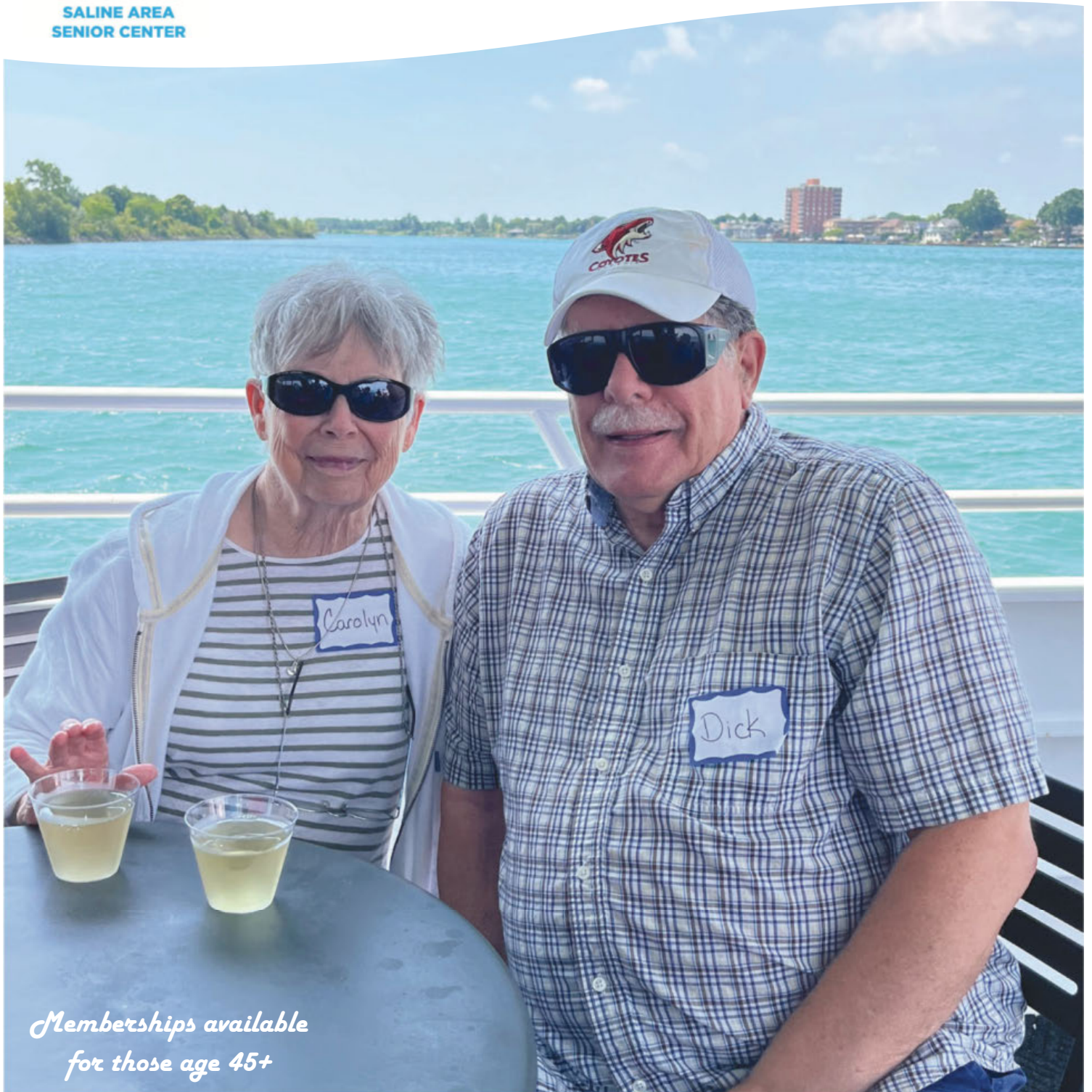




July/August 2023

SASC

Newsletter



*Memberships available
for those age 45+*

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

2023 SASC MEMBERSHIPS

Your SASC Membership is the best value in town! If you are 45+, register now for your 2023 Membership to access our FREE program offerings at SASC and member rates on programs. Non-members are allowed to participate in paid classes for an additional \$5 per class. Free classes are only included in memberships. Members will receive weekly email updates and mailed or emailed newsletters every other month.

Membership can be completed in the office or online at www.salineseniors.org; click on the registration tab and follow the prompts. You will need to request an account first, if you do not already have one. Once a staff member approves your request, you will receive an email to proceed, usually within 24 hours.

A signed waiver of liability is required and you will also review the photo release information, which is optional.

Annual Membership, Jan-Dec 2023

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

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SASC FITNESS MEMBERSHIP

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

Memberships are available, by month or for the year. This is a rolling membership that begins the day you register and ends a month or year later on that date. In order to keep the space as clean and safe as possible, please be sure to wipe your equipment before and after your workout! If you would like to utilize an iPad in the fitness room to watch something, please check it out at the front desk and link to our WIFI.

FITNESS MEMBERSHIP RATES

Training Fee: \$10 (waived if you've had a NuStep Training) Staff will do a training with you, possibly in a small group, to show you how to utilize the equipment properly.

12 Month Membership: \$96 annually (amounts to \$8 a month) Payments can be made monthly or upfront.

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

SASC BOARD MEETINGS

The upcoming Board meetings are scheduled for **Mon, Jul 17** and **Mon, Aug 21, at 9am.** Board Meetings are typically the third Monday of the month at 9am. Members are always welcome to attend. Meetings are held in person but if you'd like to attend virtually, please notify us and we will send you a link. The Annual Picnic is Wed, Jul 19, 11:30am. Please see page 9 for full details.



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

On the cover: The Cunkles enjoyed the Portofino's boat trip in 2022. Join our Riverboat Cruise in Detroit this summer, see page 3.

SASC HOLIDAY CLOSURE

Monday and Tuesday, July 3-4

SASC Board Nominations / Trips

SASC NOTES

Classes are **in-person** unless otherwise noted as **hybrid**. Hybrid means you can take it online OR in-person, your choice. If hybrid, register and you will receive details 1-2 days before your program begins via email. **Please note classes are live and cannot be made up if missed.**

Please call or visit the office to register for all programs, even if they are free. Register early to increase the chance of us being able to run the programs. You may utilize the online registration system, or sign up in person. Payments are not taken over the phone.

SASC WELCOMES 2023-2025 BOARD MEMBERS IN AUGUST

Board nominations took place from May 17-26. Since only one nomination was made for each position, an election is not necessary. As of August 2023, please welcome your new President, Cindy Sobotta and Treasurer, Mark Sockness! Thank you to Cindy and Mark for volunteering their time and energy to SASC. Please see their brief bios below.

Incoming President: Cindy Sobotta



Cindy was a math teacher and held several other professional positions. She has an MS in Information Management. She enjoys local history, genealogy, and reading.

Cindy participates and volunteers for multiple SASC programs and events. She is a great advocate for SASC and looks forward to leading the Board through the coming updates to SASC.

