January/February 2022

SASC Newsletter

SASC
SALINE AREA
SENIOR CENTER

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

SASC Notes

Membership key tag cards are here, laminated, and powerful! Please be sure to scan your card at the kiosk / front desk, upon arriving to the building each day. Cards can be issued at the front desk if you still need yours. Check in may take a little time to get used to but it will get easier. This new step will allow us to track our statistics and building usage more accurately, along with other benefits. Thank you for your patience and willingness to help our center grow!

Register early and often. Pre-registration is required for ALL programs, paid and free. If minimums are not met, a program may be cancelled. This has occurred in several instances, with multiple people then showing up on the day of the program only to find a minimum was not met, and the program cancelled. If you register early, the chance of us being able to run a program are much better! You may utilize the online registration system, or sign up in person. We are unable to take payments over the phone.

We would love your input via our 2022 SASC Membership Survey, available in January. Your feedback is crucial to assist us in shaping program offerings in the coming year.

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2022 MEMBERSHIP

Come see us today to renew your membership, get your key tag membership card, and register for programs.

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

Membership can be completed in the office or online at www.salineseniors.org, then click on the Registration tab and follow the prompts. You will need to request an account first, if you do not already have one. Once a staff member sees and approves your request, you will receive an email to proceed.

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

Annual Membership, Jan-Dec 2022
$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)

SASC BOARD MEETINGS

SASC Board Meetings typically occur the third Monday of the month at 9am, unless there are holidays like in Jan and Feb. The Board will meet on **Mon, Jan 24, 9am**. Since we have a February GM Meeting, there will be no separate Board Meeting. Members are always welcome to attend and listen and / or participate. Meetings will be held in person but if you'd like to attend virtually, please notify us and we will send you a link.

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

On the cover: The Knitting/Crochet Club meets Wednesdays at 12:45pm. All crafts are welcome!

SASC HOLIDAY CLOSURES

Mon, Jan 17 - MLK Jr. Day
Mon, Feb 21 - President's Day

Updates

CLASS TYPES: 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. Internet access and an email address are required for virtual / online programs. **Please note classes are live and cannot be made up if missed.**

Sign up at the front desk or by visiting www.salineseniors.org and clicking the registration tab on our website. If you need help creating an account, view the video on our website's home page with step by step instructions first, and ask staff if further help is needed. **Please call or visit the office to register for all programs, even if they are offered free.**

SASC HISTORY PROJECT

While we had our doors closed during the pandemic, staff found thousands of photos, slides, and documents dating back to the 1970s. After many hours of digitizing and uploading the photos, our online photo albums are now available at **salineseniors.org/photo-albums**. Click on the year you wish to look through and it will take you to a Google Photo Album. You can even comment on the photos– if you know who someone is, be sure to let us know in the comments! As the year continues, we will be uploading old newsletters and newspaper articles dating back to the 1970s. We will also post some of the historical photos on our bulletin board outside of Room 4. Thank you to volunteer Mark Halseth for helping us with this project!

PUT SASC ON YOUR WISH LIST

Purchase an SASC gift certificate in any amount you choose to gift to a special person in your life, for any occasion! Your family members can also purchase one on your behalf if they choose - the perfect gift to put on your wish list this season that can be used toward membership or programs.

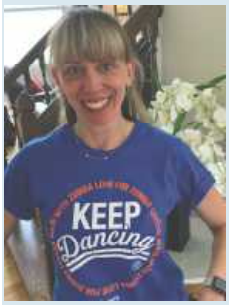
Specific gift certificates can also be purchased for massage or reflexology.

GREEN THUMB CLUB HONORED

SASC received the City of Saline's 2021 Green Thumb Award in the business category. **Congratulations to the SASC Green Thumb Club gardening volunteers!** Volunteer, Kathy Lawless, and Program Coordinator, Andrea Lewis, accepted the award in November at the City Council Meeting, on behalf of SASC and all the volunteers.

If you are interested in gardening in 2022, please contact Andrea at 734.429.9274. We are already looking forward to planting in a few months!

INSTRUCTOR SPOTLIGHT:
Laurel Larson



Please welcome new instructor, Laurel Larsen to SASC! She and her family have lived in Saline for 4 1/2 years. Laurel has been teaching dance and group fitness classes since she graduated from college in Utah 23 years ago. Zumba is her favorite format to teach! Laurel leads a high energy and fun Zumba class that is easy to follow and adaptable to participants of all fitness levels. She is excited to join the SASC team and get to know you! Laurel and her husband, John, have five kids, three in college and two here in Saline schools. They love to travel, play games, cuddle their dog George, watch movies and serve in their church and school community. Laurel will be teaching Zumba Gold on Tuesdays at 2pm and will have a free demo on Jan 11. **See page 6 for more details.**

New Programs

CHESS CLUB
Facilitator: Felix Chow

SASC is starting a chess club beginning Jan 4. Adding chess to your routine can improve the plasticity of your brain. This can help strengthen logical reasoning and problem solving. Novices and beginners are welcome! If you have a chess set, please bring it with

Day	Date	Time	Price
Tue	Ongoing	1-3pm	Free

THE BEATLES: GET BACK

Two chances to watch! View the popular three-part documentary that takes you back in time to The Beatles' intimate recording sessions during a pivotal moment in history. Be prepared to walk down memory lane with unseen footage and audio that was locked in a vault for over 50 years. Episodes range from 2.5-3 hours long. We will take a short intermission. Feel free to bring a snack.

Day	Date	Time	Price
Thu	Jan 13-27	10am-1pm	$5
Mon	Jan 24-Feb 7	3:45-6:45pm	$5

MIXED MEDIA ART
Instructor: Katherine Downie

Let your inner child free in this class as we explore multimedia projects! If you've taken Art in the Style of Eric Carle, you'll love this class! 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! Materials included. **No class Jan 17.**

Day	Date	Time	Price
Mon	Jan 10-31	3:30-5pm	$54

You may have noticed that several members offer presentations and programs at SASC. If you have a presentation, program, or expertise you would like to share, please contact Megan or Andrea at 734.429.9274.

