



# SASC

Nov / Dec 2021

# Newsletter



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

# SASC Notes

**Scan in at the SASC front desk upon arriving to the building.** We have begun issuing key tag membership cards for all members. Please come by the office to get yours. Once you have your card, you will scan in to the building / program each day, allowing us to track statistics more accurately.

**Pre-registration is required for all programs,** even free offerings, so we can plan accordingly. If minimums are not met, the program may be cancelled. You may utilize the online registration system, or sign up in person. We are unable to take payments over the phone.

**Masks are currently not required in the building at SASC (unless we have a school group in the building), but they are strongly recommended.** This is subject to change based on the county, state, and school guidelines. Note that masks are required on any bus trips though.

“General Membership” meetings are back bi-monthly, in a slightly modified format, see pg. 5. See the bulletin board or visit our office to see the proposed change to the SASC Bylaws that we will vote on at the meeting.

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## 2022 MEMBERSHIP

Nearly all programs are back and in-person. Come see us today to renew your membership, get your key tag membership card, and register for programs.

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

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

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

### Annual Membership, Jan-Dec 2022

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

## SASC BOARD MEETINGS

SASC Board Meetings take place on the third Monday of the month at 9am. The upcoming Board Meetings are scheduled for Monday, Nov 15, and Monday, Dec 20 at 9am. Members are welcome to attend and listen and / or participate. Meetings will be held in person but if you'd like to attend virtually, please let us know and we can send you a link.



“Like” our page at [www.facebook.com/salineseniors/](http://www.facebook.com/salineseniors/)

**On the cover:** Carmen and Michael Parise celebrate the 2020 Noon Year at SASC. We look forward to celebrating with you to ring in 2022! See page 5 for more details.

## SASC HOLIDAY CLOSURES

- Thu, Nov 25 and Fri, Nov 26 - Thanksgiving
- Thu, Dec 23 and Fri, Dec 24 - Christmas
- Thu, Dec 30 and Fri, Dec 31 - New Year's

# Updates / Giving Tuesday

**CLASS TYPES:** Classes are **in-person** unless otherwise noted as **"virtual" or hybrid**". Hybrid means you can take it online OR in-person, your choice. If virtual or hybrid, register and you will receive details 1-2 days before your program begins. Internet access and an email address are required for virtual / online programs. **Please note classes are live and cannot be made up if missed.**

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

## YARD CLEANUP / SNOW REMOVAL

We hope to continue our partnership with the National Honor Society in the cooler months. If you or a loved one is in need of having snow shoveled, please contact SASC. Clients must live in the Saline city limits and must be **financially and physically in need of assistance.**

On Nov 13 the High Five Club can assist with yard clean up for several homes. Please call the office to be added to the list.

## SALINE AREA SOCIAL SERVICE DONATIONS

In Nov/Dec, SASC will collect gift card donations for Saline Area Social Service. Their program benefits approximately 150 families in need. If you would like to donate a gift card, please purchase them in \$25 increments from Meijer or Walmart and bring them to the front desk by Nov 8.

## SASC, MASSAGE, AND REFLEXOLOGY GIFT CERTIFICATES AVAILABLE NOW

The perfect gift for that hard to shop person and no shipping delays - gift certificates are now available in the SASC Office! Pick up one for your chosen amount to give to your partner or friend for any occasion. Separate gift certificates are also available for massage and reflexology. SASC gift certificates must be used by June 30, 2022.

# GIVING TUESDAY

**November 30, 2021**

GivingTuesday is a global generosity movement unleashing the power of radical generosity. GivingTuesday was created in 2012 as a simple idea: a day encouraging people to do GOOD.

Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

Join the movement and give, each Tuesday and every day, whether it's some of your time, a donation, or the power of your voice in Saline.

It's a simple idea: whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts and everyone has something to give.

## Ask yourself; what will you give this year?

Can you give any of your time? SASC is always seeking volunteers to help with various small projects, deliver Meals on Wheels, or do Panera bread pickup so we could bring back the bread program.

Can you give a monetary donation? As a 501c3 Nonprofit Organization, your donations are tax deductible. You can purchase or sell 50/50 Raffle Tickets to benefit SASC. You can also give a small donation of a few dollars when you check out. Thinking bigger? Be a part of our Legacy Program (described in detail on pg. 20) to make a big impact. Some individuals are even able to have their donation matched by their company or where they retired from. Others set up charitable gift annuities to automatically donate a specified amount on an annual basis. Some do a one time significant donation. If you are interested, you could also do the same.

We are so grateful for all the ways you give to SASC all year. On GivingTuesday let's all commit to give what we can to make our world a better place.



# New Programs / Special Events

## DANCE FUSION Instructor: Michele Williams

One of your favorite fitness instructors, Michele Williams is back! Michele is bringing a new class to SASC, Dance Fusion. This fun and energetic class will have you dance your way to fitness while improving strength, flexibility, and balance. This easy to follow class will intertwine three different types of fitness; dance, weight training, and yoga. **No class Nov 26.**

Day	Date	Time	Price
Fri	Nov 5-Dec 17	9-10am	\$35

## A DAY IN THE LIFE OF A SERVICE DOG Presenter: Lori Archer & Athena, Bright star Care

Come visit and discuss what a service dog can do: how Athena can alert a seizure disorder, comfort hospice patients, and spread a little sunshine! Athena is a poodle/husky mix and is now working at Brightstar Care.

Day	Date	Time	Price
Tue	Nov 16	1-2pm	Free

## A BRIEF HISTORY OF AMERICAN COINAGE Presenter: Barry Kenyon

Learn to identify all denominations of US Coinage, from 1792-present with photos, descriptions, and samples. This program is rescheduled from Sep 2021. Be sure to register in advance.

