



September/October 2025

# 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

Center Hours\*  
Mon & Wed, 8am-8pm; Tue, Thu & Fri, 8am-4pm  
\*SASC will be closed on Mon, Sep 1 (Labor Day)

## Staff

Director: Nancy Cowan, cowann@salineschools.org  
Program Coordinators:  
Andrea Lewis, lewisa@salineschools.org  
Megan Kenyon, kenyonm@salineschools.org  
Meals on Wheels: Kathy Adamson  
adamsonk@salineschools.org

## SASC Board of Directors (BOD)

The upcoming SASC BOD Meetings are Mon, Sep 15 and Oct 20, at 9am. 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, phone, or in the office.
- You can register in person, on the phone or online at www.salineseniors.org; click on the registration tab and follow the prompts. You will need to request an account first, if you do not already have one.
- 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 Memberships

**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; 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

## What's Inside

Memberships/Info .....	2-3
50/50 Raffle/Construction Update .....	3
Special Events .....	4
Day Trips .....	5
Fitness/Walking .....	6-7
Racquet Sports-Pickleball & Ping-Pong .....	7-8
WCC Classes .....	8
Health & Wellness .....	8-10
Lifelong Learning .....	10, 11
Tech Lessons/Town Hall .....	10-11
Sep/Oct Calendars .....	12-13
Creative Opportunities .....	14-15
Music Ensembles .....	16
Club/Movies/Social Programs/Games .....	16-18
Medicare and Medicaid Appointments .....	19
Meals on Wheels/CARES Recreation Millage .....	19
Legacy Program/Transportation .....	20
Room Rentals/Scholarships/Donations .....	20

**On the cover:** The Annual Health Fair in 2024; be sure to join us for the 2025 Health Fair on Oct 3 from 9am-12pm. See page 4 for details.



## 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 have moved from Zoom to Google Meet.** Google Meet is user friendly, and very similar to Zoom. If you would like to schedule a practice session to try Google Meet before a class, please contact Andrea Lewis and she will schedule a meeting with you.

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



## SASC 50/50 Raffle

Our Annual 50/50 Raffle begins soon. The funds go towards scholarships for members in need, so they may participate in fee-based programs.

**Each year we mail all members 3 tickets and ask you to either purchase or sell them. NEW this year, please pick up your 3 tickets at SASC from Sep 29 - Oct 10.** Postage has increased .78 cents per envelope, which adds up, and is an expense that is deducted from the total to be split. We will mail out the remaining tickets on Oct 13. You may also purchase more tickets online at [salineseniors.org](http://salineseniors.org) or at the front desk. **The drawing is on Dec 17 at our General Membership Social/Holiday Party.** The winner will receive 50% of the funds we bring in, minus expenses. Runner up prizes include gift cards to local businesses such as Nu2u Again, Saline Inn, Busch's, City Limits Diner, and Dan's Tavern. If you do not want to purchase or sell your tickets, please return them to the SASC Office before the drawing.

If you would like to help sell raffle tickets at the Saline Craft Show, Busch's, or the Farmer's Market this season, please notify us. Thank you for supporting SASC's scholarship program!

## 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**.

## SASC Building Update

There is no place like home! THNAK YOU all for your patience and support this past summer as we operated from Woodland Meadows Elementary. We are grateful to all who made it possible and to the Woodland Meadows Team for their hospitality. We are so glad to be back "home" at our permanent space (7190 N. Maple Rd.).

**To reach SASC moving forward, please see the map below. Enter from Saline-Ann Arbor Rd., down Thibault Dr., to the existing SASC Parking Lot and Entrance.** The Maple Rd. entrance to Thibault Dr., is now part of a one-way loop that goes in front of the school. You do not want to enter SASC via that route and get stuck in the drop-off or pick-up loop traffic. We will have an entrance off of Weber-Blaess Dr., but not until construction is complete in Spring of 2026.



Construction at SASC will be ongoing through Spring of 2026. **Phase 1 SASC Construction** has been taking place this summer, which includes only a small part of SASC - the men's and women's multi-stall restrooms (to be complete by Oct. 1, 2025) and the rooms that are behind them (the game room, which has become two small meeting/treatment rooms for massage, reflexology, foot care, private meetings, etc., and fitness room, which will still be the fitness room when we go back BUT when Phase 2 is complete, will become the game room, as the fitness room will be relocated in the new space). \*The temporary fitness room will not be available for us to reload until Oct 1. **From Aug-Sep the fitness machines will be in the SASC Hallway** while Phase 1 is completed.

**\*Phase 2 of SASC Construction** begins mid-Aug and will be the new SASC space, located in the bus garage that has been vacated. This space will include a new, relocated SASC entrance, welcome desk, dedicated group fitness room, expanded workout room/machines, media room, program room, social space, coffee area/grab and go bites to eat, and staff offices.

You may hear some noise throughout the year but the result will be a great new space when we are done in Spring of 2026. Stay tuned to our website for more information on the construction/expansion at [www.salineseniors.org](http://www.salineseniors.org). Updates will also be sent consistently via our weekly emails.

## Special Events

### Mayor's Conference

Join Saline's Mayor Brian Marl for a special senior day. A continental breakfast will be provided by Regency Bluffs Park Ann Arbor followed by three 35 minute breakout sessions, a panel discussion with local city leaders, and lunch. There will be time to connect with your friends and community members.

Breakout sessions include a cooking demonstration, elected leaders reviewing tax payments and disbursements, and an interactive session on preventing injury via daily and recreational activity.

Day	Date	Time	Price
Fri	Sep 12	8:30am-1pm	Free

### Euchre Tourney

A fun and relaxed evening of Euchre! Come at 4:30pm for pizza, salad, and dessert. Game play starts at 5pm. 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. **Deadline:** Sep 10.


Day	Date	Time	Price
Wed	Sep 17	4:30-7:30pm	\$10

### Fall Concert with Alicia & Andrew

We welcome back Alicia Doudna, Violin and Andrew Kratzat, Bass for new music, which includes pieces arranged by Andrew. Both performers love to educate folks on the pieces and music in general; feel free to ask questions.

Day	Date	Time	Price
Tue	Sep 30	2pm	Free

### Ice Cream Social

 Let's close out summer with a sweet afternoon of ice cream, toppings, and good company. Upon registration, please indicate if you need a dairy free or sugar free option. **Deadline:** Sep 16

Day	Date	Time	Price
Tue	Sep 23	1-2pm	\$3

### Bag & Jewelry Sale

We take donations of jewelry and bags throughout the year; if you are looking to purge, please consider bringing your new or gently used items to SASC. Find something new to you! Mark your calendar for the next sale, Nov 14 for members and Nov 15 for the public. All proceeds benefit our scholarship fund.

