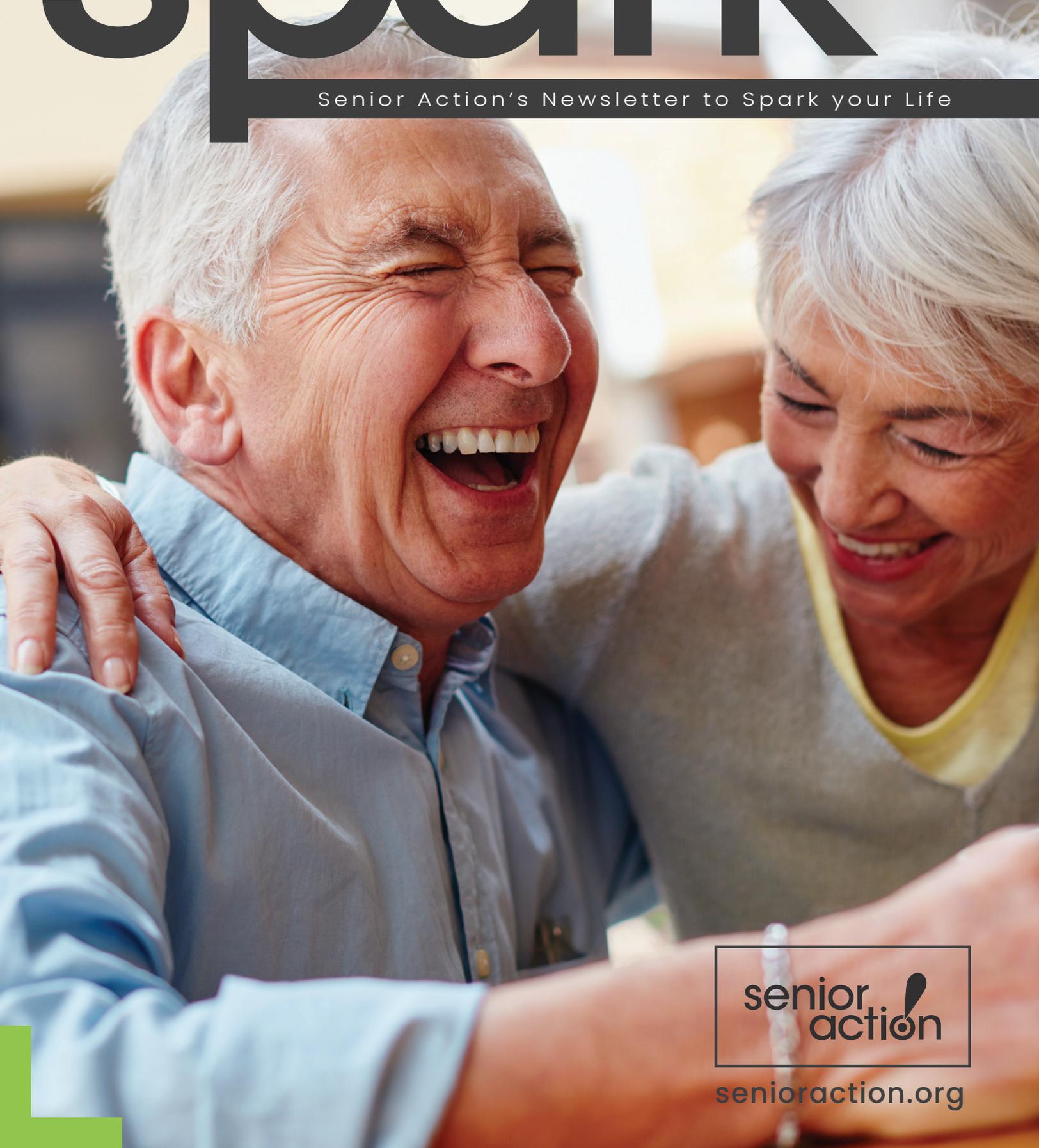


spark

Oct-Dec

2022

Senior Action's Newsletter to Spark your Life



senior
action

senioraction.org



Hours of Operation

Monday – Thursday 8 am – 8 pm

Friday 8 am – 5 pm

Senior Action will be closed on the following days:

Nov. 23–25 for Thanksgiving

Dec. 23–30 for Christmas

Jan. 2 for New Years

Staff

Andrea Smith | Executive Director/CEO

Lori Cashin | Director of Operations

Naina Dewan | Fine Arts Center Director

Desiree Hempte | Volunteer/RSVP Coordinator

Ann Peart | Director of Lifestyle Programs

Christi Sink | Director of Wellness

Locations

Main Location

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

Berea Community Center

6 Hunts Bridge Rd., Greenville • 864.467.3640

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

Sterling Community Center

113 Minus St., Greenville • 864.235.4026

MEMBERSHIP

Become a Senior Action Member!

Membership Fee: Annual: \$120 or
Monthly: \$11 (By bank draft only)

Benefits include:

- Access to the Fitness Center
- Access to the Business Center
- Free enrollment in the Fine Arts Center (\$60 Value)
- Reduced or no cost for classes & programs
- Online registration
- Selected “Member-Only” programs

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?

Registration begins Monday, Sept. 26, 9:00 am. Registrations for all fitness classes must be complete by 3:00 pm the previous day.

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)

October/November/December

Mon/Wed/Fri: 1 pm

Tues/Thurs: 10 am, 1 pm



Laughter is Simply Irresistible!

Knock Knock...who's there.... I love a good joke. Sometimes I love a really bad joke too. Most importantly, I love to laugh. Have you ever spent time thinking about laughing, or how often we laugh, or what makes us laugh? Laughing is just one of those things that we take for granted. For some of us, it comes frequently and very often, for others its pretty rare. When was the last time you laughed? Really laughed? Like can't-catch-your-breath or almost pee-your-pants laugh? The playwright, Woody Allen, once said, "I'm good with laughter, until milk comes out of my nose."

It may not be new information to some of you, but laughter actually is very beneficial to all of us. The interesting thing is researchers don't totally understand the mechanics of it and why it is so effective, even though they have done countless studies on the subject. However, what they do know is that when you have a good hearty laugh, your brain releases all of the wonderful chemicals that work magic in our brains and bodies. It reduces depression. It reduces pain. It improves memory and brain function. It lowers your heart rate. It makes you more attractive. Laughter is irresistibly contagious and spreads to all of those around you. And, the best part is, unlike drugs, you can't overdose on laughter.

Based on a wide body of research, it is believed that we laugh, on average, 17-20 times a day. It is also widely believed that, as we age, we lose the gift of laughter and adults laugh less than their younger counter parts. However, studies have recently actually disproven this myth and have actually pointed to the fact that laughter is based in



We are 30 times more likely to laugh when we are with others than when we are alone.

social interaction. We are 30 times more likely to laugh when we are with others than when we are alone. One could conclude that because seniors spend more time alone, that they laugh less often. This is yet another reason spending time with others at Senior Action is so good for your soul. George Bernard Shaw wrote, "You don't stop laughing when you grow old, you grow old because you stop laughing."

Healthy aging is making conscious decisions each day to have a full and vibrant life – socially, physically, spiritually, and mentally. We choose to get up each day and take a class, exercise, meet friends, eat healthy, pray, read a good book, and now we need to add "laugh" to that list. The author William James said, "We do not laugh because we are happy, we are happy because we laugh." Here are some tips I found to help us laugh more:

- 1 Spend time with happy, playful people – we have lots of those at Senior Action!
- 2 Seek out funny books, shows, podcasts, etc. – if you know some good ones, share them with us.
- 3 Try using humor to manage conflicts – this is a great way to manage tension, bring perspective, and usually get better results.
- 4 Make an effort to smile more often – a smile is the beginning of laughter and is very contagious. Look people in the eye and give them a big 'ole toothy smile and see what happens.
- 5 Practice gratitude – focusing on the positives and the blessings in your life rather than the negatives creates a happy person who is more open to laughter.

Milton Berle said to "Always leave them laughing" so here goes... A woman told her friend, "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising." She said, "So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was already over!"

And just one more... A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital in Greenville and brought along his portable keyboard. After telling jokes and singing songs at patients' bedsides, he said farewell and, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

Andrea Smith
Executive Director/CEO



A Senior Action favorite returns on the 1st Thursday each month. Enjoy a delicious lunch and valuable information from the medical community. Reserve by the Tuesday before to ensure your seat.

