



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

**August 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 older 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 actual or perceived race, color, religion, national origin, sex, age, height, weight, condition of pregnancy, marital status, physical or mental limitation, legal source of income, family responsibilities, sexual orientation, gender identity or HIV status of person, that person's relatives, or that person's associates 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."

**ANTIQUE  
 JEWELRY SALE**  
**August 10th**  
**9:00 am - 3:00 pm**

Come and shop the dazzling display of reasonably priced jewelry available for purchase.

Put some glitz and shimmer in your summer!  
 Proceeds benefit the Center.

**CRAFT CREATIONS SIMPLE  
 CRAFTS  
 MADE EASY**

**Wednesday, August 17, 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**

**TRAVEL SHOW -  
 Rybicki Tours -**

**Thursday,  
 August 25th**  
**10:00 - 11:00 am**

Get a first-hand update on the new and exciting tours being planned.  
*(see page 4)*

**Horns & Hot Dogs**  
 with a **FREE** concert  
 Featuring  
**Motor City Brass Band**  
 Craig Strain, Music Director, Conductor

**Saturday, August 13, 2016**  
**3:00 PM**

Leo Mahany / Harold Meininger Senior Community Center  
 3500 Marais Ave - East of Crooks and North of 13 Mile Road

Concert to be held outside, bring a chair or lawn blanket. In case of rain, concert will be held in the Community Center. Refreshments will be available for purchase.

This performance is made possible by generous donations from the following local businesses

More information at [www.mccb.org](http://www.mccb.org) Questions? Call (248) 246-3900

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<b>Friday</b>	<b>Aug 5</b>	<b>Aug 12</b>	<b>Aug 26</b>
<b>Fun</b>	<b>BINGO</b>	<b>MOVIE MATINEE</b>	<b>Movie Matinee</b>

**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

**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. 11 for the entrees.

Call (248) 246-3900 to reserve a meal (*at least a day in advance*).

Call to cancel if unable to attend.

Meal vouchers available for purchase (for 5 or 10 meals).

Bus fee is waived if you ride the bus to the Center for lunch.

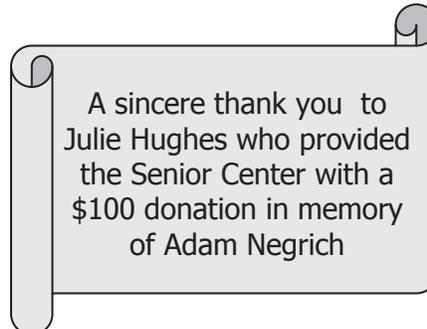
Menu subject to change based on availability of food supplies.

Everyone is Welcome!

No age requirement!

**\*Carry-outs available \$3.50\***

Meals for Homebound Residents



**City of Royal Oak  
Customer Service Values:**

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

**Codes of Conduct:**

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

**NOTABLE FOLKS . . .**

Tim's Kitchen benefits greatly from donations. Without the generosity of several patrons, Chef Tim would face a much harder time preparing and delivering such wonderful meals (*and cookies!*)

Thank you to each of the following patrons for contributing;

The Auger family

Lorna Hammond

Bob Hilton

Dorothy Huff

Gene Knitig

Mary Rubin

Celia & Jessica Sawdon, and

Norma Thomas.

*Thank You Very Much!*

**6 Practical Alternatives  
to a High-Priced Funeral**

From "It Pays to be a Senior" *abridged*.  
*Shop Around:* Compare prices, as you would for any major purchase. By law, funeral homes must provide you with a detailed price list.

*Skip a step:* Don't pay for embalming; choose direct cremation or immediate burial instead.

*Opt for a cheaper container:* You don't need a casket for cremation. Buy an inexpensive alternative container.

*Pay less for a casket or urn:* Don't feel pressured to pay for costlier vessels.

*Plan your own funeral:* Make your wishes known ahead of time. This spares your family from emotional over-spending. Don't keep your funeral plans in a safe deposit box with your will. The box may not be opened until after your funeral.

