

SENIOR CIRCUIT

Mar/Apr 2025 Issue | Volume 20, Issue 2



JACKSON COUNTY DEPARTMENT ON AGING



Senior Centers and Sites
517-788-4364

MAR | APR ISSUE

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Support
Meals on Wheels
Tuesday
March 11, 2025
5:30 - 7:30 p.m.
American 1 Event
Center, Keeley Park
See Page 15



Crouch
Senior Center
Celebrating "The Place At The Table"



LUNCH & MUSIC
March 24, 25, 27 & 28
The Style Band with Mateo & Ric
See Page 3

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

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

Connection Café, WellWise
1:00 March 31 - Speak Be Heard
1:00 April 21 - Butterfly Garden

AARP Committee Meeting
Meets Monthly, 2nd Thursday
Facilitators: Mary & Berta
New AARP members and new
committee volunteers are
always welcome. 768-8691

Blood Pressure Clinic
Siena Heights Student Nurses
Friday, March 14, 9 am - 1 pm

**Veterans Benefits Presentation
& Therapy Dog Visit with Moose**
Our Family Friend, Allison
11 am
Thursday, March 20

**Mobile Secretary of State &
Social Security Office**
10 am - 3 pm
Wednesday, March 26

Shingles & Tdap Information
March 26 & April 30 at 11 am
Jenette Killips, RN
Jackson County Health Dept.

Alzheimer's Support
April 23 at 11 am
Nicole Hourani, Alzheimer's
Association, MI Chapter

AARP Smart Driver Safety
Course - 2 day class
12 pm - 4 pm, April 24 & 25
Terry, Instructor



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
March 3 and April 7
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+
Mondays, March 24 & April 28
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 WRITING CIRCLE
1st & 3rd Wednesdays at 10:30 am
Instructors: Fordine & Sherrill

CROUCH COMMON TRIVIA
2nd & 4th Wednesdays at 10:00 am
New! 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
3rd Thursday, Every Month at 10 am
March 20 - Gary Beck, Beck's
Flowers & Gardens, Guest Speaker
April 17, Lotus Flower Project
MUST SIGN UP! 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
Facilitator: Sue

FOOT CARE CLINIC
Friday, April 11
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
Facilitators: Tamera & David
Join the Club on March 17
12:00 pm Lunch
1:00 pm St. Paddy's Party
2:00 pm Low Vision Support Mtg.

MARCH & APRIL DINNER DANCES

ST PADDY'S DANCE - Thursday, March 6
SPRING DANCE - Thursday, April 3

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

Linnie & Moochie
March 6, 2025
Sea Cruisers
April 3, 2025

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

March Menu

Corned Beef & Cabbage, Red Potatoes, Carrots, Irish Soda Bread, Fruit, Milk, Irish Dessert

April Menu

Smoked Chicken Tortelloni, Antipasto Salad, Asparagus, Pears & Strawberries & Milk
Dessert: Tiramisu



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!

Celebrating National Nutrition Month Special Music - The Style Band

Crouch Senior Center Mar 24, 25, 27 at 11 am & Mar 28 at 12:45 pm
Senior Nutrition Programs funded through the Older Americans Act promote healthy eating, foster meaningful social connections, and support overall health. **The Place at the Table** celebration recognizes the importance of local nutrition programs.

Take YOUR Place at the Table and Join Us!
Lunch Served at 12 noon. Call 768-8691.



CROUCH Celebrations

Two Days of Green!

Friday, March 14 at 12:45
Scottish & Irish Music with Angus O.F., Folk Singer
Wii Bowling After Music

Monday, Mar. 17 at 1 pm
St. Paddy's Day Party
Jackson Music Company

A Place At The Table

Monday, Mar 24 at 11 am
Tuesday, Mar 25 at 11 am
Weds., Mar 27 at 11 am
Friday, Mar 28 at 12:45 pm
Music with The Style Band
Wii Bowling Friday After Music

April Music

Friday, April 11 at 12:45 pm
Tom Embury, Country Music
Wii Bowling After Music

Easter Celebrations!

Thursday, April 17
Easter Bunnies Are Visiting!
10:30 Easter Hymns with Carol
1:00 pm Country Gospel Jam

Friday, April 18
Easter Bunnies Are Visiting!
11:30 - 1:30 Music Special with The Style Band
Wii Bowling After Music

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

Inclement Weather Reminder!



