

# SENIOR CIRCUIT

May/June 2023 Issue | Volume 18, Issue 3

## JACKSON COUNTY DEPARTMENT ON AGING



*Senior Centers and Sites*  
517-788-4364

MAY | JUN ISSUE

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### A BIG THANK YOU...

*Soup's On for Seniors* is a campaign to raise money for Meals on Wheels. The 2023 campaign raised \$24,224 ! We want to thank those who attended the event, donated items for the silent auction and the businesses who donated.

### Silver Sponsors



**Dillon & Associates, Inc.**



**GERDAU** Jackson



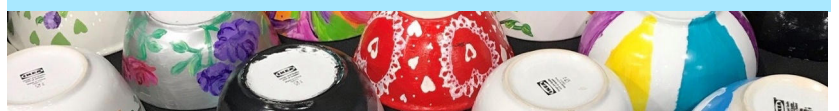
Airport Road

### Bronze Sponsors

Alvin L. Glick Foundation, Inc.  
Emmons Service, Inc.  
R.W. Mercer Co.  
TAC Manufacturing

### Soup Supporters

American 1 Credit Union  
Chalgian & Tripp Law Offices  
South Central Credit Union  
Thome Pace  
Vista Grande Villa



## Computer Help

with Dr. Bill

**Tuesdays 1 pm - 2 pm**

Location: Computer Lab  
No Appointment Needed

Need help with your phone?  
Laptop? Ipad? Bring your  
questions to Bill!

## WORKSHOPS & SPECIALS

*See pages 10 & 13*

Flamingo, Flabingo Special  
Hosted by: TOPS  
Wednesday, May 31 at 10 am

New! Academic Lectures  
June 5 Topic: Peace Corps

SMILES ON WHEELS  
June 26, Norvell; June 28,  
Crouch; June 30, Park Forest

Spark Your  
Imagination!  
CRAFT & ART  
Classes!



Flamingo Bingo  
Penny Bingo  
Quarter Bingo  
Euchre  
Bridge, Cards  
Karaoke  
*See Page 7*

Daily Exercise  
New! Cardio  
Drumming  
*See Page 12*



JACKSON COUNTY  
*Michigan*

# CLASSES/ACTIVITIES AT CROUCH

Please Register for Classes (517) 768-8691 Email: [LMead@mijackson.org](mailto:LMead@mijackson.org)

## POOL ROOM OPEN

Mon - Fri 9 am to 4 pm

## POOL GAMES

Mondays at 9:00 am  
Play Pool Together as a Group!  
Facilitator: Elsie

## BIBLE STUDY

Mondays at 10:30 am  
Facilitator: Pastor Ed

## CROUCH WRITERS

1st & 3rd Mondays at 1:00 pm  
Instructor: Frances

## PAINT PARTIES TO GO

Mondays, May 15 & June 19  
*Free for people 60+ First 25 that sign up.*  
*(\$10 donation for all others)*  
Must Sign Up! 768-8691  
Instructor: Karen Olmos

## CRAFT & CHAT AT 1 PM

Mondays, May 22 & June 26  
*Sign Up! 768-8691 Free!*  
Instructor: Michelle or Karen

## HOSPICE QUILTERS

Tuesdays at 10:00 am  
Facilitator: Karen

## JAM SESSION

Every Tuesday Following Lunch  
Musicians and Listeners Welcome!

## WOODCARVING CLUB

Tuesdays at 1:00 pm  
Facilitator: Bob

## CARD MAKING CLASS

1, 2, 3 Wednesdays 9:30 am  
*\$5.00 Supply Donation; Sign Up!*  
Instructors: Bev & Dorian

## GRANNY SQUARES

Wednesday at 1:00 Facilitator: Barb

## KARAOKE

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

## TIMESLIPS, JDL

4th Wednesday at 10 am  
Memory Loss & Creative Engagement  
Instructor: Anne de Irala,  
Jackson District Library

## GREEN THUMB MSUE MG

3rd Thursday Every Month 10 am  
May - Tomato Buckets. Sign Up!  
June - Courtyard Clean Up  
Facilitators: Marla, Donna, Ed, Darold

## POOL 8-BALL GAMES

Thursdays at 9 am  
Play Pool Together as a Group!

