



July/August 2024

SASC

Newsletter



**Stay Fit for Life at
SASC; a Social Center
for those 45+**

**Saline Area Senior Center • 7190 N. Maple • Saline, MI, 48176
734.429.9274 • salineseniors.org**

2024 SASC Memberships

If you are 45+, register for your 2024 Membership to access our FREE program offerings at SASC and member rates on programs. Non-members are allowed to participate in paid classes for an additional \$5 per class. Free classes are only included in memberships. Members will receive weekly email updates and electronic newsletters every other month. ***If you would like your Newsletter mailed, there is an fee of \$2 per newsletter.**

Membership can be completed in the office or online at www.salineseniors.org; click on the registration tab and follow the prompts. You will need to request an account first, if you do not already have one. Once a staff member 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 photo release information, which is optional.

Annual Membership, Jan-Dec 2024

- \$15 Saline Area School District Resident (50)
- \$10 All People Over Age 80
- \$25 Non-Saline Resident
- \$35 SIT Membership SAS District Resident
- \$45 SIT Membership Non-Resident (45-49)

SASC Fitness 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. To utilize the fitness room consistently, you must be a member of SASC and then purchase this separate fitness membership.

Memberships are available, by month or for the year. This is a rolling membership that begins the day you register and ends a month or year later on that date. In order to keep the space as clean and safe as possible, please be sure to wipe your equipment before and after your workout! If you would like to utilize an iPad in the fitness room, please check it out at the front desk and link to our Wi-Fi.

Fitness Membership Rates

Training Fee: \$10 Staff will do a training with you, possibly in a small group, to show you how to utilize the equipment properly.

12 Month Membership: \$96 annually (amounts to \$8 a month) Payments can be made monthly or upfront.

Month to Month Membership: \$12 per month (works out to \$3 per week)

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SASC Board Meetings

Board Meetings are typically the third Monday of the month at 9am. The upcoming meetings are Monday, Jul 15 and Aug 19. Members are always welcome to attend. If you would like to attend virtually, notify us and we will send you a link. The next General Membership Social will be in Oct 16, at 11:30am. Please come to the GM Picnic and Mayor's Conference (page 5) for social time with members this summer.

On the cover: Left to right: Kathy Lawless, Carolyn Beal, and Ruth Frayer pose at our 2023 Annual Picnic. A very happy birthday to Carolyn, who turns 100 on July 2!

SASC is a 501c3 Non-Profit Organization, supported by the CARES Recreation Millage in Saline. See page 20 for more information.



"Like" our page at www.facebook.com/salineseniors

SASC Holiday Closure

Thursday and Friday, July 4-5

Updates / Board

SASC Notes

Please call/visit the office to register for all programs, even if they're free. 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. You may utilize the online registration system, or sign up in person. We can't take payments via phone.

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 you 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.

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

SASC Bond Update

Per Saline Area Schools: The scope of this entire project is \$4.48 million dollars. This includes the renovated Senior Center spaces and the Cosmetology Center. There was some confusion regarding the visual that was initially put out to the public regarding this amount. It appeared to some people, the \$4.48 million was solely dedicated to the Senior Center spaces and did not include the Cosmetology Center. Superintendent Laatsch will be at these future meetings to talk more about the allocation of funds and the process: **General Membership Social - Wed, Jun 19, and the Mayor's Conference - Fri, Aug 16.**

SASC staff has reviewed the 2024 SASC survey results and met with the architects regarding SASC needs and spaces that will fit within the budget. Currently a concept is being developed. When it is complete, a few meetings will be set for members to view the concept and provide feedback. The project is projected to begin in summer or fall of 2025. Keep an eye on weekly SASC emails for future dates - exciting things are around the bend!

SASC Welcomes 2024-2026 Board Members in August

Board nominations took place from May 15-24. Since only one nomination was made for each position, an election is not necessary. As of August 2024, please welcome your new Vice President Ruth Frayer, Secretary Eva Benevento, Member-at-Large Sue Kelch. Thank you Ruth, Eva and Sue for volunteering your time and energy to SASC. Please see their brief bios below.



Vice President: Ruth Frayer is new to the Board. She is a very active SASC volunteer and member of various social/card groups, intergen programs, trips, and more. She is always willing to pitch in and spread the word about SASC.



Secretary: Eva Benevento is new to the Board. Nearly every day Eva is at SASC participating or volunteering for the bag & jewelry sale, brain games, or writing to name a few. She is a strong advocate for SASC.



Member at Large: Sue Kelch is serving her second term. She is a devoted SASC member/volunteer, who leads the shutterbug club and participates in many programs. Her experience and knowledge of Saline is a great asset.

THANK YOU again to outgoing, termed out Board Members Kathy Lawless and Cora Rogers.

SASC Laptops and iPads

Check out a laptop or iPad at the front desk for use while at SASC. All have Wi-Fi capabilities. Ask staff for assistance if needed. Note that with the Saline Library closed this summer, non-members are also able to use these items for the duration of their construction.

SASC Room Rentals Available

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

Trips / Special Events

Day Trips

All trips are in conjunction with Pittsfield Senior Center. Sign up at SASC and your pick-up/drop-off will take place at SASC. Pittsfield will also be a stop on our route for each trip. **All trips are on luxury charter busses.** Register early to increase the chances of the trips running. Min 25/Max 53.

