

April 2024



# SENIOR SERVICES

## Sanford Center Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Silly Fun All Day! Euchre 9:15 am Wii Tournament 12:15 Texas Hold Em 12:15	2 Peanut Butter & Jelly Day! 9:30 am Woodcarving 8-11:30 Pool Tournament 9:30 Nickel Bingo After Lunch	3 Coffee Break 9:30 am Shuffleboard 10 am Pepper Card Game Bingo after Lunch	4 Woodcarving 8-11:30 am Euchre 9:15 am Texas Hold Em 12:15	5 Nickel Bingo after Lunch Play Pepper
8 Euchre 9:15 am Wii Tournament 12:15 Texas Hold Em 12:15	9 Library Day! Woodcarving 8-11:30 Pool Tournament 9:30 Nickel Bingo After Lunch	10 Coffee Break 9:30 am Shuffleboard 10 am Pepper Card Game Bingo after Lunch	11 Woodcarving 8-11:30 am Euchre 9:15 am Healthy Hints: Health Benefits of Kindness & Humor at 12pm Texas Hold Em 12:15	12 Licorice Day- 9:30 am Nickel Bingo after Lunch Play Pepper
15 Euchre 9:15 am Blood Pressure Clinic 10:30-12 Wii Tournament 12:15 Texas Hold Em 12:15	16 Woodcarving 8-11:30 Pool Tournament 9:30 Nickel Bingo After Lunch	17 Coffee Break 9:30 am Shuffleboard 10 am Bingo After Lunch	18 National Barber Shop Day! 11 am Woodcarving 8-11:30 am Euchre 9:15 am Civil War: Father Abraham at 10:30 am Texas Hold Em 12:15	19 <b>Sanford Prom-Groovin' 70's at 10:30 am- Reservations required</b> Nickel Bingo After Lunch Play Pepper
22 Euchre 9:15 am Wii Tournament 12:15 Texas Hold Em 12:15	23 National Ping Pong Day Woodcarving 8-11:30 Pool Tournament 9:30 Nickel Bingo After Lunch	24 Coffee Break 9:30 am Shuffleboard 10 am Pepper Card Game Bingo After Lunch	25 Woodcarving 8-11:30 am Euchre 9:15 am Texas Hold Em 12:15	26 Nickel Bingo After Lunch Play Pepper
29 Euchre 9:15 am Wii Tournament 12:15 Texas Hold Em 12:15	30 Woodcarving 8-11:30 Pool Tournament 9:30 Celebrating Bob Walker with Nickel Bingo After Lunch	<p>Call 989-687-7888 or visit us online <a href="http://SeniorServicesMidland.org">SeniorServicesMidland.org</a> <b>Sanford Senior Center 2<sup>nd</sup> Annual Prom- Fri, April 19<sup>th</sup> at 10:30- Reserve now!</b></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](http://SeniorServicesMidland.org)

**Fitness Classes:**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30 am		Balanced in Motion	Balanced in Motion	Balanced in Motion	
10:45-11:45 am	Bonesaver	Intermediate Mat Pilates	Bonesaver	Intermediate Mat Pilates	
12-1 pm				Beginner Mat Pilates	



# Activity Descriptions

Call 989-687-7888 or visit [www.SeniorServicesMidland.org](http://www.SeniorServicesMidland.org) to sign-up!

**Mon, April 1** • Silly Fun All Day

**Tue, April 2** • Peanut Butter & Jelly Day at 9:30 am.

**Tue, April 9** • Library Day! Check out our beautiful library, books, puzzles and cards!

**Thurs, April 11** • **Healthy Hints:** Kindness and Humor at 12 pm.

**Fri, April 12** • Licorice Day - Enjoy a tasty snack at 9:30 am.

**Mon, April 15** • BP Clinic 10:30 am-12 pm.

**Thurs, April 18** • Civil War: Father Abraham at 10:30 am. Celebrating National Barber Shop Day- Performance at 11 am by Harbor Sounds Quartet.

**Fri, April 19** • Sanford Senior Center **2nd Annual Prom** - Our theme for 2024 is Groovin to the 70's! Music by Windsong at 10:30 am. Reservations required. Seating is limited. **Call Dawn today at 989-687-7888.**

**Tue, April 23** • National Ping Pong Day. Come on out and play with us! We're playing all day!

**Tues, April 26** • Celebrating the Memory of Bob Walker - Special treat & nickel bingo after lunch in Bob's memory!

## FITNESS CLASS DESCRIPTIONS:

**Balanced in Motion (Walk15)**  
Tues, Wed, & Thurs at 9:30 am.  
Also available via Zoom Mon, Wed, Fri at 9:30 am  
Come join the fun! Balanced in Motion 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 heart disease. Modify the movements to your own fitness level from beginners to more advanced! Suggested donation of \$3 per class.

**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 \$3 a class.

## Essential Mat Pilates

**Intermediate:** \*Requires Instructor Permission to join\*  
Tues & Thurs, 10:45-11:45 am

**Beginner:** Thurs, 12:00-1:00 pm  
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: Health Benefits of Kindness & Humor**  
Thurs, Apr 11, 12 pm  
Both humor and kindness can enhance our physical and mental health. Join this fun, interactive class. Have a few laughs and feel better when you leave, than when you arrived.

## EDUCATION PROGRAM DESCRIPTIONS CONT.

**Civil War: Father Abraham**  
Thurs, Apr 18, 10:30 am  
Abraham Lincoln inspired feelings unlike those of any previous commander-in-chief. In this program, we will discuss how a new and untested president would become "Father Abraham" to the Union army and the North as a whole. Lincoln carefully cultivated his relationship to the soldiers and in return, as expressed in their diaries and letters, an extraordinary number of Union soldiers loved Lincoln as a father.  
How did Lincoln inspire the faith and courage of so many men? Why did soldiers visiting Washington feel free to stroll into the White House and relax, as if it were their own home? Why did McClellan's army, turn instead to Old Abe, and how was this change of loyalty crucial to final victory?  
*To join lunch the day of a program, please reserve your meal by calling the Sanford Center by 9 am 989-687-7888.*