



September/October 2026

SASC

Newsletter

SASC: A Social Center for 45+

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



Saline Area Senior Center • 7190 N. Maple • Saline, MI, 48176
(734) 429-9274 • salineseniors.org

Our Location

Saline Area Senior Center (SASC)
7190 N. Maple Road, Saline, MI 48176
Phone: (734) 429-9274
www.salineseniors.org

Center Hours*
Mon & Wed, 8am-8pm; Tue, Thu & Fri, 8am-4pm
***SASC will be closed Mon, Sep 7**

Staff

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

SASC Board of Directors (BOD)

The upcoming SASC BOD Meetings are Mon, Sep 21 and Oct 19, at 9am. Members are always welcome to attend. If you would like a link to attend virtually, please let us know so we can send a link.

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

Registration

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

Cancellation Policy

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

SASC Notes

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

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

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

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

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

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On the cover: SASC offers many day trips each year (see page 5 for details). On the cover is our group from the Mystery Trip in Sep of 2025 in front of the Cranbrook House which was one of our destinations that day.

SASC Annual Membership

What are you waiting for? Register for your 2026 Annual SASC Membership now or even your 2027 membership starting Oct 1. Membership includes our FREE programs at SASC and member rates on all other programs. (Non-members may participate in paid classes for an extra \$5 per class.) Members will receive weekly email updates and electronic newsletters every other month. If you would like your newsletter mailed, there is a fee of \$2.25 per newsletter which you can pay for when you register for your membership.

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

Annual Membership (Jan-Dec)

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

Workout Room Membership

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

Annual Workout Room Membership: \$96

Month to Month Membership: \$12 per month

Guest Pass: \$5 per day

Training Fee: \$10*

*One time fee required for all new members

Help Us Decorate our Tree

We know it is early but the holidays will be here before we know it. SASC has a new 12 foot Alberta Spruce Tree for our lobby this season which is beautiful but we need your help to fill it. If you'd like, please donate one NEW or homemade, shatter proof (remember we have hard floors) ornament per member to SASC and we will hang it on our tree this season! Please choose one in traditional holiday colors (red, green, white, gold, or a mix of those) and bring it to our front desk by Fri, Nov 13. Then when our tree is up this season you can search for your ornament when you come in!

Saline Area Schools CARES Recreation Millage Renewal Results



THANK YOU VOTERS! On Tue, Aug 4, voters approved a 10 year renewal of the **CARES Millage Renewal** (.0485 mills) levied by Saline Area Schools. The CARES Millage supports the daily operations of Saline Area Senior Center, Ellen Ewing Performing Arts Center (Saline High School Auditorium), Community Pool at Saline High School, General Recreation programs, Before & After Care, and Preschool options for families. The millage also generates grant funding for many local organizations. SASC currently receives 25% of the CARES Recreation Millage, which accounts for 60% of our annual budget.

Thank you for putting your trust in us and helping to secure future operations at SASC.

Fundraisers

50/50 Raffle

Our 10th Annual 50/50 Raffle begins soon! The funds go towards scholarships for members in need, so they may participate in fee-based programs.

Each year we ask you to either purchase or sell 3 raffle tickets. Please consider picking up your 3 tickets at SASC from Sep 8 to Oct 16 to save us mailing costs. We will mail out the remaining tickets after that. You may also purchase additional tickets online at salineseniors.org or at the front desk. **The drawing is on Dec 16 at our General Membership Social/Holiday Party.** The winner will receive 50% of the funds we bring in, minus expenses. Runner up prizes include gift cards to local restaurants. If you do not want to purchase or sell your tickets, please return them to the SASC Office before the drawing.

Bag & Jewelry Sale

We take donations of jewelry and bags throughout the year; if you are looking to purge, please consider bringing your new or gently used items to SASC. Find something new to you or items to repurpose! Mark your calendar for the next sale. Free entry.

Day	Date	Time
Fri - Members' Pre-sale	Oct 23	12-3pm
Sat - Public Sale	Oct 24	9am-12pm

Survey

Be on the lookout for an SASC Program Survey this Sept. We will send it via our weekly emails so you can provide us with feedback on the programs we currently offer and what you'd like to see offered in the future. Your input is important!

Special Events

Ice Cream Social & Movie



Enjoy ice cream with all the fixings and the movie *In the Good Old Summertime*, starring Judy Garland.

Day	Date	Time	Price
Tue	Sep 15	1-3pm	\$3

Health Fair

Join us for our 10th Annual Health Fair, your one-stop-shop to many health organizations. Learn more about local providers, in addition to programs and services available at SASC. Vendors will be on hand for you to visit from healthcare organizations, senior living and skilled care facilities, physicians, and therapists. You can also get info on hearing aids, kidney health, housing options, and much more!

Flu, Covid, pneumonia, Shingles, RSV, Tdap, Hep A & B, and MMR vaccinations will be available. **You must make an appointment to receive a vaccine. To make an appointment for a vaccination, call SASC at (734) 429-9274 after Sep 14.** Bring your Medicare or insurance card to complete the necessary documents.

Day	Date	Time	Price
Fri	Oct 2	9am-12pm	Free



Platinum Sponsor



Gold Sponsor

Upcoming Concerts

Andrew and Alicia return on violin and bass for their fall concert on **Oct 6**. Then on **Oct 14**, Time Traveler, SASC's jam band, is back with new tunes.

Day	Date	Time	Price
Tue	Oct 6 - Andrew & Alicia	2pm	Free
Wed	Oct 14 - Time Traveler	6pm	Free

British Invasion: The Prequel Presenter: Patty Hart



What were the musical influences that spawned this invasion of musicians from across the pond? Each of the 60's

British Invasion artists was listening to a huge variety of music, much of it from the USA. Yet many of us woke up in 1964 to these songs, hearing of them for the first time via these long haired, guitar bearing gents (and ladies) from England. Light refreshments will be served.

Day	Date	Time	Price
Fri	Oct 16	1-3pm	\$10

October General Membership Meeting

After a brief SASC update from Director Nancy Cowan we have a special treat this month, some dancers from Ballet Chelsea will give a brief preview of *The Nutcracker* they will perform at the Potter Center, Dec 11-13 (<https://balletchelsea.org/tickets/>). After their performance and a Q&A with the dancers, we'll share a meal while socializing. Lunch will be DiBella's sandwiches with all the fixings and dessert. Please register before Oct 14. If space is available after then, the cost will increase to \$10.