11:30 am – 1 pm
\$8/event

October: The Secret to Great Surgical Outcomes

Presented by Emma Harrison, PT, DPT with PT Solutions

Dr. Harrison will discuss how to best prepare for surgery and how to improve the likelihood of successful post-surgical functional outcomes.

Thursday, October 6

November: "So, What is a Nurse Practitioner Anyway?"

Presented by Wendy Murray, Nurse Practitioner with CenterWell Senior Primary Care

An informational seminar on who a Nurse Practitioner is and how they can assist you with your healthcare needs by a board certified adult nurse practitioner. Wendy provides young adult, adult, geriatric well-care, acute care and primary care.

Thursday, November 3

December: Beginner's Guide to Whole Food, Plant-based Nutrition

Presented by Erica Moore, Certified Diabetes Care & Education Specialist Manager

Learn all about the benefits of whole food plant-based nutrition. This beginner's guide is a great way to get started on the road to better health!

Thursday, December 1

EAT-ERTAINMENT

Join us for this fun luncheon featuring local performers the 3rd Thursday of each month. Reserve your seat by the Tuesday before.

11:30 am – 1 pm
\$8/event

Ben Weston's West African Drumming Group

Feel the rhythm! Jamaican native Ben Weston focuses on the contagious beats of West African drums, rhythms, and culture. A musician for Tam Tam Mandingue Djembe Academy Winston-Salem, Governor's School for the Arts and Humanities, and ZAKI African Drum & Dance Ensemble, Ben will get your feet tapping and spirit soaring on the rhythms of his drums. You won't want to miss this!

Thursday, October 20

Partners in Rhyme Barbershop Quartet

Founded in 2009, Partners In Rhyme is one of Greenville's most loved barbershop quartet. Come sway to their velvet harmonies and let their voices sing you into the holiday season!

Thursday, November 17

Bell Tower Boys, Furman University's All-Male A Cappella Group

Deck the halls with boughs of holly AND Furman University's premier student-led, all-male a cappella group! Throw on that Christmas sweater, break bread with beloved friends, and revel in the Bell Tower Boys' inspiring holiday performance!

Thursday, December 15



Makers Market

at the point

Friday, October 28 • 10 am to 3 pm
Admission is Free for SA Members Friday Only

Saturday, October 29 • 10 am to 3 pm
Admission is \$2 for all attendees 13 and older

Bring a friend and tell your neighbors!

Join us for Makers Market at the Point Friday and Saturday, October 28th and 29th. The Market will include indoor and outdoor vendors selling gifts and handmade crafts. Not only can you get your holiday shopping done early, but you can get your gifts wrapped at Senior Action's gift wrapping station.

Come out Saturday and enjoy our Food Truck Alley.

makersmarketpoint.com

CALLING ALL VENDORS:

Interested in becoming a vendor? Visit makersmarketpoint.com for more information or pick up an application at the front desk.

A Grateful Gathering:

Our Special Thanksgiving Meal

Join us for our annual Thanksgiving meal and program where we gather together to share in this special holiday. We'll dine on the traditional Thanksgiving fare, have a special inspirational moment, and share in each other's company. We will also take some time to celebrate Senior Action's 55th birthday!

Tuesday, November 22 • 11:30 am – 1 pm

Registration deadline: Thursday, Nov. 18

Cost: \$8

(Note: This is not a drop-in meal)

Following our Thanksgiving Meal, Corporate Member, CenterWell will be distributing Food Boxes from the Lobby. Stop by, complete a short form, and get your box while supplies last.

Tuesday, November 22 • 12:30 – 2:30 pm



Arthritis Exercise

*Certified Instructors: Neil Christian/Lizzie Nunnery/
Frances Wortkoetter*

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.

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

Beginner/Gentle Yoga

Certified Instructor: Lisa Ungefug

This gentle style of yoga is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, breath work and relaxation. Bring your own yoga mat.

Mondays/Wednesdays • 11:30 am
\$5/class

BOOM™ Mind! **NEW**

Certified Instructor: Marybeth Cunningham

Yoga and Pilates combined into one 30 minute fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance. Bring your own yoga mat.

Tuesdays • 2:45 pm – 3:15 pm
\$2/class
SilverSneakers®, Silver & Fit, & Renew Active: Free

BOOM™ Move!

Certified Instructor: Marybeth Cunningham

This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves.

Mondays • 5:15 pm – 5:45 pm
Tuesdays • 2:15 pm – 2:45 pm
Fridays • 1:30 pm – 2 pm
\$2/class
SilverSneakers®, Silver & Fit, & Renew Active: Free

BOOM™ Muscle!

Certified Instructor: Marybeth Cunningham

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

Mondays • 5:45 pm – 6:15 pm
Fridays • 2 – 2:30 pm
\$2/class
SilverSneakers®, Silver & Fit, & Renew Active: Free

Chair Yoga

Certified Instructor: Ann Toni Minard

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

Wednesdays/Fridays • 9 am
\$5/class

Drums Alive® **NEW**

Certified Instructor: Marybeth Cunningham

This exciting new class challenges the boundaries of age by improving levels of balance, gait, functionality and the quality of life for older adults. Drums Alive® is evidence-based and uses music, drumming and exercise to create a healthy body and healthy mind. All are welcome to join in on the fun! No musical talent or previous experience required.

FREE Preview Classes September 28
8:30 am, 4 pm

Mondays • 8:30 am, 4 pm
Tuesdays • 9:45 am
Wednesdays • 5:15 pm
Thursdays • 9:45 am
Fridays • 8:30 am
\$5/class

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
\$5/class

Gymnastics for All **NEW**

Certified Instructors: Paula Northuis/Bob White

A FUN class dedicated to the idea that everyone can be fit. Light to Medium strength and flexibility training based on the same exercises that gymnasts use to train, using their body as weights. Improve your balance, coordination, and aerobic capacity. Also train using rhythmic and small gymnastics equipment. Work and progress at your own pace. Instructors have over 50 years of teaching experience combined. Please bring your own yoga mat.

Mondays/Wednesdays • 6:45 pm
\$5/class

Line Dance: Intro*Volunteer Leader: Barbara Steele*

If you are new to the Senior Action Line Dance program, this is the place to begin! A one-quarter course that introduces you to mainstream line dance terminology and technique. Learn a new dance every week. Participants need to have good balance and ability to turn without getting dizzy.. Great fun dancing to the oldies!

Tuesdays • 12:15 pm – 1:15 pm (Begins 10/18)**\$5/class****Members: Free****Love Your Lymph Exercise Class NEW***Certified Instructor: Elisa May*

Join us for a gentle exercise class based on promoting improved lymphatic circulation and health. In addition this class will address improving joint range of motion, balance and strength. Each class will begin and close with specific lymphatic stimulating movements that you can learn to do at home to keep this important system happy!

Mondays • 3:30 pm – 4:15 pm (10/17 -11/22)**\$5/class****Rise and Shine Yoga NEW***Certified Instructor: Ann Toni Minard*

A yoga class that balances strengthening exercises with mobilization and deep stretching at the end, all in only 30 minutes! Please bring your own yoga mat.

Wednesdays/Fridays • 8:15 am – 8:45 am**\$3/class****S.E.A.T. NEW***Certified Instructor: Christin Taylor***Supported exercise for ageless training.**

This chair-based exercise program offers a full body, low- impact workout with options to suit the needs of clients with a range of abilities and skills. Improves physical health and cognitive function while requiring no prior experience for participants to feel comfortable and have a great workout experience.

FREE Preview class, Sept. 27 • 12:30 – 1:15 pm**Tuesdays • 11:45 am – 12:30 pm****Wednesdays • 4 pm – 4:45 pm****\$5/class****SilverSneakers® Circuit***Certified Instructors: Tasha Kahaleh/Lizzie Nunnery/Christin Taylor*

Experience a cardio-focused standing, low-impact choreography alternated with standing upper-body strength work. Circuit focuses on the benefits of a circuit-interval format to improve cardiovascular endurance, and muscular strength and endurance. Your instructor can adapt the exercises depending on your skill. (You may sign up for one class per day)

Mondays • 8:30 am**Tuesdays • 11 am, 2:45 pm****Wednesdays • 8:30 am****Thursdays • 11 am, 2:45 pm****\$3/class****SilverSneakers®, Silver & Fit, & Renew Active: Free****SilverSneakers® Classic***Certified Instructors: Callie Adams/Lora Bryan/Lizzie Nunnery/Christin Taylor*

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Mondays/Wednesdays/Fridays • 11 am, 2:45 pm**\$3/class****SilverSneakers®, Silver & Fit, & Renew Active: Free****SilverSneakers® Stability NEW***Certified Instructors: Callie Adams/Marybeth Cunningham*

Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls.

