

# SENIOR CIRCUIT

May/June 2025 Issue | Volume 20, Issue 3



## JACKSON COUNTY DEPARTMENT ON AGING

*Senior Centers and Sites*  
517-788-4364

MAY | JUN ISSUE

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### A BIG THANK YOU...

*Soup's On for Seniors* is a campaign to raise money for Meals on Wheels. The 2025 campaign raised just over \$28,000!

We want to thank those who attended the event, donated items for the silent auction and the businesses who donated.



The event would not be a success without sponsorships from local businesses or the restaurants and bakeries who supported the Friends of Jackson Seniors event this year.

### Silver Sponsors



Dillon & Associates, Inc.



Airport Road

### Organizers



### Bronze Sponsors

Alvin L. Glick Foundation and  
Alro Streeb  
American 1 Credit Union -  
*Community Cooperative*  
Emmons Service, Inc.  
R.W. Mercer Co.

### Soup Sponsors

South Central Credit Union  
Vista Grande Villa



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

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

**Shingles & Tdap Information**  
Park Forest May 7 at 11:30 am  
Spring Arbor May 14 at 11:30 am  
**MMR & Hepatitis A**  
Crouch May 21 at 11:15 am  
Jenette Killips, RN, JCHD  
*See Page 11*

**AARP Committee Meeting**  
10 am - 12 pm Thursday, May 8  
Facilitators: Mary & Berta  
New AARP members welcome.

**Connection Café, WellWise**  
May 19 and June 16 at 1 pm  
*See Page 10*

**SMILES ON WHEELS**  
Thursday, June 12  
10:30 am - 1:00 pm  
*See Page 13*

**AARP Smart Driver Tek**  
Tuesday, June 17  
10 am to 11:30 pm  
Instructor: Terry Finch  
*See Page 14*

**Mobile Secretary of State &  
Social Security Office**  
Wednesday, June 25  
10 am - 3 pm  
*See Page 13*

**Alzheimer's Support**  
Wednesday, June 25 at 11 am  
Nicole Hourani, Alzheimer's  
Association, MI Chapter  
*See Page 10*



**JACKSON COUNTY**  
*Michigan*

## CLASSES/ACTIVITIES AT CROUCH

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

**BILLIARDS EVERY DAY!**  
Mon - Fri 9 am to 4 pm

**BIBLE STUDY**  
Mondays at 10:30 am  
Facilitator: Pastor Ed

**PAINT PARTIES TO GO**  
1st Monday Every Month 1 pm  
May 5 & June 2  
*Free for people 60+ First 25 that sign up.*  
*(\$10 donation for all others)*  
**Must Sign Up! 768-8691**  
Instructor: Karen Olmos

**CRAFT & CHATS - FREE 60+**  
**JUNE 23 at 1pm** *(No May Craft)*  
**Sign Up! 768-8691**  
Instructors: Michelle & Doug

**HOSPICE QUILTERS**  
Tuesdays at 10:00 am  
Facilitator: Karen

**CROUCH JAM SESSION**  
Every Tuesday Following Lunch  
Musicians and Listeners Welcome!  
Facilitators: Jerry & Dave

**WOOD CARVING CLUB**  
Tuesdays at 1:00 pm  
**DISPLAY June 10 10 am - 1 pm**  
*See Page 13 for details!*  
Facilitators: Bob & Dennis

**CARD MAKING CLASS**  
1 & 3 Wednesdays 9:30 am  
\$7.00 Supply Donation  
Instructors: Bev & Jane

**THE WRITING CIRCLE**  
1st & 3rd Wednesdays at 10:30 am  
Instructors: Fordine & Sherrill

**CROUCH COMMON TRIVIA**  
2nd & 4th Wednesdays at 10:00 am  
**Common Knowledge Trivia!!**  
Facilitators: Dennis & JC

**GRANNY SQUARES**  
Wednesdays at 1 pm  
Gals & GUYS Welcome!  
Facilitator: Barb

**KARAOKE**  
4th Wednesday Every Month 1 pm  
Norma Plays the Tunes & You Sing!

**GREEN THUMB MSUE MG**  
3rd Thursday of the Month at 10 am  
**May 15 Tomato Buckets - Sign Up!**  
**June 19 Courtyard Clean up.**  
**SIGN UP for Tomatoes! 768-8691**  
Facilitators: Marla, Donna, Ed, Darold

**JERRY & LARRY JAM**  
Country & Gospel Music  
Thursdays at 1 pm  
Facilitator: Jerry

**ACRYLIC PAINT CLASS**  
EVERY Thursday at 1 pm  
Supply Donation.  
Call 768-8691 for more information  
Instructor: Karen H.

