

SENIOR CIRCUIT

March/April 2021 Issue | Volume 16, Issue 2

JACKSON COUNTY DEPARTMENT ON AGING



*Senior Centers and Sites
are still closed at the
time of this publication.*

MAR| APR ISSUE

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St Paddy's Day with Cooper Young
Tuesday, March 16
10:30 am Curbside Event
See Page 3 for Details



Popcorn & Poodle Skirts with Kevin Devine

Tuesday, April 27, Curbside Event
10:45 am - 11:30 am
See Page 3 for details!



Staying Connected!
Entertainment, Bingo
Prizes, Paint Parties,
Granny Squares,
Meals To Go...
Join!
Call 768-8691

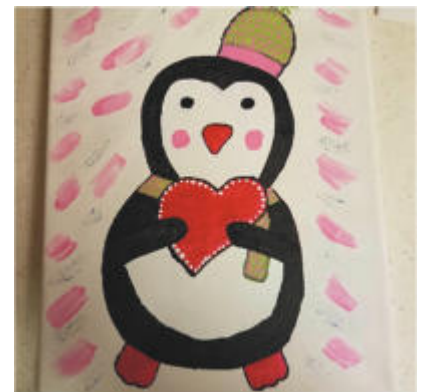
Spring Celebrations

March 2 Dr. Seuss' B-day
March 14 Daylight Savings
March 17 St. Paddy's Day
March 20 1st Day Spring
April 1 April Fools Day
April 4 Easter Sunday
April 5 Dandelion Day
April 20 Scrabble Day

Lindy's Shout Outs

Life's not about
expecting, hoping
and wishing.

Life's about doing,
being and becoming.



Paint Parties Penguin by Diane

SENIOR NUTRITION PROGRAM - MEALS TO GO AVAILABLE

Meals To Go (517) 768-8652

Meals To Go

While the Jackson County Department on Aging congregate sites and senior centers are closed, seniors are offered the option of picking up nutritious meals, curbside.

Many seniors have taken advantage of this convenient option of picking up well-balanced, prepared meals.

If you, or someone you know, needs meals-to-go, please contact Jennifer Guthrie at 768-8652.

Inclement Weather Reminder
When Jackson Public Schools are closed due to severe weather, Meals To Go curbside is canceled and Meals on Wheels will not be delivered.

Please listen to the following stations
Radio – FM 96.7, FM 105.3 & AM 970 *TV* – WLNS-TV6, Lansing & WILX-TV10

St. Paddy's Day Celebrations

Tuesday, March 9, 10:30 - 11:00

Visiting Leprechaun Sparkle

Tuesday, March 16 at 10:30 - 11:30 am
Music with Entertainer, Cooper Young

Spring Has Sprung!

Tuesday, March 30, 10:30 - 11:00

Easter Bunny Photo Op

Sock Hop Music

Popcorn & Poodle Skirts

Tuesday, April 27 at 10:45 - 11:30 am

Entertainer Kevin Devine

- Must call ahead to reserve a lunch if you are not already on Meals To Go 768-8691
- 60+ meal donation; under 60 \$3.50 per meal
- Stay in your cars, please.
- Drive Thru Circle Slowly
- Stop to pick up meals or listen
- Park In Lot B for a longer visit
- Weather Permitting! Entertainers are volunteers.
- 768-8691 LMeat@mijackson.org for details
- Wear your GREEN, find some Rabbit Ears...
- Poodle Skirts, Varsity Sweaters.. Welcome!

Thank you Meals To Go Visitors!



DEPARTMENT ON AGING ENRICHMENT CLASSES - ONLINE

Let's Play Number Bingo 1 - 75



FLAMINGO BINGO

Zoom from Home with Friends

Every Wednesday
1:00 p.m.

Location: Zoom from home via computer or smartphone. No Internet? No problem. Call in and listen by PHONE.