Tuesdays • 4 pm**Thursdays • 4 pm****Fridays • 9:45 am****\$3/class****SilverSneakers®, Silver & Fit, & Renew Active: FREE****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**\$5/class**

T'ai Chi Chih –Practice

Volunteer Leader: Tina deBondt

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

Thursdays • 2:15 pm

\$5/class

Members: Free

T'ai Chi Yang 24

Volunteer Leaders: Jean Lindsey/Norman Tada

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

Mondays/Wednesdays • 9:45 am

\$5/class

Members: Free

Yin Yoga **NEW**

Certified Instructor: Lisa Ungefug

This slow paced style of yoga wherein postures are held for longer periods of time gives the student a deeper stretch. The aim of Yin yoga is to increase circulation in the joints and improve flexibility. Please bring your own yoga mat.

Friday • 2:15 pm

\$5/class

Yoga Flow

Certified Instructors: Lisa Ungefug, and 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 • 8:45 am

Thursdays • 11:15 am

\$5/class

Yoga Strong **NEW**

Certified Instructor: Susan Cannon

Yoga with Emphasis on Balance and Core Strength. Join us for 60 minutes of mindful movement to improve balance, core strength, and flexibility. All levels are welcome.

Tuesdays • 5:30 pm

\$5/class

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

\$5/class

Cooking/Nutrition

Cooking Matters

Presented by Myra Brookins, Health Educator through Clemson SNAP Education Program

In this 6 week program, learn how to prepare foods that are nutritious, budget-friendly, AND taste good! Come improve your confidence in the kitchen and in your understanding of health by engaging in learning, discussion, preparing, and tasting recipes in class.

Tuesdays, Oct. 11 – Nov. 15 • 1 pm – 3 pm

Members: Free

Dish with Chef Brian

Presented by Corporate Member, Nancy Long, Director of Sales, and Chef Brian Province Director of Dining Services The Blake at Hollingsworth Park

Chef Brian will bring you the Best of Fall with this three course dinner demonstration.

Monday, Oct. 17 • 2 pm – 4 pm

Butternut squash soup with spiced croutons.

Monday, Nov. 14 • 2 pm – 4 pm

Apple-braised pork tenderloin

Monday, Dec. 12 • 2 pm – 4 pm

White chocolate peppermint panna cotta.

\$8

Members: Free

Financial

Edward Jones Perspective

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

In this seminar, we will discuss timely market topics and potential investment strategies.

Thursday, November 10 • 10:30 am

\$5

Members: Free

Fourth Quarter Market Outlook

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

This seminar focuses on current and key topics facing investors today.

Thursday, October 20 • 11 am

\$5

Members: Free

Insurance

Getting the Right Life Insurance

Presented by Corporate Member Tom Plemmons, Owens Insurance

Life insurance is the only asset that matures when you need it most, if you have the right kind. Learn how to review what you have and make sure it will be there when your family and loved ones need it.

Tuesday, October 25 • 11 am

\$5

Members: Free

Medicare Advantage, The Future is Clear Spring

Presented by Corporate Member Kevin O'Connor, Senior Market Manager, Clear Spring Health

Learn about the exciting new plans being offered in the great state of South Carolina by Clear Spring Health.

Wednesday, November 9 • 9 am

\$5

Members: Free

Medicare Made Clear & 2023 Updates

Presented by Corporate Member Judy Melograna, Licensed Insurance Agent, Peek Performance

Join us for an overview of Medicare and comparisons between Medicare Supplements (Medigap) plans and Medicare Advantage and Drug Plans. This session will have a Q&A breakout to help you get a better understanding of what plans may work best for you!

Tuesday, October 5 • 10 am

\$5

Members: Free

Medicare, Social Security, and You!

Presented by Corporate Member Roger Beatty, President, Senior American Services

When and how to apply for your social security benefits and the tax consequences for opting in incorrectly. How Medicare choices now can possibly affect you in the future.

Wednesday, October 12 • 11 am

\$5

Members: Free

Medicare Out of Pocket Expenses and How to Avoid Them

Presented by Corporate Members, Judy Melograna, Licensed Insurance Agent, Peek Performance

Come learn about Medicare out of pocket co-pay or co-insurance costs you may not be aware of. Learn ways to protect yourself from these expenses and how to get paid for your prescription drugs. We will also discuss a Health Matching (HMA) plan that saves you on your medical, dental, vision, hearing, and cosmetic services.

Tuesday, October 18 • 10 am

\$5

Members: Free

Rethinking Your Medicare Plan

Presented by Corporate Member Milford Kilgore, Customer Service Agent, United Healthcare Medicare Solution

Come watch a short video on United Healthcare and learn about different plan options in the Greenville market for 2023.

Thursday, November 3 • 1:30 pm

\$5

Members: Free

The Importance of Long-Term Care Insurance

Presented by Corporate Member Tom Plemmons, Owens Insurance

It is important to understand who will pay for your long-term care. Since Obamacare and Medicare do not pay for long term care in most cases, it will be your responsibility first. This seminar will give you more information in order to make informed decisions.

Tuesday, November 8 • 11 am

\$5

Members: Free

Understanding Your Long Term Care Policy

Presented by Corporate Member, Heather Burton, Owner, Connections to Care

Do you know the benefits covered in your Long Term Care Policy? Do you know how to file a claim? We will discuss the major components of most Long Term Care Policies so you have a better understanding of what services are available through your policy.

Tuesday, December 13 • 10 am

\$5

Members: Free

What Is and Is Not Covered by Medicare

Presented by Corporate Member Jaime McCabe, Managing Director, Amerilife

Get the skinny on what medicare now covers and doesn't cover. Learn how your medical plan measures up to the changes.

Tuesday, November 1 • 11 am

\$5

Members: Free

Legal

Preplanning Funeral Services: Why You Need More Than a Will

Presented by Corporate Member Natalie Goglia, Licensed Funeral Director and Preneed Counselor, Palmetto Mortuary

Preplanning funeral services provide many different benefits, but to name a few are peace of mind, financial guarantees, and avoidance of family disagreements at the time of passing. Learn about the importance of preplanning.

Tuesday, November 1 • 10 am

\$5

Members: Free

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

Presented Corporate Member Brigid Benedict, Client Service Specialist, Burroughs|Elijah Attorneys

Learn about the importance of having a Power of Attorney in place for both your financial needs and your health care needs.

Thursday, November 17 • 10 am

\$5

Members: Free

Real Estate

Have You Scheduled Your Home Physical?

Presented by Corporate Member Stephanie Burrows, Realtor, Allen Tate Realty

Everything in life has a check-up: our bodies, our car, but what about our home? It's the biggest asset we have but is it being maintained? Learn about the steps you can take to give your home a physical.

Wednesday, October 12 • 2 pm

\$5

Members: Free

Should I Stay Or Should I Go?

Presented by Corporate Members, Laurie Greenway, Berkshire Hathaway, C Dan Joyner REALTORS, SRES, and Heather Burton, 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.

Wednesday, October 12 • 9 am

Wednesday, November 9 • 2 pm

\$5

Members: Free

Senior Services

A Safe Drive Through the Aging Process

Presented by Corporate Member Linda Cale, Owner, Senior Care Authority

A direct and compassionate approach to recognizing the day it will be time to relinquish that treasured driving independence. The ultimate goal is to not take away driving opportunities, but offer suggestions on how to compensate for diminishing skills so that you remain on the roadway as a safe driver.

Thursday, October 13 • 10:30 am

\$5

Members: Free

Cremation Conversations

Presented by Corporate Member Natalie Goglia, Licensed Funeral Director, Palmetto Mortuary

Natalie Goglia, Funeral Director with Palmetto Mortuary, will discuss the importance of funeral preplanning. She will discuss the difference between pre-arrangement funeral services and pre-funded funeral services. The group will also go over necessary paperwork beyond a Will needed to be completed for funeral preparations.

Thursday, October 27 • 11 am

\$5

Members: Free

Do I Qualify For Non-Medical Home Care?

Presented by Corporate Member, Charles Cannon, Owner/CEO, Community Enterprises

So many people want to stay in their home instead of moving to a facility. You may qualify for a Non-Medical Home Care Aide! Community Home Care will give you a Free Assessment to see if you qualify.

