

---

## 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

---

### Closures

Friday, March 29

---

### Contact Information

248-391-0304 x3500

[parksrec@oriontownship.org](mailto:parksrec@oriontownship.org)

1335 Joslyn Rd. Lake Orion, MI 48360

[orionparks.com](http://orionparks.com)

---



**I love March as it gives me hope that new beginnings are always beautiful.**

Anamika Mishrra

Spring is in the air and the Orion Center is buzzing with activity! Come and join us for a ton of fun classes, clubs, lunches, and trips!

**MARCH 2024**

## 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](http://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](http://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

### Area Agency on Aging 1-B

Contact Area Agency on Aging 1-B <https://aaalb.org>.  
Programs, resources and services from the AAA 1-B support older adults and help them live safely and comfortably at home.  
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](http://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](http://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

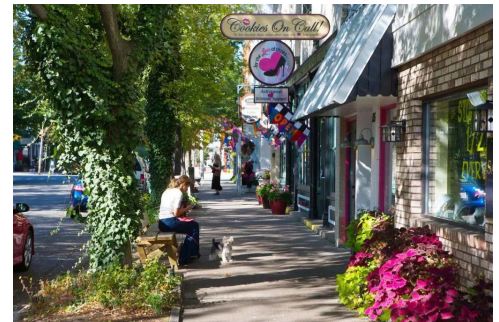
### Shop Shipshewana

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

### Blood Drive

Orion Center | Thu, Mar 28 | 12:30-5 pm  
Every day, Versiti Blood Center of Michigan needs more than 560 blood products to meet hospital demand. What we collect will go back to help people in your community! The key to success is to fill all appointment slots. To schedule your appointment please sign up at [donate.michigan.versiti.org](https://donate.michigan.versiti.org).



## SPECIAL EVENTS

### Indoor Community Garage Sale

Orion Center | Fri, Mar 8 | 9 am–3pm | Vendor fee is \$10R/\$13NR

Spring is right around the corner, it's time for Spring Cleaning and clearing out the clutter! Stay warm and dry indoors, use our space to sell, sell, sell. Don't worry about the weather, making signs, putting them out or people parking on your grass. We do all the work for you! Household items only, no wholesalers please. We supply the table, chair and advertising. All merchandise is limited to your table so be sure to purchase adequate space! Any unsold merchandise must be removed at the conclusion of the sale by the owner. Set up opens at 8:00 am, spaces are limited.



### St. Patrick's Day Lunch

Orion Center | Fri, Mar 15 | 12 pm | \$6R/\$8NR

May the luck of the Irish be with you! Join us for a festive meal and entertainment while we celebrate this popular Irish holiday.

### Open Mic Night

Orion Center | Thu, Mar 21 | 5-8:45 pm | Free

Join us on the 3rd Thursday of the Month from 5-8:45 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.



### Spring Break Family Car Bingo

Orion Center | Wed, Mar 27 | 1–2 pm

Get your dobbers ready for some Spring Break fun in the Orion Center Parking Lot. All participants will receive a set of Bingo Cards and will mark their card when they hear the numbers over the radio. If you get a BINGO you'll honk your horn and flash your lights and come to the front of the Orion Center to check your card.



### 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.

## ONE ON ONE WITH PROFESSIONALS

### Ask the Attorney

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

### Plant Based Eating Class

Orion Center | Mon, Mar 18-Apr 15 | 6:30-8 pm | \$49R/\$59NR

Have you been looking for a way to get more energy, lose weight, reduce food cravings, improve athletic performance and reduce your cholesterol? Plant Based Eating can do all this for you AND address common western diseases such as heart disease, type 2 diabetes, autoimmune disease, some cancers and more. Your instructor is a health coach and certified in Plant Based Nutrition. This class will be a supportive and open environment where all questions are welcome! Recipes for delicious plant based meals will be provided. Food will not be prepared or served during class. Couple discount \$79R/\$89NR



### 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.



### 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.



# 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 | Mar 1- Hitch, Mar 8- How to Steal a Million, Mar 15- Night at the Museum, Mar 22- The Perfect Game

FOR ADDITIONAL DETAILS PLEASE VISIT  
OUR WEBSITE AT [ORIONPARKS.COM](http://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

### Breast Cancer Screening Seminar

Orion Center | Thu, Mar 14 | 6-7 pm | Free  
Dr. Julie Shultz, MD. Diagnostic Radiology  
Dr. Shultz will present the newest advancements in breast cancer screening. Technology has improved the diagnosis and therefore treatment of breast cancer. Hear about the best methods for screening and diagnosis. Early detection equals early treatment and better outcomes.



### 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.



### Line Dancing

Orion Center| Fri| Mar 8-May 17 | 9:30-10:30 pm | \$60R/\$64NR

Join us and have fun staying fit! What a great way to exercise and meet new friends! We will learn new dances as well as some of your favorites. No experience necessary. Instructor: Kim McCool. Drop in rate \$11R/\$12NR space permitting

### Hatha Yoga with Sue Albert

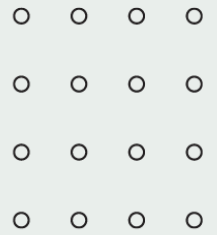
Gentle | Mon | Mar 11-Apr 8 | 4:45-5:45 pm | \$55R/\$58NR

Open | Thu | Mar 14-Apr 11 | 10-11:20 am | \$77/\$80NR

Yin Yang | Mon | Mar 11-Apr 8 | 6-7:15 pm | \$55R/\$58NR

To see all class descriptions please visit [orionparks.com](http://orionparks.com)



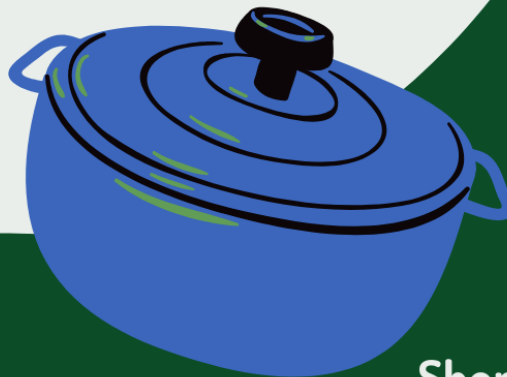
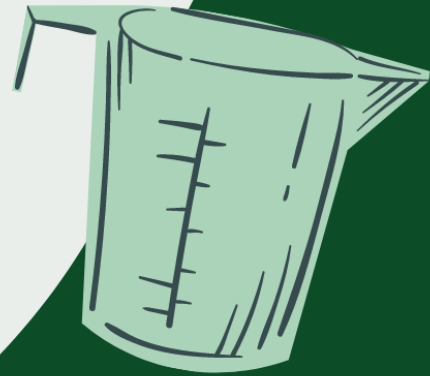


# Indoor Community Garage Sale

**Friday, March 8th**

**9:00am - 3:00pm**

**1335 Joslyn Rd**



Shop from over 30 vendors  
inside the Orion Center! One  
man's trash is another man's  
treasure.

For More Information:

**248.391.0304 x3500**

**[www.orionparks.com](http://www.orionparks.com)**

