



SASC

Jul/Aug 2026

Newsletter

SASC: A Social Center for 45+

Our expansion and remodel is complete!
Visit us via our NEW entrance off
Weber-Blaess Drive.



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 Jul 3 and 6.**

Staff

Director: Nancy Cowan, cowann@salineschools.org
Program Coordinators:
Andrea Lewis, lewisa@salineschools.org
Megan Kenyon, kenyonm@salineschools.org
Meals on Wheels: Kathy Adamson
adamsonk@salineschools.org

SASC Board of Directors (BOD)

The upcoming SASC BOD Meetings are Mon, Jul 20 and Aug 17, at 9am. Members are always welcome to attend. If you would like a link to attend virtually, please let us know so we can send a link.

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

Registration

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

Cancellation Policy

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

SASC Notes

Upon accessing our new entrance off Weber-Blaess Dr., please check-in via the computers at our welcome desk. You can scan your card or type the last few letters of your last name to begin the process. We can assist you if needed.

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

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

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

The major construction of the SASC expansion and remodel is complete! We are grateful for your patience and all of your excitement. There are still "punch list" items that need to be wrapped up, along with more décor, and delivery of appliances for our coffee bar/grab and go food area, which you will see come together soon. We know there is much to discover and there are still changes taking place but we will continue to create a comfortable and welcoming center for you. Please be sure to welcome our new members in your programs!

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On the cover: Members of our SASC Recorder Ensemble pose in our new Media Room. See page 4 for their upcoming concert on June 26 and page 16 for information on how you can be involved in the ensemble.

SASC Annual Membership

What are you waiting for? Register for your 2026 Annual SASC Membership now. 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 which you can pay for when you register for your membership.

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

Annual Membership (Jan-Dec)

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

Workout Room Membership

The NEW and improved SASC workout room is ready for you! The workout room has a range of cardio AND weight machines, plus free weights. Once you have your SASC Membership, you can add the fitness membership for the year (12 month from the date you join) or by the month, for less than the cost of a meal to further enhance your health - you're worth it! Annual membership can be paid upfront or on a monthly basis.

Annual Workout Room Membership: \$96

Month to Month Membership: \$12 per month

Guest Pass: \$5 per day

Training Fee: \$10*

*One time fee required for all new members

SASC Board Members Elected

SASC Board nominations took place from May 20-29. Since only one nomination was made for each position, a vote is not necessary this year. All three incumbents will serve a second term from Aug 2026 to Jul of 2028.

Vice President - Ruth Frayer

Secretary - Eva Benevento

Member-at-Large - Sue Knasiak

THANK YOU Ruth, Eva and Sue for volunteering your time and energy to SASC.

Saline Area Schools Millage Renewals VOTE: August 4, 2026

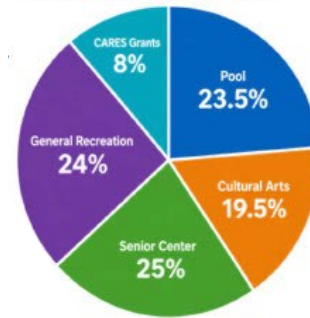


The Saline Area Schools CARES Recreation and Playground Millage and the Sinking Fund Millage are up for renewal August 4, 2026. CARES provides funding for recreation programs and facilities that enhance the life of residents in Saline Area School District. In Nov 2017, voters passed the CARES Recreation Millage Renewal of 0.5 mills for 10 years. The programs funded through CARES and percentage of the millage each receives are in the chart below.

The SASC portion of CARES is about \$308,000 annually, nearly 60% of SASC's budget. Our other funding sources include membership revenue, program revenue, trip revenue, donations, grants, bank interest, rentals, misc. items, and the SASC Fund Balance.

CARES Millage Distribution

\$1.23M 2025-26 Fiscal year



CARES Recreation and Playground Millage Renewal (0.4850 mills)

- For every \$100,000 of taxable value, \$48.50 will be assessed per year
- Supports the daily operations of SASC, Ellen Ewing Performing Arts Center (Auditorium) at Saline High School (SHS), Community Pool at SHS, General Recreation, Before & After Care, and Preschool options for families
- Generates grant funding for many local organizations such as Saline Parks and Rec, Saline Area Social Services, Liberty Club, Comm. Ed. Programs, Friends of Henne Field, Saline Area Youth Baseball and Softball, SAS Athletic Teams, EHM Senior Solutions, Dementia Friendly Saline, and more

Sinking Fund Millage Renewal (.03394 mills)

- For every \$100,000 of taxable value, \$33.94 will be assessed per year
- Typical examples of uses at SAS include repairs, security improvements, and smaller construction projects such as roof repairs, HVAC, plumbing mechanical, and electrical repairs, sidewalk and pavement repairs, flooring projects, and more

Both renewals involve no increase to current tax rates, which are set to expire after the 2027 tax levy.

Learn more at www.tinyurl.com/VoteSAS26

Special Events

Recorder Concert

Our SATB (Soprano, Alto, Tenor, Bass) Recorder Ensemble has been working hard on new pieces to perform for you. Light refreshments will be served after the concert. Let's show them our support!

Day	Date	Time	Price
Fri	Jun 26	11am-12pm	Free

Annual Picnic



It's the Summer of Love this year! Reserve your seat at our annual picnic, a great way to socialize and celebrate YOU - our members! A delicious lunch will be served (menu to be finalized soon) and local psychedelic and classic rock band Prior Art will perform for you, playing classic hits from CCR, The Beatles, & The Rolling Stones. Please register in advance for the picnic, and if for some reason you can't attend, let us know. We need to be sure we have enough food for all in attendance.

Held at Mill Pond Park pavilion, 565 W. Bennett St.

Deadline: Jul 8

Maximum: 100*

*This will fill so please register as soon as you know you are available.

Day	Date	Time	Price
Wed	Jul 15	11:30am-1pm	Free

Mobile Secretary of State

Convenience at your doorstep - the Mobile Secretary of State (SOS) will be at SASC. You will be able to register to vote, renew your Driver's License or State ID, transfer a car title, apply for or renew a disability placard, and more. You can even apply for a Real ID, which is now necessary for air travel. Call SASC to sign up for an appointment time. Please bring any necessary documentation for each transaction, as well as payment for the services. Reach out to Andrea at (734) 429-9274 or lewisa@salineschools.org with any questions.

