spark

July – Sept.

2021

Senior Action's Newsletter to Spark your Life

senior action

senioraction.org

senior action

Hours of Operation

Monday • Wednesday • Friday 8 am – 5 pm
Tuesday • Thursday 8 am – 9 pm

Closed Monday, July 5 for Independence Day and Monday, September 6 for Labor Day

Staff

Andrea G. Smith | Executive Director/CEO
Marti Stegall | Director of Member Experience
Lori Cashin | Director of Operations
Naina Dewan | Fine Arts Center Director
Katherine Jones | Wellness Program Coordinator
Carly Mellor | Life Style Program Coordinator

Locations

Main Location
3715 E North St., Suite K, Greenville • 864.467.3660

Berea Community Center
6 Hunts Bridge Rd., Greenville • 864.467.3640

David Hellams Center
111 Spartanburg St., Greenville • 864.467.4327

Mt. Pleasant Community Center
710 S. Fairfield Rd., Greenville • 864.299.3220

Needmore Center
203 Canteen Ave., Greer • 864.416.0120

Pleasant Valley Connection
510 Old Augusta Rd., Greenville • 864.236.0151

Slater-Marietta Community Center
5 Whitney St., Marietta • 864.836.8608

Simpsonville Activity and Senior Center
310 W. Curtis St., Simpsonville • 864.967.9533

Sterling Community Center
113 Minus St., Greenville • 864.235.4026

MEMBERSHIP

Become a Senior Action Member!
Benefits include:

- Access to the Fitness Center
- Access to the Business Center
- Free enrollment in the Fine Arts Center ($50 Value)
- Reduced or No cost for classes and programs
- Early enrollment for all classes and programs
- Register for any class listed for the quarter
- Online registration
- Selected "Member-Only" programs

Introductory Membership Fee:

Annual: $100 or
Monthly: $10 (By bank draft only)

NOT READY TO JOIN?

All classes are offered for a fee, "a la carte" style, in the Fitness, Seminar and Special Interest areas.

HOW TO REGISTER?

Members & Fine Arts Center Enrollees:
Registration begins Friday, June 25

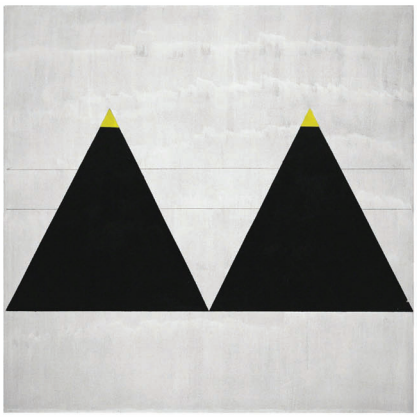
- In-person & Online
- Register for any classes or programs listed for the quarter

Open Registration: A la Carte style begins Friday, July 2

- In-person only
- Register for classes and programs one month at a time

TOUR SCHEDULE (by appointment only)

July/August/September:
Mon/Wed/Fri: 10 am, 12 pm, 1 pm
Tues/Thurs: 10 am, 1 pm, 6 pm

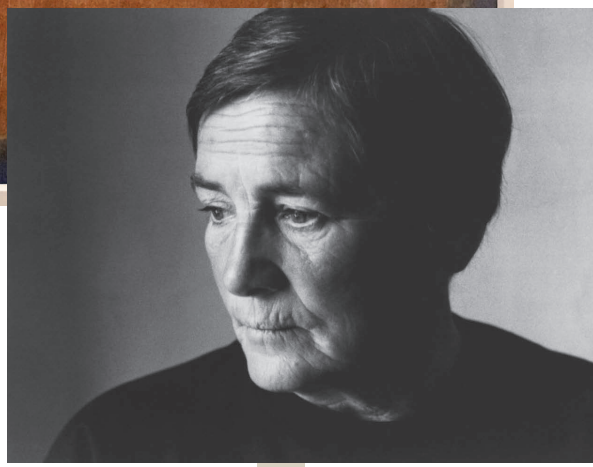


Untitled #3 (2008), Agnes Martin

Untitled (1963), Agnes Martin

Reimagining the Arts:

Senior Action Opens New Fine Arts Center

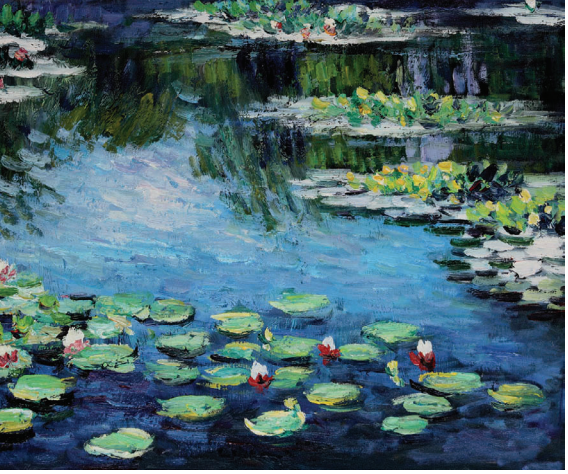


Agnes Martin

Senior Action has been offering a variety of arts classes for decades, along with many other community and senior centers in the Upstate. But we know that it's not enough. Our new building, along with generous grants from Greenville Women Giving and the Lee Foundation, have allowed us the opportunity to totally reimagine what an art program for seniors can look like. Opening in September of this year, Senior Action's Fine Art Center is unlike anything that's come before.

In a world which so often celebrates the creativity of the young, it might be easy to overlook the unrecognized reality-- that most of the art that has shaped history comes from the hands of those over 55. Seniors are not just capable of creating fine art; they are the best at it. Sometimes it takes decades of practice honing technical skill to become a master of a form. Or perhaps it's the knowledge of life that can only come through so much living which forms a truly great artist.

