

SENIOR CIRCUIT

January/February 2022 Issue | Volume 17, Issue 1



JACKSON COUNTY DEPARTMENT ON AGING



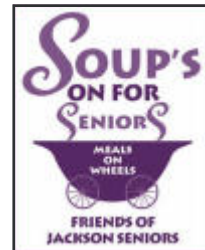
Senior Centers and Sites
517-788-4364

JAN | FEB ISSUE

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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 8, 2022
5:30 - 7:30 p.m.
American 1 Event Center
Keeley Park





COMPUTER & TECHNOLOGY HELP HOUR

Crouch Senior Center
Computer Lab or Zoom

TUESDAYS AT 1:00

Ask Dr. Bill, retired Baker College professor, your computer questions. Cell phones, I-pads, Technology...

- Stop by the Computer Lab Tuesdays at 1:00
- Or join Bill via Zoom
- Zoom Link call 768-8691

BINGO, BINGO

2nd Monday & 2nd Wednesday
1 pm Flamingo Bingo

1, 3, 5 Wednesday
1 pm Penny Bingo

Quarter Bingo
Fridays at 10 am

EUCHRE, CARDS
KARAOKE

See Page Seven



CLASSES/ACTIVITIES AT CROUCH

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

POOL ROOM OPEN

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

NEW! CORN HOLE

Mondays at 11 am
Multipurpose Room - Crouch
Facilitator: Mickey

VALENTINE CRAFT

Monday, January 31 at 1:00 pm
Multipurpose Room - Crouch
Free 60+; Must Sign Up
Instructor: Michelle

PAINT PARTIES TO GO SIGN UP REQUIRED

Monday, February 28 at 1:00 pm
Multipurpose Room
Free Class 60+; Must Sign Up
Under 60 \$10 supply donation
Instructor: Karen Olmos

BIBLE STUDY

Mondays at 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
Multipurpose Room - Crouch

CARD CLASS (SIGN UP)

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

GRANNY SQUARES

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

GREEN THUMB MSUE MG

Crouch Senior Center
3rd Thursday at 10 am
Fairy Gardens Project Part 3
Facilitators: Marla, Ed, Darold

POOL ROOM OPEN

8-Ball Pool Challenge
Thursdays at 9 am

ACRYLIC PAINT CLASS

Thursdays at 1 pm
Room 136 - Crouch
\$10 Supply Donation
Instructor: Karen H. filling in for Lou. Call for details! 768-8691

FOOT CARE CLINIC

Friday, February 25 at Crouch
Dr. White will trim toenails, treat callouses, ingrown toenails, corns, bursitis, and painful joints. Please call 788-4364 for appointment.

SQUARE DANCERS

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

LOW VISION BLIND CLUB

3rd Friday of the Month at 1 pm
New Members Always Welcome!
Call 768-8691 for information.
Facilitator: David

WRITE YOUR LIFE

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

EXERCISE M - F PAGE 12



Pictured - October Dance Fun with the Eclipse Band

FEBRUARY 3 - VALENTINE DANCE WITH THE RAMBLERS

Thursday, February 3
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

Feb Band: The Ramblers
Mar Band: Sea Cruisers

Dinner Menu

Beef Ravioli topped
with Shaved Parmesan
Antipasto Salad
California Blend
Veggies
Fresh Fruit Mix
Garlic Bread
Milk

Dessert: Cannoli



JAN & FEB ENTERTAINMENT SPECIALS AT CROUCH!

NEW! CORN HOLE GAMES WITH FRIENDS

Mondays at 11 am
Crouch
Multipurpose Room
Facilitator: Mickey



COOPER YOUNG

Friday, January 28
12:30 Music & Friends
Beat those Winter Blahs!



VALENTINE PARTY

Monday, February 14
11:30 – 12:30 Music Special
with Tim Farrell
12:00 Lunch
1:00 Flamingo Bingo



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

OUR GATHERING PLACES

Call 768-8684 for Lunch Reservations. Call 788-4364 for SITE Information.

IT'S MORE THAN JUST LUNCH!

