November 2026

THIS MONTH AT

OPC
SOCIAL & ACTIVITY CENTER

The Best Place To Be 50+

ARTISAN HOLIDAY MARKET 2026

Saturday
NOVEMBER 7
9 am - 3 pm

$3 at the door

Supporting Sponsors:

WALTONWOOD
Redefining Retirement Living
SENIOR
MAIN & UNIVERSITY

MOBILE NOTARY OF OAKLAND
248.805.1517

Unique Handmade Items from Local Artists & Crafters

Supports the OPC Enrichment & Arts

A note from the Executive Director, Renee Cortright

OPC Transportation: Keeping the Greater Rochester Community on the Move!

For more than five decades, OPC Transportation has helped our neighbors get where they need to go. What started as a senior transportation program through the Rochester-Avon Recreation Authority in the early 1970s now touches thousands of lives every year.



OPC *Where it all began — serving seniors since the early 1970s.*

The numbers say it all. Over the past 12 months, OPC Transportation provided **58,355 ride**s — enough miles to circle the earth 12.5 times. Behind every ride is a resident who arrived safely, comfortably, and with confidence.

This door-to-door service welcomes residents 18 and older, with priority for seniors 55+, adults living with disabilities, veterans, and low-income riders across Rochester, Rochester Hills, and Oakland Township. Every vehicle is lift-equipped, so all riders travel with ease and dignity.


OPC *Today — providing 56,680 rides a year across three communities.*

Residents count on OPC to reach what matters most: medical and dental appointments, work, shopping, activities at OPC, and destinations across all three communities. We also connect riders to medical facilities in Auburn Hills, Troy, Royal Oak, Sterling Heights, and beyond. Visit **OPCtransportation.org** for a full list of facilities, plus details on the rider application, scheduling, and hours of service.

OPC remains the premier transit provider in Oakland County, and the results speak for themselves. We hold the **#1 spot for on-time performance** — well ahead of regional peers — and earned a perfect **100% community awareness rating.** These numbers reflect a service our residents know, trust, and rely on every day.

The OPC Annual Giving Campaign launches this November with the theme **"Celebrating OPC's History. Investing in our Future!"** Watch for our appeal in the mail. As a 501(c)(3) charitable organization, OPC relies on donations and fundraising to support part of our annual budget. Your generosity helps us provide essential services and programs for seniors. That's a legacy worth celebrating – and investing in.

Save the Date: Artisan Holiday Market on Saturday, November 7, from **9 am to 3 pm.** Shop for the holidays or just for fun! Discover one-of-a-kind art, gifts, and products from **90+ talented artisans** across the Greater Rochester area. This event is open to the public, so bring your family and friends. We can't wait to see you there!

ARTISAN HOLIDAY MARKET 2026

We are truly blessed by our amazing members, volunteers, and staff — and in turn, we strive to be a blessing to the seniors we serve.

Happy Thanksgiving to one and all!

From the OPC Team

OPC

The Best Place To Be 50+

Upcoming Events

November 7
Artisan Holiday Market

November 18
Thanksgiving Lunch

Building Closed

Wed. Nov. 25 @ 4:00 pm
through Sun. Nov. 29
Reopens on Mon. Nov. 30

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

Featured November Programs

Front Cover — **Artisan Holiday Market**
Shop unique | Shop handmade

02 — **Big Band**
Great music with the Metro Music Makers

04 — **Piano Wars**
Music, laughter and good-natured competition

09 — **Diwali - Festival of Lights**
Discover the tradition with a fun interactive afternoon

10 — **Anyone Can Paint - Really!**
Paint your Holiday Cabin masterpiece

12 — **Woodshop Project Class**
Create your own charcuterie board from start to finish

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

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

Back Cover — **Thanksgiving Lunch**
A festive holiday meal served with all the trimmings

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



Metro Music Makers
BIG BAND

Tuesday, Nov. 17
2:30 - 4:00 pm | Auditorium
Members $15 | Non-member $20

Spend the afternoon with great music and a festive atmosphere as the Metro Music Makers bring the sounds of the big band era. Enjoy a lively mix of familiar favorites, toe-tapping tunes and timeless melodies performed by this talented ensemble.

It's an afternoon of music, memories, refreshments and fun!

PIANO WARS!

Thursday, Nov. 12
6 - 7:30 pm| Auditorium
$15 members | $20 non-members

OPEN TO THE PUBLIC

An evening of music, laughter & good-natured competition!
Get ready to sing along, make requests and cheer on the **Midwest Dueling Pianos** as two pianists go head-to-head with the songs you know and love.
Bring your friends and your sense of fun!



Refreshments & Tasty Bites | Cash Beer & Wine

Signature Internal Medicine
DR. KATHRYN HINDERER



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

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

OPEN TO THE PUBLIC

November *Life Long Learning* at OPC!

LIVE ANIMAL MEET & GREET

Mon. Nov. 9 | 10:00 am | $5 | Dining Room

Meet some special animal ambassadors from the **Rochester Hills Nature Center!** Members of the Outdoor Engagement team will introduce you to these fascinating animals and share what makes each species unique. Learn about their role in nature and how the Nature Center helps build connections between our community and the wildlife found in our own backyards.

YOUR SMILE YOUR HEALTH
What Your Dentist Wants You to Know

Fri. Nov. 20 | 2:30 pm | $5 | Dining Room

Dr. Christopher Manduzzi, D.D.S., brings his years of experience in modern dentistry to OPC for an informative look at the connection between oral health and overall well-being. Learn what really matters as we age, how dental care has changed, and what you can do to protect your teeth, gums and smile for years to come. Bring your questions for this engaging and practical conversation with a dentist who believes in keeping his patients informed.



CHRISTMAS: THE STORIES THAT CHANGED HISTORY

Fri. Nov. 13 | 2:30 pm | $5 | Dining Rm

Best-selling author **Laurie Chandlar** brings history to life through photographs, videos and fascinating true stories from around the world. Based on research for her new novel, you'll discover the surprising stories behind the first Rockefeller Christmas tree, a Holocaust survivor who became a Korean War Medal of Honor recipient, the origins of Christmas stockings, a beloved Christmas hymn born from the aftermath of the Civil War, and the first Christmas Eve radio transmission in 1906. A refreshing and hopeful look at the history behind the holiday traditions we know today.

Take an opportunity to learn something new!

