

SENIOR CIRCUIT

Jul/Aug 2025 Issue | Volume 20, Issue 4



JACKSON COUNTY DEPARTMENT ON AGING



Senior Centers and Sites
517-788-4364

JULY | AUGUST ISSUE

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SUMMER EVENTS JOIN US!

- ♦ SUMMER AFTERNOON DANCE
- ♦ MUSIC SPECIALS
- ♦ WRITERS OPEN HOUSE
- ♦ GOOOO TIGERS!
- ♦ SENIOR SUMMIT
- ♦ CRAFT N CHATS
- ♦ PAINT PARTIES
- ♦ CHRISTMAS IN JULY BINGO
- ♦ WORKSHOPS
- ♦ GARDEN PARTY
- ♦ EXERCISE
- ♦ EUCHRE



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

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

AARP Volunteer Committee
Tuesday, July 1 at 10 am
Facilitators: Mary, Berta, Rich
New AARP members welcome.
Call 768-8691.

Connection Café
Martha York, WellWise
July Topic: Exploring Art
See Page 10

Alzheimer's Support
Nicole Hourani, Alzheimer's
Association, MI Chapter
See Page 10

Summer Vaccine Information
Jenette Killips, Public Health
Nurse, JC Health Department
MMR and Hepatitis A at SA
See Page 10

SMILES ON WHEELS
Spring Arbor Site
See Page 11

Senior Summit
State Senator Sue Shink
Senior Services, Agencies,
Organizations
See Page 15

Michigan Aging Driver
Free Presentation with Patricia,
Aging Driver Specialist
See Page 16

Blood Pressure Checks
Gail, Volunteer Retired Nurse
See Page 16



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
Facilitators: Tim & Mike

BIBLE STUDY

Mondays at 10:30 am
Facilitator: Pastor Ed

PAINT PARTIES TO GO

July 7 at 1 pm *(August on Break)*
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+

August 25 - 1 pm *(July on Break)*
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
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

CROUCH COMMON TRIVIA

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

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

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

July - ON BREAK
August 15 - GARDEN PARTY! 1 pm
Call 768-8691 Details on PAGE 15
Facilitators: Marla, Donna, Ed, Darold

JERRY & LARRY JAM

Country & Gospel Music
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: 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

FREE PENNY AUCTION

Friday, July 11 & August 8
1:15 is to 2:00 pm
(Pennies/Chips Provided)
Auctioneer: Candy

LOW VISION BLIND CLUB

Call 768-8691 for Bingo & Party
Days! Facilitators: Tamera & Char

AUGUST DINNER DANCE

Thursday, August 7

Ahoy Matey - Summer Dance!



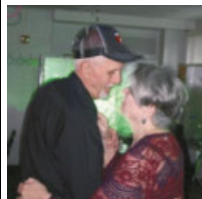
CROUCH SENIOR CENTER
5 pm - 9 pm
Park In Lot A
Health Department,
Ground Floor, Room 005

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

The Ramblers August 7

Menu
Hawaiian Chicken
Coconut Rice
Ambrosia Salad
Tropical Fruit
Dessert: Key Lime Pie



Reservations

At Least One Day in Advance.
Limited Seating. Full at 140.

517-768-8691

No Entry Before 4:00 pm

2025 Dance Schedule

Sept 4 - Linnie and Moochie
Oct 9 - Jackson Music Factory
Dec 4 - The Ramblers Band



CROUCH Celebrations

4th of July Week Celebrations

**Monday, June 30 - The Style
Band at 12:45 pm**
Games On The Patio!

4TH JULY PARTY! 10 AM
**Tuesday, July 1 - Music with
Tim Farrell at 10:45 am**

**Wednesday, July 2 - The Style
Band at 10:30 am**
**Thursday, July 3 - The Style
Band at 10:30 am**

Red White Blue Lunch Dance
**Friday, July 18 - The Style
Band at 1 pm**
Multipurpose Room

DETROIT TIGER EXPERIENCE
Wednesday, July 30
10:00 am to 11:30 am
"Bless You Boys!" GOOOO
TIGERS! Stories and
Memorabilia with Todd!

