




January 2019



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

Mon	Tue	Wed	Thu	Fri
 <p>Come join us for Donuts with Directors! A personal meet and greet for all members! 01/22 @ 10:00</p>	<p>1 Closed for New Years</p> 	<p>2 8:45 Weight Trng* 10:30 Bible Study 10:00 BINGO 10:00 Massage Therapy* 12:30 Clogging</p>	<p>3 8:45 Aerobics* 9:30 Walking Club 10:00 Yoga* 10:00 "Just Good Enough Music" 10:30 Bookmobile 11:00 Cornhole 12:30 Line Dance* 1:00 Woodcarving 1:00 Adult Coloring</p>	<p>4 8:30 Hand & Foot 8:45 Zumba Gold 9:30 Morning Movie 10:00 Bridge 10:00 Crochet & Tatting 12:30 Beg. Pinochle 12:30 Open Card/Game Group</p>
<p>7 8:30 Pinochle 8:45 Weight Trng* 9:15 Beg. Spanish 9:30 BP Screens 9:30 AARP Board 10:15 Int. Spanish 12:30 Dominoes 1:00 Bridge</p>	<p>8 8:45 Aerobics* 9:45 Walking Club 10:00 Yoga* 10:00 Electronic Help Class 10:00 Crafts with Elaine 10:00 BINGO 12:00 Mahjong 1:00 Int. Quilting 2:00 Open Artist's Workshop 2:30 Tai Chi* 3:45 Line Dance</p>	<p>9 8:45 Weight Trng* 10:30 Bible Study 10:00 Paranayam 10:00 Beg. Pinochle 10:00 Open Card/Game Group 10:00 Massage Therapy* 11:00 Book Club 12:30 Clogging 12:30 BUNCO 2:00 Basket Workshop</p>	<p>10 8:45 Aerobics* 9:30 Walking Club 10:00 Yoga* 10:00 Crafts w. Susan 11:00 Cornhole 12:30 Line Dance* 1:00 Woodcarving 1:00 Adult Coloring</p> 	<p>11 8:30 Hand & Foot 8:45 Zumba Gold 10:00 Bridge 10:00 Crochet & Tatting 10:00 Passport to Wellness</p>

FEBRUARY ACTIVITY CALENDARS WILL BE RELEASED FRIDAY JANUARY 25TH
 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
14 8:30 Pinochle 8:45 Weight Trng* 9:15 Beg. Spanish 10:00 Chair Fitness 10:00 Prescription Pickups 10:15 Int. Spanish 11:00 Red Hatters 1:00 Bridge 12:30 Dominoes	15 8:45 Aerobics* 9:45 Walking Club 10:00 Yoga* 10:00 Electronic Help Class 11:00 Chair Volleyball 12:00 Mahjong 1:00 Int. Quilting 2:00 Open Artist's Workshop 2:30 Tai Chi* 3:45 Line Dance	16 8:45 Weight Trng* 10:00 BINGO 10:30 Bible Study 10:00 Massage Therapy* 11:30 AARP Member Mtg. 12:30 Clogging 2:00 Basket Workshop	17 8:45 Aerobics* 9:45 Walking Club 10:00 Yoga* 11:00 Cornhole 12:00 AARP Driver Safety 12:30 Line Dance* 1:00 Woodcarving 1:00 Adult Coloring 	18 8:30 Hand & Foot 8:45 Zumba Gold 10:00 Bridge 10:00 Crochet & Tatting 10:00 MLK Remembrance 12:30 Beg. Pinochle 12:30 Open Card/Game Group
21 Closed in Observance of Martin Luther King Jr. Day! 	22 8:45 Aerobics* 9:45 Walking Club 10:00 Electronic Help Class 10:00 Donuts with Directors  10:00 Yoga* 12:00 Mahjong 1:00 Int. Quilting 2:00 Open Artist's Workshop 2:30 Tai Chi* 3:45 Line Dance	23 8:45 Weight Trng* 10:00 BINGO 10:00 Beg. Pinochle 10:00 Open Card/Game Group 10:00 Massage Therapy* 10:30 Bible Study 12:30 Clogging 2:00 Basket Workshop	24 8:45 Aerobics* 9:45 Walking Club 10:00 Yoga* 10:00 Health in the New Year-Janice 10:30 Bookmobile 11:00 Cornhole 12:30 Line Dance* 1:00 Woodcarving 1:00 Adult Coloring	25 8:30 Hand & Foot 8:45 Zumba Gold 10:00 Bridge 10:00 Crochet & Tatting 10:00 Passport to Wellness 11:45 Bowling & Birthdays
28 8:30 Pinochle 8:45 Weight Trng* 9:15 Beg. Spanish 10:00 Fall Risk 10:15 Int. Spanish 1:00 Bridge 12:30 Dominoes 12:30 NARFE	29 8:45 Aerobics* 9:45 Walking Club 10:00 Electronic Help Class 10:00 BINGO 10:00 Yoga* 12:00 Mahjong 1:00 Int. Quilting 2:00 Open Artist's Workshop 2:30 Tai Chi* 3:45 Line Dance	30 8:45 Weight Trng* 10:00 Clear Captions 10:00 Volunteer Training 10:00 Massage Therapy* 10:30 Bible Study 12:30 Clogging 2:00 Basket Workshop	31 8:45 Aerobics* 9:45 Walking Club 10:00 Yoga* 10:00 TAAA Nutrition 11:00 Cornhole 12:30 Line Dance* 1:00 Woodcarving 1:00 Adult Coloring	<p style="text-align: center;">YOU MUST BE 50+ YRS. OLD & A MEMBER OF THE CENTER TO PARTICIPATE IN ANY OF OUR ACTIVITIES & PROGRAMS.</p>

