



March/April 2023

SASC

Newsletter



*Memberships available
for those age 45+*

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

2023 SASC MEMBERSHIPS

Your SASC Membership is the best value in town! If you are 45+, register now for your 2023 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 mailed or emailed newsletters every other month.

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 2023

\$15 Saline Area School District Resident (50)

\$10 All People Over Age 80

\$25 Non-Saline Resident

\$35 SIT Membership SAS District Resident

\$45 SIT Membership Non-Resident (45-49)

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SASC FITNESS MEMBERSHIP

Stay fit and warm at SASC! 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 (waived if you've had a NuStep Training) Staff will do a training with you, possibly in a small group, to show you how to utilize the equipment properly.

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

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

SASC BOARD MEETINGS

The upcoming Board meetings are scheduled for **Mon, Mar 20** and **Mon, Apr 17, at 9am.** Board Meetings are typically the third Monday of the month at 9am. Members are always welcome to attend. Meetings are held in person but if you'd like to attend virtually, please notify us and we will send you a link. The next General Membership Social is Apr 19, 11:30am. Please see page 9 for full details.



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

On the cover: Bookworm Club members. Lots of laughs and good discussions are had. See page 17 for upcoming books.

OFFICE CLOSURE

**SASC will be closed
on Friday, April 7, 2023.
(Good Friday)**

SASC Updates

SASC NOTES

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

Please call or visit the office to register for all programs, even if they are free. If you register early, the chance of us being able to run a program is better. You may utilize the online registration system, or sign up in person. We do not take payments over the phone.

Inclement weather: Note that if Saline Area Schools are cancelled, SASC will be closed too. Check our phone, website, and Facebook page for weather closure announcements.

THANK YOU MAYOR BRIAN MARL

As of January 2023, Mayor Brian Marl has stepped down as the City Representative on the SASC Board. Mayor Marl's time and dedication to SASC are greatly appreciated. He will still be involved here, offering various coffee hours, calling Bingo, and headlining the Annual Mayor's Conference, among other things. Thank you Mayor Marl. We look forward to working with you in different capacities in the future.

COUNCILMEMBER JACK CEO, APPOINTED REPRESENTATIVE FROM CITY COUNCIL TO SASC BOARD



Councilman Jack Ceo is the new appointee on the SASC Board, representing the City of Saline as of January 2023.

Jack is a member of SASC and is involved with many programs including fitness, ukulele, lifelong learning, and writing.

He has served on Saline City Council since January of 2016 and brings with him a wealth of experience working with government and law enforcement. Jack is married to Pam Ceo, also an SASC Member, and has a two children and grandchildren. Welcome Jack!

TRIP / BUS UPDATE

SASC Trips are currently on hold. As you may be aware, SASC owns a 2006 Ford E450 Econoline Bus, that seats 14 people. We utilize the bus for about 20-24 day trips per year. The bus only has about 57,000 miles on it, but it is really starting to show its age; rusting on the inside and outside, and increasingly in need of more repairs. The bus had mechanical issues on two separate trips this past summer and its reliability is not always good. The ride is also loud and bumpy, part of having an older vehicle. Furthermore, an extensive exhaust repair is needed, in addition to other repairs it has had over the last few years.

This vehicle has been useful to SASC to transport small groups of older adults to hundreds of day trips (about 20-25 per year) and social outings across Michigan and Ohio over the last 16 years. We know that while we do not make much if any revenue off our trips (merely cover the costs), the trips hold value for many members.

Charter buses are expensive and larger than we need / can fill. Therefore, we are exploring other options for trips moving forward, as the safety of our members is paramount. One of which is sharing a vehicle/van with Liberty Club. Another is seeking a CARES Grant for such a purchase.

This discussion and process is ongoing, including the staff and Board. We will work to provide you with updates at future Board Meetings, General Membership Socials, and in newsletters. If you have any questions, please contact Nancy at 734.429.9274 or [cowann@salineschools.org](mailto:cwann@salineschools.org).

SASC 50/50 RAFFLE FUNDRAISER

Congratulations to the 50/50 raffle winners:

Grand Prize, \$2,287: Paul Renberg
Runner Up Winners: Larry Timoszyk, Sherry Smith, and Amal El-Awar.

THANK YOU to everyone who purchased and sold raffle tickets, helping us to raise \$2,287 for our scholarship fund. If you or a loved one is interested in our scholarship program, please visit the office or our website for an application.

New Programs

REFRAMING LOSS Presenter: Linda Seyfarth Ward

Loss has various definitions. This group uses the definition from Webster's New World Dictionary. Loss is the condition of being deprived or bereaved of **SOMETHING** or someone. The word something is in bold because when born, we experience a world that includes multiple losses. Grief is one element of loss. Consequently, it is not what happens in life, it is how you manage it. This is a six week group that will meet weekly to learn healthy ways to manage the distress of multiple losses inherent in the grieving process. Facilitated by Linda Seyfarth Ward, ASCW, LMSW, LMFT, and abd for PhD in Health Psychology.

Day	Date	Time	Price
Mon	Mar 6-Apr 17	2-4pm	\$30



GUIDE TO LICENSED ASSISTED LIVING: KNOW REGULATIONS AND FIND VIOLATIONS Presenters: Justine Bykowski & Barbara Zaret

In this presentation, you will learn about ways to enhance your decision-making when considering assisted living care in Michigan. It can be a complicated and emotional decision that includes many factors such as the "right fit" to address needs, finances, and more. This talk will discuss types of licensed assisted living care in MI, resources on how to compare the differences, sources to learn about state regulations and violations, and access to a guide that provides steps to take if problems occur.

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

SASC LAPTOPS AND iPADS

Check out a laptop or iPad at the front desk for use while at SASC. All have Wi-Fi capabilities. Ask staff for assistance getting started.

