



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

**January 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."

# Happy New Year!

**FRIDAY DIVERSIONS - ALL MONTH LONG . . . . .**

- Fri, January 1**      **New Year's Day: the center will be closed**
- Fri, January 8**      **Movie Matinee** (see details page 6)
- Fri, January 8**      **DIA - A Docent presents DIA Essentials**
- Fri, January 8**      **First Friday Bingo at 3:00 pm**
- Fri, January 15**      **Kerry Price presenting "Ridin' the Rails"**
- Fri, January 22**      **Movie Matinee** (see details page 6)

**\*\*\* Two day Workshop on Dementia \*\*\***

**NORMAL AGING / NOT NORMAL AGING**

**Monday & Tuesday, Jan 11 & 12**      **9:30 am - 11:30 am**

This workshop aims to help anyone who provides direct care to individuals living with dementia; and wish to improve their ability to approach, connect and provide care for those so afflicted. This program will:

- ◆ Compare and contrast "Normal" vs. "Not Normal" aging
- ◆ Describe the Five Sensory Input & Process system
- ◆ Discuss the impact of changing sensory awareness

**C1000W \$38 fee**, pre-registration required

*Inside...*

Travel ..... p 3  
 Staff Notes ..... p 4  
 What's New ..... p 5  
 Services, Interests ..... p 6  
 Health & Fitness ..... p 7  
 Support ..... p 8  
 Community Links ..... p 9  
 Ongoing Activities ..... p 10  
 Calendar ..... p 11  
 Menu ..... p 12  
 Salter Center ..... p 13  
 Salter Center (Calendar) ..... p 14  
 Travel (Cont'd.) ..... p 15

**Thurs, Jan 21      Travel Show!**  
**10:30 - 11:30am**

Come to the center and enjoy a presentation by Mike and Laura Rybicki as they reveal new day trips and extended trips for the upcoming months. Planning a trip can help put "spring" into view!



**The center will be closed on Monday, January 18 for the Martin Luther King Jr.**

\*\*\* EXTENDED TRAVEL \*\*\*

<u>California Coast/Shoreline Tours</u>	February 18 - 25	\$2,799 pp/dbl	
<u>Philly Flower Show/Bianco Tours</u>	March 9 - 12	\$609 pp/dbl	
<u>"Luck of the Irish" @ Soaring Eagle Casino/ Rybicki Tours</u>	March 14 - 15	\$149 pp/dbl	
<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>Southern Charm/ Bianco Tours</u>	May 15 - 20	\$1,065 pp/dbl	
<u>Historic Cities of the East/Shoreline</u>	May 22 - 27	\$999 pp/dblq	

\*\*\* DAY TRIPS \*\*\*

## Detroit Symphony Orchestra

CLASSICAL Coffee Concerts

Fridays, 9:15 am- 1:30 pm  
\$31 per concert/ Mid Balcony

- January 22: Bolero
- April 22: The Planets by Holst

POPS Coffee Concerts

9:15 am - 1:30 pm Dress Circle

- March 11 \$49 St. Patrick's Day Celebration
- June 10 \$49 John Williams' Favorites

DIA Days - Part I - "DIA - The Essentials"

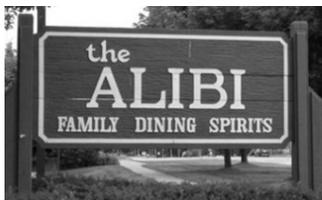
Join us right here at the Center for a lecture given by one of the DIA's knowledgeable docents. The topic explores select artworks to gain an appreciation of the diversity, quality and world-class status of the museum's collection.