THE CHEESE EXPERIENCE

Taste, Pair & Discover with "The Cheese Lady"

OPEN TO THE PUBLIC

Thursday, Nov. 19 | 1 – 2:30 pm | CR 4 | $45



Enjoy a flavorful journey through the world of cheese with our class brought to you by cheese monger and educator **Barbara Marriner,** Owner of *The Cheese Lady* Rochester.

Sample four thoughtfully chosen cheeses, discover the stories and traditions behind each one, and learn how to pair them with the included delicious accompaniments. Whether you're new to cheese or already a devoted enthusiast, this interactive tasting will build your confidence, sharpen your palate, and inspire your next favorite cheese-board pairing.

LUNCH & LEARN

MANNOR LAW GROUP
Excellence in Estate Planning and Elder Care

MATTERS: Avoiding Conflict when the Stakes are High

Mon. Nov. 16 | 1:00 pm | Dining Room | $10

When important decisions need to be made, even close families can find themselves facing disagreements and difficult conversations. Learn how thoughtful planning and clear communication can help prevent conflict, protect relationships and keep the focus where it belongs: on care, connection and the people you love.

MICHIGAN
MICHIGAN STATE
SPIRIT DAY!



Go Blue! FRIDAY
Go Green! Nov. 6

It's time to show your colors!
Wear your favorite Michigan or Michigan State game jersey to OPC and represent your team as we gear up for the big game on Sat., Nov. 7.
Let's see which team has the most spirited fans!

CARDS & GAMES

Fees paid at entry

EUCHRE

Mon. | 10 am – noon | $2 | CR 2 Beg. Practice Day
Wed. | 12:30 – 3:30 pm | $2 | CR 1/2 no 11/18

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
Never played Bunco? Come to our:
Thankful for BUNCO Party on Mon. Nov. 2, 12:30 - 2:30 pm for a fun afternoon of dice, laughs, treats and punch. We'll show you how to play - no experience or partner needed.
Bring a friend and discover why everyone loves BUNCO! Members only

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 | CR 1 no 11/18

DUPLICATE BRIDGE (Adv)

Experienced Players - Must have partner
Thurs. | 12:30 – 3:30 pm | $3 | CR 1

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. Nov. 12 | 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. Nov. 4 | 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

Beginner 1 w/Laura — **Mon. | 10:00 am | $5 | CR 1**
Start at the very beginning while learning introductions, how to talk about yourself and your family. Began in Sept.-newcomers are welcome.

Beginner 2 w/Laura — **Mon. | 11:15 am | $5 | CR 1**
Continue building - Previous experience, Laura's Beginner 1 class completion or equivalent experience required.

Progressive & consistent attendance encouraged / Registration Required

Progressive Class w/Maria*	**Wed.	9:00 am	$5	CR 2**
Conversation Beg. w/Mike*	**Thurs.	10:30 am	$2	CR 3**

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

AMERICAN SIGN LANGUAGE (ASL) Back in January!

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. Nov. 2 & 16 | 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.

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

LESSONS *with David*

PIANO LESSONS - 2 *(prerequisite: Piano 1)*
Wed. Nov. 4, 11, 18 & Dec. 2, 9, 16 | 10 - 10:50 am | CR 4 | $90
Expand technique, strengthen musicality and continue developing confidence through guided practice.

PIANO LESSONS - 3 *(prerequisite: Piano 2)*
Wed. Nov. 4, 11, 18 & Dec. 2, 9, 16 | 11 - 11:50 am | CR 4 | $90
Build on beginner foundation - strengthen key skills, improve music reading and gain confidence.

UKULELE LESSONS - 1
Wed. Nov. 4, 11, 18 & Dec. 2, 9, 16 | 12 - 12:50 pm | CR 4 | $90
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. Variety of instruments available.

SWEET BEATS Instrument required
Tuesdays | 1:00 pm | Library | $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 | Library | $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 1 Intermediate w/Renee & Ken
Fridays | 1:00 pm | $12 (6 weeks Nov/Dec) Class Rm. 4
Required: *Soprano Recorder (avail. from instructor $8)*

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

SAVVY SENIORS

COMFORT, CARE & CHOICES

Breakfast

Wednesday, Nov. 11
9:30 am | $8 | Dining Rm

Hospice is a resource many people wait too long to explore, often because they don't know what it really means or when to consider it. Join **Genitiva Hospice** for an informative and approachable conversation about hospice care, when it can be helpful, what services are available and the choices families have when selecting a hospice provider.

Comfort Keepers® Elevating the Human Spirit™

VETERANS CONNECTION

Wed. Nov. 4 | 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.*

Special Speaker: Matthew Daigler, Program Director of Detroit Veteran Village, will share information about the Tunnel to Towers Foundation's Veteran Village Program and the resources available to veterans experiencing or at risk of homelessness.

PRESENTING SPONSOR: American House Senior Living Communities Village

BREAKFAST SPONSOR: HomeWell Care Services

A SWEET SALUTE to our VETERANS

Veterans Day Ice Cream Bar Giveaway

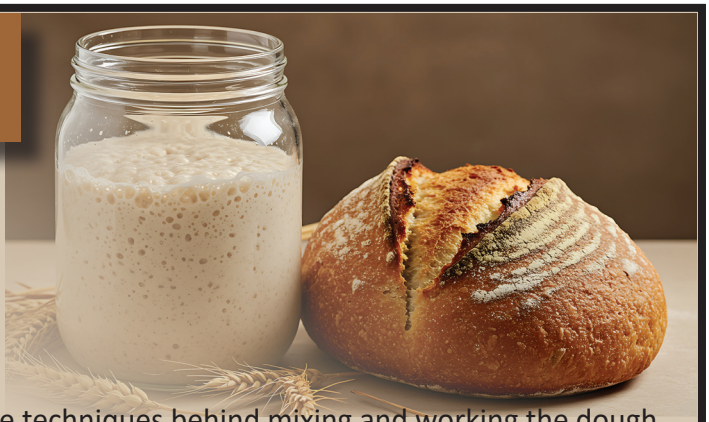
Wed. Nov. 11 | 1 - 2:00 pm | Lobby

Stop by for a FREE ice cream bar as we celebrate Veterans Day!

If you'd like to help spread a little holiday cheer, bring an empty Christmas gift bag to donate for our December Operation Christmas Mission, when OPC adopts a veteran family from Selfridge Air National Guard Base for the holidays. The gift bags will be used to wrap the gifts collected for the family.

THE ART OF SOURDOUGH

The delicious craft of creating beautiful, flavorful bread!



Thurs. Nov. 19 | 3 - 4:30 pm | $75 | Dining Room

There's something special about a loaf of homemade sourdough, a crisp, golden crust, a tender, chewy center and that unmistakable tangy flavor. Join sourdough instructor **Alaina Campbell** for a hands-on experience exploring the art and science behind this beloved bread.

