

spark

Oct-Dec
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:

Thanksgiving: Nov 25 (closing at 1 pm) – Nov 27

Christmas: December 24–31

New Year's: January 1

Staff

April Alexander | Director of Wellness

Sara Briggs | Director of Engagement

Lori Cashin | Director of Operations

Jena Brown | Director of Volunteers/RSVP

Mary Welbaum | Director of Business Development

Andrea Smith | Executive Director/CEO

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

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





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BOO BASH

Monday, October 26
10 am – 3 pm

Event Schedule available at the front desk or online.

Cost: \$10 (no cost for Spark Café participants)

Come join us in a day filled with spooky fun! Start off the day with Boo Bingo and play for some prizes at 10am. Then enjoy some lunch, a costume contest, pumpkin painting sponsored by Emeritus Home Care, and Senior Action's very own Haunted House! Finally, end the day with a dance party BASH! Come in costume and show off your dance moves!

COME IN COSTUME AND SHOW OFF YOUR DANCE MOVES!

OPEN CASTING CALL

WE ARE LOOKING FOR SOME SPOOKTACULAR TALENT

The Senior Action Halloween Haunts 2026 team needs you! If you love the idea of dressing up and sharing the scares at our upcoming Halloween event, please come show us what you got at our casting call on October 7.

AUDITIONS HELD:

WEDNESDAY, OCTOBER 7 • 10 - 11 AM
EVENT HALL D

ROLES BEING SOUGHT:

- CLOWNS
- GRAVEYARD SPIRITS
- SPOOKY CUSTOMERS
- CREEPY DOLLS AND/OR CHARACTERS





A Grateful Gathering

Join us for our annual Thanksgiving meal and program, a heartwarming tradition filled with good food, inspiration, and fellowship. Savor classic Thanksgiving dishes, reflect on the season's blessings, and enjoy the warmth of community.

Monday, November 23 • 11 am – 1 pm

Cost: \$10 (Participants in Spark Café are no cost)

(Note: This is not a drop-in meal)

Registration deadline: November 18

Christmas events



Christmas with the Concert Band

Let's kickoff the Christmas season with the Senior Action Concert Band! This festive concert is sure to get us in the Christmas Spirit.

Tuesday, December 1 • 12 – 1 pm

Cost: \$10 (Free for participants w/ Spark Cafe)

Deck the Halls Dance

Let's Fa-la-la-la all over the dance floor as we welcome in the Christmas season. Don we now your dance apparel and jingle bell rock around the Christmas tree! Our DJ will keep the music going with a festive mix of favorites, from slow dances and boogie-worthy tunes to line dances and everything in between. Let's celebrate the season together!

Wednesday, December 2 • 4 – 6 pm

Cost: \$5

Dress: Christmas Semi-Formal

Dirty Santa Cookie Swap

Bring a dozen of your favorite Christmas cookies to exchange and take home a delicious assortment of holiday treats. Then mix up your own "dirty soda" creation with festive flavors, fun toppings, and plenty of holiday cheer! Remember to bring an empty container to bring home your cookies in.

Tuesday, December 8 • 1:30 – 2:30 pm

Free

THREE GIFTS, ONE KING

Join us for a meaningful Christmas worship service as we reflect on the three gifts the Wise Men brought to Jesus, gold, frankincense, and myrrh, and the significance behind each one. Through a special devotion and beautiful worship music, we'll explore what these gifts can teach us about who Jesus is and the gifts we can bring to Him. Come celebrate the joy and wonder of Christmas as we worship together.

Presented by Andrea Smith and McKelvie Wilder

Friday, December 11 • 1:30 pm – 2:30 pm

Free

Coil Christmas Trivet

Get into the holiday spirit while creating a one-of-a-kind Christmas trivet using the traditional coil pottery technique. You'll shape, decorate, and personalize your trivet to create a festive piece that's perfect for your holiday table or to give as a handmade gift.

Tuesday, December 8 • 10 am – 12 pm

Cost: \$25

Holiday Harps

Fill your lunch hour with holiday cheer! The Bob Jones Harp Ensemble will be sharing beautiful harp music for all to enjoy.

Wednesday, December 9 • 12 – 1 pm

Cost: \$10 (Free for participants w/ Spark Cafe)

Holiday Centerpieces

Come learn some tips to turning your holidays centerpieces into masterpieces.

Presented by Mildred Mayorga, Emeritus Home Care of South Carolina

Thursday, December 10 • 10:30 – 11:30 am

Free



Merry Fit-mas Group Exercise Class

Join Shannon for a festive, high-energy group workout in the event hall that combines heart-pumping cardio to holiday music with a joyous variety of resistance exercises. The best-dressed holiday-themed workout attire will win a special prize at the end of class!

