



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

NOVEMBER 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."

Welcome Newcomers! **Monday, November 7 10:30 AM**
 Newcomer's orientation is open to anyone fifty or better. Discover 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.

SEMINARS: Food Safety & Nutrition
10:00 AM Tuesdays
 Presentations by Michigan State University Extension. Includes food demonstrations. *No Fee/Preregistration required.*
November 8 **December 13**
 Vegetarian Cooking Eating at the Holidays



Art Show
 Come and view the pieces that our painting class artists have been producing.
 Thursday, November 10th, 9:15 - 11:45 AM

Veteran's Day November 11
 The center honors our veterans by providing a free lunch for all veterans. We ask all participants to pre-register at the front desk here at the center by Nov. 7th, or call us at (248) 246-3900.

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REMEMBER!
Memory Screening Day!!
Monday, November 14th
10 AM - 2 PM
No fee
 Call 248-246-3900 to reserve a spot.



THE CENTER WILL BE CLOSED THURSDAY, NOVEMBER 24TH, & FRIDAY, NOVEMBER 25TH

City of Royal Oak Parks & Recreation Master Plan
Community Workshops
 Help create a great Parks & Recreation Plan - contribute your vision and suggestions.
Thursdays at 7:00 PM
November 3rd & December 8th
 At the Senior Community Center OR - take the on-line survey:
<https://www.surveymonkey.com/r/ROwebsite>

**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



**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

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
- Bob Hilton
- Marti Lewis
- Jeanette Meraw
- Jane & John Mills
- Marilyn Murphy
- Jessica Sawdon
- Joanne Shintaku
- Tiffany Vasburg
- Ray Wangler

Thank you very much!

**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

More Harm than Good
 Supplemental Feeding of Wildlife

- Do not encourage wildlife by feeding or leaving food for them.
- If feeding birds, make sure your feeders are at least 5 feet above the ground, and are inaccessible to squirrels and rats.
- Don't place food scraps in gardens, and choose closed compost bins.
- Keep pet food and water containers indoors, especially over night.
- If you have fruit trees or vegetable gardens, harvest or dispose of fruit and vegetables as soon as they are ripe.
- Use metal or durable trash containers with tight fitting lids.
- Make smart planting decisions. Ornamental landscaping can be a tasty treat for wildlife. Think before you plant and choose varieties that are resistant to common animals such as deer, rabbits, and squirrels. Not only will this help keep the animals wild but it will save you on having to regularly replace your flowers.
- Enjoy viewing animals from a distance. **Wildlife will always be best featured in the wild!**

Developed by the City of Royal Oak with the assistance of the State of Michigan's Department of Natural Resources.



Gentle Reminder

We ask that you do not use perfume or cologne when coming to the Center. Some of our Seniors and staff have respiratory problems and allergies to certain smells. Your consideration is greatly appreciated.

**Restaurant
of
the
Month:**



The Masters Weds, Nov 16th 12:30 - 2:30 PM
A warm atmosphere with exemplary service and top-notch dining is in store for us! A local favorite, Masters is the golf-themed restaurant that resembles the elite clubhouse in Augusta, Georgia where the famous Masters Golf Tournament is played. Cost includes transportation via Senior Bus, lunch on your own; Avg. \$16. **T1038F \$4**

EXTENDED TRAVEL

<u>Branson/Shoreline Tours</u>	November 16 - 21	\$1,199 per person/double
<u>Niagara Falls/Shoreline Tours</u>	December 5 - 6	\$229 per person/double
<u>Florida Vacation/Shoreline Tours</u>	January 11 - 21	\$2,299 per person/double
<u>Clearwater Beach/Rybicki Tours</u>	February 18 - March 3	\$2,499 per person/double
<u>Riviera Maya, Mexico, Bianco Tours</u>	February 20 - 26	\$2,480 per person/double
<u>Southwest Explorer/Shoreline Tours</u>	February 22 - 28	\$1,899 per person/double

