

SENIOR CIRCUIT

Sep/Oct 2025 Issue | Volume 20, Issue 5



JACKSON COUNTY DEPARTMENT ON AGING



Senior Centers and Sites
517-788-4364

SEPTEMBER | OCTOBER ISSUE

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SENIOR SAFETY SEMINAR Crouch Senior Center

TUESDAY, SEPTEMBER 23 | 10:45 AM - 12:30 PM

- **Fraud Fighters Presentation**
- 10:45 am - Registration
- 11 am - American 1 Credit Union - Latest Frauds and Scams. How to Protect Yourself.
- 12 noon - Lunch
- 12:30 - Door Prizes and Give-Aways
- REGISTER! 768-8691

WEDNESDAY, SEPTEMBER 24 | 1 PM TO 3 PM

- **Free Shred Day**
- VitalShred, Secure Paper & Data Destruction
- Location: Jackson County Dept. on Aging, Human Services Building, Parking Lot A
- Show up or Call 768-8691 for more details!



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

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

AARP Volunteer Committee
September 2 at 10 am
Call 768-8691 for Info.

FRAUD FIGHTERS WORKSHOP
FREE SHRED DAY
See Page 1

FALL PREVENTION EVENT and
Connection Café
Martha York, WellWise
See Pages 10 & 13

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

Secretary of State
Mobile Unit at Crouch
See Page 11

Tech Time | WellWise Services
See Page 13

Fire Prevention Presentation
MI Bureau of Fire Services
See Page 15

Fall Vaccine Trivia
Jennette, Health Department
See Page 16

Blood Pressure Checks
See Page 16

New Card Game!
Hand and Foot. *Page 14*

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
Thursday, Sept. 18 - Pool Demo!

BIBLE STUDY

Mondays at 10:30 am
Facilitator: Pastor Ed

PAINT PARTIES TO GO

FRIDAY Sept. 19 at 1 pm
MONDAY Oct. 6 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+

September 22 at 1 pm
October 27 at 1 pm
Sign Up! 768-8691
Instructors: Michelle & Doug

HOSPICE QUILTERS

Tuesdays at 10:00 am
Facilitator: Karen

CROUCH JAM SESSION

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

WOOD CARVING CLUB

Tuesdays at 1:00 pm
Facilitators: Bob & Dennis

CARD MAKING CLASS

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

THE WRITERS CIRCLE

1st & 3rd Wednesdays at 10:30 am
Instructors: Fordine & Sherrill

CROUCH COMMON TRIVIA

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

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 at 10:00 am
Hedgehogs & Pumpkin Mums
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

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

ROCK N ROLLERS WII BOWL

Fridays at 1 pm or AFTER Music/Auction
Facilitators: Dawn, Cathy

FOOT CARE CLINIC

Friday, Oct. 3 with Doctor White
Call 768-8691 for Appointment

CARDIO DRUMMING

2, 3, 4 Friday at 1:30 pm
Call 768-8691 for information.
Facilitator: Tracy

FREE PENNY AUCTION

Friday, Sept. 5 and Oct. 10
1:15 is to 2:00 pm
(Pennies/Chips Provided)
Auctioneer: Candy

LOW VISION BLIND CLUB

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

FALL DINNER DANCES

Thursday, September 4 Sock Hop
Thursday, October 9 Halloween Dance
Costumes Welcome!

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

September Menu
Cheeseburger Deluxe
French Fries
Broccoli Salad, Fruit
Chocolate Malt Cup



October Menu
Harvest Pasta
Salad, Squash, Fruit
Pumpkin Pie



Sept. Band - Linnie & Moochie
Oct. Band - The Jackson Music Factory



Reservations

At Least One Day in Advance.
Limited Seating. Full at 140.
517-768-8691

No Entry Before 4:00 pm

Holiday Dinner Dance
Dec 4 - The Ramblers Band



PUMPKIN TREATS COZY SWEATERS

FALL PAINT PARTIES TO GO
Friday, September 19 at 1 pm
Must Sign Up. Free for 1st 25 people 60+. \$10 donation for all others. 768-8691
Wii Bowl After Paint Party

FALL MUSIC SPECIALS
Friday, September 26 at 12:30
Tom Embury, Country Music
Wii Bowl After Music

Friday, October 3 at 1 pm
Fall Music/Entertainment
Wii Bowl After Music

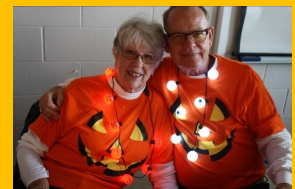
Friday, October 24 at 1 pm
Fall Music/Entertainment
Wii Bowl After Music

MONSTER MASH HALLOWEEN PARTY!
Friday, October 31 at 1 pm
Music w/ Steve Berkemeier
Trick or Treats!
Costumes Welcome!
Wii Bowl After Party

STAFF TRAINING DAY
CROUCH & Sites CLOSED
Thursday, October 30
No Lunch. No activities. No Meals on Wheels Delivery.

