

SENIOR SERVICES

SENIOR SERVICES DEPARTMENT
1827 N. SQUIRREL ROAD | AUBURN HILLS 48326

PHONE 248-970-9353
FAX 248-370-9357

BUSINESS HOURS
MONDAY - FRIDAY | 8:00AM - 9:00PM
SATURDAY | 10:00 AM - 9:00PM

TRANSPORTATION

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

COMMUNITY CENTER CARD

Stop by the Community Center to receive a "Community Center Card" or renew your current Community Center card. Proof of residency required. Cards are renewed annually.

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.

IDEAS & SUGGESTIONS WELCOME

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

PROGRAM LOCATIONS

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

SEASONAL ANNOUNCEMENTS

STATE OF THE CITY WITH MAYOR KEVIN MCDANIEL

Join the honorable Mayor Kevin McDaniel as he presents what happened in 2018 in the city and a peek into 2019. Growth in business, events and more. There will be an opportunity to ask questions afterwards.

Date: Friday, 4/26/19

Time: 12:30PM

ANNUAL CELEBRATION OF LIFE

Join us for our annual Celebration of Life Memorial Planting. We will be placing the name of each person on a piece of biodegradable paper and adding it to the dirt. This symbol of honor will forever memorialize a loved one. To register for this event, please call the Community Center at 248-370-9353.

Location: Community Center Serenity Garden Path

Date: Friday, 6/7/19

Time: 12:30PM

GRANDMA'S BAKE SHOP FUNDRAISER

Once again we are asking for baked goods to be donated to our popular "Grandma's Bake Shop" to sell at the Auburn Hills Summerfest on Saturday, June 22nd. All proceeds will benefit the Senior Lawn Mowing and Snow Plowing Programs. To add your baked goods to our donation list, please call the community center at **248-370-9353**.

"GRANDPALS" - PEN PAL PROGRAM

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

NUTRITION & YARD SERVICE PROGRAMS

NOON LUNCH

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

MEALS ON WHEELS

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

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 two 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

4/1, 5/6, 7/1, 8/5 – Star Drugs

4/15 – Gollings Buick GMC

4/22, 7/22, 8/19 – American House Stone

4/29, 6/24, 7/29, 8/26 – Parents Changing Spaces

6/3 – American House Elmwood

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: 1:00PM

Dates: 4/26/19 - Green Book

5/17/19 - A Star is Born

6/21/19 - First Man

DAY CLASSES

COMPUTER CLASSES

Please see front desk for list of computer class times and dates.

COOKING CLASS WITH HARBOR CHASE CHEF JEFF PARISH

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

Time: 11:00AM – 1:00PM

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

Session 1	Spring Harvest – Both Classes #354099A Dates: Tuesday, 4/9/19#354099B Tuesday, 4/23/19#354099C
Session 2	Mexican in May – Both Classes #354100A Dates: Tuesday, 5/7/19#354100B Tuesday, 5/21/19#354100C
Session 3	Mediterranean – Both Classes #354101A Dates: Tuesday, 6/4/19#354101B Tuesday, 6/18/19#354101C
Session 4	BBQ and Grilling – Both Classes #354102A Dates: Tuesday, 7/9/19#354102B Tuesday, 7/23/19#354102C
Session 5	Hawaiian – Both Classes #354103A Dates: Tuesday, 8/13/19#354103B Tuesday, 8/27/19#354103C

AARP SAFE DRIVING CLASS

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

Dates: Tuesday 4/30/19 & Wednesday 5/1/19

Time: 9AM – 1PM

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

ANYONE CAN PAINT

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

Dates: Wednesday, 5/29/19 #354105A

Wednesday, 7/31/19 # 354106A

Time: 1-3PM

Fee: Resident \$25 / Regular \$30

D-PATH

Diabetes PATH is a 6-week workshop designed to provide the skills and tools needed for people living with diabetes to improve their health and manage their symptoms. As a result, people are better equipped to face the daily challenges of living with diabetes. This workshop will give the support needed to find practical ways to deal with your condition, manage symptoms, fight fatigue, build confidence, eat healthy, monitor blood sugar, and get more out of life! To register call 1-800-633-7377. Deadline for registration is 5/27/19

