



SASC

Newsletter

May / June
2021



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

SASC Notes

Class and Programs: Covid-19 numbers are high in Michigan currently but we hope to see a downward trend soon. We hope to begin some outdoor programming for a few classes (socially distanced and with masks), mid-May. Changes may occur based on various factors but we hope to move in a positive direction soon! Begin registering now so you can save your spot. Some programs will be held virtually as well, should you decide to take them from home.

SASC Office

Washtenaw County is still in Phase 4 of the Governor's Safe Start Plan. While our programs are virtual currently, the office is open daily. Should you need to renew your membership or register in person, please call or email to set up an appointment.

Vaccinations

For detailed information on the Covid-19 vaccinations, see page 3. Jensen's Pharmacy will be hosting a vaccine clinic at SASC April 18 and 20, hopefully with more to follow.

Annual Picnic

Mark your calendar the Annual Picnic, July 21, at Mill Pond Park. If Covid-19 numbers and guidelines allow, we will have the caricature artist and a boxed lunch available. Maximum of 50 people due to Covid-19. Register by July 14.

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On the Cover: Saline Rotary Club members, Jim Datson and Bob Comfort deliver Meals on Wheels (MOW). The MOW program has run uninterrupted during the past year due to the commitment of our volunteers.

2021 SASC MEMBERSHIP

Continue your support of SASC and become a member in order to take part in the many FREE program offerings at SASC and more. You do not have to be a member for paid classes, but there is an additional fee of \$5 per program for non-members. Members will continue to stay connected and receive newsletters (by mail or email, depending on residency) and weekly updates through our email list.

Membership can be completed online for the calendar year. Visit www.salineseniors.org and 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 sees and approves your request, you will receive an email to proceed.

A signed waiver of liability is required to be a member / participate, which you can complete electronically. You will also review the photo release information electronically, this portion is optional.

Annual Membership, Jan-Dec 2021

\$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)

TECHNOLOGY ASSISTANCE WITH SASC STAFF

If you need basic cell phone help with apps, texting, and photos, contact SASC for a 30 minute appointment. We can also help with basic tablet / iPad and laptop issues. \$5

Contact Us

To contact us, send us an email from our website contact link <https://www.salineseniors.org/staff> or leave a message on our voice mailbox, 734.429.9274. You can also visit our Facebook page <https://www.facebook.com/salineseniors/> for updates moving forward and other resources.



Visit our website at
www.salineseniors.org



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

Updates

CLASS TYPES: Be sure to note if your class is **virtual** (online), **hybrid** (outside on our patio/inside Great Room with the doors open, with masks or online if you choose) or **in-person** (only in person). If your class is on our patio, you will need to fill out a COVID-19 form each time you attend. Masks are required. Once you register, you will receive details 1-2 days before your program begins. Internet access and an email address are required for virtual / online programs. **With Covid data changing, in-person classes are subject to change.**

Sign up via the registration tab on our website, www.salineseniors.org. **First**, create an online account if you don't have one. **Second**, the account will be approved shortly by a staff person. **Third**, register and pay for your class online. Before the class begins, you will receive an email with directions on how to join your classes. Staff can assist you if needed, just email us. If you cannot register online, please contact SASC for an appointment for in-person registration at 734.429.9274.

COVID-19 VACCINE CLINICS / INFO

SASC is partnering with Jensen's Pharmacy for two Covid-19 Vaccine Clinics, totaling 200 vaccines. Clinics will take place on **Sunday, April 18, 9am-1pm** and **Tuesday, April 20, 12-4pm**. Vaccine is Moderna, second shots will be May 16 and 28.

Please schedule through Jensen's Pharmacy via **jensenscommunitypharmacy.com** or call SASC if you do not have computer access. At the time your first appointment is made, you will receive your second appointment. We are excited to partner with Jensen's to offer our community this service and protection against Covid-19.

We hope to offer future clinics as well via this partnership. More details will be forthcoming.

For more information about vaccine distribution, please visit **<https://www.washtenaw.org/1129/Health-Department>**, 734.544.6700. Vaccines are available through various sources.

SASC BOARD NOMINATIONS

From May 19-28, if you would like to submit your name for one of the following Board Positions, please contact Nancy Cowan at [cowann@salineschools.org](mailto:cowan@salineschools.org) or 734.429.9274.

