

# SENIOR CIRCUIT

Mar/Apr 2024 Issue | Volume 19, Issue 2

## JACKSON COUNTY DEPARTMENT ON AGING

*Senior Centers and Sites*  
517-788-4364

MAR | APR ISSUE

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Support Meals on Wheels  
Tuesday  
March 12, 2024  
5:30 - 7:30 p.m.  
American 1 Event Center  
Keeley Park

### CROUCH SENIOR CENTER

### SPRING CELEBRATIONS

- Dinner Dances
- Music Specials
- St. Paddy's Day Party
- Easter Fun
- Food Tasting Event



## Computer Help Hour with Dr. Bill Tuesdays 1 pm - 2 pm

IT Help & Smart Phone Help...  
Call 768-8691 for Info!

## WORKSHOPS /CLASSES PRESENTATIONS

### CONNECTION CAFE

3rd Monday AT 2 PM  
March - Improving Sleep  
April - Managing Anxiety  
Martha York, WellWise, AAA

### MSUE COOKING FOR ONE

Tuesdays, March 19 - April 23  
10 - 11:30 am 6 Week Class  
Instructor: Kevin Knapp, MSUE  
Must Sign Up! Class Size  
Limited. Call 768-8691

### 911 Emergency Dispatch

Meet & Greet  
Thursday, March 27  
11:00 am Crouch Dining Room  
Jason Hamman, Director

Advanced Care Planning  
and Five Wishes - Lunch &  
Learn Thursday, April 18  
11:30 am to 2:00 pm  
MUST Sign Up!. Limited to 70  
people. Call 517-768-8691

*See Pages 10, 11, 14*

## BINGO, BINGO, BINGO Euchre Bridge, Cards Karaoke

*See Page 7*

## Daily Exercise Classes

*See Page 12*



**JACKSON COUNTY**  
*Michigan*

# CLASSES/ACTIVITIES AT CROUCH

Please Register for Classes (517) 768-8691 Email: [LMeat@mijackson.org](mailto:LMeat@mijackson.org)

## POOL ROOM OPEN

Mon - Fri 9 am to 4 pm  
Play Billiards Any Day!

## BIBLE STUDY

Mondays at 10:30 am  
Facilitator: Pastor Ed

## STORYTELLERS ON PAPER

1st & 3rd Mondays at 1:00 pm  
Instructors: Fordine & Sherrill

## PAINT PARTIES TO GO

Mondays, March 25 & April 1 at 1 pm  
*Free for people 60+ First 25 that sign up.*  
*(\$10 donation for all others)*  
Must Sign Up! 768-8691  
Instructor: Karen Olmos

## CRAFT & CHAT

Monday, April 29 at 1:00 pm  
PLEASE SIGN UP!  
Instructor: Michelle

## HOSPICE QUILTERS

Tuesdays at 10:00 am  
Facilitator: Karen

## JAM SESSION

Every Tuesday Following Lunch  
Musicians and Listeners Welcome!

## WOOD CARVING CLUB

Every Tuesdays at 1:00 pm  
Facilitator: Bob

## TIMESLIPS 10 AM

1st Tuesday & 4th Wednesday  
Memory Loss & Creative Engagement  
Instructor: Anne de Irala,  
Jackson District Library

## CARD MAKING CLASS

1 & 3 Wednesdays 9:30 am  
\$5.00 Supply Donation  
Must Sign Up!  
Instructors: Bev & Jane

## GRANNY SQUARES

Every Wednesday at 1:00 pm  
Facilitator: Barb

## KARAOKE

4th Wednesday at 1:00  
Norma Plays the Tunes & You Sing!

## GREEN THUMB MSUE MG

3rd Thursday, Every Month at 10 am  
March 21 - Aloe Vera Plants  
April 18 - Guest Speaker Gary Beck  
Facilitators: Marla, Donna, Ed, Darold

## JERRY & LARRY JAM

Country & Gospel Music  
Thursdays at 1:00  
Facilitator: Jerry

## ACRYLIC PAINT CLASS

EVERY Thursday at 1 pm  
*Bring Your Own Supplies; or a Donation for  
Program Supplies Provided*  
Call 768-8691 for more information  
Instructor: Karen H.

## ROCK N ROLLERS WII BOWL

Fridays at 1 pm  
Facilitator: Sue

## FOOT CARE CLINIC

Friday, April 19  
Call 768-8691 Appointment  
See Page 14 for Details

## SQUARE DANCERS

1st Friday at 1:30 pm  
Call 768-8691 for information.  
Facilitator: Vicki

## CARDIO DRUMMING

2, 3, 4 Friday at 1:30 pm  
Call 768-8691 for information.  
Facilitators: Tracy & Paul

## LOW VISION BLIND CLUB

3rd Friday of the Month - Some Off  
Site Meetings. Call 768-8691  
Facilitator: David

**DINNER DANCES**

March 7 - St. Paddy's Shamrockin' Bash

April 4 - Spring Blossom Bash

**CROUCH SENIOR CENTER**  
Thursdays, March 7 & Apr 4

5 pm - 9 pm

Park In Lot A

Health Department,  
Ground Floor, Room 005**Dinner Served 5 - 5:30 p.m.***60+ suggested donation**\$2.50; Under 60 - cost \$3.50***Dance 6 - 9 p.m.***Dance Donation \$1.50***DINNER RSVP: 768-8691****Enrichment: 768-8691****On The Menu****March**

Corned Beef &amp; Cabbage

Red Potatoes

Carrots

Irish Soda Bread

Fruit, Milk

Special Irish Dessert

**April**

Creamy Chicken Gnocchi

Italian Blend Veggies

Salad, Breadstick, Milk

Dessert: Red Velvet Cake

**CELEBRATIONS!****CROUCH SENIOR CENTER**  
**SPRING SPECIALS****Two Days of Green!**

Thursday, March 14

St. Paddy's Lunch

1:00 Euchre

1:00 Country Gospel Jam

Friday, March 15

St. Paddy's Party &amp; Music

Steve Berkemeier

1:00 pm to 2:00 pm

**Easter Celebrations**

Friday, March 29

Good Friday Hymns

with Carol &amp; Friends

11:30 am to 11:50 am

12:45 pm to 1:15 pm

Easter Bunny Fun!

