

Semmes Senior Center

January 2016

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

Number of Members

November, 2015

253

Total Number of Members'

Visits in November, 2015

676

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



CENTER WILL BE CLOSED

**December 31-Thursday and
January 1-Friday**

Happy New Year!



January 7-Thursday

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

12:00 Mayor Judy Hale

January 13-Wednesday

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

January 14-Thursday

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

January 21-Thursday

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

12:30 Birthday Celebration

January 28-Thursday

11:30 Pot Luck Lunch

12:00 Talk with Terry

January 30-Saturday

10:00 AM-2:00 PM Camellia Festival at Semmes First Baptist Church

JANUARY CLASSES/ACTIVITIES

MONDAYS

9:00 Watercolor, January 11th only

Instructor: Jaime Lee

10:00 Exercise with Terry

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

10:00 Exercise with Terry

1:00 Shanghai Rummy

1:00 Skip-Bo

THURSDAYS

8:00 Men's Bible Study (7th and 21st)

9:00 Ladies' Bible Study

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

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 January 7th for lunch and hear from our Mayor about what is happening in Semmes.

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. Eldridge will be here on the 13th to sponsor Bingo and Prizes.



Semmes Senior Center Artists

Mary Rodning is the Senior Center's featured artist for January and February. Her work will be displayed here at the Center.

Important Reminders!

It's time to renew your membership if you joined or last renewed your membership in January, 2015.

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!

Community Events

WINTER MOVIE NIGHT Sponsored by City of Semmes "INSIDE OUT"

Semmes Community Center
Friday, January 8, 7:00 PM
Sponsored by the City of Semmes

Semmes Camellia Festival

The Semmes Camellia Festival is sponsored by Alumni & Friends of Semmes School, Inc. It began in 1949 and was revived in 2013.

Information and beautiful displays of camellias will be featured at Semmes First Baptist Church on Saturday, January 30th from 10:00 AM to 2:00 PM. Art and tablescapes showcasing camellias will be part of the displays. If you are interested in creating a tablescape or need information about the Festival, please call Mrs. Jeanette Byrd at 649-1647.



Fitness Instructors Needed

We are looking for volunteer fitness instructors - Individuals who can teach Tai-Chi, Zumba, Yoga, etc. Please contact the Center at 649-2010.

Volunteers Needed

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.

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 Terry - Participate in basic stretching and exercise to improve flexibility, balance, and strength.

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!**