



# SASC

January/February 2025

# Newsletter



*SASC:  
A Social Center  
for those 45+*

Saline Area Senior Center • 7190 N. Maple • Saline, MI, 48176  
734.429.9274 • [salineseniors.org](http://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 Mon, Jan 20 (MLK Jr. Day)  
and Feb 17 (Presidents' 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 of Directors (BOD)

The SASC BOD Meeting is Mon, Jan 27, no meeting in Feb due to Presidents' Day. Members are always welcome. 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 ..... Taking Applications (pg. 3)  
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 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 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 \$2.25 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)

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

## What's Inside

Memberships/Info .....	2-3
Day Trips/Extended Travel .....	3-4
Special Events .....	4-5
New Programs .....	5
Fitness/Walking .....	6-7
Racquet Sports-Pickleball & Ping-Pong .....	7-8
WCC Classes .....	8
Health & Wellness .....	8-10
Lifelong Learning .....	10-11
Tech Lessons/Town Hall .....	11
Jan/Feb Calendars .....	12-13
Creative Opportunities .....	14-15
Music Ensembles .....	15
Club/Movies/Social Programs/Games .....	16-17
AARP Tax Prep/Medicare&Medicaid .....	18
Meals on Wheels/CARES Recreation Millage .....	19
Legacy Program/Transportation .....	20
Room Rentals/Scholarships/Donations .....	20

**On the cover:** Instructor Patty Hart, leads some of her Yoga students (Victoria, Tuffin, Diane, and Jim) in a warrior pose. To take part in her Adaptive Hatha Yoga Classes, see page 6.



## SASC Notes

**The drawing for our 8th Annual 50/50 Raffle is on Wed, Dec 18, at our GM Social/Holiday Party.** The funds will be utilized for scholarships for our members in need. Purchase your tickets before it is too late.

**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, in a hybrid fashion, please contact us so we can try to accommodate you.

**Gift Certificates** can be purchased throughout the year, in any amount. Separate gift certificates are also available for massage and reflexology.

## SASC Building Expansion & Remodel

**The SASC expansion and remodel that was approved by voters as part of the 2022 SAS Bond** is in the final design phase. Overall, the current drawings show SASC expanding by about 6,000 square feet, including a new entrance, social area, dedicated group fitness room, expanded exercise equipment room, and more! When drawings are finalized we will share them with you online, via our weekly emails, and in our newsletter.

The original bond sheet showed SASC would receive about 4.48 million dollars for the expansion. We will likely receive less than that per per SAS Admin. However, the project is moving ahead with the intent to design the best space possible within that framework for our members.

The project will be bid out in Feb 2025 so we will have a final drawing soon! The timeline currently is that a portion of the construction will begin summer of 2025 and wrap up in early summer of 2026.

## Applications for Member-at-Large

Sue Kelch has resigned from the SASC Board due to personal reasons. However, we look forward to still having Sue as an advocate and avid member. THANK YOU for your time and dedication Sue!

The SASC Board of Directors is accepting applicants to serve as the Member-at-Large through the remainder of the term, which ends Jul, 2026. To learn more, and apply, contact Nancy Cowan at [cowan@salineschools.org](mailto:cowan@salineschools.org). An applicant will be selected by the Board. Note that BOD Meeting info is on page 2 and no experience is necessary.  
**Deadline: Fri, Jan 24**

## 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 unless otherwise noted.

### One for the Ages



Spend the day with those you love, your SASC friends, at the Detroit Symphony Orchestra (DSO). The DSO plus an all-star cast of vocalists perform Broadway's heart-on-sleeve classics, featuring timeless songs by Rodgers and Hammerstein and more. The show begins at 10:45am. After, we'll travel to Ypsi to eat lunch at Sidetrack, about 1:30pm. **Deadline:** Jan 6

Day	Date	Time	Price
Fri	Feb 14	8:30am-3:15pm	\$115

### Toledo Art Museum



Explore the world-renowned Toledo Art Museum. The trip includes a guided docent tour and a delicious lunch. There is also an opportunity for a glass-blowing demonstration. **Deadline:** Feb 19

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

### Chicago



Chicago is still the one musical with everything that makes Broadway shimmy-shake: a universal tale of fame, fortune, and all that jazz, with one showstopping song after another and the most astonishing dancing you've ever seen - and we have main floor seats!

In the whirlwind of Chicago's Jazz Age, two of the Cook County Jail's most notorious murderesses, vaudeville star Velma Kelly and chorus girl Roxie Har, 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 meet minimum of 35

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

Upcoming trips will include Holland for the Tulip Festival in May, the DIA and Eastern Market in June, and the Michigan Princess Riverboat in July. We hope to fit in Detroit Central Station when tours are released in 2025 too. If you have any trips you would like to see, please contact Nancy Cowan at [cowan@salineschools.org](mailto:cowan@salineschools.org).

## Extended Travel

### Fun, Pleasure, and Adventure Travel Present Two Cruises

**NEW**

#### The Rhone/Saone River Cruise

8 Days/7 Nights  
Tue, May 12-May 19, 2026

Mark and Jan Sockness, SASC Members, will join as cruise hosts, both have traveled the Rhone and Seine extensively. Ports include Arles, Avignon, Viviers, Tain L Hermitage, Lyon, Tournus and Chalons sur Saone.

Rates from \$5,269 to \$7,618\*

#### The Paris to Normandy Cruise

8 Days/7 Nights  
Tue, May 19-May 26, 2026

Sail with Avalon River Cruises on the Poetry II, 8 days and 7 nights, round trip from Paris. Ports include Paris, Vernon, Caudebec, Normandy Beaches, Rouen, and Conflans.

Rates from \$5,369 to \$8,468\*\*

\*SAVE \$750 or \*\*\$500 per person on these trips respectively if you register by **Dec 13, 2024.**

Rates are double occupancy and include cruise, port charges, government fees, and gratuities. Single rates are still available. **Passport Required.**

Flights are NOT included in the rates above. You may make independent arrangements, or Avalon will book flights for you at your expense.

Deposit Policy: An initial deposit of \$150 per person double occupancy is non-refundable. Single rates are available. A deposit is required to secure reservations and assign cabins. Final Payment is due by Fri, Feb 11, 2026.

