



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

SEPTEMBER 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."

New to the Center:

Grief Support Group 1st & 3rd Fridays 10:30 - 11:30 AM
 Meeting: September 16th through November 16th Offering a safe and supportive environment for participants to express their feelings and better understand the grief process. Facilitator: Claudia Been, MA, Grief Support Manager, Hospice of Michigan, Oakland County. State of Michigan Licensed Counseling & Social Worker. **No fee.**



Evola Music Keyboarding Class

Weds, 9:30 - 11:30 AM Sept 14 - Nov 16 Learn to play the songs you love in 10 short weeks! No musical experience needed. It's **"Feasy"** (Fun & Easy!) Keyboards provided at the Center. \$15 for class book, payable to instructor. **Register by Sept 12th. \$45 C1025F**

Find your Way to Writing: Memoir, Fiction, Creative Non-Fiction.

Wednesdays, 2 - 4 PM, September 14 - November 2
 Have you ever considered writing? This prose writing workshop will provide the support to help you identify what you want to write, to help you get started writing it, and keep you writing until you reached your goal. Teacher, writer, poet Maureen Dunphy. **\$55/8 weeks C1012F**

**Art of Basket Making:
 A Life Long Skill**

Fri 9:30 - 11 AM, Oct 7 - Nov 11
 Talented instructor willing to teach the time honored technique of basket weaving. This six week course completes two baskets; a napkin basket with handle, and a roll basket. Class cost includes materials. Tool list will be provided at registration/
s t u d e n t
 responsibility. **Register by Sept 23rd. \$53.00 C1023F**



Newcomers!
Monday, Sept 12 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 your spot.

Inside...

- Staff Notes..... p 3
- Travelp 4
- Travel (cont'd) & Games.....p 5
- Play-Visit-Learnp 6
- Services, Interests.....p 7
- Health & Fitnessp 8
- Support.....p 9
- Community Linksp 10
- Menup 11
- Ongoing Activities.....p 12
- Calendarp 13
- Salter Centerp 14
- Salter Calendar.....p 15

Mahany/Meininger Senior Community Center
Phone: (248) 246-3900
 3500 Marais Ave,
 Royal Oak, MI 48073
 (1 block North of 13 Mile Rd. between Main & Crooks)

Salter Community Center
Phone: (248) 246-3180
 1545 E. Lincoln Rd,
 Royal Oak, MI 48067
 (10½ Mile Rd, one block west of Campbell Rd.)

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
For scheduling:

Phone: (248) 246-3914
Monday - Friday
9:30 AM - 12:30 PM
Dispatchers:

Cathy Cricelli & Denise Owens

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

Kudos to Staff Members,
Michael, Van Driver
 &
Denise, Dispatcher
 Patrons were so impressed by their attitude and work that the Center received written notes of appreciation!

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;

- Laura Bossenberry
- Joan Catalan
- Marti Lewis

Thank You!

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



Horns and Hot Dogs III concert 8/13/16

THANK YOU! To all of the Royal Oak businesses for their generous support making this wonderful event possible.
Paige Gembariski - Senior Center & Activities Coordinator
 Leo Mahany / Harold Meininger Senior Community Center



Restaurant of the Month:

Thursday, September 29, 2016 12:30 - 2:15 pm (lunch on your own) You'll find a menu of both indulgent and health conscious items, served in a comfortable and friendly atmosphere. They prepare nitrate-free roasted chicken and turkey breast, house-made soups, and freshly made waffle batter. Cost includes transportation via Senior Bus. Lunch on your own; average \$8. \$4 T1031 F



EXTENDED TRAVEL

<u>Odawa Casino Resort/Rybicki Tours</u>	September 28 - 29	\$149 per person/double
<u>Stratford Festival/Rybicki Tours</u>	October 13 - 14	\$449 per person/double
<u>Ark Encounter/Shoreline Tours</u>	October 22 - 23	\$339 per person/double T1004su
<u>"Grand Experience" Mackinac Island</u> <i>Wait List Only!</i>	October 24 - 27	\$748 per prsn/double, \$1,019 single, balance due August 30th
<u>Chicago: China's Terra Cotta Warriors/Bianco Tours</u>	October 28 - 30	\$599 per person/double
<u>Nashville, Tennessee/Shoreline Tours</u>	Oct 30 - Nov 2	\$999 per person/double

DAY TRIPS

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: Lecture: Photography and the American Road Trip T1016F
- October 13: Lecture: Ordinary People by Extraordinary Artists T1017F
- November 17: Art Making: Printmaking - Notecards T1018F
- December 1: Guided Gallery Tour T1019F

Senior Day at the Detroit Zoo

Weds, 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.