DAY TRIPS



2016/2017

Classical Coffee Concerts 9:15 AM to 1:30 PM (Mid Balcony) \$31	POPS Coffee Concerts 9:15 AM to 1:30 PM (Dress Circle) \$49
January 27 T1026w Slatkin conducts; Clarinet Concerto ; Part of the Mozart Festival featuring: <i>Overture to La Clemenza Del Tito, Concertone and Horn Concerto No. 2.</i> REGISTRATION BEGINS OCTOBER 31ST	February 24 T1027w <i>A Night at the Academy Awards</i> Hear some of Hollywood's most enduring scores from Oscar-winning films. March 31 T1028w <i>Cirque de la Symphonie</i> Aerial acrobats literally "drop" into Orchestra Hall! Each gravity-defying feat is choreographed to live music performed by the DSO.

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, featured activity, and reception.

- November 17: Art Making: Printmaking - Notecards T1018F
- December 1: Guided Gallery Tour T1019F

"Broadway Mix" by the 650 Players at OPC Tues, Nov 3 11 AM - 3:30 PM

Come and join us as the "650 Players" capture the thrill and magic of Broadway in a mix of past memorable hit shows. Cost includes lunch at OPC, performance and transportation via Senior Bus. **T1032F \$26**

Zehnder's Christmas/Rybicki Tours Tues, Nov 29 9:30 AM - 6:30PM

Zehnder's of Frankenmuth's Holiday Lunch and Show! Famous chicken plate lunch, followed by the sounds of "3 Guys/30 Instruments". Cost includes transportation via motor coach, lunch and show, a stop at Bronner's and free time on Main Street. **T1024F \$104**

Trip Information:

- Don't wait to sign up for tips – they may be cancelled for lack of participation.
- Please arrive 15 to 30 minutes ahead of posted departure time.
- Please park in the north end of the parking lot.
- Trip itineraries are subject to change without notice. Sometimes the venues surprise us!
- **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)

The Oakridge Boys Christmas Show @ Soaring Eagle Monday, December 5 9AM - 10 PM
 Enjoy a show from the distinctive group that created hits like *Elvira, Bonnie Sue, Dream On, American Made, Gonna Take A Lot of River*, and many others. Cost includes transportation via motor coach, performance, **\$10 SLOT PLAY AND \$5 FOOD VOUCHER. Bianco Tours T1010F \$47**

"A Christmas Carol" at Meadowbrook Theatre Wednesday, December 7 1:00 - 5:00 PM
 A favorite holiday classic, for it's 35th year sharing the tale of a mean-spirited miser and the ghosts that haunt him. Cost includes transportation via Senior Bus and performance. **T1025F \$47**

Huckleberry Railroad at Crossroads Village Saturday, December 10 2:45 - 9:00 PM
 Crossroads Village is an authentic town from the turn of the last century, with more than 34 historic structures and a thriving community to welcome you. Enjoy a Holiday Buffet Dinner there, then board the Huckleberry Railroad for a festive nighttime ride through a holiday fantasyland of over 400,000 lights. There's also a Holiday Show at the Colwell Opera House! Cost includes transportation via motor coach, dinner and train ride. **Bianco Tours T1030F \$74**

"Beautiful—The Carol King Musical" at the Fisher Theatre Wednesday, Dec 21 12 - 4 PM
 The inspiring true story of King's remarkable rise to stardom, becoming one of the most successful solo acts in popular music history. She wrote the soundtrack to a generation! Featuring a stunning array of beloved songs such as "I Feel the Earth Move", "One Fine Day", "A Natural Woman", and "You've Got a Friend" 1st & 2nd row Mezzanine seating. Cost includes transportation via Senior Bus and Tea **T1036F \$95**

