



# SASC

November/December 2023

# Newsletter



*Memberships available  
for those age 45+*

Saline Area Senior Center • 7190 N. Maple • Saline, MI, 48176  
734.429.9274 • [salineseniors.org](http://salineseniors.org)

## 2024 SASC Memberships

If you are 45+, register now for your 2024 Membership to access our FREE program offerings at SASC and member rates on programs. Non-members are allowed to participate in paid classes for an additional \$5 per class. Free classes are only included in memberships. Members will receive weekly email updates and emailed newsletters every other month. **\*If you would like your newsletter mailed, first-class postage, there is an additional fee of \$12 for the year.**

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

### Annual Membership, Jan-Dec 2024

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

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## SASC Fitness Membership

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

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

### FITNESS MEMBERSHIP RATES

**Training Fee:** \$10 Staff will do a training with you, possibly in a small group, to show you how to utilize the equipment properly.

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

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

## SASC Board Meetings

The upcoming Board meetings are scheduled for **Mon, Nov 20** and **Mon, Dec 18, at 9am.** Board Meetings are typically the third Monday of the month at 9am. Members are always welcome to attend. Meetings are held in person but if you'd like to attend virtually, please notify us and we will send you a link. The General Membership Social is Wed, Dec 20 at 11:30am. Please see page 5 for full details.



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

**On the cover:** Jack and Pam Ceo pose for our 2022 New Year Celebration. See page 5 for details on our 2023 celebration.

**SASC will be closing for Thanksgiving on Wed, Nov 22 at 4pm through Fri, Nov 25.**

**Closed Mon-Tue, Dec 25-26 and Jan 1-2, in observance of the holidays.**

# Updates / Raffle

## SASC Notes

**Effective for 2024 Memberships:** Due to rising postage rates, there will be a \$12 charge if you'd like to have your newsletter mailed for the year (\$2 per newsletter), which will be first-class postage. If you choose to receive your newsletter via email or pick it up at SASC, or another location in the city, there will be no additional fee. Please notify us if you are homebound or have a hardship and require assistance in receiving the newsletter. Thank you for your understanding.

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

**Please call or visit the office to register for all programs, even if they are free.**

Register early to increase the chance of us being able to run the programs. If we don't reach the minimum for programs, we have to cancel them. You may utilize the online registration system, or sign up in person. Payments are not taken over the phone.

## SASC Gift Certificates for Purchase

Put an SASC Gift Certificate on your wish list this season, to be used for memberships or programs! They can be purchased in any amount for a special person in your life or your family members can purchase one for you!

Specific gift certificates are also available for massage or reflexology.

## Maple Road Construction

Maple Rd. from Michigan Ave. to Saline District Library, will be closed due to the City of Saline's Eastbelt project through Dec. It will be best to access SASC off Thibault Dr. from Saline-Ann Arbor Rd. for the duration.

If possible, you will want to avoid leaving or coming to SASC from about 2:45-3:10pm to reduce your chances of sitting in traffic. We invite you to use our library or join the fitness room to extend your stay and avoid the traffic.

## SASC 50/50 Raffle Fundraiser

Our 7th Annual 50/50 Raffle is going on now. This fundraiser is critical to support SASC and those in need. Funds go towards scholarships for members that need assistance, so they may participate in fee-based programs. Over the years, you have helped us raise over \$10,000 for this purpose.

Three tickets were mailed to you in early Oct. We ask that you either purchase or sell these tickets. You may also purchase more online at salineseniors.org or at the front desk. The drawing will be held Dec 20 at our General Membership Social/Holiday Party. The winner will receive 50% of the funds we bring in, minus expenses. Runner up prizes include gift cards to Baker's Nook, McPherson Local, Paradise Mexican, and Salt Springs Brewery. If you do not want to purchase or sell your tickets, please return them to the SASC Office.

**If you would like to help sell raffle tickets at the Saline Craft Show, Busch's, or the Farmer's Market, please let us know.**

## Saline Area Social Service (SASS) Adopt-a-Family Program



This year SASC will adopt a family and a senior for the holidays. We will have a "giving tree" in the hallway with tags for you to choose. Each tag will have an item for you to purchase with the information on the gender and age. SASS asks that you purchase items locally in case something needs to be returned. Please bring items to SASC by Thu, Dec 7. Thank you for your support!

## SASC Health Fair

THANK YOU to our many member volunteers who pitched in and made our Oct 6 Health Fair a success. Much gratitude to our sponsors, especially Platinum Sponsor, EHM, and Gold Sponsor, Trinity Health IHA Medical Group.



# New Programs / Special Events

## Spreading Joy with Painted Rocks Facilitator: Cheryl Oliver, SASC Member

A painted rock, sometimes called a kindness stone, is a rock someone has taken and decorated with the purpose of spreading joy to others. Come try your hand at painting a few rocks. Materials are included.

Day	Date	Time	Price
Tue	Dec 5	12-2pm	\$5

## AAA Keeping the Keys Presenter: Christian Robison, Driving Instructor

AAA is dedicated to keeping seniors driving for as long as possible. Older Americans today are healthier and more active than ever before and, for the first time in history, we must plan for our "driving retirement" just as we plan for our financial retirement. However, as we age, our ability to drive safely is affected by natural changes to our bodies over time. It is our responsibility as drivers to stay educated in traffic laws, evolving vehicle technology, and the ever-changing roadway. AAA's "Keeping the Keys" touches on these topics and discusses steps senior drivers can take to stay driving longer and safer.

Day	Date	Time	Price
Thu	Nov 16	11am-12:30pm	\$20

## Fall Concert Alicia Doudna, Violin & Andrew Kratzat, Bass

Music instructor, Andrew and his fiancée, Alicia will perform a fall program of original compositions and arrangements. Despite being in a devastating car accident over ten years ago, Andrew and Alicia have found healing through music. Andrew continues to compose and teach and Alicia teaches and has performed with several symphonies including the Adrian Symphony and Jackson Symphony. Please register by Nov 6.