PHARMACY EDUCATION
Presenter: Betty Chaffee, Pharm. D.

Jan - Betty will discuss the side effects to watch for when choosing a non-prescription medicine. Learn about common side effects that become more problematic as we age, how to read the label for active ingredients, how to know when it's time to ask an expert for advice, and more!

Feb - Betty will discuss sleeplessness and what can be done about it. She'll talk about medicines that are commonly used to help people sleep, their safety and effectiveness, and what other things can be done to improve sleep.

Day	Date	Time	Price
Tue	Jan 18	10-11am	Free
Mon	Feb 14	10-11am	Free

CHINESE CALLIGRAPHY
Presenter: Felix Chow, SASC Member

Chinese calligraphy is the writing of Chinese characters as an art form, combining purely visual art and interpretation of the literary meaning. This type of expression has been widely practiced in China and has been generally held in high esteem across East Asia. 2022 is the Year of the Tiger. Come see how Chinese Calligraphy is done, try it for yourself, and learn a bit about the art, history, and Chinese New Year.

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

DECORATE A DOOR

To make SASC a bit more cozy, we would like to invite members to "decorate our doors" each season. You can sign up as a group or individual, decorate a door based on a theme, and at the end of the season we'll take a vote for best door! The winner(s) will be featured in our newsletter and on our website. **For January through March, the theme will be Winter.** You may use whatever supplies you like. Get your creative juices flowing. If you have any questions, please contact Megan at 734.429.9274.

Special Events

BAG & JEWELRY SALE - THANK YOU

With your donations and help we raised $1,400 from the Bag & Jewelry Sale. Thank you to volunteers Monica Birdsong, Diane Evans, Jennie Haigh, Lanette Loudermilk, Jean Mahler, Ella Stubelt, Diane Schlicher, Marina Seeman and Julia Waits. We are planning on a Spring sale and continue to take donations. If you would like to volunteer at our sale, please leave your name at the front desk.

SASC BLOOD DRIVE

Give blood - save lives! Call SASC to make an appointment or schedule your appointment at https://donate.michigan.versiti.org/donor/schedules/drive_schedule/143021

Day	Date	Time	Price
Fri	Jan 14	12-4pm	Free

LUNCH & LEARN

NEW

Presenter: Lindsy Mamp and Priya Arunmon, EHM Senior Solutions

Now is the time to prepare yourself for any future difficulties that may arise. Come for a delicious lunch prepared by EHM's chefs and learn about their inpatient and outpatient services. Please register by Jan 14.

Day	Date	Time	Price
Fri	Jan 21	11:30am-1pm	Free

GENERAL MEMBERSHIP MEETING / SOCIAL

Membership meetings are back on a bi-monthly basis, with a new format, which includes a brief update from the SASC Director, Community Ed Director, and the Mayor.

Lunch will be served after the updates. The updates will be brief and the meeting more of a casual format. The focus will be on socializing and fun. You are always welcome to listen to or participate in the SASC Board Meeting, which will take place Jan 24 at 9am.

Min 20 / Max 40, Deadline Feb 11. You may register if space remains for a $2 late fee.

Day	Date	Time	Price
Wed	Feb 16	11:30am-12:30pm	$8/10

SASC 50/50 RAFFLE FUNDRAISER

Congratulations to the winners of the 5th Annual 50/50 Raffle!

Grand Prize, $1,850: Richard Charles
Runner Up Winners: Diane Seeger, Tiffany Kingman, Stuart Jhung, and Jerry Powell.

THANK YOU to everyone who purchased and sold raffle tickets. Because of your support SASC raised $1,850 for our scholarship and transportation voucher fund.

SOUPER BOWL COMPETITION

Our chili competition is a favorite but this year we are trying something new - Souper Bowl Tuesday! Organizations and restaurants can enter their soups for a friendly competition to determine who will be crowned the 2022 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. The competition will be fierce.

Soup Bowl Silent Auction / Raffle during the competition

Bid on or purchase beautiful ceramic bowls designed and donated by local artists, Cathy Harmon and Jenn Lupton, as well as bowls created by Ms. Witt's Saline Middle School art students and The Artist League students.

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
Tue	Feb 8	11am-1pm	$5

Generously sponsored by:

Brookhaven MANOR

Fitness

DRUMS ALIVE
Instructor: Jerry Powell

Join Jerry and her positive energy in person. Connect to your inner rhythm by combining drumming, music, and movement. Express yourself, release stress, sing, and enjoy a sense of community. All equipment for this class, which can be done seated or standing, is provided. **No class Jan 17.**

Day	Date	Time	Price
Mon	Jan 3-Feb 14	10-11am	$42
Mon	Feb 28-April 4	10-11am	$42

ADAPTIVE HATHA YOGA
Instructor: Patty Hart

Find your Zen online or in-person, your choice, 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, new and returning students. **Hybrid.**

Day	Date	Time	Price
Tue	Jan 11-Feb 1	11:15am-12:45pm	$36
Tue	Feb 15-Mar 15	11:15am-12:45pm	$45
Wed	Jan 12-Feb 9	1-2:30pm	$45
Wed	Feb 16-Mar 16	1-2:30pm	$45

EDGE OF YOUR CHAIR YOGA
Instructor: Jo Ann Yates

Practice sitting in a chair or standing using a chair for support. This workout is suitable for all fitness levels and is great if you only have a small space in which to exercise. Meditation, breath work, and relaxation are explored in class. You will need two chairs and some water to sip on. **Hybrid. No class Jan 17 & Feb 21.**

Day	Date	Time	Price
Mon	Jan 3-Feb 14	4:15-5:15pm	$42
Mon	Feb 28-Apr 4	4:15-5:15pm	$42
Wed	Jan 5-Feb 9	4:15-5:15pm	$42
Wed	Feb 16-Mar 23	4:15-5:15pm	$42

