

# SENIOR CIRCUIT

May/June 2021 Issue | Volume 16, Issue 3

## JACKSON COUNTY DEPARTMENT ON AGING



*Senior Centers and Sites*  
*Please call 517-788-4364 if*  
*seeking updates on reopening.*

**MAY | JUN ISSUE**

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## PARKING LOT PARTIES!

Fridays, May 7 and June 4  
*(weather permitting)*

**Lunch & Entertainment**  
*(see page two for details)*



## PARTY IN THE PARKING LOT!!

### Parking Lot Parties

Department on Aging  
Crouch Senior Center  
1715 Lansing Avenue, Jackson

### OUTSIDE EVENTS!! Bring Your Lawn Chair

**Friday, May 7**

**Lunch** 12:00 - 12:30 pm

\*Reservations Needed by May 6

### Jump Start Band

12:30 - 1:30

**Friday, June 4**

**Lunch** 12:00 - 12:30 pm

\*Reservations Needed by June 3

### French Quarter Band

12:30 - 1:15

### Weather Permitting!

*Call 768-8691  
day of events  
for weather updates!*

### Lunch Details:

Make your Lunch Reservations  
by calling **768-8691**  
60+ donation; under 60 cost \$3.50

*Please make LUNCH reservation  
1 day before each event!  
Look for direction signs!*

### Entertainment Details:

Stay in your car, or...  
Bring Your Lawn Chair!

*Stay safe. Practice social distancing  
and wear a mask if you leave your car  
or lawn chair area.*

### LOCATION: Parking Lot B

Drawing at 1:00 pm

One \$50 Gift Certificate  
to Meijer - Each Event!

Must fill out Registration!  
Must be present to Win!



MAY 7 - JUMP START BAND



JUNE 4 - FRENCH QUARTER

**MOVE-IT MONDAYS!** Sponsored by the Active Jackson Coalition and community partners - Region 2 Area Agency on Aging, JDL, City of Jackson, Jackson County Parks & Rec, disAbility Connections, Jackson Housing Commission and the Jackson County Department on Aging

Encouraging Older Adults and Families to **EXPLORE JACKSON COUNTY TOGETHER!** Walk, Bike & Roll on accessible trails around the County.

Monthly - May thru September

Facebook Live Demos showcasing accessible trail locations, bike maintenance, stretching, using trekking poles...

More information will be posted on the Aging website at:

<https://www.mijackson.org/619>



## SENIOR NUTRITION PROGRAM - MEALS TO GO AVAILABLE

Meals To Go (517) 768-8652

### Meals To Go

While the Jackson County Department on Aging congregate sites and senior centers are closed, seniors are offered the option of picking up nutritious meals, curbside.

Many seniors have taken advantage of this convenient option of picking up well-balanced, prepared meals.

**If you, or someone you know, needs meals-to-go, please contact Jennifer Guthrie at 768-8652.**



### CURBSIDE ENTERTAINMENT BRING YOUR LAWN CHAIR!!

#### May 4 Mother's Day Hat Show Off!

Bonnets, Kentucky Derby,  
Star Wars (May the 4th be with you)...  
Cooper Young Music 10:30 - 11:30 am

#### May 18 Honoring those who served.

Jim Kulas, Flags & Taps  
Harmonica Club 10:30 - 11:30 am

#### June 15 Father's Day Hat Show Off!

Fishing, Baseball....  
Entertainer Kevin Devine 10:45 - 11:30 am

#### June 29 Summer is HERE!

Music, Ice Cream, Lemonade  
Entertainer Cooper Young 10:30 - 11:30 am

*(Performers are Volunteers. Weather Permitting!)*

- ◇ Not signed up for Meals To Go? Want a lunch? CALL AHEAD to make a Meal To Go reservation 768-8691
- ◇ 60+ meal donation; under 60 cost is \$3.50 per meal
- ◇ Stay in your cars or Bring a Lawn Chair
- ◇ Drive thru Circle
- ◇ Stop to pick up meals or listen
- ◇ Park In Lot B for a longer visit
- ◇ Weather Permitting! Entertainers are volunteers.
- ◇ Call 768-8691





## DEPARTMENT ON AGING ENRICHMENT CLASSES - ONLINE

Let's Play Number Bingo 1 - 75

Paint Parties from Home!