**Friday, Jan 8, 2016 1 - 2 pm**

**No Fee/Registration Required A1040W**

**"The Odd Couple" at Purple Rose Theater/Rybicki Tours Weds, Jan 27 11:45 am - 6:15 pm**  
Be immensely entertained with this comedy which never gets old, and enjoy lunch at the Common Grill as well!  
Cost includes transportation via motor Coach, performance and lunch. **\$104 T1013**

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 The Alibi \$4 (lunch on your own) Tues, Jan 12, 2016 12:15 – 1:45 pm**  
The Alibi of Troy has a great family atmosphere with friendly staff to ensure that you have the best dining experience possible. They use only top quality items in all their food to exceed your expectations. Cost includes transportation via Senior Bus. Lunch on your own; **Avg. \$9. T1014 W**

**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 Gembariski

**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**

**A Very Special Thanks** to our very own "Helping Hands Group". Their successful annual fundraiser of hand knit and crocheted items provided a \$700 donation to the kitchen. Thank you for both your creative accomplishments and your generosity.



**NOTABLE FOLKS . . .**

During this season of giving, Tim's Kitchen is so grateful for the generosity of the following persons/groups whose donations help keep our lunch program continuing.

Laura Bossenberry, Bob Hilton, Jean Neimeyer, Celia Sawdon, Jessica Sawdon, Carol Haubert, Mary Rubin, Joanne Shintaku, Denise & Gary Owens, Betty Negrich, Celia Sawdon, Vern & Sue Myers, Gretchen Tatge, Joyce Pittenger, Pamela Lindell, J. Meraw, Four Seasons Pre-School, Marti Lewis, Mary Suze-Valli, Dorothy Huff, Living in Victory Church, and Angela & Pinky Griffin

\*\*\*\*\*

**EUCHRE PLAYERS**

- Nov 12th Fran Pattersen**
- Nov 19th Theresa Caggiano**
- Nov 26th No Euchre**
- Dec 3rd Bill Crawford**

**Well Played  
Euchre Players!**

\*\*\*\*\*

**MONTHLY**

**POOL TOURNAMENT  
November 12th, 2015**

- First Place  
Team: Paul Riddell & Bob Irving**
- Second Place  
Team: Tim Fields & Lenore Bobchik**
- Third Place  
Team: Tom Wargo & Paul DeAthos**

**Welcome Newcomers!**

**Monday, Jan 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.

**Creative Coloring for Grown Ups**

**January 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  
2<sup>nd</sup> & 4<sup>th</sup> 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 in 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 Quilting**

**Tuesdays 10:00 am**

Come join us for a day of hand quilting, machine piecing quilt tops and socialization. If you're new 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**

**January 8th 3:00 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.*

**It's a Technical World!**

**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.

- Jan 6 Charles Kamachos
- Jan 13 Larry Kulp
- Jan 20 Rodge Gach Q & A
- Jan 27 Jack Vanders

**Ask the Computer Lady!**

**Tuesdays Jan 4 - March 31**

**9:15 - 9:45 am C1081W**

**12:45 - 1:15 pm C1082W**

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 Jan 5 - 26**

Set up for beginners and advanced students to bring your own laptop to class and learn to safely use Windows. \$5 material fee due to instructor at first class. Class size limited to 4. Pre-registration, **\$40/4 wks. C1089W**

**"Get" Your Gadget" One-on one class Three 45-min sessions**

**Tues, 11:15 - noon**

**Dates thru March 31st 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/C1080W**

**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**

**pm**

**Duplicate Bridge Weds.**

Drop in with a partner to play duplicate bridge.

**\$2.00 12:30 pm**

**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**

**Frid 12:45 pm Jan 4 - Mar 31**

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 C1040W**

### Hearing Tests/Cleaning Hearing Aids

**Tues., Jan 12, 2016 1:00 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. **Next opportunity will be in March.**

### Foot Doctors

**Weds., Jan 13th 9 - 11 am**  
Dr. Robert Adas and Dr. Larry 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., Jan 20th 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 Dec 17th & 18th

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 min massage session for \$30, or 75-min sessions for \$60.

