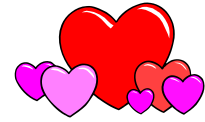



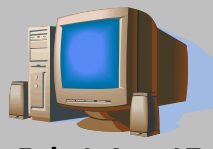


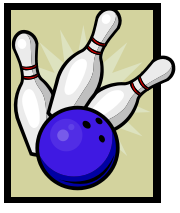



February 2012




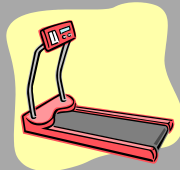


Faith Sellers Senior Center

Hours: Monday-Friday 8:30am-5:00pm

(843) 871-5053

Mon	Tue	Wed	Thu	Fri
	<p>*PLEASE NOTE:* COMPUTER LAB REVISED HOURS:</p>  <p>Feb.1-Apr.17: Mon: 8:30-5:00 Tues: 9am-12pm Wed: CLOSED Thurs: 9am-12pm Fri: CLOSED</p>	<p>1 9:00 Weight Trng* 9:00 Benefit Bank 9:00 Pinochle 9:30 Canasta 10:15 Bible Study 10:30 Bingo 1:00 Clogging 2:00 Oil Painting</p> 	<p>2 8:30 Aerobics* 9:30 Basic Computer 9:30 Walking Club 9:30 Int. Quiltng 9:40 Yoga* 10:00-Team Trivia 11:30 Benefit Bank 1:00 Sit & Get Fit 1:00 Woodcarving</p> 	<p>3 9:30 Canasta 10:00 Crochet 10:00 Casual Bridge 10:00 Indoor Bowling 12:30 Line Dancing* 2:00 Scrabble Club</p> 
<p>6 9:00 Weight Trng* 9:00 Pinochle 9:30 AARP Board 9:15 Beg. Spanish 10:15 Int. Spanish 10:30 Dancercise 1:00 Bridge 1:00 Dominoes 1:00 Book Club</p> 	<p>7 8:30 Aerobics* 9:30 Basic Computer 9:40 Yoga* 10:00 Prescription Pickups 10:00 Crafts 12:00 Mahjong 1:00 Sit & Get Fit 1:00 Beg. Quilting 2:00 Oil Painting 6:00 Single Seniors 7:00 Line Dancing</p>	<p>8 9:00 Weight Trng* 9:00 Pinochle 9:30 Canasta 10:30 Bingo 10:15 Bible Study 12:30 Bunco 1:00Clogging 2:00 Oil Painting</p> 	<p>9 8:30 Aerobics* 9:30 Basic Computer 9:30 Walking Club 9:30 Int. Quilting 9:40 Yoga* 10:00 Speaker-What Color is Your Diet? 10:00 Blood Pressure Screening 11:30 Benefit Bank 1:00 Int. Quilting 1:00 Sit & Get Fit 1:00 Woodcarving 2:00 Act. Committee</p>	<p>10 9:30 Canasta 10:00 Trip to Museum/Lunch 10:00 Crochet 10:00 Casual Bridge 12:30 Line Dancing* 2:00 Scrabble Club</p> 

