

Semmes Senior Center

July 2015

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

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



July 2-Thursday

11:30 Cook Out and Ice Cream-\$6.00 (Sign up)

July 3-Friday

Center will be closed.

5:00 PM Semmes Freedom Celebration at MGM

July 4-Saturday



July 8-Wednesday

10:00 Bingo and Prizes, Gina Germany, Touching Hearts

July 9-Thursday

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

12:00 Matthew Morris, Admissions & Marketing Coordinator, Gordon Oaks Senior Living Community

July 16-Thursday

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

12:00 "Better Senior Living Choices", Rebecca Dacovich, Care Patrol

12:30 Birthday Celebration

July 23-Thursday

11:30 Pot Luck Lunch (Sign up)

12:00 "Financial Issues for Seniors", Byron Sherman, CPA, CFP

July 29-Wednesday

10:30 "Flower Beds and Accessories", Home Depot

July 30-Thursday

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

12:00 Talk with Terry

JULY IS NATIONAL PARKS AND RECREATION MONTH!

It's time to celebrate National Parks and Recreation Month! Showing appreciation for parks and recreation programs around the country is a great way to build awareness of their many benefits and encourage people to help with donations and volunteer work.

JULY CLASSES/ACTIVITIES

MONDAYS

1:00 Mexican Train Dominoes

TUESDAYS

8:00 Walk With Wanda & Friends

9:00 Billiards

9:00 Genealogy

Instructor: David Ditto

1:00 Mexican Train Dominoes

WEDNESDAYS

8:00 Walk With Wanda & Friends

9:00 Computer 101

Instructor: Karen Brown

1:00 Shanghai Rummy

1:00 Skip-Bo

THURSDAYS

8:00 Walk With Wanda & Friends

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

9:00 Ladies' Bible Study (9th and 23rd)

9:00 Rook

1:00 Mexican Train Dominoes

FRIDAYS

8:00 Walk With Wanda & Friends

9:00 Crochet

Instructor: Edna Townsend

10:00 Needle Arts/Crafts

Instructor: Various

10:00 Open Billiards/Horseshoes

12:30 Open Cards

12:30 Advanced Guitar Group

1:00 Painting 101

Instructor: Warren Gatwood

Events / Sponsor Information

Gina Germany

Touching Hearts Senior Care

The focus of Touching Hearts is to keep you or your loved ones at home where the heart is, and avoid the loss of friends and possessions, loss of independence and freedom, and loss of spirit which is drained by the battles of daily living. Ms. Germany will be here on the 8th to sponsor Bingo and Prizes.

Matthew Morris

Gordon Oaks Senior Living Community

Mr. Morris is the Admissions and Marketing Coordinator for Gordon Oaks. Seniors living at Gordon Oaks can be as independent as they like and enjoy a wide variety of services designed to make everyday life a simple pleasure. Services like housekeeping, laundry, and regularly scheduled transportation for medical appointments, social excursions and shopping are provided. All assisted living services can be customized to fit each individual resident's needs. The safety of residents is a high priority; each individual residence is equipped with an emergency call system. There are staff members on duty twenty-four hours a day to ensure that proper monitoring is provided. Mr. Morris will be here on the 9th to provide more information.

Rebecca Dacovich

CarePatrol

CarePatrol is the largest Assisted Living Senior Placement service in the nation. Advisors help find Nursing Homes, Memory Care, Assisted Living, or Independent Living for seniors that are best suited to those seniors and their needs. The company is paid by thousands of participating communities across the country, allowing services to be provided at no charge to those who need their services. Ms. Dacovich will be here on the 16th to speak with us on "Better Senior Living Choices".

Bryon Sherman

Certified Public Accountant, Certified Financial Planner

Mr. Sherman will be at the Center on July 23rd to talk with us about "Financial Issues for Seniors". Mr. Sherman has been a practicing CPA since 1978. He assists clients with tax preparation, tax planning, and financial services.

Home Depot

Home Depot experts will be with us on the 29th to conduct a workshop on "Flower Beds and Accessories".

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.

Important Reminders!

It's time to renew your membership if you joined or last renewed your membership in July 2014.

Be sure you have a current physician's release on file if you use the Fitness Facility or participate in activities such as aerobics, line dancing, or walking. If your release is over a year old, you need to provide a new one.

PLEASE sign up for lunches and classes you want to attend so adequate accommodations can be made for class size and lunch preparation! Thank you!

Senior Center Artists



Cynthia Oszuscik is the Senior Center's featured artist for July and August. Her work will be displayed here at the Center.

CLASS DESCRIPTIONS

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.

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.

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



Check us out on Facebook and follow Semmes Senior Center!

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.

Volunteers Needed at Center!

If you would like to help work the reception desk, we need you. It is a great way to meet people and share all that the Senior Center has to offer. If interested, contact the Center at 649-2010.