

SENIOR CIRCUIT

Jan/Feb 2026 Issue | Volume 21, Issue 1



JACKSON COUNTY DEPARTMENT ON AGING



Senior Centers and Sites
517-788-4364

JANUARY | FEBRUARY ISSUE

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SAVE THE DATE! SOUP'S ON MARCH 2026

Soup's On for Seniors is a Friends of Jackson Seniors campaign to raise support for *Meals on Wheels* in Jackson County. Culmination of the campaign will be a celebration on **March 10, 2026**, at the American 1 Event Center, Keeley Park, 200 W. Ganson Street, Jackson.

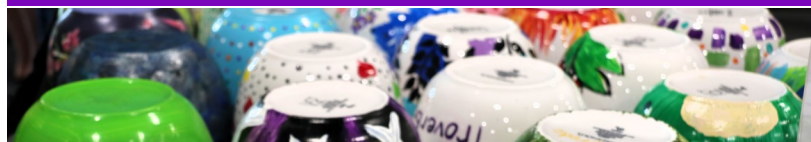
Sample soups and bread from local restaurants while enjoying entertainment and a silent auction. Beer and wine available for purchase.

The first 120 guests are guaranteed to receive a souvenir soup bowl!

For more information about Soup's On for Seniors go to www.MealsOnWheels-JacksonMI.com, or call the Jackson County Department on Aging at (517) 788-4364.



Support Meals on Wheels
March 10, 2026 5:30 - 7:30 p.m.



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

TECH TIME with Miro
2nd Thursday of the
Month at 10 am

Call 768-8691 for Info!

Connection Café WellWise

Jan. - Protect Yourself from Scams
Feb. - Grumpy or Affirming Art
See Page 10

Blood Pressure Clinics Healthy Heart Month

- Siena Heights
 - Gail, Retired RN
- See Page 15*

Foot Clinic | Dr. White
See Page 11

Alzheimer's Support
Nicole Hourani, Alzheimer's
Association, MI Chapter
See Page 16

Secretary of State
Mobile Unit at Crouch
See Page 11

Senior Safety Awareness
Self Defense Demonstration
See Page 16

HENRY FORD HEALTH
February - Coping with Grief
Workshop
March - Understanding
Hospice and Palliative Care

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



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

MONDAY Jan. 5 at 1 pm
MONDAY Feb. 2 at 1 pm
Free for people 60+ First 25 that sign up.
(\$10 donation for all others)
Must Sign Up! 768-8691
Instructor: Karen Olmos

ROUND DANCE CLASS

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

CRAFT & CHATS - FREE 60+

MONDAY, Jan. 26 at 1 pm
MONDAY, Feb. 23 at 1 pm
Sign Up! 768-8691

HOSPICE QUILTERS

Tuesdays at 10:00 am
Facilitator: Karen

CROUCH JAM SESSION

Every Tuesday Following Lunch
Musicians and Listeners Welcome!
Facilitators: Jerry & Dave

WOOD CARVING CLUB

Tuesdays at 1:00 pm
Facilitators: Bob & Dennis

CARD MAKING CLASS

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

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 Thurs. at 10:00 am
Jan. 15 - Winter Seed Sowing
Feb. 19 - Making Bird Feeders
SIGN UP! 768-8691

COUNTRY GOSPEL JAM

Thursdays at 1 pm
Facilitators: Jerry & Dave

ACRYLIC PAINT CLASS

Thursdays at 1 pm
Supply Donation.
Call 768-8691 for more information
Instructor: Karen H.

ROCK N ROLLERS WII BOWL

Fridays After Specials!
Facilitators: Dawn, Cathy

CARDIO DRUMMING

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

FREE PENNY AUCTION

Friday, Jan. 9 & Feb. 20
1:15 pm to 2:00 pm
(Pennies/Chips Provided)
Auctioneer: Candy

LOW VISION BLIND CLUB

Low Vision Friends & Activities
Facilitators: Tamera & Char



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

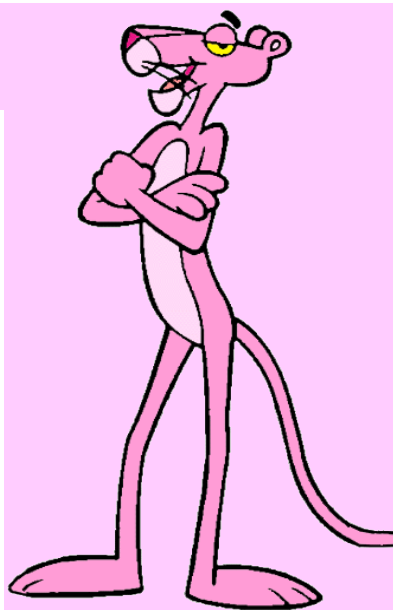
Dance 6 - 9 p.m.
Dance Donation \$1.50
DINNER RSVP: 768-8691
Enrichment: 768-8691

Reservations
At Least One Day in
Advance.
Limited Seating.
Full at 140.
517-768-8691
No Entry Before 4:00



On The Menu
 Beef Ravioli
 Salad
 Grapes
 Roll
 Milk
 Dessert: Tiramisu

Live Band:
The Ramblers



Next Dinner Dance: Thursday, March 5
Live Band | St. Paddy's Dance

CROUCH PARTIES!