Friday, October 7 • 11 am

\$5

Members: Free

Don't Let Your Kids Pick Your Next Home! Be Prepared!

Presented by Corporate Member Heather Durbin, Director of Sales and Marketing, The Gables on Pelham

Don't let your kids pick your next home! Be prepared by knowing what you want in a continuing care retirement community! What is a continuing care retirement community? Join me in learning what to look for and find out how a community like The Gables on Pelham provides you with a stress-free life.

Tuesday, October 25 • 3 pm

\$5

Members: Free

Hospice Myths

Presented by Corporate Member Bethany Austin, Community Liaison, Affinity Hospice

With all the information available about hospice, many misconceptions still exist, and you or your loved one could be missing out on much needed support. Learn the many ways that patients and families may benefit from Hospice Services.

Thursday, October 6 • 9 am

\$5

Members: Free

How to Take the Blues Out of Christmas

Presented by Corporate Member Vickie Given, Realtor, SRES, CRS, C Dan Joyner

Are you dreading the Holiday Blues? Come find out about how to combat this problem that many seniors face each year.

Tuesday, November 15 • 10 am

\$5

Members: Free

Navigating the Waters

Presented by Corporate Member, Dr. Valerie Howe, DBA, CRCFA, LPN, CDP

Information you will want when it comes to help with your daily activities of living. Who do you call? Does a doctor need to order it, and who pays for it? All those things we don't want to know but should know about getting help when it is necessary.

Wednesday, October 19 • 2 pm

\$5

Members: Free

Non-Profit Series: Focus on Breast Cancer Month

Sponsored by Gail Stokes, Editor, All About Seniors Magazine and Resource Guide

Come learn about area nonprofits and the services they provide. Speakers will be the Cancer Society of Greenville, Greenville Cancer Survivors Park Alliance.

Monday, October 10 • 10 am

Non-Profit Series: Focus on Veterans

Sponsored by Gail Stokes, Editor, All About Seniors Magazine and Resource Guide

Come learn about area nonprofits and the services they provide. Speakers will be Upstate Warrior Solutions and Greenville County Veterans Affairs Office.

Monday, November 14 • 10 am

Non-Profit Series: Focus on Mental Health

Sponsored by Gail Stokes, Editor, All About Seniors Magazine and Resource Guide

Come learn about area nonprofits and the services they provide. Speakers will be NAMI, Canterbury Counseling Center- a ministry of Christ Church.

Monday, December 12 • 10 am

Savvy Seniors

Presented by Rebecca Duncan, Savvy Seniors Program Director, Better Business Bureau

Receive the latest tips and education materials on how to spot scams and identity theft threats before you become a victim.

Tuesday, December 6 • 10 am

\$5

Members: Free

You Don't Know What You Don't Know Series

Your Guide to Senior Resources

We have assembled an experienced team of professionals who have joined Senior Action as Corporate Members. These experts provide educational and relevant topics to help seniors and their families successfully navigate confusing senior services.

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

\$5 per session

Members: Free

Part 1: 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, October 3 • 11 am

Part 2: 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.

- How and where to apply
- What is Healthy Connections Prime?
- Differences between Medicare & Medicaid

Monday, October 10 • 11 am

Part 3: 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. 83 percent of people over age 72 have a Power of Attorney (POA) in place compared with 41 percent of millennials. This session will focus on the top reasons everyone needs a comprehensive Power of Attorney.

Monday, October 17 • 11 am

Part 4: Senior Living Savvy-Making Lemons into Lemonade

Presented by: Lisa Lee, Clinical Liaison, CDP, Care Patro

\$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.

Monday, October 24 • 11 am

Part 5: How to Manage Your Digital and Personal Assets-LifeStats

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

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 a trusted someone help you?

You will learn:

- How and what to document and recover your important information
- The importance of writing down your information

Monday, October 31 • 11 am

Part 6: Panel Question & Answer Session

Join our panel of experts 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 Given

Monday, November 7 • 11 am

What Is a Patient Advocate and Why Do You Need One?

Presented by Corporate Member, Deborah Yochum, Owner, Journey Health Partners

Thursday, November 17 • 2 pm

\$5

Members: Free

What is a Skilled Nursing Facility?

Presented by Corporate Member Jacquie McCowan, Marketing Director, Patewood Post-Acute

Learn about Skilled Nursing Facilities and review what insurance covers. Learn the difference in long term care vs short term rehab, and what services are provided. Don't wait until an accident happens, know what to do and how it affects you.

Thursday, November 10 • 9 am

\$5

Members: Free

Technology

Beware! Scam Ahead!

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

Seniors too often fall victim to financial and identity theft scams and we want to help those in our community recognize and avoid these threats.

Thursday, October 6 • 10 am

\$10

Members: \$5

Dear Santa, Please Bring Me a New Phone for Christmas

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

Just in time for the holidays! How to select the right cell phone for you. Also, how to read, understand and save money on your cell phone bill.

Thursday, December 8 • 1:30 pm

\$10

Members: \$5

Technology for Healthcare

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

Navigating changing technology with your doctor or hospital is no easy feat. Learn how telemedicine works and how to read and interact with "My Chart".

Thursday, November 16 • 1:30 pm

\$10

Members: \$5

Wellness

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 • 10 am

(starts February 3)

\$200

Innovative Technologies: Changing Cancer Treatment

Presented by Dr. Daniel Fried, MD, PhD, Medical Director for Gibbs Cancer Center and Research Institute

Learn about cutting edge technology that is used to treat tumors and certain types of cancers to give some patients safer, faster and more accurate treatment.

Monday, October 17 • 10 am

\$8

Members: Free

Osteoarthritis

Presented by Mary Kay Heffernan, PT, DPT and Jackson Kajima, PT, DPT with Elite Integrated Therapy Centers

Come learn more about Osteoarthritis! We will be discussing the symptoms, causes, and those individuals who are at risk of Osteoarthritis, as well as how physical therapy can help in the treatment of osteoarthritis.

Wednesday, December 21 • 3:30 pm

\$8

Members: Free

Osteoporosis

Presented by Ben Hangen, PT, DPT, OCS, FAAOMPT and Lindsay Wilde, PT, DPT with Elite Integrated Therapy Centers

Come learn more about Osteoporosis! We will be discussing the symptoms, causes, risks, and other factors that may lead to Osteoporosis. From there, we will learn more about prevention and treatment.

Wednesday, October 19 • 3:30 pm

\$8

Members: Free

The Five Best Things You Can Do Today to Help Your Parkinson's Disease

Presented by Tori Stramara, Doctor of Physical Therapy with Dedicated Therapy

Explore ways to use exercise as medicine for Parkinson's disease to live your best life. Learn what you can do for yourself to reduce your Parkinson's symptoms.

Monday, November 7 • 10 am

\$8

Members: Free

Wellness Wednesday: "Don't Skimp on Your Lymph!"

Presented by Elisa May, National Board Certified Health & Wellness Coach

Learn about your amazing lymphatic system. What it is, what it does, and how to keep it healthy.

Wednesday, October 12 • 10 am

\$8 per session

Members: \$5 per session

Wellness Wednesday: Pelvic Health from a Physical Therapist Perspective

Presented by Dr. Hannah Gray, Doctor of Physical Therapy and Certified Pelvic Rehabilitation Provider (PRPC)

Learn about the anatomy and function of the pelvic floor muscles, how they are involved in bladder, bowel, and sexual function, and ways to help address urinary and bowel symptoms.

Wednesday, October 26 • 10 am

\$8 per session

Members: \$5 per session

Wellness Wednesday: "Get Fyzzie with It!"

Presented by Keli Alber, Doctor of Physical Therapy, Clinical Director at FYZICAL Greer

Learn how to check in with your own body, talk to your doctor about changes in mobility, get started with new exercise, & more! Legwarmers optional, but appreciated.

Wednesday, November 9 • 10 am

\$8 per session

Members: \$5 per session

Wellness Wednesday: Aromatherapy Basics

Presented by Susan Cannon, NAHA Level 2 Professional Aromatherapist

Learn how to use essential oils safely, and effectively for mind, body and spiritual wellness.

Wednesday, November 16 • 10 am

\$8 per session

Members: \$5 per session

Wellness Wednesday: The Power of Touch

Presented by Lisa Ungefug, LMT, 200 Hour CYT

Come explore the role touch has in our overall health. We don't often think about these things, but human touch is essential to our lives.

