

September 2022



SENIOR SERVICES

Sanford Center Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call 989-687-7888 or visit us online SeniorServicesMidland.org</p>			<p>¹ Woodcarving 8-11:30 am Euchre 10:00 am Texas Hold Em 12:15</p>	<p>² Labor Day Celebration Nickel Bingo after Lunch Pepper Card Game</p>
<p>⁵ Center Closed for Labor Day</p>	<p>⁶ Woodcarving 8-11:30 Pool Tournament 9:30 Make Fruit Smoothies 9:45 Must RSVP by Sept 2 Work on Parade Float Swap Gently Used Items</p>	<p>⁷ Stitching 9:30 am Shuffleboard 10:00 am Bingo After Lunch Pepper Card Game Work on Parade Float</p>	<p>⁸ Sanford Center Picture Day! Have your picture taken like when in school! Woodcarving 8-11:30 am Euchre 10:00 am Texas Hold Em 12:15 Work on Parade Float</p>	<p>⁹ Nickel Bingo after Lunch Pepper Card Game Work on Parade Float – Founder’s Parade is Sat, Sept 10 – cheer us on!</p>
<p>¹² Celebrate Grandparent’s Day – bring your photo’s to show off! Euchre 10:00 am Wii Tournament 12:15 Texas Hold Em 12:15</p>	<p>¹³ Woodcarving 8-11:30 Pool Tournament 9:30 Make homemade tortillas with Joe at 9:45 am, must RSVP by Sept 12 Swap Gently Used Items</p>	<p>¹⁴ Stitching 9:30 am Shuffleboard 10:00 am Bingo After Lunch Pepper Card Game</p>	<p>¹⁵ Woodcarving 8-11:30 am Euchre 10:00 am Texas Hold Em 12:15 Civil War: Antietam 10:30</p>	<p>¹⁶ Birthday & Anniversary Party With Windsong Music at 10:25 am & Ice Cream after lunch Nickel Bingo after Lunch Pepper Card Game</p>
<p>¹⁹ Blood Pressure Clinic 10:30-12:00 Euchre 10:00 am Wii Tournament 12:15 Texas Hold Em 12:15</p>	<p>²⁰ Woodcarving 8-11:30 Pool Tournament 9:30 Make cookies at 9:45 am, Must RSVP by Sept 19 Swap Gently Used Items</p>	<p>²¹ Flu Shot Clinic 9-12:00 Stitching 9:30 am Shuffleboard 10:00 am Bingo After Lunch Pepper Card Game</p>	<p>²² Woodcarving 8-11:30 am Euchre 10:00 am Texas Hold Em 12:15</p>	<p>²³ Checker’s Tournament Begins at 10:00 am Nickel Bingo after Lunch Pepper Card Game</p>
<p>²⁶ Euchre 10:00 am Wii Tournament 12:15 Texas Hold Em 12:15</p>	<p>²⁷ Woodcarving 8-11:30 Pool Tournament 9:30 Make dipped treats 9:45, Must RSVP by Sept 26 Swap Gently Used Items</p>	<p>²⁸ Stitching 9:30 am Shuffleboard 10:00 am New entertainer Chelsea Wietfeldt 10:30-11:30 am Bingo After Lunch Pepper Card Game</p>	<p>²⁹ Woodcarving 8-11:30 Euchre 10:00 am Texas Hold Em 12:15</p>	<p>³⁰ Corn Hole Tournaments All Week at 10:00 am Stitching 9:30 am Shuffleboard 10:00 am Bingo After Lunch Pepper Card Game</p>

Meals are available Monday-Friday at 11:30 am. Please call 989-687-7888 by 9 am the day you would like to reserve a meal.

Regularly Scheduled Programs:

- **Euchre**
Mon & Thurs 10:00 am
- **Wii Tournament**
Mondays • 12:15 pm
- **Woodcarving**
Tuesdays & Thursdays 8-11:30 am
- **Pool Tournament**
Tuesdays • 9:30 am
- **Instructional Drawing**
Tues 1-1:30, Painting Tues 1-3
- **Bingo** Wed after lunch
- **Stitching with Friends** Wed 9:30
- **Shuffleboard Tournament**
Wednesdays • 10 am
- **Texas Hold Em**
Mon & Thurs • 12:15 pm

Please cancel your reservation if anyone in your household is sick.

