



May/June 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](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 is closed on Mon, May 26 (Memorial 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 upcoming SASC BOD Meetings are Mon, May 19 and Jun 16, 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 ..... Sue Knasiak  
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	\$50
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 have a SASC Membership, before purchasing the fitness membership. Payment can be 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
Note/Bond/Board Info .....	3
Special Events/Day Trips .....	4
New Programs .....	5
Fitness/Walking .....	6-7
Racquet Sports-Pickleball & Ping-Pong .....	7-8
WCC Classes .....	8
Health & Wellness .....	9-10
Lifelong Learning .....	10-11
Tech Lessons/Town Hall.....	10-11
May/Jun Calendars.....	12-13
Creative Opportunities.....	14-15
Music Ensembles .....	16
Club/Movies/Social Programs .....	16-17
Games/Cards .....	18
Medicare and Medicaid Appointments .....	19
Meals on Wheels/Transportation .....	19
CARES Recreation Millage/Legacy Program .....	19
Room Rentals/Scholarships/Donations.....	20

**On the cover:** The Silver Shutterbugs met at Hidden Lake Gardens (HLG) last summer in Tipton. See pg. 17 for club info and a trip to HLG on pg. 4.

## 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, please contact us so we can try to arrange it.

**Our virtual classes have moved from Zoom to Google Meet.** Google Meet is user friendly, and very similar to Zoom. If you would like to schedule a practice session to try Google Meet before a class, please contact Andrea Lewis and she will schedule a meeting with you.

## SASC Building Expansion & Remodel

SASC was a part of the 2022 Saline Area Schools' 180 Million Dollar Bond that the community passed on Nov. 8, 2022. To see the most up to date information, drawings, and images of the upcoming SASC Expansion, please visit our website at [salineseniors.org](http://salineseniors.org), then select the "Expansion & Remodel" tab. There you will find answers to some frequently asked questions, the layout of the expanded center, and some 3D images of the spaces. We also have a bulletin board in our hallway dedicated to the project.

The groundbreaking ceremony for the field space in between Liberty and the Middle School, the STEAM center, cosmetology center, and SASC, took place on March 20. We are still awaiting the specific timeline of when construction will begin on SASC but we anticipate it will be summer of 2025, with completion in summer of 2026. We currently don't anticipate any extended closures of SASC but we may need to relocate to a Saline school for a few weeks, depending on what the construction schedule is. As we receive further updates, the website will be our main place, along with our weekly emails, of sharing the information with you.

**Construction has started on the greenspace between Saline Middle School and Liberty,** as part of the improvements to the athletic fields. You may see trucks, machines, and other equipment around/near the parking lot during this time. While we don't anticipate major disruptions, we appreciate your patience and caution while navigating the area. There will be 8 pickleball courts constructed as a part of the first phase, set to be complete by this fall. If you would like more information on the Bond Updates taking place throughout the district, please visit the school district website.

Progress may be challenging at times but we are excited for what's to come! Thanks for your patience.

## 2025-26 SASC Board Nominations

There are two board positions up for election this summer - President and Treasurer. The term will be from August 2025 to July of 2027. Both incumbents are able to run again. Cindy Sobotta is planning to submit her name again but Mark Sockness is not, as he is planning to expand his personal travels more in the next few years, with his newly retired wife. We greatly appreciate the time and energy Mark has put into the Treasurer position.

Being on the Board is a time commitment but a rewarding one. Board Meetings take place the third Monday of the month at 9am. In addition, there is some time spent outside of meetings occasionally. The descriptions of the positions are as follows:

**\*President:** Shall convene and conduct the meetings of all Board of Directors and the general membership meetings. Basic computer knowledge and email usage is necessary, as that is how most communication takes place.

**\*Treasurer:** Is generally responsible for overseeing the collection and distribution of funds. This person is also a signer on SASC checks over a specified amount, prepares and shares the monthly Treasurer's Report at BOD meetings, and assists in preparation of documents for annual taxes with our CPA. Knowledge of general accounting properties and computers is necessary. Note that SASC uses a registration software and QuickBooks (which staff can teach you and is very user friendly), so this position only takes a few hours maximum of your time each month.

**From May 21-30, if you would like to submit your name for one of the Board Positions above, you can do that on a form in the office.** If you have any questions about the positions or Board, contact Nancy Cowan at 734.429.9274 or [cowan@salineschools.org](mailto:cowan@salineschools.org).

If there is more than one individual that submits their name for a position, a vote will need to take place on July 23, which is also the annual picnic.



**Sue Knasiak is the new Member at Large on the SASC Board, serving the remainder of the term** (through July of 2026). She has raised three children (two of them twins) and is an avid Main Street and SASC volunteer and participant. Sue creates community and fun wherever she goes, as evidenced by the themes she helps decorate and plan for at the Friday Breakfast Club. She has a passion for travel (especially cruising) and helping others. Sue looks forward to this new journey with SASC.



**THANK YOU Mark Sockness** for serving as the SASC Treasurer. We appreciate his time and dedication and look forward to seeing him at the center as a participant when he isn't traveling.

## Special Events

### Bag & Jewelry Sale

Come shop for new-to-you items including purses, wallets, and jewelry. Perfect for finding items to repurpose! Stuff a mini-bag full of Red Dot Jewelry for \$5. The SASC member's pre-sale is on Fri, May 2, 1-3pm. We take donations of new or gently used items throughout the year. No entry fee.