Discover what makes a sourdough starter thrive, learn the techniques behind mixing and working the dough, and pick up Alaina's tips for creating flavorful, artisan-style bread at home. Sample delicious sourdough and take home your own sourdough starter so you can begin your baking adventure right away!

No prior experience necessary — just bring your curiosity and love of good bread!

$ FINANCIAL FRIDAY

Nov. 13 | 10:30 am | CR 2&3 | $2 upon entry

RETIREMENT INCOME PLANNING: Making Your Money Last

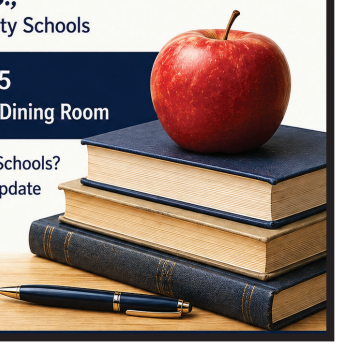
Presented by:
Xenia Woltmann, Vice President Wealth Manager | CCO

How do you turn your savings into a reliable income that can last throughout retirement? Xenia shares practical strategies for creating a retirement income plan, managing withdrawals and making the most of the money you've worked hard to save.

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

STATE OF THE SCHOOL DISTRICT

With Nicholas A. Russo, Ed.S.,
Superintendent, Rochester Community Schools



Thursday, November 5
1:00 pm - 2:00 pm | OPC Dining Room

What's happening in Rochester Community Schools? Join Superintendent Nicholas Russo for an update on the district, current priorities, and what's ahead for our local schools.

OPEN TO THE PUBLIC

MOVIES

SPONSORED BY:
Edward Jones



PLANES, TRAINS, & AUTOMOBILES

1987 - (1 hr 50 min)

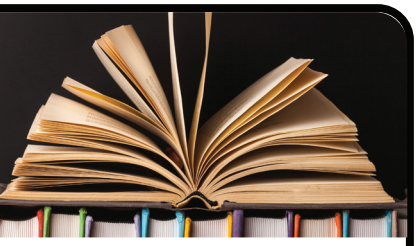
Mon. Nov. 23 | 3:00 pm | Auditorium

Steve Martin and John Candy star in this hilarious holiday road-trip comedy about two very different travelers who are determined to make it home for Thanksgiving.

NO FRIDAY MOVIE IN NOVEMBER

- Movies are complimentary -
Concessions available for cash purchase

BOOK CLUB



PROJECT HAIL MARY
by Andy Weir

Mon. Nov. 9 | 6:00 pm | Library | $2 upon entry

When astronaut Ryland Grace wakes up alone on a spacecraft, he must solve a scientific mystery to save Earth from extinction. A thrilling blend of science, humor, and unexpected friendship.

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. Nov. 16 | 9:30 am | Dining Rm

COFFEE & DONUTS
with Rochester Mayor, Debbie Jones
Thurs. Nov. 19 | 9:30 am | Atrium
Enjoy a relaxed morning of conversation, community updates and a sweet treat provided by Mayor Jones.

FIRESIDE POETRY CIRCLE
Fri. Nov. 20 | 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. Nov. 9 & 23 | 2 - 3:00 pm
$2 upon entry | Classroom 4
A casual discussion on current events.

PLAYWRITING WORKSHOP
Thurs. Nov. 19 | 6:30 pm | $5 | CR 3
Continue developing your short play with Laura. Bring your pages and ideas building toward a 10-minute script. Meets monthly.

MEN'S COFFEE TALK Dining Room
Fri. Nov. 20 | 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



Turkey BINGO

Wed. November 25
12:30 PM | $12

8 BINGO GAMES
with up to 4 cards per player

PIZZA, SALAD & SODA Included

The Village at Orchard Grove
Shelby Crossing Health Campus

Fun & Games

DIWALI FESTIVAL OF LIGHTS

Cooking, culture, dance and a little DIY sparkle!

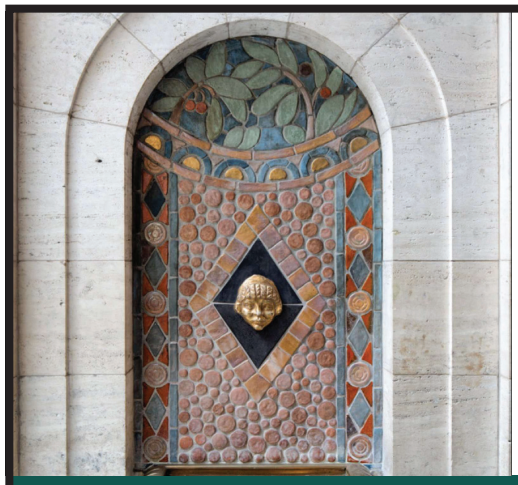
Mon. Nov. 23 | 1 – 2:30 pm | Dining Room | $10

Discover the traditions of Diwali, India's Festival of Lights, with a fun and interactive afternoon! Watch an Indian cooking demonstration and sample the dishes and a special Diwali dessert, learn about the meaning and traditions of the holiday, and try your hand at a simple classic Indian dance.



Create your own glowing Diwali-inspired light to take home, along with a special light-themed gift from our presenters!

American House Senior Living Communities HAMPTON





PEWABIC: Detroit's Tile Treasure

Terrific Tuesday!

Tues. Nov. 10 | 4:30 pm | $15 | Dining Room

Discover the fascinating story of Detroit's most treasured artistic legacies, Pewabic Pottery, founded in 1903. Explore the people, artistry and history behind these beautiful tiles and ceramics, and learn how these iconic works became part of Detroit's most memorable buildings and landmarks.

Dinner: Pub Burgers

Sponsored & dessert provided by:

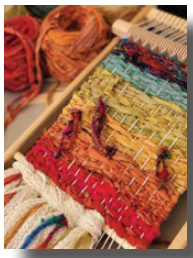
Waltonwood University
Redefining Retirement Living
Singh

FUSED GLASS: Holiday Ornaments



Wed. Nov. 11 | Studio 1/2
1 - 3:00 pm | $65*
Instructor: Melissa Martiss
Create a beautiful one-of-a-kind fused glass ornament! Learn how to layer and arrange colorful pieces of glass to design your own unique holiday decoration. No glass working experience is needed, just bring your creativity!

