




# December 2018



Faith Sellers Senior Center  
 312 North Laurel St., Summerville, SC 29483  
 Hours: Monday-Friday 8:30am-5:00pm  
 (843) 871-5053 [www.dorchesterseiors.com](http://www.dorchesterseiors.com)

Mon	Tue	Wed	Thu	Fri
<b>3</b> <b>8:30 Pinochle</b> 8:45 Weight Trng* <b>9:00 Reading &amp; Writing</b> 9:15 Beg. Spanish <b>9:30 AARP Board</b> <b>10:00 "Just Good Enough Music"</b> <b>10:00 Sew&amp;Social</b> 10:15 Int. Spanish 1:00 Bridge 12:30 Dominoes	<b>4</b> 8:45 Aerobics* 9:45 Walking Club <b>10:00 Electronic Help Class</b> 10:00 Yoga* <b>10:00 Tai Chi for Fall Prevention</b> 12:00 Mahjong 1:00 Int. Quilting <b>2:00 Open Artist's Workshop</b> 2:30 Tai Chi* <b>3:45 Line Dance</b>	<b>5</b> 8:45 Weight Trng* <b>9:00 Reading &amp; Writing</b> <b>9:30 AmeriLife Workshop-Lobby</b> 10:30 Bible Study <b>10:00 BINGO-The Blake</b> <b>10:00 Massage Therapy*</b> 12:30 Clogging	<b>6</b> 8:45 Aerobics* 9:30 Walking Club 10:00 Yoga* <b>10:00 Nutrition-Clemson</b> <b>10:00 Christmas Ceramics w/ Victoria</b> <b>10:30 Bookmobile</b> <b>11:00 Cornhole</b> 1:00 Woodcarving 1:00 Adult Coloring	<b>7</b> 8:30 Hand & Foot <b>8:45 Zumba Gold</b> <b>9:30 Morning Movie</b> 10:00 Bridge 10:00 Crochet & Tatting 12:30 Line Dance* <b>12:30 Beg. Pinochle</b> <b>12:30 Open Card/Game Group</b> <b>1:00 Creative Crafters</b>
<b>10</b> <b>8:30 Pinochle</b> 8:45 Weight Trng* <b>9:00 Reading &amp; Writing</b> 9:15 Beg. Spanish <b>10:00 Sew&amp;Social</b> <b>10:00 Faith Christian Perfor.</b> 10:15 Int. Spanish <b>12:00 Bridge Christmas</b> 12:30 Dominoes	<b>11</b> 8:45 Aerobics* 9:45 Walking Club 10:00 Yoga* <b>10:00 Electronic Help Class</b> <b>10:00 Crafts with Elaine</b> 12:00 Mahjong 1:00 Int. Quilting <b>2:00 Open Artist's Workshop</b> 2:30 Tai Chi* <b>3:45 Line Dance</b>	<b>12</b> 8:45 Weight Trng* <b>9:00 Reading &amp; Writing</b> 10:30 Bible Study <b>10:00 BINGO-Ivory</b> <b>10:00 Beg. Pinochle</b> <b>10:00 Open Card/Game Group</b> <b>11:00 Book Club</b> <b>10:00 Massage Therapy*</b> 12:30 Clogging <b>12:00 BUNCO</b>	<b>13</b> 8:45 Aerobics* 9:30 Walking Club 10:00 Yoga* <b>10:00 Cookie Recipe Swap</b> <b>11:00 Cornhole</b> 1:00 Woodcarving 1:00 Adult Coloring	<b>14</b> 8:30 Hand & Foot <b>8:45 Zumba Gold</b> <b>9:30 Christmas Wreath Workshop</b> 10:00 Bridge 10:00 Crochet & Tatting 12:30 Line Dance* <b>1:00 Creative Crafters</b>

**JANUARY ACTIVITY CALENDARS WILL BE RELEASED WEDNESDAY DECEMBER 26TH**  
 SIGN-UP FOR SPECIAL ACTIVITIES IS ON A FIRST-COME, FIRST-SERVED BASIS & MUST BE DONE IN PERSON. FEES MUST BE PAID AT TIME OF SIGN-UP TO RESERVE YOUR SPOT.

