



# February 2010 Activity Calendar



FAITH SELLERS SENIOR CENTER

312 N. LAUREL STREET, SUMMERVILLE, SC 29483

HOURS: 8:30 a.m. to 5 p.m., Monday through Friday, call 871-5053 with questions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 Wt Training* 9:30 Ceramics <b>10:15 AARP Board Meeting</b> 10:30 Pinochle 10:15 Chair Exercise <b>10:45 Reading Circle</b> 1:00 Bridge 1:00 Ceramics/Clay 1:00 Enhance Fitness	<b>2 Groundhog Day</b> 8:30 Aerobics* 9:30 Ceramics 9:30 Basic Computer 9:40 Yoga* 10:00 Crafts 12:00 Mahjong 1:00 Sit and Get Fit 1:00 Ceramics/Clay 7:00 Line Dancing 	<b>3</b> 9:00 Wt Training* 9:30 Canasta 10:00 Pinochle 10:15 Bible Study 10:30 Bingo 1:00 Enhance Fitness	<b>4</b> 8:30 Aerobics* 9:30 Quilting 9:30 Basic Computer <b>10:15 President's Day Match Game</b> 9:40 Yoga* 1:00 Sit and Get Fit 1:00 Quilting	 <b>5</b> 9:30 Canasta <b>10:00 Lunch Social</b> 10:00 Crochet 12:30 Line Dancing* 1:00 Painting Pals 1:00 Enhance Fitness
<b>8</b> 9:00 Wt Training* 9:30 Ceramics 10:00 Pinochle 10:15 Chair Exercise <b>10:45 Sing-a-Long</b> 10:15 Knitting 1:00 Bridge 1:00 Ceramics/Clay 1:00 Enhance Fitness	<b>9</b> 8:30 Aerobics* 9:30 Ceramics 9:30 Basic Computer 9:40 Yoga* 10:00 Crafts <b>10:50 Reading Circle</b> 12:00 Mahjong 1:00 Sit and Get Fit 1:00 Ceramics/Clay 7:00 Line Dancing	<b>10</b> 9:00 Wt Training* 9:30 Canasta 10:00 Pinochle 10:15 Bible Study 10:30 Bingo 12:30 Bunco 1:00 Enhance Fitness	<b>11</b> 8:30 Aerobics* 9:30 Quilting 9:30 Basic Computer 9:40 Yoga* <b>10:30 "Have a Happy Heart" Presentation</b> 1:00 Sit and Get Fit 1:00 Quilting	<b>12</b> 9:30 Canasta 10:00 Crochet <b>10:30 Valentine's Day Fun</b> 12:30 Line Dancing* 1:00 Painting Pals 1:00 Enhance Fitness 
<b>15</b> 	<b>16 Mardi Gras</b> 8:30 Aerobics* 9:30 Ceramics 9:30 Basic Computer 9:40 Yoga* 10:00 Clemson Ladies <b>10:50 Sing-a-long</b> 12:00 Mahjong 1:00 Sit and Get Fit 1:00 Ceramics/Clay 7:00 Line Dancing 	<b>17</b> <b>8:30 AIP Meeting</b> 9:00 Wt Training* 10:00 Canasta 10:00 Pinochle 10:15 Bible Study 10:30 Nutrition Bingo 1:00 Enhance Fitness <b>1:30 AARP Member Meeting</b>	<b>18</b> 8:30 Aerobics* 9:30 Quilting 9:30 Basic Computer 9:40 Yoga* <b>10:00 Bookmobile</b> <b>10:00 Crafts</b> <b>10:15 Crosswords</b> 1:00 Sit and Get Fit 1:00 Quilting	<b>19</b> 9:30 Canasta <b>9:45 Chair Travel at St. George Center</b> 10:00 Crochet 12:30 Line Dancing* 1:00 Painting Pals 1:00 Enhance Fitness 1:30 Sewing Circle
<b>22</b> 9:00 Wt Training* 9:30 Ceramics 10:00 Pinochle 10:15 Chair Exercise 10:15 Knitting <b>10:45 Get On the Healthy Snack Track</b> 1:00 Bridge 1:00 Ceramics/Clay 1:00 Enhance Fitness <b>1:30 NARFE Member Meeting</b>	<b>23</b> 8:30 Aerobics* 9:30 Ceramics 9:30 Basic Computer 9:40 Yoga* <b>10:50 Reading Circle</b> 12:00 Mahjong 1:00 Sit and Get Fit 1:00 Ceramics/Clay 7:00 Line Dancing <b>7:00 Walk a Mile in Their Shoes Workshop (see attachment)</b>	<b>24</b> 9:00 Weight Training* 9:30 Canasta 10:00 Pinochle 10:15 Bible Study 10:30 Bingo 1:00 Enhance Fitness	<b>25</b> 8:30 Aerobics* 9:30 Quilting 9:30 Basic Computer 9:40 Yoga* <b>10:15 Black History Month Wheel of Fortune</b> <b>10:15 Gardening</b> <b>10:15 Resource Bus</b> 1:00 Sit and Get Fit 1:00 Quilting	<b>26</b> 9:30 Canasta 9:45 Chair Exercise 10:00 Crochet <b>10:00 Crafts for Hospice</b> <b>11:45 Birthdays</b> 12:30 Line Dancing* 1:00 Painting Pals 1:00 Enhance Fitness
<b>Membership is FREE to Dorchester County Residents age 50 and over, \$12 per year for out of county residents</b>		<b>MEALS</b> To reserve a meal, call one day ahead, before 1 pm. Cost <b>\$4.80</b>	<b>Black History Month</b> 	