Thursday, December 17 • 11 – 11:45 am
Free

Caroling and Cocoa

Warm up your Christmas spirit with an afternoon of holiday caroling around the lobby piano led by Kevin Batson and members of the Taylors First Baptist Legacy Choir! Sing along to your favorite Christmas classics, enjoy good company, and create some merry memories together. Top it all off with a delicious hot cocoa bar featuring plenty of festive toppings!

Thursday, December 17 • 1 pm
Free

Tis the Season to Be Tacky

We'll have the best festive afternoon filled with laughter, holiday fun, and a little friendly competition! Show off your most outrageous ugly Christmas sweater for a chance to win the coveted "Ugliest Sweater" title, then join in a hilarious White Elephant gift exchange. Come ready to laugh, swap, and celebrate the season with friends!

Monday, December 21 • 1:30 – 3 pm
Free



CREATIVESOULPHOTOGRAPHY · EXHIBITION

THIS CHRISTMAS: A FESTIVE CELEBRATION WITH SOUL



This Christmas: A Festive Celebration with Soul is a photographic celebration of the songs, stories, and traditions that have shaped Christmas across generations. Inspired by classics like *The Nutcracker*, *Jingle Bells*, and *A Christmas Carol*, Regis and Kahran Bethencourt reimagine the holiday season through imaginative portraits of black children and families, bringing CreativeSoul's signature style, culture, and soul to Christmas.

November through December 10

Meet the artist: Tuesday, December 1

1 – 1:30 pm artist talk

1:30 – 2:15 pm book signing

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/Karin Newsome

Mon/Wed/Fri • 9:45 – 10:45 am

Mon October Series \$20/Fri October Series \$25

Mon November Series \$25/Fri November Series \$15

Mon December Series \$15/Fri December Series \$15

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 Instructor: TBD

Monday • 11am – 12 pm

October Series \$20

November Series \$25

December Series \$15

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

October Series \$20

November Series \$20

December Series \$20



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

October Series \$15

November Series \$9

December Series \$9

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

October Series \$12

November Series \$12

December Series \$12

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

October Series \$15

November Series \$9

December Series \$9

choose health

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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October 8: Osteoporosis: A Silent Disease

Osteoporosis is known as a “silent” disease because bone loss occurs without symptoms, often remaining unnoticed until a fragility fracture occurs. Learn how endocrinologists diagnose and manage this metabolic bone disease by identifying underlying hormone-related causes.

Presented by Dr. Jeffrey Rico, II, Endocrinologist, Medical Group of the Carolinas - Diabetes and Endocrinology - Pelham

November 12: Thyroid Function and Disorders

Thyroid disease is a general term for a medical condition that keeps your thyroid from making the right amount of hormones. Dr. Schmidt will share how the normal thyroid functions, identify risk factors and the different types of thyroid disease and explain ways thyroid disorders are diagnosed and treated.

Presented by Dr. Michael Schmidt, Medical Group of the Carolinas - Internal Medicine - Greer

December 10: The Healing How

Dr. Satterfield, MD will discuss how well-being is connected to the science of the quantum field and the pure potential we hold in our bodies; the heart’s intelligence and ability to entrain the brain to better guide the body into healing states and our continuously available power of the present moment to choose with heart-centered intention.

Presented by Dr. Satterfield, MD, Board-Certified Internal Medicine and Lifestyle Medicine Physician

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 October Series \$20/ Thurs October Series \$25

Tues November Series \$20/ Thurs November Series \$15

Tues December Series \$15/ Thurs December Series \$15

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 October Series \$12/ Thurs October Series \$15

Tues November Series \$12/ Thurs November Series \$9

Tues December Series \$9/ Thurs December Series \$6

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

October Series \$20

November Series \$20

December Series \$20

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

October Series \$25

November Series \$15

December Series \$15

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: Karin Newsome

Friday • 11:15 am – 12 pm

October Series \$30

November Series \$18

December Series \$18

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

Tai Chi Chih –Practice ☺

Participants experienced in doing the Tai Chi Chih form meet weekly to continue practicing in a group setting. No formal instruction is provided. (Must have previous experience)

Certified Volunteer Instructors: 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, October 19 • 10:30 – 11:30 am
Free

Walk with Confidence

Take a closer look at what helps you feel steady, strong, and confident on your feet. Our individualized assessment uses a series of multifactorial balance and mobility tests tailored to your unique needs and abilities. We look at several factors that can affect balance and fall risk—including strength, flexibility, coordination, gait, balance, mobility, and functional movement.

