

# OCTOBER 2017





## Faith Sellers Senior Center

Hours: Monday-Friday 8:30am-5:00pm

Mon	Tue	Wed	Thu	Fri
***Please Note: Aerobics & Weight Training classes are cancelled week of Oct. 3rd-7 <sup>th</sup>		MEALS To reserve a meal, call one day ahead, before 1pm. Cost is \$4.80 Congregate lunch served at 11:30 am		***Fitness Room Available Mon-Fri 8:30am-5:00pm
9:30 AARP Board Meeting 10:00 Grandparents 10:00 Pinochle 10:15 Basic Spanish 10:30 Dance Exercise 1:00 Bridge 1:00 Basic Computer 1:00 Dominoes	4 9:30 Basic Computer 9:40 Yoga 10:00 Crafts 12:00 Mahjong 1:00 Sit and Get Fit 2:00 Zumba 2:00 Oil Painting 6:00 Single Seniors Group 7:00 Line Dancing	9:30 Canasta 9:30 Indoor Bowling 10:00 Pinochle 10:15 Bible Study 10:30 Bingo 2:00 Oil Painting	6 9:30 Quilting 9:30 Basic Computers 9:40 Yoga 10:00 Bookmobile 10:15 Wellness Walking 1:00 Sit and Get Fit 1:00 Quilting 1:00 Woodcarving	7 9:30 Fitness Fun* 9:30 Canasta 9:30 Adv. Computers 10:00 Crochet 10:00 Casual Bridge 12:30 Line Dancing*
9:00 Weight Training 10:00 Grandparents 10:00 Pinochle 10:15 Basic Spanish 10:30 Dance Exercise 1:00 Bridge 1:00 Basic Computer 1:00 Dominoes	11 8:30 Aerobics 9:30 Basic Computer 9:40 Yoga 10:00 Crafts 10:30 Chair Travel- South Carolina 12:00 Mahjong 1:00 Sit and Get Fit 2:00 Zumba 2:00 Oil Painting 7:00 Line Dancing	9:00 Weight Training 9:30 Canasta 10:00 Pinochle 10:15 Bible Study 10:30 Bingo 12:30 Bunco 2:00 Oil Painting		9:30 Fitness Fun* 9:30 Canasta 9:30 Adv. Computers 10:00 Crochet 10:00 Casual Bridge 10:30 Sing-Along 12:30 Line Dancing*

Mon	Tue	Wed	Thu	Fri
9:00 Weight Training 10:00 Pinochle 10:00 Grandparents 10:15 Basic Spanish 10:30 Dance Exercise 1:00 Bridge 1:00 Basic Computer 1:00 Dominoes 1:30 NARFE Meeting Afternoon Movie Group	18 8:30 Aerobics 9:30 Basic Computer 9:40 Yoga 10:00 Crafts 10:30 Bio of the Month- Johnny Carson 12:00 Mahjong 1:00 Sit and Get Fit 2:00 Zumba 2:00 Oil Painting 7:00 Line Dancing	9:00 Weight Training 9:30 Canasta 10:00 Pinochle 10:15 Bible Study 10:30 Nutri-Bingo 1:30 AARP Member Meeting 2:00 Oil Painting		9:30 Fitness Fun* 9:30 Canasta 9:30 Adv. Computers 10:00 Crochet 10:00 Casual Bridge 11:15 Birthdays 12:30 Line Dancing* 1:00 Sewing Circle
9:00 Benefit Bank 9:00 Weight Training 10:00 Pinochle 10:00 Grandparents 10:15 Basic Spanish 10:30 Dance Exercise 1:00 Bridge 1:00 Basic Computers 1:00 Dominoes	8:30 Aerobics 9:30 Basic Computer 9:40 Yoga 10:00 Crafts 10:30 Sing-Along 12:00 Mahjong 1:00 Sit and Get Fit 2:00 Zumba 2:00 Oil Painting 7:00 Line Dancing	9:00 Weight Training 9:30 Canasta 10:00 Pinochle 10:15 Bible Study 10:30 Bingo 2:00 Oil Painting 2:00 Community/Civic Interest Group	8:30 Aerobics 9:30 Quilting 9:30 Basic Computers 9:40 Yoga 10:00 Gardening 10:00 Bookmobile 10:15 Wellness Walking 1:00 Sit and Get Fit 1:00 Quilting 1:00 Woodcarving	9:30 Fitness Fun* 9:30 Canasta 9:30 Adv. Computers 10:00 Crochet 10:00 Casual Bridge 10:30 J-I-N-G-O 12:30 Line Dancing*
9:00 Benefit Bank 9:00 Weight Training 10:00 Pinochle 10:00 Grandparents 10:15 Basic Spanish 1:00 Bridge 1:00 Basic Computers 1:00 Dominoes 9:30 Trip to St. George	1 8:30 Aerobics 9:30 Basic Computer 9:40 Yoga 10:00 Crafts 12:00 Mahjong 1:00 Sit and Get Fit 2:00 Zumba 2:00 Oil Painting 7:00 Line Dancing	9:00 Weight Training 9:30 Canasta 10:00 Pinochle 10:15 Bible Study 10:30 Bingo 2:00 Oil Painting Senior Day at the Coastal Carolina Fair	3 8:30 Aerobics 9:30 Quilting 9:30 Basic Computers 9:40 Yoga 10:15 Wellness Walking 1:00 Sit and Get Fit 1:00 Quilting 1:00 Woodcarving	9:30 Fitness Fun* 9:30 Canasta 9:30 Adv. Computers 10:00 Crochet 10:00 Casual Bridge 12:30 Line Dancing*

