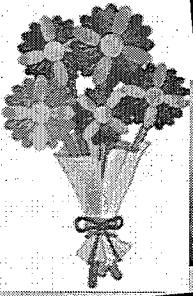


THE GATHERING PLACE
122 STARR RD, SPRING ARBOR, MI, 49283
(517) 750-1010



SPRING ARBOR SENIOR CENTER

JUNE 2017

newsletter

**DRIVER
SAFETY** 

Take the NEW AARP Smart Driver™ Course and you may save money on your car insurance!*

- Refresh your driving skills and know the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Plus, there are no tests to pass!

Course fee is \$15 for AARP Members and \$20 for nonmembers. Class size is limited. Sign up today!

This classroom-based program is 2 four-hour sessions. 8 hours total.

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

Dates: Thursday, June 15th & Friday, June 16th 8:00 am – 12:00 pm

Location: Spring Arbor Senior Center,
122 Starr Rd, Spring Arbor

For more information or to register: Call
the Spring Arbor Senior Center, 517-750-


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June Birthdays

Daane, Jon	6-16
Gardner, Brenda	6-20
Konopka, June	6-12
Laymon, John	6-1
Leatherman, Don	6-5
Mooar, Eleanore	6-19
Myers, Colleen	6-14
Paquin, Patty	6-29
Stevens, Ann	6-22
Wierenga, Norma	6-23




Health Benefits of Strawberries
 Mon, June 12, 12:15-12:30
 June is strawberry month in Michigan, so we will take a look at the nutritional value packed into these little gems. We will also sample a tasty strawberry "soup."



Shipshewana trip: Wed, June 7, 8am-6:30pm
 Lunch and Show, "Confession" at the Blue Gate Theater.
 \$69 for SASC active, enrolled seniors
 \$79 all others.
 At this point, the trip is full with a wait list. If interested, call the Senior Center for more information at 750-1010.

PENNY BINGO
 Wednesday, June 28, 1-2pm
 Bring your pennies
 And a friend!



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.
 This month we will combine our first Wed Birthday Party with our Game Day.

Greeting Cards with Norma
June 15, 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.



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

Our next B.P. check will be Wed, June 7, 11:30-12:15
Renee Carstons, RN
Thanks, Renee!



Acrylic Painting Classes
Landscape on Canvas



Friday, June 9, 9:30-11:30am
Friday, June 23, 9:30-11:30am
\$10 per session, includes all supplies
These classes are taught by Lou Curbille. All skills levels are welcome.

Ice Cream Sundaes

**Mon, June 19
12:30**



After your lunch, you can make your own sundae! We will serve up the ice cream and you may add toppings to suit your taste. Yum!

Spring Exercise Series at Spring Arbor Senior Center

Weeks of April 10–June 30, 2017

Fit After Fifty/Aerobics

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

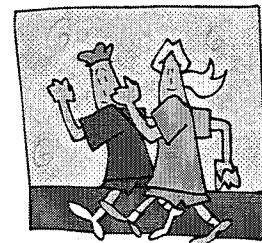
Yoga

Tuesdays: 10:00-11:00am

Get In Line/Line Dance

Thursdays, 10-10:30am: Beginner

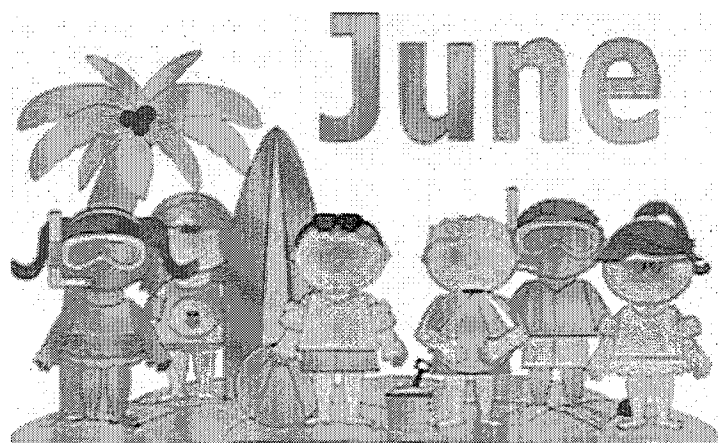
Thursdays, 10:30-11:15: Advanced Beginner



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!**