NEW! CROUCH SINGERS!
Friday, Sept. 12 at 1:15 pm
Friday, Oct. 17 at 1:15 pm
Crouch Dining Room
Choir Conductor: 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



CLOSED - OCT. 30

ALL SITES CLOSED OCT. 30

Closed for Staff
Training Day
THURSDAY, Oct. 30

No Activities
No Lunch
No Meals On Wheels

Sorry We're
CLOSED

SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- 1 - CLOSED 	- 2 - Beef Hot Dog ww Bun Baked Beans Tuscan Blend Fresh Fruit Milk	- 3 - BBQ Chicken Tater Tot Casserole Mixed Veggies Fresh Fruit Milk	- 4 - Spaghetti & Meatballs Italian Veggie Blend Brussel Sprouts Fresh Fruit Milk Dinner Dance 	- 5 - Smoked Chicken Tortelloni Garlic Green Beans Petite Carrots Grapes Milk
- 8 - Macaroni & Cheese Brussels Sprouts Diced Beets Fresh Fruit Milk	- 9 - Turkey & Gravy Stuffing Mashed Potatoes Mixed Vegetables Fresh Fruit Milk	- 10 - Sweet & Sour Meatballs over Rice Stir Fry Veggies Carrots Fresh Fruit Milk Cookie	- 11 - Chicken ala King Biscuit Mashed Potatoes Green Beans Fresh Fruit Milk	- 12 - Stuffed Cabbage Au Gratin Potatoes Peas & Carrots Fresh Fruit Milk Dessert
- 15 - Crispy chicken w/ Country Gravy Sweet Potatoes Normandy Blend Roll Fresh Fruit & Milk	- 16 - Fish Sandwich wwBun Tater Tot Casserole California Blend Fresh Fruit Milk	- 17 - Chicken Florentine over Rice Mixed Vegetables Hot Strawberries & Pears Milk Cookie	- 18 - Wiley Potato Antigua Blend Hot Spiced Apples Milk	- 19 - Brat & Sauerkraut Red Potato Carrots Roll Milk Dessert
- 22 - BBQ Pork ww Bun Au Gratin Potatoes Green Peas w/Pearl Onions Apple Sauce Cup Milk	- 23 - Chicken Parmesan over Spaghetti Garlic Broccoli Petite Carrots Grapes Milk	- 24 - Tuna Mac Brussels Sprouts Green Beans Fresh Fruit Milk Cookie	- 25 - Pork Chop Suey over Rice Stir Fry Veggies Hot Apples Milk Fortune Cookie	- 26 - Home-style Meatloaf Mashed Potatoes Tuscan Blend Roll Fresh Fruit Milk Dessert
- 29 - Beef Ribette ww Bun Tater Tot Casserole Green Beans Applesauce Cup Milk	- 30 - Swedish Meatballs over Rice Brussels Sprouts Mixed Vegetables Fresh Fruit Milk			 Menus Approved by: Sarah Pollack, RDN, CDCES

HAND & FOOT CARD GAME

- 2nd Monday of the Month
- 11:30 am - Games Start
- All Levels Welcome!
- See page 14

WRITERS CIRCLE & TRIVIA

- 1st & 3rd Wednesday - Writers
- 10:30 am
- 2nd & 4th Wednesday - Trivia
- See page 2

EXERCISE CLASSES

- Fit After 50, Enhance Fitness
- Moving For Better Balance
- Line Dance & Cardio Drum
- See page 12

SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p>Menus Approved by: Sarah Pollack, RDN, CDCES</p>	<p>- 1 -</p> <p>Chicken Drumstick Sweet Potatoes Normandy Blend Roll Fresh Fruit Milk</p>	<p>- 2 -</p> <p>Beef Pepper Patty Mashed Potatoes Hot Spiced Apples Roll Milk</p>	<p>- 3 -</p> <p>Seafood Pasta California Blend Green Beans Fresh Fruit Milk</p>
<p>- 6 -</p> <p>Salisbury Steak Mashed Potatoes Normandy Blend Veggies Roll Fresh Fruit Milk</p>	<p>- 7 -</p> <p>Smothered Chicken Au Gratin Potatoes Brussels Sprouts Roll Fresh Fruit Milk</p>	<p>- 8 -</p> <p>Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies Roll Applesauce Cup Milk & Cookie</p>	<p>- 9 -</p> <p>Chicken Chop Suey over Rice Oriental Veggies Hot Spiced Apples Milk Fortune Cookie</p> <p>Dinner Dance</p>	<p>- 10 -</p> <p>Cheeseburger ww Bun Tater Tot Casserole Mixed Vegetables Fresh Fruit Milk Dessert</p>
<p>- 13 -</p> <p>Chicken Cordon Bleu Sweet Potato Casserole Antigua Blend Veggies Roll Fresh Fruit Milk</p>	<p>- 14 -</p> <p>Goulash Broccoli Cauliflower Fresh Fruit Milk</p>	<p>- 15 -</p> <p>Sausage & Peppers Redskin Potato Tuscan Blend Roll Fresh Fruit Milk & Cookie</p>	<p>- 16 -</p> <p>Southwest Chicken & Rice Broccoli Strawberries & Pears Milk</p>	<p>- 17 -</p> <p>Cheese Lasagna Mixed Vegetables Cauliflower Fresh Fruit Milk Dessert</p>
<p>- 20 -</p> <p>Chicken & Peppers Corn & Black Bean Fiesta, Re-Fried Beans Flour Shell, Taco Sauce Fresh Fruit & Milk</p>	<p>- 21 -</p> <p>Sloppy Joe ww Bun Tater Tot Casserole Peas & Carrots Fresh Fruit Milk</p>	<p>- 22 -</p> <p>Spaghetti & Meatballs Penne Mixed Veggies Brussels Sprouts Fruit, Milk & Cookie</p>	<p>- 23 -</p> <p>Chili Cheese Baked Potato Antigua Blend Hot Spiced apples Roll & Milk</p>	<p>- 24 -</p> <p>Meatloaf Mashed Potatoes Tuscan Blend Roll Fresh Fruit Milk & Dessert</p>
<p>- 27 -</p> <p>Tangerine Chicken over rice Stir Fry Vegetables Corn Fiesta Fruit Milk</p>	<p>- 28 -</p> <p>Swedish Meatballs over Penne Mixed Veggies Brussels Sprouts Fresh Fruit Milk</p>	<p>- 29 -</p> <p>Fish Sandwich ww Bun Macaroni & Cheese Stewed Tomatoes Fresh Fruit Milk Cookie</p>	<p>- 30 -</p> <p>STAFF TRAINING DAY SENIOR CENTER & SITES CLOSED TODAY</p> <p>No Lunch No Activities No Meals On Wheels</p>	<p>- 31 -</p> <p>Spook-ghetti & Meatballs Candy Corn Veggie Goblin Green Beans Fresh Franken-Fruit Milk Boo-berry Muffin Dessert</p> 

CONNECTION CAFÉ

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

KARAOKE AT 1 PM

- 4th Wednesday Every Month
- "Karaoke is like a box of chocolates... You never know what you are going to get!"
- Join the FUN with Norma!

NEW - CROUCH SINGERS

- Fridays, Sept. 12 & Oct. 17
- 1:15 pm Crouch Dining Room
- Singers Wanted!
- Choir Conductor: 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, 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	Hand & Foot	2nd Monday	11:30 am
Crouch	Euchre Tourney	Thursdays	1:00 pm
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	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.

