

SENIOR CIRCUIT

May/June 2024 Issue | Volume 19, Issue 3



JACKSON COUNTY DEPARTMENT ON AGING



Senior Centers and Sites
517-788-4364

MAY | JUN ISSUE

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A BIG THANK YOU...

Soup's On for Seniors is a campaign to raise money for Meals on Wheels. The 2024 campaign raised just over \$25,600!

We want to thank those who attended the event, donated items for the silent auction and the businesses who donated.

The event would not be a success without sponsorships from local businesses or the restaurants and bakery who supported the Friends of Jackson Seniors event this year.

Silver Sponsors



Dillon & Associates, Inc.



Airport Road

Organizers



JACKSON COUNTY
Department on Aging

Bronze Sponsors

Alvin L. Glick Foundation, Inc.
American 1 Credit Union
Brio Living Services
Emmons Service, Inc.
R.W. Mercer Co.
TAC Manufacturing
Vista Grande Villa

Soup Sponsor

TRUE Community Credit Union



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

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

WORKSHOPS /CLASSES

MSUE COOKING FOR ONE
Tuesdays, May 7 - June 11
10 - 11:30 am 6 Week Class
Must Sign Up! Call 768-8691

Mobile Secretary of State
Wednesday, May 22
10 am to 3 pm Appointments
encouraged. Call 768-8691.

Warning Signs of Alzheimer's
Wednesday, May 29
10 am Crouch Senior Center
12:30 pm Spring Arbor Site
Alzheimer's Association

Connection Café, WellWise
3rd Monday AT 2 PM
May - Benefits of Physical Activity
June - Advanced Care Planning

Safe Sleep for Infant Grandkids
Tues. Jun 11 & Thurs. Jun 27
11:00 am to 11:30 am at Crouch
Health Department Presentation
MC June 19 & NAP June 25 at 11:30
NOR Site - July 17

SMILES ON WHEELS
June 18 Napoleon Site 11 am
June 25 CROUCH 10:30 - 1:00
June 26 Michigan Center 11 am
Details Page 10, 11, 13, 14, 16

**Bingo, Euchre
Bridge, Cards
Karaoke
Daily Exercise Classes**
See 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

BIBLE STUDY
Mondays at 10:30 am
Facilitator: Pastor Ed

STORYTELLERS ON PAPER
1st & 3rd Mondays at 1:00 pm
Instructors: Fordine & Sherrill

PAINT PARTIES TO GO
Mondays, May 6 & June 3 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

CRAFT & CHATS - FREE 60+
Wednesday, May 8 or Jun 12 10 am
Marcy's Beads - See Page 14
Mondays, May 20 & June 24
Hodge Podge Days 1:00 pm
Instructors: Michelle, Lynn, Laurie

HOSPICE QUILTERS
Tuesdays at 10:00 am
Facilitator: Karen

JAM SESSION
Every Tuesday Following Lunch
Musicians and Listeners Welcome!

WOOD CARVING CLUB
Tuesdays at 1:00 pm
EXHIBIT!! JUNE 4 11 am - 2 pm
Facilitator: Bob & Dennis

TIMESLIPS 10 AM
1st Tuesday & 4th Wednesday
Memory Loss & Creative Engagement
Instructor: Anne de Irala, JDL

CARD MAKING CLASS
1 & 3 Wednesdays 9:30 am
\$5.00 Supply Donation
Must Sign Up!
Instructors: Bev & Jane

GRANNY SQUARES
Every Wednesday at 1:00 pm
Facilitator: Barb

KARAOKE
4th Wednesday at 1:00
Norma Plays the Tunes & You Sing!

GREEN THUMB MSUE MG
3rd Thursday, Every Month at 10 am
May Tomato Buckets - Must Sign Up!
June Courtyard Clean - Help Wanted!
Facilitators: Marla, Donna, Ed, Darold

JERRY & LARRY JAM
Country & Gospel Music
Thursdays at 1:00
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
Facilitator: Sue

FOOT CARE CLINIC
Friday, May 3
Call 768-8691 Appointment

SQUARE DANCERS
1st Friday at 1:30 pm
Call 768-8691 for information.
Facilitator: Vicki

CARDIO DRUMMING
2, 3, 4 Friday at 1:30 pm
Call 768-8691 for information.
Facilitators: Tracy & Paul

LOW VISION BLIND CLUB
3rd Friday of the Month - Some Off
Site Meetings. Call 768-8691
Fun! Fellowship! Parties!
Facilitators: Tamera & David

MAY DINNER DANCE Summer Vibes

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

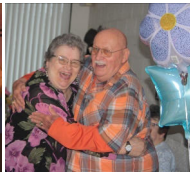
Dinner Served 5 - 5:30 p.m.
*60+ suggested donation
\$2.50; Under 60 - cost \$3.50*