## JERRY & LARRY JAM

Country & Gospel Music  
Thursdays at 1:00 Facilitator: Jerry

## ACRYLIC PAINT CLASS

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

## ROCK N ROLLERS WII BOWLING LEAGUE

Fridays at 10 am Facilitator: Sue

## NEXT FOOT CARE CLINIC

Friday, August 11  
Call 768-8691 Appointment  
Dr. White will trim toenails, treat  
callouses... See Page 10 for Details

## SQUARE DANCERS

1st Friday of the Month at 1:30  
Call 768-8691 for information.  
Facilitator: Vicki

## LOW VISION BLIND CLUB

3rd Friday of the Month - Some Off  
Site Meetings. Call 768-8691  
Facilitator: David





## FIESTA Dinner Dance - May 4

Thursday, May 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: 768-8691

Enrichment: 768-8691



### May Menu

Mexican Stuffed Peppers  
Chips & Salsa  
Spanish Rice  
Mixed Fruit  
Key Lime Cakes

### LIVE BAND

May 4 - The Ramblers

*No June/July Dance*

August 3 - The Ramblers



### MAY & JUNE MUSIC SPECIALS & CELEBRATIONS CROUCH SENIOR CENTER

#### CELEBRATING MOM'S DAY!

Friday, May 12

12:30 to 1:30 pm

Steve Berkemeier

#### HAPPY MEMORIAL DAY

Friday, May 26

12:30 to 1:30 pm

Harmonica Club

#### DAD JOKES ARE FUNNY!

Friday, June 16

12:30 to 1:30 pm

Tim Farrell

#### VOLUNTEER LUNCHEON

Friday, June 23

10:45 to 1:00 pm

Karen Kidder & Tricia

See Page 15 for Details

#### SWEET SUMMER SOUNDS

Friday, June 30

12:30 to 1:30 pm

Two Hearts Cooper & Rielle

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**  
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.

## LUNCH RESERVATIONS

Please call one day in advance to make your lunch reservations.

(517) 768-8684


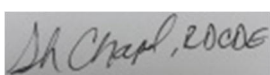
Suggested donation for guests 60 and older - \$2.50; Cost for guests under 60 - \$3.50





# SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>- 1 -</b> Chicken w/Cheese Sauce & Olives Mashed Potatoes Normandy Blend Roll Fresh Fruit & Milk	<b>- 2 -</b> Swedish Meatballs over Rice Baby Carrots Green Beans Fresh Fruit Milk	<b>- 3 -</b> Goulash Mixed Veggies Cauliflower Fresh Fruit Milk Cookie	<b>- 4 -</b> Vegetable Lasagna Beets Hot Spiced Apples Milk <b>DINNER DANCE 5 - 9</b>	<b>- 5 -</b> Beef Pot Roast Baby Bakers California Blend Roll Fresh Fruit Milk Dessert
<b>- 8 -</b> Beef Pepper Patty Mashed Potatoes Peas & Pearl Onions Fresh Fruit Roll Milk	<b>- 9 -</b> Smothered Chicken Tater Tot Casserole Brussels Sprouts Roll Fresh Fruit Milk	<b>- 10 -</b> Spaghetti & Meatballs Italian Blend Veggies Green Peas Fresh Fruit Milk Cookie	<b>- 11 -</b> Brat & Sauerkraut Carrots Hot Spiced Peaches Roll Milk	<b>- 12 -</b> Tuna Noodle Casserole California Blend Green Beans Fresh Fruit Milk & Dessert
<b>- 15 -</b> Egg Scramble Au Gratin Potatoes Broccoli Orange Juice Muffin Milk	<b>- 16 -</b> Chicken Cordon Bleu Sweet Potato Casserole Brussels Sprouts Roll Fresh Fruit Milk	<b>- 17 -</b> Meat Lasagna Italian Blend Veggies Peas & Carrots Fresh Fruit Milk Cookie	<b>- 18 -</b> Scalloped Potatoes w/ Ham Mixed Veggies Hot Spiced Peaches Milk	<b>- 19 -</b> Cheeseburger Macaroni & Cheese Mixed Veggies Fresh Fruit Milk Dessert
<b>- 22 -</b> Chicken & Peppers Corn & Black Bean Fiesta Re-Fried Beans Flour Shell & Taco Sauce Fresh Fruit & Milk	<b>- 23 -</b> Fish Sandwich Macaroni & Cheese Stewed Tomatoes Fresh Fruit Milk	<b>- 24 -</b> Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies Roll, Applesauce Cup Milk & Cookie	<b>- 25 -</b> Cheesy Shells w/ Chicken & Peas Broccoli Hot Spiced Apples Fresh Fruit Milk	<b>- 26 -</b> Homestyle Meatloaf Mashed Potatoes Normandy Blend Veggies Roll, Fresh Fruit Milk & Dessert
<b>- 29 -</b> <b>CLOSED</b> 	<b>- 30 -</b> Salisbury Steak Mashed Potatoes Mixed Vegetables Roll Fresh Fruit Milk	<b>- 31 -</b> Sweet & Sour Meatballs over Rice Stir Fry Vegetables Diced Beets Fresh Fruit Milk	Menus certified by: Sarah Chapel Registered Dietician 	<b>May 4 Dinner Dance Menu</b> Mexican Stuffed Peppers Chips & Salsa Spanish Rice Mixed Fruit Key Lime Cakes

## CROUCH WRITERS

- 1st & 2nd Monday
- 1:00 pm
- Poems, Short Stories, Memoirs, Journaling....