SEPTEMBER 2025 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>- 1 -</p> <p>CLOSED</p> 	<p>- 2 -</p> <p>10:00 AARP Volunteers</p> <p>10:00 Quilters Exercise on Break 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p>- 3 -</p> <p>Exercise on Break 9:30 Card Class 10:30 Writing Circle 11:45 Line Dance 1:00 Penny Bingo 1:00 Granny Squares</p>	<p>- 4 -</p> <p>Exercise on Break 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p> <p>5 - 9 Dinner Dance</p>	<p>- 5 -</p> <p>Exercise on Break 10:00 Quarter Bingo 1:00 Bridge Club 1:15 ish Auction Wii After Auction</p>
<p>- 8 -</p> <p>8:30 Fit 50 10:30 Bible Study 10:30 Exercise 11:30 HAND AND FOOT 11:30 Blood Pressure 1:00 Flamingo Bingo 2:00 Beginning Line</p>	<p>- 9 -</p> <p>10:00 Marcys Bracelets</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p>- 10 -</p> <p>8:30 Fit 50 10:00 Trivia 10:30 Exercise 11:45 Line Dance 1:00 Adv Line Dance 1:00 Flamingo Bingo 1:00 Granny Squares</p>	<p>- 11 -</p> <p>10:00 TECH TIME 10:30 Exercise 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 12 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:15 Crouch Singers 1:00 Bridge Club Wii After Singers 1:00 Cardio Drum</p>
<p>- 15 -</p> <p>8:30 Fit 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1 - 2 Fall Prevention Event WellWise 2:00 Beginning Line</p>	<p>- 16 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p>- 17 -</p> <p>8:30 Fit 50 9:30 Card Class 10:30 Exercise 10:30 Writing Circle 11:45 Line Dance 1:00 Adv Line Dance 1:00 Penny Bingo 1:00 Granny Squares</p>	<p>- 18 -</p> <p>10:00 Green Thumb 10:30 Exercise 11:00 POOL DEMO 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 19 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Paint Party!! Wii Bowl After Paint 1:00 Cardio Drum</p>
<p>- 22 -</p> <p>8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 2:00 Beginning Line</p>	<p>- 23 -</p> <p>10:00 Quilters 10:45 Fraud Fighters! 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p>- 24 -</p> <p>8:30 Fit 50 10:00 Trivia 10:30 Exercise 11:45 Line Dance 1:00 Karaoke 1:00 Granny Squares 1 - 3 pm SHRED DAY</p>	<p>- 25 -</p> <p>10:30 Exercise 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 26 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 12:30 MUSIC Tom E. 1:00 Bridge Club Wii After Music 1:00 Cardio Drum</p>
<p>- 29 -</p> <p>8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 2:00 Beginning Line</p>	<p>- 30 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>			
<p>KING CENTER Open! M - F</p> <p>MICHIGAN CENTER M/W/F LUNCH</p>		<p>PARK FOREST M - F Lunch & Conversation</p> <p>NAPOLEON T/TH LUNCH</p>		<p>NORVELL M/W/F LUNCH</p> <p>GRASS LAKE SENIOR CENTER Activities 522-8466</p>

OCTOBER 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 - 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 10:30 Writers Circle 11:45 Line Dance 1:00 Penny Bingo 1:00 Granny Squares	- 2 - 10:30 Exercise 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 3 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 MUSIC special 1:00 Bridge Club Wii Bowl After Music FOOT CLINIC TODAY!
- 6 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1:00 PAINT PARTY 2:00 Beginning Line Dance Class	- 7 - 10:00 Marcys Bracelets 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 8 - 8:30 Fit After 50 10 - 3 SEC OF STATE 10:00 Trivia 10:30 Exercise 11:45 Line Dance 1:00 Flamingo Bingo 1:00 Granny Squares	- 9 - 10:30 Exercise 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class <div>5 - 9 DINNER DANCE</div>	- 10 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:15 ish Auction Wii Bowl After Auction 1:00 Bridge Club 1:00 Cardio Drum
- 13 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 HAND AND FOOT 11:30 Blood Pressure 1:00 Flamingo Bingo 2:00 Beginning Line Dance Class	- 14 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 15 - 8:30 Fit After 50 9:30 Card Class 10:30 Writers Circle 10:30 Exercise 11:45 Line Dance 1:00 Penny Bingo 1:00 Granny Squares	- 16 - 10:00 Green Thumb 10:30 Exercise 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 1:00 Nutrition Council	- 17 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:15 Crouch Singers Wii Bowl After Singers 1:00 Cardio Drum
- 20 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1:00 Connection Cafe 2:00 Beginning Line Dance Class	- 21 - 10:00 Quilters 10:30 Exercise 11:00 FIRE SAFETY 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 22 - 8:30 Fit After 50 10:00 Trivia 10:30 Exercise 11:00 Vaccine TRIVIA 11:45 Line Dance 1:00 Granny Squares 1:00 KARAOKE	- 23 - 10:30 Exercise 11:30 Blood Pressure 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 24 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 MUSIC special Wii Bowl After Music 1:00 Bridge Club 1:00 Cardio Drum
- 27 - 8:30 Fit After 50 10:30 Bible Study 10:30 Exercise 11:30 Blood Pressure 1:00 Craft N Chat 2:00 Beginning Line	- 28 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 29 - 8:30 Fit After 50 10:30 Exercise 11:00 Alzheimer's 11:45 Line Dance 1:00 Penny Bingo 1:00 Granny Squares	- 30 - SENIOR CENTER CLOSED TODAY. No Activities. No Lunch. No Meals on Wheels.	- 31 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Cardio Drum 1:00 HALLOWEEN PARTY Music Steve Berkemeier
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 & CONVERSATION

