



March/April 2024

# SASC

## Newsletter



*Memberships available  
for those age 45+*

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



## 2024 SASC Memberships

If you are 45+, register 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, there is an additional fee of \$2 per newsletter.**

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

### Annual Membership, Jan-Dec 2024

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

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## SASC Fitness Membership

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 Wi-Fi.

### 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. The upcoming meetings will be on Monday, Mar 18 and Apr 15. Members are always welcome to attend. If you'd like to attend virtually, please notify us and we will send you a link. The General Membership Social is Wed, Apr 17, at 11:30am. Please see page 5 for details.

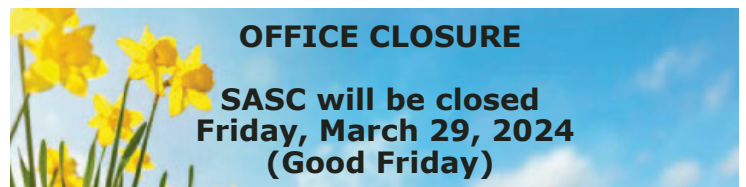


"Like" our page at  
[www.facebook.com/salineseniors](http://www.facebook.com/salineseniors)

**On the cover:** Gita and Linda are pictured in one of the many indoor gardens at Frederik Meijer Gardens on the Mystery Trip in Oct, 2023. Join us on our next full day trip there. See page 3 for details.

### OFFICE CLOSURE

**SASC will be closed  
Friday, March 29, 2024  
(Good Friday)**



# Updates / Trips

## SASC Notes

**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.

**Upon entering SASC, please be sure to sign-in at one of our computers,** one is in the hall and one in the office. This is important for tracking our statistics/usage of the center. You can check in with your card or by typing in the last few letters of your last name. Be sure to complete the sign-in at the end of the process. We are happy to assist you if needed.

**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.

**Share your talents!** You may have noticed that several members have given presentations and begun programs here at SASC. If you have a presentation, program, or expertise you would like to share, or a program request, contact Andrea at lewisa@salineschools.org.

## SASC 50/50 Raffle Winners

We hit a new record raising \$2,346 for our scholarship fund thanks to your contributions. Congratulations to 50/50 winner Sunnye Garza, who was awarded with \$2,346. Runner-up winners include Bob Boerema, Edith Andersen, Chris Graber, and Gail Stalker.

## SASC Swag - Coming Soon

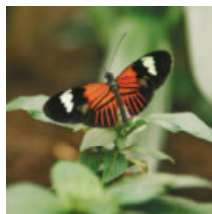
Would you like to purchase some SASC Swag (sweatshirt, t-shirt, coffee cup, etc.)? Do you have a group you participate in at SASC that would like to have an item made especially for you to purchase? If so, group leaders please reach out to us by March 1. By mid-March, we will be emailing our membership a link where you can purchase items if you would like. It is always great to see our members represent and sport our logo-wear! Plus, it is really comfortable.

## Day Trips

Day trips are back! Please be sure to register before the deadline to increase the chances of the trips running.

If you have trip locations you would like to suggest, please contact Nancy at 734-429-9274 or cowann@salineschools.org.

### Butterflies & Blooms at Frederik Meijer Gardens & Sculpture Park



It is time for a dose of spring! We'll travel on a luxury charter bus to Frederik Meijer Gardens & Sculpture Park in Grand Rapids. You'll have four hours to walk amidst the 7,000 tropical butterflies of 60 different species in the Conservatory, while you take in the fragrant hyacinths, tulips, and daffodils that flank the caterpillar room. You can also wander the acres of outdoor gardens and sculptures for the afternoon. Lunch will be at your own cost, whenever you desire, in the James & Shirley Belk Café, with a globally inspired menu of sandwiches, salads, and bites, sourced from local ingredients.

The trip is in cooperation with Pittsfield Senior Center and will be a stop on our route. It is about a 2 hour bus ride but we will watch a movie or two while we travel. Min 25/Max 50. **Deadline: Mar 15.**

Day	Date	Time	Price
Fri	Apr 12	9am-5pm	\$95

### Rivalry Baseball Game UofM vs. OSU



Let's go out to the ball game! This rivalry is one for the ages, in all sports. It doesn't matter if you root for the Wolverines or the Buckeyes, this game is sure to be fun and full of smack talk.

**For this trip we will carpool to the game.** We will depart SASC at 5pm for this 6pm game held at Ray Fisher Stadium in Ann Arbor. Min 4. **Deadline: Apr 5.**

Day	Date	Time	Price
Fri	Apr 19	5-9pm	\$10

# New Programs / Special Events

## Smartphone 101 Presenter: James Giordani



Ready to brush up on your smartphone skills? This 5-week course will cover key phone components, concepts, and techniques in a friendly, easy to follow format aimed at helping

you use your phone more independently and confidently. Our experienced instructors and friendly helpers are always on hand to provide personalized assistance, so you'll never feel left behind. What a deal at just \$12 a session!

