

September/October 2024



SASC

Newsletter



**SASC: A Social Center
for those 45+**

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
Fax: 734-429-1079

Center Hours*
Mon & Wed, 8am-8pm; Tue, Thu & Fri, 8am-4pm
*SASC closed on Mon, Sep 2 - Labor Day

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

SASC Board Meetings are Mon, Sep 16 and Oct 21. Members are welcome. If you would like a link to attend virtually, we can send you one. The GM Social is Oct 16, 11:30am, see page 4.

President..... Cindy Sobotta
Vice President.....Ruth Frayer
Secretary Eva Benevento
Treasurer Mark Sockness
Member-at-Large Sue Kelch
SAS Representative.....Brian Puffer
City of Saline RepresentativeJack Ceo

Registration

- Please register for ALL programs, even if they're free, via salineseniors.org, phone, or 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 cc payments. No payments are taken via phone.
- Register early to increase the chance of us being able to run the programs. If we don't reach the minimum, 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 June 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 class to another program, prior to the deadline. Some refunds may not be possible for non-refundable items or trips. No refunds are possible after the deadline.

SASC Annual Memberships

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 per newsletter.

Saline Area Schools (SAS) Residents receive a discount. Membership registration can be done 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.

Annual Membership (Jan-Dec)	2024	2025
SAS Resident, 50-79	\$15	\$20
Non-Resident, 50-79	\$25	\$30
Senior In Training SAS Res, 45-49	\$35	\$40
Senior In Training Non-Res, 45-49	\$40	\$45
All People, 80+	\$10	\$15

Fitness Room Membership

The SASC Fitness Room includes: two NuSteps, a Matrix Treadmill and Elliptical, Concept 2 Rowing Machine, LifeCORE Recumbent Bike, hand weights, kettlebells, and a stretching table. You must be a member of SASC and then purchase this separate fitness membership. Memberships can be paid upfront or monthly.

Training Fee: \$10 - a one-on-one machine intro with staff (required for new members)
12 Month Membership: \$96
Month to Month Membership: \$12 per month
Guest Pass: \$5 per day

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On the cover: Members from the Golden Groovin' Band: Mark, Steve, Dave, and Charlie, perform at Brewed Awakenings. See page 4 for the next Open Mic Night and page 15 for information on the band.

SASC Notes

Upon entering SASC, please check-in on one of our computers in the hall or office. This helps us track statistics of usage at SASC. You can scan your card or type the last few letters of your last name to begin the process. Be sure to complete the sign-in at the end of the process. We can assist if needed.

Classes are in-person unless otherwise noted as hybrid. Hybrid means you can take it online OR in-person. If hybrid, register and you will receive details 1-2 days before your program begins via email. Note that classes are live and cannot be made up if missed. If there is a class that you would like to see offered online or in a hybrid fashion, please contact us and we will see what we can facilitate.

Share your talents! If you have an expertise or presentation you would like to share, or program request, email Andrea at lewisa@salineschools.org.

Gift Certificates can be purchased throughout the year, in any amount. Be sure to put them on your list this Mother's Day, Father's Day, birthday, or any other occasion. Specific gift certificates are also available for massage and reflexology.

Thank You for making our Annual Picnic a success on July 21 at Mill Pond Park. We had almost 100 members in attendance and wonderful sponsors: EHM Senior Solutions and Linden Square.

Fundraisers

50/50 Raffle

Our 8th Annual 50/50 Raffle begins soon. The funds go towards scholarships for members in need, so they may participate in fee-based programs. Over the years, you have helped us raise over \$10,000 for this purpose.

Three tickets will be mailed to you in early Oct. We ask that you either purchase or sell the tickets. You may also purchase more online at salineseniors.org or at the front desk. The drawing will be held Dec 18 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 local businesses. If you do not want to purchase or sell your tickets, please return them to the SASC Office.

If you would like to help sell raffle tickets at the Saline Craft Show, Busch's, or the Farmer's Market, please notify us. Thank you for supporting SASC.

Bag & Jewelry Sale

We will continue to take donations throughout the year, so if you are looking to purge, please consider bringing your new or gently used items to SASC. Mark your calendar for the next sale, Nov 15 for members and Nov 16 for the public. All proceeds benefit our scholarship fund.

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. **All trips are on luxury charter busses.** Register early to increase the chances of the trips running. Min 25/Max 53.

ArtPrize



GR transforms into a canvas of all types of art to explore! You may eat lunch at your own cost, wherever you choose. You will be dropped off near the museum and can wander for the day on your own or with friends. You will be provided with info about a shuttle in the area and how to vote too. Bus will leave GR around 4pm for the return trip. **Deadline:** Sep 5

Day	Date	Time	Price
Fri	Sep 20	8:30am-6pm	\$87

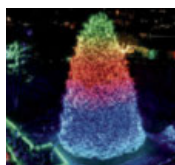
Mystery Trip



Not much can be told about where we're going, but a big part of the fun is NOT knowing! HINT: We'll parade through some rich history and culture. **Lunch is included** but additional drinks or snacks throughout the day will be at your own cost. Moderate walking is involved but you may sit portions out to relax if needed. **Deadline:** Sep 20 (to reach minimum)

Day	Date	Time	Price
Fri	Oct 11	8:30am-5pm	\$105

Toledo Zoo: Lights Before Christmas



Get in to the spirit of the season with a trip to Tony Paco's for "Linner" (early dinner), before wandering the Lights Before Christmas at the Toledo Zoo, at your own pace. Dress for the weather. **Deadline:** Nov 5

Day	Date	Time	Price
Tue	Nov 26	2-9:30pm	\$105

A Holiday Delight



We'll head to Great Lakes Crossing for 2 hours to knock out some shopping and eat lunch, at your own cost. We'll then step in to the enchanting world of Charles Dickens' beloved tale "A Christmas Carol" at Meadow Brook Theatre. **Deadline:** Dec 4

Day	Date	Time	Price
Wed	Dec 4	8:30am-5:45pm	\$105

Special Events

Ice Cream Social

Let's close out the summer with ice cream, all the toppings, and socializing. Sponsored by Heartland Hospice. **Deadline:** Sep 11.

Day	Date	Time	Price
Tue	Sep 17	1-2:30pm	\$3



Howl-o-Ween Portraits

Bring your fur child(ren) for a Halloween portrait! Fee is donation based. Costumes are encouraged, for both human and pet! Thank you to the SASC Silver Shutterbugs for taking and editing the photos. Pictures will be emailed to you in about a week or two. Call SASC after Aug 12 to make your appointment.

Day	Date	Time	Price
Tue	Sep 24	1-3pm	Donation

Health Fair

Join us for our 7th Annual Health Fair. Consider this your one-stop shop to various health organizations. Attend to learn more about local providers in the community, in addition to programs and services available at SASC. UofM ACS Immunization Program is also back to provide enhanced flu shots and the Health Department will be distributing Shingles vaccines. **An appointment needs to be made to receive either vaccine.** Bring your Medicare or insurance card in order to complete the necessary documents. Vendors will be on hand for you to visit from various healthcare organizations, senior living and skilled care facilities, as well as physicians, and therapists. Learn about home safety, talk to the Kidney Foundation of MI, Humane Society of Huron Valley, and enter a raffle for the chance to win great prizes! Thanks to our generous platinum sponsor, EHM Senior Solutions.

To make an appointment for a flu shot, call SASC at 734-429-9274 after Sep 11. To make an appointment for the shingles vaccine, please call 734-544-6700.

