

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

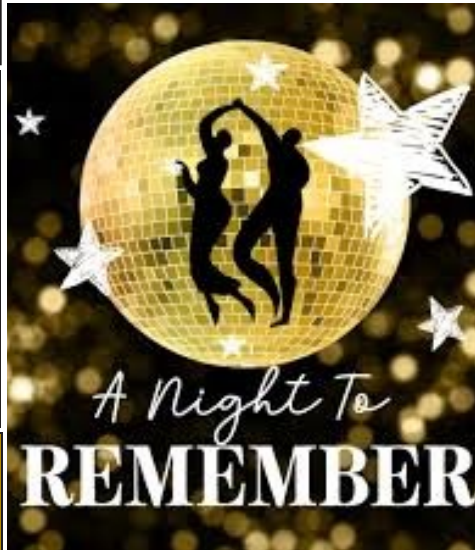
Dinner Served 5 - 5:30 p.m.
*60+ suggested donation
\$2.50; Under 60 - cost \$3.50*

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 & 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 & 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 & Carrots Fresh Fruit Milk Cookie</p>	<p>- 15 -</p> <p>Southwest Chicken & 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 & Peppers Corn & Black Bean Fiesta Re-Fried Beans Flour Shell & 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 & Cookie</p>	<p>- 22 -</p> <p>Wiley Potato Antigua Blend Hot Spiced Apples Roll Milk</p>	<p>- 23 -</p> <p>Cheeseburger Macaroni & 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 & Sauerkraut Carrots Green Beans Roll Milk Cookie</p>	<p>- 29 -</p> <p>Cheesy Shells w/ Chicken & Peas Zucchini & Tomatoes Hot Spiced Apples Milk</p>	<p>- 30 -</p> <p>Sweet & 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
- 2 - Beef Hot Dog Baked Beans Mixed Vegetables Fresh Fruit Milk	- 3 - Smothered Chicken Tater Tot Casserole Brussels Sprouts Roll Fresh Fruit Milk	- 4 - Macaroni & Cheese Zucchini & Tomatoes Normandy Blend Fresh Fruit Milk	- 5 - Stuffed Pepper Casserole Honey Carrots Hot Spiced Peaches Roll Milk	- 6 - Seafood Alfredo Broccoli Carrot Coins Fresh Fruit Milk Cookie
- 9 - Smoked Sausage & Peppers Wild Rice Green Beans Fresh Fruit Roll Milk	- 10 - Tangerine Chicken over Rice Broccoli Cauliflower Fresh Fruit Milk	- 11 - Spaghetti & Meatballs Italian Blend Veggies Green Peas Fresh Fruit Milk & Cookie	- 12 - Chili & Cheese Baked Potato Antigua Blend Hot Spiced Apples Roll Milk	- 13 - Western Meatloaf Redskin Mashed Potatoes Tuscan Blend Roll Fresh Fruit Milk & Dessert
- 16 - Smothered Beef Patty Mashed Potatoes Mixed Veg Roll Fresh Fruit & Milk	- 17 - Swedish Meatballs over Rice Carrots Green Beans Fresh Fruit Milk	- 18 - Fish Sandwich Macaroni & Cheese Brussels Sprouts Fresh Fruit Milk Cookie	- 19 - Southwest Chicken & Rice Broccoli Hot Spiced Apples Milk	- 20 - Sloppy Joe Tater Tot Casserole Mixed Vegetables Fresh Fruit Milk Dessert
- 23 - Chicken Tenders Au Gratin Potatoes Antigua Blend Roll Fresh Fruit & Milk	- 24 - Goulash Broccoli Cauliflower Fresh Fruit Milk	- 25 - Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies Roll Applesauce Cup Milk & Cookie	- 26 - Beef Pepper Patty Mashed Potatoes Hot Spiced Peaches Roll Fresh Fruit & Milk	- 27 - VOLUNTEER LUNCHEON ALL SITES AT The Department on Aging FOR LUNCH Must Make Reservation! See Page 15
- 30 - 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 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p> <p>Prom Dinner Dance</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 1:00 Paint Party</p> <p>2:00 BEGINNING LINE DANCE! New Class!</p>	<p>- 6 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p>- 7 -</p> <p>8:30 Fit 50 9:30 Card Class 10:30 Writing Circle 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>10:00 AARP Meeting 10:30 Exercise 1:00 Country Jam 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 1:30 Cardio Drum</p>
<p>- 12 -</p> <p>8:30 Fit 50 10:30 Bible Study 10:30 Exercise 10:45 to 11:45 Mother's Day Celebration & Music Karen Kidder 1:00 Flamingo Bingo 2:00 Beginning Line</p>	<p>- 13 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p>- 14 -</p> <p>8:30 Fit 50 10:30 Exercise 10:00 Trivia 11:45 Line Dance 1:15 Adv Line Dance 1:00 Flamingo Bingo 1:00 Granny Squares</p>	<p>- 15 -</p> <p>10:00 Green Thumb Tomato Buckets Must Sign Up 10:30 Exercise 1:00 Country Jam 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 1:30 Cardio Drum</p>
<p>- 19 -</p> <p>8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 1:00 Connection Café Financial Planning 2:00 Beginning Line</p>	<p>- 20 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p>- 21 -</p> <p>8:30 Fit 50 9:30 Card Class 10:30 Writing Circle 10:30 Exercise 11:15 MMR & Hepatitis Info 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 1:00 Country Jam 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 12:45 Memorial Day Celebration Tom E. Wii Bowl After Music 1:30 Cardio Drum</p>
<p>- 26 -</p> <p><i>Closed Memorial Day</i></p> 	<p>- 27 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 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 1:00 KARAOKE 1:00 Granny Squares</p>	<p>- 29 -</p> <p>10:30 Exercise 1:00 Country Jam 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 1:30 Cardio Drum</p>
<p>KING CENTER Open! M - F</p> <p>MICHIGAN CENTER Call for EUCHRE days! M/W/F</p>		<p>PARK FOREST M - F Lunch & Conversation</p> <p>NAPOLEON T/TH Call for Euchre & Bingo Days</p>		<p>NORVELL M/W/F EUCHRE</p> <p>GRASS LAKE SENIOR CENTER 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
- 2 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 1:00 Paint Party 2:00 Beginning Line Dance Class. New!	- 3 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 4 - 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 10:30 Writing Circle 11:45 Line Dance 1:15 Adv Line Dance 1:00 Penny Bingo 1:00 Granny Squares	- 5 - 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 6 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Wii Bowl League
- 9 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 1:00 Flamingo Bingo 2:00 Beginning Line Dance Class	- 10 - 10 - 1 Wood Carvers Exhibit 10:00 Quilters 10:30 Exercise 1:00 Jam Session 1:00 Computer Help	- 11 - 8:30 Fit After 50 10:00 TRIVIA! New** 10:30 Exercise 11:45 Line Dance 1:15 Adv Line Dance 1:00 Flamingo Bingo 1:00 Granny Squares	- 12 - 10:30 - 1:00 Smiles On Wheels 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 13 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 12:45 Father's Day Music Wii Bowl After Music 1:00 Bridge Club 1:30 Cardio Drum
- 16 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 1:00 Connection Café 2:00 Beginning Line Dance Class!	- 17 - 10-11:30 AARP Smart Driver TEK- FREE 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 18 - 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 10:30 Writing Circle 11:45 Line Dance 1:15 Adv Line Dance 1:00 Penny Bingo 1:00 Granny Squares	- 19 - 10:00 Green Thumb Courtyard Clean Up - Help Needed! 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 20 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club Wii Bowl After Music 1:30 Cardio Drum
- 23 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 1:00 Craft Chat 2:00 Beginning Line Dance Class	- 24 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 25 - 8:30 Fit After 50 10 - 3 Sec State Unit 10:00 TRIVIA! New** 10:30 Exercise 11:00 ALZHEIMER'S 11:45 Line Dance 1:15 Adv Line Dance 1:00 KARAOKE 1:00 Granny Squares	- 26 - 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 27 - VOLUNTEER LUNCHEON 10:45 am - 1 pm Everyone Invited. Must Sign Up! Lunch Served at 12 pm All Sites Closed. No Activities!
- 30 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 2:00 Beginning Line FOURTH OF JULY WEEK GAMES & FUN!				
KING CENTER Open! M - F MICHIGAN CENTER M/W/F Lunch & Conversation	NAPOLEON T/TH Lunch & Conversation PARK FOREST M - F Lunch & Conversation			NORVELL M /W /F EUCHRE FRIDAYS!! GRASS LAKE CALL 522-8466