Dorchester Seniors, Inc. 312 North Laurel St. Summerville, SC 29483 843-871-5053

www.dorchesterseniorsinc.com



Dorchester Seniors Inc

## ~Arts & Crafts~

OIL PAINTING: Old master method – Instructor Susannah Roth. You can learn to draw as you paint and you will be taught how to see shapes and depth of shadows to form your picture into a painting. \$12.00 per class is to be paid at the front desk BEFORE each class. Tuesdays & Wednesdays 2:00– 4:00 pm. Wednesday class is currently full, please see front desk for waiting list.

**SUMMERVILLE WOODCARVERS:** This group meets on Thursdays 1:00 – 3:00 pm. **New Members welcome**. For more information, call Barbara at 843-367-1429.

**CRAFTS:** Creative projects completed in one class. Instructor: Joyce Furlong - Tuesdays 10:00 -11:00 am

**QUILTING:** Instructor: Linda Knutson teaches quilters the techniques of hand piecing, machine piecing, appliqué, and more. Thursdays 9:30 am -12:30 pm and 1:00 – 4:00 pm. Call 797-2088 for more information.

**CROCHET:** Maria Bessler teaches all levels of crochet, Fridays at 10:00 – 11:15 am

**SEWING CIRCLE:** If you are interested in learning more about the sewing projects, join us on Friday, October 21st 1:00 – 3:00 pm for more details. The Sewing Circle also designs and creates items from donated material. These Items are sold in the gift shop and all proceeds are used to support the services and programs at Dorchester Seniors.

## ~Education~

**GARDENING:** Ron Coffey of the Clemson Master Gardening Program discusses gardening concerns, and provides beneficial tips to keep your garden and plants healthy. Thursday, October 27<sup>th</sup> 10:00am

**CHAIR TRAVEL:** Tuesday, Oct. 11th 10:15 – 11:15am we visit the state of **South Carolina**. Learn interesting facts, discover fun and historic places to visit and sample a popular state food.

**BASIC SPANISH:** Members Marcos Villacreses and Maria Bessler teach conversational Spanish. Marcos is from Ecuador and Maria is from Portugal. Mondays 10:15 – 11:15 am.

**BIBLE STUDY:** Ms.Trophelia Ajala leads a non-denominational Bible Study. **All faiths are welcome.** Wednesdays 10:15 – 11:30 am.

**BOOKMOBILE:** The Dorchester County Library Bookmobile will be at the Center on Thursday, October 6<sup>th</sup> and Thursday, October 27th 10:00 – 11:00 am.

**Nutrition Education:** Thursday, October 20<sup>th</sup> 9:30am. Information topic will be: Keeping Cholesterol Under Control

**BIOGRAPHY OF THE MONTH:** Born in October, we will look at the life of "Here's Johnny" Johnny Carson. Tuesday, October 18<sup>th</sup> 10:30am.

**BENEFITS BANK:** Free service available to seniors that provides a quick check on-line by a trained volunteer for potential program eligibility for seniors. You may qualify for programs such as the Supplemental Nutrition Assistance Program, energy assistance, Rx assistance and others. A trained Volunteer will be at the Center **Monday October 24**<sup>th</sup>, **and Monday October 31**<sup>st</sup> **9:00 am** to provide eligibility checks. The process doesn't take long and you may qualify for much needed benefits. Stop in or make an appointment by calling 871-5053.

## ~Computer Classes~

Please see FRONT DESK or call 871-5053 to be placed on the waiting list for any of the classes. No cost if you are a member of the Center. Members from the waiting list are called when an opening is available for the next session. You need to attend all classes to receive the full benefits.