Day	Date	Time	Price
Wed	Dec 1	10-11am	Free

## INTRO TO CARDMAKING Instructor: Deb Tatchin

Learn how to create your own beautiful and meaningful handmade Christmas cards just in time for the holidays. Deb will provide instructions and materials for you to create three cards. See the showcase for examples.

Day	Date	Time	Price
Tue	Dec 7	11:30am-1:30pm	\$20

## COMFORT AND JOYS



December is a great month to gather with friends, get cozy, and find the joy in a holiday movie. Come in your most comfortable clothes (maybe even your pajamas!) and be prepared to relax with some hot chocolate and a snack. Linden Square will provide a hot chocolate bar and will gift the first 15 participants to sign up with a blanket and mug to take home with them.

Day	Date	Time	Price
Tue	Dec 14	1-3:30pm	\$5

## THE UNION IMPLODES Presenter: Prof. Bruce Zellers, Oakland University

In this detailed lecture, learn about the coming of the American Civil War and how polarized Americans broke the union into pieces.

Day	Date	Time	Price
Thu	Dec 16	1pm	Free

## GROCERY SHOPPING BINGO

Take a chance and win a bag of groceries, sponsored by EHM Senior Solutions. Did you know bingo can help you keep your dexterity and improved hand-eye coordination? Try this game out!

Day	Date	Time	Price
Fri	Dec 17	12:30-3pm	Free

## VETERANS DAY CELEBRATION: THE HISTORY OF WAR DOGS Presenter: Philip Weitlauf & K9 Tessa, Michigan War Dog Memorial



Come for an in-depth presentation on the History of War Dogs. First we'll recognize the veterans in attendance, followed by lunch, then the program will begin at 1pm. Veterans attend for free. Please specify your military branch when registering. Sponsored by EHM Senior Solutions. **THANK YOU FOR YOUR SERVICE!**

Day	Date	Time	Price
Wed	Nov 10	12-2pm	\$5

# Special Events

## SALINE CRAFT SHOW FUNDRAISER

The Saline Craft Show is back! On **Saturday, November 13, 8am-3:30pm** visit the SASC booths inside the senior center (the Craft Show lunch room) for more crafts and art created by members and instructors. We will also be selling 50/50 Raffle tickets. If you would like to help sell tickets, please leave your name at the front desk. Instructors and members selling their crafts and art are Katherine Downie, Sue Kelch, Deb Tatchin, Carolyn Zaleon, and Hellen Bennett.

Day	Date	Time	Price
Fri	Nov 13	8am-3:30pm	\$5

## BAG & JEWELRY SALE FUNDRAISER

The SASC Bag and Jewelry Sale is back! With your help, in 2019 we raised over \$2,500. Mark your calendars for the 2021 sale. Find something for a friend or for yourself this holiday season.

Day	Date	Time	Price
Sat	Nov 20	9am-2pm	Free

## HOLIDAY DECORATING / MOVIE

Help SASC get into the holiday season by stringing popcorn and cranberries for our old-fashioned Christmas trees! We'll vote on a movie when everyone arrives.

Day	Date	Time	Price
Mon	Nov 22	12-2pm	Free

## HOLIDAY PARTY / GM MEETING

Membership meetings are back with a new format, which includes a brief update from the SASC Director, Community Ed Director, and the Mayor. Lunch will be served after the updates. The focus will be on socializing and fun. You are always welcome to listen to or participate in the SASC Board Meetings, which take place the third Monday of the month at SASC at 9am. **Entertainment provided by Saline High School's Ten Tones a Capella group.** The deadline to register is Dec 10. There is a \$2 late fee if space remains after the deadline.

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

## SASC 50/50 RAFFLE FUNDRAISER

Our 5th Annual 50/50 Raffle is underway. This fundraiser is critical to support SASC and those in need. The funds support scholarships for members to participate and our Transportation Voucher Program (TVP), giving seniors a discounted or fully covered ride on People's Express to area shops, medical appointments, SASC, and other locations. Over the last 4 years, the raffle has allowed us to raise over \$6,500 for those in need!

Tickets were mailed in September to all Members. We ask that you either purchase or sell your tickets. Please return your tickets by **November 16**. You will also have the opportunity to purchase more online at [salineseniors.org](http://salineseniors.org). The raffle will be held on **November 17 in person and on Facebook Live**. Runner up prizes include \$25 gift cards donated by Busch's, Eleanor's Sweets and Sodas, and Smokehouse 52 BBQ. Thank you for your support of seniors in need.

## NOON YEARS EVE PARTY

Happy Noon Year! Join us for our annual Noon Year's Eve Party. There will be opportunities for socializing, cards, games, and a movie. We will be utilizing several different areas in the building, with a variety of opportunities to engage in and have fun. Huron Valley Pace will be providing pizza for lunch. Register soon to ring in the New Year with your friends!

Day	Date	Time	Price
Fri	Dec 31	11:30am-3:30pm	\$10



John, Audrey, Pat, and Elsie enjoy each other's company at the 2020 Noon Year.

# Fitness

## DRUMS ALIVE

**Instructor: Jerry Powell**

Drums Alive is back! Join Jerry and her positive energy in person. Connect to your inner rhythm by combining drumming, music, and movement. Express yourself, release stress, sing, and enjoy a sense of community. All equipment for this class, which can be done seated or standing, is provided.