Day	Date	Time
Fri - Members	May 2	1-3pm
Sat - Public	May 3	9am-12pm

### Euchre Tourney

A chance to earn prizes during a relaxing night of euchre with your friends! We will have a pizza dinner including salad and dessert at 5pm, followed by game play of seven hands at 5:30pm. Please arrive on time for game play.

Day	Date	Time	Price
Wed	May 14	5-8pm	\$10

### Making Life Beautiful Day

**NEW**



National Making Life Beautiful Day is Jun 11. This special day is all about appreciating the people, moments, and little joys that make life beautiful. Enjoy a variety of activities designed to spread kindness, joy, and gratitude.

**Event Highlights:** Take a moment to write a note to a friend or family member, letting them know how they make your life better. Design a beautiful floral arrangement to brighten your day or give as a gift to someone special. Indulge in a sweet chocolate delight and savor the simple pleasures in life. Experience the calming and joyful presence of a friendly therapy dog, sure to bring a smile to your face. Lastly, reflect on the wonderful moments you've had at SASC by sharing your favorite stories and experiences with others.

Day	Date	Time	Price
Wed	Jun 11	10-11:30am	\$10



### General Membership Social

There will be a brief update about the center from the SASC Director, then we'll eat lunch together; a salad, sandwich, chips, and a cookie. If you register after Jun 13, an additional \$2 will be added to your fee if space is available.

Day	Date	Time	Price
Wed	Jun 18	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.**

### Holland - Tulip Time

**FULL**



We'll stop at Evergreen Commons for a Dutch inspired lunch and Klompen Dance. Then we'll go to Windmill Island Gardens, a 36-acre botanical park with 140,000+ tulips. **FULL - waitlist is being taken.**

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

### A Day in the D

**FULL**



First, Eastern Market, then Shield's award-winning restaurant for a buffet of salad, breadsticks, pizza and pasta. We'll finish up at the docent led tour at the Detroit Institute of Arts (DIA). **FULL - waitlist is being taken.**

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

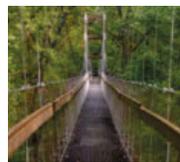
### Detroit Princess Riverboat



Cruise the Detroit River in style aboard the newly renovated Detroit Princess Riverboat! Enjoy breathtaking views of Detroit and Windsor (sail time from 12-2pm) while indulging in a bountiful buffet lunch. Groove to live Motown hits performed by The Prolifics. **Deadline: Jun 27**

Day	Date	Time	Price
Fri	Jul 11	10:15am-3:15pm	\$110

### Hidden Lake Gardens



We will take a trip to Hidden Lake Gardens in Tipton, a 755 acre botanical garden and arboretum featuring a lake, canopy walk, conservatory, and miles of trails. We'll be there exploring on our own until 12:30pm, then head to Jerry's Pub for lunch. Choose a perch sandwich with chips, grilled turkey with swiss cheese on a pretzel bun with chips, burger with chips, or salad with grilled chicken. Lunch is included in the trip cost. **Deadline: Aug 6**

Day	Date	Time	Price
Wed	Aug 27	8:30am-2:45pm	\$85

## New Programs

### Watercolor Workshop: Floral Bookmarks Instructor: Katherine Downie

Perfect for beginners! We'll tackle loose flowers in this class while creating bookmarks for you to use or gift to a friend!

Day	Date	Time	Price
Thu	May 1	1:30-3:30pm	\$15



### Medical & Recreational Use of Cannabis Presenter: Betty Chaffee, PharmD

Are you curious about cannabis? Wondering about efficacy, side effects, or drug interactions with THC or CBD? Just as important, where do you get objective information as you can use? Join Betty to learn more about cannabis products and get your questions answered.

Day	Date	Time	Price
Mon	May 12	2-3pm	Free

### AI and the Future Presenter: Ask Kevin

Is AI really that big of a deal? Why does our tech keep changing, where is it going, and how will it affect you?

Day	Date	Time	Price
Tue	May 27	2:30-3:30pm	Free

### Beginning Acrylics: Donuts Instructor: Katherine Downie



A longer Acrylics class, which goes into more detail, has been a popular request! In this class you will learn how to mix colors and match them, select just the right composition, and put everything together to create your own painting.

Materials and donuts are included.

Day	Date	Time	Price
Thu	May 29-Jun 19	11:30am-1pm	\$56

### Intro to Astronomy Presenter: U of M LSA Astronomy Program

Join us for a hands-on stargazing session, where you'll learn about telescopes, constellations, and celestial objects, with a seasonal guide to what's visible from Saline. We'll also cover exciting recent discoveries and leave time for Q&A.

Day	Date	Time	Price
Mon	Jun 2	4-6pm	Free

### Behind The Badge: Women in Policing Presenter: Saline Police Chief Marlene Radzik

The role of women in policing has evolved rapidly over the past century. From officers who were mostly responsible for female prisoners, to today where women can be found at the highest levels of policing. Join us as Saline Police Chief Radzik highlights the role, contributions, and challenges of women in law enforcement today.

Day	Date	Time	Price
Wed	Jun 4	10-11am	Free

### Intro to Annuities, Life Insurance, Wills & Avoiding Probate Presenter: Monica Ross-Williams

This interactive seminar is designed for individuals and families who want to proactively plan their financial future, minimize legal complications, and ensure a smooth transition of assets.

Day	Date	Time	Price
Mon	Jun 9	10-11:30am	Free

### Multimedia Art: Watercolor Bouquet Instructor: Katherine Downie

Create an adorable mini watercolor bouquet (about 6" tall). In the first week you'll focus on painting the flowers in your choice of colors, and in the second we'll add ink, cut, and arrange everything.

