

SENIOR CIRCUIT

January/February 2023 Issue | Volume 18, 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 14, 2023

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 14, 2023, at the American 1 Event Center, Keeley Park, 200 W. Ganson Street, Jackson.

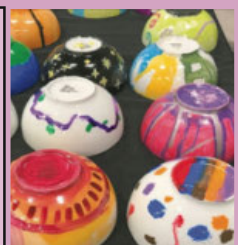
Sample soups and bread from local restaurants while enjoying entertainment, Matt Walch singing Big Band songs, a silent auction, beer and wine available for purchase.

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 14, 2023
5:30 - 7:30 p.m.
American 1 Event Center
Keeley Park




TECHNOLOGY LAB


COMPUTER LAB
 Open M-F: 9 am - 4pm

Computer Help
 with Dr. Bill
Tuesdays 1 pm - 2 pm
 Location: Computer Lab
 No Appointment Needed

 Bill specializes in Cyber Security. Have concerns?
 Stop by and see Bill.

Spark Your Imagination! 
CRAFT & ART Classes!


JDL Presents: TimeSlips
 Creative Story Telling
 Jan. 25 & Feb. 22


Details Page 10

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

SPECIAL FLABINO GAME!
See Page 15

Daily Exercise Classes
See Page 12


JACKSON COUNTY
Michigan

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

POOL GAMES

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

BIBLE STUDY

Mondays at 10:30 am
 Facilitator: Pastor Ed

WII BOWLING

Mondays at 1 pm
 Facilitator: Norma
 GAMES & PRIZES!!

CROUCH WRITERS

1st & 3rd Mondays at 1:00 pm
 Call 768-8691 for Jan/Feb Dates!
 Instructor: Frances
 Memories, Poems, Short Stories...

CRAFT & CHAT AT 1 PM

Mondays, Jan. 30 & Feb. 6
 Sign Up! 768-8691 Free!
 Instructor: Michelle

PAINT PARTIES TO GO

Mondays, Jan 23 & Feb 27
 Free for people 60+ First 25 that sign up. (\$10 donation for all others)
 Must Sign Up! 768-8691
 Instructor: Karen Olmos

HOSPICE QUILTERS

Tuesdays at 10:00 am
 Facilitator: Karen

JAM SESSION

Every Tuesday Following Lunch
 Musicians and Listeners Welcome!

WOODCARVING CLUB

Tuesdays at 1:00 pm
 Facilitator: Bob

CARD MAKING CLASS

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

GRANNY SQUARES

On Break January & February

KARAOKE

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

GREEN THUMB MSUE MG

3rd Thursday Every Month 10 am
 January 19 & February 16
 Free Projects! Sign Up 768-8691
 Facilitators: Marla, Donna, Ed, Darold

POOL 8-BALL GAMES

Thursdays at 9 am
 Play Pool Together as a Group!
 Volunteer Facilitator Needed!

JERRY & LARRY JAM

Country & Gospel Music
 Thursdays - After Lunch
 Facilitator: Jerry

ACRYLIC PAINT CLASS

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

FOOT CARE CLINIC

Friday, February 24
 Call 768-8691 Appointment
 Dr. White will trim toenails, treat callouses... See Page 10 for Details.

SQUARE DANCERS

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

LOW VISION BLIND CLUB

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



VALENTINE DINNER DANCE

February 2, 2023

Thursday, February 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

BAND
The Ramblers

Dinner Menu

Beef Ravioli Topped with
Shaved Parmesan
Antipasto Salad
California Blend Veggies
Fresh Fruit Mix
Garlic Bread
Milk
Dessert: Cannoli

JANUARY FEBRUARY CELEBRATIONS

CROUCH SENIOR CENTER

**TWO HEARTS MUSIC
SPECIAL WITH COOPER
YOUNG AND RIELLE**
Friday, January 13
12:30 to 1:30

**STEVE BERKEMEIER,
VALENTINE MUSIC &
ENTERTAINMENT**
Friday, February 10
12:30 to 1:15

**VALENTINE PARTY &
ENTERTAINMENT:
FERNANDO & FRIENDS**
Tuesday, February 14
11:00 Valentine Treats
11:00 Music with Fernando and
Friends
12:00 Lunch
1:00 Crouch Jam Session

SPECIAL FLABINGO PARTY!
Wednesday, February 22
10:00 to 11:15 am **FLABINGO
PARTY!** Free Flamingo Bingo
Games & Treats.