You are invited to lunch at the Crouch Senior Center. Whether you bring your friends or come on your own, you will enjoy the camaraderie and friendships while enjoying a hot, nutritious meal served at noon. Come early to enjoy many exciting activities and enrichment programs.

Gathering Place INFORMATION call 788-4364 LUNCH RESERVATIONS call 768-8684

Crouch Senior Center
1715 Lansing Ave
MON - FRI
9 am - 4 pm

Michigan Center St. Aidan's Church
361 Grove Street
MON WED FRI
10:30 - 2:30

Park Forest Site
3300 Spirea Ct.
MON - FRI
10:30 - 1:30

Napoleon Site
Township Hall (M-50)
6755 Brooklyn Rd.
TUES & THURS
10:30 - 1:30

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

Spring Arbor Seniors
Call for location during building remodel.
MON - FRI
10:30 - 1:30
768-8684

King Recreation Center Food with Friends Site
1107 Adrian St.
MON - FRI
12 noon

Grass Lake Senior Center Food with Friends Site OPEN!
Call 768-8684 for lunch days!

LUNCH RESERVATIONS
one day in advance
(517) 768-8684

SECOND MEAL PROGRAM

A second, evening cold meal is available to take home two days a week for seniors who eat lunch at a nutrition site and have reserved a second meal.

Criteria:

- You or your spouse must be age 60 or older.
 - You eat a noon meal at the site that day.
 - You reserve your second meal in advance.
 - You sign to receive the meal.
- Suggested Donation: \$1.00

Second Meal Program available:

Tue & Thu at Napoleon site
Mon & Wed at all other sites

Sign up for the second meal at a Nutrition site or call (517) 768-8684. Please call one day in advance and leave the site location when you leave a message.



LUNCH RESERVATIONS

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

(517) 768-8684

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



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
- 3 - Closed Happy New Year	- 4 - Chicken Breast w/ Mushroom Gravy Mashed Potatoes Succotash Fresh Fruit Milk	- 5 - Goulash Mixed Veggies Green Beans Fresh Fruit Milk Cookie	- 6 - Pork Chop Suey over Rice Stir Fry vegetables Hot Spiced Apples Fresh Fruit Milk	- 7 - Broccoli, Chicken & Rice Diced Beets 5-Way Mixed Veggies Fresh Fruit Milk & Dessert
- 10 - Beef Pepper Patty Mashed Potatoes Peas & Pearl Onions Fresh Fruit Roll & Margarine Milk	- 11 - Chicken Drummies Scalloped Potatoes Green Beans Roll & Margarine Fresh Fruit Milk	- 12 - Vegetable Lasagna Broccoli Hot Spiced Peaches Milk Cookie	- 13 - Stuffed Pepper Mashed Potatoes Peas & Carrots Roll & Margarine Milk	- 14 - Tuna Noodle Casserole Broccoli Baby Carrots Milk Dessert
- 17 - Closed in Observance of Martin Luther King Day	- 18 - Chicken Cordon Bleu Mashed Sweet Potatoes Succotash Roll & Margarine Fresh Fruit & Milk	- 19 - Spaghetti & Meatballs Garlic & Herb Broccoli Carrot Coins Fresh Fruit Milk Cookie	- 20 - Crispy Chicken w/Gravy Brussel Sprouts Hot Strawberries & Pears Roll & Margarine Milk	- 21 - Fish Sandwich Macaroni & Cheese Coleslaw Fresh Fruit Milk Dessert
- 24 - Chicken Fajitas Corn & Black Bean Fiesta Re-Fried Beans Flour Shell Fruit & Milk	- 25 - Meat Lasagna Winter Veggie Blend Peas & Carrots Fresh Fruit Milk	- 26 - Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies Roll, Applesauce Cup Milk, Cookie	- 27 - Cheesy Shells w/ Chicken & Peas Broccoli Hot Spiced Apples Fresh Fruit, Milk	- 28 - Beef Pot Roast Mashed Potatoes California Blend Roll & Margarine Fresh Fruit & Milk Dessert
- 31 - Egg Scramble Au Gratin Potatoes Broccoli Orange Juice Muffin 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 MONDAY Monthly
2nd WEDNESDAY Monthly
 1:00 Crouch Dining Room
 Free Bingo!!
 Win donated prizes !

