

spark

Apr-June

2022

Senior Action's Newsletter to Spark your Life



senioraction.org



Hours of Operation

NEW HOURS

Monday – Thursday 8 am – 8 pm
Friday 8 am – 5 pm

Senior Action will be closed on the following days:
Friday, April 1: Staff Training Day
Friday, April 15: Good Friday, in observance of Easter
Monday, May 30: In observance of Memorial Day

Staff

- Andrea Smith** | Executive Director/CEO
- Lori Cashin** | Director of Operations
- Marti Stegall** | Director of Member Experience
- Katherine Burns** | Program Coordinator
- Naina Dewan** | Fine Arts Center Director
- Desiree Hempe** | Volunteer/RSVP 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 & programs
- Early enrollment for all classes & 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 Thursday, March 24

- Register for any classes or programs listed for the quarter

Open Registration: A la Carte style begins Monday, March 28

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

DID YOU KNOW?

- Information about REFUNDS can be found in the FAQ in the new Membership Packet.
- Senior Action communicates through voice messaging, text, and emails. Please add our phone number to your contacts, **864.467.3660.**

TOURS (by appointment only)

April/May/June:

Mon/Wed/Fri: 10 am, 12 pm
Tues/Thurs: 10 am



Do you remember your first kiss? Your first day of school? The first time you met your best friend? When you graduated from High School? When you bought your first car? There are so many moments like this that add up along our lives and one of my favorite things to do is to reflect on these special memories with friends. No matter how well I think I know someone, I almost always learn something new and interesting when talking about these milestone moments in people's lives.

Sometimes when we celebrate these big milestone moments, I often hear myself and others exclaim, "Where did the years go?" or "I can't believe it's been five years!" Many of you are familiar with the famous saying "the days are long but the years are short." Susan B. Anthony once said, "Sooner or later we all discover that the important moments in life are not the advertised ones, not the birthdays, the graduations, the weddings, not the great goals achieved. The real milestones are less prepossessing. They come to the door of memory unannounced, stray dogs that amble in, sniff around a bit and simply never leave. Our lives are measured by these."

Celebrate Good Times

New Plans Discussed For Elderly



The Greenville Area Action Council on Aging was formed last night to discuss ways to give older citizens more to look forward to. Dr. L. P. Hollis (left) presided over previous planning sessions; Mrs. Eula May Stockman is consultant for Greenville and Anderson counties in the South Carolina

Council of Aging and has worked to establish the organization, and Rev. B. S. Drennan (right) pastor of St. Paul Methodist Church, will serve as chairman until officers can be elected. (News-Piedmont photo by Louis M. Burress).

Organization Dedicated To The Aging Is Formed

By JACK NORRIS
News Staff Writer

More than 50 persons, in age from 18 to 84, gathered last night to form an organization dedicated to helping the aging people of Greenville County

effective if it came from a center to which older persons could go at any time during the day, she said. The community should establish a place that older people can call their own, and people

Daylight Time Begins In S. C. On April 30th

COLUMBIA (AP) — South Carolina will go on Daylight Saving Time April 30, for the first time in a non-war year. The state legislature adjourned for the weekend

Caption: Senior Action was formed officially in November 1967.

Senior Action's new director picked for her 'passion' for job

By Liv Osby
HEALTH WRITER
losby@greenvillenews.com

Andrea Smith has been named executive director and CEO of Senior Action, replacing interim director Tom Hovland.

Smith, formerly director of community ministries for Bon Secours St. Francis Health System, was chosen from a field of about 20 candidates, Bill Hartzell, chairman of the agency's board of directors, said Thursday.

"We went through a selection process, interviewed the top three candidates, and Andrea Smith just bubbled up to the surface with the most relevant back-

ground and the most passion for working with seniors," he said.

"We could see her mind already working in terms of ideas that she would bring to the agency," he added. "We're excited to have her on board, and we look for great things to happen."

Smith

During her four years at St. Francis, Smith oversaw the hospital's senior program, the Health Express mobile unit, and the outreach services for the poor and uninsured. Before that, she said, she worked at the senior project of a hospital in Texas.

"I have worked in the senior industry for years, and when this position opened up, it was an opportunity for me to keep in that field," Smith said. "There's a lot of need here, and there's a growing population. I'm looking at how we can improve and grow our services and how we can do a better job of partnering with other agencies to meet the needs of seniors."

Senior Action provides a variety of services for Greenville's senior citizens. Its headquarters are at 50 Directors Drive, off Orchard Park Road.

For more information about the group, go to www.senioraction.org or call 864-467-3660.



Caption: Newspaper clipping when Andrea Smith was hired in February 2007.

However, to me, I don't want to have "stray dog" milestones. I want to be more intentional with my life and I want to celebrate all of the moments, big and small, that make life wonderful. But why is it really important to celebrate milestones?

Celebrating milestones helps us to create a sense of community. Since the beginning of time, every civilization in every culture has created customs and special celebrations to mark important dates from births to weddings to changing seasons. Gathering around a birthday cake and singing loudly and (sometimes) off key is a favorite celebration that brings people together and, for just a moment, celebrates how important we are to each other.

Celebrating milestones also encourages us to be thankful when we look back and realize something that we accomplished or overcame. I notice too often that we look at others and feel like we don't have as much, or haven't achieved as much as, someone else. But, celebrating our milestones helps us realize our progress, how far we've come, and to be grateful to those who have helped us.

I also think celebrating milestones helps us to set new goals to look forward to and work toward. When I first became an empty-nester, I had a moment of despair when I realized I'd accomplished all my personal "to dos." I knew it was very important to set new goals, find new interests, and then celebrate them along the way.

What milestones are you celebrating this year? What new milestones are you looking forward to? I'd love to hear about them.