THREADS, TEXTURES & TALES



Tues. Nov. 3 & 10 | Studio 1/2
10 am - 12 pm | $60*
Instructor: Boisali Biswas
Back by popular demand! Known for her imaginative use of weaving, dyeing, painting, and natural materials, Boisali brings a unique blend of art, culture, and storytelling to her workshops. This time, experiment with yarn, found objects, textures, and nature-inspired elements as you create a one-of-a-kind fiber artwork. No two pieces will be alike, and you may be surprised by what you can create when you think beyond traditional weaving! *All supplies included.*

ACRYLICS FROM THE BEGINNING



Tues. Nov. 17 | Studio 1/2
10 am - 2 pm | $55
Instructor: Janet Almstdat-Davison
Learn the basics as you experiment with different mediums, textures, and techniques. Create your own technique sampler, and try fun ways to add dimension and interest. Then, put your new skills to work in a finished acrylic painting that brings those techniques to life. A great opportunity to experiment, play with texture, and discover new ways to make your artwork stand out! *Email: lyoung@opccenter.org for supply list.*

PAINT LIKE THE MASTERS: Apple Blossom



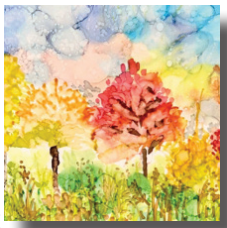
Thurs. Nov. 19 | Studio 1/2
1 - 3:30 pm | $45*
Instructor: Gabriela Orza
Explore Vincent van Gogh beyond *Sunflowers and Starry Night* as you recreate Almond Blossoms (1890), a delicate painting he created as a gift for his newborn nephew. Discover Van Gogh's expressive use of color, light, and bold brushwork while creating your own interpretation of this beautiful masterpiece. ***Some acrylic painting experience is required.***

ANYONE CAN PAINT



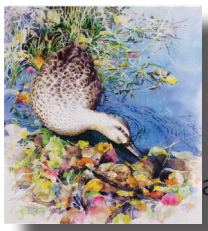
Mon. Nov. 23 | Studio 1/2
10 am - 12:00 pm | $25*
Instructor: Steve Wood
Warning: You may discover you actually *can paint*. Join us for a fun, no-pressure painting experience and create your own version of **"Holiday Cabin."** No artistic genius required, just follow along, and try not to judge your masterpiece until the paint dries.

AUTUMN IN INK



Wed. Nov. 4 | Studio 1/2
1 - 3:30 pm | $45*
Instructor: Mieke Rapp-Ulmann
Bring some color to November with a fun and festive **Alcohol Ink Workshop!** Experiment with vibrant inks, shimmering metallics, and exciting techniques to create a beautiful one-of-a-kind piece of art. Perfect for **fall décor, holiday gifting, or simply because you love it!** No artistic experience necessary.

AUTUMN CREEK DUCK



Wed. Nov. 11 & 18 | Studio 1/2
9:30 - 11:30 am | $30
Instructor: Greg Lautzenheiser
Paint a peaceful late-autumn scene in watercolor featuring duck quietly feeding along a gently flowing creek, surrounded by colorful fallen leaves. Explore warm fall colors, soft reflections, and the tranquil beauty of nature while creating this charming seasonal painting. Perfect for artists who enjoy peaceful, nature-inspired watercolor scenes.

A CORNUCOPIA OF COLOR



Thurs. Nov. 12 | Studio 1/2
10:30 am - 12:30 pm | $25*
Instructor: Susan Sanderson
Explore the rich colors of autumn as Susan guides you in creating a beautiful cornucopia in pastel.

HOLIDAY TABLE TOPPER



Thurs. Nov. 19 | Studio 3
1 - 5:00 pm | $70*
Instructor: Deb VanderLinde
This beautiful square-to-round basket will look stunning on any table filled with your holiday decorations. Beautifully crafted red or green leather handles. Measures: 12" diameter x 3.5" tall.

A LITTLE GLASS MAGIC



Tues. Nov. 3, 10 & 17 | Woodshop
2 - 5:00 pm | $75*
Instructor: Dave & Diane
Turn pieces of colorful glass into something truly magical! In this **hands-on stained-glass workshop**, choose a design and create a beautiful piece of your own. Feeling festive? Create a sparkling holiday design perfect for decorating or gifting. Prefer something a little different? Choose your own design and let your personality shine through! You'll learn the techniques for cutting, foiling and assembling stained glass with plenty of guidance along the way.

SAND ART FOR WELL-BEING



Mon. Nov. 16 | Studio 1/2
2 - 3:00 pm | $5*
Take a little time to slow down and get creative with a colorful sand art project led by the **Rochester/Auburn Hills Community Coalition.** Layer vibrant sands to create your own unique design while enjoying a relaxed, open-studio atmosphere. No artistic experience needed, come create, unwind and connect!

DRAWING FOR THE DOUBTFUL: Part 2

Wed. Nov. 4, 11 & 25 | Classroom 3
12:30 - 3:30 pm | $55 bring supplies
Instructor: Colleen Sanders
A follow up to Colleen's Drawing for the Doubtful 1. Weekly assignments help hone the skills learned in the previous four weeks. Subjects covered will include Line, Space, Value, Perspective and more, taught in a relaxed, comfortable noncompetitive environment. Email lyoung@opccenter.org for supply list.

DRAWING FOR THE DOUBTFUL: Part 3

Wed. Nov. 4, 11 & 25 | Classroom 3
9 am - 12:00 pm | $55
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!

STAMPIN' UP! GREETING CARDS w/Beth

Tues. Nov. 10 | 9 am - 12:00 pm | Stu. 3 | $35*
Tues. Nov. 10 | 1 - 4:00 pm | Stu. 3 | $35*



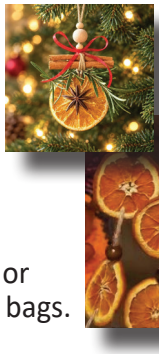
Get crafty for **Give Thanks** with Beth Kozik, Independent Stampin' Up! Demonstrator! Create six festive cards (two each of three designs) using fun Stampin' Up! products. Sign up for one session or both and enjoy a creative afternoon of stamping, laughs, and spooky fun! ***Register by Nov. 6.*** *Additional kits, adhesives, and greeting cards available for purchase (cash or PayPal).*

COASTAL CHRISTMAS w/Susie



Wed. Nov. 18 | 1 - 3:30 pm | Stu. 1/2 | $15*
Transform a naturally shaped Florida palm tree collar into charming, whimsical reindeer. With a little imagination, paint, and a few simple decorations, it comes to life with antlers, face, and plenty of personality!