Day	Date	Time	Price
Fri	Oct 4	9am-12pm	Free



Fall Concert Performers: Alicia Doudna, Violin Andrew Kratzat, Bass

This concert is rescheduled from May. Enjoy live music for violin and bass, arranged by Andrew. Feel free to bring your questions for Alicia and Andrew.

Day	Date	Time	Price
Tue	Oct 1	12-1pm	Free

Celebrating Día de los Muertos Presenter: Saline DEI

Día de los Muertos, or Day of the Dead, is a traditional Mexican holiday (held on Nov 1-2), celebrating the lives of loved ones, and according to tradition, reuniting with them. Catholics observe All Saints Day and All Souls Day, where the dead are honored. These practices merged with Pre-Hispanic beliefs and traditions to create what we know today as Mexico's Day of the Dead. Come honor your late loved ones by bringing a photo of them for the altar. You will learn about the holiday and culture and find out how you can hold your own celebration! We will enjoy snacks and do a craft. **Deadline:** Oct 4.

Day	Date	Time	Price
Wed	Oct 9	11:30am-1pm	\$8

General Membership Social

After a brief update about the center from SASC staff, enjoy lunch with your peers. An additional \$2 late fee will be added if space remains after Oct. 11. Menu: Pulled chicken, mac and cheese, veggie, and dessert.

Day	Date	Time	Price
Wed	Oct 16	11:30am-1pm	\$8/10

Open Mic Night - Call for Performers

Join SASC members for our second Open Mic Night at Brewed Awakenings Café. Each performer will be allotted 5-7 minutes for their performance. Brewed will have their food and drink menu available at your own cost; feel free to have dinner while enjoying the evening's entertainment. To perform, please contact SASC by Oct 14.

Day	Date	Time	Price
Wed	Oct 23	5-6:30pm	Free

Baroque & Renaissance Concert Performers: SASC Recorder Ensemble

Enjoy music from the Baroque and Renaissance Eras, which includes performers on soprano, alto, tenor, and bass recorders. Refreshments served.

Day	Date	Time	Price
Fri	Oct 25	12pm	Free

See page 18 for Halloween Bingo & the Halloween Euchre Tournament!

New Programs

Dementia Friendly Art: Paper Lantern Instructor: Pat Deere



Be a part of ArtPrize 2024 while helping a good cause! Dementia Friendly Art is intended for folks with dementia, their loved ones, caregivers, and any SASC members who are interested! Classes are free for those with Alzheimer's when attending with a paid student. Pat will help you through the process of creating a beautiful paper lantern, which will be on display in Grand Rapids. Lanterns will be returned to SASC after ArtPrize is over. If you cannot make the class, but want to be a part of the exhibition and the cause, kits are available in the office to purchase for \$26.50. Refreshments included.

Day	Date	Time	Price
Wed	Aug 28	1:30-3pm	\$35

The Election of 1800: Republic in Peril Presenter: Bruce Zellers, Oakland University

Witness the fierce rivalry between Thomas Jefferson and John Adams, the birth of political parties, and the threats to national stability. Learn how this election reshaped the presidency and set the course for American democracy.

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

Vertigo Clinic Presenter: David Arend, PT, DPT Orthopedic Rehab Specialists

David will deliver an informative presentation on vertigo, a common vestibular disorder affecting millions worldwide. Explore its causes, symptoms, and diagnostic techniques, followed by an overview of current treatment options, including medications, physical therapies, and lifestyle adjustments. Gain a deeper understanding of how to manage vertigo to improve quality of life.

Day	Date	Time	Price
Thu	Sep 12	12-1pm	Free

Essential Tips for Clean-Up, Pest Management, and Plant Transitioning Presenter: Courtney Crawford, Master Gardener

In this program, Master Gardening, Courtney will cover topics in the fall cleanup in vegetable and flower gardens, fruit trees, lawns, trees, and shrubs. She will also cover Integrated Pest Management (IPM), and how some pests you see throughout the year can be controlled through cultural practices during fall cleanup. Learn tips for container gardening and transitioning outdoor plants to indoors.

Day	Date	Time	Price
Mon	Sep 16	4:30-5:30pm	Free

Dementia Friendly for SASC Members Presenter: Jim Mangi, DFS Saline



You will learn about the difficulties that people living with dementia encounter making their way in the community, and simple ways in which you can make the lives of your friends and neighbors with dementia less difficult. We are in the process of programming a few dementia friendly programs at SASC. If you want to volunteer for these, please contact Megan. See page 18 for Dementia Friendly Rummikub.

Day	Date	Time	Price
Mon	Sep 23	1:30-3pm	Free

Why Shakespeare? Instructor: Eva Benevento

Of the multitude of poets and playwrights, four hundred years later, William Shakespeare's works remain a pillar of brilliant literature. What do famous thespians (actors and directors) have to say about the Bard? We'll also enjoy a look at some of Shakespeare's sonnets and soliloquys.

Day	Date	Time	Price
Mon	Sep 30	11-12pm	Free

Coffee with a Cop Presenter: Chief Marlene Radzik

Join Saline Police Chief Marlene Radzik and Mayor Brian Marl for a cup of coffee and a chat. Get to know our Police Chief and have any questions you may have answered. Continue to build your community and connections in Saline.

Day	Date	Time	Price
Wed	Oct 2	10-11am	Free



High Blood Pressure (HBP) Control: A Hypertension Self-Management Program Presenter: National Kidney Foundation

HBP Control is an 8 week workshop led by 2 certified leaders. We will meet weekly for 90 minutes with interactive sessions. Learn how to monitor your blood pressure, cope with stress, make healthy food choices, and manage your medications. This program is offered at no cost to anyone living with high blood pressure and caregivers/family members. You will also receive a free blood pressure monitor. **No class Oct 29.**

Day	Date	Time	Price
Tue	Oct 8-Dec 3	10-11:30am	Free

Fitness

Drums Alive Instructor: Jerry Powell



Jump start your Monday, as we tap into our inner rhythm and weave together the power of drumming, music, and movement. It's a wonderful opportunity to let loose, express yourself, and let go of stress. We provide the bucket, exercise ball, and drum sticks. You just bring a water bottle and energy.

Day	Date	Time	Price
Mon	Sep 9-30	10-11am	\$28
Mon	Oct 7-28	10-11am	\$28

Zumba Gold Instructor: Laurel Larson



Zumba Gold is a special type of Zumba class where we take the traditional Zumba moves and slightly dial down the intensity. We'll introduce you to easy-to-follow choreography that focuses on enhancing your balance, coordination, and range of Motion. Laurel knows how to keep the energy high with her infectious music and positive vibes.

Day	Date	Time	Price
Mon	Sep 9-30	11:15am-12:15pm	\$28
Mon	Oct 7-28	11:15am-12:15pm	\$28

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

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

Day	Date	Time	Price
Mon	Sep 9-30	4:15-5:15pm	\$28
Mon	Oct 7-28	4:15-5:15pm	\$28

Fit for Life Instructor: Laurel Larson

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.**

Day	Date	Time	Price
Tue	Sep 3-24	8:45-9:45am	\$28
Tue	Oct 1-29	8:45-9:45am	\$35
Thu	Sep 5-26	8:45-9:45am	\$28
Thu	Oct 3-31	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.