**Know your rights:** the Federal Trade Commission provides a pamphlet, call 888-878-3256.



**Restaurant of the Month:**

**Tues, Aug 30th 12 – 2:15 pm \$6 T1030su** An upscale, yet rustic, bar & grill with a comfortable, inviting Adirondack atmosphere, complete with knotty pine walls, mission style furniture and unique antler fixtures. Cost includes transportation via Senior Bus. **Lunch on your own; Avg. \$12**

**EXTENDED TRAVEL**

<b><u>Coast of Maine/ Shoreline Tours</u></b>	<b>September 17 - 23</b>	<b>\$1,399</b> per person/double
<b><u>Odawa Casino Resort/ Rybicki Tours</u></b>	<b>September 28 - 29</b>	<b>\$149</b> per person/double
<b><u>Stratford Festival/ Rybicki Tours</u></b>	<b>October 13 - 14</b>	<b>\$449</b> per person/double
<b><u>Ark Encounter/ Shoreline Tours</u></b>	<b>October 22 - 23</b>	<b>\$339</b> per person/double <b>T1004su</b>
<b><u>"Grand Experience" Mackinac Island</u></b> <i>Wait List Only!</i>	<b>October 24 - 27</b>	<b>\$748</b> per prsn/double, \$1,019 single, balance due August 30th
<b><u>Chicago: China's Terra Cotta Warriors/ Bianco Tours</u></b>	<b>October 28 - 30</b>	<b>\$599</b> per person/double



**TRAVEL SHOW**

**Thursday, August 25th 10:00 - 11:00 am**

Come on over to hear all about the upcoming Rybicki Tours travel opportunities! They've been working hard to bring you the best trips around.

**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.

**Amish Acres Arts & Crafts Festival/ Bianco Tours Fri, Aug 5th 7:30am-9:30pm**  
This 54th annual festival features classic and contemporary crafts made by a variety of artisans from around the nation. Besides offering great festival food, there will be farm wagon rides and 4 stages with entertainment. Held on America's only old order Amish farm that is listed in the National Register of Historic Places. Cost includes transportation via motor coach. **\$74 T1014su**

**The Presidents' Photographer" Thursday Aug 18 10:45 am - 3:00 pm**  
A 50 minute National Geographic documentary narrated by Morgan Freeman at the Macomb Community College Lorenzo Center provides a behind the scenes look at the everyday grit of the American presidency. Follow President Obama's chief white house photographer inside the White House, aboard Air Force One and into the heart of the West Wing. The accompanying exhibit shows rarely seen pictures of past presidents from Gerald Ford through Barak Obama. Lunch at Aurelio's before the exhibit, on your own. Italian classic dishes, as well as some new offerings, average lunch cost \$7 - \$15. Cost includes transportation via Senior Bus, exhibit and film. **\$13 T1023su**

**D I A Series Thursdays - 12:15 - 3:45 pm \$5 each**  
The DIA's Senior Thursdays program continues! Enjoy one or all of them. Board the coach at the Senior Center for a great day at our world-class museum. You may skip the presentation and explore the museum on your own if you wish. Cost includes transportation via motor coach, lecture and reception.

September 8	October 13	November 17	December 1
Lecture: Photography and the American Road Trip	Lecture: Ordinary People by Extraordinary Artists	Art-Marking: Printmaking - Notecards	Guided Gallery Tour
T1016 F	T1017 F	T1018 F	T1019 F

**DAY TRIPS**

(continued)

**Senior Day at the Detroit Zoo Wednesday, September 7th 9:45 am - 2:15 pm**

Residents of the tri-counties age 62 or better, along with a caregiver, are invited to enjoy a free day at the Detroit Zoo! Live music, bingo, zookeeper talks, free tram rides and a senior resource area. Cost includes transportation via Senior Bus. **\$4 T1020F**



**Historical House of Worship Tours** The Detroit Historical Museum's tours of Detroit-areas churches are always the most popular trips of the year. Cost includes transportation via Senior Bus (for the entire tour), tours and lunch at one of the stops. Don't wait to register, trip maximum is 12.

**#1 Monday, September 12th 9 am - 4:30 pm \$51 T1014F**

The churches scheduled are: St. Raymond-Our lady of Good Counsel, Immanuel United Methodist, St. Mark Lutheran, St. Matthew and St. Albertus.