**April Showers**

Friday, April 12

Entertainment with

Steve Berkemeier

12:45 pm - After Lunch!

Tuesday, April 16

11:30 am to 1 pm

FREE Food Tasting Event

VAN EERDEN, A Fresh

Approach to Food Service

Must Reserve! 768-8684

Friday, April 26

Two Hearts Music

Cooper &amp; Rielle

12:45 pm to 1:15 pm

12:00 Lunch Served Daily M - F

Make lunch reservations one

day in advance. 768-8684

## OUR GATHERING PLACES

Call 768-8684 for Lunch Reservations. Call 788-4364 for SITE Information.

### IT'S MORE THAN JUST LUNCH!

You are invited to lunch at the Crouch Senior Center. Whether you bring your friends or come on your own, you will enjoy the camaraderie and friendships while enjoying a hot, nutritious meal served at noon. Come early to enjoy many exciting activities and enrichment programs.

## Gathering Place INFORMATION call 788-4364 LUNCH RESERVATIONS call 768-8684

**Crouch Senior Center**  
1715 Lansing Ave  
MON - FRI  
9 am - 4 pm

**Michigan Center St. Aidan's Church**  
361 Grove Street  
MON WED FRI  
10:30 - 2:30

**Park Forest Site**  
3300 Spirea Ct.  
MON - FRI  
10:30 - 1:30

**Napoleon Site**  
Township Hall (M-50)  
6755 Brooklyn Rd.  
TUES & THURS  
10:30 - 1:30

**Norvell Site Temporary Location**  
106 Commercial Rd.  
MON WED FRI  
10:30 - 1:30

**Spring Arbor Senior Site**  
JDL SA Branch  
122 Star Road  
MON - FRI  
10:00 - 1:30

**King Recreation Center Food with Friends Site**  
1107 Adrian St.  
MON - FRI  
12 noon

**Grass Lake Senior Center Food with Friends Site**  
Call 768-8684 for lunch days!

**LUNCH RESERVATIONS**  
one day in advance  
(517) 768-8684

### SECOND MEAL PROGRAM

A second, evening cold meal is available to take home two days a week for seniors who eat lunch at a nutrition site and have reserved a second meal.

#### Criteria:

- You or your spouse must be age 60 or older.
  - You eat a noon meal at the site that day.
  - You reserve your second meal in advance.
  - You sign to receive the meal.
- Suggested Donation: \$1.00

#### Second Meal Available:

Tue & Thu at Napoleon site  
Mon & Wed at all other sites

Sign up for the second meal at a Nutrition site or call (517) 768-8684. Please call one day in advance and leave the site location when you leave a message.

*The Second Meal Program provided by senior millage funding.*

Lunch Served at Crouch - 12 noon to 12:45 pm  
Lunch Served at Rural Sites - 12 noon to 12:30 pm  
Food With Friends - See Site for Lunch Serving Time

### LUNCH RESERVATIONS

Please call one day in advance to make your lunch reservations.

(517) 768-8684

Suggested donation for guests 60 and older - \$2.50; Cost for guests under 60 - \$3.50



**NORVELL INVITES YOU TO PLAY EUCHRE EVERY FRIDAY!**

768-8691

### Inclement Weather Reminder!



When Jackson Public Schools are closed due to inclement weather, nutrition sites will be closed and Meals on Wheels may not be delivered.

Please listen to the following stations for closing announcements:

#### Radio

- FM 96.7
- FM 105.3
- AM 970

#### TV

- WLNS-TV6, Lansing
- WILX-TV10

# SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch at Park Forest</p> <p>Mon - Fri Page 4</p> 		<p>PARK FOREST FRIENDS LUNCH &amp; SEWING!</p>	 <p>Menus certified by: Sarah Chapel Registered Dietician</p>	<p>- 1 -</p> <p>Seafood Alfredo Broccoli Carrot Coins Fresh Fruit Milk Dessert</p>
<p>- 4 -</p> <p>Brat &amp; Sauerkraut Carrots Green Beans Fresh Fruit Roll Milk</p>	<p>- 5 -</p> <p>Smothered Chicken Tater Tot Casserole Brussels Sprouts Roll Fresh Fruit Milk</p>	<p>- 6 -</p> <p>Spaghetti &amp; Meatballs Italian Blend Veggies Green Peas Fresh Fruit Milk Cookie</p>	<p>- 7 -</p> <p>Wiley Potato Antigua Blend Hot Spiced Apples Roll Milk</p> <p>Dinner Dance</p>	<p>- 8 -</p> <p>Tuna Noodle Casserole California Blend Stewed Tomatoes Fresh Fruit Milk Dessert</p>
<p>- 11 -</p> <p>Smothered Beef Patty Mashed Potatoes Mixed Veggie Roll Fresh Fruit &amp; Milk</p>	<p>- 12 -</p> <p>Swedish Meatballs over Rice Baby Carrots Green Beans Fresh Fruit Milk</p>	<p>- 13 -</p> <p>Sloppy Joe Tater Tot Casserole Peas &amp; Carrots Fresh Fruit Milk Cookie</p>	<p>- 14 -</p> <p>Shepherd's Pie Brussels Sprouts Hot Spiced Peaches Roll Milk</p>	<p>- 15 -</p> <p>Veggie Egg Scramble Au Gratin Tuscan Blend Muffin Orange Juice Milk Dessert</p>
<p>- 18 -</p> <p>Chicken &amp; Peppers Corn &amp; Black Bean Fiesta Re-Fried Beans Flour Shell &amp; Taco Sauce, Fruit, Milk</p>	<p>- 19 -</p> <p>Goulash Broccoli Cauliflower Fresh Fruit Milk</p>	<p>- 20 -</p> <p>Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies Roll, Applesauce Cup Milk &amp; Cookie</p>	<p>- 21 -</p> <p>Cheesy Shells w/ Chicken &amp; Peas Zucchini &amp; Tomatoes Hot Spiced Apples Milk</p>	<p>- 22 -</p> <p>Fish Sandwich Macaroni &amp; Cheese Brussels Sprouts Fresh Fruit Milk Dessert</p>
<p>- 25 -</p> <p>Salisbury Steak Mashed Potatoes Mixed Veggies Roll, Fresh Fruit Milk</p>	<p>- 26 -</p> <p>Sweet &amp; Sour Chicken over Rice Broccoli Carrots Milk</p>	<p>- 27 -</p> <p>Chicken Cordon Bleu Sweet Potato Casserole Brussels Sprouts Roll Fresh Fruit Milk &amp; Cookie</p>	<p>- 28 -</p> <p>Chicken Pasta Primavera Beets Hot Spiced Apples Milk</p>	<p>- 29 -</p> <p>Macaroni &amp; Cheese Zucchini &amp; Tomatoes Normandy Blend Fresh Fruit Milk</p>