Day	Date	Time	Price
Tue	Nov 7	1pm	Free



## Euchre Tournament

A fun and relaxed evening of Euchre! Arrive at 5pm for dinner. Game play starts at 5:30pm. We will play 8 games and take a break after game 4. Prizes are awarded for top two scores, most loners, and last place. Sponsored by The Redies Outpatient Therapy Center. Register by Nov 3.

Day	Date	Time	Price
Wed	Nov 8	5-8:30pm	\$10/15



## Veterans Banquet Celebration

Saline Mayor Brian Marl will be acting as Master of Ceremony during this year's celebration to celebrate our Veterans. Kate Melcher, Executive Director of Fisher House of Michigan and David Saims, Director of Washtenaw County Department of Veteran Affairs will be addressing those assembled. After the presentation we will recognize the veterans in attendance and then enjoy a delicious dinner that will be provided by the local Saline American Legion. **Veterans attend for free.** Please specify your military branch when registering. Sponsored by United Health Care. THANK YOU FOR YOUR SERVICE!

Day	Date	Time	Price
Mon	Nov 13	4-6pm	\$8



# Special Events

## Diwali Social

**Presenter: Priti Kaur, Tiffin Tonight**



Diwali is the Hindu festival of lights with variations celebrated all over India. Come learn about the holiday while enjoying snacks from Tiffin Tonight, and try your hand at henna!

Day	Date	Time	Price
Wed	Nov 15	11:30am-12:30pm	\$10

## Bag & Jewelry Sale Fundraiser

We are taking donations of new or gently used handbags, scarves, jewelry, and wallets. THANK YOU for your generosity and support! Mark your calendar for our fall sale. SASC Members can shop early on Nov 17, 2-3:30pm.

Day	Date	Time	Price
Sat	Nov 18	9am-12pm	Free

## Santa Paws



Bring your fur-child(ren) to meet and get a photo with Santa Joe Eadie! **Pets must be well-behaved and on a leash.** Call SASC after Nov 1 to schedule your appointment. Fee is donation-based, with SASC and the Huron Valley Humane Society splitting the donations 50/50. Sponsored by Promedica, there will also be a fun door prize to raffle off.

Day	Date	Time	Price
Mon	Dec 4	1-2:30pm	Donation



## Comfort & 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 a light lunch, a warm cozy beverage and some tasty snacks provided by Linden Square Assisted Living. We will be enjoying the movie *Spirited*. *Spirited* is a modern retelling of Charles Dickens's 1843 novella *A Christmas Carol* and a satire of the various adaptations since. The film stars Will Ferrell, Ryan Reynolds, and Octavia Spencer.

Day	Date	Time	Price
Mon	Dec 11	12-3:00pm	\$8

## Holiday General Membership Social

Come for a brief update about the center from the SASC Director, Comm Ed Director (schools), and City of Saline Rep. Then enjoy lunch and socializing with friends. Lunch will be prepared by the SAS Culinary Arts Program; salad, chicken picatta, two veggies, and a dessert selection. Entertainment provided by The Strings of Saline. If space remains after the deadline on Dec 15, a \$2 late fee will be added.

Day	Date	Time	Price
Wed	Dec 20	11:30am-1pm	\$8

## Cookie Exchange and White Elephant Social



Who doesn't love another reason to celebrate the holidays? To participate in this event, please bring 2-3 dozen homemade cookies and a wrapped gift, either handmade, gently used, or new, and under \$10. Pizza and pop is included. Register by Dec 18.

Day	Date	Time	Price
Thu	Dec 21	12-1pm	\$5

## New Year Celebration: Murder Mystery



You won't want to miss this year's interactive Murder Mystery, *The Great Gatsby's Last Gasp*, and dinner from Briskets and Biscuits. Don your Roaring Twenties outfit, if you choose, and be ready to solve a murder! Please specify your choice when registering: 1) Roasted Veggie Farro Risotto, 2) Spinach and Swiss Stuffed Chicken (gluten free), or 3) Pan Roasted Pork Tenderloin. We'll also have hors d'oeuvres and mocktails to get the evening started. If space remains after the deadline on Dec 22 there is a \$5 late fee. Thank you to our generous sponsors, Nu2u...Again, ComForCare, Steadfast Chiropractic, and Cambrian Assisted Living.

Day	Date	Time	Price
Fri	Dec 29	5-8pm	\$25



# Fitness

## Drums Alive Instructor: Jerry Powell

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

Day	Date	Time	Price
Mon	Oct 23-Nov 27	10-11am	\$42
Mon	Dec 4-Dec 18	10-11am	\$21

## Zumba Gold Instructor: Laurel Larson

Zumba is not as intimidating as you think - just keep moving to the beat! Zumba Gold is a modified Zumba class for active older adults that recreates traditional Zumba moves at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination. Laurel makes time fly with her upbeat music and attitude.

Day	Date	Time	Price
Mon	Oct 16-Nov 13	11:15am-12:15pm	\$35
Mon	Nov 27-Dec 18	11:15am-12:15pm	\$28



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

Practice while sitting in a chair or standing using a chair for support. This workout is suitable for all fitness levels. Breath work, relaxation and core work are explored each day. You will use two chairs at SASC. Bring some water to sip on. **No class Nov 20.**

Day	Date	Time	Price
Mon	Nov 6-Dec 18	4:15-5:15pm	\$42

## Fit for Life Instructor: Laurel Larson

Start your morning off with this energizing strength class! After a warm up, this class will provide a complete upper and lower body workout using light hand weights (you pick the weight). You will increase your flexibility, strength, joint stability, balance and cardiovascular endurance. A chair is used for standing support, stretching and relaxation exercises. Come, join, and Stay Fit For Life!