FESTIVE & FORGED: DRIED CITRUS DECOR w/Molly



Fri. Nov. 20 | 1 - 3:30 pm | Stu. 1/2 | $12*
Create nature-inspired ornaments and garland using dried citrus, pinecones and other natural materials. Enjoy a relaxing craft experience while making beautiful seasonal decor for your home or adding a natural touch to gift boxes and bags.

Zentangle projects & techniques

WINTER ZENTANGLE w/Cherie



Mon. Nov. 9 | 1 - 3:30 pm | Stu. 3 | $12*
Get into the winter spirit without the cold! Have fun tangling snowflakes, snowmen, and seasonal sayings on rustic wood disks using pens and colored pencils. Turn your creations into ornaments, package decorations, or refrigerator magnets. Bring your favorite pens or colored pencils, or supplies are available to use in class. *All supplies are provided, and no previous Zentangle experience is needed!*



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.***

POTTERY CLASSES w/Harvey

Wed. Nov. 4 - Dec. 16 (no class 11/25)
***Additional $16 fee for clay paid to cashiers**

HANDBUILDING TECHNIQUES | 9:00 am - noon | $100*
Get creative with clay! Learn hand-building techniques, slab making and fun surface-decorating methods using stamps, molds, cookie cutters and silk screening. Create a variety of unique projects along the way.

WHEEL CLASS | 1 - 4:00 pm | $100*
Learn the basics of creating decorative, functional and artistic pottery on the wheel. Explore glazing, finishing and unique surface techniques to give your pieces a personal touch.

SMALL GROUP POTTERY | 4:30 - 7:30 pm | $100*
A more personalized pottery experience with small groups! Hand building covers clay prep, slab work, and surface design, while wheel focuses on throwing, glazing, and finishing. Each class has a limited number of spots for both hand building and wheel.



Working with Stone
aka Lapidary

OPEN STUDIO | Studio 1/2 | $7 each session
Thursday 4:45 pm - 7:45 pm | Fridays 8:30 am - noon
Saturday 8:30 - 1:30 pm

Registration & OPC Lapidary Class Required to Participate

BEGINNING LAPIDARY
Mon. Nov. 2 & Wed. Nov. 4 | 4:30 - 7:30 pm | Stu. 1/2 | $30
Discover the art of lapidary—the process of cutting, shaping, and polishing stones. In this hands-on class, begin the process of learning how to identify suitable stones and safely use the OPC lapidary equipment to create beautiful jewelry or decorations. *No experience needed. All tools and materials provided. Come prepared to get a little dusty!*



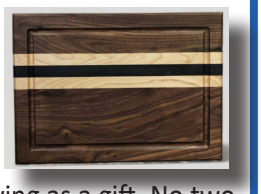
Working with Wood

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. Nov. 4 | 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: Craft your Charcuterie
Wed. Nov. 11 & 18 | 2 - 4:00 pm | $80
Turn a piece of wood into something beautiful and useful! Create your own charcuterie board from start to finish. Learn woodworking techniques while shaping, sanding, and finishing your board into a unique piece perfect for entertaining, serving appetizers, or giving as a gift. No two boards will be exactly alike! ***Woodshop card required.***



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



Open Art Studio

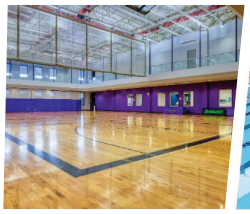
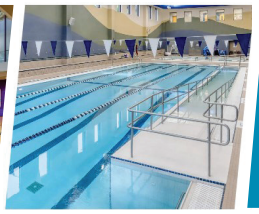
NEEDLE ARTS - Library (Tuesdays CR 3)
Tuesday | 1 - 3:00 pm
Thursday | 1 - 3:00 pm
$2 *at door each session*
Knit, crochet, sew, quilt, embroider. Share ideas.

CRAFTING TOGETHER - Studio 1/2
Monday | 1 - 3:30 pm | $2 at door ***no class 11/16***
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 (Nov. 10 - 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.*

Mark your calendar for the Artisan Holiday Market on Saturday, Nov. 7. from 9 am - 3 pm.
Many talented OPC artisans will be there!

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 Nov. 2 - 30 | 8:00 am | 12 classes $72 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. Nov. 3 - 24 | 10:30 am | 4 classes $24 w/Kim*
Wed. Nov. 4 - 25 | 10:15 am | 4 classes $24 w/C Smith
Thurs. Nov. 5 - 19 | 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. Nov. 3 - 24 | 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. Nov. 3 - 24 | 9:00 am | 4 classes $24 w/Therese
Wed. Nov. 4 - 25 | 8:00 am | 4 classes $24 w/Sharon
Fri. Nov. 6 - 20 | 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. Nov. 2 - 30 | 10:30 am | 5 classes $30 w/Claire
Mon. Nov. 2 - 30 | 11:30 am | 5 classes $30 w/Claire
Wed. Nov. 4 - 25 | 10:30 am | 4 classes $24 w/Claire
Thurs. Nov. 5 - 19 | 10:30 am | 3 classes $18 w/Claire
Fri. Nov. 6 - 20 | 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)
Mon. Nov. 2 - 30 | 1:30 pm | 5 classes $30
Thurs. Nov. 5 - 19 | 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. Nov. 3 - 24 | 4:00 pm | 4 classes $32
Thurs. Nov. 5 - 19 | 3:00 pm | 3 classes $24
Fri. Nov. 6 - 20 | 10:00 am | 3 classes $24
Fri. Nov. 6 - 20 | 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. Nov. 4 - 25 | 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. Nov. 2 - 30 | 4:00 pm | 5 classes $30
Gentle, slow movements with easy breathing help improve balance, flexibility, and joint mobility. This relaxing practice supports strength, reduces stress, and promotes overall well-being. Simple to learn and ideal for older adults. Open to all fitness levels.

TANG SOO DO w/Ron (McCardell)
Tues. Nov. 3 - 24 | 2:30 pm | 4 classes $24
Thurs. Nov. 5 - 19 | 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. Nov. 4 - 25 | 1:30 pm | 4 classes $24
Fri. Nov. 6 - 20 | 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. Nov. 3 - 24 | 12:30 pm | 4 classes $24 w/Julie
Wed. Nov. 4 - 25 | 12:30 pm | 4 classes $24 w/Karen
Thurs. Nov. 5 - 19 | 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. Nov. 2 - 30 | 9:00 am | 5 classes $30
Wed. Nov. 4 - 25 | 9:00 am | 4 classes $24
Fri. Nov. 6 - 20 | 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.

