



January/February 2024

SASC

Newsletter



*Memberships available
for those age 45+*

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

2024 SASC Memberships

If you are 45+, register 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; 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)

Table of Contents

| | |
|----------------------------------|------------|
| Memberships/BOD Meetings..... | Page 2 |
| Updates/Raffle..... | Page 3 |
| New Programs/Special Events..... | Page 4-5 |
| Fitness..... | Page 6-7 |
| Pickleball/Walking..... | Page 8 |
| WCC Classes/Health&Wellness..... | Page 9 |
| Health&Wellness/AARP Taxes.... | Page 10-11 |
| Jan/Feb Calendars..... | Page 12-13 |
| Creative Opportunities..... | Page 14-15 |
| Lifelong Learning..... | Page 16 |
| Clubs/Social Groups..... | Page 17 |
| Cards/Games..... | Page 18 |
| SASC Info/MOW..... | Page 19 |
| Legacy/Reg/Transportation..... | Page 20 |

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

Board Meetings are typically the third Monday of the month at 9am, except when there are holidays, like in January and February. **Mon, Jan 22 at 9am** there will be a meeting and there is not one in Feb due to a holiday. 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, Feb 21, at 11:30am. Please see page 5 for details.



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

On the cover: Some players from Advanced American Mah Jongg. Players are always welcome.

OFFICE CLOSURES

SASC will be closed on Mon, Jan 15 in observance of MLK Jr. Day and Mon, Feb 19, in observance of Presidents' Day.

Updates / Raffle

SASC Notes

Winter is here! Remember if Saline Schools are closed due to inclement weather, SASC will be closed. Updates will be on our website, Facebook page, and our recording at 734-429-9274. We typically send an email to everyone when we can as well.

Be on the lookout for a survey in your email during January. As you know, SASC was a part of the Saline Area Schools Fall 2022 Bond, that was passed by the community, and will see some renovations and expansion in the next 3-4 years. This survey will be a first step to get some feedback on items/programs that are important to you and gauge your interest in the process. We look forward to your participation and insights.

Classes are in-person unless otherwise noted as hybrid. Hybrid means you can take it online OR in-person. 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.

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. Please notify us if you are homebound or have a hardship and require assistance in receiving the newsletter. Thank you for your understanding.

Tis' the Season SASC Gift Certificates are Available

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.

SASC 50/50 Raffle Fundraiser

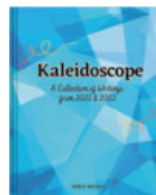
Our 7th Annual 50/50 Raffle is going on now. This fundraiser is critical to support SASC and those in need. Funds go towards scholarships for members that need assistance, so they may participate in fee-based programs. If you would like to purchase more tickets, **please stop into the SASC office. Please return your tickets by Tue, Dec 19.**

The drawing will be Dec 20 at 12pm, during our Holiday Party/General Membership Social. We will post results that day once the winners have been notified. THANK YOU FOR YOUR SUPPORT!

Bag & Jewelry Sale Fundraiser

Thank you to volunteers Diane Evans, Eva Benevento, Margaret Mann-Devos, Ruth Frayer, Julia Waits, Mary Beth Mann, Miranda Olson, Cindy Sobotta, and Lanette Loudermilk, as well as all the community and SASC members who donated to the fundraiser. With your support we raised over \$3600!

SAS-C Writers Journal



Saline High School senior Lelaina MacDonald and Program Coordinator Megan Kenyon are finished with SAS-C Writers' Journal. If you would like to purchase a copy for \$13, **please order by January 5.**

Journals will be delivered to SASC by the end of January. If you would like to see the copy before purchasing, there is one in the office. The literary journal contains memoir, poetry, essays, and short stories by SASC members. A digital copy is also available on our website.

Mapping a Healthier You: Planning Your Wellness Goals For 2024

Presenter: Nicole Boyer, EHM LifeChoices

This class will offer expert advice, practical tips, and actionable steps to define, refine, and conquer your wellness ambitions. Empowering you to architect a fulfilling and thriving lifestyle for the year ahead.

| Day | Date | Time | Price |
|-----|-------|---------|-------|
| Tue | Jan 9 | 10-11am | Free |

New Programs / Special Events

Meaning & Purpose Facilitator: Teri Kollath

Part I - In Japan, the secret to living a long, happier, and more fulfilled life can be summed up in one word: *Ikigai* - which translates to *your purpose* or *your bliss*. It's what brings you joy and inspires you to get out of bed every day. Come to this first session having given some thought to what currently makes this phase of your life worth living, and what you would like more of - and we will explore together what it means to pursue and to enjoy a balanced life.

Part II - In this second part, we will share the results of our considerations, and maybe the practices, of tools, tips, and techniques shared in Part I. As seniors, we can joyfully share our experiences in a supportive environment because the accumulated wisdom is always more than the accumulated years of living!

| Day | Date | Time | Price |
|-----|-----------------|-------------|-------|
| Mon | Jan 22 & Feb 26 | 2:15-3:30pm | \$5 |

Norman and English Castles Presenter: Linda Duvall

Models and pictures will show the development of castles in England from William the Conqueror's Tower of London to King Charles' Windsor Castle. You will learn about gargoyles, arrow slits, crenellations, draw bridges, battering rams and trebuchets.

| Day | Date | Time | Price |
|-----|--------|---------|-------|
| Fri | Jan 26 | 10-11am | Free |

Beltone Presents How Hearing Loss Affects Your Health & Relationships Presenter: Vicki Harvey, Master Hearing Aid Practitioner

Come spend an hour with Hearing Practitioner Vicki Harvey and laugh learn, and win some prizes as we explore hearing loss. Mrs. Harvey has been with Beltone for 16 years and has a passion for educating those with hearing loss and their loved ones. Beltone will also be offering free digital otoscope exams.