Being on the Board is a time commitment. Board Meetings take place the second Monday of the month at 9am, and General Membership Meetings were the third Wednesday of each month at 11:30am, currently on hold. In addition, there is some time spent outside of the meetings on various items. The term will be from August 2021 to July of 2023, a two year term. Incumbent President Lucy Crossey can run for one more term if she desires. Incumbent Treasurer Bill Nicholls has served his term limit and is unable to run again for his position. We graciously thank Bill for his time and dedication to SASC!

The following positions and a brief description of their roles follows:

***President:** Shall convene and conduct the meetings of all Board of Directors and the general membership meetings. Basic computer knowledge and email usage is helpful, as that is how most communications take place.

***Treasurer:** Is responsible for the collection and distribution of funds. This person is also responsible for the monthly Treasurer's Report at meetings. Knowledge of general accounting properties, QuickBooks, and computers is necessary.

If there is more than one individual that submits their name for a position, a vote will need to take place, on July 21, which is also the annual picnic.

SAS-C WRITERS' LITERARY MAGAZINE NOW AVAILABLE

SAS-C Writers began publishing their magazine with the Saline High School Writing Center over a year ago. When covid began, production was delayed, but the final product is now finished, thanks to the Digital Media team at the high school. Digital copies are available on our website at **salineseniors.org/programs** or we can print off a copy for you for \$5.

Fitness

ZUMBA GOLD Instructor: Jerry Powell



Give Zumba Gold a try to see if it is for you! This is a modified version of the original Zumba, but with low intensity moves. The choreography is simplified so it is perfect if you are new to aerobic exercise. The important part is just to keep moving and having fun. Jerry is an experienced instructor that really knows how to keep the class engaging. The focus is on balance, flexibility, muscular conditioning, cardiovascular health, and coordination. The benefits of enjoying this workout will have you looking forward to more. **Virtual**

Day	Date	Time	Price
Mon	Apr 19-May 24	12-1pm	\$30

DRUMS ALIVE Instructor: Jerry Powell

Drums Alive is back and will be held outdoors! Join Jerry and her positive energy for class on the tennis courts near SASC. Connect to your inner rhythm by combining drumming, music, and movement. Express yourself, release stress, sing, and enjoy a sense of community. All equipment for this class, which can be done seated or standing, is provided. Please stop in at the front doors to check in and pick up your ball before heading to the tennis courts. No class Jul 5. **In-person**

Day	Date	Time	Price
Mon	Jun 14-Jul 26	9:45am-10:45am	\$30

ADAPTIVE HATHA YOGA Instructor: Patty Hart

Find your Zen online through the benefits of Yoga. These are the same classes you know and love with Patty, but in the comfort of your home. Poses are practiced standing, with the aid of a chair, and on the floor. The modified poses accommodate the needs of most students. You will need a yoga mat, a blanket or towel, and two yoga blocks. Students of all experience levels are welcome, new and returning students. **Virtual**

Day	Date	Time	Price
Mon	Apr 26-May 24	1-2:30pm	\$35
Mon	Jun 7-Jul 5	1-2:30pm	\$35

BALANCE STRONG Instructor: Amy Leighton

Want to feel strong and confident on your feet? By focusing on core strength and recognizing your imbalances you can! This class will focus on improving balance with strength exercises and flexibility that are core focused. Multiple levels are available for every exercise. Movements occur seated and / or standing with a chair nearby. **Hybrid**

Day	Date	Time	Price
Tue	May 11-Jun 8	10-11am	\$25
Thu	May 13-Jun 10	10-11am	\$25



SENIORS ON STRENGTH Instructor: Shane Foster

This total-body workout is appropriate for all fitness levels. You will increase your flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. This class is full of low-impact, high quality exercises that can easily be modified by Shane if needed. Please have your hand weights ready. **Virtual or in-person, TBA**

Day	Date	Time	Price
Tue	May 18-Jun 22	TBA	\$30
Thu	May 20-Jun 24	TBA	\$30

EDGE OF YOUR CHAIR YOGA Instructor: Jo Ann Yates

Practice sitting in a chair or standing using a chair for support. This workout is suitable for all fitness levels and is great if you only have a small space in which to exercise. Meditation, breath work, and relaxation are explored in class. You will need two chairs and some water to sip on. **Hybrid**