MOTOR CITY MUSIC, VOL. 1: ROCK & ROLL & SOUL THE EARLY YEARS OF DETROIT Presenter: Patty Hart

From its humble beginnings in the mid to late 1950's until Berry Gordy took Motown west to Los Angeles in 1972, Detroit was ROCKIN'! Join Patty Hart (aka DJ Pate') for a look back at the Motor City's enormous Rock & Roll & Soul legacy, 1954-1965!

Day	Date	Time	Price
Fri	Mar 31	1-3pm	\$10

PELVIC HEALTH DISCUSSION Presenter: Jessica Wyen

Are you experiencing incontinence when you are laughing or sneezing, straining when you're going to the bathroom, or pain with sitting in the pelvic floor? These issues are more commonly developed as we age but do not need to be your normal. There are many things that can be done to help including pelvic floor exercise, and behavior changes. Join Jessica Wyen of Probility Physical Therapy for an informational presentation on what you can do to help treat or prevent pelvic floor dysfunction. Jessica is a pelvic floor physical therapist, since 2011. Just bring yourself, listening ears, and maybe a notebook if wanted!

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

MEDICATION REVIEW Presenter: Betty Chaffee, PharmD

Betty Chaffee, PharmD, owner of BetterMyMeds, is a familiar face here at SASC. She has given many popular talks about medications and health. She will be onsite in March and April to provide "mini-medication reviews". She'll review your medicines, answer your questions and concerns, and suggest ways to talk with your doctor about them. Register now for your 15 minute appointment, and be sure to bring your medication list and have your questions ready!

Day	Date	Time	Price
Fri	Mar 3	10-11:30am	\$10
Wed	Apr 12	2:30-4pm	\$10

New Programs

MEDICARE APPOINTMENTS WILL BE RETURNING TO SASC

MMAP (Michigan Medicare/Medicaid Assistance Program) provides unbiased information/assistance to Medicare beneficiaries and caregivers. Confidential one on one appointments will take place at SASC. If you are interested in an appointment, please contact Andrea Lewis.

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 decorating 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 European. Over three weeks you will make 2 to 3 eggs. All materials included.

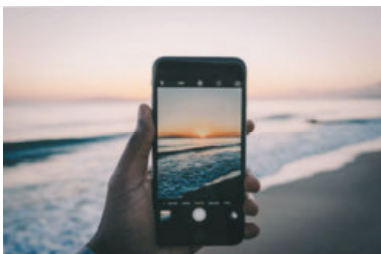
Day	Date	Time	Price
Thu	Mar 23-Apr 6	12-1pm	\$45



PHOTOGRAPHY CLUB

SASC's new "Silver Shutterbugs" group is for you if you want to share your joy of capturing moments and learn about and share new techniques and inspiration. At the first meeting we will discuss personal goals and set group goals, along with a fun homework assignment. Come ready for a group photo!

Day	Date	Time	Price
Mon	Mar 20, Apr 17	10:30-11:30am	Free



UKULELE GROUP

We are in the process of creating a Ukulele Group where novice players can show you the basics. We'll also welcome players to enjoy practicing and being in each other's company. Practices will likely be Friday afternoons. Please leave your name at the front desk if you would like to be notified for the first session. Each drop in will be \$1, payable in the office when you check in.

MEDICARE COVERAGE OF VACCINES Presenter: MMAP Representative

Join MMAP for the Medicare coverage of Vaccines program. The Medicare coverage of Vaccines program goes over the basics of Medicare, including what vaccines Medicare covers and under which program Medicare Part B or Part D, including your out of pocket costs.

Day	Date	Time	Price
Tue	Apr 4	10-11am	Free

RIVARLY BASEBALL GAME U of M Vs. MSU



Let's get out to the ball game! It doesn't matter if you plan on shouting Go Blue or if you will be Spartying On, you are guaranteed to have a fun time. For this trip we will carpool to the game. We will depart SASC at 3pm for this 4pm game held at Ray Fisher Stadium in Ann Arbor. Min 4/Max 14. Deadline: Apr 7.

Day	Date	Time	Price
Fri	Apr 21	3-7pm	\$10

SASC GIFT CERTIFICATES ARE AVAILABLE YEAR-ROUND

Purchase an SASC gift certificate in any amount you choose to gift to a special person in your life, for any occasion! Your family members can also purchase one on your behalf if they choose - the perfect gift to put on your wish list this season that can be used toward membership or programs.

Specific gift certificates can also be purchased for massage or reflexology.

Fitness

EXTEND & BEND STRETCH Instructor: Amy Leighton

Start your week off right with this gentle stretching class. Stretches can be done sitting or standing in this class. Amy will help you focus on your breath, while leading you through stretches to leave you feeling limber and relaxed. We encourage you to go barefoot in the class (if comfortable) and bring a yoga mat to stand on. SASC has some mats you may borrow if needed. All fitness levels are welcome to join this class. **Hybrid. No class Mar 27.**

Day	Date	Time	Price
Mon	Mar 13-April 24	8:45-9:45am	\$42

DRUMS ALIVE Instructor: Jerry Powell



Get moving and grooving to start your week! Connect to your inner rhythm, combining drumming, music, and movement. Express yourself, release stress, sing, and enjoy a sense of community. Please remember to bring a water bottle. **No class Apr 17.**

Day	Date	Time	Price
Mon	Mar 6-Apr 24	10-11am	\$49

ZUMBA GOLD Instructor: Laurel Larson



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

Day	Date	Time	Price
Mon	Mar 6-Apr 24	11:15am-12:15pm	\$56

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

BRAIN, BREATH & BEND CHAIR YOGA Instructor: Jo Ann Yates

Practice while sitting in a chair or standing using a chair for support. This workout is suitable for all fitness levels. Meditation, breath work, and relaxation are explored each day. You will use two chairs at SASC and bring some water to sip on. **Hybrid. No class April 10.**

Day	Date	Time	Price
Mon	Mar 6-Apr 24	4:15-5:15pm	\$49

FIT FOR LIFE Instructor: Laurel Larson

Start your morning off with this energizing strength class! After a warm up, this class will provide a complete upper and lower body workout using light hand weights (you pick the weight). You will increase your flexibility, strength, joint stability, balance and cardiovascular endurance. A chair is used for standing support, stretching and relaxation exercises. Come, join, and Stay Fit For Life! **Hybrid. No class Mar 28 and Mar 30.**