Day	Date	Time	Price
Mon	Jun 23 & 30	1-3pm	\$20

### The Skin You're In: Caring for it at Any Age Presenter: Ashley Katic, PA Dermatology Specialists of Ann Arbor

Join Ashley for a conversation about your skin. Learn about skin checks and why you should have them done, sunscreen, and what you can do to protect your skin. She'll also take the time to answer your skincare questions. Ashley will be bringing samples, handouts, and light refreshments.

Day	Date	Time	Price
Wed	Jun 25	11am-12pm	Free

### Oral History Project

We are in the process of beginning a new program with Saline Area Schools IT Analyst, John Williams. Your memories and insights provide an important perspective on history. At this time we will use video and audio and share your interviews with the community. If this sounds like something you'd like to contribute to, please leave your name at the front desk. A signed release form is also required.

**Drums Alive**

**Instructor: Jerry Powell**



Drums Alive

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

Day	Date	Time	Price
Mon	May 5-19	10-11am	\$21

**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.

Day	Date	Time	Price
Mon	May 5-19	11:15am-12:15pm	\$21
Mon	Jun 9-30	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 delve into breath work, relaxation, and core exercises to create a well-rounded experience.

Day	Date	Time	Price
Mon	May 5-19	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	May 6-27	8:45-9:45am	\$28
Tue	Jun 3-24	8:45-9:45am	\$28
Thu	May 1-29	8:45-9:45am	\$35
Thu	Jun 5-26	8:45-9:45am	\$28

**Balance Strong**  
**Instructor: Amy Leighton**

In this class, our main focus will be on building 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	May 6-27	10-11am	\$28
Tue	Jun 3-24	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.**  
**No class May 27 & May 28.**

Day	Date	Time	Price
Tue	May 6-Jun 10	11:15am-12:45pm	\$45
Tue	Jun 17-Jul 15	11:15am-12:45pm	\$45
Wed	May 7-Jun 11	1-2:30pm	\$45
Wed	Jun 18-Jul 16	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
Mon	May 5-19	12:30-1:30pm	\$21
Mon	Jun 9-30	12:30-1:30pm	\$28
Wed	May 7-28	11:45am-12:45pm	\$28
Wed	Jun 4-25	11:45am-12:45pm	\$28

**Tai Chi Continuing**

**Instructor: Linda Duvall**

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

Day	Date	Time	Price
Tue	Jun 3-Jul 8	2:30-3:30pm	\$42

**Tai Chi Beginning**  
**Instructor: Linda Duvall**

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

Day	Date	Time	Price
Wed	Apr 16-May 21	10:30-11:30am	\$42
Wed	Jun 4-Jul 9	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	May 7-28	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 hone in on your core strength and address any imbalances you have to help achieve this. Strength exercises and flexibility training will be incorporated to specifically target your core. We round off each session with a rejuvenating fifteen minute stretch for relaxation.

Day	Date	Time	Price
Thu	May 1-29	10-11:15am	\$40
Thu	Jun 5-26	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. A staff member will accompany you on a two mile walk. Please register at the front desk so Andrea can send you a list of departure locations for each week, as they vary during the spring and summer months. The first Thursday of each month, we will depart from SASC. Walks will be cancelled if there is inclement weather.

Day	Date	Time	Price
Thu	Ongoing	9am	Free

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

Join us for a yoga class designed to enhance flexibility, strength, and relaxation - 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	May 9-30	11:15am-12:15pm	\$28

**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
Fri	May 9-30	12:30-1:30pm	\$28

**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	May 23	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

## 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.**

### WCC Tai Chi for Health & Balance Instructor: Darryl Mickens

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

Day	Date	Time	Price
Tue	May 13-Jul 15	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. **No class Jun 25.**

Day	Date	Time	Price
Wed	May 14-Jul 23	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 Jul 4.**

Day	Date	Time	Price
Fri	May 16-July 25	10-11am	Free

### MOCA Memory Testing Administrator: Andrea Lewis

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

## Health & Wellness

### 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.

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

### Beginning Meditation Facilitator: Jewel Heart

These meditation classes focus on building focus and awareness through breathing techniques and methods for managing distractions. Open to all, from beginners to experienced meditators, the classes offer a peaceful, relaxed experience and a chance to deepen your practice.

Day	Date	Time	Price
Thu	May 1-29	1:30-2:30pm	\$15
Thu	Jun 5-26	1:30-2:30pm	\$12



### Cookies & CapTel Presenter: Deborah Hulkoff



CapTel provides those that struggle with hearing on the phone with a **no-cost** captioned telephone. It comes with a large screen that displays word-for-word what the other person is saying and offers amplification as well. An Outreach Educator will be here with a demo phone so you can see first-hand how it works.

Day	Date	Time	Price
Tue	May 6	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	May 8 & 22	9am-1pm	\$30/\$50
Thu	Jun 12 & 26	9am-1pm	\$30/\$50

### 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	May 7 & Jun 4	2-7pm	\$45
Tue	May 13	12-4pm	\$45
Mon	June 23	12-4pm	\$45

### How to Thrive while Aging Solo Presenter: Julie Craft, EHM Senior Solutions

This guide offers strategies for confidently aging solo, whether by choice or circumstance. It covers planning for independence, aging in place, creating medical directives, building social networks, and assembling a care team. With proactive steps, you can ensure a future of freedom, choice, and personal fulfillment.

Day	Date	Time	Price
Mon	May 12	10-11am	Free

### Medical & Recreational Use of Cannabis Presenter: Betty Chaffee, PharmD

Are you curious about cannabis? Wondering about efficacy, side effects, or drug interactions with THC or CBD? Just as important, where do you get objective information as you can use? Join Betty to learn more about cannabis products and get your questions answered.