### FLAMINGO BINGO

Zoom from Home with Friends

Every Wednesday  
1:00 p.m.

Location: Zoom from home via computer or smartphone. No Internet? No problem. Call in and listen by PHONE.

Pre-Register and get the meeting ID  
768-8691 or LMeat@mijackson.org

- Bingo from home - FREE
- Create your own cards  
(play up to 4)  
or download from  
bingobaker.com
- Play Number Bingo 1 - 75
- 1:00 sign in & chat; 1:15  
the Games Begin!!
- Play four games and one  
overall
- Prizes! Winners pick up curbside by  
appointment. Cal 768-8691

B	I	N	G	O
8	20	40	50	65
4	26	31	46	64
14	25	Free!	53	67
15	30	33	52	74
13	19	35	60	68



### Paint Parties To Go

Instructor, Karen Olmos

Mondays at 1:00 p.m.  
May 10 & June 14

Location: Zoom from home via computer or smartphone. No Internet? No Problem. Call in and listen by phone.

Pre-Register and get the meeting ID  
768-8691 or email LMeat@mijackson.org

- Curbside Supply Pickup will be by  
appointment
- Free Supplies -  
project, paint and  
brushes for people  
60+
- \$10 supply donation  
for people under 60
- Class Size Limited to  
20 painters



### CHAIR YOGA

THURSDAY AFTERNOON

4:30 - 5:00 p.m.

Zoom YOGA - Free

May 20 & June 17

(Third Thursday Every Month)

Certified Instructor: Heather

Pre-Register for meeting ID  
Call 768-8691 or email  
LMeat@mijackson.org



### Sea Shell Jar with Michelle

Thursday Morning, May 27

11:00 a.m. Zoom Class Free

Limit 10 Crafters

Free 60+,  
Donation under 60

Sign Up! Call 768-8691 or  
Email LMeat@mijackson.org

Supplies Provided: Jar, Paint, Brush,  
Shells or Sand Dollar, Burlap, Twine





## TAI CHI CLASS ONLINE MONDAY & FRIDAY

Time: 12 pm - 1 pm  
Instructor: Ken, YMCA

**Pre-Register:**  
Get your Zoom meeting ID  
Call 768-8691 or email  
LMead@mijackson.org

No Internet? No Problem!  
Call in and listen via phone.

Tai Chi is an ancient martial art practiced primarily for its health benefits. Tai Chi's focus is on slow, fluid movements with the goal of improving flexibility, balance and core strength with the added benefits of fall prevention and reduction of stress. Scientific studies show that Tai Chi helps with chronic conditions such as arthritis, heart disease and diabetes.

### 2021 EXERCISE BREAK

May 31 Memorial Day  
July 4 Independence Day  
NO CLASS May 31 or July 5

Donations Welcome!  
1715 Lansing Avenue,  
Jackson, MI 49202

QUESTIONS? PLEASE CALL:  
Department on Aging  
768~8691



## ENHANCE FITNESS FROM HOME

**Zoom Class with Ken**  
**Monday, Wednesday, Friday**  
**10:30 am - 11:30 am**

**Pre-Register:** Get your Zoom meeting ID call  
768-8691 or email LMead@mijackson.org

No Internet? No Problem!  
Call in and listen via phone.

Enhance Fitness is a moderate-impact class with high-impact results! Simple, easy to learn movements that motivate individuals (particularly those with arthritis). More Energy! Better Balance! Increased Body Strength! Led by, YMCA Instructor Ken.

## What's Stopping You?

**Join Us!**



## COMPUTER QUESTIONS? ASK DR. BILL!

This informal zoom meeting with Dr. Bill, retired Baker College professor, is your chance to ask computer, zoom, technology and online questions. Every Tuesday at 1:00 p.m.