Dates: Wednesdays, 6/5/19 – 7/17/19
Time: 1PM – 3:30PM

EVENING LECTURES & CLASSES

"WALK YOUR WAY TO HEALTH" DINNER

Join us for a fun and informative dinner, sponsored by Pomeroy Living Rochester Skilled Rehabilitation! Hear from Director of Rehabilitation, Christina Mercier, COTAL, as she talks about the importance of walking. This will also be the start of a very exciting new walking program. Register by 4/17/19

Date: Wednesday, 4/24/19
Time: 6PM – 7:30PM #354107A

SPRING & SUMMER LECTURES

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.

Time: 8:30AM
Date: Wednesday, 4/10/19
Wednesday, 5/15/19
Wednesday, 6/12/19
Wednesday, 7/10/19
Wednesday, 8/14/19

PROTECT YOURSELF AGAINST IDENTITY THEFT

Over 9 million Americans are victims of Identity Theft each year – learn how to be aware of the signs, signals, and interventions to protect yourself from internet theft and scams. We will be from a representative from the Oakland County Prosecutor's Office for this informative talk, sponsored by Lourde's Senior Community.

Date: Wednesday, 4/10/19
Time: 12:30PM

ATTORNEY TALK: THINGS TO CONSIDER WHEN SELLING YOUR HOME

This discussion and question & answer session will be helpful for homeowners who are considering selling their home, including the costs and the nuts and bolts of the sale process. Should you sell using a realtor? Or sell yourself? Attorney Chauncey Hitchcock is here to answer these questions and help you prepare your biggest asset for sale, including a review of the title and any liens.

Date: Wednesday, 4/17/19
Time: 12:30PM

STATE OF THE CITY WITH MAYOR MCDANIEL

See page 26.

HARD QUESTIONS PANEL

There are questions and conversations that we all inevitably avoid, but this Hard Question Panel is giving you the opportunity to ask and discuss those challenging questions amongst a panel of specialized professionals. The questions can be endless and difficult, but now you can have them answered in one place. Sponsored by Lourde's Senior Community.

Date: Friday, 5/3/19
Time: 12:30PM

NAVIGATING THE PROBATE COURT

Oakland County Probate Court officials will be discussing the ins and outs of Probate Court including guardianships and conservatorships, Powers of Attorney and Patient Advocate Designations and much more, including time for your questions.

Date: Tuesday, 5/14/19
Time: 1-3PM

ATTORNEY TALK: THINGS TO CONSIDER WHEN BORROWING AGAINST YOUR HOME

This discussion and question & answer session on things every homeowner should consider when deciding on whether to borrow against the equity that they have in their home. Is a first or a second mortgage right for you? How about a Home Equity Line of Credit or a Reverse Mortgage? Attorney Chauncey Hitchcock will discuss the risks and costs of various financing options and legal implications of each.

Date: Wednesday, 4/17/19
Time: 12:30PM

REMEMBERING THE J.L. HUDSON COMPANY, DETROIT'S LEGENDARY DEPARTMENT STORE

The world's largest American flag, Freedom Festival fireworks, magical animated windows, a 9-story tree of lights, 12th floor auditorium spectaculars, the home of the real Santa, Maurice salad, and throngs of shoppers! Those are just a fraction of the memories that will be discussed and come alive during this lecture presentation. Presented by Michael Hauser, Marketing Manager for the Michigan Opera Theater & Detroit Opera House.

Date: Wednesday, 5/22/19
Location: Seyburn B
Time: 1 PM

GROWING UP BEHIND THE IRON CURTAIN

Do you want to learn about life behind the Iron Curtain in the 70s and 80s? Mrs. Cristina Rau, our Nutrition Programs Coordinator, will share with you her first-hand experience, growing up in Cold War Eastern Europe.