Wednesday, November 30 • 10 am

\$8 per session

Members: \$5 per session

Wellness Wednesday: The Healing Power of Self Care

Presented by Dr. Susan Satterfield, MD with Cypress Internal Medicine Patewood

Our bodies intuitively know how to heal. However, we often unknowingly limit our health and wellness. By becoming more aware of our thoughts, feelings, and body, we can better support ourselves.

Wednesday, December 7 • 10 am

\$8 per session

Members: \$5 per session

Wellness Wednesday: Breathing Techniques for Meditation and Mindfulness

Presented by Ann Toni Minard, 500 Hour CYT

There are many health benefits gained from meditation and mindfulness. Learn all about Yogic Breathing techniques (or pranayama) from a Certified Yoga Instructor.

Wednesday, December 14 • 10 am

\$8 per session

Members: \$5 per session

Basics of Astronomy and How to Get Involved

Presented by Roper Mountain Astronomers, Randy Cockrell, Volunteer Coordinator

Have you ever looked up at the stars and wondered what else is up there? Have you ever wanted to learn about Astronomy and what it takes to take up this hobby? Come find out how to get involved in this unique and exciting activity.

Tuesday, October 25 • 10:30 am
\$5
Members: Free

Basket Weaving Group

Volunteer Leader: Sheila Foy

An open group for experienced basket 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
Members: Free

Bible Study

Volunteer Class Leader: Betty Atkins

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

2nd & 4th Mondays • 12:30 pm
Free

Birthday Party!

Sponsored by Corporate Members Madeline Brown, Clear Spring Health and Summer McGriff, Griswold Home Care

Open to all members. Those having a birthday in the months of October, November, and December will be celebrated.

Wednesday, December 21 • 11 am
Members only: Free

Blood Pressure Screenings

Offered by Corporate Member, Pelham Medical Center

Mondays • 10:30 am – 1 pm
(Oct. 10 & 24, Nov. 14 & 28, Dec. 12)
Free

Book Club: Lit Wits

Volunteer Class Leader: Maureen Mallory

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

October 27: *Forged by Coal* by Terry Bailey

Terry is a member of Senior Action and will be at the meeting to discuss and take questions about the book. If you ever thought about trying Lit Wits this would be the month. What a treat to read a book penned by a Senior Action member!

November 17: *The Girl with Seven Names; A North Korean Defector's Story* by Hyeonseo Lee (true story)

December 22: *Miss Julia Speaks her Mind* by Ann B. Ross

Cartomancy: Card Reading for Fun and Fortune

Presented by Larry Halpern

Did you know that you can do a reading with a regular deck of playing cards? In this five part class, we will dive into everything you need to know about Cartomancy, from its origins to what the cards mean, how to do a reading, and more. Bring a deck of cards (something with history is best).

Tuesdays • 9 am
(October 11, 18, & 25, November 1 & 8)
\$5
Members: Free

Christmas Carol Sing-a-Long

Piano accompaniment by Bob Glick

Come with your bells on and sing your heart out to all our favorite Christmas carols. You'll enjoy a nice cup of hot chocolate by the fireplace and the joyous voices of new friends by the piano.

Friday, December 16 • 3 pm
Free

Cookie Exchange

Who doesn't love sharing their favorite holiday cookies with friends, family, and the members of Senior Action? Bring sets of 3 cookies for 30 people and we will exchange our favorites just in time for Christmas.

Thursday, December 22 • 11 am
Members only: Free

Crafts: Alcohol Inks

Instructor: Georgia Cloer

A guided art class using varying mediums with alcohol-based inks, including tiles, rocks, and Yupo paper. 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

Members: \$10/class

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 • 2:15 – 4:15 pm

\$20/class

Members: \$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.

Fridays • 11 am

(Oct. 21, Nov. 18, Dec. 16)

Free

Flu Vaccine Clinic

Offered by Corporate Member, CenterWell Senior Primary Care

Please sign up for an appointment at the front desk and bring your insurance card to your appointment.

Monday (Oct. 3 & Nov. 7) • 10 am – 2 pm

Free

German (Intermediate/Advanced)

Volunteer Class Leader: Paula Northuis

This class is for experienced students at the intermediate level. Challenge your brain with a language you previously studied in school, or brush up on your German for a trip to German-speaking country. Learn with videos straight from Germany, and games and fun books specifically designed for adult learners.

Wednesdays • 9 – 11am

\$15/month

Members: Free

Golf Anyone? (OFFSITE EXCURSION)

Presented by Top Golf, Greenville

Take a field trip to Top Golf at 201 Clifton Ct. in Greenville (Transportation not provided). You will enjoy 2 hours of driving range fun, a Rise and Shine breakfast buffet, coffee, bottomless soda and iced tea, and a dedicated event host with game demonstration.

Tuesday, November 8 • 10 am – 12 pm

\$50 per person

Grief Support Group

Sponsored by Natalie Goglia, Palmetto Mortuary

Connect with others coping with grief and loss in small in a small group led by professionals. This is an eight week series.

Thursdays, Oct. 6 – Dec. 1 • 10 am

Cost: Free

Handyman Hacks

Presented by Randy Hardin, Owner and Master Woodwork, Randy's Little Shop of Hardin

Learn how to do simple tasks such as changing a door knob, tightening loose hinges, and other small things that can save you money and stress.

Monday, November 14 • 9 am

\$5

Members: Free

Holiday Pop-Up Performances

Handbells, harps, and caroling! Ignite your holiday spark with surprise pop-up performances in the Lobby throughout December. Check the Performance Advent Calendar on the Message Board off the Lobby in December to see what's happening. You never know what might inspire you!

Free

How to Self-Publish a Book

Presented by Terry Bailey, Author, Forged By Coal

Learn the steps in making a manuscript into a published book on Amazon, Barnes & Noble, or having it printed for direct sales. Mr. Bailey will use his own book, Forged by Coal as an example.

Monday, October 24 • 2 pm

\$5

Members: Free

Ice Cream Social

Presented by Corporate member Milford Kilgore, United Healthcare Medicare Solutions

Don't eat ice cream alone. Join us for this fun and delicious social, where we will eat ice cream, share stories, and make some new friends. Try not to get a brain freeze!

Tuesday, November 29 • 3 pm

\$5

Members: Free

Karaoke Social

Presented by Corporate Member James Merrill, Owner, Pragma Home Health

Do you have the gift of song? Let's hear you warm up your vocal chords and get ready to sing! If you've never tried karaoke before, you have been missing out. Sing by yourself or as a group. Play "What's the Next Line", "Guess the Song", or just sit back and enjoy the entertainment. You will have the time of your life!

Wednesday, October 26 • 3 pm

Members only: Free

Let's Play with Model Trains! (OFFSITE EXCURSION)

Presented by Bob Rayle, CEO, Model Train Station

This fun field trip meets at the Model Train Station at 250 Mills St, Ste 1250 in Taylors (Transportation not provided). You will enjoy 16,000sq ft of the best multi-scale interactive train displays in North America. You can control the trains, have a scavenger hunt, and engage with it all.

Wednesday, November 30 • 2 pm

\$8 per person

Magic with Dick Stevens

Presented by Dick Stevens, Owner, Stevens Magic and Fun

Delight your eyes, ears and mind with a fun Magic Show!

Tuesday, October 11 • 10:30 am

\$5

Members: Free

Murder Mystery

Sponsored by Dr. Valerie Howe, The Parker Group, Jacquie McCowan, Patewood Post-Acute, and Stephanie Burrows, Allen Tate Realty

This is a *Halloween Who Done it!* We will follow the clues, investigate the suspects, and form our opinion to solve the murder just in time to save the day. Solve the crime and win the doorprize!

Monday, October 31 • 2 pm

\$5

Members: Free

Music Jam

Volunteer Leader: Bob Ripley

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

Wednesdays • 10 am – 12 pm

Cost: \$15/month

Members: Free

New Member Social

Hosted by Senior Action Corporate Members, Natalie Goglia, Palmetto Mortuary

This fun, casual event may include a mixer or game, an update from staff on Senior Action "happenings", light refreshments, and a chance to win raffle prizes. This a great time for new members to mix and mingle with those that have been part of Senior Action.

