

# SENIOR SERVICES

SENIOR SERVICES DEPARTMENT  
1827 N. Squirrel Rd. | Auburn Hills 48326

PHONE 248-370-9353  
FAX 248-370-9357

HOURS OF OPERATION  
Monday - Friday | 8:00AM - 9:00PM  
Saturday | 10:00AM - 9:00PM

The Mission of our Senior Services Department is to enhance the quality of life for adults ages 55+.

## 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, 10:00AM - 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, 10:00 AM - 9:00 PM. 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.

## 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

Once again the AARP's Tax Assistance Program will provide IRS Certified Preparation Specialists for the 2018 Tax Year beginning in February 2019 at the Auburn Hills Community Center. The program is intended for low income seniors and other citizens in our area and cannot be complex. The service will be provided on Tuesdays from 9:00 am - 2:30 pm and by appointment only. Tax preparation will begin February 5, 2019 through April 9, 2019. Call 248-370-9353 after January 14, 2019 to schedule an appointment.

You will need for your appointment: 2018 TAX RETURN (Federal, State, and City if applicable). Picture ID & SOCIAL SECURITY cards for all taxpayers and dependents on the returns to be prepared. For your identity safety, Medicare cards are not acceptable nor are last year's returns acceptable as identification documentation. Also, bring all pertinent 2018 tax data (W2s, 1099s, SSA's, etc.), as well as a blank check if you would like direct deposit of any refund. FORM 1095A is required if you purchased health insurance or received an exception through the Marketplace. If you fail to bring all necessary information, you will be forced to reschedule your appointment. All returns will be e-filed to the IRS and you will leave with a paper copy for your files.

## IDEAS & SUGGESTIONS ALWAYS 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.

## NUTRITION PROGRAMS

### NOON LUNCH

Lunch is served Monday- Friday at noon. Must reserve a meal by 09:30AM 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.

### 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 a 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  
January 7, February 4, March 4 - InTouch Credit Union  
January 21, March 18 - American House Elmwood  
January 28, February 25, March 25 - Parents Changing Spaces  
February 18 - American House Village

### BOOK BINGO AT THE AUBURN HILLS LIBRARY

Enjoy Book bingo with Library staff the 2nd Wednesday of the month

Location: Auburn Hills Library  
Time: 2:00PM - 3:00PM

### NEW - MOVIE & POPCORN AT THE LIBRARY

The Auburn Hills Library is sponsoring FREE movies at the Library! Transportation available, call the Community Center for details. Friends of the Library will provide free popcorn.

Time: 1PM  
Dates: 1/25/18 - Saving Mr. Banks (2h 6m, PG-13)  
2/15/18 - Greatest Showman (1h 46m, PG)  
3/22/18 - Hidden Figures (2h 7m, PG)

## DAY CLASSES

### ARE YOUR GADGETS OUTSMARTING YOU?

On vacation until spring!

### COMPUTER CLASSES

Please see front desk for listing of local Computer Classes

### IT'S BACK! - COOKING CLASS WITH HARBOR CHASE CHEF JEFF PARISH

Chef Parish is back for another fantastic set of 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: Made in Michigan Month - Both Classes

#154098A  
Dates: Tuesday, 1/15/19 #154098B  
Tuesday, 1/29/19 #154098C

#### Session 2: Heart Healthy Recipes - Both Classes

#154099A  
Dates: Tuesday, 2/12/19 #154099B  
Tuesday, 2/26/19 #154099C

#### Session 3: Diabetic Friendly Recipes - Both Classes

#154100A  
Dates: Tuesday, 3/12/19 #154100B  
Tuesday, 3/26/19 #154100C



## WINTER LECTURES

### NEW! - BRUNCH & LEARN

Sponsored by Parents Changing Spaces, this is an informative speaker series about relevant, useful topics. Snacks and coffee will be provided. Registration required, call or visit Community Center to register. Registration closes 1 week before each class.