SENIORS ON STRENGTH
Instructor: Shane Foster

This total-body workout is appropriate for all fitness levels. You will increase your flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. This class is full of low-impact, high quality exercises that can easily be modified by Shane if needed. Please have your hand weights ready. **Hybrid. No class Jan 13, Jan 18, Feb 8, & Feb 10.**

Day	Date	Time	Price
Tue	Jan 4-Feb 22	8:45-9:45am	$42
Thu	Jan 6-Feb 24	8:45-9:45am	$42

ZUMBA GOLD
Instructor: Laurel Larson NEW

Zumba is back at SASC! 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. Instructor Laurel Larson will be offering one free class for you to try, before her paid session will begin. Learn more about Laurel on page 4. **No class Feb 8.**

Day	Date	Time	Price
Tue	Jan 11	2-3pm	Free
Tue	Jan 18-Mar 1	2-3pm	$42

BALANCE STRONG
Instructor: Amy Leighton

Want to feel strong and confident on your feet? By focusing on core strength and recognizing your imbalances you can! 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. Thursday is geared more towards beginners, but all levels are welcome! Movements occur seated and / or standing with a chair nearby. **No class Feb 8 & 10.**

Day	Date	Time	Price
Tue	Jan 4-Feb 15	10-11am	$42
Tue	Feb 22-Mar 22	10-11am	$35
Thu	Jan 6-Feb 17	10-11am	$42
Thu	Feb 24-Mar 24	10-11am	$35

Fitness

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

TAI CHI CONTINUING
Instructor: Diane Evans

General knowledge of Tai Chi principles and a proficiency of the "first loop" of Yang Family 108 Long Form are required. **No class Feb 16.**

Day	Date	Time	Price
Wed	Jan 26-Apr 6	11:30am-12:30pm	$70

OUTDOOR WALKING YOGA WITH JO
Instructor: Jo Ann Yates

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

Day	Date	Time	Price
Wed	Jan 5-Feb 9	2:45-3:45pm	$42
Wed	Feb 16-Mar 23	2:45-3:45pm	$42

HULA HOOPING

These ladies have a hip shaking good time! Join this group for an early morning hula hoop workout on Thursdays. 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 - give it a whirl.

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

SASC FITNESS MEMBERSHIP

The SASC Fitness Room includes: two NuSteps, a Matrix Treadmill and Elliptical, Concept 2 Rowing Machine, LifeCORE Recumbent Bike, hand weights, kettlebells, and a stretching table. To utilize the fitness room consistently, **you must be a member of SASC and then purchase a separate fitness membership**.

Memberships are now on sale. Unlike your SASC Membership, this does not need to fall in line with the calendar year. Your 12 month membership begins the day you sign up. 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. SAVE $10 on annual membership through January.

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

TAI CHI PRACTICE

This time is allocated for those seeking additional Tai Chi practice. You must be in a current Tai Chi class at SASC in order to participate.

Day	Date	Time	Price
Thu	Jan 6-Feb 24	11:30am-12:30pm	Free

FITNESS FEES

You may have noticed that we have increased the prices of our fitness classes. This is the first such increase for fitness in 13 years. During this time, SASC has been fortunate to partner with talented and high quality instructors. We value their talent, training, and certifications, and feel they deserve this increase.

Sports / Walking

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/changes to the schedule at lewisa@salineschools.org.
No pickleball Jan 17, 21, and Feb 21.

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

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

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

PERSONAL TRAINING
Certified Trainer: Shane Foster

Looking for some one-on-one training and a chance to answer your specific fitness questions? Shane is a certified personal trainer, specializing in senior fitness. There is also an option of sharing a "double" training session with a friend. Shane is available Monday through Friday by appointment.

Day	Date	Time	Price
Mon-Fri	Ongoing	By Appt.	$45 single $70 double

ONGOING FITNESS AND SPORTS

Program	Day	Time	Price
Pickleball	Mon	3-4:45pm	$3/s5
Drums Alive	Mon	10-11am	$42
Ping Pong	Mon Thu	2:00-4pm 1:30-3:30pm	Free
Chair Yoga	Mon Wed	4:15pm 4:15pm	$42
Seniors on Strength	Tue Thu	8:45-9:45am 8:45-9:45am	$42
Balance Strong	Tue Thu	10-11am 10-11am	$42
Hatha Yoga	Tue	11:15-12:45pm	$42
Zumba Gold	Tue	2-3pm	$42
Pickleball	Wed	3-4:45pm	$3/s5
Outdoor Yoga Walking	Wed	2:45-3:45pm	$42
Outdoor Walking	Thu	9-10am	Free
Pickleball	Fri	3-4:45pm	$3/s5

Wii BOWLING

Get out of the cold and join us every Monday afternoon during the winter months For virtual bowling. No experience needed, all are welcome to come and have fun! **No play Jan 17 or Feb 21.**

Day			
Mon	Jan 10-Mar 28	2-3pm	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. The starting point will rotate among various locations in the area. Register at the front desk if you are interested in walking on Thursdays and we will give you the schedule of departure locations. Walks will be cancelled if there is inclement weather. **The Jan 6 and Feb 3 walk will depart from SASC. Check in at the desk to pick up the complete schedule.**

WCC Emeritus

WCC CLASSES - BACK 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. **All classes are in person and are unable to be held virtually at this time per WCC guidelines.**

These classes are free to Washtenaw County residents, age 65+. Those meeting this criteria can register for **one free class each session at SASC**. If a class has openings remaining a week prior to the start date, then those already enrolled may register for an additional class. This is done to offer as many people as possible the opportunity to participate.

Class size is limited to 30 participants. A lottery will be held on January 7 for classes if more than 30 people have registered. The lottery process has been implemented to assist in making it equitable for new members, those newly 65, or those just learning about WCC classes, as space is limited and classes are in high demand.

Additional yoga and fitness class options are available on page 6-7 for very reasonable prices. WCC information is posted on the SASC bulletin board. Participants receive a reminder call or email a week before classes begin.