Senior Summit
State Senator Sue Shink
Friday, August 1
11:00 am to 2:00 pm
1:00 pm Summer Music

**Garden Party In The
Courtyard**
Friday, August 15 at 1 pm
Games, Music, Treats
The Style Band

LABOR DAY PARTY & MUSIC
Friday, August 29
12:45 to 1:45
Music with Tim Farrell

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
Meeting at 2nd Baptist Church until August 1.
304 E. Prospect
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

JATA's Hot Ticket Program Provides Free Bus Rides for Residents to Local Cooling Centers During Heat Emergencies




CROUCH SENIOR CENTER COOLING CENTER

OPEN 9 AM TO 4 PM
Monday - Friday
Lunch Served at 12 noon
Call 768-8684 for Lunch Reservations

Hot Tickets Available.
768-8691

SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	- 1 - Cheeseburger w/Bun Au Gratin Potatoes California Blend Fresh Fruit Milk	- 2 - Beef Hot Dog w/Bun Baked Beans Tuscan Blend Fresh Fruit Milk	- 3 - BBQ chicken Tater Tot Casserole Mixed Veggies Fresh Fruit Milk	- 4 - INDEPENDENCE DAY CLOSED 
	- 7 - Macaroni & Cheese Brussel Sprouts Diced Beets Fresh Fruit Milk	- 8 - Turkey & Gravy Stuffing Mashed Potatoes Mixed Vegetables Fresh Fruit Milk	- 9 - Sweet & Sour Meatballs over Rice Stir Fry Veggies Carrots Fresh Fruit Milk & Cookie	- 10 - Chicken ala King Biscuit Mashed Potatoes Green Beans Fresh Fruit Milk
- 11 - BBQ Pork w/Bun Au Gratin Potatoes Green Peas w/Pearl Onions Apple Sauce Cup Milk Dessert	- 14 - Crispy Chicken w/ Country Gravy Sweet Potatoes Normandy Blend Roll & Fresh Fruit Milk	- 15 - Stuffed Cabbage Au Gratin Potatoes Peas & Carrots Fresh Fruit Milk	- 16 - Fish Sandwich w/Bun Tater Tot Casserole California Blend Fresh Fruit Milk Cookie	- 17 - Wiley Potato Antigua Blend Hot Spiced Apples Milk
- 18 - Chicken Florentine over Rice Mixed Vegetables Hot Strawberries & Pears Milk Dessert	- 21 - Brat & Sauerkraut Red Potato Carrots Roll Milk	- 22 - Ham & Cheese Egg Scramble Zucchini & Tomatoes Au Gratin Potatoes Muffin Milk & Orange Juice	- 23 - Tuna Mac Brussel Sprouts Green Beans Fresh Fruit Milk Cookie	- 24 - Pork Chop Suey over Rice Stir Fry Veggies Hot Apples Milk Fortune Cookie
- 25 - Home-style Meatloaf Mashed Potatoes Tuscan Blend Roll Fresh Fruit Milk Dessert	- 28 - Beef Ribette on w/ Bun Tater Tot Casserole Green Beans Applesauce Cup Milk	- 29 - Swedish Meatballs over Rice Brussel Sprouts Mixed Vegetables Fresh Fruit Milk	- 30 - Beef Pepper Patty Mashed Potatoes Broccoli Roll Fresh Fruit Milk	- 31 - Chicken Drumstick Sweet Potatoes Normandy Blend Roll Fresh Fruit Milk
 <p>Menus Approved by: Sarah Pollack, RDN, CDCES</p>				

CROUCH MUSIC JAMS

- Tuesdays & Thursdays at 1 pm
- Friends, Music, Tunes
- Musicians and Listeners
Welcome! *See page 7*