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

Television and the Presidency: Eisenhower to Reagan Presenter: Bruce Zellers

Television drastically altered the political scene during the 1950s. Learn how Presidents Eisenhower through Reagan utilized this medium in their campaigns and presidencies.

| Day | Date | Time | Price |
|-----|--------|---------|-------|
| Wed | Jan 31 | 10-11am | Free |

The Story of Movies Facilitator: Eva Benevento

Who doesn't love a good movie? Film is a language, a cultural document, and a collaborative art. The Story of Movies, a curriculum created by The Film Foundation*, is a peek into the behind the scenes exploration of how movie makers collaborate in producing a film - screening, stages of production, visual composition. We will examine construction and production insights of the classic film *To Kill a Mockingbird* in four sessions that can apply to all films. All materials will be provided.

*The Film Foundation was established in 1990 by filmmakers Martin Scorsese, Woody Allen, Robert Altman, Francis Ford Coppola, Clint Eastwood, Stanley Kubrick, George Lucas, Sydney Pollack, Robert Redford, and Steven Spielberg.

| Day | Date | Time | Price |
|-----|----------|-------|-------|
| Tue | Feb 6-27 | 1-2pm | \$8 |



Kids These Days Presenter: James Giordani

Why are kids spending all day on their phones instead of finding adventure outside? What even is a Tik Tok? Let's learn about the apps kids are using, why they are so much fun, and what the downsides might be. Maybe you'll discover an app you'd like to try out for yourself.

| Day | Date | Time | Price |
|-----|--------|-------------|-------|
| Tue | Feb 27 | 2:30-3:30pm | Free |

New Programs / Special Events

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 dinner choice when registering. 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.

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

Year of the Dragon Presenter: Dr. DeHong Tang

Dr. Tang is a versatile professional with extensive expertise in the Chinese two-stringed instrument known as the Er-hu, as well as Chinese calligraphy. Join him for an enlightening session that includes a captivating Er-hu performance, a demonstration of the art of calligraphy, and insightful information about the Chinese New Year.

| Day | Date | Time | Price |
|-----|-------|-------------|-------|
| Wed | Feb 7 | 2:30-3:30pm | \$5 |

Souper Bowl Competition & Silent Auction



Organizations and restaurants can enter their soups for a friendly competition to determine who will be crowned

the 2024 Souper Bowl Champion. Awards will be distributed for Best Vegetarian and Best Hearty Soup, along with Judges' and People's Choice Soup. Ultimately you are the winner though, as you will taste all the delicious soups and vote for your favorite.

Bid on handmade soup mugs created by members of Liberty Club!

Contact Megan at kenyonm@salineschools.org If your organization or restaurant would like to enter, applications are due by Feb 1. \$5 entry fee at the door or register online / at the front desk. Everyone is welcome to attend!

| Day | Date | Time | Price |
|-----|-------|--------------|-------|
| Fri | Feb 9 | 11am-12:30pm | \$5 |

Barbie Bash: All Things Pink

Since its inception in 1959, Barbie has become a huge part of our culture. With the release of the ever-popular *Barbie* movie in 2023, we invite you to dress in pink and enjoy the movie while eating pizza and other munchies. Kens are welcome too. Thank you to St. Joe Village for providing the refreshments!

Starring Margot Robbie, Ryan Gosling, America Ferrera, and Rhea Perlman, Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.

| Day | Date | Time | Price |
|-----|--------|-----------|-------|
| Wed | Feb 14 | 12-2:30pm | \$8 |

General Membership Social



Come for a brief update about the center from Nancy Cowan, SASC Director, Comm. Ed Director (schools), and City of Saline Rep. Then enjoy lunch and socializing with friends, the highlight of each social. Lunch will be salad, chicken pot pie, and dessert, sponsored in part by CarePatrol. If space remains after the deadline on Feb 16, a \$2 late fee will be added.

| Day | Date | Time | Price |
|-----|--------|-------------|-------|
| Wed | Feb 21 | 11:30am-1pm | \$8 |

Trivia Competition Host: Saline High School's FCLAA Club

Test your noggin and maybe vie for prizes! Register individually but if you want to be with certain people, give us their names. Otherwise we will make groups of 4-5 people randomly. Each participant is \$10, which includes pizza, pop, and dessert. **Deadline: Feb 20**

This event is hosted by students from Saline High School's club, FCCLA (Family, Career, Community Leaders of America.) FCCLA equips members with real world skills through Family and Consumer Sciences Education.

| Day | Date | Time | Price |
|-----|--------|-------|-------|
| Sat | Feb 24 | 5-7pm | \$10 |

Fitness

Drums Alive Instructor: Jerry Powell



Let's kickstart the week by getting our bodies moving and grooving! Join us as we tap into our inner rhythm and weave together the power of drumming, music, and movement. It's a wonderful opportunity to let loose, express ourselves, and let go of any stress. Please bring a water bottle. **No class Jan 15 & Feb 19.**

| Day | Date | Time | Price |
|-----|-------------|---------|-------|
| Mon | Jan 8-Feb26 | 10-11am | \$42 |

Zumba Gold Instructor: Laurel Larson



Zumba is less intimidating than you might imagine - all you have to do is groove along to the beat! Zumba Gold is a special type of Zumba class where we take the traditional Zumba moves and dial down the intensity a bit. In this class, we'll introduce you to super easy-to-follow choreography that focuses on enhancing your balance, range of motion, and coordination. And let me tell you, Laurel really knows how to keep the energy high with her infectious music and positive vibes. Dance it out with us and let's have a blast together! **No class Jan 15 & Feb 19.**

| Day | Date | Time | Price |
|-----|--------------|-----------------|-------|
| Mon | Jan 8-Feb 26 | 11:15am-12:15pm | \$42 |

