Healthy Aging starts with you taking advantage of our services, classes, programs and travel & trip adventures.

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.

FITNESS OPPORTUNITY – Availability based on current Orders
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.

SEASONAL ANNOUNCEMENTS

INCLEMENT WEATHER NOTICE
Winter in Michigan means weather can change quickly. A couple of program and service notes:
• If the Avondale Schools or Pontiac Schools are closed due to inclement weather; the Senior Bus Transportation Program will not operate for safety reasons.
• The Senior Services Department reserves the right to cancel bus transportation if deemed unsafe for buses or riders.
• Senior Meals on Wheels will make every effort to deliver meals; however, if it is determined to be too dangerous for our volunteer drivers we will cancel meals. If this occurs we make every possible attempt to notify Meals on Wheels participants. If meals are not delivered due to the weather, participants are encouraged to use their survival meal packets.

INCOME TAX PREPARATION APPOINTMENTS
AARP’s Tax-Aide Program will provide IRS Certified Preparation Specialists for the 2020 Tax Year beginning in February 2021 at the Auburn Hills Community Center. The program is intended for low-to-moderate income taxpayers in our area with special attention given to seniors. The returns cannot be complex. Unfortunately, details are currently unavailable due to COVID-19. Call for more information after 1/25/2021.
NUTRITION PROGRAMS

CARRY OUT MEALS
For the duration of COVID-19, we are offering carry out meals. Carry outs must be reserved 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 can be picked up between 11:30am and noon.

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.

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
Dependent on current Orders

NEW! - LUNCH CHAT LINE
We miss you! Hopefully lunches and gatherings can be back to “normal” soon, but until then let’s get together on the phone! Call our conference call line and join in on the fun. Twice a month we will spend time chatting, catching up, and connecting. Talk to you soon!
Conference Call Line: (605) 468-8855 Access Code: 493005
Date: Wednesday, January 13th & 27th
Wednesday, February 10th & 24th
Wednesday, March 10th & 24th
Time: 12:00PM

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.
Date: On Hold

COMING SOON – YOGA AT HOME
More details coming soon!

WINTER LECTURES

TO BE INFORMED IS TO BE IN CHARGE
Make sure you are in control of your future no matter what life may bring. This talk will discuss the difference between a Power of Attorney, Durable Power of Attorney, Advanced Directive, and other covered Medicare benefits. Brought to you by HCR Manor Care.
Date: Monday, 1/25/21
Time: 1:00PM
Fee: Free

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.
NAVIGATING RESOURCES IN THE TIME OF CRISIS
Being a caregiver is a full-time job and sometimes the hardest part is finding resources in your community. This talk, brought to you by Hospice of Michigan, will be an aid to help you find resources and answer your questions about being a caregiver.
Date: Friday, 2/05/21
Time: 1:00PM

COVID-19 UPDATE
We recognize the importance of staying active during COVID-19 and the Auburn Hills Senior Services Department is aiming to assist in providing activities that will help you to keep moving. The following fitness classes will be available in person if allowed by current Orders as well as virtually via Zoom. If not allowed by the State of Michigan due to COVID-19, the classes will be available live via Zoom exclusively. Gym activities, such as walking and recreational Pickleball would be canceled.

EXERCISE WITH AMANDA
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.
Date: Session A: M, W, F; Jan 4 - Feb 12
1PM – 2PM #152077A
Session B: M, W, F; Feb 15 - March 19
1PM – 2PM #152077B
Fee: Resident $50.00 In-Person / $30.00 via Zoom / $5 Drop In
Regular $60.00 In-Person / $40.00 via Zoom / $5 Drop In

ESSENTRICS® GENTLE STRETCH
This is an age reversing workout that will restore movement in your joints, flexibility in your muscles, relieve pain, and stimulate your cells to increase energy and vibrancy in your immune system. A slow paced, full body workout created by the author of Forever Painless and The New York Times bestseller, Aging Backwards. This class can be done standing or seated.
Instructor: Kim Vitale, Essentrics® Instructor
Date: Thursdays, 1/7/21-1/28/21
1:00-2:00PM #152076A
Thursdays, 2/4/21-2/25/21
1:00-2:00PM #152076B
Thursdays, 3/4/21-3/25/21
1:00-2:00PM #152076C
Fee: $28.00 Resident / $36.00 Regular / $10.00 Drop In
4 Classes Each Session

TRAVEL BY TRAIN
Hop aboard the train and join us for some trips around the world – virtually! In partnership with Lisa Calice and our Auburn Hills Rotary, we will be learning about and “visiting” new locations. Our first stop is Ireland! The luck of the Irish is with us as we depart for a trip across the pond without having to leave the comfort of Auburn Hills.
Dates: Tuesday, 3/16/21
Time: 6:00 pm

Ask us about our Scholarship Programs!
### 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 pre-ordered by 9:30AM the day before by calling 248-370-9353. Lunch: Seniors 60+ $3.00 / under 60 $5.00.

