



Mahany/Meininger Senior Community Center: 248-246-3900
 3500 Marais, Royal Oak, MI 48073
 Website: www.romi.gov

April 2016 • Monthly Newsletter of the Royal Oak Seniors

MISSION STATEMENT:

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities.

Supportive services that promote independence and quality of life are available for residents who are 62 and over or permanently disabled adults.

"The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of race, color, creed, religion, ancestry, national origin, sex, disability or other handicap, age, marital/familial status, or status with regard to public assistance or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination."

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Royal Oak/AARP Tax Aide Program

**Tax Filing Deadline is fast approaching! Don't delay . . .
 Mondays & Wednesdays through - April 13, 2016**

Doors open at 9:00 am, numbers are passed out beginning at 8:30 am
Service is provided on a first-come, first serve basis. See Page 4 for details.

MSU Food Safety & Nutrition Speaker

Presenters from the MSU Extension Oakland County will share valuable information concerning food safety and nutrition. Each presentation will have a food demonstration. Contact 248-246-3900 to pre-register.

- April 5 Alternative Proteins**
- May 3 More Matters: Fruits & Vegetables**
- June 7 Quick and Easy Healthy Meals**



ART SHOW/SALE - PAINTING CLASS

Thursday April 14th 9:15 - 11:45 am

Come and see the results of our very talented Art Students' hard work. You will be impressed, and maybe find inspiration for new décor item to update your home.

Craft Creations - Simple Crafts Made Easy

\$5 fee per class 3rd Wednesdays 10:00 - 11:30 am

Classes will be held on April 20th, May 18th & June 15th. Register for only one, two or three! Creative projects using simple materials to make easy crafts. Project completion from start to finish in a single class. Keep for yourself or give as a gift. All tools and materials included. **C1023**

ANTIQUUE JEWELRY SALE

April 20th 9:00 am - 3:00 pm

Come and see the dazzling display of reasonably priced jewelry available for purchase. Just the item to sparkle up your spring attire! Proceeds from the sale benefit the Center.



Start Your Weekends with some Friday Fun!

- April 1 First Friday Bingo at 12:30 pm**
- April 8 Movie Matinee (details page 6)**
- April 15 Kerry Price presents**
- April 22 Movie Matinee (details page 6)**

*** EXTENDED TRAVEL ***

<u>Washington, D.C./Rybicki Tours</u>	April 21 - 25	\$999 pp/dbl
<u>Blue Grass and Smokies/Rybicki Tours</u>	May 13 - 18	\$999 pp/dbl
<u>Historic Cities of the East/Shoreline</u>	May 22 - 27	\$999 pp/dbl
<u>Mackinac Island - Lilac Time/Shoreline</u>	June 6 - 7	\$379 pp/dbl
<u>Grand Rapids Get Away/Exclusive!</u>	June 23 - 24	\$224 pp/dbl (\$50 deposit)
<u>Mackinac - "Grand Experience"!</u>	October 24 - 27th	\$748 pp/dbl, \$1,019 single, balance due August 30th

*** DAY TRIPS ***CLASSICAL Coffee Concert

Fri, 9:15 am- 1:30 pm

\$31 Mid Balcony

April 22: The Planets by Holst

POPS Coffee Concerts

Fri, 9:15 am - 1:30 pm

Dress Circle \$49

June 10 John Williams' Favorites

DIA Series: Lecture at the DIA

This lecture, titled "**Cows at the Opera House and Other Museum Mysteries**", explores the many mysteries of the DIA, including stories and images, newly discovered meanings and issues of authenticity. If you would like to just tour the museum, feel free to do that in lieu of the lecture. Cookie reception after the lecture. Cost includes transportation via motor coach, lecture and reception. **\$5 T1004SP**

Thursday, April 7 12:15 - 3:30 pm

Motor City Brass Band - Festival of Bands

Michigan's first competitive British style brass band strives to spread a love of the brass band sound and philosophy throughout Michigan. In 2010 they inaugurated the Motor City Festival of Bands. This event has brought together some of the finest community and brass bands from across the state to perform separately, and as a massed band. Witness the phenomenal sound and presence of 300+ musicians from these bands: Ferndale Community Concert, Flint Concert, Oakland Community College, Warren Concert and, of course, the MCBB. Performance at the Ford Community & Performing Arts Center in Dearborn. Cost includes the concert and transportation via Senior Bus. **\$21 T1016SP**

Sunday, April 10, 2016 2 - 6 pm

"Love Letters" at the Fisher Theater

Ali McGraw and Ryan O'Neal starred together in the iconic film "Love Story". Now, 45 years later, they're starring in a national tour of the play Love Letters, a new play about first love and second chances. Their on-stage chemistry is getting rave reviews! Pre-show luncheon (croissant Sandwich Buffet) at the Fisher Theater's Spotlight Room included! Cost includes transportation via Senior Bus, luncheon and performance. **\$92 T1015W**

Thursday, April 14, 2016 11:00 am - 3:30 pm

IF YOU CANCEL, REFUNDS WILL BE ISSUED IF WE ARE ABLE TO FILL YOUR SPACE.

A \$5 PROCESSING FEE WILL BE DEDUCTED FROM ALL REFUNDS. SIGN UP EARLY OR THE TRIP MAY BE CANCELLED.

FULL REFUNDS ARE GIVEN IF THE TRIP IS CANCELLED BY US OR THE TRAVEL AGENT.

Day Trips continued on Page 15

Restaurant of the Month: Christine's Cuisine \$6 Tues, April 26, 2016 12:15 - 2:00 pm

A hidden gem on the wrong side of the tracks is how the locals refer to Christine's Cuisine. They have been serving up fresh, home cooked meals ever since opening in January 1999. Daily Specials include: Borscht, Schnitzel, Hungarian Goulash, Baba's Pierogi, Stuffed Cabbage, Bouillabaisse, Blue Corn Chip Encrusted Whitefish, Roasted Leg of Lamb, Fresh Salads, and Pita Wraps. Cost includes transportation via Senior Bus. Lunch is on your own; **Avg. \$7, T1025 sp.**

Rescheduled from February; cancelled due to inclement weather.