Brought to you by James Giordani and Clear Computing. James received his MSW from the University of Michigan with a focus on enhancing the quality of life and independence of seniors through technology. His company, Clear Computing LLC, teaches tech skills and provides in-home tech support in southeast Michigan. James breaks down the tricky world of technology into clear, understandable, and interesting presentations whether you're a tech novice or a tech master.

Day	Date	Time	Price
Tue	Mar 5-Apr 2	1-2pm	\$60

## Ageing and Brain Health Presenter: EMU Contextual Behavioral Science Lab

Ageing is a process we all experience, but there are myths and misconceptions about brain health that many believe. Memory loss is not normal with healthy ageing. This workshop will distinguish between normal and complicated ageing, influenced by medical conditions, lifestyle factors, and behavioral concerns. We will discuss the importance of exercise and social connections for successful ageing and brain health. We will also address common myths about ageing.

Day	Date	Time	Price
Tue	Mar 19	10-11am	Free



EMU Contextual Behavioral Science Lab

## Crafting Connections

Those with and without a special young friend or grandkids are welcome to join us in creating a craft using upcycled materials with an Earth Day theme. Thank you to Nu2u...Again, for sponsoring the materials! Please register by Apr 15.

Day	Date	Time	Price
Mon	Apr 22	4-5pm	Free

## Volunteer Appreciation

April is a wonderful time of the year because it's National Volunteer Appreciation Month. Our volunteers are incredibly important at SASC. SASC Volunteers are integral to the success of our programs. That's why we're taking the time in April to show our heartfelt appreciation for their hard work. **If you've generously volunteered your time for SASC in the past year, keep an eye out for an invitation to a thank you event,** generously sponsored by EHM Senior Solutions.



Some volunteers from the 2023 event.



## JFK: America's Beloved President Presenter: Bruce Zellers

Let's take a walk through the presidency and accomplishments of John F. Kennedy (JFK). He is widely regarded as one of the most beloved US Presidents; likely derived from his ability to connect with and understand the values and experiences of his fellow Americans.

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



# New Programs / Special Events

## Euchre Tournament

Players of all levels are welcome in this fun tournament. Arrive at 5pm for a chicken pot pie dinner. Game play begins at 5:30pm. We will play 8 games and take a break after game 4. Prizes awarded for top two winners, last place and most loners. Non-members are welcome for \$5 extra, ages 18+. Please register by Mar 8. Sponsored by Brecon Village.

Day	Date	Time	Price
Wed	Mar 13	5-8:30pm	\$10



## 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 soup, salad, roll, and dessert. We hope to have one of the Souper Bowl Competition winners showcase their soup. If space remains after the deadline on Apr 12, a \$2 late fee will be added. Enjoy a reading from SAS-C Writers' newest journal *Kaleidoscope*.

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

## A Flash in the Pan: "One Hit Wonders" in the Early Days of Rock & Roll Presenter: Patty Hart

In the world of popular music in the US, what is a "One Hit Wonder"? It's when an artist or group has a song that reaches the Billboard Top 40 and then never has another Top 40 hit. Many One Hit Wonders have similar elements that made them memorable. Let's listen, enjoy and remember these One shot hits from 1958 - 1972. Thank you to Brookhaven Manor for sponsoring this program. Refreshments served.

Day	Date	Time	Price
Fri	Apr 19	1-3:30pm	\$10



## Bag & Jewelry Sale Fundraiser

We are accepting donations of new or gently used handbags, scarves, jewelry, and wallets. THANK YOU for your generosity and support! Mark your calendar for our spring sale. SASC Members can shop early on Apr 26, 2-3:30pm.

Day	Date	Time	Price
Sat	Apr 27	9am-12pm	Free

## Spring Concert Andrew Kratzat, Bass Alicia Doudna, Violin

SASC instructor, Andrew, and his fiancée, Alicia, will be presenting a musical performance featuring Andrew's arrangements for violin and bass. In addition to their performance, they will provide insights into each piece and gladly address any questions you may have, following the style of Leonard Bernstein. Refreshments, coffee, and tea will be served.

Day	Date	Time	Price
Fri	May 3	1pm	Free

## Open Mic Night - Call for Performers!

Join SASC members for an evening of poetry, storytelling, and music at Brewed Awakenings located at 7025 E. Michigan Ave. Each performer will be allotted 5-7 minutes for their performance, adjusting slightly based on the number of participants. Brewed Awakenings will have their food and drink menu available at your own cost; feel free to have dinner while enjoying the evening's entertainment. For further details, please contact Megan at [kenyonm@salineschools.org](mailto:kenyonm@salineschools.org). If you would like to participate in the Open Mic Night, please register by May 1.

