of Your Year

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

As the year comes to a close, discover smart ways to approach year-end tax planning, charitable contributions and gifting strategies. Position yourself for the year ahead.

SPONSORED BY:
Rochester Wealth Strategies
Fiduciary • Fee-Only • Independent



Tues. Dec. 8 | 10:00 am | Auditorium

The talented third graders from **McGregor Elementary** are bringing a little extra holiday magic to OPC! Enjoy a heartwarming visit filled with Christmas carols, cheerful voices, and the joy of sharing the season across generations.



Women's Luncheon
Annual Holiday Tea Party

Thurs. Dec. 10 | 1:00 pm | $15 | Auditorium

Enjoy a charming afternoon of holiday tradition, delightful treats and good company at our Annual Holiday Tea Party. The Golden Belle Singers will fill the room with festive melodies and a sing-along, setting the stage for a lovely afternoon of music, laughter and seasonal cheer.

Pomeroy Living



SAVVY SENIORS
Breakfast

READY, SET, PLAY!

Wed. Dec. 16 | 9:30 am | $8
Dining Rm

Get ready for a morning of laughter, friendly competition, and great company! Take on quick *Minute to Win It* challenges, cheer on your friends, and compete for great prizes.

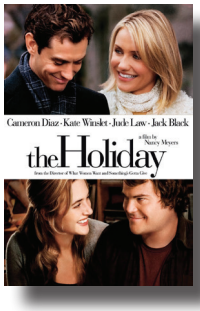
Sponsored by:
Comfort Keepers
Elevating the Human Spirit

MOVIES

SPONSORED BY:
Edward Jones



THE HOLIDAY

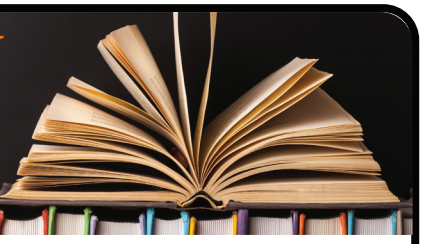


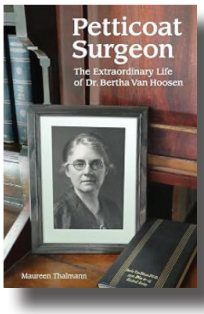
2006 - PG13 (2 hr 11 min)
Mon. Dec. 14 | 3:00 pm | Aud.
Starring Kate Winslet, Cameron Diaz, Jude Law and Jack Black, this heartwarming romantic comedy follows two women who swap homes for the holidays and unexpectedly find love, friendship and a fresh start. A charming seasonal favorite!

NO FRIDAY MOVIE IN DECEMBER

- Movies are complimentary -
Concessions available for cash purchase

BOOK CLUB





PETTICOAT SURGEON:
The Extraordinary Life of Dr. Bertha Van Hoosen
by Maureen Thalmann

Tues. Dec. 1 | 2:30 pm | CR 4
$2 upon entry

A pioneering female doctor in the early 1900s fights prejudice and challenges medical traditions while pursuing her dream of becoming a surgeon.

Connect & Engage

MONDAY WITH THE MAYOR
of Rochester Hills, Bryan Barnett
Mon. Dec. 14 | 9:30 am | Dining Rm

MAYOR OF ROCHESTER Debbie Jones
Thurs. Dec. 17 | 9:30 am | Atrium
A relaxed morning of conversation and community updates.

MEDITATE
Mondays | 6 - 7:00 pm | $2 drop-in | Conf. Rm. B
Help restore balance in life, manage stress and better your health.

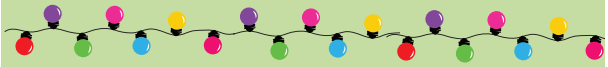
FOCUS ON THE ISSUES
Mon. Dec. 14 & 28 | 2 - 3:00 pm
$2 upon entry | Classroom 4
A casual discussion on current events.

MEN'S MEET UP Dining Room
Fri. Dec. 18 | 9:30 – 10:30 am | $2 drop-in



Enjoy coffee and conversation while connecting with other men. Share stories, hobbies and current events in a relaxed, friendly setting.

Bellbrook
ST. JOSEPH MERCY SENIOR COMMUNITIES





The Holly Jolly Millionaire Challenge

Fri. Dec. 18 | 2:30 pm | Dining Room | $5

Think you have what it takes to reach a million? Put your holiday knowledge to the test in a festive twist on ***Who Wants to Be a Millionaire!*** Answer holiday-themed questions, test your wits, and see how far you can go. Get ready for a holly jolly good time!

American House SENIOR LIVING COMMUNITIES HAMPTON VILLAGE



Wed. December 30
12:30 PM | $12
PIZZA, SALAD & SODA Included

8 BINGO GAMES
with up to 4 cards per player

THE VILLAGE AT ORCHARD GROVE
SHELBY CROSSING HEALTH CAMPUS

Terrific Tuesday!



Christmas at the FORD ROTUNDA: A Detroit Holiday Tradition

Tues. Dec. 8 | 4:30 pm | $15 | Dining Room

Step back in time with Dale Carlson to revisit the magic of the Ford Rotunda's beloved Christmas Fantasy with the spectacular holiday displays, Santa's Workshop, the Candy Cane North Pole and the towering 40-foot Christmas tree that made the Dearborn landmark a cherished holiday destination. Relive a treasured Metro Detroit tradition that came to a tragic end with a devastating fire in 1962.

Dinner: Roasted Turkey, Red Potatoes & Glazed Carrots

Sponsored & dessert provided by:

WALTONWOOD MAIN
Redefining Retirement Living®
SINGH



FESTIVE FLOW: Alcohol Ink Cards



Thurs. Dec. 3 | Studio 1/2
1 - 3:00 pm | $35*
Instructor: Mieke Rapp-Ulmann
Create beautiful, one-of-a-kind holiday greeting cards using the vibrant colors and flowing patterns of alcohol ink! Experiment with this exciting medium to make unique, colorful designs perfect for sharing warm holiday wishes with family and friends. Come enjoy the fun of making handmade cards for the season.

KINUSAIGA: A Fabric Holiday Masterpiece



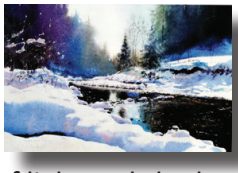
Wed. Dec. 9| Studio 1/2
1 - 3:00 pm | $50*
Instructor: Melissa Martiss
Create a beautiful holiday design using the Japanese art of Kinusaiga! Using colorful fabric pieces tucked into grooves in a prepared surface, create a festive Santa Hat sewing. This relaxing, hands-on workshop is perfect for adding a unique, handmade touch to your holiday décor. All materials provided.

