



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

June 2016 • Monthly Newsletter of the Royal Oak Seniors

MISSION STATEMENT:

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

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

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

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MSU Food Safety & Nutrition Speaker



Tuesday, June 7 12:30 pm Quick & Easy Healthy Meals

Presenters from the MSU Extension, Oakland County will share valuable information concerning food safety and nutrition. The presentation will have a food demonstration. Pre-Register 248-246-3900

Parting is such sorrow . . .

The Mahany/Meininger Center is sorry to inform our patrons of the April 29th passing of one of our Van Dispatchers,

Carol Haubert

Carol was a part-time dispatcher at the Center for over 16 years; handling transportation issues for many of our residents and patrons. Her smile, her wit, and her gracious manner will be missed by all here at the center.

Memorials to [American Lung Association](#) or charity of donor's choice are appreciated.

Handbell Choir Concert

Friday, - June 10, 2016 - 1:15 pm

Enjoy a Spring Spectacular Concert featuring the music of the Royal Oak Senior Handbell Choir. Complimentary ice cream to follow the concert. No fee.



CRAFT CREATIONS - SIMPLE CRAFTS MADE EASY

Weds. Jun 15th, Jul 20th, Aug 17th 2016 10:00 - 11:30 am

Creative projects using simple materials to make easy crafts. Project completion from start to finish in a single class. Keep for yourself or give as a gift. All tools and materials included. **\$5 fee C1023**

Caregivers Workshop Mon, Jun 13 10:00 am. A free seminar presented by Sue E. Fabian, Attorney, Geriatric Care Mgr., Licensed Professional Counselor, Sole Caregiver & Author. Do you know how to assert yourself when your loved ones' care puts them in peril? Sue will share three key skills that will ease the Caregiver's concerns of being heard, understood and in charge. Call (248) 246-3900 to register by June 9.

"Horns & Dogs" Concert Returning to the Center on Saturday, August 13, 2016 at 3:00 pm, the Motor City Brass Band will be performing on the patio. Great Music! Food to purchase! Bring your lawn/beach chair so you can sit cozy. Questions? Call (248) 246-3900 or visit mcbb.org

<i>Friday Fun</i>	June 3	June 10	June 17	June 24
	BINGO	MOVIE MATINEE	Kerry Price	MOVIE MATINEE

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

Royal Oak, MI 48073

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

Phone: (248) 246-3900

Fax: (248) 246-3901

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

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

Phone: (248) 246-3180

Fax: (248) 246-3007

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

**Senior Citizen Coordinator
Paige Gembarski**

**Outreach Administrator
Carolyn Marsh**

**Senior 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
Cathy Cricelli, Dispatcher
Denise Owens, 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

NOTABLE FOLKS . . .

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

Thank you's go out to each of the following patrons;

The Auger Family
Karen Bishop
Jay Brown
Bob Hilton
Geri Lindell
Jessica Sawdon, &
Joanne Shintaku

Thank You Very Much!



A gracious thank you to

Alice Hutchinson,

Tracy Marr

&

Anne M. Sheeran

for their donations made to the Mahany/Meininger Center in tribute to the recently departed

Adam Negrich



The Center also extends a very special thank you to

Joe Negrich,

Mr. Negrich's son, whose generous donation to the Senior Center in honor of his late father is a reflection of both his, and his late father's integrity

City of Royal Oak

Customer Service Values:

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

Codes of Conduct:

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



Restaurant of the Month: Peking House

Wednesday June 29, 2016 12:15 - 2:00 pm

We're staying local this month, visiting long-time Royal Oak staple **Peking House**. All your favorite Chinese dishes and gracious service await you. Cost includes transportation via Senior Bus. Lunch on your own; Avg. \$11. **\$4 T1018SU**