Agnes Martin, an abstract expressionist, was awarded the National Medal of Arts at the age of 86. Like so many others, she continued to create art until her death at the age of 92. Her works are featured today in most major public collections including the Metropolitan Museum of Art, the Modern Museum of Art, and many others



Water Lilies, Claude Monet

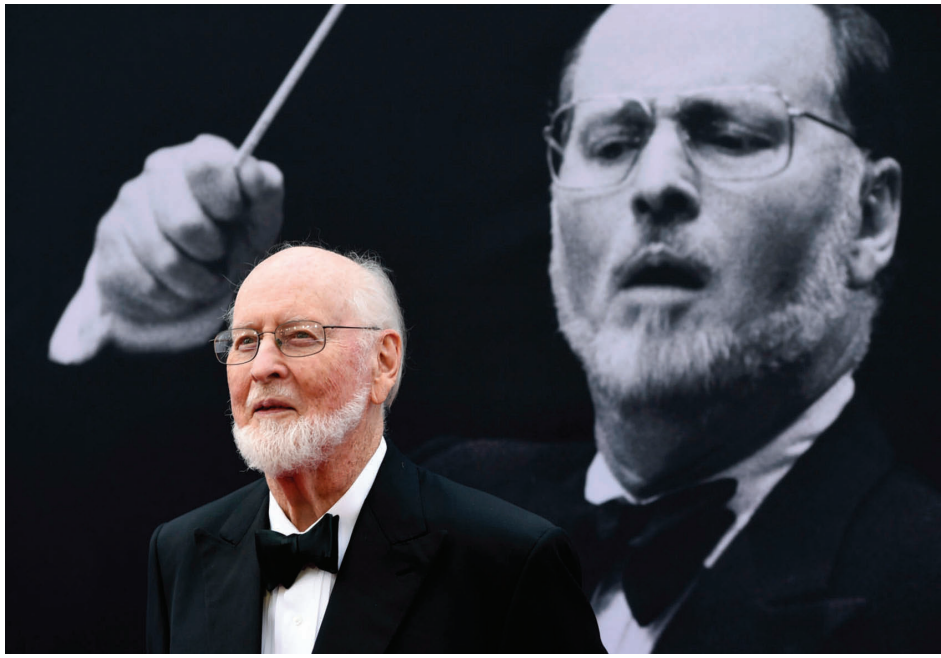
Claude Monet, considered the "Father of Impressionism", completed his most notable works in his 70s. He began his monumental work, Water Lilies, at the age of 60 and continued to work on variations until his death at the age of 86.

Martha Graham, American dancer and choreographer, is considered the mother of Modern dance. She is the founder of the oldest dance company in America and she performed, taught, and choreographed dance for over 70 years. She choreographed 10 new ballets after her 78th birthday and, as the pattern continues, worked right up until her death at age 96.

Anna Moses, nicknamed "Grandma Moses", began painting for the first time when she was 78. She lived to be 101 and created prolific works of art that are still exhibited today in museums across the world.

John Williams is considered the most prolific composer of cinematic music in history. Williams has had a long and decorated career that spans seven decades including

Martha Graham



John Williams

award-winning scores for Star Wars (the highest grossing non-popular music recording of all time). With 52 Oscar nominations, Williams is the second most nominated person in Academy Awards history behind Walt Disney's 59. He produced most of his work after age 60 and at the age of 89, he is still producing magnificent works of art today.

Many of these artists have lived long, remarkably healthy lives. Famed psychologist, Mihaly Csikszentmihalyi, a leading theorist in the positive mental state, describes creativity as, "a central source of meaning in our lives … most of the things that are interesting, important, and human are the results of creativity … [and] when we are involved in it, we feel that we are living more fully than during the rest of life."

"Seniors are not just capable of creating fine art; they are the best at it."

Oriental Poppies (1928), Georgia O'Keefe

Georgia O'Keefe

photo by: Tony Vaccaro, Georgia O'Keefe with *Pelvis Series* (1960)

These and many other household names are not exceptions or novelties. They are not seniors who happen to have made it in a world of young people. We know that our community can do better at recognizing the great wealth of talent, wisdom, and creativity that abounds all around us. Our Fine Arts Center is a place where you can be celebrated as an artist first, and as a senior second. A place to discover untapped potential or to continue a lifelong practice.

We're excited to present many new classes in dance, music, and visual art, including ballet, improvisation, pottery, fiber art, vocal and instrument instruction, and more. But being a part of the center is much more than just classes. It also includes access to open time in our gorgeous new studios, opportunities for performance and exhibitions of original works, master classes, artist residencies, and more. The future of the arts at Senior Action is bright, and we want you to be a part of it.

"'Age' is the acceptance of a term of years. But maturity is the glory of years." - Martha Graham

Name: _____ Date: _____ ◯ Member

NOTE: Classes are offered at multiple dates and times. Please fill in this form completely, including total, and include with your payment.