SET ASIDE THESE DATES FOR UPCOMING TRAVEL OPPORTUNITIES

The Purple Door with a Little Rust	"Chicago" Wyandotte Theater	"The Lion King" Fisher Theater	"Dirty Dancing" Fox Theater
Friday, January 20th 12:45 - 3:15 PM	Sunday, January 29th 11:30 AM - 6:00 PM	Thursday, February 2 Times: TBA	Friday, March 24 6:15 - 10:45 PM
\$26	\$72	\$TBA	\$68

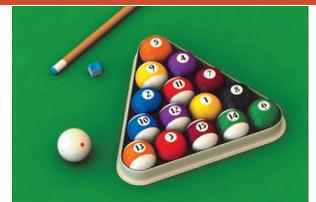
JUST A REMINDER! If you are traveling with us:
 Arrive 15 - 30 minutes before scheduled departure. *CHECK-IN* with a staff person upon arrival
 Park in the farthest north row of our lot (Look for Trip Parking signs)
All trip dates, descriptions and prices are subject to change

SOME FUN & GAMES AT THE CENTER !!

Thursdays at 12:30 pm \$1



The center has pool tables here for your use:
 50¢/day or \$3/month



Euchre Winners

September 1st	Alice Holloway
September 8th	Don Stewart
September 15th	Fran Keenan
September 22nd	Ralph LeMessurier
September 29th	Susan Vaughn

Want to compete? Join us, 2nd Thursday!

September 8th Pool Tournament Winners

First Place	Randy Wright
Second Place	Ken Pineau
Third Place	Paul Riddell

Art of Basket Making

Friday, Oct 7 - Nov 11 9:30 AM
You'll complete two baskets in this two week course, and learn a timeless craft. Includes materials. Tool list provided at registration. **\$53 C1022F**

BINGO - First Fridays

November 4th 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 12:15 PM
Drop in for Rubber Bridge and bring a partner to play. **\$1.00**

Pinochle Tues 12:30 PM
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

Nov 7th & 21st 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.**

Crochet Creations

Thursdays 12:15 PM
Enjoy an afternoon of stitching your work in progress; pattern discussion or help reading a pattern, or learning a new stitch. Projects to give back to the community are part of our activity. 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.

Genealogy 101

Thurs Nov 3 - Dec 15 1:00 PM
A six week adventure into discovering your ancestors and their lives. This class provides the fundamentals for beginners and amateurs who want basic instruction, tools and reference guides. Bring a \$5 syllabus fee and note taking materials to the first class. *No Class 11/24.* **\$88/6 weeks. C1002F**

Handbells C1040F

Fri 12:45 PM Sept 9 - 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**

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.

Painting - All Media C1021F

Thurs 9:15 AM Oct 20 - Dec 15
Mike Byrne, an accomplished working artist in many mediums accepts students from beginner to expert. Supply list given at registration. **\$55/8 weeks.**

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, new members welcome.

Stipple Drawing C1024F

Water Color C1028F
Friday 9:15 AM Oct 21 - Dec 16

**A combined Water Color/
Stipple Drawing Class**

Mike Byrne will be offering instruction in both stipple drawing, the technique of using dots to create pictures, or painting with water colors. Supply list given at registration.

No classes Nov 25. **\$55/8 weeks**

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: 11:15AM - 12
three 45-min sessions Tuesdays
Nov 8, 15 & 22nd, or
Dec 6, 13 & 30th

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/ C1095F, C1096F**

Laptop Computer Classes

Tues, 10:00 AM \$40/4 weeks
Dec 6 - 27 C1091F

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.

Financial Aide

Thurs, November 17th 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 9 - 11 AM

Wednesday, November 9th
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, Jan 10 - 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 Tues, Nov 8/by Appt.

9:30 AM to 3:30 PM For only \$10, a licensed nail technician will polish, shape and hydrate your hands. Please pay Andrea directly by cash. Call to schedule an appointment.

Massage Therapy by Appt.
Thurs & Fri, Nov 17th & 18th and Tues, Nov 22nd

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.

