

the spark

Senior Action's newsletter to *spark your life!*



50 Directors Drive
Greenville, SC 29615

Don't forget to mark your calendars for our

UPCOMING
Holiday Festivities

See pg 10 for details.

October thru December 2009

NON-PROFIT
ORGANIZATION
U.S. Postage
PAID
Permit No. 706
Greenville, SC 29601

Senior Action Hosts an *Open House*

'Drop-In' on Senior Action! Members, guests, and prospective members are invited to participate in our upcoming Open House! Socialize with peers as you tour our contemporary center at Orchard Park or meander through nostalgic rooms at Sears Shelter. Sample classes through demonstrations and hands-on activities with our instructors, learn how to become a volunteer through the RSVP program, and take a tour of our fitness center. Flyers with a daily schedule are available at both locations, so pick one up and mark your calendars to visit with us! Open House opportunities will offer:

- Presentations by our MVP's
- Yoga and Tai Chi Chih demonstrations
- Arthritis Exercise overview & helpful hints
- Log Cabin Hand-Crafted Store tours
- Pinochle, Dominoes, & other games
- Arts & Crafts including painting & woodworking
- Door Prize Drawings every hour

Tues. or Thurs., November 10 or 12 (OP)

Mon. or Wed., November 16 or 18 (SS)

4:00 pm – 6:00 pm

Cost: Free

BRING A FRIEND
to Open House and get a
\$15 SENIOR ACTION
GIFT CERTIFICATE*
*Guest must become a member
of Senior Action at Open House

Answering the Call to Serve in Greenville County

RSVP

By Mary Zachar,
RSVP Project Director



Frank Simmons

Frank Simmons, a longtime RSVP volunteer and Senior Action member, understands the importance of making a difference. In August, Frank participated in "Opening Doors to Success Day" a program of Graduate Greenville sponsored by the United Way of Greenville County and other organizations. This day is part of a community effort to increase graduation rates. Over 200 high school students, who had not returned for the 2009-2010 school year, were visited. Information and resources were made available to help both the students and adults in the home to overcome barriers precluding them from school. The high schools were open - allowing students to enroll and meet with school graduation and guidance counselors.

Along with helping students, Frank, an AARP tax aid volunteer, helps seniors with completing their taxes, and he also finds time to drive seniors who may need a ride to medical appointments. In his 5 years as a RSVP volunteer, Frank, a retired engineer from Rockwell International, has given over 900 hours of his time.

Frank has been married to June for 43 years. They have seven children and 10 grandchildren. Frank enjoys his church service, hiking, bowling, working out, jogging, and playing golf with Senior Action. Frank has been a member of Senior Action for 10 years. We salute Frank for his enthusiasm and faithful service.

RSVP, the largest volunteer network for people age 55 and over in America, is a federal program sponsored locally by Senior Action. Studies show that volunteering helps you live longer and promote a more positive outlook on life. RSVP has 361 local volunteers who have answered the call to serve and collectively given 17,300 hours of time to the community in 2009.

There are many volunteer opportunities available through RSVP of Greenville, such as:

- Providing a ride to a medical appointment
- Participating in a community project
- Teaching English as a second language
- Reading to children
- Taking blood pressure at one of the Senior Action sites
- Helping with administrative projects
- Just being a smiling face.

Whatever you choose to do, you will be making a difference, and with RSVP you will see tangible outcomes and learn how your contributions make a difference. For more information on how you can get involved call Mary Zachar, RSVP, Project Director, at 864.335.5019.

Visit us at www.senioraction.org

Sign up for activities or join our email list for exciting new information sent directly to your email!



Oral Health

Thursday, October 15
11:30 am – 1:00 pm

Deadline to sign up is October 13.

Sexuality after 60

Thursday, November 19
11:30 am – 1:00 pm

Deadline to sign up is November 17.

Plastic Surgery the mystery revealed

Thursday, December 17
11:30 am – 1:00 pm

Deadline to sign up is December 15.

Auditorium of Senior Action (OP).

Senior Action in partnership with Greenville Hospital System hosts a monthly Lunch & Learn the 3rd Thursday of each month with series focusing on information to help you stay healthy and active. Space is limited so make your reservations early. Lunch is \$3.

Sponsored by



MVP

MONDAYS

Planning Ahead for Long Term Care

Presented by Hartzell & Associates, Loretta Hartzell

There are consequences for not planning ahead with Medicare and Supplement Insurance. Be with us for this presentation to find out what you need to know.

Monday, October 12 (OP)

Making Medicare Simple

Presented by Rosenfeld Einstein, Susie Eoute

Learn to make informed Medicare choices in time for the upcoming Medicare Open Enrollment period of November 15th – December 31 2009.

Monday, October 26 (OP)

Everyday Creativity- See Extraordinary in the Ordinary

Presented by Interim, John Furnell

Creativity is not a magical or mystical experience reserved only for the painters and sculptors among us, but is within you waiting to surface! Join us for this presentation and learn the truth about creativity.

Monday, November 9 (OP)

All About Eyes – The Latest in Eye Conditions, Treatments, Preventions, & Surgeries

Presented by Southern Eye Associates, Dr. Jake Bostrom

Learn about the eye conditions which often develop as we age and what we can do about these conditions.

Monday, November 16 (OP)

Lectures

Join us in the dining room at Orchard Park the **scheduled Mondays of each month at**

2:00 pm for valuable information in a relaxed and congenial setting. Light refreshments are served and take home information is provided. Space is limited, please reserve your spot early.

Cost: FREE

Tis the Season to be Jolly

Presented by Carolina Behavioral Health, Sarah Swartz

Learn how to survive the bright lights and potential headaches of the holiday season.

Monday, November 23 (OP)

Happier, Healthier and At Home

Presented by Comfort Keepers, Maria Ahn Wilson

Learn how to maintain a happy, dignified and independent life at home in your later years.

Monday, December 7 (OP)

Wireless 102 –

Mobile Phone Workshop for seniors

Presented by Verizon Wireless, Karen Schulz

Participants of the August Wireless 101 class wanted to learn more! In Wireless 102 we will cover texting, taking and sending pictures, and accessing advanced features such as VZ Navigator and locator.

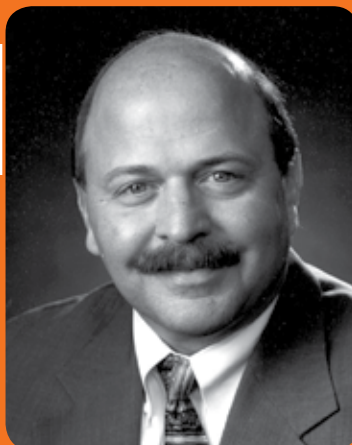
Monday, December 14 (OP)

FINANCIAL Q & A

Tuesday, November 17 • 10:00 am – Noon

Bring your questions about anything that relates to money management and you - budgeting, investments, estate planning, taxes, retirement income, property ownership and more. Van Matthews, Certified Financial Planner will be here with clear and helpful answers. Please register by Friday, November 13. (OP)

Cost: FREE



Classes

Beginner Jewelry Class

Bring your own materials and learn to make beautiful jewelry. We make bracelets, earrings and necklaces.

Thursday, October 15 (SS)
 Thursday, November 19 (SS)
 Thursday, December 17 (SS)
 1:30 pm
 Cost: Purchase a kit for \$10 (optional)

AARP Driver Safety Program

Attend this class and lower your auto insurance rates. Two session class includes videos, workbook and group discussion, taught by AARP instructor Bob Milks. Must attend both sessions to receive certificate.

Monday, October 19 (OP)
 Tuesday, October 20 (OP)
 12:30 pm – 4:30 pm
 Cost: \$12 for AARP members, \$14 for non-members, payable to AARP on day of class

Sign Language Class

“Talk with your Hands”. Learn the alphabet and useful phrases – good mental exercise and lots of fun. Register by July 31.

Tuesdays, through November 17 (OP)
 2:00 pm – 3:00 pm
 Cost: \$10 for 8 weeks



Basic Woodworking

This class is designed for the newcomer to woodworking, and is a great opportunity to learn woodworking and crafting skills. There will be a choice of 5 beginner’s projects, including creating your own hand tool. The student will also learn the various identifications of wood, shop safety, and the operation of hand & power tools. Tools are provided through the Wood Shop in Sears Shelter. Safety Glasses/Goggles are required.

Wednesdays, 8 weeks:
 October 7 – November 25 (SS)
 1:30 to 4:30 pm
 Cost: FREE. Cost of materials will vary based on project.

Open Studio Hours

Open studio hours at Sears Shelter are available for our artistic members. Each person brings their own materials and works on their projects. We share ideas, creative inspiration, specialty tools and techniques. Please call Sears Shelter at 467.4326 for more information.

Ceramics & Pottery

Tuesday 9:30 – 11:00 am

Paper Crafts & Stamping

Tuesday 1:30 – 3:30 pm

Painting & Mixed Media

Wednesday 9:30 – 11:00 am

Watercolor Painting

Thursday • 9:30 – 11:00 am

Needle Arts, Crochet, & Basketry

Fridays • 10:30 – 12:00 pm

GET PLUGGED IN

with our Computer Courses

You can now sign up and take classes by topics that interest you. You can take one or all of these one-day, three hour classes at our Orchard Park Location. Each class is \$15 and is held from 9:00 am – 12:00 pm.