Day	Date	Time	Price
Tue	Sep 3-24	10-11am	\$28
Tue	Oct 1-29	10-11am	\$35

Adaptive Hatha Yoga Instructor: Patty Hart

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

Day	Date	Time	Price
Tue	Sep 10-Oct 8	11:15am-12:45pm	\$45
Tue	Oct 15-Nov 12	11:15am-12:45pm	\$45
Wed	Sep 11-Oct 9	1-2:30pm	\$45
Wed	Oct 16-Nov 13	1-2:30pm	\$45

Chair Zumba Instructor: Laurel Larson

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

Day	Date	Time	Price
Wed	Sep 4-25	11:45am-12:45pm	\$28
Wed	Oct 2-30	11:45am-12:45pm	\$35

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.

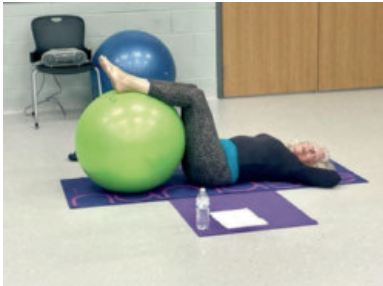
Day	Date	Time	Price
Wed	Sep 4-Oct 9	10:30-11:30am	\$42
Wed	Oct 16-Nov 20	10:30-11:30am	\$42

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

Pilates on the Ball
Instructor: Jo Ann McFry

Have a ball with instructor Jo Ann McFry! Using a stability ball can add resistance & instability to exercises, which can help stabilize the core and activate muscles like the pelvic floor. Sitting on the ball can also automatically engage core muscles to help with balance. We will begin safely, learning to maneuver the stability ball using Pilates core techniques.

Day	Date	Time	Price
Wed	Sep 4-25	3-4pm	\$28
Wed	Oct 2-30	3-4pm	\$35



Tai Chi for Health & Balance
Instructor: Darryl Mickens

Learn how Tai Chi works to improve balance, muscle strength, flexibility and mobility to enhance overall physical health, which leads to better functioning in daily activities. Participation in Tai Chi may also result in better mental health, reduced stress, improved memory and cognition, and increased self-esteem. Come prepared to learn and move.

Day	Date	Time	Price
Wed	Oct 30	3-4pm	Free

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

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.

Day	Date	Time	Price
Wed	Sep 4-25	4:15-5:15pm	\$28
Wed	Oct 2-30	4:15-5:15pm	\$35

Hula Hooping

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

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

Balance Strong Beginning + Stretch
Instructor: Amy Leighton

In class, we'll be honing in on core strength and addressing any imbalances you have to help you achieve this. Strength exercises and flexibility training will be incorporated to specifically target your core. We round off each session with a rejuvenating 15-minute stretch for ultimate relaxation. For the summer session we are including a barefoot component to the stretch portion of class. The benefits of barefoot fitness and balance will be worked on and included in the stretch portion the last 15 minutes of class.

Day	Date	Time	Price
Thu	Sep 5-26	10-11:15am	\$32
Thu	Oct 3-31	10-11:15am	\$40

Tai Chi Practice

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

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

Pickleball at Liberty School

Open Play Pickleball
Volunteer Coordinator: Paul Backlas

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

Please contact Andrea Lewis to receive the monthly calendar and weekly updates to the schedule at lewisa@salineschools.org.

Day	Date	Time	Price (M/NM)
Mon, Wed, Fri	Ongoing	3:15-5:30pm	\$3, \$5

Learn to Play Pickleball Clinics

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. Clinics will be at Liberty School.

Day	Date	Time	Price
Fri	Oct 4	5:30-6:30pm	\$20

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

Pickleball Tutor Machine Rental



Improve your game and have fun while using SASC's new Pickleball Tutor. This easy to use ball machine adjusts to shoot all the shots you need to practice against including dinks, lobs, serves, drives, and ground strokes.

The machine is available to rent Monday and Wednesday evenings **at SASC**.

The rental fee is \$30 per hour. You can rent the machine to use on your own, or invite up to 5 others to join you at \$5 for each additional person. For example a group of 6 can rent the machine for \$55 and split the cost among the group.

Please contact Andrea for any questions or to get started improving your game today!

Day	Date	Time	Price
Mon	Ongoing	5:45pm & 6:45pm	\$30
Wed	Ongoing	5:45pm & 6:45pm	\$30



Ping-Pong

Ping-pong is a fun, social, competitive group, open to all abilities. Two tables are available for use. All equipment provided.

Day	Date	Time	Price
Mon	Ongoing	2-4pm	Free
Thu	Ongoing	1:30-3:30pm	Free

Senior Striders Outdoor Walking

We meet every Thursday at 9am. An SASC staff member will accompany you on a one to two mile walk.

Please register at the front desk so Andrea can send you a list of departure locations for each week, as they vary during the spring and summer months. The first Thursday of each month, we will depart from SASC. Walks will be cancelled if there is inclement weather.

Day	Date	Time	Price
Thu	Ongoing	9am	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+. Those meeting this criteria can register for **one free class each session at SASC**. Each class has a maximum of 30, a waitlist will be taken once the maximum is reached.

WCC Tai Chi Continuing Instructor: Darryl Mickens

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

Day	Date	Time	Price
Tue	Sep 10-Nov 12	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 11-Nov 13	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 4, Nov 15 and 29.**

Day	Date	Time	Price
Fri	Sep 13-Dec 6	10-11am	Free

Health & Wellness

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 - \$10.

Full Body Massage
Sissel Bridges, Licensed Massage Therapist

Massage away your aches and worries! Sissel has 25 years of experience and specializes in senior massage and lymphatic drainage massage. Benefits can include: reducing stress and increasing relaxation, improving circulation, energy and alertness, lowering heart rate and blood pressure, and improving immune function.

Appointments available Thursdays, 11am-3pm.

Please note the price change (tip included):
 30 min - \$30
 45 min - \$45
 60 min - \$60

Call Sissel at 734.383.4387 to book.

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

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

Day	Date	Time	Price
Wed	Sep 4 & Oct 9	2-7pm	\$45
Wed	Sep 18 & Oct 16	12-4pm	\$45

Supplements for Heart Health
Presenter: Betty Chaffee, PharmD

We know a healthy diet can keep the heart healthy. but can dietary supplements improve heart health too? Join Betty Chaffee, PharmD, of Better My Meds to talk about the use of dietary supplements in heart health.

Day	Date	Time	Price
Mon	Sep 9	2-3pm	Free

Medicare 101
Presenter: Donna DiFranco

Medicare can be confusing with its multiple parts, deadlines, and various plan options. Medicare 101 helps you understand the basics, guiding you on what to do, when to do it, and how to make smart choices amidst the clutter of information. This program is presented by the Michigan Medicare Assistance Program, a program sponsored by AgeWays, formally known as the Area Agency on Aging 1-B

Day	Date	Time	Price
Mon	Sep 9	4-5pm	Free

Ten Myths about Medicare, Social Security & the Facts You Need to Know
Presenter: Monica Williams, MBA

There are many myths, untruths, and necessary information potential and current beneficiaries must know about the program to ensure their personal information is protected while ensuring they receive true knowledge about the programs.

Day	Date	Time	Price
Tue	Sep 10	10:30am-12pm	Free

Reflexology
Loraine Webster, Certified Reflexologist

Reflexology is a wonderful alternative medicine that focuses on applying gentle pressure to the feet. It offers a range of benefits, such as stimulating nerve function, increasing energy levels, enhancing circulation, and promoting a state of deep relaxation. Appointments are 50 minutes for \$50 or 30 minutes for \$30. Register at our front desk or call to make your appointment.

