

# CIRCLENEWS

A PUBLICATION FOR THOSE AGE 50 +

Senior & Circle

MAY/JUNE 2011

## *A letter from Barbara Schoppman, Community Liaison, St. Joseph Hospital*

*"We must remember that many who served in our military never lived to be called veterans. We must remember many had their lives changed forever by experiences or the injuries of combat. All veterans are examples of service and citizenship for every American to remember and to follow." — President George W. Bush, Oct. 30, 2001*

Memorial Day is May 30. It is a wonderful time to honor our veterans and remember those who gave their lives for our freedom. I want to pay special tribute to our members who served in WWII, Korea or Vietnam. Whether in the fields, on bases or stateside, all of you impacted the freedom we enjoy today. Our hearts and prayers are with you on your special day as we remember your efforts.

Our 2011 Senior Circle Expo is Friday, May 6. This newsletter was mailed earlier than usual so you would receive another reminder. Look at the back cover for a list of the activities we have planned. One of the most popular areas during the Expo is the antique appraisal. Bring one or two of your treasures and have the experts appraise their value.

I want to welcome Melissa Buesching as our Senior Circle coordinator. She has worked at St. Joe for more than five years and is



enthusiastic about the challenge of creating great programs for our members. She can be reached at 425-3861 and looks forward to working with you as she develops new and interesting programs.

## **In Your Corner — Senior Health Services**



*Ann Moore, DO*



*Deji Rosanwo, MD*

Providing comprehensive healthcare for adults age 50 and older, including:

- Primary care services to monitor overall health, manage chronic conditions and treat illnesses and injuries
- Geriatric consultations (referral required) to help patients manage memory issues, multiple medications, poor mobility, falls, depression or pain management
- Long-term care for residents of long-term care or assisted living facilities

**Hours:** Monday-Friday, 9 a.m.–4:30 p.m.  
Closed for lunch noon–1 p.m.

Senior Health Services is located in Suite 115 of the medical office building attached to St. Joseph Hospital, as well as in Suite 108 of the 2510 building on the Dupont Hospital campus. Call 260-425-3636 today to schedule an appointment.



**Lutheran  
Health Network**

LutheranHealth.net

RESERVATIONS 260.425.3087 | COORDINATOR 260.425.3861



# EXERCISE PROGRAMS

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## New Zumba Gold—St. Joe

- Thursdays, 2–2:45 p.m.
- Six-week session begins May 12
- \$27 Senior Circle members, \$30 nonmembers
- Drop-in fee \$5

Check out this chair-based Zumba Gold, a fun, exciting form of Latin dance that's a great way to get fit. The music will entice you to move like never before. Easy to follow movements, including a combination of standing and sitting moves, provide a great cardiovascular workout. Standing is optional, but having fun is not! Natalie Fish, a certified Zumba instructor with Health & Prevention Inc., will guide you through the class and a cool down that includes wonderful stretching exercises. Come join the fun, share some smiles and meet lots of new people. You'll be hooked on Zumba after just one class!

## Zumba Gold—Dupont

- Tuesdays and Thursdays, 9:30–10:30 a.m.
- 2514 E. Dupont Road, second floor, Suite 200
- Senior Circle members: \$5 drop-in fee or \$3 per class when you purchase a 10-class punch card
- Nonmembers: \$8 drop-in fee or \$6 per class when you purchase a 10-class punch card
- Punch cards may be used for any Zumba fitness class offered at the Dupont location
- No preregistration required; call 416-3009 for more information

Zumba is the newest exercise craze. Donna Pond, certified Zumba instructor, has tailored this class to meet the needs of older, active adults and those needing modifications due to joint or other physical limitations. The rhythms are performed at a lower intensity level than regular Zumba, and the transition between steps is slower. Have fun and burn calories in a class designed just for folks like you!

## Aqua Aerobics

Call the Senior Circle office at 425-3087 for dates, times and a location near you! Senior Circle members receive a discount, so be sure to mention you are a member!

