



OLDER ADULTS GUIDE

LOCAL RESOURCES



MAHANY/MEININGER SENIOR COMMUNITY CENTER

YOUR HUB FOR ACTIVITIES,
WELLNESS
AND FRIENDSHIP

The M/M Senior Community Center is dedicated to enhancing the lives of older adults in our community with a wide range of activities and services to keep you active, healthy, and engaged.

Join us throughout the week for exercise classes, social gatherings, educational workshops, outreach, services, support groups, lunch and more.

CONTACT US

For more information, visit our website at romi.gov/seniors or call us at **248-246-3900**.



STAY IN TOUCH

Community engagement is a high priority around here, so plug into Royal Oak by subscribing for email updates at romi.gov/eblast and following us on social media.

EXPERIENCE THE M/M SENIOR COMMUNITY CENTER DISCOVER NEW PASSIONS

Explore your artistic side with water color/acrylic painting, enhance your culinary skills in cooking classes, cultivate your green thumb in gardening, embark on exciting day trips, master the art of crocheting, crafting or enjoy a friendly game of billiards or a book club.

EMBRACE HEALTHY LIVING

Staying active and maintaining a healthy lifestyle is crucial at any age, and the City of Royal Oak is dedicated to providing a variety of health and fitness options for older adults. Whether you're looking to dive into Zumba, Tai Chi, small group fitness, chair exercise, yoga, or square/line dancing, M/M has something for everyone.

OUTREACH SERVICES

Royal Oak offers outreach services specifically designed to help frail seniors, as well as programs for any resident aged 62 and over who wishes to live independently in their own homes. We are committed to supporting your independence and well-being. Call us at 248-246-3900 to discuss your options. MMAP Counselor with unique ID is available by appointment.

HELP WITH TAXES

Need help filing your taxes on time? The M/M Senior Center & AARP offer FREE tax preparation to all Royal Oak taxpayers using the 1040 form from January through April by appointment.



Mahany/Meininger Senior Community Center

3500 Marais Ave

ph: 248-246-3900



OH, THE THINGS YOU CAN DO . . .

WHAT'S FOR LUNCH?



Tim's Kitchen at the M/M Senior Center serves delicious lunches daily for only \$5.

Meal Times

- Dine-In: 11:45 am - 12:15 pm
- Carry Out Pick Up: Noon - 4 pm

How it Works

- The current month's meal calendar will be available in the Senior Times Newsletter and online at romi.gov/lunch.
- Payment is due upon placing order EITHER BY PHONE WITH A CREDIT CARD OR IN PERSON WITH CASH, CREDIT CARD, OR CHECK.
- Call 248-246-3900 to register.
- Ordering DEADLINE is by 11:30 a.m., THREE BUSINESS DAYS PRIOR to the date you want to purchase.
- There is no same day purchase, punch cards or walk-ins.
- DINE IN ORDERS CANNOT BE CHANGED TO CARRY OUT.
- Carry-out lunches will be refrigerated in compliance with food safety protocols.
- There are no refunds if you are not able to come in to eat or to pick up your lunch.

Bake Sale

Come to the M/M Senior Center and check out the delicious treats for \$1.00 each. These include cookies, breads, muffins and more! Stop by the front desk to check out the latest selection of baked goods.



248-246-3900

UNVEILING *INSIGHT*

THE INSIDE SCOOP, DELIVERED TO YOUR DOORSTEP

Discover fun activities, exciting classes, election news, city events, and more in *Insight* magazine -- which is delivered free to every home in Royal Oak four times a year. *Insight* even has a special section just for older adults, making it easy to find programs you will enjoy.

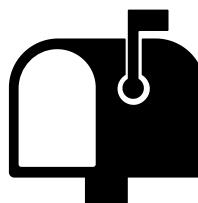
How to register for programs found in *Insight*

Most classes and programs for older adults found in *Insight* are conveniently held at the M/M Senior Center and the Jack & Patty Salter Center.

Registering for classes is simple and flexible. You can sign up by mail, or in person, online at or **call 248-246-3900**.



LOOK IN YOUR MAILBOX



We're here Monday through Friday from 9 a.m. to 4:30 p.m. to take your call. If you are experiencing an emergency call 911.



IN ROYAL OAK

THINGS EVERY SENIOR SHOULD KNOW

Emergency Notifications: Royal Oak utilizes a mass notification system called Civic Ready to keep residents informed about critical events within the community. Examples include snow emergencies, missing persons, evacuations, and local threats. Learn more and sign up at romi.gov/civicready. Call 248-246-3291 for assistance with signing up.

Support Groups: There are numerous support groups available that provide a safe space for sharing experiences. These groups include ROSC low vision, grief, aphasia, ALZ caregiver, and LGBTQ+.