Toledo Mud Hens Game



Catch a lasting memory when you join in on the fun of Senior Days with the 'World Famous' Mud Hens at Fifth Third Field! Price includes transportation, the game, and a hot dog lunch. First pitch at 12:05pm. *Nine more are needed to run this. **Deadline:** Jun 12

Day	Date	Time	Price
Wed	Jun 26	10am-4:30pm	\$64

Blake's Sunflower Festival



Join us for this new day trip as we head to Blake's Sunflower Festival! The festival provides much more than just flowers - live music, 150+ vendors, free classes and workshops (such as yoga, natural wellness, aromatherapy, farming, gardening, etc.), access to the sunflower fields, and more! Also included is a \$10 lunch voucher to any of the food stands within the festival. **Deadline:** Jul 31

Day	Date	Time	Price
Fri	Aug 9	8:15am-4:15pm	\$65

Detroit Tigers Game



Let's go out to the ballpark one last time this summer. The game begins at 1:10pm vs the Colorado Rockies. Lunch not included, but available for purchase via credit card in the stadium. **Deadline:** Aug 20

Day	Date	Time	Price
Thu	Sep 12	11:15am-6:30pm	\$79

ArtPrize



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

Deadline: Sep 5 (to reach the minimum)

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

Mystery Trip



Not much can be told about where we're going, but a big part of the fun is NOT knowing! Sit back and relax on our luxury charter bus and enjoy the scenery around you. **Lunch is included** but additional

drinks or snacks throughout the day will be at your own cost. Moderate walking is involved but you may sit portions out to relax if needed. **Deadline:** Sep 20 (to reach minimum)

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

Annual Picnic

Reserve your seat at our annual picnic, a great way to socialize and celebrate YOU - our members! A delicious lunch will be served (menu to be finalized soon) and entertainment will be the Huron Valley Harmonizers strolling barbershop quartet, sponsored by our friends at EHM Senior Solutions. Picnic at Mill Pond Park pavilion, 565 W. Bennett Street.

Please be sure to sign up in advance and if for some reason you can't attend, let us know. We need to be sure we have enough food for all in attendance. **Deadline:** Jul 5

Day	Date	Time	Price
Wed	Jul 17	11:30am-1pm	Free



New Programs

Mayor's Conference

Join Saline's Mayor Brian Marl for a special senior day. A continental breakfast will be provided by Brookdale Senior Living, followed by three 35 minute breakout sessions. We'll then have a panel discussion with local city leaders and lunch. There will be time to connect with your friends and community members too.

One of our breakout speakers is Saline's own Jim Cameron, speaking on Bixby Marionettes. Stay tuned for updates on the other speakers.

Day	Date	Time	Price
Fri	Aug 16	8:30am-1pm	Free



Hands-Only CPR

**Instructor: Karan Hervey,
Saline Area Schools District Nurse**

A hands-only CPR class provides essential training in performing life-saving chest compressions in the event of a sudden cardiac arrest. Our focus is solely teaching effective chest compressions without mouth-to-mouth breaths, making it more accessible and less daunting for laypeople. You will learn to recognize the signs of cardiac arrest and the importance of calling emergency services promptly. **This is a non-certification class.**

Day	Date	Time	Price
Wed	Jun 26	1-2:30pm	\$5

100 Grand Investment Game

**Facilitator: Mark Sockness,
SASC Board Treasurer**

Be an informed investor and build your savings! This learning series focuses on diverse investment strategies and fun! You will invest an imaginary \$100,000, competing for a \$25 fuel card. Topics cover various investments like Certificates of Deposit, annuities, and hedge funds, alongside risk analysis and financial planning essentials. Bring your questions and for a collaborative learning experience to boost financial knowledge and improve your savings.

Day	Date	Time	Price
Thu	Jul 11-Aug 1	10:30am-12pm	\$12

Spot the Fake! AI and You: Staying Safe Online

Presenter: Dr. Michael McVey

Ever wondered if that online picture is for real? Join Dr. Michael McVey, a local expert on technology, for a fun and informative session about AI-made images and how they can trick us. Learn how AI can create fake pictures that look real, why older adults might be more vulnerable to them, simple tricks to spot the phonies online, and tools and tips to stay safe in today's digital world. Don't miss the chance to protect yourself and your loved ones!

Day	Date	Time	Price
Mon	Jul 22	10-11:30am	Free

SASC Members, We Need Your...

Gardening Skills - We are starting a small garden project with Liberty Club using our raised garden beds. Jobs would be weeding, watering, and helping to harvest the items. Let Megan know if you'd like to volunteer.

Recipes and Memories - Whether it's your grandma's chicken dumplings or your dad's secret barbecue sauce, we invite you to contribute a treasured family recipe that holds a special place in your heart, along with a short anecdote or memory. We will compile these into an SASC recipe book this fall. **Submit for our first edition by Fri, Aug 2**

Talent - Our first Open Mic Night was a success! If you would like to perform at our next one in the fall, contact Megan.

Contact Megan at kennyom@salineschools.org or 734-429-9274 for all of the above. If you are submitting a recipe, please email with the subject line of Recipes and Memories. Thanks!

Stuff The Bus

SASC will again be a drop-off location for Stuff The Bus, presented by Summerfest, to support Saline Area Schools and Saline Area Social Services. **New items will be collected at SASC from July 15 to August 7.** New items needed include: color pencils, crayons, scissors, pencil pouches, index cards, pens, backpacks, pencils, band-aids, composition notebooks, highlighters, sharpies, dry erase markers, and post-it notes. Give what you can!

Fitness

Pilates on the Ball Instructor: Jo Ann McFry


NEW

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

Day	Date	Time	Price
Mon	Jul 8	10-11am	Free
Mon	Jul 15-Aug 12	10-11am	\$35



Zumba Gold Instructor: Laurel Larson

 Zumba is less intimidating than you might imagine - all you have to do is groove along to the beat! Zumba Gold is a special type of Zumba class where we take the traditional Zumba moves and dial down the intensity a bit. In this class, we'll introduce you to super 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. Dance it out with us and let's have a blast together!