Day	Date	Time	Price
Wed	May 8	5pm	Free


## SASC Gift Certificates Always Available

Gift certificates can be purchased throughout the year, 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.


# Fitness

## Drums Alive Instructor: Jerry Powell

 Jump start your Monday, as we tap into our inner rhythm and weave together the power of drumming, music, and movement. It's a wonderful opportunity to let loose, express yourself, and let go of any stress. We provide the bucket, exercise ball, and drum sticks. You just bring a water bottle and energy. **No class Apr 22.**

Day	Date	Time	Price
Mon	Mar 4-11	10-11am	\$14
Mon	April 1-29	10-11am	\$28

## 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. Laurel 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!

Day	Date	Time	Pric
Mon	Mar 4-Mar 18	11:15am-12:15pm	\$21
Mon	Apr 1-Apr 29	11:15am-12:15pm	\$35

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

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. Remember to bring a water bottle.

Day	Date	Time	Price
Mon	Mar 4-Mar 25	4:15-5:15pm	\$28
Mon	Apr 1-Apr 29	4:15-5:15pm	\$35

## Fit for Life Instructor: Laurel Larson

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. You'll improve your flexibility and build strength, while enhancing your joint stability, balance, and cardiovascular endurance. We use a chair for additional support during standing exercises, and for stretching and relaxation exercises. **Hybrid. No class Mar 21.**

Day	Date	Time	Price
Tue	Mar 5-Mar 19	8:45-9:45am	\$21
Tue	Apr 2-Apr 30	8:45-9:45am	\$35
Thu	Mar 7-Mar 28	8:45-9:45am	\$21
Thu	Apr 4-Apr 25	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. It is worth noting that this class will be slightly more challenging than Balance Strong Beginning. **No class Apr 16.**

Day	Date	Time	Price
Tue	Mar 5-Mar 26	10-11am	\$28
Tue	Apr 2-Apr 30	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, all are welcome. **Hybrid**

Day	Date	Time	Price
Tue	Apr 9-May 7	11:15am-12:45pm	\$45
Wed	Apr 10-May 8	1-2:30pm	\$45

# Fitness / Walking

## Strong Bones

**Instructor: Redies Center Therapists**

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

Day	Date	Time	Price
Wed	Mar 13-Apr 17	12-12:45pm	\$36



## 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.

**Join Jo for a fantastic Outdoor Winter Walking Yoga class on Mar 6! This trial class is free. If you enjoy it, you can easily sign up for a full session.**

Day	Date	Time	Price
Wed	Mar 6	3-4pm	Free
Wed	Mar 13-Apr 3	3-4pm	\$28
Wed	Apr 10-May 1	3-4pm	\$28

## Tai Chi Returns in the Next Newsletter

We are excited to announce that Tai Chi will be returning in May - Tai Chi Continuing, through WCC, and Tai Chi Beginning through SASC (paid class). In the meantime, we invite you to explore our wide range of fitness options and try something new.

## 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. Remember to bring your water bottle.

Day	Date	Time	Price
Wed	Mar 6-Mar 27	4:15-5:15pm	\$28
Wed	Apr 3-May 1	4:15-5:15pm	\$35

## 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? In class, we'll be honing in on core strength and addressing any imbalances you have to help you achieve this. Strength exercises and flexibility training will be incorporated to specifically target your core. We've got various difficulty levels for each exercise to accommodate everyone. We round off each session with a rejuvenating 15-minute stretch for ultimate relaxation. **No class Apr 19.**

Day	Date	Time	Price
Thu	Mar 7-Mar 28	10-11:15am	\$32
Thu	Apr 4-May 2	10-11:15am	\$32

## Tai Chi Practice

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

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

# 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](mailto: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

Pickleball is the fastest growing sport in the US for 3 years running! Come on, see if this social and fun sport is a good fit for you too.

## 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.**

Day	Date	Time	Price
Fri	Mar 22	5:30-6:30pm	\$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 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+.** Those meeting this criteria can register for **one free class each session at SASC.**

Registration for May classes will open when the May/June newsletter is released, April 8.

### WCC Tai Chi Continuing Instructor: Darryl Mickens

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
Tue	May TBD	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	May TBD	9-10am	Free

### WCC STRENGTH CONDITIONING Instructor: Michele Williams

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

Day	Date	Time	Price
Fri	May TBD	10-11am	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



### 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.



# Health & Wellness

## Care Management by Natalie Consultation Appointments Facilitator: Sarah Camp

A Care Manager is an 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. Together with Care Management by Natalie we can help find your right path through the aging process. Call SASC to schedule a one hour consultation with Care Management by Natalie.

Day	Date	Time	Price
Wed	Mar 20	9-11am	Free
Wed	Apr 17	9-11am	Free

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

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

Day	Date	Time	Price
Wed	Mar 6	2-7pm	\$45
Wed	Mar 20	12-4pm	\$45
Wed	Apr 3	2-7pm	\$45
Wed	Apr 17	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.



