

SENIOR SERVICES

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. 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 -

Availability Based on Governor's Executive 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.

IDEAS & SUGGESTIONS WELCOME

We are always searching for 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.

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

TEMPORARY BUSINESS HOURS

MONDAY - FRIDAY | 8:00AM - 5:00PM

SEASONAL ANNOUNCEMENTS

FLEECE DONATIONS FOR MLK DAY OF SERVICE

We are looking for donations of 1.5 yard sections of fleece to make fleece tie blankets for Operation Cover Me at our Annual Martin Luther King Jr Day of Service. Donations can be dropped off to the Auburn Hills Community Center until December 23rd. For more information, call 248-370-9353.

IT'S OPEN ENROLLMENT TIME FOR MEDICARE PART D OCTOBER 15 - DECEMBER 7

During this time you have the chance to do things like shop for a new **Part D drug plan**, switch from **Original Medicare** to a **Medicare Advantage** plan, or vice versa. The changes you make during the enrollment period will take effect on Jan. 1. Recent research discovers that people with Medicare Part D prescription drug coverage should be able to lower their costs by shopping among various plans each year. As an example - another Part D plan in your area may cover the drugs you take with fewer restrictions and charge you less. MMAP (Medicare /Medicaid Assistance Program) trained volunteers are ready to help you navigate the Medicare Part D web and determine which plan works best for you. Call 1-800-803-7174 to request an appointment. Appointments will be over the phone or via Zoom.

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.

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.



@AUBURNHILLSSENIORSERVICES

NOON LUNCH -

Dependent on Governor's Executive Orders

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.

YARD SERVICE PROGRAMS

AUBURN HILLS FALL RAKE AND RUN UPDATE

Due to COVID-19, the Fall Rake and Run is canceled. We do not want to jeopardize the health and safety of any volunteers or seniors. We are hopeful that this fantastic program will be able to return in the spring.

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

Dependent on Governor's Executive Orders

PARKING LOT BINGO

Join us for our last Parking Lot Bingo of the season! Pull up and play in the parking lot.

Date: Monday, 9/21/20

Time: 12:30PM

Fee: Free



FALL LECTURES

All of the below Fall Lectures will be taking place either at the Auburn Hills Community Center or via Zoom & Facebook Live and on Cable, depending on the Governor's Executive Orders. Call for more information or check our Facebook Page. You will find the Zoom Link and Meeting Information for each lecture.

TOOLBOX FOR STRESS

This lecture will equip you with some exciting tools you can turn to as you deal with life's natural stressors. Kathy will explain how stress affects the body and the brain and will lead you through four different techniques that you can choose from and practice wherever you are. There are some novel additional tools she will discuss you can pull out on a daily basis. Sponsored by Heartland.

Location: In Person & Zoom

Zoom: [https://us02web.zoom.us/j/82568337206?](https://us02web.zoom.us/j/82568337206?pwd=c2t3dEhyL29hL3YvVU15U2Z3NCtLZz09)
pwd=c2t3dEhyL29hL3YvVU15U2Z3NCtLZz09

Date: Tuesday, 9/15/20

Time: 1:00PM

Fee: Free

MAKING YOUR WAY THROUGH MEDICARE

Medicare Open Enrollment starts now... are you ready? Join Barb Todd-Leffeler for a virtual walk through your options and how to make Medicare work for you! Sponsored by Parents Changing Spaces.

Zoom: <https://zoom.us/j/95898294609>

Date: Monday, 10/12/20

Time: 1:00PM

Fee: Free

TO BE INFORMED IS TO BE IN CHARGE

Make sure that you are in control of your future no matter what life may bring. Learn the truths and myths of hospice care. You're invited to join HCR Manor Care for an informative Zoom talk regarding this important subject.

Location: In Person & Zoom

Zoom: <https://zoom.us/j/98807309311>

Date: Monday, 9/28/20

Time: 1:00PM

Fee: Free

VIRTUAL 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. All participants who complete the training that are 14 years of age and older will receive a free SAVE a Life Kit in the mail.

