



Stockbridge  
Area Senior  
Center

• Issue 5 •

# Connecting SASC

April 2023

Membership \$20/yr.

Welcome to Springtime at your Stockbridge Area Senior Center!

Thank you for your dedication! We are thrilled to see our membership and attendance blooming. As always, we want to hear from you! This growth and fun is all thanks to your continued involvement. We love to hear your ideas, your thoughts and comments.

Are you part of a local organization, church or business that would like to learn more about SASC? Please let us know! We are happy to be traveling the area, presenting and sharing who we are and what we do.

There are so many ways to be a part of the excitement here! We'd love to help you find the right fit. Contact me anytime at 517-480-0353 or directorofsasc@gmail.com

~Dana Blaszkowski, Senior Center Director

Published monthly

## Board of Directors

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Vice President  
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## SASC TEAM

**Senior Center Director**  
Dana Blaszkowski

**Site Coordinator**  
Betti Wetherell

**Volunteer Coordinator**  
Mary Schwark

## Volunteer Opportunities

Contact us! We have a great spot for you.



Lunch provided by Tri County Office on Aging, \$3.50 donation suggested  
Contact Betti Wetherell, TCOA Dining Coordinator, to reserve and qualify @ ph. [517-480-0353](tel:517-480-0353).

## April Activities to look for!

- **Massage with Whipped Zen**- Come relax with Carrie April 4th, 9:30 to Noon. Sign up for a 10 min session.
- **Hearing Life Presentation**- April 4<sup>th</sup> @ 10a
- **Woodworking w/ Bill, Window Bird Feeders**- April 5<sup>th</sup> @ 11a
- **Sprint Soaps & Easter Candy w/ Nancy**- April 11<sup>th</sup>@ 10a
- **Harmonica for fun!** April 20<sup>th</sup> w/ our own Harmonica Musician- Chris
- **WISE Program**, Wednesdays @ 11a throughout April
- **Stockbridge High School Choir Performance** – April 27<sup>th</sup> @ 11a
- **Spring Votives w/ Nancy**, April 18<sup>th</sup> @ 10a
- **Evening Game Night**; Wednesday, April 19<sup>th</sup> @ 6p
- **Spring Soaps & Bath Salts w/ Nancy**, April 25<sup>th</sup> @ 10a

## Wellness

COFFEE  
AND  
CONVERSATION



Come join us @ 9a,  
T/W/Th

**Tech Tuesday**  
w/ Kenny April 11<sup>th</sup>  
@ 10a



## Cardio Drumming

Every Thursday @ 10a

Promising a banging  
good time!



Tina's Trivia/Time Travel  
Thursday @ 9a  
April 13th & 27th  
Sponsored by CADL



Bingo is @ 1p Tuesday,  
Wednesday, and  
Thursday.

All supplies provided, lots  
of prizes! Bring a friend.



Tuesdays @ 9a for  
April 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

## Chair Fit



Tuesdays @ 11a



## Yoga

Wednesdays @  
10a

## Be a part of it all!

SASC is a Non-Profit Organization under our Fiduciary Chelsea Senior Center. Our center can bring engagement, socialization, recreation, enrichment, education, health, and resources.

We rely on assistance through memberships, donations, volunteerism, and sponsorship. Our growth depends on your generosity!

Come join us on our Wednesday evening hours 6a to 8p, on April 19th.