FROZEN WAVES
Trop Rock Party!



1 pm Friday, January 23
Music: Jay Hill
 Tropical Shirt Contest

Ground Hog Shadow Prediction Contest

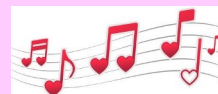
Voting In
By 4:00 pm
Friday,
January 30



Ground Hog Day
Chocolate Milk
and Cookies Party!
11 am Mon., Feb. 2
Music: Tim Farrell



VALENTINE Party
12:30 pm
Friday,
February 13
Music:
Steve Berkemeier



Free Penny Auction
1:30 pm - Fridays
January 9
February 20
Auctioneer:
Candy



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

Large Groups
Call 768-8691

OUR GATHERING PLACES

Call 768-8684 for Lunch Reservations. Call 788-4364 for SITE Information.

IT'S MORE THAN JUST LUNCH!

You are invited to lunch at the Crouch Senior Center. Whether you bring your friends or come on your own, you will enjoy the camaraderie and friendships while enjoying a hot, nutritious meal served at noon. Come early to enjoy many exciting activities and enrichment programs.

Gathering Place INFORMATION call 788-4364 LUNCH RESERVATIONS call 768-8684

Crouch Senior Center

1715 Lansing Ave
MON - FRI
9 am - 4 pm

Michigan Center St. Aidan's Church

361 Grove Street
MON WED FRI
10:30 - 2:30

Park Forest Site

3300 Spirea Ct.
MON - FRI
10:30 - 1:30

Napoleon Site
Township Hall (M-50)
6755 Brooklyn Rd.
TUES & THURS
10:30 - 1:30

Norvell Site
300 Mill Street
MON WED FRI
10:30 - 1:30

Spring Arbor Senior Site
JDL SA Branch
122 Star Road
MON - FRI
10:00 - 1:30

King Recreation Center Food with Friends Site

1107 Adrian St.
MON - FRI 12 noon

Grass Lake Senior Center Food with Friends Site

Call 768-8684 for lunch days!

LUNCH RESERVATIONS

one day in advance
(517) 768-8684

SECOND MEAL PROGRAM

A second, evening cold meal is available to take home two days a week for seniors who eat lunch at a nutrition site and have reserved a second meal.

Criteria:

- You or your spouse must be age 60 or older.
 - You eat a noon meal at the site that day.
 - You reserve your second meal in advance.
 - You sign to receive the meal.
- Suggested Donation: \$1.00

Second Meal Available:

Tue & Thu at Napoleon site
Mon & Wed at all other sites

Sign up for the second meal

at a Nutrition site
or call (517) 768-8684
Please call one day in advance and leave the site location when you leave a message.

The Second Meal Program provided by senior millage funding.

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

All Sites Closed

January 1
New Year's Day
January 19
Martin Luther King
February 16
Presidents' Day



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
		 Menus Approved by: Sarah Pollack, RDN, CDCES	- 1 - CLOSED HAPPY NEW YEAR! 	- 2 - Salisbury Steak Mashed Potatoes Mixed Vegetables Roll Fresh Fruit Milk Dessert
- 5 - Beef Hot Dog Tater Tot Casserole Mixed Vegetables Fresh Fruit Milk	- 6 - Smothered Chicken Mashed Potatoes Brussels Sprouts Roll Fresh Fruit Milk	- 7 - Spaghetti & Meatballs Italian Blend Veggies Green Peas Fresh Fruit Milk Cookie	- 8 - Chicken Chop Suey Stir Fry Vegetables Hot Strawberries & Pears Milk Fortune Cookie	- 9 - Seafood Pasta California Blend Green Beans Fresh Fruit Milk Dessert
- 12 - Chicken Tenders Macaroni & Cheese Mixed Vegetables Roll Fresh Fruit Milk	- 13 - Swedish Meatballs over Rice Carrots Green Beans Fresh Fruit Milk	- 14 - Sloppy Joe Tater Tot Casserole Peas & Carrots Fresh Fruit Milk Cookie	- 15 - Beef Fried Rice Antigua Blend Hot Spiced Apples Milk	- 16 - Chicken Parmesan Garlic & Herb Broccoli Cauliflower Roll Fresh Fruit Milk Dessert
- 19 - CLOSED MLK DAY 	- 20 - Beef Pepper Patty Mashed Potatoes Cauliflower Roll Fresh Fruit Milk	- 21 - Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies Roll Applesauce Cup Milk, Cookie	- 22 - Wiley Potato Antigua Blend Strawberries & Pears Roll Milk	- 23 - Chicken w/Cheese Sauce & Olives Redskin Potatoes Normandy Blend Fresh Fruit Roll, Milk, Dessert
- 26 - Smothered Beef Patty Mashed Potatoes Peas & Carrots Roll Fresh Fruit Milk	- 27 - Sweet & Sour Chicken over Rice Broccoli Carrots Milk	- 28 - Fish Sandwich Macaroni & Cheese Stewed Tomatoes Fresh Fruit Milk Cookie	- 29 - Chicken Pasta Primavera Beets Hot Spiced Apples Milk	- 30 - Homestyle Meatloaf Mashed Potatoes Normandy Blend Veggies Roll Fresh Fruit Milk and Dessert

