



SASC

March/April 2026

Newsletter

**Celebrating all SASC Volunteers:
A Team with Heart**



Saline Area Senior Center • 7190 N. Maple • Saline, MI, 48176
734.429.9274 • 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 Fri, Apr 3 (Good Friday)

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, Mar 16 and Apr 20, at 9am. Members are always welcome to attend. If you would like a link to attend virtually, please let us know so we can send a link.

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 Mayor Brian Marl

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 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, by hitting the blue button at the bottom of the screen. We can assist you 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. We have too many to fit them all on one page.

Our weather/snow day policy is the same as Saline Area Schools. Therefore, if Saline Area Schools are closed, so is SASC. If we have a cancellation due to weather, we will update our initial phone message, Facebook page. 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.

What's Inside

Registration/SASC Info	2-3
Membership Info.....	3
Construction Update.....	3
Special Events.....	4
New Programs.....	4
Day Trips.....	5
Fitness Programs	5-7
Senior Striders	7
Pickleball & Ping-Pong	7-8
WCC Classes	8
Health & Wellness	9-10
Tech Lessons/Town Hall.....	10
Lifelong Learning	10-11
Mar/Apr Calendars	12-13
Creative Opportunities/Art	14-15
Music Ensembles	16
Club/Social Programs/Games	16-18
Movies.....	17
Medicare & Medicaid Appointments	19
Meals on Wheels.....	19
CARES Millage & Wash. Co. Millage	19
Legacy Program.....	19
Room Rentals/Scholarships/Transportation	20

On the cover: A small portion of our volunteer team grace the cover, (L-R) Eva Benevento, Micki Baden, Cindy Sobotta, Bob Baden, Kevin Dwyer, Ruth Frayer, and Brenda Lorey. April is National Volunteer Month, see page 4 for more information.

SASC Annual Membership

What are you waiting for? Register for your 2026 Annual SASC 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; 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. Memberships are not prorated due to their nominal cost.

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

By late spring, our fitness room will move to the expanded portion of SASC, and double in size!

Legacy Wall

SASC has a legacy program that began years ago when Paul Grandlund donated over \$300,000 to support the mission of SASC. All those who have donated to SASC within specific categories have been recognized on our Legacy Wall over the years in our current hallway. This recognition wall was removed in summer of 2025 as construction began in the hall but the donors are still on our website.

A new legacy wall will be established this year within the "heart"/welcome area of SASC. A new design is currently being sought that will serve as an art piece and recognition within the space. The donation levels are also being re-worked. Soon, there will be new levels and ways to create your legacy at SASC, a 510c3 non-profit organization. Details of the current program are on page 19.

SASC Construction Corner

THANK YOU for your patience during the remodel and expansion. There are signs of progress everywhere at SASC. We still have some dust and noise but things are now being put back together in our current spaces and hallway.

In the last couple of months, the hallway has been painted, a chair rail installed (still to be stained), and base trim is coming soon. New cabinetry has replaced the old warped cabinets in Rooms 1 and 2, offering the same amount of storage and similar look. This project was not a part of the bond but an additional one that SASC was able to complete. New countertops were also installed as a part of the bond in Rooms 1, 2, and under the kitchen roll gate.

The expansion of SASC, on the opposite side of the hall from our current space, is well underway and moving quickly. Much of the new drywall is up and technology is going in. After that, painting will take place, along with the installation of floors, and the finishing touches. The project is still on track to be complete in late spring/May.

The furniture for the expansion has been ordered. It will be delivered in late April for installation. Note that 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. Here are a few sneak peaks of some fabrics and colors you will see in the expanded senior center.



Currently staff is working on the layout and selection of fitness machines for the new fitness room, which will double in size from what we currently have. Members will be consulted as the process moves forward. The group fitness room is also taking shape, and will include fitness flooring with a little more give than we have now, a wall of mirrors, a large TV, and a sound system. Below is an idea of what the group fitness room will look like.



The parking lot near our new entrance will be paved in late spring, once the frost laws are removed. After that, we will be able to open the new entrance and space. Be on the lookout for grand opening details in the next newsletter.

Special Events

Spring Concert with Alicia & Andrew

We welcome back Alicia Doudna on Violin and Andrew Kratzat on 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
Fri	Mar 13	2pm	Free

Learning with AI Presenters: Dr. Michael McVey

In this fourth session on the impact of Artificial Intelligence, School Board Treasurer and EMU Professor Michael McVey will share how you can use tools like NotebookLM to act as a personal tutor or help you to make decisions. We will also discuss how K-12 teachers are using AI to enhance student learning and address media literacy concerns.

Day	Date	Time	Price
Thu	Mar 26	10-11:30am	Free

April General Membership Social

Gather together with friends for a good time and a tasty meal. After a brief update from our SASC Director about SASC happenings, we'll share a meal provided by our SOUPer Bowl MVP, State Farm, while socializing. State Farm will be bringing their Beef Bourguignon and Velvety Butternut Squash (choose one when registering. We'll also have salad and dessert. If space is available after the deadline of Apr 10, the cost will increase to \$10.

