

# SENIOR SERVICES

## SENIOR SERVICES DEPARTMENT

1827 N. SQUIRREL ROAD | AUBURN HILLS 48326

PHONE 248-370-9353

FAX 248-370-9357

## BUSINESS HOURS

MONDAY - FRIDAY | 8:00AM - 9:00PM

SATURDAY | 9:00 AM - 9:00PM

## TRANSPORTATION

Transportation available for senior city residents age 60 and older and/or disabled city residents. Transportation is for medical appointments (non-emergency or surgical), business appointments, shopping days and visits to the Community Center for luncheon activities. Not available for work-related transportation. Fee is \$2.00 each way. For information call: 248-370-9353. Must call in advance; same-day service is not available.

## COMMUNITY CENTER CARD

Stop by the Community Center to receive a "Community Center Card" or renew your current Community Center card. Proof of residency required. Cards are renewed annually. Cardholders can participate in a variety of city-sponsored senior programs, special events and other programs. Your FREE Community Center Card may be obtained only at the Community Center. Monday-Friday, 8:00AM - 9:00PM, Saturday, 9:00AM - 9:00PM.

## FITNESS OPPORTUNITY

Residents of Auburn Hills with a Community Center Card can use the Fitness Room at the Community Center FREE OF CHARGE.

Non-resident: Individual \$250.00 /Family \$400.00

Locker room with showers available. Bring your own lock/shower supplies.

Monday- Friday, 8:00AM - 9:00 PM and Saturdays, 9:00 AM - 9:00PM. Fitness Room check-in no later than 8:30PM.

## INSTRUCTORS WANTED

Do you have a special talent, hobby or fitness program that you would like to teach? Stop by the Community Center to pick up a Prospective Instructor Survey or go online.

## IDEAS & SUGGESTIONS WELCOME

We are always searching out new ideas for our programs and services. If you have an idea or suggestion please drop us a line or call us. Better yet, stop by for coffee and let us know what you are thinking.

## PROGRAM LOCATIONS

Unless otherwise noted, all programs, classes, and lectures take place at the Auburn Hills Community Center

## SEMI-ANNUAL AMERICAN RED CROSS BLOOD DRIVE

Donating blood can save a life! Through your generosity, someone's life will be changed and there is no better feeling than knowing you helped someone. All it will cost you is an hour or so of your time.

Schedule your appointment by calling 248-370-9353 or on-line at <http://www.redcrossblood.org/make-donation>

May 29, 2020

1:00PM - 7:00PM at Community Center

## SEASONAL ANNOUNCEMENTS

### STATE OF THE CITY WITH MAYOR KEVIN MCDANIEL

Join the honorable Mayor Kevin McDaniel as he presents what happened in 2019 in the city and a peek into 2020, including growth in business, events, and more. There will be an opportunity to ask questions afterwards.

Time: 12:30 PM

Date: Friday, 4/24/20

Location: Seyburn A

### ANNUAL CELEBRATION OF LIFE

Join us for our annual Celebration of Life Memorial Planting. During each Celebration of Life event we add a new plant in memory of family and friends who are no longer with us. We will be placing the name of each person on a piece of paper and adding it to the dirt in which the plant/tree will be planted. This symbol of honor will forever memorialize a loved one. To register for this event, please call the Community Center at 248-370-9353.

Time: 12:30PM

Date: Friday, 6/5/20

Location: Community Center Serenity Garden Path

### GRANDMA'S BAKE SHOP FUNDRAISER

Once again we are asking for baked goods to be donated to our popular "Grandma's Bake Shop" to sell at the Auburn Hills Summerfest on Saturday, June 27, 2020. All proceeds will benefit the Senior Nutrition Programs. To add your baked goods to our donation list, please call the community center at 248-370-9353.

### "GRANDPALS" - PEN PAL PROGRAM

We are partnering with the Auburn Hills Teen Council to pair teens with senior pen pals! Teens will write one letter to their Pen Pal every other week, and seniors will be given materials to write back and will be encouraged to write a letter biweekly to their Teen Pen Pal. Sign up at the front desk or call (248) 370-9353 if you are interested in being a part of the pen pal program.



## NUTRITION PROGRAMS

### NOON LUNCH

Lunch is served Monday - Friday at noon. Must reserve a meal by 9:30AM the day before (for a Monday lunch call the Friday before). Monthly menus (subject to change) available at the Community Center or online. Suggested donation ages 60 and over is \$3.00. Under 60: \$5.00. Call **248-370-9353** to reserve a meal.

### MEALS ON WHEELS

Nutritious meals are delivered five days a week to homebound seniors. \$3.00 per meal donation. Call the Older Persons Commission **248-608-0264** to participate or for more information. The OPC Senior Center in Rochester provides our nutrition services to the City of Auburn Hills through a grant with the Area Agency on Aging 1B, general fund support from the City of Auburn Hills and donations.

## YARD SERVICE PROGRAMS

### AUBURN HILLS SPRING & FALL RAKE & RUN PROGRAMS

Are you finding it more difficult to get out and rake your yard to get it ready for spring? If you are senior citizen or disabled homeowner who needs help in raking leaves we may be able to help. Volunteers will clean and rake yards for eligible residents. Call **248-370-9353** to have your name placed on an interest list. Please keep in mind we can only do as many yards as we have volunteers.

### LAWN MOWING & SNOW PLOWING FOR SENIORS & PERSONS WITH DISABILITIES

The City offers 2 yard maintenance programs for income and age eligible homeowners; one for lawn mowing and one for snow removal. These programs are funded by Community Development Block Grant (CDBG) funds and offered to low income senior citizens and disabled adults. Call 248-370-9353 for details.