Day	Date	Time	Price
Mon	Oct 25-Nov 29	10-11am	\$30

## ADAPTIVE HATHA YOGA

**Instructor: Patty Hart**

Find your Zen online or in-person, your choice, through the benefits of Yoga. These are the same classes you know and love with Patty, in person or from the comfort of your home. Poses are practiced standing, with the aid of a chair, and on the floor. The modified poses accommodate the needs of most students. You will need a yoga mat, a yoga belt, two blankets or towels, and two yoga blocks. Students of all experience levels are welcome, new and returning students. **Hybrid**

Day	Date	Time	Price
Mon	Dec 6-Dec 20	1-2:30pm	\$21

## BALANCE STRONG

**Instructor: Amy Leighton**

Want to feel strong and confident on your feet? By focusing on core strength and recognizing your imbalances you can! In this class we will focus on improving balance with strength exercises and flexibility that are core focused. Multiple levels are available for every exercise. Thursday is geared more towards beginners, but all levels are welcome! Movements occur seated and / or standing with a chair nearby. **No class Nov 23 & 25.**

Day	Date	Time	Price
Tue	Nov 2-Dec 14	10-11am	\$30
Thu	Nov 4-Dec 16	10-11am	\$30



## SENIORS ON STRENGTH

**Instructor: Shane Foster**

This total-body workout is appropriate for all fitness levels. You will increase your flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. This class is full of low-impact, high quality exercises that can easily be modified by Shane if needed. Please have your hand weights ready. **No class Nov 23 & 25.**

Day	Date	Time	Price
Tue	Nov 9-Dec 14	8:45-9:45am	\$25
Thu	Nov 11-Dec 16	8:45-9:45am	\$25

## OUTDOOR WALKING YOGA WITH JO

**Instructor: Jo Ann Yates**

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

Day	Date	Time	Price
Wed	Oct 13-Nov 17	2:45-3:45pm	\$30
Wed	Dec 1-Dec 29	2:45-3:45pm	\$25

## EDGE OF YOUR CHAIR YOGA

**Instructor: Jo Ann Yates**

Practice sitting in a chair or standing using a chair for support. This workout is suitable for all fitness levels and is great if you only have a small space in which to exercise. Meditation, breath work, and relaxation are explored in class. You will need two chairs and some water to sip on. **Hybrid**

Day	Date	Time	Price
Wed	Oct 13-Nov 17	4:15-5:15pm	\$30
Wed	Dec 1-Dec 29	4:15-5:15pm	\$25

# Fitness

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

## PERSONAL TRAINING Certified Trainer: Shane Foster

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

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

## HULA HOOPING

These ladies have a hip shaking good time! Join this group for an early morning hula hoop workout on Thursdays. SASC has a few hoops to lend. Note that the hoops are much larger than a typical child's hula hoop and easier to keep up - give it a whirl.

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

## DANCE FUSION Instructor: Michele Williams

**NEW**

One of your favorite fitness instructors, Michele Williams is back! Michele is bringing a new class to SASC, Dance Fusion. This fun and energetic class will have you dance your way to fitness while improving strength, flexibility, and balance. This easy to follow class will intertwine three different types of fitness; dance, weight training, and yoga. **No class Nov 26.**

Day	Date	Time	Price
Fri	Nov 5-Dec 17	9-10am	\$35

Tai Chi with Diane Evans will return in January 2022.

Consider trying a new or different exercise class to end 2021 on a positive note!

## SASC FITNESS MEMBERSHIP

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

**Memberships are now on sale.** Unlike your SASC Membership, this does not need to fall in line with the calendar year. Your 12 month membership begins the day you sign up. In order to keep the space as clean and safe as possible, please be sure to wipe your equipment before and after your workout!

If you would like to utilize an iPad in the fitness room to watch something, please check it out at the front desk and link to our WIFI.

## FITNESS MEMBERSHIP RATES

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

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

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

**Guest Pass:** \$5 per day (a guest can come with a member)



Judy loves Balance Strong because it has the full circle of fitness but she especially loves how Amy ends class- it's very relaxing.

# Sports / Walking

## PICKLEBALL GYM AT LIBERTY SCHOOL Volunteer Coordinator: Paul Backlas

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

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

There will be strict Covid-19 protocols that must be followed for your safety. Please contact Andrea Lewis to receive the monthly calendar and weekly updates/changes to the schedule at [lewis@salineschools.org](mailto:lewis@salineschools.org).

**No pickleball Nov 1, 12, 24, & 26, and Dec 20, 22, 27, 29.**

Thank you to our dedicated volunteers that make this program possible: Dean Avery, Paul Backlas, Jim McLean, Dennis Merrick, and Earl Roehm.

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

## PING-PONG

Ping-pong is a fun, social, competitive group, open to all abilities. Two tables are available for use. All equipment provided.

Day	Date	Time	Price
Mon	Ongoing	2:45-5pm	Free
Thu	Ongoing	1:30-3:30pm	Free



## ONGOING FITNESS AND SPORTS

Program	Day	Time	Price
Pick eball	Mon	3-4:45pm	\$3/s5
Drums Alive	Mon	10-11am	\$30
Hatha Yoga	Mon	1-2:30pm	\$35
Ping Pong	Mon	2:45-5pm	Free
	Thu	1:30-3:30pm	
Seniors on Strength	Tue	8:45-9:45am	\$30
	Thu	8:45-9:45am	
Balance Strong	Tue	10-11am	\$30
	Thu	10-11am	
Pick eball	Wed	3-4:45pm	\$3/s5
Outdoor Yoga Walking	Wed	2:45-3:45pm	\$30
Chair Yoga	Wed	4:15-5:15p	\$30
Outdoor Walking	Thu	9-10am	Free
Dance Fusion	Fri	9-10am	\$35
Pick eball	Fri	3-4:45pm	\$3/s5



## SENIOR STRIDERS OUTDOOR WALKING

We will meet every **Thursday at 9am**. An SASC staff member will accompany you on a one to two mile walk. Choose a distance and set your own pace. The starting point will rotate among various locations in the area. Register at the front desk if you are interested in walking on Thursdays and we will give you the schedule of departure locations. Walks will be cancelled if there is inclement weather. **The Nov 4 and Dec 2 walk will depart from SASC. Check in at the desk to pick up the complete schedule.**

Day	Date	Time	Price
Thu	Ongoing	9-10am	Free

# Health / Wellness

## FULL BODY MASSAGE Sissel Bridges, Licensed Massage Therapist

Massage away your aches and worries! Sissel has over 20 years of experience and specializes in senior massage and lymphatic drainage massage. Massage benefits can include: reducing stress and increasing relaxation, improving circulation, energy and alertness, lowering heart rate and blood pressure, and improving immune function.

