



**RECREATION AUTHORITY OF ROSEVILLE-EASTPOINTE**

18185 SYCAMORE, ROSEVILLE, MI 48066 586-777-7177

OFFICE HOURS: 8:30 A.M.—4:00 P.M. - MONDAY—FRIDAY

www.rare-mi.org

**SENIOR ACTIVITIES NEWSLETTER**

**NOVEMBER—DECEMBER 2024**

Mary L. Grant, Senior Director

Kim Steele, Clerk/Program Assistant

Al Keown, Program Aide

**FALL BINGO WITH STEENLAND ELEMENTARY STUDENTS**

We are hosting an intergenerational event here at our Senior Center and we want you to join in on the fun! On Tuesday, November 19th from 9:00 a.m.—11:00 a.m., we will be playing Fall Bingo. We have coordinated this event to include 40 students from Steenland Elementary School. The day will begin with a beverage and a snack (provided by the students) followed by several rounds of bingo. All prizes will be provided by our Center. Each of our seniors will be paired with a student in the hope that each will leave the activity with a new friend. The cost to participate is \$3.00 for residents and \$5.00 for non-residents.

Space is limited, so sign up early!

**ANNUAL SENIOR CENTER HOLIDAY PARTY  
NEW LOCATION**

**Date:** Thursday, December 12, 2024

**Time:** 11:00 a.m.—2:30 p.m.

**Location:** Barrister Gardens Banquet Event Center (24225 Harper, St. Clair Shores)

**Cost:** \$35.00 Residents \$40.00 Non-Residents

**TICKETS ARE SOLD OUT/WAITING LIST AVAILABLE**

“I’m Dreaming of a White Christmas” is the theme for our RARE Senior Center Holiday Party. All are welcome to join us for this fun and joyous occasion. Party attendees will enjoy a day filled with delicious food, festive music, lively games, fabulous prizes, and lots of photo opportunities. SMART Van Transportation is available.

Call the Senior Center Office for details.

**Senior Center Closure:** Since the Holiday Party is being held off-site, the Center will be closed on Thursday, December 12th, this includes the Drop-In Room, Computer Room, and Game Room. The Fitness Room will be available for registered members.

**A SPECIAL THANK-YOU**

A very big thank you to our Resource Fair sponsors: AgeWays, American House East 1, Angela Hospice, Dedicated Senior Medical Center, Interfaith Volunteer Caregivers, Kaul Funeral Home of Roseville, Lockwood of Clinton Senior Living, MLBPD, MDHHS, Michigan Schools and Government Credit Union, Miller Vein, MyCare, Oak Street Health, PACE of Southeast Michigan, Sam’s Club of Roseville, Stonefield of Clinton, Villa at City Center, and Walgreens Pharmacy (10 Mile & Gratiot). Your support helped us to provide valuable information to the Seniors who reside in our communities.

## **JUST FOR FUN**

### **CHRISTMAS TEA TALK**

If you have some extra time, how wonderful it would be, if we could have a little chat and share a cup of Christmas tea! All are welcome to join us for our last Tea Talk event. On Tuesday, November 26th at 1:00 p.m., we will enjoy holiday flavored tea and cookies with a little added fun sprinkled in. The cost is \$5.00 for residents and \$6.00 for non-residents. Please register at the Senior Office. If you happen to have a favorite Christmas tea cup or coffee mug, bring it with you to use during the program.

### **PAINTING CLASS**

On Wednesday, December 4th at 11:00 a.m. in the Senior Drop-In Room you are invited to channel your inner artist and join us for a fun Holiday themed painting class. Al, our Program Aide, will be guiding you through easy step by step instructions to create your very own 9" x 12" canvas masterpiece to take home and display. The cost to participate is \$10.00 per person and all materials are included in the class fee. Space is limited, so sign up early. Full payment is due upon registration.

