

5-- Semmes Senior Center

February 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
December, 2015
254

Total Number of Members'
Visits in December, 2015
588

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



February 4-Thursday

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

12:00 Mayor Judy Hale

CENTER WILL BE CLOSED

**Monday, February 8
and**

**Tuesday, February 9
For Mardi Gras Holidays**



February 10-Wednesday

10:00 Bingo and Prizes, sponsored by Darla Tolbert, Covenant Hospice

February 11-Thursday

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

12:00 "Talk with Terry"

February 18-Thursday

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

12:00 Speaker, Helen Murphey, Bay Area Food Bank and SNAP Program

12:30 Birthday Celebration

February 22-Monday

12:00 Monday Meal-Chicken & Sausage Gumbo, Rice, Slaw, Cornbread, Dessert, Tea-\$6.00 (Sign up)

February 25-Thursday

10:00-11:00 Humana Health Care Presentation, Part 1

11:30 Lunch-Pot Luck (Sign up)

12:00 Humana Health Care Presentation, Part 2

FEBRUARY CLASSES/ACTIVITIES

MONDAYS

8:00 Rook Classes

9:00 Watercolor Class, **February 15th 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, 4th & 18th

9:00 Ladies' Bible Study

9:00 Rook

1:00 Mexican Train Dominoes

FRIDAYS

7:00 Walk with Wanda & Friends

9:00 Crochet for Beginners

Instructor: Edna Townsend

10:00 Needle Arts & Crafts

10:00 Open Billiards/Horseshoes

12:30 Open Cards

1:00 Advanced Guitar Group

1:00 Painting 101

Instructor: Warren Gatwood

Events / Sponsor Information

<p>Mayor Judy Hale Join us February 4th to learn from Mayor Hale about what is happening in Semmes.</p> <p>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.</p> <p>Helen Murphey Mobile Bay Area Food Bank and SNAP Bay Area Food Bank serves a 24-county area spanning south Alabama, south Mississippi, and the panhandle of Florida. In 2014, the food bank distributed over 19 million pounds of food to more than 400 church pantries, soup kitchens and other nonprofit organizations throughout its service area. The food bank also operates multiple nutrition programs, including Summer Food Service, Afterschool Snack, Backpack, Disaster Relief, Community Garden, Mobile Pantry, Cooking Matters, and SNAP Outreach. Bay Area Food Bank is a United Way agency and a member of Feeding America.</p> <p>SNAP (Supplemental Nutrition Assistance Program) offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.</p> <p>Ms. Murphey will be at the Center on the 18th to talk with us about the organization and its programs.</p>	<p>Humana Health Care Humana, Inc. is headquartered in Louisville, Ky., with 52,000 associates across the nation. It is a leading health care company offering a wide range of insurance products and health and wellness services that incorporate an integrated approach to lifelong well-being. By leveraging the strengths of their core businesses, Humana explores ways to enhance wellness opportunities for the millions of people across the nation with whom they have relationships.</p> <p>They deliver a range of products and services to help people live their best lives. They offer commercial and military health insurance and Medicare plans to serve all types of individuals, families, seniors, disabled people, servicemen and women, and military veterans.</p> <p>Humana representatives will be at the Center on the 25th to present information and answer questions about their services.</p> <p>Semmes 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.</p> <p>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.</p> <div data-bbox="581 1409 667 1482" data-label="Image"> </div> <p>Semmes Senior Center Artists Vivian Stevens is the Senior Center's featured artist for January and February. Her work will be displayed here at the Center.</p>	<p><u>CLASS DESCRIPTIONS</u></p> <p><u>Rook Class</u> - Learn to play this fun card game.</p> <p><u>Computer 101</u> - Learn basic knowledge of operating features, storing files, and general overview.</p> <p><u>Genealogy</u> - Learn to research your family history.</p> <p><u>Crochet</u> - Beginners and advanced crochet class - bring a J-hook and yarn.</p> <p><u>Needle Art/Crafts</u> - Various crafts will be taught.</p> <p><u>Men's Bible Study</u> - Participate in Bible classes and discussion.</p> <p><u>Ladies' Bible Study</u> - Participate in Bible classes and discussion.</p> <p><u>Painting 101</u> - Learn beginning painting. Supply list is available at reception desk.</p> <p><u>Intro to Water Color</u> - Learn this fun and simple art form.</p> <p><u>Exercise with Terry</u> - Participate in basic stretching and exercise to improve flexibility, balance, and strength.</p> <p><u>Walk With Wanda and Friends</u> - Walk the trail with group behind the Center to Snow Road and back for 1.5 miles of exercise!</p> <div data-bbox="1036 1402 1073 1444" data-label="Image"> </div> <p>Check us out on Facebook and follow Semmes Senior Center!</p>
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Reminders

- In order to participate in any fitness or dance class, and/or to use the Fitness Room, we must have a current Physician's Release Form properly signed and on file at the Semmes Senior Center. Thank you for your cooperation.
- Help keep the computer lab clean by not having food or beverages.