EXTENDED TRAVEL

<u>Mackinac Island - Lilac Time/ Shoreline</u>	June 6 - 7 \$379 per person/double
<u>Grand Rapids Get Away/ Exclusive!</u>	June 23 - 24 \$224 per person/double
<u>Colorado Rocky Mt Spectacular/ Shoreline</u>	July 24 - August 2 \$1,999 per person/double
<u>Wisconsin/ Bianco Tours</u>	July 25 - 29 \$971 per person/double; bal. due June 30th
<u>Ohio Light Opera/ Rybicki Tours</u>	July 29 - 30 \$399 per person/double
<u>Cleveland Rocks!/ Bianco Tours</u>	July 30 - 31 \$349 per person/double
<u>New York City/ Rybicki Tours</u>	August 11 - 16 \$1,499 per person/double
<u>Great Canadian West/ Shoreline Tours</u>	August 14 - 20 \$2,999 per person/double
<u>Chicago and All That Jazz/ Bianco Tours</u>	August 30 - Sept 1 \$522 per person/double
<u>Coast of Maine/ Shoreline Tours</u>	September 17 - 23 \$1,399 per person/double
<u>U.P. Color Tour/ Rybicki Tours</u>	September 19 - 24 \$999 per person/double
<u>"Grand Experience" Mackinac Island</u>	October 24 - 27th \$748 per prsn/double, \$1,019 single, balance due August 30th

DAY TRIPS

Trip Information:

- Don't wait to sign up for trips – they may be cancelled for lack of participation!
- Trip itineraries are subject to change without notice. Sometimes the venues surprise us!
- Please arrive 15 – 30 minutes ahead of posted departure time and park at the north end of the parking lot.
- 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. Full refunds are given if the trip is cancelled by us or the travel agent.

DIA Series: Gallery Guide Tour

Thursday, June 2nd 12:15-3:30pm

Our last event in the DIA Series, the Guided Tour explores various art in the museum. There will be a cookie reception after the presentation. Cost includes transportation via motor coach, gallery tour and reception. You may also choose to peruse the mesuym on your own in lieu of the tour. **\$5 T1006sp**

Eastern Market Tour

Saturday, June 18, 2016 9:00 am - 2:00 pm

NOT A SHOPPING TRIP!! On this two-hour walking tour, experience the sights, sounds and smells of America's oldest and largest outdoor farmers' market. Find out what makes Eastern Market so fascinating and learn about the exciting plans for its future. We'll stop for lunch at Roma Café after the tour—lunch is on your own: average lunch costs \$11. Cost includes transportation via Senior Bus and guided tour of Eastern Market. You must be able to keep up with the group; wear your walking shoes! If you do go rogue and manage to make a purchase, you must be able to hold it on your lap on the return bus ride. **\$24 T1015Sp**

"The John Denver Experience" at Soaring Eagle Casino/ Bianco Tours

Monday, July 11 2016, 8:30 am - 9:30pm Singer, songwriter and tribute artist Ted Vigil looks and sounds just like John Denver! Cost includes transportation via motor coach, show, \$10 slot play and \$5 food voucher. **\$43 T1010SU**

DAY TRIPS

(continued)

"Canadian Legends" @ Huron County Playhouse/Rybicki Tours Thursday, July 14, 2016 8:15am - 8:45 pm. The Huron Country Playhouse is a professional summer stock theater designed to look like clustered barns, in the quaint village of Grand Bend, Ontario. From the creators of the perennially popular *Legends* series of tribute shows comes a celebration of Canada, saluting musical offerings of such artists as Paul Anka, Anne Murray, Leonard Cohen, Gordon Lightfoot and many more. Cost includes transportation via motor coach and lunch. *This tour is going to Canada and requires a valid passport, passport card or enhanced license.* **\$124 T1009Su.**

Put-In-Bay/Rybicki Tours Wednesday, July 20, 2016 7:00 am - 8:00 pm \$140 T1008Su
 Take a speedy catamaran ride to South Bass island, Ohio for a day of fun! Put-In-Bay is Lake Erie's most popular island destination and family fun spot. You'll be greeted with the Island Tour Train upon arrival and embark on a narrated tour of the island. See Perry's International Peace Memorial, the Butterfly House, Antique Car Museum, Heineman Winery and Crystal Cave and buffet lunch. Cost includes transportation via motor coach, tours and lunch.

FUTURE DATES FOR DAY TRIP FUN! MARK YOUR CALENDARS!