## JDL TIMESLIPS

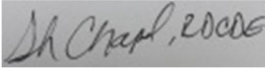
- 4th Wednesday Month
- 10 am
- **DEMENTIA, MEMORY LOSS**
- Creative Engagement

## CARDIO DRUMMING

- **NEW!** Starts Friday, May 12
- 1:30 pm 2, 3, 4, 5 Fridays!
- **MUST SIGN UP! 768-8691**
- Instructor: Paul
- (No class 1st Friday of month)

# SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MENU Volunteer Luncheon - June 23</b> Beef Ravioli w/ Bolognese Sauce Italian Blend Veggies Antipasto Salad Garlic Bread Stick Grapes & Dessert		Menus certified by: Sarah Chapel Registered Dietician 	<b>- 1 -</b> Chicken ala King over Biscuit Mashed Potatoes Hot Spiced Apples Milk	<b>- 2 -</b> Macaroni & Cheese Brussels Sprouts Diced Beets Fresh Fruit Milk Dessert
<b>- 5 -</b> Beef Penne Pasta Country Green Beans Diced Carrots Fresh Fruit Milk	<b>- 6 -</b> Turkey and Gravy Mashed Potatoes Mixed Veggies Fresh Fruit Roll Milk	<b>- 7 -</b> BBQ Pork on WW Bun Scalloped Potatoes Green Peas w/Pearl Onions Applesauce Cup Milk & Cookie	<b>- 8 -</b> Chicken Florentine over Rice Zucchini & Tomatoes Hot Strawberries & Pears Milk	<b>- 9 -</b> Western Meatloaf Baby Baker Potatoes California Blend Roll Fresh Fruit Milk Dessert
<b>- 12 -</b> Beef Hot Dog Macaroni & Cheese Broccoli Fresh Fruit Milk	<b>- 13 -</b> Stuffed Cabbage Mashed Potatoes Peas & Carrots Fresh Fruit Milk	<b>- 14 -</b> Sweet & Sour Meatballs over Rice Brussels Sprouts Carrot Coin Fresh Fruit Milk & Cookie	<b>- 15 -</b> Wiley Potato California Blend Hot Spiced Apples Roll Milk	<b>- 16 -</b> Broccoli, Chicken & Rice Diced Beets Country Green Beans Fresh Fruit Milk & Dessert
<b>- 19 -</b> Chicken Drumstick Mashed Potatoes Mixed Vegetables Fresh Fruit Roll Milk	<b>- 20 -</b> Egg, Bacon & Cheese Scramble Zucchini & Tomatoes Au Gratin Potatoes Muffin Milk	<b>- 21 -</b> Fish Sandwich Tater Tot Casserole Peas & Carrots Fresh Fruit Milk Cookie	<b>- 22 -</b> Stuffed Pepper Mashed Potatoes Hot Spiced Peaches Roll Milk	<b>- 23 -</b> <b>ALL SITES CLOSED</b> Everyone Invited <b>Volunteer Luncheon</b> Crouch Senior Center, Room 005 Call 768-8691 Details!
<b>- 26 -</b> Beef Ribette on WW Bun Tater Tot Casserole Peas & Pearl Onions Applesauce Cup Milk	<b>- 27 -</b> Swedish Meatballs over Rice Brussels Sprouts Mixed Veggies Fresh Fruit Milk	<b>- 28 -</b> Crispy Chicken w/ Country Gravy Mashed Potatoes Normandy Blend Roll Fresh Fruit Milk & Cookie	<b>- 29 -</b> Brat & Sauerkraut Red Potato Hot Spiced Apples Roll Milk	<b>- 30 -</b> Beef Pepper Patty Baby Baker Potatoes Baby Carrots Roll Fresh Fruit Milk Dessert

## VOLUNTEER LUNCHEON

- All Sites Invited - Volunteers and those that love Volunteers
- Friday, June 23 at 10:45 am

*Details on Page 15*

## SMILES ON WHEELS

- Norvell, Monday, June 26 10:30
- Crouch, Wednesday, June 28
- Park Forest, Friday, June 30

*Details on Page 10*

## FIND YOUR FIT! EXERCISE

- Fit After 50 Crouch & Spring Arbor
- Enhance Fitness & Line Dance
- Moving For Better Balance

*Details on Page 12*

## JAMS & KARAOKE

Crouch Dining Room

### CROUCH JAM SESSION TUESDAYS AT 1 PM

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

### KARAOKE

#### 4TH WEDNESDAY AT 1 PM

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

### COUNTRY GOSPEL JAM THURSDAYS AT 1 PM

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



## BINGO BINGO BINGO

Crouch Dining Room

### PENNY BINGO

1, 3, 5 Wednesday at 1:00  
Bring your own pennies in lieu of tokens. Whoever bingos gets all of the pennies played.

