

spark

Jan-Mar

2022

Senior Action's Newsletter to Spark your Life

senior
action

senioraction.org



Hours of Operation

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

Closed Monday, January 17 in observance of Martin Luther King Day

Staff

Andrea Smith | Executive Director/CEO
Lori Cashin | Director of Operations
Marti Stegall | Director of Member Experience
Naina Dewan | Fine Arts Center Director
Desiree Hempe | Volunteer/RSVP Coordinator
Katherine Jones | Wellness 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 • 864.546.9088

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?

Most 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, Dec. 17

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

Open Registration: A la Carte style begins Tuesday, Dec. 21

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

TOUR SCHEDULE (by appointment only)

January/February/March:

Mon/Wed/Fri: 10 am, 12 pm

Tues/Thurs: 10 am, 6 pm



This year will be different...

I say that to myself every year at this time. This is the year that I'm finally going to clean out all of the clutter in my house. I'm finally ready to take that cooking class that I've been wanting to take. I'm going to join that Bible study at church and get back involved in the choir. This year I'm going to travel more and make my extended family more of a priority. And the big Kahuna of them all... this year I'm going to focus on my health.

It has always fascinated me how I, and millions of others, start the year with such high hopes only to find ourselves wallowing in self-loathing a few short months later when we haven't kept our promises. In fact, according to research, 77% of Americans make New Years' resolutions each year, but only 8% keep them. I think I may have found the answer...I've been trying to do it alone.

It has been proven in multiple studies that finding a community of people to share life with, improves your life



expectancy as much as 50%. That alone should convince us, but it's not always easy to find people who share your hopes and struggles.

However, community

can come from a shared place, hobbies or interests, or shared goals. It's about involvement, connection, and togetherness. This feeling of fellowship with others can help provide a sense of purpose and belonging, and in turn, can have a positive effect on overall health and wellbeing. It may be easier than you think.

There are so many benefits to finding a community:

Motivation and Accountability – when you are setting goals for better health, there is nothing better than a group of people all working together and cheering for everyone's success. Showing up for an exercise class where you know people will miss you is a powerful motivator for not giving up.

Learning Opportunities – there is power in the collective wisdom of a group. Having a community of people that you know and trust where you can ask questions and advice (as opposed to the internet that is full of wrong and harmful information) can be enormously helpful.

Networking Opportunities – when you are in need of a helping hand or service or maybe you are a person who can offer a service, having a community can help you make those connections that you couldn't have otherwise.

Making Friends – making friends seems to just get harder and harder as we age, but is so important for our health. Just pay attention to your attitude and heart rate next time someone waves and smiles and says "hi" to you. A community is a continual source of friendship and companionship.

Stress Relief – having fun with a group of people, who you look forward to spending time with, is a great boost to your mental health.

One of the aspects of Senior Action that I love the most is the community that is created in all of our centers. It's common to see a group exercising in a class, and then see a few of those people gathered around a board game later, or in an art class with a completely different group of people. Community is happening all over the place in a huge variety of different ways.

Studies show that when you share your goals with others, you are twice as likely to achieve them. If you haven't found "your people" at Senior Action yet, don't give up. The walls are filled with people just like you looking for their place to connect. If you have found community in our various programs and activities, consider being "community" for someone else. Invite them to participate by saving them a chair next to you or commit to learning their name and saying "hi" when you pass in the hall. This year IS going to be different! We will achieve those goals...together!

Andrea Smith, Executive Director/CEO

HOSTED BY LIB RYAN DANCE CLUB



PUBLIC
Ballroom
DANCE

First Friday each Month

Lesson at 6:30 pm | Dance 7-9 pm
\$10

An evening of ballroom dancing beginning with a 30-minute lesson by a professional ballroom dance teacher. No partner required. All levels welcome.

Open to the Public!

WELCOME new staff



Desiree Hempe

RSVP/Volunteer Coordinator

Please help us in welcoming Desiree Hempe to our Senior Action Team as our new RSVP/Volunteer Coordinator. She comes to us with five years of experience in the nonprofit sector previously having worked for the Salvation Army of Greenville. Her passion is to serve others and she loves to bring people together for the community. Originally from South Florida, she and her husband, along with their two children, decided to make Greenville their home in 2013. In her free time, she likes to stay busy and enjoys short hikes in the mountains, going to Carowinds Theme Park with the family, or enjoying all of the different events and activities the Upstate has to offer.



Kate Blackmon

Front Desk Receptionist

Former Chef Kate, has a rich tapestry of experience in the hospitality and travel industry around the world. Previously engaged as a chef in several Royal households, Kate moved to South Carolina from England after meeting and marrying her 'Southern Beau' 16 years ago. Kate still loves to cook and bake and enjoys doing traditional archery in her spare time. Kate finds immense joy and fulfillment working with the local Senior community.

A YEAR IN REVIEW

3190 PEOPLE SERVED

951 NEW MEMBERS SINCE
OPENING NEW CENTER
ON E. NORTH ST

44 NEW CORPORATE MEMBERS

897 PEOPLE ATTEND SENIOR
ACTION AT NO CHARGE
(paid by SilverSneakers®, Renew Active®,
& Silver and Fit®)

637 PEOPLE HAVE ENROLLED
IN OUR BRAND NEW FINE
ARTS CENTER (opened in May)



\$2.7 Million Operating Budget WHERE DID THE MONEY GO?

