



SASC

January / February
2020

Newsletter



Saline Area Senior Center • 7190 N. Maple • Saline, MI, 48176
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SASC Notes

Thank You

THANK YOU for your generosity this past season. Our 50/50 Raffle took in a new record of \$4,364, of which \$2,182 will stay here at SASC to be used for scholarships and TVP. Thank you as well for donating items for the Thanksgiving basket and Giving Tree, which benefits those in our community through Saline Social Services.

Give Back Today!

We are currently seeking a few specific positions: a tech volunteer to teach lessons, lawyer to review items when needed, a bus driver to drive our small bus on trips, and some Meals on Wheels Drivers (especially Thursdays) since our snow birds have left town. Please contact us in the office if interested. See p. 19 for other opportunities.

Credit Cards / Online Registration

With our new registration software, you are able to register for most programs ONLINE and pay by credit card online OR in the office! Memberships still need to be completed in person but after that you may register online once you set up an account. There is a small 3% fee on your registration to provide another option to make registration more convenient for you.

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2020 SASC MEMBERSHIP

Become a member of SASC in order to take part in the many FREE program offerings, clubs, cards, use of the billiards room, library, mobile laptops / iPads, and much more. You do not have to be a member for paid classes and trips, but there is an additional fee of \$5 per program for non-members.

Please bring your emergency contact information with you, name and phone number, as it will be entered in our database as a part of the registration process. A signed waiver of liability is required to be a member / participate, which will be completed electronically in the office this year. You will also review the photo release information electronically, waiver is optional for this aspect. Consider picking up your newsletter if you visit SASC often or have it emailed to you. Your newsletter will also arrive to you much quicker if you choose email as your delivery method. We mail newsletters via bulk mail, which can take up to 30 days to get to you, often times it is much more timely though.

Annual Membership, Jan-Dec 2020

\$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)

*Postage for Mailing Newsletters is \$8 per year for non-district residents. No charge if you wish to have the newsletter emailed or pick it up in the office.

GIFT CERTIFICATES ON SALE NOW

The perfect gift for that hard to shop for person - gift certificates are now available for purchase in the SASC Office! Pick up one for your chosen amount to give to your partner or friend for any occasion. You can even put it on your list for others to purchase for you. Separate gift certificates are also available for massage, reflexology, and acupuncture. Gift certificates must be used by June 30, 2020.

SASC HOLIDAY CLOSURES

Tue and Wed, Dec 24-25 - Christmas
Tue and Wed, Dec 31-Jan 1 - New Year's
Mon, Jan 20 - MLK Jr. Day
Mon, Feb 17 - Presidents' Day

New Programs

Please call or visit the office to register for all programs, even if they are offered free.

MOW SUBSTITUTE DRIVERS NEEDED

It's that time of the year when many Meals on Wheels volunteers head south for the Winter, creating a need for additional volunteers once in awhile. Please consider becoming a substitute driver for this rewarding and important program. A long-time driver will train you. For questions or to sign-up for this volunteer opportunity, please see Kathy Adamson in the office.

100 GRAND INVESTMENT GAME

Instructor: Luke Noble



Join Edward Jones Financial Advisor, Luke Noble, in this fun, educational, and interactive game where you will learn about the complex world of investing in a very simple way. On the first day of class you will receive \$100,000 of play money. You will construct and invest your "play money" in your own portfolio, learn how to find investments, and monitor your progress. By the end of the 4-week session you will have a better understanding of the stock market, how to mitigate taxes, prepare for the unexpected, and prudent estate planning; therefore, being a more informed investor.

Day	Date	Time	Price
Tue	Jan 7-Jan 28	10-11:30am	\$20

UKULELE MEET & GREET

Instructor: Mary Bigler



Come meet Mary Bigler, your new instructor for ukulele! Mary has been a music teacher, K-12 teacher, and university professor for many years. She is an active member of several ukulele clubs and enjoys sharing her enthusiasm for ukulele with others. You'll leave feeling inspired and excited to learn.

Day	Date	Time	Price
Wed	Jan 8	10-11am	Free



INTRODUCTION TO MINDFUL MEDITATION

Instructor: Barbaranne Branca

Mindful Meditation has been shown, through a multitude of research studies, to have abundant benefits. By training attention to focus on experiences in the present moment, Mindful Meditation develops compassionate awareness of self and of other. It facilitates adaptive psychological functioning with an increased sense of well-being and a decrease in psychological symptoms such as depression, rumination, and anxiety. Research evidence attests to numerous health benefits including: increased immune functioning, decreased blood pressure, reduced chronic pain, stress reduction, improved heart disease and gastrointestinal function, as well as improved sleep.

We will be sitting on chairs during meditation. Please bring what you need to feel comfortable, i.e., lumbar pillow, extra sweater.

Join Barbaranne for a meet and greet on Jan 8 before this 6 week class begins on Jan 15.

Day	Date	Time	Price
Wed	Jan 8	2-3pm	Free
Wed	Jan 15-Feb 19	2-3pm	\$30

BRAIN FIT 2

Galaxy Brain & Therapy is currently developing Brain Fit 2. Look for more information in the next newsletter!

GROUP UKULELE

Instructor: Mary Bigler

This enjoyable class is designed for the beginning ukulele player. No musical background is needed to learn this simple instrument. Learn strum patterns and chords and be playing songs at your first lesson. Bring your own ukulele and tuner. Come and enjoy the fun!

Day	Date	Time	Price
Wed	Jan 15- Feb 19	10-11am	\$72

New Programs

Please call or visit the office to register for all programs, even if they are offered free.

DOWNLOAD WITH THE LIBRARY Cathy Harmon, Saline District Library

Learn how to download music, magazines, books, TV shows, and more, and all for FREE with your local library! You'll be amazed at all there is to explore. Bring your SDL card, password, and your electronic device. Cathy will give you hands on instruction to the apps.

Day	Date	Time	Price
Fri	Jan 17	9-9:45am	Free

TAI CHI YANG STYLE THIRD LOOP Instructor: Diane Evens

This class requires a knowledge of general Tai Chi principles and basic proficiency in the 1st and 2nd loop of the Yang Family 108. Only the third loop will be taught. You will also work on connecting the loops to perform the complete 108 movements.

Day	Date	Time	Price
Fri	Jan 17-Mar 20	1-2pm	\$50

CHINESE NEW YEAR & CALLIGRAPHY Presented by Felix Chow

The year of the Rat begins on Jan 25 this year. Join SASC member, Felix Chow, for another fun and interactive program on the Chinese New Year and Chinese Calligraphy. This was a fascinating program last year - don't miss it this year.