✓	Class	Cost			
Fitness		**Date/Time**	**Member**	**a la Carte**	**Total $**
	Arthritis Exercise		Free	n/a	
	Group Strength		$30/mo	$42/mo	
	Line Dance: Beginner First Year		Free	$20/mo	
	Line Dance: Beginner Improver		Free	$20/mo	
	Line Dance: Intermediate		Free	$20/mo	
	Line Dance: Advanced		Free	$20/mo	
	SilverSneakers® Circuit		Free	n/a	
	SilverSneakers® Classic		Free	n/a	
	T'ai Chi Chih		$20/mo	$30/mo	
	T'ai Chi Chih – Practice		Free	$20/mo	
	T'ai Chi Yang 24		Free	$30/mo	
	Walk with Ease		Free	$30/session	
	Yoga: ◯ Beginner ◯ Chair ◯ Yoga Flow		$30/mo	$42/mo	
	Zumba Gold®		$20/mo	$30/mo	
Seminars		**Date/Time**	**Member**	**a la Carte**	**Total $**
	AARP Smart Driver Course		$20	$25	
	Cooking Matters		Free	$30	
	Decompress From Stress		Free	$5	
	Financial Fitness for Older Adults		Free	$5	
	Habits of Happy People		Free	$5	
	Impact Diabetes: Prevent T2 Info Session		Free	Free	
	Impact Diabetes: Prevent T2 Course		$200	$200	
	Leave the Leaking Behind		Free	$5	
	Medicare "Advantage Plans" vs. "Supplement Plans": What's the Difference?		Free	$5	
	Patriots Point: Honoring Heroes		Free	$5	
	Preparing your Estate Plan		Free	$5	
	Protect Yourself from Scams		Free	$5	
	Staying Social: How to Do It Right		Free	$5	
	Why Am I Dizzy?		Free	$5	
	Why Is My Balance Not Like It Used To Be?		Free	$5	
Special Interest		**Date/Time**	**Member**	**a la Carte**	**Total $**
	4th of July Lemonade Stand		$5	n/a	
	Armed Forces Birthday Celebration		Free	$5	
	Archery Club (Traditional)		Free	$10/month	
	Ballroom Dance Club		Free	$15/mo	
	Basket Weaving Group		Free	$15/mo	
	Bible Study		Free	$10 /mo	
	Bingo for Members		Free	n/a	
	Book Club: Lit Wits		Free	$5/mo	
	Crafts: Alcohol Inks		$10/class	$20/class	

registration

NOTE: Classes are offered at multiple dates and times. Please fill in this form completely, including total, and include with your payment.

✓	Class			Cost		
Special Interest		**Date/Time**		**Member**	**a la Carte**	**Total $**
	Crafts: Jewelry Making: Pendant Necklace Workshop			$39/wkshp	$50/wkshp	
	Crafts: Paint Happy			$10/class	$20/class	
	Game Day			Free	$5	
	Games: Traditional Hand and Foot			Free	$15/month	
	Games: Mexican Train Dominoes			Free	$15/month	
	German (Intermediate/Advanced)			Free	$15/month	
	Grand Connections: Grandparenting Workshop			Free	Free	
	Member Social			Free	n/a	
	Mixed Media Group			Free	$15/mo	
	Performance: Beloved Exile			Free	$10	
	Performance: Celloasis			$5	$10	
	Performance: The Killer B's			Free	Free	
	Quilting Circle			Free	$15/mo	
	Scottish Country Dance			Free	$15/mo	
	Spanish: ◯ Beginner ◯ Advanced			$24/session	$48/session	
	Trip: Alaskan Cruise Interest Meeting			Free	Free	
Fine Arts Center		**Intro Wkshp**	**Date/Time**	**12-Week**		**Total**
	Dance: Alexander Technique	$12/wkshp		$140		
	Dance: American Modern Dance	$12/wkshp		$140		
	Dance: Classical Ballet	$12/wkshp		$140		
	Dance: Dance for Every Body	$12/wkshp		$140		
	Dance: GRAVITAS	$12/wkshp		$140		
	Music: Guitar: Beginner	$12/wkshp		$140		
	Music: Violin: Beginner	$12/wkshp		$140		
	Music: Discovering the Musical Language	$12/wkshp		$140		
	Music: Healthy Singing from the Heart	$12/wkshp		$140		
	Visual Art: Fiber Arts: Beginner	$24/wkshp		$140		
	Visual Art: Drawing Basics	$24/wkshp		$140		
	Visual Art: Oil Painting	$36/wkshp		$140		
	Visual Art: Pottery 101	$36/wkshp		$140		
	Visual Art: Watercolor Painting	$24/wkshp		$140		
Fine Arts Center: Ensembles		**Date/Time**		**Member**	**a la Carte**	**Total $**
	Carolinians Senior Jazz Band			Free	$10/year	
	Old Men of Swing plus Lisa & Kaye			Free	$10/year	
	Upstate Senior Band			Free	$10/year	
	Ukulele Ensemble ◯ Intermediate ◯ Advanced			Free	$10/year	
					Total Cost	

GETTING STARTED IN THE FITNESS CENTER

- QR codes, instruction panels, or placards can be found on most pieces of equipment.
- Free group orientations available by appointment.
- One-on-one assistance is available for members for $45/hour. See the front desk for more information.

Arthritis Exercise
Certified Instructors: Millie Noyes/Neil Christian

Developed by the Arthritis Foundation, this class uses resistance bands, light dumbbells, and other props to guide you through strength and range of motion exercises that are gentle to the joints. Exercises may be performed from standing or seated positions. Great for those new to exercise!

Tues/Wed/Thurs/Fri • 1-2 pm
Members only: Free

Group Strength
Certified Instructors: Tasha Kahaleh/ Christin Taylor

Get a challenging head-to-toe strength session using a variety of tools including weights, tubing, body bars, medicine balls and your own body weight resistance. Class can be adapted to your fitness level.

Tuesdays/Thursdays • 8:30-9:30 am
$42/month
Member: $30/month

Line Dance: Beginner First Year
Volunteer Leader: Barbara Steele

Get off on the right foot with this class designed to teach you the basic steps and terminology of line dancing.

Thursdays • 12:30-1:30 pm
$20/month
Member: Free

Line Dance: Beginner Improver
Volunteer Leader: Barbara Steele

Put your dance skills into practice! This progressive class starts with Beginner level dances and advances to Improver level during the second half.

Thursdays • 1:30-3:30 pm
$20/month
Member: Free

Line Dance: Intermediate
Volunteer Leader: Barbara Steele

Continue to challenge your dance skills and stamina in this class perfect for those with some experience.

Wednesdays • 1:45-3:30 pm
Member: Free

Line Dance: Advanced
Volunteer Leader: Barbara Steele

Come ready to challenge your brain and your body with exciting new choreography, complex patterns, and energizing music.

