



Recreation Director
Laurie Stasiak

Recreation Coordinator
Maralee Rosemond

ODYSSEY

OCTOBER TO DECEMBER 2016

Hours of Operation:

Monday to Thursday: 9 a.m. to 1 p.m. and 2 p.m. to 5 p.m.
Every Other Friday: October 7 and 21; November 4 and 18; and
December 2 and 16, from 8 a.m. to 4 p.m.

Mayor
Marian McClellan

Mayor Pro Tem
Carolyn Burns

Council Members
Kiesha Speech
Solomon Radner
Ken Rich

City Manager
Erik Tungate

Recreation Department | City of Oak Park | 14300 Oak Park Blvd., Oak Park, MI 48237 | (248) 691-7555 | mrosemond@oakparkmi.gov



A Note From the City Manager

As members of our Recreation Program, most of you are aware that we strive to provide our older adult population with vital community services that increase independence, promote health and wellness, and provide opportunities to socialize and remain active. Our senior center offers a wide variety of programs and services, including travel and tours; lectures and classes; health, fitness and wellness programs; healthcare and medical services; educational and arts activities; nutrition and transportation resources; recreational, sports and social activities; and volunteer opportunities.

As research from the National Institute of Senior Center Research institute states, "older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being." As we strive to continually improve our services and programs to meet the needs and desires of the community, we welcome your comments and suggestions. We also urge you to reach out to other seniors who may not be aware of our programs and invite them to tour our facilities and meet our dynamic and dedicated Recreation Department staff.

Sincerely,
Erik Tungate
City Manager, City of Oak Park

Dear 50 Up Club Members,

Are you ready for Fall? Along with the season's Fall colors, crisp air and beautiful sunsets we've planned an energetic Fall line-up to meet a wide range of interests. There's plenty of fun and exciting activities to choose from.

In case you missed the last Recreation Department Meet and Greet, we've scheduled another during evening hours. Come meet your new Recreation Department staff and the Recreation Advisory Board on October 19 from 7 to 8:30 p.m. in the Community Center. We can't wait to meet you!

Maralee Rosemond

Recreation Coordinator — Senior Programs
(248) 691-2357 | Email: mrosemond@oakparkmi.gov

To enroll online for courses and activities, visit:
<http://apm.activecommunities.com/oakparkrecreation>

DAY TRIPS

Preregistration is required. Trip and transportation charges vary. Use trip sign-up sheets and flyers to make your reservations. Enroll online or in-office, today!

October 7, 10 a.m. to Noon—Take Charge of Your Wellness Seminar. Free seminar. #00020SRTR17

October 14, 9:15 a.m. to 2:30 p.m.—Michigan Princess Fall Color River Tour includes a two-hour river cruise, buffet lunch and transportation. Seats are limited. \$58 per person. #00012SRTR16

October 28, 9:30 a.m. to 2 p.m.—Yate's Cider Mill Trip includes shopping and transportation. Lunch on your own. \$6 per person. #00015SRTR17

November 7, 9:15 a.m. to 4 p.m.—Historic Houses of Worship Tour. An inspirational and eye-opening tour of five beautiful churches that contributed to the development of Detroit and surrounding communities. Includes tour, lunch and transportation. Seats are limited. \$58.00 per person. #00016SRTR17

November 11, 10:15 a.m. to 2:30 p.m.- Detroit Opera Theater presents: "Silent Night," a dress rehearsal performance. "Silent Night" depicts a spontaneous cease-fire between French, Scottish and German soldiers on Christmas Eve in 1914. It is loosely based on the events of World War I. This performance won a Pulitzer Prize for Music in 2012. Seats are limited. \$25 per person. #00017SRTR17

November 26, 10 a.m. to 6 p.m.— Oak Park Holiday Gift-O-Rama! Shop local to find that one-of-a-kind holiday gift for that one-of-a-kind person in your life! This event supports Oak Park and area businesses. \$2 admission per person at the door. **Preregistration is not required.**

December 1, 11 to 3:30 p.m.— Meadow Brook Hall's 45th Annual Holiday Walk. The golden age of the holiday is aglow at The Great Estate as we tour the 110-room, Tudor Revival style mansion filled with historic and holiday treasure. Tour and lunch are included. \$35 per person. #00013SRTR17

December 9, 2 p.m. to 10:15 p.m.— Huckleberry Railroad Holiday Magic Trip. This eight 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

LAPTOP COMPUTER CLASS

Days: Mondays

Time: 9:30 a.m. to 10:30 a.m.