**#2 Monday, October 3rd 9 am - 4:30 pm \$51 T1015F**

The churches scheduled are: Dearborn First United Methodist, Christ Episcopal Church, Dearborn Islamic Center of America, and St. Cunegunda, Detroit.

**Comerica Park Senior Day Thursday, Sept 15th 11:30 am - until end of game**

The Detroit Tigers take on the Minnesota Twins. Cost includes transportation via Senior Bus, ticket, hot dog and soft drink. Only two tickets per person/couple. You must be age 62+. **\$45 T1013SU**

**Model T/Rybicki Tours Friday, Sept 16th 9:30 am - 5:30 pm**

Tour the Ford Piquette Plant, now a National Historic Landmark. Experience the original Ford factory and see Henry Ford's office. Lunch at Traffic Jam and Snug, then cruise out to Stahl's Auto Museum in Chesterfield, Michigan. Cost includes transportation via motor coach and lunch. **\$84 T1021 F**

**SET ASIDE THESE DATES FOR UPCOMING TRAVEL OPPORTUNITIES**

Sept 21st	Oct 5th & 6th (choose 1)	October 11th	October 19th
Johnny Cash Tribute Bavarian Inn	A Laid Back Look At Trader Joe's (Bloomfield Hills)	Curwood Castle Owosso, MI	Sand Hill Cranes Bianco Tours
\$85	\$6	\$90	\$84

**JUST A REMINDER!** If you are traveling with us:  
 Arrive 15 - 30 minutes before scheduled departure. *CHECK-IN* with a staff person upon arrival.  
 Park in the farthest north row of our lot (Look for Trip Parking signs).  
*All trip dates, descriptions and prices are subject to change.*

**SOME FUN & GAMES AT THE CENTER !!**

**EUCHRE GAMES**

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

**Euchre Winners**

June 2nd	Russ Staschke
June 9th	Tony Kelof
June 16th	Gerry Bokas
June 23rd	Chuck Stevens

**POOL TOURNAMENTS**

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.

**June 9th Pool Tournament Winners**

First Place	Tim Fields
Second Place	Ken Pineau

**BINGO - First Fridays**

**August 1st 12:30 pm**  
 BINGO Cards \$0.25/each (Maximum of three (3)). ONE Coverall prize at \$5.00. Six (6) regular games with prizes. All revenue from BINGO is used towards future BINGO Prizes. *BINGO is conducted solely for the amusement and recreation of the ROSC guests.*

**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 Jul 1 - Aug 26**  
 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. **\$25/9 wks C1040Su**

**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, August 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.

**Creative**

**Coloring**

**for Grown Ups**

**August 1st & 15th**  
**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**

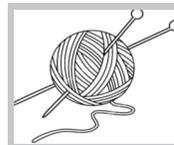


**Helping Hands**

**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**  
**August 9 - 30 C1093Su**  
 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"**

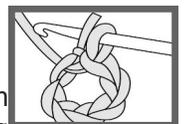
**One-on-one class: three 45-min sessions Tues, 11:15 - noon**  
**Dates thru September available**  
 This three session one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! Remember to bring all cables and power cords along. Call to register for your choice of dates: **248-246-3900 \$60/C1095Su & C1096Su**

**Star-Grabbers**

**Amateur Astronomy Group**  
**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays 10 am**  
 Bill hosts an amateur astronomy club. His enthusiasm for astronomy compels him to share this interesting hobby and instruct individuals on the use of telescopes. Donations are accepted.

**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, September 13 - 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, August 13th 9 - 11 am**  
Drs. Adas and Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Preregister.

