



January/February 2023

SASC

Newsletter



*Memberships available
for those age 45+*

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

2023 SASC MEMBERSHIPS AVAILABLE NOW

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 and warm 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 meeting is **Mon, Jan 23**, at 9am. There will not be a Board Meeting in Feb due to Presidents' Day. In all other months, 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 next General Membership Social is Feb 15, 11:30am, see page 5 for full details.



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

On the cover: Chair Yoga participants hold their modified warrior pose. See page 6-7 for information on fitness classes.

OFFICE CLOSURES

SASC will be closed on Mon, Jan 16 in observance of MLK Jr. Day and Mon, Feb 20, in observance of Presidents' Day.

SASC Notes / New Programs

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. If you register early, the chance of us being able to run a program is better. You may utilize the online registration system, or sign up in person. We do not take payments over the phone.

Inclement weather: Note that if Saline Area Schools are cancelled, SASC will be closed too. Check our phone, website, and Facebook page for weather closure announcements.

THANK YOU SAS RESIDENTS 2022 SAS BOND PASSED

THANK YOU Saline Area Schools Community. On Nov, 8 our community voted YES to support the 2022 Saline Area Schools bond proposal, which will provide \$180,000,000 for building and site improvements to address identified and ongoing facility needs, including about 4.6 million dollars in updates to the Saline Area Senior Center. The 2022 bond millage is expected to result in a net TAX RATE DECREASE of 0.50 MILLS from the current rate. Stay tuned for further updates and input sessions in the future. SASC upgrades are planned for Phase II of the bond and will likely take place within 3-5 years.

BAG & JEWELRY SALE UPDATE



We held our fall Bag & Jewelry Sale fundraiser for members on Nov 18 and for the public on Nov 19. We raised over \$2,000 and could not have done without the dozens of hours our volunteers donated. A HUGE thank you to Jennie Haigh, Diane Evans, Eva Benevento, Ruth Frayer, Beth Olszewski, Judy Somers, Julia Waits, and Margaret Mann-Devos for giving SASC your time. From pricing for months before the sale, to set up and clean up, we are so appreciative of our crew! We'll plan to hold our spring sale at the end of April.

INTERGEN ART: PAINTING MUSIC Instructor: Andrea Worthing

Do you enjoy working with children? Students from Saline Community Education's Artist League will be at SASC to create art with you! Together we are going to create music-inspired art! First, we will look at artist Wassily Kandinsky and his abstract paintings inspired by music. Then, by listening to musical styles from different cultures worldwide, students will visualize the music and paint what they hear. Students will create a collage from their abstract paintings inspired by music. We are looking for several seniors to create art with students. Come for one or all three days. Be sure to register in advance.

Day	Date	Time	Price
Tue-Thu	Jan 3-5	11am-1pm	Free

BEGINNING GENEALOGY I Instructor: Carol Torsell



Have you ever wanted to show members of your family your ancestral tree and teach them about their family history? After this class, you will be able to create a family tree and learn where and how to search for records online. Carol Torsell has over 35 years of genealogy experience and has discovered ancestors back to the 1600's in the U.S., Poland, and Germany and she looks forward to answering your questions. Bring a notebook along with your parents' vital information (and grandparents too if you have info) to get started!

Day	Date	Time	Price
Thu	Jan 19	1-2:30pm	\$10

VALENTINE PHOTO BOARD

To celebrate our loved ones and nostalgia, we invite you to bring in an old photo of you and your sweetie, family member, or friend (wedding and high school photos included!) to the SASC Office in January. You may also email it to us. We'll make a copy and post the pictures on our bulletin board.

New Programs/Special Events

BEGINNING GENEALOGY II Instructor: Carol Torsell

We will continue searching for and learning about your ancestors by meeting at the Saline District Library (SDL) to use their computers. This class will give you more assisted hands-on help while learning to navigate **Ancestry.com** as well as other websites offered for free at the library. If you are not an SDL member, you will need to register for a free guest pass. Please sign up for one of the dates listed below for small group instruction (3 max). If there is more interest, we can add more dates. Prerequisite: Beginning Genealogy I.

Day	Date	Time	Price
Thu	Jan 26	1-2:30pm	\$20
Thu	Feb 2	1-2:30pm	\$20
Thu	Feb 9	1-2:30pm	\$20

EHM SENIOR SOLUTIONS LUNCH AND LEARN Presenters: Lindsay Mamp and Priya Arunmon

Come for a light lunch (Olive Garden) and learn about EHM's skilled nursing and rehabilitation services as well as their Redies Outpatient Center (physical, occupational, and speech therapies). Register by Jan 13.

Day	Date	Time	Price
Fri	Jan 20	11:30am-12:30pm	Free

INTERGEN CRAFTERNOON WITH LIBERTY CLUB

Join members from Liberty Club for crafting and coloring. We will have a "maker space" for you and Liberty Club members to create with, then display some projects in the SASC hallway. If you have any materials to bring, please do so! Liberty Club is a community center-based program to promote continuous learning and social interaction for adults with disabilities.

Day	Date	Time	Price
Tue	Jan 24	1-2pm	Free

AMERICAN MAH JONG LESSONS Instructors: Debbie Heinold & Cindy Schaefer-Munz

American Mah Jong utilizes racks to hold each player's tiles, jokers, and "Hands and Rules" score cards and is similar to Rummy. This game can keep your mind sharp! Please purchase an official 2022 American Mah Jong card at www.nationalmahjongleague.org.