- **69,144** Meals served at 9 centers
- **300** People enjoyed Thanksgiving meal together in new space

MEALS 42%



**TRANSPORTATION
21%**

- **566** People driven to
doctor's appointments
(80,614 miles)

2021



HOME-BASED PROGRAMS 10%

- **48** People were provided affordable housing
- **156** Lawns mowed every two weeks (Mar – Nov)



VOLUNTEERS 5%



- **78** People provided over **3,300 hours** of service

- **934** People have taken **42,221 hours** of exercise classes
- **470** People have spent **78,709 hours** in our fitness center
- **306** People provided Covid Vaccine



CENTER PROGRAMMING 22%



- **\$122,015** Raised at this year's Dancing with the Carolina Stars (2nd largest amount with smallest cast)
- **\$134,675** Given by 106 individuals toward our New Building Fund (close to \$1 million raised to date toward \$7.6 million total project)



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!

Tuesdays/Wednesdays/Thursdays/Fridays • 1 pm
Members only: Free

BOOM Move! NEW

Certified Instructor: Christin Taylor

This class is all about breaking a sweat and having fun. We focus on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great workout.

Mondays • 9-9:30 am
Wednesdays • 3:45-4:15 pm
Members only: Free

Group Strength

Certified Instructor: Christin Taylor

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

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

Line Dance: Intro

Volunteer Leader: Barbara Steele

Never line danced before? This is where you should start! We break it all down slowly to build your foundation.

Mondays • 2:30 pm
\$20/month
Member: Free

Line Dance: Beginner First Year

Volunteer Leader: Barbara Steele

Get off on the right foot with this class designed to teach basic step sequences and terminology while building choreography to easier dances.

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

Line Dance: 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
\$20/month
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 pm
Wednesdays • 12:30 pm
\$20/month
Member: Free

SilverSneakers® Circuit NEW TIMES

Certified Instructors: Tasha Kahaleh/Callie Adams

Move to great music in a class that 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
9:45 am; 11 am; 5:45 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
Mondays/Wednesdays • 2:15 pm
Members only: Free

BACK BY POPULAR DEMAND

Simply Stretch Series

Certified Instructor: Pat Ficarotta

Come practice safe stretching as you experience the difference it can make in how you feel.

Tuesdays • Jan 18 – Mar 22 • 3:30-4:15 pm

\$65/10-week series

Member: \$50/10-week series

SteadyHab® Balance Series

Created and Provided By Patrice Hazan, Doctor of Physical Therapy

This class will improve your stamina and leg strength while decreasing your risk for falling. This class is for anyone who walks with an assistive device; is fearful of falling; has difficulty getting up from a lower surface; may have had physical therapy for balance training in the past.

Tuesdays • Feb 1 – Mar 8 • 2:30 pm

\$75/6-week series

Member: \$60/6-week series

StrengthHab® Series

Created and Provided By Patrice Hazan, Doctor of Physical Therapy

This class has fun, complex and challenging exercises designed to improve agility, speed and power as well as balance and confidence in all activities.

Tuesdays • Feb 1 – Mar 8 • 3:45 pm

\$75/6-week series

Member: \$60/6-week series

T'ai Chi Chih

Certified Instructor: Adabelle Rychtarik

Enjoy physical and mental benefits with a series of 19 gentle, meditative movements that circulate and balance life energy in the body.

Mondays • 12:45 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 pm

\$20/month

Member: Free

T'ai Chi Yang 24

Volunteer Leaders: Norman Tada/Jean Lindsey

This short form consists of slow, continuous, circular movements in a flowing form. Various postures, stances, and movements promote the flow of energy (chi) through the body. New students are welcome!

Mondays/Wednesdays • 9:45 am

\$30/month

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

\$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 am

\$42/month

Member: \$30/month

Yoga: Yoga Flow NEW TIMES

Certified Instructor: 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 • 10:30 am or

Tuesdays/Thursdays • 7 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! Designed for all levels.

Tuesdays • 1:30 pm

\$30/month

Member: \$20/month

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.
- Personal Training is available for members for \$45/hour. See the front desk for more information.

A1C Got You Down? Managing and Preventing Diabetes

Presented by Corporate Member, Madison Pate, Certified Diabetes Care & Education Specialist/Diabetes Prevention Program Coordinator, Pelham Medical Center

Learn the basics of diabetes, how to prevent the onset and how to manage diabetes if you have been diagnosed. Get great tips on small behavior changes that have a big impact on your health.

Friday • Jan 7 • 1 pm
Friday • Jan 14 • 10 am
Free

Stay at Home Longer

Presented by Corporate Member, Lionel Bregetti, Consumer Asset Protectors

This presentation will nourish your body and your mind! Lionel will bring breakfast goodies and door prizes for you to enjoy while learning about new laws that started in June, 2021. These new laws can provide up to \$250,000 of home health care benefits and services so that long-term hospitalization and mandatory entrance into nursing homes can be avoided for those who have had Covid or other accidents.

Tuesday • Jan 11 • 9:30 am
\$5
Member: Free

Prevent Injury Through Strength and Mobility

Presented by Corporate Members, Cody Honeycutt, PT, DPT and Emma Harrison, PT, DPT

Learn how improving functional strength and flexibility can decrease your risk of injury and keep you doing the things you love!

Thursday • Feb 17 • 2 pm
\$5
Member: Free

Lunch & Learn

“Back” to Living: Understanding The Steps To Preventing Back Pain & Pathologies

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

Approximately 8 out of 10 people experience back pain at some point during their lives. This often interferes significantly with normal daily activities. Learn how to prevent back pain and promote a healthy spine. Learn some great stretches and exercises to strengthen your back and relieve your pain

Friday • Feb 25 • 12:00 pm
(lunch is served at 11:15)
No regular lunch service this day.
Box Lunch: \$10
Member: \$8

Should I Stay Or Should I Go?

Presented by Corporate Members, Laurie Greenway, Berkshire Hathaway, C Dan Joyner REALTORS Pelham Road, SRES, Senior Division Director and Heather Burton, LNHA, CRCFA, Owner, Connections to Care

As we enter the golden years, we often ask ourselves, “Should I stay? Is my home the right fit for me to age in place? Or should I go and what are my options? Come learn how to evaluate your home’s adaptability and get valuable tips on organization, DIY projects and estate sale planning. We will discuss options for active senior living and associated costs.

