



January/February 2026

# SASC

## Newsletter



**SASC:**  
**A Social Center**  
**for those 45+**

Saline Area Senior Center • 7190 N. Maple • Saline, MI, 48176  
734.429.9274 • [salineseniors.org](http://salineseniors.org)

## Our Location

Saline Area Senior Center (SASC)  
7190 N. Maple Road, Saline, MI 48176  
Phone: 734-429-9274 ; [www.salineseniors.org](http://www.salineseniors.org)

### Center Hours\*

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

\*SASC will be closed Dec 22 to Fri, Jan 2, due to construction, Jan 19, and Feb 16, for holidays.

## Staff

Director: Nancy Cowan, [cowan@salineschools.org](mailto:cowan@salineschools.org)  
Program Coordinators:

Andrea Lewis, [lewisa@salineschools.org](mailto:lewisa@salineschools.org)

Megan Kenyon, [kenyonm@salineschools.org](mailto:kenyonm@salineschools.org)

Meals on Wheels: Kathy Adamson  
[adamsonk@salineschools.org](mailto:adamsonk@salineschools.org)

## SASC Board of Directors (BOD)

The upcoming SASC BOD Meetings are Mon, Jan 26 and Mar 16, at 9am (no meeting in Feb). Members are always welcome to attend. If you would like a link to attend virtually, please let us know.

President ..... Cindy Sobotta  
Vice President ..... Ruth Frayer  
Secretary ..... Eva Benevento  
Treasurer ..... David Starr  
Member-at-Large ..... Sue Knasiak  
SAS Representative ..... Brian Puffer  
City of Saline Representative ..... Jack Ceo

## Registration

- Please register for ALL programs, even if they're free, via [salineseniors.org](http://salineseniors.org), phone, or in the office.
- You can register in person, on the phone or online at [www.salineseniors.org](http://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.
- We accept cash, check, and all credit cards - note there is a 3% merchant fee on credit card payments. No payments are taken via phone.
- Register early to ensure we are able to run the programs. If we don't reach minimums, we have to cancel.
- The deadline for programs is one week prior to the program start date, unless otherwise noted.
- Non-members may participate in fee-based programs for an extra \$5, and noted special events.

## Cancellation Policy

SASC reserves the right to cancel any program due to low enrollment and will provide a refund or credit (which must be used by Jun 30). If classes are cancelled due to reasons out of our control, an effort will be made to re-schedule the class. You must cancel or transfer from one program to another, prior to the deadline. Some refunds may not be possible for non-refundable items or trips. No refunds are possible after the deadline.

## SASC Annual Membership

**Register now for your 2026 Membership. Membership includes our FREE programs at SASC and member rates on all other programs.**

Non-members may participate in paid classes for an extra \$5 per class. Members will receive weekly email updates and electronic newsletters every other month. \*If you would like your newsletter mailed, there is a fee of \$2.25 per newsletter.

**Membership registration can be done in the office or online at [www.salineseniors.org](http://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 staff 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 optional photo release, which is optional.

### Annual Membership (Jan-Dec)

SAS Resident, 50-79	\$20
Non-Resident, 50-79	\$30
Senior In Training SAS Res, 45-49	\$40
Senior In Training Non-Res, 45-49	\$50
All People, 80+	\$15

## Fitness Room 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. You must have a SASC Membership, before purchasing the fitness membership. Payment can be upfront or monthly.

**Training Fee:** \$10 - a one-on-one machine intro with staff (required for new members)

**12 Month Membership:** \$96

**Month to Month Membership:** \$12 per month

**Guest Pass:** \$5 per day

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**On the cover:** Instructor Laurel Larsen and her Zumba Gold class know how to have fun. Try a new class this year and see what all the hype is about!



## SASC Notes

**Upon entering SASC, please check-in on one of our computers** in the hall or office. This helps us track statistics of usage at SASC. You can scan your card or type the last few letters of your last name to begin the process. Be sure to complete the sign-in at the end of the process. We can assist if needed.

**Classes are in-person unless otherwise noted as hybrid.** Hybrid means you can take it online OR in-person. Register and you will be emailed a link 1-2 days before your program. Note - classes are live and cannot be made up. If there is a class that you would like to see offered in a hybrid fashion, please contact us so we can try to arrange it.

**Our virtual classes take place on Google Meet.** If you would like to schedule a practice session to try Google Meet before a class, please contact Andrea and she will schedule a meeting with you.

**Keep an eye out for new programs** by looking for this symbol throughout the newsletter



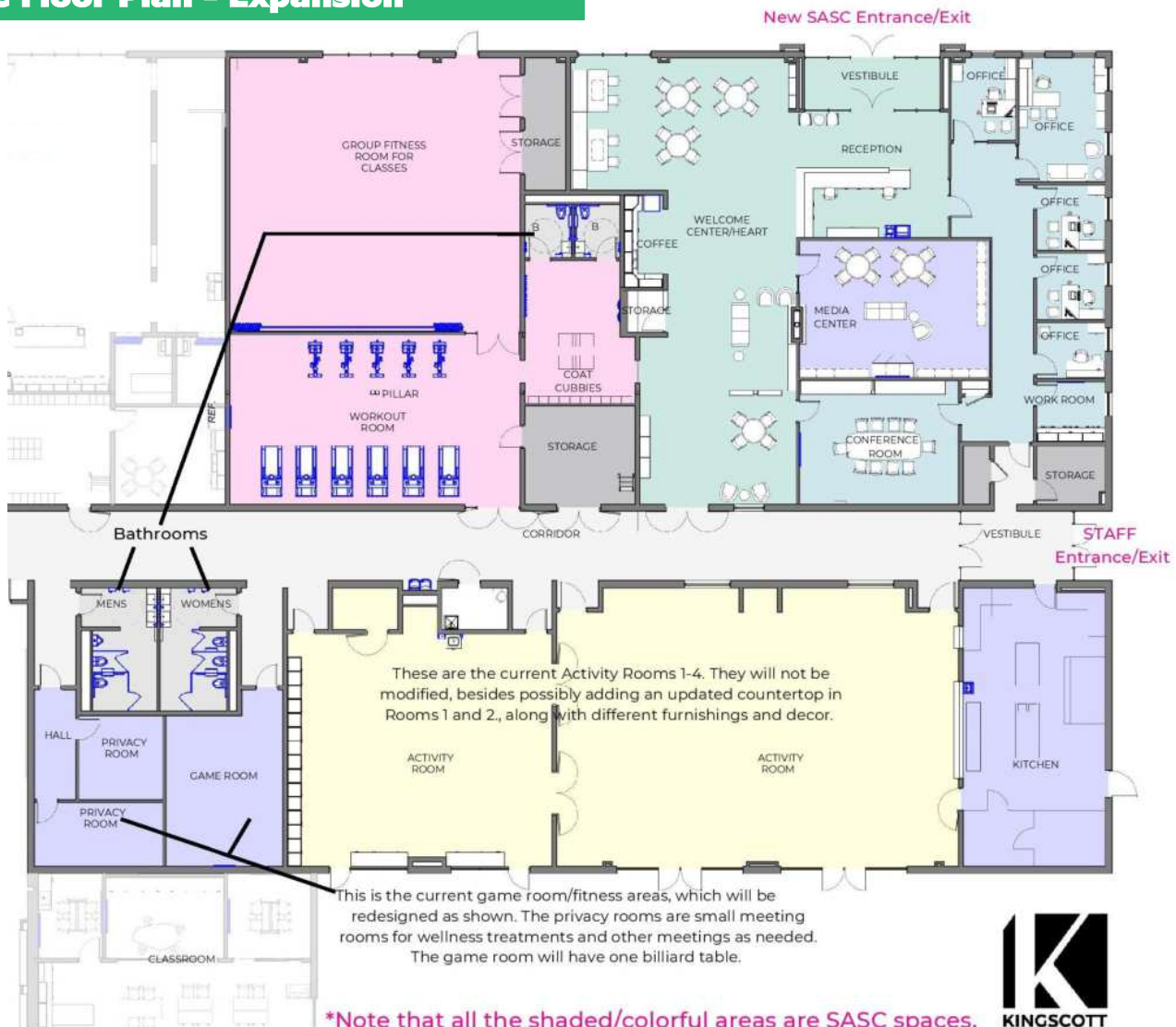
## SASC Construction Corner

THANK YOU for your patience during the remodel and expansion. Construction is close to wrapping up on the new multi-stall bathrooms and privacy rooms - we hope! \*Note that the fitness equipment will be moved to the Game Room space noted below until the addition is complete.