BASIC STRENGTH TRAINING w/Therese (Weight Rm)
Tues. Nov. 3 | 2:00 pm Fri. Nov. 20 | 2:00 pm
Thurs. Nov. 12 | 5:30 pm *$10 each date/session*
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. Nov. 2 - 30 | 12:30 pm | 5 classes $30 w/Fabiola
Tues. Nov. 3 - 24 | 9:30 am | 4 classes $24 w/Leah
Thurs. Nov. 5 - 19 | 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. Nov. 5 - 19 | 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. Nov. 3 - 24 | 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. Nov. 2 - 30 | 8:30 am | 5 classes $30 w/Kim C.
Fri. Nov. 6 - 20 | 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. Nov. 3 - 24 | 8:30 am | 4 classes $24
Thurs. Nov. 5 - 19 | 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. Nov. 3 - 24 | 1:30 pm | 4 classes $24
Tues. Nov. 3 - 24 | 2:30 pm | 4 classes $24
Thurs. Nov. 5 - 19 | 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. Nov. 2 - 30 | 5:30 pm | 5 classes $30
Tues. Nov. 3 - 24 | 9:00 am | 4 classes $24 w/Kaylee
Wed. Nov. 4 - 18 | 5:30 pm | 3 classes $18
Thurs. Nov. 5 - 19 | 5:30 pm | 3 classes $18
Sat. Nov. 14 - 21 | 8:00 am | 2 classes $12
Sat. Nov. 14 - 21 | 9:00 am | 2 classes $12
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. Nov. 3 - 24 | 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. Nov. 2 - 30 | 9:30 am | 5 classes $30 w/Kim C.
Wed. Nov. 4 - 18 | 8:20 am | 3 classes $18 w/Sabrina
Thurs. Nov. 5 - 19 | 11:30 am | 3 classes $18 w/Melinda
Fri. Nov. 6 - 20 | 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. Nov. 5 - 19 | 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. Nov. 2 - 30 | 10:30 am | 5 classes $30 *McCardell Rm*
Thurs. Nov. 5 - 19 | 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. Nov. 3 - 24 | 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. Nov. 4 - 18 | 9:15 am | 3 classes $18
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. Nov. 2 - 30 | 10:00 am | 5 classes $30
Wed. Nov. 4 - 25 | 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)
No dance experience needed.
Mon. Nov. 2 - 30 | 3:00 pm | 5 classes $30
A fun, feel good movement class set to upbeat music, guiding you to learn short combinations that will challenge your brain and body and boost your mood.

Please consult your doctor before starting any exercise program.

SUNRISE YOGA w/Kay 2 (Fitness Rm 3)
Tues. Nov. 3 - 24 | 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. Nov. 4 - 18 | 6:00 pm | 3 classes $18
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. Nov. 14 - 21 | 8:30 am | 2 classes $12
Sat. Nov. 14 - 21 | 9:30 am | 2 classes $12
Calm and gentle practice with traditional yoga movements. Bring a yoga mat - blanket is optional.

CHAIR YOGA w/Georgia (K. White)
Mon. Nov. 2 - 30 | 2:00 pm | 5 classes $30
Mon. Nov. 2 - 30 | 3:00 pm | 5 classes $30
Tues. Nov. 3 - 24 | 11:30 am | 4 classes $24* w/Natasha
Wed. Nov. 4 - 25 | 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. Nov. 2 - 30 | 4:00 pm | 5 classes $30 w/Julie
Wed. Nov. 4 - 25 | 1:30 pm | 4 classes $24 w/Natasha
Thurs. Nov. 5 - 19 | 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. Nov. 5 - 19 | 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. Nov. 3 - 24 | 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. Nov. 3 - 24 | 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. Nov. 2 - 30 | 9:00 am | 5 classes $30 w/Clair
Tues. Nov. 3 - 24 | 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. Nov. 5 - 19 | 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. Nov. 4 - 25 | 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. Nov. 2 - 30 | 12:30 - 1:30 pm | 5 classes $40
This non-contact boxing class has participants engage in circuit training with bilateral movement to stimulate the body and challenge brain function. Attendees must maintain balance without assistance, no exceptions. Bring boxing gloves that cover entire hand. No boxing gloves with exposed fingers or thumbs are permitted. Instructor will show the wraps to purchase at the first class. The intensity level is higher and transitions between exercises are more rapid. Modifications for specific exercises are taught.

DANCE FOR PARKINSON'S w/Ali (K. White)
Mon. Nov. 2 - 30 | 11:30 am – 12:30 pm | 5 classes $40
Wed. Nov. 4 - 25 | 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

Drop-ins or Punch Cards when space is available.

AQUATIC CLASSES

AQUA MIX 2-3 (Lap Pool)
Sat. Nov. 14 - 21 | 8:00 am | 2 classes $12 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. Nov. 3 - 24 | 10:15 am | 4 classes $24
Wed. Nov. 4 - 25 | 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. Nov. 3 - 24 | 9:00 am | 4 classes $24 w/Margaret
Wed. Nov. 4 - 25 | 1:00 pm | 4 classes $24 w/Cecelia
Wed. Nov. 4 - 25 | 2:00 pm | 4 classes $24 w/Cecelia
Wed. Nov. 4 - 18 | 6:30 pm | 3 classes $18 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. Nov. 2 - 30 | 8:00 am | 5 classes $30 w/Ann
Tues. Nov. 3 - 24 | 8:00 am | 4 classes $24 w/Ann
Wed. Nov. 4 - 25 | 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. Nov. 2 - 30 | 10:00 am | 5 classes $30 w/Debbie
Wed. Nov. 4 - 25 | 10:00 am | 4 classes $24 w/Cecelia
Thurs. Nov. 5 - 19 | 10:00 am | 3 classes $18 w/Cecelia
Fri. Nov. 6 - 20 | 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. Nov. 3 - 24 | 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. Nov. 3 - 24 | 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. Nov. 3 - 24 | 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. Nov. 2 - 30 | 9:00 am | 5 classes $30 w/Debbie
Tues. Nov. 3 - 24 | 9:00 am | 4 classes $24 w/Ann
Wed. Nov. 4 - 25 | 9:00 am | 4 classes $24 w/Margaret
Thurs. Nov. 5 - 19 | 9:00 am | 3 classes $18 w/Peggy
Fri. Nov. 6 - 20 | 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. Nov. 4 - 25 | 9:00 am | 4 classes $24
Thurs. Nov. 5 - 19 | 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. Nov. 2 - 30 | 5:15 pm | 5 classes $30
Tues. Nov. 3 - 24 | 5:35 pm | 4 classes $24
Wed. Nov. 4 - 18 | 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. Nov. 3 - 24 | 8:00 am | 4 classes $24 w/Peggy
Thurs. Nov. 5 - 19 | 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. Nov. 2 - 30 | 6:30 pm | 5 classes $30 w/Dawn B.
Utilize our aqua bikes, treadmill and elliptical equipment while incorporating strength training. Upbeat and challenging cardio exercises to elevate your heart rate.