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



Bag & Jewelry Sale

Come shop for new-to-you items including purses, wallets, and jewelry. The SASC member's pre-sale is on Fri, Apr 24, 1-3pm. We take donations throughout the year of new or gently used items. All proceeds benefit SASC programs.

Day	Date	Time	Price
Sat	Apr 25	9am-12pm	Free Entry

New Programs

Benefits of Hydration in the Cooler Months Presenter: Laura Johnson, RD, EHM Senior Solutions

In recognition of National Nutrition Month, Laura will present and discuss the power of hydration for our health and wellbeing as we age. While hydration is often a highlighted topic in hot summer months, it is equally important through the cooler months too. Laura will also inspire you with ideas for keeping your body hydrated year-round.

Day	Date	Time	Price
Mon	Mar 9	10-11am	Free

Beginning French Instructor: Jim McMurtrie

Jim majored in French at the University of Michigan and taught lessons at the Ann Arbor Senior Center. Participants should expect to learn a considerable amount of French words, expressions, and topics related to French culture. Please purchase the book *Basic Conversational French* by Harris and Leveque prior to the start of class, from Amazon, Thrift Books or eBay. **No Class Apr 15.**

Day	Date	Time	Price
Wed	Mar 11-Apr 22	2-3pm	\$42

Self Defense Workshop Instructor: Dot Stoddard

Bring your enthusiasm to learn fun, practical self defense moves that work at any age, proven to be safe and ergonomically correct. All movements can be modified if needed. There will be no jumping, take-downs, or falling in these classes. Wear comfortable loose clothing and smooth bottom, supportive shoes. Dot has over 40 years of Martial Arts experience, is a certified Self Defense Instructor, 6th degree Black Belt in Choi Kwang Do, and 2nd degree Black Belt in Tai Kwon Do.

Day	Date	Time	Price
Mon	Apr 13 & 20	5:30-7:30pm	\$45

April is National Volunteer Month



Volunteers are the heart of every non-profit, and nowhere is that more true than at SASC. We have nearly 100 volunteers throughout the year that support our programs from Meals on Wheels Drivers, to Pickleball Volunteers, Garden Volunteers, and so many others. Your time, talents, and generosity make it possible for our programs to run smoothly, build connections, and create a welcoming place for our members. In recognition of National Volunteer Appreciation Month in April, we'll host a celebration for all volunteers. Keep an eye on your email for your invitation if you're a volunteer.

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.

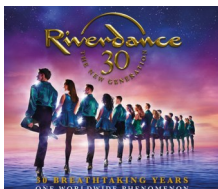
Discover Flint! Arts, Eats, and History



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 community through exhibits. **Deadline:** Mar 9 to reach minimum

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

Riverdance - Fox Theatre



Experience the magic, rhythm, and passion of Riverdance, lunch is included before the show. Currently this trip is full but you are welcome to join the waitlist in case more space becomes available.

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

Kellogg Bird Sanctuary & Manor House



First, we'll visit the Kellogg Bird Sanctuary, enjoying a guided exploration of the grounds, scenic lake, and migratory and native birds, including swans, cranes, and waterfowl. Gentle walking paths and ample seating make this suitable for all. Next, we'll head to the historic estate of cereal pioneer W.K. Kellogg. Take in the architecture, lakeside views, and rich history of the property as we enjoy a delicious lunch (choose salad, pot pie, and dessert or tomato soup, grilled chicken, or dessert) served inside the Manor House. If you are gluten free, please let us know when registering. Trip includes lunch. **Deadline:** Apr 5

Day	Date	Time	Price
Wed	May 6	7:15am-4:30pm	\$110

Frederik Meijer Gardens - Grand Rapids



We'll travel to Frederik Meijer Gardens & Sculpture Park in Grand Rapids to explore the breathtaking Chihuly glass exhibition, displayed throughout the gardens and galleries. Our visit includes a guided tram tour of the outdoor sculpture park. Lunch at the café is part of the trip; options are chicken salad sandwich, hot turkey and Swiss, roast beef wrap, or a vegetarian Michigan cherry salad. All lunches come with chips, a cookie, and a beverage. Then you'll have time to explore the indoor gardens, tropical conservatory, and Chihuly installations at your own pace. **Deadline:** May 9

Day	Date	Time	Price
Tue	Jun 9	7:45am-5:30pm	\$125

& Juliet - Wharton Center



This hilarious new musical flips the script on the greatest love story ever told. & Juliet asks: what would happen next if Juliet didn't end it all over Romeo? Get whisked away on a fabulous journey as she ditches her famous ending for a fresh

beginning and a second chance at life and love-her way. Featuring an irresistible soundtrack of chart-topping hits, this high-energy show celebrates second chances, self-discovery, and choosing your own destiny. No lunch stop is included but you may bring food on the bus. **Deadline:** May 21

Day	Date	Time	Price
Sun	Jun 28	11am-4:30pm	\$130

Please be sure to register for trips early. Once the trip is full, we will begin a waitlist. If you have a suggestion for an upcoming trip you'd like to see, please email Nancy at cowann@salineschools.org.

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.

Session - Day	Date	Time	Price
200 - Mon	Mar 2-30	10-11am	\$35
201 - Mon	Apr 6-27	10-11am	\$28

Fitness continued

Zumba Gold Instructor: Laurel Larsen



Zumba Gold is a great aerobic workout to upbeat music. We'll introduce you to easy-to-follow choreography that focuses on enhancing your balance, coordination, and range of motion. Come join the fun!

