



March/April 2025

# 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

Center Hours\*  
Mon & Wed, 8am-8pm; Tue, Thu & Fri, 8am-4pm  
\*SASC will be closed on Fri, Apr 18 (Good Friday).

## 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, Mar 17 and Apr 21, at 9am. Members are always welcome to attend. If you would like a link to attend virtually, please let us know.

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

## 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 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 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 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 \$2.25 per newsletter.

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, which is optional.

### 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	\$45
All People, 80+	\$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:** Katherine Downie's Canvas & Cookies classes are great for all skill levels and fun. See page 15 for her upcoming classes.

## 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. 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,

## SASC Building Expansion & Remodel

**The SASC expansion and remodel that was approved by voters as part of the 2022 Saline Area Schools (SAS) Bond is out to bid.** See below for Frequently Asked Questions/Answers.

**Q: What is the budget for the project? A:** The initial bond sheet SAS provided to SASC, upon our request to know how SASC would benefit from the bond, showed SASC receiving 4.48 million dollars and 14,600 square feet. **The 180 million dollar Saline Area Schools (SAS) Bond was promoted and passed in Nov of 2022.**

**Q: Is SASC spending any of our funds on the project? A:** The intent of SASC Staff and the SASC Board, was to utilize some of our fund balance to enhance the 4.48 million dollar project and address some items not originally in the scope, but needed in the eyes of SASC Staff. However, in Fall of 2023, SAS Staff notified us that the 4.48 million dollars on the Senior Center Bond Sheet would not all go towards the SASC expansion and remodel. SAS stated that the amount publicized was instead to be split amongst SASC, STEAM, and Cosmetology - that there was confusion regarding the bond sheet. SASC Staff and Board have raised concerns consistently with the Superintendent, Core Bond Group, and most recently the SAS Board, regarding the 4.48 million dollars publicized on the Senior Center Bond Sheet vs the approximately 2-2.5 million it looks like SAS has dedicated to the SASC portion of the project. We won't know actual construction costs until bids are complete. SAS will also allocate a furnishing, fixtures, and equipment (FF&E) budget from the bond funds, which is yet to be determined.

At this point, SASC has committed about \$200,000 of our own fund balance to cover the estimated shortfall of the SASC portion of the bond. SASC monies will go towards items we feel are integral to the project, i.e. fitness flooring in the group fitness room, sound deadening measures, etc. This amount could increase depending on construction costs and the FF&E Budget SAS allocates vs our needs. We may also utilize SASC funds to revamp the patio into more usable space and complete other small projects. It is disappointing to cover this shortfall out of SASC funds. However, it is financially possible for SASC to do so.

Note: The SASC Fund Balance is separate from our operating budget. It is made up of money that has been saved from legacy donations, interest from CD's, etc.

**Q: What is included in the expansion/remodel?**

**A:** SAS will revamp our current office and Library space for STEAM space at the Middle School. The expanded SASC footprint will include a new entrance and offices, media room, dedicated group fitness room for classes, a larger fitness machine room, social "heart" area, a coffee bar/grab and go food case, some new/reworked bathrooms, conference room, small treatment/meeting rooms, and more!

**Q: Will we have new indoor pickleball courts?**

**A:** No. The original bond sheet depicted a pickleball court as a concept. The design we started with did include 1-2 pickleball courts, however in this remodel, it is just a reconfiguration of the inside of the building, the roof will not change and no outside walls will be added. Therefore, the max ceiling height in the current space we'll expand to (the vacated bus garage) is about 14-15 feet. The typical gym/pickleball ceiling height is 25 feet. When meeting with the pickleball players, building a sub-standard court or two with short ceilings when we currently use 6 courts at Liberty School with a standard gym roof, was not desirable. The SASC Staff and the Board elected to design the senior center to meet more immediate current/future needs of our 1000+ members, and keep playing pickleball at Liberty. Note: Outdoor pickleball courts are being added to the greenspace near SASC for use by SAS, SASC, and the community.

**Q: Can we build a gym/multi-use space?**

**A:** We'd like to develop activities like indoor walking and sports, we know this is a need for our active population. However, the cost of a basic gym/multi-use space is estimated at about 5.6 million dollars, and a gym with a track, restrooms, etc., is estimated at about 11+ million dollars. Currently, this is not feasible but we will look for opportunities to fund such a venture in the future.

**Q: When will construction begin/end? A:** Some SASC construction will begin mid-summer (June or July). We anticipate completion by summer of 2026. The detailed schedule has yet to be finalized.

**Q: Will SASC close during construction? A:** With construction, flexibility is necessary. The demolition of the vacated bus garage will be very loud. In addition, the hall at SASC will be impassible for a few weeks while underground work is completed. Therefore, we hope to relocate activities for about 6-8 weeks this summer to an SAS location. However, most of the construction can take place without disrupting daily operations.

**Q: Where can I see the design/learn more?**

**A:** Visit our website at salineseniors.org and click on the Bond tab. You can see current renderings and get more info. The website and weekly emails will be the main source for updates as the project moves forward. Great things are ahead for SASC! Thanks for you support, patience, and excitement.

## Special Events

### Volunteer Appreciation

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

### Spring Concerts

On March 7, enjoy music arranged for violin and bass, performed by Andrew Kratzat and Alicia Doudna. Then on April 25 the SASC Recorder Ensemble will perform some new music for you.

Day	Date	Time	Price
Fri	Mar 7	1pm	Free
Fri	Apr 25	10am	Free

### Bag & Jewelry Sale

Come shop for new-to-you items including purses, wallets, and jewelry. Stuff a mini-bag full of Red Dot Jewelry (formerly Dollar Jewelry) for \$5. The SASC member's pre-sale is on Fri, May 2, 1-3pm. We take donations throughout the year of new or gently used items. All proceeds benefit SASC programs.

Day	Date	Time	Price
Sat	May 3	9am-12pm	Free Entry

### General Membership Social

There will be a brief update about the center from the SASC Director, the theatre club will perform a poem, and then we'll eat a lunch together - a salad bar provided by Aubree's. If you register after Apr 9, an additional \$2 will be added to your fee if space is available.

