

SENIOR CIRCUIT

July/August 2022 Issue | Volume 17, Issue 4



JACKSON COUNTY DEPARTMENT ON AGING



Senior Centers and Sites
517-788-4364

JUL | AUG ISSUE

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SUMMER LUAU

Thursday, August 4

Band: The
Ramblers

Dinner 5 - 5:30
Dance 6 - 9 pm



Details - Page 3



TECHNOLOGY LAB

COMPUTER LAB

Open M-F: 9 am - 4pm

The Tuesday Computer Help Hour with Dr. Bill is on summer break. See you in September!



JDL ON THE ROAD!

DRUMMUNITY at CROUCH

- Monday, July 25 at 1:00
- Details on Page 11



AARP Driver Safety Course

- Instructor, Terry
- Wednesday, July 27 and
- Thursday, July 28
- Details on Page 15



Flamingo Bingo
Penny Bingo
Quarter Bingo
Euchre
Bridge, Cards
Karaoke

See Page Seven



JACKSON COUNTY
Michigan

CLASSES/ACTIVITIES AT CROUCH

Please Register for Classes (517) 768-8691 Email: LMeat@mijackson.org

POOL ROOM OPEN

Mon - Fri 9 am to 4 pm
9-Ball Pool Game Mon 9am

BIBLE STUDY

Mondays at 10:30 am
Facilitator: Pastor Ed

WII BOWLING

Mondays at 11 am & 1 pm
Facilitator: Norma
TOURNAMENT & PRIZES!!

CROUCH WRITERS

1st & 3rd Mondays at 1:00 pm
Meeting July 11 due to Holiday
Instructor: Frances
Memories, Poems, Short Stories...

PAINT PARTIES TO GO

Monday, July 11 at 1:00
Monday, August 29 at 1:00
Must Sign Up Call 768-8691
Free - First 20 Sign Ups. \$10 supply donation after 20. Class Size Is Limited. Instructor: Karen Olmos

CRAFT WITH MICHELLE

Next Class September 19 at 1 pm
Paper Flowers on Canvas

HOSPICE QUILTERS

Tuesdays at 10:00 am

JAM SESSION

Every Tuesday Following Lunch
Musicians and Listeners Welcome!

WOODCARVING CLASS

Tuesdays at 1:00 pm
Facilitator: Bob

CARD CLASS (SIGN UP)

1, 2, 3 Wednesdays 9:30 am
Learn card making techniques.
\$5.00 Supply Donation
Instructors: Bev & Dorian

GRANNY SQUARES

Wednesdays at 1:00 pm
Facilitator: Barb

GREEN THUMB MSUE MG

3rd Thursday Every Month 10 am
July On Break. Join the July 8 Garden Party! Details Page 10
August 18 - Flower Arranging Class with guest presenters Lori and Pat
Please Sign Up! Call 768-8691
Facilitators: Marla, Donna, Ed, Darold

POOL 8-BALL CHALLENGE

Thursdays at 9 am

JERRY & LARRY JAM

Country & Gospel Music
Thursdays - After Lunch
Facilitator: Jerry

ACRYLIC PAINT CLASS

Thursdays at 1 pm
\$10 Supply Donation
Instructor: Karen H.

FOOT CARE CLINIC

Friday, July 8 at Crouch
Dr. White. Call 788-4364.

SQUARE DANCERS

Summer Break; Back In September
Call 768-8691 for information.
Facilitator: Vicki

LOW VISION BLIND CLUB

Summer Break; Back in September
New Members Always Welcome!
Facilitator: David

EXERCISE CLASSES M - F

Daily Exercise Schedule - Page 12
Fit After 50, Moving for Better
Balance, Enhance Fitness,
Beginning & Advanced Line Dance
August 8 Exercise Routines at the Fair! 11 am Keeley Park Stage

SUMMER LUAU






Thursday, August 4
Time: 5 p.m. – 9 p.m.
Crouch Senior Center
Health Department
Ground Floor, *Room 005*
Park in Lot A



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: 768-8684
Enrichment: 768-8691

Band: The Ramblers

Dinner Menu

Luau Pork
Fried Rice
Hawaiian Coleslaw
Tropical Fruit
Hawaiian Dinner Roll
Milk

Dessert: Key Lime
Pie

ENTERTAINMENT!
JULY & AUGUST
SPECIALS AT CROUCH

INDEPENDENCE DAY CELEBRATION

Friday, July 1
12:45 - 1:30 Music
French Quarter



OLD FASHIONED GARDEN PARTY

Friday, July 8
12:30 - 2:00 Party
12:45 - 1:30 Kevin Devine,
Entertainment

Location: Crouch
Courtyard/Patio
Details Page 10!