*"Yes. I was finally able to join Computer Help Hour, and it was fun and informative. Will definitely be joining more often." B.*

*"I found the class with Dr. Bill very beneficial. What a very patient man. A real professional. Thank you." P.*

Tuesdays at 1:00 Free Class Call 768-8691  
 LMeat@mijackson.org to register and get link.  
 No Internet? No Problem.  
 Call in and ask your questions by phone.  
 ON BREAK May 18 and May 25. No Class.



## MSU EXTENSION - MICHIGAN FRESH

### Discover Michigan FRESH Virtual Tour

Thursday, June 10 at 11 am - 12 pm

Friday, June 25 at 1:30 - 2:30 pm

#### Instructor: Angela

Navigate your farmers market; Using cash, card, tokens, Market FRESH coupons; Creative ways to preserve fresh items...

Call Laurie at 768-8691 to Register



## Social Time!

### Zoom Chats Thursdays 1:00

What: Social Chat Hour  
 LET'S Talk and Catch Up!

Get the Meeting ID  
 768-8691 or email  
 LMeat@mijackson.org  
 No Internet? No Problem.  
 Call in and talk by Phone.

## FOOT CLINIC

LOUIS WHITE, DPM  
**CALL 788-8251**

Dr. White will hold the podiatry clinics at his office until the Department on Aging is able to reopen to the public.

Dr. White will trim toenails and also treat callouses, ingrown toenails, corns, bursitis, and painful joints.

The Harmonica Club  
 May 18 at 10:30  
 See Page 3 for Details!



## Lindy's Shout Outs

Be Someone Who Makes  
 Someone Else Look  
 Forward To Tomorrow!



## DEPARTMENT ON AGING & COMMUNITY SUPPORT PROGRAMS

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

### DEPARTMENT ON AGING SERVICE HIGHLIGHT

#### Home Care Assistance

Jackson County Department on Aging's home care program can assist those 60 years of age and older who need help with routine house cleaning and/or bathing assistance.

The focus is to help seniors who do not have financial or support resources to help with homemaker or personal care needs. Program recipients are asked to give fair share donations for the services they receive.

Before services begin, a social worker contacts people in need of Home Care and schedules an in-home assessment. This is to identify needs of the household and discuss options. Periodic reassessments are performed to discuss any changes in a person's situation, and whether care plan adjustments are needed.

#### What participants are saying:

- ◇ *"Things that are hard for me to do, she is able to do them quickly."*
- ◇ *"Helps me to be less in pain, and it gets it done."*
- ◇ *"She does things I can't do."*

#### GetSetup.io

Learn How to Use Videoconferencing, Telemedicine and Other Technology.

The Michigan Department on Health and Human Services is providing a new service to help cope with COVID-19 social distancing.

Go to [GetSetup.io](https://getsetup.io) for more information!

### REGION 2 AREA AGENCY ON AGING

Online Workshops & Telephone Support

#### Cancer PATH: Thriving & Surviving

Tuesdays, July 13 - August 17 1:30 - 4:00 p.m.  
Martha York, LBSW, Community Education  
Region 2 AAA [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)  
Cancer PATH is an interactive workshop designed to help individuals with any kind of cancer improve their health and feel better. This program helps survivors cope with concerns, thoughts and health conditions that accompany a cancer diagnosis. Get on the PATH to better health! Call 517-592-1974

CHRONIC PAIN Call 517-592-1974

Tuesdays, May 4 - June 8 at 1:30 - 4:00 pm

Matter of Balance Call 833-262-2200

Tuesdays, May 11 - July 6 at 1:00 pm

Aging Mastery Call 833-262-2200

Mondays, June 7 - August 16 at 2 - 3:30 pm

DIABETES PATH Call 833-262-2200

Wednesdays, June 16 - July 28 at 1:30 pm

Confident Caregivers Call 989-358-4616

Tuesdays, June 22 - July 27 at 3 - 5 pm

Friendly Reassurance Program - COVID-19

Call 517-592-1974 [www.r2aaa.net](http://www.r2aaa.net)