Incoming Treasurer: Mark Sockness



Mark is a retired CFO and part-time travel advisor. He is also a Certified Management Accountant, who has volunteered extensively with various other profit and non-profit boards.

Mark has been an avid member of SASC since 2022. He participates in many fitness classes and special events. Mark has also presented travelogues at SASC, calls Bingo, and Organizes / leads trivia nights.

DAY TRIPS

Trips below are in cooperation with Pittsfield Senior Center. Sign up at SASC and your pickup / drop-off will take place at SASC, unless noted otherwise. Pittsfield will also be a stop on our route for each trip. **All trips on charter busses.**

DETROIT RIVERBOAT CRUISE

The Detroit Princess Riverboat lunch cruise is perfect for seeing the downtown area of both Detroit and Windsor. Lunch buffet includes tender beef tips with gravy, baked chicken, mashed potatoes, veg lasagna, with sides of cheese tortellini, wild rice, fresh steamed veg, assorted salads, roll and dessert. Cash bar is available. Return by 3:30pm. **Deadline:** Jun 12

Day	Date	Time	Price
Thu	Jul 13	10am Depart	\$104

DETROIT TIGERS BASEBALL GAME

Detroit Tigers: Ticket includes a voucher for some discounted food. Game starts at 1:10pm vs Cubs. Return by 5:30pm. **Deadline:** Jul 19

Day	Date	Time	Price
Wed	Aug 23	11:15am Depart	\$79

A DAY IN FRANKENMUTH

Close out your summer in Frankenmuth with the sounds of summer! The Beach Party Boys reproduce the authentic look, vocal harmony, and instrumentation of the Beach Boys themselves. This is an interactive show where you will find yourself singing along to songs like; Surfin' U.S.A., Barbara Ann, Fun Fun Fun, Surfer Girl, Kokomo, and the famous Good Vibrations.

The trip includes transportation, Zehnder's famous 2 piece chicken lunch, dessert, beverage, and the show, which all begins at 12pm. There will be time for shopping at Bronner's before the show. **Meet at Pittsfield Senior Center** for this trip (701 Ellsworth Rd), depart 9am, return 5pm. **Deadline:** Jul 14

Day	Date	Time	Price
Wed	Sep 13	9am Departs Pittsfield	\$124

New Programs

VIRTUAL COOK-ALONG

**Facilitator: Better Living with Arthritis
Eastern Michigan University**

Learn to make simple Mediterranean-inspired meals and learn about *Food for Arthritis*. Virtually connect via Zoom from the comfort of your own kitchen. Once you are registered, you will automatically be registered for both Mondays. Pick up your ingredients from SASC on July 6 and 13. The first 10 registrants will receive full meal kits, remaining registrants will receive partial meal kits.

Day	Date	Time	Price
Mon	Jul 10 & 17	12pm	Free

SCREEN PRINTING WORKSHOP

Instructor: Katherine Downie

Screen printing is the process that involves transferring a stenciled design on a flat surface with ink, a mesh screen, and a squeegee. In the first class you will design your print and in the second class you will learn how and create your print. Please bring several items you wish to print: t-shirt, cloth bag, bandana, etc. Register by Jul 7.

Day	Date	Time	Price
Wed	Jul 12 & 19	10-11:30am	\$50

SASC VEHICLE UPDATE

As you may be aware, SASC owns a 2006 Ford E450 Econoline Bus, that seats 14 people and has been utilized for many day trips. However, due to age and decreased reliability, the day trips on the SASC bus have been on hold while we have explored other options

We have good news to report; SASC has been awarded a CARES Grant for \$15,000 towards purchasing a new van! We are currently working with Liberty Club to find a vehicle we could share, pooling our resources and lowering our costs overall. The queue for ordering a new vehicle is over a year long, however we are searching for a gently used one as well. The timeline is TBD based on vehicle availability. Please stay tuned for further updates. In the meantime, we have some great charter bus trips planned in conjunction with Pittsfield Senior Center, see pg. 3.

ICEBREAKERS!

Facilitator: Megan Kenyon

Icebreakers are an easy way to meet new people. Push yourself out of your comfort zone and come participate! We'll have pizza and pop after. Please register by Jul 10.

Day	Date	Time	Price
Thu	Jul 13	11am-12:30pm	\$5

TECHNOLOGY SERIES: ChatGPT

Presenter: Dr. Michael McVey

Back in the day, the handheld calculator challenged mathematics instruction. When Google arrived, it challenged the role of school libraries and librarians. Now, ChatGPT is making it so any student can enter a prompt to have a paper written that is tailored to the class assignment. This new online tool is challenging how teachers teach writing. Dr. McVey will introduce you to this artificial intelligence (AI) tool, discover what you know about AI already, and have you reimagine a classroom writing activity.

Day	Date	Time	Price
Mon	Jul 17	10-11am	Free

BASIC MUSIC THEORY

**Instructor: Tori Dober
Sponsored by St. Joseph's Village**

Music is very mathematical and its own language. In this basic music theory class, some background knowledge on reading music is helpful, but not required. You will learn about the fundamentals of music: notes and intervals, clefs, key signatures, chords, and scales, and why music tonality is the way it is. Tori earned his degree in Music Theory and Composition from EMU; he is also the Administrator at Trinity Health Senior Communities.

Day	Date	Time	Price
Tue	Jul 18-Aug 22	2:45-3:45pm	\$15

St. Joseph's Village
Independent Living • Assisted Living
Senior Living 

SASC LAPTOPS AND iPADS

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

New Programs

INTRO TO MICROSOFT EXCEL

Instructor: Lawrence Grover

Learn how to organize your life with spreadsheets in this introductory class on Microsoft Excel. For people who have little to no experience with Excel, this class will introduce you to the basic functions of making a spreadsheet. You will learn how to create or move columns and rows, use multiple sheets, and add a column of numbers. Once you learn the basics, your knowledge will allow you to use Excel to create a budget, maintain an address book and much more. Please bring your laptop and purchase the book ***Excel Made Easy: The Ultimate Crash Course to Master Excel Without Getting Overwhelmed*** by Max Clark, which can be found on Amazon.

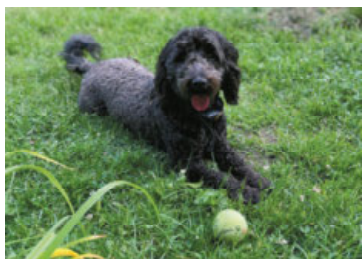
Day	Date	Time	Price
Thu	Jul 27-Aug 17	11am-12:15pm	\$10
Thu	Aug 24-Sep 14	11am-12:15pm	\$10

MATCHING SENIORS AND PETS WITH THE HUMANE SOCIETY OF HURON VALLEY

Presenter: Alicia Curley

Thinking of adopting a dog or cat? Longing for kitty or puppy cuddles but can't have a pet? Want more information on our local humane society? The Humane Society of Huron Valley's experts will talk about the benefits of pets, considerations for adopting, and ways to get involved with animals. They will also share information on their newest program, Friends for Life, which helps protect the bond between seniors and their animal companions. There will also be time for questions and answers.