Day	Date	Time	Price
Wed	Feb 1, 8	10:30-11:30am	\$5

VALENTINE'S BATH BOMB PARTY



Grab your best friend, son, daughter, grandchild, neighbor, or significant other for a fun evening celebrating love, friendship, and self care. Guided by a talented team member from Buff City Soap, hand make your own bath bombs choosing from multiple fragrances and colors to craft a one of a kind, delightfully smelling gift for your nose and skin. You will also be able to decorate your bath bombs. Each couple will take home 8-10 bath bombs.

Day	Date	Time	Price
Mon	Feb 13	6-8pm	\$55 per duo

TAKING ACTION TO RESIST OR RESPOND TO SCAMS Presenter: Justine Bykowski

Join Justine on a trip to different scam fighting domains. Take a virtual trip to different consumer sites and learn about what they have to offer. Get on a path to learn how you can navigate these environments to reduce and handle threats.

Day	Date	Time	Price
Tue	Feb 28	10-11am	Free

SHARE YOUR TALENTS

Sharing our talents can be so rewarding. You may have noticed that several members have given presentations and begun programs here at SASC. If you have a presentation, program, or expertise you would like to share, or a program request, please contact Andrea Lewis.

Special Events

2023 NEW YEAR CELEBRATION

Swing into the New Year and celebrate 2023 at SASC with your friends (and meet new ones!). We will have cards, mocktails and hors d'oeuvres, dinner from Olive Garden, dancing, and live music from Depot Town Big Band. Please specify your choice when registering: Fettuccine Alfredo, Five Cheese Ziti al Forno, or Spaghetti with Meat Sauce. **Please register by Dec 21.** If space remains after Dec 21, there is a \$5 late fee. Thank you to our generous sponsors Nu2U...Again, EHM Senior Solutions, and Brookhaven Manor.

Day	Date	Time	Price
Thu	Dec 29	4-8pm	\$20



FAST FRIENDING

Meeting new friends as an adult can be difficult, but by joining in on social programs at SASC, it is the perfect place to make some new acquaintances. Many friendships have blossomed at SASC over the years.

Similar to speed dating, we'll meet new friends with "fast friending." Every five minutes or so you'll rotate and meet a new person, develop a connection, and possibly spark a new friendship. Push yourself out of your comfort zone in 2023! After all the rotations we'll come together as a group. Munchies provided.

Register by Jan 20.

Day	Date	Time	Price
Wed	Jan 25	5-6:30pm	\$5

EUCHRE TOURNAMENT



Arrive at 5pm for pizza and salad. Game play starts at 5:30pm. We will play 8 games and take a break after game 4. Top two prizes donated by EHM Senior Solutions.

Day	Date	Time	Price
Wed	Feb 15	5-8:30pm	\$10/15

GENERAL MEMBERSHIP SOCIAL

Come for a brief update from the SASC Director, Community Ed Director, and the Mayor, then enjoy lunch: artisan mac and cheese with pulled pork or breaded chicken, salad, and dessert. **Deadline Feb 10.** If space remains after the deadline, a \$2 late fee will be added. Min 20/Max 40.

Day	Date	Time	Price
Wed	Feb 15	11:30am-1pm	\$8/10

SOUPER BOWL COMPETITION

Organizations and restaurants can enter their soups for a friendly competition to determine who will be crowned the 2023 Souper Bowl Champion. Awards will be distributed for Best Vegetarian and Best Hearty Soup, along with Judges' and People's Choice Soup. Ultimately you are the winner though, as you will taste all the delicious soups and vote for your favorite.

If your organization or restaurant would like to enter, please contact Megan at kenyonm@salineschools.org for an application by Feb 1.

\$5 entry fee at the door or register online / at the front desk. Everyone is welcome to attend!

Day	Date	Time	Price
Fri	Feb 10	11am-12:30pm	\$5

Thank you to our generous sponsors!



READING BUDDIES



Our reading program begins again in mid-January with Woodland Meadows Elementary kindergarteners! If you are interested in this program and would like more info, please contact Megan at kenyonm@salineschools.org. The time commitment is very minimal, once or twice a month helping students one-on-one and/or whole group read-alouds. You will need to fill out a background check.

Fitness

EXTEND & BEND STRETCH

Instructor: Amy Leighton

Start your week off right with this gentle stretching class. Stretches can be done sitting or standing in this class. Amy will help you focus on your breath, while leading you through stretches to leave you feeling limber and relaxed. We encourage you to go barefoot in the class (if comfortable) and bring a yoga mat to stand on. SASC has some mats you may borrow if needed. All fitness levels are welcome to join this class. **Hybrid. No class Jan 16 & Feb 20.**

Day	Date	Time	Price
Mon	Jan 9-Feb 27	8:45-9:45am	\$42

DRUMS ALIVE

Instructor: Jerry Powell



Let's get moving and grooving! Connect to your inner rhythm, combining drumming, music, and movement. Express yourself, release stress, sing, and enjoy a sense of community. Remember to bring a water bottle. **No class Jan 16 & Feb 20.**

Day	Date	Time	Price
Mon	Jan 9-Feb 27	10-11am	\$42

ZUMBA GOLD

Instructor: Laurel Larson



Zumba is not as intimidating as you think - just keep moving and grooving! 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. **No class Jan 16 & Feb 20.**

Day	Date	Time	Price
Mon	Jan 9-Feb 27	11:15am-12:15pm	\$42

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

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 and bring some water to sip on. **No class Jan 16 & Feb 20.**

Day	Date	Time	Price
Mon	Jan 9-Feb 27	4:15-5:15pm	\$42

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! **Hybrid.**

Day	Date	Time	Price
Tue	Jan 10-Feb 28	8:45-9:45am	\$56
Thu	Jan 26-Feb 23	8:45-9:45am	\$35



BALANCE STRONG PLUS!

