

spark

July – Sept

2026

Senior Action's Newsletter to Spark your Life



senioraction.org

senior
action



Hours of Operation

Monday – Friday 8 am – 5 pm

Senior Action will be closed on the following days:

Independence Day: July 3

Labor Day: September 7

Staff

Andrea Smith | Executive Director/CEO

April Alexander | Director of Wellness

Lori Cashin | Director of Operations

Jena Brown | Director of Volunteers/RSVP

Abigail Smith | Program Coordinator

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

Membership: \$200

Full Membership: \$200/yr or \$20/mo (bank draft only)

Includes:

- Access to the Fitness Center
- Access to the Business Center
- Access to the Berea Center
- Access to hundreds of programs and activities each quarter
- Online registration

Berea Membership only: \$100/year or \$10/month

Corporate Membership: \$350/year

HOW TO REGISTER?

Register for any of our programs online or at the front desk. Due to high volume, we do not accept registrations over the phone or email. Please register by two business days prior to any class date unless otherwise listed.

REFUND POLICY

- Full refunds allowed up to 7 days before the program starts (or the program registration deadline).
- No refunds will be given for fitness classes once registration period ends.

DID YOU KNOW?

Senior Action communicates through phone calls, texts, and emails. Please add the following numbers and email to your contacts:

Call: 864.467.3660 | **Text:** 855.459.1187

Email: senioractionnoreply@myactivecenter.com

FACILITY RENTAL

You may rent the event hall or lobby for special events. Ask at the front desk or check our website for more information.

TOURS (by appointment only)

Mon/Wed/Fri: 1 pm

Tues/Thurs: 10 am, 1 pm



A M E R I C A ' S

250th

Birthday Bash

THURSDAY, JULY 2 • 10 AM – 1 PM

Register by June 30th.

Wear your favorite Red, White, and Blue attire and wave your flag proudly as we celebrate America's semiquincentennial...otherwise known as its 250th birthday! Our country is a quarter of a millennia old, so that means it's time to celebrate!

Stars + Stripes Workout: 10 am

Lunch: 11:30 am/\$8 (participants of Spark Cafe are free)

Patriotic Band: 12 pm

Bring your favorite cover-dish dessert to add to the feast. We are unable to provide refrigeration.

choose**health**



Paid Classes

Fitness & Wellness

Chair Yoga ♥

Experience the benefits of traditional yoga without getting on the floor. Chairs are used for seated poses and standing support.

Certified Instructors: Stephanie Barry/Julie Bell/Anaya Crow

Mon/Wed/Fri • 9:45 – 10:45 am

Mon July Series \$20/Wed July Series \$25/Fri July Series \$20

Mon Aug Series \$25/Wed Aug Series \$20/Fri Aug Series \$20

Mon Sept Series \$15/Wed Sept Series \$25/Fri Sept Series \$20

Gentle Mat Yoga ♥

This gentle style of yoga is performed at a slower pace, with less intense positions, and may include time for meditation, breath work and relaxation. Designed for the beginning student as well as the established yogi. Please bring your own yoga mat.

Certified Instructors: Anaya Crow/Julie Bell

Mon/Wed • 11am – 12 pm

Mon July Series \$20/Wed July Series \$25

Mon Aug Series \$25/Wed Aug Series \$20

Mon Sept Series \$15/Wed Sept Series \$25

Gentle Mat Pilates ♥

This class is a low-impact, beginner-friendly workout focusing on core strength, flexibility, and breath work. Slow, controlled movements on the mat and on the wall target the muscles and joints of the core- specifically abdominals, low back, and hips. Adaptations for each movement are offered to increase or decrease the level of intensity.

Certified Instructor: Angela Murphy

Tuesdays • 10:30 – 11:15 am

July Series \$20

August Series \$20

September Series \$25



Cardio Drums ♥ ♥

This energizing class 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.

Certified Instructor: Shannon Potter

Fridays • 10 – 10:50 am

July Series \$12

August Series \$12

September Series \$12

Stability & Strength ♥

This class focuses on building functional strength, and joint stability through controlled, low-impact movements designed to improve balance and prevent injury.

Certified Instructor: Angela Murphy

Thursdays • 9:30 – 10:15 am

July Series \$12

August Series \$12

September Series \$15

Stability & Core ♥

This class focuses on strengthening the abdominal, back, hip, and gluteal muscles to improve posture, balance, and functional movement while protecting the spine.

Certified Instructor: Angela Murphy

Thursdays • 9:30 – 10:15 am

July Series \$15

August Series \$12

September Series \$12

Class Level Ratings



All Levels: This class is great for beginners through advanced fitness enthusiasts.



Level 1: This class is great for those new to group fitness classes. No floor exercises. Low Intensity. (Chairs are provided)



Level 2: This class may include floor exercises and low to moderate intensity workouts. (Chairs are optional)



Level 3: This class is NOT for the faint of heart! May include floor exercises, moderate to high intensity workouts, and/or challenging poses. (Chair-free workouts)



A Senior Action favorite on the **2nd Thursday** each month.

Enjoy a delicious lunch and valuable information from the medical community.

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11:30 am – 1 pm • \$8
(Participants of Spark Cafe are no cost.)

(Lunch served from 11:30 am – 12 pm. Program begins at 12 pm)
Note: This is not a drop-in meal.

Registration deadline: By 11 am on the Monday before each event.

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July 9: Osteoporosis 101

Join us to learn what osteoporosis is, how common it is really, how it is different from osteoarthritis, and the treatment options available.

Presented by Dr. Gulzar Merchant, MD, Prisma Health

August 13: When Seconds count BE FAST

Join us to learn about the different types of strokes, what the acronym BE FAST stands for and how it can help you recognize the signs and symptoms of a stroke.

Presented by Dr. John Pilch, MD, Neurologist, Medical Group for the Carolinas, Pelham Medical Center

September 10: Keeping Your Gut Healthy as You Age

Have you ever wondered why your digestion seems different than it did years ago? You are not imagining it. As we get older, our digestive system goes through real, natural changes — and understanding those changes can make a big difference in how you feel every day. Dr. Farley will discuss what is happening in your gut, what is normal, and what deserves a closer look!

Presented by Dr. Scott Farley, MD, Gastroenterologist, Gastroenterology

Group Strength ♥ ♥

Get a challenging head-to-toe strength session using a variety of tools including weights, tubing, medicine balls and body weight resistance. Class can be adapted to your fitness level.

Certified Instructor: Tasha Kahaleh

Tues/Thurs • 9:45 – 10:45 am

Tues July Series \$20/ Thurs July Series \$25

Tues Aug Series \$20/ Thurs Aug Series \$20

Tues Sept Series \$25/ Thurs Sept Series \$20

Total Body Circuit ♥ ♥

Experience a cardio-focused standing, low-impact choreography alternated with strength work. Circuit focuses on the benefits of a circuit-interval format to improve cardiovascular endurance, and muscular strength and endurance. Class can be adapted to your fitness level.

Certified Instructor: Tasha Kahaleh

Tuesday/Thursday • 11 am – 12 pm

Tues July Series \$12/Thurs July Series \$15

Tues Aug Series \$12/Thurs Aug Series \$12

Tues Sept Series \$15/Thurs Sept Series \$12

Zumba Gold®– Standing/Seated/Toning ☺

This high-energy class is so much fun you will forget you are exercising! Easy-to-follow, low-impact choreography is designed for all levels.