POINSETTIA IN WATERCOLOR



Thurs. Dec. 10 | Studio 1/2
1 - 3:30 pm | $35
Instructor: Kathy Warriner
Paint a beautiful pink poinsettia while exploring soft watercolor washes, delicate petal details, color blending, and contrasting backgrounds. Create a festive floral painting perfect for the holiday season. Suitable for beginner and experienced artists.

WINTER WATERCOLOR



Wed. Dec. 2 & 16 | Studio 1/2
9:30 - 11:30 am | $30
Instructor: Greg Lautzenheiser
Snow-covered landscapes offer a beautiful way to explore the magic of light and shadow. Learn how to create depth, contrast, and the soft glow of winter light as you paint a peaceful snow scene.

A TREE-MENDOUS HOLIDAY



Thurs. Dec. 17 | Studio 1/2
1 - 3:30 pm | $45*
Instructor: Gabriela Orza
Get into the holiday spirit with this fun Christmas tree painting workshop! Create your own festive masterpiece featuring a glowing tree and sparkling ornaments on a 12" x 16" canvas. Perfect for beginners and experienced painters alike, this is a wonderful way to unwind, get creative, and make something special for your holiday home. All materials provided.

ANYONE CAN PAINT



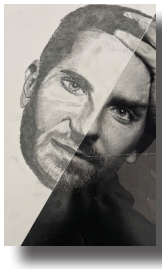
Tues. Dec. 29 | Studio 1/2
10 am - 12:00 pm | $25*
Instructor: Steve Wood
Warning: You may discover you actually *can paint*. Join us for a fun, no-pressure painting experience and create your own version of **"A Winter's Evening."** No artistic genius required, just follow along, and try not to judge your masterpiece until the paint dries.

A HOLIDAY PAINTING WORKSHOP



Mon. Dec. 7 | Studio 1/2
2 - 3:00 pm | $2*
Create your own seasonal masterpiece featuring snowy landscapes, sparkling snowflakes, or cheerful holiday decorations. Perfect for all skill levels, this relaxing class is a wonderful way to get creative and take home a handmade piece of winter décor. *All materials provided by the* ***Alliance of Coalitions for Healthy Communities.***

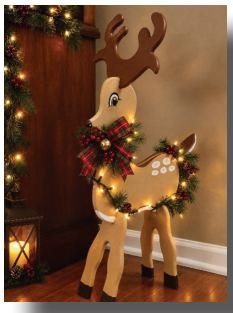
DRAWING PEOPLE BASIC WORKSHOP



Wed. Dec. 2 | CR 3 | $45 bring supplies
9 am - 3:30 pm **(1/2 hr. break for lunch)**
Instructor: Colleen Sanders
For students who have taken *Drawing for the Doubtful 1 & 2* and *Drawing People*, providing ample time to hone the skills they 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.

SANTA'S WORKSHOP

Dec. 16 | Studio 1/2
1:30 - 3:00 am | $10*
Instructors: Marianne & Lisa
Give a wooden reindeer a festive makeover in this fun hands-on workshop! Sand and paint your own charming reindeer, adding your personal touch with holiday colors and creative details. A cheerful decoration to display in your home for the holidays.



make something Beautiful!

STAMPIN' UP! GREETING CARDS w/Beth



Tues. Dec. 8 | 1 - 4:00 pm | Stu. 3 | $35*
Get crafty for **Christmas** 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 Dec. 6.*** *Additional kits, adhesives, and greeting cards available for purchase (cash or PayPal).*

JEWELED WREATH w/Cherie



Wed. Dec. 2 | 1 - 3:30 pm | Stu. 1/2 | $15*
Working on a black background, using bits and pieces of broken jewelry, create a unique addition to your holiday decor. Make it personal by bringing family jewelry to add to your creation.

BUTTON CHRISTMAS TREE w/Regina



Tues. Dec. 15 | 5:30 pm | Stu. 1/2 | $12*
Join us for a festive holiday craft! Create a charming Christmas tree from assorted buttons, displayed in a decorative picture frame. A delightful handmade decoration or gift.

Zentangle projects & techniques

HOLIDAY WREATH ZENTANGLE w/Cherie



Mon. Dec. 7 | 1 - 3:30 pm | Stu. 3 | $12*
Create a beautiful wreath design on round Zendala tiles using simple Zentangle patterns. Tiles will be provided. Bring your regular tangling pens and supplies, along with colored pencils, gel pens, or markers if you have them. Some supplies will be available to share. *Previous Zentangle experience is helpful but not required.*

"It's not about what you make, but the JOY you find making it!"



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 ONLY AND FOLLOWING DESIGNATED GUIDELINES.***



Working with Stone

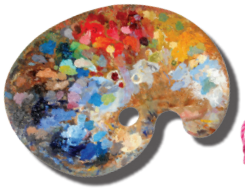
aka Lapidary

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 12/18

Registration & OPC Lapidary Class Required to Participate



Open Art Studio

NEEDLE ARTS - Library (Tuesdays CR 3)

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

Monday | 1 - 3:30 pm | $2 at door no 12/7

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 Dec. 8 - 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.*

Enrichment & Art Department

DONATIONS

Contact Lisa:

248.659.1037 or lyoung@OPCcenter.org

Drop-off by appointment only. Thank you!



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. Dec. 2 | 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.***

PROJECT CLASS: Handmade Holiday Creations

Wed. Dec. 9 | 2 - 4:00 pm | $80



Get creative and make something special for the holidays! Craft your own wooden holiday ornaments or a festive wreath to decorate your home or give as a handmade gift. Enjoy a fun, hands-on experience and add a personal touch to your seasonal décor. Perfect for all skill levels. ***Woodshop card required.***

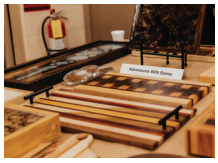
Bring hearing and eye protection.

Use of safety glasses during Woodshop classes is mandatory

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

A big **Thank You** to our OPC Woodworkers for hosting a fun and informative

Woodshop Open House!