**Mahany/Meininger
Senior Community Center
3500 Marais**

Royal Oak, MI 48073

(1 block North of 13 Mile Rd.,
between Main & Crooks)

Phone: (248) 246-3900

Fax: (248) 246-3901

**Salter Community Center
1545 E. Lincoln,
Royal Oak 48067**

(10½ Mile Rd, 1 block West
of Campbell Rd.)

Phone: (248) 246-3180

Fax: (248) 246-3007

**Monday - Friday
9:00 am - 4:30 pm**

Senior Citizen Coordinator
Paige Gembarski

Outreach Administrator
Carolyn Marsh

Sr. Recreation Specialist
Barbara Harris

R.O.S.E.S.
Pam Steinmetz
Dorothy LaSure

Typist/Clerk
Susan Mutschler

Van Transportation

Phone: (248) 246-3914

Monday - Friday
9:30 am - 12:30 pm

Carol Haubert, Dispatcher
Cathy Cricelli, Dispatcher

Gentle Reminder

We ask that you do not use perfume or cologne when coming to the Center. Some of our Seniors have respiratory problems and allergies to certain smells. Your consideration is appreciated.



Tim's Kitchen

Enjoy meals, \$3 each, prepared from scratch in the Mahany/Meininger kitchen Monday-Friday. See pg. 12 for the entrees.

- Call (248) 246-3900 to reserve a meal (*at least* one day in advance).
- Call to cancel if unable to attend.
- Meal vouchers available for purchase (for 5 or 10 meals).
- Bus fee is waived if you ride the bus to the Center for lunch.
- Menu subject to change based on availability of food supplies.
- Everyone is Welcome! No age requirement!

Carry-outs available \$3.50
Meals for Homebound Residents

City of Royal Oak

Customer Service Values:

We are a team that values integrity, approaching all situations with a positive attitude, and creating an environment of respect, fairness, and empathy.

Codes of Conduct:

Live the Golden Rule
Embody Honesty
Act with Patience
Take Responsibility
Listen Attentively
Communicate Effectively
Lead by Example
Be Proactive
Live Royal Oak

NOTABLE FOLKS . . .

Tim's Kitchen is always in need of donations. Fortunately, many of the Center's patrons are naturally generous and considerate. Without their generosity, Tim would have a much harder time preparing and delivering such wonderful meals (*and cookies!*, *let's not forget his homemade cookies!*) Thank you's go out to the following patrons;

*Angela Callahan, Bob Hilton,
Carol Haubert, Jessica Sawdon
Peggy Kline, Jeanette Meraw,
and Celia Sawdon*

A Springtime Gardening hint from the pages of,

**"IT PAYS TO BE A SENIOR":
Ditch Bad Dirt.** Don't fill plant pots with dirt from your yard. Sure, it's free, but most yard dirt is too heavy, coarse, and infertile for potted plant growth. It also tends to pack down in containers, choking the roots.

**Royal Oak/AARP
Tax Aide Program**

On Mondays and Wednesdays through April 13, AARP trained volunteers will assist individuals with free tax help and free e-filing for taxpayers with middle and low-incomes. Preparers will assist with tax forms, including homestead rebate, home heating credit, Federal and State forms. Bring proof of identification, a copy of last year's tax return, Social Security card or statement with SSN on it for you, and all W-2s. Specifics are listed on our flyers at the Mahany/Meininger Senior Center.

Donations welcome.

Welcome Newcomers!

Monday, April 4 10:30 am
 Newcomer's orientation is open to anyone fifty or better. Acquaint yourself with the programs and services available at the Center. You'll learn how to register for classes, trips and programs. Meet the staff and receive a complimentary lunch. Call (248) 246-3900 to reserve a spot.

Mah-Jongg Drop-In

Wednesdays 9:30-12 pm
Fridays 1-3 pm

Experienced players may drop in and play on Wednesday and Friday mornings, no charge.

Drop-In Cards

Rubber Bridge Mondays
 Drop in for Rubber Bridge and bring a partner to play.
\$1.00 12:15 pm

Pinochle Tuesdays
 Drop in for pinochle, meet new friends. **\$1.00 12:30 pm**

Duplicate Bridge Weds.
 Drop in with a partner to play duplicate bridge.
\$2.00 12:30 pm

Euchre Thursdays
 Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards.
\$1.00 12:30 pm

Handbells

Fri 12:45 pm Apr 1 - Jun 30

Experience the fun of ringing handbells with a group. According to director Sylvia Hartsoe, playing handbells keeps the mind sharp and leads to excellent eye-hand coordination. The best time to join the group is in early September to learn the music which will be performed in November and December, or in January for performance from late April to mid-July. Previous ringing experience not necessary, but background with music reading skills is helpful. **\$25/12 wks C1040Sp**

Creative Coloring for Grown Ups

April 4th & 18th
Mondays, 10:30 - 11:30 am

Relieve your stress and join your neighbors and friends in the fun and relaxation of coloring. **\$2 drop-in fee, includes supplies. C1094F**

Star-Grabbers

Amateur Astronomy Group
2nd & 4th Wednesdays 10 am

Bill hosts an amateur astronomy club. His enthusiasm for astronomy compels him to share this interesting hobby and instruct individuals on the use of telescopes. Donations are accepted.

Helping Hands

Tues & Thurs 9:30 am

Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes blankets and other items for charity. They are currently working with CareNet, Veterans and Beaumont Hospitals, Project Linus and other local organizations. *Donations of yarn are needed. Drop off yarn on the days the group meets*

Senior Sew

Tuesdays 10:00 am

Come join us for a day of hand quilting, machine piecing quilt tops and socialization. If you're a new quilter and just getting started, we are happy to help. Bring sewing machine and your project. Drop-ins welcome. No fee.

Sit 'n' Knit

Tuesdays 1:00 pm

Come join in as we knit and visit! Share work in progress, tips and 'show and tell' finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced

Crochet Creations

Thursdays 12:15 pm

Join the group for an afternoon of stitching your work in progress; pattern discussion and/or help reading a pattern or learning a new stitch. Several times a year we do projects to give back to the community. No charge. Beginners are welcome, we will teach you how to crochet.

