

SENIOR CIRCUIT

January/February 2020 Issue | Volume 15, Issue 1



JACKSON COUNTY DEPARTMENT ON AGING



*Helping Jackson County
seniors live more full, active,
and independent lives.*

JANUARY | FEBRUARY ISSUE

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Soup's On for Seniors Support Local Meals on Wheels

Soup's On for Seniors raises money for the Meals on Wheels program at the Department on Aging. The event will be Tuesday, March 10, 2020, 5:30 – 7:30 p.m. Join us at the new American 1 Credit Union Event Center at Keeley Park, 200 W. Ganson St., Jackson.

The event includes local restaurants serving their specialty soup, dessert table, choosing a hand painted soup bowl (first 120 people), Matt Walch singing The Big Band Standards, and a silent auction.

Tickets \$30 one/ \$50 two; \$35 each on event day. Details at www.mealsonwheels-jacksonmi.com/soups-seniors/



If you would like to donate a gift basket for the silent auction, or have any questions about the event, contact Danielle Pequet dpequet@mijackson.org or 768-8678.



COMPUTER COURSE

COMPUTER LAB

Open M-F: 8am-4pm

Computer Help:

Monday with Tom 10 - 11 a.m.

Wednesday with Dr. Bill 12:30

Computer Classes:

Microsoft 10 Essentials Class

Must Sign Up. Limit 4 people.

Monday, Jan 13 10:00

Monday, Feb 10 10:00

Virus Protection Class

Please Sign Up.

Wednesday, Jan 15 12:30

Wednesday, Feb 12 12:30

Call 768-8691 to Sign Up!

Crouch Senior Center is
WI-FI enabled



WINTER CRAFT CLASS (SIGN UP)

Instructor: Michelle

Snowman Wind Chime

Friday, February 21

Time: 9:30 a.m.

Crouch Senior Center

**CARDS, BINGO &
KARAOKE**
See Page 7



JACKSON COUNTY
Michigan

CLASSES AND ACTIVITIES AT CROUCH

Please Register for Classes (517) 788-4364 New folks are always welcome!

CARD CLASS (SIGN UP)

Instructor: Bev 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.

1st & 3rd Wednesday Every Month
Time: 9:30 a.m.

**Valentine Card Class Special with
Dorian - Weds., February 12 at 9:30**

Crouch Senior Center

Cost: \$5.00 per class for supplies

WRITE YOUR LIFE (SIGN UP)

Instructor: Coralie Cederna Johnson Have you ever thought of writing your life story? Join the Crouch Write Your Life writing club and get insight from Coralie on ways to get the process going and bring it all together.

1st & 3rd Tuesdays

Time: 1:00 - 3:00

Crouch Senior Center

Their book has been published!

Call 768-8691 for information.

FOOT CARE CLINIC (SIGN UP) FRI., FEB 21

Mark your calendar... Foot Care

Clinic, Louis White, DPM

Dr. White will be holding a podiatry clinic. He will trim toenails and also treat callouses, ingrown toenails, corns, bursitis, and painful joints. Most insurances can be billed.

Co-pays will be billed to patients after insurance companies pay. If you do not have insurance,

Dr. White can provide nail care and treat callouses for \$40.

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

Friday, February 21

Call 788-4364 for your appointment

Crouch Senior Center

9-BALL POOL GAME

Every Monday 9:00 - 11:30

Activity Room 106 - Crouch

BIBLE STUDY

Every Monday 10:30

Room 140 - Crouch

JAM SESSION

Every Tuesday 1:00 - 4:00

Crouch Dining Room

WOODCARVING CLASS

Every Tuesday 1:00 - Crouch

Every Monday 10:00 - Spring Arbor

Learn the art of Woodcarving!

HOSPICE QUILTERS & CROUCH QUILTERS

Every Tuesday 10:00

Multipurpose Room - Crouch

GRANNY SQUARES & MORE...

Every Wednesday 1:00

Multipurpose Room - Crouch

Crocheting, Knitting, Projects,

Talking, Together!!

GREEN THUMB GARDEN TALK TOGETHER

4th Wednesday 10:30

Multipurpose Room - Crouch

Master Gardener Guest Speakers:

January 22 Marla; February 26 Jodi

POOL CHALLENGE

Every Thursday 9:00

Activity Room 106 - Crouch

Everyone is Welcome!

ACRYLIC PAINTING CLASS

Every Thursday 1:00 - Crouch

Every other Friday S.A. call 750-1010

for Spring Arbor Fridays and Time.

All skill levels are welcome! \$10 per

class for supplies. Instructor: Lou



Eclipse Band Featuring Oldies, Country, Classic Rock

VALENTINE DINNER DANCE

Thursday, February 6
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

Entertainment:
Eclipse

Dinner Menu

Breaded Pork Cutlet
with Country Gravy
Garlic Redskin
Mashed Potatoes
Vegetable Blend
Salad
Roll & Margarine
Milk

Dessert



VALENTINE MUSIC SPECIAL WITH

Cooper Young

Friday, February 14
Crouch Senior Center
1:00 p.m.

Cooper Young is a talented acoustic guitar singer featuring blues, Americana, original 1930's style Memphis Minnie, think Leon Redbone, and obscure/forgotten classic rock!

Treat yourself to lunch and an afternoon of music with friends. Make your lunch reservation by calling 768-8684 one day in advance.