Mondays • 12:30-2:30
Wednesdays • 12:30-1:30 pm
$20/month
Member: Free

SilverSneakers® Circuit
Certified Instructor: Tasha Kahaleh/ Callie Adams

This class includes easy-to-follow, low-impact aerobic movement, upper body strength, core conditioning, balance, flexibility, and more! Participants need to be comfortable standing and able to transfer body weight safely.

Tuesdays/Thursdays • 10-11 am & 6–7 pm
Members only: Free

SilverSneakers® Classic
Certified Instructors: Christin Taylor/ Callie Adams/Lora Bryan

A class perfect for any level! Exercises are designed to increase muscle strength and range of motion for daily living. Chairs are available for seated exercises and standing support.

[You may sign up for one Classic class per day]
Mondays/Wednesdays/Fridays • 11 am-12 pm
Mondays/Wednesdays • 2:15-3:15 pm
Members only: Free

T'ai Chi Chih
Certified Instructor: Adabelle Rychtarik

This class offers instruction to all levels in a series of 19 gentle, meditative movements that circulate and balance life energy in the body.

Mondays • 12:45-1:45 pm
$30/month
Member: $20/month

T'ai Chi Chih –Practice
Volunteer Leader: Tina deBondt

Participants familiar with the T'ai Chi Chih form meet weekly to continue practicing in a group setting. No formal instruction is provided.

Thursdays • 2:15-3:15 pm
$20/month
Member: Free

T'ai Chi Yang 24
Volunteer Leaders: Norman Tada/ Jean Lindsey

This short form consists of slow, continuous, soft, circular movements in a flowing form. Various postures, stances, and movements promote the flow of energy (chi) through the body. Some experience is helpful, though new students are welcome!

Mondays/Wednesdays • 9:45-10:45 am
$30/month
Member: Free

Walk With Ease
Presented by Clemson University Youth Learning Institute SNAP-Ed

This 6-week course encourages individuals to get up and be active with friends. Participants will learn strategies to build walking endurance and stretching exercises to increase flexibility. Participants need to be able to attend at least 4 of the 6 classes.

Tuesday, August 10- September 14 • 3-4 pm
$30/session
Member: Free

Yoga: Beginner
Certified Instructor: Lisa Ungefug

Designed for the beginning student, come learn the basic poses, breathing techniques, and modifications to build a foundation for continued yoga practice. Please bring your own mat.

Mondays/Wednesdays • 11:30 am-12:30 pm
$42/month
Member: $30/month

Yoga: Chair
Certified Instructor: Ann Minard

Experience the benefits of traditional yoga without getting on the floor. Chairs are used for seated poses and support.

Wednesdays/Fridays • 9:30-10:30 am
$42/month
Member: $30/month

Yoga: Yoga Flow
Certified Instructor: Ann Minard/ Callie Adams

This mat class is designed for those who have some yoga experience and are ready to progress in their practice. Please bring your own mat.

Tuesdays/Thursdays • 11:30 am-12:30 pm
Tuesdays/Thursdays • 7:15 -8:15 pm
$42/month
Member: $30/month

Zumba Gold®
Certified Instructor: Janine Smith

This high-energy class is so much fun you will forget you are exercising! Easy-to-follow, low-impact choreography is designed for all levels.

Tuesdays • 1:30-2:30 pm
$30/month
Member: $20/month

AARP Smart Driver Course

Presented by Jim Moreland/Ed Scheumann, Volunteer AARP Driver Safety Instructors

This 4-hours class incorporates video, lecture and group discussion. You will learn defensive driving techniques, new traffic laws and rules of the road. Get information on navigating adverse weather conditions, as well as new automobile technology.

Friday, September 3 • 9 am-1 pm or
Tuesday, September 21 • 5-9 pm
AARP Member: $20
Non-AARP Member: $25

Cooking Matters

Presented by Myra Brookins, Health Educator, Clemson University Youth Learning Institute SNAP-Ed

This 6-week meal preparation class will teach you how to create healthy, delicious meals on a budget. Learn various cooking techniques and samples recipes prepared in class. Participants need to be able to attend at least 4 of the 6 classes. Class size is limited, so register early.

Thursday, August 12-September 16 • 5-7 pm
$30
Member: Free

Decompress From Stress

Presented by Brandon Fowler, Medicare Sales Associate, Humana

Chronic stress can wreak havoc on your mind and body. Learn how to identify the areas in your life causing you stress and how to manage it.

Wednesday, July 7 • 2 pm
$5
Member: Free

Financial Fitness for Older Adults

Presented by Kyla Capers, Program Coordinator, SC Department of Consumer Affairs

There's always time to be financially fit, especially after retirement. In this webinar, we will provide tips on saving wisely, investing safely, avoiding financial exploitation and more!

Monday, September 20 • 10-11 am
$5
Member: Free

Habits of Happy People

Presented by Doug Possenriede, Licensed Sales Associate, Humana

Happiness is a choice and a way of living that anyone can learn. Discover how you can find more joy in every part of your life. You'll also learn tips for staying positive during life's challenges.

Monday, September 13 • 10-11 am
$5
Member: Free

Impact Diabetes: Prevent T2 Course

Presented by Madison Pate, Certified Diabetes Educator and Behavior Change Specialist Pelham Medical Center

Are you a healthy weight? Are you concerned about your eating habits, or how your lifestyle is affecting your health? Whether you have diabetes, pre-diabetes, are at risk, or just want to be proactive about your health, this year-long class may be exactly what you need! During the course of the year you will receive in-person education, guidance and support from a diabetes specialist dedicated to meeting you where you are and helping you on your journey to better health. Class size is small in order to provide individual attention and focus on gradually changing behaviors that impede health.