Mon	Tue	Wed	Thu	Fri
<b>17</b> <b>8:30 Pinochle</b> 8:45 Weight Trng* <b>9:00 Reading &amp; Writing</b> 9:15 Beg. Spanish <b>10:00 Sew&amp;Social</b> <b>10:00 Christmas Crafts w/ Susan</b> 10:15 Int. Spanish 1:00 Bridge 12:30 Dominoes <b>12:30 NARFE</b>	<b>18</b> 8:45 Aerobics* 9:45 Walking Club 10:00 Yoga* <b>10:00 Electronic Help Class</b> <b>10:00 BINGO-Addus Homecare</b> 12:00 Mahjong 1:00 Int. Quilting <b>2:00 Open Artist's Workshop</b> 2:30 Tai Chi* <b>3:45 Line Dance</b>	<b>19</b> 8:45 Weight Trng* <b>9:00 Reading &amp; Writing</b> <b>10:00 Prescription Pickups</b> <b>10:00 Mad Science</b> 10:30 Bible Study <b>10:00 Massage Therapy*</b> <b>11:30 AARP Member Mtg.</b> 12:30 Clogging	<b>20</b> 8:45 Aerobics* <b>9:30 BP Screens</b> 9:45 Walking Club 10:00 Yoga* <b>10:00 Christmas Ceramics w/ Victoria</b> <b>11:00 Cornhole</b> 1:00 Woodcarving 1:00 Adult Coloring	<b>21</b> 8:30 Hand & Foot <b>8:45 Zumba Gold</b> 10:00 Bridge <b>10:00 Staying Safe as we Age</b> 10:00 Crochet & Tatting 12:30 Line Dance* <b>12:30 Beg. Pinochle</b> <b>12:30 Open Card/Game Group</b> <b>1:00 Creative Crafters</b>
<b>24</b>  <b>CLOSED IN OBSERVANCE OF CHRISTMAS</b>  No meals served or delivered	<b>25</b> <b>CLOSED IN OBSERVANCE OF CHRISTMAS</b>  No meals served or delivered	<b>26</b> 8:45 Weight Trng* <b>9:00 Reading &amp; Writing</b> <b>10:00 BINGO</b> <b>10:00 Beg. Pinochle</b> <b>10:00 Open Card/Game Group</b> 10:30 Bible Study <b>10:00 Massage Therapy*</b> 12:30 Clogging	<b>27</b> 8:45 Aerobics* 9:45 Walking Club 10:00 Yoga* <b>11:00 Cornhole</b> 1:00 Woodcarving 1:00 Adult Coloring	<b>28</b> 8:30 Hand & Foot <b>8:45 Zumba Gold</b> 10:00 Bridge 10:00 Crochet & Tatting <b>10:00 Passport to Wellness</b> <b>11:45 Birthdays</b> 12:30 Line Dance* <b>1:00 Creative Crafters</b>
<b>31</b>  Closed in observance of New Years  No meals served or delivered	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <b>YOU MUST BE 50+ YRS. OLD &amp; A MEMBER OF THE CENTER TO PARTICIPATE IN ANY OF OUR ACTIVITIES &amp; PROGRAMS.</b> </div> <div style="border: 1px solid black; padding: 5px;">           If you have any questions regarding <b>activities</b>, please contact <b>Alexandria Singletary</b> in the Activities Dept. at (843)871-5053.         </div>			

# ~Arts & Crafts~

**WOODCARVING:** Thursdays 1:00 – 3:00 pm. New Members welcome.

**QUILTING:** All experienced or beginner quilters welcomed! Come out and enjoy socializing and quilting. This is not an instruction based class; the group may be in the middle of a project but all are welcomed to come! **Tuesdays 1:00 - 3:30pm**

**CRAFTS w/ Elaine:** Come out and join Ms. Elaine for a new and creative craft for each class! New members are always welcome. **December 11th 10:00 am**

**CROCHET & TATTING:** Mary Altrock teaches all levels of crochet. Theresa Orren teaches tatting, a form of decorative lace making. New/experienced players welcome. **Fridays 10:00–11:30am**