Meanwhile, construction is well underway on the expansion of SASC, on the opposite side of the hall from our current space. The drawing below shows the floor plan once construction is complete in Spring of 2026.

Staff has selected furniture and equipment for the new spaces, which will be ordered soon. We estimate spending \$225,000+ of our fund balance to furnish the expansion, due to the shortfall from the originally promised bond amount. The final cost is to be determined but we are in a good financial position to cover the project. More details will be available on our website as the process moves forward. This information is covered at the SASC Board Meetings too, which are open to all members, and at each General Membership Social. Exciting things are in store for SASC in 2026!

## SASC Floor Plan - Expansion



\*Note that all the shaded/colorful areas are SASC spaces. Space allocation and names may change slightly.



## Special Events

### New Year's Celebration at the Legion



Swing into the New Year and celebrate 2026 with your friends (and meet new ones!). By popular request, the Depot Town Big Band is returning from a few years ago for live music and dancing.

The event will take place at the Saline American Legion, 320 W. Michigan Ave. Please select your dinner choice, prepared by the Legion: Chicken or Mississippi Roast, red skin potatoes, seasoned veggies, salad, roll, and dessert. There will also be a cash bar available. **Deadline:** Dec 19

Day	Date	Time	Price
Tue	Dec 30	5-8pm	\$25

Sponsored by:



### January Euchre Tournament

A fun and relaxed afternoon of Euchre! Come at 12pm for pizza, salad, and dessert. Game play starts at 12:30pm. We will play 6 full games. Prizes awarded for top two players, most loners, and last place. Top two prizes donated by Dermatology Specialists of Ann Arbor. Min 12. **Deadline:** Jan 6

Day	Date	Time	Price
Tue	Jan 13	12-3:30pm	\$10

### SOUPer Bowl V



Huddle up fans, the SOUPer Bowl is taking the field! Referees Brian Puffer and Ashlee Howes of Saline Community Ed will call the plays as local "players" compete for top honors. Awards include Offensive Line, Rookie of the Year, and Halftime Showstopper. But the real winner is you - the spectator! You'll have the chance to sample the soups and cast your vote to crown the MVP (Most Valuable Pot). Winners are announced around 12:30pm. Pay at the door or register ahead of time - everyone is welcome to join in this tasty SASC tradition.

Note: If you would like to help with set up/clean up, please leave your name at the front desk.

Day	Date	Time	Price
Fri	Feb 6	11am-1pm	\$5

## Special Events / New Programs

### February General Membership Social

It may be cold outside but our GM Social will certainly warm your heart and soul. After a brief update from our SASC Director regarding current operations at SASC, we'll share a meal of salad, pot pie, and dessert while socializing. This is a great way to stay informed, chat with your friends, and meet other members. If space is available after the deadline of Feb 13, the cost will increase to \$10.

Day	Date	Time	Price
Wed	Feb 18	11:30am-1pm	\$8/10

### Stay Scam-Smart: A Fraud Prevention Lunch with the Mayor & Police Chief

**Presenters: Mayor Brian Marl & Police Chief Marlene Radzik**



Please join Mayor Brian Marl and Police Chief Marlene Radzik, along with others, for an informative lunch and discussion regarding scams and fraud which aim to target our senior residents. A full lunch and dessert will be served. This event is free and

open to all Saline area seniors. Registration is required by Friday, February 13. Max 50.

Day	Date	Time	Price
Fri	Feb 20	12-2pm	Free

### Mobile Secretary of State



Convenience at your doorstep - the Mobile Secretary of State will be at SASC. You will be able to register to vote, renew your Driver's License or State ID, transfer a car title, apply for or renew a disability placard, and more. You can even apply for a Real ID, which is now necessary for air travel. Call SASC to sign up for an appointment time. Please bring any necessary documentation for each transaction, as well as payment for the services. Reach out to Andrea Lewis at (734) 429-9274 or lewisa@salineschools.org with any questions.

Day	Date	Time	Price
Tue	Feb 24	10am-12pm	Free

### Recruiting for the SOUPer Bowl

It's time to take the field and show the community what your team can do! We're calling on local **businesses, restaurants, churches, groups, and organizations** to enter the lineup and compete in this year's SOUPer Bowl. Do you have a soup that can control the field and dominate the scoreboard? Rally your crew, tighten your game plan, and get ready to take the snap in front of a hungry crowd. To enter your soup, visit our website for an online application. **Entry deadline: Jan 30.**

## Michigan's Oldest Theater

Presenters: Kyrie Crist & Jen McPherson

The Croswell is celebrating its 160th birthday in 2026 and has had a fascinating and rich history. It's a historic gem located in the heart of Adrian. We'll chat about some of that iconic history and what's in store during this landmark year...and yes, there is a Croswell ghost. Join Development Director, Kyrie Crist, and Marketing Director, Jen McPherson to learn all about Michigan's oldest theater.

Day	Date	Time	Price
Thu	Jan 22	10-11am	Free



## Day Trips

All trips are in conjunction with Pittsfield Senior Center and they will be a stop on our route. Sign up at SASC and your pick-up/drop-off will take place at SASC unless otherwise noted. **All trips are on luxury charter busses.** Register early to increase the chances of the trips running. Min 25/Max 53.

### All Shook Up: An Elvis Musical



Get ready for a rockin' adventure! Join us for a trip to Meadowbrook Music Hall to see All Shook Up, the crowd-pleasing musical inspired by the songs of Elvis Presley. Set in 1955, this hip-swiveling, lip-curling musical fantasy tells the story of a guitar-playing young man who transforms a small town and everyone he meets through the power of music. This trip also includes lunch at Kruse & Muer. **Deadline:** Dec 14 to meet the minimum

Day	Date	Time	Price
Wed	Jan 14	10:15am-6pm	\$120

### Dirty Dancing in Concert



Experience Dirty Dancing like never before at the Fischer Theatre! Watch the classic on the big screen while a live band and singers perform the film's iconic soundtrack. Afterwards, keep the fun going with an encore party full of music, singing, and dancing. This trip includes transportation and the show. **Deadline:** Jan 14 to meet the minimum

Day	Date	Time	Price
Sun	Feb 15	5:15pm-10:15pm	\$120

## Discover Flint! Arts, Eats, and History



We'll explore Flint's most beloved cultural gems. First a visit to the Flint Farmers' Market, where you can browse locally made goods, fresh produce, baked treats, and unique artisan items. Next, we'll head to the Flint Institute of Arts for a museum visit and a delicious lunch at the Palette Café (lunch is included in the cost of the trip). After lunch, we'll walk across the Flint Cultural Center campus for a show at the Longway Planetarium, Michigan's largest and most advanced planetarium, where you'll sit back, relax, and enjoy a captivating journey through the stars. Our day will conclude with Sloan Museum of Discovery for an engaging look at history, science, and the Flint community through exhibits. **Deadline:** Mar 9 to reach the minimum

Day	Date	Time	Price
Tue	Mar 24	7:45am-4:15pm	\$90

## Riverdance - Fox Theatre



Experience the magic, rhythm, and passion of Riverdance - the international Irish dance phenomenon that has captivated audiences around the world for nearly three decades! You'll enjoy a delightful afternoon at Detroit's historic Fox Theatre as this talented troupe brings their breathtaking choreography, vibrant music, and dazzling footwork to the stage. Before the performance, we'll stop for a delicious group lunch at a nearby Detroit restaurant. Your trip includes round-trip transportation, theatre admission, and lunch. **Deadline:** Mar 11 to meet the minimum

Day	Date	Time	Price
Sat	Apr 11	10am-5pm	\$110

## Fitness



Please note the session number of your class when registering so you will be enrolled in the correct session.