TAI CHI REMINDER

In Fall 2018, WCC Tai Chi began alternating between Tai Chi Beginning and Tai Chi Continuing. This allows seniors of all levels the opportunity to participate. Upcoming schedule:

Spring/Summer 2022 - Tai Chi Continuing
Fall 2022 - Tai Chi Beginning

Washtenaw Community College

LINE DANCE
Instructor: Dee Grantham

Start your day out dancing! Join this lively class with a mixture of choreographed moves and familiar music.

Day	Date	Time	Price
Wed	Jan 26-Mar 30	9-10am	Free

TAI CHI BEGINNING
Instructor: Diane Evans

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 in this ten-week class.

Day	Date	Time	Price
Wed	Jan 26-Mar 30	10:15-11:15am	Free

STRENGTH CONDITIONING
Instructor: Michele Williams

This class is designed to provide safe, low-impact movement that will improve your strength and cardiovascular fitness. Work at your own pace with instructor provided modifications if needed.

Day	Date	Time	Price
Fri	Jan 28-Apr 1	10-11am	Free

SASC LAPTOPS AND iPADS

We have 2 laptops and 3 iPads that are available for check-out at the SASC front desk. You may check them out anytime we are open to use anywhere in the center. All are equipped with Wi-Fi and easy to use. Ask staff if you need a tutorial on how to get started.

Health / Wellness

FULL BODY MASSAGE
Sissel Bridges,
Licensed Massage Therapist

Massage away your aches and worries! Sissel has over 20 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 are available
Thursdays 11am-3pm
Price:
30 min - $26 / 45 min - $38 / 60 min - $50
Call Sissel at 734.340.3766 to book your appointment today.

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 13 & 27	9-11am	$30/$50
Thu	Feb 10 & 24	9-11am	$30/$50

PHARMACY EDUCATION
Presenter: Betty Chaffee, Pharm. D.

Jan - Betty will discuss the side effects to watch for when choosing a non-prescription medicine. Learn about common side effects that become more problematic as we age, how to read the label for active ingredients, how to know when it's time to ask an expert for advice, and more!

Feb - Insomnia is a common problem. Which medicines help and which one's don't? Is medicine event the answer?

Day	Date	Time	Price
Tue	Jan 18	10-11am	Free
Mon	Feb 14	10-11am	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, Mindful 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. Research evidence attests to numerous health benefits including: increased immune functioning, decreased blood pressure, reduced chronic pain, stress reduction, improved heart disease and gastrointestinal function, as well as improved sleep.

We will be sitting on chairs during meditation. Please bring what you need to feel comfortable, i.e., lumbar pillow, extra sweater.

Day	Date	Time	Price
Wed	Jan 5-Feb 9	4-5pm	$30

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+ who have not taken it previously in 2021. Limit of 16 people.

Day	Date	Time	Price
Wed	Jan 19-Mar 9	9-11am	Free

MEANING AND PURPOSE
Instructor: Teri Kollath

In Japan, the secret to living a longer, happier, and more fulfilled life can be summed up in one word: *Ikigai.* In this two-session class, you will use a simple tool to focus on what you can do NOW to start filling your lives with more meaning and purpose.

Day	Date	Time	Price
Thu	Jan 20, 27	2-3pm	Free

Technology / Lifelong Learning

MEMOIRS
Instructor: Teri Kollath

Everyone has a story and everyone's story matters. In these six sessions, you will reflect, consider, and learn how to craft your story. Individually and as a group you will use tools, tips, and techniques that bring up the memories of our lives. Bring something with you to the first class that represents your early life, and we will take it from there!

Day	Date	Time	Price
Tue	Jan 18-Feb 22	1-2:15pm	$24

MEMOIRS PART 2

You've asked for it! Coming in April, we will delve into our life's timeline to concentrate on one date in time after another. This takes our memory crafting to the next level of meaning for us and will add richness to any memoir we might be working on. Be sure to watch for the dates in the next newsletter.

THE BEATLES: GET BACK

NEW

View the popular three-part documentary that takes you back in time to The Beatles' intimate recording sessions during a pivotal moment in history. Be prepared to walk down memory lane with unseen footage and audio that was locked in a vault for over 50 years. Episodes range from 2.5-3 hours long. We will take a short intermission. Feel free to bring a snack.

Day	Date	Time	Price
Thu	Jan 13-27	10am-1pm	$5
Mon	Jan 24-Feb 7	3:45-6:45pm	$5

TRAVELOGUE: BRITANNIA
Presenter: George Jabol

NEW

If you're not already an anglophile you may find yourself becoming a lover of all things English after you attend this slide show of George's 2013 trip to England, Wales, and Scotland. George is also a great resource with offering tips and information on utilizing travel companies!

Day	Date	Time	Price
Thu	Feb 10	1-3:30pm	Free

Please register in advance for technology assistance. If you cannot make it to the program, please contact us.

INTERGEN TECH NIGHT
Volunteers: High Five Club

Students from Saline High School are here to help you with your basic technology needs: cell phone, tablet, laptop, and more.

Day	Date	Time	Price
Wed	Feb 2, Apr 6	6-8pm	Free

INDIVIDUAL TECH LESSONS

We are working with Saline High School to have students available for one-on-one tech help: basic cell phone, laptop, and tablet. SASC staff is also available for help. Contact us for availability. 45 minute individual appointments are $5 and held in-person at SASC.

TIFFIN TONIGHT SAMPLE EVENT
Presenter: Priti Kaur

NEW

Did you know that SASC rents our kitchen to a local chef? Priti Kaur is the owner of Tiffin Tonight and prepares authentic Indian food to sell to individuals, local business, and U of M cafes. Her cuisine is prepared using fresh meat, produce, and her own line of fresh ground spices. Come and meet Priti and try a small sample of two of her most popular dishes. You will be tasting her mixed vegetable dish with potatoes, cauliflower, carrots, and peas and Saag Paneer, which is a spinach dish with Indian cheese. If you like what you taste, you can purchase full size portions to take home for dinner.