### 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.

### Painting - All Media

**Thurs, Jan 7 - Feb 25 9:15 am**  
Mike Byrne instructs art students of all levels of ability. Special individual attention is given to each artist's chosen discipline. Supply list at sign-up. Pre-registration, **C1092W \$55/8 wks .**

### Pastel Drawing Class

**Fri, Jan 8 - Feb 26 9:15 am**  
Mike Byrne will introduce you to the wonderful world of Pastel Drawing and Painting! Beginners through advanced. Pre-registration, **C1094W \$55/8 weeks**

### \* Monthly Matinee \*

**Fri, Jan 8 12:30 pm**

#### A Walk in the Woods

Drama/Comedy 1 hr, 38 min

Starring:

Robert Redford & Nick Nolte

An aging travel writer sets out to hike the 2,100 mile Appalachian trail with his long-estranged high school buddy. The peace and tranquility he hopes to find is anything but, once he agrees to being accompanied by the only person he can find willing to join him on the trek—his long lost and former friend who sees the trip as a way to sneak out of paying some debts and sneak into one last adventure before it's too late. *Rated R for language and some sexual references.*

**Fri, Jan 22nd 12:30 pm**

#### I'll See you in My Dreams

Drama/Comedy 1 hr, 32 min

Starring: Blythe Danner,

Martin Starr & Sam Elliott

In this vibrant, funny, and heartfelt film, a widow and former songstress discovers that life can begin anew at any age. With the support of three loyal girlfriends, Carol decides to embrace the world, embarking on an unlikely friendship with her pol maintenance man, pursuing a new love interest, and reconnecting with her daughter. *Rated PG-13 for sexual material, drug use and brief strong language.*

### Memory Screening Day!

**January 25, 2016**

Alzheimer's Foundation of America Memory Advisory Board Testing, conducted by a certified health care specialist here at the Royal Oak Senior Center.

Memory



- Effective Screens, sensitive and specific
- Takes less than minutes
- Validated by research

To Register call (248)246-3900



### Kerry Price On Piano

**Fri, Jan 15 12:30 pm**

#### "Ridin' the Rails"

The Romance of the railroad  
\$2, payable at the door

### Genealogy 101

**Thurs, Jan 14 - Feb 18 1:00 pm**  
Learn how to do genealogy and discover your family history. Basic topics: types of records, how to find them; evaluating your evidence; standards of proof; 45 syllabus fee. Pre-registration **\$88/6 weeks. C1004W**

### 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**) OUR PRESENTATIONS REQUIRE ATTENDANCE; FAILURE TO ATTEND TWO "LUNCH & LEARNS" FOR WHICH YOU HAVE REGISTERED WILL BLOCK YOU FROM SIGNING UP FOR ADDITIONAL WORKSHOPS IN THE YEAR.

### Tues, Jan 5 Dangers of "DIY" Planning.

Presented by Eric S. Glick, Esq. of THAV GROSS, PC.

Questions on probate, asset protection, wills and trusts and other legal documents use in estate planning?  
*Reg deadline Dec 29 A1029W*

### Tues, Feb 9 Overall Wellness.

Join Health Systems expert Laura Solomon to learn about Overall Wellness. Each registered attendee will receive a Free Computerized Body Scan. *Reg deadline Feb 4. A1000W*

**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 class features a low-impact, aerobic workout for the intermediate exerciser. Each session is designed to increase flexibility and work the heart. No fee.

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

A lively workout without leaving your chair. You'll 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. Video workout, free!

**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 No Class 12/30**

**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 instructor **Bill Scheff** Monday afternoons to learn all the footwork involved in Ballroom dancing. No partner is needed for participation. Feel free to drop in and watch anytime. **\$5.**

**Zumba Gold****Friday, Jan 8 - Feb 26 10:20 am**

Low impact aerobic workout, some chair work. Put Salsa, Cha-Cha, Samba, Tango and Merengue together with Flamenco, Calypso, Hip-Hop & Belly Dancing. Dress comfortably, wear dance sneakers or tennis shoes. Bring water. Pre-register **\$40/8 wks, C1013.**  
**Drop-ins welcome \$8/class.**

**Tai Chi Basic & Chen Style****Thurs, Jan 7 - Mar 24 9:15am**

The movements are slow and fast, twining and twisting, connected with internal spiral energy. It is gentle yet powerful. **\$72/12 C1003W**

**Kuratomi Stretching****Weds Jan 6 - Feb 24 10:30 am**

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. **\$64/8wks C1010W**

**Gentle Yoga \$32/7 wks****Monday, Jan 4 - Feb 29****9:15 am (C1029) \$32/7 wks****1:00 pm (C1030) \$32/7 wks****Thursday, Jan 7 - Feb 25****1:00 PM (C1033) \$36/8 wks**

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.

