



May/June 2026

# SASC

# Newsletter



Saline Area Senior Center • 7190 N. Maple • Saline, MI, 48176  
734.429.9274 • [salineseniors.org](http://salineseniors.org)

## Our Location

Saline Area Senior Center (SASC)  
7190 N. Maple Road, Saline, MI 48176  
Phone: (734) 429-9274  
www.salineseniors.org

Center Hours\*  
Mon & Wed, 8am-8pm; Tue, Thu & Fri, 8am-4pm  
\*SASC will be closed Mon, May 25 (Memorial Day)

## Staff

Director: Nancy Cowan, cowann@salineschools.org  
Program Coordinators:  
Andrea Lewis, lewisa@salineschools.org  
Megan Kenyon, kenyonm@salineschools.org  
Meals on Wheels: Kathy Adamson  
adamsonk@salineschools.org

## SASC Board of Directors (BOD)

The upcoming SASC BOD Meetings are Mon, May 18 and Jun 15, at 9am. Members are always welcome to attend. If you would like a link to attend virtually, please let us know so we can send a link.

President ..... Cindy Sobotta  
Vice President ..... Ruth Frayer  
Secretary ..... Eva Benevento  
Treasurer ..... David Starr  
Member-at-Large ..... Sue Knasiak  
SAS Representative ..... Brian Puffer  
City of Saline Representative ..... Mayor Brian Marl

## Registration

- Please register for ALL programs, even if they're free, via salineseniors.org, phone, or in the office.
- You can register in person, on the phone or online at www.salineseniors.org; click on the registration tab and follow the prompts. You will need to request an account first, if you do not already have one.
- We accept cash, check, and all credit cards - note there is a 3% merchant fee on credit card payments. No payments are taken via phone.
- Register early to ensure we are able to run the programs. If we don't reach minimums, we have to cancel.
- The deadline for programs is one week prior to the program start date, unless otherwise noted.
- Non-members may participate in fee-based programs for an extra \$5, and noted special events.

## Cancellation Policy

SASC reserves the right to cancel any program due to low enrollment and will provide a refund or credit (which must be used by Jun 30). If classes are cancelled due to reasons out of our control, an effort will be made to re-schedule the class. You must cancel or transfer from one program to another, prior to the deadline. Some refunds may not be possible for non-refundable items or trips. No refunds are possible after the deadline.

## SASC Notes

**Upon entering SASC, please check-in on one of our computers in the hall or office.** This helps us track statistics of usage at SASC. You can scan your card or type the last few letters of your last name to begin the process. Be sure to complete the sign-in, by hitting the blue button at the bottom of the screen. We can assist you if needed.

**Classes are in-person unless otherwise noted as hybrid.** Hybrid means you can take it online OR in-person. Register and you will be emailed a link 1-2 days before your program. Note - classes are live and cannot be made up. If there is a class that you would like to see offered in a hybrid fashion, please contact us so we can try to arrange it.

**Our virtual classes take place on Google Meet.** If you would like to schedule a practice session to try Google Meet before a class, please contact Andrea and she will schedule a meeting with you.

**Keep an eye out for new programs by looking for this symbol  throughout the newsletter.** We have too many to fit them all on one page.

**Our weather/snow day policy is the same as Saline Area Schools.** Therefore, if Saline Area Schools are closed, so is SASC. If we have a cancellation due to weather, we will update our initial phone message, Facebook page. If you would like to schedule a practice session to try Google Meet before a class, please contact Andrea and she will schedule a meeting with you.

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**On the cover:** SASC Staff, from L to R, Andrea Lewis, Nancy Cowan, and Megan Kenyon, along with Kathy and Brian (not pictured), are at the new, still to be finished SASC Entrance, ready to welcome you to our expanded space!

## SASC Annual Membership

What are you waiting for? Register for your 2026 Annual SASC Membership. Membership includes our FREE programs at SASC and member rates on all other programs. Non-members may participate in paid classes for an extra \$5 per class. Members will receive weekly email updates and electronic newsletters every other month. \*If you would like your newsletter mailed, there is a fee of \$2.25 per newsletter.

**Membership registration can be done in the office or online at [www.salineseniors.org](http://www.salineseniors.org);** click on the registration tab and follow the prompts. You will need to request an account first, if you do not already have one. Once staff approves your request, you will receive an email to proceed, usually within 24 hours. A signed waiver of liability is required and you will also review the optional photo release. Memberships are not prorated due to their nominal cost.

### Annual Membership (Jan-Dec)

|                                   |      |
|-----------------------------------|------|
| SAS Resident, 50-79               | \$20 |
| Non-Resident, 50-79               | \$30 |
| Senior In Training SAS Res, 45-49 | \$40 |
| Senior In Training Non-Res, 45-49 | \$50 |
| All People, 80+                   | \$15 |

## Fitness Room Membership

**The SASC Fitness Room will move to its new and expanded space in the SASC addition in May.** There room will have **additional** cardio machines (NuSteps, treadmills, rowing machines, and more), along with some full body strengthening/weight machines. Once you have your SASC Membership, you can add the fitness membership for less than the cost of a sandwich to enhance your health even more - your are worth it! Payment can be done upfront or on a monthly basis.

**Training Fee:** \$10 - a one-on-one machine intro with staff (required for new members)

**12 Month Membership:** \$96

**Month to Month Membership:** \$12 per month

**Guest Pass:** \$5 per day

## SASC Board Nominations

If you would like to submit your name for one of the Board Positions that will be open this summer, please add it to the nomination form at our front desk between May 20-29. If you have any questions about the positions or Board, contact Nancy Cowan at 734.429.9274 or [cowann@salineschools.org](mailto:cowan@salineschools.org).

Being on the Board is a time commitment. Board Meetings take place the third Monday of each month at 9am, and General Membership Socials usually take place every other month, on the third Wednesday, at 11:30am. In addition, there is some time spent outside the meetings on various items. The term will be for two years, from August 2026 to July 2028.

## SASC Board Nominations continued

The following positions up for nomination and a brief description of their roles is below. All the current incumbents have the ability to run again if they like, as each position allows at least 2 full terms.

**\*Vice-President:** Shall act in the absence of the President, includes running meetings and serving on various committees. *Incumbent: Ruth Frayer*

**\*Secretary:** Shall preside at meetings in the absence of the Pres. and VP if necessary. Record and type the minutes of meetings in a timely manner. Basic computer knowledge is necessary. *Incumbent: Eva Benevento.*

**\*Member at Large:** Shall attend Board and GM Meetings, along with being available for special projects. *Incumbent: Sue Knasiak.*

If there is more than one individual that submits their name for a position, a vote by the membership will take place on Wed, Jul 15, which is also the annual picnic. Information regarding the ballot will be finalized on Jun 15, 9am, at the SASC Board Meeting.

## Construction Corner

It looks like we've made it - almost! Construction of the SASC expansion and remodel of some of our current spaces is nearly done. For the most part, major construction in our spaces is wrapping up. **We plan to be fully moved in to our new and expanded space by Monday, May 4, which is the day you will begin to use our new entrance!** Please keep an eye on our weekly emails for more details.

There are various projects that will be ongoing through early summer, such as some décor and wall hangings, completion of the donor wall, installation of some backordered furniture, etc., but the spaces should be fully functional for our use. It is bright, colorful, and welcoming in the new spaces. **We are so excited to share your expanded and enhanced senior with you at our Community Open House on Tue, May 5, from 4-7pm.** Details are on the next page, with more to come soon! Please bring your friends, family, grandkids, anyone you'd like to share where you will get to lead your healthy, active, lifestyle on a daily basis. The opportunities for social connection, health and wellness, creativity, learning and more, are abundant.

The outdoor pickleball and tennis courts (just off the parking lot of SASC) will be complete mid-summer. We will share more details as they come.

THANK YOU for your understanding and patience during construction and moving forward. Your support of SASC and the SAS 2022 Bond helped make all of this possible. We are ready to write a new chapter at SASC with you!

## Special Events

### The History & Future of the Davenport-Curtiss Mansion Presenter: Brian Marl



Please join Mayor Brian Marl; Rebecca Schneider, Chair of the Davenport-Curtiss House Working Group; and City staff for an informative discussion on the history of and future plans for the Davenport-Curtiss property. The delegation from Saline welcomes input and ideas from community residents. Coffee and a light refreshments will be served.

| Day | Date   | Time         | Price |
|-----|--------|--------------|-------|
| Thu | Apr 30 | 9:30-10:30am | Free  |

**SASC Community Open House**

**Tuesday, May 5  
4-7pm**

Explore the new SASC space! We'll have door prizes, entertainment, program demonstrations, Oral History Project videos, & light refreshments. No need to register for this event.

**SASC**  
SALINE AREA SENIOR CENTER  
7190 N. Maple Rd. | 734.429.9274 | salineseniors.org

### June General Membership Social

After a brief update from our SASC Director Nancy about SASC happenings, we'll share a meal while socializing. Since our meeting takes place on National Eat Your Vegetables Day (really, that is a thing), we'll have a salad bar with all the fixings including chicken, with dessert to follow. If space is available after the deadline of Jun 17, the cost will increase to \$10.

| Day | Date   | Time        | Price  |
|-----|--------|-------------|--------|
| Wed | Jun 17 | 11:30am-1pm | \$8/10 |



Mark your calendar for the SASC Annual Picnic on Wed, Jul 15, 11:30am.