## Strengthen & Stretch

- Tuesdays, Thursdays & Saturdays, 10 a.m. (attend one, two or three days a week)
- Kachmann Mind Body Institute, Lutheran Hospital
- \$3 per class for Senior Circle members
- Preregister at 436-2040

New to fitness or just getting back into an exercise routine? This class is ideal for beginners and those dealing with injuries and limitations. Strengthen muscles with modified weight exercises and cardiovascular activity. And, increase flexibility with yoga stretching, breathing and relaxation. This class is excellent for older adults, since much of the activity takes place while seated in a chair. Senior Circle members receive a discount on all classes offered at Kachmann Mind Body Institute. The member rate is just \$3 per class.

## B.E.S.T. New Exercise Program—St. Joe

- Mondays and Thursdays, 1–1:45 p.m.
- Six-week session begins May 9
- Drop-in fee \$5
- \$48 Senior Circle members, \$51 nonmembers

B.E.S.T. (balance, endurance, strength, training) is a new exercise class designed especially for you. The B.E.S.T. class utilizes chairs and light equipment to work on balance, endurance and strength, as well as training the heart muscle to keep it healthy and strong. Natalie Fish, certified fitness instructor with Health & Prevention Inc., will lead the class and assist you as you work toward your individual exercise goal. Be the BEST you can be and make new friends along the way!

# EXERCISE PROGRAMS

## Walking Programs

### Spiece Fitness

- 5310 Merchandise Drive (off of Lima Road near exit 111A)
- Monday–Thursday, 5 a.m.–10 p.m.
- Fridays, 5 a.m.–9 p.m.
- Saturdays, 7 a.m.–7 p.m.
- Sundays, 8 a.m.–6 p.m.

Senior Circle members can enjoy free walking privileges any day of the week. Show your Senior Circle membership card and meet with a customer service representative the first time you come to walk. If you wish to join the facility, the enrollment fee is waived (a savings of \$120) for Senior Circle members. Full facility membership is \$42 per month for seniors, \$65 for senior couples. This includes classes in Spiece Fitness' heated pool. Call 483-1415 for more information.

### ASH Centre

- 1701 Freeman Street
- Monday-Friday, 8–10 a.m.

Walking at ASH Center concludes May 6. We will let you know when the centre reopens for the fall/winter walking program. In the meantime, enjoy the outdoors by checking out the Fort Wayne Trails!

## Tai Chi & Gentle Yoga

- Mondays, 10:45 a.m.
- Kachmann Mind Body Institute, Lutheran Hospital
- \$3 per class for Senior Circle members
- Preregister at 436-2040

The philosophy of meditation tai chi involves calming the mind and nerves while restoring body energy. Elements of tai chi are combined with slow flow yoga. The result is a smooth, relaxing practice that looks like a classic oriental dance. This slow movement class is very therapeutic and relaxing for older adults. Senior Circle members receive a discount on all classes offered at Kachmann Mind Body Institute. The member rate is just \$3 per class.



## Melissa's Memo

Dear Senior Circle Member,

Please allow me a moment to introduce myself. My name is Melissa Buesching and I

am your new Senior Circle Program Coordinator. I am really looking forward to my new role. In addition, I am eager to meet each and every one of you. I encourage you to help grow "our circle" by telling your family and friends about us. You are our best asset!

The mission of Senior Circle is to encourage a healthy, active lifestyle for seniors by providing programs that encourage continued learning, wellness, health and volunteering. Your needs are extremely important to me. If at any time you have an idea, please do not hesitate to let me know. I may be reached at 425-3861.

I look forward to meeting many of you at the Senior Circle Expo on May 6, 9 a.m.-1 p.m., at the Public Safety Academy.

## Blueberry and Yogurt Smoothie

### Ingredients:

- ½ cup wild blueberries
- ½ cup blueberry yogurt
- ½ banana
- ½ cup ice

### Directions:

Blend banana, ice and yogurt together until banana is well blended. Add blueberries and blend on low speed for 30 seconds. Adding the blueberries at the end leaves the blueberry flavor at the top.

Source: <http://www.smoothie-recipes.com/fruit/blueberry.html>



# HEALTH PROGRAMS

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## Life Line Screenings

Preventive screenings for stroke / vascular disease are one key to protecting your health and your life. These quick, painless, noninvasive tests use ultrasound to screen for stroke, abdominal aortic aneurysm and peripheral arterial disease. Each individual test is \$60. Or, choose the vascular plus afib package for \$139. Add an osteoporosis screen to either package for \$10. Senior Circle members receive a \$10 discount on packages valued at \$129 or more. Call our local representative at 450-0549 for Life Line Screening locations near you.