Appointments are available  
Thursdays 10am-3pm

Price:  
30 min - \$26 / 45 min - \$38 / 60 min - \$50

Call Sissel at 734.340.3766 to book your appointment today.

## REFLEXOLOGY Loraine Webster, Certified Reflexologist

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

Day	Date	Time	Price
Thu	Nov 11	9-11am	\$30/\$50
Thu	Dec 9	9-11am	\$30/\$50



On Oct 1, we held our 5th Annual Health Fair. Michigan Visiting Nurses distributed 131 flu shots and Jensen's Pharmacy gave 75 Covid-19 boosters. Over 150 visitors to our Health Fair were able to visit with 25 unique vendors. Thank you to the vendors, sponsors, and everyone who attended!

## HOLIDAY STRESS? TOOLS FOR GETTING THROUGH THE HOLIDAYS Instructor: Barbaranne Branca

The holidays can be a stressful time for many of us. We are already busy with work, children, family, social gatherings, house repairs, medical appointments. Then we add several holiday activities, ranging from making special foods for the holiday that we celebrate, figuring out gifts, decorating the interior and exterior of where we live, and navigating who you are going to visit and who is going to visit you.

This one-hour class will give you some basic tools for managing your responses to stress, based upon Mindfulness Meditation techniques. Use this opportunity to take care of yourself.

Day	Date	Time	Price
Thu	Dec 9	1:30-2:30pm	\$10

## MEANING AND PURPOSE Instructor: Teri Kollath

**NEW**

In Japan, the secret to living a longer, happier, and more fulfilled life can be summed up in one word: *Ikigai*. Now is the perfect time to look at our lives as we move beyond some of the pandemic imposed restrictions. What were you missing, and what are you looking forward to now? We have a lot of time to think about "someday". Someday is now. In this two-session class, you will use a simple tool to focus on what you can do NOW to start filling your lives with more meaning and purpose.

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



George and many others were fitted for new bicycle helmets at the Health Fair.

# Wellness / Art

## UKULELE PRACTICE

**NEW**

Playing music in a group has many lifelong benefits, the biggest one being motivation and socialization. Sometimes it's difficult to make yourself practice at home, but when you join a group, you know you need to come practice. You're also likely to learn from your fellow group members. Playing music can help improve memory, make you happier, and improve your coordination. Give it a try! No ukulele practice **Nov 12- 26 & Dec 24, 31.**

Day	Date	Time	Price
Fri	Ongoing	2-3pm	Free



Ukulele instructor David Swain helps Lee with tuning.

## 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.

Nov - Painting History: Historical Life Images  
Dec - Holiday Doorway

Day	Date	Time	Price
Thu	Nov 4-18	1:30-3:30pm	\$39
Thu	Dec 2-16	1:30-3:30pm	\$39

## ACRYLIC PAINTING

**Instructor: Kaili Dence**

**NEW**

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

Day	Date	Time	Price
Mon	Nov 8-22	10:30-11:30am	\$33
Mon	Dec 6-20	10:30-11:30am	\$33

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

## BEGINNING UKULELE

**Instructor: David Swain**

The ukulele is fun and easy to play. Join us and discover what Arthur Godfrey, Tiny Tim, and the youth of today have realized: the ukulele is a musical ambassador of goodwill second to none. The ukulele is an exceptionally user-friendly instrument. After learning a few basic chords, we will be able to play nursery rhymes, campfire songs and over 100 years of popular music. From Over the Rainbow to the 12-bar blues, you will be introduced to music in a wide variety of styles. A ukulele and tuner is needed.

Day	Date	Time	Price
Tue	Nov 9-Dec 14	10-11am	\$60

## CONTINUING UKULELE

**Instructor: David Swain**

**NEW**

Some familiarity with the ukulele is a prerequisite for this class. You will work on more complicated songs, additional chords, chord melodies, improvisation, and more. You will also look at the underlying structures of music as they apply to the ukulele. A ukulele and tuner is needed.

Day	Date	Time	Price
Tue	Nov 9-Dec 14	11:15am-12:15pm	\$60

## BEGINNING ZENTANGLE

**Instructor: Barbaranne Branca, PhD, ABN, CZT**

The Zentangle Method is an easy-to-learn, meditative, calming, and fun way to create beautiful images by drawing structured patterns, also called tangles. You'll create tangles with combinations of dots, lines, simple curves, S-curves, and orbs. People practicing Zentangle have found that it relieves stress and anxiety, improves eye-hand coordination and nurtures creativity. No experience is necessary to participate. **No class Nov 24.**

Day	Date	Time	Price
Wed	Nov 10-Dec 8	1:30-2:30pm	\$44

# Creative Opportunities

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

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

Day	Date	Time	Price
Wed	Nov 10-Dec 8	2:45-3:45pm	\$44



New Watercolors student, Nancy learns the basics from Katherine.

## 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.

**Nov** - Autumn Reflections  
**Dec** - A Winter Stroll

Day	Date	Time	Price
Fri	Nov 5	1-3pm	\$25
Fri	Dec 10	1-3pm	\$25



## CALLIGRAPHY Instructor: Katherine Downie

Learn all about modern hand lettering and traditional calligraphy in this class, which is perfect for beginners or those looking to improve their hand lettering skills! Bring some favorite quotes to turn into beautiful finished pieces. You will start with basic letters and then move onto words and phrases. If you have calligraphy and hand lettering pens/ink, please bring those, otherwise you may use Katherine's and learn about what you would need to purchase in the future. **No class on Nov 24.**

Day	Date	Time	Price
Wed	Nov 17-Dec 15	1-2:30pm	\$52

## CERAMICS: SNOWMAN Instructor: Jenn Lupton

**NEW**

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

Day	Date	Time	Price
Mon	Nov 29, Dec 6	1-3pm	\$56



## CARDMAKING TECHNIQUES Instructor: Deb Tatchin

**NEW**

Go more in-depth with cardmaking techniques including designing, cutting, embossing, and inking. Beginners are welcome; you do not need to have taken Intro to Cardmaking. See examples in our showcase.