Day	Date	Time	Price
Wed	Oct 21	11:30am-1pm	\$8/\$10



New Programs

PWR! Moves Group Exercise Classes Instructor: Irene Della Lucia, P.T. NEW



This Parkinson-specific exercise class "makes function exercise" to keep you moving and doing more of what you want to do! As you practice, you will be challenged physically and cognitively while working on fitness goals: strength, balance, agility, aerobics, and flexibility. Exercises are designed to improve your fitness, counteract your PD symptoms, and increase your daily activity. This whole-body function-focused exercise class will push you to do more than you think you can in a fun, empowering, and enriched environment. Please note, medical clearance from your doctor and an evaluation with Irene are required prior to participation in this class. **Classes will start Sep 15 and continue every Tuesday.**

Day	Date	Time	Price
Tue	Sep 15, Ongoing	11:15am-12:15pm	Free

Exploring Care & Support Services Lunch & Learn Presenter: Jim Mangi

Are you a family caregiver looking for support, information, and a well-deserved break? Are you a neighbor taking care of your neighbor, or a friend taking care of a friend? Join Silver Club Memory Programs to learn how best to prepare for future care decisions and changes, including respite care, residential care, and end-of life care. This event will begin with lunch and an educational presentation, followed by time for Q&A and an informal caregiver support discussion. Free onsite respite care is available, provided by Silver Club's activity therapy staff. Advance registration is required for both the caregiver and their loved one.

Day	Date	Time	Price
Fri	Sep 25	1-3pm	Free

Day Trips

All trips are in conjunction with Pittsfield Senior Center and they will be a stop on our route. Sign up at SASC and your pick-up/drop-off will take place at SASC unless otherwise noted. **All trips are on luxury charter busses.** Register early to increase the chances of the trips running. Min 25/Max 55.

Fantastic Frankenmuth



We will head to Bronner's - The World's Largest Christmas Store, to shop for about an hour. Then we're off to the Bavarian Inn Restaurant for a famous chicken lunch. After lunch we'll learn how to roll and make our own pretzels! You'll have some time to wander the area on your own and we'll take a 45-minute tour of the city highlighting historic and community sites including a stop at St. Lorenz Lutheran Church, where the city's history can be seen depicted in the stained glass windows. Catch the Oktoberfest spirit right here in Michigan. **Deadline:** Aug 14 to meet minimum

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

Mystery Trip



Join Nancy for a mystery adventure filled with color, creativity, and a soundtrack of memories. Weather you admire a masterpiece or sing along to one, this trip has something for everyone. Sit back and relax on our luxury charter bus and enjoy the scenery around you. Lunch is included but additional drinks or snacks during the day will be at your own cost. Moderate walking is involved but you may sit portions out to relax if needed. Another hint will be released Sep 11.

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

Winter at The Station



Detroit's iconic landmark comes alive for the winter season! We'll take a 90 minute guided tour of the train station while taking in the warm glow of festive décor, and hopefully visit the local artist's booths if they have Winter at the Station again (they are still in the planning phase and have yet to release all the details but the trip will be updated asap). Note that **lunch is NOT included with this trip** but snacks are available at the station for purchase and other local eateries are a short walk. **Deadline:** Oct 22 to meet minimum

Day	Date	Time	Price
Thu	Nov 19	9:30am-3:30pm	\$89

Meadow Brook Hall Holiday Lunch & Walk



Be Dazzled by Day! Meadow Brook Hall delivers a breathtaking holiday experience – transporting you through the historic mansion decked out in shimmering splendor. First we'll eat an early delicious three course lunch (a detailed menu is available at SASC, but chicken is the main dish and a veggie selection is an option). Then we'll take a self-guided tour featuring incomparable holiday sights and decorations inside the 110-room estate, with more than 50 magnificent trees, flickering fireplaces, and lights galore. Perfect for a special day out. **Deadline:** Nov 6 to meet minimum

Day	Date	Time	Price
Fri	Dec 4	9:15am-3:30pm	\$119

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

Fitness

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

Balance 2.0

Instructor: Amy Leighton



Ready to level up? If you love our classic Balance Strong class but feel ready for a fresh challenge, this intermediate-level session is your perfect next step. This brand-new addition to the Balance Strong line-up turns up the intensity. Expect deep core stability focus paired with progressive strength training. We are cranking up the focus on sharp coordination, dynamic stability, and functional muscle building to give your routine a serious upgrade and build a body that is better equipped to move through your day. **This is an intermediate level class.**

Session - Day	Date	Time	Price
500 - Mon	Sep 14-28	8:45-9:45am	\$21
501 - Mon	Oct 5-26	8:45-9:45am	\$28

Drums Alive

Instructor: Jerry Powell

We'll tap into our inner rhythm and weave together the power of drumming, music, and movement. Let loose, express yourself, and let go of stress. We provide the bucket, exercise ball, and drum sticks. You just bring a water bottle and energy.

Session - Day	Date	Time	Price
502 - Mon	Sep 14-28	10-11am	\$21
503 - Mon	Oct 5-26	10-11am	\$28

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

Fitness continued

Zumba Gold

Instructor: Laurel Larsen



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

Session- Day	Date	Time	Price
498 - Mon	Sep 14-28	11:15am-12:15pm	\$21
499- Mon	Oct 5-26	11:15am-12:15pm	\$28

Brain, Breath, & Bend Chair Yoga

Instructor: Jo Ann Yates

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

Session - Day	Date	Time	Price
504 - Mon	Sep 14-28	4:15-5:15pm	\$21
505 - Mon	Oct 5-26	4:15-5:15pm	\$28

Fit for Life

Instructor: Laurel Larsen

Get ready for a full-body workout that targets both your upper and lower body using light hand weights. You'll improve your flexibility and build strength, while enhancing your joint stability, balance, and cardio endurance. We use a chair for additional support during some exercises. **Hybrid**

Session - Day	Date	Time	Price
506 - Tue	Sep 1-29	8:45-9:45am	\$35
507 - Tue	Oct 6-27	8:45-9:45am	\$28
508 - Thu	Sep 3-24	8:45-9:45am	\$28
509 - Thu	Oct 1-29	8:45-9:45am	\$35

Balance Strong

Instructor: Amy Leighton

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

Session - Day	Date	Time	Price
510 - Tue	Sep 8-29	10-11am	\$28
511 - Tue	Oct 6-27	10-11am	\$28

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

Adaptive Hatha Yoga

Instructor: Patty Hart

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

Session - Day	Date	Time	Price
512 - Wed	Sep 9-Oct 7	1-2:30pm	\$45
513 - Wed	Oct 14-Nov 11	1-2:30pm	\$45

Chair Zumba

Instructor: Laurel Larsen



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

Session - Day	Date	Time	Price
514- Mon	Sep 14-28	12:30-1:30pm	\$21
515 - Mon	Oct 5-26	12:30-1:30pm	\$28
516 - Wed	Sep 2-30	11:45am-12:45pm	\$35
517 - Wed	Oct 7-28	11:45am-12:45pm	\$28

PWR! Moves Group Exercise Classes

Instructor: Irene Della Lucia, P.T.



