



May/June 2024

SASC

Newsletter



**Stay Fit for Life at SASC;
a Social Center for those 45+**

Saline Area Senior Center • 7190 N. Maple • Saline, MI, 48176
734.429.9274 • salineseniors.org

2024 SASC Memberships

If you are 45+, register for your 2024 Membership to access our FREE program offerings at SASC and member rates on programs. Non-members are allowed to participate in paid classes for an additional \$5 per class. Free classes are only included in memberships. Members will receive weekly email updates and electronic newsletters every other month. ***If you would like your Newsletter mailed, there is an additional fee of \$2 per newsletter.**

Membership 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 a staff member 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 photo release information, which is optional.

Annual Membership, Jan-Dec 2024

- \$15 Saline Area School District Resident (50)
- \$10 All People Over Age 80
- \$25 Non-Saline Resident
- \$35 SIT Membership SAS District Resident
- \$45 SIT Membership Non-Resident (45-49)

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SASC Fitness 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. To utilize the fitness room consistently, you must be a member of SASC and then purchase this separate fitness membership.

Memberships are available, by month or for the year. This is a rolling membership that begins the day you register and ends a month or year later on that date. In order to keep the space as clean and safe as possible, please be sure to wipe your equipment before and after your workout! If you would like to utilize an iPad in the fitness room to watch something, please check it out at the front desk and link to our Wi-Fi.

Fitness Membership Rates

Training Fee: \$10 Staff will do a training with you, possibly in a small group, to show you how to utilize the equipment properly.

12 Month Membership: \$96 annually (amounts to \$8 a month) Payments can be made monthly or upfront.

Month to Month Membership: \$12 per month (works out to \$3 per week)

SASC Board Meetings

Board Meetings are typically the third Monday of the month at 9am. The upcoming meetings will be on Monday, May 20 and Jun 17. Members are always welcome to attend. If you would like to attend virtually, please notify us and we will send you a link. The next General Membership Social is Wed, Jun 19, at 11:30am. Please see page 6 for details.

On the cover: A few of our Fit for Life participants with instructor Laurel Larson (front row, pink jacket). See page 6.

SASC is a 501c3 Non-Profit Organization, supported by the CARES Recreation Millage in Saline. See page 20 for more information.



"Like" our page at www.facebook.com/salineseniors

SASC Holiday Closure

Monday, May 27 - Memorial Day

Updates / Board Nominations

SASC Notes

The expansion and remodel of SASC due to the passage of the 2022 SAS Bond is at its beginning stages. A survey was emailed to all members in Mar/Apr to gather insights about what is currently important to you and what types of spaces you'd like to see in the future. Results will be available mid-April online. All members will also be invited to participate in stakeholder meetings this spring/summer (via our weekly emails) to provide feedback and insights on preliminary drawings and concepts once they are developed. To learn more about the 2022 SAS Bond as it relates to SASC, please visit our website at salineseniors.org and click on the bond tab.

Please call or visit the office to register for all programs, even if they are free.

Register early to increase the chance of us being able to run the programs. If we don't reach the minimum for programs, we have to cancel them. You may utilize the online registration system, or sign up in person. Payments are not taken over the phone.

Use your account credit by June 30, 2024, the end of SASC's fiscal year, after which all credits are erased and non-refundable.

Upon entering SASC, please check-in on one of our computers in the hall or office. This helps us track statistics of usage at SAS C. 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 you 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.

Share your talents! If you have an expertise or presentation you would like to share, or a program request, contact Andrea Lewis at lewisa@salineschools.org.

Gift certificates can be purchased throughout the year, in any amount. Be sure to put them on your list this Mother's Day, Father's Day, birthday, or any other occasion. Specific gift certificates are also available for massage and reflexology.

SASC Board Nominations

From May 15-24, if you would like to submit your name for one of the Board Positions that will be open this summer, please do so on the nomination form in the office. If you have any questions about the positions or Board, contact Nancy Cowan at cowan@salineschools.org or 734-429-9274.

Being on the Board is a time commitment. Board Meetings take place the third Monday of each month at 9am, unless otherwise noted. General Membership Socials usually take place every other month, on the third Wednesday, at 11:30am. In addition, there is some time spent outside the meetings on various items. The term will be for two years, from August 2024 to July 2026.

The following positions up for nomination and a brief description of their roles are as follows:

***Vice-President:** Shall act in the absence of the President, often includes running meetings and serving on various committees. *Incumbent Kathy Lawless has served her term limit and is unable to run again.*

***Secretary:** Shall preside at meetings in the absence of the President and VP if necessary. Record and type the minutes of all Board Meetings and the Annual Picnic in a timely manner. Basic computer knowledge is necessary. *Incumbent Cora Rogers has served her term limit and is unable to run again.*

***Member at Large:** Shall attend Board and General Membership Meetings, along with being available for special projects. *Incumbent At-Large Member Sue Kelch has served one term and is planning to run again.*

If there is more than one individual that submits their name for a position, a vote will take place on Wed, Jul 17, which is also the annual picnic. Information regarding the ballot will be finalized on Jun 17, 9am, at the SASC Board Meeting.



THANK YOU Kathy Lawless (left) and Cora Rogers (right) for your time and dedication. While we will miss you on the Board, we look forward to your continued support and participation at SASC.

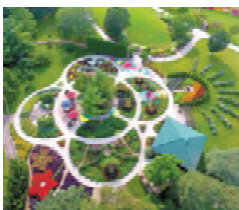


Trips / Special Events

Day Trips

All trips are in conjunction with Pittsfield Senior Center. Sign up at SASC and your pick-up/drop-off will take place at SASC. Pittsfield will also be a stop on our route for each trip. **All trips are on luxury charter busses.** Please be sure to register before the deadline to increase the chances of the trips running.

Dow Gardens



Travel to Dow Gardens, which boasts 3 miles of ADA accessible hard-surfaced pathways within the gardens and forests - 110 acres, 22,000 bulbs and 35,000 annuals.