## CONNECTION CAFE

- 3rd Mondays Month at 2:00 pm
- March 18 - Improving Sleep
- April 15 - Managing Anxiety
- WellWise, AAA, Martha York

## MSUE COOKING FOR 1

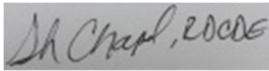

- Tuesdays, March 19 - April 23
- 10:00 am to 11:30 am - 6 Classes
- Must Sign Up! 768-8691
- Cook and Taste!
- Cooking for 1 Tips and Tricks

## CARDIO DRUMMING

- 2nd, 3rd, 4th, 5th Friday
- 1:30 pm in Room 005
- Register - call 768-8691
- Supplies Provided!

# SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>- 1 -</b> Crispy Chicken w/ Country Gravy Mashed Potatoes Normandy Blend Roll, Fresh Fruit, Milk	<b>- 2 -</b> Cheeseburger Tater Tot Casserole Mixed Veggies Fresh Fruit Milk	<b>- 3 -</b> Turkey & Gravy w/ Stuffing Mashed Potatoes Peas & Carrots Fresh Fruit Milk	<b>- 4 -</b> Chicken Florentine over Rice Zucchini & Tomatoes Hot Strawberries Pears & Milk <b>DINNER DANCE</b>	<b>- 5 -</b> Chili & Cheese Baked Potato Green Beans Hot Spiced Peaches Milk Dessert
<b>- 8 -</b> Beef Hot Dog Baked Beans Mixed Vegetables Fresh Fruit Milk	<b>- 9 -</b> Sweet & Sour Meatballs over Rice Brussels Sprouts Diced Carrots Fresh Fruit Milk	<b>- 10 -</b> Spaghetti w/Meat Sauce Italian Blend Veggies Green Peas Fresh Fruit Milk & Cookie	<b>- 11 -</b> Brat & Sauerkraut Carrots Hot Spiced Apples Roll Milk	<b>- 12 -</b> Western Meatloaf Red Potatoes California Blend Roll, Fresh Fruit Milk Dessert
<b>- 15 -</b> Beef Pepper Patty Mashed Potatoes Broccoli Roll, Fresh Fruit Milk	<b>- 16 -</b> Egg, Bacon & Cheese Scramble Au Gratin Potatoes Zucchini & Tomatoes Muffin & Milk	<b>- 17 -</b> Fish Sandwich Tater Tot Casserole Mixed Vegetables Fresh Fruit Milk Cookie	<b>- 18 -</b> Wiley Potato Antigua Blend Hot Spiced Apples Milk	<b>- 19 -</b> Macaroni & Cheese Brussels Sprouts Diced Beets Fresh Fruit Milk Dessert
<b>- 22 -</b> Chicken Drumstick Mashed Potatoes Midori Blend Fresh Fruit Roll & Milk	<b>- 23 -</b> BBQ Pork on WW Bun Au Gratin Potatoes California Blend Apple Sauce Cup Milk	<b>- 24 -</b> Tuna Noodle Casserole Carrots Green Beans Fruit, Milk, Cookie	<b>- 25 -</b> Broccoli, Chicken & Rice Mixed Vegetables Hot Spiced Peaches Milk	<b>- 26 -</b> Stuffed Cabbage Casserole Red Potatoes Peas & Carrots Fruit, Roll, Milk Dessert
<b>- 29 -</b> Beef Ribette on WW Bun Tater Tot Casserole Peas & Pearl Onions Applesauce Cup Milk	<b>- 30 -</b> Swedish Meatballs over Rice Brussels Sprouts Mixed Vegetables Fresh Fruit Milk	Menus certified by: Sarah Chapel Registered Dietician 		<b>NORVELL SITE LUNCH &amp; EUCHRE FRIDAYS!</b>  See Page 4

## BILLIARDS! BILLIARDS!

- Pool Games Every Day 9 - 4
- Players Wanted for Group Games.
- Beginners Welcome!

## BINGO BINGO BINGO

- Beat the Winter Blahs!
- **Penny** 1, 3, 5 Wednesday 1:00
- **Flamingo** 2nd Monday & 2nd Wednesday at 1:00
- **Quarter** Every Friday at 10 am

## DAILY EXERCISE CLASSES

- Monday - Friday
- Fit After 50 & Enhance Fitness
- Moving For Better Balance
- Line Dance & Cardio Drum
- Days & Times on Page 12

## JAMS & KARAOKE

Crouch Dining Room

### CROUCH JAM SESSION TUESDAYS AT 1 PM

New Musicians & Listeners Always Welcome! Call 768-8691 for Info!

### KARAOKE

#### 4TH WEDNESDAY AT 1 PM

Norma plays the backup music and you sing the words that appear onscreen. It's easier than you think. Check it out!

### COUNTRY GOSPEL JAM THURSDAYS AT 1 PM

An afternoon with Jerry, Larry & Friends. Sing Along or Listen!

## BINGO BINGO BINGO

Crouch Dining Room

### PENNY BINGO

1, 3, 5 Wednesday at 1:00

Bring your own pennies in lieu of tokens. Whoever bingos gets all of the pennies played.