Thursday, December 1 • 3 pm

Members only: Free

Paint and Pour

Instructor: Megan Hannon

Sponsored by Corporate Members Amber Morse, The Aspens at Verdae and Nancy Long, The Blake at Hollingsworth

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, November 16 • 4 – 6 pm

Members only: Free

Poetry Circle

Volunteer Leader: Nona Wasler

Gather to share both well-loved and original poems with those who share a passion for poetry.

Thursdays • 11 am

Free

Quilting Circle

Volunteer Leader: Linda Mills

Welcoming quilters of all levels. Participants bring their own supplies and work on individual projects in the company of other quilters.

Mondays • 1:30 – 4:30 pm

\$15/month

Members: Free

Speed Dating Social

Hosted by Corporate Member Kay Borkowski, Centerwell Senior Primary Care and Andrew Ross, Owner, True Advocate Group

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

Wednesday, November 2 • 4 pm

Members only: 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 will be donated to local charities.

Thursdays • 1 – 2:30 pm

\$15/month

Members: Free

Sweet Treats

Decorations in Baking

Presented by Ann-Marie Sanderson, Owner, A Little Something Bakery

Join Ann-Marie for fun introductory classes on decorating and baking basics. These classes will teach you some tricks and styles that professional bakers utilize.

\$17/class

Members: \$12/class

(includes tools, supplies, and a treat)

Part 1: Basics in Cupcake Decorating

Come learn how to make vanilla buttercream and how to decorate cupcakes like the best bakeries.

Friday, October 1 • 9 am

Part 2: Basics in Cookie Decorating

Come learn how to decorate sugar cookies like the professionals.

Friday, November 11 • 9 am

Part 3: Basics in Holiday Cookie Decorating

Come learn a few basic cookie doughs and the various holiday cookies you can make from them.

Friday, December 9 • 9 am

Ugly Christmas Sweater Party

Sponsored by Corporate Member Amber Morse, The Aspens at Verdae

Wear your UGLIEST Christmas sweater and make some new friends at this crazy and fun Holiday party. Win a doorprize for the best sweater!

Friday, December 16 • 2 pm

\$5

Members: Free

Veterans Coffee

Monthly meet-up for Veterans to get together, share stories, and learn about each other. All Veterans old and new are welcome to join. No registration necessary.

1st Wednesdays • 9am (Meet in Lobby)

Cost: Free

Wine Pairings 101- Reds

Sponsored by Corporate Members Heather Burton, Connections to Care and Lisa Lee, Care Patrol

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!

Wednesday, November 16 • 3 pm

Members only: Free

Woodworking

Beginner Woodworking

Presented by Randy Hardin, Owner and Master Woodwork, Randy's Little Shop of Hardin

You will have a great time learning from Randy in these fun introductory classes into Woodworking. You don't need any experience to start this adventure into your new hobby.

\$5/class

Members: Free

Part 1: Tools and Safety

First rule of working with tools...safety. In this class, you will learn about basic tools and how to safely operate them for your projects.

Thursday, October 13 • 9 am

Part 2: Project Planning & Investments

Everyone needs to know what the cost of a project will be and how to properly plan each project. This class will teach you how to plan your projects.

Thursday, November 3 • 9 – 11 am

Part 3: Let's Build Something!

Time to learn how to build!! This will be a hands-on opportunity to build something simple that you can take it home with you. Please bring a board of 1"x6"x6' to this class.

Thursday, December 1 • 9 – 11 am

Day Trips

Table Rock Tea Company

Table Rock Tea Company is artisan tea grown along the Cherokee Foothills at the base of Table Rock Mountain. This excursion includes First Class Motorcoach Transportation, lunch in the Table Rock area, tour of the grounds, greenhouse, and processing area at Table Rock Tea Company, and Driver's gratuity.

Thursday, October 6

\$115 per person

Harrah's Cherokee Casino

From your favorite table games, to exciting video poker, Harrah's Cherokee has all the casino excitement you crave. Sports fans can place bets on a wide range of professional and collegiate sports at Caesars Sportsbook. This excursion includes First Class Motorcoach Transportation, \$20 Casino play voucher per person, Driver's Gratuity and Tour Director Services. Bring your friends!

Wednesday, Oct. 26, Nov. 16, Dec. 21

\$115 per person

Knoxville Riverboat Lunch Cruise

Enjoy a relaxing cruise along the Tennessee River, while we eat a delicious lunch, and our captain narrates and gives information regarding the local river, the sites and the vessel. What a wonderful way to see the fall leaves as we make our way through the Western North Carolina Mountains. This excursion includes First Class Motorcoach Transportation, Tennessee Riverboat Cruise, Lunch aboard the boat, and Driver's Gratuity. Bring your family, friends, or you could even make this a romantic adventure by bringing your crush!

Wednesday, October 19

\$155 per person

Georgia Aquarium & World of Coke Factory Tour

Georgia Aquarium is in Atlanta, GA and exhibits hundreds of species and thousands of animals across its seven major galleries, all of which reside in more than 11 million gallons of water. We will stop to have lunch on our way to visit the World of Coke. Then journey through the storied history of the iconic beverage brand and sample beverages from around the world. Excursion includes First Class Motorcoach Transportation, Georgia Aquarium Tickets, Lunch at the Aquarium, World of Coke Tickets, Driver's Gratuity and Tour Director.

Thursday, December 15

\$200 per person

Games

Bingo

Presented by Corporate Members

Bingo is back, Baby! Come play the game you know and love. Make new friends, win fun prizes, and sharpen your skills at our best known game.

Friday, October 21 • 10 am

Jacquie McCowan, Marketing Director, Patewood Post-Acute

Friday, November 18 • 10 am

Mark Milstead, Owner, Assisted Living Locators

Friday, December 16 • 10 am

Jaime McCabe, Managing Director, Amerilife

Members only: Free

Bridge

Volunteer Leader: Susie Roberts

Beginner (with instructions):

Tuesdays • 8:30 – 10 am

Intermediate/Advanced) :

Wednesdays • 1:30 – 5 pm

\$15/month

Members: Free

Hand & Foot (California)

Volunteer Leader: Steve and Doll Chmura

Thursdays • 1:30 – 5 pm

\$15/month

Members: Free

Hand & Foot (Traditional)

Volunteer Leader: Sharyn Prieto

Thursdays • 1:30 – 5 pm

\$15/month

Members: Free

MahJong

Volunteer Leader: Phyllis Wall

Thursdays • 1:30 – 5 pm

\$15/month

Members: Free

Mexican Train Dominoes

Volunteer Leader: Larry Boyer

Thursdays • 1:30 – 5 pm

Fridays • 1:30 – 4:30 pm

\$15/month

Members: Free

Name That Tune

Presented by Corporate Members (below)

The concept is simple. It's just like 'name that tune': listen to the song extract and find the name of the song or artist! How many will you recognize? Join this fun group activity and try to win the prizes!

Friday, October 14 • 10 am

Madeline Brown, Community Outreach, Clearspring Health

Friday, November 11 • 10 am

Nancy Long, Director of Sales, The Blake at Hollingsworth

Friday, December 9 • 10 am

Becky Pickett, Owner, Home Helpers

Members only: Free

Open Table Game Time

(Any table game welcome as space allows)

Mondays • 1:30 – 5 pm

Fridays • 1:30 – 5pm

(Unavailable Friday, December 9)

Ping-Pong & Billiards

Available in Game Room

Sjoelen

Volunteer Leader: Paul Scheele

Tuesdays • 1:30 – 3 pm

\$15/month

Members: Free

Trivia Hour

Presented by Corporate Members (below)

Are you smarter than the average bear? Whether you're highly competitive or just want to see what kind of crazy questions you can answer, trivia at Senior Action is the place to be. Join this fun group activity and try to win the prizes!

Friday, October 7 • 10 am

Bill Vicary, Owner, Just Call Bill and Andrew Ross, Owner, True Advocate Group

Friday, November 4 • 10 am

Bill Vicary, Owner, Just Call Bill and Andrew Ross, Owner, True Advocate Group

Friday, December 2 • 10 am

Bill Vicary, Owner, Just Call Bill and Andrew Ross, Owner, True Advocate Group

Members only: Free

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.