Mon	Tue	Wed	Thu	Fri
<p>13 9:00 Weight Trng* 9:00 Pinochle 9:15 Beg. Spanish 10:15 Int. Spanish 10:30 Fitness Fun 1:00 Bridge 1:00 Dominoes</p> 	<p>14 8:30 Aerobics* 9:30 Basic Computer 9:40 Yoga* 10:00 Crafts 10:00 Valentine's Day Fun 12:00 Mahjong 1:00 Sit & Get Fit 1:00 Gardening 1:00 Beg. Quilting 2:00 Oil Painting 7:00 Line Dancing</p>	<p>15 9:00 Weight Trng* 9:00 Benefit Bank 9:00 Pinochle 9:30 Canasta 10:15 Bible Study 10:30 Nutri-Bingo 1:00 Clogging 1:30 AARP Member Meeting 2:00 Oil Painting</p>	<p>16 8:30 Aerobics* 9:30 Basic Computer 9:30 Walking Club 9:30 Int. Quilting 9:40 Yoga* 10:00 Speaker: Vial of L.I.F.E. Program 11:30 Benefit Bank 1:00 Sit & Get Fit 1:00 Int. Quilting 1:00 Woodcarving</p>	<p>17 9:30 Canasta 10:00 Crochet 10:00 Casual Bridge 10:30 Speaker: Medicare Special Needs 12:30 Line Dancing* 1:00 Sewing Circle 2:00 Scrabble Club</p>
<p>20</p> <p>CLOSED FOR PRESIDENT'S DAY</p>	<p>21 8:30 Aerobics* 9:30 Basic Computer 9:40 Yoga* 10:00 Crafts 10:30 Mardi Gras Celebration 12:00 Mahjong 1:00 Sit & Get Fit 1:00 Beg. Quilting 2:00 Oil Painting 7:00 Line Dancing</p>	<p>22 9:00 Weight Trng* 9:00 Pinochle 9:30 Canasta 10:15 Bible Study 10:30 Bingo 1:00 Clogging 2:00 Oil Painting 2:00 Community / Civic Interest Group</p>	<p>23 8:30 Aerobics* 9:30 Basic Computer 9:30 Walking Club 9:30 Int. Quilting 9:40 Yoga* 10:00 Gardening 10:30 JINGO 11:30 Benefit Bank 1:00 Int. Quilting 1:00 Sit & Get Fit 1:00 Woodcarving</p>	<p>24 9:30 Pinewood Prep Students 9:30 Canasta 10:00 Crochet 10:00 Casual Bridge 12:30 Line Dancing* 2:00 Scrabble Club</p>
<p>27 9:00 Weight Trng* 9:00 Pinochle 9:15 Beg. Spanish 10:15 Int. Spanish 1:00 Bridge 1:00 Dominoes 1:30 NARFE Mtg.</p> 	<p>28 8:30 Aerobics* 9:30 Basic Computer 9:40 Yoga* 10:00 Crafts 10:30 Bingo 11:45 Birthdays 12:00 Mahjong 1:00 Sit & Get Fit 1:00 Beg. Quilting 2:00 Oil Painting 7:00 Line Dancing</p>	<p>29 9:00 Weight Trng* 9:00 Pinochle 9:30 Canasta 10:15 Bible Study 12:00 Trip-Movies 1:00 Clogging 2:00 Oil Painting</p> 	<p>Fitness Room open Monday-Friday 8:30am-5:00pm</p> 	<p><u>MEALS</u> To reserve a meal, call a day ahead before 1pm. Cost is \$4.80 Congregate lunch served at 11:30</p>

~Arts & Crafts~

OIL PAINTING: Old master method – Instructor Susannah Roth. You can learn to draw as you paint and you will be taught how to see shapes and depth of shadows to form your picture into a painting. \$12.00 per class is to be paid at the front desk **before** each class. **Tuesdays & Wednesdays 2:00– 4:00 pm.**

SUMMerville WOODCARVERS: This group meets on Thursdays 1:00 – 3:00 pm. **New Members welcome.** For more information, call Barbara at 843-367-1429.

CRAFTS: Creative projects completed in one class. Instructor: Joyce Furlong **Tuesdays 10:00 am.**

NEW! BEGINNER QUILTING: Instructor: Linda Knutson teaches quilters the techniques of hand piecing, machine piecing, appliqué, and more. **Tuesdays 1:00-3:30pm.** Call 797-2088 for more information.

INTERMEDIATE QUILTING: Instructor: Linda Knutson teaches quilters the techniques of hand piecing, machine piecing, appliqué, and more. **Thursdays 9:30am -12:30pm and 1:00 – 4:00pm.** Call 797-2088 for more information.

CROCHET: Maria Bessler teaches all levels of crochet. **Fridays 10:00 – 11:15 am.**

SEWING CIRCLE: If you are interested in learning more about the sewing projects, join us on **Friday, Feb. 17th 1:00 – 3:00 pm** for more details. The Sewing Circle designs and creates items from donated material. These Items are sold in the gift shop and all proceeds are used to support the services and programs at Dorchester Seniors.