## New Programs

### A Day in the Life of a Delta Air Lines Pilot Presenters: Kelly & Tom Heerlyn



Have you ever wondered what it is like to be a pilot? Now you can find out, from how they prepare for flights, what their days look like, and the behind-the-scenes things that take place to make every flight safe and enjoyable in today's challenging environment. Kelly is a captain piloting a Boeing 717 and Tom is a captain piloting a Boeing 737, both for Delta Air Lines. Light refreshments will be served.

| Day | Date   | Time            | Price |
|-----|--------|-----------------|-------|
| Tue | May 12 | 11:30am-12:30pm | \$3   |

### Artist Meet & Greet: Nicole McKay

Nicole McKay is a local mixed media artist and works for The Guild of Artists & Artisans. Founded in 1973, The Guild is best known for producing the Ann Arbor Summer Art Fair and other regional events that connect artists directly with the public while promoting high-quality, handmade work. Meet Nicole, view her art, and learn about The Guild. She will have some of her work on display after the program. See page 15 for her mixed media workshop at SASC.

| Day | Date   | Time        | Price |
|-----|--------|-------------|-------|
| Wed | May 20 | 5:30-6:30pm | Free  |

### Intro to Oral Storytelling Instructor: Darryl Mickens

In this introductory class, you will examine the history, types of stories, and elements of the storytelling tradition. This workshop will also briefly explore the principles of storytelling, which includes an individual stage presence. Participants will have opportunity share short stories with the class.

| Day | Date   | Time  | Price |
|-----|--------|-------|-------|
| Mon | Jun 15 | 1-2pm | Free  |

### The Triumphs and Tragedies of Charles Lindbergh Presenter: Bruce Zellers

Charles Lindbergh's life followed an extraordinary arc. Flying solo across the Atlantic in the 1920s, he became the epitome of American daring and bravery. In the early 1930s, with the kidnapping and death of his son, Lindbergh became an icon of parental suffering. Then, in the late 1930s and early 1940s, as Lindbergh seemed to become an apologist for Nazism, he was widely reviled. In his final years, he sought, but never achieved, redemption.

| Day | Date   | Time      | Price |
|-----|--------|-----------|-------|
| Tue | Jun 23 | 11am-12pm | Free  |

## Day Trips

All trips are in conjunction with Pittsfield Senior Center and they will be a stop on our route. Sign up at SASC and your pick-up/drop-off will take place at SASC unless otherwise noted. **All trips are on luxury charter busses.** Register early to increase the chances of the trips running. Min 25/Max 53.

### Frederik Meijer Gardens - Grand Rapids



We'll travel to Frederik Meijer Gardens & Sculpture Park in Grand Rapids to explore the breathtaking Chihuly glass exhibition, displayed throughout the gardens and galleries. Our visit includes a guided tram tour of the outdoor sculpture park. Lunch at the café is part of the trip; options are chicken salad sandwich, hot turkey and Swiss, roast beef wrap, or a vegetarian Michigan cherry salad. All lunches come with chips, a cookie, and a beverage. Then you'll have time to explore the indoor gardens, tropical conservatory, and Chihuly installations at your own pace. **Deadline:** May 9

| Day | Date  | Time          | Price |
|-----|-------|---------------|-------|
| Tue | Jun 9 | 7:45am-5:30pm | \$125 |

### & Juliet - Wharton Center



This hilarious new musical flips the script on the greatest love story ever told. & Juliet asks: what would happen next if Juliet didn't end it all over Romeo? Get whisked away on a fabulous journey as she ditches her famous ending for a fresh beginning and a second chance at life and love-her way. Featuring an irresistible soundtrack of chart-topping hits, this high-energy show celebrates second chances, self-discovery, and choosing your own destiny. No lunch stop is included but you may bring food on the bus. **Deadline:** May 21

| Day | Date   | Time        | Price |
|-----|--------|-------------|-------|
| Sun | Jun 28 | 11am-4:30pm | \$130 |

### Toledo Botanic Garden and Wildwood Manor House



Enjoy a relaxing day exploring Toledo! We'll take a guided tour of the Toledo Botanical Garden, through vibrant seasonal displays, themed gardens, and peaceful walking paths. Lunch is included and will be at the popular Mancy's Italian Grill. Then we'll continue to the historic Wildwood Manor House, a restored 1930s estate surrounded by picturesque grounds, offering a glimpse into Toledo's past and Elegant architecture. **Deadline:** Jul 1

| Day | Date   | Time       | Price |
|-----|--------|------------|-------|
| Wed | Jul 15 | 9:15am-4pm | \$110 |

## Detroit Princess Riverboat



Cruise the Detroit River in style aboard the newly renovated Detroit Princess Riverboat! Enjoy views of Detroit and Windsor while indulging in a bountiful buffet lunch. Groove to live Motown hits performed by The Prolifics. This relaxing and

entertaining day trip is the perfect getaway. This trip sells out every year, so be sure to register soon! **Deadline:** Jul 24

| Day | Date  | Time           | Price |
|-----|-------|----------------|-------|
| Fri | Aug 7 | 10:15am-3:15pm | \$115 |

Please be sure to register for trips early. Once the trip is full, we will begin a waitlist. If you have a suggestion for an upcoming trip you'd like to see, please email Nancy at [cowan@salineschools.org](mailto:cowan@salineschools.org).

## Fitness

**Fitness classes are on the move!** In May fitness classes will begin taking place in the new, expanded SASC Group Fitness Studio. The Group Fitness Studio was specifically built for our classes. It is light filled, with a wall of mirrors, new sound system, and slightly cushioned floors. We can't wait for you to experience it. Be sure to come to our Open House on Tue, May 5, from 4-7pm to get your first glimpse of the studio and all our other new spaces.

### Drums Alive Instructor: Jerry Powell



We'll tap into our inner rhythm and weave together the power of drumming, music, and movement. Let loose, express yourself, and let go of stress. We provide the bucket, exercise ball, and drum sticks. You just bring a water bottle and energy.

| Session - Day | Date     | Time    | Price |
|---------------|----------|---------|-------|
| 300 - Mon     | May 4-18 | 10-11am | \$21  |

### Zumba Gold Instructor: Laurel Larsen



Zumba Gold is a great aerobic workout to upbeat music. We'll introduce you to easy-to-follow choreography that focuses on enhancing your balance, coordination, and range of motion. Come join the fun!

| Session - Day | Date     | Time            | Price |
|---------------|----------|-----------------|-------|
| 302 - Mon     | May 4-18 | 11:15am-12:15pm | \$21  |
| 303 - Mon     | Jun 1-29 | 11:15am-12:15pm | \$35  |

Please note the session number of your class when registering so you will be enrolled in the correct session.

## Fitness continued

### Brain, Breath, & Bend Chair Yoga Instructor: Jo Ann Yates

Whether you prefer sitting in a chair or standing with the support of a chair, this practice is accessible to all fitness levels. Each day, you'll also delve into breath work, relaxation, and core exercises to create a well-rounded experience.

| Session - Day | Date     | Time        | Price |
|---------------|----------|-------------|-------|
| 204 - Mon     | May 4-18 | 4:15-5:15pm | \$21  |
| 205 - Mon     | Jun 1-29 | 4:15-5:15pm | \$35  |

### Fit for Life Instructor: Laurel Larson

Get ready for a full-body workout that targets both your upper and lower body using light hand weights. You'll improve your flexibility and build strength, while enhancing your joint stability, balance, and cardio endurance. We use a chair for additional support during some exercises.

| Session - Day | Date      | Time        | Price |
|---------------|-----------|-------------|-------|
| 306 - Tue     | May 5-26  | 8:45-9:45am | \$28  |
| 307 - Tue     | Jun 2-30  | 8:45-9:45am | \$35  |
| 308 - Thu     | May 21-28 | 8:45-9:45am | \$21  |
| 309 - Thu     | Jun 4-25  | 8:45-9:45am | \$28  |

### Balance Strong Instructor: Amy Leighton

In this class, our main focus will be on building up your core strength and helping you feel more stable on your feet. We'll work on improving your balance through a combination of strength exercises and flexibility training that specifically target the core. Note that this class will be slightly more challenging than Balance Strong Beginning.

| Session - Day | Date        | Time    | Price |
|---------------|-------------|---------|-------|
| 310 - Tue     | May 5-Jun 2 | 10-11am | \$35  |

### Adaptive Hatha Yoga Instructor: Patty Hart

Find your Zen! Our class incorporates a variety of poses that can be enjoyed while standing, using a chair, or even on the floor. Our modified poses cater to the majority of students. Please bring along your yoga mat, a yoga belt, two blankets or towels, and two yoga blocks. Whether you're a beginner or an experienced yogi, all are welcome. Classes are offered in person or virtual and will take place at SASC. **No class May 26 & 27.**

| Session - Day | Date          | Time            | Price |
|---------------|---------------|-----------------|-------|
| 212 - Tue     | May 12-Jun 16 | 11:15am-12:45pm | \$45  |
| 214 - Wed     | May 13-Jun 17 | 1-2:30pm        | \$45  |

### Chair Zumba Instructor: Laurel Larson



Laurel introduces easy-to-follow choreography adapted for chair exercise. Each class can be adjusted to fit the ability and range of motion of the participants. The main focus is on having fun; no dance experience is needed. This class is perfect if you are looking to increase your activity in an inviting, safe, and fun environment.

| Session - Day | Date      | Time            | Price |
|---------------|-----------|-----------------|-------|
| 316 - Mon     | May 4-18  | 12:30-1:30pm    | \$21  |
| 317 - Mon     | Jun 1-29  | 12:30-1:30pm    | \$35  |
| 318 - Wed     | May 13-27 | 11:45am-12:45pm | \$21  |
| 319 - Wed     | Jun 3-24  | 11:45am-12:45pm | \$28  |

### Tai Chi Continuing Instructor: Linda Duvall



Increase your flexibility and balance with this continuing class that is geared for students comfortable with the First Loop. Linda will teach the second and third loop of Yang Family Long Form.

| Session - Day | Date          | Time        | Price |
|---------------|---------------|-------------|-------|
| 221 - Tue     | Apr 7-May 12  | 2:30-3:30pm | \$42  |
| 320 - Tue     | May 26-Jun 30 | 2:30-3:30pm | \$42  |

### Tai Chi Beginning Instructor: Linda Duvall

Get serious about flexibility and relaxation with Tai Chi. No experience is necessary; you will learn the Yang Family 108 Long Form. Seated exercises and meditation are included.

| Session - Day | Date         | Time          | Price |
|---------------|--------------|---------------|-------|
| 223 - Wed     | Apr 8-May    | 10:30-11:30am | \$42  |
| 223 - Wed     | May 27-Jul 1 | 10:30-11:30am | \$42  |

### Not Your Mama's Chair Yoga Instructor: Jo Ann Yates

You don't need to worry about bringing your props to this class because we actually use a second chair for comfortable stretching! We do come out of the chair to do some balancing poses, as well as a modified sun salutation. This is a series of poses traditionally used to warm up before stretching. This is definitely Not Your Mama's Chair Yoga. Jo Ann provides a great environment to learn in.

| Session - Day | Date     | Time        | Price |
|---------------|----------|-------------|-------|
| 234 - Wed     | May 6-27 | 4:15-5:15pm | \$28  |
| 235 - Wed     | Jun 3-24 | 4:15-5:15pm | \$28  |

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*Try your first fitness class free, then pay for the session if you like it!*

Please note the session number of your class when registering so you will be enrolled in the correct session.