Menu: Cheesy Shells w/
Chicken & Peas, Broccoli,
Cauliflower, Fruit, Cookie



OUR GATHERING PLACES

New folks are always welcome!

IT'S MORE THAN JUST LUNCH!

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 lunch at one of our sites throughout Jackson County. A hot, nutritious meal is served at noon, but come early to enjoy many exciting activities and enrichment programs. Find a Gathering Place near you:

Crouch Senior Center
1715 Lansing Ave
Mon. through Fri.

**King Recreation
Center Food with
Friends Site**
1107 Adrian St.
Mon. through Fri.

**Spring Arbor
Senior Center**
122 Star St.
Mon. through Fri.

Park Forest
3300 Spirea Ct.
Mon. through Fri.

**Norvell
Township Hall**
106 E. Commercial
Mon., Wed., & Fri.

**Napoleon
Township Hall**
6755 Brooklyn Rd.
(M-50)
Tues. & Thurs.

**Grass Lake Senior
Center Food with
Friends Site**
373 Lakeside Dr.
Tues. through Fri.

Michigan Center
St. Aidan's Church
361 Grove St.
Mon., Wed., & Fri.

*Park Forest offers frozen weekend meals!
Ask the Park Forest Site Leader for details! Or call 788-4364*

RESERVATIONS

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

(517) 768-8684

Suggested donation for guests who are 60 and older is \$2.50
Cost for guests who are under 60 is \$3.50

Park Forest Weekend Frozen Meals (2) are Available!
Must eat a hot meal on Friday.
Must sign up for the weekend meal. Call 768-8684 to make your reservation or ask the Park Forest Site Leader for more details. 60+ suggested donation of \$1.00.



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.

Exercise Cold Meal available:

Wednesdays at the Spring Arbor site for exercise class participants 60+ unable to stay for the hot lunch served at noon. *\$2.50 suggested donation*

Must order in advance
Call 768-8684



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

(517) 768-8684

Suggested donation for guests who are 60 and older - \$2.50
Cost for guests who are under 60 is \$3.50

SENIOR NUTRITION PROGRAM

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus certified by: Sarah Chapel Registered Dietician 		- 1 - CLOSED NEW YEAR'S DAY	- 2 - Chicken Pasty w/gravy Brussel Sprouts Hot Spiced Peaches Milk	- 3 - Breaded Pork w/ Country Gravy Mixed Vegetables Mashed Potatoes Roll & Margarine Milk Dessert
- 6 - Beef Pepper Patty Mashed Potatoes Veggie Blend Roll & Margarine Fresh Fruit Milk	- 7 - Garlic Herb Pollock Macaroni & Cheese Vegetable Soup Fresh Fruit Milk Cookie	- 8 - BBQ Pork on WW Bun Potato Soup Salad Roll & Margarine Fresh Fruit Milk	- 9 - Stuffed Cabbage Red Skin Potato Hot Spiced Apples Roll & Margarine Milk	- 10 - Smothered Chicken Green Beans Honey Carrots Roll & Margarine Fresh Fruit Milk Cookie
- 13 - Beef Hot Dog w/ Diced Onions Tator Tots Broccoli Fresh Fruit Milk	- 14 - Bacon, Egg & Cheese Scramble Hashbrowns Zucchini & Tomatoes Muffin Orange Juice Milk & Dessert	- 15 - Chicken Drummies Scalloped Potatoes Peas & Corn Roll & Margarine Milk	- 16 - Beef Pot Roast Garlic Red Mashed Potatoes Garden Salad Roll & Margarine Fresh Fruit Milk	- 17 - Baked Chicken Spaghetti Spinach Carrots Fresh Fruit Milk Dessert
- 20 - CLOSED IN HONOR OF MARTIN LUTHER KING DAY	- 21 - Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Veggie Blend Fresh Fruit Milk Cookie	- 22 - Scalloped Potatoes w/ Turkey Ham Broccoli Succotash Roll & Margarine Milk	- 23 - Chicken Florentine over Rice Zucchini & Tomatoes Hot Spiced Apples Milk	- 24 - Cheeseburger on WW Bun Tator Tot Casserole Chicken Soup Fresh Fruit Milk Dessert
- 27 - Kielbasa & Sauerkraut Carrot Coins Red Potato Roll & Margarine Milk	- 28 - Seafood Pasta Garden Salad Brussel Sprouts Fresh Fruit Milk Dessert	- 29 - Broccoli & Chicken Rice Country Green Beans Beets Applesauce Cup Milk	- 30 - Wiley Potato California Blend Hot Spiced Peaches Roll & Margarine Milk	- 31 - Breaded Chicken w/ Country Gravy Mashed Potatoes Mixed Veggies Roll & Margarine Fresh Fruit Milk & Cookie

FLAMINGO BINGO!!

1:00 Crouch Dining Room
1st Monday Every Month

Monday, January 6

Free Prize Bingo!!

Lunch Served at Noon



NEW MICROSOFT 10 CLASS WITH TOM

10:00 - 12:00 Crouch Computer Lab

Monday, January 13

Free. Must Sign Up. Class limited
to 4 people. Call 768-8691

Lunch served at 12 noon

NEW VIRUS PROTECTION CLASS WITH DR. BILL

12:30 Crouch Computer Lab

Wednesday, January 15

Free. Must Sign Up.