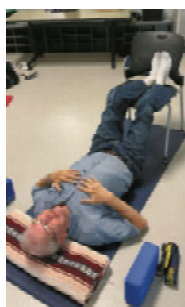
Day	Date	Time	Price
Tue	Oct 17-Nov 14	8:45-9:45am	\$35
Tue	Nov 21-Dec 19	8:45-9:45am	\$35
Thu	Oct 19-Nov 16	8:45-9:45am	\$35
Thu	Nov 30-Dec 21	8:45-9:45am	\$28

## Balance Strong Instructor: Amy Leighton

This class will focus on core strength and recognizing your imbalances to help you feel strong on your feet. In this class we will focus on improving balance with strength exercises and flexibility that are core focused. This class will be a little more challenging than Balance Strong Beginning.

Day	Date	Time	Price
Tue	Oct 17-Nov 14	10-11am	\$35
Tue	Nov 28-Dec 19	10-11am	\$28

## Adaptive Hatha Yoga Instructor: Patty Hart



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

Day	Date	Time	Price
Tue	Dec 5-Dec 19	11:15am-12:45pm	\$27
Wed	Dec 6-Dec 20	1-2:30pm	\$27

# Fitness / Walking

## Strong Bones

**Instructor: Redies Center Therapists**

This low to medium-impact exercise program helps build and maintain strong bones. The focus is to help participants improve bone and overall health through exercise. These exercises include strength training, balance, and gentle stretching. Information on nutrition, safety training, and bone health education will also be shared. See page 19 for instructor Carolyn Minnette's biography.

Day	Date	Time	Price
Wed	Nov 8-Dec 13	12-12:45pm	\$36



## Outdoor Winter Walking Yoga

**Instructor: Jo Ann Yates**

Walk outdoors with Jo Ann. You will learn how a walker warms up, how to center yourself and keep present. You will be led through standing stretches, stepping with the breath, and walk with relaxing thoughts. Wear warm clothes and proper fitting shoes. Meet at the Senior Center, walk to the path by the library, stretch and then continue walking. Each class teaches you to leave past regrets behind while bringing in new helpful thoughts by the close of your time together. **No class Nov 22.**

Day	Date	Time	Price
Wed	Nov 8-Dec 20	3-4pm	\$42

## Not Your Mama's Chair Yoga

**Instructor: Jo Ann Yates**

No need to bring your props to this class because we actually use a second chair for comfortable stretching out! We do come out of the chair to do some balancing poses, plus a modified sun salutation. Sun salutation is a series of poses traditionally used to warm up for stretching. You will want your water bottle to stay hydrated during class. Namaste all day! **No class Nov 22.**

Day	Date	Time	Price
Wed	Nov 8-Dec 20	4:15-5:15pm	\$42

**Tai Chi will be back in January!**

## 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**

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. Each class will include a 15 minute relaxing stretch.

Day	Date	Time	Price
Thu	Oct 19-Nov 16	10-11:15am	\$40
Thu	Nov 30-Dec	10-11:15am	\$32

## Tai Chi Practice

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

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

## Senior Striders Outdoor Walking



We meet every **Thursday at 9am**. An SASC staff member will accompany you on a one to two mile walk.

Each week we will depart from the front doors of SASC. Please register at the front desk so Andrea can update you on any changes. Walks will be cancelled if there is inclement weather.

Day	Date	Time	Price
Thu	Ongoing	9am	Free

# Pickleball / WCC Emeritus

## Pickleball

**Location: Liberty School Gym**  
**Volunteer Coordinator: Paul Backlas**

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

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

**Please contact Andrea Lewis to receive the monthly calendar and weekly updates** to the schedule at [lewisa@salineschools.org](mailto:lewisa@salineschools.org).

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

Day	Date	Time	Price
Tue, Thu, Fri	Ongoing	3:30-5pm	\$3, \$5

## Learn to Play Pickleball Clinics

Have you heard about the fun our SASC Pickleball group has been having but you've been hesitant to join because you don't know how to play? Our member volunteer Paul Backlas and several other players are here to help! The goal is to teach the game, including the rules, techniques, and tips to make you feel comfortable playing in a group setting. **Clinics will be held at Liberty School. Please contact Andrea to receive November and December dates when they are available.**

Day	Date	Time	Price
Tue	Nov	TBD	\$20
TBD	Dec	TBD	\$20

## Ping-Pong

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

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

## Pickleball Tutor Machine Rental at SASC



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!

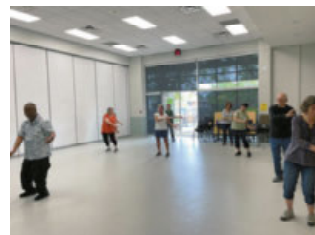
Day	Date	Time	Price
Mon	Ongoing	5:45-6:45pm & 6:45-7:45pm	\$30
Wed	Ongoing	5:45-6:45pm & 6:45-7:45pm	\$30

## WCC 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+.** Those meeting this criteria can register for **one free class each session at SASC.**

WCC classes will resume in January 2024. During this Winter session we will be offering Tai Chi Beginning, Line Dancing and Strength Conditioning. **Details for these classes will be listed in the Jan/Feb Newsletter.**





# Medicare / Health & Wellness

## Medicare Open Enrollment

Medicare Open Enrollment is Oct. 15-Dec. 7. It is the one time of year that you can make changes to your Part D Drug Plan, switch from Original Medicare to a Medicare Advantage Plan (Part C), switch from one Medicare Advantage Plan to another, or switch from a Medicare Advantage plan to Original Medicare. Changes will take effect Jan 1, 2024. If you currently have a Part D (the Medicare prescription drug) plan or a Part C (Medicare Advantage) plan, you should have received an Annual Notice of Change in September that lists any changes for 2024. It is recommended that you do a "benefits checkup" during Open Enrollment every year. Even a small change in a plan's drug prices or changes to the drugs included in the plan's prescription formulary can impact price, so it's worth taking a fresh look. If you would like to schedule a one-on-one appointment to review your plan with our MMAP counselor, Donna DiFranco, see below. You can find general information at medicare.gov. You can also call the Michigan Medicare/Medicaid Assistance Program at 800.803.7174 for any questions.