Day	Date	Time	Price
Tue	Dec 14	11:30am-1:30pm	\$20



# November 2021

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Ping Pong ongoing 2:45-5pm</p> <p>Pickleball ongoing 3-4:45pm</p> <p>Protecting Your Accounts &amp; Devices 3-4:30pm</p>	<p>2</p> <p>Craft Group ongoing 8-11am</p> <p>Balance Strong begins 10-11am</p>	<p>3</p> <p>Conversation Clubs 9:30-11am</p> <p>Knitting/Crochet Club ongoing 12:45-2pm</p> <p>Pickleball ongoing 3-4:45pm</p> <p>Woodcarvers Club ongoing 5:30-7pm</p>	<p>4</p> <p>Protecting Your Accounts &amp; Devices 9-10:30am</p> <p>Balance Strong begins 10-11am</p> <p>SAS-C Writers 10-11:30am</p> <p>Ping Pong ongoing 1:30-3:30pm</p> <p>Watercolors begins 1:30-3:30pm</p>	<p>5</p> <p>Dance Fusion begins 9-10am</p> <p>Fika: Coffee Hour ongoing 9-10am</p> <p>Matinee Movie: <i>Worth</i> 10am-12:30pm</p> <p>Canvas &amp; Cookies 1-3pm</p>
<p>8</p> <p>Legal &amp; Financial Planning for Alzheimer's Disease 10am-12pm</p> <p>Acrylic Painting begins 10:30-11:30am</p> <p>Protecting Your Privacy 3-4:30pm</p>	<p>9</p> <p>Seniors on Strength 8:45-9:45am</p> <p>Beginning Ukulele begins 10-11am</p> <p>Continuing Ukulele begins 11:15am-12:15pm</p>	<p>10</p> <p>Veteran's Day Celebration: The History of War Dogs 12-2pm</p> <p>Beginning Zentangle begins 1:30-2:30pm</p> <p>Continuing Zentangle begins 2:45-3:45pm</p>	<p>11</p> <p>Seniors on Strength 8:45-9:45am</p> <p>Reflexology 9am-12pm</p> <p>Protecting Your Privacy 9-10:30am</p> <p>Medicare 101 Education 10-11am</p>	<p>12</p> <p><b>Craft Show Nov 13 8am-3:30pm</b></p> <p>Bookworm Club 10-11:30am</p> <p>Matinee Movie: <i>Barb &amp; Star Go to Vista Del Mar</i> 10am-12:30pm</p> <p>Pickleball ongoing 3-4:45pm</p>
<p>15</p> <p>Protecting Yourself Against Bad Actors 3-4:30pm</p>	<p>16</p> <p>Keep Home a Safe Haven 11am-12pm</p> <p>The Union Implodes 1-2pm</p>	<p>17</p> <p>Internet Safety &amp; Security 11am-12pm</p> <p><b>Olive Garden 11:30am</b></p> <p>Calligraphy begins 1-2:30pm</p>	<p>18</p> <p>Senior Striders ongoing 9-10am</p> <p>Hula Hooping ongoing 8:30-9am</p> <p>Protecting Yourself Against Bad Actors 9-10:30am</p> <p>SAS-C Writers 10-11:30am</p>	<p>19</p> <p>Blood Drive 9am-1pm</p> <p>Matinee Movie: <i>Black Widow</i> 10am-12:30pm</p> <p><b>Bag &amp; Jewelry Sale Nov 20 9am-2pm</b></p>
<p>22</p> <p>Holiday Decorating/Movie 12-2pm</p> 	<p>23</p>	<p>24</p>	<p>25</p> <p>SASC CLOSED</p> 	<p>26</p> <p>SASC CLOSED</p> 
<p>29</p>	<p>30</p>			

# December 2021

Mon	Tue	Wed	Thu	Fri
		1 A Brief History of American Coinage 10-11am  Outdoor Walking Yoga begins 2:45-3:45pm  Edge of Your Chair Yoga begins 4:15-5:15pm	2 SAS-C Writers 10-11:30am  Watercolors begins 1:30-3:30pm	3 Matinee Movie: <i>The Starling</i> 10am-12:30pm  Ukulele Practice ongoing 2-3pm
6 Acrylic Painting begins 10:30-11:30am  Yoga begins 1-2:30pm	7 Intro to Cardmaking 11:30am-1:30pm	8 InterGen Tech Night 6-8pm	9 Reflexology 9am-12pm  Holiday Stress: Tools for Getting Through the Holidays 1:30-2:30pm	10 Matinee Movie: <i>Cinderella</i> 10am-12:30pm  Bookworm Club 10-11:30am  Canvas & Cookies 1-3pm
13	14 Cardmaking Techniques 11:30am-1:30pm  <b>The Session Room                      12:30pm</b>  Comfort and joys 1pm	15 Tech Q & A 10-11am  Holiday Party/GM Meeting 11:30am-1pm	16 SAS-C Writers 10-11:30am  The Union Implodes 1pm	17 Matinee Movie: <i>Nobody</i> 10am-12:30pm  Grocery Shopping Bingo 12L30-3pm
20	21	22	23 SASC CLOSED  	24 SASC CLOSED  
27	28	29	30 SASC CLOSED  	31 Noon Year Party 11:30am-3:30pm  

Black: In-person

Green: Virtual/Hybrid

# Technology

## **ONLINE SELF-DEFENSE: Learn how to protect your accounts, privacy, and identity online Presenter: Yixin Zou**

Do you worry about your privacy and security online? Do you want to learn more about how to protect yourself when using online services, smartphones, and other new technologies? In this three-part series of workshops, researchers from the University of Michigan School of Information will discuss common risks and strategies you can use for online self-defense. The workshops will be held over three weeks and will be offered both in-person and virtual via Zoom with the same content. You are welcome to participate in some or all of the workshops.

