

SENIOR CIRCUIT

November/December 2021 Issue | Volume 16, Issue 6

JACKSON COUNTY DEPARTMENT ON AGING



Senior Centers and Sites
517-788-4364

NOV | DEC ISSUE

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ABC SISTERS
FRIDAY, DECEMBER 10
12:30 PM
CROUCH SENIOR CENTER
Presented by Jackson District Library On the Road





COMPUTER & TECHNOLOGY HELP HOUR

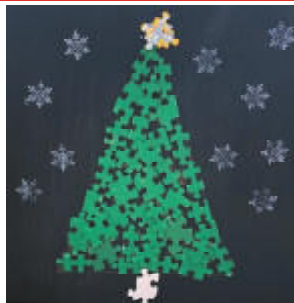
Crouch Senior Center
Computer Lab or Zoom

TUESDAYS AT 1:00

This informal program with Dr. Bill, retired Baker College professor, is your chance to ask questions and get some answers! Computer, Technology, Zoom, Cell phones, I-pads, Laptops....

- Stop by the Computer Lab Tuesdays at 1:00
- Or join Bill via Zoom Tuesdays at 1:00
- Call 768-8691 or LMeat@mijackson.org for Zoom Link

QUARTER BINGO
FRIDAYS TIME CHANGE!!!!
10:00 at CROUCH



SIGN UP!

NOV 15
CRAFT

SIGN UP!



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
Monday at 9 am

PAINT PARTIES TO GO SIGN UP REQUIRED

Monday, December 6 at 1:00 pm
Multipurpose Room
Free Class 60+
Under 60 \$10 supply donation
Class Limit: 20
Instructor: Karen Olmos

BIBLE STUDY

Monday 10:30 am
Room 140 with Pastor Ed

HOSPICE QUILTERS & CROUCH QUILTERS

Tuesdays at 10:00 am
Multipurpose Room - Crouch

JAM SESSION

Tuesdays Following Lunch
Dining Room - Crouch

WOODCARVING CLASS

Tuesdays at 1:00 pm - Crouch
Learn the art of Woodcarving!

CARD CLASS (SIGN UP)

1st & 3rd Wed at 9:30 am w/Bev
2nd Wed at 9:30 am w/Dorian
Make beautiful, homemade *cards* using fancy paper and rubber stamps. This class is for everyone and is always fun! You will learn card making techniques and make 2 - 3 special cards to take home.
Class Limit: 12
\$5.00 Supply Donation
Instructors: Bev & Dorian

JDL ON THE ROAD FUN!
See Page Fifteen

GRANNY SQUARES

Wednesdays at 1:00 pm
Multipurpose Room - Crouch
Crocheting, Knitting, Projects

HOLIDAY CRAFTS

Nov. 15, Monday at 1 pm
Christmas Tree Puzzle Canvas
Multipurpose Room
Free 60+; *\$5 donation under 60*
Instructor: Michelle
December - See Page 15 for JDL
On the Road Craft Specials!

GREEN THUMB MSUE MG

Crouch Senior Center
Thursday, Nov 18 at 10 am
Thursday, Dec. 16 at 10 am
Thursday, Jan. 20 at 10 am
Fairy Gardens PROJECT!!
Facilitators: Marla, Ed, Darold

POOL ROOM OPEN

Mon - Fri 9 am to 4 pm
8-Ball Pool Challenge
Thursday at 9 am

FOOT CARE CLINIC

Friday, December 10 at Crouch Podiatry Clinic. 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 Insurance Cards, Driver's License or ID, Medication & Allergy list. Please call 788-4364 for an appointment.

WRITE YOUR LIFE

Meeting Via Email and FB The Jackson Memoir Writers Page
Instructor: Coralie Cederna Johnson

EUCHRE, GAMES, BINGO
See Page Seven



DECEMBER 2 - HOLIDAY DINNER DANCE - THE RAMBLERS BAND

Thursday, December 2

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

Dinner Menu

Chicken Cordon
Bleu

Redskin Mashed
Potatoes

Baby Carrots

Dinner Roll

Fruit Mix

Milk

Dessert



Entertainment:
Dec 2 - The Ramblers

NOVEMBER ENTERTAINMENT SPECIALS AT CROUCH!