All bingo players invited &
welcome!! *The TOPS Teen
Group will be hosting this free
Flamingo Bingo Party!*

Chase Away Those Winter
Blahs ! Wear your fuzzy
slippers and have some winter
game time fun with friends...
• Games & Puzzles Any Day!!
Play a game from the Center
or bring your favorite game!

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
LUNCH Starting in
FEBRUARY! Call
768-8691 for Details

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

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

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

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



2022 Shred Day Statistics

1,149 pounds of documents were shredded during the fall Shred Day Events at the Crouch Senior Center and the Napoleon Meal Site.

For more Senior Safety Information, See Page 16.

SECOND MEAL PROGRAM

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

Criteria:

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

Second Meal Available:

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

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

Inclement Weather Reminder!

When Jackson

Public Schools are closed due to inclement 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
- 2 - CLOSED 	- 3 - Chicken Breast w/ Mushroom Gravy Mashed Potatoes Succotash Fresh Fruit Milk	- 4 - Goulash Mixed Veggies Green Beans Fresh Fruit Milk Cookie	- 5 - Vegetable Lasagna Broccoli Hot Spiced Apples Milk	- 6 - Broccoli, Chicken & Rice Diced Beets 5-way Mixed Veggies Fresh Fruit Milk & Dessert
- 9 - Beef Pepper Patty Mashed Potatoes Peas & Pearl Onions Fresh Fruit Roll Milk	- 10 - Chicken Drumstick Scalloped Potatoes Green Beans Roll Fresh Fruit Milk	- 11 - Sweet & Sour Meatballs over Rice Stir Fry Vegetables Diced Carrots Fresh Fruit Milk & Cookie	- 12 - Stuffed Pepper Mashed Potatoes Hot Spiced Peaches Roll Milk	- 13 - Tuna Noodle Casserole Broccoli Baby Carrots Milk
- 16 - CLOSED 	- 17 - Chicken Cordon Bleu Mashed Sweet Potatoes Succotash Roll Fresh Fruit & Milk	- 18 - Spaghetti & Meatballs Garlic & Herb Broccoli Carrot Coins Fresh Fruit Milk Cookie	- 19 - Crispy Chicken w/ Gravy Brussel Sprouts Hot Strawberries & Pears Roll & Milk	- 20 - Fish Sandwich Macaroni & Cheese Coleslaw Fresh Fruit Milk Dessert
- 23 - Chicken & Peppers Corn & Black Bean Fiesta Re-Fried Beans Flour Shell & Taco Sauce Fresh Fruit & Milk	- 24 - Meat Lasagna Winter Veggie Blend Peas & Carrots Fresh Fruit Milk	- 25 - Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies Roll & Milk Applesauce Cup Milk	- 26 - Cheesy Shells w/ Chicken & Peas Broccoli Hot Spiced Apples Fresh Fruit Milk	- 27 - Beef Pot Roast Mashed Potatoes California Blend Roll Fresh Fruit Milk Dessert
- 30 - Egg Scramble Au Gratin Potatoes Broccoli Orange Juice Muffin Milk	- 31 - Salisbury Steak Mashed Potatoes Mixed Vegetables Roll Fresh Fruit Milk	Menus certified by: Sarah Chapel Registered Dietician 		

MUSIC JAMS

- Weekly Jams!
- Crouch Jam - Tuesdays
- Country/Gospel Jam - Thurs

SEE PAGE 7 FOR DETAILS!

KARAOKE

- 4th Wednesday Month
- Norma Plays
- You Sing!

SEE PAGE 7 FOR DETAILS!

DANCE BANDS & FRIDAY ENTERTAINMENT FUN

- Dinner Dances - Live Bands
- Monthly Friday Music Entertainment Specials

SEE PAGE 2 FOR DETAILS!