We'll take an hour-long, guided walking tour of the grounds. Then you can experience Dow Gardens on your own, audio tours are available. Dial in or listen online to access informative narration about various key locations within the gardens. We'll then immerse ourselves in the forest on the nation's longest canopy walk, 1,400 feet long, soaring up to 40 feet above the ground or 1.5 miles of hard-surface pathways within the forest. A light sack lunch will be provided for you to enjoy upon arrival to the gardens. Some grab and go snacks are also available for purchase at the Whiting Forest Café. Min 25/Max 55.

Deadline: May 20.

Day	Date	Time	Price
Tue	Jun 11	8:45am-6pm	\$90

Toledo Mud Hens Game



Catch a lasting memory when you join in on the fun of Senior Days with the 'World Famous' Mud Hens at Fifth Third Field! Price includes transportation, the game, and a hot dog lunch. First pitch at 12:05pm. Min 25/Max 55. **Deadline:** Jun 3

Day	Date	Time	Price
Wed	Jun 26	10am-4:30pm	\$64

If you are interested in a Detroit Tigers Game this summer/fall, please call 734-429-9274 to let us know. We are gauging interest to see if we have enough to plan a trip there.

Riverboat Cruise & Horrocks



We'll take a cruise on the Michigan Princess Riverboat in Lansing for Summer fun on the Grand River. We'll board the boat at noon, enjoy a buffet lunch including ribs, chicken,

mac and cheese, and more, as well as live music for your dancing and listening pleasure. After our boat trip, we'll stop by Horrocks large indoor farm market loaded with flowers, vegetables, plants, cheeses, meats, drinks, and more! Min 25/Max 55. **Deadline:** Jun 21

Day	Date	Time	Price
Wed	Jul 17	10am-6pm	\$109

Spring Concert

Alicia Doudna, Violin and Andrew Kratzat, Bass

Andrew and Alicia will perform Andrew's arrangements for violin and bass. In addition to their performance, they will provide insights into each piece and gladly address any questions you may have. Refreshments, coffee, and tea will be served.

Day	Date	Time	Price
Fri	May 3	1pm	Free

Open Mic Night - Call for Performers

Join SASC members for an evening of poetry, storytelling, and music at Brewed Awakenings located at 7025 E. Michigan Ave. Each performer will be allotted 5-7 minutes for their performance, adjusting slightly based on the number of participants. Please register by May 1 if you would like to perform.

Day	Date	Time	Price
Wed	May 8	5pm	Free

General Membership Social

Come for a brief update about the center from Nancy Cowan, SASC Director, and enjoy lunch and socializing with friends. Lunch will be a salad bar with all of the fixings, roll, and dessert. **Deadline:** Jun 14. If space remains after the deadline, there is a \$2 late fee.

Day	Date	Time	Price
Wed	Jun 19	11:30am-1pm	\$8

New Programs

Secrets of the Secret Service Presenter: Radford Jones

Former U.S. Secret Service agent Radford Jones will provide a brief history of the U.S. Secret Service and his experience while a member of President Kennedy's White House Detail in the summer and fall of 1963. He will discuss some experiences, incidences and historical events that occurred during his assignments will be shown in his presentation.

Day	Date	Time	Price
Mon	May 20	2-3pm	Free

The Story of Movies Facilitator: Eva Benevento

Film is a language, a cultural document, and a collaborative art. The Story of Movies, a curriculum created by The Film Foundation (a group of famous actors/directors) is a peek into the behind the scenes exploration of how movie makers collaborate in producing a film - screening, stages of production, visual composition. We will examine construction and production insights of the classic film *To Kill a Mockingbird* in four sessions that can apply to all films.

Day	Date	Time	Price
Tue	May 21-Jun 11	1-2pm	\$8

Spring Tea Presenter: Nalayini "Nali" Kogulan, SASC Member

Did you know *chai* means tea in Hindi? In this delicious program, you will learn how to make healthy and traditional Indian Chai, taste three different types of teas, and learn where to buy traditional tea spices and tea locally.

Day	Date	Time	Price
Tue	May 28	2-3pm	Free

Cybersecurity: Hackers, Viruses, and Dark Web, Oh My! Presenter: James Giordani

How does someone get hacked? How do viruses really work? Let's demystify these concepts and learn ways to stay safe online.

Day	Date	Time	Price
Wed	May 29	3-4pm	Free

Summer Wreath Workshop Instructor: Alicia Hutz, Willo Works

Customize your own indoor/outdoor floral and wooden bead summer wreath during this interactive DIY workshop! Customizations include your choice of wooden beads/wooden discs -craft hoop- variety of faux lambs ear, eucalyptus, succulents & florals.

Day	Date	Time	Price
Mon	Jun 3	10am-12pm	\$35

Pastels Workshop Instructor: Katherine Downie

In this introductory class, you will use both oil and chalk pastels while learning different techniques including blending, feathering, hatching and cross-hatching, masking, and stippling. Materials included.

Day	Date	Time	Price
Thu	May 30	11:30am-1pm	\$20

Smartphone 201 Presenter: James Giordani

We'll dive into useful skills & apps including Maps, Photos, texting and more. Completion of Smartphone 101 course is required. See page 16 for more information on 101.

Day	Date	Time	Price
Tue	Jun 4-Jul 2	2:30-3:30pm	\$65

Hello Summer! Bingo

Let's celebrate summer! Prizes are donated by St. Joe Village. If you would like pizza and pop, please pay at the front desk by Jun 20, \$5. There is no fee for cards.


Day	Date	Time	Price
Fri	Jun 21	12:30-3pm	Free

SASC Library

The SASC 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.


Fitness

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 any stress. We provide the bucket, exercise ball, and drum sticks. You just bring a water bottle and energy. **No class May 27.**

Day	Date	Time	Price
Mon	May 6-Jun 17	10-11am	\$42

Zumba Gold Instructor: Laurel Larson

 Zumba is less intimidating than you might imagine - all you have to do is groove along to the beat! Zumba Gold is a special type of Zumba class where we take the traditional Zumba moves and dial down the intensity a bit. In this class, we'll introduce you to super easy-to-follow choreography that focuses on enhancing your balance, range of motion, and coordination. Laurel knows how to keep the energy high with her infectious music and positive vibes. Dance it out with us and let's have a blast together! **No class June 17.**

Day	Date	Time	Price
Mon	May 6-20	11:15am-12:15pm	\$21
Mon	Jun 3-24	11:15am-12:15pm	\$21

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

Join us for a fun workout session at SASC. 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. Remember to bring a water bottle.