Day	Date	Time	Price
Wed	May 12-Jun 16	12-1pm	\$30

Pickleball / Walking / Wellness

OUTDOOR WALKING YOGA WITH JO Instructor: Jo Ann Yates

Shake off the dust and take in some fresh air with Jo Ann and friends. You will learn to warm up properly, center yourself, and be present in the moment. You will be led through standing stretches, stepping with the breath, and walk with relaxing thoughts. Wear comfortable clothes and proper fitting shoes, and bring a strap or tie. Meet at the Senior Center. We will walk to the path by the library, stretch and then continue on. Each class teaches you to leave past regrets behind while bringing in new helpful thoughts by the close of your time together. Learn what Namaste really means in this safe, outdoor activity. Masks are required. **In-person**

Day	Date	Time	Price
Wed	May 12-Jun 16	3-4pm	\$30

PICKLEBALL GYM AT LIBERTY SCHOOL 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, as more experienced players will provide instruction.

The drop-in fee is \$3 for SASC members and \$5 for non-members. **Masks are mandatory at all times.**

Stay tuned for news when we will move play to outdoors.

There are strict Covid-19 protocols that must be followed for your safety, as well as an online Covid-19 waiver to be filled out each time before you enter the school building. Please contact Andrea Lewis to receive the instructions and waiver link at via email at lewisa@salineschools.org.

Thank you to our dedicated volunteers that make this program possible: Dean Avery, Paul Backlas, Jim McLean, Dennis Merrick, and Earl Roehm. **In-person**

Day	Date	Time	Price
Mon/Wed	Ongoing	3:15-4:45pm	\$3M/\$5NM

SENIOR STRIDERS OUTDOOR WALKING



Our outdoor walking program will start again in May. Enjoy the great outdoors while meeting up with friends you may not have seen in a year. An SASC staff member will meet you at various locations and accompany you on a 1-2 mile walk. Choose a distance and set your own pace. Visit our website or call the office to register for this event. You will receive the schedule of departure locations a week before the first walk. Walks will be cancelled if there is inclement weather. Masks are required. **In-person**

Day	Date	Time	Price
Thu	May 13-Jun 24	9-10am	Free

HEALTHY LIVING FOR YOUR BRAIN & BODY Presenter: Michelle Phalan, Alzheimer's Association

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. **Virtual**

Day	Date	Time	Price
Mon	May 17	4-5pm	Free

MINDFULNESS MEDITATION Instructor: Barbaranne Branca, PhD ABN

The purpose of this course is to teach you how to set up and sustain your own meditation practice. You can choose to do this in person on the SASC Patio or virtually at home. Bring items to make you comfortable, such as a lumbar pillow, a sweater or blanket, water, and a journal. **Hybrid**

Day	Date	Time	Price
Wed	May 19-Jun 23	1:15-2:15pm	\$30

Lifelong Learning / Creative Opportunities

VIRTUAL COOKING Host: StoryPoint Chefs

Pick up an ingredient kit from SASC (dates listed below), then view a video tutorial at your leisure on how to prepare the recipe, learning new skills and cooking tips along the way.

Virtual

May - Duck Cassoulet

June - Herb Crusted Pork Chops with Honey Bourbon Pears

Day	Date	Time	Price
Thu	May 20	1-3pm	\$10
Thu	Jun 17	1-3pm	\$10

SPANISH Instructor: Beatriz Lara

In this basic Spanish class, you can expect to learn how to greet and introduce yourself, how to shop, how to describe your relatives, and more. Brush up on your Spanish skills or learn a new language. **Virtual**

Day	Date	Time	Price
Tue	May 25-Jun 29	2:30-3:30pm	\$42

MEMOIR WRITING NEW Instructor: Teri Kollath, SASC Member

What's your story? In just six sessions, you'll walk through the considerations for writing your story using the simple (who, what, when, where, why, and how), surefire way to investigate your most important topic - YOU! In this course, writing is optional. For the first session please bring something from your early childhood, a photo, an object, or even a memory. **In-person**

Day	Date	Time	Price
Tue	Jun 1-Jul 6	2-3:30pm	\$24

BRAIN BREAK KIT

It's imperative we keep our brains busy and working during this time. Pick up a Brain Break kit created and printed at SASC. There is one available for each month. The kit includes puzzles, a treat, and coloring pages. **\$5 per kit.** Contact SASC to schedule a pick up day and time.