Day	Date	Time	Price
Tue	Jul 21	10am-12pm	SOS fees apply



Mayor's Conference

Join Saline's Mayor Brian Marl for a special senior day. A continental breakfast will be provided by EHM Senior Solutions followed by three 35 minute breakout sessions, a panel discussion with local city leaders, and lunch. There will be time to connect with your friends and community members.

Breakout sessions include a cooking demonstration, information on the latest consumer scams and frauds, and a presentation from DTE on their energy assistance programs.

Day	Date	Time	Price
Fri	Aug 14	8:30am-1pm	Free

Sponsored by:



New Programs

Chronic Disease PATH Workshop Presenter: National Kidney Foundation

This Chronic Disease PATH workshop is 6-weeks, once a week for 2 ½ hours. It is for anyone looking to manage long-term health programs and live a healthier life. The program discusses how to manage symptoms, decrease stress, make healthy food choices, increase physical activity, improve communication skills, and create short-term weekly goals. A full online description of the program can be found at www.nkfm.org/chronicpath.

Day	Date	Time	Price
Wed	Jul 22-Aug 26	2-4:30pm	Free

VA Benefit Appointments Facilitator: Brian Hutcheon



Veterans and spouses of veterans are welcome to schedule a personal appointment with SASC's evening customer service representative Brian Hutcheon, a VA-Accredited attorney from the VA Office of General Counsel.

These confidential, one-on-one sessions provide an opportunity to better understand the benefits you have earned through military service. Brian can help explain available VA programs and identify benefits you may not know exist. Topics may include healthcare, disability compensation, pension benefits, survivor benefits, long-term care programs, and other VA resources. Brian has 23 + years experience with the VA. His VA accreditation number is 50714. Call SASC at (734) 429-9274 to make an appointment.

Day Trips

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

Toledo Botanical Garden and Wildwood Manor House



4 spaces left as of Jun 8. Enjoy a relaxing day exploring Toledo! We'll take a guided tour of the Toledo Botanical Garden, through vibrant seasonal displays, themed gardens, and peaceful walking paths. Lunch is included and will be at the popular

Mancy's Italian Grill. Then we'll continue to the historic Wildwood Manor House, a restored 1930s estate surrounded by picturesque grounds, offering a glimpse into Toledo's past and Elegant architecture. **Deadline:** Jul 1

Day	Date	Time	Price
Wed	Jul 15	9:15am-4pm	\$110

Detroit Princess Riverboat



Cruise the Detroit River in style aboard the newly renovated Detroit Princess Riverboat! Enjoy views of Detroit and Windsor while indulging in a bountiful buffet lunch. Groove to live Motown hits performed by The Prolifics. This relaxing and

entertaining day trip is the perfect getaway. **FULL** - a waitlist is currently being taken.

Day	Date	Time	Price
Fri	Aug 7	10:15am-3:15pm	\$115

Fantastic Frankenmuth



Frankenmuth is always a favorite and this time we're doing it a little different. We will head to Bronner's - The World's Largest Christmas Store, to shop for about an hour. Then we're off to the Bavarian Inn Restaurant for a famous chicken

lunch. After lunch we'll learn how to roll and make our own pretzels! You'll have some time to wander the area on your own with your friends for a bit too. We'll also take a 45-minute tour of the city highlighting historic and community sites including a stop at St. Lorenz Lutheran Church, where the city's history can be seen depicted in the stained glass windows. We are sure to catch the Oktoberfest spirit right here in Michigan. **Deadline:** Aug 14 to meet minimum

Day	Date	Time	Price
Wed	Sep 2	8:30am-5:30pm	\$120

Mystery Trip



Join Nancy for a mystery adventure filled with color, creativity, and a soundtrack of memories. Weather you admire a masterpiece or sing along to one, this trip has something for everyone. Sit back and relax on our luxury charter bus

and enjoy the scenery around you. Lunch is included but additional drinks or snacks during the day will be at your own cost. Moderate walking is involved but you may sit portions out to relax if needed. Another hint will be released Sep 11.

Deadline: Sep 18 to reach the minimum

Day	Date	Time	Price
Fri	Oct 9	7:30am-6:30pm	\$110

If you have a suggestion for an upcoming trip, please email Nancy at [cowann@salineschools.org](mailto:cwann@salineschools.org).

Fitness

Fitness Classes are taking place in our beautiful new group fitness studio. To eliminate trip hazards, all personal belongings must be left in your vehicle or put in a locker. Thank you for your assistance.

Barefoot Balance Instructor: Amy Leighton



Rediscover stability from the ground up! By working barefoot in a safe, controlled environment, you will strengthen intrinsic foot muscles, improve sensory awareness, and enhance proprioception (the body's

ability to know where it is in space). This class will enhance the workout that you already do. All exercises are done barefoot. All levels are welcome! Exercises can be done near a chair or wall. A sticky yoga mat is suggested but not required. **No class Aug 17.**

Session - Day	Date	Time	Price
400 - Mon	Jul 13-27	10-11am	\$21
401 - Mon	Aug 3-31	10-11am	\$28

Zumba Gold Instructor: Laurel Larsen



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

Session- Day	Date	Time	Price
402 - Mon	Jul 13 & 20	11:15am-12:15pm	\$14
403 - Mon	Aug 3-31	11:15am-12:15pm	\$35

Please note the session number of your class when registering so you will be enrolled in the correct session.

Fitness continued

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

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

Session - Day	Date	Time	Price
404 - Mon	Jul 13-27	4:15-5:15pm	\$21
405 - Mon	Aug 3-31	4:15-5:15pm	\$35

Fit for Life Instructor: Laurel Larsen

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.

Session - Day	Date	Time	Price
406 - Tue	Jul 7 & 21	8:45-9:45am	\$14
407 - Tue	Aug 4-25	8:45-9:45am	\$28
408 - Thu	Jul 2 & 23	8:45-9:45am	\$14
409 - Thu	Aug 6-27	8:45-9:45am	\$28

Balance Strong Instructor: Amy Leighton

In this class, our main focus will be on building up your core strength and helping you feel more stable on your feet. We'll work on improving your balance through a combination of strength exercises and flexibility training that specifically target the core. Note that this class will be slightly more challenging than Balance Strong Beginning.

