



November/December 2024

# SASC

## Newsletter



*SASC:  
A Social Center  
for those 45+*

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](http://www.salineseniors.org)

Center Hours\*  
Mon & Wed, 8am-8pm; Tue, Thu & Fri, 8am-4pm  
\*SASC will be closed on Nov 28-29, Dec 24-25, and Dec 31-Jan 1.

## Staff

Director: Nancy Cowan, [cowan@salineschools.org](mailto:cowan@salineschools.org)  
Program Coordinators:  
Andrea Lewis, [lewisa@salineschools.org](mailto:lewisa@salineschools.org)  
Megan Kenyon, [kenyonm@salineschools.org](mailto:kenyonm@salineschools.org)  
Meals on Wheels: Kathy Adamson  
[adamsonk@salineschools.org](mailto:adamsonk@salineschools.org)

## SASC Board

SASC Board Meetings are Mon, Nov 18, Dec 16.  
Members are welcome. If you would like a link to attend virtually, please let us know. The GM Social/Holiday Party is Dec 18, see page 4.

President..... Cindy Sobotta  
Vice President..... Ruth Frayer  
Secretary ..... Eva Benevento  
Treasurer ..... Mark Sockness  
Member-at-Large ..... Sue Kelch  
SAS Representative..... Brian Puffer  
City of Saline Representative ..... Jack Ceo

## Registration

- Please register for ALL programs, even if they're free, via [salineseniors.org](http://salineseniors.org), phone, or office.
- You can register in person, on the phone 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.
- We accept cash, check and all credit cards, note there is a 3% merchant fee on cc payments. No payments are taken via phone.
- Register early to increase the chance of us being able to run the programs. If we don't reach the minimum, 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 June 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 class to another program, prior to the deadline. Some refunds may not be possible for non-refundable items or trips. No refunds are possible after the deadline.

## SASC Annual Memberships

**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.

Saline Area Schools (SAS) Residents receive a discount. 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.

Annual Membership (Jan-Dec)	2024	2025
SAS Resident, 50-79	\$15	\$20
Non-Resident, 50-79	\$25	\$30
Senior In Training SAS Res, 45-49	\$35	\$40
Senior In Training Non-Res, 45-49	\$40	\$45
All People, 80+	\$10	\$15

## Fitness Room Membership

The SASC Fitness Room includes: two NuSteps, a Matrix Treadmill and Elliptical, Concept 2 Rowing Machine, LifeCORE Recumbent Bike, hand weights, kettlebells, and a stretching table. You must be a member of SASC and then purchase this separate fitness membership. Memberships can be paid upfront or monthly.

**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

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**On the cover:** Performers from the 2024 NYE Celebration included some willing members in their production. This photo is all of them celebrating their work. Join the fun this year, see page 5.



## 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 at the end of the process. We can assist if needed.

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

**The SASC expansion and remodel that was approved as part of the 2022 SAS Bond** is in the planning phase. We have seen various concepts and gotten feedback from members. We expect to see more in the coming months, which we will share with all of you when we have it. The timeline is still being developed but construction will likely begin in the summer or fall of 2025. Stay tuned for further updates.

**Gift Certificates** can be purchased throughout the year, in any amount. Be sure to put them on your list this holiday season, their birthday, or any other occasion. Specific gift certificates are also available for massage and reflexology.

## Fundraisers

### 50/50 Raffle

Our 8th Annual 50/50 Raffle has begun! The funds go towards scholarships for members in need, so they may participate in fee-based programs. Over the years, you have helped us raise over \$13,000 for this purpose.

Three tickets were mailed to you in early Oct. We ask that you either purchase or sell the tickets. You may also purchase more online at [salineseniors.org](http://salineseniors.org) or at the front desk. **The drawing will be held Dec 18** 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. If you do not want to purchase or sell your tickets, please return them to the SASC Office.

### Bag & Jewelry Sale

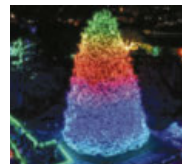
We continue to take donations throughout the year; if you are looking to donate, please consider bringing your new or gently used items to SASC. Mark your calendar for the next sale, Nov 15 for members and Nov 16 for the public. All proceeds benefit our scholarship fund. No fee to enter.

Day	Date	Time
Fri - Members Presale	Nov 15	2-3:30pm
Sat - Public Sale	Nov 16	9am-12pm

## 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. **All trips are on luxury charter busses.** Register early to increase the chances of the trips running. Min 25/Max 53.

### Toledo Zoo: Lights Before Christmas



Get in to the spirit of the season with a trip to Tony Paco's for "Linner" (late lunch/early dinner), before wandering the Lights Before Christmas at the Toledo Zoo, at your own pace. Dress for the weather. **Deadline:** Nov 5

Day	Date	Time	Price
Tue	Nov 26	2-9:30pm	\$105

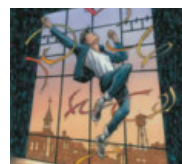
### A Holiday Delight



We'll head to Great Lakes Crossing for 2 hours to knock out some shopping and eat lunch, at your own cost. We'll then step in to the enchanting world of Charles Dickens' beloved tale "A Christmas Carol" at Meadow Brook Theatre. **Deadline:** Nov 4

Day	Date	Time	Price
Wed	Dec 4	8:30am-5:45pm	\$105

### Footloose and Alfoccino's



Feel the rhythm at an electrifying production of "Footloose" at Meadow Brook Theatre. The dynamic choreography and story of rebellion, friendship, and the power of music, will have you on the edge of your seat.

Lunch before the show will be at Alfoccino's - choose salmon, chicken piccata, or meat ravioli in red sauce. **Deadline:** Dec 22

Day	Date	Time	Price
Wed	Jan 22	8:30am-5:30pm	\$120

### One for the Ages



Spend the day with those you love, your SASC friends, at the Detroit Symphony Orchestra (DSO). The DSO plus an all-star cast of vocalists perform Broadway's heart-on-sleeve classics, featuring timeless songs by Rodgers and Hammerstein and more. The show begins at 10:45am. After, we'll travel to Ypsilanti to eat lunch at Sidetrack around 1:30pm.

**Deadline:** Jan 6

Day	Date	Time	Price
Fri	Feb 14	8:30am-3:15pm	\$115

## Special Events

### Veteran's Day Celebration

Join us during this year's celebration to celebrate our Veterans. Retired Brigadier General Carol Ann Fausone from Legal Help for Veterans, PLLC, will be addressing those assembled. After the presentation we will recognize the veterans in attendance and then enjoy a delicious lunch together. Please specify your military branch when registering. Veterans eat free. **THANK YOU FOR YOUR SERVICE!**

Day	Date	Time	Price
Mon	Nov 11	12-1:30pm	\$8



### Cozy Flavor Flight with Brewed Awakenings

**NEW**

Join Kim Kaster, owner of Brewed Awakenings, at SASC for a festive drink tasting that celebrates the warm flavors of the holiday season! Her carefully curated flight features an assortment of seasonal flavors. You will sample 6 to 8 drinks, which include both regular and decaf. Kim will also have her famous scones for you to enjoy and a coupon to Brewed Awakenings. **Deadline:** Nov 7

Day	Date	Time	Price
Tue	Nov 12	10-11am	\$22

### The Nutcracker Tea

**NEW**



Ballet Chelsea will bring some of their dancers in beautiful costumes to preview portions of The

Nutcracker before their full performance at The Potter Center in Jackson, Dec 13-15. Enjoy some tea and delicious desserts while taking in these gorgeous dancers. There will be time to ask questions and chat with the dancers at too.