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

Come and join us for a fun workout session at SASC. Whether you prefer sitting in a chair or standing with the support of a chair, this practice is accessible to all fitness levels. Each day, we'll also delve into breath work, relaxation, and core exercises to create a well-rounded experience. Don't forget to bring a water bottle to keep hydrated throughout the class. **No class Jan 15 & Feb 19.**

| Day | Date | Time | Price |
|-----|--------------|-------------|-------|
| Mon | Jan 8-Feb 26 | 4:15-5:15pm | \$42 |

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

6

Fit for Life Instructor: Laurel Larson

Wake up and kick start your morning with this energizing strength class! Get ready for a full-body workout that targets both your upper and lower body using light hand weights, choosing the weights that work best for you. Not only will you improve your flexibility and build strength, but you'll also enhance your joint stability, balance, and cardiovascular endurance. We even use a chair for additional support during standing exercises, and for stretching and relaxation exercises. **Hybrid.**

| Day | Date | Time | Price |
|-----|---------------|-------------|-------|
| Tue | Jan 9-Feb 20 | 8:45-9:45am | \$49 |
| Thu | Jan 11-Feb 22 | 8:45-9:45am | \$49 |

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. It is worth noting that this class will be slightly more challenging than Balance Strong Beginning.

| Day | Date | Time | Price |
|-----|--------------|---------|-------|
| Tue | Jan 9-Feb 20 | 10-11am | \$49 |

Adaptive Hatha Yoga Instructor: Patty Hart

Discover the calming effects of Yoga and find your Zen! Our class incorporates a variety of poses that can be enjoyed while standing, using a chair, or even on the floor. Don't worry if you're new to Yoga or have specific needs, as 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 practitioner, everyone is welcome to join. **Hybrid**

| Day | Date | Time | Price |
|-----|---------------|-----------------|-------|
| Tue | Jan 9-Feb 6 | 11:15am-12:45pm | \$45 |
| Tue | Feb 13-Mar 13 | 11:15am-12:45pm | \$45 |
| Wed | Jan 10-Feb 7 | 1-2:30pm | \$45 |
| Wed | Feb 14-Mar 14 | 1-2:30pm | \$45 |

Fitness / Walking

Tai Chi Continuing Instructor: Linda Duvall

General knowledge of Tai Chi principles and a proficiency of the "first loop" of Yang Family 108 Long Form are a pre-requisite of this Continuing class. Included are brief meditation and Tao te Ching verses.

| Day | Date | Time | Price |
|-----|---------------|---------------|-------|
| Wed | Jan 17-Mar 20 | 10:30-11:30am | \$70 |

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.

| Day | Date | Time | Price |
|-----|---------------|------------|-------|
| Wed | Jan 10-Feb 28 | 12-12:45pm | \$48 |



Outdoor Winter Walking Yoga Instructor: Jo Ann Yates

Join Jo Ann for a lovely walk outdoors, where you'll not only discover the techniques of warming up and finding your center, but also learn to stay fully present in the moment. Jo Ann will guide you through gentle standing stretches, synchronized steps with your breath, and adopting a relaxing mindset while walking. Be sure to dress warmly and wear comfy shoes that fit well. We'll meet up at SASC, stroll to the path near the library, take a moment to stretch, and then continue our walk. Each class is designed to help you let go of past regrets and embrace new, positive thoughts before we wrap up our time together.

| Day | Date | Time | Price |
|-----|--------------|-------|-------|
| Wed | Jan 3-Feb 14 | 3-4pm | \$49 |



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 out! 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. Don't forget to bring your water bottle to stay hydrated during class. Have a wonderful day and Namaste!

| Day | Date | Time | Price |
|-----|--------------|-------------|-------|
| Wed | Jan 3-Feb 14 | 4:15-5:15pm | \$49 |

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

Looking to boost your strength and confidence while staying steady on your feet? You're in luck! In our class, we'll be honing in on core strength and addressing any imbalances you may have to help you achieve just that. We'll be incorporating a combination of strength exercises and flexibility training that specifically target your core. And don't worry about your fitness level, as we've got various difficulty levels for each exercise to accommodate everyone. Plus, we'll round off each session with a rejuvenating 15-minute stretch for ultimate relaxation.

| Day | Date | Time | Price |
|-----|---------------|------------|-------|
| Thu | Jan 11-Feb 22 | 10-11:15am | \$49 |

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 |

Pickleball / Walking

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 lewis@salineschools.org.

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

| Day | Date | Time | Price |
|---------------|---------|----------|----------|
| 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 January and February dates when they are available.**

| Day | Date | Time | Price |
|-----|------|------|-------|
| Tue | Jan | TBD | \$20 |
| TBD | Feb | 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 |



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 |

WCC Emeritus / Health & Wellness

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 Tai Chi Beginning Instructor: Darryl Mickens

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

| Day | Date | Time | Price |
|-----|---------------|-------|-------|
| Tue | Jan 16-Mar 19 | 1-2pm | Free |

WCC Line Dancing Instructor: Dee Grantham

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

| Day | Date | Time | Price |
|-----|---------------|--------|-------|
| Wed | Jan 17-Mar 20 | 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 Feb 9.**

| Day | Date | Time | Price |
|-----|---------------|---------|-------|
| Fri | Jan 12-Mar 22 | 10-11am | Free |