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



November 19 at SA
Fall Vaccine TRIVIA
Jenette, JCHD Nurse

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

Hot Lunch Monday - Friday at 12 noon
Please make a lunch reservation
at least one day in advance.
CALL 517-768-8684

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

Exercise at the Crouch Senior Center
Monday - Friday | See Page 12

Jackson District Library Programs

Confident Choices in Medicare

- Sept. 6 at 1:30 pm, Concord Castles, Churches & Courthouses
- Sept. 25 at 6 pm, Carnegie Lakehouse Bakery Pie Dough 101
- Sept. 27 at 11 am, Spring Arbor Sugar Shak Candied Fruits
- Oct. 11 at 12:30, Spring Arbor AARP Smart DriverTEK
- Oct. 17 at 3 pm, Meijer

CONNECTION CAFE

Jackson County Department on Aging | 517-768-8691

CROUCH SENIOR CENTER

Monday, September 15 at 1:00
FALL PREVENTION EVENT
See Page 13

Monday, October 20 at 1:00
Topic: To Be Announced

COME MEET PEOPLE
AND ENJOY FOOD,
TOPICS AND FUN



Presenter:
Martha York, WellWise
Services, Area Agency
on Aging

Sign Up! 517-592-1974

Come Early for Lunch!
See Page 4

ALZHEIMER'S SUPPORT

Crouch Senior Center Enrichment | 517-768-8691

Note: Day Change in August - THURSDAY!!

Crouch Senior Center
Alzheimer's Support
WEDNESDAY, OCT. 29 at 11 am
Nicole Hourani, Alzheimer's Association
Michigan Chapter

Show up! Or Sign Up! 768-8691
Stay for Lunch served at 12 noon. Lunch
Reservations 768-8684



A person living with Alzheimer's or other dementia doesn't have to give up the activities that he or she loves.

Many activities can be modified to the person's ability. In addition to enhancing quality of life, activities can reduce behaviors like wandering or agitation.

"Open to the Public" Education!

FOOT CARE CLINIC

Crouch Senior Center | 768-8691

Crouch Senior Center
October 3, 2025

Quarterly Podiatry Clinics held at the Crouch Senior Center with Dr. White. Dr. White will trim toenails, treat callouses, ingrown toenails, corns, bursitis, and painful joints.

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



SECRETARY OF STATE

Wednesday, October 8 | 10 am to 3 pm

Michigan Secretary of State Mobile Office
Crouch Senior Center, October 8

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

By Sarah Pollack, DN, CDCES

Dietary fats often get a bad rap, but they are actually essential for our health. What are the different types of fats? What are their roles in the body? What is the best way to include them in a healthy diet? Read on to better understand this important nutrient.

Types of Dietary Fats

Unsaturated Fats: These are often considered "good" fats. They help reduce LDL (bad) cholesterol levels and can lower the risk of heart disease. They are typically liquid at room temperature. There are two types of unsaturated fats: **Monounsaturated fats:** Found in olive oil, avocados, and nuts. **Polyunsaturated fats:** Found in fatty fish (like salmon), flaxseeds, walnuts, and sunflower oil. Polyunsaturated fats are broadly categorized into omega-3 and omega-6 fatty acids. **Saturated Fats:** These fats are typically solid at room temperature and are found in animal products like meat, butter, and cheese, as well as tropical oils like coconut and palm oil. Moderation is key. Getting too much saturated fat can raise levels, which increases the risk of heart disease. **Trans Fats:** There are two broad types of trans fats found in foods: naturally-occurring and artificial trans fats. Naturally-occurring trans fats: Produced in the gut of some animals and foods made from these animals (e.g., milk and meat products) may contain small quantities of these fats. Artificial *trans* fats: Created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid. They are found in processed foods, baked goods, and some margarines. Avoid artificial trans fats can increase LDL cholesterol and decrease HDL (good) cholesterol, which can significantly increase the risk of heart disease.