Day	Date	Time	Price
Wed	Nov 20	1:30-2:30pm	\$5

### Golden Groovin' Band Holiday Concert

Enjoy holiday tunes from guitarists Dave Hubbard, Mark Rakowski, Charlie Jacobs, Steve Mayo, and Earl Gorsuch. The guys have been working hard groovin' together. You're in for a treat!

Day	Date	Time	Price
Thu	Dec 5	10-11am	Free

## Yuletide Duets Concert

Andrew and Alicia are back to perform holiday tunes for you, arranged by Andrew for violin and bass. Feel free to ask questions during their concerts, they enjoy teaching others.

Day	Date	Time	Price
Fri	Dec 6	2pm	Free

### Comfort & Joys Movie: *Genie*

Gather with friends, get cozy, and find the joy in a holiday movie. Come in your most comfy clothes (maybe even your pajamas) and be prepared to relax with a warm beverage and lunch provided by Linden Square Assisted Living. We will be enjoying the movie *Genie*, which tells the story of a man whose life is unraveling around him. He dusts off an antique jewelry box that happens to contain trapped genie Flora, who just might be able to help him. The film stars Melissa McCarthy, Paapa Essiedu, Alan Cumming, and Marc Maron. **Deadline:** Dec 2

Day	Date	Time	Price
Mon	Dec 9	12-2:30pm	\$8



### Holiday General Membership Social

We'll have a brief update about the center from the SASC Director, but mainly enjoy entertainment and lunch while socializing with other SASC members. Lunch will be prepared by Linden Square Assisted Living, menu TBA. If space remains after the **deadline on Dec 12**, a \$2 late fee will be added.

Day	Date	Time	Price
Wed	Dec 18	11:30am-1pm	\$8/10

### White Elephant/Cookie Exchange

This event was so fun last year and everyone went home with cookies for their celebrations. Bring a wrapped handmade or new/gently used gift (around \$10) and two to three dozen cookies. We will eat pizza and steal gifts from one another, then select our cookies! Please bring your recipe so we can make copers. **Deadline:** Dec 12

Day	Date	Time	Price
Tue	Dec 17	11:30am-12:30pm	\$5

### Recruiting for the Souper Bowl

Our "Souper Bowl" Competition will be Fri, Feb 7. Area organizations, businesses, and groups are welcome to enter by making a crockpot of their best soup to provide 2 oz samples to about 100 people. Applications available online and due Wed, Jan 29.

## New Year's Celebration: The Magic of the Holidays Piano Concert Talk

Let's welcome 2025 with a live Piano Concert Talk performance by Detroit-based pianist, Dave Rogers. This concert is interactive, not only does Dave perform, but he includes trivia, cultural and historical fun facts and stories, and time for a Q&A session. Dinner is catered by Back in the Day Catering from Milan and is stuffed chicken or Swiss steak, au gratin potatoes, glazed carrots, salad, and dessert. Upon registration please choose your meat option. If space remains after the deadline, there is a \$5 late fee. Generously sponsored by Nu2u Again, Brookhaven Manor, and Steadfast Chiropractic.

**Deadline:** Dec 18.

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



## New Programs

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

Join us for our new Chair 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 connect your mind and body. **No class Nov 15.**

Day	Date	Time	Price
Fri	Nov 1-22	11:15am-12:15pm	\$21
Fri	Dec 6-27	11:15am-12:15pm	\$28

### Milestones in LGBTQIA+ History: A Journey Through Time Presenter: Arleta Greer

This talk explores pivotal moments and influential figures that have shaped the LGBTQIA+ movement. From early activism and landmark legal changes to cultural milestones and the fight for equality, this presentation highlights key events and themes that illuminate the rich tapestry of LGBTQIA+ history. Join us as we celebrate progress, reflect on challenges, and recognize the ongoing journey toward inclusivity and justice for all.

Day	Date	Time	Price
Mon	Nov 4	5:30-6:30pm	Free

## Theatre Group Facilitator: Eva Benevento

Our introductory meeting helped us learn our members are interested in participating in various forms of dramatic arts. Join us for the chance to explore your talent in a supportive environment. Whether you're an experienced performer or a first-timer, you'll find a welcoming space to express yourself and make new friends. Because drama is a collaborative art form, members who would like to participate in a presentation/performance, especially involving others, need to commit to attending preparations and rehearsal times so that the "show can go on".

Day	Date	Time	Price
Thu	Nov 7, 21; Dec 5, 19	11:15am-1:45pm	Free

### Tales Come Alive! Presenter: Jim Cameron



Meredith Bixby created the Bixby Marionettes and produced hundreds of live performances of classic literature to thousands of school children in the Michigan and Great Lakes areas. Join Jim for a short history of the incredible efforts of Saline's premier artist over his 50 year career. You will see pictures of the various marionettes and hear stories from the men who controlled them. Jim will also have a puppet with him and his new book, *Tales Come Alive, The Meredith Bixby Marionettes: An Oral History*, available for purchase for \$20, all proceeds benefit the Bixby Marionette Museum. A portion of proceeds from this program will also be donated to the museum.

Day	Date	Time	Price
Tue	Nov 19	11:30am-12:30pm	\$5

### Dementia Friends Activity Group Facilitator: Debbie Fitzgerald

New at SASC! The goal of this group is to provide a safe and supportive environment. Folks living with dementia and their caregiver/friend are encouraged to join. You can participate in a get-to-know-you icebreaker, brain games, puzzles, dominoes, and adult coloring. All members are welcome to join, regardless of diagnosis, **but folks with dementia need to be with a loved one.** We will also have a snack and coffee/tea available. Debbie is a retired activities director from a skilled nursing center. She has also worked in independent and day health programs and is excited to facilitate this program!

Day	Date	Time	Price
Mon	Dec 2	12:30-2pm	Free

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

## Drums Alive Instructor: Jerry Powell



Jump start your Monday, as we tap into our inner rhythm and weave together the power of drumming, music, and movement. It's a wonderful opportunity to 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.

**No class Nov 25**

Day	Date	Time	Price
Mon	Nov 4-Dec 9	10-11am	\$35

## Zumba Gold Instructor: Laurel Larsen



Zumba Gold is a special type of Zumba class where we take the traditional Zumba moves and slightly dial down the intensity. We'll introduce you to easy-to-follow choreography that focuses on enhancing your balance, coordination, and range of Motion. Laurel knows how to keep the energy high with her infectious music and positive vibes. **No class Nov 11 or Dec 23.**

Day	Date	Time	Price
Mon	Nov 4-25	11:15am-12:15pm	\$21
Mon	Dec 2-30	11:15am-12:15pm	\$28

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

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, we'll also delve into breath work, relaxation, and core exercises to create a well-rounded experience.