Pre-Register and get the meeting ID 768-8691 or LMeat@mijackson.org

- Bingo from home - FREE
- Create your own cards (*play up to 4*) or download from bingobaker.com
- Play Number Bingo 1 - 75
- 1:00 sign in & chat; 1:15 the Games Begin!!
- Play several games and 1 overall
- Prizes when available! Winners pick up curbside by appointment.

B	I	N	G	O
8	20	40	50	65
4	26	31	48	64
14	25	Free!	53	67
15	30	33	52	74
13	19	35	60	68

Paint Parties from Home!

Paint Parties To Go

Instructor Karen Olmos

Mondays

at 1:00 p.m.

March 8 & April 19

Location: Zoom from home via computer or smartphone. No Internet? No Problem. Call in and listen by phone.

Pre-Register and get the meeting ID 768-8691 or email LMeat@mijackson.org

- Curbside Supply Pickup will be by appointment
- Free Supplies - project, paint and brushes for people 60+
- \$10 supply donation for people under 60
- Class Size Limited to 20



CHAIR YOGA

THURSDAY AFTERNOON

4:30 - 5:00 p.m.

Zoom YOGA - Free

March 18 & April 15

(Third Thursday Every Month)



Certified Coach: Heather

Pre-Register for meeting ID
Call 768-8691 or email
LMeat@mijackson.org

SPRING CRAFT with Michelle

Thursday, March 25

11:00 am Zoom Class

Birdhouse Paint Craft

Limit 10 Painters

Free 60+,

Donation under 60

Sign Up! Call 768-8691 or
Email LMeat@mijackson.org

Supplies Provided: birdhouse, paint, brush





NEW CLASS

TAI CHI

TAI CHI CLASS ONLINE MONDAY & FRIDAY

Time: 12 pm - 1 pm
Instructor: Ken, YMCA

Pre-Register:

Get your Zoom meeting ID
Call 768-8691 or email
LMead@mijackson.org

No Internet? No Problem!
Call in and listen via phone.

Tai Chi is an ancient martial art practiced primarily for its health benefits. Tai Chi's focus is on slow, fluid movements with the goal of improving flexibility, balance and core strength with the added benefits of fall prevention and reduction of stress. Scientific studies show that Tai Chi helps with chronic conditions such as arthritis, heart disease and diabetes.

2021 EXERCISE BREAK

March 22, 24, 26 NO CLASS
Spring Break!!

May 31 Memorial Day
NO CLASS

Donations Welcome!

1715 Lansing Avenue,
Jackson, MI 49202

QUESTIONS? PLEASE CALL:

Department on Aging
768~8691



ENHANCE FITNESS FROM HOME

Zoom Class with Ken Monday, Wednesday, Friday 10:30 am - 11:30 am

Pre-Register: Get your Zoom meeting ID call
768-8691 or email LMead@mijackson.org

No Internet? No Problem!
Call in and listen via phone.



Enhance Fitness is a moderate-impact class with high-impact results! Simple, easy to learn movements that motivate individuals (particularly those with arthritis). More Energy! Better Balance! Increased Body Strength! YMCA Instructor Ken.

Please Join Us!

Follow the Department on Aging website
for updates at www.mijackson.org/619

MSU EXTENSION ZOOM WITH ANGELA

Friday, March 26 at 1:30-2:30 pm

Food Safety and Preservation - Cooking Matters at Home
Learn the 4 steps of Food Safety

Preservation tips! Meal planning and preparation that will keep food safe but also make cooking easier! Resources sent out to help individuals preserve their fruits, vegetables, and other items.

Join, Fill out post-survey, Receive a \$10 Amazon gift card!

Thursday, April 22 at 11am-12pm

Cook Once - Eat Twice

Understand the basics of meal planning. Learn how to locate food resources. Learn how to find budget-friendly, healthy, ingredients. Maximize your efficiency in the kitchen - cook once, eat twice. Make a budget-friendly meal plan. Learn ingredient substitutions.