Senior Action is on Facebook – are you?

If yes, next time you sign on, search for ‘Senior Action’ and become a ‘fan’. You can enjoy our photos and video, get the latest news about special events, post your questions and comments and share us with ‘friends’.

Not on Facebook yet?

Just go to www.facebook.com, fill out the brief form and you’re ‘on’. Enter Senior Action in the search box to find us and become a ‘fan’.

If you want to learn more about Facebook and how to connect with friends and family, check out our computer class schedule and sign up for one of our new Facebook classes.

(You must have an email address to join Facebook.)

OCTOBER

Saving, Retrieving & Copying Files 1
 Monday, October 5

Email 1
 Wednesday, October 7

Email 2
 Friday, October 9

Ebay
 Monday, October 12

Intro to Digital Cameras
 Wednesday, October 14

Facebook
 Friday, October 16

NOVEMBER

Intro to Computers
 Monday, November 2

Saving, Retrieving & Copying Files 1
 Wednesday, November 4

Saving, Retrieving & Copying Files 2
 Friday, November 6

Internet 1
 Monday, November 9

Email 1
 Wednesday, November 11

Beginning Word
 Friday, November 13

Beginning Excel
 Monday, November 16

Viruses, Sypware, & Downloading
 Friday, November 20

DECEMBER

Saving, Retrieving & Copying Files 1
 Monday, December 7

Email 1
 Wednesday, December 9

Email 2
 Friday, December 11

Ebay
 Monday, December 14

Intro to Digital Cameras
 Wednesday, December 16

Facebook
 Friday, December 18

EXTENDED HOURS PARTY

Did you know that Senior Action's Fitness Center is now open from 5:00 – 8:00 pm on Tuesdays and Thursdays and from 9:00 am – 1:00 pm on Saturdays? We want to celebrate reaching this big goal with you. Come celebrate Senior Action's extended hours, expansion and growth. Enjoy an evening of food, fun, and fellowship. We will have games set up on the back lawn (including badminton, volleyball, horseshoes, and bocce ball) or feel free to just mingle and meet new people. Dinner will be served at 6:00 pm. Please register by October 9.

Tuesday, October 13
5:00 pm – 8:00 pm
 Cost: \$5 per person

breasthealth

for women

An educational opportunity provided by the Cancer Society of Greenville County, Breast Health for Women will be taught by Kay Waters, RN, Nurse Educator. All senior women in the Greenville community are invited to learn how to take care of your breasts as you age including taking action with breast self exams and mammography. October is designated as Breast Cancer Awareness Month, join us to learn how these tests could save your life!

Friday, October 23 (OP)
9:00 am
 Cost: FREE

Featured Exercise Activities

Great Outdoors Hiking Club

Come join the adventure of the great outdoors with our active and energetic hiking club. Hikes range from easy to Moderate. Bring a lunch and water (unless otherwise listed). Every other Thursday, meet at OP at 9:30 am.

Cost: \$5 for riding the van

Bridal Veil Falls, Dupont
Thursday, October 8

Glassy Rock, Pickens
Thursday, October 22

We will visit the Pickens Museum after the hike. Bring money to eat at Silver Bay Restaurant.

Lake Dense, Dupont
Thursday, November 12

Turkey Trot, Furman University
 [note: starts at 9:00 am]

Thursday, November 19
 Please drive cars and carpool. Free lunch from Chick-Fil-A

Pot Luck Christmas lunch at Erna's Pocomania
Thursday, December 3

Bring a dish to pass, and sign up to ride the van.

Walk from zoo to Hyatt, downtown Greenville
Thursday, December 10

No van, meet at the Zoo and bring money to eat out.

Massage Therapy

Why should I get a massage? Here are just a few reasons: To feel healthier, invigorated, and more energetic or to relieve tension caused by stress, to release toxins from the tissues, to prevent cramps and spasms, and to improve blood circulation. New massage therapist Ali Barron owns the healing Connection and has been a licensed therapist for 15 years. She is certified to do massage in the following areas, neuromuscular, fibromyalgia, geriatric, stone, and myofascial release.

Mondays & Wednesdays
 9:00 am – 12:00 pm (by appt.)
 Cost: \$40 an hour, or \$25 for 30 minutes.

Tai Chi Chih

T'ai Chi Chih is a set of movements completely focused on the development of energy called Chi. It is not a martial art and is completely non-violent. T'ai Chi Chih does not require a particular level of physical fitness. For those with physical limitations exercises can be done seated. No special clothing or equipment needed. Tai Chi Chih increases health and well-being, increases the quality of life, reduces stress and improves balance and flexibility.

Beginner/ Intermediate Class
Thursdays, beginning November 5 (OP)
 1:00 pm
 Cost: \$48 for 12 weeks

new

Beginner/ Intermediate Class
Thursdays, beginning October 15 (OP)
 5:30 pm
 Cost: \$32 for 8 weeks (pay prior to class)

Tai Chi Yang 24

Marion Lawrence is an experienced instructor who studied in China and taught in Connecticut for 20 years. Once learning Yang 24 form, a student would be able to join any class or group in the world and participate. T'ai Chi Yang 24 is often called moving meditation and is excellent low impact exercise and great for balance. There will be handouts and students be expected to practice at least 5 minutes per day. Students are advised to wear comfortable loose fitting clothing and soft rubber soled slippers, no athletic shoes. Do not eat one hour prior to class. Please note class is limited to 12 participants.

Mondays, beginning October 12 (SS)
 1:30 pm
 Cost: \$48 for 12 weeks

Senior Action's Fitness Center is
NOW OPEN EXTRA HOURS
 Tuesdays & Thursday • 5:00 pm – 8:00 pm
 Saturdays • 9:00 am – 1:00 pm

Did You know?



Come join Senior Action's Memory Walk Team and walk to support the Alzheimer's Association. Help raise money or just enjoy the walk with us. If you'd like to help us meet our fundraising goal of \$1,000, you can pick up a form in the fitness center. Free Senior Action T-shirts will be given to everyone who participates in the walk (*T-shirts will be given out at registration the morning of the walk*). Registration begins at 9 am and the walk begins at 10 am. All festivities are over by 11:30. Please sign up by October 15.

Saturday, October 17 at County Square
 9:00 am
 Cost: FREE

Join Senior Action's Memory Walk Team



ASK AMY..

Amy Rosenberg is Senior Action's Health and Wellness Coordinator. She holds a Masters Degree in Health and Exercise Science from Furman University and is a Certified Nutritional Consultant (CNC).



Do you have questions about health, fitness, or

proper diet and

don't know where to find the answers? Well now you can "Ask Amy." Look for the Question box located in the fitness center, and drop in your question. Questions will be selected and answers revealed in the next newsletter under "Ask Amy."

Q: Dear Amy,

What are some exercises to strengthen every action of my knees so I can get out of a chair better?

A: Leg Raises, Leg Extension Machine, Hip Machine, Squats, exercises in a chair (see below).

1. Sit on a chair or any sturdy object and extend the leg until knee is locked in position. Be sure the other foot is firmly on the floor and that the back is straight. Hold in position for 20 to 30 seconds and then return the leg to the floor. Repeat 8 to 10 times with same leg. Then repeat the process with the other leg. If any pain is felt, stop and consult a physician.
2. While sitting in a chair rest one leg on another seat or bench. Raise that leg a few inches off the chair or bench. Hold the position for 10 seconds and the return to the previous position. Make sure the back is straight and the other foot is firmly planted on the ground. Repeat the exercise 8 to 10 times and then repeat the process with the other knee.

Weekly Fitness

MONDAY

- 9:00 am Low Impact Aerobics
- 10:00 am Limited Exercise
- 1:00 pm Arthritis Exercise
- 1:30 pm Tai Chi Yang 24 (SS)
- 2:00 pm Limited Exercise

TUESDAY

- 10:00 am Core Class
- 10:30 am Limited Exercise (SS)
- 11:00 am Yoga
- 5:30 pm Low Impact Aerobics

WEDNESDAY

- 9:00 am Low Impact Aerobics
- 10:00 am Limited Exercise
- 1:00 pm Arthritis Exercise
- 2:00 pm Limited Exercise

THURSDAY

- 9:30 am Hiking Club (2nd & 4th)
- 1:00 pm Arthritis Exercise
- 1:00 pm Tai Chi Chih
- 5:30 pm Tai Chi Chih

FRIDAY

- 9:00 am Low Impact Aerobics
- 10:00 am Limited Exercise
- 10:30 am Limited Exercise (SS)
- 11:00 am Yoga
- 2:00 pm Limited Exercise

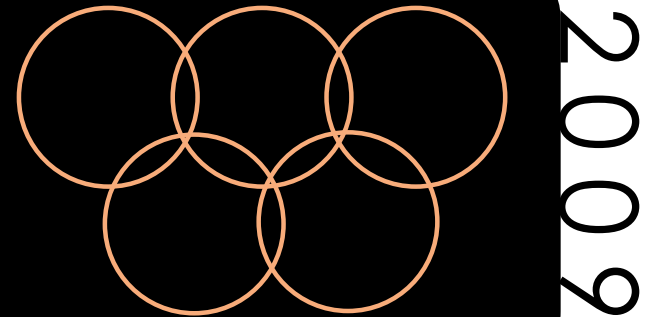
SATURDAY

- Open exercise and Orientations
- 9:00 am -1:00 pm

SENIOR SPORTS CLASS & SENIOR OLYMPICS

Do you or someone you know participate in the Senior Olympics? Do you need a place to practice Pool, Horseshoes, Badminton, Tennis, or Miniature golf? Well Senior Action has all those games available during our business hours. Come practice or just have fun with our outdoor activities (pool table is inside).