This Parkinson-specific exercise class "makes function exercise" to keep you moving, and doing more of what you want to do! As you practice, you will be challenged physically and cognitively while working on fitness goals: strength, balance, agility, aerobics, and flexibility. Exercises are designed to improve your fitness, counteract your PD symptoms, and increase your daily activity. This whole body function-focused exercise class will push you to do more than you think you can in a fun, empowering, and enriched environment. Please note, medical clearance from your doctor and an evaluation with Irene (the instructor and certified Physical Therapist) are required prior to participation in this class. **Classes will start Sep 15 and will be ongoing.**

Day	Date	Time	Price
Tue	Ongoing	11:15am-12:15pm	Free



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

Tai Chi Continuing Instructor: Linda Duvall

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

Session - Day	Date	Time	Price
518 - Tue	Sep 15-Oct 20	2:30-3:30pm	\$42

Tai Chi Beginning Instructor: Linda Duvall

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

Session-Day	Date	Time	Price
519 - Wed	Sep 16-Oct 21	10:30-11:30am	\$42

Not Your Mama's Chair Yoga Instructor: Jo Ann Yates

You don't need to worry about bringing your props to this class because we actually use a second chair for comfortable stretching! We do come out of the chair to do some balancing poses, as well as a modified sun salutation. This is a series of poses traditionally used to warm up before stretching. This is definitely Not Your Mama's Chair Yoga. Jo Ann provides a great environment to learn in.

Session - Day	Date	Time	Price
520 - Wed	Sep 2-30	4:15-5:15pm	\$35
521 - Wed	Oct 7-28	4:15-5:15pm	\$28

Balance Strong Beginning + Stretch Instructor: Amy Leighton

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

Session - Day	Date	Time	Price
522 - Thu	Sep 10-24	10-11:15am	\$24
523 - Thu	Oct 1-29	10-11:15am	\$40

Senior Striders Outdoor Walking

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

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

Tai Chi Practice

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

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

Cutting Edge of Your Chair Yoga Instructor: Jo Yates

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

Session - Day	Date	Time	Price
524 - Fri	Sep 4-25	11:15am-12:15pm	\$28
525 - Fri	Oct 9-30	11:15am-12:15pm	\$28

Fitness Kickboxing Instructor: Dot Stoddard



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

Session - Day	Date	Time	Price
526 - Fri	Oct 9-30	1-2pm	\$28

Racquet Sports: Pickleball & Ping-Pong

Open Play Outdoor Pickleball Volunteer Coordinator: Paul Backlas

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

Please contact Andrea at lewisa@salineschools.org to receive the monthly calendar and weekly schedule updates. **Pickleball is played at Liberty School**, 7265 N. Ann Arbor St., in the gym.

Day	Date	Time	Price
M/W/F	Ongoing	3:15-5:30pm	\$3M/\$5NM

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

Open Play Outdoor Pickleball

NEW

Volunteer Coordinator: Walter De Oliveira

The new outdoor Pickleball courts are open for use! Please bring your paddle and a bottle of water and be ready to play with your fellow SASC players outside. Please contact Andrea to receive the monthly calendar and weekly schedule updates at lewisa@salineschools.org. **Tue/Thu Pickleball is played at the outdoor courts across from the SASC parking lot.**

Day	Date	Time	Price
Tue/Thu	Ongoing	9-11am	\$3M/\$5NM

Beginner Pickleball Workshop

Instructor: Sally Spies

NEW

Whether you're brand new to pickleball or looking to sharpen your skills, this fun and welcoming clinic is the perfect place to learn! Instructor Sally Spies, a retired teacher with a zeal for pickleball, is passionate about helping players build confidence, improve their game, and enjoy every minute on the court. Sally also teaches at the Ann Arbor Senior Center. **Lessons will be held at the new outdoor courts across from the Saline Area Senior Center, weather permitting.** Please wear comfortable clothing, court shoes, and bring a water bottle, sunglasses or protective eyewear, a hat or visor, and a paddle if you have one. Come enjoy the outdoors, meet new people, and discover why pickleball is one of the fastest-growing sports around! **No class Sep 24.**

Day	Date	Time	Price
Thu	Sep 3-Oct 15	3-4:30pm	\$42

Learn to Play Pickleball Clinic

Have you heard about the fun our SASC Pickleball group has but you've been hesitant to join because you don't know how to play? Our member volunteer Paul Backlas and several other players are here to help! The goal is to teach the game, including the rules, techniques, and tips to make you feel comfortable playing in a group setting. **The clinic is at Liberty School, 7265 N. Ann Arbor St., in the gym.**

Day	Date	Time	Price
Fri	Oct 23	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

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

WCC Emeritus Classes

SASC is one of fourteen host sites for classes made available to seniors through the Washtenaw Community College (WCC) Emeritus Program. SASC hosts three exercise classes: Line Dance, Strength Conditioning and Tai Chi. There are three sessions annually - Winter, Spring and Fall, with classes being held for ten weeks. The instructors are WCC independent contractors.

These classes are free to Washtenaw County residents, age 65+. If you meet this requirement, you can take **one free class each session at SASC.** Each class has a maximum of 30, a waitlist will be taken once the max is reached. **Registration begins Mon, Aug 10 at 11:30am.**

WCC Tai Chi for Health & Balance

Instructor: Darryl Mickens

Tai Chi for Health and Balance is a research based Tai Chi program for fall prevention. It is a 8-step form with balance exercises. All level and abilities are welcome to join this program.

Day	Date	Time	Price
Tue	Sep 22-Nov 24	1-2pm	Free

WCC Line Dancing

Instructor: Dee Grantham

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

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

WCC Strength Conditioning

Instructor: Michele Williams

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

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



MOCA Memory Testing

Administrator: Andrea Lewis

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

Health & Wellness

Full Body Massage

Jerry McDowell, Licensed Massage Therapist



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

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

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

Meditation Sessions

Facilitator: Bob Rickman, Jewel Heart



Meditation builds focus and awareness, essential conditions for a clear and stable mind. Meditation helps us more honestly engage with ourselves and the world around us. These classes offer hands-on experience with the basic elements of meditation using the breath and techniques for coping with distracted or drowsy moments. Classes are open to everyone - newcomers to meditation, long time meditators, and those looking for group meditation. You will leave feeling peaceful and relaxed.

Day	Date	Time	Price
Thu	Sep 3-24	1:30-2:30pm	\$12
Thu	Oct 1-22	1:30-2:30pm	\$12
Thu	Oct 29-Nov 19	1:30-2:30pm	\$12

Reflexology Appointments

Loraine Webster, Certified Reflexologist

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

Appointments are 50 minutes for \$50 or 30 minutes for \$30. Book your appointment at our front desk or via phone. You will pay Loraine directly at your appt.

Day	Date	Time	Price
Thu	Sep 10 & 24	9am-1pm	\$30/\$50
Thu	Oct 8 & 22	9am-1pm	\$30/\$50

Foot Care Clinic

Provider: Heather Schanz, BSN, RN, CDP

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

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

Day	Date	Time	Price
Tue	Sep 15 & Oct 6	9am-2pm	\$45
Wed	Sep 23 & Oct 7	4-7pm	\$45

Vaccine Guidelines for the '26-'27 Season

Presenter: Betty Chaffee, PharmD

Fall vaccine guidelines often change. Some changes are minor, others are big. What's in store for us for the upcoming fall and winter? Join Betty Chaffee, PharmD. to hear the newest information about fall vaccines, and learn how to best protect yourself from fall and winter illnesses.