### COVID-19 UPDATE
Due to COVID-19, we are unsure about the status of our parties for this fall and winter. Decisions will be made 30 days prior to each party. We will be announcing the status of the parties on our Facebook page and you can also call 248-370-9353 to inquire. Subject to change or cancellation dependent on COVID-19.

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### SUPERHERO PARTY
**Friday, January 15**
12:00 PM | $5.00

It’s a bird! It’s a plane! No, it’s a party! Grab your capes and fly on in for this extraordinarily entertaining affair!

Ticket deadline 1/08/21

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### HAPPY BIRTHDAY, MICHIGAN!
**Tuesday, January 26**
12:00 PM

Happy 183rd Birthday, Michigan! Come join in the Michigan-themed lunch and fun as we celebrate our favorite Mitten State’s birthday. Call to reserve your lunch by 10am on 1/22/21.

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### GROUNDHOG DAY
**Tuesday, February 2**
12:30 PM

What’s all the fuss about this groundhog anyway? Celebrating and learning the history of this fun & hopefully shadow-less tradition! How many more weeks until Spring?

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### VALENTINE’S DAY PARTY
**Friday, February 12**
12:00 PM | $5.00

Love is sweet! Join us for a fun and festive party celebrating L-O-V-E! Entertainment to be announced.

Ticket deadline 1/29/20

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### ST. PATRICK’S DAY PARTY
**Friday, March 19**
12:00 PM | $5.00

Looking for a party full of fun? It’s your lucky day! Join us for a jovial jamboree in honor of the Luck of the Irish! Happy St. Patrick’s Day! Entertainment will be announced.

Ticket deadline 3/05/20

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### 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 1st Monday of the month to register for your Birthday or Anniversary.

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### PRE-TICKET SALES
Tickets will be available for purchase up to 3 months in advance of designated large party at the Community Center. Ticket sales will close 10 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.
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.
Instructor: Cheryl Goodwin, Tai Chi for Health Institute Certified
Dates: Mondays, 1/4/21 – 2/8/21
10:00AM – 11:00AM #152072A
Mondays, 3/1/21 – 4/5/21
10:00AM – 11:00AM #152072B
Fee: $42 Resident / $54.00 Regular / Drop in $10
6 classes each session

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, 1/6/21-2/10/21
12:00PM – 1:00PM #152075A
Session B: Wednesdays, 2/17/21-3/24/21
12:00PM – 1:00PM #152075B
Fee: $42.00 Resident / $54.00 Resident / Drop in $10.00
6 Classes Each Session

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. Outdoor courts available for tennis and pickleball on a first come, first served basis.
Date: 1/4/21 - 3/31/21 indoors,
Mon, Wed, Thurs, Friday
Time: 9:30AM – 12:30PM (M/Th/Fri)
9:30AM – 12:00PM (W)
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
COVID-19 Travel Update
Auburn Hills Senior Travel has decided to limit the number of trips we are offering due to the COVID-19 pandemic. We are making every effort to keep our travelers safe and due to the changing circumstances of travel and accommodations, we have decided that it is best to proceed with caution regarding travel. You will notice that the trips listed below do not have prices. All trips are interest only. This means you are able to put your name down for these trips, but no money will be collected. In the event that trips are confirmed and able to go, we will notify you and collect payment.
More trips may be added as the season progresses dependent on the status and implications of COVID-19. Please check our website or call for more details.

TRAVERSE INTEREST LIST
If you would like to receive travel updates via email, email nstasik@auburnhills.org and we will send you updates as new trips are added.