Day	Date	Time	Price
Thu	Sep 12 & 26	9-11am	\$30/\$50
Thu	Oct 10 & 24	9-11am	\$30/\$50

Hands-Only CPR
Instructor: Joe Keen & Maurice Cox
Trinity Health



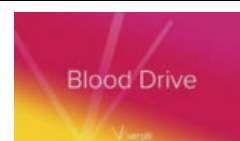
Hands-only CPR provides essential training in performing life-saving chest compressions in the event of a sudden cardiac arrest. This class will focus solely on teaching effective chest compressions without mouth-to-mouth breaths, making it more accessible and less daunting for people. You will learn to recognize the signs of cardiac arrest and the importance of calling emergency services promptly. This class is a non-certification training and is offered twice, feel free to take one or both.

Day	Date	Time	Price
Thu	Sep 12	9-10:30am	Free
Thu	Oct 24	9-10:30am	Free

SASC/Versiti Blood Drive

To donate at the Versiti Blood Drive, please go to https://donate.michigan.versiti.org/donor/schedules/drive_schedule/161400 to schedule an appointment or call SASC for assistance.

Day	Date	Time	Price
Fri	Sep 13	11:30am-4pm	Free



Monthly Blood Pressure Checks
Facilitator: Michelle Honeycutt, LPN



Michelle Honeycutt is the Wellness Director at the Gardens of Carleton and has been a licensed practical nurse for over 17 years. Stop in and she'll check your BP.

Day	Date	Time	Price
Tue	Sep 18, Oct 16	11am-12pm	Free

Care Management by Natalie
Consultation Appointments
Facilitator: Sarah Camp

A Care Manager is an expert that can assist clients with discharging from the hospital, starting or stabilizing a caregiving structure in the home, remaining independent at home, choosing and preparing to move to a senior community, creating medical stability, or a new diagnosis road map. Together with Care Management by Natalie we can help find your right path through the aging process. Call SASC to schedule a one hour consultation with Care Management by Natalie.

Day	Date	Time	Price
Wed	Sep 25	9-11am	Free
Wed	Oct 30	9-11am	Free

Matter of Balance
Presenter: Joe Keen & Maurice Cox,
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+. Limit of 15 people.

Day	Date	Time	Price
Wed	Oct 2-Nov 20	9-11am	Free



NEW

Creature Crafts: DIY Cat & Dog Toys
Facilitator: Humane Society of Huron Valley

Come learn about cat and dog play behavior while making your own cat spider wand or octopus ball dog toy. This fun program takes a hands on, step by step approach and is appropriate for all ability levels. The Humane Society of Huron Valley will bring all of the needed supplies. Toys that are made can be taken home to pets or can be donated to give to animals at HSHV. A therapy dog will be onsite as well, to keep us company while crafting.

Day	Date	Time	Price
Tue	Oct 8	10-11am	Free

Making Decisions About an Assisted Living Care Residence
Presenter: Justine Bykowski

When searching for an assisted living care residence, there are many factors to consider. How can you determine the best fit for your loved one? Please join Justine for a discussion and learn about how assisted living is defined, where to find information on state regulations and violations. Justine will also discuss what action steps to take and give you problem solving strategies, along with special regulations for memory care, and resources to help with decision making.

Day	Date	Time	Price
Tue	Oct 22	1-2:30pm	Free

Probiity Balance Assessments
Facilitator: Probiity Physical Therapists

Are you feeling unsure and unsteady on your feet? Now is the time to sign up for a brief balance assessment by board certified Physical Therapists from Probiity PT. Your balance will be evaluated and measured using evidence-based tests to determine your fall risk level. They will review your scores with you and make personalized recommendations to improve your safety and function.

Day	Date	Time	Price
Fri	Oct 25	1-2pm	\$10

Meditation Classes
Facilitator: Jewell Heart

JEWEL HEART Why meditate? Meditation builds focus and awareness, essential conditions for a clear and stable mind. Meditation helps us more honestly engage with ourselves and the world around us. These classes offer hands-on experience with the basic elements of meditation using the breath and techniques for coping with distracted or drowsy moments. September's class is beginning, and open to all. October's class is a continuation; you will need to have taken the beginning class.

Day	Date	Time	Price
Thu	Sep 5-26	1:30-2:30pm	\$12
Thu	Oct 3-24	1:30-2:30pm	\$12

Lifelong Learning

Tech Lessons with Ben Cutler

Do you need basic tech support for your phone, tablet, and/or laptop? Please pay upon making your reservation. There are no refunds for missed appointments. Lessons are 45 minutes and available at 2:30pm, 3:15pm, or 4:45pm.

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

Travelogues

In Sep, George Jabol presents on the popular Detroit tour, The Parade Company, then returns Oct 29 to revisit his Iceland travelogue. Sue Kelch will present her trip to Texas and Big Bend National Park on Oct 1. Please register for any and all travelogues, even though they are free. Popcorn provided.

Day	Date	Time	Price
Tue	Sep 10	1-2pm	Free
Tue	Oct 1	1-2:30pm	Free
Tue	Oct 29	10am-12pm	Free

New Voting Rights

Presenter: League of Women Voters of Washtenaw County

60% of voters approved Prop 2 in November 2022. That proposal amended the state constitution to expand voting rights. This presentation describes both new rights and improvements to existing processes. Topics include certification of elections results, early voting, improvements to absentee voting, voter ID, election audits, and public disclosure of charitable contributions.

Day	Date	Time	Price
Mon	Sep 16	2-3pm	Free

Tech Town Hall

Presenter: SAS High School Students

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

Day	Date	Time	Price
Mon	Sep 23, Oct 21	5-7pm	Free

Common Scams That May Target You 101 & 102

Presenter: Monica Williams, MBA

101 - Sep 24: Learn to protect your information with the best practices to avoid being victimized by social media, tech support, online marketplaces, Medicare, and romance/online dating scams.

102 - Oct 1: Learn to avoid responding to internet based advertising on your phone, the ABC's of reporting scam calls to the FCC's Do Not Call list, how to use the block and report features on your smartphone, how to set up Credit Report fraud Alerts, and much more.

Day	Date	Time	Price
Tue	Sep 24 - 101	10:30am-12pm	Free
Tue	Oct 1 - 102	10:30am-12pm	Free

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

First, meet at the Depot Museum, 402 N. Ann Arbor St., where Bob will tour you through Saline's History. After, will walk to Oakwood Cemetery (about 1.5 miles to and from) while Bob gives you fun facts on some of Saline's historical homes. Then, we'll finish with a tour of the cemetery. If you would rather drive, please park along at the cemetery. Note that there is uneven terrain at the cemetery.

Day	Date	Time	Price
Tue	Oct 8	11am-1pm	Free

The Medicare Scholar 101 Education: Your Benefits & Healthcare Choices

Presenter: Monica Williams, MBA

Some of the Topics discussed include the structures of Part A, Part B, Part C (Medicare Advantage) and Part D (Prescription Drug Plans), Medicare supplements, how to delay the election of Part B if you are still working, what are special needs plans (SNP's), special election periods and the 2025 prescription drug updates you need to know.

Day	Date	Time	Price
Tue	Oct 15	10:30am-12:30pm	Free

Secrets of the Secret Service, Part 2

Presenter: Radford Jones



Rad Jones, a retired Secret Service agent, will discuss his experiences while engaged in security activities during presidential campaigns, and the protection of Presidents and Foreign Heads of State. This presentation is a follow up and different from his May 2024 presentation. His PowerPoint presentation will include photos from archives and his personal collection.