**Financial Aide**

**Thurs, August 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 min appt

**Massage Therapy by Appt  
Thurs & Fri Aug 18th & 19th**

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 - Aug 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**

**Water Color Painting**

**Friday, Aug 26 - Oct 14 9:15am**  
Explore the exciting art world of watercolor painting! Beginners through advances artists will work in wet-on-wet through to finishing with techniques that include drybrush. Supply list is given at sign-up for those without any of their own supplies. Preregister **C1023F \$55/8 wks**



**Monthly Matinee**

**Friday, August 12th 12:30 pm  
The Martian**

*Matt Damon & Jessica Chastain*  
Astronaut Mark Watney is presumed dead and left behind on Mars by his crew. He has survived the storm, and with only meager supplies, he must draw upon his ingenuity, wit and spirit to survive and signal earth that he is alive!. *Rated PG-13 for some strong language, injury images & brief nudity.*

**Friday, August 26th 12:30 pm  
love & mercy**

*John Cusack, Paul Dano, & Elizabeth Banks*  
In the 1960's, Brian Wilson of the Beach Boys struggles with emerging psychosis as he works on his pop masterpiece. In the 1980's, he is a broken, confused man under the 24-hour watch of a shady therapist.. *Rated PG-13 for thematic elements, drug content and language*

**Suggestions for future viewings are happily accepted.**



**Kerry Price On Piano**

Sorry, Kerry will not be joining us in August for a performance. We'll see her again in September! *(Isn't there a song like that?)*



**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.

August 3	Charles K
August 10	Larry Kulp
August 17	Rodger Gach Q&A
August 24	Jack Vanders
August 31	Open

**Lunch & Learn 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 LUNCH & LEARNS FOR A YEAR.

**Exploring Home Ownership in Late Life: Benefit or Burden? Thursday, August 25th.**

Presented by: Right Moves for Seniors and Right Moves Consignment & Estate Sales. Linda Novak & Carolyn Stieger are two certified Senior Move Managers who will share the hard facts on Home Ownership in Later in Life. Learn the details and tactics on move management:

- \* Staging your home effectively
- \* "Right-Sizing" of your potential move
- \* How to Dispose of the "stuff" that doesn't move
- \* The Move itself
- \* Resettling in your New Home

Assisting seniors since 2005. **A1001**; deadline to register is August 18th.

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

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

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

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

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

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

**Zumba Gold****Friday, 10:20 am**

Low impact aerobic workout, some chair work. Dress comfortably, wear dance sneakers or tennis shoes. Bring water. Pre-register Drop-ins \$8.00. *No classes in August.*

**DANCE CLASSES****Round Dance**

Round Dance takes a well deserved summer hiatus! Check closer to Labor Day for schedules starting in September

**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. *Classes resume in the fall*

**Gentle Yoga \$15/3 weeks****Monday 9:15 am & 1:00 pm**  
*classes will resume in September***Thursday, Aug 4 - Aug 25**  
**1:00 PM (C1032su)**

Yoga Creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Mat and comfortable clothing recommended.

**Water Aerobics****Weds., 8:30 am**  
**Jul 13 - Aug 31**

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 weeks C1045Su**

**Aqua Zumba****Thurs, 8:30 am**  
**Jul 14 - Sept 1**

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 weeks C1046Su**

**Chair Exercise with Cindy****Fri July 23 - Aug 26 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 weeks C1025Su**

**Healthy Back Class****Wed July 20 - Aug 24 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 weeks C1019Su**

**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****July 20 - August 24****\$25/6weeks 1021su****Friday, 11:30 am****July 22 - August 26****\$25/6 weeks C1023Su**

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

**Pilates/Core Body conditioning****Mon, 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 weeks - C1087Su**

**SUPPORT GROUPS**

**Alzheimer's Support Group**

**Monday, August 22 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**

**3<sup>rd</sup> Thursday, August 18 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, 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.



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, 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.

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

**To Donate**, The center is currently not accepting any additional walkers, wheelchairs, crutches or canes. Shower chairs & benches, commodes and toilet risers are still accepted.

**ROYAL OAK SCHOOLS -  
A COMMUNITY OF EXCELLENCE**

**August 2016 Activities**

**Board of Education Meeting**      **800 DeVillen**  
7:00 pm Thursday, August 11

**Summer Recreation Swim Program**  
Now through Thursday, August 4, 2016

**Family Open Swim:**

Royal Oak Middle School, 709 N. Washington  
Monday, Tuesday & Thursday 7:15 to 8:30 pm  
Royal Oak High School, 1500 Lexington  
Monday thru Thursday, 12:15 - 1:15 pm

**Adult Open Swim:**

Royal Oak Middle School, 709 N. Washington  
Monday, Tuesday & Thursday 8:30 - 9:45 pm

Seniors free with Gold Card, Adults and Children \$5, 5 and under free.