Certified Instructors: Janine Smith

Tuesdays • 1:15 – 2:15 pm

July Series \$20

August Series \$20

September Series \$25

Zumba Gold®– Fusion ☺

This high-energy class is so much fun you will forget you are exercising! Easy-to-follow, low-impact choreography is designed for all levels.

Certified Instructors: Janice Boyles

Thursdays • 10:30 – 11:30 am

July Series \$25

August Series \$20

September Series \$20

Sound Meditation ☺

A deeply immersive, passive experience where participants sit or lie quietly to receive therapeutic sound vibrations. Using instruments like gongs, crystal singing bowls, and chimes, the session guides participants into a state of deep relaxation and self-healing.

Certified Instructors: Anaya Crow

Friday • 11:15 am – 12 pm

July Series \$24

August Series \$24

September Series \$24

Free Classes

These classes are offered at no cost to you, but are dependent on funding. The offerings are subject to change. We will offer additional free classes during the quarter as funding allows. Keep a look out on the message board for announcements of additional free classes that may be offered.

Arthritis Exercise ♥

Developed by the Arthritis Foundation, this class will guide you through strength and range of motion exercises. Exercises may be performed from standing or seated positions.

Certified Instructor: Julie Bell

Tues/Thurs • 1 – 1:45 pm

Line Dance: Intro ☺

If you are new to the Senior Action Line Dance program, this is the place to begin! 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. Involves extensive memory work as well as physical exercise. Great fun dancing to the oldies! Once you have attended the Intro class, you will be placed into our more advanced classes by the instructor.

Volunteer Leader: Barbara Steele

Wednesdays • 12:15 – 1 pm

SilverSneakers® Classic ♥

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Class can be adapted to your fitness level.

Certified Instructors: Shannon Potter/Julie Bell

Mon/Wed/Fri • 11 – 11:45 am

Wednesdays • 1 – 1:45 pm

SilverSneakers® Stability ♥

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.

Certified Instructors: Shannon Potter

Mondays • 12 – 12:45 pm

T'ai Chi Chih –Practice ☺

Participants experienced in doing the T'ai Chi Chih form meet weekly to continue practicing in a group setting. No formal instruction is provided. (Must have previous experience).

Volunteer Leader: Tina deBondt

Fridays • 12:30 – 1:30 pm

Tai Chi Yang 24 – Introduction ☺

Begin to learn this short form which consists of slow, continuous, soft, circular movements in a flowing form. Postures, stances, and movements promote the flow of energy (chi) through the body.

Certified Volunteer Instructors: Norman Tada/Jean Lindsey

Wednesdays • 9:15 – 10:00 am

Tai Chi Yang 24 ☺

Continue practicing and developing this short form which consists of slow, continuous, soft, circular movements in a flowing form. Postures, stances, and movements promote the flow of energy (chi) through the body.

Certified Volunteer Instructors: Norman Tada/Jean Lindsey

Previous experience and instructor permission required.

Mondays • 9:30 – 10:30 am

Wednesdays • 10:00 – 10:45 am

Fitness Class Policies

- Fitness classes must be paid for by the month.
- For paid classes, refunds will not be issued after registering for the month.
- For paid classes, classes must have a minimum of 12 students to be held for the month.



Wellness Seminars

The Benefits of Acupuncture for Seniors

Learn how Acupuncture works with your body, naturally and without side effects to resolve chronic, complex conditions such as chronic pain, neurological conditions and neuropathy, and autoimmune conditions. Acupuncture helps seniors get back to doing what they love, pain free!

Presented by Dr. Laura Parks, D.Ac, L.Ac. Acupuncturist, Cloud 9 Acupuncture & Integrative Medicine

Monday, July 20 • 10:30 – 11:30 am

Free

Spine Support Workshop

Find lasting relief from chronic low back pain and regain the freedom to enjoy walks, hobbies, and time with loved ones in our gentle, senior-focused workout class. Safe, evidence-based movements and personalized modifications rebuild core strength and flexibility so you can move with confidence and get back to the life you love.

Presented by Kevin Lorenzen, Physical Therapist, BEST Physical Therapy

Tuesday July 21 • 9:45 – 10:45 am

Free

Screenings & Support

Blood Pressure Screens

Offered by Pelham Medical Center

Tuesdays • 11:30 am – 1:30 pm

July 7, August 18, Sept 15

Free

The Senior Action Diabetes Forum

The Senior Action Diabetes Forum: This is a one-hour, open-forum style support group for people with questions about prediabetes and diabetes. Come with questions about healthy eating, fitness, deeper understanding about managing blood sugar or anything related. Let's learn and problem-solve together.

Facilitated by Madison Pate, LISW-CP, CDCES, SRHS- Pelham Medical Center

Thursdays, July 2, August 6, September 3 • 3 – 4 pm

Free

Gentle Mat Yoga

The ability to transition between the floor, seated positions, and standing is one of the most essential functional skills across the entire lifespan. Being able to get on and off the floor independently is a major predictor of longevity, fall recovery, and overall independence. As we age reductions in muscular strength, joint mobility, balance and coordination can establish a habit of avoiding activities that require transitional movements like getting down on the floor or back up. But this avoidance accelerates the loss of the ability to make these transitions, reinforcing the continued decline in function.

But the good news is that you can regain, maintain or improve the ability to make these kinds of movements. Moving with confidence between the floor, seated positions, and standing requires lower body and core strength, balance, coordination, and adequate joint mobility. To some degree, these physical components can be improved in a variety of structured exercise programs and classes. But, in the science of exercise, there is a principle of physical activity called the Specific Adaptations to Imposed Demands (SAID) principle. This principle states that your body adapts exactly to the specific types of stress you place on it. To see improvements in a particular skill, movement, or energy system, you must train that exact activity.

That is where exercise classes like Gentle Mat Yoga can fit into a long and healthy life. In this low-impact class, which is appropriate for all fitness levels and experience, you will move through postures with slow, controlled movements. Our knowledgeable, certified yoga instructors will offer variations and options, including the use of yoga blocks, straps, cushions and balance sticks to ensure accessibility and safe practice for all. A regular practice of yoga on the mat can provide a wonderful opportunity to train the fundamental skill of moving safely between the floor and standing while also providing a multitude of other benefits, including a time to relax and find calm. For both our current Gentle Mat Yoga participants and anyone interested in giving this practice a try, the July month session will be discounted to all participants when registration opens on June 22. We look forward to seeing you there! Namaste.

planahead



LEGACY ACADEMY

Have you made your end-of-life plans? Have you told your family about them? Have you round up all the important paperwork and put it in one place so your family can access it easily? There is nothing more frustrating and painful than grieving and not being able to find the Power of Attorney form someone is asking you for, or being told that someone can't help you because you don't have a certain document you need to have, or having to make a hundred decisions that could have been made ahead of time.