Session - Day	Date	Time	Price
202 - Mon	Mar 2-30	11:15am-12:15pm	\$35
203 - Mon	Apr 6-20	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.

Session - Day	Date	Time	Price
204 - Mon	Mar 2-30	4:15-5:15pm	\$35
205 - Mon	Apr 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. **No class Mar 19 & Apr 23. Hybrid**

Session - Day	Date	Time	Price
206 - Tue	Mar 3-31	8:45-9:45am	\$35
207 - Tue	Apr 7-28	8:45-9:45am	\$28
208 - Thu	Mar 5-26	8:45-9:45am	\$21
209 - Thu	Apr 9-30	8:45-9:45am	\$21

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
210 - Tue	Mar 3-31	10-11am	\$35
211 - Tue	Apr 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.

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

Session - Day	Date	Time	Price
212 - Tue	Apr 7-May 5	11:15am-12:45pm	\$45
214 - Wed	Apr 8-May 6	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.

Session - Day	Date	Time	Price
216 - Mon	Mar 2-30	12:30-1:30pm	\$35
217 - Mon	Apr 6-20	12:30-1:30pm	\$21
218 - Wed	Mar 4-25	11:45am-12:45pm	\$28
219 - Wed	Apr 8-29	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
220 - Tue	Feb 17-Mar 24	2:30-3:30pm	\$42
221 - Tue	Apr 7-May 12	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
222 - Wed	Feb 18-Mar 25	10:30-11:30a	\$42
223 - Wed	Apr 8-May 13	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. **No class Mar 18.**

Session - Day	Date	Time	Price
234 - Wed	Mar 4-25	4:15-5:15pm	\$21
235 - Wed	Apr 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 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
236 - Thu	Mar 5-26	10-11:15am	\$32
237 - Thu	Apr 2-30	10-11:15am	\$40

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 Nov-Apr, beginning in May we choose other locations in the area to explore. Walks will be cancelled if there is inclement weather. Please register and ask to have your email on our list so we can email you any updates weekly about the upcoming walk.

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

Please register for all programs, even if they are 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
238 - Fri	Mar 6-27	11:15am-12:15pm	\$28
239 - Fri	Apr 10-24	11:15am-12:15pm	\$21

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



Pickleball player and volunteer Kathy Struk enjoys a competitive game during 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	Mar 27	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 purchased new ping-pong tables in November. Come try them out.

Please register for all programs, even if they are 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 begins April 13.

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	TBD	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	TBD	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.

Day	Date	Time	Price
Fri	TBD	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.

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

Beginning Meditation

Facilitator: Bob Rickman, 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 everyone - newcomers to meditation, long time meditators, and those looking for group meditation. You will leave feeling peaceful and relaxed. There trial class is free for you to try meditation on Mar 5. Please register before attending.

Day	Date	Time	Price
Thu	Mar 5	1:30-2:30pm	Free
Thu	Mar 12-Apr 2	1:30-2:30pm	\$12
Thu	Apr 9-30	1:30-2:30pm	\$12

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 bill insurance for this service.

Day	Date	Time	Price
Mon	Mar 9, Apr 13	2-7pm	\$45
Thu	Mar 19, Apr 16	9am-2pm	\$45

Digestive Health Discussion Presenter: Betty Chaffee, PharmD

Our digestive system is crucial to our health - we want it to function effectively, efficiently, and comfortably. Diet, physical activity, fiber, probiotics, and medications all have an impact on how well it runs. Join Betty Chaffee, PharmD, of Better My Meds to learn how to keep your digestive system running smoothly and comfortably.

Day	Date	Time	Price
Mon	Mar 9	2-3pm	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	Mar 12 & 26	9am-1pm	\$30/\$50
Thu	Apr 9 & 23	9am-1pm	\$30/\$50

Lunch & Learn

Recognizing Early Changes: How Small Shifts can Signal a Need for More Support
Presenter: Natalie Adewunmi

NEW

Natalie will explore how small signs can indicate when additional help may be beneficial, along with local resources and planning strategies to maintain independence and peace of mind. Registration will close on Wednesday, Mar 11.

Day	Date	Time	Price
Wed	Mar 18	1-2:30pm	Free

Benefits of Hydration in the Cooler Months
Presenter: Laura Johnson, RD, EHM Senior Solutions

NEW

In recognition of National Nutrition Month, Laura will present and discuss the power of hydration for our health and wellbeing. While hydration is often a highlighted topic in summer months, it is equally important through the cooler months of the year. Laura will shine light on the importance of hydration for our health as we age and inspire you with ideas for keeping your body hydrated year-round.

Day	Date	Time	Price
Mon	Mar 9	10-11am	Free

Health & Wellness continued

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	April 15	11-11:45am	Free

Injury Prevention for Backs & Knees Facilitator: Katie Pakkala, PT of Plymouth PT Specialists

Spring is here and that, many of us become more active. We have access to outdoor walking, golf, gardening, pickleball, and more. Katie will discuss the best practices to prevent back and knee injuries while enjoying your favorite past times.