The Role of Fats

Fats are essential in the diet and play crucial roles in the body. Fats are needed to: Give energy. Fat is a dense energy source, providing 9 calories per gram, compared to protein and carbohydrates, which each provide calories per gram. Absorb some vitamins: Fat-soluble vitamins (A, D, E, K) need fat to be absorbed by the body. Create cell structure: Fats are key components of cell membranes. Make hormones: Many hormones, including steroid hormones, are made from fat. Promote brain health: The brain is composed of about 60% fat, and omega-3 fatty acids are critical for cognitive function and reducing inflammation.

Including Fats in a Healthy Diet A balanced diet should contain a healthy ratio of fats, proteins, and carbohydrates. The general recommendation is: 25-35% of your total daily calories should come from fat (preferably unsaturated types). Limit saturated fats to less than 10% of total calories.

Focus on unsaturated fats from whole food sources like nuts, seeds, avocados, and fatty fish. Limit saturated fats from processed and fried foods, and try to replace them with healthier options. Avoid artificial trans fats at all costs. Check labels for "partially hydrogenated oils" to spot them.

Tips to Choose Healthier Fats

- Use olive oil or avocado oil instead of butter or margarine.
- Snack on nuts, seeds, or olives instead of chips or candy.
- Include fatty fish (like salmon, mackerel, or sardines) in your meals a couple of times a week. Choose plant-based fats (like those from nuts, seeds, and avocados) over animal fats when possible.



DONATIONS

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

SEPTEMBER EXERCISE BREAK

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

September 1 - 5

All Classes on Break
September 1
Labor Day Holiday
Building Closed

No Exercise Class
Thursday, October 30
All Staff Training Day
No Lunch. No Activities.

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

Instructors: Tony, Ruthie & Mary Jo

**Parkinson's Programs
At the YMCA**

Classes held 2 - 3 days
per week.
1.5 hours each.

Call the Y at 517-782-0537
Pedaling for Parkinson's
Rock Steady Boxing

Parkinson's exercise
programs allow individuals
to live with a greater
quality of life!

QUESTIONS? PLEASE CALL:
Department on Aging
Enrichment 768-8691

**EXERCISE CLASSES CROUCH SENIOR CENTER**

Call 768-8691 or email 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 LINE DANCE
JULY - OCTOBER**

Crouch Senior Center Room 005
Monday 2 pm to 3 pm
Experienced volunteer instructors lead participants through popular BEGINNING line dance moves and routines.
Volunteer Instructors: Tony, Ruthie, Mary Jo

**INTERMEDIATE LINE
DANCE CLASS**

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

ADVANCED LINE DANCE

Wednesdays! Back - Sept. 10
1:00 pm - 2:00 pm
Volunteer Instructor: Micki

CARDIO DRUMMING

Crouch Senior Center Room 005
2nd, 3rd, 4th Fridays of the Month
1:00 pm to 2:00 pm **NEW TIME!!**
(this class does not meet 1st Friday)
Supplies Provided. Register for 1st Class. Call Laurie 768-8691.
Volunteer Instructors: Tracy, Paul, Barbara, and Lynn

TECH TIME

Thursday, September 11 | 10 am to 11 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.

Call 768-8691 to Register!
Or 517-592-1974
info@wellwiseservices.org



POOL DEMO & TECHNIQUES

Thursday, September 18 | 10 am, 11 am, 1 pm

CROUCH SENIOR CENTER
POOL ROOM Demo with Ben
10 AM | 11 AM | 1 PM



Sink Your Shot! Bank! Combo! Pocket!
Form! Stance! Hit the Cue Ball! Hit the
Dot! Master Your Speed...

Sign Up! 768-8691

FALL PREVENTION EVENT

Monday, September 15 | 1 pm to 2 pm

*Are you concerned about Falling?
Let us help your balance!*

MONDAY, SEPT. 15TH, 1-2PM

Jackson Co. Department on Aging
1715 Lansing Ave., Jackson, MI

Join Us! **Call 768-8691**
www.WellWiseServices.org | 592-1974



HENRY FORD HEALTH

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We care where you are.

ATHLETICO
PHYSICAL THERAPY

3D PT
PHYSICAL THERAPY



WRITERS CIRCLE

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

By Phil C.