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>Beef Ribette on ww Bun Scalloped Potatoes Peas & Pearl Onions Applesauce Cup Milk & Cookie</p>	<p>- 2 -</p> <p>Chicken ala King over Biscuit Mashed Potatoes Hot Spiced Apples 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 Baby Carrots Roll Fresh Fruit Milk</p>	<p>- 7 -</p> <p>Turkey and Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Roll Milk</p>	<p>- 8 -</p> <p>Swedish Meatballs over Rice Brussel Sprouts Carrot Coins Fresh Fruit Milk Cookie</p>	<p>- 9 -</p> <p>Chicken Florentine over Rice Zucchini & Tomatoes Hot Strawberries & Pears Milk</p>	<p>- 10 -</p> <p>Brat & Sauerkraut Baby Carrots Red Potato Roll Fresh Fruit Milk Dessert</p>
<p>- 13 -</p> <p>Beef Hot Dog Macaroni & Cheese Broccoli Fresh Fruit Milk</p>	<p>- 14 -</p> <p>Stuffed Cabbage Mashed Potatoes Peas & Carrots 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>Broccoli, Chicken & Rice Diced Beets Peas & Pearl Onions Fresh Fruit Milk Dessert</p>
<p>- 20 - CLOSED</p> 	<p>- 21 -</p> <p>Egg, Bacon & Cheese Scramble Zucchini & Tomatoes Au Gratin Potatoes Muffin Milk</p>	<p>- 22 -</p> <p>Fish Sandwich Au Gratin Potatoes Mixed Vegetables Fresh Fruit Milk Cookie</p>	<p>- 23 -</p> <p>Stuffed Pepper Mashed Potatoes Hot ABC Fruit Roll Milk</p>	<p>- 24 -</p> <p>Macaroni & Cheese California Blend Peas Fresh Fruit Milk Dessert</p>
<p>- 27 -</p> <p>Chicken Drumstick Mashed Potatoes Mixed Vegetables Fresh Fruit Roll Milk</p>	<p>- 28 -</p> <p>BBQ Pork on WW Bun Scalloped Potatoes Green Peas w/Pearl Onions Apple Sauce Cup Milk</p>	<p>Dinner Dance Menu</p> <p>Beef Ravioli w/Parmesan Antipasto Salad California Blend Veggies Fruit Mix, Garlic Bread Dessert: Cannoli</p>		

LET THE GAMES BEGIN!

- BINGO Flamingo, Penny, Quarter
- Euchre Tournament
- Card Games
- Bridge Tournament

See Page 7 For Details

FIND YOUR FIT! SPORTS

- 8 Ball & 9 Ball Pool Games
- Wii Bowling Games
- Corn Hole & Shuffle Board
- Square Dancers

Page 12 for Details

FIND YOUR FIT! EXERCISE

- Fit After 50
- Enhance Fitness
- Moving For Better Balance
- Line Dance Classes

See Page 12 for Details

JAMS & KARAOKE

Crouch Dining Room

CROUCH JAM SESSION TUESDAYS AT 1 PM

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

KARAOKE

4TH WEDNESDAY AT 1 PM

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

COUNTRY GOSPEL JAM THURSDAYS AT 1 PM

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



BINGO BINGO BINGO

Crouch Dining Room

PENNY BINGO

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

FLAMINGO BINGO

Free Prize Bingo!
2nd Monday at 1:00
2nd Wednesday at 1:00

QUARTER BINGO

Fridays at 10:00 am
Bring a quarter for each card you play. Winners split the pot(s)!

