



November/December 2026

SASC

Newsletter



Saline Area Senior Center • 7190 N. Maple • Saline, MI, 48176
(734) 429-9274 • 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 Dec 24, 25, 31 and Jan 1.

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, Nov 16 and Dec 21, 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.
- Payment is required at the time of registration.
- 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 and meet minimum enrollment.
- 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 provide a refund or credit (which must be used by Jun 30). If classes are cancelled due to reasons out of our control, we'll try 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 posted or within 1 week of the programs' start.

SASC Notes

Upon accessing our new entrance off Weber-Blaess Dr., please check-in via the computers at our welcome desk. You can scan your card or type the last few letters of your last name to begin the process. We can assist you if needed.

Only the SASC main entrance should be used when entering and exiting. Do not exit via the hallway or the group fitness studio emergency door.

Classes are in-person unless otherwise noted as hybrid. Hybrid means you can take it online OR in-person. If you are registered, you will be emailed a link 1-2 days before your program. Please contact us if you need a class to be hybrid and we will try to accommodate you if possible.

Our virtual classes take place on Zoom. If you would like to schedule a practice session to try Zoom 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.

Our weather/snow day policy is the same as Saline Area Schools (SAS). Therefore, if Saline Area Schools are closed due to inclement weather, so is SASC. If such a closure occurs, we will update our initial phone message, Facebook page, and our website. If SASC is closed due to weather, Meals on Wheels will also be cancelled for the day. If the schools cancel evening activities due to weather, SASC may also cancel evening activities.

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On the cover: Beloved member Elsie Luckhardt had a joyous visit with Santa last year at our holiday party. Join this year's event to get in the holiday spirit, see pg. 4 for details.

SASC Annual Membership

Register for your 2027 Annual SASC Membership today! 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 which you can pay for at the front desk.

Membership registration can be completed in the office 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. 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.

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

Workout Room Membership

The NEW and improved SASC workout room is ready for you! The workout room has a range of cardio AND weight machines, plus free weights. Once you have your SASC Membership, you can add the fitness membership for the year (12 months from the date you join) or by the month, for less than the cost of a meal to further enhance your health - you're worth it! Annual membership can be paid upfront or on a monthly basis.

Annual Workout Room Membership: \$96

Month to Month Membership: \$12 per month

Guest Pass: \$5 per day

Training Fee: \$10*

*One time fee required for all new members. If you sign up for a new membership and need the training, please be sure to schedule a training time with our staff, which will be done in small groups.

A Word on Street Shoes

PLEASE do not wear your street shoes in the workout room or group fitness studio. These shoes track in too much dirt, water, snow, salt, etc. We ask that you bring your workout shoes with you and change into them in our locker area, BEFORE entering the workout room and/or group fitness studio. We can have several hundred people use these spaces each day and this will help with the cleanliness of those spaces, and keep them safe for all. Thank you for your cooperation.

Help Us Decorate our Tree

SASC has a new 12 foot Alberta Spruce Tree for our lobby this season which is beautiful but we need your help to fill it. If you'd like, please donate one NEW or homemade, shatter proof (remember we have hard floors) ornament per member to SASC and we will hang it on our tree this season! Please choose one in traditional holiday colors (red, green, white, gold, or a mix of those) and bring it to our front desk by Fri, Nov 13. Then when our tree is up this season you can search for your ornament when you come in!

Fundraisers

50/50 Raffle

Our 50/50 Raffle has begun! The funds go towards scholarships for members in need, so they may participate in fee-based programs.

Each year we ask you to either purchase or sell 3 raffle tickets at the SASC Front Desk or online. We will mail out the remaining tickets in mid to late October. You may also purchase additional tickets online at salineseniors.org or at the front desk. If you would like to sell some tickets to your friends or family, please check them out at the front desk. **The drawing will be held on Wed, Dec 16 at our General Membership Social/Holiday Party.** The winner will receive 50% of the funds we bring in, minus expenses. Runner up prizes include gift cards to local businesses: Brewed Awakenings, Mark's Midtown Coney Island, Quickly Boba, Jalisco Mexican Restaurant, and Nu2u Again. If you would like to help sell raffle tickets at the Saline Craft Show, please leave your name at the front desk.

Bag & Jewelry Sale

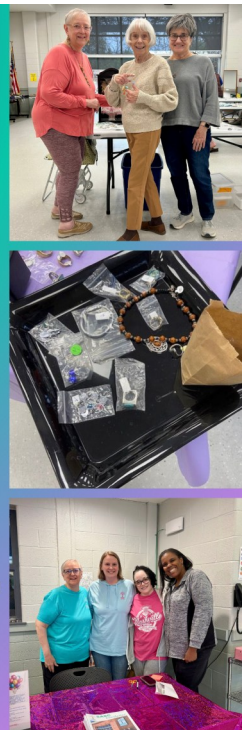
Members' Pre-Sale

Friday, October 23
12-3:30pm

Public Sale

Saturday, October 24
9am-12pm

SASC takes donations of gently used or new handbags, wallets, and jewelry throughout the year. Items sold benefit SASC Programming. Thank you for your support!



Special Events

Veterans Day - Planning in Progress

Celebrating Veterans Day and honoring our member Veterans is one of SASC's favorite events! At the time this newsletter goes to print, plans for this year's celebration are still underway as we work to confirm speaker details. Please watch for updates in our weekly emails, including final event details and information on when to register. If you do not receive our weekly emails but would like to stay informed, please contact Andrea at (734) 429-9274 and she will inform you once details are confirmed.

We look forward to celebrating and honoring our Veterans together!



Concert with Alicia & Andrew

Andrew and Alicia will return on violin and bass to play some holiday tunes that Andrew has arranged. Both enjoy answering any questions about the music.

Day	Date	Time	Price
Tue	Dec 8	2pm	Free

General Membership Holiday Social

Let's celebrate the season together! There will be a brief update from the SASC Director on the happenings at SASC, the 50/50 Raffle Drawing, and some festive entertainment. Lunch will be salad, baked ziti, garlic bread, and dessert. If space is available after the deadline of Dec 9, the cost will increase to \$10.