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

Please listen to the following stations for closing announcements:

Radio






- FM 96.7
- FM 105.3
- AM 970

TV

- WLNS-TV6, Lansing
- WILX-TV10

SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- 3 - Chicken Cordon Bleu Sweet Potato Casserole Brussels Sprouts Roll Fresh Fruit Milk	- 4 - Cheeseburger Tater Tot Casserole Green Beans Fresh Fruit Milk	- 5 - Macaroni & Cheese Zucchini & Tomatoes Normandy Blend Fresh Fruit Milk Cookie	- 6 - Brat & Sauerkraut Carrots Hot Spiced Apples Roll Milk <div>DINNER DANCE</div>	- 7 - Seafood Alfredo Broccoli Carrot Coins Fresh Fruit Milk Dessert
- 10 - Salisbury Steak Mashed Potatoes Mixed Vegetables Roll Fresh Fruit Milk	- 11 - Smothered Chicken Au Gratin Potatoes Brussels Sprouts Roll Fresh Fruit Milk	- 12 - Spaghetti & Meatballs Italian Blend Veggies Green Peas Fresh Fruit Milk Cookie	- 13 - Stuffed Pepper Casserole Zucchini & Tomatoes Hot Spiced Apples Milk	- 14 - Fish Sandwich Macaroni & Cheese Peas & Carrots Fresh Fruit Milk Dessert
- 17 - Shepherd's Pie Honey Carrots Brussels Sprouts Roll Fresh Fruit Milk 	- 18 - Swedish Meatballs over Rice Cauliflower Mixed Vegetables Fresh Fruit Milk	- 19 - Sloppy Joe Tater Tot Casserole Peas & Carrots Fresh Fruit Milk Cookie	- 20 - Chicken Chop Suey Broccoli Hot Strawberries & Pears Milk	- 21 - Cheese Lasagna Green Beans Carrots Fresh Fruit Milk Dessert
- 24 - Chicken & Peppers Corn & Black Bean Fiesta Re-Fried Beans Four Shell & Taco Sauce Fresh Fruit, Milk	- 25 - Goulash Broccoli Cauliflower Fresh Fruit Milk	- 26 - Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies Roll, Applesauce Cup Milk Cookie	- 27 - Wiley Potato Antigua Blend Hot Spiced Apples Roll Milk	- 28 - Tuna Noodle Casserole California Blend Stewed Tomatoes Fresh Fruit Milk Dessert
- 31 - Beef Pepper Patty Mashed Potatoes Mixed Vegetables Roll Fresh Fruit Milk	 Menus Approved by: Sarah Pollack, RDN, CDCES		THURSDAY, March 6 St. Patty's Dance Menu Corned Beef & Cabbage, Red Potatoes, Carrots, Irish Soda Bread, Fruit, Milk & Irish Dessert 	

CONNECTION CAFE

- 1:00 NOTE TIME CHANGE!
- Monday, March 31 at 1 pm
- Presenter: Martha York
- Topic: Speak and Be Heard

SECRETARY OF STATE MOBILE UNIT & SOCIAL SECURITY OFFICE

- Wednesday, March 26
- 10 am to 4 pm

VACCINE AWARENESS

- Wednesday, March 26 at 11 am
- Jackson County Health Department
- TDAP Mar 26; Shingles Apr 30

SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	- 1 - BBQ Chicken Tater Tot Casserole Diced Beets Fresh Fruit Milk	- 2 - Sweet & Sour Meatballs over Rice Green Beans Carrot Coins Fresh Fruit Milk Cookie	- 3 - Stuffed Cabbage Mashed Potatoes Hot Peaches Roll Milk DINNER DANCE	- 4 - Vegetable Egg Scramble Zucchini & Tomatoes Au Gratin Potatoes Muffin, Milk Dessert
- 7 - Beef Hot Dog Baked Beans Broccoli Fresh Fruit Milk	- 8 - Chicken Drumstick Mashed Potatoes Tuscan Blend Roll Fresh Fruit Milk	- 9 - Sausage & Peppers Au Gratin Potatoes Green Beans Roll Fresh Fruit Milk Cookie	- 10 - Pork Chop Suey over Rice Stir Fry Veggies Hot Apples Milk	- 11 - Seafood Alfredo Brussels Sprouts Mixed Vegetables Fresh Fruit Milk Dessert
- 14 - Beef Pepper Patty Mashed Potatoes Normandy Blend Roll, Fresh Fruit Milk	- 15 - Tangerine Chicken over Rice Mixed Vegetables Cauliflower Fresh Fruit Milk	- 16 - Beef Ribette w/Bun Tater Tot Casserole Diced Beets Applesauce cup Milk Cookie	- 17 - Chili Cheese Baked Potato Antigua Blend Hot Spiced Apples Milk	- 18 - Eggplant Parmesan Broccoli Diced Carrots Roll Fresh Fruit, Milk Dessert 
- 21 - Brat & Sauerkraut Red Potato Carrots Roll Milk	- 22 - Cheeseburger Au Gratin Potatoes California Blend Fresh Fruit Milk	- 23 - Swedish Meatballs over rice Brussels Sprouts Mixed Vegetables Fresh Fruit Milk & Cookie	- 24 - Turkey ala King over Biscuit Green Beans Hot Spiced Peaches Milk	- 25 - Beef Pot Roast Mashed Potatoes California Blend Roll Fresh Fruit, Milk Dessert
- 28 - BBQ Pork on WW Bun Au Gratin Potatoes Green Peas w/Pearl Onions Applesauce Cup Milk	- 29 - Crispy Chicken w/ Country Gravy Mashed Potatoes Peas & Carrots Fresh Fruit Roll & Milk	- 30 - Beef Fried Rice Green Beans California Blend Fresh Fruit Milk	Dinner Dance Menu Thursday, April 3 Menu Smoked Chicken Tortelloni Antipasto Salad Asparagus Pears & Strawberries Milk Dessert: Tiramisu	 <p>Menus Approved by: Sarah Pollack, RDN, CDCES</p>

CONNECTION CAFE

- April 21 at 1:00 pm
- Martha York, Wellwise Services, Area Agency on Aging
- Butterfly Gardening with John, Dahlem Center

WRITING CIRCLE

- 1st & 3rd Wednesdays
- 10:30 am
- Stories, Poems, Songs, Novels...
- Facilitators: Sherrill & Fordine

NEW! TRIVIA AT CROUCH

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

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.




MARCH 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 50 10:30 Bible Study 10:30 Exercise 1:00 Paint Party	- 4 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session **No COMPUTER HELP LAB today.	- 5 - 8:30 Fit 50 9:30 Card Class 10:30 Exercise 10:30 Writers Circle 11:45 Line Dance 1:15 Adv Line Dance 1:00 Penny Bingo 1:00 Granny Squares	- 6 - 10:00 Cooking One 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class Dinner Dance 5 - 9	- 7 - 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Wii Bowl
- 10 - 8:30 Fit 50 10:30 Bible Study 10:30 Exercise 1:00 Flamingo Bingo	- 11 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help Aging Closes at 4:00 Soup's On 5:30 - 7:30	- 12 - 8:30 Fit 50 10:00 TRIVIA NEW** 10:30 Exercise 11:45 Line Dance 1:15 Adv Line Dance 1:00 Flamingo Bingo Treats Our Family Friend 1:00 Granny Squares	- 13 - 10:00 Cooking One 10:00 AARP Meeting 10:30 Exercise 1:00 Country Jam 1:00 Euchre *1:30 Acrylic Paint Class Note: Paint at 1:30 Today!!	- 14 - 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 12:45 Angus, Folk Music 1:00 Bridge Club Wii Bowl After Music 1:30 Cardio Drum Blood Pressure Clinic
- 17 - 8:30 Fit 50 10:30 Bible Study 10:30 Exercise Low Vision Club Today! Lunch, Party, Meeting 1:00 St. Paddy's Day Party & Music with Jackson Music Comp.	- 18 - 10:00 Quilters 10:30 Exercise 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 Writers Circle 11:45 Line Dance 1:15 Adv Line Dance 1:00 Penny Bingo 1:00 Granny Squares	- 20 - 10:00 Cooking One 10:00 Green Thumb w/ Beck's Flowers 10:30 Exercise 11:00 Veterans Our Family Friend 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 21 - 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Wii Bowl 1:30 Cardio Drum
- 24 - 8:30 Fit After 50 10:30 Bible Study 11:00 The Style Band 10:30 Exercise 1:00 Craft N Chat	- 25 - 10:00 Quilters 10:30 Exercise 11:00 The Style Band 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	- 26 - 8:30 Fit 50 10 - 3 Sec State Unit 10:00 TRIVIA! NEW** 10:30 Exercise 11:00 Vaccine Info Tdap 11:45 Line Dance 1:15 Adv Line Dance 1:00 KARAOKE 1:00 Granny Squares	- 27 - 10:00 Cooking One 10:30 Exercise 11:00 The Style Band 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 28 - 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 12:45 The Style Band 1:00 Bridge Club Wii Bowl After Music 1:30 Cardio Drum
- 31 - <i>Exercise on Break</i> 10:30 Bible Study <i>Exercise on Break</i> 1:00 Connection Café				
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