## Foot Care Clinic

- Thursday, May 5, 1–3:30 p.m.
- Wednesdays, May 18 & June 15, 8:30–11:30 a.m.
- Thursdays, May 19 & June 16, 8:30–11:30 a.m.
- \$20 Senior Circle members, \$23 nonmembers
- Appointment required

Enjoy a relaxing foot soak with Carol Snyder, LPN, “A Lighter Step.” She provides a nail trim, foot massage and callus filing. Bring a foot basin and large towel.

## Free Medication Check

- Wednesday, May 11, 1–1:30 p.m.
- Call for an appointment: 425-3087

Pharmacists from Lutheran Health Network will be here to discuss your medications. Bring prescriptions, over-the-counter medications, herbals, or vitamins and minerals in their original containers. If you would like to bring a list with you, be sure to include the dosage. The pharmacist will review the medications with you and discuss any drug interactions.

## How’s Your Hearing?

- Free hearing screening
- Tuesdays, May 17 & June 21, 9:30 a.m.–12:30 p.m.
- *For Senior Circle members only*

Fort Wayne Audiology Center conducts a hearing screening and provides consultation. In addition, they will check for ear wax, clean any type of hearing aid and do minor hearing aid repairs — all FREE in the Senior Circle office. Alternate times and services are available at Fort Wayne Audiology Center’s main office, located four blocks north at 217 W. Wayne St. Be sure to show your Senior Circle membership card to receive a discount!

## Massage

- Wednesdays, May 18 & June 15, 1–3:30 p.m. by appointment
- Thursdays, May 19 & June 16, 8:30–11:30 a.m. by appointment
- \$15 for 15 minutes, \$30 for 30 minutes

Bill Garringer, certified massage therapist and geriatric specialist, offers therapeutic table massage in the privacy of one of the Senior Circle offices. Therapeutic massages can improve circulation, ease pain, relieve stress and prevent many pitfalls that lead to health problems. Geriatric massage can help ease health issues common to seniors, including muscular pain and tension, hypertension, insomnia, fibromyalgia, paralysis due to stroke, joint and muscular stiffness due to Parkinson’s disease, decreased mobility or joint pain and swelling from excess fluid retention. A massage may also boost the immune system or accelerate healing from surgery or injury. If you are currently being treated for a medical condition, discuss massages with your physician before having one.

# HEALTH PROGRAMS

## Free Foot Screening

- Thursdays, May 19 & June 16  
2–4 p.m. by appointment
- *For Senior Circle members only*

Are you concerned about staying on your feet? Do you suffer from nail fungus, foot instability, athlete's foot, heel pain, deformed toes or thick, brittle or discolored nails? Do you have trouble walking? Are you diabetic and have concerns about your feet? Matthew Robison, DPM, Aboite Podiatry Associates, will examine your feet and make recommendations to keep them healthy.

## Chem 30 Blood Chemistry

- Tuesdays, May 31 & June 28  
7:30–9 a.m. by appointment, Senior Circle office
- Thursday, June 9, 8–9:30 a.m. by appointment  
Dupont Hospital, 2510 building, Suite 115
- \$49; *available for Senior Circle members only*

Chem 30 includes 30 different tests in one blood draw. It measures levels of sodium, potassium, glucose, uric acid, calcium, phosphorus, magnesium, HDL, LDL, triglycerides and more. A 12-hour fast is required. Results will be mailed to your home.

## Free Blood Pressure Check

- Tuesdays, May 31 & June 28, 7:30–9 a.m.

Regular blood pressure checks can save your life! Hypertension, or high blood pressure, has been called the "silent killer." Normal blood pressure is less than 120 (systolic) and less than 80 (diastolic). So what is high? A reading of 140 or above (systolic) and 90 or above (diastolic) is considered high. Pre-hypertension is defined as 120 to 139 (systolic) and 80 to 89 (diastolic). We have scheduled blood pressure checks to coincide with the time of the Chem 30, so plan to come before or stay after that screening. No appointment necessary.