### FLAMINGO BINGO

Free Bingo! **Donated Prizes.**

2nd Monday at 1:00

2nd Wednesday at 1:00

*(free games; prizes are donated and often gently used white elephant prizes)*

### QUARTER BINGO

Fridays at 10:00 am

Bring a quarter for each card you play. Winners split the pot(s)!



## EUCHRE TOURNAMENTS, CARDS AND GAMES

PLEASE CALL 768-8691 for Game Information

Location	Game	Day	Time
Crouch	Pool Games	Mon - Fri	9 am - 4 pm
Crouch	Wii Bowl Games	Any Day!	9 am - 4 pm
Crouch	Euchre Tourney	Thursdays	1:00 pm
Crouch	Pool Games	Thursdays	9:00 am
Crouch	Wii Bowl League	Fridays	1:00 pm
Crouch	Bridge	Fridays	1:00 pm
King Center	Four Corners	M - F	10:30 am
Michigan Center	Euchre	M/W/F	12:30 pm
Napoleon	Euchre/Bingo/ Wii Bowling	T/TH	10:30 am
Norvell	Euchre	Fridays	10:30 am
Spring Arbor	Cards & Lunch	Call for Info	768-8691

**PHOTOGRAPHY DISCLAIMER:** Jackson County Department on Aging uses pictures of events and participants to inform others about these opportunities. We will not use identification. If you do not want your picture taken, please tell our photographer.

**SPECIAL ACCOMMODATION:** When registering for an event, please notify Jackson County Department on Aging of any special accommodations needed.

**DISCLAIMER:** The opinions by presenters are their own and do not reflect the views of Jackson County Department on Aging or any agency sponsors.



# MARCH 2024 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

1715 Lansing Avenue, Jackson, MI | Open Mon-Fri 9 a.m. - 4 p.m. (517) 768-8691

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Flamingo Bingo!</b> Free bingo. Win a prize! Prizes -White Elephant Donations. Donations - See Laurie! 768-8691.				<b>- 1 -</b> 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Wii Bowl 1:30 Square Dancers
<b>- 4 -</b> 8:30 Fit 50 Exercise 10:30 Bible Study 10:30 Exercise 1:00 Storytellers	<b>- 5 -</b> 10:00 Quilters <b>10:00 TimeSlips</b> 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	<b>- 6 -</b> 8:30 Fit 50 9:30 Card Class 10:30 Exercise 11:45 & 1:15 Line Dance 1:00 BINGO 1:00 Granny Squares	<b>- 7 -</b> 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class <b>5 - 9 DINNER DANCE Classic Vibes</b>	<b>- 8 -</b> 8:30 Fit 50 Exercise 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Wii Bowl <b>1:30 Cardio Drum</b>
<b>- 11 -</b> 8:30 Fit 50 Exercise 10:30 Bible Study 10:30 Exercise <b>1:00 Flamingo Bingo</b>	<b>- 12 -</b> 10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help <b>SOUP'S ON</b>	<b>- 13 -</b> 8:30 Fit 50 Exercise 10:30 Exercise 11:45 Line Dance 1:15 ADV Line Dance <b>1:00 BINGO</b> 1:00 Granny Squares	<b>- 14 -</b> 10:30 Exercise <b>12:00 St. Paddy's Day Lunch &amp; Green Day!</b> 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 15 -</b> 8:30 Fit 50 Exercise 10:00 Quarter Bingo 10:30 Exercise <b>1:00 St Paddy Party</b> 1:00 Bridge Club 1:00 Low Vision 1:00 Wii Bowl <b>1:30 Cardio Drum</b>
<b>- 18 -</b> 8:30 Fit 50 10:30 Bible Study 10:30 Exercise 1:00 Storytellers <b>2:00 Connection Café Improve Sleep</b>	<b>- 19 -</b> 10:00 Quilters <b>10:00 Cooking 1 MSUE</b> 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	<b>- 20 -</b> 8:30 Fit 50 9:30 Card Class 10:30 Exercise 11:45 & 1:15 Line Dance 1:00 BINGO 1:00 Granny Squares	<b>- 21 -</b> <b>10:00 Green Thumb Aloe Plants</b> 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 22 -</b> 8:30 Fit 50 Exercise 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Wii Bowl <b>1:30 Cardio Drum</b>
<b>- 25 -</b> 8:30 Fit 50 Exercise 10:30 Bible Study 10:30 Exercise <b>1:00 Paint Party</b>	<b>- 26 -</b> 10:00 Quilters <b>10:00 Cooking 1 MSUE</b> 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	<b>- 27 -</b> 8:30 Fit 50 Exercise <b>10:00 TimeSlips</b> 10:30 Exercise <b>11:00 911 Emergency</b> 11:45 & 1:15 Line Dance <b>1:00 Karaoke</b> 1:00 Granny Squares	<b>- 28 -</b> 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 29 -</b> 8:30 Fit 50 Exercise 10:00 Quarter Bingo 10:30 Exercise <b>11:30 Easter Music 12:45 Easter Music</b> 1:00 Bridge Club 1:00 Wii Bowl <b>1:30 Cardio Drum</b>
<b>KING CENTER</b> Open! M - F		<b>PARK FOREST</b> M - F Lunch & Conversation		<b>NORVELL</b> M/W/F EUCHRE FRIDAYS!
<b>MICHIGAN CENTER</b> Call for EUCHRE days! M/W/F		<b>NAPOLEON</b> T/TH Call for Euchre & Bingo Days		<b>GRASS LAKE SENIOR CENTER</b> Activities 522-8466