Day	Date	Time	Price
Mon	Jul 1-29	11:15am-12:15pm	\$35
Mon	Aug 5-26	11:15am-12:15pm	\$28

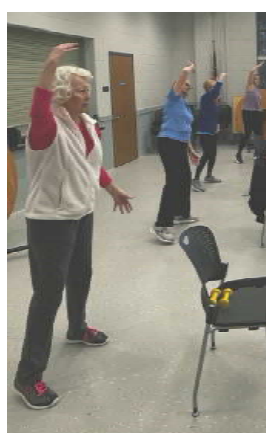
Don't see one of your favorite exercise classes listed? Never fear, Drums Alive with Jerry Powell and Outdoor Yoga Walking with Jo will return in September. In the meantime, give a different class a try. Check out our new Summer Special Class, Pilates on the Ball!

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

Join us for a fun workout session at SASC. 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. Remember to bring a water bottle.

Day	Date	Time	Price
Mon	Jul 1-29	4:15-5:15pm	\$35
Mon	Aug 5-26	4:15-5:15pm	\$28

Fit for Life Instructor: Laurel Larson



Kick start your morning with this energizing strength class! 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 cardiovascular endurance. We use a chair for additional support during standing exercises, and for stretching and relaxation

exercises. **Hybrid. No class Jul 18.**

Day	Date	Time	Price
Tue	Jul 2-30	8:45-9:45am	\$35
Tue	Aug 6-27	8:45-9:45am	\$28
Thu	Jul 11, 25	8:45-9:45am	\$14
Thu	Aug 1-29	8:45-9:45am	\$35

Balance Strong Instructor: Amy Leighton

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

Day	Date	Time	Price
Tue	Aug 6-27	10-11am	\$28

Fitness

Adaptive Hatha Yoga Instructor: Patty Hart

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

Day	Date	Time	Price
Tue	Jul 2-30	11:15am-12:45pm	\$45
Tue	Aug 6-20	11:15am-12:45pm	\$27
Wed	Jul 3-31	1-2:30pm	\$45
Wed	Aug 7-21	1-2:30pm	\$27

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 and no dance

experience is needed. This class is perfect if you are looking to increase their activity in an inviting, safe, and fun environment. **No class Jul 17.**

Day	Date	Time	Price
Wed	Jul 3-31	11:45am-12:45pm	\$28
Wed	Aug 7-28	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	Jun 19-Jul 24	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. Remember to bring your water bottle.

Day	Date	Time	Price
Wed	Jul 3-31	4:15-5:15pm	\$35
Wed	Aug 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 be honing in on core strength and addressing any imbalances you have to help you achieve this. Strength exercises and flexibility training will be incorporated to specifically target your core. We round off each session with a rejuvenating 15-minute stretch for ultimate relaxation. For the summer session we are including a barefoot component to the stretch portion of class. The benefits of barefoot fitness and balance will be worked on and included in the stretch portion the last 15 minutes of class.

Day	Date	Time	Price
Thu	Aug 1-29	10-11:15am	\$40

Tai Chi Practice

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

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

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

Pickleball / Walking

Pickleball

Location: Liberty School Gym
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.

The drop-in fee is \$3 for SASC members and \$5 for non-members.

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

Thank you to our dedicated volunteers that make this program possible each day: Paul Backlas, Tom Gunn, Bill Henderson, Jim McLean, Dennis Merrick, Cathy Paolini, Kathy Struk, and Linda Trese.

Day	Date	Time	Price
Mon, Wed, Fri	Ongoing	3:15-5:30pm	\$3, \$5

Pickleball is the fastest growing sport in the US for 3 years running! Come on, see if this social and fun sport is a good fit for you too.

Learn to Play Pickleball Clinics

Have you heard about the fun our SASC Pickleball group has been having 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 held at Liberty School.**

Day	Date	Time	Price
Fri	Jul 26	5:30-6:30pm	\$20

Ping-Pong

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

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

Pickleball Tutor Machine Rental at SASC



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	5:45-6:45pm & 6:45-7:45pm	\$30
Wed	Ongoing	5:45-6:45pm & 6:45-7:45pm	\$30

Senior Striders Outdoor Walking

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

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

Day	Date	Time	Price
Thu	Ongoing	9am	Free



This group is a great way to enjoy nature, get some exercise, and meet new people!

WCC Emeritus / Health & Wellness

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 one the maximum is reached. **Registration begins August 5.**

WCC Tai Chi Beginning Instructor: Darryl Mickens

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
Tue	TBD	1-2pm	Free

WCC Line Dancing Instructor: Dee Grantham

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

Day	Date	Time	Price
Wed	TBD	9-10am	Free

WCC Strength Conditioning Instructor: Michele Williams

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

Day	Date	Time	Price
Fri	TBD	10-11am	Free

Full Body Massage Sissel Bridges, Licensed Massage Therapist

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

Appointments available Thursdays, 11am-3pm.

Please note the price change (tip included):

30 min - \$30
45 min - \$45
60 min - \$60

Call Sissel at 734.383.4387 to book.

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. If you'd like to experience the wonders of reflexology, we offer appointments at very affordable rates of \$30 for a half hour session or \$50 for a full 50-minute session. Register at our front desk or call to make your appointment.

Day	Date	Time	Price
Thu	Jun 11 & 25	9-11am	\$30/\$50
Thu	Aug 8 & 22	9-11am	\$30/\$50

MOCA Memory Testing Administrator: Andrea Lewis

The Montreal Cognitive Assessment is a brief 30-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.