Day	Date	Time	Price
Wed	Dec 16	11:30am-1pm	\$8/10

Comfort & Joys Movie: In a Holiday



Gather with friends, get cozy, and find the joy in a holiday movie. Come in your most comfy clothes (maybe even your pjs), relax with a warm beverage, and some tasty, warming snacks. *In a Holiday* tells the story of Maelyn Jones who makes a huge romantic mistake. She must relive the same Christmas until she learns what makes her happy.

Day	Date	Time	Price
Mon	Dec 21	2-4pm	\$8

Favorite Things & Cookie Exchange



Join SASC Staff for a fun and festive holiday gift-giving gathering with a twist on the traditional White Elephant! Bring one of your favorite things or a handmade item (no more than \$20 please), something you love and think others might enjoy, with a chance to steal from others! We'll also play a few games and have a cookie exchange;

please bring 2 to 3 dozen homemade cookies to swap and take home a delicious assortment of holiday treats. Enjoy pizza and pop from Mancino's.
Deadline: Dec 18

Day	Date	Time	Price
Tue	Dec 22	12pm	\$5

New Year's Event: Passport to 2027



Travel the world with us to wrap up 2026 and kick off 2027! We'll celebrate the New Year with a delicious trip around the world. Enjoy finger foods throughout the event from various countries, offering a variety of flavors and cuisines to sample.

During your travels you will partake in some trivia, and experiences from various countries. The jazz combo Just the Three of Us will also perform some tunes for you.

Generously sponsored by Nu2u Again and Steadfast Chiropractic. If space remains after the deadline of Dec 23, there is a \$5 late fee. Held at SASC.

Day	Date	Time	Price
Wed	Dec 30	5-8pm	\$25



Mobile Secretary of State

Convenience at your doorstep - the Mobile Secretary of State will be at SASC. You will be able to register to vote, renew your Driver's License or State ID, transfer a car title, apply for or renew a disability placard, and more. You can even apply for a Real ID, which is now necessary for air travel. Call SASC to sign up for an appointment time. Please bring any necessary documentation for each transaction, as well as payment for the services. Reach out to Andrea Lewis at (734) 429-9274 or lewisa@salineschools.org with any questions.

Day	Date	Time	Price
Mon	Dec 14	10am-12pm	Free

Sassy Players Presents American Tapestry

Like a tapestry having many colors and textures, our nation is uniquely made of people from many backgrounds and cultures, woven together to form a beautiful picture of a national identity for generations. Our players will present music and skits to reflect America's tapestry.

Day	Date	Time	Price
Wed	Nov 18	6-7:30pm	Free

Saline Area Social Service Food Drive

SASC is hosting a food drive for Saline Area Social Service (SASS). Items we are collecting are boxed powdered milk, flavored instant oatmeal, and muffin mixes, as they tend to need these frequently. **We will take collections November 2-13.** If you would like to help deliver to SASS, please email Megan at kenyonm@salineschools.org

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 55.

Winter at The Station

FULL



Detroit's iconic landmark comes alive for the winter season! We'll take a guided tour of the train station. Note that **lunch is NOT included with this trip** but snacks are available at the station for purchase and other local eateries are a short walk from the station.

Day	Date	Time	Price
Thu	Nov 19	9:30am-3:30pm	\$89

Meadow Brook Hall Holiday Lunch & Walk

FULL



Be Dazzled by Day! Meadow Brook Hall delivers a breathtaking holiday experience – transporting you through the historic mansion decked out in shimmering splendor. First we'll eat an early delicious three course lunch. Then we'll take a self-guided tour featuring incomparable holiday sights and decorations inside the 110-room estate.

Day	Date	Time	Price
Fri	Dec 4	9:15am-3:30pm	\$119

If you have a suggestion for an upcoming trip, please email Nancy at cowann@salineschools.org.

DSO and Karl's Cabin



Join GRAMMY®-nominated vocal powerhouse Sheléa for a morning concert at the Detroit Symphony Orchestra (DSO) in celebrating the music of Aretha Franklin. Featuring classic hits including "Chain of Fools," "Say A Little Prayer,"

"Respect," and "Natural Woman," Sheléa brings the music of Aretha Franklin to life with her one-of-a-kind voice and masterful piano skills. The show begins at 10:45am, run time approx. 2 hours. Then we will head to Karl's Cabin for a late lunch. You will have your choice of one of three entrees, select while registering. Maximum 50. **Deadline:** Nov 30.

Day	Date	Time	Price
Fri	Jan 8	9am-2:45pm	\$125

*At the time of print, the Feb trip is in the process of being finalized. Please be sure to check our weekly emails and our online site to see when that trip is published.

Fitness

Classes are taking place in our beautiful new group fitness studio. All personal belongings must be left in your vehicle to eliminate trip hazards.



No street shoes are allowed in the group fitness room.

Balance Stronger Instructor: Amy Leighton

Ready to level up? If you love our classic Balance Strong class but feel ready for a fresh challenge, this intermediate-level session is your perfect next step. This brand-new addition to the Balance Strong line-up turns up the intensity. Expect deep core stability focus paired with progressive strength training. We are cranking up the focus on sharp coordination, dynamic stability, and functional muscle building to give your routine a serious upgrade and build a body that is better equipped to move through your day. **This is an intermediate level class. No class Nov 23.**

Session - Day	Date	Time	Price
600 - Mon	Nov 2-30	8:45-9:45am	\$28
601 - Mon	Dec 7 & 14	8:45-9:45am	\$14

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

Fitness continued

Drums Alive Instructor: Jerry Powell

We'll tap into our inner rhythm and weave together the power of drumming, music, and movement. Let loose, and express yourself while working out. We provide the bucket, exercise ball, and drum sticks. You just bring a water bottle and energy. **No Class Nov 9.**

Session -	Date	Time	Price
602 - Mon	Nov 2-30	10-11am	\$28
603 - Mon	Dec 7 & 14	10-11am	\$14

DanceFit Gold Instructor: Laurel Larsen



Get ready to move, groove, and smile! This fun, upbeat class combines easy-to-follow cardio and dance movements featuring Latin beats, world rhythms, oldies, and popular hits. Simple, repetitive choreography makes it easy to follow while improving cardiovascular endurance, coordination, balance, strength, and stamina. No dance experience required! Bring comfortable shoes, water, and come ready to move.