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.

DAY TRIPS

(continued)

**Diamond Jack's River Cruise (Detroit River)
Tuesday, September 13th 11:45 AM - 3:45 PM**

Enjoy the countless sights rich in history and anecdotes during our expertly narrated river tour along the U.S. and Canadian shores. Pass under the mighty Ambassador Bridge, view the Detroit skyline & more. Patrons are not allowed to bring food onboard. Light snacks and beverages are available for purchase. **\$27 T1009F**



Comerica Park Senior Day Thursday, September 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, September 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**

Johnny Cash Tribute at Bavarian Inn, Frankenmuth/ Bianco Tours Wednesday, September 21st

Terry Lee Goffee will perform over 30 songs including some of Johnny's best known, "I Walk the Line" and "Ring of Fire". Time for perusing the wares at the Castle shops, and a tasty lunch at the Bavarian Inn. Cost includes transportation via motor coach, lunch and performance. **\$85 T1017Su**

Oct 5th & 6th (choose 1)	October 11th	October 19th	October 26th
A Laid Back Look At Trader Joe's (Bloomfield Hills)	Curwood Castle Owosso, MI	Sandhill Cranes Bianco Tours	Tour the U of M Stadium & Ann Arbor spots Bianco Tours
\$6	\$90	\$84	\$83

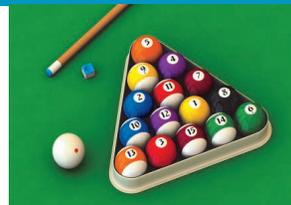
JUST A REMINDER! If you are traveling with us:
 Arrive 15 - 30 minutes before scheduled departure. *CHECK-IN* with a staff person upon arrival
 Park in the farthest north row of our lot (Look for Trip Parking signs)
All trip dates, descriptions and prices are subject to change

SOME FUN & GAMES AT THE CENTER !!



Thursdays at 12:30 pm \$1

Euchre Winners	
July 8th	Sue Holdaway & Sandy Kelof
July 14th	Sue Holdaway
July 21st	Greg Blair
July 28th	Fran Patterson



The center has pool tables here for your use:

50¢/day or \$3/month

July 14th Pool Tournament Winners	
Like competition? Sign up for the monthly tournament - 2nd Thursday of the month!	
First Place	Jerry Drozidzewski
Second Place	Tim Fields
Third Place	Fred Fields

BINGO - First Fridays

September 2nd 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.*

Cards Drop-In

Rubber Bridge Mon 12:15PM

Drop in for Rubber Bridge and bring a partner to play. **\$1.00**

Pinochle Tues 12:30PM

Drop in for pinochle, meet new friends. **\$1.00**

Duplicate Bridge Weds 12:30

Drop in with a partner to play duplicate bridge. **\$2.00**

Euchre Thursday 12:30 PM

Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards. **\$1.00**

Creative Coloring for Grown Ups

September 19th 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**

Crochet Creations

Thursdays 12:15 PM

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

Focus on the News

1st & 3rd Tuesdays 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.

Handbells C1040F

Fri 12:45 PM Sept 1 - Dec 16

Director Sylvia Hartsoe says playing handbells keeps the mind sharp and leads to excellent eye-hand coordination. Prior ringing experience necessary, music reading skills helps. **\$25/15 wks**

Helping Hands

Tues & Thurs 9:30 AM

Drop by and become a part of this worthwhile group that knit or crochets blankets and other items for charity. *Donations of yarn are needed. Drop off yarn on the days the group meets*

Mah-Jongg Drop-In

Wednesdays 9:30 AM-12 PM

Fridays 1-3 PM

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

Senior Sew

Tuesdays 10:00 AM

Join us for hand quilting, machine piecing quilt tops and socialization. New quilter and just getting started? We are happy to help. Bring sewing machine and your project. Drop-ins welcome.

Sit 'n' Knit

Tuesday 1:00 PM

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.

Star-Grabbers

Amateur Astronomy Group

2nd & 4th Wednesdays 10:00 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.