### CORONAVIRUS INFORMATION

#### Center for Family Health COVID INFORMATION

COVID Hotline Number 517-748-5363

Monday - Friday 8 am to 9 pm & Sat/Sun 9 am to 6 pm

#### HENRY FORD HFAH COVID INFORMATION

Patient COVID Hotline Number 313-874-1055

•Monday - Friday 8 am to 5 pm & Sat. 8 am to 2 pm

Jackson County Health Department for up-to-date  
COVID-19 information at: [www.mijackson.org/hd](http://www.mijackson.org/hd)

# JACKSON COUNTY HEALTH DEPARTMENT CORONA VIRUS UPDATE

1715 Lansing Avenue, Jackson, MI | Health Department Recorded Vaccine Information 517-817-4469



## COVID-19 Vaccine NEWS

April 2021

### Am I eligible?

Vaccine eligibility has been based on priority groups established by the Michigan Department of Health and Human Services and the Centers for Disease Control



Beginning April 5, 2021 everyone 16 and older in the State of Michigan is eligible for a vaccine but we continue to focus on those at highest risk of severe complications and exposure to COVID.

### Who is giving vaccines?

Currently the following are providing vaccines in our area: Health Department, Henry Ford Allegiance Health, Center for Family Health, the following pharmacies: CVS, Grass Lake, Kroger, Meijer, Rite-Aid, Rose City, Sam's, Wal-Mart, and Weatherwax. Some physician offices will also be vaccinating patients. See [vaccinefinder.org](https://www.vaccinefinder.org) for information on how to get on the waiting list at different locations. Each provider has its own appointment scheduling process.



### How do I sign up?

At this time health department run clinics are being scheduled from information collected by phone or through our online vaccine interest survey. Call (517) 788-4420 and follow the prompts to leave your information or visit our webpage, [www.mijackson.org/hd](https://www.mijackson.org/hd) click on COVID VACCINE SIGNUP and fill out the online survey.

When vaccine is available, people who have pre-registered are contacted with instructions for scheduling an appointment time.

### Resources for information?



Information is available regarding the current status of the COVID Vaccine on the COVID Information Line at (517) 817-4469. You can also visit the Jackson County Health Department webpage at [www.mijackson.org/hd](https://www.mijackson.org/hd) or Facebook page.



(517)788-4420

[www.mijackson.org/hd](https://www.mijackson.org/hd)

DEDICATED to

*Creating Healthy Communities*



## ENRICHMENT ACTIVITY GROUPS

Staying Connected!! Call 768-8691 to find an activity you would like to join!

Crouch Senior Center WRITE YOUR LIFE Coralie Cederna Johnson, Instructor  
Read more stories on their FACEBOOK page, The Jackson Memoir Writers.

### AUNTIE EM AND TRIXIE *by Patricia Cochrane*

When I was growing up in Detroit, one of our neighbors was an elderly lady who lived alone with her dog Trixie. One day Trixie got away from her when she was trying to put her outside. A group of us kids decided to catch her dog for her. We chased Trixie up and down the block trying to catch her, but all of a sudden, she stopped dead in her tracks. Trixie didn't know any of us kids and, needless to say, she was not friendly towards us. The other kids were afraid of her but not me. But as I went to pick her up, BAM she nailed me, and split one of my fingers wide open. It was pretty ugly, but that was ok, because I'd caught the dog.

I was very proud of myself. Off I went carrying her back home to Auntie Em. In return I was rewarded with a nickel. Auntie Em then cleaned up my finger and gave me a piece of her home-made rhubarb pie (I can still smell and taste that pie in my head). Then, Auntie Em asked me if I would come by every day and take Trixie for a walk. Of course, I had no problem with that! Auntie Em offered to pay me, but I never accepted any money. Auntie Em and I became great friends after that!

Auntie Em lived in a huge house built in the 1800's. She had beautiful flower gardens and at different times of the year, when everything in her yard was in bloom, her yard was picture perfect. After she got to know me better, she took me on a tour of her home! In each bedroom there were a lot of antiques, handmade dolls with porcelain heads and handmade quilts, Lacey curtains on the windows, and dollies on the dressers and nightstands. Each room was a masterpiece. I was in awe, traveling back to her past when she shared her memories.