**Water Aerobics****Weds., 8:30 am****Jan 20 - Mar 9**

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 C1035W**

**Aqua Zumba****Thurs, 8:30 am****Jan 21 - Mar 10**

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: *N.* **\$27/6 wks C1036W**

**Chair Exercise with Cindy****Friday, Jan 8 - Feb 12 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 C1028F**

**Healthy Back Class****Wed, Jan 6 - Feb 10 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 C1018W**

**Yoga****Tues, Dec 29 -****Feb 16 12:45 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 C1012W**

**Chair Yoga****Wednesday, 12:30 pm****Jan 6 - Feb 10 \$25/6 C1021W****Friday, 11:30 am****Jan 8 - Feb 12 \$25/6 C1024W**

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, Jan 4 - Feb 29 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 **\$36/8 wks - C1067W No class Jan 18**

## **SUPPORT GROUPS**

### **Alzheimer's Support Group**

**Monday, January 24** **10 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 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 Assistance Group**

**Wednesdays** **9 am**  
Our Center welcomes deaf adults for socialization each Wednesday.

### **Legal Aid**

**3<sup>rd</sup> Thursday, January 21** **1 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.

**ROYAL OAK SCHOOLS**

**January 2016 Activities**

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

**PERFORMING ARTS - RO High School**

No scheduled performances by Band, Orchestra, Choir or the Drama Club in January 2016.

**VARSITY ATHLETICS:**

**Boys Hockey**

- Wed, Jan 6 8:00 pm vs. Walled Lake Western H.S.
- Wed, Jan 13, 7:30 pm vs. West Bloomfield H.S.
- Wed, Jan 20, 8:00 pm vs. Multiple Opponents
- Wed, Jan 27, 8:00 pm vs. Notre Dame Prep

**Boys Basketball**

- Thurs, Jan 14, 7:00pm vs. Hazel Park H.S.
- Tues, Jan 19, 7:00 pm vs. Groves H.S.
- Fri, Jan 22, 7:00 pm vs. Ferndale H.S.

**Girls Basketball**

- Tues, Jan 12, 7:00 pm vs. Troy H.S.
- Thurs, Jan 21, 7:00 pm vs. Bloomfield H.S.
- Fri, Jan 29, 7:00 pm vs. Clarkston H.S.

**Boys Swimming**

- Thurs, Jan 14, 6:00 pm vs. Lake Orion H.S.
- Thurs, Jan 21, 6:00 pm vs. Berkley H.S.

**Evening Recreational Swim**

**RO Middle School 709 N. Washington**  
**September 10, 2015 - March 3, 2016**  
*Closed Dec 21, 2015 - January 1, 2016*

**Family Open Swim**

Monday evening 7:30 - 8:30 pm.

**Adult Open Swim (lap swimming)**

Monday evening 8:30 - 9:45 pm.

Thursday evening 8:45 - 10 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

• **Help**  
• **Wanted**



The R.O.S.E.S. Program - 2016 (Royal Oak Senior Essential Services) is looking for able-bodied persons with good work ethic and home maintenance skills to register for the following programs:

- **Home Chores:**  
Snow Shoveling, Yard Work, Housework and gutter cleaning (1st level)
- **Home Repairs:**  
Painting, minor plumbing, carpentry and minor Electrical work. (Work of a scope that does not require a licensed contractor.)

All workers will be required to complete an application, and be subject to a background check.

Please visit the:

Mahany/Meininger Senior  
Community Center (3500 Marais)  
Monday - Friday, 9:00 am - 4:30 pm or  
call (248) 246-3918 for more information.

