



SASC

Newsletter

September/October 2023



*Memberships available
for those age 45+*

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

2023 SASC MEMBERSHIPS

Your SASC Membership is the best value in town! If you are 45+, register now for your 2023 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 mailed or emailed newsletters every other month.

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 2023

\$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

Stay fit at SASC! 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 WIFI.

FITNESS MEMBERSHIP RATES

Training Fee: \$10 (waived if you've had a NuStep Training) 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

The upcoming Board meetings are scheduled for **Mon, Sep 18** and **Mon, Oct 16, at 9am.** Board Meetings are typically the third Monday of the month at 9am. Members are always welcome to attend. Meetings are held in person but if you'd like to attend virtually, please notify us and we will send you a link. The General Membership Meeting is Wednesday, October 18 at 11:30am. Please see page 9 for full details.

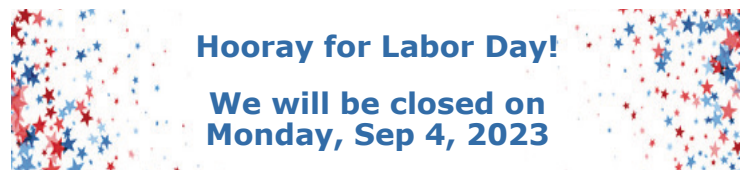


"Like" our page at
www.facebook.com/salineseniors

On the cover: Mary visits the EHM table at last year's Health Fair. EHM is our platinum sponsor again, thank you for your support!

Hooray for Labor Day!

**We will be closed on
Monday, Sep 4, 2023**



SASC Board Nominations / Trips

SASC NOTES

Classes are **in-person** unless otherwise noted as **hybrid**. Hybrid means you can take it online OR in-person, your choice. If hybrid, register and you will receive details 1-2 days before your program begins via email. **Please note classes are live and cannot be made up if missed.**

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.

We are accepting **donations** of new or gently used items for the fall bag and jewelry sale, which will take place on Nov 17-18.

ROAD CONSTRUCTION UPDATE NEAR SASC

Maple Rd. from Michigan Ave. to Saline District Library will be closed due to the City of Saline's Eastbelt project through December. It will be best to access SASC off Thibault Drive from Saline-Ann Arbor Rd for the duration.

NOTE: This construction will impact bussing routes once school resumes on Aug 28. We will see increased traffic and a different traffic flow at drop-off time (before SASC opens) and dismissal time, which will impact SASC and the Middle School from about 2:40-3:10pm on a daily basis. During this timeframe you will see buses parked along the side of the SASC parking lot, near the Middle School, to pick up students after school. The Middle School dismissal time is 2:54pm on full days, 11:20am on half days, and 12:20pm on early release days. Once dismissed, students will walk to the buses in the SASC parking lot area. The buses will then depart from the SASC parking lot area and exit through the bus lot and on to Woodland Dr. **If possible, you will want to avoid leaving or coming to SASC from about 2:45-3:10pm to reduce your chances of sitting in traffic.** We invite you to use our library or join the fitness room if you have a class or program that ends during this time, to extend your stay at SASC and avoid the traffic. Please see our website for further details as we have them, salineseniors.org.

DAY TRIPS

Trips below are in cooperation with Pittsfield Senior Center. Sign up at SASC and your pickup / drop-off will take place at SASC, unless noted otherwise. Pittsfield will also be a stop on our route for each trip. **All trips on charter busses.**

SASC FALL MYSTERY TRIP

Not much can be told about where we're going, but a big part of the fun is NOT knowing! Sit back and relax on our luxury charter bus and enjoy the scenery around you. Your lunch is included but additional drinks or snacks throughout the day will be at your own cost. Moderate walking is involved but you may sit portions out to relax if needed. HINT: This day will be full of culture, art, nature, and all things pretty. Come along to get a taste of this magnificent city. A new clue will be released on the deadline date. Min 30/Max 53.

Deadline: Sep 15 (to reach min)

Day	Date	Time	Price
Fri	Sep 29	8:30am-6pm	\$105

FUNNY GIRL AT FISCHER THEATER

The sensational Broadway revival dazzles with one of the most celebrated musical scores of all time, including classic songs "Don't Rain On My Parade," "I'm the Greatest Star," and "People." This bittersweet comedy is the story of the indomitable Fanny Brice, a girl from the Lower East Side who dreamed of a life on the stage. Everyone told her she'd never be a star, but then something funny happened, she became one of the most beloved performers in history, shining brighter than the brightest lights of Broadway. Bus departs at 12pm, show at 2pm. Min 30/Max 52. **Deadline:** Sep 8

Day	Date	Time	Price
Sun	Oct 1	12pm Depart/6pm Return	\$124

Possible Upcoming Trips:

-The Toledo Zoo and The Nutcracker (in Dec)

*Trips may be added before our next newsletter. Look online or in weekly emails for updates. If you have trips you would like to see, please contact Nancy at 734-429-9274 or cowann@salineschools.org.

New Programs

INTRO TO MIXED MEDIA ART Instructor: Katherine Downie

Mixed Media Art is very therapeutic and fun to “play” with. Check out this free intro class to see how fun it can be to play with your art! See page 14 for the full class offering.

Day	Date	Time	Price
Thu	Sep 7	11:30am-1pm	Free

TIME MATTERS: A WOMAN’S RETIREMENT OUTLOOK LUNCH & LEARN Presenter: Angie Leaser

Financial concerns facing women preparing for or have recently transitioned to retirement will be explored. Discussion will include retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates. Angie will address how to prepare for the unexpected, including market and inflation risks, and the rising costs of health and long-term care. A light lunch will be served.

Day	Date	Time	Price
Fri	Sep 8	11:30am-1pm	Free

QPR-SUICIDE PREVENTION TRAINING Presenter: Noel Koller-Ditto, DNP, RN

Just as people trained in CPR help save thousands of lives each year, **Question, Persuade, and Refer** is 3-simple steps anyone can learn to help save a life from suicide. This training is for anyone 18+ to recognize and refer someone at risk of suicide.

Day	Date	Time	Price
Mon	Sep 25	9-11am	\$12

ALEXANDER HAMILTON: VISIONARY Presenter: Prof Bruce Zellers

Discover Hamilton’s vision of the future USA: He foresaw manufacturing as the key to American independence, economic success, and the driver of innovation.