Session - Day	Date	Time	Price
410 - Tue	Jul 14-28	10-11am	\$21
411 - Tue	Aug 4-25	10-11am	\$28

Adaptive Hatha Yoga Instructor: Patty Hart

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

Session - Day	Date	Time	Price
412 - Wed	Jun 24-Jul 22	1-2:30pm	\$45

Chair Zumba Instructor: Laurel Larsen

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

Session - Day	Date	Time	Price
413 - Mon	Jul 13 & 20	12:30-1:30pm	\$14
414 - Mon	Aug 3-31	12:30-1:30pm	\$35
415 - Wed	Jul 1 & 22	11:45am-12:45pm	\$14
416 - Wed	Aug 5-26	11:45am-12:45pm	\$28

Tai Chi Continuing Instructor: Linda Duvall

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

Session - Day	Date	Time	Price
417 - Tue	Jul 21-Aug 25	2:30-3:30pm	\$42

Tai Chi Beginning Instructor: Linda Duvall

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

Session-Day	Date	Time	Price
418 - Wed	Jul 22-Aug 26	10:30-11:30am	\$42



Members working out in the group fitness studio.

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. This is definitely Not Your Mama's Chair Yoga. Jo Ann provides a great environment to learn in.

Session - Day	Date	Time	Price
419 - Wed	Jul 1-29	4:15-5:15pm	\$35
420 - Wed	Aug 5-26	4:15-5:15pm	\$28

Please note the session number of your class when registering so you will be enrolled in the correct session.

Hula Hooping

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

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

Balance Strong Beginning + Stretch Instructor: Amy Leighton

We'll hone in on your core strength and address any imbalances you have to help you achieve this. Strength exercises and flexibility training will be incorporated to specifically target your core. We round out each session with a rejuvenating relaxing minute series of stretches.

Session - Day	Date	Time	Price
421 - Thu	Jul 16-23	10-11:15am	\$16
422 - Thu	Aug 6-27	10-11:15am	\$32

Senior Striders Outdoor Walking



The great outdoors are good for the soul, no matter the temperature! We meet every Thursday, 9am. A staff member will accompany you on a two mile walk. Please register at the front desk so Andrea can send you a list of departure locations for each week, as they vary during the spring and summer months. The first

Thursday of each month, we will depart from SASC. Walks are cancelled if there is inclement weather.

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

Chair Pilates With a Ball Instructor: Jo Yates

Have a ball with instructor Jo McFry! Using a stability ball can add resistance and instability to exercises, which can help stabilize the core and activate muscles like the pelvic floor. Sitting on the ball can also automatically engage core muscles to help with balance. We will begin safely, learning to maneuver the stability ball using Pilates core techniques. Just the basics, moving to fun music. You will need a mat and your water bottle.

Session - Day	Date	Time	Price
423 - Wed	Jul 1-29	3-4pm	\$35
424 - Wed	Aug 5-26	3-4pm	\$28

Tai Chi Practice

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

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

Cutting Edge of Your Chair Yoga Instructor: Jo Yates

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

Session - Day	Date	Time	Price
425- Fri	Jul 10-31	11:15am-12:15pm	\$28
426- Fri	Aug 7-28	11:15am-12:15pm	\$28

Fitness Kickboxing Instructor: Dot Stoddard



Get moving, build strength, and have fun in this energetic new class. Enjoy safe, low-impact movements that help improve cardiovascular fitness, increase strength, enhance flexibility, and support overall wellness. Each class begins with a gentle warm-up, followed by easy-to-follow kicking and punching combinations set to upbeat music. Emphasis is placed on safe movement patterns, including non-lock-out techniques that are kind to your joints while still providing an effective workout.

Session - Day	Date	Time	Price
427 - Fri	Jul 17-Aug 21	1-2pm	\$42

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 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	July 31	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

Outdoor Pickleball & Tennis Courts Coming Soon!

Brand new pickleball and tennis courts will be opening by mid-summer 2026! These courts will be located across from SASC's parking lot and available for public use. SASC will have some designated days and times for outdoor play, while also keeping indoor play at Liberty too. Contact Andrea Lewis at (734) 429-9274 or at lewisa@salineschools.org for questions.

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 Thu, Aug 10 at 11:30am.

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	Sep 22-Nov 24	1-2pm	Free

WCC Line Dancing Instructor: Dee Grantham

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

Day	Date	Time	Price
Wed	Sep 9-Nov 11	9-10am	Free

WCC Strength Conditioning Instructor: Michele Williams

Michele designs this class to provide safe, low-impact movement that will improve your strength and cardio fitness. Work at your own pace with modifications provided if needed. **No class Oct 2, Oct 30, & Nov 27.**

Day	Date	Time	Price
Fri	Sep 11-Dec 4	10-11am	Free



MOCA Memory Testing Administrator: Andrea Lewis

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

Health & Wellness

Full Body Massage

Jerry McDowell, Licensed Massage Therapist



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

Call Jerry at (734) 330-6748 to book your appointment. You'll pay Jerry directly via cash, check or card.

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

Meditation Sessions

Facilitator: Bob Rickman, Jewel Heart



Meditation builds focus and awareness, essential conditions for a clear and stable mind. Meditation helps us more honestly engage with ourselves and the world around us. These classes offer hands-on experience with the basic elements of meditation using the

breath and techniques for coping with distracted or drowsy moments. Classes are open to everyone - newcomers to meditation, long time meditators, and those looking for group meditation. You will leave feeling peaceful and relaxed. **Jul 2 is a free intro session.**

Day	Date	Time	Price
Thu	Jul 2	1:30-2:30pm	Free
Thu	Jul 9-30	1:30-2:30pm	\$12
Thu	Aug 6-27	1:30-2:30pm	\$12

Reflexology Appointments

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. Book your appointment at our front desk or via phone. You will pay Loraine before at your appt.

