



Fitness happens every day at SSC
HEALTH & FITNESS MARCH 2018



Fitness donation requests: Drop-ins, \$2.00; 10 visit punch cards, \$20

<p>MONDAY <i>For Beginners</i> TAI CHI for BALANCE/ ARTHRITIS 8-form <i>Volunteer-Led</i> 9:20am</p> <p>~ ~ ~</p> <p>SAIL #1 10:30am NEW CLASS: Mon., April 4th</p>	<p>TUESDAY</p> <p>SAIL #2 9:30am with Rachel Dow</p> <p><i>Advance sign up required for the 8-week SAIL program</i></p> <p>NEW CLASS: <u>Tues., Mar. 20th</u></p>	<p>WEDNESDAY TAI CHI for BALANCE/ ARTHRITIS</p> <p>Instructor Angela Brown 9:20am ~ ~ ~ SAIL #1 10:30am</p>	<p>THURSDAY</p> <p>SAIL #2 9:30am with Rachel Dow</p> <p style="background-color: #90EE90; text-align: center; padding: 10px;">No line dancing in March</p>	<p>FRIDAY <i>For Beginners</i> TAI CHI for BALANCE/ ARTHRITIS <i>Volunteer-Led</i> 9:20am ~ ~ ~ SAIL #1 10:30am</p>
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FOOT CARE

Tuesday, March 20th 9:00am - 11:00am
Sign up on arrival. Must arrive by 10am for service.



BLOOD PRESSURE CHECKS

Tonya Foote RN
2nd FRIDAY of the month:
Friday, March 9th, 11:00am-12:30pm

NEW MEDICARE CARDS

You're getting a **NEW Medicare card!** Between April 2018 and April 2019, SSA will be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.



Here's how to get ready: 1) Make sure your mailing address is up to date with Social Security. 2) Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new number and card. 3) Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's. ***

USDA SENIOR FOOD BOX

The monthly Commodity Supplemental Food Program (CSFP) works to improve the health of low-income elderly persons at least 60 years of age by supplementing their diets with nutritious USDA Foods. Stop by the office to see if you qualify for this monthly distribution in the senior center basement. Income restrictions apply. *(see also page 7)*

SEWARD AREA HOSPICE

909 3rd Avenue, Suite C, Phone: 224-3051
 (Phoenix Building across from Wells Fargo)
Open: Tuesday through Friday: 10:00am to 2:00pm

WRITER'S GROUP

with Sean Ulman & Christy Jordan



March 14 & 28
 (2nd & 4th Wednesdays)
 1:00pm

Write with confidence. Practice your writing skills and interact with other writers. No experience necessary.

(Social Security, cont'd from page 3)

socialsecurity.gov for how to contact Social Security. Remember that scammers try to stay a step ahead of the curve. You can do the same by protecting your information. ***