Day	Date	Time	Price
Wed	Oct 11	10-11am	Free

CEMETERY WALK/TOUR Facilitator: Bob Lane, Saline Historical Society

Last year’s walk and cemetery tour were exciting and interesting! First meet at the Depot Museum where Bob will tour you through Saline’s History. Next, we will walk to Oakwood Cemetery (about 20 minutes) while Bob gives you fun facts on some of Saline’s historical homes. Then, we’ll finish our tour of the cemetery. If you would rather drive, please park along Henry St. at the cemetery.

Day	Date	Time	Price
Thu	Oct 12	9-11am	Free

LEARN EARLY HEART ATTACK CARE Facilitator: Noel Koller-Ditto, DNP, RN

October is National Sudden Cardiac Arrest Awareness Month, a time to be aware of Early Heart Attack Care (EHAC). You will learn to recognize the early signs and symptoms of a heart attack. We want you to become an active bystander so you can save a life, possibly even yours!

Day	Date	Time	Price
Mon	Oct 16	9-11am	\$12

ELDER ABUSE AWARENESS Facilitator: Rachel Dawson-Baglien

Elder abuse can happen anywhere. This training discusses the different types of abuse, signs to be aware of, and actionable steps we can take to prevent elder abuse. You’ll walk away with a general knowledge of potential older adult risk factors and feel secure in referring an older adult to resources if needed.

Day	Date	Time	Price
Mon	Oct 23	1-2pm	Free

WHAT IS DIA DE LOS MUERTOS? Presenter: Saline DEI

Dia de los Muertos, or Day of the Dead, is a traditional Mexican holiday. Come learn how people celebrate this holiday to honor and remember their loved ones.

Day	Date	Time	Price
Mon	Oct 30	11am-12pm	Free

New Programs / 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

Days	Date & Time	Price
Mon, Wed, & Fri	Scheduled when you call	Free

SASC 50/50 RAFFLE FUNDRAISER

Our 7th Annual 50/50 Raffle begins soon. This fundraiser is critical to support SASC and those in need, as funds go towards scholarships for members in need, so they may participate in fee-based programs. Over the years, you have helped us raise over \$10,000 for this purpose.

Three tickets will be mailed to you in early Oct. We ask that you either purchase or sell these tickets. You may also purchase more online at salineseniors.org or at the front desk. The raffle will be held Dec 20 at our General Membership Social/Holiday Party. The winner will receive 50% of the funds we bring in, minus expenses. Runner up prizes include gift cards to Baker's Nook, McPherson Local, Paradise Mexican, and Salt Springs Brewery. If you do not want to purchase or sell your tickets, please return them to the SASC Office.

If you would like to help sell raffle tickets at the Saline Craft Show, Busch's, or the Farmer's Market, please let us know. Thank you for supporting SASC Members.

MEDITATION Facilitator: Joe Palms

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. Classes are open to all - newcomers to meditation, long time meditators, and those looking for group meditation with others.

Classes are \$5 each You may register for as little or as many classes as you'd like. Please register by the Wed before your session. For over 30 years, Joe has studied martial arts and meditation to reestablish his mind-body connection. He facilitates meditation classes with the intent of helping others to train their minds, to benefit themselves and those around them. You are welcome to bring a comfortable cushion and blanket. This program is generously sponsored and facilitated by Jewel Heart Tibetan Buddhist Center. **No session on Oct 5.**

Day	Date	Time	Price
Thu	Ongoing	3-3:50pm	\$5/class



PEN PAL PROGRAM



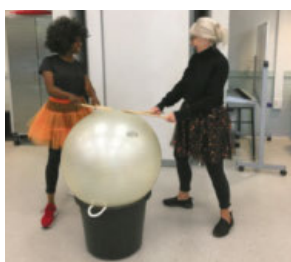
A rewarding intergenerational program with students from Woodland Meadows Elementary, this program involves you being paired up with a 3rd grade student (Mr. Perry's and Ms. Williamson's classes) at random. You will write 5-7 brief letters back and forth, throughout the year. This allows the students to practice their handwriting and both of you to form a new friendship. At the end of the school year, we plan to meet our Pen Pals in person. The program will begin at the end of September; please register by Sep 15 if you are interested. Contact Megan at kenyonm@salineschools.org or 734.429.9274 with any questions.

Fitness

DRUMS ALIVE Instructor: Jerry Powell

Get moving and grooving to start your week! Connect to your inner rhythm, combining drumming, music, and movement. Express yourself, release stress, sing, and enjoy a sense of community. Please remember to bring water.

Day	Date	Time	Price
Mon	Sep 11-Oct 16	10-11am	\$42
Mon	Oct 23-Nov 27	10-11am	\$42



ZUMBA GOLD Instructor: Laurel Larson

Zumba is not as intimidating as you think - just keep moving to the beat! Zumba Gold is a modified Zumba class for active older adults that recreates traditional Zumba moves at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination. Laurel makes time fly with her upbeat music and attitude.

Day	Date	Time	Price
Mon	Sep 11-Oct 9	11:15am-12:15pm	\$35
Mon	Oct 16-Nov 13	11:15am-12:15pm	\$35

BRAIN, BREATH & BEND CHAIR YOGA Instructor: Jo Ann Yates

Practice while sitting in a chair or standing using a chair for support. This workout is suitable for all fitness levels. Meditation, breath work, and relaxation are explored each day. You will use two chairs at SASC. Bring some water to sip on. **No class Sep 4.**

Day	Date	Time	Price
Mon	Aug 28-Sep 25	4:15-5:15pm	\$
Mon	Oct 2-Oct 30	4:15-5:15pm	\$35

FIT FOR LIFE Instructor: Laurel Larson

Start your morning off with this energizing strength class! After a warm up, this class will provide a complete upper and lower body workout using light hand weights (you pick the weight). You will increase your flexibility, strength, joint stability, balance and cardiovascular endurance. A chair is used for standing support, stretching and relaxation exercises. Come, join, and Stay Fit For Life!

Day	Date	Time	Price
Tue	Sep 5-Oct 10	8:45-9:45am	\$42
Tue	Oct 17-Nov 14	8:45-9:45am	\$35
Thu	Sep 7-Oct 12	8:45-9:45am	\$42
Thu	Oct 19-Nov 16	8:45-9:45am	\$35

BALANCE STRONG Instructor: Amy Leighton

This class will focus on core strength and recognizing your imbalances to help you feel strong on your feet. In this class we will focus on improving balance with strength exercises and flexibility that are core focused. This class will be a little more challenging than Balance Strong Beginning.