SUMMER MUSIC

Friday, August 19
12:30 - 1:30 Music

Carol
Franssen,
The Singin'
Peddler



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
NEW LOCATION**
300 Mill Street
MON WED FRI
10:30 - 1:30

**Spring Arbor
Seniors**
Closed for Remodel
Call for Updates
768-8691

**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 Program 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.



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



Michigan Center



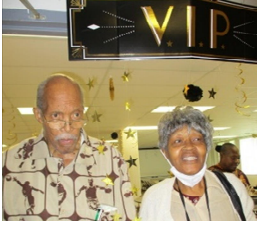
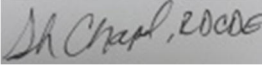

Invites you to
LUNCH & EUCHRE
MONDAY
WEDNESDAY
FRIDAY at 12:30

Call 768-8691 for more details on Michigan Center Euchre Games!



SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>Menus certified by: Sarah Chapel Registered Dietician</p> 	<p>- 1 -</p> <p>Breaded Pork w/ Country Gravy Mixed Vegetables Mashed Potatoes Roll & Margarine Fresh Fruit, Milk Dessert</p>
<p>- 4 -</p> <p>Closed In Honor of Independence Day</p> 	<p>- 5 -</p> <p>Beef Pepper Patty Mashed Potatoes Veggie Blend Roll & Margarine Fresh Fruit Milk</p>	<p>- 6 -</p> <p>Beef Ribbette Au Gratin Potatoes Green Peas Applesauce Cup Milk Cookie</p>	<p>- 7 -</p> <p>Pork Chop Suey over Rice Stir Fry Vegetables Hot Spiced apples Milk</p>	<p>- 8 -</p> <p>Smothered Chicken Scalloped Potatoes Honey Carrots Roll & Margarine Fresh Fruit Milk & Cookie</p>
<p>- 11 -</p> <p>Beef Hot Dog w/ Diced Onions Scalloped Potatoes Broccoli Fresh Fruit Milk</p>	<p>- 12 -</p> <p>Egg Scramble w/Baby Spinach, Green Peppers & Onions Au Gratin Potatoes Broccoli Orange Juice & Milk</p>	<p>- 13 -</p> <p>Chicken Drumstick Cream Peas & Potatoes Carrots Roll & Margarine Fresh Fruit, Milk Cookie</p>	<p>- 14 -</p> <p>Stuffed Cabbage Red Skin Potato Hot Spiced Peaches Roll Milk</p>	<p>- 15 -</p> <p>Chicken Cordon Bleu Sweet Potato Casserole 5 Way Mixed Veggies Salad, Fruit Mix Milk & Dessert</p>
<p>- 18 -</p> <p>Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Veggie Blend Fresh Fruit Milk</p>	<p>- 19 -</p> <p>Scalloped Potatoes w/ Turkey Ham Broccoli Succotash Roll & Margarine Milk</p>	<p>- 20 -</p> <p>Western Meatloaf Mashed Potatoes California Blend Roll & Margarine Fresh Fruit Milk & Cookie</p>	<p>- 21 -</p> <p>Chicken Florentine over Rice Zucchini & Tomatoes Hot Spiced Peaches Milk</p>	<p>- 22 -</p> <p>Macaroni & Cheese Carrots Cauliflower Fresh Fruit Milk Dessert</p>
<p>- 25 -</p> <p>Cheeseburger on WW Bun Scalloped Potatoes Mixed Vegetables Fresh Fruit Milk</p>	<p>- 26 -</p> <p>Sweet & Sour Meatballs over Rice Broccoli Cauliflower Fresh Fruit Milk</p>	<p>- 27 -</p> <p>Grilled Chicken w/ Mushroom Gravy Mashed Potatoes Brussel Sprouts Roll Fresh Fruit Milk & Cookie</p>	<p>- 28 -</p> <p>Kielbasa & Sauerkraut Carrot Coins Hot Spiced Apples Roll & Margarine Milk</p>	<p>- 29 -</p> <p>Goulash Peas & Pearl Onions Baby Carrots Fresh Fruit Milk Dessert</p>

JAM SESSION!

