



TIMES



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

June 2015 • 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."



The developers of "Lexington on the Park" new home development across from the Senior Center are doing their best to keep both Marais and Lexington open for traffic to the Center. There may be sporadic closures to one street, but access to the center is guaranteed. *We appreciate your*

patience with this process.

SEMINAR

Friday, June 12 "Home Repair & Equity Scams" 10:00 am

Presented by : Senior Brigade - A Michigan Seniors Initiative

LUNCH & LEARN

Tuesday, June 9 Hospital to Home 11:30 am

Liisa Vaara - Lewis of Assured Home Nursing Services

Tuesday, June 23 Dangers of DIY Estate Planning 11:30 am

Eric S. Glick, Esq. of THAV GROSS P.C.

MONTHLY MATINEE

Friday, June 12th & 26th at 12:30 pm on the Center's big screen

See details on Page 6

Kerry Price on Piano

Friday, June 19th 12:30 pm

"Dear 'Ol Dad" - A Father's Day Program

TRAVEL SHOWS Thursday June 25

Bianco Tours	Shoreline Tours
will present in the Game Room from 9:30 – 10:30	will present in Room 3 from 10:30 - 11:30

Interested in participating in tours but hesitant to sign up? - Here's an opportunity for you to get informed directly from the tour organizers. Learn about all that the tours have to offer, how accommodating the tour venues can be, and get ready to travel!

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*** **EXTENDED TRAVEL** ***

Chicago Getaway/Bianco Tours June 5-6, 2015. \$345 dbl/pp.

Wisconsin Dells/Rybicki Tours June 16-19, 2015. \$799.

New York City/Bianco Tours June 18 - 22, 2015, \$1,039 dbl/pp.

Quilt Gardens/Bianco Tours July 6 - 7, 2015, \$269 dbl/pp.

Ohio Light Opera/Rybicki Tours July 24 - 26, \$599 dbl/pp.

Vancouver and Canadian Rockies/Bianco Tours July 28 - August 4, \$2,635 dbl/pp.

Oregon Coast/Shoreline Tours August 2 - 11, \$3,299 dbl/pp.

French Lick, Indiana/Rybicki Tours August 10 - 13, \$699 dbl/pp.

**Mackinac Island Grand Adventure October 6 - 9, 2015 Call Barbara for availability: (248) 246-3916,5.
\$ 736 dbl/pp; \$961 sgl; \$671 trp/pp **T1000 sp.****

**Shades of Ireland /Collette Tours October 12 – 21, 2015 \$250 deposit; balance due August 12, 2015.
\$3649 dbl/pp**



*** **DAY TRIPS** ***



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.

Detroit Institute of Arts Friday, June 5, 2015 9:30 am – 2:00 pm

Travel by motor coach to our fabulous art museum: enjoy a welcome reception and a group tour, then take some time on your own to peruse the priceless treasures and have a bite to eat at Café DIA. You can choose to skip the group tour and go to the Diego Rivera Exhibit on your own. There is an extra cost of \$14 for this, payable at the DIA. Make your choice known at registration, please. . **\$5 T1024 sp**

Detroit Symphony Orchestra Pops Coffee Friday, June 12 9:15 am-1:30 pm

Dress Circle- "Porgy & Bess" – Jeff Tyzik conducts Gershwin's stirring score. **\$48 T1007F**

Day Trips continued on Page 15



**Restaurant of the Month "The Mad Hatter" in Birmingham
Friday, June 26th 12:00 -2:00 pm. **\$4, (Lunch on your own)****

The "Mad Queen" (the Chef / Owner) has an extensive background with over 15 years of culinary expertise. The Birmingham restaurant's interior design reflects the story of Alice in Wonderland while also paying tribute to Birmingham's storied past. Dine in a sophisticated, eclectic dining room while watching the Mad Scientists in the art of cooking as it occurs in their open-kitchen. Cost includes transportation via Senior Bus. Lunch on your own; Avg. \$11.

**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 1 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**

Medical Equipment Loan Closet

Senior Center has walkers, wheelchairs, bath stools and such available for loan. There is no charge to borrow an item, keep them as long as necessary and return clean. Clean, working durable medical equipment donations are also accepted. Please call (248) 246-3900 prior to bringing in equipment you no longer need.

NOTABLE FOLKS . . .