Day	Date	Time	Price
Mon	Jul 31	3-4pm	Free



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

PLANT REPRODUCTION AND DISSECTION

Presenter: Chelsey Anastasoff

Interested in plants? Ever wonder how plants reproduce? Join Saline science teacher, Chelsey Anastasoff, to get a better understanding of plant structures and how they use these structures to increase their population. In this class, we will dissect flowers and use microscopes to better understand plant reproductive structures. You will be amazed at what you see! Please register by Jul 25. Sponsored by **Promedica**.

Day	Date	Time	Price
Tue	Aug 1	10-11am	\$5



ASK THE DENTIST

Presenter: Dr. Carola Gerigk, DDS

Join us for this Q & A session with Saline's dentist, Dr. Carola Gerigk, DDS and her office manager, Stephanie. It's all connected and Dr. Gerigk and Stephanie are happy to explain all the in's and out's of dental treatment and insurance. Come with your questions!

Day	Date	Time	Price
Wed	Aug 2	10-11am	Free

PROPER FITTING OF CANES & WALKERS

Facilitator: Andy Herner MPT, GCS

Assistive devices can help people maintain mobility and safety in their home and community. Many times, people are given assistive devices but are never instructed on how to fit or properly use them. Andy is a Physical Therapist with Michigan Medicine. He will give advice on proper fitting and use of assistive devices and check your devices and adjust them if needed. Drop in any time during this event. He will see people on a first come first served basis. Please register by Aug 3.

Day	Date	Time	Price
Mon	Aug 7	5:30-8pm	Free

Fitness

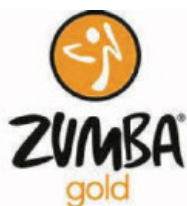
DRUMS ALIVE Instructor: Jerry Powell



Get moving and grooving to start your week! Connect to your inner rhythm, combining drumming, music, and movement. Express yourself, release stress, sing, and enjoy a sense of community. Please remember to bring water.

Day	Date	Time	Price
Mon	Jul 17-Aug 21	10-11am	\$42

ZUMBA GOLD Instructor: Laurel Larson



Zumba is not as intimidating as you think - just keep moving to the beat! Zumba Gold is a modified Zumba class for active older adults that recreates traditional Zumba moves at a lower-intensity. The design of

the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination. Laurel makes time fly with her upbeat music and attitude.

No class Jul 24 & 31.

Day	Date	Time	Price
Mon	Jul 10-Aug 28	11:15am-12:15pm	\$42

BRAIN, BREATH & BEND CHAIR YOGA Instructor: Jo Ann Yates

Practice while sitting in a chair or standing using a chair for support. This workout is suitable for all fitness levels. Meditation, breath work, and relaxation are explored each day. You will use two chairs at SASC. Bring some water to sip on. **No class Jul 17 & Sep 4.**

Day	Date	Time	Price
Mon	Jul 10-Aug 14	4:15-5:15pm	\$35
Mon	Aug 28-Sep 25	4:15-5:15pm	\$28

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



FIT FOR LIFE Instructor: Laurel Larson

Start your morning off with this energizing strength class! After a warm up, this class will provide a complete upper and lower body workout using light hand weights (you pick the weight). You will increase your flexibility, strength, joint stability, balance and cardiovascular endurance. A chair is used for standing support, stretching and relaxation exercises. Come, join, and Stay Fit For Life! **Hybrid. No class Jul 25 & 27; Aug 1 & 3.**

Day	Date	Time	Price
Tue	Jul 11-Aug 29	8:45-9:45am	\$42
Thu	Jul 13-Aug 31	8:45-9:45am	\$42



Fit for Life participants flex to show off their hard work.

ADAPTIVE HATHA YOGA Instructor: Patty Hart

Find your Zen through the benefits of Yoga. Poses are practiced standing, with the aid of a chair, and on the floor. The modified poses accommodate the needs of most students. You will need a yoga mat, a yoga belt, two blankets or towels, and two yoga blocks. Students of all experience levels are welcome. **Hybrid.**

Day	Date	Time	Price
Tue	Jun 6-Jun 27	11:15am-12:45pm	\$36
Tue	Jul 11-Aug 8	11:15am-12:45pm	\$45
Wed	Jun 7-Jun 28	1-2:30pm	\$36
Wed	Jul 12-Aug 9	1-2:30pm	\$45

Fitness / Walking / Pickleball

NOT YOUR MAMA'S CHAIR YOGA Instructor: Jo Ann Yates

This fun Yoga class is taught by instructor Jo Ann Yates. No need to bring your props because we actually use a second chair for comfortable stretching out! We do come out of the chair to do some balancing poses, plus a modified sun salutation. Sun salutation is a series of poses traditionally used to warm up for stretching. You will want your water bottle to stay hydrated during class. Namaste all day!

Day	Date	Time	Price
Wed	Jul 5-Aug 9	4:15-5:15pm	\$42
Wed	Aug 16-Sep 20	4:15-5:15pm	\$42



Jo's yoga classes utilizes our patio as much as possible.

HULA HOOPING

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

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

CLASSES TO RETURN IN SEPTEMBER

Instructor Amy Leighton will be on vacation in August. Her stretching and balance classes will be back in September. Additionally, Tai Chi classes will resume in September. In the meantime, try a new to you fitness class or the SASC Fitness Room to keep moving this summer.

TAI CHI PRACTICE

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



SENIOR STRIDERS OUTDOOR WALKING

We meet every **Thursday at 9am**. An SASC staff member will accompany you on a one to 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 summer months. The first Thursday of every month, we will depart from SASC. Walks will be cancelled if there is inclement weather.

Day	Date	Time	Price
Thu	Ongoing	9am	Free

PICKLEBALL TUTOR MACHINE



SASC has been awarded a grant through CARES to purchase a Pickleball Tutor ball machine. It will be used in our clinics and available for rental. Members will be able to rent this machine to improve Pickleball skills and practice against dinks, lobs, serves, drives and ground strokes. The Pickleball Tutor will be available to rent in July. Contact Andrea Lewis to find out rental rates and more about this new opportunity!

Sports / WCC Emeritus

PICKLEBALL GYM AT LIBERTY SCHOOL Volunteer Coordinator: Paul Backlas

Pickleball is a combination of badminton, tennis, and ping-pong, and is easy to learn. All levels are welcome! Beginners are encouraged to play, and more experienced players can provide instruction.

The drop-in fee is \$3 for SASC members and \$5 for non-members.

Please contact Andrea Lewis to receive the monthly calendar and weekly updates to the schedule at lewis@salineschools.org.