Day	Date	Time	Price
Mon	May 12	2-3pm	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	May 21 & Jun 18	11am-12pm	Free

## Health & Wellness continued

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

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

Day	Date	Time	Price
Wed	May 28, Jun 25	9 or 10am	Free

### Probility Balance Assessments Facilitator: Probility Physical Therapists (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	May 30	1-2pm	\$10

### SASC/Versiti Blood Drive

To donate at the Versiti Blood Drive, please go to [https://donateblood.versiti.org/donor/schedules/drive\\_schedule/11406873](https://donateblood.versiti.org/donor/schedules/drive_schedule/11406873) to schedule an appointment or call SASC for assistance.

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



### Preparing for Your Medicare Transition Presenter: Monica Ross-Williams

This class offers the insights and tools to navigate Medicare, whether you're approaching eligibility, enrolled, or helping a loved one. By the end, you'll have a clear roadmap to choose the right plan for you and avoid coverage gaps.

Day	Date	Time	Price
Mon	Jun 23	10-11:30am	Free

### Massage Therapist Kneaded

SASC is still on the hunt for a licensed massage therapist that will be the right fit for us and our members. If you have a referral that you would like to share with us, please contact Andrea Lewis at 734-429-9274, or [lewisa@salineschool.org](mailto:lewisa@salineschool.org).

## 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

### Common Scams That May Target You 101 Presenter: Monica Ross-Williams

In today's digital age, your data is a valuable commodity for cybercriminals. Knowing how to recognize and avoid scams is your first line of defense. This course will equip you with real-world strategies to safeguard your information and prevent financial and identity theft.

Day	Date	Time	Price
Mon	May 5	10-11:30am	Free

### Memoir Writing Instructor: Eva Benevento

We all have memories, some we'd like to share and others we want to bury forever. Memoir, unlike autobiography, is about writing your life's vignettes to express a theme you would like to share. We will discuss memoir as a approach in writing about your life and offer writing prompts. This is offered in two parts, feel free to attend one or both.

Day	Date	Time	Price
Mon	May 12, 19	10:30am-12pm	\$6
Mon	Jun 9, 16	10:30am-12pm	\$6

### Shakespeare's *Hamlet* & Discussion Instructor: Eva Benevento

Join us for a two-day viewing and discussion of the Royal Shakespeare Company's *Hamlet* film, starring David Tennant and Patrick Stewart. Enjoy intrigue, murder, romance, and more, with a plot summary to follow and lively discussion. Snacks provided.

Day	Date	Time	Price
Mon	May 12 & 19	5:30-7:30pm	\$3

### Travelogue: African Cruise Presenter: Mark Sockness

Mark recently traveled across 13 African countries, immersing himself in local cultures, connecting with communities, and collecting unique crafts, jewelry, and masks. He'll share the stories behind these treasures from his unforgettable journey.

Day	Date	Time	Price
Tue	May 13	10-11:30am	Free

**Support Your Community:  
Dementia Friendly Saline (DFS)  
Presenter: Jim Mangi**



DFS is a non-profit that helps persons with Alzheimer's, or other dementias, live in the community with less difficulty, less isolation, less stigma, and with more respect, more dignity, and more enjoyment. DFS will present an overview of the multiple programs they conduct here in Saline to accomplish that objective. Learn about opportunities to participate in and support their work, along with some Dementia Friendly training.

Day	Date	Time	Price
Thu	May 15	11:30am-12:30pm	Free

**Common Scams That May Target You 102  
Presenter: Monica Ross-Williams**

This class equips you with actionable steps to prevent fraud and keep your data safe. You learn to how to report scam calls and register for the FCC's Do Not Call List, master the block and report features on your smartphone, and set up credit report fraud alerts for extra protection.

Day	Date	Time	Price
Mon	May 19	10-11:30am	Free

**Tech Town Hall**

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 guide you through app downloads, contact organization, and more. Although this event is open house style, please register in advance.

Day	Date	Time	Price
Thu	May 29, Jun 5	3-4pm	Free

**Smartphone 201  
Presenter: AsKevin**

AsKevin presents a 4-week hands-on course to help you get the most out of your smartphone. The topics covered in this course include maps, calendar, camera, phone editing and more!

Day	Date	Time	Price
Tue	Jun 3-24	10:30-11:30am	\$65

**Oral History Project**

We are in the process of beginning a new program with Saline Area Schools IT Analyst, John Williams. Your memories and insights provide an important perspective on history. At this time we will use video and audio and share your interviews with the community. If this sounds like something you'd like to contribute to, please leave your name at the front desk. A signed release form is also required.

**Video Conferencing:  
Using Microsoft Teams & Google Meet  
Presenter: Ben Cutler**



In these classes, you'll learn to use Microsoft Teams and Google Meet, including how to create accounts, join meetings, and set up video calls. Bring your device, and Ben will send a meeting invite before class via email. Register in advance to attend one or both sessions.

**Jun 4** - Microsoft Teams **Jun 11** - Google Meet

Day	Date	Time	Price
Wed	Jun 4, 11	2:30-4:30pm	Free

**Intro to Annuities, Life Insurance,  
Wills & Avoiding Probate  
Presenter: Monica Ross-Williams**



This interactive seminar is designed for individuals and families who want to proactively plan their financial future, minimize legal complications, and ensure a smooth transition of assets.