WRITERS CIRCLE

- 1st & 3rd Wednesday
- 10:30 am
- Writers Circle Open House!
- *See page 13*

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
			 Menus Approved by: Sarah Pollack, RDN, CDCES	- 1 - Seafood Pasta California Blend Green Beans Fresh Fruit Milk Dessert
- 4 - Salisbury Steak Mashed Potatoes Normandy Blend Veggies Roll, Fresh Fruit Milk	- 5 - Smothered Chicken Au Gratin Brussels Sprouts Roll Fresh Fruit Milk	- 6 - Spaghetti & Meatballs Italian Blend Veggies Fresh Fruit Milk Cookie	- 7 - Chicken Chop Suey over Rice Oriental Veggies Hot Spiced Apples Milk & Fortune Cookie Dinner Dance Menu Page 3	- 8 - Cheeseburger w/Bun Tater Tot Casserole Mixed Vegetables Fresh Fruit Milk Dessert
- 11 - Chicken Cordon Bleu Sweet Potato Casserole Antigua Blend Roll Fresh Fruit & Milk	- 12 - Cheese Lasagna Mixed Vegetables Cauliflower Fresh Fruit Milk	- 13 - Sloppy Joe w/Bun Tater Tot Casserole Peas & Carrots Fresh Fruit Milk & Cookie	- 14 - Southwest Chicken & Rice Broccoli Strawberries & Pears Milk	- 15 - Sausage & Peppers Redskin Potato Tuscan Blend Roll Fresh Fruit Milk & Dessert
- 18 - Chicken & Peppers Corn & Black Bean Fiesta, Re-Fried Beans Four Shell & Sauce Fresh Fruit & Milk	- 19 - Goulash Broccoli Cauliflower Fresh Fruit Milk	- 20 - Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies, Roll Applesauce, Milk Cookie	- 21 - Chili Cheese Baked Potato Antigua Blend Hot Spiced Apples Roll Milk	- 22 - Meatloaf Mashed Potatoes Tuscan Blend Roll Fresh Fruit Milk & Dessert
- 25 - Fish Sandwich w/Bun Macaroni & Cheese Stewed Tomatoes Fresh Fruit Milk	- 26 - Swedish Meatballs over Penne Mixed Vegetables Brussels Sprouts Fresh Fruit Milk	- 27 - Tangerine Chicken over Rice Stir Fry Vegetables Corn Fresh Fruit Milk	- 28 - Brat & Sauerkraut Red Potato Strawberries & Pears Roll Milk	- 29 - Beef Pot Roast Redskin Mashed Carrots Fresh fruit Roll Milk Dessert

CONNECTION CAFÉ

- 3rd Monday
- Martha York, Wellwise Services, Area Agency on Aging
- Monthly Topics!
- See page 10

WOOD CARVERS

- Tuesdays at 1 pm
- New Carvers are Welcome!
- Crouch Senior Center Multipurpose Room

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.

JULY 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 align="center">- 1 -</p> <p>10:00 Quilters Exercise on Break 10:00 MUSIC TIM FARRELL 4th July Party 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p align="center">- 2 -</p> <p>Exercise Break 9:30 Card Class 10:30 The Style Band 10:30 Writing Circle 11:45 Line Dance 1:00 Penny Bingo 1:00 Granny Squares</p>	<p align="center">- 3 -</p> <p>Exercise Break 10:30 The Style Band 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p align="center">- 4 -</p> <p align="center">CLOSED</p>  <p align="center">HAPPY 4TH OF JULY</p>
<p align="center">- 7 -</p> <p>8:30 Fit 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1:00 Paint Party 2:00 Beginning Line</p>	<p align="center">- 8 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p align="center">- 9 -</p> <p>8:30 Fit 50 10:00 Trivia 10:30 Exercise 11:45 Line Dance 1:00 Flamingo Bingo Christmas in July 1:00 Granny Squares</p>	<p align="center">- 10 -</p> <p>10:30 Exercise 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p align="center">- 11 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:15 ish Auction Wii After Auction 1:30 Cardio Drum FOOT CLINIC</p>
<p align="center">- 14 -</p> <p>8:30 Fit 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1:00 Flamingo Bingo Christmas in July 2:00 Beginning Line 2:30 Connection Café</p>	<p align="center">- 15 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p align="center">- 16 -</p> <p>8:30 Fit 50 9:30 Card Class 10:30 Exercise 10:30 Writing Circle OPEN HOUSE! 11:45 Line Dance 1:00 Penny Bingo 1:00 Granny Squares</p>	<p align="center">- 17 -</p> <p>10:30 Exercise 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p align="center">- 18 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 LUNCH DANCE Wii Bowl After Music 1:30 Cardio Drum</p>
<p align="center">- 21 -</p> <p>8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 2:00 Beginning Line</p>	<p align="center">- 22 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p align="center">- 23 -</p> <p>8:30 Fit 50 10:00 Trivia 10:30 Exercise 11:45 Line Dance 1:00 Karaoke 1:00 Granny Squares</p>	<p align="center">- 24 -</p> <p>10:30 Exercise 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 1:00 Nutrition Council</p>	<p align="center">- 25 -</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 align="center">- 28 -</p> <p>8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 2:00 Beginning Line</p>	<p align="center">- 29 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p align="center">- 30 -</p> <p>8:30 Fit 50 10 - 11:30 DETROIT TIGERS WITH TODD 10:30 Exercise 11:45 Line Dance 1:00 PENNY BINGO 1:00 Granny Squares</p>	<p align="center">- 31 -</p> <p>10:30 Exercise 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	
KING CENTER Open! M - F		PARK FOREST M - F Lunch & Conversation		NORVELL M/W/F EUCHRE
MICHIGAN CENTER Call for EUCHRE days! M/W/F		NAPOLEON T/TH Call for Euchre & Bingo Days		GRASS LAKE SENIOR CENTER Activities 522-8466

