

September 2024



SENIOR SERVICES

Sanford Center Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day All Centers Closed	3 Woodcarving 8-11:30 Pool Tournament 9:30 Nickel Bingo After Lunch Decorate Parade Float!	4 Coffee Break 9:30 am Bingo After Lunch Decorate Parade Float!	5 Woodcarving 8-11:30 am Euchre 9:15 am Celebrating Harry's 99 th Birthday! 10:30 am Texas Hold 'Em 12:15 Decorate Parade Float!	6 Cornhole on the Patio- 10 am Nickel Bingo After Lunch Play Pepper Decorate Parade Float!
9 Grandparents Day Euchre 9:15 am Banana Splits After Lunch Wii Tournament 12:15 Texas Hold Em 12:15 Back to School Activities all week	10 Woodcarving 8-11:30 Pool Tournament 9:30 Arithmetic Day 11 am Nickel Bingo After Lunch	11 Coffee Break 9:30 am Music Class at 10:30 am Bingo After Lunch	12 Jacks & Jill's Yard Sale 9 am- 2 pm Woodcarving 8-11:30 am Euchre 9:15 am History Class w/ Ben Franklin 10:30-11:30 am Texas Hold 'Em 12:15	13 Jacks & Jill's Yard Sale 9 am- 2 pm P.E. Gym Class 10 am Nickel Bingo After Lunch Play Pepper
16 Euchre 9:15 am Blood Pressure Clinic 10:30-12 Wii Tournament 12:15 Texas Hold Em 12:15	17 Woodcarving 8-11:30 Pool Tournament 9:30 Nickel Bingo After Lunch	18 Coffee Break 9:30 am Energy Smart Seniors with Consumer's Energy 10:30 Pepper Card Game Bingo After Lunch	19 Woodcarving 8-11:30 am Memory Screenings 9-11:30 am Euchre 9:15 am Civil War: Sheridan's Valley Campaign 10:30 am Texas Hold 'Em 12:15	20 Cornhole on the Patio- 10 am Nickel Bingo After Lunch Play Pepper
23 Euchre 9:15 am Wii Tournament 12:15 Texas Hold Em 12:15	24 Woodcarving 8-11:30 Pool Tournament 9:30 Nickel Bingo After Lunch	25 Coffee Break 9:30 am Pepper Card Game Neighboring Week! Root Beer Floats after Lunch Bingo After Lunch	26 Woodcarving 8-11:30 am Euchre 9:15 am Grief Support Group at 10:00 am Flu/COVID Vaccination Clinic 11 am - 2 pm Texas Hold 'Em 12:15	27 Cornhole on the Patio- 10 am Nickel Bingo After Lunch Play Pepper
30 Euchre 9:15 am Wii Tournament 12:15 Texas Hold Em 12:15	<p>Call (989) 687-7888 or visit us online at SeniorServicesMidland.org</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
- **Bingo** Wed after lunch
- **Stitching with Friends** Wed 9:30
- **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 Sept 2.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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 to sign-up!

Sept 3-6 • Decorating our Float for Founder's Day!

Thurs, Sept 5 • Celebrating Harry Mohr's 99th Birthday with special music by "Just the 2 of Us," 10:30 am!

Sat, Sept 7 • Founder's Day Parade at Noon - Come check out our float!

Mon, Sept 9 • Celebrate Grandparents Day with Banana Splits after lunch.

Sept 9-13 • Back to School Week Activities

Tues, Sept 10 • Arithmetic Day at 11 am - "Math Flash."

Wed, Sept 11 • Music Class at 10:30 am - Sing along with Windsong! Health Benefits Assistance with Kristen Lance & Kim Short at 11:45 am.

Thurs, Sept 12 • History Class - Visit with Ben Franklin from 10:30-11:30 am and test your knowledge of Early American History.

Sept 12 & 13 • Yard Sale from 9 am-2 pm. Rain or Shine. All proceeds to benefit the Sanford Jacks and Jills.

Fri, Sept 13 • P.E. Gym Class at 10am - Choose between Corn Hole, Walking, and Shuffle Board.

Mon, Sept 16 • Blood Pressure Clinic from 10:30 am-12 pm.

Wed, Sept 18 • Energy Smart Seniors with Consumers Energy at 10:30 am.

Thurs, Sept 19 • Memory Screening with Kelsey Cline from 9-11:30 am. Civil War: Sheridan's Valley Campaign 10:30.

Wed, Sept 25 • Neighboring Week! "Root Beer Floats and chats with Neighbors," after lunch.

Thurs, Sept 26 • Flu & COVID-19 Vaccination Clinic from 11 am-2 pm

FITNESS CLASS DESCRIPTIONS: Balanced in Motion (Walk15)

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

Bonesaver description Cont.
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, 12-1 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

Energy Smart Seniors with Consumer's Energy

Wednesday, Sept 18, 10:30-11:00 am

Please register by calling 989.633.3740. Learn how to keep your bill low and receive a kit to begin your energy efficient journey.

EDUCATION PROGRAM DESCRIPTIONS CONT.

Civil War: Sheridan's Valley Campaign

Thurs, Sept 19, 10:30 am

Learn how Sheridan delivered a series of stinging defeats to the Confederates and ended their control of the vital region. Sheridan's army left much of the Shenandoah Valley in ashes, making it unable to sustain Confederate armies.

New Grief Support Group

Thursday, Sept 26, 10:00 am

Join Melissa Sweet, LPC, Bereavement Counselor at MyMichigan Health for support and guidance for individuals navigating grief. In this monthly support group, participants will work through their emotions & adjust to life after loss.

Flu & COVID-19 Vaccination Clinic

Thursday, Sept 26, 11:00-2:00

Take care of this important yearly health measure from the comfort of the Sanford Center! Free hat while supplies last.