QUARTER BINGO

FRIDAYS AT 10 AM
 Crouch Dining Room

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

SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menus certified by: Sarah Chapel Registered Dietician</p> 	<p>- 1 -</p> <p>Swedish Meatballs over Rice Brussel Sprouts Carrot Coins Fresh Fruit Milk</p>	<p>- 2 -</p> <p>Beef Ribette on ww Bun Scalloped Potatoes Peas & Pearl Onions Applesauce Cup Milk</p>	<p>- 3 -</p> <p>Chicken ala King over Biscuit Mashed Potatoes Hot Spiced Apples Milk DINNER DANCE 5 - 9</p>	<p>- 4 -</p> <p>Scalloped Potatoes w/ Turkey Ham Broccoli Diced Beets Roll & Fresh Fruit Milk & Dessert</p>
<p>- 7 -</p> <p>Beef Pepper Patty Mashed Potatoes Baby Carrots Roll Fresh Fruit Milk</p>	<p>- 8 -</p> <p>Turkey and Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Roll Milk</p>	<p>- 9 -</p> <p>Beer Battered Cod Macaroni & Cheese California Blend Roll Fresh Fruit Milk Cookie</p>	<p>- 10 -</p> <p>Chicken Florentine over Rice Zucchini & Tomatoes Hot Strawberries & Pears Milk</p>	<p>- 11 -</p> <p>Kielbasa & Sauerkraut Baby Carrots Red Potato Roll Fresh Fruit Milk Dessert</p>
<p>- 14 -</p> <p>Chicken Pasty w/ Gravy Mashed Potatoes Peas & Carrots Fresh Fruit Milk</p>	<p>- 15 -</p> <p>Beef Hot Dog Macaroni & Cheese Broccoli Fresh Fruit Milk</p>	<p>- 16 -</p> <p>Sweet & Sour Meatballs over Rice Brussel Sprouts Carrot Coins Fresh Fruit Milk & Cookie</p>	<p>- 17 -</p> <p>Wiley Potato California Blend Hot Spiced Apples Roll Milk</p>	<p>- 18 -</p> <p>Egg, Bacon & Cheese Scramble Zucchini & Tomatoes Au Gratin Potatoes Muffin Milk & Dessert</p>
<p>- 21 -</p> <p>Closed In Observance of President's Day</p>	<p>- 22 -</p> <p>Broccoli, Chicken & Rice Diced Beets Peas & Pearl Onions Fresh Fruit Milk</p>	<p>- 23 -</p> <p>Crispy Chicken w/ gravy Au Gratin Potatoes Mixed Vegetables Roll Milk & Cookie</p>	<p>- 24 -</p> <p>Stuffed Pepper Mashed Potatoes Hot ABC Fruit Roll Milk</p>	<p>- 25 -</p> <p>BBQ Pork on ww Bun Scalloped Potatoes Green Peas w/Pearl Onions Applesauce Cup Milk & Dessert</p>
<p>- 28 -</p> <p>Chicken Drumstick Mashed Potatoes Mixed Vegetables Fresh Fruit Roll & Milk</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.

Call 768-8691 or Email

LMeat@mijackson.org

KARAOKE

4th Wednesday

1:00 Dining Room

Norma plays the backup music, you sing the words onscreen!

SHOW UP AND SING!

GREEN THUMB

GARDENS! SIGN UP!

3rd Thursday

10:00 am Multipurpose Room

Fairy Gardens Part 3

Facilitators: MSUE Master Gardeners

Marla, Ed & Darold

BINGO

Crouch Dining Room

PENNY BINGO

1, 3, 5 Wednesday at 1:00

Crouch Dining Room

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

FLAMINGO BINGO

Free Prize Bingo!

2nd Monday at 1:00

2nd Wednesday at 1:00

QUARTER BINGO

Fridays at 10:00 am

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

KARAOKE

Crouch Dining Room

KARAOKE

4TH WEDNESDAY

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

Time: 1:00 p.m.



EUCHRE TOURNAMENTS, CARDS AND GAMES

PLEASE CALL 768-8691 for Game Information

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

ALL SITES
ARE OPEN!

