SENIOR CIRCUIT

Nov/Dec 2025 Issue | Volume 20, Issue 6



Senior Centers and Sites 517-788-4364

ON AGING

NOVEMBER | DECEMBER **ISSUE**

IN THIS ISSUE

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OHONORING Our Veterans Granny Squares Showcase ◊Turkey & Ham Dinners ♦Deck The Halls *OHOLIDAY Music & Dancing* **\$Lunch with Santa** ♦NEW - Round Dance Classes **New Year Dance Party!**

♦ Christmas Carols **OHOliday Paint Parties & Crafts** ♦Karaoke, Jams, Bingo! *Output* OHOIIday Penny Auctions ◊Tai Chi, Cardio Drumming... ◊Cards - Euchre, Hand & Foot *OCommunity Conversations* ◊Join the Celebrations!







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

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

Community Conversations Michigan's Aging, Community Living & Supports Bureau See Page 10

Tech Time | WellWise Services See Page 13

Connection Cafe | WellWise See Page 10

Fall Vaccine Trivia Jenette, Health Department See Page 4

Blood Pressure Checks See Page 15

2026 Foot Clinic | Dr. White See Page 11

Alzheimer's Support Nicole Hourani, Alzheimer's Association, MI Chapter See you February 25 at 11 am!

Secretary of State Mobile Unit at Crouch See Page 11



New Card Game! Hand and Foot. Page 15

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



CLASSES/ACTIVITIES AT CROUCH

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

BILLIARDS EVERY DAY!

Mon - Fri 9 am to 4 pm Facilitators: Tim & Mike

BIBLE STUDY

Mondays at 10:30 am Facilitator: Pastor Fd

PAINT PARTIES TO GO

MONDAY Nov. 3 at 1 pm MONDAY Dec. 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

NEW ROUND DANCE CLASS

Mondays, 1 pm to 3 pm Waltz and Swing | See Page 13

CRAFT & CHATS - FREE 60+

November 4 & 6 Clay Beads with Marcy. Class Size Limit. 10 am. Nov. 24 at 1 pm - Soap Making with Laurie, Denise & Lynn Sign Up! 768-8691

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 Facilitators: Bob & Dennis

CARD MAKING CLASS

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

THE WRITERS CIRCLE

1st & 3rd Wednesdays at 10:30 am Instructors: Fordine & Sherrill

Phone: (517) 788.4364

CROUCH COMMON TRIVIA

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

GRANNY SOUARES

Wednesdays at 1 pm Gals & GUYS Welcome!

Facilitator: Barb

Granny Square Holiday Show Case! Wednesday, Nov. 19, 1 - 2 pm

KARAOKE

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

GREEN THUMB MSUE MG

January 15 - 3rd Thurs, at 10:00 am ON BREAK NOV. & DEC.

COUNTRY GOSPEL JAM

Thursdays at 1 pm Facilitator: Jerry

ACRYLIC PAINT CLASS

Thursdays 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/Auction Facilitators: Dawn, Cathy

CARDIO DRUMMING

Tuesdays at 9 am & Fridays at 1 pm Call 768-8691 for information. Facilitators: Tracy & Barb

FREE PENNY AUCTION

Friday, Nov. 14 & Dec. 5 1:15 pm to 2:00 pm (Pennies/Chips Provided) Auctioneer: Candy

CROUCH SINGERS

Friday, Nov. 21 & Dec. 19 at 1:30 Conductor: Candy



HOLIDAY DINNER DANCE

Thursday, December 4



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

Dance 6 - 9 p.m. **DINNER RSVP: 768-8691** Enrichment: 768-8691

Reservations

At Least One Day in Advance. Limited Seating. Full at 140. 517-768-8691

No Entry Before 4:00 pm

Holiday Menu

Roast Beef w/Gravy Mashed Redskins California Blend Dinner Salad Cranberry and Apples Milk:

Dessert: Black Forest Torte

Live Band: The Ramblers







Save The Date: Valentine Pink Party February 5, 2026 with The Ramblers Band

CROUCH CELEBRATIONS!

Holiday Crafts See Page 14

Honoring Our Veterans See Page 14

Community Conversations See Page 10

Granny Squares Holiday See Page 14

Holiday Music Specials See Page 14

Holiday Cheer, Deck The Halls, Dinners, Lunch with Santa, Carols with Carol See Page 14

New Year Dance Party See Page 15

Free Penny Auction 1:30 pm - Fridays November 14 & December 5

Crouch Singers at 1:30 Fridays - Nov. 21 & Dec. 19

HOLIDAY SWEATER FUN MOVIE, GAMES, **FREE POPCORN** MONDAYS, Dec. 22 & 29 - 1 pm



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

> **Large Groups** Call 768-8691



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.