APRIL 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 - 10:00 Quilters Exercise Spring Break 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 2 - Exercise Spring Break 9:30 Card Class 10:30 Writing Circle 11:45 Line Dance 1:15 Adv Line Dance 1:00 Penny Bingo 1:00 Granny Squares	- 3 - Exercise Spring Break 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class <div>DINNER DANCE</div>	- 4 - Exercise Spring Break 10:00 Quarter Bingo 1:00 Bridge Club 1:00 Wii Bowl League
- 7 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 1:00 Paint Party	- 8 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 9 - 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	- 10 - 10:00 AARP Meeting 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 11 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 12:45 Music Tom Embury 1:00 Bridge Club Wii Bowl After Music 1:30 Cardio Drum <div>Foot Clinic</div> <div>Blood Pressure Clinic</div>
- 14 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 1:00 Flamingo Bingo Self Led Easter Craft - While Supplies Last.	- 15 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help Self Led Easter Craft - While Supplies Last.	- 16 - 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	- 17 - 10:00 Green Thumb 10:30 Exercise 10:45 Hymns w Carol 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 1:00 Nutrition Meeting Easter Bunny Visit	- 18 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 11:30 The Style Band 1:00 Bridge Club Wii Bowl After Music 1:30 Cardio Drum Easter Bunny Visit
- 21 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 1:00 Connection Café Butterfly Gardening Guest Speaker: John, Dahlem Center	- 22 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 23 - 8:30 Fit After 50 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	- 24 - 10:30 Exercise 12 - 4 AARP Smart Driver Course 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 25 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 12 - 4 AARP Driver 1:00 Bridge Club 1:00 Wii Bowl League 1:30 Cardio Drum
- 28 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 1:00 Craft N Chat	- 29 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 30 - 8:30 & 10:30 Exercise 11:00 Vaccine Info 11:45 Line Dance 1:15 Adv Line Dance 1:00 Penny Bingo 1:00 Granny Squares		
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 & EXERCISE! JANUARY & FEBRUARY

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
M W F at 10:15 am

Jackson District
Library Programs

Tech Help

- Thursdays, 1 - 3 pm SA Branch
- Genealogy Research Beginners**
- March 8, 11 am Parma Branch
- Monsters of the Great Lakes**
- April 5, 11 am Concord Branch
- Historic Look at Jackson Symphony Orchestra**
- April 10, 6 pm, Carnegie

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>10:15 Fit After 50 (No Exercise - Spring Break 3/31)</p> <p>12:00 Lunch</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 (No Exercise - Spring Break 4/2)</p> <p>12:00 Lunch</p> 	<p>12:00 Lunch</p> <p>March 12 11:30 am Tdap Vaccine Info Jenette, Public Health Nurse, Jackson County Health Dept. May 14 SHINGLES</p> <p>April 17 1 pm Nutrition Council at Crouch</p>	<p>10:15 Fit After 50 (No Exercise - Spring Break 4/4)</p> <p>12:00 Lunch</p> 

ALZHEIMER'S SUPPORT

Crouch Senior Center Enrichment | 517-768-8691

Crouch Senior Center
Alzheimer's Support
April 23 at 11 am

Nicole Hourani, Alzheimer's Association, Michigan Chapter
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!

CONNECTION CAFE

Jackson County Department on Aging

CROUCH SENIOR CENTER
NOTE: NEW TIME!!! 1:00 pm
Sign Up! 768-8691

March 31 at 1:00 - How to Speak and Be Heard
April 21 at 1:00 - Butterfly Gardening

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



Come Early for Lunch!
See Page 4.

VACCINE SERIES - TDAP & SHINGLES PRESENTATION

Enrichment | 517-768-8691

ADULT VACCINE SERIES - TDAP and SHINGLES Crouch Senior Center

March 26 at 11 am - TDAP
April 30 at 11 am - SHINGLES

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

Call 768-8691 for more information on this presentation!