TUESDAYS AT CROUCH

After Lunch Crouch Dining Room

Join the Jam! Play or Listen...
Music, Coffee, Friends

EUCHRE TOURNAMENT!

Thursdays at Crouch

1:00 Multipurpose Room

\$2 donation per player goes to the
Winners! Top 3 guys & Top 3 gals.

Every Thursday!

QUARTER BINGO

FRIDAYS AT 10 AM



1:00 Multipurpose Room

Crouch Dining Room

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

SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- 1 - Breaded Chicken w/ Country Gravy Au Gratin Potatoes Peas & Carrots Fresh Fruit Dinner Roll & Milk	- 2 - Chicken ala King Mashed Potatoes Brussel Sprouts Biscuit Fresh Fruit Milk	- 3 - Beef Patty w/Onion Gravy Sweet Potato Cass California Blend Dinner Roll Fresh Fruit & Milk	- 4 - Broccoli, Chicken & Rice Country Green Beans Hot Spiced Peaches Milk	- 5 - Beef Pot Roast Mashed Potatoes Broccoli Fresh Fruit Dinner Roll Milk & Dessert
- 8 - Chicken w/Red & Green Peppers Corn & Black Bean Fiesta Spanish Rice Flour Shell & Taco Sauce, Fruit, Milk	- 9 - BBQ Pork on WW Bun Scalloped Potatoes Peas & Pearl Onions Applesauce Cup Milk	- 10 - Penne Pasta w/Meat Sauce Broccoli Mixed Vegetables Fresh Fruit Milk & Cookie	- 11 - Stuffed Pepper Mashed Potatoes Hot Spiced Apples Dinner Roll Milk	- 12 - Tuna Noodle Casserole Dilled Carrot Coins Brussel Sprouts Fresh Fruit Milk Cookie
- 15 - Beef Hot Dog Baked Beans Carrot Coins Fresh Fruit Milk	- 16 - Turkey & Gravy Mashed Potatoes 5 Way Mixed Vegetables Dinner Roll Fresh Fruit Milk	- 17 - Spaghetti & Meatballs Garlic & Herb Broccoli Cauliflower Fresh Fruit Milk Cookie	- 18 - Wiley Potato Mixed Vegetables Hot Spiced Peaches Dinner Roll Milk	- 19 - Fish Sandwich Au Gratin Potatoes Black Beans & Corn Fresh Fruit Milk Dessert
- 22 - Breaded Pork w/ Country Gravy Mashed Potatoes Mixed Veggies Dinner Roll Fresh Fruit & Milk	- 23 - Meat Lasagna California Blend Green Beans Fresh Fruit Milk	- 24 - Swedish Meatballs over Rice Brussel Sprouts Carrot Coins Fresh Fruit Milk & Cookie	- 25 - Cheesy Shells w/ Chicken & Peas Broccoli Hot Spiced Apples Milk	- 26 - Home-style Meatloaf Mashed Potatoes Mixed Veggies Dinner Roll Fresh Fruit Milk & Dessert
- 29 - Egg Scramble Au Gratin Potatoes Green Beans Muffin Orange Juice & Milk	- 30 - Salisbury Steak Mashed Potatoes Mixed Vegetables Dinner Roll Fresh Fruit Milk	- 31 - Cheeseburger on Bun Tater Tot Casserole Broccoli Fresh Fruit Milk Cookie	Menus certified by: Sarah Chapel Registered Dietician 	

CARD MAKING CLASSES

BEV & DORIAN 1, 2, 3 WED

9:30 - 11:30 Crouch Senior Center

\$5.00 donation for supplies

Must Sign Up.

Call 768-8691 or Email

LMeat@mijackson.org

FLAMINGO BINGO

2nd Monday & 2nd Wednesday

1:00 Dining Room

Free Bingo! Win a (donated)

PRIZE When Available!

Let's Play BINGO!!

POOL CHALLENGES!

Mondays at 9 & Thursdays at 9

Pool Room Open Daily 9 - 4

Pool Players Wanted for the Monday

9 Ball Challenge and Thursday 8 Ball

Challenge. **PLAY SOME POOL!!**

BINGO

Crouch Dining Room

PENNY BINGO

1, 3, 5 Wednesday at 1:00

Crouch Dining Room

Bring your own pennies in lieu of tokens. Whoever bingos gets all of the pennies played. Then start a new round!

FLAMINGO BINGO

Free Prize Bingo!

