



November/December 2025

SASC

Newsletter



SASC:
A Social Center
for those 45+

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

Our Location

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

Center Hours*

Mon & Wed, 8am-8pm; Tue, Thu & Fri, 8am-4pm
*SASC will be closed Thu-Fri, Nov 27-28, and Mon,
Dec 22 to Fri, Jan 2, due to construction.

Staff

Director: Nancy Cowan, cowan@salineschools.org
Program Coordinators:

Andrea Lewis, lewisa@salineschools.org

Megan Kenyon, kenyonm@salineschools.org

Meals on Wheels: Kathy Adamson
adamsonk@salineschools.org

SASC Board of Directors (BOD)

The upcoming SASC BOD Meetings are Mon, Nov 17 and Dec 15, at 9am. Members are always welcome to attend. If you would like a link to attend virtually, please let us know.

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

Registration

- Please register for ALL programs, even if they're free, via salineseniors.org, phone, or in the office.
- You can register in person, on the phone or online at www.salineseniors.org; click on the registration tab and follow the prompts. You will need to request an account first, if you do not already have one.
- We accept cash, check, and all credit cards - note there is a 3% merchant fee on credit card payments. No payments are taken via phone.
- Register early to ensure we are able to run the programs. If we don't reach minimums, we have to cancel.
- The deadline for programs is one week prior to the program start date, unless otherwise noted.
- Non-members may participate in fee-based programs for an extra \$5, and noted special events.

Cancellation Policy

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

SASC Annual Memberships

Register now for your 2026 Membership.
Membership includes our FREE programs at SASC and member rates on all other programs.
Non-members may participate in paid classes for an extra \$5 per class. Members will receive weekly email updates and electronic newsletters every other month. *If you would like your newsletter mailed, there is a fee of \$2.25 per newsletter.

Membership registration can be done in the office or online at www.salineseniors.org; click on the registration tab and follow the prompts. You will need to request an account first, if you do not already have one. Once staff approves your request, you will receive an email to proceed, usually within 24 hours. A signed waiver of liability is required and you will also review the optional photo release, which is optional.

Annual Membership (Jan-Dec)

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

Fitness Room Membership

The SASC Fitness Room includes: two NuSteps, a Matrix Treadmill and Elliptical, Concept 2 Rowing Machine, LifeCORE Recumbent Bike, hand weights, kettlebells, and a stretching table. You must have a SASC Membership, before purchasing the fitness membership. Payment can be upfront or monthly.

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

12 Month Membership: \$96

Month to Month Membership: \$12 per month

Guest Pass: \$5 per day

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On the cover: Marie and Cathy enjoy pizza and friendship at last year's White Elephant/Cookie Exchange. See page 4 for this year's program.

SASC Notes

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

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

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

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



SASC 50/50 Raffle

Our Annual 50/50 Raffle has begun. The funds go towards scholarships for members in need, so they may participate in fee-based programs. Together we have raised thousands of dollars for this purpose and our goal is to raise another \$2,500 this year.

Each year we mail all members 3 tickets and ask you to either purchase or sell them. This year due to the rising cost of postage, **we ask that you come in to SASC to pick up and purchase your tickets if possible. All tickets not picked up by mid-October will be mailed out.** You may visit us online at salineseniors.org or in our office to purchase more tickets. **The drawing is on Dec 17 at our General Membership Social/Holiday Party,** the winner(s) need not be present. The winner will receive 50% of the funds we bring in, minus expenses. Runner up prizes include gift cards to local businesses such as Nu2u Again, Saline Inn, Busch's, City Limits Diner, and Dan's Tavern.

If you do not want to purchase or sell your tickets, please return them to the SASC Office before the drawing. If you would like to help sell raffle tickets at the Saline Craft Show, Busch's, or the Farmer's Market this season, please notify us. Thank you for supporting SASC's scholarship program!

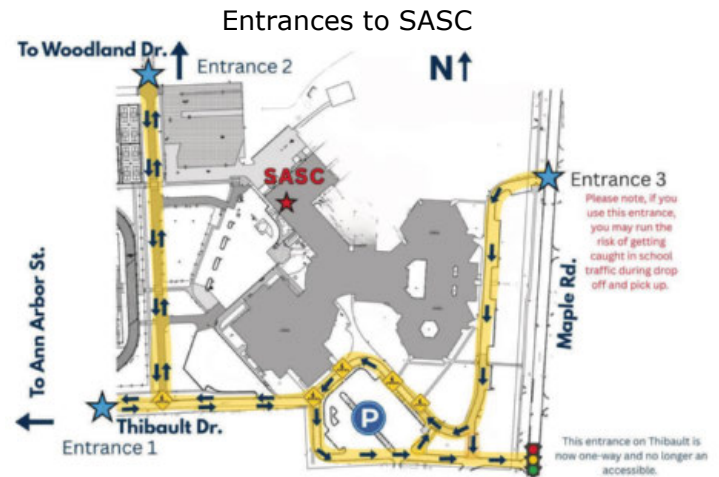
SASC is Hiring

We are seeking a PT Building Supervisor/Customer Service Team Member for **up to 20 hours per week**, \$14-18 per hour. Hours include Mon & Wed from 4-8pm and some weekday hours that we can set with you. Duties include customer service, computer work, light cleaning, building supervision, etc. If you have an interest, email Nancy with your resume/work history at cowann@salineschools.org. We hope to have someone in place by Dec 1.