### Drums Alive

Instructor: Jerry Powell

We'll tap into our inner rhythm and weave together the power of drumming, music, and movement. Let loose, express yourself, and let go of stress. We provide the bucket, exercise ball, and drum sticks. You just bring a water bottle and energy. **No class Jan 19 & Feb 16.**

Session - Day	Date	Time	Price
132 - Mon	Jan 5-26	10-11am	\$21
133 - Mon	Feb 2-23	10-11am	\$21



## Fitness continued

### Zumba Gold Instructor: Laurel Larsen

Zumba Gold is a great aerobic workout that is full of fun and great music. We'll introduce you to easy-to-follow choreography that focuses on enhancing your balance, coordination, and range of motion. **No class Jan 19 & Feb 16.**

Session - Day	Date	Time	Price
100 - Mon	Jan 5-26	11:15am-12:15pm	\$21
101 - Mon	Feb 2-23	11:15am-12:15pm	\$21

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

Whether you prefer sitting in a chair or standing with the support of a chair, this practice is accessible to all fitness levels. Each day, you'll also delve into breath work, relaxation, and core exercises to create a well-rounded experience. **No class Jan 19 & Feb 16.**

Session - Day	Date	Time	Price
102 - Mon	Jan 5-26	4:15-5:15pm	\$21
103 - Mon	Feb 2-23	4:15-5:15pm	\$21

### Fit for Life Instructor: Laurel Larson

Get ready for a full-body workout that targets both your upper and lower body using light hand weights. You'll improve your flexibility and build strength, while enhancing your joint stability, balance, and cardio endurance. We use a chair for additional support during some exercises. **Hybrid**

Session - Day	Date	Time	Price
104 - Tue	Jan 6-27	8:45-9:45am	\$28
105 - Tue	Feb 3-24	8:45-9:45am	\$28
106 - Thu	Jan 8-29	8:45-9:45am	\$28
107 - Thu	Feb 5-26	8:45-9:45am	\$28

### Balance Strong Instructor: Amy Leighton

In this class, our main focus will be on building up your core strength and helping you feel more stable on your feet. We'll work on improving your balance through a combination of strength exercises and flexibility training that specifically target the core. Note that this class will be slightly more challenging than Balance Strong Beginning.

Session - Day	Date	Time	Price
108 - Tue	Jan 6-27	10-11am	\$28
109 - Tue	Feb 3-24	10-11am	\$28

### Adaptive Hatha Yoga Instructor: Patty Hart

Find your Zen! Our class incorporates a variety of poses that can be enjoyed while standing, using a chair, or even on the floor. Our modified poses cater to the majority of students. Please bring along your yoga mat, a yoga belt, two blankets or towels, and two yoga blocks. Whether you're a beginner or an experienced yogi, all are welcome.

**Tuesday's classes will be Virtual only.  
Wednesdays classes will be Hybrid and will take place at Liberty School.**

Session - Day	Date	Time	Price
110 - Tue	Jan 6-Feb 3	11:15am-12:45pm	\$45
111 - Tue	Feb 10-Mar 10	11:15am-12:45pm	\$45
112 - Wed	Jan 7-Feb 4	1-2:30pm	\$45
113 - Wed	Feb 11-Mar 11	1-2:30pm	\$45

### Chair Zumba Instructor: Laurel Larson

Laurel introduces easy-to-follow choreography adapted for chair exercise. Each class can be adjusted to fit the ability and range of motion of the participants. The main focus is on having fun; no dance experience is needed. This class is perfect if you are looking to increase your activity in an inviting, safe, and fun environment. **No class Jan 19 & Feb 16.**

Session - Day	Date	Time	Price
114 - Mon	Jan 5-26	12:30-1:30pm	\$21
115 - Mon	Feb 2-23	12:30-1:30pm	\$21
116 - Wed	Jan 7-28	11:45am-12:45pm	\$28
117 - Wed	Feb 4-25	11:45am-12:45pm	\$28

### Tai Chi Continuing Instructor: Linda Duvall

Increase your flexibility and balance with this continuing class that is geared for students comfortable with the First Loop. Linda will teach the second and third loop of Yang Family Long Form.

Session - Day	Date	Time	Price
118 - Tue	Jan 6-Feb 10	2:30-3:30pm	\$42
119 - Tue	Feb 17-Mar 24	2:30-3:30pm	\$42

### 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.

Session - Day	Date	Time	Price
120 - Wed	Jan 7-Feb 11	10:30-11:30a	\$42
121 - Wed	Feb 18-Mar 25	10:30-11:30a	\$42



Please note the session number of your class when registering so you will be enrolled in the correct session.



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

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

Session - Day	Date	Time	Price
122 - Wed	Jan 7-28	4:15-5:15pm	\$28
123 - Wed	Feb 4-25	4:15-5:15pm	\$28

## Hula Hooping

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

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

## Balance Strong Beginning + Stretch Instructor: Amy Leighton

We'll hone in on your core strength and address any imbalances you have to help you achieve this. Strength exercises and flexibility training will be incorporated to specifically target your core. We round out each session with a rejuvenating relaxing minute series of stretches.

Session - Day	Date	Time	Price
125 - Thu	Jan 8-29	10-11:15am	\$32
126 - Thu	Feb 5-26	10-11:15am	\$32

## Senior Striders Outdoor Walking

The outdoors are good for the soul, no matter the temperature! We meet every Thursday, 9am, even in the cooler weather! A staff member will accompany you on a two mile walk. All walks will depart from SASC November-April. Walks will be cancelled if there is inclement weather.

Session - Day	Date	Time	Price
127 - Thu	Ongoing	9am	Free

## Tai Chi Practice

Practice with other SASC members. You must have been enrolled in a Tai Chi class within the last year at SASC to take advantage of this opportunity.

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

## Cutting Edge of Your Chair Yoga Instructor: Jo Yates

Join us for a yoga class designed to enhance flexibility, strength, and relaxation - all while seated! This gentle, yet invigorating program is perfect for all levels. Most poses will be practiced in a chair, making yoga accessible and enjoyable for everyone. In addition to seated poses, we'll incorporate the sit-to-stand exercise to help build leg strength and improve balance. Expect a calming atmosphere filled with supportive guidance to help you connect your mind and body.

Session - Day	Date	Time	Price
129 - Fri	Jan 9-30	11:15am-12:15pm	\$28
130 - Fri	Feb 6-27	11:15am-12:15pm	\$28

## Strong Bones Instructor: Carolyn Minnette

This low to medium-impact exercise program will help you build and maintain strong bones. The focus of this class is to help participants improve bone and overall health through exercise. These exercises include strength training, balance, and gentle stretching. Information on nutrition, safety training, and bone health education will also be shared. **No class Feb 17.**

Session - Day	Date	Time	Price
131 - Tue	Jan 27-Mar 10	12:15-1:15pm	\$36

## Racquet Sports: Pickleball & Ping-Pong

### Open Play Pickleball 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.

Please contact Andrea Lewis to receive the monthly calendar and weekly updates to the schedule at [lewisa@salineschools.org](mailto:lewisa@salineschools.org).

Pickleball is played at Liberty School, 7265 N. Ann Arbor St., in the gym.

Day	Date	Time	Price
M/W/F	Ongoing	3:15-5:30pm	\$3M/\$5NM



Kathy Struk enjoys a competitive game during out drop open pickleball play.

## Learn to Play Pickleball Clinic

Have you heard about the fun our SASC Pickleball group has but you've been hesitant to join because you don't know how to play? Our member volunteer Paul Backlas and several other players are here to help! The goal is to teach the game, including the rules, techniques, and tips to make you feel comfortable playing in a group setting. The clinic will be at Liberty School, 7265 N. Ann Arbor Street.

Day	Date	Time	Price
Fri	Jan 30	5:30-6:30pm	\$20

## Pickleball Tutor Machine Rental



Improve your game and have fun while using SASC's new Pickleball Tutor. This easy-to-use ball machine adjusts to shoot all the shots you need to practice against including dinks, lobs, serves, drives, and ground strokes.

The machine is available to rent Monday and Wednesday evenings **at SASC**.

The rental fee is \$30 per hour. You can rent the machine to use on your own, or invite up to 5 others to join you at \$5 for each additional person. For example a group of 6 can rent the machine for \$55 and split the cost among the group.

Please contact Andrea for any questions or to get started improving your game today!

Day	Date	Time	Price
Mon	Ongoing	5:45pm & 6:45pm	\$30
Wed	Ongoing	5:45pm & 6:45pm	\$30

## 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



SASC has purchased new ping-pong tables in November. Come try them out.

## WCC Emeritus Classes

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

**These classes are free to Washtenaw County residents, age 65+.** If you meet this requirement, you can take **one free class each session at SASC**. Each class has a maximum of 30, a waitlist will be taken once the max is reached. **Registration begins Dec 8.**

### WCC Tai Chi for Health & Balance Instructor: Darryl Mickens

Tai Chi for Health and Balance is a research based Tai Chi program for fall prevention. It is a 8-step form with balance exercises. All level and abilities are welcome to join this program.