Inclement Weather Reminder!



are closed due to inclement

- FM 105.3

TV

- WLNS-TV6, Lansing
- WILX-TV10

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 quests under 60 - \$3.50







Phone: (517) 788.4364

11:30 am Vaccine Trivia with Jenette, JCHD Public Health Nurse Park Forest 11/5; Michigan Center 11/12; Spring Arbor 11/19. Stay for lunch served at 12 noon. Call 768-8684. PRIZES! Call 768-8691 for more information.

SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- 3 - Cheeseburger WW Bun Tater Tot Casserole Mixed Veggies Fresh Fruit Milk	- 4 - Creamy Garlic Chicken Tortellini Brussel Sprouts Carrots Fresh Fruit Milk	- 5 - Breaded Pork w/ Country Gravy Au Gratin Potatoes Tuscan Blend Fresh Fruit Roll Milk	- 6 - Stuffed Cabbage Mashed Potatoes Hot Strawberry & Pears Roll Milk	- 7 - Baked Penne Mixed Vegetables Cauliflower Fresh Fruit Milk Dessert
- 10 - Beef Hot Dog WW Grain Bun Baked Beans California Blend Fresh Fruit Milk	- 11 - Closed in Honor of Veterans Day	- 12 - Chili Mac Brussels Sprouts Mixed Vegetables Fresh Fruit Milk Cookie	- 13 - Wiley Potato Antigua Blend Hot Spiced Apples Milk	- 14 - BBQ Pork on WW Bun Au Gratin Potatoes Green Peas w/Pearl Onions Apple Sauce Cup Milk & Dessert
- 17 - BBQ Chicken Tater Tot Casserole Mixed Veggies Fresh Fruit Milk	- 18 - Beef Pepper Patty Mashed Potatoes Broccoli Roll Fresh Fruit Milk	- 19 - Ham & Cheese Egg Scramble Zucchini & Tomatoes Au Gratin Potatoes Muffin Milk & Cookie	- 20 - Pork Chop Suey over Rice Stir Fry Veggies Hot Apples Milk Fortune Cookie	- 21 - Chicken w/Cheese Sauce & Olives Au Gratin Potatoes Normandy Blend Roll, Fresh Fruit Milk, Dessert
- 24 - Chicken Ala King Biscuit Mashed Potatoes Brussels Sprouts Fresh Fruit Milk	- 25- Salisbury Steak Mashed Potatoes Carrots, Roll Fresh Fruit Milk	- 26 - Turkey & Gravy Stuffing Sweet Potato Cass Mixed Vegetables Cranberry Apples Milk & Cookie	- 27 - CLOSED THANKSGIVING DAY	- 28 - CLOSED THANKSGIVING Thanksgiving









Menus Approved by: Sarah Pollack, RDN, CDCES

BEGINNING ROUND DANCE

- Mondays 1 pm to 3 pm
- Social Ballroom, Swing, Waltz Bring Your Own Partner
- See page 13

HAND & FOOT CARD GAME

Phone: (517) 788.4364

- 2nd Monday of the Month
- 11:30 am Games Start
- All Levels Welcome!
- See page 15

EXERCISE CLASSES

- Fit After 50, Enhance Fitness
- Moving For Better Balance
- Line Dance & Cardio Drum
- See page 12

SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
-] - Crispy Chicken w/ Country Gravy Mashed Potatoes Antigua Blend Roll, Fresh Fruit Milk	- 2 - Fish Sandwich WW Bun Macaroni & Cheese Black Beans & Corn Fresh Fruit Milk	- 3 - Eggplant Parmesan Garlic Broccoli Diced Carrots Fresh Fruit Roll Milk Cookie	- 4 - Stuffed Pepper Casserole Green Beans Hot Spiced Apples Milk Dinner Dance	- 5 - Homestyle Meatloaf Mashed Potatoes Peas & Carrots Roll Fresh Fruit Milk Cookie	
- 8 - Spaghetti & Meatballs Garlic & Herb Broccoli Parisian Carrots Fresh Fruit Milk	- 9 - Cheeseburger Tater Tot Casserole Mixed Veggies Fresh Fruit Milk	- 10 - Cheesy Shells w/ Chicken & Peas California Blend Zucchini & Tomatoes Fresh Fruit Milk Cookie	- 11 - Chili & Cheese Baked Potato Antigua Blend Veggies Hot Strawberries & Pears, Roll, Milk	- 12 - Chicken Cordon Bleu Mashed Sweet Potatoes Mixed Vegetables Fresh Fruit Roll & Milk Dessert	
- 15 - Swedish Meatballs over Rice Brussels Sprouts Dilled Carrot Coins Fresh Fruit Milk	- 16 - Goulash California Blend Country Green Beans Fresh Fruit Milk Cookie	- 17 - Bacon, Egg & Cheese Scramble Zucchini & Tomatoes Hash Browns Muffin, Orange Juice Milk & Cookie	- 18 - Chicken ala King Normandy Blend Hot Strawberries & Pears Biscuit Fresh Fruit & Milk	- 19 - Tangerine Chicken over Fried Rice Garlic & Herb Broccoli Sliced Carrots Fresh Fruit Milk & Dessert	
- 22 - Cheese Lasagna Garlic Herb Broccoli Carrots Fresh Fruit Milk	- 23 - Glazed Ham w/ Pineapple Ring Sweet Potato Cass. Green Bean Cass., Roll, Cranberry Apples, Milk	- 24- CLOSED CHRISTMAS EVE	- 25 - CLOSED CHRISTMAS DAY	- 26 - Chicken & Bell Pepper Fajita Refried Beans, Spanish Rice, Mandarin Oranges Milk & Dessert	
- 29 - Beef Ribette on Bun Au Gratin Potatoes Mixed Vegetables Fresh Fruit Milk	- 30 - Chicken w/Cheese Sauce & Olives Brussels Sprouts Peas & Carrots Roll Fresh Fruit Milk	- 31 - Sausage & Peppers Sweet Potato Cass. California Blend Roll Fresh Fruit Milk		Menus Approved by: Sarah Pollack,	

TECH TIME WITH MIRO

- Thursday, Nov. 13 at 10 am
- Thursday, Dec. 11 at 10 am
- WellWise Services, Area Agency on Aging
- See page 13

KARAOKE AT 1 PM

- 4th Wednesday Every Month
- "Karaoke is like a box of chocolates... You never know what you are going to get!"
- Join the FUN with Norma!

Phone: (517) 788.4364

CROUCH SINGERS

- Friday, November 21
- Friday, Dec. 19 Holiday Songs

RDN,CDCES

- 1:15 pm Crouch Dining Room
- New Singers Welcome!



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, Dave & 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	Hand & Foot	2nd Monday	11:30 am
Crouch	Euchre Tourney	Thursdays	1:00 pm
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	Conversation!	M/W/F	10:30 - 2:30
Napoleon	Conversation!	т/тн	10:30 - 1:30
Norvell	Conversation!	Fridays	10:30 - 1:30
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.