2nd Monday at 1:00

2nd Wednesday at 1:00

QUARTER BINGO

Fridays at 10:00 am

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

KARAOKE

Crouch Dining Room

KARAOKE

4TH WEDNESDAY

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

Time: 1:00 p.m.



EUCHRE TOURNAMENTS, CARDS AND GAMES

PLEASE CALL 768-8691 for Game Information

Location	Game	Day	Time
Crouch	Wii Bowling	Mondays	11 am & 1 pm
Crouch	Euchre Tourney	Thursdays	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	Cards	T/TH	10:30 am
Norvell	Cards	M W F	10:30 am
Spring Arbor	Game Day	Call for Info!	Call for Info!

Michigan Center Invites YOU to lunch & Euchre M W F!!!



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

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

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

JULY 2022 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

1715 Lansing Avenue, Jackson, MI | Open Mon-Fri 9 a.m. - 4 p.m. (517) 788-4364

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>- 1 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:45 Exercise 12:30 4th July Music! 1:00 Bridge Club 1:00 Pinochle/Games</p>
<p>- 4 -</p> <p>CLOSED</p> 	<p>- 5 -</p> <p>10:00 Quilters Exercise on Break 1:00 Woodcarvers 1:00 Jam Session</p>	<p>- 6 -</p> <p>Fit After 50 on Break 9:30 Card Class Exercise on Break 12:15 Beg Line Dance 1:00 Granny Squares 1:00 PENNY BINGO</p>	<p>- 7 -</p> <p>9:00 Pool Challenge Exercise Break 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 8 -</p> <p>Fit 50 on Break 10:00 Quarter Bingo Exercise on Break 12:30 GARDEN PARTY 1:00 Bridge Club 1:00 Games FOOT CLINIC TODAY</p>
<p>- 11 -</p> <p>8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 1:00 PAINT PARTY 1:00 Crouch Writers New Wii Bowl Tourn. 11am and 1pm</p>	<p>- 12 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session</p>	<p>- 13 -</p> <p>8:30 Fit After 50 9:30 Card Class 10:30 Exercise 12:15 Beg Line Dance 1:00 Granny Squares 1:00 Flamingo BINGO</p>	<p>- 14 -</p> <p>9:00 Pool Challenge 10:30 Exercise 11:30 Safe Grandkids Infant Sleep 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 15 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:45 Exercise 1:00 Bridge Club 1:00 Games</p>
<p>- 18 -</p> <p>8:30 Fit 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 1:00 Crouch Writers New Wii Bowl Tourn. 11am and 1pm</p>	<p>- 19 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session</p>	<p>- 20 -</p> <p>8:30 Fit After 50 9:30 Card Class 10:30 Exercise 12:15 Beg Line Dance 1:00 Granny Squares 1:00 PENNY BINGO</p>	<p>- 21 -</p> <p>9:00 Pool Challenge No Green Thumb Today 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 22 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:45 Exercise 1:00 Bridge Club 1:00 Games</p>
<p>- 25 -</p> <p>8:30 Fit 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 11:00 Wii Bowl Tourn. 1:00 JDL DRUMMUNITY!</p>	<p>- 26 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session</p>	<p>- 27 -</p> <p>8:30 Fit After 50 10:30 Exercise 12:15 Beg Line Dance 12:30 AARP Drivers Course 1:00 Granny Squares 1:00 KARAOKE</p>	<p>- 28 -</p> <p>9:00 Pool Challenge 10:30 Exercise 12:30 AARP Drivers Course 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 1:00 Nutrition Meeting</p>	<p>- 29 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:45 Exercise 1:00 Bridge Club 1:00 Games</p>
<p>KING CENTER Open! M - F</p> <p>MICHIGAN CENTER M W F EUCHE!!!! July 6 Safe Grandkids, Infant Sleep 11:30 am</p>		<p>PARK FOREST M - F Lunch & Conversation</p> <p>NAPOLEON Tues & Thurs EUCHE July 7 Safe Grandkids, Infant Sleep 11:30 am</p>		<p>NORVELL M W F Euchre July 13 Safe Grandkids, Infant Sleep 11:30 am</p> <p>GRASS LAKE SENIOR CENTER Activities 522-8466</p>