The program will be held in four sessions hosted by CEO, Andrea Smith and led by industry leaders who have seen the ugly side of people not having their affairs in order. Participants will receive a next-of-kin folder to help you organize your paperwork and will participate in a graduation ceremony at the end. The sessions will cover:

Session 1 – Living Considerations

Session 2 – Legal Documents and Digital Considerations

Session 3 – Financial and Insurance Considerations

Session 4 – Funeral Planning Considerations, What to Expect After Passing, and Graduation

Date: Wednesdays, Oct 7 – Oct 28 • 2 – 3:30 pm

Cost: \$15 (for class supplies)

**This class is open to children of members.*

Financial

Legacy & Longevity: Secure Your Future

Prepare for the “what-ifs” of aging with a comprehensive look at long-term care and estate planning. Learn how to balance your current lifestyle needs with the desire to leave a lasting heritage.

Presented by Ernest Mitchell, Principal Advisor and Lauren Mitchell, Principal Advisor, Dear Retirement

Tuesday, September 15 • 12:30 – 1:30 pm
Free

Smart Money: Tax & Social Security Guide

Unlock the strategies needed to maximize your Social Security benefits while minimizing your tax burden. We'll show you how to coordinate your income streams for a more efficient and confident retirement.

Presented by Ernest Mitchell, Principal Advisor and Lauren Mitchell, Principal Advisor, Dear Retirement

Tuesday, August 18 • 10 – 11 am
Free

The Retirement Shield: Protect Your Wealth

Don't let rising taxes and long-term care costs erode your hard-earned savings. Join us to learn how to shield your assets and ensure your legacy remains intact for the next generation.

Presented by Ernest Mitchell, Principal Advisor and Lauren Mitchell, Principal Advisor, Dear Retirement

Tuesday, July 14 • 1 – 2 pm
Free

Insurance

Home & Auto Insurance: Can I save you \$\$\$?

Many have had recent price increases on their Home & Auto Insurance Premiums. We have been able to help new clients save significant amounts on their annual premium. We are an independent agency and can help shop this for you and potentially save you money. Come enjoy a snack and get a free review!

Presented by Tom Plemmons, VP of Financial Services, Owens Insurance, a division of World Insurance

Tuesday, July 28 • 2 – 3 pm
Tuesday, September 8 • 2 – 3 pm
Free

How do I Stretch Social Security Benefits

Come learn some practical ways to make Social Security income go further in retirement. Smart planning choices can help retirees stretch every dollar and protect their monthly budget.

Presented by Joel Crismon, Health & Wellness Advisor, Lily Insurance

Wednesday, August 12 • 10:30 – 11:30 am
Free

Life Insurance & Ice Cream

Life Insurance and ice cream: a great combination!

Presented by Tom Plemmons, VP of Financial Services, Owens Insurance, a division of World Insurance

Tuesday, August 11 • 2 – 3 pm
Free

Medicare & You 2027

Learn the Basics, What to expect for 2027. Ask Questions.

Presented by Joel Crismon, Health & Wellness Advisor, Lily Insurance

Wednesday, September 16 • 10:30 – 11:30 am
Free

Protect Yourself from Scams

Staying informed, asking questions, and trusting your instincts can be the strongest protection against scams.

Presented by Joel Crismon, Health & Wellness Advisor, Lily Insurance

Thursday, July 30 • 10:30 – 11:30 am
Free

Senior Resources

A Little Help, A Lot of Independence

There's no place like home! Come learn how a little extra support can make a big difference in helping seniors stay active, independent, and connected wherever home may be. Bring your questions and discover resources that can help make everyday life easier and more enjoyable.

Presented by Connie Leeper, Owner and Sam Leeper, Home Care Outreach Specialist, HomeWell Care Services

Wednesday, July 8, 10:30 – 11:30 am
Free

Amazing Getaways Right in Our Backyard

No airport hassle, just great travel close to home. Step aboard a luxury river cruise ship, explore cultural landmarks, and discover the beauty of the Southeast—all within driving distance. Join this session for curated stays, guided tours, and stress-free group travel.

Presented by Melody and Chris Gardiner, Travel Advisors, Cruise Planners: Travel by Melody

Wednesday, August 5 • 10 – 11 am
Free

Deciding What Stays and What Goes

This session helps you sort through your belongings with clarity and care. We'll talk about how to decide what to keep, what to donate, and what to let go of — without losing the meaning behind the pieces you cherish. You'll learn simple, calming ways to simplify so what moves with you truly supports your next chapter.

Presented by Kevin Cheek, Move Management Consultant, Bluestar Move Management

Tuesday, August 4 • 10 – 11 am
Free

Exploring UNESCO World Heritage Sites

What makes a place irreplaceable? Join this seminar for an inspiring look at UNESCO World Heritage Sites — exploring the history behind the program, what makes a site qualify, and the remarkable history and culture behind some of the world's most celebrated destinations.

Presented by Melody and Chris Gardiner, Travel Advisors, Cruise Planners: Travel by Melody

Wednesday, July 15 • 10 – 11 am
Free

Enlightened Home Care Sip and Paint

A fun, relaxing afternoon where seniors can unleash their creativity while discovering Enlightened Home Care. In just a few hours, you'll connect, paint, and learn how Enlightened Home Care's compassionate, non-medical services brighten lives right here in the community.

Presented by Yandra Lallave, Community Liaison, Enlightened Home Care LLC

Thursday, July 23 • 1 – 2 pm
Thursday, August 6 • 1 – 2 pm
Thursday, September 17 • 1 – 2 pm
Free

Fit Your Life Into Your New Home

Every move begins with a vision. In this session, you'll learn how to plan your layout, choose what truly fits, and shape a home that supports the life you're living now. Leave with clarity, confidence, and a sense of possibility.

Presented by Kevin Cheek, Move Management Consultant, Bluestar Move Management

Wednesday, July 8 • 10 – 11 am
Free

Heirloom Voices

Heirloom Voices helps individuals preserve their life stories, memories, and wisdom through guided one-on-one audio interviews. Each conversation is edited into an audio keepsake recording that can be shared with family and passed down for future generations. Come learn about this unique opportunity.

Presented by Kate and Jack Gevaert, Founders, Heirloom Voices

Friday, August 7 • 2 – 3 pm
Free

Medicare Mania!

You think you know Medicare? Test your knowledge and win some prizes!

Presented by Davy Lowman, Medicare Broker, Consolidated Insured Benefits

Monday, August 10 • 2 – 3 pm
Free

Music, Medicare, and Munchies

"Let's play NAME THAT TUNE! Also, learn Medicare updates and fun facts during short "commercial breaks." Donuts. Did I mention donuts?" Brief nudity.

Presented by Davy Lowman, Medicare Broker, Consolidated Insured Benefits

Monday, September 14 • 10:30 – 11:30 am
Free

Need a helping hand? Daughter for Hire!

Come and learn all about the services that Daughter for Hire offers. They can help with grocery shopping, laundry, light housekeeping, companionship and MORE!

Presented by Holly Nunn, Owner, Daughter for Hire

Wednesday, July 8 • 1 – 2 pm
Free

Paths Forward: Healing Belonging Becoming

This supportive and educational group is designed for widows who are navigating life as solo agers. Together, we explore practical ways to build meaningful connections, create a sense of belonging, and rediscover purpose while living independently. Through guided discussions, shared experiences, and helpful resources, participants will learn how to expand their social circles, engage in their communities, and cultivate a fulfilling, self-directed life. This group offers a warm, respectful space to connect, learn, and grow—because living alone doesn't mean being alone.