Day	Date	Time	Price
Tue	Jan 13-Mar 17	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 14-Mar 18	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 6.**

Day	Date	Time	Price
Fri	Jan 16-Mar 27	10-11am	Free



### MOCA Memory Testing Administrator: Andrea Lewis

The Montreal Cognitive Assessment is a brief thirty 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 with Andrea - \$10.



## Health & Wellness

### Full Body Massage

**Jerry McDowell, Licensed Massage Therapist**



Massage away your aches and worries. With over 14 years of experience, Jerry is a licensed and board-certified massage therapist known for his intuitive touch and calming presence. He specializes in a wide range of modalities including deep tissue, hot stone, Swedish, and lymphatic drainage. Jerry's approach blends therapeutic care with spa-style relaxation, offering personalized treatments that promote healing, reduce stress, and support overall wellness.

**Call Jerry at (734) 330-6748 to book your appointment.** You'll pay Jerry directly via cash, check or card. .

Mon and Wed  
30 min / \$45; 60 min / \$72; 90 min / \$102

### Continuing Meditation Facilitator: Jewel Heart



This session will continue to build on what you have learned from Beginning Meditation.

Day	Date	Time	Price
Thu	Jan 8-29	1:30-2:30pm	\$12

### Reflexology

**Loraine Webster, Certified Reflexologist**

Reflexology is a wonderful alternative medicine that focuses on applying gentle pressure to the feet. It offers a range of benefits, such as stimulating nerve function, increasing energy levels, enhancing circulation, and promoting a state of deep relaxation.

Appointments are 50 minutes for \$50 or 30 minutes for \$30. Register at our front desk or call SASC at (734) 429-9274 to make your appointment. You will pay Loraine directly at your appointment.

Day	Date	Time	Price
Thu	Jan 8 & 22	9am-1pm	\$30/\$50
Thu	Feb 12 & 26	9am-1pm	\$30/\$50

### High Blood Pressure Presenter: Betty Chaffee, PharmD

High blood pressure, also known as hypertension, it's a common health concern. Join Betty Chaffee, PharmD of Better My Meds to talk about what causes high blood pressure, why it's dangerous, and how lifestyle choices and medications work together to lower blood pressure.

Day	Date	Time	Price
Mon	Jan 12	2:30-3:30pm	Free

### Foot Care Clinic

**Provider: Heather Schanz, BSN, RN, CDP**

As we age, providing self foot care can become more difficult with limitations in vision, bending of the hips and knees, and dexterity issues. Each 30 minute service will include trim, thin and file of the nails; corn and callus reduction; and general foot assessment with any necessary recommendations.

**Call Ascendant Foot Care today for an appointment at 414-4FootRN (414) 436-6876.** Note that you need to pay Heather directly on the day of your appointment; she will not be bill insurance for this service.

Day	Date	Time	Price
Tue	Jan 13	9am-2pm	\$45
Wed	Jan 21	2-7pm	\$45
Thu	Feb 5	9am-2pm	\$45
Mon	Feb 23	2-7pm	\$45

### Staying Steady: Understanding Balance Facilitator: Plymouth PT Specialists

Learn how your body's balance system works and what to do when parts of the system are not working well due to neuropathy, vision problems, vertigo, and more. How to work on improving balance will be discussed as well as tips and tricks to keep from tripping and/or falling at home.

Day	Date	Time	Price
Wed	Jan 14	10-11am	Free

### Proability Balance Assessments Facilitator: Proability Physical Therapists

Your balance will be evaluated by Proability Physical Therapists (PT's) and measured using evidence-based tests to determine your fall risk level. Together you'll review your scores and receive personalized recommendations to improve your safety and function.

Day	Date	Time	Price
Fri	Jan 23	1-2pm	\$10

### Care Management by Natalie Consultation Appointments Facilitator: Sarah Camp

A Care Manager helps with hospital discharge, home caregiving, maintaining independence, transitioning to a senior community, and managing new diagnoses. Contact SASC for a free appointment to find the right path through aging.

Day	Date	Time	Price
Wed	Jan 28 & Feb 25	9 or 10am	Free

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

## Health & Wellness continued

### Unlocking Mental Agility: Focus on Challenging your Brain for a Healthy Mind Presenter: Julie Craft, EHM Senior Solutions

Supercharge your brain! Exercise isn't just for the body - your mind craves a workout too. Join us as we explore ways and resources to keep your brain sharp and strong as you age. We will also touch on tips and enrichment ideas for those with a dementia diagnosis. Whether you're seeking to boost your own brain function or provide support for a loved one with dementia, you will leave with plenty of resources and tools to assist in enriching the brain!

Day	Date	Time	Price
Mon	Jan 12	10-11am	Free

### Beginning Meditation Facilitator: Jewel Heart

Meditation builds focus and awareness, essential conditions for a clear and stable mind. Meditation helps us more honestly engage with ourselves and the world around us. These classes offer hands-on experience with the basic elements of meditation using the breath and techniques for coping with distracted or drowsy moments. Classes are open to all - newcomers to meditation, long time meditators, and those looking for group meditation with others. Leave feeling peaceful and relaxed.

Day	Date	Time	Price
Thu	Feb 5-26	1:30-2:30pm	\$12

### Blood Pressure Checks Facilitator: Heartland Hospice

Heartland Hospice will provide free blood pressure checks. They will be onsite every other month. Make it a point to stop in and track your health.

Day	Date	Time	Price
Wed	Feb 18	11-11:45am	Free

### SASC/Versiti Blood Drive



This process is so easy! Donate your blood and save lives, visit [https://donateblood.versiti.org/donor/schedules/drive\\_schedule/11628748](https://donateblood.versiti.org/donor/schedules/drive_schedule/11628748) to schedule an appointment or call SASC for help. Versiti is the primary blood supplier for many Michigan hospitals, meaning your donation stays in the state to help neighbors, friends, and family. They even email you an update of where your donation went to!

Day	Date	Time	Price
Fri	Feb 27	11:30am-4pm	Free

## Assisted Living Care Residences: The Challenges in Decision-Making Presenter: Justine Bykowski

When searching for an assisted living care residence, there are many factors to consider. How can care seekers determine the best fit for support and care? Obtain a free copy of *Comparing Assisted Living Residences: A Guide with Worksheets*. We will also discuss the differences between the three types of assisted living, the special regulations for memory care, where to find state regulations and violations for licensed assisted living and where Resident Rights can be found.

Day	Date	Time	Price
Wed	Feb 25	2:30-3:30pm	Free

## Lifelong Learning

### Tech Lessons with Ben Cutler

Ben can help with basic tech support for your phone, tablet, and/or laptop. Lessons are 45 minutes each and you must pay when booking.

Day	Date	Time	Price
Mon/Wed	Ongoing	2:30, 3:15, or 4:45pm	\$5

### Tech Town Hall

Saline High School students will assist in familiarizing you with technology. Bring your smart phone, tablet, or laptop computer, inquiries, and challenges. They'll guide you through organizing your contacts, app downloads and more. This event is open house style, but please register in advance.

Day	Date	Time	Price
Fri	Jan 9	3-4pm	Free
Tue	Jan 20	3-4pm	Free
Mon	Feb 9	3-4pm	Free
Thu	Feb 26	3-4pm	Free

### Travelogues



**Jan** - George Jabol guides you on his trip to the Amalfi Coast and Tuscany. He explored Herculaneum, the Naples archaeological museum, Florence, Lucca, and Siena- making it a memorable Italy trip.



**Feb** - Sue Kelch leads you through her trip to Arizona when the desert is in bloom. This travelogue offers both desert warmth and glimpses of winter storms, showing there's far more to Arizona than the Grand Canyon.

Day	Date	Time	Price
Mon	Jan 26	1-3:30pm	Free
Thu	Feb 5	1-2:30pm	Free

## Folk Art: Traditional & Outsiders

**Presenter: Eva Benevento**

Folk art is created by self-taught artists within a community or culture and often reflects their traditions, values, and daily life. Rather than following formal academic art guidelines, it focuses on cultural designs, storytelling, symbolic meaning, and practical utility. The presentation will consider its characteristics and tradition within various cultural contexts in different parts of the world.

Day	Date	Time	Price
Wed	Feb 4	2:30-3:30pm	Free

## Origins of the World War I

**Presenter: Bruce Zellers**

By 1900, many Europeans had come to believe that a major war among the great powers was inevitable. It probably was. The powers were in the grip of an unstable mix of ambition and fear. However, they expected a short conflict; tragically, they were wrong.

