

Jan-Mar

spark

2023

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:

Jan. 2 for New Years Day

Jan. 16 for Martin Luther King Jr. Day

Staff

Andrea Smith | Executive Director/CEO

Lori Cashin | Director of Operations

Naina Dewan | Fine Arts Center Director

Desiree Hempe | 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

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
- Select "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 Tuesday, January 3, at 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)

January/February/March

Mon/Wed/Fri: 1 pm

Tues/Thurs: 10 am, 1 pm

Spring of Hope



"It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair." These lines were famously penned by Charles Dickens in 1859 in his novel, "A Tale of Two Cities," and may be some of the most quoted lines in literature. The novel is set in London and Paris before and during the French Revolution, but what makes this a classic novel is how those lines are relatable even today.

Each year, I take time to reflect on the past year and look forward to the year ahead. This year, those lines keep repeating in my head. It has been the best and worst of times. We truly have had a very difficult year,





individually, as a community and nation, and as an organization. Financially, this year for Senior Action has been much more difficult than even the year we had to close buildings due to COVID. At least then, there was emergency funding to help us provide programs to the thousands of people who really needed the help. Yet at a time when the senior population is growing faster than any other segment of our community, the funding for programs that we offer was reduced significantly. For the first time in Senior Action's history, we had to turn people away from enjoying a meal together. We had to close two meal sites and eliminate days of serving meals at other locations to make sure we didn't run out of money. We had to cut 70 people from the lawn care service, and we had to limit medical transportation to 10 trips a month per client. We currently have hundreds of people on waiting lists for these programs. While the price of everything soars around us (I just bought eggs for \$10!!!), our staff have not had pay increases in over three years. And, because of the difficult economy, we are having trouble finding tenants to lease the space that we desperately need to lease to help pay our costs.

However....in the midst of one of the worst financial challenges I can remember, we celebrated 55 years! Fifty-five years of listening and responding to the needs of seniors in Greenville. That's almost three million times a person has enjoyed a meal with friends. And it's way too many to count how many exercise classes, trips, arts classes, etc. that we have offered over the 55 years. We have been an outlet and lifeline for people. We have broken down the walls of isolation. We have been the reason people look forward to getting out of bed. We have been a family to so many who don't have any family. And, for the families of the seniors we serve, we give them peace of mind that their parents are happy and staying healthy. What a gift that is!

As Dickens said, this has been a winter of despair, but I definitely hold tightly that it will be a spring of hope. Because that's what we do. We keep moving forward and working to make people's lives better. Out of challenge, innovation and creativity arise. This year we had an amazing summer with 12 "Fun Fridays." We added exciting new programs like "Paint and Pour" and "Drums Alive!" and "Murder Mystery" that so many people are enjoying. We won four different awards: Outstanding Marketing, Outstanding Fine Arts Programs, Outstanding Covid Response, Outstanding Community Outreach. We welcomed dynamic new staff members. We traveled to Alaska and New York City. We hosted a beautiful Thanksgiving Service for 300 people. I'm so proud of the work we do. We will continue to fight for these programs, educate the community leaders about how important our work is, listen closely to the needs, and adapt as needed. I speak for all of our staff and board, serving the aging population is the greatest honor and privilege. We will continue to build an organization that will serve seniors for 55 more!

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.

11:30 am – 1 pm

(Lunch is served from 11:30 am – 12 pm, program begins at 12 pm)

\$8/event

Registration deadline: By 5 pm the Monday before each event.

January: "Do You Hear What I Hear?"

Presented by Dr. Kathryn Miles Jackson, Audiologist

Learn the latest information on hearing healthcare—including over-the-counter hearing devices, when to get an exam, current hearing aid technology, and the latest research.

Thursday, February 5

February: Prostate Health and Urinary Dysfunction

Presented by Zachariah A. Overby, MD

Common issues of urinary dysfunction in both men and women may have significant mental and physical health problems that may be avoidable. We will discuss common treatments for urinary dysfunction and how to discuss it with your physician.

Thursday, February 2

March: Injury Prevention

Presented by Emma Harrison, PT, DPTe

Learn how to maximize your strength and reduce risk of injury!

Thursday, March 2



Join us for this fun luncheon featuring local performers the 3rd Thursday of each month.

11:30 am – 1 pm

(Lunch is served from 11:30 am – 12 pm, program begins at 12 pm)

\$8/event

Registration deadline: By 5 pm the Monday before each event.

Upstate Senior Concert Band

Ring in the New Year with Senior Action's beloved ensemble who has provided musical entertainment to all ages throughout the Upstate since 1999.

Thursday, January 19

Pragma Family Singers

Celebrate Black History Month with the Pragma Family Singers who bring their passion for multi-generational family singing traditions to Senior Action's community.

Thursday, February 16

Upstate Men's Choir

Founded in 2018, the Upstate Men's Choir sing a wide variety of choral literature for male voices. Their range of performances have included a WWI commemoration, a benefit for Upstate Warrior Solutions, and a benefit for the restoration of the iconic Trinity Church in Abbeville.

Thursday, March 16

Senior Action Turns 55

FITNESS CHALLENGES!!

We are excited to celebrate *Senior Action's 55th birthday* this year with a Fitness Challenge for each quarter beginning on January 9th and ending with a Grand Prize drawing on October 2nd!

STAY TUNED FOR NEXT QUARTER'S CHALLENGE!

JANUARY-MARCH: CHALLENGE #1

Challenge yourself and take advantage of our Fitness center by walking, riding, or rowing at least 55 miles throughout the winter quarter on one of our pieces of cardio equipment. You can walk a mile a day, or if that is too easy, challenge yourself by walking or riding three miles a day. To participate, pick up an instruction sheet from the front desk, which will include the details of the challenge and how to keep track of your miles.

This quarter's challenge begins Monday January 9th and will run through Friday March 31st.

Individuals who complete 55 miles (or more) will receive a Senior Action water bottle, be the envy of all their friends, and will be entered into a Grand Prize drawing to win a Fitbit. The winner of the Fitbit will be announced on Monday, October 2nd, 2023. You do not need to be present to win!

Arthritis Exercise

Certified Instructors: Neil Christian/Lizzie Gray Nunnery

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
Senior Action 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

Barre Fitness **NEW**

Certified Instructor: Marybeth Cunningham

This class combines elements of ballet, Pilates, yoga and strength training. You will use the barre, small exercise balls, resistance bands and light hand weights as props to aid in reaching the goal of a lean, strong body.

Tuesdays • 4 pm
Wednesdays • 10:15 am
\$5/class

BOOM™ Mind!

Certified Instructor: Marybeth Cunningham

The best from yoga and Pilates are combined into one 45 minute fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength, and balance. Please bring a yoga mat.

Tuesdays • 3:00 pm – 3:45 pm
\$3/class

SilverSneakers®, Silver & Fit, & Renew Active: Free

BOOM™ Move!

Certified Instructor: Marybeth Cunningham

This fun, dance-inspired 30 minute workout improves your cardio fitness with easy-to-follow moves set to energizing music.

Mondays • 4:30 pm – 5:00 pm
Tuesdays • 2:15 pm – 2:45 pm
Fridays • 12:30 pm – 1 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 • 5:15 pm – 5:45 pm
Fridays • 1:15 pm – 1:45 pm
\$2/class

SilverSneakers®, Silver & Fit, & Renew Active: Free

All classes are one hour unless otherwise noted.

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®

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.