**Go Red For Women** celebrates the power women have to come together to wipe out heart disease and stroke. The color red and the red dress now stand for the ability all women have to improve their heart health and live stronger, longer lives. Please support the fight against heart disease in women by **wearing red on Friday February 5th**.

## About the Activities Arts and Crafts



**Ceramics Start to Finish:** Learn everything from how to pour your piece to firing and cleaning and different painting processes. Instructor: Crystal Long

Mondays and Tuesdays at 9:30-11:30 am **AND** 1:00-3:00. Cost: \$27 per month (16 hours of instruction) or \$3.50 per class; fee includes standard paint colors and the pieces you are able to complete in the allotted time. Class fee is to be paid at the front desk. **Class is currently full, please call 871-5053 to be put on the waiting list.**

**Creative Clay Class:** Crystal Long teaches the basics of working with clay. Learn how to mold, clean & glaze your clay project. Mondays & Tuesdays 1:00-3:00 pm. Fee is \$17 per month. Payment is to be made at the front desk & must be paid by the month, no daily class fee for this class.

**Crafts:** Creative projects completed in one class. Instructor: Joyce Furlong - Tuesdays 10-11 am **except third week, class is held on Thursday at 10:00 am. Thursday's class in February is on the 18<sup>th</sup>.**

**Quilting:** Instructor: Linda Knutson teaches quilters of all levels the techniques of hand piecing, machine piecing, appliqué, and more. Thursdays, 9:30 -12:30 and a second class 1:00 – 3:30 pm. Call 797-2088 for more information. **Both classes are currently full.** Call 871-5053 to be added to the waiting list.

**Knitting with Porter Harden:** Classes are held the second and fourth Monday 10:15 – 11:15 am. February 8<sup>th</sup> and February 22<sup>nd</sup>.

**Crochet:** Marie Bessler teaches all levels of crochet, Fridays 10:00 – 11:00 am. Bring your needles! New members always welcome to join.

**Sewing Circle:** This group meets the third Friday of each month to sort through donated fabric and sewing notions and to create items using these materials to donate to the gift shop. February 19<sup>th</sup> 1:30 – 3:00 pm

**Painting Pals:** Bring your brushes and supplies and join this group of painters. All painters are welcome. Fridays at 1:00 – 3:00 pm, FREE.

## Education

Rosa Parks  
Pioneer of Civil Rights



**Get on the Healthy Snack Track:** Join us as we compare the caloric and nutritional value of different snacks, discover healthy snacks to have on hand that are easy to grab and munch and we'll prepare some healthy snacks to take home. Monday, February 22<sup>nd</sup> 10:45 – 11:30 am

**Chair Travel:** Learn interesting facts, sample foods and have fun learning about our great United States from the comfort of the Senior Center! This month we travel to St. George and together revisit the state of New Jersey. You must sign up for this trip. The sign up sheet is located on the cabinet in the front lobby. **Only one bus will be used so the first 12 members that sign up will go. Friday February 19<sup>th</sup>.** Bus will leave the Center at 10:00 am. We will have lunch with our friends at the Center.