To learn more about this course, register to attend a free information session:
Friday, July 2 • 10-11 am or 2-3 pm
Friday, July 9 • 10-11 am

24-wk course, Fridays, starting July 16 • 2-3 pm
$200

Leave The Leaking Behind

Presented by Heather Kindel, PT, PhD, Anderson University School of Physical Therapy

More than 25 million people in the US experience incontinence or bladder leaking. Learn what causes it and what can be can about it to improve your quality of life.

Wednesday, September 8 • 1-2 pm
$5
Member: Free

Medicare "Advantage Plans" vs. "Supplement Plans": What's the Difference?

Presented by John Wanner, Benefit Resource Center

Learn the differences between a Medicare Advantage Plan and a Medicare Supplement Plan, and gain insight on how to decide what Prescription Drug Plan will work best for you. You'll have plenty of time to ask questions and enjoy some refreshments during and after the presentation.

Monday, August 2 • 10 -11 am
$5
Member: Free

Patriots Point: Honoring Heroes

Presented by Thom Iannarino

Thom Iannarino, retired U.S. Army Major and former education specialist with the Institute of History/ Science at Patriots Point, will discuss the WWII aircraft carrier, USS Yorktown CV-10. He will also speak on our nation's highest military decoration, the Medal of Honor, and the 3 1/2 acre exhibit, "The Vietnam Experience".

Friday, August 6 • 1-3 pm
$5
Member: Free

Preparing your Estate Plan

Presented by Josh Gantt, Financial Advisor, Edward Jones

A basic overview of estate planning including account registration, beneficiary designation, will, trust, tax information and life insurance.

Monday, July 26 • 10-11 am
$5
Member: Free

Protect Yourself from Scams

Presented by Doug Possenriede, Licensed Sales Associate, Humana

The price of scams against seniors is much more than financial. Find out why seniors are targeted, the toll it can take on your health, and how to protect yourself.

Monday, August 16 • 10-11 am
$5
Member: Free

Super Sampler Event

Sample a variety of classes
Each class is 30 minutes

Thursday, August 12
Fine Arts Center Samples

Thursday, September 16
Fitness and Lifestyle Samples

4-6:30 pm
FREE • Open to Everyone

Staying Social: How to Do It Right

Presented by Doug Possenriede, Licensed Sales Associate, Humana

It's important to stay social as you get older, but it isn't always easy. Learn about the benefits of staying connected to others and strategies to help you keep a healthy social life.

Monday, July 12 • 10-11am
$5
Member: Free

Why Am I Dizzy?

Presented by Josh Ingram, PT, DPT, PT Solutions Physical Therapy

Join us to learn about the causes of vertigo. Learn how to control and no longer be limited by dizziness.

Wednesday, August 18 • 2-3pm
$5
Member: Free

Why Is My Balance Not Like It Used To Be?

Presented by Vince Johnson, PT, DPT PT Solutions Physical Therapy

Falls are one of the leading causes of injury in people 55+. Learn how to prevent balance declines and falls. Impaired balance should not limit your quality of life!

Wednesday, August 4 • 2-3 pm
$5
Member: Free

*The fee for these programs are being assessed by Senior Action to cover our costs, not by the presenter.

4th of July Lemonade Stand

Enjoy a cup of fresh squeezed lemonade and other treats as we celebrate summertime and the 4th of July.

Thursday, July 1
Drop in between 2-3 pm
Members Only: $5

Archery Club (Traditional)
Volunteer Instructor: Tony Blackmon

Tony Blackmon will facilitate a series of discussions and presentations, as well as hands-on practical exercises. Learn about the field of archery from a historical perspective, as an athletic sporting endeavor, and a hobby to be enjoyed into the future.

1st & 3rd Tuesdays (beginning July 20) • 6 pm
$10/month
Member: Free

Armed Forces Birthday Celebration

Hosted by Humana

Help us celebrate the Army, Coast Guard, and Air Force, whose birthdays all fall during the summer months. All are welcome to come and enjoy refreshments, and those who have served will receive a special recognition.

Friday, August 6 • 3-4 pm
Members only: Free

Ballroom Dance Club

Hosted by Lib Ryan Dance Club

Come learn from other participants the basic steps of the Foxtrot, Tango, Waltz, and more. All levels welcome! The club meets on July 1st will be themed "Proud to be an American" and will include free pizza and refreshments!

Thursdays• 6:30-8:30 pm
$15/month
Member: Free

Basket Weaving Group
Volunteer Leader: Sheila Foy

An open group for the experienced weaver who wishes to work on individual projects in a welcoming community. Participants bring their own materials.

1st & 3rd Thursdays every month • 1-4 pm
Cost: $15/month
Members: Free

Bible Study
Volunteer Class Leader: Betty Atkins

This group shares words of encouragement for growth, hope, and faith rooted in the Bible. Please bring your Bible.

2nd and 4th Mondays • 12:30 pm
$10/month
Member: Free

Bingo for Members

2nd & 4th Fridays • 1 pm
Member: Free

Book Club: Lit Wits
Volunteer Class Leaders:
Maureen Mallory and Michelle Hewitt

Connect with other readers in a monthly book club as our volunteer leaders facilitate a meaningful, yet fun discussion.

4th Thursdays • 10 am
$5/month
Member: Free

July: *Autobiography of Mrs. Tom Thumb* by Melanie Benjamin
August: *Dear Edward* by Ann Napolitano
September: *(The) Winemaker's Wife* by Kristen Harmel
October: *MOLOKA'I* by Alan Brennert

Crafts: Alcohol Inks
Instructor: Georgia Cloer

A guided art class using varying mediums including tiles, rocks, Yupo paper and more. Due to mild fumes, this class is not recommended for members with breathing limitations. All materials included, no experience required.

Tuesdays • 1:30–3:30 pm (No class 8/3 or 9/14)
$20/class
Member: $10/class

Crafts: Jewelry Making: Pendant Necklace Workshop
Instructor: Susan Tate

Susan will guide you as you create your own pendant using pearls, glass, gemstones, and metal. All materials included. No experience needed.