## Treasured Tails With NEW The Humane Society of Huron Valley Facilitator: Alicia Curley, Friends for Life Program Coordinator



Join Humane Society of Huron Valley (HSHV) for Treasured Tails social hour, where you can share stories about animals and interact with therapy dogs. An HSHV staff member will facilitate, emphasizing stories about rescued shelter animals. No pressure to share - you can simply listen and visit with the therapy dog. Bring pictures of your beloved animals if desired.

Day	Date	Time	Price
Tue	Mar 5	10-11am	Free

## Pharmacy Education: Prediabetes Presenter: Betty Chaffee, PharmD



Prediabetes is a serious health condition. What exactly is it? Can it be treated? If so, how? Join Betty Chaffee, PharmD of Better My Meds to talk about prediabetes, how it is diagnosed and what you can do to decrease your risk. Arleen from Assisted Living Locator is our generous sponsor for this event.

Day	Date	Time	Price
Mon	Mar 11	4-5pm	Free

## "Good Eats" and You NEW Presenter: Neal Houghan, Village Crossroads

Join our fun and informative workshop on discovering a new snacking you! Learn about the importance of snacking, its role in healthy eating and diets, and its impact on our overall well-being. We will discuss and explore healthy snack options for seniors. Bring your favorite snack recipes and learn about the benefits they can provide. Sample various snacks and gain a better understanding of your own snacking habits. By the end of the workshop, you'll have a customized snacking plan that satisfies both your doctor's recommendations and your personal enjoyment.

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

# Health & Wellness

## Reflexology

**Loraine Webster, Certified Reflexologist**

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

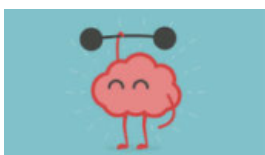
Day	Date	Time	Price
Thu	Mar 14 & 28	9-11am	\$30/\$50
Thu	Apr 11 & 25	9-11am	\$30/\$50

## Aging and Brain Health Presenter: EMU Contextual Behavioral Science Lab



Aging is a process we all experience, but there are myths and misconceptions about brain health that many believe. Memory loss is not normal with healthy aging. This workshop will distinguish between normal and complicated aging, influenced by medical conditions, lifestyle factors, and behavioral concerns. We will discuss the importance of exercise and social connections for successful aging and brain health. We will also address common myths about aging.

Day	Date	Time	Price
Tue	Mar 19	10-11am	Free



## Monthly Blood Pressure Checks Facilitator: Beacon Hospice

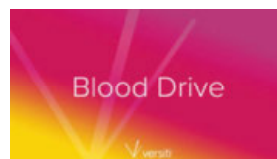
Beacon Hospice will be on site every third Wednesday of the month to provide complimentary blood pressure checks. They will also provide cards to help you monitor your blood pressure over time. Visit monthly to aid in the monitoring of your health.

Day	Date	Time	Price
Wed	Mar 20 & Apr 17	11am-12pm	Free

## SASC Blood Drive

There is a critical blood shortage in the US; when blood donations are low, it can take weeks to build inventory back up. To donate at the Versiti Blood Drive, please go to [https://donate.michigan.versiti.org/donor/schedules/drive\\_schedule/155765](https://donate.michigan.versiti.org/donor/schedules/drive_schedule/155765) to schedule an appointment or call SASC for assistance.

Day	Date	Time	Price
Fri	Mar 22	11:30am-4pm	Free



## 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 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	Apr 5	1-2pm	\$10

## The Wondrous World of Recliners Presenter: Neal Houghan, Village Crossroads




Join us for a workshop on recliner sampling and discussion to discover the best way to sit. Learn about the importance of good sitting for our health, active lifestyles, and overall well-being. Engage in a discussion about senior sitting issues and how to make positive changes. Bring a picture of your favorite chair and find out the benefits it offers. At the end of the workshop, you'll have a better understanding of what to consider in your seating choices. Create a personalized sitting plan that works for you and enjoy the benefits.