AUGUST 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 align="center">- 1 -</p> <p>8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 11 - 2 Senior Summit 1:00 Bridge Club 1:00 Summer Music Wii Bowl After Music</p>	
<p align="center">- 4 -</p> <p>8:30 Fit After 50 SENIOR DAY FAIR 10:30 Cloggers at FAIR 11:15 Tai Chi at FAIR 11:30 Senior Ceremony 12:00 ELVIS at FAIR 65+ Free Admission</p>	<p align="center">- 5 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p align="center">- 6 -</p> <p>8:30 Fit After 50 9:30 Card Class 10:30 Exercise 10:30 Writers Circle 11:45 Line Dance 1:00 Penny Bingo 1:00 Granny Squares</p>	<p align="center">- 7 -</p> <p>10:30 Exercise 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p> <p align="center">5 - 9 DINNER DANCE</p>	<p align="center">- 8 -</p> <p>8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:15 ish Auction Wii Bowl After Auction 1:00 Bridge Club 1:30 Cardio Drum</p>
<p align="center">- 11 -</p> <p>8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1:00 Flamingo Bingo 2:00 Beginning Line Dance Class</p>	<p align="center">- 12 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p align="center">- 13 -</p> <p>8:30 Fit After 50 10:00 Trivia 10:30 Exercise 11:45 Line Dance 1:00 Flamingo Bingo 1:00 Granny Squares</p>	<p align="center">- 14 -</p> <p>10:30 Exercise 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p align="center">- 15 -</p> <p>8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 GARDEN PARTY 1:00 Bridge Club Wii Bowl After Music 1:30 Cardio Drum</p>
<p align="center">- 18 -</p> <p>8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1:00 Connection Cafe 2:00 Beginning Line Dance Class</p>	<p align="center">- 19 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p align="center">- 20 -</p> <p>8:30 Fit After 50 9:30 Card Class 10:30 Exercise 10:30 Writers Circle 11:45 Line Dance 1:00 Granny Squares</p>	<p align="center">- 21 -</p> <p>10:30 Exercise 11:00 Alzheimer's 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p align="center">- 22 -</p> <p>8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Wii Bowl 1:30 Cardio Drum</p>
<p align="center">- 25 -</p> <p>8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1:00 Craft N Chat 2:00 Beginning Line</p>	<p align="center">- 26 -</p> <p>10:00 Quilters 10:15 MI DRIVERS 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p align="center">- 27 -</p> <p>8:30 Fit After 50 10:00 Trivia 10:30 Exercise 11:45 Line Dance 1:00 KARAOKE 1:00 Granny Squares</p>	<p align="center">- 28 -</p> <p>10:30 Exercise 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p align="center">- 29 -</p> <p>8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 12:45 MUSIC Labor Day 1:00 Bridge Club Wii Bowl After Music 1:30 Cardio Drum</p>
<p align="center">KING CENTER Open! M - F</p> <p align="center">MICHIGAN CENTER M/W/F Lunch & Conversation</p>	<p align="center">NAPOLEON T/TH Lunch & Conversation</p> <p align="center">PARK FOREST M - F Lunch & Conversation</p>		<p align="center">NORVELL M /W /F EUCHRE FRIDAYS!!</p> <p align="center">GRASS LAKE CALL 522-8466</p>	

SPRING ARBOR SENIOR SITE - LUNCH & CONVERSATION

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



Summer Vaccine Info
MMR & Hepatitis A
Weds., July 2 at 11:30 am

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.
CALL 517-768-8684

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

SMILES ON WHEELS
Weds., August 13 10:30 am - 1:30 pm

Jackson District Library Programs

Summer Discover Reading Challenge

- June 1 - July 31
Senior Movie Matinee
- July 11 & 25, August 8 & 22
1 pm Spring Arbor Branch
Read with a Root Beer Float
- July 16 & August 20
1:30 to 3:00 pm Concord Branch/
Mann House

CONNECTION CAFE

Jackson County Department on Aging | 517-768-8691

CROUCH SENIOR CENTER

Monday, July 14 at 2:30 pm
Topic: Exploring Art
Demonstration

Monday, August 18 at 1:00 pm
Topic: To Be Announced

COME MEET
PEOPLE AND
ENJOY FOOD,
TOPICS AND FUN



Free Event!

