

SENIOR CIRCUIT

May/June 2022 Issue | Volume 17, Issue 3



JACKSON COUNTY DEPARTMENT ON AGING



Senior Centers and Sites
517-788-4364

MAY | JUN ISSUE

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A Big Thank You...

Soup's On for Seniors is a campaign to raise money for Meals on Wheels. The 2022 campaign raised \$16,000+ ! We want to thank the businesses who donated:

Silver Supporters



Airport Road Dillon & Associates, Inc.

Bronze Supporters

- ♦ Alvin L. Glick Foundation & Alro Steel Corp.
- ♦ Commonwealth Associates, Inc.
- ♦ Emmons Service, Inc.
- ♦ UMRC & Porter Hills Foundation

Soup Supporters

- ♦ Chalgian & Tripp Law Offices, PLLC
- ♦ Village of Spring Meadows



TECHNOLOGY LAB

COMPUTER LAB

Open M-F: 9 am - 4pm

TUESDAYS AT 1:00

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



SUMMER CRAFT

Instructor: Michelle

Monday, June 27
1:00 pm

Sign Up! 768-8691



JDL ON THE ROAD!

HISTORY WITH SUE WEIBLE
"Outsiders On the Inside Track"

- Monday, May 16 at 1:00
- Details on Page 11

HAT DAY FUN Wednesdays!



Flamingo Bingo
Penny Bingo
Quarter Bingo
Euchre
Bridge, Cards
Karaoke

See Page Seven



JACKSON COUNTY
Michigan

CLASSES/ACTIVITIES AT CROUCH

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

POOL ROOM OPEN

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

BIBLE STUDY

Mondays at 10:30 am
Facilitator: Pastor Ed

CORN HOLE

Mondays at 11 am
Facilitator: Mickey

CROUCH WRITERS

1st & 3rd Mondays at 1:00 pm
Instructor: Frances
Memories, Poems, Short Stories...

PAINT PARTIES TO GO

Monday, May 23 at 1:00 pm
Must Sign Up
\$10 supply donation; Class Size Limited. Instructor: Karen Olmos

CRAFT WITH MICHELLE

Monday, June 27 at 1:00 pm
Must Sign Up! 768-8691

HOSPICE QUILTERS

Tuesdays at 10:00 am

JAM SESSION

Every Tuesday Following Lunch
Musicians and Listeners Welcome!

WOODCARVING CLASS

Tuesdays at 1:00 pm
Facilitator: Bob
MAY 24 11 am - 2 pm
BRING & BRAG! Wood Carvers
Item Display. Some items for sale.

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

GREEN THUMB MSUE MG

3rd Thursday at 10 am
MUST SIGN UP for MAY
May - Tomato Bucket Project
June - Let's Talk Summer Plants!
Volunteers wanted to help plant
flowers and weed planters in June.
Facilitators: Marla, Donna, Ed, Darold

POOL 8-BALL CHALLENGE

Thursdays at 9 am

JERRY & LARRY JAM

Country & Gospel Music
Thursdays - After Lunch
Facilitator: Jerry

ACRYLIC PAINT CLASS

Thursdays at 1 pm
\$10 Supply Donation
Instructor: Karen H.
Call for details! 768-8691

FOOT CARE CLINIC

Friday, April 29 at Crouch
Dr. White. Call 788-4364.

SQUARE DANCERS

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

LOW VISION BLIND CLUB

3rd Friday of the Month at 1 pm
New Members Always Welcome!
Facilitator: David

EXERCISE CLASSES M - F

Daily Exercise Schedule - Page 12
Fit After 50, Moving for Better
Balance, Enhance Fitness,
Beginning & Advanced Line Dance
768-8691

DINNER DANCE - MAY 5**CINCO DE MAYO DINNER DANCE**

Thursday, May 5

Time: 5 p.m. – 9 p.m.

