

Semmes Senior Center

November 2015

9635 Moffett Road

Semmes, AL 36575

Telephone 251-649-2010

Email: semmesseniorcenter@gmail.com

Fax 251-649-2322



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
9-30-15
255

Total Number of
Members' Visits in
September 863

November 4-Wednesday

10:30-11:30 "Medicare 2016",
Ellis Beck, United Healthcare

November 5-Thursday

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

November 10-Tuesday

10:00 Bingo and Prizes, Tracy
Eldridge, Touching Hearts

November 11-Wednesday

Center will be closed.



3:00 Veterans Day Celebration,
City of Semmes, Semmes
Honor Park

November 12-Thursday

11:30 Lunch-Hickory Pit-\$5.50
(Sign up)
12:00 Talk with Terry
12:30 Birthday Celebration

November 18-Thursday

9:00 "Medicare Information
and Selection", James
Roberson, South Alabama
Planning Commission
12:00 "Holiday Decorations",
Cynthia Zan, Master Gardener

November 19-Thursday

12:00 Thanksgiving Lunch (Sign
up)

November 19-Thursday

12:00 Thanksgiving Lunch
(Sign up)

November 20-Friday

5:00 Christmas Tree Lighting-
Semmes Library, sponsored
by City of Semmes



November 26-Thursday

Center will be closed.



**Happy
Thanksgiving!**

NOVEMBER CLASSES/ACTIVITIES

MONDAYS

9:00 Watercolor, **November 9th
only**

Instructor: Jaime Lee

10:00 Exercise with Terry

1:00 Mexican Train Dominoes

TUESDAYS

7:00 & 8:00 Sessions, Walk With
Wanda & Friends

9:00 Billiards

9:00 Genealogy

Instructor: David Ditto

1:00 Mexican Train Dominoes

1:00 Beginner Guitar

2:00 Beginner Harmonica

WEDNESDAYS

9:00 Computer 101

Instructor: Karen Brown

1:00 Shanghai Rummy

1:00 Skip-Bo

THURSDAYS

8:00 Men's Bible Study (5th & 19th)

9:00 Ladies' Bible Study (5th, 12th, &
19th)

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

**Bow Making, November 6th and
13th only**, (limit 8 to class, supply list
will be posted)

Bow Making Instructor: Cheryl Albert

10:00 Open Billiards/Horseshoes

12:30 Open Cards

12:30 Advanced Guitar Group

1:00 Painting 101

Instructor: Warren Gatwood

Classes /Activities

**Please note: Exercise with Terry has
been changed to Monday mornings
at 10:00.**

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



Events / Sponsor Information

Mayor Judy Hale

Join us on November 5th for lunch and hear from our Mayor about what is happening in Semmes.

Ellis Beck

United Healthcare

Mr. Beck, an agent with United Healthcare, will conduct a session on "Medicare 2016" on the 4th. UnitedHealth Group is the most diversified health care company in the United States and a leader worldwide in helping people live healthier lives and helping to make the health system work better for everyone.

Cynthia Zan

Master Gardener

Mobile County Master Gardeners are volunteers dedicated to improving quality of life by sharing horticultural knowledge and facilitating community projects. Ms. Zan will be here on the 18th to display and give us ideas and instructions for Christmas decorations.

Tracy Eldridge

Touching Hearts

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.

James Roberson

South Alabama Regional Planning Commission

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.

Mr. Roberson is a Regional Coordinator for the State Health Insurance Assistance Program. He will be at the Center on November 18th. SHIP provides education, counseling and information concerning:

- Medicare
- Medicare Supplement s
- Medicare Savings Programs
- Medicaid
- Prescription Drugs
- Plan Comparisons
- Billing & Claims
- Rights & Protections
- Long-Term Care



Semmes Senior Center Artists

Betty Barnes is the Senior Center's featured artist for November and December. Her work will be displayed here at the Center.

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.

CENTER WILL BE CLOSED:

NOVEMBER 11TH FOR
VETERANS DAY

NOVEMBER 26TH & 27TH FOR
THANKSGIVING HOLIDAYS

Community Events

Christmas Tree Lighting

Semmes Library

Friday, November 20th,

5:00 PM

Sponsored by City of Semmes

Veterans Day Observance

Semmes Honor Park

Wednesday, November 11th,

3:00 PM

Sponsored by City of Semmes

2015 Semmes Christmas Tour – Save the Date!

Sponsored by

Semmes Woman's Club



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.

From the Crochet Ladies at the Center

QUEEN SIZE, "DEFIANT" AFGHAN RAFFI



BUY TICKETS AT SEMMES SR. CENTI
PHONE NBR 649-2010

1 TICKET = \$ 1.00

6 TICKETS = \$ 5.00

DRAWING DECEMBER 17, 2015
AT SEMMES SR. CENTER