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

Day	Date	Time	Price
Mon, Wed	Ongoing	12:30-2:30pm	\$3, \$5
Fri	Ongoing	9-11am	\$3, \$5

LEARN TO PLAY PICKLEBALL CLINICS

Have you heard about the fun our SASC Pickleball group has been having but you've been hesitant to join because you don't know how to play? Or are you currently playing Pickleball but want to brush up on the rules and skills to improve your game? 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. **Clinics will be held at Liberty School.**

Day	Date	Time	Price
Mon	Jul 31	2:30-3:30pm	\$20
Fri	Aug 18	11am-12pm	\$20

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 CLASSES - IN PERSON

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

These classes are free to Washtenaw County residents, age 65+. Those meeting this criteria can register for **one free class each session at SASC.**

Class registration begins August 7.

WCC TAI CHI CONTINUING Instructor: Darryl Mickens

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
Tue	Sep 12-Nov 14	1-2pm	Free

WCC LINE DANCING Instructor: Dee Grantham

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

Day	Date	Time	Price
Wed	Sep 13-Nov 15	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 6, Nov 17, Nov 24.**

Day	Date	Time	Price
Fri	Sep 15-Dec 8	10-11am	Free



Special Events / Medicare Appts.

ANNUAL PICNIC

One of the highlights of summer - the SASC Annual Picnic! Join us at our Hawaiian themed Luau, island wear is welcome. Lunch will be sponsored and provided by Texas Roadhouse. Entertainment will be The Polynesian Dancers of Michigan. They will perform dances from Hawaii, New Zealand and Tahiti, with authentic costumes.

The picnic is one way of celebrating you as an SASC Member! Please be sure to sign up in advance and if for some reason you can't attend, let us know. We need to be sure we have enough food for all in attendance. **Register by Jul 7.**

The picnic will be at Mill Pond Park pavilion, 565 W. Bennett Street. SASC will serve as the back-up if there is inclement weather.

Day	Date	Time	Price
Wed	Jul 19	11:30-1pm	FREE

Food sponsored and provided by:



FUN WITH FLAGS Presenter: Arleta Greer

NEW

Join us on an exciting journey into the vibrant world of LGBTQIA+ subcultures and the rich tapestry of pride flags. "Fun with Flags" is a captivating presentation designed to delve deeper into the diverse identities, subcultures, and pride flags that represent the LGBTQIA+ community. This course aims to foster understanding, appreciation, and celebration of the remarkable spectrum of sexual orientations, gender identities, and expressions. Join us for "Fun with Flags" and embark on a captivating journey in to the heart of LGBTQIA+ subcultures and the colorful world of pride flags. Note: This course welcomes individuals of all backgrounds, orientations, and identities who are interested in learning and promoting inclusivity. No prior knowledge or experience is required.

Day	Date	Time	Price
Tue	Aug 15	11am-12pm	Free

MAYOR'S CONFERENCE

Join Saline's Mayor Brian Marl for a special senior day. A continental breakfast will be provided, followed by three 35 minute breakout sessions. We'll then come back together for a panel discussion with local city leaders.

Before we end, lunch will be provided. There will be plenty of time to connect with your friends and community members too.

Day	Date	Time	Price
Fri	Aug 18	8:30am-1pm	Free

END OF SUMMER BINGO

Let's celebrate the summer with a special bingo. If you would like pizza, please pay \$5 at the front desk by Aug 31. There is no fee for cards. Prizes are provided by CarePatrol.

Day	Date	Time	Price
Fri	Sep 1	12:30-3pm	\$5

MEDICARE APPOINTMENTS Counselor: Donna DiFranco, MMAP

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 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

Days	Date & Time	Price
Mon, Wed, & Fri	Scheduled when you call	Free

Health and Wellness

FULL BODY MASSAGE

**Sissel Bridges,
Licensed Massage Therapist**

Massage away your aches and worries! Sissel has 23 years of experience and specializes in senior massage and lymphatic drainage massage. Massage benefits can include: reducing stress and increasing relaxation, improving circulation, energy and alertness, lowering heart rate and blood pressure, and improving immune function.

Appointments available Thursdays, 11am-3pm.

30 min - \$26 / 45 min - \$38 / 60 min - \$50
Call Sissel at 734.340.3766 to book your appointment today.

FOOT CARE CLINIC

Provider: Heather Schanz, BSN, RN, CDP

As we age, providing self foot care can become more difficult with limitations in vision, bending of the hips and knees, and dexterity issues. Each 30 minute service will include trim, thin and file of the nails; corn and callus reduction; and general foot assessment with any necessary recommendations. Maintaining proper foot care is an important part of improving and promoting movement for a healthy lifestyle. Call Ascendant Foot Care today for an appointment at 844-4FootRN (844-436-6876). Note that this service is private pay; Heather will not be billing insurance for this service.

Day	Date	Time	Price
Wed	July 12	12-4pm	\$45
Tue	July 25	12-3pm	\$45
Mon	Aug 14	2-7pm	\$45

MOCA MEMORY TESTING

Administrator: Andrea Lewis

The Montreal Cognitive Assessment is a brief 30-question test given to assess 8 different types of cognitive abilities. You will keep your test and results, giving you a base-line assessment and information to take to your next doctor appointment for discussion. Sign up at the front desk for an appointment - \$10.



REFLEXOLOGY

Loraine Webster, Certified Reflexologist

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

Day	Date	Time	Price
Thu	Jul 13 & 27	9-11am	\$30/\$50
Thu	Aug 10 & 24	9-11am	\$30/\$50

SASC BLOOD DRIVE

To donate at the Versiti Blood Drive, please go to https://donate.michigan.versiti.org/donor/schedules/drive_schedule/150589 to schedule an appointment or call SASC if you need assistance.

Day	Date	Time	Price
Fri	Jul 14	11:30-4pm	Free

MONTHLY BLOOD PRESSURE CHECK

Facilitator: Beacon Hospice

Beacon Hospice will be on site the third Wednesday of each month to offer free blood pressure checks. They will bring cards for you to track your blood pressure from month to month. Come every month to help track your health! **July's BP checks will take place at our Annual Picnic at Mill Pond Park.**

Day	Date	Time	Price
Wed	Jul 19 & Aug 16	11am-12pm	Free

ASK THE DENTIST

Presenter: Dr. Carola Gerigk, DDS

Join us for this Q & A session with Saline's dentist, Dr. Carola Gerigk, DDS and her office manager, Stephanie. It's all connected and Dr. Gerigk and Stephanie are happy to explain all the in's and out's of dental treatment and insurance. Come with your questions!

Day	Date	Time	Price
Wed	Aug 2	10-11am	Free

Health and Wellness

VIRTUAL COOK-ALONG

**Facilitator: Better Living with Arthritis
Eastern Michigan University**

NEW

Learn to make simple, Mediterranean inspired meals and learn about *Food for Arthritis*. Virtually connect via Zoom from the comfort of your own kitchen. Once you are registered, you will automatically be registered for both Mondays. Pick up your ingredients from SASC on July 6 and 13. The first ten registrants will receive full meal kits, remaining registrants will receive partial meal kits.