Day	Date	Time	Price
Wed	Apr 22	2:30-3:30pm	Free

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	Apr 29	9 or 10am	Free

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

When searching for an assisted living care residence, how can care seekers determine the best fit for support and care? To have a good discussion, please download and read in advance the first 12 pages of ***Comparing Assisted Living Residences in Michigan: An Introductory Guide with Worksheets***. Discussion will focus on: 1) considerations and questions to help you think through care needs, services, accommodations etc. 2) key Michigan regulations and laws that impact standards of care. Prior to the class you will receive an email with a guide to review to prepare for the presentation. Rescheduled from February.

Day	Date	Time	Price
Wed	Apr 22	1-2:30pm	Free

Hands-Only CPR & AED Training Instructor : Joseph Keen, IHA

For older adults, a hands-only CPR class provides essential training in performing life-saving chest compressions in the event of a sudden cardiac arrest. This class will focus solely on teaching effective chest compressions without mouth-to-mouth breaths, making it more accessible and less daunting for older individuals. You will learn to recognize the signs of cardiac arrest and the importance of calling emergency services promptly. Additionally, you will learn how to use an AED machine. AED's are important life-saving tools which can be found in many public spaces including SASC! This class is a non-certification training. Learning CPR is more than gaining a skill - it's learning how to act when it matters most.

Day	Date	Time	Price
Wed	Mar 11	10:30am-12pm	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/11628747 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	May 8	11:30am-4pm	Free

Lifelong Learning

Tech Lessons with Ben Cutler



Ben is our resident tech expert. He is very knowledgeable and patient. He can help with basic tech support for your phone, tablet, and/or laptop. Lessons are 45 minutes and must be paid for when booking online or in the SASC office.

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
Mon	Mar 2 & 16	3-4pm	Free
Mon	Apr 6 & 27	3-4pm	Free

Retirement - An Ongoing Journey

Presenter: Julie McCarthy & Scott Wiard

Retirement planning is an ongoing journey. Join Scott Wiard, President, Horizon planning Corp., for a discussion on smart retirement planning, including investments, taxes, estate planning, and future health needs. He'll explain the One Big Beautiful Bill Act (OBBA), what it could mean for you, and strategies to help position you for the future. Donuts provided by HomeWell Care Services.

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

Maintaining Resiliency Throughout Life's Transitions

Presenter: Emily Kennedy, LMSW, Crossroads Counseling PPLC

We'll explore practical strategies to navigate change, stress, and uncertainty, while understanding what is within one's control, increasing emotional awareness, practicing mindfulness and gratitude, and using healthy coping strategies such as self-care, journaling, and community connection. You'll be encouraged to view resilience as a skill that can be built upon over time through intentional, compassionate practices. The goal is to promote adaptability, emotional regulation, and well-being through life's transitions.

Day	Date	Time	Price
Tue	Mar 17	10-11am	Free

Beginning French

Instructor: Jim McMurtrie

French is the first language that instructor Jim McMurtrie learned, thanks to his French mother. Later in life, Jim majored in French at the University of Michigan and taught lessons at the Ann Arbor Senior Center. Participants in Beginning French should expect to learn a considerable amount of French words, expressions, and topics related to French culture. Those enrolled should purchase *Basic Conversational French* by Harris and Leveque on Amazon, Thrift Books or eBay. **No Class Apr 15.**

Day	Date	Time	Price
Wed	Mar 11-Apr 22	2-3pm	\$42

Self Defense Workshop

Instructor: Dot Stoddard

Bring your enthusiasm to learn fun, practical self defense moves that work at any age, proven to be safe and ergonomically correct. All movements can be modified if needed. There will be no jumping, take-downs, or falling. Wear comfortable loose clothing and smooth bottom, supportive shoes. Dot has 40+ years of Martial Arts experience, and is a certified Self Defense Instructor.

Day	Date	Time	Price
Mon	Apr 13 & 20	5:30-7:30pm	\$45

Travelogues

These travelogues are rescheduled from Jan/Feb.

March - George Jabol guide you on his trip to the Amalfi Coast and Tuscany.

April - Sue Kelch leads you through her trip to Arizona, which shows there is far more to Arizona than the Grand Canyon.

Day	Date	Time	Price
Thu	Mar 19	1-3:30pm	Free
Thu	Apr 2	1-2:30pm	Free

Huron Valley PACE Snack & Learn

Presenters: Lindsay Mann-Shanahan & Nadine McCoy

PACE stands for Program of All-Inclusive Care for the Elderly. Huron Valley PACE provides an alternative to nursing home care for participants, allowing seniors to remain independent in their own homes and communities. Come find out what a PACE provides, if you or a loved one is eligible, how to enroll, and enjoy some snacks.

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

Presidential Greatness

Presenter: Bruce Zellers

What does it mean to be a great president? Who are the men who have earned this title since the creation of the United States? What criteria do we judge them by? And what are the myths and facts that surround this designation of "greatness"? Join visiting historian Bruce Zellers as he explores this topic and answers these questions. Rescheduled from December.