Open Swim 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. Nov. 2 - 30| 11:00 am - 1:00 pm | 5 classes $20
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. Nov. 4 - 25 | 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

ABSOLUTE BEGINNER BALLET CLASS w/Karen
Mon. Nov. 2 - 30 | 4:00 pm| 5 classes $40 (McCardell)
Always wanted to learn ballet? Explore the basic fundamentals of technique, build confidence and enjoy moving with elegance and ease. Wear ballet slippers or comfortable shoes. A true beginner class with no experience.

GOLDEN SWANS BALLET w/Karen 1 (K. White)
Wed. Nov. 4 - 25 | 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. Nov. 5 - 19 | 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.

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

Wed. Nov. 4 | 4 - 5:00 pm & 5 - 6:00 pm
Thurs. Nov. 12 | 12:30 - 1:30 pm & 1:30 - 2:30 pm
Tues. Nov. 17 | 4 - 5:00 pm & 5 - 6:00 pm
Mon. Nov. 23 | 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. Nov. 19 | 11:00 am - 1:00 pm Space is limited.
$15 per 10 minute session ***NO F&A FLEX PASS***
A 10 minute session with a Simplicity Healing massage therapist. Call a cashier to reserve your time.

Day Trips

AN ELEGANT DETROIT HOLIDAY | Wed. Dec. 9 | 10:30 AM – 6:00 PM | $175*
Enjoy a festive Detroit Christmas outing with elegant afternoon tea at The Whitney, including champagne or a mimosa, scones, berries, tea sandwiches, canapés, and miniature desserts. Then visit Historic Trinity Lutheran Church for a welcome and history from the pastor, plus Christmas displays featuring 40 decorated trees, hundreds of nativity scenes, and festive décor throughout the historic halls. A $10 per-person donation will be made to the church. Shared Rybicki tour includes motorcoach transportation and gratuity for the tour manager. Driver gratuity is not included. ***Cancellation deadline November 12 - no refund after this date.***
Accessibility: The first floors of The Whitney and Historic Trinity Lutheran Church are handicap accessible. The Whitney also has an elevator for guests who wish to explore the entire mansion.

VISIT TO THE DIA | Thurs. Dec.10 | 12:00 – 4:00 pm | $6
Spend an afternoon exploring the DIA. Your visit includes museum admission, bus transportation, and a self-guided tour. Please keep track of the time since the bus will leave the DIA promptly at 3:00 pm to return to the OPC. ***Cancellation deadline November 25 – no refund after this date.***

DSO HOME FOR THE HOLIDAYS | Fri. Dec.11 | 9:00 am – 4:00 pm | $89*
Celebrate the season with one of Detroit's favorite holiday traditions! Principal Pops Conductor Enrico Lopez-Yañez returns to bring the magic of the holidays to life with festive favorites performed in the warmth of Orchestra Hall. Make memories to cherish for years to come with a concert filled with joy, music, and holiday spirit. Afterward, lunch at a local restaurant (your expense). Transportation on OPC bus.
Cancellation deadline November 27 – no refund after this date.

THE NUTCRACKER AT THE FOX THEATRE | Sun. Dec. 13 | 9:30 am – 6:00 pm | $239
This Magical Christmas Ballet returns to Detroit with performances that bring holiday magic to life & create unforgettable memories for all ages. A main floor ticket is included for the 12:00 pm performance. Following the performance, enjoy a late lunch (2:30 pm) at Mario's, Detroit's Oldest Italian Restaurant since 1948. Choose from Chicken Parmesan, Eggplant Parmesan or Ravioli. A salad, dessert, non-alcoholic beverage, tax and gratuity are included. Shared Rybicki tour includes motorcoach transportation and gratuity for the tour manager. Driver gratuity is not included. ***Cancellation deadline November 12 - no refund after this date.***

MEADOWBROOK LUNCHEON AND TOUR | Wed. Dec. 16 | 10:30 am – 2:00 pm | $79
Savor a delightful holiday luncheon featuring a seasonal salad, an entrée of roasted chicken breast served with creamy mashed Yukon Gold potatoes and heirloom carrots. Finish with a decadent flourless chocolate torte, accompanied by freshly brewed coffee and a selection of soothing herbal teas. Following lunch, enjoy a leisurely one-hour self-guided tour as you stroll through a spectacular holiday display featuring more than 50 exquisitely decorated Christmas trees and enchanting seasonal décor. Immerse yourself in the warmth and beauty of the season while taking in the festive elegance of this unforgettable holiday experience. Transportation on OPC bus. ***Cancellation deadline November 23 – no refund after this date.***

MICHIGAN CENTRAL STATION | Thurs. Dec. 17 | 9:45 am - 4:15 pm | $116
On this guided tour you'll learn about the meticulous restoration and hidden gems of this historic building. Before the tour, enjoy a delicious meal at Slow's BBQ in Corktown. Choose TWO from the following menu choices: Apple Chicken, Pulled Pork, BBQ Spicy Chicken Thighs, or Vegetarian BBQ. Please let the cashier know your menu choices when you register for the trip. This Bianco tour includes motorcoach transportation; driver gratuity is not included. ***Cancellation deadline December 2 - no refund after this date.***

Tickets still available - see our website for details:

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

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

STOCKING STUFFER FERNDALE | Fri. Dec. 18 | 9:15 am – 5:15 pm | $159

Hop on board and receive a Christmas Stocking to fill along the way! You'll be stopping at Desert Oasis Coffee Roasters, Good Cakes and Bakes, Sign of the Beefcarver Restaurant (salad bar, roast beef, potato, roll, dessert and non-alcoholic beverage included), Rust Belt Market, Quix Chocolates, and the Boston Tea Room. At each stop, you'll receive an item for your stocking. Sponsored by DDT (Distinctively Detroit Tours).

Cancellation deadline November 29 – no refunds after this date.

EXTENDED TRAVEL







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



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. Nov. 17| 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. Nov. 20 | 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. Nov. 4 | 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. Nov. 6 & 20 | 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. Nov. 20 1 - 2:30 PM — **Music Therapy** ADS Room

Fri. Dec. 17 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.