**OPEN ARTIST'S WORKSHOP:** This is an open group for all artists using any mediums such as oils, watercolors, acrylic, charcoal, etc. to come and work on their pieces and share support for each other. **No materials or instruction provided.** Must bring own supplies, including table coverings for your work area. **Tuesdays from 2:00-4:00pm**

## **NEW MEMBERS WELCOME!**

**ADULT COLORING GROUP:** Come join others who love to color for this relaxing time to socialize and make new friends! Please bring your own coloring books and supplies. (No instruction or supplies provided) **Thursdays @ 1:00-3:00pm**

**SEW & SOCIAL: Every Monday at 10:00am** This class is open to all aspects of sewing, embroidery, crochet/tatting, quilting, and more! Come out meet the group, socialize and sew! This is not instruction based or group projects, everyone is independent and welcome to bounce around ideas and assist others as needed!

**CHRISTMAS CRAFTS W/ SUSAN: December 17<sup>th</sup> at 10:00 am** Join the creative crafters for a fun and beautiful Christmas candy cane craft! Limited supplies sign up with Alexandria, activities coordinator.

**CHRISTMAS WREATH WORKSHOP: December 14<sup>th</sup> at 9:30 am** Join the Flower town Garden Club in creating your own Christmas Wreath! Supplies limited so make sure to sign up by **December 7<sup>th</sup>** with Alexandria, activities coordinator.

**CREATIVE CRAFTERS: Fridays at 1:00** Like to do crafts at home? Just a fun hobby? Come join our creative crafters group to make beautiful pieces to take home or display in our giftshop!

**CHRISTMAS CERAMICS W/ VICTORIA: December 6<sup>th</sup> & 20<sup>th</sup> 10:00am** Relax and enjoy while painting your favorite Christmas Ceramic!

# ~Education~

**BENEFIT BANK:** Free service available to seniors that provides a quick check on-line by a trained volunteer for potential program eligibility for seniors. You may qualify for programs such as the **Supplemental Nutrition Assistance Program, Medical Assistance, Rx assistance**, and others. The benefit counselor will advise you of your scheduled appointment and the paperwork you will need to bring with you in order to begin the process. **Please call 871-5053 for appointment.**

**BEGINNER SPANISH:** Member Marcos Villacreses teaches beginner conversational Spanish. Marcos is from Ecuador. **Mondays 9:15-10:15am.**

**INTERMEDIATE SPANISH:** Member Marcos Villacreses teaches Intermediate conversational Spanish. Marcos is from Ecuador. **Mondays 10:15 – 11:15am.**

**BIBLE STUDY:** Ms. Mary Tucker leads a non-denominational Bible Study. **All faiths are welcome! Wednesdays 10:30am**

**BOOK CLUB:** **December 12th** will be book club! Hosted by the Dorchester County Library. Come out for a meet & greet and reveal of this month's book.

**ELECTRONIC HELP:** Come out and try our new electronic help class. From emails, computers, to smart phones and Microsoft we will help you finally figure it out!  
**Tuesdays at 10:00am.**

**READING & WRITING:** Need help remembering those good ole school tips! Not a problem, join us for weekly reading and writing classes to refresh those forgotten lessons. **Mondays and Wednesdays 9:00 am**

**MAD SCIENCE:** Come join us **December 19<sup>th</sup> at 10:00** for fun and wild experiments! This month features a special Halloween project!

**TAI CHI FOR FALL PREVENTION:** Join our Tai Chi instructor **December 4<sup>th</sup> at 10:00** for an educational presentation on the importance of Tai Chi and balance for seniors!

**AMERILIFE WORKSHOP:** **December 5<sup>th</sup> @ 9:30am** Make sure to stop by the lobby to meet with Ms. Sherry Roberts about your current Medicare/Medicaid before changes December 10<sup>th</sup>!

# ~Health & Physical Fitness~

**\*YOU MUST BE A MEMBER OF DSI'S EXERCISE PROGRAM, 50+FIT! TO PARTICIPATE IN Aerobics, Yoga, Tai Chi, Line Dancing, Zumba Gold® Massage Therapy and Weight Training.**

50+Fit! is \$20 per month and includes all classes listed.

Payments MUST be made by the 20<sup>th</sup> of each month.

Please contact the Front Desk to sign up.