Day	Date	Time	Price
Tue	Mar 7-Apr 25	8:45-9:45am	\$49
Thu	Mar 2-Apr 13	8:45-9:45am	\$42

BALANCE STRONG Instructor: Amy Leighton

This class will focus on core strength and recognizing your imbalances to help you feel strong on your feet. In this class we will focus on improving balance with strength exercises and flexibility that are core focused. This class will be a little more challenging than Balance Strong Beginning. **No class Mar 28.**

Day	Date	Time	Price
Tue	Mar 7-Apr 25	10-11am	\$49



Fitness / Walking

ADAPTIVE HATHA YOGA

Instructor: Patty Hart

Find your Zen through the benefits of Yoga. These are the same classes you know and love with Patty, in person OR from the comfort of your home. Poses are practiced standing, with the aid of a chair, and on the floor. The modified poses accommodate the needs of most students. You will need a yoga mat, a yoga belt, two blankets or towels, and two yoga blocks. Students of all experience levels are welcome. **Hybrid.**

Day	Date	Time	Price
Tue	Feb 14-Mar 14	11:15am-12:45pm	\$45
Tue	Mar 21-Apr 4	11:15am-12:45pm	\$27
Wed	Feb 15-Mar 15	1-2:30pm	\$45
Wed	Mar 22-Apr 5	1-2:30pm	\$27

NOT YOUR MAMA'S CHAIR YOGA

Instructor: Jo Ann Yates

This is an intermediate class that requires having had yoga before. Even though this is a chair yoga class, we actually use it as a prop to move you through your poses. Jo Ann plans to help you travel forward in your yoga journey. Bring a mat and blanket for some of the poses in addition to learning to relax completely in Savasana. **Hybrid. No class Apr 12.**

Day	Date	Time	Price
Wed	Mar 1-Apr 26	4:15-5:15pm	\$56

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

TAI CHI UPDATE



Tai Chi Beginning and Continuing classes will return in May. Look in the May/June Newsletter (out in early April) for specific program dates and times.

BALANCE STRONG BEGINNING

Instructor: Amy Leighton

Want to feel strong and confident on your feet? By focusing on core strength and recognizing your imbalances, you can! In this class we will focus on improving balance with strength exercises and flexibility that are core focused. Multiple levels are available for every exercise.

No class Mar 30 & Apr 20.

Day	Date	Time	Price
Thu	Mar 9-Apr 27	10-11am	\$42



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

TAKE A SEAT YOGA

Instructor: Jo Ann Yates

Enjoy this Friday seated Yoga practice with Jo Ann Yates. The class will interest the beginner but also challenge the more practiced student of Yoga. No props are needed for this class except for the chair, and a water bottle.

Hybrid. No class Apr 7 & Apr 14.

Day	Date	Time	Price
Fri	Mar 3-Apr 28	11:30am-12:30pm	\$49

SENIOR STRIDERS OUTDOOR WALKING

We meet every **Thursday at 9am**. An SASC staff member will accompany you on a one to two mile walk. During the winter months, we depart from SASC. Please register at the front desk so we have you on the list. Walks will be cancelled if there is inclement weather.

Day	Date	Time	Price
Thu	Ongoing	9am	Free

Sports / WCC Emeritus

PICKLEBALL GYM AT LIBERTY SCHOOL 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
Mon, Wed	Ongoing	3-4:45pm	\$3, \$5
Fri	Ongoing	3-5:15pm	\$3, \$5

LEARN TO PLAY PICKLEBALL CLINIC

Have you heard about the fun our SASC Pickleball group has been having but have been hesitant to join because you don't know how to play? Or are you currently playing Pickleball but want to brush up on the rules and skills to improve your game? Our member volunteer Paul Backlas and several other players are here to help! The goal will be to teach the game, including the rules, techniques, and tips to make you feel comfortable playing in a group setting. **This will be held at SASC.**

Day	Date	Time	Price
Tue	Mar 21	2:15-3:45pm	\$20
Tue	Apr 18	2:15-3:45pm	\$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

WCC CLASSES - IN PERSON



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.**

Look in the May/June Newsletter (out in early April) for specific program times. Registration will take place at that time.

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	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	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	TBD	10-11am	Free

Special / Community Events

ST. PADDY'S DAY BINGO

NEW



The luck of the leprechaun may be with you for this Irish themed bingo! Come for pizza and pop, and play bingo for a chance to win prizes. Bingo cards will be free for this event. Please arrive by 12:50pm. Gameplay begins at 1pm. Please register by March 13.

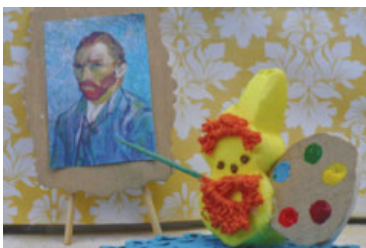
Day	Date	Time	Price
Fri	Mar 17	1-3pm	\$5

PEEPS DIORAMA COMPETITION

NEW

Let your inner child out and come create and enter your Peeps diorama for a chance to win prizes provided by Redies Outpatient Center. We will have paint, brushes, markers, and other craft items, but ask that you bring a box and anything else you may need for your creation. We'll display the dioramas in the SASC hallway and post online for people to vote! Voting takes place March 21-28. Please bring whichever Peeps you need for your scene. Your project can be as simple or as detailed as you like. Project must be completed at SASC. If you need inspiration, be sure to check online!

Day	Date	Time	Price
Tue	Mar 21	10am-12pm	\$8



GENERAL MEMBERSHIP SOCIAL

General Membership (GM) socials generally take place every other month. Come for a brief update about the center from the SASC Director, Community Ed Director, and City of Saline Council Rep. Then enjoy lunch and socializing with friends: a baked potato bar with the fixings and dessert will be served. If space remains after the deadline on Friday, Apr 14, a \$2 late fee will be added. Min 20/Max 40.