NOVEMBER 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
- 3 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1:00 Paint Party 1 - 3 Round Dance	- 4 - 9:00 Cardio Drumming 10:00 Polymer Clay 1 10:00 Quilters 10:30 MFBB Tai Chi 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	- 5 - 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 10:30 Writing Circle 11:30 Blood Pressure 11:45 Line Dance 1:00 Penny Bingo 1:00 Granny Squares	- 6 - Exercise on Break 10:00 Polymer Clay 2 10:30 MFBB Tai Chi 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 4:00 Diabetes PATH	- 7 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 12:30 Honoring Our Veterans & Music w/ Tom Embury 2:00 Card Bingo 1:00 Bridge Club
- 10 - 8:30 Fit 50 10:30 Bible Study 10:30 Exercise 11:30 HAND AND FOOT 11:30 Blood Pressure 11:45 Veterans Honor 1:00 Holiday Flamingo Bingo 1 - 3 Round Dance	- 11 - Closed Veterans Day	- 12 - 8:30 Fit 50 10:00 Trivia 10:30 Exercise 11:30 Blood Pressure 11:45 Line Dance 1:00 Adv Line Dance 1:00 Flamingo Bingo 1:00 Granny Squares	- 13 - 10:00 TECH TIME 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 14 - 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:15 Penny Auction 1:00 Bridge Club 1:00 Cardio Drum Wii After Auction
- 17 - 8:30 Fit 50 9:30 COMMUNITY CONVERSATIONS 10:30 Bible Study 10:30 Exercise 11:00 Music with Steve 11:30 Blood Pressure 1:00 Connection Cafe 1 - 3 Round Dance	- 18 - 9:00 Cardio Drumming 10:00 Quilters 10:30 MFBB Tai Chi 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	- 19 - 8:30 Fit 50 9:30 Card Class 10:30 Exercise 10:30 Writing Circle 11:30 Blood Pressure 11:45 Line Dance 1:00 Adv Line Dance 1:00 Penny Bingo 1:00 Granny Square Holiday SHOWCASE	- 20 - Green Thumb on Break - Back in Jan. 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 21 - 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 12:30 Holiday Music w/Tim Farrell 1:30 Crouch Choir 1:00 Bridge Club 1:00 Cardio Drum Wii Bowl After Choir
- 24 - Fit 50 & Enhance Exercise on Break 10:30 Bible Study 11:30 Blood Pressure Round Dance Break 1:00 Craft N Chat SOAP Pour & Mold	- 25 - 9:00 Cardio Drumming IS MEETING TODAY!!! 10:00 Quilters Tai Chi on Break 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	- 26 - Exercise Break No Trivia Today Carols w/Carol 10:00 Deck The Halls 10:45 Holiday Music with Steve 11:30 Blood Pressure 11:45 Line Dance 1:00 Karaoke	- 27 - CLOSED Thanksgiving Holiday	- 28 - CLOSED Thanksgiving Holiday
		PARK FOREST F Lunch & Conversation		ORVELL //F LUNCH

MICHIGAN CENTER

M/W/F LUNCH

NAPOLEON T/TH LUNCH



Phone: (517) 788.4364

GRASS LAKE SENIOR CENTER

Activities 522-8466





DECEMBER 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	
- 1 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1:00 PAINT PARTY 1:00 Round Dance	- 2 - 9:00 Cardio Drum 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 3 - 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 10:30 Writers Circle 11:30 Blood Pressure 11:45 Line Dance 1:00 Penny Bingo 1:00 Granny Squares	- 4 - 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 5 - 9 DINNER DANCE	- 5 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:15 Penny Auction Wii Bowl After Auction	
- 8 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 11:30 HAND AND FOOT 1:00 HOLIDAY Flamingo Bingo 1:00 Round Dance	- 9 - 9:00 Cardio Drum 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 10 - 8:30 Fit After 50 10:00 Trivia 10:30 Exercise 11:30 Blood Pressure 11:45 Line Dance 1:00 HOLIDAY Flamingo Bingo 1:00 Granny Squares	- 11 - 10:00 Tech Time 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 10 am Tech Time!	- 12 - 8:30 Fit After 50 10:00 Quarter Bingo 11:30 LUNCH with Santa & Mrs. Claus 1:00 Holiday Music & Christmas Cookies 10:30 Exercise Wii Bowl 1:00 Bridge Club 1:00 Cardio Drum	
- 15 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1:00 Connection Cafe 1:00 Round Dance	- 16 - 9:00 Cardio Drum 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 17 - 8:30 Fit After 50 9:30 Card Class 10:30 Writers Circle 10:30 Exercise 11:30 Blood Pressure 11:45 Line Dance 1:00 Penny Bingo 1:00 Granny Squares	- 18 - 10:30 Exercise Carols w/Carol 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 19 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 12:30 Holiday Music 1:00 Bridge Club 1:00 Cardio Drum 1:30 Crouch Singers Wii Bowl After Singers	
- 22 - Exercise Break 10:30 Bible Study 11:30 Blood Pressure 1:00 Movie/Games/ Popcorn Day Round Dance Break	- 23 - Exercise Break 10:30 Holiday Music 10:00 Quilters 12:00 Christmas Dinner 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 24 - CLOSED CHRISTMAS Holiday	- 25 - CLOSED CHRISTMAS Holiday	- 26 - Exercise Break NO Quarter Bingo Holiday Game Day! 12:30 Holiday Music w/ The Style Band Wii Bowl After Music 1:00 Bridge Club	
- 29 - Exercise Break 10:30 Bible Study 11:30 Blood Pressure 1:00 Movie & Popcorn Round Dance Break	- 30 - Exercise Break 10:00 Quilters 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 31 - Exercise Break NEW YEAR'S PARTY 10:30 French Quarter 1:00 Karaoke Party! NO Penny Bingo 1:00 Granny Squares			
KING CENTER Open! M - F		NAPOLEON T/TH Lunch & Conversation		M/W/F EUCHRE FRIDAYS!!	
MICHIGAN CENTER M/W/F Lunch & Conversation		PARK FOREST M - F Lunch & Conversation	GRASS LAI	GRASS LAKE CALL 522-8466	