Senior Action is celebrating several milestones this year and we can't wait to celebrate them with you.

On May 3 – one year ago – we opened our new center on E North St. There are so many wonderful things to celebrate as we look back on this first year. In our first year, we have welcomed 1,285 people who are brand new to Senior Action. We opened a one-of-a-kind Fine Arts Center and have enrolled 700 new people. We began offering evening classes two days a week and, starting this April, will be expanding those classes to four nights. We held our first joint Thanksgiving meal with all of our locations in one place and were definitely reminded that day how much we have to be thankful for.

On February 26 – 15 years ago – I joined the Senior Action staff as the new Executive Director. There have been so many milestones to celebrate in the last 15 years. One that I'm particularly proud of is building the partnerships with other communities to provide services for seniors all over the county from the Sterling Center to Pleasant Valley to Berea to the most recent in Simpsonville. These partnerships helped grow Senior Action's reach from four locations to nine today. Another is starting medical transportation services that has grown to helping almost 800 people get to critical appointments, and buying the apartment complex in Greer to insure affordable housing for seniors. Also, probably the biggest and most recent, was buying and renovating our new center that is changing how the whole community thinks of aging. It has been a privilege leading this organization and celebrating this milestone has made me abundantly grateful to all of the staff, board members, and seniors all along the way who made this the best job in the world.

On November 17, 1967 – 55 years ago – Senior Action was born. We have finally become old enough to join Senior Action! What a difference this

organization has made in the lives of thousands of people in those 55 years. I wrote a small history of Senior Action in our April 2021 edition of the Spark. Check out that article to remember some of those details.

We are planning a big celebration to mark this milestone and I'd love for you to be a part of it. Would you consider writing a note or a tribute to Senior Action? Share with us a favorite memory (or two or three) of how it has made your life better. Maybe write us a poem, if you have that talent, or paint a picture. Maybe you have old photographs you'd like to share? You can leave the notes at our front desk or mail to our address, Attention: Senior Action Memory. If you'd rather send it electronically, you can email us a message at info@senioraction.org. Make sure you include your name so we can contact you if we need to. I can't wait to hear your stories and celebrate these milestones with you!



Andrea Smith, Executive Director/CEO



Caption: Website clip of ribbon cutting at new building with Board Chair, Tony Kouskolekas, Andrea Smith, Governor Henry McMaster, Aging Department Director, Connie Munn .

Send us a note or tribute about Senior Action...

Share with us your favorite memory (or two or three) of how Senior Action has made your life better.

You can leave the note at the front desk or mail it to us:

Attention: Senior Action Memory
3715 E. North St., Suite K
Greenville, SC 29615

PUBLIC
DANCE



Ballroom Dance

FIRST FRIDAY OF EVERY MONTH
LESSON AT 6:30 PM | DANCE 7-9 PM |
\$10 IN ADVANCE • \$15 AT THE DOOR

*Featuring professional dance instructor
and ballroom DJ*



FOR TICKETS: [BALLROOMDANCENIGHT.EVENTBRITE.COM](https://www.ballroomdancenight.eventbrite.com) | OR CALL 864.467.3660



AmeriCorps
Seniors



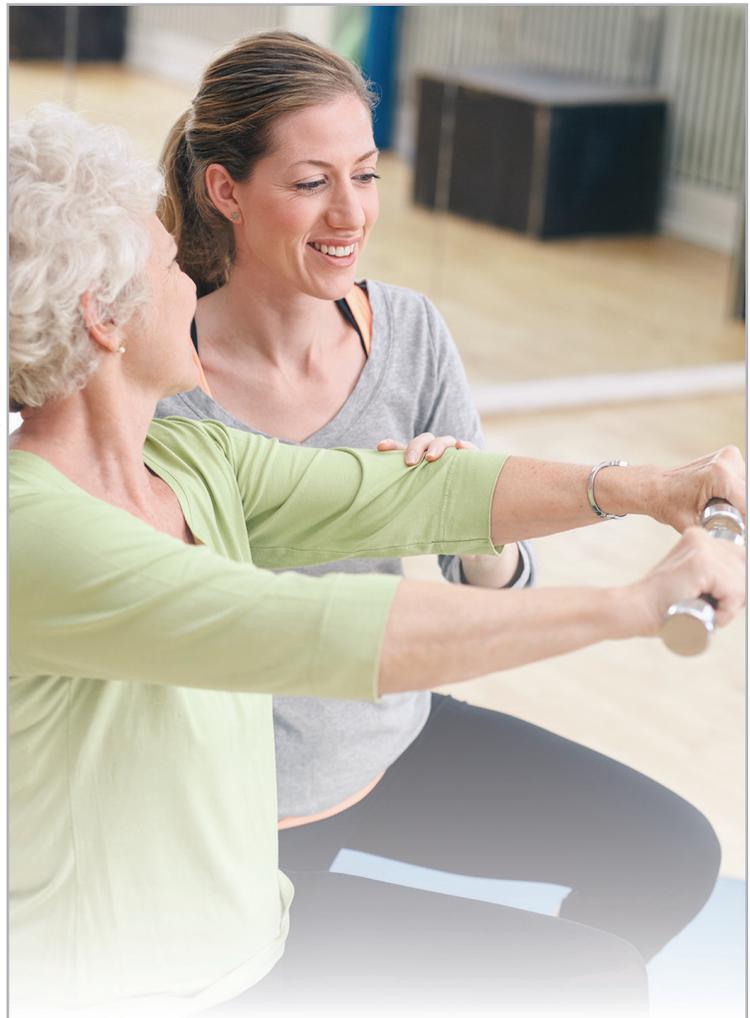
Volunteers are a Work of Heart

Senior Action has been the recipient of the R.S.V.P Federal Grant administered through the AmeriCorps agency for many years. The Retired and Senior Volunteer Program has allowed our organization to place volunteers in positions within our own organization and around the community, is to provide meaningful experiences for senior adults learning to navigate retirement and who have more free time on their hands. Currently, Senior Action has opportunities to give back through our Ambassador Program. Here are a few:

- **Become an expert tour guide and membership champion for our organization**
- **Provide much needed assistance in the dining program through meal set up, serving and clean up**
- **Share your hospitality with others through hosting special events such as holiday meals, fine arts performances, member registration events and more**
- **Assist with the AARP Tax Aide Program by taking messages and scheduling tax appointments**
- **Join our new events team to help host special events and group meetings**

INTERESTED IN BECOMING A VOLUNTEER?

