

January 2012







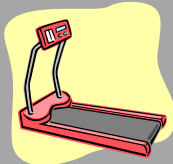
Faith Sellers Senior Center

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

(843) 871-5053

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p style="text-align: center; font-size: 1.5em;">CLOSED FOR HOLIDAY</p>	<p>3</p> <p>8:30 Aerobics* 9:40 Yoga* 10:00 Crafts 10:30 Bingo 12:00 Mahjong 1:00 Sit & Get Fit 2:00 Oil Painting 6:00 Single Seniors 7:00 Line Dancing</p>	<p>4</p> <p>8:45 Weight Trng* 9:00 Benefit Bank 9:00 Pinochle 9:00 Canasta 10:15 Bible Study 10:30 Fitness Fun 2:00 Oil Painting 2:00 Scrabble Club</p>	<p>5</p> <p>8:30 Aerobics* 9:30 Basic Computer 9:30 Wellness Walking 9:40 Yoga* 10:00 Speaker- Five Wishes 11:30 Benefit Bank 1:00 Sit & Get Fit 1:00 Woodcarving 2:00 Activity Committee</p>	<p>6</p> <p>9:30 Canasta 10:00 Crochet 10:00 Casual Bridge 10:00 Indoor Bowling 12:30 Line Dancing*</p>
<p>9</p> <p>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>10</p> <p>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 Gardening 2:00 Oil Painting 7:00 Line Dancing</p>	<p>11</p> <p>8:45 Weight Trng* 9:00 Pinochle 9:00 Canasta 10:30 Bingo 10:15 Bible Study 12:30 Bunco 2:00 Oil Painting 2:00 Scrabble Club</p>	<p>12</p> <p>8:30 Aerobics* 9:30 Basic Computer 9:30 Wellness Walking 9:30 Int. Quilting 9:40 Yoga* 10:30 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 Activity Committee</p>	<p>13</p> <p>8:30 AARP Driver Safety Course 9:30 Canasta 10:00 Crochet 10:00 Casual Bridge 10:30 Team Trivia 12:30 Line Dancing</p>

Dorchester Seniors, Inc.
312 North Laurel St.
Summerville, SC 29483
843-871-5053
www.dorchesterseniors.com

Mon	Tue	Wed	Thu	Fri
16 Closed For Martin Luther King, Jr. Day 	17 8:30 Aerobics* 9:30 Basic Computer 9:40 Yoga* 10:00 Crafts 12:00 Mahjong 1:00 Sit & Get Fit 2:00 Oil Painting 7:00 Line Dancing 	18 8:45 Weight Trng* 9:00 Benefit Bank 9:00 Canasta 9:00 Pinochle 10:15 Bible Study 10:30 Bingo 12:30 Bunco 1:30 AARP Member Meeting 2:00 Oil Painting 2:00 Scrabble Club	19 8:30 Aerobics* 9:30 Basic Computer 9:30 Wellness Walking 9:30 Int. Quilting 9:40 Yoga* 10:00 Chair Travel 11:30 Benefit Bank 1:00 Sit & Get Fit 1:00 Int. Quilting 1:00 Woodcarving	20 9:30 Canasta 9:30 Shopping Trip to Stein-Mart 10:00 Crochet 10:00 Casual Bridge 12:30 Line Dancing* 1:00 Sewing Circle 
23 9:00 Weight Trng* 9:00 Pinochle 9:15 Beg. Spanish 10:00 Adult Ed 10:15 Int. Spanish 10:30 Fitness Fun 1:00 Bridge 1:00 Dominoes 1:30 NARFE Mtg	24 8:30 Aerobics* 9:40 Yoga* 10:00 Crafts 12:00 Mahjong 1:00 Sit & Get Fit 2:00 Oil Painting 7:00 Line Dancing *Computer Lab CLOSED	25 8:45 Weight Trng* 9:00 Canasta 9:00 Pinochle 10:15 Bible Study 10:30 Nutri-Bingo 2:00 Oil Painting 2:00 Scrabble Club *Computer Lab CLOSED	26 8:30 Aerobics* 9:30 Wellness Walking 9:30 Int. Quilting 9:40 Yoga* 10:00 Gardening 11:30 Benefit Bank 1:00 Int. Quilting 1:00 Sit & Get Fit 1:00 Woodcarving *Computer Lab CLOSED	27 9:30 Canasta 10:00 Crochet 10:00 Casual Bridge 10:00 Indoor Baseball 12:30 Line Dancing* 2:00 Community / Civic Interest Group *Computer Lab CLOSED
30 9:00 Weight Trng* 9:00 Pinochle 9:15 Beg. Spanish 10:00 Adult Ed 10:15 Int. Spanish 10:30 Fitness Fun 1:00 Bridge 1:00 Dominoes 	31 8:30 Aerobics* 9:30 Basic Computer 9:40 Yoga* 11:45 Birthdays 12:00 Mahjong 1:00 Sit & Get Fit 2:00 Oil Painting 7:00 Line Dancing *Computer Lab Available 9:00am-12:00pm	<p style="text-align: center;">MEALS</p> <p style="text-align: center;">To reserve a meal, call a day ahead before 1pm. Cost is \$4.80 Congregate lunch served at 11:30</p>	<p style="text-align: center;">Fitness Room open Monday-Friday 8:30am-5:00pm</p> 	<p>*PLEASE NOTE: COMPUTER LAB REVISED HOURS:</p> <p>Jan.24-27: CLOSED</p> <p>Feb.1-Apr.15: Tues/Thurs: 1pm-5pm Wed/Fri: CLOSED</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.**