M - F Lunch & Conversation

M/W/F Lunch & Conversation



COMMUNITY CONVERSATIONS, MONDAY, NOVEMBER 17 AT 9:30 AM

Jackson County Department on Aging | 517-768-8691

Michigan's Aging, Community Living, and Supports Bureau is facilitating a series of community conversations and wants to hear from you!

They are developing Michigan's State Plan on Aging and want your feedback on what it is like to be an older adult living in Michigan. The goal is to learn about the individual and community needs and experiences of those age 60 and older so programs and services are better able to support the health and wellbeing of Michigan's elders and caregivers.

Please join us on Monday, November 17 9:30 am - Conversations 11:00 am - Music, Steve Berkemeier

Jackson County Department on Aging, Crouch Senior Center **Human Services Building** 1715 Lansing Avenue, Jackson, MI Park In Lot B 12 noon Lunch - RSVP 788-4364



YOUR VOICE MATTERS - Come share your experiences, ideas, and hopes for aging well in Michigan. Door prizes will be available, please call (517) 788-4364 to RSVP

CONNECTION CAFE

Jackson County Department on Aging | 517-768-8691

CROUCH SENIOR CENTER Monday, November 17, 1 pm "Monarchs" Dahlem Nature Center Monday, December 15, 1 pm Topic: Call 592-1974

MEET PEOPLE. **ENJOY SNACKS, GREAT TOPICS & FUN**



Presenter: Martha York, WellWise Services, Area Agency on Aging Sign Up! 517-592-1974

> Come Early for Lunch! See Page 4

SPRING ARBOR SENIOR SITE - LUNCH & CONVERSATION

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

- Nov. 19, 11:30 am Vaccine TRIVIA Jenette. JCHD Nurse
- Nov. 14 & 28, 1:00 pm SAJDL Movies
- Thursdays, 1:00 pm SA JDL Tech Help

Happy Holidays Closed Nov. 11, 27, 28, Dec. 24, 25, Jan 1.

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

Monday - Friday at 12 noon

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

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

Phone: (517) 788.4364

Jackson District **Library Programs**

Melanie Benjamin Author Talk

Nov. 1 at 7 pm, Parkside Middle School

Carnegie Craft Corner

- Nov. 11 at 3 pm, Carnegie Holiday Open House
- Nov. 21 from 3:30 6:30, Carnegie



FOOT CARE CLINIC

Crouch Senior Center | 768-8691

Crouch Senior Center January 23, 2026

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.



SECRETARY OF STATE

Wednesday, October 8 | 10 am to 3 pm

Michigan Secretary of State Mobile Office Crouch Senior Center, February 25, 2026

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.



NUTRITION NEWS

By Sarah Pollack, DN, CDCES

Ways to Reduce Empty Calories

Most foods deliver calories and nutrients. Your body needs a certain number of calories to use for energy. Yet some foods are high in calories and fat but lacking in nutrition. These are "empty calories."

Why Empty Calories Aren't Good for Your Health. A calorie how much energy you get from the foods you eat. Some foods are high in calories but are nutritious, such as avocado, Greek yogurt, and nuts. Other foods are high in calories but offer little to no nutrition such as soda, cookies and candy. They don't contain much, if any, of the nutrients needed for your body to work properly and can increase weight. In contrast, foods that are nutrient-dense for their calorie count help you stay at a healthy weight.

When you eat empty calorie foods, your body burns sugar and simple carbs quickly, turning your blood sugar into a roller coaster of spikes and dips. This blood sugar "crash" leaves you feeling hungry again soon after you eat them, making you more likely to overeat. Empty calorie foods are also highly addictive. Their sweetness, saltiness, and satisfying crunch activate the reward centers in your brain. Eating too many of these foods can cause cravings. The type of fats in empty calorie foods increases inflammation in the body. Between the extra fat and inflammation, this way of eating could increase your risk of chronic conditions like heart disease, type 2 diabetes, and cancer.