Presenter: Martha York, WellWise

Sign Up! Call Amanda at Wellwise Services.
517-592-1974

Come Early for Lunch!
See Page 4

ALZHEIMER'S SUPPORT

Crouch Senior Center Enrichment | 517-768-8691

Note: Day Change in August - THURSDAY!!

Crouch Senior Center
Alzheimer's Support
THURSDAY, August 21 at 11 am
Nicole Hourani, Alzheimer's Association
Michigan Chapter
Show up! Or Sign Up! 768-8691
Stay for Lunch served at 12 noon. Lunch Reservations 768-8684



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!

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

SMILES ON WHEELS

Enrichment | 517-768-8691

SMILES ON WHEELS SUMMER SCHEDULE

August 5, Park Forest
August 6, Norvell
August 13, Spring Arbor
August 15, Michigan Center

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



NUTRITION NEWS

By Sarah Pollack, DN, CDCES

Balancing Hormones Naturally: Diet, Sleep, Stress Management and Exercise

Hormones are chemical messengers that coordinate different functions in the body including metabolism, growth and development, sexual function, reproduction, and maintaining an internal balance of blood pressure, blood sugar, body temperature and fluid balance, sleep- wake cycles and mood. Scientist have identified over 50 hormones. Hormones and most of the tissues that make and release them make up your endocrine system.

For most hormones, having too much or too little causes health issues such as diabetes, thyroid disease, infertility, and obesity. Hormonal imbalances can be caused by tumors or other growths, injury to an endocrine gland, autoimmune conditions or genetic changes. These imbalances often require treatment. For some hormonal imbalances, making diet and lifestyle changes can help restore a healthy balance.

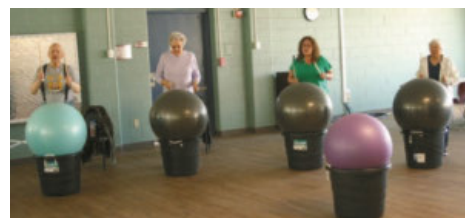
Diet: Eating foods high in added sugars plays a role in metabolic diseases and insulin resistance, increasing the risk for type 2 diabetes and cardiovascular disease. Reduce sugary sweetened beverages and cut back on portions of sweets to start. 70% of packaged foods have sugar added. Compare labels and choose food with less added sugar.

Dietary fiber found in vegetables, fruits, whole grains and legumes plays an important role in maintaining a healthy gut. It also helps regulate insulin and other hormones which may help with weight management. Add more fiber to your diet by making half your plate veggies, choose fruit in place of other sweets and choose higher fiber breads and other grains. Fish such as salmon, sardines, mackerel and herring is rich in omega-3 fatty acids. These promote heart and digestive health and can also benefit the brain and central nervous system.

Sleep: Sleep may be among the most important factors for hormonal balance. Not getting enough sleep can cause cortisol (a stress hormone) to spike, causing people to feel hungry despite adequate food intake. Being over tired can also lead to eating more junk foods. Over eating can cause heart burn and acid reflux, which can interfere with a good night's sleep. Eating large meals two to three hours before bed can negatively affect digestion.

Stress Management: During times of stress, the body releases cortisol and other stress hormones. Chronic stress takes a toll on your health, affecting heart rate, breathing and muscle tension. Prolonged stress can lead to digestive problems, weight gain, anxiety, depression, headaches, sleep issues, and memory/concentration problems.