If you have any questions regarding **activities**, please contact **Alexandria Singletary** in the Activities Dept. at (843)871-5053.

~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. **January 8th 10:00 am**

CROCHET & TATTING: Mary Altrick 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**

CRAFTS W/ SUSAN: January 10th at 10:00 am Join the creative crafters for fun and beautiful crafts! Limited supplies sign up with Alexandria, activities coordinator.

~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: **January 9th** 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.

CLEAR CAPTIONS: He's back! Mr. Dave is back with new Clear Captions phone. Come learn about its benefits and how you can get one yourself! **January 30th at 10:00 am**



AARP Driver Safety Course!



January 17th 12:00pm-4:00pm

\$20 AARP members

\$25 non members

Please sign up at the front desk!

~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 20th 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 10:00am. 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: TAAA will be here to give our monthly Nutrition Presentation. Come join us for this informative session! **January 31st.**

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. **January 11th & 25th at 10:00 am.**

BLOOD PRESSURE SCREENINGS: Stop in for a free blood pressure screening with a nurse from Agape Hospice. **January 7th @ 9:30am**

CHAIR FITNESS: It's that time again! Seated exercise at your own pace with Mrs. Donna Ottone. **January 14th at 10:00am.**

CHAIR VOLLEYBALL: Join us and "The Guys" for this fun seated version of volleyball! **January 15th at 11:00am**

HEALTH IN THE NEW YEAR: Pruitt Health will be joining us to teach Healthy tips to keep in mind for the New Year **January 24th 10:00am.**

FALL RISK: Join us for balance testing! Come learn exercises and strengthening techniques to help build balance and decrease falls. **January 28th at 10:00am**

~ SPECIAL ACTIVITIES & OTHER FUN~

MORNING MOVIE: Come join us for a movie and popcorn on **January 4th @ 9:30am!** We will be watching "Going In Style" starring Morgan Freeman, Michael Cane, and Alan Arkin PG-13

BOOKMOBILE: The Dorchester County Bookmobile will be here on **January 3rd & 24th.** 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 **January 25th @ 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": **January 3rd at 10:00 am** Join us for fellowship and singing with this traveling gospel group.

BASKET WORKSHOP: **Wednesday at 2:00pm starting January 9th,** This class has no instructor and you must bring your own supplies. **Join us on January 9th** for an introduction and list of class materials.

MLK REMEMBRANCE: Join us for a remembrance, appreciation, and honor of Dr. Martin Luther King Jr. as we celebrate his life this month! **January 18th at 10:00 am**

~ 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 1st and 3rd Fridays and 2nd and 4th Wednesdays; subject to change if schedule conflicts.

BUNCO: Meets 2nd Wednesday of each month. **New & experienced players welcome!** Remember to pay your \$5.00 gift fee at this class. **January 9th 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.) January 14th 10:00 am

~SPECIAL INTEREST GROUPS~

AARP MEMBER MEETING: January 16th at 1:30pm

NARFE MEMBER MEETING: January 28th at 12:30pm

AARP BOARD MEETING: January 7th 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!