Day	Date	Time	Price
Mon	Nov 4-25	4:15-5:15pm	\$28
Mon	Dec 2-30	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. **Hybrid.**

Day	Date	Time	Price
Tue	Nov 5-26	8:45-9:45am	\$28
Tue	Dec 3-17	8:45-9:45am	\$21
Thu	Nov 7-21	8:45-9:45am	\$21
Thu	Dec 5-19	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.

Day	Date	Time	Price
Tue	Nov 12-26	10-11am	\$21
Tue	Dec 3-17	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.**

Day	Date	Time	Price
Tue	Oct 15-Nov 12	11:15am-12:45pm	\$45
Tue	Dec 3-Dec 17	11:15am-12:45pm	\$27
Wed	Oct 16-Nov 13	1-2:30pm	\$45
Wed	Dec 4-Dec 18	1-2:30pm	\$27

## Chair Zumba Instructor: Laurel Larson

This class introduces easy-to-follow Zumba choreography that has been 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 their activity in an inviting, safe, and fun environment.

Day	Date	Time	Price
Wed	Nov 6-20	11:45am-12:45pm	\$21
Wed	Dec 4-18	11:45am-12:45pm	\$21

## 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.

Day	Date	Time	Price
Wed	Oct 16-Nov 20	10:30-11:30am	\$42
Wed	Nov 27-Dec 18	10:30-11:30am	\$28

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



## Pilates on the Ball

### Instructor: Jo Ann McFry

Have a ball with instructor Jo Ann McFry. Using a stability ball can add resistance & instability to exercises, which can help stabilize the core and activate muscles like the pelvic floor. Sitting on the ball can also automatically engage core muscles to help with balance. We will begin safely, learning to maneuver the stability ball using Pilates core techniques.

Day	Date	Time	Price
Wed	Nov 6-20	3-4pm	\$21
Wed	Dec 4-18	3-4pm	\$21

## Not Your Mama's Chair Yoga

### Instructor: Jo Ann McFry

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.

Day	Date	Time	Price
Wed	Nov 6-20	4:15-5:15pm	\$21
Wed	Dec 4-18	4:15-5:15pm	\$21

## 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.

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

## Balance Strong Beginning + Stretch

### Instructor: Amy Leighton

In class, we'll be honing in on your core strength and addressing any imbalances you have to help you achieve this. Strength exercises and flexibility training will be incorporated to specifically target your core. We round off each session with a rejuvenating 15-minute stretch for ultimate relaxation. For the summer session we are including a barefoot component to the stretch portion of class. The benefits of barefoot fitness and balance will be worked on and included in the stretch portion the last 15 minutes of class.

Day	Date	Time	Price
Thu	Nov 7-21	10-11:15am	\$24
Thu	Dec 5-19	10-11:15am	\$24

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

## Tai Chi Practice

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

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

## Cutting Edge of Your Chair Yoga

### Instructor: Jo McFry



Join us for our new Chair 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 & body. **No class Nov 15.**

Day	Date	Time	Price
Fri	Nov 1-22	11:15am-12:15pm	\$21
Fri	Dec 6-27	11:15am-12:15pm	\$28

## Senior Striders Outdoor Walking

We meet every Thursday at 9am. An SASC 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. From November through April we will depart from SASC. Walks will be cancelled if there is inclement weather.

Day	Date	Time	Price
Thu	Ongoing	9am	Free

## 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/NM)
Mon, Wed, Fri	Ongoing	3:15-5:30pm	\$3, \$5

## 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. Clinics will be at Liberty School.

Day	Date	Time	Price
Thu	Ongoing	9am	Free

## Pickleball Tutor Machine Rental



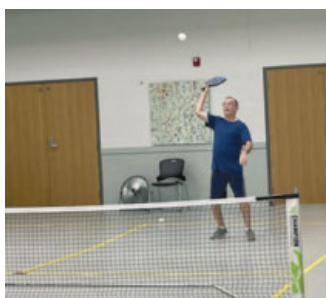
Improve your game and have fun while using SASC's new Pickleball Tutor. This easy to use ball machine adjusts to shoot all the shots you need to practice against including dinks, lobs, serves, drives, and ground strokes.

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



Terry had the opportunity to work on his pickleball skills by renting the Pickleball Tutor.

## 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+.** Those meeting this criteria can register for **one free class each session at SASC**. Each class has a maximum of 30, a waitlist will be taken once the maximum is reached. **Registration begins December 9.**

### WCC Tai Instructor: Darryl Mickens

General knowledge of Tai Chi principles and a proficiency of the "first loop" of Yang Family 108 Long Form are a pre-requisite of this Continuing class. Included are brief meditation and Tao te Ching verses.

Day	Date	Time	Price
Tue	TBA	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	TBA	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 4, Nov 15 and 29.**

Day	Date	Time	Price
Fri	TBA	10-11am	Free

## Health & Wellness

### 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 - \$10.



## **Full Body Massage** **Sissel Bridges, Licensed Massage Therapist**

Massage away your aches and worries! Sissel has 25 years of experience and specializes in senior massage and lymphatic drainage massage. Benefits can include: reducing stress and increasing relaxation, improving circulation, energy and alertness, lowering heart rate and blood pressure, and improving immune function.

Appointments available Thursdays, 11am-3pm.

Please note the price change (tip included):

30 min - \$30

45 min - \$45

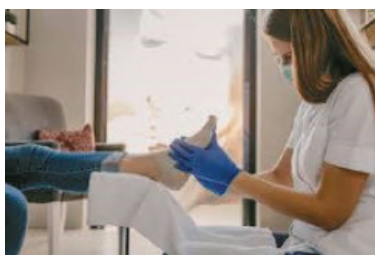
60 min - \$60

Call Sissel at 734.383.4387 to book.

## **Foot Care Clinic** **Provider: Heather Schanz, BSN, RN, CDP**

As we age, providing self foot care can become more difficult with limitations in vision, bending of the hips and knees, and dexterity issues. Each 30 minute service will include trim, thin and file of the nails; corn and callus reduction; and general foot assessment with any necessary recommendations. Call Ascendant Foot Care today for an appointment at 414-4FootRN (414-436-6876). Note that this service is private pay; Heather will not be billing insurance for this service.

Day	Date	Time	Price
Wed	Nov 6 & Dec 4	2-7pm	\$45
Wed	Nov 20 & Dec 18	12-4pm	\$45



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

A Care Manager is an expert that can assist clients with discharging from the hospital, starting or stabilizing a caregiving structure in the home, remaining independent at home, choosing and preparing to move to a senior community, creating medical stability, or a new diagnosis road map. Together with Care Management by Natalie we can help find your right path through the aging process. Call SASC to schedule a one hour consultation with Care Management by Natalie.