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



## Day Trips

Almost 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. If SASC is picked up last, we'll be dropped off first and vice versa. **All trips are on luxury charter busses unless otherwise noted.** Register early to increase the chances of the trips running. **Min 25/Max 53, unless noted.**

## Toledo Art Museum



Explore the world-renowned Toledo Art Museum. The trip includes a guided docent tour and lunch. There is also an opportunity for a glass-blowing demo while visiting. **Deadline:** Feb 19 to reach minimum

Day	Date	Time	Price
Wed	Mar 19	8:45am-4:15pm	\$85

## Chicago



Chicago - still the musical that makes Broadway shimmy-shake: a universal tale of fame, and fortune with one showstopping song and dance after another; we have main floor seats!

In the whirlwind of Chicago's Jazz Age, two of Cook County Jail's most notorious murderesses, vaudeville star Velma Kelly and chorus girl Roxie Hart, become fierce rivals as they compete for headlines amidst a media frenzy. The show begins at 1pm at The Wharton Center. There is no lunch so please plan to bring something to eat on the bus.

**Deadline:** Mar 7 to reach minimum of 35

Day	Date	Time	Price
Sun	Apr 13	10:30am-5:30pm	\$115

## Rivalry Baseball Game UofM vs. MSU



No matter who you root for, this game is sure to be fun and full of smack talk. For this trip we'll be using a Saline Area Schools' van to travel to Ray Fisher Stadium in Ann Arbor. We will depart SASC at 5pm for the 6pm

game. **Deadline:** Apr 9 to reach minimum of 6

Day	Date	Time	Price
Fri	Apr 25	5-9pm	\$15

## Holland - Tulip Time



Join us for this highly anticipated trip to Holland, Michigan to see the tulips in bloom! On our way we'll stop at the Evergreen Commons to experience a Dutch inspired lunch, dessert, and signature Dutch Klompen Dance, which

features the dancers wearing wooden shoes known as klompen. You'll also get a chance to see their authentic replica Dutch Costumes. We'll then head to Windmill Island Gardens, a 36-acre botanical park with 140,000+ tulips and the only authentic, working Dutch windmill in the US. This trip includes transportation, lunch, and admission to the gardens. **Deadline:** Mar 17 to reach minimum

Day	Date	Time	Price
Wed	May 7	8:30am-7pm	\$120

## A Day in the D



Spend a spring day in Detroit, visiting some all time favorites. First, Eastern Market, where you'll have two hours to explore the market; your purchases can be stored on the bus. Then, we will head to Shield's award-winning restaurant for a buffet of pizzas, pastas, salad, breadsticks, and soft drinks - lunch is included in the cost of the trip. Next up is the Detroit Institute of Arts (DIA), which was recently voted the best art museum in the nation by USA Today. A docent will take us on a tour that will cover the highlights. After, you'll have about 90 minutes to explore the remaining exhibits on your own before we head home. **Deadline:** Jun 3

Day	Date	Time	Price
Tue	Jun 17	8:45am-4:45pm	\$79

## New Programs

### Travel Journal Workshop Instructor: Katherine Downie

Travel journaling is a unique and personal form of creatively chronicling your trip, usually in a book or diary format. A travel journal can engage and give readers a deeper understanding of your mindset during a travel experience that looking at photos alone can't accomplish. In the first week you will learn basic bookbinding to create your journal with enough space in it to allow you to put in odds and ends from your travels. In the following classes, bring ten photos and treasures you saved from your trip to incorporate. Materials included.

Day	Date	Time	Price
Tue	Mar 18-Apr 8	11:30am-1pm	\$35

### Shared Inquiry Group Facilitator: Eva Benevento

In the ancient Greek paideia tradition, shared inquiry utilizes the Socratic seminar methodology wherein participants actively and collaboratively respond, challenge, provide evidence for ideas, and engage in lively conversation surrounding given literary texts. The Great Books Foundation's program has been engaged in shared inquiry for over 70 years with enormous impact. In each session, shared inquiry protocol will be presented by our knowledgeable and passionate instructor and member, Eva Benevento. Prior to class, you'll receive the literature text via email (or at the SASC office) that will be used for inquiry in rich discussion. Feel free to read the text before the session.

**March's theme** - Fathers and Daughters  
**April's theme** - Harrison Bergeron short story

Day	Date	Time	Price
Tue	Mar 25	9-10am	Free
Mon	Apr 21	3-4pm	Free

## Writing Workshops Instructor: Eva Benevento

Whether you're interested in telling your life stories, writing fiction, or sharing your thoughts on meaningful topics, these classes will help you get started.

### Writing to Explain - Expository Writing

This class focuses on teaching you how to write clear and effective explanations about topics you know or feel passionate about. You will learn how to explain processes, share personal insights, or describe changes in a way that engages readers. A graphic organizer will be provided to help structure your writing.

Day	Date	Time	Price
Wed	Mar 19	3-4:30pm	\$3

### Writing to Entertain - Story Structure

In this class, you'll learn how to craft engaging stories that captivate your readers. You'll explore key elements like character development, story arc, and effective dialogue to bring your writing to life. A graphic organizer will be provided to help you structure your ideas and create compelling narratives.

Day	Date	Time	Price
Wed	Mar 26	3-4:30pm	\$3

### Fake News & Misinformation Presenter: Ask Kevin

Why fake news such a big deal, who creates digital misinformation, and how does all this junk spread? Come learn about these "alternative facts" and how to identify them.

Day	Date	Time	Price
Thu	Mar 20	2-3pm	Free

### Behind The Badge: High Profile Criminal Cases Presenter: Radford Jones

Retired US Secret Service Agent, Rad Jones is back for a third presentation at SASC. This visit he will discuss several criminal cases he has conducted, including one of the worst serial killers in the US, and incidents and events while conducting security advances for presidential political conventions, campaigns, and inaugurations. Most of the material in his PowerPoint format will be different from his previous two presentations. Lite refreshments included.