Day	Date	Time	Price
Mon	May 6-20	4:15-5:15pm	\$21
Mon	Jun 3-24	4:15-5:15pm	\$28

Fit for Life Instructor: Laurel Larson

Kick start your morning with this energizing strength class! 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 cardiovascular endurance. We use a chair for additional support during standing exercises, and for stretching and relaxation exercises. **Hybrid. No class June 18.**

Day	Date	Time	Price
Tue	May 7-28	8:45-9:45am	\$28
Tue	Jun 4-25	8:45-9:45am	\$21
Thu	May 9-30	8:45-9:45am	\$28
Thu	Jun 6 & 13	8:45-9:45am	\$14

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. It is worth noting that this class will be slightly more challenging than Balance Strong Beginning.

Day	Date	Time	Price
Tue	May 14-28	10-11am	\$21
Tue	Jun 4-25	10-11am	\$28

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, all are welcome. **Hybrid. No class May 28 and 29.**

Day	Date	Time	Price
Tue	May 14-Jun 18	11:15am-12:45pm	\$45
Wed	May 15-Jun 19	1-2:30pm	\$45

Chair Zumba Instructor: Laurel Larson



This new 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 and no dance experience is needed. This class is perfect for those looking to increase their activity in an inviting, safe, and fun environment.

Day	Date	Time	Price
Wed	May 1-29	11:45am-12:45pm	\$35
Wed	Jun 5 & 12	11:45am-12:45pm	\$14

Tai Chi Beginning Instructor: Linda Duval

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	May 8-Jun 12	10:30-11:30am	\$42
Wed	Jun 19-Jul 24	10:30-11:30am	\$42

Outdoor Yoga Walk Instructor: Jo Ann Yates

Join Jo Ann for a lovely walk outdoors, where you'll not only discover the techniques of warming up and finding your center, but also learn to stay fully present in the moment. Jo Ann will guide you through gentle standing stretches, synchronized steps with your breath, and adopting a relaxing mindset while walking. Be sure to dress warmly and wear comfy shoes that fit well. We'll meet up at SASC, stroll to the path near the library, take a moment to stretch, and then continue our walk. Each class is designed to help you let go of past regrets and embrace new, positive thoughts before we wrap up our time together.

Day	Date	Time	Price
Wed	May 8-29	3-4pm	\$28
Wed	Jun 5-26	3-4pm	\$28

Strong Bones will return in the fall.
In the meantime, try a new class!

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

You don't need to worry about bringing your props to this class because we actually use a second chair for comfortable stretching! We do come out of the chair to do some balancing poses, as well as a modified sun salutation. This is a series of poses traditionally used to warm up before stretching. Remember to bring your water bottle.

Day	Date	Time	Price
Wed	May 8-29	4:15-5:15pm	\$28
Wed	Jun 5-26	4:15-5:15pm	\$28

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

Looking to boost your strength and confidence while staying steady on your feet? In class, we'll be honing in on 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've got various difficulty levels for each exercise to accommodate everyone. We round off each session with a rejuvenating 15-minute stretch for ultimate relaxation.

Day	Date	Time	Price
Thu	May 9-30	10-11:15am	\$32
Thu	Jun 6-27	10-11:15am	\$32

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

Pickleball / Walking

Pickleball

Location: Liberty School Gym
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.

The drop-in fee is \$3 for SASC members and \$5 for non-members.

Please contact Andrea Lewis to receive the monthly calendar and weekly updates to the schedule at lewis@salineschools.org.

Thank you to our dedicated volunteers that make this program possible each day: Paul Backlas, Jim McLean, Dennis Merrick, Tom Gunn, and Bill Henderson.

Day	Date	Time	Price
Mon, Wed, Fri	Ongoing	3:15-5:30pm	\$3, \$5

Pickleball is the fastest growing sport in the US for 3 years running! Come on, see if this social and fun sport is a good fit for you too.

Learn to Play Pickleball Clinics

Have you heard about the fun our SASC Pickleball group has been having 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 held at Liberty School.**

Day	Date	Time	Price
Fri	May 3	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

Pickleball Tutor Machine Rental at SASC



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	5:45-6:45pm & 6:45-7:45pm	\$30
Wed	Ongoing	5:45-6:45pm & 6:45-7:45pm	\$30



Senior Striders Outdoor Walking

We meet every **Thursday at 9am**. An SASC staff member will accompany you on a one to two mile walk.

Please register at the front desk so Andrea can send you a list of departure locations for each week, as they vary during the spring and summer months. The first Thursday of each month, we will depart from SASC. Walks will be cancelled if there is inclement weather.

Day	Date	Time	Price
Thu	Ongoing	9am	Free

WCC Emeritus / Health & Wellness

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 one the maximum is reached.

WCC Tai Chi Continuing 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	May 7-Jul 16	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	May 15-Jul 24	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.

Day	Date	Time	Price
Fri	May 10-Jul 26	10-11am	Free

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. 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.

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. If you'd like to experience the wonders of reflexology, we offer appointments at very affordable rates of \$30 for a half hour session or \$50 for a full 50-minute session. Register at our front desk or call to make your appointment.

Day	Date	Time	Price
Thu	May 9 & 23	9-11am	\$30/\$50
Thu	Jun 13 & 27	9-11am	\$30/\$50

MOCA Memory Testing Administrator: Andrea Lewis

The Montreal Cognitive Assessment is a brief 30-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.

Health & Wellness

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	May 15	2-7pm	\$45
Wed	May 22	12-4pm	\$45
Wed	Jun 5	2-7pm	\$45
Wed	Jun 12	12-4pm	\$45

Monthly Blood Pressure Checks

Facilitator: Kathy Adamson

SASC Staff member, Kathy, is a retired registered nurse who is available to check your blood pressure each month. No need to register.