Day	Date	Time	Price
Wed	Feb 9	3-4pm	Free

Mon	Tue	Wed	Thu	Fri
3 Drums Alive begins 10-11am Chair Yoga begins 4:15-5:15pm Ping Pong ongoing 2-4pm Pickleball ongoing 3-4:45pm	4 Craft Group ongoing 8-11am Seniors on Strength begins 8:45-9:45am Balance Strong begins 10-11am Chess Club ongoing 1-3pm	5 Conversation Club ongoing 9:30-11am Outdoor Walking Yoga begins 2:45-3:45pm Mindfulness Meditation begins 4-5pm Chair Yoga begins 4:15-5:15pm	6 Seniors on Strength begins 8:45-9:45am Balance Strong begins 10-11am SAS-C Writers 10-11:30am Watercolors begins 1:30-3:30pm	7 Matinee Movie: *Respect* 10am-12:30pm Ukulele Practice ongoing 1:30-3:30pm Pickleball ongoing 3-4:45pm Bingo ongoing 1-3pm
10 Wii Bowling begins 2-3pm Mixed Media Art begins 3:30-5pm	11 Adaptive Hatha Yoga begins 11:15am-12:45pm Beginning Ukulele begins 10-11am Continuing Ukulele begins 11:15am-12:15pm Zumba Gold Free Demo 2-3pm	12 Good Grub Social Club 11:30am Adaptive Hatha Yoga begins 1-2:30pm Beginning Zentangle begins 1:30-2:30pm Continuing Zentangle begins 2:45-3:45pm Woodcarving Club ongoing 5:30-7pm	13 Hula Hooping ongoing 8:30-9am Reflexology Appointments 9-11am The Beatles: Get Back begins 10am-1pm Massage Therapy ongoing 11am-3pm	14 Matinee Movie: *Stillwater* 10am-12:30pm Bookworm Club 10-11:15am Canvas & Cookies 1-3pm Blood Drive 12-4pm
17 Martin Luther King Jr. Day SASC Closed	18 Pharmacy Education: Non-prescription Medications 10-11am Memoirs begins 1-2:15pm Zumba Gold begins 2-3pm Winter Reading Bingo with Saline Library begins	19 Matter of Balance begins 9-11am Knitting/Crochet Club ongoing 12:45-2pm Pickleball ongoing 3-4:45pm **SASC begins taking tax appointments**	20 SAS-C Writers 10-11:30am Tai Chi Practice ongoing 11:30am-12:30pm Ping Pong ongoing 1:30-3:30pm Meaning and Purpose 2-3pm	21 Matinee Movie: *Isle of Dogs* 10am-12:30pm Lunch & Learn 11:30am-1pm
24 SASC Board Meeting 9am Acrylic Painting begins 10:30-11:30am Chinese Calligraphy 1-2pm The Beatles: Get Back begins 3:45-6:45pm Intergen Game Night 6-8pm	25	26 Tai Chi Continuing begins 11:30am-12:30pm	27 Reflexology Appointments 9-11am Meaning and Purpose 2-3pm	28 Matinee Movie: *The Shawshank Redemption* 10am-12:30pm
31 **Sunday, Jan 30** ***Les Misérables* Trip** **12-6pm**				

THANK YOU!

- Disinfectant wipes from Carolyn Melbourne
- Large plant pots from Charlene Ziegler
- Foam roller from Paul Eisele
- Tea cups from Sandei Lambert
- Silverware and cups from Jacki Saunders
- Tea bags & blank cards from Cheryl Wagner

Black: In-person **Blue: Virtual/Hybrid**

February 2022

Mon	Tue	Wed	Thu	Fri
	1 Craft Group ongoing 8-11am Chess Club ongoing 1-3pm	2 Intergen Tech Night 6-8pm Conversation Club ongoing 9:30-11am Knitting /Crochet ongoing 12:45-2pm Woodcarvers ongoing 5:30-7pm	3 SAS-C Writers 10-11:30am Watercolor Workshop 1:30-3pm	4 Matinee Movie: *Hello, My Name is Doris* 10am-12:30pm Canvas & Cookies 1-3pm Ukulele Practice ongoing 1:30-3:30pm
7 AARP Tax Prep begins 11:30am-5:30pm Ceramics: Fairy Garden Door 1-3pm Wii Bowling ongoing 2-3pm	8 **Souper Bowl Competition** **11am-1pm** 	9 Beginning Zentangle begins 1:30-2:30pm Continuing Zentangle begins 2:45-3:45pm Tiffin Tonight Sample Event 3-4pm	10 Reflexology Appointments 9-11am Travelogue: Britannia 1-3:30pm	11 Matinee Movie: *I'm Thinking of Ending Things* 10am-12:30pm Good Grub Social Club 12:30pm Canvas & Cookies 1-3pm
14 Pharmacy Education: Insomnia 10-11am Ceramics: Fairy Garden Door 1-3pm Intergen Night 6-8pm	15 Adaptive Hatha Yoga begins 11:15am-12:45pm	16 GM Meeting Luncheon 11:30am-12:30pm Adaptive Hatha Yoga begins 1-2:30pm Outdoor Walking Yoga begins 2:45-3:45pm Chair Yoga begins 4:15-5:15pm	17 SAS-C Writers 10-11:30am	18 Matinee Movie: *Luca* 10am-12:30pm
21 Presidents' Day SASC Closed	22 Balance Strong begins 10-11am	23 *Under Ceege* Trip 2-7pm	24 Reflexology Appointments 9-11am Balance Strong begins 10-11am	25 Matinee Movie: *Florence Foster Jenkins* 10am-12:30pm
28 Drums Alive begins 10-11am Chair Yoga begins 4:15-5:15pm				

THANK YOU!

- Face masks from Jean Mahler
- LED magnifier from Becky Rogers
- Holiday goodie bags from the Saline Youth Council for Meals on Wheels.
- Brownie troop #40177 and High Five Club for yard clean up
- Victoria Harold-Carter, Monica Birdsong, and Judy Slater for Craft Show help
- Coffee bar items from Jean Mahler, Rita McMahon, Paul Backlas, Pam Ceo

Black: In-person **Blue: Hybrid**

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. Katherine will be off in February, but she'll be back in March!