### **POP-UP PARTIES ARE HERE**

This is the new hip and trendy way to host events. Occasionally we will be announcing a new party or event by posting an invitation on the bulletin board (near the Drop-In Room). This will take place two weeks prior to the event happening. Once the party is announced, you can sign up any time. This is a fun way to keep a buzz around the Center and offer some new and innovative program opportunities.

### **LET'S PLAY GAMES/CARDS**

All are welcome to drop-in to play Bid Whist, Crazy Rummy, Mexican Train Dominoes, Wii Bowling, and Euchre. If you already know how to play, we invite you to join in the fun. If you are new to any of the games, we encourage you to stop in to observe how they are played.

- Bid Whist - Mondays from 1:00—4:00 p.m. in the Game Room
- Rummy - Tuesdays from 12:30—3:00 p.m. in the Game Room
- Dominoes - Wednesdays at 10:00 a.m. in the Drop-In Room
- Euchre - Wednesdays and Fridays from 12:00—3:00 p.m. in the Game Room
- Wii Bowling - Fridays from 10:00 a.m. in the Game Room

### **SIT 'N KNIT/CROCHET**

Knitters and crocheters love the relaxing time and stories they share while together. If you enjoy either of these crafts, our groups meet on Mondays at 11:00 a.m. If you are just a beginner, we will teach you or if you need a refresher course, we can do that too. Otherwise, simply work on your own project and enjoy the companionship of our group. We have a large collection of knitting and crocheting needles which can be borrowed from our Office. If you are working on a new project and need a specific size needle, check with us first, before you go out and purchase it.

### **STROKE SUPPORT GROUP**

Our Stroke Club is a support group for stroke survivors and their caregivers. We meet every Thursday at 12:30 p.m. for fellowship, games, and snacks.

# **HEALTH & FITNESS**

## **STRETCH FOR LIFE**

“Stretch for Life” class meets from 9–10:30 a.m. every Monday and Wednesday in the Small Gym. The drop-in fee is \$1.00 per class. The format will include a “walk off the pounds video” from 9–9:30 a.m., floor exercises from 9:30–10:00 a.m., and wall exercises from 10–10:30 a.m. If you plan to participate in the floor exercises, we recommend you bring a yoga mat or a towel.

## **PICKLEBALL**

The Pickleball program is booming and better than ever. We will be offering Drop-In Pickleball on Tuesdays and Thursdays from 1—3:00 p.m. We have six courts available during this time slot. The cost to play is \$2.00 for residents and \$5.00 for non-residents. No advance registration is needed. Please stop by the Senior Office to pay the drop-in fee.

*Please note: No pickleball on 11/5, 12/12, 12/26, and 1/2.*

## **CUBII CLASSES**

During our Cubii class you will burn calories, increase leg strength, and strengthen mobility. The next series of **Drop-In** classes will be held on Wednesdays at 10:00 a.m. (November 6th, 13th, 20th) in the Multi-Purpose Room. The cost is \$1.00 for residents and \$2.00 for non-residents. We will also be offering our Cubii’s to be used independently Monday thru Friday from 10:00 a.m. to 2:00 p.m. If you would like to enhance your fitness routine all you need to do is give us a call and we will have a Cubii set up for you.

## **LINE DANCE**

If you love to dance and enjoy the company of others, then group line dance may be the perfect exercise for you! Lynn Reiss is our instructor and has been teaching for 30+ years.

Our drop-in classes take place on Wednesdays in the Small Gym.

The current schedule is as follows:

**Absolute Beginners** (learn easy basic steps to the hustle and cupid shuffle)

12:30—1:00 p.m.—\$2.00 residents and \$3.00 non-residents

**Basic Line Dance**—1:00—2:00 p.m.

**Improved Line Dance**—2:00—3:00 p.m.

\$4.00 residents and \$5.00 non-residents

*Please note: No class on 11/27.*

## **ZUMBA GOLD**

Enjoy the Latin rhythms and dance yourself into fitness with Zumba Gold! You’ll experience dances such as: meringue, salsa, cumbia, hip-hop, and more. Class is every Thursday from 10—11:00 a.m. The drop in fee is \$6.00 per class. Your first class is FREE!

