

SENIOR SERVICES

TRANSPORTATION

Transportation is 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, 9:00 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 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.

PROGRAM LOCATIONS

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

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

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 to make your appointment early to avoid the rush.

NUTRITION PROGRAMS

NOON LUNCH

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

MEALS ON WHEELS

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

YARD SERVICE PROGRAMS

AUBURN HILLS SPRING & FALL RAKE & RUN PROGRAMS

Are you finding it more difficult to get out and rake your yard to get it ready for fall? If you are a senior citizen or disabled homeowner who needs help raking leaves we may be able to lend a hand. 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
Sept 16, Oct 21, Nov 18, Dec 16 - American House Stone
Sept 23, Dec 30 - Gollings Buick GMC
Sept 30, Oct 28 - Parents Changing Spaces
Oct 7, Nov 4, Dec 2 - Star Drugs
Nov 25 - Orion Parade Group
Dec 23 - InTouch Credit Union

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

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: 9/13/19 - Interstellar PG-13
10/11/19 - A Quiet Place PG-13
11/08/19 - The Post PG-13
12/13/19 - The Christmas Chronicles PG

DAY CLASSES

COMPUTER CLASSES

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

Dates: Wednesday, 9/11/19-10/16/19 #354108C

Wednesday, 11/06/19-12/11/19 #354108D

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 Classic Comfort Foods - Both Classes
#454121A

Dates: Tuesday, 09/03/19 #454121B
Tuesday, 09/17/19 #454121C

Session 2 Fall Favorites - Both Classes #454122A

Dates: Tuesday, 10/01/19 #454122B
Tuesday, 10/15/19 #454122C

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. All supplies provided. Deadline one week before each class.

Dates: **Halloween Themed Painting**
Wednesday, 10/30/19 #454123

Christmas Themed Painting
Friday, 12/13/19 #454124

Location: Maker's Studio
Time: 1-3PM

Fee: Resident \$25 / Regular \$30



FALL LECTURES

ALL ABOUT MEDICARE

Presented by Health Alliance Plan, this informative talk will shed light on all things Medicare. If you have questions or just want to learn more about Medicare or the different Medicare options that are available then this talk is for you! Preregistration required at Community Center or online by 09/06/19.

Date: Tuesday, 09/10/19 #454125

Time: 9:30AM-12:00PM

WE COUNT 2020: RUMORS ABOUT THE CENSUS AND WHAT YOU NEED TO KNOW

Did you know that the census helps with distributing over \$675 billion in federal funds, and even more in state funds? This connects us to an improved cost of living, enhances our education, and expands our quality of life. Auburn Hills is here to help you understand how the census benefits you and our community, and how you can get involved. Make sure to mark your calendars for the 2020 census happening on April 1, 2020!

Date: Wednesday, 9/25/19

Time: 12:30PM

CIVILIAN RESPONSE TO ACTIVE SHOOTER EVENTS

What would you do if you were in an active shooter situation? It is time to learn and be prepared. Auburn Hills Police Officer, Brian Miller, will provide safety tips on how to keep you and your loved ones safe. Preregistration required at Community Center or online by 10/02/19.

Date: Wednesday, 10/09/19 #454126

Time: 12:30PM



PIRATES ON THE GREAT LAKES?

Did you know that there were pirates on the Great Lakes? In the 1700s, 1800s, and early 1900s the waters of the Great Lakes were a wild, wild west. Learn about pirates who sailed on our Great Lakes and who they were! Presented by Lori Feret. Preregistration required at Community Center or online by 10/09/19.

Date: Wednesday, 10/16/19 #454127

Time: 12:30PM



AUTONOMOUS VEHICLES:

THE TRANSPORTATION OF THE FUTURE?

Can you imagine a future full of driverless cars? Oakland County Connected Vehicle Task Force is a global leader in the field of Intelligent Transportation Systems and Connected Mobility research. Come learn about current research and discover the future of transportation! Preregistration required at Community Center or online by 10/25/19.

Date: Friday, 11/01/19 #454130

Time: 12:30PM



IS THE CENSUS SECURE?

For the 2020 census, a 10-question survey will be sent to every individual in the United States to ask basic demographic information. Understanding the climate, your personal information and security is our top priority. We will go over how your information is protected when you turn in your census survey. The extensive protections in place to preserve the integrity of the census, and how the information is only used by the Census Bureau!