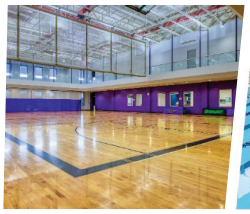


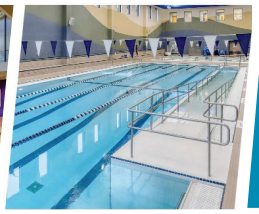












CHOOSE YOUR FITNESS LEVEL
1 - Begin w/ a chair
2 - Beginner
3 - Intermediate
4 - Advanced

LAND CLASSES

RISE & SHINE 2-3 (K. White)
M/W/F Dec. 2 - 23 | 8:00 am | 10 classes $60 w/Claire
Movements focus on specific exercises to improve strength and balance while using body weight and/or resistance equipment (weights, bands, balls).

CORE STRENGTH 2 (McCardell)
Level 3-4
Tues. Dec. 1 - 29 | 10:30 am | 5 classes $30 w/Kim*
Wed. Dec. 2 - 16 | 10:15 am | 3 classes $18 w/C Smith
Thurs. Dec. 3 - 17 | 8:30 am | 3 classes $18 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. Dec. 1 - 15 | 12:30 pm | 3 classes $184
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. Dec. 1 - 29 | 9:00 am | 5 classes $30 w/Therese
Fri. Dec. 4 - 18 | 9:00 am | 3 classes $18 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. Dec. 7 - 21 | 10:30 am | 3 classes $18 w/Claire
Mon. Dec. 7 - 21 | 11:30 am | 3 classes $18 w/Claire
Wed. Dec. 2 - 23 | 10:30 am | 4 classes $24 w/Claire
Thurs. Dec. 3 - 17 | 10:30 am | 3 classes $18 w/Claire
Fri. Dec. 4 - 18 | 11:30 am | 3 classes $18 w/Angeles
A standing and seated class focusing on full body movement, improving coordination, balance and core.

POUND FITNESS 3-4 w/Martie (McCardell)
Thurs. Dec. 3 - 17 | 1:30 pm | 3 classes $18
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. Dec. 1 - 15 | 4:00 pm | 3 classes $24
Thurs. Dec. 3 - 17 | 3:00 pm | 3 classes $24
Fri. Dec. 4 - 18 | 10:00 am | 3 classes $24
Fri. Dec. 4 - 18 | 11:00 am | 3 classes $24
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. Dec. 2 - 16 | 3:00 pm | 3 classes $24
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. Dec. 7 - 21 | 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. Dec. 1 - 29 | 2:30 pm | 5 classes $30
Thurs. Dec. 3 - 17 | 2:30 pm | 3 classes $18
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. Dec. 2 - 30 | 1:30 pm | 5 classes $30
Fri. Dec. 4 - 18 | 12:00 pm | 3 classes $18
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. Dec. 1 - 22 | 12:30 pm | 4 classes $24 w/Julie
Wed. Dec. 2 - 16 | 12:30 pm | 3 classes $18 w/Karen
Thurs. Dec. 3 - 17 | 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. Dec. 7 - 28 | 9:00 am | 4 classes $24
Wed. Dec. 2 - 30 | 9:00 am | 5 classes $30
Fri. Dec. 4 - 18 | 9:00 am | 3 classes $18
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. Dec. 7 - 21 | 12:30 pm | 3 classes $18 w/Fabiola
Tues. Dec. 1 - 15 | 9:30 am | 3 classes $18 w/Leah
Thurs. Dec. 3 - 17 | 9:30 am | 3 classes $18 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)
Thurs. Dec. 3 - 17 | 9:30 am | 3 classes $18 w/Claire
A challenging cardio and toning workout with equipment for all levels.

NEUTOFIT w/Karen 3-4
Tues. Dec. 1 - 15 | 11:30 am | 3 classes $18
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. Dec. 7 - 28 | 8:30 am | 4 classes $24 w/Kim C.
Fri. Dec. 4 - 18 | 8:30 am | 3 classes $18 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. Dec. 1 - 22 | 8:30 am | 4 classes $24
Thurs. Dec. 3 - 17 | 8:30 am | 3 classes $18 *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. Dec. 1 - 22 | 1:30 pm | 4 classes $24
Tues. Dec. 1 - 22 | 2:30 pm | 4 classes $24
Thurs. Dec. 3 - 17 | 1:30 pm | 3 classes $18
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.



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. Dec. 7 - 28 | 5:30 pm | 4 classes $24
Tues. Dec. 1 - 29 | 9:00 am | 4 classes $24 w/Kaylee
Wed. Dec. 2 - 30 | 5:30 pm | 4 classes $24
Thurs. Dec. 3 - 17 | 5:30 pm | 3 classes $18
Sat. Dec. 5 - 19 | 8:00 am | 3 classes $18
Sat. Dec. 5 - 19 | 9:00 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. All fitness levels.

CARDIO DANCE PARTY w/Dawn T. (McCardell)
Tues. Dec. 1 - 29 | 5:30 pm | 5 classes $30
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. Dec. 7 - 28 | 9:30 am | 4 classes $24 w/Kim C.
Wed. Dec. 2 - 23 | 8:20 am | 4 classes $24 w/Sabrina
Thurs. Dec. 3 - 17 | 11:30 am | 3 classes $18 w/Melinda
Fri. Dec. 4 - 18 | 9:30 am | 3 classes $18 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. Dec. 3 - 17 | 5:00 pm | 3 classes $24
Exercises and movements to improve your muscular endurance and performance.

BARRE FUSION w/Kim C. 3-4 (K. White)
Mon. Dec. 7 - 28 | 10:30 am | 4 classes $24 *McCardell Rm*
Thurs. Dec. 3 - 17 | 10:30 am | 3 classes $18
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. Dec. 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. Dec. 2 - 23 | 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. (Fitness Rm 3)
Mon. Dec. 7 - 21 | 10:00 am | 3 classes $18
Wed. Dec. 2 - 16 | 10:00 am | 3 classes $18
Foundational chair fitness class designed to improve functional movement, strength, balance and overall mobility using natural resistance of your body weight.

Please consult your doctor before starting any exercise program.