Location: Carriage Room

Time: 8:30AM

Fee: Free

Dates: Wednesday, 1/9/19 – The New Year Bucket List

Wednesday, 2/13/19 – ABC's of Love

Wednesday, 3/13/19 – Taxes



### BRAIN HEALTH WITH KATHY HOUSEY

Rewire your brain in the New Year with Brain and Balance Certified Instructor Kathy Housey. She will provide new brain health information along with interactive brain games to help you "train the brain." Registration required, call or visit Community Center to register. Registration closes 1 week before each class.

Location: Seyburn B

Time: 10:30AM – 12:00PM

Dates: Thursday, 2/7/19 – It's All Good News!

**Sponsored by: Heartland Troy**

Thursday, 2/14/19 – Cognitive Candy for the Brain

**Sponsored by: Beacon Square Orion**

Thursday, 2/21/19 – Your Gut is Your Second Brain

**Sponsored by: First & Main**

Thursday, 2/28/19 – Mindful Relaxation

**Sponsored by: Boulevard Health**

### WHEN IS IT TIME TO GIVE UP YOUR KEYS AND DRIVING? – EVENING LECTURE!

Dee Hubbard, Custom Home Health and Hospice, will be here to present on the signs of when it is time to stop driving and how to have this sometimes difficult conversation with parents and loved ones. Registration required, call or visit Community Center to register. Registration closes 3/13/19.

Date: Wednesday, 3/20/19

Location: Wesson Room

Time: 6:30PM

Fee: Free

## DAYTIME PROGRAMS

### SAY GOODBYE TO TIRED, ACHY, SWOLLEN LEGS

Are your legs painful and you don't know why? Many don't know that leg pain or restless legs can be caused by your veins! Miller Vein will be talking about venous disease and simple ways to treat it.

Date: Wednesday, 1/16/19

Location: Seyburn A

Time: 12:30PM



### ARTHRITIS, JOINT PAIN, AND FRACTURES... OH MY!

Nearly 40 million Americans have arthritis and The Michigan Center for Orthopedic Surgery is here to teach you about arthritis, joint pain, fractures, and other injuries as well as how to treat with proper exercise and nutrition.

Date: Wednesday, 1/30/19

Location: Seyburn A

Time: 12:30PM



### ALL ABOUT OSTEOPOROSIS

Join members of the NovaCare physical therapy staff as they discuss Osteoporosis. Learn about signs and symptoms of osteoporosis, risk factors, and appropriate and inappropriate exercises to help live with osteoporosis. Bring any questions you may have, as this will be an informative discussion with question and answer period to follow.

Date: Wednesday, 2/6/19

Location: Seyburn A

Time: 12:30PM



### CONFLICT RESOLUTION

Join Joe Considine from the Oakland Mediation Center to learn about mediation – why it's important and how it can help you! This will include simple tips on how to diffuse conflicts of your own.

Date: Friday, 2/22/19

Location: Seyburn A

Time: 12:30PM



### V.A. AND PAYMENT BENEFITS

Do you have questions about your VA and Payment Benefits? This talk from Lourdes Senior Community will cover different V.A. payment types and include an extensive explanation of VA benefits with time for questions to follow.

Date: Wednesday, 3/6/19

Locations: Seyburn A

Time: 12:30PM

### CRISTINA'S KITCHEN

Nutrition 101 with our very own Nutrition Coordinator, Cristina Rau M. S.!

Date: Wednesday, 3/13/19

Location: Seyburn A

Time: 12:30PM

### PI DAY BRAIN DRILLS WITH KATHY HOUSEY

A fun follow up to the Brain Health Series, celebrate "Pi Day" with some mental gymnastics! You don't have to be quick on your feet to have a quick brain! Registration required, call or visit Community Center to register. Registration closes 3/7/19. Sponsored by Beacon Square Orion.