Day	Date	Time	Price
Thu	Jul 2, 16, & 30	9am-1pm	\$30/\$50
Thu	Aug 13 & 27	9am-1pm	\$30/\$50

Foot Care Clinic

Provider: Heather Schanz, BSN, RN, CDP

As we age, providing self foot care can become difficult due to various limitations - Heather can help. Each 30 minute service includes a trim, thin and file of the nails; corn and callus reduction; and general foot assessment with recommendations.

Call Ascendant Foot Care for appointments at 414-4FootRN (414) 436-6876. *Payments are due to Heather directly at your appointment; she does not accept or bill insurance.

Day	Date	Time	Price
Tue	Jul 7	9am-2pm	\$45
Thu	Jul 16, Aug 20	9am-2pm	\$45
Mon	Aug 24	2-7pm	\$45

Balance Assessments

Plymouth Physical Therapy Specialists

Your balance will be evaluated by Plymouth Physical Therapy (PT) Specialists 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
Wed	Jul 8	3-4pm	\$10

PLYMOUTH PHYSICAL THERAPY SPECIALISTS
SALINE CENTER

Super Foods

**Facilitator: Laura Johnson, RD
EHM Senior Solutions**

Laura Johnson, RD returns to discuss the topic of seasonal super foods. What are super foods? How can superfoods benefit my health? How can I incorporate them into my meals and snacks? Join us as we explore these questions and sample a tasty superfood treat.

Day	Date	Time	Price
Mon	July 13	10-11am	Free

Cognitive Health: How lifestyle Choices & Medications Affect Brain Function

Presenter: Betty Chaffee, PharmD

There are many steps we can take to support our brain health and reduce the risk of cognitive decline. Join us as we explore strategies that will help you stay mentally sharp and support your brain health into the future.

Day	Date	Time	Price
Mon	Jul 13	2-3pm	Free

Health & Wellness continued

Blood Pressure Checks Facilitator: Heartland Hospice

Heartland Hospice will provide free blood pressure checks. They will be onsite every other month. Make it a point to stop in and track your health. Just drop in to have yours checked. This month, the blood pressure checks will happen at our Annual Picnic. Make sure to RSVP for the free picnic!

Day	Date	Time	Price
Wed	Jul 15	11:15-11:45am	Free

SASC/Versiti Blood Drive

This process is so easy! Donate your blood and save lives, visit https://donateblood.versiti.org/donor/schedules/drive_schedule/11628756 to schedule an appointment or call SASC for help. Versiti is the primary blood supplier for many Michigan hospitals, meaning your donation stays in the state to help neighbors, friends, and family. They even email you an update of where your donation went to!

Day	Date	Time	Price
Fri	Jul 24	11:30am-4pm	Free



The Coverage Illusion: Why Insurance Doesn't Always Protect You the Way You Think Presenter: Monica Ross-Williams

Many People assume that having insurance automatically means they are fully protected. In reality, coverage can behave very differently than expected during illness, emergencies, caregiving transitions, or financial stress - when clarity matters most. This course helps participants understand the difference between having coverage and having meaningful protection.

Day	Date	Time	Price
Mon	Jul 27	10-11:30am	Free

Care Management by Natalie Consultation Appointments Facilitator: Sarah Camp

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

Day	Date	Time	Price
Wed	Jul 29 & Aug 26	9 or 10am	Free

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

2 STEPS TO SAVE A LIFE



For older adults, a hands-only CPR class provides essential training in performing life-saving chest compressions in the event of a sudden cardiac arrest. This class will focus solely on teaching effective chest compressions without mouth-to-mouth breaths, making it more accessible and

less daunting for older individuals. You will learn to recognize the signs of cardiac arrest and the importance of calling emergency services promptly. Additionally, you will learn how to use an AED machine. AED's are important life-saving tools which can be found in many public spaces including SASC! This class is a non-certification training. Learning CPR is more than gaining a skill - it's learning how to act when it matters most. Rescheduled from March.

Day	Date	Time	Price
Fri	Jun 19	12-1pm	Free

What You've Heard Isn't Always True: Medicare & Social Security Explained Presenter: Monica Ross-Williams

This engaging, myth-busting seminar is designed to help adults and families separate fact from fiction before misinformation leads to costly mistakes. Rather than focusing on enrollment alone, the session addresses the real questions people are asking across different life stages, whether planning ahead, already receiving benefits, or helping a loved one navigate the system.

Day	Date	Time	Price
Mon	Aug 31	10am-12pm	Free

Lifelong Learning

Basic Conversational French Instructor: Jim McMurtrie

French is the first language that instructor Jim McMurtrie learned, thanks to his French mother. Later in life, Jim majored in French at the University of Michigan and taught lessons at the Ann Arbor Senior Center. Participants in Beginning French should expect to learn a considerable amount of French words, expressions, and topics related to French culture. Those enrolled should purchase *Learn French the Fast and Fun Way* (3rd edition) by Elizabeth Bourquin Leete prior to the start of class. This text can be found on Amazon, Thrift Books or eBay.

Day	Date	Time	Price
Wed	Jul 1-Aug 5	2-3pm	\$42
Wed	Aug 12-Sep 2	2-3pm	\$28

Tech Lessons with Ben Cutler

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

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



Travelogue: Musical Tour Through the American South Presenter: George Jabol

George had never been much of a country music fan, favoring composers like Mozart and Tchaikovsky over artists like Patsy Cline and Dolly Parton. But during a 2025 musical tour through Nashville, Memphis, and New Orleans, he discovered a new appreciation for the rich musical traditions of the American South. From visiting the Grand Ole Opry, the Country Music Hall of Fame, and Graceland to experiencing the jazz, food, and culture of New Orleans, the 10-day journey left him with lasting memories, broadened musical tastes, and even a bit of a Southern twang.

Day	Date	Time	Price
Tue	Jul 7	1-3:30pm	Free

Making Your Money Work Harder: Smart Financial Strategies on a Fixed or Predictable Income Presenter: Monica Ross-Williams

This course is designed to help individuals and families regain control of their finances by identifying practical ways to reduce unnecessary expenses without sacrificing quality of life. We will move beyond generic budgeting advice. Learn how small realistic adjustments across everyday spending categories can create meaningful financial breathing room, reduce stress, and support long-term stability.