Day	Date	Time	Price
Mon	Jul 10 & 17	12pm	Free

PROPER FITTING OF CANES & WALKERS

Facilitator: Andy Herner MPT, GCS

NEW

Assistive devices can help people maintain mobility and safety in their home and community. Many times, people are given assistive devices but are never instructed on how to fit or properly use them. Andy is a Physical Therapist with Michigan Medicine. He will give advice on proper fitting and use of assistive devices and check your devices and adjust them if needed. Drop in any time during this event. Please register by Aug 3.

Day	Date	Time	Price
Mon	Aug 7	5:30-7:45pm	Free

PHARMACY EDUCATION

Presenter: Betty Chaffee, PharmD

July - Deprescribing Doctors are really good at prescribing medications when they're needed to improve health. But identifying when they're no longer helping, and then *deprescribing*, doesn't often reach the top of the priority list. Learn how you can work with your doctor on deprescribing.

Aug - CBD Update CBD has become ever more popular over the past few years. What more do we know about it now than we did then? Discuss the uses, efficacy, and safety of CBD, and the road blocks to finding the right product and dose for your health concern.

Day	Date	Time	Price
Wed	Jul 26	10-11am	Free
Wed	Aug 23	3-4pm	Free

CARE MANAGEMENT BY NATALIE CONSULTATION APPOINTMENT

Facilitator: Sarah Camp

A Care Manager is a senior resources expert that can assist clients with discharging from the hospital, starting or stabilizing a caregiving structure in the home, remaining independent at home, choosing and preparing to move to a senior community, creating medical stability or a new diagnosis road map, and support, education, and future planning. Together with Care Management by Natalie we can help find your right path through the aging process. Call or stop by SASC to schedule a free one hour consultation with Care Management by Natalie.

Day	Date	Time	Price
Mon	Jul 10	2-4pm	Free
Mon	Aug 14	2-4pm	Free

PROBILITY BALANCE ASSESSMENTS

Facilitator: Probility Physical Therapy

Are you feeling unsure and unsteady on your feet? Now is the time to sign up for a brief balance assessment by board certified Physical Therapists from Probility PT. Your balance will be evaluated and then measured using evidence-based tests to determine your fall risk level. They will review your scores with you and make personalized recommendations to improve your safety and function.

Day	Date	Time	Price
Fri	Aug 25	1-2pm	\$10

SASC GARDEN

Thank you to ComForCare Home Care for sponsoring our garden. Stop by our patio to see what's is growing! If you are interested in helping in our garden, from watering to weeding to harvesting, please let Andrea Lewis know. We need some more volunteers.



July 2023

Mon	Tue	Wed	Thu	Fri
3 SASC CLOSED	4 SASC CLOSED	5 SASC Roundtable ongoing 9:30-11am Knitting/Crochet Club ongoing 12:45-2pm Art Club ongoing 2:30-4:30pm Not Your Mama's Chair Yoga 4:15-5:15pm Woodcarvers Club ongoing 5:30-7pm	6 Senior Striders ongoing 9am SAS-C Writers 10-11:30am Tai Chi Practice ongoing 11:30am-12:30pm Watercolors begins 1:30-3:30pm	7 Breakfast Club ongoing 9:30-10:30am Movie: <i>80 for Brady</i> 10am-12:30pm Bingo ongoing 12:30-3pm Salt City Ukles ongoing 1-2pm
10 Zumba Gold 11:15am-12:15pm Virtual Cook-Along 12pm Recorder Ensemble ongoing 1-2pm Ping Pong ongoing 2-4pm Brain, Breath, & Bend Chair Yoga 4:15-5:15pm	11 Fit for Life begins 8:45-9:45am Yoga begins 11:15am-12:45pm Good Grub Lunch Club: Mac's Acadian Seafood Shack 11:30am	12 Screen Printing Workshop 10-11:30am Foot Care Clinic 12-4pm Yoga begins 1-2:30pm	13 Fit for Life begins 8:45-9:45am Plein Air Painting 9-10:30am Detroit Riverboat Cruise 10am-3:30pm Saline Singers 10-11am Icebreakers! 11am-12:30pm	14 Bookworm Club: <i>The Invisible Life of Addie LaRue</i> 10-11:15am Canvas & Cookies 12-2pm Blood Drive 11:30am-4pm
17 SASC Board Meeting 9am Tech Series: ChatGPT 10-11am Drums Alive begins 10-11am Silver Shutterbugs 10:15-11:30am Virtual Cook-Along 12pm	18 How to Thrive While Aging Solo 10am Intergen Crafternoon 1-2pm Basic Music Theory begins 2:45-3:45pm	19 Screen Printing Workshop 10-11:30am Blood Pressure Checks 11am-12pm Annual Picnic at Mill Pond Park 11:30am-1pm Game Night 6-7:45pm	20 Hula Hooping ongoing 8:30-9am SAS-C Writers 10-11:30am Massage Therapy ongoing 11am-3pm Ping Pong ongoing 1:30-3:30pm	21 Movie: <i>Champions</i> 10am-12:30pm
24 Brain Games & Breakfast 10-11am Travelogue: America's National Parks & Monuments 1-3:30pm	25 The Long Crusade for Women's Voting Rights 10-11am Foot Care Clinic 12-3pm Medicare Scholar 101 1-2:30pm	26 Pharm Ed: Deprescribing 10-11am	27 Reflexology Appts 9-11am Saline Singers 10-11am Intro to Microsoft Excel begins 11am-12pm Genealogy Club 11:15am-1:15pm	28 Movie: <i>The Whale</i> 10am-12pm
31 Montague Island Mysteries begins 10-11am Pickleball Clinic 2:30pm Matching Seniors & Pets 3-4pm				

August 2023

Mon	Tue	Wed	Thu	Fri
	1 Plant Reproduction & Dissection 10-11am	2 Ask the Dentist 10-11am	3 SAS-C Writers 10-11:30am	4 Movie: <i>Moving On</i> 10am-12pm
7 Ceramics: Flower Dish 1-3pm Proper Fitting of Canes & Walkers 5:30-8pm	8 Finance Masterclass 10:30am-12pm	9 Good Grub Lunch Club: Great Greek Med. Grill 11:30am	10 Reflexology Appts 9-11am	11 Bookworm Club: <i>The Book Woman's Daughter</i> 10-11:15am
14 Ceramics: Flower Dish 1-3pm Pickleball Clinic 11am Foot Care Clinic 12-7pm	15 Fun with Flags 11am-12pm	16 Blood Pressure Checks 11am-12pm Not Your Mama's Chair Yoga 4:15-5:15pm Game Night 6-7:45pm	17 SAS-C Writers 10-11:30am Watercolors begins 1:30-3:30pm	18 Mayor's Conference 8:30am-1pm
21 SASC Board Meeting 9am Silver Shutterbugs 10:15-11:30am How to Advocate for Me While Aging 2pm	22 Palliative vs. Hospice Care 10-11am	23 Detroit Tigers Game 11:15am-5:30pm Pharmacy Ed: CBD Update 3-4pm	24 Plein Air Painting 9-10:30am Reflexology Appts 9-11am Genealogy Club 11:15am-1:15pm Intro to Microsoft Excel begins 11am-12pm	25 Movie: <i>Amsterdam</i> 10am-12pm Canvas & Cookies 12-2pm Probability Balance Assessments 1-2pm
28 Brain Games & Breakfast 10-11am Brain, Breath, & Bend Chair Yoga 4:15-5:15pm Trivia Time 5-6pm	29 Travelogue: In Search of Arctic Wildlife from Greenland to the Canadian Arctic 10-11:30am	30	31 Password Peril 2-3pm	End of Summer Bingo Fri, Sep 1 12:30-3pm