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.

JANUARY 2022 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- 3 - Closed New Year Holiday	- 4 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarvers 1:30 Jam	- 5 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Enhance 12:15 Beg Line Dance 1:00 ADV Line Dance 1:00 Granny Squares 1:00 Penny BINGO	- 6 - 9:00 Pool Challenge 10:30 Exercise 1:00 Euchre 1:00 Acrylic Paint Class	- 7 - 8:30 Fit After 50 Today 10:00 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games 1:00 Square Dancers
- 10 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Enhance 11:00 CORN HOLE 1:00 Flamingo BINGO	- 11 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarvers 1:30 Jam	- 12 - 8:30 Fit After 50 9:30 Card Class Dori 10:30 Enhance 12:15 Beg Line Dance 1:00 ADV Line Dance 1:00 Granny Squares 1:00 Flamingo BINGO	- 13 - 9:00 Pool Challenge 10:30 Exercise 1:00 Euchre 1:00 Acrylic Paint Class	- 14 - 10:00 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games
- 17 - Closed Martin Luther King Jr. Day	- 18 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarvers 1:30 Jam	- 19 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Enhance 12:15 Beg Line Dance 1:00 ADV Line Dance 1:00 Granny Squares 1:00 Penny BINGO	- 20 - 9:00 Pool Challenge 10:00 Green Thumb 10:30 Exercise 1:00 Euchre 1:00 Acrylic Paint Class	- 21 - 8:30 Fit After 50 Today 10:00 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games 1:00 Low Vision Club Guest Speaker
- 24 - 8:30 Fit 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Enhance 11:00 CORN HOLE 1:00 Valentine Craft	- 25 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarvers 1:30 Jam	- 26 - 8:30 Fit After 50 10:30 Enhance 12:15 Beg Line Dance 1:00 ADV Line Dance 1:00 Granny Squares 1:00 KARAOKE	- 27 - 9:00 Pool Challenge 10:30 Exercise 1:00 Euchre 1:00 Acrylic Paint Class	- 28 - 10:00 Quarter Bingo 10:30 Enhance 12:30 Music w Cooper 1:00 Bridge Club 1:00 Pinochle/Games
- 31 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Enhance 11:00 CORN HOLE				

KING CENTER

Open! M - F

MICHIGAN CENTER

Euchre

NAPOLEON

Tues 11 Exercise; TH 11 Bingo
 Call for Birthday Party and Penny Auction Dates!

NORVELL

New Site Location! 300 Mill Street

M & W 10:30 Euchre;

F 10:30 Pokano

Call for Birthday Party and Penny Auction Dates!



PARK FOREST

Lunch & Conversation!