Join Jenette for Information on the Tdap and Shingles Vaccines

PARK FOREST - March 5 at 11:30, Tdap
SPRING ARBOR - March 12 at 11:30, Tdap
MICHIGAN CENTER - April 9 at 11:30
Tdap & Shingles
NORVELL - April 23 at 11:30
Tdap & Shingles
PARK FOREST - May 7 at 11:30, Shingles
SPRING ARBOR - May 14 at 11:30, Shingles

NUTRITION NEWS

By Sarah Pollack, DN, CDCES

Strong and Healthy- The Benefits of Exercise for Older Adults
By Sarah Pollack, RDN, CDCES

Regular physical activity is one of the most important things people can do to improve their health. Moving more and sitting less have tremendous benefits for everyone, regardless of age, sex, race, ethnicity, or current fitness level. People with a chronic disease or a disability benefit from regular physical activity.

According to the Department of Health and Human Services, about half of all American adults have one or more preventable chronic diseases. Seven of the ten most common chronic diseases are favorably influenced by regular physical activity. Yet nearly 80% of adults are not meeting the key guidelines for both aerobic and muscle-strengthening activity, while only about half meet the key guidelines for aerobic activity. This lack of physical activity is linked to approximately \$117 billion in annual health care costs and about 10 percent of premature mortality.

Physical Activity Guidelines for Adults (ages 18-64)

- At least 150 minutes a week of moderate-intensity activity or at least 75 minutes a week of vigorous-intensity aerobic physical activity. Ideally, aerobic activity should be spread throughout the week. Aerobic activities include walking, hiking, biking, swimming, dancing, playing sports, and house and yard work.
- Two or more days a week of muscle-strengthening activities such as weight lifting, resistance training, and body weight exercises.
- Physical Activity Guidelines for Older Adults (ages 65 and older) Older adults should follow the physical activity guidelines for adults listed above and also incorporate balance training.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely. If chronic conditions prevent older adults from doing 150 minutes of moderate-intensity aerobic activity weekly, they should be as physically active as their abilities and conditions allow.
- Even a single session of moderate to vigorous activity gives immediate health benefits including: Improved sleep quality. Reduced anxiety. Lowered blood pressure. Lowered blood sugar levels
- Being physically active on a regular basis leads to many long-term health benefits including: Lowered risk of dementia, including Alzheimer's. Lowered risk of depression. Lowered risk of heart disease, stroke and type 2 diabetes. Lowered risk of eight cancers (bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach) Lowered risk of weight gain. Increased independence of living. Improved bone health.

Exercise doesn't have to be extreme to be effective; it just needs to be consistent. If you are new to exercise or are returning to a more active lifestyle, start with a few minutes a day, and increase by a few minutes each week until you reach your goal. Tracking your progress can be helpful to sticking with your program. It's also helpful to identify barriers so you can come up with solutions ahead of time. For example, if you have chronic back pain and unable to stand more than a few minutes, start with a few minutes of chair exercises or gentle stretching. Repeat this a few times throughout the day.

DONATIONS

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

EXERCISE SPRING BREAK

The following classes are on
SPRING BREAK
 March 31 thru April 4

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

These classes will start again
 the week of April 7.

Line Dance & Drumming - check
 with your instructors for Spring
 Break dates.

Contact Laurie with any
 questions on Exercise classes
 and/or breaks. 768-8691 or Email:
LMead@mijackson.org

**INCLEMENT
 WEATHER REMINDER**
 See Page 4

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.

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

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

This exhilarating class includes full-
 body stretching and non-jarring,
 low impact exercises to promote
 increased heart and breathing
 rates.

Certified YMCA Instructor: Lauren



TRIVIA FUN AT CROUCH - 2ND & 4TH WEDNESDAYS AT 10 AM

Enrichment | 517-768-8691 | Facilitators: Dennis & JC



NEW!
TRIVIA
LAUGH...
THINK...
Join The
Fun!

Common Knowledge Trivia Fun
Crouch Senior Center

2nd & 4th Wednesdays
10 am

Facilitators: Dennis and JC



VITA

Call 517-247-2099 To Make Your Appointment

Community Action Agency is offering FREE Tax Return Preparation (VITA) at our Jackson sites including the Jackson County Department on Aging, Crouch Senior Center, 1715 Lansing Avenue location. Household income less than \$67,000 or less per year.



