

# Semmes Senior Center

August 2016

9635 Moffett Road

Semmes, AL 36575

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## Events & Classes

### Welcome!

#### HOURS

Monday-Friday

8:00 AM-4:00 PM

#### DUES

\$40.00

Paid Annually

Minimum Age

62

Number of Members  
June 2016  
255

Total Number of  
Members' Visits in June  
775

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



#### August 1, 8, 15- Mondays

**10:00-10:30** Champion Program, Elizabeth Phillips, Alabama Cooperative Extension System (last 3 sessions)

#### August 2-Tuesday

**7:00 PM** National Night Out @ Semmes Public Safety Training Complex sponsored by City of Semmes

#### August 4-Thursday

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

#### August 9-Tuesday

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

#### August 10-Wednesday

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

#### August 11-Thursday

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

**12:00** Probate Court Judge John Davis

#### August 18-Thursday

**11:00** Candidate Day, Light Refreshments will be served.

#### August 25-Thursday

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

**12:00** Patrice Hall, Case Manager, Alabama Institute for the Deaf and Blind

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

#### AUGUST CLASSES/ACTIVITIES

##### MONDAYS

**8:00** Learn To Play Rook  
Instructors: Wanda Hankins & Wayne Faust  
**10:00** Exercise  
**1:00** Mexican Train Dominoes

##### TUESDAYS

**7:00** Walk With Friends  
**9:00** Billiards  
**1:00** Mexican Train Dominoes  
**2:00** Quilting (2nd & 16th)  
Instructors: Susan Digman & Margaret Reach

##### WEDNESDAYS

**9:00** Computer 101  
Instructor: Karen Brown  
**10:00** Exercise (no class on Wednesday, August 10)  
**1:00** Shanghai Rummy  
**1:00** Skip-Bo

##### THURSDAYS

**8:00** Men's Bible Study (4th & 18th)  
**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 4th. Come find out what is going on in our community.

## J Elizabeth Phillips

### Alabama Cooperative Extension

Ms. Phillips will conduct the last three of (6) 30 minute Monday sessions (three were held in July) 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.

**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.

## 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 10th to sponsor Bingo and Prizes.

## Don Davis

### Mobile County Probate Court Judge

Judge Davis has served in his position since 2001. Along with judicial responsibilities, he is responsible for public records, issuing marriage licenses, overseeing elections, and appointing notaries public. Administration of estates is included in his judicial responsibilities. He will speak to members on August 11th.

## Patrice Hall

### Alabama Institute for the Deaf and Blind

The Alabama Institute for Deaf and Blind (AIDB) is the world's most comprehensive education, rehabilitation and service program serving individuals of all ages who are deaf, blind, deaf-blind and multi-disabled. Founded in 1858 by a young medical doctor who wanted to educate his deaf brother, AIDB now serves more than 22,500 infants, toddlers, children, adults and seniors with hearing and vision loss throughout Alabama each year.

AIDB's strong legacy has been built upon a foundation of deep commitment to service and a brother's love that helped to forever change the lives of Alabama's children and adults with vision and hearing loss. Ms. Hall will be with us on the 25th and share information about the Institute.

## Candidate Day

The City of Semmes will hold its election on August 23rd for Mayor and Council Members. The Center has invited candidates to come speak on August 18th and share their platforms with us.

## Community Events

### National Night Out

August 2, 2016

7:00 PM @ Semmes Public Safety Training Complex sponsored by City of Semmes

### City of Semmes Election Day

August 23, 2016



## Semmes Senior Center Artists

Sylvia Morris is the Senior Center's featured artist for July and August. 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.

**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** - 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.