Call or email Laurie to Register! 768-8691 LMeat@mijackson.org



MSU STUDENT NURSES
ZUMBA & MUSIC THERAPY

<https://youtu.be/cn3eWY2YZ00>

- YOGA Exercises
- White Chicken Chili Crock Pot Recipe
- Stay Active During COVID-19 Chair Exercises & Videos

Contact 768-8691
 LMeat@mijackson.org for links and brochures

COMPUTER QUESTIONS? ASK DR. BILL!

This informal zoom meeting with Dr. Bill, retired Baker College professor, is your chance to ask computer, zoom, technology and online questions.

"This was fun. I already have a question for next week. Wish more people would attend and see how much help Bill has to offer."

Tuesdays at 1:00 Free Class Call 768-8691
 LMeat@mijackson.org to register and get link.
 No Internet? No Problem.
 Call in and ask your questions by phone.



Let's Talk Time!

Zoom Chats
Thursdays 1:00



What: Social Chat Hour
Topics: Zumba & Music, Stretch Meditation, Body Relaxation, Special Guests, and more... with Laurie
Get the Meeting ID
 768-8691 or email
 LMeat@mijackson.org
 No Internet? No Problem.
 Call in and listen by Phone.

Granny Squares

The Granny Square group, working from home, has already started the holiday lap blanket project. Lap blankets are given to homebound seniors during the holiday season.

Their Goal: 50 Lap Blankets in 2021



New Granny Square members are always welcome.
 Call 768-8691 for more information on how to join this fun group!

"Thanks for the blanket. Merry Christmas!" from, A Guy Who Can't Knit

For reopen date information, please listen to:

Radio - FM 96.7, FM 105.3 & AM 970 **Television** - TV - WLNS-TV6, Lansing & WILX-TV10



LOUIS WHITE, DPM

CALL 788-8251

Dr. White will hold the podiatry clinics at his office until the Department on Aging is able to reopen to the public. Dr. White will trim toenails and also treat callouses, ingrown toenails, corns, bursitis, and painful joints.

DEPARTMENT ON AGING & COMMUNITY SUPPORT PROGRAMS

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

REGION 2 AREA AGENCY ON AGING

Online Workshops & Telephone Support

Friendly Reassurance Program - COVID-19

Telephone Support for Older Adults
Call 517-592-1974 www.r2aaa.net

Cancer PATH: Thriving & Surviving

Martha York, LBSW, Community Education Coordinator; Master Trainer

Do you know cancer survivors who could use some assistance with health self-management? Cancer PATH: Thriving & Surviving is a 6-week, internet-based workshop designed to help people living with cancer deal with their unique problems and concerns. During once-a-week, 2.5 hour sessions on Zoom, attendees discuss common symptoms and challenges.

Free. MONDAY Afternoon Series:

April 12 - May 17; 1:00 - 3:30 p.m.
livingwellprograms@r2aaa.net
or Call 517-592-1974

Developing Dementia Dexterity

3 session webinar; Wednesdays,
March 3 - March 17, 2021 3:00 - 4:30
Call 517-592-1974

CORONAVIRUS INFORMATION

Center for Family Health COVID INFORMATION

COVID Hotline Number 517-748-5363

Monday - Friday 8 am to 9 pm & Sat/Sun 9 am to 6 pm

HENRY FORD HFAH COVID INFORMATION

Patient COVID Hotline Number 313-874-1055

•Call for up-to-date COVID information

•Monday - Friday 8 am to 5 pm & Sat. 8 am to 2 pm

**Jackson County Health Department
for up-to-date COVID-19 information at:
www.mijackson.org/hd**

JACKSON COUNTY DEPARTMENT ON AGING SERVICE HIGHLIGHT

Case Coordination and Support

The Jackson County Department on Aging continues to help Jackson County seniors live full, active, and independent lives! Here is a description of one service we provide:

Case Coordination and Support:

Encompasses a comprehensive in-home assessment and follow-up reassessments of individual needs for persons aged 60 and over with multiple needs. It includes the development and monitoring of a service plan, identification of and communication with appropriate community agencies to arrange for services, and evaluation of the effectiveness and benefit of services provided by the Department on Aging. Services may include Meals on Wheels or Home Care Assistance.