Your results help identify your personal strengths and areas for improvement, allowing us to create practical recommendations designed specifically for you.

Presented by Kevin Lorenzen, Physical Therapist, BEST Physical Therapy

Wednesday November 4 • 9:45 – 10:45 am
Free

Wellness Screenings & Support

Blood Pressure Screens

Offered by Pelham Medical Center

Tuesdays • 11:30 am – 1:30 pm
October 6, November 3, December 8
Free



Gentle Mat Pilates

Pilates is a mix of **strength + stretching + balance + core training** done with slow, precise movements.

What can Pilates do for you?

- 1. Build a strong core:** Your abs, back, and hips will thank you
- 2. Improve flexibility:** Having a flexible spine will make everything—walking, sleeping, sitting—feel better
- 3. Improve posture:** Stand tall and strong

Pilates was invented by Joseph Pilates in the 1920s and has been popular ever since. Pilates's approach to exercise was different because he emphasized things like:

- **Control — don't just fling your limbs around.**
- **Breathing — coordinate your breathing with movement.**
- **Core engagement — keep your center involved.**
- **Precision — doing a movement correctly matters more than doing 100 of them.**
- **Mind-body connection — pay attention to what your body is actually doing.**

You don't have to be flexible, athletic, or experienced to start Pilates, but you do need to be able to get down and up from the floor. Pilates exercises can be safely modified for different fitness levels. Pilates may seem hard at first especially if your core muscles are weak, but don't let that scare you off. You'll be amazed at how quickly your body adapts and you will feel stronger every class. Gentle Mat Pilates is offered every Tuesday at 10:30am

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Financial

Retire Rich. Stay Rich. The Hidden Threats to Your Golden Years

You spent decades building your retirement nest egg. Now learn how to protect it. Join new corporate members, Oak Capital Management, for an engaging discussion on some of the biggest threats facing today's retirees, including unexpected taxes, rising Medicare costs, inflation, beneficiary mistakes, and common financial pitfalls that can quietly erode your wealth.

Building wealth is one thing. Keeping it is another.

Presented by Tyler Kaliner and Chris Johnson, Oak Capital Management

Wednesday, December 9 • 2 – 3 pm

Free

Remedies for Stress-Free Retirement

We will visit new and older laws, sometimes forgotten, to make retirement stress free. We will have a drawing for \$50.00 gift cards at the end of the presentation. Handouts and refreshments will be served.

Presented by Roger Beatty, Senior American Services Inc.

Thursday, October 1 • 2 – 3 pm

Free

Insurance

Changes in Health Care Benefits for 2027

Learn from an actual person with 35 years experience serving South Carolina and not a phone call from a stranger that you have never met about changes in Medicare for 2027. There will be a drawing for \$50.00 gift cards and refreshments at the event.

Presented by Roger Beatty, Senior American Services Inc.

Thursday, November 19 • 2 – 3 pm

Free

Senior Resources

Solo Ager's Guide to Building Your Village

Solo aging comes in many forms. You may be single, widowed, divorced, child-free, geographically separated from family, or simply your family's primary decision-maker. This interactive seminar will help you identify your solo aging story and develop a plan for creating your own "village" of trusted people who can provide friendship, support, advocacy, and assistance when life changes. Because the best time to build your community is before you need it.

Presented by Heather Burton, Connections to Care

Thursday, November 5 • 10 – 11am

Free

The 7 Bathroom Horrors & Spooky Bingo

Join Palmetto Bath for a fun and informative presentation as we uncover the 7 Bathroom Horrors that can increase the risk of slips, falls, and other common hazards in the home. You'll learn simple ways to make your bathroom safer, more comfortable, and easier to use while maintaining your independence. After the presentation, stick around for Bingo and your chance to win big prizes!

Presented by Shayne Edwards, Palmetto Bath

Wednesday, October 21 • 10 – 11 am

Free

Technology

A.I. For Everyday People

Whether you love Artificial Intelligence (AI), hate it, or simply don't understand it, this seminar is for you. Learn what Artificial Intelligence is, why it's becoming a part of everyday life, and how you can use it as a helpful tool to save time, learn new things, and stay connected. (no technical experience required)

Presented by Shayne Edwards, Palmetto Bath

Tuesday, November 17 • 10 – 11 am

Free

How to Avoid Web Scams

Most scams don't look like scams until it's too late—would you know the warning signs before they strike? Discover the simple tricks scammers hope you never learn, and how to stay one step ahead

Presented by Joel Crismon, Lily Insurance

Wednesday, October 7 • 10:30 – 11:30 am

Free

Understanding Smart Phone Basics & Safety

Your smartphone can do a lot more than make calls, but do you really know the basics that keep you safe? Learn the simple skills that can help you use your phone with confidence and avoid common mistakes before they happen.