## General Membership Social



There will be a brief update about the center from the SASC Director, then we'll eat lunch together: choose Linden Square's award-winning Chicken Pot Pie Soup or Broccoli Cheddar (veg option), salad, bread, and dessert. If you register after Oct 10, an additional \$2 will be added to your fee if space is available.

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

### Health Fair

Join us for our 9th Annual Health Fair. Consider this your one-stop shop to various health organizations. Attend to learn more about local providers in the community, in addition to programs and services available at SASC. UofM ACS Immunization Program is also back to provide enhanced flu shots. **An appointment needs to be made to receive the vaccine.** Bring your Medicare or insurance card in order to complete the necessary documents. Vendors will be on hand for you to visit from various healthcare organizations, senior living and skilled care facilities, as well as physicians, and therapists. Learn about home safety, talk to the Kidney Foundation of MI, Humane Society of Huron Valley, and enter a raffle for the chance to win great prizes! Thanks to our generous platinum sponsor, EHM Senior Solutions.

**To make an appointment for a flu shot, call SASC at 734-429-9274 after Sep 11. To make an appointment for the shingles vaccine,**

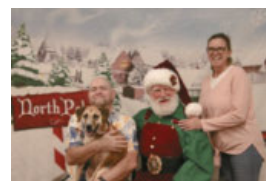
Day	Date	Time	Price
Fri	Oct 3	9am-12pm	Free



### Santa Paws Pet Portraits

Santa Joe Eadie is back, so you can get a holiday photo of you and your pet! **Pets must be well-behaved and on a leash.** Call SASC after Oct 1 to schedule your appointment. Members from the SASC Silver Shutterbugs will take and edit photos, they are emailed to you within a few weeks. Sponsored by Dermatology Specialists of Ann Arbor, you will also receive a goody bag for your pet! Fee is donation-based.

Day	Date	Time	Price
Mon	Nov 3	1pm	Donation



## 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. If SASC is picked up last, we'll be dropped off first and vice versa. **All trips are on luxury charter busses unless otherwise noted.** Register early to increase the chances of the trips running. **Min 25/Max 53, unless noted.**

### Henry Ford Museum & Rouge Factory Tour



Visit The Henry Ford and the traveling exhibit Our War Too: Women in Service, making its Midwest debut. This groundbreaking exhibit honors the nearly 350,000 American women who answered the call to serve during

World War II. You'll also have time to wander the museum. A \$15 voucher is included. This voucher can be used for lunch or merchandise on campus. There are two eateries onsite, a diner and Plum Market. Any unused money from the voucher will be returned as cash. The voucher may also be used at the shop. Lunch is not included in the cost of the trip, unless you use your voucher for part or all of it. We will also take Rouge Factory Tour.

**Deadline:** Aug 15

Day	Date	Time	Price
Fri	Sep 5	8:45am-4:30pm	\$105

### Mystery Trip



Not much can be told about where we're going, but a big part of the fun is NOT knowing! Sit back and relax on our luxury charter bus and enjoy the scenery around you. Lunch is included but additional drinks or snacks during

the day will be at your own cost. Moderate walking is involved but you may sit portions out to relax if needed. Hint: A historic landmark will be on the docket for the day. **Deadline:** Sep 12

Day	Date	Time	Price
Thu	Sep 18	9:45am-5pm	\$99

### Appleumpkin Fall Festival & Orchard



Visit Tecumseh for the Appleumpkin Festival! This is a trip for you to explore downtown Tecumseh and its fall festival at your own pace. The festival boasts over 300 arts and crafts vendors, a flea market, live music, and

plenty of eateries. We will also make a stop at Kapnick Orchard - you can get apples, doughnuts, cider and more! The fee includes transportation. Any additional purchases will be on your own. All ages welcome, bring your family and friends for some fall fun! **Deadline:** Sep 26

Day	Date	Time	Price
Sun	Oct 12	11:15am-3:45pm	\$40

### Detroit Riverboat Fall Color Tour



Back by popular demand, a second date has been added! Enjoy the fall colors and cruise the Detroit River in style aboard the newly renovated Detroit Princess Riverboat! Enjoy breathtaking views of Detroit and

Windsor while indulging in a bountiful buffet lunch. Groove to live Motown hits performed by The Prolifics. The cruise and lunch are included. A cash bar is available at your own cost. This relaxing and entertaining day trip is the perfect getaway.

**Deadline:** Oct 2

Day	Date	Time	Price
Thu	Oct 16	10:15am-3:30pm	\$110

### Holocaust Memorial Museum



Join us for a meaningful senior day trip to The Zekelman Holocaust Center in Farmington Hills, Michigan's only Holocaust Museum. This powerful visit includes a guided tour through

immersive exhibits, including a WWII-era boxcar, the Eternal Flame Memorial, and the Anne Frank Tree & Garden. We'll explore stories of survival, resilience, and remembrance, with time for personal reflection and discussion. We'll also attend a special presentation, given by a family member of a Holocaust survivor.

Afterwards, we will head to the Deadwood Bar and Grill for lunch. Transportation, museum entry, and lunch are included. This trip offers a chance to connect with history and honor the experiences of those who lived it. **Deadline:** Oct 25

Day	Date	Time	Price
Wed	Nov 12	9:15am-3:45pm	\$85

### MIS Nite Lite's and Danley's Restaurant



We will begin our night at Danley's, a cozy local favorite, for an early dinner. Share a family-style meal of signature broasted chicken, mashed potatoes, and green beans, topped off with ice cream for dessert. The evening ends

with the charming "Nite Lite" light show at the Michigan International Speedway (MIS). This is a drive-through experience where over 500 light displays can be seen.

The trip includes transportation, admission, and dinner. It is a perfect way to get into the holiday spirit, while staying warm! **Deadline:** Nov 26

Day	Date	Time	Price
Wed	Dec 10	2:30-7pm	\$70

Trips are currently being planned for 2026. If you have a request for a destination, show, or event, please email Nancy at [cwonn@salineschools.org](mailto:cwonn@salineschools.org). We are always happy to have your feedback.



## Fitness

### Drums Alive Instructor: Jerry Powell

Jump start your Monday, as we 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.

Day	Date	Time	Price
Mon	Sep 8-29	10-11am	\$28
Mon	Oct 6-27	10-11am	\$28

### Zumba Gold Instructor: Laurel Larsen

Zumba Gold may have less intensity than traditional Zumba but the workout and fun is sky high! We'll introduce you to easy-to-follow choreography that focuses on enhancing your balance, coordination, and range of motion. Laurel knows how to keep the energy high with her infectious music and positive vibes. **No class Sep 22.**

Day	Date	Time	Price
Mon	Sep 8-29	11:15am-12:15pm	\$21
Mon	Oct 6-27	11:15am-12:15pm	\$28

### 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, we'll also delve into breath work, relaxation, and core exercises to create a well-rounded experience.