Date: Friday, 5/31/19

Time: 12:30PM

FIRE EXTINGUISHER SAFETY & JAWS OF LIFE DEMO

Do you want to learn how to properly use a Fire Extinguisher? Ever wanted to see how the "jaws of life" really work? Well, now is your chance! Join Auburn Hills Fire Fighter, Joshua Boyce, for a hands on learning experience as we practice using a fire extinguisher properly and see a full Jaws of Life demo!

Date: Friday, 6/28/19

Time: 12:30PM

KEEPING HYDRATED 101

Join us and Pomeroy Living Rochester Skilled Rehabilitation to learn about the importance of keeping hydrated and how to identify signs of dehydration. We are excited to welcome back Dr. Rojas for this important and informative talk!

Date: Friday, 7/19/19

Time: 12:30PM

LIVING WITH DEMENTIA

Join us for an informative lecture about living with Dementia and Alzheimer's including a simulation of what it feels like to live with Dementia using goggle technology. Sponsored by Lourde's Senior Community, a panel of specialists will be able to answer questions and give insight on life with Dementia and Alzheimer's.

Date: Wednesday, 7/24/19

Time: 12:30PM

AN AFTERNOON WITH THE AUBURN HILLS HISTORICAL SOCIETY

Join us for a look at historic events and sites in Auburn Hills that make us unique and played a role in our community over the past 200 years. A perfect way to increase your knowledge of local history as Auburn Hills nears its Bicentennial.

Date: Wednesday, 8/14/19

Time: 12:30PM

SUMMER CLEAN UP – DOWNSIZING SERIES

Looking to downsize your home but not sure where to start? Whether you want information or want to learn whether downsizing is the solution for you, this two part informative series is the solution you're looking for! We will be joined by Kelsey Florek, President of Caring Transitions of South Oakland County along with a panel of experts to help with different aspects of the downsizing process.

Dates: Wednesday, 8/21/19 – Downsizing 101: Learn about what downsizing is, why it's beneficial, and how to plan.

Wednesday, 8/28/19 – Selling Safely: Learn how to sell your home and all about the moving process.

You will also learn about how to safely sell or donate your belongings in the downsizing process.

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.

WALK YOUR WAY TO HEALTH KICK-OFF – NEW!

We are so excited to have a new weekly walking program that will take place on the trail behind the Auburn Hills Community Center! In addition to our morning open gym walking. The kick-off walk will be a fun walk with giveaways and snacks sponsored by "Beaumont Gets Walking" and Pomeroy Living Rochester. Join us and learn more about our upcoming Walk Your Way to Health and Wellness Walk and Talks. Water bottle recommended for walks. Registration required prior to joining program to receive Beaumont Gets Walking materials.

Dates: Thursday, 5/2/2019

Time: 9AM

WALK YOUR WAY TO HEALTH

As a part of our walking program, we will be holding monthly sponsored walks, which will take place on the trail behind the Auburn Hills Community Center! These walks will be a part of the normal Thursday walking program, but will include special incentives, like snacks and giveaways. Join us along with our sponsors, Beaumont Gets Walking and Pomeroy Living Rochester for a great morning walk!

Dates: Thursday, 5/9/19

Thursday, 6/13/19

Thursday, 7/11/19

Thursday, 8/8/19

Time: 9AM

Location: Community Center Patio

Fee: Free

WELLNESS WALK & TALKS

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

Dates: Thursday, 5/23/19 #352077A

Thursday, 6/27/19 #352077B

Thursday, 7/25/19 #352077C

Thursday, 8/22/19 #352077D

Time: 8:30AM

Location: Community Center Patio

SENIOR FIT – IT'S BACK

Senior Fit is a FREE exercise program sponsored by St. Joseph Mercy Oakland for people 55 and up. Classes are Mondays, Wednesdays, and Fridays starting in September.

Open Enrollment 6/17/19-6/28/19, by calling 248-858-3952

ESSENTRICS® AGING BACKWARDS – NEW!