SUNRISE YOGA w/Kay 2 (Fitness Rm 3)
Tues. Dec. 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. Dec. 2 - 30 | 6:00 pm | 4 classes $24 no 12/23
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 (McCardell)
Sat. Dec. 5 - 19 | 8:30 am | 3 classes $18
Sat. Dec. 5 - 19 | 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. Dec. 7 - 28 | 2:00 pm | 4 classes $24
Mon. Dec. 7 - 28 | 3:00 pm | 4 classes $24
Tues. Dec. 1 - 29 | 11:30 am | 5 classes $30* w/Natasha
Wed. Dec. 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. Dec. 7 - 21 | 4:00 pm | 3 classes $18 w/Julie
Wed. Dec. 2 - 30 | 1:30 pm | 5 classes $30 w/Natasha
Thurs. Dec. 3 - 17 | 4:00 pm | 3 classes $18 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. Dec. 3 - 17 | 11:45 am | 3 classes $18
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. Dec. 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. Dec. 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. Dec. 7 - 21 | 9:00 am | 3 classes $18 w/Clair
Tues. Dec. 1 - 29 | 10:00 am | 4 classes $24* w/Kaylee
no 12/23
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. Dec. 3 - 17 | 10:30 am | 3 classes $18
A structured 50-minute class featuring a sequence of 26 postures and 2 breathing exercises. Designed to systematically work every past 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. Dec. 2 - 16 | 12:30 - 1:30 pm | 3 classes $24
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. Dec. 7 & 14 | 12:30 - 1:30 pm | 2 classes $16
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. Dec. 7 - 21 | 11:30 am – 12:30 pm | 3 classes $24
Wed. Dec. 2 - 16 | 11:30 am – 12:30 pm | 3 classes $24*
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

Drop-ins or Punch Cards when space is available.

AQUATIC CLASSES

AQUA MIX 2-3 (Lap Pool)
Sat. Dec. 5 - 19 | 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) w/Carol
Tues. Dec. 1 - 15 | 10:15 am | 3 classes $18
Wed. Dec. 2 - 16 | 11:45 am | 3 classes $18
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. Dec. 1 - 29 | 9:00 am | 5 classes $30 w/Margaret
Wed. Dec. 2 - 16 | 1:00 pm | 3 classes $18 w/Cecelia
Wed. Dec. 2 - 16 | 2:00 pm | 3 classes $18 w/Cecelia
Wed. Dec. 2 - 30 | 6:30 pm | 4 classes $24 w/Dawn B. no 12/23
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. Dec. 7 - 21 | 8:00 am | 3 classes $18 w/Sabrina
Tues. Dec. 1 - 29 | 8:00 am | 5 classes $30 w/Ann
Wed. Dec. 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)
Mon. Dec. 7 - 28 | 10:00 am | 4 classes $24 w/Debbie
Wed. Dec. 2 - 16 | 10:00 am | 3 classes $18 w/Cecelia
Thurs. Dec. 3 - 17 | 10:00 am | 3 classes $18 w/Cecelia
Fri. Dec. 4 - 18 | 10:00 am | 3 classes $18 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. Dec. 1 - 29 | 2:00 - 2:40 pm | 5 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. Dec. 1 - 29 | 2:45 - 3:25 pm | 5 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. Dec. 1 - 29 | 3:25 - 4:05 pm | 5 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. Dec. 7 - 21 | 9:00 am | 4 classes $24 w/Debbie
Tues. Dec. 1 - 29 | 9:00 am | 5 classes $30 w/Ann
Wed. Dec. 2 - 30 | 9:00 am | 5 classes $30 w/Margaret
Thurs. Dec. 3 - 17 | 9:00 am | 3 classes $18 w/Peggy
Fri. Dec. 4 - 18 | 9:00 am | 3 classes $18 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. Dec. 2 - 16 | 9:00 am | 3 classes $18
Thurs. Dec. 3 - 17 | 9:00 am | 3 classes $18
Develop strength, flexibility, muscular endurance, balance, and coordination with some low impact.

AQUA ZUMBA w/Fabiola 2 (Lap Pool)
Mon. Dec. 7 - 21 | 5:15 pm | 3 classes $18
Tues. Dec. 1 - 22 | 5:35 pm | 4 classes $24
Wed. Dec. 2 - 16 | 5:35 pm | 3 classes $18
Aqua class focusing on cardio-conditioning and body toning with Latin rhythms and easy to follow moves.

CHALLENGE YOUR CORE - Advanced (Therapy Pool)
Tues. Dec. 1 - 22 | 8:00 am | 4 classes $24 w/Peggy
Thurs. Dec. 3 - 17 | 8:00 am | 3 classes $18 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. Dec. 7 - 28 | 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 may not be available during scheduled classes.

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. Dec. 7 - 21| 11:00 am - 1:00 pm | 3 classes $12
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. Dec. 2 - 23 | 11 am - 1:00 pm | 4 classes $64
For intermediate players only. 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

GOLDEN SWANS BALLET w/Karen 1 (K. White)
Wed. Dec. 2 - 16 | 11:30 am | 3 classes $24
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.

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**

Tues. Dec. 1 | 3:30 - 4:30 pm & 4:30 - 5:30 pm
Thurs. Dec. 10 | 12:30 - 1:30 pm & 1:30 - 2:30 pm
Tues. Dec. 15 | 3:30 - 4:30 pm & 4:30 - 5:30 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.

BOX FIT w/Carol Schram 3-4 (Gym)
Thurs. Dec. 3 - 17 | 6:00 pm | 3 classes $18
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.

Day Trips

DSO - NATURAL WOMAN | Fri. Jan 8 | 9:00 am – 4:00 pm | $89*
Join GRAMMY®-nominated vocal powerhouse Sheléa as she celebrates the music of Aretha Franklin. Featuring classic hits including "Chain of Fools," "Say A Little Prayer," "Respect," and "Natural Woman," Sheléa brings the music of Aretha Franklin to life with her one-of-a-kind voice and masterful piano skills. Afterward, lunch at a local restaurant (your expense). Transportation on OPC bus. ***Cancellation deadline December 28 – no refund after this date.***

MEADOWBROOK THEATRE - CURTAINS | Wed. Feb. 3 | 11:00 am – 4:30 pm | $110
From the creators of *Cabaret and Chicago, Curtains* is a delightful and suspenseful musical that will keep you laughing and guessing until the very end. Lunch at Lelli's is included before the 2:00 pm matinee performance. Please select from the following menu choices: Chicken Picatta, Chicken Marsala, Shrimp Lelli, or Eggplant Parmigiana. All entrees include bread, salad, pasta bolognese, spumoni ice cream and coffee, tea or soft drink. Transportation on OPC bus. ***Cancellation deadline December 30 – no refund after this date.***

