



Stockbridge
Area Senior
Center

• Issue 5 •

Connecting SASC

March 2023

Membership \$20/yr.

Hello friends!

As we move into March, we're excited to share some new and popular additions returning to our calendar. The Eat Healthy, Be Active program begins in March on Thursdays from 11am-noon. Led by Tammy Fletcher of MSU Extension, this series will focus on making meals on a budget, increasing activity for a healthy lifestyle, and reducing sugar, sodium, and fat from our diet. WISE program is a 6-week Wellness Initiative for Senior Education beginning Wednesday, March 22 at 11am. The program's interactive lessons will provide valuable educational services on relevant health and wellness topics. Faith leaders Christian Powell and Deb Smith will be facilitating at your Stockbridge Area Senior Center.

We are happy to be united and working together, making your Stockbridge Area Senior Center the best that it can be. Your continued involvement and support is the key to our success as an organization. Have questions or ideas? Do you want to contribute or volunteer? Please contact me today!

~ Dana Blaszkowski, Senior Center Director

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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.



Wellness

COFFEE
AND
CONVERSATION



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



Happy St.
Patty's Day!

Cardio Drumming

Every Thursday @ 10a

Promising a banging
good time!



Tina's Trivia/Time Travel
Every other Thursday @
9a (begins January 26th)
Sponsored by CADL



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

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



Will be back in April!

Chair Fit



Tuesdays @ 11a



Yoga

Wednesdays @
10a

March Activities to look for!

- **Massage with Whipped Zen**- Come relax with Carrie March 8th, 10:00a-2:00p. Sign up for a 10 min session.
- **Advanced Planning Info Presentation**- March 8th@ 11:00a
- **BP Checks**- March 14th, 9:30a-11:00a
- **Music performance: Gary Hicks**- Wednesday, March 15th @ 11:00a.
- **Evening hours March 15th- Watercolors & St. Patty's Potluck!**
- **Harmonica for fun!** On March 16th & 30th @ 11:00a w/ our own Harmonica Musician- Chris
- **Eating Healthy, Be Active Series**, by MSU Extension
- **Crafting:**
 - March 1st Baskets w/ Kathleen @ 11:00a
 - March 7th Crafting w/ Metals w/ Jenn @ 11:00a
 - March 14th & 28th, Soaps w/ Nancy @ 10:00a

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.

	<p>Wednesday, March 1st</p> <p>9:00 am- Coffee & Conversations 10:00 am- Yoga 11:00 am- <u>Basketweaving w/ Kathleen</u> (\$2 fee, \$5 non-members) 12:00 pm- Lunch by TCOA 1:00 pm- Bingo</p>	<p>Thursday, March 2nd</p> <p>9:00 am- Coffee & Conversations 10:00 am- Cardio Drumming 11:00 am- <u>Eat Healthy Program, MSU Extension</u> 12:00 pm- Lunch by TCOA 1:00 pm- Bingo</p>
<p>Tuesday, March 7th</p> <p>9:00 am- Coffee & Conversations 10:00 am <u>Crafting w/ Jenn</u> 11:00am- Chair Fit 12:00 pm- Lunch by TCOA 1:00 pm- Bingo</p>	<p>Wednesday, March 8th</p> <p>9:00 am- Coffee & Conversations 10:00am- Wellness Chair Massage (\$1 per minute, minimum 10 minutes) 10:00 am- Yoga 11:00 am- <u>Advanced Planning Presentation</u> 12:00 pm- Lunch by TCOA 1:00 pm- Bingo</p>	<p>Thursday, March 9th</p> <p>9:00 am- Coffee & Conversations & Tina's Trivia/Time Travel (sponsored by CADL) 10:00 am- Cardio Drumming 11:00am- <u>Eat Healthy Program, MSU Extension</u> 12:00 pm- Lunch by TCOA 1:00 pm- Bingo</p>
<p>Tuesday, March 14th</p> <p>9:00 am- Coffee & Conversations 9:30 am- <u>BP Checks w/ Patti Bihn</u> 10:00 am- <u>SOAPS w/ Nancy</u> 11:00 am- Chair Fit 12:00 pm- Lunch by TCOA 1:00 pm- Bingo</p>	<p>Wednesday, March 15th</p> <p>9:00 am- Coffee & Conversations 10:00 am- Yoga 11:00 am- <u>LIVE MUSIC, Gary Hicks</u> 12:00 pm- Lunch by TCOA 1:00 pm- Bingo w/ Monthly Birthday Cake Celebration! Evening Hours: 6p-8p 6:00p- <u>St. Patty's Pot Lucky Potluck</u> & Games! 6:30p - <u>Watercolors w/ Carolyn</u></p>	<p>Thursday, March 16th</p> <p>9:00 am- Coffee & Conversations 10:00 am- Cardio Drumming 11:00 am- <u>Eat Healthy Program, MSU Extension</u> 11:00 am- <u>Harmonica for Fun</u> 12:00 pm- Lunch by TCOA 1:00 pm- Bingo</p>
<p>Tuesday, March 21st</p> <p>9:00 am- Coffee & Conversations 11:00 am- Chair Fit 12:00 pm- Lunch by TCOA 1:00 pm- Bingo</p>	<p>Wednesday, March 22nd</p> <p>9:00 am- Coffee & Conversations 10:00 am- Yoga 11:00 am- <u>WISE Program</u> 12:00 pm- Lunch by TCOA 1:00 pm- Bingo</p>	<p>Thursday, March 23rd</p> <p>9:00 am- Coffee & Conversations & Tina's Trivia/Time Travel (sponsored by CADL) 10:00 am- Cardio Drumming 11:00 am- <u>Eat Healthy Program, MSU Extension</u> 12:00 pm- Lunch by TCOA 1:00 pm- Bingo</p>
<p>Tuesday, March 28th</p> <p>9:00 am- Coffee & Conversations 10:00 am- <u>SOAPS w/ Nancy</u> 11:00 am- Chair Fit 12:00 pm- Lunch by TCOA 1:00 pm- Bingo</p>	<p>Wednesday, March 29th</p> <p>9:00 am- Coffee & Conversations 10:00 am- Yoga 11:00 am- <u>WISE Program</u> 12:00 pm- Lunch by TCOA 1:00 pm- Bingo</p>	<p>Thursday, March 30th</p> <p>9:00 am- Coffee & Conversations 10:00 am- Cardio Drumming 11:00 am- <u>Eat Healthy Program, MSU Extension</u> 11:00 am- <u>Harmonica for Fun</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 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)