Thursday, August 5 • 6-8 pm
Wednesday, September 1 • 2-4 pm
$50/workshop
Member: $39/workshop

Crafts: Paint Happy
Instructor: Pat Hudson
Each session, participants will complete an acrylic painting. All materials included, no experience required.

Fridays • 1-3 pm
$20/class
Member: $10/class

Game Day
Come enjoy a fun afternoon of games, snacks, and friends.

4th Thursdays • 2:30-4:30 pm
$5
Member: Free

Games: Traditional Hand and Foot
Volunteer Leader: Barbara Cannada
Fridays • 1:30-4:30 pm
$15/month
Member: Free

Games: Mexican Train Dominoes
Volunteer Leader: Gail McLaughlin
Tuesdays • 5-8:45 pm
$15/month
Member: Free

German (Intermediate/Advanced)
Volunteer Class Leader: Paula Northuis
Wednesdays • 10 am-12 pm
$15/month
Member: Free

Grand Connections: Grandparenting Workshop
Sponsored by Zero to Three
Are you a grandparent providing childcare for a grandchild under five? Connect with other grandparents caring for a grandchild in our free, 7-week workshop series. You'll find new ways to help your grandchild learn through playtime, discover strategies for managing challenging behavior, and share your tips on child development. You'll go home each week with books and activities to enjoy with your grandchild. Free for everyone! We'll provide a **$100 Walmart gift card,** among other incentives, for completing the series.

Wednesdays, July 14-August 25 • 2 pm
Free

Member Social
Sponsored by Josh Gantt, Edward Jones
Come together to connect with other members, have some fun, and build lasting friendships.

September 3 • 2-3 pm
Members only: Free

Mixed Media Group
Volunteer Leader: Carmela Riether
For artists of any medium and level who wish to work on individual projects in a welcoming community. Participants bring their own materials.

Thursdays • 1-4 pm
$15/month
Members: Free

Quilting Circle
Volunteer Leader: Linda Mills
Welcoming quilters of all levels. Participants bring their own supplies and work on individual projects in the company of other quilters.

Mondays • 1-4 pm
$15/month
Member: Free

Scottish Country Dance
Come together to socialize and enjoy this fun form of partner dancing. All levels welcome!

Tuesdays • 6:30-8:30 pm
$15/month
Member: Free

Spanish: Beginner
Instructor: Paty Orduña
Tuesday/Thursday • August 17-September 23
10:15 am
$48/6 week session
Member: $24/6 week session
$15 for book

Spanish: Advanced
Instructor: Paty Orduña
Tuesday/Thursday • August 17-Sept. 23 • 9 am
$48/6 week session
Member: $24/6 week session

Technology Help Desk
Volunteer Instructor: Patti Turner

Do you need some help navigating your technology? Do you have questions specific to your device? Patti Turner will answer your questions and help troubleshoot your smartphone or tablet issues during a one-on-one appointment. Bring your device and your questions! By appointment only. Sign up at the front desk.

Monday, August 2, 9, & 16 • 9-11:30 am
25-minute appointments
Member: Free

Performances

Fine Arts Center Performance Series

Beloved Exile

A solo dance performance by Megan Hannon exploring the re-emergence from isolation.

Friday, September 10 • 4-5 pm
Cost: $10
Members: Free

Celloasis

An inspiring cello performance by Master Musician Sharon Gerber.

Friday, September 24
Cost: $10
Members: $5

The Killer B's

Featuring music for violin and piano duo by Bach, Beethoven and Bernstein

Performed by the Wolf Creek Duo: Kathy Robinson, violin & Kate Johnston, piano.

Thursday, July 29 • 11 am-12 pm
Free

Trips

Music Cities for the Holidays

Presented by: Premier World Discovery

Celebrate the holidays this year by joining us on the "Music Cities Christmas" trip to Branson, Memphis and Nashville! Some of the highlights you can expect:

- Branson City Tour & The Doug Gabriel Show
- Showboat Dinner Cruise on the Branson Belle featuring The Shoji Tabuchi Christmas Show
- Graceland, a Beale Street Dinner and the Clinton Presidential Library
- Two Nights at the Opryland Resort in Nashville including the Holiday Dinner Show
- Country Music Hall of Fame
- Nashville City Tour
- Grand Ole Opry at the Ryman Auditorium

For more information, see the receptionist.

Friday, Dec. 3 – Wednesday, Dec. 8
Registration Deadline: Wednesday, Sept. 1
$2645 per person/Double Occupancy
($700 Supplement for Single Occupancy)

Alaskan Cruise

9 Day/8 Night Vacation on Royal Caribbean's "Ovation of the Seas." Includes:

- Round Trip Air Fare
- One night accommodations in Seattle, WA
- 2 Expertly Guided Tours in Seattle and Juneau
- Cruise Fare, Cabin and Shipboard Meals
- Port Charges, Taxes & Transfers in Seattle
- Travel Protection Available for additional cost
- Installment Payment Plan available

Travel itinerary available in lobby.

Thursday, May 19 – Friday, May 27, 2022
Registration Deadline for Trip: January 3, 2022
3 Cabin Choices (Double Occupancy)

- Inside Cabin: $2749 per person
- Outside Cabin: $2999 per person
- Balcony Cabin: $3449 per person

ALASKAN CRUISE INTEREST MEETINGS

Tuesday, July 20 12:30 & 6 pm
Registration Deadline: July 19

Friday, July 23 10:30 am
Registration Deadline: July 22

Fine Arts Center

Senior Action's new Fine Arts Center is a space for you to uncover, rediscover, or continue practicing creativity in community with other artists. It is a space in which you can share your story, dive into a new technique, and create original art. We believe creativity is a vital need and a lifelong journey.