Day	Date	Time	Price
Tue	Sep 5-Oct 10	10-11am	\$42
Tue	Oct 17-Nov 14	10-11am	\$35

ADAPTIVE HATHA YOGA Instructor: Patty Hart

Find your Zen through the benefits of Yoga. 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 yoga belt, two blankets or towels, and two yoga blocks. Students of all experience levels are welcome. **Hybrid.**

Day	Date	Time	Price
Tue	Sep 5-Oct 3	11:15am-12:45pm	\$45
Tue	Oct 10-Nov 7	11:15am-12:45pm	\$45
Wed	Sep 6-Oct 4	1-2:30pm	\$45
Wed	Oct 11-Nov 8	1-2:30pm	\$45

Fitness / Walking

NOT YOUR MAMA'S CHAIR YOGA Instructor: Jo Ann Yates

This fun Yoga class is taught by instructor Jo Ann Yates. No need to bring your props because we actually use a second chair for comfortable stretching out! We do come out of the chair to do some balancing poses, plus a modified sun salutation. Sun salutation is a series of poses traditionally used to warm up for stretching. You will want your water bottle to stay hydrated during class. Namaste all day!

Day	Date	Time	Price
Wed	Aug 16-Sep 20	4:15-5:15pm	\$42
Wed	Sept 27-Nov 1	4:15-5:15pm	\$42

HULA HOOPING

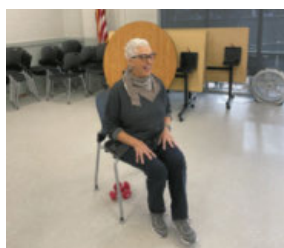
Join this group for an early morning hula hoop workout. SASC has a few hoops to lend. Note that the hoops are much larger than a typical child's hula hoop and easier to keep up.

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

BALANCE STRONG BEGINNING + STRETCH Instructor: Amy Leighton

Want to feel strong and confident on your feet? By focusing on core strength and recognizing your imbalances, you can! In this class we will focus on improving balance with strength exercises and flexibility that are core focused. Multiple levels are available for every exercise. Each class will include a 15 minute relaxing stretch.

Day	Date	Time	Price
Tue	Sep 7-Oct 12	10-11:15am	\$48
Tue	Oct 19-Nov 16	10-11:15am	\$40



**Strong Bones with Carolyn Minnette
will be back in November!**

TAI CHI BEGINNING Instructor: Linda Duvall

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

Day	Date	Time	Price
Wed	Sep 13-Nov 15	10:30-11:30am	\$70

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

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 fall months. The first Thursday of every month, we will depart from SASC. Walks will be cancelled if there is inclement weather. See page 4 for the Oct 12 Cemetery Walk.

Day	Date	Time	Price
Thu	Ongoing	9am	Free

PICKLEBALL TUTOR MACHINE



SASC has been awarded a grant through CARES to purchase a Pickleball Tutor ball machine. It will be used in our clinics and available for rental. Members will be able to rent this machine to improve Pickleball skills and practice against dinks, lobs, serves, drives and ground strokes. The Pickleball Tutor will be available to rent once it has arrived. Contact Andrea Lewis to find out rental rates and more about this new opportunity!

Sports / WCC Emeritus

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, 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
Tue, Thu, Fri	Ongoing	3:30-5pm	\$3, \$5

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? Or are you currently playing Pickleball but want to brush up on the rules and skills to improve your game? 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. Please contact Andrea for more information on an October date.**

Day	Date	Time	Price
Tue	Sep 19	5:30-6:30pm	\$20
TBD	Oct	TBD	\$20

PING-PONG

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

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

WCC CLASSES - IN PERSON

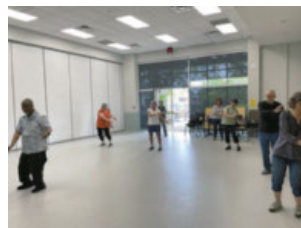
SASC is one of fourteen host sites for classes made available to seniors through the Washtenaw Community College (WCC) Emeritus Program. SASC hosts three exercise classes: Line Dance, Strength Conditioning and Tai Chi. There are three sessions annually - Winter, Spring and Fall, with classes being held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

WCC TAI CHI CONTINUING Instructor: Darryl Mickens

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
Tue	Sep 12-Nov 14	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	Sep 13-Nov 15	9-10am	Free

WCC STRENGTH CONDITIONING Instructor: Michele Williams

Michele designs this class to provide safe, low-impact movement that will improve your strength and cardio fitness. Work at your own pace with modifications provided if needed. **No class Oct 6, Nov 17, Nov 24.**

Day	Date	Time	Price
Fri	Sep 15-Dec 8	10-11am	Free

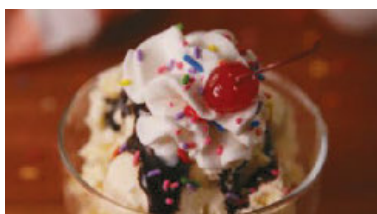
Special Events / Medicare Appts.

ICE CREAM SOCIAL Sponsored by Christina's Sweet Treats & More



Let's close out Summer 2023 with ice cream, all the toppings, and socializing. Please register by Sep 15.

Day	Date	Time	Price
Wed	Sep 20	1-2pm	\$2



SASC HEALTH FAIR

Join us for our 6th Annual Health Fair! UofM ACS Immunization Program will provide enhanced flu shots, and the Washtenaw County Health Department will have Shingles vaccines on-site. **An appointment needs to be made to receive a flu shot and/or a shingles vaccine.** Bring your Medicare or insurance card in order to complete the necessary documents. Vendors will be on hand for you to visit from various healthcare organizations, senior living and skilled care facilities, as well as pharmacies, and therapy centers. Learn hands-only CPR, get your blood pressure checked, and enter in a raffle for the chance to win great prizes! Consider this your one-stop shop to various health organizations. Attend to learn more about local providers in the community, in addition to programs and services available at SASC. Thank you to our generous sponsor EHM Senior Solutions (Platinum).

To make an appointment for a flu shot or shingles vaccine, call SASC on or after Sep 11.

Day	Date	Time	Price
Fri	Oct 6	9am-12pm	Free



MOTOR CITY MUSIC, VOL. 2: AIN'T NO MOUNTAIN HIGH ENOUGH, 1966-1972 Presenter: Patty Hart

By 1966, Berry Gordy's Motown music empire was experiencing its heyday. However, within a year big changes were to take place. These changes introduced new musical directions and artists to Motown, while also exposing the complex tensions simmering below the surface of its success. We'll explore the songs, artists, musicians, and producers who shaped Detroit's "Sound of Young America" in culminating in Motown's historic move to the bright lights of Los Angeles in 1972. Refreshments served. Sponsored by Brookhaven Manor.