Appointments may be made through the automated scheduling service, by calling 517-247-2099. If you need to speak to a live operator, please listen to the entire message for further instructions. Appointments may also be scheduled on line at www.caajlh.itfrontdesk.com.

The Department on Aging will NOT schedule appointments. Please call 517-247-2099. For more information call the Community Action Agency, Jackson, Michigan at: 517-784-4800 or 1-800-492-0004.

My Free Taxes. Anyone with income less than \$73k can file their tax return for FREE at: myfreetaxes.com. If you need assistance using the My Free Taxes website, a volunteer will be available Monday through Thursday afternoons at the Carnegie Branch, Jackson District Library. Location: 244 W. Michigan Avenue, downtown Jackson. No appointment necessary. **My Free Taxes, please call 517-745-3668.**

SECRETARY OF STATE & JACKSON SOCIAL SECURITY AT CROUCH

Wednesday, March 26, 10 am to 3 pm * Call 517-768-8691 to Schedule Appointment

Michigan Secretary of State Mobile Office is Coming To You!

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!

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



Jackson Social Security Administration Office will join the Secretary of State Mobile unit to make transactions easier for you! Crouch Senior Center!

Bring Necessary Documents including: Birth Certificate, Your Passport, Proof of U.S. Citizenship or Legal U.S. Residency, Proof of Address.



NORVELL TOWNSHIP - COFFEE HOUR, SENATOR SUE SHINK, MARCH 7

Norvell Township Hall, Senior Nutrition Site | Department on Aging 517-768-8691

COFFEE HOUR

CONNECTING WITH OUR COMMUNITY

Friday, March 7 | 12:30 to 1:30 PM
Norvell Township Hall
 300 Mill Rd, Brooklyn, MI



COFFEE HOUR
SENATOR SUE SHINK
NORVELL TOWNSHIP HALL
FRIDAY, MARCH 7 at 12:30 PM

Come early for a hot lunch served at 12 noon.
 Make your lunch reservation at least 1 day in advance. **Call 768-8691.**

*60+ Suggested donation of \$2.50
 -60 COST of \$3.50*

FOOT CARE CLINIC

Crouch Senior Center | 768-8691

2025 Schedule: April 11, July 11, Oct 3

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**



AARP SMART DRIVERS

SAVE THE DATE! APRIL 2025

Smart Driver Safety Course
Crouch Senior Center

Thursday & Friday
April 24 & 25, 2025
 12:00 pm to 4:00 pm
 Lunch Served at 12 noon

\$20 AARP Members; \$25 non AARP
AARP Instructor: Terry Finch

Call 768-8691 to Register!



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 - April 29, 2025 12:00 pm to 1:30 pm
 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.**



SOUP'S ON



Tuesday, March 11, 2025
5:30 - 7:30 pm

American 1 Credit Union
Event Center, Keeley Park
200 W. Ganson St., Jackson



Support Meals on Wheels in Jackson County.
*Sample soups from local restaurants, desserts,
entertainment by Matt Walch, a silent and live
auction. Wine/beer available for purchase.*



Tickets: \$30 one/ \$50 two when purchased by March 10.
\$35 a ticket on March 11. For tickets and further
information www.MealsOnWheels-JacksonMI.com
or call (517) 788-4364.



*Souvenir soup
bowl guaranteed
for first 120 guests*

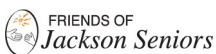


Featuring a live Auction:
Mackinac Bridge Tower Tour
Bid on the exclusive opportunity to climb to
the top of the bridge! Tour Certificate allows
for two people to experience this once-in-a
lifetime adventure.



2025 Soup's On Restaurants
*Bella Notte Ristorante,
Booher's Fresh Market & Diner
The Crazy Cowboy, Grand River Brewery,
Greystone Tavern, Kibby Cobb Deli,
One North Kitchen & Bar,
Rocky Top Beer-BBQ & Grill,
and Steve's Ranch*
2025 Soup's On Bakeries
The ABC Bakery and For Goodness Cakes

Hosted By:



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! Gals and Guys!

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!

IRS PHONE SCAMS

When tax season hits, IRS phone scams top the list of calls to the Attorney General's Consumer Protection Team. Phone tax scams come in many varieties. These tech-savvy crooks can spoof caller ID to make their calls look like they are coming from an official number or location. And they may even have some of your personal information when they call — like the last four digits of your SSN or your correct birthday and year. Don't confirm and don't offer any more information.

