

Mayor  
Marian McClellan

Mayor Pro Tem  
Carolyn Burns

Council Members  
Kiesha Speech  
Solomon Radner  
Ken Rich

City Manager  
Erik Tungate

# ODYSSEY



JANUARY FEBRUARY MARCH 2016

Office Hours: Monday-Thursday 9AM-1PM & 2PM-5PM  
[Register On-Line: activecommunities.com/oakpark](http://activecommunities.com/oakpark)

14300 Oak Park Blvd

Oak Park, MI 48237

248-691-7555

E-Mail: [cpodzikowski@ci.oak-park.mi.us](mailto:cpodzikowski@ci.oak-park.mi.us)

*Thank you so much for your continued membership in the 50 Up Club! We are so excited to bring you more day trips and exciting ways to engage with the community. Please take a look at all we have to offer. You may register today in person or on-line for all our great activities and events. We'll see you soon!*

Carly Podzikowski  
Senior Citizen Coordinator

**Bingo** every Wednesday and every 2nd and 4th Monday

**January 20th** - Martin Luther King Jr.'s Day

**February 3rd** - Valentine's Day

**March 16th** - St. Patrick's Day celebration

**April 20th** - Earth Day

Special holiday treats will be provided — participation is encouraged.

**New Member Coffee Wednesday's** at **11 am** in the **Senior Lounge**. Meet up with new and old friends for a cup of coffee or tea.

**Meals on Wheels** home delivery is available. For more information call Senior Meals on Wheels at 248-689-0001.

**Walking Group** will be moving indoors Tuesdays and Thursdays for the winter months. Log your miles for prizes!



### **30 Americans DIA Tour January 8th :**

An exhibition bound by one nation and divided by 30 experiences. A dynamic showcase of contemporary art by African American artists. Enjoy this with our 50 Up Club members! Pre-registration required. DIA providing transportation. **3700FW16 (Cost: \$10)**

### **Cirque du Soleil January 23rd:**

Enjoy a live experience you won't soon forget! *Toruk The First Flight* inspired by James Cameron's AVATAR at the Palace of Auburn Hills. Pre-registration is required. **3701FW16 (Cost: \$80)**

### **Winterfest January 24th:**

Join us for our annual **FREE** celebration from **1-4 pm!** Bring the grandkids or volunteer to help us provide another great community event!

### **Sanders & Morley Candy Tour Feb. 19th:**

This tour of the candy company includes a video, the story of how they got their start here in Detroit, learn how it's made, and enjoy a FREE sample! Don't forget to stop by the gift shop to bring a piece of history home with you. Pre-registration is required. **3702FW16 (Cost: \$6)**

### **Michigan Senior Olympics: Winter Games**

Anyone age 50+ can participate in the MSO Winter Games from **February 9-21**. To learn more about the games, sports, competitions, and tournaments visit [www.michiganseniorolympics.org](http://www.michiganseniorolympics.org) /call 248-608-0252.

### **Pewabic Pottery March 4th**

Explore this historic gem and take the hands on tour! Fire up your creativity and see how the process works. Pre-registration is required. **3703FW16 (Cost: \$26)**

### **DSO St. Patrick's Day Celebration Mar. 11th**

Irish eyes will be smilin' when Cathie Ryan sings Celtic classics. Celebrate the wearin' o' the green with favorites from the Emerald Isle! Pre-registration is required. **3704FW16 (Cost: \$46)**

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

**CLASSES BEGIN WEEK OF JANUARY 4TH, 2016**

**CLOSED DATES: Jan.18th, Mar. 24th**

## SIT AND GET FIT



**Dates:** Monday & Wednesday  
**3028FW16:** Nov. 23rd—Dec. 21st  
**3026FW16:** Jan. 4th—Mar. 14th  
(No class Jan. 18th)  
**3027SS16:** Mar. 28th —Jun. 13th  
(*No class May 25*)  
**Time:** 9:00 AM - 10:00 AM  
**Cost:** \$40 for 20 sessions (10 weeks)

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  
**3042FW16** Jan. 5th—Mar. 15th  
**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*

## TAI CHI FOR RETURNING STUDENTS

**Dates:** Tuesdays  
**3047FW16** Jan. 5th—Mar. 22nd  
**3046SS16** Apr. 5th—Jun. 14th  
**Cost:** \$84 for 12 weeks  
**Time:** 11:30 AM— 12:15 PM

Ancient Chinese system of exercise and moving meditation to develop flexibility, coordination and slow down the aging process  
Experienced students only.  
*Instructor: Han Hoong Wang*