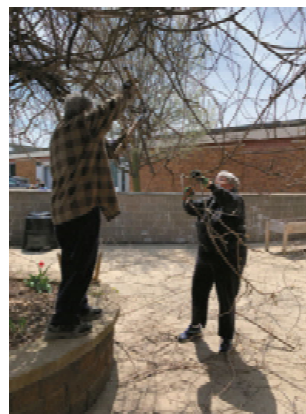
Day	Date	Time	Price
Wed	Apr 19	11:30am-1pm	\$8/10

VOLUNTEER APPRECIATION



April is Volunteer Appreciation Month. SASC is fortunate to have many dedicated volunteers who help make our programs successful. We will be celebrating our volunteers on Thursday, April 20 with a breakfast sponsored by StoryPoint. If you have been a volunteer with SASC in the past 12 months, please watch for an invitation to this event.

STORYPOINT
Shine. Everyday.



A lot of volunteer work goes into maintaining our beautiful gardens. If you would like to help with this project, please leave your name with the front desk.

BAG & JEWELRY SALE/DONATIONS

We are taking donations of new or gently used handbags, wallets, scarves, jewelry, ties, and belts.

Stuff a mini bag of dollar jewelry for \$5. New this spring: purchase a mystery bag for \$10. You just may end up with a Dooney & Bourke bag! Mystery bags will also include other items.

Our Fall Sale raised over \$2,000. THANK YOU for your generosity and support! **SASC Members can shop early on Apr 28, 3-4pm.**

If you would like to help with clean up, please leave your name at the front desk.

Day	Date	Time	Price
Sat	Apr 29	9am-12pm	Free

Health and Wellness

FULL BODY MASSAGE

**Sissel Bridges,
Licensed Massage Therapist**

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

Appointments available Thursdays, 11am-3pm

Price:

30 min - \$26 / 45 min - \$38 / 60 min - \$50

Call Sissel at 734.340.3766 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. Maintaining proper foot care is an important part of improving and promoting movement for a healthy lifestyle. 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
Tue	Mar 14	12-3:30pm	\$45
Mon	Apr 24	3:30-8pm	\$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

Loraine Webster, Certified Reflexologist

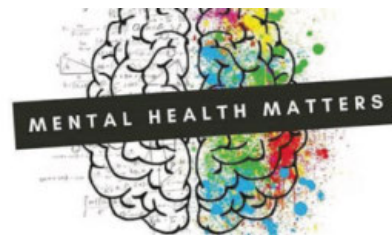
Reflexology is an alternative medicine involving application of pressure to the feet. Some benefits of reflexology include its ability to stimulate nerve function, increase energy, boost circulation, and induce a deep state of relaxation. Appointments are \$30 for a half hour or \$50 for 50 minutes. Register at the front desk or via phone.

Day	Date	Time	Price
Thu	Mar 9 & 23	9-11am	\$30/\$50
Thu	Apr 13 & 27	9-11am	\$30/\$50

SASC BLOOD DRIVE

To donate at the Versiti Blood Drive, please go to https://donate.michigan.versiti.org/donor/schedules/drive_schedule/147348 to schedule an appointment or call SASC if you need assistance.

Day	Date	Time	Price
Fri	Mar 17	12-4pm	Free



REFRAMING LOSS

Presenter: Linda Seyfarth Ward

Loss has various definitions. This group uses the definition from Webster's New World Dictionary. Loss is the condition of being deprived or bereaved of **SOMETHING** or someone. The word something is in bold because when born, we experience a world that includes multiple losses. Grief is one element of loss. Consequently, it is not what happens in life, it is how you manage it. This is a six week group that will meet weekly to learn healthy ways to manage the distress of multiple losses inherent in the grieving process. Facilitated by Linda Seyfarth Ward, ASCW, LMSW, LMFT, and abd for PhD in Health Psychology.

Day	Date	Time	Price
Mon	Mar 6-Apr	2-4pm	\$30

Health and Wellness

FINANCE MASTERCLASS LIVING ON A FIXED BUDGET **Presenter: Monica Ross-Williams** **MRW Solutions**

When you are living on a fixed monthly budget, the last thing to hit the chopping block should be your savings. In fact, it should be your number one priority. Topics covered include controlling your personal medical expenses, managing your car expenses while ensuring safe travels, reducing home maintenance expenses, lessening the grocery store bills in periods of high inflation, and how to cut fees out of your life.

Day	Date	Time	Price
Thu	Mar 9	10:30am-12pm	Free

MEDICARE SCHOLAR 101 EDUCATION SEMINAR **Presenter: Monica Ross-Williams** **MRW Solutions**

This seminar is designed to inform Medicare beneficiaries about the Medicare Program. Medicare is a program designed for individuals 65 years of age or older as well as those 18-64 with certain health conditions that are receiving Social Security Disability Income who might not be aware of the benefits and features they are entitled to with Medicare. No insurer plan specific information will be marketed or discussed.

Day	Date	Time	Price
Tue	Mar 28	1-2:30pm	Free

MEDICATION REVIEW **Presenter: Betty Chaffee, PharmD**

Betty Chaffee, PharmD, owner of BetterMyMeds, is a familiar face here at SASC. She has given many popular talks about medications and health. She will be onsite in March and April to provide "mini-medication reviews". She'll review your medicines, answer your questions and concerns, and suggest ways to talk with your doctor about them. Register now for your 15 minute appointment, and be sure to bring your medication list and have your questions ready!

Day	Date	Time	Price
Fri	Mar 3	10-11:30am	\$10
Wed	Apr 12	2:30-4pm	\$10

PELVIC HEALTH DISCUSSION **Presenter: Jessica Wyen**

Are you experiencing incontinence when you are laughing or sneezing, straining when you're going to the bathroom, or pain with sitting in the pelvic floor? These issues are more commonly developed as we age but do not need to be your normal. There are many things that can be done to help including pelvic floor exercise, and behavior changes. Join Jessica Wyen of Probility Physical Therapy for an informational presentation on what you can do to help treat or prevent pelvic floor dysfunction. Jessica is a pelvic floor physical therapist, since 2011. Just bring yourself, listening ears, and maybe a notebook and pen if you like to take notes.