**To book or ask questions, please contact Mark Sockness at (734) 316-2608 or via email at [funpadv@gmail.com](mailto:funpadv@gmail.com).**

Full trip details and itineraries can be found on our website at [salineseniors.org](http://salineseniors.org) and in our office.

### Recruiting for the Souper Bowl

Our "Souper Bowl" Competition will be Fri, Feb 7. Area organizations, businesses, churches, and groups are welcome to enter by making a crockpot of their best soup to provide 2 oz samples to about 100 people. Applications are available online or at the front desk and are due Wed, Jan 29.

If you would like to taste every soup and help choose the Judges' Choice, please contact Megan at [kennyonm@salineschools.org](mailto:kennyonm@salineschools.org).

## Special Events

### New Year's Celebration: The Magic of the Holidays Piano Concert Talk

Let's welcome 2025 with a live Piano Concert Talk performance by Detroit-based pianist, Dave Rogers. This concert is interactive, not only does Dave perform, but he includes trivia, cultural and historical fun facts and stories, and time for a Q&A session. Upon registration please choose your meat option. If space remains after the deadline, there is a \$5 late fee. **Deadline:** Dec 18

Day	Date	Time	Price
Mon	Dec 30	5-8pm	\$25

### 4th Annual Souper Bowl Competition

Organizations and restaurants can enter their soups for a friendly competition to determine who will be crowned the 2025 Souper Bowl Champion. Awards will be distributed for Best Vegetarian and Best Hearty Soup, along with Judges' and People's Choice Soup. Ultimately you are the winner though, as you will taste all the delicious soups and vote for your favorite!

You may pay at the door or register online/at the front desk. Everyone is welcome to attend!

Day	Date	Time	Price
Fri	Feb 7	11am-12:30pm	\$5



### We Love You a Waffle Lot Party



Share the love with SASC this Valentine's Day. Join us for a sweet and savory celebration filled with good company, friends, and a build your own waffle bar featuring a variety of sweet and savory toppings, syrups, whipped cream, fresh fruit, chocolate chips, sprinkles, and more! Space is limited, so be sure to reserve your spot soon. This event is generously sponsored by Regency at Bluffs Park. **Deadline:** Feb 7

Day	Date	Time	Price
Fri	Feb 14	9-10:30am	\$5



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



## Valentine's Bingo

This special day includes pizza, pop, and prizes. We will eat at 1pm with play beginning after. Feel free to arrive at 12:30pm to pick your cards and chat. Halfway through we'll take a quick break for treats (provided by the players). There is no extra charge for cards this time. Prizes provided by Ohioans Home Healthcare. **Deadline:** Feb 12

Day	Date	Time	Price
Fri	Feb 14	12:30-3pm	\$5

## General Membership Social

There will be a brief update about the center from the SASC Director, but mainly enjoy lunch while socializing with other SASC friends. Lunch will be soup, salad, and dessert. We hope to have soups from the winners of the Souper Bowl Competition. If space remains after the **deadline on Feb 14**, a \$2 late fee will be added.

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

## New Programs

### Shakespeare Sonnet Workshop Instructor: Eva Benevento

Like a heartbeat, sonnets have a rhythm. Well known for his plays, Shakespeare also wrote poetry in the form of sonnets, 154 of them published in a quarto in 1609. In this workshop we will examine the structure of traditional sonnets, and try our hand at writing one - no pressure - just for fun!

Day	Date	Time	Price
Tue	Jan 28	10-11:30am	\$2

### Tales Come Alive! Presenters: Jim Cameron & Erik Grossman, Saline Historical Society

Experience an interview with Pinocchio, one of Meredith Bixby's favorite marionettes! The wooden boy, Pinocchio, is a fun loving rascal who had much to learn. He runs away from home, joins a circus, goes to sea and is swallowed by a whale!

What is the "Bixby Bounce"? How do you run, jump, swim, fly? YOU can ask Pinocchio questions too!

The Bixby Marionettes were created by Meredith Bixby of Saline who produced thousands of live performances of classic literature to school children in Michigan, the Midwest, and the country. Jim will have his book available for purchase for \$20; all proceeds benefit the new Meredith Bixby Museum. A portion of the proceeds from this program will also be donated to the museum. This program is rescheduled from November.

Day	Date	Time	Price
Wed	Feb 19	10-11am	\$5

## Reconstruction Era: A Second Founding or a Second Failure? Presenter: Bruce Zellers, Oakland University

This program examines the era of Reconstruction, exploring whether the post-Civil War efforts to rebuild the nation represented a "Second Founding" or a "Second Failure". Through the passage of key amendments and the rise of Jim Crow, we'll analyze the successes and setbacks in America's struggle for freedom and equality - and consider how the lessons of this pivotal time continue to shape today's fight for justice.

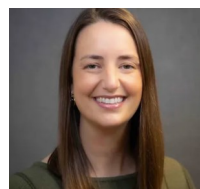
Day	Date	Time	Price
Wed	Feb 26	10-11am	Free

## VA Benefit Discussion Presenter: Retired Brigadier General Carol Ann Fausone

General Fausone, our wonderful Veterans Day Celebration speaker, is coming back to SASC. This time, she is here for a more specific, personalized discussion regarding her current area of expertise. Veterans or family members of Veterans can learn more about VA benefits including service connected disability, healthcare and burial benefits.

Day	Date	Time	Price
Tue	Feb 11	2-3pm	Free

## Aging with Confidence Lunch & Learn Presenter: Natalie Adewunmi, Care Manager



Join Natalie, a Registered Nurse and expert Care Manager, as she demystifies the role of care management in support of seniors. Addressing your top aging concerns, from maintaining independence to managing health & financial planning.

Natalie's workshop will provide actionable insights and strategies to help you navigate the complexities of aging with confidence. Don't miss this essential session designed to empower those facing the challenges of aging alone or with limited support. Her company also offers free one-on-one consults, see page 10. **Deadline:** Jan 9

Day	Date	Time	Price
Thu	Jan 16	11am-12pm	Free

## SASC Recipe Book - On Sale Now

SASC Members have submitted delicious recipes that go along with a special memory in our first SASC Recipe Book. They are now available to purchase at the front desk for \$5.

If you have a recipe you would like to submit for a future edition, please email it to Megan, along with an anecdote or memory of the recipe.