### **Nov 1 & 4: Protecting your accounts and devices**

Learn about what makes a secure password, password management, software updates, and safely getting rid of old devices.

### **Nov 8 & 11: Protecting your Privacy**

Learn about how to control privacy settings on social media, how to change mobile app permissions, and how to block advertisements.

### **Nov 15 & 18: Protecting yourself against bad actors**

Learn how to spot and avoid online scams, phishing emails, and identity theft.

#### **In-Person**

Day	Date	Time	Price
Mon	Nov 1	3-4:30pm	Free
Mon	Nov 8	3-4:30pm	Free
Mon	Nov 15	3-4:30pm	Free

#### **Virtual**

Day	Date	Time	Price
Thu	Nov 4	9-10:30am	Free
Thu	Nov 11	9-10:30am	Free
Thu	Nov 18	9-10:30am	Free



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

## **INTERGEN TECH NIGHT Volunteers: High Five Club**

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

Day	Date	Time	Price
Wed	Oct 20, Dec 8	6-8pm	Free

## **INTERNET SAFETY AND SECURITY Presenter: Mateen Jaffer, Jafferson Computers**

Have you noticed an increase number of scam calls and scam emails pretending to be Amazon, Microsoft, or other well-known brands. These scammers and hackers intend to scare people about their computer security issues. Scammers are constantly changing their techniques. Join Mateen to learn about the new scams in computer and internet safety and security and what you can do to keep safe.

Day	Date	Time	Price
Wed	Nov 17	11am-12pm	\$5

## **TECH Q & A Instructor: Mateen Jaffer, Jafferson Computers**

Do you know how to attach documents or photos to an email? How about copy and pasting on your smartphone? Is your phone up to date and secure? Mateen can help you with these items and more. Please bring your device you need help with: phone, tablet, or computer.

Day	Date	Time	Price
Wed	Dec 15	10-11am	\$5

## **INDIVIDUAL TECH LESSONS**

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

# Lifelong Learning

## **MEDICARE 101 EDUCATION** **Presenter: Monica Ross-Williams**

Sponsored by Medicare Scholar, this presentation is designed for individuals wishing to learn more about Medicare, including Part A, Part B, Part C, Part D, and Medicare Supplement, otherwise known as Medigap, in this interactive presentation. No insurer plan specific information will be marketed or discussed. This presenter is not connected with the federal Medicare program.

Day	Date	Time	Price
Thu	Nov 11	10am-11am	Free

## **KEEP HOME A SAFE HAVEN** **Presenter: Steve Hopkins**

We all love our homes and hope to live in them for as long as we can. As the years go by, we don't realize that our "stuff" has accumulated, safety issues may have appeared, and we have changed too. Understanding how to survey our home for potential risks is critical and easy. Come and learn what to look for and easy ways to remedy so you can stay where you love - your home.

Day	Date	Time	Price
Tue	Nov 16	11am-12pm	Free

## **MEMBER SPOTLIGHT** **Teri Kollath and Kathy Mayo**



Teri and Kathy were good friends in high school. They both loved reading and writing and went to study at Eastern Michigan University for a degree in English. Like what happens with many people, life intervened. Teri and Kathy tried to reconnect over the past 50 years, but without knowing one another's last names, it was tough. Then, in 2021, the two reconnected at SASC. Teri began teaching Memoirs and Kathy signed up for her class, without knowing it was her high school friend. In Memoirs, Kathy recognized Teri and the rest is history! They have since been catching up with many memories flooding back.

## **LEGAL AND FINANCIAL PLANNING FOR ALZHEIMER'S DISEASE** **Presenter: Alzheimer's Association**

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Join us to learn about important legal and financial issues you may face and how to put plans in place.

Day	Date	Time	Price
Mon	Nov 8	10am-12pm	Free



Susan creates her ceramic pumpkin. See page 11 for the next Ceramics class.

# Clubs / Social Groups

## KNITTING/CROCHET CLUB

**Facilitator: Jennie Haigh**

Did you know knitting and crocheting can have positive effects on your health? You can reduce loneliness, isolation, depression and anxiety; slow the onset of dementia; and more. Bring your project and meet some new friends.

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

## CRAFT GROUP

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

Day	Date	Time	Price
Tue	Ongoing	8-11am	Free

## CONVERSATION CLUB

**Facilitator: Gary Boik**

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

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

## WOODCARVERS CLUB

**Facilitator: Nancy Popp**

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

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

## SAS-C WRITERS

**Facilitator: Judy Slater**

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

Day	Date	Time	Price
Thu	Nov 4, 19	10-11:30am	Free
Thu	Dec 2, 16	10-11:30am	Free

## MATINEE MOVIES

Watch a movie in our library with your friends. Pre-register or drop-in. No movies on **Nov 26 and Dec 24, 31.**

Nov 5 - *Worth*  
 Nov 12 - *Barb and Star Go to Vista Del Mar*  
 Nov 19 - *Black Widow*  
 Dec 3 - *The Starling*  
 Dec 10 - *Cinderella*  
 Dec 17 - *Nobody*

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

## BOOKWORM CLUB

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

Nov - *The Storyteller*, by Jodi Picoult  
 Dec - *The Bluest Eye*, by Toni Morrison

Day	Date	Time	Price
Fri	Nov 12, Dec	10-11:15am	Free

## UKULELE PRACTICE

**Facilitator: Teri Kollath**



Playing music in a group has many lifelong benefits, the biggest one being motivation and socialization. Sometimes it's difficult to make yourself practice at home, but when you join a group, you know you need to come practice. You're also likely to learn from your fellow group members. Playing music can help improve memory, make you happier, and improve your coordination. Give it a try! No ukulele practice on **Nov 12-26 & Dec 24, 31.**

Day	Date	Time	Price
Fri	Ongoing	2-3pm	Free

## FIKA: COFFEE HOUR



Fika (fee-ka) in Sweden is a part of every day life (much like tea time in the UK). It isn't just a coffee break, but a movement to slow down and appreciate the good things in life. Come again Fridays, **beginning Oct 29** for coffee and socializing. You're welcome to bring your breakfast while enjoying the morning with your friends.