Presented by Joel Crismon, Lily Insurance

Wednesday, November 11 • 10:30 – 11:30 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.



Meet Mary Welbaum

We are excited to welcome Mary Welbaum as our new Director of Business Development. With a Bachelor of Science in Gerontology and Long-Term Care Administration from the University of South

Florida, Mary has more than 20 years of experience working with older adults and healthcare professionals throughout the Upstate.

Her career has included owning her own medical equipment business, serving as a Business Development Manager and Certified Orthotic Fitter with Hanger Clinic, and working as a Senior Compression Specialist providing specialized care for individuals with lymphedema and other medical needs. At Senior Action, Mary will work with our corporate members and build other new opportunities for businesses and the community to work alongside Senior Action in our mission to serve seniors in Greenville.

Mary's favorite part of her work, however, is the people she meets along the way. She believes in taking the time to see each person as an individual, listening to understand, and offering encouragement and hope whenever she can. When she's not working, Mary enjoys staying active, spending time with family and friends, and, of course, finding new ways to make life a little more fun!



Meet Sara Briggs

Sara Briggs has dedicated much of her career to understanding, supporting, and advocating for older adults and their families. Sara joins Senior Action as the new Director of Engagement and will

work to plan and lead social engagement programs. She holds a Master of Social Work and a Certificate in Gerontology from the University of South Carolina, along with a bachelor's degree in Psychology and Sociology from Converse College. Her career has included working in senior living, social services, Alzheimer's and dementia care, healthcare marketing, and higher education.

For nearly eight years, Sara served as Program Director and Professor of Healthcare Management and Applied Gerontology at North Greenville University, where she led one of the only programs of its kind in South Carolina. She taught future healthcare professionals about aging, conducted research, developed community partnerships, and shared her expertise throughout the Upstate and beyond. Earlier in her career, Sara worked directly with older adults and families in assisted living and dementia care settings, giving her a unique perspective on both the professional and personal sides of aging.

Today, Sara continues to bring her knowledge, compassion, and enthusiasm for people to everything she does. Outside of her professional pursuits, she enjoys spending time with her family and keeping life interesting as a mom of three. With her combination of experience, education, and a genuine passion for older adults, Sara brings a wealth of knowledge—and a great sense of humor—to the Senior Action community.

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

Wednesdays, October 7 – October 28 • 2 – 3:30 pm | Cost: \$15 (for class supplies)

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

livewell





Arts & Crafts

Cozy Coasters & Care: Holiday Craft

Get festive and create a beautiful set of sparkling diamond art coasters to keep or give as the perfect handmade holiday gift! While you craft, the experts from HomeWell Care Services will share quick, life-saving tips on home safety, fall prevention, and keeping your mind and body sharp. Come for the seasonal fun, leave with a gorgeous craft, and take home the ultimate gift - peace of mind for the holidays!

Presented by Connie Leeper, HomeWell Care Services and Noah Leeper, Director of Operations

Tuesday, October 27 • 1 – 2 pm
Free

Essential Oil Class

Take home your very own nontoxic essential oil multi-purpose spray! Discover the power of essential oils in this fun informative class; you'll leave with your very own custom-made bottle!

Presented by Ashley Grove, Enlightened Home Care LLC

Wednesday, December 9 • 2:30 – 3:30 pm
Free

Fall Wreath Making Class

Celebrate the beauty of Autumn in our fall wreath-making class! Join us for a fun and creative afternoon.

Presented By Ashley Grove, Enlightened Home Care LLC

Tuesday, November 10 • 2:30 – 3:30 pm
Free

Flower Arranging

Create a beautiful floral arrangement while learning simple design techniques in a fun, relaxed setting! Whether you're a beginner or have experience, you'll enjoy expressing your creativity, connecting with others, and taking home a lovely handmade bouquet to brighten your day.

Presented by Mildred Mayorga, Emeritus Home Care of South Carolina

Monday, November 16 • 10:30 – 11:30 am
Free

Handmade Greeting Card Workshop

Instructor: Mary Knutsman

Students will create greeting cards suitable for a Birthday, Thank You, Anniversary, or a holiday. All necessary materials will be provided, and the instructor will provide basic instruction on the use of adhesives, stamps, and ink, along with step-by-step guidance. The class fee includes all materials for two cards. Additional card kits may be purchased from the instructor the day of the workshop for \$5 each.