Tuesday • Jan 18 • 11 am
Tuesday • Feb 15 • 11 am
Tuesday • Mar 15 • 11 am
\$5
Member: Free

Hustle Your Muscle and Train Your Brain

Presented by Marty Hinman, PT, DPT, EdD, MHEd, Anderson University School of Physical Therapy

Studies support the benefit of various forms of physical activity and cognitive training in reducing the risk, or delaying the onset of dementia. Dr. Hinman will offer simple movement strategies that help improve and maintain cognitive function.

Tuesday • Jan 18 • 2 pm
\$5
Member: Free

Gut/Heart/Mind: 3-Part Wellness Series

Presented by Corporate Members, Alison Lively and Alicia Bliss, Certified Health Coaches and Co-Founders of The Best Years Group

This 3-part wellness series combines yoga and nutrition education for the active, older adult who wants to live better, not just longer. Each class will focus on a key system of the body: the gut, the heart, and the mind. No prior yoga experience required.

Monday • Jan 24 • 10 am

Monday • Feb 21 • 10 am

Monday • Mar 21 • 10 am

\$15

Member: Free

Estate Planning Seminar: Why You Need An Estate Plan

Presented by Corporate Members, Josh Gantt, Edward Jones Financial Advisor & Brandon Elijah, Burroughs Elijah Attorneys

Information shared on asset transfer, incapacity protection, guardian for minors or dependents, charitable intent and/or tax control. The presenters will provide adequate time for Q &A!

Thursday • Jan 27 • 10 am

Thursday • Mar 24 • 10 am

\$5

Member: Free

Impact Diabetes: Prevent T2 Course

Facilitated by Madison Pate, Certified Diabetes Care & Education Specialist/Diabetes Prevention Program Coordinator, Pelham Medical Center

Are you a healthy weight? Do you have concerns 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! Class size is small to provide individual attention and focus on gradually changing behaviors that impede health. Receive in-person education, guidance and support from a diabetes specialist dedicated to meeting you where you are and helping on your journey to better health. To learn more about this course, register to attend "A1C Got You Down?" seminar.

24-Class Course

Fridays, starting Feb 4 • 10 am

\$200

Love Series

Presented by Corporate Member, Keyaira Johnson, Nurse Next Door

Part 1: Ooh La La: Online Dating for Seniors

As technology is constantly being innovated, there are new avenues of connecting with others romantically at an older age. Think you might like to try online dating? You're not alone. According to the Pew Internet and American Life Project, from 2005 to 2008, the largest jump in adoption of Internet usage was by users ages 70 and older..

Friday • Feb 4 • 10 am

\$5

Member: Free

Part 2: Maintaining the Spark: Enjoying Intimacy as You Age

It's not easy for couples of any age to keep that spark alive, but it is crucial in order to maintain a long-lasting relationship. Keeping the spark alive ignites those feelings of love that will translate over to your relationship & allow you to build a bond that is strong and long-lasting!

Monday • Feb 14 • 1 pm

\$5

Member: Free

Caregiver 101

Presented by Corporate Member, Gina De La Cruz Turcotte, MHA, CFRE, Community Relations Liaison and Certified Advanced Care Planning Facilitator, Wren Hospice

Are you one of 53 million Americans caring for aging loved ones? You are not alone. Learn valuable tips and local resources to help you and your loved one.

Thursday • Feb 10 • 10 am

\$5

Member: Free

Women's Seminar-Time Matters: A Woman's Retirement Outlook

Presented by Corporate Member, Josh Gantt, Edward Jones Financial Advisor

A women focused seminar discussing retirement income, Social Security, withdrawal rates, preparing for the unexpected, inflation risks, and costs of health care and long-term care.

Thursday • Feb 17 • 10 am

\$5

Member: Free

Downsizing or Rightsizing?

Presented by Corporate Members Cynthia Fowler, Executive Director, The Aspens Verdae and Laurie Greenway, Berkshire Hathaway, C. Dan Joyner REALTORS Pelham Road, Senior Division Director

Learn how to make a conscious choice to create a lifestyle that is more sustainable and aligns with the way you want to live. Find freedom to do what you want and live your life to the fullest. Learn how to downsize to the right size with organizational, DIY, and estate sale tips to prep your home for sale!

Thursday • Feb 17 • 1 pm

Monday • Mar 28 • 1 pm

\$5

Members: Free

Say Goodbye to Sad Leftovers

Presented by Corporate Member, Gina De La Cruz Turcotte, MHA, CFRE, Community Relations Liaison and Certified Advanced Care Planning Facilitator, Wren Hospice

There's a time and place for leftovers but no one always wants to eat the same meal three days in a row. Learn how to make three different dinners, all from one rotisserie chicken.

Thursday • Mar 10 • 10:30 am

\$5

Member: Free

Concussion Diagnosis & Prevention

Presented by Corporate Member, Edward Pagan, PT, DPT, PT Solutions

Concussion is highly prevalent among elderly individuals. Learn how to prevent and recognize concussion symptoms, and when to seek medical treatment.

Thursday • Mar 10 • 2:30 pm

\$5

Member: Free

Happiness at Any Age

Presented by Corporate Member, Keyaira Johnson, Nurse Next Door

Good senior home health care goes beyond helping people age safely. In honor of International Happiness Day, we will learn 6 ways seniors can boost their happiness and wellness on their own, or with a caregiver.

Monday • Mar 14 • 1 pm

\$5

Member: Free

Nutrition Made Easy

Presented by Corporate Member, Erica Moore, Registered Dietitian, Diabetes Education Manager, Medical Group of the Carolinas

Eating well doesn't have to be cumbersome and expensive. Learn which foods pack the biggest nutritional punch and great ways to enjoy them.