FAT THURSDAY | Thurs. Feb 4 | 9:50 am – 5:00 pm | $149
Join us for a memorable day in Hamtramck, featuring Polish food, music, history, art, and traditions! Learn about the Paczki tradition and take home a 6-pack of Paczki's. Enjoy a Polish lunch featuring sausage, pierogi, Warsaw chicken, potato pancake, dill pickle soup, kraut, Polish vodka, and coffee. Visit the Hamtramck Museum and the Polish Art Center and enjoy an Egg Painting Demonstration. Tour St. Florian Catholic Church known for its soaring twin spires, stained glass, and beautiful Polish heritage. Tour offered by Distinctively Detroit Tour. Gratuity not included. ***Cancellation deadline January 1 – no refund after this date.***

PURPLE ROSE - MILDRED WHISKEY | Thurs. Feb. 18 | 9:30 am – 6:45 | $167
On Thanksgiving Eve, dense fog traps four strangers in a run-down Detroit bar. Over drinks, laughs, and awful poetry, an uneasy night becomes an unexpected refuge where they feel seen, heard, and understood. Lunch at Karl's Cabin is included. Please select from the following menu choices: Chicken Picatta, Parmesan Encrusted Cod, or Cobb Salad. Shared Bianco tour includes motorcoach transportation. Driver gratuity is not included. ***Cancellation deadline is January 28 – no refund after this date.***

ZEHNDER'S - BEE GEES TRIBUTE | Thurs. Feb 25 | 10:00 am – 6:00 pm | $141
Night Fever, the world's premier Bee Gees tribute production, brings the unforgettable sound and energy of one of pop music's greatest groups to the stage. This all-Canadian cast from Toronto, Ontario, will take you back in time with the Bee Gees' greatest hits. The trip includes Zehnder's famous 2-piece chicken luncheon and time to shop in Zehnder's Marketplace. Browse a variety of specialty foods and gifts, including gourmet items, Zehnder's wines, cheeses, preserves, noodles, seasonings, accessories, and culinary products. Shared Bianco Tours provides motorcoach transportation. Driver gratuity is not included. ***Cancellation deadline is January 8 – no refund after this date.***

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 details on travel opportunities, contact Chris at 248-659-1030

OVERNIGHT TRAVEL





APRIL 28 - 29 2027

Brochures available with details

Trip Highlights:

- **1 Night at Hampton Inn by Hilton (Florence, KY)**
- **1 Breakfast**
- **1 Dinner - Grayhound Tavern, an award-winning restaurant and a Northern Kentucky landmark**
- **Art Encounter (Williamstown, KY)**
- **Belle of Cincinnati Luncheon Cruise**

- Escorted by a professional Bianco Tour Director
- Bianco Tour Director and Driver gratuities not included
- Round trip transportation via deluxe highway motorcoach equipped with reclining seats, overhead storage and restroom.

Double $525
Single $597

Cancellation date: March 10
No refund after this date

Because unforeseen events such as sudden sickness or injury could impact your travel plans, Bianco offers Travelex Insurance travel protection plans to help protect you and your trip investment. For more information or to purchase available plans, call Travelex Insurance at 1-800-228-9792. You can also visit the Travelex website at www.travelexinsurance.com. Follow the prompts and when the third window appears, select "Are you working with a travel agent"? Then enter our location number, 22-0035.

EXTENDED TRAVEL





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

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**

Waiting List Available!



Find out all about this once in a lifetime trip!

Double $5249
Single $6649

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

Brochures available with details

SUPPORTIVE SERVICES

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

LOW-VISION SUPPORT GROUP

No meeting until January
Provides information, socialization, support and speakers to those with low vision. Call **248.608.0246** for more info.

PARKINSON'S CARE PARTNER GROUP

Fri. Dec. 18 | 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. Dec. 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. Dec. 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: Waltonwood Main — Redefining Retirement Living®

Fri. Jan 22 1 - 2:30 PM — Music Therapy, ADS Room

Fri. Dec. 18 1 - 2:30 PM — Paint a Miracle, OPC Art Studio

In Partnership with: Paint A Miracle art studio

RSVP to: Kerri Gentry 248.608.0261

Area Agency on Aging 1-B

AgeWays

Nonprofit Senior Services

COUNSELING SERVICE PROGRAM

At AgeWays, we believe it's never too late to care for your emotional well-being. That's why we offer compassionate, supportive counseling for older adults facing challenges like loss, worry or life changes.

WE SUPPORT OLDER ADULTS WHO:

- Are feeling anxious, depressed, or isolated.
- Are coping with grief, caregiving, or life changes with aging.
- Need support managing health-related stress.
- Have mild to moderate mental health symptoms.

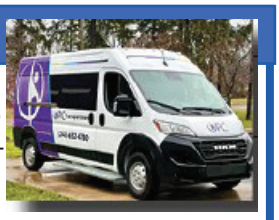
CONTACT AGEWAYS 800-852-7795

1. **Get Started.** Please call AgeWays today to start service.
2. **Meet Your Counselor.** Complete a first session over phone or video.
3. **Begin Your Journey.** Attend regular sessions from the comfort of home.

WHAT WE OFFER

- **Personalized Support Plans** based on your goals and challenges.
- **Confidential 1:1 Counseling** with licensed mental health professionals covered by Medicare.
- **Evidence-Based Care** tailored therapy approaches to support your unique needs.
- **Telehealth Sessions** via phone or secure video — Appointments at times that work for you.

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

Reservation line open:
Monday - Friday: 8:00 am - 5:00 pm

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.