Mondays • 6 pm

Tuesdays • 9:45 am

Thursdays • 9:45 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

Kickboxing Strength NEW

Certified Instructor: Lizzie Gray Nunnery

This class incorporates kickboxing moves along with strength exercises for a fast paced and exciting workout! Bring your water and be prepared to SWEAT!

Tuesdays/Thursdays • 5:15 pm – 6:15 pm

\$5/class

Line Dance: Intro

Volunteer Leader: Barbara Steele

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!

Mondays • 2:15 pm – 3:00 pm

\$5/class

Members: Free

Line Dance: Evening NEW

Volunteer Leader: Barbara Steele

Looking for a way to exercise and have fun at the same time? Our evening line dance class is for you. You will learn dances that you can do at parties, wedding receptions, outdoor summer band events, etc. Participants need to have good memory, good balance, and physical agility. No partner needed. Wear comfortable, soft-sole shoes. Athletic shoes work fine. (No boots or high heels, please.)

Thursdays • 6:45 pm – 7:45 pm

\$5/class

Love Your Lymph Exercise Class

Christi Sink, Wellness Director and Certified Instructor at Senior Action

Back by popular demand! Join us for a gentle exercise class based on promoting improved lymphatic circulation, improved strength and mobility, and overall improved health and a feeling of wellness. This program is great for cancer survivors and individuals who suffer from Lymphedema or other chronic health issues. Each class will begin with specific lymphatic stimulating movements that you can learn to do at home to keep this important system happy!

Mondays • 3:15 pm – 4 pm

\$5/class

Pelvic Floor Fit NEW

Christi Sink, Wellness Director and Certified Instructor at Senior Action

Weak and/or tight pelvic floor muscles may contribute to issues with bladder leaks, bowel incontinence, pelvic pain, and organ prolapse. Pregnancy, incorrect breathing and movement patterns, and sometimes even heavy lifting can create those weak or overactive muscles. In this 45 minute class, you will perform exercises that are meant to safely strengthen and lift the pelvic floor while also strengthening the entire core. In addition, you will participate in relaxation and breathing exercises to help lower pressure and release tension in the pelvic floor while creating a balanced wellness experience. Please bring your own yoga mat and a pillow or bolster to use during class.

Mondays • 4:15 pm – 5:00 pm (Begins Jan 31)

\$5/class

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). Through Qi Gong, we learn how to use our mind as a tool to direct the flow of electrical signals and energetic currents that comprise the body, mind, and emotions. This can lead to improved mastery over mental, physical, and emotional health, as well as greater resistance to everyday stresses and disease.

Wednesdays • 3:45 pm

\$5/class

Restorative Yoga NEW

Certified Instructors: Ann Toni Minard & Susan Cannon

This style of yoga "restores" the body to its parasympathetic nervous system function, which, in turn, helps the body rest, heal, and restore balance. By allowing time for longer Asanas (postures or poses) and deeper breathing, restorative yoga helps elicit the relaxation response!

Mondays • 8:30 am

Tuesdays • 5:30 pm

\$5/class

Rise and Shine Yoga

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. (Supported Exercise For Ageless Training)

Certified Instructor: Christin Taylor

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.

Tuesdays/Thursdays • 11:15 am – 12:00 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, muscular strength, and endurance. Your instructor can adapt the exercises depending on your skill. (*Due to limited spacing you may only sign up for TWO SilverSneakers Circuit classes per week*)

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. (*Due to limited spacing you may only sign up for TWO SilverSneakers Classic classes per week*.)

Mondays/Wednesdays/Fridays • 11 am, 2:45 pm

\$3/class

SilverSneakers®, Silver & Fit, & Renew Active:
Free

SilverSneakers® Stability

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

Seminars

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

(Begins January 16)

\$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

Yoga Flow

Certified Instructors: Ann Toni Minard/Callie Adams

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

Tuesdays/Thursdays • 8:45 am

Fridays • 2:15 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

Air Fryer 101: Introduction to the Air Fryer

Presented by Ed Smith, sponsored by Hilltop of Greenville Memory Care

This class will explain the many brands and types of air fryers available, their ease of use, health benefits, and flexibility for a variety of foods from appetizers, to main meals and desserts. This first class will focus on Basics, go over Do's and Don'ts, and show how to prepare easy recipes.

Wednesday, January 18 • 10 am – 11:30 am

\$5

Members: Free

Air Fryer 201: Fun with Air Fryers

Presented by Ed Smith, sponsored by Hilltop of Greenville Memory Care

This class will review many of the basic instructions covered in the introduction class. We will also talk about accessories such as racks, pans, and bakeware which are helpful in making specific dishes. We will bring in some more great recipes including: Grilled Reuben Sandwich, Hard Cooked Eggs, Maple Glazed Salmon, One-Pot Sausage, Pepper, Potato Bake, Pork Tenderloin, and Jelly Donuts.

Wednesday, February 15 • 10 am – 11:30 am

\$5

Members: Free

Air Fryer 301: Let's Do More

Presented by Ed Smith, sponsored by Hilltop of Greenville Memory Care

This class continues to review the basic techniques and the importance of food thermometers for best quality. The recipes for this class include: Crab Cakes, Turkey Burgers, Chicken Parmesan, Breaded Pork Chop, Grilled Brussel Sprouts, Air Fryer S'mores. Samples will be enjoyed by all.

Wednesday, March 15 • 10 am – 11:30 am

\$5

Members: Free

How Nutrition Changes as You Age

Presented by Doug Possenriede, Humana

Please join me for a complimentary class to learn about how nutrition changes as you age.

Thursday, January 26 • 11 am

\$5

Members: Free

Financial Planning

Foundations of Investing

Presented by Josh Gantt, Edward Jones Financial Advisor

Foundations of Investing is an educational program for people who are new to investing or need a refresher. Participants will learn: The importance of developing a strategy, the impact of asset allocation, and the influence of inflation on your long-term goals.

Thursday, January 26th • 10 am

\$5

Members: Free

The Four Pillars of the New Retirement

Presented by Josh Gantt, Edward Jones Financial Advisor

This program provides an in depth look at the Four Pillars (Health, Family, Purpose, Finances). Attendees will be empowered to think through their own circumstances, goals, and challenges so that they can take action today that impacts their quality of life in retirement.

Thursday, February 2 • 10 am

\$5

Members: Free

Stocks: The Nuts and Bolts

Presented by Josh Gantt, Edward Jones Financial Advisor

Stocks play a major role as investors try to reach their long-term goals. This presentation shares basic information to help investors evaluate how this type of investment may fit into their overall strategy. We will discuss common vs preferred stock, dividends, and investment strategy.

Thursday, February 9 • 10 am

\$5

Members: Free

Focus on Fixed Income

Presented by Josh Gantt, Edward Jones Financial Advisor

A seminar focused on educating investors on how fixed income investments can help them reach their financial goals. Participants will learn: bond characteristics and features, relationship between interest rates and bond prices, tax advantages of municipal bonds, and how bonds may help investors weather fluctuating markets.

Thursday, February 16 • 10 am

\$5

Members: Free

Tax-Free Investing: It's Not What You Make, It's What You Keep

Presented by Josh Gantt, Edward Jones Financial Advisor

This program is designed to help inform individuals of the benefits and considerations of choosing investments that offer tax advantages.