STEVENS PUPPETS

Monday, Nov. 1

1 pm

Wizard of Oz

at Crouch See Page 15



VETERANS DAY

Weds., Nov. 10

11 am

Honoring Our
Veterans



- Cooper Young Music
- Jim Kulas, Taps & America the Beautiful
- Bring Your Service Memorabilia

THANKSGIVING

Wednesday,
Nov., 24

- 10 am
Deck The Halls
- 11 am
Holiday Music Special
Steve Berkemeier



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

December Specials
See Page 11

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, but 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 through 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 am - 1:30 pm

Napoleon Site
Township Hall (M-50)
6755 Brooklyn Rd.
Tues & Thurs
10:30 am - 1:30 pm

Spring Arbor Seniors
122 Star St.
Mon - Fri
10:30 am - 1:30 pm
CALL 768-8684 for Lunch Reservations!

King Recreation Center Food with Friends Site
Call for Reopen Information

Grass Lake Senior Center Food with Friends Site
Call for Reopen Information

Norvell
Call for Reopen Information

LUNCH RESERVATIONS
Please call one day in advance to make your lunch reservations.
(517) 768-8684

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

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(517) 768-8684

Suggested donation for guests 60 and older - \$2.50

Cost for guests under 60 - \$3.50



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.








Inclement Weather Reminder
When Jackson Public Schools are closed due to severe weather, nutrition sites will be closed and Meals on Wheels will not be delivered. Please listen to the following stations for closing announcements:

Radio – FM 96.7, FM 105.3 & AM 970

TV – WLNS-TV6, Lansing & WILX-TV10

SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- 1 - Salisbury Steak Mashed Potatoes California Blend Roll & Margarine Fresh Fruit Milk	- 2 - Chicken Breast w/ Mushroom Gravy Au Gratin Potatoes Succotash Fresh Fruit Roll/Margarine, Milk	- 3 - Goulash Mixed Veggies Green Beans Fresh Fruit Milk Cookie	- 4 - Vegetable Lasagna Broccoli Hot Spiced Apples Milk	- 5 - Tuna Noodle Casserole Brussel Sprouts Baby Carrots Fresh Fruit Milk & Dessert
- 8 - Chicken Cordon Bleu Mashed Sweet Potatoes California Blend Veg Roll/Margarine Fresh Fruit, Milk	- 9 - Beef Pasty w/Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Milk	- 10 - Pork Chop Suey over Rice Stir Fry Vegetables Hot ABC Fruit Fresh Fruit, Milk Cookie	- 11 - ALL SITES CLOSED 	- 12 - Stuffed Cabbage Mashed Potatoes Hot ABC Fruit Roll/Margarine Milk Dessert
- 15 - Fish Sandwich Macaroni & Cheese Coleslaw Fresh Fruit Milk	- 16 - Broccoli, Chicken & Rice Diced Beets 5-way Mixed Veggies Fresh Fruit Milk	- 17 - Spaghetti & Meatballs Garlic & Herb Broccoli Carrot Coins Fresh Fruit Milk Cookie	- 18 - Beef Pot Roast Brussel Sprouts Hot Strawberries & Pears Roll/Margarine Milk	- 19 - Chicken Drumsticks Au Gratin Potatoes Green Beans Roll/Margarine Fresh Fruit Milk & Dessert
- 22 - Chicken Fajitas Corn & Black Bean Fiesta Re-Fried Beans Flour Shell & Taco Sauce & Milk	- 23 - Meat Lasagna Winter Veggie Blend Carrots Fresh Fruit Milk	- 24 - Turkey & Gravy w/ Stuffing Mashed Potatoes 5-way Mixed Veggies Roll Cranberry Apples Milk & Cookie	- 25 - ALL SITES CLOSED 	- 26 - ALL SITES CLOSED 
- 29 - Beef Ribette on WW Bun Scalloped Potatoes Mixed Vegetables Applesauce Cup Milk	- 30 - Swedish Meatballs over Rice Brussel Sprouts Carrot coins Fresh Fruit Milk			Menus certified by: Sarah Chapel Registered Dietician 

PENNY BINGO
1, 3, 5 WEDNESDAYS
1:00 Crouch Dining Room

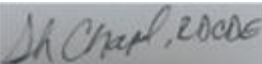


Bring Your Own Pennies!

FLAMINGO BINGO
2nd Wednesday Monthly
2nd Monday Monthly
1:00 Crouch Dining Room
Free Bingo!!
Win donated prizes when
available.

