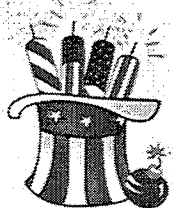
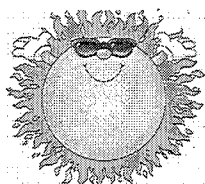


THE GATHERING PLACE
 122 STARR RD, SPRING ARBOR, MI, 49283
 (517) 750-1010



SPRING ARBOR SENIOR CENTER



JULY/AUGUST 2017
newsletter

Ye Ole Carriage Shop

Ganton Car Museum

Friday, July 21, 1-2pm

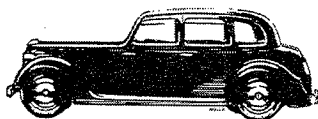
Join us for lunch, then follow us down the road to visit the car museum.

Antique and Classic Cars; 1915 Soda Bar with Coca-Cola memorabilia; Children's Pedal Cars; Toy Room, Retro 50's kitchen, and more.

Suggested donations: \$2.00/SASC seniors*
 or \$5.00 all others

Reservations needed by Monday, July 17.

Call the Senior Center at 750-1010



Much More than Cars!

 ★ We will be closed Tuesday, July 4, 2017 in ★
 ★ observance of Independence Day. ★
 ★ Have a fun and safe holiday. ★
 ★

Inside this issue:

Events and activities	2
Events and activities	3
Activity Calendar	4
Menu	5

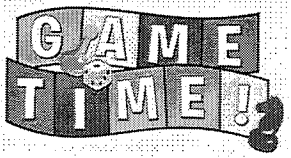
July Birthdays

Carty, Carolyn	7-31
Cornell, Beverly	7-20
Dodd, June	7-4
Dzikowski, Veronica	7-26
Farr, Karla	7-30
Gnath, Carlene	7-2
Greene, Bev	7-1
Haller, Rhonda	7-2
Laymon, Diane	7-12
Lectka, Maralyne	7-06
Praay, Cherry	7-15
Reardon, Sharlette	7-23
Stevens, Dick	7-6
VanCampen, Sharron	7-3



To my dear Spring Arbor friends..
 I will be retiring this summer. Friday, July 28 will be my last day. I look forward to a bit of travel, pursuing hobbies and spending more time with our family.
 I have loved my 12 years here at the senior center and treasure the friendships with all of you. I may pop in occasionally for a class or lunch to say hello. Take care and God bless.
 Fondly, Bev

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.



August 21, 2017
 Solar Eclipse 1:01-3:45pm with max coverage of 81% at 2:25pm. The senior center will have some protective eye glasses for viewing the eclipse. Call 750-1010 in August for more info. Check out this link to NASA also: <https://eclipse2017.nasa.gov/>

Greeting Cards with Norma
July 20, 1-3 pm
August 17, 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.



PENNY BINGO
 Wednesday,
 July 26, 1-2pm &
 August 23, 1-2pm



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. checks will be
Wed, July 5, 11:30-12:15
Wed, Aug 2, 11:30-12:15
Renee Carstons, RN
Thanks, Renee!



Acrylic Painting Classes
Landscape on Canvas



Fridays, July 14 & 28, 9:30-11:30am
Fridays, Aug 11 & 25, 9:30-11:30am
\$10 per session, includes all supplies
These classes are taught by Lou Cubble. All skills levels are welcome.
Call 750-1010 to reserve your place.

Ice Cream Sundaes

Mon, July 17

Mon, Aug 14

at 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!

Summer Exercise Series at Spring Arbor Senior Center
Beginning the week of July 10, 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