### FLAMINGO BINGO

Free 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)!

## EUCHRE TOURNAMENTS, CARDS AND GAMES

PLEASE CALL 768-8691 for Game Information

Location	Game	Day	Time
Crouch	9 Ball Pool Games	Mondays	9:00 am
Crouch	Wii Bowl Games	Mondays	1:00 pm
Crouch	Euchre Tourney	Thursdays	1:00 pm
Crouch	8 Ball Pool Games	Thursdays	9:00 am
Crouch	Wii Bowl League	Fridays	10:00 am
Crouch	Bridge	Fridays	1:00 pm
King Center	Four Corners	M - F	10:30 am
Michigan Center	Euchre	M/W/F	12:30 pm
Napoleon	Euchre/Bingo/ Wii Bowling	T/TH	10:30 am
Norvell	Euchre/Bingo	M W F	10:30 am
Spring Arbor	OPEN!!!	Call for Info	768-8691

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

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

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

# MAY 2023 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
<b>- 1 -</b> 8:30 Fit 50 Exercise 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 Crouch Writers	<b>- 2 -</b> 10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	<b>- 3 -</b> 8:30 Fit 50 Exercise 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 PENNY BINGO 1:00 Granny Squares	<b>- 4 -</b> 9:00 Pool Games 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class <b>5-9 DINNER DANCE</b>	<b>- 5 -</b> 8:30 Fit 50 Exercise 10:00 Quarter Bingo 10:00 Wii Bowl LEAGUE 10:30 Exercise 1:00 Bridge Club 1:30 Square Dancers New Members Welcome!
<b>- 8 -</b> 8:30 Fit 50 Exercise 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 Flamingo Bingo	<b>- 9 -</b> 10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	<b>- 10 -</b> 8:30 Fit 50 Exercise 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 Flamingo Bingo 1:00 Granny Squares	<b>- 11 -</b> 9:00 Pool Games 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 12 -</b> 8:30 Fit 50 Exercise 10:00 Quarter Bingo 10:00 Wii Bowl LEAGUE 10:30 Exercise 12:30 MUSIC SPECIAL 1:00 Bridge Club 1:30 Cardio Drumming
<b>- 15 -</b> 8:30 Fit 50 Exercise 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 Crouch Writers 1:00 Paint Party	<b>- 16 -</b> 10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	<b>- 17 -</b> 8:30 Fit 50 Exercise 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 PENNY BINGO 1:00 Granny Squares	<b>- 18 -</b> 9:00 Pool Games 10:00 Green Thumb 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 19 -</b> 8:30 Fit 50 Exercise 10:00 Quarter Bingo 10:00 Wii Bowl League 10:30 Exercise 1:00 Bridge Club 1:00 Low Vision 1:30 Cardio Drumming
<b>- 22 -</b> 8:30 Fit 50 Exercise 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 CRAFT N CHAT w/Michelle	<b>- 23 -</b> 10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	<b>- 24 -</b> 8:30 Fit 50 Exercise 10:00 JDL TimeSlips 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 KARAOKE 1:00 Granny Squares	<b>- 25 -</b> 9:00 Pool Games 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 26 -</b> 8:30 Fit 50 Exercise 10:00 Quarter Bingo 10:00 Wii Bowl League 10:30 Exercise 12:30 MUSIC SPECIAL 1:00 Bridge Club 1:30 Cardio Drumming
<b>- 29 -</b> <b>CLOSED</b> 	<b>- 30 -</b> 10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	<b>- 31 -</b> 8:30 Fit 50 Exercise 10:00 FLABINGO 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 PENNY BINGO 1:00 Granny Squares	 <b>MAY 22 CRAFT! Wreath SIGN UP!</b>	<b>CARDIO DRUMMING MUST SIGN UP!</b> Class Size Limited 2, 3, 4, 5 Fridays at 1:30 Facilitator: Paul Call 768-8691
<b>KING CENTER</b> Open! M - F <b>MICHIGAN CENTER</b> M/W/F EUCHRE!!!!		<b>PARK FOREST</b> M - F Lunch & Conversation <b>NAPOLEON</b> T/TH Euchre, Bingo		<b>NORVELL</b> M/W/F EUCHRE, BINGO <b>GRASS LAKE SENIOR CENTER</b> Activities 522-8466