**Alzheimer Support**..... 4<sup>th</sup> 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 Tournament** .....2<sup>nd</sup> Thursday, 9:00 am  
Singles tournament for those who drop in, \$3.

**Bridge, Drop-In**

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

**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 Assistance** .....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 a Richard Simmons video tape, 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, 12:45 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**.....1<sup>st</sup> & 3<sup>rd</sup> Tuesday, 10:30am  
Fun & lively discussion of current news happenings, free.

**Foot Doctor** .....2nd 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. Resumes Friday, January 8.

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

**Kerry Price** .....3<sup>rd</sup> Friday, 12:30 pm  
Different sing-along piano programs each month, \$2.

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

**Legal Aid** ..... 3<sup>rd</sup> 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**.....3<sup>rd</sup> Thursday & Friday, by apt.  
35 min/\$30 and 75 min/\$60 massage sessions.

**Monthly Matinee** ..... 2<sup>nd</sup> 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** (Starts Jan 8) Friday, 9:15 - 11:45 am  
Discover the luminous beauty of art through pastel chalks and pencils. Pre-register, fee.

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

**Senior Quilting**.....Tuesdays, 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**..... 2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 10 am  
Amateur Astronomy Group. No fee.

**Welcome Newcomers!**.....1<sup>st</sup> Monday, 10:30 am

January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January Flower: Carnation/Snowdrop</p> <p>January Gemstone: Garnet</p>		<p>January Zodiac Signs: Capricorn Dec 22 - Jan 19 Aquarius Jan 20 - Feb 18</p>		<p>1</p> <p><b>Closed for New Year Holiday</b></p>
<p>4</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes <b>10:30 AM Welcome Newcomers</b> 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 10:30 AM Creative Coloring 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga</p>	<p>5</p> <p>9:15 AM Ask Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Laptop Class 10:00 AM Senior Quilters 10:30 AM Sit Down &amp; Tone Up 10:30 AM Focus on the News 11:15 AM Get Your Gadget 12:30 PM Pinochle, Drop-In 12:45 PM Yoga 12:45 PM Ask Computer Lady 1:00 PM Sit &amp; Knit</p>	<p>6</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:30 AM Silver Foxes 9:30 AM Mah Jongg/ Drop-In 10:30 AM Kuratomi Stretching 12:30 PM Bridge, Drop-In 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>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 &amp; Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-In 1:00 PM Round Dance 1:00 PM Gentle Yoga</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 w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga <b>12:30 PM Movie Matinee</b> 12:45 PM Handbells <b>1:00 PM DIA: Docent</b> 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/Drop-In <b>3:00 PM BINGO</b></p>
<p>11</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes <b>9:30 AM SEMINAR</b> 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga 1:30 PM Water Color Painting</p>	<p>12</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands <b>9:30 AM SEMINAR</b> 10:00 AM Senior Quilters 10:00 AM Laptop Class 10:30 AM Sit Down &amp; Tone Up 11:15 AM Get Your Gadget <b>11:30 AM Lunch &amp; Learn</b> 12:30 PM Pinochle, drop-in 12:45 PM Yoga 12:45 PM Ask Computer Lady 1:00 PM Sit &amp; Knit 2:00 PM OLSHA</p>	<p>13</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Assistance <b>9:00 AM Foot Ctrrs/Appt</b> 9:30 AM Silver Foxes 9:30 AM Mah Jongg/ Drop-In 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretching 12:30 PM Bridge, Drop-In Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance/bgnsrs</p>	<p>14</p> <p>8:30 AM Aqua Zumba <b>9:00 AM Pool Tournament</b> 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 &amp; Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-In 1:00 PM Round Dance 1:00 PM Genealogy 1:00 PM Gentle Yoga</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 w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga <b>12:30 PM Kerry Price</b> 12:45 PM Handbells 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/ Drop-In</p>
<p>18</p> <p><b>Center Closed for MLK, Jr. Holiday</b> <i>No classes/ no lunch</i></p>	<p>19</p> <p>9:15 AM Ask Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Laptop Class 10:00 AM Senior Quilters 10:30 AM Sit Down &amp; Tone Up 10:30 AM Focus on the News 11:15 AM Get Your Gadget 12:30 PM Pinochle, Drop-In 12:45 PM Yoga 12:45 PM Ask Computer Lady 1:00 PM Sit &amp; Knit</p>	<p>20</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:30 AM Silver Foxes 9:30 AM Mah Jongg/Drop-In 10:30 AM Kuratomi Stretch 12:30 PM Bridge, Drop-In 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 <b>10:00 AM Financial Aid/Appt.</b> 10:30 AM Sit Down &amp; Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-in 1:00 PM Round Dance 1:00 PM Gentle Yoga 1:00 PM Genealogy <b>By Appt Legal Aid</b> <b>By Appt Massage Therapy</b></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 w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga <b>12:30 PM Movie Matinee</b> 12:45 PM Handbells 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/ Drop-In  <b>By Appt Massage Therapy</b></p>
<p>25</p> <p><b>9:00 AM Memory Screening</b>  9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Alzheimers Support 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga 1:30 PM Water Color Painting</p>	<p>26</p> <p>9:15 AM Ask Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Laptop Class 10:00 AM Senior Quilters 10:30 AM Sit Down &amp; Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle, drop-in 12:45 PM Yoga 12:45 PM Ask Computer Lady 1:00 PM Sit &amp; Knit</p>	<p>27</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:30 AM Silver Foxes 9:30 AM Mah Jongg/ Drop-In 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretch 12:30 PM Bridge, Drop-In 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>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 &amp; Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-In 1:00 PM Round Dance 1:00 PM Gentle Yoga 1:00 PM Genealogy</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 w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:45 PM Handbells 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/ Drop-In</p>
<p><b>Mahany/Meininger Senior Community Center</b></p>				