Painting – All Media

Thurs 9:15 AM C1020F

Aug 25 – Oct 13

Mike is a working artist in many mediums and accepts a full scope of student artists. Supply list is given at sign-up for those without any of their own supplies. Preregister. **\$55/8 wks**

Delightful Drawing Primer Class

Tues 12:30 PM C1027 F

Sept. 6 - 13 \$30/2 wks

Instructor Petra E. Boham from PtreArt LLC teaches you the basics of drawing using drawing pencils and your creativity. Great beginner class: all materials are provided.

Pen and Ink Stipple Drawing Class

Starting Fri Oct 21 at 9:15 AM \$48/7 wks C1024F

Mike Byrne's class for Autumn – more details next month!

IPads - Laptops - Phones

So much fun & useful . . .

If you know how!

Ask the Computer Lady!

Tuesdays: dates thru December

9:15 - 9:45 AM C1097F

12:45 - 1:15 PM C1098F

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, 11:15AM - noon

September 6, 13th & 20th

Or Sept 27, Oct 4th & 11th

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. **\$60/C1092Fa**

Laptop Computer Classes

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

Sept 6 - 27 C1088F

Oct 4 - 25 C1089F

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

Watercolor Painting

Fri 9:15 AM C1023 F

Aug 26 – Oct 14

Beginners through advanced artists will work in "wet-on-wet through to finishing" with techniques that include drybrush. Supply list is given at registration. **\$55/8 wks**

Portraits in Pencil

Tues 12:30 PM C1026F

Sept 20 – 27 \$30/2 wks

Come explore how to make portraits using drawing pencils. Instructor Petra E Boham from PetrArt LLC will guide you on this exciting two week journey. All materials provided.

Financial Aide

Thurs, Sept 15th 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

Foot Doctors

Weds, September 14th 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.

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.

Manicures *NEW!!* by Appt.

2nd Tuesday of the month, 9:30 AM to 3:30 PM For only \$10, a licensed nail technician will polish, shape and hydrate your hands. Call to schedule.

Massage Therapy by Appt.

Thurs & Fri, Sept 15th & 16th
And *NEW!* Tues, Sept 20th

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

***NEW ASSISTANCE*****S N A P**

(Supplemental Nutrition Assistance Program)

Solutions to Hunger presented by Lynn Davey, Benefits Coordinator. Available for assistance with online registration process of government food assistance program, SNAP or Bridge programs. Ages 50 years and over. Contact Carolyn Marsh at 248-246-3900 for an appointment to determine eligibility and assist with the application process. **Free Service.**



Friday, September 9 12:30 PM

The Lady in the Van

Maggie Smith & Alex Jennings

The true story of a strained friendship between an eccentric homeless woman whose van is parked in the driveway of a Camden homeowner. For 15 years! A revelation and the subsequent guilt and fear create an interesting bond between these two. *Rated PG-13 for a brief unsettling image.*

Friday, September 23 12:30 PM

Concussion

Will Smith & Alec Baldwin

A dramatic thriller based on a true David & Goliath story: an immigrant forensic neuropathologist who diagnosed and fought the mighty NFL for a professional athlete who was facing CTE, football-related brain trauma. *Rated PG-13 for thematic elements including some disturbing images and language*

Suggestions for future viewings are happily accepted.

Kerry Price On Piano

Friday, September 16th
"All In A Day's Work"

A tribute to Labor Day

12:30 PM

\$2 payable at door

**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.

Sept 7 Open

Sept 14 Larry Kulp - Ham Radio

Sept 21 Rodger Gach Q & A

Sept 28 Jack Vanders

SEMINARS: 10:00 AM Tuesdays**Food Safety & Nutrition**

Presentations by MSU Extension. Includes food demonstrations.

Nov 8 - Vegetarian Cooking

Dec 13 - Eating at the Holidays

No Fee/preregister!

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.

Made In Detroit

Thursday, September 22nd

A1003F

Presenters: T. Michael Dolan, Wendy Potter, CLU, Larry Slabotsky, Society for Lifetime Planning, Troy MI

You're invited to **Made in Detroit, Retirement Style** Join Oakland Press Finance Columnist Ken Morris and enjoy some iconic Detroit treats, lunch, and more. Don't miss this fun event full of all things Detroit! Society for Lifetime Planning has served families throughout Metro Detroit for over 30 years. **Deadline to register September 16th.**

Debt, Budgeting, and Credit

Tuesday October 4th

A1000F

Presenter : Budget Credit Consulting, Berkley MI Saving for that "Next Big Expense?" Do you know where your money needs to go? Confused about how your credit works? Join Brandon Croud, Owner of Budget Credit Consulting for a workshop. It's mission is *"To increase the knowledge of our clients and to assist our clients in their understanding of the role that credit and proper budgeting play in their daily lives."* **Deadline to register September 29th**

Aqua Zumba

Thurs, 8:30 AM
Sept 8 - Oct 27



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 C1046F**

Chair Exercise with Cindy

Fri Sept 16 - Oct 21 10:30 AM

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 C1030F**

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.