Day	Date	Time	Price
Fri	Oct 13	1-3:30pm	\$10



GENERAL MEMBERSHIP SOCIAL



Come for a brief update about the center from the SASC Director, Comm Ed Director, and City of Saline Rep. Then enjoy lunch and socializing with friends, sponsored by Linden Square: Broccoli Cheddar or the Chicken Pot Pie Soup (winner of the People's Choice Best Hearty Meat), salad, roll, and dessert. If space remains after the deadline on Oct 13, a \$2 late fee will be added.

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

RECORDER CONCERT

The SASC Recorder Ensemble has been working hard on new tunes and are excited to perform for the membership. Refreshments served after the performance, courtesy of Beacon Hospice. This event is free, however \$1 donations are appreciated at the event.

Day	Date	Time	Price
Fri	Oct 27	2-3pm	Free

Health and Wellness

FULL BODY MASSAGE

**Sissel Bridges,
Licensed Massage Therapist**

Massage away your aches and worries! Sissel has 23 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.

30 min - \$26 / 45 min - \$38 / 60 min - \$50
Call Sissel at 734.340.3766 to book your appointment today.

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 844-4FootRN (844-436-6876). Note that this service is private pay; Heather will not be billing insurance for this service.

Day	Date	Time	Price
Wed	Sep 13	2-7pm	\$45
Wed	Sep 27	12-4pm	\$45
Wed	Oct 11	2-7pm	\$45
Wed	Oct 25	12-4pm	\$45

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.



REFLEXOLOGY

Loraine Webster, Certified Reflexologist

Reflexology is an alternative medicine involving application of pressure to the feet. Some benefits of reflexology include its ability to stimulate nerve function, increase energy, boost circulation, and induce a deep state of relaxation. Appointments are \$30 for a half hour or \$50 for 50 minutes. Register at the front desk or via phone.

Day	Date	Time	Price
Thu	Sep 14 & 28	9-11am	\$30/\$50
Thu	Oct 12 & 26	9-11am	\$30/\$50

SASC BLOOD DRIVE

To donate at the Versiti Blood Drive, please go to https://donate.michigan.versiti.org/donor/schedules/drive_schedule/150590 to schedule an appointment or call SASC if you need assistance.

Day	Date	Time	Price
Fri	Sep 15	11:30-4pm	Free

MONTHLY BLOOD PRESSURE CHECK Facilitator: Beacon Hospice

Beacon Hospice will be on site the third Wednesday of each month to offer free blood pressure checks. They will bring cards for you to track your blood pressure from month to month. Come every month to help track your health!

Day	Date	Time	Price
Wed	Sep 20 & Oct 18	11am-12pm	Free

QPR-SUICIDE PREVENTION TRAINING Presenter: Noel Koller-Ditto, DNP, RN

Just as people trained in CPR help save thousands of lives each year, **Question, Persuade, and Refer** is 3-simple steps anyone can learn to help save a life from suicide. This training is for anyone (18+) to recognize and refer someone at risk of suicide.



Day	Date	Time	Price
Mon	Sep 25	9-11am	\$12

Health and Wellness

LEARN EARLY HEART ATTACK CARE

Facilitator: Noel Koller-Ditto, DNP, RN

NEW

October is National Sudden Cardiac Arrest Awareness Month, a time to be aware of Early Heart Attack Care (EHAC). You will learn to recognize the early signs and symptoms of a heart attack. We want you to become an active bystander so you can save a life, possibly even yours! Take the EHAC Pledge and promise to spring into action.

Day	Date	Time	Price
Mon	Oct 16	9-11am	\$12

MATTER OF BALANCE

Facilitator: Joseph Keen, Trinity Health

In this evidence-based program, expect to reduce your fear of falling, set goals for increasing activity levels, make small changes to reduce risks at home, and learn ways to exercise to increase strength and balance. This program is open to anyone 60+ who has not taken it previously in 2023.

Day	Date	Time	Price
Tue	Sep 19-Nov 7	9:30-11:30am	Free



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

PELVIC HEALTH DISCUSSION PART 2

Presenter: Jessica Wyen

Join Jessica Wyen of Probility Physical Therapy for a second informational presentation on what you can do to help treat or prevent pelvic floor dysfunction. In this follow up to her March 2023 presentation, this discussion will focus more on exercises and habits you can incorporate into your life to continue to improve your pelvic floor health. Jessica has been a treating pelvic floor physical therapist since 2011 and loves working and helping anyone that wants to receive help. Just bring yourself, listening ears, and maybe a notebook if wanted!

Day	Date	Time	Price
Wed	Oct 4	3:30-4:30pm	Free

CARE MANAGEMENT BY NATALIE CONSULTATION APPOINTMENT

Facilitator: Sarah Camp

A Care Manager is a senior resources 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, and support, education, and future planning. Together with Care Management by Natalie we can help find your right path through the aging process. Call or stop by SASC to schedule a free one hour consultation with Care Management by Natalie.

Day	Date	Time	Price
Mon	Sep 11	12-2pm	Free
Mon	Oct 9	12-2pm	Free

PROBILITY BALANCE ASSESSMENTS

Facilitator: Probility Physical Therapy

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 Probility PT. Your balance will be evaluated and then 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	Sept 8	1-2pm	\$10
Fri	Oct 13	1-2pm	\$10


CARE PLANNING FOR AN AGING LOVED ONE

Presenter: EHM Life Choices

It's essential to familiarize yourself with all the available care options before a crisis happens. It can be overwhelming to figure out where to start. Join us to learn how to create a plan for an aging loved one, what warning signs to look for that care is needed, what local resources are available, and how to advocate for your loved one's needs legally.