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

## **January 2016 Lunch Menu**

Monday	4	Unstuffed Cabbage	
Tuesday	5	Cranberry Chicken	♥ Heart Smart
Wednesday	6	Beef Parmesan	
Thursday	7	Salmon Patty/Lemon Glaze	
Friday	8	Pork Chop	
Monday	11	Pork Pie	
Tuesday	12	Tuna Noodle Bake	
Wednesday	13	Swiss Chicken	
Thursday	14	Meatloaf/Tomato Sauce	
Friday	15	Egg Salad in a Bun	
Monday	18	Center is Closed – No lunch	
Tuesday	19	Pork Chop	
Wednesday	20	Spinach/Cheese Square	
Thursday	21	Chicken Gumbo	
Friday	22	Shepherd Pie (Beef)	
Monday	25	BBQ Meatloaf	
Tuesday	26	Baked Chicken	
Wednesday	27	Sliced Ham	
Thursday	28	Sloppy Joe in a Bun	
Friday	29	Peanut Chicken	♥ Heart Smart

**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, Jan 25 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. December's book is "The Other" by David Guterson.

**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. Jan 7 - Feb 25 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 SA2014.**

**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 Open to 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.

**Tai Chi Chuan**

**Standing/Chen Style Laojia Yuile**

**Tues, Jan 5 - Mar 22 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 \$72/12 wks.**

**Stretch & Strength Training**

**(40+ cardio weights & strengthening)**  
**11 am - Noon**

**Winter 1 Mon, Jan 4 - Feb 22**  
**Weds, Jan 6 - Feb 10**  
**Fri, Jan 8 - Feb 12**

Improve your strength, stamina and flexibility. Exercises are adaptable to your own pace and fitness level. Each 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 on holidays and scheduled instructor vacation. **Jo Schirtzinger** of Leisure Un-limited, has instructed this class since 1996. *No class 1/18/16*

**\$26/6 wks** for 1 day; **SA2008**  
**\$46/6 wks** for 2 day; **SA20090**  
**\$64/6 wks** for 3 day; **SA2010**  
**\$5** drop-in fee

**Balance Training (50+)**

**Fri Jan 8 - Feb 12 12:30pm**  
This 30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun and innovative exercises keep you smiling and moving! **Jo Schirtzinger**, of Leisure Unlimited, has been fitness teaching since 1994. **\$24/6 wks SA2006**

**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 **Let's Walk!** 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.

