
ORION TOWNSHIP PARKS AND RECREATION

Active Aging

Information, Programs, and Services for Ages 50+

Welcome to the Orion Center

Hours

Monday: 8:30 am-9 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-9 pm

Friday: 8:30 am-4:30 pm

*Monday and Thursday front counter open til 7 pm

Upcoming Closures

Monday, May 27

Contact Information

248-391-0304 x3511

mopsahl@oriontownship.org

1335 Joslyn Rd. Lake Orion, MI 48360

orionparks.com

April

WELCOME MELISSA!

Hello Everyone! My name is Melissa Opsahl and I am the new Recreational Programmer at the Orion Center. I have lived in Lake Orion for about 15 years and I have four kiddos in the Lake Orion schools. I am so excited to be on the Orion Center team and to work with all of you wonderful people who spend time here! Please don't be shy and come say, "hello" anytime.

ORION CENTER RESOURCES

Membership (50+)

To participate in any program at the Orion Center you must be a member and be issued a key fob. MEMBERSHIP IS FREE! All participants will be required to scan a membership key fob as they enter the building.

If you do not have a key fob you will be issued one your first time entering the Orion Center. The Orion Center is ADA Accessible. To

register for a program please call 248-391-0304 x3500 or go online at www.orionparks.com.



Medical Equipment Loan Closet

The Orion Center has an array of equipment available for loan. There is no charge to borrow an item— keep them as long as necessary and return clean. Clean, working, durable medical equipment donations are also accepted. Please call 248-391-0304 x3500 prior to bringing in equipment since our storage space is limited. Also, if you are looking to donate eyeglasses or hearing aides we have a box in our lower level in partnership with the Lions Club.

Meals on Wheels

A nutritious lunch is delivered Mon-Fri, plus 2 frozen meals over the weekend.

Call 248-608-0264 between 8 am-4 pm - Mon-Fri to start the application process.

The Orion Center also offers lunch in our Dining Room, Mon-Fri at 12 pm. A reservation 24 hours in advance is required. Please call 248-391-0304 x3510 by 10 am the day prior to your visit. Note: A meal on Monday requires a call by 10 am the previous Friday.

Fee: \$3 donation for 60 and older, \$4 donation for anyone 59 and under.

Orion Center Library Branch

This branch caters especially to seniors and offers a slower pace and smaller venue than the main library. Open Mon-Fri, 10 am-3 pm. A monthly book discussion, and other programs for seniors, large print books, audiobooks, movies, put and take paperbacks, puzzles, and magazines are available for all, and computers and a printer are also available. Stop in and see us for more information, or dial the Orion Center Library Branch at (248) 693-6840.

Forgotten Harvest

Every Mon | 9 am-11 am | Woodside Bible Church, 2500 Joslyn Rd. Lake Orion

Forgotten Harvest is a non-profit food rescue organization that collects food that would otherwise go to waste and delivers it free of charge to organizations feeding the hungry in Metro Detroit. To keep everyone safe, food will only be distributed to trunk. Please have your trunk space clear. Can't make Monday? There is also a Pantry at Woodside Church Mon and Wed from 10:30-2:30 pm.

ONTV

Public Access programs are shown on Comcast Channel 10/AT&T Channel 99. Government Meetings for the Village of Lake Orion and Orion Township are shown on Comcast Channel 20/AT&T Channel 99. Educational programs and Board of Education meetings on Comcast Channel 22. For more information contact (248) 693-3377 or visit our website at www.orionONTV.org.

SENIOR SUPPORT SERVICES

Information and Services

If you need help locating area services and resources such as home care agencies, housing choices, legal referrals, etc. contact Chelsie Petrusha 248-391-0304 x3504

AgeWays

Contact AgeWays.org.

Giving older adults the programs, services, and supports they need to age the way they choose—with independence, dignity, and options.

Contact online or call (800) 852-7795 for more information.



Alzheimer's Association

Around-the-clock Alzheimer's Disease Information and Support: 800.272.3900

Support Group for Caregivers: Orion Township Library has a support group once a month on Tuesdays at 10:30 am, contact Library for more information.

Visit alz.org/gmc to see all the Michigan Chapter has to offer.



Easterseals Senior Outreach

Services provided: Counseling (In-home, office or telehealth), Care Management referrals, Psychiatry/Prescriber, Seniors Supporting Seniors Group, Senior Outreach Workgroup, Connection to community resources, Depression screening and treatment, and identification and early intervention of prescription drug misuse or abuse. If you would like to speak to someone, please call 1-800-757-3257



North Oakland Transportation Authority (NOTA)

Website: www.ridenota.org Phone: (248) 693-7100

This van service with wheelchair capability is available to residents of Orion, Oxford, and Addison Townships and the Villages of Orion, Oxford, and Leonard for seniors who are 60 years and older, disabled and /or low income.