Day	Date	Time	Price
Thu	Jan 6-27	3:30-5pm	$52

MIXED MEDIA ART
Instructor: Katherine Downie

Let your inner child free in this class as we explore multimedia projects! If you've taken Art in the Style of Eric Carle, you'll love this class! 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! Materials included. **No class Jan 17.**

Day	Date	Time	Price
Mon	Jan 10-31	3:30-5pm	$63

BEGINNING UKULELE
Instructor: David Swain

The ukulele is fun and easy to play. Join us and discover what Arthur Godfrey, Tiny Tim, and the youth of today have realized: the ukulele is a musical ambassador of goodwill second to none. The ukulele is an exceptionally user-friendly instrument. After learning a few basic chords, we will be able to play nursery rhymes, campfire songs and over 100 years of popular music. From Over the Rainbow to the 12-bar blues, you will be introduced to music in a wide variety of styles. A ukulele and tuner is needed. **No class Feb 8.**

Day	Date	Time	Price
Tue	Jan 11-Feb 22	10-11am	$60

Please contact SASC for an art supply list unless materials are provided.

CONTINUING UKULELE
Instructor: David Swain

Some familiarity with the ukulele is a prerequisite for this class. You will work on more complicated songs, additional chords, chord melodies, improvisation, and more. You will also look at the underlying structures of music as they apply to the ukulele. A ukulele and tuner is needed. **No class Feb 8.**

Day	Date	Time	Price
Tue	Jan 11-Feb 22	11:15am-12:15pm	$60

BEGINNING ZENTANGLE
Instructor: Barbaranne Branca, PhD, ABN, CZT

The Zentangle Method is an easy-to-learn, meditative, calming, and fun way to create beautiful images by drawing structured patterns, also called tangles. You'll create tangles with combinations of dots, lines, simple curves, S-curves, and orbs. People practicing Zentangle have found that it relieves stress and anxiety, improves eye-hand coordination and nurtures creativity. No experience is necessary to participate.

Day	Date	Time	Price
Wed	Jan 12-Feb 2	1:30-2:30pm	$44
Wed	Feb 9-Mar 2	1:30-2:30pm	$44

CONTINUING ZENTANGLE
Instructor: Barbaranne Branca, PhD, ABN, CZT

In this continuing course, you will expand your Zentangle skills as you work with black tiles, white pens, and white charcoal. Zentangle trains concentration and attention and calms the mind. Beginning Zentangle is required or if you have previous experience, please contact the instructor through SASC to see if this is compatible with your skill level.

Day	Date	Time	Price
Wed	Jan 12-Feb 2	2:45-3:45pm	$44
Wed	Feb 9-Mar 2	2:45-3:45pm	$44

Creative Opportunities

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.

Day	Date	Time	Price
Fri	Jan 14	1-3pm	$25
Fri	Feb 11	1-3pm	$25

January

February

ACRYLIC PAINTING
Instructor: Kaili Dence

Acrylic paint is very versatile, easy to learn, and apply. You will explore a variety of painting techniques to complete colorful seasonal compositions. No experience required.

Day	Date	Time	Price
Mon	Jan 24-Feb 14	10:30-11:30am	$44

Instructor Kaili Dence demonstrates for her acrylic painting students.

SUBMIT YOUR PHOTOS

We are creating a display of photos to be hung on the wall in Room 2 for decoration. Submit your Michigan photos of landscapes / lakes / landmarks, for a chance to be included in the display. Email Nancy with your entry by Jan 31 a cowaann@salineschools.org.

WATERCOLOR WORKSHOP
Instructor: Katherine Downie

NEW

Learn different techniques for how to stretch watercolor paper and attach it to a board (so it'll buckle less while painting). We'll also discuss different types of watercolor paper, and what to look for when you're shopping for yours (ie: what's the difference between hot and cold press). Feel free to bring your paints. Materials are included.

Day	Date	Time	Price
Thu	Feb 3	1:30-3pm	$20

CERAMICS: FAIRY GARDEN DOOR
Instructor: Jenn Lupton

Make a whimsical fairy garden door for your décor. This class is over two days. In the first class you will create the clay piece and in the second class, you will glaze the bisque pieces. Jenn will then fire your piece in her kiln and you can pick it up at SASC when it is done. All supplies are included.

Day	Date	Time	Price
Mon	Feb 7, 14	1-3pm	$56

BEADING: PEYOTE STITCH BRACELET
Instructor: Barbaranne Branca

NEW

Spend two fun evenings making a beautiful beaded bracelet. Join Barbaranne to learn flat, even count peyote stitch. This is an excellent stitch for beginners as it is a starting point for more complex stitches. Please see the front desk for a shopping list, most items can be found at Joann's or Hobby Lobby.

Day	Date	Time	Price
Mon	Mar 21, 28	5-7pm	$45

Day Trips – Seek Adventure

SEEK ADVENTURE THAT OPENS YOUR MIND

We are easing back in to travel again! Masks are strongly suggested and are required on the bus - we can do this for the safety and enjoyment of all. We'll travel as a group on the SASC bus for a couple trips. You will be responsible for getting yourself to the Good Grub Social Club restaurants and purchasing your meal. Note: If you are interested in joining the trips but would like to drive yourself, please speak with Nancy Cowan at cowann@salineschools.org or 734.429.9274. We are also in need of a trip coordinator / volunteer.