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

MEDICARE COVERAGE OF VACCINES **Presenter: MMAP Representative**

Join MMAP for the Medicare coverage of Vaccines program. The Medicare coverage of Vaccines program goes over the basics of Medicare, including what vaccines Medicare covers and under which program Medicare Part B or Part D, including your out of pocket costs.

Day	Date	Time	Price
Tue	Apr 4	10-11am	Free

COMMON SCAMS THAT MAY TARGET YOU! KEEP YOUR INFORMATION PROTECTED **Presenter: Monica Ross-Williams** **MRW Solutions**

It seems that everyone is attempting to access your personal information. Unfortunately, in the information age your data holds great value to scammers in cyberspace. Topics covered include protecting your information and data with the best practices to avoid being victimized by financial, social media, tech support, online "marketplace", Medicare, identify theft, romance and online dating scams.

Day	Date	Time	Price
Tue	Apr 25	1-2:30pm	Free

March 2023

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>SASC Roundtable ongoing 9:30-11am</p> <p>Knitting/Crochet Club 12:45-2pm</p> <p>Art Club 2:30-3:30pm</p> <p>Chair Yoga begins 4:15-5:15pm</p>	<p>2</p> <p>Hula Hooping ongoing 8:30-9am</p> <p>Fit For Life begins 8:45-9:45am</p> <p>Senior Striders ongoing 9am</p> <p>SAS-C Writers 10-11am</p>	<p>3</p> <p>Medication Review Appts. 10am-12pm</p> <p>Movie: <i>Sr</i> (Robert Downey docu) 10am-12:30pm</p> <p>Chair Yoga begins 11:30am-12:30pm</p> <p>Spring Concert 12:30-2pm</p> <p>Bingo ongoing 12:30-3pm</p>
<p>6</p> <p>Drums Alive begins 10-11am</p> <p>Cont. Recorder begins 1-2pm</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Reframing Loss begins 2-4pm</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 begins 10-11am</p> <p>Guide to Assisted Living: Know Regulations & Find Violations 10-11am</p>	<p>8</p> <p>Memoirs I begins 10:30am-12pm</p> <p>Woodcarvers ongoing 5:30-7pm</p>	<p>9</p> <p>Reflexology Appts 9-11am</p> <p>Balance Strong Beginning begins 10-11am</p> <p>Saline Singers 10-11am</p> <p>Finance Masterclass 10:30am-12pm</p> <p>Travelogue: Aztec & Mayan 1-3:30pm</p> <p>Watercolors begins 1:30-3:30pm</p>	<p>10</p> <p>Breakfast Club ongoing 9:30-10:30am</p> <p>Bookworm Club: <i>The Book of Lost Names</i> 10-11:15am</p> <p>Canvas & Cookies 12-2pm</p>
<p>13</p> <p>Extend & Bends begins 8:45-9:45am</p> <p>Beg. Recorder begins 12:15-1pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p>	<p>14</p> <p>Good Grub Lunch Club: Brewed Awakenings 11:30am</p> <p>Foot Care Clinic 12-3:30pm</p>	<p>15</p> <p>Prohibition 10-11am</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Intergen Game Night 6-7:45pm</p>	<p>16</p> <p>Massage Therapy ongoing 10am-3pm</p> <p>SAS-C Writers 10-11am</p> <p>Tai Chi Practice ongoing 11:30am-12:30pm</p>	<p>17</p> <p>Movie: <i>Ticket to Paradise</i> 10am-12:30pm</p> <p>SASC Blood Drive 12-4pm</p> <p>St. Paddy's Bingo 1-3pm</p>
<p>20</p> <p>Photography Club 10:30-11:30am</p> <p>Ping Pong ongoing 2-4pm</p>	<p>21</p> <p>Peeps Diorama Competition 10am-12pm</p> <p>Yoga begins 11:15am-12:45pm</p> <p>Intergen Crafternoon 1-2pm</p> <p>Learn to Play Pickleball Clinic 2:15-3:45pm</p>	<p>22</p> <p>Yoga begins 1-2:30pm</p>	<p>23</p> <p>Reflexology Appts 9-11am</p> <p>Saline Singers 10-11am</p> <p>Ukrainian Easter Eggs begins 12-1pm</p> <p>Ping Pong ongoing 1:30-3:30pm</p>	<p>24</p> <p>Movie: <i>Three Thousand Years of Longing</i> 10am-12:30pm</p>
<p>27</p> <p>Pickleball ongoing 3-4:45pm</p> <p>Reverse Mortgage 10-11am</p>	<p>28</p> <p>Medicare Scholar 101 1-2:30pm</p>	<p>29</p> <p>Pelvic Health Discussion 2:30-3:30pm</p> <p>Pickleball ongoing 3-4:45pm</p>	<p>30</p>	<p>31</p> <p>Spring Floral Design 10am-12pm</p> <p>Movie: <i>The Lost City</i> 10am-12pm</p> <p>Motor City Music, Vol 1: Rock & Roll & Soul The Early Years of Detroit 1-3pm</p> <p>Pickleball ongoing 3-5:15pm</p>

