

Mayor
Marian McClellan

Mayor Pro Tem
Carolyn Burns

Council Members
Kiesha Speech
Solomon Radner
Ken Rich

City Manager
Erik Tungate

ODYSSEY



AUGUST - SEPTEMBER 2016

Office Hours: Monday thru Thursday 9AM-1PM and 2PM-5PM
Register online: <http://bit.ly/OPRecreation>

Recreation Director
Laurie Stasiak

Recreation Coordinator
Senior Services
Maralee Rosemond

14300 Oak Park Blvd

Oak Park, MI 48237

248-691-7555

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Dear 50 Up Club Members,

Maralee Rosemond
Recreation Coordinator
Senior Programs

Hello to all! I want to say that I am thrilled to be a part of the Oak Park community, and I look forward to meeting all of you. Your warm welcome is greatly appreciated.

As you are well aware the Recreation Department is ALL NEW, with that in mind we would like to invite you to a "Meet and Greet" on Tuesday August 9 from 1:00 pm – 2:00 pm in Room B. Light refreshments will be served as we introduce ourselves and work together to bring activities and programs to the Oak Park residents.

We look forward to seeing YOU in the Community Center!

DAY TRIPS

Pre registration is required and prices vary per trip and transportation. Use trip sign up sheets and flyers for making your reservations with Recreation staff today!

July 22 - Laurel Park Place Mall & California Pizza Kitchen (Transportation \$6, Lunch on your own, Reservation at 12:00 pm) **#0001SRTR16**

July 29 - Hard Rock Café Detroit (Transportation \$6, Lunch on your own, reservations at 12:00 pm)
#0002SRTR16

Aug 5 - Rochester Brunch House, Downtown Rochester (Transportation \$6. Bus leaves at 10:45am. Brunch at 11:30 am) **#0003SRTR16**

Aug 19 - Detroit Library Art & Architectural Tour, Lunch at Maccabee's (\$15 includes transportation & tour, Lunch on your own. Bus leaves Oak Park at 10:30 am, lunch reservations at 1:00 pm) **#0004SRTR16**

Aug 26 - Frederick Meijer Garden & Sculpture Park Tour, Lunch at Taste of The Gardens Café. (Cost \$61: includes transportation, guided tour, tram tour through gardens. Lunch on your own. Bus leaves Oak Park at 9:00 am returns approx. 5:30 pm.) **#0005SRTR16**

Aug 27 - Detroit Preservation Historic Theater Tour: \$61/person. Includes tours of: The Gem Theater, The Fillmore Theater, Music Hall, Fox Theater, Detroit Opera House, The Michigan. PLUS lunch at the Detroit Opera House! ** LIMITED TICKETS ** SIGN UP EARLY..ONLY OFFERED ONCE A YEAR! **
Bus leaves at 9:45 am. **#0006SRTR16**

Sept 6 - Senior FREE Day at the Detroit Zoo! Bus leaves at 9:45 am; \$6 transportation fee, Lunch on your own. **#0007SRTR16**

Sept 16 - El Zocalo Mexican Restaurant. Come celebrate Mexico's Independence Day With vibrant Mexican joint offering hearty classic dishes, a laid-back ambiance & patio seating. \$6 transportation, bus leaves at 11:30 am. Lunch on your own.
#0008SRTR16

Please sign-up for your trips **AS SOON AS POSSIBLE.**
We have cut off dates for each trip and we must call in with our counts. **IF WE DON'T MEET OUR MINIMUM COUNTS ,WE WILL HAVE TO CANCEL THE TRIP!**

2016 MEMBERSHIP DUES MUST BE PAID TO PARTICIPATE IN PROGRAMS, CLASSES AND TRIPS.
SUMMER/FALL CLOSED DATES: SEPT 5

LAPTOP COMPUTER CLASS

Days: Mondays **Time:** 9:30 AM-10:30 AM

Cost: \$60 for 6 weeks

Instructor: Marta Sandoval

This is your chance to improve your skills in our Basic

101 class. You will learn about the physical laptop itself, security issues, internet safety and how to do research. This class is slow paced and designed with seniors in mind. Bring your laptop with you.

ONE ON ONE GADGET SESSIONS?

Three one-on-one sessions with our tech guru, Marta Sandoval for \$60. Marta can help you to conquer any gadget you may be struggling with: Smart Phone, camera, even your printer! Inquire at front desk.

3011FW17 July 25—Aug 29

3012FW17 Sept 12—Oct 17



SIT AND GET FIT

Days: Monday & Wednesday **Time:** 9:00 AM - 10:00 AM

Cost: \$34 for 20 sessions (10 weeks)

3029SS16 June 20—August 31

3027SS16 Sept 12—Nov 16

A mix of strength and flexibility routines using dumbbells, bands and small balls. All exercises are done in the comfort of a chair.



GENTLE CHAIR YOGA

Dates: Tuesdays

Time: 12:00 PM- 1:00 PM

Cost: \$30 for 10 weeks

This class focuses on gentle therapeutic yoga exercise while reducing stress on joints and muscles.