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

## Norman & English Castles

**Presenter: Linda Duvall**



Models and pictures will show the development of castles in England from William the Conqueror's Tower of London to King Charles' Windsor Castle. You will learn about gargoyles, arrow slits, crenellations, draw bridges, battering rams and trebuchets.

Day	Date	Time	Price
Fri	Feb 13	11am-12:30pm	Free

## AARP Tax Preparation

### AARP Free Tax Return Preparation

**Facilitator: Martha Ratiff**

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 MI. An AARP membership is not required.

Day	Date	Time	Price
Mon	Feb 2-Apr 13	TBD	Free

**Call SASC beginning Jan 12 to make an appointment. No appointments will take place on Feb 16 due to Presidents' Day, SASC is closed.**

\*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 2024 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 or a letter from the bank with routing and account numbers
- For Property Tax Credit, 2025 Property Tax receipts, Summer and Winter
- If you received a 1095-A, regarding health insurance, bring it.
- 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 and 1099-NEC forms showing any miscellaneous income or self employment 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)
- If self-employed, a record of your cash income and business expenses
- If resident of a co-op, the letter that explains what percentages of your monthly carrying charges represents property taxes.



# January 2026

Mon	Tue	Wed	Thu	Fri
			1 SASC Closed	2 SASC Closed
5 Drums Alive begins 10-11am  Zumba Gold begins 11:15am-12:15pm  Chair Zumba begins 12:30-1:30pm  Ceramics, 1-3pm  Brain, Breath, & Bend Yoga 4:15-5:15pm	6 Fit for Life begins 8:45-9:45am  Balance Strong begins 10-11am  Adaptive Hatha Yoga begins 11:15-12:45pm  Tai Chi Cont. begins 2:30-3:30pm	7 Time Traveler ongoing 10-11:30am  Chair Zumba begins 11:45am-12:45pm  Tai Chi Beginning begins 10:30-11:30am  Adaptive Hatha Yoga begins 1-2:30pm  Not Your Mama's Chair Yoga 4:15-5:15pm	8 Fit for Life begins 8:45-9:45am  Reflexology 9-11am  Balance Strong Beginning + Stretch begins 10-11:15am  Watercolors begins 1:30-3:30pm  Cont. Meditation begins 1:30-2:30pm	9 Salt City Ukes ongoing 10:30-11:30am  Cutting Edge of Your Chair Yoga begins 11:15am-12:15pm  Tech Town Hall 3-4pm
12 Brain Games & Breakfast 10-11am  Ceramics 1-3pm  Recorder Ensemble ongoing 12:30-2:30pm  Trivia 5-6pm	13 Intro to Cyanotype 9:30am-12:30pm  Foot Care Clinic, 9am-2pm  Strong Bones begins 12:15-1:15pm  Euchre Tourney, 12-3:30pm  Tiny Acrylics, 1-3pm  WCC Tai Chi for Health & Balance begins, 1-2pm  High Blood Pressure 2:30-3:30pm	14 Beginning Guitar 9-10am  WCC Line Dancing begins 9-10am  Staying Steady: Understanding Balance 10-11am  All Shook Up: The Musical 10:15am-6pm  ROMEO Group Outback Steakhouse 11:45am	15 Petite Button Flower Arrangement 12-2:30pm	16 Movie: <i>The Naked Gun</i> 10-11:30am  WCC Strength & Conditioning begins 10-11am
19 	20 Cyanotype Printmaking Workshop begins 9:30am-12:30pm  Canvas & Cookies 1-3:30pm  Intergen Crafternoon 1:30-2:30pm  Tech Town Hall 3-4pm	21 JULIET Group Harvest Moon Café 4:30pm  Foot Care Clinic 2-7pm  Tech Lessons ongoing 2:30-4:45pm	22 Reflexology 9-11am  Michigan's Oldest Theater 10-11am	23 Movie: <i>Rule Breakers</i> 10am-12pm  Probability Balance Assessments 1-2pm
26 SASC Board Meeting 9am  Basket of Treasures 11am-1:30pm  Travelogue: Italy 1-3:30pm  Tech Lessons ongoing 2:30-4:45pm	27 Strong Bones begins 12:15-1:15pm	28 Beginning Guitar 9-10am	29 Good Grub Club FUEL'D 11:45am	30 Movie: <i>The Life of Chuck</i> 10am-12pm  Learn to Play Pickleball Clinic 5:30-6:30pm

# February 2026

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Drums Alive begins 10-11am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Chair Zumba begins 12:30-1:30pm</p> <p>Ceramics, 1-3pm</p> <p>Brain, Breath, &amp; Bend Yoga 4:15-5:15pm</p> <p>Trivia, 5-6pm</p>	<p>3</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong begins 10-11am</p> <p>Classical Music Appreciation: <i>Peter and the Wolf</i> begins 11am-12pm</p>	<p>4</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Folks Art: Traditional &amp; Outsiders, 2:30-3:30pm</p> <p>Not Your Mama's Chair Yoga 4:15-5:15pm</p>	<p>5</p> <p>Fit for Life begins, 8:45-9:45am</p> <p>Foot Care Clinic, 9am-2pm</p> <p>Balance Strong Beginning begins, 10-11:15am</p> <p>Bookbinding 101 11:30am-1pm</p> <p>Travelogue: Arizona 1-2:30pm</p> <p>Watercolors begins 1:30-3:30pm</p> <p>Cont. Meditation begins 1:30-2:30pm</p>	<p>6</p> <p><b>Souper Bowl Competition 11am-1pm</b></p> <p>Cutting Edge of Your Chair Yoga begins 11:15am-12:15pm</p>
<p>9</p> <p>Brain Games &amp; Breakfast 10-11am</p> <p>Ceramics 1-3pm</p> <p>Tech Town Hall 3-4pm</p> <p>Mixed Media Workshop 4-6pm</p>	<p>10</p> <p>Adaptive Hatha Yoga begins 11:15-12:45pm</p> <p>Tiny Acrylics 1-3pm</p>	<p>11</p> <p>Beginning Guitar 9-10am</p> <p>Origins of WWI 10-11am</p> <p>ROMEO Group DropTop Pizza 11:45am</p> <p>Adaptive Hatha Yoga begins 1-2:30pm</p>	<p>12</p> <p>Reflexology 9-11am</p> <p>Bookbinding 101 11:30am-1pm</p>	<p>13</p> <p>Norman &amp; English Castles 11am -12:30pm</p> <p><b>Sunday, Feb 15</b></p> <p>Dirty Dancing in Concert 5:15-10:15pm</p>
<p>16</p> <p></p>	<p>17</p> <p>Canvas &amp; Cookies 1-3:30pm</p> <p>Intergen Crafternoon 1:30-2:30pm</p> <p>Tai Chi Cont. begins 2:30-3:30pm</p>	<p>18</p> <p>Beginning Guitar 9-10am</p> <p>Tai Chi Beginning begins 10:30-11:30am</p> <p>Blood Pressure Checks 11-11:45am</p>	<p>19</p> <p>Good Grub Club Red Robin 12pm</p>	<p>20</p> <p>Movie: <i>The Roses</i> 10-11:45am</p> <p>Stay Scam-Smart 12-2pm</p>
<p>23</p> <p>Foot Care Clinic 2-7pm</p>	<p>24</p> <p>Mobile Secretary of State 10am-12pm</p>	<p>25</p> <p>JULIET Group Mac's Acadian Seafood 4:30pm</p> <p>Assisted Living Care Residences 2:30-3:30pm</p>	<p>26</p> <p>Reflexology 9-11am</p> <p>Tech Town Hall 3-4pm</p>	<p>27</p> <p>Movie: <i>F1: The Movie</i> 10am-12:30pm</p> <p>Versiti Blood Drive 11:30am-4pm</p>

## Schedule and Calendar Notes

- Note that this is not a fully comprehensive calendar of all our programs, they all won't fit on these two pages!
- Look through the full newsletter for all the programs and their dates.
- New sessions are listed as "begins" on this calendar; you will find the start and end dates of classes under the class descriptions.
- A full listing of the Clubs, Social Groups, and Cards/Games at SASC are listed on pages 16-18.