Financial

Senior American Services, Roger Beatty
Financial Consultant
3rd Mondays • 11 am – 1 pm

United Healthcare Medicare Solutions, Brittany Mikeal
Medicare Programs
October 27 • 10 am – 1 pm

Healthcare

Patewood Post Acute, Jacquie McCowan
Skilled Nursing and Rehab Facility
2nd Wednesdays • 11 am – 1 pm

Other Senior Resources

Palmetto Mortuary, Natalie Goglia
2nd Tuesdays • 10am – 12 pm

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

Home Care

First Light Home Care, Faith Harrison
Private Duty Home Care
4th Mondays • 11 am – 1 pm

Physical Therapy
FYZICAL Therapy and Balance, Tera Dolan
Physical Therapy
Oct. 10, Nov. 1, Dec. 6 • 11 am – 1 pm

Griswold Home Care
Private Duty Home Care
2nd Mondays • 9 am – 11 am

Dedicated Therapy, Shannon Cobb
Physical Therapy
2nd Fridays • 10 am – 12 pm

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

Elite Therapy Group, Tabatha Ard
Physical Therapy
1st Wednesdays • 9 am – 11 am

Pragma Home Health, James Merrill
Private Duty Home Care
3rd Thursdays • 2 – 4 pm

Stretch Zone- Keith Filter
Physical Therapy
2nd Wednesdays • 9 am – 11 am

Insurance

Clearspring Healthcare, Madeline Brown
Affordable Health Insurance Plans
Every Tuesday • 1 pm – 3 pm

Real Estate

Berkshire Hathaway, C. Dan Joyner
REALTORS®, Vickie Given
Specialized Real Estate Solutions for Senior Adults
1st Mondays • 11 am – 1 pm

Humana, Doug Possenriede
Medicare Programs
Oct. 5, 19, Nov. 2, 16, 30, & Dec. 7 • 11am – 1 pm

Peek Performance, Judy Melograna
Medicare Programs
October 21 • 11 am – 1 pm

Nest Realty, Lisa Briganti
Senior Adult Real Estate Specialist
1st Fridays • 11 am – 1 pm

Allen Tate Realty, Stephanie Burrows
Senior Adult Real Estate Specialist
4th Tuesdays • 11am – 1 pm

Senior Living Resources

All About Seniors, Gail Stokes
Oct. 10, Nov.14, Dec. 5 • 10 am – 12 pm

Assisted Living Locators, Mark Milstead
No Cost Senior Living Advisor
1st and 3rd Thursdays • 9 – 11 am

Care Patrol, Lisa Lee
No Cost Senior Living Advisor
1st Tuesdays • 10 am – 12 pm

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

Haywood Estates, Barbara Garrett
Independent Living
2nd Tuesdays • 10 am – 12 pm

Hilltop Memory Care, Lynn Baird
Memory Care
1st Wednesdays • 1– 3 pm

The Gables on Pelham, Heather Durbin
Assisted Living, Memory Care, and Skilled Nursing
2nd Tuesdays • 11:30 – 1:30 pm

The Parker Senior Living, Dr. Valerie Howe
Assisted Living and Memory Care
1st Wednesday • 11 am – 1 pm

Aspens at Verdae, Amber Morse
Independent Living
1st Fridays • 11 am – 1 pm

The Blake at Hollingsworth, Nancy Long
Assisted Living and Memory Care
2nd Thursdays • 1 am – 1 pm

Technology

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

Caption Call, Charles “Benjy” Thompson
No Cost Captioned Telephone Service
2nd Fridays • 11 am – 1 pm

*Fun
Fridays
at Senior Action!*





Fine Arts Center

Senior Action's new Fine Arts Center is a space for you to uncover, rediscover, or continue your creativity in community. 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*

This class introduces the Alexander Technique - a therapeutic neuromuscular technique that releases tension and enhances posture, balance, coordination, and ease of movement. No experience required. All levels welcome.

Fridays, October 7 – December 16 • 10:15 am

Cost: \$140

Ballet I Faculty: *Joshua Williams (M, W) & Carissa Kubitz (Th)*

Learn the fundamental technique & artistry of classical ballet: proper stretching, feet & arm positions, ballet barre basics, body positions, and center combinations. No experience required. All levels welcome. Three sessions offered. Students can take one, two, or all three sessions.

Mondays, October 3 – December 19 • 9:45 – 11 am

Wednesdays, October 5 – December 21 • 10:15 – 11:15 am

Thursdays, October 6 – December 22 • 6:15 – 7 pm

Cost: \$140/session

Modern Dance Faculty: *Elizabeth Wright (Oct), Naina Dewan (Nov), Megan Hannon (Dec)*

An introduction to modern dance that teaches the different styles of prominent modern dance pioneers from the last century: Isadora Duncan (taught by Isadora Duncan technique expert Elizabeth Wright), Doris Humphrey, Martha Graham, Merce Cunningham, Paul Taylor, Alvin Ailey, and more.

Tuesdays, October 4 – December 20 • 10 am

Cost: \$140

Movement Lab Faculty: *Naina Dewan, MFA & Megan Hannon, BFA*

Explore the joy of guided movement, improvisation, abstract storytelling, dance-making, and dance filmmaking in a fun and nurturing environment. Local showings and performances will be planned.

Fridays, October 7 – December 16 • 11:30 am

Cost: \$140

**Annual Fine Arts
Center Annual
Enrollment Fee: \$60**

*Waived for Senior Action
Members*

**Annual Ensemble
Performance Dues:
\$10/ensemble**

*Waived for Senior Action
Members*

OPEN STUDIO

*Available to Fine Arts Center
students only.*

Art: Th • 8 am – 1 pm

Music: M & W • 3 – 5 pm

Studio 1: F • 3 – 5 pm

All classes are one hour unless otherwise noted.

Music Classes

Guitar I *Faculty: Thom Hannon*

This class introduces the fundamentals of guitar playing. Students bring their own instrument.

Mondays, October 3 – December 19 • 10 am
Cost: \$140

History of Classical Music

Faculty: Craig Price, PhD

History of Music will explore some of the most important forms within western classical and jazz music such as the symphony, the string quartet, piano sonata, opera, and more. We will learn about the best-known composers in history including Bach, Mozart, Beethoven, Brahms, and Verdi, as well as lesser-known composers including Clara Schumann, Joseph Boulogne, and Jennifer Higdon.

Thursdays, October 6 – December 22 • 4 pm
Cost: \$140

Music Theory *Faculty: Erin Thomas*

This class will cover the building blocks of music and how they are combined to create the music we know and love. Students will learn the names of notes, intervals, reading music on the staff, and basic harmonies. A fun and interactive class!

Thursdays, Oct. 6 – Dec 22. • 10 – 11:30 am
Cost: \$140

Ukulele I *Faculty: Laurie Gentry, MA*

This class introduces the fundamentals of Ukulele playing. Students bring their own instrument.

Mondays, October 3 – December 19 • 1 pm
Cost: \$140

Voice *Faculty: Craig Price, PhD*

These intensives explore 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, October 6 – December 22 • 5:30 pm
Cost: \$140

Woodwinds I *Faculty: Erin Thomas*

This class introduces the fundamentals of how to play and practice on a woodwind instrument. Students bring their own instrument.

Thursdays, October 6 – December 22 • 1 – 2:30 pm
Cost: \$140

Music Ensembles

Carolínians Senior Jazz Band

By audition only

Conductor: Ron Hamilton, BM

Tuesdays • 1:15 pm

Cost: \$10/year

Members: 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

Members: Free

Upstate Senior Band

Conductor: Tab Hughey

Assistant Conductor: David Hamilton

Tuesdays • 10 am – 12 pm

Cost: \$10/year

Members: Free

Visual Arts Classes

Ceramics: Hand-Building

Faculty: Cynthia Pollard

This class will teach the fundamentals of hand-building, an ancient pottery-making technique that involves creating forms without a pottery wheel, using the hands, fingers, and simple tools. Materials provided.

Thursdays, October 6 – December 22 • 5:30 – 8 pm

Cost: \$140

Materials Fee: \$30

Ceramics: Wheel-Throwing

Faculty: Jim Weber

This class will teach the basic techniques of wheel-throwing. Materials provided.

Mondays, October 3 – December 19 • 9 am – 12 pm

Cost: \$140

Materials Fee: \$30

Drawing I

Faculty: Ashley Brickner, BA

Learn Ashley's 15 drawing epiphanies (how to hold a pencil, learning about background & 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.

Tuesdays, October 4 – December 20 • 8:30 – 10 am

Cost: \$140

Materials Fee: \$10

Drawing II

Faculty: Ashley Brickner, BA

This intensive 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 is to acquire an understanding of how to draw faces. Materials provided. Pre-requisite: Drawing I.