Session- Day	Date	Time	Price
604 - Mon	Nov 2 & 9	11:15am-12:15pm	\$14
605- Mon	Dec 7-28	11:15am-12:15pm	\$28

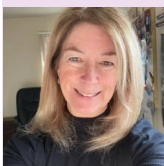
Balance & Breathe Chair Fitness Instructor: Cindy Akans



Move, stretch, strengthen, and breathe - all from the comfort and support of a chair. Balance & Breathe Chair Fitness is a gentle, accessible class designed to improve flexibility, strength, balance, mobility, and body awareness. **No class Nov 23.**

Session - Day	Date	Time	Price
606 - Mon	Nov 2-30	4:15-5:15pm	\$28
607 - Mon	Dec 7 & 14	4:15-5:15pm	\$14

New Instructor Cindy Akans



With a foundation in physical therapy and rehabilitation, evolving into a Massage Therapy career was a natural progression for Cindy. As a graduate of the Ann Arbor School of Massage and Natural Medicine, in Ann Arbor, she has nearly 20 years experience in the field. She also holds certifications in Relaxation Therapy and Reiki. She is committed to helping people improve their overall health in a holistic way, including mind, body, and spirit. When not working, she enjoys her family and friends, walking and hiking, biking, swimming, and boating.

Barefoot Balance Mini Session 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
608 - Mon & Wed	Dec 28 & 30	10-11am	\$14

Fit for Life Instructor: Laurel Larsen

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. **Hybrid**

Session - Day	Date	Time	Price
609 - Tue	Nov 3 & 10	8:45-9:45am	\$14
610 - Tue	Dec 1-29	8:45-9:45am	\$35
611 - Thu	Nov 5 & 12	8:45-9:45am	\$14
612 - Thu	Dec 3-17	8:45-9:45am	\$21

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
613 - Tue	Nov 3 & 17	10-11am	\$14
614 - Tue	Dec 1-15	10-11am	\$21

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. **Hybrid.**

Session - Day	Date	Time	Price
513 - Wed	Oct 14-Nov 11	1-2:30pm	\$45
616 - Wed	Dec 9-23	1-2:30pm	\$27

DanceFit Chair

Instructor: Laurel Larsen

You'll find yourself singing along while you move! This upbeat class combines easy-to-follow dance and fitness movements featuring oldies, familiar favorites, and popular hits. Almost the entire class is performed in a chair, with a few songs incorporating light weights for added strength. This class helps improve cardiovascular fitness, strength, coordination, flexibility and range of motion while keeping you safely moving in a chair and having fun. No dance experience required. Just bring your water, your energy, and your love of music!

Session - Day	Date	Time	Price
617 - Mon	Nov 2 & 9	12:30-1:30pm	\$14
618 - Mon	Dec 7-28	12:30-1:30pm	\$28
619 - Wed	Nov 4 & 11	11:45am-12:45pm	\$14
620 - Wed	Dec 2-16	11:45am-12:45pm	\$21

PWR! Moves Group Exercise Classes

Instructor: Irene Della Lucia, P.T.



This Parkinson-specific exercise class "makes function exercise" to keep you moving, and doing more of what you want to do! As you practice, you will be challenged physically and cognitively while working on fitness goals: strength, balance, agility, aerobics, and flexibility. Exercises are designed to improve your fitness, counteract your PD symptoms, and increase your daily activity. This whole body function-focused exercise class will push you to do more than you think you can in a fun, empowering, and enriched environment. Please note, medical clearance from your doctor and an evaluation with Irene (the instructor and a certified Physical Therapist) are required prior to participation in this class.

Day	Date	Time	Price
Tue	Ongoing	11:15am-12:15pm	Free



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
621 - Tue	Nov 3-17	2:30-3:30pm	\$21
622 - Tue	Dec 1-15	2:30-3:30pm	\$21

Fitness Classes are taking place in our beautiful new group fitness studio. To eliminate trip hazards, all personal belongings must be left in your vehicle or put in a locker. No street shoes are allowed.

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
623 - Mon	Nov 2-16	6:30-7:30pm	\$21
624 - Mon	Dec 7 & 14	6:30-7:30pm	\$14
625 - Wed	Nov 4-18	10:30-11:30am	\$21
626 - Wed	Dec 2-16	10:30-11:30am	\$21

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-	Free

**New Monday
Night Tai Chi
Class!**

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
627 - Thu	Nov 5 & 19	10-11:15am	\$16
628 - Thu	Dec 3 -17	10-11:15am	\$24

Senior Striders Outdoor Walking

The great outdoors are good for the soul, no matter the temperature! We meet every Thursday, 9am for 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. Walks are cancelled if there is inclement weather. Starting in November, all walks will depart from SASSC.

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

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

Racquet Sports: Pickleball & Ping-Pong

Open Play Indoor 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 at leisa@salineschools.org to receive the monthly calendar and weekly schedule updates. **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



We hope you enjoyed the new tennis and pickleball courts! Courts will reopen in Spring 2027. Stay tuned for opening dates and fun new opportunities.

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

Day	Date	Time	Price
Fri	Dec 4	5:30-6:30pm	\$20

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

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 January 2027.

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	TBD	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.

Day	Date	Time	Price
Wed	TBD	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 Oct 2, Oct 30, & Nov 27.**

Day	Date	Time	Price
Fri	TBD	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.