Bring a towel, and a lock, but no flotation devices. And please leave your valuables at home!

**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



**ROYAL OAK FARMERS MARKET**

- 316 East 11 Mile Road
- 2 blocks east of Main St
- 248-246-3276

August 10th - Food Truck Rally (5pm-9pm)  
August 13th - Corn Roast (9am-3pm)  
September 11th - Aids Walk Detroit  
September 14th - Food Truck Rally (5pm-9pm)  
September 16th - Bacon Bash (7pm-11pm)

**SUMMER CONCERT SERIES**

**Thursdays**  
**6-9pm**  
Center street pop-up park

presented by




**July 14**  
Popsicle Plus  
Nick Kuhl and the Gang

**July 21**  
Theo "Gridiron" Spight and Friends  
Zap Toro with the City Style Tango Dancers

**July 28**  
Duane Harlick  
Twistin' Carantulas

**August 4**  
Killer Flamingos

**August 11**  
Dave Hamilton Band  
Sean Blackman's In Transit

**August 18**  
The Paul Carey Group feat. Ivory Darnell  
The Reesermen

[www.romi.gov/art](http://www.romi.gov/art)

Wouldn't it be great if there were a program to assist our senior residents with basic chores so living in their homes was less stressful? There is! It's called **R.O.S.E.S.** What makes this program viable? **R.O.S.E.S. Workers.** What does a **R.O.S.E.S Worker** do? What's involved in signing up? How do **R.O.S.E.S. Workers** receive payment for working?

For the answers to these *and many more questions*, please contact the Center at **248-246-3900** and ask to speak to a **R.O.S.E.S. Coordinator!**

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

### **August 2016 Lunch Menu**

Monday	1	Crab Cake	
Tuesday	2	Sloppy Joe on a Bun	
Wednesday	3	Pasta with Chicken and Sauce	
Thursday	4	Pulled BBQ Pork on a Bun	
Friday	5	Swiss Chicken	
Monday	8	Pineapple Chicken	<i>SMART MENU</i> 
Tuesday	9	Tuna Salad on a Bun	
Wednesday	10	Ham & Cheese Square	
Thursday	11	Beef Goulash	
Friday	12	Pork Chop	
Monday	15	Sliced Ham	
Tuesday	16	Meatloaf with Tomato Sauce	
Wednesday	17	Chicken Pasta Salad	
Thursday	18	Breaded Fish	
Friday	19	Egg Salad on a Bun	
Monday	22	Sesame Beef Patty	
Tuesday	23	Pork Pie	
Wednesday	24	Meatloaf with Gravy	
Thursday	25	Cashew Chicken	
Friday	26	Salmon Patty	<i>SMART MENU</i> 
Monday	29	Pork Chop	
Tuesday	30	Maurice Salad	
Wednesday	31	Beef Chili Dog	

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

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

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

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

**Bridge, Drop-In** 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  
*Classes will resume after the Labor Day Holiday.*

**Dance - Round (Beginners)** ..... Wednesdays, 2:30 pm  
*Classes will resume after the Labor Day Holiday.*

**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** Thursday, 1 pm. Slow flow class to strengthen bodies and calm minds. Pre-register/fee.  
*Monday 9:15 am and 1:00 PM will resume in September*

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

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

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

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

**Foot Doctor** .....2<sup>nd</sup> Wednesday, 9 am  
Dr. Adas and Dr. Wexler will visit once a month. Pre-Register

**Handbells** ..... Level II, Friday, 12:45 pm  
Pre-register/fee. Resumes the week of Labor Day.

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

**Kerry Price** *Sorry, no August Performance.*  
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. *Classes Resume in the fall.*

**Legal Aid** ..... 3<sup>rd</sup> Thursday, by appt  
Atty. Kent Schultz provides free 15 minute consultations.

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

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

**Monthly Matinee** ..... 2<sup>nd</sup> and 4<sup>th</sup> 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-In** .....Tuesdays, 12:30 pm  
Drop-in for pinochle, meet new friends, \$1.