# JUNE 2023 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
		<b>CARDIO DRUMMING MUST SIGN UP! Class Size Limited</b>  2, 3, 4, 5 Fridays at 1:30 Facilitator: Paul Call 768-8691	<b>- 1 -</b> 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 2 -</b> 8:30 Fit After 50 10:00 Quarter Bingo 10:00 Wii Bowl League 10:30 Exercise 1:00 Bridge Club 1:30 Square Dancers
<b>- 5 -</b> 8:30 Fit After 50 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 Crouch Writers 2:00 Academic Lecture Peace Corps	<b>- 6 -</b> 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	<b>- 7 -</b> 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 Penny Bingo 1:00 Granny Squares	<b>- 8 -</b> 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 9 -</b> 8:30 Fit 50 10:00 Quarter Bingo 10:00 Wii Bowl League 10:30 Exercise 1:00 Bridge Club 1:30 Cardio Drum
<b>- 12 -</b> 8:30 Fit After 50 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 FLAMINGO BINGO	<b>- 13 -</b> 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	<b>- 14 -</b> 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 Flamingo Bingo 1:00 Granny Squares	<b>- 15 -</b> 9:00 Pool Challenge 10:00 Green Thumb 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 16 -</b> 8:30 Fit 50 10:00 Quarter Bingo 10:00 Wii Bowl League 10:30 Exercise 12:30 MUSIC SPECIAL 1:00 Bridge Club 1:00 Low Vision Club 1:30 Cardio Drum
<b>- 19 -</b> 8:30 Fit After 50 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 Crouch Writers 1:00 Paint Party	<b>- 20 -</b> 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	<b>- 21 -</b> 8:30 Fit After 50 9:00 Card Class 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 Penny Bingo 1:00 Granny Squares	<b>- 22 -</b> 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 23 -</b> 10:45 - 1:00 VOLUNTEER LUNCHEON, ROOM 005 Everyone Invited. Must Sign Up! 768-8691
<b>- 26 -</b> 8:30 Fit After 50 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 CRAFT N CHAT with Karen/Rhonda	<b>- 27 -</b> 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	<b>- 28 -</b> 8:30 Fit After 50 10:00 JDL: TimeSlips 10:30 Exercise 10:30 SMILES ON WHEELS 12:15 Line Dance 1:15 Adv Line Dance 1:00 KARAOKE 1:00 Granny Squares	<b>- 29 -</b> 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	<b>- 30 -</b> 8:30 Fit 50 10:00 Quarter Bingo 10:00 Wii Bowl League 10:30 Exercise 12:30 MUSIC SPECIAL 1:00 Bridge Club 1:30 Cardio Drum
<b>KING CENTER</b> Open! M - F <b>MICHIGAN CENTER</b> Euchre - M/W/F <b>GRASS LAKE CALL 522-8466</b>	<b>NAPOLEON</b> T/TH Euchre, Bingo, Wii Bowling!  <b>PARK FOREST</b> Lunch & Conversation SMILES ON WHEELS June 30, 10:30 am		<b>NORVELL</b> M/W/F 11:00 Euchre/Bingo/Penny Auction/Parties! <b>SMILES ON WHEELS</b> June 26 at 10:30 am	

## JACKSON DISTRICT LIBRARY

**PRESENTS: TimeSlips Creative Storytelling at Crouch**

**Wednesday, May 24 & June 28 at 10:00 - 11:00 am**

**TimeSlips.** Bringing meaning & purpose into the lives of elders through creative engagement. As our bodies and minds change with age, people ask – “How can I connect with my mom? My friends? My neighbor?” TimeSlips says try imagination...

**What is Meaningful and Creative Engagement?**  
Do you know someone who is isolated or perhaps wrestling with dementia? You want to engage but don't know how? Folks in early to moderate stages of memory loss can even participate!

Facilitator: Anne de Irala,  
Jackson District Library

Please Register: [517-768-8691](tel:517-768-8691)  
[LMead@mijackson.org](mailto:LMead@mijackson.org)



## CROUCH ACADEMIC LECTURES

**MONDAY, JUNE 5 - PEACE CORPS EXPERIENCES**

**TIME: 2:00 pm**

**LOCATION: Crouch Senior Center Dining Room**

**TOPIC: My Experiences in the Peace Corps**

**GUEST SPEAKER: Jerome Krakowiak**

Spend the afternoon enjoying a cup of coffee, tea or hot chocolate as Jerome kicks off the Crouch Academic Lectures by sharing his experiences in the PEACE CORPS.