CRAFTS WITH MICHELLE
NOV 15, MON AT 1:00 PM
CHRISTMAS TREE PUZZLE CANVAS
FREE 60+ (\$5 DONATION UNDER 60)
Must Sign Up. Class limit: 12
Call 768-8691
LMeat@mijackson.org

SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8694

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menus certified by: Sarah Chapel Registered Dietician</p> 	<p>DINNER DANCE MENU</p> <p>Chicken Cordon Bleu Redskin Mashed Potatoes Baby Carrots Dinner Roll Fruit Mix Milk & Dessert</p>	<p>- 1 -</p> <p>Beer Battered Cod Macaroni & Cheese Broccoli Roll Fresh Fruit Milk & Cookie</p>	<p>- 2 -</p> <p>Stuffed Pepper Mashed Potatoes Hot Spiced Peaches Roll & Milk</p> <p>DINNER DANCE 5 - 9</p>	<p>- 3 -</p> <p>Scalloped Potatoes w/ Turkey Ham Broccoli Diced Beets Roll & Fresh Fruit Milk & Dessert</p>
<p>- 6 -</p> <p>Beef Pepper Patty Mashed Potatoes Green Beans Roll Fresh Fruit Milk</p>	<p>- 7 -</p> <p>Crispy Chicken w/ Gravy Au Gratin Potatoes Mixed Vegetables Fresh Fruit Roll Milk</p>	<p>- 8 -</p> <p>Meatloaf Mashed Potatoes Baby Carrots Fresh Fruit Roll Milk Cookie</p>	<p>- 9 -</p> <p>Chicken Florentine over Rice Zucchini & Tomatoes Hot Spiced Peaches Milk</p>	<p>- 10 -</p> <p>BBQ Pork on WW Bun Scalloped Potatoes Green Peas w/Pearl Onions Applesauce Cup Milk & Dessert</p>
<p>- 13 -</p> <p>Chicken Pasty w/ Gravy Mashed Potatoes Peas & Carrots Fresh Fruit Milk</p>	<p>- 14 -</p> <p>Beef Hot Dog w/diced Onions Macaroni & Cheese Broccoli Fresh Fruit Milk</p>	<p>- 15 -</p> <p>Sweet & Sour Meatballs over Rice Brussel Sprouts Carrot Coins Fresh Fruit Milk & Cookie</p>	<p>- 16 -</p> <p>Wiley Potato California Blend Hot Spiced Apples Roll Milk</p>	<p>- 17 -</p> <p>Egg, Bacon & Cheese Scramble Zucchini & Tomatoes Au Gratin Potatoes Muffin Milk & Dessert</p>
<p>- 20 -</p> <p>Kielbasa & Sauerkraut Baby Carrots Red Potato Roll Fresh Fruit Milk</p>	<p>- 21 -</p> <p>Turkey and Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Roll Milk</p>	<p>- 22 -</p> <p>Glazed Ham w/ Pineapple Sweet Potato Casserole Green Bean Casserole Fruit, Roll, Milk, Cookie</p>	<p>- 23 -</p> <p>ALL SITES CLOSED</p> 	<p>- 24 -</p> <p>ALL SITES CLOSED</p> 
<p>- 27 -</p> <p>Chicken Drumstick Mashed Potatoes Mixed Vegetables Fresh Fruit Roll & Milk</p>	<p>- 28 -</p> <p>Fish Sandwich Scalloped Potatoes Brussel Sprouts Fresh Fruit Milk</p>	<p>- 29 -</p> <p>Meat Lasagna Broccoli Peas & Carrots Fresh Fruit Milk Cookie</p>	<p>- 30 -</p> <p>Chicken ala King over Biscuit Mashed Potatoes Hot Spiced Apples Milk</p>	<p>- 31 -</p> <p>Macaroni & Cheese California Blend Green Beans w/ Turkey Ham Fresh Fruit Milk & Dessert</p>

CARD MAKING CLASSES

BEV & DORIAN 1, 2 & 3 WED

9:30 - 11:30 Crouch Senior Center
\$5.00 donation for supplies
Must Sign Up. Class limit: 12
Call 768-8691 or Email
LMead@mijackson.org

GREEN THUMB GARDENS!

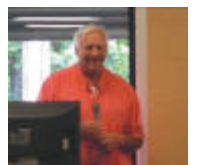
NOV 18 & DEC 16 & JAN 20

THURSDAY, 10 AM
Fairy Gardens
Facilitators: MSUE
Master Gardeners
Marla, Ed & Darold



KARAOKE

4th Wednesday
1:00 Dining Room
Norma plays the
backup music, you
sing the words
onscreen!



BINGO

Crouch Dining Room & Zoom

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)! **NOTE TIME CHANGE!**

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 788-4364 FOR REOPEN STATUS AT SITES!!

Location	Game	Day	Time
Crouch	Bridge Club	Fridays	1:00 pm
Crouch	Euchre Tourney	Thursdays	1:00 pm
Crouch	Pinochle/Games	Fridays	1:00 pm
King Center	Four Corners	WHEN OPEN	10:30 am
Michigan Center	Euchre	M/W/F	12:30 pm
Napoleon	Cards	T/TH	10:30 am
Norvell	Cards	WHEN OPEN	10:30 am
Spring Arbor	Game Day	Call for Info!	Call for Info!