A Very Special Thanks to
- **Bob Hilton** - **Dorothy Huff** - **Gene Knitig** - **Jean Niemeyer** - **Ruth Parmentier** - **Margaret Roberts** - **Celia Sawdon** and **Ray Wangler**

for contributions to Tim's Kitchen, to help keep our lunch program continuing.

Euchre Players

April 16th - Gloria Vestrand
April 23rd - Ed Dehoring
April 30th - Bill Crawford
May 7th - Theresa Caggiano

Well Played Euchre Players!

**Annual Pool
Tournament
May 14, 2015**

Good Luck Players!

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.

Drop-In Cards

Rubber Bridge Mondays
Drop in for Rubber Bridge and bring a partner to play.
\$1 12:15 pm

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

Duplicate Bridge Wednesday
Drop in with a partner to play duplicate bridge.
\$1.25 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



Welcome Newcomers!
Monday, June 1 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.

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*

Handbells Fridays 12:45 pm
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. No experience or music-reading skills required, but is helpful. Performances in the community will showcase your skills. **\$25/10 wks. C1040F.**

Senior Quilting Tuesdays 10 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.

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.
June 3 - - Open -
June 10 - Larry Kulp
June 17 - Roger Gach
June 24 - Jack Vanders

"Get" your Gadget" Tues, Mar 10 -Jun 23 11:15 -noon
This one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! You may use the time for basic computer skills on desktop computers. Remember to bring all cables and power cords along. Call to register for your choice of dates: 248-246-3900 **\$60 / (3) 45-min One-on-One class C1080 sp.**

Ask the Computer Lady! Tuesdays 9:15 - 9:45 am
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 C1087sp**

Laptop Computer Classes Tuesdays 11:30 am
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. C1085SP**

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.

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.

Star-Grabbers Amateur Astronomy Group 2nd & 4th Wednesdays 10 am
Dick and **Bill** have an amateur astronomy club. Their goal is to share their interesting hobby and instruct individuals on the use of telescopes. Donations are accepted

Sit 'n' Knit Tuesdays 1 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.

Foot Doctors

Weds. June 10 9:00 - 11:00 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. Please pre-register.

Financial/Investment Aide

Thurs. June 18th 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 minute appointment.

Brain Neurobics

Thurs, June 25 10:30 am
Presented by Waltonwood. Give your brain a work-out with Brain Neurobics! Join us and learn simple mental exercises, fun crafts, puzzles and word games you can do to strengthen connections between both halves of your brain. RSVP at (248) 549-6400

Painting - All Media

Thurs. Apr 30 - June 18 9:15 am
Mike Byrne, who has exhibited in art shows, art fairs, one-person shows and taught watercolor, pastel, acrylic, pen & ink (stipple) instructs art students of all levels of ability. Special individual attention is given to each artist's chosen discipline. Supply list is given at sign-up. Pre-registration, **\$55/8 wks.** C1090SP

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 news issues. Visitors encouraged. We're always looking for new people.

Monthly Matinee

Fri, June 12 12:30 pm
12 Years a Slave

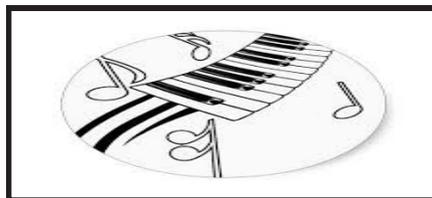
A British-American epic historical drama film: an adaptation of the eponymous 1853 autobiography by Solomon Northrup, a New York State-born free African American man who was kidnapped in Washington, D.C. in 1841 and sold into slavery. Northrup worked on plantations in the state of Louisiana for 12 years. *Rated R for violence/cruelty, nudity and brief sexuality*

Fri, June 26 12:30 pm
The Imitation Game

In 1939, newly created British intelligence agency MI6 recruits Cambridge mathematics alumnus Alan Turing to crack Nazi codes, thought unbreakable. Turing's team, including Joan Clarke, analyzes Enigma messages while he builds a machine to decipher them. Turing and team finally succeed and become heroes, but in 1952, the quiet genius encounters disgrace when authorities reveal he is gay and sends him to prison. *Rated PG-13 for illicit sex, strong violence*

*Suggestions and donations
are welcome!*

**PLEASE CALL AHEAD FOR
MOVIE AVAILABILITY!**

**Kerry Price On Piano**

Fri, June 19th 12:30 pm
"Dear 'Ol Dad" - A Father's Day Program

\$2 per program.
Payable at the door.