**A Waiver of Liability must be signed at time of Registration**

**TAI CHI:** The *Tai Chi for Health* Proven to improve muscular strength, flexibility, balance, posture, and stamina, as well as lowering blood pressure and strengthening the immune system. Instructor: Maurice Olfus. **Tuesdays 2:30-3:30** You must be a paid member of 50+Fit! To participate in this class

**WEIGHT TRAINING:** A weight workout designed to increase muscular endurance & bone density, while strengthening and toning your total body. A chair is available for standing support. Please bring a mat, towel, 3lb. weights and water. Instructor: Cathy Lawter. **Mondays & Wednesdays 8:45-9:45.** You must be a paid member of 50+Fit! To participate in this class

**LINE DANCING:** Instructor: Evelyn Ward. **Tuesdays 3:45-4:45 and Fridays 12:30-1:30pm.** You must be a paid member of 50+Fit! To participate in this class

**AEROBICS:** Get up and move with an aerobics class that's safe, heart-healthy, and gentle on the joints. A chair is available for standing support. Please bring a mat, towel, and water. Instructor: Cathy Lawter. **Tuesdays and Thursdays 8:45-9:45am** You must be a paid member of 50+Fit! To participate in this class

**YOGA:** Revitalize your body, relax your mind, increase energy, & reduce stress. Bring a mat & towel. You must be a paid member of 50+Fit! To participate in this class. Instructor: Marlene Cuggy. **Tuesdays & Thursdays 10:00-11:00am.**

**ZUMBA® GOLD:** Zumba® Gold is based on the same dance moves used in the original Zumba class. The Gold class, is less intense, with dance routines designed for beginners and older adults. You must be a paid member of 50+Fit! To participate in this class. Instructor, Lilibeth Barker, **Fridays @ 8:45am-9:45am**

**WALKING CLUB:** The Walking Club is open to all members of Dorchester Seniors, Inc.

**Participate in our "Miles Walked" incentive!**

\* Walking club hours are as scheduled, 9:45-10:45am, Group meets in the lobby.

- Walks will take place outside at Doty Park
- Laps/mileage will be maintained and recorded by group leader, Bill Lendvay and Activities Coordinator, Alexandria Singletary

\*We will have ongoing incentives for members who cumulatively reach 10, 25, and 50 miles.

**In the event of inclement weather, the decision may be made to cancel (or relocate indoors)** by either DSI or group leader, Bill Lendvay. **Tuesdays & Thursdays, 9:45-10:45am.**

**MASSAGE THERAPY: Wednesdays at 11:00am.** You must be a paid member of 50+ fit to participate in this class. Come learn how to rest, relax, restore with Therapist Zandrina. This is a hands on instructional class; educating on the importance of muscle strength and relaxation.

**NUTRITION SERIES: Clemson Extension** will be here to give our monthly Nutrition Presentation. Come join us for this informative session! **December 6<sup>th</sup>.**

**CLOGGING:** Put on your dancing shoes & join us as Instructor Julia Tourtellotte teaches beginner & intermediate level clogging. **Wednesdays 1:00-2:30pm. Beginner's may come at 12:30**

**PASSPORT TO WELLNESS:** Travel the world through this educational and easy to do exercise. This class is universal for sitting and standing. **December 28th at 10:00 am.**

**BLOOD PRESSURE SCREENINGS:** Stop in for a free blood pressure screening with a nurse from Agape Hospice. **December 20th @ 9:30am**

## ~ SPECIAL ACTIVITIES & OTHER FUN~

**MORNING MOVIE:** Come join us for a movie and popcorn on **December 7th @ 9:30am!** We will be watching "Mad Money" starring Queen Latifah, Diane Keaton, and Katie Holmes! PG-13

**BOOKMOBILE:** The Dorchester County Bookmobile will be here on **December 6th.** You may check out books and DVD's from them. If you don't have a library card yet, they can get you signed up!

**CORNHOLE:** Join us every **Thursday** for Cornhole! This fun bean bag tossing game will help develop hand eye coordination while competing for prizes!