Cost: \$60 for six weeks.

Instructor: Marta Sandoval

Improve your computer skills in our basic computer 101 class. Learn about the physical laptop, internet security, online safety, and how to perform research. This class is paced to accommodate the needs of the class and is designed for seniors. Bring your laptop or tablet to class. **#3013FW17**

ONE-ON-ONE GADGET SESSIONS?

Schedule three, one-on-one sessions with Tech Guru Marta Sandoval for **\$60**. Marta can help students conquer any gadget they may be struggling with, including smart phones, cameras, tablets and printers! Inquire at front desk for more information.

Cost: \$60 (Three sessions)

Sept. 12 to Oct. 17, #3012FW17

Oct. 24 to Nov. 28, #3013FW17

Instructor: Marta Sandoval



SIT AND GET FIT

Days: Monday and Wednesday

Time: 9 to 10 a.m.

Cost: \$34 for 20 sessions (10 weeks, two days per week)

Sept. 1 to Nov. 16, #3027SS16

Nov. 2 to Dec. 19, #3028FW17

Work on building strength and flexibility in the comfort of a chair while using dumbbells, bands and small balls.

Instructor: Toni Henderson



GENTLE CHAIR YOGA

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

Dates: Tuesdays

Time: Noon to 1 p.m.

Cost: \$30 for 10 weeks

Instructor: Bobby Calhoun

Sept. 6 to Nov. 15, #3045FW17

Nov. 22 to Dec. 20, #3046FW17



TOTAL BODY WORKOUT

Cost: Purchase a punch card for \$20

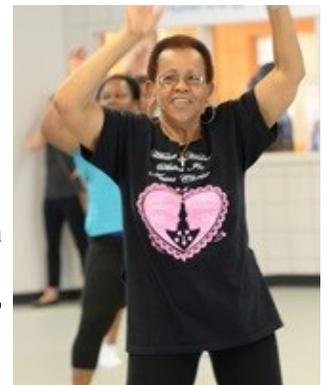
Time: 10:30 to 11:30 a.m.

Days: Monday & Wednesdays

Instructor: Suzi Skotorcyk

#3071SS16

An all body conditioning exercise class that allows participants to work at their own pace. Purchase a punch card for this twice a week, **drop-in** program!



ZUMBA GOLD

Dates: Tuesdays

Time: 9 to 10 a.m.

Cost: \$30 for 6 weeks

Zumba Gold takes the popular Latin dance inspired workout of Zumba and makes it accessible for seniors, beginners and others in need of exercise modifications.

Sept. 6 to Oct. 11, #3501FW17

Halloween Boo Bash

October 31, 5 to 8 p.m.

David H. Shepherd Park

**Hayride | Trick or Treat Street | Monster Mash
Light Refreshments | Free Family-Fun**



TAI CHI FOR RETURNING STUDENTS

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

Time: 11:30 a.m. to 12:15 p.m.

Instructor: Han Hoong Wang

Sept. 13 — Nov. 1, #3047FW17

Nov. 15 — Dec. 20, #3048FW17

This class utilizes an ancient Chinese system of exercise and moving meditation to develop flexibility and coordination while aiming to slow down the aging process. This class is for experienced students only. If you'd like to learn, enroll in the Tai Chi for Beginners class with Holly!

BASIC HATHA YOGA

Cost: Purchase a punch card for \$20

Time: 10:30 to 11:30 a.m.

Days: Thursdays

Instructor: Bob Smith

This class provides a basic foundation, explores breath alignment, and improves balance for students at all levels. Bring your own mat for this weekly drop-in program. **#3060FW16**

TAI CHI FOR BEGINNERS!