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

Cooking Matters at the Store

Presenter: Jessica Finkiewicz, National Kidney Foundation of Michigan

This workshop brought to us from the National Kidney Foundation of Michigan will discuss how to save money while prioritizing healthy grocery shopping. Learn how to read food labels, compare unit prices, and money-saving and nutrition tips for each food group. You will follow along with a booklet and use visual aids and have label reading practice. Class is limited to 20 participants.

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

March 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>Tech Town Hall 3-4pm</p> <p>Brain, Breath, & Bend Chair Yoga begins 4:15-5:15pm</p>	<p>3</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong begins 10-11am</p>	<p>4</p> <p>Time Traveler ongoing 10-11:30am</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Basket of Treasures 1:30-4pm</p> <p>Not Your Mama's Chair Yoga begins 4:15-5:15pm</p>	<p>5</p> <p>Fit for Life begins, 8:45-9:45am</p> <p>SAS-C Writers, 10-11:30am</p> <p>Balance Strong Beg + Stretch begins 10-11:15am</p> <p>Sassy Players 11:30am-12:30pm</p> <p>Watercolors begins 1:30-3:30pm</p> <p>Meditation - Free Trial 1:30-2:30pm</p>	<p>6</p> <p>Breakfast Club ongoing 9:30-10:30am</p> <p>Movie: <i>Eleanor the Great</i> 10-11:45am</p> <p>Salt City Ukes ongoing 10:30-11:30am</p> <p>Cutting Edge of Your Chair Yoga begins 11:15-12:15pm</p> <p>Bingo ongoing 12:30-3pm</p>
<p>9</p> <p>Brain Games & Breakfast 10-11am</p> <p>Benefits of Hydration in the Cooler Months 10-11am</p> <p>Digestive Health 2-3pm</p> <p>Foot Care Clinic 2-7pm</p> <p>Trivia 5-6pm</p>	<p>10</p> <p>Retirement - An Ongoing Journey 10-11am</p>	<p>11</p> <p>Hands-Only CPR & AED Training 10:30am-12pm</p> <p>ROMEO Group Sidetrack Bar & Grill 11:45am</p> <p>Beginning French begins 2-3pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Classic Movie: <i>Casablanca</i></p>	<p>12</p> <p>Reflexology 9am-1pm</p> <p>Beg Meditation begins 1:30-2:30pm</p>	<p>13</p> <p>Book Club 10-11:30am</p> <p>Mosaics: Rabbit 12-3pm</p> <p>Spring Concert 2pm</p>
<p>16</p> <p>SASC Board Meeting 9am</p> <p>Silver Shutterbugs 9:30-11am</p> <p>Recorder Ensemble ongoing 12:30-2:30pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Tech Town Hall 3-4pm</p>	<p>17</p> <p>Maintaining Resiliency Throughout Life's Transitions 10-11am</p> <p>Dementia Friends Group 11am-12pm</p> <p>Canvas & Cookies 1-3:30pm</p> <p>Intergen Crafternoon 1:30-2:30pm</p>	<p>18</p> <p>Beginning Guitar 11:30am-12:30pm</p> <p>Lunch & Learn: Recognizing Early Changes 1-2:30pm</p> <p>Intergen Tiny Acrylics 6-7:30pm</p>	<p>19</p> <p>SAS-C Writers 10-11:30am</p> <p>Sassy Players 11:30am-12:30pm</p> <p>Good Grub Lunch Club Buddy's Pizza 11:45am</p> <p>Travelogue: Amalfi Coast & Tuscany 1-3:30pm</p>	<p>20</p> <p>Movie: <i>The Last Bus</i> 10-11:30am</p>
<p>23</p> <p>Ceramics 1-3pm</p>	<p>24</p> <p>Discover Flint! Arts, Eats & History Trip 7:45am-4:15pm</p> <p>Huron Valley PACE Snack & Learn 10-11am</p>	<p>25</p> <p>Handsewn Flower Workshop 10am-12pm</p> <p>JULIET Group Dan's Downtown Tavern 4:30pm</p>	<p>26</p> <p>Cyanotype Printmaking Intro Class 9:30am-12pm</p> <p>Reflexology 9am-1pm</p> <p>Learning with AI 10-11:30am</p>	<p>27</p> <p>Movie: <i>Ballad of Wallis Island</i> 10-11:45am</p> <p>Learn to Play Pickleball Clinic 5:30-6:30pm</p>
<p>30</p> <p>Ceramics 1-3pm</p>	<p>31</p> <p>Spring Floral Design 10am-12pm</p>	<p>Schedule and Calendar Notes</p> <ul style="list-style-type: none"> 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. 		