### Medicare Appointments Counselor: Donna DiFranco, MMAP

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

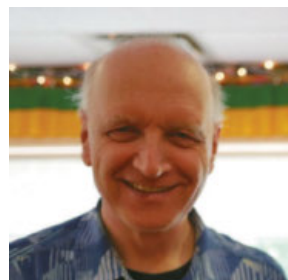
- Explain Medicare health plan options and eligibility requirements
- Understand what is/isn't covered by Medicare
- Understand doctor bills, hospital bills and Medicare Summary Notices
- Understand Medicare/Medicaid enrollment timelines
- Review your Medicare supplemental ("Medigap") insurance needs,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

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

## Meditation Facilitator: Hartmut Sagolla

Why meditate? Meditation builds focus and awareness, essential conditions for a clear and stable mind. Meditation helps us more honestly engage with ourselves and the world around us. These classes offer hands-on experience with the basic elements of meditation using the breath and techniques for coping with distracted or drowsy moments. Classes are open to all - newcomers to meditation, long time meditators, and those looking for group meditation with others. Leave feeling peaceful and relaxed. You are welcome to bring a comfortable cushion and blanket. This program is generously sponsored and facilitated by Jewel Heart Tibetan Buddhist Center. **No session on Nov 23.**

Day	Date	Time	Price
Thu	Ongoing	3-3:50pm	\$5/class



Hartmut Sagolla studied Tibetan Buddhism with Gelek Rimpoche and other Tibetan teachers for over 35 years and is a Jewel Heart instructor. He has been working as Program Director of Jewel Heart since 2002.

### Thrive through Transitions: Your Journey to Lifelong Well-Being Presenter: Sarah Camp

Explore how to embrace change with confidence and learn what it means to have lifelong well being. This workshop will cover topics such as the recipe for healthy aging, coordinating your healthcare, building meaningful connections, and how to prepare for life's challenges.

Day	Date	Time	Price
Tue	Nov 28	10-11am	Free

# Health & Wellness

## Full Body Massage Sissel Bridges, Licensed Massage Therapist

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

Appointments available Thursdays, 11am-3pm.

30 min - \$26 / 45 min - \$38 / 60 min - \$50  
Call Sissel at 734.383.4387 to book your appointment today.

## Foot Care Clinic Provider: Heather Schanz, BSN, RN, CDP

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

Day	Date	Time	Price
Wed	Nov 8	2-7pm	\$45
Wed	Nov 29	12-4pm	\$45
Wed	Dec 13	2-7pm	\$45
Wed	Dec 20	12-4pm	\$45

## MOCA Memory Testing Administrator: Andrea Lewis

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



## Reflexology Lorraine 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 9 & 30	9-11am	\$30/\$50
Thu	Dec 14 & 28	9-11am	\$30/\$50

## Monthly Blood Pressure Check Facilitator: Beacon Hospice

Beacon Hospice will be on site the third Wednesday of each month to offer free blood pressure checks. They will bring cards for you to track your blood pressure from month to month. Come every month to assist in tracking your health!

Day	Date	Time	Price
Wed	Nov 15 & Dec 20	11am-12pm	Free

## Unlocking Mental Agility: Focus on Challenging Your Brain for a Healthy Mind Presenter: EHM LifeChoices

Supercharge your brain! Exercise isn't just for the body-your mind craves a workout too. Join us as we explore ways and resources to keep your brain sharp and strong as you age. We will also touch on tips and enrichment ideas for those with a dementia diagnosis. Whether you're seeking to boost your own brain function or provide support for a loved one with dementia, you will leave with plenty of resources and tools to enrich the brain!

Day	Date	Time	Price
Tue	Nov 7	10-11am	Free



# Health & Wellness

## Stop the Bleed

**Facilitator: Joseph Keen, Trinity Health**

Joseph Keen gave us an overview of this important program at our Annual Mayor's Conference in August. Now he is back to provide us the full program. With three quick actions, you can be trained to save a life. The number one cause of preventable death after injury is bleeding. That's why we want to train you how to STOP THE BLEED®.

Day	Date	Time	Price
Fri	Nov 17	9-10:30am	Free



## Patient Advocate, Be

### Empowered in Your Health Care

**Presenter: Bernadette Beach, BSN, MSN**

Healthcare has changed radically in the past 50 years. For seniors right now, it can be confusing, confounding and just doesn't make sense. Advocating for ourselves in healthcare has various benefits and may make you more satisfied overall with the experience. In this talk, Registered Nurse, Bernadette Beach, will address how you can be your own best advocate, have resources available to assist you in this task, explain when you need to seek more experienced help and steps to take to prepare you for this undertaking. It will also address how and why to communicate with family and friends about healthcare decisions.

Day	Date	Time	Price
Tue	Nov 21	10:30-11:30am	Free

## SASC Blood Drive

There is a critical blood shortage in the US; when blood donations are low, it can take weeks to build inventory back up. To donate at the Versiti Blood Drive, please go to [https://donate.michigan.versiti.org/donor/schedules/drive\\_schedule/154265](https://donate.michigan.versiti.org/donor/schedules/drive_schedule/154265) to schedule an appointment or call SASC for assistance.