Day	Date	Time	Price
Thu	Jan 16	12-1pm	Free

DEPRESSION & ANXIETY SUPPORT GROUP Facilitator: Arlene DeLand, LMSW, ACSW, and DCSW

We all deal with varying degrees of depression and anxiety in our lives. Meet Arlene, who with your input, will plan a support group to create a safe space to share and help each other out.

Day	Date	Time	Price
Tue	Jan 14	10-11am	Free

CELL PHONE SECURITY

Presenter: Saline Middle School Students

Do you get calls from a number you don't recognize? Do you ever wonder what those people are asking? Believe it or not, they are trying to hack your information. Those are called spam calls. Noah Brown, Spencer Marsh, and Caden Turner, students at Saline Middle School, will teach you about those calls and how to avoid them.

Day	Date	Time	Price
Mon	Jan 27	12-12:45pm	Free

STOP THE BLEED

Presenter: St. Joseph Mercy Staff

The goal of Stop the Bleed is to educate, engage and empower bystanders to help in a bleeding emergency before professional medical help arrives. Stop the Bleed is a national call-to-action grassroots movement with a hands-on curriculum that provides essential life-saving skills. All individuals, no matter their first aid or medical experience, benefit from this education.

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

VALENTINE COOKIE DECORATING Instructor: Dawn Curtis



Instructor and SASC member, Dawn Curtis, is excited to teach you cookie decorating tips and techniques to help you make delicious and show stopping cookies for Valentine's Day this year. She will use both buttercream and royal icing, but her royal icing

does not harden like most. Dawn will have 6 cookies for each student to decorate and take home. You will then be able to use all you have learned to make more cookies at home with or for your loved ones. Dawn will bring all the supplies you will need, just bring a box to help transport your cookies home.

Day	Date	Time	Price
Tue	Jan 28	2-3pm	\$40

Special Events

BAG AND JEWELRY SALE

SASC is taking donations for the Spring Bag and Jewelry Sale on March 14, 2020. Our Fall sale was a success, raising over \$2500. Mark your calendar for March 14! Free admission.

BLOOD DRIVE Provider: Michigan Blood

Help save a life by donating blood! There is no upper age limit to donate blood. Please contact the office to make an appointment.

Day	Date	Time	Price
Fri	Dec 20	10am-3pm	Free

GENERAL MEMBERSHIP MEETING



Lunch will be served after the Board provides an update on current SASC business. The deadline is Jan 10 to register. There is a \$2 late fee if space remains after the deadline. *Note the Chili Cook-off will take place Feb 19 in lieu of the GM Meeting again this year.

Day	Date	Time	Price
Wed	Jan 15	11:30am-1pm	\$5/\$7

HIGH FIVE CLUB GAME NIGHT

Students from Saline High School's new High Five Club, lead by sophomore Grace Munn, invite you to a board game night at SASC. The night will include classic board and card games like Monopoly, Clue, and Uno. The Club will bring snacks but you are welcome to bring some to share as well! We'll have coffee, tea, and hot cocoa for a cozy night.

Day	Date	Time	Price
Mon	Jan 27	6-8pm	Free

50/50 RAFFLE RESULTS

Our 3rd annual 50/50 Raffle set a new record for SASC! A total of \$4,364 was brought in; half went to winner Tindy MacBain and the other \$2,182 will be used at SASC to support scholarships and TVP. Runner-up winners include Paul Fischer, Holly Gano, Randy Johnson, and Rosemary Brodie, randomly all SASC members. Congratulations and THANK YOU for your support.

3RD ANNUAL CHILI COOK-OFF Sponsored by Linden Square



In lieu of our general membership, we will hold our 3rd annual chili cook-off. Taste chili from area organizations and restaurants and vote for your favorite! You will be issued tickets this time. You can spread them out amongst the contestants however you would like. Last year Smokehouse 52 won the bragging rights; let's see who wins this year. \$5 entry at the door. If you would like to enter the competition, please see the front desk by Feb 12.

Day	Date	Time	Price
Wed	Feb 19	11:30am-1:30pm	\$5



David Rittenger is pinned by Heartland's Kassie Brancheau. We had a wonderful Veteran's Day celebration and Rosie the Riveter program!

WHITE ELEPHANT BINGO



Instead of money, you'll win someone else's gift! Bring a wrapped item and we'll go through a White Elephant Bingo. We will go over the house rules at 12:45pm, play begins at 1pm. Halfway through there will be a short break for snacks- please bring a snack too pass!

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

Fitness

DRUMS ALIVE Instructor: Jerry Powell

Connect to your inner rhythm by combining drumming, music, and movement. Express yourself, release stress, sing, and enjoy a sense of community. All equipment for this class, which can be done seated or standing, is provided. No class Feb 17.

Day	Date	Time	Price
Mon	Feb 3-Mar 16	9:45-10:45am	\$30

MATWORK PILATES Instructor: Amy Leighton



Matwork Pilates uses techniques of Pilates and yoga for a well rounded workout. This class is low-impact and will challenge you from the ground up. Posture and stabilization are tested with stretching, low-impact movements and by focusing on your breathing for a more efficient you! Walk away feeling more toned, lengthened, and strong. Class is performed barefoot, standing, sitting and laying on a mat. Please bring your own yoga mat to class. Note that each session price varies by number of days in the session, cost is \$7 per day. No class Jan 17, 20 and Feb 17, 21.

Day	Date	Time	Price
Mon	Jan 6-Feb 24	6:30-7:30pm	\$42
Fri	Jan 10-Feb 28	9-10am	\$42

SENIORS ON STRENGTH Instructor: Shane Foster

Register for one or both days - the more consistently you exercise, the better! **Classes are non-transferable.** This is a total-body workout appropriate for any fitness level. You will increase your flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. This class is full of low-impact, high quality exercises.

Day	Date	Time	Price
Tue	Jan 7-Feb 11	8:45-9:45am	\$30
Tue	Feb 18-Mar 24	8:45-9:45am	\$30
Thu	Jan 9-Feb 13	12:20-1:20pm	\$30
Thu	Feb 20-Mar 26	12:20-1:20pm	\$30

ADAPTIVE HATHA YOGA Instructor: Patty Hart

Find your Zen through the benefits of Yoga. Poses are practiced standing, with the aid of a chair, and on the floor. The modified poses accommodate the needs of most students. Bring a yoga mat, a blanket or towel, and two yoga blocks. No class Jan 21 or Feb 18.