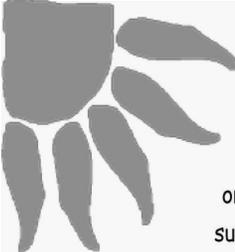
**Senior Sew** .....Tuesdays, 10 am  
Join us for a day of piecing quilt tops. No fee.

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

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

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

August 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>9:30 AM Silver Foxes  <b>10:30 AM Welcome Newcomers</b>                      10:30 AM Creative Coloring                      10:30 AM Chair Yoga - DVD                      10:30 AM Senior Pilates                      12:15 PM Drop-In Bridge, Rubber                      1:00 PM Ballroom Dance</p> <p>Drop-In Billiards</p>	<p><b>2 Election Day</b></p> <p>9:15 AM Ask the Computer Lady                      9:30 AM Helping Hands                      10:00 AM Senior Sew                      10:00 AM Laptop                      10:30 AM Focus on the News                      12:30 PM Pinochle (Drop-In)                      12:45 PM Ask the Computer Lady                      1:00 PM Sit &amp; Knit</p> <p>Drop-In Billiards</p>	<p><b>3</b></p> <p>8:30 AM Water Aerobics                      9:00 AM Deaf Assistance                      9:30 AM Mah Jongg                      9:30 AM Silver Foxes                      12:30 PM Drop-In Bridge, Duplicate                      12:30 PM Computer Club                      12:30 PM Chair Yoga                      1:30 PM Healthy Back Class</p> <p>Drop-In Billiards</p>	<p><b>4</b></p> <p>8:30 AM Aqua Zumba                      9:15 AM Painting - All Media                      9:30 AM Helping Hands                      10:00 AM Aphasia Support                      10:30 AM Sit Down &amp; Tone Up                      12:15 PM Crochet Creations                      12:30 PM Drop-In Euchre                      1:00 PM Gentle Yoga</p> <p>Drop-In Billiards</p>	<p><b>5</b></p> <p>9:15 AM Water Color Painting                      9:30 AM Silver Foxes                      10:30 AM Chair Exercise/Cindy                      10:30 AM P.A.L.                      11:30 AM Chair Yoga  <b>12:30 PM BINGO</b>                      1:00 PM Mah Jongg                      1:00 PM Line Dance-Intermed.</p> <p>Drop-In Billiards</p>
<p><b>8</b></p> <p>9:30 AM Silver Foxes                      10:30 AM Chair Yoga - DVD                      10:30 AM Senior Pilates                      12:15 PM Drop-In Bridge, Rubber                      1:00 PM Ballroom Dance</p> <p>Drop-In Billiards</p>	<p><b>9</b></p> <p>9:15 AM Ask the Computer Lady                      9:30 AM Helping Hands                      9:30 AM Silver Foxes                      10:00 AM Senior Sew                      10:00 AM Laptop Class                      10:30 AM Sit Down &amp; Tone Up                      11:15 AM Get Your Gadget                      12:30 PM Pinochle (Drop-In)                      12:45 PM Ask the Computer Lady                      1:00PM Yoga                      1:00 PM Sit &amp; Knit</p> <p>Drop-In Billiards</p>	<p><b>10</b></p> <p>8:30 AM Water Aerobics                      9:00 AM Deaf Assistance                      9:30 AM Mah Jongg                      9:30 AM Silver Foxes  <b>10:00 AM Foot Doctors (appt)</b>                      10:00 AM Star Grabbers                      12:30 PM Drop-In Bridge, Duplicate                      12:30 PM Computer Club                      12:30 PM Chair Yoga                      1:30 PM Healthy Back Class</p> <p>Drop-In Billiards</p>	<p><b>11</b></p> <p>8:30 AM Aqua Zumba  <b>9:00 AM Pool Tournament</b>                      9:15 AM Painting - All Media                      9:30 AM Helping Hands                      10:00 AM Aphasia Support                      10:30 AM Sit Down &amp; Tone Up                      12:15 PM Crochet Creations                      12:30 PM Drop-In Euchre                      1:00 PM Gentle Yoga</p> <p>Drop-In Billiards</p>	<p><b>12</b></p> <p>9:15 AM Water Color Painting                      9:30 AM Silver Foxes                      10:30 AM Chair Exercise/Cindy                      10:30 AM P.A.L.                      11:30 AM Chair Yoga  <b>12:30PM Movie Matinee</b>                      1:00 PM Mah Jongg                      1:00 PM Line Dance-Intermed.</p> <p>Drop-In Billiards</p>