From January 1, 2020 to December 31, 2020, the Jackson County Department on Aging assessed 1036 unduplicated clients in Jackson County.

For more information about services, please contact Jennifer Guthrie, In-Home Services Coordinator, at 517-768-8652.

GetSetup.io

Learn How to Use Videoconferencing, Telemedicine and Other Technology. The Michigan Department on Health and Human Services is providing a new service to help cope with COVID-19 social distancing.

Go to [GetSetup.io](https://getsetup.io) for more information!

JACKSON COUNTY HEALTH DEPARTMENT CORONA VIRUS UPDATE

1715 Lansing Avenue, Jackson, MI | Health Department Recorded Vaccine Information 517-817-4469



COVID-19 Vaccine NEWS



Am I eligible?

Vaccine eligibility is based on Priority groups and vaccine availability. The groups are established by the Michigan Department of Health and Human Services and the Centers for Disease Control

Priority groups are as follows:

Priority 1A - Emergency Medical Service Providers, High Risk Hospital workers, Direct Care Health Care workers and Long Term Care staff and residents

Priority 1B - Adults 65 years and older, Educators (Daycare, Preschool, K-12,) Food & Agriculture, Transportation, Corrections Officer, Utilities, and other critical infrastructure workers

Priority 1C - Other essential workers and high risk populations such as Individuals 16-64 years of age with underlying medical conditions

Phase 2 - Individuals 16 –18 years and older (based on Manufacturer's recommendations)





Where do I go?

Information is available regarding the current status of the COVID Vaccine on the COVID Information Line at (517) 817-4469. You can also visit the Jackson County Health Department webpage at www.mijackson.org/hd or Facebook page. The Health Department is working in collaboration with Henry Ford Allegiance Health, Center for Family Health, local pharmacies and physicians to distribute vaccine.

How do I sign up?

At this time clinics are being scheduled based on vaccine availability. When vaccine is available, notifications will be sent out to those whose information has been collected about clinic dates, locations and opportunities to sign up. Please call 517-817-4469 for updates and information on where you can go to sign up or complete the online survey located at: <https://survey.alchemer.com/s3/6131215/COVIDVACJACKSON> or click on the QR CODE on the right.

For other COVID related questions: (517)788-4420, Opt 9.



(517)788-4420 www.mijackson.org/hd DEDICATED to *Creating Healthy Communities*

ENRICHMENT ACTIVITY GROUPS

Staying Connected!! Call 768-8691 to find an activity you would like to join!

The Crouch Senior Center WRITE YOUR LIFE Group continues to write together and stay connected through bi-monthly emails. They invite you to read more of their stories by following them on the Jackson Memoir Writers Facebook Page led by Coralie Cederna Johnson, Instructor.

JUNK HOLE, By Marjorie Green

My mother was going to throw the old pendulum clock into the junk hole, a gully on the back of our property. The clock had stopped working but I begged her to let me keep it. She did, and I eventually fixed it. I had it until my house in Springport burned. I had also wanted to keep the old wind-up Victrola, but I lost that battle and it went into the junk hole. We were moving and my mother wanted to keep things light.



My sister and I had made a record on the old Victrola by wrapping a makeshift record in tinfoil and placing it on the turntable. We talked or sang into the speaker that was mounted on the arm of the Victrola. The vibration would make the needle track a groove on the tinfoil as the record turned. The record could be played back once or twice, if lucky, before the tinfoil ripped. (The arm was quite heavy).

Anything unwanted found its way into the junk hole. The tin cans completely disintegrated over time though they may have left unseen toxins behind.

The junk hole was bulldozed over when I-94 took out our house, burying the hole and removing the big hill. But I was able to salvage this memory that I "dug up"!



ACTIVITY DRAWING WINNERS!