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

MAY BAND The Ramblers

2024 Dance Schedule:
August 8
September 5

On The Menu
BBQ Chicken
Potato Salad
Coleslaw
Watermelon
Milk
Dessert



CELEBRATIONS! CROUCH SENIOR CENTER

Mother's Day Fun
Monday, May 13
10:45 am to 11:45 am
Music: Tom Embury

Memorial Day
Friday, May 24
12:45 pm to 1:45 pm
French Quarter Band

Wood Carvers Exhibit
Tuesday, June 4
11:00 am to 2:00 pm
Punch, Snacks, Exhibit
See page 11

Father's Day Fun
Friday, June 14
12:30 pm to 1:30 pm
Music: Steve Berkemeier

Volunteer Luncheon
Friday, June 21
10:45 am to 1:00 pm
Entertainment: Linny
and Mooch. 60's, 70's...
Volunteer Super Heroes!
See page 14

Summer Music
Friday, June 28
12:30 pm to 1:30 pm
Music: Tom Embury



12:00 Lunch Served Daily M - F
Make lunch reservations one
day in advance. **768-8684**

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 Temporary Location
106 Commercial Rd.
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 Invites You To Join Them! Parties. Euchre Fridays. Lunch! 768-8691

SMILES ON WHEELS (page 13)
Napoleon, June 18
Michigan Center, June 26

Infant Sleep for Grandkids (page 13)
Michigan Center, June 19
Napoleon, June 25

WELLWISE SERVICES

AAA (517) 592-1974

WellWise Services, Area Agency on Aging


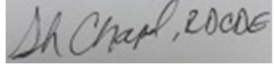

Classes - PATH, Workplace PATH, Aging Mastery Program, CHRONIC PAIN, Powerful Tools for Caregivers, A Matter of Balance, and more!!

517-592-1974
for more information



SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 Menus certified by: Sarah Chapel Registered Dietician	- 1 - Chicken Cordon Bleu Sweet Potato Casserole Broccoli Roll Fresh Fruit, Milk Cookie	- 2 - Chicken Pasta Primavera Beets Hot Spiced Apples Milk	- 3 - Homestyle Meatloaf Mashed Potatoes Normandy Blend Veggies Roll, Fresh Fruit Milk Dessert
- 6 - Brat & Sauerkraut Carrots Green Beans Roll Milk	- 7 - Smothered Chicken Tater Tot Casserole Brussels Sprouts Roll Fresh Fruit, Milk	- 8 - Spaghetti & Meatballs Italian Blend Veggies Green Peas Fresh Fruit Milk, Cookie	- 9 - Chicken Chop Suey over Rice Oriental Veggies Hot Spiced Apples Milk <div>Dinner Dance</div>	- 10 - Seafood Pasta California Blend Green Beans Fresh Fruit Milk Dessert
- 13 - Smothered Beef Patty Mashed Potatoes Peas & Carrots Roll, Fresh Fruit Milk	- 14 - Cheese Lasagna Peas & Carrots Cauliflower Fresh Fruit Milk	- 15 - Sloppy Joe Tater Tot Casserole Peas & Carrots Fresh Fruit Milk Cookie	- 16 - Scalloped Potatoes w/ Ham Mixed Vegetables Hot Spiced Peaches Milk	- 17 - Beef Pot Roast Red Skin Potatoes Tuscan Blend Roll Fresh Fruit Milk, Dessert
- 20 - Chicken & Peppers Corn & Black Bean Fiesta Re-Fried Beans Flour Shell & Taco Sauce, Fruit, Milk	- 21 - Goulash Broccoli Cauliflower Fresh Fruit Milk	- 22 - Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies Roll, Applesauce Cup Milk, Cookie	- 23 - Wiley Potato Antigua Blend Hot Spiced Apples Roll Milk	- 24 - Cheeseburger Macaroni & Cheese Mixed Vegetables Fresh Fruit Milk Dessert
- 27 - Closed In Honor of MEMORIAL DAY 	- 28 - Swedish Meatballs over Penne Baby Carrots Green Beans Fresh Fruit Milk	- 29 - Fish Sandwich Macaroni & Cheese Stewed Tomatoes Fresh Fruit Milk Cookie	- 30 - Cheesy Shells w/ Chicken & Peas Zucchini & Tomatoes Hot Spiced Apples Milk	- 31 - Sweet & Sour Chicken over Rice Broccoli Carrots Milk Dessert

CONNECTION CAFE

- 3rd Mondays Month at 2:00 pm
- May - Benefits Physical Activity
- June - Advance Care Planning
- WellWise, AAA, Martha York

MSUE COOKING FOR 1

- Tuesdays, May 7 - June 11
- 10:00 am to 11:30 am - 6 Classes
- Must Sign Up! 768-8691
- Cook and Taste!