**Notable Folks ...**

**CONGRATULATIONS,**  
to the following walker!

**NEW WALKERS WELCOME!**

January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>"The birds are gone, The ground is white, The winds are wild, They chill and bite; The ground is thick with slush and sleet, And I barely feel my feet."</i></p>				<p>1</p> <p><b>HAPPY NEW YEAR!</b></p>
4	5	6	7	8
<p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength</p> <p><b>Drop-In Pickleball</b> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p><b>Drop-In Pickleball</b> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength 12:45 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Strength &amp; Stretch 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 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)</p>
11	12	13	14	15
<p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength</p> <p><b>Drop-In Pickleball</b> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p><b>Drop-In Pickleball</b> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength 12:45 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 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)</p>
18	19	20	21	22
<p><b>The Center is closed for the MLK, Jr. Holiday</b></p>	<p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p><b>Drop-In Pickleball</b> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength 12:45 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 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)</p>
25	26	27	28	29
<p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 10:00 AM Book Club 11:00 AM Stretch &amp; Strength</p> <p><b>Drop-In Pickleball</b> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p><b>Drop-In Pickleball</b> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength 12:45 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 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)</p>
<p><b>Jack &amp; Patti Salter Senior Community Center</b></p>				

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

**Men are from Mars, Women are from Venus @ City Theater**      **Sun, Jan 31 1:00 - 5:45 pm**  
Based on the New York Times #1 best-selling book of the last decade, the play moves swiftly through a series of vignettes, and covers everything from dating and marriage to the bedroom. This hysterical show is definitely for adults, but will leave audiences laughing and giggling like little kids! Afterwards, we are going to **Pasquale’s** in Royal Oak for an early dinner on your own. Cost includes transportation via Senior Bus to City Theatre (inside Hockeytown Café), and performance.      **\$40 (dinner on your own) T1034F**

**Mardi Gras at Caesar’s Windsor/Bianco Tours**      **Tuesday, February 9, 2016**  
It’s Fat Tuesday! Come along to the Mardi Gras celebration and enjoy free coffee and paczkis. Receive a FREE lunch buffet, OR a \$15 meal voucher OR a \$15 coin voucher. Cost includes transportation via motor coach.      **\$25 T1009W**

**DIA Days - Part II**      **Friday, February 12, 2016 12:30 - 4:30 pm**  
Our second in the DIA Days educational series is a visit to the Detroit Institute of Arts, which will include a docent-led tour entitled “Through her Eyes: Women Artists in the DIA’s Collection”. Viewing the work of women artists in the DIA’s collection heightens awareness of the creative contributions of women across cultures and time and provides a lens through which to explore issue of gender, relationships between generations, politics, and culture. Cost includes transportation via motor coach, cookie reception and tour.      **\$5 T1012W**

**Calendar Girls at Meadowbrook Theater**      **Wed, March 23, 2016 10:30 am - 5:00 pm**  
We’ll start with a scrumptious meal at Mitchell’s Fish Market: your choice of Fish Sandwich, Shrimp or Fish Tacos, Parmesan Chicken Salad or Broiled Cod. Then it’s off to the play! It’s the true story of friends who pose nude for a calendar to raise funds for the Leukemia Research Fund. Beautiful, poignant. Cost includes transportation via Senior Bus, lunch and performance. Make lunch selection at registration.      **\$57 T1008W**

**FUTURE DATES FOR DAY TRIP FUN!**

**MARK YOUR CALENDARS!**

Thursday	Monday
<b>April 28, 2016</b>	<b>May 9, 2016</b>
Zehnder’s “Ragtime Festival”	Soaring Eagle “Chubby Checker”

**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.*