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, Jan. 20th 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~

ADULT EDUCATION: Led by volunteer & retired teacher Sherry Swan. Tutors assist members who are interested in developing their reading and math skills for daily living such as reading and paying bills, etc. **Mondays 10:00-11:00am. NO CLASS JAN. 9th**

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 **Idaho**. Learn interesting facts, discover fun and historic places to visit, and sample a popular state food. **Thurs. Jan.19th 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, January 10th 1:00pm & Thursday, January 26th 10:00am**

NUTRITION SERIES: Topic: 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? Solaris Hospice invites you to join us as we investigate foods and the colors that help us stay healthy and active. **Thursday, January 12th 10:30am**

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.

~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, Jan. 5th. 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) **NO CLASS JAN.24TH OR JAN.26TH**

AFTERNOON BASIC COMPUTER: John Zaitz - Instructor

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

~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.

***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 - **Mondays & Wednesdays: 8:45-9:45am.**

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!

WELLNESS WALKING: 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, Bellydance, 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, Jan. 12th 10:00**

We would like to thank everyone who participated in our Angel Tree. Your generosity is appreciated!

Time to renew your Membership for 2012! Please see Front Desk for renewal information.

~JUST FOR FUN~

SHOPPING TRIP TO STEIN-MART: We will be going to Stein-Mart in West Ashley on **Friday, Jan. 20th**. We will leave the center at 9:30am. After shopping, we will stop at a fast-food restaurant for lunch on your own. Trip cost \$2.00 for transportation. **Deadline to sign up at the Front Desk is Tuesday, Jan. 17th**

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!**

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

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

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

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

PINOCHLE: Play pinochle for a few hours or all day. Some experience preferred. Mondays and Wednesdays 10:00 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, January 11th 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 January, please join us **Tuesday, Jan. 31st 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, January 9th at 9:30 am

AARP MEMBER MEETING: Wednesday, January 18th at 1:30 pm

NARFE MEMBER MEETING: Monday, January 23rd 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, Jan. 9th 1:00 – 2:00 pm**. We are currently reading *Jasmine* by Bharati Mukherjee. **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, Jan. 5th 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 or support any community action involvement of this group. **Friday, Jan. 27th 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, Jan. 3rd 6:00pm**

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