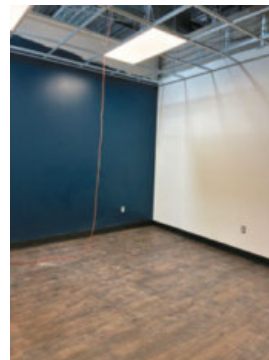
SASC Construction Corner

Progress is happening at SASC - THANK YOU for your patience during ongoing construction.

Please note that if you haven't been onsite in awhile, the traffic pattern around SASC is new. See the map below to plan your route.



Phase 1 SASC Construction will wrap up in October. It includes the men's and women's multi-stall restrooms and the rooms located behind them (the game room, which has become two small meeting/treatment rooms for massage, reflexology, foot care, private meetings, etc., and fitness room (sneak peek pic below), which will still be the fitness room through spring BUT when Phase 2 is complete, will become the game room, as the fitness room will be relocated in the new space). The HVAC system is also being replaced, see the crane lifting the new one below, so we have a temporary cooling system in place.



Phase 2 of SASC Construction is on-going through Spring 2026, located in the vacated bus garage. This space will include a new, relocated SASC entrance, welcome desk, dedicated group fitness room, expanded workout room/machines, media room, program room, social space, coffee area/grab and go eats, and staff offices, along with the SWWC cosmetology program/space.

SASC will be closed Dec 22-Jan 4, while doorways between the new and current space are cut, along some other projects. Hopefully this closure will cause less overall impact to programs. Stay tuned to our website and weekly emails for more info on the construction.

Special Events

Santa Paws Pet Portraits

Santa Joe Eadie is back, so you can get a holiday photo of you and your pet! **Pets must be well-behaved and on a leash.** You will receive a goody bag of treats. Fee is donation-based, suggested donation \$10.

Day	Date	Time	Price
Mon	Nov 3	1pm	Donation

Veterans Day Celebration

Join us during this year's event to celebrate our Veterans. Breakfast will be provided by Regency at Bluffs Park. We will be joined by Lieutenant Colonel Aaron Peters from EMU and several cadets from the University's ROTC program. Hear what life is like for a young member of the ROTC today. Then we'll recognize the veterans in attendance and take a group picture.

Veterans eat free. Please specify your military branch when registering. All other members are welcome at \$8 per person. THANK YOU FOR YOUR SERVICE VETERANS! **Deadline:** Nov 4

Day	Date	Time	Price
Tue	Nov 11	9-10:30am	\$8

Sponsored by:



Bag & Jewelry Sale

Come shop our gently used and sometimes new treasures, with members getting a chance to shop before the public. Proceeds benefit our scholarship program. Note that we accept donations of bags and jewelry all year.

Day	Date	Time
Fri - Member Shopping	Nov 14	1-3pm
Sat - Public Shopping	Nov 15	9am-12pm

U of M Health Screening



The University of Michigan's Kidney Disease Screening and Awareness Program (KDSAP) will be at SASC for a free screening to help with early detection and prevention of chronic kidney disease. The screening process will include BMI and WHR (waist to hip ratio), blood glucose, urinalysis, a physician consultation and education. The public is welcome and no appointment or registration is required.

Day	Date	Time	Price
Sat	Nov 22	11am-3pm	Free

Time Traveler at the 109

Pick up dinner and/or a drink at a restaurant in the Saline Main Street Social District and join the band for fun tunes at the 109 Cultural Exchange, 109 W Michigan Ave. Please register so we have a head count. This event is open to the public and is family friendly!. Time Traveler is formerly known as the Golden Groovin' Band.

Day	Date	Time	Price
Thu	Dec 4	5pm	Free

Holiday Concert

We welcome back Alicia Doudna on Violin and Andrew Kratzat on Bass for new music, which includes pieces arranged by Andrew.

Day	Date	Time	Price
Fri	Dec 5	2pm	Free

Comfort & Joys



Gather with friends, get cozy, and find the joy in a holiday movie. Come in your most comfy clothes (maybe even your pajamas), relax with a warm beverage, and eat a delicious lunch provided by Linden Square Senior Care. *The Best Christmas Pageant Ever* tells the story of the Herdmans, six siblings who have a reputation for being the worst kids in the world. However, when they take over the local church pageant during the holidays, they just might teach a shocked community the true meaning of Christmas. **Deadline:** Dec 4

Day	Date	Time	Price
Thu	Dec 11	12-3pm	\$8

General Membership Social

Let's celebrate the season together! There will be a brief update from the SASC Director on the happenings at SASC, the 50/50 Raffle Drawing will take place, and Santa Joe will be in attendance to share a story and take pictures. After the fun, we'll have a delicious lunch (menu will be set by Nov 1). If space is available after the deadline of Dec 10, the cost will increase to \$10.

Day	Date	Time	Price
Wed	Dec 17	11:30am-1pm	\$8/10

Sponsored by:



Cookie Exchange & White Elephant

Bring a wrapped handmade or new gift (about \$10) and two to three dozen cookies. We will eat pizza, steal gifts from one another, then select our cookies. Please bring a container. **Deadline:** Dec 15

Day	Date	Time	Price
Fri	Dec 19	11:30am-12:30pm	\$5

New Year's Celebration

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

The celebration will take place at the Saline American Legion, 320 W. Michigan Ave. Upon registration, please select your dinner choice: Chicken or Mississippi Roast, prepared by the Legion. There will also be a cash bar available.
Deadline: Dec 19

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

Sponsored by:



Day Trips

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

Holocaust Memorial Museum



Join us for a meaningful senior day trip to The Zekelman Holocaust Center in Farmington Hills. This powerful visit includes a guided tour through immersive exhibits, including a WWII-era boxcar, the Eternal Flame Memorial, and the Anne Frank Tree & Garden. We'll explore stories of survival, resilience, and remembrance, with time for personal reflection and discussion. We'll also attend a special presentation, given by a family member of a Holocaust survivor.