July 15	July 28	August 5
Discovery Cruise of Lake St. Clair	Downtown Detroit Heritage Tour	Amish Acres Arts & Craft
\$45	\$22	\$74

JUST A REMINDER! If you are traveling with us:

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

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

FAVORITE ACTIVITIES HERE AT THE CENTER

EUCHRE GAMES

Join us for Euchre on Thursdays at 12:30 pm (\$1 Drop-in)

Euchre Winners

April 7th	Herb Schultz
April 14th	Norma & Sue Thomas Holdaway
April 21st	Rick Vuylsteke
April 28th	Rick Vuylsteke

POOL TOURNAMENTS (monthly)

The center has pool tables here for your use: \$0.50/day or \$3/month. Like competition? Then, sign up for the monthly tournament - 2nd Thursday of the month.

April Pool Tournament Winners

First Place Team	Tom Wargo	
Second Place Team	Bob Hilton	Paul Riddell
Third Place Team	Jim Dickinson	Jerry Viala

BINGO - First Fridays**June 3rd 12:30 pm**

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

Drop-In Cards**Rubber Bridge Mondays**

Drop in for Rubber Bridge and bring a partner to play.

\$1.00 12:15 pm**Pinochle Tuesdays**

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

Duplicate Bridge Weds.

Drop in with a partner to play duplicate bridge.

\$2.00 12:30 pm**Euchre Thursdays**

Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards.

\$1.00 12:30 pm**Mah-Jongg Drop-In****Wednesdays 9:30-12 pm****Fridays 1-3 pm**

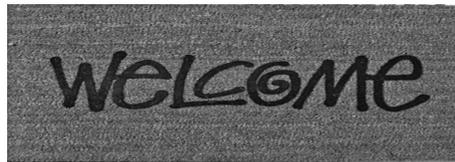
Experienced players may drop in and play on Wednesday and Friday mornings, no charge.

Handbells**Fri 12:45 pm Apr 1 - Jun 30**

Experience the fun of ringing handbells with a group. Director Sylvia Hartsoe, says playing handbells keeps the mind sharp and leads to excellent eye-hand coordination. Performances April—mid-July. Previous ringing experience not necessary, but music reading skills is helpful. **\$25/12 wks C1040Sp**

Senior Sew**Tues, 10:00 am**

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

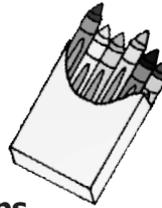
**Welcome Newcomers!****Monday, June 6 10:30 am**

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.

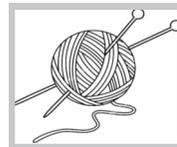
Creative**Coloring****for Grown Ups****June 6th & 20th****Mondays, 10:30 - 11:30 am**

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

**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

**Sit 'n' Knit****Tuesday 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.

Laptop Computer Classes**Tues, 10:00 am \$40/4 weeks****June 7 - June 28 C1091Sp****July 12 - August 2 C1092Su**

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

Ask the Computer Lady!**Tuesdays thru August 30****9:15 - 9:45 am C1097Su****12:45 - 1:15 pm C1098Su**

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**

Get Your "Gadget"**One-on-one class: three 45-min sessions Tues, 11:15 - noon****Dates thru August available**

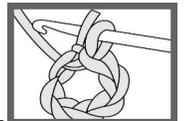
This three session one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! Remember to bring all cables and power cords along. Call to register for your choice of dates: **248-246-3900 \$60/C1091Su**

Star-Grabbers**Amateur Astronomy Group****2nd & 4th Wednesdays 10 am**

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

Crochet Creations**Thurs, 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.



Hearing Tests/Cleaning Hearing Aids

Tues, July 12 - by appt. (1 - 3 PM)

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

Foot Doctors

Weds., June 8th 9 - 11 am
Drs. Adas and Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Preregister.