AUGUST 2022 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

1715 Lansing Avenue, Jackson, MI | Open Mon-Fri 9 a.m. - 4 p.m. (517) 788-4364

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- 1 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 1:00 Crouch Writers New Wii Bowl Tourn. 11 am & 1 pm	- 2 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session	- 3 - 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 12:15 Beg Line Dance 1:00 Granny Squares 1:00 Penny Bingo	- 4 - 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 5 - 9 DINNER DANCE	- 5 - 8:30 Fit 50 10:00 Quarter Bingo 10:45 Exercise 1:00 Bridge Club 1:00 Games
- 8 - Senior Day at the Fair 11 am Senior of Year Award Ceremony 12 noon Elvis Some Center Activities Canceled. Check with your class facilitator. No Flamingo Bingo	- 9 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session	- 10 - 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 12:15 Beg Line Dance 1:00 Granny Squares 1:00 Flamingo Bingo	- 11 - 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 12 - 8:30 Fit 50 10:00 Quarter Bingo 10:45 Exercise 1:00 Bridge Club 1:00 Games
- 15 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 1:00 Crouch Writers New Wii Bowl Tourn. 11 am & 1 pm	- 16 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session	- 17 - 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 12:15 Beg Line Dance 1:00 Granny Squares 1:00 Penny Bingo	- 18 - 9:00 Pool Challenge 10:00 Green Thumb Flower Arranging 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 19 - 8:30 Fit 50 10:00 Quarter Bingo 10:45 Exercise 12:30 Summer Music 1:00 Bridge Club 1:00 Games 1:00 Low Vision Club
- 22 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise New Wii Bowl Tourn. 11 am & 1 pm	- 23 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session	- 24 - 8:30 Fit After 50 10:30 Exercise 12:15 Beg Line Dance 1:00 Granny Squares 1:00 KARAOKE	- 25 - 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 26 - 8:30 Fit 50 10:00 Quarter Bingo 10:45 Exercise 1:00 Bridge Club 1:00 Games
- 29 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 11:00 Wii Bowl Tourn. 1:00 PAINT PARTY	- 30 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session	- 31 - 8:30 Fit After 50 10:30 Exercise 12:15 Beg Line Dance 1:00 Granny Squares 1:00 PENNY BINGO	Pool Players WANTED! Mon & Thurs Challenges Call 768-8691	



KING CENTER
Open! M - F

MICHIGAN CENTER
Euchre - M W F!! Call 768-8691
Smiles On Wheels, Aug. 17

NAPOLEON
Euchre 11 am T & TH
Smiles On Wheels, Aug. 30

PARK FOREST
Lunch & Conversation
Smiles On Wheels, Aug. 15

NORVELL
M /W /F 10:30 Euchre
Smiles On Wheels, Aug. 19

GRASS LAKE SENIOR CENTER
Activities 522-8466

SPRING ARBOR SENIORS

Spring Arbor Senior Center Site | 768-8691

UNDER CONSTRUCTION

The Spring Arbor Senior Site is still under construction. Join friends for lunch and activities at the Crouch Senior Center, Michigan Center, Napoleon or Norvell nutrition sites.

Call 768-8684 to make your lunch reservation!



CROUCH WRITERS

Crouch Writers - 1st & 3rd Monday at 1:00 pm

Dandy Little Lyons

By Marj Green, Crouch Writers Group

Bright yellow dots on a blanket of green.
Brightest wild flowers you have ever seen.
Wild flowers; not weeds,
Just prolific from its wind scattered seeds.

Not called a flower because it is not rare.
If it was, it would be called "flower" and treated with care.

They are called lions, but they do not roar,
Blow on the fluff and see the seeds soar.

The dandy little yellow puffs are called lions, but
gentle they are as lambs.
Gather all your hands can hold, flowers they are for
Moms and Grams.

They are really hard to beat!
Dig some, cook some they are good to eat.
Greens for health this time of year.
Roots for tea, blossoms fried the whole
thing is edible. Did you not hear?



OLD FASHIONED GARDEN PARTY!

Crouch Senior Center Patio/Courtyard | Enrichment 768-8691

Friday, July 8
Lunch - 12 noon
Party 12:30 - 2:00

Crouch Senior Center Courtyard/Patio

Light Refreshments, Croquet, Badminton
12:45 - 1:30 Entertainment, Kevin Devine

Don your boater, flowery chapeau or parasol...