## LEISURE ACTIVITIES

### MONDAY BUSINESS BINGO

Business Bingo is back and bigger than before! We are expanding Business Bingo to every Monday EXCEPT the Second Monday of the month. Join us for a fun filled afternoon of Bingo sponsored by a local business.

Time: 12:30PM

April 6, 20, 27; May 4, 18; June 1, 15, 22, 29

July 6, 20, 27; August 3, 17, 24, 31

### DROP IN CARD GAMES

Stop by to join in on some card game fun. Groups meet weekly for free and friendly competition. Games will depend on number of players who attend, no registration required.

**Pinochle** - Wednesdays, Starting at 1PM

**Euchre** - Thursdays, Starting at 1PM

## EVENING LECTURES & CLASSES

### REMEMBERING WHEN

At age 65, the likelihood of injury by both fire and falling rise and continue to rise as we age. This program has been developed by experts to reduce fall risk and increase fire safety. You will learn 16 key safety messages, delivered through fun and interactive methods. Join Nancy Butty, from Ascension Providence, and Annette Warner, from Comfort Keepers, for this informative lecture. Register at the Community Center or online by 5/27/20.

Date: Wednesday, 6/3/20 Time: 5:00PM #354109A

### NARCAN TRAINING

Narcan is a nasal spray that counteracts the life-threatening effects of an opioid overdose. Since most accidental overdoses occur in a home setting, it was made easy-to-use with no medical training. Everyone over the age of 18 who attends will receive a Save A Life Kit, which includes 2 doses of Narcan. Please bring your driver's license or state ID to receive your kit.

Date: Tuesday, 6/19/20 Time: 6:30PM

### SENIOR HOUSING 101

Are you looking for senior housing for yourself or for a loved one? It can get overwhelming and confusing with all of the different options. Local experts Cindy and Elizabeth Morley from Parents Changing Spaces will be helping guide you through options, average costs, and programs available that might help to offset those costs. Register at the Community Center or online by 7/7/20.

Date: Tuesday, 7/14/20 Time: 6:30PM #354110

## DAY CLASSES

### COMPUTER CLASSES

This is a 6 week introduction to the basics of computers with individual tutoring for seniors by seniors. Instruction will include basic computing, surfing the web and e-mail. This 6 week class is designed for beginners. Time will be set when you register.

Fee: Resident \$35 / Regular \$45

Dates: Wednesday, 4/29/20-6/3/20 #354108A

Wednesday, 6/17/20-7/22/20 #354108B

Wednesday, 8/5/20-9/9/20 #354108C



## COOKING CLASS WITH RANDALL RESIDENCE CHEF JEFF PARISH

Join Chef Parish for more fantastic cooking classes. He will walk you through the steps to create a tasty meal which you will get to sample. **Registration closes Thursday before each class.**

Time: 11:00AM – 1:00PM

Fee: Both Classes in Session: \$10.00 Resident/\$12 Regular  
Single Class in Session: \$6.00 Resident/\$8.00 Regular

- Session 1 Heart Smart – Both Classes #354099A  
Dates: Tuesday, 4/7/20 #354099B  
Tuesday, 4/21/20 #354099C
- Session 2 Cinco De Mayo! – Both Classes #354100A  
Dates: Tuesday, 5/5/20 #354100B  
Tuesday, 5/19/20 #354100C
- Session 3 Exploring Europe – Both Classes #354101A  
Dates: Tuesday, 6/2/20 #354101B  
Tuesday, 6/16/20 #354101C
- Session 4 Grilling & BBQ – Both Classes #354102A  
Dates: Tuesday, 7/7/20 #354102B  
Tuesday, 7/21/20 #354102C
- Session 5 Outdoor Eats – Both Classes #354103A  
Dates: Tuesday, 8/11/20 #354103B  
Tuesday, 8/25/20 #354103C

## AARP SAFE DRIVING CLASS

Stay safe – and save – with the AARP Smart Driver Course presented by St. Joseph Mercy. The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. This course helps drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes. Plus, you may qualify for a multi-year automobile insurance discount by completing the course! Space is limited, so register now by calling 248-858-3301

Dates: Tues 6/30/20 & Wed 7/1/20 Time: 9AM – 1PM

Fee: AARP Members \$15.00 Non-members \$20.00

Location: Wesson

## ANYONE CAN PAINT

Join award winning and former TV artist Steve Wood as he combines painting tips and techniques. With humor and encouragement, he provides a relaxing and enjoyable experience for beginner to intermediate painters. By the end of the 2 hour class, you will leave with a completed 11 X 14 acrylic painting. Deadline one week before each class.

Dates: Wednesday, 5/20/20 #354105A

Wednesday, 7/15/20 #354105B

Time: 1-3PM Fee: Resident \$25 / Regular \$30

## DIABETES PREVENTION PROGRAM

The Diabetes Prevention Program (DPP) is part of the CDC's National Diabetes Prevention Program. It helps people at risk of diabetes learn how to make lifestyle changes and stick to them. As part of a small, supportive group, you'll learn how to eat healthier, lose weight, and incorporate more physical activity into your life. It's helpful, it's enlightening and it works! Attend the information session to get on the path to diabetes prevention.