Financial Aide

Thurs., June 16th 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 June 16th & 17th

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

Painting - All Media

Thurs, Jun 30 - Alug 18 9:15 am
Mike Byrne instructs art students of all levels of ability. Individual attention is given to each artist's chosen discipline. Supply list at sign-up. Pre-register, **C1090Su \$55/8 wks**

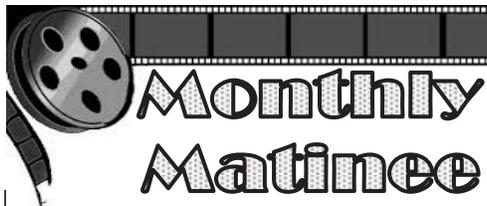
* NEW * PetrArt LLC Classes Tuesdays, 12:30 - 2:00pm

Delightful Drawing Primer Class

June 14: An informative and educational class teaching the basics of drawing using drawing pencils. Great class for beginners. All supplies provided. **\$15 C1097sp**

Still Life Drawing Class:

June 28: A fun and interactive drawing experience drawing a still life using drawing pencils. Supplies provided. **\$15 C1098sp**



Friday, June 10th 12:30 pm

Spotlight

Michael Keaton, Mark Ruffalo & Rachel McAdams

The Boston Globe's reporters delve into allegations of abuse in the Catholic Church and a year-long investigation finds cover-up at the upper echelons of Boston's Religious, Legal and Government establishments. *Rated R for Language and sexual references.*

Friday, June 24th 12:30 pm

Miss You Already

Drew Barrymore & Toni Collette

Two best friends from early childhood have lives much diverged as adults. Even with their different lifestyles and achievements, their friendship remains in tact. Challenges test their bonds. *Rated PG-13 for thematic content, sexual material and some language.*

Suggestions for future viewings are happily accepted.

Kerry Price On Piano

Friday, June 17th 12:30 pm

"Those Were the Days"

A whirlwind musical trip from 1924 into the 1970's.
\$2, payable at the door

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.

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 1	Art Tack
June 8	Larry Kulp
June 15	Rodger Gach Q/A
June 22	Jack Vanders
June 29	Open

Brain Games - Mind Workout

Tues, June 28th, 10:00 - 11:00 am
Fun Games and Neuro-Cognitive Stimulation. Home Care Assistance will be providing an hour of beneficial Cognitive Therapeutic activities. Pre-Register by Fri, June 24th.

Lunch & Learns 11:30 am

Preregistration Required

LUNCH IS PROVIDED FROM TIM'S KITCHEN FOR ALL WHO REGISTER BY THE DEADLINE. CALL (248) 246-3900 (*SPACE IS LIMITED, REGISTER EARLY*) REGISTERED PATRONS WHO ARE "NO SHOWS" FOR TWO "LUNCH & LEARNS" FOR WHICH REGISTERED **CANNOT** REGISTER FOR LUNC &LEARNS FOR A YEAR.

Summer Safety Kit Thurs, June 9, **A1027** Presenter: Sava Senior Care.. Getting the most out of summer fun. Learn about summer hydration, health nutrition and heat stroke avoidance, and receive a kit! **Register by June 2nd.**

Tax-Free Interest Special: Tues, June 21 **A1026** Presenter: Jonathan H. Strong, CRPC. How to Earn Tax Free Income—Conservative Income Strategies & Michigan Tax Free Municipal Bonds.

- Benefits of tax free investing to earn extra monthly income.
- Ways to earn a higher level of tax free interest on currently banked funds.
- Create more monthly income now and for the future rising cost of living
- Investment strategies in an uncertain economy and stock market
- Tax Free Bonds, ie, Wayne State U., Beaumont Hospital, RO Public Schools.
- Question & Answer period after the presentation.

Register by June 16th.