Wednesdays ?Times

30 min - \$45
60 min - \$72
90 min - \$102

Meditation Sessions

Facilitator: Bob Rickman, Jewel Heart



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. Try a class out for free!

Day	Date	Time	Price
Thu	Oct 29-Nov 19	1:30-2:30pm	\$12
Thu	Dec 3-17	1:30-2:30pm	\$9

Nourish, Flourish, & Age Well

Presenter: Senior Helpers



Join Faye Molitor & Sheila Doeden of Senior Helpers to discover how simple food choices can help you stay strong, energized, and independent as you age. We will discuss foods that

support healthy bones, muscle and heart health, tips for maintaining energy and vitality, hydration and healthy eating habits, simple strategies for meal planning and grocery shopping. Come away with fun, nutritious recipes that are easy to prepare.

Day	Date	Time	Price
Wed	Nov 4	10-11am	Free

Reflexology Appointments 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 directly at your appointment.

Day	Date	Time	Price
Thu	Nov 5 & 19	9am-1pm	\$30/\$50
Thu	Dec 3 & 17	9am-1pm	\$30/\$50

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
Thu	Nov 5	9am-2pm	\$45
Mon	Nov 23	9am-2pm	\$45
Tue	Dec 1	9am-2pm	\$45
Wed	Dec 2	4-7pm	\$45

SASC/Versiti Blood Drive

This process is so easy! Donate your blood and save lives, visit https://donateblood.versiti.org/donor/schedules/drive_schedule/11628748 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	Nov 6	11am-4pm	Free

Health & Wellness continued

Healthy Aging Through Exercise Presenter: Jennet Malone, EHM Senior Solutions Wellness Manager

NEW

This presentation explains why exercise is important and how staying active can help you remain healthy, independent, and confident as you age. Learn about the physical changes that occur with aging and how regular exercise can improve strength, balance, flexibility, heart health, and overall well-being. You will learn the four main types of exercise: aerobic activity, strength training, flexibility exercises, and balance training. By the end of the presentation, you will have a better understanding of how to maintain a high quality of life.

Day	Date	Time	Price
Mon	Nov 9	10-11am	Free

SASC Caregiver Support Group Facilitator: Julie Garcia

NEW

Led by Julie, a licensed occupational therapist, this group offers practical tools to help manage the demands of caregiving, rebuild routines, and restore personal balance. Julie's work focuses on collaborative problem-solving to help people engage fully in the lives they desire. Work with the group to provide care without losing yourself in the process.

Day	Date	Time	Price
Mon	Nov 9 & Dec 14	1:30-2:30pm	Free

Heartburn - A Common but Annoying Problem Presenter: Betty Chaffee, PharmD

Heartburn and GERD (gastroesophageal reflux disease) are common and uncomfortable problems. Join Betty Chaffee, PharmD to talk about the causes and symptoms of heartburn/GERD, and how to choose between the available nonprescription treatments.

Day	Date	Time	Price
Mon	Nov 9	2-3pm	Free

Fall Prevention with the Saline Fire Department Presenter: Saline Fire Fighters



Join members of the Saline Fire Department as they discuss fall prevention, covering simple steps to reduce your fall risk and make your home safer.

Day	Date	Time	Price
Tue	Nov 10	11am-12pm	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	Dec 16	9 or 10am	Free

Healthy Aging Clinic Pivotal Integrative Medicine

This clinic will focus on living well and staying active as you age. Pain is not a normal part of getting older! Learn practical ways to manage pain, protect mobility, and continue doing the things you love comfortably and pain free as you age.

Day	Date	Time	Price
Thu	Dec 3	1:30-2:30pm	Free

Blood Pressure Checks Facilitator: Heartland Hospice

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

Day	Date	Time	Price
Wed	Dec 16	11:15-11:45am	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

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
Mon	Nov 2	3-4pm	Free
Mon	Dec 7	3-4pm	Free

African Americans in the Civil War Presenter: Bruce Zellers

NEW

In this lecture, you will learn about the crucial role African Americans played in the Civil War, from serving in the United States Colored Troops to advancing the fight for freedom and equality, and learn how their courage helped shape American history. Rescheduled from September.

Day	Date	Time	Price
Tue	Nov 3	11am-12pm	Free

Travelogue: Hawaii Presenter: George Jabol

NEW

Highlights include Volcanoes National Park, Haleakala, the Polynesian Cultural Center, USS Arizona Memorial, the Road to Hana, Waimea Canyon, whale watching, and tours of Oahu and Kaua'i. Enjoy armchair adventures to warmer places during a cold Michigan winter!

Day	Date	Time	Price
Tue	Nov 3	1-3:30pm	Free

Basic Conversational French Instructor: Jim McMurtrie

Participants in Basic Conversational French should expect to learn a considerable amount of French words, expressions, and topics related to French culture. Those enrolled should purchase *Learn French the Fast and Fun Way* (3rd edition) by Elizabeth Bourquin Leete prior to the start of class. This text can be found on Amazon, Thrift Books, or eBay.

Day	Date	Time	Price
Wed	Nov 4-25	2-3pm	\$28
Wed	Dec 2-30	2-3pm	\$35

Decluttering Workshop & Lunch Presenter: Diana Morning

NEW



Ready to clear the clutter? Feeling overwhelmed by too much stuff? Join us for a fun, interactive decluttering workshop and discover practical ways to simplify your home without the stress. Learn what to keep, donate, sell, or let go - and how to tackle sentimental items and those "I might

need this someday" decisions. You'll leave with simple strategies and a plan you can start using immediately.

Day	Date	Time	Price
Thu	Nov 5	12-2pm	Free

Rentschler Farm Museum Visit & Lunch Hosts: Florine Rentschler & Andrea LaBarre

Spend some time at the Rentschler Farmhouse. Stroll through the rooms and imagine every day life from years past, then sit down to a delicious German luncheon. It's a welcoming mix of history, good food, and company. Held at 1265 E. Mich Ave. Feel free to stay after the event and play Euchre. All proceeds from these programs will be split with Saline Area Historical Society.