**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 Jan 20 and Feb 17.**

Day	Date	Time	Price
Mon	Jan 6-27	10-11am	\$21
Mon	Feb 3-24	10-11am	\$21

**Zumba Gold**  
**Instructor: Laurel Larsen**

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. **No class Jan 20 or Feb 20.**

Day	Date	Time	Price
Mon	Jan 6-27	11:15am-12:15pm	\$21
Mon	Feb 3-24	11:15am-12:15pm	\$21

**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. **No class Jan 20 and Feb 17.**

Day	Date	Time	Price
Mon	Jan 6-27	4:15-5:15pm	\$21
Mon	Feb 3-24	4:15-5:15pm	\$21

**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	Jan 7-28	8:45-9:45am	\$28
Tue	Feb 4-25	8:45-9:45am	\$28
Thu	Jan 9-30	8:45-9:45am	\$28
Thu	Feb 6-27	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	Jan 7-28	10-11am	\$28
Tue	Feb 4-25	10-11am	\$28

**Adaptive Hatha Yoga**  
**Instructor: Patty Hart**

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

Day	Date	Time	Price
Tue	Jan 7-Feb 4	11:15am-12:45pm	\$45
Tue	Feb 11-Mar 11	11:15am-12:45pm	\$45
Wed	Jan 8-Feb 5	1-2:30pm	\$45
Wed	Feb 12-Mar 12	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.

Day	Date	Time	Price
Wed	Jan 8-29	11:45am-12:45pm	\$28
Wed	Feb 5-26	11:45am-12:45pm	\$28

**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	Jan 8-Feb 12	10:30-11:30am	\$42
Wed	Feb 26-Apr 2	10:30-11:30am	\$42

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



**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	Jan 6-27	4:15-5:15pm	\$28
Wed	Feb 3-24	4:15-5:15pm	\$28

**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.

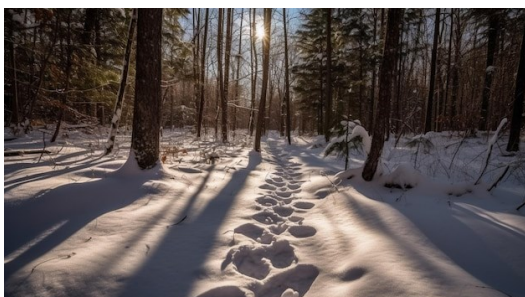
Day	Date	Time	Price
Thu	Jan 9-30	10-11:15am	\$32
Thu	Feb 6-27	10-11:15am	\$32

**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



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



Join us for our new Chair 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 & body.

Day	Date	Time	Price
Fri	Jan 10-31	11:15am-12:15pm	\$28
Fri	Feb 14-28	11:15am-12:15pm	\$21

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

Have a ball with instructor 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
Fri	Jan 10-31	12:30-1:30pm	\$28
Fri	Feb 14-28	12:30-1:30pm	\$21

**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

**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. Clinics will be at Liberty School.

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

## Pickleball Tutor Machine Rental



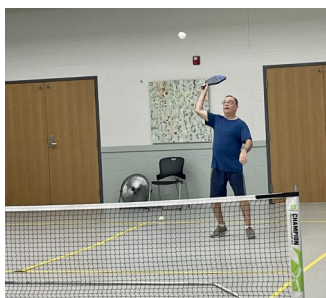
Improve your game and have fun while using SASC's new Pickleball Tutor. This easy-to-use ball machine adjusts to shoot all the shots you need to practice against including dinks, lobs, serves, drives, and ground strokes.

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 maximum is reached. **Registration begins December 9.**

### 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	Jan 14-Mar 18	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	Jan 15-Mar 19	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 Feb 7.**

Day	Date	Time	Price
Fri	Jan 17-Mar 28	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.



**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	Jan 9 & 23	9-11am	\$30/\$50
Thu	Feb 13 & 27	9-11am	\$30/\$50

**Beginning Meditation**  
**Facilitator: Jewel Heart**

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

Day	Date	Time	Price
Thu	Jan 9-30	1:30-2:30pm	\$12

**Continuing Meditation**  
**Facilitator: Jewel Heart**



This session will continue to build on what you have learned from Beginning Meditation. Jo Ann McFry will lead the session on Feb 20. Meditation classes are generously sponsored and lead by Jewel Heart Tibetan Buddhist Center.

Day	Date	Time	Price
Thu	Feb 6-27	1:30-2:30pm	\$9

**Five Wishes**  
**Presenter: Lupe Hamden, Hospice of Lenawee**

Five Wishes, America's most popular living will is changing the way people talk about, and plan for care at the end of life. Learn how to plan ahead and let your family and doctor know who you want to make health care decisions for you when you can't make them, the kind of medical treatment you want or don't want, how comfortable you want to be, how you want people to treat you, and what you want your loved ones to know.

Day	Date	Time	Price
Mon	Jan 13	11am-12pm	Free

**Gross, but True - why winter illness can be so messy, and what you can do about it**  
**Presenter: Betty Chaffee, PharmD**



We're all likely to come down with something requiring lots of Kleenex this winter. Learn why colds and flu causes so much leakage, phlegm, and congestion. Even better, what you can do about it!

Day	Date	Time	Price
Mon	Jan 13	2-3pm	Free

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

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

Day	Date	Time	Price
Wed	Jan 15 & Feb 5	2-7pm	\$45
Thu	Jan 23	12-4pm	\$45
Wed	Feb 19	12-4pm	\$45

**SASC/Versiti Blood Drive**

To donate at the Versiti Blood Drive, please go to [https://donateblood.versiti.org/donor/schedules/drive\\_schedule/11406871](https://donateblood.versiti.org/donor/schedules/drive_schedule/11406871) to schedule an appointment or call SASC for assistance.

Day	Date	Time	Price
Fri	Jan 17	11:30am-4pm	Free



**Happy Retirement Sissel**



Sissel Bridges will be retiring from massage at SASC as of January 1. While we are very sad to see her go, we are grateful for the 18 years she has spent easing aches and pains, and bringing comfort and relaxation to countless members of SASC. We will miss her skilled touch, but wish her all the best in her next chapter of life.

As soon as SASC secures a new massage therapist, we will notify the membership.