Make Lunch Reservations
at least one day in
advance. Please call,
768-8684

On the Menu:
Smothered Chicken,
Scalloped Potatoes, Honey
Carrots, Roll, Fresh Fruit
Milk and Cookie



JACKSON DISTRICT LIBRARY AT THE CROUCH SENIOR CENTER

Jackson District Library On The Road Presents:

DRUMMUNITY!

Monday, July 25 at 1:00

Lunch: 12 noon

Guests are invited to join the drum circle. There is no audience - guests become the show and everyone plays!



Crouch Senior Center
Multipurpose Room.

768-8691

KEEP YOUR GRANDKIDS SAFE

Keeping Babies Safe - Learn the ABCs of promoting safe sleep for babies

Thursday, July 14 at 11:30 am

Crouch Senior Center Dining Room

Join Cindy, 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.

July 6 - Michigan Center; July 7 - Napoleon; July 13 - Norvell 11:30 am. Call 768-8691 for details.

SMILES ON WHEELS

Smiles on Wheels - AUGUST!
Free Oral Health Assessments

Oral Health Assessment including an Oral Cancer Screening. FREE oral health aids - toothbrush, toothpaste, denture supplies, dry mouth products, and more! For More Information, contact: Smiles On Wheels 517-740-7422

Visiting Congregate Meal Sites: Park Forest Site - Mon, Aug 15; Michigan Center Site - Wed, Aug 17; Norvell Site - Fri, Aug 19; Napoleon Site - Tues, Aug 30.

Lunch Served at 12 noon. Call 768-8684 for Lunch

COOLING CENTER

JATA 788-7844 - "Hot Tickets"

The Jackson County Department on Aging is a designated Cooling Center. Cooling Centers are to assist persons when there are periods of extreme hot weather.

The Jackson Area Transportation Authority (JATA) has put into place a system with "Hot Tickets" for those needing to beat the heat and want to use a ticket for free transportation to a Cooling Center.

To learn more about this program, please call the Department on Aging at: 788-4364 or JATA at 788-7844 for more about "Hot Tickets" to assist with transportation.



REGION 2 AAA WORKSHOPS

Sign Up! 517-592-1974

6-week on-line workshops using Zoom
DIABETES PATH:

Wednesdays, July 6 - August 17 at 10 am.
Call: 313-397-8227

CHRONIC PAIN PATH:

Thursdays, July 28 - September 8 at 1 - 3 pm
Call (517) 313-833-7080 ext. 223

Fridays, August 26 - September 30 at 1 - 3 pm
Call (989) 358-4616



More Workshops & Classes:

PATH, Workplace PATH, Aging Mastery Program, CHRONIC PAIN PATH, Powerful Tools for Caregivers, A Matter of Balance and more... CALL (517) 592-1974

DONATIONS

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

2022 SUMMER EXERCISE SCHEDULE

No Exercise Monday, July 4
Building Closed In Honor of
Independence Day.

Following Classes on Break the
Week of July 4 - 8:

- Fit After 50
- Enhance Fitness
- Moving Better Balance

**AUGUST 8 - Senior Day
Fair, Keeley Park Stage**
11 am Senior Volunteer Award
Ceremony followed by
Exercise Class Routine
Performances & Elvis at 12 pm
Call 768-8691 for details or talk
to your class instructor!

Following Classes on Break
until September:

- Advanced Line Dance with Micki
- Square Dancers

Play SHUFFLE BOARD, Wii
BOWLING or CORNHOLE
between classes!

MONDAYS 11 am & 1 pm
Wii Bowling Tournament!

Crouch Senior Center



QUESTIONS? PLEASE CALL:
Department on Aging
788~4364



EXERCISE CLASSES CROUCH & SPRING ARBOR

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 Instructor: Lauren

ENHANCE FITNESS

Crouch Senior Center Room 005
M/W 10:30 am - 11:30 am
Friday 10:45 am - 11:45 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

BEGINNING LINE DANCE

Crouch Senior Center Room 005
Wednesday 12:15 pm - 1:00 pm
Experienced volunteer instructors,
lead participants, step-by-step,
through popular line dance moves
and routines.
Volunteer Instructors: Tony & D'Vonne

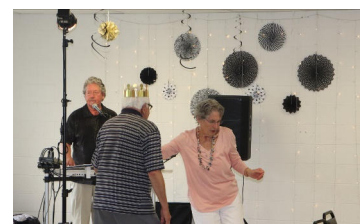
ADVANCED LINE DANCE

Crouch Senior Center Room 005
Summer Break June & July.
Back: Wednesday, September 14
Volunteer Instructor: Micki

SPRING ARBOR SENIORS

Site Currently Closed for Remodel

August 8, Senior Day at the Fair
11 am Volunteer of Year Award
Ceremony followed by Exercise
Routine Performances! Fit 50 &
Moving - Call 768-8691 for details
or talk to your class instructor.
Elvis at 12 noon.