Day	Date	Time	Price
Fri	Dec 1	11:30am-4pm	Free

## Care Management by

### Natalie Consultation Appointments

**Facilitator: Sarah Camp**

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

Day	Date	Time	Price
Mon	Nov 13	12-2pm	Free
Mon	Dec 11	12-2pm	Free

## Probility Balance Assessments

**Facilitator: Probility Physical Therapy**

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

Day	Date	Time	Price
Fri	Nov 10	1-2pm	\$10
Fri	Dec 8	1-2pm	\$10



## Navigating Tomorrow: Fearless Approaches to Future Care Planning

**Presenter: EHM Life Choices**




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

Day	Date	Time	Price
Tue	Dec 12	10-11am	Free

# November 2023

Mon	Tue	Wed	Thu	Fri
		1	2 Senior Striders ongoing 9-10am  Mosaics: Holiday Ornaments 10am-12pm  SAS-C Writers 10-11:30am  Watercolors begins 1:30-3:30pm  Meditation ongoing 3-3:50pm	3 Breakfast Club ongoing 9:30-10:30am  Movie: <i>The Little Mermaid</i> 10am-12pm  Bingo ongoing 12:30-3pm  Salt City Ukles ongoing 1-2pm
6 Recorder Ensemble ongoing 1-2pm  Ping Pong ongoing 2-4pm  Tech Lessons ongoing 2:30-4:45pm  Brain, Breath & Bend Chair Yoga begins 4:15pm-5:15pm	7 Unlocking Mental Agility 10-11am  Fall Concert 1pm  Pickleball ongoing 3:30-5pm	8 Strong Bones begins 12-12:45pm  Foot Care Clinic 2-7pm  Outdoor Winter Walking Yoga begins 3-4pm  Not Your Mama's Chair Yoga begins 4:15-5:15pm  <b>Euchre Tournament 5-8:30pm</b>	9 Reflexology 9-11am  Saline Singers 10-11am  Tai Chi Practice ongoing 11:30am-12:30pm  Pickleball ongoing 3:30-5pm	10 Bookworm Club: <i>Ordinary Grace</i> 10-11:15am  Canvas & Cookies 12-2pm  Balance Assessments 1-2pm  Pickleball ongoing 3:30-5pm
13 Care Management Consultation Appointments 12-2pm  Ceramics: Stamped Plate 1-3pm  Trivia Time 2:30-3:30pm  <b>Veterans Day Celebration 4-6pm</b>  Intergen Game Night 6:15-7:45pm	14 Travelogue: Western Europe 10am-12pm  Medicare Scholar 101 10:30am-12pm  Zendoodle Club 12:30-2pm	15 Blood Pressure Checks 11am-12pm  <b>Diwali Social 11:30am-12:30pm</b>  Classic Movie Time: <i>The Maltese Falcon</i> 2:30-5pm  Tech Lessons ongoing 2:30-4:45pm	16 AAA Keeping the Keys 11am-12:30pm  SAS-C Writers 10-11:30am  Good Grub Lunch Club: Life is Sweet Bakery & Cafe 11:30am  Ping Pong ongoing 1:30-3:30pm	17 Stop the Bleed 9-10:30am  Movie: <i>Theater Camp</i> 10am-12pm  <b>Bag Sale Fundraiser Members Presale 2-3:30pm</b>  <b>Public Sale Sat, Nov 18 9am-12pm</b>
20 Silver Shutterbugs 10:15-11:30am  Ceramics: Stamped Plate 1-3pm	21 Fit for Life begins 8:45-9:45am  Patient Advocate Presentation 10:30-11:30am  Intergen Crafternoon 1:30-2:30pm	22 SASC Roundtable ongoing 9:30-11am  School of Rock for Guitar ongoing 10-11am  Knitting/Crochet Club ongoing 12:45-2pm	23 SASC CLOSED   A graphic with the text "THERE'S ALWAYS SOMETHING TO BE THANKFUL FOR" in a stylized, orange font.	24 SASC CLOSED   A graphic showing a whole orange pumpkin and a slice of pumpkin pie on a woven basket.
27 Brain Games & Breakfast 10-11am  Zumba Gold begins 11:15am-12:15pm	28 Balance Strong begins 10-11am  Thrive Through Transitions 10-11am  Zendoodle Club 12:30-2pm	29 Foot Care Clinic 12-4pm  <b>A Christmas Carol Trip 12-9pm</b>  Enhancing Your Navigation 2:30-3:30pm  Woodcarvers Club ongoing 5:30-7pm	30 Fit for Life begins 8:45-9:45am Reflexology 9-11am  Balance Strong Beginning +Stretch begins 10-11:15am  Genealogy Club 11:15am-1:15pm  Pysanky: Holiday Eggs begins 11:30am-1pm  Intro to Watercolors 1:30-3pm	