SNAP

Supplemental Nutrition Asst. 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.**

Kerry Price On Piano

Friday, November 18th
"Thanks . . . for November"



12:30 pm \$2 payable at door



Friday, November 11th 12:30 PM

FURY

A veteran American tank crew in 1945 WWII Germany suffers a brutal attack by German forces. The only loss was their experienced gunner. The crew receives a rookie soldier as the substitute gunner, and try to harden the youth along the way.

Rated R for strong sequences of war violence, some grisly images, and language throughout.

Suggestions for future viewings are happily accepted.

PetrArt LLC Art Classes by Petra E. Bohnam

Charming Charcoal Drawing
Tues, 12:30 - 2:00 PM, Dec 6 & 13
Come explore the charm of charcoal in this instructional two-week class. Materials not provided for this class; approx. cost \$20. Supply list at registration. **\$30/ 2 weeks. C1100F**

Delightful Drawing Primer Class
Tues, 10 - 11:30 AM Dec 6 & 13
Have you ever wanted to learn how to draw? This informative and educational class takes you on a journey of creativity learning the basics of drawing using drawing pencils and your creativity. Great beginner class, all materials provided. **\$30/ 2 weeks C1099F**

Computer Club

Wednesdays 12:30 PM

Calling all computer enthusiasts. All levels join our growing club for computer networking, and guest speakers discussing "cyber" topics.

- Nov 2 Open
- Nov 9 Larry Kulp
- Nov 16 Rodger Gach Q & A
- Nov 23 Jack Vanders
- Nov 30 Ann Bernardini

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.

Pain, Pain, Go Away

Thurs, November 10th

Presenter: HealthQuest
Learn effective strategies for pain relief: while taking back your life. HealthQuest Doctor will educate you on the latest technology used in Healing and Pain Relief. Registration deadline, November 4. **A1001**

Removing the Mysteries

of Probate Court

Friday November 18 1 - 3 PM

Oakland County Probate Court will conduct this free seminar designed to enlighten and educate senior citizens and their families so that they may make informed decisions regarding their estate planning and understand the probate process.

Attendees will be provided with information on wills, trusts, Powers of Attorney, how to begin probate proceedings, when to consider use of guardianships and conservatorships and how "avoiding probate" could cause more harm than good. Materials will be provided and ample time will be given to answer questions. **Please call (248) 246-3900 prior to November 5th** to reserve your space.

Free Seminar

Aqua Zumba

Thurs, 8:30 AM
Nov 3 - Dec 29



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 C1036F**

Chair Exercise with Cindy

Fri Oct 28 - Dec 9 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 C1031F**

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 Nov 2 - Dec 7

\$25/6 weeks C1033F

Fri, 11:30 AM Oct 28 - Dec 9

\$25/6 weeks C1051F

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 \$35/7 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. *No Class Nov 24*

Monday, Nov 7 - Dec 19

9:15 AM C1006 F

1:00 PM C1007 F

Thursday, Nov 10 - Dec 22

1:00 PM C1009 F

Healthy Back Class

Wed Nov 2 - Dec 2 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 C1019F**

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 Nov 16 - Dec 21 10:30 AM

The Kuratomi Method is inspired by ancient Japanese forms and Jujitsu to open the body, mind and spirit gently and naturally. **\$48/6 weeks C1011F**

Pilates/Core Body conditioning

Mon, Nov 7 - Jan 9 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. *No class Dec 26 or Jan 2.* **\$36/8 weeks - C1037F**

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.**

SilverSneakers®**FLEX Program™****Challenge Your Core**

Thurs, 10:30 - 11:15 AM

Program started Sept 22nd. 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

Silersneakers.com/flex

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**

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

Nov 2 - Dec 21

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 C1035F**

**Yoga Tues, 1:00 PM**

Nov 1 - Dec 27

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 Nov 8th.* **\$36/8 weeks C1034F**

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

Nov 18 - Dec 16

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 Nov 25th.* **\$20/4 weeks. C1014F**

SUPPORT GROUPS

Alzheimer's Support Group

Monday, November 1 & 22nd 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

Fridays, November 4th & 18th 10:30 AM

Legal Aid

3rd Thursday, November 17th 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,

Please call so that we can verify that the needed equipment is available.