Day	Date	Time	Price
Fri	Ongoing	2-3pm	Free

# Day Trips - Seek Adventure

## SEEK ADVENTURE THAT OPENS YOUR MIND

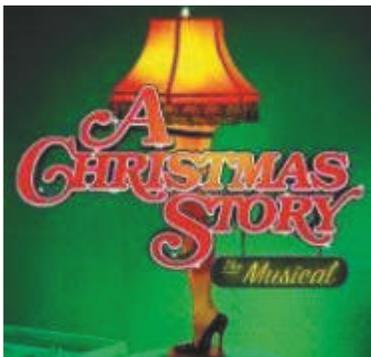
We are easing back in to travel again! Masks are strongly suggested and are required on the bus - we can do this for the safety and enjoyment of all. We'll travel as a group on the SASC bus for a couple trips. You will be responsible for getting yourself to the Good Grub Social Club restaurants and purchasing your meal. Please be sure to sign up in advance so the trips have a better chance of running. Note: If you are interested in joining the trips but would like to drive yourself, please speak with Nancy Cowan at [cowan@salineschools.org](mailto:cowan@salineschools.org) or 734.429.9274. It may be possible to make these arrangements. Please send Nancy Cowan [cowan@salineschools.org](mailto:cowan@salineschools.org) and future restaurants you would like to suggest.



445 E Eisenhower Pkwy  
Ann Arbor, MI 48108



3685 Jackson Rd  
Ann Arbor, MI 48103



## GOOD GRUB SOCIAL CLUB

One of the things we missed the most over the last year and a half of the pandemic was eating out with friends. Let's make up for lost time! Each month we'll chose a day, time, and place to meet at a restaurant, eat a meal, and socialize. You simply RSVP and come to the restaurant, we'll book the table and meet you there. All meals will be on our own cost wise, but we will all eat together! This is a great way to chat with friends, meet new ones, and enjoy some local grub. An SASC team member or two will be with the group as well. Min 4 / Max 20. **Deadline to meet minimum:** Fri, Nov 12, Dec 10

**Nov 17** - Olive Garden, classic Italian food in a casual atmosphere  
**Dec 14** - Session Room, restaurant and beer garden - bar and grill with 70 beers on tap from around the world

Day	Date	Time	Price
Wed	Nov 17	11:30am	Free
Tue	Dec 14	12:30pm	Free

## A CHRISTMAS STORY THE MUSICAL, ADRIAN - SASC BUS

You'll shoot your eye out! Ralphie and friends come to life on stage in this musical adaptation of the beloved 1983 film of the same name. From triple dog dares to the Bumpus Hounds, from Dad's "major award" to the famous Red Ryder Carbine Action BB gun, this lighthearted family musical captures all the moments that fans of A Christmas Story know and love! Performance begins at 2:30pm. The bus will depart at 1:15pm and return by 6pm. Min 10 / Max 14. **Deadline:** Nov 12

Day	Date	Time	Price
Sun	Nov 28	1:15-6pm	\$44

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

Experience art like never before - lose yourself in 300,000 cubic feet of flawless projections animating Vincent Van Gogh's oeuvre. Wander through entrancing, moving images that highlight brushstrokes, detail, and color - truly illuminating the mind of the genius. You will be immersed in Van Gogh's works - from his sunny landscapes and night scenes to his portraits and still life paintings. Experience the organic landscapes of Van Gogh's imagination, and journey through his brilliance and madness. Beforehand, we will go wander midtown and eat lunch on our own - we'll all pick up our own tabs. Then we'll head to the exhibit from 1-3pm. Min 10 / Max 14. **Deadline:** Dec 15. Tickets will be purchased in advance and are non-refundable.

Day	Date	Time	Price
Wed	Jan 13	9:45am-4pm	\$69

NEW

# Cards / Games

## ONGOING CARDS AND GAMES

Program	Day/Week	Time
Pinochle	Mon, Wed	12:30-3pm
Adv. Euchre	Mon	6-8:45pm
Euchre	Tue	12:30-3pm
Bridge	Tue	12:30-3:30pm
Euchre	Wed/1 wk.	5:30-7:45pm
Pepper	Wed/ 4 wk.	5:45-7:45pm
Scrabble	Thu	1-3:45pm
Canasta	Thu	12:15-3pm
Pass Pinochle	Thu	12:30-3pm
Bridge	Thu	12:30-3:30pm
Samba	Fri	12:30-3:30pm
Bingo	Fri	1-3pm

## INTERGEN GAME NIGHT

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

Day	Date	Time	Price
Mon	Nov 1	6-8pm	Free

## CARD PLAYING LESSONS

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



Kevin, Kathy, Brenda, and Donna enjoy Tuesday Euchre. New players are always welcome!