Day	Date	Time	Price
Mon	Oct 21	1-2pm	Free

Michigan Medicare Assistance Program

Make an appointment with a trained volunteer counselor to help you find the answers to your Medicare questions. The counselors can help you troubleshoot problems, sort through your options, and better understand the Medicare program. Services include prescription and plan enrollment assistance. **To make an appointment call 800.803.7174 after Sep 3.** Held at SASC.

Day	Date	Time	Price
Mon	Oct 28	10am-3pm	Free

September 2024

Mon	Tue	Wed	Thu	Fri
2 SASC Closed	3 Fit for Life begins 8:45-9:45am Balance Strong begins 10-11am	4 Tai Chi Beg begins 10:30-11:30am Chair Zumba 11:45am-12:45pm Foot Care Clinic 2-7pm Tech Lessons ongoing 2:30-4:45pm Pilates on the Ball begins 3-4pm Chair Yoga begins 4:15-5:15pm	5 Fit for Life begins 8:45-9:45am SAS-C Writers 10-11:30am Balance Strong Beg begins 10-11:15am Beginning Meditation begins 1:30-2:30pm Watercolors begins 1:30-3:30pm	6 Breakfast Club ongoing 9-10:30am Movie: <i>American Fiction</i> 10am-12pm Salt City Ukes ongoing 10:30-11:30am Bingo ongoing 12:30-3pm
9 Drums Alive begins 10-11am Brain Games 10-11am A Call for Theatre Lovers 11am-12pm Zumba Gold begins 11:15am-12:15pm Ceramics begins 1-3pm Supplements for Heart Health 2-3pm Medicare 101 4-5pm Chair Yoga begins 4:15-5:15pm	10 Ten Myths About Medicare & Social Security 10:30am-12pm Adaptive Hatha Yoga begins 11:15am-12:45pm WCC Tai Chi Cont. begins 1-2pm Travelogue: Parade Company 1-2pm	11 WCC Line Dance begins 9-10am Beg Guitar Drop In 9-10am The Election of 1800 10-11am Adaptive Hatha Yoga begins 1-2:30pm Trivia 5-6pm Game Night 6-7:30pm	12 Reflexology Appts 9-11am Hands-only CPR 9-10:30am Saline Singers 10-11am Tai Chi Practice ongoing 11:30am-12:30pm Vertigo Clinic 12-1pm	13 Book Club: <i>Boys in the Boat</i> 10-11:15am WCC Strength begins 10-11am Versiti Blood Drive 11:30am-4pm Canvas & Cookies 12-2pm
16 Board Meeting 9am Silver Shutterbugs 10:15-11:30am 3D Tic-Tac-Toe & WeiQi 11:30am-1pm New Voting Rights 2-3pm Gardening Cleanup Tips 4:30-5:30pm	17 Book Bingo Celebration 9:30-11am Ice Cream Social 1-2pm Intergen Crafternoon with Liberty Club 1:30-2:30pm	18 BP Checks 11am-12pm Foot Care Clinic 12-4pm Knitting/Crochet/Craft Club ongoing 12:30-2:30pm Classic Movie: <i>Spellbound</i> 2:30-5pm Woodcarving Club ongoing 5:30-7pm	19 Hula Hooping ongoing 8:30-9am Outdoor Walking ongoing 9am SAS-C Writers 10-11:30am Massage Therapy ongoing 11am-3pm Ping Pong ongoing 1:30-3:30pm	20 ArtPrize Trip 8:30am-6pm Documentary: <i>Standing in the Shadows of Motown</i> 9:30am-12pm
23 Tiny Acrylics 12:30-2:30pm Dementia Friendly SASC 1:30-3pm Tech Lessons ongoing 2:30-4:45pm Pickleball Open Play ongoing 3:15-5:30pm Investment Club 3:30-5pm Tech Town Hall 5-7pm	24 Painted Rocks 10am-12pm Common Scams That May Target You #101 10:30am-12pm Howl-o-Ween Portraits 1-3pm	25 Care Management Appts 9-11am Beg Guitar Drop In 9-10am Golden Groovin' Band ongoing 10-11am Pickleball Open Play ongoing 3:15-5:30pm	26 Reflexology Appts. 9-11am Investment Club 10-11:30am Saline Singers 10-11am Good Grub Lunch Club: Tecumseh Brewing Company 11:30am-1pm	27 Movie: <i>Arthur the King</i> 10am-12pm Pickleball Open Play ongoing 3:15-5:30pm
30 Why Shakespeare? 11am-12pm Recorder Ensemble ongoing 1-2pm Ping Pong ongoing 2-4pm	Schedule & Calendar Notes <ul style="list-style-type: none"> Note that this is not a fully comprehensive calendar of all our programs. New sessions are listed as "begins" on this calendar; you will find the start and end dates of classes under the class descriptions. Cards and games are listed on page 18. Please register for all programs, even if they are free. 			



October 2024

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong begins 10-11am</p> <p>Common Scams That May Target You #102 10:30am-12pm</p> <p>Fall Concert 12pm</p> <p>Travelogue: Big Bend/Texas 1-2:30pm</p>	<p>2</p> <p>Matter of Balance begins 9-11am</p> <p>Coffee with a Cop 10-11am</p> <p>Chair Zumba 11:45am-12:45pm</p> <p>Pilates on the Ball begins 3-4pm</p> <p>Chair Yoga begins 4:15-5:15pm</p>	<p>3</p> <p>Fit for Life begins 8:45-9:45am</p> <p>SAS-C Writers 10-11:30am</p> <p>Balance Strong Beg begins 10-11:15am</p> <p>Continuing Meditation begins 1:30-2:30pm</p> <p>Watercolors begins 1:30-3:30pm</p>	<p>4</p> <p>Health Fair 9am-12pm</p> <p>Pickleball Clinic 5:30-6:30pm</p>
<p>7</p> <p>Drums Alive begins 10-11am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Ceramics begins 1-3pm</p> <p>Chair Yoga begins 4:15-5:15pm</p> <p>Trivia 5-6pm</p>	<p>8</p> <p>Creature Crafts: DIY Cat & Dog Toys 10-11am</p> <p>High Blood Pressure Control begins 10-11:30am</p> <p>Depot Museum & Cemetery Tour 11am-1pm</p>	<p>9</p> <p>Beg Guitar Drop In 9-10am</p> <p>Dia de los Muertos 11:30am-1pm</p> <p>Foot Care Clinic 2-7pm</p> <p>Fall Floral Design 5-7pm</p>	<p>10</p> <p>Reflexology Appts 9-11am</p> <p>Saline Singers 10-11am</p>	<p>11</p> <p>Mystery Trip 8:30am-5pm</p> <p>Book Club: <i>West with Giraffes</i> 10-11:15am</p> <p>Canvas & Cookies 12-2pm</p>
<p>14</p> <p>Brain Games & Breakfast 10-11am</p>	<p>15</p> <p>The Medicare Scholar 101 Education 1030am-12:30pm</p> <p>Adaptive Hatha Yoga begins 11:15am-12:45pm</p> <p>Intergen Crafternoon with Liberty Club 1:30-2:30pm</p> <p>Pumpkin Carving 1-3pm</p>	<p>16</p> <p>Tai Chi Beg begins 10:30-11:30am</p> <p>BP Checks 11am-12pm</p> <p>General Membership Social 11:30am-1pm</p> <p>Foot Care Clinic 12-4pm</p> <p>Adaptive Hatha Yoga begins 1-2:30pm</p> <p>Classic Movie: <i>The Pit & the Pendulum</i> 2:30-5pm</p> <p>Game Night 6-7:30pm</p>	<p>17</p> <p>SAS-C Writers 10-11:30am</p> <p>Pastels begins 11:30am-1pm</p>	<p>18</p> <p>Documentary: <i>Chasing Sound</i> 9:30am-12pm</p> <p>Tiny Acrylics 12:30-2:30pm</p>
<p>21</p> <p>Board Meeting 9am</p> <p>Silver Shutterbugs 10:15-11:30am</p> <p>Secrets of the Secret Service, Part 2 1-2pm</p> <p>Tech Town Hall 5-7pm</p>	<p>22</p> <p>Good Grub Lunch Club: Palm Palace 11:30am-1pm</p> <p>Making Decisions About an Assisted Living Care Residence 1-2:30pm</p>	<p>23</p> <p>Beg Guitar Drop In 9-10am</p> <p>Open Mic Night at Brewed 5-6:30pm</p>	<p>24</p> <p>Hands-only CPR 9-10:30am</p> <p>Reflexology Appts 9-11am</p> <p>Investment Club 10-11:30am</p> <p>Saline Singers 10-11am</p>	<p>25</p> <p>Movie: <i>Haunted Mansion</i> 10am-12pm</p> <p>Baroque & Renaissance Recorder Concert 12pm</p> <p>Halloween Bingo 12:30-3pm</p> <p>Balance Assessments 1-2pm</p>
<p>28</p> <p>Michigan Medicare Assistance Program 10am-3pm</p> <p>Investment Club 3:30-5pm</p>	<p>29</p> <p>Care Management Appts 9-11am</p> <p>Travelogue: Iceland 10am-12pm</p> <p>Tai Chi for Health & Balance 3-4pm</p>	<p>30</p> <p>Care Management Appts 9-11am</p> <p>Tai Chi for Health & Balance 3-4pm</p> <p>Halloween Euchre Tournament 5-8:30pm</p>	<p>31</p>	