PAINT PARTIES TO GO

- 1st Monday of the Month 1 pm
- Free 1st 25 that sign up (must be 60+). \$10 supply donation all others. *See Page 2*

TECH TIME AT CROUCH





- 2nd Thursday of the Month
- 10:00 am in the Computer Lab
- Show up! Or Call 768-8691
- Miro, WellWise Services, AAA

EXERCISE CLASSES

- Fit After 50, Enhance Fitness
- MFBFB Tai Chi Class
- 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
- 2 - Beef Ribette WW Bun Tater Tot Casserole Peas & Carrots Applesauce Cup Milk	- 3 - Smoked Chicken Tortellini w/Baby Spinach & Dried Tomatoes California Blend Green Beans Fresh Fruit, Milk	- 4 - Stuffed Cabbage Mashed Potatoes Mixed Vegetables Fresh Fruit Milk	- 5 - Brat & Sauerkraut Carrots Hot Spiced Apples Roll Milk Dinner Dance	- 6 - Chicken & Peppers Flour Tortilla Spanish Rice Black Beans & Corn Fresh Fruit Milk Dessert
- 9 - Crispy Chicken w/ Country Gravy Mashed Potatoes Normandy Blend Roll Fresh Fruit Milk	- 10 - Swedish Meatballs over Rice Brussels Sprouts Mixed Vegetables Fresh Fruit Milk	- 11 - Cheeseburger WW Bun Au Gratin Potatoes Peas & Carrots Fresh Fruit Milk Cookie	- 12 - Pork Chop Suey over Rice Stir Fry Vegetables Hot Spiced Apples Fortune Cookie Milk	- 13 - Chicken Tenders Mac & Cheese Country Green Beans Roll Fresh Fruit Milk Dessert
- 16 - Closed President's Day 	- 17 - BBQ Pork WW Bun Mashed Potatoes Green Peas w/Pearl Onions Apple Sauce Cup Milk	- 18 - Eggplant Parmesan California Blend Green Beans Fresh Fruit Milk Cookie	- 19 - Chili Cheese Baked Potato Antigua Blend Hot Spiced Apples Milk	- 20 - Veggie Egg Scramble Zucchini & Tomatoes Au Gratin Potatoes Muffin Milk
- 23 - Beef Pepper Patty Mashed Potatoes Broccoli Roll Fresh Fruit, Milk	- 24 - Chicken Cordon Bleu Sweet Potato Casserole Brussels Sprouts Roll, Fresh Fruit Milk	- 25 - Goulash Corn Green Beans Fresh Fruit Milk Cookie	- 26 - Chicken Florentine over Rice Zucchini & Tomatoes Hot Strawberries & Pears Milk	- 27 - Fish Sandwich WW Bun Tater Tot Casserole Peas & Carrots Fresh Fruit Milk Dessert
 Menus Approved by: Sarah Pollack, RDN, CDCES	FEBRUARY 5 DINNER DANCE MENU Beef Ravioli Salad Grapes Roll Milk Dessert: Tiramisu			

BLOOD PRESSURE CLINIC

- See Page 15
- Siena Heights Student Nurses
- 11 am to 1 pm
- Dr. Kristen

SECRETARY OF STATE

- **Wednesday, February 25**
- 10 am to 2 pm
- Secretary of State Mobile Unit
at Crouch Senior Center
- *See Page 17*

CROUCH CARD BINGO

- Some Fridays After Lunch!
See Calendar for dates.
- Bring 4 Quarters for
this fun game.
- Facilitator: Candy



JAMS & KARAOKE

Crouch Dining Room

CROUCH JAM SESSION TUESDAYS AT 1 PM

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

KARAOKE AT 1 PM 4TH WEDNESDAY EVERY MONTH

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

COUNTRY GOSPEL JAM THURSDAYS AT 1 PM

An afternoon with Jerry, Dave & Friends. Sing Along or Listen!