April 2026

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>Beginning Guitar 11:30am-12:30pm</p> <p>Not Your Mama's Chair Yoga begins 4:15-5:15pm</p>	<p>2</p> <p>Cyanotype Printmaking 9:30am-12pm</p> <p>SAS-C Writers, 10-11:30am</p> <p>Balance Strong Beg + Stretch begins 10-11:15am</p> <p>Sassy Players 11:30am-12:30pm</p> <p>Travelogue: Arizona 1-2:30pm</p> <p>Watercolors Workshop 1:30-3:30pm</p>	<p>3</p> <p>SASC Closed</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>Tech Town Hall 3-4pm</p> <p>Brain, Breath, & Bend Chair Yoga begins 4:15-5:15pm</p>	<p>7</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong begins 10-11am</p> <p>Adaptive Hatha Yoga begins 11:15am-12:45pm</p> <p>Tai Chi Continuing begins 2:30-3:30pm</p>	<p>8</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Tai Chi Beginning begins 10:30-11:30am</p> <p>ROMEO Group Sidetrack Bar & Grill 11:45am</p> <p>Adaptive Hatha Yoga begins 1-2:30pm</p> <p>Classic Movie: <i>Dragonwyck</i> 2:30-5pm</p>	<p>9</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Cyanotype Printmaking 9:30am-12pm</p> <p>Reflexology, 9am-1pm</p> <p>Beg Meditation begins 1:30-2:30pm</p> <p>Watercolors begins 1:30-3:30pm</p>	<p>10</p> <p>Book Club 10-11:30am</p> <p>Cutting Edge of Your Chair Yoga begins 11:15-12:15pm</p> <p>Sat, Apr 11</p> <p>Riverdance - Fox Theatre 10am-5pm</p>
<p>13</p> <p>Brain Games & Breakfast 10-11am</p> <p>Foot Care Clinic 2-7pm</p> <p>Trivia 5-6pm</p> <p>Self Defense Workshop 5:30-7:30pm</p>	<p>14</p>	<p>15</p> <p>Presidential Greatness 10-11am</p> <p>Blood Pressure Checks 11-11:45am</p> <p>Beginning Guitar 11:30am-12:30pm</p> <p>General Membership Social 11:30am-1pm</p>	<p>16</p> <p>Foot Care Clinic 9am-2pm</p>	<p>17</p> <p>Movie: <i>Roofman</i> 10am-12:15pm</p>
<p>20</p> <p>SASC Board Meeting 9am</p> <p>Silver Shutterbugs 9:30-11am</p> <p>Ceramics 1-3pm</p> <p>Self Defense Workshop 5:30-7:30pm</p>	<p>21</p> <p>Dementia Friends Group 11am-12pm</p> <p>Canvas & Cookies 1-3:30pm</p> <p>Intergen Crafternoon 1:30-2:30pm</p>	<p>22</p> <p>Picassiette Mosaics: Paw Print 1-4pm</p> <p>Assisted Living Care Residences 1-2:30pm</p> <p>Injury Prevention for Backs & Knees 2:30-3:30pm</p> <p>JULIET Group Dan's Downtown Tavern 4:30pm</p>	<p>23</p> <p>Reflexology 9am-1pm</p> <p>Cooking Matters at the Store 10:30-11:30am</p>	<p>24</p> <p>Movie: <i>Downton Abbey The Grand Finale</i> 10am-12:15pm</p> <p>Bag & Jewelry Sale Members Pre-sale 1-3:30pm</p> <p>Public Sale Sat, Apr 25 9am-12pm</p>
<p>27</p> <p>Ceramics 1-3pm</p> <p>Tech Town Hall 3-4pm</p>	<p>28</p>	<p>29</p> <p>Care Management Appts 9 or 10am</p>	<p>30</p>	

Creative Opportunities

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. Rescheduled from January.

Day	Date	Time	Price
Wed	Mar 4	1:30-4pm	\$40

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.

Mar - Glass

Apr - Rainy scenes

Day	Date	Time	Pric
Thu	Mar 5-26	1:30-3:30pm	\$52
Thu	Apr 9-30	1:30-3:30pm	\$52



Mosaics: Rabbit Instructor: Carol Torssell

Carol's mosaic classes are fun and welcoming to all! Using vintage china, tiles, and grout, you'll create a rabbit for your spring décor, while connecting with others in a relaxed, hands-on environment. Carol will grout your project and bring it back on Mar 16.

Day	Date	Time	Price
Fri	Mar 13	12-3pm	\$40



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.

Canvas & Cookies Instructor: Katherine Downie

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!

Mar - Still Life

Apr - Cabin with flowers

Day	Date	Time	Price
Tue	Mar 17	1-3:30pm	\$25
Tue	Apr 21	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	Mar 17, Apr 21	1:30-2:30pm	Free



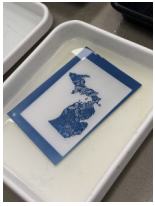
Intergen Tiny Acrylics

The daytime Tiny Acrylics with Terrie will resume in May, in the meantime, join students from Saline High School's High Five Club for an evening of painting and conversation. **Deadline:** Mar 13

Day	Date	Time	Price
Wed	Mar 18	6-7:30pm	\$5

Cyanotype Printmaking

Instructor: Bob Rickman



Cyanotype Printmaking introduces students to cyanotype photography, a camera-less process that creates striking white and Prussian blue images using UV light and iron salts. Participants will explore the history, science, and creative possibilities of this early photographic process while making

prints from natural materials, negatives, and found objects. The standalone intro class offers a one-day overview of the technique and its photographic roots, while the two-week class begins by repeating the intro material, making it accessible to beginners, and then goes deeper into historical and contemporary uses, mixing non-toxic chemistry, exposing, and developing prints. Students may register for the intro class, or attend all three classes.

Day	Date	Time	Price
Thu	Mar 26	9:30am-12pm	\$12
Thu	Apr 2 & 9	9:30am-12pm	\$24



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.