Day	Date	Time	Price
Wed	Jul 8	10-11:30am	Free

Tech Town Hall

The high school volunteers will be off for the summer, but will return in the fall. We appreciate their hard work and hope they enjoy a few months of rest and relaxation.

Travelogue: French Polynesia Presenter: Mark Sockness

From Tahiti to Moorea to Bora Bora and Huahine, Pōrīnetia Farāni is a dreamy experience with the local, ancestral people, their culture and the beauty of these unique islands in the middle of the Pacific Ocean.

Day	Date	Time	Price
Thu	Jul 30	10:30am-12pm	Free

Travelogue: Iberia and Viking Saga Presenter: George Jabol

In 2015, George Jabol traveled along Europe's Atlantic coast on a memorable journey that combined history, art, and scenic beauty. Beginning with sightseeing in London and Windsor Castle, the trip continued aboard a Holland America cruise through France, Spain, Gibraltar, Portugal, Belgium, and Norway. Along the way, George explored landmarks such as the Bayeux Tapestry, Santiago de Compostela Cathedral, Lisbon's historic monuments, and the breathtaking Norwegian fjords, creating an unforgettable experience filled with culture and discovery.

Day	Date	Time	Price
Tue	Aug 4	1-3:30pm	Free

Protect What Matters Most: Understanding Life Insurance, Annuities, & Legacy Planning Presenter: Monica Ross-Williams

This course is designed to help individuals and families understand how thoughtful financial and insurance planning can play a meaningful role in protecting assets, honoring wishes, and creating a smoother transition for loved ones. We will focus on the foundational building blocks of legacy planning, with an emphasis on how life insurance and annuities are commonly used as tools to support income stability, beneficiary protection, and long-term planning goals.

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

Depot Museum & Cemetery Tour Presenter: Bob Lane, Saline Historical Society

First, meet at the Depot Museum, 402 N. Ann Arbor St., where Bob will tour you through Saline's History. Then you'll drive over to Oakwood Cemetery (the corner of Michigan Ave & Monroe St.) where we'll finish with a tour. Note that there is uneven terrain at the cemetery.

Day	Date	Time	Price
Tue	Aug 11	10am-12pm	Free

July 2026

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Basic Conversational French begins 1-2:30pm</p> <p>Chair Pilates begins 3-4pm</p> <p>Not Your Mama's Chair Yoga begins 4:15-5:15pm</p>	<p>2</p> <p>Hula Hooping ongoing 8:30-9am</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Reflexology Appointments 9am-1pm</p> <p>Intro to Meditation 1:30-2:30pm</p>	<p>3</p> <p>SASC Closed</p>
<p>6</p> <p>SASC Closed</p>	<p>7</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Travelogue: Musical Tour Through the American South 1-3:30pm</p> <p>Foot Care Clinic 9am-2pm</p>	<p>8</p> <p>Making Your Money Work Harder 10-11am</p> <p>Mosaics: Butterfly 11am-2pm</p> <p>ROMEO Lunch, Applebee's 11:45am</p> <p>Tech Lessons w/Ben ongoing 2:30-4:45pm</p> <p>Balance Assessments 3-4pm</p>	<p>9</p> <p>Tai Chi Practice ongoing 11:30am-12:30pm</p> <p>Meditation begins 1:30-2:30pm</p>	<p>10</p> <p>Book Club: <i>The Wedding People</i> 10-11:30am</p> <p>Movie: <i>Nuremburg</i> 10am-12:30pm</p> <p>Chair Yoga begins 11:15am-12:15pm</p>
<p>13</p> <p>Barefoot Balance begins 10-11am</p> <p>Brain Games, 10-11am</p> <p>Super Foods, 10-11am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Chair Zumba begins 12:30-1:30pm</p> <p>Ceramics begins, 1-2:30pm</p> <p>Cognitive Health, 2-3pm</p> <p>Trivia, 4-5pm</p> <p>Chair Yoga begins 4:15-5:15pm</p>	<p>14</p> <p>Balance Strong begins 10-11am</p> <p>Euchre Lessons begin 11am-12pm</p> <p>Tiny Acrylics 1-3pm</p>	<p>15</p> <p>Toledo Botanical Gardens & Wildwood Manor House Trip 9:15am-4pm</p> <p>Blood Pressure Checks 11-11:45am</p> <p>Annual Picnic 11:30am-1pm at Mill Pond Park</p>	<p>16</p> <p>Reflexology Appointments 9am-1pm</p> <p>Foot Care Clinic 9am-2pm</p> <p>Balane Strong Beginning + Stretch begins 10-11:15am</p> <p>Watercolors begins 1:30-3:30pm</p>	<p>17</p> <p>Movie: <i>The Thursday Murder Club</i> 10am-12pm</p> <p>Fitness Kickboxing begins 1-2pm</p>
<p>20</p> <p>9am SASC Board Meeting</p>	<p>21</p> <p>Documentary: <i>13th</i> 10-11:45am</p> <p>Mobile Secretary of State 10am-12pm</p> <p>Canvas & Cookies 1-3:30pm</p> <p>Intergen Crafternoon 1:30-2:30pm</p> <p>Tai Chi Continuing begins 2:30-3:30pm</p>	<p>22</p> <p>Tai Chi Beginning begins 10:30-11:30am</p> <p>Chronic Disease PATH Workshop begins 2-4:30pm</p> <p>Classic Movie: <i>Lured</i> 2:30-5pm</p> <p>JULIET Dinner, Oscar's Patio 4:30pm</p>	<p>23</p>	<p>24</p> <p>Movie: <i>Anaconda</i> 10-11:45am</p> <p>Versiti Blood Drive 11:30am-4pm</p>
<p>27</p> <p>The Coverage Illusion 10-11am</p>	<p>28</p> <p>Documentary: <i>Unknown Number: The High School Catfish</i> 10-11:30am</p>	<p>29</p> <p>Care Management Appointments 9 or 10am</p> <p>Decoupage Flower Pot Workshop 11am-2pm</p>	<p>30</p> <p>Reflexology Appointments 9am-1pm</p> <p>Travelogue: French Polynesia 10:30am-12pm</p>	<p>31</p> <p>Movie: <i>Remarkably Bright Creatures</i> 10am-12pm</p> <p>Learn to Play Pickleball Clinic 5:30-6:30pm</p>