Day	Date	Time	Price
Tue	Jan 14-Feb 25	11:45am-1:15pm	\$35
Tue	Mar 3-Mar 31	11:45am-1:15pm	\$35

CHAIR YOGA Instructor: JoAnn Yates McFry



Chair yoga is a gentle form of Yoga practiced sitting in a chair or standing using a chair for support. This workout is suitable for all fitness levels. Meditation, breath work, and relaxation are explored in class. Bring two yoga blocks for use in class. JoAnn will be taking over for Kip, whose schedule will no longer accommodate this class. Come try a free class to meet and get to know JoAnn's style.

Day	Date	Time	Price
Wed	Jan 8	4-5pm	Free
Wed	Jan 15-Feb 19	4-5pm	\$30
Wed	Feb 26-Apr 1	4-5pm	\$30

SALINE AREA CLOGGERS Instructors: Donna Gray and Joyce Van Ryn



Clogging is a modern dance using double-plated jingle taps and is choreographed to upbeat music. It has been labeled the true North American folk dance. Join in on this fun and low-

impact dance class where you're sure to get in a good workout. This group is very welcoming and will help you jump right in to give it a try.

Day	Date	Time	Price
Wed - Beg	Jan 8-Feb 26	6-6:30pm	\$40
Wed - Cont	Jan 8-Feb 26	6:30-8pm	\$80

**Zumba Gold will be back mid 2020
with Jerry Powell as the instructor!**

Fitness

TAI CHI PRACTICE Facilitator: Laurel Errer

This time is allocated for those seeking additional Tai Chi practice. You must be enrolled in a current Tai Chi class at SASC in order to participate.

Day	Date	Time	Price
Wed	Ongoing	10:30-11:30am	Free

TAI CHI CONTINUING Instructor: Diane Evans

General knowledge of Tai Chi principles and a proficiency of the "first loop" of Yang Family 108 Long Form are required. Included are brief mediation and Tao te Ching verses.

Day	Date	Time	Price
Thu	Jan 16-Mar 19	9:30-10:30am	\$50



BALANCE STRONG Instructor: Amy Leighton

Want to feel strong and confident on your feet? By focusing on core strength and recognizing your imbalances you can! This class will focus on improving balance with strength exercises and flexibility that are core focused. Multiple levels are available for every exercise. Movements occur seated and / or standing with a chair nearby. No class Jan 16 and Feb 20.

Day	Date	Time	Price
Thu	Jan 9-Feb 27	11:10am-12:10pm	\$30

TAI CHI YANG STYLE THIRD LOOP Instructor: Diane Evans

This class requires a knowledge of general Tai Chi principles and basic proficiency in the 1st and 2nd loop of the Yang Family 108. Only the third loop will be taught. You will also work on connecting the loops to perform the complete 108 movements.

Day	Date	Time	Price
Fri	Jan 17-Mar 20	1-2pm	\$50

HULA HOOPING

A hip shaking good time! Join this group for an early morning hula hooping workout SASC has a few hoops to lend out as well - give it a whirl. The group is welcoming to all.

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

NUSTEP

Instructors: Nancy Cowan / Andrea Lewis

The NuStep is a great machine for low-impact exercise targeting your whole body, any time of the year. This easy to use, entry level recumbent cross trainer empowers you to improve your fitness, no matter the starting point. We have two NuStep machines in our hallway, available for use during SASC business hours.

*Prerequisite for using the machine is a one-time fee for an orientation with staff. We'll cover all the basics and get you comfortable to exercise at your own pace. Register at the front desk to begin new, healthy habits today.

Day	Date	Time	Price
Tue	Ongoing	2:30pm	\$10*
Thu	Ongoing	9:30am	\$10*

PERSONAL TRAINING Certified Trainer: Shane Foster

Looking for some one-on-one training and a chance to answer your specific fitness questions? Shane is a certified personal trainer, specializing in senior fitness. There is also an option of sharing a "double" training session with a friend. Shane is available Monday through Friday by appointment.

Day	Date	Time	Price
Mon-Fri	Ongoing	By Appt.	\$45 single \$70 double

SASC Member Input Sessions to provide input on what you'd like to see in the library and fitness room moving forward (see Helen McCalla Trust explanation on pg. 14), will take place on the dates below. Please RSVP to the office.

**Tuesday, January 14, 10:30am
Thursday, January 16, 1:30pm**

WCC Emeritus Program

WCC CLASSES

SASC is one of fourteen host sites for classes made available to seniors through the Washtenaw Community College (WCC) Emeritus Program. SASC hosts four exercise classes: Line Dance, Strength Conditioning, Tai Chi and Yoga. 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.** If a class has openings remaining a week prior to the start date, then those already enrolled may register for an additional class. This is done to offer as many people as possible the opportunity to participate.

Class size is limited to 30 participants. A lottery was held on December 13 for classes where more than 30 people have registered. The lottery process has been implemented to assist in making it equitable for new members, those newly 65, or those just learning about WCC classes, as space is limited and classes are in high demand.

Additional yoga and fitness class options are available on page 6-7 for very reasonable prices. WCC information is posted on the SASC bulletin board. Participants receive a reminder call a week before classes begin.

TAI CHI REMINDER

In Fall 2018, WCC Tai Chi began alternating between Tai Chi Beginning and Tai Chi Continuing. This allows seniors of all levels the opportunity to participate. Upcoming schedule:

Spring/Summer 2020 - Tai Chi Continuing
Fall 2020 - Tai Chi Beginning



YOGA

Instructor: Patty Hart



Hatha Yoga poses are practiced standing, seated and on the floor. Everyone has potential to increase their flexibility. Bring a yoga mat, block and towel. *See page 6 for an Adaptive Hatha Yoga class, also taught by Patty Hart. No class Jan 20 and Feb 17.

Day	Date	Time	Price
Mon	Jan 13-Mar 30	11am-12:30pm	Free

TAI CHI BEGINNING

Instructor: Diane Evans

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 in this ten-week class.

Day	Date	Time	Price
Tue	Jan 14-Mar 17	10-11:30am	Free

LINE DANCE

Instructor: Dee Grantham

Start your day out dancing! Join this lively class with a mixture of choreographed moves and familiar music.

Day	Date	Time	Price
Wed	Jan 15-Mar 18	8:20-9:20am	Free

STRENGTH CONDITIONING

Instructor: Michele Williams

This class is designed to provide safe, low-impact movement that will improve your strength and cardio fitness. Work at your own pace.