Hours: Mon-Fri 6 am to 5 pm (work rides until 9 pm)

Saturday 8 am to 4 pm (Limited service to Addison, Orion and Oxford only) Sunday 8 am to 3 pm (limited service to Addison, Orion and Oxford).

Hours for Scheduling a Ride: Mon-Fri 8 am to 2 pm. Voicemail is not available to schedule rides, you must speak to a Dispatcher.

Fares are just \$2 for all one way rides. Exact fare only or tokens accepted. Tokens are available for purchase at the NOTA office. Package of 11 tokens is \$20 (get one free)



OLHSA

OLHSA is the largest private nonprofit agency delivering human services to Oakland and Livingston Counties.

- Emergency Utility Assistance- (248) 479-6516
- Weatherization- (248) 479-6516
- Commodity Supplemental Food Program- (248) 935-6898
- Grandparents Raising Grandchildren- (248) 209-2721
- Emergency Food Assistance Program- (248) 943-5878



FIELD TRIPS

Shop Shipshewana

Shipshewana | Wed, May 15 | \$129R/\$139NR
Leaving Orion Center at 7:45 am | Arrive back at 10:15 pm.
Welcome to the home of the Midwest's Largest Flea Market! Held every Tuesday and Wednesday of each week from the first of May through the end of October, you can find hundreds of vendors selling everything from fresh fruit to handcrafted furniture at the Shipshewana Flea Market. The small community comes alive with travelers from all over to visit this "do not miss" Hoosier tradition. The atmosphere surrounding the Flea Market is one of a kind. It is not hard to find a friendly face on these streets, nor is it difficult to keep one busy with the numerous activities Shipshewana has to offer. Grab Lunch at one of the many vendors on the grounds of the Flea Market. The day will be capped off with a Family-Style Dinner at Das Dutchman Essenhaus. **Reservation Deadline is April 21**



Discover Saugatuck

Saugatuck | Wed, Jul 31 | \$104R/\$109NR
Discover Saugatuck- First stop will take you to Saugatuck Dune Rides. This exciting adventure takes you along one of the many sand dunes along Lake Michigan. After, you'll have time to grab lunch at one of the many restaurants in Downtown Saugatuck. There are many unique shops and a stroll down the boardwalk is a must! **Reservation Deadline is July 9th, 2024.**
Leaving the Orion Center at 6:30 am, returning at 6 pm.



SPECIAL EVENTS

Puzzle Swap-Spring

Orion Center | Thurs, April 11 | 9:00 am-5:00 pm
Game Day and Puzzle Swap will have puzzles, books, DVDs, and board games for anyone to swap!



SPECIAL EVENTS

Open Mic Night

Orion Center | Thu, April 18 | 5-8:45 pm | Free

Join us on the 3rd Thursday of the Month from 5:00-8:45 pm for Open Mic Night! Share your talent, poetry, music, dance or comedy with the community. All ages and abilities are welcome. No registration required.



Mother's Day Market Art & Craft Show

Orion Center | Saturday, May 4 | 10:00 am-4:00 pm

Buy Near By and Shop Local! Start your Mother's Day shopping early with one of a kind, unique arts and craft show featuring distinctive and classic Made in Michigan products, made by Michiganders for Michiganders! Find exclusive Mother's Day gifts for all the mom's in your life! Vendors will be throughout the Orion Center with everything from one of a kind, hand-made jewelry, clothing and home décor. Interested vendors can contact Jennifer Vezina at jvezina@oriontownship.org or 248.391.0304 Ext 3503 for details. Only hand made products will be considered.



Cinco De Mayo Fiesta

Orion Center | Tue, May 7 | 12-1:30 pm | \$8R/\$10NR

Come join us for a fiesta! Enjoy some music and an authentic Mexican lunch. Membership and registration is required.

Outdoor Community Garage Sale

Orion Center | Saturday, June 1 | 9:00 am-3:00 pm

One Man's Trash is Another Man's Treasure! Find new treasures or sell a few of your own at Orion Township's Largest Outdoor Annual Garage Sale. Why drive from house to house dragging your kids in and out of the car, wasting valuable time and resources? Drive to one location and see it all. No entrance fee for shoppers- it's FREE! Sellers must pre-register, spaces are limited. Sale runs 9 am - 3 pm Any unsold merchandise must be removed at the conclusion of the sale by the owner. Vendor fee is \$12R/\$15NR set up opens at 7:30 am, spaces are limited. Each vendor receives a parking lot space to park their vehicle and another space for their sale items.