EUCHRE TOURNAMENTS, CARDS AND GAMES

PLEASE CALL 768-8691 for Game Information

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

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

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

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

JANUARY 2023 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

1715 Lansing Avenue, Jackson, MI | Open Mon-Fri 9 a.m. - 4 p.m. (517) 768-8691

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>- 2 -</p> <p>CLOSED</p> 	<p>- 3 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p>- 4 -</p> <p>8:30 Fit 50 Exercise 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 PENNY BINGO</p>	<p>- 5 -</p> <p>9:00 Pool Games 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 6 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Games 1:30 Square Dancers - New Members Welcome! Watch or Dance!!</p>
<p>- 9 -</p> <p>8:30 Fit 50 9:00 Pool Games! 10:30 Bible Study 10:30 Exercise 1:00 Wii Bowl 1:00 Flamingo Bingo</p>	<p>- 10 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p>- 11 -</p> <p>8:30 Fit 50 Exercise 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 Flamingo Bingo</p>	<p>- 12 -</p> <p>9:00 Pool Games 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 13 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 12:30 Music Special Cooper & Rielle 1:00 Bridge Club 1:00 Games</p>
<p>- 16 -</p> <p>CLOSED</p> 	<p>- 17 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p>- 18 -</p> <p>8:30 Fit 50 Exercise 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 PENNY BINGO</p>	<p>- 19 -</p> <p>9:00 Pool Games 10:00 Green Thumb 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 20 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Games 1:00 Low Vision</p>
<p>- 23 -</p> <p>8:30 Fit 50 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 Wii Bowl 1:00 Paint Party</p>	<p>- 24 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p>- 25 -</p> <p>8:30 Fit 50 Exercise 10:00 JDL TimeSlips 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 KARAOKE</p>	<p>- 26 -</p> <p>9:00 Pool Games 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 1:00 Nutrition Council</p>	<p>- 27 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Games</p>
<p>- 30 -</p> <p>8:30 Fit 50 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 Wii Bowl 1:00 Craft N Chat</p>	<p>- 31 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p>JDL Presents TimeSlips At Crouch</p> <p>Jan. 25 & Feb. 22 10 am See Page 9</p> 		
<p>KING CENTER Open! M - F MICHIGAN CENTER M/W/F EUCHRE!!!!</p>		<p>PARK FOREST M - F Lunch & Conversation NAPOLEON T/TH Euchre, Bingo, Wii Bowling!</p>		<p>NORVELL M/W/F EUCHRE, BINGO GRASS LAKE SENIOR CENTER Activities 522-8466</p>



FEBRUARY 2023 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

1715 Lansing Avenue, Jackson, MI | Open Mon-Fri 9 a.m. - 4 p.m. (517) 768-8691

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		- 1 - 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 PENNY BINGO	- 2 - 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 5 - 9 DINNER DANCE	- 3 - 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Games 1:30 Square Dancers
- 6 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 1:00 Crouch Writers 1:00 Wii Bowl 1:00 Craft N Chat	- 7 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 8 - 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 FLAMINGO BINGO	- 9 - 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 10 - 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 12:30 Valentine Music Special Steve B. 1:00 Bridge Club 1:00 Games
- 13 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 1:00 FLAMINGO BINGO	- 14 - 10:00 Quilters 10:30 Exercise 11:00 Valentine Party Music by Fernando & Friends 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 15 - 8:30 Fit After 50 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:15 Adv Line Dance 1:00 PENNY BINGO	- 16 - 9:00 Pool Challenge 10:00 Green Thumb 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 17 - 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Games 1:00 Low Vision Club
- 20 - CLOSED 	- 21 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	- 22 - 8:30 Fit After 50 10:00 Free FLABINGO Bingo Games/Hosted by the TOPS Group 10:00 JDL: TimeSlips 12:15 Line Dance 1:15 Adv Line Dance 1:00 KARAOKE	- 23 - 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 24 - 8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Games FOOT CLINIC
- 27 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 1:00 Wii Bowl 1:00 Paint Party	- 28 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help	JDL Presents: TimeSlips At Crouch Jan. 25 & Feb. 22 10 am See Page 9 		
KING CENTER Open! M - F MICHIGAN CENTER Euchre - M/W/F Call 768-8691		NAPOLEON T/TH Euchre, Bingo, Wii Bowling! PARK FOREST Lunch & Conversation		NORVELL M /W /F 10:30 Euchre GRASS LAKE CALL 522-8466

JACKSON DISTRICT LIBRARY

PRESENTS: TiimeSlips Creative Storytelling at Crouch

Wednesday, January 25 & February 22

10 am - 11 am

CROUCH SENIOR CENTER

Class Size Limited To 10 People

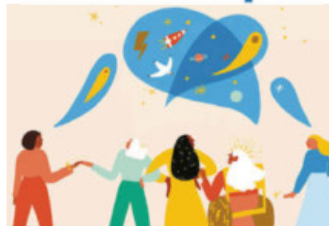
TimeSlips. Bringing meaning & purpose into the lives of elders through creative engagement. As our bodies and minds change with age, people ask – “How can I connect with my mom? My friends? My neighbor?” TimeSlips says try imagination...