Chair Yoga

Weds, 12:30 PM Sept 14 - Oct 26

\$25/6weeks 1032F

Fri, 11:30 AM Sept 1 - Dec 31

\$25/18 weeks C1050F

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.

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**

Gentle Yoga \$40/8 weeks

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.

Monday, Sept 12 - Oct 31

9:15 AM C1004 F

1:00 PM C1005 F

Thursday, Sept 15 - Nov 3

1:00 PM C1008 F

Healthy Back Class

Wed Sept 14 - Oct 26 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. *No Class Oct 19th* **\$25/6 weeks C1018F**

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!*

Kuratomi Stretching

Weds Sept 14 - Nov 9 10:30 AM

The Kuratomi Method is inspired by ancient Japanese forms and Jomon to open the body, mind and spirit gently and naturally. *No class Oct 19*

\$64/8 weeks C1010F

Pilates/Core Body conditioning

Mon, Sept 12-Oct 31 10:30 AM

A neuro-muscular resistance control method of exercise to develop strong, flexible muscles and better posture. Emphasis on gradual progression and strict body alignment and form. Wear loose comfortable clothes, bring a mat. Instructor Cheryl Baugh, ACSM **\$36/8 weeks - C1087F**

Round Dance

The Center is currently without an instructor for Round Dance. Future classes are undetermined.

Silver Foxes

Mon-Tues-Wed-Fri 9:30 AM

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

Sit-Down and Tone-Up

Tuesday 10:30 AM

A 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. Work upper body with 1-3 lb. weights. DVD, **No fee**

New to the Center

SilverSneakers®
FLEX Program™

Challenge Your Core

Thurs, 10:30 - 11:15 AM

Program starts Sept 25th. Instructor is Sharon Claye, a licensed FLEX instructor with over 13 years of experience. **FREE** to SilverSneaker members, \$4 drop in fee for non-members. You must be able to get up from floor. Bring a mat and water bottle.

To register. contact: Sharon Claye at (248)562-7111, or online at Sillersneakers.com/flex

Tai Chi Basic & Chen Style

Thursdays 9:15 AM

Sept 15 - Dec 15

The movements are slow and fast, twining and twisting, connected with internal spiral energy. *No class Sept 22, Oct 20, and Nov 24.* **\$66/11 weeks C1003F**

Water Aerobics

Weds., 8:30 AM

Sept 7 - Oct 26

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 C1045F**

Yoga Tues, 1:00 PM

Aug 30 - Oct 25

Yoga helps deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. The series of movements, postures and breathing techniques increases strength, flexibility, alignment and balance. *No Class Oct 18th.* **\$36/8 weeks C1074F**

Zumba Gold Friday, 10:20 AM

Sept 16 - Nov 11

Low impact aerobic workout, some chair work. Dress comfortably, wear dance sneakers or tennis shoes. Bring water. Pre-register Drop-ins \$8.00. *No Class Oct 21.* **\$40/8 weeks.**



TAI CHI CHUAN



SUPPORT GROUPS

Alzheimer's Support Group

Monday, September 12 & 26th 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.

Grief Support

1st & 3rd Fridays (starting Sept. 16) 10:30 AM

*****New group - see the front page*****

Legal Aid

3rd Thursday, September 21st 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, canes 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 that 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.

“Boom Not Bust— Career Reinvention After 50”

Wednesday, October 12th at 6:00 PM

This interactive session is designed to help those that are not yet ready to throw in the towel on their career. Time will also be spent exploring how your purpose, passion and proficiencies help you to achieve career success. Pre-Register. **Cost \$10 C1000F**



- September 7th - Rock the Veil (6pm-9pm)
- September 14th - Food Truck Rally (5pm-9pm)
- September 16th - Great Lakes Bacon Bash (7pm-11pm)
- September 18th - Royal Oak Classic Bike Show (8am-3pm)
- September 23rd - Ashley & Jordan Siegel Fundraiser (6pm-11pm)
- September 25th - Aids Walk Detroit (8:30am)
- September 30th - Mixed Cocktail (7pm-11pm)

REMEMBER!