No registration needed. Just show up.  
Call 768-8691 for more information  
Crouch Academic Lectures  
1st Monday of the month Starting June 5

Come early for lunch served at 12 noon.  
**Lunch Reservations:**  
Call 768-8684 at least one day in advance.



## SMILES ON WHEELS

**Call 768-8691 for More Details**

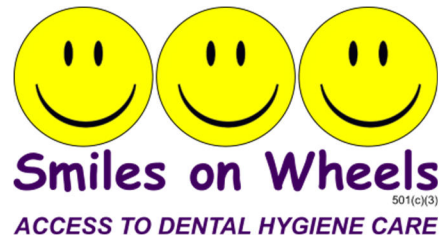
### SMILES ON WHEELS JUNE SCHEDULE

**Monday, June 26 at 10:30 - 1:00**  
Norvell Senior Lunch Site!

**Wednesday, June 28 at 10:30 - 1:00**  
Crouch Senior Center

**Friday, June 30 at 10:30 - 1:00**  
Park Forest Senior Lunch Site

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



## FOOT CARE CLINIC, AUG. 11

**Crouch Senior Center | 768-8691**

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

Co-pays billed to patients. No insurance? Nail care and callouses \$40.

Bring your Insurance Cards, Driver's License or ID, Medication & Allergy list.

Please call 768-8691 to make an appointment!

## SPRING ARBOR SENIOR SITE - LUNCH AND EXERCISE!

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

### Spring Arbor Senior Site at JDL

10:00 am to 1:30 pm

### Hot Lunch Monday - Friday



12:00 noon

Please make a lunch reservation at least one day in advance.

CALL 517-768-8684

Located in the newly renovated,  
JACKSON DISTRICT LIBRARY, SPRING ARBOR BRANCH  
122 STAR ROAD, SPRING ARBOR



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:15 Fit After 50	Open at 10 am!	10:15 Fit After 50	10:15 Line Dance	10:15 Fit After 50
12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch
Closed May 29 Memorial Day	May 16 - Meet in Lobby 10 - 11 am Room Available at 11 12:45 Every Tuesday JDL Quilters			Closed June 23 Volunteer Luncheon See Page 15
12:00 - 1:00 1st Monday of the Month JDL Book Club				

## REGION 2 AAA - WELLWISE SERVICES

WellWise Services (517) 592-1974

WellWise Services offer many workshops and classes including: PATH, Workplace PATH, Aging Mastery Program, CHRONIC PAIN, Powerful Tools for Caregivers, A Matter of Balance, and more!!

Call 517-592-1974 for information on classes and workshops offered by WellWise.



## 2023 OLDER AMERICANS MONTH

Aging Unbound



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is *Aging Unbound*, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging — and how we all benefit when older adults remain engaged, independent, and included.

More Information at: <https://acl.gov/oam/2023/older-americans-month-2023>



## DONATIONS

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

**EXERCISE HOLIDAY BREAKS**  
**MONDAY, MAY 29**  
**MEMORIAL DAY**  
**NO CLASSES.**  
**BUILDING CLOSED.**

**FRIDAY, JUNE 23**  
**VOLUNTEER LUNCHEON**  
**NO EXERCISE. ALL SITES**  
**CLOSED.**  
**EVERYONE INVITED!**

**FRIDAY AFTERNOONS!**  
**Crouch Activities**

**1st FRIDAY of the Month**  
**1:30 Square Dancers**  
*Dance or Watch!*  
*Call 768-8691 for Information*

**2nd, 3rd, 4th, 5th FRIDAYS**  
**CARDIO DRUMMING**  
**May & June 1:30 - 2:30**

**Facilitator:**  
**Paul**

**MUST SIGN**  
**UP! 768-8691**  
*Class Size Limited*



## Crouch Sports Find Your Fit

Pool Games with Friends  
Wii Bowling Games  
Corn Hole  
Shuffle Board  
Square Dancers  
Call 768-8691 for Details

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



## EXERCISE CLASSES CROUCH SENIOR CENTER

Call 768-8691 or email [LMeat@mijackson.org](mailto: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/F 10:30 am - 11:30 am  
The Enhance Fitness class is a moderate-impact class with high-impact results. The class uses simple, easy to learn movements that motivate individuals (particularly those with arthritis) to stay active. More Energy! Better Balance! Increased Body Strength!  
Certified YMCA Instructor: Ken

### MOVING FOR BETTER BALANCE EXERCISE

Crouch Senior Center Room 005  
T/TH 10:30 am - 11:30 am  
Improve balance, muscle strength, flexibility, mobility and memory. This class uses the principles and movements of Tai Chi.  
Certified YMCA Instructor: Suzy