August 2026

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Barefoot Balance begins 10-11am</p> <p>Brain Games, 10-11am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Chair Zumba begins 12-1:30pm</p> <p>Ceramics, 1-3pm</p> <p>Trivia, 4-5pm</p> <p>Chair Yoga begins 4:15-5:15pm</p>	<p>4</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong begins 10-11am</p> <p>Documentary: <i>Athlete A</i> 10-11:45am</p> <p>Travelogue: <i>Iberia & Viking Saga</i> 1-3:30pm</p>	<p>5</p> <p>Mandala Rock Painting Workshop 11am-2pm</p> <p>Beginning Guitar 11:30am-12:30pm</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Chair Pilates begins 3-4pm</p> <p>Chair Yoga begins 4:15-5:15pm</p>	<p>6</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Meditation begins 1:30-2:30pm</p> <p>Balance Strong Beginning + Stretch begins 10-11:15am</p>	<p>7</p> <p>Book Club: <i>The Stolen Queen</i> 10-11:30am</p> <p>Movie: <i>A Big Bold Beautiful Journey</i> 10am-12pm</p> <p>Detroit Princess Riverboat trip 10:15am-3:15pm</p> <p>Chair Yoga begins 11:15am-12:15pm</p>
<p>10</p> <p>Protect What Matters Most 10-11am</p> <p>Ceramics 1-3pm</p> <p>Mixed Media Workshop 4:30-6:30pm</p>	<p>11</p> <p>Depot Museum & Cemetery Tour 10am-12pm</p> <p>Tiny Acrylics 1-3pm</p>	<p>12</p> <p>ROMEO Lunch, Bigaloria 11:45am</p> <p>Basic Conversational French begins 1-2:30pm</p>	<p>13</p> <p>Reflexology Appointments 9am-1pm</p>	<p>14</p> <p>Mayor's Conference 8:30am-1pm</p>
<p>17</p> <p>9am SASC Board Meeting</p>	<p>18</p> <p>Canvas & Cookies 1-3:30pm</p>	<p>19</p> <p>Beginning Guitar 11:30am-12:30pm</p> <p>Classic Movie: <i>Lust for Life</i> 2:30-5pm</p> <p>Cyanotype Printmaking begins 5-7:30pm</p>	<p>20</p> <p>Foot Care Clinic 9am-2pm</p> <p>Watercolors begins 1:30-3:30pm</p>	<p>21</p> <p>Movie: <i>Hamnet</i> 10am-12:15pm</p>
<p>24</p> <p>Foot Care Clinic 2-7pm</p>	<p>25</p>	<p>26</p> <p>Care Management Appointments 9 or 10am</p> <p>JULIET Dinner, The Ellsworth 4:30pm</p>	<p>27</p> <p>Reflexology Appointments 9am-1pm</p>	<p>28</p> <p>Movie: <i>Tár</i> 10am-12:40pm</p>
<p>31</p> <p>What You've Heard Isn't Always True: Medicare Explained 10-11am</p>	<p style="text-align: center;">Schedule and Calendar Notes</p> <ul style="list-style-type: none"> Note that this is not a fully comprehensive calendar of all our programs, they all won't fit on these two pages! Look through the full newsletter for all the programs and their dates. New sessions are listed as "begins" on this calendar; you will find the start and end dates of classes under the class descriptions. 			

Creative Opportunities

Diamond Dot Workshop Instructor: Sandy Fogarty



Diamond dot crafting has become popular recently; the simple, repetitive placement of dots can feel meditative, helping to lower stress and anxiety. In this class you will create a diamond dot painting and two plant pokes.

Day	Date	Time	Price
Wed	Jun 24	11am-2pm	\$40



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. You can pick up your finished piece a week or two later at SASC. Her projects make a great gift for you or a loved one! Must attend both classes. Min 3

Jul - Flower Dish **Aug** - Fall Wreath

Day	Date	Time	Price
Mon	Jul 13 & 27	1-2:30pm	\$56
Mon	Aug 3 & 10	1-2:30pm	\$56



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.

Jul - Evening Lighthouse **Aug** - Sun Dappled River

Day	Date	Time	Price
Tue	Jul 21	1-3:30pm	\$25
Tue	Aug 18	1-3:30pm	\$25



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.

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. A supply list is available at the front desk.

Jul - Bringing nature indoors; for this two-week class, we will observe nature and painting from life, rather than from a photograph. We'll look at flowers, plants, etc., and learn how to do a quick and easy painting with watercolors.

Aug - In this session, we'll focus on learning how to control the amount of water in your watercolor paintings. Knowing how much water you should be using can be tricky; we'll walk through the process, including when to use more water, how to lift if you have too much, and how to work in the satin phase of your painting.

Day	Date	Time	Price
Thu	Jul 16 & 23	1:30-3:30pm	\$26
Thu	Aug 20 & 27	1:30-3:30pm	\$26



Mosaic Butterfly

Instructor: Sandy Fogarty



Create a cute mosaic butterfly using tiles, glass, paint, and embellishments, perfect for your summer décor.

Day	Date	Time	Price
Wed	Jul 8	11am-2pm	\$40



New instructor Sandy held her inaugural Mosaics class with Cheryl & Marlane.

Tiny Acrylics
Instructor: Terrie Eroh

Rediscover your creative spark and 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.

Day	Date	Time	Price
Tue	Jul 14	1-3pm	\$5
Tue	Aug 11	1-3pm	\$5

Intergen Crafternoon with Liberty Club

This is a special volunteer opportunity. You will work with Liberty Club members to create a craft or paint, and form a meaningful connection. No crafting or art experience necessary.

Day	Date	Time	Price
Tue	Jul 21	1:30-2:30pm	Free

Mandala Rock Painting Workshop
Instructor: Sandy Fogarty NEW



Mandala rock painting is a soothing, meditative art form that involves applying vibrant, symmetrical patterns using dot tools. You will paint two larger stones and two smaller ones.