Contact Desiree Hempe at 864.467.3660 x226 or desiree.hempe@senioraction.org



GIVE PERSONAL TRAINING A TRY!

Senior Action has certified personal trainers ready to help you get the most out of your workout!

- **Not sure where to start?**
- **Intimidated by the equipment?**
- **Worried about getting hurt?**
- **Unhappy with your weight, strength or flexibility?**

*A personal trainer can help!
Call the front desk for details.*

864.467.3660

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!*Certified Instructors: Christin Taylor/Laurie Greenway*

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 • 8:45 – 9:30 am, 6 – 6:30 pm
Wednesdays • 3:45 – 4:15 pm, 6 – 6:30 pm
Members only: Free

BOOM™ Muscle*Certified Instructors: Christin Taylor/Laurie Greenway*

This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

Mondays/Wednesdays • 6:30 – 7 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 (no class 5/2, 5/9)
\$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 (no class 5/5, 5/12)
\$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 (no class 5/5, 5/12)
\$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 (no class 5/4, 5/11)
\$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 – 2:30 pm
(no class 5/2, 5/4, 5/9, 5/11)
\$20/month
Member: Free

QiGong*Certified Instructor: Carrie Bryant*

The word “Qi Gong”, translated from Chinese, means “Energy Work”. It is a highly refined system of exercises and meditations that develop our ability to acquire, store, circulate, and purify Qi (Vital Energy). This can lead to improved mastery over mental, physical, and emotional health, as well as greater resistance to everyday stresses and disease.

Mondays/Wednesdays • 4 pm (4/18 – 5/25)
\$75/6-week series
Member: \$60/6-week series

SilverSneakers® Circuit

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

Simply Stretch Series

Certified Instructor: Pat Ficarotta

Come practice safe stretching as you experience the difference it makes in how you feel and how your body performs.

Tuesdays • 3:30 – 4:15 pm (4/12 – 6/14)
\$65/10-week series
Member: \$50/10-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 (April/May)
\$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

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; 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

Understanding Medicare

Presented by Corporate Member, Sharlene Hauser, Benefit Advisor, Cigna

Learn about this extensive plan called Medicare with all of its “parts” and the options you have as a participant.

Tuesday, April 5 • 11 am

\$5

Member: Free

Cooking with Waterstone

Presented by Corporate Member, Ann Peart, Director of Business Development & Chef Jeremy Perry, Waterstone on Augusta

Chef Perry will teach some unique cooking techniques and creative ideas for appetizers, desserts, and more! You will also receive some inspired new recipes to try at home.

Friday, April 8, May 6, or June 3 • 10 am

\$5

Member: Free

3-Part Wellness Series on Inflammation

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

This interactive 3-part series combines an educational and mindfulness experience. You will learn about inflammation and how it pertains to the 3 key systems of gut, heart and mind.

Monday, April 11 • 1 pm

Monday, May 23 • 10 am

Monday, June 20 • 1 pm

\$5

Member: Free

End of Life Care Options

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

Life is a journey and no two are the same. Learn what options are available for health care so you can stay in the comfort of your own home.

Monday, April 18 • 1 pm

\$5

Member: Free

Script Your Family's Future: Why You Need an Estate Plan

Presented by Corporate Members, Josh Gantt, Financial Advisor, Edward Jones and Brandon Elijah, Partner, Burroughs | Elijah Attorneys

This seminar will help you understand the important role a well-executed estate plan can play in ensuring your strategies remain aligned with your goals.

Thursday, April 21 • 10:30 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 benefits 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.

Thursday, April 28 • 2 pm

\$5

Member: Free

Standing Guard: Protect What You've Worked For

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

Josh shares strategies designed to help you guard your most valuable assets and protect your pre- and post-retirement income. Additionally, he'll address rising health care and long-term medical care costs and cover how to create a foundation to protect against unexpected events.

Wednesday, May 4 • 10 am

\$5

Member: Free

The Seven Habits of Happy People

Presented by Corporate Member, Renee Clark, Assistant Director-Field/Sales Marketing, CenterWell Senior Primary Care

Come learn about the myths and facts that surround happiness. Happiness depends on a balance of mind, body and spirit. There is something for everyone in understanding these seven steps of happiness.

Wednesday, May 11 • 11 am

\$5

Member: Free

Active Aging: Mind & Body

Presented by Corporate Members, Cynthia Fowler, Executive Director at The Aspens Verdae and Laurie Greenway, SRES, Berkshire Hathaway, C. Dan Joyner REALTORS

Learn ways to build and maintain an active mind and body by fully engaging in seven dimensions of wellness.

Wednesday, May 18 • 1 pm

\$5

Member: Free

Probate Workshop

Presented by Corporate Member, Brandon Elijah, Partner, Burroughs | Elijah Attorneys

Learn how to navigate the probate process when a loved one dies and the estate needs to establish the validity of a will, or when a loved one becomes incapacitated and a guardian and/or conservator needs to be appointed.