Presented by Heather Burton, Owner, MBA, LNHA, CRCFA, Connections to Care

Three-Week Series: Tuesdays • 2 – 3 pm

September 1, 15, and 29

Free

Should I Stay or Should I Go?

Thinking about what's next for your home? This engaging 4-part series helps seniors navigate downsizing, preparing a home for sale, aging-in-place options, and smart housing decisions with confidence and clarity. Hear from local experts on reverse mortgages, senior-friendly home renovations, moving services, and estate sales—all shared in a relaxed, practical, and interactive setting with plenty of real-life tips (and a few laughs along the way). Light snacks and beverages will be provided.

Presented by Christine Thompson, Seniors Real Estate Specialist, Wilson & Associates, Tim Allen, Reverse Mortgage Specialist, Kevin Cheek, Bluestar Move Management, and Shane Edwards, Palmetto Bath

Four-Week Series: Tuesdays • 10 – 11:30 am

September 8, 15, 22, and 29

Free

THE MARKET
AT THE POINT

HOME DECOR | REIMAGINED
HANDCRAFTED | VINTAGE | GIFTS | APPAREL

**Come Shop at The Market
at the Point**

(we also take furniture donations)

All sales from donated furniture directly support the mission of Senior Action.

**Call (864)355-5020 to
arrange a donation.**

What's Worth Selling, What's Not

In this session, you'll learn how to understand the market value of your belongings and how the estate sale process works. Learn about what may be worth selling, what isn't, and how to pass items forward with confidence and care. It's a practical, gentle way to close one chapter and begin the next with more clarity and lightness.

Presented by Kevin Cheek, Move Management Consultant, Bluestar Move Management

Thursday, September 3 • 10 – 11 am

Free

IF YOU SIGN UP...SHOW UP!

Remember if you sign up for a seminar, please show up for the seminar. We have too many people who are signing up and not showing up. For most of these seminars, the presenters have invested their money in snacks and handouts based on the number registered.

PRIZES TOTALING
\$1000
AWARDED EACH NIGHT!

bingo
Benefiting Senior Action



Every Tuesday night

3715 E North St, Greenville

Doors open at 5:30 pm • Play starts at 6:00 pm

\$5 admission, \$15 program pack

Concessions are available

FUN FOR WHOLE FAMILY • ALL AGES WELCOME 14+

The proceeds from this event support Senior Action services.

livewell



Arts & Crafts

Paint Happy

Instructor: Pat Hudson

In each class, participants complete an acrylic painting with instructor guidance. All materials included. No experience required.

Fridays • 2:30 – 4:30 pm

\$10/class

Quilting Circle

Volunteer Leader: Linda Mills

Welcoming quilters of all levels. Participants bring their own supplies and work on individual projects in community.

Mondays • 1:30 – 4:30 pm

Free

Stitch in Time

Volunteer Leader: Joyce Horn

Make 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 will be donated to local charities.

Thursdays • 1:30 – 3:30 pm

Free



Clubs & Groups

Book Club: Lit Wits

Volunteer Leader: Diane Brazier

4th Thursdays • 10 – 11 am

Free

July 23: *When We Were Vikings* by Andrew David MacDonald

For Zelda, a twenty-one-year-old Viking enthusiast who lives with her older brother, Gert, life is best lived with some basic rules. But when Zelda finds out that Gert has resorted to some questionable—and dangerous—methods to make enough money to keep them afloat, Zelda decides to launch her own quest. Her mission: to be legendary. It isn't long before Zelda finds herself in a battle that tests the reach of her heroism, her love for her brother, and the depth of her Viking strength.

August 27: *The Extraordinary Life of Sam Hell* by Robert Dugoni

Sam Hill always saw the world through different eyes. Born with red pupils, he was called “Devil Boy” or Sam “Hell” by his classmates; “God’s will” is what his mother called his ocular albinism. Her words were of little comfort, but Sam persevered, buoyed by his mother’s devout faith, his father’s practical wisdom, and his two other misfit friends. Sam believed it was God who sent Ernie Cantwell, the only African American kid in his class, to be the friend he so desperately needed. And that it was God’s idea for Mickie Kennedy to storm into Our Lady of Mercy like a tornado, uprooting every rule Sam had been taught about boys and girls.

September 24: *Ordinary Grace* by William Kent Krueger

New Bremen, Minnesota, 1961. The Twins were playing their debut season, but for thirteen-year-old Frank Drum it was a grim summer in which death visited frequently and assumed many forms. Accident. Nature. Suicide. Murder. Frank begins the season preoccupied with the concerns of any teenage boy, but when tragedy unexpectedly strikes his family—which includes his Methodist minister father; his passionate, artistic mother; Juilliard-bound older sister; and wisebeyond-his-years kid rother—he finds himself thrust into an adult world full of secrets, lies, adultery, and betrayal, suddenly called upon to demonstrate a maturity and gumption beyond his years.

Lib Ryan Ballroom Dance Club

Volunteer Leaders: Jack DeVroomen & Patricia Lutwyche

Learn different styles of ballroom dance from other dance enthusiasts in a fun and welcoming environment. A simple lesson from 3-3:30 pm followed by open practice. All levels welcome. No partner or experience required.

Thursdays • 3 – 5 pm

Free

The Poetry People

Volunteer Leader: Pepper Miller

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

Mondays • 10:30 – 11:30 am

Free

Culinary

Farm Fresh Cooking

Enjoy a delicious cooking demonstration from Mill Village Ministries and learn about the benefits of FoodShare Greenville. FoodShare Greenville offers produce boxes filled with seasonal fruits and vegetables for just \$20 with debit or credit, or only \$5 when using SNAP/EBT. During the demonstration, you'll see creative ways to prepare dishes using the same produce featured in the upcoming box. Boxes can be ordered after class.

Fridays • 10 am

July 24, August 21, & September 18

Free

Don't Get Your Pantries In A Twist!

Easy peasy pantry planning that will turn simple shelf-stable staples into fast, flexible favorites that save time and money.

Presented by Ann Lowman and Davy Lowman, Medicare Broker, Consolidated Insured Benefits

Monday, July 13 • 2 – 3 pm

Free

Wine Pairings

Join us for a relaxed and enjoyable afternoon of wine tasting, where great flavors and good company come together! During this fun and educational event, we'll explore four different wines, each thoughtfully paired with a delicious bite to bring out the best in both the food and the wine. You'll learn simple tips on how to taste wine, what makes each variety unique, and how pairing can enhance flavors in surprising ways!

Presented by Heather Burton, Co-Owner, Chefs for Seniors; Laurie Greenway, SRES, Berkshire Hathaway C Dan Joyner; and Shayna Smith, Admissions/Marketing Director, Chandler Creek Post Acute

Tuesday, August 11 • 3 – 4 pm

Tuesday, September 22 • 3 – 4 pm

Free



livewell

A Senior Action favorite is on the
4th Thursday of each month.

Join us for a truly entertaining luncheon.

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11:30 am – 1 pm • \$8

(Participants of Spark Cafe are no cost.)

(Lunch served from 11:30 am – 12 pm. Program begins at 12 pm)

Note: This is not a drop-in meal.