Day	Date	Time	Price
Wed	Oct 28 & Nov 18	12-2pm	\$10/ day

Travelogue: Heart of India Presenter: George Jabol

NEW

In 2009, George traveled through northern India, experiencing its rich history, traditions, and cultural contrasts. Highlights included Delhi's Jama Masjid, Jaipur's Amber Fort, a tiger safari in Ranthambore National Park, the Taj Mahal in Agra, and a boat ride on the Ganges in the holy city of Varanasi. An unforgettable journey through one of the world's most fascinating countries.

Day	Date	Time	Price
Tue	Dec 1	11am-12pm	Free

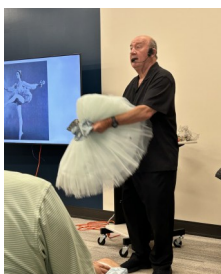
Travelogue: European Christmas Market River Cruise Presenter: David Bowen

NEW

Come along on a virtual cruise from Germany through Austria to Hungary with stops in Regensburg, Passau, Melk, Vienna, and Budapest exploring Christmas markets and other local sites. Finish up with a side trip to Brussels.

Day	Date	Time	Price
Tue	Dec 15	9-11am	Free

Tutus, Touring, and Other Terrors Part Deux Presenter: Nigel Burgoine



Join Nigel Burgoine, former principal dancer with the London Festival Ballet and award winning artistic director, as he gives insight to touring the world with a professional ballet company. Back stage and on stage hysterical and hair raising situations in performances.

Day	Date	Time	Price
Tue	Dec 15	2-3pm	Free

November 2026

Mon	Tue	Wed	Thu	Fri
2 Balance Stronger begins, 8:45-9:45am Drums Alive begins, 10-11am DanceFit Gold begins 11:15am-12:15pm DanceFit Chair begins 12:30-1:30pm Ceramics begins, 1-2:30pm Watercolors begins 1:30-3:30pm Tech Town Hall, 3-4pm Balance & Breathe Chair Fitness begins 4:15-5:15pm	3 Fit for Life begins 8:45-9:45am Balance Strong begins 10-11am African Americans in the Civil War 11am-12pm Travelogue: Hawaii 1-3:30pm Tai Chi Cont. begins 2:30-3:30pm	4 Nourish, Flourish, & Age Well, 10-11am Tai Chi Beginning begins 10:30-11:30am Beginning Guitar 11:30am-12:30pm Folded Turkey Book, 11am-2pm DanceFit Chair begins 11:45am-12:45pm Basic Conversational French begins, 2-3pm Tech Lessons ongoing 2:30-4:45pm	5 Fit for Life begins 8:45-9:45am Reflexology Appointments 9am-1pm Foot Care Clinic 9am-2pm Balance Strong Beginning + Stretch begins 10-11:15am Decluttering Workshop & Lunch 12-2pm	6 Movie: <i>Unabomber</i> 10-11:45am Salt City Ukes ongoing 10:30-11:30am Versiti Blood Drive 11am-4pm Bingo 12:30-3pm
9 Healthy Aging Through Exercise 10-11am Brain Games 10-11am Recorder Ensemble ongoing 12:30-2:30pm Caregiver Support Group 1:30-2:30pm Heartburn 2-3pm	10 Documentary: <i>Betting on Zero</i> 10-11:45am Fall Prevention with the SFD 11am-12pm PWR! Moves ongoing 11:15am-12:15pm Tiny Acrylics 1-3pm	11 Time Traveler ongoing 9:30-11:30am PWR! Moves Exercise ongoing 11:15am-12:15pm ROMEO Bone Heads 11:45am Classic Movie: <i>Plymouth Adventure</i> 2:30-5pm	12	13 Movie: <i>Maestro</i> 10am-12:15pm Book Club: <i>Wayward Girls</i> 10-11:30am
16 SASC BOD Meeting 9am Ping Pong ongoing 2-4pm Tech Lessons ongoing 2:30-4:45pm	17 Documentary: <i>American Factory</i> 10-11:45am Ping Pong ongoing 1:30-3:30pm	18 Cardinal Button Art 11am-2pm Beginning Guitar 11:30am-12:30pm Rentschler Farm Museum Visit & Lunch 12-2pm JULIET Cancun Mexican Grill 4:30pm Sassy Players Presents American Tapestry 6-7:30pm	19 Reflexology Appointments 9am-1pm	20 Christmas Cardmaking 9:30am-12pm Movie: <i>The Holdovers</i> 10am-12:15pm Canvas & Cookies 1-3:30pm
23 Foot Care Clinic 9am-2pm	24 Documentary: <i>Virunga</i> 10-11:45am	25	26 SASC Closed	27 SASC Closed



Schedule and Calendar Notes

- Note that this is not a fully comprehensive calendar of all our programs, they all won't fit on these two pages!
- Look through the full newsletter for all the programs and their dates.
- New sessions are listed as "begins" on this calendar; you will find the start and end dates of classes under the class descriptions.
- A full listing of the Clubs, Social Groups, and Cards/Games at SASC are listed on pages 16-18.