Instructor: Bobby Calhoun

3044FW16 June 21- Aug.23

3045FW17 Sept.6—Nov. 15



TOTAL BODY WORKOUT

Purchase a punch card for \$20

3071SS16

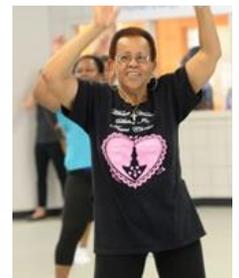
Time: 10:30 AM—11:30 AM

Days: Monday & Wednesdays

Instructor: Suzi Skotorcyk

An all body conditioning exercise class where you can work at your own pace.

Purchase your punch card for this twice a week drop-in program!



ZUMBA GOLD

Dates: Tuesdays **Time:** 9:00 AM—10:00 AM

Cost: \$30 for 6 weeks

Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine.

3500FW17 Jul 19—Aug 23

3501FW17 Sep 6—Oct 11



TAI CHI FOR RETURNING STUDENTS

Days: Tuesdays **Cost:** \$84 for 12 weeks, \$49 for 7 weeks

Time: 11:30 AM–12:15PM **Instructor:** Han Hoong Wang

3046SS16 Aug 9—Sept 20

3047SS16 Aug 9— Oct 25



Ancient Chinese system of exercise and moving mediation to develop flexibility, coordination and slow down the aging process Experienced students only. If you'd like to learn, check out the Beginner class with Holly!

BASIC HATHA YOGA

Purchase a punch card for \$20

3060FW16

Time: 10:30 AM—11:30 AM

Days: Thursdays

Instructor: Bob Smith

This class provides a basic foundation, exploring breath alignment, and balance for all levels. Bring your own mat for this weekly **drop-in** program.

TAI CHI FOR BEGINNERS!

Days: Tuesdays **Cost:** \$42 for 6 weeks , \$35 for 5 weeks

Time: 10:00—10:45 AM

3055FW17 July 26—August 23 (5 weeks)

3056FW17 Aug 30—Oct 4 (6 weeks)

3057FW17 Oct 11—Nov 15 (6 weeks)

Learn the ancient Chinese system of exercise and moving mediation to develop flexibility, coordination, and slow down the aging process. All experience levels welcome. **Instructor:** Holly Malloy (trained under Han Hoong Wang)



BALLROOM DANCE MEN & WOMEN

Days: Thursdays **Cost:** \$24 for 6 weeks

Time: 11:05 AM—12:05 PM

Instructor: Doug Shackelford

3053SS16 July 21—Aug 25

3054SS16 Sept 1—Oct 6

Learn the latest dance steps including: Chicago Step, Salsa and more. Couples and singles are welcome. No experience needed.

NEW!!

Oak Park Tuesday Lecture Series

All lecture Series will be held in Room B from 1:00 pm – 2:30 pm. Light refreshments will be served Full lecture descriptions available at the recreation office. All lecture series will have a visual as well as at times memorabilia for review!

0001SRLC16 Aug 23 – Detroit Institute of Arts Presents: "Let Me tell You A Story" \$2.00

0002SRLC16 Sept 20- Michael Hauser presents: "Grand Movie Palaces of Detroit" \$2.00

0003SRLC16 Oct - TBD \$2.00

2016 MEMBERSHIP DUES MUST BE PAID TO PARTICIPATE IN PROGRAMS, CLASSES, & TRIPS

REGISTRATIONS REQUIRED 1 WEEK PRIOR TO CLASS

5 PARTICIPANTS TO ENSURE CLASSES RUN UNLESS OTHERWISE NOTED

DROP IN PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
Quilters: 10 AM Senior Lounge BINGO: 12- 2 PM Room B (2nd & 4th Mondays) Ping Pong 12-2PM	Senior Walking Group 9:00 AM (Indoor) Watercolor Drop-In 1-3PM (\$5)	Blood Pressure 10-11 AM Senior Lounge BINGO 12-2 PM Room B (Meals on Wheels) Ping Pong 12-2PM Scrabble: 1-4 PM Senior Lounge	Senior Walking Group 9:00 AM (Indoor) Pickleball 11:30 AM Room A (\$2) Drop In Hustle 10-11 AM (\$4/ \$5) Bid Whist: 1-4 PM Room 3	Lunch Bunch Outings: Monthly : Pre-registration re- quired. See dates and times (\$6 + meal or on own)



Bingo every Wednesday and every 2nd and 4th Monday

July 20 - Stars & Stripes Forever
August 24—Honor the American Worker
September 21— Celebrate Autumn

Special holiday treats will be provided — participation is encouraged.

Volunteers are always needed to call games and help with treats. Thank you to all who help and those who are interested can sign up at Bingo.

Oak Park Seniors Needed

For the Foster Grandparent Program

Catholic Charities of Southeast Michigan is seeking Oak Park seniors to join their team of volunteers to serve in local classrooms. Foster Grandparent volunteers are mentors, tutors and role models that serve in Oak Park Elementary Schools. For more information on how to become a Foster Grandparent please call Carol Wall at 248-559-1147 ext. 3919

Be active! Make a difference!

Celebrate our **50 Up Club Member Birthday's** on the last Wednesday of the month at 11am in Room B with cake and your Community Center friends!