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

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

SASC is Seeking a Trip Coordinator

Do you love trips, especially planning them? If you are interested in being an SASC Volunteer that helps plan and guide trips, please contact Nancy at cowann@salineschools.org or (734) 429-9274. You even get certain perks, like traveling at no cost, in addition to feeling good about volunteering!

MIS Nite Lite's and Danley's Restaurant

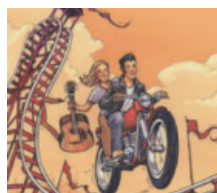


We will begin our night at Danley's, a cozy local favorite, for an early dinner. Share a family-style meal of signature broasted chicken, mashed potatoes, and green beans, topped off with ice cream for dessert. The evening ends with the charming "Nite Lite" light show at Michigan International Speedway (MIS). This is a drive-through experience where over 500 light displays can be seen.

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

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

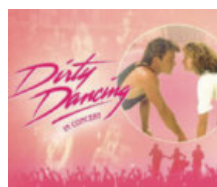
All Shook Up: An Elvis Musical



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

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

Dirty Dancing in Concert



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

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



In Sep, our Mystery Trip included Cranbrook House & Gardens, Cranbrook Science Museum, a planetarium show, and stop at Franklin Cider Mill. Nancy is already dreaming up locations for the 2026 Mystery Trip.

Fitness

Drums Alive Instructor: Jerry Powell

Jump start your Monday, as we tap into our inner rhythm and weave together the power of drumming, music, and movement. Let loose, express yourself, and let go of stress. We provide the bucket, exercise ball, and drum sticks. You just bring a water bottle and energy.

Day	Date	Time	Price
Mon	Nov 3-17	10-11am	\$21
Mon	Dec 1 & 8	10-11am	\$14

Zumba Gold Instructor: Laurel Larsen

Zumba Gold may have less intensity than traditional Zumba but the workout and fun is sky high! We'll introduce you to easy-to-follow choreography that focuses on enhancing your balance, coordination, and range of motion. Laurel knows how to keep the energy high with her infectious music and positive vibes.

Day	Date	Time	Price
Mon	Nov 3-24	11:15am-12:15pm	\$28
Mon	Dec 1-15	11:15am-12:15pm	\$21

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

Whether you prefer sitting in a chair or standing with the support of a chair, this practice is accessible to all fitness levels. Each day, we'll also delve into breath work, relaxation, and core exercises to create a well-rounded experience.

Day	Date	Time	Price
Mon	Nov 3-24	4:15-5:15pm	\$28
Mon	Dec 1-15	4:15-5:15pm	\$21

Fit for Life Instructor: Laurel Larson

Get ready for a full-body workout that targets both your upper and lower body using light hand weights. You'll improve your flexibility and build strength, while enhancing your joint stability, balance, and cardio endurance. We use a chair for additional support during some exercises. **Hybrid.**
No class Nov 11.

Day	Date	Time	Price
Tue	Nov 4-25	8:45-9:45am	\$21
Tue	Dec 2-16	8:45-9:45am	\$21
Thu	Nov 6-20	8:45-9:45am	\$21
Thu	Dec-4-18	8:45-9:45am	\$21

Balance Strong Instructor: Amy Leighton

In this class, our main focus will be on building up your core strength and helping you feel more stable on your feet. We'll work on improving your balance through a combination of strength exercises and flexibility training that specifically target the core. Note that this class will be slightly more challenging than Balance Strong Beginning. **No class Nov 11.**

Day	Date	Time	Price
Tue	Nov 4-25	10-11am	\$21
Tue	Dec 2-16	10-11am	\$21

Adaptive Hatha Yoga Instructor: Patty Hart

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

Stay tuned to our weekly emails for Patty to offer a mini session in Nov/Dec once her plans for the season are finalized.

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

Chair Zumba Instructor: Laurel Larson

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

Day	Date	Time	Price
Mon	Nov 3-24	12:30-1:30pm	\$28
Mon	Dec 1-15	12:30-1:30pm	\$21
Wed	Nov 5-19	11:45am-12:45pm	\$21
Wed	Dec 3-17	11:45am-12:45pm	\$21

Tai Chi Continuing Instructor: Linda Duvall

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

Day	Date	Time	Price
Tue	Oct 21-Nov 25	2:30-3:30pm	\$42
Tue	Dec 2-16	2:30-3:30pm	\$21

Tai Chi Beginning **Instructor: Linda Duval**

Get serious about flexibility and relaxation with Tai Chi. No experience is necessary; you will learn the Yang Family 108 Long Form. Seated exercises and meditation are included.

Day	Date	Time	Price
Wed	Oct 22-Nov 26	10:30-11:30am	\$42
Wed	Dec 3-17	10:30-11:30am	\$21

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

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

Day	Date	Time	Price
Wed	Nov 5-19	4:15-5:15pm	\$21
Wed	Dec 3-17	4:15-5:15pm	\$21

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

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

In class, we'll hone in on your core strength and address any imbalances you have to help you achieve this. Strength exercises and flexibility training will be incorporated to specifically target your core. We round off each session with a rejuvenating 15-minute stretch for relaxation.