Meditation: What is it Really? Presenter: Jewell Heart

NEW

The word for meditation in Tibetan is "GOM", which means "getting familiar with". This definition points to making time to sit with ourselves and actively becoming acquainted with the inner potential of our own mind, a potential to become more aware and present in ways that could positively serve all facets of our life. We will also spend some time meditating.

| Day | Date | Time | Price |
|-----|--------|-------------|-------|
| Thu | Jan 11 | 1:30-2:30pm | Free |

Meditation Ongoing Sessions Facilitator: Jewell Heart

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. Classes are \$5 each. You may register for as little or as many classes as you'd like. Please register by the Wed before your session.

| Day | Date | Time | Price |
|-----|---------|-------------|-----------|
| Thu | Ongoing | 1:30-2:30pm | \$5/class |



Meditation Testimonial

"We like the meditation class because it helps us relax, feel more positive, and sharpens our minds. We also enjoy the social aspect of meditating with others. Class time with Hartmut goes by so quickly. By training our attention to focus on experiences in the present moment, mindfulness meditation helps us reduce stress, enhances feelings of well-being, and improves our cognitive function. It's wonderful to have found something that makes us happy and healthy."

~Brian and Andrea LaBarre

Health & Wellness

Full Body Massage **Sissel Bridges,** **Licensed Massage Therapist**

Massage away your aches and worries! Sissel has 25 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.

Please note the price change (tip included):
30 min - \$30 / 45 min - \$45 / 60 min - \$60
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 | Jan 10 | 2-7pm | \$45 |
| Wed | Jan 24 | 12-4pm | \$45 |
| Wed | Feb 7 | 2-7pm | \$45 |
| Wed | Feb 21 | 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 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. If you'd like to experience the wonders of reflexology, we offer appointments at very affordable rates of \$30 for a half hour session or \$50 for a full 50-minute session. Register at our front desk or call to make your appointment.

| Day | Date | Time | Price |
|-----|-------------|--------|-----------|
| Thu | Jan 11 & 25 | 9-11am | \$30/\$50 |
| Thu | Feb 8 & 22 | 9-11am | \$30/\$50 |

Monthly Blood Pressure Checks **Facilitator: Beacon Hospice**

Beacon Hospice will be on site every third Wednesday of the month to provide complimentary blood pressure checks. They will also provide cards to help you monitor your blood pressure over time. We encourage you to visit monthly to aid in the monitoring of your health.

| Day | Date | Time | Price |
|-----|-----------------|-----------|-------|
| Wed | Jan 17 & Feb 21 | 11am-12pm | 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 | Jan 29 | 12-2pm | Free |
| Mon | Feb 26 | 12-2pm | Free |

Health & Wellness / AARP Taxes

Probility Balance Assessments Facilitator: Probility Physical Therapists

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 | Jan 19 | 1-2pm | \$10 |
| Fri | Feb 23 | 1-2pm | \$10 |

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/156019 to schedule an appointment or call SASC for assistance.

| Day | Date | Time | Price |
|-----|--------|-------------|-------|
| Fri | Jan 26 | 11:30am-4pm | Free |

FREE TAX RETURN PREPARATION Facilitator: Tim Dwyer

The AARP Foundation's Tax-Aide tax assistance is provided by trained volunteers in partnership with the IRS, and is geared toward seniors and modest-income taxpayers. The volunteers do Federal and Michigan 1040 forms and credits, and amended returns. The returns will be sent electronically, and you will receive a paper copy to take home for your files. They are able to do some simple business returns (Schedule C – except for rental income, depreciation, inventory, home offices, or a net loss). They can also offer advice if you are doing your own return and have questions. They are not able to do rental income or farm income, non-resident-alien returns or state returns other than MI. AARP membership is not required.

Call SASC beginning January 16 to make an appointment.

| Day | Date | Time | Price |
|-----|-------------|------|-------|
| Mon | Feb 5-Apr 8 | TBD | Free |

*For joint returns, IRS policy is that both spouses must be present

*If you have 2 tax returns to be done (such as yours and an elderly parent's), schedule 2 sequential time slots – the second following the first. A Power of Attorney is required for anyone who cannot come to the site.

You will need to bring:

- A copy of last year's 2021 Federal & State Tax returns (**VERY IMPORTANT**)
- Driver's License or other Government-issued Photo ID
- Social security cards and birthdates for yourself, spouse, and dependents
- For Direct Deposit of a refund, we MUST see a personal check
- For Property Tax Credit, 2021 Property Tax receipts Summer and Winter
- If you received a 1095-A, regarding health insurance, bring it.

Other items needed, if applicable:

- W-2 forms from each employer;
- SSA-1099 form if you were paid Social Security benefits;
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing |original purchase price of sold assets;
- 1099-MISC showing any miscellaneous income;
- 1099-R form if you received pension, IRA, or annuity distributions;
- 1099-G form if you received unemployment compensation;
- W-2 G if you received gambling winnings
- Dependent-care provider information (name, address, Tax ID or SS#, amount paid);
- DHS annual statement showing DHS assistance
- If potential Heating Credit, bring Dec, Jan, or Feb DTE bill
- If receive Supplemental Security Income (SSI), bring letter from Social Security Administration
- If renting, proof of rent paid (and landlord's name & address)