Creative Opportunities

Materials are included with classes unless otherwise noted.

Watercolors

Instructor: Katherine Downie

Explore watercolor painting with Katherine's beginner-friendly classes, perfect for those new to art or looking to improve. Learn color theory, mixing, and enjoy themed projects to inspire your creativity. There's no need to know how to draw, Katherine provides a stencil for you to trace. A supply list is available at the front desk. **No class Oct 10.**

Sep - Greenfield Village (Model T's and Cotswolds Cottage)

Oct - Autumn in Tahquamenon Falls & Mackinac Island horses

Day	Date	Time	Price
Thu	Sep 5-26	1:30-3:30pm	\$52
Thu	Oct 3, 17-31	1:30-3:30pm	\$52

A Call for Theatre Lovers! Facilitator: Eva Benevento

NEW

We are looking to start an informal theatre group at SASC. No experience required, just a desire to have fun. Here's your chance to try some techniques of dramatic reading in an encouraging atmosphere – soliloquies, monologues, duos, improv, and readers theater. Let's explore classic favorites, poetry, narratives of all kinds, it's all about the pleasure of bringing literature to life. If you have an interest, come to the intro meeting, and if you cannot attend please leave your name at the front desk, as we will begin programming this for late fall. Eva is a retired educator with a Master's in Communication Arts, with a Theatre specialty.

Day	Date	Time	Price
Mon	Sep 9	11am-12pm	Free

Ceramics

Instructor: Jenn Lupton

Sep - Create a leaf dish using different textures and glaze colors. In the first class you will create the clay pieces and in the second class, you will glaze the bisque pieces. **Deadline:** Sep 3

Oct - Create a Halloween-themed sgraffito plate. Sgraffito is a technique where potters can put a layer of glaze piece of greenware, let it dry, then use a pottery carving tool to scratch at it to show the base layer of color. This class is also held over two days. **Deadline:** Oct 1

Day	Date	Time	Price
Mon	Sep 9, 16	1-3pm	\$56
Mon	Oct 7, 14	1-3pm	\$56

Beginning Guitar - Drop In

Instructors: Dave Hubbard & Mark Rakowski

NEW

Have you been thinking of trying out guitar? Golden Groovin' Band leaders, Dave and Mark are here to help you work on your skills. Please bring your guitar. Each drop-in is \$1 to help cover the cost of printing. Class will be the 2nd and 4th Wed each month.

Day	Date	Time	Price
Wed	Sep 11, 25; Oct 9, 23	9-10am	\$1

Canvas & Cookies

Instructor: Katherine Downie

Learn the art of acrylic painting step by step! Throughout the process, you'll gain valuable insights into composition, color usage, and the elements and principles of art. Enjoy Linda's delicious chocolate chip cookies and let the artistic journey unfold in this welcoming and stress-free class.

Sep - Stone Church on Mackinac

Oct - Ghosts in the Huron-Manistee National Forest

Day	Date	Time	Price
Fri	Sep 13	12-2pm	\$25
Fri	Oct 11	12-2pm	\$25

Intergen Crafternoon with Liberty Club

Work with Liberty Club members to create a craft. This is a great way to form a meaningful connection and have fun. Liberty Club is a community center-based program, within Saline Area Schools, to promote continuous learning and social interaction for adults with disabilities. In Oct we will meet at Liberty School, 7265 N. Ann Arbor St.

Day	Date	Time	Price
Tue	Sep 17, Oct 15	1:30-2:30pm	Free

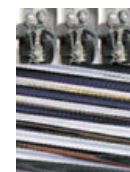
The Quarter Note Music Documentary Series, Part 1 Facilitator: Patty Hart

NEW

In this part one of this four-part documentary series, we will watch and have a discussion on the following Rock & Roll related music documentaries. If you have been to Patty's music presentations, you know you're in for a treat as she has a wealth of knowledge! Breakfast munchies will be served. \$3 each day. **Deadline:** Sep 18, Oct 16.

Sep 20 - *Standing in the Shadows of Motown*
Oct 18 - *Chasing Sound* (Les Paul)

Day	Date	Time	Price
Fri	Sep 20 & Oct 18	9:30am-12pm	\$3



Tiny Acrylics Painting Circle
Facilitator: Terrie Eroh, SASC Member

Rediscover your creative spark, 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. But it's not just about the art, it's about connecting with others through art.

Day	Date	Time	Price
Mon	Sep 23	12:30-2:30pm	\$5
Fri	Oct 18	12:30-2:30pm	\$5

Spreading Joy with Painted Rocks
Facilitator: Cheryl Oliver, SASC Member

A painted rock, sometimes called a kindness stone, is a rock someone has taken and decorated with the purpose of spreading joy to others. Cheryl will walk you through the process.

Day	Date	Time	Price
Tue	Sep 24	10am-12pm	\$5

Fall Floral Design
Instructor: Carol Torsell

In this class you will learn how to select, prepare, and arrange seasonal flowers, using a container and oasis. Thank you to our friends from Huron Valley PACE for sponsoring the flowers. **Deadline:** Oct 7

Day	Date	Time	Price
Wed	Oct 9	5-7pm	\$30



Pastels
Instructor: Katherine Downie

NEW

Perfect for beginners, this new class teaches essential techniques like blending, layering, and creating depth, while exploring light, shadow, and texture using both oil and chalk pastels.