**Memory Screening Day!!
Monday, November 14th,
10 AM - 2 PM**

Call 248-246-3900 to reserve a spot on the list of participants. **No fee.**



September 2016 Activities

Board of Education Meeting 800 DeVillen
7:00 pm Thursday, September 8

Varsity Sport Events:



Boys Soccer

- Thurs, Sept 1, 5:00 PM vs. Pontiac H.S.
- Tues, Sept 13, 6:45 PM vs. Seaholm H.S.
- Thurs, Sept 22, 5:00 PM vs. Ferndale H.S.

Girls Swimming

- Tues, Sept 6th, 6:00 PM vs. Lamphere H.S. @ ROMS
- Thurs, Sept 8th, 6:00 PM vs. Multiple Opponents
- Thurs, Sept 15th, 6:00 PM vs. Troy H.S.

Boys Football

- Fri, Sept 16, 7:00 PM vs. Troy H.S.
- Fri, Sept 23 Homecoming:
Homecoming Parade 6:00 - 6:30 PM
Lexington Parking Lot
Football game 7:00 PM vs. Hazel Park H.S.

Evening Recreational Swim Program

September 8, 2016—March 9, 2017
Royal Oak Middle School 709 N Washington Ave.,

Family Open Swim:

Monday evenings 7:30 to 8:30 pm

Adult Open Swim: (Lap Lane)

Monday evenings 8:30 - 9:45 pm

Thursday evenings 8:45 - 10:00 pm

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

Senior Gold Card

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

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

Applications are available at the:

Churchill Community Education Center
707 Girard, Royal Oak

Please call (248) 588-5050 for more information.

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

Thursday	September	1	Peanut Chicken	
Friday	September	2	BBQ Meatball	
Monday	September	5	Closed for Labor Day	
Tuesday	September	6	Beef Parmesan	
Wednesday	September	7	Tuna Noodle Salad	
Thursday	September	8	Meatloaf with Gravy	
Friday	September	9	Baked Chicken	
Monday	September	12	Shepherd's Pie	
Tuesday	September	13	Seafood Salad	
Wednesday	September	14	Pork Chop	
Thursday	September	15	Orange Chicken	
Friday	September	16	Pasta with Meat Sauce	
Monday	September	19	Sesame Beef Patty	
Tuesday	September	20	Chicken/Cheese Square	
Wednesday	September	21	Beef Goulash	
Thursday	September	22	Bran Chicken with Peach Sauce	HEART SMART 
Friday	September	23	Sliced Ham	
Monday	September	26	Pork Chop	
Tuesday	September	27	Cranberry Chicken	HEART SMART 
Wednesday	September	28	Meatloaf with Tomato	
Thursday	September	29	Salmon Patty	
Friday	September	30	Chicken Stew	

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

Alzheimer Support 2nd & 4th Monday, 10 AM
Support for families and friends.

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 2nd 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 fee.

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

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

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 ROMS pool, pre-register/fee.

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

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,
Thursdays at 1:00 PM. Slow flow class to strengthen bodies
and calm minds. Pre-register/fee.

Exercise - Healthy Back Wednesdays, 1:30 PM
Strengthen & stretch back & core. 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 fee.

Exercise - SilverSneakers..... Thursday, 10:30 AM
Challenge Your Core. \$4/ free for SilverSneakers members.

Exercise – Sit Down & Tone-Up Tuesdays, 10:30 AM
Work out along with DVD. No fee.

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

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

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

Exercise – Zumba Gold..... Fridays, 10:20 AM
"Dance with the Stars", pre-register/fee.

Exercise - Chair Yoga (DVD) Mondays, 10 AM

Financial/Investment Aide.....3rd Thursday, 10 AM
Hantz Financial provides financial, tax advice, and
investment portfolio review. Free 30 min appts/pre-register

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

Foot Doctor 2nd Wednesday, 9 AM
Dr. Adas and Dr. Wexler will visit once a month. Pre-Register

Grief Support..... 1st & 3rd Friday, 10:30 AM
Beginning Sept 16th, Discuss, explore and relieve some of
the stresses of grief. No fee.

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 Price 3rd Friday of the month, 12:30 PM
Different sing-along piano programs each month, \$2.