MAKING DECISIONS ABOUT AN ASSISTED LIVING RESIDENCE Presenter: Justine Bykowski NEW

When searching for an assisted living care residence there are many factors to consider. Join Justine for an in-depth discussion and learn how assisted living is defined, where to find state regulations and violations, and more.

Virtual

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

WATERCOLORS Instructor: Katherine Downie



Katherine makes watercolor painting so easy! You will receive a stencil in an email or in class, which you can trace on your watercolor paper, then learn mixing techniques and color theory along the way. Take Watercolors online or in person, your choice. The class may move completely virtual if we cannot meet in person due to Covid. Contact SASC for a supply list; Inexpensive kits can be purchased at Michaels or Amazon. **May is virtual, June is hybrid.**

May - Food

Jun - Scenes from Meijer Gardens

Day	Date	Time	Price
Thu	May 6-27	11:30am-1:30pm	\$44
Thu	Jun 3-24	11:30am-1:30pm	\$44

CANVAS AND COOKIES Instructor: Katherine Downie



Complete a painting step by step via Zoom or in person. You will learn a bit about the process while painting, with tips on composition, color use, and the elements and principles of art as you go through each step. Supplies provided. If you choose the virtual option, you'll pick up a kit at SASC the week of class, included are one of Linda's famous chocolate chip cookies. Contact SASC to select a pick up day and time. **May is virtual, June is Hybrid.**

May - Sunny Scene

Jun - Flowers

Day	Date	Time	Price
Fri	May 14	1-3pm	\$25
Fri	Jun 11	1-3pm	\$25

Creative Opportunities

Please contact Megan at kennyonm@salineschools.org for the supply lists for art classes.

DRAWING II: LEARNING TO DRAW ENDANGERED ANIMALS

Instructor: Kaili Dence



In this four week class we will learn how to draw some of the most endangered animals in the world by building upon basic forms to render a realistic drawing. We will observe the fine

details of the animal's external structure, coloring and other unique characteristics. Prior drawing experience is helpful but beginners are welcome. All you need is a pencil and paper to bring these majestic creatures to life! Materials needed: pencil and paper. **Hybrid**

Day	Date	Time	Price
Tue	May 25-Jun 15	10-11am	\$44

BEADING: LEATHER WRAP BRACELET

Instructor: Barbaranne Branca,
PhD, ABN, CZT



Wrap bracelets are fun and relatively easy to make, no experience necessary! Supplies can be purchased at Bead Alley in Saline and Stony Creek Bead in Ypsilanti. Contact SASC for the shopping list. **In-person**

Day	Date	Time	Price
Wed	May 26	2:30-4:30pm	\$25

ZENTANGLE

Instructor: Barbaranne Branca,
PhD, ABN, CZT



The Zentangle Method is an easy-to-learn, meditative, calming, and fun way to create beautiful images by drawing structured patterns, also called tangles. You'll create tangles with combinations of dots, lines, simple curves, S-curves, and orbs. People practicing Zentangle have found that it has increased self-confidence, relieved stress and anxiety, improved eye-hand coordination, and nurtured creativity. You can purchase a kit which includes two Micron pens, a spiral book, graphite pencils, and a tortillon for an additional \$20 from SASC or request the shopping list to purchase on your own through Amazon or craft stores. **In-person**

Day	Date	Time	Price
Wed	Jun 2-23	2:30-3:30pm	\$44

SPRING FLORAL ARRANGEMENT MINI WORKSHOP

Instructor: Beth Foley



In this mini workshop from Bella Terra Flower Farm, learn the basics of floral arranging and create your own arrangement to take home! Materials are included. Available flowers may include ranunculus, peonies, anemones, cosmos, gomphrena, orlaya, bells of Ireland, and snapdragons. **In-person**

Day	Date	Time	Price
Mon	Jun 7	10-11am	\$30



BEGINNING UKULELE

Instructor: Mary Bigler

The best deal in town! This class is designed for the beginning ukulele player or those who may need to brush up on their skills. No musical background is needed to take this class. You will learn strum patterns and chords. Expect to learn 6 to 8 songs each week, including Let it Be, King of the Road, and Hallelujah. A ukulele and tuner are needed; inexpensive ones can easily be found online or local music stores. **In-person**