Day	Date	Time	Price
Fri	Jan 17-Mar 20	10:20-11:20am	Free



Sports

ONGOING SPORTS AND FITNESS

Program	Day	Time	Price
Pickleball	Mon, Wed & Fri	9-11am	\$3/\$5
Ping Pong	Mon	2-4pm	Free
	Thu	1:30-3:30pm	
Drums Alive	Mon	9:45-10:45am	\$30
Matwork Pilates	Mon	6:30-7:30pm	\$35
	Fri	9-10am	
Tai Chi Interim	Tue	10:30-11:30am	\$25
Hatha Yoga	Tue	11:45am-1:15pm	\$28
Seniors on Strength	Tue	8:45-9:45am	\$30
	Thu	12:20-1:20pm	
Tai Chi Practice	Wed	10:30-11:30am	Free
Chair Yoga	Wed	4-5pm	\$30
Clogging	Wed	6-8pm	\$40/80
Balance Strong	Thu	11:10am-12:10pm	\$30

PICKLEBALL LIBERTY SCHOOL

Volunteer Coordinator: Paul Backlas

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

Full sessions are available at a discount - \$2 per day. The drop-in fee is \$3 for SASC members and \$5 for non-members. Six Pickleball courts are available. Save on a full session - register today!

Thank you to our wonderful volunteers who make this program possible: Dean Avery, Paul Backlas, Jim McLean, Dennis Merrick, and Earl Roehm. No Pickleball Jan 20 and Feb 17.

Day	Date	Time	Price
Drop-In	Jan 6-Feb 28	9-11am	\$3M/\$5NM
Mon-Full Ses.	Jan 6-Feb 24	9-11am	\$12 M
Wed-Full Ses.	Jan 8-Feb 26	9-11am	\$16 M
Fri-Full Ses.	Jan 10-Feb 28	9-11am	\$16 M

PING-PONG

Ping-pong - 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

BOUNCE VOLLEYBALL -LIBERTY SCHOOL Volunteer Coordinator: Paul Backlas

The game has the same rules as volleyball, but with the luxury of a bounce in between hits. Bring your friends and serve away. No Volleyball Jan 20 and Feb 17.

Day	Date	Time	Price
Mon	Jan 6-Feb 24	12:30-2:30pm	Free

WALKING-LIBERTY SCHOOL

Come in from the cold and the rain / snow for some exercise at Liberty. Join other seniors to walk in the gym. Fifteen laps around the yellow line constitutes a mile. A drinking fountain and restrooms are available.

Day	Date	Time	Price
Tue & Thu	Jan 7-Feb 27	9-10am	Free
Fri	Jan 10-Feb 28	11am-12pm	Free

Wii BOWLING

Get out of the cold and join us every Monday afternoon during the winter months. Single or team play will depend on the number of players we have each week. All are welcome to come and have fun! No play Jan 20, 27 or Feb 17.

Day	Date	Time	Price
Mon	Jan 6-Feb 24	1-2pm	Free



Wellness

FULL BODY MASSAGE Sissel Bridges, Licensed Massage Therapist

Massage away your aches and worries! Sissel has 20 years of experience and specializes in senior massage and lymphatic drainage massage.

Appointments are available:

Mondays 1:30-5:30pm
Wednesdays 12:30-5:30pm

Price:

30 min - \$24 / 45 min - \$36 / 60 min - \$48

BLOOD PRESSURE CHECKS Rachel Coohon, CNA

Know your vital sign - check your blood pressure, courtesy of EHM Senior Solutions. Remember to bring your BP record card!

Day	Date	Time	Price
Wed	Jan 15, Feb 19	10:30-11:30am	Free

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.

Day	Date	Time	Price
Mon-Fri	Ongoing	By appointment	\$10

REFLEXOLOGY Loraine Webster, Certified Reflexologist

Reflexology is an alternative medicine involving application of pressure to the feet. Some benefits of reflexology include its ability to stimulate nerve function, increase energy, boost circulation, and induce a deep state of relaxation. Cost per appointment is \$25. Register at the front desk or via phone.

Day	Date	Time	Price
Thu	Jan 2, 16, 30	9am-12pm	\$25
Thu	Feb 13, 27	9am-12pm	\$25

DEPRESSION & ANXIETY SUPPORT GROUP Facilitator: Arlene DeLand, LMSW, ASCW, and DCSW

NEW

We all deal with varying degrees of depression and anxiety throughout our lives. Join us and meet Arlene, who with your input, will plan a support group to create a safe space to share and help each other out as a community. Arlene is a licensed social worker who runs support groups focusing on not only depression and anxiety, but grief and dependency issues.

Day	Date	Time	Price
Tue	Jan 14	10-11am	Free

HEALTH PRESENTATIONS Presenter: Karen Frank, RN, Kaizen Home Care

Join Karen in January and learn low-impact and seated exercises, then in February learn about heart health. Karen brings snacks for you to enjoy as well!

Day	Date	Time	Price
Wed	Jan 15, Feb 19	10:15-11:15am	Free

ACUPUNCTURE Dr. Simon Xue

Enjoy the benefits of acupuncture with Dr. Xue, a trained and certified Doctor of Chinese medicine. Call SASC to book your appointment today. All appointments are an hour and are scheduled on the half hour.

Day	Date	Time	Price
Wed	Jan 15	4-8pm	\$64
Wed	Feb 12, 19	4-8pm	\$64

BRAIN GAMES Facilitator: Andrea Lewis

Join Andrea the 3rd Tuesday of the month for brain games that will stimulate your mind and keep your brain active. Invest the time and effort to keep your brain sharp. Many laughs are had at each session.

Day	Date	Time	Price
Tue	Jan 21	2-3pm	\$2
Tue	Feb 18	2-3pm	\$2

Creative Opportunities / Intergenerational

LEARN HOW TO READ MUSIC

Instructor: Andrew Kratzat



Have you always wanted to learn how to read music? There is a correlation between learning music and your memory! This group class is for the beginning music student. After being in a car accident several years ago, Andrew is teaching again. He was a professional bass player and to this day continues to compose in his free time. Join Andrew on Jan 17 for a free meet and greet, then begin class on Jan 24. No class Feb 14.

Day	Date	Time	Price
Fri	Jan 17	11:45am-12:30pm	Free
Fri	Jan 24-Mar 6	11:45am-12:30pm	\$10

UKULELE CLASS

Instructor: Mary Bigler



This enjoyable class is designed for the beginning ukulele player. No musical background is needed to learn this simple instrument. Learn strum patterns and chords a - you'll be playing songs at your first lesson! Bring your own ukulele and tuner.

Day	Date	Time	Price
Wed	Jan 15- Feb 19	10-11am	\$72

WATERCOLORS

Instructor: Katherine Downie

You'll be surprised at how easy Katherine makes watercolors. Each session will focus on one or two projects. See the front desk for a shopping list.