Date: Thursday, 3/14/19

Location: Seyburn B

Time: 10:30AM – 12:00PM #154101A

### BALANCE: REDUCING ALL RISK

NovaCare physical therapy staff member will be present to discuss balance dysfunction in seniors. You will learn what makes us at risk for falls, and how to take action to prevent injuries from due to falling. We will discuss exercises to improve balance, and how to make simple modifications to your home and life to make you safer from the risks of falling. Stay after the discussion for complimentary balance screening with a licensed physical therapist.

Date: Wednesday, 3/20/19

Location: Seyburn A

Time: 12:30PM

### STAYING HEALTHY AT HOME

Learn how to stay healthy and active without visiting a gym! Dr. Chris Wilson PT, DScPT, DPT, GCS, from Oakland University will be demonstrating how to stay healthy at home and talking about the importance of staying active after 55.

Date: Wednesday, 3/27/19

Location: Seyburn A

Time: 12:30PM





## 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.

### COMING SOON – TRY IT OUT! ESSETRICS® AGING BACKWARDS

Essentrics® is a full body workout that rapidly changes the shape of your body through dynamic and fluid combinations of strengthening and stretching. This program rebalances the body, prevents & treats injuries, and unlocks tight joints. Join Kim Connelly, Essentrics® instructor, for a sample session of what is up and coming in the spring!

Date: Wednesday, 3/20/19  
Time: 9:00AM – 10:00AM  
Location: Studio  
Fee: Free

### WELL-BEING CHALLENGE

Start the New Year right by getting involved in our NEW, 12 week, Well-Being Challenge with Applied Fitness Solutions. Attend the kick off lecture to get started with all your tips and tools as well as your beginning stats. Included in the fee are weekly videos, workbook, pedometer, body composition check-ins, and more. Kick-off lecture on 1/14/19 from 6-7 p.m.

#### Optional Informational Q&A

Fee: Free  
Date: Thursday, 12/20/18  
Time: 6:00PM-6:15PM Seyburn A

Date: Wednesday, 1/9/19  
Time: 11:00AM-11:15AM Wesson Room  
Time: 6:00PM-6:15PM Seyburn A

#### Challenge

Location: Seyburn B  
Fee: \$125 Resident / \$150 Regular  
Date: 1/14/19 – 4/5/19 #113491

### 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: Daniela Ostezan, Tai Chi for Health Institute Certified  
Dates: Session A: Mondays, 1/7/19 -2/11/19 (No Class January 21)  
10:00AM – 11:00AM #152072A

Session B: Mondays, 2/25/19 – 3/25/19  
10:00AM – 11:00AM #152072B  
Fee: \$35.00 Resident / \$45.00 Regular / Drop in \$10.00  
5 Classes Each Session

### CHAIR YOGA

A gentle stretching class that begins seated in a chair and moves onto the mat. Registration deadline 1 week before class starts. Drop-ins only offered after class minimum has been met.

Instructor: Carol Smith  
Dates: Session A: Tuesdays, 1/8/19 – 2/12/19  
10:00AM – 11:00AM #152073A  
6 Weeks \$48.00 Resident / \$60.00 Regular / Drop in \$10.00

Session B: Tuesdays, 2/26/19 – 3/26/19  
10:00AM – 11:00AM #152073B  
5 Weeks \$40.00 Resident / \$50.00 Regular / Drop in \$10.00

### STRENGTH AND STRETCH: CHAIR STYLE

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: Wednesdays, 1/9/19 – 2/13/19 (No Class January 23)  
10:00AM – 11:00AM #152074A

Session B: Wednesdays, 2/27/19 – 3/27/19  
10:00AM – 11:00AM #152074B  
Fee: \$40.00 Resident / \$50.00 Regular / Drop in \$10.00  
5 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, 1/9/19 – 2/13/19  
12:30PM – 1:30PM #152075A

Session B: Wednesdays, 2/20/19 – 3/27/19  
12:30PM – 1:30PM #152075B  
Fee: \$40.00 Resident / \$50.00 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.