### LINE DANCE

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

### ADVANCED LINE DANCE

Crouch Senior Center Room 005  
Wednesdays - Sept thru May  
1:15 pm - 2:15 pm  
Advanced Line Dance Fun!  
Volunteer Instructor: Micki

**SPRING ARBOR CALL 768-8691**

### SPRING ARBOR SITE FIT AFTER 50 AT SPRING ARBOR

M/W/F 10:15 am - 11:15 am  
This exhilarating class includes full-body stretching and non-jarring, low impact exercises to promote increased heart and breathing rates.  
Certified YMCA Instructor: Suzy

### LINE DANCE AT SPRING ARBOR

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

## WEDNESDAY, MAY 31 AT 10 AM FLA "BINGO"

Happiness is Yelling Fla"BINGO"!!

**FREE FLAMINGO BINGO**  
 Wednesday, May 31 at 10 am  
**CROUCH SENIOR CENTER DINING ROOM**  
 Snacks & Prizes Provided by TOP

Lunch at Noon. Reservations: 768-8684  
 Bingo Sponsored By Top (Teen Outreach Program)



**SHOP! CRAFT CORNER**  
 Crouch Senior Center  
 Monday - Thursday 10 - 2 pm

**CRAFT CORNER SALE!!!**  
 Stop by the Craft Corner for  
 their special 1/2 Off Sale on  
 Select Items!  
**TUESDAY - baked good treats!**

## SENIOR VOLUNTEER OF YEAR NOMINATIONS

### Jackson County Senior Volunteer of the Year 2023 Nominations

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

Honorees will be invited to attend the award ceremony on Senior Day at the Jackson County Fair. August 7, 2023.

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

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

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

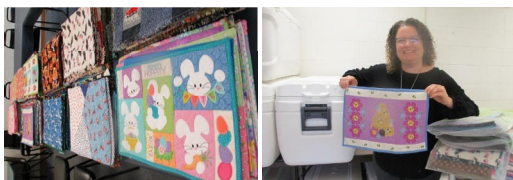
**Nominations must be received by June 16, 2023.** Submit nomination forms and any newspaper clippings, or letter of support, etc. to: **Jackson County Department on Aging, Senior Volunteer Nomination, 1715 Lansing Ave., Jackson, MI 49202**

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

## THANK YOU COUNTRY STITCHES!

Thank you Jackson Country Stitches and crafters for donating 388 handmade placemats to the Meals On Wheels nutrition program.

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



### 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

### Cooking For One

Preparing your own meals can help you take charge of your health. Today, more and more of us live alone. As a single person, finding the motivation to cook for yourself can be challenging and coming up with meal ideas for one person can seem like a chore.

Eating out or throwing a frozen dinner in the microwave can seem like a much easier option. Eating convenience foods on a regular basis can take a toll on your physical and mental health.

Fast food and TV dinners tend to be low in nutrition and high in unhealthy fats, sugar, sodium, and calories. Often, for less money and only a little more time, you can create healthier, better tasting meals yourself. The key to cooking for one is to master a few basic skills, stock up on essential ingredients, and create meals that work for you.

#### Benefits of cooking for one

Cooking for yourself gives you greater control over the ingredients in your meals, helping to cut down on additives and calories often loaded into convenience foods. Improving your diet with simple, healthy home-cooked meals can also help lower your risk for serious illness, boost your energy, sharpen your mind, help manage your weight and improve how you manage stress.

#### Getting started

**Think outside the box.** Dinner does not have to be a traditional meal of protein, starch, and vegetables. A breakfast of omelet, cheese, and veggies can also work as a healthy evening meal.

**Keep it simple.** A microwaved baked potato, filled with cheese or canned tuna, and served with steamed vegetables or a salad, makes a healthy, balanced meal that is ready in minutes.

**Stock up on staples.** With just a few staple ingredients, you will be able to whip up a healthy meal quickly and easily. These include items such as canned tomatoes, beans, and tuna, frozen fruit and vegetables, dried herbs and spices, nuts, oil, vinegar, bouillon cubes, pasta, rice, and flour.

**Look for shortcuts.** Buy pre-chopped and washed vegetables and salads can save time on meal prep and cleanup.

**Cook once, eat multiple times.** Cook larger meals and freeze leftovers in single portions to eat another time.

**Prepare meals without cooking.** Make a meal out of raw veggies, fruit add a no-cook protein like yogurt, cottage cheese, canned beans, tuna, or chicken.

**Cook your main protein once a week.** By slow cooking meat on the weekend, you can use the leftover meat to quickly create different dishes during the week. Add the meat to a soup or salad or slice it in sandwiches.