Day	Date	Time	Price
Thu	Oct 17-31	11:30am-1pm	\$45

Pumpkin Carving
Instructor: Tom Jacobson

In this class Tom will hold a demo and teach you the basics of carving on pumpkin flesh. You will leave the class with a carved pumpkin you created.

Day	Date	Time	Price
Tue	Oct 15	1-3pm	\$35



Weekly Instrument Groups

Please reach out to Megan Kenyon, Program Coordinator with any questions, 734.429.9274 or kenyonm@salineschools.org. Drop-in \$1 each time. All playing levels are welcome, including beginners.

Recorder Ensemble

This focuses on ensemble playing with various genres that are of interest to members. More advanced players can show you the basics so you can become comfortable with learning a new instrument. Their next concert is on Oct 25, see page 4.

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

Golden Groovin' Band

This jam band is seeking new players; all instruments, including voice, are welcome. All are welcome to come and listen too, you may just be tempted to sing along.

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

Salt City Ukes

The ukulele is a fun and engaging instrument - it's portable, fairly inexpensive, relatively easy to learn, great for playing popular music, and fun to sing along with. This group enjoys playing for fun.

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

Mosaics: Ornaments
Instructor: Carol Torsell

Design your own holiday ornaments (2-3) for yourself or a loved one. You will cover it in vintage china then grout. Feel free to bring a small memento to add to your project: button, broach, bead, etc.

Day	Date	Time	Price
Tue	Nov 5	9am-12pm	\$35

Ukrainian Pysanky
Instructor: Katherine Downie

Get a head start on learning pysanky! These eggs are decorated using the wax-resist (batik) method. Covered in stunning motifs often taken from Slavic folk art, you'll also find these decorated eggs in many parts of Eastern Europe.

Day	Date	Time	Price
Thu	Nov 7-21	11:30am-1pm	\$45

Clubs/Social Opportunities

Good Grub Social Club

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

Day	Date - Location	Time
Thu	Sep 26 - Tecumseh Brewing Co., 128 W. Chicago Blvd, 49286	11:30am
Tue	Oct 22 - Palm Palace, 2370 Carpenter Rd., AA, 48108	11:30am

Investment Club

NEW

Dive into the world of investing with virtual portfolios that let you trade stocks and bonds in real-time without worrying about real money. Whether you're a seasoned investor or just starting out, explore growth stocks, dividend strategies, and more in a collaborative environment, with SASC Treasurer, Mark Sockness facilitating the group. Mark spent 30 years leading and managing the financial health of corporations and family businesses.

Day	Date	Time	Price
Thu	Aug 26, Sep 23, Oct 28	3:30-5pm	Free

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 16, Oct 21	10:15-11:30am	Free

Saline Singers

Singing offers a range of wonderful benefits, such as reducing feelings of depression, enhancing social connections and overall happiness. The group enjoys singing classic folk songs together. No experience is necessary.

Day	Date	Time	Price
Thu	Sep 12, 26; Oct 10, 24	10-11am	Free

SAS-C Writers

SAS-C Writers welcomes newcomers interested in practicing writing exercises both in class and at home as well as supporting each other's own writing interests. Writing of all genres is practiced by the members.

Day	Date	Time	Price
Thu	Sep 5, 19; Oct 3, 17	10-11:30am	Free

SASC Book Club

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

Sep - *Boys in the Boat*
Oct - *West with Giraffes*

Day	Date	Time	Price
Fri	Sep 13, Oct 11	10-11:15am	Free

SASC Book Bingo & Celebration

NEW

There's still time to join our Book Bingo! Pick up a card at SASC. **Bingo cards are due to SASC by Sep 13**, via email or drop off your card. Please include your books and authors on your bingo spaces or on the back. Each bingo gives you a chance to win fun prizes! Be sure to register for the celebration (Sep 17) to ensure we have enough treats.

Day	Date	Time	Price
Tue	Sep 17	9:30-11am	Free

Classic Movie Time Facilitator: Eva Benevento

Classic films were made with groundbreaking devices, the studio system, and star power that became the stuff of Hollywood magic. We will view a classic film, eat popcorn, and have a discussion about the filmmaking.

Sep - *Spellbound*
Oct - *The Pit and the Pendulum*

Day	Date	Time	Price
Wed	Sep 18, Oct 16	2:30-5pm	\$1/day

Matinee Movies

Watch a movie in our library. Pre-register or drop-in, payable in the office. In lieu of two movies, be sure to check out the music documentaries series on page 14, hosted by Patty Hart.

Sep 6 - *American Fiction* (R)
Sep 27 - *Arthur the King* (PG-13)
Oct 25 - *Haunted Mansion* (PG -3)

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

Knitting, Crochet, & Craft Club

Our knitting and crochet group has thrived for several years, but did you know all crafts are welcome? There are several people who are happy to show you how to crochet and knit. Come for inspiration, camaraderie, and creating!

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

Woodcarving Club

This long-time group is full of talented individuals, in which you can learn from! All ages are welcome in this intergenerational group. Be sure to check out the Saline Carvers' Woodcarving Show on Oct 5, 10am-4pm at Liberty School. Admission is \$4.

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

Breakfast Club

Come for a breakfast treat (provided by Busch's), coffee, mingle with your old friends, and meet new people. Tea and coffee is also included. Start your weekend on a high note! **No club on Oct 4.**

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

Intergenerational Programs

Pen Pal Programs

Elementary - A rewarding intergenerational program with students from Woodland Meadows, this program involves you being paired up with a 3rd grade student at random. You will write 5-7 brief letters back and forth, throughout the year. At the end of the school year, we plan to meet our Pen Pals in person.

High School - Let's bring back the art of letter writing to the younger generation! We paired up 11 seniors and SHS students this past spring for our first round of writing to teens. Handwritten letters are encouraged (even cursive).

We set deadlines (usually two weeks) to return your letters to SASC to allow the teachers enough time for students to write their responses. Please continue to be timely with the deadlines. Contact Megan at kennyom@salineschools.org or 734.429.9274 with any questions. **Deadline:** Sep 9



Intergen Gardening

This summer we collaborated with Liberty Club to raise veggies and herbs. Thank you to volunteers Marie Hamlin, Jenny Goldsworthy, Cindy Sobotta, Diane Downer, and Kathy Lawless.



Around Saline

Dementia Friendly Programming

SASC is working to become dementia friendly by providing specific dementia friendly programs.

Currently the group is enjoying Rummikub on Tuesdays at 1pm, but there is room to grow! If you would like to volunteer to lead a program or participate, please notify us at the front desk.

SASC Art Exhibition

SASC accepts applications throughout the year to display your art in our hallway. Exhibits run bimonthly: Jan/Feb, Mar/Apr, etc. All media are welcome: Ceramics, acrylics, photography, multimedia. Applications are available in the office.

Saline Community Fair

The Saline Community Fair will be held August 28-September 1. Stop by Building C on Friday, August 30 and say hello to SASC. We will be there with newsletters, flyers, and information about our programs. If you would like to volunteer at our booth, please leave your name at the front desk.

Saline Main Street

Oktoberfest is scheduled for Sep 20, 5-10pm downtown. Visit salinemainstreet.org for information on volunteering, events, and ticket sales.