Location: Zoom

Zoom: https://us02web.zoom.us/webinar/register/WN_udAVc3k9ShWl4izwCh-hEA

Date: Friday, 10/16/20

Time: 1PM-2PM

Fee: Free

STRESS RELIEF SESSIONS WITH KATHY HOUSEY

Grab your Tools from your Toolbox for stress and join Kathy as she leads you through expanded sessions with specific stress relief strategies highlighted each time. You may come in with anxiety, but you will leave with a tool that can lower your cortisol levels.

Location: In Person & Zoom
Zoom: Register to receive Zoom information
Dates: Tuesday, 10/20/20
Tuesday, 11/17/20
Tuesday, 12/15/20
Time: 1:00PM
Fee: Free

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.

Location: Zoom
Zoom: <https://zoom.us/j/94057669005>
Date: Friday, 11/13/20
Time: 1:00PM
Fee: Free

HOLIDAY FIRE SAFETY WITH THE AHFD

Do you know how to keep your house or apartment safe during the holidays? The number of household fires increases and we want to help keep you safe as you decorate and celebrate this holiday season. Jon Toss of the Auburn Hills Fire Department is here to keep your holidays merry and bright!

Location: Zoom, In Person & Facebook Live
Zoom: <https://zoom.us/j/91917061263>
Date: Friday, 12/4/20
Time: 1:00PM
Fee: Free

OAKLAND UNIVERSITY ASSESSMENTS - ZOOM WITH A STUDENT

Are you 55+ and ready to help shape the young minds of tomorrow? Oakland University Physical Therapy students need volunteers for virtual Physical Therapy assessments. All skill levels welcome! Call the Community Center to let us know if you are interested in participating or have any questions.

Date: 11/1/2020-11/20/2020, dates flexible



TREE

LIGHTING

CEREMONY

FRIDAY, DECEMBER 4

6:00PM

DOWNTOWN AUBURN HILLS

LUNCHEONS & HOLIDAY 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.

COVID-19 UPDATE

Due to COVID-19, we remain 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 dependent on COVID-19.*

MONTHLY PARTIES

ROARING 20'S PARTY

FRIDAY, SEPTEMBER 25
12:00 PM | \$5.00

It's the Roaring 20's! Come for a Gatsby themed day of fun and glamorous celebration. Entertainment by the Green Brothers Quartet. Ticket deadline 9/11/20.

HALLOWEEN PARTY

FRIDAY, OCTOBER 30
12:00 PM | \$5.00

Ghosts and goblins and ghouls... oh my! It's a full moon, so who knows what to expect at this festive Halloween celebration. Entertainment TBD. Ticket deadline 10/16/20.

ANNUAL THANKSGIVING CELEBRATION

WEDNESDAY, NOVEMBER 18
12:00 PM | FEE: \$5.00

A traditional Thanksgiving Feast with the sounds of the Paint Creek Boys. Ticket deadline 11/4/20.

ANNUAL CHRISTMAS PARTY

WEDNESDAY, DECEMBER 9
12:00 PM | FEE: \$5.00

A festive holiday gathering. Entertainment TBD.. Ticket deadline 11/23/19

THEMED LUNCHEONS

PUMPKIN PAINTING

FRIDAY, OCTOBER 23
1:00 PM

Decorate a pumpkin to celebrate the fall weather and holidays! We'll provide the pumpkins, you provide the creativity! All participants must preregister by 10/16/20 by calling the Community Center.

VETERANS DAY LUNCH

WEDNESDAY, NOVEMBER 11
12:00 PM

Veterans eat free today as we celebrate and honor those who have served our country.

HOLIDAY CARDS

MONDAY, DECEMBER 14
12:30 PM

Come create a festive Holiday Card with us!

ANNUAL UGLY SWEATER DAY

FRIDAY, DECEMBER 18
12:30 PM

Break out your favorite Ugly Christmas Sweater! Prizes to be awarded.

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.

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.

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 the State of Michigan 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 - SPONSORED BY SMART

Join Amanda Farner, certified group exercise instructor and personal trainer, for a total body workout for all fitness levels. Be SMART about your health and stay active with this fitness class! This class will incorporate strength training, cardio fitness, balance, and flexibility. Class will meet Mondays, Wednesdays, and Fridays. Must register to join. No drop ins.