## **CHAIR YOGA**

Chair yoga is a great way for older adults to get the wonderful health benefits of yoga, while seated in a chair. Our instructor, Kristin, will be offering drop-in Chair Yoga on Fridays. The class will take place in the Multi-Purpose Room from 10—11:00 a.m. Due to the calming nature of this class, the doors will be closed promptly at 10:00 a.m. and no one will be admitted after that time. The drop-in fee is \$4.00 for residents and \$5.00 for non-residents.

*Please note: No class on 11/15, 12/27, and 1/3.*

## **BLOOD PRESSURE TESTING**

Our Program Aide, Al, offers free blood pressure testing every Monday from 9-11:00 a.m. Just stop by the Computer Room during this time to take advantage of this complimentary program.

## **FITNESS ROOM**

When you join the Fitness Center you are required to sign up at the office and complete an orientation. The cost is \$30.00 per year if you are age 55 and over. The current hours are: Monday–Friday, 8:30 a.m.—8:00 p.m., Saturday-Sunday 9:00 a.m.—6:00 p.m.

## **WALKING FOR FUN & FITNESS**

We offer walking in the large gym Monday, Wednesday, and Friday from 9:00 a.m.—Noon. Walking whether leisurely strolling or walking at a heart-pumping accelerated pace, is good for your body and emotions. If you walk between 7,500 and 10,000 each day, you will improve your sleep, decrease hypertension, and reduce your risk of heart attack and stroke.

## **SENIOR CENTER HAPPENINGS**

### **MEDICARE ASSISTANCE DURING OPEN ENROLLMENT**

**Sponsored by: AgeWays**

Medicare Open Enrollment is October 15—December 7, during this time you can review and change your Part D prescription drug plan or your Medicare Advantage plan. Michigan Medicare Assistance Program will be at the Center on November 8th so you can meet one-on-one with a counselor to review your coverage options. You must make an appointment for this FREE, unbiased service. Call 800-803-7174 to reserve your time slot or if you have questions about the program.

### **FREE MEDICARE 101 WORKSHOP**

**Sponsored by: Oak Street Health**

Join us on Tuesday, November 12th at 10:00 a.m. for a FREE Medicare 101 Workshop. In 2025, Medicare will undergo changes aimed at improving its efficiency and sustainability. It's important to be aware of these changes and how they may have an impact on your coverage. Please contact the Senior Office if you plan to attend.

You will learn about the following changes to Medicare:

- Changes to Prescription Drug coverage.
- What are my Medicare options?
- Medicare Advantage (Part C) vs. Medicare Supplement (Medigap)
- Am I receiving all of the benefits I am entitled to?
- How all Dental, Vision, and Hearing coverage be impacted in 2025

### **BOOSTING YOUR CREDIT SCORE**

Mark your calendar as we are hosting a special seminar on boosting your credit score. We have made arrangements for Shannon, who is a Consumer Education Specialist from Michigan Schools and Government Credit Union, to be here at the Center on Thursday, November 21st at 10:00 a.m. You will learn easy, worry-free ways to build and improve your credit score.

There will also be a short question and answer session at the end of the program. Light refreshments will be served to all those in attendance. Please call the Senior Office if you plan to join us for this “FREE” seminar.

# **TRAVEL OPPORTUNITIES**

## **FIREKEEPERS CASINO—SOLD OUT**

**Date: Thursday, November 7, 2024**

**Authority Member: \$57.00      Non-Member: \$62.00**

**Departs: 9:00 a.m.      Returns: 6:00 p.m.**

## **HOLIDAY SHOPPING AT GREAT LAKES CROSSING OUTLETS**

**Date: December 6, 2024**

**Authority Member: \$5.00      Non-Member: \$10.00**

**Departs: 9:00 a.m.      Returns: 3:00 p.m.**

Let's get our Holiday shopping on!! We are venturing over to Michigan's Largest Indoor Outlet Mall for an opportunity to do a little Christmas shopping. During your time at the Mall you can explore such stores as, Eddie Bauer, Primark, Nordstrom Rack, Vera Bradley, and Bass Pro Shops, you can enjoy lunch at Rainforest Café, Bar Louie, or one of the many establishments located in the food court, or you can even catch a movie at AMC Theatres.