Day	Date	Time	Price
Wed	Aug 5	11am-2pm	\$40

Decoupage Flower Pot Workshop
Instructor: Sandy Fogarty NEW



Craft with us - decorate your own pot using colorful fabric and simple decoupage techniques. You'll learn how to layer, arrange, and seal fabric onto the surface, creating a unique, personalized design to take home. You'll also get a rooted plant cutting. Rescheduled from May.

Day	Date	Time	Price
Wed	Jul 29	11am-2pm	\$40

Mixed Media Workshop
Instructor: Nicole McKay NEW



In this program you will create a mixed media piece featuring a bumblebee resting on a flower. The flower is uniquely crafted from a dried tea bag and enhanced with watercolor, all set on a 6x6 cradled wood board. Rescheduled from June.

Day	Date	Time	Price
Mon	Aug 10	4:30-6:30pm	\$49

Cyanotype Printmaking
Instructor: Bob Rickman

Cyanotype Printmaking introduces students to a camera-less process that uses UV light and iron salts to create striking white and Prussian blue images. Participants will explore the history, science, and creative possibilities of this early photographic method while making prints, cards, and bookmarks from natural materials, negatives, and found objects.

Day	Date	Time	Price
Wed	Aug 19 & 26	5-7:30pm	\$24

Pen Pal Volunteers Needed



SASC has partnered with Saline Area Schools for Pen Pals since 2018. **To participate in 2026-27, please register by Friday, Aug 21.** You will need to complete a background check.

In both pen pal programs, a handwritten letter is preferred, but if you need to type it, that is fine too. You will write 5 to 7 letters throughout the school year. We communicate to you primarily via email for when letters arrive and when they are due (usually two weeks). Due dates are important, as these are planned around holidays/time off. We also plan a meet-up at the end of the school year. An info sheet can be emailed to you or picked up at SASC this summer.

We will continue to partner with Woodland Meadows Elementary third grade teachers, Drew Perry and Tracey Williamson. This is such a sweet and rewarding experience, and the students are always overjoyed to receive mail from you!



Eighteen Saline High School (SHS) students and fourteen SASC members wrote to one another throughout the school year. They met each other at our meet up in May.



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. See page 4 for their next concert.

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

Time Traveler

This jam band enjoys meeting every week and is working on new tunes for a concert this fall.

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



Beginning Guitar

Instructors: Dave Hubbard & Mark Rakowski

Have you been thinking of trying guitar? Time Traveler's leaders, Dave and Mark will help you work on your skills. Please bring your guitar. Meetings are the 1st, 3rd, & 5th, Wed at 11:30am.

Day	Date	Time	Price
Wed	Jul 1, 15, 29	11:30am-12:30pm	\$1
Wed	Aug 5, 19	11:30am-12:30pm	\$1

Salt City Ukcs

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	Jul 2, 16	10-11:30am	Free
Thu	Aug 6, 20	10-11:30am	Free

Sassy Players Drama Club

For many older adults, drama offers you a chance to explore ideas and talents you may not have used in years. Theatre engages your brain through activities like interpreting scripts, which help with memory and cognitive function. Whether you're experienced or new to it, you'll find a welcoming space to express yourself and make friends. Memorizing lines isn't necessary in this group.

Day	Date	Time	Price
Thu	Jul 2, 16	11:30am-12:30pm	Free
Thu	Aug 6, 20	11:30am-12:30pm	Free



ROMEO Group

Retired "Old" Men Eating Out (ROMEO) is an opportunity for the guys to get together, have a meal, and socialize. This group is very welcoming and led by SASC Member, Bob Baden. Registration is required so we can make an accurate reservation.

Day	Date - Location	Time
Wed	Jul 8 - Applebee's, 1005 W. Eisenhower Hwy, AA, 48103	11:45am
Wed	Aug 12 - Bigaloria, 3050 Washtenaw Ave. #112, AA, 48104	11:45am

JULIET Group

The JULIET (Just Us Ladies Into Eating Together) Group, gives the SASC women and opportunity to gather for an early dinner, maybe even a happy hour drink if you choose. Led by SASC members Micki Baden and Marie Hamlin. Registration is required so we can make an accurate reservation.

Day	Date - Location	Time
Wed	Jul 22 - Oscar's Patio, 6877 S. State Street, Saline, 48176	4:30pm
Wed	Aug 26 - The Ellsworth, 3110 W. Ellsworth, AA, 48103	4:30pm

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	Jul 20, Aug 17	10-11:30am	Free

Documentary Days

Enjoy these popular documentaries, drop in the day of for \$1 or register ahead of time.

Jul 21 - *13th*
 Jul 28 - *Unknown Number: The High School Catfish*
 Aug 4 - *Athlete A*

Day	Date	Time	Price
Tue	Ongoing	10am	\$1

Classic Movie Time Facilitator: Eva Benevento

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

Jul - *Lured* Aug - *Lust for Life*

Day	Date	Time	Price
Wed	Jul 22, Aug 19	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

Intergen Woodcarving Club

This long-time group is full of talented individuals, in which you can learn from! Ages 12+ are welcome in this group.

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



Breakfast Club

Come for a breakfast treat, coffee or tea, mingle with your old friends, and meet new people. Thank you to Busch's for providing treats every week and the volunteers who make this program possible.

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.

Jul - *The Wedding People*, by Alison Espach
 Aug - *The Stolen Queen*, by Fiona Davis

Day	Date	Time	Price
Fri	Jul 10, Aug 7	10-11:30am	Free

Matinee Movies

Watch a movie in our new Media Room in the expanded space of SASC starting in May! This room is cozy and has a large TV. Pre-register or drop-in, payable in the office.