Punxsutawney Phil Shadow Prediction
Flamingo Bingo Coverall Winners

\$5 Gift Card to McDonald's

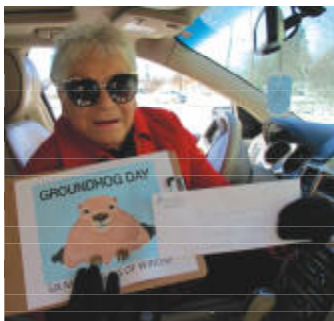
January Activity Winners

\$5 Gift Card to Meijer

Computer Help Hour, Flamingo Bingo

Zoom Chat/Chair YOGA

Enhance Fitness, Tai Chi



CONGRATS!!
Ernie! Mariane!
Linda 2!
Tracy! Dennis 2!
Char! Marilyn C.
2! Jean! Daniel!
Aiden! Sue V.!
Vera! Sally!

It's Jelly Bean Time! \$25 Gift Card!

Guess the Number of Jelly Beans in the Jar!

- One (1) guess with current FY2021 form
- Extra guesses (up to 3 more) for participating in activities during March or April - Enhance Fitness, Tai Chi, Computer Help Hour, Flamingo Bingo, Zoom Chat/Chair YOGA
- Closest guess without going over wins \$25 Gift Card
- Next closest guess (not over) wins Jelly Bean Jar

Contact 768-8691 with guess!

LMeat@mijackson.org

Guess by MONDAY, April 19

Drawing is TUESDAY, April 20

Jar pictured is not actual jar. See Jelly Bean Jar in front window of Department on Aging lobby or picture posted on the www.mijackson.org/619 website.



COMMUNITY SUPPORT

Thank you Department on Aging Zoom & Online Program Volunteers & Instructors

Thank you to these amazing instructors, facilitators and entertainers for helping the Department on Aging offer some great online activities during the shutdown of Senior Centers and Nutrition Sites due to COVID safety restrictions.



Ken, YMCA
Instructor
Enhance
Fitness & Tia
Chi
M W F Classes



Karen Olmos
Paint Parties
Instructor
Monthly Class
Mondays



Dr. Bill
Computer
Help Hour
Instructor
Tuesday Class



Kevin Devine
Entertainer
Online, Live Events
Monthly Specials



Heather
Chair YOGA
Instructor
Monthly Class
Thursdays



Michelle
Craft Facilitator
Pop Up Specials
Thursdays

Join these activities, Flamingo Bingo and more...
Call 768-8691 or LMeade@mijackson.org

Thank you to these brave
Winter & Spring Entertainers !



Entertainer Kevin Devine, April



Cooper Young & Guests, March



Violins with Linda, Dec & Feb



Princess Bell & Santa, December





SENIOR SAFETY

Danielle Pequet, LMSW

Keeping seniors informed about common scams and other senior issues.



GIFT CARD SCAMS

Have you ever been asked to make a payment using a gift card? If so, consider that request to be an immediate red flag. While gift cards can be a popular and convenient way to give a gift, they're the leading payment method requested for in most consumer scams.

The Federal Trade Commission (FTC) reported consumers across the country lost \$79.9 million in gift card scams in the first three quarters of 2020 alone. Bad actors focus on requesting gift cards from a variety of merchants to ensure consumers do not notice a pattern. Gift cards from Amazon, PayPal, Green Dot, eBay, Google Play, Best Buy, Home Depot and even iTunes are known to be requested by scammers, but consumers should be on high alert regardless of the merchant name.

Each gift card is like digital cash: they are anonymous and basically untraceable with no permanently linked account information that could tie it to any one person. This allows scammers to get creative with these schemes.

Regardless of the type of gift card scam, they always have one thing in common: a sense of urgency. Bad actors will demand that you go to the store – or even multiple stores – right away to obtain gift cards. These scammers may even stay on the phone with you the entire time. Victims of these scams are usually told to provide the gift card numbers and corresponding pin numbers via phone. Once that happens, the thieves are able to get the money loaded onto the card and most of the time, the funds cannot be traced back.

The Consumer Protection Team within the Michigan Department of Attorney General has received a number of complaints related to gift card scams. They can sound very convincing, but it's important to **never** provide your personal information or provide payment to anyone via these methods.