April 2023

Mon	Tue	Wed	Thu	Fri
3	4 Medicare Coverage of Vaccines 10-11am	5	6 SAS-C Writers 10-11am Watercolors begins 1:30-3:30pm	7 SASC Closed in observance of Good Friday
10	11 Mosaics: Birdhouse 10am-12:30pm	12 Medication Review Appts. 2:30-4:00pm	13 Reflexology Appts 9-11am Saline Singers 10-11am	14 Bookworm Club: <i>The Silent Patient</i> 10-11:15am Canvas & Cookies 12-2pm
17 Photography Club 10:30-11:30am Ceramics: Birdhouse 1-3pm	18 Travelogue: Kenyon & Tanzania 10-11am Intergen Crafternoon 1-2pm Learn to Play Pickleball Clinic 2:15-3:45pm	19 General Membership Social 11:30am-1pm Memoirs II begins 10:30am-12pm Intergen Game Night 6-7:45pm	20 SAS-C Writers 10-11am Volunteer Appreciation Time TBA	21 Movie: <i>Till</i> 10am-12:30pm
24 Ceramics: Birdhouse 1-3pm Foot Care Clinic 3:30-8pm	25 Common Scams that Target You! 1-2:30pm	26 Good Grub Lunch Club: Mi Zarape 11:30am	27 Reflexology Appts 9-11am Saline Singers 10-11am	28 Movie: <i>Everything Everywhere All at Once</i> 10am-12:30pm Bag & Jewelry Sale Members Pre-sale 3-4pm Public Sale Apr 29, 9am-12pm



Joyce and Bill hit the dance floor during our New Year Celebration.



SAS-C Writers and students from Saline High School participated in another Writing Marathon.



Fast Friending took place in February. Look for another one coming soon.

Creative Opportunities

SPRING CONCERT Andrew Kratzat, Bass Alicia Doudna, Violin

SASC instructor, Andrew and his fiancée, Alicia will perform tunes Andrew has arranged for violin and bass. Along with performing, they'll talk a little bit about each piece and answer any questions you may have. Refreshments served at 12:30, courtesy of Beacon Hospice. Performance is at 1pm. Please register by March 1.

Day	Date	Time	Price
Fri	Mar 3	12:30-2pm	Free



The Recorder group performed at our Holiday Party in December.

WATERCOLORS Instructor: Katherine Downie

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

Mar - Glass
Apr - Animals in Nature

Day	Date	Time	Price
Thu	Mar 9-30	1:30-3:30pm	\$52
Thu	Apr 6-27	1:30-3:30pm	\$52



We had a big Canvas & Cookies group in January!

CANVAS & COOKIES Instructor: Katherine Downie

Complete a painting step by step. You will learn a bit about the process while painting, with tips on composition, color use, and the elements and principles of art as you go through each step. Materials and Linda's famous chocolate chip cookies provided. No experience is necessary in this relaxed class.

Mar - Crisp Point Lighthouse
Apr - Bees and Flowers

Day	Date	Time	Price
Fri	Mar 10	12-2pm	\$25
Fri	Apr 14	12-2pm	\$25



BEGINNING RECORDER Instructor: Felix Chow

This class is for the beginning recorder/music student or those who need to brush up on their skills. You will learn rhythms, pitches and keys, and dynamics. Then you will combine the elements to the recorder (soprano or tenor). The recorder is a great instrument to learn on for a beginning music student. You will need to purchase a recorder and music stand, both can be found online at a reasonable price.

Day	Date	Time	Price
Mon	Mar 13-Apr 17	12:15-1pm	\$15

CONTINUING RECORDER Instructor: Felix Chow

This class focuses on ensemble playing with various genres that are of interest to the class. This experience provides you an opportunity to share the joy of making music. The prerequisite for this class is knowledge of basic music: rhythm and counting, pitches and keys, and being comfortable playing the recorder in a group setting.

Day	Date	Time	Price
Mon	Mar 6-Apr 24	1-2pm	\$18

Creative Opportunities

Please see the front desk for a shopping list for classes unless it is noted that materials are included.

INTERGEN CRAFTERNOON WITH LIBERTY CLUB

Work with Liberty Club members to create a few spring crafts. Liberty Club is a community center-based program to promote continuous learning and social interaction for adults with disabilities. Held at SASC. Materials provided.

Mar - Paper Plate Flowers

Apr - Button Bouquet

Day	Date	Time	Price
Tue	Mar 21, Apr 18	1-2pm	Free



Renee works with Zach during Intergen Crafternoon.

PEEPS DIORAMA COMPETITION

NEW

Let your inner child out and come create and enter your Peeps diorama for a chance to win prizes provided by Redies Outpatient Center. We will have paint, brushes, markers, and other craft items, but ask that you bring a box and anything else you may need for your creation. We'll display the dioramas in the SASC hallway and post online for people to vote! Voting takes place March 21-28. Please bring whichever Peeps you need for your scene. Your project can be as simple or as detailed as you like. Project must be completed at SASC. If you need inspiration, be sure to check online!

Day	Date	Time	Price
Tue	Mar 21	10am-12pm	\$8

SPRING FLORAL DESIGN

Instructor: Carol Torsell

We 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
Fri	Mar 31	10am-12pm	\$30

MOSAICS: BIRDHOUSE

Instructor: Carol Torsell

Get creative and have fun! Design your own decorative mosaic birdhouse. We'll paint an unfinished wooden 7" birdhouse with a color you choose. Then, we'll cover it with vintage china, tiles and gems and then grout. Your finished project can be displayed inside or on a protected porch. All materials provided.

Day	Date	Time	Price
Mon	Apr 17, 24	1-3pm	\$56



CERAMICS: BIRDHOUSE

Instructor: Jenn Lupton

Create a ceramic birdhouse, just in time for spring. This class is over two days. In the first class you will create the clay pieces and in the second class, you will glaze the bisque pieces. Jenn will fire your piece in her kiln and you can pick it up at SASC when it is done. Materials included.

Day	Date	Time	Price
Tue	Apr 11	10am-12:30pm	\$28

UKULELE GROUP

We are in the process of creating a Ukulele Group where novice players can show you the basics. We'll also welcome players to enjoy practicing and being in each other's company. Practices will likely be Friday afternoons. Please leave your name at the front desk if you would like to be notified for the first session. Each drop in will be \$1, payable in the office when you check in.

Lifelong Learning

TECH LESSONS

Do you need basic tech support for your phone, tablet, and/or laptop? Ben Cutler can answer your questions. He is patient and very knowledgeable. You must pay upon making your reservation. There are no refunds for missed appointments.

