

# About Us

SSC (Sabathani Senior Center) is the hub for many programs including wellness care opportunities; informative seminars on current topics or events; entertaining field trips to a theatre, historic sites, or museums; as well as a friendly gathering place where seniors can meet friends and neighbors. Our many activities and services are designed to help seniors maintain independent lifestyles.

Seniors meet to play Bridge and whist, and other games; celebrate many of our holidays with a special theme lunch in our Sabathani Cafe; and share in the activities and services offered by other programs within the Sabathani Community Center building.

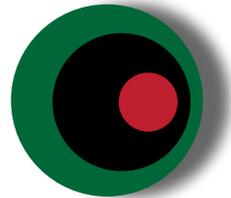


The Senior Center also provides individual assistance to seniors for tax preparation, Medicare issues, regular foot care clinics, and weekly monitoring of blood pressure and blood sugar at our Monday Nurse's Clinic. Sabathani seniors are invited to become members of the U-Meet-Us Club, as well as Club Sugar, our diabetes support group, Sabathani's AARP Chapter and our Red Hat Society Chapter.

The Center is open Monday through Thursday, 9 a.m. to 1 p.m. Our location is room 106 within the Sabathani Community Center and offers easy access for seniors who may require services or information offered by the other community agencies and organizations housed in the building. For information call us at **612-821-2306**. Need a ride to the Center? Call **612-821-2354** between 9 a.m. and 1 p.m.

**Sabathani Senior Center**

310 East 38th Street, Room 106  
Minneapolis, MN 55409



# SSC



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[gmo@sabathani.org](mailto:gmo@sabathani.org)

**612-821-2306**



# SSC

## 50 and Better

SSC (Sabathani's Senior Center) is focused on helping adults – age 50 or better – to maintain an independent life style. Our center provides educational opportunities, support services, activities, information, and referrals.

Here at Sabathani we are doing our share to enhance the lives of the elders in our community, thus improving the overall quality of life in the total community.

You are cordially invited to join us Monday through Thursday, 9 a.m. to 1p.m. In addition to the regularly scheduled programs listed, we offer numerous special programs such as safe driving, health screenings, diabetes support and personal safety, to name a few. Call **612-821-2306** for more information.



## Healthy, Aware Adults

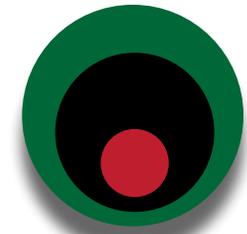
Sabathani Senior Center provides basic wellness information and care for the seniors in our community. Our Monday Morning Clinic, where our nurse conducts a popular weekly strengthening class to reduce or prevent falls among seniors, is available for blood pressure and blood sugar tests, as well as general conversation about health care questions and concerns. The clinic offers special events such as the annual flu shot clinic, two foot clinics, nutrition and wellness programs, and important screenings.



## Active Adults

In addition to the seated exercise program, Sabathani Senior Center offers weekly fitness programs including line dancing and an exercise class in the gym conducted by a certified fitness instructor. We offer podiatry clinics about eight times a year, monthly Club Sugar meetings, and have a Medicare consultant available by appointment every five weeks.

For many years, the Center has promoted an indoor walking program and supported wellness projects, studies, and screenings conducted by health care institutions.



## Happy Adults

Field trips, parties, Bible studies, sewing and quilting, ceramics, bridge and whist and other games, plus our own Red Hat Chapter, AARP Chapter, and U-Meet-Us Club are among a few of the many available activities and events where we have fun.

Our monthly Coffee Talks, co-sponsored by Minneapolis Community Education, cover issues of interest and concern to seniors. We also offer a variety of community engagement opportunities and conversation with public officials.

## Ride With Us

Our Senior Van is scheduled to take seniors shopping, to special events or to bring you to the Senior Center. The monthly van schedule is included in our newsletter. Call **612.821.2354** to schedule your ride.