Informational Session: Wednesday, 5/6/20

Time: 1-2PM Location: Wesson Room

## SPRING & SUMMER LECTURES

### REMEMBERING WHEN

At age 65, the likelihood of injury by both fire and falling rise and continue to rise as we age. This program has been developed by experts to reduce fall risk and increase fire safety. You will learn 16 key safety messages, delivered through fun and interactive methods. Join Nancy Butty, from Ascension Providence, and Annette Warner, from Comfort Keepers, for this informative lecture.

Date: Wednesday, 4/8/20 Time: 12:30PM #354109B

### STATE OF THE CITY WITH MAYOR MCDANIEL

Join the honorable Mayor Kevin McDaniel as he presents what happened in 2019 in the city and a peek into 2020, including growth in business, events, and more. There will be an opportunity to ask questions afterwards.

Date: Friday, 4/24/20 Time: 12:30PM #354111

### NARCAN TRAINING

Narcan is a nasal spray that counteracts the life-threatening effects of an opioid overdose. Since most accidental overdoses occur in a home setting, it was made easy-to-use with no medical training. Everyone over the age of 18 who attends will receive a Save A Life Kit, which includes 2 doses of Narcan. Please bring your driver's license or state ID to receive your kit.

Date: Wednesday, 4/29/20 Time: 12:30 - 2:00PM

### HOLOCAUST SPEAKER

Irene Miller, a Holocaust survivor, author, speaker, and educator will take you on a survival journey little written and known about. You will sleep in the winter under an open sky on the no man's land; you will freeze in a Siberian labor camp where the bears come to your door front. In Uzbekistan, you will live on boiled grass or broiled onions, and shiver with malaria. You will spend years in orphanages. When this is over you will wonder how a child with this background grows up to become a positive, creative, accomplished woman with a joy of living and love to share. It is a story of courage, determination, perseverance and the power of the human spirit. Register at the Community Center or online by 5/1/20.

Date: Friday, 5/8/20

Time: 12:30PM #354112

### HEALTHY HABITS

By June you may have lost sight of your New Year's Resolution to eat healthier and stay active, but this talk will be helping us see where we may be missing the mark nutritionally and how to make healthy choices that are fun, easy, and affordable! This talk will be presented by Valerie Penz, Certified Nutritional Therapist and Wellness Coach and brought to you by Parents Changing Spaces. Register at the Community Center or online by 6/10/20.

Date: Wednesday, 6/17/20 Time: 12:30PM #354113

### UNDERSTANDING & MANAGING BEHAVIORAL ISSUE IN DEMENTIA

This presentation covers the many diverse types, stages, and clinical Dementia as well as different caregiving strategies for caring for persons with Dementia, in addition to managing behavioral issues with Dementia. Self-care for caregivers is so important for burnout prevention, and this talk will share some strategies for caregivers to help prevent burnout.

Date: 7/31/20

Time: 12:30PM #354114

# THEMED LUNCHEONS & MONTHLY PARTIES

Programs follow the noon meal unless otherwise noted. Some programs have an activity fee. Larger parties and events require advance tickets. See individual programs for more details. All lunches must be preordered by 9:30AM the day before by calling **248-370-9353**. Lunch: Seniors 60+ \$3.00 /under 60 \$5.00.

## BIRTHDAY & ANNIVERSARY CELEBRATION

On the 2nd Monday of the month, we honor those who are having a birthday or anniversary that month. Honorees receive a complimentary meal and gift. Must be pre-registered to take advantage of this fun celebration. Please call by the first Monday of the month to register.

## PRE-TICKET SALES

Tickets will be available for purchase up to three months in advance of designated large party at the Community Center. Ticket sales will close ten business days before the event. Refunds in the form of an in-house credit will only be issued up to one week prior to the event. No day-of ticket sales.

## THEMED LUNCHEONS

MISMATCHED MAYHEM	WEDNESDAY, APRIL 15 12:00 PM   SEYBURN A	Who needs matching socks anyway? Join us for a day of mismatching socks and outfits!
MEMORIAL DAY LUNCH	FRIDAY, MAY 22 12:00 PM   SEYBURN A	Celebrate this day of remembrance with us & enjoy the All-American Classic cherry pie for dessert.
RANDOM ACTS OF KINDNESS DAY	FRIDAY, JUNE 12 12:30 PM   SEYBURN A	Being kind is one of the easiest things you can do to brighten someone else's day and it will probably make your day brighter too!
YOU'RE THE ZEST	FRIDAY, AUGUST 14 12:00 PM   SEYBURN A	Lemons can be sour, but we promise this lunch will be sweet! Join us for a slice of lemon meringue pie and some citrus themed fun.

## MONTHLY PARTIES

VEGAS PARTY	FRIDAY, APRIL 17 12:00 PM   FEE: \$5.00	There's no gambling on whether this will be a good time or not! Join us for a fun Vegas Party. There will be Vegas games to be played and prizes to be won. Ticket deadline 4/3/20.
MOTHER'S DAY PARTY	WEDNESDAY, MAY 13 12:00 PM   FEE: \$5.00	Celebrating mothers everywhere! Join us in celebrating some of the most important women in the world: Moms! Entertainment by Ron Muka. Ticket deadline 4/24/20
FUN IN THE SUN PARTY	FRIDAY, JUNE 19 12:00 PM   FEE: \$5.00	Hello, summer! Come join us for an entertaining party celebrating the season of fun in the sun! Entertainment by Al Savage. Ticket deadline 6/5/20
4TH OF JULY PARTY	FRIDAY, JULY 10 12:00 PM   FEE: \$5.00	A patriotic party to celebrate 244 years of Independence. Join us for entertainment and fun! Ticket deadline 6/26/20
END OF SUMMER LUAU	FRIDAY, AUGUST 21 12:00 PM   FEE: \$5.00	Join us in celebrating the final days of summer with one of our favorite parties - the end of Summer Luau! Come enjoy the festivities and maybe even learn to hula! Entertainment by Kroon & Schantel. Ticket deadline 8/9/20.