# December 2023

Mon	Tue	Wed	Thu	Fri
				<p>1</p> <p>Movie: <i>You Are So Not Invited to My Bat Mitzvah</i> 10am-12pm</p> <p>Versiti Blood Drive 11:30am-4pm</p>
<p>4</p> <p>Drums Alive Begins 10-11am</p> <p><b>Santa Paws 1-2:30pm</b></p>	<p>5</p> <p>Travelogue: Turkey 10am-11:30am</p> <p>Adaptive Hatha Yoga begins 11:15am-12:45pm</p> <p>Spreading Joy with Painted Rocks 12-2pm</p>	<p>6</p> <p>Good Grub Lunch Club: Anna's House 11am</p> <p>Adaptive Hatha Yoga begins 1-2:30pm</p>	<p>7</p> <p>SAS-C Writers 10-11:30am</p> <p>Watercolors begins 1:30-3:30pm</p> 	<p>8</p> <p>Bookworm Club: <i>Spare</i> 10-11:15am</p> <p>Canvas &amp; Cookies 12-2pm</p> <p>Balance Assessment 1-2pm</p>
<p>11</p> <p>Care Management Consultation Appointments 12-2pm</p> <p><b>Comfort &amp; Joys 1-3:30pm</b></p> <p>Intergen Game Night 5-7pm</p>	<p>12</p> <p>Navigating Tomorrow 10-11am</p> <p>Zendoodle Club 12:30-2pm</p>	<p>13</p> <p>Foot Care Clinic 2-7pm</p> <p>Classic Movie Time: <i>It's a Wonderful Life</i> 2:30-5pm</p>	<p>14</p> <p>Reflexology 9-11am</p>	<p>15</p> <p>Movie: <i>The Intern</i> 10am-12pm</p> <p>Holiday Floral Design 10am-12pm</p> <p>Holiday Bingo 12:30-3pm</p> <p><b>Sat, Dec 16 The Nutcracker Trip 12:30-5:30pm</b></p>
<p>18</p> <p>Silver Shutterbugs 10:15-11:30am</p> <p>Trivia Time 5-6pm</p> <p>Puzzle Exchange Dec 18-22</p>	<p>19</p> <p>Intergen Crafternoon 1:30-2:30pm</p>	<p>20</p> <p>Blood Pressure Checks 11am-12pm</p> <p><b>Holiday GM Social 11:30am-1pm</b></p> <p>Foot Care Clinic 12-4pm</p>	<p>21</p> <p>SAS-C Writers 10-11:30am</p> <p><b>Cookie Exchange &amp; White Elephant Social 12-1pm</b></p>	<p>22</p> <p>Movie: <i>Father Christmas is Back</i> 10am-12pm</p>
<p>25</p> <p>SASC Closed</p> 	<p>26</p> <p>SASC Closed</p> 	<p>27</p>	<p>28</p> <p>Reflexology 9-11am</p>	<p>29</p> <p>Movie: <i>About Fate</i> 10am-12pm</p> <p><b>New Year Celebration 5-8pm</b></p>

# Creative Opportunities

## Mosaics: Holiday Ornaments Instructor: Carol Torsell

Get creative and have fun! Design your own holiday ornaments (2-3) for yourself or a loved one. You will cover it in vintage china then grout. All materials provided.

Day	Date	Time	Price
Thu	Nov 2	10am-12pm	\$30



## Watercolors Instructor: Katherine Downie

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

**Nov** - Rainy scenes  
**Dec** - Colonial candles

Day	Date	Time	Price
Thu	Nov 2-16	1:30-3:30pm	\$39
Thu	Dec 7-21	1:30-3:30pm	\$39

## 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.

Day	Date	Time	Price
Fri	Nov 10	12-2pm	\$25
Fri	Dec 8	12-2pm	\$25



Nov



Dec

## Ceramics: Stamped Plate Instructor: Jenn Lupton

Create a stamped plate using different textures and glaze colors (approx. 10"). This class is over two days. In the first class you will create the clay pieces and in the second class, you will glaze the bisque pieces. Jenn will fire your piece in her kiln and you can pick it up at SASC when it is done. Materials included. Please register by Nov 7.

Day	Date	Time	Price
Mon	Nov 13-20	1-3pm	\$56

## Zendoodle Club Facilitator: Cheryl Oliver

**NEW**

This group is welcoming to all who want to learn about and work on Zendoodle. A suggested supply list is available at the front desk.

Day	Date	Time	Price
Tue	Nov 14, 28; Dec 12	12:30-2pm	Free

## Intergen Crafternoon with Liberty Club

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

Day	Date	Time	Price
Tue	Nov 21, Dec 19	1:30-2:30pm	Free



## Pysanky: Holiday Eggs Instructor: Katherine Downie



Pysanky, also known as Ukrainian Easter Eggs, are created year round with different designs and themes. In this class you will make 2 to 3 eggs for the holidays. All materials included.

Day	Date	Time	Price
Thu	Nov 30-Dec 14	11:30am-1pm	\$45

# Creative Opportunities / Trips

## Intro to Watercolors Instructor: Katherine Downie

Have you been interested in trying out watercolors but don't know how to get started? Katherine will show you the basics in this one-time class with materials included.

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

## Spreading Joy with Painted Rocks Facilitator: Cheryl Oliver, SASC Member

A painted rock, sometimes called a kindness stone, is a rock someone has taken and decorated with the purpose of spreading joy to others. Come try your hand at painting a few rocks. Materials are included.

Day	Date	Time	Price
Tue	Dec 5	12-2pm	\$5

## Holiday Floral Design Instructor: Carol Torsell

In this class you will learn how to select, prepare, and arrange flowers and greenery using a container and oasis on theme with the holidays. All materials included.

Day	Date	Time	Price
Fri	Dec 15	10am-12pm	\$30



## Weekly Instrument Groups

In our welcoming instrumental groups, more experienced players can show you the basics while working on popular tunes, as well as socializing. Members are at different playing levels. Drop in rates are \$1.

Group	Date	Time	Price
Recorder Ensemble	Mon	1-2pm	\$1
School of Rock - Guitar	Wed	10-11am	\$1
Salt City Ukes	Fri	1-2pm	\$1

## Day Trips

Trips below are in cooperation with Pittsfield Senior Center. Sign up at SASC and your pickup/drop-off will take place at SASC, unless noted otherwise. Pittsfield will also be a stop on our route for each trip. **The trips are on luxury charter busses, minimum 28.**

## A Christmas Carol Meadow Brook Theatre, Auburn Hills

Everyone's favorite holiday classic captivates audiences for the 41st year at Meadowbrook Theatre, with the tale of a mean-spirited miser and the ghosts that haunt him. We'll travel to Meadowbrook Theatre by Luxury Coach for the 2pm show. Then we'll head to downtown Rochester to take in over 1.5 million points of glimmering light that cover the buildings. You will wander, shop, and/or eat dinner on your own, from 5:30-7:30pm. **Deadline:** Nov 1

Day	Date	Time	Price
Wed	Nov 29	12-9pm	\$105



## The Nutcracker Potter Center, Jackson

Join Ballet Chelsea for a the production of a timeless classic, "The Nutcracker." With new Artistic Director Michelle Quenon at the helm, this reimagined rendition promises to captivate audiences while preserving the cherished tradition. Prepare to be transported to a magical realm as Clara and her Nutcracker Prince embark on an enchanting journey through dazzling sets and breathtaking choreography. This production will showcase the exceptional talent of Ballet Chelsea's dedicated students and professional artists. The show starts at 2pm. **Deadline:** Nov 17

Day	Date	Time	Price
Sat	Dec 16	12:30-5:30pm	\$95

If you have trips you would like to see, please contact Nancy at 734-429-9274 or [cowann@salineschools.org](mailto:cowann@salineschools.org).