Instructor: Amy Leighton

Balance Strong PLUS will offer all of the same benefits of strengthening and improving balance but with new activities added to stretch the brain. We will work on the mind/body connection with brain exercises and movements that will help with coordination, strength, and balance for a total body (and mind) workout.

Day	Date	Time	Price
Tue	Jan 10-Feb 28	10-11am	\$56

Fitness

ADAPTIVE HATHA YOGA

Instructor: Patty Hart

Find your Zen through the benefits of Yoga. These are the same classes you know and love with Patty, in person OR from 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 yoga belt, two blankets or towels, and two yoga blocks. Students of all experience levels are welcome. **Hybrid.**

Day	Date	Time	Price
Tue	Jan 10-Feb 7	11:15am-12:45pm	\$45
Tue	Feb 14-Mar 14	11:15am-12:45pm	\$45
Wed	Jan 11-Feb 8	1-2:30pm	\$45
Wed	Feb 15-Mar 15	1-2:30pm	\$45

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	Jan 11-Mar 15	11:30-12:30pm	\$70

NOT YOUR MAMA'S CHAIR YOGA

Instructor: Jo Ann Yates

This is an intermediate class that requires having had yoga before. Even though this is a chair yoga class, we actually use it as a prop to move you through your poses. Jo Ann plans to help you travel forward in your yoga journey. Bring a mat and blanket for some of the poses in addition to learning to relax completely in Savasana.

Day	Date	Time	Price
Wed	Jan 11-Feb 22	4:15-5:15pm	\$49

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

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.

Day	Date	Time	Price
Thu	Jan 12-Mar 2	10-11am	\$56

TAI CHI PRACTICE

You must be enrolled in a current SASC Tai Chi class to take advantage of this opportunity of additional Tai Chi practice.

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

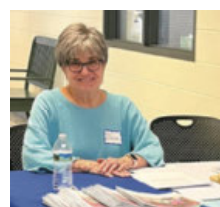
BEGINNING CHAIR YOGA

Instructor: Jo Ann Yates

This seated class is for those who have never taken yoga before but are interested in getting started. This class can also be a refresher course for those who haven't taken yoga classes in a long time. Jo Ann will take you through sun salutation in a seated position. You will also try poses that you thought you couldn't do anymore, learning to center with the diaphragmatic breath and relax in Savasana. **No class Feb 10.**

Day	Date	Time	Price
Fri	Jan 13-Feb 24	11:30am-12:30pm	\$49

HAPPY RETIREMENT DIANE



After 10 years of teaching Tai Chi at SASC, Diane Evans has retired. We are grateful for her service to our members, her knowledge, and her friendship over the years. We wish her well on her retirement and are happy

to know that she will continue to be at SASC as a member and volunteer. Thank you Diane!

Tai Chi will continue at SASC. We welcome Darryl Mickens to our team, assisted by our member Linda Duvall who will help with the transition.

Sports / Walking / 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.



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

SENIOR STRIDERS OUTDOOR WALKING

We will meet every **Thursday at 9am**. An SASC staff member will accompany you on a one to two mile walk or so. During the winter months, we depart from SASC. Please register at the front desk so we have you on the list. Walks will be cancelled if there is inclement weather.

Day	Date	Time	Price
Thu	Ongoing	9am	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

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

Day	Date	Time	Price
Tue	Jan 10-Mar 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	Jan 18-Mar 22	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 Feb 10.**

Day	Date	Time	Price
Fri	Jan 13-Mar 24	10-11am	Free

Lifelong Learning

MATTER OF BALANCE

Instructor: Joseph Keen

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+. Limit of 15 people. Sponsored by Trinity Health.

Day	Date	Time	Price
Wed	Jan 11-Mar 1	9-11am	Free

TECH LESSONS

Do you need basic tech support for your phone, tablet, and/or laptop? Ben Cutler can answer your questions. He is patient and very knowledgeable. You must pay upon making your reservation. There are no refunds for missed appointments.

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

EDWARD JONES PRESENTATIONS

Presenter: Angie Leaser

January: Social Security

Social Security claiming strategies can be complex. This seminar discusses important claiming considerations as they relate to retirement plan for individuals, couples, spouses, and widows. Target Audience: Pre-retiree individuals looking to understand their overall retirement income picture. Refreshments will be provided.

February: Standing Guard: Protect What You've Worked For

Angie will share strategies designed to help you guard your most valuable assets and protect your pre and post-retirement income. This presentation covers risks that could impact your financial strategy and solutions to protect against these risks: creating a foundation to protect against unexpected events, protecting your income during retirement, and addressing rising health care and long-term medical care costs. Refreshments will be provided.

Day	Date	Time	Price
Mon	Jan 23 & Feb 27	6-7pm	Free

BETTER LIVING WITH OSTEOARTHRITIS

Presenter: Eastern Michigan Research Team



EASTERN
MICHIGAN UNIVERSITY

Osteoarthritis is a common condition for adults. Join the research team from Eastern Michigan University, led by Drs. Claudia Drossel and Heather Hutchins-Wiese, in an interactive conversation about osteoarthritis and healthy behaviors that can help reduce symptoms. We will spend time orienting learners to what osteoarthritis is, review common misconceptions about the condition, and explore fun and healthy lifestyle changes that can help reduce inflammation and symptoms associated with osteoarthritis.