BINGO - First Fridays

April 1st 12:30 pm

BINGO Cards \$0.25/each (Maximum of three (3)). ONE Coverall prize at \$5.00. Six (6) regular games with prizes. All revenue from BINGO is used towards future BINGO Prizes. *BINGO is conducted solely for the amusement and recreation of the ROSC guests.*

Computer Club

Wednesdays 12:30 pm

Calling all beginners to experienced computer enthusiasts. All levels join our growing club for computer networking and guest speakers discuss different "cyber" topics of interest.

- Apr 6 Open
- Apr 13 Larry Kulp
- Apr 20 Rodger Gach (Q & A)
- Apr 27 Jack Vanders

Ask the Computer Lady!

Tuesdays April 5 - June 28

9:15 - 9:45 am C1081SP

12:45 - 1:15 pm C1082SP

Have your questions ready for Marta and be ready for an informative one-on-one session. Bring your laptop or Kindle, learn how to check your email, or make sure your security is up to date. Call ahead to register and pay: 248-246-3900. **\$20/ 30 minutes OR \$35/one hour**

Laptop Computer Classes

Tues, 10:00 am \$40/4 weeks

Apr 5 - Apr 23 C1089Sp

May 3 - May 24 C1090Sp

Set up for beginners and advanced students. Bring your laptop to class and learn to safely use Windows. \$5 material fee due to instructor at first class. Classes limited to 4. Pre-registration

Get Your "Gadget"

One-on-one class: three 45-min sessions Tues, 11:15 - noon
Dates thru Jun 28th available

This three session one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! Remember to bring all cables and power cords along. Call to register for your choice of dates: **248-246-3900 \$60/C1080Sp**

Hearing Tests/Cleaning Hearing Aids

Tues, May 10 - by appt. (1 - 3 PM)

Zounds! will provide free Hearing Tests and Hearing Aid Cleanings the second Tuesday of every other month. 15 min appointments, call (248) 246-3900.

Foot Doctors

Weds., April 13th 9 - 11 am

Drs. Adas and Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Preregister.

Financial Aide

Thurs., Apr 21st 10:00 am

Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Call (248) 246-3900 to reserve your free 30 min appt

**Massage Therapy by Appt
Thurs & Fri Apr 14th & 15th**

Licensed Massage Therapist **Heidi** provides therapeutic massage using the holistic approach. Massages help in reducing muscular and nerve pain and aids relaxation. She provides 35 minute massage session for \$30, or 75 -minute sessions for \$60.

*** NEW * PetrArt LLC Classes
Tuesdays, 12:30 - 2:00pm**

Delightful Drawing Primer Class

Apr 12: An informative and educational class teaching the basics of drawing using drawing pencils. Great class for beginners. All supplies provided. **\$15 C1094sp**

Still Life Drawing Class:

Apr 26: A fun and interactive drawing experience drawing a still life using drawing pencils. Supplies provided. **\$15 C1095sp**

Painting - All Media

Thurs, Apr 28 - Jun 16 9:15 am

Mike Byrne instructs art students of all levels of ability. Individual attention is given to each artist's chosen discipline. Supply list at sign-up. Pre-register, **C1093Sp \$55/8 wks**

Kerry Price On Piano

Friday, April 15th 12:30 pm

"It's a Matter of Time"

\$2, payable at the door

Caregiver's Learning Opportunity

**Activities for Patients with De-
mentia Tues, May 3rd 9:30 am**

Learn to build meaningful activities based on your care recipient's interests. *Sorry, caregivers only.* No Fee, pre-register. **C1057SP**

TRADER JOE'S

**Easy to Prepare
Nutritional Meals!!**

Tuesday, May 10th 12:30 pm

Trader Joe's crew member Pam Smith brings a wealth of ideas and easy preparation tips using healthy ingredients. This includes an invitation to explore even more about Trader Joe's. *Pre-registration, \$3 C1000 SP*

Monthly Matinee

Friday, April 8th 12:30 pm

Room

Brie Larson and Jason Tremblay

The story of a spirited 5 year old who is raised by his loving and devoted mother in a windowless, 10 x 10 foot space. Jack's curiosity combined with his Ma's resilience reaches the breaking point, and they escape. Now Jack faces new and unexplored territories, the "real world". *Rated R for language.*

Friday, April 22nd 12:30 pm

The Age of Adaline

Black Lively and Michiel Huisman

After miraculously remaining 29 years old for almost eight decades, Adaline has lived a solitary existence, never allowing herself to get close to anyone who might reveal her secret. A chance encounter reignites her passion for life and romance, but circumstances force Adaline to make a decision that will change her life forever. *Rated PG-13 for suggestive content.*

Genealogy 101

Thurs, Apr 14 - May 19 1:00pm

Learn how to do Genealogy and discover your family history. Basic topics: types of records, finding them, evaluating your evidence; standards of proof; \$5 syllabus fee. Pre-registration. **\$88/6 wks C1004sp**

Focus on the News

1st & 3rd Tues. 10:30 am

Tired of talking back to your TV set? Join a fun and lively discussion of local, national and international new issues. Visitors encouraged. We're always looking for new people.

Rejuvenate Your Retirement

Tues, Apr 19 & Apr 26 9:30am

Thurs, Apr 21 & Apr 28 1:30pm

Easy-to-understand information on important lifestyle and financial issues often faced during retirement. Learn how to plan fun and fulfilling activities to stay mentally, physically and socially active; calculate IRS-required minimum distributions from retirement plans, examine how investment returns are taxed; and plan for health care, long-term care, incapacity and end of life decisions. **\$39, spouse or guest no extra charge.**

Lunch & Learns 11:30 am -

Preregistration Required

LUNCH IS PROVIDED FROM TIM'S KITCHEN FOR ALL WHO REGISTER BY THE DEADLINE: CALL (248) 246-3900. **(SPACE IS LIMITED, REGISTER EARLY)**

REGISTERED PATRONS WHO FAIL TO ATTEND TWO "LUNCH & LEARNS" FOR WHICH REGISTERED, WILL BE BLOCKED FROM SIGNING UP FOR ADDITIONAL WORKSHOPS IN THE YEAR.