Lunch and Learn Series**"Hospital to Home"**

Tuesday, June 9 11:30 am
Presenter: Liisa Vaara- Lewis; 20 year experience as a Geriatric Social Worker, Assured Home Nursing Services

Learn from Ms. Vaara-Lewis 'real- life', empathetic, viewpoint on your options, when leaving a hospital setting for the geriatric population. What has been tried and successful, what to prepare, and what to expect. Including:

- *Connecting with your case worker
- *Homecare Options and preparing a homecoming
- *Create a solid Power of Attorney for healthcare
- *Benefits of a medical binder

Register at (248) 246 -3900 by June 4th, deadline. A1036

Dangers of**'Do-it-Yourself' Planning**

Tuesday, June 23 11:30 am
Presenter: Eric S. Glick, ESQ. of THAV GROSS PC. Weekly guest on "Financial Crisis Talk Center" (WDFN) 1130 AM, Eric Glick, will discuss and answer YOUR questions on *Probate, Asset Protection, Wills and Trusts*, and other legal documents used in estate planning. As well as recent changes in the law and improper 'do-it-yourself' estate planning. His concentration is on estate planning: asset protection; probate court representation; corporate law and business matters. . Register at (248) 246 -3900 by June 18 deadline A1035

- SEMINAR -**Home Repair & Equity Scams**

Friday, June 12 10:00 am
The Senior Brigade, division of the Attorney General Bill Schuette's Office, will be here to help you identify and protect yourself from Homeowner scams.

- Tips to protect yourself & your future
- How to work with a contractor
- How to recognize and avoid home repair and home loans scams
- Reverse mortgage tips.

Register by calling (248) 246-3900

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.

Drop-In Ballroom Dance Class**Mondays 1 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.**

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**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!*

Massage Therapy**Fri, June 19 by Appt**

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

Tai Chi Basic & Chen Style**Thurs, Apr 16-Jun 25 9:15 am**

The movements are slow and fast, twining and twisting, connected with internal spiral energy. It is gentle yet powerful. **\$60/10 wks. C1063SP**

Kuratomi Stretching**Wed, May 20-July 8 10:30 am**

The Kuratomi Method is inspired by ancient Japanese forms and Jujitsu to open the body, mind and spirit gently and naturally. The student can grow into the stretches, yet they are immediately effective, and all poses are adaptable to all personal needs. Wear comfortable clothing and bring a mat. Pre-register, **\$64/8 wks C1009SU**

Gentle Yoga \$32/7weeks**Mondays 9:15 am****May 11 - Jun 29 C1029SU**

(no class May 25th)

Mondays 1:pm**May 11 - Jun 29 1030SU**

(no class May 25th)

Thursdays 1 pm**May 14 - June 25 C1031 SU**

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**Wed, Jun 3 - 24 8:30 am**

Great workout with water exercises. Included is a cardiovascular, toning and stretching. Locker room available, bring your own lock, towel and suit. Leave your valuables at home. Instructor **Cheryl Baugh**. Pre-register, **\$18/4 wks. C1006SU**

Aqua Zumba**Thurs, Jun 11- 25 8:30 am**

Have fun exercising, dancing and getting fit. Zumba workout in the water! All levels welcome, no experience necessary. Bring water shoes & towel. Instructor **Cheryl Baugh**. Pre-register, **\$14/3 wks. C1004SU**

Zumba Gold**Fri, May 29-July 24 10:20 am**

Low impact aerobic workout. Some chair work. Great music and fun (no class Jul 3) **\$40/8 wks C1015SU** Drop-ins available **\$7/class.**

Healthy Back Class**Wednesday, 1:30pm****May 27 - Jun 24 \$21/5 C1018sp**

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.

Yoga**Tues, May 12 - Jun 30 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 C1005SP**

Chair Yoga**Wednesday, 12:30 pm****May 27 - Jun 24 (\$21/5) C1022sp****Friday, 11:30 am****May 29 - Jun 26 \$21/5 C1020sp**

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.

Chair Exercise with Cindy**Friday, 10:30 am****May 29 - Jun 26 \$21/5 C1025sp**

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 wks. C1024SP**

Pilates/Core Body conditioning**Mon, May 11 - July 6 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 - C1000SP**(No class May 25)

SUPPORT GROUPS

Alzheimer's Support Group

Monday, June 15 **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

3rd Thursday, June 18 **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.