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

TRAVELOGUE: AZTEC & MAYAN CULTURES IN MEXICO

Presenter: George Jabol

SASC member, George Jabol, will share his most recent trip with you. During his 12 day journey, he explored the remains of Aztec and Mayan cultures and learned what life is like in modern Mexico. After you see this travelogue, you may agree with what so many have said before, "I love Mexico!"

Day	Date	Time	Price
Thu	Mar 9	1-3:30pm	Free

MEMOIRS I

Instructor: Teri Kollath

Everyone has a story that matters. In these six sessions we will reflect, consider, and learn how to remember, craft, and link our stories. Individually and as a group, we will use tools, tips, and techniques that celebrate the memories of our lives. Bring something with you to the first class that represents your early life, and we'll take it from there! Min 5, Max 8.

Day	Date	Time	Price
Wed	Mar 8-Apr 12	10:30am-12pm	\$24

MEMOIRS II

Instructor: Teri Kollath

In this continuing series we consider specific liminal memories, the time between no more, and not yet. You will continue using techniques that encourage crafting memories to share. Prerequisite: Memoirs I. Min 5, Max 8.

Day	Date	Time	Price
Wed	Apr 19-May 24	10:30am-12pm	\$24

PROHIBITION

Presenter: Prof Bruce Zellers, Wayne State University

Controlling-or even banning--the consumption of alcohol was a project of many Americans in the 19th and early-20th centuries. It was a religious mission--and an effort to control the so-called unruly (immigrant) population.

Day	Date	Time	Price
Wed	Mar 15	10-11am	Free

REVERSE MORTGAGES

Presenter: Michael DeWitt NMLS 1267457, Branch NMLS 209410, Top Flite Financial NMLS 4181

Is a reverse mortgage right for you? A Reverse Mortgage is an important retirement tool used by many to provide access to your home equity for those 62 and older. We'll talk about what they are, how they work, federal guidelines and debunk the myths. Retain the title to your home, eliminate monthly principal and interest payments, and supplementing your retirement income, are a few of the benefits.

Day	Date	Time	Price
Mon	Mar 27	10-11am	Free

TRAVELOGUE: KENYA & TANZANIA CAMERA SAFARI

Presenter: Mark Sockness

Have you felt the adrenaline of being within 30 feet of 8 killer lions? Have you had a cheetah jump on the hood of your jeep? Let Mark take you on a camera tour of his safari in Africa, where he was lucky to see the Big Five. Come find out what the Big Five are and much more. Refreshments served.

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

SHARE YOUR TALENTS

Sharing our talents can be so rewarding. 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, please contact Andrea Lewis.

Clubs / Social Groups

SASC's social groups and clubs are filled with kind and welcoming members. Feel free to check out a group. We're happy to introduce you to some of the group leaders!

GOOD GRUB SOCIAL CLUB

We pick the day, time, and place to gather, eat, and socialize. Simply RSVP and come to the restaurant; we'll book the table, and meet you there. **All meals will be at our own cost -wise.** An SASC team member (or two) will join the group. Min 4.

Brewed Awakenings & Mi Zarape:
7025 E Mich. Ave., Saline (in the same plaza)

Day	Date - Location	Time
Tue	Mar 14 - Brewed Awakenings	11:30am
Wed	Apr 26 - Mi Zarape	11:30am

SASC ROUNDTABLE

This group enjoys discussing topics such as US History, Science, and Current Events.

Day	Date	Time	Price
Wed	Ongoing	9:30-11am	Free

KNITTING/CROCHET CLUB

Bring your project and socialize with this fun laid-back group. Many ladies are willing to teach you to crochet and/or knit.

Day	Date	Time	Price
Wed	Ongoing	12:45-2pm	Free

ART CLUB

Sometimes you just need a change of scenery to work on a project. Space is available for you to bring your project, meet new friends, and gather ideas. Please clean up your space after you are finished. All mediums are welcome.

Day	Date	Time	Price
Wed	Ongoing	2:30-4:30pm	Free

WOODCARVERS CLUB

Tap in to your creative potential! Bring your own project to carve in a group setting.

Day	Date	Time	Price
Wed	Ongoing	5:30-7pm	Free

SAS-C WRITERS

All writers and prospective writers are welcome! Please contact SASC for more information. Check out the new SAS-C Writers blog, which you will find on our website at salineseniors.org.

Day	Date	Time	Price
Thu	Mar 2, 16; Apr 6, 20	10-11:30am	Free

SALINE SINGERS

Join this informal group to sing classical folk songs together. No experience necessary.

Day	Date	Time	Price
Thu	Mar 9, 23; Apr 13, 27	10-11am	Free

MATINEE MOVIES

Watch a movie in our library. Pre-register or drop-in. Stop in the office for descriptions.

Mar 3 - *Sr.* (Robert Downy docu)
 Mar 17 - *Ticket to Paradise*
 Mar 24 - *Three Thousand Years of Longing*
 Mar 31 - *The Lost City*
 Apr 21 - *Till*
 Apr 28 - *Everything Everywhere All At Once*

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

BOOKWORM CLUB

First read and then discuss with this insightful and fun group. Lots of laughs are had.

Mar - *The Book of Lost Names*
 Apr - *The Silent Patient*

Day	Date	Time	Price
Fri	Mar 10, Apr 14	10-11:15am	Free

THE BREAKFAST CLUB

Enjoy a breakfast treat, provided by Busch's, and coffee or tea. Mingle with friends and meet new people.

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

Cards / Games

GAME ROOM

All members are welcome to use our Game Room where you'll find two billiards tables, a dart board, and a multi-game table that has checkers, and more available. Occasionally the Game Room may be closed due to the need for extra programming space. If you would like to be notified of a closure, please leave your name at the front desk.

Day	Date	Time	Price
Mon, Wed	Ongoing	8am-8pm	Free
Tue, Fri	Ongoing	8am-4pm	Free
Thu	Ongoing	8-10:30am	Free

INTERGEN GAME NIGHTS

Game Nights are always fun with students from Saline High School. Usually the group plays Uno, Rummikub, or Euchre. Feel free to bring a game you enjoy playing and a snack to pass.