Empty Calorie Foods. Soda, sugar-sweetened fruit drinks, sports drinks and energy drinks, sweet tea. Candy. Alcohol. Potato chips. Fast foods such as burgers, pizza, and French fries. Baked goods like cake, cookies, pastries, doughnuts, and white bread. You don't have to cut these foods completely from your diet but having them less often in smaller amounts helps. Start reducing empty calories in your diet by making healthy swaps.

How to Limit Empty Calories

Buy whole foods. Choose fresh or frozen (no salt-added) produce, lean protein like chicken and fish, low-fat dairy foods, and eggs.

Choose energy-dense foods. Peanut butter, oatmeal, fresh fruit, vegetables and fish are foods that have a lot of nutrients in relation to their calorie count. Many energy-dense foods also contain fiber that helps you feel full and stabilizes blood

Skip the sugary beverages. Choose low-fat or skim milk, low-sodium vegetable juice, unsweetened tea or water. The occasional diet soda is OK, but don't overdo it. Even without the sugar, soda lacks any nutrients.

Cook it yourself. Preparing meals at home gives you more control over what goes into the food. Try making your own versions of unhealthy fast foods, like thin-crust pizza topped with veggies.

Read food labels. Look at the calories, saturated fat, sodium, and sugar content of the foods you buy. High levels of these are usually clues that what's in the box or bag is highly processed and high in empty calories. Foods that are high in protein and fiber and low in sugar, saturated fat, and sodium are usually better options. Pay attention to the serving size. The calories and fat might look low until you realize that the package contains multiple servings.

Address: 1715 Lansing Avenue, Jackson, MI 49202 Phone: (517) 788.4364 Website: www.mijackson.org/619



DONATIONS

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

HOLIDAY BREAKS

No Fit After 50 No Enhance Fitness No Moving For Better Balance -

November 24 - 28 Dec. 22 - Jan. 2

Closed for the Holidays! Nov. 11 - Veterans Day Nov. 27 & 28 Thanksgiving Dec. 24 & 25 - Christmas Jan. 1 - New Year's

FREE BEGINNING ROUND DANCE

NOVEMBER - MAY 1:00 PM - 3:00 PM Volunteer Instructors: Alice, John and Vicky

BRING YOUR OWN PARTNER! Details 768-8691

At the YMCA

Classes held 2 - 3 days per week. Call the Y at 517-782-0537 Pedaling for Parkinson's **Rock Steady Boxing**

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 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 nonjarring, 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 highimpact 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 Instructors: Ken & Lauren

MOVING FOR BETTER **BALANCE - TAI CHI CLASS**

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. Tai Chi for Diabetes and Tai Chi for Arthritis Certified YMCA Instructor: Ken

Phone: (517) 788.4364

BEGINNING ROUND DANCE NOVEMBER - MAY

Crouch Senior Center Room 005 Mondays 1 pm to 3 pm Social Ballroom Round Dance. Swing, Waltz. Cuer calls the steps. Bring your own partner for this FREE class!

Volunteer Instructors: Alice, John, Vicky

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

1:00 pm - 2:00 pm Volunteer Instructor: Micki

CARDIO DRUMMING

Crouch Senior Center Room 005 NEW!!!! Tuesdays at 9 am

Fridays at 1 pm

2nd, 3rd, 4th Fridays of the Month (Friday class does not meet 1st Friday) Supplies Provided. Call 768-8691. Volunteer Instructors: Tracy, Barbara, Paul

BEGINNING ROUND DANCE

Mondays | 1 pm to 3 pm | 768-8691

Beginning Round Dance - A choreographed ballroom dance where couples follow a "cuer". The "cuer" calls out the steps ahead of the music. Beginning Swing! Beginning Waltz! More!

Bring your own partner to this FREE class on Mondays from 1 to 3 pm. (Class on break the weeks of Thanksgiving, Christmas and New Year's.)



Call 768-8691 or Show Up! Ground Floor, Room 005

TECH TIME

Thursdays, Nov. 13 and Dec. 11 at 10 am

Do you need help with your computer, phone, tablet or other technology?

Join Miro from WellWise Services for a FREE presentation with individual tech assistance afterward.

Call 768-8691 to Register! Or 517-592-1974 info@wellwiseservices.org



GRANNY SQUARES HOLIDAY

Wednesday, November 19 at 1 pm

You Are Invited...

