



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

SEPTEMBER—OCTOBER 2024

Mary L. Grant, Senior Director

Kim Steele, Clerk/Program Assistant

Al Keown, Program Aide

PARKING LOT DANCE PARTY (featuring DJ Paul)

Date: Thursday, September 19, 2024 **Time:** 3:00 p.m.—4:30 p.m.

Location: Senior Center Parking Lot (East Entrance)

Cost: \$5.00 per car

Why not make time for a little fun? Get ready for a high energy, toe tapping dance party right here in our Senior Center parking lot. On Thursday, September 19th from 3:00 p.m.—4:30 p.m., Paul from Night and Day Productions will be located underneath the Senior Entrance, and will be spinning tunes from the 50's, 60's, and 70's. The fee is \$5.00 per car. You may choose to sit in your car and listen to the music or bring lawn chairs and sit in front of your vehicle. If you feel the need to dance to the music you can do that as well!!! Refreshments will be provided by Oakmont Parkway and brought to your car by the Senior Center staff. Now that you have something to look forward to, mark your calendar and plan to join us for this special event. Cars will be permitted in the Senior Center lot beginning at 2:30 p.m. In case of inclement weather, the event will be held indoors.

TRICK OR TREAT EVENT—SENIOR STYLE

Halloween can be just as fun for Seniors as it is for kids!! On Thursday, October 31st from 10:00 a.m. to 12:00 noon. all are welcome to join us for a little trick or treating and a lot of valuable information. We will be hosting a Senior Resource Fair in the Multi-Purpose Room which will include a variety of vendors, healthcare providers, local businesses, Medicare/Medicaid information, flu shots, blood pressure testing and much more. There will be door prizes, refreshments, and giveaways for attendees. It is free to participate in this activity and it's the perfect way to connect with community members. Costumes or Halloween themed attire are encouraged! SMART Transportation is available.

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

“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. Tickets go on sale Monday, September 30th and can be purchased thru November 27th or until filled. Seating is reserved so be sure to let us know who you will be sitting with. SMART Van Transportation is available. Call the Senior Center Office for details.

JUST FOR FUN

SENIOR FUN FESTIVAL

The Office of Senior Services is hosting the 33rd Annual Senior Fun Festival on Thursday, September 19th from 10:00 a.m.—1:00 p.m. The event will take place at the Lorenzo Cultural Center (Macomb Community College) which is located at 44575 Garfield Road, Clinton Township. There will be community resources, raffles, entertainment, refreshments and snacks. If you are one of the first 500 seniors in attendance, you will receive a swag bag. For more information on Macomb County's Largest Senior Expo, please call 586-469-5228. Our SMART Vans will be transporting people to the event. Please call our dispatcher at 586-445-5482 to arrange a ride.

COLORING FOR RELAXATION

Coloring is a great activity to help you to enhance your creativity and explore your artistic abilities. We will be offering coloring on Tuesday, September 24th at 10:00 a.m. Each participant will be given a packet of coloring pages to work on along with a snack. The cost to participate is \$1.00 for residents and \$2.00 for non-residents. Please sign up in advance if you plan to join us.

SMOOTHIE CAFÉ

On Wednesday, September 25th from 9:00—10:00 a.m. please join us for a refreshing cranberry orange smoothie. The cost for this nutritious treat is \$2.00. A smoothie is a blended beverage using ingredients such as fruits, juices, milk, yogurt, sweeteners, and ice. Combined they make a delicious meal or snack. Please register at the Senior Office.

TEA TALK

On Tuesday, October 1st at 1:00 p.m., join us as we transform a fancy teacup into a beautiful succulent garden. Each participant should bring a gently used teacup which will be used as a vessel for the project. All other supplies will be provided. Once we create our lovely garden, we will take a break to enjoy a cup of tea and a delicious treat. The cost to participate is \$5.00 for residents and \$6.00 for non-residents. If you plan to attend, sign up at the Senior Office.

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—3:00 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

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. beginning Tuesday, October 1st. 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.

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. (October 2nd, 9th, 16th, 23rd, 30th) 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 and resume on September 11th.

The current schedule is as follows:

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

Noon—12:30 pm—\$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

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.

BLOOD PRESSURE TESTING

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

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.

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.

TRAVEL OPPORTUNITIES

HARVEST ADVENTURE—SOLD OUT

Date: Thursday, September 26, 2024

Authority Member: \$109.00 Non-Member: \$114.00

Departs: 10:15 a.m. Returns: 4:45 p.m.