Thursday, May 19 • 10:30 am

\$5

Member: Free

Is Your Bathroom Safe?

Presented by Corporate Members, Heather Burton, Owner of Connections to Care and Laurie Greenway, SRES, Berkshire Hathaway, C. Dan Joyner REALTORS

Many falls and injuries in the home are due to environmental causes like poor lighting, slippery floors and uneven surfaces. Learn where hidden dangers may lie and get safety tips that are easy to implement.

Wednesday, May 25 • 1 pm

\$5

Member: Free

Stay at Home Longer

Presented by Corporate Member, Lionel Bregetti, Consumer Asset Protectors

Lionel will bring snacks 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.

Monday, June 6 • 1 pm

\$5

Member: Free

Stress Management 101

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

As we age, stress has a greater impact on our overall health. Learn how to recognize the signs of stress, understand the sources of it, and practice stress management activities to avoid the risks of stress and improve overall wellness.

Thursday, June 9 • 10 am

\$5

Member: Free

Heart Health For Beginners

Presented by Corporate Member, Vanessa Vernon, Community Outreach Nurse, Pelham Medical Center

Come discover how your heart works, what happens to your heart as your age, and what you can do to keep your heart healthy.

Monday, June 13 • 1 pm

\$5

Member: Free

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

Come and learn the basics of diabetes, how to prevent the onset and how to manage diabetes if you have been diagnosed.

Friday, June 24 • 9:30 am

Friday, July 8 • 1 pm

\$5

Member: Free

Impact Diabetes: Prevent T2 Course

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

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! 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.

24-Class Course

Fridays, starting in August • 2 pm

\$200

Technology

IPHONE SERIES

Presented by Corporate Member, Bill Vicary, Owner, Just Call Bill

\$20/class or \$100/series

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

iPhone Classes

This is a 6 part series that teaches you how to use your iPhone more confidently, effectively and safely. This is a proven curriculum that systematically leads you through learning how to use your iPhone. Every class will feature new topics, tips and insights to operating your phone.

iPhone Class 1: Basic navigation, overview of phone, ports & accessories, settings

Tuesday, April 12 • 10 – 11:30 am

iPhone Class 2: Contacts, Health App, ICE contact, Medical ID

Wednesday, April 13 • 10 – 11:30 am

iPhone Class 3: Phone operation & features, Phone Scams, Face Time

Thursday, April 14 • 10 – 11:30 am

iPhone Class 4: Texting, Email, Calendar, Map, Siri

Tuesday, April 26 • 10 – 11:30 am

iPhone Class 5: Camera, Videos, Photo Album

Tuesday, April 27 • 10 – 11:30 am

iPhone Class 6: Manage your Apps, adding & deleting, App store, and more.

Tuesday, April 28 • 10 – 11:30 am

TECH TUESDAY SERIES

Presented by Corporate Member, Bill Vicary, Owner, Just Call Bill

\$20/class or \$50/series

Member: \$12/class or \$30/series

How to Manage Your Digital and Personal Assets

Have you ever forgotten a username or password? What will you do when a "Life Incident" (sickness, accident, or death) happens and you need help to access your important information? Learn how prepare, plan, and manage your digital and personal assets.

Tuesday, May 10 • 10 am

Technology for Healthcare

Understand how to use technology for your healthcare. What is telemedicine and My Chart? Why is this important to you?

Tuesday, May 24 • 10 am

How to Save Money on Your Cell Phone Bill

Bring a copy of your cell phone bill and learn how to read it, understand it, and how to potentially save money.

Tuesday, June 7 • 10 am

"THERE'S NO PLACE LIKE HOME" SERIES

Presented by Corporate Members, Vickie Given, Realtor®, SRES, CRS, and Ed Given, CCRC Director, Administrator

\$5/seminar or \$12/series

Members: Free

Part 1: Help! I Live in a Mess

Does this sound like you? "Where are my keys?"; "I can't find my shoes!"; "I need to go through that huge pile of bills". Did you know that your confusion could be causing mental disorientation? Come hear Vickie talk about how to get a handle on The Mess!

Wednesday, April 13 • 1 pm

Part 2: How Safe is Your Home?

Come meet Ed and learn about different things you can do to make your home more safe. He has great tips to decrease the possibility of falls and help you stay in your home longer.

Thursday, May 12 • 1 pm

Part 3: I Don't Want to Move! What Now?

Are you thinking it is time to make a move but you really don't want to? Ed Given, CCRC can share with you what options to consider to make staying home a possibility. He will also talk about what options there are for a different type of "home".

Thursday, June 16 • 1 pm



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

HIGHLIGHTS:

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

AVOID GETTING SCAMMED SERIES

*Presented by Cedric Wright, Program Assistant/
Outreach Coordinator, SC Department of Consumer
Affairs*

Avoiding Identity Theft in a Digital Age

This presentation will cover the signs and warnings of the most common scams such as Tech Scams, IRS Scams, Grandparents Scams, Online Dating Scams and more.

Monday, May 2 • 1 pm

\$5/class

Members: Free

Medical Identity Theft

This presentation will focus on ways to protect your medical identity, tips to avoid medical identity theft, and signs of medical identity theft.

Monday, May 9 • 1 pm

\$5/class

Members: Free

How to Make a Strong Password

This presentation will focus on how to generate a strong password, password managers, tips to protect your password, and identity theft prevention.

Monday, May 16 • 1 pm

\$5/class

Members: Free

Repair Scams

The presentation will go into details about credit, home, tech, auto, and appliance scams and what to do to avoid them.