Please sign up at the Senior Office if you would like to join us.

Space is limited, so sign up early.

## **NITE LIGHTS AT MIS—SOLD OUT**

**Date: Wednesday, December 18, 2024**

**Authority Member: \$91.00      Non-Member: \$96.00**

**Departs: 2:15 p.m.      Returns: 9:00 p.m.**

## **INSIDE DETROIT—featuring Hitsville USA**

**Date: Thursday, February 6, 2025**

**Authority Member: \$131.00      Non-Member: \$136.00**

**Departs: 9:15 a.m.      Returns: 4:30 p.m.**

All are welcome to "beat the winter blahs" by joining us on this awesome local adventure. The trip includes: round trip luxury motorcoach transportation, a stop at The Detroit Historical Museum, lunch at Andiamo Riverfront, and a guided tour of Hitsville USA (Motown Historical Museum).

## **ZEHNDER'S OF FRANKENMUTH—"A Little Bit Diamond"**

**Date: Thursday, March 20, 2025**

**Authority Member: \$128.00      Non-Member: \$133.00**

**Departs: 9:45 a.m.      Returns: 6:15 p.m.**

Who doesn't love eating chicken in Frankenmuth? Dive into this fun day trip which includes: round trip luxury motorcoach transportation, enjoy Zehnder's famous 2-piece chicken luncheon, a live performance of the Neil Diamond Tribute Show (A Little Bit Diamond) and some free time for shopping.

*Van transportation to the pick up point for day trips is available from S.M.A.R.T. for \$1.00 each way. Call the Senior Office to arrange a ride.*

## **FOR YOUR INFORMATION**

### **SENIOR CENTER HOURS**

The Senior Center Office is open Monday—Friday from 8:30 a.m.—4:00 p.m. The Drop-In and Computer Rooms are available Monday through Friday from 9:00 a.m.—3:00 p.m., unless we are hosting a special event.

### **SENIOR VAN TRANSPORTATION**

Senior Van Transportation is available Monday—Friday from 8:30 a.m. to 3:30 p.m. The dispatcher will make reservations for Eastpointe and Roseville residents, on a first come, first serve basis. Rides must be scheduled in advance. Medical appointments and shopping runs take priority over other ride requests. The fee is \$1.00 per way. Vans will travel from 8 Mile to 15 Mile Roads and Jefferson to Hoover. For complete details, please contact the Senior Van Transportation line at 586-445-5482, Monday—Friday, 8:30 a.m. to 3:00 p.m.

### **REVOLVING LIBRARY**

We have a revolving Library in our Drop-In Room. There are two book shelves loaded with paperback books for you to take home to read and bring back at your leisure. If you have any books that you would like to donate, we will accept them during regular business hours.

*Please note: we do not accept any hard cover books.*

### **DINING SENIOR STYLE**

The Senior Nutrition Program is available on weekdays here in the Activity Center. The MCCSA offers warm and delicious lunches which are served Monday through Friday at 11:30 a.m. A suggested cost-share donation is \$3.00. *Please note: No meals will be served at the Senior Center on 11/5, 11/11, 11/28, 11/29, 12/24, 12/25, 12/31, and 1/1.*

### **POOL ROOM**

We have two pool tables available Monday—Friday from 9:00 a.m. to 3:00 p.m. by appt. only. To make a reservation, call the Senior Center during regular business hours. We also have a new program called Side Pocket Seniors which will be pool tournaments on Tuesday mornings from 9-11 a.m. If you would like to participate please call the Senior Office or Captain Moe at 586-257-5101. Prizes will be awarded for 1st place.