Day	Date	Time	Price
Tue	May 21, Jun 18	11:30am-12:30pm	Free

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	May 22	9-11am	Free
Wed	Jun 26	9-11am	Free

Probability Balance Assessments

Facilitator: Probability 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 Probability 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	Jun 21	1-2pm	\$10

Meditation

Facilitator: Jewell Heart

Why meditate? 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. Class is open to all - newcomers to meditation, long time meditators, and those looking for group meditation with others.

Day	Date	Time	Price
Thu	May 9-30	1:30-2:30pm	\$12



Aging Has No Denomination

Presenter: Steven Williamson, Village Crossroads



Join our workshop on the joy of service and support within our community to keep seniors active and engaged. Learn the role of church relationships in health, family, and overall wellness. Discover available resources for supporting your congregation, regardless of age. This presentation will discuss senior aging issues and how to support aging friends and supporters in your community. Bring your support team to learn how to create an aging support plan driven by community enjoyment and service. Create a plan that works for individuals, families, elders, and youth in your congregation.

Day	Date	Time	Price
Tue	May 14	10-11am	Free

Health & Wellness

Spring Home Tune-Up Presenter: EHM Maintenance Team, EHM LifeChoices

NEW

Meet the LifeChoices Home Maintenance Team. Join us for a casual, mix & mingle gathering where you can get personalized advice and tips to keep your home in top shape as you age. Snacks and goodie bags provided. Drop by anytime during the program.

Day	Date	Time	Price
Tue	May 7	10-11am	Free

SASC Blood Drive

There is a critical blood shortage in the US; when blood donations are low, it can take weeks to build inventory back up. To donate at the Versiti Blood Drive, please go to https://donate.michigan.versiti.org/donor/schedules/drive_schedule/155766 to schedule an appointment or call SASC for assistance.

Day	Date	Time	Price
Fri	May 17	11:30am-4pm	Free

Long Term Care & Your A Medicare Scholar Presentation Presenter: Monica Williams, MBA

In this class we will discuss how Long Term Care and Medicare work together as well as discuss a variety of ways to prepare for your needs ensuring both you and your family members have resources available to choose Long Term Care options at home, by assisted living or skilled nursing care.

Day	Date	Time	Price
Tue	May 21	10:30am-12pm	Free

Hearing Depot Meet & Greet Presenter: Trevor Fluke

NEW

Trevor will be answering your questions you may have regarding hearing devices, insurances, and hear loss. He will spend time discussing some of the different insurance programs and pricing that comes with them. Come prepared with your questions.

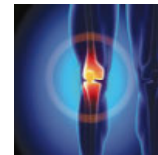
Day	Date	Time	Price
Tue	May 28	11am-12:30pm	Free

Managing Knee Pain Facilitator: David Arend, PT, DPT

NEW

Join us for an informative talk on managing knee pain tailored specifically for seniors. In this session, we will discuss common causes of knee pain, practical strategies for pain relief, and simple exercises to improve strength and flexibility. Whether you're dealing with arthritis, injury, or general discomfort, this talk will provide valuable insights to help you maintain mobility and enjoy an active lifestyle. Don't let knee pain hold you back—empower yourself with knowledge and practical solutions.

Day	Date	Time	Price
Mon	Jun 3	12-1pm	Free



Loving Your Cooking Presenter: Steven Williamson, Village Crossroads

NEW

Explore the joy of cooking, from healthy snacking to favorite dishes. Discuss the role of cooking in our overall well-being and learn practical tips for healthy senior eating. Share your favorite recipes and discover how to make them both delicious and healthy. Sample hearty main dishes and leave with a better understanding of your daily cooking habits. Create a plan that works for you, your doctor, and your family, while enjoying the process.


Day	Date	Time	Price
Mon	Jun 17	2:30-3pm	Free

Did you know...

You can donate to SASC, which is a 501c3 non-profit organization, at any time and your name will go on our legacy wall in the SASC hallway? You can also donate in honor of someone. See page 20 for more information.

SASC rooms are available to rent for HOA meetings, parties, graduations, memorials, etc. for reasonable rates? For more information visit our website at salineseniors.org, go to the about tab, and select facility rentals.