Date: Wednesday, 11/13/19

Time: 12:30PM

CRISTINA'S KITCHEN - READING NUTRITION LABELS

Nutrition labels can be difficult to read and understand. Sometimes they are written just to confuse you! Cristina Rau, M.S., is here to help. Preregistration required at Community Center or online by 11/15/19.

Date: Friday, 11/22/19 #454128

Time: 12:30PM

OAKLAND UNIVERSITY ASSESSMENTS

Are you 55+ and ready to shape the young minds of tomorrow? Oakland University Physical Therapy students need volunteers for Physical Therapy assessments. All physical activity and ability levels welcome. Preregistration required at Community Center or online by 11/27/19.

Date: Wednesday, 12/04/19 #454129

Time: 12:30PM



LUNCHEONS & HOLIDAY PARTIES

MONTHLY PARTIES

RED CARPET PARTY

FRIDAY, SEPTEMBER 20
12:00 PM | \$5.00

Lights, camera, action! You're the star at our Red Carpet Party! Join us for an afternoon of Red Carpet glamour and fun! Entertainment by Al Savage. Ticket deadline 9/6/19

HALLOWEEN PARTY

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

Aye matey! Come aboard our Haunted Pirate Ship and enjoy a festive Halloween party! Entertainment by The Campfire Compadres. Ticket deadline 10/6/19

THANKSGIVING CELEBRATION

WEDNESDAY, NOVEMBER 20
12:00 PM | FEE: \$5.00

A traditional Thanksgiving Feast with the sounds of the Green Brother's Quartet. Ticket deadline 11/25/19

ANNUAL CHRISTMAS PARTY

WEDNESDAY, DECEMBER 11
12:00 PM | FEE: \$5.00

A festive holiday gathering. Entertainment by Twelfth Night Singers. Ticket deadline 11/25/19

THEMED LUNCHEONS

NATIONAL CAKE DECORATING DAY

FRIDAY, OCTOBER 11
12:30 PM

Cake decorating is a fun craft for all! Join us to decorate your own piece of edible art. Cupcakes, frosting, and decorations will be supplied.

NATIONAL STRESS AWARENESS DAY

WEDNESDAY, NOVEMBER 6
12:30 PM

Stress can be dangerous to your health! Come de-stress with us, enjoy some guided meditation, and walk away with less stress on your shoulders!

VETERAN'S DAY LUNCH

MONDAY, NOVEMBER 11
12:00 PM

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

HOLIDAY CARDS

FRIDAY, DECEMBER 6
12:30 PM

Come create a festive Holiday Card with us!

ANNUAL UGLY SWEATER DAY

FRIDAY, DECEMBER 20
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.

DRUMS ALIVE - FREE DEMO CLASS

Join us for a free demo of one of our newest classes, Drums Alive Golden Beats®! Find out how you can drum your way to health with our instructor, Meida Olliviera!

Date: Friday, 09/06/19
Time: 1:00PM -2:00PM
Fee: FREE

SENIOR FIT

Senior Fit is a FREE exercise program sponsored by St. Joseph Mercy Oakland for people age 55 and up. Call 248-858-2545 for enrollment information. Fall Orientation on Wednesday 9/11/19. Regular classes will begin on Friday 9/13/19.

Date: Mondays, Wednesdays, and Fridays 9/13/19-12/20/19
No classes 11/27/19 or 11/29/19
Time: 1:30-2:30PM
Fee: FREE - Provided by St. Joseph Mercy Oakland

WELLNESS WALK & TALK

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 Talk 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, 9/26/19
Thursday, 10/24/19
Time: 8:30AM
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. Registration deadline one week before class starts. Drop ins only offered after class minimum has been met.