## Hula Hooping

Join this group for an early morning hula hoop workout. SASC has a few hoops to lend. Note that the hoops are much larger than a typical child's hula hoop and easier to keep up.

| Session - Day | Date    | Time     | Price |
|---------------|---------|----------|-------|
| 124 - Thu     | Ongoing | 8:30-9am | Free  |

## Balance Strong Beginning + Stretch Instructor: Amy Leighton

We'll hone in on your core strength and address any imbalances you have to help you achieve this. Strength exercises and flexibility training will be incorporated to specifically target your core. We round out each session with a rejuvenating relaxing minute series of stretches.

| Session - Day | Date        | Time       | Price |
|---------------|-------------|------------|-------|
| 336 - Thu     | May 7-Jun 4 | 10-11:15am | \$40  |

## Senior Striders Outdoor Walking

The great outdoors are good for the soul, no matter the temperature! We meet every Thursday, 9am. A staff member will accompany you on a two mile walk. Please register at the front desk so Andrea can send you a list of departure locations for each week, as they vary during the spring and summer months. The first Thursday of each month, we will depart from SASC. Walks will be cancelled if there is inclement weather.

| Session - Day | Date    | Time | Price |
|---------------|---------|------|-------|
| 127 - Thu     | Ongoing | 9am  | Free  |



### Benefits of walking

- Reduced stress
- Strengthens muscles
- Enhances connections
- Regulates blood pressure
- Improves wellbeing
- Improves heart health
- Reduces risk of type 2 diabetes

## Tai Chi Practice

Practice with other SASC members. You must have been enrolled in a Tai Chi class within the last year at SASC to take advantage of this opportunity.

| Session - Day | Date    | Time            | Price |
|---------------|---------|-----------------|-------|
| 128 - Thu     | Ongoing | 11:30am-12:30pm | Free  |

## Cutting Edge of Your Chair Yoga Instructor: Jo Yates

Join us for a yoga class designed to enhance flexibility, strength, and relaxation - all while seated! This gentle, yet invigorating program is perfect for all levels. Most poses will be practiced in a chair, making yoga accessible and enjoyable for everyone. In addition to seated poses, we'll incorporate the sit-to-stand exercise to help build leg strength and improve balance. Expect a calming atmosphere filled with supportive guidance to help you connect your mind and body. **No class May 8**

| Session - Day | Date     | Time            | Price |
|---------------|----------|-----------------|-------|
| 238 - Fri     | May 1-29 | 11:15am-12:15pm | \$28  |
| 239 - Fri     | Jun 5-26 | 11:15am-12:15pm | \$21  |

## Barefoot Balance Instructor: Amy Leighton



Rediscover stability from the ground up! By working barefoot in a safe, controlled environment, you will strengthen intrinsic foot muscles, improve sensory awareness, and enhance proprioception (the body's ability to know where it is in space). This class will enhance the workout that you already do. All exercises are done barefoot. All levels are welcome! Exercises can be done near a chair or wall. A sticky yoga mat is suggested but not required.

| Session - Day   | Date     | Time    | Price |
|-----------------|----------|---------|-------|
| 340 - Tue & Thu | Jun 23 & | 10-11am | \$14  |

## Racquet Sports: Pickleball & Ping-Pong

### Open Play Pickleball Volunteer Coordinator: Paul Backlas

Pickleball is a combination of badminton, tennis, and ping-pong, and is easy to learn. All levels are welcome! Beginners are encouraged to play, and more experienced players can provide instruction.

Please contact Andrea Lewis to receive the monthly calendar and weekly updates to the schedule at [lewisa@salineschools.org](mailto:lewisa@salineschools.org).

**Pickleball is played at Liberty School, 7265 N. Ann Arbor St., in the gym.**

| Day   | Date    | Time        | Price      |
|-------|---------|-------------|------------|
| M/W/F | Ongoing | 3:15-5:30pm | \$3M/\$5NM |

## Learn to Play Pickleball Clinic

Have you heard about the fun our SASC Pickleball group has but you've been hesitant to join because you don't know how to play? Our member volunteer Paul Backlas and several other players are here to help! The goal is to teach the game, including the rules, techniques, and tips to make you feel comfortable playing in a group setting. The clinic will be at Liberty School, 7265 N. Ann Arbor Street.

| Day | Date  | Time        | Price |
|-----|-------|-------------|-------|
| Fri | Jun 5 | 5:30-6:30pm | \$20  |

## Pickleball Tutor Machine Rental



Improve your game and have fun while using SASC's new Pickleball Tutor. This easy-to-use ball machine adjusts to shoot all the shots you need to practice against including dinks, lobs, serves, drives, and ground strokes.

The machine is available to rent Monday and Wednesday evenings **at SASC**.

The rental fee is \$30 per hour. You can rent the machine to use on your own, or invite up to 5 others to join you at \$5 for each additional person. For example a group of 6 can rent the machine for \$55 and split the cost among the group.

Please contact Andrea for any questions or to get started improving your game today!

| Day | Date    | Time            | Price |
|-----|---------|-----------------|-------|
| Mon | Ongoing | 5:45pm & 6:45pm | \$30  |
| Wed | Ongoing | 5:45pm & 6:45pm | \$30  |

## Ping-Pong

Ping-pong is a fun, social, competitive group, open to all abilities. Two tables are available for use. All equipment provided.

| Day | Date    | Time        | Price |
|-----|---------|-------------|-------|
| Mon | Ongoing | 2-4pm       | Free  |
| Thu | Ongoing | 1:30-3:30pm | Free  |

## Outdoor Pickleball & Tennis Courts Coming Soon!

Brand new pickleball and tennis courts will be opening by mid-summer 2026! These courts will be located across from SASC's parking lot and available for public use. SASC will have some designated days and times for outdoor play, while also keeping indoor play at Liberty too. Stay tuned for more information on upcoming lessons, leagues, and playing times.

## WCC Emeritus Classes

SASC is one of fourteen host sites for classes made available to seniors through the Washtenaw Community College (WCC) Emeritus Program. SASC hosts three exercise classes: Line Dance, Strength Conditioning and Tai Chi. There are three sessions annually - Winter, Spring and Fall, with classes being held for ten weeks. The instructors are WCC independent contractors.

**These classes are free to Washtenaw County residents, age 65+.** If you meet this requirement, you can take **one free class each session at SASC**. Each class has a maximum of 30, a waitlist will be taken once the max is reached. **Registration begins Apr 13.**

### WCC Tai Chi for Health & Balance Instructor: Darryl Mickens

Tai Chi for Health and Balance is a research based Tai Chi program for fall prevention. It is a 8-step form with balance exercises. All level and abilities are welcome to join this program.

| Day | Date        | Time  | Price |
|-----|-------------|-------|-------|
| Tue | May 5-Jul 7 | 1-2pm | Free  |

### WCC Line Dancing Instructor: Dee Grantham

Dance with Dee - a great way to start your morning! She uses choreographed moves and familiar music to get your heart rate and mood up for the day. **No class Jul 1 & 8.**

| Day | Date         | Time   | Price |
|-----|--------------|--------|-------|
| Wed | May 6-Jul 22 | 9-10am | Free  |

### WCC Strength Conditioning Instructor: Michele Williams

Michele designs this class to provide safe, low-impact movement that will improve your strength and cardio fitness. Work at your own pace with modifications provided if needed. **No class Jul 3.**

| Day | Date          | Time    | Price |
|-----|---------------|---------|-------|
| Fri | May 15-Jul 24 | 10-11am | Free  |



### MOCA Memory Testing Administrator: Andrea Lewis

The Montreal Cognitive Assessment is a brief thirty question test given to assess 8 different types of cognitive abilities. You will keep your test and results, giving you a base-line assessment and information to take to your next doctor appointment for discussion. Sign up at the front desk for an appointment with Andrea - \$10.

## Health & Wellness

### Full Body Massage

**Jerry McDowell, Licensed Massage Therapist**



Massage away your aches and worries. With over 14 years of experience, Jerry is a licensed and board-certified massage therapist known for his intuitive touch and calming presence. He specializes in a wide range of modalities including deep tissue, hot stone, Swedish, and lymphatic drainage. Jerry's approach blends therapeutic care with spa-style relaxation, offering personalized treatments that promote healing, reduce stress, and support overall wellness.