BINGO BINGO BINGO

Crouch Dining Room

PENNY BINGO

1, 3, 5 Wednesday at 1:00

Due to Penny shortage, we play with Pennies and do a Penny Buy Back! Players redeem pennies for cash at end of game. 768-8691

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 Questions!!
768-8691**

EUCHRE TOURNAMENTS, CARDS AND GAMES

PLEASE CALL 768-8691 for Game Information

Location	Game	Day	Time
Crouch	Pool Games	Mon - Fri	9 am - 4 pm
Crouch	Wii Bowl Games	Any Day!	9 am - 4 pm
Crouch	Hand & Foot	2nd Monday	11:30 am
Crouch	Euchre Tourney	Thursdays	1:00 pm
Crouch	Wii Bowl League	Fridays	After Specials
Crouch	Bridge	Fridays	1:00 pm
King Center	Four Corners	M - F	10:30 am
Michigan Center	Conversation!	M/W/F	10:30 - 2:30
Napoleon	Conversation!	T/TH	10:30 - 1:30
Norvell	Conversation!	Fridays	10:30 - 1:30
Spring Arbor	Cards & Lunch	Call for Info	768-8691

PHOTOGRAPHY DISCLAIMER: Jackson County Department on Aging uses pictures of events and participants to inform others about these opportunities. We will not use identification. If you do not want your picture taken, please tell our photographer.

SPECIAL ACCOMMODATION: When registering for an event, please notify Jackson County Department on Aging of any special accommodations needed.

DISCLAIMER: The opinions by presenters are their own and do not reflect the views of Jackson County Department on Aging or any agency sponsors.






JANUARY 2026 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 - CLOSED NEW YEAR'S DAY 	- 2 - Exercise on Break 10:00 Quarter Bingo 1:30 Card Bingo (bring 4 quarters) 1:00 Bridge Club
- 5 - 8:30 Fit 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1 - 3 Round Dance 1:00 Paint Party	- 6 - 9:00 Cardio Drumming 10:00 Quilters 10:30 MFBB Tai Chi 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	- 7 - 8:30 Fit 50 9:30 Card Class 10:30 Exercise 10:30 Writing Circle 11:30 Blood Pressure 11:45 Line Dance 1:00 Adv Line Dance 1:00 Granny Squares 1:00 Penny Bingo	- 8 - 10:00 TECH TIME 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 9 - 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Cardio Drum 1:30 Penny Auction FREE
- 12 - 8:30 Fit 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 11:30 Hand & Foot 1:00 Flamingo Bingo 1 - 3 Round Dance 1:00 Connection Cafe	- 13 - 9:00 Cardio Drumming 10:00 Quilters 10:30 MFBB Tai Chi 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	- 14 - 8:30 Fit 50 10:00 Trivia 10:30 Exercise 11:30 Blood Pressure 11:45 Line Dance 1:00 Adv Line Dance 1:00 Granny Squares 1:00 Flamingo Bingo	- 15 - 10:00 am Green Thumb Winter Seed Sowing Project 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 1:00 Nutrition Council	- 16 - 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Cardio Drum 1:30 Card Bingo (bring 4 quarters)
- 19 - Closed in Honor of Martin Luther King Jr 	- 20 - 9:00 Cardio Drumming 10:00 Quilters 10:30 MFBB Tai Chi 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	- 21 - 8:30 Fit 50 9:30 Card Class 10:30 Exercise 10:30 Writing Circle 11:30 Blood Pressure 11:45 Line Dance 1:00 Adv Line Dance 1:00 Granny Squares 1:00 Penny Bingo	- 22 - 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 23 - 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Cardio Drum 1:00 Frozen Wave Trop Rock Party FOOT CLINIC
- 26 - 8:30 Fit 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1 - 3 Round Dance 1:00 Craft N Chat	- 27 - 9:00 Cardio Drumming 10:00 Quilters 10:30 MFBB Tai Chi 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	- 28 - 8:30 Fit 50 10:00 Trivia 10:30 Exercise 11:30 Blood Pressure 11:45 Line Dance 1:00 Adv Line Dance 1:00 Granny Squares 1:00 Karaoke	- 29 - 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 30 - 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Cardio Drum 1:30 Card Bingo (bring 4 quarters) Ground Hog Votes In by 4 pm Today!
KING CENTER Open! M - F MICHIGAN CENTER M/W/F LUNCH	PARK FOREST M - F Lunch & Conversation NAPOLEON T/TH LUNCH		NORVELL M/W/F LUNCH GRASS LAKE SENIOR CENTER Activities 522-8466	