<p><b>15</b></p> <p>9:30 AM Silver Foxes                      10:30 AM Creative Coloring                      10:30 AM Chair Yoga - DVD                      10:30 AM Senior Pilates                      12:15 PM Drop-In Bridge, Rubber                      1:00 PM Ballroom Dance</p> <p>Drop-In Billiards</p>	<p><b>16</b></p> <p>9:15 AM Ask the Computer Lady                      9:30 AM Helping Hands                      9:30 AM Silver Foxes                      10:00 AM Senior Sew                      10:00 AM Laptop Class                      10:30 AM Focus on the News                      10:30 AM Sit Down &amp; Tone Up                      11:15 AM Get Your Gadget                      12:30 PM Pinochle (Drop-In)                      12:45 PM Ask the Computer Lady                      1:00 PM Yoga                      1:00 PM Sit &amp; Knit</p> <p>Drop-In Billiards</p>	<p><b>17</b></p> <p>8:30 AM Water Aerobics                      9:00 AM Deaf Assistance                      9:30 AM Mah Jongg                      9:30 AM Silver Foxes                      12:30 PM Drop-In Bridge, Duplicate                      12:30 PM Computer Club                      12:30 PM Chair Yoga                      1:30 PM Healthy Back</p> <p>Drop-In Billiards</p>	<p><b>18</b></p> <p>8:30 AM Aqua Zumba                      9:15 AM Painting - All Media                      9:30 AM Helping Hands  <b>10:00 AM Financial Aid (Appt)</b>                      10:00 AM Aphasia Support                      10:30 AM Sit Down &amp; Tone Up                      12:15 PM Crochet Creations                      12:30 PM Drop-In Euchre                      1:00 PM Gentle Yoga  <b>1:00 PM Legal Aid - By Appt</b></p> <p><b>By Appt Massage Therapy</b></p> <p>Drop-In Billiards</p>	<p><b>19</b></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 PM Chair Yoga                      1:00 PM Mah Jongg                      1:00 PM Line Dance-Intermed.</p> <p><b>By Appt Massage Therapy</b></p> <p>Drop-In Billiards</p>
<p><b>22</b></p> <p>9:30 AM Silver Foxes                      10:00 AM Alzheimers' Support                      10:30 AM Chair Yoga - DVD                      10:30 AM Senior Pilates                      12:15 PM Drop-In Bridge, Rubber                      1:00 PM Ballroom Dance</p> <p>Drop-In Billiards</p>	<p><b>23</b></p> <p>9:15 AM Ask the Computer Lady                      9:30 AM Helping Hands                      9:30 AM Silver Foxes                      10:00 AM Senior Sew                      10:00 AM Laptop Class                      10:30 AM Sit Down &amp; Tone Up                      11:15 AM Get Your Gadget                      12:30 PM Pinochle (Drop-In)                      12:45 PM Ask the Computer Lady                      1:00 PM Yoga                      1:00 PM Sit &amp; Knit</p> <p>Drop-In Billiards</p>	<p><b>24</b></p> <p>8:30 AM Water Aerobics                      9:00 AM Deaf Assistance                      9:30 AM Mah Jongg                      9:30 AM Silver Foxes                      10:00 AM Star Grabbers                      12:30 PM Drop-In Bridge, Duplicate                      12:30 PM Computer Club                      12:30 PM Chair Yoga                      1:30 PM Healthy Back Class</p> <p>Drop-In Billiards</p>	<p><b>25</b></p> <p>8:30 AM Aqua Zumba                      9:15 AM Painting - All Media                      9:30 AM Helping Hands  <b>10:00 AM Travel Show</b>                      10:00 AM Aphasia Support                      10:30 AM Sit Down &amp; Tone Up  <b>11:30 AM Lunch &amp; Learn</b>                      12:15 PM Crochet Creations                      12:30 PM Drop-In Euchre                      1:00 PM Gentle Yoga</p> <p>Drop-In Billiards</p>	<p><b>26</b></p> <p>9:30 AM Silver Foxes                      10:30 AM Chair Exercise/Cindy                      10:30 AM P.A.L.                      11:30 AM Chair Yoga  <b>12:30 PM Movie Matinee</b>                      1:00 PM Mah Jongg                      1:00 PM Line Dance-Intermed.</p> <p>Drop-In Billiards</p>
<p><b>29</b></p> <p>9:30 AM Silver Foxes                      10:30 AM Chair Yoga - DVD                      10:30 AM Senior Pilates                      12:15 PM Drop-In Bridge, Rubber                      1:00 PM Ballroom Dance</p> <p>Drop-In Billiards</p>	<p><b>30</b></p> <p>9:15 AM Ask the Computer Lady                      9:30 AM Helping Hands                      9:30 AM Silver Foxes                      10:00 AM Senior Sew                      10:00 AM Laptop Class                      10:30 AM Sit Down &amp; Tone Up                      12:30 PM Pinochle (Drop-In)                      12:45 PM Ask the Computer Lady                      1:00 PM Yoga                      1:00 PM Sit &amp; Knit</p> <p>Drop-In Billiards</p>	<p><b>31</b></p> <p>8:30 AM Water Aerobics                      9:00 AM Deaf Assistance                      9:30 AM Mah Jongg                      9:30 AM Silver Foxes                      12:30 PM Drop-In Bridge, Duplicate                      12:30 PM Computer Club</p> <p>Drop-In Billiards</p>	 <p>"Summer was our best season:                      it was sleeping on the back                      screened porch in cots,                      or trying to sleep in the treehouse;                      summer was everything good to eat;                      it was a thousand colors in a parched landscape ..."                      — Harper Lee</p>	