Day	Date	Time	Price
Mon	Sep 14	2-3pm	Free

Balance Assessments

Plymouth Physical Therapy Specialists

Your balance will be evaluated by Plymouth Physical Therapy (PT) Specialists and measured using evidence-based tests to determine your fall risk level. Together you'll review your scores and receive personalized recommendations to improve your safety and function. Call SASC for an appointment.

Day	Date	Time	Price
Wed	Sep 16	3-4pm	\$10

PLYMOUTH PHYSICAL THERAPY SPECIALISTS
SALINE CENTER

Medicare Without the Headache: What You Need to Know Before You Enroll

Presenter: Monica Ross-Williams

Whether you are approaching Medicare eligibility, planning ahead, or helping a loved one prepare for enrollment, this course provides a clear, structured overview of what to expect and what to consider before choices are locked in. By the end of the session, participants will have a practical roadmap for navigating Medicare enrollment with clarity and confidence.

Day	Date	Time	Price
Tue	Sep 15	10-11:30am	Free

Health & Wellness continued

Matter of Balance

Presenter: Joe Keen, Trinity Health

In this evidence-based program, expect to reduce your fear of falling, set goals for increasing activity levels, make small changes to reduce risks at home, and learn ways to exercise to increase strength and balance. This program is open to anyone 60+. Max - 15 people.

Day	Date	Time	Price
Thu	Sep 17-Nov 5	10am-12pm	Free

Lunch & Learn

Recognizing Early Changes

Presenter: Natalie Adewunmi

Natalie, of Care Man agent by Natalie, will explore how small signs can indicate when additional help may be beneficial, along with local resources and planning strategies to maintain independence and peace of mind.

Day	Date	Time	Price
Wed	Sep 23	1-2:30pm	Free

Understanding MOHS Surgery: The Gold Standard for Treating Skin Cancer

Presenter: Dr. Jennifer Vermeesch, Dermatology Specialists of Ann Arbor

Dr. Vermeesch, fellowship-trained MOHS surgeon, discusses skin cancer, early detection, and MOHS surgery-the most effective treatment for many common skin cancers. Learn what MOHS surgery is, who may benefit from it, what to expect during the procedure, and how it helps preserve healthy tissue while achieving the highest cure rates.

Day	Date	Time	Price
Thu	Sep 24	2-3pm	Free

Exploring Care & Support Services Lunch & Learn

Presenter: Jim Mangi

Are you a family caregiver looking for support, information, and a well-deserved break? Are you a neighbor taking care of your neighbor, or a friend taking care of a friend? Join Silver Club Memory Programs to learn how best to prepare for future care decisions and changes, including respite care, residential care, and end-of life care. We'll begin with lunch and an educational presentation, followed by time for Q&A, and an informal caregiver support discussion. Free onsite respite care is available, provided by Silver Club's activity therapy staff.

Day	Date	Time	Price
Fri	Sep 25	1-3pm	Free

Care Management by Natalie Consultation Appointments

Facilitator: Sarah Camp

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

Day	Date	Time	Price
Wed	Sep 30 & Oct 28	9 or 10am	Free

Blood Pressure Checks

Facilitator: Heartland Hospice

Heartland Hospice will provide free blood pressure checks. Make it a point to stop in and track your health. Just drop in to have yours checked.

Day	Date	Time	Price
Wed	Oct 21	11:15-11:45am	Free

Medicare Open Enrollment Assistance

Facilitator: AgeWays

The MI Options Medicare Assistance Program will be onsite to help you with Medicare Open Enrollment process. Certified counselors will help narrow your plan choices, reduce confusion, and find a plan that fits your budget and gives you the care you need. Appointments are required and can be made by calling AgeWays at (248) 262-0545 **after** Oct 1.

Day	Date	Time	Price
Fri	Oct 30	8:30am-2pm	Free

Lifelong Learning

Tech Lessons with Ben Cutler

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

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

Cybersecurity Workshop

Presenter: AsKevin

Protect your devices and personal information in this 4-week hands-on workshop series. Each week covers a different cybersecurity topic, including online scams and viruses, data privacy, password security, and AI-generated scams. Participants will learn practical strategies to stay safe online, protect their personal information, and gain confidence using technology.

Day	Date	Time	Price
Tue	Sep 1-22	10-11am	Free

Travelogues

Join George Jabol on **Sep 1** for his journey of Aztec & Mayan Cultures in Mexico, then on **Oct 6** he presents A Tale of Three Cities (Edinburgh, Glasgow, & Scotland). On **Sep 22**, we welcome David Bowen as he presents Above & Below the Water, his journey to Dubai & The Maldives. Then Mark Sockness is back on **Oct 15** with his travelogue on Japan. Travelogues are free to members, but please register ahead of time.

Day	Date	Time
Tue	Sep 1 - Aztec & Mayan Cultures	1-3:30pm
Tue	Sep 22 - Dubai & The Maldives	1-2:30pm
Tue	Oct 6 - Scotland & England	1-3:30pm
Thu	Oct 15 - Japan	10:30am-12pm

Threads of Tradition: Indigenous Beadwork Presenter: Tricia Boucha



In this lecture, you will learn about the history and evolution of Indigenous beadwork across the US, how beadwork reflects cultural identity, and recognize the distinctive styles, colors, and patterns of Native nations from regions including the Eastern Woodlands, Great Plains, and Southwest. Tricia Boucha, an enrolled member of the Sault Tribe of Chippewa Indians, will also share how the teachings of her Ojibwe great-grandmother inspired her lifelong journey in Indigenous arts.

Day	Date	Time	Price
Thu	Sep 10	10-11am	Free

Internet Safety Facilitator: John Brunk, Director of Infrastructure EHM Senior Solutions

John Brunk will be discussing ways to spot spam emails (common pieces of the email that can be checked) and fake website links on web pages. Staying safe online is critical on several levels.

Day	Date	Time	Price
Mon	Sep 14	10-11am	Free

African Americans in the Civil War Presenter: Bruce Zellers



In this lecture, you will learn about the crucial role African Americans played in the Civil War, from serving in the United States Colored Troops to advancing the fight for freedom and equality, and learn how their courage helped shape American history.

Day	Date	Time	Price
Tue	Sep 22	11am-12pm	Free

Basic Conversational French Instructor: Jim McMurtrie

Participants in Basic Conversational French should expect to learn a considerable amount of French words, expressions, and topics related to French culture. Those enrolled should purchase *Learn French the Fast and Fun Way* (3rd edition) by Elizabeth Bourquin Leete prior to the start of class. This text can be found on Amazon, Thrift Books, or eBay.

