

Semmes Senior Center

May 2015

9635 Moffett Road

Semmes, AL 36575

Telephone 251-649-2010

Email: semmesseniorcenter@gmail.com

Fax 251-649-2322



Events & Classes

Welcome

HOURS

Monday—Friday

New Hours

8:00 AM – 4:00 PM

DUES

\$40.00

Paid annually

Minimum age – 62

Terry Dixon

Program Director

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



May 5, 12, 19, 26-Tuesdays

10:00-12:00 Balance Class and Fall Prevention, Aaron Guyton

May 7-Thursday

10:00 National Day of Prayer Observance, City of Semmes at Honor Park

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

12:00 "Financial Crimes and Scams", Sgt. Keith Miller, Mobile County Sheriff's Department

May 10-Sunday



May 13-Wednesday

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

12:00 "Roses", Master Gardener, Diane Sellers

May 14-Thursday

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

12:00 Kim Derwin, Baytown Senior Village (New Senior Housing in Semmes)

12:30 Birthday Celebration

May 20-Wednesday

10:00-2:00 Blood Drive, LifeSouth

May 21-Thursday

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

12:00 "Self-Directed IRAs", Jason Embry, Jordan-Embry & Associates, LLC

May 22-Friday

10:00 MGM Graduation at Mitchell Center

May 25-Monday

Center Will Be Closed



1:00 Memorial Day Observance, City of Semmes at Honor Park

May 27-Wednesday

10:30 "Basic Plumbing", Home Depot

May 28-Thursday

11:30 Pot Luck Lunch- (Sign up)

12:00 "Talk With Terry", Terry Dixon

MAY CLASSES/ACTIVITIES

MONDAYS

9:00 Mexican Train Dominoes
9:00 Watercolor (**May 11th only**)
Instructor: Mary Rodning

TUESDAYS

8:00 Walk With Wanda & Friends
9:00 Billiards
9:00 Genealogy
Instructor: David Ditto
1:00 Mexican Train Dominoes
2:00 Aerobics-Beginner
Instructor: Ali Botsis

WEDNESDAYS

8:00 Walk With Wanda & Friends
9:00 Computer 101
Instructor: Karen Brown
1:00 Shanghai Rummy

THURSDAYS

8:00 Walk With Wanda & Friends
8:00 Men's Bible Study (1st and 3rd Thursdays each month)
9:00 Rook
1:00 Mexican Train Dominoes

FRIDAYS

8:00 Walk With Wanda & Friends
9:00 Crochet-Advanced
Instructor: Edna Townsend
10:00 Needle Arts/Crafts
Instructor: Various
10:00 Open Billiards/Horseshoes
11:00 Open Cards
1:00 Advanced Guitar Group
1:00 Painting 101
Instructor: Warren Gatwood

Events / Sponsor Information

Aaron Guyton

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. They have arranged for Mr. Aaron Guyton, a retired educator, to conduct a series of 8 weekly classes on "A Matter of Balance" at the Center.

Many older adults experience concerns about falling. Because of that, they restrict their activities. "A Matter of Balance" is an award winning program designed to help older adults manage falls and increase their activity levels. Anyone concerned about falls and interested in improving balance, flexibility, and strength should attend these classes. The classes are scheduled on Tuesdays from May 5th through June 22nd from 10:00-12:00.

Sergeant Keith Miller

Mobile County Sheriff's Department

Sgt. Miller has served with the Sheriff's Department for over 13 years after having been a homicide investigator with the City of Prichard for 6 years. Prior to that, he served in the US Air Force as a narcotics K-9 handler. He holds a Master's Degree in Public Administration from the University of South Alabama, and a Bachelor's Degree in Criminal Justice from the University of South Alabama. He will speak with us on the 7th about "Financial Crimes and Scams". Seniors are a targeted group for those committing these offenses. According to statistics, seniors comprise about 30% of fraud victims.

Gina Germany

Touching Hearts Senior Care

Touching Hearts provides caring service for seniors making it possible for the elderly to maintain as much independence as possible with appropriate in-home assistance and companionship. They strive to lift spirits not only of the elderly, but of the family caregivers as well. The organization also specializes in helping Veterans with in-home care and assistance with applying for aid. Ms. Germany will sponsor Bingo and prizes on May 13th.

Diane Sellers

Master Gardener

Mobile County Master Gardeners are volunteers dedicated to improving quality of life by sharing horticultural knowledge and facilitating community projects. Ms. Sellers will be with us on the 13th to talk to us about "Roses".

Senior Center Artists



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

Kim Derwin

Baytown Senior Village

Ms. Derwin, Housing Manager with Baytown Senior Village, the new senior housing complex in Semmes, will be here on the 14th to provide information on the apartments, amenities, and requirements for leasing and living there. One and two bedroom apartments are available.

LifeSouth Blood Drive

LifeSouth is a non-profit blood supplier for more than 100 hospitals in Alabama, Florida, and Georgia. LifeSouth is a community blood center, meaning the blood supply collected from our donors directly serves the needs of patients in our community. The blood donated here will stay here for local patient transfusions. The Blood Drive at the Center is scheduled for the 20th.

Home Depot

Home Depot experts will be with us on the 27th to conduct a workshop on "Basic Plumbing".

Jason Embry

Jordan-Embry & Associates, LLC

Mr. Embry will be here on the 21st to give a presentation on "Self-Directed IRAs" and how to beat low CD and annuity rates and maximize IRAs.

Community Events

National Day of Prayer will be observed at Semmes Honor Park, May 7, at 12:00. This event is sponsored by the City of Semmes.

MGM Graduation will be held at the Mitchell Center on May 22, 10:00 AM.

Memorial Day Observance Ceremony sponsored by the City of Semmes will be held at Honor Park on May 25 at 1:00 PM.

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.

*****Time to renew your membership if you joined or renewed your membership in May 2014*****

CLASS DESCRIPTIONS

Aerobics - Learn basic aerobic and stretching exercises.

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.

Line Dancing - Learn basic beginning line dancing steps. Intermediate classes are also available.

Men's 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!

Volunteers Needed

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.

Fitness Instructors Needed

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