Day	Date	Time	Price
Mon	Jun 9	10-11:30am	Free

**Intro to Art Critiquing  
Presenter: Eva Benevento**



Art is everywhere. It is the expression of human imagination and skill. When you look at a piece of art, what do you see? This class introduces the concepts of art critiquing to foster the appreciation of visual art selections that appeal to you and even those that don't. We will examine pieces representing a variety of art movements that are in the Detroit Institute of Art collection for discussion.

Day	Date	Time	Price
Thu	June 12	10-11:30am	Free

**Middle Class Rebellion:  
The Progressive Era  
Presenter: Prof Bruce Zellers**



In this program, you'll learn about the middle-class rebellion during the Progressive Era (1890s-1920s), when reformers pushed for social, political, and economic changes to address issues like labor rights, women's suffrage, and political corruption. You'll explore how middle-class citizens played a key role in shaping the nation's future through activism and legislative reforms focused on improving working conditions, public health, and social justice.

Day	Date	Time	Price
Wed	Jun 18	10-11am	Free

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

# May 2025

Mon	Tue	Wed	Thu	Fri
			<p>1 Fit for Life begins 8:45-9:45am Balance Strong Beg begins 10-11:15am SAS-C Writers 10-11:30am Drama Club 11:30am-12:30pm Beg Meditation 1:30-3:30pm Watercolor Workshop: Floral Bookmarks 1:30-3:30pm</p>	<p>2 Breakfast Club ongoing 9:30-10:30am Movie: <i>A Complete Unknown</i> 10am-12:30pm Salt City Ukles ongoing 10:30-11:30am Bag &amp; Jewelry Member's Presale 1-3pm Bag &amp; Jewelry Public Sale Sat, May 3, 9am-12pm</p>
<p>5 Hand-sewn Flower 10am-12pm Drums Alive begins 10am-11am Brain Games, 10-11am Common Scams 101 10-11:30am Shared Inquiry, 11:30am-1pm Zumba Gold begins 11:15am-12:15pm Chair Zumba begins 12:30-1:30pm Ceramics, 1-3pm Chair Yoga begins 4:15-5:15pm Trivia Time, 5-6pm</p>	<p>6 Fit for Life begins 8:45-9:45am Balance Strong begins 10-11am Cookies &amp; CapTel 10-11am Adaptive Hatha Yoga begins 11:15am-12:45pm</p>	<p>7 Tulip Time Trip 8:30am-7pm Amer Mah Jong Lessons 10:30-11:30am Chair Zumba begins 11:45am-12:45pm Adaptive Hatha Yoga begins 1-2:30pm Foot Care Clinic 2-7pm Chair Yoga begins 4:15-5:15pm</p>	<p>8 Reflexology 9am-1pm Outdoor Walking ongoing 9am Ukrainian Pysanky Workshop 11:30am-1pm Watercolors begins 1:30-3:30pm</p>	<p>9 Book Club: <i>How to Age Disgracefully</i> 10-11:30am Chair Yoga begins 11:15am-12:15pm Canvas &amp; Pie 12-2pm Chair Pilates begins 12:30-1:30pm</p>
<p>12 How to Thrive while Aging Solo 10-11am Memoir Writing 10:30am-12pm Recorder Ensemble ongoing 12:30-2:30pm Medical Use of Cannabis 2-3pm Tech Lessons, Mon ongoing 2:30-4:45pm <i>Hamlet</i> &amp; Discussion 5:30-7:30pm</p>	<p>13 Sun/Dream Catcher 9:30-11:30am Travelogue: African Cruise 10-11:30am Travel Journal Workshop begins 11:30am-1pm Foot Care Clinic 12-4pm WCC Tai Chi for Health &amp; Wellness begins 1-2pm Tiny Acrylics 1-3pm</p>	<p>14 WCC Line Dance begins 9-10am Beginning Guitar 9-10am Golden Groovin' Band Ongoing, 10-11am Romeo Group: Oscar's 11:30am Classic Movie: <i>Mildred Pierce</i> 2:30-5pm Euchre Tourney 5-8pm</p>	<p>15 Hula Hooping ongoing 8:30-9am SAS-C Writers 10-11:30am Drama Club 11:30am-12:30pm Support Your Community: Dementia Friendly Saline 11:30am-12:30pm Ukrainian Pysanky Workshop 11:30am-1pm</p>	<p>16 WCC Strength &amp; Conditioning begins 10-11am Movie: <i>Wicked</i> 10am-12:30pm</p>
<p>19 SASC Board Mtg, 9am Common Scams 102 10-11:30am Silver Shutterbugs 10:15am-11:30am Memoir Writing 10:30am-12pm Ceramics, 1-3pm Investment Club 3:30-5pm <i>Hamlet</i> &amp; Discussion 5:30-7:30pm</p>	<p>20 Dementia Friends Group 11am-12pm Intergen Crafternoon with Liberty Club 1:30-2:30pm Good Grub Social Club: Drop Top Pizza 4:30pm</p>	<p>21 Summer Beaded Wreath 9:30-11:30am Blood Pressure Checks 11am-12pm Knitting/Crochet/Crafting ongoing 12:30-2:30pm Tech Lessons, Wed ongoing 2:30-4:45pm Woodcarving Club 5-6:30pm</p>	<p>22 Reflexology 9am-1pm Tai Chi Practice ongoing 11:30am-12:30pm Ping Pong ongoing 1:30-3:30pm</p>	<p>23 Movie: <i>Thelma</i> 10-11:45am Pickleball Clinic 5:30-6:30pm</p>
<p>26 <b>SASC is closed in observance of Memorial Day</b></p>	<p>27 Classical Music Appreciation: <i>La Boheme</i> begins 11am-12pm AI &amp; the Future 2:30-3:30pm</p>	<p>28 Care Management Appointments 9am &amp; 10am Beginning Guitar 9-10am</p>	<p>29 Acrylics begins 11:30am-1pm Tech Town Hall 3-4pm</p>	<p>30 Movie: <i>Quiz Lady</i> 10am-11:45am Balance Assessments 1-2p Last day to submit your name for the SASC Board Positions, see page 3</p>