Day	Date	Time	Price
Fri	Apr 11	10-11am	\$3

# 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. **No class Mar 17.**

Day	Date	Time	Price
Mon	Mar 3-31	10-11am	\$28
Mon	Apr 7-28	10-11am	\$28

## Zumba Gold Instructor: Laurel Larsen

Zumba Gold may have less intensity than traditional Zumba but the workout and fun is sky high! 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. **No class Mar 10.**

Day	Date	Time	Price
Mon	Mar 3-31	11:15am-12:15pm	\$28
Mon	Apr 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	Mar 3-Apr 7	4:15-5:15pm	\$42

## 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. No class Mar 11.**

Day	Date	Time	Price
Tue	Mar 4-25	8:45-9:45am	\$21
Tue	Apr 1-29	8:45-9:45am	\$35
Thu	Mar 6-20	8:45-9:45am	\$21
Thu	Apr 3-24	8:45-9:45am	\$28

## Balance Strong Instructor: Amy Leighton

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

Day	Date	Time	Price
Tue	Mar 4-18	10-11am	\$21
Tue	Apr 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 yogi, all are welcome. **Hybrid.**

Day	Date	Time	Price
Tue	Feb 11-Mar 11	11:15am-12:45pm	\$45
Tue	Apr 1-29	11:15am-12:45pm	\$45
Wed	Feb 12-Mar 12	1-2:30pm	\$45
Wed	Apr 2-30	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 your activity in an inviting, safe, and fun environment. **No class Mar 10.**

Day	Date	Time	Price
Mon	Mar 3-31	12:30-1:30pm	\$28
Wed	Mar 5-19	11:45am-12:45pm	\$21
Mon	Apr 7-28	12:30-1:30pm	\$28
Wed	Apr 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	Feb 26-Apr 2	10:30-11:30am	\$42
Wed	Apr 16-May 21	10:30-11:30am	\$42

**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	Mar 5-Apr 9	4:15-5:15pm	\$42

**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 your 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.

Day	Date	Time	Price
Thu	Mar 6-20	10-11:15am	\$24
Thu	Apr 3-24	10-11:15am	\$32

**Senior Striders Outdoor Walking**

The great outdoors are good for the soul, no matter the temperature! We meet every Thursday, 9am, at SASC. A staff member will accompany you on a two mile walk.

Please register at the front desk if you'd like to join so Andrea can send you emails as necessary. From November through April we will depart from SASC.

Day	Date	Time	Price
Thu	Ongoing	9am	Free



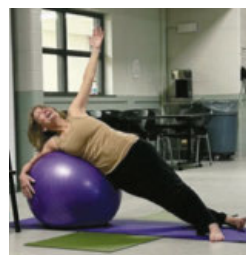
All walkers are welcome to join this friendly group. Be sure to register, so you receive the weekly emails.

**Cutting Edge of Your Chair Yoga**  
**Instructor: Jo McFry**

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.

Day	Date	Time	Price
Fri	Mar 7-Apr 11	11:15am-12:15pm	\$42

**Chair Pilates with a Ball**  
**Instructor: Jo Ann McFry**



Have a ball with Jo Ann McFry. Using a stability ball can add resistance and 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	Mar 7-Apr 11	12:30-1:30pm	\$42

**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.

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

**Racquet Sports: Pickleball & Ping-Pong**

**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.

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

## 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 will be at Liberty School, 7265 N. Ann Arbor Street.

Day	Date	Time	Price
Fri	Mar 7	5:30-6:30pm	\$20

## Pickleball Tutor Machine Rental



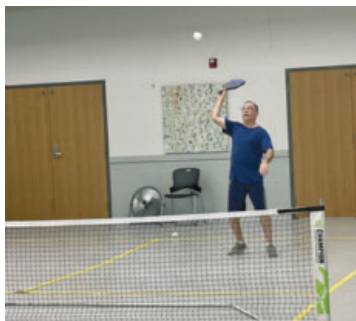
Improve your game and have fun while using SASC's new Pickleball Tutor. This easy-to-use ball machine adjusts to shoot all the shots you need to practice against including dinks, lobs, serves, drives, and ground strokes.

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



Terry had the opportunity to work on his pickleball skills by renting the Pickleball Tutor.

## Ping-Pong

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

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

## WCC 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 max is reached. Dates for the programs will be updated on our website and in our weekly emails once they are finalized. **Registration begins April 7.**

### 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	TBD	1-2pm	Free

### WCC Line Dancing Instructor: Dee Grantham

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

Day	Date	Time	Price
Wed	TBD	9-10am	Free

### WCC Strength Conditioning Instructor: Michele Williams

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

Day	Date	Time	Price
Fri	TBD	10-11am	Free

## 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 with Andrea - \$10.



## 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 bill insurance for this service.

Day	Date	Time	Price
Wed	Mar 5 & Apr 16	2-7pm	\$45
Wed	Mar 12	12-4pm	\$45
Tue	Apr 22	12-4pm	\$45

## Meditation Classes


Sponsored and Facilitated by  
Jewel Heart Tibetan Buddhist Center

### Continuing Meditation

This session will continue to build on what you have learned from Beginning Meditation.

Day	Date	Time	Price
Thu	Mar 6-27	1:30-2:30pm	\$12

### Beginning Meditation

 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	Apr 3-24	1:30-2:30pm	\$12

## What is an End of Life Doula?

Presenter: Jenny Turner,  
Evergreen End of Life Foundation

Have you ever heard the term "end of life doula" and wondered, what is that, who is that, or what does that mean? Join us as Jenny Turner, a certified end of life doula, discusses the importance of thinking about and planning for the end of life. She will explain the role of an end of life doula and how she can help. Jenny will give you guidance on what you can do RIGHT NOW, before a serious illness diagnosis or a tragedy occurs.

Day	Date	Time	Price
Tue	Mar 11	10-11am	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	Mar 13 & 27	9-11am	\$30/\$50
Thu	Apr 10 & 24	9-11am	\$30/\$50



Treat your feet!

