

# Semmes Senior Center

October 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**

Number of Members  
8-31-15  
247

Total Number of  
Members' Visits in August  
847

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



#### October 1-Thursday

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

#### October 5, 12, 19, 26

##### Mondays

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

#### October 7-Wednesday

**12:00** "Fall Vegetable Gardens", Joe Pippin, Master Gardener

#### October 8-Thursday

**10:00-1:00** Health Fair-Variou Health Vendors and Services, Food, Giveaways

#### October 9-Friday

**6:00 PM** Fall Movie Night, "Monsters University", Semmes Community Center, sponsored by City of Semmes

#### October 10-Saturday

**7:00 AM-1:00 PM** Semmes Woman's Club, Fall Yard Sale will be held at Semmes Senior Center.

#### October 12-Monday

**12:00** Lunch-\$6.00 (Sign up)

#### October 14-Wednesday

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

#### October 15-Thursday

**11:30** Lunch-Hickory Pit-\$5.50 (Sign up)  
**12:00** "Yellow Dot Program", Carol Merkel, Mobile County Sheriff's Department  
**12:30** Birthday Celebration

#### October 22-Thursday

**11:30** SSC Lunch-Pulled Pork Sandwiches, Slaw, Beans, Dessert-\$6.00 (Sign up)  
**12:00** Donald Wills, Medicare Supplement

#### October 26-Monday

**12:00** Lunch-\$6.00 (Sign up)

#### October 29-Thursday

**11:30** Pot Luck Lunch (Sign up)  
**12:00** "Talk with Terry"

#### October 31-Saturday



**HAPPY HALLOWEEN!**

#### **Classes /Activities**

**Please note we have added an additional session of "Walk with Wanda & Friends" on Tuesdays and Fridays. A 10:00 Exercise Class has been added to Tuesdays. We have also added "Beginning Guitar" and "Beginning Harmonica" on Wednesdays.**

#### OCTOBER CLASSES/ACTIVITIES

##### MONDAYS

**9:00** Watercolor, **October 12 only**  
Instructor: Jaime Lee  
**1:00** Mexican Train Dominoes

##### TUESDAYS

**7:00 & 8:00 Sessions**, Walk With Wanda & Friends  
**9:00** Billiards  
**9:00** Genealogy  
Instructor: David Ditto  
**10:00** Exercise  
**1:00** Mexican Train Dominoes  
**1:00** Beginner Guitar  
**2:00** Beginner Harmonica

##### WEDNESDAYS

**9:00** Computer 101  
Instructor: Karen Brown  
**10:00** Gourmet Apple Making, **October 21 only**  
Instructor: Linda Davis  
**10:00** Crochet Necklace Class, **October 28 only**  
Instructor: Karen Brown  
**1:00** Shanghai Rummy  
**1:00** Skip-Bo

##### THURSDAYS

**8:00** Men's Bible Study (1st & 15th)  
**9:00** Ladies' Bible Study (8th & 22nd)  
**9:00** Rook  
**1:00** Mexican Train Dominoes

##### FRIDAYS

**7:00 & 8:00 Sessions**, 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 on October 1st for lunch and hear from our Mayor about what is happening in Semmes.

## 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 continue teaching our Monday classes in October for 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. The classes began on September 21st; the last class is on October 26th.

## Joe Pippin

### Master Gardener

Mobile County Master Gardeners are volunteers dedicated to improving quality of life by sharing horticultural knowledge and facilitating community projects. Mr. Pippin will be with us on the 7th to teach us about "Fall Vegetable Gardens".

## 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 14th to sponsor Bingo and Prizes.

### Important Reminders!

**It's time to renew your membership if you joined or last renewed your membership in October 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!**

## Carol Merkel Mobile County Sheriff's Department



The YELLOW DOT PROGRAM is the first of its kind in the State of Alabama. The program offers participants a way to give vital information to first responders in the event they are unable to physically or verbally communicate. It is a FREE service provided to individuals of all ages; however, it was created to assist senior citizens. Participants of the program have their picture taken, complete a personal information form and are given a Yellow Dot folder and decal. All vital information will be placed into the folder and then into the glove box of their car. The YELLOW DOT decal will be placed in the lower left corner of the rear window of the participant's car to alert first responders that medical information can be found in the glove compartment. Ms. Merkel will be here on the 15th to tell us more about the program.

## Don Wills

### Federal Employee Benefit Advisors

FEBA's mission is to help you realize your ideal retirement, free of worry and stress. They put your retirement money to work harder and smarter without exposure to risks. Mr. Wills will speak to us on the 22nd on "Medicare".

## 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\*\*

### FALL MOVIE NIGHT

#### "MONSTERS UNIVERSITY"

Semmes Community Center

Friday, October 9th, 6:00 PM

Sponsored by the City of Semmes

### FALL YARD SALE

Semmes Woman's Club at

Semmes Senior Center

Saturday, October 10th, 7:00 AM to 1:00 PM



## 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.**