## **NEWSLETTER HOME DELIVERY**

To receive a copy of the Recreation Authority Senior Newsletter by mail, fill out the form below, and mail it with a check or money order payable to: R.A.R.E. You will receive 12 bi-monthly issues for \$8.00. Mail this form with your payment to:  
Recreation Authority Senior Center, 18185 Sycamore, Roseville, MI 48066.

### **NEWSLETTER SUBSCRIPTION**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Birthdate: \_\_\_\_\_

# NOVEMBER 2024 – SENIOR ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FITNESS ROOM HOURS</b> Monday-Friday 8:30am - 8:00pm Saturday-Sunday 9:00am - 6:00pm	<b>DROP IN/COMPUTER ROOM HOURS</b> Monday-Friday 9:00am - 3:00pm	<b>POOL ROOM HOURS</b> Monday-Friday 9:00am - 3:00pm by appointment		1 Walking 9am-Noon Chair Yoga 10am Wii Bowling 10am Euchre 12-3pm
4 BP Testing 9-11am Stretch for Life 9-10:30am Walking 9am-Noon Sit 'n Knit 11am Bid Whist 1-4pm	5 <b>ELECTION DAY</b>  <b>SENIOR CENTER CLOSED</b>	6 Stretch for Life 9-10:30am Walking 9am-Noon Cubii 10am Dominoes 10am Euchre 12-3pm Line Dance 12:30-3pm	7 Firekeepers Trip Departs 9am Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	8 Open Enrollment Assistance (By Appt.) Walking 9am-Noon Chair Yoga 10am Wii Bowling 10am Euchre 12-3pm
11 <b>VETERANS DAY</b> BP Testing 9-11am Stretch for Life 9-10:30am Walking 9am-Noon Sit 'n Knit 11am Bid Whist 1-4pm <b>NO LUNCH SERVED</b>	12 Pool Tournament 9-11am Medicare 101 Workshop 10am Rummy 12:30-3pm Pickleball 1-3pm	13 Stretch for Life 9-10:30am Walking 9am-Noon Cubii 10am Dominoes 10am Euchre 12-3pm Line Dance 12:30-3pm	14 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	15 Walking 9am-Noon <b>NO</b> Chair Yoga Wii Bowling 10am Euchre 12-3pm
18 BP Testing 9-11am Stretch for Life 9-10:30am Walking 9am-Noon Sit 'n Knit 11am Bid Whist 1-4pm	19 Bingo with Steenland Elementary 9am Pool Tournament 9-11am Rummy 12:30-3pm Pickleball 1-3pm	20 Stretch for Life 9-10:30am Walking 9am-Noon Cubii 10am Dominoes 10am Euchre 12-3pm Line Dance 12:30-3pm	21 Boost Your Credit Score Seminar 10am Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	22 Walking 9am-Noon Chair Yoga 10am Wii Bowling 10am Euchre 12-3pm
25 BP Testing 9-11am Stretch for Life 9-10:30am Walking 9am-Noon Sit 'n Knit 11am Bid Whist 1-4pm	26 Pool Tournament 9-11am Rummy 12:30-3pm Christmas Tea Talk 1pm Pickleball 1-3pm	27 Stretch for Life 9-10:30am Walking 9am-Noon <b>NO</b> Cubii Dominoes 10am Euchre 12-3pm <b>NO</b> Line Dance	28  <b>SENIOR CENTER CLOSED</b>	29