Exercise: When you start exercising, your body releases key hormones that give you energy needed for the workout. As exercise continues, insulin levels decrease, helping your body better use stored fat for energy. Thyroid hormones become more active, boosting metabolism and energy. Regular exercise maintains healthy insulin levels and gives you more energy throughout the day. Regular physical activity also leads to better regulation of cortisol. Your body learns to respond more appropriately to stress, helping you feel calmer and more balanced in your daily life and improve sleep. Additionally, the steady release of feel-good hormones like endorphins and serotonin contributes to better mood and mental well-being over the long term. The key is consistency. Start with 10 minutes of exercise most days of the week and work up to 150 minutes of moderate exercise weekly.



DONATIONS

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

JULY EXERCISE BREAK

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

JUNE 30 - JULY 4

All Classes on Break July 4
Independence Day
Building Closed

Looking Ahead:
LABOR DAY
Monday, September 1
Building CLOSED
Fit, Enh, MFBB Break Sept. 1 - 5

**BEGINNING LINE DANCE
JULY - OCTOBER****2:00 PM**

Instructors: Tony, Ruthie &
Mary Jo

**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 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

**BEGINNING LINE DANCE
JULY - OCTOBER**

Crouch Senior Center Room 005

Monday 2 pm to 3 pm

Experienced volunteer instructors lead participants through popular BEGINNING line dance moves and routines.

Volunteer Instructors: Tony, Ruthie, Mary Jo

**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

On Break - Back September 10.

Volunteer Instructor: Micki

CARDIO DRUMMING

Crouch Senior Center Room 005

2nd, 3rd, 4th Fridays of the Month

1:30 pm to 2:30 pm

(this class does not meet 1st Friday)

Supplies Provided. Register for 1st Class. Call Laurie 768-8691.

Volunteer Instructors: Tracy, Paul, Barbara, and Lynn

WRITERS CIRCLE

Open House

**WRITERS CIRCLE
OPEN HOUSE**
Wednesday, July 16
10:30 am to 11:30 am
Crouch Senior Center

Meet and Greet
Light Refreshments
Poem and Short Story Readings



The Writers Circle meets on the 1st & 3rd
WEDNESDAY at 10:30 am
New Members Welcome!
Stories posted on the Crouch Bulletin Board.

FLAMINGO BINGO CHRISTMAS IN JULY

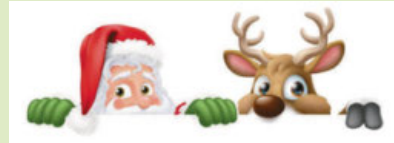
Flamingo Bingo 2nd Monday & 2nd Wednesday

CHRISTMAS IN JULY
Free Holiday Flamingo Bingo

Wear Your Holiday Bling!
Flamingo Bingo is Celebrating
Wednesday, July 9 & Monday, July 14

Most Prizes will be Christmas Items.
We are accepting Christmas Prize Donations.
Call Laurie at 768-8691

*Donated Christmas In July Prizes Must Be
Gently Used, Clean and in Good Condition.
No Clothing Accepted at this time.*



Summertime Fun by Jan C.

S----- Spring has ended
U----- Underwater fun
M---- Memories are made
M---- Music in the parks
E---- Eating out side
R--- Rivers Flowing
T---- Time to travel
I---- Ice cream in the park
M--- Memorable Trips
E---- Endless sunshine

I--- Ice cold drinks
S--- S'mores and shaved Ice

F--- Fireworks on the 4th of July
O--- Ocean Breezes
R--- Road trips

F--- Flip flops and Frisbee
U--- Umbrellas in the sand
N--- No School

SUMMER AFTERNOON DANCE

Crouch Senior Center Multipurpose Room - 768-8691

SUMMER DANCE
FRIDAY, JULY 18

12:00 Noon - Lunch
1:00 pm - Red, White,
Blue Summer
Afternoon Dance

Location:
Multipurpose Room &
Courtyard/Patio

Band: The Style Band with Mateo & Ric

Refreshments Provided
Lunch Reservations: **768-8691**
at least 1 day in advance



SENIOR VOLUNTEER OF THE YEAR

MONDAY, AUGUST 4 | 768-8691

Each year, the Jackson County Department on Aging, Jackson County Board of Commissioners, and the Jackson County Fair join to honor outstanding contributions by Jackson County's older citizens.

Everyone is invited to attend the award ceremony on "Senior Citizen Day" at the Jackson County Fair!

Monday, August 4

Jackson County Fair, Keeley Park
American 1 Event Center Stage

10:30 am Cloggers

11:15 am Tai Chi, Crouch Exercise Class

11:30 am Senior Volunteer of Year Award Ceremony

12:00 noon Elvis

65+ Free Gate Admission; Parking \$5



NEW PENNY AUCTION

Free Penny Auction Game at Crouch

PENNY AUCTION!