# APRIL 2024 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

1715 Lansing Avenue, Jackson, MI | Open Mon-Fri 9 a.m. - 4 p.m. (517) 768-8691

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>- 1 -</b> Exercise on Break 10:30 Bible Study Exercise on Break <b>1:00 Storytellers</b> <b>1:00 PAINT PARTY</b>	<b>- 2 -</b> 10:00 Quilters 10:00 TimeSlips <b>10:00 Cooking 1 MSUE</b> Exercise on Break 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	<b>- 3 -</b> Exercise on Break 9:30 Card Class Exercise on Break 11:45 & 1:15 Line Dance 1:00 Penny Bingo 1:00 Granny Squares	<b>- 4 -</b> Exercise on Break 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class <b>5 - 9 DINNER DANCE</b> <b>Sea Cruisers</b>	<b>- 5 -</b> Exercise on Break 10:00 Quarter Bingo Exercise on Break 1:00 Bridge Club 1:00 WII Bowl League <b>1:00 Square Dancers</b>
<b>- 8 -</b> 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise <b>1:00 Flamingo Bingo</b> <i>(free bingo, win donated white elephant prizes)</i>	<b>- 9 -</b> 10:00 Quilters <b>10:00 Cooking 1 MSUE</b> 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	<b>- 10 -</b> 8:30 Fit After 50 10:30 Exercise 11:45 & 1:15 Line Dance <b>1:00 Bingo</b> 1:00 Granny Squares	<b>- 11 -</b> 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 12 -</b> 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise <b>12:45 Spring Music!</b> 1:00 Bridge Club 1:00 WII Bowl League 1:30 Cardio Drum
<b>- 15 -</b> 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise <b>1:00 Storytellers</b> 2:00 Connection Café Managing Anxiety	<b>- 16 -</b> 10:00 Quilters <b>10:00 Cooking 1 MSUE</b> 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help <b>11:30 - 1 FOOD TASTING</b> <b>EVENT W/ VAN EERDEN</b>	<b>- 17 -</b> 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 11:45 & 1:15 Line Dance 1:00 Penny Bingo 1:00 Granny Squares	<b>- 18 -</b> <b>10:00 Green Thumb</b> <b>Beck's Flowers</b> 10:30 Exercise <b>11:30 Advanced Care</b> <b>Workshop Rm. 005</b> 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 19 -</b> 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Low Vision Club 1:00 WII Bowl League <b>1:30 Cardio Drum</b> <b>FOOT CARE CLINIC</b>
<b>- 22 -</b> 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise	<b>- 23 -</b> 10:00 Quilters <b>10:00 Cooking 1 MSUE</b> 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	<b>- 24 -</b> 8:30 Fit 50 9:30 Card Class 10:00 TimeSlips 10:30 Exercise 11:45 & 1:15 Line Dance <b>1:00 KARAOKE</b> 1:00 Granny Squares	<b>- 25 -</b> 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class <b>1:00 Nutrition Council</b>	<b>- 26 -</b> 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise <b>12:45 Friday Music!</b> 1:00 Bridge Club 1:00 WII Bowl League <b>1:30 Cardio Drum</b>
<b>- 29 -</b> 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise <b>1:00 Chat N Craft</b>	<b>- 30 -</b> 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	  		
<b>KING CENTER</b> Open! M - F  <b>MICHIGAN CENTER</b> M/W/F Call for Euchre Days!		<b>NAPOLEON</b> T/TH Call for Euchre, Bingo Days  <b>PARK FOREST</b> Lunch & Conversation		<b>NORVELL</b> M /W /F EUCHRE FRIDAYS!!  <b>GRASS LAKE</b> CALL 522-8466

## SPRING ARBOR SENIOR SITE - LUNCH AND EXERCISE!

Spring Arbor Senior Site, 122 Star Road, Spring Arbor | 768-8691

**Spring Arbor Senior Site at JDL**  
10:00 am to 1:30 pm

**Hot Lunch Monday - Friday**  
**Served at 12:00 noon**

Please make a lunch reservation  
at least one day in advance.  
CALL 517-768-8684

Location: 122 Star Road, Spring Arbor, MI  
Jackson District Library, SA Branch

**Spring Arbor Senior Center**  
**Celebrating One Year at the JDL**  
**Community Room Location**  
**PARTY!**



**Friday, March 22**

- 12:00 Lunch, Cookies, Punch
- 12:30 - 1:30 Music with Steve Berkemeier
- Make A Reservation with Minnie or Call **768-8691**



**Jackson District Library Programs**

- Tech Support 2nd & 4th Thursday, 2 - 4 pm Summit Branch
- Jacktown Ukes, March 28, 5:30, SA Branch
- Seed Exchange, April 1 - 14, open hours, Meijer Branch
- April 13, 11 - 3 Eastern Grand Reopening

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:15 Fit After 50 <i>(On Break Apr 1 - 5)</i> 12:00 Lunch  <i>12:00 - 1:00 1st Monday of the Month JDL Book Club</i>	12:00 Lunch 12:45 - 1:30 Meet in Lobby  <i>12:45 Room Reserved for SA JDL Program</i>	10:15 Fit After 50 <i>(On Break Apr 1 - 5)</i> 12:00 Lunch 	10:15 Line Dance 12:00 Lunch 	10:15 Fit After 50 <i>(On Break Apr 1 - 5)</i> 12:00 Lunch  <i>Friday, March 22 12:30 - 1:30 Party! Music with Steve Berkemeier</i>

## COOKING FOR ONE CLASSES

MSU Extension, Kitchen

**TUESDAYS, MARCH 19 thru APRIL 23**  
10:00 am to 11:30 am MSU Extension Kitchen  
Instructor: Kevin Knapp

**SIGN UP REQUIRED**  
**768-8691**

Class Size Limited to 12 People  
*(Must attend all six classes)*

- Cooking for one can be fun and rewarding!
- Learn ways to making cooking for one simple and enjoyable.
- Learn useful tips and tricks to making healthy choices and being active.
- Participate in cooking and tasting recipes!

## JACKSON DISTRICT LIBRARY

Presents: TimeSlips Creative Storytelling

1st Tuesday and 4th Thursday  
10:00 - 11:00 am Crouch Senior Center

Do you know someone who is isolated or perhaps wrestling with dementia? You want to engage but don't know how? Try TimeSlips. A program designed to bring meaning and purpose to the lives of elders through creative engagement. Folks in early to moderate stages of memory loss can even participate!

Timeslips is now held two times a month. Show Up or call 768-8691 for more information.