~Education~

BEGINNER SPANISH: Members Marcos Villacreses and Maria Bessler teach Beginner conversational Spanish. Marcos is from Ecuador and Maria is from Portugal. **Mondays 9:15-10:15**

INTERMEDIATE SPANISH: Members Marcos Villacreses and Maria Bessler teach Intermediate conversational Spanish. Marcos is from Ecuador and Maria is from Portugal. **Mondays 10:15 – 11:15 am.**

BIBLE STUDY: Ms. Trophelia Ajala leads a non-denominational Bible Study. **All faiths are welcome. Wednesdays 10:15 – 11:30 am.**

CHAIR TRAVEL: Join us as we visit the state of **Maine**. Learn interesting facts, discover fun and historic places to visit, and sample a popular state food. **Thurs. Feb. 16th 10:00am**

GARDENING: Ron Coffey of the Clemson Master Gardening Program discusses gardening concerns, and provides beneficial tips to keep your garden and plants healthy. **Tuesday, Feb. 14th 1:00pm & Thursday, Feb. 23rd 10:00am**

NUTRITION SERIES: What Color Is Your Diet? Did you know that the color of the foods you eat can play a big part in the nutrition that you get? Lynn Smalls of Solaris Hospice invites you to join us as we investigate foods and the colors that help us stay healthy and active. **Thursday, Feb. 9th 10:00am**

BENEFITS BANK: Free service available to seniors that provides a quick check on-line by a trained volunteer for potential program eligibility for seniors. You may qualify for programs such as the Supplemental Nutrition Assistance Program, energy assistance, Rx assistance and others. A trained Volunteer will be at the Center to provide eligibility checks. The process is quick and you may qualify for much needed benefits. For more information please call 871-5053.

SPEAKER: Dorchester EMS will be here to present information on **the Vial of L.I.F.E.** (Lifesaving Information For Emergencies) program. This is a program which allows individuals to provide medical information in advance that can be used by [emergency personnel](#) in the case of an emergency. **Thursday, Feb. 16th 10:00am**

~Computer Classes~

Please see FRONT DESK or call 871-5053 to be placed on the waiting list for any of the classes. No cost if you are a member of the Center. Members from the waiting list are called when an opening is available for the next session. You need to attend **all** classes to receive the full benefits.

VERY BASIC COMPUTER CLASS: Ritha Tuten – Instructor

Starts Thursday, Feb. 2nd Tuesdays & Thursdays 9:30 – 11:30 am. Learn the very basic operations of the computer from turning the computer on, using the mouse, and performing basic functions in Microsoft Word. (8 classes)

AFTERNOON BASIC COMPUTER: John Zaitz - Instructor

Monday afternoons 1:00 – 3:00 pm. **NO CLASSES IN FEBRUARY.**

~Health & Physical Fitness~

***YOU MUST BE A MEMBER OF H2U TO PARTICIPATE IN Aerobics, Yoga, Friday Line Dancing and Weight Training.** Please contact **Belinda Riffe** at (843)847-5068 for more information on H2U.

NEW! CLOGGING: Put on your dancing shoes & join us as Instructor Julia Tourtellotte teaches beginner level clogging. **Wednesdays 1:00-2:30**

***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 8:30-9:30am** (Must be H2U member)

***LINE DANCING:** Instructor: Evelyn Ward - **Fridays 12:30-1:30 pm.**

TUESDAY NIGHT LINE DANCING: 7:00 – 8:00 pm (you **do not** have to be an H2U member to join this class, but you must be a member of the Senior Center.) \$4.00 per class.

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

SIT AND GET FIT: Increases circulation without over exertion 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. Bring a towel, mat, and a pair of 3 lb. weights. Instructor: Ronna Toombs **Wednesdays 9:00**

DANCERCISE: This is a fun class that offers group exercise performed to all eras of music. Stay seated or get up and move to the music. Fun way to burn calories!

WALKING CLUB: Walking is one of the easiest ways to get the exercise you need to stay healthy. Walk to strengthen your heart, lungs, and muscles, help lower blood pressure and maintain a healthy weight. Walking can also help improve your mood and increase your energy level. Led by volunteer John Herlihy. **Thursdays 9:30 –**

10:30 am

FITNESS FUN: Join us for various types of seated exercise such as Salsa, Tai Chi, Boxing, and more. Stay seated or get up and move- Let's get fit and have fun!