## Creative Opportunities

### Ceramics Instructor: Jenn Lupton

Learn the art of pottery! First you'll create your piece from a slab of clay Jenn has prepared, and the following week you'll glaze it. Jenn has a variety of textures and glaze colors to choose from. Each project can be made to your own interpretation. She provides all of the materials and fires them in her kiln. You can pick up your finished piece a week or two later at SASC. Jenn's projects make a great gift for you or a loved one! Must attend both classes.

Jan - mushroom candlestick holder set  
Feb - heart shaped dish

Day	Date	Time	Price
Mon	Jan 5 & 12	1-3pm	\$56
Mon	Feb 2 & 9	1-3pm	\$56



### Watercolors Instructor: Katherine Downie

Explore watercolor painting, perfect if you are new to art or looking to improve. Learn color theory, mixing, and enjoy themed projects to inspire your creativity. Katherine provides a stencil for you to trace from so drawing experience is not needed. You will work on a project or two throughout the month, fine-tuning your technique. Examples are below. A supply list is available at the front desk.

Jan - snowy landscapes  
Feb - snowy animals

Day	Date	Time	Price
Thu	Jan 8-29	1:30-3:30pm	\$39
Thu	Feb 5-26	1:30-3:30pm	\$39



*Note: Please register for programs a week before. Instructors need to prepare their projects and purchase supplies ahead of time. Unless otherwise noted, materials are included in the program.*

### Intro to Cyanotype Printmaking Instructor: Bob Rickman



Cyanotype photography is a camera-less technique that involves laying an object on paper coated with a solution of iron salts before exposing it to UV light and washing with water to create stunning white and Prussian blue images. In this introductory class, you will learn to make beautiful cyanotype prints from natural materials and found objects to make unique images. Bob will also teach about the history of photography.

Day	Date	Time	Price
Tue	Jan 13	9:30am-12:30pm	\$12

### Tiny Acrylics Painting Circle Facilitator: Terrie Eroh

Rediscover your creative spark, play with paint in this laid-back class. Terrie will guide you through her process for painting on tiny canvases - a fun activity for anyone. But it's not just about the art, it's about connecting with others through art.

Day	Date	Time	Price
Tue	Jan 13	1-3pm	\$5
Tue	Feb 10	1-3pm	\$5

### DIY Petite Button Flower Arrangement Instructor: Carol Torsell



Come for crafting and camaraderie! Carol is a lady of many talents and enjoys teaching others. You will create an adorable petite bouquet out of buttons and faux flowers.

Day	Date	Time	Price
Thu	Jan 15	12-2:30pm	\$30

### Cyanotype Printmaking Workshop Instructor: Bob Rickman

This workshop is for anyone interested making cyanotype prints, a non-camera, hands-on process, which has been relevant to historical as well as contemporary photographic processes. This workshop introduces the history and science of this early photographic process. Students will survey work by artists who have taken this process to endlessly creative heights as inspiration to create prints using natural materials and found objects to make unique images.

Starting with two non-toxic chemicals, participants will learn about mixing and applying this chemistry to paper, exposing with UV light, then developing their prints in a few simple solutions. You will leave with unique images as well as ideas and information to further your practice at home!

Day	Date	Time	Price
Tue	Jan 20-Feb 3	9:30am-12:30pm	\$36



## Meet the Instructor: Robert "Bob" Rickman



Bob Rickman has been involved with photography and printmaking since the early 1970s, focusing primarily on landscape photography using large-format black-and-white imagery. He has explored some of the earliest photographic processes from the mid- to late-1800s, including cyanotype, salt prints, and platinum prints. He recently won the 2025 WCC Student Art Show for his portrait *Mysterious Hallway*. "About 4 years ago, I started volunteering on a project to provide portraits for cancer patients and their families. I found that I enjoyed the time spent gaining the client's trust and relaxing during the photo sessions. It's a similar experience to my massage work. I found it to be a rewarding experience for both the client and myself. I have continued to work on portraits, capturing those fleeting unguarded moments."

## Canvas & Cookies Instructor: Katherine Downie

**New day/time!** Walk away with a painting in just a few hours! Throughout the process, you'll gain valuable insights into composition, color usage, and the elements and principles of art. Enjoy a homemade cookie too!

**Jan** - snowy house    **Feb** - cup of cocoa

Day	Date	Time	Price
Tue	Jan 20	1-3:30pm	\$25
Tue	Feb 17	1-3:30pm	\$25



## Intergen Crafternoon with Liberty Club



This is a special volunteer opportunity! Work with Liberty Club members to create a craft or paint, and form a meaningful connection. No crafting or art experience necessary. Liberty Club is a community center-based program to promote continuous learning and social interaction for adults with disabilities. They are a part of Saline Area Schools.

Day	Date	Time	Price
Tue	Jan 20, Feb 17	1:30-2:30pm	Free

## Basket of Treasures Instructor: Carol Torssell



Create your own basket of treasures in a shadowbox using pearls, shells, buttons, and keepsake jewelry. Feel free to bring mementos of yours to incorporate into your art. **Deadline: Jan 20**

Day	Date	Time	Price
Mon	Jan 26	11am-1:30pm	\$40

## Classical Music Appreciation: *Peter and the Wolf* Instructor: Andrew Kratzat

Andrew aims to foster an appreciation for classical music in this class. Sergei Prokofiev's classic musical tale brings characters to life through distinctive instrumental themes, offering an engaging introduction to the orchestra. Charming, imaginative, and timeless, *Peter and the Wolf* invites listeners of all ages to experience story telling through sound.

Day	Date	Time	Price
Tue	Feb 3-17	11am-12pm	Free

## Bookbinding 101 Instructor: Katherine Downie

Learn the craft of bookbinding with a simple, beginner-friendly project. You'll learn the basic steps of binding a book with materials provided to you, and will come away from the class with a few thin books, perfect to give away for the holidays! Katherine will provide you with information you can take home to continue this craft.

Day	Date	Time	Price
Thu	Feb 5 & 12	11:30am-1pm	\$28

## Mixed Media Workshop Instructor: Nicole McKay

Start your creative journey today! Using an assortment of Nicole's paper, textures, and paints, you will create your own vintage animal paper doll. You can draw your animal or she will have images printed for you to choose from. There are no rules to mixed media art, you can use what you want, however you want!

Day	Date	Time	Price
Mon	Feb 9	4-6pm	\$45



## Music Ensembles

*All ensembles are \$1 drop in each time to help with the cost of printing.*

### SASC Recorder Ensemble

This group focuses on ensemble playing with various genres that are of interest to members. The ensemble is SATB (soprano, alto, tenor, and bass recorders). If you are a beginner, advanced players can show you the basics so you can become comfortable with learning a new instrument. If you are looking to get back into music, please feel free to stop in and chat with the group leaders.

Day	Date	Time	Price
Mon	Ongoing	12:30-2:30pm	\$1

### Time Traveler



This jam band enjoys meeting every week and has performed around Saline including at SASC, the Saline Farmers Market, Brewed Awakenings, and just recently the 109 Cultural Exchange.

Day	Date	Time	Price
Wed	Ongoing	10-11:30am	\$1



### Beginning Guitar

**Instructors: Dave Hubbard & Mark Rakowski**

Have you been thinking of trying guitar? Time Traveler's leaders, Dave and Mark will help you work on your skills. Please bring your guitar.

Day	Date	Time	Price
Wed	Jan 14, 28; Feb 11, 25	9-10am	\$1

### Salt City Ukes

The ukulele is a fun and engaging instrument - it's portable, fairly inexpensive, relatively easy to learn, great for playing popular music, and fun to sing along with. This group enjoys playing for fun together.

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

## Clubs/Social Opportunities

### SAS-C Writers

We welcome anyone interested in practicing writing exercises, in class and at home. Writing of all genres is created and shared by the members in a supportive and friendly environment.

Day	Date	Time	Price
Thu	Jan 15; Feb 5, 19	10-11:30am	Free

### Sassy Players Drama Club

"We may be gray, but we know how to play! We are NOT older, we are bolder! We have come, to have some fun! So join us as we enjoy life to the fullest!" For many older adults, drama offers you a chance to explore ideas and talents you may not have used in years. Theatre engages your brain through activities like interpreting scripts, which help with memory and cognitive function. Whether you're experienced or new to it, you'll find a welcoming space to express yourself and make friends. Memorizing lines isn't necessary in this group.

Day	Date	Time	Price
Thu	Jan 15; Feb 5, 19	11:30am-12:30pm	Free

### ROMEO Group

Retired "Old" Men Eating Out (ROMEO) is an opportunity for the guys to get together, have a meal, and socialize. This group is very welcoming and lead by SASC Member, Bob Baden. Registration is required so we can make an accurate reservation.