**Adult Education:** - We are in the process of reorganizing class content to better meet the needs of our members. As soon as a schedule is completed, an announcement will be posted. Thank you for your patience.

**Bible Study:** Join Ms.Trophelia Ajala for a non-denominational Bible Study Wednesdays 10:15 – 11:30 am.

**Gardening:** Ron Coffey from the Clemson Extension Master Gardeners will be here February 25<sup>th</sup> 10:15 – 11:30 am

**Bookmobile:** The Dorchester county Library Bookmobile will be at the center on February 18<sup>th</sup> 10:15 – 11:30 am. Apply for a library card, stock up on your favorite author's books, or check out some of the latest movies on CD! All items you check out can be kept for three weeks.

**COMPUTER CLASSES:** No Cost if you are a member of the Center  
**Please call 871-5053 to be placed on the waiting list.**  
You need to attend **all** classes to receive the full benefits.

**NOTE:** *We are looking for a volunteer advanced computer instructor. If you would like to instruct our senior members in more advanced computer skills, please call Debbi at 871-5053.*

**Morning Very Basic Computer Class: Ritha Tuten - Instructor**

Tuesdays & Thursdays 9:30 – 11:30 am

**Tuesday February 2<sup>nd</sup> – Thursday February 25<sup>th</sup>**

Learn the **very** basic operations of the computer from turning the computer on, using the mouse, and performing basic functions in Microsoft Word.

**Monday Afternoon Basic Computer: John Zaitz - Instructor**

Mondays 1:00 – 3:00 pm

**Classes will resume in April**



**Wednesday Afternoon Basic Computer Class: Gloria Carpenter - Instructor**

Wednesdays 1:00 – 3:00 pm

**Classes will resume in April**

**Morning Advanced Computer Class: Larry McMicking – Instructor**

Fridays 9:30 – 11:30 am

This is a **five** week course and covers Word, email etiquette, choosing an email program, sending and receiving email, protecting against spam and viruses, and more.

**There will be NO Advanced Computer Classes until further notice**

**AARP Tax Aide Program**

**AARP Tax Aide Program** will once again provide free tax counseling and tax filing.

Call 871-5053 for an appointment.

**Attention:**

Beginning Friday, February 1<sup>st</sup> until April 15<sup>th</sup> the Computer Lab will **NOT** be available Mondays and Wednesdays from 8:30 am – 7:00 pm

# Health & Physical Fitness

**\*\*You must be a member of H2U to participate in aerobics, yoga, line dancing and weight training.** Please contact **Belinda Riffe** at 843-847-5068 for more information on H2U\*\* or pick up an information packet at the front desk.

**\*\*Aerobics:** Get moving with this class of floor and chair aerobics designed to improve abdominal tone, strengthen your legs and get your heart rate going! Bring a towel and a mat.  
Instructor: Ronna Toombs Tuesdays and Thursdays 8:30-9:30 am

**Enhance Fitness Class** – Enhance Fitness is a low intensity, non-impact class with 30 minutes of very basic aerobic movements with balance and coordination movements and 20 minutes of toning exercises using ankle and wrist weights. The class ends with abdominal exercises and stretching. Monday, Wednesday and Friday 1:00 – 2:00 pm ***New participants welcome.***

**\*\*Line Dancing:** Instructor: Evelyn Ward - **Fridays** 12:30-1:30pm. **Tuesday Night Line Dancing** 7:00 – 8:30 pm (you do not have to be an H2U member to join this class; however you must be a member of the Senior Center.) \$4.00 per class. For further information call Evelyn at (843) 871-5436.

