

Older Persons' Commission

Older Persons' Commission • 650 Letica Drive Rochester, MI 48307 • www.opcseniorcenter.org

MEMBERSHIP

RESIDENT INFORMATION:

(No Membership Fee)
 Rochester/Rochester Hills/Oakland Township
 \$6.00 membership card

NON-RESIDENT INFORMATION:

Any person who does not reside in Rochester, Rochester Hills or Oakland Township
 \$175 per person or \$225 per married couple per year plus \$6.00 membership card

Resident and Non-Resident members 50 years of age and over are invited to sign up for all classes, programs and events. No age requirement required for spouse participation.

SERVICES AT OPC:

Adult Day Service **248.608.0261**
 This social program targets frail elderly adults who may function somewhat independently, but need some structured activities. Respite care available.

Transportation **248.652.4780**
 Serves seniors 60 years and over and those who are disabled. The minibus can take you anywhere in Rochester, Rochester Hills, Oakland Township, or Troy Beaumont Medical Complex. *Suggested donation of \$3.00 each way.*

Senior Resources **248.608.0249**
 Information and referral services are provided to seniors and their families in the following areas: general geriatric counseling, housing, in-home health care options, the Meals-on-wheels program, transportation and many other options.



NUTRITION

Meals on Wheels **248.608.0264**
Home Delivered Meals for Clients (MOW)
 Hot lunch delivered 7 days a week to homebound seniors unable to shop and prepare meals. Suggested donation of \$3.00

LUNCH IS SERVED AT OPC:
 Monday through Friday at 12:00 noon. Please call the switchboard at 248.656.1403 Ext. 0 to register before 11:00 am the previous day.

LEISURE TRAVEL

Leisure Travel **248.659.1030**
 OPC provides travel programs including day, overnight, extended and overseas trips for the 50 plus generation. (Membership not required.)

HEALTH & WELLNESS

Water aerobics, lap swim, team sports, cardio room, fitness classes, personal training, walking track, pickleball, cycling and more. *Fees vary, check the newsletter.*

PROGRAMS & ART

Art and craft classes, lecture series with Oakland University, international programs, dances, luncheons, performances, card games and so much more.

PERFORMING ARTS

The 650 Players, an all volunteer group who performs twice a year, and Club 650 which is night club entertainment, is held 4-6 times a year. Open to the public. Admission price varies.

CRITTENTON ON SITE

Crittenton Wellness Center **248.601.2888**
 Offers various screenings: blood pressure, bone density, blood cholesterol and blood glucose to name a few. Also offered are educational classes, health seminars and "Ask The Nurse".

Crittenton Physical Therapy **248.608.8119**

VISIT OUR ON SITE SHOPS **MONDAY - FRIDAY**
GIFT SHOP 9:00 AM - 3:30 PM
CORNER CAFE 9:00 AM - 2:30 PM



Visit our website & click the Facebook button

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*Visit our website
and click:*



SENIOR RESOURCES

Hours: 11:00 am - 4:00 pm

248.608.0249

Services:

- Information and Referral
- Medical equipment loan closet
- Appointments are recommended.

Low Income Assistance:

- Snow removal
- Food assistance programs
- Act of Kindness program for home repairs

ADDITIONAL SERVICES

Appointments/Reservations are required for the services listed below. Please call the switchboard at 248.656.1403 Ext.0 for specific times.

Medicare Counseling:

Bring your bills and statements.

Ask the Attorney - Dana Wilson:

Appointments are limited to 15 minutes.

HOME DELIVERED MEALS

248.608.0264

Meals are available 7 days a week in the OPC area, Auburn Hills, Independence Township, Orion and Oxford. All other areas (Addison, Brandon) deliver meals 5 days a week.

SUPPORT GROUPS

Caregiver's Support Group 248.608.0261

Open Support. Pre-registration for attendance and respite is necessary.

Grief Support 248.608.0261

A group for mutual learning, understanding, coping and overcoming recent significant loss.

New Beginnings Stroke Club 248.608.0261

Welcomes all stroke and handicapped persons and their caregivers.

Visually Impaired Group 248.608.0249

Support and Speakers. Meets the fourth Friday of January - October.

Parkinson's Support Group 248.852.8464

This group features programs with specialists, therapists and pointers for everyday living with Parkinson's Disease.

VOLUNTEER OPPORTUNITIES

**Contact the Volunteer Services Office for
Opportunities 248.608.0270**

- Discover your passion
- Encore Careers
- Leadership Opportunities
- Meet new people
- Strengthen your community