Transportation Sponsor: Corewell Health™

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

December 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 Stuffed Pepper** Mashed Potatoes Normandy Vegetable Tropical Fruit Bread	**2 Chicken Cacciatore** Red Skin Potatoes California Blend Apricots Dinner Roll	**3 Sloppy Joe** Baked Beans Carrots Fruit Cocktail Bun	**4 Roast Turkey w/Gravy** Cornbread Stuffing Whole Green Beans Salad Fruit Bread
7 Swedish Meatballs Noodles Scandinavian Blend Cole Slaw Fresh Orange Dinner Roll	**8 Roast Pork Loin** Mashed Potatoes w/Gravy Spinach Pears Dinner Roll	**9 Chicken & Biscuit** Sliced Potatoes Mixed Vegetables Spinach Romaine Salad Pineapple Rings	**10 Italian Ravioli** Savory Spinach Cabbage Pineapple Slaw Wheat Bread Apple	**11 Sweet & Sour Chicken & Rice** Carrots Green Beans Pear Slices Bread
14 Macaroni & Cheese Mixed Vegetable Beets Fruit Cocktail Corn Muffin	**15 Chicken Florentine** Roasted Whole Potatoes Capri Blend Vegetable Peach Cobbler Dinner Roll	**16 Italian Lasagna** Italian Cut Green Beans Romaine Salad Pineapple & Mandarin Oranges Italian Bread	**17 Pizza** Three Bean Salad Creamy Cole Slaw Red Apple Cookie	**18 Rosemary Chicken Breast** Wild Rice Roasted Brussels Sprouts Fruited Jello Dinner Roll
21 Stuffed Pepper Sliced Potatoes Carrots Apple Bread	**22 Chicken Kiev** Red Skin Potatoes Capri Blend Vegetable Orange Sections Wheat Bread	**23 Hamburger on Bun** Lettuce/Tomato Cucumber Salad Red Grapes	**24** **BUILDING CLOSED**	**25** **BUILDING CLOSED**
28 Vegetable Lasagna Zucchini Cole Slaw Grapes Bread	**29 Spaghetti w/Meat Sauce** Italian Vegetable Cucumber & Tomato Salad Peaches Wheat Bread	**30 Stuffed Pepper** Mashed Potato Garden Salad Tropical Fruit Salad Wheat Bread	**31** **BUILDING CLOSED**	

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**

- - - Meals are subject to change based on availability - - -



Interested in Volunteering? contact:

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 your health and wellbeing. Unfortunately, we are not able to fill the vacancy for the Wellness Center at this time. We ask for your continued patience. Due to the holiday season, our To schedule any appointments, call 248-601-2888 or fill out a registration form located outside the Wellness Center.

ASK THE . . .

- **FAMILY MEDICINE RESIDENT DOCTOR** **Wednesdays | 9 am - 1:00 pm |** ***No appointment required***
  Meet with a resident to have your blood pressure checked and answer any questions you may have.
- **NURSE** **Mon. Dec. 14 & 21 & Fri. Dec. 4 & 18 |** ***Schedule subject to change - No appointment required***
  Meet with a Registered nurse to have your blood pressure checked and ask any questions you may have.
- **COMMUNITY HEALTH COORDINATOR** **Wed. Dec. 2 & 16 | 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.

HEARING SCREENING - **Tues. Dec. 8 | 9:30 am - noon |** ***Appointment required***
Catherine May, Certified Audiologist, will provide a hearing screening and review your results.

ADVANCE CARE PLANNING - **Mon. Dec. 14 | 10 - noon |** ***Appointment required***
Toni Glover, a Geriatric Nurse Practitioner, will meet with you to discuss advance care planning.

PODIATRIST NAIL TRIMMING - **Wed. Jan. 27 | 1 - 4:00 pm |** ***Appointment required***
Dr. Alek Frascone, DPM from Great Lakes Foot & Ankle will perform diabetic foot checks, cut and file toenails, inspect other abnormalities of the feet and routine foot checks. ***Please bring your insurance card and driver's license. Dr. Frascone will bill your insurance.***

HOME SAFETY VISITS - An expert will assess your home for safety concerns and make recommendations to help you age in place. Email nbutty1@hfhs.org for an appointment.

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

OUR TOWN CAFE

Proceeds Benefit Meals on Wheels

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
4″x 8″ $150	8″x 8″ $250	12″x12″ $500

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.

While OPC is unable to endorse our sponsors, speakers and advertisers, we greatly appreciate their support.

Drop-In PICKLEBALL Virtual Line

COURT RESERVE

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
Diana Mannino, Treasurer
Al Fisk, Secretary
James Gill, Jr.
Jeanne Langlois
Carol Morlan
Theresa Mungioli

Next meeting:
Dec. 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.

OPC SNOW DAY POLICY

OPC determines its own closures and does not follow the school system.

For closure notifications and updates go to:

- **OPC Website:** www.OPCcenter.org
- **Local TV News:** OPC will be included on the SE MI School Closing Listing
- **Email:** to members.

SHOP, DISCOVER, DELIGHT!



You never know what treasures you'll find at the **Mary Elizabeth Gift Shop!** Stop in and browse our unique artisan creations, handcrafted cards, and ever-changing selection of secondhand jewelry. Whether you're shopping for someone special or looking for a little something just for you, there's always something new to discover!

MARY ELIZABETH GIFT SHOP
Monday – Friday | 10 am – 2 pm



THE LAST 12 MONTHS AT OPC

Meals on Wheels and Onsite Dining

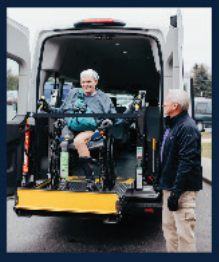
prepared, served and delivered

90,826 Meals

contributing to improved food security, diet and reduced social isolation









Transportation

delivered

58,355 Rides

to and from destinations such as doctors' offices, dialysis, shopping, work and OPC!

Supportive Services

provided

9,446 Units of Service

through the adult Day Service, support groups, medical equipment loans, food programs, counseling, minor home repairs and more.









Education, Arts, Fitness, Aquatics and Social Programing engaged

250,731 People

in activities and events that support the physical, mental, and social well being of the 50+

THEN. NOW. ALWAYS.

Help us write the next chapter, together.

Never miss our publication!



Get each new issue delivered straight to your inbox.

Scan to subscribe on MyCommunityOnline.com

Little space. Big impact.

Advertise here
Call 800-950-9952

BODY DONATION PROGRAM

Oakland University William Beaumont School of Medicine



Make your mark in medicine through the gift of body donation.

(248) 370-3457
bodydonation@oakland.edu
oakland.edu/medicine/body-donation-program

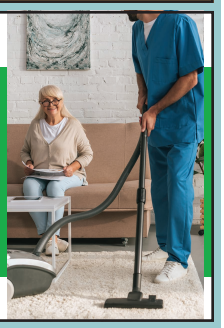
America's Choice in Home Care®
Visiting Angels®
LIVING ASSISTANCE SERVICES

Essential Senior Homecare Services
Located in Rochester Hills
• Errands • Shopping • Light Housekeeping • Meal Preparation
Friendly Companionship • Hourly Care • Respite Care for Families
(248) 649-8890
Each Visiting Angels agency is independently owned and operated.
www.VisitingAngels.com

MY HOUSE CLEANER

Proudly Serving Our Senior Community!