Housing Rehabilitation Program: Homeowners with low-to-moderate incomes can make up to \$50K worth of home improvements through a city loan program. The loans may be used for kitchen, bathroom and laundry room updates or for exterior projects such as roofing, siding, fencing and exterior trim. For program guidelines go to romi.gov/housing or call 248-246-3280.

Transportation: Royal Oak provides transportation for residents 60+ and adults under 60 with permanent disabilities. To schedule a ride, call 248-246-3914 between 9:30 a.m and 4:30 p.m., Monday through Friday. Book up to two weeks in advance, with at least one day's notice. Please specify if a motorized lift is needed. Rides are limited to four appointments per week per person and are not available for emergencies. A \$3.00 contribution is suggested for each one-way trip; a \$4.00 contribution is suggested for each round trip.

MyHeritage Library Edition: MyHeritage Library Edition is one of the largest, most internationally diverse genealogy databases of its kind. Access to billions of historical documents, millions of historical photos and other resources in thousands of databases that span the past five centuries. Go to romi.gov/genealogy to start your research. Call 248-246-3700 for assistance.

Mobile Meals: Mobile Meals' mission is to provide seniors with daily delivery of hot nutritious food delivered by a caring person. Call Western Oakland County Mobile Meals at 248-223-9160.

Lock Box Program: The Royal Oak Fire Department offers a program to reduce property damage and response time during emergencies. A metal box can be secured to your door that can only be accessed by Fire Department personnel with a master key. It holds a spare key to your home, ensuring firefighters and paramedics can assist you even if you can't unlock the door. Call 248-246-3816 to learn more.

The Library of Things: The Library of Things is a collection of items loaned at no charge to Royal Oak Public Library cardholders. Items in the collection include toys, games, tools, STEM kits, baking pans, telescope, microscope, musical instruments, and knitting/sewing supplies. To search the library catalog, go to romi.gov/things. Limit your search to the Royal Oak Public Library and use the search term "Library of Things" or the specific item, for example, "cake pan." Call 248-246-3700 for assistance.

**Drop in to see
all we offer!**

**3500 Marais
Royal Oak**



WHO DO I CONTACT?



IMPORTANT NUMBERS

FOR EMERGENCIES PLEASE CALL 911

Senior Services: 248-246-3900

Oakland County Nurse on Call : 248-858-1280

Michigan Medicaid Assistance Program: 800-803-7174

Older Adult Services (County): 248-858-2110

Fire Department: 248-246-3800

Police Department: 248-246-3500

44th District Court: 248-246-3600

Animal Shelter: 248-548-3058

City Clerk: 248-246-3050

City Hall: 248-246-3000

Code Enforcement: 248-246-3210

Community Development: 248-246-3280

Downtown Manager: 248-246-3286

Farmers Market: 248-246-3276

Library: 248-246-3700

Mayor/Commission: 248-246-3200

Public Services: 248-246-3300

8 WAYS TO STAY INFORMED

We want to stay connected with you! Whether you like using technology, receiving mail, talking on the phone, or meeting in person, we're here to support you!

- 1. Senior Times Newsletter:** Published monthly, this is the go to resource for what's happening and where. And it's FREE! View it online at romi.gov/times or call **248-246-3900** or drop in (3500 Marais) and ask for it to be mailed to you.
- 2. Insight magazine:** Delivered free to every home in Royal Oak four times a year.
- 3. Website:** Lots of resources and information about events and programs for older adults and caregivers can be found at romi.gov/seniors.
- 4. Social media:** Follow us on Facebook at @ROCityHall and @ROParksandRec.
- 5. Call us:** We're here Monday through Friday from 9 a.m. to 4:30 p.m. to take your call. If you are experiencing an emergency call 911.
- 6. Drop in and check us out in person:** We want to meet you! We're at 3500 Marais, Monday through Friday from 9 a.m. to 4:30 p.m. On first Mondays at 10:30 a.m. we welcome newcomers!
- 7. Oakland County Older Adult Services:** Oakland County provides many tools and resources seniors need to live their best lives. Visit oakgov.com/community/older-adults or call **248-858-2110** to learn more.
- 8. Ageways for Seniors:** This non-profit helps people access the services and programs they need to remain living independently and with dignity in their own home or with family caregivers. Call **800-852-7795** or visit ageways.org.



WINTER READINESS GUIDE

Royal Oak has released a Winter Readiness Guidebook designed to assist residents in getting ready for the winter season. Go to romi.gov/winter for information on snow emergencies, snow plowing, sidewalks, winter safety tips and more. It's a handy resource, addressing common winter-related questions posed by residents.

Call 248-246-3201 to have a guide mailed to your home.