KARAOKE

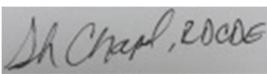
- 4th Wednesday, Monthly
- 1:00 pm
- Karaoke with Norma!
- Call 768-8691 for Details

SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- 3 - Beef Hot Dog Baked Beans Mixed Vegetables Fresh Fruit Milk	- 4 - Smothered Chicken Tater Tot Casserole Brussels Sprouts Roll Fresh Fruit & Milk	- 5 - Macaroni & Cheese Zucchini & Tomatoes Normandy Blend Fresh Fruit Milk	- 6 - Stuffed Pepper Casserole Honey Carrots Hot Spiced Peaches Roll & Milk	- 7 - Seafood Alfredo Broccoli Carrot Coins Fresh Fruit Milk Dessert
- 10 - Brat & Sauerkraut Carrots Green Beans Fresh Fruit Roll Milk	- 11 - Sloppy Joe Tater Tot Casserole Mixed Vegetables Fresh Fruit Milk	- 12 - Spaghetti & Meatballs Italian Blend Veggies Green Peas Fresh Fruit Milk Cookie	- 13 - Wiley Potato Antigua Blend Hot Spiced Apples Roll Milk	- 14 - Chicken Cordon Bleu Sweet Potato Casserole Brussels Sprouts Roll Fresh Fruit, Milk Dessert
- 17 - Smothered Beef Patty Mashed Potatoes Mixed Veg Roll Fresh Fruit, Milk	- 18 - Swedish Meatballs over Rice Baby Carrots Green Beans Fresh Fruit Milk	- 19 - Fish Sandwich Macaroni & Cheese Brussels Sprouts Fresh Fruit Milk Cookie	- 20 - Cheesy Shells w/ Chicken & Peas Zucchini & Tomatoes Hot Spiced Apples Milk	- 21 - Western Meatloaf Redskin Mashed Potatoes Tuscan Blend Roll, Fresh Fruit Milk, Dessert
- 24 - Chicken & Peppers Corn & Black Bean Fiesta, Re-Fried Beans, Flour Shell & Taco Sauce Fresh Fruit	- 25 - Goulash Broccoli Cauliflower Fresh Fruit Milk	- 26 - Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies, Roll Applesauce Cup Milk, Cookie	- 27 - Beef Pepper Patty Mashed Potatoes Hot Spiced Peaches Roll, Fresh Fruit Milk	- 28 - Sweet & Sour Chicken over Rice Broccoli Carrots Milk Dessert

Menus certified by:
Sarah Chapel
Registered Dietician




MSUE
Cooking
For One
Class
Starts:
May 7

Call
768-8691

NORVELL SITE
LUNCH
&
EUCHRE
FRIDAYS!

See Page 4

BILLIARDS! BILLIARDS!

- Pool Games Every Day 9 - 4
- Players Wanted for Group Games.
- Nice Pool Room. Two Tables.
- Beginners Welcome!

BINGO & KARAOKE

- Wednesdays at 1:00
- 1, 2, 3, 5 Wednesday BINGO
- 4th Wednesday Karaoke
- Friday 10 am Quarter Bingo

DAILY EXERCISE CLASSES

- Fit After 50 & Enhance Fitness
- Moving For Better Balance
- Line Dance & Cardio Drum
- *****Beg Line - Jun July Aug *****
- Days & Times on Page 12

JAMS & KARAOKE

Crouch Dining Room

CROUCH JAM SESSION TUESDAYS AT 1 PM

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

KARAOKE

4TH WEDNESDAY AT 1 PM

Norma plays the backup music and you sing the words that appear onscreen. It's easier than you think. Check it out!

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 1:00

2nd Wednesday at 1:00

(free games; prizes are donated and often gently used white elephant prizes)

QUARTER BINGO

Fridays at 10:00 am

Bring a quarter for each card you play. Winners split the pot(s)!



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 Tournney	Thursdays	1:00 pm
Crouch	Pool Games	Thursdays	9:00 am
Crouch	Wii Bowl League	Fridays	1:00 pm
Crouch	Bridge	Fridays	1:00 pm
King Center	Four Corners	M - F	10:30 am
Michigan Center	Euchre	M/W/F	12:30 pm
Napoleon	Euchre/Bingo/ Wii Bowling	T/TH	10:30 am
Norvell	Euchre	Fridays	10:30 am
Spring Arbor	Cards & Lunch	Call for Info	768-8691