Tuesday • Mar 22 • 2 pm

\$5

Member: Free

Tech Series (6 Classes)

Presented by Corporate Member, Bill Vicary, Just Call Bill

\$20 per class or \$100 for series

Member: \$12/class or \$60 for series

iPhone Classes

So, you have an **iPhone** and you're really not too sure how to use it? Bill has developed a proven curriculum designed specifically for seniors to systematically take you on an **iPhone** adventure.

Beginner Class

Wednesday, Jan 12 & Thursday, Jan 13

10-11:30 am

Advanced Class

Wednesday, January 19 & Thursday, January 20

10-11:30 am

Tech Connect

Learn how to utilizing technology to be better connected with your family and friends.

Wednesday • Feb 9 • 10 am

Tech Scams and More

Learn about various types of scams today and how to avoid them.

Wednesday • Feb 23 • 10 am

The Cell Phone Bill Mystery

Learn how to read, understand and save money on your cell phone bill. Remember to bring a copy of your cell phone bill.

Wednesday • Mar 9 • 10 am

Tech Talk

This is an open Q & A Session where you can ask questions about your own technology needs.

Wednesday • Mar 23 • 10 am

You Don't Know What You Don't Know: Your Guide to Senior Resources

We have assembled an experienced team of professionals, who have joined Senior Action as Corporate Members. This team of experts pulled their experience together to provide educational and relevant topics to help seniors and their families successfully navigate confusing senior services. This series is free to members and their families.

As an incentive for seniors (members and non-members) and their families to attend, we have a prize give away at the end of the 6th and last session. In order to be eligible for the prize, the attendees must attend all six (6) programs.

\$5 per session
Member: Free

Dazed and Confused About My Health Coverage?

Presented by: Kay Borkowski, Community Engagement Representative, CenterWell Senior Primary Care

10,000 South Carolinians become eligible for Medicare each month. 20% of those do not financially cover themselves from unlimited out of pocket costs. This session will give you the basics of your rights and options when you go into your new health coverage.

Monday • Jan 10 • 1 pm

Navigating Options for Senior Healthcare

Presented by: Heather Burton, MBA & LNHA & Owner, Connections to Care

This informational session will review the services offered and covered by SC Healthy Connections Medicaid. You will learn: How and where to apply; What is Healthy Connections Prime; Differences between Medicare & Medicaid.

Monday • Jan 24 • 1 pm

What Exactly is a Power of Attorney? When & Why Do I Need One?

Presented by: Brigid Benedict, Client Service Specialist, Burroughs Elijah Law Attorneys

65% of people over 60 do not have a will, trust or estate plan. This session will focus on the top reasons everyone needs a comprehensive Power of Attorney. You will learn about Elder Law and the importance of a Power of Attorney.

Monday • Feb 7 • 1 pm

Senior Living Savvy-Making Lemons into Lemonade

Presented by: Mark Milstead, Dementia Care Certified & Owner Assisted Living Locators

\$354 million was spent on Assisted Living in South Carolina in 2020. 41 million people are providing unpaid care for family members. This will be an interactive session that will explore the different and complex options for senior living. You will learn the importance of a plan, options & costs available, and when is the right time to move.

Monday • Feb 21 • 1 pm

How to Manage your Digital and Personal Assets-LifeStats

Presented by: Bill Vicary, Founder/Owner, Just Call Bill-Technology Service Provider for Seniors

53% of people rely on their memory to manage usernames and passwords. 20 is the average number of different usernames and passwords for a person. Have you ever forgotten your username or password? What and where are your personal assets? When a "life incident" (sickness, accident or death) happens, how will someone help you? Come learn how and what to document, recover your important information, and the importance of writing down your information.

Monday • Mar 7 • 1 pm

Panel Question & Answer Session

Join our panel of experts that have previously presented in an informative and interactive question & answer session. Please join us if you want to know more information or have a question about the following topics:

- The Mysteries of Medicare
- Navigating Medicaid
- Let's Make it Legal-Understanding Elder Law
- Senior Housing Options
- Managing your Digital and Personal Assets
- Perfect Attendance Award presented

Monday • Mar 21 • 1-2:30 pm

Attend all 6 sessions to
be eligible to **WIN** a
large Smart TV!

Archery: Intro Class

Volunteer Instructor: Tony Blackmon

Engage in a 5-week series of discussions and presentations, as well as hands-on practical exercises to develop an appreciation and understanding of Traditional Archery. Explore the history of archery as a sporting endeavor and a hobby to be enjoyed for years.

Tuesdays • Jan 11 – Feb 8 • 6 pm

or

Tuesdays • Mar 1 – 29 • 6 pm

\$25

Member: Free

Archery Techniques and Practice

Volunteer Instructor: Tony Blackmon

The Intro Class is a prerequisite to this weekly class. Learn progressive shooting techniques with a traditional bow and arrows. Sessions include simulated exercises to replicate target archery, hunting archery, and archery in warfare. Participants are given time to practice at their own pace once initial instructions are completed.

Tuesdays • 7 pm

\$25

Member: Free

Basket Weaving Group

Volunteer Leader: Sheila Foy

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

1st & 3rd Thursdays • 1-4 pm

\$15/month

Member: Free

Bible Study

Volunteer Class Leader: Betty Atkins

This group shares words of encouragement for growth, hope and faith rooted in the Bible. Participants should bring a Bible to every class.

2nd and 4th Mondays • 12:30 pm

\$10/month

Member: Free

Bingo for Members

Wednesdays • 2 pm

Members only: Free

Jan 26 Hosted by *Cindy Fowler, The Aspens @ Verdae*

Feb 23 Hosted by *Taylor Austin, Hilltop Memory Care*

Mar 23 Hosted by *Kay Borkowski, CenterWell Senior Primary Care*

Birthday Party!