Creative Opportunities

RECORDER ENSEMBLE Facilitator: Felix Chow

This group has members of all playing levels. Seasoned players can help you with the basics, but extra practice time may be required outside of class if you are new to the recorder. If you need extra help on learning this instrument, please see the front desk. The group also works on ensemble playing throughout the sessions. There will be a basket in the class to collect the \$1 drop-in fee per class.

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

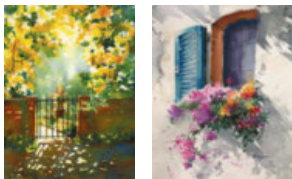
WATERCOLORS Instructor: Katherine Downie

Katherine makes Watercolors easy to learn. No drawing experience is necessary - you'll trace from a stencil! In each class you will learn about color theory and mixing while working on different projects related to the themes.

Jul - Sunny scene

Aug - Windows

Day	Date	Time	Price
Thu	Jul 6-20	1:30-3:30pm	\$39
Thu	Aug 17-31	1:30-3:30pm	\$39



SCREEN PRINTING WORKSHOP Instructor: Katherine Downie

Screen printing is the process that involves transferring a stenciled design on a flat surface with ink, a mesh screen, and a squeegee. In the first class you will design your print and in the second class you will learn how and create your print. Please bring several items you wish to print: t-shirt, cloth bag, bandana, etc.

Day	Date	Time	Price
Wed	Jul 12, 19	10-11:30am	\$50



PLEIN AIR PAINTING Instructor: Katherine Downie

NEW

Take the mystery out of oil painting by doing a mini painting of local places. After a quick intro with how to use oils, each student will complete a mini painting in Saline. If you have a camping or lawn chair, please bring it with you. If you do not, please let us know and we'll provide one. Materials included. Meet at the following locations for "open air" painting outdoors.

Jul - Mill Pond Park, 565 W. Bennett St.

Aug - Depot Museum, 402 N. Ann Arbor St.

Day	Date	Time	Price
Thu	Jul 13	9-10:30am	\$30
Thu	Aug 24	9-10:30am	\$30



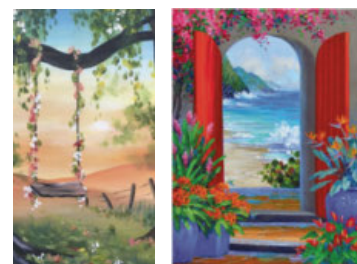
CANVAS & COOKIES Instructor: Katherine Downie

Complete a painting step by step. You will learn a bit about the process while painting, with tips on composition, color use, and the elements and principles of art as you go through each step. Materials and Linda's famous chocolate chip cookies provided. No experience is necessary in this relaxed class.

Jul - Whimsical Swing

Aug - Oceanside

Day	Date	Time	Price
Fri	Jul 14	12-2pm	\$25
Fri	Aug 25	12-2pm	\$25



Creative Opportunities / Lifelong Learning

SILVER SHUTTERBUGS Facilitator: Sue Kelch

If you want to share your joy of capturing moments and learn about and share new techniques and inspiration, this new group is for you. All photography levels are welcome. We'll plan for a few meetups: the weeks of Jul 3 and Aug 7, with the goal of photographing the Saline Celtic Festival and Crosswinds Marsh in New Boston. Please contact Megan for more information on joining this group. We will have a jar in the room for you to put your \$1 in.

Day	Date	Time	Price
Mon	Jul 17, Aug 21	10:15-11:30am	\$1

INTERGEN CRAFTERNOON WITH LIBERTY CLUB

Work with Liberty Club members to create a craft. Liberty Club is a community center-based program to promote continuous learning and social interaction for adults with disabilities.

Day	Date	Time	Price
Tue	Jul 18	1-2pm	Free

BASIC MUSIC THEORY Instructor: Tori Dober Sponsored by St. Joseph's Village

Music is very mathematical, but also its own language. In this basic music theory class, some background knowledge on reading music is helpful, but not required. You will learn about the fundamentals of music: notes and intervals, clefs, key signatures, chords, and scales, and why music tonality is the way it is.

Day	Date	Time	Price
Tue	Jul 18-Aug 22	2:45-3:45pm	\$15

CERAMICS: FLOWER DISH Instructor: Jenn Lupton

Create a ceramic flower dish using different textures and glaze colors (approx. 10"). This class is over two days. In the first class you will create the clay pieces and in the second class, you will glaze the bisque pieces. Jenn will fire your piece in her kiln and you can pick it up at SASC when it is done. Materials included.

Day	Date	Time	Price
Tue	Aug 7, 14	1-3pm	\$56

SALT CITY UKES Facilitator: Linda Kerwin & Jay Fischer

The ukulele is a fun and easy instrument to play. In this welcoming Ukulele group, more experienced players can show you the basics while working on popular tunes. We will have a jar in the room for you to put your \$1 in.

Day	Date	Time	Price
Fri	Ongoing	1-2pm	\$1

MEDICARE SCHOLAR 101 EDUCATION SEMINAR Presenter: Monica Ross-Williams, MBA

Medicare is a program designed for individuals 65 years of age or older, as well as those 18-64 with certain health conditions, that are receiving Social Security Disability Income who might not be aware of the benefits and features they are entitled to with Medicare. Come to learn more about the program and coverage.

Day	Date	Time	Price
Tue	Jul 25	1-2:30pm	Free

FINANCE MASTERCLASS: LIVING ON A FIXED BUDGET Presenter: Monica Ross-Williams, MBA

When you are living on a fixed monthly budget, the last thing to hit the chopping block should be your savings. In fact, it should be your number one priority. Topics covered include controlling your personal medical expenses, managing your car expenses while ensuring safe travels, reducing home maintenance expenses, lessening the grocery store bills in periods of high inflation, and how to cut fees out of your life.

Day	Date	Time	Price
Tue	Aug 8	10:30am-12pm	Free

PASSWORD PERIL Presenter: James Giordani, Clear Computing

NEW

Learn how to make your passwords safe and secure, but still practical and convenient.