January 2024

| Mon | Tue | Wed | Thu | Fri |
|--|---|--|---|---|
| 1 | 2 | 3 Guitar ongoing 10-11am Outdoor Winter Walking Yoga begins 3-4pm Not Your Mama's Chair Yoga begins 4:15-5:15pm | 4 SAS-C Writers 10-11:30am Massage Therapy ongoing 11am-3pm | 5 Movie: <i>Indiana Jones and the Dial of Destiny</i> 10am-12:30pm Salt City Ukes ongoing 1-2pm |
| 8 Drums Alive begins 10-11am Zumba Gold begins 11:15am-12:15pm Recorder Ensemble ongoing 1-2pm Brain, Breath, & Bend Yoga begins 4:15pm | 9 Fit for Life begins 8:45-9:45am Balance Strong begins 10-11am Mapping a Healthier You 10-11am Adaptive Hatha Yoga begins 11:15am-12:45pm Zendoodle Club 12:30-2pm | 10 Strong Bones begins 12-12:45pm Adaptive Hatha Yoga begins 1-2:30pm Foot Care Clinic 2-7pm Tech Town Hall 5-7pm | 11 Fit for Life begins 8:45-9:45am Reflexology 9-11am Balance Strong Beginning + Stretch begins 10-11:15am Meditation- What is it Really? 1:30-2:30pm Watercolors begins 1:30-3:30pm | 12 Book Club: <i>The Measure</i> 10-11:15am WCC Strength & Conditioning begins 10-11am Canvas & Cookies 12-2pm Classical Music: Mozart's <i>The Magic Flute</i> 12-1pm |
| 15 SASC Closed | 16 Good Grub Lunch Club: Jalisco 11:30am WCC Tai Chi Beginning begins 1-2pm Intergen Crafternoon 1:30-2:30pm | 17 WCC Line Dancing begins 9-10am Guitar Lessons begins 10-11am Travelogue 10-11am Tai Chi Continuing begins 10:30am Blood Pressure Checks 11am-12pm Classic Movie Time: <i>Singin' in the Rain</i> 2:30-5pm | 18 SAS-C Writers 10-11:30am Meditation ongoing 1:30-2:30pm | 19 Movie: <i>Leo</i> 10am-12pm Probability Balance Assessments 1-2pm |
| 22 SASC Board Meeting 9am Silver Shutterbugs 10:15-11am Ceramics 1-3pm Meaning & Purpose Pt I 2:15-3:30pm Game Night 6-7:15pm | 23 Mosaics: Catch-All Tray 10am-12pm Zendoodle Club 12:30-2pm | 24 Foot Care Clinic 12-4pm Tech Lessons ongoing 2:30-4:45pm | 25 Reflexology 9-11am Genealogy Club 11:15am-1:15pm | 26 Norman & English Castles 10-11am Movie: <i>Maestro</i> 10am-12:30pm Blood Drive 11:30am-4pm |
| 29 Care Management Appointments 12-2pm Ceramics 1-3pm Tech Lessons ongoing 2:30-4:45pm | 30 How Hearing Loss Affects Your Health & Relationships 11am-12:30pm | 31 Television and the Presidency 10-11am Apple Watch and Your Health 2:30-4pm | | |

February 2024

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|---|---|
| | | | 1 SAS-C Writers 10-11:30am | 2 Movie: <i>Theater Camp</i> 10am-12pm |
| 5 AARP Tax Prep begins | 6 The Story of Movies begins 1-2pm | 7 Foot Care Clinic 2-7pm Year of the Dragon 2:30-3:30pm Tech Town Hall 5-7pm | 8 Reflexology 9-11am Good Grub Lunch Club: Olive Garden 11:30am Watercolors begins 1:30-3:30pm | 9 Book Club: <i>Things I Wish I Told My Mother</i> 10-11:15am Souper Bowl Competition & Silent Auction 11am-12:30pm |
| 12 Ceramics 2-4pm | 13 Perusing the Comfort of Home 10-11am Adaptive Hatha Yoga begins 11:15am-12:45pm Zendoodle Club 12:30-2pm | 14 Barbie Bash 12-2:30pm Adaptive Hatha Yoga begins 1-2:30pm | 15 SAS-C Writers 10-11:30am | 16 Movie: <i>Nyad</i> 10am- 12pm Canvas & Cookies 12-2pm |
| 19 SASC Closed | 20 Intergen Crafternoon 1:30-2:30pm | 21 Blood Pressure Checks 11am-12pm General Membership Social 11:30am-1pm Foot Care Clinic 12-4pm | 22 Reflexology 9-11am Genealogy Club 11:15am-1:15pm | 23 Movie: <i>Jesus Revolution</i> 10am-12pm Probability Balance Assessments 1-2pm Trivia Competition Sat, Feb 24 5-7pm |
| 26 Silver Shutterbugs 10:15-11am Care Management Appointments 12-2pm Ceramics 2-4pm Game Night 6-7:15pm | 27 Zendoodle Club 12:30-2pm Kids These Days 2:30-3:30pm | 28 Classic Movie Time: <i>Laura</i> 2:30-4:30pm | 29 | |

Creative Opportunities

Zendoodle Club

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 | Jan 9, 23; Feb 13, 20 | 12:30-2pm | Free |

Watercolors

Instructor: Katherine Downie

Katherine offers an accessible way to learn Watercolors, even if you do not have any prior drawing experience. Trace from a stencil in her classes, which allows you to effortlessly create stunning artwork. Each session focuses on color theory and mixing techniques, offering a variety of projects related to different themes.

