



Fitness happens every day at SSC
HEALTH & FITNESS OCTOBER 2017
Fitness donation requests: Drop-ins, \$2.00; 10 visit punch cards, \$20



MONDAY
For Beginners
TAI CHI
 for
**BALANCE/
 ARTHRITIS**
8-form
Volunteer-Led
9:30am
 ~ ~ ~
SAIL #1
10:30am
Advance sign up

TUESDAY
SAIL #2
9:30am
 with Rachel Dow

*Advance sign up
 required for the
 8-week SAIL
 program*

WEDNESDAY
TAI CHI
 for
**BALANCE/
 ARTHRITIS**

 Instructor
 Angela Brown
9:30am
 ~ ~ ~
SAIL #1
10:30am

THURSDAY
SAIL #2
9:30am
 with Rachel Dow

 ~ ~ ~
November **LINE
 DANCING**
11:00am
 with Joe & Diane
 Owens

FRIDAY
For Beginners
TAI CHI
 for
**BALANCE/
 ARTHRITIS**
Volunteer-Led
9:30am
 ~ ~ ~
SAIL #1
10:30am



FLU SHOTS are available at Safeway and other locations.

**STAY ACTIVE &
 INDEPENDENT FOR LIFE
 (S.A.I.L.)**

SAIL is an evidenced based **strength, balance, and physical fitness program for adults 60 and older.** With the completion of **8 weeks** of classes, you should witness better balance and an improvement in your personal strength. Taught by Rachel Dow.

Begins Monday, Oct. 2nd
M-W-F, 10:30 to 11:30 (SAIL#1)
 or
T- TH, 9:30 to 10:30am (SAIL#2)

Make this winter a safe winter by staying strong and independent. This is not a drop-in class; sign up for a class today!



FOOT CARE
 with Diane & Linda
 (Date to be announced)
 9:00am to 11:00am

Must arrive by 10:00am for service

SEEKING VOLUNTEERS

We are seeking volunteers for our monthly **Foot Care service:** soaking feet, clipping nails, and lots of chatter and smiles!

**MEDICARE PART D
 OPEN ENROLLMENT**
 October 15 through November 7



During Open Enrollment Medicare, which runs from **October 15** thru **December 7, 2017** you can switch your Part D plan. Using a prescription summary provided by your pharmacist, you may compare plans and sign up for the best option for you online using the simple user-friendly tools at: <https://medicare.gov>. Plan premiums and coverage specifics change every year and it is recommended that seniors review their plans annually. Counseling is available to assist you:

- Andra Woodard, Outreach Coordinator
Seward Community Health Clinic, 224-2273
- Seward Senior Center 224-5604
- Medicare Information Office –
SHIP Helpline: 1-800-478-6065 / (907) 269-3680



**LINE DANCING
 RETURNS**

*with
 Joe & Diane Owens*

Mondays beginning in November