# June 2025



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Brain Games 10-11am</p> <p>Shared Inquiry Group 11:30am-1pm</p> <p>Elementary Pen Pal Meet Up at Woodland Meadows 11:30am-12:20pm</p> <p>Ping Pong ongoing 2-4pm</p> <p>Intro to Astronomy 4-6pm</p>	<p>3</p> <p>Fit for Life begins 8:45-9:45am</p> <p>Balance Strong begins 10-11am</p> <p>Smartphone 102 begins 10:30-11:30am</p> <p>Tai Chi Continuing begins 2:30-3:30pm</p>	<p>4</p> <p>Behind the Badge 10-11am</p> <p>Tai Chi Beginning begins 10:30-11:30am</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Foot Care Clinic 2-7pm</p> <p>Video Conferencing: Microsoft Teams 2:30-4:30pm</p>	<p>5</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>Drama Club 11:30am-12:30pm</p> <p>Beg Meditation 1:30-3:30pm</p> <p>Watercolors begins 1:30-3:30pm</p> <p>Tech Town Hall 3-4pm</p>	<p>6</p> <p>Movie: <i>Mr. Monk's Last Case</i> 10-11:45am</p>
<p>9</p> <p>Intro to Annuities, Life Insurance, &amp; Wills 10-11:30am</p> <p>Memoir Writing 10:30am-12pm</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Chair Zumba begins 12:30-1:30pm</p> <p>Trivia Time 5-6pm</p>	<p>10</p> <p>Tiny Acrylics 1-3pm</p>	<p>11</p> <p>Beginning Guitar 9-10am</p> <p>Making Life Beautiful Day 10-11:30am</p> <p>Romeo Group: Bridgewater Bank Tavern 11:30am</p> <p>Video Conferencing: Google Meet 2:30-4:30pm</p>	<p>12</p> <p>Reflexology 9am-1pm</p> <p>Intro to Art Critiquing 10-11:30am</p> <p>Good Grub Social Club: Life is Sweet 11:30am</p>	<p>13</p> <p>Book Club: <i>The Berry Pickers</i> 10-11:30am</p> <p>Versiti Blood Drive 11:30am-4pm</p> <p>Canvas &amp; Cookies 12-2pm</p>
<p>16</p> <p>SASC Board Meeting 9am</p> <p>Memoir Writing 10:30am-12pm</p> <p>Silver Shutterbugs 10:15am-11:30am</p>	<p>17</p> <p>A Day in the D Trip 8:45am-4:45pm</p> <p>Adaptive Hatha Yoga begins 11:15am-12:45pm</p> <p>Dementia Friends Group 11am-12pm</p> <p>Intergen Crafternoon with Liberty Club 1:30-2:30pm</p>	<p>18</p> <p>Middle Class Rebellion: The Progressive Era 10-11am</p> <p>Blood Pressure Checks 11am-12pm</p> <p>General Membership Social 11:30am-1pm</p> <p>Adaptive Hatha Yoga begins 1-2:30pm</p> <p>Classic Movie: <i>A Stolen Life</i> 2:30-5pm</p>	<p>19</p> <p>Mosaics: Flower 9am-12pm</p> <p>SAS-C Writers 10-11:30am</p> <p>Drama Club 11:30am-12:30pm</p>	<p>20</p> <p>Movie: <i>Marshall</i> 10am-12pm</p> <p>Summer Bingo 12:30-3pm</p>
<p>23</p> <p>Common Scams 102 10-11:30am</p> <p>Preparing for Your Medicare Transition 10-11:30am</p> <p>Foot Care Clinic 12-4pm</p> <p>Multimedia Art: Watercolor Bouquet 1-3pm</p> <p>Investment Club 3:30-5pm</p>	<p>24</p> <p>Upcycled Multimedia Art: Dandelions 9:30am-12pm</p>	<p>25</p> <p>Care Management Appointments 9am &amp; 10am</p> <p>Beginning Guitar 9-10am</p> <p>Caring for the Skin You're In 11am-12pm</p>	<p>26</p> <p>Reflexology 9am-1pm</p> <p>Catch Up On Your Art! 11:30-am-1pm</p>	<p>27</p> <p>Movie: <i>Summer Camp</i> 10-11:45am</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.

## Creative 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	May 1, 15; Jun 5, 19	10-11:30am	Free

### Watercolor Workshop: Floral Bookmarks Instructor: Katherine Downie

Perfect for beginners! We'll tackle loose flowers in this class while creating bookmarks for you to use or gift to a friend!

Day	Date	Time	Price
Thu	May 1	1:30-3:30pm	\$15



### Hand-sewn Flower Workshop Facilitator: Marie Hamlin

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. We will use patriotic fabric this time. If you have patriotic fabric you would like to donate, we would appreciate it, even scraps are helpful!

Day	Date	Time	Price
Mon	May 5	10am-12pm	Free

### 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. Each project can be made to your own artistic interpretation. 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! Please attend both classes. Note that we are skipping May 12.