SENIOR VOLUNTEER OF THE YEAR 2022

Jackson County Fair Senior Citizens Day

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

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

Monday, August 8 at 11:00 a.m.
Jackson County Fair, Keeley Park
American 1 Event Center Stage



Entertainment Following the Awards Ceremony
Department on Aging Exercise Class Routines
Elvis at 12 noon
65+ Free Gate Admission



SHOP! CRAFT CORNER

Crouch Senior Center
Monday - Thursday 10 - 2 pm

The Craft Corner gift shop is open to the public for your shopping convenience. Many items are handmade by seniors. Stop for fudge, muffins and GIFTS... Spoil yourself or a friend!

The Craft Corner accepts donations of 4-ply yarn for the Granny Squares 2022 holiday lap blanket project.



VOLUNTEER LUNCHEON THANK YOU TAMI & VITA

VITA 2022 Service Provider Appreciation

Tami Farnum and the Community Action VITA team, 2022 Jackson County Department on Aging Service Provider Appreciation recipients, were honored at the May volunteer luncheon.

Tami's VITA team starts in the fall preparing for each tax season. Tami and her Community Action volunteer team helped explain and navigate with great compassion and patience; they were understanding, knowledgeable and committed. Thank you Tami and VITA!



JOB OPPORTUNITIES

Jackson County
Department on Aging

<https://www.mijackson.org>
LIVE, WORK, PLAY
Employment

Join Our Team!
Meals On Wheels
Drivers
&
Home Care
Workers

NUTRITION NEWS

By Sarah Chapel, RDN, CDCES

Steps to Reduce Alzheimer's Disease

By Sarah Chapel, RDN, CDCES



Alzheimer's disease is the most common type of dementia. It is a progressive disease starting with mild memory loss and possibly leading to loss of the ability to carry on a conversation and respond to the environment. Alzheimer's disease involves parts of the brain that control thought, memory, and language. While the exact cause isn't known, only 1% of cases have a genetic component. This means that you can do things to lower your risk and prevent it. Cardiovascular disease has been linked with an increased risk of Alzheimer's disease and vascular dementia.

Reducing Cardiovascular disease risk

You may be able to reduce your risk of developing these conditions as well as other serious problems, such as strokes and heart attacks by taking steps to improve your cardiovascular health. These include:

Stop smoking; Keep alcohol to no more than 1 drink/day for women and no more than 2 drinks/day for men; Eat a healthy, balanced diet, including at least 5 servings of fruit and vegetables every day. One serving of fruit is equal to $\frac{1}{2}$ cup fruit or a baseball- sized piece of fresh fruit. One serving of vegetables is equal to $\frac{1}{2}$ cup vegetables or 1 cup raw leafy vegetables such as salad greens; Exercise for at least 150 minutes a week with moderate-intensity aerobic activity such as cycling or brisk walking. Start small and do what you can. Any activity is better than no activity; Make sure your blood pressure is checked on a regular basis treated if needed.

Not smoking, limiting alcohol, eating more fruits and vegetables and being active also helps to keep your blood pressure in a good range. If you have diabetes, stick with your meal plan and take your medications to manage your blood sugars.

Other risk factors for dementia

Research suggests that other factors are also important, though these factors might not be directly responsible for causing dementia.

These include: Hearing loss; Untreated depression; Loneliness or social isolation; A sedentary lifestyle

By modifying all the risk factors you are able to change, your risk of dementia could be significantly reduced.

Stay mentally and socially active

Some evidence suggests that rates of dementia are lower in people who remain mentally and socially active throughout their lives.

It may be possible to reduce your risk of Alzheimer's disease and other types of dementia by: Reading on a regular basis; Learning foreign languages; Playing musical instruments; Volunteering in your local community; Participating in group activities such as dancing, walking or bowling; Trying new activities or hobbies; Maintaining an active social life.



AARP DRIVER SAFETY COURSE



Cars have changed.
So have traffic rules, driving
conditions, and the roads you
travel every day.