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

Instructor: Kim Vitale, Essentrics® Instructor

Date: Session A: Thursdays, 4/18/19 – 5/23/19
1:00PM – 2:00PM #352076A
Session B: Thursdays, 6/6/19 – 7/18/19
1:00PM – 2:00PM #352076B
Session C: Thursdays, 8/1/19 – 8/29/19
1:00PM – 2:00PM #352076C
Fee: Session A & B: \$42.00 Resident/ \$54.00 Regular/
\$10.00 Drop In
Session C: \$35.00 Resident/ \$45.00 Regular/
\$10.00 Drop In

DRUMS ALIVE GOLDEN BEATS® - NEW!

Drum your way to health! Rhythm, movement, and drumming on stability balls create a unique, fun, and effective alternative to traditional workouts. Workouts adaptable to all fitness and mobility levels.

Instructor: Meida Ollivierra, Drums Alive® Instructor

Dates: Session A: Tuesdays, 4/16/19 – 5/14/19
12:30 PM – 1:30 PM #352077A
Session B: Tuesdays, 6/4/19 – 7/2/19
12:30 PM – 1:30 PM #352077B
Session C: Tuesdays, 7/23/19 – 8/20/19
12:30 PM – 1:30 PM #352077C
Fee: \$42.00 Resident/ \$50.00 Regular /\$10.00 Drop In
5 Classes Each Session

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, 4/15/19 – 5/13/19
10:00 AM – 11:00 AM #352072A
Session B: Mondays, 6/3/19 – 7/1/19
10:00 AM – 11:00 AM #352072B
Session C: Mondays, 7/22/19 – 8/19/19
10:00 AM – 11:00 AM #352072C
Fee: \$35 Resident / \$45.00 Regular / Drop in \$10
5 classes each session

CHAIR YOGA

A gentle stretching class that begins seated in a chair and moved 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, 4/16/19 – 5/21/19
10:00AM – 11:00AM #352073A
Session B: Tuesdays, 6/18/19 – 7/23/19
10:00AM – 11:00AM #352073B
Session C: Tuesdays, 8/13/19 – 9/24/19
(No Class 9/3/19)
10:00AM – 11:00AM #352073C
Fee: 6 Weeks \$48 Resident/ \$60 Regular/ \$10 Drop In

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, 4/17/19 – 5/22/19
10:00AM – 11:00AM #352074A
Session B: Wednesdays, 6/19/19 – 7/24/19
10:00AM – 11:00AM #352074B
Session C: Wednesdays, 8/14/19 – 9/25/19
10:00AM – 11:00AM #352074C
Fee: 6 Weeks \$48 Resident/ \$60 Regular/ \$10 Drop

LINE DANCING

Do you love music and like to dance or want to learn to dance? Line Dancing is a fun way to help maintain or improve muscle strength, balance, and endurance. Everyone learns something new from beginners to seasoned dancers! Registration deadline 1 week before class starts. Drop-ins only offered after class minimum has been met.

Instructor: Enita Hass

Dates: Session A: Wednesdays, 4/3/19 – 5/8/19
12:30PM – 1:30PM #352075A
Session B: Wednesdays, 5/15/19 – 6/26/19
12:30PM – 1:30PM #352075B
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. No indoor Pickleball June, July, or August. Outdoor courts available for tennis and Pickleball on a first come, first served basis. Courts closed during tennis lessons and other city sponsored events.

Date: 4/1/19 – 5/31/19 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 #532002S

Fee: Free Residents / \$5.00 Drop in Regular

TRAVEL

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

DETROIT TIGERS

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

Date: TBD, Depart 11:15am

Fee: TBD #351119

MIDLAND: DOW GARDENS & WHITING FOREST CANOPY WALK

Join us for a wonderful and unique day trip starting with a guided tour of the 20,000 square foot Alden B. Dow Home and Studio, which is described as an oasis of architecture and inspiration, followed by lunch at Lucky's Steakhouse. After lunch, you'll go to the Dow Gardens, which includes a Garden Tour and access to the Whiting Forest Canopy tour. **This trip is not wheelchair accessible and the tours include quite a bit of walking and stairs.** Motor coach transportation, depart at 8:00AM.