**Call Jerry at (734) 330-6748 to book your appointment.** You'll pay Jerry directly via cash, check or card.

Wed  
30 min / \$45; 60 min / \$72; 90 min / \$102

### Meditation

**Facilitator: Bob Rickman, Jewel Heart**



Meditation builds focus and awareness, essential conditions for a clear and stable mind. Meditation helps us more honestly engage with ourselves and the world around us. These classes offer hands-on experience with the basic elements of meditation using the breath and techniques for coping with distracted or drowsy moments. Classes are open to everyone - newcomers to meditation, long time meditators, and those looking for group meditation. You will leave feeling peaceful and relaxed.

| Day | Date     | Time        | Price |
|-----|----------|-------------|-------|
| Thu | May 7-28 | 1:30-2:30pm | \$12  |
| Thu | Jun 4-28 | 1:30-2:30pm | \$12  |

### Acupuncture Pop-Up Clinic



**Facilitator: Ann Arbor Community Acupuncture**



Acupuncture can be used to treat a variety of health issues, including acute and chronic pain, anxiety, depression, and insomnia. Even if you don't have any health concerns, it can be used as a general wellness tool for relaxation and managing inflammation. Give it a shot at this free pop-up clinic offered by Ann Arbor Community

Acupuncture. It is another great tool to add to your wellness toolkit.

| Day | Date  | Time           | Price |
|-----|-------|----------------|-------|
| Fri | May 1 | 9:30am-12:30pm | Free  |

### Foot Care Clinic

**Provider: Heather Schanz, BSN, RN, CDP**

As we age, providing self foot care can become difficult due to various limitations - Heather can help. Each 30 minute service includes a trim, thin and file of the nails; corn and callus reduction; and general foot assessment with recommendations.

**Call Ascendant Foot Care for appointments at 414-4FootRN (414) 436-6876.** \*Payments are due to Heather directly at your appointment; she does not accept or bill insurance.

| Day | Date          | Time    | Price |
|-----|---------------|---------|-------|
| Mon | May 4, Jun 8  | 2-7pm   | \$45  |
| Thu | May 8, Jun 18 | 9am-2pm | \$45  |

### Medication Side Effects

**Presenter: Betty Chaffee, PharmD**

Side effects don't always happen right away. How can you know what to watch for down the road? Join Betty Chaffee, PharmD, of Better My Meds to talk about some common drugs' side effects, the "duty to warn" of medical professionals, and what YOUR role is in keeping track of your response to meds. There'll be plenty of time to answer your general questions about medication side effects, too!

| Day | Date   | Time  | Price |
|-----|--------|-------|-------|
| Mon | May 11 | 2-3pm | Free  |

### Balance Assessments

**Facilitator: Plymouth PT Specialists Physical Therapists**

Your balance will be evaluated by Plymouth PT Specialists Physical Therapists (PT's) and measured using evidence-based tests to determine your fall risk level. Together you'll review your scores and receive personalized recommendations to improve your safety and function.

| Day | Date   | Time  | Price |
|-----|--------|-------|-------|
| Wed | May 13 | 3-4pm | \$10  |

### Reflexology

**Loraine Webster, Certified Reflexologist**

Reflexology is a wonderful alternative medicine that focuses on applying gentle pressure to the feet. It offers a range of benefits, such as stimulating nerve function, increasing energy levels, enhancing circulation, and promoting a state of deep relaxation.

Appointments are 50 minutes for \$50 or 30 minutes for \$30. Book your appointment at our front desk or via phone. You will pay Loraine before at your appt.

| Day | Date        | Time    | Price     |
|-----|-------------|---------|-----------|
| Thu | May 14 & 28 | 9am-1pm | \$30/\$50 |
| Thu | Jun 18      | 9am-1pm | \$30/\$50 |

## Health & Wellness continued

### Care Before the Crisis: Planning for Care at Every Stage of Life Presenter: Monica Ross-Williams

This educational seminar takes a real-world, multi-generational approach to care planning. It explains how short-term care needs, such as recovery after surgery, temporary in-home assistance, or transitional care, often becomes the first point of entry into longer-term care decisions. Participants learn how Medicare fits into these situations, where coverage stops and how families across age groups can plan ahead using a combination of insurance-based tools, personal resources, and community services.

| Day | Date   | Time       | Price |
|-----|--------|------------|-------|
| Wed | May 13 | 10-11:30am | Free  |

### Are You Actually Prepared? Planning for Emergencies, Travel, & the Unexpected Presenter: Monica Ross-Williams

Most people assume insurance alone prepares them for emergencies. In reality, unexpected events - medical issues, caregiving disruptions, travel emergencies, or a pet's sudden illness often reveal gaps in planning that have nothing to do with having a policy and everything to do with preparedness, access, and coordination.

| Day | Date   | Time       | Price |
|-----|--------|------------|-------|
| Tue | May 26 | 10-11:30am | Free  |

### Care Management by Natalie Consultation Appointments Facilitator: Sarah Camp

A Care Manager helps with hospital discharge, home caregiving, maintaining independence, transitioning to a senior community, and managing new diagnoses. Contact SASC for a free appointment to find the right path through aging.

| Day | Date            | Time      | Price |
|-----|-----------------|-----------|-------|
| Wed | May 27 & Jun 24 | 9 or 10am | Free  |

### Blood Pressure Checks Facilitator: Heartland Hospice



Heartland Hospice will provide free blood pressure checks. They will be onsite every other month. Make it a point to stop in and track your health. Just drop in to have yours checked.

| Day | Date   | Time       | Price |
|-----|--------|------------|-------|
| Wed | Jun 17 | 11-11:45am | Free  |

### Prediabetes & Diabetes: An Endocrinologist Explains what Matters Most Lunch & Learn Presenter: Xin He, MD

NEW

Prediabetes and diabetes are common conditions, but there is a lot you can do to protect your health. Dr Xin will explain what these conditions mean, how they are diagnosed, and the most important steps you can take to manage them. The discussion will focus on clear, practical advice about lifestyle, medications, and seeking medical care.

| Day | Date   | Time   | Price |
|-----|--------|--------|-------|
| Fri | Jun 19 | 12-1pm | Free  |

### SASC/Versiti Blood Drive

This process is so easy! Donate your blood and save lives, visit [https://donateblood.versiti.org/donor/schedules/drive\\_schedule/11628747](https://donateblood.versiti.org/donor/schedules/drive_schedule/11628747) to schedule an appointment or call SASC for help. Versiti is the primary blood supplier for many Michigan hospitals, meaning your donation stays in the state to help neighbors, friends, and family. They even email you an update of where your donation went to!

| Day | Date  | Time        | Price |
|-----|-------|-------------|-------|
| Fri | May 8 | 11:30am-4pm | Free  |

## Lifelong Learning

### Tech Lessons with Ben Cutler

Ben is our resident tech expert. He is very knowledgeable and patient. He can help with basic tech support for your phone, tablet, and/or laptop. Lessons are 45 minutes and must be paid for when booking online or in the SASC office.

| Day     | Date    | Time                  | Price |
|---------|---------|-----------------------|-------|
| Mon/Wed | Ongoing | 2:30, 3:15, or 4:45pm | \$5   |

### Travelogues

Join George Jabol on **May 5** for his three-week South American cruise, journeying from Santiago around Cape Horn through Patagonia, the Falklands, and Uruguay to Buenos Aires. Then on **Jun 2**, view George's travels through Israel and Egypt, exploring iconic sites from Jerusalem and Nazareth to the pyramids of Giza, Nile River temples, and the awe-inspiring Abu Simbel. On **Jun 18** Mark Sockness is back with his trip to New Zealand. Explore the diverse landscapes, lifestyles, and wildlife of the North and South Islands while discovering the traditions of the Māori people.

| Day | Date                   | Time       | Price |
|-----|------------------------|------------|-------|
| Tue | May 5 - South America  | 1-3:30pm   | Free  |
| Tue | Jun 2 - Israel & Egypt | 1-3:30pm   | Free  |
| Thu | Jun 18 - New Zealand   | 10-11:30am | Free  |

**Art Elements and Principles**  
**Presenter: Eva Benevento**



This presentation introduces the essential elements and principles of art that form the foundation of visual design. You will explore key concepts such as line, shape, color, texture, balance, and composition, and learn how artists use these tools to create effective and engaging work.

| Day | Date   | Time    | Price |
|-----|--------|---------|-------|
| Tue | May 12 | 10-11am | Free  |

**Scams Happen Every Day - Part 1**  
**Presenter: Monica Ross-Williams**

Scams are no longer rare, obvious, or limited to one age group. Today's fraud attempts arrive through phone calls, emails, text messages, social media, dating apps, mail, and messages that appear to come from trusted organizations. Part one of this two-part educational series focuses on awareness and prevention, the first and most critical line of defense. This session helps adults and families recognize modern scam tactics before damage is done, using real-world examples and clear, practical guidance that applies across all life stages.

| Day | Date  | Time       | Price |
|-----|-------|------------|-------|
| Mon | Jun 8 | 10-11:30am | Free  |

**Scams Happen Every Day - Part 2**  
**Presenter: Monica Ross-Williams**

Understanding how scams work is the first step. Part two focuses on action, what to do next and how to actively protect yourself after scam exposure or attempted fraud. This session is designed to be immediately actionable. Participants leave with clear steps they can implement right away to strengthen personal and financial security.

| Day | Date   | Time       | Price |
|-----|--------|------------|-------|
| Mon | Jun 22 | 10-11:30am | Free  |

**Tech Town Hall**

Saline High School students will assist in familiarizing you with technology. Bring your smart phone, tablet, or laptop computer, inquiries, and challenges. They'll guide you through organizing your contacts, app downloads and more. This event is open house style, but please register in advance.

| Day | Date   | Time  | Price |
|-----|--------|-------|-------|
| Wed | May 13 | 3-4pm | Free  |
| Mon | Jun 8  | 3-4pm | Free  |



**Tutus Touring & Other Terrors**  
**Presenter: Nigel Burgoine**



Join Nigel Burgoine, former principal dancer with the London Festival Ballet (now English National Ballet) and award winning artistic director, as he gives insight to touring the world with a professional ballet company. He will share all of his back stage and on stage hysterical and hair raising situations in performances!