Date: 1/2/19 – 3/29/19 indoors, Mondays, Wednesdays, Thursdays, and Fridays  
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 #552002  
Fee: Free Residents / \$5.00 Drop in Regular

## TRAVEL

### A FOX ON THE FAIRWAY AT MEADOW BROOK THEATRE

A tribute from Ken Ludwig to the great English farces of the 1930s and 1940s, A Fox On the Fairway takes audiences on a hilarious romp, which pulls the rug out from underneath the stuffy denizens of a private country club. Filled with mistaken identities, slamming doors, and over-the-top romantic shenanigans. Lunch before at Mitchel's Fish Market

Date: Wednesday 01/30/19 11:15am  
Fee: \$56.00 #151126

### ROYAL TEA AT THE ROYAL PARK HOTEL

Tea service at the Royal Park transforms you to a time when mid-day was meant for relaxing! Put on a beautiful hat, leave your cares behind and enjoy the lifestyle over this special tea!

Date: Thursday 02/14/19 11:15 am  
Fee: \$54.00 #151127

### DETROIT BEHIND THE SCENES

Come join the Auburn Hills Seniors on a trip to tour the Fisher Building! Come and discover why this building is known as the "Golden Tower." Guided tour will include areas of the Detroit Opera House not normally open to the public. Lunch included at Mario's Restaurant.

Date: Thursday 02/28/2019 8:00 am  
Fee: \$84.00 #151128

### MARDI GRAS CAESARS WINDSOR

Your trip includes motor coach transportation, time for gaming at Caesars Casino Windsor and a casino package to include a \$15.00 voucher, redeemable for one of the following: \$15.00 in coin, food, or a free buffet. Your trip will also include coffee, Paczkis and special Mardi Gras entertainment. Motor coach transportaton.

Date: Tuesday, 03/05/19  
Time: 9:00 AM  
Fee: \$30.00 #151133

### FORD ROUGE FACTORY TOUR

Looking for an inspiring thing to do? Come and tour the Ford Rouge Factory. A model of 21st-century sustainable design that showcases how community, business and the environment can thrive together in a single environment. Start to finish, the Ford Rouge Factory Tour offers awe-inspiring encounters with America's celebrated manufacturing past, present, and future. Followed by lunch on your own at Edison's (Dearborn Inn)

Date: Thursday 03/21/09  
Fee: \$ 22.00 #151129

### DETROIT SYMPHONY ORCHESTRA

Come and watch the beautiful Detroit Symphony Orchestra play with the Auburn Hills Seniors! Take in a piece of Detroit history, and see them perform in the Detroit Orchestra Hall. Transportation via Motor coach. Lunch included from Traffic Jam & Snug Restaurant.

Date: Sunday 04/07/2019 10:45am  
Fee: \$119.00 #151130

## EXTENDED TRAVEL

A full itinerary is available at the Community Center for all extended travel opportunities.

### PHILADELPHIA FLOWER SHOW

Spend a weekend in the lovely city of Philadelphia during its annual Flower Show! Take a guided tour of the city, view the National Constitution Center, and eat at the Cavanaugh's Head House. Transportation via deluxe motorcoach! Three breakfasts and two dinners included.

Date: 03/07/2019 – 03/10/2019 #551185  
Fee: \$690.00 per person double

### FIREKEEPERS CASINO

Also Featuring Gun Lake Casino  
Your trip will include 2 days and 1 night stay at FireKeepers Casino Hotel. Your first day you will start at Gun Lake Casino for a little gambling time. You will receive a \$10 Food Voucher and \$10 slot play. Following your visit there you will then make your way to FireKeepers Casino where you will receive a \$10 voucher for food, beverages or gift shop and \$40 slot credit. Roundtrip transportation via deluxe highway motorcoach.

Date: 03/26/19-03/27/19 #551186  
Fee: \$150.00 per person double

## SHADES OF IRELAND

Your tour will include visits to Dublin, Irish Evening, Kilkenny, Waterford, you will have choices on tour, Blarney Castle, Killarney, Ring of Kerry, Farm Visit, Jaunting Car Ride, Limerick, Cliffs of Moher, Galway, and Castle Stay. 10 days, 13 meals, 8 breakfasts, 5 dinners. Plus much more!