Day	Date	Time	Price
Tue	Jun 8-Jul 13	11am-12pm	\$72

ERIC CARLE STYLE ART

Instructor: Katherine Downie

Create your very own piece inspired by the art of Eric Carle. Katherine will show you the techniques using paint, tissue paper, and layering. Materials provided. **In-person**

Day	Date	Time	Price
Wed	Jun 16	10am-12pm	\$25

May

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Movie Monday: <i>Into the Woods</i> 1-3pm</p> <p>Pickleball ongoing 3:15-4:45pm</p> <p>Trivia with High Five Club 6-7pm</p>	<p>4</p> <p>Trivia ongoing 1-2pm</p>	<p>5</p> <p>Pickleball ongoing 3:15-4:45pm</p>	<p>6</p> <p>Watercolors begins 11:30am-1:30pm</p>	<p>7</p> <p>Bingo ongoing 11:30am-12:30pm</p>
<p>10</p> <p>Crafty Corner 11am-12pm</p> <p>Movie Monday: <i>Hello Dolly!</i> 1-3pm</p>	<p>11</p> <p>Balance Strong begins 10-11am</p>	<p>12</p> <p>Brain Games 11:30am-12:15pm</p> <p>Edge of Your Chair Yoga 12-1pm</p> <p>Medicare 101 1-2pm</p> <p>Outdoor Walking Yoga begins 3-4pm</p>	<p>13</p> <p>Senior Striders Outdoor Walking begins 9-10am</p> <p>Balance Strong begins 10-11am</p> <p>Transportation Simplified: The Ride @50+ Program 1-2pm</p>	<p>14</p> <p>Bookworm Club: <i>The Girl from Venice</i> 10-11:15am</p> <p>Canvas and Cookies 1-3pm</p>
<p>17</p> <p>Movie Monday: <i>The Dressmaker</i> 1-3pm</p> <p>Healthy Living for Your Brain and Body 4-5pm</p> <p>Trivia with High Five Club 6-7pm</p>	<p>18</p> <p>Seniors on Strength begins Time TBA</p>	<p>19</p> <p>Travelogue: Iberia & Viking Saga 1-3:30pm</p> <p>Mindfulness Meditation begins 1:15-2:15pm</p>	<p>20</p> <p>Seniors on Strength begins Time TBA</p> <p>Virtual Cooking pickup 1-3pm</p>	<p>21</p>
<p>24</p> <p>Crafty Corner 11am-12pm</p> <p>Movie Monday: <i>Doolittle</i> 1-3pm</p>	<p>25</p> <p>Drawing II: Endangered Animals begins 10-11am</p> <p>Spanish begins 2:30-3:30pm</p>	<p>26</p> <p>Beading: Leather Wrap Bracelet 2:30-4:30pm</p>	<p>27</p>	<p>28</p>
<p>31</p> <p>SASC Office Closed Memorial Day</p> 				

June

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Memoir Writing begins 2-3:30pm	2 Zentangle begins 2:30-3:30pm	3 Watercolors begins 11:30am-1:30pm	4
7 Spring Floral Arrangement Mini Workshop 10-11am Adaptive Hatha Yoga begins 1-2:30pm Movie Monday: <i>Big</i> 1-3pm	8 Ukulele begins 11am-12pm	9 Brain Games 11:30am-12:15pm Extra Help and Medicare Savings 1-2pm	10	11 Bookworm Club: <i>Mrs. Everything</i> 10-11:15am Canvas and Cookies 1-3pm
14 Drums Alive begins 9:45-10:45am Crafty Corner 11am-12pm Movie Monday: <i>To the Bone</i> 1-3pm	15 Making Decisions About an Assisted Living Residence 11am-12pm Meet the Saline DEI Taskforce 1:30-2:30pm	16 Eric Carle Style Art 10am-12pm	17 Virtual Cooking pickup 1-3pm	18
21 Movie Monday: <i>Yes Day</i> 1-3pm	22	23	24	25
28 Crafty Corner 11am-12pm Movie Monday: <i>Audrey</i> (documentary) 1-3pm	29	30		