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 snow-shoveling, 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.

• Help Wanted -

The R.O.S.E.S. Program (Royal Oak Senior Essential Services) is looking for able-bodied citizens to register for grass cutting for Royal Oak Seniors this Spring (2015 season) You will be required to fill out an application

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.

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.
(Except State sponsored tournaments)
- All school drama programs & dance shows
- All vocal & instrumental music concerts
- Evening recreational swim at RO High School

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

**Community Open Swim -
RO High School 1500 Lexington Blvd.**

- Family Open Swim,
Mon., Tues. & Thurs. evenings, 7:15-8:30 pm.
Monday thru Thursday 12:15-1:30 pm
- Adult Open Swim (lap swimming) -
Mon, Tues, & Thurs evenings, 8:30-9:45 pm.

Seniors free with Gold Card, adults and children \$5, 5 and under free. Discount cards at \$40 for 10 visits available at open swim sessions.

Bring bathing suit, towel and lock. No flotation devices allowed (including life jackets/vests).

The pool is closed whenever it is deemed not functional. The school district is not responsible for stolen or lost articles.

Royal Oak Schools

June 2015 Activities

Board of Education Meeting	800 DeVillen
Thursday, June 11	7:00 pm
Thursday, June 25	6:00 pm

Celebration of the Arts

**Royal Oak Middle school
709 N . Washington Ave.**

Friday, June 5, 2015 - Noon - 5:00 pm

All performances and activities are free. Donations are greatly appreciated and will go to the Royal Oak High School Auditorium Renovation.

Performances by:

- Royal Oak Symphony Orchestra
- Detroit School of Pop & Rock Music
- StageCrafters
- Woodward Jazz Orchestra
- International Barbershop Harmony Society
- Royal Oak High School Jazz Bands
- Royal Oak High School Chamber Ensembles
- Royal Oak High School Vocal Ensembles
- Royal Oak High School Drama Club
- And More!!

**Royal Oak Foundation for Public Education
22nd Annual Charity Golf Outing**

Monday, June 22nd Red Run Country Club
For Information, call (248) 436-8400, Ext. 1228

***Royal Oak School District extends wishes
to all for a very happy summer!***



Alzheimer Support..... 4th Monday, 10 am
Support for families and friends of those afflicted with Alzheimer's Disease. (May 18th! Only 3 Mondays this month)

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 \$2.50 monthly.

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

Bridge, Drop-In
.....**Rubber** \$1 - Mondays, 12:15 pm
.....**Duplicate** \$1.25 - 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.

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 YogaMon, 9:15 am & 1 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.

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

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

Exercise—Water AerobicsWed, 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..... Fri, 10:20 am
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.

Focus On the News.....1st & 3rd Tuesday, 10:15 am
Fun & lively discussion of current news happenings, free.

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

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 Jomon 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 Friday, by appt
35 min/\$30 and 75 min/\$60 massage sessions.

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

Painting Classes.....Thursday, 9:15 am
Carl Angevine instructs in 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.

Pinochle, Drop-InTuesdays, 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..... 2nd & 4th Wednesday, 10 am
Amateur Astronomy Group. No fee.