Thursday, February 23 • 10 am

\$5

Members: Free

Insurance

10 Things Friends and Family Should Know About Long Term Care

Presented by Tom Plemmons, VP of Financial Services, Owens Insurance

Families often have questions about providing Long Term Care for loved ones. This class will help you and your family understand Long Term care coverage and answer questions like: What is covered by Health Insurance or Medicare? What do you have to pay out of pocket? What is a trigger or elimination period?

Tuesday, January 10 • 11 am

\$5

Members: Free

10 Things You Should Know About Your Homeowner's Policy

Presented by Tom Plemmons, VP of Financial Services, Owens Insurance

This class will help you determine if you have the right coverage on your home. We will review the top ten policy decisions that affect your coverage.

Tuesday, February 14 • 11 am

\$5

Members: Free

Have I Made the Correct Choice for my Personal Health Insurance?

Presented by Roger Beatty, President, Senior American Services

An in depth look at how choices we make today in our health care coverage can affect us in the future.

Tuesday, March 14 • 10 am

\$5

Members: Free

Seminars

Medicare and Muffins

Presented by Joel Crismon, Health Advisor, Lily Insurances

Do you know about all the extras that you could be getting? Do you qualify for any extra help or special needs plans? This program will allow you to ask questions and get the answers to the burning questions. Enjoy the brain food.

Tuesday, March 14 • 11 am

\$5

Members: Free

Medicare Coverage Options

Presented by Jaime McCabe, Managing Director, Amerilife of SC

Medicare changes every year. Know what changed to learn how to prepare for the unexpected in your healthcare plan.

Monday, March 6 • 10:30 am

\$5

Members: Free

Sip on Medicare and Medicaid

Presented by Joel Crismon, Health Advisor, Lily Insurance

This seminar will help you understand the basics of Medicare & Medicaid. Learn what your policy may cover and ask questions. Refreshments will be provided.

Wednesday, January 11 • 11 am

\$5

Members: Free

Understanding Medicare and Your Options

Presented by Sharlene Hauser, Medicare Benefits, Cigna

Understand all parts of Medicare and how they can benefit you. Learn differences in Medicare plans and learn how to make Medicare work for you.

Thursday, January 19 • 11 am

\$5

Members: Free

Language

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 a German-speaking country. Learn with videos straight from Germany, and games and fun books specifically designed for adult learners. Viel Spass beim Lesen und Lernen!

Wednesdays • 9 – 11am

\$15/month

Members: Free

Legal

SC Probate Workshop

Presented by Brandon Elijah, Attorney, Burroughs and Elijah Law Firm

Learn about Probate Assets vs. Non-Probate Assets. Know what to expect upon your passing or the passing of a loved one so that you can plan accordingly.

Thursday, January 26 • 1 pm

\$5

Members: Free

Senior Resources

A Safe Drive Through the Aging Process

Presented by Linda Cale, Owner, Senior Care Authority

Direct and compassionate approach to recognizing when it's time to relinquish some of 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 you remain on the roadway as a safe driver.

Thursday, January 12 • 11 am

\$5

Members: Free

Be in the Know About Short & Long Term Care

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

This presentation will be an overview of short term rehab vs. long term care, what to expect, how to qualify, and how insurance covers these services.

Thursday, March 2 • 10 am

\$5

Members: Free

Register online at senioraction.org

Seminars

Cremation Conversations

*Presented by Natalie Goglia, Licensed Funeral Director,
Palmetto Mortuary*

This program will discuss the difference between pre-arrangement funeral services and pre-funded funeral services. The group will also go over the necessary paperwork beyond a Will needed to be completed for funeral preparations.

Tuesday, March 28 • 10 am

\$5

Members: Free

Do You Know the Difference? An explanation regarding the difference between Home Health, Palliative, and Hospice Care

*Presented by Kristin McClay, Business Development,
Pathway Hospice and Palliative Care*

We live in a country with the best Health Care available. However, it can be confusing to differentiate the various services and the benefits they provide. It may be more overwhelming when you or a loved one is suddenly sick or injured and a decision needs to be made. In this session, you will be given information regarding the differences of each service, the benefits they provide, and how Medicare and Insurance pays for them.

Tuesday, February 7 • 11 am

\$5

Members: Free

Handyman Hacks (Part 2)

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

Learn how to do simple tasks such as tightening loose hinges and other small tasks around your home that can save you money and stress.

Monday, February 6 • 9:30 am

\$5

Members: Free

Meet the Experts

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 with you. Corporate Members will be set up in the Lobby at various times. Please check the Bulletin Board for dates and times.

ReUNITED Luncheon

Come join United Way of Greenville County's ReUNITED affinity group to learn more about some of the challenges Seniors face in our community and how United Way of Greenville County and our funded partners are addressing them. Topics will include housing, access to resources, enrichment, and health and wellness. There will be a panel discussion, Q&A, and volunteer opportunities. Lunch provided.

Wednesday, February 1 • 10 am – 12 pm

\$5

Members: Free

Senior Living in the Upstate

Presented by Neal Bowes, Certified Senior Advisor, Oasis Senior Advisors

What senior living options are available in our area? What are the benefits of "independent living"? Who needs "memory care" and who doesn't? What does insurance cover? Get the answer to all your questions, and learn about the no-cost help available in making senior living decisions.

Monday, January 9 • 11 am

\$5

Members: Free

Senior Resource Fair

Presented by Stephanie Burrows, Realtor, Allen Tate Realty

So many resources are available to our seniors but you may not know about them. Come find out what you don't know, how to access them, have some refreshments, and win a raffle prize! Drawing for a \$100 Wal-Mart Gift Card.

Wednesday, February 15 • 2 – 4 pm

\$5

Members: Free

Your Grandchildren and Great Grandchildren – Understanding Millennials and Gen Zers.

Presented by Dr. Valerie Howe, The Parker Senior Living

Insight into the culture, lingo, art, music, and self-identification (gender roles) of those we love born between 1980 and 2012. We love them and want to have a connection. In order to do that we must gain some understanding of them. Join me to take a quick peek into their brains...but hold on, the ride might be a bit wild.

Tuesday, February 28 • 11 am

\$5

Members: Free

All classes are one hour unless otherwise noted.

Technology

How to Manage Your Digital and Personal Assets

Presented by Bill Vicary, Owner, Just Call Bill

What is your plan when a “life incident” (sickness, accident, or death) happens? Who and how will that trusted someone be able to help you access your digital (usernames & passwords) and personal (your stuff) assets? Learn how to prepare and create a plan for managing your digital and personal assets. Be proactive-life happens!

Thursday, January 19 • 9:30 am

\$5

Members: Free

Smartphone Photography 101

Presented by Caleb and Tiffany Bourgeois, Owners/Photographers of Bourgeois Portraits

Three-part series that will build on the class before; feel free to join at any point. Ever tried to take a photo of a grandkid or four-legged friend only to be frustrated with the results or are unable to because you are out of storage? During this series you will learn the basic functions of your smartphone's capabilities and how to leverage them to take better photos.

Monday, January 23 • 11 am

Tuesday, February 14 • 11 am

Tuesday, March 7 • 11 am

\$5 per class

Members: Free

Tech Scams and More!

Presented by Bill Vicary, Owner, Just Call Bill

Scams are the number 1 problem with seniors and their technology. Most scams start with a phone call, email or text – what should you do and not do? Learn about various types of scams and how to prevent them. Bring your friends and family – this is important!