FEBRUARY 2026 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>- 2 -</p> <p>8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:00 Ground Hog Day Chocolate Milk Party 11:30 Blood Pressure 1:00 Round Dance 1:00 PAINT PARTY</p>	<p>- 3 -</p> <p>9:00 Cardio Drum 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p>- 4 -</p> <p>8:30 Fit After 50 9:30 Card Class 10:30 Exercise 10:30 Writers Circle 11:30 Blood Pressure 11:45 Line Dance 1:00 Penny Bingo 1:00 Granny Squares</p>	<p>- 5 -</p> <p>10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p> <div>5 - 9 DINNER DANCE</div>	<p>- 6 -</p> <p>8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:30 Card Bingo <i>(bring 4 quarters)</i></p>
<p>- 9 -</p> <p>8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 11:30 HAND AND FOOT 1:00 Flamingo Bingo 1:00 Round Dance 1:00 Connection Cafe</p>	<p>- 10 -</p> <p>9:00 Cardio Drum 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p>- 11 -</p> <p>8:30 Fit After 50 10:00 Trivia 10:30 Exercise 11:30 Blood Pressure 11:45 Line Dance 1:00 Senior Safety Self Defense Presentation 1:00 Flamingo Bingo 1:00 Granny Squares</p>	<p>- 12 -</p> <p>10:00 TECH TIME 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 13 -</p> <p>8:30 Fit After 50 11 - 1 Blood Pressure Clinic Siena Heights 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Cardio Drum 1:00 Valentine Party Music with Steve B.</p>
<p>- 16 -</p> <p>Closed in Honor of Presidents' Day</p> <div>HAPPY President's DAY</div>	<p>- 17 -</p> <p>9:00 Cardio Drum 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p>- 18 -</p> <p>8:30 Fit After 50 9:30 Card Class 10:30 Writers Circle 10:30 Exercise 11:30 Blood Pressure 11:45 Line Dance 1:00 Penny Bingo 1:00 Granny Squares</p>	<p>- 19 -</p> <p>10:00 GREEN THUMB Bird Feeders Project! 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 20 -</p> <p>8:30 Fit After 50 10:00 Quarter Bingo 10:00 Coping Grief & Loss Workshop 10:30 Exercise 1:00 Bridge Club 1:00 Cardio Drum 1:30 Penny Auction</p>
<p>- 23 -</p> <p>8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1:00 Round Dance 1:00 Craft N Chat</p>	<p>- 24 -</p> <p>9:00 Cardio Drum 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p>- 25 -</p> <p>8:30 Fit After 50 10 - 2 Sec of State 10:00 Trivia 10:30 Exercise 11:00 Alzheimer's Support 11:30 Blood Pressure 11:45 Line Dance 1:00 KARAOKE 1:00 Granny Squares</p>	<p>- 26 -</p> <p>10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 27 -</p> <p>8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:30 Card Bingo <i>(bring 4 quarters)</i></p>
				
<p>KING CENTER Open! M - F</p> <p>MICHIGAN CENTER M/W/F Lunch & Conversation</p>	<p>NAPOLEON T/TH Lunch & Conversation</p> <p>PARK FOREST M - F Lunch & Conversation</p>	<p>NORVELL M /W /F EUCHRE FRIDAYS!!</p> <p>GRASS LAKE CALL 522-8466</p>		

THANK YOU GRANNY SQUARES!

Thank you Granny Squares for making & donating 110+ holiday blankets for homebound seniors.



THANK YOU NEWSLETTER VOLUNTEERS!

Thank you to this amazing group of volunteers for taping and labeling 1900+ newsletters bi-monthly!



THANK YOU CENTRAL CAMPUS (YAP) AND LUMEN CHRISTI!

Thank you Central Campus & Lumen Christi for making the holidays festive and taking such great care of the Crouch Senior Center.



CONNECTION CAFÉ | MONDAYS, JANUARY 12 AND FEBRUARY 9

Jackson County Department on Aging | 517-768-8691

CROUCH SENIOR CENTER

Monday, January 12, 1 pm
Protect Yourself from Scams
Monday, February 9, 1 pm
Crafts: Grumpy or Affirming Art

MEET PEOPLE, ENJOY SNACKS,
GREAT TOPICS & FUN



Presenter:
Martha York, WellWise
Services, AAA
Sign Up!
517-592-1974



Come Early for Lunch!
See Page 4

SPRING ARBOR SENIOR SITE - LUNCH & CONVERSATION

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

Senior Movie Matinee
January 9 & 23
1 pm
Spring Arbor JDL

Nutrition Council
Meeting
January 15
Crouch Senior Center
1 pm

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

Hot Lunch
Monday - Friday at 12 noon

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

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

Jackson District Library Programs

- Winter Birding: Jan. 7, at 3 pm
Napoleon Branch
- Start The New Year Healthy: Jan
27 at 1:30 pm, Concord Branch
- Beyond Sourdough: Making
Kefir, Feb. 12 at 5 pm, Eastern
Branch
- Genealogy Research: Feb. 21 at
10:30 am, Springport Branch

FOOT CARE CLINIC

Crouch Senior Center | 768-8691

Crouch Senior Center
January 23, 2026

Quarterly Podiatry Clinics held at the Crouch Senior Center with Dr. White. Dr. White will trim toenails, treat callouses, ingrown toenails, corns, bursitis, and painful joints. **Appointments: 517-768-8691**

Co-pays billed to patients. No insurance? Nail care and callouses \$40. Bring your Insurance Cards, Driver's License/ID, Medication & Allergy list.



