

**Mayor**  
Marian McClellan

**Mayor Pro Tem**  
Carolyn Burns

**Council Members**  
Kiesha Speech  
Solomon Radner  
Ken Rich

**City Manager**  
Erik Tungate

# ODYSSEY



**OCTOBER—DECEMBER 2016**

**Hours: Monday-Thursday 9AM-1PM & 2PM-5PM**  
**Friday open dates: Oct. 7, 21; Nov. 4,18; Dec. 2,16 from 8-4**

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Oak Park, MI 48237

248-691-7555

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*Dear 50 Up Club Members,*

**Maralee Rosemond**  
Recreation Coordinator  
Senior Programs

There is a crispness in the air as folks start to come together indoors to get reacquainted with friends and neighbors who were busy over the summer months with family visits, yard work and travel!

Come experience the sights and smells of Yates Cider Mill, relax on the Michigan Princess for a fall river cruise, Enjoy the excitement of the 2016—2017 theater season and listen to a variety of local authors as they present their books and memorabilia on such namesakes as Hudson's, Crowley's, Jacobson's, and more!

Come meet your recreation staff and recreation advisory board for another "Meet & Greet" on October 19, 2016 at 7-8:30 pm at the Recreation Center See you there!

**November 11** – **Detroit Opera Theater** presents: "Silent Night" \$25/person Dress rehearsal performance. 11:00- am—2:30 pm Bus leaves at 10:15 am

*Silent Night* won the Pulitzer Prize for Music in 2012 and has been capturing the hearts of opera audiences around the world. Loosely based on events from World War I, *Silent Night* depicts a spontaneous cease-fire between French, Scottish and German soldiers on Christmas Eve, 1914. Sung in the multiple languages of its characters.

**#00017SRTR17**

**November 26**– **Oak Park 1st Annual Gift-O-Rama!**

Come enjoy holiday shopping for that special someone at the Oak Park Gift-O-Rama! \$2 admission fee day of event.

**December 1**– **Meadow Brook's Annual Holiday Walk.** The golden age of the holidays is aglow at The Great Estate as we tour this 110 room Tudor-revival style mansion filled with historic and holiday treasure. Trip includes lunch. \$35/person **#00013SRTR17**

**December 9**– **Huckleberry Railroad Holiday Magic Trip.** This 8 hour day is packed with dinner, tours, shopping and more! Please see flyer in the lobby of the Recreation center for full details. \$65/ person **# 0009SRTR16**

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.**

**NO CLASSES ON NOV. 8 VOTING DAY.**

**Community Center Closed Nov 24 & 25 for Thanksgiving Holiday**

## 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!*

**October 7: Take Charge of Your Wellness Seminar**  
FREE 10 am—12 noon **#00020SRTR17**

**October 14– Michigan Princess Color Tour** \$58/ person: Includes transportation, buffet lunch and two hour river cruise. Limited seating, sign up early. **#00012SRTR16**

**October 28**– **Yate's Cider Mill Trip.** \$6 transportation fee, shopping and lunch on your own **#00015SRTR17**

**November 7**–**Historic Houses of Worship Tour.** an inspirational and eye opening tur of 5 beautiful churches that contributed to the development of Detroit and it's surrounding communities. \$58.00 /person includes transportation, tour and lunch! 9:15 am—4:00 pm LIMITED SEATS**#00016SRTR17**

## 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.

**3012FW17 Sept 12—Oct 17**

**3013FW17 Oct. 24—Nov. 28**



## SIT AND GET FIT

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

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

**3027SS16** Sept 12—Nov 16

**3028FW17** Nov. 21—Dec. 19

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

**3045FW17 Sept.6—Nov. 15**

**3046FW17 Nov.22—Dec. 20**

(week class)



## TOTAL BODY WORKOUT

Purchase a punch card for \$20

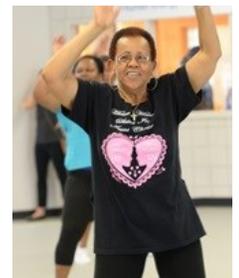
**3071SS16**

**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. **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

**3047FW17** Sept. 13–Nov. 1

**3048FW17** Nov. 15–Dec. 20



Ancient Chinese system of exercise and moving meditation 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 meditation 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

**3053FW17** Sept. 15–Oct. 20

**3054FW17** Oct. 27–Dec. 8 \*\*no class Nov. 24\*\*

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

## **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!

**November 15—“The History of the Cass Corridor”** by author Armando Delicato \$2/person. Light refreshment will be served In Activity Room B **#0007SRTR16**

**December 13– “The Story of Hudson’s”** by author Michael Hauser. Re-live the magic of Hudson’s, explore the tables of memorabilia while enjoying a bowl of the famous “Canadian Cheddar Cheese ” soup and Maurice Salad! \$8/person.

**#00016SRTR17**

**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 –2pm 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

**October 12**– Pumpkin Pie Time

**November 23**—Time to Give Thanks

**December 14** — Celebrate The Holidays

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.

## AARP SAFETY DRIVERS COURSE

The AARP Smart Driver course is the nations first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premiums upon completing this TWO DAY COURSE. \*\* must attend BOTH days to receive certificate of completion.

Dates: October 17 & 18, 2016

Time: 10:30 am—2:30 pm

Cost: \$20 for AARP members

\$25 for non-members

**#0001SRCL16**

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!

**OCT.26 NOV. 30 DEC. 21**



## ESTATE PLANNING CLINIC

**Dates:** 3rd Thursday of every other month

**3405FW17** Sept 15

**3406FW17** Nov 17

**3407FW17** Jan. 19

**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.



senior **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**

**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!

**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.



**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**

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

**CLOSED DATES: Nov.24 & 25 Dec. 26—Jan. 1, 2017**

**REGISTRATIONS REQUIRED 1 WEEK PRIOR TO CLASS**

**5 PARTICIPANTS TO ENSURE CLASSES RUN (IN MOST CASES)**



### Lunch Bunch:

**Oct.21**– Magginano’s of Troy \$6 +on your own

**Nov.18**– Mystery Lunch \$6 +\$25 price range

**Dec.2**– Holiday Shopping at Partridge Creek \$6 + lunch on your own at.....

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.



**October 7**– Precious Home Health Seminar 10am—12 pm

**October 10**– Last day to register to vote in Nov. Election

**October 17 & 18**— AARP Safe Driving Course

**October 21**– Maggiano’s Lunch trip

**November 4**– Precious Home Health Care Seminar

**November. 8**– Election day. Get Out And Vote \*NO CLASSES

**November 11**—Veterans Day, City offices closed

**November 14**– Shelter registration for residents begins

**November 24 & 25**—City Office s Closed for Thanksgiving

**November 26**- 1st Annual Gift-O-Rama in Rec Center!

**December 22– 26**– City offices closed

**December 22—Jan 1** NO classes & events held in Rec Center. Building maintenance.

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

**CLOSED DATES:**  
**Nov. 24 & 25**  
**Dec. 23– Jan. 1, 2017**

## 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](mailto:Mrosemond@oakparkmi.gov) Thank you for your contributions thus far and we look forward to providing our members with more quality programming and service.

**Register On Line at :**

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



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