What is Meaningful and Creative Engagement?

Do you know someone who is isolated or perhaps wrestling with dementia? You want to engage but don't know how?

Let us help. Ask a Beautiful Question and invite someone to imagine, using words, sounds, movements and images. Shift away from the expectation of memory – toward the freedom that imagination can bring.

TimeSlips™



Folks in early to moderate stages of memory loss can even participate!

Facilitator: Anne de Irala, Jackson District Library

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

FOOT CARE CLINIC, FEBRUARY 24

Crouch Senior Center | 768-8691

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

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

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

Please call 768-8691 to make an appointment!



2023 Foot Care Clinic Dates:

Fridays - February 24, May 12, August 11 and November 3.

REGION 2 AAA WORKSHOPS

Region 2 AAA | 592-1974

**MATTER OF BALANCE
WORKSHOP**

Crouch Senior Center

Wednesdays & Fridays,

March 29 - April 21

10 am to 12 pm

Register! (517) 592-1974

Or Call (517) 768-8691

Do you have CONCERNS about falling?
Attend a Workshop for help!

In an educational support-group style,
MATTER OF BALANCE helps people to:

- View falls and fear of falling as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks

Participants also learn and practice exercises to help with balance. Join this eight session workshop designed to improve balance, flexibility, and strength!



**Region 2 AAA Workshops
& Classes:**



PATH, Workplace PATH, Aging Mastery Program, CHRONIC PAIN PATH, Powerful Tools for Caregivers, and more... **CALL Region 2 AAA (517) 592-1974**



VITA TAXES

Call 517-247-2099 Starting January 19, 2023, To Make Your Appointment.

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

Household income less than \$57K. Scheduling starts January 19, 2023.

Appointments may be made through the automated scheduling service, starting January 19, 2023 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 starting January 19, 2023.

For more information call the Community Action Agency, Jackson, Michigan at 517-784-4800 or 800-492-0004.

My Free Taxes. Anyone with income less than \$73k can file their tax return for FREE at: myfreetaxes.com

If you need assistance using the My Free Taxes website, a volunteer will be available Monday through Thursday afternoons at the Carnegie Branch, Jackson District Library. Location: 244 W. Michigan Avenue, downtown Jackson. No appointment necessary. For more information, on My Free Taxes, please call 517-745-3668.



WELCOME BACK SPRING ARBOR SENIOR CENTER - FEBRUARY 13, 2023

Spring Arbor Senior Center Site | 768-8691

Spring Arbor Senior Center
OPEN FEBRUARY 13, 2023
10:00 am to 1:30 pm

Hot lunch available Monday through Friday at 12:00 noon.
Please make a lunch reservation at least one day in advance.
CALL 517-768-8684.

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

For more information on the Spring Arbor Senior Center lunch program, please call the Jackson County Department on Aging, Enrichment program at **517-768-8691.**



DONATIONS

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

EXERCISE HOLIDAY BREAKS

Monday, January 2
New Year's Holiday - Closed

Monday, January 16
Martin Luther King, Jr. - Closed

NOTICE!! All Classes Will Meet in
the Multipurpose Room on
January 23, 24, and 25!!

Monday, February 20
Presidents' Day - Closed

MONDAYS 1:00 pm
Wii Bowling Games!

1st FRIDAY of the Month
1:30 Square Dancers

Crouch Sports Find Your Fit

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

Fit After 50 Comments

- It's a great workout. Gives me energy to start my day. Good place to make new friends.
- You may not want to get up and go, but after you get there, you are glad you did.
- I really enjoy this class. I find that I have a lot more energy and stamina.
- We have so much fun and when the class is over, you know that you have had a good work out. Thank you!

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



EXERCISE CLASSES CROUCH SENIOR CENTER

Call 768-8691 or email LMead@mijackson.org for Exercise Updates

FIT AFTER 50

Crouch Senior Center Room 005
M/W/F 8:30 a.m. - 9:30 am
This exhilarating class includes full-body stretching and non-jarring, low impact exercises to promote increased heart and breathing rates.
Certified YMCA Instructor: Lauren

ENHANCE FITNESS

Crouch Senior Center Room 005
M/W/F 10:30 am - 11:30 am
The Enhance Fitness class is a moderate-impact class with high-impact results. The class uses simple, easy to learn movements that motivate individuals (particularly those with arthritis) to stay active. More Energy! Better Balance! Increased Body Strength!
Certified YMCA Instructor: Ken

MOVING FOR BETTER BALANCE EXERCISE

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

LINE DANCE

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

ADVANCED LINE DANCE

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

SPRING ARBOR SENIORS

Reopening in February!
Call 768-8691 for more details.



