

# Semmes Senior Center

March 2016

9635 Moffett Road

Semmes, AL 36575

Telephone 251-649-2010

Email: [semmesseniorcenter@gmail.com](mailto:semmesseniorcenter@gmail.com)

Fax 251-649-2322



## 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  
January 2016  
250

Total Number of  
Members' Visits in  
January 807

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



#### March 3-Thursday

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

**12:00** Mayor Judy Hale

#### March 9-Wednesday

**10:00** Bingo and Prizes, Tracy Eldridge, Touching Hearts

**12:00** "Raised Bed Gardening", Dianne Sellers, Master Gardener

#### March 10-Thursday

**11:30** SSC Lunch-Ham, Green Beans, Potato Salad, Dessert, Tea-\$6.00 (Sign up)

**12:00** Talk with Terry

#### March 12-Saturday

**9:00 AM-3:00 PM**

Semmes Azalea Festival hosted by Semmes Chamber of Commerce on MGM Campus

#### March 14-Monday

**12:00** SSC Lunch-Soup, Salad, Dessert, Tea-\$6.00 (Sign up)

#### March 17-Thursday

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

**12:00** Port City Chiropractic Presentation, Robert Chirichella and Dr. Samantha Chirichella

**12:30** Birthday Celebration

#### March 19-Saturday

**9:00-12:00** Semmes Spring Community Clean up

#### March 24-Thursday

**11:30** Pot Luck Lunch (Sign up)

**12:00** "Myths About Hospice", Sharon Kelly, Asera Care

#### March 26-Saturday

**12:00** City of Semmes Easter Event, Morris Hill Road

#### March 27-Sunday



#### March 28-Thursday

**12:00** SSC Lunch-Chicken & Rice, Green Beans, Cornbread, Dessert, Tea-\$6.00 (Sign up)

#### March 31-Thursday

**11:30** Lunch Provided by Speaker-No Cost (Sign up)

**12:00** "Aging in the Health Care System", Wanda Whiddon, St. Joseph Hospice

#### Reminder

**Daylight Savings Time 2016** begins on Sunday, March 13, when clocks will "spring" forward one hour.



#### MARCH CLASSES/ACTIVITIES

##### MONDAYS

**8:00** Learn To Play Rook  
Instructors: Wanda Hankins & Wayne Faust

**9:00** Watercolor, **March 14th only**

Instructor: Jaime Lee

**10:00** Exercise with Terry

**1:00** Mexican Train Dominoes

##### TUESDAYS

**7:00**, Walk With Wanda & Friends

**9:00** Billiards

**9:00** Genealogy

Instructor: David Ditto

**1:00** Mexican Train Dominoes

##### 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 (3rd & 17th))

**9:00** Ladies' Bible Study

**9:00** Rook

**1:00** Mexican Train Dominoes

##### FRIDAYS

**7:00**, Walk With Wanda & 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

## Mayor Judy Hale

Join us on March 3rd for lunch and hear from our Mayor about what is happening in Semmes.

## Tracy Eldridge Touching Hearts

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. Eldridge will be here on the 9th to sponsor Bingo and Prizes.

## 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 9th to talk to us about "Raised Bed Gardening".

## Robert Chirichella & Dr. Samantha Chirichella

### Port City Family Chiropractic

Port City Family Chiropractic is a Maximized Living Health Center, changing the way families view and manage their health through 5 essentials to health. They will give a presentation to us on the 17th.

## Sharon Kelly Asera Care

Asera Care is part of Golden Living, one of the nation's premier providers of post-acute healthcare services.

Asera Care's mission is to provide patients and their families the best possible quality of care and quality of life. They provide palliative medicine and hospice services as a way to help improve the lives of patients and their families as they transition throughout the post-acute care continuum.

Caring for patients and families as a whole is of the utmost importance to Asera. Decisions throughout the organization are based upon a foundation of clinical excellence. Their resources are focused on serving the needs of patients and their families with a sense of care and compassion. Ms. Sharon Kelly will be with us on the 24th to present "Myths About Hospice".

## Wanda Whiddon St. Joseph Hospice

Ms. Whiddon will be with us on the 31st to speak on "Aging in the Health Care System".

## 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.

## \*\*Community Events\*\*

### 14th Annual Semmes Azalea Festival

This community event hosted by Semmes Chamber of Commerce will take place on MGM Campus on Saturday, March 12th from 9:00 AM to 3:00 PM. Arts, crafts, food, children's activities, entertainment, and a car show are some of the features everyone will enjoy.

## City of Semmes Spring Community Clean Up

The City of Semmes is sponsoring a Clean Up Day on the 19th of March. Registration deadline is March 1st. For more information, call City Hall at 251/649-8811.

## City of Semmes Easter Event

This year's event, sponsored by the City, will be held on March 26th, on Morris Hill Road. For more information, call City Hall at 251/649-8811.



## Semmes Senior Center Artists

Mrs. Mary Rodning is the Senior Center's featured artist for March and April. Her 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.

**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 Wanda and 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!**