No Lunch & Learns in April

Dangers of "Do-It-Yourself" Planning Thurs, May 5 A1029

Presenter: Eric S Glick, Esq. of Thav Gross PC. Discussion of probate, asset protection, wills & trusts, and other legal documents used in estate planning. Prepare your questions for discussion. **Deadline to register is Thursday, April 28th.**

Chair Yoga Exercises (DVD)**Mondays 10:30 am**

This session is of a "gentle" nature for those who are just starting on a fitness program, or those who must not do strenuous exercise. Drop-in, no fee.

Silver Foxes**Mon-Tues-Wed-Fri 9:30 am**

Exercise along with the Richard Simmons Silver Foxes videotape. This features low-impact, aerobic workout for the intermediate exerciser. Each No fee.

Sit-Down and Tone-Up**Tues & Thurs 10:30 am**

A lively chair workout to build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1-3 lb. weights. DVD, free!

Zumba Gold**Friday, Apr 1 - May 20 10:20 am**

Low impact aerobic workout, some chair work. Dress comfortably, wear dance sneakers or tennis shoes. Bring Water. Pre-register **\$40/8 wks, C1015 sp. Drop-Ins, \$8 class**

DANCE CLASSES**Round Dance****Weds. (Beginners) 2:30 - 4:30pm****Thursdays 1:00 pm**

Renew a basic background in Round Dance. Join the fun - dancing is great exercise. This class instructs phase 3-5 of round dance. **\$1.50**

Intermediate Line Dancing**Fridays 1:00 pm**

Line dancing is not only fun, but good exercise as well and you don't need a partner. Come and learn the hot country line dances. **\$2** payable at each lesson. **NO BOOTS!**

Drop-In Ballroom Dance Class**Mondays 1:00 pm**

Join **Bill Scheff** Mondays to learn all the footwork involved in Ballroom dancing. No partner needed. Feel free to drop in and watch anytime. **\$5**

Tai Chi Basic & Chen Style**Thurs, Apr 7 - Jun 9 9:15am**

The movements are slow and fast, twining and twisting, connected with internal spiral energy. It is gentle yet powerful. **\$60/10 C1063Sp**

Kuratomi Stretching**Wednesdays 10:30 am****C1009 \$64/8 wks Apr 13 - Jun 1**

The Kuratomi Method is inspired by ancient Japanese forms and Jomon to open the body, mind and spirit gently and naturally. Students can grow into the stretches, yet they are immediately effective, and all poses are adaptable to all personal needs.

Gentle Yoga \$36/8 wks**Monday, Apr 11 - Jun 06****9:15 am (C1029)****1:00 pm (C1030)****Thursday, Apr 14 - Jun 02****1:00 PM (C1031)**

Yoga Creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Mat and comfortable clothing recommended. *No class May 30th*

Water Aerobics**Weds., 8:30 am****May 18 - Jul 06**

Great workout with water exercises. Including cardiovascular, toning and stretching. Locker room available; bring your own lock, towel, and suit. Leave your valuables at home. Instructor **Cheryl Baugh**. Preregister, **\$36/8 wks C1035Sp**

Aqua Zumba**Thurs, 8:30 am****May 19 - Jul 7**

Have fun exercising, dancing and getting fit. Zumba workout in the water! All levels welcome. Bring water shoes, suit & towel, and a lock: leave your valuables at home. Instructor **Cheryl Baugh**. Preregister: **\$36/8 wks C1036Sp**

Chair Exercise with Cindy**Fri Apr 8 - May 13 10:30 am**

It is appropriate for those who have joint limitations, as well as anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, a water bottle and hand-held weights if you wish. **\$25/6 C1024SP**

Healthy Back Class**Wed Apr 6 - May 11 1:30 pm**

This class is designed to strengthen and stretch back and core muscles to prevent back injuries that can often result from everyday activities. Bring mat, water and comfortable clothing/shoes. Instructor **Cindy Erlandson**. Pre-register. **\$25/6 C1017SP**

Yoga**Tues, - May 3 - Jun 21****1:00 pm**

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignment and balance. **\$36/8 weeks C1074SP**

Chair Yoga**Wednesday, 12:30 pm****Apr 6 - May 11 \$25/6 C1021Sp****Friday, 11:30 am****Apr 8 - May 13 \$25/6 C1019Sp**

This class consists of 3/15-min sections, first and last are done seated: the middle section is done standing using a chair for balance. Focus on breathing, relaxation, stretching for flexibility and balance practice which also increases muscular strength.

Pilates/Core Body conditioning**Mon, May 2 - Jun 27 10:30 am**

Pilates is a neuro-muscular resistance control method of exercise to help develop strong, flexible muscles and better posture. a basic class with emphasis on gradual progression and strict body alignment and form. Wear loose comfortable clothes, bring a mat. Instructor Cheryl Baugh, ACSM *No class May 30* **\$36/8 wks - C1087SpNo**

SUPPORT GROUPS

Alzheimer's Support Group

Monday, April 25 10:00 am

You are not alone in trying to cope with a friend or family member afflicted by Alzheimer's Disease.

Aphasia Support Group

Thursdays 10:00 am

A weekly support group meets at the Center for adults with communication disorders. Gain support from others on your road to recovery. Drop-in any Thursday.

Deaf Group

Wednesdays 9:00 am

Our Center welcomes deaf adults for socialization each Wednesday.

Legal Aid

3rd Thursday, April 21 1:00 pm

Royal Oak Attorney **Kent Schultz** provides free 15-minute consultations to senior citizens. A fee will be charged for additional services. Can't make it in to the center? Call Mr. Schultz (248) 541-2567 to schedule a complimentary home visit. Call (248) 246-3900 for an appointment at the center.

P.A.L. (Positive Attitude Living)

Fridays 10:30 am

PAL is a group of Seniors who meet for a casual discussion on various topics every Friday morning. All are welcome to join us every week or to drop in once in a while.