## TAI CHI FOR BEGINNERS!



**Dates:** Tuesdays  
**3054FW16** Jan. 5th—Mar. 22nd  
**3055SS16** Apr. 5th—Jun. 14th  
**Cost:** \$84 for 12 weeks  
**Time:** 10:00—10:45 AM

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



**Dates:** Thursdays  
**3050FW16** Jan. 7th —Feb. 11th  
**3051FW16** Feb. 18th— Mar. 31st  
(No class Mar. 24th)  
**Time:** 11:05 AM—12:05 PM  
**Cost:** \$24 for 6 weeks

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

## TOTAL BODY WORKOUT

**3071FW16**  
**Dates:** Monday & Wednesday  
**Time:** 10:30 AM—11:30 AM  
**Cost:** Purchase an exercise punch card for \$20

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!  
*Instructor: Suzi Skotorcyk*



## BASIC HATHA YOGA

**3060FW16**  
**Dates:** Thursdays  
**Time:** 10:30 AM—11:30 AM  
**Cost:** Purchase an exercise punch card for \$20.

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



## Senior Softball

### Join the Oak Park Senior Softball League!

Participate on our annual men's softball league with the Northwest Parks and Recreation Association. Season play is \$84 and 2016 Membership dues. Register on-line at [www.activecommunities.com/oakpark](http://www.activecommunities.com/oakpark) or during office hours 9:00 am –1:00 pm and 2:00—5:00 pm Monday—Thursday. **300SS16.**

# 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)

## LAPTOP COMPUTER CLASSES

**Dates:** Mondays

**3014FW16** Jan. 4th—Feb. 15th  
(No class Jan. 18th)

**3015FW16** Feb 29th—Apr. 11th

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

**Cost:** \$60 for 6 weeks

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. The class is slow paced and designed with seniors in mind. Bring your laptop with you. *Instructor: Marta Sandoval*

## ANYONE CAN PAINT!

**Dates:**

**3024FW16** Jan. 14th

**3018FW16** Feb. 11th

**3019FW16** Mar. 10th

**Time:** 1:00 PM—3:00 PM

**Cost:** \$26 per class. Supplies included.



Award winning television artist, Steve Wood, will show you how you can paint! Steve hosts the popular television show "Anyone Can Paint", which is seen throughout Michigan. You must sign up by the Monday before each class!

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

**DROP-IN CLASSES BEGIN WEEK OF JAN.4TH**

**CLASSES BEGIN WEEK OF JANUARY 4TH**

**CLOSED DATES: JAN.18th, MAR. 24th**

## Eat Smart, Live Strong

Join as Michigan State University Extension Instructor, Debra Studebaker helps our 50 Up Club members Eat Smart, Live Strong. This **FREE** 6 week course focuses on fruits and vegetables and physical activity. Materials are provided, food demonstrations and samples are included in this dynamic curriculum! Pre-registration is required.

**Tuesdays January 12 - February 16, 2016**

**9:30—10:30 AM, Room C 3002FW16**

## ESTATE PLANNING CLINIC

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

**3404FW16** Jan. 14th

**3405FW16** Mar. 16th

**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.

Refresh your driving skills with the [AARP Smart Driver Course](#)

**Monday & Tuesday May 16 & 17, 2016**

**Time:** 10:00 AM—2:30 PM, both days

**Cost:** AARP members \$20, Non-Members \$25

Learn defensive driving techniques, proven safety strategies, new traffic laws, and rules of the road. No tests to pass, simply sign up and learn. When you complete the course, you could receive a multi-year discount on your car insurance. Pre-registration is required.



### Lunch Bunch:

**Friday, December 18th**—Detroit Hard Rock Café

**Friday, January 22nd**—Melting Pot of Troy

**Friday, February 5th**—Local Kitchen and Bar

**Friday, March 18th**—Granite City Food & Brew

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

## DAY TRIPS

**January 8th**—DIA: 30 Americans Exhibit **3700FW16**

**January 22nd**— Melting Pot of Troy Lunch Bunch **3311FW16**

**February 5th**— Local Kitchen & Bar Lunch Bunch **3312FW16**

**February 17th** —Little Anthony & The Imperials at Soaring Eagle Casino **3505FW16**

**February 19th**—Sanders & Morley Candy Co Tour **3702FW16**

**March 4th**—Pewabic Hands on Tour **3703FW16**

**March 11th**—DSO St. Patrick's Day Celebration **3704FW16**

**March 18th**—Granite City Food & Brew Lunch Bunch **3313 FW16**

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!



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

## 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.

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!

**January 27th, February 24th, March 30th**



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!**

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