**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 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	Jan 22	9 or 10am	Free
Wed	Feb 26	9 or 10am	Free

**Probiolity Balance Assessments  
Facilitator: Probiolity 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	Jan 24	1-2pm	\$10

**Unlocking Mental Agility: Focus on  
Challenging your Brain for a Health Mind  
Presenter: Julie Craft, EHM Senior Solutions**

Exercise isn't just for the body - your mind craves a workout too. We'll explore ways and resources to keep your brain sharp and strong. We'll also touch on tips and enrichment ideas for those with a dementia diagnosis. Whether you're seeking to boost your own brain function or provide support for a loved one with dementia, you will leave with plenty of resources to assist in enriching the brain.

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

**VA Benefit Discussion  
Presenter: Retired Brigadier General  
Carol Ann Fausone**

General Fausone, our wonderful Veterans Day Celebration speaker, is coming back to SASC. This time, she is here for a more specific, personalized discussion regarding her current area of expertise. Veterans or family members of Veterans can learn more about VA benefits including service connected disability, healthcare and burial benefits.

Day	Date	Time	Price
Tue	Feb 11	2-3pm	Free

**Balance Screening  
Facilitator: Orthopaedic Rehab Specialists**

Orthopaedic Rehab Specialists, PC (ORS) is excited to offer this unique opportunity. Please join us for a free 10 minute balance screening. David Arend, PT, DPT will meet individually with you and this process will include tests designed to measure stability, gait, and overall balance, providing valuable insights into potential fall risk and help to promote overall well-being. At the conclusion of your screening, you can expect an understanding of your status as well as an appropriate next steps plan.

Day	Date	Time	Price
Wed	Feb 19	11am-12pm	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	Feb 19	11am-12pm	Free

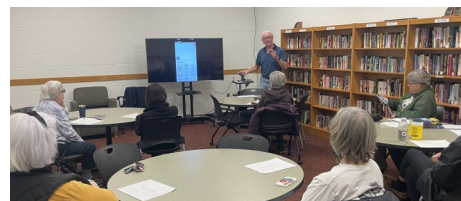


**Lifelong Learning**

**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



**Cool Tech for Older Adults  
Presenter: Ask Kevin**

Discover how technology is changing the lives of older adults, learn why it can be so frustrating to use, and explore exciting devices, apps, and websites designed to help seniors stay connected, healthy, and age in place.

Day	Date	Time	Price
Thu	Jan 9	11am-12pm	Free



**Smartphone 101**  
**Presenter: James Giordani**

Ready to brush up on your smartphone skills? This 5-week course will cover key phone components, concepts, and techniques in a friendly, easy to follow format aimed at helping you use your phone more independently and confidently. Learn about smartphone safety, accessibility settings, Wi-Fi and internet, downloading apps, emergency contacts, smart assistants, scams and more. Our experienced instructors and friendly helpers are always on hand to provide personalized assistance, so you'll never feel left behind. What a deal at just \$14 a session!

Day	Date	Time	Price
Tue	Jan 14-Feb 11	10:30-11:30am	\$70

**A Viewing of Shakespeare's Hamlet & Discussion**  
**Facilitator: Eva Benevento**



Shakespeare's play *Hamlet* is one of his best known plays. What could be better than a brilliant film rendition of this famous play that has it all: intrigue, murder, romance, spies, treachery, and even a ghost. A plot summary to keep track of all the action will be provided and we invite a lively discussion. We will view and discuss the Royal Shakespeare Company's film production over the course of two days. Refreshments provided.

Day	Date	Time	Price
Tues	Feb 11 & 18	10:30-12:30pm	\$3



Retired educator, Eva Benevento teaches and leads several programs at SASC. If you would like to teach or present a program, please leave your name at the front desk.

**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	Jan 23	3-4pm	Free

**Travelogue: Michigan's Upper Peninsula**  
**Presenter: Sue Kelch**

Explore the beauty of Michigan's Upper Peninsula, from the 60,000-acre Porcupine Mountains with waterfalls and Lake Superior views, to the stunning Tahquamenon Falls. Visit Canyon Falls, Michigan's "Grand Canyon," and enjoy the charm of car-free Mackinac Island with its iconic fudge and the Grand Hotel. Finish your journey with a view of the iconic Mackinac Bridge, the gateway to the Upper Peninsula.

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

**Enhancing Your Navigation with GPS**  
**Parts 1 and 2**  
**Presenter: Ben Cutler**

Part 1 - Google Maps, Apple Maps, and Waze are all excellent tools for getting from point A to point B. Come learn helpful tools, tricks, and how to use these apps on your smartphone.

Part 2 - We will continue to look at more features of Google and Apple Maps.

Day	Date	Time	Price
Wed	Part 1 - Feb 5	2:30-4:30pm	Free
Wed	Part 2 - Feb 12	2:30-4:30pm	Free

**Community Organizations Series:**  
**Liberty Club**

Meet members from Saline's Liberty Club and learn how their organization came to be, what they do for the community, and how you can be an advocate! After a brief presentation we will do a fun activity together. Liberty Club is a community center-based program, within Saline Area Schools, to promote continuous learning and social interaction for adults with disabilities.