Kuratomi Stretching Wednesday, 10:30 AM
To open the body, mind & spirit . Pre-register/fee.

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

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

Manicures..... 2nd Tuesday, by appt
Andrea Weiss, Licensed Nail Technician \$10 fee..

Massage Therapy 3rd Thursday & Friday, by appt.
4th Tuesday, 35 min/\$30 & 75 min/\$60 massage sessions.

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

Music Keyboard Class..... Wednesdays, 10:30 AM
10 weeks to learn your favorites! Preregister/fee..

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. 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..... 2nd & 4th Wednesday, 10 AM
Amateur Astronomy Group. No fee.

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

September 2016

Monday		Tuesday		Wednesday		Thursday		Friday	
		<p>We know that in September, we will wander through the warm winds of summer's wreckage. We will welcome summer's ghost.</p> <p><i>Henry Rollins</i></p>				<p>1</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Aphasia Support 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Gentle Yoga</p> <p>Drop-In Billiards</p>		<p>2</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 12:30 PM BINGO 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</p> <p>Drop-In Billiards</p>	
		<p>5</p> <p style="text-align: center; font-size: 2em;">Center Closed for Labor Day</p>		<p>6</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 & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:30 PM Delightful Drawing 12:45 PM Ask the Computer Lady 1:00PM Yoga 1:00 PM Sit & Knit</p> <p>Drop-In Billiards</p>		<p>7</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah Jongg 9:30 AM Silver Foxes 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class</p> <p>Drop-In Billiards</p>		<p>8</p> <p>8:30 AM Aqua Zumba 9:00 AM Pool Tournament 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Aphasia Support 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Gentle Yoga</p>	
<p>12</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Alzheimer Support 10:30 AM Welcome Newcomers 10:30 AM Chair Yoga - DVD 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga</p> <p>Drop-In Billiards</p>		<p>13</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 9:30 AM Manicures/Appt 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:30 PM Delightful Drawing 12:45 PM Ask the Computer Lady 1:00 PM Yoga 1:00 PM Sit & Knit 1:00 PM Hearing Tests/Appt</p> <p>Drop-In Billiards</p>		<p>14</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Music Keyboarding 9:30 AM Mah Jongg 9:30 AM Silver Foxes 10:00 AM Foot Doctors (appt) 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretching 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back 2:00 PM Find Writing</p> <p>Drop-In Billiards</p>		<p>15</p> <p>8:30 AM Aqua Zumba 9:15 AM Tai Chi 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Financial Aid (Appt) 10:00 AM Aphasia Support 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Gentle Yoga 1:00 PM Legal Aid - By Appt</p> <p>By Appt Massage Therapy</p> <p>Drop-In Billiards</p>		<p>16</p> <p>9:15 AM Water Color Painting 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM P.A.L. 10:30 AM Chair Exercise/Cindy 10:30 AM Grief Support 11:30 PM Chair Yoga 12:30 PM Kerry Price ! 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</p> <p>By Appt Massage Therpay</p> <p>Drop-In Billiards</p>	
<p>19</p> <p>9:15 AM Gentle Yoga 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 1:00 PM Gentle Yoga</p> <p>Drop-In Billiards</p>		<p>20</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 & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:30 PM Portraits in Pencil 12:45 PM Ask the Computer Lady 1:00 PM Yoga 1:00 PM Sit & Knit By Appt Massage Therapy</p> <p>Drop-In Billiards</p>		<p>21</p> <p>8:30 AM Water Aerobics 9:00 AM DeafGroup 9:30 AM Mah Jongg 9:30 AM Music Keyboarding 9:30 AM Silver Foxes 10:30 AM Kuratomi Stretching 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:00 PM Find Writing</p> <p>Drop-In Billiards</p>		<p>22</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 SS - Flex 11:30 AM Lunch & Learn 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Gentle Yoga</p> <p>Drop-In Billiards</p>		<p>23</p> <p>9:15 AM 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 Movie Matinee 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</p> <p>6:00 PM Dinner Dance</p> <p>Drop-In Billiards</p>	
<p>26</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Alzheimer Support 10:30 AM Chair Yoga - DVD 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga</p> <p>Drop-In Billiards</p>		<p>27</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 12:30 PM Pinochle (Drop-In) 12:30 PM Portraits in Pencil 12:45 PM Ask the Computer Lady 1:00 PM Yoga 1:00 PM Sit & Knit</p> <p>Drop-In Billiards</p>		<p>28</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah Jongg 9:30 AM Music Keyboarding 9:30 AM Silver Foxes 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretching 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 pm Healthy Back 2:00 PM Find Writing</p> <p>Drop-In Billiards</p>		<p>29</p> <p>8:30 AM Aqua Zumba 9:15 AM Tai Chi 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM SS - Flex 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Gentle Yoga</p> <p>Drop-In Billiards</p>		<p>30</p> <p>9:15 AM 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 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</p> <p>Drop-In Billiards</p>	