This information was gathered from a Michigan Attorney General Consumer Alert

EASTER RECIPE FUN

Springalicious Easter Smoothie Recipe Ingredients:

Pink Smoothie - 1 1/2 cup milk, almond milk, or soy milk; 2 cups frozen strawberries
Green Smoothie - 1 1/2 cup milk, 1 cup spinach, 1 frozen banana, 1 tablespoon honey
Yellow Smoothie - 1 1/2 cup milk, 2 cups frozen mango chunks
Purple Smoothie - 1 1/2 cup milk, 2 cups frozen blackberries
Orange Smoothie - 1 1/2 cup milk, 2 carrots chopped, 1 cup frozen mango chunks, 1 frozen banana

Instructions: Place ingredients in a blender and blend until smooth and serve immediately. **Notes:** Each makes 2 glasses. This recipe makes them thick. Add more liquid for a thinner smoothie. **Decorate a Cup and Enjoy!**



Natalie, Super Healthy ...

NUTRITION NEWS

Give Your Refrigerator a Makeover By Sarah Chapel, RDN, CDCES

Give Your Refrigerator a Makeover

If it has been a while since your refrigerator has had a good cleaning, the New Year is the perfect time to give it a makeover. Keeping a clean, organized fridge improves the safety and quality of your food, reducing your risk of food-borne illness.



Out With the Old.

Keep a close eye on food package dates to ensure foods are freshest and at their best quality. “Use by” or “best if used by” dates indicate when the product is at optimal quality. This is not a safety-related date. “Expiration” date indicates when the food is no longer safe to eat. Leftovers are usually safe to consume 3-4 days after they have been prepared. Use a piece of tape and a sharpie to label leftovers with the date they were made to help you keep track of when items should be discarded. Many leftovers can be frozen if they won’t be eaten within that time frame. Always err on the side of caution when it comes to food safety. When in doubt, throw it out! The Is My Food Safe? app can tell you exactly how long you can safely store everything from apples to casseroles.

Keep Foods Safe.

Set the temperature in your refrigerator below 40°F. If you don’t have a refrigerator thermometer, place a food thermometer in a glass of water in your fridge overnight. The reading on the thermometer will indicate your fridge temperature.

Keep Your Fridge Clean.

Once a week, give your fridge a good cleaning by wiping down all shelves and compartments with hot, soapy water. Then rinse well and dry thoroughly. Wipe down all jars and bottles as well to prevent bacterial growth on containers. Between cleanings, wipe up any spills quickly to reduce spread of bacteria.

Store Food in the Right Location.

Where you store items in your fridge is also important to reduce risk of food-borne illness. The side door is the warmest part of the fridge, so this is the best place to store items with a long shelf-life like condiments. Every time the fridge door is opened, the upper shelves get exposed to warm air, making this the warmest part of the fridge. It’s best to keep pre-cooked, ready-to-eat things like cheese and leftovers on these shelves. Fruits and vegetables can be stored in the upper shelves if you do not have a crisper drawer. The bottom shelf is the coldest and the best place to store milk, meat, poultry, and fish as these are the highest safety risk foods.

For more information on food safety, visit usda.gov or homefoodsafety.org



Stuffed Cabbage Roll



Seafood & Rice Casserole



Goulash

Please Contact:
Community Action at
877-422-2726
www.caascmm.org

For Information on CSFP
and TEFAP food
distribution.

See if you are an income-
qualifying senior and
find a distribution site
near you.

REOPENING INFO

Listen to the following stations for
reopening information:

Radio - FM 96.7, FM 105.3 AM 970

TV - WLNS-TV6 Lansing WILX-TV10

DEPARTMENT ON AGING

COVID-19 and Older Adult Services

Throughout the Coronavirus pandemic, Department on Aging staff have been supporting seniors by providing meals they may eat at home. When programs return to normal, we will notify local media to let you know when senior centers and nutrition sites reopen. Until then, the Department on Aging team wishes you well during this health pandemic.