2026: April 17, July 10, October 2, December 11

SECRETARY OF STATE

Wednesday, February 25 | 10 am to 3 pm

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

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

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



NUTRITION NEWS | SPOTLIGHT ON CAFFEINE

By Sarah Pollack, DN, CDCES

Spotlight on Caffeine. Many people can't imagine starting their day without a cup of coffee or tea. Caffeine has become the silent hero fueling the days of millions of people and helping them get through an afternoon slump. While caffeine can have positive effects on alertness, cognitive function and athletic function, excessive consumption can bring concerns and potential health risks.

What Is Caffeine? Caffeine is a natural stimulant that is found naturally in coffee beans, tea leaves, cacao beans, guarana berries and yerba mate leaves. It can also be made synthetically and added to drinks, food, tablets and supplements. Typical Caffeine Amounts in Common Food and Drinks: Coffee (8 oz): ~80–100 mg. Tea (8 oz): ~20–60 mg. Energy drink (8 oz): ~70–150 mg. Soda (12 oz): ~20–50 mg. Dark chocolate (1 oz): ~20–30 mg

Possible Health Benefits

1. Increased alertness and concentration. Caffeine blocks adenosine (a neurotransmitter in the brain that signals fatigue), helping you feel more awake and focused.
2. Improved physical performance. It can enhance endurance, reaction time, and perceived effort.
3. Mood elevation. Moderate caffeine intake is associated with better mood and reduced risk of mild depression for some people.
4. Possible long-term protective effects. Studies suggest people who regularly drink caffeinated coffee may have lower risks of Parkinson's disease, Alzheimer's disease, type 2 diabetes and some liver diseases. These effects appear to come not just from caffeine but also from the antioxidants in coffee.

Possible Negative Effects

1. Anxiety and jitteriness. Higher doses can increase anxiety, restlessness, or even trigger panic in sensitive individuals.
2. Sleep disruption. Caffeine has a half-life of 5–6 hours, so drinking it late in the day can lead to trouble falling asleep, shorter sleep time and worse sleep quality.
3. Increased heart rate or palpitations. Sensitive individuals may notice faster heartbeat or fluttering sensations.
4. Dependence and withdrawal. People who regularly use caffeine may experience withdrawal symptoms, such as headache, fatigue, irritability, trouble concentrating if they stop suddenly. Symptoms usually start 12–24 hours after stopping and last 1–3 days. Gradually reduce caffeine to lessen symptoms.
5. Digestive issues. Caffeine stimulates acid production, which can worsen acid reflux or stomach irritation.
6. Effects on blood pressure. Caffeine can cause short-term increases in blood pressure, though this effect is usually mild in habitual users.

How Much Is Generally Considered "Safe"? For most healthy adults, up to ~400 mg/day is typically considered a moderate amount.

Who May Need to Limit or Avoid Caffeine? People with anxiety disorders, uncontrolled high blood pressure (uncontrolled), certain heart rhythm issues, gastroesophageal reflux, pregnancy, and caffeine sensitivity should limit or avoid caffeine.

Tips to Cut Back on Caffeine. Cut back little by little. Drink one fewer can of soda or a smaller cup of coffee each day. Avoid drinking beverages with caffeine late in the day. Try decaf. Having less caffeine in a drink doesn't affect the taste. Keep in mind that decaf still has some caffeine. Brew tea for less time or use herbal tea. Brewing tea for less time cuts down on caffeine. Look for herbal teas that don't have caffeine.

Check labels. Over the counter pain relievers, energy bars and bottled drinks contain caffeine. Look for caffeine-free options.

DONATIONS

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

HOLIDAY BREAKS

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

January 1 & 2

Closed for the Holidays!
January 1 - New Year's
January 19 - MLK Jr Day
February 16 - Presidents'

**FREE BEGINNING
ROUND DANCE**

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

BRING YOUR OWN PARTNER!
Details 768-8691

**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 LMeat@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 ROUND**DANCE JANUARY - MAY**

Crouch Senior Center Room 005
Mondays 1 pm to 3 pm
Social Ballroom Round Dance.
Swing, Waltz. Cued calls the steps.
**Bring your own partner for this
FREE class!**
Volunteer Instructors: Alice, John, Vicky

**INTERMEDIATE LINE
DANCE CLASS**

Crouch Senior Center Room 005
Wednesday 11:45 am - 12:45 pm
Experienced volunteer instructors
lead participants through popular
line dance moves and routines.
Volunteer Instructors: Tony & Ruthie

