

Semmes Senior Center

June 2016

9635 Moffett Road

Semmes, AL 36575

Telephone 251-649-2010

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Events & Classes

Welcome!

HOURS

Monday-Friday

8:00 AM-4:00 PM

DUES

\$40.00

Paid Annually

Minimum Age

62

Terry Dixon

Program Director

Number of Members
April 2016
278

Total Number of
Members' Visits in April
1001

Semmes Senior Center is a certified Silver Sneakers Facility. Call the Center for more information at 649-2010.



June 2-Thursday

11:30 Lunch-Semmes House of Pizza-\$5.50 (Sign up)

12:00 Mayor Judy Hale, City of Semmes

June 8-Wednesday

10:00 Bingo and Prizes, Darla Tolbert, Covenant Hospice

June 9-Thursday

11:30 Lunch-Hickory Pit-\$5.50 (Sign up)

12:00 David Strassburg, Bright Star Care

June 14-Tuesday

Flag Day



June 16-Thursday

11:30 Lunch provided by Speaker (Sign up)

12:00 "Investments", Richard Craven, Morgan Stanley

June 19-Sunday



June 20-Monday

Summer Solstice



June 23-Thursday

11:30 Pot Luck Lunch (Sign up)

12:00 Local Pastors

June 30-Thursday

11:30 Lunch-Foosackly's-\$5.50 (Sign up)

12:00 "Medicare", James Roberson, South Alabama Regional Planning Commission, Area Agency on Aging
12:30 Birthday Celebration

JUNE CLASSES/ACTIVITIES

MONDAYS

8:00 Learn To Play Rook

Instructors: Wanda Hankins & Wayne Faust

10:00 Exercise with Terry

1:00 Mexican Train Dominoes

TUESDAYS

7:00 Walk With Friends

9:00 Billiards

9:00 Genealogy

Instructor: David Ditto

9:00 Watercolor, **June 13th only**

Instructor: Mary Rodning

1:00 Mexican Train Dominoes

2:00 Quilting (Supply list will be provided)

WEDNESDAYS

9:00 Computer 101

Instructor: Karen Brown

10:00 Exercise with Terry

1:00 Shanghai Rummy

1:00 Skip-Bo

THURSDAYS

8:00 Men's Bible Study (2nd & 16th)

9:00 Ladies' Bible Study

9:00 Rook

1:00 Mexican Train Dominoes

FRIDAYS

7:00, Walk With Friends

9:00 Crochet

Instructor: Edna Townsend

10:00 Needle Arts/Crafts

10:00 Open Billiards

12:30 Open Cards

12:30 Advanced Guitar Group Jam

1:00 Painting 101

Instructor: Warren Gatwood

Events / Sponsor Information

Judy Hale

Mayor of Semmes

Mayor Hale will be with us on the 2nd. Come find out what is going on in our community.

Darla Tolbert

Covenant Hospice

Covenant Hospice has been providing care for more than 30 years. Their mission is to ensure patients live as fully and comfortably as possible, without regard to their ability to pay. They provide specialized care for those with life-limiting illnesses, offering hospice services wherever the patient considers "home". Ms. Tolbert will be here on the 8th to sponsor Bingo and Prizes.

David Strassburg

BrightStar Care

BrightStar provides the full continuum of homecare, childcare, staffing and support services for individuals, families and healthcare facilities. The care provided empowers their clients to live well at every stage of life and in every setting, and gives their families and loved ones peace of mind. They provide personalized care in any setting, 24 hours a day, 7 days a week. Mr. Strassburg will be at the Center on the 9th to provide more information about BrightStar and its services.

Richard Craven

Morgan Stanley

Morgan Stanley, in business since 1935, advises, originates, trades, manages and distributes capital for governments, institutions and individuals, always with a standard of excellence. Mr. Craven, a financial advisor with Morgan Stanley, will be here on the 16th to speak to us about investments.

James Roberson

South Alabama Regional Planning Commission

Area Agency on Aging

The Area Agency on Aging serves as an advocate and resource for seniors and their needs in Mobile and Baldwin Counties.

Mr. Roberson is a Regional Coordinator for the State Health Insurance Assistance Program. He will be at the Center on February 18th. SHIP provides education, counseling and information concerning:

- Medicare
- Medicare Supplement s
- Medicare Savings Programs
- Medicaid
- Prescription Drugs
- Plan Comparisons
- Billing & Claims
- Rights & Protections
- Long-Term Care

Wal-Mart, Richard Eubanks, Manager (Birthday Cake)

Walgreens, Semmes, Jeffrey McMillan, Manager (Ice cream)

A special word of thanks goes to our local partners for sponsoring treats for our Birthday Celebrations. Please stop by and show your appreciation and say thank you in person.



Semmes Senior Center Artists

Warren Gatwood is the Senior Center's featured artist for May and June. His work will be displayed here at the Center.

CLASS DESCRIPTIONS

Rook Class - Learn to play this fun card game.

Computer 101 - Learn basic knowledge of operating features, storing files, and general overview.

Genealogy - Learn to research your family history.

Crochet - Beginners and advanced crochet class - bring a J-hook and yarn.

Needle Art/Crafts - Various crafts will be taught.

Quilting - Beginners and advanced quilting class - supply list will be provided.

Men's Bible Study - Participate in Bible classes and discussion.

Ladies' Bible Study - Participate in Bible classes and discussion.

Painting 101 - Learn beginning painting. Supply list is available at reception desk.

Intro to Water Color - Learn this fun and simple art form.

Exercise with Terry - Participate in basic stretching and exercise to improve flexibility, balance, and strength.

Walk With Friends - Walk the trail with group behind the Center to Snow Road and back for 1.5 miles of exercise!

Fitness Instructors Needed at Center!

We are looking for volunteer fitness instructors - Individuals who can teach Line Dancing, Tai-Chi, Zumba, Yoga, etc. Please contact the Center at **649-2010**

Volunteers Needed at Semmes Library!

Please call 645-6840 to see what opportunities are available.



Check us out on Facebook and follow Semmes Senior Center!