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

September 2023

Mon	Tue	Wed	Thu	Fri
				<p>1</p> <p>Breakfast Club ongoing 9:30-10:30am</p> <p>Movie: <i>Tetris</i> 10am-12pm</p> <p>Salt City Ukes ongoing 1-2pm</p> <p>End of Summer Bingo 12:30-3pm</p>
<p>4</p> <p>SASC Closed</p> 	<p>5</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong begins 10-11am</p> <p>Yoga begins 11:15am-12:45pm</p>	<p>6</p> <p>School of Rock for Guitar ongoing 10-11am</p> <p>Knitting/Crochet Club ongoing 12:45-2pm</p> <p>Yoga begins 1-2:30pm</p> <p>Open Studio ongoing 6-7:30pm</p>	<p>7</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong Beg. + Stretch begins 10-11:15am</p> <p>SAS-C Writers 10-11:30am</p> <p>Intro to Mixed Media Art 11:30am-1pm</p> <p>Watercolors begins 1:30-3:30pm</p> <p>Meditation ongoing 3-3:50pm</p>	<p>8</p> <p>Bookworm Club: <i>Killers of the Flower Moon</i> 10-11:15am</p> <p>Time Matters: A Woman's Retirement Outlook Lunch & Learn 11:30am-1pm</p> <p>Probability Balance Assessments 1-2pm</p>
<p>11</p> <p>Drums Alive begins 10-11am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Care Management Appts 12-2pm</p> <p>Ceramics: Leaf Plate 1-3pm</p> <p>Recorder Ensemble ongoing 1-2pm</p>	<p>12</p> <p>How to Make Aging in Place a Reality 10-11am</p> <p>Good Grub Lunch Club: Maiz Mexican Cantina 11:30am</p> <p>WCC Tai Chi Cont. begins 1-2pm</p>	<p>13</p> <p>A Day in Frankenmuth Trip 9am-5pm</p> <p>WCC Line Dancing begins 9-10am</p> <p>Tai Chi Beginning begins 10:30-11:30am</p> <p>Amer Mah Jong Lessons begin 10:30-11:30am</p> <p>Foot Care Clinic 2-7pm</p>	<p>14</p> <p>Reflexology 9-11am</p> <p>Senior Striders ongoing 9-10am</p> <p>Saline Singers 10-11am</p> <p>Massage Therapy ongoing 11am-3pm</p> <p>Mixed Media Art begins 11:30am-1pm</p>	<p>15</p> <p>WCC Strength Conditioning begins 10-11am</p> <p>Movie: <i>Ghosted</i> 10am-12:30pm</p> <p>Blood Drive 11:30am-4pm</p> <p>Canvas & Cookies 12-2pm</p>
<p>18</p> <p>Board Meeting 9am</p> <p>Silver Shutterbugs 10:15-11:30am</p> <p>Travelogue: Northern India 1-3:30pm</p> <p>Trivia Time 5-6pm</p> <p>Ping Pong ongoing 2-4pm</p>	<p>19</p> <p>Matter of Balance begins 9:30-11:30am</p> <p>iPhone Photography 101 10am-12pm</p> <p>Medicare Scholars 101 10:30am-12pm</p> <p>Classical Music: Listening & Analyzing begins 1-1:45pm</p> <p>Intergen Crafternoon 1:30-2:30pm</p> <p>Pickleball Clinic 5:30-6:30pm</p>	<p>20</p> <p>SASC Roundtable ongoing 9:30-11am</p> <p>Blood Pressure Checks 11am-12pm</p> <p>Ice Cream Social 1-2pm</p>	<p>21</p> <p>SAS-C Writers 10-11:30am</p> <p>Tai Chi Practice ongoing 11:30am-12:30pm</p> <p>Ping Pong ongoing 1:30-3:30pm</p>	<p>22</p> <p>Movie: <i>Are You There God? It's Me Margaret.</i> 10am-12:30pm</p>
<p>25</p> <p>QPR- Suicide Prevention Training 9-11am</p> <p>Brain Games & Breakfast 10-11am</p> <p>Intergen Game Night 6-7:30pm</p>	<p>26</p> <p>iPhone Photography 101 10am-12pm</p>	<p>27</p> <p>Foot Care Clinic 12-4pm</p> <p>Classic Movie Time: <i>Casablanca</i> 2:30-5pm</p> <p>Not Your Mama's Chair Yoga begins 4:15-5:15pm</p>	<p>28</p> <p>Reflexology 9-11am</p> <p>Saline Singers 10-11am</p> <p>Genealogy Club 11:15am-1:15pm</p>	<p>29</p> <p>SASC Fall Mystery Trip 8:30am-6pm</p> <p>Movie: <i>Still: A Michael J. Fox Movie</i> 10am-12:30pm</p> <p>Oct 1: Funny Girl 12-6pm</p>

October 2023

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Android Photography 101 10am-12pm</p> <p>Brain, Breath, & Bend Chair Yoga begins 4:15-5:15pm</p>	<p>3</p> <p>Fall Floral Arrangement 10am-12pm</p> <p>iPhone Photography Q & A 10am-12pm</p> <p>Common Scams That May Target You 1-2:30pm</p>	<p>4</p> <p>Pelvic Health Discussion Pt 2 3:30-4:30pm</p>	<p>5</p> <p>SAS-C Writers 10-11:30am</p> <p>Watercolors begins 1:30-3:30pm</p>	<p>6</p> <p>Health Fair & Flu Shots 9am-12pm</p>
<p>9</p> <p>Android Photography 101 10am-12pm</p> <p>Care Management Appts 12-2pm</p>	<p>10</p> <p>Care Planning for an Aging Loved One 10am</p> <p>Yoga begins 11:15am-12:45pm</p> <p>Pumpkin Carving 1-3pm</p>	<p>11</p> <p>Alexander Hamilton: Visionary 10-11am</p> <p>Yoga begins 1-2:30pm</p> <p>Foot Care Clinic 2-7pm</p>	<p>12</p> <p>Cemetery Walk/Tour 9-11am</p> <p>Reflexology 9-11am</p> <p>Saline Singers 10-11am</p>	<p>13</p> <p>Bookworm Club: <i>Golden Girl</i> 10-11:15am</p> <p>Motor City Music, Vol 2. 1-3pm</p> <p>Probability Balance Assessments 1-2pm</p>
<p>16</p> <p>Board Meeting 9am</p> <p>Learn Early Heart Attack Care 9-11am</p> <p>Silver Shutterbugs 10:15-11:30am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Trivia Time 5-6pm</p>	<p>17</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong begins 10-11am</p> <p>Travelogue: Vietnam & East Asia 10:30am-12pm</p> <p>Intergen Crafternoon 1:30-2:30pm</p>	<p>18</p> <p>Blood Pressure Checks 11am-12pm</p> <p>General Membership Social 11:30am-1pm</p> <p>Classic Movie Time: <i>Night of the Living Dead</i> 2:30-5pm</p> <p>Intergen Game Night 6-7:30pm</p>	<p>19</p> <p>Fit for Life begins 8:45-9:45am</p> <p>SAS-C Writers 10-11:30am</p> <p>Balance Strong Beg. + Stretch begins 10-11:15am</p>	<p>20</p> <p>Movie: <i>Book Club: The Next Chapter</i> 10am-12:30pm</p> <p>Canvas & Cookies 12-2pm</p>
<p>23</p> <p>Drums Alive begins 10-11am</p> <p>Brain Games & Breakfast 10-11am</p> <p>Senior Resource Connect Elder Abuse Awareness 1-2pm</p>	<p>24</p> <p>Tech Savvy Seniors: The Ultimate Smartphone Class 10:30am-12pm</p>	<p>25</p> <p>Good Grub Lunch Club: Metzger's 11:30am</p> <p>Foot Care Clinic 12-4pm</p>	<p>26</p> <p>Reflexology 9-11am</p> <p>Saline Singers 10-11am</p> <p>Genealogy Club 11:15am-1:15pm</p>	<p>27</p> <p>Movie: <i>Jerry & Marge Go Large</i> 10am-12:30pm</p> <p>Recorder Concert 2-3pm</p>
<p>30</p> <p>What is Dia de los Muertos? 11am-12pm</p>	<p>31</p>			