Jan - Winter on Mackinac

Feb - Wintry sunsets/sunrises around MI

| Day | Date | Time | Price |
|-----|--------------|-------------|-------|
| Thu | Jan 11-Feb 1 | 1:30-3:30pm | \$52 |
| Thu | Feb 8-29 | 1:30-3:30pm | \$52 |

Canvas & Cookies

Instructor: Katherine Downie

Learn the art of acrylic painting step by step! Join us in 2024 for Michigan-inspired painting sessions led by Katherine. Throughout the process, you'll gain valuable insights into composition, color usage, and the elements and principles of art. Feel free to indulge in Linda's delicious chocolate chip cookies and let the artistic journey unfold in this welcoming and stress-free class. No previous experience required.

| Day | Date | Time | Price |
|-----|--------|--------|-------|
| Fri | Jan 12 | 12-2pm | \$25 |
| Fri | Feb 16 | 12-2pm | \$25 |



Jan



Feb

Classical Music: Mozart's *The Magic Flute* Instructor: Andrew Kratzat

Andrew's goal in this class is to foster a deeper appreciation for classical music. In this session, he will focus on the beautiful art form of opera, and has chosen to explore Mozart's *The Magic Flute*. During the first class, we will delve into the vibrant characters and immerse ourselves in learning about and appreciating the beautiful arias of the first act. In the second class, we will watch the first act as performed by the Metropolitan Opera, allowing us to truly experience the opera in all its glory. In the third class, we will explore the second act, and in our final class, view the Met's second act.

| Day | Date | Time | Price |
|-----|--------------|--------|-------|
| Fri | Jan 12-Feb 2 | 12-1pm | Free |

Intergen Crafternoon with Liberty Club

Work with Liberty Club members to create a craft. This is a great way to form a meaningful connection and have fun.

Liberty Club is a community center-based program, within Saline Area Schools, to promote continuous learning and social interaction for adults with disabilities. **Feb 20 we will meet at Liberty Club.**

| Day | Date | Time | Price |
|-----|----------------|-------------|-------|
| Tue | Jan 16, Feb 20 | 1:30-2:30pm | Free |

Guitar Lessons Facilitator: Dave Hubbard

During these four weeks of group guitar lessons, we will cover topics such as tuning, changing keys with a capo, and learning open and triad chords. We will also provide exercises to help improve finger strength and introduce basic music theory specific to the guitar. Additionally, we encourage you to attend our weekly Wednesday sessions with SASC's guitar club, School of Rock for Guitar, where you can continue learning and practicing. Please remember to bring your own guitar; there are affordable beginner models available for purchase online.

| Day | Date | Time | Price |
|-----|--------------|---------|-------|
| Wed | Jan 17-Feb 7 | 10-11am | \$10 |

Creative Opportunities / Trips

Silver Shutterbugs

This photography group is ideal for individuals who have a passion for capturing special moments and are interested in learning and exchanging new techniques and inspiration. The group plans to meet at the Ypsi Fire Museum on Jan 8 and Dominos Farms for the Frank Lloyd Wright exhibit on Feb 5. Jan 22, Feb 26 at SASC.

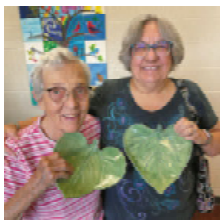
| Day | Date | Time | Price |
|-----|----------------|---------------|-------|
| Mon | Jan 22, Feb 26 | 10:15-11:30am | \$1 |

Ceramics

Instructor: Jenn Lupton

Join us for a delightful two-day class where you can explore your creativity by creating a project using various textures and glaze colors. During the first class, you will craft the clay pieces, and in the second class, you will glaze the bisque pieces. Jenn will fire your piece in her kiln. All materials are included. Please register by 1/26 and 2/6. January's project is TBA. February's Heart Ring Holder example is below.

| Day | Date | Time | Price |
|-----|------------|-------|-------|
| Mon | Jan 22-29 | 1-3pm | \$56 |
| Mon | Feb 12, 26 | 2-4pm | \$56 |



Left: Helen and Trudi are "regulars" in Jenn's Ceramics classes.



Mosaics: Catch-All Tray

Instructor: Carol Torsell

Let your creativity flow and enjoy the process! Design your very own catch-all tray, either for yourself or someone special to you. Carol will guide you in adorning it with charming vintage china, followed by grouting. All materials provided. Please register by Jan 16.

| Day | Date | Time | Price |
|-----|--------|-----------|-------|
| Tue | Jan 23 | 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 |



Art Club

SASC has dedicated time and space for you to bring your project and create. Sometimes it's good to leave the house and go to another location to create! Please bring your project and materials and be sure to clean up your area. Free to members. All mediums welcome: paper crafting, watercolors, acrylics, cross stitch- you name it!

| Day | Date | Time | Price |
|-----|---------|-------|-------|
| Wed | Ongoing | 2-4pm | Free |

Day Trips

The trips we offered in Nov and Dec did not meet their minimums. Due to the winter season and current lack of interest, we will not be running any outings in Jan and Feb. However, we plan to resume some cooperative trips with Pittsfield Senior Center in March or April, with one of the locations being Frederick Meijer Gardens and Sculpture Park.

Note that the trips we run are on charter buses, which are larger. We need to meet a minimum of 25 people in order to break even on the trips. Therefore, registering before the deadline is important.

If you have trip locations you would like to suggest, please contact Nancy at 734-429-9274 or 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 |

Tech Town Hall

Presenter: SAS High School Students

NEW

Allow the students of Saline Area High School to assist you in familiarizing yourself with technology. Bring your smart phone, tablet, or laptop computer, as well as any inquiries or challenges you may have. They will be able to guide you through app downloads, contact organization, and more. Although this event is open house style, we kindly request that you register in advance for this program.

| Day | Date | Time | Price |
|-----|--------|-------|-------|
| Wed | Jan 10 | 5-7pm | Free |
| Wed | Feb 7 | 5-7pm | Free |

Mapping a Healthier You: Planning Your Wellness Goals For 2024

Presenter: Nicole Boyer, EHM LifeChoices

This class will offer expert advice, practical tips, and actionable steps to define, refine, and conquer your wellness ambitions. Empowering you to architect a fulfilling and thriving lifestyle for the year ahead.

| Day | Date | Time | Price |
|-----|-------|---------|-------|
| Tue | Jan 9 | 10-11am | Free |

Travelogue: Crosswinds Marsh

Presenter: George Jabol

Enjoy this presentation by George Jabol from his excursion with the Silver Shutterbugs.

| Day | Date | Time | Price |
|-----|--------|---------|-------|
| Wed | Jan 17 | 10-11am | Free |

Beltone Presents: How Hearing Loss Affects Your Health & Relationships

Presenter: Vicki Harvey, Master Hearing Aid Practitioner

Spend an hour with Hearing Practitioner Vicki Harvey and laugh learn, and win some prizes as we explore hearing loss. Mrs. Harvey has been with Beltone for 16 years and has a passion for educating those with hearing loss and their loved ones. Beltone will also be offering free digital otoscope exams.

