

Semmes Senior Center

June 2015

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

June 2, 9, 16, 23

Tuesdays

10:00-12:00 Remaining Balance Classes and Fall Prevention, Aaron Guyton
(Only for those who signed up for the full series of 8 classes when they began in May)

June 4-Thursday

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

June 10-Wednesday

10:00 Bingo and Prizes, Darla Tolbert, Covenant Hospice
12:00 "Master Gardener Information", Ellen Huckaby

June 11-Thursday

11:30 Lunch-will be provided by speaker for those who attend presentation
12:00 "Have the Talk of a Lifetime", Dick Perl, Mobile Memorial Gardens

June 17-Wednesday

11:00 Mary Kay Facials, Helen Campbell

June 18-Thursday

11:30 Pot Luck Lunch (Sign up)
12:00 "Talk With Terry", Terry Dixon

June 21-Sunday



June 24-Wednesday

10:30 "Paint and Painting Techniques", Home Depot

June 25-Thursday

11:30 Lunch-Hickory Pit-\$5.50 (Sign up)
12:00 "Senior Benefits and Planning Issues", Kyla Kelim, Aging in Alabama
12:30 Birthday Celebration

JUNE CLASSES/ACTIVITIES

MONDAYS

9:00 Mexican Train Dominoes
9:00 Watercolor (**June 8th only**)
Instructor: Mary Rodning

TUESDAYS

8:00 Walk With Wanda & Friends
9:00 Billiards
9:00 Genealogy
Instructor: David Ditto
1:00 Mexican Train Dominoes

WEDNESDAYS

8:00 Walk With Wanda & Friends
9:00 Computer 101
Instructor: Karen Brown
1:00 Shanghai Rummy
1:00 Skip-Bo

THURSDAYS

8:00 Walk With Wanda & Friends
8:00 Men's Bible Study (1st and 3rd Thursdays each month)
9:00 Ladies' Bible Study (11th and 25th)
9:00 Rook
1:00 Mexican Train Dominoes

FRIDAYS

8:00 Walk With Wanda & Friends
9:00 Crochet
Instructor: Edna Townsend
10:00 Needle Arts/Crafts
Instructor: Various
10:00 Open Billiards/Horseshoes
11:00 Open Cards
12:30 Advanced Guitar Group
1:00 Painting 101
Instructor: Warren Gatwood

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



Events / Sponsor Information

Aaron Guyton

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. They arranged for Mr. Aaron Guyton, a retired educator, to conduct a series of 8 weekly classes on "A Matter of Balance" at the Center. They began in May and will end in June.

Many older adults experience concerns about falling. Because of that, they restrict their activities. "A Matter of Balance" is an award winning program designed to help older adults manage falls and increase their activity levels. Anyone concerned about falls and interested in improving balance, flexibility, and strength should attend these classes. The remaining classes are scheduled on Tuesdays from June 2nd through June 23rd from 10:00-12:00.

Remaining classes in June are limited to those who signed up for the full series of 8 classes which began in May.

Mayor Judy Hale

City of Semmes

Mayor Hale will be with us on the 4th. Come find out what is going on in our community.

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.

Ellen Huckaby

Master Gardener

Mobile County Master Gardeners are volunteers dedicated to improving quality of life by sharing horticultural knowledge and facilitating community projects. Ms. Huckaby will be with us on the 10th to talk to us about the Master Gardeners' Organization.

Dick Perl

Mobile Memorial Gardens

Mobile Memorial Gardens was founded in 1953 as a not-for-profit memorial park cemetery and has become a welcome part of the surrounding community. As a 501(c)13 classified organization, the cemetery has no owners and exists for the sole benefit of those left in its care, the families that have chosen this cemetery, and the aid and comfort of the surrounding community. Mr. Perl will speak to us on the 11th.

Home Depot

Home Depot experts will be with us on the 24th to conduct a workshop on "Paint and Painting Techniques".

Kyla Kelim

Aging in Alabama

Aging in Alabama is an elder law firm in south Alabama providing consultation and advocacy for seniors, their families, and caregivers to protect their life's work in case of catastrophic illness or injury.

Ms. Kelim has practiced law for 20 years in Alabama and Florida. Nationally recognized as an elder lawyer and speaker, Mrs. Kelim devotes her practice to assisting those reaching retirement age or who are facing healthcare crises to avoid the devastating costs of nursing home care while navigating the treacherous regulatory routes of Medicare and Medicaid. Ms. Kelim will be here on the 25th to speak with us about finding benefits for seniors that will increase income and planning issues to save their property if they become ill.

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.

Important Reminders!

It's time to renew your membership if you joined or last renewed your membership in June 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

Philippe Oszuscik is the Senior Center's featured artist for May and June. His 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!

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**.

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.