## Mother's Day Word Scramble

1. HOEMRT \_\_\_\_\_
2. DCRA \_\_\_\_\_
3. SWFELRO \_\_\_\_\_
4. FMLYAI \_\_\_\_\_
5. PGOPSINH \_\_\_\_\_
6. TRSE \_\_\_\_\_
7. RSEDS \_\_\_\_\_
8. ROHNO \_\_\_\_\_
9. VELO \_\_\_\_\_
10. LMEIS \_\_\_\_\_
11. NTAOCVIA \_\_\_\_\_
12. OMM \_\_\_\_\_

## Father's Day Word Scramble

1. HRITS \_\_\_\_\_
2. IRLGL \_\_\_\_\_
3. DNLIHREC \_\_\_\_\_
4. GISHNFI \_\_\_\_\_
5. PNA \_\_\_\_\_
6. NEUJ \_\_\_\_\_
7. ARCD \_\_\_\_\_
8. FAREHT \_\_\_\_\_
9. OLGf \_\_\_\_\_
10. ADD \_\_\_\_\_
11. ITE \_\_\_\_\_
12. TBUOALMEOI \_\_\_\_\_

*Mother's Day: 1. Mother, 2. Card, 3. Flowers, 4. Family, 5. Shopping, 6. Rest, 7. Dress, 8. Honor, 9. Love, 10. Smile, 11. Vacation, 12. Mom*

*Father's Day: 1. Shirt, 2. Grill, 3. Children, 4. Fishing, 5. Nap, 6. June, 7. Card, 8. Father, 9. Golf, 10. Dad, 11. Tie, 12. Automobile*

# LECTURES & LEARNING

## Breakfast and Learn:

### Seven Dimensions of Wellness

- Tuesday, May 10, 9 a.m.
- St. Joseph Hospital Assembly Room
- Free breakfast served at 8:45 a.m.  
Sponsored by Life Care Center
- Reservation deadline: Friday, May 6

Barbara Cersesa, M.S., the YMCA's health wellness director, will talk about the seven dimensions of wellness—a great topic for both men and women. Wellness includes much more than just physical, mental and spiritual well-being. If one or more of these seven dimensions is under- or overprioritized, overall wellness can become imbalanced. The goal is to obtain a degree of balance and harmony across all seven dimensions. Learn about getting your life in balance, which in turn creates harmony and contributes to your overall well-being. Hope to see you there!



## Lunch and Learn:

### Medication Safety

- Wednesday, May 11, 11 a.m.
- Lutheran Hospital, Function Rooms 3 and 4
- Free lunch served at 11:45 a.m.  
Sponsored by Harbour Assisted Living
- Reservation deadline: Friday, May 6

Vicki Meyer, RN, adult trauma injury prevention coordinator at Lutheran Hospital, will discuss medication safety. Spring is coming, so it's a great time to clean out those medicine cabinets! Vicki will discuss how to properly dispose of prescription drugs, as well as upcoming community resources available to collect medications.

## Lunch and Learn:

### Aching Bones

- Wednesday, June 8, 11 a.m.
- Lutheran Hospital, Function Rooms 3 and 4
- Free lunch served at 11:45 a.m.  
Sponsored by Regency Place
- Reservation deadline: Monday, June 6

David Almdale, MD, an orthopedic surgeon from Fort Wayne Orthopedics, will be discussing osteoporosis, a combination of thinning bone tissue and loss of bone density over time. It is the most common type of bone disease. Hear what Dr. Almdale has to say about symptoms, signs, tests, treatments and, most importantly, prevention of osteoporosis.

## Breakfast and Learn:

### Men's Health and Wellness

- Tuesday, June 14, 9 a.m.
- St. Joseph Hospital Assembly Room
- Free breakfast served at 8:45 a.m.  
Sponsored by Lutheran Life Villages
- Reservation deadline: Friday, June 10

Tricia Neary, director of wellness at Lutheran Life Villages, has a passion for helping people understand the importance of disease prevention. Tricia will provide information about the major health risks men face, as well as how lifestyle choices can lead to cancer or even heart disease. Learn about potential diseases and how to prevent them at this special event.