Monday, May 23 • 1 pm

\$5/class

Members: Free

INTEREST MEETINGS

with Premier World Discovery Representative, Laura Driggers

Thursday, April 21 • 10:30 am or 3 pm

Registration Deadline: Wednesday, April 20

Wednesday, May 4 • 1:30 pm or 6 pm

Registration Deadline: Tuesday, May 3

AARP Smart Driver Safety Class

Designed for drivers 50+. This course teaches ways to manage and accommodate common age-related changes in vision, hearing and reaction time. Learn about new safety features on vehicles and changes on the road. (Please bring your driver's license.)

Tuesday, May 3 • 5 – 9 pm
or
Wednesday, May 11 • 9 am – 1 pm
\$25
AARP Member: \$20

Ballroom Dance

Instructor: Christin Taylor

Learn different styles of ballroom dance in a fun, welcoming environment while nurturing your mind, body, and spirit. No partner required. All levels welcome. Stay to practice with Lib Ryan Dance Club right after class.

Thursdays • 5:45 – 6:30 pm
\$40/month
Member: \$30/month

**Ballroom Dance:
 Lib Ryan Dance Club**

Volunteer Leader: Jack deVroomen

Practice the basic steps of your favorite dance in a community of dance enthusiasts. No partner required. All levels welcome.

Thursdays • 6:30 – 8 pm
\$15/month
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

Birthday Party!

Hosted by Corporate Member, Libby Byers, Cascades Verdae

Open to all members but those having a birthday in the months of April, May, and June will get a special treat!

Wednesday, June 15 • 12:30 pm
Members only: Free (no registration required)

Blood Pressure Screenings

Offered by Corporate Member, Pelham Medical Center

Monday, April 11; May 9, 23; June 13
10:30 am – 12:30 pm

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 Thursday • 10 am
\$5/month
Member: Free

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

May 26: *So We Meet Again* by Suzanne Park

June 23: *Intimacies* by Katie Kitamura

July 28: *The Four Winds* by Kristen Hannah

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.

1st Thursdays; April 7, May 5, June 2 • 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 • 2:15 – 3:45 pm
\$20/class
Member: \$10/class

Crafts: Jewelry Design

Instructor: Susan Tate

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

Wednesday, April 20 • 6 – 8 pm

or

Tuesday, June 7 • 3 – 5 pm

\$59/workshop

Member: \$49/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 • 1 – 3 pm

\$20/class

Member: \$10/class

Diabetes Support Group

Facilitated by, Madison Pate, Certified Diabetes Care & Education Specialist

An open-forum group for people with questions about healthy eating, fitness, stress relief and a deeper understanding about managing blood sugar. Let's learn and problem solve together.

Friday, April 29, May 27, June 24 • 11 am

Games: Bridge*

Volunteer Leader: Susie Roberts and Rebecca Evans

Beginner with Instruction

Friday • 10:30 am – 12 pm

Intermediate/Advanced

Wednesdays • 1 – 4 pm

\$15/month

Member: Free

Games: Traditional Hand and Foot*

*Volunteer Leaders: Steve & Doll Chmura (Thurs)
Barbara Cannada (Fri)*

Thursday • 2 – 6 pm

Friday • 1:30 – 4:30 pm

\$15/month

Member: Free

*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.

Games: MahJong* NEW

Volunteer Leader: Dani Jemal

Instruction and Play

Thursday • 1 – 4 pm

\$15/month (2022 Mahjong Card: \$10)

Member: Free

Games: Mexican Train Dominoes*

Volunteer Leader: Bobbie Green (Fridays)

Tuesday • 1:30 – 4:30 pm

Friday • 1:30 – 4:30 pm

\$15/month

Member: Free

German (Intermediate/Advanced)

Volunteer Class Leader: Paula Northuis

Wednesdays • 10 am – 12 pm

\$15/month

Member: Free

Matter of Balance (9-week series)

Presented by Mike Walls, Injury Prevention Outreach Coordinator, Trauma Program, Prisma Health Greenville Memorial Hospital

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. This program is designed to reduce the fear of falling and increase activity levels among older adults. Space is limited in this 9-week class.

Tuesday, May 3 – June 28 • 9:30 – 11:30 am

Member only: Free

Member Social

Hosted by Senior Action Corporate Members, this fun, casual event may include a mixer or game; an update from staff on "happenings" at Senior Action; light refreshments and a chance to win fabulous prizes in the raffle!

Friday, April 29 • 3 pm

Hosted by Becky Pickett, Home Helpers and Heather Burton, Connections to Care

Tuesday, May 31 • 3 pm

Hosted by Sharlene Hauser, Cigna and Libby Byers, Cascades Verdae

Thursday, June 30 • 3 pm

Hosted by Cindy Fowler, The Aspens @ Verdae and Laurie Greenway, Berkshire Hathaway, C. Dan Joyner Realtors, Pelham Rd

Members only: Free

Mixed Media Group NEW TIME

An open group for artists of any medium and level who wish to work on individual projects. Participants bring their own materials

Thursdays • 10 am – 1 pm
\$15/month
Members: Free

Music Jam

Volunteer Leader: Bob Ripley

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

Instructor: Megan Hannon

Channel your inner artist, enjoy a glass of wine or other non-alcoholic beverage, meet some new friends and leave with your own masterpiece in this fun, guided painting class.

Wednesday, April 27 • 6 – 8 pm
Hosted by Corporate Members: Heather Burton, Connections to Care; Taylor Austin, Hilltop Memory Care; Home Helpers, Becky Pickett; Keyaira Johnson, Nurse Next Door

Wednesday, May 25 • 6 – 8 pm
Hosted by Corporate Members: Cindy Fowler, The Aspens @ Verdae; Laurie Greenway, Berkshire Hathaway, C. Dan Joyner Realtors Pelham Rd; Keyaira Johnson, Nurse Next Door

Members only: Free
(Please select only one date)

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

Speed Dating Social

Hosted by Corporate Member Kay Borkowski, CenterWell Senior Primary Care

Come to a casual and fun afternoon of meeting other singles. We will share laughs, get to know each other, and enjoy refreshments.