Registration deadline: By 11 am on the Monday before each event.
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July 23: Full Body Opera

Come listen to a unique performance by owner of Full Body Opera and talented singer, Sarah Davis, who will create an immersive operatic experience which brings opera out of the opera house and into the community by inviting audiences to experience music not just with their eyes and ears, but with their whole bodies.

August TBD

September TBD



Ensembles

Carolínians Senior Jazz Band

Director: Fred Hall

By audition. Please inquire at front desk.

Tuesdays • 1:15 – 2:45 pm

Free

Music Jam

Volunteer Leader: Bob Ripley

Musicians of all levels on a variety of instruments, including voice, contribute to song choices and make music together.

Wednesdays • 10 am – 12 pm

Free

Rock & Roll Group

Volunteer Leader: Paul Fitzgerald

An ongoing jam session to play 60's rock & roll music. All are welcome – we need all voices and instruments.

Wednesdays • 1 – 3 pm • Free

Small Jazz/Blues Groaup

Volunteer Leader: Bob Ripley

This group focuses on developing skills needed in a combo setting playing jazz and blues. Welcoming new participants!

Mondays • 2 – 4 pm • Free

Ukulele Early Morning Jam

Volunteer Leader: Kevin Morris

Fridays • 9 – 10 am • Free

Ukulele: Happy Strummers (Intermediate Ensemble)

Director: Laurie Gentry

Please inquire at the front desk.

Fridays • 10 – 11 am

Free

Ukulele: The Ukulaters (Advanced Ensemble)

Director: Linda McMakin

By audition with the director. Please inquire at the front desk

Fridays • 11:15 – 12:15 am

Free

Upstate Senior Band

Director: Darian Washington

Please inquire at front desk.

Tuesdays • 10 am – 12 pm

games & play

All games free.

Must be a member of Senior Action.

Bridge

Volunteer Leaders: Susie Roberts & Dileep Jayaram

Beginner (with instructions): Tuesdays • 9 – 10:30 am

Intermediate/Advanced: Wednesdays • 1:30 – 4:45 pm

NEW!

Cribbage Class

Volunteer Leader: Karen Dopher

Learn why Cribbage has been a favorite card game for generations! In this introductory class, you'll discover the rules, learn how scoring works, practice gameplay, and pick up helpful tips along the way.

Mondays, August 3 – 24 • 9 – 11 am

Cribbage – New Game!

Volunteer Leader: Karen Dopher

Mondays & Tuesdays • 1:30 – 4:45 pm

Starting August 31

Hand and Foot

Volunteer Leader: Larry Boyer

Thursdays & Fridays • 1:30 – 4:45 pm

MahJong

Volunteer Leader: Suzie Emmel

Tuesdays • 1:30 – 4:45 pm

Mexican Train Dominoes

Volunteer Leader: Larry Boyer

Tuesdays & Fridays • 1:30 – 4:45 pm

Open Table Game Time

Any table game welcome as space allows.

Mondays – Fridays • 1:30 – 4:45 pm

Ping-Pong & Billiards

Available in the Game Room anytime.

Play Ping Pong in Hall D

Thursdays • 10 am – 12 pm



History

250 Years of America

This year America celebrated 250 years! We will look at the evolution of our country over the course of that time and some of the events and people who have shaped our country into the land we know today.

Presented by Lee Russ

Thursday, July 9 • 10 – 11 am
Free

Continental Congress and Those Who Served

For the first thirteen years of our country, we were ruled by the Continental Congress and the 14 men who served as president under this government. We will discuss what the Continental Congress was, the setup and laws they governed under, and the men who served as president under this administration. As well as the transition to our current system of governing and the election of George Washington as our president.

Presented by Lee Russ

Thursday, August 6 • 10 – 11 am
Free

History of America's Songs

Have you ever wondered about the origin of some of our most patriotic songs? How did we get our National Anthem? God Bless America? America the Beautiful? And who was Yankee Doodle? We'll discuss the origin of these songs and more.

Presented by Lee Russ

Thursday, September 17 • 10 – 11 am
Free

Language

American Sign Language

Volunteer Leader: Charlene Clements

A fun, welcoming class to train your brain, exercise your fingers, and learn to use more expression while communicating as you learn ASL. Videos from internet sources will be used in class so that the student can review at home if desired. More advanced students are welcomed to attend as a refresher course. If you do not have access to the internet, you may record class via your cell phone or other camera device.

Tuesdays

Beginner: 1 – 2 pm

Intermediate: 2 – 3 pm

Free

German (Beginner/Intermediate)

Volunteer Leader: Paula Northuis

This class is for students at the beginner and intermediate levels. The first 40 min focus on beginner level materials, while giving the more advanced students a refresher course. 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, games, and fun books specifically designed for adult learners. Viel Spass beim Lesen und Lernen!

Wednesdays

Beginner: 9 – 10 am

Intermediate: 9 – 11 am

Free

Music

Music History

Instructor: Sarah Davis

Discover the rich history of classical music in this engaging class at Senior Action. Through guided listening and discussion, participants will explore major composers, musical eras, and the stories behind some of history's most beloved works while gaining a deeper appreciation for classical music.

Friday, July 17 – August 14 • 1 – 2 pm
\$50/ 5-week series



Parties & Socials

Cup of Joe with the CEO

Join us for an informal conversation with our CEO. This relaxed gathering is a chance to ask questions, share ideas, learn about what's happening at Senior Action, and connect with fellow members. Space limited to 15.

Friday, September 22 • 10 – 11 am

Free

Friday Fun Day

Kick off your weekend with Friday Fun Day! Get ready for a day of fun and friendly competition! Friday Fun Day brings everyone together for exciting group games, team challenges, and plenty of chances to show off your creativity and teamwork.

Friday, September 25 • 10 am

Free

National Lasagna Day

Layers and layers of ooey-goey pasta and yumminess make for the perfect celebration of National Lasagna Day. Come taste a variety of lasagnas submitted by our corporate members and vote on your favorite in our second annual lasagna bake-off. You are the judges, and the competition is delicious!

Wednesday, July 29 • 11:30 – 1 pm

Cost: \$5

Register by July 24

New Member Social and Orientation

Meet the Senior Action Staff and other members, and hear about Senior Action happenings at this fun, casual orientation. Refreshments served.

Tuesday, July 21

1:30 – 2 pm Social Time with Current Members

2 – 3 pm Orientation for New Members Only

Free



Visual Art-Session 1

Register by June 29

Architecture in Watercolor

Instructor: Liz Dwyer

Explore the beauty of buildings, streetscapes, and city scenes through watercolor painting. In this class, students will learn techniques for capturing architectural details, creating texture, and using light and shadow to bring structures to life. We'll also explore composition, loose sketching, and how to simplify complex scenes into expressive watercolor paintings.

Mondays, July 6 – August 10 • 1 – 3 pm

\$160 / 6-week series

Ceramics: Surface Design

Instructor: Jocie Conrad

For Handbuilders and Wheel throwers this class is designed to introduce students to several methods of surface decoration including slip trailing, sgraffito, carving, mishima, and water etching.