Day	Date	Time	Price
Wed	Sep 23-Oct 28	1:30-3pm	\$42

Rentschler Farm Museum Visit & Lunch Hosts: Florine Rentschler & Andrea LaBarre



Spend some time at the Rentschler Farmhouse. Stroll through the rooms and imagine every day life from years past, then sit down to a delicious German luncheon. It's a welcoming mix of history, good food, and company. Held at 1265 E. Mich Ave. Feel free to stay after the event and play Euchre. All proceeds from these programs will be split with Saline Area Historical Society.

Day	Date	Time	Price
Wed	Sep 30	12-2pm	\$10
Wed	Oct 14 or 28	12-2pm	\$10
Wed	Nov 18	12-2pm	\$10

Close Reading: Getting the Most Out of Your Reading Presenter: Eva Benevento



Close reading is meaningful reading. The techniques & strategies are designed to equip the reader in deeply understanding what they read, both explicitly and implicitly. The strategies are useful for literary fiction, poetry, as well as commercial and political writings. Feel free to bring a reading with you to the class.

Day	Date	Time	Price
Tue	Oct 6	10-11:30am	Free

The Artistry of Glass Presenter: Tricia Boucha



Explore the history and evolution of glass, from ancient techniques to the renowned craftsmanship of Venetian glassmakers. Learn how glass was created, how methods developed over time, and the artistry behind Murano glass and micromosaic traditions.

Day	Date	Time	Price
Thu	Oct 22	10-11am	Free

September 2026

Mon	Tue	Wed	Thu	Fri
	1 Fit for Life begins 8:45-9:45am Cybersecurity Workshop begins 10-11am Documentary: <i>My Octopus Teacher</i>, 10am Travelogue: Aztec & Mayan 1-3:30pm	2 Fantastic Frankenmuth trip 8:30am-5:30pm Chair Zumba begins 11:45am-12:45pm Tech Lessons ongoing 2:30-4:45pm Not Your Mama's Chair Yoga begins 4:15-5:15pm Pickleball Ongoing 3:15-5:30pm	3 Fit for Life begins 8:45-9:45am Senior Striders Ongoing 9-10am Meditation begins 1:30-2:30pm Group Voice begins 2:30-3:15pm Beginner Pickleball Workshop begins 3-4:30pm	4 Movie: <i>Wake Up Dead Man: A Knives Out Mystery</i> 10am-12:30pm Cutting Edge of Your Chair Yoga begins 11:15am-12:15pm Pickleball Ongoing 3:15-5:30pm
7 SASC Closed	8 Pickleball Ongoing 9-11am Balance Strong begins 10-11am Documentary: <i>Marty: Life is Short</i> 10am Tiny Acrylics, 1-3pm 50/50 Raffle ticket pickup begins at SASC	9 WCC Line Dancing begins 9-10am Crafting: Fairy Garden & Wand 11am-2pm ROMEO Lunch, Sam Hill 11:45am Adaptive Hatha Yoga begins 1-2:30pm	10 Pickleball Ongoing 9-11am Balance Strong Beginning & Stretch begins 10-11:15am Threads of Tradition: Indigenous Beadwork 10-11am Tai Chi Practice Ongoing 11:30am-12:30pm	11 WCC Strength & Conditioning begins 10-11am Movie: <i>The Magic of Belle Isle</i> 10am-12pm
14 Balance Strong 2.0 begins 8:45-9:45am Brain Games, 10-11am Internet Safety, 10-11am Drums Alive begins, 10-11am Zumba Gold begins 11:15am-12:15pm Chair Zumba begins 12:30-1:30pm Watercolors begins 1:30-3:30pm Vaccine Guidelines, 2-3pm Chair Yoga begins 4:15-5:15pm Basic Music Theory begins 7-7:45pm	15 Medicare w/o the Headache 10-11:30am Documentary: <i>Kidnapped: Elizabeth Smart</i> 10am Ice Cream Social, 1-3pm PWR! Moves Group Exercise begins, 1-2pm Intergen Crafternoon 1:30-2:30pm Tai Chi Continuing begins 2:30-3:30pm	16 Tai Chi Beginning Begins 10:30-11:30am Decoupage Pot & Wreath Workshop 11am-2pm Classic Movie: <i>The Heiress</i> 2:30-5pm Balance Assessments 3-4pm Group Knitting begins 6:30-7:45pm	17 Matter of Balance begins 10am-12pm Ping Pong Ongoing 1:30-3:30pm	18 Movie: <i>Wine Country</i> 10-11:45am Canvas & Cookies 1-3:30pm
21 SASC Board Meeting 9am Tech Lessons ongoing 2:30-4:45pm Pickleball Ongoing 3:15-5:30pm	22 African Americans in the Civil War 10-11am Travelogue: Dubai & The Maldives 1-2:30pm	23 Fall Crafting 11am-2pm Lunch & Learn: Recognizing Early Changes 1-2:30pm Basic Conversational French begins 1:30-3pm Foot Care Clinic 4-7pm JULIET Dinner, Salt Springs, 4:30pm	24 Reflexology Appointments\ 9-11am Beading Workshop begins 9:30am-1:30pm Understanding MOHS Surgery 2-3pm	25 Movie: <i>Project Hail Mary</i> 10am-12:30pm Exploring Care & Support Services Lunch & Learn 1-3pm
28	29	30 Care Management Appointments 9 & 10am Rentschler Farm Visit 12-2pm		