Facilitator: Anne de Irala, JDL



## VOLUNTEER INCOME TAX ASSISTANCE (VITA) COMMUNITY ACTION

Call 517-247-2099 In Late January, To Make Your Appointment

Community Action Agency is offering FREE Tax Return Preparation (VITA) at our Jackson sites including the Jackson County Department on Aging, Crouch Senior Center, 1715 Lansing Avenue location.

Household income less than \$57K. Scheduling starts late January 2024.

Appointments may be made through the automated scheduling service, starting late January 2024 by calling **517-247-2099**. If you need to speak to a live operator, please listen to the entire message for further instructions.

Appointments may also be scheduled on line at [www.caajlh.itfrontdesk.com](http://www.caajlh.itfrontdesk.com)

The Department on Aging will NOT schedule appointments.  
Please call 517-247-2099 starting late January 2024.

For more information call the Community Action Agency, Jackson, Michigan at **517-784-4800 or 1-800-492-0004**.

My Free Taxes. Anyone with income less than \$73k can file their tax return for FREE at: [myfreetaxes.com](http://myfreetaxes.com)

If you need assistance using the My Free Taxes website, a volunteer will be available Monday through Thursday afternoons at the Carnegie Branch, Jackson District Library. Location: 244 W. Michigan Avenue, downtown Jackson. No appointment necessary.  
For more information, on My Free Taxes, please call 517-745-3668.



## ADVANCED CARE PLANNING & FIVE WISHES - LUNCH & LEARN EVENT

Sponsored by: Jackson City Recreation Department, WellWise AAA, Jackson County Department on Aging

**THURSDAY, APRIL 18**  
**Crouch Senior Center**

**11:30 am to 2:00 pm**  
Ground Floor, Room 005  
Park In Lot A

**Workshop Free**

Lunch - Suggested Donation of \$2.50 for those 60+  
Cost - \$3.50 for those under 60

**Limit: 70 people**

**Please Sign Up by April 16**  
**517-768-8691**

- 11:30 Registration
- 12:00 Lunch Served
- 12:30 Advanced Care Planning & Five Wishes. Speaker: Martha York, WellWise, AAA



**Advanced Care Planning and Five Wishes:**  
Having the conversation about end-of-life care and putting your wishes into a legal document.

1. What is important to you
2. What are your current health and risk factors
3. How to complete an advance directive
4. How to choose a Patient Advocate
5. Engaging family or close friends

It is important for community members to have conversations about end-of-life-care wishes, and it is helpful to have these conversations while you are healthy, or before there is a crisis. This workshop will help provide end-of-life options, choices and resources.

CITY OF  
**JACKSON**  
MICHIGAN

**WellWise Services**  
Area Agency on Aging

 **JACKSON COUNTY**  
Department on Aging

**DONATIONS**

Exercise Donations Welcome!  
\$1.00 suggested donation 60+  
\$2.00 suggested donation -60

**THE FOLLOWING CLASSES ARE  
ON SPRING BREAK  
APRIL 1 THRU APRIL 5  
FIT AFTER 50, ENHANCE, MFBB**

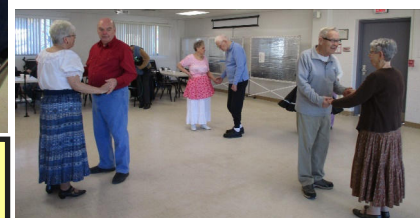
**HOLIDAY SCHEDULE**

BUILDING CLOSED - NO CLASS

- MAY 27, MEMORIAL DAY



**Square Dance Association  
1st Friday of the Month at Crouch**



**SAVE THE DATE!**  
Beginning Line Dance with Tony  
June, July, August  
Mondays at 12:15  
768-8691

**1st Friday of the Month  
Crouch, Room 005  
Square Dancers  
1:30 to 3:30**

- Guests Welcome to Watch!
- Experienced Square Dancers welcome to join.
- Beginners, talk to facilitator.
- Call 768-8691 for details.

**FRIDAY AFTERNOONS!  
Crouch, Room 005**

**2nd, 3rd, 4th, 5th FRIDAYS  
CARDIO DRUMMING  
Free! 1:30 - 2:30**

Volunteer Instructors:  
Tracy & Paul

Please Register!  
768-8691

Drumming Supplies Provided  
(or bring your own)

**QUESTIONS? PLEASE CALL:**  
Department on Aging  
Enrichment 768-8691

## EXERCISE CLASSES CROUCH SENIOR CENTER

Call 768-8691 or email [LMeat@mijackson.org](mailto:LMeat@mijackson.org) for Exercise Updates

**FIT AFTER 50**

Crouch Senior Center Room 005  
M/W/F 8:30 a.m. - 9:30 am  
This exhilarating class includes full-body stretching and non-jarring, low impact exercises to promote increased heart and breathing rates.  
Certified YMCA Instructor: Lauren

**ENHANCE FITNESS**

Crouch Senior Center Room 005  
M/W/F 10:30 am - 11:30 am  
The Enhance Fitness class is a moderate-impact class with high-impact results. The class uses simple, easy to learn movements that motivate individuals (particularly those with arthritis) to stay active. More Energy! Better Balance! Increased Body Strength!  
Certified YMCA Instructor: Ken

**MOVING FOR BETTER  
BALANCE EXERCISE**

Crouch Senior Center Room 005  
T/TH 10:30 am - 11:30 am  
Improve balance, muscle strength, flexibility, mobility and memory. This class uses the principles and movements of Tai Chi.  
Certified YMCA Instructor: Suzy

**INTERMEDIATE LINE  
DANCE CLASS**

Crouch Senior Center Room 005  
Wednesday 11:45 am - 12:45 pm  
Experienced volunteer instructors lead participants through popular line dance moves and routines.  
Volunteer Instructors: Tony & D'Vonne

**ADVANCED LINE DANCE**

Crouch Senior Center Room 005  
Wednesdays - Sept thru June  
1:15 pm - 2:15 pm  
Advanced Line Dance Fun!  
Volunteer Instructor: Micki

**SPRING ARBOR CALL 768-8691****Spring Arbor Site - Exercise  
FIT AFTER 50 AT SPRING ARBOR**

M/W/F 10:15 am - 11:15 am  
This exhilarating class includes full-body stretching and non-jarring, low impact exercises to promote increased heart and breathing rates. Certified YMCA Instructor: Suzy

**LINE DANCE AT SPRING ARBOR**

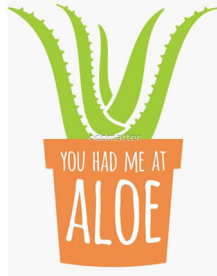
Thursdays 10:15 am - 11:15 am  
Experienced volunteer instructor leads participants through popular line dance moves and routines.  
Volunteer Instructor: Mary Ann

## GREEN THUMB PROJECTS

3rd Thursday, Monthly at 10 am | 517-768-8691

### March 21

Re-potting Aloe Vera Plants to take home. Small 4" Terra Cotta pots with a drainage hole are best. If you have one, please bring!