ANNUAL GRANNY SQUARES HOLIDAY BLANKET SHOWCASE EVENT

Crouch Senior Center Wednesday, November 19 1:00 pm to 2:00 pm

100+ blankets were crocheted with love by the Granny Square volunteers. The blankets will be distributed to homebound seniors during the holidays. Dessert and Punch Provided.



WRITERS CIRCLE

1st and 3rd Wednesday of the Month at 10:30 am

Falling Into Winter By Sherrill

Skipping past the fading flowers of Summer, We try to grasp the golden days of Fall. We fear the bleak and lonely days of Winter. Must life's winter be the ending for us all?

Our lives, long past the glory days of Summer, Face violent storms that strip the branches bare. We shuffle neath the cold of falling Winter, Our dreams begin to shrivel in despair.

Yet in the Winter's cloud and bitter cold, Bursting sunlight dazzles snow like diamonds.

This splendor that's a wonder to behold,

Sparks courage to meet our life's new demands.

Knowing sure that Spring will follow Winter, We trust God's grace our wintertime will be,

Phone: (517) 788.4364





HONORING CROUCH VETERANS

RSVP for Lunch! 768-8684 at least 1 day in advance!

Thank You For Your Service!

Friday, Nov. 7 11:55 am Jim, Taps 12 noon Lunch 12:30 Tom Embury, Country Music

Monday, Nov. 10 11:55 am Jim, Taps 12 noon Lunch







HOLIDAY CRAFTS AT CROUCH

SIGN UP!!!! Call 517-768-8691

CROUCH CRAFTERS!

Monday, November 3 at 1 pm Paint Party with Karen O.

Tues. & Thurs. November 4 & 6 at 10 am Clay Beads with Marcy

> Monday, November 24 at 1 pm Holiday Melt & Pour Soap

Monday, December 1 at 1 pm Paint Party with Karen O.

Thursdays at 1 pm Acrylic Paint Class with Karen H.

FREE for those 60+ | \$5 donation under 60 Thursday Acrylic Class by Donation Sign Up! 768-8691



HOLIDAY CHEER! DECK THE HALLS, SANTA, COOKIES, MUSIC, DINNERS

Crouch Senior Center | 768-8691

DECK THE HALLS TURKEY DINNER Wednesday, Nov. 26

- •Carols with Carol!
- •10 am Decorating, Tree Trimming with Lumen Christi Student Volunteers
- Cookies and Hot Chocolate
- •10:45 Holiday Music Steve Berkemeier
- •12 noon Thanksgiving **Turkey Dinner**
- •1:00 Holiday Karaoke



- **LUNCH & DANCING** with SANTA and MRS. CLAUS Friday, December 12
- •11:45 Twas The Night Before Christmas. Santa & Mrs. Claus
- •12 noon Lunch with Santa & Mrs. Claus
- •12:30 pm Christmas Cookie Decorating
- •1 pm Jackson Music Factory Band
- Featuring Vintage Rock, Holiday Music & Dancing

HOLIDAY CHEER! Music & Fun

- •Friday, Nov. 7 at 12:30 Country Music w Tom **Honoring Our Vets**
- •Friday, Nov. 14 & Dec. 5 Holiday Penny Auction at 1:15 pm
- •Friday, Nov. 21 at 12:30 Music with Tim Farrell Crouch Singers at 1:30
- •Thursday, Dec. 4 at 5 pm **Holiday Dinner Dance**
- •Friday, Dec. 12 at 11:45 Lunch, Santa, Dancing
- •Thursday, Dec. 18 Carols with Carol
- •Friday, Dec. 19 at 12:30 Music w/Tim Farrell Crouch Singers at 1:30
- •Friday, Dec. 26 at 12:30 The Style Band

MERRY CHRISTMAS HOLIDAY HAM DINNER

Tuesday, December 23

- •10:30 Holiday Music with Mateo & Ric The Style Band
- •12 noon Christmas Ham **Holiday Dinner**
- •1 pm Crouch Music Jam
- Special Guest: Father Christmas



New Year 2026 Count Down! Dancing & Karaoke Wednesday, DECEMBER 31 - see page 15

Join Us for Lunch! 🎉

NEW YEAR'S 2026 COUNTDOWN DANCE PARTY!

Wednesday, December 31 | 2026 Countdown!

MUSIC, FOOD, DANCING, KARAOKE, FRIENDS & FUN!