Monday, April 6 • 4 – 6 pm
\$10
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

Wine Pairings 101

Hosted by Corporate Members Heather Burton, Owner, Connections to Care and Keyaira Johnson, Owner, Nurse Next Door

Pinot Noir? Cabernet? Fish? Steak? Chicken? Do you have a hard time selecting the right wine to pair with your meal? If so, come join Jasmin from Total Wine and get some tips to make it easy!

Thursday, June 16 • 6 pm
Members only: Free

Fine Arts Center Performance Series

Taylor's First Baptist Legacy Choir

Legacy Choir, the 60+ voice Senior Adult Choir from Taylors First Baptist Church, sings music from gospel to hymns to patriotic tunes, and performs monthly throughout the year at various locations around Greenville.

Tuesday, April 19 • 1 pm
Free

Swing into Spring...with the Carolinians Senior Jazz Band

Hosted by Corporate Member Taylor Austin, Hilltop Memory Care

Come celebrate the arrival of Spring and all things Jazz. Bring a friend and let's dance!

Friday, April 22 • 3 pm
\$10
Member: Free

embodied

Performed by Senior Action members and choreographed by Senior Action's Fine Arts Director Naina Dewan, this contemporary dance performance illuminates the beauty of dance, depth of expression, and power of storytelling that is possible at any and every age. Q&A session to follow performance.

Friday, May 20 • 3 pm
\$15
Member: \$10

Ukulele Rock Concert

You heard it right, folks! Come sway to some ol' rock n' roll with your favorite ukulele ensembles, The Happy Strummers and The Ukulators.

Friday, June 3 • 1 pm
\$10
Member: Free

What If

What If features original dance creations performed by Jacqueline Calle Hernandez, who re-visits her Greenville community after touring and dancing across the US, Europe, and Eastern Africa. Q&A to follow performance.

Friday, June 17 • 3 pm
\$15
Member: \$10

Chautauqua History Comes Alive: Meet the Performers

Meet the performers who will portray famous historical figures at Chautauqua's History Comes Alive 2022 Festival "Challenge: Accepted!" A discussion moderator will introduce the speaker and take questions from the audience.

Georgia O'Keeffe - Creating a World
Saturday, June 11 • 9 – 10 am

Houdini - Taking the Risk
Monday, June 13 • 9 – 10 am

Pauli Murray - Confronting the Law
Tuesday, June 14 • 9 – 10 am

Robert F. Kennedy - Keeping the Peace
Thursday, June 16 • 9 – 10 am

Dwight D. Eisenhower - Winning the War
Friday, June 17 • 9 – 10 am
Free

Fine Arts Center Special Workshops

Art Workshop: Abstract Painting

Instructor: Megan Hannon, BFA

Explore the range of color and brush strokes through abstract art using acrylic paint. All materials included. No experience required.

Wednesday, June 15 • 6 – 8 pm
\$15
Member: \$10

Art Workshop: Figure Painting

Instructor: Megan Hannon, BFA

Enjoy the complexities of color and shapes of the human body in figure painting. With a live model, we will dive into expression of the body through acrylic paint. All materials included. No experience required.

Wednesday, May 11 • 6 – 8 pm
\$15
Member: \$10

Meet & Greet

Meet with Senior Action Corporate Members; representatives from businesses across the Upstate who have committed to being a resource for our members. Greet them warmly and let them share their expertise in the various areas of senior adult living with you! Corporate Members will be set up in the Lobby at various times.

ASSISTED LIVING

Assisted Living Locators, Mark Milstead
No Cost Senior Living Advisor
3rd Thursdays • 9 – 11 am

Kempton of Greenville, Jennifer Donner
Assisted Living & Memory Support
4th Tuesdays • 11 am – 1 pm

The Aspens @ Verdae, Cindy Fowler
New Active Adult Living Community
2nd & 4th Fridays • 11 am – 1 pm

Waterstone on Augusta, Ann Peart
Assisted Living & Memory Care
Mondays • 11 am – 1 pm

Hilltop Memory Care, Taylor Austin
Specialized Memory Care Facility
2nd & 4th Thursdays • 10 am – 12 pm

HEALTHCARE

CenterWell, Kay Borkowski
Senior, Medicare Focused Primary Care Physicians
April 29, May 31, June 29 • 11 am – 1 pm

HOME CARE

Blue Dot Cares, Shelby Ward
Senior Living Advisors
1st Wednesdays • 11 am – 1 pm

Connections to Care, Heather Burton
Geriatric Care Management
1st Tuesdays • 11 am – 1 pm

Home Helpers, Becky Pickett
Private Duty Home Care
2nd Wednesdays • 11 am – 1 pm

HOSPICE

PruittHealth Hospice and Palliative Care, Lance Dauby
Home Health, Palliative and Hospice Care
3rd Fridays • 12 – 2 pm

Wren Hospice, Gina Turcotte
Your Hometown Hospice: Focused on
Compassionate & Attentive Care
April 27, May 25 • 10:30 – 12 pm

LEGAL

Burroughs | Elijah Attorneys, Brigid Benedict
Burroughs | Elijah Attorneys, Brigid Benedict
April 12 & May 10 • 11 am – 1 pm

REAL ESTATE

Berkshire Hathaway, C. Dan Joyner REALTORS®, Laurie Greenway
Specialized Real Estate Solutions for Senior Adults
2nd & 4th Fridays • 11 am – 1 pm