## OAKLAND COUNTY HISTORY WITH THE OAKLAND COUNTY PIONEER AND HISTORICAL SOCIETY

This year, Oakland County celebrates its bicentennial! We are joined by Mike McGuinness, Executive Director of the Oakland County Pioneer and Historical Society. Come learn about the founding and history of the county, especially as the 200th anniversary approaches. Register at the Community Center or online by 7/26/20.

Date: Friday, 8/7/20 Time: 12:30PM #354116

## AUBURN HILLS COMMUNITY DEVELOPMENT

The City of Auburn Hills has been growing over the last few years! We will be joined by Assistant City Planner, Shawn Keenan, to share how that growth happened and what goes into planning a city like Auburn Hills. Register at the Community Center or online by 8/5/20.

Date: Wednesday, 8/12/20 Time: 12:30PM #354115

## HEALTH, WELLNESS & FITNESS PROGRAMS

Senior Fitness programs are open to adults age 55 and up. Some programs allow participants under age 55. See program descriptions or call to inquire. Registration and residency requirements for some programs unless otherwise noted.

**Drop-ins available after minimum class registration is met.**

Knowing and understanding there are certain risks involved in your voluntary decision to participate in these activities; we recommend that you consult your doctor before starting any exercise program. Warming up and cooling down are a vital part of a safe and effective exercise class. Please arrive on time to participate in the warm up for each class, and remain through completion of the cool down period.

### WELLNESS WALK & TALKS

Walking for as little as 30 minutes a day can benefit your joints, alleviate back problems, lessen worry and tension and add years to your life! Beaumont Gets Walking wants to help you make walking a part of your fitness routine. Join us for our monthly Wellness Walk and Talks for a short, educational presentation from a Beaumont clinician followed by a walk. All are welcome!

Dates: Thursdays; 4/30, 5/28, 6/25, 7/30, 8/20

Time: 9AM Fee: Free

### TAI CHI FOR HEALTH – SEATED AND STANDING

Tai Chi is focusing on fluid, circular movements that are relaxed and slow in tempo. Stiffness causes pain; increased flexibility will relieve pain. Tai Chi can help reduce stress which in turn calms the body and can help with conditions such as Arthritis and Diabetes. **Registration deadline 1 week before class starts.** Drop-ins only offered after class minimum has been met.

Dates: Session A: Mondays, 4/13/20 – 5/11/20

Time: 10:00AM – 11:00AM # 352072A

Fee: \$35 Resident / \$45.00 Regular / Drop in \$10

5 classes each session

Location: Studio

## STRENGTHENING YOGA

Strengthen and improve posture, core, large muscle groups, and overall health with the convenience and support of a chair. This class is designed to meet the needs of any individual. Modifications and progressions will be shown so any fitness level may attend. Registration deadline 1 week before class starts. Drop-ins only offered after class minimum has been met. Instructor: Carol Smith

Dates: Session A: Tuesdays, 4/14/20 – 5/5/20

10:00AM – 11:00AM #352073A

Session B: Tuesdays, 5/26/20 – 6/16/20

10:00AM – 11:00AM #352073B

Session C: Tuesdays, 6/30/20 – 8/4/20

No Class 7/14, 7/21

10:00AM – 11:00AM #352073C

Fee: \$35 Resident / \$45 Regular / Drop In \$10

Location: Studio

## LINE DANCING

Do you love music and like to dance or want to learn to dance? Line Dancing is a fun way to help maintain or improve muscle strength, balance, and endurance. Everyone learns something new from beginners to seasoned dancers!

Registration deadline 1 week before class starts. Drop-ins only offered after class minimum has been met.

Instructor: Enita Hass

Dates: Session A: Wednesdays, 4/1/20 – 5/6/20

12:30PM – 1:30PM #352075A

Session B: Wednesdays, 5/13/20 – 6/24/20

12:30PM – 1:30PM #352075B

Fee: \$40.00 Resident / \$50.00 Resident / Drop in \$10.00

6 Classes Each Session

Location: Studio

## ESSENTRICS® AGING BACKWARDS

Essentrics® Aging Backwards is a new and exciting class that incorporates the movements of Tai Chi for health and balance, ballet which creates long flexible muscles, and the healing principles of yoga. This class is adaptable to varying fitness and mobility levels.

Instructor: Kim Vitale, Essentrics® Instructor

Dates: Session A: Thursdays, 4/9/20 – 4/30/20

1:00PM – 2:00PM #352076A

Session B: Thursdays, 5/14/20 – 6/18/20

1:00PM – 2:00PM #352076B

Session C: Thursdays, 7/9/20 – 8/13/20

1:00PM – 2:00PM #352076C

Fee: Session A: \$28.00 Resident / \$36.00 Regular

Session B/C: \$35.00 Resident / \$45.00 Regular

Drop In: \$10.00

Location: Studio



## SUMMER FITNESS FOR SENIORS

Join Amanda Farner, certified group exercise instructor and personal trainer, for a total body workout for all fitness levels. This class will incorporate strength training, cardio fitness, balance, and flexibility. Class will meet Mondays, Wednesdays, and Fridays. Sign up and save, or drop in when you can.