Mar - Mushroom candlestick
Apr - Sponge holder

Day	Date	Time	Price
Mon	Mar 23 & 30	1-3pm	\$56
Mon	Apr 20 & 27	1-3pm	\$56



Handsewn Flower Workshop

Instructor: Marie Hamlin

In this program, Marie will take you through the steps to create a handsewn 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.

Day	Date	Time	Price
Wed	Mar 25	10am-12pm	\$5

Spring Floral Design

Instructor: Carol Torsell

Create a beautiful floral arrangement using a variety of spring flowers, a container, and an oasis. It is sure to bring a smile to your face. Thank you to Huron Valley PACE for providing the flowers.

Day	Date	Time	Price
Tue	Mar 31	10am-12pm	\$40



Huron Valley PACE

Thank You Carol!



We extend our heartfelt thanks to instructor Carol Torsell as she moves to the Chicago area to be closer to her family. Since joining SASC in 2022, Carol has shared her creativity and passion through teaching Floral Design, Mosaics, and other classes that sparked renewed interest for crafting in our community. We're grateful for the inspiration she's given so many members and wish her all the very best in this next chapter!

Watercolor Workshop

Instructor: Katherine Downie

We'll tackle flowers in this class, and learn lots of tips for how to paint a variety of flowers. If you have watercolor supplies, please bring them, but if you do not, Katherine has items to let you borrow.

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

Picassiette Mosaics: Paw Print

Instructor: Carol Forssell



This style of mosaics is characterized by its use of irregular shapes, bold colors, and textured surfaces, often incorporating found objects alongside the broken china, buttons, beads, and charms. Feel free to bring in any mementos of your beloved pet to include. You will have the option to grout.

Day	Date	Time	Price
Wed	Apr 22	1-4pm	\$40

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 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. Meetings are the 1st & 3rd Wed at 11:30am.

Day	Date	Time	Price
Wed	Mar 4, 18	11:30am-12:30pm	\$1
Wed	Apr 1, 15	11:30am-12:30pm	\$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	Mar 5, 19	10-11:30am	Free
Thu	Apr 2, 16	10-11:30am	Free



Sassy Players 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.

Day	Date	Time	Price
Thu	Mar 5, 19	11:30am-12:30pm	Free
Thu	Apr 2, 16	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	Mar 11 - Sidetrack Bar & Grill, 56 E. Cross St, Ypsilanti, 48198	11:45am
Wed	Apr 8 - Fraser's Pub, 2045 Packard, Ann Arbor, 48104	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	Mar 25 - Dan's Downtown Tavern, 103 E. Michigan, Saline, 48176	4:30pm
Wed	Apr 22 - Palm Palace, 2370 Carpenter Rd, Ann Arbor, MI 48176	4:30pm

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. In March we'll kick off the Men's NCAA Basketball Tourney together while we eat lunch!

Day	Date - Location	Time
Thu	Mar 19 - Buddy's Pizza, 3153 Ann Arbor-Saline Rd, AA, 48103	11:45am
Tue	Apr 28 - Chili's Bar & Grill, 3795 Washtenaw Ave, AA, 48104	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	Mar 16, Apr 20	9:30-11am	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 Time Traveler, and get creative with a craft.

Day	Date	Time	Price
Tue	Mar 17, Apr 21	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.

Mar - *Casablanca*
Apr - *Dragonwyck*

Day	Date	Time	Price
Wed	Mar 11, Apr 8	2:30-5pm	\$1/day

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

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 and the volunteers who make this program possible: Bob & Micki Baden, Kevin Dwyer, Douglas Elfring, Ruth Frayer, Tom Kamrath, Sue Knasiak, & Brenda Lorey.

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.

Mar - *Dead Wake: The Last Crossing of the Lusitania*, by Erik Larson
Apr - *The Wife App*, by Carolyn Macker

Day	Date	Time	Price
Fri	Mar 13, Apr 10	10-11:30am	Free

Matinee Movies

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

Mar 6 - *Eleanor the Great* (PG-13)
Mar 20 - *The Last Bus* (PG)
Mar 27 - *The Ballad of Wallis Island* (PG-13)
Apr 17 - *Roofman* (R)
Apr 24 - *Downton Abbey: The Grand Finale* (PG)

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	Mar 9, Apr 13	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	Mar 9, Apr 13	5-6pm	\$2

American Mah Jongg Lessons Instructors: Debbie Heinold & Cindy Schaefer-Munz

American Mah Jongg utilizes racks to hold each player's tiles, jokers, and "Hands and Rules" score cards and is similar to Rummy. If you need a 2026 card, please call the National Mah Jongg League at (212) 246-3052 or visit nationalmahjonggleague.org. Note that they are located in New Jersey; delivery could take a week or two. Cards are \$14, please have yours for the first class.

Deadline: Apr 29

Day	Date	Time	Price
Wed	May 6-27	10:30-11:30am	\$5

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



Our groups are a great way to be social with new friends, as seen here by the Cribbage group meeting at Dan's Tavern after game play to celebrate the holidays.

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 Apr 3.**

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



Rose helped serve Mac's Acadian Seafood Shack's Seafood Gumbo at the SOUPer Bowl on Fri, Feb 6, 2026.