Call 768-8691

Lunch served at 12 noon

SENIOR NUTRITION PROGRAM

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menus certified by: Sarah Chapel Registered Dietician</p> 				
<p>- 3 -</p> <p>Swedish Meatballs over Rice Brussel Sprouts Carrot Coins Fresh Fruit Milk</p>	<p>- 4 -</p> <p>Chicken Ala King Winter Vegetables Succotash Biscuit Fresh Fruit Milk Dessert</p>	<p>- 5 -</p> <p>Goulash California Vegetables Country Green Beans Fresh Fruit Milk</p>	<p>- 6 -</p> <p>Vegetable Lasagna Spinach Hot Spiced Peaches Milk</p> <p>DINNER DANCE 5:00</p>	<p>- 7 -</p> <p>Home Style Meatloaf Mashed Potatoes Mixed Veggies Roll & Margarine Fresh Fruit Milk Dessert</p>
<p>- 10 -</p> <p>Pork Chop Suey over Rice Veggie Blend Honey Carrots Fresh Fruit Milk</p>	<p>- 11 -</p> <p>Beef Pasty w/Gravy Peas Zucchini & Tomatoes Fresh Fruit Milk Cookie</p>	<p>- 12 -</p> <p>Chicken Drummies Scalloped Potatoes Green Beans Roll & Margarine Fresh Fruit Milk</p>	<p>- 13 -</p> <p>Stuffed Pepper Mashed Potatoes Hot Spiced Apples Roll & Margarine Milk</p>	<p>- 14 -</p> <p>Cheesy Shells w/ Chicken & Peas Broccoli Cauliflower Fresh Fruit Milk Cookie</p>
<p>- 17 -</p> <p>CLOSED PRESIDENTS' DAY</p>	<p>- 18 -</p> <p>Chicken Cordon Bleu Mashed Sweet Potato Succotash Roll & Margarine Fresh Fruit Dessert</p>	<p>- 19 -</p> <p>Spaghetti & Meatballs Garlic & Herb Broccoli Carrot Coins Fresh Fruit Milk</p>	<p>- 20 -</p> <p>Tahitian Chicken over Rice Brussel Sprouts Hot Strawberries & Pears Milk</p>	<p>- 21 -</p> <p>Fish Sandwich Scalloped Potatoes Stewed Tomatoes Fresh Fruit Milk Dessert</p>
<p>- 24 -</p> <p>Breaded Chicken w/Gravy Mashed Potatoes Mixed Veggies Roll & Margarine Fresh Fruit Milk</p>	<p>- 25 -</p> <p>Meat Lasagna Winter Veggies Peas & Carrots Fresh Fruit Milk Cookie</p>	<p>- 26 -</p> <p>Tuna Noodle Casserole Dilled Carrot Coins Hot Spiced Peaches Fresh Fruit Milk</p>	<p>- 27 -</p> <p>Chicken Fajitas Corn & Black Bean Fiesta Re-Fried Beans Flour Shell & Taco Sauce Fresh Fruit & Milk</p>	<p>- 28 -</p> <p>Garlic Herb Pollock Potato Cheese Bake California Blend Roll & Margarine Fresh Fruit Milk Dessert</p>

NEW MICROSOFT 10 CLASS WITH TOM

10:00 - 12:00 Crouch Computer Lab
Monday, February 10
Free. Must Sign Up. Class limited
to 4 people. Call 768-8691
Lunch served at 12 noon

NEW VIRUS PROTECTION CLASS WITH DR. BILL

12:30 Crouch Computer Lab
Wednesday, February 12
Free. Must Sign Up.
Call 768-8691
Lunch served at 12 noon

VALENTINE CARD MAKING CLASS WITH DORIAN

9:30 - 11:00 Crouch Senior Center
\$5.00 for supplies
Must Sign Up. 768-8691
Wednesday, February 12
Lunch served at 12 noon

BINGO

Crouch Dining Room

FLAMINGO BINGO

Free Prize Bingo!

1st Monday Every Month

Time: 1:00 p.m.

PENNY BINGO

Bring your own pennies to cover your card in lieu of tokens.

Whoever bingos gets all of the pennies that have been played thus far, and then we start a new round!

1st & 3rd & 5th Wednesday

Time: 1:00 p.m.

QUARTER BINGO

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

Every Friday

Time: 10:30 a.m.

KARAOKE

Crouch Dining Room

KARAOKE

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

4th Wednesday Every Month

Time: 1:00 p.m.



CARDS AND GAMES

Location	Game	Day	Time
Crouch	Bridge Club	Friday	1:00 pm
Crouch	Euchre Tourney	Thursday	12:45 pm
Crouch	Pinochle	Friday	1:00 pm
King Center	Four Corners	M-F	10:30 am
Michigan Center	Euchre	M/W/F	12:30 pm
Napoleon	Cards	T/TH	10:30 am
Norvell	Cards	M/W/F	10:30 am
Spring Arbor	Game Day	Wednesday	11:30 am

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 and **TV**– WLNS-TV6, Lansing & WILX-TV10


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.