Hosted by Christian Robledo, Haywood Estates

Open to all members but those having a birthday in the months of January, February and March will get a special treat!

Wednesday, Mar 16 • 12:30 pm

Members only: Free (no registration required)

Blood Pressure Screenings

Offered by Corporate Member, Pelham Medical Center

Mondays, Jan 10 & 24, Feb 14 & 28, Mar 14 & 28

10:30 am-12:30 pm

Free (no registration required)

Book Club: Lit Wits

Volunteer Class Leaders: Maureen Mallory and Michelle Hewitt

Connect with other readers in a monthly book club with a meaningful, yet fun discussion.

4th Thursdays • 10 am

\$5/month

Member: Free

Jan 27: *(The) Lacuna* by Barbara Kingslover

Feb 24: *Lost Apothecary* by Sarah Penner

Mar 24: *The Secret Life of Bees* by Sue Monk Kidd

Apr 28: *Big Lies in a Small Town* by Diane Chamberlain

Coffee Chats with Josh

Corporate Member and Edward Jones Financial Advisor, Josh Gantt, will be providing timely market updates about recent current events over coffee and donuts.

Friday • Jan 7 • 9:30 am

Thursday • Feb 3 • 9:30 am

Friday • Mar 4 • 9:30 am

\$5/Month

Member: Free

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 • 2:30-4 pm

\$20/class

Member: \$10/class

Crafts: Jewelry Design: Necklace

Instructor: Susan Tate

Susan will guide you through creating a beaded and chain combo necklace using select gemstones, pearls, glass, and metal with a coordinating chain. All materials included. No experience necessary.

Tuesday • Feb 1 • 4-6 pm

Thursday • Mar 3 • 5-7 pm

\$70/workshop

Member: \$60/workshop

Crafts: Paint Happy

Instructor: Pat Hudson

In each class, participants will complete an acrylic painting with the guidance of the instructor. All materials included. No experience required.

Fridays • 2-4 pm

\$20/class

Member: \$10/class

Crafts: Vision Board Workshop

Instructor: Jennifer Oladipo, MA

Create your very own multi-medium vision board for 2022, full of your intentions, hopes, and dreams for the New Year. All materials included. No art experience required.

Friday • Jan 21 • 11:30 am – 1 pm

\$20/class

Member: \$10/class

Games: Bridge

Volunteer Leader: Susie Roberts and Rebecca Evans

Beginner with Instruction

Fridays • 10:30 am-12 pm

Intermediate/Advanced

Wednesdays • 1-4 pm

Note: Players arriving within 10 minutes of class start time will be included in play. Anyone wishing to play earlier than the scheduled time must play in the lobby.

\$15/month

Member: Free

Games: Traditional Hand and Foot

Volunteer Leaders: Steve & Doll Chmura (Thurs)

Barbara Cannada (Fri)

Thursdays • 2-6 pm

Fridays • 1:30-4:30 pm

Note: Players arriving within 10 minutes of class start time will be included in play. Anyone wishing to play earlier than the scheduled time must play in the lobby.

\$15/month

Member: Free

Games: MahJong NEW

Volunteer Leader: Julie Gauci

Instruction and Play

Thursdays • 1-4 pm

Note: Players arriving within 10 minutes of class start time will be included in play. Anyone wishing to play earlier than the scheduled time must play in the lobby.

\$15/month

Member: Free

Games: Mexican Train Dominoes

Volunteer Leader: Bobbie Green (Fridays)

Tuesdays • 1:30-4:30 pm

Fridays • 1:30-4:30 pm

Note: Players arriving within 10 minutes of class start time will be included in play. Anyone wishing to play earlier than the scheduled time must play in the lobby.

\$15/month

Member: Free

German (Intermediate/Advanced)

Volunteer Class Leader: Paula Northuis

Wednesdays • 10 am-12 pm

\$15/month

Member: Free

Guest Artist Reception

Artist: Patricia Kilburg

A studio artist residing in Greenville, South Carolina, Patricia Kilburg has exhibited throughout the United States and internationally through the Art in the Embassies Program. She is one of the founders of Greenville Center for Creative Arts and maintains a studio and gallery in the Village of West Greenville, SC. A recurring theme of her abstract work is the ambiguity of time and space and the mysteries of nature. Exhibition runs January-March.

Thursday • Feb 17 • 4-6 pm
Free (no registration required)

Injury Screenings

Offered by Corporate Member, PT Solutions

Receive a complimentary 15-minute injury screen to address any nagging pains, potential injuries or musculoskeletal problems you are dealing with.

Thursday, Jan 13 • 10 am-12 pm
Tuesday, Mar 1 • 2-4 pm
Free (no registration required)

Lib Ryan Dance Club

Volunteer Leader: Jack deVroomen

Learn from other participants the basic steps of the Foxtrot, Tango, Waltz, Cha-cha, Swing, and more in a fun, welcoming community of dance enthusiasts. No partner required. All levels welcome!

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

Member Social

Come together and meet new members and reconnect with those you may not have seen in a while. Enjoy light refreshments and a few chances to win a door prize.

Monday, Feb 28 • 3 pm
Hosted by Sharlene Hauser, CIGNA

Thursday, Mar 31 • 3 pm
Hosted by Taylor Austin, Hilltop Memory Care

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.

2nd & 4th Thursdays • 1-4 pm
\$15/month
Members: Free

Music Jam

Volunteer Leader: Bob Ripley

A music-based experience for all Creatives. Musicians of all levels, playing a variety of instruments, including voice, contribute to song choices and make music together. Others are invited to listen to the music while engaging in dance, sketching, and writing.