Wednesday, July 27 thru
Thursday, July 28
12:30 pm to 4:30 pm each day
Crouch Senior Center
Instructor: Terry Finch
Register: 768-8691

Class Size Limited. Must Sign Up.
517-768-8691 or LMeade@mijackson.org

\$20 for AARP members
\$25 for non-members
(Payment due to instructor first day of class.)

Bring your driver license!
AARP Members bring your AARP card!



JACKSON COUNTY DEPARTMENT ON AGING SERVICE HIGHLIGHT

SENIOR PROJECT FRESH

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 **\$2,095.13 for one person, or \$2822.79 for couples.**

Applications for the Project Fresh program will be completed over the phone!

Starting **Wednesday, July 13th!**

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.





SENIOR SAFETY

Danielle Pequet, LMSW

Keeping seniors informed about common scams and other senior issues.



Don't Fall for a Money Mule Scam

HOW IT WORKS

Money mules are targeted and recruited through online job sites, dating sites, social networking sites, online classifieds, and even Darkweb Forums. The criminal recruiter gains the victim's trust and then entices them by offering an employment opportunity or by establishing a fake relationship. They then convince the victim to open a new bank account or use their existing personal account to receive funds that the criminal will send to them.

The criminal then sends money to that account or mails a check to be deposited. Many individuals are promised compensation for their participation, which might include a cut or commission from the money transfer. The criminal provides exact details about how and where to transfer funds out of the account. The criminal may request that the money be withdrawn as cash, transferred to a third party, used to purchase a gift card or converted to virtual currency, such as Bitcoin.

By using the mule's information, the criminal avoids raising any red flags in the banking system. By running the money through the mule's personal account, they are laundering illegally obtained money and removing traces of its criminal history.

In addition to the illegal money laundering aspect of this transaction, the check or funds deposited into the account are often fraudulent and it can take weeks to verify the validity of the check. Criminals exploit the fact that banks must make funds from a check deposit available to the account holder within days of the deposit. They convince the victim to withdraw or transfer money in a certain time frame, before the bank determines the check is fraudulent.

By the time the bank discovers that the check was written on a non-existent account, the victim is out whatever was sent to the scammer, plus any other funds from the fraudulent check that the victim may have withdrawn or used. Banks do not assume those losses.

Using money mules is a low risk and convenient way for criminals to move illegally obtained funds because they provide a high level of anonymity to their criminal recruiters, who can quickly cut ties with the victim to avoid prosecution.

Warning Signs:

- Unsolicited emails or contacts on social media promising "easy" money.
- Communications from a prospective "employer" through a web-based internet service, such as Gmail, Yahoo, Hotmail, or "throw away" email services.
- Requests to open a personal bank account to receive and transfer money.
- Offers to keep a portion of the funds transferred.
- Work-at-home job offers that are limited to moving money.
- An online contact asks you to receive and forward funds to unknown individuals.

Never Agree to:

- A work-at-home offer that asks you to transfer money.
- Open a bank account or move money at someone else's request.
- Give someone access to your bank account or debit card.
- Allow money from people you don't know to be deposited into your account.
- Accept a job offer that promises easy money and involves sending or receiving money or packages.
- Agree to receive or forward packages, or to purchase gift cards or virtual currency at someone's direction.

If you think you might be involved in a money mule or money transfer scam, immediately stop transferring money, notify your financial institution, and report it to local law enforcement. If money was wired or a gift card was used, contact the wire transfer service company or servicer of the gift card and attempt to cancel the transaction.

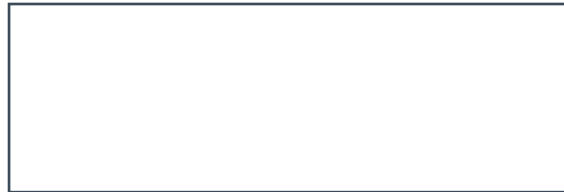
This information above was gathered from material from the Michigan Attorney General.



Friends of Jackson Seniors

1715 Lansing Avenue
Jackson, MI 49202-2193

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JACKSON COUNTY

Department on Aging Staff

Director

Danielle Pequet

Alzheimer's Respite & Counseling

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

Angie Duckham, 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

September 2022

Dinner Dance | September 1

Dinner 5 - 5:30; Live Band 6 - 9

September 2022

Foot Clinic | September 16

Dr. White, Call 768-8691 for details

October 2022

Dinner Dance | October 6

Dinner 5 - 5:30; Live Band 6 - 9