Call Amy Rosenberg @ 335-5024 for more information.



Dance

Dancing is one of the most beneficial health activities you can join. It is social and physical at the same time. You experience a great cardiovascular workout and increase your balance and flexibility. We have many choices and times to "dance the night away."

new

"Upper Beginner" Line Dancing Class

Mondays, starting October 5 (OP)
3:30 pm – 4:30 pm
Cost: FREE

Line Dancing Class

1st Friday of the month (SS)
6:30 pm – 8:30 pm
Cost: FREE

Intro to Line Dancing

Thursdays (SS)
1:30 pm
Cost: FREE

Beginner Line Dancing

Thursdays (SS)
2:00 pm
Cost: FREE

Intermediate Line Dancing

Wednesdays (SS)
1:00 pm
Cost: FREE

Alley Cats

Auditioned performance group
Thursdays (SS)
9:00 am
Cost: FREE

Scottish Country Dancing

2nd and 4th Sundays (OP)
2:00 pm
Cost: FREE

Monday Night Ballroom

Mondays (OP)
7:00 pm
Cost: \$3

Friday Ballroom

4th Friday of each month (SS)
7:00 pm
Cost: \$3

Lib Ryan Ballroom

Live Music featuring the
Ron Hamilton Trio

4th Monday of each month (OP)
7:00 pm
Cost: \$6

OCTOBER

Thursday, October 1

- 9:00 am Alley Cats Line Dancing (SS)
- 9:30 am Watercolor Painting Group (SS)
- 9:30 am Spanish with Susana (OP)
- 1:15 pm Bridge (OP)
- 1:30 pm Intro to Line Dancing (SS)
- 2:00 pm Beginner Line Dancing (SS)

Friday, October 2

- 10:00 am Ukulele (OP)
- 10:00 am Limited Exercise (OP)
- 10:30 am Limited Exercise (SS)
- 10:30 am Open Studio: Crafts (SS)
- 1:30 pm Bunco & Domino Games (OP)
- 2:00 pm Limited Exercise (OP)
- 6:30 pm First Friday Line Dance (SS)

Saturday, October 3

- 10:00 am Arts Alive Festival (SS)

Sunday, October 4

- 2:00 pm Scottish Country Dancing (OP)

Monday, October 5

- 9:00 am Quilting (SS)
- 10:00 am Limited Exercise (OP)
- 9:00 am Saving, Retrieving, Copying Files 1 (OP)
- 1:15 pm Bridge (SS)
- 2:00 pm Limited Exercise (OP)
- 3:30 pm Line Dancing (OP)
- 7:00 pm Monday Ballroom Dance (OP)

Tuesday, October 6

- 9:00 am Senior Concert Band (OP)
- 9:30 am Open Studio: Ceramics & Pottery (SS)
- 10:00 am Mah-Jongg (OP)
- 10:30 am Limited Exercise (SS)
- 12:00 pm Covered Dish Lunch (SS)
- 1:00 pm Watercolor – Basic Plus with Ron Gillen (OP)
- 1:15 pm Bridge (SS)
- 1:30 pm Open Studio: Paper Crafts & Stamping (SS)
- 1:30 pm Pinochle (OP)
- 2:00 pm Red Hat Society (OP)
- 2:00 pm Sign Language (OP)
- 5:30 pm Volunteer/Leader Meet & Greet (OP)

Wednesday, October 7

- 9:00 am Canasta (SS)
- 9:00 am Email 1 (OP)
- 9:30 am Painting Mixed Media (SS)
- 10:00 am Limited Exercise (OP)
- 10:30 am German (OP)
- 1:00 pm Intermediate Line Dancing (SS)
- 1:30 pm Camera Club (SS)
- 1:30 pm Basic Woodworking (SS)
- 2:00 pm Limited Exercise (OP)

Thursday, October 8

- 9:00 am Alley Cats Line Dancing (SS)
- 9:30 am Hiking Club (OP)
- 9:30 am Watercolor Painting Group (SS)
- 9:30 am Spanish with Susana (OP)
- 1:15 pm Bridge (OP)
- 1:30 pm Intro to Line Dancing (SS)
- 2:00 pm Beginner Line Dancing (SS)

Friday, October 9

- 9:00 am Email 2 (OP)
- 10:00 am Ukulele (OP)
- 10:00 am Limited Exercise (OP)
- 10:30 am Limited Exercise (SS)
- 10:30 am Open Studio: Crafts (SS)
- 1:30 pm Bunco & Domino Games (OP)
- 2:00 pm Limited Exercise (OP)

Monday, October 12

- 9:00 am Quilting (SS)
- 9:00 am Ebay (OP)
- 10:00 am Limited Exercise (OP)
- 1:15 pm Bridge (SS)
- 2:00 pm Limited Exercise (OP)
- 2:00 pm MVP (OP)
- 3:30 pm Line Dancing (OP)
- 7:00 pm Monday Ballroom Dance (OP)

Tuesday, October 13

- 9:00 am Senior Concert Band (OP)
- 9:30 am Open Studio: Ceramics & Pottery (SS)
- 10:00 am Mah-Jongg (OP)
- 10:30 am Limited Exercise (SS)
- 11:30 am Lunch Bunch
- 12:00 pm Covered Dish Lunch (SS)
- 1:00 pm Watercolor – Basic Plus with Ron Gillen (OP)
- 1:15 pm Bridge (SS)
- 1:30 pm Dollar Bingo (SS)
- 1:30 pm Open Studio: Paper Crafts & Stamping (SS)
- 1:30 pm Pinochle (OP)
- 2:00 pm Sign Language (OP)
- 5:00 pm Extended Hours Party (OP)

Wednesday, October 14

- 9:00 am Canasta (SS)
- 9:00 am Intro to Digital Cameras (OP)
- 9:30 am Painting Mixed Media (SS)
- 10:00 am Limited Exercise (OP)
- 10:30 am German (OP)
- 12:30 pm Watercolor with Lynda (SS)
- 1:00 pm Intermediate Line Dancing (SS)
- 1:30 pm Basic Woodworking (SS)
- 2:00 pm Limited Exercise (OP)

Thursday, October 15

- 9:00 am Alley Cats Line Dancing (SS)
- 9:30 am Watercolor Painting Group (SS)
- 9:30 am Spanish with Susana (OP)
- 11:30 am Lunch N Learn (OP)
- 12:00 pm Birthday Lunch (SS)

- 1:15 pm Bridge (OP)
- 1:30 pm Beginner Jewelry (SS)
- 1:30 pm Intro to Line Dancing (SS)
- 2:00 pm Beginner Line Dancing (SS)

Friday, October 16

- 9:00 am Facebook (OP)
- 10:00 am Ukulele (OP)
- 10:00 am Limited Exercise (OP)
- 10:30 am Limited Exercise (SS)
- 10:30 am Open Studio: Crafts (SS)
- 1:30 pm Bunco & Domino Games (OP)
- 2:00 pm Limited Exercise (OP)

Saturday, October 17

- 9:00 am Memory Walk – County Square

Sunday, October 18

- 2:00 pm Scottish Country Dancing (OP)

Monday, October 19

- 9:00 am Quilting (SS)
- 10:00 am Limited Exercise (OP)
- 12:30 pm AARP Safe Driver Program (OP)
- 1:15 pm Bridge (SS)
- 2:00 pm Limited Exercise (OP)
- 3:30 pm Line Dancing (OP)
- 7:00 pm Monday Ballroom Dance (OP)

Tuesday, October 20

- 9:00 am Senior Concert Band (OP)
- 9:30 am Open Studio: Ceramics & Pottery (SS)
- 10:00 am Mah-Jongg (OP)
- 10:00 am Flu Shot Clinic (OP)
- 10:30 am Limited Exercise (SS)
- 12:00 pm Covered Dish Lunch (SS)
- 12:30 pm AARP Safe Driver Program (OP)
- 1:00 pm Watercolor – Basic Plus with Ron Gillen (OP)
- 1:15 pm Bridge (SS)
- 1:30 pm Open Studio: Paper Crafts & Stamping (SS)
- 1:30 pm Pinochle (OP)
- 2:00 pm Sign Language (OP)

Wednesday, October 21

- 9:00 am Canasta (SS)
- 9:30 am Painting Mixed Media (SS)
- 10:00 am Limited Exercise (OP)
- 10:30 am German (OP)
- 12:30 pm Watercolor with Lynda (SS)
- 1:00 pm Intermediate Line Dancing (SS)
- 1:30 pm Basic Woodworking (SS)
- 2:00 pm Limited Exercise (OP)