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.

NITE LIGHTS AT MIS

There are only a few spots available.

Date: Wednesday, December 18, 2024

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

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

This holiday trip includes: luxury motor coach transportation, buffet dinner at Jerry's Pub located in Brooklyn, MI, and Nite Lights at Michigan International Speedway, one of Michigan's largest drive-thru Christmas light displays.

We have had an overwhelming response to our current travel program. As you can see in our newsletter, many of our day trips are sold out already. Moving forward, once a trip is listed in our newsletter, that means registration has begun. You may sign up during regular business hours and full payment is due at the time of registration. We accept cash, check, money order, and debit/credit cards. If you use a credit or debit card you will have to pay a \$2.50 convenience fee. With our current Civic Rec software we need full payment for day trips in order to register you. We cannot hold a spot for you without payment. We are happy that our travelers are back and looking forward to new adventures!

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.

SENIOR CENTER HAPPENINGS

MICHIGAN DEPARTMENT OF HEALTH & HUMAN SERVICES

MDHHS will be in our Lobby on Monday, September 9th and October 14th from 10:00 a.m.—12:00 Noon to provide Eastpointe residents with information on drinking water filters and ways to adopt other behaviors to reduce lead levels in home drinking water. They will also assist qualifying families receive a filter at no cost.

SENIOR EMERGENCY PREPAREDNESS PRESENTATION

The Macomb County Health Department in partnership with the Medical Reserve Corps, is offering a Senior Emergency Preparedness presentation here at our Center. This “free” presentation will take place on Tuesday, October 8th at 10 a.m. in the Senior Drop-In Room.

It is specifically designed for Macomb County senior citizens and each participant will receive a free starter kit (one per household). The topics discussed will include: what types of disasters could you see in our County, what can seniors do to prepare for emergencies, what is a disaster supply kit, and what is a disaster plan. If you would like to attend this informative seminar, please call the Senior Office to make a reservation.

MEDICARE ASSISTANCE DURING OPEN ENROLLMENT

Sponsored by: Michigan Medicare Assistance Program

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 during this period so you can meet one-on-one with a counselor to review your coverage options: October 25th and November 8th. 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.

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 Thursday mornings from 9-11 a.m. The program begins on September 5th and if you would like to participate please call the Senior Office or Captain Moe at 586-257-5101.

Prizes will be awarded for 1st and 2nd places.

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.

WORDS TO LIVE BY

“When you change the way you look at things,
the things you look at change.”



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: There will be no meals served on Monday, October 14th in honor of Columbus/Indigenous Peoples Day.*

CAREGIVER CONNECTIONS: LEARN, LINK, AND LUNCH

AgeWays Nonprofit Senior Services is hosting an event for family caregivers who are caring for an older loved one, from 10:00 a.m.—1:30 p.m. Saturday, October 5th, at the Suburban Collection Showplace in Novi. Guest speakers include WDIV-TV4 anchor Christy McDonald, longtime caregiver Jim Mangi, and Attorney Jason Tower. The day will be rounded out by lunch, exhibitors, raffles, and giveaways. A \$10 entrance fee will support the agency's Holiday Meals on Wheels program. To register, go to YouAreACaregiver.org.