Session A: Monday, Wednesday, Friday; 5/18/20 - 6/26/20  
(No class 5/25)

11AM - 12PM #352078A

Session B: Monday, Wednesday, Friday; 7/13/20 - 8/21/20

11AM - 12PM #352078B

Fee: Session A: \$65.00 Residents / \$75.00 Regular / \$5.00 Drop In

Session B: \$70.00 Residents / \$80.00 Regular / \$5.00 Drop In

Location: Studio

## RECREATIONAL PICKLEBALL

Three indoor courts are available at the Community Center for open, non-competitive play. Players must sign in at the desk before entering the court. No indoor Pickleball June, July, or August. Outdoor courts available for tennis and Pickleball on a first come, first served basis. Courts closed during tennis lessons and other city sponsored events.

Date: 4/1/20- 5/29/20 indoors, Monday, Wednesday, Thursday

Time: 9:30AM - 12:30PM

Fee: \$3.00 Drop in Resident / \$4.00 Drop in Regular

Punch Card: \$24.00 - 10 Punches Resident /  
\$34.00 - 10 Punches Regular

## OPEN WALKING

The Community Center features a walking track. Walk or jog your way to fitness! Music provided. CLEAN, DRY gym shoes required. Water bottle recommended. Registration is required.

Date: Monday - Friday 8:00AM - 9:00AM #532002

Fee: Free Residents / \$5.00 Drop in Regular

## TRAVEL

### CRANBROOK HOUSE TOUR

Come along for a tour of the Cranbrook House! Designed for George Gough Booth and Ellen Scripps Booth, only the finest artisans were commissioned to craft and furnish this 1908 English Tudor estate. Take a guided tour and a step back in time. Included is an exquisite private dining lunch experience before the tour at Joe Meur Seafood

Date: Thursday, 4/9/20 Fee: \$65.00 #351127

### SENIOR DAY AT THE DETROIT ZOO

Join us for this special day set aside for senior citizens. Explore the amphibian conservation center, take a ride around the zoo, or enjoy strolling amongst the animals. Lunch will be on your own at one of the many snack bars. Senior bus transportation. *Note: This trip has a lot of walking.*

Date: Wednesday, 4/22/20 Fee: \$8.00 #351137

## HOLLAND TULIP TIME

Enjoy a lovely lunch at the Beechwood Inn, a family style lunch that has been in service for over 40 years. Following lunch, enjoy shopping and free time on 8th Street, where you'll find national retailers, local boutiques, and gift stores. End the visit with Windmill Island Gardens, a beautiful oasis on the edge of downtown Holland, including a 250 year old working Dutch windmill "De Zwaan". This trip is via deluxe motor coach.

Date: Thursday, 5/7/20, Depart 7:15am

Fee: \$92.00 #351128

## DETROIT TIGERS VS. SEATTLE MARINERS

Join the Auburn Hills Seniors for an exciting day at Comerica Park! We will be seeing the Detroit Tigers play the Seattle Mariners in an afternoon game. Your ticket will include a soft drink and hot dog. Join us for a fun afternoon out! *Note: This trip has a lot of walking.* Senior bus transportation.

Date: Thursday, 5/14/20, Depart 11:15am

Fee: \$43.00 #351130

## BLUES BROTHERS AT THE BAVARIAN INN

Enjoy a luncheon at the picturesque Bavarian Inn followed by a performance of the "Blues Brothers" presented by The Soul Men. From their knuckle tattoos to their signature hats and sunglasses, their family friendly performance will bring back memories and get you moving and dancing! Following the performance will be a stop at the Castle Shops and an optional stop at Bronner's Christmas Store. This trip is via deluxe motor coach.

Date: Tuesday, 6/9/20, Depart 8:45AM

Fee: \$92.00 #351129

## ROYAL EAGLE RUSSIAN HIGH TEA - BACK BY POPULAR DEMAND!

We are excited to take a trip to the Royal Eagle to enjoy an Elegant Russian High Tea. Guests will enjoy 7 delicious courses and a large variety of teas. You won't be disappointed in the beautiful landscape! Dress code to attend available at front desk. Senior bus transportation.

Date: Thursday, 6/4/20, Depart 10:15am

Fee: \$30.00 #351131

## ISLAND QUEEN

Enjoy a leisurely summer day at Kensington Park with a tour of beautiful Kent Lake aboard the Island Queen! While at the park, we will have a picnic lunch that will be prepared by a local deli and explore one of the area's most beautiful parks. Senior Bus Transportation. *Note: this trip has a lot of walking.*

Date: Thursday, 7/16/20, Depart 10:00 am

Fee: \$22.00 #351132

## FIREKEEPERS CASINO

Motor coach transportation will take you to the wonderful Firekeepers Casino, where you will have time for gambling and lunch! This package includes a \$20.00 slot credit and \$5.00 to be used for food, slot play, or the gift shop. Firekeepers has over 2,600 slot and video poker games, 78 table games, and a 200 seat Bingo room for you to enjoy.

Date: Tuesday, 7/21/20, Depart 9:00AM

Fee: \$29.00 #351133

## PURPLE ROSE THEATER

Come along for lunch and a show as we take a summer time visit to The Purple Rose Theater! This time, we will be seeing "A Walk Around the Table" A world premier written and directed by Lauren Knox, a romanic comedy about the trials and triumphs of finding true love. Lunch will be included at Weber's Restaurant. This trip is via deluxe motor coach.