ADVANCED LINE DANCE

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

CARDIO DRUMMING

Crouch Senior Center Room 005
Tuesdays at 9 am
Fridays at 1 pm
2nd, 3rd, 4th Fridays of the Month
(Friday class does not meet 1st Friday)
Supplies Provided. Call 768-8691.
Volunteer Instructors:
Tracy, Barbara, Paul

BEGINNING ROUND DANCE

Mondays | 1 pm to 3 pm | 768-8691

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

Bring your own partner to this **FREE** class on Mondays from 1 to 3 pm. *(Closed January 19 MLK JR Day and Closed February 16 Presidents' Day)*

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



PAINT PARTIES | CRAFT N CHATS

Enrichment | Sign Up!! Call 768-8691

JOIN US ON MONDAYS at 1 pm
Paint Parties To Go & Craft N Chats!



January 5 - Paint Party
January 26 - Craft N Chat
February 2 - Paint Party
February 23 - Craft N Chat

WRITING CIRCLE

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

Writing Circle

Learn more about writing, polish your skills, and share your creations.

Winter Beauty By Sherrill

Dawn rises slowly in a pale sky and lifts itself like a lantern
Whose beams cut through fleeting clouds revealing in intricate pattern,
A lacework embroidered on windowpane, shimmering in bursts of light,
Night frost etched into sweeping feathers made of crystalline white.

Straining beneath mounds of heavy snow cradled in their ancient boughs,
Evergreens bow low as if in prayer, whispering sighs of gratitude.

Icicles dance on barren limbs and catch the rays of the newborn sun.

Their tinkling necklaces of fiery ice sing, "Winter's beauty has begun!"

The sun bursts forth with beams of light that turn the world a dazzling white.

Like powdered starlight from many stars stitched in a glittering robe of light,

Snow coated fields of diamond dust catch sunlight in a million facets.

I'm wrapped in a moment of wonder and awe as I gaze upon its radiance.



HAND & FOOT

Enrichment | 768-8691

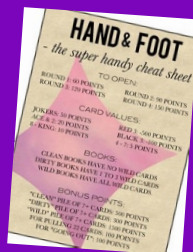
HAND & FOOT CARD GAME

2nd Monday of the Month at 11:30 am

Games Start at 11:30 am
Break for Lunch
Finish Games After Lunch

- 4 People Per Table |
- All Levels Welcome
- Facilitator: Sharon

Make A Lunch Reservation! 768-8684



TECH TIME

2nd Thursday of the Month at 10 am - 11:30 am

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

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

Show Up Or Call...
768-8691 to Register!

More Information: 517-592-1974
info@wellwiseservices.org



VITA VOLUNTEER INCOME TAX ASSISTANCE PROGRAM

VITA at CROUCH Call 517-247-2099 Starting Late January to Schedule 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. **Scheduling starts late January 2026.**

Appointments may be made through the automated scheduling service, starting late January 2026 by calling 517-247-2099. If you need to speak to a live operator, please listen to the entire message for further instructions.

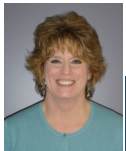
Appointments may also be scheduled on line at www.caajlh.itfrontdesk.com

The Department on Aging will NOT schedule appointments.
Please call **517-247-2099** starting late January 2026.

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.
For more information, on **My Free Taxes**, please call **517-745-3668**.



SENIOR SAFETY

Leslie Krantz, LBSW

Keeping seniors informed about common scams and other senior issues.

SCAM ALERT!

When tax season hits, IRS phone scams top the list of calls to the Attorney General's Consumer Protection Division. Tax fraudsters strike quickly, often from overseas. They can cover, erase, or leave no tracks before taxpayers know they've been duped. Their goal is to steal money, take control of personal computers, or commit identity theft. IRS scammers trick their victims into giving them access to bank account information, Social Security numbers (SSN), or credit and debit card details.

You can avoid falling for an IRS scam if you know how to spot these scammers and their tricks, which starts with knowing how the Internal Revenue Service (IRS) contacts taxpayers. Here is a list of things a tax scammer will do but the **IRS will NEVER do:**

1. Call, text, or email you and demand immediate payment.
2. Demand payment without any chance to appeal or question the amount due.
3. Threaten to have you arrested.
4. Require a specific payment method, like a gift card, pre-paid debit card or wire transfer. Call, text, or email you and ask for your personal or financial information.

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 from the Michigan Department of Attorney General website.