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

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

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

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

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

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

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

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

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

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

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

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

Tai Chi Basic & Chen Style**太極拳**

TAI CHI CHUAN

Thursdays, 9:15am

The movements are slow and fast, twining and twisting, connected with internal spiral energy. **\$60/10** *Classes resume in the fall*

Kuratomi Stretching**Wednesdays 10:30 am**

The Kuratomi Method is inspired by ancient Japanese forms and Jumon to open the body, mind and spirit gently and naturally. **\$64/8 wks**. *Classes resume in the fall.*

Gentle Yoga \$15/3 wks**Monday, Jun 13 - Jun 27****9:15 am (C1029su)**
1:00 pm (C1030su)**Thursday, Jun 9 - Jun 30****1:00 PM (C1031su)**

Yoga Creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Mat and comfortable clothing recommended. *No class June 23rd*

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

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

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

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

Chair Exercise with Cindy**Fri Jun 3 - July 15 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 C1024Su**. *No Class July 8th*

Healthy Back Class**Wed Jun 1 - July 13 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 wks C1018Su**. *No class July 6th.*

Yoga Tues, 1 pm
Jun 28 - Aug 16

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 C1074Su**

Chair Yoga**Wednesday, 12:30 pm****Jun 1 - July 13 \$25/6 C1020Su**
Friday, 11:30 am**Jun 3 - July 15 \$25/6 C1022Su**

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. *No class July 6th or July 8th.*

Pilates/Core Body conditioning**Mon, Jul 11-Aug 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 - C1087Sup**

SUPPORT GROUPS

Alzheimer's Support Group

Monday, June 27 10:00 am

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

Aphasia Support Group

Thursdays 10:00 am

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

Deaf Group

Wednesdays 9:00 am

Our Center welcomes deaf adults for socialization each Wednesday.

Legal Aid

3rd Thursday, June 16 1:00 pm

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

P.A.L. (Positive Attitude Living)

Fridays 10:30 am

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

Royal Oak Seniors RESOURCE CENTER

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



SEEKING A FEW NEW IDEAS!!

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.



NEEDS YOU!

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

Especially needed as Spring arises -

Painters: As a R.O.S.E.S. painter, you are paid for the labor you provide. The customers (residents) are responsible for providing the paint and supplies.

Lawn Service: Lawn Service providers for R.O.S.E.S. mow and edge (as needed) to help home owners maintain the yard's appearance and good health. You will need to provide the labor and tools required to get the work completed.

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

ROYAL OAK SCHOOLS - A COMMUNITY OF EXCELLENCE

June 2016 Activities

Board of Education Meeting 800 DeVillen
7:00 pm Thursday, June 9
6:00 pm Thursday, June 23

Celebration of the Arts
Saturday, June 4, noon - 5 pm

Royal Oak Foundation for Public Education
23rd Annual Charity Golf Outing
Monday, June 27th
Red Run Golf Club
For information, call (248) 436-8400, Ext. 1228

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



Community Open Swim - through June 16th

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

R.O. MIDDLE SCHOOL 709 N. Washington
Family Open Swim
Monday, Tuesday & Thursday evening 7:00 - 8:15 pm
Adult Open Swim
Monday, Tuesday & Thursday evening 8:15 - 9:30 pm

R. O. HIGH SCHOOL 1500 Lexington Blvd.
Family Open Swim
Monday - Thursday, 12:15 - 1:15pm

Bring swimsuit, towel and lock; NO flotation devices.

HOT MEALS SERVED BY TIM'S KITCHEN
ALL MEALS \$3.00 *Carry Outs \$3.50*
AVAILABLE TO ALL - NO AGE RESTRICTIONS!

June 2016 Lunch Menu

Wednesday	1	Sesame Beef Patty	
Thursday	2	Sweet & Sour Chicken	
Friday	3	Pasta with Meat Sauce	
Monday	6	Tuna Salad/Tomato	
Tuesday	7	Ham & Cheese Square	
Wednesday	8	Cranberry Chicken	
Thursday	9	BBQ Meatball	
Friday	10	Chicken Pasta Salad	
Monday	13	"Chow Mein" Chicken Patty	<i>SMART MENU</i> 
Tuesday	14	Pasta with Meat Sauce	
Wednesday	15	Pork Chop	
Thursday	16	Salisbury Steak	
Friday	17	<i>Sorry, No Lunch Served Today</i>	
Monday	20	Shepherd's Pie (Beef)	
Tuesday	21	Chicken Salad on a Bun	
Wednesday	22	Sliced Ham	
Thursday	23	Orange Chicken	<i>SMART MENU</i> 
Friday	24	Tuna Pasta Salad	
Monday	27	Pork Chop	
Tuesday	28	White Chicken Chili	
Wednesday	29	Meatloaf with Gravy	
Thursday	30	Hot Dog with Chili	

To reserve a lunch, call (248) 246-3900 at least one day in advance (*call before 1 pm*).