**ROCK N ROLLERS WII BOWL**  
Fridays at 1 pm or AFTER Music Special  
Facilitators: Lois, Dawn, Kathy

**FOOT CARE CLINIC**  
Friday, July 11 with Doctor White  
Call 768-8691 for Appointment

**CARDIO DRUMMING**  
2, 3, 4 Friday at 1:30 pm  
Call 768-8691 for information.  
Facilitator: Tracy

**LOW VISION BLIND CLUB**  
Call 768-8691 for Details & Party  
Meeting Plans  
Facilitators: Tamera & David

Bingo, Euchre, Karaoke  
Bridge, Exercise Pages 7 & 12

## MAY DINNER DANCE

Thursday, May 1 - PROM

### *"A Night To Remember"*

**CROUCH SENIOR CENTER**  
5 pm - 9 pm  
Park In Lot A  
Health Department,  
Ground Floor, Room 005

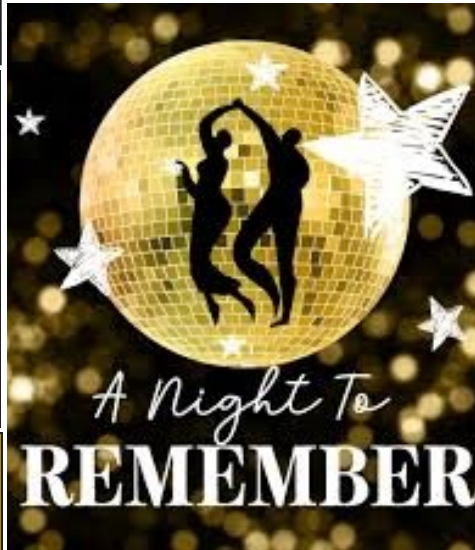
Dinner Served 5 - 5:30 p.m.  
*60+ suggested donation  
\$2.50; Under 60 - cost \$3.50*

Dance 6 - 9 p.m.  
*Dance Donation \$1.50*  
**DINNER RSVP: 768-8691**  
Enrichment: 768-8691

#### May Prom Menu

Sliced Roast Beef with Gravy  
Redskin Mashed Potatoes  
Garden Salad  
Mandarin Oranges  
Roll, Milk & Lemon Cake

## The Ramblers May 1



**COME SINGLE  
OR  
ASK A PROM DATE!**

**Dress Attire:  
Your Choice!  
Black Tie  
Optional**



**INCLEMENT WEATHER - DINNER DANCE EVENTS**  
Lunch & Senior Center Activities Canceled when JPS closes due to inclement weather conditions. If the roads are open by mid-afternoon and there are no Severe Weather Warnings, the Dinner Dance event may be held.  
Call 768-8691 or 788-4364 to Confirm!

**Make Your  
Reservations At Least  
1 Day in Advance.**

**Limited Seating.  
Full at 140. Firm.  
517-768-8691**

If you sign up, please  
show up or cancel at  
least 1 day in advance!

**No Entry  
Before 4:00 pm**

## CROUCH Celebrations

### Mother's Day Fun

Monday, May 12  
10:45 am to 11:45 pm  
Music w/Karen Kidder & Tricia  
Flamingo Bingo at 1 pm

### Memorial Day Honors

Friday, May 23  
12:45 pm to 1:45 pm  
Country & Patriotic Music  
With Tom Embury  
Wii Bowling After Music

### Wood Carver Exhibit

Tuesday, June 10  
10 am to 1 pm  
*See Page 13*

### Father's Day Fun

Friday, June 13  
12:45 pm to 1:45 pm  
Special Music  
Wii Bowling After Music

### Volunteer Luncheon

Aging Volunteers are...  
**SUN-SATIONAL!**  
Friday, June 27  
10:45 am to 1:00 pm  
**Entertainment:** Jay Hill  
featuring "Jimmy Buffet"  
music, Classic Rock, Folk, Old  
School, American Standards...  
**Seating Will Be Limited. Must  
Make a Reservation. 768-8691**  
*See Page 15*

Lunch at 12 noon  
Please make your Lunch  
Reservations at least 1 day in  
advance. Call 768-8684

Call **768-8691** for Party  
Information! Large Groups,  
Please Make a Party  
Reservation.



## 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**  
300 Mill Street  
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

Parties  
Euchre  
Lunch!

768-8691



### PARK FOREST

FRIENDS & LUNCH

Monday thru Friday



# SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 <p>Menus Approved by: Sarah Pollack, RDN, CDCES</p>	<p>- 1 -</p> <p>Tuna Mac Broccoli Hot Spiced Apples Milk</p> <p>PROM DINNER DANCE</p>	<p>- 2 -</p> <p>Salisbury Steak Mashed Potatoes Normandy Blend Veggies Roll Fresh Fruit Milk Dessert</p>
<p>- 5 -</p> <p>Fish Sandwich Macaroni &amp; Cheese Stewed Tomatoes Fresh Fruit Milk</p>	<p>- 6 -</p> <p>Smothered Chicken Tater Tot Casserole Brussels Sprouts Roll Fresh Fruit Milk</p>	<p>- 7 -</p> <p>Spaghetti &amp; Meatballs Italian Blend Veggies Green Peas Fresh Fruit Milk Cookie</p>	<p>- 8 -</p> <p>Chicken Chop Suey Over Rice Oriental Veggies Hot Spiced Apples Milk</p>	<p>- 9 -</p> <p>Homestyle Meatloaf Red Skin Potatoes Tuscan Blend Roll Fresh Fruit Milk Dessert</p>
<p>- 12 -</p> <p>Chicken Cordon Bleu Sweet Potato Casserole Antique Blend Roll Fresh Fruit Milk</p>	<p>- 13 -</p> <p>Cheese Lasagna Mixed Vegetables Cauliflower Fresh Fruit Milk</p>	<p>- 14 -</p> <p>Sloppy Joe Tater Tot Casserole Peas &amp; Carrots Fresh Fruit Milk Cookie</p>	<p>- 15 -</p> <p>Southwest Chicken &amp; Rice Broccoli Hot Spiced Peaches Milk</p>	<p>- 16 -</p> <p>Seafood Pasta California Blend Green Beans Fresh Fruit Milk Dessert</p>
<p>- 19 -</p> <p>Chicken &amp; Peppers Corn &amp; Black Bean Fiesta Re-Fried Beans Flour Shell &amp; Taco Sauce Milk</p>	<p>- 20 -</p> <p>Goulash Broccoli Cauliflower Fresh Fruit Milk</p>	<p>- 21 -</p> <p>Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies Roll Applesauce Cup Milk &amp; Cookie</p>	<p>- 22 -</p> <p>Wiley Potato Antigua Blend Hot Spiced Apples Roll Milk</p>	<p>- 23 -</p> <p>Cheeseburger Macaroni &amp; Cheese Mixed Vegetables Fresh Fruit Milk Dessert</p>
<p>- 26 -</p> <p>CLOSED MEMORIAL DAY</p> 	<p>- 27 -</p> <p>Swedish Meatballs over Penne Mixed Vegetables Brussels Sprouts Fresh Fruit Milk</p>	<p>- 28 -</p> <p>Brat &amp; Sauerkraut Carrots Green Beans Roll Milk Cookie</p>	<p>- 29 -</p> <p>Cheesy Shells w/ Chicken &amp; Peas Zucchini &amp; Tomatoes Hot Spiced Apples Milk</p>	<p>- 30 -</p> <p>Sweet &amp; Sour Chicken over Rice Broccoli Carrots Milk Dessert</p>