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

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

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


MAY 2024 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
<div>Flamingo Bingo! Free bingo. Win a prize! Prizes -White Elephant Donations. Donations - See Laurie! 768-8691.</div>		<div>- 1 -</div> <div>8:30 Fit 50 9:30 Card Class 10:30 Exercise 11:45 & 1:15 Line Dance 1:00 BINGO 1:00 Granny Squares</div>	<div>- 2 -</div> <div>10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</div>	<div>- 3 -</div> <div>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Wii Bowl 1:30 Square Dancers FOOT CLINIC TODAY</div>
<div>- 6 -</div> <div>8:30 Fit 50 10:30 Bible Study 10:30 Exercise 1:00 Storytellers 1:00 Paint Party</div>	<div>- 7 -</div> <div>10:00 Quilters 10:00 TimeSlips 10:00 Cooking 1 MSUE 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</div>	<div>- 8 -</div> <div>8:30 Fit 50 10:00 Bead CRAFT* 10:30 Exercise 11:45 & 1:15 Line Dance 1:00 BINGO 1:00 Granny Squares *Must Sign Up for Craft</div>	<div>- 9 -</div> <div>10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</div> <div>5 - 9 DINNER DANCE Classic Vibes</div>	<div>- 10 -</div> <div>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Wii Bowl 1:30 Cardio Drum</div>
<div>- 13 -</div> <div>8:30 Fit 50 10:30 Bible Study 10:30 Exercise 10:45 MOTHER'S DAY MUSIC Tom Embury 1:00 Flamingo Bingo (free, win donated white elephant prizes)</div>	<div>- 14 -</div> <div>10:00 Quilters 10:00 Cooking 1 MSUE 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</div>	<div>- 15 -</div> <div>8:30 Fit 50 9:30 Card Class 10:30 Exercise 11:45 & 1:15 Line 1:00 BINGO 1:00 Granny Squares</div>	<div>- 16 -</div> <div>10:00 Green Thumb Tomato Buckets 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</div>	<div>- 17 -</div> <div>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Low Vision 1:00 Wii Bowl 1:30 Cardio Drum</div>
<div>- 20 -</div> <div>8:30 Fit 50 10:30 Bible Study 10:30 Exercise 1:00 Storytellers 1:00 CRAFT CHAT 2:00 Connection Café Benefits Physical Activity</div>	<div>- 21 -</div> <div>10:00 Quilters 10:00 Cooking 1 MSUE 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</div>	<div>- 22 -</div> <div>8:30 Fit 50 10:00 TimeSlips 10 - 3 MOBILE SECRETARY OF STATE 10:30 Exercise 11:45 & 1:15 Line Dance 1:00 Granny Squares 1:00 Karaoke</div>	<div>- 23 -</div> <div>10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</div>	<div>- 24 -</div> <div>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 12:45 Memorial Music Special French Quarter 1:00 Bridge Club 1:00 Wii Bowl 1:30 Cardio Drum</div>
<div>- 27 -</div> <div>CLOSED </div>	<div>- 28 -</div> <div>10:00 Quilters 10:00 Cooking 1 MSUE 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</div>	<div>- 29 -</div> <div>8:30 Fit 50 10:30 Exercise 10:30 Alzheimer's Assoc. 11:45 & 1:15 Line Dance 1:00 Granny Squares 1:00 BINGO</div>	<div>- 30 -</div> <div>10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</div>	<div>- 31 -</div> <div>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Wii Bowl 1:30 Cardio Drum</div>
KING CENTER Open! M - F		PARK FOREST M - F Lunch & Conversation		NORVELL M/W/F EUCHRE FRIDAYS!
MICHIGAN CENTER Call for EUCHRE days! M/W/F		NAPOLEON T/TH Call for Euchre & Bingo Days		GRASS LAKE SENIOR CENTER Activities 522-8466