Thursday, October 22

- 9:00 am Alley Cats Line Dancing (SS)
- 9:30 am Hiking Club (OP)
- 9:30 am Watercolor Painting Group (SS)
- 9:30 am Spanish with Susana (OP)
- 10:00 am Dollar Bingo (OP)
- 1:15 pm Bridge (OP)

- 1:30 pm Intro to Line Dancing (SS)
- 2:00 pm Beginner Line Dancing (SS)

Friday, October 23

- 9:00 am Breast Health for Women (OP)
- 10:00 am Ukulele (OP)
- 10:00 am Limited Exercise (OP)
- 10:30 am Limited Exercise (SS)
- 10:30 am Open Studio: Crafts (SS)
- 1:30 pm Bunco & Domino Games (OP)
- 2:00 pm Limited Exercise (OP)
- 7:00 pm Friday Ballroom Dance (SS)

Monday, October 26

- 9:00 am Quilting (SS)
- 9:00 am E Bay (OP)
- 10:00 am Limited Exercise (OP)
- 1:15 pm Bridge (SS)
- 2:00 pm Limited Exercise (OP)
- 2:00 pm MVP (OP)
- 3:30 pm Line Dancing (OP)
- 7:00 pm Lib Ryan Ballroom Dance (OP)

Tuesday, October 27

- 9:00 am Senior Concert Band (OP)
- 9:30 am Open Studio: Ceramics & Pottery (SS)
- 10:00 am Mah-Jongg (OP)
- 10:30 am Limited Exercise (SS)
- 12:00 pm Covered Dish Lunch (SS)
- 1:00 pm Watercolor – Basic Plus with Ron Gillen (OP)
- 1:15 pm Bridge (SS)
- 1:30 pm Open Studio: Paper Crafts & Stamping (SS)
- 1:30 pm Pinochle (OP)
- 2:00 pm Sign Language (OP)

Wednesday, October 28

- 9:00 am Canasta (SS)
- 9:30 am Painting Mixed Media (SS)
- 10:00 am Limited Exercise (OP)
- 10:00 am Master Gardner Program (SS)
- 10:30 am German (OP)
- 12:30 pm Watercolor with Lynda (SS)
- 1:00 pm Intermediate Line Dancing (SS)
- 1:30 pm Basic Woodworking (SS)
- 2:00 pm Limited Exercise (OP)

Thursday, October 29

- 9:00 am Alley Cats Line Dancing (SS)
- 9:30 am Watercolor Painting Group (SS)
- 9:30 am Spanish with Susana (OP)
- 1:15 pm Bridge (OP)
- 1:30 pm Intro to Line Dancing (SS)
- 2:00 pm Beginner Line Dancing (SS)

Friday, October 30

- 10:00 am Ukulele (OP)
- 10:00 am Limited Exercise (OP)
- 10:30 am Limited Exercise (SS)
- 10:30 am Open Studio: Crafts (SS)
- 1:30 pm Bunco & Domino Games (OP)
- 2:00 pm Limited Exercise (OP)



Covered Dish Lunch

Come join us for an old fashioned covered dish lunch. Each member brings a dish to serve 4 to 6 members. Senior Action will provide beverages, plates, cups, napkins, and utensils. Please call Sears Shelter at 467.4326 for more information.

Every Tuesday (SS)
12:00 pm – 1:00 pm
Cost: Free



Camera Club

All shutterbugs are invited to join the camera club. Photo enthusiasts enjoy photographic outings, guest speakers & constructive criticism, and fun with friends using a 35 mm or digital camera.

1st Wednesday of the Month (SS)
1:30 pm
Cost: Free

Lunch Bunch

The Lunch Bunch meets each month at a different restaurant to enjoy fellowship and try new restaurants with friends. It's a great way to meet some new friends.

2nd Tuesday of the Month
11:30 am
Cost: Dutch Treat

October 13: Ellen's Deli
845 S. Buncombe Road, Greer, SC 29650.
Please RSVP by October 9.

November 10: Café Paulista Brazilian Grille
2703 Wade Hampton Blvd, 29615.
Please RSVP by November 13.

December 8: Hyatt Regency Hotel downtown
Enjoy a holiday buffet then spend some time touring the Festival of Trees. Carpool from OP at 10:45 am. Please RSVP by December 4.

october | november | december

NOVEMBER

Sunday, November 1

2:00 pm Scottish Country Dancing (OP)

Monday, November 2

9:00 am Quilting (SS)
9:00 am Intro to Computers (OP)
10:00 am Limited Exercise (OP)
1:15 pm Bridge (SS)
2:00 pm Limited Exercise (OP)
3:30 pm Line Dancing (OP)
7:00 pm Monday Ballroom Dance (OP)

Tuesday, November 3

9:00 am Senior Concert Band (OP)
9:30 am Open Studio:
Ceramics & Pottery (SS)
10:00 am Mah-Jongg (OP)
10:30 am Limited Exercise (SS)
12:00 pm Covered Dish Lunch (SS)
1:00 pm Watercolor – Basic Plus
with Ron Gillen (OP)
1:15 pm Bridge (SS)
1:30 pm Open Studio:
Paper Crafts & Stamping (SS)
1:30 pm Pinochle (OP)
2:00 pm Red Hat Society (OP)
2:00 pm Sign Language (OP)

Wednesday, November 4

9:00 am Canasta (SS)
9:00 am Saving, Retrieving,
Copying Files 1 (OP)
9:30 am Painting Mixed Media (SS)
10:00 am Limited Exercise (OP)
10:30 am German (OP)
1:00 pm Intermediate Line Dancing (SS)
1:30 pm Camera Club (SS)
1:30 pm Basic Woodworking (SS)
2:00 pm Limited Exercise (OP)

Thursday, November 5

9:00 am Alley Cats Line Dancing (SS)
9:30 am Watercolor Painting Group (SS)
9:30 am Spanish with Susana (OP)
1:15 pm Bridge (OP)
1:30 pm Intro to Line Dancing (SS)
2:00 pm Beginner Line Dancing (SS)

Friday, November 6

9:00 am Saving, Retrieving,
Copying Files 2 (OP)
10:00 am Ukulele (OP)
10:00 am Limited Exercise (OP)
10:30 am Limited Exercise (SS)
10:30 am Open Studio: Crafts (SS)
1:00 pm Computer Class (OP)
1:30 pm Bunco & Domino Games (OP)
2:00 pm Limited Exercise (OP)
6:30 pm First Friday Line Dance (SS)

Monday, November 9

9:00 am Quilting (SS)
9:00 am Internet 1 (OP)
10:00 am Limited Exercise (OP)
1:15 pm Bridge (SS)
2:00 pm Limited Exercise (OP)
2:00 pm MVP (OP)
3:30 pm Line Dancing (OP)
7:00 pm Monday Ballroom Dance (OP)

Tuesday, November 10

9:00 am Senior Concert Band (OP)
9:30 am Open Studio:
Ceramics & Pottery (SS)
10:00 am Mah-Jongg (OP)
10:30 am Limited Exercise (SS)
11:30 am Lunch Bunch
12:00 pm Covered Dish Lunch (SS)
1:00 pm Watercolor – Basic Plus
with Ron Gillen (OP)
1:15 pm Bridge (SS)
1:30 pm Dollar Bingo (SS)
1:30 pm Open Studio:
Paper Crafts & Stamping (SS)
1:30 pm Pinochle (OP)
2:00 pm Sign Language (OP)
4:00 pm Open House (OP)

Wednesday, November 11

9:00 am Canasta (SS)
9:00 am Email 1 (OP)
9:30 am Painting Mixed Media (SS)
10:00 am Limited Exercise (OP)
10:30 am German (OP)
12:30 pm Watercolor with Lynda (SS)
1:00 pm Intermediate Line Dancing (SS)
1:30 pm Basic Woodworking (SS)
2:00 pm Limited Exercise (OP)

Thursday, November 12

9:00 am Alley Cats Line Dancing (SS)
9:30 am Hiking Club (OP)
9:30 am Watercolor Painting Group (SS)
9:30 am Spanish with Susana (OP)
1:15 pm Bridge (OP)
1:30 pm Intro to Line Dancing (SS)
2:00 pm Beginner Line Dancing (SS)
4:00 pm Open House (OP)

Friday, November 13

9:00 am Beginning Word (OP)
10:00 am Ukulele (OP)
10:00 am Limited Exercise (OP)
10:30 am Limited Exercise (SS)
10:30 am Open Studio: Crafts (SS)
1:30 pm Bunco & Domino Games (OP)
2:00 pm Limited Exercise (OP)

Sunday, November 15

2:00 pm Scottish Country Dancing (OP)

Monday, November 16

9:00 am Quilting (SS)
9:00 am Beginning Excel (OP)

10:00 am Limited Exercise (OP)
1:15 pm Bridge (SS)
2:00 pm Limited Exercise (OP)
2:00 pm MVP (OP)
3:30 pm Line Dancing (OP)
4:00 pm Open House (SS)
7:00 pm Monday Ballroom Dance (OP)

Tuesday, November 17

9:00 am Senior Concert Band (OP)
9:30 am Open Studio:
Ceramics & Pottery (SS)
10:00 am Mah-Jongg (OP)
10:00 am Financial Q&A (OP)
10:30 am Limited Exercise (SS)
12:00 pm Covered Dish Lunch (SS)
1:00 pm Watercolor – Basic Plus
with Ron Gillen (OP)
1:15 pm Bridge (SS)
1:30 pm Open Studio:
Paper Crafts & Stamping (SS)
1:30 pm Pinochle (OP)
2:00 pm Sign Language (OP)