## Foods and Medicines - Both Good for You, But Are They Good Together? Presenter: Betty Chaffee, PharmD

Join Betty Chaffee, PharmD of Better My Meds to talk about important drug-food interactions, and explain why some you may have heard about aren't so important. This program is generously sponsored by EHM Senior Solutions.

Day	Date	Time	Price
Mon	Mar 31	10-11am	Free



## How to Advocate for Me While Aging Presenter: Julie Craft, EHM Senior Solutions

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

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

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

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

Day	Date	Time	Price
Wed	Mar 26	9 or 10am	Free
Wed	Apr 30	9 or 10am	Free

**SASC/Versiti Blood Drive**

To donate at the Versiti Blood Drive, please go to [https://donateblood.versiti.org/donor/schedules/drive\\_schedule/11406872](https://donateblood.versiti.org/donor/schedules/drive_schedule/11406872) to schedule an appointment or call SASC for assistance.

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



**Probility Balance Assessments  
Facilitator: Probility Physical Therapists (PT)**

Give yourself the gift of an assessment by a board certified PT. Your balance will be evaluated 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.

Day	Date	Time	Price
Fri	Apr 11	1-2pm	\$10



**Tai Chi for Health & Balance Trial  
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. **This is a great preview to the 10 week program Darryl will run in May of this year.**

Day	Date	Time	Price
Tue	Apr 22	1-2pm	Free

**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
Wed	Mar 19 & Apr 16	11am-12pm	Free

**Lifelong Learning**

**Tech Lessons with Ben Cutler**

Ben can help with basic tech support for your phone, tablet, and/or laptop. Payment is required 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



Ben also holds presentations throughout the year. If you have an idea for a program, please let us know.

**Travelogue: America's  
Southeastern Coastal Cities  
Presenter: George Jabol**

America's southeastern coast is filled with cities rich in southern charm and history, like St. Augustine, Florida, the nation's oldest city, and Georgia's Jekyll Island, once a retreat for the wealthy. Savannah, Beaufort, and Charleston, just 70 miles apart, each offer their own unique character but all share a relaxed, welcoming atmosphere.

Day	Date	Time	Price
Tue	Mar 4	1-3pm	Free

**Intro to Seed Starting**  
**Presenter: Courtney Crawford,**  
**MSU Master Gardener**



In this program, you'll learn the essential skills for starting seeds successfully, from selecting the right varieties to understanding the perfect soil, temp, and lighting conditions. You'll review a demo on sowing seeds, nurturing seedlings, and ensuring they grow strong and healthy. By the end, you'll be ready to start your own garden and watch your plants thrive from the very beginning.

Day	Date	Time	Price
Mon	Mar 10	4:30-5:30pm	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, please register in advance for this program.

Day	Date	Time	Price
Thu	Mar 6	3-4pm	Free
Thu	Apr 3	3-4pm	Free

**Intro to Composting**  
**Presenter: Courtney Crawford**



Discover the art of composting and how it can transform your kitchen scraps and yard waste into rich, nutrient-dense soil. You'll learn about the best materials to compost, the ideal balance of greens and browns, and how to maintain a healthy compost pile or bin. By the end, you'll have the knowledge to create your own compost and give your plants the boost they need while reducing waste.

Day	Date	Time	Price
Mon	Apr 21	4:30-5:30pm	Free

**Memoirs: What's Your Story?**  
**Facilitators: Teri Kollath & Kathy Mayo**

Memoirs are becoming increasingly popular as people choose to share their stories. In this class, we'll explore the unique complexity of your life's journey through memory-prompting techniques. With a supportive, confidential environment, you'll reflect on your past, recognize how it shapes your present, and gain insight into the work you still want to do. Because of the nature of this program, please plan to attend all six sessions to fully engage in this reflective process. Min 6/Max 8

Day	Date	Time	Price
Tue	Mar 18-Apr 22	1:30-2:45pm	\$15

**Support Your Community:**  
**Kiwanis Club of Saline**  
**Presenters: Jennie Haigh**

Kiwanis is an international group of people with local chapters whose mission is to support children. Learn about this organization, their founding, what they do for the community, and how you can join!

Day	Date	Time	Price
Wed	Mar 19	11:30am-12:30pm	Free



**Fake News & Misinformation**  
**Presenter: Ask Kevin**



Why is fake news such a big deal, who creates digital misinformation, and how does all this junk spread? Come learn about these "alternative facts" and how to identify them.

Day	Date	Time	Price
Thu	Mar 20	2-3pm	Free



Alli and James of Ask Kevin bring a wealth of knowledge to their programs!

**Travelogue: The Rhone and Seine Cruises**  
**Presenter: Mark Sockness**



River Cruises in France are adventurous, filled with history and luxurious. The Rhone and Seine are two major rivers with many historic sites to explore and enjoy. Learn the difference between ocean and river cruises. Gain insight into Mark's planned May 2026 cruises, advertised on SASC's website under extended trips and on our bulletin board.

Day	Date	Time	Price
Tue	Mar 25	10-11:30am	Free

**AARP Smart DriverTEK Workshop**  
**Presenter: Terry Finch**

Smart DriverTEK is a 90 minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road.