# Lifelong Learning

## Tech Lessons

Do you need basic tech support for your phone, tablet, and/or laptop? Ben Cutler can answer your questions. Ben is patient and very kind and can work with all products. You must pay upon making your reservation. There are no refunds for missed appointments. Lessons are 45 minutes.

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



Ben works with Teri on her Apple products.

## Tech Town Hall

**Presenter: SAS High School Students**

Let students from Saline Area High School help you get comfortable with technology. Bring your smart phone, tablet, or lap top computer, along with your questions and frustrations. They can help you download apps, help manage your contacts and more! This is an open house style event, but please still register for this program.

Day	Date	Time	Price
Wed	Nov 8	5-7pm	Free

## Travelogues: Western Europe & Turkey

**Presenters: George Jabol & Mark Sockness**

In Nov, enjoy George's adventures in Western Europe, then in Dec, Mark will tour you through his trip to Turkey. Refreshments provided.

Day	Date	Time	Price
Tue	Nov 14	10am-12pm	Free
Tue	Dec 5	10-11:30am	Free

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

## Medicare Scholar 101

**Presenter: Monica Ross-Williams, MBA**

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

Day	Date	Time	Price
Tue	Nov 14	10:30am-12pm	Free

## AAA Keeping the Keys

**Presenter: Christian Robison, Driving Instructor**

AAA is dedicated to keeping seniors driving for as long as possible. Older Americans today are healthier and more active than ever before and, for the first time in history, we must plan for our "driving retirement" just as we plan for our financial retirement. However, as we age, our ability to drive safely is affected by natural changes to our bodies over time. It is our responsibility as drivers to stay educated in traffic laws, evolving vehicle technology, and the ever-changing roadway. AAA's "Keeping the Keys" touches on these topics and discusses steps senior drivers can take to stay driving longer and safer.

Day	Date	Time	Price
Thu	Nov 16	11am-12:30pm	\$20

## Enhancing Your Navigation with GPS

**Presenter: Ben Cutler**

Google Maps, Apple Maps, and Waze are all excellent tools for getting from point A to point B. Come learn helpful tools, tricks, and how to use these apps on your smartphone.

Day	Date	Time	Price
Wed	Nov 29	2:30-3:30pm	Free

## Cybersecurity for All

**Presenter: James Giordani**

Hackers, Viruses, and Scammers, OH MY! Are you afraid of the dark web? Join us for a spooky cybersecurity talk where we'll explore the scary world of online threats.

Day	Date	Time	Price
Thu	Nov 30	2-3pm	Free



# Clubs / Social Groups

## Good Grub Social Club

We pick the day, time, and place to gather, eat, and socialize. Simply RSVP and come to the restaurant. All meals will be at our own cost-wise. 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.

Day	Date - Location	Time
Thu	Nov 16 - Life is Sweet Bakery & Café, 42 E. Main St., Milan, 48160	11:30am
Wed	Dec 6 - Anna's House, 445 E. Eisenhower, Ann Arbor, 48108	11am



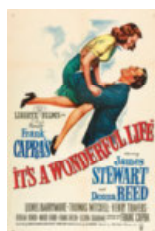
Sandei, Gigi, and Vivian are "regulars" at our Good Grub Club meetups!

## Classic Movie Time Facilitator: Eva Benevento

The Golden Age of Hollywood is from the beginning of talkies to the late 1940s, and the Silver Age from 1950 to 1967. Classic films were produced with groundbreaking filmmaking devices, the studio system, and star power that became the stuff of Hollywood magic. Join us as we view a classic film, eat popcorn, and have a discussion about the filmmaking.

**Nov** - *The Maltese Falcon*  
**Dec** - *It's a Wonderful Life*

Day	Date	Time	Price
Wed	Nov 15	2:30-5pm	\$2
Wed	Dec 13	2:30-5pm	\$2



## ONGOING SOCIAL GROUPS/CLUBS

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

## Breakfast Club

Come socialize and enjoy a breakfast treat, donated by Busch's on Friday mornings! No program Nov 24.

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

## Bookworm Club

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

**Nov** - *Ordinary Grace* by William Kent Krueger  
**Dec** - *Spare*, by Prince Harry

Day	Date	Time	Price
Fri	Nov 10, Dec 8	10-11:15am	Free

## Matinee Movies

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

Nov 3 - *The Little Mermaid* (PG)  
Nov 17 - *Theater Camp* (PG-13)  
Dec 1 - *You Are So Not Invited to My Bat Mitzvah* (PG-13)  
Dec 15 - *The Intern* (PG-13)  
Dec 22 - *Father Christmas is Back* (PG-13)  
Dec 29 - *About Fate* (R)

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

# Cards / Games

## Trivia Time Quizmaster: Mark Sockness

Mark will quiz you on various topics. Candy prizes provided by St. Joe Village.

Day	Date	Time	Price
Mon	Nov 13	2:30-3:30pm	Free
Mon	Dec 18	5-6pm	Free

## Brain Games & Breakfast Facilitator: Eva Benevento

Keep your brain sharp by solving brain puzzles as a whole group and individually while enjoying a breakfast treat. Treats provided by Promedica.

