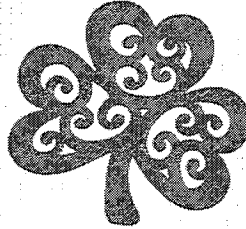


THE GATHERING PLACE
122 STARR RD, SPRING ARBOR, MI, 49283
(517) 750-1010



SPRING ARBOR SENIOR CENTER

MARCH 2017
newsletter



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The Annual St. Patrick's Day Celebration

Friday, March 17, 2017
12-1:30pm

Join us for our St Patrick's Day party.

Lunch will be served at noon.

Following lunch, we will welcome Beth Philo, a local storyteller who will entertain us with a couple of her favorite Irish stories.

We will also have time for some Irish jokes, trivia and songs. Rosemary Darling will play the piano for our sing-a-long.

Special thanks to Beth and Rosemary.

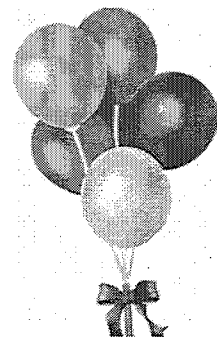
* Wear green to have your name entered in a prize drawing.

you don't have to be Irish

March Birthdays

Happy Birthday

Dielman, Evelyn	3-16
Fraley, Helen	3-2
Jacobson, Carl	3-23
Rose, Frank	3-11
Sipes, Ward	3-30
Spink, Pat	3-23
Williamson, Mary	3-20
Zuver, Nancy	3-26



March is National Nutrition Month

Topic: Superfood Swaps

Monday, March 6 at 12:30


We will take a look at several superfood swaps, simple tips for changing a favorite food for a healthier alternative.. We will have some samples for you to taste, too.

Game Day at Spring Arbor Center
 The third Wednesday of the month.
 11:30-2pm

Come and join us to play your favorite table games or card games.

We will start before lunch at 11:30, break for lunch at noon and resume games at 12:30.


Bring a friend or two!



Winter Weather Closing
Reminder

If Jackson Public School District is closed due to weather, our senior center is closed. Check local TV & radio for announcements.

Greeting Cards
 with Norma



March 16, 1-3pm


Come for lunch and join us afterward to make beautiful greeting cards for some special people in your life. We make three cards per class. There is a \$5 materials fee for the class.

Class size is limited and reservations are needed one day in advance.

All skill levels are welcome.

Sign up soon to reserve your place.

PENNY BINGO



Wednesday,
 March 29, 1-2pm


Bring your pennies
 And a friend!

The Knitting, Crocheting and Quilting Groups: Wednesdays, 10-12am

These delightful groups could use some more willing hands to make items which are donated to area agencies. We provide all materials.

Cleaning out your stash? The ladies could use donated 4-ply yarn in pastels and bright colors, and cotton calico quilt fabrics.

For more information, call the center or stop by to see samples of their work. All skill levels are welcome.



South Central Woodcarvers

Mondays, 10-12am

The group meets every Monday to work on their projects and share ideas. All skill levels welcome.



Blood Pressure Checks

Wed, March 1, 11:30-12:15

Renee Carstons, RN

Thanks, Renee!



Fun Fact:

THERE ARE NO FEMALE LEPRECHAUNS

Don't be fooled by any holiday decorations showing lady leprechauns.

In traditional Irish folk tales, there are no female leprechauns, only nattily attired little guys.



Acrylic Painting Classes
Landscape on Canvas



Friday, March 10, 9:30-11:30am

Friday, March 24, 9:30-11:30am

\$10 per session, includes all supplies

These classes are taught by Lou Cubble. All skills levels are welcome.

Winter Exercise Series at Spring Arbor Senior Center

Weeks of January 9 - March 31, 2017

Fit After Fifty/Aerobics

Mondays, Wednesdays, & Fridays: 10:15-11:15am

Yoga

Tuesdays: 10:00-11:00am

Get In Line/Line Dance

Thursdays, 10-10:30am: Beginner

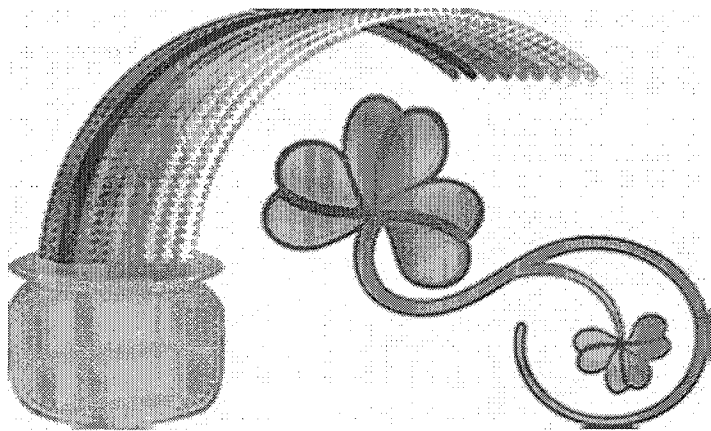
Thursdays, 10:30-11:15: Advanced Beginner

All classes: \$1.00 suggested donation per class /Under age 60, \$2



Come and exercise with friends and stay for lunch. You'll be glad you did.

Spring Arbor Senior Center
122 Starr Rd
PO Box 339
Spring Arbor, MI 49283



**SPRING ARBOR SENIOR CENTER/ THE GATHERING PLACE
IT'S MORE THAN JUST LUNCH!**