Monday, March 20 • 10:30 am

\$5

Members: Free

Win the Technology Tug-o-war: Get Connected with Your iPhone

Presented by Bill Vicary, Owner, Just Call Bill

In this 6-week series, you will learn how to use your iPhone more effectively, confidently, and safely, and become better connected to your family and friends. This is an interactive and hands-on class where YOU will navigate your iPhone.

NOTE: Must have an iPhone 6, 7, 8, X, XR, XS, XI, XII, XIII with iOS 15 (software) installed.

Monday, February 6 • 10:30am

(Weekly for 6 weeks)

\$10 per class (Total series \$60)

Members: \$5 per class (Total series \$30)

Wellness

A1C Got You Down? Managing and Preventing Diabetes

Presented by 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. Get great tips on small behavior changes that have a big impact on your health.

Friday, January 6 • 10 am

Members Only: Free

Eat More Plants! A Beginner's Toolkit for Plant-Based Eating

Presented by Erica Moore and Madison Pate, Certified Diabetes Care & Education Specialists

Learn all about the benefits of whole food plant-based eating for your health. Develop skills for meal planning, shopping, and cooking that will lead you on the road to success.

Friday, January 20 • 11 am

Members Only: Free

Edna: A Dementia Monologue

Presented by Lee Russ, Traditions Health

This monologue takes you through the progression of dementia to provide a first-hand account of what those suffering with the disease may be experiencing.

Tuesday, March 7 • 10 am

\$5

Members: Free

Seminars

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! Class size is small to provide individual attention and focus on gradually changing behaviors that impede health. Receive in-person education, guidance and support from a diabetes specialist dedicated to helping on your journey to better health.

24-Class Course, Fridays • 10 am

(starting January 20)

\$200

Incorporating the 5 Love Languages into Our Lives

Presented by Lee Russ, Traditions Health

Do you struggle to connect with others? Come learn about the 5 Love Languages developed by Gary Chapman and how to incorporate them into your lives and relationships.

Tuesday, February 7 • 10 am

\$5

Members: Free

My Neighbor's Voice- Introduction to a Listening Session

Presented by Victoria Chance, MNV Co-Founder and Camaron J Thomas, MNV Moderator

Come learn about the powerful act of listening! In a safe, moderated setting and using the MNV Listening Cards which cover a variety of topics. My Neighbor's Voice offers each of us a chance to listen to one another- without interruption, comment or response. Please join us to learn more about this new offering at Senior Action and how we can extend our generosity through listening!

Tuesday, January 10 • 9:30 am

Members Only: Free

My Neighbor's Voice Listening Sessions

Presented by Victoria Chance, MNV Co-Founder and Camaron J Thomas, MNV Moderator

When was the last time you really felt listened to? My Neighbor's Voice (MNV) is a nonprofit organization which stages listening sessions locally, and on ZOOM across the country. In a safe, moderated setting and using the MNV Listening Cards which cover a variety of topics, My Neighbor's Voice offers each of us a chance to listen to one another- without interruption, comment or response. Come get to know your neighbor and experience the generous and powerful act of listening.

Monday, Jan 23, Feb 20, Mar 20 • 10 am-11:30 am

Members Only: Free

The Health Benefits of Practitioner Assisted Stretching

Presented by Keith Filter with Stretch Zone

In this interactive seminar, Keith will be discussing the benefits of practitioner assisted stretching, the recommended frequency of visits, and the history of Stretch Zone. There will be a demonstration of the protocols and specific areas and muscle groups the practitioners will be affecting.

Wednesday, January 25 • 10 am

Members Only: Free

Vertigo: What Causes Dizziness?

Presented by Kaycee Vargo, PT, DPT

Learn about what may be causing your dizziness and how to take control of your symptoms by better understanding them.

Monday, January 9 • 2:30 pm

Members Only: Free

"Live long, Be strong!" Wellness Series

Join us each quarter for an exciting series that focuses on ways to stay healthy, active, and strong as you navigate the aging process. Come hear our experts speak on topics that will enlighten your mind while challenging the idea of what it means to age gracefully! Don't miss out on this amazing experience. Register today!

Cost: \$8 | Members: \$3

Sex After 50!

Presented by Dr. Connie Casebolt, Medical Director, Forum Health Greenville

Dr. Casebolt will discuss potential barriers as well as solutions to common sexual problems for men and women over the age of 50.

Wednesday, January 11 • 10 am

Proactive Brain Health

Presented by Tori Stramara, PT, DPT

Learn about the basic anatomy and makeup of our brains and what we can do to promote brain health. We will review key hormones and how they can be positively affected by exercise, sleep, meditation, and cognitively stimulating activities. We know these things are good for us but the how and why is FASCINATING.

Wednesday, January 25 • 10 am

The Healing Power of Grounding

Presented by Elizabeth Anson Phelps, Owner of The Studio of One, and Author of "Unlocking the Headache Mystery"

Learn all about Grounding and how it operates to ease anxiety and stress, leads us to deep healing, and creates a powerful presence in the world at ALL phases of life.

Wednesday, February 8 • 10 am

Classical Chinese Medicine: Acupuncture, Qi Gong & Lifestyle to Bring Balance

Presented by Dr. Carrie Bryant

Classical Chinese Medicine is an ancient system of medicine focused on bringing balance to the body, mind, and spirit. Acupuncture, herbs, and movement are some of the methods used to decrease pain, manage stress, and increase personal well-being. Come hear how these ancient treatments can help you.

Wednesday, February 22 • 10 am

Peripheral Neuropathy Breakthroughs

Presented by Dr. Kevin M. Mobley with Community Chiropractic

Learn all about the causes of Neuropathy and the different treatment options from someone who is Board Certified in Neuropathy through the American College of Physical Medicine.

Wednesday, March 8 • 10 am

Introduction to Reflexology

Presented by Vivienne Bailey, Owner of Anointed Reflexology

Join Vivienne Bailey, Certified Reflexologist, as she discusses some basic information on foot reflexology; including its history, description, purpose, benefits, and "how-to's."

Wednesday, March 22 • 10 am

Talk Dizzy to Me - Diagnosis and Treatment of Dizziness

Presented by Dr. Kathryn Jackson, Doctor of Audiology & Dr. Tori Stramara, Doctor of Physical Therapy

Learn about tools to diagnose dizziness including what is involved in a VNG test administered by an Audiologist. Then learn about the possible treatments based on results of your testing and how Physical Therapy can address more than just muscles with vestibular training. This is a very interesting topic presented from two different viewpoints as part of your healthcare team.

**Wednesday, March 29 • 10 am – 12 pm
(2 Hour Special Event)**

Arts & 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

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

Mixed Media Group

Volunteer Leader: Susan Cronin

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

Origami 101

Come for the fun, leave with a finished project. Learn some Origami techniques that you can do at home. See one, do one, teach one. Great activity for all ages. *Presented by Senior Action Member, Karen Jones.*

Wednesday, January 11 • 1:30 pm

Wednesday, February 8 • 1:30 pm

Wednesday, March 8 • 1:30 pm

Members: \$5 each class (cost of materials)

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 • 2:30 – 4:30 pm

\$20/class

Members: \$10/class

Paint and Pour

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. Seating is limited. *Sponsored by Stephanie Burrows, Allen Tate Realty and Jennifer Donner, Kempton of Greenville*

Thursday, February 9 • 2 – 4 pm

Members only: 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

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 will be donated to local charities.

Thursdays • 1 – 2:30 pm

\$15/month

Member: Free

Clubs & Groups

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 class.