| Day | Date   | Time     | Price |
|-----|--------|----------|-------|
| Wed | Jun 10 | 1-2:30pm | \$5   |

**Becoming Dementia Friendly**  
**Presenter: Dementia Friendly Services**

In this presentation, you will learn about the difficulties that people living with dementia encounter making their way in the community, and simple ways in which ordinary citizens can make the lives of their friends and neighbors with dementia less difficult.

| Day | Date   | Time  | Price |
|-----|--------|-------|-------|
| Wed | Jun 10 | 5-6pm | Free  |

**Understanding Palliative Care & Hospice:  
 Clearing Up the Myths**  
**Presenter: Kelli Alfani-Yaroch,  
 Beacon Hospice**

Kelli will explain the role of palliative care and how it differs from hospice care. Many people have misconceptions about these services and when they are appropriate. Kelli will provide clear, helpful information about what palliative care is, how it supports patients and families, and how it compares to hospice care. This program is a great opportunity to learn more about important care options and gain a better understanding of the support available to individuals and families. Questions are welcome.

| Day | Date   | Time      | Price |
|-----|--------|-----------|-------|
| Thu | Jun 11 | 11am-12pm | Free  |

**The Story of Movies**  
**Presenter: Eva Benevento**

Who doesn't love a good movie? Film is a language, a cultural document, and a collaborative art. The Story of Movies, a curriculum created by The Film Foundation, is a peek into the behind-the-scenes exploration of how movie makers collaborate in producing a film: screening, stages of production, and visual composition. We will examine some construction and production insights of the classic film *To Kill a Mockingbird*.

| Day | Date   | Time      | Price |
|-----|--------|-----------|-------|
| Tue | Jun 16 | 10am-12pm | Free  |

# May 2026

| Mon  | Tue   | Wed   | Thu   | Fri   |
|--|---|---|---|---|
|  |   |   | 30<br>The History & Future of the Davenport-Curtiss Mansion<br>9:30-10:30am   | 1<br>Acupuncture Pop-Up Clinic<br>9:30am-12:30pm<br><br>Cutting Edge of Your Chair Yoga begins<br>4:15-5:15pm                                   |
| 4<br>Drums Alive begins<br>10-11am<br>Zumba Gold begins<br>11:15am-12:15pm<br>Chair Zumba begins<br>12:30-1:30pm<br>Ceramics, 1-2:30pm<br>Foot Care Clinic<br>2-7pm<br>Chair Yoga begins<br>4:15-5:15pm<br>Trivia, 5-6pm | 5<br>Fit for Life begins<br>8:45-9:45am<br><br>Strong Bones begins<br>10-11am<br><br>WCC Tai Chi for Health & Balance begins<br>1-2pm<br><br>Travelogue: South America<br>1-3:30pm<br><br>SASC Community Open House<br>4-7pm                | 6<br>WCC Line Dancing begins<br>9-10am<br><br>American Mah Jongg Lessons begin<br>11:30am-12:30pm<br><br>Not Your Mama's Chair Yoga begins<br>4:15-5:15pm   | 7<br>Meditation begins<br>1:30-2:30pm   | 8<br>Book Club: <i>The Sunflower House</i><br>10-11:30am<br><br>Versiti Blood Drive<br>11:30am-4pm<br><br>High School Pen Pals Meet Up<br>1-2pm |
| 11<br>Brain Games & Breakfast<br>10-11am<br><br>Chinese Mahjong Lessons<br>12:30-3pm<br><br>Ceramics<br>1-2:30pm<br><br>Medication Side Effects<br>2-3pm   | 12<br>Art Elements & Principles<br>10-11am<br><br>Adaptive Hatha Yoga begins<br>11:15am-12:45pm<br><br>A Day in the Life of a Delta Air Lines Pilot<br>11:30am-12:30pm<br><br>Canasta Lessons<br>12:30-2:30pm<br><br>Tiny Acrylics<br>1-3pm | 13<br>Care Before the Crisis<br>10-11:30am<br><br>Spring Decoupage Flower Pot<br>11am-2pm<br><br>ROMEO, Station 300,<br>11:45am<br><br>Chair Zumba begins<br>11:45am-12:45pm<br><br>Adaptive Hatha Yoga begins<br>1-2:30pm<br><br>Tech Town Hall, 3-4pm | 14<br>Reflexology<br>9am-1pm<br><br>Watercolors begins<br>1:30-3:30pm   | 15<br>Movie: <i>We Bought a Zoo</i><br>10am-12pm<br><br>WCC Strength & Conditioning begins<br>10-11am   |
| 18<br>Chinese Mahjong Lessons<br>12:30-3pm<br><br>Tech Lessons<br>2:30-4:45pm  | 19<br>Classical Music Appreciation<br>11am-12pm<br><br>Dementia Friends Group<br>11am-12pm<br><br>Canasta Lessons<br>12:30-2:30pm<br><br>Canvas & Cookies<br>1-3:30pm<br><br>Intergen Crafternoon<br>1:30-2:30pm                            | 20<br>Classic Movie Time:<br><i>The Big Sleep</i><br>2:30-5pm<br><br>Tech Lessons<br>2:30-4:45pm<br><br>Intro to Woodcarving<br>3-5pm<br><br>Artist Meet & Greet<br>5:30-6:30pm   | 21<br>Fit for Life begins<br>8:45-9:45am<br><br>Cyanotype Printmaking<br>9:30am-12pm<br><br>Foot Care Clinic<br>9am-2pm   | 22<br>Movie: <i>Wicked for Good</i><br>10am-12:15pm   |
| 25<br>SASC Closed  | 26<br>Shrink Film Fun<br>10am-12pm<br><br>Are You Actually Prepared?<br>10-11:30am<br><br>Classical Music Appreciation<br>11am-12pm   | 27<br>Care Management Appointment<br>9 & 10am<br><br>Tai Chi Continuing begins<br>2:30-3:30pm<br><br>Tech Lessons<br>2:30-4:45pm<br><br>JULIET,<br>Bridgewater Bank Tavern,<br>4:30pm   | 28<br>Reflexology<br>9am-1pm<br><br>Cyanotype Printmaking<br>9:30am-12pm<br><br>Tai Chi Beginning begins<br>10:30-11:30am | 29<br>Movie: <i>The Roses</i><br>10-11:45pm   |

# June 2026

| Mon  | Tue  | Wed  | Thu  | Fri   |
|--|--|--|--|---|
| <p>1</p> <p>Brain Games, 10-11am<br/>Zumba Gold begins 11:15am-12:15pm<br/>Chair Zumba begins 12:30-1:30pm<br/>Ceramics, 1-2:30pm<br/>Tech Lessons, 2:30-4:45pm<br/>Mixed Media Workshop 4-6pm<br/>Chair Yoga begins 4:15-5:15pm<br/>Trivia, 5-6pm</p> | <p>2</p> <p>Elementary Pen Pals Meet Up 9:15-10:30am<br/><br/>Fit for Life begins 8:45-9:45am<br/><br/>Balance Strong Beginning + Stretch begins 10-11:15am<br/><br/>Travelogue: Israel &amp; Egypt 1-3:30pm</p> | <p>3</p> <p>Mosaics: Stars &amp; Stripes 11am-2pm<br/><br/>Chair Zumba begins 11:45am-12:45pm<br/><br/>Tech Lessons 2:30-4:45pm<br/><br/>Not Your Mama's Chair Yoga begins 4:15-5:15pm</p>   | <p>4</p> <p>Fit for Life begins 8:45-9:45am<br/><br/>Meditation begins 1:30-2:30pm<br/><br/>Watercolors begins 1:30-3:30pm</p> | <p>5</p> <p>Movie: <i>My Mother's Wedding</i> 10-11:45am<br/><br/>Cutting Edge of Your Chair Yoga begins 4:15-5:15pm<br/><br/>Learn to Play Pickleball Clinic 5:30-6:30pm</p> |
| <p>8</p> <p>Paper Quilling begins 10am-12pm<br/><br/>Scams Happen Every Day, Part 1 10-11:30am<br/><br/>Ceramics, 1-2:30pm<br/><br/>Foot Care Clinic 2-7pm<br/><br/>Tech Lessons, 2:30-4:45pm<br/><br/>Tech Town Hall 3-4pm</p>                        | <p>9</p> <p>Trip: Frederik Meijer Gardens 7:45am-5:30pm<br/><br/>Tiny Acrylics 1-3pm</p>   | <p>10</p> <p>Flat Felting Workshop 11am-1pm<br/><br/>ROME: Petrovich Family Grill 11:45pm<br/><br/>Tutus Touring &amp; Other Terrors 1-2:30pm<br/><br/>Tech Lessons 2:30-4:45pm<br/><br/>Becoming Dementia Friendly 5-6pm</p>  | <p>11</p> <p>Understanding Palliative Care &amp; Hospice 11am-12pm</p>   | <p>12</p> <p>Book Club: <i>The Silent Sister</i> 10-11:30am</p>   |
| <p>15</p> <p>Oral Storytelling Workshop 1-2pm</p>  | <p>16</p> <p>The Story of Movies 10am-12pm<br/><br/>Dementia Friends Group 11am-12pm<br/><br/>Canvas &amp; Cookies 1-3:30pm<br/><br/>Intergen Crafternoon 1:30-2:30pm</p>  | <p>17</p> <p>Flat Felting Workshop 11am-1pm<br/><br/>Blood Pressure Checks 11-11:45am<br/><br/>General Membership Social 11:30am-1pm<br/><br/>Classic Movie Time: <i>Possessed</i> 2:30-5pm</p>  | <p>18</p> <p>Reflexology 9am-1pm<br/><br/>Foot Care Clinic 9am-2pm<br/><br/>Travelogue: New Zealand 10-11:30am</p>             | <p>19</p> <p>Movie: <i>Song Sung Blue</i> 10am-12:15pm<br/><br/>Prediabetes &amp; Diabetes Lunch &amp; Learn 12-1pm</p>   |
| <p>22</p> <p>Scams Happen Every Day Part 2 10-11:30am</p>  | <p>23</p> <p>Barefoot Balance begins 10-11am<br/><br/>The Triumphs &amp; Tragedies of Charles Lindbergh 11am-12pm</p>  | <p>24</p> <p>Care Management Appointment 9 &amp; 10am<br/><br/>Diamond Dot Workshop 11am-2pm<br/><br/>JULIET, Sam Hill, 4:30pm</p>   | <p>25</p>  | <p>26</p> <p>Movie: <i>Rental Family</i> 10-11:45am<br/><br/>Summer Bingo 12:30-3pm</p>   |
| <p>29</p>  | <p>30</p>  | <p style="text-align: center;"><b>Schedule and Calendar Notes</b></p> <ul style="list-style-type: none"> <li>Note that this is not a fully comprehensive calendar of all our programs, they all won't fit on these two pages!</li> <li>Look through the full newsletter for all the programs and their dates.</li> <li>New sessions are listed as "begins" on this calendar; you will find the start and end dates of classes under the class descriptions.</li> </ul> |  |   |