Day	Date	Time	Price
Mon	Apr 8	2:30-3:30pm	Free



# March 2024

Mon	Tue	Wed	Thu	Fri
				<p>1</p> <p>Breakfast Club ongoing 9:30-10:30am</p> <p>Movie: <i>The Holdovers</i> 10am-12:30pm</p> <p>Bingo ongoing 12:30-3pm</p> <p>Salt City Ukles ongoing 1-2pm</p>
<p>4</p> <p>Drums Alive begins 10-10am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Ping Pong ongoing 2-4pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Chair Yoga begins 4:15-5:15pm</p>	<p>5</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong begins 10-11am</p> <p>Treasured Tails 10-11am</p> <p>Kids These Days 11:45am-12:45pm</p> <p>Smartphone 101 begins 1-2pm</p>	<p>6</p> <p>Art Club ongoing 2-4pm</p> <p>Foot Care Clinic 2-7pm</p> <p>Movie: <i>Killers of the Flower Moon</i> 2:30-6:45pm</p> <p>Walking Yoga Free Trial 3-4pm</p> <p>Chair Yoga begins 4:15-5:15pm</p>	<p>7</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong Beginning + Stretch begins 10-11:15am</p> <p>SAS-C Writers 10-11:30am</p> <p>Meditation ongoing 1:30-2:30pm</p> <p>Watercolors begins 1:30-3:30pm</p>	<p>8</p> <p>Ukrainian Easter Eggs begins 10-11:30am</p> <p>Book Club: <i>The Second Mrs. Astor</i> 10-11:15am</p> <p>Canvas &amp; Cookies 12-2pm</p> <p>Classical Music begins 12-1pm</p>
<p>11</p> <p>Brain Games &amp; Breakfast 10-11am</p> <p>Recorder Ensemble ongoing 1-2pm</p> <p>Prediabetes 4-5pm</p>	<p>12</p> <p>"Good Eats" and You 10-11am</p> <p>Good Grub Lunch Club: Jalisco Mex. Restaurant 11:30am</p> <p>Zendoodle Club 12:30-2pm</p>	<p>13</p> <p>Strong Bones begins 12-12:45pm</p> <p>Walking Yoga begins 3-4pm</p> <p>How to Advocate for Me While Aging 3-4pm</p> <p>Euchre Tournament 5-8:30pm</p> <p>Intergen Game Night 6-7:15pm</p>	<p>14</p> <p>Reflexology 9-11am</p> <p>Saline Singers 10-11am</p> <p>Massage Therapy ongoing 11am-3pm</p> <p>Beginning Genealogy 11:30am-1pm</p>	<p>15</p> <p>Movie: <i>Chevalier</i> 10am-12pm</p>
<p>18</p> <p>Silver Shutterbugs 10:15-11:30am</p> <p>Tech Town Hall 5-7pm</p>	<p>19</p> <p>Aging and Brain Health 10-11am</p> <p>Intergen Crafternoon 1:30-2:30pm</p>	<p>20</p> <p>Care Management Appts 9-11am</p> <p>Foot Care Clinic 12-4pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Classic Movie Time: <i>Singin' in the Rain</i> 2:30-5pm</p>	<p>21</p> <p>Outdoor Walking ongoing 9am</p> <p>SAS-C Writers 10-11:30am</p> <p>Tai Chi Practice ongoing 11:30am-12:30pm</p> <p>Ping Pong ongoing 1:30-3:30pm</p>	<p>22</p> <p>Movie: <i>A Haunting in Venice</i> 10am-12pm</p> <p>Blood Drive 11:30am-4pm</p> <p>Learn to Play Pickleball Clinic 5:30-6:30pm</p>
<p>25</p>	<p>26</p> <p>Spring Floral Design 10am-12pm</p> <p>How to Advocate for Me While Aging 10-11am</p> <p>Zendoodle Club 12:30-2pm</p>	<p>27</p> <p>Roundtable ongoing 9:30-11am</p> <p>Guitar Club ongoing 10-11am</p> <p>Knitting/Crochet ongoing 12:45-2pm</p> <p>Woodcarving ongoing 5:30-7pm</p>	<p>28</p> <p>Reflexology 9-11am</p> <p>Saline Singers 10-11am</p> <p>Genealogy Club 11:15am-12:15pm</p>	<p>29</p> <p>Our office is CLOSED in observance of <i>Good Friday</i></p> 