Sparks - Griffin

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Art Exhibit & Sale

Kathi Doyle

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Digital Art Prints

Water Color Paintings

& Prints & More

Also Featuring:

Claire Kelly, Metal Works Artist

- Located in the Metamora-Hadley Lodge #210
- 32 High Street, Metamora, MI 48455
- Free parking in back



Artist: Kathleen E. Doyle M.Ed.



Metal Works Artist: Claire Kelly

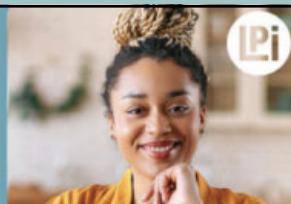
Exhibit Times & Dates: Saturday April 27 10:00am to 8:00pm
Sunday April 28 11:00am to 5:00pm

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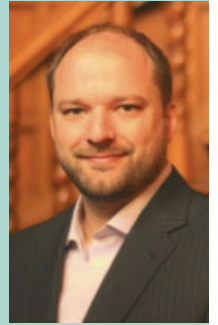
Orion Center | Mon, Apr 8 | 1-2:30 pm | Free Service

Attorney Dana Wilson provides private consultations at the Orion Center. If you need assistance with legal problems or if you have legal questions, call for a 15-minute appointment.



Finance/Medicare

MRA can help with Medicare enrollment and plan reviews, Life Insurance policy reviews and provide unbiased annuity support. Schedule a one-on-one session with Chad Day. Appointments are 30 minutes. Please call the Orion Center to make appointment.



ENRICHMENT

Secretary of State Mobile Office Visit

Orion Center | Tue, Apr 2 | 10 am-3 pm

Book a visit to the Orion Center to complete your Secretary of State transactions, including: First-time Michigan ID, Renew Driver's License or ID, Transfer Title, Apply for/renew disability placard.



Let's Craft Together

Orion Center | Fri, May 3 | 1:30-4:00 pm

Let's get crafty! In this class we will work together to learn a craft you may not have had the confidence to do on your own. All supplies are provided. Registration

Matter of Balance

Orion Center, Multi-Purpose Rm | Mon & Wed | May 1-29 | 12-2 pm

Matter of Balance (MOB) is specifically designed to reduce the fear of falling and improve activity levels among older adults. The program includes eight two-hour classes and enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance. Additional topics include home safety, assertiveness, developing positive strategies for change, reducing barriers to exercise, identifying physical risk factors for falls, personal action planners, recognizing misconceptions about falls, and moving from self-defeating to self-motivating thoughts. No class May 27.

Oakland County Clerk/Register of Deeds Local Office Visit

Orion Center | Tue, May 21 | 11:30 am-1:00 pm

This is an opportunity for you to get copies of: certificates (birth, death, marriage) and property documents (mortgage, liens, deeds, etc.). For identification requirements and fees information call 248.858.0651 or go to www.oak.gov/clerk

ORION CENTER

50+ ACTIVE CLUBS

MONDAY

Mahjong | Game Room | 10:30 am
Knitting/Crochet | Art Room | 12:30 pm
HAM Radio | Orion Room | 6 pm

TUESDAY

Painting | Art Room | 10 am
Bingo | Game Room | 10 am & 12:45 pm | **BRING NICKELS**

WEDNESDAY

Ukulele and More! | Art Room | 11 am-1 pm
Hand and Foot/Cards | Game Room | 12:30 pm
Book Club | Multi-Purpose | 1 pm | 2nd Wed of the month

THURSDAY

Cardmaking/Scrapbooking | Art Room | 10 am
Quilting | Art Room | 1 pm | 2nd Thur of the month
Euchre | Game Room | 1 pm | \$2+Dimes | Must be here before 1 pm
HAM Radio | Orion Room | 6 pm

FRIDAY

Quilting | Art Room | 9 am
Ukulele and More! | Multi-Purpose | 11 am-1 pm
Movie Club | Multi-Purpose | 1:15 pm | Arp 5- Who Gets the Dog?,
Apr 12- Niagara, Apr 19- Waking Ned Devine, Apr 26- Mame

**FOR ADDITIONAL DETAILS PLEASE VISIT
OUR WEBSITE AT ORIONPARKS.COM**

EXERCISE ROOM

The Exercise Room at the Orion Center provides an opportunity for **seniors age 50+** to enhance their health and wellness. You must have a current membership to use this room. **Interested in an Exercise Room Membership?** Please call **248-391-0304 x3500** and a staff member will guide you through the registration process.