Day	Date	Time	Price
Wed	Nov 6	9 or 10am	Free
Wed	Dec 4	9 or 10am	Free

## **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. Register at our front desk or call to make your appointment.

Day	Date	Time	Price
Thu	Nov 14	9-11am	\$30/\$50
Thu	Dec 12 & 26	9-11am	\$30/\$50

## **A Guide to Muscle Cramps** **Presenter: Betty Chaffee, PharmD**

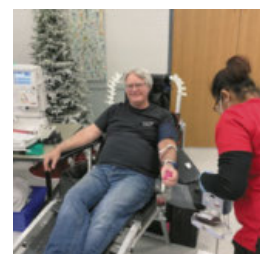
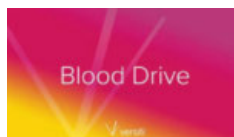
Muscle cramps. Call them Charley Horses, spasms, by any name, they hurt and they seem to happen more often at night when we are asleep. Join Betty Chaffee, PharmD, of Better My Meds to talk about why muscle cramps happen and what you can do to prevent and treat them.

Day	Date	Time	Price
Mon	Nov 18	2-3pm	Free

## **SASC/Versiti Blood Drive**

To donate at the Versiti Blood Drive, please go to [https://donateblood.versiti.org/donor/schedules/drive\\_schedule/11402509](https://donateblood.versiti.org/donor/schedules/drive_schedule/11402509) to schedule an appointment or call SASC for assistance.

Day	Date	Time	Price
Fri	Nov 22	11:30am-4pm	Free



## **Let's Be Flexible:** **Exercises to Maintain Flexibility** **Presenter: Andy Herner, MPT**



Stretching is important. It can help maintain flexibility, balance, and range of motion which can reduce the risk of injury and falls. Learn the benefits of regular stretching as well as the general guidelines for stretching. You will receive handouts of stretches you can do at home.

Day	Date	Time	Price
Fri	Dec 6	2-3pm	Free

## Probiity Balance Assessments Facilitator: Probiity Physical Therapists

Are you feeling unsure and unsteady on your feet? Now is the time to sign up for a brief balance assessment by board certified Physical Therapists from Probiity PT. Your balance will be evaluated and measured using evidence-based tests to determine your fall risk level. They will review your scores with you and make personalized recommendations to improve your safety and function.

Day	Date	Time	Price
Fri	Nov 15	1-2pm	\$10

## Chronic Pain and You Presenter: Dr. Washabaugh

Join Dr. Washabaugh, a local interventional pain specialist, for an empowering session on managing chronic pain and reclaiming your life. With tailored strategies for diverse pain patterns, this session offers invaluable insights, practical techniques, and education on non-invasive interventions to enhance daily living. Don't miss the opportunity to break free from chronic pain and embrace living!

Day	Date	Time	Price
Mon	Dec 2	5:30-6:30pm	Free

## Keeping Yourself Safe During The Holiday Season Presenter: Steven Williamson, Village Crossroads

Did you know that during the months of the Holiday Season many seniors are a prime target for criminal activity? Also, most accidents involving seniors occur in their own home and the greatest reason seniors are not safe is due to poor or no prior planning. In this workshop learn what specific and simple tools, actions, and resources that are available to those wanting to truly enjoy this holiday season. Be as safe as possible, and not a target.

Day	Date	Time	Price
Tue	Dec 10	10-11am	Free

## Blood Pressure Checks Facilitator: Michelle Honeycutt, LPN

Michelle Honeycutt is the Wellness Director at the Gardens of Carleton and has been a licensed practical nurse for over 17 years. Stop in and she'll check your BP.

Day	Date	Time	Price
Wed	Dec 18	11am-12pm	Free

## Lifelong Learning

### Tech Lessons with Ben Cutler

Do you need basic tech support for your phone, tablet, and/or laptop? Please pay upon making your reservation. There are no refunds for missed appointments. Lessons are 45 minutes and available at 2:30pm, 3:15pm, or 4:45pm.

Day	Date	Time	Price
Mon/Wed	Ongoing	2:30-4:45pm	\$5/lesson

### Dementia Friendly for SASC Members Presenter: Jim Mangi

Back by popular demand, Jim Mangi, founder of Dementia Friendly Saline, will help you to become a Dementia Friend. 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
Mon	Nov 4	9:30-11am	Free

### Milestones in LGBTQIA+ History: A Journey Through Time Presenter: Arleta Greer

This talk explores pivotal moments and influential figures that have shaped the LGBTQIA+ movement. From early activism and landmark legal changes to cultural milestones and the fight for equality, this presentation highlights key events and themes that illuminate the rich tapestry of LGBTQIA+ history. Join us as we celebrate progress, reflect on challenges, and recognize the ongoing journey toward inclusivity and justice for all.

Day	Date	Time	Price
Mon	Nov 4	5:30-6:30pm	Free

### Meditation Practice

Jewel Heart practitioners will be back in January, but in the meantime we invite you to continue with practice sessions together. Each session is a \$1 to drop in. **No Meditation on Nov 28 and Dec 26.**

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

### Enhancing Your Navigation with GPS Presenter: Ben Cutler

Google Maps, Apple Maps, and Waze are all excellent tools for getting from point A to point B. Come learn helpful tools, tricks, and how to use these apps on your smartphone.

Day	Date	Time	Price
Wed	Nov 13	2:30-4:30pm	Free

## Travelogue: Costa Rica

**Presenter: Mark Sockness**

Join a captivating journey through Costa Rica in this travelogue filled with adventure and culture. Explore lush rainforests, pristine beaches, and vibrant markets while connecting with the warm-hearted Ticos. Discover the magic of pura vida and uncover hidden gems in a land dedicated to sustainability and natural beauty. Refreshments will be served.

Day	Date	Time	Price
Mon	Nov 18	12-1:30pm	Free

## Cybersecurity for Seniors

**Presenter: Clear Computing**

Clear Computing is back for a three part series on cybersecurity. Sign up for one or all three.

### Talk 1: ScamJam

Ripping people off has evolved into a multibillion dollar industry thanks to the internet. Learn how the scammers operate, why they love to pick on seniors, and how you can stay safe online. Participant should bring their phones to download Adguard software.

### Talk 2: Passwords & Privacy

Say goodbye to password frustrations once and for all! Learn practical tips for creating safe, secure, and reliable ones as well as some strategies for keeping your personal information safe. Participants should bring their computers.

### Talk 3: Hackers, Viruses, & Darkweb, OH MY!

How does someone get hacked? How do viruses really work? Let's demystify these spooky tech concepts and learn ways to stay safe online. Participants should bring their computers.

Day	Date	Time	Price
Thu	Nov 7	10:30am-12pm	\$20
Thu	Nov 14	10:30am-12pm	\$20
Thu	Nov 21	10:30am-12pm	\$20

## Tech Town Hall

**Presenter: SAS High School Students**

Allow the students of Saline High School to assist you in familiarizing yourself with technology. Bring your smart phone, tablet, or laptop computer, as well as any inquiries or challenges you may have. They will be able to guide you through app downloads, contact organization, and more. Although this event is open house style, we kindly request that you register in advance for this program.