To Donate,

The center accepts shower chairs & benches, toilet risers & commodes, walkers, canes and wheelchairs.

Royal Oak Nature Society

Speakers present at 7:30 pm at the ROMS.

Nov 9 "The Migratory Bird Treaty Act Centennial"
with Holly Vaughn from the Michigan DNR



November 2nd - Shwarmafest (5pm-9pm)

November 5th - Whiskey Buisness (7pm-11pm)

November 9th - Food Truck Rally (5pm-9pm)

November 10th - Challah Bread Blessing (6pm-9pm)

November 12th - Sip Savor Stomp (7pm-11pm)

November 22nd - Special Holiday Market (7am - 1pm)



ROYAL OAK SCHOOLS
A COMMUNITY OF EXCELLENCE

November 2016 Activities

Board of Education Meeting **800 DeVillen**
7:00 PM Thursday, November 17th

Performing Arts Events:

Royal Oak High School Drama Club Presents:

"Anything Goes"

A campy shipboard romantic romp featuring music composed by Cole Porter

Kimball Auditorium, Royal Oak High School
1500 Lexington Blvd., Royal Oak, MI

7:00 PM Fri & Sat, November 11th & 12th

2:00 PM Sunday, November 13th

Admission; \$11 for Adults, \$6 for Students

Evening Recreational Swim Program

Ongoing through 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!

Tuesday	November	1	BBQ Meatball	
Wednesday	November	2	Ham & Cheese Square	
Thursday	November	3	Chicken Drumsticks	
Friday	November	4	Crabcake	
Monday	November	7	Shepherd's Pie	
Tuesday	November	8	Hot Chicken Salad	
Wednesday	November	9	Pasta with Meat Sauce	
Thursday	November	10	Tuna Salad on a Bun	
Friday	November	11	Pork Chop	
Monday	November	14	Bran Chicken w/ Peach Sauce	HEART SMART 
Tuesday	November	15	Sesame Beef Patty	
Wednesday	November	16	Chicken Patty with Gravy	
Thursday	November	17	Turkey with all the trimmings	
Friday	November	18	Sloppy Joe on a Bun	
Monday	November	21	Meatloaf with Gravy	
Tuesday	November	22	Tuna Noodle Bake	
Wednesday	November	23	Chicken Salad on a Bun	
Thursday	November	24	Closed	
Friday	November	25	Closed	
Monday	November	28	Pork Chop	
Tuesday	November	29	Beef Goulash	
Wednesday	November	30	Salmon Patty	HEART SMART 

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

Alzheimer Support1st & 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 Tournament2nd Thursday, 9:00 AM
Singles tournament for those who drop in, \$3.

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

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

Crochet Creations Thursdays, 12:15 PM
Join anytime to learn or refresh your skills, no 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 YogaWed, 12:30 pm; Friday, 11:30 AM
Pre-register, fee.

Exercise – Chair w/CindyFriday, 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 BackWednesdays, 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 ChiThursday, 9:15 AM
Chinese exercise of moving meditation, pre-register/fee.

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

Exercise - Yoga Tuesday, 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 Aide3rd Thursday, 10 AM
Hantz Financial provides financial, tax advice, and
investment portfolio review. Free 30 min appts/pre-register

Focus On the News1st & 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 Support1st & 3rd Friday, 10:30 AM
Discuss, explore and relieve some of the stresses of grief.
No fee.

HandbellsLevel II, Friday, 12:45 PM
Pre-register/fee.

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

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

Kuratomi StretchingWednesday, 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-InWednesdays, 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

Painting ClassesThursday, 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.