Berkshire Hathaway, C. Dan Joyner REALTORS®, Vickie Given
Specialized Real Estate Solutions for Senior Adults
April 28, May 26, June 23 • 10 am – 1 pm

Smooth Transitions, Brooklyn Welch
Downsizing. Estate Clean-out. Senior Relocation
1st & 3rd Thursdays • 11 am – 1 pm

Remax Realty, Lisa Briganti
Senior Adult Real Estate Specialist
May 6 & June 3 • 11 am – 1 pm

TECHNOLOGY

Just Call Bill, Bill Vicary
Technology Education, Services & Resources
3rd Tuesdays • 11 am – 1:30 pm

**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 • 3:30–5 pm
W 5–8 pm
F 3:30–5 pm
*(except when special
events occur)*

Music

M • 3–5 pm
W • 5–8 pm
F • 3–5 pm

Studio 1

TH • 3:30–5:30 pm
F • 2:30–5 pm

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 therapeutic neuromuscular technique that enhances posture, balance, coordination, and ease of movement. No experience required. All levels welcome.

FREE TRIAL CLASS **Friday, April 8 • 11 am**
Fridays, April 8 – July 1 • 11 am (no class 4/15)
Cost: \$140

Ballet I *Faculty: Josha Williams (M) & TBA (W)*

Learn the fundamental technique & artistry of classical ballet: proper stretching, feet & arm positions, ballet barre basics, body positions, and center combinations.

FREE TRIAL CLASS **Monday, April 4 • 9:45 – 11 am**
Mondays, April 4 – June 27 • 9:45 – 11 am (no class 5/30)

FREE TRIAL CLASS **Wednesday, April 6 • 5:45 pm**
Wednesdays, April 13 – June 29 • 5:45 pm **NEW**
Cost: \$140

Contemporary Dance I *Faculty: Megan Hannon, BFA*

Learn the basics of contemporary dance, a style of expressive dance that combines the fluid movements of several dance genres including modern, lyrical, and classical ballet.

FREE TRIAL CLASS **Monday, April 4 • 4 pm**
Mondays, April 4 – June 27 • 4 pm (no class 5/30)
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.

FREE TRIAL CLASS **Friday, April 8 • 1 pm**
Fridays, April 8 – July 1 • 1 pm (no class 4/15)
Cost: \$140

Mystery Dance Class

Grab a friend and have loads of fun in a mystery dance class with surprise guest faculty. A different class and teacher every week. It could be lyrical Caribbean dance one week, Ballet the next, Bollywood after that, or Jazz. A great way to sample different global styles and find the one you love the most.

FREE TRIAL CLASS **Monday, April 4 • 5:45 pm**
Mondays, April 11 – June 27 • 5:45 pm (no class 5/30)
Cost: \$140

Music

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.

FREE TRIAL CLASS **Monday, April 4 • 10 am**
Mondays, April 4 – June 2 • 10 am
7 (no class 5/30)
Cost: \$140

Music Theory I | Faculty: Craig Price, PhD **NEW**

Music theory will cover the building blocks of music and how they are combined to create the music we know and love. Students will learn names of notes, intervals, reading music on the staff, and basic harmonies.

FREE TRIAL CLASS **Thursday, April 7 • 4 pm**
Thursdays, April 14 – June 30 • 4 pm
Cost: \$140

Ukulele II

Faculty: Laurie Gentry, MA & Linda McMakin

This group class deepens the understanding of the fundamentals of Ukulele playing begun in Ukulele I. Instrument required. Pre-requisite: Ukulele I or equivalent experience. Audition with instructors required if not a prior student of Ukulele I.

Mondays, April 11 – June 27 • 1:30 pm
(no class 5/30)
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.

FREE TRIAL CLASS **Thursday, April 7 • 5:45 pm**
Thursdays, April 14 – June 30 • 5:45 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 (Happy Strummers):

Fridays • 10 am

Pre-requisite: Ukulele II class

Advanced (The Ukulators): Fridays • 11:15 am

By audition only

Cost: \$10/year

Member: Free

Upstate Senior Band

Conductor: Tad Riddle, MA

Tuesdays • 10 am – 12 pm

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, learning about background and foreground, etc.), as well as the acronym W.A.L.T. (where, angle, length, texture/details) to learn how to begin and work through a drawing. No experience required except a willingness to try new things and a desire to draw. Materials provided.

Mondays, April 11 – June 27 • 5:30 – 7 pm
or

Tuesdays, April 12 – June 28 • 8:30 – 10 am

Cost: \$140

Materials Fee: \$10

Drawing II | Faculty: Ashley Brickner, BA

This class touches on lessons already practiced in Drawing I 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 acquire an understanding and ability to draw faces. Materials provided. Pre-requisite: Drawing I.

Tuesdays, April 12 – June 28 • 10:15 – 11:45 am

Cost: \$140

Materials Fee: \$10

Drawing III | Faculty: Ashley Brickner, BA NEW

This class will further develop the skills learned in Drawing I & II and practice compiling subjects and perfecting details. Materials provided. Pre-requisite: Drawing II.

Tuesdays, April 12 – June 28 • 12:30 – 2 pm

Cost: \$140

Materials Fee: \$10

Fiber Arts: Tapestry Weaving

Faculty: Caroline Hughes, MFA

This class will teach and practice basic tapestry weaving skills with table-top looms. For students with no prior textile experience to intermediate practitioners. Materials provided.

FREE TRIAL CLASS **April 12 • 4 – 6 pm**

Tuesdays, April 12 – June 28 • 4 – 6 pm

Cost: \$140

Materials Fee: \$30

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.