Day	Date	Time	Price
Tue	Nov 26	3-4pm	Free

## Travelogue: Aztec & Mayan Cultures in Mexico

**Presenter: George Jabol**



This tour begins in Mexico City, with visits to the Museum of Anthropology and to the Aztec sites at Teotihuacan and Tenochtitlan. Near Veracruz, George saw the colossal stone heads of leaders of the Olmec civilization, and he then visited the famous Mayan ruins at Palenque and, his personal favorite, at Uxmal. The tour went next to a place considered the cultural capital of the Yucatan, the beautiful Spanish colonial city of Merida. A concluding highlight of the trip was time spent at the wondrous ancient Mayan city of Chichen Itza. The journey ended with a stay at a resort on the Gulf of Mexico in Cancun. After you've seen this travelogue, you may agree with what so many have said before, that "I love Mexico!"

Day	Date	Time	Price
Tue	Dec 3	12:30-3pm	Free

## An Analysis of Pearl Harbor

**Presenter: Bruce Zellers**



Let Bruce paint a picture for you of the events leading up to December 7, 1941, focusing on Japanese strategy, U.S. military preparedness, and the political climate of the time. Through historical analysis and personal accounts, attendees will gain insights into this pivotal moment's impact on U.S. history and foreign policy, encouraging reflection on resilience and international relations.

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

## Community Organizations Series: Nu2u Again

**Presenter: Lisa Rentschler, Founder**



In the first of our Community Organizations Series, join Lisa Rentschler, founder of Nu2u Again, as she discusses how Nu2u Again came to be, their mission, and how you can be an advocate.

Nu2u Again is a nonprofit organization focusing on providing opportunities for students and adults with disabilities to obtain job skills needed for gainful employment and to promote independence. They are also supporters of many organizations, including SASC.

Day	Date	Time	Price
Mon	Dec 16	12-1pm	Free

## SASC Recipe Book for Sale



Just in time for the holidays, SASC Members have submitted delicious recipes for our first Recipe Book. They will be available to purchase for \$5 after Nov 18 at the front desk.



# November 2024

Mon	Tue	Wed	Thu	Fri
				<sup>1</sup> Docu: <i>The Wrecking Crew</i> 9:30am-12pm  Breakfast Club ongoing 9:30-10:30am  Salt City Ukes ongoing 10:30-11:30am  Cutting Edge of Your Chair Yoga begins 11:15am-12:15pm  Pickleball ongoing 3:15-5:30pm
<sup>4</sup> Dementia Friendly for SASC Members 9:30-11am  Drums Alive begins 10-11am  Zumba Gold begins 11:15am-12:15pm  Tech Lessons ongoing 2:30-4:45pm  Chair Yoga begins 4:15-5:15pm  Milestones in LGBTQIA + History 5:30-6:30pm	<sup>5</sup> Fit for Life begins 8:45-9:45am  Mosaics: Ornaments 9am-12pm  Good Grub Club: California Pizza Kitchen 11:30am	<sup>6</sup> Care Management Appts 9-11am  Chair Zumba begins 11:45am-12:45pm  Foot Care Clinic 2-7pm  Tech Lessons ongoing 2:30-4:45pm  Pilates on the Ball begins 3-4pm  Chair Yoga begins 4:15-5:15pm	<sup>7</sup> Fit for Life begins 8:45-9:45am  Painted Rocks 10am-12pm  Balance Strong Beg begins 10-11:15am  SAS-C Writers 10-11:30am  Cybersecurity Talk 1 10:30am-12pm  Ukrainian Pysanky begins 11:30am-1pm	<sup>8</sup> Book Club: <i>Necessary Lies</i> 10-11:15am  Canvas & Cookies 12-2pm
<sup>11</sup> Brain Games & Breakfast 10-11am  Veterans Day Celebration 12-1:30pm  Ceramics 1-3pm  Recorder Ensemble ongoing 1-2pm  Ping Pong ongoing 2-4pm  Pickleball ongoing 3:15-5:30pm  Trivia 5-6pm	<sup>12</sup> Balance Strong begins 10-11am  Cozy Flavor Flight 10-11am Tiny Acrylics 12:30-2:30pm	<sup>13</sup> Beginning Guitar 9-10am  Golden Groovin' Band ongoing 10-11am  Knitting, Crochet, Craft Club ongoing 12:30-2:30pm  Enhancing Your Navigation with GPS 2:30-4:30pm  Game Night 6-7:30pm	<sup>14</sup> Reflexology 9-11am  Outdoor Walking ongoing 9am  Saline Singers 10-11am  Tai Chi Practice ongoing 11:30am-12:30pm  Cybersecurity Talk 2 10:30am-12pm  Meditation Practice ongoing 1:30-2:30pm	<sup>15</sup> Movie: <i>The Fall Guy</i> 10am-12:15pm  Probability Balance Assessment 1-2pm  Bag and Jewelry Sale Members Presale 2-3:30pm  Learn to Play Pickleball Clinic 5:30-6:30pm  Bag & Jewelry Sale Public Sale Nov 16
<sup>18</sup> SASC Board Meeting 9am  Silver Shutterbugs 10:15-11:30am  Travelogue: Costa Rica 12-1:30pm  Ceramics 1-3pm  Muscle Cramps 2-3pm	<sup>19</sup> Tales Come Alive! 11:30am-12:30pm  DIY Button Arrangement 1-3pm  Intergen Crafternoon 1:30-2:30pm	<sup>20</sup> Foot Care Clinic 12-4pm  The Nutcracker Tea 1:30-2:30pm  Classic Movie: <i>Shadow of a Doubt</i> 2:30-5pm  Pickleball ongoing 3:15-5:30pm  Woodcarvers ongoing 5-6:30pm	<sup>21</sup> SAS-C Writers 10-11:30am  Theatre Group 11:45am-1:15pm  Cybersecurity Talk 3 10:30am-12pm  Ping Pong ongoing 1:30-3:30pm	<sup>22</sup> Movie: <i>The Unlikely Pilgrimage of Harold Fry</i> 10am-12pm  Versiti Blood Drive 11:30am-4pm
<sup>25</sup> Investment Club 3:30-5pm	<sup>26</sup> Tech Town Hall 3-4pm  Toledo Zoo 2-9:30pm	<sup>27</sup> Beginning Guitar 9-10am  Tai Chi Beginning begins 10:30-11:30am	<sup>28</sup> 	<sup>29</sup>