JANUARY 2020 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 - ALL SITES CLOSED NEW YEAR'S DAY	- 2 - 9:00 Pool Challenge 10:30 Chair Exercise 1:00 Euchre 1:00 Acrylic Paint	- 3 - 8:30 Fit After 50 10:30 Enhance 10:30 Quarter Bingo 1:00 Bridge club 1:00 Pinochle
- 6 - 8:30 Fit After 50 9:00 9-Ball Pool Game 10:00 Computer Help 10:30 Enhance 10:30 Bible Study 1:00 Flamingo Bingo	- 7 - 10:00 Quilters 10:30 Chair Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Write Your Life	- 8 - 8:30 & 10:30 Exercise 9:30 Card Class 12:15 & 1:15 Line Dance 1:00 Penny Bingo 1:00 Granny Squares 12:30 Computer Help	- 9 - 9:00 Pool Challenge 10:30 Chair Exercise 1:00 Euchre 1:00 Acrylic Paint	- 10 - 10:30 Enhance 10:30 Quarter Bingo 1:00 Bridge club 1:00 Pinochle
- 13 - 8:30 Fit After 50 10:30 Enhance 9:00 9-Ball Pool Game 10:00 Microsoft 10 Class must sign up 10:30 Bible Study	- 14 - 10:00 Quilters 10:30 Chair Exercise 1:00 Woodcarving 1:00 Jam Session	- 15 - 8:30 Fit After 50 10:30 Enhance 12:15 & 1:15 Line Dance 1:00 Granny Squares 12:30 Computer Virus Class must sign up	- 16 - 9:00 Pool Challenge 10:30 Chair Exercise 1:00 Euchre 1:00 Acrylic Paint	- 17 - 10:30 Enhance 10:30 Quarter Bingo 1:00 Bridge club 1:00 Pinochle 1:00 LOW VISION Group Meeting
- 20 - ALL SITES CLOSED IN HONOR OF MARTIN LUTHER KING DAY	- 21 - 10:00 Quilters 10:30 Chair Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Write Your Life	- 22 - 8:30 & 10:30 Exercise 9:30 Card Class 12:15 & 1:15 Line Dance 1:00 Penny Bingo 1:00 Granny Squares 12:30 Computer Help	- 23 - 9:00 Pool Challenge 10:30 Chair Exercise 1:00 Euchre 1:00 Acrylic Paint	- 24 - 8:30 Fit After 50 10:30 Enhance 10:30 Quarter Bingo 1:00 Bridge club 1:00 Pinochle
- 27 - 8:30 Fit After 50 9:00 9-Ball Pool Game 10:00 Computer Help 10:30 Bible Study 10:30 Enhance	- 28 - 10:00 Quilters 10:30 Chair Exercise 1:00 Woodcarving 1:00 Jam Session	- 29 - 8:30 & 10:30 Exercise 12:15 & 1:15 Line Dance 1:00 Karaoke 1:00 Granny Squares 12:30 Computer Help	- 30 - 9:00 Pool Challenge 10:30 Chair Exercise 1:00 Euchre 1:00 Acrylic Paint	- 31 - 10:30 Enhance 10:30 Quarter Bingo 1:00 Bridge club 1:00 Pinochle

KING CENTER

Quilts/Sewing 10:30 M - F
Cards/Puzzles 10:30 M - F
Bible Study 11:00 T
Exercise 11:00 F
Penny Bingo 12:30 F

MICHIGAN CENTER

Euchre 12:30 M/W/F

ALL SITES CLOSED
JANUARY 1 New Year's Day
JANUARY 20 MLK Day

GRASS LAKE SENIOR CENTER

10 am - 3:30 pm Tues. - Fri.
Exercise, Line Dancing
Square Dancing
517-522-8466

NAPOLEON

Coffee, Cards & Conversation
10:30 T & TH
10:45 Big Box Bingo Tuesdays
Everybody's B-Day
Last Tuesday of Month

NORVELL

Cards, Silly Poker 10:30 M/W/F
Everybody's B-DAY
Last Wednesday of Month

PARK FOREST

Coffee Social 10:30 T
Popcorn 1:00 TH
Sing Along w/Virginia 11:00 TH

Fraud Fighters with American 1
Cancer Prevention with Henry Ford
See Page 15

JANUARY 2020 CALENDAR - SPRING ARBOR SENIOR CENTER

122 Star Street, Spring Arbor, MI | Open Mon-Fri 9:45 a.m. - 1:45 p.m. (517) 750-1010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please call Spring Arbor Senior Center for a full list of daily activities. 750-1010		- 1 - ALL SITES CLOSED NEW YEAR'S DAY	- 2 - 10:30 Line Dance All levels are welcome.	- 3 - 10:15 Fit After 50
- 6 - 10:00 Woodcarving 10:15 Fit After 50	- 7 - 10:00 Coffee Hour 10:00 YMCA YOGA	- 8 - 10:00 Knit/Crochet 10:15 Fit After 50 12:30 Penny Bingo	- 9 - 10:30 Line Dance All levels are welcome.	- 10 - 10:00 Acrylic Painting 10:15 Video Aerobics
- 13 - 10:00 Woodcarving 10:15 Fit After 50	- 14 - 10:00 YMCA YOGA 11:30 Fraud Fighters Coffee Hour with American 1	- 15 - 10:00 Knit/Crochet 10:15 Fit After 50 11:30 Game Day	- 16 - 10:30 Line Dance All levels are welcome.	- 17 - 10:15 Video Aerobics
- 20 - ALL SITES CLOSED IN HONOR OF MARTIN LUTHER KING DAY	- 21 - 10:00 Coffee Hour 10:00 YMCA YOGA	- 22 - 10:00 Knit/Crochet 10:15 Fit After 50 12:30 Penny Bingo	- 23 - 10:30 Line Dance All levels are welcome. 11:00 Book Club	- 24 - 10:00 Acrylic Painting 10:15 Fit After 50
- 27 - 10:00 Woodcarving 10:15 Fit After 50	- 28 - 10:00 Coffee Hour 10:00 YMCA YOGA	- 29 - 10:00 Knit/Crochet 10:15 Fit After 50	- 30 - 10:30 Line Dance All levels are welcome.	- 31 - 10:15 Video Aerobics