## Creative Opportunities

### Ceramics

**Instructor: Jenn Lupton**

Learn the art of pottery! First you'll create your piece from a slab of clay Jenn has prepared, and the following week you'll glaze it. Jenn has a variety of textures and glaze colors to choose from. You can pick up your finished piece a week or two later at SASC. Her projects make a great gift for you or a loved one! Must attend both classes. Min 3

**May** - Slab Mug **Jun** - Welcome sign

| Day | Date       | Time     | Price |
|-----|------------|----------|-------|
| Mon | May 4 & 11 | 1-2:30pm | \$56  |
| Mon | Jun 1 & 8  | 1-2:30pm | \$56  |



### Tiny Acrylics

**Instructor: Terrie Eroh**

Rediscover your creative spark and play with paint in this laid-back class. Terrie will guide you through her process for painting on tiny canvases - a fun activity for anyone.

| Day | Date          | Time  | Price     |
|-----|---------------|-------|-----------|
| Tue | May 12, Jun 9 | 1-3pm | \$5/class |

### Spring Decoupage Flower Pot

**Instructor: Sandy Fogarty**

**NEW**



Craft with us - decorate your own pot using colorful fabric and simple decoupage techniques. You'll learn how to layer, arrange, and seal fabric onto the surface, creating a unique, personalized design to take home. You'll also get a rooted plant cutting.

| Day | Date   | Time     | Price |
|-----|--------|----------|-------|
| Wed | May 13 | 11am-2pm | \$40  |

### Welcome Sandy!



Sandy Fogarty has been involved in all varieties of crafts her entire life. She became an Occupational Therapist in 1987 and worked in that capacity at Michigan Medicine in a variety of positions for 35 years. Using purposeful activity every day is at the center of O.T. philosophy as well as Sandy's passion. She is versed in many crafts including candle making, soap making, and mandala rock painting. Crafting brings joy to her life, and she hopes to bring some joy to others at SASC.

*Note: Please register for programs a week before. Instructors need to prepare their projects and purchase supplies ahead of time. Unless otherwise noted, materials are included in the program.*

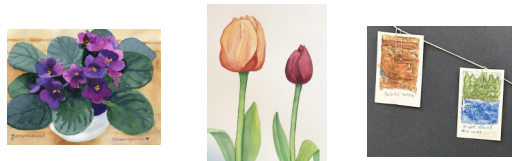
### Watercolors

**Instructor: Katherine Downie**

Explore watercolor painting, perfect if you are new to art or looking to improve. Learn color theory, mixing, and enjoy themed projects to inspire your creativity. Katherine provides a stencil for you to trace from so drawing experience is not needed. You will work on a project or two throughout the month, fine-tuning your technique. Examples are below. A supply list is available at the front desk.

**May** - May Flowers **Jun** - Summertime Snapshots

| Day | Date      | Time        | Price |
|-----|-----------|-------------|-------|
| Thu | May 14-28 | 1:30-3:30pm | \$39  |
| Thu | Jun 4-25  | 1:30-3:30pm | \$52  |



### Classical Music Appreciation

**Instructor: Andrew Kratzat**

Andrew aims to foster an appreciation for classical music in this class. Hector Berlioz's *Symphonie Fantastique* from 1830, is a groundbreaking five-movement symphony. Inspired by his infatuation with actress Harriet Smithson, Berlioz uses an *idée fixe* (a recurring melody) to represent his beloved across surreal, dramatic scenes, including a ball, a march to the scaffold, and a witches' sabbath.

| Day | Date        | Time      | Price |
|-----|-------------|-----------|-------|
| Tue | May 19 & 26 | 11am-12pm | Free  |

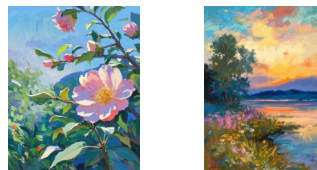
### Canvas & Cookies

**Instructor: Katherine Downie**

Walk away with a painting in just a few hours! Throughout the process, you'll gain valuable insights into composition, color usage, and the elements and principles of art. Enjoy a homemade cookie too.

**May** - Flowers **Jun** - Summer

| Day | Date   | Time     | Price |
|-----|--------|----------|-------|
| Tue | May 19 | 1-3:30pm | \$25  |
| Tue | Jun 16 | 1-3:30pm | \$25  |



## Intergen Crafternoon with Liberty Club

This is a special volunteer opportunity. You will work with Liberty Club members to create a craft or paint, and form a meaningful connection. No crafting or art experience necessary.

| Day | Date           | Time        | Price |
|-----|----------------|-------------|-------|
| Tue | May 19, Jun 16 | 1:30-2:30pm | Free  |

## Intro to Woodcarving

**Instructors: Floyd Rhadigan & Saline Carvers**

**NEW**

Woodcarving is one of the oldest arts known to humankind. You will learn the basics of carving while working hands-on to shape your own piece. Nonmembers, including children, are welcome for \$5 extra, ages 12 and up. All materials provided. Min 10, Max 20

| Day | Date   | Time  | Price |
|-----|--------|-------|-------|
| Wed | May 20 | 3-5pm | \$10  |

## Cyanotype Printmaking

**Instructor: Bob Rickman**

Cyanotype Printmaking introduces students to a camera-less process that uses UV light and iron salts to create striking white and Prussian blue images. Participants will explore the history, science, and creative possibilities of this early photographic method while making prints from natural materials, negatives, and found objects.

| Day | Date        | Time        | Price |
|-----|-------------|-------------|-------|
| Thu | May 21 & 28 | 9:30am-12pm | \$24  |

## Shrink Film Fun

**Instructor: Katherine Downie**

**NEW**



If you remember the fun of Shrinky Dinks in the 80s, we're here to bring that fun into 2026! We'll use shrink film to create things from rings, pins, and keychains to bookmarks, magnets, and cake toppers. Learn skills to make these on your own or with your family.

| Day | Date   | Time      | Price |
|-----|--------|-----------|-------|
| Tue | May 26 | 10am-12pm | \$25  |

## Mixed Media Workshop

**Instructor: Nicole McKay**

**NEW**



In this program you will create a mixed media piece featuring a bumblebee resting on a flower. The flower is uniquely crafted from a dried tea bag and enhanced with watercolor, all set on a 6x6 cradled wood board.

| Day | Date  | Time  | Price |
|-----|-------|-------|-------|
| Mon | Jun 1 | 4-6pm | \$15  |

## Mosaics: Stars & Stripes

**Instructor: Sandy Fogarty**

**NEW**



Create a festive Fourth of July mosaic wall hanging using red, white, and blue sea glass and embellishments, perfect for your summer décor.

| Day | Date  | Time     | Price |
|-----|-------|----------|-------|
| Wed | Jun 3 | 11am-2pm | \$40  |

## Paper Quilling: Wearables

**Instructor: Katherine Downie**

**NEW**



Discover the art of paper quilling in this beginner-friendly class focused on creating wearable pieces like earrings and necklaces. Students will learn essential techniques such as rolling, shaping, and assembling paper strips into decorative designs. By the end of the session, you'll complete your own lightweight, stylish accessories and leave with the skills to continue crafting unique, handmade jewelry at home.

| Day | Date     | Time      | Price |
|-----|----------|-----------|-------|
| Mon | Jun 8-22 | 10am-12pm | \$45  |

## Flat Felting Workshop

**Instructor: Jan Graham**

**NEW**



In this workshop, Jan will guide you in creating a landscape or spring/summer scene of your choice. Flat felting is done with a felting needle, canvas, and wool yarn. You will also learn how to blend color, create textures, and make fine detail. Must attend both classes. Min 3

| Day | Date        | Time     | Price |
|-----|-------------|----------|-------|
| Wed | Jun 10 & 18 | 11am-1pm | \$28  |

## Diamond Dot Workshop

**Instructor: Sandy Fogarty**

**NEW**

Diamond dot crafting has become popular recently; the simple, repetitive placement of dots can feel meditative, helping to lower stress and anxiety. In this class you will create a diamond dot painting and two plant pokes.

| Day | Date   | Time     | Price |
|-----|--------|----------|-------|
| Wed | Jun 24 | 11am-2pm | \$40  |



## Music Ensembles

All ensembles are \$1 drop in each time to help with the cost of printing.