Day	Date	Time	Price
Tue	Feb 18	1:30-2:30pm	Free



**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

# January 2025

Mon	Tue	Wed	Thu	Fri
<p><b>Schedule &amp; Calendar Notes</b></p> <p>Note that this is not a fully comprehensive calendar of all our programs.</p> <p>New sessions are listed as "begins" on this calendar; you will find the start and end dates of classes under the class descriptions. Clubs, Social Groups, and Cards/Games are listed on pages 16-17.</p> <p>Please register for all programs, even if they are free.</p>		<p>1</p>  <p><i>New Year's Day</i> SASC Closed</p>	<p>2</p> <p>Senior Striders Outdoor Walking ongoing 9am</p> <p>Tai Chi Practice ongoing 11:30am-12:30pm</p> <p>Ping Pong ongoing 1:30-3:30pm</p> <p>Winter Book Bingo Challenge begins</p>	<p>3</p> <p>Breakfast Club ongoing 9:30-10:30am</p> <p>Movie: <i>Jersey Boys</i> 10am-12:15pm</p> <p>Salt City Ukles ongoing 10:30-11:30am</p> <p>Bingo ongoing 12:30-3pm</p>
<p>6</p> <p>Drums Alive begins 10-11</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Ceramics: Pinch Pot 1-3pm</p> <p>Recorder Ensemble ongoing 1-2pm</p> <p>Brain, Breath, &amp; Bend Chair Yoga 4:15-5:15pm</p>	<p>7</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong begins 10-11am</p> <p>Adaptive Hatha Yoga begins 11:15am-12:45pm</p>	<p>8</p> <p>Beginning Guitar 9-10am</p> <p>Tai Chi Beginning begins 10:30-11:30am</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Adaptive Hatha Yoga begins 1-2:30pm</p> <p>Not Your Mama's Chair Yoga begins 4:15-5:15pm</p> <p>Intergen Game Night 6-7:30pm</p>	<p>9</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Reflexology Appts 9-11am</p> <p>Balance Strong Beginning + Stretch begins 10-11:15am</p> <p>Cool Tech for Older Adults 11am-12pm</p> <p>Multimedia Art begins 11:30am-1pm</p> <p>Watercolors begins 1:30-3:30pm</p> <p>Beg. Meditation begins 1:30-2:30pm</p>	<p>10</p> <p>Cutting Edge of Your Chair Yoga begins 11:15am-12:15pm</p> <p>Book Club: <i>The Women of the Copper Country</i> 10-11:15am</p> <p>Canvas &amp; Cookies 12-2pm</p> <p>Chair Pilates with a Ball begins 12:30-1:30pm</p>
<p>13</p> <p>Brain Games &amp; Breakfast 9:30-10:30am</p> <p>Five Wishes 11am-12pm</p> <p>Ceramics: Pinch Pot 1-3pm</p> <p>Gross, but True 2-3pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Trivia 5-6pm</p>	<p>14</p> <p>Mosaics: Snowman 9am-12pm</p> <p>Smartphone 101 begins 10:30-11:30am</p> <p>Tiny Acrylics 1-3pm</p> <p>WCC Tai Chi begins 1-2pm</p>	<p>15</p> <p>WCC Line Dancing begins 9-10am</p> <p>Golden Groovin' Band ongoing 10-11am</p> <p>Foot Care Appointments 2-7pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Classic Movie: <i>Gaslight</i> 2:30-5pm</p>	<p>16</p> <p>Hula Hooping ongoing 8:30-9am</p> <p>Aging with Confidence Lunch &amp; Learn 11am-12pm</p>	<p>17</p> <p>Movie: <i>Twisters</i> 10am-12:15pm</p> <p>WCC Strength Conditioning begins 10-11am</p> <p>Versiti Blood Drive 11:30am-4pm</p> <p>Pickleball ongoing 3:15-5:30PM</p>
<p>20</p>  <p>MARTIN LUTHER KING, JR. DAY SASC CLOSED</p>	<p>21</p> <p>Dementia Friends Activity Group 11am-12pm</p> <p>Intergen Crafternoon 1:30-2:30pm</p>	<p>22</p> <p>Beginning Guitar 9-10am</p> <p>Care Management Appts 9am &amp; 10am</p> <p>Knitting/Crochet/Crafts ongoing 12:30-2:30pm</p> <p><b>Footloose Trip 8:30am-5:30pm</b></p> <p>Woodcarving Club ongoing 5-6:30pm</p>	<p>23</p> <p>Reflexology Appts 9-11am</p> <p>SASC Writers 10-11:30am</p> <p>Theatre Club 11:45am-1:15pm</p> <p>Foot Care Appointments 12-4pm</p> <p>Tech Town Hall 3-4pm</p>	<p>24</p> <p>Movie: <i>The Sound of Hope: The Story of Possum Trot</i> 10am-12:15pm</p> <p>Probiolity Balance Assessments 1-2pm</p>
<p>27</p> <p>SASC BOD Mtg. 9am</p> <p>DIY Handsewn Flower 10-11:30am</p> <p>Silver Shutterbugs 10:15-11:30am</p> <p>Ping Pong ongoing 2-4pm</p> <p>Pickleball ongoing 3:15-5:30pm</p> <p>Investment Club 3:30-5pm</p>	<p>28</p> <p>Shakespeare Sonnet Workshop 10-11:30am</p> <p>Travelogue: Michigan's UP 1-2:30pm</p>	<p>29</p> <p>Pickleball ongoing 3:15-5:30pm</p>	<p>30</p> <p>Good Grub Lunch Club: Nick's Original House of Pancakes 9:30am</p>	<p>31</p> <p>Movie: <i>Ezra</i> 10am-12:15pm</p>