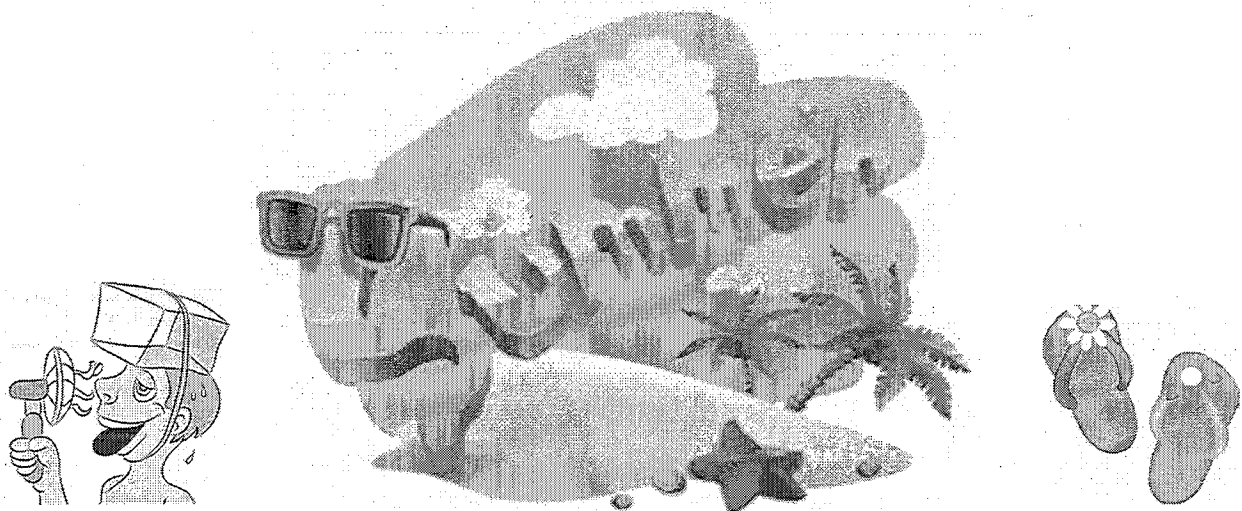
Thursdays, 10:30-11:15: Advanced Beginner

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!**

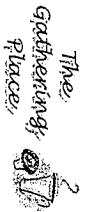
1222 Starr Rd, Spring Arbor, MI
 517-750-1010
 M-F, 9am-2pm, Meal at noon
 Bev Greene, Senior Center Specialist

Spring Arbor Senior Center--The Gathering Place

JULY 2017



Su	Mon	Tue	Wed	Thu	Fri	Sa					
						1					
2	10-12 Carving 10:15-11:15 Video Aerobics	3	Closed Today 	4	Birthday Party today 10-12 Knit/Crochet 10:15-11:15 Video aerobics 11:30-12 Blood Pressures	5	10-10:30 LineDance/Beginner 10:30-11:15 Line Dance/ Advanced Beginner	6	10:15-11:15 Video Aerobics	7	8
9	10-12 Carving 10:15-11:15 <u>Fit After 50</u>	10	10-11 Yoga	11	10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u>	12	10-10:30 LineDance/Beginner 10:30-11:15 Line Dance/ Advanced Beginner	13	9:30-11:30 Acrylic Painting 10:15-11:15 <u>Fit After 50</u>	14	15
16	10-12 Carving 10:15-11:15 <u>Fit After 50</u> 12:00 Ice Cream Sundaes with lunch 	17	10-11 Yoga	18	10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> Game Day: 11:30-2 Table games & cards before and after lunch	19	10-10:30 LineDance/Beginner 10:30-11:15 Line Dance/ Advanced Beginner 1-3 Hand-stamped Cards w/Norma	20	10:15-11:15 <u>Fit After 50</u>	21	22
23	10-12 Carving 10:15-11:15 <u>Fit After 50</u>	24	10-11 Yoga	25	10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u>	26	10-10:30 LineDance/Beginner 10:30-11:15 Line Dance/ Advanced Beginner	27	9:30-11:30 Acrylic Painting 10:15-11:15 <u>Fit After 50</u>	28	29
30	10-12 Carving 10:15-11:15 <u>Fit After 50</u>	31		1-2 Penny Bingo							