## CONNECTION CAFE

- May 19 at 1 pm
- Presenter: Martha York
- Topic - Financial Planning for Aging Adults

## SECRETARY OF STATE MOBILE UNIT AT CROUCH

- June 25 from 10 am to 4 pm
- Walk Ins Welcome
- Call 768-8691 for Information

## VACCINE AWARENESS

- Wednesday, May 21 at 11:15 am
- Jenette, Public Health Nurse  
Jackson County Health Dept.
- MMR & Hepatitis A

# SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>- 2 -</b> Beef Hot Dog Baked Beans Mixed Vegetables Fresh Fruit Milk	<b>- 3 -</b> Smothered Chicken Tater Tot Casserole Brussels Sprouts Roll Fresh Fruit Milk	<b>- 4 -</b> Macaroni & Cheese Zucchini & Tomatoes Normandy Blend Fresh Fruit Milk	<b>- 5 -</b> Stuffed Pepper Casserole Honey Carrots Hot Spiced Peaches Roll Milk	<b>- 6 -</b> Seafood Alfredo Broccoli Carrot Coins Fresh Fruit Milk Cookie
<b>- 9 -</b> Smoked Sausage & Peppers Wild Rice Green Beans Fresh Fruit Roll Milk	<b>- 10 -</b> Tangerine Chicken over Rice Broccoli Cauliflower Fresh Fruit Milk	<b>- 11 -</b> Spaghetti & Meatballs Italian Blend Veggies Green Peas Fresh Fruit Milk & Cookie	<b>- 12 -</b> Chili & Cheese Baked Potato Antigua Blend Hot Spiced Apples Roll Milk	<b>- 13 -</b> Western Meatloaf Redskin Mashed Potatoes Tuscan Blend Roll Fresh Fruit Milk & Dessert
<b>- 16 -</b> Smothered Beef Patty Mashed Potatoes Mixed Veg Roll Fresh Fruit & Milk	<b>- 17 -</b> Swedish Meatballs over Rice Carrots Green Beans Fresh Fruit Milk	<b>- 18 -</b> Fish Sandwich Macaroni & Cheese Brussels Sprouts Fresh Fruit Milk Cookie	<b>- 19 -</b> Southwest Chicken & Rice Broccoli Hot Spiced Apples Milk	<b>- 20 -</b> Sloppy Joe Tater Tot Casserole Mixed Vegetables Fresh Fruit Milk Dessert
<b>- 23 -</b> Chicken Tenders Au Gratin Potatoes Antigua Blend Roll Fresh Fruit & Milk	<b>- 24 -</b> Goulash Broccoli Cauliflower Fresh Fruit Milk	<b>- 25 -</b> Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies Roll Applesauce Cup Milk & Cookie	<b>- 26 -</b> Beef Pepper Patty Mashed Potatoes Hot Spiced Peaches Roll Fresh Fruit & Milk	<b>- 27 -</b> VOLUNTEER LUNCHEON <b>ALL SITES AT The</b> <b>Department on Aging</b> <b>FOR LUNCH</b> <b>Must Make Reservation!</b> <b>See Page 15</b>
<b>- 30 -</b> Chicken Parmesan Garlic & Herb Broccoli Carrots Roll Fresh Fruit Milk				
			Menus Approved by: Sarah Pollack, RDN, CDCES	

## CONNECTION CAFÉ

- June 16 at 1:00 pm
- Martha York, Wellwise Services, Area Agency on Aging
- Call 768-8691 for June TOPIC!

## AARP SMART DRIVER TEK

- Wednesday, June 17
- 10:00 am to 11:30 am
- FREE WORKSHOP
- Instructor: Terry Finch

## CROUCH TRIVIA

- 2nd & 4th Wednesdays
- 10:00 am
- Common Knowledge Trivia with Dennis and JC



## JAMS & KARAOKE

Crouch Dining Room

### CROUCH JAM SESSION TUESDAYS AT 1 PM

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

### KARAOKE AT 1 PM 4TH WEDNESDAY EVERY MONTH

Norma plays the backup music and you sing the words that appear onscreen.