Day	Date	Time	Price
Thu	Nov 6-20	10-11:15am	\$24
Thu	Dec 4-18	10-11:15am	\$24

Senior Striders Outdoor Walking

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

Day	Date	Time	Price
Thu	Ongoing	9am	Free

Tai Chi Practice

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

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

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

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

Day	Date	Time	Price
Fri	Nov 6-20	11:15am-12:15pm	\$21
Fri	Dec 4-18	11:15am-12:15pm	\$21

New classes with Jo in January



Looking for a new challenge in the New Year? Consider a new 45 minute class called Fast & Furious that will focus on core strength and features some Pilates moves. Jo will also be adding a 30 minute Chair Yoga class that is designed especially for anyone who may have difficulty standing or moving with ease. All exercises are done from the comfort of a chair, making it a safe and accessible option for those who are not physically fit, out of shape, or returning to exercise after a long break. Look for information in the Jan/Feb SASC Newsletter.

Racquet Sports: Pickleball & Ping-Pong

Open Play Pickleball **Volunteer Coordinator: Paul Backlas**

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

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

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

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

Learn to Play Pickleball Clinic

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

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

Pickleball Tutor Machine Rental



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

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

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

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

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

Ping-Pong

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

Day	Date	Time	Price
Mon	Ongoing	2-4pm	Free
Thu	Ongoing	1:30-3:30pm	Free



WCC Emeritus Classes

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

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

WCC Tai Chi for Health & Balance Instructor: Darryl Mickens

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

Day	Date	Time	Price
Tue	Jan 13	1-2pm	Free

WCC Line Dancing Instructor: Dee Grantham

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

Day	Date	Time	Price
Wed	Jan 14	9-10am	Free

WCC Strength Conditioning Instructor: Michele Williams

Michele designs this class to provide safe, low-impact movement that will improve your strength and cardio fitness. Work at your own pace with modifications provided if needed.

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



MOCA Memory Testing Administrator: Andrea Lewis

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

Health & Wellness

MI Options Medicare Assistance Program Provider: AgeWays Nonprofit Senior Services

Trained counselors will be onsite to help you find answers and sort through Medicare options during the Medicare open enrollment period. Get help with Medicare prescription and plan enrollment, and receive assistance clarifying bills, coverage, and eligibility. **To make an appointment, call AgeWays at (248) 262-0545.**

Day	Date	Time	Price
Tue	Oct 28	8:30am-1pm	Free



Full Body Massage

Jerry McDowell, Licensed Massage Therapist



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

Call Jerry at (734) 330-6748 to book your appointment. You'll pay Jerry directly.

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

Foot Care Clinic

Provider: Heather Schanz, BSN, RN, CDP

As we age, providing self foot care can become more difficult with limitations in vision, bending of the hips and knees, and dexterity issues. Each 30 minute service will include trim, thin and file of the nails; corn and callus reduction; and general foot assessment with any necessary recommendations. **Call Ascendant Foot Care today for an appointment at 414-4FootRN (414) 436-6876.** Note that you need to pay Heather directly on the day of your appointment; she will not bill insurance for this service.

Day	Date	Time	Price
Wed	Nov 5	12-4pm	\$45
Thu	Nov 20	12-4pm	\$45
Wed	Dec 3	2-7pm	\$45
Thu	Dec 18	12-4pm	\$45

Reflexology

Loraine Webster, Certified Reflexologist

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

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

Day	Date	Time	Price
Thu	Nov 6 & 20	9am-1pm	\$30/\$50
Thu	Dec 4 & 18	9am-1pm	\$30/\$50



Kevin indulges in a Reflexology taster session at our Health Fair.

Beginning Meditation

Facilitator: Jewel Heart

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

Day	Date	Time	Price
Thu	Nov 6-20	1:30-2:30pm	\$9
Thu	Dec 4-18	1:30-2:30pm	\$9



How to Make Aging in Place a Reality Presenter: Julie Craft

For many of us as we age, or our parents, one of our the main desires is to remain in our/their own homes. Crafting a well-thought out plan can be the key to safeguarding the ability to do so. Discover the vast array of home modifications, technology advancements and community resources available that can transform this goal into a tangible reality. Embrace the possibilities and take charge of your future so that you can cherish the place you call home for years to come. It is very beneficial to have a plan in place before you need it.

Day	Date	Time	Price
Mon	Nov 10	11am-12pm	Free

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

Health & Wellness continued

Care Management by Natalie Consultation Appointments Facilitator: Sarah Camp



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

Day	Date	Time	Price
Wed	Nov 19 & Dec 17	9 or 10am	Free

Medications and Fall Risk Presenter: Betty Chaffee, PharmD



As we get older the risk of injury from a fall increases. One of the many things we can do to prevent falls is to know what and how medications can impact the risk. Join Betty Chaffee, PharmD to talk about medications that increase fall risk, and what to do if you're taking a medication that increases your fall risk.

Day	Date	Time	Price
Tue	Nov 18	10-11am	Free



U of M Health Screening



The University of Michigan's Kidney Disease Screening and Awareness Program (KDSAP) will be at SASC for a free screening to help with early detection and prevention of chronic kidney disease. The screening process will include BMI and WHR (waist to hip ratio), blood glucose, urinalysis, a physician consultation and education. The public is welcome and no appointment is required.