# February 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>Ceramics: Folded Dish 1-3pm</p> <p>Brain, Breath, &amp; Bend Yoga 4:15-5:15pm</p>	<p>4 Fit for Life begins 8:45-9:45am</p> <p>Mosaics: Heart 9:30-11:30am</p> <p>Balance Strong begins 10-11am</p>	<p>5 Chair Zumba begins 11:45am-12:45pm</p> <p>Foot Care Appointments 2-7pm</p> <p>Enhancing Your Navigation Part 1 2:30-4:30pm</p> <p>Not Your Mama's Chair Yoga begins 4:15-5:15pm</p>	<p>6 Fit for Life begins 8:45-9:45am</p> <p>Balance Strong Beginning + Stretch begins 10-11:15am</p> <p>Pastels Workshop begins 11:30am-1pm</p> <p>Watercolors begins 1:30-3:30pm</p> <p>Cont. Meditation begins 1:30-2:30pm</p>	<p>7 <b>Souper Bowl Competition 11am-12:30pm</b></p>
<p>10 Unlocking Mental Agility 10-11am</p> <p>Ceramics: Folded Dish 1-3pm</p> <p>Trivia 5-6pm</p>	<p>11 <i>Hamlet</i> &amp; Discussion 10:30am-12:30pm</p> <p>Adaptive Hatha Yoga begins 11:15am-12:45pm</p> <p>Tiny Acrylics 1-3pm</p> <p>VA Benefits Discussion 2-3pm</p>	<p>12 Beginning Guitar 9-10am</p> <p>Adaptive Hatha Yoga begins 1-2:30pm</p> <p>Enhancing Your Navigation Part 2 2:30-4:30pm</p> <p>Intergen Game Night 6-7:30pm</p>	<p>13 Reflexology Appointments 9-11am</p>	<p>14 <b>One for the Ages Trip 8:30am-3:15pm</b></p> <p><b>We Love You a Waffle Lot 9-10:30am</b></p> <p>Book Club: <i>The Making of Another Major Motion Masterpiece</i> 10-11:15am</p> <p>Chair Yoga begins 11:15am-12:15pm</p> <p>Canvas &amp; Cookies 12-2pm</p> <p>Chair Pilates w/ a Ball begins 12:30-1:30pm</p>
<p>17</p>  <p><b>Presidents' Day</b> SASC Closed</p>	<p>18 <i>Hamlet</i> &amp; Discussion 10:30am-12:30pm</p> <p>Dementia Friends Activity Group 11am-12pm</p> <p>Community Organizations Series: Liberty Club 1:30-2:30pm</p>	<p>19 Balance Screenings 11am-12pm</p> <p>Blood Pressure Checks 11am-12pm</p> <p>Tales Come Alive! 10-11am</p> <p>General Membership Social 11:30am-1pm</p> <p>Foot Care Appointments 12-4pm</p> <p>Classic Movie: <i>Jane Eyre</i> 2:30-5pm</p>	<p>20 SASC Writers 10-11:30am</p> <p>Theatre Club 11:45am-1:15pm</p>	<p>21 Movie: <i>Me Before You</i> 10am-12:15pm</p>
<p>24 Silver Shutterbugs 10:15-11:30am</p> <p>Investment Club 3:30-5pm</p>	<p>25 Good Grub Lunch Club: Knight's Steakhouse 2324 Dexter Ave, AA 11:30am</p>	<p>26 Beginning Guitar 9-10am</p> <p>Care Management Appts 9am &amp; 10am</p> <p>Reconstruction: A Second Founding or a Second Failure? 10-11am</p> <p>Tai Chi Beginning begins 10:30-11:30am</p>	<p>27 Reflexology Appointments 9-11am</p>	<p>28 Movie: <i>Mr. Malcom's List</i> 10am-12:15pm</p> <p>Winter Book Bingo Challenge ends</p>



Bag & Jewelry Sale



Veterans Day Celebration



Health Fair



## Creative Opportunities

*Materials are included with classes unless otherwise noted.*

### Ceramics

**Instructor: Jenn Lupton**



Jenn provides all of the materials and takes the projects back to her home to fire in her kiln. Classes are held over two days. In the first class you will create your piece, then 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. Projects are returned to SASC within a week or two.

**Jan** - Pinch Pot

**Deadline:** Dec 30

**Feb** - Folded Dish

**Deadline:** Feb 18

Day	Date	Time	Price
Mon	Jan 6 & 13	1-3pm	\$56
Mon	Feb 24 & Mar 3	1-3pm	\$56

### Multimedia Art

**Instructor: Katherine Downie**



Let your inner child free in this class as we explore multimedia! There are so many benefits to making art in your older years including increased cognitive function and self-esteem. In the first two weeks, you will learn collaging and printmaking, then in the second half, you'll add some printed designs using lino cut printing.

Katherine will guide you through the entire process and will have examples for you, or feel free to bring your own ideas!

Day	Date	Time	Price
Thu	Jan 9-30	11:30am-1pm	\$50

### 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 from. **A supply list is available at the front desk.**

**Jan** - Sled Dogs in Scotland

**Feb** - Brunch in Chicago

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

## 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.

**Jan** - A Winter in Scotland

**Feb** - Chicago Bean

Day	Date	Time	Price
Fri	Jan 10	12-2pm	\$25
Fri	Feb 14	12-2pm	\$25



### Mosaics: Snowman

**Instructor: Carol Torsell**



Carol's mosaic classes are fun and welcoming to all! Using vintage china, tiles, and grout, you'll create a snowman for your winter décor, while connecting with others in a relaxed, hands-on environment. **Deadline:** Jan 7

Day	Date	Time	Price
Tue	Jan 14	9am-12pm	\$35

### Tiny Acrylics Painting Circle: Let's Spread the Love!

**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.

In Jan/Feb there is no charge for Tiny Acrylics, we just ask that you leave your paintings at SASC so we can gift them to Meals on Wheels clients for Valentine's Day. You are welcome to paint several to spread even more love! **Deadlines to register:** Jan 10, Feb 7

Day	Date	Time	Price
Tue	Jan 14	1-3pm	Free
Tue	Feb 11	1-3pm	Free

**DIY Handsewn Flower Workshop**  
**Facilitator: Marie Hamlin**

**NEW**



In this program, Marie will take you through the steps to create a handsewn flower, in which you can add to your hat, use for your dog or cat collar, or even teach a grandchild how to make one.

Day	Date	Time	Price
Mon	Jan 27	10-11:30am	\$5

**Intergen Crafternoon with Liberty Club**

Work with Liberty Club members to create a craft or paint, and form a meaningful connection. Liberty Club is a community center-based program, within Saline Area Schools, to promote continuous learning and social interaction for adults with disabilities. See page 11 for the Community Organizations Series where we will showcase Liberty Club on Feb 18.

Day	Date	Time	Price
Tue	Jan 21	1:30-2:30pm	Free

**Pastels Workshop**  
**Instructor: Katherine Downie**

Perfect for beginners, this class teaches essential techniques like blending, layering, and creating depth, while exploring light, shadow, and texture using both oil and chalk pastels. Throughout the four weeks, you will recreate a pastel European village.

Day	Date	Time	Price
Thu	Feb 6-27	11:30am-1pm	\$50



**Mosaics: Heart**  
**Instructor: Carol Torsell**



In this workshop, you will create your own layered mosaic/collage heart decorated with mosaic tiles, broken China, buttons, beads, jewelry pieces & charms in your choice of colors. No grout needed this time! Feel free to bring in broken jewelry or buttons that need a new home. **Deadline:** Jan 29

Day	Date	Time	Price
Tue	Feb 4	9:30-11:30am	\$30

**Ukrainian Pysanky Workshop**  
**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	Mar 6-27	11:30am-1pm	\$50



**Music Ensembles**

**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.

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	Jan 8, 22; Feb 12, 26	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 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

## 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	Jan 30 - Nick's Original House of Pancakes, 3030 Lohr Cir., AA, 48108	9:30am
Tue	Feb 25 - Knight's Steakhouse, 2324 Dexter Ave, AA, 48103	11:30am

### 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	Jan 27, Feb 24	10:15-11:30am	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	Jan 27, Feb 24	3:30-5pm	Free

### SAS-C Writers

SAS-C Writers 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	Jan 2, 16; Feb 6, 20	10-11:30am	Free

### SASC Book Club

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

**Jan** - *The Women of the Copper Country*, by Mary Doria Russell

**Feb** - *The Making of Another Major Motion Masterpiece*, by Tom Hanks

Day	Date	Time	Price
Fri	Jan 10, Feb 14	10-11:15am	Free

## Classic Movie Time Facilitator: Eva Benevento

The Golden Age of Hollywood is from the beginning of talkies to the late 1940s, and the Silver Age from 1950 to 1967. Classic films were produced with groundbreaking filmmaking devices, the studio system, and star power that became the stuff of Hollywood magic. Join us as we view a classic film, eat popcorn, and have a discussion afterwards.