Wednesday, November 18

9:00 am Canasta (SS)
9:30 am Painting Mixed Media (SS)
10:00 am Limited Exercise (OP)
10:30 am German (OP)
12:30 pm Watercolor with Lynda (SS)
1:00 pm Intermediate Line Dancing (SS)
1:30 pm Basic Woodworking (SS)
2:00 pm Limited Exercise (OP)
4:00 pm Open House (SS)

Thursday, November 19

9:00 am Alley Cats Line Dancing (SS)
9:30 am Hiking Club (OP)
9:30 am Watercolor Painting Group (SS)
9:30 am Spanish with Susana (OP)
11:30 am Lunch N Learn
12:00 pm Birthday Lunch (SS)
1:15 pm Bridge (OP)
1:30 pm Intro to Line Dancing (SS)
1:30 pm Beginner Jewelry (SS)
2:00 pm Beginner Line Dancing (SS)

Friday, November 20

1:00 pm Viruses, Spyware,
& Downloading (OP)
Ukulele (OP)
10:00 am Limited Exercise (OP)
10:30 am Limited Exercise (SS)
10:30 am Open Studio: Crafts (SS)
1:30 pm Bunco & Domino Games (OP)
2:00 pm Limited Exercise (OP)

Monday, November 23

9:00 am Quilting (SS)
10:00 am Limited Exercise (OP)
1:15 pm Bridge (SS)
2:00 pm Limited Exercise (OP)
2:00 pm MVP (OP)

3:30 pm Line Dancing (OP)
7:00 pm Lib Ryan Ballroom Dance (OP)

Tuesday, November 24

9:00 am Senior Concert Band (OP)
9:30 am Open Studio:
Ceramics & Pottery (SS)
10:00 am Mah-Jongg (OP)
10:30 am Limited Exercise (SS)
12:00 pm Covered Dish Lunch (SS)
1:00 pm Watercolor – Basic Plus
with Ron Gillen (OP)
1:15 pm Bridge (SS)
1:30 pm Open Studio:
Paper Crafts & Stamping (SS)
1:30 pm Pinochle (OP)

Wednesday, November 25

9:00 am Canasta (SS)
9:30 am Painting Mixed Media (SS)
10:00 am Limited Exercise (OP)
10:00 am Dollar Bingo (OP)
10:30 am German (OP)
11:30 am Thanksgiving Lunch (OP)
12:30 pm Watercolor with Lynda (SS)
1:00 pm Intermediate Line Dancing (SS)
1:30 pm Basic Woodworking (SS)
2:00 pm Limited Exercise (OP)

Thursday, November 26

CLOSED

Friday, November 27

CLOSED

Monday, November 30

9:00 am Quilting (SS)
10:00 am Limited Exercise (OP)
1:15 pm Bridge (SS)
2:00 pm Limited Exercise (OP)
3:30 pm Line Dancing (OP)
7:00 pm Monday Ballroom Dance (OP)

DECEMBER

Tuesday, December 1

9:00 am Senior Concert Band (OP)
9:30 am Open Studio:
Ceramics & Pottery (SS)
10:00 am Mah-Jongg (OP)
10:30 am Limited Exercise (SS)
12:00 pm Covered Dish Lunch (SS)
1:00 pm Watercolor – Basic Plus
with Ron Gillen (OP)
1:15 pm Bridge (SS)
1:30 pm Open Studio:
Paper Crafts & Stamping (SS)
1:30 pm Pinochle (OP)
2:00 pm Red Hat Society (OP)

continued on next page....

Dollar Bingo

Due to popular demand, Dollar Bingo will now be offered twice a month at two convenient locations!

Orchard Park @ 10:00 am

Thursday, October 22
Wednesday, November 25
Wednesday, December 23
Cost: \$1 per card (3 cards maximum)

Sears Shelter @ 1:30 pm

Tuesday, October 13
Tuesday, November 10
Tuesday, December 8
Cost: \$1 per card (3 cards maximum)



Master Gardener Program

Join Deborah Schneider, Greenville Master Gardener, as she discusses her favorite gardening subjects. Please RSVP by October 26.

Wednesdays, October 28 (SS)

10:00 am
Cost: FREE

Red Hat Society

Tuesday, October 6 (OP)

2:00 pm
Cost: Free
Halloween Theme Hat Decorating Contest and planning for our chapter participation at the Alzheimer's Memory Walk.

Tuesday, November 3 (OP)

2:00 pm
Cost: Free
Elections will be held. A surprise guest will bring some light hearted moments to the afternoon.

Tuesday, December 1 (OP)

2:00 pm
Cost: Free
Holiday Covered Dish luncheon, the chapter will provide the main dish for our luncheon. Please bring a vegetable, salad, side dish or dessert to serve 4 – 6 people. Coffee and tea provided. We will have our annual Ornament Exchange and sing Christmas carols.

Our Locations

Main Office/Orchard Park

50 Directors Dr.,
Greenville
864.467.3660

Sears Shelter

100 E. Park Ave.
Greenville
864.467.4326

Sterling

Community Center

(Temporarily meeting at Long
Branch Baptist Church)

Fountain Inn Activity Center

610 Fairview St.
Fountain Inn
864.864.4675

Needmore Center

203 Canteen Ave.
Greer
864.848.2193

North Greenville YMCA

100 Inspirational Way
Travelers Rest
864.834.2400

Piedmont First

Baptist Church

8 First Baptist Church Rd.
Piedmont
864.845.7801

Slater-Marietta Community Center

5 Whitney St.
Marietta
864.836.8608

Senior Action INFORMATIONAL TOURS at Orchard Park

A walk-around tour of our building with comprehensive information about Senior Action programs and services – takes about 1 hour.

**Mondays
@ 1:30 pm**
or
**Wednesdays
@ 10:30 am**

october | november | december

Wednesday, December 2

9:00 am Canasta (SS)
9:30 am Painting Mixed Media (SS)
10:00 am Limited Exercise (OP)
10:30 am German (OP)
1:00 pm Intermediate Line Dancing (SS)
1:30 pm Camera Club (SS)
2:00 pm Limited Exercise (OP)

Thursday, December 3

9:00 am Alley Cats Line Dancing (SS)
9:30 am Hiking Club (OP)
9:30 am Watercolor Painting Group (SS)
9:30 am Spanish with Susana (OP)
1:15 pm Bridge (OP)
1:30 pm Intro to Line Dancing (SS)
2:00 pm Beginner Line Dancing (SS)

Friday, December 4

10:00 am Ukulele (OP)
10:00 am Limited Exercise (OP)
10:30 am Limited Exercise (SS)
10:30 am Open Studio: Crafts (SS)
1:30 pm Bunco & Domino Games (OP)
2:00 pm Limited Exercise (OP)
6:30 pm First Friday Line Dance (SS)

Sunday, December 6

2:00 pm Scottish Country Dancing

Monday, December 7

9:00 am Quilting (SS)
9:00 am Saving, Retrieving,
Copying Files 1 (OP)
10:00 am Limited Exercise (OP)
1:15 pm Bridge (SS)
2:00 pm Limited Exercise (OP)
2:00 pm MVP (OP)
3:30 pm Line Dancing (OP)
7:00 pm Monday Ballroom Dance (OP)

Tuesday, December 8

9:00 am Senior Concert Band (OP)
9:30 am Open Studio:
Ceramics & Pottery (SS)
10:00 am Mah-Jongg (OP)
10:30 am Limited Exercise (SS)
11:30 am Lunch Bunch at the Hyatt
& Festival of Trees
12:00 pm Covered Dish Lunch (SS)
1:00 pm Watercolor – Basic Plus
with Ron Gillen (OP)
1:15 pm Bridge (SS)
1:30 pm Dollar Bingo (SS)
1:30 pm Open Studio:
Paper Crafts & Stamping (SS)
1:30 pm Pinochle (OP)

Wednesday, December 9

9:00 am Canasta (SS)
9:00 am Email 1 (OP)
9:30 am Painting Mixed Media (SS)
10:00 am Limited Exercise (OP)
10:30 am German (OP)
12:30 pm Watercolor with Lynda (SS)
1:00 pm Intermediate Line Dancing (SS)
2:00 pm Limited Exercise (OP)

Thursday, December 10

9:00 am Alley Cats Line Dancing (SS)
9:30 am Hiking Club (OP)
9:30 am Watercolor Painting Group (SS)
9:30 am Spanish with Susana (OP)
1:15 pm Bridge (OP)
1:30 pm Intro to Line Dancing (SS)
2:00 pm Beginner Line Dancing (SS)

Friday, December 11

9:00 am Email 2 (OP)
10:00 am Ukulele (OP)
10:00 am Limited Exercise (OP)
10:30 am Limited Exercise (SS)
10:30 am Open Studio: Crafts (SS)
1:30 pm Bunco & Domino Games (OP)
2:00 pm Limited Exercise (OP)
7:30 pm The Nutcracker
7:30 pm Greenville Chorale