CALL
788-4364
FOR
CURRENT
REOPEN
INFO
Euchre Needs
Table & Chair
Volunteers!





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.

NOVEMBER 2021 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 Enhance 1:00 Stevens Puppets Wizard of Oz JDL Road	- 2 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarvers 1:30 Jam	- 3 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Enhance 12:15 Line Dance 1:00 Granny Squares 1:00 Penny BINGO	- 4 - 9:00 Pool Challenge 10:30 Exercise 1:00 Euchre	- 5 - 10:00 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games 1:00 CFO MSUE
- 8 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Enhance 1:00 Flamingo BINGO	- 9 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarvers 1:30 Jam	- 10 - 8:30 Fit After 50 9:30 Card Class Dori 10:30 Enhance 11:00 Veterans Special Cooper Young 12:15 Line Dance 1:00 Granny Squares 1:00 Flamingo BINGO	- 11 - All Sites Closed 	- 12 - 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games
- 15 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Enhance 1:00 Craft w Michelle	- 16 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarvers 1:30 Jam	- 17 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Enhance 12:15 Line Dance 1:00 Granny Squares 1:00 Penny BINGO	- 18 - 9:00 Pool Challenge 10:00 Green Thumb 10:30 Exercise 1:00 Euchre	- 19 - 10:00 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games
- 22 - 8:30 Exercise Break 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise Break 1:00 History of Jackson with Sue JDL Road	- 23 - 10:00 Quilters 10:30 Exercise Break 1:00 Computer Help 1:00 Woodcarvers 1:30 Jam	- 24 - EXERCISE ON BREAK 10:00 Deck The Halls 11:00 Holiday Music Steve Berkemeier 1:00 Granny Squares 1:00 KARAOKE	- 25 - All Sites Closed 	- 26 - All Sites Closed 
- 29 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Enhance	- 30 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarvers 1:30 Jam	 		

KING CENTER
Call for Reopen Status

MICHIGAN CENTER
Euchre

NAPOLEON
Coffee, Cards & Conversation

NORVELL
Call for Reopen Status

PARK FOREST
Lunch & Conversation!

GRASS LAKE SENIOR CENTER
Call 522-8466 for activities.

SPRING ARBOR SENIORS
See Page 10

ALL SITES CLOSED
VETERANS DAY &
THANKSGIVING
HOLIDAYS

DECEMBER 2021 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 9:30 Card Class Bev 10:30 Enhance 12:15 Line Dance 1:00 Granny Squares 1:00 Penny Bingo	- 2 - 9:00 Pool Challenge 10:30 Exercise 1:00 Euchre DINNER DANCE 5 - 9 The Ramblers Band	- 3 - 10:00 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games
- 6 - 8:30 Fit After 50 9:00 9 Ball Pool 10:30 Bible Study 10:30 Enhance 1:00 Paint Party	- 7 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarving 1:30 Jam Session	- 8 - 8:30 Fit After 50 9:30 Card Class Dori 10:30 Enhance 12:15 Line Dance 1:00 Granny Squares 1:00 Flamingo Bingo	- 9 - 9:00 Pool Challenge 10:30 Exercise 1:00 Euchre	- 10 - 10:00 Quarter Bingo 10:30 Enhance 12:30 ABC SISTERS JDL on Road 1:00 Bridge Club 1:00 Pinochle/Games FOOT CLINIC
- 13 - 8:30 Fit After 50 9:00 9 Ball Pool 10-12:30 Lunch, Santa Cookies 10:45 Lee Piper Music 10:30 Bible Study 10:30 Enhance 1:00 Flamingo Bingo	- 14 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Computer Help 1:30 Jam Session	- 15 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Enhance 12:15 Line Dance 1:00 Granny Squares 1:00 Penny Bingo	- 16 - 9:00 Pool Challenge 10:00 Green Thumb 10:30 Exercise 1:00 Euchre	- 17 - 10:00 Quarter Bingo 10:30 Enhance 12:30 Marcy's Beads Part 1 JDL on Road 1:00 Bridge Club 1:00 Pinochle/Games
- 20 - 8:30 Exercise BREAK 9:00 9 Ball Pool 10:30 Bible Study 10:30 Exercise BREAK 1:00 Marcy's Beads Part 2 JDL on Road	- 21 - 10:00 Quilters 10:30 Exercise BREAK 1:00 Woodcarving 1:00 Computer Help 1:30 Jam Session	- 22 - Exercise on BREAK 9:30 Marcy's Beads JDL on Road New Project! 11:00 Holiday Music Cooper Young 1:00 Granny Squares 1:00 KARAOKE	- 23 - ALL SITES CLOSED MERRY CHRISTMAS	- 24 - ALL SITES CLOSED MERRY CHRISTMAS
- 27 - 8:30 Exercise BREAK 9:00 9 Ball Pool 10:30 Bible Study 10:30 Exercise BREAK	- 28 - 10:00 Quilters 10:30 Exercise BREAK 1:00 Woodcarving 1:00 Computer Help 1:30 Jam Session	- 29 - 8:30 Exercise BREAK 10:30 Exercise BREAK 12:15 Line Dance Break 1:00 Granny Squares 1:00 Penny Bingo	- 30 - 9:00 Pool Challenge 10:30 Exercise BREAK 1:00 Euchre	- 31 - 10:00 Quarter Bingo 10:30 Enhance 12:00 New Year Toast 12:30 PARTY French Quarter Band 1:00 Bridge