- Residential & Office Cleaning
- Vacuuming, Dustiing, Mopping & More
- Weekly, Biweekly, or Monthly Visits
- Move-In & Move-Out Cleaning
- Clothing drop-off to cleaners or laundromat



Call or Text: 847-749-9323



Spacious Senior Living Apartments in Rochester Hills



Waltonwood Main
Assisted Living & Memory Care
1401 N Rochester Road
248-601-7600



Waltonwood University
Independent Living & Assisted Living
3250 Walton Boulevard
248-375-2500

Call and schedule a tour of our newly renovated communities today!

WALTONWOOD®
Redefining Retirement Living
SINGH

www.Waltonwood.com

Does your organization need a newsletter?
We'll cover the printing costs!

Learn more at lpicommunities.com

Advertise Here!

Increase visibility in your community.

GRACE Senior Living™
ASSISTED LIVING AND MEMORY CARE

2791 Walton Blvd
Rochester Hills, MI 48309
248-841-4151
GraceSeniorLiving.com



Assisted Living • Guided Living • Memory Care

Senior Living Where Residents Feel Loved, Listened To, and Respected • Locally Owned & Operated

CROSSBRIDGE HOSPICE
People caring for people
(248) 837-4390
www.crossbridgehospice.com

Jennifer
Certified
Master Gardner
Garden Designs
& Clean Up
586-344-6931

Briarwood
HEATING and COOLING
SALES and SERVICE
FURNACES, AIR CONDITIONERS, WATER HEATERS AND BOILERS



Call Today to Claim Your
$59.95 Special!
248-299-8126
46851 Dequindre, Rochester Hills, MI 48307

Senior Homeowner Special (55+)
$59.95
FURNACE CLEAN & CHECK
Stay warm and comfortable when it matters most!
(Regularly $69.95)

TRANE COMFORT SPECIALIST

Family Owned & Operated | Licensed & Insured

Estate Planning Made Simple.

Let me help you put a clear plan in place so your family avoids confusion, court, conflict, and avoidable costs.

Kelly T. Braun
Local Estate Planning Attorney
The Law Office of Kelly T. Braun, PLLC
248-581-4425
kelly@ktbraunlaw.com
ktbraunlaw.com

Wills | Trusts | Powers of Attorney
Lady Bird Deeds

Jane Evans
— YOUR REALTOR FOR LIFE —
Your Rochester/Rochester Hills/Oakland Twp Expert
Top 100 Agents in Oakland County
Resident of Rochester Hills for 23 Years

I've Made a Move,
But Offering the Same Great
Customer Service As Always!
@properties
CHRISTIE'S INTERNATIONAL REAL ESTATE



248.766.5263 • janeevans@atpropertiesremi.com
105 W 4TH STREET, ROCHESTER MI 48307
www.janeevanshomes.com

Every Person.
Every Time.
Because no one should navigate care alone.
Call us anytime, day or night.
888-247-5701 or visit hom.org



Hospice of Michigan
A member of NorthStar Care Community



Professional. Persistent. Prepared to Serve.
Laura Cattermole
The Agent You Hire Matters.
248-346-4715
Laura@TheIntegrityTeam.com
Find Your Home's Value!
The Integrity Team at kw Collaborative KELLERWILLIAMS
Each Office is Independently Owned and Operated | Office Phone: 248-850-2575
0213-2613



CEDARBROOK
SENIOR LIVING
ROCHESTER

CELEBRATE LIFE EVERY DAY!

Welcome to Cedarbrook Senior Living, a premier destination in Rochester, providing independent living, assisted living, and memory care options. Our community is filled with friendly residents and associates who will make you feel right at home. We invite you to embark on a journey filled with unforgettable moments, laughter, love and adventure! Call us today to schedule a visit.

790 Letica Drive, Rochester, MI 48307
www.cedarbrookofrochester.com

248-841-2850

We offer a variety of on-site amenities to choose from...



Salon & Spa



Aviator Pub



Fitness Center



CHANNO DDS
Family Dentistry
Your Smile is our Passion
1100 West University Drive
Rochester, MI, 48307
(248) 651-3317 | channodds.com

Jen's Comfort Care
COMPASSION. CONNECTION. CARE.

Contact us for a FREE in-home consultation

(586) 651-0900
jen@jenscomfortcare.com
www.jenscomfortcare.com

THE LAW OFFICE OF
STEPHANIE KRANE-BOEHMER

Questions?
Scan for a **FREE Consultation**

ESTATE PLANNING • BANKRUPTCY

20+ years of experience helping clients navigate through life's transitions



Located in Rochester Hills

Call or Text: **248-293-0048**
stephanie@skblawyer.com

WELCOME TO RIVER OAKS **SENIOR LIVING**

DISCOVER LIFE'S **NEXT ADVENTURE**



RIVER OAKS
ASSISTED LIVING & MEMORY CARE

At River Oaks Senior Living, you can enjoy the type of lifestyle you desire. With art and music classes available, seminars with guest lecturers, and opportunities to have a night on the town with your friends and family, we provide endless opportunities to celebrate life and enjoy yourself. Live life on your terms, enjoying what you want when you want at River Oaks Senior Living.

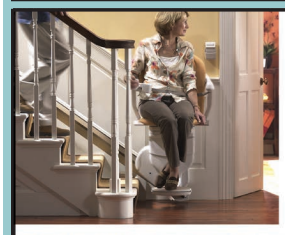


500 E. University Dr., Rochester, MI • 248-601-9000 • www.riveroaksmi.com

ROCHESTER | 248.651.8137
WATERFORD | 248.674.4181
ORION | 248.371.3777

Modetz Family Funeral Homes

Thank you for choosing our family for your family.
www.modetzfuneralhomes.com



BARRIER FREE REMODELING

Certified Aging in Place *Specialists*

Let us help bring **safety, freedom** and **comfort** to *your* home.



- Bath/shower chairs
- Grab bars
- Stair chairs
- Lift chair/recliner
- Aluminum exterior ramps
- Tub to shower conversions

CAPS Remodeling

Call today and get a *FREE* consultation!

248.246.1669
capsremodeling.com
Family Owned | Insured | Licensed

Advertise in Our Newsletter!

Contact Gari Kersten
gkersten@4LPi.com
(800) 950-9952 x8197

Specializing in post-acute rehabilitation and nursing care

WellBridge of Rochester Hills

248.218.4800

252 Meadowfield Drive
Rochester Hills, MI 48307
www.thewellbridgegroup.com



FOLLOW ME ON FB & IG

kw PAINT CREEK

Jeff Todd

Jeff brings decades of local knowledge and experience as a Senior Specialist.