May 2024

Mon	Tue	Wed	Thu	Fri
		<p>1 Golden Groovin' Band ongoing 10-11am</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Pickleball ongoing 3:15-5:30pm</p>	<p>2 Hula Hooping ongoing 8:30-9am</p> <p>SAS-C Writers 10-11:30am</p> <p>Watercolors begins 1:30-3:30pm</p> <p>Ping Pong ongoing 1:30-3:30pm</p>	<p>3 Movie: <i>A Good Person</i> 10am-12pm</p> <p>Salt City Ukes ongoing 10:30-11:30am</p> <p>Spring Concert 1pm</p> <p>Pickleball ongoing 3:15-5:30pm</p> <p>Pickleball Clinic 5:30-6:30pm</p>
<p>6 Holland Tulip Fest Trip 8:15am-6pm</p> <p>Drums Alive begins 10-11am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Pickleball ongoing 3:15-5:30pm</p> <p>Brain, Breath, & Bend Chair Yoga begins 4:15-5:15pm</p>	<p>7 Fit for Life begins 8:45-9:45am</p> <p>Spring Home Tune-Up 10-11am</p> <p>Good Grub Social Club P.F. Chang's 11:30am</p> <p>WCC Tai Chi Cont. begins 1-2pm</p>	<p>8 Guitar Lessons begin 9:30-10:15am</p> <p>Tai Chi Beginning begins 10:30-11:30am</p> <p>Outdoor Yoga Walk 3-4pm</p> <p>Chair Yoga begins 4:15-5:15pm</p> <p>Open Mic Night at Brewed Awakenings 5pm</p>	<p>9 Fit for Life begins 8:45-9:45am</p> <p>Reflexology Appointments 9-11am</p> <p>Saline Singers 10-11am</p> <p>Balance Strong Beg + Stretch begins 10-11am</p> <p>Meditation begins 1:30-2:30pm</p> <p>Spring Floral Design 1:30-3:30pm</p>	<p>10 Breakfast Club ongoing 9:30-10:30am</p> <p>WCC Strength & Conditioning begins 10-11am</p> <p>Book Club: <i>The Last House on the Street</i> 10-11:15am</p> <p>Canvas & Cookies 12-2pm</p>
<p>13 Ceramics 1-3pm</p> <p>Recorder Ensemble ongoing 1-2pm</p> <p>Ping Pong ongoing 2-4pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Trivia Time 5-6pm</p> <p>Intergen Game Night 6-7:30pm</p>	<p>14 Aging Has No Denomination 10-11am</p> <p>Balance Strong begins 10-11am</p> <p>Adaptive Hatha Yoga begins 11:15am-2:45pm</p> <p>Genealogy Appt. 12:30-2pm</p>	<p>15 WCC Line Dancing begins 9-10am</p> <p>Knitting/Crochet Club ongoing 12:45-2pm</p> <p>Adaptive Hatha Yoga begins 1-2pm</p> <p>Foot Care Clinic 2-7pm</p> <p>Classic Movie Time: <i>Rebecca</i> 2:30-5pm</p>	<p>16 Senior Striders ongoing 9am</p> <p>SAS-C Writers 10-11:30am</p> <p>Massage Therapy ongoing 11am-3pm</p> <p>Multimedia Floral Workshop 11:30am-1pm</p>	<p>17 Movie: <i>The Color Purple</i> 10am-12:30pm</p> <p>SASC/Versiti Blood Drive 11:30am-4pm</p> <p>Bingo ongoing 12:30-3pm</p>
<p>20 Brain Games & Breakfast 10-11am</p> <p>Silver Shutterbugs 10:15-11:30am</p> <p>Ceramics 1-3pm</p> <p>Secrets of the Secret Service 2-3pm</p> <p>Tech Town Hall 5-7pm</p>	<p>21 Long Term Care and You 10:30am-12pm</p> <p>Blood Pressure Checks 11:30am-12:30pm</p> <p>The Story of Movies begins 1-2pm</p> <p>Intergen Crafternoon 1:30-2:30pm</p>	<p>22 Care Management Appointments 9-11am</p> <p>Roundtable ongoing 9:30-11am</p> <p>Foot Care Clinic 12-4pm</p> <p>Woodcarvers ongoing 5:30-7pm</p>	<p>23 Reflexology Appointments 9-11am</p> <p>Saline Singers 10-11am</p> <p>Multimedia Floral Workshop 11:30am-1pm</p> <p>Genealogy Appt. 11:30am-1pm</p>	<p>24 Movie: <i>Wonka</i> 10am-12pm</p>
<p>27 SASC Closed</p> 	<p>28 Hearing Depot Meet & Greet 11am-12:30pm</p> <p>Spring Tea 2-3pm</p>	<p>29 Genealogy Appt. 9:30-11am</p> <p>Cybersecurity 3-4pm</p>	<p>30 Tai Chi Practice ongoing 10:30-11:30am</p> <p>Pastels Workshop 11:30am-1pm</p>	<p>31 Movie: <i>Priscilla</i> 10am-12pm</p>

June 2024

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Summer Wreath Workshop 10am-12pm</p> <p>Zumba Gold begins 11:15-12:15pm</p> <p>Managing Knee Pain 12-1pm</p> <p>Brain, Breath, & Bend Chair Yoga begins 4:15-5:15pm</p> <p>Tech Town Hall 5-7pm</p>	<p>4</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Spreading Joy with Painted Rocks 10am-12pm</p> <p>Travelogue: Australia 10:30am-12pm</p> <p>Balance Strong begins 10-11am</p> <p>Smartphone 101 begins 1-2pm</p> <p>Smartphone 102 begins 2:30-3:30pm</p>	<p>5</p> <p>Genealogy Appt. 9:30-11am</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Foot Care Clinic 2-7pm</p> <p>Outdoor Yoga Walk 3-4pm</p> <p>Not Your Mama's Chair Yoga begins 4:15-5:15pm</p>	<p>6</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Mosaics: Open Studio 9:30am-12pm</p> <p>SAS-C Writers 10-11:30am</p> <p>Balance Strong Beg + Stretch begins 10-11am</p> <p>Watercolors begins 1:30-3:30pm</p>	<p>7</p> <p>Movie: <i>BlackKkKlansman</i> 10am-12:30pm</p>
<p>10</p> <p>Ceramics 1-3pm</p> <p>Trivia Time 5-6pm</p>	<p>11</p> <p>Zendoodle Workshop 10am-12pm</p> <p>Dow Gardens Trip 8:45am-6pm</p> <p>Finance Masterclass While Living on a Fixed Budget 10:30am-12pm</p>	<p>12</p> <p>Foot Care Clinic 12-4pm</p> <p>Classic Movie Time: <i>The Day the Earth Stood Still</i> 2:30-5pm</p>	<p>13</p> <p>Reflexology Appointments 9-11am</p> <p>Mosaics: Open Studio 9:30am-12pm</p> <p>Saline Singers 10-11am</p>	<p>14</p> <p>Book Club: <i>The Magnificent Lives of Marjorie Post</i> 10-11:15am</p> <p>Canvas & Cookies 12-2pm</p>
<p>17</p> <p>Board Meeting 9am</p> <p>Silver Shutterbugs 10:15-11:30am</p> <p>Genealogy Appt. 12-1:30pm</p> <p>Ceramics 1-3pm</p> <p>Loving Your Cooking 2:30-3:30pm</p>	<p>18</p> <p>Blood Pressure Checks 11:30am-12:30pm</p> <p>Intergen Crafternoon 1:30-2:30pm</p>	<p>19</p> <p>Tai Chi Beginning begins 10:30-11:30am</p> <p>General Membership Social 11:30am-1pm</p>	<p>20</p> <p>SAS-C Writers 10-11:30am</p> <p>Good Grub Social Club Karl's Cabin 11:30am</p>	<p>21</p> <p>Movie: <i>Past Lives</i> 10am-12pm</p> <p>Hello Summer! Bingo 12:30-3pm</p> <p>Probability Balance Assessments 1-2pm</p>
<p>24</p> <p>Brain Games & Breakfast 10-11am</p>	<p>25</p>	<p>26</p> <p>Care Management Appointments 9-11am</p> <p>Mud Hens Trip 10am-4:30pm</p>	<p>27</p> <p>Reflexology Appointments 9-11am</p> <p>Saline Singers 10-11am</p>	<p>28</p> <p>Movie: <i>Bohemian Rhapsody</i> 10am-12:30pm</p>

Many of our members have presented or lead a program at SASC



Norman and English Castles
with Linda Duvall.