Royal Oak Seniors RESOURCE CENTER

Check out the resource center brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly

LOOKING FOR A FEW GOOD VOLUNTEERS!

The Senior Center is always looking to introduce new programs. Do you have a few hours of time to spare each month? Have you recently retired and would like to share your on-the-job experience to help others? Or do you have a skill, a hobby or craft to share? If so, please consider volunteering and enlightening others in our community. Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

TRANSPORTATION

Transportation is available for resident's age 60 or older, and adults who are permanently disabled. Door-to-door service is provided to those with mobility problems who need to be personally escorted to the buses. Handicap lifts are available. Drivers will assist with purchases. Call (248) 246-3914 between the hours of 9:30-12:30 to arrange your transportation needs. Call up to 2 weeks before your appointment, \$3 contribution for each one-way trip or \$4 round trip. Prepaid tickets are available: \$19/5 round-trip tickets. This service is funded and operated by the joint efforts of the City of Royal Oak, SMART Municipal and Community Credits funds and Beaumont Health Systems.



Royal Oak Senior Essential Services (R.O.S.E.S.) provides supportive services to Royal Oak residents aged 62 and over. Clients pay directly to the contracted worker for services. A \$5 annual registration fee is required. Provisions can be made for persons unable to pay. Call (248) 246-3918 Monday-Friday.

- **Home Chore** - If you reside in Royal Oak, you are eligible to have Household tasks such as yard work and housework, laundry and gutters (first level only) cleaned for you. No windows, weeding or wall washing.
- **Home Repair** - Home repairs that do not require a licensed contractor are available to homeowners. Repairs including minor plumbing, carpentry and minor electrical. No roofing.
- **Personal Home Care** - Includes assistance with activities of daily living, bathing, feeding, dressing and help with ambulation.

OUTREACH

Our Outreach Administrator helps residents aged 62 and over obtain needed services. Please call (248) 246-3917 with your concerns about personal care, prescription assistance, housing or any other independent living needs. An in-home visit to assess needs is available through this service at no cost.

ADJACENT GENERATIONAL EXCHANGE (A.G.E.)

Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

Medical Equipment Loan Closet
(248) 246-3900



The Senior Center has walkers, wheelchairs, bath stools and such available for loan. There is no charge to borrow an item, keep it as long as necessary, and return it to the center in a cleaned state ready to be loaned to the next person in need.

Donations of clean, working durable medical equipment are accepted.

To borrow an item, call so that we can verify the we have the equipment you need; or

To Donate, call to determine if we are currently accepting items that you no longer need.

R.O.S.E.S. NEEDS YOU!
ROYAL OAK SENIOR ESSENTIAL SERVICES

Are you capable, hard-working, looking for some additional funding or work opportunity? Like working independently?

Especially needed as Spring arises -

Painters: Residents submit requests to have rooms painted; kitchens, bathrooms, hallways, bedrooms and gathering rooms. Also exterior painting requests - house trim, garages, etc. As a R.O.S.E.S. painter, you are paid for the labor you provide. The customers (residents) are responsible for providing the paint and supplies.

Lawn Service: Residents love to look out at their yards and see healthy, mowed lawns. However, lawn maintenance can be a hardship for seniors. Lawn Service providers for R.O.S.E.S. mow and edge (as needed) to help home owners maintain the yard's appearance and good health. You will need to provide the labor and tools required to get the work completed.

Interested? Please come to the center to complete an application Monday - Friday, 9:00 am - 4:30 pm
3500 Marais, (north of 13 Mile, Bet. Crooks & Main)
All applicants will be subject to a background check.

ROYAL OAK SCHOOLS - A COMMUNITY OF EXCELLENCE

April 2016 Activities

Board of Education Meeting 800 DeVillen
Thursday, April 14 7:00 pm

State of the Schools Address 800 DeVillen
Thursday, April 28 7:00 pm

Royal Oak High School Open House
1500 Lexington, Royal Oak
Wednesday, April 13 6:00 - 8:00 pm

VARSITY ATHLETICS

Boys Baseball:

- Mon, April 11 4:30 vs. Southfield/Lathrup HS
- Tues, April 12 4:30 vs. Southfield/Lathrup HS
- Mon, April 18 4:30 vs Oak Park HS
- Tues, April 19 4:30 vs Oak Park HS
- Thurs, April 28 4:30 vs Hazel Park HS

Boys Lacrosse:

- Weds, April 13 6:00 pm vs Avondale HS
- Tues, April 19 6:00 pm vs Stoney Creek HS

Boys & Girls Track - Relays

- Sat, April 16 10:00 am vs. Multiple Opponents

Girls Lacrosse

- Sat, April 16 3:00 pm vs. Lake Orion HS

Girls Soccer

- Sat, April 22 6:45 pm vs. Garden City HS

Evening Recreational Swim

RO Middle School 709 N. Washington
through June 16, 2016

Family Open Swim

Monday, Tuesday & Thursday evening 7:00 - 8:15 pm.

Adult Open Swim

Monday evening 8:15 - 9:30 pm.

Adult Lap Swim

Tuesday & Thursday evening 8:15 - 9:30 pm

Bring swimsuit, towel and lock; NO flotation devices.

Seniors	Adults and Children	Age 3 and Under
Free with Gold Card	\$5	Free

Senior Gold Card

The Senior Gold Card, a complimentary activity pass from the Royal Oak School District for Royal Oak Senior Citizens age 60 and over, includes free admission to:

- All athletic events. (*Exc. State sponsored tournaments*)
- All school drama programs & dance shows
- All vocal & instrumental music concerts
- Evening recreational swim at RO Middle School

Applications are available at the: Churchill Community Education Center, 707 Girard, Royal Oak. For information, please call (248) 588-5050

Alzheimer Support..... 4th Monday, 10 am
Support for families and friends of those afflicted with Alzheimer's Disease.

Aphasia Support Group.....Thursdays, 10 am
Support for adults with communication disorders.

Billiards, Drop-In..... Monday-Friday, 9 am-4:30 pm
Pool tables - 50¢ daily use or \$3.00 monthly.

Billiards, Pool Tournament2nd Thursday, 9:00 am
Singles tournament for those who drop in, \$3.