**May** - Coiled Vase/Pot **Jun** - Flower Dish

Day	Date	Time	Price
Mon	May 5 & 19	1-3pm	\$56
Mon	Jun 16 & 23	1-3pm	\$56



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

### 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	May 8 & 15	11:30am-1pm	\$25

### 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.  
**May** - Small European Paintings **Jun** - Sailboats

Day	Date	Time	Price
Thu	May 8-29	1:30-3:30pm	\$52
Thu	Jun 5-26	1:30-3:30pm	\$52



### 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 May we will enjoy pie and paint a piece of pie. Then in June, we'll paint lilacs and eat chocolate chip cookies. May's class is rescheduled from March. **May** - Pie **Jun** - Lilacs

Day	Date	Time	Price
Fri	May 9	12-2pm	\$25
Fri	Jun 13	12-2pm	\$25



**Sun/Dream Catcher Craft**   
**Instructor: Carol Torszell**

In this class you will design and assemble a sparkling piece of art using colorful beads. Your sun/dream catcher can hang in a window to catch the light and add a touch of charm to any space.

Day	Date	Time	Price
Tue	May 13	9:30-11:30am	\$20

**Travel Journal Workshop**   
**Instructor: Katherine Downie**

Travel journaling is a fun, unique and deeply personal form of creatively chronicling your trip, usually in a book or diary format. A travel diary can engage and give readers a deeper understanding of your mindset during a travel experience that looking at photos alone just 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. Then in the following classes, bring ten photos and any treasures you saved from your trip.

Day	Date	Time	Price
Tue	May 13-27	11:30am-1pm	\$35

**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	May 13	1-3pm	\$5
Tue	Jun 10	1-3pm	\$5

**Intergen Crafternoon with Liberty Club**

What a special volunteer opportunity! 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 register or contact Megan at [kenyonm@salineschools.org](mailto:kenyonm@salineschools.org).

Day	Date	Time	Price
Tue	May 20, Jun 17	1:30-2:30pm	Free

**Summer Beaded Wreath**  
**Instructor: Carol Torszell**



Customize your own floral and 10" wooden bead summer wreath during this workshop. Choose from assorted silks, florals, greens, accents, and ribbon.

Day	Date	Time	Price
Wed	May 21	9:30-11:30am	\$25

**Classical Music Appreciation: La Boheme**  
**Instructor: Andrew Kratzat**

Andrew aims to foster a deeper appreciation for classical music in his classes. Next, we'll explore La Bohème by Giacomo Puccini, an opera about young artists in Paris, focusing on the love story between Rodolfo, a poet, and Mimi, a seamstress, as they face love, loss, and poverty.

Day	Date	Time	Price
Tue	May 27-Jun 17	11am-12pm	Free

**Beginning Acrylics: Donuts**   
**Instructor: Katherine Downie**



A longer Acrylics class, which goes into more detail, has been a popular request! In this class you will learn how to mix colors and match them, how to select just the right composition, and how to put everything together to create your own painting. Materials and donuts are included.

Day	Date	Time	Price
Thu	May 29-Jun 19	11:30am-1pm	\$56

**Mosaics: Flower**   
**Instructor: Carol Torszell**



Create a beautiful 10" mosaic flower using tiles and grout. This class is perfect for beginners, Carol will lead you through choosing your colors, shapes, and design!

Day	Date	Time	Price
Thu	Jun 19	9am-12pm	\$40

**Upcycled Multimedia Art: Dandelions**  
**Instructor: Carol Torszell**



Using buttons, beads & jewelry, get creative and design a cluster of dandelions on a painted (your choice of color) 8x8" canvas. Feel free to bring in your own buttons, jewelry, or other items you want to incorporate into your art. This is a great time to make a meaningful piece with some of your special items.

Day	Date	Time	Price
Tue	Jun 24	9:30am-12pm	\$30

**Catch Up On Your Art!**   
**Instructor: Katherine Downie**

Do you have a project you're working on and need more time and guidance from Katherine? Register for this class and bring any materials you need.

Day	Date	Time	Price
Thu	Jun 26	11:30am-1pm	\$10

## Music Ensembles

### SASC Recorder Ensemble

This group focuses on ensemble playing with various genres that are of interest to members. The ensemble is SATB (soprano, alto, tenor, and bass recorders). If you are a beginner, advanced players can show you the basics so you can become comfortable with learning a new instrument. If you are looking to get back into music, please feel free to stop in and chat with the group leaders. Their next concert is Fri, Apr 25 at 10am.

Day	Date	Time	Price
Mon	Ongoing	12:30-2:30pm	\$1



Our Recorder Ensemble started in 2022 with just two members, founded by Felix Chow. It has since grown to 11 members and is led by Becky Glesner and Joan Starkey.

### 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.

Day	Date	Time	Price
Wed	May 14, 28; Jun 11, 25	9-10am	\$1

### Golden Groovin' Band

This jam band, lead by Dave Hubbard, is made up of several guitarist and a bassist, they are seeking a drummer or someone to help keep the beat. Stop into a rehearsal, you may just start singing along. They have performed at Open Mic Nights, at, SASC, and are working on new tunes.

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 together and is led by Linda Kerwin.

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

All ensembles are \$1 drop in each time to help with the cost of printing. Feel free to pay for a month at a time.

## Clubs/Social Opportunities

### SASC Drama Club

**NEW**

New time! For many older adults, drama offers you a chance to explore ideas and talents you may not have used in years. Theatre engages your brain through activities like interpreting scripts, which help with memory and cognitive function. Whether you're experienced or new to it, you'll find a welcoming space to express yourself and make friends. Memorizing lines isn't necessary in this group.