THANK YOU GRANNY SQUARES

Granny Squares Meet March - November, Wednesdays at 1:00 pm



The Granny Square group makes lap blankets all year long. In 2022, 111 Lap Blankets were made and distributed during the Holiday Season to homebound senior citizens, the John George Home and the Friendly Home. Thank you Granny Squares!

THANK YOU LUMEN CHRISTI & KIT YOUNG

DECK THE HALLS HOLIDAY DECORATING THANK YOU!



SHOP! CRAFT CORNER

Crouch Senior Center
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, doll clothes, mittens, socks...

The Craft Corner accepts donations of 4-ply yarn for the Granny Squares 2023 holiday lap blanket project.



JOB OPPORTUNITIES

Jackson County
Department on Aging

<https://www.mijackson.org>
LIVE, WORK, PLAY
Employment

Join Our Team!
Meals On Wheels
Drivers
&
Home Care
Workers

NUTRITION NEWS

By Sarah Chapel, RDN, CDCES

Prediabetes: Foods to Eat and How They Can Help

Prediabetes is a condition in which the body is not able to metabolize carbohydrates normally, causing blood sugar levels to become high. An estimated 96 million U.S. adults have prediabetes.

Blood sugar, or blood glucose, is the amount of glucose in your blood. The pancreas plays a key role in maintaining healthy blood sugar levels through its production of insulin. Insulin acts like a key that allows glucose in your blood to enter your cells. Your cells use that glucose for energy.

People with prediabetes don't have enough insulin or are insulin resistant, meaning their cells don't respond normally to insulin and glucose can't enter the cells as easily. When glucose can't enter the cells, it builds up in the blood, leading to high blood sugar. The pancreas produces more insulin to compensate, but eventually isn't able to make enough, causing blood sugar to rise.

Though most people with prediabetes have no symptoms, it's a serious health condition that puts you at higher risk for developing type 2 diabetes, heart disease and stroke. The good news is that prediabetes is reversible. Both nutrition and physical activity are key to preventing prediabetes and diabetes.

Foods to Eat With Prediabetes

Diets that emphasize whole grains, legumes, nuts, fruits and vegetables and limit refined and processed foods are associated with a lower risk of type 2 diabetes. These health-promoting foods can help keep your blood sugar on target:

Whole Grains

Replacing refined grains in your diet with whole grains may help lower your blood sugar, improve insulin sensitivity, and lower your risk of developing diabetes. Good sources of whole grains include oats, barley, brown rice, bulgur, quinoa, millet and farro.

Fruits and Vegetables

Fruits and vegetables are a good source of fiber, are low in calories, can prevent spikes in blood sugar, lower oxidative stress and decrease inflammation. Aim to make at least half your plate non-starchy vegetables to reduce your risk of prediabetes and diabetes.

Choose whole fruits as fruit juices may have the opposite effect and actually increase your risk for diabetes.

Lean Proteins

Including protein in your meals helps slow how quickly your blood sugar rises and help you feel fuller longer. Beans and legumes, plant-based protein foods, like tofu and tempeh, eggs, Greek yogurt, nuts and seeds, fish and shellfish, and poultry are excellent sources of protein.

Foods to Limit with Prediabetes

Sugar sweetened beverages are associated with a significant increased risk of developing type 2 diabetes. Examples include: regular soda, lemonade and other fruit drinks, sports and energy drinks, sweetened tea, and sweetened coffee beverages.

Any foods with added sugars or refined carbohydrates can cause blood sugar spikes. These include fruit juice, white bread, low-fiber cereals, sweet baked goods, desserts and candy.

When to See a Doctor

Early detection is key to making lifestyle changes that can prevent your prediabetes from developing into type 2 diabetes. The American Diabetes Association recommends all adults begin screening for prediabetes and diabetes at age 35, regardless of other risk factors.