Date: Wednesday, 7/22/20, Depart 10:30AM  
Fee: \$90.00 #351134

## OAKLAND COUNTY FARMER'S MARKET

Farmer's markets can be a great way to find local, fresh produce and learn more about your community! We will be visiting the Oakland County Farmer's Market where you will have a chance to explore, shop, and have lunch. Lunch will be on your own at the Red Wood Grill, which provides onsite BBQ fare. Senior bus transportation.

Date: Tuesday, 8/4/20 Fee: \$8.00 #351135

## DETROIT TIGERS VS. PITTSBURGH PIRATES

Join the Auburn Hills Seniors for an exciting day at Comerica Park! We will be seeing the Detroit Tigers play the Pittsburgh Pirates in an afternoon game. Your ticket will include a soft drink and hot dog. Join us for a fun afternoon out! *Note: This trip has a lot of walking.* Senior bus transportation.

Date: Thursday, 9/9/20, Depart 11:15am  
Fee: \$33.00 #351136

## SENIOR DAY AT THE MICHIGAN STATE FAIR

Join us at the Michigan State Fair for this special day set aside especially for senior citizens! You will enjoy a special program designed with seniors in mind. Your day will include entertainment, lunch and admission to the fair. Senior bus transportation.

Date: Thursday, 9/3/20 Fee: \$10.00 #351138

## EXTENDED TRAVEL

**A FULL ITINERARY IS AVAILABE AT THE COMMUNITY CENTER FOR ALL EXTENDED TRAVEL!**

### NIAGARA FALLS GETAWAY

One of nature's most beautiful sights, join the Auburn Hills Seniors on a trip to Niagara Falls. Trip includes stops at the falls, White Oaks Mall, and World Duty Free America/Ammex. Transportation via deluxe motorcoach, international travel requires proper documentation.

Date: 5/28/20-5/29/20 #551209  
Fee: \$224.00 per person double

## MACKINAC ISLAND LILAC FESTIVAL

Explore Michigan's natural beauty during the Mackinac Island Lilac Festival! Join the Auburn Hills Seniors on a horse drawn carriage tour of the island, a feast at The Grand Luncheon Buffet, and a visit to Mackinac Crossings. Four meals included, travel via deluxe motorcoach.

Date: 6/11/20-6/13/20 #551212  
Fee: \$634.00 per person double

## ONTARIO WINE TRAIL

There's nothing to wine about on this tour! We take a trip to Southbrook Vineyards, for a wine tasting at Canada's first certified organic and biodynamic winery. That evening, dinner is included at Queenston Heights Restaurant, including a bird's eye view of the Niagara River below. Our second day includes a guided tour and wine tasting at Pilleteri Estates Winery, the world's largest producer of Icewine. With shopping scattered throughout, 1 breakfast, 1 dinner, and 1 night, this tour will be a splendid one! Travel via deluxe motorcoach.

Date: 6/23/20-2/24/20 #551216  
Fee: \$304.00 per person double

## NYC FIREWORKS

Can you think of better seats for the Annual Macy's 4th of July Fireworks display than on a ship in New York Harbor? Neither could we! This trip will be a fantastic one, including an all-day Captain JP Cruise, sightseeing tour of New York City, 9/11 Museum, Tour of Madison Square Garden, Flight 93 Memorial, and more! This trip comes along with 5 breakfasts, 1 lunch, and 3 dinners, and 5 nights stay. 2 nights will be spent in Pennsylvania and 3 in New York City in the Heart of Times Square. Motorcoach transportation.

Date: 7/3/20-7/8/20 #551210  
Fee: \$1999.00 per person double

## SAULT STE MARIE

Visit and experience the unique Sault Ste Marie and the Soo Locks! This trip includes a guided tour of a retired freighter, the Tower of History, a dinner cruise down the Soo Locks, and a stop at Point Iroquois Lighthouse. Enjoy two nights at the Kewadin Casino and Hotel in Sault Ste Marie, which includes an incentive package for your gambling enjoyment! Included are 2 breakfasts, 2 dinners, and 2 nights stay. Motorcoach transportation.

Date: 7/29/20-7/31/20 #551213  
Fee: \$404.00 per person double

## UNTOUCHABLE CHICAGO

This trip will be one to remember! This 3 day trip is jam packed with fun, history, tours, and shopping. From dinner at a 'green door' speakeasy restaurant to a guided tour of Chicago where the Prohibition Era comes alive as you learn about Chicago's windiest politicians, red-light districts, and the most notorious mobsters. Other tours include 360 Chicago, Tommy Guns Range with dinner and a show, and shopping on the magnificent mile.

Date: 09/02/20-09/04/20 #551206  
Fee: \$595.00 per person double

## **YOOPERLAND, USA**

If you are looking for a chance to explore the beauty of your own state, this is your chance! This tour spends one night in Paradise, Wetmore, Houghton, and Gladstone, featuring stops at some of the most iconic Michigan landmarks. You'll be seeing Tahquamenon Falls, the Great Lakes Shipwreck Museum, Pictured Rocks Boat Cruise, a tour of Copper Country and the Keweenaw Peninsula, the Lake of Clouds, Iron Mountain Iron Mine, and more! Included are 4 breakfasts, 4 dinners, 4 nights, and 5 days all by way of Deluxe Motorcoach.

Date: 10/4/20-10/8/20 #551217 Fee: \$964.00

## **ICELAND'S MAGICAL NORTHERN LIGHTS**

Get ready to spend 7 wonderful days in Iceland. You will get to enjoy a number of exciting attractions, cities, and sights like the Lava Exhibition Center, the Blue Lagoon, the Golden Circle which encompasses many of Iceland's natural wonders, a trip to Vik, and, of course, a Northern Lights Cruise. That's just a glimpse at the fantastic tour that awaits you in Iceland! Included are 7 days, 5 breakfasts, 5 lunches, airfare, transportation, and admission to countless attractions and excursions. You'll be sure to enjoy this magical trip.