**Jan** - *Gaslight*

**Feb** - *Jane Eyre*

Day	Date	Time	Price
Wed	Jan 15, Feb 19	2:30-5pm	\$1/day

## Dementia Friends Activity Group Facilitator: Debbie Fitzgerald



The goal of this group is to provide a safe and supportive environment.

Folks living with dementia and their caregiver/friend are encouraged to join. You can participate in a get-to-know-you icebreaker, brain games, puzzles, dominoes, and adult coloring. All members are welcome to join, regardless of diagnosis, **but folks with dementia need to be with a loved one.** We will also have a snack and coffee/tea available. Debbie is a retired activity director from a skilled nursing center. She has also worked in independent and day health programs and is excited to facilitate this program.

Day	Date	Time	Price
Tue	Jan 21, Feb 18	11am-12pm	Free

## Matinee Movies

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

Jan 3 - *Jersey Boys* ((R)

Jan 17 - *Twisters* (PG-13)

Jan 24 - *The Sound of Hope:*

*The Story of Possum Trot* (PG-13)

Jan 31 - *Ezra* (R)

Feb 21 - *Me Before You* (PG-13)

Feb 28 - *Mr. Malcom's List* (PG)

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

## 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 if you like too. Come for inspiration, camaraderie, and creating!

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



## Intergenerational 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

## Theatre Club Facilitator: Eva Benevento

Join us for the chance to explore your talent in a supportive environment. Whether you're an experienced performer or a first-timer, you'll find a welcoming space to express yourself and make new friends. Because drama is a collaborative art form, members who would like to participate in a presentation/performance, especially involving others, need to commit to attending preparations and rehearsal times so that the "show can go on".

Day	Date	Time	Price
Thu	Jan 2, 16; Feb 6, 20	11:45am-1:15pm	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! If you're new to SASC, the Breakfast Club is a great group to meet new people.

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

## Winter Book Bingo Challenge

Pick up a bingo card at the SASC front desk to challenge yourself to explore new authors and books you normally wouldn't select! Winter Book Bingo runs Jan 1-Feb 28. Turn in your card by Mar 3 for a chance to win a gift card, donated by Fine Print Bookshop in Saline!

## 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	Jan 13, Feb 3	9:30-10:30am	\$2

*Are you a cribbage player or would you like to learn? Leave your name at the front desk as we plan for a cribbage group in the spring.*

## Other Ongoing Cards & Games

Program	Day/Week	Time
Pinochle	Mon, Wed, Thu	12:30-3pm
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
Rummikub	Thu	1-3pm
Scrabble	Thu	1-3:45pm
Bingo	Fri	12:30-3pm
Samba	Fri	12:30-3:30pm

## Trivia Time Quizmaster: Maggie Lupton

Trivia is like a workout for your mind, it exercises your brain's frontal cortex, which is responsible for memory function. While Mark is on hiatus, Maggie Lupton (see pg. 19) will be your quizmaster! Come for candy and camaraderie while solving fun trivia questions as a group.

Day	Date	Time	Price
Mon	Jan 13, Feb 10	5-6pm	Free

## 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	Jan 8, Feb 12	6-7:30pm	Free

## 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. 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

## AARP Tax Preparation

### AARP Free Tax Return Preparation Facilitator: Martha Ratiff

The AARP Foundation's Tax-Aide tax assistance is provided by trained volunteers in partnership with the IRS, and is geared toward seniors and modest-income taxpayers. The volunteers do Federal and Michigan 1040 forms and credits, and amended returns. The returns will be sent electronically, and you will receive a paper copy to take home for your files. They are able to do some simple business returns (Schedule C – except for rental income, depreciation, inventory, home offices, or a net loss). They can also offer advice if you are doing your own return and have questions. They are not able to do rental income or farm income, non-resident-alien returns or state returns other than MI. An AARP membership is not required.

Call SASC beginning Jan 14 to make an appointment. No appointments on Feb 17 since SASC will be closed due to Presidents' Day.

Day	Date	Time	Price
Mon	Feb 3-Apr 7	TBD	Free

\*For joint returns, IRS policy is that both spouses must be present

\*If you have 2 tax returns to be done (such as yours and an elderly parent's), schedule 2 sequential time slots – the second following the first. A Power of Attorney is required for anyone who cannot come to the site.

#### You will need to bring:

- A copy of last year's 2023 Federal & State Tax returns (**VERY IMPORTANT**)
- Driver's License or other Government-issued Photo ID
- Social security cards and birthdates for yourself, spouse, and dependents
- For Direct Deposit of a refund, we MUST see a personal check or a letter from the bank with routing and account numbers
- For Property Tax Credit, 2024 Property Tax receipts Summer and Winter
- If you received a 1095-A, regarding health insurance, bring it.
- W-2 forms from each employer;
- SSA-1099 form if you were paid Social Security benefits;
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets;
- 1099-MISC and 1099-NEC forms showing any miscellaneous income or self-employment income;

#### Other items needed, if applicable:

- 1099-R form if you received pension, IRA, or annuity distributions;
- 1099-G form if you received unemployment compensation;
- W-2 G if you received gambling winnings
- Dependent-care provider information (name, address, Tax ID or SS#, amount paid);
- DHS annual statement showing DHS assistance
- If potential Heating Credit, bring Dec, Jan, or Feb DTE bill
- If receive Supplemental Security Income (SSI), bring letter from Social Security Administration
- If renting, proof of rent paid (and landlord's name & address)
- If self-employed, a record of your cash income and business expenses
- If resident of a co-op, the letter that explains what percentages of your monthly carrying charges represents property taxes.