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. Call (248) 246-3180 for more information. **Donations of 4ply yarn gratefully accepted.**

Salter Center Book Club

Monday, Sept 19 10-11:30 AM
Are you an avid reader? Would you like to meet with people who share your passion for the written word? In cooperation with the Royal Oak Library, the group will meet on the third Monday to discuss a specific book. Coffee and light refreshments served. September's book is *The House of Mirth*, by Edith Wharton.

Balance Training (50+)

Fridays 12:30 PM \$25/6 wks
September 16 - October 21 SA2006
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.

Let's Walk!

Monday-Friday 8:30 - 11:00 AM
Strengthen your heart, lungs and vascular system! Improve your circulation! Relieve tension and modify the aging process! Join and enjoy the four seasons briskly walking, at your own pace. Meet at the Salter Center for walking gymnasium laps or outdoors. Track your progress on a mileage log sheet at the center.



DROP-IN-SPORTS At the Salter Center

Bounce Volleyball

Tues/Thurs 11:00 AM-1:00 PM
A slightly slower paced game than power volleyball. This game allows a wider range of skill levels to participate. **\$1** per session.

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 6.

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 11:00 AM-1:00 PM or 1:00-3:00 PM All levels, East Gym
11:00 AM-2:00 PM 3.5 & Higher (West Gym) \$3
Fridays 11:00 AM-1:00 PM or 1:00-3:00 PM All levels, East Gym
12:30-2:00 PM 3.5 & Higher mixer, West Gym
5:00-7:15 PM Ages 19 & Up, East Gym

Sit Down and Tone Up

Mon - Wed - Fri 9:30 AM
A lively workout without leaving your chair. 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.**

Stretch & Strength Training (40+ cardio weights & strengthening) 11 AM - Noon

Mon, Sept 12 - Oct 17
Weds, Sept 14 - Oct 19
Fri, Sept 16 - Oct 21
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.**

- \$26/6 wks** for 1 day; **SA2008F**
- \$46/6 wks** for 2 day; **SA2009F**
- \$64/6 wks** for 3 day; **SA2010F**
- \$5 drop-in fee**

Tai Chi Chuan Standing/Chen Style Laojia Yuile Tuesdays, 10:00 AM Sept 13 - Nov 22



Instructor Han Hoong Wang provides this class for continuing students. Chen Style is the oldest form of Tai Chi Chuan from which all styles originated. The movements are slow and fast, twining and twisting, connected with internal spiral energy. **SA2013**
No Class Nov 8th **\$60/10 wks**

Yoga Thurs. 10:15 AM August 25 - October 13



Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignments and balance. Instructor Cheryl Baugh. **\$36/8 weeks SA2014. No class Nov 24th.**

September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>The Aster is September's Birth Month Flower!</p> <p><i>September</i></p> <p>SYMBOLIZES: Patience, Daintiness, Remembrance</p> 			 <p>Virgo August 23 - September 22</p>  <p>Libra September 23 - October 22</p>		
 <p><i>Sapphire - September Blue</i></p>			<p>1</p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>2</p> <p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Strength & Stretch 12:45 PM Pinochle, Drop-In</p>	
<p>Center Closed for Labor Day</p>	<p>5</p>	<p>6</p> <p>8:30 AM Let's Walk 11:00 AM Bounce Volleyball</p> <p>Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p>7</p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>8</p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>9</p> <p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>
	<p>12</p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength</p> <p>Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p>13</p> <p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p>Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p>14</p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 12:30 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>15</p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>16</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>Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>
<p>19</p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 10:00 AM Book Club 11:00 AM Stretch & Strength</p> <p>Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p>20</p> <p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p>Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p>21</p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>22</p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>23</p> <p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>	
<p>26</p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength</p> <p>Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p>27</p> <p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p>Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</p>	<p>28</p> <p>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>29</p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>30</p> <p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>	