BLOOD PRESSURE & HEALTHY HEART CLINICS

Crouch Senior Center | 768-8691

Mondays & Wednesdays

11:30 am

Blood Pressure Checks

Provided by Gail, Retired Nurse

**Blood Pressure Clinics
Healthy Heart Resources**

Friday, February 13

Friday, March 20

11 am - 1 pm

**Siena Heights Student
Nurse Team
with Dr. Kristen**



February is American Heart Month a national effort led by the CDC and NIH to raise awareness about heart disease, the #1 killer in the U.S. encouraging everyone to prioritize heart health through lifestyle changes, knowing their numbers (blood pressure, cholesterol), staying active, eating well, and quitting smoking, with a special focus on National Wear Red Day on the first Friday to support women's heart health.

GREEN THUMB PROJECTS AT CROUCH | 10 AM

Sign Up | 768-8691

**Green Thumb with MSU Extension
Master Gardeners
Marla, Donna, Darold, Ed**

**3rd Thursday of the Month at 10 am
January 15 - Winter Seed Sowing Project
February 19 - Bird Feeders Project
Sign Up! 768-8691**



WELLWISE SERVICES

WellWise Services | 517-592-1974

WellWise Services, Area Agency on Aging

Living Well Programs: Dementia Friends, Workplace PATH, Aging Mastery Program, CHRONIC PAIN Path, Cancer PATH, Diabetes PATH, Powerful Tools for Caregivers, A Matter of Balance, Dementia Caregiving and Dealing with Dementia. **Call 517-592-1974**

Computer Help available at the Crouch Senior Center.

Tuesdays, 1 pm with Dr. Bill & 2nd Thursday of Month, 10 am with Miro



SHOP! CRAFT CORNER
Crouch Senior Center

**Monday through Friday
10 am - 2 pm**

When Volunteers Available

Support Senior Crafters!

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

Granny Squares
Wednesdays at 1 pm

**New Members Always
Welcome! GUYS and Gals!**

**Yarn Donations Always
Appreciated!**
4ply acrylic.

Call 768-8691



JOB OPPORTUNITIES

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

Join Our Team!
**Home Care Workers
Wanted!**

ALZHEIMER'S SUPPORT

Crouch Senior Center Enrichment | 517-768-8691

Crouch Senior Center, Alzheimer's Support

WEDNESDAY, February 25, 11 am

Presenter: Nicole Hourani, Alzheimer's Association

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.

You are invited to join this "Open to the Public" presentation at the Crouch Senior Center.



2026 Presentations: April 22, June 24, August 26, October 28

Show up! Or Sign Up! 768-8691

Stay for Lunch served at 12 noon | Reservations 768-8684

SENIOR SAFETY AWARENESS

Enrichment | 517-768-8691

Senior Safety Awareness Presentation

Wednesday, February 11

1 pm - 2 pm

Crouch Multipurpose Room

- Demonstration | Basic Self Defense Moves
- Points on Staying Safe In and Out of the House

Led by volunteers:

Ken Mangus, Certified Senior Tai Chi Trainer, and Retired Forensics Staff Security Trainer

Mary Jo, Certified Tai Chi Instructor

Let Us Know You Are Joining! 768-8691

HENRY FORD HEALTH WORKSHOPS AT CROUCH

Erika Van Poppel MA, LPC, Bereavement Coordinator, Hospice Services

COPING WITH GRIEF & LOSS WORKSHOP

Crouch Senior Center

Friday, February 20

10:00 am to 11:30 am

Are you or someone you know having difficulty with the loss of a loved one?

Please join us for a Henry Ford Health workshop to discuss the struggles of grief and ways to cope with the loss.

UNDERSTANDING HOSPICE & PALLIATIVE CARE WORKSHOP

Crouch Senior Center

Thursday, March 26

10:00 am to 11:30 am

Do you or someone you love have a serious health condition or terminal illness?

Sign up for this Henry Ford Health workshop to discuss the differences between hospice and palliative care, dispelling myths, and the benefits of working with a care team to improve quality of life.

HENRY FORD HEALTH

Workshop Registration: Show up or Sign up! Call 768-8691

Stay for lunch served at 12:00 noon. Make your lunch reservation at least 1 day in advance - 768-8691

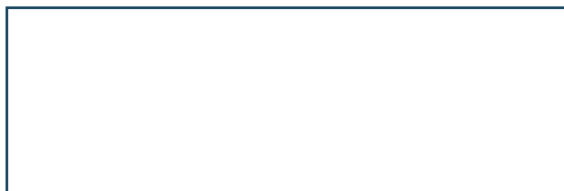
Menus Posted on Pages 5 & 6



Friends of Jackson Seniors

1715 Lansing Avenue
Jackson, MI 49202-2193

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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

March

St. Paddy's Dinner Dance | Live Band

Thursday, March 5

5 - 5:30 Dinner; 6 - 9 Dance

Soup's On | Meals On Wheels Fundraiser

Tuesday, March 10

5:30 pm to 7:30 pm

Henry Ford Health | Understanding Hospice and Palliative Care Workshop

Thursday, March 26 at 10 am

April

Alzheimer's Support | Nicole Hourani

Wednesday, April 22 at 11 am