Day	Date	Time	Price
Mon	Sep 8-29	4:15-5:15pm	\$28
Mon	Oct 6-27	4:15-5:15pm	\$28

### 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. No class Sep 23.**

Day	Date	Time	Price
Tue	Sep 2-30	8:45-9:45am	\$28
Tue	Oct 7-28	8:45-9:45am	\$28
Thu	Sep 4-11	8:45-9:45am	\$14
Thu	Oct 2-30	8:45-9:45am	\$35

### 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.

Day	Date	Time	Price
Tue	Sep 2-30	10-11am	\$35
Tue	Oct 7-28	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. **Hybrid.**

Day	Date	Time	Price
Tue	Sep 9-Oct 7	11:15am-12:45pm	\$45
Tue	Oct 14-Nov 11	11:15am-12:45pm	\$45
Wed	Sep 10-Oct 8	1-2:30pm	\$45
Wed	Oct 15-Nov 12	1-2:30pm	\$45

### Chair Zumba Instructor: Laurel Larson

This class introduces easy-to-follow Zumba choreography that has been 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 Sep 22.**

Day	Date	Time	Price
Mon	Sep 8-29	12:30-1:30pm	\$21
Mon	Oct 6-27	12:30-1:30pm	\$28
Wed	Sep 3-17	11:45am-12:45pm	\$21
Wed	Oct 1-29	11:45am-12:45pm	\$35

### 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 the Yang Family Long Form.

Day	Date	Time	Price
Tue	Sep 2-Oct 7	2:30-3:30pm	\$42
Tue	Oct 21-Nov 25	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.

Day	Date	Time	Price
Wed	Sep 3-Oct 8	10:30-11:30am	\$42
Wed	Oct 22-Nov 26	10:30-11:30am	\$42

### **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.

Day	Date	Time	Price
Wed	Sep 3-24	4:15-5:15pm	\$28
Wed	Oct 1-29	4:15-5:15pm	\$35

### **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

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

### **Balance Strong Beginning + Stretch** **Instructor: Amy Leighton**

In class, 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 off each session with a rejuvenating 15-minute stretch for relaxation.

Day	Date	Time	Price
Thu	Sep 4-25	10-11:15am	\$32
Thu	Oct 2-30	10-11:15am	\$40

### **Senior Striders Outdoor Walking**

The great outdoors are good for the soul, no matter the temperature! We meet every Thursday, 9am. A staff member will accompany you on a two mile walk. Please register at the front desk so Andrea can send you a list of departure locations for each week, as they vary during the warmer months. The first Thursday of each month, we will depart from SASC. Walks will be cancelled if there is inclement weather.

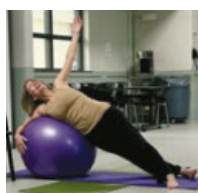
Day	Date	Time	Price
Thu	Ongoing	9am	Free

### **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.

Day	Date	Time	Price
Fri	Sep 5-26	11:15am-12:15pm	\$28
Fri	Oct 10-31	11:15am-12:15pm	\$28

### **Chair Pilates with a Ball** **Instructor: Jo Ann Yates**



Have a ball with Jo Ann McFry. Using a stability ball can add resistance and instability to exercises, which can help stabilize the core and activate muscles like the pelvic floor. Sitting on the ball can also automatically engage core muscles to help with balance. We will begin safely, learning to maneuver the stability ball using Pilates core techniques.

Day	Date	Time	Price
Fri	Sep 5-26	12:30-1:30pm	\$28
Fri	Oct 10-31	12:30-1:30pm	\$28

### **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.

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

### **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.

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

## 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	Oct 3	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



## 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 began Aug 11.**

### 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	Sep 9-Nov 11	1-2pm	Free

### WCC Line Dancing Instructor: Dee Grantham

Dance with Dee - a great way to start your morning! She uses choreographed moves and familiar music to get your heart rate and mood up for the day.

Day	Date	Time	Price
Wed	Sep 17-Nov 19	9-10am	Free

### WCC Strength Conditioning Instructor: Michele Williams

Michele designs this class to provide safe, low-impact movement that will improve your strength and cardio fitness. Work at your own pace with modifications provided if needed. **No class Oct 10, Nov 14 & 28.**

Day	Date	Time	Price
Fri	Sep 19-Dec 12	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

### Beginning Meditation Facilitator: Jewel Heart

 These meditation classes focus on building focus and awareness through breathing techniques and methods for managing distractions. Open to all, from beginners to experienced meditators, the classes offer a peaceful, relaxed experience and a chance to deepen your practice. Join us for a free meditation session on Sep 4.

Day	Date	Time	Price
Thu	Sep 4	1:30-2:30pm	Free
Thu	Sep 11-Oct 2	1:30-2:30pm	\$12
Thu	Oct 9-30	1:30-2:30pm	\$12

### Preparing For Your Medicare Transition: Behind Parts A, B, C, Letters & More Presenter: Monica Ross-Williams

Whether you're approaching Medicare eligibility, already enrolled, or assisting a loved one, this course will provide the insights and tools needed to navigate Medicare with ease. Learn how to determine which Medicare coverage option best suits your needs, pitfalls to avoid when selecting a plan, the cost structures of various plans, and the key differences between Original Medicare, Medicare Advantage, and Prescription Drug Plans.

Day	Date	Time	Price
Mon	Sep 8	10-11:30am	Free

### 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	Sep 11 & 25	9am-1pm	\$30/\$50
Thu	Oct 9 & 23	9am-1pm	\$30/\$50

*Please register for all programs, even if they are 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 this service is private pay; Heather will not be bill insurance for this service.

Day	Date	Time	Price
Wed	Sep 3 & 24	2-7pm	\$45
Wed	Oct 22	2-7pm	\$45

### Navigating Tomorrow: Fearless Approaches to Future Care Planning Presenter: Julie Craft

Discover the diverse range of services that fall under the term "long term care," along with current healthcare trends and costs. Explore choices for aging in your home or moving to a community setting. We will discuss how to start a plan before care is needed so you will be well-prepared and have peace of mind in the future.

Day	Date	Time	Price
Mon	Sep 22	10-11am	Free

### Understanding & Managing Arthritis Presenter: Orthopedic Rehab Specialists

This presentation provides a comprehensive overview of arthritis, focusing on its definition, causes, progression with age, injury-related onset, and treatment options - especially the role of physical therapy. It is designed to educate patients, caregivers, and healthcare professionals on how to manage arthritis effectively and improve quality of life.

Day	Date	Time	Price
Wed	Oct 8	10-11am	Free

### Preparing Your Skin For the Winter Months Presenter: Dr. Cody Funkhouser

As temperatures drop and the air gets drier, your skin can suffer from dryness, irritation, and dullness. Join us for an informative session on how to prepare and protect your skin for the winter months. We'll cover the basics of good skin health, seasonal skincare adjustments, and practical tips for keeping your skin moisturized and healthy.