Date: 05/11/19-05/20/19 #551187

Fee: \$3999.00 per person double

## THE OLD SOUTH: CHARLESTON- SAVANNAH

Southern Plantation Tour

Your trip will include tours of Historic Charleston and Savannah's River Street District. You will also have time to visit Charleston Tea Plantation, The Historic Charleston Market, Magnolia Plantation and Garden, Boone Hall, and the American Prohibition Museum. Roundtrip transportation via deluxe motorcoach. Your tour includes 7 nights, 7 breakfasts and lunches, and 3 dinners.

Date: 05/18/19-05/25/19 #551183

Fee: \$1899.00

## TEXAS THE LONE STAR STATE

Dallas, Fort Worth, Waco, San Antonio, and Hot Springs Arkansas. Your trip will include visits to Dallas, Fort Worth, Waco, San Antonio as well as a stop in Hot Springs Arkansas. Your trip will include visits to the Fantastic Caverns, George Bush Presidential Library, Southfork Ranch, The Alamo and many other locations. Roundtrip transportation via deluxe motorcoach. Your tour includes 11 nights, 11 breakfasts and 1 lunch, and 4 dinners.

Date: 03/18/19 - 03/29/19 #551184

Fee: \$2789.00 per person double

## CHICAGO WEEKENDER

Featuring: The Broadway Show, "A Chorus Line"

Spend a weekend with the Auburn Hills Seniors in beautiful Chicago! Featuring a guided tour of Chicago, a viewing of the award winning Broadway Show "A Chorus Line," and the Harold Washington Library. Transportation via deluxe motorcoach! Dinner at Lou Malnati's Pizzeria.

Date: 04/26/2019 - 04/27/2019 #551188

Fee: \$355.00 per person double

## 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: 05/29/2019 - 05/30/2019 #551189

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: 06/06/2019 - 06/08/2019 #551190

Fee: \$580.00 per person double

## HOLLAND AND SAUGATUCK

Join the Auburn Hills Seniors while they visit a "western Michigan paradise!" Wine tasting, ride on the Saugatuck Dunes, and an incredible Dinner Cruise on the Holland Princess are all featured! Three meals included, transportation via deluxe motorcoach!

Date: 06/18/2019 - 06/19/2019 #551191

Fee: \$334.00 per person double

## EXPERIENCE GRAND RAPIDS

Come and tour Grand Rapids with the Auburn Hills Seniors! You'll be able to see the amazing Frederick Meijer Gardens, and the Silver Lake Dunes! Three meals will be included, plus a visit to Robinette's Apple Haus & Winery! Transportation via deluxe motorcoach!

Date: 07/14/2019 - 7/15/2019 #551192

Fee: \$360.00 per person double

## OREGON COAST & PACIFIC NORTHWEST

Come see the lovely Pacific Northwest with the Auburn Hills Seniors! Visit Seattle, spend a few days touring the nature of Oregon, and even spend two nights in San Francisco! The Redwoods are calling your name! 15 meals included, transportation via plane and motorcoach!

Date: 08/08/2019 - 08/17/2019 #551193

Fee: \$3889.00 per person double

## CANADIAN ROCKIES WITH GLACIER NATIONAL & YOHO NATIONAL PARKS

If you love nature, then you will want to join the Auburn Hills Seniors as we tour the beautiful Canadian wilderness! Includes visiting Glacier, Yoho, Banff National Parks and more! 11 meals included, flight and busing included.

Date: 08/04/2019-08/10/2019 #551194

Fee: \$3599.00 per person double

## TUSCANY & THE ITALIAN RIVIERA

You tour includes 8 days 10 meals, 6 breakfasts, 4 dinners round trip air plus transfers. Highlight of this tour are Tuscan Estate, Florence, Choice on Tour, Siena, Tuscan Winery, Lucca, Pisa, Italian Riviera, Cinque Terre and Portofino. Plus much more!