Thursdays, July 9 – Aug 13 • 9 am – 12 pm

\$250 / 6-week series

Landscape & Still Life Acrylic Painting Part 1

Instructor: Patricia Crandall

Students will create Landscapes and/or Still life paintings of their choice on 16" X 20" canvas using acrylic paint. Participants will paint from their own selected photographs, allowing for a personalized and creative painting experience. This class is designed for beginners with "some prior exposure" to acrylic painting techniques. This is the first part of a two-part class.

Tuesdays, July 7 – August 11 • 10 am – 12 pm

\$160 / 6-week series

Lavender Sunset Acrylic Workshop

Instructor: Liz Dwyer

Join us for a relaxing and creative acrylic painting workshop where we'll create a beautiful lavender sunset scene filled with rich purples, warm glowing skies, and soft fields of blooming lavender. Students will learn blending techniques, layering, color mixing, and how to create depth and atmosphere using acrylic paint. This beginner-friendly workshop offers step-by-step instruction in a fun and welcoming environment, and everyone will leave with a finished canvas ready to display. Register by July 17.

Friday, July 24 • 9 am – 12 pm

\$40 / 3-hour workshop

Visual Art-Session 2

Register by August 10

Advanced Acrylic Portrait Painting

Instructor: Liz Dwyer

This advanced acrylic portrait class is designed for artists looking to deepen their understanding of realistic portrait techniques and expressive color work. Students will explore the use of undertones, glazing, and layered skin tones to create depth, luminosity, and lifelike dimension in their portraits. The class will focus on facial structure, color temperature, subtle value shifts, and how transparent layers can bring richness and realism to acrylic paintings while developing a more refined personal style.

Mondays, Aug 17 – Sept 21 (no meeting 9/7)
10 am – 12 pm | \$135 / 5-week series

Ceramics Deep Dives: Getting Back to the Basics

Instructor: Abi Colton Cruz

Join Abi with Paradisu Pottery for 6 weeks of getting back to the basics of hand building! Throughout this course, you will be instructed on pinching, coiling and slab building, as well as general best practices for working with clay.

Wednesdays, Aug 19 – Sept 23 • 9 am – 12 pm
\$250 / 6-week series

Flora & Fauna in Watercolor

Instructor: Liz Dwyer

Celebrate the beauty of nature through watercolor florals, birds, butterflies, and other organic subjects. Students will explore techniques such as wet-on-wet, layering, and color mixing to create vibrant botanical and wildlife-inspired artwork. This class encourages creativity, observation, and developing a flowing, expressive painting style.

Wednesdays, Aug 19 – Sept 23 • 1 – 3 pm
\$160 / 6-week series

Landscape & Still Life Acrylic Painting Part 2

Instructor: Patricia Crandall

Students will create Landscapes and/or Still life paintings of their choice on 16" X 20" canvas using acrylic paint. Participants will paint from their own selected photographs, allowing for a personalized and creative painting experience. This class is designed for beginners with "some prior exposure" to acrylic painting techniques. This is the second part of a two-part class.

Tuesdays, August 18 – Sept 22 • 10 am – 12 pm
\$160 / 6-week series

Printmaking

Instructor: Patricia Crandall

Discover the art of linoleum block printmaking in this hands-on beginner class! You'll create your own design, learn how to carve a linoleum block, roll on ink, and pull beautiful handmade prints to take home. Along the way, you'll explore the tools, techniques, and creative possibilities of this classic printmaking process. No experience required.

Tuesdays, Aug 18 – Sept 22 • 1 – 3 pm
\$175 / 6-week series

Watercolor Workshop: Goat & Flowers

Instructor: Liz Dwyer

Join us for a fun and creative watercolor workshop featuring an adorable goat surrounded by loose floral elements and colorful blooms. In this beginner-friendly class, students will explore watercolor techniques such as wet-on-wet, layering, and expressive brushwork while learning how to balance soft florals with the personality and texture of the animal subject. This relaxed workshop is perfect for anyone who loves farm-inspired art. Register by September 11.

Friday, September 18 • 9 am – 12 pm
\$40 / 3-hour workshop

Visual Art OPEN STUDIO

Open Studio is a dedicated time for members to bring their own projects to work on in our studio space. Members are welcome to use the tools and supplies in the open cabinets and bring their own to use. Come create with us! Members must register at least 2 days before open studio. (Times are subject to change, check the schedule on MyActiveCenter)

Session 1: Tuesdays & Thursdays, 2 – 4 pm

Session 2: Mondays & Thursdays, 2 – 4 pm

\$10 per session

Date Change!
Now September 2027



Trips

7-Day Canadian Rockies & Glacier National Park

Discover soaring peaks, turquoise lakes, and rich heritage on our Canadian Rockies & Glacier National Park tour, where every day offers a new natural wonder. Spend three nights in Banff, exploring the highlights of Banff National Park with a gondola ride up Sulphur Mountain, visits to Lake Louise, Moraine Lake, the Valley of the Ten Peaks, and the striking Peyto Lake. Travel the spectacular Icefields Parkway, including an unforgettable Athabasca Glacier Ice Explorer ride. Step into history at the UNESCO World Heritage Site of Head-Smashed-In Buffalo Jump and admire the scenery of Kootenay National Park. Cross into the US to experience the grandeur of Glacier National Park, where you'll tour in vintage 1930's Red Jammer cars, journey the famous Going-to-the-Sun Highway, and take in the beauty of Lake MacDonald. With a stay at the iconic Prince of Wales Hotel and time in Waterton Lakes National Park, this tour perfectly blends cultural treasures, breathtaking vistas, and the best of the Rockies.

September 9, 2027

\$5024/ pp double (\$1375 single supplement)

Price includes: Airfare, 6 Nights Hotel Accommodations, 9 Meals: 6-Breakfasts & 3-Dinners, Tour Director, Motorcoach Transportation, Sightseeing per Itinerary.

serve**together**





We Rise by Lifting Others

As we approach the 250th birthday of America this July, I have been reflecting on volunteering and what it means to serve. For those who may not know, my time at Senior Action began in 2022 as a volunteer. I had lost my beloved grandmother to cancer and felt a bit lost. I was searching for something, a connection to her I suppose, and I found Senior Action. I came in, filled out a form, and found myself giving tours on Tuesdays, greeting people at the Concierge desk, and getting to know the people who were coming into the building to go to class or lunch, to games, or to volunteer like me. And I loved it here- so for almost two years, they let me continue to give tours and greet people and give out Farmers Market Vouchers and sometimes serve lunch.

And then, in 2024, Andrea asked if I wanted a job. To recruit volunteers, to work with them. And now, I have the best job in the world. All that to explain- I get to serve with and work with incredible volunteers, wonderful people who have become a family of volunteers. In the kitchen crews laugh and chat and help each other, support each other, while also serving their fellow seniors' lunch. At local Farmers Markets, volunteers serve other seniors, giving out vouchers for fresh fruits and vegetables that those seniors would not have access to otherwise, and always with kindness and curiosity. That kindness and curiosity have been a wonderful discovery, though not entirely surprising. I learn more and more every day in this job from the amazing people I am around.