For information about **Meals on Wheels** delivered to someone's home who is age 60 and better or **Meals To Go - Curbside**, please call the Department on Aging at 788-4364.

On the Menu...

- Egg & Sausage Rounds with Country Gravy
- Pasta Rotini with Meat Sauce
- Salisbury Steak with Mushroom Gravy
- Beef Rotini
- Cheezy Tuna Casserole
- Beef Pepper Patty
- Chicken Fajita with Peppers and Rice
- Chicken Florentine
- Chicken Pasty with gravy
- Chicken Nuggets
- Hamburger Stew
- Chicken Stuffing Casserole
- Beef Ribbette
- Taco Casserole
- Mac & Cheese
- Crispy Chicken Breast
- Western Beef Steak Patty
- Chicken Cordon Bleu Alfredo
- Grilled Chicken with Pepper Strips
- Egg Scramble with Baby Spinach



OUR GATHERING PLACES

Sites Currently Closed due to COVID. Call 768-8652 for Curbside Meals.

IT'S MORE THAN JUST LUNCH!

When we reopen, 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. Call 768-8691 for times.

Join a site when we reopen!

Crouch Senior Center
1715 Lansing Ave
Mon. through Fri.
9:00 a.m. - 4:00 p.m.

**King Recreation
Center Food with
Friends Site**
1107 Adrian St.
Mon. through Fri.
10:30 a.m. - 1:30 p.m.

Spring Arbor
122 Star St.
Mon. through Fri.
9:45 a.m. - 1:45 p.m.

**Norvell
Township Hall**
106 E. Commercial
Mon., Wed., & Fri.
10:30 a.m. - 1:30 p.m.

**Napoleon
Township Hall (M-50)**
6755 Brooklyn Rd.
Tues. & Thurs.
10:30 a.m. - 1:30 p.m.

**Grass Lake Senior
Center Food with
Friends Site**
373 Lakeside Dr.
Tues. through Fri.
Call 522-8466 for Time

**Michigan Center
St. Aidan's Church**
361 Grove St.
Mon., Wed., & Fri.
10:30 - 2:30 p.m.

Park Forest
3300 Spirea Ct.
Mon. through Fri.
10:30 a.m. - 1:30 p.m.

**MEALS ON WHEELS &
MEALS TO GO
AVAILABLE NOW
PLEASE CALL 768-8684
FOR INFORMATION**



Slow Cooker Corned Beef
Prep Time: 10 minutes
Cook Time: 8 hours
Servings: 12

8 small red potatoes
2 cups baby carrots
1 small onion, quartered
1 corned beef brisket (4 pounds), rinse, trim
2 TBS Mixed Pickling Spice
1 tsp Minced Garlic
1/2 head cabbage, core, cut in wedges

Place potatoes, carrots, onion in slow cooker. Place corned beef brisket over vegetables. Sprinkle with pickling spice and garlic. Add enough water (about 8 cups) to just cover meat.

Cover & Cook 7 hours on high. Add cabbage. Cover & Cook 1–2 hours on high or until cabbage is tender-crisp.

Remove corned beef to platter. Slice. Serve with vegetables.

LPI Family Features



SPRING ARBOR SENIORS

122 Star Street, Spring Arbor, MI | Site Currently Closed Due To COVID. Call 768-8652 for Meals To Go

Please call
768-8691
for reopen
information.



Celebrate St. Paddy's Day!