## 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 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 **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.

Share the Love for MOW this Winter by considering a donation to this vital program, see page 20 for details.

## 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 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 \$280,000 annually, nearly 65% of SASC Funding annually. Other funding sources include membership revenue, program revenue, trip revenue, donations, grants, bank interest, rentals, misc. items, and the SASC Fund Balance.

## 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.

## 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.

## Welcome Maggie to SASC



Maggie is so excited to be joining the SASC crew! She is a recent graduate from Michigan State University where she studied Arts & Humanities and Film Studies. Since moving back to her hometown of Saline, she has immersed herself in the community by working at Arise Bakery & Cafe and helping her mom, Jennifer Lupton, teach ceramics classes across town including here at SASC.

Although she's only working Monday and Wednesday evenings, Maggie is enjoying meeting the members and learning what great programs the center has to offer. Maggie is a huge movie buff from the classics to today; ask her what she's been watching!



## 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
- Gently used or new Bag & Jewelry Sale items
- Coffee, both decaf and regular
- Tea bags (individually wrapped)

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.

- New Year Party take down, Dec 30
- Souper Bowl set up/take down, Feb 7
- Intergen Crafternoons with Liberty Club

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

- Quilted placemats for MOW Clients - Lynn Miller
- Handmade greeting cards for MOW clients - Stacia Zellner
- Coffee & tea - Marie Hamlin, Linda Jacobs, Carol Wolfram, Margaret Bradley, Jan Graham, Victoria Harold-Carte, and Elsie Luckhardt
- Craft Show help - Amy Gabrion, Ruth Frayer, Cindy Sobotta, Marilyn Morgan, & Marie Hamlin

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



You may never give your next meal a second thought, but that is not true for some of our seniors. Each year SASC Volunteer Drivers deliver over 6,500 nutritious meals, friendly visits, and safety checks that enable our homebound community members to live nourished lives with independence and dignity, fighting senior hunger and isolation.

Meals on Wheels (MOW) in Saline is a joint venture by SASC (administrative aspect) and EHM Senior Solutions (meal prep), privately funded by our organizations. Clients pay \$3 for a daily meal and \$1 for a sack dinner if they can, although nobody is turned away if they are unable to pay.

MOW is a vital program in Saline. Please consider sharing the love via your monetary donation this February, assisting SASC in offsetting some of our annual MOW costs. If each of our members gave even \$5, this could help offset our MOW costs by 35%! Every dollar counts and is tax deductible, as SASC is a 501c3 non-profit organization.

All donations are accepted and appreciated. We love MOW and hope you will help us share the love this winter too!



**We Love You a Waffle Lot!**

**Friday, February 14**  
**9-10:30am**  
**\$5/member**

See page 4 for details.



We Specialize  
in *You!*

## The Redies Outpatient Therapy Center

Physical Therapy • Speech Therapy  
Occupational Therapy

Appointments available today:

**734-429-1660**

400 West Russell St.  
Saline, MI  
ehmss.org



### ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

**833-287-3502**

**Carola A. Gerigk, D.D.S.**

104 Mills Road  
Saline, Michigan 48176

**(734) 429-8558**

Remarkable  
dental care



*Downtown Saline  
since 1946*

**Hartman**   
Insurance Agency, Inc.

**734-429-5491**

111 N. Ann Arbor Street, Saline  
www.hartmaninsurancesaline.com



*Danielle Grostick  
(734)637-5897*

*Montgomery Lindemann  
(734)323-5046*

[daniellegrostick@gmail.com](mailto:daniellegrostick@gmail.com)  
[www.daniellegrostick.com](http://www.daniellegrostick.com)

1164 Dexter St.  
Milan, MI 48160

## Place Your Ad Here and Support our Community!

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

## A-1 TREE, INC.

*Residential & Commercial*

**TREE, SHRUB REMOVAL / TRIMMING  
STUMP GRINDING • INSURED**

**734-426-8809**

MARK LASKI



# SUPPORT OUR ADVERTISERS!



For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0661



# Regency at BLUFFS PARK

Named *The Best Nursing Home*  
for 2017-2018 by US News!



355 Huron View Blvd, Ann Arbor, MI  
office 734-887-8700 | fax 734-887-8665  
www.cienahealthcare.com

CENA  
HEALTHCARE  
Community



## UNDER OUR CARE THERE'S COMFORT

Wherever you call home, an experienced  
Arbor Hospice care team will be at your side  
to help you focus on what's important.



888-992-CARE • arborhospice.org



**SPRINGFIELD**  
**URGENT CARE**  
QUALITY COMMUNITY CARE

**OPEN SEVEN DAYS A WEEK**  
7025 E. Michigan Avenue Saline  
734-463-3616

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Joseph Sardelle**

[jsardelle@lpicommunities.com](mailto:jsardelle@lpicommunities.com)

(800) 477-4574 x9948

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,  
ad-supported  
print and digital  
newsletters to reach  
your community.

Visit [lpicommunities.com](http://lpicommunities.com)

**OUR COMMUNITY  
NEWSLETTER**  
OCTOBER EDITION



Scan to  
contact us!

# SUPPORT THE ADVERTISERS that Support our Community!



For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0661



# Arnet's Memorial

Serving all of Michigan  
and Northern Indiana

A life well-lived deserves a memorial well-crafted.

*Call now to request a quote*

5060 Jackson Rd H,  
Ann Arbor, MI 48103  
(734) 665-3658

950 N River St,  
Ypsilanti, MI 48198  
(734) 482-3394



arnetsmonuments.com *Preserving the memories. Honoring the life. Remembering with love.*

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0661



**Saline Area Senior Center**  
7190 N. Maple  
Saline, MI 48176

Non-Profit  
US Postage  
PAID  
Permit No. 9  
Saline, MI  
48176



4th Annual  
**SOUPER BOWL**  
COMPETITION

See page 4  
for details!

Friday, February 7  
11am-12:30pm

\$5 - open to the public  
Held at SASC

Sponsored by



7190 N. Maple Rd. | 734.429.9274 | [salineseniors.org](http://salineseniors.org)