Thursday, October 8 • 10 am – 12 pm
Thursday, November 5 • 1 pm – 3 pm
Monday, December 14 • 2 pm – 4 pm
\$25/class

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



Pottery Classes

Pinch Pots Ghosts

Instructor: Joci Conrad

In this fun, beginner-friendly class, you'll use clay to create adorable little ghosts that are perfect for adding a touch of whimsy to your seasonal décor or giving as a one-of-a-kind gift. No experience needed!

Tuesday, October 6 • 10 am – 12 pm
\$25

Pottery Pumpkins

Instructor: Joci Conrad

In this hands-on class, you'll create adorable pottery pumpkins that are perfect for adding a festive touch to your seasonal décor or giving as a unique handmade gift. Whether you're new to clay or already love getting your hands dirty, this class is a fun way to create, relax, and enjoy time with friends!

Tuesday, October 13 • 10 am – 12 pm
\$25

Slab Leaf Tray

Instructor: Joci Conrad

You'll learn how to work with clay to create a unique slab leaf tray that's perfect for fall décor or adding a special touch to your Thanksgiving table. No experience is needed—just come ready to get creative, have fun, and make something you'll enjoy for years to come!

Tuesday, November 3 • 10 am – 12 pm
\$25

Handprint Turkeys

Instructor: Abi Colton Cruz

Get an introduction to clay by making this adorable handprint turkey that will make a fun gift or addition to your Thanksgiving décor. All supplies provided just bring your creativity.

Wednesday, November 4 • 1 – 3 pm
\$25

Ceramic Christmas Ornaments

Instructor: Joci Conrad

This hands-on class will have you creating a beautiful handmade ornament to add to your Christmas tree, dress up a package, or give as a special gift. It also makes a wonderful hostess gift—and with options for all skill levels, it's the perfect way for beginners and seasoned clay artists alike to enjoy some holiday fun!

Tuesday, November 10 • 10 – 12 am
\$25

JUNK DAY

OUTDOOR FLEA MARKET

Saturday, October 3, 2026

10am – 3pm (rain or shine)

Admission Free for Shoppers



Clubs & Groups

Book Club: Lit Wits

Volunteer Leader: Diane Brazier

4th Thursdays • 10 – 11 am

(Some dates have changed due to Holidays)

Free

October 22: *West with Giraffes* by Lynda Rutledge

It's 1938. The Great Depression lingers. Hitler is threatening Europe, and world-weary Americans long for wonder. They find it in two giraffes who miraculously survive a hurricane while crossing the Atlantic. What follows is a twelve-day road trip in a custom truck to deliver Southern California's first giraffes to the San Diego Zoo. Inspired by true events, the tale weaves real-life figures with fictional ones.

November 19: *Heartwood* by Amity Gaigei

In the heart of the Maine woods, an experienced Appalachian Trail hiker goes missing. She is forty-two-year-old Valerie Gillis, who has vanished 200 miles from her final destination. Alone in the wilderness, Valerie pours her thoughts into fractured, poetic letters to her mother as she battles the elements and struggles to keep hoping. At the heart of the investigation is Beverly, the determined Maine State Game Warden tasked with finding Valerie, who leads the search on the ground. Meanwhile, Lena, a seventy-six-year-old birdwatcher in a Connecticut retirement community, becomes an unexpected armchair detective. Roving between these compelling narratives, a puzzle emerges, intensifying the frantic search, as Valerie's disappearance may not be accidental.

December 17: *The Bookwoman of Troublesome Creek* by Kim Michelle Richardson

The hardscrabble folks of Troublesome Creek have to scarp for everything—everything except books, that is. Thanks to Roosevelt's Kentucky Pack Horse Library Project, Troublesome's got its very own traveling librarian, Cussy Mary Carter. Cussy's not only a book woman, however, she's also the last of her kind, her skin a shade of blue unlike most anyone else. Not everyone is keen on Cussy's family or the Library Project, and a Blue is often blamed for any whiff of trouble. If Cussy wants to bring the joy of books to the hill folks, she's going to have to confront prejudice as old as the Appalachias and suspicion as deep as the holler.

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

October 23, November 20

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. If you do not have access to the internet, you may record class via your cell phone or other camera device.

The first class hour will focus on beginner level students. The second class hour is for more experienced students.

Tuesdays

Beginner: 1 – 2 pm

Intermediate: 2 – 3 pm

Free

German (Beginner/Intermediate)

Volunteer Class 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

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. Songs like "My Girl", "Mustang Sally", "Sitting by the Dock of the Bay", "Rock Around the Clock", etc. All are welcome – we need all voices and instruments.