JULY 27 AUG 31 SEPT 28



ESTATE PLANNING CLINIC

Dates: 3rd Thursday of every other month
3404FW17 July 21

3405FW17 Sept 15

3406FW17 Nov 17

Time: 10:30 AM

Cost: FREE

Lawyers from Cooley Law School will be here to talk about wills, power of attorney, trusts and answer your questions. Pre-register 1 week prior to event.

Meals on Wheels home delivery is available. For more information call Senior Meals on Wheels at 248-689-0001. Wednesday's from 11-12 lunch can be served with a pre-ordered meal. If you are interested we need to know one week in advance.



**Meals On
Wheels**

"More than just a Meal"

Monday and Wednesday play a friendly game of Ping Pong to keep your senses and reflexes sharp! We have a few extra paddles, a table, and patient players. Stop by and see if you have what it takes or pick up a new activity!



Drop-in Watercolor painting on Tuesdays each week. Bring \$5 to participate and share your work with a group of 50 Up Members. Bring your brushes, paints, paper, and pictures to work from. Beginners and seasoned painters are welcome to join!

Wednesdays from 10 am—11 am volunteers Joyce and Ken will read your blood pressure. Membership is required, but there is no charge for this service. Thank you to our wonderful volunteers for continuing this free service!



SCRABBLE

Enjoy Scrabble? Join the 50 Up Club Members Wednesdays 1 –4 pm in Senior Lounge to play. Dictionaries are encouraged.

Join this experienced Bid Whist group to keep your mind sharp with your fellow 50 Up Club Members.



PICKLEBALL

Pickle-ball® was created with one thing in mind: fun. It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. Thursdays 11:30 am to join in on the fun! Be sure to bring your own equipment. \$2 to play.

Walking Group will continue indoors Tuesdays and Thursdays 9 am. For the colder days inside route is open and through Shepard Park when the weather breaks. Bring a friend!



2016 MEMBERSHIP DUES MUST BE PAID TO PARTICIPATE IN PROGRAMS, CLASSES, & TRIPS

CLOSED DATES: SEPT 5

REGISTRATIONS REQUIRED 1 WEEK PRIOR TO CLASS

5 PARTICIPANTS TO ENSURE CLASSES RUN (IN MOST CASES)

Drop-In Hustle with Doug

Thursdays learn from a seasoned veteran of the dance. \$4 Resident/ \$5 Non Resident charge to step you way into a healthy lifestyle. All levels welcome and encouraged!

Hustle



Lunch Bunch:

July 29 – Hard Rock Café Detroit

Aug 5 - Rochester Brunch House,
Downtown Rochester

Sept 16 - El Zocalo Mexican Restaurant

Pre-registration is required for transportation. Cost of \$6 for transportation and lunch will be on your own. Come join the fun!! All reservations are for noon.



July 21—Concert in Shepherd Park, 7pm –8:30pm

July 23— Insane Inflatable 5 K race! 8 am—12 m

July 28— Concert in Shepherd

August 30— Clerk’s office open for absentee voting 9a-2p

August 2—Election Day! Get out and Vote! *NO CLASSES

August 6—Summerfest Begins! 12 pm—9 pm

August 7—Summest last day! 12 pm—7 pm

August 21—Senior Citizen Day

August 27— Pool Closes for summer

August 31—Summer Taxes Due without penalty

September 5—Labor Day, **City Offices Closed**

September 22—First Day of Autumn

2016 MEMBERSHIP DUES MUST BE PAID TO PARTICIPATE IN PROGRAMS, CLASSES AND TRIPS.

**FALL CLOSED DATES:
LABOR DAY, SEPT 5**

IMPORTANT TRIP INFORMATION

- ◆ We accept: Visa, MasterCard, American Express or Discover.
- ◆ We no longer take credit cards by phone.
- ◆ Checks payable to: City of Oak Park for programs, trips & dues.
- ◆ You must arrive 1/2 hour before departure time.
- ◆ A full refund will be sent to you, if we cancel the trip.
- ◆ Trip insurance is advised for all extended trips.
- ◆ We reserve the right to change or discontinue a trip.
- ◆ Itineraries are subject to change.
- ◆ Return times are estimated times.
- ◆ You must **call the office to cancel any trips**. We will try to re-sell your ticket if we have a wait-list (less \$5) for trips under \$50 and \$8 for those over \$50. There are no guarantees.
- ◆ You must **SHOW** your membership card for 2016 when signing up for trips and classes. Trips will be filled on a first come basis. All others will be put on a waitlist.
- ◆ Seats are main floor unless otherwise noted.
- ◆ All overnight trips are by deluxe motor coach.

Questions or Suggestions?

We'd love to hear from you and if there is something you would like see here in the Odyssey contact us at 248-691-7555 or via email at Mrosemond@oakparkmi.gov Thank you for your contributions thus far and we look forward to providing our members with more quality programming and service.

<https://apm.activecommunities.com/oakparkrecreation/Home>



**WE ACCEPT ALL MAJOR CREDIT CARDS
VISA, MASTERCARD,
DISCOVER, AND AMERICAN EXPRESS**