Date: Session A: M, W, F; Sept 14 - Oct 30
11AM - 12PM #452103A
Session B: M, W, F; Nov 2 - Dec 18
(NO CLASS WEEK OF 11/23)
11AM - 12PM #452103B

Fee: Free



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: Session A: Thursdays, 9/10/20-10/8/20
Session B: Thursdays, 10/15/20-11/12/20
Session C: Thursdays, 11/19/20-12/17/20
Time: 1:00 - 2:00 pm
Fee: Session A: \$35.00 Resident/ \$45.00 Regular/
\$10.00 Drop In #452102
Session B: \$35.00 Resident/ \$45.00 Regular/
\$10.00 Drop In #452102
Session C: \$28.00 Resident/ \$36.00 Regular/
\$10.00 Drop In #452102

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, 9/14/20 - 10/19/20
10:00AM - 11:00AM #452098A
Mondays, 11/02/20 - 12/07/20
10:00AM - 11:00AM #452098B
Fee: \$42 Resident / \$54.00 Regular / Drop in \$10
6 classes each session
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, 9/9/20-10/21/20
12:30PM - 1:30PM #452101A
Session B: Wednesdays, 10/28/20-12/16/20
NO CLASS 11/18/20
12:30PM - 1:30PM #452101B
Fee: \$40.00 Resident / \$50.00 Resident /
Drop in \$10.00
7 Classes Each Session

Ask us about our Scholarship Programs!

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. Courts closed during tennis lessons and other city sponsored events.

Date: 9/1/20 - 12/30/20 indoors,
Mon, Wed, Thurs, Friday
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

COVID-19 Travel Update

This fall, we have 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.

2020 TRAVEL SHOW

Unfortunately, due to COVID-19 we will not be hosting a Travel Show this fall. If you would like to receive travel updates via email, email nstasyk@auburnhills.org and we will send you updates as new trips are added.

DAY TRIPS

EASTERN MARKET

Tuesdays at Eastern Market are perfect for stocking up on fresh produce, baked goods, and meats. This market has special offerings including cooking demonstrations, and free Zumba and yoga classes!

Date: Tuesday, 09/22/2020
Fee: Interest Only # 451130

THURSDAYS AT THE DIA: SUGAR SKULLS

Come along to the Detroit Institute of Arts for a tour and free exhibit. Learn about the history of sugar skulls used in the Day of the Dead celebrations in Mexican and Mexican American communities, then create your own!

Date: Thursday, 10/15/2020
Fee: Interest Only #451131

THE HENRY FORD

We are going to be taking a tour of The Henry Ford Museum! A vibrant exploration of genius in all forms, the Henry Ford Museum of American Innovation allows you to experience the strides of America's greatest minds while fully immersing yourself in their stories.

Date: Thursday, 11/05/20
Fee: Interest Only #451132

EXTENDED TRIPS

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

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. For volunteer inquiries please contact: 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.



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.

AARP VOLUNTEER TAX PREPARERS

Do you enjoy helping people? Are you good with numbers and have some basic computer skills? The 2019 tax season is just around the corner and our local AARP Tax-Aide Program is seeking volunteer Tax counselors to provide free personal income tax preparation for seniors and low-middle income taxpayers. Training takes place in December and January. Tax preparation is done during February through mid-April, 1 or 2 days a week. We are also recruiting for Client Facilitators who staff the "front desk" at our sites to meet and greet customers and perform limited initial screening (but do not prepare tax returns). If interested in this rewarding volunteer opportunity, visit aarpfoundation.org/taxaide, or call 1-888-OUR-AARP (1-888-687-2277) for more information.

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 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.

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: September 16th and November 18th
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! UPDATED RESIDENTIAL LOCK BOX PROGRAM

Call 248-370-9353 for details or visit the Auburn Hills City website for more information.



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 **1-800-803-7174**.

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.

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

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. **1-800-272-3900**.

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 Courdret, **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