Day	Date	Time	Price
Wed	Oct 29	11am-12pm	Free

## Health & Wellness continued

### 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	Sep 24 & Oct 29	9 or 10am	Free

### Probiotic Balance Assessments Facilitator: Probiotic Physical Therapists (PT)

Your balance will be evaluated 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	Oct 17	1-2pm	\$10

### SASC/Versiti Blood Drive

To donate at the Versiti Blood Drive, please go to [https://donateblood.versiti.org/donor/schedules/drive\\_schedule/11406875](https://donateblood.versiti.org/donor/schedules/drive_schedule/11406875) to schedule an appointment or call SASC for assistance.

Day	Date	Time	Price
Fri	Oct 17	11:30am-4pm	Free



### Massage Meet and Greet Massage Therapist: Jerry McDowell



SASC is pleased to announce that we are partnering with Jerry McDowell to bring massage back to our members. 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 promotes healing, reduces stress, and supports overall wellness. Stop by, meet Jerry, ask your questions, and receive a sample chair massage.

Day	Date	Time	Price
Mon	Sep 8	1-2pm	Free

### Medications for Type 2 Diabetes Presenter: Betty Chaffee, PharmD

There are many medications available to treat type 2 diabetes. They work in different ways, and some even have side effects (like weight loss) that can help people without diabetes. How does your doctor know which one is right for you? We'll discuss how diabetes medications work and how your doctor can use their difference to individualize your treatment.

Day	Date	Time	Price
Mon	Sep 15	2-3pm	Free

### Understanding Compassion Fatigue Facilitator: Lupe Hamden



Many give so much of themselves to care for loved ones or support others in need. Over time, this can lead to compassion fatigue, a form of exhaustion that affects your mind, body, and spirit. Learn how to recognize the signs, set healthy boundaries, and recharge through self-care and support.

Day	Date	Time	Price
Wed	Oct 22	10am	Free

## Lifelong Learning

### Tech Lessons with Ben Cutler

Ben can help with basic tech support for your phone, tablet, and/or laptop. Payment is required upon making your reservation. Lessons are 45 minutes and at 2:30pm, 3:15pm, or 4:45pm.

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

### Cosmic Kitchen: From the Big Bang to Baking Presenter: U of M LSA Astronomy Program



Go on a journey through the life of the universe, beginning with the Big Bang and continuing through the formation and death of stars. Along the way, we'll uncover how cosmic events produced the elements found in our bodies, our planet, and even in a simple loaf of bread. Discover how the universe gradually transformed from a sea of hydrogen into a place rich with the ingredients for life!

Day	Date	Time	Price
Mon	Sep 8	4-5:30pm	Free

### Saline History Tour Guide: Bob Lane, Saline Historical Society



Step back in time as Bob Lane tours us through the Saline Depot Museum, including the caboose. Meet at 402 N. Ann Arbor St. Max 20.

Day	Date	Time	Price
Mon	Sep 15	11:30am	Free

## 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
Thu	Sep 18, Oct 9	3-4pm	Free

## Art Movements Throughout History Presenter: Eva Benevento

**Sep - Prehistoric to Realism:** Explore how art evolved from ancient cave paintings to the lifelike works of Realism. This session traces major movements through history, showing how art reflects the values and stories of its time.

**Oct - Impressionism to Contemporary:** From Impressionism to today's bold contemporary works, this session covers how modern artists broke the rules and redefined expression, a creative dive into the art that shaped the modern world.

Day	Date	Time	Price
Wed	Sep 17, Oct 15	2:30-3:30pm	Free

## Vietnam & the Cold War Presenter: Prof Bruce Zellers

**NEW**

We'll uncover how the Vietnam War fit in the bigger picture of the Cold War, while exploring the global tensions, key events, and lasting effects that shaped a generation, and still influence the world today.

Day	Date	Time	Price
Wed	Sep 24	10-11am	Free



## WCC AI & Cybersecurity Workshop Instructor: Denise Swope

**NEW**

Designed specifically for you - we'll explore the fascinating world of Artificial Intelligence (AI) and learn essential skills to stay safe in today's digital landscape. Through real-life examples, practical demonstrations, and tips, you'll gain a better understanding of how AI impacts our daily lives, from voice assistants to personalized recommendations, and how to protect yourself from online threats like scams and phishing. No prior tech experience required! This presentation is coordinated by Washtenaw Community College.

Day	Date	Time	Price
Mon	Sep 29	3-5pm	Free

## Decoding Your EOB: Understanding Insurance Claims & Coverage Presenter: Paul Hynek

**NEW**

Having trouble interpreting your Explanation of Benefits (EOB) from your insurance carrier? This presentation will explain the various coding schemes and how insurance companies typically adjudicate your claim. Feel free to bring a real life example to review.

Day	Date	Time	Price
Mon	Oct 6	1-2pm	Free

## The Great Fire of 1881 Presenter: Bob Lane, Saline Historical Society

**NEW**

In the early hours of May 21, 1881, a devastating fire tore through the heart of downtown Saline. Fueled by tightly packed wooden buildings, the flames spread rapidly—destroying businesses, threatening homes, and testing the courage of the community. From loss and resilience emerged Saline's first organized fire department and a new vision for rebuilding the town.

Day	Date	Time	Price
Mon	Oct 13	11:30am-12:30pm	Free

## The Stock Market Crash Presenter: Prof Bruce Zellers

**NEW**

Explore the key causes and lasting impact of the Stock Market Crash in this presentation. Learn how it unfolded, who it affected, and the lessons it still teaches us today.

Day	Date	Time	Price
Wed	Oct 15	10-11am	Free

## A Journey Through NASA Presenter: Dr. Kathryn "KC" Clark


**NEW**

From flying experiments on the Space Shuttle to becoming the Chief Scientist for Human Space Flight, Clark has had a front-row seat to some of NASA's most ambitious endeavors. In this insightful and often humorous talk, Dr. Clark shares her path through NASA, including the unexpected process of becoming the International Space Station's Chief Scientist. She'll take us behind the scenes of building the ISS: a project of unprecedented scale, danger, and international cooperation, completed in 14 languages, in space, with tools that didn't yet exist. KC has also written several children's books on space, to encourage children to enter into the world of space and science. She will have her books available to purchase - \$15 softcover, \$25 hardcover. Light refreshments served.