Reported IRS phone scams include:

Back Taxes or Penalty Phone Call – High-pressure callers threaten legal action that can only be avoided by immediate payment. If you are tempted to pay, look for these clues: payment must be made by difficult-to-trace transfer methods, like a wire transfer or a pre-paid card; and, the payment must be made right away.

Debt Collector Contacts for Back Taxes – The IRS occasionally uses debt collection agencies to collect some overdue tax debts. Consumers should be on the lookout for any unexpected contacts from anyone claiming to be collecting on behalf of the IRS.

Rebate Phone Call — Aimed at seniors, the caller says they are an IRS employee and tells the targeted victim they are eligible for a sizable rebate for filing taxes early. The fake IRS employee then asks for bank account information for direct deposit of the rebate. Don't do it! Sharing your bank account details gives criminals access to your funds.

Paper Check Phone Call – A fake IRS employee calls and says that the IRS sent a check that has not been cashed and the IRS needs to verify the individual's bank account number. The only way the IRS collects your bank account details is if you choose to put them in your tax return.

DO THIS: If someone calls you and says they are from the IRS, hang up and call the IRS directly at 800-829-1040.

Information taken from the State of Michigan Consumer Protection website.

WRITING CIRCLE

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

- **NEW DAY, NEW TIME, NEW NAME!** 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.

From kindergarten through sixth grade, I grew up on our 80-acre farm in Manchester. We raised chickens, rabbits, a couple of milking cows and, for a while, six goats. The goats had to go after they got out of their pen and had a feast in mom's garden. For a source of income, we raised and sold white pigs.

Pigs don't sweat and love to play in mud puddles which cool them and keeps the flies away. It's important for especially white pigs to cover themselves in mud which helps prevent sunburn. So in the summer, we made sure their area was well watered and there were large mud puddles for them to wallow in.

It was fun to ride the huge sows (those are female pigs for those of you who don't know). That is, until we fell off. By "we" I mean my niece Cindy and me, and sometimes her brothers would join us. We would climb on, but there was nothing to hold onto except their ears! So, we couldn't stay on for very long.

And have you ever seen anyone trying to catch a piglet? Oh, what fun! One summer day, about 12 of our seven-week-old piglets got out, and six of us kids and adults had to round them up. Not only were these piglets really fast, but they could also turn on a dime. Once caught, they screamed!

Our pigs stayed in a small barn inside a fenced yard. The yard sloped up a small hill, and there was a large gate at the top of that hill. I always had fun calling the pigs for special treats, like watermelon and cantaloupe rinds, garden scraps, corn cobs, and freshly cut corn stalks.

After harvesting our field corn, the men working the field would pile some fresh stalks near the gate. I threw the stalks over the gate to the pig side and yelled "Sooooey", "Sooooey". They would come running as fast as they could up that hill, slamming into each other. I liked feeding the pigs their treats because it was hilarious to see them run. Fordine

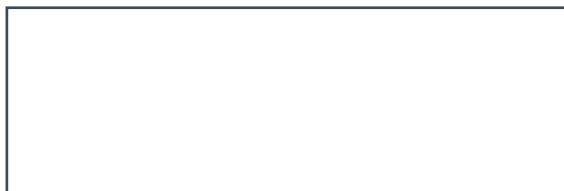




Friends of Jackson Seniors

1715 Lansing Avenue
Jackson, MI 49202-2193

Non-Profit Org.
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Return Service
Requested



JACKSON COUNTY

Department on Aging Staff

Director

Danielle Pequet

Deputy Director

Leslie Krantz

Alzheimer's Respite & Counseling

Valerie Harris-Callahan

Caregiver Information & Assistance and Meals on Wheels & Home Care-New Clients

Jennifer Guthrie, In-Home Services Coordinator

Caregiver Support

Lisa Brand, Caregiver Support Coordinator

Chore & Home Services Outreach

Lora Stacey, Social Worker

Home Care Services—Current Clients

Julie Babcock, Home Care Supervisor

Meals on Wheels & Nutrition Site Meals

Annie Sottek, Nutrition Services Manager

Nutrition Site and Senior Center Programs

Laurie Mead, Enrichment Specialist

LOOKING AHEAD

MAY

Dinner Dance | Thursday, May 1
The Ramblers Band

JUNE

Volunteer Luncheon | Friday, June 27
10:45 am to 1:00 pm
SAVE THE DATE!!

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!