Instructor: Kim Vitale, Essentrics® Instructor
Date: Thursdays, 09/12/19-10/17/19 6 weeks
1:00-2:00PM #452102A

Thursday, 10/31/19-12/19/19 7 weeks
NO CLASS 11/28/19
1:00-2:00PM #452102B
Fee: Session A: \$42.00 Resident/ \$54.00 Regular/
\$10.00 Drop In
Session B: \$56.00 Resident/ \$70.00 Regular/
\$10.00 Drop In
Location: Studio

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

Instructor: Meida Olliviera, Drums Alive® Instructor

Dates: Tuesdays, 09/17/19-10/22/19
12:30PM-1:30PM #452103A
Tuesdays, 10/29/19-12/10/19 NO CLASS

11/26/19
12:30PM-1:30PM #452103B
Fee: \$45.00 Resident/ \$55.00 Regular /\$10.00
Drop In

6 Classes Each Session
Location: Studio

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: Mondays, 10/07/19 - 11/04/19
10:00AM - 11:00AM #452098A
Fee: \$35 Resident / \$45.00 Regular / Drop in \$10
5 classes each session
Location: Studio

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: Tuesdays, 10/15/19-12/10/19 NO CLASS 11/26
10:00AM - 11:00AM #452099A
Fee: 8 Weeks \$64 Resident/ \$80 Regular/
\$10 Drop In
Location: Studio

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: Wednesdays, 10/16/19-12/11/19
NO CLASS 11/27
10:00AM - 11:00AM #452100A
Fee: 8 Weeks \$64 Resident/ \$80 Regular/
\$10 Drop In
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, 9/11/19-10/23/19
12:30PM - 1:30PM #452101A
Session B: Wednesdays, 10/30/19-12/18/19
12:30PM - 1:30PM #452101B
No Class 11/13
Fee: \$40.00 Resident / \$50.00 Non-Resident /
Drop in \$10.00
7 Classes Each Session
Location: Studio

RECREATIONAL PICKLEBALL

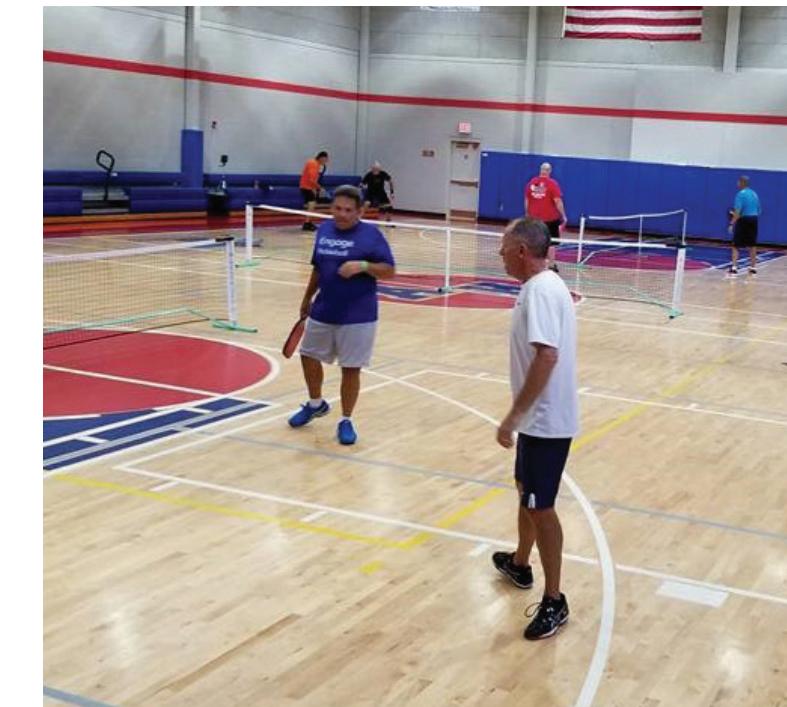
Three indoor courts are available at the Community Center for open, non-competitive play. Players must sign in at the desk before entering the court. Outdoor courts available for tennis and Pickleball on a first come, first served basis. Courts closed during tennis lessons and other city sponsored events.

Date: 9/3/19 - 12/27/19 indoors, Mon, Wed, Thurs, Friday
No Pickleball 10/7, 11/28, 11/29, 12/24, 12/25
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
Fee: Free Residents / \$5.00 Drop in Regular



EXTENDED TRAVEL

2019 TRAVEL SHOW

Interested in hearing all about the travel coming up in 2020? Join us for our Annual Travel Show to hear about day trips, overnight trips, and even international travel planned for the upcoming year.

Date: Thursday, 11/07/2019

Time: 10:00am

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: Wednesday, 09/04/2019

Fee: \$8.00 #351125

MYSTERY DINNER TRAIN

Join us for a ride on the Old Road Murder Mystery Train! This trip includes a Murder Mystery Show, fine-dining, and hilarious table-side entertainment. Each railcar will have members selected to participate in each show! Transportation by deluxe motorcoach.