NEW OPTIONS FOR EXERCISE ROOM FEES

Fees	Resident	Non-Resident
1 Month	\$6	\$12
1 Year (Option for Automatic Monthly Payments)	\$60	\$120

HOURS:

Mon and Thu– 8:30 am-7 pm

Tue, Wed, Fri– 8:30 am-4 pm

ASCENSION WELLNESS CENTER

**ASCENSION
WELLNESS CENTER**

**ASK A NURSE OR DOCTOR
CHECK YOUR BLOOD PRESSURE
CHECK YOUR WEIGHT**

EVERY MONDAY 9AM-12 PM	ASCENSION DOCTOR

EVERY FRIDAY 8:30-12 PM	ASCENSION NURSE

Fitness Assessments

Orion Center | Every Friday

Time Slots: 8:30 am, 9:00 am, or 10:15 am

Ascension participates in the initiative to ensure that older adults move safely every day in order to maintain function and to do what matters to them. Call the Orion Center to book a 30 minute appointment.

EXERCISE CLASSES

Beginner Pickleball Lessons

Friendship Park | Mon & Wed, Apr 22 & 24 | 4-6 pm | \$45R/\$50NR | Ages 18+

Friendship Park | Tue & Thu, May 14 & 16 | 3-5 pm | \$45R/\$50NR | Ages 18+

Friendship Park | Mon & Wed, May 20 & 22 | 3-5 pm | \$45R/\$50NR | Ages 18+

These beginner lessons will introduce you to the basic rules, proper grip, shots, scoring, and play of pickleball. Paddles and balls will be provided. Bring your own if you have one. Please note player minimum is 4, if that minimum is not met the lesson will be canceled.

EXERCISE CLASSES

Silver Sneakers with Becki and Cheryl

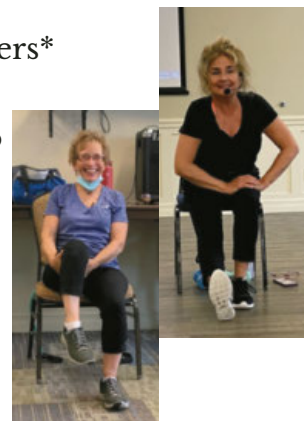
Virtual or Orion Center | \$3R/NR per class *Free for Silver Sneaker Members*

Classic (mostly in chair) | Every Wed and Fri | 10-11 am

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seating or standing support. Tubing and ball are recommended.

Circuit (higher cardio) | Every Mon | 10-11 am

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. A chair is used for standing support, stretching and relaxation exercises. Tubing and ball are recommended. Optional: Bring your own hand weights.



Zumba with Cyndy Duval

Gold | Mon | Mar 4-Apr 22 | 9:30-10:30 am
\$68R/\$72NR

Toning | Wed | Mar 6-Apr 24 | 9:30-10:30 am
\$68R/\$72NR

A Latin inspired cardio workout, incorporating dances such as merengue, salsa, cumbia, belly dancing and more!

Drop-in fee (if space is available): \$11R/\$12NR



Tai Chi with Michael Dwyer

Tue | Mar 12-Apr 16 | \$60R/\$66NR

Beginner | 11 am-12 pm

Continuing | 10-11 am

Classes include

warm-up and focused exercises, as well as learning the Wu Style form of sequenced postures. Tai Chi Chuan is a soft-

style Chinese martial art. Its slow, repetitive, and circular movements open internal circulation to improve strength, agility, and balance. The forms gently move every muscle of the body through a complete and natural range of motion.



TaikoFit Cardio Drumming Drop In with Cindi Carter

Orion Center | Mon | Apr 11-June 6 | 6:30-7:30 pm

Japanese drumming uses big drums, big sticks and big moves. Combine the Taiko drumming style with high energy music and cardio and you have a really fun workout that reduces stress and is good for your mind, body, and spirit soul. No drumming experience is necessary.

Hatha Yoga with Sue Albert

Gentle | Mon | Apr 15-May 13 | 4:45-5:45 pm | \$55R/\$58NR

Open | Thu | Apr 18-May 16 | 10:00-11:15 am | \$55/\$58NR

Yin Yang | Mon | Apr 15-May 13 | 6-7:15 pm | \$55R/\$58NR

To see all class descriptions please visit orionparks.com





Mother's Day Market

ART & CRAFT SHOW

Saturday, May 4

10 am- 4 pm
Orion Center, 1335 Joslyn Rd
orionparks.com

**FREE Parking &
Admission!**



**ORION
PARKS**