Pinocle, Drop-In Tuesdays, 12:30 PM
Drop-in for pinocle, 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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Laptop Class 10:00 AM Senior Sew 10:30 AM Focus on the News 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 11:30 AM Lunch & Learn 12:30 PM Pinochle, Drop in 12:45 PM Ask the Computer Lady 1:00 PM Sit & Knit 1:00 PM Yoga</p> <p><i>BILLIARDS</i></p>	<p>2</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah-Jongg Drop In 9:30 AM Silver Foxes 10:30 AM Kuratomi Stretch 10:30 AM Music Keyboarding 12:30 PM Duplicate Bridge 12:30 PM Chair Yoga 12:30 PM Computer Club 1:00 PM Poetry 1:30 PM Healthy Back Class 2:00 PM Writing</p> <p><i>BILLIARDS</i></p>	<p>3</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM <i>Silver Sneakers - FLEX</i> 12:15 PM Crochet Creations 12:30 PM Euchre 1:00 PM Genealogy 1:00 PM Gentle Yoga</p> <p><i>BILLIARDS</i></p>	<p>4</p> <p>9:15 AM Stipple Drawing 9:30 AM Basket Making 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM Grief Support 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM BINGO 12:45 PM Handbells 1:00 PM Line Dance - Intermed 1:00 PM Mah-Jongg Drop In</p> <p><i>BILLIARDS</i></p>
<p>7</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Alzheimer's Support 10:30 AM Welcome Newcomers 10:30 AM Chair Yoga - DVD 10:30 AM Creative Coloring 10:30 AM Pilates 12:15 PM Rubber Bridge 1:00 PM Ballroom Dance/Drop in 1:00 PM Gentle Yoga</p> <p><i>BILLIARDS</i></p>	<p>8 Election Day</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Manicures - APPT 10:00 AM Laptop Class 10:00 AM MSU/ Vegetarian Cooking 10:00 AM Senior Sew 11:15 AM Get Your Gadget 12:30 PM Pinochle, Drop in 12:45 PM Ask the Computer Lady 1:00 PM Sit & Knit 1:00 PM Hearing Tests/Aid cleaning APPT</p> <p><i>BILLIARDS</i></p>	<p>9</p> <p>8:30 AM Water Aerobics 9:00 AM Foot Doctors - APPT 9:00 AM Deaf Group 9:30 AM Silver Foxes 9:30 AM Mah-Jongg Drop In 10:00 AM Kuratomi Strech 10:00 AM Star Grabbers 10:30 AM Music Keyboarding 12:30 PM Duplicate Bridge 12:30 PM Computer Club 1:00 PM Poetry 1:30 PM Healthy Back Class 2:00 PM Writing</p> <p><i>BILLIARDS</i></p>	<p>10</p> <p>8:30 AM Aqua Zumba 9:00 AM Billiard Tournament 9:15 AM Painting Show 9:15 AM Painting - All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM <i>Silver Sneakers - FLEX</i> 11:30 AM Lunch & Learn 12:15 PM Crochet Creations 12:30 PM Euchre 1:00 PM Genealogy 1:00 PM Gentle Yoga</p> <p><i>BILLIARDS</i></p>	<p>11 Veteran's Day</p> <p>9:15 AM Stipple Drawing 9:30 AM Basket Making 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 Line Dance - Intermed 1:00 PM Mah-Jongg Drop In</p> <p><i>BILLIARDS</i></p>
<p>14</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Memory Screening 10:30 AM Chair Yoga - DVD 10:30 AM Pilates 12:15 PM Rubber Bridge 1:00 PM Ballroom Dance/Drop In 1:00 PM Gentle Yoga</p> <p><i>BILLIARDS</i></p>	<p>15</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Laptop Class 10:00 AM Senior Sew 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 12:45 PM Ask the Computer Lady 1:00 PM Sit & Knit 1:00 PM Yoga</p> <p><i>BILLIARDS</i></p>	<p>16</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah-Jongg Drop In 9:30 AM Silver Foxes 10:30 AM Kuratomi Stretch 10:30 AM Music Keyboarding 12:30 PM Duplicate Bridge 12:30 PM Computer Club 12:30 PM Chair Yoga 1:00 PM Poetry 1:30 PM Healthy Back Class 2:00 PM Writing</p> <p><i>BILLIARDS</i></p>	<p>17</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Financial Aide - APPT 10:00 AM Aphasia Support 10:30 AM <i>Silver Sneakers - FLEX</i> 12:15 PM Crochet Creations 12:30 PM Euchre 1:00 PM Genealogy 1:00 PM Gentle Yoga 1:00 PM Legal Aid - APPT</p> <p>APPT Massage Therapy <i>BILLIARDS</i></p>	<p>18</p> <p>9:15 AM Stipple Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM Grief Support 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Kerry Price 12:45 PM Handbells 1:00 PM Line Dance - Intermed 1:00 PM Mah-Jongg Drop In 1:00 PM Mysteries of Probate</p> <p>APPT Massage Therapy <i>BILLIARDS</i></p>