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>SA SITE CLOSED MONDAY, MAY 26 IN HONOR OF MEMORIAL DAY</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 & 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>FRIDAY, JUNE 27 SA SITE CLOSED EVERYONE INVITED TO THE VOLUNTEER LUNCHEON</p> <p>LOCATION: CROUCH SENIOR CENTER, ROOM 005 MUST MAKE RESERVATIONS. SEATING LIMITED. 768-8691</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.

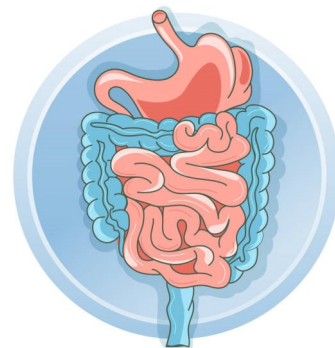
How the digestive system works

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 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. 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.

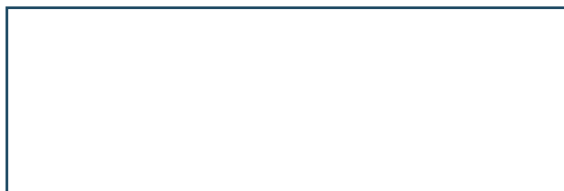




Friends of Jackson Seniors

1715 Lansing Avenue
Jackson, MI 49202-2193

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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