Tuesdays, October 4 – December 20

10:15 – 11:45 am

Cost: \$140

Materials Fee: \$10

Drawing III

Faculty: Ashley Brickner, BA

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, October 4 – December 20 • 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.

Tuesdays, October 4 – December 19 • 4 – 6 pm

Cost: \$140

Materials Fee: \$30

Making Marks

Faculty: Larry Halpern

This class is designed for those who are starting their artistic journey. The goal of this class is to discover your "artist within", to better understand where your art may come from, and how you can leave more of yourself on the paper. We will explore "seeing" like an artist, abstraction vs. realism, and questioning how we define "good art". It will be a combination of lecture, discussion, and creative exercises. All levels welcome. Materials provided.

Mondays, October 3 – December 19 • 1 – 3 pm

Cost: \$140

Materials Fee: \$10

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, October 5 – December 21

1:30-3:30 pm

Cost: \$140

Materials Fee: \$30

Oil Painting II / III

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, October 5 – December 21

10 am-1 pm

Cost: \$140

Materials Fee: \$30

Portrait Painting in Oil

Faculty: Roxana Sinex

Learn about capturing the human form in oil and how to play with color, light, and shadow. Materials provided.

Mondays, October 3 – December 19 • 5:30 – 7:30 pm

Cost: \$140

Materials Fee: \$30

Watercolor I

Faculty: Gayle Miller

This class introduces the basics of watercolor painting from proper technique to design principles. Materials provided.

Fridays, October 7 – December 16 • 9 – 11 am

Cost: \$140

Materials Fee: \$20

Watercolor II

Faculty: Gayle Miller

This class deepens the study of proper technique to design principles in watercolor painting. Materials provided.

Fridays, October 7 – December 16 • 11:30 – 1:30 pm

Cost: \$140

Materials Fee: \$20

senior action
Benefiting...

dancing stars

with the Carolina Stars

Proceeds benefit programs & services at Senior Action

11.19.22

Greenville Convention Center

Local celebrities partnered with professional dancers compete in a glamorous evening of dining and dancing.

www.DancingWithTheCarolinaStars.com

Berea Community Center

Membership Fee: \$75

Scotty Hammett

Site Coordinator

Karen Hill-Robinson

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

\$5/class

Silver Sneakers® Classic

Certified Instructors: Lynnette Carter/ Maxine Bennett/ 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

Silver Sneakers® Circuit

Certified Instructors: Lynette Carter/ Maxine Bennett/ Kelly Rosche

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, and Fridays • 10 am

Line Dance 1

Leader: 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 class.

Fridays • 8:30 am

\$5/class

Line Dance 2

Leader: Dorinda Christian

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

\$5/class

Seminars

When it's time for Assisted Living

Presented by Corporate Member, Mark Milstead, Owner, Assisted Living Locators

It's a topic that we like to avoid but at some point we have to face the facts. How do we start this process and when is the right time. Mark Milstead is an expert in this area and will teach us how to take the first step.

Thursday, October 6 • 1 pm

Cost: Free

Recession Proof your Money

Presented by Corporate Member, Cletus Lynch, Owner, Lynch Capital Services

The economy is getting rough and we all are looking for ways to recession proof our money. Cletus Lynch will help guide you through the tough times by educating you about the world of finances.

Friday, October 14 • 1 pm

Cost: Free

Special Interest

Adult Coloring

The new craze with adults is advanced coloring. Yes, it's the same that we did as kids, but a little more detailed. Books and colors are not provided but we will provide the space and the fellowship

Mondays • 2 pm

Cost: Free

Apple Pie Contest

October is a fantastic time of year for fresh, crisp apples. If you have a special recipe, we want to test it out. Sign up for our pie contest. We will have a panel of 3 pie eating judges and 1 special pie will receive a blue ribbon for the best pie.

Friday, October 28 • 11 am

Cost: Free

Bible Study

Volunteer Class Leader: Joseph Malone

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

Thursday, November 3 • 1 pm

Members: Free

Bingo

Come play the game you know and love. Make new friends, win fun prizes, and sharpen your skills at our best known game. Be a part of the action at Senior Action!

2nd and 4th Fridays • 1 pm

Friday, October 7 & 21

Friday, November 18

Friday, December 2

Friday, December 16 (Bingo with Santa)

Cost: Free

Board Games

If you'd like to relive your youth by playing board games sign up. If you have a special game that you like, bring it with you.

Mondays • 11 am

Cost: Free

Book Club

We all love a good book on a cold day. Winter is coming so get your reading list together. Meet with other readers to discuss books that you have read. We have a small library here at Berea that you can borrow from to avoid the mall.

Thursdays • 2 pm

Cost: Free

Christmas Memories of the Past

Bring your photos from a past Christmas to be displayed on a special bulletin board during the month.

Wednesday, December 7 • 12 pm

Coffee and Conversations

Come on out early and have some coffee and strike up a conversation. Feel free to bring your breakfast and be ready to socialize.

Monday-Friday • 9 am

Grief 101

Volunteer Member: Kathleen McCombe

Connect with others coping with grief and learn to identify the stages of grief.

Monday, November 7 • 11 am

Cost: Free

Hanging of the Green

Come out and join the fun with other members! Get in the Christmas spirit by helping us decorate the center for Christmas. Music will be playing and cider will be served, Decorations will be provided by friends and members of the Center.

Thursday, December 1 • 2 pm

Horseshoes

Come enjoy a good game of horseshoes with other members.

Tuesdays • 2 pm

I Remember When

Volunteer: Charlie Driggers, Facilitator

If you enjoy talking about the past while living in the future, sign up and sit with friends during a round table discussion reminiscing about memories of the past.

Friday, November 4 and December 2 • 1 pm

K4 Christmas Caroling

A small group of 4K preschoolers will provide Christmas Music during Lunch.

Thursday, December 8 • 11:30 am – 12 pm

Music with Richard

Volunteer: Richard Demayo

Enjoy good music played by one of volunteer members..

Friday, October 7 • 11 am

Thursday, October 27 • 11 am

Tuesday, November 15 • 11 am

Monday, December 5 • 11 am

Outside Strolls

Weather is changing and fall is coming. Come out and enjoy our outside track. This area is always open to members, make it a habit by meeting your friends.

Mondays, Wednesdays, and Fridays • 2 pm

Recipe Swap

Holidays are approaching bring your favorite recipes to share with fellow members.

Monday, November 14 • 11 am

Cost: Free

Secret Santa

Sign up to bring Christmas Cheer to a Berea Community Center Member. Each person bring a small gift to exchange.

Monday, December 19,20,21

Sweet Potato Pie Contest

If you have a great recipe, sign up to compete in the contest. A panel of local judges will taste your creations.

Friday, November 18 • 12 pm

Cost: Free

Trick or Treat

We are never too old to relive our childhood. Come dressed up in your costumes. Free candy provided to all members.

Monday, October 31

Cost: Free

Veterans Day Program

The local award winning Berea High School JROTC will do a veterans Day presentation

Friday, November 11 • TBA

Cost: Free

Breast Cancer Awareness Day

Berea Fire Department

Our Berea Fire Department has taken an old truck and painted it pink to honor those that have fought and won the battle over cancer. October is the month of pink. Wear your pink shirts and come out to see the truck... you even get to sign it if you have won your battle.

Wednesday, October 12 • 11 am

Cost: Free

Blood Pressure Screening

Thursday, October 13 • 12:30 pm

Thursday, November 10 • 12:30 pm

Thursday, December • TBA

Cost: Free

Injury Screening

Presented by Corporate Member, PT Solutions Physical Therapy

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

Thursday, November 17 • 11 am

Cost: Free

Crafts with Karen

Volunteer: Karen Jones

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.

Friday, October 7 • 1 pm

Friday, November 18 • 1 pm

Friday, December • TBA

Cost: \$7

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 • 10 am

Cost: Free

Stitch in Time

For anyone who stitches with hooks and needles. Participants bring their own supplies.

Tuesdays • 1 pm

Cost: Free



3715 E North St., Suite K
Greenville, SC 29615



NONPROFIT ORG
U.S. POSTAGE
PAID
GREENVILLE, SC
PERMIT NO. 113



864.467.3660 • www.senioraction.org



Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____

Senior Action Member: Yes No

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

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

Building Fund General Support

In Memory of _____

In Honor of _____

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

Attorney Name _____

3715 E North St. • Suite K • Greenville, SC 29615

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

donate