Day	Date	Time	Price
Tue	Jan 24	10-11am	Free

PREPLANNING WORKSHOP

Presenter: Jessica Leadholm



You're invited to an informative workshop about pre-planning final arrangements with the Washtenaw Memorial Park. You'll be taken on a virtual tour of the park and have the opportunity to discuss the benefits of pre-planning. The most common reason members of the community plan in advance: for the peace of mind it provides them and their family. Light refreshments and a gift will be provided.

Day	Date	Time	Price
Thu	Feb 23	10:30-11:30am	Free

TRAVELOGUE: MADAGASCAR

Presenter: Mark Sockness

Madagascar is more than leaping lemurs. Have you seen a sifika or a fossa? Learn about this unique island nation east of Africa. Light refreshments will be served.

Day	Date	Time	Price
Tue	Feb 21	10-11am	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, 10am-3pm

Price:

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. Maintaining proper foot care is an important part of improving and promoting movement for a healthy lifestyle. 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
Thu	Jan 12	12-3:30pm	\$45
Wed	Feb 15	3:30-8pm	\$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

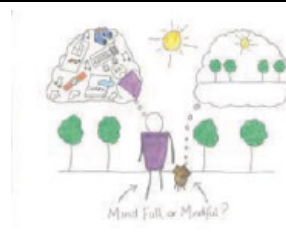
Reflexology is an alternative medicine involving application of pressure to the feet. Some benefits of reflexology include its ability to stimulate nerve function, increase energy, boost circulation, and induce a deep state of relaxation. Appointments are \$30 for a half hour or \$50 for 50 minutes.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

Day	Date	Time	Price
Thu	Jan 12 & 26	9-11am	\$30/\$50
Thu	Feb 9 & 23	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/147334 to schedule an appointment or call SASC if you need assistance.

Day	Date	Time	Price
Fri	Jan 13	12-4pm	Free



MINDFULNESS MEDITATION

Instructor: Barbaranne Branca

Mindfulness Meditation has been shown, through a multitude of research studies, to have abundant benefits. By training attention to focus on experiences in the present moment, Mindfulness Meditation develops compassionate awareness of self and of other. It facilitates adaptive psychological functioning with an increased sense of well-being and a decrease in psychological symptoms such as depression, rumination, and anxiety.

We will be sitting on chairs during meditation. Please bring what you need to feel comfortable, i.e., lumbar pillow, extra sweater. You may also want to bring a notebook and something to write with to jot anything down.

Day	Date	Time	Price
Mon	Jan 23-Feb 13	11am-12pm	\$20

Wellness / AARP Taxes

ASSISTIVE DEVICES TYPES AND USES

**Presenter: Andy Herner Physical Therapist
and Geriatric Clinical Specialist**

Are you thinking that a walker, cane or trekking pole might help you or a loved one be more steady? Andy Herner, a physical therapist who works in the Michigan Medicine Health System, will present on different types of assistive devices such as walkers, canes, crutches, and trekking poles. Certain walkers are better inside vs outside while others are more or less easy to transport in vehicles. He will discuss the advantages and disadvantages of each type and tell people how to adjust them and use them correctly. Several different examples will be brought in to see and try. Questions about assistive devices or physical therapy in general are welcome.

Day	Date	Time	Price
Mon	Feb 6	6-7:30pm	Free

FREE TAX RETURN PREPARATION Facilitator: Tim Dwyer

The AARP Foundation's Tax-Aide tax assistance is provided by trained volunteers in partnership with the IRS, and is **geared toward seniors and modest-income taxpayers**. The volunteers do Federal and Michigan 1040 forms and credits, and amended returns. The returns will be sent electronically, and you will receive a paper copy to take home for your files. They are able to do some simple business returns (Schedule C – except for rental income, depreciation, inventory, home offices, or a net loss). They can also offer advice if you are doing your own return and have questions. They are not able to do rental income or farm income, non-resident-alien returns or state returns other than Michigan. AARP membership is not required.

Call SASC beginning January 19 to make an appointment.

Day	Date	Time	Price
Mon	Feb 6-Apr 10	12:30-6:30pm	Free



*For joint returns, IRS policy is that both spouses must be present

*If you have 2 tax returns to be done (such as yours and an elderly parent's), schedule 2 sequential time slots – the second following the first. A Power of Attorney is required for anyone who cannot come to the site.

You will need to bring:

- A copy of last year's 2021 Federal & State Tax returns (**VERY IMPORTANT**)
- Driver's License or other Government-issued Photo ID
- Social security cards and birthdates for yourself, spouse, and dependents
- For Direct Deposit of a refund, we MUST see a personal check
- For Property Tax Credit, 2021 Property Tax receipts Summer and Winter
- If you received a 1095-A, regarding health insurance, bring it.