SPRING ARBOR VETERANS EXPO



FEBRUARY 2020 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
				
- 3 - 8:30 Fit After 50 10:30 Enhance 9:00 9-Ball Pool Game 10:00 Computer Help 10:30 Bible Study 1:00 Flamingo Bingo	- 4 - 10:00 Quilters 10:30 Chair Exercise 11:15 Henry Ford Health 1:00 Woodcarving 1:00 Jam Session 1:00 Write Your Life	- 5 - 8:30 & 10:30 Exercise 9:30 Card Class 12:15 & 1:15 Line Dance 1:00 Penny Bingo 1:00 Granny Squares 12:30 Computer Help	- 6 - 9:00 Pool Challenge 10:30 Chair Exercise 1:00 Euchre 1:00 Acrylic Paint 5:00 Valentine Dinner Dance w/Eclipse Band	- 7 - 10:30 Quarter Bingo 10:30 Enhance 1:00 Bridge club 1:00 Pinochle
- 10 - 8:30 & 10:30 Exercise 9:00 9-Ball Pool Game 10:00 Microsoft 10 Class must sign up 10:30 Bible Study	- 11 - 10:00 Quilters 10:30 Chair Exercise 1:00 Woodcarving 1:00 Jam Session	- 12 - 8:30 & 10:30 Exercise 9:30 Special Card Class 12:15 & 1:15 Line Dance 1:00 Granny Squares 12:30 Computer Virus	- 13 - 9:00 Pool Challenge 10:30 Chair Exercise 1:00 Euchre 1:00 Acrylic Paint	- 14 - 10:30 Enhance 10:30 Quarter Bingo 1:00 Bridge club 1:00 Pinochle 1:00 Cooper Young
- 17 - ALL SITES CLOSED IN HONOR OF PRESIDENTS' DAY	- 18 - 10:00 Quilters 10:30 Chair Exercise 11:30 Federation Blind 1:00 Woodcarving 1:00 Jam Session 1:00 Write Your Life	- 19 - 8:30 & 10:30 Exercise 9:30 Card Class 12:15 & 1:15 Line Dance 1:00 Penny Bingo 1:00 Granny Squares 12:30 Computer Help	- 20 - 9:00 Pool Challenge 10:30 Chair Exercise 1:00 Euchre 1:00 Acrylic Paint	- 21 - 8:30 & 10:30 Exercise 8:30 Foot Clinic 9:30 Winter Craft 10:30 Quarter Bingo 1:00 Bridge & Pinochle 1:00 LOW VISION Mtg
- 24 - 8:30 Fit After 50 10:30 Enhance 9:00 9-Ball Pool Game 10:00 Computer Help 10:30 Bible Study	- 25 - 10:00 Quilters 10:30 Chair Exercise 1:00 Woodcarving 1:00 Jam Session	- 26 - 8:30 Fit After 50 10:30 Enhance 12:15 & 1:15 Line Dance 1:00 Granny Squares 1:00 Karaoke 12:30 Computer Help	- 27 - 9:00 Pool Challenge 10:30 Chair Exercise 1:00 Euchre 1:00 Acrylic Paint	- 28 - 10:30 Enhance 10:30 Quarter Bingo 1:00 Bridge club 1:00 Pinochle

KING CENTER

Quilts/Sewing 10:30 M - F
Cards/Puzzles 10:30 M - F
Bible Study 11:00 T
Exercise 11:00 F
Penny Bingo 12:30 F

MICHIGAN CENTER

Euchre 12:30 M/W/F

ALL SITES CLOSED
FEBRUARY 17
PRESIDENTS' DAY

GRASS LAKE SENIOR CENTER

10 am - 3:30 pm Tues. - Fri.
Exercise, Line Dancing
Square Dancing
517-522-8466

NAPOLEON

Coffee, Cards & Conversation
10:30 T & TH
10:45 Big Box Bingo Tuesdays
Everybody's B-DAY
Last Tuesday of Month