Crouch Dining Room

FRIDAY, JULY 11

FRIDAY, AUGUST 8

TIME: 1:15 ish to 2:00 pm

Pennies (chips) Provided

Auctioneer: Candy

Winners Choose a Prize



Prizes Will Vary...

- Snacks
- Soap
- Kleenex
- Pop
- Soup
- Socks
- Gum
- Sponges
- Comb
- Lotion
- Band-Aids

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 for In Person Workshops and On-Line Zooms Workshops.

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.



NEW HAND & FOOT

In the Works....

COMING SOON HAND & FOOT GAMES Crouch Senior Center

Are you interested in playing?
Are you interested in learning to play

Call 768-8691



GOOOOOOO TIGERS!

Bless You Boys! Detroit Tiger Experience | 10 am - 11:30 am

Wednesday, July 30

10 am - 11:30 am

Wear Your Detroit Tiger Gear!

Join avid Detroit Tiger baseball enthusiast and memorabilia collector, Todd Walter, as he guides and engages you through a journey of Detroit Tiger baseball memories. His powerful storytelling abilities and sharing of an extensive artifact collection are sure to be a "hit" with any audience.



Lunch at 12 noon - Reservations 768-8684

SENIOR SUMMIT

FRIDAY, AUGUST 1 AT CROUCH | 11 am - 2 pm



STATE SENATOR
SUE SHINK



SENIOR SUMMIT

- Services Available to Seniors
- Avoid Scams & Identity Theft
- Various Topic Information
- Organizations and Agency Resource Booths

Make Your Lunch Reservation at
Least 1 day in Advance.

768-8691

11 am to 2 pm; 12 noon Lunch
1:00 Crouch Summer Music

GARDEN PARTY | GREEN THUMB

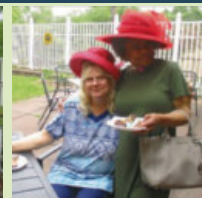
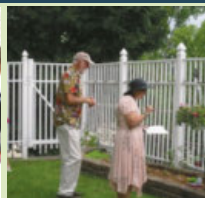
Dress Up for an Afternoon In the Garden Courtyard | 1 pm

Friday, August 15

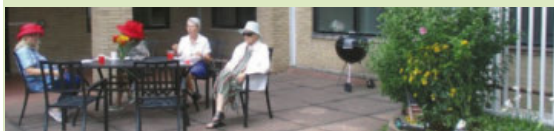
Lunch - 12 noon

Garden Party - 1 pm

Hosted by: Green Thumb
MSUE Master Gardeners
Marla, Donna, Christine, Ed
and Darold



Light Refreshments, The Style Band, Games
Don your boaters and flowery chapeaus!



Make A Lunch Reservation!
768-8691

*Multipurpose Room Open In Case
of Heat or Rain.*

SHOP! CRAFT CORNER

Crouch Senior Center
Monday, Tuesday, Thursday
10 am - 2 pm
Open Mon., Tues, Weds.
Morning, Thurs, Fri
When Volunteers Available

WANTED!

1 More Craft Corner Volunteer
for Wednesday Afternoon!
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!
Social Worker
&
Home Care Workers
Wanted!



SENIOR SAFETY

Leslie Krantz, LBSW

Keeping seniors informed about common scams and other senior issues.

SCAM ALERT!

How to Spot and Avoid Toll Road Payment Scam Texts

Hoping the fear of unpaid tolls may help them make some quick money, scammers are sending out texts claiming you have a toll violation.

Scam messages often ask you to pay through non-standard methods such as gift cards or wire transfers, which is almost always a dead giveaway that it's an imposter scam.

Toll operators typically don't use text messages to collect on overdue accounts, and do not use threatening language to rush customers into action.

What you should do if you receive one of these messages:

Do Not Engage with the Texter. Do not reply to the message, including pushing a button or responding "Y" or "N."

Do Not Click any links embedded in the text.

Block the Number. Consider blocking the sender's number to prevent future scam attempts.

Report the Scam to Law Enforcement. If you suspect a text message is a scam, report it to the Internet Crime Complaint Center (IC3) at www.ic3.gov.