Day	Date - Location	Time
Wed	Jan 14 - Outback Steakhouse, 3173 Oak Valley Dr., AA, MI, 48103	11:45am
Wed	Feb 11 - DropTop Pizza, 107 W. Mich. Ave., Saline, 48176	11:45am

### JULIET Group

The JULIET (Just Us Ladies Into Eating Together) Group, gives the SASC women and opportunity to gather for an early dinner, maybe even a happy hour drink if you choose. Lead by SASC members Micki Baden and Marie Hamlin. Registration is required so we can make an accurate reservation.

Day	Date - Location	Time
Wed	Jan 21 - Harvest Moon Café, 5484 W. Michigan Ave., Ypsi, 48197	4:30pm
Wed	Mac's Acadian Seafood Shack, 104 E. Michigan Ave., Saline, 48176	4:30pm

*Please register for all programs at SASC. Having an accurate count is necessary for meals out, so we can book a table to ensure everyone is included. Thank you!*

## Good Grub Social Club

We pick the day, time, and place to gather, eat, and socialize together. Simply RSVP and come to the restaurant. All meals will be on your own cost-wise. Let us know if you'd like to carpool when registering and we can help arrange it. An SASC team member will join the group too.

Day	Date - Location	Time
Thu	Jan 29 - FUEL'D, 980 W. Eisenhower Pkwy, AA, 48103	11:45am
Thu	Feb 19 - Red Robin, 575 Briarwood Circle, AA, 48103	12pm

## Silver Shutterbugs Photography Club

This group enjoys capturing life's moments. Come to share your work, give and receive constructive feedback to help you grow and improve, and learn new styles and techniques from one another.

Day	Date	Time	Price
Mon	Jan 26, Feb 23	9:30-11am	Free

Chris plays with a photography technique using water droplets.



## Dementia Friends Activity Group

This group is for those living with dementia and their caregivers/friends. All members welcome; those with dementia, please bring a loved one. We'll have supportive chats, offer encouragement, share experiences, do an activity, listen to live music, performed by members of Time Traveler, and get creative with a craft.

Day	Date	Time	Price
Tue	Jan 20, Feb 17	11am-12pm	Free

## Classic Movie Time Facilitator: Eva Benevento

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

**Jan - Notorious**  
**Feb - The Two Mrs. Carrolls**

Day	Date	Time	Price
Wed	Jan 14, Feb 11	2:30-5pm	\$1/day

## Knitting, Crochet, & Craft Club

All crafts are welcome at this group! There are several people who are happy to show you how to crochet and knit too.

Day	Date	Time	Price
Wed	Ongoing	12:30-2:30pm	Free



## Intergen Woodcarving Club

This long-time group is full of talented individuals, in which you can learn from! All ages are welcome in this group.

Day	Date	Time	Price
Wed	Ongoing	5-6:30pm	Free

## Breakfast Club

Come for a breakfast treat, coffee or tea, mingle with your old friends, and meet new people. Thank you to Busch's for providing treats every week!

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

## SASC Book Club

Many laughs are had with this insightful group, they are very welcoming and friendly.

**Jan - Her Hidden Genius**  
**Feb - Eddie Winston is Looking for Love**

Day	Date	Time	Price
Fri	Jan 9, Feb 13	10-11:30am	Free

## Matinee Movies

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

Jan 16 - *The Naked Gun* (PG-13)  
Jan 23 - *Rule Breakers* (PG)  
Jan 30 - *The Life of Chuck* (R)  
Feb 20 - *The Roses*  
Feb 27 - *F1: The Movie* (PG-13)

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



## Games

### Brain Games & Breakfast Facilitator: Eva Benevento

Keep your brain sharp by solving brain puzzles as a whole group and individually while enjoying a breakfast treat. Please register by the Fri before so we have enough treats for everyone. \$2 each day.

Day	Date	Time	Price
Mon	Jan 12, Feb 9	10-11am	\$2

### Trivia Nights Quizmaster: Scott Brodie

Trivia is great for people of all ages because it keeps your mind active, boosts memory recall, and can even help slow cognitive decline. The top two winners will receive a gift card to a local business or restaurant. \$2 per day.

Day	Date	Time	Price
Mon	Jan 12, Feb 2	5-6pm	\$2

### January Euchre Tournament

A fun and relaxed afternoon of Euchre! Come at 12pm for pizza, salad, and dessert. Game play starts at 12:30pm. We will play 6 full games. Prizes awarded for top two players, most loners, and last place. Top two prizes donated by Dermatology Specialists of Ann Arbor. Note that this tournament is very laid back, even if you're not a seasoned player, consider giving it a shot! **Deadline:** Jan 6

Day	Date	Time	Price
Tue	Jan 13	12-3:30pm	\$10



Dates for Intergen Game Nights are currently TBA. If you would like to be contacted for their next date, please leave your name at the front desk.

### Dementia Friendly Games

This group plays different versions of games like dominoes and Rummikub. Those with and without dementia are welcome to join!

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

## Ongoing Cards & Games

Program	Day/Week	Time
Pinochle	Mon, Wed, Thu	12:30-3pm
Chinese Mahjong	Mon	12:30-2:30pm
Adv. Euchre	Mon	5:30-7:45pm
Bridge	Tue/ 2, 4 Thu	12-3:30pm
Euchre	Tue	12:30-3:30pm
Dementia Friendly Games	Tue	11am-12:30pm
Adv. Amer. Mah Jongg	Wed	11:30am-2pm
Adv. Euchre	Wed/ 1 wk.	5:30-7:45pm
Chess	Wed/ 2,4 wk.	11:30am-1:30pm
Cribbage	Wed	4-6pm
Pepper	Wed/ 2 wk.	5:30-7:45pm
Rummikub	Thu	1-3pm
Scrabble	Thu	1-3:45pm
Bingo	Fri	12:30-3pm
Samba	Fri	12:30-3:30pm

### Bingo

Game play begins at 1pm, please arrive by 12:45pm. About halfway through there will be a break for snacks (provided by players) and socializing. **No Bingo Feb 6.**

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

\*If you would like more information on any of the groups above, please visit the office or give us all call. If you'd like to learn a game to become a part of a group, we can help find a current group member to show you the ropes.

### SASC Welcomes Brian Hutcheon

We are excited to welcome Brian to our SASC Team as our Part-Time Building Supervisor / Customer Service Rep.

Brian is a Saline resident, and has participated in a few senior trips and events in the past. He is a lawyer and recently retired from the Department of Veterans Affairs and Veterans of Foreign Wars, after a career of serving veterans. He applied at SASC to continue interacting with his peers and helping others.

Brian is proud of his 39 years of marriage to his lovely wife Karen. Together they raised 3 adult children, and have 4 grandchildren that they are very involved with.

Brian will be at SASC Monday and Wednesday evenings and some times during the day. Please be sure to stop by and welcome him to SASC!

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

## Medicare/Medicaid Appointments

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

- Explain Medicare health plan options and eligibility requirements
- Understand what is/isn't covered by Medicare
- Understand doctor bills, hospital bills and Medicare Summary Notices
- Understand Medicare/Medicaid enrollment timelines
- Review your Medicare supplemental ("Medigap") insurance needs, compare policies and pursue claims and refunds
- Identify resources for prescription drug Assistance & identify and report Medicare/Medicaid fraud and abuse

**Please note, if at anytime you need an appointment sooner than Donna can schedule you please call AgeWays (formerly Area Agency on Aging) at 800-852-7795 or MMAP at 800-803-7174.**

Area Agency on Aging 1-B



## Saline Meals on Wheels



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

A hot, nutritious, well-balanced lunch (\$3) and optional sack dinner (\$1) is available. The hot lunch consists of protein, vegetable, potato, fruit, dessert, and milk or juice. The optional sack dinner consists of a whole sandwich, fruit, and cookie. Applications can be found on our website or picked up at SASC.

MOW are delivered Monday-Friday, (excluding holidays) and Saline Area Schools snow days. The meals are delivered by a core group of dedicated drivers. If you would like to be a volunteer driver or sub driver, please call Kathy Adamson at 734.429.9274. It is a very rewarding opportunity to give back to your community.

We also take donations towards Meals on Wheels, to help support the service for those who need the Service but are unable to pay for it.