Health & Wellness

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	Jul 3, Aug 14	2-7pm	\$45
Wed	Jul 17, Aug 21	12-4pm	\$45

Monthly Blood Pressure Checks

Facilitator: Michelle Honeycutt, LPN



Michelle Honeycutt is the Wellness Director at the Gardens of Carleton and has been a licensed practical nurse for over 17 years. **July Blood Pressure checks will take place at our Annual Picnic.**

Day	Date	Time	Price
Tue	Jul 17, Aug 21	11:00am-12:00pm	Free

Care Management by Natalie Consultation Appointments

Facilitator: Sarah Camp

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

Day	Date	Time	Price
Wed	Jul 17	9-11am	Free
Wed	Aug 21	9-11am	Free

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

Probility Balance Assessments

Facilitator: Probility Physical Therapists



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

Day	Date	Time	Price
Fri	Aug 30	1-2pm	\$10

Meditation

Facilitator: Jewell Heart

Why meditate? Meditation builds focus and awareness, essential conditions for a clear and stable mind. Meditation helps us more honestly engage with ourselves and the world around us. These classes offer hands-on experience with the basic elements of meditation using the breath and techniques for coping with distracted or drowsy moments. Class is open to all - newcomers to meditation, long time meditators, and those looking for group meditation with others. **No class Jul 25.**

Day	Date	Time	Price
Thu	Jul 11-Aug 8	1:30-2:30pm	\$12



Your Eye Health

Presenter: Betty Chaffee, PharmD

Eyesight is precious. But dryness can make vision blurry and eyes irritated. Many people wonder if the supplements and vitamins for eye health effective? Join Betty Chaffee, PharmD to talk about nonprescription products intended to improve eye health. Arleen from Assisted Living Locator is our generous sponsor for this event.

Day	Date	Time	Price
Mon	Jul 15	2-3pm	Free



Health & Wellness

SASC Blood Drive

There is a critical blood shortage in the US; when blood donations are low, it can take weeks to build inventory back up. To donate at the Versiti Blood Drive, please go to https://donate.michigan.versiti.org/donor/schedules/drive_schedule/155766 to schedule an appointment or call SASC for assistance.

Day	Date	Time	Price
Fri	Jul 12	11:30am-4pm	Free



Chronic Pain Discussion Presenter: Dr. Louis Bojrab

Join Dr. Bojrab, a local interventional pain specialist, for an empowering session on managing chronic pain and reclaiming your life. With tailored strategies for diverse pain patterns, this session offers invaluable insights, practical techniques, and education on non-invasive interventions to enhance daily living. Don't miss the opportunity to break free from chronic pain and embrace living.

Day	Date	Time	Price
Mon	Jul 22	4:30-5:30pm	Free

Explore the Benefits of Care Management Presenter: Natalie Adewunmi

Join Natalie for a special session and learn how professional care management can support the aging process effectively and compassionately. Don't miss this opportunity to gain valuable insights into aging with support and dignity. Plan a secure, and independent future for yourself. See page 10 for appointment times with Care Management by Natalie.

Day	Date	Time	Price
Tue	Aug 13	10-11am	Free

Basics for Aging in Place ^{NEW} Lunch & Learn Presenter: Krista Davies, Senior Real Estate Specialist

Join Krista Davies, a Seniors Real Estate Specialist, to discuss aging in place and how to meet your retirement goals. We will cover a range of topics including preparing to downsize, technology to help keep you in your home, how to know if a retirement community is a good fit and creating a resource team around yourself. Each attendee will receive lunch and a free Senior Resource Guide.
Deadline: August 7

Day	Date	Time	Price
Wed	Aug 14	12pm	Free

VA Benefits & Medicare Working Together for Your Healthcare Presenter: Monica Williams, MBA

Veterans and spouses are welcome to attend and learn the details of coordinating Veterans Disability Benefits, Tricare for Life and Medicare programs. Please note, this event is for educational purposes only, no plan-specific benefit information will be shared or discussed.

Day	Date	Time	Price
Tue	Aug 27	10:30am-12pm	Free

Did You Know there are Many Ways You can Give Back to SASC?

If you have funds to give, you can donate to our 501c3 non-profit at any time and your name will go on our legacy wall in the SASC hallway. Some do this through annual disbursements or send a check. Some people even have their past employers match their donation. Donations can also be done in honor of someone living or that has passed away, as you can see on the plaques in our hall. See page 20 for more details.

If you have time to give, you could volunteer; notify us and we can provide you with various opportunities.

If you want to give supplies, we take new and some used items, see page 19 for our wish list.