Year of the Dragon with
DeHong Tang.



Mosaics with
Carol Torszell.

Creative Opportunities

Watercolors

Instructor: Katherine Downie

Katherine offers an accessible way to learn Watercolors, even if you do not have any prior drawing experience. Trace from a stencil in her classes, which allows you to effortlessly create stunning artwork. Each session focuses on color theory and mixing techniques, offering a variety of projects related to different themes.

May - Holland, MI
Jun - Belle Isle, MI

Day	Date	Time	Price
Thu	May 2-23	1:30-3:30pm	\$52
Thu	Jun 6-27	1:30-3:30pm	\$52

Spring Floral Design

Instructor: Carol Torsell

You will create a colorful spring mixed flower arrangement using spring flowers. Thank you to Huron Valley PACE for providing the flowers. Materials provided.

Day	Date	Time	Price
Thu	May 9	1:30-3:30pm	\$30

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. Indulge in Linda's delicious chocolate chip cookies and let the artistic journey unfold in this welcoming and stress-free class. No experience required.

May - Holland Festival Tulips
Jun - Detroit Fireworks

Day	Date	Time	Price
Fri	May 10	12-2pm	\$25
Fri	June 14	12-2pm	\$25



Ceramics

Instructor: Jenn Lupton

Join us for a two-day ceramics class! May's project will focus on *sgraffito*, which is a technique where potters can put a layer of glaze or slip on a piece of pottery, let it dry, then use a pottery carving tool to scratch at it to show the base layer of color. June's project is a small moon vase. All materials are included. Please register by May 7 and Jun 4.

Day	Date	Time	Price
Mon	May 13, 20	1-3pm	\$56
Mon	Jun 10, 17	1-3pm	\$56



Guitar Lessons

Facilitator: Golden Groovin' Band

During these six weeks of group guitar lessons, we will cover topics such as tuning, strumming patterns, and learning four chords while playing familiar songs. We will also provide exercises to help improve finger strength. Feel free to stay for the Golden Groovin' Band's jam session, which meets right after class. Please remember to bring your own guitar (electric or acoustic); there are affordable beginner models available for purchase online.

Day	Date	Time	Price
Wed	May 8-Jun 12	9:30-10:15am	\$10

Multimedia Floral Workshop

Instructor: Katherine Downie



Let your inner child free in this class as we explore multimedia! There are so many benefits to making art in your older years including increased cognitive function and self-esteem. In addition to painting, Katherine will have a variety of materials for you to get creative with while leading you through a neat multimedia floral piece.

Day	Date	Time	Price
Thu	May 16 & 23	11:30am-1pm	\$25

Creative Opportunities

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	May 21, Jun 18	1:30-2:30pm	Free

Spreading Joy with Painted Rocks Instructor: 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. Come try your hand at painting a few. Materials are included.

Day	Date	Time	Price
Tue	Jun 4	10am-12pm	\$5

Mosaics: Open Studio Instructor: Carol Torsell

For new and previous students, you will have the opportunity to choose your own project, working with a variety of mosaic tiles, broken china, jewelry pieces, buttons, and letters. You may create a keepsake by bringing something from home or make a gift for someone special. Carol will have a variety of wooden pieces for you to choose from including ornaments, frames, and trays. You will need to attend both classes. The program is rescheduled from Apr.

Day	Date	Time	Price
Thu	Jun 6, 13	9:30am-12pm	\$35

Zendoodle Workshop NEW Instructor: Cheryl Oliver & Carol Torsell

A zendoodle is a miniature, abstract work of art created by combining different patterns in a meditative way. Let Cheryl and Carol introduce you to this meditative art form. Materials are included.

Day	Date	Time	Price
Tue	Jun 11	10am-12pm	\$7

Recorder Ensemble

This weekly group welcomes new beginners and also focuses on ensemble playing with various genres that are of interest to members. This experience provides you an opportunity to share the joy of making music while learning a new instrument. 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 drop in

Golden Groovin' Band

The group formerly known as School of Rock for Guitar has been rehearsing and learning new tunes. 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. The band will be teaching guitar lessons May 8-Jun 12. See page 14 for class description.

Day	Date	Time	Price
Wed	Ongoing	10-11am	\$1 drop in



Salt City Ukes

Beginners and novices are welcome in this weekly group. The ukulele is a great instrument to learn because it only has four strings, frets make it easy to play in tune, and it is easy to play lead lines or rhythm parts on any song. Please bring a ukulele; inexpensive ones can be found online or at local music stores.

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

Lifelong Learning / Tech

Tech Lessons

Do you need basic tech support for your phone, tablet, and/or laptop? Ben Cutler can answer your questions for any device. Ben retired from the IT field, but continues to learn and stays up-to-date on all things in technology. Please pay upon making your reservation. There are no refunds for missed appointments. Lessons are 45 minutes and available at 2:30-3:15pm, 3:15-4pm, and 4-4:45pm.

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

Tech Town Hall

Presenter: SAS High School Students

Allow the students of Saline Area 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
Mon	May 20	5-7pm	Free
Wed	Jun 3	5-7pm	Free

Individual Genealogy Appointments

Facilitator: Carol Torsell

Carol is passionate about helping people discover their heritage through building family trees, solving mysteries, and connecting with long-lost relatives. She has over 40 years experience in searching and breaking through family brick walls. She can help you navigate Ancestry.com, organizing your findings, and create family heritage albums. Schedule your session (90 minutes) at the front desk. Appointment times available are listed below.