**April 18** Gary Beck, Beck's Flower Shop and Gardens. Hints & Tips for Gardening & Houseplants!



Please Sign Up!  
517-768-8691

Green Thumb Led By:  
Marla, Donna, Christine,  
Ed & Darold  
MSUE Master Gardeners



## STORYTELLERS ON PAPER

Storytellers Meet 1st and 3rd Mondays at 1:00 pm

### Our Old Player Piano, By Fordine Williams

In our big living room on the farm, we had an old player piano. We must have had 25 or 30 player piano rolls inside the bench. You had to pump the two foot peddles to make the rolls go around to make the music.

It had doors near the top facing us that slid to the sides. Inside is where each roll we selected went when they were played. Mom told me there was a Chinaman inside who helped make the music. He was magical. She pulled the sliding door aside and show me this 3" porcelain statue.

My older sister used to pump the peddles now and then, but I was pretty young, and it was hard for me to reach them. Mom was always too busy to play it. So, one day, the piano went missing. I was sad because I liked it.

I've heard two stories as to what happened to it. My favorite is that mom and dad were arguing about spending money to buy more coal for our furnace, so mom chopped it up and burned it in the furnace. The other story is that they sold it. But that story isn't very interesting. However, it was too solid, so I don't think mom could have swung an axe and chopped it to pieces.



When I graduated high school, she gave me the little Chinaman statue, which turned out to be an incense burner. I keep it in my curio cabinet.



## SENIOR SAFETY

Leslie Krantz, LBSW

Keeping seniors informed about common scams and other senior issues.

**SCAM ALERT!**

### Be on the Lookout for Tax Scams

Tax season is prime time for scammers to impersonate IRS agents, tax specialists or professionals, and collection agencies. The contact is most commonly made by phone, but can also take place by text message or e-mail. These scammers use both scare tactics and generous offers to get their victims to act.

#### You should know – the IRS (and its authorized private collection agencies) will NEVER:

- Threaten arrest or a lawsuit for failure to pay.
- Demand taxes be paid without the opportunity to question or appeal the request.
- Ask for credit or debit card numbers over the phone.
- Call to demand immediate payment via prepaid debit card, gift card, wire transfer, bit coin, or cryptocurrency. **The IRS does not use these methods for tax payments.**

Generally, the IRS will first mail a bill to any taxpayer who owes taxes. Tax payments should only be made payable to the U.S. Department of Treasury. Checks should never be made payable to third parties.

If you think you might owe money to the IRS, you can check with the IRS directly – for free -- by going to the IRS website to [view your tax account](#). If you owe back taxes and want to make a payment, you can send money to the IRS [directly from your bank](#) account or you can [apply for a payment plan](#). *Information taken from the Michigan Attorney General's Consumer Alert page.*

## 911 DISPATCH PRESENTATION

Crouch Dining Room

**CROUCH SENIOR CENTER**  
Emergency Dispatch 911 Presentation  
Thursday, March 27  
11:00 am to 11:45 am

Presented by: Jason Hamman, Emergency Dispatch 911 Director, Central Dispatch



## FOOD TASTING EVENT AT CROUCH

Crouch Dining Room Lunch Event - Tuesday, April 16

**VAN EERDEN**  
FREE FOOD TASTING  
LUNCH EVENT  
Tuesday, April 16  
11:30 am to 1:00 pm

**Must Make a Lunch Reservation!**  
**1 Day In Advance**

Sign Up in Dining Room or Call 768-8684



## CONNECTION CAFÉ

Registration Encouraged! 517-768-8691

**CROUCH SENIOR CENTER**  
3rd Mondays at 2:00 pm  
March 18 and April 15

Come meet people, enjoy snacks,  
great topics, and have fun!

March 18 - Improving Sleep  
April 15 - Managing Anxiety

Presented by: Martha York, WellWise  
Services, Area Agency on Aging

Come Early for  
Lunch! See  
Page 4.



## FOOT CARE CLINIC

Crouch Senior Center | 768-8691

Quarterly Podiatry Clinics held at the  
Crouch Senior Center with Dr. White. Dr.  
White will trim toenails, treat callouses,  
ingrown toenails, corns, bursitis, and painful  
joints.



Co-pays billed to patients.  
No insurance?  
Nail care and callouses \$40.  
Bring your Insurance Cards,  
Driver's License/ID, Medication & Allergy list.

**FRIDAY, APRIL 19**  
Make an appointment 517-768-8691

## WELLWISE SERVICES

Area Agency on Aging (517) 592-1974

WellWise Services, Area Agency on Aging  
Classes - PATH, Workplace  
PATH, Aging Mastery Program,  
CHRONIC PAIN, Powerful Tools  
for Caregivers, A Matter of  
Balance, and more!!  
Call 517-592-1974 for more information.



## COMMUNITY SUPPORT - THANK YOU MARSHA

Heart Smiles at Crouch through Florals by Marsha!

Thank You Marsha for so many Heart Smiles at the Crouch Senior Center!



**SHOP! CRAFT CORNER**  
Crouch Senior Center

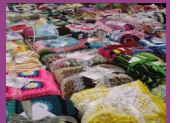
Monday - Friday 10 - 2 pm

Please Note: Open When  
Volunteers Are Available

**Yarn**  
Always Wanted!

The Craft Corner accepts donations of 4-ply acrylic yarn for the Granny Squares 2024 holiday blanket project.