Date: Thursday, 06/27/19

Fee: \$91.00 #351120

SUMMER IN THE CITY

Home to Henry Ford, Joe Louis, Willie Horton, and many more, the Boston Edison Historic District is an exciting neighborhood in the heart of Detroit! Come along for a guided tour of the Boston Edison Historic District, followed by an included lunch at Andiamo Riverfront located in the beautiful GM Renaissance Center. You will then have free time to explore the Detroit Riverfront before departing for shopping at the unique Leon & Lulu's store in Clawson. Motor coach transportation.

Date: Thursday 07/25/19, Depart 8:30AM

Fee: \$49.00 #351121

ISLAND QUEEN

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

Date: Wednesday, 7/17/19, Depart 10:00 AM #351122

Fee: \$22.00

FIREKEEPERS CASINO

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

Date: Tuesday 08/20/19, Departs 8:15am

Fee: \$29.00 #351123

DETROIT TIGERS

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

Date: TBD, Depart 11:15am

Fee: TBD #351124

SENIOR DAY AT THE DETROIT ZOO

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

Date: September 2019, Day TBD

Fee: TBD #351125

SENIOR DAY AT THE MICHIGAN STATE FAIR

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

Date: Thursday, 8/29/19, Depart 8:45AM

Fee: TBD #351126

EXTENDED TRAVEL

SHADES OF IRELAND

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

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

Fee: \$3,999.00 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: \$1,899.00

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: \$3,889.00 per person double

CANADIAN ROCKIES W/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: \$3,599.00 per person double

WISCONSIN DELLS: TASTE OF MILWAUKEE

From Michigan's Lake Express Ferry, the first high speed ferry in the USA to a cruise on Lake Geneva, this trip has it all including sightseeing tours and tours of museums and breweries! There's so much to see and do in Wisconsin and this trip is jam packed with great experiences. Included are 5 nights, 5 breakfasts, 3 dinners – including a Dells Dinner Cruise.

Date: 09/12/19-09/17/19 #551197

Fee: \$1,499.00 per person double

RAILROADS OF NEW ENGLAND: FALL COLOR CLASSIC

Scenic excursions, stunning backroad touring, fabulous sightseeing and attractions, charming villages and New England's majestic fall foliage combine to make this a trip you won't want to miss! Included are 7 nights, 2 nights of entertainment, 7 breakfasts, 2 lunches, and 4 dinners – including a dinner train! Multiple tour included as well. Motorcoach transportation.

Date: 10/02/19-10/09/19 #551198

Fee: \$1,999.00 per person double

TUSCANY & THE ITALIAN RIVIERA

You tour includes 8 days 10 meals, 6 breakfasts, 4 dinners round trip air plus transfers. Highlights 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: \$3,899.00 per person double

CHRISTMAS AT OPRYLAND RESORT NASHVILLE

Visit one of the most popular holiday destinations in the U.S! A Country Christmas Dinner Show at Gaylord Opryland is simply amazing. On the way, enjoy a stop in Lexington, Kentucky to see the Southern Lights Holiday display. Included is 1 night in Lexington and 2 nights at the Opryland Resort, 3 breakfasts, 2 dinners, and tours.

Date: 12/2/19-12/5/19 #551197

Fee: \$1,299.00 per person double

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.

LUNCHEONS & HOLIDAY PARTIES

SPRING PARTY - APRIL SHOWERS

FRIDAY, APRIL 12
12:00 PM | FEE: \$5.00

Rain, rain, go away! But we'll party anyway! Join us for our April Party. Entertainment TBD. Ticket deadline 4/2/19.

EASTER LUNCH

THURSDAY, APRIL 18
12:00 PM | SEYBURN A

Hop on over and join us for lunch and a delicious carrot cake dessert!