JUNE 2024 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

1715 Lansing Avenue, Jackson, MI | Open Mon-Fri 9 a.m. - 4 p.m. (517) 768-8691

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- 3 - 8:30 Fit After 50 10:30 Exercise 10:30 Bible Study 12:15 BEG LINE DANCE 1:00 Storytellers 1:00 PAINT PARTY	- 4 - 10:00 Quilters 10:00 TimeSlips 10:00 Cooking 1 MSUE 10:30 Exercise 11:00 South Central Wood Carver Exhibit 1:00 Jam Session 1:00 Computer Help	- 5 - 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 11:45 & 1:15 Line Dance 1:00 Penny Bingo 1:00 Granny Squares	- 6 - 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 7 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 WII Bowl League 1:00 Square Dancers
- 10 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 12:15 BEG LINE DANCE 1:00 Flamingo Bingo <i>(free bingo, win donated white elephant prizes)</i>	- 11 - 10:00 Quilters 10:00 Cooking 1 MSUE 10:30 Exercise 11:00 Grandparent & Infant Sleep H.D. 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 12 - 8:30 Fit After 50 10:00 Craft Beads* 10:30 Exercise 11:45 & 1:15 Line Dance 1:00 Bingo <i>*Must Sign Up for Craft</i>	- 13 - 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 14 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 12:30 FATHER'S Day Music Steve B. 1:00 Bridge Club 1:00 WII Bowl League 1:30 Cardio Drum
- 17 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 12:15 BEG LINE DANCE 1:00 Storytellers 2:00 Connection Café Advance Care Plan	- 18 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 19 - 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 11:45 & 1:15 Line Dance 1:00 Penny Bingo 1:00 Granny Squares	- 20 - 10:00 Green Thumb Courtyard Clean Up! 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 21 - 10:45 - 1:00 VOLUNTEER LUNCHEON Everyone Invited! Must Sign Up Lunch Served at 12:00 All Sites Closed. No Activities.
- 24 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 12:15 BEG LINE DANCE 1:00 Craft N Chat	- 25 - 10:00 Quilters 10:30 - Smiles Wheels 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 26 - 8:30 Fit After 50 10:00 TimeSlips 10:30 Exercise 11:45 & 1:15 Line Dance 1:00 KARAOKE 1:00 Granny Squares	- 27 - 10:30 Exercise 11:00 Grandparent & Infant Sleep H.D. 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 28 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 12:30 Music Tom E. 1:00 Bridge Club 1:00 WII Bowl League 1:30 Cardio Drum
NAPOLEON SENIOR SITE Smiles On Wheels Tuesday, June 18 11 am - 1:30 pm	NAPOLEON SENIOR SITE Infant Safe Sleep for Grandkids Tues., June 25 at 11:30	MICHIGAN CENTER SENIOR SITE Infant Safe Sleep for Grandkids. Weds., June 19 at 11:30	MICHIGAN CENTER SENIOR SITE Smiles On Wheels Weds., June 26 11 am - 1:30 pm	
KING CENTER Open! M - F MICHIGAN CENTER M/W/F Call for Euchre Days!	NAPOLEON T/TH Call for Euchre, Bingo Days PARK FOREST Lunch & Conversation		NORVELL M /W /F EUCHRE FRIDAYS!! GRASS LAKE CALL 522-8466	

SPRING ARBOR SENIOR SITE - LUNCH AND EXERCISE!

Spring Arbor Senior Site, 122 Star Road, Spring Arbor | 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



Jackson District Library Programs

- **RECIPE CLUB:** May 6 at 3:00 pm
Parma Branch
- **MICHIGAN COUNTY POOR FARMS:**
May 18 at 2:00 pm, Carnegie Library
- **PRESSED FLOWER BOOKMARKS:**
May 22 at 6:00 pm, Meijer Branch

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:15 Fit After 50 12:00 Lunch <i>Closed Monday, May 27 - Memorial Day</i> <i>12:00 - 1:00</i> <i>1st Monday of the Month</i> <i>JDL Book Club</i>	12:00 Lunch 12:45 - 1:30 Meet in Lobby <i>12:45</i> <i>Room Reserved for SA JDL Program</i>	10:15 Fit After 50 12:00 Lunch <i>Save the Date: May 29 at 12:30 - 1:00 pm</i> Alzheimer's Presentation See Page 11 for Details	10:15 Line Dance 12:00 Lunch 	10:15 Fit After 50 12:00 Lunch <i>Closed Friday, June 21</i> Volunteer Luncheon at Crouch JDL Movie Matinees May 10 at 1 pm May 24 at 1 pm

COOKING FOR ONE

MSU Extension, Kitchen

TUESDAYS, MAY 7 thru JUNE 11
10:00 am to 11:30 am MSU Extension Kitchen
Instructor: Kevin Knapp

SIGN UP REQUIRED
768-8691

Class Limited to 12 People
(Must attend all 6 classes)



- **Cooking for one can be fun and rewarding!**
- Learn ways to make cooking for one simple and enjoyable.
- Learn useful tips and tricks to making healthy choices and being active.
- Participate in cooking and tasting recipes!

JACKSON DISTRICT LIBRARY

Presents: TimeSlips Creative Storytelling

1st Tuesday and 4th Wednesday
10:00 - 11:00 am Crouch Senior Center

Do you know someone who is isolated or perhaps wrestling with dementia? You want to engage but don't know how? Try TimeSlips. A program designed to bring meaning and purpose to the lives of elders through creative engagement. Folks in early to moderate stages of memory loss can even participate!

Timeslips is now held two times a month. Show Up or call 768-8691 for more information.