<p><b>Tuesday, April 4<sup>th</sup></b>                  9:00 am- Coffee &amp; Conversations                  9:30am- Wellness Chair Massage (\$1 per minute, minimum 10 minutes)                  11:00 am- Chair Fit                  11:00 am- <u>Hearing Life Presentation</u>                  12:00 pm- Lunch provided by <u>Hearing Life, must pre-order!</u>                  1:00 pm- Bingo</p>	<p><b>Wednesday, April 5<sup>th</sup></b>                  9:00 am- Coffee &amp; Conversations                  10:00 am- Yoga                  11:00 am- <u>WISE Program</u>                  11:00 am- <u>Woodworking w/ Bill, Window Bird Feeders.</u> \$3 for Members/ \$5 for Non Members                  12:00 pm- Lunch by TCOA                  1:00 pm- Bingo</p>	<p><b>Thursday, April 6<sup>th</sup></b>                  9:00 am- Coffee &amp; Conversations                  10:00 am- Cardio Drumming                  11:00 am- <u>PT w/ Angela Kraweic, Core &amp; Balance Exercises</u>                  12:00 pm- Lunch by TCOA                  1:00 pm- Bingo</p>
<p><b>Tuesday, April 11<sup>th</sup></b>                  9:00 am- Coffee &amp; Conversations                  9:00 am- Tai Chi                  10:00 am til Noon- <u>Tech Tuesday w/ Kenny</u>                  10:00 am- <u>Spring Soaps &amp; Easter Candy w/ Nancy</u> (\$1 for Members/ \$2 Non Members)                  11:00 am- Chair Fit                  12:00 pm- Lunch by TCOA                  1:00 pm- Bingo</p>	<p><b>Wednesday, April 12<sup>th</sup></b>                  9:00 am- Coffee &amp; Conversations                  10:00 am- Yoga                  11:00 am- <u>WISE Program</u>                  12:00 pm- Lunch by TCOA                  1:00 pm- Bingo</p>	<p><b>Thursday, April 13<sup>th</sup></b>                  9:00 am- Coffee &amp; Conversations &amp; <u>Tina's Trivia/Time Travel</u> (sponsored by CADL)                  10:00 am- Cardio Drumming                  11:00am- <u>Along the Fence Daylily Presentation</u>                  12:00 pm- Lunch by TCOA                  1:00 pm- Bingo</p>
<p><b>Tuesday, April 18<sup>th</sup></b>                  9:00 am- Coffee &amp; Conversations                  9:00 am- Tai Chi                  10:00 am- <u>Spring Votives w/ Nancy</u>                  11:00 am- Chair Fit                  12:00 pm- Lunch by TCOA                  1:00 pm- Bingo</p>	<p><b>Wednesday, April 19<sup>th</sup></b>                  9:00 am- Coffee &amp; Conversations                  10:00 am- Yoga                  11:00 am- <u>WISE Program</u>                  12:00 pm- Lunch by TCOA                  1:00 pm- Bingo</p> <p style="text-align: center;"><b>Evening Hours: 6p-8p</b></p> <p>6:00p- Games, Puzzles, and Treats</p>	<p><b>Thursday, April 20<sup>th</sup></b>                  9:00 am- Coffee &amp; Conversations                  10:00 am- Cardio Drumming                  11:00 am- <u>Harmonica for Fun</u>                  12:00 pm- Lunch by TCOA                  1:00 pm- Bingo</p>
<p><b>Tuesday, April 25<sup>th</sup></b>                  9:00 am- Coffee &amp; Conversations                  9:00 am- Tai Chi                  10:00 am- <u>Soaps &amp; Bath Salts w/ Nancy</u> (\$1 for Members/ \$2 Non Members)                  11:00 am- Chair Fit                  12:00 pm- Lunch by TCOA                  1:00 pm- Bingo</p>	<p><b>Wednesday, April 26<sup>th</sup></b>                  9:00 am- Coffee &amp; Conversations                  10:00 am- Yoga                  11:00 am- <u>WISE Program</u>                  12:00 pm- Lunch by TCOA                  1:00 pm- Bingo</p>	<p><b>Thursday, April 27<sup>th</sup></b>                  9:00 am- Coffee &amp; Conversations &amp; <u>Tina's Trivia/Time Travel</u> (sponsored by CADL)                  10:00 am- Cardio Drumming                  11:00 am- <u>Stockbridge High School Choir Performance</u>                  12:00 pm- Lunch by TCOA                  1:00 pm- Bingo</p>



We are on a mission for GROWTH, we would love your help! Please consider helping us to continue our mission of enriching lives. **Email us** @: [sasc49285@gmail.com](mailto:sasc49285@gmail.com) or **mail us** a correspondence with a check to: PO Box 551 Stockbridge, MI 49285 (please make checks out to CSC our Fiduciary, in memo field add-SASC, 100% goes to SASC)