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

June 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga - DVD 10:30 AM Welcome Newcomers 10:30 AM Pilates 12:15 PM Drop-In Rubber Bridge 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga 1:30 PM Water Color</p>	<p>2</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Quilters 10:30 AM Sit Down & Tone Up 10:30 AM Focus on the News 11:15 AM Get Your Gadget 11:30 AM Laptop Class 12:30 PM Drop-In Pinochle 12:45 PM Yoga 1:00 PM Sit 'N Knit</p>	<p>3</p> <p>9:00 AM Deaf Assistance Group 9:30 AM Drop-In Mah-Jongg 9:30 AM Silver Foxes 10:30 AM Kuratomi Stretching 12:30 PM Drop-In Bridge, Dup. 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back</p>	<p>4</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</p>	<p>5</p> <p>9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exer. W/ Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 1:00 PM Mah-Jongg 1:00 PM Line Dancing 1:15 PM Handbell Concert</p>
<p>8</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga - DVD 10:30 AM Pilates 12:15 PM Drop-In Rubber Bridge 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga</p>	<p>9</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Quilters 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 11:30 AM Laptop Class 11:45 AM Lunch & Learn 12:30 PM Drop-In Pinochle 12:45 PM Yoga 1:00 PM Sit 'N Knit</p>	<p>10</p> <p>9:00 AM Deaf Assistance Group 9:00 AM Foot Doctors - by Appt 9:30 AM Drop-In Mah-Jongg 9:30 AM Silver Foxes 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretching 12:30 PM Drop-In Bridge Dup. 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back</p>	<p>11</p> <p>9:00 AM Pool Tournament 9:15 AM Tai Chi 9:15 AM Painting - All Media 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</p>	<p>12</p> <p>9:30 AM Silver Foxes 10:00 AM Seminar 10:20 AM Zumba Gold 10:30 AM Chair Exer. w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:15 PM Handbells 12:30 PM Monthly Matinee 1:00 PM Mah-Jongg 1:00 PM Line Dancing</p>
<p>15</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga - DVD 10:30 AM Pilates 12:15 PM Drop-In Rubber Bridge 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga</p>	<p>16</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Quilters 10:30 AM Sit Down & Tone Up 10:30 AM Get Your Gadget 11:15 AM Focus on the News 11:30 AM Laptop Class 12:30 PM Drop-In Pinochle 12:45 PM Yoga 1:00 PM Sit 'N Knit</p>	<p>17</p> <p>9:00 AM Deaf Assistance Group 9:30 AM Drop-In Mah-Jongg 9:30 AM Silver Foxes 10:30 AM Kuratomi Stretching 12:30 PM Drop-In Bridge, Dup. 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back</p>	<p>18</p> <p>9:15 AM Tai Chi 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Financial/Invest Aide 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 Legal Aide 1:00 PM Round Dance 1:00 PM Gentle Yoga</p>	<p>19</p> <p>9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exer. w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Kerry Price/Piano 12:45 PM Handbells 1:00 PM Mah-Jongg 1:00 PM Line Dancing By Appt Massage Therapy</p>
<p>22</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 Pilates 12:15 PM Drop-In Rubber Bridge 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga 1:30 PM Water Color</p>	<p>23</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Quilters 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 11:30 AM Lunch & Learn 11:30 AM Laptop Class 12:30 PM Drop-In Pinochle 12:45 PM Yoga 1:00 PM Sit 'N Knit</p>	<p>24</p> <p>9:00 AM Deaf Assistance Group 9:30 AM Drop-In Mah-Jongg 9:30 AM Silver Foxes 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretching 12:30 PM Drop-In Bridge, Dup. 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back</p>	<p>25</p> <p>9:15 AM Tai Chi 9:30 AM Helping Hands 9:30 AM Bianco Tours Prsnts 10:00 AM Aphasia Support 10:30 AM Shoreline Tour Prsnts 10:30 AM Brain Neurobics 10:30 AM Sit Down & Tone Up 12:15 AM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Round Dance 1:00 PM Gentle Yoga</p>	<p>26</p> <p>9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exer. w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Monthly Matinee 12:30 PM Mah-Jongg 12:45 PM Handbells 1:00 PM Line Dancing</p>
<p>29</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga - DVD 10:30 AM Pilates 12:15 PM Drop-In Rubber Bridge 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga 1:30 PM Water Color</p>	<p>30</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Quilters 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 11:30 AM Laptop Class 12:30 PM Drop-In Pinochle 12:45 PM Yoga 1:00 PM Sit 'N Knit</p>	<p>JUNE BIRTHSTONE: PEARL & ALEXANDRITE JUNE FLOWER: ROSE JUNE HOROSCOPES: MAY 21 - JUNE 20 - GEMINI JUNE 21 - JULY 22 - CANCER</p>		

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

Monday	June	1	Chicken Chow Mein	
Tuesday	June	2	BBQ Meatball	
Wednesday	June	3	Tuna Loaf	 HEART SMART
Thursday	June	4	Ham/Cheese Square	
Friday	June	5	Chicken Tetrazzini	
Monday	June	8	Seafood Salad	
Tuesday	June	9	BBQ Chicken	
Wednesday	June	10	Pasta with Meat Sauce	
Thursday	June	11	Pork Chop	
Friday	June	12	Unstuffed Cabbage	
Monday	June	15	Baked Chicken	
Tuesday	June	16	Meatloaf	
Wednesday	June	17	Spinach/Cheese Square	
Thursday	June	18	Chicken Salad Puff	
Friday	June	19	Pork Pie	
Monday	June	22	Sesame Beef Patty	
Tuesday	June	23	Tuna Pasta Salad	
Wednesday	June	24	Pork Chop	
Thursday	June	25	Beef Goulash	
Friday	June	26	Cranberry Chicken Loaf	
Monday	June	29	Pineapple Chicken	 HEART SMART
Tuesday	June	30	Pasta with Meat Sauce	

Call (248) 246-3900 before 1 pm, at least one day in advance to reserve a meal
Lunch is served at 11:45 a.m.