**BIRTHDAY CELEBRATION:** If you are a member of the center & have a birthday in **October**, please join us **December 28<sup>th</sup> @ 11:45am** for a piece of birthday cake! Please be sure to put your name on the Birthday sheet in the Rose Rm. **Cake is only served at 11:45am.**

**BINGO:** Join us weekly as we play for donated prizes. **Days vary, please see calendar.**

**"JUST GOOD ENOUGH MUSIC":** **December 3<sup>rd</sup> at 10:00 am** Join us for fellowship and singing with this traveling gospel group.

**TAI CHI FOR FALL PREVENTION:** Join our Tai Chi instructor **December 4<sup>th</sup> at 10:00** for an educational presentation on the importance of Tai Chi and balance for seniors!

**FAITH CHRISTIAN PERFORMANCE:** Come experience the talent and creativity of Faith Christian School Choir as they lead us in their Christmas special! **December 10<sup>th</sup> 10:00am**

**RECIPE SWAP & COOKIES:** **December 13<sup>th</sup> at 10:00am** This class has a sign-up sheet, Share your favorite Holiday recipes and enjoy yummy cookies! All recipes must be submitted to Alexandria, activities coordinator by December 7<sup>th</sup>! Please bring your favorite Christmas cookie enough for 20! All active participants will receive a cookbook!

# ~ CARDS & OTHER GROUP GAMES~

## New Procedures for All DSI Card & Game Groups

**All card and game groups must adhere to the following procedures for choosing players/teams, etc. for each table at the beginning of each class:**

- 1) All groups may NOT begin playing until their scheduled start times as listed in the calendar and all those present at that time must draw for random partners to begin playing games.
- 2) Anyone arriving later than the start time of the group may wait until a spot opens up when a player leaves a table; or you may start a new game with others waiting.
- 3) Please remember that this is a public senior center, and all DSI members deserve the opportunity to come into a group to play. Everyone must be included and allowed to play.
- 4) Please be courteous and kind to other members. We want everyone to feel welcome at our center and enjoy all of the activities we offer.

**MEXICAN DOMINOES:** also known as **Trains**. Frank Thomas teaches this version of dominoes on **Mondays 12:30–3:00pm**. If you have a set of Mexican Dominoes, please bring them. **New members welcome!**

**HAND & FOOT:** New/experienced players welcome! **Fridays 8:30am-2:30pm.**

**BRIDGE:** Experienced, advanced players only, please. **Mondays 1:00- 3:30pm and Fridays 10:00am – 12:00pm.**

**PINOCHLE:** Some experience preferred. **Mondays 8:30am - 2:30pm**

**OPEN CARD & GAME GROUP:** Grab some friends and come out to play your favorite card or board game! The room will be open to anyone wishing to play any type of game with anyone they'd like to play with. Drawing cards is not required during this group. This group will meet 1<sup>st</sup> and 3<sup>rd</sup> Fridays and 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays; subject to change if schedule conflicts.

**BUNCO:** Meets 2<sup>nd</sup> Wednesday of each month. **New & experienced players welcome!** Remember to pay your \$5.00 gift fee at this class. **December 12th at 12:30.**

**MAHJONG:** **New/experienced** players welcome. Group meets **Tuesdays 12:00-4:00pm**

**BEGINNER PINOCHLE:** This course is designed to educate new players and refresh the minds of experienced players. Join Mr. Ford on all Open Card/Game Group Meeting days from 10:00-11:00am!

# ~OUTINGS~

**NOTE:** All activity fees and sign-ups are closed & final as stated in descriptions. **Trips are NON-REFUNDABLE unless the trip is cancelled by Dorchester Seniors Inc.**

**PRESCRIPTION PICKUPS:** We will provide transportation to **Walgreen's & Wal-Mart** (both on Main St.) **December 19th 10:00 am**

## ~SPECIAL INTEREST GROUPS~

**AARP MEMBER MEETING:** December 19th at 1:30 pm

**NARFE MEMBER MEETING:** December 17th at 12:30pm

**AARP BOARD MEETING:** December 3rd at 9:30am

**Did you know we have a Facebook Page?**



*Find us at* **Dorchester Seniors, Inc. - Summerville/St. George**

Like our page to receive updates, announcements,  
& view photos of events and activities!

We also use our Facebook page to post any necessary emergency announcements and closings.

Also...Check out our "DSI Seniors Rock" Facebook Page  
Just for our Rock Painting group!