Day	Date	Time	Price
Thu	Jan 9-30	1:30-3:30pm	\$44
Thu	Feb 6-27	1:30-3:30pm	\$44

FUN WITH MR. PERRY'S 3RD GRADE

There are many studies out there showing the benefits of intergenerational programming. Come reap those benefits and join in on the fun with Mr. Perry's class. Generally an activity consists of a craft, singing, conversation and companionship, and sharing of their writing or reading.

Day	Date	Time	Price
Fri	Jan 10, Feb 21	2-3pm	Free

CANVAS, COFFEE, & COOKIES

Instructor: Katherine Downie

A NEW DAY AND TIME has been added. The painting for each month will be the same, you just have two chances to attend class. Complete a painting step by step. You will learn a bit about the process while painting, with tips on composition, color use, and the elements and principles of art as you go through each step. Materials and cookies provided. See front desk for the project example.

Day	Date	Time	Price
Mon	Jan 13	1-3:30pm	\$25
Mon	Feb 10	1-3:30pm	\$25
Thu	Jan 23	9-11:30am	\$25
Thu	Feb 20	9-11:30am	\$25

BEGINNING & CONTINUING CALLIGRAPHY

Instructor: Debra Groth

This class is rescheduled from November. Beginners and continuing students are welcome. Calligraphy adds creative flair to stationary, art projects, and much more. You will explore this ancient art by learning the basic alphabet and tools needed through practice to make the letters form. Continuing students will learn to use new tools and will learn the new alphabet, Uncial. See the front desk for a shopping list.

Day	Date	Time	Price
Tue	Jan 21	1-3pm	\$25


ART EXHIBITION

Please welcome the Kaleidoscope Artists Collective for the January and February exhibition in our hallway. If you would like to display your art at SASC for two month intervals, please pick up an application in the office or online. Art of all mediums including photography, poetry/mixed media, watercolors, ceramics, etc., are welcome. You may submit as many as you'd like. Members, children, groups, professional artists, etc. are all welcome!

January 2020

Mon	Tue	Wed	Thu	Fri
		1	2	3
			Hula Hooping ongoing 8:30-9am Reflexology 9am-12pm Indoor Walking ongoing 9-10am	Movie: <i>What They Had</i> 10am-12:30pm Bread ongoing 9:30am Pickleball ongoing 9-11am Indoor Walking ongoing 11am-12pm Bingo ongoing 12:30-3pm
6	7	8	9	10
Pickleball ongoing 9-11am TED Talk 10:30-11:30am Wii Bowling begins 1-2pm Bounce Volleyball ongoing 12:30-2:30pm Matwork Pilates begins 6:30-7:30pm	Craft Group ongoing 8-11am Seniors on Strength begins 8:45-9:45am 100 Grand Investment Game begins 10-11:30am Rumikub begins ongoing, 1-3pm New Year Tea Trip 10:30am-2:30pm	Ukulele Meet & Greet 10-11am Knitting at Noon Ongoing 11:45am-12:45pm Mindful Meditation Meet & Greet 2-3pm Chair Yoga begins 4-5pm Clogging begins 6-8pm	Balance Strong 11:10am-12:10pm Seniors on Strength 12:20-1:20pm Watercolors begins 1:30-3:30pm	Pilates begins 9-10am Bookworm Club 10-11:15am Fun with Mr. Perry's 3rd Grade 2-3pm
13	14	15	16	17
Board Meeting 9-10am WCC Yoga begins 11am-12:30pm Canvas, Coffee, & Cookies 1-3:30pm Massage Therapy ongoing 1:30-6pm Ping Pong ongoing 2-4pm	Indoor Walking ongoing 9-10am Depression & Anxiety Support Group 10-11am Library / Fitness Input Session 10:30am WCC Tai Chi Beginning begins 10-11:30am Hatha Yoga 11:45am-1:15pm	WCC Line Dancing begins 8:20-9:20am Group Ukulele begins, 10-11am Low-Impact & Seated Exercises 10:15-11:15am General Membership Meeting 11:30am-1pm Mindful Meditation begins, 2-3pm Acupuncture Appts 4-8pm	Reflexology 9am-12pm Tai Chi Continuing begins 9:30-10:30am Chinese New Year & Calligraphy 12-1pm Library / Fitness Input Session 1:30pm	Download with the Library 9-9:45am Movie: <i>Rocketman</i> 10am-12:30pm WCC Strength & Conditioning begins 10:20-11:20am Tai Chi Yang Style Loop 3 begins 1-2pm
20	21	22	23	24
SASC CLOSED MLK Jr. Day  Winter Wonderland with Saline District Library begins	Beginning & Continuing Calligraphy 1-3pm Brain Games 2-3pm	Pickleball ongoing 9-11am Conversation Club ongoing 10-11:30am Tai Chi Practice ongoing 10:30-11:30am Woodcarving ongoing 6-8pm	Canvas, Coffee, & Cookies 9-11:30am	Movie: <i>The Laundromat</i> 10am-12:30pm
27	28	29	30	31
Cell Phone Security 12-12:45pm The British Invasion: The Prequel 2-4pm High Five Club Game Night 6-8pm	Valentine's Cookie Decorating 2-3pm	Conversation Club w/ Lisa Rentschler of Nu2U Again 10-11:30am	Reflexology 9am-12pm	Movie: <i>Aladdin</i> 10am-12:30pm

February 2020

Mon	Tue	Wed	Thu	Fri
3 Drums Alive begins 9:45-10:45am TED Talk 10:30-11:30am	4	5 Computer Q & A 9-10am	6 Watercolors begins 1:30-3:30pm	7 Movie: <i>The Art of Racing in the Rain</i> 10am-12:30pm
10 Board Meeting 9-10am Canvas, Coffee, & Cookies 1-1:30pm	11 Stop the Bleed 10-11am White Elephant Bingo 12:45-3pm	12 Acupuncture Appts. 4-8pm	13 Reflexology 9am-12pm "Til Death Do Us Part" Trip 10am-2:30pm	14 Bookworm Club 10-11:30am
17 SASC CLOSED PRESIDENT'S DAY 	18 Seniors on Strength 8:45-9:45am Brain Games 2-3pm	19 Heart Health 10:15-11:15am Chili Cook-off 11:30am-1:30pm Acupuncture Appts. 4-8pm	20 Canvas, Coffee, & Cookies 9-11:30am Seniors on Strength 12:20-1:20pm	21 Movie: <i>Phantom Thread</i> 10am-12:30pm Fun with Mr. Perry's 3rd Grade 2-3pm
24	25	26 Chair Yoga begins 4-5pm	27 Reflexology 9am-12pm	28 Movie: <i>Moonlight</i> 10am-12:30pm

NEW FOR 2020:



Pickleball Players at the 2019 Chili Cook-off. Stop in to eat and vote on Feb 19. Details on p. 5.