Day	Date	Time	Price
Mon	Apr 7	10-11:30am	Free



# March 2025

Mon	Tue	Wed	Thu	Fri
<p>3 Brain Games &amp; Breakfast 9:30-10:30am</p> <p>Drums Alive begins 10-11am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Chair Zumba begins 12:30-1:30pm</p> <p>Recorder Ensemble ongoing 1-2pm</p> <p>Brain, Breath, &amp; Bend Yoga begins 4:15-5:15pm</p>	<p>4 Fit for Life begins 8:45-9:45am</p> <p>Balance Strong Begins 10-11am</p> <p>Travelogue: America's Southeastern Coastal Cities 1-3pm</p>	<p>5 Golden Groovin' Band ongoing, 10-11am</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Foot Care Clinic 2-7pm</p> <p>Not Your Mama's Chair Yoga begins 4:15-5:15pm</p> <p>Intergen Game Night 6-7:30pm</p>	<p>6 Fit for Life begins 8:45-9:45am</p> <p>Balance Strong Beg begins 10-11:15am</p> <p>SAS-C Writers, 10-11:30am</p> <p>Ukrainian Pysanky begins 11:30am-1pm</p> <p>Theatre Club 11:45am-1:15pm</p> <p>Cont. Meditation begins 1:30-2:30pm</p> <p>Watercolors begins 1:30-3:30pm</p> <p>Tech Town Hall 3-4pm</p>	<p>7 Movie: <i>Conclave</i> 10am-12pm</p> <p>Cutting Edge of Your Chair Yoga 11:15am-12:15pm</p> <p>Chair Pilates with a Ball 12:30-1:30pm</p> <p>Concert with Andrew &amp; Alicia 1pm</p> <p>Pickleball Clinic 5:30-6:30pm</p>
<p>10 How to Advocate for Me While Aging 10-11am</p> <p>Good Grub Club at Olga's 11:30am</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Pickleball ongoing 3:15-5:30pm</p> <p>Intro to Seed Starting 4:30-5:30pm</p>	<p>11 What is an End of Life Doula? 10-11am</p> <p>Tiny Acrylics 1-3pm</p>	<p>12 Beginning Guitar 9-10am</p> <p>Romeo Group, Dan's 11:45am</p> <p>Foot Care Clinic, 12-4pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Classic Movie Time: <i>The Quiet Man</i>, 2:30-5pm</p> <p>Pickleball ongoing 3:15-5:30pm</p> <p>Woodcarvers Club ongoing 5-6:30pm</p>	<p>13 Hula Hooping ongoing 8:30-9am</p> <p>Outdoor Walking ongoing 9am</p> <p>Reflexology 9-11am</p> <p>Tai Chi Practice ongoing 11:30am-12:30pm</p>	<p>14 Breakfast Club ongoing 9:30-10:30am</p> <p>Book Club: <i>The River We Remember</i> 10-11:30am</p> <p>Salt City Ukles ongoing 10:30-11:30am</p> <p>Canvas &amp; Cookies (Pie) 12-2pm</p> <p>Pickleball ongoing 3:15-5:30pm</p>
<p>17 SASC Board Meeting 9am</p> <p>Silver Shutterbugs Photography Club 10:15-11:30am</p> <p>Ping Pong ongoing 2-4pm</p> <p>Trivia Time 5-6pm</p>	<p>18 Button Art: Multimedia Floral on Canvas 10am-12pm</p> <p>Dementia Friends Activity Group 11am-12pm</p> <p>Travel Journal Workshop begins 11:30am-1pm</p> <p>Memoirs begins 1:30-2:45pm</p> <p>Intergen Crafternoon 1:30-2:30pm</p>	<p>19 Toledo Art Museum Trip 8:45am-4:15pm</p> <p>Blood Pressure Checks 11am-12pm</p> <p>Support Your Community: Kiwanis Club of Saline 11:30am-12:30pm</p> <p>Knitting/Crochet/Craft Club ongoing, 12:30-2:30pm</p> <p>Writing Workshop: Writing to Explain 3-4:30pm</p>	<p>20 SAS-C Writers 10-11:30am</p> <p>Theatre Club 11:45am-1:15pm</p> <p>Ping Pong ongoing 1:30-3:30pm</p> <p>Fake News &amp; Misinformation 2-3pm</p>	<p>21 Movie: <i>The Apprentice</i> 10am-12pm</p>
<p>24 Investment Club 3:30-5pm</p>	<p>25 Shared Inquiry Group 9-10am</p> <p>Classical Music: <i>The Planets</i> begins 11am-12pm</p> <p>Travelogue: The Rhone and Seine River Cruises 10-11:30am</p>	<p>26 Care Management Appointments 9 or 10am</p> <p>Beginning Guitar 9-10am</p> <p>Writing Workshop: Writing to Entertain 3-4:30pm</p>	<p>27 Reflexology 9-11am</p>	<p>28 Movie: <i>Here</i> 10am-12pm</p>

## Schedule & 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.
- A full listing of the Clubs, Social Groups, and Cards/Games at SASC are listed on pages 16-18.