Day	Date	Time	Price
Tue	Aug 31	2-3pm	Free

Lifelong Learning

TECH LESSONS

Do you need basic tech support for your phone, tablet, and/or laptop? Ben Cutler and Lawrence Grover can answer your questions. They are patient and very knowledgeable. Ben is available on Mon/Wed and can work with both Android and Apple products; Lawrence is available Tue/Thu and works with Android products. You must pay upon making your reservation. There are no refunds for missed appointments. Lessons are 45 minutes.

Day	Date	Time	Price
Mon/Wed	Ongoing	2:30-4:45pm	\$5/lesson
Tue/Thu	Ongoing	9:30-11:45am	\$5/lesson

HOW TO THRIVE WHILE AGING SOLO

Presenter: EHM Life Choices

NEW

Solo aging is widespread, and it's on the rise. You may fall into this category if you have never married, have been living alone since a divorce, are widowed, have relatives or children that live far away, or have decided not to have children. Solo agers face unique scenarios and joys as they get older. A plan to maintain your future independence, choices, and satisfaction is essential. Learn how to plan now so you can thrive later. Topics discussed include home modifications for aging in place, creating medical directives, building social networks, identifying your caregiving team before a crisis, and much more.

Day	Date	Time	Price
Tue	Jul 18	10am	Free

TRAVELOGUE: AMERICA'S NATIONAL PARKS & MONUMENTS

Presenter: George Jabol

NEW

This trip covers parts of six states and includes visits to the Badlands, Grand Teton, Bryce Canyon, and Zion National Parks. Join George for this slideshow that displays some of the most beautiful natural scenery in the world. Popcorn will be served.

Day	Date	Time	Price
Mon	Jul 24	1-3:30pm	Free



THE LONG CRUSADE FOR WOMEN'S VOTING RIGHTS

Presenter: Bruce Zellers

The crusade for women's suffrage is one of the longest reform movements in American history. Learn how between 1832 and 1920, women citizens organized for the right to vote, agitating first in their states or territories and also, simultaneously, through petitioning for a federal amendment.

Day	Date	Time	Price
Tue	Jul 25	10-11am	Free

PALLIATIVE VS HOSPICE CARE

Presenter: Melissa Raymond

NEW

Learn about Beacon Hospice and their philosophy. Melissa will discuss the myths vs. the facts about hospice and the services that are provided for both types of care.

Day	Date	Time	Price
Tue	Aug 22	10-11am	Free

HOW TO ADVOCATE FOR ME WHILE AGING

Presenter: EHM Life Choices

Navigating the healthcare system can feel extremely complicated, making it seem like you don't have control over your healthcare decisions. Successful health advocates feel more confident about their choices with their doctors. Learn how to better communicate your needs, concerns, and preferences with your doctor and other healthcare professionals.

Day	Date	Time	Price
Mon	Aug 21	2pm	Free

TRAVELOGUE: IN SEARCH OF ARCTIC WILDLIFE FROM GREENLAND TO THE CANADIAN ARCTIC

Presenter: Mark Sockness

NEW

Ever want to see a polar bear, narwhal, walrus, whale or the indigenous birds of the Arctic? Join Mark as he recounts his adventures in the Arctic regions. Goodies will be served.

Day	Date	Time	Price
Tue	Aug 29	10-11:30am	Free

Clubs / Social Groups

GOOD GRUB SOCIAL CLUB

We pick the day, time, and place to gather, eat, and socialize. Simply RSVP and come to the restaurant. **All meals will be at our own cost-wise.** An SASC team member (or two) will join the group. Min 4.

Day	Date - Location	Time
Tue	Jul 11 - Mac's, 104 E. Mich Avenue	11:30am
Wed	Aug 9 - The Great Greek Med. Grill, 3268 AA Saline Road	11:30am

GENEALOGY CLUB Facilitator: Carol Torsell

If you love researching your family history, this club will provide the perfect opportunity to work on your personal family genealogies, increase your search strategies, and share your family stories. Carol will be available to answer questions, offer guidance and present topics of interest. Things to bring: a laptop computer/tablet, your genealogy information, a notebook, and your questions. We will have a jar in the room for you to put your \$1 in.

Day	Date	Time	Price
Thu	Jul 27, Aug 24	11:15am-1:15pm	\$1

SAS-C WRITERS

As our writing group continues into its 5th year, we are working with Saline High School student, Lelaina MacDonald, on creating our next journal. The group continues to meet and share their pieces on the 1st and 3rd Thursday.

Day	Date	Time	Price
Thu	Jul 6, 20; Aug 3, 17	10-11:30am	Free

MATINEE MOVIES

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

Jul 7 - *80 for Brady* (PG-13)
 Jul 21 - *Champions* (PG-13)
 Jul 28 - *The Whale* (R)
 Aug 4 - *Moving On* (R)
 Aug 25 - *Amsterdam* (R)

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

ONGOING SOCIAL GROUPS/CLUBS

Meeting new people as an adult can be tricky. We encourage members to check out our social groups and clubs. They're very inclusive and welcoming. If you would like more information about a certain club or would like to be introduced, we are happy to help!

Program	Day	Time	Price
Recorder Ensemble	Mon	1-2pm	\$1
Silver Shutterbugs	Mon 1, 3/wk	10:15-11:30am	\$1
SASC Roundtable	Wed	9:30-11am	Free
Knitting/Crochet	Wed	12:45-2pm	Free
Art Club	Wed	2:30-4:30pm	Free
Woodcarvers	Wed	5:30-7pm	Free
Genealogy Club	Thu 4/wk	11:15am-1:15pm	\$1
Saline Singers	Thu 2, 4/ wk	10-11am	Free
SAS-C Writers	Thu 1, 3/ wk	10-11:30am	Free
Breakfast Club*	Fri	9:30-10:30am	Free
Bookworm Club	Fri 2/ wk	10-11:15am	Free
Matinee Movies	Fri	10am-12:30pm	\$1
Salt City Ukes**	Fri	1-2pm	\$1

*No Breakfast Club Aug 18

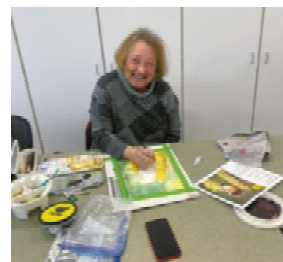
**Salt City Ukes in Game Room Jul 14 and Aug 18

BOOKWORM CLUB

Lots of laughs and good discussions are had at each meeting.

Jul - *The Invisible Life of Addie LaRue*
Aug - *The Book Woman's Daughter*

Day	Date	Time	Price
Fri	Jul 14, Aug 11	10-11:15am	Free



Art Club meets Wednesdays, 2:30-4:30pm.
 Bring your own project to work on.

Cards / Games

SUMMER GAME NIGHTS

Although students will be on break for a few months, members are still welcome to continue with game nights.

Day	Date	Time	Price
Wed	Jun 21, Jul 19, Aug 16	6-7:30pm	Free

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. Treats provided by **Promedica**.

Day	Date	Time	Price
Mon	Jul 24, Aug 28	10-11am	\$2

RUMMIKUB

Rummikub is great for your brain! Players take turns placing numbered tiles in runs and groups, rummy style. As the board changes, players constantly adjust their tiles until every tile on their rack is gone.