Day	Date	Time	Price
Thu	Oct 16	10am	\$3



# September 2025

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>SASC Closed for Labor Day</p> 	<p>2</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong begins 10-11am</p> <p>Tai Chi Continuing begins 2:30-3:30pm</p>	<p>3</p> <p>Tai Chi Beginning begins 10:30-11:30am</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Foot Care Clinic 2-7pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Not Your Mama's Chair Yoga begins 4:15-5:15pm</p>	<p>4</p> <p>Fit for Life begins 8:45-9:45am</p> <p>SAS-C Writers, 10-11:30am</p> <p>Balance Strong Beginning + Stretch begins 10-11:15am</p> <p>Drama Club 11:30am-12:30pm</p> <p>Beg Meditation Free Trial 1:30-2:30pm</p> <p>Watercolors, 1:30-3:30pm</p>	<p>5</p> <p>Henry Ford Museum &amp; Rouge River Factory Trip 8:45am-4:30pm</p> <p>Movie: <i>The Family Plan</i> 10-11:30am</p> <p>Salt City Ukes ongoing 10:30-11:30am</p> <p>Cutting Edge of Your Chair Yoga begins 11:15am-12:15pm</p> <p>Chair Pilates w/a Ball begins, 12:30-1:30pm</p>
<p>8</p> <p>Drums Alive begins 10-11am</p> <p>Brain Games, 10-11am</p> <p>Preparing For Your Medicare Transition, 10-11am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Chair Zumba begins 12:30-1:30pm</p> <p>Massage Meet &amp; Greet, 1-2pm</p> <p>Cosmic Kitchen, 4-5:30pm</p> <p>Chair Yoga begins 4:15-5:15pm</p> <p>Trivia, 5-6pm</p>	<p>9</p> <p>WCC Tai Chi for Health &amp; Balance begins 1-2pm</p> <p>Dementia Friendly Games ongoing 11am-12:30pm</p> <p>Adaptive Hatha Yoga begins 11:15am-12:45pm</p> <p>Tiny Acrylics 1-3pm</p>	<p>10</p> <p>Beginning Guitar 9-10am</p> <p>Golden Groovin' Band Ongoing, 10-11am</p> <p>Romeo Group, The Ellsworth, 11:30am</p> <p>Knitting, Crochet, &amp; Craft Club ongoing, 12:30-2pm</p> <p>Adaptive Hatha Yoga begins 1-2:30pm</p> <p>Classic Movie: <i>Dark Passage</i> 2:30-5pm</p>	<p>11</p> <p>Senior Striders ongoing 9am</p> <p>Reflexology 9am-1pm</p> <p>Tai Chi Practice ongoing 11:30am-12:30pm</p> <p>Beg Meditation begins 1:30-2:30pm</p> <p>Ping Pong Ongoing 1:30-3:30pm</p>	<p>12</p> <p>Mayor's Conference 8:30am-1pm</p> <p>Bingo ongoing 12:30-3pm</p> <p>Pickleball ongoing 3:15-5:30pm</p>
<p>15</p> <p>Board Meeting 9am</p> <p>Silver Shutterbugs 10:15-11:30am</p> <p>Saline History Tour 11:30am</p> <p>Recorder Ensemble ongoing 12:30-2:30pm</p> <p>Ceramics 1-3pm</p> <p>Medication for Type 2 Diabetes 2-3pm</p>	<p>16</p> <p>Dementia Friends Group 11am-12pm</p> <p>Good Grub Club Penn Station East Coast Subs 11:30am</p> <p>Intergen Crafternoon 1:30-2:30pm</p>	<p>17</p> <p>WCC Line Dancing begins 9-10am</p> <p>Art Movements 2:30-3:30pm</p> <p>Euchre Tourney 4:30-7:30pm</p> <p>Woodcarving Club ongoing 5:30-7pm</p> <p>Pickleball ongoing 3:15-5:30pm</p>	<p>18</p> <p>Mystery Trip 9:45am-5pm</p> <p>SAS-C Writers 10-11:30am</p> <p>Drama Club 11:30am-12:30pm</p> <p>Bookbinding 101 11:30am-1pm</p> <p>Tech Town Hall 3-4pm</p>	<p>19</p> <p>Breakfast Club ongoing 9:30-10:30am</p> <p>Book Club 10-11:30am</p> <p>WCC Strength Conditioning begins 10-11am</p> <p>Canvas &amp; Cookies 12-2pm</p>
<p>22</p> <p>Navigating Tomorrow 10-11am</p> <p>Ceramics 1-3pm</p> <p>Ping Pong ongoing 2-4pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Pickleball ongoing 3:15-5:30pm</p>	<p>23</p> <p>Ice Cream Social 1-2pm</p>	<p>24</p> <p>Care Management Appointments 9 or 10am</p> <p>Beginning Guitar 9-10am</p> <p>Vietnam &amp; the Cold War 10-11am</p> <p>Foot Care Clinic 2-7pm</p> <p>Juliet Group Sidetrack Bar &amp; Grill 4:30pm</p>	<p>25</p> <p>Reflexology 9am-1pm</p> <p>Bookbinding 101 11:30am-1pm</p>	<p>26</p> <p>Movie: <i>Lilly</i> 10am-12:30pm</p>
<p>29</p> <p>Hand Sewn Flower Workshop 10am-12pm</p> <p>WCC AI &amp; Cybersecurity Workshop 3-5pm</p>	<p>30</p> <p>Reversible Wood Sliced Décor 12-3pm</p> <p>Fall Concert 2pm</p>	<p><b>Schedule &amp; Calendar Notes</b></p> <ul style="list-style-type: none"> <li>Note that this is not a fully comprehensive calendar of all our programs, they all won't fit on these two pages!</li> <li>Look through the full newsletter for all the programs and their dates.</li> <li>New sessions are listed as "begins" on this calendar; you will find the start and end dates of classes under the class descriptions.</li> <li>A full listing of the Clubs, Social Groups, and Cards/Games at SASC are listed on pages 16-18.</li> </ul>		