### 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 pm

2nd Wednesday at 1 pm

*(free games; prizes are donated, gently used items)*

### QUARTER BINGO

Fridays at 10:00 am

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

Call Laurie with any Bingo Questions!! 768-8691

## 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.

# MAY 2025 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
			<p>- 1 -</p> <p>10:30 Exercise  <b>1:00 Country Jam</b>            1:00 Euchre            1:00 Acrylic Paint Class</p> <p><b>Prom Dinner Dance</b></p>	<p>- 2 -</p> <p>8:30 Fit 50            10:00 Quarter Bingo            10:30 Exercise            1:00 Bridge Club            1:00 Wii Bowl</p>
<p>- 5 -</p> <p>8:30 Fit 50            10:30 Bible Study            10:30 Exercise  <b>1:00 Paint Party</b></p> <p><b>2:00 BEGINNING LINE DANCE! New Class!</b></p>	<p>- 6 -</p> <p>10:00 Quilters            10:30 Exercise            1:00 Woodcarvers  <b>1:00 Jam Session</b>            1:00 Computer Help</p>	<p>- 7 -</p> <p>8:30 Fit 50            9:30 Card Class  <b>10:30 Writing Circle</b>            10:30 Exercise            11:45 Line Dance            1:15 Adv Line Dance            1:00 Penny Bingo            1:00 Granny Squares</p>	<p>- 8 -</p> <p><b>10:00 AARP Meeting</b>            10:30 Exercise  <b>1:00 Country Jam</b>            1:00 Euchre            1:00 Acrylic Paint Class</p>	<p>- 9 -</p> <p>8:30 Fit 50            10:00 Quarter Bingo            10:30 Exercise            1:00 Bridge Club            Wii Bowl After Music  <b>1:30 Cardio Drum</b></p>
<p>- 12 -</p> <p>8:30 Fit 50            10:30 Bible Study            10:30 Exercise  <b>10:45 to 11:45 Mother's Day Celebration &amp; Music Karen Kidder</b>  <b>1:00 Flamingo Bingo</b>            2:00 Beginning Line</p>	<p>- 13 -</p> <p>10:00 Quilters            10:30 Exercise            1:00 Woodcarvers  <b>1:00 Jam Session</b>            1:00 Computer Help</p>	<p>- 14 -</p> <p>8:30 Fit 50            10:30 Exercise  <b>10:00 Trivia</b>            11:45 Line Dance            1:15 Adv Line Dance  <b>1:00 Flamingo Bingo</b>            1:00 Granny Squares</p>	<p>- 15 -</p> <p><b>10:00 Green Thumb Tomato Buckets Must Sign Up</b>            10:30 Exercise  <b>1:00 Country Jam</b>            1:00 Euchre            1:00 Acrylic Paint Class</p>	<p>- 16 -</p> <p>8:30 Fit 50            10:00 Quarter Bingo            10:30 Exercise            1:00 Bridge Club            1:00 Wii Bowl  <b>1:30 Cardio Drum</b></p>
<p>- 19 -</p> <p>8:30 Fit After 50            10:30 Bible Study            10:30 Exercise  <b>1:00 Connection Café Financial Planning</b>            2:00 Beginning Line</p>	<p>- 20 -</p> <p>10:00 Quilters            10:30 Exercise            1:00 Woodcarvers  <b>1:00 Jam Session</b>            1:00 Computer Help</p>	<p>- 21 -</p> <p>8:30 Fit 50            9:30 Card Class  <b>10:30 Writing Circle</b>            10:30 Exercise  <b>11:15 MMR &amp; Hepatitis Info</b>            11:45 Line Dance            1:15 Adv Line Dance            1:00 Penny Bingo            1:00 Granny Squares</p>	<p>- 22 -</p> <p>10:30 Exercise  <b>1:00 Country Jam</b>            1:00 Euchre            1:00 Acrylic Paint Class</p>	<p>- 23 -</p> <p>8:30 Fit 50            10:00 Quarter Bingo            10:30 Exercise            1:00 Bridge Club  <b>12:45 Memorial Day Celebration Tom E.</b>            Wii Bowl After Music  <b>1:30 Cardio Drum</b></p>
<p>- 26 -</p> <p><i>Closed Memorial Day</i></p> 	<p>- 27 -</p> <p>10:00 Quilters            10:30 Exercise            1:00 Woodcarvers  <b>1:00 Jam Session</b>            1:00 Computer Help</p>	<p>- 28 -</p> <p>8:30 Fit 50            10:30 Exercise            10:00 TRIVIA            11:45 Line Dance            1:15 Adv Line Dance  <b>1:00 KARAOKE</b>            1:00 Granny Squares</p>	<p>- 29 -</p> <p>10:30 Exercise  <b>1:00 Country Jam</b>            1:00 Euchre            1:00 Acrylic Paint Class</p>	<p>- 30 -</p> <p>8:30 Fit 50            10:00 Quarter Bingo            10:30 Exercise            1:00 Bridge Club            Wii Bowl After Music  <b>1:30 Cardio Drum</b></p>
<p><b>KING CENTER</b> Open! M - F</p> <p><b>MICHIGAN CENTER</b> Call for EUCHRE days! M/W/F</p>		<p><b>PARK FOREST</b> M - F Lunch &amp; Conversation</p> <p><b>NAPOLEON</b> T/TH Call for Euchre &amp; Bingo Days</p>		<p><b>NORVELL</b> M/W/F EUCHRE</p> <p><b>GRASS LAKE SENIOR CENTER</b> Activities 522-8466</p>