October 2026

Mon	Tue	Wed	Thu	Fri
Schedule and Calendar Notes - Note that this is not a fully comprehensive calendar of all our programs, they all won't fit on these two pages! - Look through the full newsletter for all the programs and their dates. - New sessions are listed as "begins" on this calendar; you will find the start and end dates of classes under the class descriptions.			1 Fit for Life begins 8:45-9:45am Balance Strong Beginning & Stretch begins 10-11:15am Meditation begins 1:30-2:30pm	2 Health Fair 9am-12pm
5 Balance Strong 2.0 begins 8:45-9:45am Brain Games, 10-11am Drums Alive begins, 10-11am Zumba Gold begins 11:15am-12:15pm Chair Zumba begins 12:30-1:30pm Intro to Storytelling, 1-2pm Watercolors begins 1:30-3:30pm Chair Yoga begins, 4:15-5:15pm Trivia, 4-5pm	6 Fit for Life begins 8:45-9:45am Foot Care Clinic 9am-2pm Balance Strong begins 10-11am Close Reading, 10-11:30am Travelogue: A Tale of Three Cities 1-3:30pm Concert w/ Andrew & Alicia 2-3pm	7 Chair Zumba begins 11:45am-12:45pm Flat Felting begins 2-3:30pm Foot Care Clinic 4-7pm Chair Yoga begins 4:15-5:15pm Cyanotype Printmaking begins, 5-7:45pm Group Crochet begins 6:30-7:45pm	8 Upcycled Pumpkin 11am-2pm Reflexology Appointments 9-11am	9 Mystery Trip 7:30am-6:30pm Autumn Card Creations 9:30am-12pm Movie: <i>One Battle After Another</i> , 10am-12:45pm Chair Yoga begins 11:15am-12:15pm Fitness Kickboxing begins 1-2pm Canvas & Cookies 1-3:30pm
12 Ceramics begins 1-2:30pm	13 Classical Music Appreciation: <i>Carmen</i> begins 11am-12:30pm Tiny Acrylics, 1-3pm	14 ROMEO Lunch, The Sports Bar Westside, 11:45am Rentschler Farm Visit 12-2pm Adaptive Hatha Yoga begins 1-2:30pm Classic Movie: <i>Picture of Dorian Gray</i> 2:30-5pm Time Traveler concert 6pm	15 Travelogue: Japan 10:30am-12pm Group Voice begins 2:30-3:15pm	16 Movie: <i>Sheep Detectives</i> 10am-12pm British Invasion: The Prequel 1-3pm
19 SASC Board Meeting 9am 50/50 Raffle tickets mailed out	20 Intergen Crafternoon 1:30-2:30pm	21 Mosaics: Stacked Pumpkin 11am-2pm Blood Pressure Checks 11:15-11:45am	22 Reflexology Appointments 9-11am The Artistry of Glass 10-11am	23 Movie: <i>Gifted</i> 10-11:45am Bag & Jewelry Sale Members' Pre-Sale 12-3pm Learn to Play Pickleball Clinic 5:30-6:30pm Bag & Jewelry Public Sale Sat, Oct 24 9am-12pm
26	27	28 Rentschler Farm Visit 12-2pm Care Management Appointments 9 & 10am JULIET Dinner, PF Chang's 4:30pm	29 Italian Micromosaic Pendant Workshop 10am-2pm Meditation begins 1:30-2:30pm	30 Medicare Open Enrollment Assistance 8:30am-2pm Movie: <i>The Devil Wears Prada 2</i> 10am-12pm Halloween Bingo 12:30-3pm

Creative Opportunities

Note: Please register for programs a week before. Instructors need to prepare their projects and purchase supplies ahead of time. Unless otherwise noted, materials are included in the program.

Group Voice Instructor: Ellie Christiansen

NEW

Learn the basics of good vocal practices through various warmups, while singing familiar songs in a low-pressure group setting. Ellie Christensen has shared her passion for music and handcrafts with students of all ages for over 20 years. She teaches private piano and voice lessons as well as group classes at WCC. A lifelong crafter, Ellie also teaches fiber arts through WCC, Ann Arbor Senior Center, and Ann Arbor Parks & Rec. Ellie is excited to bring her enthusiasm for lifelong learning to SASC.

Day	Date	Time	Price
Thu	Sep 3 - Oct 8	2:30-3:15pm	\$59
Thu	Oct 15-Nov 19	2:30-3:15pm	\$59

Tiny Acrylics Instructor: Terrie Eroh

Rediscover your creative spark and play with paint in this laid-back class. Terrie will guide you through her process for painting on tiny canvases - a fun activity for anyone.

Day	Date	Time	Price
Tue	Sep 8	1-3pm	\$5
Tue	Oct 13	1-3pm	\$5

Watercolors Instructor: Katherine Downie

New day and time for the fall! Explore watercolor painting, perfect if you are new to art or looking to improve. Learn color theory, mixing, and enjoy themed projects to inspire your creativity. Katherine provides a stencil for you to trace from so drawing experience is not needed. A supply list is available at the front desk.

Sep - Birds

Oct - Fall baking & glass



Day	Date	Time	Price
Mon	Sep 14-28	1:30-3:30pm	\$39
Mon	Oct 5-26	1:30-3:30pm	\$52

Fairy Garden & Wand Instructor: Sandy Fogarty

NEW

Create your own fall-themed fairy garden with a beautiful handmade bowl (cherry, maple, and mystery wood), and a fairy wand.

Day	Date	Time	Price
Wed	Sep 9	11am-2pm	\$40

Basic Music Theory Instructor: Ellie Christiansen

This beginner-friendly class introduces the basics of reading music, understanding rhythm, recognizing notes, and learning simple musical concepts. No prior musical experience is required - just curiosity and a love of music!

Day	Date	Time	Price
Mon	Sep 14-Oct 19	7-7:45pm	\$59

Intergen Crafternoon with Liberty Club

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

Day	Date	Time	Price
Tue	Sep 15, Oct 20	1:30-2:30pm	Free

Handcrafting Group Classes Instructor: Ellie Christiansen

Knitting- Learn how to cast on and off, knit and also purl to create the Stockinette stitch. Then learn to follow a basic knitting pattern to create something cute and fun from a variety of "one-skein" patterns!
Crochet- Learn the basics of crochet! Learn the chain stitch, single crochet, double crochet, and the magic ring to crochet in the round. We will make a beanie or granny square.

Day	Date	Time	Price
Wed - Knitting	Sep 16-30	6:30-7:45pm	\$59
Wed - Crochet	Oct 7-21	6:30-7:45pm	\$59

Canvas & Cookies Instructor: Katherine Downie

Walk away with a painting in just a few hours! Throughout the process, you'll gain valuable insights into composition, color usage, and the elements and principles of art. Enjoy a homemade cookie too.

Sep - Colorful cake

Oct - Cute ghost



Day	Date	Time	Price
Fri	Sep 18; Oct 9	1-3:30pm	\$25/class

Fall Crafting: Decoupage Flower Pot & Wood Sliced Wreath

Instructor: Sandy Fogarty

Two crafts in one class! Decorate your own pot using colorful fall themed fabric and simple decoupage techniques. You'll learn how to layer, arrange, and seal fabric onto the surface, creating a unique, personalized design to take home. You'll also get a rooted plant cutting or silk flowers - your choice. Then create a rustic wreath using sliced wood pieces. You can paint your crafts or leave them natural.

Day	Date	Time	Price
Wed	Sep 23	11am-2pm	\$45



Beading Workshop: Glorious Peacock Set

Instructor: Tricia Boucha

NEW



Create your own Indigenous style earrings and pendant - light as air and easy to create! This class is great for all beading levels. The focal piece sparkles in iridescent peacock shades of blues and greens. Must attend both classes, feel free to bring a sack lunch. Tricia Boucha of Mended Pieces Mosaics and Saulteaux Wearable Art has enjoyed teaching bead embroidery, mosaics, and Indigenous arts for over 50 years; she is excited to teach at SASC.

Day	Date	Time	Price
Thu	Sep 24 & Oct 1	9:30am-1:30pm	\$75

Intro to Oral Storytelling

Instructor: Darryl Mickens

In this introductory class, you will examine the history, types of stories, and elements of the storytelling tradition. This workshop will also briefly explore the principles of storytelling, which includes an individual stage presence. Participants will have opportunity share short stories with the class. If there is interest, we hope to start a storytelling group in the future at SASC.