Annual Fine Arts Center Enrollment: $50
Fee is waived for Senior Action Members

Annual Ensemble Performance Dues: $10/ensemble
Fee is waived for Senior Action Members

Introductory Workshops: $12/hour

Fall 12-week Semester:
1 class: $140 each
2 classes: $130 each
3+ classes: $120 each

Open Studio Time

Available to Fine Arts Center Students Only

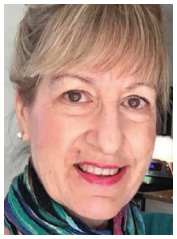
Dance: M/W/F • 3:30-5 pm
Music: M/W/F • 3-5 pm
Visual Art: M/W/F • 1-5 pm

Meet our new Faculty

Thom Hannon is a guitarist, bass player, pianist, and songwriter. He has been the resident singer/pianist at the downtown Greenville jazz bar, Blues Boulevard, where his group Blue City was also the house band. Thom write songs and plays under his own name, and he is the singer and bass player for the group Seventh Sense on both Spotify and YouTube.

Caroline Hughes, MFA is a Textile Artist, Educator, and Historian living and working in Upstate South Carolina. She bases her themes of work, tacit knowledge, and craftsmanship in the fading histories of her hometown in rural South Greenville County. Her works are created using traditional craft methods and tell an inherent multi-faceted story of craft, community, and belonging. Caroline earned her Bachelor of Sciences in Apparel, Textiles, and Design from Bob Jones University and her Master of Fine Arts in Fibers at the Savannah College of Arts and Design.

Craig Price, DMA is a Bass-Baritone who has performed with orchestras and opera companies across the country. He holds prizes from vocal competitions including the Metropolitan Opera National Council and Orpheus National Vocal Competition. He holds several degrees in Voice Performance – his Bachelor's from Furman University, his Master's from Manhattan School of Music, and his Doctorate of Music from the University of South Carolina.



Kathleen S. Robinson, MM is a graduate of the Hartt School of Music where she earned a Bachelor of Music in Music Education. She holds a Master of Music in Chamber Music from the University of Connecticut where she was a member of the Graduate String Quartet in residence. A seasoned violinist, she has held titled positions with the Mississippi and Asheville Symphony and served for over 25 years as the Assistant Principal Second Violin of the Greenville Symphony and Chamber Orchestras. She has performed as a freelance musician with several orchestras in the Southeast, including the Savannah Symphony, Charleston Symphony, SC Philharmonic, and the Hendersonville (NC) Symphony. Her experience as an educator and youth orchestra conductor spans 38 years.

Registration Opens

Members: Friday, June 25
A la Carte: Friday, July 2

Dance

Alexander Technique
Faculty: Naina Dewan, MFA
The Alexander Technique is a therapeutic method that enhances posture, poise, balance, ease, and lightness of movement.

Introductory workshop:
Friday, July 23 • 11 am-12 pm
Friday. August 13 • 11 am-12 pm
Cost: $12/workshop

12-week class:
Fridays, Sept 10 - Dec 3 • 11 am-12 pm
(no class 11/26)
Cost: $140

American Modern Dance
Faculty: Megan Hannon, BFA
This class introduces the fundamental principles of Modern Dance: the supportive breath, a fluid torso, balance on supportive legs, and natural movement.

Introductory workshop:
Tuesday, July 13 • 10-11 am
Tuesday, August 3 • 10-11 am
Cost: $12/workshop

12-week class:
Tuesdays, Sept 7 - Nov 23 • 10-11 am
Cost: $140

Classical Ballet
Faculty: Josha Williams
This class introduces the fundamental technique & artistry of Classical Ballet: proper stretching, feet & arm positions, ballet barre basics, body positions, and center combinations. **Please inquire at the front desk for attire recommendations.**

Introductory workshop:
Monday, July 19 • 10-11 am
Monday, August 9 • 10-11 am
Cost: $12/workshop

12-week class:
Mondays, Sept 13 - Nov 29 • 10-11am
Cost: $140

Dance for Every Body
Faculty: Stephanie Cureton, BA
This class will teach natural movement that honors and celebrates the unique way each body moves. Calling all bodies – short, tall, curvy, slim, etc. – come dance with us!

Introductory workshop:
Thursday, July 15 • 10-11 am
Thursday, August 19 • 10-11 am
Cost: $12/workshop

12-week class:
Thursdays, Sept 9 - Dec 2 • 10-11am
(no class 11/25)
Cost: $140

Gravitas: Dance Improvisation & Composition
Faculty: Naina Dewan, MFA & Megan Hannon, BFA
Explore the joy of guided authentic movement, improvisation, and dance making in a fun and nurturing environment.

Introductory workshop:
Friday, July 30 • 1-2 pm
Friday, August 20 • 1-2 pm
Cost: $12/workshop

12-week class:
Fridays, Sept 10 - Dec 3 • 1-2 pm
(no class 11/26)
Cost: $140

Ensembles

Carolinians Senior Jazz Band
Conductor: Ron Hamilton, BM

Tuesdays • 1:15-2:15 pm
$10/year
Member: Free

Old Men of Swing plus Lisa & Kaye
Conductor: Ron Hamilton, BM

3rd Thursday every month • 10-11 am
Cost: $10/year
Member: Free

Ukulele Ensemble
Volunteer Class Leaders: Laurie Gentry, MA & Linda McMakin

Fridays
Intermediate: 10-11 am
Advanced: 11:15 am-12:15 pm
$10/year
Member: Free

Upstate Senior Band
Conductor: Tad Riddle, MEd

Tuesdays • 10 am-12 pm
$10/year
Member: Free

Music

Discovering the Musical Language
Faculty: Craig Price, DMA

This class will enhance the learner's musical experiences by broadening their understanding of pitch, rhythm, musical terminology, genres, and styles. The learners will be able to apply this knowledge to their own musical life regardless of their current level of music skill.

