

# Semmes Senior Center

September 2015

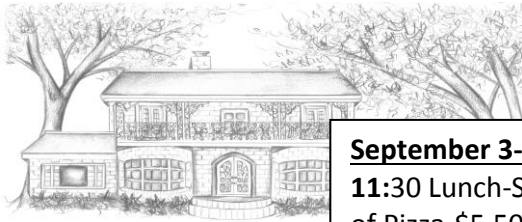
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## Events & Classes

### Welcome!

#### HOURS

Monday—Friday

8:00 AM – 4:00 PM

#### DUES

\$40.00

Paid Annually

Minimum Age

62

**Terry Dixon**

**Program Director**

Membership at 8-6-15

243

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



#### September 3-Thursday

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

**12:00** Mayor Judy Hale

#### September 7-Monday

**CENTER WILL BE CLOSED**



#### September 9-Wednesday

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

**12:00** "Citrus Gardening", Luann Akridge, Master Gardener

#### September 10-Thursday

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

**12:00** "Living Well Alabama", Marie Cafferty, Area Agency on Aging

**12:30** Birthday Celebration

#### September 14-Monday

**12:00** Lunch-Soup, Salad, Dessert, Drink-\$6.00

#### September 16-Wednesday

**9:00-12:00** Flu Shots-Rite Aid (Sign up and bring Insurance Card)

#### September 17-Thursday

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

**12:00** "Alzheimer's and Dementia", Rebecca Dacovich, Care Patrol

#### September 21, 28

##### **Mondays**

**9:30-12:00** "Living Well Alabama", Marie Cafferty, Area Agency on Aging (for those who sign up for the full series of 6 Tuesday classes)

#### September 24-Thursday

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

**12:00** "Fall Prevention and Fire Prevention", Lt. Tim Walker, Semmes Fire Department

#### September 25-Friday

**3:00 PM** POW/MIA

Recognition at Semmes Honor Park



#### September 28-Monday

**11:30** Lunch-Taco Soup, Salad, Dessert, Drink-\$6.00

**7:00 PM** "The Mobile Pops", sponsored by City of Semmes at MGM

Free Admission!



#### SEPTEMBER CLASSES/ACTIVITIES

##### MONDAYS

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

Instructor: Jaime Lee

**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

**1:00** Shanghai Rummy

**1:00** Skip-Bo

##### THURSDAYS

**8:00** Men's Bible Study (3rd and 17th)

**9:00** Ladies' Bible Study (10th and 24th)

**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

Instructor: Various

**10:00** Open Billiards/Horseshoes

**12:30** Open Cards

**12:30** Advanced Guitar Group

**1:00** Painting 101

Instructor: Warren Gatwood

# Events / Sponsor Information

## Mayor Judy Hale

Join us September 3rd for lunch and learn from our Mayor about what is happening in Semmes.

## Gina Germany

### Touching Hearts Senior Care

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

## Luann Akridge

### Master Gardener

Mobile County Master Gardeners are volunteers dedicated to improving quality of life by sharing horticultural knowledge and facilitating community projects. Ms. Akridge will be with us on the 9th to teach us about "Citrus Gardening".

## Marie Cafferty

### 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.

Ms. Cafferty, Health and Wellness Regional Coordinator with the Agency, will be with us on the 19th to give us information on the program, "Living Well Alabama". This is the Chronic Disease Self- Management Program (CDSMP) developed by Stanford University. It is a self-management course designed to help individuals live and cope with chronic conditions. Dealing with constant pain and loss of good health may lead to feelings of anger, isolation and even depression. With Living Well Alabama, you'll gain the skills needed to take control of your chronic condition and live life to the fullest. Ms. Cafferty will present this program in a series of six consecutive Monday classes to our members beginning September 21st..

## Rebecca Dacovich

### CarePatrol

CarePatrol is the largest Assisted Living Senior Placement service in the nation. Advisors help find Nursing Homes, Memory Care, Assisted Living, or Independent Living for seniors that are best suited to those seniors and their needs. The company is paid by thousands of participating communities across the country, allowing services to be provided at no charge to those who need their services. Ms. Dacovich will be here on the 17th to speak with us on "Alzheimer's and Dementia".

## 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\*\*

### POW/MIA Recognition Ceremony

will be held at Semmes Honor Park on September 25th at 3:00 PM. America's POW/MIAs are honored and recognized, rather than memorialized, with the focus on continuing commitment to account as fully as possible for those still missing.

### "The Mobile Pops"

will perform at MGM on September 28th at 7:00 PM. This wonderful evening of entertainment will be sponsored by the City of Semmes and is free to the public.

### Important Reminders!

**It's time to renew your membership if you joined or last renewed your membership in September 2014.**

**Be sure you have a current physician's release on file if you use the Fitness Facility or participate in activities such as aerobics, line dancing, or walking. If your release is over a year old, you need to provide a new one.**

**PLEASE sign up for lunches and classes you want to attend so adequate accommodations can be made for class size and lunch preparation! Thank you!**

## Senior Center Artists



JoAnne Cagle is the Senior Center's featured artist for September and October. Her work will be displayed here at the Center.

## CLASS DESCRIPTIONS

**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.

**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!**

### 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.

## Volunteers Needed at Center!

**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.**