100% Trusted

"The Man With Two First Names"

- 50 years living in the Rochester area
- Top 5% in Sales at Keller Williams Realty
- Real Trends Excellence Awardee

Call, Text or Email:
248-496-7875
KWJeffTodd@gmail.com
JeffToddRealtor.com

Contact Me For A Free Market Analysis!



No act of kindness is ever wasted

Our community wouldn't be the same **without you!**

We install grab bars

DETROIT GRAB BAR

You should never know you needed one.

Be proactive!

David Wegener
davidw@detroitgrabbar.com

(248) 283-4519

www.detroitgrabbar.com

Do You Hear But Not Understand?

DON'T MISS OUT ...ON THE MOMENTS THAT MATTER MOST!



Now is the time to find out whether the difficulties you're experiencing with your hearing are due to hearing loss or maybe just ear wax.

For a **LIMITED TIME ONLY** Beltone is offering:
-**FREE** Comprehensive hearing screenings.
-**FREE** Check-ups on any hearing aid.
-**FREE** In-Office trials of our latest technology.
-**FREE** $20 Amazon Gift card after completing your screening.**

Beltone

(248) 841-4878

1460 Walton Blvd., Ste # 4 | Rochester Hills, MI

** Rules and restrictions may apply, see office for details.

HAIG'S of ROCHESTER FINE JEWELRY
custom • classic • antique & objects of art

311 S. Main St.
Rochester, MI 48307

Serving Rochester for 50 Years!

Full service jewelry shop offering:
Estate Evaluations
Jewelry & Gemstone Buying
Gold, Silver, & Coin Buying
Appraisals • Custom Designs
Jewelry & Watch Repairs



Paul Haig:
Cell: 248-705-9070

248-652-3660 • www.haigsofrochester.com

COME SEE WHY SO MANY SENIORS CALL AMERICAN HOUSE HOME SWEET HOME!

Call one of our Rochester Hills communities today!

Elmwood
(248) 686-2560

Stone
(248) 494-4322

American House SENIOR LIVING COMMUNITIES
AmericanHouseMI.com

SINGLE-STORY | AFFORDABLE | FAMILY-OWNED

MANNOR LAW GROUP
Excellence in Estate Planning and Elder Care



Don't Let Memory Loss Cloud Your Loved One's Future

How can Mannor Law Group help your family regain peace of mind?

- **Dementia-Specialized Attorneys:** We're a dementia-focused law firm and understand the unique planning and care needs of those with dementia and their families.
- **Compassionate Care Navigation:** Our social workers guide you through every step of the elder care journey with empathy and understanding.
- **Wills & Trusts:** Ensure your loved ones are cared for - no matter what.



Call Today 800-990-6030

Or scan this code to visit our website

(800) 990-6030 | www.mannorlawgroup.com | info@mannorlaw.com

Rochester | Grand Blanc | Brighton

HALLMARK HOMECARE
A Referral Agency

Caregiver Search | Recruitment | Placement

The "Hallmark Model of Care" offers caregiver recruiting services, directly matching clients with fully vetted, experienced, insured caregivers.

HALLMARKHOMECARE.COM (248)744-2529



When It's Time for a Change, You Don't Have to Navigate It Alone.

Certified Residential Specialist
Residential / Commercial
Customized plans to meet all your needs
Complimentary Staging
Moving Services • Relocation Services
Proud Member of the Rochester OPC



Don't list your home with just anyone.
List with someone who knows your neighborhood!



BERKSHIRE HATHAWAY HOMESERVICES
KEE REALTY

Senior Real Estate Specialist (SRES®)
Serving Rochester Hills for over 27 Years.

Cheryl Parisi *Realtor®*
ABR®, CRS, SRES®, SRS

248-733-5806

Parisirealty@gmail.com
Parisirealty.com

Experience · Knowledge · Integrity

210 W University Suite 4, Rochester, MI 48307

Free Loaner Cars

AUTO POINT COLLISION

We Also Do Mechanical

(248) 852-2358 | 2185 Crooks Rd, Rochester Hills, MI 48309

DILIBERTI BROS
Premium Home Improvement

Kitchens, Basements, & Bathrooms

Meet the Bros at DilibertiBros.com • 248-978-8958

AVON ON THE LAKE

- 2 & 3 Bedroom Available
- For Rent Starting at $1159
- For Sale Starting at $45,000

For more information scan QR code or call community!

(248) 852-3444



Avon on the Lake
2889 Sandpiper
Rochester Hills, MI 48309

CRANBERRY LAKE

- 2 & 3 Bedroom Available
- For Rent Starting at $1109
- For Sale Starting at $40,000

For more information scan QR code or call community!

(248) 698-1120



Cranberry Lake
9620 Highland Rd.
White Lake, MI 48386

yes! communities

Mention this ad and receive a free welcome gift at time of lease signing!

FREE AD DESIGN WITH PURCHASE OF THIS SPACE

Call 800.950.9952

OPC
The Best Place To Be 50+

650 Letica Drive
Rochester, MI 48307

NON-PROFIT
U.S.POSTAGE
PAID
SOUTHFIELD, MI
PERMIT NO. 63

Registration for all DECEMBER activities begins on THURSDAY, NOVEMBER 19

BUSINESS HOURS

Monday - Thursday:
8:00 am - 7:45 pm
Friday:
8:00 am - 4:00 pm
Saturday:
8:00 am - 2:00 pm

CONTACT INFO

General Information
248.656.1403
Meals on Wheels
248.608.0264
Senior Support Services
248.608.0249
Transportation
248.652.4780

FOLLOW US
OPCcenter.org

Lunch with a touch of FESTIVE SPIRIT!



WEDNESDAY, DECEMBER 9
Concert: 11:30 am - noon
Lunch: noon - 1:00 pm

-- MENU --
Roast Beef Au Jus
Salad
Mashed Potatoes
Green Beans
Cherry Cheesecake
Dinner Roll

Music sponsored by: Caring Transitions
Senior Relocation • Downsizing • Estate Sales

Celebrate the season with a Bell Ringing Group, led by OPC Board Member Al Fisk, as they fill the dining room with festive music followed by a delicious lunch.

$4 Donation - 60 and over | $5 Charge - under 60

Reservations required - Call 248-608-0275
Begins Nov. 19 (limited seating)

HOLIDAY BUILDING CLOSURES:

Wed. Dec. 23 at 4:00 pm - Fri. Dec. 25
Thurs. Dec. 31 - Fri. Jan. 1