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BBQ Chicken Drumstick (1)	3	Closed	4	Grilled Chicken Sandwich w/ Cheese on Kaiser Roll	5	Turkey ala King over Biscuit	6	Cheeseburger on Bun w/Pickles Slices	7
Red Potatoes	10	Independence Day	Au Gratin Potatoes	25	Brussels Sprouts	10	Sweet Corn	10	Italian Green Beans
Broccoli	5		Diced Carrots	5	Hot Spiced Peaches	15	Fresh Fruit	11	Fresh Fruit
Fresh Fruit	15		Chunky Applesauce	15	Milk	11	Milk	11	Milk
Dinner Roll	15		Milk	11			Cookie	20	Cookie
Milk	11		Total Carbohydrates	91	Total Carbohydrates	76	Total Carbohydrates	96	Total Carbohydrates
Total Carbohydrates	81								
BBQ Ribbette on Bun	10		Breaded Chicken Tenderloins	11	Sweet N Sour Meatballs (6)	12	Beef Pepper Patty w/Gravy	13	Beef Pepper Patty w/Gravy
Baked Beans	35	Beef Ravioli w/Marinara	5 O'Brien Potatoes	5	Brown Rice	20	Mashed Red Skins	15	Mashed Red Skins
Mixed Vegetables	30	Northwest Veggie Blend	Peas	10	Cauliflower	10	Broccoli	5	Broccoli
Applesauce	5	Garden Salad	Oranges & Pineapples	15	Baby Carrots	15	Fresh Fruit	10	Fresh Fruit
Milk	15	Fruit Cocktail	Cornbread	11	Fresh Fruit	30	Dinner Roll	15	Dinner Roll
	11	Milk	Milk	11	Milk	11	Milk	15	Milk
	11	Graham Snack					Pudding	11	Pudding
Total Carbohydrates	96	Total Carbohydrates	Total Carbohydrates	96	Total Carbohydrates	96	Total Carbohydrates	96	Total Carbohydrates
Teriyaki Beef Bites (4) w/Dip	17	Sweet and Sour Chicken Breast	10 Bratwurst on Bun	18	30 Scalloped Potatoes w/Turkey Ham	20	Boneless Chicken Wings (4)	21	Boneless Chicken Wings (4)
Au Gratin Potatoes	0	Baked Potato w/Sour Cream	25 Red Potatoes	25	Green Beans	5	Sweet Potatoes	5	Sweet Potatoes
Carrots	20	French Cut Green Beans	5 Broccoli & Cauliflower Blend	5	Hot Spiced Apples	20	Peas and Pearl Onions	20	Peas and Pearl Onions
Grape Juice	15	Diced Apricots	15 Fresh Fruit	15	Dinner Roll	15	Tropical Fruit Salad	15	Tropical Fruit Salad
Dinner Roll	15	Dinner Roll	Milk	11	Milk	11	Milk	11	Milk
Milk	11	Milk	Wafer Cookie	6			Cookie	11	Cookie
Total Carbohydrates	71	Total Carbohydrates	Total Carbohydrates	87	Total Carbohydrates	86	Total Carbohydrates	76	Total Carbohydrates
Pulled Turkey and Gravy	24	5 Teriyaki Chicken Breast on over Biscuit	30 Redskin Potatoes	26	5 Salisbury Steak w/Mushroom Gravy	27	20 Chicken Drumsticks (2)	28	20 Chicken Drumsticks (2)
Peas & Carrots	15	Wheat Bun w/mayo	20 Northwest Veg Blend	10	Green Beans	5	Mildori Veg Blend	20	Scalloped Potatoes
Stewed Tomatoes	10	Scandinavian Veg Blend	5 Cranberry Apples	15	Fresh Fruit	15	Pineapple Tidbits	5	Pineapple Tidbits
Applesauce	15	Fresh Fruit	15 Blueberry Muffin	25	Dinner Roll	15	Dinner Roll	15	Dinner Roll
Milk	11	Milk	Milk	11	Milk	11	Milk	11	Milk
	11	Sorbet		10			Pudding	20	Pudding
Total Carbohydrates	81	Total Carbohydrates	Total Carbohydrates	91	Total Carbohydrates	86	Total Carbohydrates	91	Total Carbohydrates
Pollack Fillet w tartar sauce	13		Chicken Breast Strips w/Peppers	26	25 Washed Redskin Potatoes	27	20 Scalloped Potatoes	20	20 Scalloped Potatoes
Scalloped Potatoes	20		Northwest Veg Blend	10	Green Beans	5	Pineapple Tidbits	5	Pineapple Tidbits
Green Beans	5		5 Cranberry Apples	15	Fresh Fruit	15	Dinner Roll	15	Dinner Roll
Fresh Fruit	15		15 Blueberry Muffin	25	Dinner Roll	15	Milk	11	Milk
Dinner Roll	15		Milk	11				11	
Milk	11		Total Carbohydrates	86	Total Carbohydrates	91	Total Carbohydrates	96	Total Carbohydrates
Total Carbohydrates	79								

Menus approved by:

[Signature] RD

* Substitutions by kitchen staff may be made if needed

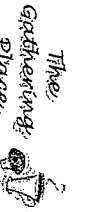
122 Starr Rd, Spring Arbor, MI
 517-750-1010
 M-F, Meal at noon

Spring Arbor Senior Center--The Gathering Place

AUGUST 2017



Su	Mon	Tue	Wed	Thu	Fri	Sa	
			1 1 Birthday Party today 10-12 Knit/Crochet 10:15-11:15 Video aerobics 11:30-12 Blood Pressures	2 No line dance today	3	4 10:15-11:15 <u>Fit After 50</u>	5
6 10-12 Carving 10:15-11:15 <u>Fit After 50</u>	7 10-11 Yoga	8 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> 1-2 Advisory Board	9 10:30-11:15 Line Dance/ Advanced Beginner	10 9:30-11:30 Acrylic Painting 10:15-11:15 <u>Fit After 50</u>	11 18	12	
13 10-12 Carving 10:15-11:15 <u>Fit After 50</u> 12:00 Ice Cream Sundaes with lunch 	14 10-11 Yoga	15 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> Game Day: 11:30-2 Table games & cards before and after lunch	16 10:30-11:15 Line Dance/ Advanced Beginner 1-3 Hand-stamped Cards w/Norma	17 10:15-11:15 <u>Fit After 50</u>	18	19	
20 10-12 Carving 10:15-11:15 <u>Fit After 50</u> Solar Eclipse Today!! 	21 10-11 Yoga	22 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> 1-2 Penny Bingo	23 10:30-11:15 Line Dance/ Advanced Beginner	24 9:30-11:30 Acrylic Painting 10:15-11:15 <u>Fit After 50</u>	25	26	
27 10-12 Carving 10:15-11:15 <u>Fit After 50</u>	28 10-11 Yoga	29 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u>	30 10:30-11:15 Line Dance/ Advanced Beginner	31			