# April 2024

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Drums Alive begins 10-11am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Brain, Breath &amp; Bend Yoga begins 4:15-5:15pm</p>	<p>2</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong begins 10-11am</p>	<p>3</p> <p>Foot Care Clinic 2-7pm</p> <p>Movie: <i>Oppenheimer</i> 2:30-5:45pm</p> <p>Not Your Mama's Chair Yoga 4:15-5:15pm</p>	<p>4</p> <p>Fit for Life begins 8:45-9:45am</p> <p>SAS-C Writers 10-11:30am</p> <p>Balance Strong Beginning + Stretch begins 10-11:15am</p> <p>Watercolors begins 1:30-3:30pm</p>	<p>5</p> <p>Movie: <i>A Million Miles Away</i> 10am-12pm</p> <p>Probability Balance Assessments 1-2pm</p>
<p>8</p> <p>The Wondrous World of Recliners 2:30-3:30pm</p>	<p>9</p> <p>Mosaics: Open Studio 9:30am-12pm</p> <p>Bank of Ann Arbor and Greenlight 10-11am</p> <p>Patty Hart Yoga begins 11:15am-12:45pm</p> <p>Zendoodle Club 12:30-2pm</p>	<p>10</p> <p>JFK Presentation 10-11am</p> <p>Patty Hart Yoga Begins 1-2:30pm</p> <p>Walking Yoga begins 3-4pm</p> <p>Intergen Game Night 6-7:15pm</p>	<p>11</p> <p>Reflexology 9-11am</p> <p>Saline Singers 10-11am</p>	<p>12</p> <p>Trip: Butterflies &amp; Blooms Frederik Meijer Gardens 9am-5pm</p> <p>Book Club: <i>The Address</i> 10-11:15am</p> <p>Canvas &amp; Cookies 12-2pm</p>
<p>15</p> <p>Silver Shutterbugs 10:15-11:30am</p> <p>Tech Town Hall 5-7pm</p>	<p>16</p> <p>Mosaics: Open Studio 9:30am-12pm</p> <p>Travelogue: Iceland 10-11:30am</p> <p>Intergen Crafternoon 1:30-2:30pm</p>	<p>17</p> <p>Care Management Appt 9-11am</p> <p>Travelogue: Iceland 10-11:30am</p> <p>General Membership Social 11:30am-1pm</p> <p>Foot Care Clinic 12-4pm</p> <p>Classic Movie Time: <i>Portrait of Jennie</i> 2:30-4:30pm</p>	<p>18</p> <p>SAS-C Writers 10-11:30am</p> <p>Good Grub Lunch Club: Paesno Rest. &amp; Wine Bar 11:30am</p>	<p>19</p> <p>Movie: <i>The Intern</i> 10am-12:30pm</p> <p>A Flash in the Pan: "One Hit Wonders" 1-3:30pm</p> <p>Trip: Rivalry Baseball Game UofM vs. OSU 5-9pm</p>
<p>22</p> <p>Brain Games &amp; Breakfast 10-11am</p> <p>Ceramics: Footed Dish 1-3pm</p> <p>Crafting Connections 4-5pm</p>	<p>23</p> <p>Zendoodle Club 12:30-2pm</p>	<p>24</p> <p>What to Expect When You Have Care Needs 3-4pm</p>	<p>25</p> <p>Reflexology 9-11am</p> <p>Saline Singers 10-11am</p> <p>Genealogy Club 11:15am-12:15pm</p>	<p>26</p> <p>Movie: <i>The Covenant</i> 10am-12:30pm</p> <p>Bag &amp; Jewelry Sale Members' Pre-Sale 2-3:30pm</p> <p>Public Sale Apr 27 9am-12pm</p>
<p>29</p> <p>Ceramics: Footed Dish 1-3pm</p>	<p>30</p>			

# Creative Opportunities

## 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.

Mar - Porcupine Mountains

Apr - Dow Gardens

Day	Date	Time	Price
Thu	Mar 7-28	1:30-3:30pm	\$52
Thu	Apr 4-25	1:30-3:30pm	\$52

## UKRAINIAN EASTER EGGS

**Instructor: Katherine Downie**

Did you know that in Ukraine, Easter egg decorating is an important art form that dates back centuries? Known as *pysanky*, which means "to write" or "to inscribe," these Ukrainian Easter eggs are decorated using the wax-resist (*batik*) method. Covered in stunning motifs often taken from Slavic folk art, you'll also find these decorated eggs in many parts of Eastern Europe. Over three weeks you will make 2 to 3 eggs. All materials included. Please register by Mar 4.

Day	Date	Time	Price
Fri	Mar 8-22	10-11:30am	\$45



## Classical Music:

### Beethoven's Fifth Symphony

**Instructor: Andrew Kratzat**

Andrew's goal in this course is to cultivate a greater sense of admiration for classical music. During this session, the focus will be on Beethoven's Symphony No. 5, a well-known masterpiece. This symphony was composed between 1804 and 1808, during a period marked by the Napoleonic Wars and Beethoven's progressive loss of hearing.

Day	Date	Time	Price
Fri	Mar 8-22	12-1pm	Free

## Canvas & Cookies

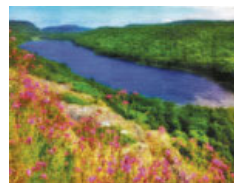
**Instructor: Katherine Downie**

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 experience required.

Mar - Porcupine Mountains

Apr - Dow Gardens

Day	Date	Time	Price
Fri	Mar 8	12-2pm	\$25
Fri	Apr 12	12-2pm	\$25



## 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 Yankee Air museum in March and on Apr 8, in Toledo for the eclipse.

Day	Date	Time	Price
Mon	Mar 11, Apr 15	10:15-11:30am	Free

## Zendoodle Club

Zendoodling is a form of doodling and drawing that enables individuals to create intricate designs by completing small sections of patterns. This straightforward technique yields impressive outcomes. Doodling, in general, serves as a valuable method for relaxation, diverting attention from work, school, or stressful circumstances, and engaging in a creative outlet. This group is welcoming to people of all levels. A suggested supply list is available at the front desk.