Creative Opportunities

WATERCOLORS

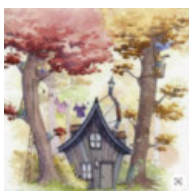
Instructor: Katherine Downie

Katherine makes Watercolors easy to learn. No drawing experience is necessary - you'll trace from a stencil! In each class you will learn about color theory and mixing while working on different projects related to the themes.

Sep - People

Oct - Whimsical Forestscapes

Day	Date	Time	Price
Thu	Sep 7-28	1:30-3:30pm	\$52
Thu	Oct 5-26	1:30-3:30pm	\$52



CERAMICS: LEAF PLATE

Instructor: Jenn Lupton

Create a leaf dish using different textures and glaze colors (approx. 10"). This class is over two days. In the first class you will create the clay pieces and in the second class, you will glaze the bisque pieces. Jenn will fire your piece in her kiln and you can pick it up at SASC when it is done. Materials included. Please register by Sep 5.

Day	Date	Time	Price
Mon	Sep 11, 18	1-3pm	\$56

MIXED MEDIA ART

Instructor: Katherine Downie

Let your inner child free in this class as we explore multimedia projects! We will paint, collage, and do some printmaking to make unique, vibrant pieces. Come to class with some ideas of what you'd like to create (a landscape, an animal, an abstract scene with specific colors?), and we'll make your ideas come to life. All materials included. See page 4 for the free Intro to Mixed Media Art class.

Day	Date	Time	Price
Thu	Sep 14-28	11:30am-1pm	\$39

CANVAS & COOKIES

Instructor: Katherine Downie

Complete a painting step by step. 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. Materials and Linda's famous chocolate chip cookies provided. No experience is necessary in this relaxed class.

Sep - Ain't No Mountain High Enough

Oct - Ain't No River Wide Enough

Day	Date	Time	Price
Fri	Sep 15	12-2pm	\$25
Fri	Oct 20	12-2pm	\$25



SILVER SHUTTERBUGS

This photography group is for you if you want to share your joy of capturing moments and learn about and share new techniques and inspiration. All photography levels and devices are welcome. \$1 drop in.

Day	Date	Time	Price
Mon	Sep 18, Oct 16	10:15-11:30am	\$1

SMARTPHONE PHOTOGRAPHY 101

Instructor: Bill Bradford, SASC Member

Discover how to take incredible photos with your smartphone! In the first class you will learn how to take photos using the different settings and tools. In the second class you will learn how to edit. Please make sure you sign up for the correct class. Android devices include Motorola, Samsung, and Google. Bill has taught smartphone photography at his Florida community for many years during the cold months. He will also be available on Oct 3 for a Q & A session with any other questions for iPhone. Q & A is free for those who have taken the class.

Device	Date	Time	Price
iPhone	Sep 19, 26	10am-12pm	\$5
iPhone Q & A	Oct 3	10am-12pm	Free
Android	Oct 2, 9	10am-12pm	\$5

Creative Opportunities

INTERGEN CRAFTERNOON WITH LIBERTY CLUB

Work with Liberty Club members to create a craft. Liberty Club is a community center-based program to promote continuous learning and social interaction for adults with disabilities.

Day	Date	Time	Price
Tue	Sep 19, Oct 17	1:30-2:30pm	Free

CLASSICAL MUSIC: LISTENING & ANALYZING Instructor: Andrew Kratzat

In this class, we will work on active listening and analyze several movements from Bach's Cello Suite No. 1, a tune you will recognize. Come learn how to appreciate and enjoy classical music.

Day	Date	Time	Price
Tue	Sep 19-Oct 3	12-12:45pm	Free

FALL FLORAL DESIGN Instructor: Carol Torsell

In this class you will learn how to select, prepare, and arrange flowers, using a container and oasis. All materials included. Thank you to Huron Valley PACE for sponsoring the flowers.

Day	Date	Time	Price
Tue	Oct 3	10am-12pm	\$30



Huron Valley PACE

PUMPKIN CARVING Instructor: Tom Jacobson

Tom is an avid Woodcarver here at SASC, and also enjoys carving pumpkins. In this class he will hold a demo and teach you the basics of carving on pumpkin flesh. You will leave the class with a carved pumpkin you created. It is easier than it looks to create these beautiful pumpkins. If you have a set of clay ribbon tools or woodcarving tools, please bring them with you. Materials are included. Register by Oct 6.

Day	Date	Time	Price
Tue	Oct 10	1-3pm	\$30



MOSAICS: HOLIDAY ORNAMENTS Instructor: Carol Torsell

Get creative and have fun! Design your own holiday ornaments (2-3) for yourself or a loved one. You will cover it in vintage china then grout. All materials provided.

Day	Date	Time	Price
Thu	Nov 2	10am-12pm	\$30

OPEN STUDIO

NEW TIME! Sometimes a change of scenery is all you need to access your creativity. Bring your art project and any materials you may need.

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



Some of Katherine's Watercolor students visit member Helen's exhibit at Brewed Awakenings.