# JUNE 2025 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>- 2 -</b> 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise <b>1:00 Paint Party</b> <b>2:00 Beginning Line Dance Class. New!</b>	<b>- 3 -</b> 10:00 Quilters 10:30 Exercise <b>1:00 Woodcarving</b> 1:00 Jam Session <b>1:00 Computer Help</b>	<b>- 4 -</b> 8:30 Fit After 50 9:30 Card Class 10:30 Exercise <b>10:30 Writing Circle</b> 11:45 Line Dance 1:15 Adv Line Dance <b>1:00 Penny Bingo</b> 1:00 Granny Squares	<b>- 5 -</b> 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 6 -</b> 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Wii Bowl League
<b>- 9 -</b> 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise <b>1:00 Flamingo Bingo</b> <b>2:00 Beginning Line Dance Class</b>	<b>- 10 -</b> <b>10 - 1 Wood Carvers Exhibit</b> 10:00 Quilters 10:30 Exercise 1:00 Jam Session <b>1:00 Computer Help</b>	<b>- 11 -</b> 8:30 Fit After 50 <b>10:00 TRIVIA! New**</b> 10:30 Exercise 11:45 Line Dance 1:15 Adv Line Dance <b>1:00 Flamingo Bingo</b> 1:00 Granny Squares	<b>- 12 -</b> <b>10:30 - 1:00 Smiles On Wheels</b> 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 13 -</b> 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise <b>12:45 Father's Day Music</b> Wii Bowl After Music 1:00 Bridge Club <b>1:30 Cardio Drum</b>
<b>- 16 -</b> 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise <b>1:00 Connection Café</b> <b>2:00 Beginning Line Dance Class!</b>	<b>- 17 -</b> <b>10-11:30 AARP Smart Driver TEK- FREE</b> 10:00 Quilters 10:30 Exercise <b>1:00 Woodcarving</b> 1:00 Jam Session <b>1:00 Computer Help</b>	<b>- 18 -</b> 8:30 Fit After 50 9:30 Card Class 10:30 Exercise <b>10:30 Writing Circle</b> 11:45 Line Dance 1:15 Adv Line Dance <b>1:00 Penny Bingo</b> 1:00 Granny Squares	<b>- 19 -</b> <b>10:00 Green Thumb Courtyard Clean Up - Help Needed!</b> 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 20 -</b> 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club Wii Bowl After Music <b>1:30 Cardio Drum</b>
<b>- 23 -</b> 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise <b>1:00 Craft Chat</b> <b>2:00 Beginning Line Dance Class</b>	<b>- 24 -</b> 10:00 Quilters 10:30 Exercise <b>1:00 Woodcarving</b> 1:00 Jam Session <b>1:00 Computer Help</b>	<b>- 25 -</b> 8:30 Fit After 50 <b>10 - 3 Sec State Unit</b> <b>10:00 TRIVIA! New**</b> 10:30 Exercise <b>11:00 ALZHEIMER'S</b> 11:45 Line Dance 1:15 Adv Line Dance <b>1:00 KARAOKE</b> 1:00 Granny Squares	<b>- 26 -</b> 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 27 -</b> <b>VOLUNTEER LUNCHEON</b> <b>10:45 am - 1 pm</b> <b>Everyone Invited. Must Sign Up!</b> <b>Lunch Served at 12 pm</b> <b>All Sites Closed. No Activities!</b>
<b>- 30 -</b> 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 2:00 Beginning Line <b>FOURTH OF JULY WEEK GAMES &amp; FUN!</b>				
<b>KING CENTER</b> Open! M - F  <b>MICHIGAN CENTER</b> M/W/F Lunch & Conversation	<b>NAPOLEON</b> T/TH Lunch & Conversation  <b>PARK FOREST</b> M - F Lunch & Conversation			<b>NORVELL</b> M /W /F <b>EUCHRE FRIDAYS!!</b>  <b>GRASS LAKE CALL 522-8466</b>

## SPRING ARBOR SENIOR SITE - LUNCH & MAY EXERCISE!

Spring Arbor Senior Site, 122 Star Road, Spring Arbor | 517-768-8691

**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



**FIT AFTER 50 in May**  
**M W F at 10:15 am**

### Jackson District Library Programs

#### Tech Help

- Thursdays, 1 - 3 pm SA Branch

#### Senior Movie Matinee

- May 9 & 23 1 pm SA Branch

#### Photography Classes *(call for times)*






- May 10, 16, 20 Eastern Branch

#### Take A Hike: Locally

- May 17 at 3 pm Eastern Branch

#### Cooking 104: Curry

- May 18, 2 pm Carnegie Library

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>10:15 Fit After 50 May Only</p> <p>12:00 Lunch</p> <p><b>SA SITE CLOSED MONDAY, MAY 26 IN HONOR OF MEMORIAL DAY</b></p>  <p>12:00 - 1:00 1st Monday of the Month JDL Book Club</p>	<p>12:00 Lunch</p>  	<p>10:15 Fit After 50 May Only</p> <p>12:00 Lunch</p> <p>May 14 at 11:30 Spring Vaccine Info Series Shingles</p> <p>June 18 at 11:30 Summer Vaccine Info Series - MMR &amp; Hepatitis</p> <p>Presented by: Jenette, Public Health Nurse JCHD</p>	<p>12:00 Lunch</p>  	<p>10:15 Fit After 50 May Only</p> <p>12:00 Lunch</p> <p><b>FRIDAY, JUNE 27 SA SITE CLOSED EVERYONE INVITED TO THE VOLUNTEER LUNCHEON</b></p> <p>LOCATION: CROUCH SENIOR CENTER, ROOM 005 MUST MAKE RESERVATIONS. SEATING LIMITED. <b>768-8691</b></p>