- Be sure to check out our new Depression & Anxiety Support Group, lead by social worker, Arlene Deland. This group is in its foundational stages.
- Group Ukulele is back on Wednesdays at 10am with instructor Mary Bigler.
- New class, Mindful Meditation, is being offered Wednesdays at 2pm with Barbaranne Branca.
- Learn how to read music with Andrew Kratzat Fridays at 11:30am.
- Diane Evans is teaching Tai Chi Yang Style Loop 3 on Fridays at 1pm.

AARP Taxes / Helen McCalla Grant

FREE TAX RETURN PREPARATION Facilitator: Tim Dwyer

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

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

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

Call SASC beginning January 13 to make an appointment. Appointments taken on Monday, February 17, will take place at the Saline District Library as the SASC Office is closed for Presidents' Day.

Day	Date	Time	Price
Mon	Feb 3-Apr 6	1-6pm	Free

You will need to bring:

- A copy of last year's 2018 Federal & State Tax returns (**VERY IMPORTANT**)
- Driver's License or other Government-issued Photo ID
- Social security cards and birthdates for yourself, spouse, and dependents
- For Direct Deposit of a refund, we **MUST** see a personal check
- For Property Tax Credit, 2019 Property Tax receipts Summer and Winter
- If you received a 1095-A, regarding health insurance, bring it

Other items needed, if applicable:

- W-2 forms from each employer;
- SSA-1099 form if you were paid Social Security benefits;
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets;
- 1099-MISC showing any miscellaneous income;
- 1099-R form if you received pension, IRA, or annuity distributions;
- 1099-G form if you received unemployment compensation;
- W-2 G if you received gambling winnings
- Dependent-care provider information (name, address, Tax ID or SS#, amount paid);
- DHS annual statement showing DHS assistance
- If potential Heating Credit, bring Dec, Jan, or Feb DTE bill
- If receive Supplemental Security Income (SSI), bring letter from Social Security Administration
- If renting, proof of rent paid (and landlord's name & address)

HELEN MCCALLA TRUST RECIPIENT

SASC is excited to be a 2019 Helen McCalla Trust Recipient in the amount of \$16,6995! SASC applied for the grant to do the following: permanently split the billiards room in half, moving from 4 to 2 billiards tables, and develop a fitness room at SASC. Once the billiards room is split (the players are aware of this change and are providing input), the library will move to the other half of the room. Then the current library space will become our new fitness room. This will still allow ample room for billiards to take place, massages, and library activities to continue; all while creating a permanent space for the NuSteps, along with a few other cardio fitness machines and free weights. In turn, a separate, affordable, fitness membership for SASC members will be developed. We are not aiming to be the Rec Center, as we already have a great one, but to provide an opportunity for a growing fitness need/population at SASC. See page 7 regarding input opportunities moving, or contact Nancy Cowan in the office.

Travel



TRAVEL GROUP / VOLUNTEER TRIP COORDINATOR

Jump on the bus with your friends or make new ones, leave the hassle to us! Also, if you would like to be on the travel committee or a volunteer trip planner / coordinator, please contact Nancy at cowann@salineschools.org or 734.429.9274.

LIGHTS BEFORE CHRISTMAS - SASC, TOLEDO, OH

With over one million lights, the award-winning Big Tree and 200+ illuminated animal images across the Zoo, the 2019 edition of the electrical spectacle is sure to be both merry AND bright! We'll travel to Toledo before dark to take in the zoo a bit and the lights coming on. After, we will grab a bit of food on our own before departing for Michigan, at either the Spaghetti Factory or Chick-fil-A - vote when you sign up for which you'd prefer. This is a beautiful sight but be sure to dress for the weather. Minimum 10 / Maximum 13. **Deadline:** Until full.

Day	Date	Time	Price
Thu	Dec 19	3:30-9pm	\$34

NEW YEAR TEA - SASC, ADRIAN, MI

Start the New Year off with a lovely high tea at the Governor Crowell Tea Room in historic downtown Adrian. The tea will begin at 11:30am. The price includes sandwiches, savories, scone with homemade lemon curd, whipped Devonshire cream, strawberry preserves, two mini tarts, and your own personal pot of tea. Gratuity and transportation is also included. Decorations will still be up from the holidays as well. This is a charming space and special experience. We hope you will join us to start your year off right with good treats and conversation. Minimum 10 / Maximum 13. **Deadline:** Until full.

Day	Date	Time	Price
Tue	Jan 7	10:30am-2:30pm	\$41

"TIL DEATH DO US PART" - SASC, NORTHVILLE, MI

This trip was a hit last year, lunch and the show! Join us for "Til Death Do Us Part", a new interactive comedy / murder mystery. Includes full family style lunch, including dessert. Show takes place after lunch. Time to shop a bit before lunch. Min 10 / Max 14. **Deadline:** Feb 3.

Day	Date	Time	Price
Thu	Feb 13	10am-2:30pm	\$59

DISNEY'S THE LION KING - SASC, TOLEDO, OH

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. More than 90 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling of this **Broadway spectacular** - one of the most breathtaking and beloved productions ever to grace the stage. The show starts at 6:30pm at the Stranahan Theater, lasting approximately 2 hours and 40 minutes. We will go to dinner before the show, cost on our own. Minimum 10 / Maximum 14. **Deadline:** Feb 19.

Day	Date	Time	Price
Sun	Mar 29	4-11pm	\$82



Lifelong Learning / Census Info

Do you have a life story you would like to share? We are looking for individuals who would be interested in working with different groups at SASC including the Conversation Club and Intergenerational opportunities.

TED TALK DISCUSSION **Facilitator: Charles Jeffries**

TED Talk discussions are back! Come for a view of the following TED Talks and engage in a discussion on its influence for us and our society. Jan- The surprising science of happiness. Feb- Measuring what makes life worthwhile.

Day	Date	Time	Price
Mon	Jan 6, Feb 3	10:30-11:30am	Free

THE BRITISH INVASION: THE PREQUEL **Presenter: Patty Hart**

NEW



What were the musical influences that spawned this invasion of musicians from across the pond? Join Patty Hart (our loveable Yoga instructor) as she explores the roots of the music and

artists we fondly refer to as The British Invasion! Includes refreshments, memories and smiles.