## SASC Legacy Program



You can create a legacy here at SASC today or 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, your name will be placed on the legacy wall, which is being redesigned and will be up again when our addition is complete. Donations are tracked and nameplates will be moved to the proper location on the legacy wall over time. You'll receive a tax deductible letter for your donation. We appreciate your consideration. Every dollar helps.

## Transportation Options

**Feonix/Washtenaw Rides for Older Adults:** A program that provides no-cost transportation to Washtenaw County residents ages 60+ who need transportation to medical care, healthcare, and food access. To find out if you qualify, please call Feonix at **(734) 259-4125**.

**People's Express:** Call **(877) 214-6073** Mon-Fri, 10am-7pm for scheduling. Washtenaw County Senior Residents may travel at no cost within a defined area due to the Older Adult Millage that passed in 2024. Please contact them for more details or ask us for a flyer at the front desk.

**JFS:** Jewish Family Services provides low-cost transportation for those 60+ and people with disabilities. Call JFS at **(734) 769-0209** Mon-Thu, 9am-5pm and Fri, 9am-3pm to schedule.

## CARES Recreation Millage



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

In Nov 2017, voters passed the CARES Recreation Millage Renewal of 0.5 mills for 10 years. The specific programs funded through CARES and the percentage of the millage each receives are SASC (25%), General Recreation/Community Ed.(24%), Saline Community Pool at the High School (23.5%), Ellen Ewing Performing Arts Center (19.5%), and grant opportunities for local organizations (8%).

The SASC portion of CARES is about \$325,000 annually, nearly 65% of SASC's budget. Other funding sources include membership revenue, program revenue, trip revenue, donations, grants, bank interest, rentals, misc. items, and the SASC Fund Balance.

## The SASC Library

Our "library" is generally available except for a few programs throughout the week. It will be closed during educational programs, Meditation, and movies. You may take a book and return it or pass it along to a friend. If you would like to, you may donate up to ten books at the front desk.

## Laptops and iPads

Check out a laptop or iPad at the front desk for use while at SASC. All have Wi-Fi capabilities. You may also print for ten cents per page. Ask staff for assistance if needed.

Note that if you need in-depth assistance with technology, we have individual and group tech lessons available on pages 11-12.

## Room Rentals

SASC rooms are available to rent for HOA meetings, parties, graduations, memorials, etc., at reasonable rates. For more information stop into the office or visit our website at [salineseniors.org](http://salineseniors.org), click on the "about" tab, and select facility rentals.

## Scholarships

Each year SASC raises money for our scholarship fund. This allows those in need to participate in fee-based programs or trips that the membership does not cover. These funds are available for those who are at or under the National Poverty Guideline. Qualifying applicants must be 50+ and submit income information alongside the application, which is available at SASC or on our website.

## Donations/Volunteers Needed

SASC accepts donations to help offset some of our costs. If you would like to give, please consider the following:

- Coffee, especially decaf coffee currently
- Tea bags (individually wrapped)
- Disposable paper coffee cups
- White copy paper, 8.5x11"
- Paper towel and Kleenex
- Gently used or new Bag & Jewelry Sale items

Please note that we are unable to accept opened or expired food/drink items.

If you would like to give of your time, we have various volunteer opportunities available, including Meals on Wheels substitute driving positions. Help is also needed at our Souper Bowl event on Fri, Feb 6. Contact Megan if you are interested in helping.



## EUCHRE TOURNAMENT

### Tue, Jan 13

**12-12:30pm: Lunch/Check-In**  
**Menu: Cottage Inn Pizza, pop, & dessert**

**12:30-3:30pm Game Play**

**Deadline to reach the minimum: Jan 6**

A relaxing afternoon of Euchre! We'll play 6 games, top two winners receive a gift card, plus prizes for most loners and last place. Please arrive for game play on time.



**\$10 SASC Members**

**\$15 Public Entry**

Top two winner prizes provided by  
Dermatology Specialists  
of Ann Arbor

7190 N. Maple Rd.  
734.429.9274  
[salineseniors.org](http://salineseniors.org)  
[facebook.com/salineseniors](https://facebook.com/salineseniors)



## Bag & Jewelry Sale

SASC takes donations of new or gently used items throughout the year including handbags, wallets, jewelry, scarves, and miscellaneous items. Our team of volunteers dedicate much of their time to raise money for programming and scholarships at SASC.

Thank you Diane, Jennie, Eva, Cindy, Gigi, Sue, Margaret, Jill, Ruthie, Carolyn, & Brenda for giving your time this fall, and to all of our community members who donated items. With your support, we raised \$1,700!

Mark your calendar! Our spring sale is on April 24 & 25, 2026.







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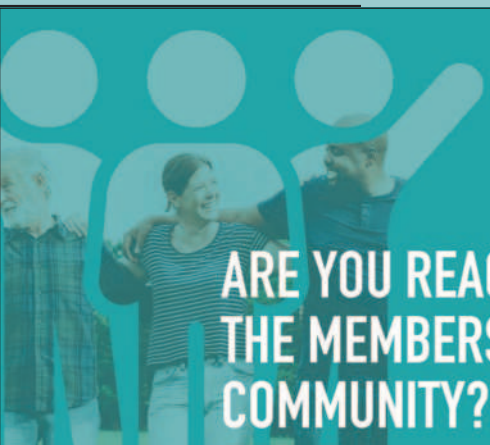
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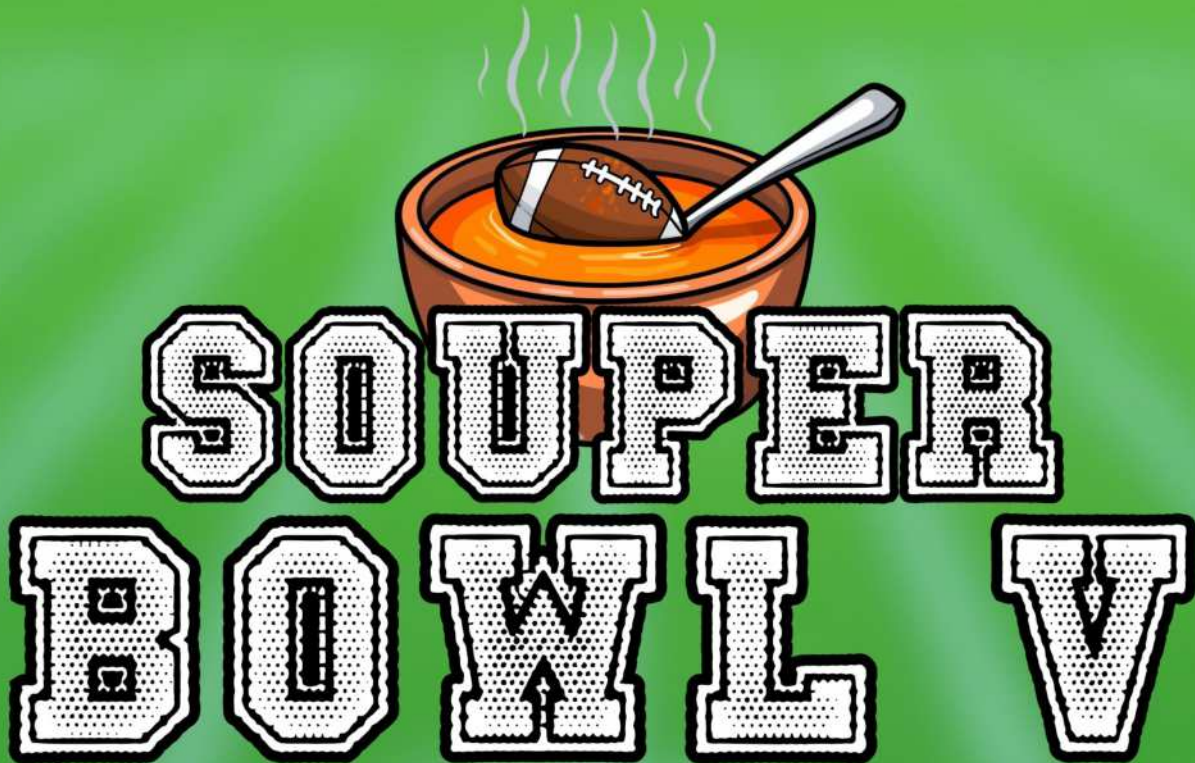
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48176



**Friday, February 6**  
**11am-1pm**  
**\$5**



Open to the public. Businesses, organizations,  
restaurants, and groups are welcome to enter the soup  
competition. See page 4 for more information.