KING CENTER

Call for Reopen Status

MICHIGAN CENTER

Euchre

NAPOLEON

Coffee, Cards & Conversation

NORVELL

Call for Reopen Status

PARK FOREST

Lunch & Conversation

SPRING ARBOR SENIORS

See Page 10

GRASS LAKE SENIOR CENTER

Call 517-522-8466 for Activities

ALL SITES CLOSED
December 23 & 24
Christmas Holiday

SPRING ARBOR SENIORS - LUNCH RESERVATIONS 768-8684

122 Star Street, Spring Arbor, MI | Enrichment 768-8691 for Spring Arbor Senior Activity Updates


SPRING ARBOR MEAL SITE IS OPEN

Join us for lunch at Noon
Monday - Friday at Spring Arbor
 Enjoy a hot, nutritious lunch!

Meal Reservations 768-8684
 Call at least one day in advance.



All Sites Closed:
 Nov 11 in Honor of Veterans Day
 Nov 25 & 26 Happy Thanksgiving
 Dec 23 & 24 Merry Christmas

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:15 Fit After 50 YMCA Instructor Exercise Holiday Breaks. No Class. Thanksgiving Week Dec 20 thru Jan 3	Activity Updates 768-8691	10:15 Fit After 50 YMCA Instructor Exercise Holiday Breaks. No Class. Thanksgiving Week Dec 20 thru Jan 3	10:30 Line Dance Volunteer Instructor Please check with instructor for Holiday Breaks!	

For more information on Spring Arbor Seniors
 Visit the site Monday through Friday 10:30 am to 1:30 pm.
 Jackson County Department on Aging, Enrichment, 517-768-8691 LMeat@mijackson.org

REGION 2 AAA ON-LINE WORKSHOPS CALL 517-592-1974

To Sign Up for Region 2 AAA Workshops Please Call 517-592-1974 or email livingwellprograms@r2aaa.net

ON-LINE MATTER OF BALANCE WORKSHOP

Monday Afternoons, November 1 - December 27, 2021 at 2 pm - 4 pm

- Matter of Balance is an 8-session workshop designed to improve BALANCE
- Register at 833-262-2200 or email wellnessprograms@aaa1b.org



AGING MASTERY PROGRAM: Creating Confident Caregivers, A 6-week on-line workshop

Wednesday Afternoons, November 3 - December 15, 2021 at 1 pm - 3 pm

- An interactive workshop designed to help improve confidence for people taking care of someone at home with dementia or Alzheimer's. Learn how to manage or redirect challenging behavior...
- Register at 313- 397-8227

CHRONIC PAIN PATH: A 6 week on-line workshop using Zoom

Friday Afternoons, November 5 - December 17, 2021 at 1 pm

DIABETES PATH: Tuesdays, November 9 - December 14 at 10 am

- Register at 833-262-2200 or email wellnessprograms@aaa1b.org

More Workshops & Classes:
 Developing Dementia Dexterity
 Webinar
 Wednesdays, Dec 1, 8 & 16 at 1 pm
 Call 833-262-2200
livingwellprograms@r2aaa.net

LUNCH WITH SANTA AT CROUCH MONDAY, DECEMBER 13

Crouch Senior Center

Monday, December 13

10 am Cookie Decorating
 10:45 am Holiday Entertainment
 11:30 am SANTA
 11:55 am Twas The Night Before Christmas
 Story & Lunch Served at 12 noon

768-8684 Lunch Reservations

60+ \$2.50 suggested donation; under 60 cost \$3.50

768-8691 for more information



Join Santa for a classic holiday story, pictures with boys and girls of all ages, cookie decorating and entertainment. Lee Piper will make the day festive with holiday carols, music and a time that is sure to be jolly!