Other items needed, if applicable:

- W-2 forms from each employer;
- SSA-1099 form if you were paid Social Security benefits;
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets;
- 1099-MISC showing any miscellaneous income;
- 1099-R form if you received pension, IRA, or annuity distributions;
- 1099-G form if you received unemployment compensation;
- W-2 G if you received gambling winnings
- Dependent-care provider information (name, address, Tax ID or SS#, amount paid);
- DHS annual statement showing DHS assistance
- If potential Heating Credit, bring Dec, Jan, or Feb DTE bill
- If receive Supplemental Security Income (SSI), bring letter from Social Security Administration
- If renting, proof of rent paid (and landlord's name & address)

January 2023

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>SASC Closed</p>	<p>3</p> <p>Intergen Art: Painting Music begins 11m-1pm</p>	<p>4</p> <p>SASC Roundtable ongoing 9:30-11am</p> <p>Knitting/Crochet Club ongoing 12:45-2pm</p> <p>Art Club ongoing 2:30-4:30pm</p> <p>Woodcarvers Club ongoing 5:30-7pm</p>	<p>5</p> <p>Hula Hooping ongoing 8:30-9am</p> <p>Senior Striders ongoing 9am</p> <p>SAS-C Writers 10-11:30am</p> <p>Watercolors begins 1:30-3:30pm</p>	<p>6</p> <p>Movie: <i>A Christmas Story Christmas</i> 10am-12:30pm</p> <p>Breakfast Club ongoing 9:30-10:30am</p> <p>Bingo ongoing 12:30-3pm</p>
<p>9</p> <p>Extend & Bend Stretch begins 8:45-9:45am</p> <p>Drums Alive begins 10-11am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Recorder classes begins 12-2pm</p> <p>Brain, Breath & Bend begins 4:15-5:15pm</p>	<p>10</p> <p>Fit For Life begins 8:45-9:45am</p> <p>Balance Strong Plus! begins 10-11am</p> <p>Adaptive Hatha Yoga begins 11:15-12:45pm</p> <p>WCC Tai Chi Cont. begins 1-2pm</p>	<p>11</p> <p>Matter of Balance begins 9-11am</p> <p>Good Grub: First Watch 10:30am</p> <p>Tai Chi Beginning begins 11:30am-12:30pm</p> <p>Adaptive Hatha Yoga begins 1-2:30pm</p> <p>Zentangle classes begin 2:15-4:30pm</p> <p>Not Your Mama's Chair Yoga 4:15-5:15pm</p>	<p>12</p> <p>Reflexology 9-11am</p> <p>Balance Strong Beginning begins 10-11am</p> <p>Saline Singers 10-11am</p> <p>Massage Therapy ongoing 10am-3pm</p> <p>Tai Chi Practice ongoing 11:30am-12:30pm</p> <p>Foot Care Clinic 3:30-8pm</p>	<p>13</p> <p>Book Club: <i>Black Cake</i> 10-11:15am</p> <p>WCC Strength Conditioning 10-11am</p> <p>Beginning Chair Yoga 11:30am-12:30pm</p> <p>Canvas & Cookies 12-2pm</p> <p>SASC Blood Drive 12-4pm</p>
<p>16</p> <p>SASC Closed in observance of MLK Jr. Day</p>	<p>17</p>	<p>18</p> <p>WCC Line Dancing begins 9-10am</p>	<p>19</p> <p>AARP Tax Appointment reservations begin</p> <p>SAS-C Writers 10-11:30am</p> <p>Beginning Genealogy I 1-2:30pm</p> <p>Ping Pong ongoing 1:30-3:30pm</p>	<p>20</p> <p>Movie: <i>Sr</i> (Robert Downy Documentary) 10am-12:30pm</p> <p>EHM Lunch & Learn 11:30am-12:30pm</p> <p>Basic Music I begins 2:30-3:30pm</p>
<p>23</p> <p>SASC Board Meeting 9am</p> <p>Mindfulness Meditation begins 11am-12pm</p> <p>Ceramics: Winter Wreath 1-3pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Edward Jones: Social Security 6-7pm</p> <p>Guys and Dolls Sun, Jan 22 11:45pm</p>	<p>24</p> <p>Better Living with Osteoarthritis 10-11am</p> <p>Intergen Crafternoon with Liberty Club 1-2:30pm</p>	<p>25</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Fast Friending 5-6:30pm</p>	<p>26</p> <p>Fit For Life begins 8:45-9:45am</p> <p>Reflexology 9-11am</p> <p>Saline Singers 10-11am</p> <p>Beginning Genealogy II 1-2:30pm</p>	<p>27</p> <p>Movie: <i>Glass Onion: A Knives Out Mystery</i> 10am-12:30pm</p>
<p>30</p> <p>British Tea Garden Trip 10:50am-2:30pm</p> <p>Ceramics: Winter Wreath 1-3pm</p> <p>Ping Pong ongoing 2-4pm</p>	<p>31</p>			

February 2023

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>Mosaics 10am-12pm</p> <p>Am. Mah Jong Lessons 10:30-11:30am</p>	<p>2</p> <p>SAS-C Writers 10-11:30am</p> <p>Beginning Genealogy II 1-2:30pm</p> <p>Watercolors begins 1:30-3:30pm</p>	<p>3</p> <p>Movie: <i>The Good Nurse</i> 10am-12:30pm</p>
<p>6</p> <p>AARP Tax Prep Appointments begin</p> <p>Assistive Devices: Types & Uses 6-7:30pm</p>	<p>7</p>	<p>8</p> <p>Am. Mah Jong Lessons 10:30-11:30am</p>	<p>9</p> <p>Reflexology 9-11am</p> <p>Saline Singers 10-11am</p> <p>Beginning Genealogy II 1-2:30pm</p>	<p>10</p> <p>Book Club: <i>The Book Woman of Troublesome Creek</i> 10-11:15am</p> <p>Souper Bowl Competition 11am-12:30pm</p>
<p>13</p> <p>Bath Bomb Party 5-6:30pm</p>	<p>14</p> <p>Adaptive Hatha Yoga begins 11:15-12:45pm</p>	<p>15</p> <p>General Membership Social 11:30am-1pm</p> <p>Adaptive Hatha Yoga begins 1-2:30pm</p> <p>Foot Care Clinic 3:30-8pm</p> <p>Euchre Tournament 5-8:30pm</p>	<p>16</p> <p>SAS-C Writers 10-11:30am</p> <p>Good Grub: Dan's Tavern 11:45am</p>	<p>17</p> <p>Movie: <i>The War with Grandpa</i> 10am-12:30pm</p> <p>Canvas & Cookies 12-2pm</p>
<p>20</p> <p>SASC Closed in Observance of Presidents' Day</p>	<p>21</p> <p>Travelogue: Madagascar 10-11am</p>	<p>22</p>	<p>23</p> <p>Reflexology 9-11am</p> <p>Saline Singers 10-11am</p>	<p>24</p> <p>Movie: <i>Disenchanted</i> 10am-12:30pm</p>
<p>27</p> <p>Edward Jones: Standing Guard: Protect What You've Worked For 6-7pm</p> <p>Once on this Island Sun, Feb 26 12:30-6pm</p>	<p>28</p> <p>Taking Action to Resist or Respond to Scams 10-11am</p>			