Introductory workshop
Thursday, July 2 • 11:30 am -12:30 pm
Thursday, August 12 • 11:30 am - 12:30 pm
Cost: $12/workshop

12-week class:
Thursdays, Sept 9 - Dec 2 • 11:30 am – 12:30 pm
(no class 11/25)
Cost: $140

Guitar: Beginner
Faculty: Thom Hannon

This group class will introduce the fundamentals of guitar playing.

Introductory workshop (no instrument required):
Monday, July 12 • 11am-12 pm
Monday, August 9 • 11 am-12 pm
Cost: $12/workshop

12-week class:
Instrument required; please inquire at the front desk for local rental & purchasing recommendations.
Mondays, Sept 13 - Nov 29 • 11 am-12 pm
Cost: $140

Healthy Singing from the Heart
Faculty: Lisa Barksdale, MA, CCC-SLP, CMVT-MT/Craig Price, DMA

This group class will focus on how to access breath and resonance to communicate the message of any song.

Introductory workshop:
Wednesday, July 21 • 2-3 pm
Wednesday, August 11 • 2-3 pm
Cost: $12/workshop

12-week class:
Tuesdays, Sept 7 - Nov 23 • 6-7 pm
Cost: $140

Violin: Beginner
Faculty: Kathy Robinson, MM

This group class will introduce the fundamentals of beginning violin.

Introductory workshop (no instrument required):
Thursday, July 29 • 1-2 pm
Cost: $12/workshop

12-week class:
Instrument required; please inquire at the front desk for local rental & purchasing recommendations.
Wednesdays, Sept 8 – Nov. 24 9-10 am
(no class 11/25)
Cost: $140

Visual Art

Drawing Basics
Faculty: Ashley Brickner, BA
This class will introduce the basic drawing techniques of shading, texturing, proportioning, eye-balling, and detailing. Materials provided.

Introductory workshop:
Tuesday, July 13 • 10 am-12 pm
Tuesday, August 10 • 10 am-12 pm
Cost: $24/workshop

12-week class:
Tuesdays, Sept 7 - Nov 23 • 10 am-12 pm
Cost: $140

Fiber Arts: Beginner
Faculty: Caroline Hughes, MFA
This introductory course will explore various ways of creation used in fiber arts, such as embroidery, weaving, and felting. Good for beginning students with no prior textile experience to intermediate practitioners. Materials provided.

Introductory workshop:
Tuesday, July 27 • 4-6 pm
Tuesday, August 10 • 4-6 pm
Cost: $24/workshop

12-week class:
Tuesdays, Sept 7 - Nov 23 • 4-6 pm
Cost: $140

Oil Painting
Faculty: Megan Hannon, BFA
This class will teach the fundamentals of oil paint. You will experience different techniques and oils that are used to mix with oil paint so that you can create the results you want. Materials provided.

Introductory workshop:
Wednesday, July 14 or 21 • 9 am-12 pm
Cost: $36/workshop

12-week class:
Wednesdays, Sept 8 - Nov 24 • 10 am-12 pm
Cost: $140

Pottery 101
Faculty: Jim Weber
This class introduces the basics of hand-building and wheel-throwing pottery by professional potter and teacher Jim Weber. Materials provided.

Introductory workshop:
Monday, August 2 • 9 am-12 pm
Thursday, August 19 • 5:30-8:30 pm
Cost: $36/workshop

12-week class:
Mondays, Sept 13 - Nov 29 • 9 am-12 pm
or
Thursdays, Sept 9 - Dec 2 • 5:30-8:30 pm
(no class 11/25)
Cost: $140

Watercolor Painting
Faculty: Emma Hartman, MFA
This class will introduce the basics of watercolor painting from proper technique to design principles. Materials provided.

Introductory workshop:
Friday, July 30 • 9-11 am
Friday, August 13 • 9-11 am
Cost: $24/workshop

12-week class:
Fridays, September 10 - December 3 • 9-11 am
(no class 11/26)
Cost: $140

Grand Reopening Highlights

Ribbon Cutting: Board Chair, Tony Kouskelekous, Executive Director, Andrea Smith, Governor, Henry McMaster, Director of Aging, Connie Munn

Playing the new piano in the lobby

Silver Sneakers® Class

Pottery Demo

Painting Workshop

Silver Sneakers® Class

Governor McMaster enjoys new fitness center

Talking with the Artist

Enjoying the Art

Intro to Alexander Technique with Naina Dewan

Intro to Voice Workshop with Dr. Lisa Barksdale

Enjoying the Art Exhibit

Painting Workshop

Highlight: Partner Site

Mt. Pleasant Community Center

Mildred Moses hard at work.

Setting the stage for a fun afternoon.

After a long year of being closed due to the pandemic, the participants at Mt. Pleasant Community Center are thrilled to have the center open for activities again. From days dedicated to pampering, to walking club and jewelry making, they sure know how to have fun at Mt. Pleasant! During the month of May, Site Coordinators, Angela Johnson and Tish McDaniel, put together a special afternoon for their participants. They invited Senior Action Program Coordinator, Carly Mellor, to instruct an acrylic painting class, while they served a beautiful spread of fruit, cheese, crackers, and sparkling grape juice. During the class, participants discovered their artistic ability and created beautiful works of art, all while enjoying the company of friends. The artwork turned out great, but the smiles and laughter were even better. We can't wait to see what they have in store for the summer months!

This program in partnership with:

GREENVILLE CountyRec
PARKS • RECREATION • TOURISM

Johnnie Rice adding the final touches.

Elaine Humphreys shows off her work.

Site Coordinator, Angela Johnson, serves sparkling grape juice for this fun event.

Mt. Pleasant participants show off their masterpieces.
Seated from left to right: Jean Cannon, Mamie Grant, Johnnie Rice, Bernice Saxon
Standing from left to right: Tish McDaniel, Mildred Moses, Elaine Humphreys, Laura Starks, Carolyn Goodjoin, Angela Johnson

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Complete this form and mail it to the address above, or donate online @ senioraction.org