

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



SPRING ARBOR SENIOR CENTER

SEPTEMBER 2017
 newsletter

September Sock Hop

Crouch Sr. Center

Thursday, September 7, 2017

Come join us for dinner and dancing.

Located in the Health Department ground floor (room 005) Parking lot A.

Dinner served 5-5:30 PM

Suggested donations: \$2.50 seniors*
 all others \$3.50

Dancing 6-9 PM

Suggested dance entry: \$1.00

Singles are welcome!

Please call and make reservations

788-4364



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September Birthdays

Bean, Shirley	9-14
Beasley, Elaine	9-17
Beeman, Enoch	9-22
Bible, Pauline	9-14
Brokowski, Chris	9-21
Brunner, Sue	9-21
Craddock, Joan	9-14
Dean, Rita	9-8
England, Virginia	9-9
Hawkins, Barbara	9-13
Kik, Gayle	9-11
Northrup, Marcia	9-16
Probst, David	9-10
Tepezano, Edna	9-26
Videto, Betty	9-5
Wolt-Jack	9-30



 We will be closed Monday, September, 4
 2017 in observance of Labor Day.

Greetings Spring Arbor!

My name is Shimone Glaspie, as you may have heard, I have taken on the role as Senior Center Specialist. I wish to take a moment and introduce myself. I'm enthusiastic about joining the Department on Aging and look forward to meeting everyone in person.

The new hours for Spring Arbor Senior Center are M-F 9:45-1:45pm

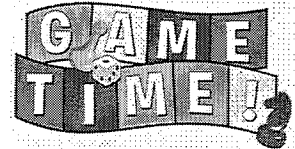
Sincerely, Shimone

Game Day at Spring Arbor Center
The third Wednesday of the month.

11:30-1:45pm

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

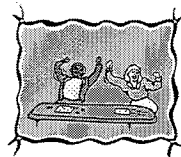
We will start before lunch at 11:30, break for lunch at noon and resume games at 12:30.



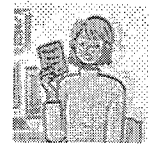
Friday September 15, 11:30-12pm
Healthy Aging
Beth Lewis with Vista Grande Villa will be our nutrition educational speaker on the topic of Healthy Aging Presentation will also include a treat or prize give away for participants.

PENNY BINGO

Wednesday,
September 27,
12:45-1:45pm



**Greeting Cards
with Norma
September 19,
10-12 pm**



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.



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, September 27
11:30-12pm
Renee Carstons, RN
Thanks, Renee!



Acrylic Painting Classes
Landscape on Canvas



Fridays, September 8 & 22
10-12pm

\$10 per session, includes all supplies
These classes are taught by Lou Curbille. All skills levels are welcome.
Call 750-1010 to reserve your place.

Ice Cream Sundaes

Mon, September 11
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!

**Fall Exercise Series at Spring Arbor Senior Center
Beginning the week of September 11, 2017**

Fit After Fifty/Aerobics

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

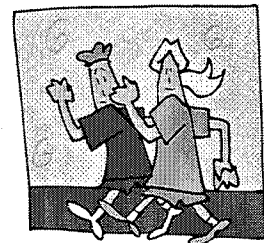
Yoga

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!**