



Times

Monthly Newsletter of the Royal Oak Seniors
 Mahany/Meininger Senior Community Center (248) 246-3900
 Salter Community Center (248) 246-3180
 website: www.ci.royal-oak.mi.us

MISSION STATEMENT:

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities.

Supportive services that promote independence and quality of life are available for residents who are 60 and over or permanently disabled adults.

“The City of Royal Oak’s Recreation Department does not discriminate against any program participant or applicant for participation because of race, color, creed, religion, ancestry, national origin, sex, disability or other handicap, age, marital/familial status, or status with regard to public assistance or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination.”

**ROYAL OAK SENIORS
 RESOURCE CENTER**

Check out the resource center brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly.

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	Every Wednesday	Manicures by appt	10-3:30 pm
		Lunch & Learn	11:30 am
	Tues, May 1	Planning for the Future	
		<i>Last day to register, Thursday, April 26</i>	
	Mon, May 7	10 Warning Signs of Alzheimer’s Disease	
		<i>Last day to register, Thursday, May 3</i>	
	Mon, May 21	Diabetes: Classification, Signs and Symptoms Causes, Diagnosis, Management and Prevention	
		<i>Last day to register Thursday, May 17</i>	
	Sat, May 5	Mother’s Day Tea	11 am
	Tues, May 8	Used Purse Sale	9-1 pm
	Wed, May 9	Foot Doctor	9-11 am
	Wed, May 9	Rybicki Tours Travel Show	10 am
		Monthly Matinee	
	Fri, May 11	Iron Lady	12:30 pm
	Tues, May 22	Tower Heist	9:30 am
	May 14-25	PartyLite Fundraiser	9-4:30 pm
	Tues, May 15	Visually Impaired Adults	2:30 pm
	Fri, May 18	Intergenerational Project	10 am 12:30 pm
	Fri, May 18	Massage Therapy	by appt
	Tues, May 22	Food Safety & Nutrition “One Dish Meals”	11 am