December 2026

Mon	Tue	Wed	Thu	Fri
	1 Fit for Life begins 8:45-9:45am Foot Care Clinic 9am-2pm Balance Strong begins 10-11am Documentary: <i>Descendant</i> 10-11:45am Travelogue: Heart of India 1-3:30pm Tai Chi Continuing begins 2:30-3:30pm	2 Massage Therapy ongoing 9am Tai Chi Beginning begins 10:30-11:30am Winter Mosaic Tray, 11am-2pm DanceFit Chair begins 11:45am-12:45pm Basic Conversational French begins 2-3pm Foot Care Clinic 4pm-7pm Cyanotype Printmaking 5-7:30pm	3 Fit for Life begins 8:45-9:45am Reflexology Appointment 9am-1pm Balance Strong Beginning + Stretch begins 10-11:15am Turtle Island Barrette 11am-3pm Healthy Aging Clinic 1:30-2:30pm Meditation begins 1:30-2:30pm	4 Movie: <i>Family Switch</i> 10am-11:45am DIY Ugly Christmas Sweater Workshop 10am-12pm Pickleball Clinic 5:30-6:30pm 
7 Balance Stronger begins 8:45-9:45am Drums Alive begins 10-11am Brain Games, 10-11am DanceFit Gold begins 11:15am-12:15pm DanceFit Chair begins 12:30-1:30pm Tech Town Hall, 3-4pm Balance & Breathe Chair Fitness begins, 4:15-5:15pm Tai Chi Beg. begins 6:30-7:30pm	8 Documentary: <i>Operation Varsity Blues</i> 10-11:45am PWR! Moves ongoing 11:15am-12:15pm Tiny Acrylics 1-3pm Concert w/ Alicia & Andrew 2pm	9 Winter Floral Design 10am-12pm Adaptive Hatha Yoga begins 1-2:30pm ROMEO Thompson Bar & Grill 11:45am JULIET Cancun Mexican Grill 4:30pm Cyanotype Printmaking 5-7:30pm	10	11 Desk Calendar Workshop 9:30am-12pm Movie: <i>The Family Stone</i> 10-11:45am Book Club: <i>The Briar Club</i> 10-11:30am Canvas & Cookies 1-3:30pm
14 Mobile Secretary of State 10am-12pm Caregiver Support Group 1:30-2:30pm Ping Pong ongoing 2-4pm	15 Travelogue: European Christmas Market River Cruise 9-11am Ping Pong ongoing 1:30-3:30pm Tutus, Touring, & Other Terrors Part Deux 2-3pm	16 Care Management Appointments 9 or 10am Blood Pressure Checks 11:15am-12:15pm General Membership Holiday Party & 50/50 Raffle 11:30am-1pm Classic Movie: <i>Bells of St. Mary</i> 2:30-5pm	17 Reflexology Appointments 9am-1pm	18 Movie: <i>Best Christmas Pageant Ever</i> 10-11:45am Holiday Bingo 12:30-3pm
21 SASC BOD Meeting 9am Create Free & Interactive Games with Dr. McVey 11am-1pm Comfort & Joys 2-4pm	22 Favorite Things & Cookie Exchange 12pm	23 SASC will close at 4pm	24 SASC Closed 	25 SASC Closed
28 Barefoot Balance begins 10-11am Create Free & Interactive Games with Dr. McVey 11am-1pm	29	30 New Year's Celebration: Passport to 2027 5-8pm	31 SASC Closed 	Jan 1 SASC Closed

Creative Opportunities

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.

Group Voice Instructor: Ellie Christiansen

Learn the basics of good vocal practices through various warmups, while singing familiar songs in a low-pressure group setting. In Dec we'll focus on Christmas Carols and prepare for an opportunity (optional) to perform for residents at Brecon Village on Dec 20.

Day	Date	Time	Price
Thu	Oct 15-Nov 19	2:30-3:15pm	\$59
Thu	Dec 3-17	2:30-3:15pm	\$30

Italian Micromosaic Pendant Workshop Instructor: Tricia Boucha



Discover the beauty of Italian micromosaic, a centuries-old art form where artisans create intricate designs using tiny pieces of hand-pulled glass threads, some as thin as hair. Using authentic Murano glass strands and Millefiori flowers, you'll learn to arrange these delicate pieces into a beautiful floral pendant while experiencing a traditional Italian craft technique. Please bring your readers or a magnifying glass. Feel free to bring a lunch or snack. **Due to the small glass pieces and risk of cuts, participants cannot be on blood thinners.**

NEW

Day	Date	Time	Price
Thu	Oct 29	10am-2pm	\$75

Watercolors Instructor: Katherine Downie

New day and time for the fall! 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. A supply list is available at the front desk.

Nov - Whimsical Fall Scenes
Dec - Snowy Scenes

Day	Date	Time	Price
Mon	Nov 2-23	1:30-3:30pm	\$52
Mon	Nov 30-Dec 21	1:30-3:30pm	\$52



Ceramics: Tree Dish Instructor: Jenn Lupton

Learn the art of pottery! First you'll create your piece from 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.

Day	Date	Time	Price
Mon	Nov 2 & 9	1-2:30pm	\$56

Folded Turkey Book Instructor: Sandy Fogarty

NEW



Transform an old book into a festive Thanksgiving turkey. Learn simple folding techniques to create the turkey's colorful fan-shaped feathers, then add a wooden turkey, fall leaves and other decorative touches to complete your centerpiece. A fun and unique project to enjoy or display throughout the season.

Day	Date	Time	Price
Wed	Nov 4	11am-2pm	\$45

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. There is no charge if you leave your paintings at SASC so we can gift them to Meals on Wheels clients.

Day	Date	Time	Price
Tue	Nov 10, Dec 8	1-3pm	\$5

Cardinal Button Art Instructor: Sandy Fogarty



Turn buttons and beads into a colorful cardinal. Arrange a variety of textures and embellishments to create this eye-catching piece of art. Feel free to bring a special memento of yours to add to your piece.

Day	Date	Time	Price
Wed	Nov 18	11am-2pm	\$45

Christmas Cardmaking Instructor: Diane Schlicher



Get into the holiday spirit while creating beautiful handmade Christmas cards to share with family and friends. Learn fun cardmaking techniques and add your own creative touches to each festive design.

Day	Date	Time	Price
Fri	Nov 20	9:30am-12pm	\$20

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.

Nov - Starry Starry Pumpkin
Dec - Holiday Bulb



Day	Date	Time	Price
Fri	Nov 20	1-3pm	\$25
Fri	Dec 11	1-3pm	\$25

Winter Mosaic Tray Instructor: Sandy Fogarty

NEW



Create a cheerful winter mosaic featuring a whimsical snowman centerpiece surrounded by colorful glass pieces. Learn basic mosaic techniques while designing your own festive piece to enjoy throughout the winter season.