Leaf Cleanup/Snow Removal

At the end of September, we will begin to take requests for fall leaf clean up and snow removal with the assistance of the Saline Youth Council (SYC). Please note, your request does not guarantee you will receive assistance, but they will try their best, depending on number of volunteers. **Requirements: live in the City of Saline and be physically and financially in need.**

The SYC is a regular City of Saline commission comprised of 13 high school students whose mission is to make Saline a better place for teens and serve as a conduit between city government and youth. SYC meets to discuss community issues, plan events, fulfill volunteer commitments in the community, and do fundraising projects. Call SASC at 734.429.9274 after Sep 30 to request their

Recipe Book

We are putting together our first recipe book and hope to have that out in the next few months for you to purchase if you like.

SAS-C Writers' Kaleidoscope

Hard copies of Kaleidoscope area available at SASC for \$10, or you can find the digital version on our website, salineseniors.org.

Games

Please note, there will be no games on Thu, Oct 3, as we will be setting up for the Annual Health Fair.

Chinese Mahjong

Beginning Sep 9, Chinese Mahjong is back at SASC. Longtime player, Cecily Johnson is happy to teach beginners and those who need a refresher.

Day	Date	Time	Price
Mon	Ongoing	12:30-3:30pm	Free

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 9, Oct 14	10-11am	\$2

Trivia Time

Quizmaster: Mark Sockness

Trivia is like a workout for your mind, it exercises your brain's frontal cortex, which is responsible for memory function. Not only do you gain new information, you have another opportunity to get together with friends and socialize.

Day	Date	Time	Price
Wed/Mon	Sep 11, Oct 7	5-6pm	Free

Game Nights with SHS Students

Students from the Saline High School High Five Club enjoy getting together with friends at SASC for game nights. Feel free to bring a game you like.

Day	Date	Time	Price
Wed	Sep 11, Oct 16	6-7:30pm	Free

3D Tic-Tac-Toe to Ancient Chinese WeiQi

Instructor: Felix Chow

NEW

3D Tic-Tac-Toe is like regular Tic-Tac-Toe, but more abstract since there are multiple rows, which is great for your brain to try! WeiQi is a game that can be documented back to the Zhou Dynasty, c. 1000BCE. WeiQui's rules are simple and direct: Surround your opponent or be surrounded and whomever occupies the most territory wins the game.

Day	Date	Time	Price
Mon	Sep 16	11:30am-1pm	Free

Other Ongoing Cards & Games

Program	Day/Week	Time
Pinochle	Mon, Wed, Thu	12:30-3pm
Adv. Euchre	Mon	5:30-7:45pm
Euchre	Tue	12:30-3:30pm
Bridge	Tue, Thu	12-3:30pm
Adv. Amer. Mah Jongg	Wed	11:30am-2pm
Canasta	Wed	12:15-3pm
Adv. Euchre	Wed/ 1 wk.	5:30-7:45pm
Chess	Wed/ 2,4 wk.	11:30am-1:30pm
Rummikub	Thu	1-3pm
Scrabble	Thu	1-3:45pm

Halloween Bingo

This event is \$5, which includes pizza, pop, and prizes. We will eat at 1pm with game play beginning after. Feel free to arrive at 12:30pm to pick your cards and socialize. Halfway through we'll take a quick break for treats (provided by the players). There is no extra charge for cards this time.

Deadline: Oct 24

Day	Date	Time	Price
Fri	Oct 25	12:30-1pm	\$5

Halloween Euchre Tournament

A laid-back night of Euchre! Come at 5pm for soup, salad, and dessert. Wear a costume for a chance to win prizes. Game play is 5:30-8:30. We will have a quick break halfway through to catch everyone up. Prizes also awarded for top two winners, most loners, and last place. **Deadline:** Oct 23

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

Bingo

Game play begins at 1pm, please arrive by 12:45pm. About halfway through there will be a break for snacks (provided by players) and socializing. Although a volunteer still calls numbers, we now put the bingo board on our TV, which helps those who are hard of hearing. Halloween Bingo is Oct 25.

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

Game Room: Billiards & Darts

If you are registered for Billiards, we will email the weekly schedule to you, otherwise you can call SASC for the schedule for room availability. A hard copy of the monthly schedule is also available in the office.

Medicare Appointments

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

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

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

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 handicapped **homebound** Saline residents.

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

MOW are delivered Monday-Friday, (excluding holidays). The meals are delivered by a core group of dedicated drivers. If you would like to be a volunteer sub driver, please call Kathy Adamson at 734.429.9274.



THANK YOU to the Saline Rotary Club for their \$500 donation to SASC Meals on Wheels this summer, and delivering meals every week too.

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 nameplate will be placed on the legacy wall in the SASC hallway. 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 makes a difference!

Transportation Options

Feonix/Washtenaw Rides for Older Adults: is a new program that provides no-cost transportation to Washtenaw County residents ages 60+ who need transportation to medical care, healthcare, and food access. To book an appointment or find out more, please call Feonix at **734-259-4125**.

People's Express: Call **877-214-6073**

between Mon-Fri, 10am-7pm for scheduling. Saline residents may travel for \$4 each way, seniors and persons with disabilities are \$2 each way within city limits, includes trips to Walmart or Saline High School. Trips leaving the City are priced per mile.

JFS: Jewish Family Services provides low-cost transportation for older adults (age 60+) and people with disabilities to medical appts., grocery stores, errands, etc. Call JFS at **734-769-0209** Mon-Thu, 9am-5pm and Fri, 9am-3pm to schedule.

CARES Recreation Millage



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.

The SASC Library

Our "library" is generally available except for a few programs throughout the week. It will be closed during educational programs, Meditation, and movies. You may take a book and return it or pass it along to a friend. If you would like to, you may donate up to ten books at the front desk.

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.

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

- Leftover Halloween candy for programs
- White and colorful copy paper, 8.5x11"
- Disposable paper coffee cups
- Paper towel and Kleenex
- Gently used or new Bag & Jewelry Sale items
- Coffee, both decaf and regular
- Tea bags (individually wrapped)
- Music Theory/Appreciation instructor
- Raffle ticket sellers to sell at the Saline Community Fair, Busch's and the Saline Farmer's Market.

THANK YOU!

- Coffee creamer from Carolyn Melbourne
- Several copy paper reams from Kent Bourland
- Office supplies from Kent Bourland, Suzanne Lindeman, and the Bradfords
- Pickleball racquet from Maggie Timoszyk
- Coffee from Victoria Harold-Carter, Rita McMahon, and Amy Gabrion
- Tea and hot chocolate from Eva Benevento



MYSTERY TRIP

Friday, October 11
8:30am-5pm
\$105/member
\$110/nonmember

See page 3 for more details.

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Saline Area Senior Center

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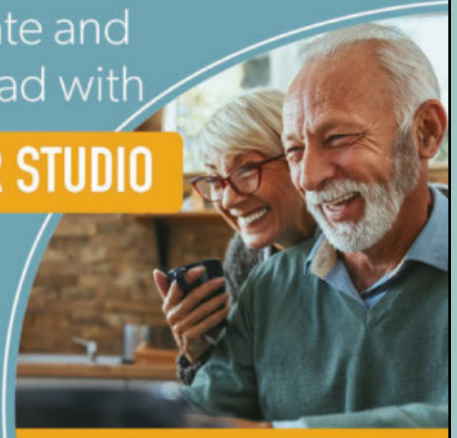
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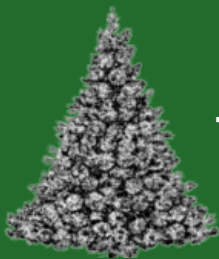
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