2nd & 4th Mondays • 12:30 pm

Cost: Free

Book Club: Lit Wits

Volunteer Class Leader: Maureen Mallory

4th Thursdays • 10 am

\$5/month

Members: Free

January 26: *The Librarian of Saint-Malo* by Marino Escobar

Told through smuggled letters to an author, an ordinary librarian described the brutal Nazi occupation of her small coastal village.

February 23: *Dancing in the Mosque: An Afghan Mother's Letter to Her Son* by Homeira Qaderi

An exquisite and inspiring memoir about one mother's unimaginable choice in the face of oppression and abuse in Taliban-controlled Afghanistan.

March 23: *Goal: My Journey from Afghanistan* by Mohammed Alikhail

A true story of Mohammad's daring defection to the U.S. and eventual journey to becoming a doctor. He currently resides in Anderson with his family. He will be speaking to our group about the book. You won't want to miss this compelling and inspiring story!

Lib Ryan Ballroom Dance Club

Volunteer Leaders: Jack & Patricia deVroomen

Learn different styles of ballroom dance from other dance enthusiasts in a fun and welcoming environment. All levels welcome. No partner required

Thursdays • 3 – 5 pm

\$15/month

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

Poetry Circle

Volunteer Leader: Scott Kinard

Gather to share both well-loved and original poems with others who love to play with words and share a passion for poetry.

Thursdays • 11 am

\$15/month

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 • 9 am (Meet in Lobby)

Cost: Free

Games & Play

Trivia Hour – 1st Fridays

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, January 6 • 10 am **SPECIAL EDITION**

Focus on the 1960's – Beginning of Senior Action

Friday, February 3 • 10 am

Friday, March 3 • 10 am

Members only: Free

Name That Tune – 2nd Fridays

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, January 13 • 10 am

Friday, February 10 • 10 am

Friday, March 10 • 10 am **SPECIAL EDITION**

Focus on the 1960's – Beginning of Senior Action

Members only: Free

Bingo – 3rd Fridays

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!

Friday, January 20 • 10 am

Friday, February 17 • 10 am

Friday, March 17 • 10 am

Members only: Free

Variety Games – 4th and 5th Fridays

Presidential Jeopardy: Friday, January 27 • 10 am

Family Feud: Friday, February 24 • 10 am

Pictionary: Friday, March 24 • 10 am

The Cat in the Hat and Other Games

Friday, March 31 • 10 am

Members only: Free

Special interests

Bridge

Volunteer Leader: Susie Roberts

Beginner (with instructions)

Tuesdays • 8:30 – 10:30 am

Intermediate/Advanced

Wednesdays • 1:30 – 5 pm

\$15/month

Member: Free

Hand & Foot (California)

Volunteer Leaders: Steve and Doll Chmura

Thursdays • 1:30 – 5 pm

\$15/month

Member: Free

Hand & Foot (Traditional)

Volunteer Leader: Sharyn Prieto

Thursdays • 1:30 – 5 pm

\$15/month

Member: Free

MahJong

Volunteer Leader: Phyllis Wall

Tuesdays • 1:30 – 5 pm

\$15/month

Member: Free

Mexican Train Dominoes

Volunteer Leader: Larry Boyer

Tuesdays • 1:30 – 4:30 pm

Fridays • 1:30 – 4:30 pm

\$15/month

Member: Free

Open Table Game Time

Any table game welcome as space allows.

Mondays • 1:30 – 5 pm

Fridays • 1:30 – 5 pm

Ping-Pong & Billiards

Available in Game Room

Sjøelen

Volunteer Leader: Paul Scheele

Tuesdays • 1:30 – 3 pm

\$15/month

Member: Free

Parties & Socials

Art Reception at Senior Action

Meet the talented artists of our upcoming exhibitions. Light refreshments served. Registration not required.

**Collections of Color: Works by Arts Ambassador,
Randy Armstrong**

January 3 – January 31, 2023

Reception: Friday, January 13 • 2 – 4 pm

**Pathways to Freedom: The Power of the
Underground Railroad Quilts**

February 1 – March 31, 2023

Reception: Friday, February 24 • 2 – 4 pm

Birthday Party! Help Us Celebrate 55 years of Senior Action!

Open to all members. Those having a birthday in the months of January, February and March will receive a special treat!! *Sponsored by Centerwell Senior Primary Care*

Tuesday, March 21 • 2 pm

Members Only: Free

Employee Appreciation Party- 55 Years of Senior Action!

The limited staff of Senior Action works so incredibly hard every day to provide programs, food, fitness, and art to more than 5,000 participants. It's time to give them a huge pat on the back. This will be a fun social and an opportunity to show the staff how much they mean to the members of Senior Action. Come join us in celebrating them and sharing your favorite stories about our staff members through the years.

Tuesday, January 17 • 10 – 11 am

Members: Free

Ice Cream Social

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!

Sponsored by Milford Kilgore, United Healthcare Medicare Solutions

Friday, January 27 • 2 pm

\$5

Members: Free

Murder Mystery!

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 door prize!

Monday, March 13 • 2 – 4:15 pm

\$5

Members: Free

New Member Social- Featuring 55 Years of Senior Action!

This fun, casual event may include a mixer or game, an update from staff on Senior Action "happenings" and light refreshments. This a great time for new members to mix and mingle with those that have been part of Senior Action. *Hosted by Senior Action Corporate Members Gail Stokes, All About Seniors Magazine, Becky Pickett, Home Helpers, and Heather Burton, Connections to Care*

Tuesday, March 7 • 2 pm

Members only: Free

Recipe Exchange and Pot Luck Party

Bring your favorite family dish or dessert and its accompanying recipe to share with the group. We will sample each other's dishes and pick the recipes we want to keep. If you don't want to cook, you can also just bring your favorite recipes. Recipes will be compiled over the course of the year to be included in a special Senior Action 55th birthday cookbook.

Tuesday, January 31 • 10:30 am – 12 pm

Members: Free

Wine Pairings 101- Desserts

Do you have a hard time selecting the right wine to pair with your desserts? If so, come join Jasmin from Total Wine and get some tips to make it easy! Seating is limited. *Sponsored by Heather Burton, Connections to Care and Lisa Lee, Care Patrol*

Friday, February 10 • 2 pm

Members only: Free

Wellness

Balance Screens

Offered by Tori Stramara, PT, DPT

**Tuesday, February 7 • 9 am – 11 am
(Please register with the front desk)**

Blood Pressure Screens

Offered by Pelham Medical Center

**Mondays, January 23, February 13,
February 27, March 13, March 27
10:30 am • 1 pm**

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, Jan 6, Feb 3, Mar 3 • 11 am

Members Only: Free

Grief Support Group (6-week series)

Sponsored by Natalie Goglia, Funeral Director, Palmetto Mortuary

Connect with others coping with grief and loss in a small group led by professionals.

Tuesdays • 9:45 am

January 24 – March 14

(No meeting February 21 or March 7)

Hearing Screenings

Offered by Dr. Kathryn Miles Jackson, Audiologist

Thursday, January 12 • 1 pm – 4 pm

(Please register with the front desk)

Trip Activity Levels



EASY: Up to 2 blocks of walking on even terrain and a few stairs. Periodic rest stops and intermittent seating available throughout the day. Wheelchair, cane and walker accessible.



MILD: Between 2-4 blocks of even walking and short flight(s) of stairs. Resting areas vary. Standing approximately 30 minutes periodically over the day. Usually wheel chair, cane and walker accessible.