# DECEMBER 2024 – SENIOR ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>BP Testing 9-11am</p> <p>Stretch for Life 9-10:30am</p> <p>Walking 9am-Noon</p> <p>Sit 'n Knit 11am</p> <p>Bid Whist 1-4pm</p>	<p>3</p> <p>Pool Tournament 9-11am</p> <p>Rummy 12:30-3pm</p> <p>Pickleball 1-3pm</p>	<p>4</p> <p>Stretch for Life 9-10:30am</p> <p>Walking 9am-Noon</p> <p>Dominoes 10am</p> <p>Painting with Al 11am</p> <p>Euchre 12-3pm</p> <p>Line Dance 12:30-3pm</p>	<p>5</p> <p>Zumba Gold 10am</p> <p>Stroke Club 12:30pm</p> <p>Pickleball 1-3pm</p>	<p>6</p> <p>Holiday Shopping Trip Departs 9am</p> <p>Walking 9am-Noon</p> <p>Chair Yoga 10am</p> <p>Wii Bowling 10am</p> <p>Euchre 12-3pm</p>
<p>9</p> <p>BP Testing 9-11am</p> <p>Stretch for Life 9-10:30am</p> <p>Walking 9am-Noon</p> <p>Sit 'n Knit 11am</p> <p>Bid Whist 1-4pm</p>	<p>10</p> <p>Pool Tournament 9-11am</p> <p>Rummy 12:30-3pm</p> <p>Pickleball 1-3pm</p>	<p>11</p> <p>Stretch for Life 9-10:30am</p> <p>Walking 9am-Noon</p> <p>Dominoes 10am</p> <p>Euchre 12-3pm</p> <p>Line Dance 12:30-3pm</p>	<p>12</p> <p>Zumba Gold 10am</p> <p> <b>HOLIDAY PARTY</b> 11am-2:30pm <b>BARRISTER GARDENS</b></p> <p><b>SENIOR CENTER CLOSED</b></p>	<p>13</p> <p>Walking 9am-Noon</p> <p>Chair Yoga 10am</p> <p>Wii Bowling 10am</p> <p>Euchre 12-3pm</p>
<p>16</p> <p>BP Testing 9-11am</p> <p>Stretch for Life 9-10:30am</p> <p>Walking 9am-Noon</p> <p>Sit 'n Knit 11am</p> <p>Bid Whist 1-4pm</p>	<p>17</p> <p>Pool Tournament 9-11am</p> <p>Rummy 12:30-3pm</p> <p>Pickleball 1-3pm</p>	<p>18</p> <p>Stretch for Life 9-10:30am</p> <p>Walking 9am-Noon</p> <p>Dominoes 10am</p> <p>Euchre 12-3pm</p> <p>Line Dance 12:30-3pm</p> <p>MIS Trip Departs 2:15pm</p>	<p>19</p> <p>Zumba Gold 10am</p> <p>Stroke Club 12:30pm</p> <p>Pickleball 1-3pm</p>	<p>20</p> <p>Walking 9am-Noon</p> <p>Chair Yoga 10am</p> <p>Wii Bowling 10am</p> <p>Euchre 12-3pm</p>
<p>23</p> <p><b>NO SENIOR CENTER ACTIVITIES</b></p> <p><b>SMART TRANSPORTATION IS AVAILABLE</b></p>	<p>24</p> <p></p> <p><b>SENIOR CENTER CLOSED</b></p>	<p>25</p> <p></p>	<p>26</p> <p><b>NO SENIOR CENTER ACTIVITIES SCHEDULED</b></p> <p><b>SMART TRANSPORTATION IS OPERATING</b></p>	<p>27</p>
<p>30</p> <p><b>NO SENIOR CENTER ACTIVITIES</b></p> <p><b>SMART TRANSPORTATION IS AVAILABLE</b></p>	<p>31</p> <p></p> <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>FITNESS ROOM HOURS</b></p> <p>Monday-Friday 8:30am - 8:00pm</p> <p>Saturday-Sunday 9:00am - 6:00pm</p>	<p><b>DROP IN/COMPUTER ROOM HOURS</b></p> <p>Monday-Friday 9:00am - 3:00pm</p>	<p><b>POOL ROOM HOURS</b></p> <p>Monday-Friday 9:00am - 3:00pm by appointment</p>