Bridge, Drop-In Drop in with partner to play bridge.
.....**Rubber** \$1 - Mondays, 12:15 pm
..... **Duplicate** \$2 - Wednesdays, 12:30 pm

Computer Club..... Wednesdays, 12:30 pm
For computer enthusiasts with some experience.

Crochet Creations.....Thursdays, 12:15 pm
Join anytime to learn or refresh your skills, no charge.

Dance - Ballroom..... Mondays, 1 pm
Lessons provided by instructor Bill Scheff, \$5.

Dance – Intermediate Line..... Fridays, 1 pm
Drop-in, \$2.

Dance - Round..... Thursdays, 1 pm
Lessons provided by instructor Lillian Chesney, \$ 1.50.

Dance - Round (Beginners) Wednesdays, 2:30 pm
Lessons provided by instructor Lillian Chesney, \$ 1.50.

Deaf Group.....Wednesdays, 9 am
Join for socialization.

Euchre, Drop-In.....Thursdays, 12:30 pm
Drop-in for an afternoon of Euchre, \$1.

Exercise – Aqua Zumba..... Thurs, 8:30 am
Zumba workout in the water at RO Middle School, pre-register/fee.

Exercise - Chair Yoga (DVD).....Mondays, 10:30 am
Drop-in for "gentle," less strenuous exercise, no charge.

Exercise—Chair Yoga...Wed, 12:30 pm; Friday, 11:30 am
Pre-register, fee.

Exercise – Chair w/Cindy.....Friday, 10:30 am
Gentle but effective exercise. Pre-register/fee.

Exercise – Gentle Yoga Monday 9:15 am and 1:00 PM,
Thursday, 1 pm. Slow flow class to strengthen bodies and calm minds. Pre-register/fee.

Exercise – Senior Pilates..... Monday, 10:30 am
Body conditioning exercise. Pre-register, fee.

Exercise - Silver Foxes... .. Mon-Tues-Wed- Fri, 9:30 am
Low-impact aerobics to Richard Simmons video, no charge.

Exercise – Sit Down & Tone-Up Tues/Thurs, 10:30 am
no charge.

Exercise - Tai Chi Thurs., 9:15 am
Chinese exercise of moving meditation, pre-register/fee.

Exercise—Water Aerobics Wed, 8:30 am
Water exercises at RO Middle School, pre-register/fee.

Exercise - Yoga Tuesday, 1:00 pm
Increase flexibility & strength with series of movements, postures and breathing techniques. Pre-register/fee.

Exercise - Zumba Gold.....Friday, 10:20 am
Dance your way through a low-impact aerobic workout. Pre-register/fee.

Financial/Investment Aide.....3rd Thursday, 10:00am
Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Free 30 min appointments/pre-register

Focus On the News.....1st & 3rd Tuesday, 10:30am
Fun & lively discussion of current news happenings, free.

Foot Doctor2nd Wednesday, 9 am
Dr. Adas and Dr. Wexler will visit once a month. Pre-Register

Handbells Level II, Friday, 12:45 pm
Pre-register/fee.

Helping Hands Tuesday & Thursday, 9:30 am
Making blankets for charity.

Kerry Price3rd Friday, 12:30 pm
Different sing-along piano programs each month, \$2.

Kuratomi Stretching.....Wednesday, 10:30 am
Japanese forms and Jumon to open the body, mind & spirit gently and naturally. Pre-register/fee.

Legal Aid 3rd Thursday, by appt
Atty. Kent Schultz provides free 15 minute consultations.

Mahjongg, Drop-In... Wednesdays, 9:30 am; Fridays 1 pm
Experienced players may drop in and play.

Massage Therapy.....3rd Thursday & Friday, by apt.
35 min/\$30 and 75 min/\$60 massage sessions.

Monthly Matinee 2nd and 4th Friday, 12:30 pm

Painting Classes.....Thursday, 9:15 am
All media and all stages of development. Pre-register/fee.

PAL (Positive Attitude Living) Fridays, 10:30 am
Meet new friends, enrich your life, share ideas for positive change. Drop-in, no charge.

Pastel Drawing Friday, 9:15 - 11:45 am
Discover the luminous beauty of art through pastel chalks and pencils. Pre-register/fee.

Pinochle, Drop-InTuesdays, 12:30 pm
Drop-in for pinochle, meet new friends, \$1.

Senior SewTuesdays, 10 am
Join us for a day of piecing quilt tops. No fee.

Sit 'n' Knit..... Tuesdays, 1 pm
Join us for a day of knitting. No fee.

Star Grabbers..... 2nd & 4th Wednesday, 10 am
Amateur Astronomy Group. No fee.

Welcome Newcomers!.....1st Monday, 10:30 am

April 2016

Monday

Tuesday

Wednesday

Thursday

Friday

"Our spring has come at last with the soft laughter of April suns and shadow of April showers." ~

Byron Caldwell Smith, letter to Kate Stephens



1

9:15 AM Pastel Drawing
9:30 AM Silver Foxes
10:20 AM Zumba Gold
10:30 AM Chair Exercise/Cindy
10:30 AM P.A.L.
11:30 AM Chair Yoga
12:30 PM BINGO
12:45 PM Handbells
1:00 PM Mah Jongg
1:00 PM Line Dance-Intermed.