Creative Opportunities

INTERGEN ART WEEK

NEW

Do you enjoy working with children? Students from Saline Community Education's Artist League will be at SASC to create art with you! We are looking for several seniors to create, spend quality time and have fun creating together. Come for one or all three days. Be sure to register in advance. Held at SASC.

Day	Date	Time	Price
Tue-Thu	Jan 3-5	11am-1pm	Free



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.

Jan - Mountain Scenes
Feb - Scrumptious Delicacies

Day	Date	Time	Price
Thu	Jan 5-26	1:30-3:30pm	\$52
Thu	Feb 2-23	1:30-3:30pm	\$52

BEGINNING RECORDER Instructor: Felix Chow

This class is for the beginning recorder/music student or those who need to brush up on their skills. You will learn rhythms, pitches and keys, and dynamics. Then you will combine the elements to the recorder (soprano or tenor). The recorder is a great instrument to learn on for a beginning music student. You will need to purchase a recorder and music stand, both can be found online at a reasonable price. **No class Jan 16 & Feb 20.**

Day	Date	Time	Price
Mon	Jan 9-Feb 27	12-12:45pm	\$15

CONTINUING RECORDER Instructor: Felix Chow

This class focuses on ensemble playing with various genres that are of interest to the class. This experience provides you an opportunity to share the joy of making music. The prerequisite for this class is knowledge of basic music: rhythm and counting, pitches and keys, and being comfortable playing the recorder in a group setting. **No class Jan 16 & Feb 20.**

Day	Date	Time	Price
Mon	Jan 9-Feb 27	1-2pm	\$18

CONTINUING ZENTANGLE Instructor: Barbaranne Branca, CZT

In this continuing course, you will expand your Zentangle skills as you work with black tiles, white pens, and white charcoal. Beginning Zentangle is required prior to this class or if you have previous experience, please contact Megan at SASC to see if this is compatible with your skill level.

Day	Date	Time	Price
Wed	Jan 11-25	2:15-3:15pm	\$33
Wed	Feb 1-15	2:15-3:15pm	\$33

BEGINNING ZENTANGLE Instructor: Barbaranne Branca, CTZ

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.

Day	Date	Time	Price
Wed	Jan 11-25	3:30-4:30pm	\$33
Wed	Feb 1-15	3:30-4:30pm	\$33



Carol instructs the Floral Design class. We will have the next class in the spring. This fills up quick!

Creative Opportunities / Intergen

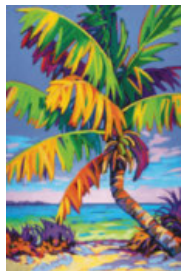
CANVAS & COOKIES Instructor: Katherine Downie

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. In January, paint a Swiss chalet while working with grays for the snowy scene, then in February, think of warm weather while painting a tropical scene. No experience is necessary in this relaxed class.

Day	Date	Time	Price
Fri	Jan 13	12-2pm	\$25
Fri	Feb 17	12-2pm	\$25



Jan



Feb

BASIC MUSIC I Instructor: Andrew Kratzat

Have you always wanted to learn how to read music? This group class is for the beginning music student. You will learn about note names, sharps and flats, and how to interpret very simple melodies.

Day	Date	Time	Price
Fri	Jan 20-Feb 24	2:30-3:30pm	\$12

CERAMICS: WINTER WREATH Instructor: Jenn Lupton



Create a beautiful winter wreath to hang in your home. 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.

Day	Date	Time	Price
Mon	Jan 23, 30	1-3pm	\$56

Please see the front desk for a shopping list unless it is noted that materials are included.

INTERGEN CRAFTERNOON WITH LIBERTY CLUB

NEW

Join members from Liberty Club for crafting and coloring. We will have a "maker space" for you and Liberty Club members to create with, then display some projects in the SASC hallway. If you have any materials to bring, please do so! Liberty Club is a community center-based program to promote continuous learning and social interaction for adults with disabilities.

Day	Date	Time	Price
Tue	Jan 24	1-2pm	Free

HALLWAY ART DISPLAY

SASC rotates art every two months. If you would like to display your work on our walls or in our showcase, please pick up an application in the office or contact us to have it emailed. All mediums are welcome: photography, mixed media, ceramics, etc. You may display as often as you like. All are welcome: SASC members, children, groups, professional artists, etc.