Wednesdays • 10 am-12 pm
\$15/month
Member: Free

Paint & Pour

Presented by Corporate Members Keyaira Johnson, Nurse Next Door, Cindy Fowler, The Aspens @ Verdae and Laurie Greenway, Berkshire Hathaway, C. Dan Joyner REALTORS Pelham Road
Instructor: Megan Hannon, BFA

Bring a friend, enjoy a glass of wine and other non-alcoholic beverages while letting your artistic vibes inspire you for a fun, guided painting class.

Tuesday, Jan 25 • 6:30-8 pm
\$12
Member: \$7

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

Self-Defense Workshop For Older Adults

Presented by Corporate Member, Lance Dauby, PruittHealth Hospice and Palliative Care

Learn how to develop a winning mindset if faced with a physical confrontation. From wheelchairs to walkers, learn how to leverage your situation as an advantage.

Thursday • Feb 10 • 2 pm
\$5

Member: Free

Stitch in Time

Volunteer Leader: Joyce Horn

Join us and meet new friends while enjoying knitting, crocheting, or other stitchery skills in a relaxing environment. All levels welcome! Participants bring their own supplies and work on individual projects. Group projects include items that are donated to local charities.

Thursdays • 1-2:30 pm
\$15/month

Member: Free

Meet & Greet

Meet with Senior Action Corporate Members. No registration required. Drop by their tables in the lobby.

Connections to Care, Heather Burton

Experts at assisting clients and families, local and long distance, with managing the journey of aging. Our professional relationships with reliable community home services, Assisted Living, Memory Care, and Independent Living communities allow our clients peace of mind with complicated life decisions.

Tuesdays • Jan 4, Feb 1, Mar 1 • 11 am-1 pm

Hilltop Memory Care, Taylor Austin

A community 100% focused on caring for the individual and their personal journey with Alzheimer's and other forms of dementia. .

Wednesdays • Jan 12 & 26, Feb 9 & 23, Mar 9 & 23

10:30 am -12:30 pm

Berkshire Hathaway Home Services, C Dan Joyner, Vickie Given, SRES

Helping seniors with all of their real estate needs.

Tuesdays • Jan 18, Feb 15, Mar 15
9:30-11:30 am

Just Call Bill, Bill Vicary

Specializing in providing technology service to senior adults and their families

Fridays • Jan 7, Feb 4, Mar 4 • 10 am-2 pm

PruittHealth, Lance Dauby

Providing expert health services at our location or in your home.

Fridays • Jan 21 & 28, Feb 18 & 25, Mar 18 & 25
12-2 pm

The Aspens @ Verdae, Cindy Fowler

An active adult community, at the corner of Verdae Boulevard and Salter Springs Road, that promotes friendship, freedom and fun—all the things that never get old.

Fridays • Jan 14, Feb 11, Mar 11 • 11 am-1 pm

Waterstone on Augusta, Ann Peart

While Assisted Living might not be what you need now, come talk with Ann to find out what Waterstone offers and how to prepare for that stage, should you need it.

Mondays • 11 am-1 pm

Wren Hospice, Gina Turcotte

Don't let the word "Hospice" scare you...Even with all of the information available about hospice, many misconceptions still exist and you or your loved one could be missing out on much needed support. Stop by and speak to Gina about the many ways that patients and families may benefit from the services available.

Thursdays • Jan 6 & Feb 3 • 10:30 am-12 pm

Fine Arts Center Performance Series

Ninja Picasso: The Power of Color & Movement

Hosted by Corporate Member, Kay Borkowski, Center Well Senior Primary Care

In celebration of Black History Month, Greenville-based visual and performing artist Nick Burns shares his story through dynamic music, movement, and color. Q&A session to follow performance.

Friday • Feb 4 • 3 pm

\$15

Member: \$10

One Voice: A Black History Narrative – Performed by Jeremiah Dew

Hosted by Corporate Member, Kay Borkowski, Center Well Senior Primary Care

One Voice: A Black History Narrative is a performance and live experience opportunity for historical and entertainment value. The show was birthed from the idea that many African-American trials and triumphs could be better explained by the voices themselves, and not just the page or the political platform. Over 50,000 audience members have been witness of these re-tellings, from South Carolina to Chicago.

Thursday • Feb 17 • 4 pm

\$15

Member: \$10

Dancing East to West: Classical Indian Dance in the Upstate

Hosted by Corporate Member, Cindy Fowler, The Aspens @ Verdae

Celebrate Women's History Month with Greenville-based classical Indian dance artist, educator, and choreographer Sunitha Raj as she shares the ancient and exquisite dance form of Bharata Natyam. Q&A session to follow performance.

Friday, Mar 11 • 2 pm

\$15

Member: \$10

Beloved Exile

Hosted by Corporate Member, Kay Borkowski, Center Well Senior Primary Care

Celebrate the coming of spring with a contemporary dance performance exploring the emergence from isolation, finding strength in oneself, and the need for connection. Q&A session to follow performance.

Friday, Mar 25 • 3 pm

\$15

Member: \$10

Trips

Group trips are open to any adult whether a member of Senior Action or not. Feel free to invite others to travel with us!

Trip Activity Levels

-  **EASY** – Up to 2 blocks of walking on even terrain and a few stairs. Periodic rest stops and intermittent seating available throughout the day. Wheelchair, cane and walker accessible
-  **MILD** – Between 2-4 blocks of even walking and short flight(s) of stairs. Resting areas vary. Standing approximately 30 minutes periodically over the day. Usually wheel chair, cane and walker accessible.
-  **MODERATE** – Up to 4 blocks of walking and some incline and/or steps involved. Resting areas available at end of tour. Standing approximately 1 hour periodically over the day. May not be appropriate for canes, walkers, or wheelchairs.
-  **STRENUOUS** – More than 4 blocks of walking with many stairs and uneven terrain. No resting areas available for long periods of time. More than 1 hour of standing. Not appropriate for canes, walkers, or wheelchairs. Participants with physical limitations should take this into account.