<p>4</p> <p>9:00 AM Tax Aide 9:30 AM Silver Foxes 10:30 AM Welcome Newcomers 10:30 AM Chair Yoga - DVD 10:30 AM Creative Coloring 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance</p>	<p>5</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM MSU Speaker - Proteins 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Focus on the News 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:45 PM Ask the Computer Lady 1:00 PM Yoga 1:00 PM Sit & Knit</p>	<p>6</p> <p>9:00 AM Tax Aide 9:00 AM Deaf Group 9:30 AM Mah Jongg 9:30 AM Silver Foxes 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance-Beginners</p>	<p>7</p> <p>9:15 AM Painting - All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Round Dance</p>	<p>8</p> <p>9:15 AM Pastel Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30PM Movie Matinee 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</p>
<p>11</p> <p>9:00 AM Tax Aide 9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga - DVD 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga</p>	<p>12</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:30 PM Drawing Primer Class 12:45 PM Ask the Computer Lady 1:00 PM Yoga 1:00 PM Sit & Knit</p>	<p>13</p> <p>8:30 AM Water Aerobics 9:00 AM Tax Aide 9:00 AM Deaf Group 9:30 AM Mah Jongg 9:30 AM Silver Foxes 10:00 AM Foot Doctors (appt) 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretch 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back 2:30 PM Round Dance-Beginners</p>	<p>14</p> <p>8:30 AM Aqua Zumba 9:00 AM Pool Tournament 9:15 AM Paint Class Art Show/Sale 9:15 AM Painting - All Media 9:15 AM Tai Chi 10:30 AM Helping Hands 10:00 AM Sit Down & Tone Up 12:15 PM Aphasia Support 12:30 PM Crochet Creations 1:00 PM Drop-In Euchre 1:00 PM Round Dance 1:00 PM Gentle Yoga 1:00 PM Geneology 101 By Appt. Massage Therapy</p>	<p>15</p> <p>9:15 AM Pastel Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Kerry Price 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</p>
<p>18</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga - DVD 10:30 AM Creative Coloring 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga</p>	<p>19</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 9:30 AM Rejuvenate Retirement 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Focus on the News 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:45 PM Ask the Computer Lady 1:00 PM Yoga 1:00 PM Sit & Knit</p>	<p>20</p> <p>8:30 AM Water Aerobics 9:00 AM Antique Jewelry Sale 9:00 AM Deaf Group 9:30 AM Mah Jongg 9:30 AM Silver Foxes 10:00 AM Craft Creations 10:30 AM Kuratomi Stretch 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance-Beginners</p>	<p>21</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:00 AM Financial Aid (Appt) 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Round Dance 1:00 PM Gentle Yoga 1:00 PM Geneology 101 1:30 PM Rejuvenate Retirement 1:00 PM Legal Aid - By Appt</p>	<p>22</p> <p>9:15 AM Pastel Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Movie Matinee 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</p>
<p>25</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Alzheimer's Support 10:30 AM Chair Yoga - DVD 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga</p>	<p>26</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 9:30 AM Rejuvenate Retirement 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:30 PM Still Life Drawing Class 12:45 PM Ask the Computer Lady 1:00 PM Yoga 1:00 PM Sit & Knit</p>	<p>27</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah Jongg 9:30 AM Silver Foxes 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretch 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Chair Yoga 12:30 PM Computer Club 1:30 PM Healthy Back 2:30 PM Round Dance-Beginners</p>	<p>28</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Round Dance 1:00 PM Gentle Yoga 1:00 PM Geneology 1:30 PM Rejuvenate Retirement</p>	<p>29</p> <p>9:15 AM Pastel Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</p>

HOT MEALS SERVED BY TIM'S KITCHEN
ALL MEALS \$3.00 *Carry Outs \$3.50*

April 2016 Lunch Menu

Friday	1	Chicken Parmesan	
Monday	4	Meatloaf	
Tuesday	5	Sliced Ham	
Wednesday	6	Pasta with Meat Sauce	
Thursday	7	Tuna Salad with Whole Grain Pasta	 Smart Menu
Friday	8	Hot Dog with Chili	<u>Let's Go Tigers!</u>
Monday	11	Salmon Patty	
Tuesday	12	Beef Goulash	
Wednesday	13	BBQ Chicken	
Thursday	14	Pork Chop	
Friday	15	Chicken With Broccoli & Cheese	
Monday	18	Pasta with Meat Sauce	
Tuesday	19	Chicken Salad Puff	
Wednesday	20	Cranberry Ham Loaf	
Thursday	21	Baked Chicken	
Friday	22	Meatloaf	
Monday	25	Pork Chop	
Tuesday	26	Sloppy Joe on a Bun	
Wednesday	27	Seafood Salad	
Thursday	28	Sweet & Sour Chicken	Smart Menu 
Friday	29	Swedish Meatball	

Call (248) 246-3900, at least one day in advance to reserve a meal (call before 1 pm).

Lunch is served at 11:45 a.m.

Salter Center Book Club**Mon, April 18 10-11:30 am**

Are you an avid reader? Would you like to meet with people who share your passion for the written word? This group, brought to you in cooperation with the Royal Oak Library, will meet on the third Monday to discuss a specific book. Coffee and light refreshments served. April's book - **"The Age of Innocence"** by Edith Wharton.

Drop-In Pinochle**Wed & Fridays 12:45 pm**

Drop in for an enjoyable game of pinochle, meet new friends. **\$1.**

Helping Hands**Fridays 9:30 am**

Looking for "Helping Hands" interested in knitting, crocheting or sewing blankets for chemotherapy patients. The Rose Cancer Center at Beaumont has kits available or you can use your own materials to create squares which can then be assembled into blankets for patients. Call (248) 246-3180 for more information. **Donations of 4-ply yarn gratefully accepted.**

Sit Down and Tone Up**Mon - Wed - Fri 9:30 am**

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve balance. Lower body and abs workout by using your legs own weight (or bring ankle weights). You will work upper body with 1-3lb dumbbells (or a couple of soup cans). Drop in, no fee.

Yoga**Thurs. April 28 - Jun 16 10:15 am**

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignments and balance. Instructor Cheryl Baugh. **\$36/8 weeks SA2014sp.**

DROP-IN-SPORTS**At the Salter Center****Pickleball**

- **\$2** per session. *Any individual caught not paying will be asked to leave the gym immediately.*
- Sign-in sheets will be made available 30 minutes before scheduled start time.
- The schedule below begins Tuesday, September 8.

-Mondays -

11:00 am-1:00 pm or 1:00-3:00 pm
 All levels, East Gym

-Tuesdays -

1:00 - 3:00 pm All levels, East Gym
 12:30 - 2:15 4.0 & higher, West Gym

-Wednesdays -

11:00am-1:00pm or 1:00-3:00 pm
 All levels, East Gym
 11:00am-2:00pm
 3.5 & Higher (West Gym) \$3

-Fridays -

11:00 am-1:00 pm or 1:00-3:00 pm
 All levels, East Gym
 5:00-7:15 pm Ages 19 & Up, East Gym
 12:30-2:00pm 3.5 & Higher mixer,
 West Gym

Bounce Volleyball**Tues/Thurs 11-1 pm**

A slightly slower paced game than power volleyball. This game allows a wider range of skill levels to participate. **\$1** per session.