Date: Thursday 10/10/19, depart 8:30am

Fee: \$101.00 #451126

THE ROYAL EAGLE RUSSIAN HIGH TEA EXPERIENCE

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

Date: Tuesday 10/22/19

Fee: \$30.00 #451127

PURPLE ROSE THEATER

Come along for a trip to the Purple Rose Theater to see Sherlock Holmes and the Adventure of the Fallen Soufflé! A world premier by David MacGregor, this action-filled tale of royal debauchery, priceless gems, and gourmet food will be sure to entertain. Transportation by deluxe motorcoach.

Date: Wednesday 11/06/19 - Depart at 11:30 AM

Fee: \$99.00 #451128

HOLIDAY BUFFET AT OAKLAND SCHOOLS

Join us for a special Holiday Buffet Luncheon! We will be going to the Northeast Oakland Vocational Education Center in Pontiac for their holiday buffet. Senior bus transportation.

Date: Thursday 12/12/19

Fee: \$12.00 #451129

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

CHRISTMAS AT OPRYLAND RESORT NASHVILLE

Visit one of the most popular holiday destinations in the U.S.A! "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: \$1299.00 per person double

OGLEBAY FESTIVAL OF LIGHTS

Let's take a trip to see one of the nation's largest holiday light shows! Oglebay Festival of Lights on Wheeling Island is more than 300 acres over a six-mile drive, one of the attractions included on this great overnight trip! You will also have a day to enjoy your time at the Mountaineer Racetrack & Gaming resort in Chester, West Virginia and a stop at the Fannie May Fine Chocolate guided tour! Included is 1 night in West Virginia, 1 dinner, and \$10.00 of both coin and food vouchers from the Casino each day.

Date: 12/09/19-12/10/19 #551203

Fee: \$224.00 per person double

ARIZONA - VALLEY OF THE SUN

Take a trip out west and join us for a 9 night stay in Chandler, Arizona, one of Arizona's most popular towns. You will be staying at the Crown Plaza San Marcos Golf Resort where you can enjoy many upscale amenities. Just a few of the included day trips include Sedona, Scottsdale, the Queen Creek Olive Mill & Winery, and Tortilla Flats, which is one of the most authentic old west towns in the state and so much more! Included in this tour are 9 nights in Chandler Arizona, 9 breakfasts, and 2 dinners. Transportation by Metro & airplane.

Date: 01/25/20-02/03/20 #551204

Fee: \$3199.00

EXTENDED TRAVEL**SNEAK PEEK AT TRAVEL FOR 2020****MARDI GRAS AT CAESAR'S WINDSOR**

Mark your calendars for this fun trip! As always, included is coffee, Paczkis, and special Mardi Gras entertainment! Transportation by Deluxe Motorcoach. Registration open on 12/16/19

Date: Tuesday, 02/25/2020

Fee: \$27.00

LONDON AND PARIS

Enjoy 8 days of fun in London and Paris! Just a few of the many attractions include visiting the Tower of London, Trafalgar Square, Big Ben, Paradis Latin Cabaret, Arc de Triomphe, dinner at the Eiffel Tower, and a Seine River Cruise. Included are 8 days, 6 breakfasts, 3 dinners, many attractions, airfare and transportation. You're sure to have a great time across the pond!

Date: 05/06/2020-05/13/2020 #551205

Fee: \$3599.00 per person double

UNTOUCHABLE CHICAGO

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

Date: 09/02/20-09/04/20 #551206

Fee: \$595.00 per person double

ICELAND'S MAGICAL NORTHERN LIGHTS

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

Date: 10/13/2020-10/19/2020 #551207

Fee: \$2999.00 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. 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 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.



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 1-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 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.

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.

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

MEDICARE, MEDICAID, PART D & OTHER INSURANCE ASSISTANCE

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

OPERATION MEDICINE CABINET

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

ASSISTANCE PROGRAMS

MSR SCHOLARSHIP

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

NEIGHBORHOOD HOUSE + AUBURN HILLS FOOD CUPBOARD

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

FOCUS HOPE

Focus hope is a monthly food distribution program for seniors age 60 and older only. Income and age guidelines must be met.

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. 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