Day	Date	Time	Price
Wed	Dec 2	11am-2pm	\$45

Cyanotype Printmaking Instructor: Bob Rickman

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

Day	Date	Time	Price
Wed	Dec 2 & 9	5-7:30pm	\$24

Turtle Island Barrette Instructor: Tricia Boucha

NEW



Named for the Ojibwe creation story in which a giant turtle rises from a great flood with earth on its back to begin anew, this beautiful beaded stick barrette is designed and taught by Tricia, an enrolled member of the Sault Tribe of Chippewa Indians. The barrette incorporates Venetian Millefiori glass, wool, beads, cork, wood, and a sacred Navajo Ghost bead. Intermediate skill level. Because the beads and needles are small, participants should be able to see without assistance or bring readers or a magnifying glass. Must attend both classes.
Deadline: Nov 23.

Day	Date	Time	Price
Thu	Dec 3 & 10	11am-3pm	\$75

DIY Ugly Christmas Sweater Workshop Instructor: Katherine Downie

NEW



Bring a sweater and embrace the holiday spirit by designing your own wonderfully tacky Christmas sweater. Add festive decorations, colorful embellishments, and plenty of holiday flair to create a one-of-a-kind sweater that is sure to stand out. Visit Nu2u Again for an inexpensive sweater. Other types of apparel are welcome too!

Day	Date	Time	Price
Fri	Dec 4	10am-12pm	\$25

Winter Floral Design Instructor: Sandy Fogarty

This project is perfect to display during the holidays and cold weather season in which you can use year after year! This time we'll use beautiful faux flowers and greenery, a cardinal, fairy lights, hurricane glass, pinecones, berries, and an unscented candle. You'll be able to add your own pine scent if you choose. Sponsored in part by Huron Valley PACE to help cover some of the materials cost. An example will be in our curio.

Day	Date	Time	Price
Wed	Dec 9	10am-12pm	\$45




Huron Valley PACE

DIY Desk Calendar Workshop Instructor: Diane Schlicher

NEW

In this workshop you will create six desk calendars, perfect for yourself and to give away as a gift!

Day	Date	Time	Price
Fri	Dec 11	9:30am-12pm	\$20



Private Knitting/Crochet Lessons



Learn the relaxing and creative art of knitting or crochet with personalized, one-on-one instruction from members of our Knitting & Crochet Club. Lessons include all supplies. After completing a lesson, continue practicing and learning by joining our Knitting & Crochet Group on Wed, 12:30-2pm. Private Lessons are \$22 for SASC members. Children are welcome too!

Creative Opportunities continued

Frank Lloyd Sprites Instructor: Tricia Boucha



Bring your favorite two-hole button, at least 1 inch wide, and create a fun stick-pin brooch with lots of personality! Designed by Tricia Boucha, these playful Sprites can be customized to reflect your own style. A variety of glass beads including Swarovski crystals, pearls and gems will be provided to create your unique design. All materials are included, except for the button and any custom items you may wish to incorporate. Images are representative, and some elements may vary. Because the beads and needles are small, good vision or readers are recommended. Must attend both classes.

Day	Date	Time	Price
Thu	Jan 7-14	11am-3pm	\$75

Give Some Warmth this Season: SASC is Seeking Fleece Donations

We are planning to make tie blankets with students from Saline High School sometime in the evening on Nov 30 and could use your donations! Two yard minimum is preferred. Date TBA - if you would like to help with this volunteer project, please contact Megan at kenyonm@salineschools.org. Blankets will be donated to an organization in the area.

Music Ensembles

All ensembles are a \$1 drop in each time to help with the cost of printing. You may pay for several drop-ins at a time if you like.

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). All are welcome to join. It is a great first instrument to learn on or pick up again.

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

Mountain Dulcimer Facilitator: Mary Rose Kulczak

Are you interested in learning about the mountain dulcimer? Would you like to make music with friends in a fun and relaxed atmosphere? We are hoping to form a mountain dulcimer jam that can meet monthly at SASC. If you would like to learn more, please leave your name at the front desk/register for the Mountain Dulcimer Interest Group.

Time Traveler

This jam band enjoys meeting every week just recently performed at SASC. Whole-group ensemble rehearses at 10am.

Day	Date	Time	Price
Wed	Ongoing	9:30-11:30am	\$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.

Day	Date	Time	Price
Wed	Nov 4, 18	11:30am-12:30pm	\$1
Wed	Dec 2, 16	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	Nov 5, 19; Dec 3, 17	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. Memorizing lines isn't necessary in this group. Mark your calendar for the evening of Nov 18 for their next performance.

Day	Date	Time	Price
Thu	Nov 5, 19	11:30am-12:30pm	Free
Thu	Dec 3, 17	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	Nov 11 - Bone Heads BBQ Saline, 1333 E. Michigan Ave., Saline	11:45am
Wed	Dec 9 - Thompson Bar & Grill, 10655 W. Michigan Ave., Saline	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	Nov 18 - Cancun Mexican Grille, 405 E. Michigan Ave., Saline	4:30pm
Wed	Dec 9 - DropTop Pizza, 107 W. Michigan Ave., Saline	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	Nov 16, Dec 21	10-11:30am	Free

Documentary Days

Enjoy these popular Netflix documentaries, drop in the day of for \$1 or register ahead of time.

Nov 10 - *Betting on Zero*
 Nov 17 - *American Factory*
 Nov 24 - *Virunga*
 Dec 1 - *Descendant*
 Dec 8 - *Operation Varsity Blues*

Day	Date	Time	Price
Tue	Ongoing	10am	\$1

Classic Movie Time

Join us as we view a classic film, eat popcorn, and have a discussion afterwards.

Nov - *Plymouth Adventure*
Dec - *Bells of St. Mary*

Day	Date	Time	Price
Wed	Nov 11, Dec 16	2:30-5pm	\$1/

Please remember to wipe down and tidy up your tables/chairs after your group meets.