Day	Date	Time	Price
Tue	Mar 12, 26; Apr 9, 23	12:30-2pm	Free



# Creative Opportunities

## 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.

Day	Date	Time	Price
Tue	Mar 19, Apr 16	1:30-2:30pm	Free

## Spring Floral Design Instructor: Carol Torsell



You will create a colorful spring mixed flower arrangement in a basket with a "handle" created with willow (corkscrew or pussy willow). Thank you to Huron Valley PACE for providing the flowers. Materials provided.

Day	Date	Time	Price
Tue	Mar 26	10am-12pm	\$30



## Mosaics: Open Studio Instructor: Carol Torsell



For new and previous students, you will have the opportunity to choose your own project, working with a variety of mosaic tiles, broken china, jewelry pieces, buttons, and letters. You may create a keepsake by bringing something from home or make a gift for someone special. In the second class you will work on grouting. If you would like to make a 12" letter, please register at least 1 week in advance of class.

Day	Date	Time	Price
Tue	Apr 9, 16	9:30am-12pm	\$30

## Ceramics: Footed Dish Instructor: Jenn Lupton

Join us for a two-day class where you can explore your creativity by creating a footed dish 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 Apr 15.

Day	Date	Time	Price
Mon	Apr 22 & 29	1-3pm	\$56

## Crafting Connections



Those with and without a special young friend or grandkids are welcome to join us in creating a craft using upcycled materials with an Earth Day theme. Thank you to Nu2u...Again for sponsoring the materials! Please register by Apr 15.

Day	Date	Time	Price
Mon	Apr 22	4-5pm	Free

## 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 cost is \$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.

Day	Date	Time	Price
Wed	Ongoing	2-4pm	Free

# Lifelong Learning

## Tech Lessons

Do you need basic tech support for your phone, tablet, and/or laptop? Ben Cutler can answer your questions. Please 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

## Kids These Days Presenter: James Giordani

**NEW**

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	Mar 5	11:45am-12:45pm	Free

## Beginning Genealogy Instructor: Carol Torsell

Have you been thinking about your family history? After this class, you will be able to create a family tree and learn where and how to search for records online. Bring a notebook along with your parents' vital information (and grandparents too if you have info) to get started!

Day	Date	Time	Price
Thu	Mar 14	11:30am-1pm	\$10

## Tech Town Hall Presenter: SAS High School Students

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
Mon	Mar 18	5-7pm	Free
Wed	Apr 15	5-7pm	Free

## How to Advocate for Me While Aging Presenter: Nicole Boyer, EHM LifeChoices

Navigating the healthcare system can feel extremely complicated, making it seem like you don't have control over your healthcare decisions. However, with the right skills and knowledge you can feel more confident about the options that are available to you. Learn how to better communicate your needs, concerns, and preferences with our doctor and other healthcare professional.

Day	Date	Time	Price
Wed	Mar 13	3-4pm	Free

## Bank of Ann Arbor and Greenlight Presenter: Christine Held

**NEW**

Bank of Ann Arbor has partnered with Greenlight to shine a light on the world of money for your grandkids. Greenlight is the debit card and money app that provides tools that help kids learn to earn, save, and spend wisely. Families can get access to Greenlight free through Bank of Ann Arbor.

Day	Date	Time	Price
Tue	Apr 9	10-11am	Free

## Travelogue: Iceland Presenter: George Jabol

**NEW**

The trip included a city tour of Reykjavik, a visit to the Blue Lagoon, a tour of the Golden Circle, and a visit to the southern coast of Iceland.

Day	Date	Time	Price
Tue	Apr 16	10-11:30am	Free

## What to Expect When You Have a Care Need Presenter: Nicole Boyer, EHM LifeChoices

**NEW**

You will become equipped with knowledge to identify and address the warning signs that may indicate care is needed. We will discuss how to navigate the vast array of available resources, ensuring you can make informed decisions without feeling overwhelmed. Take charge of your future well-being and start your journey towards peace of mind.

Day	Date	Time	Price
Wed	Apr 24	3-4pm	Free

# Clubs / Social Groups

## Marathon Movies

Join your friends for these Oscar nominated movies and popcorn. We will take a break halfway through.

Mar - *Killers of the Flower Moon*  
Apr - *Oppenheimer*

Day	Date	Time	Price
Wed	Mar 6	2:30-6:15pm	\$1
Wed	Apr 3	2:30-5:45pm	\$1

## Good Grub Social Club

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

Day	Date - Location	Time
Tue	Mar 12 - Jalisco Mexican Restaurant & Cantina, 1375 E. Mich. Ave, Saline	11:30am
Thu	Apr 18 - Paesano Rest. & Wine Bar, 3411 Washtenaw Ave., AA 48104	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.