Day	Date	Time	Price
Mon	Jan 27	2-4pm	\$10

CELL PHONE SECURITY **Presenter: Saline Middle School Students**

NEW

Do you get calls from a number you don't recognize? Do you ever wonder what those people are asking? Believe it or not, they are trying to hack your information. These are referred to as spam calls. Noah Brown, Spencer Marsh, and Caden Turner, students at Saline Middle School, will teach you about these types of calls and how to avoid them.

Day	Date	Time	Price
Mon	Jan 27	12-12:45pm	Free

COMPUTER Q & A **Volunteer: Andrew Dixon**

Andrew is available to help you with your computer needs. Please call to sign up so we have you on the list.

Day	Date	Time	Price
Wed	Feb 5	9-10am	Free

SASC LIBRARY

The SASC Library is in the center and available for you to use nearly anytime we are open. Sometimes it is closed for a specific group or a class may use it periodically but otherwise, you may read in there, relax, use an iPad, or play a quiet game. Books have been donated and are available on the shelves. You may take one or more to read and return them when you are done or pass them on to another person. No check out process is necessary.

2020 CENSUS INFORMATION

The U.S. Census Bureau count determines the share of billions in federal funding that Michigan receives for roads, schools and programs for older adults and those living with disabilities, as well as the number of congressional reps. Michigan loses approximately \$1,800 in state and federal funds per person each year for the next ten years for each person not counted correctly. Let's fix that!

Each home will receive a request to respond to a short questionnaire-online, by phone, or by mail in mid-March. This mailing will include a unique Census ID code for your residence. Census workers will only come to your door if you do not initially respond. They will wear an official badge with their photograph, a U.S. Dept. of Commerce watermark, and an expiration date. Census workers will **never** ask for a SS Number or banking information.

Snowbirds - If you spend 6+ months each year in MI, use the unique Census ID code sent to your MI address or wait to respond until you get home to MI. If you answer the Census by phone, use your MI address when responding. You can use your MI address and Census ID Code for your MI address even if you are at your out-of-state residence when you receive your invitation. **Look for a workshop and more information in the next newsletter.**

Clubs / Social Groups

KNITTING AT NOON Facilitator: Jennie Haigh

This group is for you if you prefer a later time to craft. Bring your own project and materials and gather new ideas. Please note that Jennie will not be available in February, but the group will still meet.

Day	Date	Time	Price
Wed	Jan 8, 15, 22	11:45am-12:45pm	Free
Wed	Feb 5, 19	11:45am-12:45pm	Free

SAS-C WRITERS Facilitator: Judy Slater

SAS-C Writers welcomes newcomers interested in practicing writing exercises both in class and at home as well as supporting each other's own writing interests. Writing of all genres is practiced by the members. The group is working on their first journal publication with the help of Saline High School writing students. Note: This is the group featured on the front cover of this newsletter!

Day	Date	Time	Price
Thu	Jan 2, 16, 30; Feb 13, 27	10-11:30am	Free

CONVERSATION CLUB Facilitator: Gary Boik

Expand your mind in the company of your peers. Join your peers for weekly drop-in conversations on current events, science, and more. If you would like to join as a Conversation Kickstarter, please contact Megan Kenyon. On Jan 29, meet Lisa Rentschler, owner of Nu2u Again. She'll be here to talk about their program and what they do for the special needs community in Saline.

Day	Date	Time	Price
Wed	Ongoing	9:30-11am	Free

WOODCARVERS CLUB Facilitator: Nancy Popp

Tap your creative potential with a new hobby, Woodcarving. This group has a wealth of experience and multiple ideas to share. You can see some of their work in the hallway display case at SASC.

Day	Date	Time	Price
Wed	Ongoing	6-7:30pm	Free

BREAD PROGRAM

"Day old" products from Panera are given away weekly. Numbers are available for the order of Panera hand out each Friday at 8am. Thanks to our volunteers who make this program happen!

Day	Date	Time	Price
Fri	Ongoing	9:30am	Free

BOOKWORM CLUB Facilitators: Gwen Adler

First read and then discuss with this insightful and fun group. Join the readers the second Friday of the month. This discussion is held in the library, which will be closed to other activity during club meetings.

Jan - *The Book Thief*, Markus Zusak
Feb - TBA, please see front desk.

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

CRAFT GROUP

Every Tuesday, our longstanding craft group meets to work on projects of personal interest. You are welcome to join - bring your own project and socialize with friends.

Day	Date	Time	Price
Tue	Ongoing	8am-12pm	Free

MATINEE MOVIES



You can sign up in advance or drop in for only \$1. See bulletin board for movie descriptions.

Jan 3 - *What They Had* (2018)
Jan 17 - *Rocketman* (2019)
Jan 24 - *The Laundromat* (2019)
Jan 31 - *Aladdin* (2019)
Feb 7 - *The Art of Racing in the Rain* (2019)
Feb 21 - *Phantom Thread* (2017)
Feb 28 - *Moonlight* (2016)

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

Cards, Games, Community Events

ONGOING GROUP GAMES

Program	Day/Week	Time
Pinochle	Mon, Wed	12:30-3pm
Adv. Euchre	Mon	6-8:45pm
Euchre	Tue	12:30-3pm
Bridge- Drop In	Tue	12:30-2:30pm
Rumikub	Tue	1-3pm
Mah Jongg	Wed	1:30-4:30pm
Euchre	Wed/1 wk.	6-8:30pm
Pepper	Wed/4 wk.	6-8pm
Scrabble	Thu	1-3:45pm
Pass Pinochle	Thu	12:30-3pm
Bridge	Thu	12:30-3:30pm
Samba	Fri	12:30-3:30pm
Bingo	Fri	1-3pm

BILLIARDS

Members are welcome to play billiards Monday 8am-12:30pm and 6-9pm, Wednesday 8am-12pm and 6-9pm. Tuesday, Thursday and Friday the room is available 8am-4pm.

INSTRUCTOR SPOTLIGHT: Jo Ann Yates McFry



A new face for some of you is Jo Ann Yates McFry. Jo taught here at SASC around ten years ago before moving. She and her husband, Ron recently moved back to Saline and is excited to teach at SASC again!

Jo has been a yogi since she was 15 and earned her certification in 2001. She loves what she does and considers it a joy to guide her students from pose to pose. Jo Ann currently teaches at the Saline Library as well.

Join Jo on January 8 in the New Year for her meet and greet and Chair Yoga class. She'll have her ten year old therapy dog, a Golden Retriever named Bo, at class with her. Welcome back Jo Ann!