2324 Dexter Avenue
Ann Arbor, MI 48103

305 N. Zeeb Road
Ann Arbor, MI 48103

GOOD GRUB SOCIAL CLUB

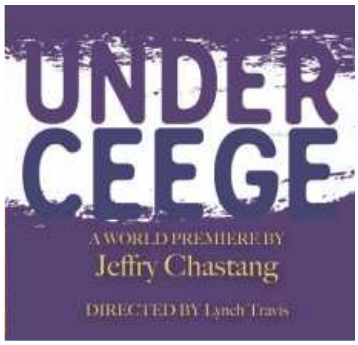
One of the things we missed the most over the last year and a half of the pandemic was eating out with friends. Let's make up for lost time! Each month we'll chose a day, time, and place to meet at a restaurant, eat a meal, and socialize. You simply RSVP and come to the restaurant, we'll book the table and meet you there. All meals will be on our own cost wise, but we will all eat together! This is a great way to chat with friends, meet new ones, and enjoy some local grub. An SASC team member (or two) will join the group. Min 4 / Max 20.

Day	Date - Location	Time	Price
Wed	Jan 12 - Knight's Steakhouse	11:30am	Free
Fri	Feb 11 - Metzger's German Restaurant	12:30pm	Free

Les Mis, School Edition - SASC BUS, CROSWELL, ADRIAN

This epic show is one of Broadway's longest-running musicals … for good reason! Now watch as a talented cast made up of the top high school performers from across southeast Michigan and northwest Ohio brings this spectacular, stirring and uplifting musical to life on the Croswell stage. The show starts at 2pm. We'll eat lunch as a group, at our own cost, at Danley's on the way. Min 10 / Max 14.
Deadline: Jan 13.

Day	Date	Time	Price
Sun	Jan 30	12-6pm	$44



UNDER CEEGE - SASC BUS, PURPLE ROSE, CHELSEA

Lifelong residents of a Detroit, MI aging housing project, 71-year-old Lucky bumps heads with her 49-year-old son Ceege as they gamble on change, each other, and the daily lottery. Show begins at 3pm, dinner afterwards on our own at Cleary's Pub or Chelsea Alehouse. Min 10 / Max 14. **Deadline:** Jan 27.

Day	Date	Time	Price
Wed	Feb 23	2-7pm	$53

LET'S GO, IMMERSIVE VAN GOGH - SASC BUS, DETROIT

Experience art like never before - lose yourself in 300,000 cubic feet of flawless projections animating Vincent Van Gogh's oeuvre (TCF Center). Wander through entrancing, moving images that highlight brushstrokes, detail, and color - truly illuminating the mind of the genius. Afterwards , we will eat lunch as a group at our own cost. Min 10 / Max 14. **Deadline:** Jan 7. Tickets will be purchased in advance and are non-refundable.

Day	Date	Time	Price
Mon	Mar 7	9am-2:30pm	$59

Clubs / Social Groups

CRAFT GROUP

This longstanding craft group meets to work on projects of personal interest. Bring your project and join this group of ladies.

Day	Date	Time	Price
Tue	Ongoing	8-11am	Free

CONVERSATION CLUB
Facilitator: Gary Boik

Expand your mind. Join your peers for weekly drop-in conversations on current events, science, and more.

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

KNITTING/CROCHET CLUB
Facilitator: Jennie Haigh

Did you know knitting and crocheting can have positive effects on your health? **All crafts are welcome** - bring your project and meet some new friends.

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

WOODCARVERS CLUB
Facilitator: Nancy Popp

Tap your creative potential with a new hobby, Woodcarving. This group has a wealth of experience and multiple ideas to share.

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

SAS-C WRITERS
Facilitator: Judy Slater

SAS-C Writers welcomes newcomers interested in practicing writing exercises both in class and at home as well as supporting each other's own writing interests. The group is working on their next Literary Magazine, due out in Spring 2022!

Day	Date	Time	Price
Thu	Jan 6, 20	10-11:30am	Free
Thu	Feb 3, 17	10-11:30am	Free

MATINEE MOVIES

Watch a movie in our library with your friends. Pre-register or drop-in.

Jan 7 - *Respect*
Jan 14 - *Stillwater*
Jan 21 - *Isle of Dogs*
Jan 28 - *The Shawshank Redemption*
Feb 4 - *Hello, My Name is Doris*
Feb 11 - *I'm Thinking of Ending Things*
Feb 18 - *Luca*
Feb 25 - *Florence Foster Jenkins*

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

BOOKWORM CLUB

First read and then discuss with this insightful and fun group. Come for camaraderie and socializing.

Jan - *This Tender Land,* by William Kent Kruger
Feb - *The Four Winds*, by Kristin Hannah

Day	Date	Time	Price
Fri	Jan 14, Feb 11	10-11:15am	Free

UKULELE PRACTICE

Playing music in a group has many lifelong benefits, the biggest one being motivation and socialization. Stop in and give it a try!

Day	Date	Time	Price
Fri	Ongoing	1:30-3:30pm	Free

PEER SUPPORT GROUP FORMING SOON

NEW

SASC plans to form a cancer recovery peer support group in spring. If you would be interested in participating or have any questions, please contact Andrea Lewis at 734-429-9274 or at lewisa@salineschools.org.

YOUR MEMBER GAME ROOM

The SASC game room has seen many updates over the last year which include 2 refurbished billiard tables, a dart board, and a multi-use game table. ALL MEMBERS are welcome to use the room daily except during massage

Cards / Games / MOW

ONGOING CARDS AND GAMES

Program	Day/Week	Time
Pinochle	Mon, Wed	12:30-3pm
Adv. Euchre	Mon	5:30-7:45pm
Euchre	Tue	12:30-3pm
Bridge	Tue	12:30-3:30pm
Chess	Tue	1-3pm
Euchre	Wed/1 wk.	5:30-7:45pm
Pepper	Wed/ 4 wk.	5:30-7:45pm
Scrabble	Thu	1-3:45pm
Canasta	Thu	12:15-3pm
Pass Pinochle	Thu	12:30-3pm
Bridge	Thu	12-3:30pm / 12:30-3:30pm
Samba	Fri	12:30-3:30pm
Bingo	Fri	1-3pm

CARD PLAYING LESSONS

If you are interested in learning how to play euchre, pinochle, pepper, or canasta, there are several members who would love to teach you! Lessons are $5; see the front desk for more information.