Lunch is served at 11:45 a.m.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Helping Hands Tuesday & Thursday, 9:30 am
Knit, crochet, chat - join in making blankets for charity.

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

Kuratomi StretchingWednesday, 10:30 am
Japanese forms and Jomon to open the body, mind & spirit gently and naturally. Pre-register/fee. *Classes Resume in the fall.*

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

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

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

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

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

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

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

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

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

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

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				<p>1</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah-Jongg drop in 9:30 AM Silver Foxes 10:30 AM Kuratomi Stretch 12:30 PM Dupl Bridge - Drop In 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance</p> <p><i>Drop-In Billiards</i></p>		<p>2</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi Basic & Chen 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30PM Euchre - Drop-In 1:00 PM Round Dance 1:00 PM Gentle Yoga</p> <p><i>Drop-In Billiards</i></p>		<p>3</p> <p>9:15 Water Color Painting 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM BINGO 12:45 PM Handbells 1:00 PM Mah-Jongg drop in 1:00 PM Line Dance (Intermed)</p> <p><i>Drop-In Billiards</i></p>	
		<p>6</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 10:30 AM Welcome Newcomers 10:30 AM Creative Coloring 12:15 PM Rubber Bridge - Drop In 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga</p> <p><i>Drop-In Billiards</i></p>		<p>7</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM MSU Presents 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 10:30 AM Focus on the News 11:15 AM Get Your Gadget 12:30 PM Pinochle - Drop-in 12:30 PM Trader Joe's 12:45 PM Ask the Computer Lady 1:00 PM Sit 'n' Knit 1:00 PM Yoga</p> <p><i>Drop-In Billiards</i></p>		<p>8</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:00 AM Foot Doctors/Appt 9:30 AM Silver Foxes 9:30 AM Mah-Jongg drop in 10:00 AM Star Grabbers 12:30 PM Dupli Bridge - Drop In 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance</p> <p><i>Drop-In Billiards</i></p>		<p>9</p> <p>8:30 AM Aqua Zumba 9:00 AM Pool Tournament 9:15 AM Painting - All Media 9:15 AM Tai Chi Basic & Chen 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 11:30 AM Lunch & Learn 12:15 PM Crochet Creations 12:30PM Euchre - Drop-In 1:00 PM Round Dance 1:00 PM Gentle Yoga</p>	
<p>13</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Caregivers' Workshop 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Rubber Bridge - Drop in 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga</p> <p><i>Drop-In Billiards</i></p>		<p>14</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Drawing Primer 12:30 PM Pinochle - Drop-in 12:45 PM Ask the Computer Lady 1:00 PM Sit 'n' Knit 1:00 PM Yoga</p> <p><i>Drop-In Billiards</i></p>		<p>15</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah-Jongg drop in 9:30 AM Silver Foxes 10:00 AM Craft Creations 12:30 PM Dupl Bridge - Drop In 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 AM Healthy Back Class 2:30 PM Round Dance</p> <p><i>Drop-In Billiards</i></p>		<p>16</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi Basic & Chen 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:00 AM Financial Aide/Appt 10:30 AM Sit Down & 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 Legal Aid/Appt</p> <p>By Appt Massage Therapy <i>Drop-In Billiards</i></p>		<p>17</p> <p>9:15 AM Water Color Painting 10:30 AM Chair Exercise/Cindy 11:30 AM Chair Yoga</p> <p>AM Special Event</p> <p>12:30 PM Kerry Price 12:45 PM Handbells 1:00 PM Mah-Jongg drop in 1:00 PM Line Dance (Intermed)</p> <p>By Appt Massage Therapy <i>Drop-In Billiards</i></p>	
<p>20</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga (DVD) 10:30 AM Creative Coloring 10:30 AM Senior Pilates 12:15 PM Rubber Bridge - Drop In 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga</p> <p><i>Drop-In Billiards</i></p>		<p>21</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 10:30 AM Focus on the News 11:15 AM Get Your Gadget 11:30 AM Lunch & Learn 12:30 PM Pinochle - Drop-in 12:45 PM Ask the Computer Lady 1:00 PM Sit 'n' Knit 1:00 PM Yoga</p> <p><i>Drop-In Billiards</i></p>		<p>22</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah-Jongg drop in 9:30 AM Silver Foxes 10:00 AM Star Grabbers 12:30 PM Dupl Bridge - Drop In 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance</p> <p><i>Drop-In Billiards</i></p>		<p>23</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi Basic & Chen 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30PM Euchre - Drop-In 1:00 PM Round Dance 1:00 PM Gentle Yoga</p> <p><i>Drop-In Billiards</i></p>		<p>24</p> <p>9:15 AM Water Color Painting 9:30 AM Silver Foxes 10:30 AM P.A.L. 10:30 AM Chair Exercise/Cindy 11:30 AM Chair Yoga 12:30 PM Movie Matinee 12:45 PM Handbells Outing 1:00 PM Mah-Jongg drop in 1:00 PM Line Dance (Intermed)</p> <p><i>Drop-In Billiards</i></p>	
<p>27</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Alzheimer's Support 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Rubber Bridge - Drop In 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga</p> <p><i>Drop-In Billiards</i></p>		<p>28</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Brain Games 10:00 AM Senior Sew 10:00 AM Laptop 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle - Drop-in 12:30 PM Still Life Drawing 12:45 PM Ask the Computer Lady 1:00 PM Sit 'n' Knit 1:00 PM Yoga</p> <p><i>Drop-In Billiards</i></p>		<p>29</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah-Jongg drop in 9:30 AM Silver Foxes 12:30 PM Dupl Bridge - Drop In 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance</p> <p><i>Drop-In Billiards</i></p>		<p>30</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi Basic & Chen 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30PM Euchre - Drop-In 1:00 PM Round Dance 1:00 PM Gentle Yoga</p> <p><i>Drop-In Billiards</i></p>			