# October 2025

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Not Your Mama's Chair Yoga begins 4:15-5:15pm</p>	<p>2</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong Beginning + Stretch begins 10-11:15am</p> <p>SAS-C Writers, 10-11:30am</p> <p>Drama Club 11:30am-12:30pm</p> <p>Drawing 101 begins 11:30am-1pm</p> <p>Watercolor Workshop 1:30-3:30pm</p>	<p>3</p> <p>Health Fair 9am-12pm</p> <p>Pickleball Clinic 5:30-6:30pm</p>
<p>6</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>Decoding Your EOB, 1-2pm</p> <p>Chair Yoga begins 4:15-5:15pm</p> <p>Trivia, 5-6pm</p>	<p>7</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong begins 10-11am</p> <p>Classical Music Appreciation: <i>The Rite of Spring</i> begins 11am-12pm</p> <p>Rock Painting 1-3pm</p>	<p>8</p> <p>Beginning Guitar 9-10am</p> <p>Understanding &amp; Managing Arthritis 10-11am</p> <p>Romeo Group Buffalo Wild Wings 11:30am</p> <p>Classic Movie: <i>The Ghost and Mrs. Muir</i> 2:30-5pm</p>	<p>9</p> <p>Reflexology 9am-1pm</p> <p>Beg Meditation begins 1:30-2:30pm</p> <p>Watercolors 1:30-3:30pm</p> <p>Tech Town Hall 3-4pm</p>	<p>10</p> <p>Cutting Edge of Your Chair Yoga begins 11:15am-12:15pm</p> <p>Book Club 10-11:30am</p> <p>Canvas &amp; Cookies 12-2pm</p> <p>Chair Pilates w/a Ball Begins 12:30-1:30pm</p>
<p>13</p> <p>Brain Games 10-11am</p> <p>The Great Fire of 1881 11:30am-12:30pm</p> <p>Ceramics 1-3pm</p> <p>Ping Pong ongoing 2-4pm</p> <p>Healing Through Art Journaling 4-6pm</p> <p>Intergen Games, 6-7:30pm</p>	<p>14</p> <p>Adaptive Hatha Yoga begins 11:15am-12:45pm</p> <p>Tiny Acrylics 1-3pm</p> <p>Fall Floral Design 1-3pm</p>	<p>15</p> <p>The Stock Market Crash 10-11am</p> <p>General Membership Social 11:30am-1pm</p> <p>Adaptive Hatha Yoga begins 1-2:30pm</p> <p>Art Movements 2:30-3:30pm</p>	<p>16</p> <p>A Journey Through NASA 10-11am</p> <p>SAS-C Writers 10-11:30am</p> <p>Detroit Riverboat Trip 10:15am-3:30pm</p> <p>Drama Club 11:30am-12:30pm</p>	<p>17</p> <p>Movie: <i>Get on Up</i> 10am-12pm</p> <p>Versiti Blood Drive 11:30am-4pm</p> <p>Probability Balance Assessments 1-2pm</p>
<p>20</p> <p>Board Meeting 9am</p> <p>Silver Shutterbugs 10:15-11:30am</p>	<p>21</p> <p>Dementia Friends Group 11am-12pm</p> <p>Intergen Crafternoon 1:30-2:30pm</p> <p>Tai Chi Continuing begins 2:30-3:30pm</p>	<p>22</p> <p>Beginning Guitar 9-10am</p> <p>Understanding Compassion Fatigue 10am</p> <p>Tai Chi Beginning begins 10:30-11:30am</p> <p>Foot Care Clinic 2-7pm</p>	<p>23</p> <p>Reflexology 9am-1pm</p> <p>Travelogue 10-11:30am</p> <p>Good Grub Club Union Rec 11:45am</p>	<p>24</p> <p>Movie: <i>At Eternity's Gate</i> 10am-12pm</p>
<p>27</p>	<p>28</p>	<p>29</p> <p>Care Management Appointments 9 or 10am</p> <p>Preparing Your Skin For The Winter Months 11am-12pm</p> <p>Juliet Group Metzger's 4:30pm</p>	<p>30</p>	<p>31</p> <p>Movie: <i>The Penguin Lessons</i> 10am-12pm</p> <p>Halloween Bingo 12:30-3pm</p>

## Creative Opportunities

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.

### 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.

**Sep** - Balloons and looking at depth

**Oct** - Magical images with iridescent paints

Day	Date	Time	Price
Thu	Sep 4-25	1:30-3:30pm	\$52
Thu	Oct 9-30	1:30-3:30pm	\$52



### 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	Sep 9, Oct 14	1-3pm	\$5/day

### 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! Please attend both classes.

**Sep** - Charcuterie board for two (approx. 8x10")

**Oct** - Spoon holder

Day	Date	Time	Price
Mon	Sep 15-22	1-3pm	\$56
Mon	Oct 6-13	1-3pm	\$56

## Intergen Crafternoon with Liberty Club

What 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. This program is led by retired preschool teachers, Terrie Eroh and Marciah Boerema.

**Sep** - Fork-painted sunflowers

**Oct** - Painted pumpkins

Day	Date	Time	Price
Tue	Sep 16, Oct 21	1:30-2:30pm	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 thin 5x6" book you can use for note taking, sketching, or for a gift. Katherine will provide you with information you can take home to continue this craft.

Day	Date	Time	Price
Thu	Sep 18-25	11:30am-1pm	\$28

### Canvas & Cookies

**Instructor: Katherine Downie**

Walk away with a painting in just two hours! Throughout the process, you'll gain valuable insights into composition, color usage, and the elements and principles of art.

**Sep** - Hot air balloon **Oct** - Haunted house

Day	Date	Time	Price
Fri	Sep 19	12-2:30pm	\$25
Fri	Oct 10	12-2:30pm	\$25



### Reversible Wood Sliced Decor

**Instructor: Carol Torsell**



Make a reversible wood slice decoration to use for fall and winter with pumpkins on one side and a snowman on the other. Perfect for your porch! All materials included.

Day	Date	Time	Price
Tue	Sep 30	12-3pm	\$49



## Fall Hand Sewn Flower Workshop

### Facilitator: Marie Hamlin

Marie will take you through the steps to create a hand sewn flower, in which you can add to your hat, use for your dog or cat collar, or even teach a grandchild how to make one. This time we'll use fall-themed fabric.

Day	Date	Time	Price
Mon	Sep 29	10am-12pm	\$5

## Watercolor Workshop - Fall Trees

### Instructor: Katherine Downie



Trees are notoriously tricky to paint with watercolors, so we're going to break them down and learn together! You will learn several techniques for how to paint various types of trees using different brushes. If you have watercolor supplies, please bring them, but if you do not, Katherine has items to let you use. Beginners are encouraged join!

Day	Date	Time	Price
Thu	Oct 2	1:30-3:30pm	\$15

## Drawing 101

### Instructor: Katherine Downie

Kickstart your drawing skills with this three-week session that will start from the basics and build from there. Learn how to draw just about anything with a few simple tricks that will train your brain to see the world around you in a whole different way. Also serves as a great refresher course and help for painters and drawers alike. No previous drawing experience required.

Day	Date	Time	Price
Thu	Oct 2-16	11:30am-1pm	\$36

## Healing Through Art Journaling

### Instructor: Nicole McKay



In this class, you'll take time to reflect, meditate, and express yourself through art journaling postcards to your past, present, and future self. Through thoughtful writing and layered art, you'll explore your memories, hopes, dreams, and personal growth in a meaningful and empowering way. All materials are provided, including paints, ephemera, colored pencils, glue, and postcards, but feel free to bring any personal touches you'd like to include. Nicole is a mixed media artist and the Artist Relations Director for The Guild of Artists & Artisans in Ann Arbor.

Day	Date	Time	Price
Mon	Oct 13	4-6pm	\$25



## Classical Music Appreciation: Rite of Spring

### Instructor: Andrew Kratzat

Andrew aims to foster a deeper appreciation for classical music in his classes. When Stravinsky's *Rite of Spring* debuted in 1913, it baffled and unsettled its first audience. With its raw energy, jarring rhythms, and bold sound, it challenged everything people thought music should be.