### Salter Center Book Club

**Mon, August 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. August's book is *Their Eyes Were Watching God*, by Nora Zela Hurston.

### Drop-In Pinochle

**Weds & Fridays 12:30 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, July 25 - August 29**  
**Weds, July 27 - August 31**  
**Fri, July 29 - September 2**

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; **SA2008su**  
**\$46/6 wks** for 2 day; **SA2009su**  
**\$64/6 wks** for 3 day; **SA2010su**

### Balance Training (50+)

#### Fridays 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. *Classes will resume in September.*



### 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!!**

# August 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength</p> <p><b>Drop-In Pickleball</b> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p><b>2</b></p> <p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p><b>Drop-In Pickleball</b> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p><b>3</b></p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength 12:30 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p><b>4</b></p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p><b>5</b></p> <p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Strength &amp; Stretch 12:45 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>
<p><b>8</b></p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength</p> <p><b>Drop-In Pickleball</b> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p><b>9</b></p> <p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p><b>Drop-In Pickleball</b> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p><b>10</b></p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength 12:30PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p><b>11</b></p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p><b>12</b></p> <p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength 12:45 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>
<p><b>15</b></p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 10:00 AM Book Club 11:00 AM Stretch &amp; Strength</p> <p><b>Drop-In Pickleball</b> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p><b>16</b></p> <p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p><b>Drop-In Pickleball</b> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p><b>17</b></p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 12:30 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p><b>18</b></p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p><b>19</b></p> <p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 12:45 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>
<p><b>22</b></p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength</p> <p><b>Drop-In Pickleball</b> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p><b>23</b></p> <p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p><b>Drop-In Pickleball</b> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p><b>24</b></p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength 12:30 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p><b>25</b></p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p><b>26</b></p> <p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength 12:45 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>
<p><b>29</b></p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength</p> <p><b>Drop-In Pickleball</b> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p><b>30</b></p> <p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p><b>Drop-In Pickleball</b> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p><b>31</b></p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch &amp; Strength 12:30 PM Pinochle, Drop-In</p> <p><b>Drop-In Pickleball</b> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p><i>August Flower: Gladiolus</i> <i>August Gemstone: Peridot</i></p>  