GRASS LAKE SENIOR CENTER

Activities 522-8466

SPRING ARBOR SENIORS

See Page 10

CLOSED JAN 3 NEW YEAR HOLIDAY
CLOSED JAN 17 MARTIN LUTHER KING JR

FEBRUARY 2022 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	- 1 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarving 1:30 Jam Session	- 2 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Enhance 12:15 Line Dance 1:00 ADV Line Dance 1:00 Granny Squares 1:00 Penny Bingo	- 3 - 9:00 Pool Challenge 10:30 Exercise 1:00 Euchre 1:00 Acrylic Paint Class DINNER DANCE 5 - 9	- 4 - 10:00 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games 1:00 Square Dancers
- 7 - 8:30 Fit After 50 9:00 9 Ball Pool 10:30 Bible Study 10:30 Enhance 11:00 CORN HOLE 1:00 JDL History w Sue	- 8 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarving 1:30 Jam Session	- 9 - 8:30 Fit After 50 9:30 Card Class Dori 10:30 Enhance 12:15 Line Dance 1:00 ADV Line Dance 1:00 Granny Squares 1:00 Flamingo Bingo	- 10 - 9:00 Pool Challenge 10:30 Exercise 1:00 Euchre 1:00 Acrylic Paint Class	- 11 - 10:00 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games
- 14 - 8:30 Fit After 50 9:00 9 Ball Pool 10:30 Bible Study 10:30 Enhance 11:00 CORN HOLE 11:30 Valentine Special 1:00 Flamingo Bingo	- 15 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarving 1:30 Jam Session	- 16 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Enhance 12:15 Line Dance 1:00 ADV Line Dance 1:00 Granny Squares 1:00 Penny Bingo	- 17 - 9:00 Pool Challenge 10:00 Green Thumb 10:30 Exercise 1:00 Euchre 1:00 Acrylic Paint Class	- 18 - 10:00 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games 1:00 Low Vision Club Bingo Party!
- 21 - Closed Presidents' Day	- 22 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarving 1:30 Jam Session	- 23 - 8:30 Fit After 50 10:30 Enhance 12:15 Line Dance 1:00 ADV Line Dance 1:00 Granny Squares 1:00 KARAOKE	- 24 - 9:00 Pool Challenge 10:30 Exercise 1:00 Euchre 1:00 Acrylic Paint Class	- 25 - 8:00 FOOT CLINIC 8:30 Fit After 50 Today 10:00 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games
- 28 - 8:30 Fit After 50 9:00 9 Ball Pool 10:30 Bible Study 10:30 Enhance 11:00 CORN HOLE 1:00 Paint Party				 SAVE THE DATE! SOUP'S ON FOR SENIORS MARCH 8, 2022

KING CENTER

Open! M - F

MICHIGAN CENTER

Euchre

**ALL SITES CLOSED
FEBRUARY 21 PRESIDENTS' DAY**

NAPOLEON

Tues 11 Exercise; Thurs 11 Bingo

Call for Party &

Penny Auction Dates!

NORVELL

New Site Location! 300 Mill Street

M/W 10:30 Euchre; F 10:30 Pokano

Call for Party &

Penny Auction Dates

PARK FOREST

Lunch & Conversation

GRASS LAKE SENIOR CENTER

Activities 522-8466

SPRING ARBOR SENIORS

See Page 10




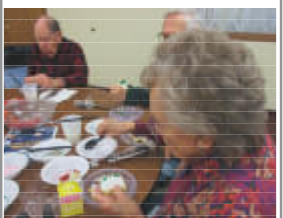
SPRING ARBOR SENIORS - CALL 768-8691 FOR REMODEL UPDATES

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

SPRING ARBOR MEAL SITE Closed for Remodel Call 768-8691 for Lunch Options

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



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>10:15 Fit After 50 YMCA Instructor When Site Reopens</p> <p>Call 768-8691 for Updates!</p>		<p>10:15 Fit After 50 YMCA Instructor When Site Reopens</p> 	<p>10:30 Line Dance Volunteer Instructor When Site Reopens</p> 	

For more information on Spring Arbor Seniors
Jackson County Department on Aging, Enrichment, 517-768-8691 LMead@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

CANCER PATH: A 6-week on-line workshop using Zoom

Jan 17 - Feb 21 2:00 pm & Feb 23 - Mar 30 5:00 pm

For individuals with any kind of cancer. Whether newly diagnosed, in active treatment or living beyond active treatment, this program helps survivors improve how they manage their situation to cope and feel better. Topics: emotions, pain, fatigue, fear...

Register: Call (517) 592-1974 or email livingwellprograms@r2aaa.net



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

Feb 10 - Mar 17 1:30 pm

An interactive workshop that helps individuals with chronic pain improve how they manage their situation to cope and feel better. Topics include: pacing and planning for optimal energy, dealing with difficult emotions, managing pain and fatigue, eating healthy...

Register: Call (517) 887-1465 or email histedc@tcoa.org

DIABETES PATH: a 6-week on-line workshop using Zoom

Jan 11 - Feb 15 10:00 am & Jan 19 - Mar 2 at 1:00 pm

Pre-diabetes or Type 1 or Type 2 Diabetes. Topics include: monitoring and balancing blood sugar, creating meal plans...

Register: Call (517) 887-1465 or email histedc@tcoa.org

More Workshops & Classes:
PATH, Workplace PATH, Aging Mastery Program, Creating Confident Caregivers, Powerful Tools for Caregivers, Developing Dementia Dexterity, A Matter of Balance and more...
CALL (517) 592-1974

LOW VISION & BLIND CLUB OF JACKSON

New Members Welcome!