## CONNECTION CAFE

Jackson County Department on Aging

**CROUCH SENIOR CENTER**  
**3rd Monday of the Month**  
**1:00 pm**  
**Sign Up! 768-8691**

May 19 - Financial Planning  
June 16 - Topic TBA

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



Come Early for Lunch!  
See Page 4

## ALZHEIMER'S SUPPORT

Crouch Senior Center Enrichment | 517-768-8691

**Crouch Senior Center**  
**Alzheimer's Support**  
**Wednesday, June 25**

**11 am**

Nicole Hourani, Alzheimer's  
Association, Michigan Chapter  
Sign Up! 768-8691

Stay for Lunch served at 12 noon

A person living with Alzheimer's  
or other dementia doesn't have  
to give up the activities that he  
or she loves.

Many activities can be modified  
to the person's ability. In  
addition to enhancing quality of  
life, activities can reduce  
behaviors like wandering or  
agitation.

"Open to the Public" Education!

## VACCINE SERIES - MMR, HEPATITIS A, TDAP & SHINGLES PRESENTATION

Enrichment | 517-768-8691

**Crouch Senior Center**  
**Adult Vaccine Information Series**  
**11:15 am**

MMR & Hepatitis A  
 Wednesday, May 21

Presented by: Jenette Killips, RN  
 Public Health Nurse  
 Jackson County Health Department



**Nutrition Site**  
**Adult Vaccine Information Series**  
**11:30 am**

PARK FOREST - May 7 Tdap & Shingles  
 SPRING ARBOR - May 14 Tdap & Shingles  
 MICHIGAN CENTER - May 28 MMR & Hepatitis A

PARK FOREST - June 11 MMR & Hepatitis A  
 SPRING ARBOR - June 18 MMR & Hepatitis A  
 NORVELL - June 25 MMR & Hepatitis A

## NUTRITION NEWS

By Sarah Pollack, DN, CDCES

### Eight Superfoods for Naturally Improved Digestion

By Sarah Pollack, RDN, CDCES

A healthy digestive system is crucial for overall health. There are significant connections between chronic disease, inflammation, mood, diet, and gut health. When your digestive system isn't working well, you might have symptoms like diarrhea, nausea, and bloating.

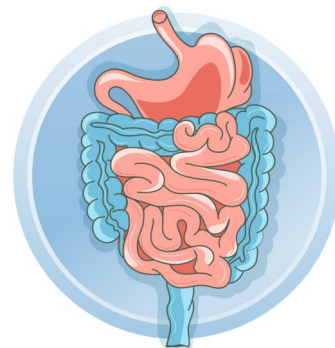
#### How the digestive system works

The digestive tract is an intricate system with many working parts. Each part of the system helps break down food and liquid into smaller pieces until the body can absorb the nutrients. Certain enzymes in our saliva start the digestive process. As food moves from the esophagus to the stomach, enzymes work with contracting muscles, mixing food with the enzymes. It usually takes four to five hours for food to pass through the first half of the digestive system. The small intestine is where the gut microbes start to do their job by breaking down fats, carbohydrates and proteins. It also supports immune health and absorbs vitamins and minerals. Bacteria in the large intestine complete the breakdown process and helps to keep fluids in balance. The digestive system is also affected by hormones, nerves, and other organs like the pancreas, liver and gallbladder.

#### Eight Best Foods for Gut Health

Foods that promote gut health contain prebiotic fibers and have anti-inflammatory properties. Ideally, half your plate should be plants, a quarter filled with healthy carbohydrates, and the last quarter a serving of protein. The more color on your plate, the better.

1. Flax seeds are rich in omega-3, fiber and antioxidants. These need to be ground in order for the body to absorb. Add ground flax seed to oatmeal, smoothies or yogurt.
2. Berries such as strawberries, blueberries, blackberries and cherries are high in fiber and antioxidants that lower inflammation.
3. Turmeric is an antioxidant that fights inflammation and boosts immunity. Buy the root or high-quality spice version to use in meals, on chicken, veggies or rice.
4. Ginger root lowers inflammation and can help calm nausea. Make it as a tea, or try adding it to glazes, veggies, smoothies or salad dressing.
5. Beans aid digestion, are high in fiber, and slow digestion to help you feel full.
6. Avocados contain heart healthy fats and fiber called pectin, which helps gut health.
7. Oats are rich in soluble fiber that may help lower cholesterol, slow digestion to help you feel full longer, and help in blood sugar control.
8. Pumpkin is rich fiber and vitamin K, supports bone health, and promotes a healthy gut. Note: Canned pumpkin typically has more fiber.





**DONATIONS**

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

**MEMORIAL DAY, May 26**  
**Building CLOSED**  
**No Classes.**

Volunteer Luncheon  
**NO EXERCISE on June 27**  
See Page 15

**NEW CLASS!**  
**BEGINNING**  
**Line Dance Class**

May, June, July  
Mondays  
2pm - 3 pm

Volunteer Instructor:  
Tony  
Crouch, Room 005



**FRIDAY AFTERNOONS!**  
Crouch, Room 005  
2nd, 3rd, 4th, 5th FRIDAYS  
**CARDIO DRUMMING**

Free! 1:30 - 2:30  
768-8691

Volunteer Instructor:  
Tracy

*We are looking for a sub  
drumming volunteer. Call  
Laurie if interested. 768-8691*

Drumming Supplies Provided  
(or bring your own)  
No Class 1st Friday of month.