Monday, December 14

9:00 am Quilting (SS)
1:00 pm E Bay (OP)
10:00 am Limited Exercise (OP)
1:15 pm Bridge (SS)
2:00 pm Limited Exercise (OP)
2:00 pm MVP (OP)
3:30 pm Line Dancing (OP)
7:00 pm Monday Ballroom Dance (OP)

Tuesday, December 15

9:00 am Christmas Sing-A-Long (OP)
9:30 am Open Studio:
Ceramics & Pottery (SS)
10:00 am Mah-Jongg (OP)
10:30 am Limited Exercise (SS)
12:00 pm Covered Dish Lunch (SS)
1:00 pm Watercolor – Basic Plus
with Ron Gillen (OP)
1:15 pm Bridge (SS)
1:30 pm Open Studio:
Paper Crafts & Stamping (SS)
1:30 pm Pinochle (OP)

Wednesday, December 16

9:00 am Canasta (SS)
9:00 am Intro to Digital Cameras (OP)
9:30 am Painting Mixed Media (SS)
10:00 am Limited Exercise (OP)
10:30 am German (OP)
12:30 pm Watercolor with Lynda (SS)
1:00 pm Intermediate Line Dancing (SS)
2:00 pm Limited Exercise (OP)

Thursday, December 17

9:00 am Alley Cats Line Dancing (SS)
9:30 am Watercolor Painting Group (SS)
9:30 am Spanish with Susana (OP)
11:30 am Lunch N Learn
12:00 pm Birthday Lunch
1:15 pm Bridge (OP)
1:30 pm Beginner Jewelry (SS)
1:30 pm Intro to Line Dancing (SS)
2:00 pm Beginner Line Dancing (SS)

Friday, December 18

9:00 am Facebook (OP)
10:00 am Ukulele (OP)
10:00 am Limited Exercise (OP)
10:30 am Limited Exercise (SS)
10:30 am Open Studio: Crafts (SS)
11:30 am Christmas Lunch (OP)
1:30 pm Bunco & Domino Games (OP)
2:00 pm Limited Exercise (OP)

Sunday, December 20

2:00 pm Scottish Country Dancing (OP)

Monday, December 21

9:00 am Quilting (SS)
10:00 am Limited Exercise (OP)
1:15 pm Bridge (SS)
2:00 pm Limited Exercise (OP)
3:30 pm Line Dancing (OP)
7:00 pm Monday Ballroom Dance (OP)

Tuesday, December 22

9:00 am Senior Concert Band (OP)
9:30 am Open Studio:
Ceramics & Pottery (SS)
10:00 am Mah-Jongg (OP)
10:30 am Limited Exercise (SS)
12:00 pm Christmas Covered Dish Lunch
& Cookie Exchange (SS)
1:00 pm Watercolor – Basic Plus
with Ron Gillen (OP)
1:15 pm Bridge (SS)
1:30 pm Open Studio:
Paper Crafts & Stamping (SS)
1:30 pm Pinochle (OP)

Wednesday, December 23

9:00 am Canasta (SS)
9:30 am Painting Mixed Media (SS)
10:00 am Limited Exercise (OP)
10:00 am Dollar Bingo (OP)
10:30 am German (OP)
12:30 pm Watercolor with Lynda (SS)
12:00 pm Christmas Covered Dish Lunch
& Cookie Exchange (OP)
1:00 pm Intermediate Line Dancing (SS)
2:00 pm Limited Exercise (OP)

Thursday, December 24 CLOSED

Friday, December 25 CLOSED

Monday, December 28

9:00 am Quilting (SS)
10:00 am Limited Exercise (OP)
1:15 pm Bridge (SS)
2:00 pm Limited Exercise (OP)
3:30 pm Line Dancing (OP)
7:00 pm Lib Ryan Ballroom Dance (OP)

Tuesday, December 29

9:00 am Senior Concert Band (OP)
9:30 am Open Studio:
Ceramics & Pottery (SS)
10:00 am Mah-Jongg (OP)
10:30 am Limited Exercise (SS)
12:00 pm Covered Dish Lunch (SS)
1:00 pm Watercolor – Basic Plus
with Ron Gillen (OP)
1:15 pm Bridge (SS)
1:30 pm Open Studio:
Paper Crafts & Stamping (SS)
1:30 pm Pinochle (OP)

Wednesday, December 30

9:00 am Canasta (SS)
9:30 am Painting Mixed Media (SS)
10:00 am Limited Exercise (OP)
10:30 am German (OP)
1:00 pm Intermediate Line Dancing (SS)
2:00 pm Limited Exercise (OP)

Thursday, December 31

9:00 am Alley Cats Line Dancing (SS)
9:30 am Watercolor Painting Group (SS)
9:30 am Spanish with Susana (OP)
11:30 am New Years Lunch (OP)
1:15 pm Bridge (OP)
1:30 pm Intro to Line Dancing (SS)
2:00 pm Beginner Line Dancing (SS)

JANUARY

Friday, January 1 CLOSED

gift
certificates

The perfect gift for any friend or family member this holiday season is a Senior Action gift certificate! Gift certificates may be purchased for any amount and used toward membership, fitness, and any program, activity, or trip that we offer. Stop in at Orchard Park or call 467.3660 to purchase via phone (if using a credit card).

What if Senior Action Wasn't Here

By JJ Swartz,
Director
of Development

Year after year, Senior Action staff work to search out and secure funds to support the programs and services we provide to our many participants. Senior Action is not a "revenue making" organization. More appropriately, it is a "break even" organization – walking a tightrope year after year to keep the doors open and services available. To keep our programs running, we compete for grants and event sponsorships, collaborate with local agencies, and even our staff financially supports our program through the annual United Way campaign. All of these fundraising efforts are challenging in today's economic climate. For each donor that supports Senior Action (and we are so very thankful for them) there are nine others that say "No."

Many potential donors express the competitive nature of funding and question the needs of seniors. There are youth programs and homeless shelters and many other worthy organizations that provide support in our community. However, as we age, we are faced with our own set of challenges that are both frightening and devastating. Every day, many seniors wonder how they are going to get their next meal or how to get transportation to their next doctor's appointment. They may be a widow/widower that

received no financial support when their loved one passed away. Or, they may be alone with no family. These are all common challenges that our seniors face. As a result, they simply seek assistance in meeting their basic needs and desire a place that provides daily opportunities to gather with friends for coffee, a game of dominoes, or to exercise at a fitness facility that doesn't cost fifty dollars a month. Maybe you know what it is like to be alone and suffering; maybe you have been fortunate enough to have a support network. Regardless, none of us (no matter the age) want to ever be in a position of helplessness and hopelessness.

That is why Senior Action is here and why we continue to work to be here. For those that question the worth of Senior Action, we will continue to work on dispelling the myths and empower them to take Action by assisting us with these challenges our seniors face.

Within our "Spark your support" section are ways you can take action today. Additionally, you can make a general donation with envelope enclosed or simply spread the word about the great things Senior Action does. Whatever means you choose please support Senior Action so we may continue supporting you.



GoodSearch.com is the search engine with a unique social mission. It's powered by Yahoo!, so you get the same great search results, but each time you do a search, GoodSearch makes a donation to Senior Action! GoodSearch donates 50% of advertising revenue to nonprofits selected by their users (like Senior Action) so when you do your internet search, search through GoodSearch for Senior Action! To get started aiding Senior Action programs through your internet searching please follow the steps below:

1. Go to: www.goodsearch.com/toolbar/
2. Download the GoodSearch Toolbar as directed
3. Enter Senior Action as the charity you want to support
4. Enter your search words into your new GoodSearch Toolbar and help fund Senior Action programs through your internet searches!

Thanks from all of us at Senior Action!



Support Senior Action Programs & Services by Shopping at Bi-Lo!

Please assist us in supporting Senior Action programs and services by shopping at Bi-Lo and joining the Senior Action Bi-Lo BoosterPlus program. Senior Action can receive up to \$3,000 annually by the simple scan of your BoosterPlus card at the check-out register every time you shop at Bi-Lo! Whether you're a Senior Action member or friend/family member of one, the process of joining the Bi-Lo BoosterPlus program is simple!

1. Shop at Bi-Lo
2. If you do not have a Bi-Lo BONUSCARD, you can sign-up for a free one at any Bi-Lo customer service counter.
3. Have them scan your Senior Action BoosterPlus enrollment card (inserted within this newsletter)
4. From that point forward every time your Bi-Lo BONUSCARD is scanned Senior Action will receive a charitable contribution from Bi-Lo!

Seniors can also save and additional 5% off of their grocery bill by shopping at Bi-Lo each and every Wednesday! Help us help you – shop with your Bi-Lo Senior Action BoosterPlus card today!

If you have a BoosterPlus question call Senior Action or email us at jj.swartz@senioraction.org!

Holiday Meals at Senior Action

A joyous time to celebrate the holidays with your Senior Action friends. Come early for activities and stay for lunch.

Thanksgiving Lunch

Traditional Thanksgiving Dinner will be served. RSVP by November 23.

Wednesday, November 25 (OP)

11:30 am – 12:30 pm

Cost: Suggested donation of \$2.

Christmas Lunch

Traditional Christmas Dinner will be served. RSVP by December 16.

Friday, December 18 (OP)

11:30 am – 12:30 pm

Cost: Suggested donation of \$2.