MOSAICS Instructor: Carol Torsell

NEW



Create a heart-shaped mosaic for someone special, like yourself or a friend. All instructions and materials will be provided to make this for a special occasion, made by you with love!

Day	Date	Time	Price
Wed	Feb 1	10am-12pm	\$25



Ukulele will be offered again in the spring!

Day Trips

DAY TRIPS

Our SASC Day Trips area always full of adventure! Masks may be required on the bus and by some venues, depending on the current Covid levels. Lunch cost is always on your own unless stated otherwise. Minimum 10 / maximum is 13 on all trips, unless otherwise noted, no refunds once booked.



GOOD GRUB SOCIAL CLUB

We pick the day, time, and place to gather, eat a meal, and socialize. You simply RSVP and come to the restaurant; we'll book the table, and meet you there. **All meals will be at our own cost-wise.** An SASC team member (or two) will join the group. Min 4.

First Watch - 3059 Oak Valley Dr, Ann Arbor, MI 48103

Dan's Downtown Tavern - 103 E Michigan Ave, Saline, MI 48176

Day	Date - Location	Time	Price
Wed	Jan 11 - First Watch (Brunch)	10:30am	Free
Thu	Feb 16 - Dan's Downtown Tavern	11:45am	Free

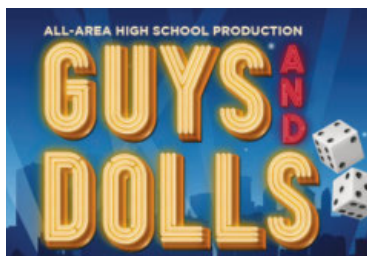


BRITISH TEA GARDEN - SASC BUS, TECUMSEH, MI

Spend the afternoon in Tecumseh. We'll have lunch at the British Tea Garden (included in the price) and then wander the town and shop at our leisure. Lunch will include a half sandwich of your choice (tuna, egg, or chicken salad, sliced turkey or ham), soup of your choice (chicken gnocchi or broccoli cheddar), a cream scone, and a beverage, tea or a soft drink. Note choices when registering. **Deadline:** Jan 20.



Day	Date	Time	Price
Mon	Jan 30	10:50am-2:30pm	\$52



GUYS AND DOLLS - SASC BUS, ADRAIN, MI

The top high school theater students from across southeast Michigan and northwest Ohio will come together to present a Broadway classic on the Croswell stage! Often called "the perfect musical comedy," this oddball romantic comedy features a brassy score straight out of the Roaring Twenties. We will eat lunch before, cost on your own, at Delaney's or Chomp Burger. Showtime is 2:30pm. **Deadline:** Jan 13.

Day	Date	Time	Price
Sun	Jan 22	11:45am	\$52



ONCE ON THIS ISLAND - SASC BUS, DEXTER, MI

Based upon the novel "My Love, My Love" by Rosa Guy. Ti Moune, a peasant girl, rescues a wealthy boy from the other side of the island, Daniel, with whom she falls in love. Unbeknownst to Ti Moune, the pompous gods who preside over the island make a bet with one another over which is stronger, love or death, the stakes being Ti Moune's life! We will eat lunch before at Aubree's. Showtime is 3pm. **Deadline:** Feb 3.

Day	Date	Time	Price
Sun	Feb 26	12:15-6pm	\$76

Clubs / Social Groups

CALLING ALL PHOTOGRAPHERS

Are you a novice or professional photographer looking to share your love of capturing moments? Or are you just getting started in photography? SASC is looking to start a photography club, lead by SASC Board Member, Sue Kelch. If you are interested in this start up, please leave your name at the front desk.

SASC ROUNDTABLE

This group enjoys discussing topics such as US History, Science, and Current Events.

Day	Date	Time	Price
Wed	Ongoing	9:30-11am	Free

KNITTING/CROCHET CLUB

Bring your project and socialize with this fun laid-back group. Many ladies are willing to teach you to crochet and/or knit!

Day	Date	Time	Price
Wed	Ongoing	12:45-2pm	Free

ART CLUB

NEW

Calling all artists and crafters! Sometimes it's good to get out of the house and go to another location to create. Space is available for you to bring your project you're working on, meet new friends, and gather ideas. Please remember to clean up your space after you are finished. All mediums are welcome: acrylics, watercolors, paper crafting, cross stitch, etc.

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

WOODCARVERS CLUB

Tap in to your creative potential! Bring your own project to carve in a group setting.

Day	Date	Time	Price
Wed	Ongoing	5:30-7pm	Free

SASC LAPTOPS AND iPADS

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

SALINE SINGERS

Join this informal group to sing classical folk songs together. No experience necessary.

Day	Date	Time	Price
Thu	Jan 12, 26; Feb 9, 23	10-11am	Free

SAS-C WRITERS

All writers and prospective writers are welcome! Please contact Megan for more information. Check out the new SAS-C Writers blog, which you will find on our website at salineseniors.org.

Day	Date	Time	Price
Thu	Jan 5, 19; Feb 2, 16	10-11:30am	Free

MATINEE MOVIES

Watch a movie in our library. Pre-register or drop-in. Stop in the office for descriptions.

Jan 6 - *A Christmas Story Christmas*
 Jan 20 - *Sr* (Robert Downey Documentary)
 Jan 27 - *Glass Onion: A Knives Out Mystery*
 Feb 3 - *The Good Nurse*
 Feb 17 - *The War with Grandpa*
 Feb 24 - *Disenchanted*

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

BOOKWORM CLUB

First read and then discuss with this insightful and fun group.