HAPPY NEW YEAR PARTY AT CROUCH FRIDAY, DECEMBER 31

2021
 Happy New Year

Crouch Senior Center

Friday, December 31

12 noon New Year Toast
 12 noon Lunch
 12:30 Entertainment
 French Quarter

768-8684 Lunch Reservations

60+ \$2.50 suggested donation;
 under 60 cost \$3.50



DONATIONS

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



2021 HOLIDAY EXERCISE BREAKS

All Sites Closed:
Nov 11 Veterans Day
Nov 25 & 26 Thanksgiving
Dec 23 & 24 Christmas
Jan 3 New Years

Exercise Classes are on Break
November 22 - 26
December 20 - January 3



MOVE-IT-MONDAYS

4th Monday of Month
Active Jackson FB Page

The Active Jackson Coalition FB page is featuring local, accessible and wheelchair friendly trails in Jackson County. They are also sharing exercise tips and demos.

Check this FB page out!



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 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 BETTER BALANCE

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

Back January, 2022
Volunteer Instructor: Micki



SPRING ARBOR SENIORS

122 STAR ROAD
SEE PAGE 10 FOR MORE INFO

FIT AFTER 50 AT SPRING ARBOR
M/W 10:15 am - 11:15 am
Certified YMCA Instructor: Lauren

BEGINNING LINE DANCE AT SPRING ARBOR

Thursday 10:30 am - 11:30 am
Volunteer Instructor: Mary Ann

GRANNY SQUARE HOLIDAY LAP BLANKETS

ONE HUNDRED HOLIDAY LAP BLANKETS



Thank You Granny Squares!

This talented group of Granny Square members lovingly made **100 Lap Blankets** for the 2021 Holiday Season.

The blankets are delivered to homebound seniors by Department on Aging Meals on Wheels drivers and Home Care workers. Happy Holidays!



SAVE THE DATE! SOUP'S ON MARCH 8, 2022

Soup's On for Seniors is a Friends of Jackson Seniors campaign to raise support for *Meals on Wheels* in Jackson County. Culmination of the campaign will be a celebration on **Tuesday, March 8, 2022**, at the American 1 Event Center, Keeley Park, 200 W. Ganson Street, Jackson.

Sample soups and bread from local restaurants while enjoying entertainment, a silent auction, beer and wine available for purchase.

The first 120 guests will receive a souvenir soup bowl!

For more information about Soup's On for Seniors go to

www.MealsOnWheels-JacksonMI.com,

or call the Jackson County Department on Aging at (517) 788-4364.

Support Meals on Wheels
Tuesday
March 18, 2022
5:30 - 7:30 p.m.
American 1 Event Center
Keeley Park



CRAFT CORNER

Crouch Senior Center

The Craft Corner IS OPEN !
Monday - Thursday 10 - 2 pm
OPEN FRIDAYS IN DECEMBER!

The Craft Corner gift shop is open to the public for your Holiday Shopping. Many items are handmade by seniors.

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



Inclement Weather Reminder
When Jackson Public Schools are closed **due to severe weather**, nutrition sites will be closed and Meals on Wheels will not be delivered. Please listen to the following stations for closing announcements:

Radio – FM 96.7, FM 105.3 & AM 970

TV – WLNS-TV6, Lansing & WILX-TV10

VOLUNTEER

MMAAP Counselors

Under the direction of the MMAAP coordinator, counsel people who have Medicare and Medicaid concerns. 788-4364.

Nutrition Site and Senior Center Volunteers! Euchre chair & table set up Thursday mornings. Call 768-8691 and volunteer!

MEDICARE SHOPPING SEASON OCT 15 - DEC 7

Each year from October 15 through December 7, Medicare beneficiaries have an opportunity to evaluate and make changes in their Medicare coverage. This may include enrolling in a prescription drug plan or health plan for the new calendar year (2022). While individuals may stay with their current plan, the **Michigan Medicare/Medicaid Assistance Program (MMAP)** recommends reviewing your options before making a decision. Each year, insurance companies have an opportunity to change their benefits. It is important that people with Medicare not only consider the price of their monthly premium, but also the plan formulary (drug list).

To review the new 2022 Medicare prescription drug plans you or a family member may go to www.medicare.gov, Find Health & Drug Plans tab, and use the Plan Finder to compare your options. **You may also call 1-800 Medicare (1-800-633-4227) for assistance.** Call your local MMAP office 1-800-803-7174 for information on low-income "Extra Help" premiums and co-pays assistance.

The MMAP program at the Jackson County Department on Aging holds enrollment events each year. These events are staffed by trained MMAP counselors who can help you compare your current plan options available for 2022 and assist with enrollment if needed.

