

Costco Monday

Every Monday, the Center has day old baked goods from COSTCO for sale. Please stop in and see what is available. All COSTCO proceeds help supplement Tim's Kitchen.

Senior Gold Card

The Senior Gold Card, a complimentary activity pass from the Royal Oak School District for Royal Oak senior citizens age 60 and over, includes free admission to:

- All athletic events (except state sponsored tournaments)
- All school drama programs & dance shows
- All vocal & instrumental music concerts
- Evening recreational swim at RO High School & RO Middle School

The card also includes reduced prices for:

- Adult & Cont Education classes
- Lunches at secondary schools

Applications are available at the Churchill Community Education Center, 707 Girard, RO. For additional information, call (248) 588-5050.

Eat Smart, Live Strong

The Eat Smart, Live Strong program is coming to Royal Oak in March. Eat Smart, Live Strong is a 4-week program for adults age 60-74 that includes easy ways to make smart food choices and how to exercise more. The program is sponsored by Michigan State University in Oakland County. The senior center is part of a research study that is looking at how effective Eat Smart, Live Strong is.

We are looking for volunteers to complete some surveys in March and then again in April. The surveys ask about your attitudes about food as well as what you eat. The surveys are anonymous. Each person who completes the surveys in March will receive a \$20 gift card and \$15 in cash. When you return in April to complete the surveys you will receive a \$15 gift card. We want to show our appreciation to you for helping with the study! The actual Eat Smart, Live Strong 4-week program will take place in late summer.

The surveys will take place on the following dates in March: 12, 19 and 23. You only need to attend one of the 3 sessions. We will meet from 9:30-11:30 am. The follow-up sessions will be held on April 16, 23 and 27 from 9:30-11:30. If you come to a March session we ask that you also come to one of the April sessions.

We are limited to 10 people per session, so please sign up today! If you have questions please contact Cathy Newkirk (248) 858-0888, or newkirk@msu.edu. Thank you!