Arthur is just sitting there twiddling his thumbs, as much as a six-year-old can, when looking out the window; there is a truck pulling in the driveway of the farm with a tractor on its flatbed.



Arthur and his mother Martha go out to watch the unloading. A first for the new orchard farm, a 1941 Ford tractor. Before this, the spraying of the orchard was done with the car pulling a barrel on two wheels. Arthur also directed out the back window of the car while his dad drove, with a disk hooked onto the car, to cultivate their vineyard.



The tractor experience progresses with Arthur sitting on his dad Jim's lap. As he is allowed to steer, dad advises "you only need to watch one side, the other side is going to stay the same distance away" While Dad watched Arthur steering, he observed; "don't wrap your thumbs around the wheel, may get broken". Arthur was not much older when he was allowed to use the tractor alone. He would bring things out to his dad while he was pruning the orchard, he could get matches from the house when his dad wanted to start a fire in the woods, all sorts of things.

Arthur started building a tree house in their woods. Of course, he used the tractor to get there and to carry stuff. This became a fun trip winding between the trees to get to the tree house. After a time, this winding between the trees became entertaining and Arthur drove faster and then faster. He was now, not in high gear, but at full throttle. The zipping between the trees, as if that was not enough, after a while he began backing out of the woods around all the trees and again it got to full throttle.

One time the tractor had a trailer on. So, he just took it. On his trip to the treehouse this posed a puzzle about how to get out of the woods with the trailer. Arthur tried backing the trailer out of the woods and this became a new challenge. How fast could he back the trailer out of the woods. You guessed it wide open throttle.

Due to a family accident Arthur was allowed to drive a car at 14. Dad was still in the hospital. Arthur and his mom went to a farm show. Wouldn't you know, they had a tractor backing contest. They did not have his tractor for him to compete, and this was his downfall. His time in this race was miles and miles ahead of anybody else until the last turn. Arthur stalled the motor, and it would not start until he was a loser.

SENIOR VOLUNTEERS OF THE YEAR 2025

Each year, the Jackson County Department on Aging, Jackson County Board of Commissioners, and the Jackson County Fair honor outstanding contributions made by Jackson County's older citizens. **This year we had the privilege of honoring Darold Ebersole and Michael Hayes.**

Darold Ebersole, nominated by Marla Gilpin, Jackson County MSUE Master Gardener Association, has demonstrated a selfless nature with his dedication to others and making a positive impact on a daily basis as a devoted Jackson County Master gardener volunteer helping to create beauty and the bounty of nature through community gardens for others to enjoy. Darold has provided educational programming at the Crouch Senior Center, is an Air Force Vietnam Veteran participating in pinning ceremonies honoring veterans service in facilities and private homes; and is a Henry Ford Hospice Home volunteer serving those entering their last phase of life. **Thank you Darold.**



Michael Hayes, nominated by Jerry Montgomery and Norma Gray-Hewitt, Crouch Senior Center, has contributed to the community by volunteering his time and skills in service to help citizens of Jackson County as a devoted Crouch Senior Center volunteer; a Relay for Life volunteer, a Vietnam Veteran supporting those who served through participation in parades, ceremonies, community events and educational programs; and a food pantry volunteer at the First United Methodist Church and Community Action food distributions. Mike serves with compassion, insight and humor. **Thank you Mike.**



HAND & FOOT CARD GAMES

MONTHLY | 2ND MONDAY | 768-8691

HAND & FOOT CARD GAMES at CROUCH
2nd Monday of the Month

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

- 4 People Per Table
- All Levels Welcome
- Facilitator: Sharon
- Lunch Reservation 768-8684



PENNY AUCTION

Free Penny Auction

Penny Auction!
Crouch Dining Room

FRIDAY, September 5
FRIDAY, October 10
TIME: 1:15 ish to 2:00 pm

Pennies (chips) Provided
Auctioneer: Candy
AUCTION ITEMS VARY



BRACELET MAKING CLASS WITH MARCY'S BEADS

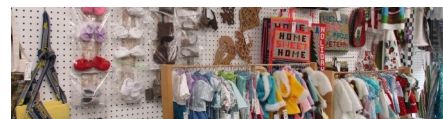
FREE BEAD CLASS at Crouch Senior Center | CALL 768-8691

BRACELET BEAD CLASS WITH MARCY

Tuesday, September 9 at 10 am
OR
Tuesday, October 7 at 10 am

Limit - 10 People Per Class
Sign up for ONE Class Only.