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

*October 1, 2021
*October 15 - December 7
*January 1, 2022

BEGIN YOUR PLAN REVIEW
ENROLL IN A PLAN YOU SELECTED
YOUR COVERAGE BEGINS

NUTRITION NEWS

Are Vitamins Vital? By Sarah Chapel, RDN, CDES

Whether you're looking to hit your recommended daily allowance of vitamins and minerals or hoping to alleviate health complications, there's a world of supplements to consider- along with potential drug interactions, safety issues and conflicting information.



It's important to review all your medications with your doctor or pharmacist before starting to take any supplement. Those experts can help avoid harmful interactions with your medications. There is no clear evidence that dietary supplementation with vitamins and minerals, herbs or spices can improve health outcomes for people who do not have underlying deficiencies and there may be safety concerns regarding long-term use of antioxidant supplements. Whether or not a supplement has clinical evidence to suggest it will help improve health outcomes, the bigger question to ask is: Are you going to be harmed by taking this supplement or vitamin? According to the National Institutes of Health, Americans spend close to \$13 billion out-of-pocket a year on natural supplements.

If you're not a fan of vegetables, fruit and whole grains, can't you just pop a pill that contains the same vitamins and minerals? It's well established that vitamins and minerals are best absorbed through food. Whole foods contain a mix of minerals, enzymes, fiber and other substances that help your body absorb these nutrients. Eating a well-balanced meal is much healthier than a multivitamin. It's less clear if isolated vitamins and minerals have the same effect in the body when taken as a supplement. If you have a true deficiency, a supplement may be helpful. Americans are most commonly deficient in vitamins D and B12, calcium, and iron. The only way to know you are deficient is through bloodwork. Talk to your doctor if you are concerned about a vitamin or mineral deficiency.

For most people, the best protection against deficiencies is a well-balanced diet including plenty of vegetables, fruits, whole grain products, dairy, and lean protein-rich foods. A simple approach to planning balanced meals is to use the plate method. Visualize your plate at meals. Make half your plate fruits and vegetables, a quarter of your plate lean protein rich foods such as baked or grilled chicken, fish, lean beef or pork or legumes, and the remaining quart of your plate a whole grain or starch such as brown rice or sweet potato. Include calcium-rich foods such as milk or yogurt with your meals. For more information on planning balanced meals, visit ChooseMyPlate.gov.

SEASONAL HAPPENINGS WITH JACKSON DISTRICT LIBRARY

November

December

December

JDL ON THE ROAD AT CROUCH

Monday, Nov 1

1:00 pm

Stevens Puppets
WIZARD OF OZ

JDL ON THE ROAD AT CROUCH

Friday, Dec 10

12:30 pm

ABC Sisters
ENTERTAINMENT

JDL ON THE ROAD AT CROUCH

Friday, Dec 17

12:30 pm Part 1 of 2

Monday, Dec 20

1:00 pm Part 2 of 2

Marcy's Beads
Polymer Clay Bead Class
Free 2 Day Class
Must Sign Up!
768-8691

JDL ON THE ROAD AT CROUCH

Monday, Nov 22

1:00 pm

Sue Weible's
JACKSON HISTORY
Meet Me at the Regent

Join us for lunch served at 12 noon. Make your lunch reservations at least one day in advance. Call 768-8684

Call 768-8691 or email
LMead@mijackson.org for
program information.

JDL ON THE ROAD AT CROUCH

Wednesday, Dec 22

9:30 am

Marcy's Beads
Bracelet Bead Class
Free Class
Must Sign Up!
768-8691

Crouch Senior Center WRITE YOUR LIFE, Instructor Coralie Cederna Johnson
Write Your Life currently meeting via email. Call 768-8691 for updates.

Thanksgiving Blessings by: *Cindy Parker*

Fall was the time for collecting dried weeds to spray paint and fashion into pretty gold and silver arrangements. If a vase wasn't available an old pickle or Mason jar would do just fine. After sorting and spray painting them, we'd lay them on newspaper to dry. They would always make a beautiful centerpiece for the table or anywhere else in the home that needed an extra special homemade flair.



Our good old-fashioned meat grinder got heavy use this time of year, both for the whole cranberries we had to grind and the sausage. It was made of metal that fastened to the edge of the countertop. There was a funnel for putting in the items to grind and looking inside the funnel there was spiraled auger that did the grinding as you turned the crank. As the cranberries or meat got ground up, they came out the other end and fell into a bowl that was placed beneath. I loved grinding the cranberries, but so did my brothers. Being patient while we each took turns with the meat grinder was a must or we wouldn't get to use it. I always wondered what became of that meat grinder. The modern electric ones may be more convenient, but the old-fashioned ones were more fun.