Mondays, April 11 – June 27 • 1 – 3 pm NEW

(no class 5/30)

or

Wednesdays, April 13 – June 29 • 1 – 3 pm

Cost: \$140

Materials Fee: \$30/series

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.

Wednesdays, April 13 – June 29

9:30 am – 12:30 pm

Cost: \$140

Materials Fee: \$30

Pottery: Hand-Building & Wheel-Throwing

Faculty: Jim Weber (M, Th) & Shannon Mouton (Tue)

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

Mondays, April 4 – June 27 • 9 am – 12 pm

(no class 5/30)

Cost: \$140 | Materials Fee: \$30

or

Thursdays, April 14 – June 30 • 5:30 – 8 pm

Cost: \$130 | Materials Fee: \$30

or

Tuesdays, April 12 – June 28 • 6 – 8 pm

Cost: \$120 | 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 beginning and intermediate students available. Materials provided.

Fridays, April 8 – July 1 • 9 – 11 am (no class 4/15)

Cost: \$140

Materials Fee: \$20

Observation Week

Monday, May 16 - Friday, May 20

Want to sample one of our Fine Arts Classes? Enter the art, dance, and music studios to 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

Free Trial Classes

Are you interested in taking a class in the Fine Arts Center but aren't sure if you'd enjoy it or if you would be able to participate fully? This is your opportunity to try out some of our classes on one day to see if you love them as much as other students. We think you will be hooked, plus what do you have to lose? Look for the "Free Trial Class" box next to a class to see the dates for each class.

Berea Community Center

Costa Jennings Bruce
Site Coordinator

Scotty Hammett
Assistant Coordinator

Fitness

Chair Yoga

Certified Instructor: Kelly Rosche

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

Mondays/Wednesdays • 1 pm
\$30/month

Level 1 Line Dance

Instructor: Dorinda Christian

You will learn the basic structure of line dance. Logically learn the most used steps, rhythm, and variety of turns in line dance. This class is for new line dancers and for people who have not danced in a long time, as they will build a firm foundation for future line dance classes.

Fridays • 8:30 am
\$20/month

Level 2 Line Dance

Instructor: Dorinda Christian

People with dance experience especially from Level 1 class. We will take everything you learned previously and improve on those skills as you further develop and learn additional types of steps, increase speed in turns, and complete longer dances with more unique steps to memorize. This class is for dancers who love the art of line dance and are ready for a challenge.

Wednesdays • 2 pm
\$20/month

SilverSneakers® Circuit

Certified Instructors: Lynnette Carter/Jo Miller

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/Fridays • 10 am
Cost: Free

SilverSneakers® Classic

Certified Instructors: Lynnette Carter/Kelly Rosche

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.

Mondays/Wednesdays • 10 am
Tuesdays/Thursdays • 1 pm
Cost: Free

Special Interest

Bingo

2nd and 4th Fridays • 1 pm

Apr 8 Hosted by Caption Call

Apr 22 Hosted by Oak Street Health

May 13 Hosted by Cigna

May 27 Hosted by Oak Street Health

June 10 Hosted by Oak Street Health

June 24 Hosted by Waterstone on Augusta

Cost: Free

Birthday Party!

Hosted by Oak Street Health

Open to all members, but those having a birthday in the months of April, May, and June will get a special treat!

Monday, June 13 • 12:30pm
Cost: Free

Garden Club

An opportunity to show off your green thumb and bring the planters in our backyard to life! No experience necessary. Supplies are not provided, so bring gardening gloves and tools if you're able to do so.

Wednesdays • 11:00 am
Cost: Free

Monthly Craft

Come participate in our monthly craft led by a volunteer instructor! Inquire about craft details by speaking with a staff member at the beginning of each month.

April 8 • 12 pm

May 13 • 12 pm

June 10 • 12 pm

Cost: \$7/class

Sew Much Fun!

Welcome sewers of all experience levels. Participants bring their own supplies and work on individual projects in the company of group members.

Tuesdays • 9:30 – 11:30 am

Cost: Free

Stitch in Time

For anyone who stitches with hooks and needles. Participants bring their own supplies. Group often donates items to local organizations.

Tuesdays • 12:30 – 2 pm

Cost: Free

Seminars

AARP Smart Driver Course

Presented by: Ed Scheumann, Volunteer AARP Driver Safety Instructor

This 4-hour 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..

Monday, May 16 • 9 am – 1 pm

AARP Member: \$20

Non-AARP Member: \$25

Stay at Home Longer

Presented by Corporate Member, Lionel Bregetti, Consumer Asset Protectors

Come nourish your body and your mind! Lionel will bring snacks 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.

Friday, May 6 • 9:30 am

Cost: Free

Cooking Matters

Presented by: 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 sample 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.

Tuesdays, Apr 5 – May 10 • 2-4 pm

Cost: Free

End of Life Care Options

Presented by: Corporate Member Lance Dauby, PruittHealth

Life is a journey and no two journeys are the same. Learn what options are available for health care so you can stay at home in comfort.

Thursday Apr 28 • 10 am

Cost: Free

Intro to Fly Fishing

Volunteer Instructor: Steve Gross of Dodson Fishing Company

This class is an introduction to the art of fly fishing. Topics will include: necessary equipment, basic flies, knots, rigs, casting, and locations in South Carolina that are easily accessible.

Thursdays Apr 7 – Apr 28 • 1 pm

Cost: Free



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Senior Action Member: Yes No

YES, I would like to support Senior Action by giving a gift of

\$50 \$100 \$250 \$500 Other \$ _____

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In Memory of _____

In Honor of _____

Yes, I plan to add Senior Action to my estate plan or as an insurance beneficiary .

Attorney Name _____

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

donate