Sanford Center

3243 N West River Rd • Sanford
(989) 687-7888
SeniorServicesMidland.org

Fitness Classes:

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00 am		Pickleball with Steve			
9:30-10:30 am		Walk15	Walk15		
10:45-11:45 am	Bonesaver		Bonesaver	Mat Pilates	Bonesaver



Activity Descriptions

Call 989-687-7888 or visit www.SeniorServicesMidland.org to sign-up!

SANFORD ACTIVITY DESCRIPTIONS

- Fri, Sept 2 • Labor Day Celebration
- Tues, Sept 6-Fri, Sept 9 • Work on float, Founder's Day Parade 9/10/22
- Tues, Sept 6 • Make Fruit Smoothies 9:45, RSVP by Sept 2
- Thurs, Sept 8 • Picture Day, have picture taken like when in school!
- Mon, Sept 12 • Grandparent's Day Celebration, bring photos to show
- Tues, Sept 13 • Making homemade tortillas, 9:45, RSVP by Sept 12
- Fri, Sept 16 • Birthday/Anniversary Party ice cream; Windsong 10:25
- Mon, Sept 19 • Blood Pr Clinic 10:30
- Tues, Sept 20 • Make cookies at 9:45, RSVP by Sept 19
- Wed, Sept 21 • Flu Shot Clinic 9-12
- Fri, Sept 23 • Checkers Tournament begins at 10:00 am
- Tues, Sept 27 • Make dipped treats, RSVP by Sept 26
- Wed, Sept 28 • Chelsea Wietfeldt Music 10:30-11:30 – New!

FITNESS CLASS DESCRIPTIONS:

***New* Pickleball Lessons!**
 Tuesdays, 8:00 am
 Learn to play Pickleball with Steve Weckle. Bring your own equipment and cost is donation.
 Meet at the NEW Jerome Township Pickleball courts just north of the Sanford Senior Center parking lot!

Walk15 with Shelley Mowery
 Tuesdays & Wednesdays at 9:30 am.
 Also available via Zoom Mon, Wed, Fri at 9:30 am
 Get an aerobic workout to upbeat music from all genres using all the muscles in the body and adding simple arm movements. Improve balance, increase flexibility and range of motion in the joints, strengthen muscles and reduce the risk of coronary heart disease. Modify the movements to your own fitness level from beginners to more advanced! Suggested donation of \$3 per paid directly to your instructor. No expiration date for passes.

Essential Mat Pilates

Thursdays, 10:45-11:45 am
 An excellent way to improve flexibility, increase core strength, improve posture, & promote relaxation while improving focus. STOTT Pilates is a contemporary form of exercises that is respected by fitness, rehab, and health practitioners worldwide. This class requires the ability to transfer up and down from the floor. Please bring your own mat if available. Cost is \$4 per class paid to your instructor. Jill Nyman is a Doctor of Physical Therapy and a certified STOTT Pilates instructor.

Bonesaver

Mon, Wed, Fri 10:45-11:45 am
 Bonesaver is a weight-training class for the prevention of osteoporosis. Suitable for all fitness levels, adaptable to your physical restrictions. No equipment needed to start. There is a suggested donation of \$2 a class.

EDUCATION PROGRAM DESCRIPTIONS

Civil War: The Battle of Antietam September 15, 10:30

Antietam is one of the most crucial events of the Civil War and in this program we will discuss why including the incredible story of General Lee's "Lost Order," the momentous 3 stages of the battle itself, the "Angel of the Battlefield" Clara Barton, the fate of General McClellan and the Emancipation Proclamation, and the reaction to the photographs of "The Dead of Antietam."

Healthy Hints: Flu Shot Clinic Wednesday, September 21, 9:00-12:00 pm

All ages welcome. Have your Medicare Part B or other insurance card with along with the name of your regular Doctor.

To join us for lunch the day of a program, please reserve your meal by calling the Sanford Center by 9:00 am 989-687-7888.