### SASC Recorder Ensemble

This group focuses on ensemble playing with various genres that are of interest to members. The ensemble is SATB (soprano, alto, tenor, and bass recorders). If you are a beginner, advanced players can show you the basics so you can become comfortable with learning a new instrument. If you are looking to get back into music, please feel free to stop in and chat with the group leaders.

| Day | Date    | Time         | Price |
|-----|---------|--------------|-------|
| Mon | Ongoing | 12:30-2:30pm | \$1   |

### Time Traveler

This jam band enjoys meeting every week and has performed around Saline including at SASC, the Saline Farmers Market, Brewed Awakenings, and the 109 Cultural Exchange.

| Day | Date    | Time       | Price |
|-----|---------|------------|-------|
| Wed | Ongoing | 10-11:30am | \$1   |



### Beginning Guitar

**Instructors: Dave Hubbard & Mark Rakowski**

Have you been thinking of trying guitar? Time Traveler's leaders, Dave and Mark will help you work on your skills. Please bring your guitar. Meetings are the 1st & 3rd Wed at 11:30am.

| Day | Date      | Time            | Price |
|-----|-----------|-----------------|-------|
| Wed | May 6, 20 | 11:30am-12:30pm | \$1   |
| Wed | Jun 3, 17 | 11:30am-12:30pm | \$1   |

### Salt City Ukes

The ukulele is a fun and engaging instrument - it's portable, fairly inexpensive, relatively easy to learn, great for playing popular music, and fun to sing along with. This group enjoys playing for fun together.

| Day | Date    | Time          | Price |
|-----|---------|---------------|-------|
| Fri | Ongoing | 10:30-11:30am | \$1   |

## Clubs/Social Opportunities

### SAS-C Writers

We welcome anyone interested in practicing writing exercises, in class and at home. Writing of all genres is created and shared by the members in a supportive and friendly environment.

| Day | Date      | Time       | Price |
|-----|-----------|------------|-------|
| Thu | May 7, 21 | 10-11:30am | Free  |
| Thu | Jun 4, 18 | 10-11:30am | Free  |

### Sassy Players Drama Club

For many older adults, drama offers you a chance to explore ideas and talents you may not have used in years. Theatre engages your brain through activities like interpreting scripts, which help with memory and cognitive function. Whether you're experienced or new to it, you'll find a welcoming space to express yourself and make friends. Memorizing lines isn't necessary in this group.

| Day | Date      | Time            | Price |
|-----|-----------|-----------------|-------|
| Thu | May 7, 21 | 11:30am-12:30pm | Free  |
| Thu | Jun 4, 18 | 11:30am-12:30pm | Free  |



### ROMEO Group

Retired "Old" Men Eating Out (ROMEO) is an opportunity for the guys to get together, have a meal, and socialize. This group is very welcoming and led by SASC Member, Bob Baden. Registration is required so we can make an accurate reservation.

| Day | Date - Location   | Time    |
|-----|---|---------|
| Wed | May 13 - Station 300, 830 Woodland Drive E., Saline, 48176              | 11:45am |
| Wed | Jun 10 - Petrovich Family Grill, 500 E. Stadium Blvd., Ann Arbor, 48104 | 11:45am |

### JULIET Group

The JULIET (Just Us Ladies Into Eating Together) Group, gives the SASC women and opportunity to gather for an early dinner, maybe even a happy hour drink if you choose. Led by SASC members Micki Baden and Marie Hamlin. Registration is required so we can make an accurate reservation.

| Day | Date - Location   | Time   |
|-----|---|--------|
| Wed | May 27 - Bridgewater Bank Tavern, 8452 Boettner Rd, Saline, 48176 | 4:30pm |
| Wed | Jun 22 - Sam Hill, 5827 Jackson Rd, Ann Arbor, 48103              | 4:30pm |

## Silver Shutterbugs Photography Club

This group enjoys capturing life's moments. Come to share your work, give and receive constructive feedback to help you grow and improve, and learn new styles and techniques from one another.

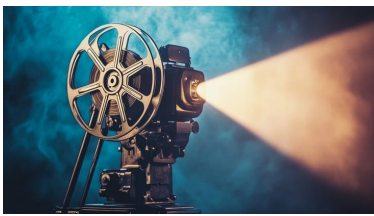
| Day | Date           | Time       | Price |
|-----|----------------|------------|-------|
| Mon | May 18, Jun 15 | 10-11:30am | Free  |

## Dementia Friends Activity Group

This group is for those living with dementia and their caregivers/friends. All members welcome; those with dementia, please bring a loved one. We'll have supportive chats, offer encouragement, share experiences, play a game, and get creative with a craft.

| Day | Date           | Time      | Price |
|-----|----------------|-----------|-------|
| Tue | May 19, Jun 16 | 11am-12pm | Free  |

## Classic Movie Time Facilitator: Eva Benevento



The Golden Age of Hollywood is from the beginning of talkies to the late 1940s, and the Silver Age from 1950 to 1967. Classic films were produced with groundbreaking

filmmaking devices, the studio system, and star power that became the stuff of Hollywood magic. Join us as we view a classic film, eat popcorn, and have a discussion afterwards.

| Day | Date           | Time     | Price   |
|-----|----------------|----------|---------|
| Wed | May 20, Jun 17 | 2:30-5pm | \$1/day |

## Mark Your Calendar: The Mobile Secretary of State will be back Jul 21



Our first visit from the Mobile Secretary of State (SOS) this winter was a success. They set up a space within SASC for most of the day. Members were able to renew their drivers license, apply for

a Real ID, transfer car titles, apply for accessible parking plaques and more. Next time, you can skip the line and hassle and come to SASC to take care of your SAS business. The SOS will be back again on Tue, Jul 21. Look in the July/August newsletter when it comes out at the beginning of Jun for details on how to make an appointment.

Please register for all programs at SASC, even if they are free.

## Knitting, Crochet, & Craft Club

All crafts are welcome at this group! There are several people who are happy to show you how to crochet and knit too.

| Day | Date    | Time         | Price |
|-----|---------|--------------|-------|
| Wed | Ongoing | 12:30-2:30pm | Free  |

## Intergen Woodcarving Club

This long-time group is full of talented individuals, in which you can learn from! All ages are welcome in this group. See pg. 15 for the Intro to Woodcarving class.

| Day | Date    | Time     | Price |
|-----|---------|----------|-------|
| Wed | Ongoing | 5-6:30pm | Free  |



## Breakfast Club

Come for a breakfast treat, coffee or tea, mingle with your old friends, and meet new people. Thank you to Busch's for providing treats every week and the volunteers who make this program possible.

| Day | Date    | Time         | Price |
|-----|---------|--------------|-------|
| Fri | Ongoing | 9:30-10:30am | Free  |

## SASC Book Club

Many laughs are had with this insightful group, they are very welcoming and friendly.

May - *The Sunflower House*, by Adriana Allegri

Jun - *The Silent Sister*, by Diane Chamberlain

| Day | Date          | Time       | Price |
|-----|---------------|------------|-------|
| Fri | May 8, Jun 12 | 10-11:30am | Free  |

## Matinee Movies

Watch a movie in our new Media Room in the expanded space of SASC starting in May! This room is cozy and has a large TV. Pre-register or drop-in, payable in the office.

May 15 - *We Bought a Zoo* (PG)

May 22 - *Wicked for Good* (PG)

May 29 - *The Roses* (R)

Jun 5 - *My Mother's Wedding* (R)

| Day | Date      | Time         | Price |
|-----|-----------|--------------|-------|
| Fri | See dates | 10am-12:30pm | \$1   |

## Games

### Trivia Nights Quizmaster: Scott Brodie

Trivia is great for people of all ages because it keeps your mind active, boosts memory recall, and can even help slow cognitive decline. The top three winners will receive a gift card to a local business or restaurant. \$2 per day. Themes: Mother's Day & famous mothers (May); Juneteenth, slavery, & Father's Day (June).

| Day | Date         | Time  | Price |
|-----|--------------|-------|-------|
| Mon | May 4, Jun 1 | 5-6pm | \$2   |

### American Mah Jongg Lessons Instructors: Debbie Heinold & Cindy Schaefer-Munz

American Mah Jongg utilizes racks to hold each player's tiles, jokers, and "Hands and Rules" score cards and is similar to Rummy. Cards are \$14, and need to be purchased through the National Mah Jongg League. Please have yours for the first class. **Deadline:** Apr 29

| Day | Date     | Time            | Price |
|-----|----------|-----------------|-------|
| Wed | May 6-27 | 11:30am-12:30pm | \$5   |

### Brain Games & Breakfast Facilitator: Eva Benevento

Keep your brain sharp by solving brain puzzles as a whole group and individually while enjoying a breakfast treat. Please register by the Fri before so we have enough treats for everyone. \$2 each day.

| Day | Date          | Time    | Price |
|-----|---------------|---------|-------|
| Mon | May 11, Jun 1 | 10-11am | \$2   |

### Chinese Mahjong Lessons Instructors: Jan Graham & Cecily Johnson

Mahjong is a four-player, tile-based game of skill, strategy, and luck that originated in 19th-century China. It is often compared to Rummy.

| Day | Date        | Time         | Price |
|-----|-------------|--------------|-------|
| Mon | May 11 & 18 | 12:30-2:30pm | \$5   |

### Canasta Lessons Instructor: Chris Bocskay

Canasta is a popular Rummy-family card game. Open Canasta Play will be on Tuesdays, 12:30-2:30pm, beginning May 5.

| Day | Date        | Time         | Price |
|-----|-------------|--------------|-------|
| Tue | May 12 & 19 | 12:30-2:30pm | \$5   |

18

Please register for all programs at SASC, even if they are free.