Crouch Senior Center
3rd Friday at 1:00 pm

January 21 - Guest Speaker
February 18 - Bingo Party

New Members Welcome!
Dues: \$5 per year
Club Open To All
Transportation Help Available

Call: 768-8691 for details

The Low Vision and Blind Club of Jackson is a small group that meets monthly at the Crouch Senior Center to provide fellowship, entertainment, information and to share skills. Membership ranges from fully sighted persons to totally blind individuals. Most are partially sighted people whose sight is deteriorating.

The group meets monthly at the Crouch Senior Center. Transportation and support is provided by volunteer members of the LIONS CLUB. A typical meeting might include a speaker, bingo, and special off sight trips. The club is open to all, both visually impaired and sighted.

NEW MEMBERS ARE WELCOME! Call 768-8691 for more information.

“MAGICAL FRAGMENTS” BY CORALIE CEDERNA JOHNSON

WRITE YOUR LIFE New members welcome! Meeting Via Email at this time. Call 768-8691 for Information.

Traveling back in time to find our earliest memories is one of the most exciting things we do in our Memoir Writers' Group! One of the ways we track our first memories is by recalling our first cognitive thoughts. While we may recall an entire event, it is more likely we will only be able to recall bits and pieces or “Magical Fragments” of our earlier lives. Those “Magical Fragments” can often lead to breakthrough revelations of who we are as adults.

As I mulled over my own first cognitive thoughts or “Magical Fragments,” I realized there was a story attached. I remembered my parents speaking about a trip. Though I was barely a toddler, I understood that going on a trip was not ordinary and that life would be less comfortable on the road than at home. Because of these fragments, I was able to remember more about the beginnings of my life. And that was amazing and exciting!

My dad played football for a semi-pro football team called the Steelers. Each player was paid a minimal amount per game—no big salaries for these guys, but they played their hearts out, taking on such teams as the Green Bay Packers. The men were given travel money to get to and from the cities in which they played, including enough extra cash to bring along the family if they chose. Football became a family affair for us back in those days!

My first cognitive thoughts (“Magical Fragments”) occurred on one of these trips as our family traveled from our home in Upper Michigan to Duluth Minnesota.

I am lying across the front seat of the family car: my head in Mom's lap and my feet pointed toward Dad who is driving. My feet, in white anklets and white polished high top shoes are kicking—kicking at my dad's lap. My mother removes my shoes. But it does not help. I am hot, tired, and howling. I do not want to be in this car. I want to be back home where everything is comfortable. And not so hot!

And sometimes I wonder if this first cognitive experience is the reason I don't enjoy traveling. Or did I learn this attitude from my father who truly disliked traveling anywhere?! Any day! Any time! In a car. In a truck. In a plane. No boats. No trains. No buses. For him, home was where his heart was...and still is for me!

DONATIONS

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

2022 HOLIDAY EXERCISE BREAKS

All Sites Closed:
Monday, January 3
New Year's Day Observance

Monday, January 17
MLK JR Day Observance

Monday, February 21
Presidents' Day Observance



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!

**STAY
ACTIVE**

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 FOR BETTER BALANCE EXERCISE

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

BEGINNING LINE DANCE

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

ADVANCED LINE DANCE

Welcome Back Advanced Line Dance Class!
Crouch Senior Center Room 005
Wednesday 1:00 pm - 2:00 pm
Experienced volunteer instructor leads participants through popular line dance moves and routines. Volunteer Instructor: Micki

SPRING ARBOR SENIORS

122 STAR ROAD
SEE PAGE 10 FOR REMODEL
UPDATES AND MORE INFO

FIT AFTER 50 AT SPRING ARBOR
Will be back after the Remodel

BEGINNING LINE DANCE
AT SPRING ARBOR

Will be back after the Remodel

THANK YOU NEWSLETTER VOLUNTEER TEAM

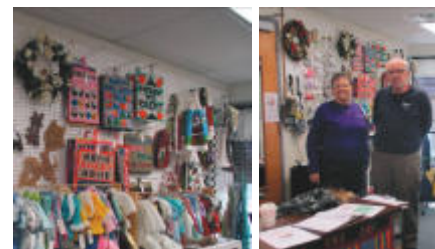
Newsletter volunteers process over 1800 newsletters bi monthly. Thank you!