Day	Date	Time	Price
Mon	Oct 5	1-2pm	Free

Upcycled Pumpkin

Instructor: Sandy Fogarty

NEW



Get your crafting on! Create a pumpkin using recycled mason jar lids, plaid ribbon, and seasonal accents.

Day	Date	Time	Price
Thu	Oct 8	11am-2pm	\$40

Flat Felting

Instructor: Jan Graham



In this workshop, you will create a fall-themed piece of your choice. Flat felting is done with a felting needle, canvas, and wool yarn. You will also learn how to blend color, create textures, and make fine detail. Must attend both classes.

Day	Date	Time	Price
Wed	Oct 7 & 14	2-3:30pm	\$28

Cyanotype Printmaking

Instructor: Bob Rickman

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

Day	Date	Time	Price
Wed	Oct 7 & 14	5-7:30pm	\$24

Autumn Card Creations

Instructor: Diane Schlicher

NEW

You will create beautiful handmade cards with Diane in this fun fall-themed class. You'll make seven projects, including three Thanksgiving (or fall thank-you) cards, three autumn birthday cards, and a coordinating hostess gift tag. Diane has been scrapbooking and cardmaking since she was a child, and honed her craft during the mid-90's scrapbooking craze.

Day	Date	Time	Price
Fri	Oct 9	9:30am-12pm	\$20

Private Knitting/Crochet Lessons

Instructors: Jennie Haigh & Marlene Mason

Learn the relaxing and creative art of knitting or crochet with personalized, one-on-one instruction! Marlene teaches crochet for both left- and right-handed learners, as well as knitting. Jennie teaches left-handed crochet and knitting. Lessons include all supplies, including yarn and crochet hooks or knitting needles. After completing a lesson, continue practicing and learning by joining our Knitting & Crochet Group on Wednesdays from 12:30-2pm. This welcoming group is a great way to keep building skills, work on projects, and connect with fellow fiber arts enthusiasts. We hope to expand interest in the future with an intergenerational after-school knitting and crochet club. For availability and an appointment, contact Megan at kenyonm@salineschools.org. Private Lessons are \$22 for SASC members and are during the day.

Creative Opportunities Continued

Ceramics: Pumpkin Instructor: Jenn Lupton



Learn the art of pottery! First you'll create your piece from clay Jenn has prepared, and the following week you'll glaze it. Jenn has a variety of textures and glaze colors to choose from. You can pick up your finished piece a week or two later at SASC. Her projects make a great gift for you or a loved one. Must attend both classes.

Day	Date	Time	Price
Mon	Oct 12 & 19	1-2:30pm	\$56

Classical Music Appreciation: *Carmen* Instructor: Andrew Kratzat

Andrew aims to foster an appreciation for classical music in this class. *Carmen* is a dramatic opera by Georges Bizet about a fiercely independent woman whose passionate affair with a soldier ends in jealousy and tragedy.

Day	Date	Time	Price
Tue	Oct 13-27	11am-12pm	Free

Mosaics: Stacked Pumpkins Instructor: Sandy Fogarty



Create a festive fall decoration using mosaic techniques. Participants will assemble and decorate a stacked pumpkin design, combining colors and textures to create a seasonal piece of home décor.

Day	Date	Time	Price
Thu	Oct 15	11am-2pm	\$40

Free Little Art Gallery (FLAG) & Art Exhibition Update

Share your creativity by showing your art in our new art exhibit. The exhibit rotates every two months and showcases up to 20 pieces of artwork, along with 3D works displayed in our curio cabinet. Applications are available online or at the front desk for those interested in exhibiting. This display was made possible through the generosity of the family of longtime SASC member Helen Snuverink, who passed away in Sep 2025. Her family donated dozens of her pieces, and proceeds from the sale funded the installation of the new display system and Free Little Art Gallery (FLAG). Instructor Katherine Downie is in the process of building our new FLAG. Once it is ready to display, we will notify you. We are grateful for Helen's gift, which provides a beautiful space to celebrate the talents of local artists. You can view some of Helen's pieces now through Aug at SASC and in our art gallery in the back hallway. In Sep/Oct Kassandra Gilbert will display her watercolor paintings too.

Italian Micromosaic Pendant Workshop Instructor: Tricia Boucha



Discover the beauty of Italian micromosaic, a centuries-old art form where artisans create intricate designs using tiny pieces of hand-pulled glass threads, some as thin as hair. Using authentic Murano glass strands and Millefiori flowers, you'll learn to arrange these delicate pieces into a beautiful floral pendant while experiencing a traditional Italian craft technique. Please bring your readers or a magnifying glass. Feel free to bring a lunch or snack. **Due to the small glass pieces and risk of cuts, participants cannot be on blood thinners.**

Day	Date	Time	Price
Thu	Oct 29	10am-2pm	\$75

Music Ensembles

In our ensembles, more experienced players can show you the basics while working on pieces together. Members are at different playing levels and all are welcome! All ensembles are \$1 drop in each time to help with the cost of printing.

Mark your calendar for Time Traveler's concert on Oct 14 at 6pm!

Program	Day/Week	Time
Recorder Ensemble	Mon, ongoing	12:30-2:30pm
Time Traveler - jam band	Wed, ongoing	10-11:30am
Beginning Guitar	Wed/ 1, 3, 5	11:30am-12:30pm
Salt City Ukes	Fri, ongoing	10:30-11:30am

Clubs/Social Opportunities

SAS-C Writers

We welcome anyone interested in practicing writing exercises, in class and at home. Writing of all genres is created and shared by the members in a supportive and friendly environment.

Day	Date	Time	Price
Thu	Sep 3, 17; Oct 1, 15	10-11:30am	Free

Sassy Players Drama Club

For many older adults, drama offers you a chance to explore ideas and talents you may not have used in years. Memorizing lines isn't necessary in this group. Mark your calendar for the evening of Nov 4 for their next performance.

Day	Date	Time	Price
Thu	Sep 3, 17; Oct 1, 15	11:30am-12:30pm	Free

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

ROMEO Group

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

Day	Date - Location	Time
Wed	Sep 9 - Sam Hill, 5827 Jackson Rd., AA, 48103	11:45am
Wed	Oct 14 - The Sports Bar Westside, 5510 Jackson Rd., AA, 48103	11:45am

JULIET Group

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

Day	Date - Location	Time
Wed	Sep 23 - Salt Springs Brewery, 117 S. Ann Arbor St., Saline, 48176	4:30pm
Wed	Oct 28 - PF Chang's, 720 Briarwood Circle, AA, 48108	4:30pm

Silver Shutterbugs Photography Club

This group enjoys capturing life's moments. Come to share your work, give and receive constructive feedback to help you grow and improve, and learn new styles and techniques from one another.

Day	Date	Time	Price
Mon	Sep 21, Oct 19	10-11:30am	Free

Documentary Days

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

Sep 1 - *My Octopus Teacher*

Sep 8 - *Marty: Life is Short*

Sep 15 - *Kidnapped: Elizabeth Smart*

Day	Date	Time	Price
Tue	Ongoing	10am	\$1

Classic Movie Time Facilitator: Eva Benevento

Classic films were produced with groundbreaking filmmaking devices, the studio system, and star power that became the stuff of Hollywood magic. Join us as we view a classic film, eat popcorn, and have a discussion afterwards.

