

# Semmes Senior Center

August 2015

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

**Terry Dixon**

**Program Director**

#### August 3-Monday **National Watermelon Day**



**12:00** Watermelon, Come and enjoy!

#### August 6-Thursday

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

**12:00** Mayor Judy Hale

#### August 10-Monday

**12:00** Monday Lunch-Baked Potato/Salad/Tea-\$6.00 (Sign up)

#### August 12-Wednesday

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

**12:00** “Hydrangeas”, Mary Broussard, Master Gardener

#### August 13-Thursday

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

**12:00** “State Health Insurance Program”, James Roberson, SARPC

**12:30** Birthday Celebration

#### August 20-Thursday

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

**12:00** Speaker, Lynn Redding, Azalea City Funeral Home and Crematory

#### August 24-Monday

**12:00** Monday Lunch Soup/Salad/Drink-\$6.00 (Sign up)

#### August 26-Wednesday

**10:30** “Paint/Painting Techniques”, Home Depot

#### August 27-Thursday

**11:30** Pot Luck Lunch-Dips/Tailgate Foods (Sign up)

**12:00** Jeff Bailey-USA Football

#### AUGUST CLASSES/ACTIVITIES

##### MONDAYS

**1:00** Mexican Train Dominoes

##### TUESDAYS

**7:00** Walk With Wanda & Friends  
Leader: Wanda Hankins

**9:00** Billiards

**9:00** Genealogy

Instructor: David Ditto

**10:00** Exercise with Aaron

Instructor: Aaron Guyton

**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 (2nd and 16th)

**9:00** Ladies’ Bible Study (9th and 23rd)

**9:00** Rook

**1:00** Mexican Train Dominoes

##### FRIDAYS

**7:00** Walk With Wanda & Friends  
Leader: Wanda Hankins

**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

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



# Events / Sponsor Information

## Judy Hale

### Mayor of Semmes

Mayor Hale will be with us on the 6th. 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 12th to sponsor Bingo and Prizes.

## Mary Jo Broussard

### Master Gardener

Mobile County Master Gardeners are volunteers dedicated to improving quality of life by sharing horticultural knowledge and facilitating community projects. Ms. Marty will be with us on the 12th to teach us about "Hydrangeas".

## James Roberson

### Area Agency on Aging

### South Alabama Planning Commission

The Area Agency on Aging serves as an advocate and resource for seniors and their needs in Mobile and Baldwin Counties.

Mr. Roberson will be at the Center on the 13th to give us information on the State Health Insurance Program (SHIP). He can answer your questions about Medigap, long-term care insurance policies and other health insurance programs for seniors. Program representatives can assist Medicare beneficiaries in specific areas such as home health benefits, medicare claims and appeals and other similar issues. SHIP can help you determine which Medicare Prescription Drug Plan best fits your needs

## Lynn Redding

### Azalea City Funeral Home and Crematory

Ms. Redding will be with us on the 20th to give us information on the various services offered by the Funeral Home. It is located at 690 Zeigler Circle West.

## Home Depot

Home Depot experts will be with us on the 26th to conduct a workshop on "Paint and Painting Techniques".

## Jeff Bailey

### USA Football

The South Alabama Jaguars' football program, established in 2009, represents the University of South Alabama in the Football Bowl Subdivision of the National Collegiate Athletic Association, of which it became a member in 2012.

Jeff Bailey is USA's equipment operations manager. In his role, Mr. Bailey is responsible for fitting and ordering all equipment — including practice and game uniforms, helmets, shoulder pads, shoes and cleats — for the football program. He is in charge of maintaining inventory levels and projecting future equipment needs, assists in coordinating the Jaguars' practice and game day itinerary, and oversees the program's staff of student managers. He will be at the Center on the 27th to speak with us about USA and its football program.

## Wal-Mart, Richard Eubanks, Manager (Birthday Cake)

## Walmart, 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 August 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! If you sign up and find you can't come, let us know. Thank you!**

## Senior Center Artists

Cynthia Oszuscik is the Senior Center's featured artist for July and August. 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.

**Exercise with Aaron** - Come improve your flexibility, balance, and cardio health with exercise appropriate for all levels of ability!

**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.