# December 2024

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>DIY Slime 10-11am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Dementia Friends Activity Group 12:30-2pm</p> <p>Ceramics 1-3pm</p> <p>Chair Yoga begins 4:15-5:15pm</p> <p>Chronic Pain &amp; You 5:30-6:30pm</p>	<p>3</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong begins 10-11am</p> <p>Adaptive Hatha Yoga begins 11:15am-12:45pm</p> <p>Travelogue: Aztec &amp; Mayan Cultures in Mexico 12:30-3pm</p>	<p>4</p> <p>A Holiday Delight Trip 8:30am-5:45pm</p> <p>Care Management Appts 9-11am</p> <p>Pearl Harbor 10-11am</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Yoga begins 1-2:30pm</p> <p>Foot Care Clinic 2-7pm</p> <p>Pilates on the Ball begins 3-4pm</p>	<p>5</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong Beginning + Stretch begins 10-11:15am</p> <p>Golden Groovin' Band Holiday Concert 10-11am</p> <p>SAS-C Writers 10-11:30am</p> <p>Theatre Group 11:45am-1:15pm</p> <p>Watercolors begins 1:30-3:30pm</p>	<p>6</p> <p>Docu: <i>Muscle Shoals</i> 9:30am-12pm</p> <p>Cutting Edge of Your Chair Yoga begins 11:15am-12:15pm</p> <p>Classical Music: <i>The Nutcracker</i> begins 12:30-1:30pm</p> <p>Yuletide Duets Concert 2pm</p> <p>Let's Be Flexible Presentation 2-3pm</p>
<p>9</p> <p>Brain Games &amp; Breakfast 10-11am</p> <p>Comfort &amp; Joys 12-2:30pm</p> <p>Ceramics 1-3pm</p>	<p>10</p> <p>Keeping Yourself Safe During The Holiday Season 10-11:30am</p> <p>Tiny Acrylics 12:30-2:30pm</p> <p>Good Grub Club: The Grateful Crow 12pm</p>	<p>11</p> <p>Beginning Guitar 9-10am</p> <p>Classic Movie: <i>Miracle on 34th Street</i> 2:30-5pm</p> <p>Game Night 6-7:30pm</p>	<p>12</p> <p>Reflexology 9-11am</p> <p>Saline Singers 10-11am</p>	<p>13</p> <p>Book Club: <i>The Frozen River</i> 10-11:15am</p> <p>Canvas &amp; Cookies 12-2pm</p>
<p>16</p> <p>SASC Board Meeting 9am</p> <p>Silver Shutterbugs 10:15-11:30am</p> <p>Community Organization Series: Nu2u Again 12-1pm</p> <p>Trivia 5-6pm</p>	<p>17</p> <p>White Elephant &amp; Cookie Exchange 11:30am-12:30pm</p> <p>Intergen Crafternoon 1:30-2:30pm</p>	<p>18</p> <p>Blood Pressure Checks 11am-12pm</p> <p>Holiday General Membership Social 11:30am-1pm</p> <p>Foot Care Clinic 12-4pm</p>	<p>19</p> <p>Holiday Floral Design 9:30-11am</p> <p>SAS-C Writers 10-11:30am</p> <p>Theatre Group 11:45am-1:15pm</p>	<p>20</p> <p>Movie: <i>Love Actually</i> 10am-12:30pm</p> <p>Holiday Bingo 12:30-3pm</p>
<p>23</p> <p>Investment Club 3:30-5pm</p>	<p>24</p> 	<p>25</p> <p>Hanukkah Begins</p>	<p>26</p> <p>Reflexology 9-11am</p> <p>Saline Singers 10-11am</p> <p>Kwanzaa Begins</p>	<p>27</p>
<p>30</p> <p>New Year's Celebration: The Magic of the Holidays Piano Concert Talk 5-8pm</p>	<p>31</p> 			

## Creative Opportunities

*Materials are included with classes  
classes unless otherwise noted.*

### The Quarter Note Music Documentary Series, Part 2 Facilitator: Patty Hart

We will watch and have a discussion on the following Rock & Roll related music documentaries. Breakfast munchies will be served. \$3 each day.

**Nov** - *The Wrecking Crew*

**Dec** - *Muscle Shoals*

Day	Date	Time	Price
Fri	Nov 1, Dec 6	9:30am-12pm	\$3

### Mosaics: Ornaments Instructor: Carol Torrsell

Design two to three holiday ornaments for yourself or a loved one. You will cover it in vintage china then grout. Feel free to bring a small memento to add to your project: button, broach, bead, etc. Examples are at the front desk.

Day	Date	Time	Price
Tue	Nov 5	9am-12pm	\$35

### Ukrainian Pysanky Instructor: Katherine Downie

Learn the art of pysanky! These eggs are decorated using the wax-resist (batik) method. Covered in stunning motifs often taken from Slavic folk art, you'll also find these decorated eggs in many parts of Eastern Europe.

Day	Date	Time	Price
Thu	Nov 7-21	11:30am-1pm	\$45

### Spreading Joy with Painted Rocks Facilitator: Cheryl Oliver

A painted rock, sometimes called a kindness stone, is a rock someone has taken and decorated with the purpose of spreading joy to others. Cheryl will walk you through the process.

Day	Date	Time	Price
Thu	Nov 7	10am-12pm	\$5

### Canvas & Cookies: A Call for Your Photos

In 2025, we are going to travel the world with our paintbrushes! If you submit a photo from your own world travels and we pick your photo to paint, you will receive Katherine's finished painting of your photo when we're done. Bring your image to the front desk and we will make your copy, or email it to Megan at [kenyonm@salineschools.org](mailto:kenyonm@salineschools.org).

## Watercolors Instructor: Katherine Downie

Explore watercolor painting with Katherine's beginner-friendly classes, perfect for those new to art or looking to improve. Learn color theory, mixing, and enjoy themed projects to inspire your creativity. There's no need to know how to draw, Katherine provides a stencil for you to trace. A supply list is available at the front desk.

**Nov** - Iconic Michigan foods

**Dec** - Trees, clouds, & ski slopes of Michigan

Day	Date	Time	Price
Thu	Nov 7-21	1:30-3:30pm	\$39
Thu	Dec 5-19	1:30-3:30pm	\$39

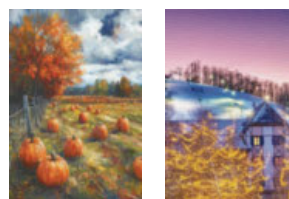
### Canvas & Cookies Instructor: Katherine Downie

Learn the art of acrylic painting step by step! Throughout the process, you'll gain valuable insights into composition, color usage, and the elements and principles of art. Enjoy Linda's delicious chocolate chip cookies and let the artistic journey unfold in this welcoming and stress-free class.

**Nov** - Pumpkin Patch

**Dec** - Boyne Mountain Ski Resort

Day	Date	Time	Price
Fri	Nov 8	12-2pm	\$25
Fri	Dec 13	12-2pm	\$25



## Ceramics Instructor: Jenn Lupton

Jenn provides all of the materials and takes the projects back to her home to fire in her kiln. Classes are held over two days. In the first class you will create your piece, then the following week you will glaze it.

**Nov** - Holiday Ornaments - **Deadline:** Nov 5

**Dec** - Christmas Tree Dish - **Deadline:** Nov 26

Day	Date	Time	Price
Mon	Nov 11, 18	1-3pm	\$56
Mon	Dec 2, 9	1-3pm	\$56



## Tiny Acrylics Painting Circle

### Facilitator: Terrie Eroh

Rediscover your creative spark, 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. But it's not just about the art, it's about connecting with others through art.

Day	Date	Time	Price
Tue	Nov 12	12:30-2:30pm	\$5
Tue	Dec 10	12:30-2:30pm	\$5

## Beginning Guitar

**Instructors: Dave Hubbard & Mark Rakowski**

Have you been thinking of trying out guitar? Golden Groovin' Band leaders, Dave and Mark are here to help you work on your skills. Please bring your guitar. Each drop-in is \$1 to help cover the cost of printing.