New Years Lunch

Traditional New Years meal will be served. RSVP by December 29.

Thursday, December 31 (OP)

11:30 am – 12:30 pm

Cost: Suggested donation of \$2.

Festival of Trees & Luncheon

Join us for a trip to the Hyatt Regency Hotel, downtown Greenville, where we'll enjoy a lovely holiday buffet and then spend an hour or two touring the Festival of Trees in the hotel. Carpool from OP at 10:45 am. Please RSVP by December 4.

Tuesday, December 8 (OP)

11:30 am

Cost: Lunch is Dutch

Christmas Covered Dish & Cookie Exchange

Please join us for a Christmas Covered Dish Luncheon and Cookie Exchange. Bring your favorite holiday dish and for dessert – your favorite Baker's Dozen to trade!

Christmas Luncheon (SS)

Tuesday, December 22

12:00 pm

Cost: Free

Christmas Luncheon (OP)

Wednesday, December 23

12:00 pm

Cost: Free

Senior Concert Band

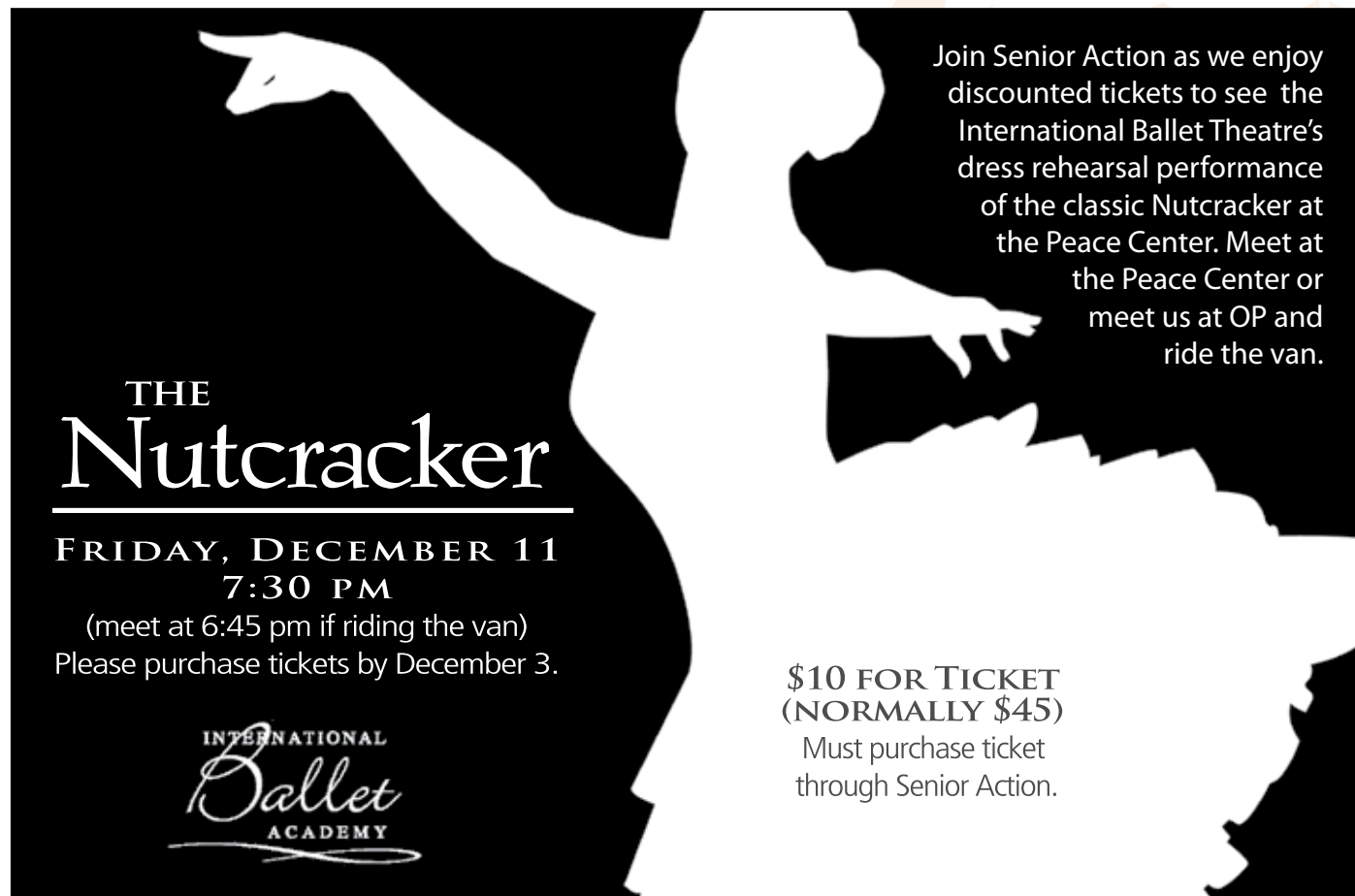
Christmas Concert & Sing-A-Long

Celebrate the season with the Senior Concert Band's Christmas Concert! Come carol with us as the Band delivers festive tunes including traditional holiday favorites and Christmas hymns. Bring a friend to join in the fun and festivities! Don't forget your stocking cap or Santa Hat!

Tuesday, December 15 (OP)

9:00 am – 11:00 am

Cost: Free



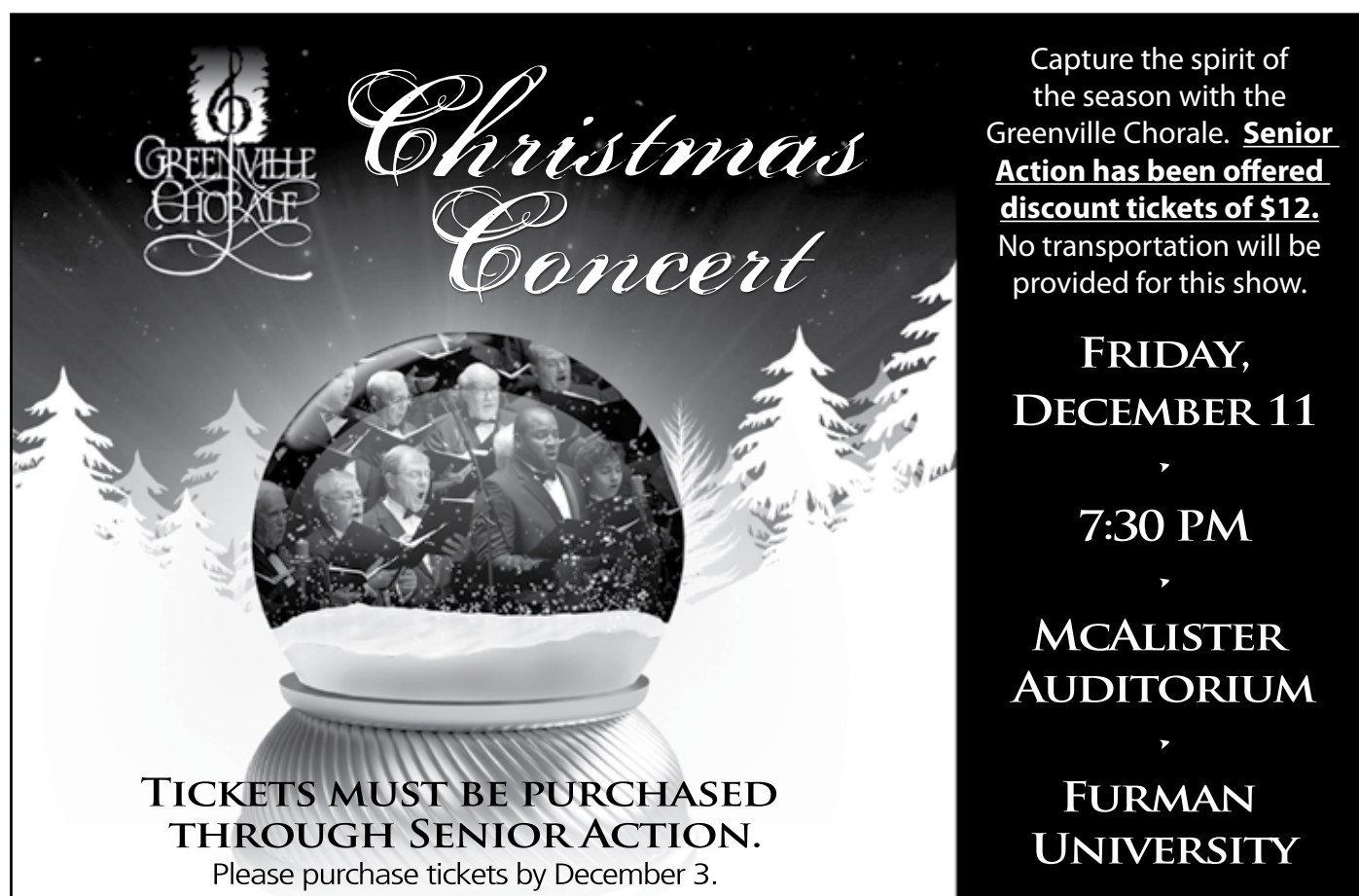
Join Senior Action as we enjoy discounted tickets to see the International Ballet Theatre's dress rehearsal performance of the classic Nutcracker at the Peace Center. Meet at the Peace Center or meet us at OP and ride the van.