Jan - *Black Cake*
 Feb - *The Book Woman of Troublesome Creek*

Day	Date	Time	Price
Fri	Jan 13, Feb 10	10-11:15am	Free

THE BREAKFAST CLUB

Enjoy a breakfast treat, provided by Busch's, and coffee or tea. Mingle with friends and meet new people.

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

Cards / Games

GAME ROOM

Come use our Game Room where you'll find two billiards tables, a dart board, and a multi-game table that has checkers, and more available. Occasionally the Game Room may be closed due to the need for extra programming space. If you would like to be notified of a closure, please leave your name at the front desk.

Day	Date	Time	Price
Mon, Wed	Ongoing	8am-8pm	Free
Tue, Fri	Ongoing	8am-4pm	Free
Thu	Ongoing	8-9:30am	Free

AMERICAN MAH JONG LESSONS

Instructors: Debbie Heinold & Cindy Schaefer-Munz

NEW

American Mah Jong utilizes racks to hold each player's tiles, jokers, and "Hands and Rules" score cards and is similar to Rummy. This game can keep your mind sharp! Please purchase an official 2022 American Mah Jong card at www.nationalmahjongleague.org.

Day	Date	Time	Price
Wed	Feb 1, 8	10:30-11:30am	\$5

RUMMIKUB

NEW

The game is similar to Rummy. It will stimulate your brain and increase your cognitive skills. Each session will start with a short memory energy warm up to help with recall.

Day	Date	Time	Price
Thu	Ongoing	1-3pm	Free

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. Thank you to volunteer callers Cora Rogers, Kay Paul, Sandei Lambert, Diane Schlicher, Sue Bahnsen, Jessi Feldkamp, Cindy Pettibone, and Zach Kaster for making this program possible.

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

ONGOING CARDS AND GAMES

Program	Day/Week	Time
Pinochle	Mon, Wed	12:30-3pm
Adv. Euchre	Mon	5:30-7:45pm
Euchre	Tue	12:30-2:30pm
Bridge	Tue	12-3-3:30pm
Am. Mahjong	Wed	11:30am-2pm
Euchre	Wed/1 wk.	5:30-7:45pm
Pepper	Wed/ 4 wk.	5:30-7:45pm
Bridge	Thu	12-3:30pm
Canasta	Thu	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

SNOW REMOVAL

A HUGE thank you to New Roof Inc. and the National Honor Society for donating your time this winter for snow removal! If snow removal would cause you a financial burden and is physically difficult, please contact SASC to see if the students can help. You must live in the City of Saline.



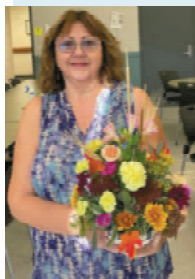
INTERGEN GAME NIGHTS

Game Nights are always fun with students from Saline High School. Usually the group plays Uno, Rummikub, or Euchre. Feel free to bring a game you enjoy playing and a snack to pass. **Please leave your name at the front desk so we can notify you for the next Game Night.**



SASC Info / MOW

INSTRUCTOR SPOTLIGHT: Carol Torssell



New SASC member and instructor, Carol, has taught Floral Design and will be teaching you how to get started with genealogy.

Carol is an avid gardener, genealogist, photographer, traveler, and art enthusiast. Carol's very first job was in a flower shop, which led her to earn an associate degree in Ornamental Horticulture. She continued to learn everything floral by working in several Chicago shops.

Carol met her husband, Steve, when she sent an "any serviceman letter," during Desert Storm. They raised two children, Kathryn and Michael who attended Saline Schools. She returned to the floral trade in 2001 by working at Busch's Saline for over 12 years.

During her retirement years, Carol has enjoyed learning about all arts including fused glass, stained glass, watercolor and oil painting, and punch needle and traditional rug hooking. You'll also find her participating in Zentangle consistently at SASC.



- Craft Show volunteers: Cindy Sobotta, Amy Leighton, Ruth Frayer, Sharon Craddock, Julia Waits, Beth Olzewski
- Veterans Day Fallen Comrade Table: Victoria Harold-Carter
- Donation of ping pong balls and two racquets: Mark Halseth
- Saline Youth Council for leaf cleanup
- Coffee bar items from George Danneffel, Craig & Sandi Lambert, Jennie Haigh
- Hot chocolate packets from Betsy Hubbard, Ruth Frayer, Cheryl Oliver, Marcia Wells, and Lucy Crossey
- Knitting and crochet kits: William Hermon
- Selling raffle tickets: Julia Waits, Margaret Mann-Devos, Cindy Sobotta, Renee Bodnar, Cheryl Girvan, Alice Chao, and Judy Somers

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:

- Coffee, decaf and regular
- Hot chocolate packets
- Reams of 8.5 x 11" copy paper
- VISIT our Amazon SASC Wishlist for more options

MEDICARE/MEDICAID ASSISTANCE

If you are in need of assistance navigating Medicare or Medicaid, you may call **800.803.7174** or visit their website at **mmapinc.org** to talk with a free counselor.

VOLUNTEER OPPORTUNITIES

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

- Program speakers
- Trip planner / coordinator
- Lawyer

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 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,

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 \$.59. 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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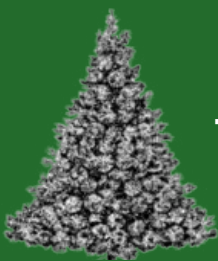
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2022 SASC MEMBERSHIP RATES

\$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, Jan 16 and Feb 20.



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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.