MODERATE: Up to 4 blocks of walking and some incline and/or steps involved. Resting areas available at end of tour. Standing approximately 1 hour periodically over the day. May not be appropriate for canes, walkers, or wheelchairs.



STRENUOUS: More than 4 blocks of walking with many stairs and uneven terrain. No resting areas available for long periods of time. More than 1 hour of standing. Not appropriate for canes, walkers, or wheelchairs. Participants with physical limitations should take this into account.

Trips

Trip Interest Meeting

Presented by Ann Peart, Lifestyle Program Director, Senior Action

Are you wanting to know more information about upcoming trips for 2023? Come to this meeting and find out all the details!

Tuesday, January 17 • 10 am

Free

Day Trips



The Calvary Quartet LIVE in Concert

The Calvary Quartet has been providing traditional, conservative music in churches for nearly 28 years. Under the leadership of Terry Snow, their ministry strives to produce quality music that will minister to the hearts of believers. Come join us at The Logos Theatre for an inspirational concert that will uplift your soul! Seating is limited.

**Saturday, January 28 • Matinee 2 pm showing
Tickets: \$35 (Transportation included)**



Two Kings Casino

This Resort offers 1,000 of the newest machines, featuring the most popular titles in gaming. Bring family and friends and enjoy this brand new casino so close to home. Price includes first class motorcoach to casino and driver's gratuity.

Monday, February 13

Tickets: \$57



Greenville History Tour and Lunch at the New Grand Bohemian Lodge

This trip includes a driving tour of downtown, including a visit to the beautiful Reedy River Falls and historic Court Square. Guests will learn about the development of the city from its origins to the great revitalization of the last decades. Then we will savor the sights while we indulge in exceptional modern cuisine and bask in the iconic views of Falls Park. Seating is limited, so please reserve your spot as soon as possible. Lunch cost not included.

Tuesday, February 28

Tickets: \$25



Yamato: Drummers of Japan at Newberry Opera House

An unimaginable amount of energy, a 400 year old instrument, and heart-thumping rhythms and explosive beats. This troupe has given over 4,000 performances in 54 countries and regions. Every year, Yamato tours the world for 6 to 10 months, creating and presenting original Yamato compositions and stages. Audiences around the world await their arrival every year in growing numbers. Don't miss your opportunity to see them perform! Price includes first class motorcoach to Newberry Opera House, tickets to performance, and driver's gratuity.

Saturday, March 25

Tickets: \$155

All classes are one hour unless otherwise noted.



CATS! at the Peace Center

Andrew Lloyd Webber's record-breaking musical spectacular, which has captivated audiences in over 30 countries and 15 languages, is now on tour across North America! Winner of 7 tony awards® including best musical, CATS tells the story of one magical night when an extraordinary tribe of cats gathers for its annual ball to rejoice and decide which cat will be reborn.

Saturday, April 8 • 2 pm Matinee showing

Tickets: \$77 (Transportation included)

Overnight Trips



2- Night Trip to Williamsburg, VA

Colonial Williamsburg Tour and Ticket, Jamestown Tour and Ticket, Yorktown Tour and Ticket, Two nights Hotel Accommodations, First Class Motorcoach Transportation, and Tour Director.

April 17 – 19

Tickets: Pricing per person

\$ 765 Single occupancy

\$ 625 Double occupancy

\$ 570 Triple occupancy



Overnight Charleston Tour

Charleston Harbor Dinner Cruise, Sightseeing Guided Tour, South Carolina Aquarium Visit, Old Exchange and Prevost Dungeon Tour, Shem Creek Crab House visit (Dinner a la carte), Magnolia Plantation and Gardens Tour, One night stay at Charleston Hotel. Pricing based on Double Occupancy Hotel room.

July 13 – 14

Tickets: \$450



5-Night Bahamas Cruise on Carnival Cruise Line's Sunshine

This adventure-packed trip leaves from the historic city of Charleston, SC where we board our ship. We will spend a day at sea enjoying the amenities of the ship. Then visit Half Moon Cay, Bahamas, voted Best Private Island 20 years in a row. Followed by Nassau, Bahamas with serene, white beaches, crystal clear waters, and hours of duty-free shopping. Then we spend another day at sea to relax in the pool or enjoy on-ship entertainment. Finally, Day 6, we arrive back in Charleston and make our way home with amazing memories. Passport required. Port & Government Taxes \$586

Departs October 28, 2023

Tickets: Pricing Per Person, Double Occupancy

\$779 Interior Room

\$849 Oceanview Room

\$1039 Balcony Room

Included: Motorcoach transportation to and from Charleston, SC
Meals on ship included.

Other Upcoming Trips for 2023

Lake Junaluska Cruise and Lunch Buffet

May

Billy Graham Library and Daniel Stowe Botanical Gardens

June

Mount Mitchell Craft Fair
August

Wicked at the Peace Center
August

Yellow Daisy Festival
September

Biltmore Winery Tour
November

Special interests

Volunteer Opportunities

Letter Writing Club

Who doesn't love to receive a card in the mail? A nice hand written gesture to express gratitude or lift someone's spirits. This is an opportunity for volunteers to come together and write notes to Senior Action members, donors and sponsors.

4th Tuesdays • 1 – 3 pm
(January 24, February 28, March 28)

AARP Tax Call Center Volunteer Interest Seminar

Senior Action partners with AARP to provide free tax services at multiple locations here in the Upstate. We are looking for volunteers to join our mini task force working the call center. For 3 months of the tax season we operate daily between 9 am-4 pm and need help with messages and scheduling appointments.

Wednesday, January 18 • 12:30 – 1:30 pm

Other Volunteer Opportunities

- Spark Café Servers
- Spark Café Hosts
- Concierge (Senior Action Guides and helpers at the front door)
- Tour Guides

Contact Desiree Hempe if you are interested in serving in any one of these important roles at Senior Action.



OFFERED FROM FEBRUARY TO APRIL

This program offers free tax preparation to anyone that can't afford it or wants extra assistance in preparing their taxes. Senior Action will be scheduling appointments for you at these locations from February through April.

Senior Action
3715 E. North Street, Greenville

Ray Hopkins Mauldin Senior Center
203 Corn Rd., Greenville

Zoar United Methodist Church
1005 Hwy 357, Greer

Augusta Rd United Methodist Church
8324 Augusta Rd, Pelzer

Call (864) 335-5011 to schedule your appointment AFTER JANUARY 25



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.

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: Tuesdays, 6-8 pm &
Thursdays, 8 am-1 pm**

**Music: Tuesdays, 3-5 pm &
Fridays, 1-5 pm**

**Dance (Studio 1): Mondays,
5-8 pm & Fridays, 3-5 pm**

Dance + Movement

Alexander Technique: The Freedom of Movement

Faculty: Naina Dewan, MFA

The Alexander Technique is a therapeutic and mindful neuromuscular technique that releases tension and helps with posture, balance, coordination, and ease of movement. No experience required. All levels welcome.

Fridays, January 20 – April 14 (No class 4/7) • 10:15 am

Cost: \$140

Bollywood Bling *Faculty: Sunitha Raj*

Join Sunitha Raj, a real-life Bollywood movie star now living in the Upstate, in this fun and upbeat dance form which doubles as heart-healthy exercise! No experience required. All levels welcome.

Thursdays, February 2 – March 23 • 10 am

Cost: \$90

Classical Ballet *Faculty: Joshua Williams*

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.