Facilitator: Anne de Irala, JDL



ALZHEIMER'S ASSOCIATION

10 WARNING SIGNS OF ALZHEIMER'S

Know The 10 Warning Signs of Alzheimer's

Guest Speaker: Nicole Hourani

Alzheimer's Association Michigan Chapter

Crouch Senior Center

Wednesday, May 29 at 10:00 - 11:00 am

Spring Arbor Senior Site

Wednesday, May 29 at 12:30 - 1:00 pm



Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn 10 common warning signs and what to watch for in yourself and others.

Let us know you are attending! Please call 768-8691

WOOD CARVERS EXHIBIT

South Central Wood Carvers Association

TUESDAY, JUNE 4

11 am to 2 pm

Crouch Senior Center

The South Central Carvers are holding their annual exhibit. Admire a variety of their favorite carvings. Some items may be available for purchase.

The Wood Carvers meet every Tuesday at 1:00 in the Crouch Senior Center multipurpose room. New members wanted and always welcome!

Punch and Snacks provided. Lunch served at 12:00 noon. Lunch reservations: 768-8684.



SENIOR SAFETY

Leslie Krantz, LBSW

Keeping seniors informed about common scams and other senior issues.

SCAM ALERT!

SLAM the SCAM

According to the Federal Trade Commission, government imposter scams resulted in over \$617 million in consumer losses in 2023 alone. Scammers know that calls, emails, text messages, social media posts, and U.S. mail from government officials are more likely to be opened, read, and obeyed, helping them achieve their number one goal: to steal money from unsuspecting consumers.

When bad actors impersonate government entities, they typically offer grants and special medication prices, or request updated personal information. In more confrontational forms of the scam, the imposter will demand money and threaten arrest for nonpayment.

The Attorney General advises consumers who have received communications from imposters to protect themselves from these scams by: **Blocking** the text, email, or calls; **Not clicking** links or opening attachments; **Reporting** the text or email as spam; and **Deleting** the text or email from their device.

The Attorney General's alert also reminds consumers that government agencies **will not**: **Promise** to increase benefits or fix an issue if a fee is paid; **Threaten** arrest or legal action unless money is sent immediately; or **Demand** payment in the form of gift cards, wire transfers, prepaid debit cards, cryptocurrency, or cash sent by mail.

Scammers may also attempt to win trust by presenting fictitious documents or by using the name of a real government official. Consumers can **Slam the Scam** by simply hanging up the phone on predators and deleting suspicious emails or text messages without responding. A response only lets the scammers know their information is accurate and they may try again.

This information was taken from the Michigan Attorney General's Consumer Alert page.

DONATIONS

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

HOLIDAY SCHEDULE

BUILDING CLOSED - NO CLASS

- MAY 27, MEMORIAL DAY
- JULY 4, INDEPENDENCE DAY

JUNE 21 - NO EXERCISE CLASSES
VOLUNTEER LUNCHEON. MAKE
YOUR RESERVATION. 768-8691



Starting Monday, June 3
Beginning Line Dance with Tony
12:15 - 1:00 pm
Mondays
June, July, August
768-8691

1st Friday of the Month
Crouch, Room 005
Square Dancers
1:30 to 3:30

- Guests Welcome to Watch!
- Experienced Square Dancers welcome to join.
- Beginners, talk to facilitator.
- Call 768-8691 for details.

FRIDAY AFTERNOONS!
Crouch, Room 005

2nd, 3rd, 4th, 5th FRIDAYS
CARDIO DRUMMING
Free! 1:30 - 2:30

Volunteer Instructors:
Tracy & Paul

Please Register!
768-8691

Drumming Supplies Provided
(or bring your own)

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 Instructor: Lauren

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: Suzy

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 & D'Vonne

ADVANCED LINE DANCE

Crouch Senior Center Room 005
Wednesdays - Sept thru June
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: Suzy

LINE DANCE AT SPRING ARBOR

Thursdays 10:15 am - 11:15 am
Experienced volunteer instructor leads participants through popular line dance moves and routines.
Volunteer Instructor: Mary Ann

KEEPING GRANDKIDS SAFE

Call 768-8691 for More Details

The ABCs of promoting safe sleep for grandkids. Unfortunately, every three days a baby in Michigan dies from sleeping in an unsafe sleep place or position.



Join Jeanine, a nurse with the Jackson County Health Department, for a brief presentation on how to keep your grandkids and all other babies in your life safe.

CROUCH SENIOR CENTER 11 am to 11:30 am
Tuesday, June 11 and Thursday, June 27

Michigan Center - June 19 at 11:30 am
Napoleon - June 25 at 11:30 am
Norvell - July 17 at 11:30 am



LOW VISION BLIND CLUB

3rd Friday, Monthly at 1 pm | 517-768-8691

The Low Vision Blind Club of Jackson meets monthly at the Crouch Senior Center (some off site trips).