WEEKLY INSTRUMENT GROUPS

Learning an instrument or reading music as a senior has been shown to increase grey matter in your brain, even as you age. In our welcoming instrumental groups, more experienced players can show you the basics while working on popular tunes, as well as socializing. Members are at different playing levels. For more information on joining a group, please see the front desk or contact Megan at kenyonm@salineschools.org. Drop in rates are \$1.

Group	Day	Time	Price
Recorder Ensemble	Mon	1-2pm	\$1
School of Rock for Guitar	Wed	10-11am	\$1
Salt City Ukes	Fri	1-2pm	\$1

Lifelong Learning

TECH LESSONS

Do you need basic tech support for your phone, tablet, and/or laptop? Ben Cutler and Lawrence Grover can answer your questions. They are patient and very knowledgeable. Ben is available on Mon/Wed and can work with both Android and Apple products; Lawrence is available Tue/Thu and works with Android products. You must pay upon making your reservation. There are no refunds for missed appointments. Lessons are 45 minutes.

Day	Date	Time	Price
Mon/Wed	Ongoing	2:30-4:45pm	\$5/lesson
Tue/Thu	Ongoing	9:30-11:45am	\$5/lesson

TIME MATTERS: A WOMAN'S RETIREMENT OUTLOOK LUNCH & LEARN

Presenter: Angie Leaser

This educational program shares perspectives on financial concerns facing women who are getting ready or have recently transitioned to retirement. It discusses retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates. It also addresses how to prepare for the unexpected, including market and inflation risks, and the rising costs of health care and long-term care. A light lunch will be served.

Day	Date	Time	Price
Fri	Sep 8	11:30am-1pm	Free

HOW TO MAKE AGING IN PLACE A REALITY

Presenter: EHM Life Choices

Most older adults wish to remain in their homes for as long as possible. Creating a plan can prevent unexpected events from turning into crises that can compromise one's ability to stay at home. Learn about various technology, home modifications, and community resources that can make staying in your home a reality.

Day	Date	Time	Price
Tue	Sep 12	10-11am	Free

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

MEDICARE SCHOLAR 101 EDUCATION SEMINAR

Presenter: Monica Ross-Williams, MBA

Medicare is a program designed for individuals 65 years of age or older, as well as those 18-64 with certain health conditions, that are receiving Social Security Disability Income who might not be aware of the benefits and features they are entitled to with Medicare. Come to learn more about the program and coverage.

Day	Date	Time	Price
Tue	Sep 19	10:30am-12pm	Free

COMMON SCAMS THAT MAY TARGET YOU

Presenter: Monica Ross-Williams, MBA

It seems everyone is attempting to access your personal information. In this discussion, you will learn how to protect your information and data with the best practices to avoid being victimized by financial, social media, tech support, online "marketplaces", Medicare, identity theft, and romance/online dating.

Day	Date	Time	Price
Tue	Oct 3	1-2:30pm	Free

TECH SAVVY SENIORS: THE ULTIMATE SMARTPHONE MASTERCLASS

Presenter: Monica Ross-Williams, MBA

Have you avoided owning a smartphone or are curious how to choose the right one for you? Perhaps you want a mobile phone that does just a bit more than your current one, or are looking to learn more about the smartphone you already own. Come and learn more!

Day	Date	Time	Price
Tue	Oct 24	10:30am-12pm	Free

TRAVELOGUES

Presenters: George Jabol & Mark Sockness

In September enjoy George's travels to Northern India and in October Mark will take you to Vietnam and other East Asian countries. Refreshments served.

Day	Date	Time	Price
Mon	Sep 18	1-3:30pm	Free
Tue	Oct 17	10:30am-12pm	Free

Clubs / Social Groups

GOOD GRUB SOCIAL CLUB

We pick the day, time, and place to gather, eat, and socialize. Simply RSVP and come to the restaurant. All meals will be at our 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.

Day	Date - Location	Time
Tue	Sep 12 - Maiz, 36 E. Cross Street, Ypsilanti, MI 48198	11:30am
Wed	Oct 25 - Metzger's, 305 N. Zeeb, Ann Arbor, MI 48103	11:30am

CLASSIC MOVIE TIME

Facilitator: Eva Benevento



The Golden Age of Hollywood is from the beginning of talkies to the late 1940s, and the Silver Age from 1950 to 1967. Classic films were produced with groundbreaking filmmaking devices, the studio system, and star power that became the stuff of Hollywood magic. Join us as we view a classic film, eat popcorn, and have a discussion afterwards.

Sep - *Casablanca*

Oct - *Night of the Living Dead*

Day	Date	Time	Price
Wed	Sep 27	2:30-5pm	\$2
Wed	Oct 18	2:30-5pm	\$2

GENEALOGY CLUB

Facilitator: Carol Torssell

This club provides the perfect opportunity to work on your personal family genealogies, increase your search strategies, and share your family stories. Carol will answer questions, offer guidance, and present topics of interest.

Day	Date	Time	Price
Thu	Sep 28, Oct 26	11:15am-1:15pm	\$1

BOOKWORM CLUB

Lots of laughs and good discussions are had at each meeting.

Sep - *Killers of the Flower Moon*

Oct - *Golden Girl*

Day	Date	Time	Price
Fri	Sep 8, Oct 13	10-11:15am	Free

ONGOING SOCIAL GROUPS/CLUBS

Program	Day	Time	Price
Silver Shutterbugs	Mon 3/wk	10:15-11:30am	\$1
SASC Roundtable	Wed	9:30-11am	Free
Knitting/Crochet	Wed	12:45-2pm	Free
Open Studio	Wed	6-7:30pm	Free
Woodcarvers	Wed	5:30-7pm	Free
Genealogy Club	Thu 4/wk	11:15am-1:15pm	\$1
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

MATINEE MOVIES

Watch a movie in our library. Pre-register or drop-in, payable in the office.

Sep 1 - *Tetris* (R)

Sep 15 - *Ghosted* (PG-13)

Sep 22 - *Are You There God? It's Me Margaret.* (PG-13)

Sep 29 - *Still: A Michael J. Fox Movie* (R)

Oct 20 - *Book Club: The Next Chapter* (PG-13)

Oct 27 - *Jerry & Marge Go Large* (PG-13)

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

SALINE SCARECROW CONTEST

Join us in creating our scarecrow for the Saline Scarecrow Contest! Leave your name at the front desk if you would like to help create it. We could use your votes! When the voting opens you can vote once per day on their website, <https://www.borerchiro.com/saline-scarecrow-contest.html>. We will send out an email once voting has started, which takes place Oct 14-25. You can vote once per day.