SOUPer Bowl V Competition Results

Congratulations to the SOUPer Bowl V winners

Most Valuable Pot: Susan Rosales - State Farm
Beef Bourguignon

First Runner-Up: Brewed Awakenings Café
Tomato Basil Bisque

Second Runner-Up: H&R Block Saline
Corn Chowder

Halftime Showstopper: Liberty Club
Tomato Bisque

Offensive Line: Brecon Village
JT's Tuscany Bean Soup

Rookie of the Year: H&R Block Saline
Corn Chowder

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.

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.

Washtenaw Co. Older Persons Millage



Washtenaw County voters approved the 0.5 mill Older Persons Millage in November 2024. The Board of Commissioners passed the Older Adults Millage Operations Framework Policy in July 2025 which guides the expenditures of millage funds. The full policy can be found on Washtenaw County's website at <https://www.washtenaw.org/4629/Older-Persons-Millage>.

The Older Adult Millage Operational Framework Policy identified 10 senior centers to receive at least \$200,000 annually, including SASC! The first allocation of funds will be utilized to make-up the short fall from the SAS Bond Funds, which you'll recall is about 2 million dollar. In 2026 we'll use these funds to provide furnishings for the SASC addition, a new dishwasher for our kitchen, and patio pergola.

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 donate books to our "library" they must be current, within the last 5 years, or classics.** Our library shelves will be condensed in the new space so we are focusing on newer titles. Older books may be donated to the Friends Library, at the Saline Library.

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 10-11

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, 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

If you would like to give your time, we have various volunteer opportunities available, including Meals on Wheels substitute drivers. We are also seeking SASC Ambassadors: volunteers who are personable and would like to help give new members tours of SASC once the expansion is complete. These ambassadors will work 2-4 hours shifts throughout the week. Contact Nancy for more info.

Transportation Options

As are part of the Washtenaw County Older Persons Millage noted on page 19, the WC Board also passed funding for People's Express and JFS to provide free transportation to older adults that reside in Washtenaw County. The full details can be found at <https://www.washtenaw.org/4629/Older-Persons-Millage>. Please visit the website or call the providers for more details

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. Please contact them for more details.

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

Oral History Project - Share your Story

Last 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 or email Megan at kenyonm@salineseniors.org. 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.



Judy Slater shared her story, and what a fascinating one it is!



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Bag & Jewelry Sale Fundraiser

SASC takes donations of gently used or new handbags, wallets, and jewelry throughout the year!

Member's Pre-Sale

Friday, April 24
1-3:30pm

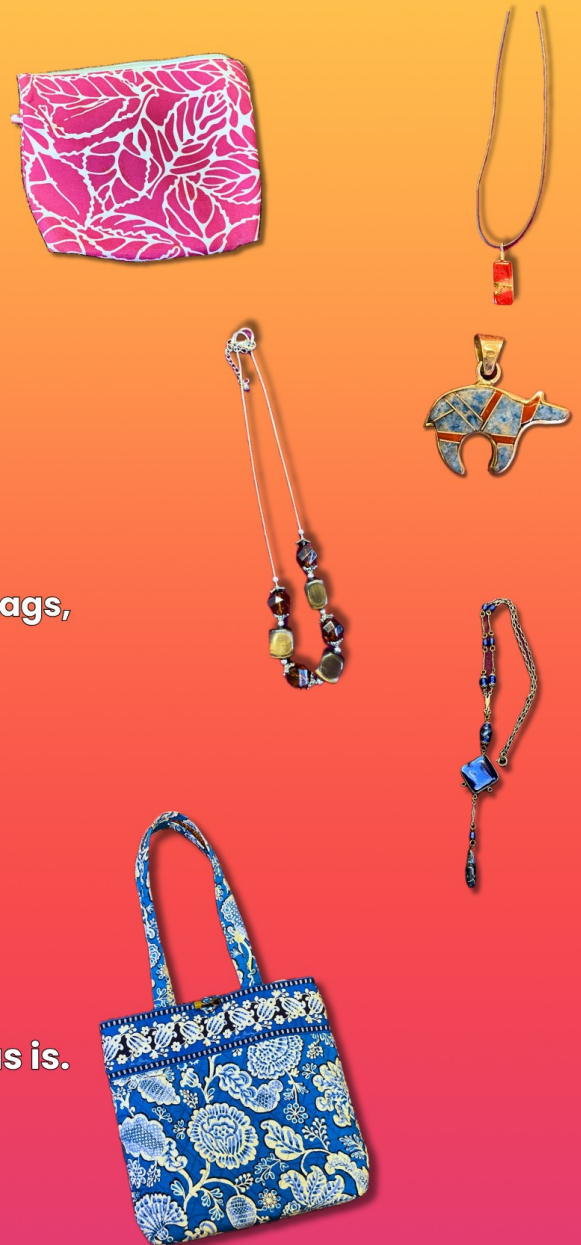
Public Sale

Saturday, April 25
9am-12pm

Find new-to-you jewelry to repurpose or keep as is.

Stuff a \$5 minibag of Red Dot jewelry with as much as you can.

All proceeds fund our SASC Scholarship Fund.



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