We became great friends, and she became my mentor. When I turned 13, I had my birthday party in Auntie Em's yard with my friends, and she made me a birthday cake and homemade ice cream. I always have happy memories when I think about Auntie Em and the wonderful times we spent together.

### GIFT CARD WINNERS!

February Activities \$5 Gift Card  
Enhance, Tai Chi, Computer,  
Flamingo Bingo & Chat  
**CONGRATS! Bill, Dennis,  
Peggy, Judy, Karen**



### Write Your Life Group



## COMMUNITY SUPPORT - THANK YOU!

### COUNTRY STITCHES, JACKSON

Thank you to Jackson Country Stitches and all the crafters who donated 300+ handmade placemats to the Meals on Wheels program. Placemats were distributed just before Easter.



### TWIRLZ DANCE STUDIO SPRINGPORT

Festive Characters! Thank you Easter Bunny & Leprechaun!



Some senior friends received Easter cup bouquets to brighten their day. Crafted by a talented, homebound senior. Thank you Julie & Candace!



### Crouch Senior Center Granny Squares

The Granny Square group, working from home, has already started the 2021 holiday lap blanket project. Lap blankets are given to homebound seniors during the holiday season.

#### Goal: 50 Lap Blankets

New Granny Square members are always welcome. Join this fun group! Call 768-8691

*"To the sweet ladies who crocheted my mother in law an afghan, thank you! I send greetings to each one!"*



JACKSON COUNTY  
*Michigan*



## SENIOR SAFETY

Danielle Pequet, LMSW

Keeping seniors informed about common scams and other senior issues.



Michigan Attorney General, Dana Nessel, urged Michigan residents to beware of scammers posing as law enforcement agencies or other companies demanding payment for warrants or services via gift card.

Recently, illegal robocalls have been reported detailing that bad actors are spoofing –falsifying the phone number that appears on your caller ID – local law enforcement phone numbers, and when answered, they may claim the victim’s name is on a package of drugs and money and/or there is a warrant out for their arrest. The scammer tells the victim to wire money and/or purchase gift cards. They are then instructed to provide the gift card numbers over the phone to take care of the warrant. Beware of scammers.

## MARKET 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 \$20.00 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 **\$1,986 for one person, or \$2,686 for couples.**

**Applications for the Project Fresh program will be completed over the phone**, starting **Tuesday, July 6.** Please call **(517) 768-8652** 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 by MSU Extension and included in your coupon package.**



### Roasted Asparagus Recipe



- Coat Asparagus with olive oil, salt, and pepper
- Cook on a sheet pan at 400 degrees F
- Broil for about 10 minutes, shaking the pan halfway through
- The tips should be browned and spear tender

*Jessica Gavin, Culinary Scientist*



**FOOD AND MEMORIES!**  
Send us your favorite recipe or cooking story!

LMead@mijackson.org



## NUTRITION NEWS

By Sarah Chapel, RDN, CDCES

### Small Changes to Better Health

Research shows that by making small, positive changes in different areas of your life- food choices, physical activity, sleep habits, and stress management- can lead to significantly better health outcomes.

People often make the mistake of setting big goals or changing several behaviors at once because they want big results. A better way to achieve big results is to set one small goal after another. As you accomplish each goal, you will build up your confidence and momentum, creating new healthier habits that fit well into your day-to-day life.

Behavior-change experts have discovered that the smaller and more detailed a goal is, the better your chances of following through. "I will stop eating junk food from now on" is an example of a goal that is too broad and unrealistic to be effective. Whereas "I will drink sparkling water instead of soda every afternoon this week" is more specific and achievable. Tracking behavior changes raises awareness and is consistently associated with more successful outcomes. You can simply track on a calendar, note pad or use an app on a smart phone or tablet.

Below are some examples of small behavior changes that can lead to big results. Try a couple (or come up with your own!) to make small steps to better health.