Day	Date	Time	Price
Tue	May 14	12:30-2pm	\$25
Thu	May 23	11:30am-1pm	\$25
Wed	May 29 or Jun 5	9:30-11am	\$25
Mon	Jun 17	12-1:30pm	\$25

Travelogue: Australia

Presenter: Mark Sockness



Mark just returned from an extended vacation in Australia. Enjoy this presentation on the people, wildlife, history, and attractions Down Under. Breakfast treats provided.

Day	Date	Time	Price
Tue	June 4	10:30am-12pm	Free

Smartphone 101

Presenter: James Giordani

Ready to brush up on your smartphone skills? This 5-week course will cover key phone components, concepts, and techniques in a friendly, easy to follow format aimed at helping you use your phone more independently and confidently. Our experienced instructors and friendly helpers are always on hand to provide personalized assistance, so you'll never feel left behind. What a deal at just \$13 a session!

Brought to you by James Giordani and Clear Computing. James received his MSW from the University of Michigan with a focus on enhancing the quality of life and independence of seniors through technology. His company, Clear Computing LLC, teaches tech skills and provides in-home tech support in southeast Michigan. James breaks down the tricky world of technology into clear, understandable, and interesting presentations whether you're a tech novice or a tech master.

Day	Date	Time	Price
Tue	Jun 4-Jul 2	1-2pm	\$65

Finance Masterclass While Living on a Fixed Budget

Presenter: Monica Williams, MBA

Knowledge is power! In this class Monica will cover controlling your personal medical expenses, managing car expenses while ensuring safe travels, reducing home maintenance costs, lessening the grocery store bills in periods of high inflation, and how to cut fees out of your life.

Day	Date	Time	Price
Tue	Jun 11	10:30am-12pm	Free

Clubs / Social Groups

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	May 7 - P.F. Chang's, 720 Briarwood Circle, AA, MI 48108	11:30am
Thu	Jun 20 - Karl's Cabin, 6005 Gotfredson Rd., Plymouth, MI 48170	11:30am

Silver Shutterbugs

This photography group is ideal for individuals who have a passion for capturing special moments and are interested in learning and exchanging new techniques and inspiration. The group enjoys offsite meet ups as well.

Day	Date	Time	Price
Mon	May 20; Jun 17	10:15-11:30am	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 about the filmmaking.

May - *Rebecca*

Jun - *The Day the Earth Stood Still*

Day	Date	Time	Price
Wed	May 15	2:30-5pm	\$1
Wed	Jun 12	2:30-5pm	\$1

Saline Singers

Singing offers a range of benefits, such as reducing feelings of depression and enhancing social connections and overall happiness. This group enjoys gathering and singing classical folk songs.

Day	Date	Time	Price
Thu	May 9, 23; Jun 13, 27	10-11am	Free

Ongoing Social Groups/Clubs

Program	Day	Time	Price
Silver Shutterbugs	Mon 3/wk	10:15-11:30am	Free
SASC Roundtable	Wed	9:30-11am	Free
Knitting/Crochet	Wed	12:45-2pm	Free
Art Club	Wed	2-4pm	Free
Woodcarvers	Wed	5:30-7pm	Free
Saline Singers	Thu 2, 4/ wk	10-11am	Free
SAS-C Writers	Thu 1, 3/ wk	10-11:30am	Free
Breakfast Club	Fri	9:30-10:30am	Free
Bookworm Club	Fri 2/ wk	10-11:15am	Free
Matinee Movies	Fri	10am-12:30pm	\$1

SASC Book Club

Many laughs are had with this insightful group.

May - *The Last House on the Street*

Jun - *The Magnificent Lives of Marjorie Post*

Day	Date	Time	Price
Fri	May 10, Jun 14	10-11:15am	Free



Matinee Movies

Watch a movie in our library. Pre-register or drop-in, payable in the office. No movies 5/10, 6/14.

May 3 - *A Good Person* (R)

May 17 - *The Color Purple* (2023, PG-13)

May 24 - *Wonka* (PG)

May 31 - *Priscilla* (R)

Jun 7 - *BlackKkKlansman* (R)

Jun 21 - *Past Lives* (PG-13)

June 28 - *Bohemian Rhapsody* (PG-13)

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

Cards / 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. Thank you to Pharmicare Drugs for providing treats.

Day	Date	Time	Price
Mon	May 20	10-11am	\$2
Mon	Jun 24	10-11am	\$2

Intergen Game Night

Saline High School students come over for Game Nights. Usually the group plays games like Uno, Euchre, and Rummikub.

Day	Date	Time	Price
Mon	May 13	6-7:30pm	Free
Mon	Jun 17	5-7pm	Free

Trivia Time Quizmaster: Mark Sockness

Mark is back to quiz you on a variety of fun topics.

Day	Date	Time	Price
Mon	May 13, Jun 10	5-6pm	Free

Bingo

Each bingo card is \$.25; bring an extra quarter for the Last Number Called. Card selection begins at 12:30pm and game play begins at 1pm. There is a break for snacks and socializing halfway through.

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

Game Room: Billiards & Darts

We will be updating the Game Room schedule weekly. If you are registered for Billiards, we will email this 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.

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

Ongoing Cards & Games

Program	Day/Week	Time
Pinochle	Mon, Wed, Thu	12:30-3pm
Adv. Euchre	Mon	5:30-7:45pm
Euchre	Tue	12:30-3:30pm
Bridge	Tue	12-3:30pm
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
Pepper	Wed/ 4 wk.	5:30-7:45pm
Bridge	Thu	12-3:30pm
Rummikub	Thu	1-3pm
Scrabble	Thu	1-3:45pm
Samba	Fri	12:30-3:30pm
Bingo	Fri	1-3pm

Volunteer Spotlight: Paul & Sue Staley



2024 marks Paul's 20th anniversary delivering Meals on Wheels in Saline. After retiring from Ford, Paul wondered what he could do to occupy his time. He came up to SASC to inquire about Meals on Wheels, as we were in need of drivers.

During the pandemic, Sue began helping Paul with deliveries and has been driving since. Sue enjoys delivering to Mill Pond Manor, where she chats with the clients.