Wednesdays • 1 – 3 pm

Free

Small Jazz/Blues Group

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

games & play

All games free.

Must be a member of Senior Action.

Table Games

Each afternoon, game enthusiasts gather for fun, friendly competition and plenty of laughs! You'll find people playing a wide variety of table games, from classic favorites to new games you may not have tried before. We also have groups that meet regularly to play specific games on designated days and times.

Check out the schedule below to find your favorite game, or discover a new one! Whether you're looking for a particular game, hoping to meet up with friends, or simply want to spend a fun afternoon playing and socializing, there's a seat at the table for you!

Bridge

Volunteer Leaders: Susie Roberts & Dileep Jayaram

Beginner (with instructions):

Tuesdays • 9 – 10:30 am

Intermediate/Advanced:

Wednesdays • 1:30 – 4:45 pm

Free

Cribbage

Volunteer Leader: Karen Dopher

Tuesdays • 1:30 – 4:45 pm

Free

MahJong

Volunteer Leader: Suzi Emmel

Tuesdays • 1:30 – 4:45 pm

Free

Mexican Train Dominoes

Volunteer Leader: Julie Wolfe, Larry Boyer

Each Day • 1:30 – 4:45 pm

Free

Samba

Volunteer Leader: Julie Wolfe, Larry Boyer

Thursdays & Fridays • 1:30 – 4:45 pm



Ping-Pong & Billiards

Ping Pong and Billiards are available in the game room anytime.

Play Ping Pong in Hall D

Thursdays • 10 am – 12 pm

Free

Ukulele Early Morning Jam

Volunteer Leader: Kevin Morris

Fridays • 9 – 10 am • Free

Ukulele: Happy Strummers (Intermediate Ensemble)

Director: Laurie Gentry, MA

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

Parties & Socials

Cup of Joe with the CEO

Grab a cup of coffee and 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. Whether you have something on your mind or simply want to listen and enjoy the conversation, all are welcome.

Thursday, November 12 • 10 – 11 am

Free

Ice Cream Social

Let's get together for an afternoon of fun, friendship, and sweet treats!

Presented by Ashley Grove, Enlightened Home Care LLC

Tuesday, October 6 • 2:30 pm – 3:30 pm

Free

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.

Thursday, October 8

1:30 – 2 pm Social Time with Current Members

2 – 3 pm Orientation for New Members Only

Free

**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.

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.

serve**together**





We are incredibly grateful for the volunteers who show up every day to support their fellow seniors, lend a helping hand, share their talents, and make a difference in countless ways—both big and small. Their time, compassion, and commitment are what make Senior Action stronger, and we were thrilled to celebrate them alongside our AmeriCorps partners nationwide!



Celebrating the Power of Volunteers

On September 15, 2026, AmeriCorps Seniors and Senior Action joined organizations across the country in celebrating the incredible impact of volunteers. Here at Senior Action Greenville, we hosted our own special celebration to recognize and thank our amazing volunteers for their years of dedicated service. The day included special awards, the creation of a Wall of Service, and a live-stream celebration connecting us with AmeriCorps Seniors programs and volunteers from across the country.

Do you want to volunteer? Are you looking for ways to serve? Come join us.

We have opportunities to serve on a kitchen crew, giving tours, in the concierge service, our tax program, leading classes and activities, and many more. Come to the front desk and ask for Jena or email her at jena.brown@senioraction.org. Volunteering is a great way to get involved, meet people, make friends, and make a difference at Senior Action. We look forward to seeing you!



VOLUNTEER HIGHLIGHT:

Meet Michael Mino

If you spend much time around Senior Action, you’ve probably met Michael Mino. He’s one of those people who seems to have lived several interesting lives—and somehow managed to turn all of them into opportunities to help others.

Michael grew up in Buffalo, New York, went to Rensselaer Polytechnic Institute in Troy, and spent the first 20 years of his professional life in Rochester. His entrepreneurial spirit showed up early. His very first job was as a paperboy, but it wasn’t long before he was running his own business, Mike’s Electronics, repairing televisions, radios, and small appliances. His customers included his high school principal and teachers. Michael likes to point out that, despite his frequent trips to the principal’s office, he was always there for the right reasons!

His professional career began at Eastman Kodak Company, where he met Lynn. They married in 1986 and went on to raise two children, Brandon and Erika. Today, Brandon is a cryptocurrency developer in Charleston, and Erika is an Account Executive with Salesforce. After living in Charlotte and Washington, D.C., Erika recently made her way to Greenville, bringing Michael and Lynn’s family a little closer.