Day	Date	Time	Price
Wed	Mar 15, Apr 19	6-7:45pm	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.

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

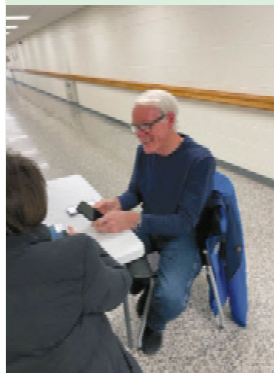


A very happy birthday to Meals on Wheels (MOW) client Marjorie Haskins, who turns 100 on March 12. MOW is important for Marjorie because it allows her to continue living at home and "age in place."

ONGOING CARDS AND GAMES

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

VOLUNTEER SPOTLIGHT: Ben Cutler



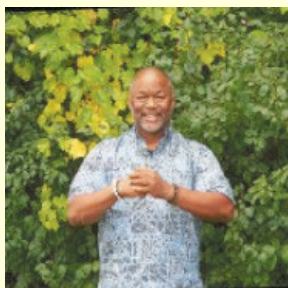
Do you need help with technology such as your phone, computer, or fitness watch? Ben Cutler began volunteering for tech lessons last fall because he wanted to stay active and try to help people.

Ben recently retired from the Saline Auto Parts Plant after 23 years of service in technology. Prior to his tech career, he spent 24 years in the US Air Force. Ben is originally from Tennessee but has lived all over the US, Europe, and the Pacific Islands. He is a world traveler and has been to over 30 countries including Malaysia, Egypt, and the Canary Islands.

Members who have sought Ben's tech help say he is patient, kind, and explains everything really well. We are so fortunate to have him volunteering at SASC. Ben is generally available Mon/Wed for 45 minute appointments in the afternoon. See the front desk for an appointment.

SASC Info / MOW

INSTRUCTOR SPOTLIGHT Darryl Mickens



You may just call him a Renaissance man! New SASC Tai Chi instructor, Darryl Mickens, has lead a fulfilling life, so far! Originally from Detroit, Darryl moved to Ann Arbor in the mid-90s. He was a Special Education teacher for nearly 25 years in Detroit. Darryl is also a self-published poet, photographer, and storyteller with the Ann Arbor Storytellers' Guild.



- New Year Celebration volunteers Diane Kenyon, Cindy Sobotta, Hailey & Lindsay Cowan, and Natalie & Olivia Lewis
- Mayor Marl, Betsy Marl, and Palm Palace for New Year donation
- The Yard Whisperer, New Roof Inc, and Saline's National Honor Society for assisting with snow shoveling/plowing
- Judy Slater for sewing soup cozies
- Mugs from Carolyn Zaleon
- Coffee from George Danneffel, Rita McMahon, Mark Sockness, and Lee Hoffman
- Hot chocolate from Eva Benevento

VOLUNTEER OPPORTUNITIES

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

- Library help / shelving of books
- Garden clean-up / watering
- Program speakers
- Ukulele instructor

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 (\$2.50) and optional sack dinner (\$.50) is available. The hot lunch consists of protein, vegetable, potato, salad, dessert, bread/butter, and milk. The optional sack dinner consists of a half 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 DONATONS

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

- Coffee, decaf and regular
- Hot chocolate packets
- Reams of 8.5 x 11" copy paper
- VISIT our Amazon SASC Wishlist for more options: <https://a.co/jf4MPix>
- Crayola markers
- Elmer's glue
- Children's scissors (8-10 pairs)
- Items for our Bag & Jewelry Sale



Amy and Ruth helped sell 50/50 raffle tickets at the Saline Craft Show.

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 / trips, overnight trips have an additional \$10 or \$20 charge for extended trips.
- **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,

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 \$.59. 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.





Make Brecon Village Your Home

Tired of home maintenance, lawn care and making meals? Let us take care of the details while you focus on living your life. Brecon Village is designed for active seniors who want to enjoy life and leave the hassles of home ownership behind them.

Don't wait! Schedule your visit today!

EHM
SENIOR
SOLUTIONS

734-429-1155
www.EHMSS.org

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Saline, MI

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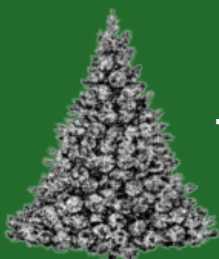
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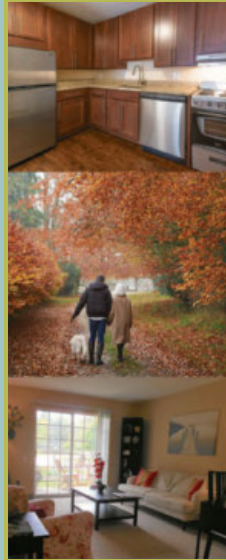
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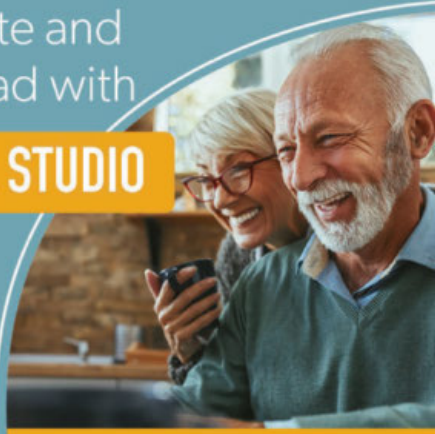
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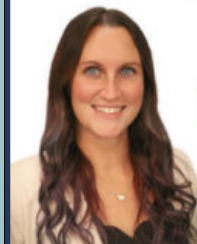
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\$15 Saline Area School District Resident 50+
\$25 Non-Saline Resident*
\$10 All People Over Age 80
\$35 SIT Membership SAS District Resident
\$45 SIT Membership Non-Resident (45-49)

*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
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www.salineseniors.org

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Mon, Wed	8am - 8pm
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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.