- ◇ Include at least ½ cup cooked vegetables each day with lunch and supper.
- ◇ Avoid eating at least three hours before bedtime.
- ◇ Eat one meal mindfully, without distractions each day.
- ◇ Get at least seven hours of sleep each night.
- ◇ Write down three things you are grateful for each morning.
- ◇ Include a serving of fruit each morning at breakfast.
- ◇ Read for pleasure for at least 20 minutes before bed.
- ◇ Walk for 15 minutes each day after lunch.
- ◇ Replace cookies or other desserts with fruit at least 3 times a week.
- ◇ Take three deep breaths before responding to a request.
- ◇ Call two friends each week to stay socially connected.
- ◇ Take medications as prescribed each day.
- ◇ Listen to relaxing music for 10 minutes a day.





Baked Chicken Spaghetti



Home Style Meatloaf



Turkey Ham Pasta Salad

For Information on CSFP and TEFAP food distribution,

Please Contact:  
Community Action at  
877-422-2726  
[www.caascm.org](http://www.caascm.org)

See if you are an income-qualifying senior and find a distribution site near you.

#### REOPENING INFO

Listen to the following stations for reopening information:

Radio - FM 96.7, FM 105.3 AM 970  
TV - WLNS-TV6 Lansing WILX-TV10

## DEPARTMENT ON AGING

### COVID-19 and Older Adult Services

Throughout the Coronavirus pandemic, Department on Aging staff have been supporting seniors by providing meals they may eat at home. When programs return to normal, we will notify local media to let you know when senior centers and nutrition sites reopen. Until then, the Department on Aging team wishes you well during this health pandemic.

For information about **Meals on Wheels** delivered to someone's home who is age 60 and better or **Meals To Go - Curbside**, please call the Department on Aging at 788-4364.



- Egg & Sausage Rounds with Country Gravy
- Pasta Rotini with Meat Sauce
- Salisbury Steak with Mushroom Gravy
- Beef Rotini
- Cheezy Tuna Casserole
- Beef Pepper Patty
- Chicken Fajita with Peppers and Rice
- Chicken Florentine
- Chicken Pasty with gravy
- Chicken Nuggets
- Hamburger Stew
- Chicken Stuffing Casserole
- Beef Ribbette
- Taco Casserole
- Mac & Cheese
- Crispy Chicken Breast
- Western Beef Steak Patty
- Chicken Cordon Bleu Alfredo
- Grilled Chicken with Pepper Strips
- Egg Scramble with Baby Spinach
- Baked Chicken Spaghetti
- Home Style Meatloaf
- Turkey Ham Pasta Salad
- Stewed Chicken



CALL  
768-1661  
FOR A  
RECORDED  
MEALS ON  
WHEELS  
MENU  
UPDATED  
EVERY  
FRIDAY!

## OUR GATHERING PLACES

Sites Currently Closed due to COVID. Call 768-8652 for Curbside Meals.

### IT'S MORE THAN JUST LUNCH!

When we reopen, you are invited to lunch at one of our Gathering Places. Whether you bring your friends or come on your own, you will enjoy the camaraderie and friendships every time you eat lunch at one of our sites throughout Jackson County. A hot, nutritious meal is served at noon; come early to enjoy many exciting activities and enrichment programs. Call 768-8691 for more information.

#### Join a site when we reopen!

**Crouch Senior Center**  
1715 Lansing Ave  
*Mon. through Fri.*  
9:00 a.m. - 4:00 p.m.

**King Recreation  
Center Food with  
Friends Site**  
1107 Adrian St.  
*Mon. through Fri.*  
10:30 a.m. - 1:30 p.m.

**Spring Arbor**  
122 Star St.  
*Mon. through Fri.*  
9:45 a.m. - 1:45 p.m.

**Norvell  
Township Hall**  
106 E. Commercial  
*Mon., Wed., & Fri.*  
10:30 a.m. - 1:30 p.m.

**Napoleon  
Township Hall (M-50)**  
6755 Brooklyn Rd.  
*Tues. & Thurs.*  
10:30 a.m. - 1:30 p.m.

**Grass Lake Senior  
Center Food with  
Friends Site**  
373 Lakeside Dr.  
*Tues. through Fri.*  
Call 522-8466 for Time