Fellowship! Entertainment. Parties! Shared Skills. Transportation! Off Site Trips. Guest Speakers! Resources. Fun!

Transportation and support provided by volunteer members of the Lions Club. New members wanted and welcome.

Facilitators: Tamera & David

Call 768-8691 for More Club Information!

SMILES ON WHEELS

Call 768-8691 for More Details

SMILES ON WHEELS JUNE SCHEDULE

TUESDAY, June 18 at 11:00 - 1:30
Napoleon Senior Lunch Site

TUESDAY, June 25 at 10:30 - 1:00
CROUCH SENIOR CENTER

WEDNESDAY, June 26 at 11:00 - 1:30
Michigan Center Senior Lunch Site

Call 768-8691 for more information
Call 768-8684 to make your lunch reservation at least 1 day in advance!



STORYTELLERS ON PAPER

Storytellers Meet 1st and 3rd Mondays at 1:00 pm

Robin Redbreast by Keith Zimmer

I saw my first robin of spring today and it triggered a memory from about five years ago. At that time, I was driving a patrol car for a private security company and I called dispatch to talk to the dispatcher. "Patrol to dispatch."

His response came a few seconds later. "This is dispatch, go ahead, Patrol."

"Dispatch, I have some good news and some bad news to report. Which would you like first?" I queried.

There was a bit of a pause, while the dispatcher considered his options. He had come to know me and was a bit apprehensive. "Gimmee the good news first," he finally decided.

"Ten-four," I responded. "I just saw my first robin of the spring."

There was a longer pause than before. "Okay, I can't take it. What's the bad news," he finally responded.

"Robin Redbreast' is now 'Robin Red-Splotch.' I just ran him over with the patrol car."

For the rest of the year, other security officers would ask me, "Did you really run over that poor robin?"

"No," I would tell them. "It was just a joke."

VOLUNTEER LUNCHEON...

Our Volunteers Are SUPER HEROES!

DEPARTMENT ON AGING VOLUNTEER LUNCHEON

Friday, June 21
10:45 am - 1:00 pm



11 am - 1 pm

- Entertainment with Linny & Mooch!
- Music: 60's, 70's and Pop Hits

12 pm Congregate Lunch Served

Jackson County Department
on Aging

1715 Lansing Avenue, Jackson
GROUND FLOOR, Room 005
(Health Department)
Park In Lot A



Everyone Invited - Volunteers and
those that love Volunteers!

Space limited. **Make Your Lunch
Reservations by Friday, June 14.**

Call 768-8691 or sign up at your site.



On The Menu: Western Meatloaf, Redskin
Mashed Potatoes, Tuscan Blend Veggies,
Roll, Fresh Fruit, Milk, Coffee and Dessert



CONNECTION CAFÉ

Registration Encouraged! 517-768-8691

CROUCH SENIOR CENTER
3rd Mondays at 2:00 pm

Come meet people, enjoy snacks,
great topics, and have fun!

May Topic: Physical Activity Tips As We Age
June Topic: Advance Care Planning

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

Come Early for
Lunch! See
Page 4.



FOOT CARE CLINIC

Crouch Senior Center | 768-8691

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.

FRIDAY, May 3

Make an appointment 517-768-8691

CRAFT & CHAT

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

MARCY'S BEADS - BRACELETS

Wednesday - May 8 OR June 12

10:00 am to 11:30 am

Sign Up For One Class Only!

Each Class firmly limited to 10
people. Free Class 60+. \$5 -60.



COMMUNITY SUPPORT - COUNTRY STITCHES

Thank you Jackson Country Stitches and crafters for donating 361 handmade placemats to the Meals On Wheels nutrition program.

Placemats were distributed to homebound Meals on Wheels participants just before the Easter holiday.



SENIOR VOLUNTEER OF YEAR NOMINATIONS

Jackson County Senior Volunteer of the Year 2024 Nominations

The Jackson County Department on Aging and the Jackson County Fair join together to honor outstanding contributions made by Jackson County's older citizens. Recognition will be given to people who have volunteered in the community since age 60.

Honorees will be invited to attend the award ceremony on Senior Day at the Jackson County Fair. **SUNDAY, August 4, 2024.**

Please note: Nominations may be submitted by an individual or an organization.

Criteria: Age 60 + and volunteer work rendered since turning age 60. Volunteer nominated has not received a Jackson County Senior Volunteer of the Year Award in the past.

Please contact the Department on Aging for nomination forms at (517) 768-8691 or go to their website at: <https://www.mijackson.org/619>

Nominations must be received by June 12, 2024. Submit nomination forms and any newspaper clippings, or letter of support, etc. to: **Jackson County Department on Aging, Senior Volunteer Nomination, 1715 Lansing Ave., Jackson, MI 49202**

Nomination forms and attachments may be e-mailed to Laurie Mead at: LMead@mijackson.org **Please call 768-8691 for more information.**



SHOP! CRAFT CORNER Crouch Senior Center

Monday - Friday 10 - 2 pm

**Please Note: Open When
Volunteers Are Available**

Yarn

Always Wanted!