Days: Tuesdays

Cost: \$42 for six weeks, \$35 for five weeks

Time: 10 to 10:45 a.m.

July 26 to Aug. 23 (5 weeks), #3055FW17

Aug. 30 to Oct. 4 (6 weeks), #3056FW17

Oct. 11 to Nov. 15 (6 weeks), #3057FW17

Learn the ancient Chinese system of exercise and movement meditation to develop flexibility and coordination, and to slow down the aging process. All levels of experience are welcome.



BALLROOM DANCE FOR MEN AND WOMEN

Days: Thursdays

Cost: \$24 for six weeks

Time: 11:05 a.m. to 12:05 p.m.

Instructor: Doug Shackelford

Sept. 15 to Oct. 20, #3053FW17

Oct. 27 to Dec. 8 (No Class on Nov. 24), #3054FW17**

Learn the latest ballroom dance steps, including Chicago step, salsa, and more. Couples and singles are welcome. No experience necessary.

OAK PARK TUESDAY LECTURE SERIES

All lectures will be held in Room B from 1 to 2:30 p.m. Light refreshments will be served. Full lecture descriptions are available at the Recreation Center. All lecture series events will have a visual presentation. Some will display memorabilia!

Nov. 15 — “The History of the Cass Corridor” by author Armando Delicato. Light refreshments will be served. Activity Room B. \$2 per person. **#0003SRLC16**

Dec. 13 — “The Story of the Hudsons” by author Michael Hauser. Relive the magic of Hudsons, explore tables of memorabilia and enjoy a bowl of the famous Canadian Cheddar Cheese soup and Hudsons Maurice Salad! \$8 per person. **#0004SRLC16**



DROP-IN PROGRAMS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| Quilters 10 a.m. to 2 p.m. Senior Lounge BINGO Noon to 2 p.m., Room B (Held on the second and fourth Mondays of the month.) Ping Pong Noon to 2 p.m. | Senior Indoor Walking Group 9:00 a.m. Watercolor Drop-In 1 to 3p.m. (\$5) | Blood Pressure 10 to 11 a.m. Senior Lounge BINGO Noon to 2 p.m. Room B (Meals on Wheels) Ping Pong Noon to 2 p.m. Scrabble 1 to 4 p.m., Senior Lounge | Senior Indoor Walking Group 9:00 a.m. Pickleball 11:30 a.m. Room A (\$2) Drop In Hustle 10 to 11 a.m. (\$4/ \$5) Bid Whist 1 to 4 p.m., Room 3 | Monthly Lunch Bunch Outings Preregistration is required. See dates and times. Lunch on your own. (\$6) |



BINGO is held every Wednesday and every second and fourth Monday.

Oct. 12 — Pumpkin Pie Time

Nov. 23 — Time to Give Thanks

Dec. 14 — Celebrate The Holidays

Special holiday treats will be provided. Participation is welcome.

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 TWO DAY 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. Participants must attend BOTH days to receive certificate of completion. **#0001SRCL16**

Dates: Two Day Program, Oct. 17 and 18

Time: 10 a.m. to 2:30 p.m.

Cost: \$20 for AARP members
\$25 for Non-AARP members

50 Up Club Member Birthday Celebration

Celebrate our **50 Up Club Member Birthdays** on the last Wednesday of the month at 11 a.m. in Room B with cake and all our Community Center friends!

OCT. 26, NOV. 30, AND DEC. 21



ESTATE PLANNING CLINIC

Dates: Third Thursday of every other month

Sept. 15, #3405FW17

Nov. 17, #3406FW17

Jan. 19, #3407FW17

Time: 10:30 a.m.

Cost: FREE

Lawyers from **Western Michigan University Cooley Law School** talk about wills, power of attorney and trusts. They will also hold a question and answer session. Preregister at least one week prior to the event.

Meals on Wheels

Meals on Wheels home delivery is available. For more information, call Senior Meals on Wheels at (248) 689-0001 on Wednesdays from 11 a.m. to noon. Lunch can be served with a preordered meal. If you are interested, call at least one week in advance.



senior Meals On Wheels

"More than just a Meal"

Ping Pong

Keep your senses and reflexes sharp. Join us every Monday and Wednesday to play a friendly game of Ping Pong. We have a few extra paddles, a table, and patient players.