July 2024

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Recorder Ensemble ongoing 1-2pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Brain, Breath, & Bend 4:15-5:15pm</p>	<p>2</p> <p>Fit for Life begins 8:45-9:45</p> <p>Adaptive Hatha Yoga begins 11:15am-12:45pm</p>	<p>3</p> <p>Golden Groovin' Band ongoing 10-11am</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Adaptive Hatha Yoga begins 1-2:30pm</p> <p>Foot Care Clinic 2-7pm</p> <p>Not Your Mama's Yoga 4:15-5:15pm</p>	<p>4</p> <p>SASC Closed</p> 	<p>5</p> <p>SASC Closed</p>
<p>8</p> <p>Free Pilates on the Ball Class 10-11am</p> <p>DIY Delights: Resin Coaster 10-11am</p> <p>Brain Games & Breakfast 10-11am</p> <p>Ceramics: Sgraffito begins 1-3pm</p>	<p>9</p> <p>Navigating the Basics of Gmail & Google Drive #101 10:30am-12pm</p>	<p>10</p> <p>Declaration of Independence 10-11am</p> <p>Amer. Mah Jongg Lessons begin 10:30-11:30am</p> <p>Classic Movie Time: <i>Gilda</i> 2:30-4:30pm</p> <p>Tech Lessons ongoing 2:30-4:45pm</p> <p>Woodcarvers ongoing 5:30-7pm</p>	<p>11</p> <p>Fit for Life begins 8:45-9:45</p> <p>Reflexology 9-11am</p> <p>Saline Singers 10-11am</p> <p>100 Grand Investment Game begins 10:30am-12pm</p> <p>Meditation begins 1:30-2:30pm</p>	<p>12</p> <p>Breakfast Club ongoing 9:30-10:30am</p> <p>Book Club: <i>Someone Else's Shoes</i> 10-11:15am</p> <p>Salt City Ukles ongoing 10:30-11:30am</p>
<p>15</p> <p>SASC Board Mtg, 9am</p> <p>Pilates on the Ball begins 10-11am</p> <p>Silver Shutterbugs 10:15-11:30am</p> <p>Eye Health 2-3pm</p> <p>Ping Pong ongoing 2-4pm</p> <p>Trivia 5-6pm</p>	<p>16</p> <p>Travelogue 1-3:30pm</p> <p>Intergen Crafternoon 1:30-2:30pm</p>	<p>17</p> <p>Care Management Appts 9-11am</p> <p>Riverboat Cruise & Horrocks 10am-6pm</p> <p>Blood Pressure Checks at SASC Picnic 11am-12pm</p> <p>SASC Annual Picnic 11:30am-1pm</p>	<p>18</p> <p>SAS-C Writers 10-11:30am</p> <p>Tai Chi Practice ongoing 11:30am-12:30pm</p> <p>Watercolor Workshop 1:30-3:30pm</p> <p>Ping Pong ongoing 1:30-3:30pm</p>	<p>19</p> <p>Tai Chi Beginning begins 10:30-11:30am</p> <p>Movie: <i>The Boys in the Boat</i> 10am-12pm</p> <p>Canvas & Cookies 12-2pm</p> <p>Tech Town Hall 5-7pm</p>
<p>22</p> <p>Spot the Fake! AI and You: Staying Safe Online 10-11:30am</p> <p>What if Fraud Happens to Me? 2-3pm</p> <p>Chronic Pain Discussion 4:30-5:30pm</p>	<p>23</p> <p>Tiny Acrylics Painting Circle 12:30-1:30pm</p>	<p>24</p> <p>Good Grub Club: Maiz Mexican Cantina 11:30am</p> <p>Knitting/Crochet ongoing 12:45-2pm</p>	<p>25</p> <p>Hula Hooping ongoing 8:30-9am</p> <p>Reflexology 9-11am</p> <p>Saline Singers 10-11am</p>	<p>26</p> <p>Movie: <i>The High Note</i> 10am-12pm</p> <p>Learn to Play Pickleball Clinic 5:30-6:30pm</p>
<p>29</p>	<p>30</p> <p>Navigating the Basics of Gmail & Google Drive #102 10:30am-12pm</p>	<p>31</p> <p>Cool Tech for Older Adults 3-4pm</p>		

August 2024

Mon	Tue	Wed	Thu	Fri
			<p>1 Fit for Life begins 8:45-9:45am</p> <p>SAS-C Writers 10-11:30am</p> <p>Watercolor Workshop 1:30-3:30pm</p>	<p>2 Movie: <i>Freud's Last Session</i> 10am-12pm</p>
<p>5 DIY Delights: Cyanotype Printmaking 10-11am</p> <p>Zumba Gold begins 11:15am-12:15pm</p> <p>Brain, Breath, & Bend 4:15-5:15pm</p>	<p>6 Fit for Life begins 8:45-9:45am</p> <p>Floral Design 9:30-11am</p> <p>Balance Strong begins 10-11am</p> <p>Adaptive Hatha Yoga begins 11:15am-12:45pm</p>	<p>7 The First Era of Bitter Partisanship 10-11am</p> <p>Chair Zumba begins 11:45am-12:45pm</p> <p>Adaptive Hatha Yoga begins 1-2:30pm</p> <p>Foot Care Clinic 2-7pm</p> <p>Not Your Mama's Yoga 4:15-5:15pm</p>	<p>8 Reflexology 9-11am</p> <p>Balance Strong Beginning begins 10-11:15am</p> <p>Saline Singers 10-11am</p>	<p>9 Trip: Blake's Sunflower Festival 8:15am-4:15pm</p> <p>Book Club: <i>Born a Crime</i> 10-11:15am</p>
<p>12 Brain Games & Breakfast 10-11am</p>	<p>13 Explore the Benefits of Care Management 10-11am</p> <p>Good Grub Club: Sam Hill 11:30am</p>	<p>14 Grandparent Scams 10-11am</p> <p>Basics for Aging in Place Lunch & Learn 12-1:30pm</p>	<p>15 SAS-C Writers 10-11:30am</p>	<p>16 Mayor's Senior Conference 8:30am-1pm</p>
<p>19 SASC Board Meeting 9am</p> <p>Silver Shutterbugs 10:15-11:30am</p> <p>Mosaics: Pumpkin 11am-1:30pm</p> <p>Tech Town Hall 5-7pm</p>	<p>20 Tiny Acrylics Painting Circle 12:30-1:30pm</p>	<p>21 Care Management Appointments 9-11am</p> <p>Blood Pressure Checks 11am-12pm</p> <p>Classic Movie Time: <i>The Stranger</i> 2:30-4:30pm</p>	<p>22 Reflexology 9-11am</p> <p>Saline Singers 10-11am</p> <p>Watercolors begins 1:30-3:30pm</p>	<p>23 Movie: <i>Unfrosted</i> 10-11:30am</p> <p>Canvas & Cookies 12-2pm</p> <p>Classical Music: Mozart's Requiem begins 12-12:45pm</p>
<p>26 Trivia 5-6pm</p>	<p>27 VA Benefits & Medicare Working for Your Healthcare 10:30am-12pm</p>	<p>28</p>	<p>29</p>	<p>30 Movie: <i>Waitress: The Musical</i> 10am-12:30pm</p> <p>Probability Balance Assessments 1-2pm</p>