Private Tour of the Military History Center of the Carolinas

Enjoy a private, one hour tour lead by MHCC Museum volunteers. The MHCC is dedicated to honoring veterans, preserving U.S. Military History and performing community service by collecting and restoring items to take to events in our local communities. After the tour, enjoy lunch (Dutch Treat) at the Runway Café, and a dessert compliments of Wren Hospice. The café is just a short walk from the museum.

Wednesday, Feb 23 • 10 am-1:15 pm
Registration Deadline: Feb 18

Wednesday, Mar 30 • 10 am-1:15 pm
Registration Deadline: Mar 25

\$5 | Lunch is Dutch treat

Space may be available for the **Alaskan Cruise** **May 19–27, 2022**. Ask for more information at the Reception Desk.



Cha-Ching! Harrah's Cherokee Casino

Try your luck at the Casino! The cost of the trip includes a \$20 voucher for electronic gaming machines. All participants must have a valid ID (Driver's license, State ID and/or passport with valid expiration date). **A CAESARS REWARDS CARD is also required for gaming.** If you have a CAESARS REWARDS CARD, please provide your card number upon REGISTRATION. If you do not have a card, you can get your card at the Caesars Rewards Center by presenting your valid photo ID at the Casino upon arrival. Masks are optional. A light breakfast will be served at the Berea Community Center once the bus arrives from E. North St.

Tuesday, Mar 1 | Cost: \$30

Payments can be split into 2 installments of \$15 each

Depart: E. North @ 8:30 am/Berea @ 9:45 am
(Light breakfast served at Berea @ 9 am)

Return: Berea @ 7 pm /E. North @ 7:30 pm

Registration & Final Payment Due:
Thursday, Feb 24

Details: Cost includes a light breakfast@ BCC, transportation on a Motor Coach bus (with minimum of 40 travelers), \$20 Voucher for Electronic Gaming Machines at Harrah's

Other Costs to you: Food & Souvenirs at the Casino and tip for Bus Driver

Pick up & Drop off available at E. North and the Berea Community Center



New York City Holiday *December 2-6, 2022*

HIGHLIGHTS:

New York City Tour
Rockefeller Center
Radio City Music Hall Rockettes
Holiday Show
One World Observatory
St. Patrick's Cathedral
Statue of Liberty & Ellis Island
9/11 Memorial and Museum
Broadway Show
Central Park
Manhattan
Christmas Store Visit
Holiday Lights Tour

INTEREST MEETINGS

*with Premier World Discovery Representative,
Laura Driggers*

**Wednesday • Jan 19 • 11 am or 2 pm
Registration Deadline: Jan 18**

**Thursday • Feb 17 • 10 am or 1 pm
Registration Deadline: Feb 16**

AARP

FREE TAX

Assistance Program

Out of an abundance of caution, the format for the FREE Tax Aide Program in 2022 will be Drive Up & Drop Off.

**Appointments begin:
Tuesday, Feb 1 – Thursday, Apr 14**

LOCATIONS:

Zoar United Methodist Church – 1005 Hwy 357, Greer
Augusta Road United Methodist Church - 8324 Augusta Rd, Pelzer
Senior Action @ E. North Street - 3715-K E. North Street

**Call 864.335.5011
for more information**

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.

Dance Classes

Alexander Technique *Faculty: Naina Dewan, MFA*

The Alexander Technique is a neuromuscular therapeutic method that enhances posture, poise, balance, ease, and lightness of movement.

Fridays, Jan 7 – Mar 25 • 11 am

Cost: \$140

Classical Ballet I *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.

Mondays, Jan 3 – Apr 4 (no class 3/22) • 10 am

Cost: \$140

Contemporary Dance I *Faculty: Megan Hannon, BFA*

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, lyrical, and classical ballet.

Mondays, January 3 – Apr 4 (no class 2/21) • 4 pm

Cost: \$140

Dance Improvisation *Faculty: Megan Hannon, BFA*

Explore the joy of guided authentic movement, improvisation, and dance-making in a fun and nurturing environment.

Fridays, Jan 7 – Apr 1 (no class 2/25) • 1 pm

Cost: \$140

Introduction to Dance *Faculty: Stephanie Cureton, BA*

This class will introduce the basics of ballet, contemporary, and jazz dance techniques, emphasizing proper alignment, musicality, and the joy of movement in a supportive environment. All bodies and levels welcome.

Tuesdays, Jan 4 – Mar 22 • 12 pm

Cost: \$140

Poetry & Dance *Faculty: Megan Hannon, BFA*

Explore the depths of poetry and how it can translate into movement. Delve into the connection between words, sound, music, and movement to create and build short performances.

Fridays, Jan 7 – Apr 1 (no class 2/25) • 2:15 pm

Cost: \$140

All classes are one hour unless otherwise noted.

Annual Fine Arts Center Annual Enrollment Fee: \$50

Waived for Senior Action Members

Annual Ensemble Performance Dues: \$10/ensemble

Waived for Senior Action Members

Class Tuition (per 12-week semester):

1 class: \$140 each*

2 classes: \$130 each*

3+ classes: \$120 each*

*Visual arts classes also have a materials fee, listed under each class.

Open Studio Time

Available to Fine Arts Center Students Only

Art: M/W • 3:30–5 pm

Music: M/W/F • 3:30–5 pm

Studio I: F • 3:30–5 pm

Mark Your Calendars

**Spring 2022 Semester
April 4 – June 24, 2022**

Music Classes

Great American Songbook

Faculty: Craig Price, PhD

This class explores some of the most important popular songs and jazz standards of the early 20th century. View performances by legendary performers who have brought these songs to life, and sing some of these songs together in a sing-a-long format.