Drop-In Watercolor Painting

Try our drop-in watercolor painting class, held every Tuesday. Bring \$5 to participate and share your work with a group of 50 Up Members. Bring your supplies, including brushes, paints, paper, and pictures. Beginners and seasoned painters are welcome to join!

Blood Pressure Checks

Volunteers Joyce and Ken will read your **blood pressure every Wednesday from 10 to 11 a.m.** Membership is required, however there is no charge for this service. Thank you to our wonderful volunteers for continuing this free service!



Enjoy Scrabble? Join the 50 Up Club Members every Wednesday from 1 to 4 p.m. in the Senior Lounge. Dictionaries are encouraged!

Bid Whist

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



The Walking Group will continue indoors on Tuesdays and Thursdays at 9 am. We encourage the inside route on colder days and walks through David H. Shepard Park when the weather breaks. Bring a friend!



PICKLEBALL

Pickle-ball® was created with one thing in mind— fun. It is easy to learn and play whether you're five, eighty-five, or somewhere in between. Join us on Thursdays at 11:30 a.m. Be sure to bring your own equipment. \$2 per person.

Hustle

Drop-In Hustle with Doug

Hustle your way into a healthy lifestyle. Learn how to hustle from Doug, our seasoned veteran of dance. All skill levels are welcome. \$4 per person for residents. \$5 per person for non-residents.





Lunch Bunch

Oct. 21— Maggiano's of Troy. Includes transportation. Lunch on your own. \$6 per person.

Nov. 18—Mystery Lunch. \$6 to \$25 price range

Dec. 2—Holiday Shopping at Partridge Creek includes transportation. Lunch on your own. \$6 per person.

Preregistration is required for transportation. Come join the fun!! All lunch reservations are for noon. Arrive early to depart on schedule.



Oct. 7 — Precious Home Health Seminar, 10 a.m. to noon

Oct. 10 — Last day to register to vote in the General Election.

Oct. 17 and 18 — AARP Safe Driving Course

Oct. 21 — Maggiano's Lunch Trip

Nov. 4 — Precious Home Health Care Seminar

Nov. 8 — General Election Day. ***NO CLASSES**

Nov. 11 — Veterans Day. City offices are **closed**.

Nov. 14 — Shelter registration for residents begins.

Nov. 24 and 25 — City offices are closed for Thanksgiving

Nov. 26 — Gift-O-Rama in the Recreation Center

Dec. 22 to 26 — City offices are closed.

Dec. 29 to Jan. 1 — City offices are closed for the holiday season. No classes are held during this time. Building maintenance is scheduled.

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

**We will be closed for the Holiday Seasons
Nov. 24 and 25, and Dec. 23, 2016 to Jan. 1, 2017.**

**There will be no classes on
General Election Day, November 8.**

Please register for classes at least one week prior to the day of class. Five participants are needed to ensure classes are not cancelled (in most cases).

IMPORTANT TRIP INFORMATION

- ◆ We accept: Visa, MasterCard, American Express and Discover.
- ◆ We no longer take credit cards by phone.
- ◆ Checks are payable to: "The City of Oak Park" for programs, trips and dues.
- ◆ You must arrive one-half 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 resell your ticket if we have a waiting list, less \$5 for trips under \$50 and less \$8 for trips 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, first serve basis. All others will be put on a waiting list.
- ◆ Seats are main floor unless otherwise noted.

Questions or Suggestions?

We'd love to hear from you. If there is something you would like to read in the Odyssey, contact us at (248) 691-7555 or via email to Recreation Coordinator Maralee Rosemond at mrosemond@oakparkmi.gov.

For more information on our programs or to register online, visit <http://apm.activecommunities.com/oakparkrecreation>.

Thank you for your contributions thus far and we look forward to providing future quality programming and friendly service.



**Oak Park Recreation
Senior Services
(248) 691-2357**

**View Activities &
Register Online**

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