**Parkinson's Programs**  
**At the YMCA**

Classes held 2 - 3 days  
per week.  
1.5 hours each.

Call the Y at 517-782-0537  
Pedaling for Parkinson's  
Rock Steady Boxing

Parkinson's exercise programs allow individuals to live with a greater quality of life!

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

## EXERCISE CLASSES CROUCH SENIOR CENTER

Call 768-8691 or email [LMead@mijackson.org](mailto:LMead@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 Instructors: Kathy & Jeff

### 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: Ken

**New! Beginning Line Dance**  
Crouch Senior Center Room 005  
Mondays at 2 pm MAY JUNE JULY

### 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 & Ruthie

### ADVANCED LINE DANCE

Crouch Senior Center Room 005

Wednesdays

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

**Offered the month of MAY ONLY.**

This exhilarating class includes full-body stretching and non-jarring, low impact exercises for seniors.

Certified YMCA Instructor: Lauren

**We are sad to share, the last day for this class will be May 30. Questions? Please call 768-8691.**

## WOOD CARVER EXHIBIT

South Central Wood Carvers Assoc.

**TUESDAY, JUNE 10**

10 am to 1 pm

**Crouch Senior Center**

The South Central Carvers are holding their annual exhibit. Admire a variety of their favorite carvings. Some items may be available for purchase.

The Wood Carvers meet Tuesdays at 1:00 pm in the Crouch Senior Center multipurpose room. New members wanted and always welcome!



## SMILES ON WHEELS

Crouch Senior Center | 517-768-8691

### SMILES ON WHEELS SUMMER SCHEDULE

**THURSDAY, JUNE 12**

10:30 am - 1:00 pm

**CROUCH SENIOR CENTER**

**TUESDAY, June 17 at 10:30 - 1:30**

Napoleon Senior Lunch Site

**FRIDAY, June 20 at 10:30 - 1:30**

Michigan Center Lunch Site

August 5, Park Forest

August 6, Norvell

August 13, Spring Arbor

Stay for Lunch! Call 768-8684  
to make your lunch reservation  
at least 1 day in advance!



## SECRETARY OF STATE

Crouch Senior Center | 517-768-8691

**Michigan Secretary of State Mobile Office is Coming To You!**

Wednesday, June 25 from 10 am to 3 pm

Book a visit to complete your Secretary of State transactions, including: First-time Michigan ID, Renew driver's license or ID, Transfer Title, Apply for/renew disability placard, and more! Crouch Senior Center. Call 768-8691.

- Participants pay any fees required.
- Bring required documents needed for transaction.



## CROUCH TRIVIA FUN

Enrichment | 517-768-8691

**CROUCH  
TRIVIA**

LAUGH...  
THINK....  
Join The  
Fun!

**Common Knowledge  
Trivia Fun**

**Crouch Senior Center  
2nd & 4th Wednesdays  
10 am**

*Facilitators: Dennis and JC*



## SENIOR VOLUNTEER OF THE YEAR

**NOMINATION INFORMATION** Due June 13 | 768-8691

### Jackson County Senior Volunteer of the Year 2025 Nominations

The Jackson County Department on Aging, the Jackson County Fair and the Jackson County Board of Commissioners join together to honor outstanding contributions made by Jackson County's older citizens. Recognition will be given to people who have volunteered in the community since age 60.



Honorees will be invited to attend the award ceremony on Senior Day at the Jackson County Fair. **MONDAY, August 4, 2025.**

**Please note:** Nominations may be submitted by an individual or an organization. **Criteria:** Age 60 + and volunteer work rendered since turning age 60. Volunteer nominated has not received a Jackson County Senior Volunteer of the Year Award in the past.

Please contact the Department on Aging for nomination forms at (517) 768-8691 or go to their website at: <https://www.mijackson.org/619>

**Nominations must be received by June 13, 2025.** Submit nomination forms and any newspaper clippings, or letter of support, etc. to: Jackson County Department on Aging, Senior Volunteer Nomination, 1715 Lansing Ave., Jackson, MI 49202. Nomination forms and attachments may be e-mailed to [LMeade@mijackson.org](mailto:LMeade@mijackson.org). Please call 768-8691 for details.

## SMART DRIVER TEK

**CROUCH SENIOR CENTER**  
**TUESDAY, JUNE 17**  
**FREE WORKSHOP**  
768-8691

**Stay up to date with an AARP Smart DriverTEK workshop**

Smart DriverTEK is a 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car.

Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road.

Register today and tell a friend—it's **FREE!** Call **768-8691**

**AARP**

Driver Safety



## FOOT CARE CLINIC

**Crouch Senior Center | 768-8691**

**Crouch Senior Center**  
**July 11, 2025**

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.

**Appointments: 517-768-8691**  
Next Clinic: October 3



## WELLWISE SERVICES

**WellWise Services | 517-592-1974**

**WellWise Services,**  
**Area Agency on Aging**

Living Well Programs: Dementia Friends, Workplace PATH, Aging Mastery Program, CHRONIC PAIN Path, Cancer PATH, Diabetes PATH, Powerful Tools for Caregivers, A Matter of Balance, Dementia Caregiving and Dealing with Dementia.