Call  
517-768-8691



## SOUP'S ON FOR SENIORS

Soup's On for Seniors is a Friends of Jackson Seniors campaign to raise support for *Meals on Wheels* in Jackson County. Culmination of the campaign will be a celebration on **Tuesday, March 12, 2024**, at the American 1 Event Center, Keeley Park, 200 W. Ganson Street, Jackson.

Sample soups and bread from local restaurants while enjoying entertainment from Matt Walch, a silent auction, and beer and wine available for purchase.

The first 120 guests are guaranteed to receive a souvenir soup bowl!

For more information about Soup's On for Seniors go to [www.MealsOnWheels-JacksonMI.com](http://www.MealsOnWheels-JacksonMI.com), or call the Jackson County Department on Aging at (517) 788-4364.



Support Meals on Wheels  
Tuesday  
March 12, 2024  
5:30 - 7:30 p.m.  
American 1 Event Center  
Keeley Park



## JOB OPPORTUNITIES

Jackson County  
Department on Aging  
<https://www.mijackson.org>  
LIVE, WORK, PLAY  
Employment

Join Our Team!

**Home Care  
Workers  
Wanted!**

## NUTRITION NEWS

By Sarah Chapel, RDN, CDCES

### Understanding Non Alcoholic Fatty Liver Disease

By Sarah Chapel, RDN, CDCES

Fatty liver disease is a condition caused by irritation to the liver. That injury results in abnormal amounts of fat accumulating in the liver. Viral hepatitis, certain medicines, or drinking too much alcohol can all cause fatty liver disease.

However, Non Alcoholic Fatty Liver Disease (NAFLD) has a different trigger for fat deposits in the liver: a group of metabolic risk factors. NAFLD is most common in people who have high blood pressure, high cholesterol, insulin resistance (prediabetes), or type 2 diabetes. It is also common among people who are overweight or obese, though can occur at any body size. NAFLD is on the rise and affects 1 in 4 adults in the United States.

Some individuals with NAFLD can develop nonalcoholic steatohepatitis (NASH), an aggressive form of fatty liver disease, which is marked by liver inflammation and may progress to advanced scarring (cirrhosis) and liver failure. This damage is similar to the damage caused by heavy alcohol use. Fortunately, fatty liver disease can be prevented or reversed.

#### Signs and symptoms of NAFLD:

NAFLD usually causes no signs and symptoms. When it does, they may include fatigue or discomfort in the upper right abdomen.

Possible signs and symptoms of NASH and advanced scarring (cirrhosis) include abdominal swelling, enlarged blood vessels just beneath the skin's surface, enlarged spleen, red palms, or yellowing of the skin and eyes (jaundice).

#### What helps prevent or reverse NAFLD?

##### Avoid fast food

Regular fast-food consumption (20% or more of total daily calories) is linked with fatty liver disease — especially in people who have type 2 diabetes or obesity. Fast foods tend to be high in saturated fats, added sugar, and other ingredients that negatively affect metabolic health.

##### Avoid soft drinks and added sugars

Soft drinks with high-fructose corn syrup, or other sugar-sweetened beverages, lead directly to large increases in liver fat deposits, independent of the total calories consumed. Read labels closely for added sugars, including corn syrup, dextrose, honey, and agave. Instead of sugary drinks, choose plain water or sugar free beverages. Black coffee or with a splash of milk is also a good choice as many flavored coffee drinks can have as much, or more, sugar than a candy bar.

##### Avoid alcohol

Alcohol directly damages the liver, lacks nutritional value, and may affect a healthy microbiome. If you have NAFLD, it's best to avoid any extra cause for liver injury.

##### Eat mostly whole foods

Vegetables, fruit, eggs, poultry, lean meats, nuts, and whole grains are great choices. Cutting back on red meat may be beneficial. Because NAFLD is so closely tied to metabolic health, following a healthful eating pattern such as the Mediterranean diet or DASH diet can help prevent or possibly even reverse it.

##### Include healthy fats as part of your diet

Dietary fats help your body absorb vitamins and are vital in the protection of nerves and cells. Fats also help you feel satisfied and full, so you're less likely to overeat. Low-fat foods often substitute sugars and starches, which affect blood sugar regulation in our bodies. But all fat is not created equal.

Mediterranean-style diets can help decrease liver fat, helping to prevent or possibly reverse NAFLD. These diets include healthful fats, such as monounsaturated fats found in olive oil, avocados, nuts, and oily fish like salmon and sardines.



## Friends of Jackson Seniors

1715 Lansing Avenue  
Jackson, MI 49202-2193

Non-Profit Org.  
U.S. Postage  
PAID  
Jackson, MI  
Permit No. 294  
Return Service  
Requested



## JACKSON COUNTY

### Department on Aging Staff

#### Director

Danielle Pequet

#### Deputy Director

Leslie Krantz

#### Alzheimer's Respite & Counseling

Valerie Harris-Callahan

#### Caregiver Information & Assistance and

Meals on Wheels & Home Care-New Clients

Jennifer Guthrie, In-Home Services Coordinator

#### Caregiver Support

Lisa Brand, Caregiver Support Coordinator

#### Chore & Home Services Outreach

Lora Stacey, Social Worker

#### Home Care Services—Current Clients

Julie Babcock, Home Care Supervisor

#### Meals on Wheels & Nutrition Site Meals

Annie Sottek, Nutrition Services Manager

#### Medicare/Medicaid Assistance Program

Amy Minix, Outreach Worker

#### Nutrition Site and Senior Center Programs

Laurie Mead, Enrichment Specialist

## LOOKING AHEAD

### MAY

Foot Clinic | Friday, May 3

Foot Clinic with Dr. White

### MAY

Dinner Dance | Thursday, May 9

Dinner 5:00-5:30 pm; Live Band 6:00-9:00 pm

### JUNE

Beginning Line Dance | June, July, August

Summer Beginning Line Dance with Tony!

Mondays at 12:15 Starting in June

