

Semmes Senior Center

July 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
May 2016
261

Total Number of
Members' Visits in May
861

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



July 3-Sunday

3:00 2016 Celebrate Freedom at MGM, sponsored by Orchard Assembly of God and the City of Semmes

July 4-Monday



**Happy 4th of July!!
Center will be closed**

July 7-Thursday

11:30 Semmes House of Pizza-\$5.50 (Sign up)
12:00 Mayor Judy Hale

July 11, 18, 25-Mondays

10:00-10:30 Champion Program, Elizabeth Phillips, Alabama Cooperative Extension System (series of 6 Monday classes, 3 in July and 3 in August). Please sign up.

July 12-Tuesday

10:00 Blood Pressure & Glucose Checks, Cindy Lundy, Citronelle Health & Rehab

July 13-Wednesday

10:00 Bingo and Prizes, Tracey Eldridge, Touching Hearts

July 14-Thursday

11:30 Pot Luck Lunch-National Hot Dog Day (Sign up)

12:00 America's Drug Card, Susan Saviak

July 21-Thursday

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

12:00 "Hospice 101", Leigh Ann Parker, Comfort Care Coastal Home Health and Hospice

12:30 Birthday Celebration! Birthday cake provided by Walmart and ice cream provided by Walgreens.

July 28-Thursday

11:30 Lunch-SSC-\$6.00 (Sign up)

12:00 State Senator Rusty Glover

JULY CLASSES/ACTIVITIES

MONDAYS

8:00 Learn To Play Rook
Instructors: Wanda Hankins & Wayne Faust
9:00 Watercolor, **July 11th only**
Instructor: Mary Rodning
10:00 Exercise with Terry
1:00 Mexican Train Dominoes

TUESDAYS

7:00 Walk With Friends
9:00 Billiards
9:00 Genealogy
1:00 Mexican Train Dominoes
2:00 Quilting (5th & 19th)
Instructors: Susan Digman & Margaret Reach

WEDNESDAYS

9:00 Computer 101
Instructor: Karen Brown
10:00 Exercise with Terry (no class on Wednesday, July 13)
1:00 Shanghai Rummy
1:00 Skip-Bo

THURSDAYS

8:00 Men's Bible Study (7th & 21st)
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

Events / Sponsor Information

Judy Hale

Mayor of Semmes

Mayor Hale will be with us on the 7th. Come find out what is going on in our community.

J Elizabeth Phillips

Alabama Cooperative Extension

Ms. Phillips will conduct six 30 minute Monday sessions (three in July and three in August) teaching us how to be healthier with guidance from the **CHAMPION** program.

CHAMPION (Community Health Aerobic Motivational Program Initiating Optimal Nutrition) is offered by the Alabama Cooperative Extension System's Urban Affairs and New Nontraditional Programs unit. It is designed to improve eating habits and increase physical activity of youth, adults, and the elderly with limited resources living in urban areas that are at the highest risk for health-related problems such as obesity, cardiovascular diseases, diabetes, and cancer.

Benefits of **CHAMPION**:

- Increase consumption of fruits, vegetables, whole grains, low-fat or fat-free dairy products, and lean protein foods.
- Reduce consumption of foods high in fat, sugar and salt.
- Read and understand Nutrition Facts Labels.
- Increase physical activity to 30 minutes/5 days a week.
- Save on healthy food choices.
- Reduce risk of chronic diseases.

Rusty Glover

Alabama State Senator

Senator Glover is a Republican member of the Alabama Senate, representing the 34th District since 2007. Previously, he was a member of the Alabama House of Representatives representing the 102nd District from 2003 through 2006. He lives in Semmes and retired from teaching at Montgomery High School. He will be at the Center on the 28th to give us legislative updates and answer questions.

 **Check us out on Facebook and follow Semmes Senior Center!**

Susan Saviak

America's Drug Card

What is America's Drug Card? America's Drug Card (ADC) is an Outreach Program established by National Benefit Builders Inc. NBBI is a for-profit company, with the highest rating by the Better Business Bureau which has been in the wholesale discount medical product business since 2001. Because of the nature of their business, they are able to provide discount prescription cards completely FREE to the public, through the ADC outreach program.

Ms. Saviak, a representative with ADC, will be here on the 14th to explain the card benefit and give out cards to our members.

Leigh Ann Parker, RN

Comfort Care Coastal Home Health and Hospice

Comfort Care Home Health provides excellent, quality services throughout 18 Alabama counties in the central Alabama market. Comfort Care Hospice provides compassionate end of life services to the terminally ill in 59 out of 67 Alabama counties. Comfort Care is Alabama-based and is a privately held organization based in Pelham.

Their mission is to serve patients and their families with excellent care, generous support, and compassionate attention. Ms. Parker will be here on the 21st to present "Hospice 101".

Community Events

Freedom Celebration



Hosted by Orchard Assembly of God and City of Semmes

Sunday, July 3rd, at MGM Campus at 3:00 PM.

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!

Receptionist Volunteers Needed!

If you would like to volunteer for a shift at 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.