I have always been fond of the simplicity of Thanksgiving, and it has grown to be one of my most cherished American holidays. My memories are a medley of family gatherings, beautiful autumn walks, recipes, and the traditions that are intertwined with preparations for Christmas. There was certainly a lot to be thankful for.



SENIOR SAFETY

Danielle Pequet, LMSW
Keeping seniors informed about common scams and other senior issues.



Charitable Giving Scams

During this holiday season many Michigan citizens are asked to give time, money, or goods to charities that do important work in our communities. As donors, we must choose among the many charities asking for our donations. Although most of these organizations operate with charitable intentions, there are a number of "charities" in which little of your donation finds its way to a worthy cause. You have a right to know how your donation will be used. The many wonderful, legitimate charities in Michigan will be happy to provide you any information you request.

Beware of:

Bills or invoices sent to you even though you never pledged money to the organization.

Evasive, vague, or unresponsive answers to specific questions about the charity and how money is used.

Words making up a charity's name that closely resemble a more well-known charity.

Allowing no time to reconsider your pledge; they insist on collecting your donation immediately.

Refusal to answer questions about where your money will go, refusal to send information about the charity, or refusal to provide a receipt.

Emotional appeals and high-pressure tactics to get you to make a quick decision or feel guilty about not contributing.

*Call the Attorney General's Charitable Trust Section at **(517) 335-7571** to inquire about a charity or check out information that a charity has provided to you.*

CHORE PROGRAM KEEPS SENIORS SAFE AT HOME

Jackson County Department on Aging (517) 788-4364

Safety, security, and independence become valuable commodities as seniors age and want to remain in their homes. The chore program at the Jackson County Department on Aging can help make home environments safer for seniors with minor repairs such as installing bathroom grab bars and stair handrails.

Targeting low-income Jackson County seniors, the chore program only asks for donations to help cover the cost of materials. Seniors with limited incomes might otherwise not be able to afford minor safety related repair work.



To make a referral for the chore program, contact Jackson County Department on Aging: (517) 788-4364.



*Jackson
Friendly
Home*

The Jackson Friendly Home is a 501c3 non-profit home for women over the age of 55. The home provides high quality care for women of the Jackson area, who are in need of a place to call home. The Jackson Friendly Home provides food, company, laughter, encouragement and assistance to our residents.

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<https://www.jacksonfriendlyhome.com>

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We are a non-profit, Center for Independent Living, run by people with disabilities and serving Jackson, Lenawee, and Hillsdale Counties.

For more information on Independent Living or our other programs and services for people with disabilities connect with us on Facebook, check our website www.disabilityconnect.org or call us at (517) 782-6054



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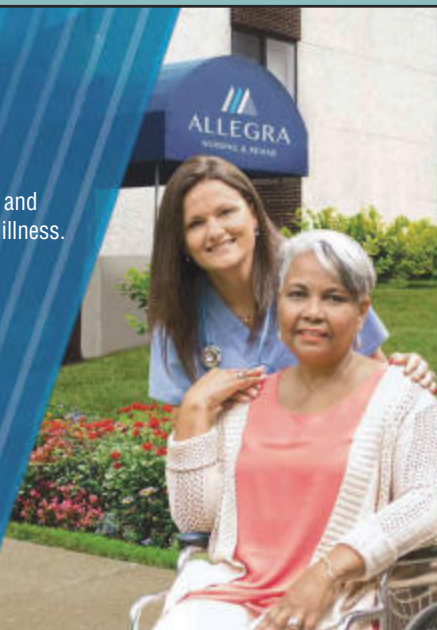
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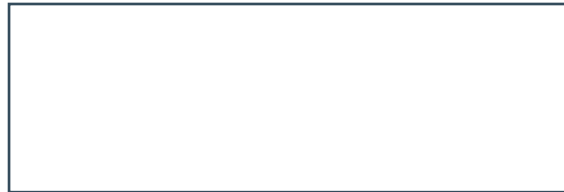
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Amy Jehnzen, Mental Health Coordinator

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

Inclement Weather Reminder

When Jackson Public Schools close due to severe weather, sites will be closed and Meals on Wheels will not be delivered. Radio FM 96.7, FM 105.3 & AM 970. TV - WLNS-TV6, Lansing & WILX-TV10 for closing

February 2022

Dinner Dance | Thursday, February 3

Dinner and Live Band 5:00 - 9:00 pm

March 2022

Soup's On | Tuesday, March 8

Soup's On For Seniors Support Meals on Wheels