After stepping away from the full-time workforce, Michael continued doing what he loves: helping people turn ideas into possibilities. He mentors early-stage entrepreneurs and works to build a stronger entrepreneurial community. He also spent 25 years teaching courses in entrepreneurship, technology, and innovation at Clemson University, where he is now Professor Emeritus.

Then, in 2022, Michael discovered Senior Action.

He came for a tour, stayed for lunch, and found something he wasn’t expecting—a community. As he got more involved, he began volunteering and getting to know the people who make Senior Action such a special place.

In fact, Senior Action changed Michael’s perception of what a senior center could be. Instead of a place where “old people sit around talking about their aches and pains,” he found a place filled with fascinating people and interesting conversations. Doctors, authors, an Olympic roller skater, an award-winning architect—and many others—have become friends over lunch and shared experiences.

Michael believes Senior Action gives older adults three important things: exercise, balanced meals, and purpose. And clearly, he has found a little of all three himself. We’re glad he found his way to us!

A Few Fun Facts About Michael

- He was valedictorian of a class of 500—so apparently the smart guy in the room thing started early!
- He holds a Master’s degree in Electrical Engineering and an MBA in Finance.
- His work in industrial automation included inventing equipment used to assemble the Black & Decker SnakeLight and manufacture Snickers candy bars (which may be the most delicious item on anyone’s résumé).
- He spent 25 years teaching entrepreneurship, technology, and innovation at Clemson University and is now Professor Emeritus.
- And after a lifetime of starting businesses and mentoring entrepreneurs, Michael continues to share his experience, curiosity, and time with others—both in the business community and right here at Senior Action.



Berea Community Center

Karen Hill-Robinson
Berea Center Coordinator



Celebrating 7 YEARS

IN BERE A



Our Berea Center recently celebrated a special milestone with a festive carnival that brought members, corporate members, and community supporters together to **celebrate seven years of serving the seniors of the Berea community.**

A partnership with Greenville County Parks and Recreation, the Berea Center has grown into a vibrant community with nearly 400 members who enjoy nutritious lunches, social activities, games, crafts, exercise classes, educational opportunities, and so much more. We are grateful to everyone who has helped make the Berea Center a place where older adults can connect, stay active, have fun, and build lasting friendships!

Arts & Crafts

ART with Alice

This class offers a fun imaginative way to explore painting, making it perfect for those new to painting. No experience needed-all supplies provided.

Facilitator: Alice Peace

Wednesday, Oct 14 • 12 pm
Free

Crafting with Doris

Enjoy a relaxing time of creativity, fellowship, and fun as we make a beautiful craft each month. Crafts vary each month. No experience needed-all supplies provided.

Facilitator: Doris Forsti

Thursdays, Oct 1, Nov 5, Dec 3 • 12 pm
Free

Gel Plate Printing

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, Oct 16, Nov 20, Dec 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

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

Wreath Making

Celebrate the beauty of Autumn in our Fall Wreath Making Class, Join us for a fun and creative afternoon. All supplies provided. Class is limited. Must sign up to participate.

Presented By Ashley Grove, Community Liaison Enlightened Home Care LLC.

Wednesday, Nov 4 • 12 pm
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

October: *All the Colors of the Dark* by Chris Whitaker

November: *The Frozen River* by Ariel Grace

December: *Ordinary Grace* by William Kent Kruger

Volunteer Leader: Brenda Bridges-Jones

3rd Wednesdays: Oct 21, Nov 18, Dec 16
12:30 – 1:30 pm
Free

Coffee Time

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

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: Elise Willis

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

1st Friday each month • 12 pm
Oct 2, Nov 6, Dec 4
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.

Thursdays • 12 pm

Oct 8, Nov 12, Dec 10

Free

Insurance

Medicare Review Sessions

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.

Presented by Jaime McCabe, Independent Life Insurance Agent

Tuesdays, Oct 27, Nov 10, Dec 1 • 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

Fridays, Oct 16, Nov 20, Dec 18 • 11 am

Free

Music

Music with Richie

Enjoy good music played by our Berea volunteer members.

Volunteer: Richard Demayo

3rd Fridays, Oct 16, Nov 20, Dec 18 • 11:30 am

Free

Other Interest

Open Table Conversations

Join us for a relaxed, welcoming space where everyone has a seat at the table. 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.

Facilitator: Karen Hill-Robinson

Wednesdays Oct 7, Nov 11, Dec 9 • 12 pm

Free

Organic Essential Oils

Take home your very own nontoxic essential oil multi-purpose spray! Discover the power of essential oils in this fun informative class; you'll leave with your very own custom-made bottle! All supplies provided. Class is limited. Must sign up to participate.