**\*\*Yoga:** Designed to revitalize your body, relax your mind, increase energy, and reduce stress. Bring a mat, towel, and pillow if you like. Instructor: Marlene Cuggy-Tuesdays and Thursdays 9:40-10:45 am

**Sit and Get Fit:** Increases circulation without over exertion, safely improves flexibility and range of motion and gradually strengthens and tones muscles, all from a seated position. Led by Instructors Ed & Joan Redmond Tuesdays and Thursdays 1:00 to 2:00 pm

**\*\*Weight Training:** Designed to improve muscle strength and bone density, this class will help tone your body. Mondays and Wednesdays: 9:00-10:00 am. Bring a towel, mat, & pair of 3 lb. weights if you have them. Instructor: Ronna Toombs

**Chair Exercise:** This is a fun class that offers seated group exercises performed to all eras of music. Stay seated or get up and move to the music. Mondays 10:15 – 10:45 am and Fridays 9:45 – 10:15 am **NOTE:** check calendar BEFORE coming, occasionally times change due to other activities.



## Cards and other Games



**Canasta:** This group is looking for more players to join their group. New or experienced players welcome! Call Betty Gullberg @ 861-0802 for information. Wednesdays & Fridays at 9:30 am – 1:00 pm Third Wednesday of the month group meets at 10:00 am – **February 17<sup>th</sup>**

**Bridge:** Casual and lots of fun! Experienced players only, please. Mondays 1:00 - 3:30 pm

**Pinochle:** Play pinochle for a few hours or all day. Some experience preferred. Mondays and Wednesdays 10:00 am - 3:00 pm **NOTE:** Monday February 1<sup>st</sup> group will meet at 10:30 am.

**Mahjong:** **New or experienced players are welcome.** Group meets on Tuesdays 12:00 – 3:00 pm. Lessons are from 12:00 – 1:00 pm and Mahjong is played from 1:00 – 4:00 pm.

**Bunco: New and experienced players are welcome!** Learn the basics of this dice game. This group meets the second Wednesday of each month. February 10<sup>th</sup> 12:30 – 2:30 pm. Please pay your \$4.00 gift fee at this class. Call Fay Baumiller at (843) 871-8304 with any questions.

## Just for fun



**PRESIDENT'S DAY MATCH GAME:** Teams try to be the first team to find the most matching pairs of Presidents by calling out two numbered cards each turn. The team with the most pairs wins. Thursday, February 4<sup>th</sup> 10:15 – 11:15 am

**VALENTINE'S DAY FUN:** We celebrate Valentine's Day with games, prizes and fun! Friday February 12<sup>th</sup> 10:30 – 11:30 am



**WHEEL OF FORTUNE:** Teams spin the wheel and try to be the first team to solve the puzzle! "Black History Month" is the theme of the puzzles. Thursday February 25<sup>th</sup> 10:15 – 11:30 am

**BINGO:** Join us each week as we play for donated prizes. Wednesdays 10:30 – 11:30 am  
Third Wednesday of each month is Nutrition Bingo where the prizes are nutritious food items

**SING-A-LONG:** February is the month of LOVE. Join us Monday, February 8<sup>th</sup> 10:45 am as we sing songs about all kinds of love. Also Tuesday February 16<sup>th</sup> at 10:50 – 11:30 am

**BIRTHDAY CELEBRATION:** If you are a member of the Center and have a birthday in February, join us Friday February 26<sup>th</sup> at 11:45 am for a celebration of your birthday and other members born in February.

**CROSSWORD PUZZLES:** Love to do crosswords? Join us as we work together to complete puzzles on Thursday February 18<sup>th</sup> 10:15 – 11:30 am

## Trips

**REMEMBER:** no refunds will be given unless there is someone to take your place should you have to cancel.



**Lunch Social:** We'll travel over the Ashley River to lunch at *California Dreaming* which is situated at the mouth of the Ashley River. We can enjoy a view of the water as we dine and enjoy each other's company. The building is designed to resemble a fort from the Civil War era, made out of brick with ceiling-high, arched windows. Every table has a view of the Charleston Harbor. Friday February 5<sup>th</sup>. Sign up and pay transportation fee of \$2.00 at the front desk. The busses will leave the Center at 10:00 am. Transportation home is provided.

## Special Interest Groups

**Clemson Ladies:** Tuesday February 16<sup>th</sup> at 10:00 am

**AARP Board Meeting:** Monday February 1<sup>st</sup> at 10:15 am **(this time is for February only)**

**AARP Member Meeting:** Wednesday February 17<sup>th</sup> at 1:30 pm

**NARFE Member Meeting:** Monday February 22<sup>nd</sup> at 1:30 pm  
**(AIP)** – Third Wednesday of the month. February meeting February 17<sup>th</sup> at 8:30 am

**Red Hat Society:** Come join the Flowertown Foxy Ladies chapter of the Red Hat Society. Dedicated to enjoying life after 50, these women are focused on friendship, fun, and laughter. Call Pat Lacy at (843) 278-0416 for more information.