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7	8	9	10	11
Terryaki Chicken Breast	Beef Pepper Patty w/Gravy	Fish Sandwich on Bun w/Tartar	Pulled Chicken & Gravy	Beef Tortellini	Beef Hot Dog on Bun w/mustard
Scalloped Potatoes	Garlic Mashed Red Skins	Spudsters	Mashed Potatoes	Broccoli	Baked Beans
Succotash	Peas & Cauliflower	Capri Veg Blend	Diced Carrots	Spinach Salad w/Mandarin Oranges	Mixed Veggies
Apricot Juice	Dinner Roll	Diced Peaches	Fresh Fruit	Dinner Roll	Milk
Bran Muffin	Milk	Milk	Dinner Roll	Milk	Cookie
Milk	Fresh Fruit Salad	Milk	Milk	Milk	Milk
Total Carbohydrates	Total Carbohydrates	Total Carbohydrates	Total Carbohydrates	Total Carbohydrates	Total Carbohydrates
81	86	84	76	96	96
14	15	16	17	18	19
BBQ Chicken Drumstick (1)	Cheeseburger on Bun w/ketchup	Chicken Nuggets (6) w/Dipping Sauce	Chicken Breast on Kaiser Bun	Beef Hot Dog on Bun w/mustard	Baked Beans
Scalloped Potatoes	Sweet Corn	Potato Cheese Bake	w/mayo	Mixed Veggies	Milk
Midori Veggie Blend	Italian Green Beans	Peas & Carrots	Potatoes O'Brien	Grape Juice	Milk
Applesauce	Fresh Fruit	Mandarin Oranges & Pineapple	Mixed Veggies	Fresh Fruit	Milk
Dinner Roll	Milk	Dinner Roll	Fresh Fruit	Milk	Milk
Milk	Cookie	Milk	Milk	Milk	Milk
Total Carbohydrates	Total Carbohydrates	Total Carbohydrates	Total Carbohydrates	Total Carbohydrates	Total Carbohydrates
76	96	81	81	91	91
21	22	23	24	25	26
Turkey Kielbasa & Sauerkraut	Breaded Chicken Tenders (2)	Chicken A La King	Sloppy Joes on Hamburger Bun	Stuffed Cabbage	Mashed Potatoes
Redskin Potatoes	Au Gratin Potatoes	Over Biscuit	Broccoli	Mashed Potatoes	Peas
Carrot Coins	Black Eyed Peas	Brussels Sprouts	Diced Carrots	Sliced Peaches	Milk
Fresh Fruit	Diced Apricots	Hot Spiced Peaches	Fresh Fruit	Dinner Roll	Milk
Dinner Roll	Dinner Roll	Milk	Dinner Roll	Milk	Milk
Milk	Milk	Milk	Milk	Milk	Milk
Total Carbohydrates	Total Carbohydrates	Total Carbohydrates	Total Carbohydrates	Total Carbohydrates	Total Carbohydrates
76	97	71	96	96	20
28	29	30	31	32	33
Salisbury Steak w/Mushroom Gravy	Chicken & Bell Pepper Fajita	Scalloped Potatoes w/Turkey Ham	Swedish Meatballs (6)	Brown Rice	Peas
Mashed Potatoes	Refried Beans	Green Beans	Hot Spiced Apples	Baby Carrots	Fresh Fruit
Peas & Carrots	Corn	Hot Spiced Apples	Dinner Roll	Fresh Fruit	Milk
Fresh Fruit	Cranberry Apples	Milk	Milk	Milk	Milk
Dinner Roll	Milk	Vanilla Water Cookie	Milk	Milk	Milk
Milk	Vanilla Water Cookie	Milk	Milk	Milk	Milk
Total Carbohydrates	Total Carbohydrates	Total Carbohydrates	Total Carbohydrates	Total Carbohydrates	Total Carbohydrates
81	90	81	81	81	81

Menus approved by:

[Handwritten Signature]

* Substitutions by kitchen staff may be made if needed