Do Not Share Your Info. Never share personally identifiable information or financial information in response to unsolicited or suspicious messages.

Don't Be Bullied. Any request that you receive urging immediate action can lead to a rushed response that may be unwise.

Information taken from Federal Communications Commission (FCC) website

<https://www.fcc.gov/consumer-governmental-affairs/how-spot-and-avoid-toll-road-payment-scam-texts>

MICHIGAN DRIVER PRESENTATION

Tuesday, August 26 at 10:15 to 11:30 am | 517-768-8691

SAFE DRIVERS, SMART OPTIONS:
KEYS TO LIFELONG MOBILITY
CROUCH SENIOR CENTER
TUESDAY, AUGUST 26 | 10:15 AM TO 11:30 AM

Speaker: Patricia Heiler, MPH, CHES, Aging Driver Specialist
Governor's Traffic Safety Advisory Commission

Driving is a skill you have spent a lifetime on, and you know it is a skill that requires good physical and mental abilities, and quick reactions. During this presentation, you will learn about resources such as the Safe Drivers Smart Options website www.Michigan.gov/AgingDriver designed to help you: 1. Stay Active and safe behind the wheel. 2. Decide when it may be time to transition to non-driving. 3. Find alternative transportation options.

Patricia will provide information and resources to help keep Michigan's aging population safe and mobile.

Sign up! 768-8691

Stay for lunch at 12:00 noon.

Make A Lunch Reservation

768-8684



BLOOD PRESSURE CHECKS

Mondays & Thursdays at 11:30 am

BLOOD PRESSURE CHECKS

Stop by for a blood pressure check offered by Gail, volunteer retired nurse.



THANK YOU GREEN THUMB

MSU Extension Master Gardeners & Friends



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jwalwor@ctyfb.com

We do not offer every plan available in your area. Currently we represent 6 organizations which offer 34 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

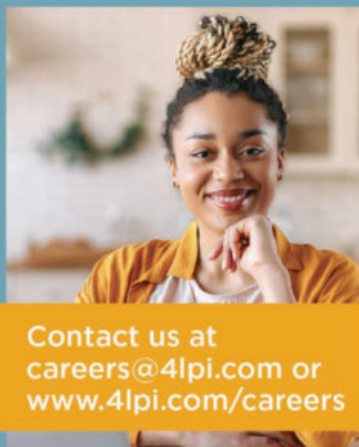


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WORK WITH PURPOSE.**

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- Full-Time with benefits
- Serve your community



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OFFICES DON'T HAVE.**

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- DIET ANALYSIS
- REPORT OF FINDINGS

**NEVER GAMBLE
WITH YOUR SPINAL
CORD AND DISCS...
ALWAYS GET AN
EXAM AND X-RAYS
BE SAFE - BE SURE
BE PAIN FREE**

Most Ins Accepted - Medicare - Medicaid

Dr. KSJ Murkowski

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517-784-9123**



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- Rehab Residents Receive a Seamless Return to Home/Regular Life
- Help Promote the Ability to Return for Long Term Care
- RN Care
- 24/7 Admissions
- Physical, Occupational, and Speech Therapy Available Seven Days a Week

We believe that each person's unique approach to treatment is reflected in their care path. Individualized treatment plans are developed for short term rehabilitation or extensive medical services in partnership with the person and care professional. This individualized treatment plan serves to attain each person's recovery goals.

Taking care of you or your loved one is what we do best. Our intention is to provide quality care and services in a community that promotes living each day to the fullest.

2121 ROBINSON, JACKSON, MI 49203 | 517-247-4575 | NEXCAREHEALTH.COM





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- Health & Rehabilitation
- Skilled Nursing

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www.vistagrandevilla.com
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Since 1972, **Vista Grande Villa** has been committed to the best senior living experience in Jackson, Michigan and we are continuing that legacy by enhancing the quality of our memory care programs. **Awakening the Subconscious of the Alzheimer's Patient (ASAP) program** provides extensive staff training for a personalized approach to care.

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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

SEPTEMBER

Dinner Dance | September 4

5 - 9 pm Band: Linnie & Moochie

OCTOBER

Dinner Dance | October 9

5 - 9 pm Band: Jackson Music Factory

SEPTEMBER, OCTOBER, NOVEMBER BEADS WITH MARCY | COMING SOON!

Bracelet Class and Polymer Clay Classes

Dates will be noted in Sept/Oct Issue