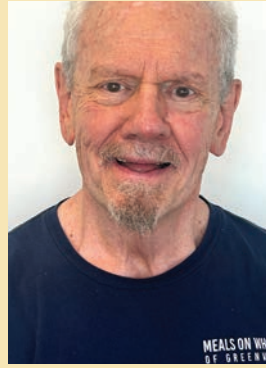
With age comes wisdom, learning, and reflection. There is something uniquely meaningful about seniors helping and serving each other. Older adults often share similar life experiences including raising families, overcoming hardships, celebrating milestones, and facing the realities of life and aging. Because of that seniors can offer each other a level of empathy difficult to replicate. A volunteer who simply listens, gives assistance or directions, takes a class with a new member, trains a new volunteer, or simply sits with a shy new member who has just joined- they offer friendship, recognition, hope.

Loneliness is one of the greatest challenges facing many older adults today. As people leave us, mobility becomes challenging and/ or limited or families move farther apart, some seniors find themselves more isolated, lonely. Volunteers often discover that what seems like a small act of kindness has a profound impact on another person's life and spirit. Connection reminds people that they are valued, seen, and cared for. Volunteering is also wonderful for those who serve. It can give a sense of purpose and fulfillment, create opportunities to stay active, build friendships, and allow them to meet new people.

I watch people support one another every day, holding each other up through grief, illness, and pain as well as celebrating births of grandchildren, great grandchildren, and other triumphs. From the purchase of homes to the recovery from surgeries and everything in between. It is a privilege to watch and to be a part of this family of volunteers: these seniors who make a difference for each other, for other members of Senior Action, for our greater community. And we are always looking for more family members, for more volunteers. If you are looking for a place to be, to go, to belong- we're here. We have many different ways to volunteer and we can find the right one for you. If you can't stand for a long time, that's okay. There's a place for you. If you are shy, there's a place for you, too. Serving others and service in general reveals a deeper truth: people need people. Regardless of age, everyone wants to feel useful, connected, and appreciated. By serving others, we find opportunities to express the gratitude for the blessings we have received and to leave a legacy of compassion for the future generations to come.

I find every day in my job that the volunteers here at Senior Action don't just give their time, they give their hearts. I am so grateful for the front row seat I have to these amazing seniors and the relationships I have with them. If you are looking to get involved or are curious about serving, please come ask for information, find me or one of the many volunteers around the building. Come join our volunteer family. We are so glad you're here.

Jena Brown, Volunteer Coordinator



VOLUNTEER HIGHLIGHT:

Dick Dobbins

It is a great privilege this quarter to highlight a longtime volunteer and veteran of our nation, Dick Dobbins. Dick is a native Greenville, whose family goes back generationally to the Revolution and later served in the Confederate Army. Dick, his parents, his in-laws, and his children all attended and graduated from Greenville High School. Dick met his wife Carol while attending Greenville High and later went to Clemson before enlisting in the Army Reserve. After graduating, Dick joined the army as a Sergeant and was stationed in Hawaii. He and Carol welcomed two daughters, Shannon and Kelly, while stationed in Hawaii and returned to Greenville 3 years later. Dick worked in Data Administrations for years before retiring in 2016.

After discovering Senior Action in 2021, Dick began coming out of curiosity. He soon found games and friends to play them with. He then discovered interesting seminars and fun events. He is great at yoga and is in the gym often. He began volunteering at Bingo and on the Friday lunch crew and made friends there also. Recently, he's begun giving tours to potential new members. He and his wife Carol deliver with Meals on Wheels and volunteer in the community when not at Senior Action- he is a big believer in service and has lived his life serving since his days in the military. Dick thinks Senior Action is a place for everyone to find something that makes them happy and to find their own group of friends, even later in life. Dick is funny and kind and a wonderful volunteer and we are so lucky to have him.

New Volunteer Opportunity: Art Studio Host

Calling volunteers for an exciting new opportunity to serve at Senior Action! We need volunteers to be art studio hosts in our visual art studio. Hosts create a welcoming and enjoyable atmosphere in which open studio participants can enjoy working on their art projects and exercising creativity together. Hosts ensure the art room is kept in good condition so it can continue to be a clean and creative environment for everyone who uses our art studio. Studio Hosts are encouraged to participate and bring their own art projects. If interested in volunteering, reach out to jena.brown@senioraction.org.

**Current art students are not eligible to volunteer.*



Berea Community Center

Karen Hill-Robinson
Berea Center Coordinator



Arts & Crafts

ART w/Doris

This art class offers a fun, imaginative way to explore painting, making it perfect for those new to painting.

Volunteer Leader: Doris Forsti

2nd Fridays, Jul 10, Aug 14, Sep 11 • 12 pm
Free

Gel Plate Painting

Gel plate printing is an easy and accessible art form that turns acrylic paint and everyday objects into one of a kind prints. If you can wave, you can print!

Volunteer Leader: Tina Purcell

3rd Fridays, Jul 17, Aug 21, Sep 18 • 12 pm
Free

Sew Much Fun

Welcome sewers of all experience levels. Participants bring their own sewing machines and supplies to work on individual projects in the company of group members.

Fridays • 9:30 am
Free

Sip and Paint, especially designed for Seniors!

Join us for a delightful, relaxing afternoon as we Sip and Paint (Non Alcohol) while we introduce you to Enlightened Home Care, your trusted partner in non-medical home care services.

Presented by Yandra Llave, Community Liaison, Enlightened Home Care

Tuesday, Aug 11
Thursdays, Jul 9, Sep 10 • 1 pm
Free

Stitch in Time

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

Tuesdays • 9:30 am
Free

Clubs & Groups

Bible Study

This Bible study group, provides a supportive and safe environment to study and discuss the Bible, share experiences, and grow spiritually. A great way to connect with other believers and deepen your understanding of the Bible.

Facilitator: Karen Hill-Robinson

Mondays • 12 pm
Free

Book Club

July: *Horse* by Geraldine Brooks

August: *The Correspondent* by Virginia Evans

September: *Lightning in a Mason Jar* by Catherine Mann

Volunteer Leader: Brenda Bridges-Jones

3rd Wednesdays: Jul 15, Aug 19, Sept 16
12:30 – 1:30 pm
Free

Coffee and Conversations

Come out early and have some fresh, free coffee and strike up a conversation. Bring your breakfast and enjoy socializing with other members.

Monday – Friday • 9 am
Free

Soul Chair Dancing Group

For anyone who prefers chair based exercise, come enjoy a fun low impact seated dance class workout set to the classic and timeless favorite soul sounds of the 1960s and 1970s. No experience required. All are welcome.

Volunteer Leader: Joanne Cruell

Tuesdays & Fridays • 12 pm
Free

Fitness

Arthritis Exercise

Certified Instructor: Danita Sullivan

Exercises for arthritis can improve overall function and relieve symptoms.

Mondays • 10 am
Free

SilverSneakers® Circuit

Certified Instructor: Shannon Potter

Move to great music in a class that includes easy-to-follow, low-impact aerobic movement, upper body strength, core conditioning, balance, and more!

Tuesdays • 10:15 am
Free

SilverSneakers® Classic

Certified Instructor: Maxine Bennett

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.

Wednesdays & Friday • 10 am
Free

Silver Sneakers Stability

Certified Instructor: Maxine Bennett

A fitness class designed to improve balance and lower body strength, ultimately helping reduce the risk of falls.