Date: 10/12/20-10/18/20 #551207

Fee: \$2999.00 per person double

## **RAILROADS OF WEST VIRGINIA**

Enjoy 4 days and 3 nights of the fall colors in beautiful West Virginia. Take a trip on The Cheat Mountain Salamander Railroad through the mountain wilderness and forests of Cheat Mountain. You'll also jump on the Durbin Rocket through the Monongahela National Forest. Enjoy tours of the Trans Allegheny Lunatic Asylum, Greenbrier Bunker, and Beckley Coal Mine as well as a Gandy Dancer Theater Show. Included are 3 nights lodging, 3 breakfasts, 2 lunches, and 3 dinners. Motorcoach transportation.

Date: 10/9/20-10/12/20 #551215

Fee: \$999.00 per person double

## **MISSISSIPPI RIVER CRUISE**

This fantastic trip includes a day-long cruise down the Mississippi River aboard the Riverboat Twilight. This boat was built to replica lavish Victorian Steamboats and will not disappoint. You will also enjoy a trip to the National Mississippi River Museum and Aquarium and to the John Deere Harvester Works and John Deere Pavilion. Included in this trip are 3 nights lodging, 3 breakfasts, 2 lunches, 2 dinners, and 2 days of the Mississippi River Cruise. Motorcoach transportation.

Date: 8/17/20-8/20/20 #551214

Fee: \$999.00 per person double

## **SUPPORTIVE RESOURCES**

Call **248-370-9353** for information on any of the services listed unless otherwise noted.

### **NO EXCUSE FOR ELDER ABUSE**

If you are a senior citizen or know someone who is being hurt, having money taken or used without permission, are being forced to do things against their will, are being neglected or unable to care for themselves are forms of elder abuse. Neglecting to care for a dependent older adult or leaving them in an unsafe situation, whether you mean to or not, is elder abuse. Knowing, and not doing anything is elder abuse.

**IF YOU SUSPECT ELDER ABUSE OR NEGLECT, CALL 1-855-444-3911.** You do not need to leave your name.

### **ASK THE NURSE WITH POMEROY LIVING SKILLED ROCHESTER SKILLED REHABILITATION**

The nurse will answer basic medical questions and offer free blood pressure screenings. Ask the Nurse is meant for suggestions only. If you need immediate attention, please visit your physician.

Date: 2nd Monday each month

Time: 11:00AM - 12:15PM

### **DURABLE MEDICAL EQUIPMENT LOAN CLOSET**

Durable medical equipment such as walkers, crutches, wheelchairs & bath stools are available. Availability of equipment varies. Because our storage space is limited, we ask that you call prior to bringing in any donations. Cannot accept any medications or medical supplies.

### **FILE OF LIFE PROGRAM**

The File of Life is a paper emergency information system sponsored by the Auburn Hills Fire, Police and Senior Services Departments. The File of Life is a magnetic file that is placed on the front of the refrigerator. Inside the file is emergency information that first responders may need to access in case of a medical emergency. This is a free program. Stop by the Community Center to pick up a File of Life or call 248-370-9353 to schedule a trained volunteer to visit you and help you complete your File of Life information.

### **BI-MONTHLY HEARING EVALUATIONS, BATTERY CHANGES, HEARING AID CHECKS**

A representative from Miracle Ear will be on site to do free hearing evaluations, battery changes, and hearing aid checks every other month. Walk-ins are welcomed, but appointments are encouraged. Call for more information.

Dates: 5/18, 7/20, 9/21, 11/16

Time: 11AM - 1PM

### **HOMEBOUND LIBRARY PROGRAM**

The Auburn Hills Public Library provides a free Home Delivery Service for Auburn Hills' residents who are eligible. If you would like information about this program, please call the Adult Services Librarians at **248-364-6706**.



## **KNOX BOX SAFETY PROGRAM**

Participants in this program will have a secure lock box installed on the exterior of their home which contains a key to the home. Only the Auburn Hills Fire Department personnel will have a master key to unlock this box to gain secure entry into the home in the event of an emergency. There are a limited number of boxes available free for low income residents or the Knox boxes can be purchased at cost through the Senior Services Department.

## **MEDICARE, MEDICAID, PART D & OTHER INSURANCE ASSISTANCE**

Trained MMAP volunteers are available to answer your questions about Medicare, Medicaid, Medicare Part D Prescription programs, Long Term Care Insurance, Supplemental Insurances, Medicare Drug Discount Cards and more. Assistance is also available in understanding statements from Medicare, hospitals, etc. By appointment only, call the Community Center for more information **248-370-9353**.

## **OPERATION MEDICINE CABINET**

Dispose of unused or unwanted prescriptions and over the counter drugs safely. The Auburn Hills Police Department has a secure container in their lobby where you can safely dispose of drugs. No needles or liquids.

## **FOOD ASSISTANCE PROGRAMS**

### **NEIGHBORHOOD HOUSE + AUBURN HILLS FOOD CUPBOARD**

Emergency Community Food Cupboard sponsored by Neighborhood House is available for Auburn Hills' residents only, regardless of age, who find themselves in need of emergency food assistance. Emergency food assistance is limited to non-perishable foods. Call center for appointment.