**Reinvent leftovers.** If you do not want to eat the same meal a second time, having leftovers can be a great starting place for your next meal. Left over chicken can be transformed into chicken salad and served in a wrap with your favorite veggies. Or it can be chopped and added to a salad with tomato, cheese, salsa and avocado.

**You do not have to be perfect.** Do not feel that you have to start by making every meal at home in order to reap the health benefits. Cooking for yourself is a habit that develops over time. Preparing home-cooked meals just a few times a week can improve how well you think and feel and encourage you to cook more often.





## VOLUNTEER LUNCHEON... WE LOVE OUR VOLUNTEERS TO PIECES!

Department on Aging Volunteers - You are the pieces that make a difference!

### DEPARTMENT ON AGING VOLUNTEER LUNCHEON



Friday, June 23

10:45 am - 1:00 pm

11 am - 1 pm Entertainment

- ♦ Karen Kidder & Tricia. Karen performs with the band Alibi, and sings everything from musicals, cabarets, a mix of classic rock and Top 40 hits.

12 pm Congregate Lunch

### Jackson County Department on Aging

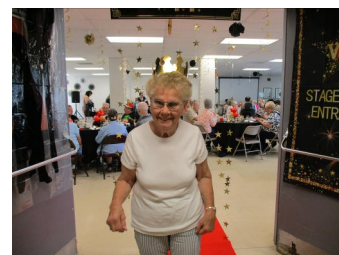
1715 Lansing Avenue, Jackson

Health Department GROUND FLOOR, Room 005

Park In Lot A

Everyone is invited - Volunteers and those that love Volunteers! Make Your Lunch Reservations by Friday, June 16. Call 768-8691

On The Menu: Ravioli w/Bolognese Sauce, Italian Blend Veggies, Antipasto Salad, Garlic Bread Stick, Grapes  
Dessert: Italian Lemon Cake



Jackson County Department on Aging  
Volunteers...

**We All Fit Together!**

**Thank You For Helping Complete Our Puzzle.**





## SENIOR SAFETY

Leslie Krantz, LBSW  
Keeping seniors informed about common scams and other senior issues.



At least **two separate** phone scam operations have been targeting Jackson County residents in the past few weeks, police said.

Deputies from the Jackson County Sheriff's Office have received several reports recently of a scam caller posing as a sergeant from their department asking for payments in cash, gift cards or cryptocurrency, police said.

A slightly different scam was brought to police attention. An unknown person has been calling Jackson County residents and claiming they had missed court date or jury duty and if they don't send money immediately they will be arrested by a deputy, police said.



**The sheriff's office reminds residents that it will never contact citizens telling them they have warrants, or ask for payment over the phone.**

Police are urging residents to not fall for either of these scams.

*This information was taken from an article on MLive dated March 14, 2023*

## SENIOR PROJECT FRESH MARKET FRESH

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

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

The program is open to seniors, 60 years of age or older, with a total monthly household income less than **\$2,247.75 for one person, or \$3,040.16 for couples.**

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

Starting **Wednesday, July 5th!**

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.**

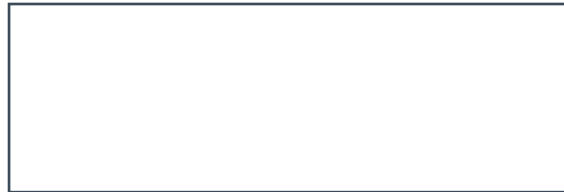




# Friends of Jackson Seniors

1715 Lansing Avenue  
Jackson, MI 49202-2193

Non-Profit Org.  
U.S. Postage  
PAID  
Jackson, MI  
Permit No. 294  
Return Service  
Requested



## JACKSON COUNTY

### Department on Aging Staff

#### Director

Danielle Pequet

#### Deputy Director

Leslie Krantz

#### Alzheimer's Respite & Counseling

Valerie Harris-Callahan

#### Caregiver Information & Assistance and Meals on Wheels & Home Care-New Clients

Jennifer Guthrie, In-Home Services Coordinator

#### Caregiver Support

Lisa Brand, Caregiver Support Coordinator

#### Chore & Home Services Outreach

Lora Stacey, Social Worker

#### Home Care Services—Current Clients

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

### JULY 2023

GARDEN PARTY | July - Date To Be Announced  
Green Thumb Summer Party, Music, Games....

### JULY 2023

SENIOR PROJECT FRESH | July 5  
Project Fresh Coupons - Details on Page 16

### AUGUST 2023

LUAU DINNER DANCE | AUGUST 3  
Live Band - The Ramblers

### AUGUST 2023

SENIOR OF THE YEAR AWARDS | AUGUST 7  
Ceremony at the Jackson County Fair