Jul 10 - *Nuremburg* (PG-13)
 Jul 17 - *The Thursday Murder Club* (PG-13)
 Jul 24 - *Anaconda* (PG-13)
 Jul 31 - *Remarkably Bright Creatures* (PG-13)
 Aug 7 - *A Big Bold Beautiful Journey* (R)
 Aug 21 - *Hamnet* (PG-13)
 Aug 28 - *Tár* (R)

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

Saline Area Senior Center is helping STUFF THE BUS

July 20th - August 5th

2026

Saline Area Social SERVICE and SALINE AREA SCHOOLS

Items Needed:
Backpacks of all sizes needed along with :

- Scissors of all sizes
- Pencil Pouches
- Index Cards
- Mechanical Pencils
- Markers
- Highlighters
- Sharpies
- Band-Aids
- Color Pencils
- Pens
- Sticky/Post-it Notes
- Page Dividers
- Pencils
- Dry Erase Markers
- Crayons

New Items Only

Games

Trivia Quizmaster: Scott Brodie

New time! 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 three winners will receive a gift card to a local business or restaurant. Quizmaster Scott Brodie was has coached the high school's Quiz Bowl Team and also qualified for Jeopardy!

Themes

Jul - July history & events, and movies of the 60's
Aug - Founding Fathers, movies of the 70's

Day	Date	Time	Price
Mon	Jul 13, Aug 3	4-5pm	\$2/day

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	Jul 13, Aug 3	10-11am	\$2

Euchre Lessons Instructor: John Walker

Have you been interested in learning Euchre? John is ready to teach you the "nuts and bolts" of the game. Feel free to stay for regular game play after, 12:30-3pm. Max 8

Day	Date	Time	Price
Tue	Jul 14 & 21	11am-12pm	\$5

Dementia Friendly Games

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

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

Bingo

Game play begins at 1pm, 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/

18

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

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
Dementia Friendly Games	Tue	11am-12:30pm
Euchre	Tue	12:30-3:30pm
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
Canasta	Thu	12:30-2:30pm
Scrabble	Thu	1-3pm
Rummikub	Thu	1-3pm
Bingo	Fri	12:30-3pm
Samba	Fri	12:30-3:30pm

Game Room/Billiards

The Game Room will open soon! It is an updated version of what we used to have, to be located in the former workout room. The workout room has now moved to its permanent location, therefore the game room can be set up. The Game Room will contain one of our billiard tables and two to three card tables for various games and groups. We are working to schedule someone to come set up and level the billiard table as this is published.

We will post a monthly schedule outside the door, as there will be some times it is not available for one of the other based on our space/room needs. We can also email the list to billiard players that are signed up for it. Thank you for your patience.



Bag & Jewelry Sale

SASC takes donations of new or gently used items throughout the year including handbags, wallets, jewelry, scarves, and miscellaneous items. Our team of volunteers dedicate much of their time to raise money for programming and scholarships at SASC.

Medicare/Medicaid Appointments

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

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

Please note, if at anytime you need an appointment sooner than Donna can schedule you please call AgeWays (formerly Area Agency on Aging) at 800-852-7795 or MMAP at 800-803-7174.

Area Agency on Aging 1-B



Saline Meals on Wheels



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

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

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

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

SASC Legacy Program



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

DONATION LEVELS:

Donor - \$200-\$1,000

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

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

Once you donate, your name will be placed on the legacy wall, which is being redesigned and will be up again when our addition is complete. Donations are tracked and nameplates will be moved to the proper location on the legacy wall over time. You'll receive a tax deductible letter for your donation. We appreciate your consideration. Every dollar helps.

Washtenaw Co. Older Persons Millage



Washtenaw County voters approved the 0.5 mill Older Persons Millage in November 2024. The Board of Commissioners passed the Older Adults Millage Operations Framework Policy in July 2025 which guides the

expenditures of millage funds. The full policy can be found on Washtenaw County's website at <https://www.washtenaw.org/4629/Older-Persons-Millage>.

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

Community Partners



Saline Community Education

Offers enrichment and recreational programs for preschool age through Adulthood. Partner in CARES Recreation and Playground Millage. (734) 401-4020



Saline Parks and Recreation

Serving the greater Saline community featuring 12 parks, the Saline Rec Center, youth and adult programs, leagues, fitness, special events and more. (734) 429-3502

Book and Magazine Donations

Our "library" consists of a few bookshelves in the heart of SASC and one in the media room. **If you would like to donate books to our shelves, they must be current, within the last 5 years, or classics. Please bring your books to the front desk to donate them.** We will stamp them and put them on the shelves. Older books may be donated to the Friends Library, at the Saline Library. **Only a couple of current magazines should be brought in at a time for donation, also to the front**

Laptops and iPads

Check out a laptop or iPad at the front desk for use while at SASC. All have Wi-Fi capabilities. You may also print for ten cents per page. Ask staff for assistance if needed. Note that if you need in-depth assistance with technology, we have individual and group tech lessons available on pages 10-11

Room Rentals

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

Scholarships

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

Donations/Volunteers Needed

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

- Coffee, especially decaf coffee currently
- Tea bags (individually wrapped)
- Disposable paper coffee cups
- Paper towel and Kleenex
- Gently used or new Bag & Jewelry Sale items

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

Transportation Options

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

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

People's Express: Call **(877) 214-6073** Mon-Fri, 10am-7pm for scheduling. Please contact them for more details.

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

SASC Ribbon Cutting

On May 5, 2026, we celebrated by cutting the ribbon to our expanded senior center with nearly 400 community members. SASC now has an additional 6,000 square feet in what used to be a bus garage. Its amazing what a few million dollars from a Saline Area Schools Bond, a lot of imagination, and hard work by so many can accomplish. We are so excited for you to enjoy the new spaces: the heart of SASC, a gathering place for everyone (with a soon to be grab and go refrigerator of food), our media room, meeting room, larger workout room including cardio and weight equipment, and bright and beautiful group fitness studio. We still have rooms 1-4, our treatment rooms, and will put our game room back together soon!



SASC Loves Our Volunteers!

In April we were able to celebrate our amazing volunteers at Emagine Theatre. We enjoyed a movie, popcorn, and great company! Thank you to our sponsors who helped make the event possible.





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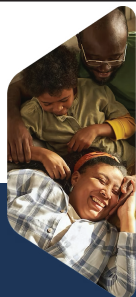
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Annual Picnic

Wednesday, July 15

11:30am-1pm

Free to members

Deadline: July 8

Held at Mill Pond Park, 565 W. Bennett St.

See page for more 4 information

7190 N. Maple Rd. 734-429-9274 salineseniors.org