# April 2025

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>Adaptive Hatha Yoga begins 11:15am-12:45pm</p>	<p>2</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Adaptive Hatha Yoga begins 1-2:30pm</p>	<p>3</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong Beg begins 10-11:15am</p> <p>SAS-C Writers 10-11:30am</p> <p>Theatre Club 11:45am-1:15pm</p> <p>Beg Meditation begins 1:30-2:30pm</p> <p>Watercolors begins 1:30-3:30pm</p> <p>Tech Town Hall, 3-4pm</p>	<p>4</p> <p>Book Club: <i>Remarkably Bright Creatures</i> 10-11:30am</p> <p>Versiti Blood Drive 11:30am-4pm</p>
<p>7</p> <p>Drums Alive begins 10-11am</p> <p>Smart DriverTEK Workshop 10-11:30am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Chair Zumba begins 12:30-1:30pm</p> <p>Ceramics: Home Sweet Home Décor 1-3pm</p> <p>Intergen Game Night 6-7:30pm</p>	<p>8</p> <p>Tiny Acrylics 1-3pm</p>	<p>9</p> <p>Beginning Guitar 9-10am</p> <p>Good Grub Club at The Bomber 10am</p> <p>Classic Movie Time: <i>Easter Parade</i> 2:30-5pm</p>	<p>10</p> <p>Reflexology 9-11am</p>	<p>11</p> <p>Behind the Badge: High Profile Criminal Cases 10-11am</p> <p>Canvas &amp; Cookies 12-2pm</p> <p>Probability Balance Assessments 1-2pm</p> <p><b>Sun, Apr 13:</b> Chicago, the Musical Trip 10:30am-5:30pm</p>
<p>14</p> <p>Brain Games &amp; Breakfast 9:30-10:30am</p> <p>Trivia Time 5-6pm</p>	<p>15</p> <p>Spring Floral Design 9:30-11:30am</p> <p>Dementia Friends Activity Group 11am-12pm</p> <p>Intergen Crafternoon 1:30-2:30pm</p>	<p>16</p> <p>Tai Chi Beginning begins 10:30-11:30am</p> <p>Blood Pressure Checks 11am-12pm</p> <p>General Membership Social 11:30am-1pm</p> <p>Foot Care Clinic 2-7pm</p> <p>Poetry Workshop 3-4:30pm</p>	<p>17</p> <p>SAS-C Writers 10-11:30am</p> <p>Theatre Club 11:45am-1:15pm</p>	<p>18</p> <p><b>SASC closed in observance of Good Friday</b></p> 
<p>21</p> <p>SASC Board Meeting 9am</p> <p>Silver Shutterbugs Photography Club 10:15-11:30am</p> <p>Shared Inquiry Group 3-4pm</p> <p>Intro to Composting 4:30-5:30pm</p>	<p>22</p> <p>Spreading Joy with Painted Rocks 10am-12pm</p> <p>Foot Care Clinic 12-4pm</p> <p>DIY Painted Birdhouse 1-3pm</p> <p>Tai Chi for Health &amp; Balance Trial 1-2pm</p>	<p>23</p> <p>Beginning Guitar 9-10am</p> <p>The Populists: Radical Democrats 10-11am</p> <p>Romeo Group, Salt Springs 11:45am</p> <p>Poetry Workshop 3-4:30pm</p>	<p>24</p> <p>Reflexology 9-11am</p>	<p>25</p> <p>Recorder Concert 10am</p> <p>Movie: <i>The Outrun</i> 10am-12pm</p> <p>Rivalry Baseball Game 5-9pm</p>
<p>28</p> <p>Investment Club 3:30-5pm</p>	<p>29</p> <p>Petite Button Flower Arrangement 9-11:30am</p>	<p>30</p> <p>Care Management Appointments 9 or 10am</p>		<p><b>Upcoming - May</b></p> <p>Bag and Jewelry Sale Member's Pre-sale: Fri, May 2 1-3pm</p> <p>Public Sale: Sat, May 3 9am-12pm</p>

## Lifelong Learning continued

### Behind The Badge: High Profile Criminal Cases Presenter: Radford Jones

Retired US Secret Service Agent, Rad Jones is back for a third presentation at SASC. This visit he will discuss several criminal cases he conducted, including one of the worst serial killers in the US, and incidents and events while conducting security advances for presidential political conventions, campaigns, and inaugurations. Most of the material in his PowerPoint format will be different from his previous two presentations. Refreshments included.

Day	Date	Time	Price
Fri	Apr 11	10-11am	\$3

### Poetry Workshop Instructor: Eva Benevento

If you're new to poetry, this class is a great place to start. You'll explore both structured and free-form poetry, learning to write in formats like haiku, diamante, clerihew, and more. You'll also discover the freedom of writing open, rule-free poems. Whether you prefer following a specific pattern or letting your creativity flow without limits, this class will help you express yourself through the art of poetry in a fun, supportive environment.

Day	Date	Time	Price
Wed	Apr 16 & 23	3-4:30pm	\$6

### The Populists: Radical Democrats Presenter: Bruce Zellers

At the turn of the 20th century, Populists and radical Democrats pushed for political and economic reforms in the U.S. The Populist Party, driven by struggling farmers, called for measures like the free coinage of silver and government control of railroads. Though the Populists faded, their ideas influenced the Progressive Era, when radical Democrats pushed for antitrust laws, business regulations, women's suffrage, and labor rights, all aimed at reducing corporate power and improving conditions for ordinary Americans.

Day	Date	Time	Price
Wed	Apr 23	10-11am	Free

Miranda learns the art of *pysanky*. The designs are "written" in hot wax with a special tool called a kistka.



## Creative Opportunities

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

### Ceramics Instructor: Jenn Lupton



Learn the art of pottery! First you'll create your piece from a slab of clay Jenn has prepared, and the following week you will glaze it. Jenn has a variety of textures and glaze colors for you to choose from. Feel free to bring your own ideas or follow along with Jenn's project. She provides all of the materials and fires them in her kiln. You can pick up your finished piece a week or two later at SASC. Jenn's projects make a great gift for you or a loved one! Plan to attend both classes. **Feb/Mar** - Folded Dish **Mar/Apr** - Home Sweet Home Décor

Day	Date	Time	Price
Mon	Feb 24, Mar 3	1-3pm	\$56
Mon	Mar 31-Apr 7	1-3pm	\$56

### Ukrainian Pysanky Workshop Instructor: Katherine Downie

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	Mar 6-27	11:30am-1pm	\$50

### Watercolors Instructor: Katherine Downie

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. You will work on a project throughout the month, fine-tuning your technique. If you'd rather work on a different project, register for the class and bring one you're currently working on to utilize Katherine's guidance. A supply list is available at the front desk. **Mar** - Cacti/Succulents **Apr** - Fawn

Day	Date	Time	Price
Thu	Mar 6-27	1:30-3:30pm	\$52
Thu	Apr 3-24	1:30-3:30pm	\$52



**Tiny Acrylics Painting Circle**  
**Facilitator: Terrie Eroh**

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
Tue	Mar 11	1-3pm	\$5
Tue	Apr 8	1-3pm	\$5

**Canvas & Cookies (Pie)**  
**Instructor: Katherine Downie**

Walk away with a painting in just two hours. Throughout the process, you'll gain valuable insights into composition, color usage, and the elements and principles of art. In March we will enjoy pie for Pi Day while painting a pie! Then in April, we'll tackle Moo Deng, a baby pygmy hippo that caught the world's attention and enjoy Linda's delicious chocolate chip cookies. **Mar** - Pie **Apr** - Moo Deng

Day	Date	Time	Price
Fri	Mar 14	12-2pm	\$25
Fri	Apr 11	12-2pm	\$25



**Button Art: Multimedia Floral on Canvas**  
**Instructor: Carol Torsell**



Choose your background color using acrylic paint, then design a colorful wildflower garden using buttons and bead accents. Feel free to bring other embellishments you may have, and perhaps a few quotes that mean something to you, if you choose to add it to your art. A sample is in our showcase.