Salter Center Book Club**Mon, June 20 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. May's book is *The Feminine Mystique* by Betty Friedan.

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. Jun 23 - Aug 11 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.**

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

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

-Mondays -

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

-Tuesdays -

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

-Wednesdays -

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

-Fridays -

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

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

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

Tai Chi Chuan**Standing/Chen Style Laojia Yuile Tuesdays, 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. **\$60/10 wks.**
Classes resume in the fall.

Stretch & Strength Training (40+ cardio weights & strengthening)**11 am - Noon****Mon, Jun 6 - July 18****Weds, Jun 8 - July 20****Fri, Jun 10 - July 22**

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

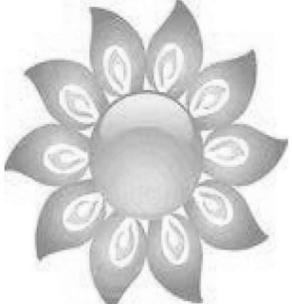
\$26/6 wks for 1 day; **SA2016****\$46/6 wks** for 2 day; **SA2017****\$64/6 wks** for 3 day; **SA2018****Balance Training (50+)****Fri Jun 3 - Jul 22 12:30pm**

30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun, innovative exercises keep you smiling and moving! **Jo Schirtzinger**, fitness instructor since 1994. **\$25/6 wks SA2007** *No class July 1st or July 15th.*

**Monday-Friday 8:30 - 11:00 am**

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

Welcome Walkers!!

