

September Days Senior Center Scheduled Programs and Classes

Copy Cats – Join friends for informal arts & crafts. Bring whatever you are currently working on or learn something new. Mondays, 9:00am, Craft Room, no charge.

Foot Doctor - Dr. Scott Wilbur specializes in general foot care. 1st Monday of the month, for an appointment please call the center, and see the Dr. for applicable fees.

Blood Pressure – Stop in and have your blood pressure taken by a trained professional. Mondays, 10:00am, in the Lounge, no charge.

Hearing Tests - Fluke Hearing offers free hearing tests, Mondays, 10:00am in the Lounge. No charge.

Ceramic Class – For those interested in ceramics join this fun group and learn different techniques. This class meets on Mondays, 1:00pm in the Craft Room, \$3.00 fee, plus cost of greenware. Instructor: Eleanore Hendrickson.

Card Players - Do you play pinochle or Hand & Foot; or would you like to learn? This group has lots of fun and great snacks. Mondays at 1:00pm in the Dining Room.

Birthday Monday – Come celebrate all the senior members' birthdays on the 2nd Monday of each month. Lunch and, of course, birthday cake is served at 11:30am. You are always welcome to stay and play bingo afterwards. The celebration is held in the Dining Room, \$2.25 lunch donation for seniors, (under 60 is \$3.75). Please sign up at the center by noon the Friday before.

Care Giver Support Grp. – Are you, or do you know someone who is caring for a loved one? This group shares useful information and emotional support. 1st Tuesday of the month, 6:30pm, in the Senior Lounge.

Jewel Beading – Learn many different techniques of jewel beading and how to repair jewelry. Make beautiful gifts for family and friends. Instructor: Gladys Kline, Wednesdays, 10:00am, in the Craft Room, see instructor for supply costs.

A.F.E.P.- Arthritis Foundation Exercise Program - **Stay Active!**

This class is open to all, but it is geared for those with arthritis. Most exercises are done sitting in a chair. Instructor: Phyllis Queener, Wednesdays, 10:00am, in the Dining Room, \$2.00 donation.

Variety Club – This is an informal discussion group of current events, and lively topics. The group occasionally has a guest speaker, and frequent lunch outings. President, Joan Haynes, Wednesdays, 11:00am in the Senior Lounge, no charge.

Red Hat Society – Women of Laughter and Fun. This group dons red hats and purple outfits. They play bunco, bingo, and have lots of great snacks. If you are interested in joining The Red Hat Society please call the Queen Mum, Carol Shell for more information at (734) 480-2244.

Programs and Classes Continued.....

Dance Exercise –Just what it says, dance exercise. Great group exercising to music.
Instructor: Jan Oliver, Tues & Thurs, 9:30am – 10:30am, \$2.00 donation per class.

Jin Shin Jyutsu - Learn to bring balance to the body's energies, which promote optimal health and well being, and facilitates our own profound healing capacity. Instructor: Carol Welhouse, Tuesdays, 10:00am and Fridays 9:15am, no fee.

Crochet Class - Bring your own project or come and learn a new one. This group meets Tuesdays at 1:00pm in the Craft Room, no fee.

Bridge – If you are interested in playing Bridge call the center and sign up. When we have enough players to form a group we will call you with details.

S.D.S.C. Quilt Class – Welcome new and experienced quilters. This group works on individual projects, as well as mission projects. Come on out and enjoy the art of quilting and the camaraderie of the group.
Instructor: Mary Korgal, Tuesdays, 5:00pm, in the Craft Room, \$2.00 donation.

“We Care” Quilting Class – Charity, Charity, that's what this class is all about. All quilting is for charity only. Meets 2nd and 4th Wednesday's at 3:00pm in the Craft Room, no fee. Instructor: Cheryl Parent.

Glass Fusing – Learn to make beautiful jewelry, candle holders, etc., let your creativity flow. Class meets the 3rd Wednesday of the month, 3:00pm, in the Craft Room. Sign up in advance, fees vary for each project.

M. S. Support Group – Multiple Sclerosis group shares useful information and support to all. Group leader: Kim Presnell, 1st Wednesday of the month, 6:00pm, meeting in the Senior Lounge, no fee.

W.W.C.Q.G. – The Western Wayne County Quilt Guild offers quilt classes and also makes quilts for charity. The group meets on the 2nd Saturday of the month from 9:00am – 3:00pm in the Otisville/Sheldon Room, \$20.00 yearly membership dues, no meeting in July. President: Roxann Baker.

Newsletter Day – This wonderful group makes it possible for all members to receive the S.D.S.C. Newsletter. They always have fun assembling the newsletter for mailing. Come on out and volunteer. If you would like to help call the center, and we will put your name on our list of helpers.

Grief Support Group – Are you or someone you know grieving? This group assists in the grieving process and learning to live with loss. Group counselor, Mary Martinez, meets 2nd & 4th Thursday's at 10:00am in the Senior Lounge, no charge.

Mat & Frame Class – Do you have pictures, photos or art pieces you would like to preserve? This class will teach you step by step how to professionally mat & frame just about anything. Instructor: Gary Slaughter, meets Thursdays at 10:30am, in the Craft Room.

Scroll Saw Class – Learn the techniques of Scroll Sawing. You can make all kinds of wood craft items as well as beautiful gifts. Instructor: Jerry Hayes, Thursdays, 1:00pm, in the Craft Room. Sign up at the center, please call for fee.

Programs and Classes Continued.....

Herb Class – Eat your way through herb class! Collect great recipes and share in all the good food prepared. Learn all about gardening and cooking with herbs and vegetables. This group tends the center's herb and vegetable garden. Instructor: Carol Welhouse, Thursdays, 2:00pm in the Dining Room, no fee.

Norwegian Massage – Treat yourself to a wonderful therapeutic massage. Massage Therapist: Sissel Bridges, Thursdays, 1:00pm – 5:00pm, call for an appointment, fees vary depending on length of massage.

New!!! Yoga – Yoga 50 and over, all are welcome to join. Participants will gain flexibility and strength through stretching, holding different poses. Come relax, and learn breathing techniques. Class will be held on Fridays, beginning November 13th, at 10:00am in the Dining Room. Call the center, pre-registration required, \$16.00 for 8 week session.

Drawing and Painting Class - This is a great class for the beginner or experienced. You'll be surprised at the hidden talents you may have. Instructor: Dewey Faulkner, Fridays, 12:30pm in the Craft Room, no charge.

Sunday Music – Treat yourself to an afternoon of live music, refreshments, and great fellowship. Each Sunday from 2:00pm – 5:00pm in the Dining Room, no charge.

Computer Classes - Beginning and Intermediate classes available. Learn computer skills in a comfortable, small group setting. This will be a 4 week class. Call the center, pre-registration required, limited seating available, Thursdays, 1:00pm, \$25.00 fee, in the Computer Lab.

Exercise Room – The senior center offers a great fitness room with lots of different equipment ranging from treadmills, stationary bikes, to total body workout equipment. Monday thru Friday 8:00am-8:45pm, Saturdays, 9:00am – 4:00pm, and Sundays from 12:00pm – 6:00pm, senior members only please. Membership dues must be current.

Personal Fitness Training – A personal fitness trainer is available upon request. For more information please call: (734) 347-2044.

Pool Players - Come one, come all, the center has pool tables available for informal play. Have fun and test your ability. Drop in anytime, the tables are located in the Exercise Room.