Day	Date	Time	Price
Tue	Mar 18	10am-12pm	\$30

**Intergen Crafternoon with Liberty Club**

Work with Liberty Club members to create a craft or paint, and form a meaningful connection. If you would like to volunteer for this program, please leave your name at the front desk.

Day	Date	Time	Price
Tue	Mar 18, Apr 15	1:30-2:30pm	Free

**Classical Music: Gustav Holst's**  
**The Planets**

**Instructor: Andrew Kratzat**

Andrew's objective in this course is to cultivate a greater sense of admiration for classical music. The subject of this class is *The Planets*, a seven-movement orchestral suite by the English composer Gustav Holst, written between 1914 and 1917.

Day	Date	Time	Price
Tue	Mar 25-Apr 8	11am-12pm	Free

**Spring Floral Design**  
**Instructor: Carol Torsell**



Create a beautiful floral arrangement using a variety of spring flowers, a container, and an oasis. It is sure to bring a smile to your face. Thank you to Huron Valley PACE for providing the flowers.

Day	Date	Time	Price
Tue	Apr 15	9:30-11:30am	\$35

**Spreading Joy with Painted Rocks**  
**Facilitator: Cheryl Oliver**

A painted rock, also called a kindness stone, is a rock someone has taken and decorated with the purpose of spreading joy to others. Come try your hand at painting a few rocks.

Day	Date	Time	Price
Tue	Apr 22	10am-12pm	\$5

**DIY Painted Birdhouse**  
**Facilitator: Terrie Eroh**

Join us for a fun and creative DIY painted birdhouse class. You will get to transform a pre-assembled birdhouse into a personalized work of art. Whether you're into vibrant colors, whimsical patterns, or more nature-inspired designs, Terrie will guide you through the process of bringing your vision to life. A sample is in our showcase.

Day	Date	Time	Price
Tue	Apr 22	1-3pm	\$15

**DIY Petite Button Flower Arrangement**  
**Instructor: Carol Torsell**



Come for crafting and camaraderie! Carol is a lady of many talents and enjoys teaching others. You will create an adorable petite bouquet out of buttons and faux flowers. A sample is in our showcase.

Day	Date	Time	Price
Tue	Apr 29	9-11:30am	\$30

## Music Ensembles

### Recorder Ensemble



We focus on ensemble playing with various genres that are of interest to participating members. If you are a beginner, advanced players can show you the basics so you can become comfortable with learning a new instrument. See page 4 for

upcoming concert details.

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

### Beginning Guitar

**Instructors: Dave Hubbard & Mark Rakowski**

Have you been thinking of trying guitar? Golden Groovin' Band leaders, Dave and Mark will help you work on your skills. Please bring your guitar. Each drop-in is \$1 to help cover the cost of printing.

Day	Date	Time	Price
Wed	Mar 12, 26; Apr 9, 23	9-10am	\$1

### Golden Groovin' Band

This jam band is seeking a drummer or someone to help keep the beat. If you are interested, please leave your name at the front desk or stop into a rehearsal. 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 Ukles

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

## 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	Mar 6, 20; Apr 3, 17	10-11:30am	Free

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

## Theatre Club Facilitator: Eva Benevento

Whether you're an experienced performer or a first-timer, you'll find a welcoming space to express yourself and make friends. The group will perform a readers theatre script of *Casey at the Bat* at our General Membership Social on Apr 16.

Day	Date	Time	Price
Thu	Mar 6, 20; Apr 3, 17	11:45am-1:15pm	Free

### Matinee Movies

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

Mar 7 - *Conclave* (PG) Mar 21 - *The Apprentice* (R)  
Mar 28 - *Here* (PG-13) Apr 25 - *The Outrun* (R)

Day	Date	Time	Price
Fri	See dates	10am-12:15pm	\$1

### 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
Mon	Mar 10 - Olga's, 3500 Washtenaw Ave, Ann Arbor, 48108	11:30am
Wed	Apr 9 - The Bomber, 306 E Mich. Ave, Ypsilanti, 48198	10am

### Romeo Group



Per request, this one is for the guys! Retired "Old" Men Eating Out, is an opportunity for the guys at SASC to get together, have a meal, and socialize. This group is lead by SASC Member, Bob Baden.

Day	Date - Location	Time
Wed	Mar 12 - Dan's, 103 E. Michigan Ave, Saline	11:45am
Wed	Apr 23 - Salt Springs Brewery, 117 S. Ann Arbor Street, Saline	11:45am

### Classic Movie Time Facilitator: Eva Benevento

Join us as we view a classic film, eat popcorn, and have a discussion afterwards.

**Mar** - *The Quiet Man* **Apr** - *Easter Parade*

Day	Date	Time	Price
Wed	Mar 12, Apr 9	2:30-5pm	\$1/day



## SASC Book Club

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

**Mar** - *The River We Remember*

**Apr** - *Remarkably Bright Creatures*

Day	Date	Time	Price
Fri	Mar 14, Apr 4	10-11:30am	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	Mar 17, Apr 21	10:15-11:30am	Free

## Dementia Friends Activity Group

**Facilitator: Debbie Fitzgerald**

**NEW**

This informal social group is for those living with dementia and their caregivers/friends. All members are welcome; those with dementia, please bring a loved one. We will have supportive conversation, share experiences, offer encouragement, enjoy a game or craft, and have something to munch on.

Day	Date	Time	Price
Tue	Mar 18, Apr 15	11am-12pm	Free

## Investment Club

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 stocks, dividend strategies, and more in a collaborative environment.

Day	Date	Time	Price
Mon	Mar 24, Apr 28	3:30-5pm	Free

## Shared Inquiry Group

**Facilitator: Eva Benevento**

**NEW**

In the ancient Greek paideia tradition, shared inquiry utilizes the Socratic seminar methodology wherein participants actively and collaboratively respond, challenge, provide evidence for ideas, and engage in lively conversation surrounding given literary texts. The Great Books Foundation's program has been utilized for over 70 years with enormous impact. In each session, shared inquiry protocol will be presented. You'll receive the literature text via email (or pick up in SASC office) that will be used for inquiry in rich discussion.