Day	Date	Time	Price
Mon	Nov 27	10-11am	\$2



Retired educator, Eva, organizes puzzles and games to keep your brain healthy!

## Intergen Game Nights

Saline High School students are back for Game Nights. Usually the group plays games like Uno, Euchre, and Rummikub.

Day	Date	Time	Price
Mon	Nov 13	6:15-7:45pm	Free
Mon	Dec 11	5-7pm	Free

## Game Room: Billiards & Darts

The Game Room is available for all members Mon/Wed 8am-8pm, Tue/Fri 8am-4pm, and Thu 8-10:30am. Occasionally the Game Room may be closed due to the need for extra programming space.

## Ongoing Cards & Games

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

## Holiday Bingo

This time bingo is free with prizes provided by St. Joe Village. Pizza and pop is \$5. Please pay by Dec 14 if you would like pizza.

Day	Date	Time	Price
Fri	Dec 15	12:30-3pm	Free

## Bingo

Each bingo card is \$.25; bring an extra quarter for the Last Number Called. Card selection begins at 12:30pm and game begins at 1pm. There is a break for snacks and socializing halfway through. **No bingo Nov 24 or Dec 29.**

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

## Volunteer Opportunities

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

- Selling raffle tickets at Busch's, Saline Farmer's Market, and Saline Craft Show
- Holiday Decorating

## Instructor Spotlight Carolyn Minnette



For nearly 30 years Carolyn has been using her skills as a physical therapist to help others improve their mobility. Her focus has always been to progress patients from immobility to mobility and to help them reach their maximum potential. Recently Carolyn has worked as a PRN therapist for EHM for outpatient and Brecon clientele. Previously she has worked in skilled care, acute, aquatic, rehab and neuro settings. She has been a Clinical Instructor for physical therapy students, CPR instructor, Diabetes Educator, Certified Brain Injury Specialist and has led classes for osteoporosis, total joint replacement, balance, and caregivers. Outside the clinic, Carolyn facilitates wellness classes with Cardio Drumming classes for her church.

She loves to cycle and has helped facilitate classes for bicycle fit, repair and fitness as well as ridden many miles, either on her single bike or the tandem that she shares with her husband Will; they met on an organized bike ride, and after cycling 500 miles across Iowa together on a tandem they decided they made a pretty good couple!

Moving here from Louisville (pronounced Lou-A-Vull), Carolyn and Will live in town and love that they can walk almost anywhere in Saline. They have three adult children who have grown up in Saline Schools, Sam, Lil, and Will. Carolyn is a huge *Doctor Who* fan and enjoys chasing lighthouses, kayaking, volunteering with her church and cheering for her son and the team during XC meets and finding heart-shaped rocks. When not doing something active, she loves to read and thinks the Saline Library is one of the best things about Saline, almost as good as the Senior Center.

See page 7 for Carolyn's Strong Bones class, which begins Nov 8.

## 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 (\$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). The meals are delivered by a core group of dedicated drivers. If you would like to be a volunteer or sub driver, please call Kathy Adamson at 734.429.9274.

## Wish List / Seeking Donations

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

- Coffee, decaf and regular
- Individual tea packets, please not Celestial brand, they are not individually labeled
- Reams of 8.5 x 11" copy paper
- Powdered creamer
- Sugar packets
- Takeout containers
- Paper towel
- VISIT our Amazon SASC Wishlist for more

**THANK YOU!**

- Copy paper from Sue Lindemann
- Coffee bar items from Joann Forstner, Millie Pope, and Cheryl Oliver
- Plants from Sandy Kirkpatrick
- Gift card donation from Zippy's Car Wash
- Farmer's Market booth help from Cindy Sobotta
- Saline Fair booth help from Lucy Crossey, Kathy Lawless, Julia Waits, Kevin Dwyer, Kathy Schultz, Cheryl Oliver
- Pine cones from Patrice Pautler

# Legacy / Registration / Transportation

## Saline Area Senior Center Legacy Program



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

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

### DONATION LEVELS:

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

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

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

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

## CARES Recreation Millage - SASC Funding



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

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

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

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

## Cancellation Policies

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

## Registration Notes

- Registration for all programs is on a first come, first serve basis.
- The registration deadline for each program is one week prior to the date the program begins, unless otherwise noted.
- Any program/trip that does not meet minimum enrollment may be cancelled. Non-member guests incur an additional \$5 charge for all programs.
- **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.

## Affordable Transportation

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



# EHM Senior Solutions

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## Saline Communities

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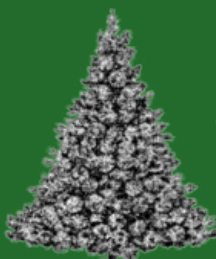
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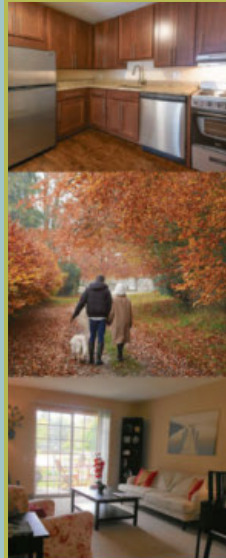
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PROGRAM COORDINATOR: Andrea Lewis  
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PROGRAM COORDINATOR: Megan Kenyon  
kenyonm@salineschools.org  
MEALS ON WHEELS/DESK: Kathy Adamson  
adamsonk@salineschools.org

## 2024 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)

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

## Contact Information

Phone: 734.429.9274  
Fax: 734.429.1079  
www.salineseniors.org

## Center Hours\*

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

\*SASC closed Thu-Fri, Nov 24-25, Mon-Tue, Dec 25-26 and Jan 1-2.



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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.