Day	Date	Time	Price
Thu	May 1, 15	11:30am-12:30pm	Free
Thu	Jun 5, 19	11:30am-12:30pm	Free

### Shared Inquiry Group Facilitator: Eva Benevento

**NEW**

In the ancient Greek paideia tradition, shared inquiry uses the Socratic seminar method, where participants actively engage in discussions, challenge ideas, and provide evidence for their thoughts on literary texts. The Great Books Foundation's program has had a significant impact for over 70 years. Each session follows the shared inquiry protocol, and you'll receive the literature text via email (or from the SASC office) to prepare for discussion. Feel free to read it ahead of time.

**May** - *Papa's Parrot*, by Cynthia Rylant  
**Jun** - *The Words of Lincoln (Gettysburg Address & Second Inaugural Address)*

Day	Date	Time	Price
Mon	May 5, Jun 2	11:30am-1pm	Free

### Romeo Group

**NEW**

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	May 14 - Oscar's Sports & Grill, 6877 S State, Saline, 48176	11:30am
Wed	Jun 11 - Bridgewater Bank Tavern, 5452 Boettner Rd, Saline, 48176	11:30am



The inaugural Romeo Group lunch had 14 gents attend.

## 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
Tue	May 20 - Drop Top Pizza, 107 W. Michigan Ave, Saline, 48176	11:30am
Thu	Jun 12 - Life is Sweet Bakery & Café, 42 E. Main Street, Milan, 48160	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	May 19, Jun 16	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	May 19, Jun 23	3:30-5pm	Free

## Dementia Friends Activity Group

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, music, and some light treats.

Day	Date	Time	Price
Tue	May 20, Jun 17	11am-12pm	Free

## Classic Movie Time Facilitator: Eva Benevento

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

**May - Mildred Pierce**      **Jun - A Stolen Life**

Day	Date	Time	Price
Wed	May 14, Jun 18	2:30-5pm	\$1/day

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

## Knitting, Crochet, & Craft Club

All crafts are welcome at this friendly group. 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 group.

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

## Breakfast Club



Come for a breakfast treat, coffee or tea, mingle with your old friends, and meet new people. Thank you to Busch's for providing treats every week!

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



## SASC Book Club

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

**May - How to Age Disgracefully**, by Clare Pooley  
**Jun - The Berry Pickers**, by Amanda Peters

Day	Date	Time	Price
Fri	May 9, Jun 13	10-11:30am	Free

## Matinee Movies

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

May 2 - *A Complete Unknown* (R)  
May 16 - *Wicked* (PG)  
May 23 - *Thelma* (PG-13)  
May 30 - *Quiz Lady* (R)  
Jun 6 - *Mr. Monk's Last Case: A Monk Movie* (PG)  
Jun 20 - *Marshall* (PG-13)  
Jun 27 - *Summer Camp* (PG-13)

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

## 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	May 5, Jun 2	10-11am	\$2

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

Day	Date	Time	Price
Mon	May 5, Jun 9	5-6pm	Free

### Dementia Friendly Games

This group plays different versions of games like dominoes and rummikub. Those with and without dementia are welcome to join!

Day	Date	Time	Price
Tue	Ongoing	11am-12:30pm	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).

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

## 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	11am-12:30pm
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

### 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.

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

### Summer Bingo

Let's celebrate the start of summer with friends, food, and fun prizes. Saline Police Chief Marlene Radzik will call bingo this time. Pizza from Cottage Inn and pop provided. There is no fee for cards.  
**Deadline:** Jun 19

Day	Date	Time	Price
Fri	Jun 20	12:30-3pm	\$5

### Thank you Alice!



Alice Jiang, one of our high school volunteers, graduates in June. Alice led the National Honor Society and Saline Youth Council in helping seniors with leaf cleanup and snow removal this year, along with Tech Town Halls at SASC. Alice was also involved with numerous organizations such as Science Olympiad, Business Professionals of America, and EMUiNVENT. This summer she will be traveling to New York and China before heading to UPenn M & T (Management & Technology) in the fall. Please congratulate and thank her for her service over the past two years when you see her at the next Tech Town Hall.

## 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 (MMA) Counselor, schedule a free, personal appointment to review any of the following:

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

**Please note, if at anytime you need an appointment sooner than Donna can schedule you please call AgeWays (formerly Area Agency on Aging) at 800.852.7795 or MMA 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

THANK YOU!

Thank you for your donations! We are appreciative of all items that offset our costs. If you would like to give to SASC, 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
- Gently used or new Bag & Jewelry Sale items
- Amazon gift cards

Please note that we are unable to accept opened or expired food/drink 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 to do like weeding, office filing, etc.

- Intergen Crafternoons with Liberty Club, May 20 & Jun 17



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



Save the date!  
**SASC Annual Picnic**  
Wednesday, July 16  
11:30am-1pm

## Bag & Jewelry Sale Fundraiser



SASC takes donations of gently used or new handbags, wallets, and jewelry throughout the year. Items sold benefit SASC Programming. Thank you for your support!

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

Public Sale  
Saturday, May 3  
9am-12pm



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



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



**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**



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

### 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**

## A-1 TREE, INC.

*Residential & Commercial*

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

**Office number: 734-426-8809 | Cell number: 734-320-5130**

**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



## 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.



ARBOR  
HOSPICE



SUPPORT

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.lpcommunities.com](http://www.lpcommunities.com)

15-0661



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

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

# Making Life Beautiful Day

Wednesday, June 11  
10-11:30am  
\$10/member

Celebrate National Making Life  
Beautiful Day at SASC.

See page 4 for event highlights  
and more information.