Mondays, January 23 – April 17 (No class 4/10) • 9:45-11 am

Cost: \$140

Modern Dance

Faculty: Elizabeth Wright, BFA (1/17-2/7), Naina Dewan, MFA (2/14-3/7), Jan Woodward, MFA (3/14-4/4)

Senior Action is proud to announce that Jan Woodward, who developed modern dance in the Greenville area and taught at the Fine Arts Center for 40 years, joins the Senior Action faculty this semester. Back by popular demand, international teacher and performer Elizabeth Wright returns to teach her expertise in Isadora Duncan technique. This class is an introduction to modern dance. No experience required.

Tuesdays, January 17 – April 4 • 10 am

Cost: \$140

All classes are one hour unless otherwise noted.

Ensembles

Carolinians Senior Jazz Band

Conductor: Ron Hamilton, BM

By audition only.

Tuesdays • 1:15 pm

Cost: \$10/year

Members: Free

Happy Strummers (Intermediate Ukulele Ensemble)

Conductor: Laurie Gentry, MA

Pre-requisite: Ukulele II class.

Fridays • 10 am

Cost: \$10/year

Members: Free

Senior Action Movement Lab

Faculty: Naina Dewan, MFA

Explore guided movement, improvisation, abstract storytelling, and putting dances together in a fun and nurturing environment. No experience required. All levels welcome.

Fridays, January 20 – April 14 • 11:30 am

(No class 4/7)

The Ukulators (Advanced Ukulele Ensemble)

Conductor: Linda McMakin

By audition only.

Fridays • 11:15 am

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

NEW! Individual Lessons

Cynthia Griffith - Piano

Craig Price, PhD - Voice

Erin Thomas - Voice, Beginning Piano, Brass and Woodwind instruments

30-minute individual music lessons now available! Inquire at the front desk for scheduling.

Cost: \$30/lesson

Music

Brass Faculty: Erin Thomas

A guided music class that introduces the fundamentals of how to play and practice on a brass instrument. Students bring their own instrument.

Wednesdays, January 18 – April 5 • 1-2:30 pm

Cost: \$140

Great American Songbook

Faculty: Craig Price, Ph.D.

This class will explore some of the most important popular songs and jazz standards of the early 20th century. We will view performances by a variety of legendary performers, and sing some of these songs together in a sing-a-long format.

Thursdays, January 19 - April 6 • 2:30 pm

Cost: \$140

Guitar Faculty: Thom Hannon

A guided music class that introduces the fundamentals of how to play and practice the guitar. Students bring their own instrument.

Mondays, January 23 - April 17 • 10 am

(No class 4/10)

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. No experience required.

Thursdays, January 19 - April 6 • 10 am

Cost: \$140

Sing With Me *Faculty: Erin Thomas*

This class is the perfect way to find your voice in a stress-free way. Enjoy a variety of songs from different mediums: film, theatre, folk songs, and cultural classics. No experience in singing needed.

Tuesdays, January 17 – April 4 • 6 – 7:30 pm

Cost: \$140

Ukulele II *Faculty: Laurie Gentry, MA*

This class expands upon the fundamentals of Ukulele playing covered in Ukulele I. Students bring their own instrument. Pre-requisite: Ukulele I.

Mondays, January 23 – April 17 • 1 pm

(No class 4/10)

Cost: \$140

Voice *Faculty: Craig Price, PhD*

This class will explore techniques such as breathing, articulation, phrasing, the aging voice, 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, January 19 – April 6 • 3:30 pm

Cost: \$140

Woodwinds *Faculty: Erin Thomas*

A guided music class that introduces the fundamentals of how to play and practice on a woodwind instrument. Students bring their own instrument.

Thursdays, January 19 – April 6 • 11 am – 12:30 pm

Cost: \$140

Acrylic Painting *Faculty: Patricia Crandall, M.Ed.*

This class will teach the basic techniques of blending, layering and shading. Students will learn about foreground, middle ground, and background as well as a variety of brush stroke procedures. No experience required. Materials provided.

Wednesdays, January 18 – April 5 • 3 – 5 pm

Cost: \$140

Materials Fee: \$20

Ceramics: Hand-Building

Faculty: Patricia Crandall, M.Ed.

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. Projects will include how to make a pinch pot, coil-making and building, and slab-making and building. No experience required. Materials provided.

Mondays, January 23 - April 17 • 6 – 8 pm

(No class 4/10)

Cost: \$140

Materials Fee: \$30

Ceramics: Wheel-Throwing

Faculty: Jim Weber

This class will teach the basic techniques of wheel-throwing. Materials provided. Two 12-week sessions offered. Space limited to eight students per session.

Mondays, January 23 – April 17 • 9 am – 12 pm

(No class 4/10)

Wednesdays, January 18 – April 5 • 5:30 – 8 pm

Cost: \$140/session

Materials Fee: \$30/session

Drawing I

Faculty: Ashley Brickner, BA

Learn Ashley's 15 drawing epiphanies (how to hold a pencil, 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, January 17 – April 4 • 8:30 – 10 am

Cost: \$140

Materials Fee: \$10

Visual Art

Abstract Art *Faculty: Larry Halpern*

Take a vacation from the rigors and discipline of realism and explore the realms of abstraction and expressionism using different medias. Learn how to see like an artist, left brain/right brain dichotomies, how to find the artist within, and how to inspire your imagination. A combination of lecture, discussion, and creative exercises.

Fridays, January 20 - April 14 • 12 – 2 pm

(No class 4/7)

Cost: \$140

Materials Fee: \$20

All classes are one hour unless otherwise noted.

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

Tuesdays, January 17 - April 4 • 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, January 17 – April 4 • 12:30 – 2 pm

Cost: \$140

Materials Fee: \$10

Fiber Arts: Tapestry Weaving II

Faculty: Caroline Hughes, MFA

This class will expand upon basic tapestry weaving skills with table-top looms taught in Caroline's introductory class. Materials provided. Pre-requisite: Intro class.

Tuesdays, January 17 – April 4 • 4 – 6 pm

Cost: \$140

Materials Fee: \$30

Oil Painting I

Faculty: Roxana Sinex

This class introduces the fundamentals of oil painting. Students will learn composition, placing an image on a canvas, values, edges, and paint application in grisaille and basic color utilizing individual still-life studies. No experience required. Materials provided.

Mondays, January 23 – April 17 • 3:15 – 5:15 pm

Cost: \$140

Materials Fee: \$30

Oil Painting II

Faculty: Roxana Sinex

Students will pick their own reference materials and be individually mentored through the completion of their painting at their own level and pace. In-depth instruction on color mixing and recommended materials will be covered in addition to learning how to stretch a canvas and frame a painting. Materials provided. Pre-requisite: Oil Painting I.

Mondays, January 23 – April 17 • 12:30 – 3 pm

(No class 4/10)

Cost: \$140

Materials Fee: \$30

Pen & Ink

Faculty: Patricia Crandall, M.Ed.

This class will teach whimsical and standard mark-making techniques using only a pen with black ink! Students will learn how to make flat objects appear 3-dimensional using lines and marks to create shading. No experience required. Materials provided.

Wednesdays, January 18 – April 5 • 9 – 10:30 am

Cost: \$140

Materials Fee: \$10

Watercolor I

Faculty: Gayle Miller

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

Fridays, January 20 – April 14 • 9 – 11 am

(No class 4/7)

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.