Date: 10/04/19-10/11/19 #551195

Fee: 3899.00 per person double



# LUNCHEONS & HOLIDAY PARTIES

EVENT	DATES & TIME	DESCRIPTION
<b>BIRTHDAY &amp; ANNIVERSARY CELEBRATION</b>	<b>2ND MONDAY OF THE MONTH</b>	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.
<b>DONUTS WITH THE CHIEF</b>	<b>FRIDAY, JANUARY 11 12:00 PM   SEYBURN A</b>	Celebrate National Law Enforcement Appreciation Day with us and Police Chief Jeff Baker. Chief Baker will be talking about being in Law Enforcement as well as general safety tips. And of course, there will be donuts!
<b>CANDYLAND PARTY</b>	<b>FRIDAY, JANUARY 18 12:00 PM   FEE: \$5.00</b>	Down colorful pathways, over Rainbow Trails, past the Peppermint Forest, and the Gumdrop Pass... You're invited to the Sweetest of Adventures based on everyone's favorite Candy-Themed Board Game! Entertainment by Phil Demarco. Ticket deadline Friday 1/4/19
<b>VALENTINE'S DAY PARTY</b>	<b>FRIDAY, FEBRUARY 8 12:00 PM   FEE: \$5.00</b>	Cupid's Arrow is ready to strike! Come celebrate the Holiday of Love! Entertainment by Balancing Earth. Ticket deadline Monday 1/28/19.
<b>CHOCOLATE DIPPED DAY</b>	<b>WEDNESDAY, FEBRUARY 13 12:30 PM</b>	Everything is better with Chocolate! Join us for chocolate fondue and dips with our favorite snacks. Have something you want to try dipped in chocolate? Bring it in, give it a try!
<b>READ ACROSS AMERICA DAY</b>	<b>FRIDAY, MARCH 1 10:00 AM - 12:00 PM</b>	Happy Birthday, Dr. Seuss! For National Reading Day, we will be visiting KinderCare Daycare to read with the students and enjoy a pizza lunch with them. Lunch provided by KinderCare Daycare. Bus leaving at 10am, maximum registration is 12. Registration required by Monday 2/25/19.
<b>NATIONAL POPCORN LOVERS DAY</b>	<b>FRIDAY, MARCH 8 12:30 PM   SEYBURN A</b>	Today is a fun day to enjoy popcorn and share it with others! Popcorn is the perfect social snack so POP on in and celebrate with us!
<b>ST. PATRICK'S DAY PARTY</b>	<b>FRIDAY, MARCH 15 12:00 PM   FEE: \$5.00</b>	Let's celebrate the Luck of the Irish - and if we're lucky we just might find a pot of gold! Entertainment by Big Chief Chorus. Ticket deadline Friday 3/1/19



## 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 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.

### HOMEBOUND LIBRARY PROGRAM

The Homebound Library Program allows homebound seniors to enjoy the Library's materials. Volunteers are needed every 3 to 6 weeks depending on the need, and materials are picked up at the library. Delivery takes about an hour

### 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 SERVICES

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 BOULEVARD HEALTH CARE

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

### ASK THE HOUSING SPECIALIST APPOINTMENTS

Are you or your parents concerned about downsizing or moving? There are many housing options for seniors, and trying to decide which option is right can be confusing. Each month features a different housing specialty, however all representatives will be able to provide general information about the different housing options. There will not be sales associated with these ½ hour appointments. Call to schedule an appointment 248-370-9353

Date: 2nd Tuesday each month  
Time: 11:30AM

### 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 and Suburban Hearing Clinic 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. Dates: 1/14/19, 2/18/19, 3/18/19

### 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.

## 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 REMOVAL SERVICES

Lawn mowing services and Snow removal services are available for income eligible senior citizens and disabled residents. Call for more details.

## LEGAL PROGRAMS

### LAKESHORE LEGAL AID

FREE consultations through the Counsel & 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. 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 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