Creative Opportunities

DIY Delights

Instructor: Alicia Hutz, Willo Works

Examples of these projects are at the SASC front desk. Feel free to bring small mementos and meaningful objects to add to your projects!

Jul - Flower Resin Coaster You will create a 4x8" resin coaster, which includes dried flowers. After you complete your coaster, you can reuse the mold time and time again to make fun gifts for yourself or a friend!
Deadline: Jul 2

Aug - Cyanotype Cyanotype printmaking is a camera-less photography technique that involves laying an object on paper coated with a solution of iron salts before exposing it to UV light and washing with water to create stunning white and blue images. You will create three bookmarks and three prints. There will be dried leaves, flowers, and ferns available to print with. **Deadline:** Jul 30

Day	Date	Time	Price
Mon	Jul 8	10-11am	\$40
Mon	Aug 5	10-11am	\$40

Ceramics: Sgraffito Instructor: Jenn Lupton

Sgraffito is a technique where potters put a layer of glaze on a piece of pottery, let it dry, then use a pottery carving tool to scratch at it to show the base layer of color. Jenn has many stencils for you to use! **Deadline:** Jul 2

Day	Date	Time	Price
Mon	Jul 8, 15	1-3pm	\$56

Intergen Crafternoon with Liberty Club

Work with Liberty Club members to create a craft. This is a great way to form a meaningful connection and have fun. Liberty Club is a community center-based program, within Saline Area Schools, to promote continuous learning and social interaction for adults with disabilities.

Day	Date	Time	Price
Tue	Jul 16	1:30-2:30pm	Free

All materials are included in classes, unless otherwise noted.

Watercolor Workshops Instructor: Katherine Downie

Jul - Trees & Clouds Workshop Trees and clouds are notoriously tricky to paint with watercolors, so we're going to break them down and learn together! Come learn many techniques for how to paint various types of trees using different brushes, and how to create clouds that are puffy and bright, dark & brooding, or high & fluffy.

Aug - Flowers Workshop We'll tackle flowers in this class, and learn lots of tips for how to paint a large variety of flowers.

Day	Date	Time	Price
Thu	Jul 18	1:30-3:30pm	\$13
Thu	Aug 1	1:30-3:30pm	\$13



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. Indulge in Linda's delicious chocolate chip cookies and let the artistic journey unfold in this welcoming and stress-free class. No experience required.

Jul - Lake Michigan Sunset
Aug - Peonies at the Arb

Day	Date	Time	Price
Fri	Jul 19	12-2pm	\$25
Fri	Aug 23	12-2pm	\$25



Creative Opportunities / Lifelong Learning

Tiny Acrylics Painting Circle Facilitator: Terrie Eroh, SASC Member



Rediscover your creative spark, get ready to 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. Whether you keep your painting, gift it, or start over, the choice is yours! Terrie, a retired preschool educator, has been spreading joy in Saline through her mini paintings, and now you can join in on the fun while meeting new people.

Day	Date	Time	Price
Tue	Jul 23	12:30-1:30pm	\$5
Tue	Aug 20	12:30-1:30pm	\$5

Floral Design: Mini Arrangements Instructor: Carol Torsell

In this class you will create two mini arrangements using petite spray roses, micro poms, and assorted filler flowers. Thank you to Huron Valley PACE for providing the flowers.
Deadline: Aug 1

Day	Date	Time	Price
Tue	Aug 6	9:30-11am	\$30



Mosaics: Pumpkin Instructor: Carol Torsell

Create a mosaic pumpkin just in time for fall. You will work with tiles, broken china, beads, and grout. **Deadline:** Aug 12

Day	Date	Time	Price
Mon	Aug 19	11am-1:30pm	\$30



Watercolors Instructor: Katherine Downie

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

Day	Date	Time	Price
Thu	Aug 22, 29	1:30-3:30pm	\$26

Classical Music: Mozart's Requiem Instructor: Andrew Kratzat

Andrew's objective in this course is to cultivate a greater sense of admiration for classical music. During this session, the focus will be on Mozart's Requiem.

Day	Date	Time	Price
Fri	Aug 23-Sep 6	12-12:45pm	Free

What if Fraud Happens to Me? Presenter: Christine Held, Bank of Ann Arbor

We will discuss steps and resources available to assist individuals if fraud were to happen to them. This includes tips, prevention, and detection information to hopefully help prevent fraud from happening in the first place.

Day	Date	Time	Price
Mon	Jul 22	2-3pm	Free

Grandparent Scams Presenter: Christine Held, Bank of Ann Arbor

We will talk about several of today's current scams and discuss in detail Grandparent scams. We will provide information that will help detect scams and more specifically Grandparent scams.

Day	Date	Time	Price
Wed	Aug 14	10-11am	Free



Lifelong Learning / Tech

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

Navigating the Basics of Gmail and Google Drive #101

Presenter: Monica Williams, MBA

Learn the best practices for organizing your inbox, the differences of To, CC, and BCC, controlling spam, the creation of email signatures, the pen behind attachments, creating templates, adding options for Gmail from Google Workspace and more.