**Michigan Center  
St. Aidan's Church**  
361 Grove St.  
*Mon., Wed., & Fri.*  
10:30 - 2:30 p.m.

**Park Forest**  
3300 Spirea Ct.  
*Mon. through Fri.*  
10:30 a.m. - 1:30 p.m.

**MEALS ON WHEELS  
MEALS TO GO  
AVAILABLE NOW  
PLEASE CALL 768-8684  
FOR MEAL INFORMATION**



### Fruit Tarts, MSUE Compliments of Angela

- 6 slices whole wheat sandwich bread
- 4 ounces low-fat cream cheese, room temp.
- 1<sup>1/2</sup> Tablespoons skim milk
- 2 Tablespoons honey
- 1/4 teaspoon vanilla
- 2 cups cut-up fresh fruit

#### **In Advance:**

1. Remove cream cheese from refrigerator and allow to warm to room temperature on counter top.

#### **Preparation:**

2. Preheat oven to 350°F.
3. Slice crust off bread. Flatten with a rolling pin or the bottom of a heavy skillet to about 1/8-inch thick. Place on a baking sheet and bake until crisp, about 10 minutes. Let cool for 5 minutes.
4. While the bread is baking, in a small bowl, mix together cream cheese and milk with a fork until smooth. Stir in honey and vanilla.
5. Spread a generous Tablespoon of cream cheese mixture on each piece of cooled bread. Arrange about 1/3 cup of fruit on top of each tart.



# SPRING ARBOR SENIORS

122 Star Street, Spring Arbor, MI | Site Currently Closed Due To COVID. Call 768-8652 for Meals To Go

Please call  
768-8691  
for reopen  
information.

**JOIN!!!**  
Meals To Go,  
Curbside  
Events,  
Activity Fun!



CRAFTS!!



EXERCISE!!



TREATS!!

## Crossword Puzzle

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19				20	21				
			22		23	24		25			26	27
28	29	30			31		32			33		
34				35						36		
37				38					39			
40			41			42		43				
		44			45			46		47	48	49
50	51				52	53	54			55		
56					57					58		
59					60					61		

### DOWN

- 1 Service tree fruit
- 2 Surrender
- 3 Adjective-forming (suf.)
- 4 Clown
- 5 Luzon people
- 6 Hubbub
- 7 Outer (pref.)
- 8 Forward
- 9 Pent
- 10 Sea eagle
- 11 Antiaircraft artillery (abbr.)
- 19 Possessive pronoun
- 21 Slender
- 23 Dutch cheese
- 24 Honor
- 26 Mascagni heroine
- 27 Blue-pencil
- 28 Grape syrup
- 29 Pointed arch
- 30 Sard (2 words)
- 32 Donkey
- 35 Sexual assault
- 39 Donkey (Fr.)
- 41 Bid
- 43 Acquiesce
- 45 S. Afr. language
- 47 You (Ger.)
- 48 Wound crust
- 49 Pueblo Indian
- 50 Alabama (abbr.)
- 51 Half-boot
- 53 Sheep's cry
- 54 Internat'l Red Cross (abbr.)

### ACROSS

- 1 School course (abbr.)
- 4 Gem
- 8 Scientific name (suf.)
- 12 Office of Economic Development (abbr.)
- 13 Of the ear
- 14 Book of hours
- 15 Recommended daily allowance (abbr.)
- 16 Gr. philosopher
- 17 Sicilian resort
- 18 Disprove
- 20 Norwegian king
- 22 Journey
- 25 Rom. official
- 28 Divination by lots (Lat.)
- 31 Czarist Russ. council
- 33 East of Eden country
- 34 Mature
- 35 Radium emanation
- 36 Yale student
- 37 Foot (pref.)
- 38 Berserk
- 39 Malay law
- 40 Gr. author
- 42 John. Irish
- 44 Waste allowance
- 46 Alluvial deposit
- 50 Foolless
- 52 Indian red powder
- 55 Fiddler crab genus
- 56 Bowling alley
- 57 Berne's river
- 58 Dismiss from a job
- 59 Maple genus
- 60 Flavor
- 61 Television channel