Day	Date	Time	Price
Sat	Nov 22	11am-3pm	Free

Probiity Balance Assessments Facilitator: Probiity Physical Therapists

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

Day	Date	Time	Price
Fri	Dec 5	1-2pm	\$10



SASC/Versiti Blood Drive



To donate your blood and save lives, visit https://donateblood.versiti.org/donor/schedules/drive_schedule/11406876 to schedule an appointment or call SASC for help.

Day	Date	Time	Price
Fri	Dec 12	11:30am-4pm	Free

Blood Pressure Checks Facilitator: Heartland Hospice

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

Day	Date	Time	Price
Wed	Dec 17	11-11:45am	Free

Lifelong Learning

Tech Lessons with Ben Cutler

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

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

Travelogues



Oct - Sue Kelch walks you through her slideshow on Columbus, Indiana, which is a surprising hub of modern architecture. Discover how this unexpected place became an architectural destination.



Nov - George Jabol takes you on a virtual tour of Northern Spain and Southern France. Experience the history, culture, and wine through his eyes.

Day	Date	Time	Price
Thu	Oct 23	10-11:30am	Free
Tue	Nov 4	1-3:30pm	Free

The Rise of AI Presenters: Saline Area Schools High School Students



Join our tech savvy group of high school students (that also run the tech town halls) in a discussion about AI. They will provide a brief talk about the initial rise of AI and the commercialization of this tool, including Chat GPT. Discover the environmental effects of AI, the potential effects of AI on day-to-day life, and how you can utilize it. We will also discuss which jobs/areas AI is projected to impact in the near future.

Day	Date	Time	Price
Mon	Nov 3	4-5pm	Free

Tech Town Hall

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

Day	Date	Time	Price
Thu	Nov 6 & Dec 1	3-4pm	Free

Surviving the Holidays: Healthier Conversations Around the Table

Facilitator: First Presbyterian Church Saline



The holidays can be full of joy...and challenging conversations. We're all looking for ways to make our holiday gatherings and everyday lives less stressful. Join us for a three-part series designed to give you practical tools for navigating these situations with grace and care. You'll watch and practice how to actively listen so others feel heard and less defensive, find common ground and encouragement, and intervene when conversations go off the rails. Led by Judy Slater, trained mediator in Santa Clara, CA court system, and Rev. Kimberly Secrist Ashby, M.Div., M.Ed., trained facilitator in Emotional Intelligence and Group Dynamics work. Although this is taught by the First Presbyterian Church of Saline, the topics are secular - all are welcome.

Day	Date	Time	Price
Wed	Nov 5, 12 & 19	6:15-7:45pm	\$15

Behind the Badge: Presidential Travels

Presenter: Radford Jones

The Presidents and other officials protected by the US Secret Service use many forms of transportation and travel both during leisure and business times. Radford Jones, retired Secret Service agent, will discuss his experiences and incidents during such travels. His presentation will use photos from his personal collection and public sources.

Day	Date	Time	Price
Mon	Nov 10	2-3pm	\$3

The Laundry Line

Presenter: Anne Lawrence

The laundry line; what's there to talk about? Anne will take you on a nostalgic trip back in time to the days when everyone hung their wash to dry - when they went online without the internet! There will be memories to share, links between the clothesline and social/cultural issues, history, feminism, psychology, sociology, and ecology. There will be personal stories, a slideshow, and a peek at some of Anne's laundry memorabilia.

Day	Date	Time	Price
Mon	Nov 17	2-3pm	Free

Rentschler Farmhouse Museum Visit & German Luncheon

**Facilitators: Florine Rentschler
& Andrea LaBarre**

NEW

Come spend a relaxing time at the Rentschler farmhouse in Saline! Stroll through the rooms and imagine everyday life from years past, then sit down to a delicious German luncheon. It's a welcoming mix of history, good food, and good feelings - perfect for those looking to enjoy the simple pleasures of the past. Choose from either Nov 7 or 14. Feel free to stay after the event and play Euchre. Max 8 people per day.

Address: 1265 East Michigan Ave

Day	Date	Time	Price
Fri	Nov 7 or 14	12pm	Free



A Deep(er) Drive into AI for Seniors

Presenter: Dr. Michael McVey

NEW

Let's dive even deeper into the possibilities for AI and creativity with Dr. McVey. During this session, we will explore how generative AI can be a co-creator, not just a tool, and find ways to encourage imaginative uses for it. We will use Google Lens to identify bugs or weeds or figure out where a photo was taken, debate a local issue with an AI, use AI to translate a sign or a caption, learn how to make a video or a song with a single prompt, discuss ethics, generate a podcast from a news article, and use AI to write and illustrate a story. Bring your smartphone to play along with an interactive game.