Presented by Ashley Grove, Community Liaison Enlightened Home Care LLC

Wednesday, December 2 • 12 pm

Free

Socials & Parties

Birthday Celebration

Celebrating Berea members' birthdays monthly.

Fridays, Oct 16, Nov 20, Dec 18 • 12 pm

Free

Christmas Celebration

Celebrate the joy of Christmas with delicious food, festive fun, and wonderful fellowship. Bring your favorite holiday dish to share as we celebrate the season together.

Thursday, December 17 • 11:30 am

Free

Holiday Cookie Exchange

Share your favorite homemade cookies and discover new holiday treats during this sweet seasonal tradition. Bring a batch to exchange and leave with a variety of delicious goodies.

Monday, December 14 • 12 pm

Free

Ice Cream Sundae Social

Let's get together for an afternoon of fun, friendship, and sweet treats!

Presented By Ashley Grove, Community Liaison Enlightened Home Care LLC

Friday, October 9 • 12 pm

Free

Mocktail Happy Hour

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

1st Fridays • 12 – 1 pm

Free

Pinktober for Breast Cancer Awareness (Wear Pink)

Wear your favorite pink attire as we honor breast cancer survivors, remember loved ones, and raise awareness about the importance of early detection and hope.

Presented By Ashley Grove, Community Liaison Enlightened Home Care LLC

Tuesday, October 20 • 12 – 1 pm

Free

Thanksgiving Feast

Gather around the table for a heartwarming Thanksgiving meal filled with gratitude, fellowship, and everyone's favorite homemade dishes. Bring your favorite holiday dish to share as we celebrate the season together.

Thursday, November 19 • 12 – 1 pm

Free

Ugly Sweater Day

Pull out your funniest, most colorful holiday sweater and join us for a day filled with laughter, photos, and festive cheer. The uglier the sweater, the better!

Tuesday, December 15 • 12 – 1 pm

Free

Veterans Day Celebration

Join us as we proudly honor the brave men and women who have served our country. Help us celebrate their courage, sacrifice, and commitment to protecting our freedoms.

Wednesday, November 11 • 12 – 1 pm

Free

Berea Volunteer Appreciation

We are honored to recognize the incredible volunteers who generously give their time, talents, and hearts to serve our Berea Community Center. Thank you for making a lasting difference in the lives of our members every day.

Thursday, November 12 • 12 – 1 pm

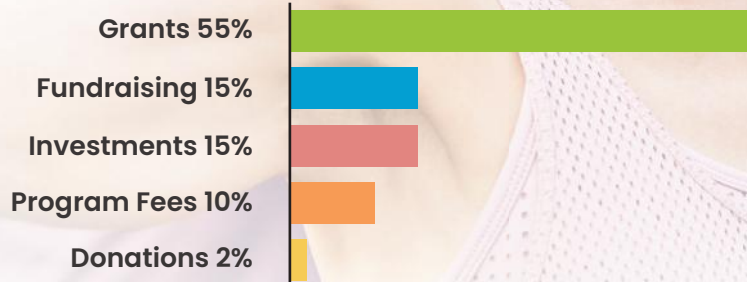
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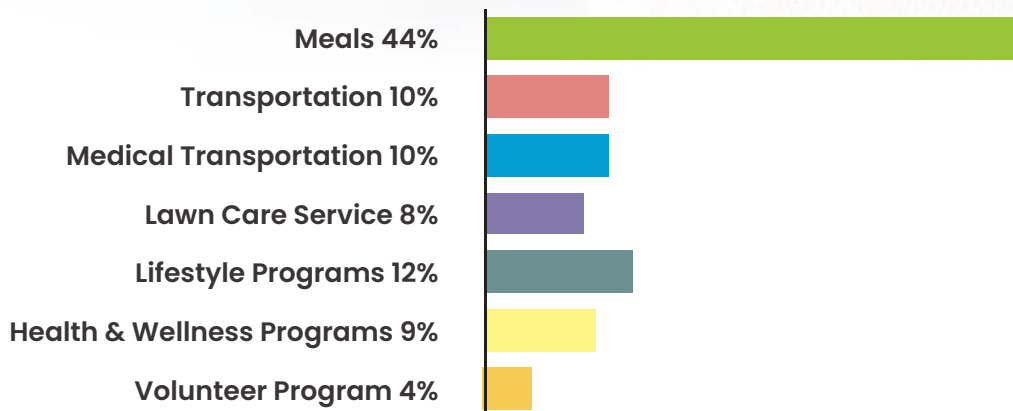
ourimpact

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?