Paul and Sue have been married for over 50 years with two daughters and two granddaughters. They found adventure through camping throughout the US, Canada, and even Alaska, where they spent several months in the wilderness.

Meals on Wheels volunteers are such an important part of the Saline community. Thank you for your years of service!

SASC Info / MOW / Medicare

Medicare Appointments Counselor: Donna DiFranco, MMAP

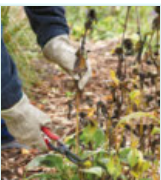
Do you have Questions about Medicare/ Medicaid? You can meet with a counselor to Get answers and help find a plan that is right for you. To make an appointment, call the SASC office and we will have Donna, our MMAP Counselor, schedule a free, personal appointment to review any of the following:

- 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.

Pen Pal Meet Up

Are you a pen pal with a third grader from Woodland Meadows Elementary? Mark your calendar for Monday, June 3 at 11:30am for our annual Meet Up! Please plan to bring small gift, handmade or under \$5, and if you have a lawn chair. We will meet at the pavilion between the two elementary schools on Woodland Dr. Please RSVP for this event to Megan at kenyonm@salineschools.org.



If you can spare a few hours this spring to help clean up our garden areas, contact Kathy Adamson, adamsonk@salineschools.org or 734-429-9274.

Saline Meals on Wheels



Meals on Wheels (MOW) is a service provided as a joint venture by SASC administrative aspect) and the Saline Evangelical Home (meal preparation). The purpose of this program is to support elderly, ill, and/or handicapped **homebound** Saline 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). The meals are delivered by a core group of dedicated drivers. If you would like to be a volunteer or sub driver, please call Kathy Adamson at 734.429.9274.

SASC Laptops and iPads

Check out a laptop or iPad at the front desk for use while at SASC. All have Wi-Fi capabilities. Ask staff for assistance getting started.

Wish List / Seeking Donations

If you would like to donate, SASC is in need of:

- Reams of 8.5 x 11" copy paper
- Paper towel
- Bag & Jewelry Sale items

THANK YOU!

- Copy paper from the Domeiers
- Paper towel from Jeanne Hess
- Coffee from Cheryl Kroeger, Victoria Harold-Carter, the Lamberts, Carolyn Melbourne, and Rita McMahon
- Hot chocolate from the Beneventos
- Paper towel and coffee from the Carters
- Placemats from students from Harvest
- Elementary Kindness Squad for Meals on Wheels clients.
- Mirror from Cheryl Kroeger

Legacy / Registration / Transportation

Saline Area Senior Center Legacy Program



What kind of legacy will you leave? How would you like to give back?

You can create a legacy here at SASC starting today or you can wait to 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, you will be recognized with an engraved nameplate in the SASC hallway under the respective level. Donations are tracked and upon reaching a higher plateau, your nameplate will be moved to the proper location on the legacy wall. You will receive a tax deductible receipt for your donation.

CARES Recreation Millage - SASC Funding



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 the Saline Area Senior Center (25%), General Recreation/Community Education (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 \$215,000 annually, which accounts for nearly 65% of SASC Funding annually. Other funding sources for SASC include membership revenue, program revenue, trip revenue, donations, grants, bank interest, rentals, misc. items, and the SASC Fund Balance.

Cancellation Policies

- All cancellation requests must be made to a SASC Team Member.
- If cancellation occurs after the registration deadline, no refund will be issued.
- If a cancellation occurs before the deadline, a credit can be applied to your account for use towards another program in the current fiscal year (by June 30).
- Some programs, events, trips and theatre / baseball tickets, are non-refundable.
- Programs will not be prorated due to missed dates on the participant's behalf.
- An effort will be made to schedule a make-up date if a program is cancelled due to any causes beyond our control. If this is not possible, no partial refund will be provided.

Registration Notes

- Registration for all programs is on a first come, first serve basis.
- The registration deadline for each program is one week prior to the date the program begins, unless otherwise noted.
- Any program/trip that does not meet minimum enrollment may be cancelled. Non-member guests incur an additional \$5 charge for all programs.
- **Scholarships** for SASC membership and some programs are available for individuals who are at or under 180% of the National Poverty Guideline. Qualifying applicants must be Saline residents and submit income information alongside the application, available at SASC or on our website.

Affordable Transportation

Feonix is no operating in the same capacity. Try these options currently:

People's Express: Call **877-214-6073** between 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 the Saline High School. Trips leaving the City are priced per-mile.

JFS: Jewish Family Services provides low-cost transportation for older adults (age 60+) and people with disabilities to medical appts., grocery stores, errands, etc. Call JFS at **734-769-0209** Mon-Thu, 9am-5pm and Fri, 9am-3pm to schedule.

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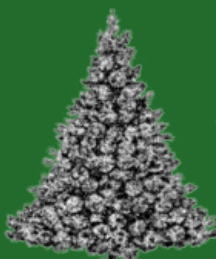
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SASC Information

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lewisa@salineschools.org
PROGRAM COORDINATOR: Megan Kenyon
kenyonm@salineschools.org
MEALS ON WHEELS/DESK: Kathy Adamson
adamsonk@salineschools.org

2024 SASC Membership Rates

\$15 Saline Area School District Resident 50+
\$25 Non-Saline Resident*
\$10 All People Over Age 80
\$35 SIT Membership SAS District Resident
\$45 SIT Membership Non-Resident (45-49)

*Annual memberships are for the calendar year, Jan-Dec. Fitness memberships are available monthly or for one year from the day you register.

Contact Information

Phone: 734-429-9274
Fax: 734-429-1079
www.salineseniors.org

Center Hours*

Mon, Wed	8am - 8pm
Tue, Thu, Fri	8am - 4pm

*SASC closed on Monday, May 27, 2024



Saline Area Senior Center
7190 N. Maple
Saline, MI 48176

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SASC MISSION STATEMENT

The mission of the Saline Area Senior Council, Inc. (SASC) is to enrich the lives of senior citizens through programs and activities that will be beneficial in promoting good health, education, referral services, community outreach and social programs.