## Answers

S	C	I		J	A	D	E		A	C	E	A
O	E	C		O	T	I	C		H	O	R	A
R	D	A		K	A	N	T		E	N	N	A
B	E	L	I	E				O	L	A	F	
				T	R	E	K		E	D	I	L
S	O	R	S		D	U	M	A		N	O	D
A	G	E		R	A	D	O	N		E	L	I
P	E	D		A	M	O	K		A	D	A	T
A	E	S	O	P		S	E	A	N			
				T	R	E	T		G	E	E	S
A	P	O	D		A	B	I	R		U	C	A
L	A	N	E		A	A	R	E		C	A	N
A	C	E	R		L	A	C	E		H	B	O

**ACTIVITIES****MONDAY**

10:30 Enhance Fitness Zoom  
12:00 Tai Chi Zoom

May 10 Paint Parties at 1:00  
Jun 14 Paint Parties at 1:00

Closed May 31 Memorial Day  
No Classes

**TUESDAY**

1:00 Computer Help Hour Zoom

Curbside Entertainment Specials  
10:30 am - 11:30 am  
May 4 Mothers Day Music  
May 18 Memorial Day Music  
Jun 15 Fathers Day Music  
Jun 29 Summer! Music

**WEDNESDAY**

10:30 Enhance Fitness Zoom  
1:00 Flamingo Bingo Zoom

**THURSDAY**

1:00 Zoom Chats

May 20 4:30 Chair YOGA Zoom  
May 27 11:00 Craft Special Zoom  
Jun 10 11:00 MSUE Zoom  
Jun 17 4:30 Chair YOGA Zoom

**FRIDAY**

10:30 Enhance Fitness Zoom  
12:00 Tai Chi Zoom

May 7 Parking Lot Party Lunch 12  
Jump Start Band 12:30 - 1:30  
Jun 4 Parking Lot Party Lunch 12  
French Quarter Band 12:30 - 1:15

Jun 25 1:30 MSUE Zoom

**CROUCH SENIOR CENTER & SITES MISS YOU!****Sudoku**

*Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.*

5						6		
				9				
							9	
6	8		3		9	5	1	
	4			1		2		
	1		4					6
		6	5		1	9		
2	5			4			8	
		4			2	1		

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DIFFICULTY: ★★☆☆

Answers — call 768-8691 or email [LMeat@mijackson.org](mailto:LMeat@mijackson.org)

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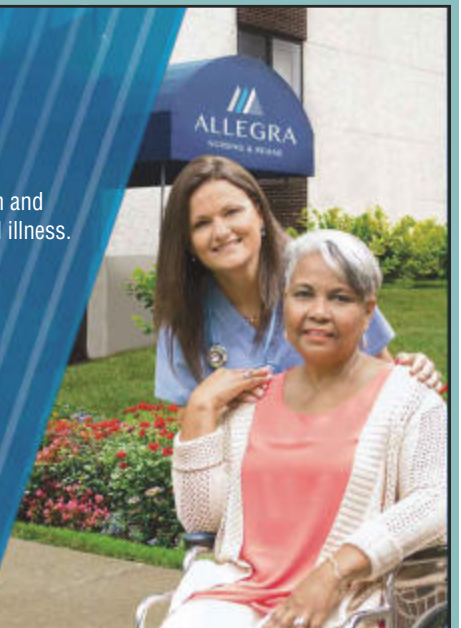
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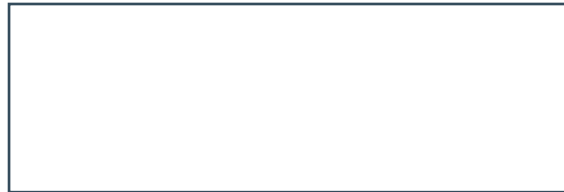




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#### Caregiver Information & Assistance and

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Jennifer Guthrie, In-Home Services Coordinator

#### Caregiver Support

Lisa Brand, Caregiver Support Coordinator

#### Chore & Home Services Outreach

Lora Stacey, Support 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