P E D A R A P G R E E N B E E R N I O
E R P O T O F G O L D E R E E U H I Y
E A N E R B S R T M R M C X A E T O E
T A T E I N I S H I T N A H E N N E N
E O E C I R A R N G A O C R N O E G R
E H P O L C S G E D R E P O C B E A A
C R C O C O O H E L R E I H L H T B L
F R N E F B V P A P A T E E A S N B B
O I I L R T I E E M I N S N E T E A G
L I N A P P H L R D R S D K K A V C N
K O G L G M O E A H I O A Z C D E C I
L H S A U H W R M N S N C J I C S E K
O P B S A O T J G O S I I K R H R L N
R O I R B D I S G H R A R Q E A I E I
E C P N U G W I S H B N W I M R S B R
K C I R T A P T N I A S I D I M S R D
T A C O R N E D B E E F K N L R I A N
R B Y A D I L O H G F Y V E G A K T R
E T S K C U L P C E L T I C A L I E G

Word List:

BAGPIPE

CASTLE

CHEER

DANCE

GREEN

IRELAND

LEPRECHAUN

MUSIC

SAINTPATRICK

TOPHAT

BLARNEY

CELEBRATE

CLOVER

DRINKING

GREENBEER

IRISH

LIMERICK

PARADE

SEVENTEENTH

TOPOFTHEMORNING

BLESSINGS

CELTIC

COINS

ERINGOBAGH

HARP

JIG

LUCK

POTOFGOLD

SHAMROCK

TRADITION

CABBAGE

CHARM

CORNEDBEEF

FOLKLORE

HOLIDAY

KISS

MARCH

RAINBOW

SNAKES

WISH

ACTIVITIES**MONDAY**

10:30 Enhance Fitness Zoom

12:00 Tai Chi Zoom

Mar 8 Paint Parties at 1:00
Apr 19 Paint Parties at 1:00**TUESDAY**1:00 Zoom
Computer/Technology/Online/
Zoom Help Hour

Curbside Entertainment Specials

Mar 9 Visiting Leprechaun

Mar 16 St Paddy's Special

Mar 30 Easter Bunny

April 20 Jelly Bean Jar Drawing

April 27 Popcorn & Poodle Skirts!

WEDNESDAY

10:30 Enhance Fitness Zoom

1:00 Flamingo Bingo Zoom

THURSDAY

1:00 Zoom Chats

Mar 18 4:30 Chair YOGA Zoom

Mar 25 11:00 Craft Special Zoom

Apr 15 4:30 Chair YOGA Zoom

Apr 22 11:00 MSUE Cook Once; Eat
Twice**FRIDAY**

10:30 Enhance Fitness Zoom

12:00 Tai Chi Zoom

Mar 12 1:00 Online, Live Music

Mar 26 1:30 MSUE Food Safety
Zoom**CROUCH SENIOR CENTER & SITES MISS YOU!****Sudoku***Fill in the grid so that every row, column and
3x3 box contains the numbers 1 through 9.*

6	8			7			5	
			1					
	7	1	8			2		
8		9						
	2	4		5	9			
			2					
			5					8
				9	6			
4	5	2	7	1				9

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DIFFICULTY: ★☆☆☆☆

Answers — call 768-8691 or email LMeat@mijackson.org**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.



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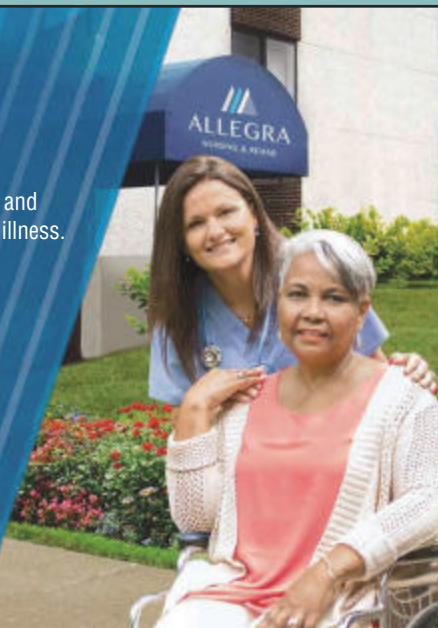
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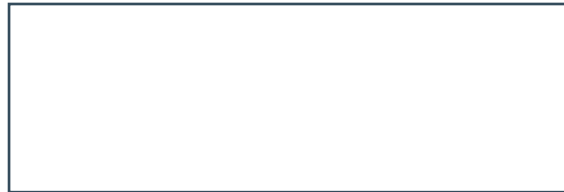
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