NORVELL

Cards, Silly Poker 10:30 M/W/F
Everybody's B-DAY
Last Wednesday of Month

PARK FOREST

Coffee Social 10:30 T
Popcorn 1:00 TH
Sing Along w/Virginia 11:00 TH

**Fraud Fighters with American 1
Cancer Screening with Henry Ford
See Page 15**

FEBRUARY 2020 CALENDAR - SPRING ARBOR SENIOR CENTER

122 Star Street, Spring Arbor | Open Mon-Fri 9:45 a.m. - 1:45 p.m. (517) 750-1010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
- 3 - 10:00 Woodcarving 10:15 Fit After 50	- 4 - 10:00 Coffee Hour 10:00 YMCA YOGA	- 5 - 10:00 Knit/Crochet 10:15 Fit After 50	- 6 - 10:30 Line Dance All levels are welcome.	- 7 - 10:15 Video Exercise
- 10 - 10:00 Woodcarving 10:15 Fit After 50	- 11 - 10:00 Coffee Hour 10:00 YMCA YOGA	- 12 - 10:00 Knit/Crochet 10:15 Fit After 50 12:30 Penny Bingo	- 13 - 10:30 Line Dance All levels are welcome.	- 14 - 10:00 Acrylic Painting 10:15 Video Exercise
- 17 - ALL SITES CLOSED IN HONOR OF PRESIDENTS' DAY	- 18 - 10:00 Coffee Hour 10:00 YMCA YOGA	- 19 - 10:00 Knit/Crochet 10:15 Fit After 50 11:30 Game Day	- 20 - 10:30 Line Dance All levels are welcome.	- 21 - 10:15 Fit After 50
- 24 - 10:00 Woodcarving 10:15 Fit After 50	- 25 - 10:00 Coffee Hour 10:30 Stamped Cards with Sue on Break 10:00 YMCA YOGA	- 26 - 10:00 Knit/Crochet 10:15 Fit After 50 12:30 Penny Bingo	- 27 - 10:30 Line Dance All levels are welcome. 11:00 Book Club	- 28 - 10:00 Acrylic Painting 10:15 Video Exercise

MONTHLY HIGHLIGHTS AT SPRING ARBOR SENIOR CENTER

SOUTH CENTRAL WOODCARVERS

Mondays, 10 - 12 This group meets every Monday to work on their projects and share ideas. All skill levels are welcome.

KNITTING AND CROCHETING

Wednesdays, 10 - 12 These delightful groups could use some more willing hands to make items which are donated to area agencies. We provide all materials. Cleaning out your stash? The ladies could use donated 4-ply yarn in pastels and bright colors. For more information call 517-750-1010 or stop by!

ACRYLIC PAINTING CLASSES

Two Fridays a month. Call 750-1010 for dates. \$10 per session for supplies. Instructor: Lou Cubille.

CLASS DONATIONS

FIT AFTER FIFTY:

\$1.00 suggested donation 60 +
\$2.00 suggested donation -60

GET IN LINE:

\$1.00 suggested donation 60 +
\$2.00 suggested donation -60

CHAIR EXERCISE:

\$1.00 suggested donation 60 +
\$2.00 suggested donation -60

ENHANCE FITNESS:

\$1.00 suggested donation 60 +
\$2.00 suggested donation -60

2020 HOLIDAY EXERCISE BREAKS

Spring Break - April 6 - 10

4th of July Week

Labor Day Week

Thanksgiving Week

December 21 - January 1

All Sites Are Closed:

Monday, January 20

Martin Luther King

Monday, February 17

Presidents' Day



QUESTIONS? PLEASE CALL:
Department on Aging
788~4364



EXERCISE CLASSES

January and February

FIT AFTER FIFTY

Crouch Sr. Center M/W

8:30 a.m. - 9:40 am

Spring Arbor Sr. Center M/W

10:15 a.m. - 11:15 am

This exhilarating class includes full-body stretching and non-jarring, low impact exercises to promote increased heart and breathing rates. Led by certified YMCA Instructor, Lauren.

CHAIR EXERCISE

Crouch Sr. Center T/TH

10:30 a.m. - 11:30 am

This stimulating class, includes stretching, non-jarring chair/standing exercises, as well as strengthening activities. Led by certified YMCA Instructor, Suzy.

BALLROOM DANCE PRACTICE

Crouch Sr. Center Wednesday

10:30 a.m.

Currently on Break

ENHANCE FITNESS

Crouch Sr. Center M/W/F

10:30a.m. - 11:30 a.m.

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! YMCA Instructor: Ken

GET IN LINE - LINE DANCING

Crouch Sr. Center Wednesday

12:15 Beginner

1:15 Advanced Beginner

Spring Arbor Thursday

10:30 All Levels Welcome

Experienced volunteer instructors, Tony and Micki, lead the participant, step-by-step, through popular line dance moves and routines.

COMMUNITY SUPPORT

Thank you Granny Squares



The Granny Squares

Volunteer group made over 50 lap blankets for homebound senior citizens in 2019. They work on the blankets all year long from home, and meet at the Crouch Senior Center from

August through November to finish the blankets in time for holiday distribution.

The Granny Squares and More

Volunteer group meets every Wednesday at the Crouch Senior Center to crochet, knit, talk, and work on a variety of fun projects together. **They invite you to join them.**

**DONATIONS OF 4-PLY YARN
ACCEPTED and WANTED!
Call 768-8691**



CRAFT CORNER

Crouch Senior Center
Monday - Friday 10 - 3

The Craft Corner is a gift shop that is open to the public. Many items are handmade by seniors. Stop by for some unique and beautifully made items that are great for gift-giving or for yourself!

The Craft Corner accepts donations of 4-ply yarn for the Granny Square project. Stop by the Craft Corner for more information.

VOLUNTEER OPPORTUNITIES

VITA Tax Volunteers Wanted!

Under the mentorship of experienced volunteers, assist seniors with the preparation of income tax forms and credits. Please call Tammy at Community Action for more information. 517-539-8325

MMAP Counselors

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

Nutrition Site and Senior Center Volunteers

Help serve meals, welcome new participants and assist with special programs and events.