THE Nutcracker

FRIDAY, DECEMBER 11
7:30 PM
(meet at 6:45 pm if riding the van)
Please purchase tickets by December 3.

INTERNATIONAL Ballet ACADEMY

\$10 FOR TICKET (NORMALLY \$45)
Must purchase ticket through Senior Action.



Capture the spirit of the season with the Greenville Chorale. **Senior Action has been offered discount tickets of \$12.** No transportation will be provided for this show.

FRIDAY, DECEMBER 11

7:30 PM

MCALISTER AUDITORIUM

FURMAN UNIVERSITY

TICKETS MUST BE PURCHASED THROUGH SENIOR ACTION.
Please purchase tickets by December 3.

Senior Action Hosts

Meet & Greet Reception for Volunteer Instructors & Activity Leaders

Volunteer leadership is central to Senior Action's success. If you are (or wish to become) a volunteer leader or instructor of a Senior Action activity or class, plan to attend the upcoming Meet and Greet reception on Tuesday, October 6th, from 5:30 – 7:30 p.m. at Orchard Park. In addition to enjoying refreshments and meeting one another, you will have the opportunity to meet new program staff members Emily Bobbitt and Devon Anker. You will also learn about some new developments in our activity planning from Kathy Russ, director of people and programs, and Andrea Smith, Senior Action's executive director.

Volunteers lead the great majority of Senior Action's planned activities. In an effort to provide support and appreciation for our volunteer leaders and instructors, Senior Action will present opportunities in the coming months for your leadership development. Through a series of workshops on hospitality and attendance, community-building, gaining cooperation from others, and winning friends and influencing people, you can hone your ability to be an ambassador and key player in our program.

Sears Shelter

Gets a Face Lift

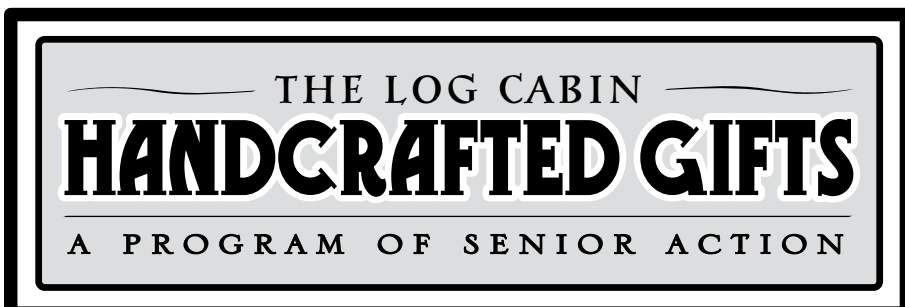
By Kathy Russ,
Director of People & Program Development

The City of Greenville is partnering with Senior Action to renovate our Sears Shelter location in McPherson Park. A clean-up effort has been well underway since August and construction of a new foyer and reception area has begun. The changes are being introduced as part of Senior Action's plan to build relationships, expand programming, and increase participation at its downtown location.

The Sears Shelter has long been the home of Senior Action's artistic members. Classes in a variety of arts and crafts media – painting, ceramics, jewelry making, quilting, woodworking – continue to be offered there on a daily basis. The recent reorganization of the Log Cabin Handcrafted Gifts store, and the upcoming Arts Alive Exhibit and Festival are creative outlets whose beginnings have sprung from the creative life of Sears' seniors.

A growing component of Sears programming is line dancing. Over 50 seniors attend the weekly dance classes taught by Barbara Steele, whose warm and inclusive hospitality creates a welcoming environment.

The Senior Action staff at Sears will focus on creating an upbeat atmosphere, excellent customer service, and enjoyable experiences for seniors at Sears Shelter. Our goal is to increase participant satisfaction and to build friendships with our seniors that draw out their desire for civic engagement and servant-hearted community. If you've never been to Sears Shelter, check us out during Open House on November 16 or 18.



Log Cabin

Handcrafted Gifts Store

Gears Up for Fall & Holiday Shopping



Pat Odom

The Log Cabin Handcrafted Gifts Store is jam-packed with beautiful merchandise handmade by over 50 artisans, just in time for all of your holiday shopping needs! Pat Odom, our store manager, sees the mission of the store as key: "The store is a local version of 10,000 Villages, offering Greenville's residents the opportunity to purchase beautiful handcrafted gifts at affordable prices for the benefit of the Upstate seniors who craft them." Located at 102 E. Park Street in Greenville's downtown McPherson Park, the store is open for business on **Thursdays & Fridays from 10 am – 6 pm and Saturdays from 10 am – 2 pm.**

Pat's welcoming demeanor is building a dedicated corps of volunteers and crafters who are working together to make the store a self-sustaining mission of Senior Action and a community treasure. Her previous experience managing thrift stores for Miracle Hill Ministries and Homes of Hope has prepared her well to develop a community-based network to spread the word about the store and promote the mission at the grass roots level. She recently challenged crafters and volunteers to donate

special sale craft items, baked goods, and holiday raffle prizes for the upcoming Arts Alive Festival on Saturday, October 3, to benefit the store and expand its resources for marketing and promotion.

Our customers have a great opportunity to shop during expanded hours, 10 am – 6 pm on Saturday, October 3, for home-baked goods, local produce, and special sale items. Inventory is at an all-time high and features beautiful handmade jewelry, wooden toys, bird houses, paintings, knit and crochet baby clothes and accessories, cards, baskets, scarves, hats, pocketbooks, children's furniture, spa items, home and kitchen décor, seasonal gifts and more.

The unique merchandise offers value for customers, and gives creative retirees the opportunity to earn extra income with their talents. Twenty-five percent of the sales support Senior Action's programming for older adults in Greenville County. For more information, contact Pat Odom at the store, 864.467.4344.



**Senior Action Expands
Home Care & Care Management**
to Offer Comprehensive Senior Services

MONDAYS

- 9:00 am Quilting (SS)
- 1:15 pm Progressive Bridge (SS)
- 7:00 pm Monday Ballroom Dance (OP)

TUESDAYS

- 9:00 am Senior Concert Band (OP)
- 9:30 am Open Studio:
Ceramics & Pottery (SS)
- 10:00 am Mah-Jongg (OP)
- 12:00 pm Covered Dish Lunch (SS)
- 1:00 pm Watercolor – Basic Plus
with Ron Gillen (OP)
- 1:15 pm Progressive Bridge (SS)
- 1:30 pm Open Studio:
Paper Crafts and Stamping (SS)
- 1:30 pm Pinochle (OP)

WEDNESDAYS

- 9:00 am Canasta (SS)
- 9:30 am Painting Mixed Media (SS)
- 10:30 am German (OP)
- 12:30 pm Watercolor with Lynda (SS)
- 1:00 pm Intermediate Line Dancing (SS)

THURSDAYS

- 9:00 am Alley Cats Line Dancing (SS)
- 9:30 am Watercolor Painting (SS)
- 9:30 am Spanish class w/Susana (OP)
- 1:15 pm Bridge (OP)
- 1:30 pm Intro to Line Dancing (SS)
- 2:00 pm Beginner Line Dancing (SS)

FRIDAYS

- 10:00 am Ukulele (OP)
- 10:30 am Limited Exercise (SS)
- 10:30 am Open Studio: Crafts (SS)
- 1:30 pm Board Games (OP)

Senior Action’s commitment to comprehensive senior services is expressed in two need-based programs being offered by our new People and Program Support Coordinator, Devon Anker. Through our Home Care Program, Devon can offer qualified participants vouchers toward the cost of 4 hours of Level 1 Home Care – light housekeeping, errand-running and lawn care. Our Care Management Program enables her to offer qualified participants vouchers toward the cost of Geriatric Case Management. Evening activities and support groups that meet the personal and psycho-social needs of Senior Action’s participants, some with the option of a dinner meal for participants, are additional programs Devon hopes to add in the near future.

Devon worked previously in a congregational setting, managing a volunteer-based care and support program for seniors and families in Ann Arbor, Michigan. In addition, she has worked in other non-profit settings to manage programs and outreach, education and training, public relations, and event planning. She has a BA in American Studies and Sociology, and a joint MA in Jewish Communal Service and Near Eastern and Judaic Studies from Brandeis University.



Devon Anker

[To all who make donations to Senior Action; we truly appreciate your generous support, it makes a huge difference in the capacity and quality of our programs and services.]

with sincere
THANKS

- Ms. Mary Edwards for Gas Grill at Orchard Park
- Mr. Roy Owens
- Mr. & Mrs. Frank Walker
- Mr. & Mrs. Ted Huffstetler
- Ms. Jean Ackroyd
- Mr. & Mrs Larry Sally donated Bocce’ Ball Set
- Mrs. Mary F. Koffskey
- AARP Greenville Local Chapter

**registration
form**

To register for all programs please complete and mail the registration form with your payment.

Please register for all programs by the registration deadline.

Only mail the white portion.

EVENT	DATE	QTY	TOTAL
TOTAL			

Name _____

Phone _____

Email _____

Guest Names _____

Check # _____

Credit Card:
 Visa MasterCard (Circle one)

Credit Card # _____

Exp. Date _____