*Please fold out for more Lectures & Learning and KCH Programs. ⇨*

 *Indicates reservations may be made online*

RESERVATIONS REQUIRED FOR ALL PROGRAMS | 260.425.3087 | LutheranHealth.net

# LECTURES & LEARNING

## Get Hooked on Crochet

- Wednesday, May 4, 9–11 a.m.
- Free for Senior Circle members, \$2 nonmembers

Join Senior Circle member and volunteer Assunta Brown for a fun morning of learning how to crochet. Visit with others and make new friends. If you are new to crocheting, Assunta will help you get started. She can also help the “veterans” with some new ideas. This is a great, inexpensive way to learn a new craft. Hope to see you there!

## Senior Circle Orientation

- Tuesday, May 10, 10:30 a.m. at Senior Circle
- Wednesday, June 8, 1 p.m. at Lutheran Hospital, Function Rooms 3 and 4

This program is for new or current members who want to know more about the benefits of a Senior Circle membership, such as national discounts and travel opportunities. Learn what Senior Circle has to offer, get to know the staff and tell us what programs you would like to see offered.

## Floral Fun

- Wednesday, May 25, 10 a.m.–noon
- Cost: \$10
- Register by Wednesday, May 18

Now that spring is here, enjoy a fun floral activity with the volunteers from our floral department at St. Joseph Hospital. Choose from either a grapevine wreath or vase and create a take-home arrangement just for you. We provide all the necessary supplies. All you need to do is bring yourself for a morning of fun, fellowship and flowers!

## Let Us Bring You Up to Speed AARP Driver Safety Program

- Thursday, May 26, 10 a.m.–3 p.m.
- St. Joseph Hospital Assembly Room
- AARP members \$12; nonmembers \$14
- Make checks payable to AARP

Learn about defensive driving and how to share the road with large trucks. Find out how to adjust your driving to address age-related changes in vision, hearing and reaction time. Not to worry, there are no tests or real driving experiences. Class size is limited, so sign up today. Contact your insurance company regarding possible discounts available after taking this class. Bring a sack lunch or enjoy St. Joseph Hospital’s Off Broadway Café. Receive a discount with your membership.

## Collette Vacations Presentation

- Thursday, June 2, 10–11 a.m.
- Reservations required

Tracy Edwards from Collette Vacations, our preferred travel partner, will present upcoming trips and answer questions about traveling with Collette. If you can’t make the presentation, we have detailed brochures available at the office. Or, call Melissa at 425-3861 to have brochures mailed to you. Trips for 2011 include:

- Islands of New England (August)
- Trains and Canyons of the Southwest (October)
- Beijing, China – a great deal! (October)
- Spain’s Classics (November)
- California New Year’s Get Away (December)

If you see a trip you like, but aren’t able to travel that month, consider booking an alternate date. Just let us know what trip you are interested in and we can provide all available dates for that trip. You will fly from Fort Wayne and meet other Collette travelers at your destination.

 *Indicates reservations may be made online*

# KCH PROGRAMS

The following programs are scheduled at Kosciusko Community Hospital in Warsaw.  
Members from Fort Wayne are also welcome to attend.

## Free Family and Friends CPR Class

- Friday, May 6 & June 3, 10–11:30 a.m.
- KCH Administration Classroom
- Call 574-372-7885 to register

## Free Hearing Screening

- Wednesday, May 18
- Sandy Engelberth, MD, audiologist
- Appointment required; call 574-269-5828

## Cholesterol/Lipid Panel Test & Glucose Screening

- Thursday, May 26, 7–9 a.m.
- Fasting
- Cost: \$23
- Appointment required; call 574-372-7890

## Free Metabolic Syndrome Test

- Friday, June 3, 10–11 a.m.
- KCH Health & Wellness Center
- This test identifies risks for developing diabetes and heart disease

## Professional Crafting: Jewelry Making

- Friday, June 10, 9–11 a.m.
- KCH Administration Classroom
- Explore your creativity! Create a meaningful gift!
- Beaded earrings, bracelet or bookmark
- Cost: \$7–\$20 depending on the project you choose
- Call 574-372-5854 to reserve your space

## Special Father's Day Breakfast

- Friday, June 17, 8:30–9:30 a.m.
- KCH Reflections Cafeteria
- Special breakfast and men's health topic
- PSA exams available for \$12
- Call 574-372-3800

## Massage Therapy

Senior Circle members receive a special discount for massage therapy from Charter College. Call 574-267-1720 and ask for Teri. Indicate you are a Senior Circle member.