<p>21</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 Pilates 12:15 PM Rubber Bridge 1:00 PM Ballroom Dance/Drop In 1:00 PM Gentle Yoga</p> <p><i>BILLIARDS</i></p>	<p>22</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Laptop Class 10:00 AM Senior Sew 10:30 AM Sit Down & Tone UP 11:15 AM Get Your Gadget 12:30 PM Pinochle, Drop in 12:45 PM Ask the Computer Lady 1:00 PM Sit & Knit 1:00 PM Yoga</p> <p>APPT Massage Therapy <i>BILLIARDS</i></p>	<p>23</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah-Jongg Drop In 9:30 AM Silver Foxes 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretch 12:30 PM Duplicate Bridge 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class</p> <p><i>BILLIARDS</i></p>	<p>Closed for the Thanksgiving Holiday</p>	
<p>28</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Alzheimer's Support 10:30 AM Chair Yoga - DVD 10:30 AM Pilates 12:15 PM Rubber Bridge 1:00 PM Ballroom Dance/Drop In 1:00 PM Gentle Yoga</p> <p><i>BILLIARDS</i></p>	<p>29</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Laptop Class 10:00 AM Senior Sew 10:30 AM Sit Down & Tone UP 11:15 AM Get Your Gadget 12:30 PM Pinochle, Drop in 12:45 PM Ask the Computer Lady 1:00 PM Sit & Knit 1:00 PM Yoga</p> <p><i>BILLIARDS</i></p>	<p>30</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah-Jongg Drop In 9:30 AM Silver Foxes 10:30 AM Kuratomi Stretch 12:30 PM Duplicate Bridge 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class</p> <p><i>BILLIARDS</i></p>	<p>November 2016</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, Nov 21 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.

Balance Training (50+)

Fridays 12:30 PM \$25/6 wks

October 28 - December 16 SA2007
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, Oct 24 - Nov 28

Weds, Oct 26 - Nov 30

Fri, Oct 28 - Dec 16

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. *No class Nov 11th or 25th*
Instructor, **Jo Schirtzinger.**

\$26/6 wks for 1 day; **SA2016F**

\$46/6 wks for 2 day; **SA2017F**

\$64/6 wks for 3 day; **SA2018F**

\$5 drop-in fee

Tai Chi Chuan

Standing/Chen Style Laojia Yuile

Tues, 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**

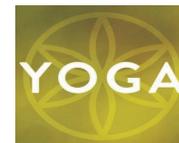
No Class Nov 8th **\$60/10 wks**



Yoga

Thurs. 10:15 AM October 20 - December 15

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.**



Monday		Tuesday		Wednesday		Thursday		Friday	
		<p>1</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>2</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>3</p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>4</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 12:30 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>7</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>8</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>9</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>10</p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>11</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 12:30 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>14</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>15</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>16</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>17</p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>18</p> <p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 12:30 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>21</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>22</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>23</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>24</p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>25</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 12:30 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>28</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>29</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>30</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 style="text-align: center;">November 2016</p> 						