Hybrid: blue Virtual: pink In-person: green

Social Programs

TRIVIA

Host: Megan Kenyon & Brittany Ruthven

Tuesday Trivia is held with the Ann Arbor Senior Center. The High Five Club will continue Trivia with SASC on Monday evenings. Prizes kindly provided by Heartland. **Virtual**

Day	Date	Time	Price
Mon	May 3, 17	6-7pm	Free
Tue	May 4-Jun 22	1-2pm	Free

CRAFTY CORNER

Facilitator: Jennie Haigh and Megan Kenyon



Log onto Zoom the 2nd and 4th Monday with your own project and chat with the group. All crafters are welcome: Knitting, crocheting, cross-stitching, paper crafting, painting - you name it! **Virtual**

Day	Date	Time	Price
Mon	May 10, 24; Jun 14, 28	11am-12pm	Free

MOVIE MONDAY

Log onto Zoom and view a movie from a streaming service. No movie on May 31 due to Memorial Day. **Virtual**

- May 3 - *Into the Woods* (2014)
- May 10 - *Hello Dolly!* (1969)
- May 17 - *The Dressmaker* (2015)
- May 24 - *Dolittle* (2020)
- Jun 7 - *Big* (1988)
- Jun 14 - *To the Bone* (2017)
- Jun 21 - *Yes Day* (2021)

Day	Date	Time	Price
Mon	May 3-Jun 28	1-3pm	Free

BRAIN GAMES

Facilitator: Megan Kenyon

Join Megan fun brain games that will stimulate your mind and keep your brain active. Bring paper and something to write with. **Virtual**

Day	Date	Time	Price
Wed	May 12; Jun 9	11:30am-12:15pm	Free

TRAVELOGUE: IBERIA & VIKING SAGA

Presenter: George Jabol

Join us as George Jabol presents a slideshow of his May 2015 trip to destinations along the Atlantic / shores of Europe, including England, France, Spain, Gibraltar, and Norway. **Virtual**

Day	Date	Time	Price
Wed	May 19	1-3:30pm	Free

BOOKWORM CLUB

The Bookworm Club is being held via Zoom and on our patio, weather permitting. Anyone is welcome to join. **Hybrid**

May - *The Girl from Venice*, Martin Cruz Smith

Jun - *Mrs. Everything*, Jennifer Weiner

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

BINGO

Host: Megan Kenyon

Join us on Fridays via Zoom for Virtual Bingo. Contact Megan at kenyonm@salineschools.org for the rules and information. We even "share" the screen so you can see the board / calls. Prizes kindly provided by Heartland. **Virtual**

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

SASC GARDEN PROGRAM



In 2020 SASC received a grant from the Michigan Department of Health and Human Services' Aging and Adult Services Agency in the amount of \$2500 to develop a garden program

on our patio, which has been underutilized in the past. We purchased 3 raised garden beds, soil, seeds, and tools that will help us grow our own food and enable us to develop classes on cooking, nutrition, and horticulture. We'll also provide some SASC grown food on our produce table. If you would like to volunteer your green thumb to help us plant, weed, water, and grow our garden, please contact Andrea by email at lewisa@salineschools.org or calling 734.429.9274.

MOW / In the Community

MEDICARE PROGRAMS Presenter: AAA1b / MMAP

In May, learn the basics of Medicare, including how to enroll, when to enroll, and what each part is. Then in June, join them for the Extra Help and Medicare Savings Program. You'll learn about the available programs to Medicare beneficiaries. The videos will also be available on our website after the programs. **Virtual**

Day	Date	Time	Price
Wed	May 12, Jun 9	1-2pm	Free

TRANSPORTATION SIMPLIFIED THE RIDE @50+ PROGRAM Presenter: Alison Petersen, Feonix Mobility

Alison will discuss this new to Washtenaw County program. Whether you have reliable transportation, or struggle to find a way to your important appointments, you will want to learn more about this option available to you. We can help you find and book local, affordable transportation providers that will take you on your essential trips, like medical appointments and grocery stores - all without driving! Learn how to book a ride via call center, online browser, or app for yourself or someone you care for. You can schedule rides in advanced or in real time, and wheelchair accessible options are available. **Virtual**