Knitting, Crochet, & Craft Club

All crafts are welcome at this group! See page 15 for information on private lessons.

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! Ages 12+ are welcome.

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.

Nov - *Wayward Girls*
Dec - *The Briar Club*

Day	Date	Time	Price
Fri	Nov 13, Dec 11	10-11:30am	Free

Matinee Movies

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

Nov 6 - *Unabomber* (R)
 Nov 13 - *Maestro* (R)
 Nov 20 - *The Holdovers* (R)
 Dec 4 - *Family Switch* (PG)
 Dec 11 - *The Family Stone* (PG-13)
 Dec 18 - *Best Christmas Pageant Ever* (PG)

Day	Date	Time	Price
Fri	Dates above	10am-12:30pm	\$1

Games

Trivia will return again in January.

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	Nov 9 & Dec 7	10-11am	\$2

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

Holiday Bingo



This event includes pizza, pop, and prizes, sponsored by Nu2u Again. We will eat around 12:50pm with game play beginning after. Please arrive around 12:30pm to pick your cards, no extra charge for cards. Come in Christmas attire to be entered into a raffle! **Deadline:** Dec 16

Day	Date	Time	Price
Fri	Dec 18	12:30-3pm	\$5

Create Free & Interactive Games Facilitator: Michael McVey



Add some fun and friendly competition to your clubs, family, and friend gatherings. Dr. McVey will introduce three free applications you can use to create your own fun, interactive games: Kahoot!, Blooket, and JeopardyLabs.

We'll explore examples of each tool, try some out, and work together to design a game based on your own interests and ideas. By the end of the session, you'll have the knowledge and resources to create games for your family, friends, and clubs. Sign up for one or both. You'll receive links to all the tools after the session. Please bring your smartphone or tablet.

Day	Date	Time	Price
Mon	Dec 21 & 28	11am-1pm	Free

18

Please register for all programs, 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
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	3:30-5:30pm
Pepper	Wed/ 2 wk.	5:30-7:45pm
Backgammon	Thu/ 2wk.	10am-12pm
Scrabble	Thu	1-3pm
Rummikub	Thu	1-3pm
Bingo	Fri	12:30-3pm
Samba	Fri	12:30-3:30pm

Game Room - Billiards and Ping Pong

The game room is open and contains one billiard table and one ping pong table for your use. The ping pong table can also be folded up when needed to accommodate game tables. Please be sure to register for billiards and/or ping pong activities before participating. This will ensure you are emailed any updates about those programs when necessary.

VA Appointments

VA Benefit Appointments Facilitator: Brian Hutcheon

Veterans and spouses of veterans are welcome to schedule a personal appointment with SASC's evening customer service representative Brian Hutcheon, a VA-Accredited attorney from the VA Office of General Counsel.

These confidential, one-on-one sessions provide an opportunity to better understand the benefits you have earned through military service. Brian can help explain available VA programs and identify benefits you may not know exist. Topics may include healthcare, disability compensation, pension benefits, survivor benefits, long-term care programs, and other VA resources. Brian has 23 plus years experience with the VA. His VA accreditation number is 50714. Call SASC at (734) 429-9274 to make an appointment.

Bag & Jewelry Sale

We take donations of jewelry and bags throughout the year; if you are looking to purge, please consider bringing your new or gently used items to SASC.

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.



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.

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 to complete the furnishing of the expanded SASC space, among other things. Items will include furniture, organizational cabinets and items, wall coverings, fitness equipment, kitchen equipment, a patio pergola, and more.

Community Partners



Saline Community Education

Offers enrichment and recreational programs for preschool age through Adulthood. Partner in CARES Recreation and Playground Millage.
(734) 401-4020



Saline Parks and Recreation

Serving the greater Saline community featuring 12 parks, the Saline Rec Center, youth and adult programs, leagues, fitness, special events and more.
(734) 429-3502

Book and Magazine Donations

Our "library" consists of a few bookshelves in the heart of SASC and one in the media room. **If you would like to donate books, they must be current, within the last 5-8 years, or classics. Please bring your books to the front desk to donate them.** We will stamp them and put them on the shelves. Please take one book at a time to leave some for others. Older books may be donated to the Friends Library, at the Saline Library. **Only a couple of current magazines should be brought in at a time for donation, also to the front desk.** Donated magazines will be placed on the bookshelves or the coffee tables at SASC.

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, 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

If you would like to give a donation to SASC, please consider the following:

- Coffee and hot cocoa
- Tea bags (individually wrapped)
- Disposable paper coffee cups
- Paper towel and Kleenex
- Gently used or new Bag & Jewelry Sale items
- Holiday ornament to decorate our tree (see pg. 3 for details)
- Craft show set up/tear down, Nov 13 & 14
- Selling raffle tickets at the craft show, Nov 14
- Intergen Crafternoon, Nov 17 & Dec 15

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.



COMFORT & Joys

**Monday, December 21
2-4pm
\$8/member
Deadline: Dec 14**

Gather with friends, get cozy, and find the joy in a holiday movie. Come in your most comfy clothes (maybe even your pajamas), relax with a warm beverage, and some tasty, warming snacks. *In a Holidaze* tells the story of Maelyn Jones who makes a huge romantic mistake. She must relive the same Christmas until she learns what makes her happy.



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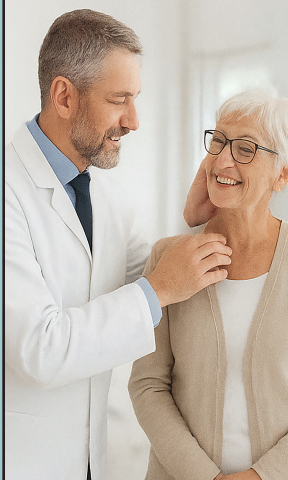
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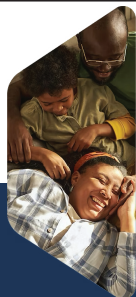
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