## Ongoing Cards & Games

| Program                 | Day/Week      | Time           |
|-------------------------|---------------|----------------|
| Pinochle                | Mon, Wed, Thu | 12:30-3pm      |
| Chinese Mahjong         | Mon           | 12:30-2:30pm   |
| Adv. Euchre             | Mon           | 5:30-7:45pm    |
| Bridge                  | Tue/ 2, 4 Thu | 12-3:30pm      |
| Dementia Friendly Games | Tue           | 11am-12:30pm   |
| Canasta                 | Tue           | 12:30-2:30pm   |
| Euchre                  | Tue           | 12:30-3:30pm   |
| Adv. Amer. Mah Jongg    | Wed           | 11:30am-2pm    |
| Adv. Euchre             | Wed/ 1 wk.    | 5:30-7:45pm    |
| Chess                   | Wed/ 2,4 wk.  | 11:30am-1:30pm |
| Cribbage                | Wed           | 4-6pm          |
| Pepper                  | Wed/ 2 wk.    | 5:30-7:45pm    |
| Rummikub                | Thu           | 1-3pm          |
| Bingo                   | Fri           | 12:30-3pm      |
| Samba                   | Fri           | 12:30-3:30pm   |

### Summer Bingo



Celebrate the start of summer with food, friends, and prizes. Sponsored by Nu2u Again. Pizza from Cottage Inn and pop included, with a planned eating time of 12:45pm. No fee for cards. **Deadline:** Jun 24.

| Day | Date   | Time      | Price |
|-----|--------|-----------|-------|
| Fri | Jun 26 | 12:30-3pm | \$5   |

### Dementia Friendly Games

This group plays different versions of games like dominoes and Rummikub. Those with and without dementia are welcome to join!

| Day | Date    | Time         | Price |
|-----|---------|--------------|-------|
| Tue | Ongoing | 11am-12:30pm | Free  |

### Bingo

Game play begins at 1pm, arrive by 12:45pm. About halfway through there will be a break for snacks (provided by players) and socializing.

| Day | Date    | Time      | Price      |
|-----|---------|-----------|------------|
| Fri | Ongoing | 12:30-3pm | \$.25/card |

### Game Room/Billiards

The Game Room will open in May! It is an updated version of what we used to have, to be located in the current workout room (as the workout room is moving to a room in the expanded space). The Game Room will contain one of our billiard tables and two to three card tables for various games and groups. We will post a monthly schedule outside the door, as there will be some times it is not available for one of the other based on our space/room needs. We can also email the list to billiard players that are signed up for it.

## Medicare/Medicaid Appointments

Do you have Questions about Medicare/Medicaid? You can meet with a counselor to get answers and help find a plan that is right for you. To make an appointment, call the SASC office and we will have Donna, our Michigan Medicare Assistance Program (MMAP) Counselor, schedule a free, personal appointment to review any of the following:

- Explain Medicare health plan options and eligibility requirements
- Understand what is/isn't covered by Medicare
- Understand doctor bills, hospital bills and Medicare Summary Notices
- Understand Medicare/Medicaid enrollment timelines
- Review your Medicare supplemental ("Medigap") insurance needs, compare policies and pursue claims and refunds
- Identify resources for prescription drug Assistance & identify and report Medicare/Medicaid fraud and abuse

**Please note, if at anytime you need an appointment sooner than Donna can schedule you please call AgeWays (formerly Area Agency on Aging) at 800-852-7795 or MMAP at 800-803-7174.**

Area Agency on Aging 1-B



## Saline Meals on Wheels



Meals on Wheels (MOW) is a service provided as a joint venture by SASC administrative aspect) and the EHM Senior Solutions (meal preparation). The purpose of this program is to support elderly, ill, and/or **homebound** Saline area residents.

A hot, nutritious, well-balanced lunch (\$3) and optional sack dinner (\$1) is available. The hot lunch consists of protein, vegetable, potato, fruit, dessert, and milk or juice. The optional sack dinner consists of a whole sandwich, fruit, and cookie. Applications can be found on our website or picked up at SASC.

MOW are delivered Monday-Friday, (excluding holidays) and Saline Area Schools snow days. The meals are delivered by a core group of dedicated drivers. If you would like to be a volunteer driver or sub driver, please call Kathy Adamson at 734.429.9274. It is a very rewarding opportunity to give back to your community.

We also take donations towards Meals on Wheels, to help support the service for those who need the Service but are unable to pay for it.

## SASC Legacy Program



You can create a legacy here at SASC today or contribute to SASC through your will or trust. You can even donate in honor of someone. To "build" your legacy, choose an option below:

### DONATION LEVELS:

**Donor** - \$200-\$1,000

**Benefactor** - \$1,001-\$5,000

**Patron** - \$5,001-\$25,000

Once you donate, your name will be placed on the legacy wall, which is being redesigned and will be up again when our addition is complete. Donations are tracked and nameplates will be moved to the proper location on the legacy wall over time. You'll receive a tax deductible letter for your donation. We appreciate your consideration. Every dollar helps.

## CARES Recreation Millage



The CARES Recreation Millage provides funding for recreation programs and facilities that enhance the life of residents in Saline Area School District.

In Nov 2017, voters passed the CARES Recreation Millage Renewal of 0.5 mills for 10 years. The specific programs funded through CARES and the percentage of the millage each receives are SASC (25%), General Recreation/Community Ed.(24%), Saline Community Pool at the High School (23.5%), Ellen Ewing Performing Arts Center (19.5%), and grant opportunities for local organizations (8%).

The SASC portion of CARES is about \$325,000 annually, nearly 65% of SASC's budget. Other funding sources include membership revenue, program revenue, trip revenue, donations, grants, bank interest, rentals, misc. items, and the SASC Fund Balance.

## Washtenaw Co. Older Persons Millage



Washtenaw County voters approved the 0.5 mill Older Persons Millage in November 2024. The Board of Commissioners passed the Older Adults Millage Operations Framework Policy in July 2025 which guides the

expenditures of millage funds. The full policy can be found on Washtenaw County's website at <https://www.washtenaw.org/4629/Older-Persons-Millage>.

The Older Adult Millage Operational Framework Policy identified 10 senior centers to receive at least \$200,000 annually, including SASC! The first allocation of funds will be utilized to make-up the short fall from the SAS Bond Funds, which you'll recall is about 2 million dollar. In 2026 we'll use these funds to provide furnishings for the SASC addition, a new dishwasher for our kitchen, and patio pergola.

## The SASC Library

Our "library" is generally available except for a few programs throughout the week. It will be closed during educational programs, Meditation, and movies. You may take a book and return it or pass it along to a friend. **If you would like to donate books to our "library" they must be current, within the last 5 years, or classics.** Our library shelves will be condensed in the new space so we are focusing on newer titles. Older books may be donated to the Friends Library, at the Saline Library.

## Laptops and iPads

Check out a laptop or iPad at the front desk for use while at SASC. All have Wi-Fi capabilities. You may also print for ten cents per page. Ask staff for assistance if needed. Note that if you need in-depth assistance with technology, we have individual and group tech lessons available on pages 10-11

## Room Rentals

SASC rooms are available to rent for HOA meetings, parties, graduations, memorials, etc., at reasonable rates. For more information stop into the office or visit our website at [salineseniors.org](http://salineseniors.org), click on the "about" tab, and select facility rentals.

## Scholarships

Each year SASC raises money for our scholarship fund. This allows those in need to participate in fee-based programs or trips that the membership does not cover. These funds are available for those who are at or under the National Poverty Guideline. Qualifying applicants must be 50+ and submit income information alongside the application, which is available at SASC or on our website.

## Donations/Volunteers Needed

SASC accepts donations to help offset some of our costs. If you would like to give, please consider the following:

- Coffee, especially decaf coffee currently
- Tea bags (individually wrapped)
- Disposable paper coffee cups
- White copy paper, 8.5x11"
- Paper towel and Kleenex
- Gently used or new Bag & Jewelry Sale items

If you would like to give your time, we have various volunteer opportunities available, including Meals on Wheels substitute drivers. We are also seeking SASC Ambassadors: volunteers who are personable and would like to help give new members tours of SASC once the expansion is complete. These ambassadors will work 2-4 hours shifts throughout the week. Contact Nancy for more info.

## Transportation Options

As are part of the Washtenaw County Older Persons Millage noted on page 19, the WC Board also passed funding for People's Express and JFS to provide free transportation to older adults that reside in Washtenaw County. The full details can be found at <https://www.washtenaw.org/4629/Older-Persons-Millage>. Please visit the website or call the providers for more details

**Feonix/Washtenaw Rides for Older Adults:** A program that provides no-cost transportation to Washtenaw County residents ages 60+ who need transportation to medical care, healthcare, and food access. To find out if you qualify, please call Feonix at **(734) 259-4125**.

**People's Express:** Call **(877) 214-6073** Mon-Fri, 10am-7pm for scheduling. Please contact them for more details.

**JFS:** Jewish Family Services provides transportation for those 60+ and people with disabilities. Call JFS at **(734) 769-0209** Mon-Thu, 9am-5pm and Fri, 9am-3pm to schedule.

## Oral History Project - Share your Story

Last summer, we launched a new project in partnership with Saline Area Schools IT Analyst John Williams to preserve the voices and memories of our community. Through video and audio interviews, we're capturing personal stories that reflect the rich history of folks, told directly by those who lived it. As we continue collecting and sharing these stories, we invite you to be part of it. Whether your memories stretch back decades or just a few years, your voice matters. Note, you do not need to be a native Salinian to join and the interview is very low-key!

**If you're interested in being interviewed,** please leave your name at the front desk or email Megan at [kenyonm@salineseniors.org](mailto:kenyonm@salineseniors.org). We will find a good time that works for everyone to conduct the interview. A signed release form is required. Let's honor the past, together, one story at a time.

## SASC Loves Our Volunteers!

In April we were able to celebrate our amazing volunteers at Emagine Theatre. We enjoyed a movie, some popcorn, and great company! Thank you to our sponsors who helped make this event possible.



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# SASC Community Open House

**Tuesday, May 5  
4-7pm**

**Construction is nearly complete at SASC! Come explore the new spaces and celebrate our next chapter. We'll have door prizes, entertainment, program demonstrations, light refreshments, and more! Everyone is welcome - no registration necessary.**

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7190 N. Maple Rd. | 734.429.9274 | [salineseniors.org](http://salineseniors.org)