Thursdays, Jan 6 – Mar 24 • 4 pm

Cost: \$140

Guitar I | *Faculty: Thom Hannon*

This group class introduces the fundamentals of guitar playing. Instrument required; please inquire at the front desk for local rental & purchasing recommendations.

Mondays, Jan 3 – Apr 4 (no class 2/21) • 10 am

Cost: \$140

Guitar II | *Faculty: Thom Hannon*

This group class deepens understanding of the fundamentals of guitar playing. Instrument required; inquire at the front desk for local rental & purchasing recommendations.

Mondays, Jan 3 – Apr 4 (no class 2/21) • 11:15 am

Cost: \$140

Music of the Harlem Renaissance

Faculty: Ed Warble

Musician/educator Ed Warble shares the cultural phenomenon of the Harlem Renaissance including philosophy, art, dance, fashion, literature, theater, politics, and music. Attendees will explore the underlying motivations and collective pride present in this wave of Afro-American expression during the 1920's and '30s.

Wednesdays, Jan 5 – Mar 23 • 1 pm

Cost: \$140

Ukulele I

Faculty: Laurie Gentry, MA & Linda McMakin

This class introduces the fundamentals of Ukulele playing.

Mondays, Jan 3 – Mar 28 • 1:30 pm

Cost: \$140

Voice I | *Faculty: Craig Price, PhD*

This class explores techniques such as breathing, articulation, phrasing, and other elements of healthy singing. Singers of all experience and levels are welcome. All that is required is a heart for singing and a spirit of learning.

Thursdays, Jan 6 – Mar 24 • 5:15 pm

Cost: \$140

Music Ensembles

Carolínians Senior Jazz Band

By audition only

Conductor: Ron Hamilton, BM

Tuesdays • 1:15 pm

Cost: \$10/year

Member: Free

The Guys & Gals of Swing

By audition only

Conductor: Ron Hamilton, BM

3rd Thursdays • 10 am

Cost: \$10/year

Member: Free

Ukulele Ensemble

Volunteer Leaders: Laurie Gentry, MA & Linda McMakin

Intermediate: Fridays • 10 am

Pre-requisite to Advanced

Advanced: Fridays • 11:15 am

By audition only

Cost: \$10/year

Member: Free

Upstate Senior Band

Conductor: Tad Riddle, MA

Tuesdays • 10 am

Cost: \$10/year

Member: Free

Visual Arts Classes

Drawing I | Faculty: Ashley Brickner, BA

Learn Ashley's 15 drawing epiphanies (i.e. how to hold a pencil, understanding that the background is just as important as the foreground, etc.), as well as the acronym W.A.L.T. (Where, Angle, Length, Texture/Details) to work on the order of how to best begin and work through a drawing. No experience required except a willingness to try new things and a desire to draw. Materials provided.

Tuesdays, Jan 4 – Mar 22 • 9:30 am

Cost: \$140

Materials Fee: \$10

Drawing II | Faculty: Ashley Brickner, BA

This class touches on lessons already practiced in Drawing I, such as Ashley's 15 drawing epiphanies and W.A.L.T. (Where, Angle, Length, Texture/Details), and will move into more complex projects like detailed face drawings of a variety of people, ages, and ethnicities. The goal for students in this class is to take away an understanding and ability to draw faces. Materials provided. Pre-requisite: Drawing I.

Tuesdays, Jan 4 – Mar 22 • 12:30-2:30 pm

Cost: \$140

Materials Fee: \$10

Fiber Arts: Felting | Faculty: Caroline Hughes, MFA

This introductory course explores various ways of creation used in felting. For beginning students with no prior textile experience to intermediate practitioners. Materials provided.

Tuesdays, Jan 4 – Mar 22 • 4-6 pm

Cost: \$140

Materials Fee: \$20

Oil Painting I | Faculty: Megan Hannon, BFA

This class introduces the fundamentals of oil paint. Student 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.

Wednesdays, Jan 5 – Mar 30 (no class 2/23)

1-3 pm

or

Thursdays, Jan 6 – Mar 31 (no class 2/24)

10 am–12 pm

Cost: \$140

Materials Fee: \$30

Oil Painting II | Faculty: Megan Hannon, BFA

Students will have the challenge of referencing their own, hand-picked photo in order to create original work with the option of exploring different mediums within oil painting, including linseed oil, liquid, and turpentine. Materials provided.

Pre-requisite: Oil Painting I.

Mondays, Jan 3 – Apr 4 (no class 2/21)

12:30-3:30 pm

or

Wednesdays, Jan 5 – Mar 30 (no class 2/23)

9:30 am-12:30 pm

Cost: \$140

Materials Fee: \$30

Pottery | Faculty: Jim Weber

This class teaches the techniques of pottery, both hand-building and wheel-throwing. Materials provided.

Mondays, Jan 3 – Mar 28 • 9 am-12 pm

or

Thursdays, Jan 6 – Mar 24 • 5-8 pm

Cost: \$140

Materials Fee: \$30

Watercolor Painting

Faculty: Emma Hartman, MFA

This class introduces the basics of watercolor painting from proper technique to design principles. Differentiated instruction for more advanced students is available. Materials provided.

Fridays, Jan 7 – Mar 25 • 9-11 am

Cost: \$140

Materials Fee: \$20

Observation Week: February 28 – March 4

Want to get a little more information and sampling of our Fine Arts classes?

Enter the art, dance, and music studios, meet our faculty, talk to the students, and see what's happening in our Fine Arts Center during Observation week. Inquire at the front desk or check the room signs for class times. Open to the community - all ages welcome! Free.



3715 E North St., Suite K
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