EVERYONE IS WELCOME! NO AGE REQUIREMENT!

Off your seat and on your feet!

There's something for everyone at the Salter Community Center. Drop by, or give us a call!

The benefits are endless™...

Salter Center Book Club

Mon, June 15 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. This June book is TBA.

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. *****We are in need of 4-ply yarn, your donations would be gratefully accepted*****

Tai Chi Chuan

**Tuesday, Apr 14 - Jun 30
Standing/Chen Style
Laojia Yuile**

Continuing 10 am
Chen Style Tai chi is the oldest style of Tai Chi Chuan. Created by Chen Wang Ting in the 16th century, the movements are slow and fast, twining and twisting, connected with internal spiral energy. This continuing class is taught by **Han Hoong Wang. \$60/10 wks.** SA2013W

DROP-IN-SPORTS

Pickleball

Mon/Wed 11-1/1-3 pm
Tuesday 12:30-2:15/1-3 pm
Friday 11-1/1-3/5 - 7:15 pm

Pickleball is played with wooden paddles and whiffle-type ball, a combination of tennis and badminton, easy to learn and great exercise! **\$2** per session. *Any individual caught not paying will be asked to leave the gym immediately.*

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. There is already an established group attending this program but always room for more. **\$1** per session.

Let's Walk!

Monday-Friday 8:30 am

Strengthen your heart, lungs and vascular system! Improve your circulation! Relieve tension and modify the aging process! How? Join **Let's Walk!** and enjoy the four seasons briskly walking, at your own pace. Meet at the Salter Center for walking around the gymnasium or outdoors in the parks and neighborhoods. Track your progress by completing a mileage log sheet at the center.

Notable Folks...

CONGRATULATIONS,
to the following walkers!

- Roy Beasley 2,700
- Marge Halls 1,200
- Michael Krautner 3,100

New Walkers Welcome!

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. You will work lower body and abs 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.

Stretch & Strength Training (40+)
(cardio weights & strengthening)

Mon, June 8 - July 13 11 am
Wed, June 10 - July 15
Fri, June 12 - July 17

Improve your strength, stamina and flexibility. All exercises are adaptable to allow you to work at your own pace and fitness level. Each class includes low-impact aerobics, strength training and stretching. Bring hand-held weights if you have them and a water bottle. Wear tennis shoes and loose, comfortable clothing. Classes run continuously except on holidays and scheduled instructor vacation. Instructor **Jo Schirtzinger**, Leisure Unlimited, has been teaching this popular class since 1996.

\$26/6 wks. for 1 day; SA2008

\$46/6 wks. for 2 days; SA2009

\$64/6 wks. for 3 days; SA2010

\$5 drop-in fee

Balance Training

Fri, June 5 - July 17 12:30 pm
No Class July 3rd

Feeling unsteady? Loss of balance often results in falling and bone fractures. 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**, from Leisure Unlimited, has been teaching fitness classes since 1994. **\$24/6 wks. SA2006su**

Yoga

Thurs. June 25 - Aug 13 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 SA2015su.