Thursdays • 10 am
Free

Games & Play

BINGO

Volunteer Leader: Vickie Givens

1st Friday each month • 1 pm
No Bingo July 3
Free

Cornhole

4th Friday each month • 12 pm
Free

Mahjong/Open Table Games

Mondays • 12 pm
Free

Mexican Train Dominoes/Open Table Games

Wednesdays • 12 pm
Free

Po-Ke-No

Join us for a fun filled card game that combines the play mechanics of Bingo, Poker and Keno. Game is limited to 24 players. Must sign up to ensure you get a card to play.

2nd Friday of each month • 12 pm
Free

Rummikub

3rd Friday each month • 12 pm
Free

Trivia

Volunteer Leader: Hugh Kirkpatrick

Join us for film clips, historic photos, and commentary that help present you with entertaining information about times, places, people, and events.

Wednesday, April 15, May 13, June 17 • 12 pm
Free

Insurance

Life Insurance has Changed for the Better

Presented by Jaime McCabe, Independent Life Insurance Agent

Miss this, and decades of hard work for your family could be vulnerable to financial risk.

Tuesday, August 11 • 12 pm
Free

Medicare. What's changed?

Presented by Jaime McCabe, Independent Life Insurance Agent

The annual Medicare enrollment season can be confusing, but being prepared now can save you money, stress, and missed opportunities. I'll show you exactly what to look for, what to avoid, and how to make confident decisions that protect your health and your wallet. With this simple, step-by-step guidance, you'll feel relieved knowing you're making the smartest choices for your coverage.

Thursday, September 3 • 12 pm
Free

The Rising Cost of Medicare

Presented by Jaime McCabe, Independent Life Insurance Agent

Medicare costs are going up. Learn how to supplement the high out of pocket costs with this simple money saving strategy.

Monday, September 28 • 12 pm
Free

Legal

Notary Services

Notary services provided by a licensed notary public. Richard will answer any questions and provide assistance for members. Call (864) 467-3640 and set up your appointment.

Facilitator: Richard Dotson

3rd Friday, Jul 17, Aug 21, Sep 18 • 11 am
Free



Music

Music with Richie

Enjoy good music played by our Berea volunteer members.

Volunteer: Richard Demayo

Fridays, July 31, August 28, Sept 25 • 11:30 am
Free

Other Interest

Open Table Conversations

Gather with other members to discuss meaningful topics, share perspectives, listen deeply, and grow together. No lectures, no pressure. Come ready to share or simply listen. Refreshments served.

Facilitator: Karen Hill-Robinson

Thursdays, July 16, August 20, Sept 24 • 12 pm
Free

Senior Resources

Lunch & Learn Probate Matters

Come and learn the one simple move to keep your valuables out of the courts hands, while enjoying your lunch. Probate can be slow, expensive, and emotionally draining for the people you love most. By taking one simple step now, you can ensure your assets transfer quickly, privately, and directly to your beneficiaries. It's one of the easiest ways to protect your legacy and give your family clarity instead of court delays.

Presented by Jaime McCabe, Independent Life Insurance Agent

Meals served by Spark Cafe. Must register by 1:00 pm on the day before.

Tuesday, July 21 • 11:30 am – 12:30 pm
No cost to participants of Spark Cafe
\$8 for non- participants of Spark Cafe

Medicare Bingo Game

Enjoy a fun game of Bingo while learning about Medicare.

Presented by Joel Crismon, Health Care & Benefits Advisor, Lily Insurance

Thursday, September 17 • 11:30 am
Free

Socials & Parties

Birthday Celebration

Celebrating Berea members' birthdays monthly.

Fridays, July 24, August 28, Sept 25 • 12 pm
Free

Mocktail Happy Hour

Join us for fun alcohol-free socializing while enjoying refreshing non alcoholic mocktail drinks using fresh juices, sparkling waters and creative fruit garnishes to boost engagement and hydration while also enjoying music, chips, and salsa!

Wednesday, September 9 • 12 – 1 pm
Thursdays, July 23, August 6 • 12 – 1 pm
Free

Mocktail Mixology

Join us as we have fun with other members learning how to build, shake, stir, muddle, strain and garnish 6 simple classic non-alcoholic drinks like Fuzzy Navel, Shirley Temple, Strawberry Daiquiri, Peach Bellini, Mojito, and Pineapple Sunrise. No experience necessary. All supplies are provided but space and supplies are limited. Must sign up.

1st Tuesdays, July 7, August 4, Sept 1 • 12 – 1pm
Free

7th Year Celebration

Berea Members will enjoy a fun, carnival-style event celebrating Berea Community Center 7 years of being open.

Friday, July 31 • 11 am – 2 pm
Free

Plan Ahead

Aging Now and Next

Learn how planning now for the next can provide peace of mind for you and your family. Bring a family member with you. Come discover: How senior-focused primary care helps you stay healthier longer, what compassionate, coordinated home care looks like before it becomes urgent, how to navigate changing health conditions with dignity and confidence and why advanced planning protects you from state involvement.

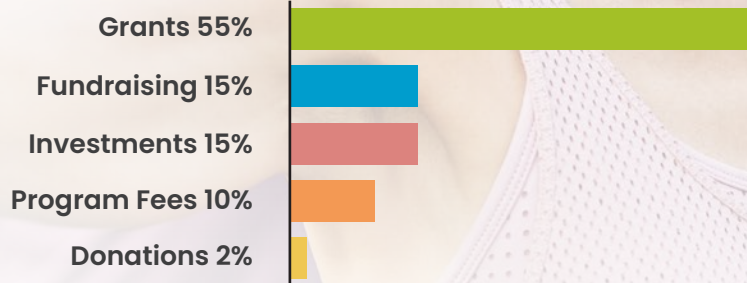
Presented by Jaime McCabe, Independent Life Insurance Agent

Tuesday, August 25 • 12 pm
Free

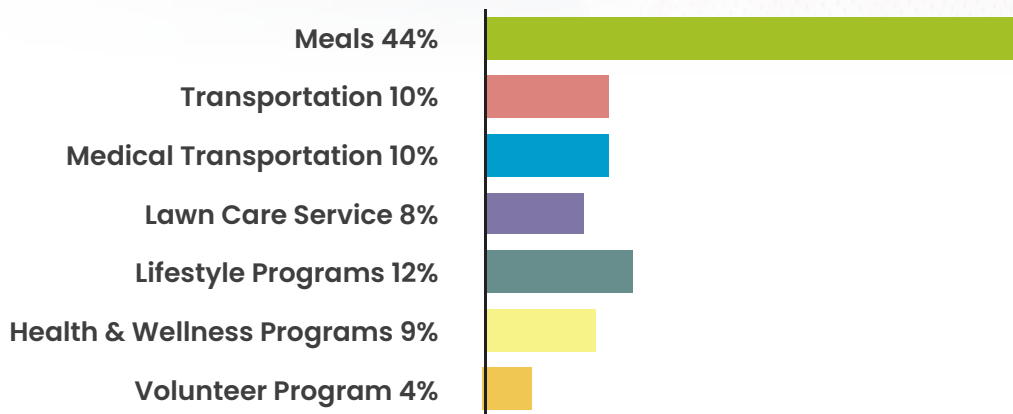
ourimpact

2400 SERVED

Where does the money come from?



Where does the money go?



senior
action

We depend on generous donations from people in the community, like you,
to help us serve senior adults through all of these programs.

Won't you give to support Senior Action today?