Cards / Games

AMERICAN MAH JONG LESSONS

Instructors: **Debbie Heinold & Cindy Schaefer-Munz**

This game utilized racks to hold each player's tiles, jokers, and "Hands and Rules" score cards, and is similar to Rummy. The first two classes will cover rules and instruction, and the last two classes will involve coaching. If you need a 2023 Mah Jong card, they are \$14, available at nationalmahjongleague.org. Please plan to stay for part of regular game play, which is 11:30am-2pm.

Day	Date	Time	Price
Wed	Sep 13-Oct 4	10:30-11am	\$5

TRIVIA TIME

Quizmaster: **Mark Sockness**

Mark will quiz you on various topics. Please make sure to register in advance. Candy prizes provided by **St. Joe Village**.

Day	Date	Time	Price
Mon	Sep 18, Oct 16	5-6pm	Free

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. Treats provided by **Promedica**.

Day	Date	Time	Price
Mon	Sep 25	10-11am	\$2
Mon	Oct 23	10-11am	\$2

INTERGEN GAME NIGHTS

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

Day	Date	Time	Price
Mon/ Wed	Sep 25, Oct 18	6-7:30pm	Free

ONGOING CARDS AND GAMES

Program	Day/Week	Time
Pinochle	Mon, Wed	12:30-3pm
Adv. Euchre	Mon	5:30-7:45pm
Euchre	Tue	12:30-3:30pm
Bridge	Tue	12-3:30pm
Am. Mahjong	Wed	11:30am-2pm
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
Canasta	Wed	12:15-3pm
Pass Pinochle	Thu	12:30-3pm
Rummikub	Thu	1-3pm
Scrabble	Thu	1-3:45pm
Samba	Fri	12:30-3:30pm
Bingo	Fri	1-3pm

END OF SUMMER BINGO

Play for prizes, provided by CarePatrol. Pizza and pop available for \$5, otherwise game play is free. Please register by Aug 31.

Day	Date	Time	Price
Fri	Sep 1	12:30-3pm	\$5

BINGO

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

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

GAME ROOM: BILLIARDS & DARTS

The Game Room is available for all members Mon/Wed 8am-8pm, Tue/Fri 8am-4pm, and Thu 8-10:30am. Occasionally the Game Room may be closed due to the need for extra programming space.

Save the date for our next Euchre Tournament: **November 8, 5-8:30pm.**

SASC Info / MOW

VOLUNTEER SPOTLIGHT

Eva Benevento



Eva originally hails from Austria, but with few exceptions, spent most of her life living in New Jersey just across the river from New York City. New to Michigan, Eva and her husband are enjoying retirement here in Saline, the same community as their daughter Hannah and son-in-law Adam. Two adorable grandchildren, Lucy and Joseph, keep them amused and sometimes joyfully exhausted. They also have a son, Joshua, an opera singer, currently wrapping up his eleventh season with the Metropolitan Opera in New York.

Eva enjoyed a forty year successful career as a teacher, staff developer, education consultant, and author of teacher guides for literacy. Her Bachelor of Arts degree in Education and Master of Arts degree in Communication Arts are from William Paterson University, and education leadership certification from Fairleigh Dickinson University.

Eva also earned her doctorate degree from United Theological Seminary in Dayton. She is an author of several theological works. Eva has co-founded churches and served in church leadership throughout the world.

Eva is a member of SAS-C Writers and volunteers with the Bag & Jewelry Sale. Recently she began facilitating Brain Games and Classic Movie Time, and in the winter will teach a film program.

VOLUNTEER OPPORTUNITIES

Contact SASC staff regarding the following opportunities to get involved at SASC:

- Garden clean-up/watering
- Program speakers
- Bingo caller
- Meals on Wheels substitute drivers
- Selling raffle tickets at Busch's, Saline Farmer's Market, and Saline Craft Show
- Building our scarecrow for the Saline Scarecrow Contest

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 a half 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.

WISH LIST / SEEKING DONATONS

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

- Decaf Coffee
- Hot chocolate packets
- Reams of 8.5 x 11" copy paper
- VISIT our Amazon SASC Wishlist for more options: <https://a.co/jf4MPix>

THANK YOU!

- Clink Landscaping for rock donation
- Plastic silverware from Jacki Saunders
- Plant stands from Charlene Ziegler
- Tea and cocoa from Brenda Lorey
- Coffee bar donations from those who wish to remain anonymous
- Playing cards from Jan Graham
- Annual Picnic volunteers Hailey & Lindsey Cowan, Taylor Lock, and Carrie & Elena Ragnes
- Sugar from Susie Schroen

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 / 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,

AFFORDABLE TRANSPORTATION

Are you in need of affordable transportation throughout Washtenaw County? AARP and TheRide@50+ offers affordable transportation options with Feonix Mobility. Volunteer drivers are a new addition to the AARP Ride@50+ Program. The booking fee is \$1.75 and each mile is \$.66. Volunteer drivers come from All Star Driver Education where they teach students how to drive. You can visit their website at <https://feonix.aarp.org/> to book (be sure to click on **Feonix Volunteer** as your option) or call 844.900.4892 and ask for a Feonix Volunteer driver.



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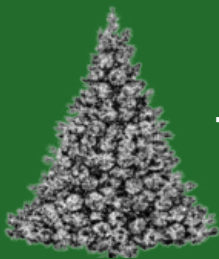
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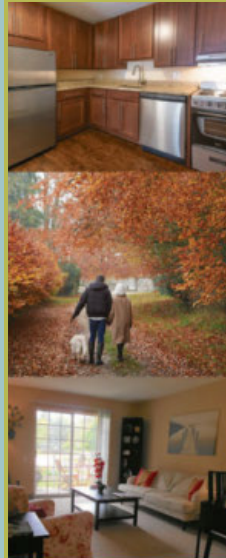
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SASC Information

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MEMBER-AT-LARGE: Sue Kelch
COMMUNITY EDUCATION: Brian Puffer
CITY OF SALINE: Jack Ceo

STAFF

DIRECTOR: Nancy Cowan
cowann@salineschools.org
PROGRAM COORDINATOR: Andrea Lewis
lewisa@salineschools.org
PROGRAM COORDINATOR: Megan Kenyon
kenyonm@salineschools.org
MEALS ON WHEELS/DESK: Kathy Adamson
adamsonk@salineschools.org

2023 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

*Closed Monday, Sep 4



Saline Area Senior Center
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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.