Enrichment Class Instructors

Teach a class involving a craft or skill or share from your knowledge or experience. Call 768-8691 for volunteer information.



Judith Harren, King Center, Food with Friends

This beautiful quilt was all hand made by Judith Harren. The King Center sewing group donates many of the projects they make to those in need throughout the community. The Quilt/



Sewing group meets Monday through Friday at 10:30 a.m. for sewing and lunch served at 12.

**Thank you King Center
Sewers and Quilters.**

BE COUNTED MICHIGAN 2020

It's Coming... **Census 2020**

Once every 10 years the U.S. Census counts each person living in the United States. Census numbers are used to decide many important things, including how much money is distributed to each community. This includes Older American's Act funding that pays for senior center programs, in-home services, and Meals on Wheels. Census Day is April 1. Your Census 2020 survey counts! The census will be done online and will have seven (7) questions.

The Department on Aging will be helping people complete their online 2020 Census in April. More details in the March/April newsletter.

NUTRITION NEWS

By Sarah Chapel, RDN, CDE

Emergency Preparedness By Sarah Chapel, RD, CDE

Because you never know when an emergency strikes, it is important to create a plan a head of time. Having a collection of items your household may need in the event of an emergency (at home and in your vehicle) could save your life. Priority items include basics for survival: water, food and warmth. Here are some things to consider putting into your emergency kit. **Basic Emergency Supplies Kit Recommendations:**

- Water- one gallon of water per person per day for at least three days, for drinking and sanitation
- Food- at least a three-day supply of non-perishable food.
- Battery-powered or hand crank radio
- Flashlight with extra batteries
- First aid kit
- Whistle to signal for help
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Cell phone with chargers and a backup battery

Additional Emergency Supplies based on individual needs may include:

- Prescription and non-prescription medications
- Glasses and contact lens solution
- Pet food and extra water for your pet
- Cash
- Important documents such as

copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container

- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Paper cups, plates, paper towels and plastic utensils
- Paper and pencil, books, games or other activities

After assembling your kit remember to maintain it so it's ready when needed. Keep canned food in a cool, dry place. Store boxed food in tightly closed plastic or metal containers. Replace expired items as needed. Update your kits yearly as your needs change.

For more information visit www.ready.gov



SEASONAL HAPPENINGS

Scams	Cancer Prevention	Heart and Vascular Expo
Fraud Fighters Coffee Hour with American 1 Financial Fraud and Ways To Protect Your Finances Spring Arbor Senior Center Tuesday, Jan. 14 at 11:30 Park Forest Site Friday, Jan. 31 at 11:15 Norvell Site Wednesday, Feb. 5 at 11:00 Napoleon Site Tuesday, Feb. 11 at 11:00 Lunch Served at 12:00 noon Call 768-8684 to make your lunch reservation	Henry Ford Health Cancer Institute Understanding Cancer Prevention & Screenings Michigan Center Site Wednesday, Jan. 15 at 11:00 Park Forest Site Friday, Jan. 17 at 11:15 Crouch Senior Center Tuesday Feb. 4 at 11:15 Napoleon Site Tuesday, Feb. 18 at 11:00 Lunch Served at 12:00 noon Call 768-8684 to make your lunch reservation	2020 Heart and Vascular Expo SATURDAY, FEBRUARY 29 8AM - 1PM JaxNaz Church 3905 CLINTON ROAD, JACKSON, MI Join us for this free community event and learn how to stay heart healthy at any age. Enjoy exhibits, cooking demos, physician forum, heart healthy snacks and hear from keynote speaker Eliz Greene. A heart attack survivor at age 35 and author of Stress Proof Your Heart. FREE HEALTH SCREENINGS AVAILABLE: Balance, Blood Pressure, body mass index, Stroke Risk, and more. <i>Free shuttle from</i> <i>Westwood Mall/Walmart parking lot (by Finley's</i> <i>and Michigan Avenue).</i> For more information, please visit: HenryFord.com/HeartExpo Jackson County Department on Aging staff will be at this even to answer questions you have about our services.

VITA TAX ASSISTANCE

VITA Tax Filing Assistance

Trained and IRS certified volunteers are available to prepare your Federal, State and City (if applicable) tax returns. This service is provided by the Community Action Agency (CAA) who sponsors the IRS VITA (Volunteer Income Tax Assistance) program. FREE tax preparation is available for seniors, generally aged 60 and older, with a household income of up to \$57,000.

Beginning about Monday, January 20, 2020

You may call CAA at 517-784-4800 or 800-491-0004 to schedule your appointment.

The Department on Aging is not scheduling appointments.

Please be prepared for your tax appointment with Necessary "Must Have" Documents

- Social Security Cards for yourself, spouse and all dependents (Not a prior year tax return)
- State-issued Photo Identification (Driver License/State ID Card) for yourself & spouse (copy of spouse's is acceptable)
- All income statements – W-2s, 1099s (pension, retirement), VA benefits, Unemployment Statement, etc.
- Social Security SSA-1099 and/or SSI Statement
- All Health Insurance documents including Form 1095A or 1095B or 1095C for everyone on the return
- Total Heat Expenses for 2019 – may be on a recent utility bill
- Total Rent paid for 2019 and all landlords' names and addresses
- Property tax statements showing 2019 Taxable Value and Summer and Winter taxes, if you own your home.
- Copy of last year's tax return, if available
- Form 1098T for College/University tuition
- Any documentation for itemized deductions (child care expenses, mortgage interest, etc.)
- Any documents you wonder if they might be needed
- List of total income and expense records/documents if self-employed



SENIOR SAFETY

Danielle Pequet, LMSW

Keeping seniors informed about common scams and other senior issues.