Day	Date	Time	Price
Tue	Jul 9	10:30am-12pm	Free

Early US History Lecture Series

Presenter: Prof Bruce Zellers

Jul - The Declaration of Independence

Explore the historical context and enduring principles of this foundational document. Learn about its impact on shaping the nation's identity and guiding American ideals throughout history. Discover why the Declaration of Independence remains a cornerstone of American democracy.

Aug - The First Era of Bitter Partisanship

We will explore the intense political rivalry between the Federalist and Republican parties, learn about the ideological differences, key figures, and significant events that shaped this tumultuous period in American politics. Gain insight into how these early partisan conflicts laid the groundwork for the development of the modern two-party system and continue to influence political dynamics today.

Day	Date	Time	Price
Wed	Jul 10, Aug 7	10-11am	Free

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

Travelogue: The Soul of Southeast Asia

Presenter: George Jabol

Enjoy this program on Cambodia, Laos, Thailand, and Vietnam, where you'll learn about their cultures, languages, beliefs, foods, and people. George's trip greatly deepened his understanding of and respect for the wondrous people and places of Southeast Asia. Popcorn will be provided.

Day	Date	Time	Price
Tue	Jul 16	1-3:30pm	Free

Navigating the Basics of Gmail & Google Drive #102

Presenter: Monica Williams, MBA

Course #102 will focus on how to use Google Drive to create and collaborate on documents with Google Docs, Sheets and Slides, converting your Google Drive based creations into Word, Excel and Powerpoint, Google Drives sharing and privacy features, organization of your Google Drive and more.

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

Cool Tech for Older Adults

Presenter: James Giordani

Come learn about why technology is so important but tricky for older adults. Find out about some neat devices, apps, and websites which can help seniors stay connected, healthy, safe, age in place, or just have a little fun!

Day	Date	Time	Price
Wed	Jul 31	3-4pm	Free

Tech Town Hall

Presenter: SAS High School Students

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

Day	Date	Time	Price
Mon	Aug 19	5-7pm	Free

Clubs / Social Groups

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
Wed	Jul 24 - Maiz, 36 E. Cross Street, Ypsilanti, 48198	11:30am
Tue	Aug 13 - Sam Hill, 5827 Jackson Rd., Ann Arbor, MI 48103	11:30am

Classic Movie Time Facilitator: Eva Benevento

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

Jul - *Gilda*
Aug - *The Stranger*

Day	Date	Time	Price
Wed	Jul 10, Aug 21	2:30-4:30pm	\$1/day

SASC Book Club

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

Jul - *Someone Else's Shoes*, by Jojo Moyes
Aug - *Born a Crime*, by Trevor Noah

Day	Date	Time	Price
Fri	Jul 12, Aug 9	10-11:15am	Free

Matinee Movies

Watch a movie in our library. Pre-register or drop-in, payable in the office. No movies Jul 5, 12; Aug 9, 16.

Jul 19 - *The Boys in the Boat*
Jul 26 - *The High Note*
Aug 2 - *Freud's Last Session*
Aug 23 - *Unfrosted*
Aug 30 - *Waitress: The Musical*

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

Ongoing Social Groups/Clubs

Program	Day	Time	Price
Silver Shutterbugs	Mon 3/wk	10:15-11:30am	Free
Knitting/Crochet	Wed	12:45-2pm	Free
Woodcarvers	Wed	5:30-7pm	Free
Saline Singers	Thu 2, 4/ wk	10-11am	Free
SAS-C Writers	Thu 1, 3/ wk	10-11:30am	Free
Breakfast Club	Fri	9:30-10:30am	Free
Bookworm Club	Fri 2/ wk	10-11:15am	Free
Matinee Movies	Fri	10am-12:30pm	\$1

SASC Book Bingo



Pick up a bingo card at SASC for your summer reading challenge! We'll include the list of rules with the card. Please be sure to register for this program. At the end of the summer, sometime in September, we will have a book celebration with breakfast treats, coffee and tea, and enjoy one another's company while sharing our reads. This begins June 10, bingo cards are due Sep 13, via email or drop off your card. Please include your book and author on your bingo space.



Weekly Instrument Groups

In our welcoming instrumental groups, more experienced players can show you the basics while working on popular tunes, as well as socializing. Members are at different playing levels and can help you get started. You will need an instrument and music stand in each group. Inexpensive ones can be found online. Drop in cost is \$1. Days and times are below. Please reach out to Megan Kenyon, Program Coordinator with any questions, 734.429.9274 or kenyonm@salineschools.org.

Group	Date	Time	Price
Recorder Ensemble	Mon	1-2pm	\$1
Golden Groovin' Band	Wed	10-11am	\$1
Salt City Ukcs	Fri	10:30-11:30am	\$1

Cards / 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 Friday before so we have enough treats for everyone.

Day	Date	Time	Price
Mon	Jul 8	10-11am	\$2
Mon	Aug 12	10-11am	\$2

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 2024 card, please pay \$14 for your 2024 card to the instructors on the first day of class. Upon registration, please note if you need a card.