Day	Date	Time	Price
Wed	Nov 13, 27; Dec 11	9-10am	\$1

## DIY: Petite Button Flower Bouquet

### Instructor: Carol Torsell



Come for crafting and camaraderie! Carol is a lady of many talents and enjoys crafting and teaching others. You will create an adorable petite bouquet out of buttons and faux flowers. Examples are in the SASC office.

**Deadline:** Nov 14.

Day	Date	Time	Price
Tue	Nov 19	1-3pm	\$30

## Intergen Crafternoon with Liberty Club

Work with Liberty Club members to create a craft. This is a great way to form a meaningful connection and have fun. Liberty Club is a community center-based program, within Saline Area Schools, to promote continuous learning and social interaction for adults with disabilities.

Day	Date	Time	Price
Tue	Nov 19, Dec 17	1:30-2:30pm	Free

## DIY Slime

**Instructor: Avery Hutz**

Learn how to create your own special slime with Woodland Meadows third grader, Avery Hutz. Slime making is an exciting project for you and your grandchildren! Avery is a student in Saline and will also go over how she started her own business.

Day	Date	Time	Price
Mon	Dec 2	10-11am	\$7

## Classical Music: *The Nutcracker*

### Instructor: Andrew Kratzat

Andrew's objective in this course is to cultivate a greater sense of admiration for classical music. During this session, the focus will be on Tchaikovsky's *The Nutcracker*. Then, stay after class on Dec 6 for a holiday concert, performed by Andrew and Alicia.

Day	Date	Time	Price
Fri	Dec 6	12:30-1:30pm	Free

## Holiday Floral Design

**Instructor: Carol Torsell**

In this class you will learn how to select, prepare, and arrange seasonal flowers, and greenery using a container and oasis. Thank you to our friends from Huron Valley PACE for sponsoring the flowers.

**Deadline:** Dec 13

Day	Date	Time	Price
Thu	Dec 19	9:30-11am	\$30



## Recorder Ensemble

This focuses on ensemble playing with various genres that are of interest to members. More advanced players can show you the basics so you can become comfortable with learning a new instrument.

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

## Golden Groovin' Band

This jam band is seeking new players; all instruments, including voice, are welcome. All are welcome to come and listen too, you may just be tempted to sing along.

Day	Date	Time	Price
Wed	Ongoing	10-11am	\$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.

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

## Clubs/Social Opportunities

### Good Grub Social Club

We pick the day, time, and place to gather, eat, and socialize together. Simply RSVP and come to the restaurant. All meals will be on your own cost-wise. Let us know if you'd like to carpool when registering and we can help arrange it. An SASC team member will join the group too.

Day	Date - Location	Time
Tue	Nov 5 - California Pizza Kitchen, 870 Briarwood Cir., AA, 48108	11:30am
Thu	Dec 10 - The Grateful Crow, 420 N. Main St., Chelsea, 48118	12pm

### Investment Club

Dive into the world of investing with virtual portfolios that let you trade stocks and bonds in real-time without worrying about real money. Whether you're a seasoned investor or just starting out, explore stocks, dividend strategies, and more in a collaborative environment, with SASC Treasurer, Mark Sockness facilitating the group. Mark spent 30 years leading and managing the financial health of corporations and family businesses.

Day	Date	Time	Price
Mon	Nov 25, Dec	3:30-5pm	Free

### 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 18, Dec 16	10:15-11:30am	Free

### Saline Singers

Singing offers a range of wonderful benefits, such as reducing feelings of depression, enhancing social connections and overall happiness. The group enjoys singing classic folk songs together. No experience is necessary. No meeting 11/28.

Day	Date	Time	Price
Thu	Nov 14, Dec 12, 26	10-11am	Free

### SAS-C Writers

SAS-C Writers welcomes newcomers interested in practicing writing exercises both in class and at home as well as supporting each other's own writing interests. Writing of all genres is practiced by the members.

Day	Date	Time	Price
Thu	Nov 7, 21; Dec 5, 19	10-11:30am	Free

## SASC Book Club

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

**Nov** - *Necessary Lies*, by Diane Chamberlain

**Dec** - *The Frozen River*, by Ariel Lawhorn

Day	Date	Time	Price
Fri	Nov 8, Dec 13	10-11:15am	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.

**Nov** - *Shadow of a Doubt*

**Dec** - *Miracle on 34th Street*

Day	Date	Time	Price
Wed	Nov 20, Dec 11	2:30-5pm	\$1/day

### Dementia Friends Activity Group Facilitator: Debbie Fitzgerald



New at SASC! The goal of this group is to provide a safe and supportive environment. Folks living with dementia and their caregiver/friend are encouraged

to join. You can participate in a get-to-know-you icebreaker, brain games, puzzles, dominoes, and adult coloring. All members are welcome to join, regardless of diagnosis, **but folks with dementia need to be with a loved one.** We will also have a snack and coffee/tea available. Debbie is a retired activities director from a skilled nursing center. She has also worked in independent and day health programs and is excited to facilitate this program!

Day	Date	Time	Price
Mon	Dec 2	12:30-2pm	Free

### Matinee Movies

Watch a movie in our library. Pre-register or drop-in, payable in the office. In lieu of two movies, be sure to check out the music documentaries series on page 14, hosted by Patty Hart.

Nov 15 - *The Fall Guy*

Nov 22 - *The Unlikely Pilgrimage of Harold Fry*

Dec 20 - *Love Actually*

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



## Knitting, Crochet, & Craft Club

Our knitting and crochet group has thrived for several years, but did you know all crafts are welcome? There are several people who are happy to show you how to crochet and knit. Come for inspiration, camaraderie, and creating!

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

## Woodcarving Club

This long-time group is full of talented individuals, in which you can learn from! All ages are welcome in this intergenerational group.

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

## Breakfast Club

Come for a breakfast treat (provided by Busch's), coffee, mingle with your old friends, and meet new people. Tea and coffee is also included. Start your weekend on a high note! **No club on Nov 29.**

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



Marie, Cathy, and Jenny play Rummikub on Tuesdays. See page 18 for more information on Dementia Friendly Games.



SASC is Dementia Friendly! Folks living with dementia are welcome in all of our programs.

## Around Saline

### Saline Craft Show

The Saline Craft Show takes place on Sat, Nov 9, 8am-3pm. As you may know, the show uses SASC for their concessions area. We are looking for volunteers to help with set up on Fri, about 1pm and take down, about 2pm on Sat. We are also looking for volunteers to help with selling tickets for our 50/50 Raffle. Please leave your name at the front desk if you would like to volunteer.

### Saline Area Social Service Adopt-a-Family Program

This year SASC will adopt a small family and a few single seniors. We will have a "giving tree" in the hallway with tags for you to choose. Each tag will have an item for you to purchase with the information about the item, their gender, and age. SASS asks that you purchase items locally in case something needs to be returned. Please bring items to SASC by Thu, Dec 5. If you would prefer to donate cash, SASC staff and volunteers are happy to purchase for you. Thank you for your support!