Day	Date	Time	Price
Wed	Mar 20	2:30-5pm	\$1
Wed	Apr 17	2:30-4:30pm	\$1



## Ongoing Social Groups/Clubs

Program	Day	Time	Price
Silver Shutterbugs	Mon 3/wk	10:15-11:30am	Free
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

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	Mar 28, Apr 25	11:15am-1:15pm	\$1

## Bookworm Club

All are welcome at this monthly meeting.

Mar - *The Second Mrs. Astor*  
Apr - *The Address*

Day	Date	Time	Price
Fri	Mar 8, Apr 12	10-11:15am	Free

## Matinee Movies

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

Mar 1 - *The Holdovers* (R)  
Mar 15 - *Chevalier* (PG-13)  
Mar 22 - *A Haunting in Venice* (PG-13)  
Apr 5 - *A Million Miles Away* (PG)  
Apr 19 - *The Intern* (PG-13)  
Apr 26 - Guy Ritchie's *The Covenant* (R)

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.

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 through April 8.

## 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 Pharmicare Drugs.

Day	Date	Time	Price
Mon	Mar 11	10-11am	\$2
Mon	Apr 22	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	Mar 13, Apr 10	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.

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. There are a few Wednesdays where it is closed for part of the day. If you plan to come on a Wed, you are welcome to call and see when it is closed.

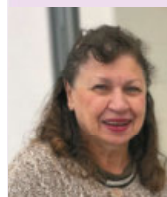
## Ongoing Cards & Games

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
Canasta	Wed	12:15-3pm
Adv. Euchre	Wed/ 1 wk.	5:30-7:45pm
Chess	Wed/ 2,4 wk.	11:30am-1:30pm
Pepper	Wed/ 4 wk.	5:30-7:45pm
Bridge	Thu	12-3:30pm
Rummikub	Thu	1-3pm
Scrabble	Thu	1-3:45pm
Samba	Fri	12:30-3:30pm
Bingo	Fri	1-3pm

## Volunteer Spotlight: Jay Fischer and Linda Kerwin, Salt City Ukcs Group Leaders



Jay was born and raised in Ann Arbor and served in the Army for three years; he has two children, both college graduates. Jay enjoys music and community theater, where he has been active for the past decade, having been in seven or eight performances. Jay volunteers to lead Salt City Ukcs because he enjoys sharing the joy of playing music with others.



Linda was born in Detroit and resided there until first grade. At eighteen she moved to South Lyon and met her husband, Mark, on a lake while waterskiing. Together they have three children and seven grandchildren. Linda enjoys line dancing, ukulele, reading and writing, scrapbooking, and traveling with her family. Linda teaches ukulele because she loves playing and singing with others. She also teaches young children.

Stop in sometime and check out Salt City Ukcs. Members of all levels are welcome!

# SASC Info / MOW / Medicare

## 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

If you need a quicker response, please call AgeWays (formerly Area Agency on Aging) at 800.852.7795.

## The Art of Letter Writing with Saline High School

In this day and age with email, messaging, and video chat, the art of letter writing has gone by the wayside, but communities are working to grow this lost art again. Sending and receiving letters through mail gives both people that warm, fuzzy feeling of having a connection with another person.

SASC members are welcome to submit their names so we can pair you up with a student from Saline High School. If you are interested in this new program, please email Megan at [kenyonm@salineschools.org](mailto:kenyonm@salineschools.org) or call 734-429-9274 by **March 1**. More details will be provided in the coming weeks once we know the interest level. .



If you can spare a few hours this spring to help clean up our garden areas, contact Kathy Adamson, [adamsonk@salineschools.org](mailto:adamsonk@salineschools.org) or 734-429-9274.

## 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:

- Reams of 8.5 x 11" copy paper
- Paper towel
- Takeaway containers
- Bag & Jewelry Sale items

**THANK YOU!**  
*thank you!*

- Coffee creamer from Carole Mayer
- Regular and decaf coffee from George Danneffel
- Tea from Irene Adler and Margaret Bradley
- Hot cocoa from Brenda Lorey
- Coffee bar items from several who wish to remain anonymous
- Paper towel from Tina Webster
- New Year Celebration volunteers: Cindy Sobotta, Diane Evans, Eva Benevento, Brenda Lorey, Ruth Frayer
- Patio clean up from the MS Builders Club
- Christmas Ornaments for MOW clients from MS Builders Club
- Seasonal cards for MOW clients from Jane Ferris

# 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.





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# 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 on Friday, March 29, 2024



**Saline Area Senior Center**  
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## SASC MISSION STATEMENT

The mission of the Saline Area Senior Council, Inc. (SASC) is to enrich the lives of senior citizens through programs and activities that will be beneficial in promoting good health, education, referral services, community outreach and social programs.