## Seminars/Special Opportunities

**Walk a Mile in Their Shoes:** See attachment

**How to Have a Happy Heart:** Jamie Connor from Solaris Hospice presents non medical ways to keep your heart healthy. Thursday February 11<sup>th</sup> 10:30 – 11:30 am

**Resource Bus: Lavonia Dixon, Information and Referral Assistance Specialist from Trident Area Agency on Aging** will be here to assist in locating services you need, answer questions or offer referrals concerning Medicare/Medicaid, explain eligibility for services, and locate resources for specific needs. Thursday February 25<sup>th</sup> 10:15 – 11:45 am

**Craft for Hospice:** Join Sarah Welchel from Winyah Community Hospice Care in making crafts for hospice patients to enjoy. Friday February 26<sup>th</sup> 10:00 – 11:15 am

**Reading Circle:** Listen to inspirational stories of hope, devotion, faith and miracles. Monday February 1<sup>st</sup> 10:45 – 11:15 am, Tuesday February 9<sup>th</sup> 10:50 – 11:15 am and Tuesday February 23<sup>rd</sup> at 10:50 – 11:15 am

## Center News

**Membership Renewals:** Remember your membership must be renewed every year. Renewals for 2010 begin in November 2009. See Lorraine at the front desk to renew your membership.

Find out about the activities, current news about the Center, how to contact us and much more by going to our website at [www.dorchesterseiors.com](http://www.dorchesterseiors.com).

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## Gift Shop News

**“Gifts Galore”**

*Homemade with Love by seniors*

**Valentine’s Day is February 14<sup>th</sup>.** Check out *Gifts Galore* for a unique gift for your Valentine! There is a wide assortment of hand made gifts to choose from: Cards, jewelry, flower arrangements in decorative vases and much more.

**New Craft Item:** Wooden bowls of all shapes and sizes.

If you are looking for something special and don’t see it in the gift shop, speak to one of our volunteer sales associates. We can contact our senior vendors to see if they help with your special request.

**Bake Sale: Scheduled for the week of February 8<sup>th</sup>.** If you would like to help out by baking, please sign up on the sheet located on top the glass showcase in the front lobby. Wrap the baked goods in small ziplock bags. The price of each bag is 25 cents. **BAKERS** – the bake sale is the week before Valentine’s Day. Your goodies will be available for customers to purchase for Valentine’s Day.

**Sewing Circle** – The meeting in January was very productive with all our 2010 projects planned. We have plenty of material that has been donated by senior members or family members.

If you enjoy sewing, consider joining the Sewing Circle. All items we make are donated to the gifts shop with all proceeds going to support the programs and services offered at the senior center.

# Volunteer News



Our Volunteers are kicking off the New Year with the AARP Tax Program. Last year over 1,000 income taxes were prepared free to our community. The AARP volunteers that train and prepare the taxes are greatly appreciated. Call 871-5053 to make your tax appointment. See attachment for further information and for what documents to bring when coming to your appointment.

## Volunteer Orientation:

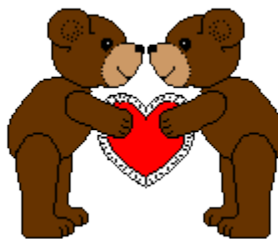
**Orientation** for new volunteers is Thursday March 25<sup>th</sup> 1:00 pm at the Center.

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# Volunteer February Birthdays!

3<sup>rd</sup> Janice Hagberg  
3<sup>rd</sup> Lennet Lebron  
7<sup>th</sup> Matt Smith  
7<sup>th</sup> Paula Kliskey  
9<sup>th</sup> James Raptou

11<sup>th</sup> John Karvelis  
14<sup>th</sup> Sherry Smith  
26<sup>th</sup> Rosealyce Carpenter



WE HOPE YOUR BIRTHDAY IS SPECIAL JUST LIKE YOU!

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## Food for Thought

Kindness is more important than wisdom  
and the recognition of this is the beginning of wisdom  
(Theodore Isaac Rubin)