Day	Date	Time	Price
Thu	May 13	2-3pm	Free

MEET THE SALINE DEI TASKFORCE Presenter: Kerstin Woodside

Did you know Saline has a DEI Taskforce? DEI stands for **D**iversity, **E**quity, and **I**nclusion. Join Saline community member, Kerstin Woodside in a conversation about what the goals of this taskforce are, and why it is important to the community. Learn about how you can contribute to the diversity, equity, and inclusion of Saline, and how this can have a positive effect on you. **In-person**

Day	Date	Time	Price
Tue	Jun 15	1:30-2:30pm	Free



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 (\$2.50) and optional sack dinner (\$.50) is available. The hot lunch consists of protein, vegetable, potato, salad, dessert, bread/butter, and milk. The optional sack dinner consists of 1/2 sandwich, fruit and cookie. Applications can be filled out or downloaded on the website.

MOW are delivered Mon-Fri, (excluding holidays). The meals are delivered by a core group of dedicated drivers. Our volunteers are taking extra precautions currently, utilizing masks and hand sanitizers. Please contact Kathy Adamson via email at adamsonk@salinesalineschools.org or phone at 734.429.9274, ext. 110. Messages are being checked daily.



The Rotary Club of Saline has been delivering Meals on Wheels every Tuesday since March 2013, They have estimated that in the 8 years the group has delivered about 8,000 meals.

THANK YOU

- Lucy Crossey , Audrey DeWulf, and Gerry Hale for their work on our digital photo project.
- Trudy Goff for gardening.
- Heartland Healthcare-Ann Arbor for Swing into Spring event.
- Saline High School students for their involvement with the Friendly Phone Call Program.
- Saline High School's High Five Club for spring yard clean up.
- StoryPoint for Volunteer Appreciation boxed lunches.

SASC Information

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 MILLAGE PROVIDES OVER HALF OF 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 for 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 around \$215,000 annually, which accounts for a significant portion, nearly 65%, of SASC Funding in our Annual Budget. 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.

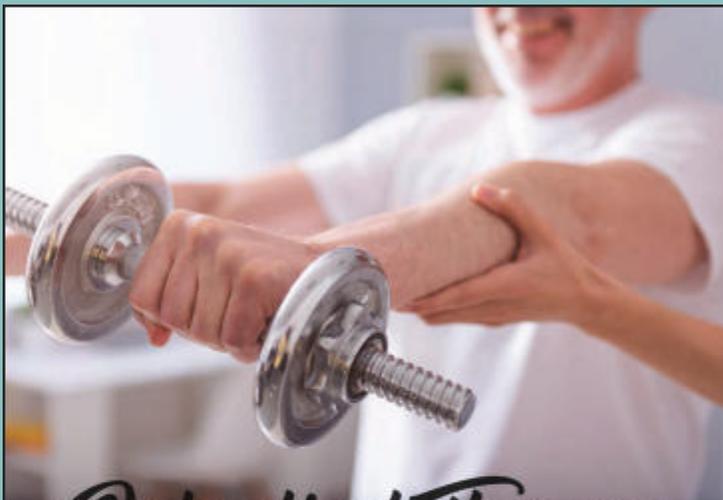
REGISTRATION NOTES

- 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 / trips, overnight trips have an additional \$10 or \$20 charge for extended trips.
- **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.

SASC TVP

The SASC Transportation Voucher Program (TVP) is for rides on the People's Express Bus system (877.214.6073) throughout the Saline area. Medical appointments into Ann Arbor also qualify through this program.

Vouchers, up to \$5 per round trip, are available to those who are not able to drive or do not own a vehicle. Qualifying participants must be Saline residents and submit financial information along with an application, which can be found at the SASC Office or online at salineseniors.org.



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- Speech Therapy



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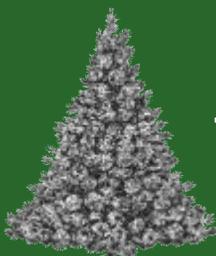
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2021 SASC MEMBERSHIP RATES

\$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)

*Postage for Mailing Newsletters is \$8 per year for non-district residents. No charge if you wish to have the newsletter emailed or pick it up in the office.

CONTACT INFORMATION

Phone: 734.429.9274
Fax: 734.429.1079
www.salineseniors.org

CENTER HOURS

Closed until further notice due to COVID-19.



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.