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: _____

SEPTEMBER 2024 – SENIOR ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>LABOR DAY</p>  <p>SENIOR CENTER CLOSED</p>	<p>3</p> <p>Rummy 12:30-3pm</p> <p>Eat Smart/Live Smart 1-2pm</p>	<p>4</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 12-3pm</p>	<p>5</p> <p>Pool Tournament 9-11am</p> <p>Zumba Gold 10am</p> <p>Stroke Club 12:30pm</p>	<p>6</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>MDHHS 10am-Noon</p> <p>Sit 'n Knit 11am</p> <p>Bid Whist 1-3pm</p>	<p>10</p> <p>Rummy 12:30-3pm</p> <p>Eat Smart/Live Smart 1-2pm</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 12-3pm</p>	<p>12</p> <p>Pool Tournament 9-11am</p> <p>Zumba Gold 10am</p> <p>Stroke Club 12:30pm</p>	<p>13</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 1-3pm</p>	<p>17</p> <p>Rummy 12:30-3pm</p> <p>Eat Smart/Live Smart 1-2pm</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 12-3pm</p>	<p>19</p> <p>Pool Tournament 9-11am</p> <p>Zumba Gold 10am</p> <p>Sr. Fun Fest 10am - 1pm</p> <p>Stroke Club 12:30pm</p> <p>🎵 Parking Lot DJ Dance Party 🎵 3-4:30pm</p>	<p>20</p> <p>Chair Yoga 10am</p> <p>Wii Bowling 10am</p> <p>Euchre 12-3pm</p>
<p>23</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 1-3pm</p>	<p>24</p> <p>Coloring 10am</p> <p>Rummy 12:30-3pm</p> <p>Eat Smart/Live Smart 1-2pm</p>	<p>25</p> <p>Smoothie Café 9-10am</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 12-3pm</p>	<p>26</p> <p>Pool Tournament 9-11am</p> <p>Zumba Gold 10am</p> <p>Stroke Club 12:30pm</p>	<p>27</p> <p>Chair Yoga 10am</p> <p>Wii Bowling 10am</p> <p>Euchre 12-3pm</p>
<p>30</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 1-3pm</p>		<p>FITNESS ROOM HOURS</p> <p>Monday-Friday 8:30am - 8:00pm</p> <p>Saturday-Sunday 9:00am - 6:00pm</p>	<p>DROP IN/COMPUTER ROOM HOURS</p> <p>Monday-Friday 9:00am - 3:00pm</p>	<p>POOL ROOM HOURS</p> <p>Monday-Friday 9:00am - 3:00pm by appointment</p>

OCTOBER 2024 – SENIOR ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
FITNESS ROOM HOURS Monday-Friday 8:30am - 8:00pm Saturday-Sunday 9:00am - 6:00pm	1 Rummy 12:30-3pm Pickleball 1-3pm Tea Talk 1pm	2 Stretch for Life 9-10:30am Walking 9am-Noon Dominoes 10am Cubii 10am Euchre 12-3pm Line Dance 12-3pm	3 Pool Tournament 9-11am Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	4 Chair Yoga 10am Wii Bowling 10am Euchre 12-3pm
7 BP Testing 9-11am Stretch for Life 9-10:30am Walking 9am-Noon Sit 'n Knit 11am Bid Whist 1-3pm	8 Senior Emergency Preparedness 10am Rummy 12:30-3pm Pickleball 1-3pm	9 Stretch for Life 9-10:30am Walking 9am-Noon Dominoes 10am Cubii 10am Euchre 12-3pm Line Dance 12-3pm	10 Pool Tournament 9-11am Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	11 Chair Yoga 10am Wii Bowling 10am Euchre 12-3pm
14 BP Testing 9-11am Stretch for Life 9-10:30am Walking 9am-Noon MDHHS 10am-Noon Sit 'n Knit 11am Bid Whist 1-3pm NO LUNCH	15 Rummy 12:30-3pm Pickleball 1-3pm	16 Stretch for Life 9-10:30am Walking 9am-Noon Dominoes 10am Cubii 10am Euchre 12-3pm Line Dance 12-3pm	17 Pool Tournament 9-11am Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	18 Chair Yoga 10am Wii Bowling 10am Euchre 12-3pm
21 BP Testing 9-11am Stretch for Life 9-10:30am Walking 9am-Noon Sit 'n Knit 11am Bid Whist 1-3pm	22 Rummy 12:30-3pm Pickleball 1-3pm	23 Stretch for Life 9-10:30am Walking 9am-Noon Dominoes 10am Cubii 10am Euchre 12-3pm Line Dance 12-3pm	24 Pool Tournament 9-11am Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	25 MMAP 10am-4pm Chair Yoga 10am Wii Bowling 10am Euchre 12-3pm
28 BP Testing 9-11am Stretch for Life 9-10:30am Walking 9am-Noon Sit 'n Knit 11am Bid Whist 1-3pm	29 Rummy 12:30-3pm Pickleball 1-3pm	30 Stretch for Life 9-10:30am Walking 9am-Noon Dominoes 10am Cubii 10am Euchre 12-3pm Line Dance 12-3pm	31 Pool Tournament 9-11am Trick or Treat Event 🎃👻 10am-Noon Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	DROP IN/COMPUTER ROOM HOURS Monday-Friday 9:00am - 3:00pm POOL ROOM HOURS Monday-Friday 9:00am - 3:00pm by appointment