Call 788-4364 to be added to or removed from the Mailing List.

THANK YOU ANGELA, MSU EXTENSION

MSUE, Jackson holds free nutrition programs and classes at the Crouch Senior Center, Park Forest and other sites. Classes include Eat Smart, Live Strong; Cooking For One; Discover MI Fresh; Exercise; Eat Healthy, Be Active... and more! Thank you Angela and Dan for all of the great classes, food and treats.



SHOP WITH US!

CRAFT CORNER Crouch Senior Center

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

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

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

REMINDER

Inclement Weather
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

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! Euchre chair & table set up Thursday mornings. Call 768-8691 and volunteer!



NUTRITION NEWS

By Sarah Chapel, RDN, CDE

COOKING FOR ONE

Do you find cooking for just yourself a challenge? Packaged foods may have more portions than you can use and some recipes make more food than one person can eat within a few days. But there are ways to cook for yourself on a budget without food waste. Here are some tips to save money while shopping and cooking for yourself.

Shopping Tips

- Make a shopping list before going to the store to save time and money.
- Buy fresh fruits and vegetables every 3-4 days. Take time to prepare produce at home instead of buying pre-cut produce. Having readily accessible fruits and veggies makes them convenient and you are more likely to eat them before they go bad.
- Frozen and canned vegetables last longer than fresh so keep these on hand too. Stock up when these are on sale.
- Buy dairy products in small containers so you can finish them before they spoil. Look for sales on 5-6 ounce yogurt containers or quarts of milk.
- Buy frozen chicken breasts or peeled shrimp in 2 pound packages. Just thaw the amount you need, keeping the rest frozen in a tightly sealed package for later use.
- Cook and slice whole chicken for sandwiches or salads. Divide cooked meat into 3 ounce portions and freeze what you won't use in the next few days.
- Divide loaves of bread and freeze some for later use. Use freezer-safe bags to prevent freezer burn.

Cooking Tips

- Prepare a recipe that serves four or more and freeze individual servings for later use. This will cost less than most packaged meals.
- Muffin tins are the perfect size for single portions of meatloaf, chili, and soups. Freeze food in the tins then pop them out, storing in freezer-safe bags.
- Eggs are a great protein source when cooking for one. Scramble them for breakfast or make an egg sandwich for lunch or try a veggie omelet for dinner.
- Make wraps or burritos with leftover chicken, pork, beef, beans or scrambled eggs. Add veggies and top with cheese or salsa.
- Add 2-3 ounces cooked chicken, beef, or pork to cooked pasta. Toss in your favorite vegetables and $\frac{1}{4}$ cup jarred pasta sauce for a quick meal.
- Add leftover foods to soups and stews. Create a delicious and satisfying meal by using leftover vegetables; cooked pasta, rice or barley; canned beans; and leftover pork, beef or chicken.

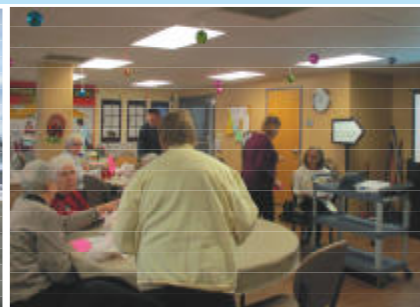
Recipe Ideas: www.myplate.gov.

JDL ON THE ROAD: BOOKMOBILE & JACKSON HISTORY

The new JDL Bookmobile will be back to visit the Crouch Senior Center in late January and late February. Call 768-8691 for dates.

MONDAY, FEBRUARY 7, 2022 AT 1:00
History of Jackson by Sue Weible

"Outsiders on the Inside Track"
Featuring notable immigrants that came to Jackson



VITA TAX ASSISTANCE - COMMUNITY ACTION

VITA Tax Filing Assistance with Community Action

Community Action Agency is offering FREE Tax Return Preparation (VITA) at our Jackson sites including the Jackson County Department on Aging 1715 Lansing Avenue location.