BLOOD PRESSURE SCREENINGS: Stop in for a free blood pressure screening with a nurse from Trident Senior Health Center. **Thursday, Feb. 9th 10:00**

~OUTINGS~

TRIP TO MUSEUM / LUNCH: Friday, Feb. 10th We will be leaving promptly at 10:00am to visit the Summerville /Dorchester Museum, and afterward it's lunch on your own at Perfectly Frank's. **Trip cost = \$1.00 for Museum Admission (to be paid at Front Desk at sign-up), and money for your lunch. Menus are available in Rebecca's office. Deadline to sign up at the Front Desk is Wed., Feb. 8th**

MATINEE MOVIE OUTING: Wednesday, Feb. 29th We will leave the center shortly after lunch & travel to Oakbrook Cinemas on Ladson Rd. for a matinee movie. Exact departure time/movie to be announced closer to date. **Trip Cost = \$4.00 for ticket + transportation fee (to be paid at Front Desk at sign-up). Deadline to sign up at Front Desk is Monday, Feb. 27th**

~JUST FOR FUN~

MEXICAN DOMINOES: also known as **Trains**. Barbara Fitzgerald teaches this version of dominoes on **Mondays 1:00 – 3:00 pm**. If you have a set of regular dominoes, or better yet, a Mexican Dominoes set, please bring them. **New members welcome!**

SCRABBLE CLUB: Meets **Fridays at 2:00pm**. **Please bring your Scrabble set if you have one.**

TEAM TRIVIA: The competition is on as we divide into two teams to test our knowledge with general trivia questions! **Thursday, Feb. 2nd 10:00am**

CANASTA: New or experienced players welcome! **Wednesdays & Fridays 9:30 am - 4:00 pm.**

BRIDGE: Mondays 1:00 - 3:30 pm. Experienced players only, please.

CASUAL BRIDGE: Fridays 10:00am – 12:00pm. New players with some bridge

knowledge welcome.

PINOCHLE: Play pinochle for a few hours or all day. Some experience preferred. Mondays and Wednesdays 9:00 am - 4:00 pm

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

BINGO: Join us each week as we play for donated prizes. Third week is Nutrition Bingo where prizes are food items.

BUNCO: Wednesday, February 8th 12:30 – 2:00 pm. New and experienced players are welcome! Remember to pay your \$4.00 gift fee at this class.

BIRTHDAY CELEBRATION: If you are a member of the Center & have a birthday in February, please join us **Tuesday, Feb. 28th at 11:45am** for cake & ice cream! **PLEASE be sure to put your name on the Birthday sheet in the lobby if you will be attending!**

~SPECIAL INTEREST GROUPS~

AARP BOARD MEETING: Monday, Feb. 6th at 9:30 am

AARP MEMBER MEETING: Wednesday, Feb. 15th at 1:30 pm

NARFE MEMBER MEETING: Monday, Feb. 27th at 1:30 pm

BOOK CLUB: Meets each month to select and discuss a book of the month. If you have an interest in discussing good books and socializing with other members who like to read, please join us **Monday, Feb. 6th 1:00 – 2:00 pm**. We are currently reading ***Tell Me Something True* by Leila Cobo. NEW MEMBERS WELCOME!**

ACTIVITY COMMITTEE: The Activity Committee will meet once a month to discuss activity ideas & suggestions for the upcoming months. We would love

your input! **Thursday 9th 2:00pm**

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 Lacey (843) 278-0416 for more information.

COMMUNITY / CIVIC INTEREST GROUP: This is a group formed and facilitated by center members which meets monthly to discuss city and county issues. DSI provides the meeting space but will not be involved in the group. This is an independent group and does not reflect DSI opinions or interests.
Wednesday, Feb.22nd 2:00

SINGLE SENIORS GROUP: Meets the **1st Tuesday of each month @ 6:00pm**. Group for 50 + Singles who want to go to movies, dinner and other social events together and make new friends. **Tuesday, Feb. 7th 6:00pm**

MEMBERSHIP is free to Dorchester County residents, \$12 per year for out of county residents.

**Dorchester Seniors, Inc.
312 North Laurel St.
Summerville, SC 29483
843-871-505
www.dorchesterseniors.com**

AARP Tax Aide Program

Provides free tax counseling and tax filing for Seniors
Call 871-5053 to make an appointment

AARP Tax Preparation Schedule February 1st through April 17th is as follows:

Tuesdays: 1:00 – 5:00 pm
Wednesdays: 9:00 am – 5:00 pm
Thursdays: 1:00 – 5:00 pm
Fridays: 9:00 – 5:00 pm

During these hours, the Computer Lab will **NOT** be available