Sep - *The Heiress* **Oct** - *Picture of Dorian Gray*

Day	Date	Time	Price
Wed	Sep 16, Oct 14	2:30-5pm	\$1/day

Knitting, Crochet, & Craft Club

All crafts are welcome at this group! There are several people who are happy to show you how to crochet and knit too.

Day	Date	Time	Price
Wed	Ongoing	12:30-2:30pm	Free

Intergen Woodcarving Club

This long-time group is full of talented individuals, in which you can learn from! Ages 12+ are welcome in this group. Their Woodcarving Show is on Oct 3 at Liberty School.

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

Breakfast Club

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

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

SASC Book Club

Many laughs are had with this insightful group, they are very welcoming and friendly.

Sep - *Insanity: Madness & Race in a Jim Crow Asylum*, by Antonia Hylton

Oct - *How to Read a Book*, by Monica Wood

Day	Date	Time	Price
Fri	Sep 11, Oct 9	10-11:30am	Free

Matinee Movies

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

Sep 4 - *Wake Up Dead Man: A Knives Out Mystery*

Sep 11 - *The Magic of Belle Isle*

Sep 18 - *Wine Country*

Sep 25 - *Project Hail Mary*

Oct 9 - *One Battle After Another*

Oct 16 - *Sheep Detectives*

Oct 23 - *Gifted*

Oct 30 - *Devil Wears Prada 2*

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

Games

Trivia Quizmaster: Scott Brodie

This time you'll use your ears for Auditory Trivia! The top three winners will receive a gift card to a local business or restaurant. Themes are **Sep** - bird calls, famous voices, 60s & 70s songs. **Oct** - crooners, animal sounds, transportation sounds.

Day	Date	Time	Price
Mon	Sep 14, Oct 5	4-5pm	\$2/day



Brain Games & Breakfast Facilitator: Eva Benevento

Keep your brain sharp by solving brain puzzles as a whole group and individually while enjoying a breakfast treat. Please register by the Fri before so we have enough treats for everyone. \$2 each day.

Day	Date	Time	Price
Mon	Sep 14, Oct 5	10-11am	\$2

Bingo

Game play begins at 1pm, arrive by 12:45pm. About halfway through there will be a break for snacks (provided by players) and socializing.

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

Halloween Bingo



This event includes pizza, pop, and prizes, sponsored by Nu2U Again. We will eat around 12:50pm with game play beginning after. Please arrive around 12:30pm to pick your cards, no extra charge for cards. Come in costume or a Halloween outfit, to be entered into the raffle. **Deadline:** Oct 29

Day	Date	Time	Price
Fri	Oct 30	12:30-3pm	\$5

Backgammon Group Leader: Kathy Schultz



Backgammon is coming to SASC in November and will be held on the 2nd and 4th Thursdays. Upon registration, please specify if you need to learn.

Day	Date	Time	Price
Thu	Nov 12; Dec 10	10am-12pm	Free

Ongoing Cards & Games

Program	Day/Week	Time
Pinochle	Mon, Wed, Thu	12:30-3pm
Chinese Mahjong	Mon	12:30-2:30pm
Adv. Euchre	Mon	5:30-7:45pm
Bridge	Tue/ 2, 4 Thu	12-3:30pm
Dementia Friendly Games	Tue	11am-12:30pm
Euchre	Tue	12:30-3:30pm
Adv. Amer. Mah Jongg	Wed	11:30am-2pm
Adv. Euchre	Wed/ 1 wk.	5:30-7:45pm
Chess	Wed/ 2, 4 wk.	11:30am-1:30pm
Cribbage	Wed	4-6pm
Pepper	Wed/ 2 wk.	5:30-7:45pm
Canasta	Thu	12:30-2:30pm
Scrabble	Thu	1-3pm
Rummikub	Thu	1-3pm
Bingo	Fri	12:30-3pm
Samba	Fri	12:30-3:30pm

Game Room/Billiards

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

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

Medicare/Medicaid & VA Appointments

VA Benefit Appointments Facilitator: Brian Hutcheon

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

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

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

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

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

Area Agency on Aging 1-B



Saline Meals on Wheels



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

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

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

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

SASC Legacy Program



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

DONATION LEVELS:

Donor - \$200-\$1,000

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

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

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

Washtenaw Co. Older Persons Millage



Washtenaw County voters approved the 0.5 mill Older Persons Millage in November 2024. The Board of Commissioners passed the Older Adults Millage Operations Framework Policy in July 2025 which guides the expenditures of millage funds. The full policy can be found on Washtenaw County's website at <https://www.washtenaw.org/4629/Older-Persons-Millage>.

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

Community Partners



Saline Community Education

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



Saline Parks and Recreation

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

Book and Magazine Donations

Our "library" consists of a few bookshelves in the heart of SASC and one in the media room. **If you would like to donate books, they must be current, within the last 5-8 years, or classics. Please bring your books to the front desk to donate them.** We will stamp them and put them on the shelves. Please take one book at a time to leave some for others. Older books may be donated to the Friends Library, at the Saline Library. **Only a couple of current magazines should be brought in at a time for donation, also to the front desk.** Donated magazines will be placed on the bookshelves or the coffee tables at SASC.

Laptops and iPads

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

Room Rentals

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

Scholarships

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

Donations/Volunteers Needed

If you would like to give a donation to SASC, please consider the following:

- Coffee, especially decaf coffee currently
- Tea bags (individually wrapped)
- Disposable paper coffee cups
- Paper towel and Kleenex
- Gently used or new Bag & Jewelry Sale items
- Holiday ornament to decorate our tree (see pg. 3 for details)

If you would like to give your time, we have various volunteer opportunities available, including Meals on Wheels substitute drivers.

Transportation Options

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

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

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

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



Bag & Jewelry Sale

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

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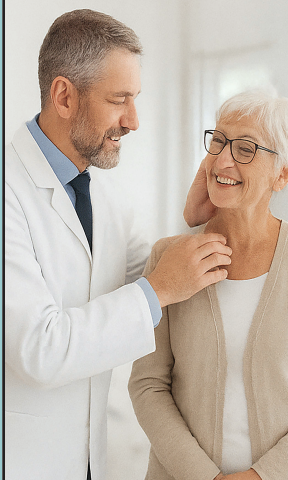
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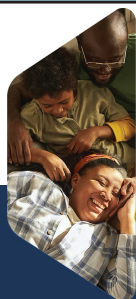
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HEALTH FAIR

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-  Visit over 40 vendors including the covering many topics such as hearing aids, kidney health, and housing options.
-  To make a vaccination appointment, call SASC at 734.429.9274 after September 14. The enhanced flu shot is available for seniors.



Thank you to our generous sponsors!



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