BINGO

Calling all Bingo Players! Card selection begins at 12:30pm, the games begin at 1pm. Players provide a snack to share at "half time". If you would like to volunteer by calling bingo, please see Megan, Program Coordinator. A current bingo caller will take you through the steps! See page 5 for our upcoming White Elephant Bingo event.

Day	Date	Time	Price
Fri	Ongoing	1-3pm	\$.25 per card

GAME / CARDS UPDATE

A group leader is needed for drop-in Bridge on Tuesdays. If you are interested, please see the front desk. Drop-in bridge also meets on the 1st and 3rd Thursdays, simply stop in.

New in January is Rumikub- a game combining the elements of rummy and mah jongg. Only 2 to 4 players are needed for a game. Rumikub is scheduled for Tuesdays, 1-3pm.

FABFEB 2020 BUTTONS



Purchase a FABFEB \$5 button at local retailers. Wear the pin to retail shops, restaurants and participating businesses in Saline to unlock specials, discounts, and other surprises all February long! Visit salinemainstreet.org for more info.

WINTER WONDERLAND WITH SDL Cathy Harmon, Saline District Library

New this year with the Saline District Library: Winter Wonderland Reading Program. Beat the winter blues by exploring new books and trying out new programs at the library and SASC while competing for prizes. At the end of the program, we'll celebrate with a coffee and cocoa bar, snacks, crafts, and a chance to win fabulous prizes. Anyone is welcome to sign up- even if you live outside of Saline! Reading Passports can be picked up at SDL or SASC. The program runs Jan 20-Mar 23. Cathy will be at SASC on Jan 17 before her Download with the Library program to go over details.

Day	Date	Time	Price
Fri	Jan 17	9-9:45am	Free
Ongoing	Jan 20-Mar 23	Ongoing	Free

SASC Information

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 (\$2.50) and optional sack dinner (\$.50) is available. The hot lunch consists of protein, vegetable, potato, salad, dessert, bread/butter, and milk. The optional sack dinner consists of ½ sandwich, fruit and cookie. Applications can be downloaded on the website or picked up at SASC.

MOW are delivered Mon-Fri, (excluding holidays). The meals are delivered by a core group of dedicated drivers. **Volunteer and substitute drivers are needed, especially on Thursdays this winter. Please contact Kathy Adamson at 734.429.9274 if you are willing to give it a try or learn more.**

INSTRUCTOR SPOTLIGHT: Barbaranne Branca, PhD, ABN



Barbaranne Branca, PhD ABN is a board certified neuropsychologist. She has been meditating since 1978 and has extensive training in meditation. She has been accepted into the Mindfulness Meditation Teacher Certification Program, and is in her second year of this two year

intensive training. She taught hatha yoga for many years both in the United States and abroad. While completing her PhD at the University of Michigan, she taught Psychology and Religion with and under the direction of Richard Mann PhD, well-known author and researcher on meditation and consciousness. She enjoys teaching Mindful Meditation to others because meditation alleviates suffering and increases well-being. Welcome to SASC Barbaranne!

VOLUNTEER OPPORTUNITIES

Are you looking to get involved or share some of your skills with other community? Contact Staff regarding the following opportunities:

- Lawyer
- Bus Driver (paid)
- Meals on Wheels substitute drivers
- Panera Bread pick-up substitute
- Friday Bread substitute
- Conversation Kick Starter Speakers
- Volunteer for tech lessons
- Bingo caller
- Tuesday drop-in Bridge leader
- Newsletter and flyer delivery

BOARD MEETINGS

SASC Board Meetings usually take place the second Monday of the month at SASC, 9am. Much of the content is the same as the GM Luncheon. However, if you are unable to make the GM Luncheons or would like to attend in addition to that, the meetings are always open to you. **Meetings will take place Jan 13 and Feb 10.**

WISH LIST

- VOLUNTEERS (see above opportunities)
- Coffee (decaf and regular)
- 6lb hand weights

THANK YOU

- Paper products and coffee bar items from Judy Somers, Renee Bodnar, Angie Austin, George Danneffel, and Diane Slomkowski
- Craft show and Jewelry and Bag Sale volunteers
- Garden plants from Debbie Knoedler, Shirley Dieterle, and Jacki Saunders
- Sharon Morrow for Medicare assistance
- Holiday Decorating volunteers
- Saline Middle School Builders Club for creating ornaments for MOW clients
- Craft show sellers and their commission donations
- Snowmen donations from Gwen Adler



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

Registration / TVP

SALINE AREA SENIOR CENTER Legacy Program



What kind of legacy will you leave? How would you like to give back?

You can create a legacy here at SASC starting today or you can wait to 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, you will be recognized with an engraved nameplate in the SASC hallway under the respective level. Donations are tracked and upon reaching a higher plateau, your nameplate will be moved to the proper location on the legacy wall. You will receive a tax deductible receipt for your donation.

CARES MILLAGE PROVIDES OVER HALF OF 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 for 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 around \$215,000 annually, which accounts for a significant portion, nearly 65%, of SASC Funding in our Annual Budget. Other funding sources for SASC include membership revenue, program revenue, trip revenue, donations, grants, bank interest, rentals, misc. items, and the SASC Fund Balance.

CANCELLATION POLICIES

- All cancellation requests must be made to a 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.

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-member guests incur an additional \$5 charge for all programs / trips, overnight trips have an additional \$10 or \$20 charge for extended trips.
- **Scholarships** for SASC membership and some programs are available for individuals who are at or under 180% of the National Poverty Guideline. Qualifying applicants must be Saline residents and submit income information alongside the application, available at SASC or on our website.

SASC TVP

The SASC Transportation Voucher Program (TVP) is for rides on the People's Express Bus system (877.214.6073) throughout the Saline area. Medical appointments into Ann Arbor also qualify through this program.

Vouchers, up to \$5 per round trip, are available to those who are not able to drive or do not own a vehicle. Qualifying participants must be Saline residents and submit financial information along with an application, which can be found at the SASC Office or online at salineseniors.org.

Danielle Grostick
(734)637-5897
daniellegrostick@gmail.com



Montgomery Lindemann
(734)323-5046
Grostickm@gmail.com



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\$10 All People Over Age 80
\$35 SIT Membership SAS District Resident /
\$45 SIT Membership Non-Resident (45-49)

*Postage for Mailing Newsletters is \$8 per year for non-district residents. No charge if you wish to have the newsletter emailed or pick it up in the office.

CONTACT INFORMATION

Phone: 734.429.9274
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CENTER HOURS*

Monday, Wednesday	8am - 9pm
Tuesday, Thursday, Friday	8am - 4pm

*Dec. 24, 25, 31; Jan 1, 20; Feb 17



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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.