June 2015

Monday		Tuesday		Wednesday		Thursday		Friday	
1	8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickleball, Drop-In 1:00 PM Pickleball, Drop-In	2	8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball 12:30 PM Pickleball, Drop-In 1:00 PM Pickleball, Drop-In	3	8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickleball, Drop-In 12:45PM Pinochle - Drop-In 1:00 PM Pickleball, Drop-In	4	8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	5	8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickelball, Drop-In 12:30 PM Balance Training 12:45 PM Pinochle - Drop-In 1:00 PM Pickleball, Drop-In 3:00 PM Pickelball, Drop-In
8	8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickleball, Drop-In 1:00 PM Pickleball, Drop-In	9	8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball 12:30 PM Pickleball, Drop-In 1:00 PM Pickleball, Drop-In	10	8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickleball, Drop-In 12:45PM Pinochle - Drop-In 1:00 PM Pickleball, Drop-In	11	8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	12	8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickelball, Drop-In 12:30 PM Balance Training 12:45 PM Pinochle - Drop-In 1:00 PM Pickleball, Drop-In 3:00 PM Pickelball, Drop-In
15	8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 10:00 AM Book Club 11:00 AM Stretch & Strength 11:00 AM Pickleball, Drop-In 1:00 PM Pickleball, Drop-In	16	8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball 12:30 PM Pickleball, Drop-In 1:00 PM Pickleball, Drop-In	17	8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickleball, Drop-In 12:45PM Pinochle - Drop-In 1:00 PM Pickleball, Drop-In	18	8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	19	8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickelball, Drop-In 12:30 PM Balance Training 12:45 PM Pinochle - Drop-In 1:00 PM Pickleball, Drop-In 3:00 PM Pickelball, Drop-In
22	8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickleball, Drop-In 1:00 PM Pickleball, Drop-In	23	8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball 12:30 PM Pickleball, Drop-In 1:00 PM Pickleball, Drop-In	24	8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickleball, Drop-In 12:45PM Pinochle - Drop-In 1:00 PM Pickleball, Drop-In	25	8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	26	8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickelball, Drop-In 12:30 PM Balance Training 12:45 PM Pinochle - Drop-In 1:00 PM Pickleball, Drop-In 3:00 PM Pickelball, Drop-In
29	8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 11:00 AM Pickleball, Drop-In 1:00 PM Pickleball, Drop-In	30	8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball 12:30 PM Pickleball, Drop-In 1:00 PM Pickleball, Drop-In	<p><i>My Lovely June - Poem by Valerie Dohren</i></p> <p><i>O come sweet June, my lovely June The month when first the roses bloom - A wondrous colourful display By sunlight kissed throughout the day, So chasing all my cares away.</i></p>					

Toledo / Bianco Tours Wednesday, June 17, 2015 7:15 am – 7:15 pm

Cruise the Maumee River, an Ohio State Scenic River, in a replica of a vintage canal boat; lunch at Tony Packo's at the Park; tour Fifth Third Field, home of the Toledo Mud Hens Baseball Club. Cost includes transportation via motor coach, tours and lunch. **\$74 T1011 sp**

"Anne of Green Gables" at Huron Country Playhouse Thursday, June 25, 2015 9 am – 8 pm

In the quaint village of Grand Bend, Ontario exists The Huron Country Playhouse a popular summer theaters. Anne of Green Gables – A Musical follows the misadventures of Anne Shirley, an orphan who will capture your heart with her spirit and imagination. It brims with memorable music and magical moments. Cost includes motor coach transportation, admission and lunch at a Grand Bend favorite. **\$144 T1019 sp**

"All that Glitters" / Bianco Tours Thursday, July 9 9:00 am – 6:45 pm Spend three hours at Greektown Casino, then enjoy lunch at Sindbad's on the Detroit River! Plus a two hour narrated cruise on the Detroit River aboard the Diamond Jack. Cost includes motor coach, lunch and cruise **\$75 T1009 su**

Huron Lady II / Rybicki Tours Thursday, July 16 8:15 am – 4:30 pm

Board the Huron Lady II in Port Huron and enjoy a two-hour narrated cruise on the St. Clair River and Lake Huron. Lunch will be at a popular Port Huron Location, then take a visit to the Knowlton Ice Museum. Cost includes transportation via motor coach, lunch and cruise. **\$109 T1008 su**

**Mark Your Calendars - Save the Date!!**

Jewels of Detroit/Bianco Tours Wednesday, August 12 \$68 T1011 su
Fort Wayne - Lunch at Maccabees - Belle Isle - and Ben & Jerry's Ice Cream at Campus Martius

Oakland County Parks Summer Excursion Thursday, August 13 12 - 4 pm \$15 T1024 su
Independence Oaks Park pontoon boat ride - Lawn Games - and Cook's Dairy Farm in Ortonville

River City Rendezvous /Discovery of King Tut Exhibit Tuesday, August 18 9 am – 9:30 pm
\$88 T1012 su Grand Rapids - lunch at Charley's Crab on the Grand River - Grand Rapids Public Museum - and Frederick Meijer Gardens

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.

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