Day	Date	Time	Price
Thu	Ongoing	1-3pm	Free

MONTAGUE ISLAND MYSTERIES Facilitator: Eva Benevento

Solve logic puzzles and play sleuth at the same time! Don't let logic puzzles scare you away. As a group you'll learn how to solve them, and the answers are in the back of the book! Please purchase **Montague Island Mysteries and Other Logic Puzzles (Volume 1)**. Fine Print Bookshop in Saline can order this for you.

Day	Date	Time	Price
Mon	Jul 31-Aug 21	10-11am	Free

TRIVIA TIME Quizmaster: Mark Sockness

Mark will quiz you on various topics. Please make sure to register in advance. Candy prizes provided by **St. Joe Village**.

Day	Date	Time	Price
Mon	Aug 28	5-6pm	Free

ONGOING CARDS AND GAMES

Program	Day/Week	Time
Pinochle	Mon, Wed	12:30-3pm
Adv. Euchre	Mon	5:30-7:45pm
Euchre	Tue	12:30-3:30pm
Bridge	Tue	12-3:30pm
Am. Mahjong	Wed	11:30am-2pm
Adv. Euchre	Wed/ 1 wk.	5:30-7:45pm
Chess	Wed/ 2,4 wk.	11:30am-1:30pm
Pepper	Wed/ 4 wk.	5:30-7:45pm
Bridge	Thu	12-3:30pm
Canasta	Thu	12:15-3pm
Pass Pinochle	Thu	12:30-3pm
Rummikub	Thu	1-3pm
Scrabble	Thu	1-3:45pm
Samba	Fri	12:30-3:30pm
Bingo	Fri	1-3pm

GAME ROOM

All members are welcome to use our Game Room. Occasionally the Game Room may be closed due to the need for extra programming space.

Day	Date	Time	Price
Mon, Wed	Ongoing	8am-8pm	Free
Tue, Fri	Ongoing	8am-4pm	Free
Thu	Ongoing	8-10:30am	Free

BINGO

Each bingo card is \$.25; Bring an extra quarter for the Last Number Called. Card selection begins at 12:30pm and game begins at 1pm. About halfway through there is a break for snacks and socializing. If you are interested in volunteering to call bingo once in awhile, please leave your name at the front desk.

On Sep 1, celebrate the end of summer with a special bingo, prizes donated by **CarePatrol**. If you would like pizza and pop, please pay \$5 at the front desk.

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

SASC Info / MOW

INSTRUCTOR SPOTLIGHT

Linda Duvall



Linda is a familiar face you'll see around SASC. She teaches Tai Chi (alternating between Beginning and Continuing) and leads the free practice session on Thursdays. Linda also participates in numerous programs including Balance Strong, Drums Alive, and Knitting/Crochet Club.

Linda has been a teacher her whole life. She taught for 27 years in Canton in Elementary Special Education and retired from Saline. Linda has worked and lived on all continents except Antarctica, where she taught English as a Second Language. Her favorite place she's lived is Crete. Altogether she's lived in and vacationed to 20 countries.

Outside of her travels and SASC programs, Linda is the President of the Friends of the Library and works at the Corner Bookshop. She helped found the Corner Bookshop, an ongoing Saline Library fundraiser.

VOLUNTEER OPPORTUNITIES

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

- Garden clean-up/watering
- Program speakers
- Bingo caller
- Meals on Wheels substitute drivers



SALINE MEALS ON WHEELS



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

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

MOW are delivered Monday-Friday, (excluding holidays). The meals are delivered by a core group of dedicated drivers. If you would like to be a volunteer or sub driver, please call Kathy Adamson at 734.429.9274.

WISH LIST / SEEKING DONATONS

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

- Decaf Coffee
- Hot chocolate packets
- Reams of 8.5 x 11" copy paper
- Vegetable plants for the SASC Garden
- VISIT our Amazon SASC Wishlist for more options: <https://a.co/jf4MPix>

THANK YOU!

- Games from Mary Lou Feight
- Coffee bar items from Renee Bodnar, Jan Gross, Paul Backlas, Mark Sockness, Eva Benevento, and Rita McMahon
- Intergen craft items from Renee Bodnar, Cheryl Oliver, and Carlyn Boivin
- Pop and chips from Linda Seyfarth Ward
- Mah Jong set from Cindy Schaefer-Munz
- Office supplies from Susan Rose
- Copy paper from Susan Long
- Plants from Debbie Knoedler
- KBK garden center for flowers at the front of our entrance

Legacy / Registration / Transportation

SALINE AREA SENIOR CENTER Legacy Program



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

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

DONATION LEVELS:

Donor - \$200-\$1,000

Benefactor - \$1,001-\$5,000

Patron - \$5,001-\$25,000+

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

CARES RECREATION MILLAGE - SASC FUNDING



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

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

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

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

CANCELLATION POLICIES

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

REGISTRATION NOTES

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

AFFORDABLE TRANSPORTATION

Are you in need of affordable transportation throughout Washtenaw County? AARP and TheRide@50+ offers affordable transportation options with Feonix Mobility. Volunteer drivers are a new addition to the AARP Ride@50+ Program. The booking fee is \$1.75 and each mile is \$.66. Volunteer drivers come from All Star Driver Education where they teach students how to drive. You can visit their website at <https://feonix.aarp.org/> to book (be sure to click on **Feonix Volunteer** as your option) or call 844.900.4892 and ask for a Feonix Volunteer driver.



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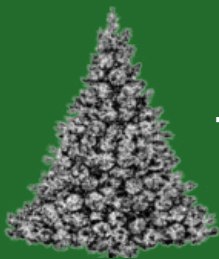
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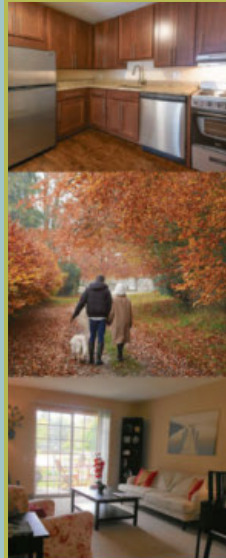
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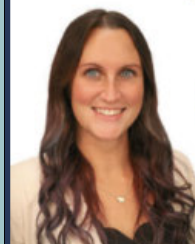
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\$25 Non-Saline Resident*
\$10 All People Over Age 80
\$35 SIT Membership SAS District Resident
\$45 SIT Membership Non-Resident (45-49)

*Annual memberships are for the calendar year, Jan-Dec. Fitness memberships are available monthly or for one year from the day you register.

CONTACT INFORMATION

Phone: 734.429.9274
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www.salineseniors.org

CENTER HOURS*

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

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SASC MISSION STATEMENT

The mission of the Saline Area Senior Council, Inc. (SASC) is to enrich the lives of senior citizens through programs and activities that will be beneficial in promoting good health, education, referral services, community outreach and social programs.