Day	Date	Time	Price
Tue	Dec 9	9:30-11am	Free

Presidential Greatness

Presenter: Prof Bruce Zellers

NEW

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

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

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

November 2025

Mon	Tue	Wed	Thu	Fri
3 Drums Alive begins 10-11am Zumba Gold & Chair Zumba begins 11:15am & 12:30pm Santa Paws Pet Portraits 1-3pm Ceramics: Holiday Wreath 1-3pm Rise of AI, 4-5pm Chair Yoga begins 4:15-5:15pm	4 Fit for Life begins 8:45-9:45am Balance Strong begins 10-11am Mosaics: Christmas Tree 12-3pm Travelogue: Northern Spain & Southern France 1-3:30pm	5 Chair Zumba begins 11:45am-12:45pm Foot Care Clinic 2-4pm Chair Yoga begins 4:15-5:15pm Surviving the Holidays: Healthier Conversations Around the Table begins 6:15-7:45pm	6 Fit for Life begins 8:45-9:45am Reflexology, 9am-1pm Balance Strong Beginning + Stretch begins 10-11:15am Watercolors 1:30-3:30pm Beg Meditation 1:30-3:30pm Tech Town Hall, 3-4pm	7 Movie: <i>Love Actually</i> 10am-12:30pm Chair Yoga begins 11:15-am-12:15pm Rentschler Farmhouse Museum Visit & German Luncheon 12pm Canvas & Cookies 12-2:30pm
10 Brain Games & Breakfast 10-11am How to Make Aging in Place a Reality 11am-12pm Ceramics: Holiday Wreath 1-3pm Behind the Badge 2-3pm Trivia 5-6pm	11 Veterans Day Celebration 9-10:30am Tiny Acrylics 1-3pm	12 Holocaust Memorial Trip 9:15am-3:45pm Massage Therapy ongoing 10am-4pm Romeo Group at Black Rock 11:45am Classic Movie: <i>Whirlpool</i> 2:30-5pm Tech Lessons ongoing 2:30-4:45pm	13 Mosaics: Ornaments 9am-12pm Good Grub Club, Olive Garden 11:30am Bookbinding 101 11:30am-1pm	14 Rentschler Farmhouse Museum Visit & German Luncheon 12pm Bag & Jewelry Sale Members Pre-sale 1-3pm Public Sale Nov 15, 9am-12pm
17 SASC Board Meeting 9am Pastels begins 11am-12:30pm The Laundry Line 2-3pm Tech Lessons ongoing 2:30-4:45pm	18 Medications and Fall Risks 10-11am Dementia Friends Group 11am-12pm Holiday Button Art 1-3pm Intergen Crafternoon 1:30-2:30pm	19 Care Management Appointments 9-11am Juliet Group at DropTop Pizza 4:30pm	20 Reflexology 9am-1pm SAS-C Writers 10-11:30am Sassy Players 11:30am-12:30pm Bookbinding 101 11:30am-1pm Foot Care Clinic 2-4pm	21 Movie: <i>It's a Wonderful Life</i> 10am-12:30pm UofM Health Screening 11am-3pm
24	25	26 SASC Closes at 4pm	27 SASC Closed 	28 SASC Closed

Schedule and Calendar Notes

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

December 2025

Mon	Tue	Wed	Thu	Fri
1 Drums Alive begins 10-11am Zumba Gold Begins 11:15am-12:15pm Chair Zumba begins 12:30-1:30pm Ceramics: Ornaments 1-3pm Tech Town Hall 3-4pm Chair Yoga begins 4:15-5:15pm	2 Fit for Life begins 8:45-9:45am Balance Strong begins 10-11am Tai Chi Continuing begins 2:30-3:30pm	3 Massage Therapy ongoing 10am-4pm Tai Chi Beginning begins 10:30-11:30am Chair Zumba begins 11:45am-12:45pm Foot Care Clinic 4-7pm Chair Yoga begins 4:15-5:15pm	4 Fit for Life begins 8:45-9:45am Reflexology, 9am-1pm Balance Strong Beg + Stretch begins 10-11:15am Pysanky Ornament begins 11:30am-1pm Watercolors, 1:30-3:30pm Beg Meditation, 1:30-3:30pm Golden Groovin' Band at the 109 Cultural Exchange 5pm	5 Movie: <i>Spirited</i> 10am-12:15pm Chair Yoga begins 11:15am-12:15pm Probability Balance Assessments 1-2pm Holiday Concert with Andrew & Alicia 2pm Learn to Play Pickleball Clinic 5:30-6:30pm
8 Brain Games & Breakfast 10-11am Holiday Hand Sewn Flower Workshop 10am-12pm Ceramics: Ornaments 1-3pm Trivia 5-6pm Intergen Game Night 6-7:30pm	9 A Deep(er) Dive into AI for Seniors 9:30-11am Tiny Acrylics 1-3pm	10 Presidential Greatness 10-11am Romeo Group at Mac's Acadian Seafood 11:45am Classic Movie: <i>The Bishop's Wife</i> 2:30-5pm MIS Nite Lite Trip 2:30-7pm	11 Good Grub Club, First Watch 9:30am Comfort & Joys 12-3pm	12 Versiti Blood Drive 11:30am-4pm Canvas & Cookies 12-2:30pm
15 SASC Board Meeting 9am Holiday Floral Design 10am-12pm 	16 Dementia Friends Group 11am-12pm Intergen Crafternoon 1:30-2:30pm Juliet Group at Brecon Grille 4:30pm	17 Care Management Appointments 9-11am Blood Pressure Checks 11-11:45am General Membership Holiday Party & 50/50 Raffle 11:30am-1pm	18 Reflexology 9am-1pm Foot Care Clinic 2-4pm	19 Movie: <i>Christmas Vacation</i> 10-11:45am Cookie Exchange & White Elephant 11:30am-12:30pm Holiday Bingo 12:30-3pm
22 SASC Closed for construction projects and the holidays.	23	24	25 	26
29 SASC Closed for construction projects and the holidays.	30 New Year's Celebration at Saline American Legion 5-8pm	31 		