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

The Apple Watch and Your Health

Presenter: Ben Cutler

NEW

There are many things you can do with an Apple Watch in regards to your health. Since its release in 2015, the Apple Watch has added several new features, including blood oxygen and electrocardiogram (ECG) readings, a body temperature sensor and an emergency SOS that can detect when a user falls or has some other accident and contact emergency services. If you do decide to invest in one of these devices, Ben is available for private tech lessons and can help you navigate the features.

| Day | Date | Time | Price |
|-----|--------|----------|-------|
| Wed | Jan 31 | 2:30-4pm | Free |

Pursuing the Comfort of Home: Empowering Adults to Age in Place

Presenter: Nicole Boyer, EHM LifeChoices

NEW

For many of us, the desire to remain in our own home is a top goal. Crafting a well-thought-out plan can be the key to safeguarding our ability to do so. Discover the vast array of home modifications, technology advancements and community resources available that can transform this goal into a tangible reality. Embrace the possibilities and take charge of your future so you can cherish the place you call home for years to come.

| Day | Date | Time | Price |
|-----|--------|---------|-------|
| Tue | Feb 13 | 10-11am | Free |

Home is where the heart is.

Clubs / Social Groups

Saline Singers

Singing offers a range of wonderful benefits, such as reducing feelings of depression and enhancing social connections and overall happiness. Throughout history, humans have embraced singing as a way to connect with their roots, particularly through folk music. In our welcoming singing group, we come together twice a month to joyfully sing folk songs, which can evoke nostalgic memories and spark conversations. We invite you to drop by and experience the group for yourself!

| Day | Date | Time | Price |
|-----|-----------------------|--------------|-------|
| Thu | Jan 11, 25; Feb 8, 22 | 11am-12:30pm | Free |

If you would like more information on one of our social groups/clubs, please stop into the office. We're happy to introduce you to any of them!

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 |
|-----|--|---------|
| Tue | Jan 16 - Jalisco Mexican Restaurant & Cantina, 1375 E. Mich. Ave, Saline | 11:30am |
| Thu | Feb 8 - Olive Garden, 445 E. Eisenhower, Ann Arbor | 11:30am |

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.

Jan - *Singin' in the Rain*
Feb - *Laura*

| Day | Date | Time | Price |
|-----|--------|-------------|-------|
| Wed | Jan 17 | 2:30-5pm | \$2 |
| Wed | Feb 28 | 2:30-4:30pm | \$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 |

Genealogy Club

If you love researching your family history, this club will provide the perfect opportunity to increase your search strategies and work on your personal family genealogies. Things to bring: a laptop computer, your genealogy information, a notebook, and your questions.

| Day | Date | Time | Price |
|-----|--------------------|----------------|-------|
| Thu | Jan 11, 25; Feb 22 | 11:15am-1:15pm | \$1 |

Bookworm Club

Lots of laughs are had at this monthly meeting.
Jan - *The Measure*
Feb - *Things I Wish I Told My Mother*

| Day | Date | Time | Price |
|-----|---------------|------------|-------|
| Fri | Jan 12, Feb 9 | 10-11:15am | Free |

Matinee Movies

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

Jan 5 - *Indiana Jones & the Dial of Destiny*
Jan 19 - *Leo*
Jan 26 - *Maestro* (R)
Feb 2 - *Theater Camp*
Feb 16 - *Nyad*
Feb 23 - *Jesus Revolution*

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

Cards / Games

Cards/Games Notes

Trivia Time is on hold for a few months. We encourage you to try out another social program at SASC or check out the Feb 24 Trivia event with Saline High School students, see p. 5.

Mark your calendar for the next Euchre Tournament, sponsored by Brecon Village, on Wed, Mar 13.

Due to AARP Tax Prep, Monday Pinochle will be in the SASC Library Feb-Apr.

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 Pharmacare Drugs.

| Day | Date | Time | Price |
|-----|--------|---------|-------|
| Mon | Jan 22 | 10-11am | \$2 |
| Mon | Feb 26 | 10-11am | \$2 |

Intergen Game Nights

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

| Day | Date | Time | Price |
|-----|-----------------|----------|-------|
| Mon | Jan 22 & Feb 26 | 6-7:15pm | 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.

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

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, Thu | 12:30-3pm |
| Adv. Euchre | Mon | 5:30-7:45pm |
| Euchre | Tue | 12:30-3:30pm |
| Bridge | Tue | 12-3:30pm |
| Adv. Amer. Mah Jongg | 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 |
| Rummikub | Thu | 1-3pm |
| Scrabble | Thu | 1-3:45pm |
| Samba | Fri | 12:30-3:30pm |
| Bingo | Fri | 1-3pm |

Volunteer Spotlight: Karl and Mary Domeier



Music has the ability to bring people together and create connections. That's exactly what Karl and Mary Domeier had in mind when they created Saline Singers. Their goal is to spread joy to both the singers and their audience.