The Craft Corner accepts donations of 4-ply acrylic yarn for the Granny Squares 2024 holiday blanket project.

Call
517-768-8691



JOB OPPORTUNITIES

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

Join Our Team!

**Home Care
Workers
Wanted!**

MOBILE SECRETARY OF STATE

Call 517-768-8691 To Make Your Appointment!

CROUCH SENIOR CENTER
Wednesday, May 22
10 am to 3 pm

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!

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



Schedule Your Appointment - Call 768-8691

SENIOR PROJECT FRESH

1715 Lansing Avenue, Jackson, MI | 517-788-4364

Senior Project FRESH Market FRESH The Jackson County Department on Aging will be a host site for Michigan's Senior Project FRESH/Market FRESH program. Market FRESH provides qualifying **Jackson County** seniors \$25.00 in coupons to purchase fresh fruit and vegetables at participating Michigan farmers markets and roadside stands.



The program is open to seniors, 60 years of age or older, with a total monthly household income less than **\$2,321.75 for one person, or \$3,151.17 for couples.**

Applications for the Project Fresh program will be completed over the phone! Starting **Tuesday, July 9, 2024.** Please call (517) 788-4364 to complete an application.

With the volume of calls received, you may need to leave a voicemail message. Please be patient, phone calls will be returned in the order they are received.

Applications will be accepted on a first come, first served basis until all coupons have been distributed.

Nutrition Education information will be provided on site.

NUTRITION NEWS

Natural Remedies for Anxiety By Sarah Chapel, RDN, CDCES

Anxiety is one of the most common of mental health problems, affecting nearly 20% of United States adults each year. Symptoms of anxiety include feeling nervous, irritable, restless or tense. You might experience a racing heart and chest pain. In addition to taking medications to help with stress and anxiety, there are many natural remedies that can help.

Physical activity. Regular physical activity can help lower anxiety symptoms. High intensity exercise may be more helpful than low intensity programs. Exercise may also help with anxiety caused by stressful situations.

Meditation. Meditation can help to slow racing thoughts and make it easier to manage stress and anxiety.

There are a wide range of meditation styles, including mindfulness and meditation during yoga.

Relaxation exercises. Tensing muscles is an unconscious response to anxiety. Progressive relaxation exercises can alleviate this tension and reduce stress.

Journaling. Finding a way to express anxiety can make it feel more manageable. Journaling and other forms of writing can help identify feelings, and provide a better understanding of the source of these feelings.

Time management strategies. Some people feel anxious if they have too many commitments at once. These may involve family, work, and health-related activities. Having a plan for the next necessary action can help keep anxiety at bay. Break big tasks down to smaller, more manageable steps. This will help accomplish the task with less stress.

Aromatherapy. Smelling soothing plant essential oils can help to ease stress and anxiety. Certain scents work better for some people than others, so try experimenting with various scents. Lavender may be especially helpful in treating anxiety disorders.

Herbal teas. Herbal teas promise to help with anxiety and ease sleep. Some people find making and drinking tea soothing, but some teas may have a more direct effect on the brain that results in reduced anxiety. Some teas like chamomile can lower the levels of cortisol, a stress hormone.

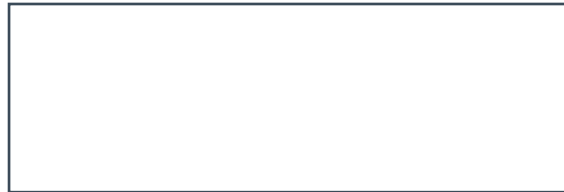
Time with animals. Pets offer companionship, love, and support. Pets can be beneficial to people with a variety of mental health issues, including anxiety.



Friends of Jackson Seniors

1715 Lansing Avenue
Jackson, MI 49202-2193

Non-Profit Org.
U.S. Postage
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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

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

Medicare/Medicaid Assistance Program

Amy Minix, Outreach Worker

Nutrition Site and Senior Center Programs

Laurie Mead, Enrichment Specialist

LOOKING AHEAD

July

Project Fresh | July 9, 2024

Applications over the phone start date!

July

Foot Care Clinic | July 26, 2024

Foot Clinic with Dr. White at Crouch

August

Senior Volunteer of Year | August 4, 2024

Ceremony on Sunday, August 4 at the Fair,
Keeley Park, American 1 Event Center Stage

August

Dinner Dance 5 - 9 pm | August 8, 2024

The Ramblers Band