Day	Date	Time	Price
Tue	Oct 7-21	11am-12pm	Free

## Rock Painting

### Facilitator: Cheryl Oliver

A painted rock, also called a kindness stone, is a rock someone has taken and decorated with the purpose of spreading joy to others. Come try your hand at this craft. Cheryl will have some ideas for you to paint from.

Day	Date	Time	Price
Tue	Oct 7	1-3pm	\$5

## Floral Design

### Facilitator: Carol Torsell

You'll learn how to select, prepare, and arrange seasonal flowers, using a fall-themed container and oasis. Sponsored by Huron Valley Pace.

Day	Date	Time	Price
Tue	Oct 14	1-3pm	\$35



## Mosaics: Christmas Tree

### Instructor: Carol Torsell



Carol's mosaic classes are fun and welcoming to all! Using vintage china, tiles, and grout, you'll create a Christmas tree for your holiday décor, while connecting with others in a relaxed, hands-on environment. You will have the option to skip grout. **Deadline:** Oct 28.

Day	Date	Time	Price
Tue	Nov 4	12-3pm	\$40

## Music Ensembles

### 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. Led by Becky Glesner & Joan Starkey.

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

### Golden Groovin' Band

This jam band, lead by Dave Hubbard, is made up of several guitarist and a bassist, they are seeking a drummer or someone to help keep the beat. Stop into a rehearsal, you may just start singing along.

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



The band performs every month for the Dementia Friends Group.

### Beginning Guitar

**Instructors: Dave Hubbard & Mark Rakowski**

Have you been thinking of trying guitar? Golden Groovin' Band leaders, Dave and Mark will help you work on your skills. Please bring your guitar.

Day	Date	Time	Price
Wed	Sep 10, 24; Oct 8, 22	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 and is led by Linda Kerwin.

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. The group is finishing up their next publication, which will be available for purchase. Be on the lookout.

Day	Date	Time	Price
Thu	Sep 4, 18; Oct 2, 16	10-11:30am	Free

### SASC Drama Club

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. Stay tuned for information on a performance this October.

Day	Date	Time	Price
Thu	Sep 4, 18	11:30am-12:30pm	Free
Thu	Oct 2, 16	11:30am-12:30pm	Free



The Drama Club had a "ball" performing *Casey at the Bat* during our April GM Social.

### Romeo Group

Retired "Old" Men Eating Out, is an opportunity for the guys to get together, have a meal, and socialize. This group is lead by SASC Member, Bob Baden.

Day	Date - Location	Time
Wed	Sep 8 - Ellsworth Food & Spirits, 3110 W Ellsworth Rd, AA, MI 48103	11:30am
Wed	Oct 8, Buffalo Wild Wings, 3150 Boardwalk Dr, AA, MI 48108	11:30am

## Juliet Group

The Juliets (Just Us Ladies Into Eating Together), gives the SASC women and opportunity to gather for an early dinner, maybe even a happy hour drink if you choose. Led by SASC members Micki Baden and Marie Hamlin.

Day	Date - Location	Time
Wed	Sep 24 - Sidetrack Bar & Grill, 56 E. Cross St., Ypsilanti, 48198	4:30pm
Wed	Oct 29 - Metzger's, 305 N. Zeeb Rd., Ann Arbor, 48103	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
Tue	Sep 16 - Penn Statin East Coast Subs, 5627 Jackson Rd., AA, 48103	11:30am
Thu	Oct 23, Union Rec, 545 S. Main, AA, 48104	11:30am

## 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	Sep 15, Oct 20	10:15-11:30am	Free

## 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 the Golden Groovin' Band, and get creative with a craft. In Sep we'll paint fall trees, and in Oct we'll decorate mini pumpkins, while enjoying a snack. Generously sponsored by Dermatology Specialists of Ann Arbor.

Day	Date	Time	Price
Tue	Sep 16, Oct 21	11am-12pm	Free

## Classic Movie Time Facilitator: Eva Benevento

Join us as we view a classic film, eat popcorn, and have a discussion afterwards.

**Sep - Dark Passage Oct - The Ghost and Mrs. Muir**

Day	Date	Time	Price
Wed	Sep 10, Oct 8	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.

**Sep - Go as a River**, by Shelley Read  
**Oct - The Spectacular**, by Fiona Davis

Day	Date	Time	Price
Fri	Sep 19, Oct 10	10-11:30am	Free

## Matinee Movies

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

Sep 5 - *The Family Plan* (PG-13)  
Sep 26 - *Lilly* (PG-13)  
Oct 17 - *Get on Up* (PG-13)  
Oct 24 - *At Eternity's Gate* (PG-13)  
Oct 31 - *Penguin Lessons* (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	Sep 8, Oct 13	10-11am	\$2

### Trivia Night - New Format!

In July, we welcomed Scott Brodie as your new trivia host at SASC. Scott has a new and fun format for our trivia nights based on local bar trivia. Our trivia will feature 20 questions where you wager points for each question. The top two winners will receive a gift card to a local business or restaurant. \$2 per

Day	Date	Time	Price
Mon	Sep 8, Oct 6	5-6pm	\$2

### Euchre Tourney

A fun and relaxed evening of Euchre! Come at 4:30pm for pizza, salad, and dessert. Game play starts at 5pm. We will play six games. Prizes awarded for top two winners, most loners, and last place. Top two prizes donated by Dermatology Specialists of Ann Arbor. **Deadline:** Sep 10.

Day	Date	Time	Price
Wed	Sep 17	4:30-7:30pm	\$10

### Intergen Game Nights

Saline High School's High Five Club is back to join you for games. The group enjoys playing euchre and Uno, but feel free to bring a different game.

Day	Date	Time	Price
Mon	Oct 13	6-7:30pm	Free

### Halloween Bingo

Come in costume or a Halloween outfit, if you choose! This event includes Cottage Inn pizza, pop, and prizes, Sponsored by Nu2u Again. We will eat around 12:50pm with game play to follow. Please arrive around 12:30pm to pick your cards. There is no extra charge for cards. **Deadline:** Oct 29

Day	Date	Time	Price
Fri	Oct 31	12:30-3pm	\$5



## 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
Rummikub	Thu	1-3pm
Scrabble	Thu	1-3:45pm
Bingo	Fri	12:30-3pm
Samba	Fri	12:30-3:30pm

### Dementia Friendly Games

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

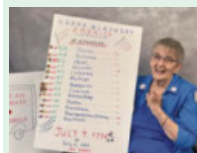
Day	Date	Time	Price
Tue	Ongoing	11am-12:30pm	Free

### 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.

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

### Oral History Project



This summer, we launched a new project in partnership with Saline Area Schools IT Analyst John Williams to preserve the voices and memories of our community.