Wednesdays, January 18 – April 5 • 11 am – 1 pm

Cost: \$140

Materials Fee: \$20



SHRED EVENT

Tuesday, February 7
11 am – 1 pm

Come out and join us for a "Free Paper Shredding Event"! We are here to provide the community with FREE personal document shredding! In an effort to shred your sensitive documents in a timely manner, attendees are limited to (3) three boxes (copy paper box or smaller) or three bags (kitchen trash bag or smaller) per vehicle. There is no need to remove binders, binder clips, paper clips, staples, rubber bands, or CDs/DVDs prior to shredding. This event will be available in the parking lot.

Sponsored by Stephanie Burrows, Realtor, Allen Tate Realty



WEAR YOUR DISCO THREADS,
THE DJ WILL PROVIDE THE BEAT.
FOR A REAL GOOD TIME, JUST
BRING YOUR DANCING FEET.

This 70's themed dance party will be sure to make your Valentine's Day totally far out! All are welcome at this fun event. No need to bring a partner, just your dancing moves. Dy-no-mite!

Wednesday, February 14
1:30 – 4 pm
Members: Free

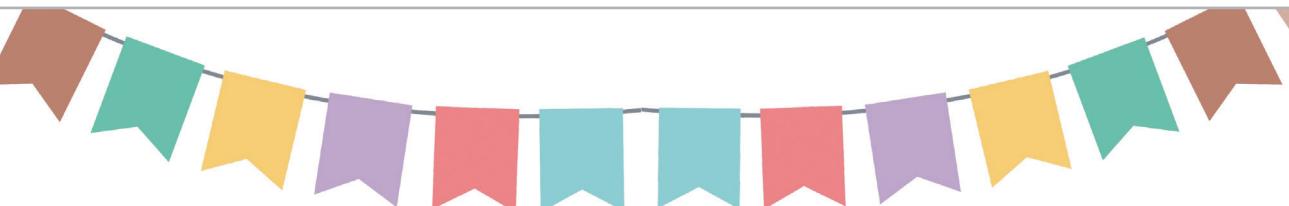
BACK BY POPULAR DEMAND



Taylors First Baptist Legacy Choir in Concert

A love for God, for people, and for music
inspires the ministry of this dynamic choir of
senior adults from Taylors First Baptist Church.

Tuesday, March 14 • 1 pm
E. North St
Free



SENIOR ACTION

MAKERS

★ market ★

senior
action

HANDCRAFTED GOODS

Mondays, 9 am – 4 pm:
January 9
February 6
March 6

E North St Lobby

Members can reserve tables (limited number available). Cost for table is 10% of sales. Reserve your table at the front desk.

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 (Members only)

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 classes.

Fridays • 8:30 am
\$5/class (Members only)

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 (Members only)

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: Lynnette 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

Seminars

Senior Resources

Coping with Grief

Sponsored by Lee Russ, Traditions Health

Lee will lead you through the stages of grief and provide strategies to cope.

Thursday, March 9 • 1 pm

Cost: Free

What You Should Know About

Long Term Care

Presented by Cletus Lynch, Owner, Lynch Capital Services

This class will provide you with details of how to prepare for long term care, guide you through coverage, and answer questions you may have about long term care insurance.

Thursday, January 12 • 1 pm

Cost: Free

Register online at senioraction.org

Technology**Use of Technology***Presented by Doug Possenriede, Humana*

Do you need a little help understanding your phone, tablet or computer? This class will point you in the right direction and make your life frustration free.

Thursday, January 5 • 1 pm**Cost: Free****Wellness****10 Tips to Boost Energy***Presented by Doug Possenriede, Humana*

At times we all feel lazy, but what is normal? This class will teach us how to find and maintain our maximum energy levels.

Thursday, March 16 • 1 pm**Cost: Free****Blood Pressure Screening****Thursday, January 26 • 12:30 pm****Thursday, February 16 • 12:30 pm****Thursday, March 23 • 12:30 pm****Cost: Free****Improving your Quality of Sleep***Presented by Doug Possenriede, Humana*

This class will give you helpful suggestions and facts about sleep patterns as we age and what you can do to improve your restful times.

Thursday, January 19 • 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****Art with Alice***Presented by Alice Peace*

In this class, you will learn basic brush strokes. Painting will be on canvas and supplies will be provided.

Monday, March 20 • 11:15 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. Joe Malone will continue our series of Bible studies during the month of February.

Thursday, February 2 • 12:15 pm**Friday, February 17 • 12:15 pm****Cost: Free****Bingo***Volunteer Class Leader: Joseph Malone*

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

2nd and 4th Fridays • 1 pm**(Not meeting March 17)****Cost: Free****Board Games**

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

Mondays • 11 am**Cost: Free****Book Club**

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**(not meeting January 19)****Cost: Free****Coffee and Conversations**

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

Mondays – Fridays • 9 am

All classes are one hour unless otherwise noted.

Fly Fishing 101

This class is a 4-week series on the art of Fly Fishing. Topics will be: Gear, reading water, flies, hatch, and where to fish in our area. *Presented by Steve Gross, Dodson Fishing Co.*

Thursdays in March • 2 pm

Cost: Free

Genealogy

Have you ever had an interest in tracing your family history? Lee Russ has offered her experience to our center to lead us down the path of knowing who we are connected with and discovering our past. This will be a 2-part series. *Presented by Lee Russ, Traditions Health*

Thursdays, January 12 & February 9 • 2 pm

Cost: Free

High Tea

Our Center will host a "High Tea" to celebrate Valentine's Day. Tea and sandwiches will be provided. Feel free to bring sweets for all of our sweethearts.

Tuesday, February 14 • 12 pm

Cost: Free

Horseshoes

Come enjoy a good game of horseshoes with other members.

Tuesdays • 2 pm

Cost: Free

Local Greenville History

The Greenville Historical Society will be presenting a class of local history with focus on "Life in the Mill Districts".

Thursday, January 19 • 2 pm

Cost: Free

Mahjong

Volunteer Leader: Pam Wyatt

Mondays in March • 2 pm

Cost: Free

Music with Richard

Volunteer: Richard Demayo

Enjoy good music played by one of our volunteer members.

Fridays, Jan 6 & 27, Feb 10 & 24, and Mar 24

11:30 am – 12:30 pm

Cost: Free

Notary Services

Volunteer: Richard Dodson

Beginning in January, Richard will answer any questions about notary services and provide assistance to our local members.

Friday, January 20 • 11 am

Friday, February 17 • 11 am

Friday, March 17 • 11 am

Cost: Free

The History of Berea

Presented by Brenda Benton

Brenda is our local historian, who authored a book about our community. She will provide us facts and surprises about our local area. She will also have copies of her book available to purchase.

Thursday, January 26 • 1 pm

Cost: Free

Scrabble

Keep your mind and vocabulary fresh by playing a weekly game of Scrabble.

Mondays in January • 2 pm

Cost: Free

Sew Much Fun

Participants bring their own supplies and work on individual projects in the company of group members.

Tuesdays • 10 am

Stitch in Time

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

Tuesdays • 1 pm

Soup Recipe Swap

Winter is a great time to exchange your favorite soup recipes with other members. Make copies of your best recipes to exchange with friends.

Tuesday, January 3 • 11 am

Cost: Free

Walking Club

Come out and enjoy our outside track. This area is always open to members.

Mondays, Wednesdays, Fridays • 2 pm

Cost: Free



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