Must Sign Up! Call Laurie at 768-8691
Email: LMeade@mijackson.org



SHOP! CRAFT CORNER

Crouch Senior Center

Monday through Friday
10 am - 2 pm
When Volunteers Available

Support Senior Crafters! Start Your Holiday Shopping!
Fudge, Brownies, Aprons, Socks, Paintings, Jewelry, Fishing Lures, Décor & More!

GREEN THUMB 3RD THURSDAY OF THE MONTH

Class Size Limited! Please sign up at 768-8691

THURSDAY, SEPTEMBER 18 - Hedgehog Planters
THURSDAY, OCTOBER 16 - Pumpkin Mums

10 am in the Courtyard
(Inside if Rain or Cold)

Lunch - 12 noon | Make Your Lunch Reservation
Call 768-8684 or 768-8691

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

Granny Squares

Wednesdays at 1 pm

New Members Always
Welcome! GUYS and Gals!

Yarn Donations
Appreciated!
4ply acrylic.
Call 768-8691



FIRE PREVENTION PRESENTATION AT CROUCH

Tuesday, October 21 | 11 am

Michigan Prevention Program
Bureau of Fire Services

Fire Safety

Tuesday, October 21 at 11 am
Guest Speaker, Chad Everett
CRR Outreach Educator



JOB OPPORTUNITIES

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

Join Our Team!
Social Worker
&
Home Care Workers
Wanted!

MEDICARE SHOPPING SEASON BEGINS

MEDICARE SHOPPING SEASON BEGINS OCTOBER 1, 2025

Each year from October 15 through December 7, Medicare beneficiaries have an opportunity to evaluate and make changes in their Medicare coverage. This may include enrolling in a prescription drug plan or health plan for the new calendar year (2026). While individuals may stay with their current plan, **Michigan's State Health Insurance Program (SHIP)** recommends reviewing your options before making a decision.

Each year, insurance companies have an opportunity to change their benefits. It is important that people with Medicare not only consider the price of their monthly premium, but also the plan formulary (drug list).

To review the new 2026 Medicare prescription drug plans you or a family member may go to www.medicare.gov, and use the Plan Finder to compare your options. **You may also call 1-800 Medicare (1-800-633-4227) for assistance.** Call your local SHIP office 1-800-803-7174 for information on low-income "Extra Help" premiums and co-pay assistance.

The SHIP program at the Jackson County Department on Aging holds enrollment events each year. These events are staffed by trained SHIP counselors who can help you compare your current plan options available for 2026 and assist with enrollment if needed.

Appointments are required. If you are a Jackson County resident over 60 and take brand name medications or more than three generic medications, you may call 517-788-4364 for an appointment. IF YOU LIVE in the Brooklyn area (zip codes 49230, 49233, 49234, 49263) call **WellWise Services, Region 2 AAA at 517-592-1974.**

***October 1, 2025
BEGIN YOUR PLAN REVIEW**

***October 15 - December 7
ENROLL IN A PLAN YOU SELECTED**

***January 1, 2026
YOUR COVERAGE BEGINS**

VACCINE: TRIVIA TIME!

Jenette Killips, RN, Public Health Nurse

**CROUCH SENIOR CENTER
WEDNESDAY, OCTOBER 22, 11 AM**

**Vaccine: Trivia Time & Prizes
with Jenette, Jackson County
Health Department**

Wednesdays at 11:30
October 15 at Norvell
November 5 at Park Forest
November 12 at Michigan Center
November 19 at Spring Arbor



BLOOD PRESSURE CHECKS

Mondays & Thursdays at 11:30 am

**BLOOD PRESSURE CHECKS
with Gail, volunteer retired nurse**

Crouch Multipurpose Room



WELLWISE SERVICES

WellWise Services | 517-592-1974

**WellWise Services,
Area Agency on Aging**

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



Computer Lab & Internet Available at the Crouch Senior Center. Dr. Bill available to help with On-Line classes on Tuesdays. Call 517-768-8691 for computer lab help at Crouch - Tuesdays at 1 pm.





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

November

Marcy's Beads | November 4 and November 6
2 Day, Polymer Clay Bead Class

November

Veterans Honors | November 7
Tom Embury, Patriotic Country Music

November

Deck The Halls | November 26
Steve Berkemeier, Holiday Music
Crouch Thanksgiving Dinner

December

Holiday Dinner Dance | December 4
5 - 9 pm Band: The Ramblers