**Dementia Friends On-Line Trainings: Call 517-592-1974**  
Tuesday - June 24, 2025 12:00 pm to 1:30 pm

**Computer Lab & Internet Available at the Crouch Senior Center.** Dr. Bill available to help with On-Line classes on Tuesdays. Call **517-768-8691** for computer lab help at Crouch - Tuesdays.





## VOLUNTEER LUNCHEON

Jackson County Department on Aging Volunteers Are SUN-Sational!

### DEPARTMENT ON AGING VOLUNTEERS ARE... SUN-SATIONAL!

**Friday, June 27**  
**10:45 am - 1:00 pm**

10:45 am - 1:00 pm

#### •Entertainment

Jay Hill, Musician

- Featuring, Jimmy Buffet Tribute Songs, Folk Songs, Classic and Contemporary Rock/Pop, Old School Country, American Standards...

12 pm Congregate Lunch Served

- *Entertainment Break 12:00 to 12:30*

#### LOCATION:

**Jackson County**  
**Department on Aging**  
1715 Lansing Avenue, Jackson  
**GROUND FLOOR, Room 005**  
(Health Department)  
Park In Lot A

- *All Sites Are Closed on June 27 for the Luncheon.*

**Everyone Invited** - Volunteers and those that love  
Volunteers are invited to join.

**Seating Is Limited. Make Your Lunch Reservations by  
Friday, June 20.** Call 768-8691 or sign up at your site.

**On The Menu:** Creamy Chicken Breast in a Spinach  
Parmesan Sauce, Asparagus, Redskin Mashed Potatoes,  
Sun-Sational Salad, Fruit, Roll, Milk and Lemon Cake Dessert.



### SHOP! CRAFT CORNER

Crouch Senior Center  
Monday, Tuesday, Thursday  
10 am - 2 pm  
*Open Wednesday & Friday  
When Volunteers Available*

#### WANTED!

Craft Corner Volunteers.  
Run the Craft store 1 day a  
week. 10 am - 2 pm.  
Call 768-8691 for Details!

### Granny Squares Wednesdays at 1 pm

New Members Always  
Welcome! GUYS and Gals!

Yarn Donations  
Appreciated!  
4ply acrylic.  
Call 768-8691



### JOB OPPORTUNITIES

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

**Join Our Team!**  
**Outreach  
Specialist  
&  
Home Care Workers  
Wanted!**



## SENIOR SAFETY

Leslie Krantz, LBSW

Keeping seniors informed about common scams and other senior issues.

**SCAM ALERT!**

### Artificial Intelligence ("AI")

Large Language Models (LLMs) are a recent innovation in artificial intelligence technology that allow computers to respond to questions in a human like manner. Rapid advances in AI technology have caught the world by storm. These new developments enable you to have a convincing chat with a computer, ask a computer to paint a painting, or even create videos and mimic real human voices.

Unfortunately, it did not take scammers long to recognize the technology's potential to turbocharge their scams. For instance, scammers can use AI to create deepfake audio and video clips to trick us. Using AI technology, scammers collect audio data, maybe from your latest Instagram post, to clone your voice. The imposter will then call, possibly spoofing the number of a loved one on your caller ID. They may claim to be in serious trouble and beg the relative to send money. Hearing a loved one's voice and seeing their phone number on your caller ID is convincing and motivates us to respond to the request.

### **Protect Yourself from a Potential Voice Cloning Scam:**

- Create a phrase that only your family knows to verify a loved one's identity when something doesn't feel right on a phone call. Don't rely on caller ID. Scammers can clone sim cards to mimic a loved one's phone number.
  - If something feels off, hang up. Call the person using a number you know to be theirs.
- Be suspicious if a family member says that you need to pay using cryptocurrency to either get them out of trouble or pay for medical bills.

Information taken from the State of Michigan Consumer Protection website. <https://www.michigan.gov/consumerprotection>

## WRITING CIRCLE

1st & 3rd Wednesday of the Month at 10:30 am | 517-768-8691

The Writing Circle meets on the 1st & 3rd WEDNESDAY at 10:30 am in Room 136. New Members Welcome!  
See the Crouch Bulletin Board for more stories written and posted by the Writing Circle.

### Colors of Spring

Compilation By Writers Circle

Spring is when red breasted robins appear, purple crocus stretch thru frosty snow, and brown mud puddles line driveways. Cool breezes waft your face as you sit in awe.

Yellow daffodils poke their heads above the soil, while snow lilies lift their faces to the bright sun. All is in full bloom, causing amazement at all the wonders God created.

This brings us to little girls in red boots and sundresses, and boys in bright blue suits sailing spring launched sailboats on a crisp blue lake from green grass shores.

A spring shower or threatening thunderstorm require a quick dash to the porch. Rainbows appear in evidence of a plethora of things that define spring in all its new beginnings.





# 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

### Home Care Services—Current Clients

Julie Babcock, Home Care Supervisor

### Meals on Wheels & Nutrition Site Meals

Annie Sottek, Nutrition Services Manager

### Nutrition Site and Senior Center Programs

Laurie Mead, Enrichment Specialist

## LOOKING AHEAD

### JULY

**Detroit Tiger Experience | Wednesday, July 30**

10 am to 11:30 am

**SAVE THE DATE**

"Bless You Boys" A Detroit Tiger Baseball  
Experience. GOOOOO TIGERS with Todd!

### AUGUST

**Senior Volunteer of the Year | Monday, August 4**

11:00 am at the Fair

Keeley Park , American 1 Event Center Stage