Day	Date	Time	Price
Tue	Mar 25	9-10am	Free
Mon	Apr 21	3-4pm	Free

## Knitting, Crochet, & Craft Club

This 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 too. Come for inspiration, camaraderie, and creating.


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! All ages are welcome in this intergenerational group.

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

## Breakfast Club

 Come for a breakfast treat (provided by Busch's), coffee or tea, mingle with your old friends, and meet new people. If you're new to SASC, the Breakfast Club is a great group to meet new people. **No club on Apr 18.**

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



## Games

### 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	Mar 3; Apr 14	9:30-10:30am	\$2

## Game Nights with SHS Students

Students from the Saline High School's High Five Club enjoy getting together with friends at SASC for game nights. Feel free to bring a game you like. They usually enjoy Euchre, Rummikub, and Uno.

Day	Date	Time	Price
Wed/Mon	Mar 5, Apr 7	6-7:30pm	Free

**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. Come for candy and camaraderie while solving fun trivia questions as a group.

Day	Date	Time	Price
Mon	Mar 17, Apr 14	5-6pm	Free

**Chinese Mahjong**



Chinese Mahjong is different from American style in that it does not have a playing card that you must make a winning hand from. All skill levels are welcome. More experienced players are happy to teach you if you need a refresher or are just beginning to learn the game.

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

**Cribbage Game Play**



Cribbage begins March 5 at SASC. Beginners are welcome. Member Mark Sockness will lead this group on a weekly basis.

Day	Date	Time	Price
Wed	Ongoing	4-6pm	Free

**American Mah Jongg Lessons**  
**Instructors: Debbie Heinold & Cindy Schaefer-Munz**

American Mah Jongg utilizes racks to hold each player's tiles, jokers, and "Hands and Rules" score cards and is similar to Rummy. Plan to stay for part of regular game play, which is 11:30am-2pm. If you need a 2025 card, please call the National Mah Jongg League at **212-246-3052** or visit [nationalmahjonggleague.org](http://nationalmahjonggleague.org). Note that they are located in New Jersey; delivery could take a week or two. Cards are \$14, please have yours for the first class. Snacks provided. **Deadline:** Apr 30

Day	Date	Time	Price
Wed	May 7-28	10:30-11:30am	\$5

**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. If you would like to call bingo once in awhile, please leave your name at the front desk.

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

**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
Euchre	Tue	12:30-3:30pm
Dementia Friendly Games	Tue	1-2:30pm
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
Cribbage	Wed	4-6pm
Rummikub	Thu	1-3pm
Scrabble	Thu	1-3:45pm
Bingo	Fri	12:30-3pm
Samba	Fri	12:30-3:30pm

**Game Room: Billiards & Darts**

We currently have two billiard tables and a dart board for use anytime the game room is open. You may also use the game room for board games or socializing.

**If you are playing billiards, please be sure to register for it, even though it is free.** With the need for space, we sometimes use the room for programming as necessary. 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.

**Souper Bowl Competition Results**



Liberty Club's White Chicken Chili and LifeChoices' Butternut Squash Soup won Judges' Choice, and Comfort Keepers' Chicken Gnocchi and LifeChoices' Butternut Squash won for People's Choice. Congratulations to the winners! Thank you to

judges Lucy Crossey, Jan Graham, and Kathy Lawless. Mark your calendar for Souper Bowl V, held on Feb 6, 2026!

**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 11-12.

## Medicare/Medicaid 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 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, Donna is available for individual appointments from April 7 on.** If you need assistance before then, please call AgeWays (formerly Area Agency on Aging) at 800.852.7795 or MMAP at 800-803-7171.



## 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 downloaded on the 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 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 helps.

## 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 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. 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 those 60+ and people with disabilities. Call JFS at **734-769-0209** Mon-Thu, 9am-5pm and Fri, 9am-3pm to schedule.

## CARES Recreation Millage



The CARES Recreation 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 SASC (25%), General Recreation/Community Ed.(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 \$325,000 annually, nearly 65% of SASC's budget. Other funding sources 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.

## 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](http://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

SASC accepts donations to help offset some of our costs. If you would like to give, please consider the following:

- White copy paper, 8.5x11"
- Disposable paper coffee cups
- Paper towel and Kleenex
- Coffee, both decaf and regular
- Tea bags (individually wrapped)
- Hot cocoa packets
- Beads, buttons, and broken jewelry
- Gently used or new Bag & Jewelry Sale items

If you would like to give of your time, we have the following opportunities coming up. We can also add you to a list of volunteers when we have odd jobs.

- Intergen Crafternoons with Liberty Club, Mar 18 & Apr 15
- Bag & Jewelry Sale clean up, May 3, 12pm
- Bingo caller, takes place on Friday afternoons 12:30-3pm.

**THANK YOU!**

We appreciate your coffee bar donations, paper, Kleenex, candy and paper towels. THANK YOU!



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



## SASC Theatre Club

Facilitator: Eva Benevento

**Thursdays**  
**11:45am-1:15pm**  
**Mar 6, 20; Apr 3, 17**  
**Free to members**

This new group will meet the 1st and 3rd Thursday of the month. Join us for a chance to explore your talent in a supportive environment! On Apr 16, they will perform *Casey at the Bat*, Reader's Theatre style at our General Membership Social.

## CHICAGO

THE MUSICAL



**Sunday, April 13**  
**10:30am-5:30pm**  
**\$115/member**

Nonmembers are welcome for \$5 extra.  
Deadline to register to meet the minimum: March 7.  
See page 4 for more details.



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# Bag & Jewelry Sale Fundraiser



SASC takes donations of gently used or new handbags, wallets, and jewelry throughout the year.

Member's Pre-Sale  
Friday, May 2  
1-3pm

Public Sale  
Saturday, May 3  
9am-12pm



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