Karl and Mary are not only a team when it comes to their singing group, but they have also been happily married for 67 years. Together, they have built a wonderful family with three children, five grandchildren, and seven great-grandchildren.

Music has played a significant role in Karl and Mary's lives. Mary used to sing in church choirs played the accordion at senior living facilities, encouraging others to join her in song. Karl is a member of the Huron Valley Harmonizers.

If you love music and enjoy a relaxed, friendly atmosphere, you are welcome to join the Saline Singers. They love singing "campfire" type folk songs and meet every 2nd and 4th Thursday at 10am.

SASC Info / MOW

THANK YOU!

- Saline Social Service Adopt-a-Family donors
- Craft Show help Cindy Sobotta, Kathy Lawless, Marley Pagel, Julia Waits, Ruth Frayer, Eva Benevento, and Lelaina MacDonald (set up, clean up, selling tickets)
- Busch's ticket sellers: Cindy Sobotta, Margaret Mann-Devos, Lucy Crossey, Ruth Jaynes, Barbara Alderink, Cecily Johnson, and Julia Waits
- Greeting cards from Monica Van Overmeer
- Swiss Miss from Betsey Hubbard, Rita McMahan, and Sandee Hollenshead
- Tea from Cheryl Oliver and Jeanne Hess
- Coffee and creamer from anonymous
- Patio leaf cleanup help from Saline Middle School Builders Club
- Veterans Celebration committee volunteers Dot Stoddard, Kathy Schultz, Kevin Dwyer, and Brian and Andrea LaBarre
- Jane Ferris for handmade cards for Meals on Wheels and Swiss Miss.

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

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
- Hot chocolate packets
- Paper towel
- 2oz plastic souffle cups for our Souper Bowl Competition
- Refrigerator-sized box for Barbie Bash
- VISIT our Amazon SASC Wishlist for more options: <https://a.co/jf4MPix>

Volunteer Opportunities

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

- Program speakers
- Souper Bowl Competition set up/clean up Feb 9

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

Discover our Full Continuum of Care

Saline Communities

- Brecon Village Senior Community
- The Memory Support Center
- Evangelical Home - Saline
- The Redies Center for Rehabilitation
- The Redies Outpatient Therapy Center

We Come to You!

- LifeChoices®
- Shared Care Services
- Shared Services
- Home Health Care



Call 734-295-9292

400 West Russell St., Saline, MI

EHMSS.org

A nonprofit leader in senior health care and services



Carola A. Gerick, D.D.S.

104 Mills Road
Saline, Michigan 48176

(734) 429-8558

Remarkable dental care



Downtown Saline since 1946



734-429-5491

111 N. Ann Arbor Street, Saline
www.hartmaninsurancesaline.com

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502



Robison · Bahnmler
FUNERAL HOME & CREMATION SERVICES

Since 1937 · Specializing in pre-arrangements



734-429-9760 • www.rbhfsaline.com • 301 E. Michigan Ave., Saline

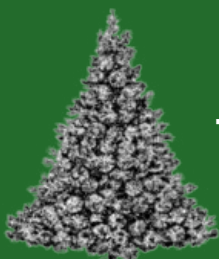
A-1 TREE, INC.

Residential & Commercial

TREE, SHRUB REMOVAL / TRIMMING
STUMP GRINDING • INSURED

734-426-8809

MARK LASKI



WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

SALINE'S PREMIER
FAMILY-OWNED
SENIOR LIVING COMMUNITY

- ASSISTED LIVING
- MEMORY CARE
- RESPITE



Linden Square
Assisted Living Center

Call today! (734) 429-7600



www.LindenSquareALC.com



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpiconmunities.com

15-0661

Regency at BLUFFS PARK

Named *The Best Nursing Home*
for 2017-2018 by US News!



355 Huron View Blvd, Ann Arbor, MI
office 734-887-8700 | fax 734-887-8665
www.cienahealthcare.com



UNDER OUR CARE THERE'S COMFORT

Wherever you call home, an experienced
Arbor Hospice care team will be at your side
to help you focus on what's important.



888-992-CARE • arborhospice.org



**SPRINGFIELD
URGENT CARE**
QUALITY COMMUNITY CARE

OPEN SEVEN DAYS A WEEK

7025 E. Michigan Avenue Saline
734-463-3616

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com

(800) 477-4574 x6407



BROOKHAVEN MANOR
Senior Living

WHERE SENIOR LIVING BEGINS AT 55

At Brookhaven Manor in Ann Arbor, you will find
independent living that will include a friendly
community enjoying a relaxed, yet active lifestyle.

- One and two bedroom apartment options
- All utilities included (except phone, cable & internet)
- Daily lunch or dinner service
- Weekly housekeeping
- Weekly activities and outings

Call us
today to
schedule
a visit!

www.brookhavenmanorapartments.com • 734-881-9880

SUPPORT OUR ADVERTISERS!

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0661

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0661

SASC Information

Board of Directors

PRESIDENT: Cindy Sobotta
VICE PRESIDENT: Kathy Lawless
SECRETARY: Cora Rogers
TREASURER: Mark Sockness
MEMBER-AT-LARGE: Sue Kelch
COMMUNITY EDUCATION: Brian Puffer
CITY OF SALINE: Jack Ceo

Staff

DIRECTOR: Nancy Cowan
cowann@salineschools.org
PROGRAM COORDINATOR: Andrea Lewis
lewisa@salineschools.org
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 Mon, Jan 19 and Mon, Feb 19



Saline Area Senior Center
7190 N. Maple
Saline, MI 48176

US Postage
Paid
PERMIT
NO 9

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.