Risk factors for prediabetes include: being overweight, having family history of diabetes, being physically inactive, having high blood pressure, having a history of gestational diabetes, being of African American, Latino, Native American, Asian American or Pacific Islander descent.



FREE FLAMINGO BINGO GAME DAY!

Enrichment Activities | 768-8691



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FREE FLAMINGO BINGO

Wednesday, February 22

10 am to 11:15 am

CROUCH SENIOR CENTER DINING ROOM

Snacks & Prizes Provided by TOP

Stay for lunch at 12 noon. Lunch Reservations: 768-8684
Bingo Sponsored By Top (Teen Outreach Program)



CROUCH WRITERS

1st & 3rd Mondays at 1:00 - Due to Jan/Feb Holidays - Call for Dates 768-8691

DATING IN THE 80'S By Fordine Williams

No, not my 80's, the 1980's. Roughly forty years ago. Dating was so much different back then. There were no dating sights, no Facebook. I was asked to write something for the January/February issue of "Senior Circuit", and my thoughts wandered to Valentine's Day. I have memories of interesting dates back then that I can share with you. I'm very blessed I came to no harm while dating.

Back then we placed personal ads in the paper, hoping to find romance. It was called the Singles Column in the "Citizen Patriot" newspaper. You either placed an ad or responded to those listed. The paper forwarded responses to those who placed ads. I also used the "Christian Singles" magazine. They operated the same way. I also went to singles dances and joined singles groups. Below are highlights of some of my adventures in dating. I hope you enjoy them.

One guy I had been corresponding with picked me up at my house in his "new" car. He was so proud of it! He just paid \$50 for it at the car auction in Parma. It had no back seat, and the dashboard was cracked from one side to the other, exposing the padding. This was a Florida car and apparently had gotten baked when the windows were left closed. It probably was a good buy because the car's mechanics and body were sound. It (and he) just didn't appeal to me.

For about four months, I dated a Marine who was also a private eye on the side. He worked in the Marines recruitment office here in Jackson and, on his off hours, he took photos of men cheating on their wives. Once, he let me fire his gun at the police firing range, but he took it away from me when I didn't aim it toward the ground afterward. I've never fired a gun before or since.

There was one guy who met me for lunch at Steve's Ranch. I think he was from the Kalamazoo area. During our nice lunch, he told me he was treasurer of the nearby nudist camp. He wanted to know if I would go nude with him there and I said "no". Now, whether he really was the treasurer, or just made up that story to get out of seeing me again, I don't know. But it's worth a laugh now.

There was a nice man from one of the clubs I belonged to who asked me out to dinner. He worked for the Jackson Post Office and didn't get out until 7:00 PM or so. Since I don't eat that late, at dinner I ordered something very small. Our waitress had the nerve to say to me, "You're a cheap date!" Even though I was that night, he and I didn't have a second date.

The last man I dated had a dark side to him. He was a carpenter who lived in Michigan in the summer and in Texas in the winter. He only took cash for his work (fishy?). And he bragged that he had lost his front teeth during a bar fight. He was proud he spent a short time in jail for slugging a police officer in Texas. He gave up drinking. Somehow this "bad boy" appealed to me. But in the long run, there was no long run.

I've found that writing about memories is therapeutic. Sometimes it's good to put events in writing so you can chuckle about them years later.





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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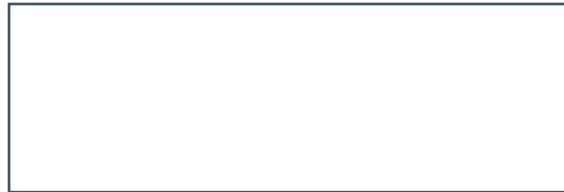
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Annie Sottek, Nutrition Services Manager

Medicare/Medicaid Assistance Program

Amy Minix, Outreach Worker

Nutrition Site and Senior Center Programs

Laurie Mead, Enrichment Specialist

LOOKING AHEAD

March 2023

St. Paddy's Dance | March 2

Dinner Dance; Live Band 5 pm - 9 pm

March 2023

Soup's On | March 14

Soup's On For Seniors; Meals On Wheels

March 2023

Region 2 AAA Matter of Balance | March 29

Matter of Balance Workshop at Crouch