## BINGO

Did you know bingo has many health benefits including improving your concentration, listening, and short-term memory? It's also great for socialization! Each bingo card is \$.25; Bring an extra quarter for the tagalong. Card selection begins at 12:30pm and game begins at 1pm. **No bingo Nov 12, 26; Dec 24, 31.**

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

## BILLIARDS / GAME ROOM

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

Day	Date	Time	Price
M/T/W/F	Ongoing	8am-4pm	Free
Thu	Ongoing	8-9:30am	Free

## INSTRUCTOR SPOTLIGHT Michele Williams



If you're a WCC fitness regular, you may have taken Michele Williams' class. Michele is originally from Jackson, MI but made her home in Southeast Michigan. She earned her Master's in Social Work from EMU and is a Certified Personal Trainer with Group

Fitness and NETA. Michele has been teaching since 2011 and currently works through WCC and the National Kidney Foundation. She is also an Accountability Coach. Besides working out and jogging in her free time, Michele loves spending time with her family and friends. She is married to her husband, Howard, with 24 year old twins, Howard and Asana. Michele also enjoys traveling and has been to the Bahamas, Jamaica, and St. Thomas. Give her new class a try! See page 5 for more details.

# SASC Information / Community

## 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 1/2 sandwich, fruit and cookie. Applications can be downloaded on the website or picked up at SASC.

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

## SASC BLOOD DRIVE

Give blood - save lives! Call SASC to make an appointment or schedule your appointment at <https://donate.michigan.versiti.org/donor/schedules/drive%20schedule/137728>

Day	Date	Time	Price
Fri	Nov 19	9am-1pm	Free

## COMMUNITY EVENTS

- *Our Town* performance, SHS, 11/6-14
- New Horizons Band Vet's Concert at SMS, 11/17
- Downtown Holiday Parade, 12/4
- Varsity Blues Holiday Show, SHS, 12/1-4
- Symphonic Band Holiday Concert, SHS 12/7
- The Nutcracker at SHS, 12/11, 12/12
- SHS Choir Orchestra Concert, 12/14
- Saline Twirlettes Holiday Recital at SHS, 12/17
- New Horizons Band Holiday Concert at SMS, 12/19

SHS- Saline High School  
SMS- Saline Middle School

Please visit the organizations' websites for times and tickets.

## VOLUNTEER OPPORTUNITIES

Are you looking to get involved or share some of your skills with other community? Contact Megan Kenyon or Andrea Lewis regarding the following opportunities:

- Meals on Wheels substitute drivers
- Bingo caller
- Program speakers
- Lawyer
- Holiday decorating
- Scanning historical documents
- Bag and Jewelry Sale, Nov 20
- Raffle ticket sellers at Craft Show, Nov 13



Jane helps with the SASC booth at our Health Fair.

## WISH LIST

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

- Disposable face masks
- 36" physical therapy foam roller
- Therapy bands
- Plain tea
- Assorted flavored tea
- Coffee

*Thank you!*

- Bail of hay and Rosie the Riveter jumpsuit from Sarah Gallagher
- Tomato cages from Charlene Ziegler
- Jumbo Puzzle book from Janina Mahler
- Outdoor lanterns from Dot Stoddard
- Health Fair volunteers Jane Ferris, Cora Rogers, Julia Waits, Margaret Mann
- Donation of water from Helen Snuverink

# Legacy / Registration / TVP

## SALINE AREA SENIOR CENTER Legacy Program



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

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

### DONATION LEVELS:

**Donor** - \$200-\$1,000

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

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

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

## CARES MILLAGE PROVIDES OVER HALF OF SASC FUNDING



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

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

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

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

## CANCELLATION POLICIES

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

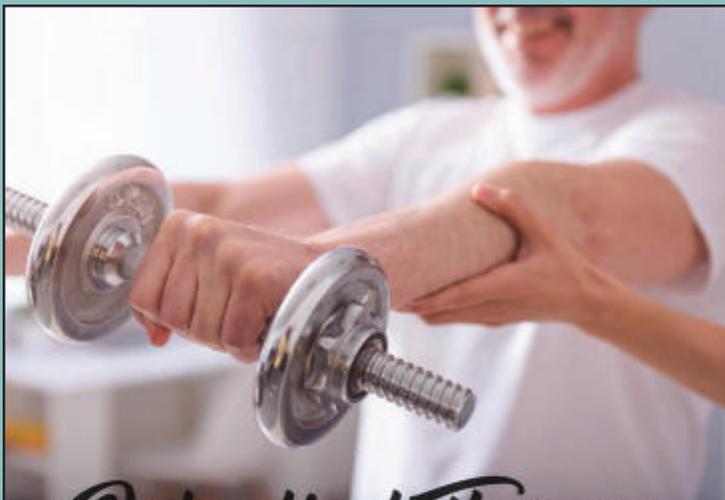
## REGISTRATION NOTES

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

## SASC TVP

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

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



# Outpatient Therapy

## The Redies Outpatient Center

- Physical Therapy
- Occupational Therapy
- Speech Therapy



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# SASC Information

## BOARD OF DIRECTORS

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MEMBER-AT-LARGE: Judy Slater  
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CITY OF SALINE: Mayor Brian Marl

## STAFF

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PROGRAM COORDINATOR: Megan Kenyon  
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PROGRAM COORDINATOR: Andrea Lewis  
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MEALS ON WHEELS/DESK: Kathy Adamson  
adamsonk@salineschools.org  
BUILDING SUPERVISOR: Julia Waits

## 2021 SASC MEMBERSHIP RATES

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

\*Postage for Mailing Newsletters is \$8 per year for non-district residents. No charge if you wish to have the newsletter emailed or pick it up in the office.

## CONTACT INFORMATION

Phone: 734.429.9274  
Fax: 734.429.1079  
www.salineseniors.org

## CENTER HOURS\*

Mon	8am - 9pm
Wed	8am - 8pm
Tue, Thu, Fri	8am - 4pm

\*Closed Nov 25-26, Dec 23-24, and 31



**Saline Area Senior Center**  
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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.