Creative Opportunities

Ceramics Instructor: Jenn Lupton

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

Nov - Holiday wreath

Dec - Sgraffito ornaments (approx. 4)

Day	Date	Time	Price
Mon	Nov 3, 10	1-3pm	\$56
Mon	Dec 1, 8	1-3pm	\$56



Mosaics: Christmas Tree Instructor: Carol Torssell



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

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

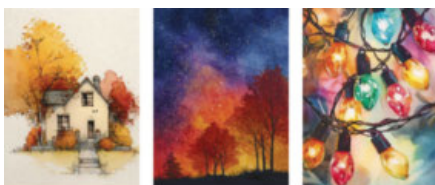
Watercolors Instructor: Katherine Downie

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

Nov - Autumn skies, trees, and Cozy Scenes

Dec - Colorful lights

Day	Date	Time	Price
Thu	Nov 6-20	1:30-3:30pm	\$39
Thu	Dec 4-18	1:30-3:30pm	\$39



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

Canvas & Cookies Instructor: Katherine Downie

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

Nov - Glowing Lamp

Dec - Glowing Tree

Day	Date	Time	Price
Fri	Nov 7	12-2:30pm	\$25
Fri	Dec 12	12-2:30pm	\$25



Tiny Acrylics Painting Circle Facilitator: Terrie Eroh

Rediscover your creative spark, play with paint in this laid-back class. Terrie will guide you through her process for painting on tiny canvases - a fun activity for anyone. But it's not just about the art, it's about connecting with others through art. Note that in Nov class is free, but we ask that you leave your paintings at SASC so that we may gift them to Meals on Wheels clients for the holidays.

Day	Date	Time	Price
Tue	Nov 11	1-3pm	Free
Tue	Dec 9	1-3pm	\$5

Mosaic Ornaments Instructor: Carol Torssell

Get creative and have fun! Design your two or three mosaics holiday ornaments, approximately four inches. Perfect for yourself or a loved one! You will have the option to grout. **Deadline:** Nov 6

Day	Date	Time	Price
Thu	Nov 13	12-3pm	\$40



Bookbinding 101

Instructor: Katherine Downie

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

Day	Date	Time	Price
Thu	Nov 13, 20	11:30am-1pm	\$28



Pastels: Autumn Leaves

Instructor: Katherine Downie



Perfect for beginners, this class teaches essential techniques like blending, layering, and creating depth, while exploring light, shadow, and texture using both oil and chalk pastels. Katherine provides materials, but if you have your own, feel free to bring them.

Deadline: Nov 10

Day	Date	Time	Price
Mon	Nov 17-Dec 1	11am-12:30pm	\$36

Holiday Button Art

Instructor: Carol Torsell

Create a tree or wreath using buttons on a linen covered canvas board, embellished with your choice of beads and jewelry pieces. No grouting in this class!

Day	Date	Time	Price
Tue	Nov 18	1-3pm	\$30



Intergen Crafternoon with Liberty Club

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

Nov - Painting/decorating wood crafts

Dec - Fun with contact paper

Day	Date	Time	Price
Tue	Nov 18, Dec 16	1:30-2:30pm	Free

Ukrainian Pysanky Ornament

Instructor: Katherine Downie



These eggs are decorated using the wax-resist (batik) method. Covered in motifs taken from Slavic folk art, you'll also find these decorated eggs in many parts of Eastern Europe. You'll create your own

pysanky ornament in the class. **Deadline:** Nov 25

Day	Date	Time	Price
Tue	Dec 4-18	11:30am-1pm	\$30

Holiday Hand Sewn Flower Workshop

Facilitator: Marie Hamlin

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

Day	Date	Time	Price
Mon	Dec 8	10am-12pm	\$5

Holiday Floral Design

Facilitator: Carol Torsell



Huron Valley PACE

You'll learn how to select, prepare, and arrange flowers using a container and oasis. This will also include a taper candle and hurricane glass. All materials included. Thank you to our sponsor Huron Valley PACE. **Deadline:** Dec 10

Day	Date	Time	Price
Mon	Dec 15	10am-12pm	\$35



Music Ensembles

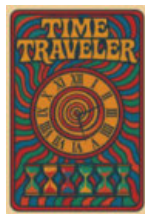
All ensembles are \$1 drop in each time to help with the cost of printing.

SASC Recorder Ensemble

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

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

Time Traveler (formerly known as Golden Groovin' Band)



This jam band is made up of several guitarist and a bassist, they are seeking a drummer or someone to help keep the beat. Stop into a rehearsal, you may just start singing along. They are performing at the 109 Cultural Exchange on Dec 4. See page 4 for more details.