DETROIT INSTITUTE OF ARTS
Join us for a trip to the Detroit Institute of Arts, a 685,000 square foot Art Institute with over 100 galleries. While we are there, two extra exhibitions will be taking place. “Russ Marshall: Detroit Photographs 1958-2008,” displays over 75 photographs of Detroit over 50 years. Also, “Detroit Style: Car Design in the Motor City, 1950-2020,” which includes a selection of paintings and sculptures highlighting conversation between American art world and the car culture from the 1950s and present day. Senior bus transportation.
Date: Wednesday, 02/03/2021 #151139
Time: Interest Only

LUNCH AND AXE THROWING AT THE HUB
This trip is an active one – we are going to The HUB Stadium in Auburn Hills to enjoy lunch and an afternoon of Axe Throwing. Do you have what it takes to hit a bullseye? Let’s find out! Senior bus transportation.
Date: Friday, 03/26/2021 #151140
Fee: Interest Only
HOLLAND TULIP TIME
We are excited to bring back this popular day trip to Holland, Michigan! This day is packed, beginning with a family style lunch at the Beechwood Inn and moving on to shopping in downtown Holland. Then we will be heading to the Windmill Island Gardens, to see a 250 year old working Dutch windmill that is 125 feet tall! This is a great day getaway, roundtrip via deluxe motor coach.
Date: Monday, 05/03/2021 #151141
Fee: $97.00

EXTENDED TRIPS
A FULL ITINERARY IS AVAILABLE AT THE COMMUNITY CENTER FOR ALL EXTENDED TRAVEL!

CRUISIN KENTUCKY
This tour includes a stop at the National Museum of the US Air Force on the first day of the trip. On day two, enjoy a two and a half hour cruise down the Ohio River through Cincinnati and Northern Kentucky, including a guided underworld tour of Newport Kentucky and lunch and shopping at Newport. The underworld tour shows how mobsters made millions and where gamblers lost it all! There’s something for everyone on this tour. Round trip transportation via deluxe highway motorcoach.
Date: 05/25/2021-05/26/2021 #551218
Fee: $290.00 per person double

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. This endeavor is co-sponsored with the North Woodward Community Foundation.

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.

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 are unable to care for themselves, then they are suffering from 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 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: ON HOLD

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 DRIVERS NEEDED FOR DAYTIME DELIVERIES
Meals on Wheels provides daily nutritious meals to home-bound 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.
5th Annual Bruce Howell Memorial Free Throw Contest

Saturday, February 20 • 2:00 PM | Community Center Gymnasium

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.

New! - Ask the Banker
We know that fraud is on the rise and you may have questions about banking, electronic banking, if your accounts are safe and everything in between. This is a great opportunity to ask some questions to Janet Bouza and Robert Tessimian, Bankers at Comerica Bank, located at 3501 Hamlin Road, Suite 1 right here in Auburn Hills. This is a financial roundtable and you are welcome to ask any questions about banking whether you bank with Comerica or not.
Phone Number to Call: 248-371-7501
Date: January 14th, February 11th, March 11th
Fee: 6PM

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.

Hearing Evaluations, Battery Changes, Hearing Aid Checks
Representatives from Miracle Ear will be on site to do free hearing evaluations, battery changes, and hearing aid checks. Walk-ins are welcomed, but appointments are encouraged. Call for more information.
Date: January 18th and March 15th
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.

NEW! - RESIDENT ROPER LOCKBOX 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. Roper boxes can be purchased at cost through the Senior Services Department or contact us to see if you qualify for a limited supply of free boxes for low income residents.

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.

ASSISTANCE PROGRAMS

MSR SCHOLARSHIP
The Neighborhood House-Auburn Hills 55+ MSR Scholarship was established through a vision by an anonymous donor who wanted to provide the monetary means for Auburn Hills low income seniors age 55+ to participate in Auburn Hills Community Center activities, the senior lunch program, and to utilize the senior transportation program. Please contact Neighborhood House at 248-651-5836 to qualify.

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.

HOME + YARD 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.

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.
THE 29TH ANNUAL
EASTER EGGM HUNT
and BONNET CONTEST

SATURDAY, APRIL 3RD · 12:00 - 2:00 PM
AUBURN HILLS CIVIC CENTER PARK

QUESTIONS? 248.370.9353

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 prequalify, please contact Thomas Cooley Law School, 248-335-0125.

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

SUPPORT GROUPS

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

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. Visit www.alz.org/events/support_groups for dates and times.

SCLERODERMA SUPPORT GROUP

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.