#### **VERY BASIC COMPUTER CLASS: Ritha Tuten – Instructor**

Starts Oct. 4<sup>th</sup>. Tuesdays & Thursdays 9:30 – 11:30 am. Learn the very basic operations of the computer from turning the computer on, using the mouse, and performing basic functions in Microsoft Word. (8 classes) **October session is currently full.** 

#### AFTERNOON BASIC COMPUTER: John Zaitz - Instructor

Starts Oct.3<sup>rd</sup>. Monday afternoons 1:00 – 3:00 pm. (5 classes) **October session is currently full.** 

#### ADVANCED COMPUTER CLASS: Larry McMicking – Instructor

Starts Oct.7th. Fridays 9:30-11:30 am. (4 classes)

## ~Health & Physical Fitness~

YOU MUST BE A MEMBER OF H2U TO PARTICIPATE IN <u>aerobics</u>, <u>yoga</u>, <u>Friday line dancing</u> <u>and weight training</u>. Please contact <u>Belinda Riffe</u> at 843-847-5068 for more information on H2U.

**AEROBICS:** Get moving with this class of floor and chair aerobics designed to improve abdominal tone, strengthen your legs and get your heart rate going! Bring a towel and a mat. Instructor: Ronna Toombs Tuesdays and Thursdays 8:30-9:30 am (Must be H2U member)

**LINE DANCING:** Instructor: Evelyn Ward - Fridays 12:30-1:30 pm. (Must be H2U member)

**TUESDAY NIGHT LINE DANCING:** 7:00 - 8:30 pm (you **do not** have to be an H2U member to join this class, but you must be a member of the Senior Center.) \$4.00 per class.

**YOGA:** Designed to revitalize your body, relax your mind, increase energy, and reduce stress. Bring a mat and towel. Instructor: Marlene Cuggy. Tuesdays and Thursdays 9:40 - 10:45 am (Must be H2U member)

SIT AND GET FIT: Increases circulation without over exertion improves flexibility and range of motion and gradually strengthens and tones muscles, all from a seated position. Led by Instructors Ed & Joan Redmond Tuesdays and Thursdays 1:00 to 2:00 pm

**WEIGHT TRAINING:** Designed to improve muscle strength and bone density, this class will help tone your body. Bring a towel, mat, and a pair of 3 lb. weights if you have them. Instructor: Ronna Toombs - Mondays and Wednesdays: 9:00-10:00am. (Must be H2U member)

**ZUMBA:** low intensity, fun dance program designed for the older adult. Wear dance shoes or shoes with no tread. Tuesdays 2:00 – 3:00 pm. Class fee is \$2.00 and is to be paid at the front desk when you arrive for class. Instructor: Ronna Toombs

**DANCE EXERCISE**: This is a fun class that offers group exercise performed to all eras of music. Stay seated or get up and move to the music. Fun way to burn calories! Mondays 10:15 – 10:45 am

**WELLNESS WALKING: Thursdays 10:15 – 11:15 am.** Walking is one of the easiest ways to get the exercise you need to stay healthy. Walking can strengthen your heart, lungs, and muscles, help lower blood pressure and maintain a healthy weight. Walking can also help improve your mood and increase your energy level. Led by volunteer John Hirlihy.

\*NEW! Fitness Fun: We will be doing various types of exercise each Friday such as Salsa, Pilates, and more. Stay seated or get up and move. Let's get fit and have fun! Fridays 9:30

**Blood Pressure Screenings:** October 13<sup>th</sup> 10:00-11:30am. Stop in for a free blood pressure screening with a nurse from Trident Senior Health Center. Screenings are available on the 2<sup>nd</sup> Thursday of the month.

### ~CARDS & OTHER GAMES~

**MEXICAN DOMINOES:** also known as **Trains**. Barbara Fitzgerald teaches this version of dominoes on Mondays 1:00 – 3:00 pm. If you have a set of regular dominoes, or better yet, a Mexican Dominoes set, please bring them. **New members welcome! GROUP SING-A-LONG:** Come enjoy the music, tap your feet, and put a smile on your face as we sing along to some popular songs! Our Sing-Along themes for this month are:

- Friday, Oct. 14<sup>th</sup> 10:30 am Best of Glenn Miller
- Tuesday, Oct. 25<sup>th</sup> 10:30 am The Andrews Sisters

**CANASTA:** New or experienced players welcome! Wednesdays & Fridays at 9:30 am - 4:00 pm.

**BRIDGE:** Mondays 1:00 - 3:30 pm. Experienced players only, please.

**CASUAL BRIDGE**: Fridays 10:00 am – 12:00 pm – new players with some bridge knowledge welcome.

**PINOCHLE:** Play pinochle for a few hours or all day. Some experience preferred. Mondays and Wednesdays 10:00 am - 4:00 pm

**MAHJONG:** New or experienced players are welcome. Group meets Tuesdays 12:00 – 3:00 pm. Lessons 12:00 – 1:00 pm and Mahjong is played from 1:00 - 3:00 pm.