### **FOCUS HOPE**

Food assistance program for income qualified individuals. Income and/or age guidelines must be met. Focus Hope is a monthly food distribution program for seniors age 60 and older only.

## **FOOD ASSISTANCE PROGRAMS**

### **MINOR HOME + MOBILE HOME REPAIR PROGRAM**

This free program is for income qualified homeowners of Auburn Hills who own their own home and who require minor home repairs. This service is funded under the Community Development Block Grant Program (CDBG). Enrollment is limited and only available as long as funding is available.

### **SHARP – SENIOR HOME ASSISTANCE REPAIR PROGRAM**

A volunteer-based program designed to help senior citizens and disabled residents to continue to live as independently as possible in their own homes. The SHARP program accepts requests for assistance year round (yard requests are seasonal). Call for more details and eligible projects.

## **AUBURN HILLS SPRING & FALL RAKE & RUN PROGRAMS**

Are you finding it more difficult to get out and rake your yard to get it ready for spring? If you are senior citizen or disabled homeowner who needs help in raking leaves we may be able to help. Volunteers will clean and rake yards for eligible residents. Call 248-370-9353 to have your name placed on an interest list. Please keep in mind we can only do as many yards as we have volunteers.

## **LAWN MOWING & SNOW PLOWING FOR SENIORS & PERSONS WITH DISABILITIES**

The City offers 2 yard maintenance programs for income and age eligible homeowners; one for lawn mowing and one for snow removal. These programs are funded by Community Development Block Grant (CDBG) funds and offered to low income senior citizens and disabled adults. Call 248-370-9353 for details.

## **DURABLE MEDICAL EQUIPMENT LOAN CLOSET**

Durable medical equipment such as walkers, crutches, wheelchairs & bath stools are available. Availability of equipment varies. Because our storage space is limited, we ask that you call prior to bringing in any donations. Cannot accept any medications or medical supplies.

## **LEGAL PROGRAMS**

### **LAKESHORE LEGAL AID**

FREE consultations through the Council & Advocacy Law Line at **1-888-783-8190**. Visits are available to homebound seniors or to nursing homes, as necessary.

### **WMU-COOLEY LAW SCHOOL ESTATE PLANNING CLINIC**

If you are an Oakland County resident over the age of 60, you may be eligible to participate in the Thomas M. Cooley Law School Estate Planning Clinic. For more information or to pre-qualify, please contact Thomas Cooley Law School, 248-335-0125.

### **LEGAL HOTLINE FOR MICHIGAN SENIORS AT 1-800-347-5297.**

## **SUPPORT GROUPS**

### **ALZHEIMER'S CAREGIVER SUPPORT GROUP**

This group provides an opportunity for caregivers to discuss how their lives have been affected as they care for someone with Alzheimer's disease. Led by an Alzheimer's Association facilitator. Sponsored by Crittenton Home Care.

Date: 3rd Thursday of the month      Time: 6:00PM

### **SCLERODERMA SUPPORT GROUP**

A support group for patients, loved ones, or caregivers of those with this auto-immune disease. New topic each month. Questions: Glenda Coudret, **248-798-3267**. Sponsored by the Scleroderma Michigan Chapter.

Date: 1st Thursday of the month      Time: 6:30PM

## BRAIN INJURY SUPPORT GROUP

This group, sponsored and supported by the Brain Injury Association of Michigan (BIAMI), provides survivors of brain injury and their caregivers the opportunity to learn more about brain injury and related topics as well as a forum to provide and receive support. Questions: Chapter Leaders Karen or Greg Wolfe at 248-652-7924 or the Brain Injury Association of Michigan at 810-229-5880

Date: 2nd Wednesday of the month      Time: 7:00PM

## VOLUNTEER OPPORTUNITIES

Volunteering is an investment in your community. The City of Auburn Hills has numerous ways to invest in your community. Even if you just have an hour, we can use you. We have opportunities for individuals, families and students. Contact the Community Center at 248-370-9353 for more information. NEW-We now have an email address for volunteer inquiries:

AUBURNHILLSVOLUNTEER@AUBURNHILLS.ORG

**Please note:** All volunteers are required to pass a background check.

### SPRING & FALL RAKE AND RUN

Want to make a difference in a day? Volunteers are needed to help seniors clean up yards. Rakes and yard waste bags will be provided. Great opportunity for groups and families.

### MEALS ON WHEELS DRIVER NEEDED FOR DAYTIME DELIVERIES

Meals on Wheels provides daily nutritious meals to homebound seniors with the added bonus of a quick safety check and much-needed human connection that comes with each delivery. Different routes are available. Scheduling is easy and flexible. This is a great opportunity for families, students, civic groups, churches, businesses, employees, and retirees to help out.

### MEAL PACKERS AND SERVERS NEEDED

Many hands are needed in our kitchen for our Nutrition Program. Meals are packaged at the Community Center Monday thru Friday for our homebound seniors. Volunteers are also needed for serving site meals and clean-up.

### SHARP

Volunteers are needed for SHARP – Senior Home Assistance Repair Program. The SHARP program provides home repair to senior and disabled residents. The labor is free; the homeowner pays for the cost of the materials. Trained volunteers will provide miscellaneous home repairs and maintenance.

### OTHER VOLUNTEER OPPORTUNITIES

Even if your availability or interests do not fall into these categories, you can still help. We have special events that need friendly volunteers. We have Outreach Programs that utilize volunteers to make sure that seniors have up to date medical info or just to check in. If you are interested in volunteering at your convenience, we constantly have a need for individuals or groups to help with getting the word out on services or programs that are offered.

