

November 2023



SENIOR SERVICES

Sanford Center Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call 989-687-7888 or visit us online SeniorServicesMidland.org</p>		<p>1 Coffee & Conversation 9:30 am Shuffleboard 10 am Pepper Card Game Bingo After Lunch</p>	<p>2 Woodcarving 8-11:30 am Euchre 9:15 am Texas Hold Em 12:15 Cornhole After Lunch</p>	<p>3 Two Outlaws and A Good Guy Music at 10:30 am Pepper Card Game Nickel Bingo After Lunch</p>
<p>6 Euchre 9:15 am Wii Tournament 12:15 Texas Hold Em 12:15</p>	<p>7 Woodcarving 8-11:30 Pool Tournament 9:30 Nickel Bingo After Lunch</p>	<p>8 Jungle Party at 10:30am Coffee & Conversation 9:30 am Shuffleboard 10 am Pepper Card Game Jungle Bingo after Lunch</p>	<p>9 Woodcarving 8-11:30 am Euchre 9:15 am Civil War: Chattanooga 10:30 am Healthy Hints: Arthritis 12:00 pm Texas Hold Em 12:15 Cornhole After Lunch</p>	<p>10 Veterans Day- Honoring our Veterans at Lunch Nickel Bingo after Lunch Play Pepper</p>
<p>13 Euchre 9:15 am Wii Tournament 12:15 Texas Hold Em 12:15</p>	<p>14 Woodcarving 8-11:30 Pool Tournament 9:30 Nickel Bingo After Lunch</p>	<p>15 Thanksgiving Celebration with Windsong Jack's & Jill's Bake Sale 9am-1 pm Coffee & Conversation 9:30 am Shuffleboard 10 am Special Bingo After Lunch</p>	<p>16 Euchre 9:15 am Texas Hold Em 12:15 Cornhole After Lunch</p>	<p>17 Nickel Bingo After Lunch Play Pepper</p>
<p>20 Cider, Coffee, & Donuts at 9:30 am Euchre 9:15 am Blood Pressure Clinic 10:30-12 Wii Tournament 12:15 Texas Hold Em 12:15</p>	<p>21 Cider, Coffee, & Donuts at 9:30 am Woodcarving 8-11:30 Pool Tournament 9:30 Nickel Bingo After Lunch</p>	<p>22 Cider, Coffee, & Donuts at 9:30 am Shuffleboard 10 am Pepper Card Game Bingo After Lunch</p>	<p>23 Center Closed for Thanksgiving</p>	<p>24 Center Closed for Thanksgiving</p>
<p>27 Decorating for Christmas! Euchre 9:15 am Wii Tournament 12:15 Texas Hold Em 12:15</p>	<p>28 Decorating for Christmas! Woodcarving 8-11:30 Pool Tournament 9:30 Nickel Bingo After Lunch</p>	<p>29 Decorating for Christmas! Coffee & Conversation 9:30 am Shuffleboard 10 am Pepper Card Game Bingo After Lunch</p>	<p>30 Decorating for Christmas! Woodcarving 8-11:30 am Euchre 9:15 am Texas Hold Em 12:15 Cornhole After Lunch</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 9:15 am
- **Wii Tournament**
Mondays • 12:15 pm
- **Nickel Bingo**
Tues & Fri After Lunch
- **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: No Classes Nov 23 or 24

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30 am		Walk15	Walk15	Walk15	
10:45-11:45 am	Bonesaver	Mat Pilates	Bonesaver	Mat Pilates	



Activity Descriptions

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

ACTIVITY DESCRIPTIONS:

Fri, Nov 3 • Music by Two Outlaws and A Good Guy at 10:30 am

Wed, Nov 8 • Jungle Party! Fun Begins at 9:30 am- Don't forget to dress in your safari attire and stay for Jungle Bingo after lunch!

Thurs, Nov 9 • Civil War Series: Chattanooga at 10:30 am. Healthy Hints: Arthritis 12pm

Fri, Nov 10 • Honoring our Veterans today at lunch

Wed, Nov 15 • Thanksgiving Celebration - Jack's & Jill's Bake Sale from 9 am- 1pm and music from Windsong at 10:30 am. Special Bingo after Lunch. **Seating is limited- call to reserve today!**

Mon Nov 20 Blood Pressure Clinic, 10:30-12:00

Mon-Wed, Nov 20-22 • Cider, Coffee, and Donuts at 9:30 am

Mon-Fri, Nov 27-Dec 1 • Decorating for Christmas!

NEW- Coffee Break- Wednesdays at 9:30 am

FITNESS CLASS DESCRIPTIONS:

No classes Nov 23 or 24

Walk15 with Shelley Mowery

Tues, Wed, & Thurs at 9:30 am. Also available via Zoom Mon, Wed, Fri at 9:30 am

Come join the fun! Walk 15 is better-known as the Leslie Sansone Walk series. 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.

Bonesaver

Mondays & Wednesdays 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.

Essential Mat Pilates Tuesdays & Thursdays, 10:45-11:45 am

Improve flexibility, increase core strength, improve posture, & promote relaxation while improving focus. STOTT Pilates is a contemporary form of exercises respected by fitness, rehab, and health practitioners worldwide. Class requires the ability to transfer up and down from the floor. Please bring your own mat if available. \$4 per class paid to your instructor. Jill Nyman is a Doctor of Physical Therapy and certified STOTT Pilates instructor.

EDUCATION PROGRAM DESCRIPTIONS

Healthy Hints: Arthritis Thurs, Nov 9, 12 pm

Arthritis isn't a single disease. There are over 100 different types of arthritis and related conditions. Even though it is more common in women, it can affect people of all sexes, ages and races. It's not a disease of aging, but is more common in older people. We will discuss common symptoms, causes, when to see a doctor, the influence of inflammation and the immune system and fatigue related to arthritis. Learn how we can take control of aspects of our lives to help us better manage arthritis, its pain, and to help prevent flares.

EDUCATION PROGRAM DESCRIPTIONS CONT.

Civil War: Battles of Chattanooga

Thurs, Nov 9, 10:30 am
After the Confederate victory at Chickamauga in September 1863, the Union army under General Rosecrans retreated to Chattanooga and were promptly put under siege by General Bragg and the Confederate Army.

In October, General Ulysses S. Grant was promoted to command the Union forces in the west and turned his attention to Chattanooga.

In this program, we will look at Grant's actions in Chattanooga including a change of commanders, opening the vital "Cracker Line" to bring in food, and his bold moves against Lookout Mountain and Missionary Ridge.

The Battles of Chattanooga lasted 3 days and are viewed as a brilliant and remarkable military turnaround. When they ended, Grant's forces had driven the Confederates into Georgia and opened the way for the Union campaign through the Deep South.

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