## Special Mother's Day Breakfast

- Friday, May 6, 8:30–9:30 a.m.
- KCH Administration Classroom
- See how a floral arrangement is designed
- Learn about a women's health topic

RESERVATIONS REQUIRED FOR ALL PROGRAMS | 260.425.3087 | [LutheranHealth.net](http://LutheranHealth.net)

# ADVISORS

## Medicare Counseling

- Fridays, 9 a.m.–3 p.m. by appointment

State Health Insurance Assistance Programs, or SHIP, is a free, unbiased counseling program provided by the Indiana Department of Insurance.



State-certified volunteer counselors provide local help for people with health insurance issues, including Medicare concerns.

## Legal Counseling

- Fridays, May 13 & June 10, 1–3 p.m. by appointment

An elderlaw attorney from the firm Beers, Mallers, Backs and Salin will provide a free 20-minute consultation and answer your legal questions.

## Senior Circle Member Benefits

Senior Circle members have ongoing access to a multitude of programs, services and screenings designed for mature adults. Members can also take advantage of the following discounts and benefits:

- **Meal discount:** receive employee pricing in the cafeterias at St. Joseph, Lutheran, Dupont and Kosciusko Community hospitals, as well as Bluffton Regional Medical Center
- **Parking discount:** 50 percent discount on parking fees in the St. Joseph Hospital parking garage
- **Free walking privileges** at Spiece Fitness, exclusive to Senior Circle members
- **EyeMed vision plan:** substantial savings at many local retail providers
- **ScriptSave:** prescription drug discounts
- **Hearing aid discounts** through Beltone and Fort Wayne Audiology Center
- **Free copy, fax and notary service** (by appointment)



## MEMBERSHIP APPLICATION

Today's Date: \_\_\_\_\_ Referred By: \_\_\_\_\_

<b>SENIOR CIRCLE</b>		<input type="checkbox"/> New <input type="checkbox"/> Renew
Last Name	MI	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
Phone Number ( )	DOB (mm/dd/yyyy)	
Address	Apt #	
City	State	ZIP
E-mail		
<p>I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/></p> <p>that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met.</p> <p>Signature _____</p> <p>Last 4 digits of social security # _____</p>		
<b>Complete the section below only if you are applying for a second member in the same household.</b>		
Last Name	MI	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
Phone Number ( )	DOB (mm/dd/yyyy)	
E-mail		
<p>I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/></p> <p>that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met.</p> <p>Signature _____</p> <p>Last 4 digits of social security # _____</p>		
<b>Check one:</b>		
<input type="checkbox"/> One-Year Membership \$15.00 (SC1) <input type="checkbox"/> Two - One-Year Memberships \$27.00 (TW1) <input type="checkbox"/> Two-Year Membership \$27.00 (SC2)		
<p>Return completed application with check payable to:  <b>Senior Circle, Care of St. Joseph Hospital,</b>  <b>700 Broadway, Fort Wayne, IN 46802</b></p>		

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**COMMUNITY & ADULT SERVICES** 260.425.3883 | **VOLUNTEER SERVICES** 260.425.3098



# Senior Circle **EXPO** **2011**

**JOIN US  
FOR THE 11th  
ANNUAL EXPO!**

brought to you by  
**Lutheran Health Network**

**FRIDAY, MAY 6, 2011 • 9 A.M.-1 P.M.**

**PUBLIC SAFETY ACADEMY**

7602 Patriot Crossing

in the Southtown Centre behind Walmart and Menards



#### **FREE HEALTH SCREENINGS:**

- Glucose (12 hour fast recommended)
- Blood pressure
- And more!

#### **ADDITIONAL OFFERINGS:**

- Free lunch for the first 300 attendees, provided by American Senior Communities
- Free hand massage
- Educational, informative learning opportunities
- Total cholesterol test, just \$10
- Antique appraisal (limit two items please)
- Light musical entertainment
- Free admission and free parking

For more information, call 260.425.3087.