IRS SCAMS

Anybody contacting you claiming to be from the IRS and asking you for personal identifying information is a crook. Every year the IRS issues warnings about rebate or other scams being perpetrated by con artists claiming to work for the agency. Here is a list of things the IRS will NEVER do:

- Call you and demand immediate payment
- Demand payment without any chance to appeal or question the amount due
- Threaten to have you arrested
- Require a specific payment method, like a pre-paid debit card or wire transfer
- Ask for your bank account number

IRS phone scams are not new, and like death and taxes, annual tax scams are now on the list of life's certainties. Phone tax scams started getting reported in 2013, and by 2014, tax officials recognized IRS phone scams as the "largest tax scam ever," conning thousands of victims out of more than \$26.5 million. When tax season hits, IRS phone scams top the list of calls to the Attorney General's Consumer Protection Division.

IRS phone and email scams join the growing number of popular electronic scams committed from a remote location, often overseas. Committing these in cyberspace or over a phone, tax fraudsters strike quickly and can cover, erase, or leave no tracks before the taxpayer knows they've been duped.

The goal of these crooks is to steal money, take control of personal computers, or commit identity theft. IRS scams enable con artists to get bank account information, Social Security numbers, or credit and debit card details. These tech-savvy crooks can spoof caller ID to make their calls look like they are coming from an official number or location.

SERVICE HIGHLIGHTS

Respite Care Assistance

Respite Care Assistance Being a caregiver for a loved one who needs supervision 24 hours a day can be overwhelming. At times having a little help may be necessary in order for a caregiver to run errands, tend to appointments or have lunch with a friend. Respite care provides pre-arranged breaks for caregivers in need of "time away" to meet some of their own needs. Jackson County Department on Aging's respite care program can assist those caregiving households where the caregiver or the one they are providing care to is 60 years of age and older.

Before services begin, an in-home assessment is done to identify the needs of the household so care can be provided to meet an individual's needs. The respite care program may have a cost share but this is determined by a sliding fee scale.

What caregivers are saying; "I am extremely thankful for the help I received, all the workers have been thoughtful and patient." "You have been very helpful and caring, thank you." "The respite program has been essential for allowing our family time together away from the house. Thank you so much!"

Call (517) 788-4364 to learn more.



Aging Mastery Program

Aging Mastery Program

Presented by Region 2,
Area Agency on Aging
517-592-1974

Tuesdays/Thursdays 1:00 - 4:00 p.m.
January 7 - 21

Join us for a fun and engaging education and behavior change incentive program for aging well. This 10-session workshop is presented by expert speakers.

Agenda

Aging Mastery Basics, Exercise, Falls Prevention, Advance Planning, Financial Fitness, Sleep, Healthy Eating, Medication Management, Healthy Relationships, and Community Engagement

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Preceding your free dinner, Dr. Brad Dionne will be speaking on the latest FDA cleared treatment program found to relieve pain where others have failed.

You will discover how Dr. Brad Dionne's unique treatment program is designed to decrease pain, improve function and relieve the following symptoms:

- Back/Neck Pain • Leg Pain
- Chronic Low Back Pain • Sciatica
- Herniated/Degenerative Discs • Stenosis
- Numbness in Legs, Feet or Hands
- Neuropathy

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This pain affects everything you do, from work, play, and ultimately your quality of life. I am here to tell you that there is hope. You can reduce or get rid of your pain and get your life back. At our offices, we offer advanced customized treatment programs and our goal is to help you have a better quality of life."

- Dr. Brad Dionne



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& FREE MEAL**

** New Patients Only**

Presented by
**Dr. Brad
Dionne**



FREE DINNER SEMINAR to be held at:

Steaks Eatery

4243 Oak Lane Rd • Jackson, MI 49203

**Monday, January 13th at
7:00pm**

Reservation Required Please **RSVP** to

517-784-3388

Feel Free to bring a guest.

Seating is limited to

ONLY 20 spots. Adults only.

Dr. Brad Dionne, DC BS, presenter

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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

March 2020

Soup's On For Seniors | Tuesday, March 10

A Friends of Jackson Seniors campaign to raise support for Meals on Wheels in Jackson County. Culmination of the campaign will be a celebration at the new American 1 Event Center, Keeley Park!

March 2020

St. Patrick's Dinner Dance | Thursday, March 5

Crouch Senior Center

Dinner 5 - 5:30, Dance 6 - 9, The Ramblers

April 2020

Dinner Dance Night Magic | Thursday, April 2

Crouch Senior Center

Dinner 5 - 5:30, Dance 6 - 9, Live Band

May 2020

Dinner Dance | Thursday, May 7

Crouch Senior Center

Dinner 5 - 5:30, Dance 6 - 9, Live Band

May 2020

Volunteer Luncheon | Friday, May 22

Crouch Senior Center

10:45 - 1:00

Featuring Matt King as ELVIS & ROY ORBISON