

December 2024



SENIOR SERVICES

Sanford Center Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3	4 Line Dancing 12 pm (\$3) 	5 Tailgate Party for the Detroit Lions at 10:30 am 	6
9	10 Line Dancing 12 pm (\$3) 	11 Christmas Celebration with music by Tim Barocko at 10:30 am. Currently full with a waitlist. 	12 Civil War: Sherman's March to the Sea Part 2- 10:30 am 	13 
16 Blood Pressure Clinic 10:30 am-12 pm 	17	18 Big Buck Bingo After Lunch 	19	20 Ugly Sweater Party at 10:30 am Music by Windsong at 11 am 
23 National Cut Out Snow Flakes Day! Help us make a blizzard! 	24 Closed for Christmas Eve	25 Closed for Christmas	26 Grief Support Group at 10-11 am 	27
30 New Year's Party at 10:30 am	31 Closed for new Year's Eve	1 Closed for New Year's Day	Call (989) 687-7888 or visit us online at SeniorServicesMidland.org	

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:

- Mondays**
- Euchre 9:15 am
 - Texas Hold Em 12:15 pm
 - Wii Tournament 12:15 pm
- Tuesdays**
- Woodcarving 8-11:30 am
 - Pool Tournament 9:30 am
 - Nickel Bingo after lunch
- Wednesdays**
- Coffee Break 9:30 am
 - Bingo after lunch
 - Play Pepper after lunch
- Thursdays**
- Woodcarving 8-11:30 am
 - Euchre 9:15 am
 - 4th Thursday – Grief Support Group 10-11 am
 - Texas Hold Em 12:15 pm
- Fridays**
- Cornhole/Nerf Archery 10 am (weather depending)
 - Nickel Bingo after lunch

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

Fitness Classes: Line Dancing with Kristina Bennett will be offered Dec 4th & 10th from 12-1 pm, \$3/class.
No Classes Dec 24, 25, 31 or Jan 1. No Intermediate or Beginner Pilates Dec 19 or 26.

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		Line Dance 12/4 & 12/10		Beginner Mat Pilates



Activity Descriptions

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

Wed, Dec 4 • Line Dance at 12 pm. \$3 per class

Thurs, Dec 5 • Tailgate Party for the Detroit Lions. Wear your Lions swag!

Tues, Dec 10 • Line Dance at 12 pm. \$3 per class

Wed, Dec 11 • Christmas Celebration! Music by Tim Barocko at 10:30 am. This event is full with a waitlist. Consider trying one of our other centers and meet some new folks if you didn't get a reservation.

Thurs, Dec 12 • The Civil War: Sherman's March to the Sea, Part 2 at 10:30 am.

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

Fri, Dec 20 • Ugly Sweater Party at 10:30 am. Enjoy the sweet sounds of Windsong at 11 am.

Mon, Dec 23 • National Cut Out Snow Flakes Day. We love paper snow! Help us make a blizzard in Sanford!

Thurs, Dec 26 • Grief Support Group at 10 am.

Mon, Dec 30 • New Year's Party! 10:30 am

Closed for the Holidays Dec 24, 25, 30 and Jan 1.

FITNESS CLASS DESCRIPTIONS:

Balanced in Motion (Walk15)

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

Better-known as the Leslie Sansone Walk series. Get an aerobic workout to hit music to improve balance, flexibility, and strength. Suggested donation: \$3 per class or \$30 per month for unlimited classes.

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. Suggested donation of \$3 a class.

Line Dance

Tuesdays, Dec 4 and 10, 12-1 pm
Join instructor Kristina Bennett and have a great time moving to music! No partner needed. Fee: \$3.00 per class.

Essential Mat Pilates

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

Beginner: Thurs, 12-1 pm

No Classes Dec 19 or 26

Improve flexibility, increase core strength, improve posture, & promote relaxation while improving focus. 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

Grief Support Group

Thursday, Dec 26, 10 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.

EDUCATION PROGRAM DESCRIPTIONS CONT.

Civil War: Sherman's March to the Sea Part 2

Thurs, Dec 12, 10:30 am
On December 21, 1864, Union Major General William Tecumseh Sherman's troops captured Savannah, Georgia, completing the March to the Sea. He telegraphed President Lincoln the next day with the message – ***"I beg to present you, as a Christmas gift, the city of Savannah, with 150 heavy guns and plenty of ammunition, and also about 25,000 bales of cotton."***

In this program, we will look at the final weeks of Sherman's march and its consequences. How much damage was done to Georgia? How effective was it in weakening the Confederacy's ability to fight the war? What was the legacy of Sherman's March to the Sea?

We will also look at the aftermath of the Battle of Franklin in Tennessee and the Battle of Nashville on December 15.