Day	Date	Time	Price
Wed	Jul 10-31	10:30-11:30am	\$5

Trivia Time Quizmaster: Mark Sockness

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

Day	Date	Time	Price
Mon	Jul 15, Aug 26	5-6pm	Free

Bingo

Each bingo card is \$.25; bring an extra quarter for the Last Number Called. Card selection begins at 12:30pm and game play begins at 1pm. 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

Ongoing Cards & Games

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

Game Room: Billiards & Darts

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

Volunteer Spotlight: Nancy Gage



In 2022, Nancy Gage reached out and asked if she could perform her flute on Fridays for people to enjoy. Nancy has competed in many music competitions and has been involved in numerous organizations in Saline including Track and Field, Saline Youth Council, and National Honor Society, for which she's received numerous community service awards. Nancy has just graduated from Saline High School and the Early College Alliance program with Eastern Michigan University, and will be attending Brown University in the fall. Congratulations Nancy and thank you for donating your time to SASC. Best of luck to you in your future endeavors!

SASC Info / MOW / Medicare

Medicare Appointments

Counselor: Donna DiFranco, MMAP

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.

Bag & Jewelry Sale Fundraiser

Thank you for coming out to our 7th Bag & Jewelry Sale! You helped us raise over \$2,500 with your donations. We will continue to take donations throughout the year, so if you are looking to purge, please consider bringing your new or gently used items to SASC. Mark your calendar for the next sale, Nov 15 for members and Nov 16 for the public.

Scholarships Are Available

Each year SASC raises funds from the bag & jewelry sale listed above and the 50/50 raffle. These funds are utilized for those in need, to allow them to participate in fee-based programs or trips that the membership does not cover. These funds are available for individuals who are at or under 180% of the National Poverty Guideline. Qualifying applicants must be 50+ and submit income information alongside the application, available at SASC or on our website.

Saline Meals on Wheels



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

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

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

Wish List / Seeking Donations

If you would like to donate, SASC is in need of:

- White and colorful copy paper, 8.5x11"
- Disposable paper coffee cups that can be recycled
- Paper towel and Kleenexes
- Gently used or new Bag & Jewelry Sale items
- Coffee, both decaf and regular

THANK YOU!

- Yarn from Theresa McDonnell
- Coffee & creamer from the Lamberts & Victoria Harold-Carter
- Candy from Lucy Crossey
- Paper from Lori Kwiecinski & anonymous
- Bag & Jewelry Sale volunteers Diane Evans, Ruth Frayer, Eva Benevento, Cindy Sobotta, Jennie Haigh, Beth Olzewski, Gigi Forner, Sue Knasiak, Marybeth Mann, and Miranda Olson
- Garden cleanup help from Anne Haven
- Pens from Mark Sockness
- Mugs from Nancy Crisp

Legacy / Registration / Transportation

Transportation Options

Feonix/Washtenaw Rides for Older Adults:

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

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

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

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

CARES Recreation Millage - SASC Funding



The CARES Millage provides funding for recreation programs and facilities that enhance the life of residents in Saline Area School District.

In Nov 2017, voters passed the CARES Recreation Millage Renewal of 0.5 mills for 10 years.

The specific programs funded through CARES and the percentage of the millage each receives are the Saline Area Senior Center (25%), General Recreation/Community Education (24%), Saline Community Pool at the High School (23.5%), Ellen Ewing Performing Arts Center (19.5%), and grant opportunities for local organizations (8%).

The SASC portion of CARES is about \$215,000 annually, which accounts for nearly 65% of SASC Funding annually. Other funding sources for SASC include membership revenue, program revenue, trip revenue, donations, grants, bank interest, rentals, misc. items, and the SASC Fund Balance.

Saline Area Senior Center Legacy Program

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

DONATION LEVELS:

Donor - \$200-\$1,000

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

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

Once you donate, your nameplate will be placed on the legacy wall in the SASC hallway. Donations are tracked and nameplates will be moved to the proper location on the legacy wall over time. You'll receive a tax deductible letter for your donation. We appreciate your consideration. Every dollar makes a difference!

Registration Notes

- Registration for all programs is on a first come, first serve basis.
- The registration deadline for each program is one week prior to the date the program begins, unless otherwise noted.
- Any program/trip that does not meet minimum enrollment may be cancelled.
- Non-members are welcome to participate in programs with a fee, for an additional \$5 charge for all programs.
- Free programs are only open to members, unless it is a special event or otherwise noted.

Cancellation Policies

- All cancellation requests must be made to an SASC Team Member.
- If cancellation occurs after the registration deadline, no refund will be issued.
- If a cancellation occurs before the deadline, a credit can be applied to your account for use towards another program in the current fiscal year (by June 30).
- Some programs, events, trips and theatre / baseball tickets, are non-refundable.
- Programs will not be prorated due to missed dates on the participant's behalf.
- An effort will be made to schedule a make-up date if a program is cancelled due to any causes beyond our control. If this is not possible, no partial refund will be provided.
- If SASC cancels an activity for any reason, a full refund will be issued.



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PROGRAM COORDINATOR: Megan Kenyon
kenyonm@salineschools.org
MEALS ON WHEELS/DESK: Kathy Adamson
adamsonk@salineschools.org

2024 SASC Membership Rates

\$15 Saline Area School District Resident 50+
\$25 Non-Saline Resident*
\$10 All People Over Age 80
\$35 SIT Membership SAS District Resident
\$45 SIT Membership Non-Resident (45-49)

*Annual memberships are for the calendar year, Jan-Dec. Fitness memberships are available monthly or for one year from the day you register.

Contact Information

Phone: 734-429-9274
Fax: 734-429-1079
www.salineseniors.org

Center Hours*

Mon, Wed	8am - 8pm
Tue, Thu, Fri	8am - 4pm

*SASC closed on Thu-Fri, July 4-5



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SASC MISSION STATEMENT

The mission of the Saline Area Senior Council, Inc. (SASC) is to enrich the lives of senior citizens through programs and activities that will be beneficial in promoting good health, education, referral services, community outreach and social programs.