Appointments may be made through the automated scheduling service, starting in January 2022 by calling 517-247-2099. If you need to speak to a live operator, please listen to the entire message for further instructions. Appointments may also be scheduled on line at www.caajlh.itfrontdesk.com

The Department on Aging will NOT schedule appointments. Please call 517-247-2099 in January.

Volunteers are also needed to assist with the VITA program. If you have at least four hours a week to give from January – April, we would love to talk with you! We need tax preparers, greeters, and office support. NO EXPERIENCE NECESSARY and all training is provided.

If you are interested in volunteering for the VITA program at CAA, please call Laurie at (517) 435-4372, or contact her by email at: llazarus@caajlh.org.



SENIOR SAFETY

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



IRS SCAMS

Tax fraudsters strike quickly, often from overseas. They can cover, erase, or leave no tracks before taxpayers know they've been duped. Their goal is to steal money, take control of personal computers, or commit identity theft. IRS scammers trick their victims into giving them access to bank account information, Social Security numbers (SSN), or credit and debit card details.

Phone tax scams come in many varieties. These tech-savvy crooks can spoof caller ID to make their calls look like they are coming from an official number or location. And they may even have some of your personal information when they call — like the last four digits of your SSN or your correct birthday and year. Don't confirm and don't offer any more information.

You can avoid falling for an IRS scam if you know how to spot these scammers and their tricks, which starts with knowing how the Internal Revenue Service (IRS) contacts taxpayers. Here is a list of things a tax scammer will do but the **IRS will NEVER do**:

1. Call, text, or email you and demand immediate payment.
2. Demand payment without any chance to appeal or question the amount due.
3. Threaten to have you arrested.
4. Require a specific payment method, like a gift card, pre-paid debit card or wire transfer.
5. Call, text, or email you and ask for your personal or financial information.

REMEMBER THIS: Anybody contacting you claiming to be from the IRS and asking you for personal or financial information is a crook.

This information was taken from the Michigan Attorney General's Consumer Alert page.

SENIOR CENTER OCCASIONS





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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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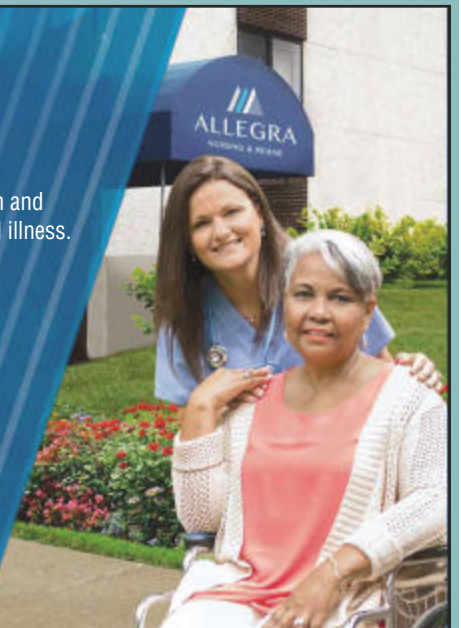
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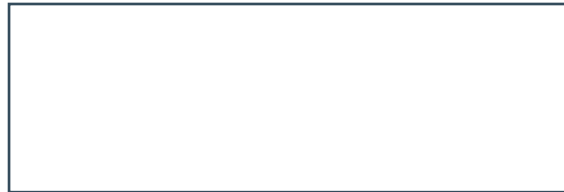
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Jennifer Guthrie, In-Home Services Coordinator

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

Inclement Weather Reminder

When Jackson Public Schools close due to severe weather, sites will be closed and Meals on Wheels will not be delivered.

Listen To: Radio FM 96.7, FM 105.3 & AM 970. TV - WLNS-TV6, Lansing & WILX-TV10 for closing updates.

March 2022

Dinner Dance | Thursday, March 3

Band: Sea Cruisers 5:00 - 9:00 pm

March 2022

Soup's On | Tuesday, March 8

Soup's On For Seniors Support Meals on Wheels

April 2022

Dinner Dance | Thursday, April 7

Band: Brian Bosman 5:00 - 9:00 pm