**BINGO:** Join us each week as we play for donated prizes. Third week is Nutrition Bingo where prizes are food items. Wednesdays 10:30 – 11:30 am

**BUNCO:** Wednesday October 12th 12:30 - 2:00 pm. This group meets the second Wednesday of each month. **New and experienced players are welcome!** Remember to pay your \$4.00 gift fee at this class.

BIRTHDAY CELEBRATION: If you are a member of the Center and have a birthday in October, please join us Friday, October 21<sup>st</sup> at 11:15 am for a celebration that's all about you! Also, please be sure to put your name on the Birthday sheet in the front lobby!

**AFTERNOON MOVIE GROUP**: Monday October 17<sup>th</sup>. On the 3rd Monday of the each month the group will go to CINEMARK MOVIES 8 OAKBROOK If you are interested in going to a movie with other members of the Center, please sign up on the sheet in the front lobby before Wednesday October 12<sup>th</sup>. Movies and times change each Thursday, so on Thursday Oct. 13<sup>th</sup> a volunteer will call and let those that signed up know what movie we will be seeing and the time. Members can meet at the Center or directly at the Oakbrook Theater. The cost of a movie is \$3.25. **No transportation is provided.** 

**Trip to St. George Center:** Join us for some fun and fellowship as we take a trip to visit the St. George Senior Center. We will play Bingo and there will also be a costume contest for those who would like to participate! We will be leaving at 9:30, and will return after lunch. **Spaces are limited, so please be sure to sign up in the lobby!** 

**Coastal Carolina Fair-**November 2nd is Senior Day at the Fair. The admission is \$4.00 and DSI scholarship will pay half on each Center Members admission. \$2.00 is due at time of signing up and is non-refundable. We will be leaving the Center at 10:00am.

## ~SPECIAL INTEREST GROUPS~

AARP MEMBER MEETING: October 3rd at 9:30 pm

NARFE MEMBER MEETING: October 17th at 1:30 pm

**RED HAT SOCIETY**: Come join the Flowertown Foxy Ladies chapter of the Red Hat Society. Dedicated to enjoying life after 50, these women are focused on friendship, fun, and laughter. Call Pat Lacy (843) 278-0416 for more information.

**GRANDPARENT SUPPORT GROUP:** Donna Xenakis from Parents Anonymous, a non-profit support group, facilitates a meeting of caregivers of children being raised by grandparents. Call Donna at 747-0480 for more information. Mondays 10:00 – 11:00 am.

**COMMUNITY /CIVIC INTEREST GROUP:** Oct. 26<sup>th</sup> 2:00 This is a NEW GROUP formed and facilitated by center members which will meet monthly to discuss city and county issues. DSI will provide the meeting space but will not be involved in the group or support any community action involvement of this group.

**SINGLE SENIORS GROUP:** Oct. 4th – Meets the 1st Tuesday of each month. Group for 50 + Singles who want to go to movies, dinner and other social events together AND make new friends. The group will decide on location and topic for future meetings.

**MEMBERSHIP** is free to Dorchester County residents, \$12 per year for out of county residents.

MARK YOUR CALENDAR! We are gearing up for our Silent Auction and Craft Fair!



All proceeds from this event benefit all programs of Dorchester Seniors. Inc.

Craft Fair: When: November 12

Time: 9am - 3pm

**Silent Auction:** When: November 9,10,11,12

Time: 9am - 3pm

Where: Faith Sellers Senior Center

312 N. Laurel St., Summerville, SC

Handmade local crafts, FREE admission, concessions and bake sale.





Dorchester Seniors, Inc.

For information call 871-5053 or dorchesterseniors.com

You can donate new and "gently used" items for the silent auction. Please remember us if someone you know is moving or having a household sale. Donations are accepted Monday-Friday 9:00am – 4:00pm. Also, when you visit your beauty salon, dog groomer, favorite restaurant, and other businesses you frequent, please ask if they would donate a gift certificate for our Silent Auction. Remind them that by donating, they are receiving **FREE ADVERTISING** for their business.

#### **THANK YOU!**