10:30 am — DANCING & MUSIC FRENCH QUARTER BAND Multipurpose Room

11:59 am — Countdown 2026 **Sparkling Cider Toast**

12 noon — Lunch

1:00 pm — Keep The Celebration Going KARAOKE PARTY! Dinina Room



Celebrate at Crouch Call 768-8691





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. Call 517-592-1974

Computer Help available at the Crouch Senior Center. Tues. at 1 pm. 517-768-8691

BLOOD PRESSURE CHECK

Mondays & Wednesdays at 11:30 am

BLOOD PRESSURE CHECKS with Gail, volunteer retired nurse

Crouch Multipurpose Room



HAND & FOOT

Enrichment | 768-8691

HAND & FOOT CARD GAME

2nd Monday of the Month at 11:30 am

Games Start at Break for



- 4 People Per Table
- - Facilitator: Sharon

Make A Lunch Reservation!

Phone: (517) 788.4364



SHOP! CRAFT CORNER **Crouch Senior Center**

Monday through Friday 10 am - 2 pm When Volunteers Available

Support Senior Crafters! Holiday Gifts! Holiday Treats!

Fudge, Brownies, Aprons, Socks, Paintings, Jewelry, Fishing Lures, Décor & More!



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! Home Care Workers Wanted!







Leslie Krantz, LBSW

Keeping seniors informed about common scams and other senior issues.

Stay Safe from Scams This Holiday Season

As the holiday season approaches, scams and fraudulent activity tend to increase. Scammers often send emails or text messages pretending to be from trusted sources—such as online retailers, your bank, or utility companies—in an attempt to steal your personal or financial information.

To protect yourself, never click on links or open attachments in messages unless you can confirm they're legitimate. Be especially cautious of messages that create a sense of urgency or make unexpected demands these are often signs of a scam.

Follow these tips to stay safe:

Only share sensitive information when you've verified the source. This includes your Social Security number, credit card details, or account PIN.

Never share verification codes or two-factor authentication information over the phone. These codes are not meant to be shared. If you receive a code you didn't request, change your password immediately.

If you're asked to update payment information for a completed purchase, hang up and contact the vendor directly using a trusted number or website.

Trust your instincts. If something feels off, it probably is. It's always better to be cautious.

Stay vigilant and enjoy a safe holiday season!

MEDICARE SHOPPING SEASON

MEDICARE SHOPPING SEASON BEGINS OCTOBER 1, 2025 Each year from October 15 through December 7, Medicare beneficiaries have an opportunity to evaluate and make changes in their Medicare coverage. This may include enrolling in a prescription drug plan or health plan for the new calendar year (2026). While individuals may stay with their current plan, Michigan's State Health Insurance Program (SHIP) recommends reviewing your options before making a decision. Each year, insurance companies have an opportunity to change their benefits. It is important that people with Medicare not only consider the price of their monthly premium, but also the plan formulary (drug list).

To review the new 2026 Medicare prescription drug plans you or a family member may go to www.medicare.gov, and use the Plan Finder to compare your options. You may also call 1-800 Medicare (1-800-633-4227) for assistance. Call your local SHIP office 1-800-803-7174 for information on low-income "Extra Help" premiums and co-pays assistance.

The SHIP program at the Jackson County Department on Aging holds enrollment events each year. These events are staffed by trained SHIP counselors who can help you compare your current plan options available for 2026 and assist with enrollment if needed. Appointments are required. If you are a Jackson County resident over 60 and take brand name medications or more than three generic medications, you may call 517-788-4364 for an appointment. IF YOU LIVE in the Brooklyn area (zip codes 49230, 49233, 49234, 49263)

WellWise Services, Region 2 AAA at 517-592-1974.

SAVE THE DATE! SOUP'S ON MARCH 2026

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 March 10, 2026, at the American 1 Event Center, Keeley Park, 200 W. Ganson Street, Jackson.

Sample soups and bread from local restaurants while enjoying entertainment and a silent auction. 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

Phone: (517) 788.4364

www.MealsOnWheels-JacksonMl.com, or call the Jackson County

Department on Aging at (517) 788-4364.

Support Meals on Wheels March 10, 2026 5:30 - 7:30 p.m. American 1 Event Center, Keeley Park





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

January

Foot Clinic | January 23

Foot Clinic with Dr. White

February

Valentine Dinner Dance | February 5

5 - 9 pm Live Band

February

Secretary of State | February 25

Mobile Unit at Crouch 10 am to 2 pm

February

Phone: (517) 788.4364

Alzheimer's Support | February 25 Nicole, Mid Michigan Chapter at 11 am