Through video and audio interviews, we're capturing personal stories that reflect the rich history of folks, told directly by those who lived it. As we continue collecting and sharing these stories, we invite you to be part of it. Whether your memories stretch back decades or just a few years, your voice matters. Note, you do not need to be a native Salinian to join and the interview is very low-key! If you're interested in being interviewed, please leave your name at the front desk. We will find a good time that works for everyone to conduct the interview. A signed release form is required. Let's honor the past, together, one story at a time.

Videos are released through our Weekly Emails and available on YouTube for you to enjoy.

## 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 800-803-7171.



## 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 downloaded on the 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 nameplate will be placed on the legacy wall in the SASC hallway. 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:** is a new 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. Saline residents may travel for \$4 each way, seniors and persons with disabilities are \$2 each way within city limits, includes trips to Walmart or Saline High School. Trips leaving the City are priced per mile.

**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.

## 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:

- White copy paper, 8.5x11"
- Disposable paper coffee cups
- Paper towel and Kleenex
- Coffee, both decaf and regular
- Tea bags (individually wrapped)
- Hot cocoa packets
- 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 the following opportunities coming up. We can also add you to a list of volunteers when we have odd jobs.

- Raffle ticket sellers
- Intergen Crafternoon
- Garden clean up

THANK YOU!



"Like" our page at  
[www.facebook.com/salineseniors](https://www.facebook.com/salineseniors)



## SASC Dementia Friendly Programs



### Dementia Friendly Games

Tuesdays, 11am-12:30pm  
Free to SASC members

### Dementia Friends Activity Group

This group has planned activities on the following Tuesdays, 11am-12pm. If you'd rather not participate in the craft/activity, you can still participate in the games.

**Sep 16:** Painting fall scenes  
**Oct 21:** Decorating mini pumpkins

Dave Hubbard & Mark Rakowski will lead you in singing songs!

Although SASC is a Dementia Friendly facility, the above programs are specifically ran for our friends with kind volunteers. Membership is required for free programming at SASC and registration is required for all programs. Please bring a loved one with you. Come join us!



# Bag & Jewelry Sale Fundraiser



SASC takes donations of gently used or new handbags, wallets, and jewelry throughout the year. Items sold benefit SASC Programming. Thank you for your support!

**Member's Pre-Sale**  
Friday, November 14

**Public Sale**  
Saturday, November 15



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





## ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here  
visit [lpicommunities.com  
/adcreator](http://lpicommunities.com/adcreator)

**Carola A. Gerigk, D.D.S.**

104 Mills Road  
Saline, Michigan 48176

**(734) 429-8558**

*Remarkable  
dental care*



*Downtown Saline  
since 1946*

**Hartman**   
Insurance Agency, Inc.

**734-429-5491**

111 N. Ann Arbor Street, Saline  
[www.hartmaninsurancesaline.com](http://www.hartmaninsurancesaline.com)



**Danielle Grostick**  
(734)637-5897

**Montgomery Lindemann**  
(734)323-5046

[daniellegrostick@gmail.com](mailto:daniellegrostick@gmail.com)  
[www.daniellegrostick.com](http://www.daniellegrostick.com)

1164 Dexter St.  
Milan, MI 48160



## FREE AD DESIGN

with purchase  
of this space

**CALL 800-950-9952**

## Place Your Ad Here and Support our Community!

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

### ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



**ADT** Authorized Provider **SafeStreets** **833-287-3502**



## A-1 TREE, INC.

*Residential & Commercial*

### TREE, SHRUB REMOVAL / TRIMMING STUMP GRINDING • INSURED

**Office number: 734-426-8809 | Cell number: 734-320-5130**

**MARK LASKI**



# SUPPORT OUR ADVERTISERS!



For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0661

## Regency at BLUFFS PARK

Named *The Best Nursing Home*  
for 2017-2018 by US News!



355 Huron View Blvd, Ann Arbor, MI  
office 734-887-8700 | fax 734-887-8665  
www.cienahealthcare.com



## UNDER OUR CARE THERE'S COMFORT

Wherever you call home, an experienced  
Arbor Hospice care team will be at your side  
to help you focus on what's important.



ARBOR  
HOSPICE



SUPPORT

888-992-CARE • arborhospice.org



SPRINGFIELD  
URGENT CARE  
QUALITY COMMUNITY CARE

OPEN SEVEN DAYS A WEEK

7025 E. Michigan Avenue Saline  
734-463-3616

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME  
**Joseph Sardelle**

jsardelle@lpicommunities.com

(800) 477-4574 x9948

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,  
ad-supported  
print and digital  
newsletters to reach  
your community.

OUR COMMUNITY  
NEWSLETTER  
OCTOBER EDITION



Scan to  
contact us!

Visit [lpicommunities.com](http://lpicommunities.com)



Come *Home*  
to Where  
Compassionate  
Care Begins



734-429-7600 [LindenSquareSC.com](http://LindenSquareSC.com)

Assisted Living, Memory Care, Respite

Orthopaedic  
Rehab  
Specialists  
Physical Therapy | Athletic Training | Performance Coaching

ORSMI.COM  
877-202-2175



UNLOCK THE JOY OF  
AGING WITH ORS  
PHYSICAL THERAPY!

FROM MINOR DISCOMFORTS  
TO ACTIVE LIFESTYLE  
SUPPORT, TRUST US FOR A  
PAIN-FREE JOURNEY AHEAD

3921 JACKSON RD. ANN ARBOR



# THRIVE LOCALLY



For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0661



# Arnet's Memorial

Serving all of Michigan  
and Northern Indiana

A life well-lived deserves a memorial well-crafted.

*Call now to request a quote*

5060 Jackson Rd H,  
Ann Arbor, MI 48103  
(734) 665-3658

950 N River St,  
Ypsilanti, MI 48198  
(734) 482-3394

arnetsmonuments.com

*Preserving the memories. Honoring the life. Remembering with love.*



# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



For ad info. call 1-800-477-4574 • [www.lpcommunities.com](http://www.lpcommunities.com)

15-0661





**Saline Area Senior Center**  
7190 N. Maple  
Saline, MI 48176



Non-Profit  
US Postage  
PAID  
Permit No. 9  
Saline, MI  
48176



*Saline Area Senior Center*

# HEALTH FAIR

**Friday, October 3**  
**9am-12pm**  
**All are welcome!**

-  Door prizes, swag bags, Massage & Reflexology demos.
-  Visit over 40 vendors including the covering many topics such as healthcare, home safety, senior living, and more!
-  Make an appointment for flu shots, call SASC at 734.429.9274 after September 11. The enhanced shot is available for seniors.



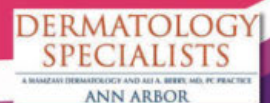
Thank you to our generous sponsors!



7190 N. Maple Rd.  
734.429.9274  
salineseniors.org



Platinum



Gold