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

Beginning Guitar Instructors: Dave Hubbard & Mark Rakowski

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

Day	Date	Time	Price
Wed	Nov 12, 26; Dec 10	9-10am	\$1

Salt City Ukes

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

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



Clubs/Social Opportunities

SAS-C Writers

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

Day	Date	Time	Price
Thu	Nov 6, 20; Dec 4, 18	10-11:30am	Free

Sassy Players Drama Club

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

Day	Date	Time	Price
Thu	Nov 6, 20	11:30am-12:30pm	Free
Thu	Dec 4, 18	11:30am-12:30pm	Free

Romeo Group

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

Day	Date - Location	Time
Wed	Nov 12 - Black Rock Bar & Grill, 3776 S. State Street, AA, 48108	11:45am
Wed	Dec 10 - Mac's Acadian Seafood, 104 E. Mich. Ave., Saline, 48176	11:45am

Juliet Group

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

Day	Date - Location	Time
Wed	Nov 19 - DropTop Pizza - 107 W. Mich. Ave., Saline, 48176	4:30pm
Tue	Dec 16 - Brecon Grille, 101 W. Mich. Ave., Saline, 48176	4:30pm

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

Good Grub Social Club

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

Day	Date - Location	Time
Thu	Nov 13 - Olive Garden, 445 E. Eisenhower, AA 48108	11:30am
Thu	Dec 11 - First Watch, 3059 Oak Valley Dr., AA 48103	9:30am

Silver Shutterbugs Photography Club

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

Day	Date	Time	Price
Mon	Nov 17, Dec 15	9:30-11am	Free



The Silver Shutterbugs enjoy meeting offsite for photography trips.

Dementia Friends Activity Group

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

Day	Date	Time	Price
Tue	Nov 18, Dec 16	11am-12pm	Free

Classic Movie Time Facilitator: Eva Benevento

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

Nov - *Whirlpool*
Dec - *The Bishop's Wife*

Day	Date	Time	Price
Wed	Nov 12, Dec 10	2:30-5pm	\$1/day

Knitting, Crochet, & Craft Club

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

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



New member Carrie is learning how to knit!

Intergen Woodcarving Club

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

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

Breakfast Club

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

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

SASC Book Club

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

Nov - *James*, by Percival Everett
Dec - *The Mostly True Story of Tanner and Louise*, by Colleen Oakley

Day	Date	Time	Price
Fri	Nov 14, Dec 12	10-11:30am	Free

Matinee Movies

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

Nov 7 - *Love Actually* (R)
Nov 21 - *It's a Wonderful Life* (PG)
Dec 5 - *Spirited* (PG-13)
Dec 19 - *Christmas Vacation* (PG-13)

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

Games

Brain Games & Breakfast Facilitator: Eva Benevento

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

Day	Date	Time	Price
Mon	Nov 10, Dec 8	10-11am	\$2

Trivia Nights Quizmaster: Scott Brodie

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

Day	Date	Time	Price
Mon	Nov 10, Dec 8	5-6pm	\$2

Intergen Game Nights

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

Day	Date	Time	Price
Mon	Dec 8	6-7:30pm	Free

Holiday Bingo

This event includes Cottage Inn pizza, pop, and prizes, sponsored by Nu2u Again. We will eat around 12:50pm with game play to follow. Please arrive around 12:30pm to pick your cards. There is no extra charge for cards. **Deadline:** Dec 17

Day	Date	Time	Price
Fri	Dec 19	12:30-3pm	\$5



Euchre Tourney

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

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

Ongoing Cards & Games

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

Dementia Friendly Games

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

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

Bingo

Game play begins at 1pm, please arrive by 12:45pm. About halfway through there will be a break for snacks (provided by players) and socializing.

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

Oral History Project

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

Medicare/Medicaid Appointments

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

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

Please note, if at anytime you need an appointment sooner than Donna can schedule you please call AgeWays (formerly Area Agency on Aging) at 800.852.7795 or MMAP at 800-803-7171.



Saline Meals on Wheels



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

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

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

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

SASC Legacy Program



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

DONATION LEVELS:

Donor - \$200-\$1,000

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

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

Once you donate, your nameplate will be placed on the legacy wall in the SASC hallway. Donations are tracked and nameplates will be moved to the proper location on the legacy wall over time. You'll receive a tax deductible letter for your donation. We appreciate your consideration. Every dollar helps.

Transportation Options

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

People's Express: Call **(877) 214-6073** Mon-Fri, 10am-7pm for scheduling. Saline residents may travel for \$4 each way, seniors and persons with disabilities are \$2 each way within city limits, includes trips to Walmart or Saline High School. Trips leaving the City are priced per mile.

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

CARES Recreation Millage



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

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

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

The SASC Library

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

Laptops and iPads

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

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

Room Rentals

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

Scholarships

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

Donations/Volunteers Needed

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

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

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

If you would like to give of your time, we have various volunteer opportunities available, including Meals on Wheels substitute driving positions.



Bag & Jewelry Sale Fundraiser

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



Member's Pre-Sale
Friday, November 14
1-3pm

Public Sale
Saturday, November 15
9am-12pm

7190 N. Maple Rd. | 734.429.9274
salineseniors.org | facebook.com/salineseniors

SASC's New Year's Celebration

Tuesday, December 30
5-8pm
\$25/member
\$30/non-member
Deadline to register: Dec 19

Back by popular request is the Depot Town Big Band for live music and dancing! This celebration will take place at the Saline American Legion, 320 W. Michigan Ave. Upon registration select your dinner choice: Chicken or Mississippi Roast, along with sides, salad, and dessert. A cash bar will also be available.



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Saline Area Senior Center's

50/50 Raffle

Drawing held on Dec 17, 12pm

Tickets \$2 each

Grand Prize: 50% of the funds brought in, minus expenses.

Runner up prizes include gift cards to local businesses:

Dan's Downtown Tavern, Nu2u Again, City Limits, Busch's, and Saline Inn.

Last year's winner took home nearly \$2,600! Winner need not be present. You can also purchase tickets online at salineseniors.org or at the SASC Front Desk.

This fundraiser benefits SASC's Scholarship Fund.



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