COOKIES WITH THE CHIEF

WEDNESDAY, APRIL 24
12:30 PM | SEYBURN A

We are so excited to be joined by Fire Chief, Ellen Taylor! Join us for cookies with Chief Taylor as she talks about her role in the Fire Department

MOTHER'S DAY PARTY

WEDNESDAY, MAY 8
12:00 PM | FEE: \$5.00

Celebrating mothers everywhere! Join us in celebrating some of the most important women in the world. Entertainment by Chet Penkala. Ticket deadline 5/24/19.

MEMORIAL DAY LUNCH

FRIDAY, MAY 24
12:00 PM | SEYBURN A

Celebrate this day of remembrance with us and enjoy the All-American classic cherry pie for dessert

BEST FRIEND BINGO

MONDAY, JUNE 3
12:30 PM | SEYBURN A

In honor of National Best Friend Day, we are having a special day of Business Bingo! Bring your BFF to Bingo and enjoy a day of fun!

NATIONAL GERMAN CHOCOLATE CAKE DAY

TUESDAY, JUNE 11
12:00 PM | SEYBURN A

Layers of cake and a delicious frosting? What isn't there to celebrate about German Chocolate cake? Join us for this fun lunch.

PICNIC IN THE U.S.A.

FRIDAY, JUNE 14
12:00 PM | FEE: \$5.00

Who doesn't love a picnic? Join us for a day of Summer fun! Entertainment TBD. Ticket deadline 5/31/19.

4TH OF JULY PICNIC

FRIDAY, JULY 12
12:00 PM | FEE: \$5.00

Come celebrate our Freedom and a favorite summer holiday. Entertainment TBD. Ticket deadline 6/28/19.

NATIONAL ICE CREAM SANDWICH DAY

FRIDAY, AUGUST 2
12:30 PM | SEYBURN A

Ice cream sandwiches are an iconic summer treat, and now there's a whole day to celebrate our love for this sweet treat! Join us for a fun summer day.

NATIONAL LEMON MERINGUE DAY

THURSDAY, AUGUST 15
12:00 PM | SEYBURN A

Did you know lemons bloom all year? But there's only one National Lemon Meringue day! Join us for a slice and a fun lunch.

END OF SUMMER LUAU

FRIDAY, AUGUST 23
12:00 PM | FEE: \$5.00

Celebrate the final days of summer with one of our favorite parties. Entertainment by Kroon & Shantel. Lunch provided by Harbor Chase Senior living.

NATIONAL COLLEGE COLORS DAY

FRIDAY, AUGUST 30
12:30 PM | SEYBURN A

Join us for a lunch filled with friendly rivalries and a whole lot of spirit!

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 parties 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.

MEALS ON WHEELS DRIVER NEEDED FOR DAYTIME DELIVERIES

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

MEAL PACKERS AND SERVERS NEEDED

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

SHARP

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

OTHER VOLUNTEER OPPORTUNITIES

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

SUPPORTIVE RESOURCES

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

NO EXCUSE FOR ELDER ABUSE

If you are a senior citizen or know someone who is being hurt, having money taken or used without permission, are being forced to do things against their will, are being neglected or unable to care for themselves are forms of elder abuse. Neglecting to care for a dependent older adult or leaving them in an unsafe situation, whether you mean to or not, is elder abuse. Knowing, and not doing anything is elder abuse. IF YOU SUSPECT ELDER ABUSE OR NEGLECT, CALL 1-855-444-3911. You do not need to leave your name.

ASK THE NURSE WITH POMEROY LIVING SKILLED 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

ASK THE HOUSING SPECIALIST APPOINTMENTS.

Are you or your parents concerned about downsizing or moving? There are many housing options for seniors. 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.

Date: 3rd Monday of the Month
Time: 11AM – 1PM

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 PLOWING FOR SENIORS & PERSONS WITH DISABILITIES

The City offers two 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. 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