Monday		Tuesday		Wednesday		Thursday		Friday	
<h1>June</h1> <h1>2016</h1>				1		2		3	
				8:30 am Let's Walk! 9:30 am Sit Down/Tone Up 12:45 pm Pinochle, Drop-In Drop-In Pickleball 11:00 am E gym - all levels 11:00 am W gym - 3.5 and Higher 1:00 pm E gym - all levels		8:30 am Let's Walk! 10:15 am Yoga 11:00 am Bounce Volleyball Drop-In Pickleball 11:00 am E Gym - all levels 12:30 pm W Gym - 3.5 and higher mixer 1:00 pm E Gym - all levels 5:00 pm E Gym -ages 19 + up			
6		7		8		9		10	
8:30 am Let's Walk! 9:30 am Sit Down/Tone Up Drop-In Pickleball 11:00 am E Gym - all levels 1:00 pm E Gym - all levels		8:30 am Let's Walk 10:00 am Tai Chi Chuan 11:00 am Bounce Volleyball Drop-In Pickleball 12:30 pm W Gym - 4.0 and higher 1:00 pm E Gym - all levels		8:30 am Let's Walk! 9:30 am Sit Down/Tone Up 12:45 pm Pinochle, Drop-In Drop-In Pickleball 11:00 am E gym - all levels 11:00 am W gym - 3.5 and Higher 1:00 pm E gym - all levels		8:30 am Let's Walk! 10:15 am Yoga 11:00 am Bounce Volleyball Drop-In Pickleball 11:00 am E Gym - all levels 12:30 pm W Gym - 3.5 and higher mixer 1:00 pm E Gym - all levels 5:00 pm E Gym -ages 19 + up			
13		14		15		16		17	
8:30 am Let's Walk! 9:30 am Sit Down/Tone Up 10:00 am Book Club Drop-In Pickleball 11:00 am E Gym - all levels 1:00 pm E Gym - all levels		8:30 am Let's Walk 10:00 am Tai Chi Chuan 11:00 am Bounce Volleyball Drop-In Pickleball 12:30 pm W Gym - 4.0 and higher 1:00 pm E Gym - all levels		8:30 am Let's Walk! 9:30 am Sit Down/Tone Up 12:45 pm Pinochle, Drop-In Drop-In Pickleball 11:00 am E gym - all levels 11:00 am W gym - 3.5 and Higher 1:00 pm E gym - all levels		8:30 am Let's Walk! 10:15 am Yoga 11:00 am Bounce Volleyball Drop-In Pickleball 11:00 am E Gym - all levels 12:30 pm W Gym - 3.5 and higher mixer 1:00 pm E Gym - all levels 5:00 pm E Gym -ages 19 + up			
20		21		22		23		24	
8:30 am Let's Walk! 9:30 am Sit Down/Tone Up Drop-In Pickleball 11:00 am E Gym - all levels 1:00 pm E Gym - all levels		8:30 am Let's Walk 10:00 am Tai Chi Chuan 11:00 am Bounce Volleyball Drop-In Pickleball 12:30 pm W Gym - 4.0 and higher 1:00 pm E Gym - all levels		8:30 am Let's Walk! 9:30 am Sit Down/Tone Up 12:45 pm Pinochle, Drop-In Drop-In Pickleball 11:00 am E gym - all levels 11:00 am W gym - 3.5 and Higher 1:00 pm E gym - all levels		8:30 am Let's Walk! 10:15 am Yoga 11:00 am Bounce Volleyball Drop-In Pickleball 11:00 am E Gym - all levels 12:30 pm W Gym - 3.5 and higher mixer 1:00 pm E Gym - all levels 5:00 pm E Gym -ages 19 + up			
27		28		29		30			
8:30 am Let's Walk! 9:30 am Sit Down/Tone Up Drop-In Pickleball 11:00 am E Gym - all levels 1:00 pm E Gym - all levels		8:30 am Let's Walk 10:00 am Tai Chi Chuan 11:00 am Bounce Volleyball Drop-In Pickleball 12:30 pm W Gym - 4.0 and higher 1:00 pm E Gym - all levels		8:30 am Let's Walk! 9:30 am Sit Down/Tone Up 12:45 pm Pinochle, Drop-In Drop-In Pickleball 11:00 am E gym - all levels 11:00 am W gym - 3.5 and Higher 1:00 pm E gym - all levels		8:30 am Let's Walk! 10:15 am Yoga 11:00 am Bounce Volleyball			