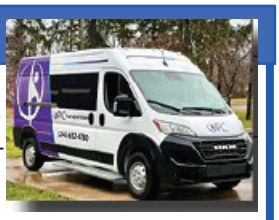
CONTACT AGEWAYS 800-852-7795

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**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Sweet & Sour Chicken** Brown Rice Oriental Blend Cole Claw Apricots Dinner Roll	3 **Bratwurst w/Bun** German Potato Salad Sauerkraut Apple	4 **Spaghetti w/Meatballs** Broccoli Cuts Garden Salad Pear Halves Bread	5 **Ham Salad on Croissant** Garden Salad Pickled Beets Sliced Pineapple	6 **Herb Baked Chicken** Mashed Potato Asparagus Slaw Cinnamon Apples Bread
9 **Smothered Pork Cutlet** Sweet Potatoes Carrots Fresh Fruit Cup Whole Wheat Bread	10 **Stuffed Pepper** Mashed Potatoes Garden Salad Tropical Fruit Salad Bread	11 **Ham Low Sodium** Au Gratin Potatoes Broccoli Cuts Orange Dinner Roll	12 **Pork Chop Creole** Potatoes Roasted Brussels Sprouts Applesauce Whole Wheat Roll	13 **Swedish Meatballs** Mashed Potatoes Scandinavian Blend Blushing Pears Dinner Roll
16 **Salisbury Steak** Egg Noodles Brussels Sprouts Cabbage Slaw Sliced Peaches Bread	17 **Cheesy Ham Casserole** Green Beans Garden Salad Banana Bread	18 **Turkey Breast w/Gravy** Mashed Potatoes/Stuffing Mixed Vegetable Cole Slaw/Cranberry Sauce Pumpkin Pie/Dinner Roll Reservation Required: 248.608.0275	19 **BBQ Chicken w/Bun** Broccoli Pasta Salad Marinated Carrot Salad Peach Halves	20 **Cod** Red Skin Potatoes Peas & Carrots Citrus Fruit Whole Wheat Roll
23 **Meatloaf** Parsley Potatoes Spinach Diced Peaches Wheat Bread	24 **Chicken w/Broccoli & Cheese** Baked Sweet Potatoes Capri Blend Vegetable Tapioca Pudding w/Fruit Wheat Roll	25 **Baked Ham** Scalloped Potatoes Whole Green Beans Applesauce Whole Wheat Bread	26 **BUILDING CLOSED**	27 **BUILDING CLOSED**
30 **Stuffed Pepper** Mashed Potato Garden Salad Tropical Fruit Salad Wheat Bread				

JOIN US FOR LUNCH!
Lunch is served at OPC Mon - Fri at NOON
Reservations required -
Call 248.659.1032 by 11 am the day prior
COST: 60 & over - $4 donation | Under 60 - $5 charge

***** Special Lunch *****
Nov. 18
Reservation Required
Limited Seating
Call 248.608.0275
see the back cover of newsletter

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, please contact:
Daria Burcar, Volunteer Coordinator | 248-608-0270 | volunteer@OPCcenter.org

HENRY FORD HEALTH
Wellness Center & Physical Therapy at OPC

November is Alzheimer's awareness month. Alzheimer's disease is a type of dementia which is a term that describes memory loss symptoms and cognitive decline significant enough to interfere with daily life. Stop by the Wellness Center to learn about 10 Healthy Habits for your brain to decrease the risk of cognitive decline.

To schedule any appointments, call 248-601-2888

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.
- **PHARMACIST -** **Tues. Nov. 17 | 9 - 11:00 am**
  Meet with a pharmacist to identify potential medication interactions, learn about high-risk medications, and address any other medication questions. Call for an appointment
- **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.

VACCINE CLINIC - **Fri. Nov. 13 | 9 am - 1 pm |** ***Call for an appointment - insurance will be billed.***
Oakland County Health Division will be in the Wellness clinic offering vaccines, including the high dose flu vaccine.

NUTRITION FOR SENIORS' SERIES - **Mon. Nov. 2, 9 & 16 | 9:30 am - 10:30 am | $30 for 3 class series**
Join us for a nutrition class series for ages 50+. Includes a free kitchen scale or cookbook upon program completion.
Topics: Nutrition 101 for older adults | Shopping & Meal Planning | Nutrition & Health

FAMILY AND FRIENDS CPR CLASS - **Wed. Nov. 18 | 10 - 11:30 am | Cost: $10**

STOP THE BLEED - **Wed. Nov. 18 | 12 - 12:45 pm**

BALANCE ASSESSMENTS - **Wed. Nov. 18 | 1 - 3:30 pm**

HEARING SCREENING - **Tues. Nov. 10 | 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

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
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

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



OPC
SOCIAL & ACTIVITY CENTER

That's a wrap!

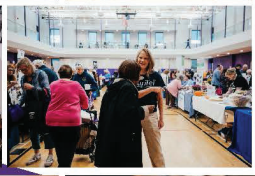
50 PLUS EXPO 2026

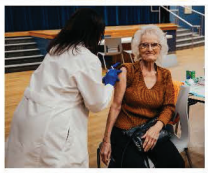
Presented by:

PIXLEY FUNERAL HOME
Dignity LIFE WELL CELEBRATED
Blue Cross Blue Shield Blue Care Network of Michigan
Next Steps 4 Seniors!
MANNOR LAW GROUP
Excellence in Estate Planning and Elder Care

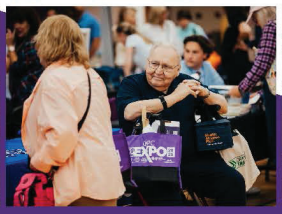













Thank you to everyone who sponsored, participated and visited the event!

SAVE THE DATE
12.01.26

OPC
GIVING TUESDAY

Be Part of a Global Movement, Right Here at Home.

Never miss our publication!



Get each new issue delivered straight to your inbox.

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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
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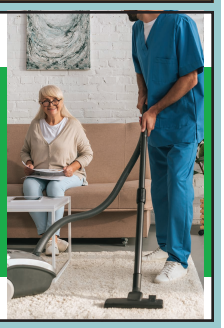

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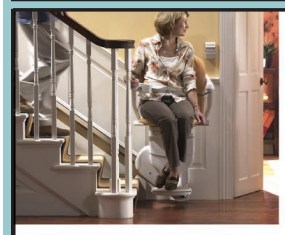

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