INTERGEN GAME NIGHT

The students from Saline High School's High Five Club are back in person for fun game nights. Masks will be required.

Day	Date	Time	Price
Mon	Jan 24, Feb 14, Mar 14	6-8pm	Free

CHESS CLUB
Facilitator: Felix Chow

NEW

SASC is starting a chess club beginning Jan 4. Adding chess to your routine can improve the plasticity of your brain. This can help with strengthening logical reasoning and problem solving. Novices and beginners are welcome! If you have a chess set, please bring it with you.

Day	Date	Time	Price
Tue	Ongoing	1-3pm	Free

BINGO

Did you know bingo has many health benefits including improving your concentration, listening, and short-term memory? It's also great for socialization! Each bingo card is $.25; Bring an extra quarter for the tagalong. Card selection begins at 12:30pm and game begins at 1pm.

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

BILLIARDS / GAME ROOM

Come use our newly renovated Game Room where you'll find two billiards tables, a dart board, and a multi-game table that has checkers, and more available. ALL are welcome!

Day	Date	Time	Price
M/T/W/F	Ongoing	8am-4pm	Free
Thu	Ongoing	8-10:30am	Free

SALINE MEALS ON WHEELS

Meals on Wheels (MOW) is a service provided as a joint venture by SASC administrative aspect) and the Saline Evangelical Home (meal preparation). The purpose of this program is to support elderly, ill, and/or handicapped **HOMEBOUND** Saline residents.

A hot, nutritious, well-balanced lunch ($2.50) and optional sack dinner ($.50) is available. The hot lunch consists of protein, vegetable, potato, salad, dessert, bread/butter, and milk. The optional sack dinner consists of ½ sandwich, fruit and cookie. Applications can be downloaded on the website or picked up at SASC.

MOW are delivered Mon-Fri, (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.

WINTER READING BINGO WITH SDL

Stop in for a bingo card or print one off of our website. Reading Bingo is Jan 18-Mar 18. Please turn in your finished card to Saline District Library by Mar 18.

AARP Taxes / SASC Info

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.

*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. (Will need a Power of Attorney for anyone who cannot come to the site.)

Day	Date	Time	Price
Mon	Feb 7-Apr 11	11:30am-5:30pm	Free

Call SASC beginning January 19 to make an appointment.

You will need to bring:

- A copy of last year's 2020 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

AARP Tax-Aide

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)

VOLUNTEER OPPORTUNITIES

Are you looking to get involved or share some of your skills with other community? Contact SASC staff regarding the following opportunities:

- Meals on Wheels substitute drivers
- Bingo caller
- Program speakers
- Trip planner / coordinator
- Lawyer

WISH LIST

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

- Disposable face masks
- Therapy bands
- Black tea, assorted tea flavors
- Hot chocolate
- Coffee

SALINE AREA SENIOR CENTER Legacy Program

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

You can create a legacy here at SASC starting today or you can wait to contribute to SASC through your will or trust. You can even donate in honor of someone. To "build" your legacy, choose an option below:

DONATION LEVELS:
Donor - $200-$1,000
Benefactor - $1,001-$5,000
Patron - $5,001-$25,000+

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

CARES MILLAGE PROVIDES OVER HALF OF SASC FUNDING

The CARES Millage provides funding for recreation programs and facilities that enhance the life of residents in Saline Area School District.

In Nov 2017, voters passed the CARES Recreation Millage Renewal for 0.5 mills for 10 years.

The specific programs funded through CARES and the percentage of the millage each receives are the Saline Area Senior Center (25%), General Recreation/Community Education (24%), Saline Community Pool at the High School (23.5%), Ellen Ewing Performing Arts Center (19.5%), and grant opportunities for local organizations (8%).

The SASC portion of CARES is around $215,000 annually, which accounts for a significant portion, nearly 65%, of SASC Funding in our Annual Budget. Other funding sources for SASC include membership revenue, program revenue, trip revenue, donations, grants, bank interest, rentals, misc. items, and the SASC Fund Balance.

CANCELLATION POLICIES

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

REGISTRATION NOTES

- Registration for all programs is on a first come, first serve basis.
- The registration deadline for each program is one week prior to the date the program
- begins, unless otherwise noted.
- Any program/trip that does not meet minimum enrollment may be cancelled.
- Non-member guests incur an additional $5 charge for all programs / trips, overnight trips have an additional $10 or $20 charge for extended trips.
- **Scholarships** for SASC membership and some programs are available for individuals who are at or under 180% of the National Poverty Guideline. Qualifying applicants must be Saline residents and submit income information alongside the application, available at SASC or on our website.

SASC TVP

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

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

Outpatient Therapy

The Redies Outpatient Center

- Physical Therapy
- Occupational Therapy
- Speech Therapy

EHM SENIOR SOLUTIONS
Exceptional Services. Innovative Solutions
EHMsolutions.org

734.429.1660
400 West Russell St., Saline MI 48176

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Get all of your medications on the same day with Jensen's Medication Management:

- Saving trips to the pharmacy and never running out of medication
- Helping you stay independent with our unique medication packaging.
- Have your meds for the month packaged by date and time!

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968 E Michigan Ave • Saline MI

Downtown Saline since 1946
Hartman Insurance Agency, Inc.
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111 N. Ann Arbor Street, Saline
www.hartmaninsurancesaline.com

Is It Time To Review Your Medicare?
Medicare can be confusing...
We Can Answer Your Questions
FREE MEDICARE REVIEWS ARE AVAILABLE
MRW Solutions Group
Belleville, MI
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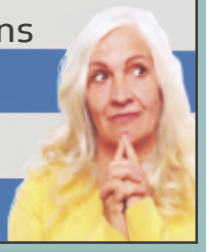

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$15 Saline Area School District Resident 50+
$25 Non-Saline Resident*
$10 All People Over Age 80
$35 SIT Membership SAS District Resident /
$45 SIT Membership Non-Resident (45-49)

*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 Jan 17 and Feb 21

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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.