### Leaf Cleanup/Snow Removal

We have begun to take requests for fall leaf clean up and snow removal with the assistance of the Saline Youth Council (SYC). Please note, your request does not guarantee you will receive assistance, but they will try their best, depending on number of volunteers. **Requirements: live in the City of Saline and be physically and financially in need.**

The SYC is a regular City of Saline commission comprised of 13 high school students whose mission is to make Saline a better place for teens and serve as a conduit between city government and youth. Call SASC at 734.429.9274 to request their assistance.

### Dementia Friendly Saline

Memory Cafes are 2-4pm are Nov 20; Dec 3, 18. Their new location is at the First Unitarian Universalist Congregation of Ann Arbor, 4001 Ann Arbor Saline Rd., Ann Arbor.

Movies at Emagine take place at 1:15pm and include free pop and popcorn, all for \$5.

**Nov 13** - *It Happened on Fifth Avenue*  
**Dec 11** - *Christmas in Connecticut*

For more information on Dementia Friendly Saline, please visit their website at [dfsaline.org](http://dfsaline.org) or call 703.395.3824.

### Downtown Saline

Cocoa Crawl, Dec 7, 12-6pm before the parade.  
 SACC Holiday Parade, Dec 7, 5:30pm.



## Games

### 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 11, Dec 9	10-11am	\$2

### Trivia Time Quizmaster: Mark Sockness

Trivia is like a workout for your mind, it exercises your brain's frontal cortex, which is responsible for memory function. Mark will be unavailable Jan-Mar 2025, if you would like to quiz the group, please contact Megan in the office.

Day	Date	Time	Price
Mon	Nov 11, Dec 16	5-6pm	Free

### Game Nights with SHS Students

Students from the Saline High School's High Five Club enjoy getting together with friends at SASC for game nights. Feel free to bring a game you like. They usually enjoy Euchre, Rummikub, and Uno.

Day	Date	Time	Price
Wed	Nov 13, Dec 11	6-7:30pm	Free



### Holiday Bingo

This event is \$5, which includes pizza, pop, and prizes. We will eat at 1pm with game play beginning after. Feel free to arrive at 12:30pm to pick your cards and socialize. Halfway through we'll take a quick break for treats (provided by the players). There is no extra charge for cards at this event.

Day	Date	Time	Price
Fri	Dec 20	12:30-3pm	\$5

**Would you be interested in playing Wii Bowling at SASC during the cold months? Please leave your name at the front desk if so.**

## Other Ongoing Cards & Games

Program	Day/Week	Time
Pinochle	Mon, Wed, Thu	12:30-3pm
Chinese Mahjong	Mon	12:30-3:30pm
Adv. Euchre	Mon	5:30-7:45pm
Bridge	Tue/ 2, 4 Thu	12-3:30pm
Euchre	Tue	12:30-3:30pm
Dementia Friendly Games	Tue	1-2:30pm
Adv. Amer. Mah Jongg	Wed	11:30am-2pm
Canasta	Wed	12:15-3pm
Adv. Euchre	Wed/ 1 wk.	5:30-7:45pm
Chess	Wed/ 2, 4 wk.	11:30am-1:30pm
Rummikub	Thu	1-3pm
Scrabble	Thu	1-3:45pm
Bingo	Fri	12:30-3pm
Samba	Fri	12:30-3:30pm

### Dementia Friendly Games

This Tuesday group has been meeting since the summer and playing a different version of Rummikub. Other games are also welcome. If you would like to participate and/or volunteer, please register at the front desk.

Day	Date	Time	Price
Tue	Ongoing	1-2:30pm	Free

### Bingo

Game play begins at 1pm, please arrive by 12:45pm. About halfway through there will be a break for snacks (provided by players) and socializing. Although a volunteer still calls numbers, we now put the bingo board on our TV, which helps those who are hard of hearing.

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



### Game Room: Billiards & Darts

If you are registered for Billiards, we will email the weekly schedule to you, otherwise you can call SASC for the schedule for room availability. A hard copy of the monthly schedule is also available in the office.

## Medicare 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 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

If you need a quicker response, please call AgeWays (formerly Area Agency on Aging) at 800.852.7795.

## 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 downloaded on the 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.

## 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.

## 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 nameplate will be placed on the legacy wall in the SASC hallway. 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.

## Transportation Options

**Feonix/Washtenaw Rides for Older Adults:** is a new 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. Saline residents may travel for \$4 each way, seniors and persons with disabilities are \$2 each way within city limits, includes trips to Walmart or Saline High School. Trips leaving the City are priced per mile.

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

## CARES Recreation Millage



The CARES 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 \$230,000 annually, nearly 65% of SASC Funding annually. Other funding sources include membership revenue, program revenue, trip revenue, donations, grants, bank interest, rentals, misc. items, and the SASC Fund Balance.

## 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, you may donate up to ten books at the front desk.

## 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:

- Leftover Halloween candy for programs
- White copy paper, 8.5x11"
- Disposable paper coffee cups
- Paper towel and Kleenex
- Gently used or new Bag & Jewelry Sale items
- Coffee, both decaf and regular
- Tea bags (individually wrapped)

If you would like to give of your time, we have the following opportunities coming up:

- Raffle ticket sellers to sell at the Saline Craft Show & Craft Show set up and take down
- Holiday decorating
- New Year Party set up and take down

THANK YOU!

- Hot chocolate from Betsy Hubbard
- Electric tea kettles from the Starrs and Chows
- Coffee from Jeanne Hess, Carolyn Melbourne, and Victoria Harold-Carter
- Health Fair volunteers
- Raffle ticket prep from Janet Dillon and Eva Benevento



**Holiday Party & Membership Social**  
Wednesday, December 18  
11:30am-1pm  
\$8/member

Please register by Dec 13. If space remains after the deadline, there is a \$2 late fee.  
Sponsored by Linden Square.

We'll hold our 50/50 Raffle drawing at 12pm.

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SALINE AREA  
SENIOR CENTER

 **Linden Square**  
Assisted Living Center



**New Year Celebration:  
The Magic of the Holidays**

Celebrate 2025 with dinner and a Piano Concert Talk featuring Detroit pianist, Dave Rogers. Dinner is catered by Back in the Day Catering: Swiss steak or stuffed chicken, glazed carrots, au gratin potatoes, salad, and dessert.  
Deadline to register: December 18. If space remains after the deadline, there is a \$5 late fee.

**Monday, December 30, 2024**  
**5 8pm**  
**\$25/member**  
**Deadline to register: Dec 18.**  
Thank you to our generous sponsors!

   
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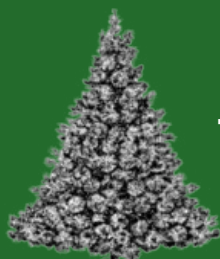
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# **50/50 Raffle**

**Fundraiser benefitting SASC Scholarships**

***Tickets \$2 each***

**Grand Prize: 50% of the funds brought in.**

Runner up prizes include gift certificates to local businesses  
including: Emagine Saline, Nu2u...Again, and Carrigan Cafe.

Last year's winner took home over \$2300!



***Drawing on Dec 18, 12pm***

***Winner need not be present.***

Also available online at [salineseniors.org](http://salineseniors.org) and at the SASC Front Desk.