Let's Walk!**Monday-Friday 8:30 - 11:00 am**

Strengthen your heart, lungs and vascular system! Improve your circulation! Relieve tension and modify the aging process! Join and enjoy the four seasons briskly walking, at your own pace. Meet at the Salter Center for walking gymnasium laps or outdoors. Track your progress on a mileage log sheet at the center.

Welcome New Walkers!!

Anora Fisher,
 Pat Krupa, and Randy Krupa

Stretch & Strength Training**(40+ cardio weights & strengthening)
 11 am - Noon****Mon, Apr 18 - May 23****Weds, Apr 13 - May 18****Fri, Apr 22 - May 27**

Improve your strength, stamina and flexibility: adaptable to your own pace and fitness level. Class includes low-impact aerobics, strength training and stretching. Bring hand-held weights and a water bottle, wear tennis shoes and loose, comfortable clothing. Classes run continuously except holidays and scheduled instructor vacation. Instructor, **Jo Schirtzinger.**
\$5 drop-in fee

\$26/6 wks for 1 day; **SA2008****\$46/6 wks** for 2 day; **SA2009****\$64/6 wks** for 3 day; **SA2010****Balance Training (50+)****Fri Apr 22 - May 27 12:30pm**

30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun, innovative exercises keep you smiling and moving! **Jo Schirtzinger**, fitness instructor since 1994. **\$24/6 wks SA2006**

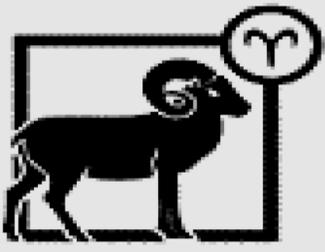
Tai Chi Chuan**Standing/Chen Style Laojia Yuile
 Tues, Apr 5 - Jun 7 10:00am**

Instructor Han Hoong Wang provides this class for continuing students. Chen Style is the oldest form of Tai Chi Chuan from which all styles originated. The movements are slow and fast, twining and twisting, connected with internal spiral energy. **SA2013
 \$60/10 wks.**

Congratulations Walkers,

Bob Anders	1,900 miles
Mara David	2,400 miles
Charlie Hamilton	700 miles
Ann Schoss	2,000 miles
Pat Sipsock	1,500 miles
Mary Ellen Soma	1,100 miles
Bob Thom	3,400 miles

April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
A R I E S  March 21 - April 19	T A U R U S  April 20 - May 20			1 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Strength & Stretch 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)
4 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)	5 8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)	6 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 12:45 PM Pinochle, Drop-In Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)	7 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	8 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)
11 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)	12 8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)	13 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 9:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)	14 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	15 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 12:45 PM Pinochle, Drop-In Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)
18 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 10:00 AM Book Club 11:00 AM Stretch & Strength Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)	19 8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)	20 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)	21 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	22 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)
25 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)	26 8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)	27 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)	28 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	29 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)

***** DAY TRIPS ***** *(continued)*

Zehnder's Ragtime Festival

Thursday, April 28, 2016 8:30 am - 4:30 pm

Join us for this fantastic annual music concert in Frankenmuth! Be amazed by the skill of three veteran pianists (including Kerry Price!) as they pound out smoking' hot tunes! You will have one hour to shop before the buffet lunch and the concert. Cost includes motor coach transportation, Zehnder's plated lunch and performance. **\$60 T10150 sp**

Midtown Madness/Bianco Tours

Wednesday, May 4, 2016 8:45 am - 4:45 pm

Previously known as "Cass Corridor" is now a safe, upand-coming neighborhood full of upscale shopping, funky lofts, wine bars, microbreweries, coffee shops, trendy eateries and more! Stay with the guide, or venture on your own shopping adventure including: Will Leather Store, lunch at Union Street, The Shops at Park Shelton, and information at Carhartt Detroit, maker of world-famous work attire. Cost includes motor coach and lunch. **\$67 T1017 Sp**

"Chubby Checker"@ Soaring Eagle Casino/Bianco Tours

Monday, May 9 8:30 am - 9:00 pm

Over 50 years ago, Chubby Checker exploded on to the music scene with his #1 mega hit, *The Twist!!* Travel back to the good old days with Chubby! Cost includes transportation via motor coach, show, \$10 slot play and \$5 food voucher. **\$43 T1012 Sp**

FUTURE DATES FOR DAY TRIP FUN!

MARK YOUR CALENDARS!

Tues May 10	Thurs May 26	Thurs June 2	Saturday June 4	Saturday June 16
Tulip Time Holland, MI	DIA Series - Movie Screening	DIA Series Guided Gallery Tour	RiverDance at the Fox Theater	Mystery Trip
\$94	\$5	\$5	\$54	\$37

JUST A REMINDER! If you are traveling with us:

- Arrive 15 - 30 min. ahead.
- CHECK-IN with a staff person.
- Park in the farthest north row of our lot (Look for Trip Parking signs).

All trip dates, descriptions and prices are subject to change.

FAVORITE ACTIVITIES HERE AT THE CENTER

EUCHRE PLAYERS

Join us for Euchre Thursdays at 12:30 pm

Feb 11th Rozanne Ochring

Feb 18th Russ Staschke

Feb 25th SNOWSTORM!

Mar 3rd Patrick Messing

March 10th Irene Bokas

Well Played Euchre Players!

POOL TOURNAMENT *(monthly)*

Dust off that pool cue. Pool tables are at the Center for your use: \$0.50/day or \$3/month. Then sign up for the monthly tournament - 2nd Thursday of the month.

February winners

First Place Team: John Beauchamp & Randy Wright

Second Place Team: Paul Riddell & Bob Hilton

Third Place Team: Dave Savage & Tim Fields