Crouch Senior Center

Health Department

Ground Floor, Room 005

Park in Lot A



Dinner Served 5 - 5:30 p.m.
60+ suggested donation \$2.50
Under 60 - cost \$3.50

Dance 6 - 9 p.m.
Dance Donation \$1.50

DINNER RSVP: 768-8684
Enrichment: 768-8691

Dinner Menu

Chicken Fajitas
Spanish Rice
Black Bean &
Corn Fiesta
Mixed Fruit
Milk

Dessert:
Key Lime Pie

May Band: The Ramblers

ENTERTAINMENT!
MAY AND JUNE
SPECIALS AT CROUCH**MOTHER'S DAY**

Friday, May 6

12:00 Lunch

12:30 Cooper & Rielle Two
Hearts Entertainment

**VOLUNTEER
LUNCHEON**

Friday, May 20

Details on Page 15

MEMORIAL DAY

Honoring Our Vets

Friday, May 27

12:00 Lunch

12:30 Harmonica Club

FATHER'S DAY

Friday, June 17

12:00 Lunch

12:30 Kevin Devine,
Entertainer

SUMMER MUSIC

Friday, June 24

12:00 Lunch

12:30 Cooper & Rielle Two
Hearts Entertainment

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**
Closed for Remodel
Call for Updates
768-8691

**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



Michigan Center

Invites you to
LUNCH & EUCHRE
MONDAY
WEDNESDAY
FRIDAY at 12:30

Call 768-8691 for more details on Michigan Center Euchre Games!



SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- 2 - Grilled Chicken w/ mushroom gravy Mashed Potatoes Brussel Sprouts Roll Fresh Fruit Milk & Cookie	- 3 - Breaded Pork w/ Country Gravy Mixed Vegetables Mashed Potatoes Roll & Margarine Fresh Fruit Milk	- 4 - Fish Sandwich Scalloped Potatoes Baby Carrots Fresh Fruit Milk Cookie	- 5 - Beef Pot Roast Mashed Potatoes Hot Strawberries & Pears Roll Milk Dinner Dance 5 - 9	- 6 - Seafood Pasta Peas & Carrots Brussels Sprouts Fresh Fruit Milk Dessert
- 9 - Beef Pepper Patty Mashed Potatoes Veggie Blend Fresh Fruit Roll & Margarine Milk	- 10 - Smothered Chicken Green Beans Honey Carrots Roll & Margarine Fresh Fruit Milk	- 11 - Beef Ribette Au Gratin Potatoes Green Peas Applesauce Cup Milk Cookie	- 12 - Pork Chop Suey over Rice Stir Fry Vegetables Hot Spiced Apples Milk	- 13 - Cod Macaroni & Cheese Normandy Blend Roll & Margarine Fresh Fruit Milk Cookie
- 16 - Beef Hot Dog w/diced Onions Scalloped Potatoes Broccoli Fresh Fruit Milk	- 17 - Egg Scramble w/Baby Spinach, Green Peppers and Onions Au Gratin Potatoes Broccoli Orange Juice Milk	- 18 - Chicken Drumstick Cream Peas & Potatoes Carrots Roll & Margarine Fresh Fruit Milk & Cookie	- 19 - Stuffed Cabbage Red Skin Potato Hot Spiced Peaches Roll Milk	- 20 - Volunteer Luncheon Chicken Cordon Bleu Sweet Potato Casserole Spinach Strawberry Salad Veggie Mix, Fruit, Dinner Roll, Milk & Dessert
- 23 - Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Veggie Blend Fresh Fruit Milk	- 24 - Scalloped Potatoes w/ Turkey Ham Broccoli Succotash Roll & Margarine Milk	- 25 - Western Meatloaf Mashed Potatoes California Blend Roll & Margarine Fresh Fruit Milk & Cookie	- 26 - Chicken Florentine over Rice Zucchini & Tomatoes Hot Spiced Peaches Milk	- 27 - Macaroni & Cheese Carrots Cauliflower Fresh Fruit Milk Cookie
- 30 - CLOSED IN HONOR OF MEMORIAL DAY 	- 31 - Kielbasa & Sauerkraut Carrot Coins Red Potato Roll & Margarine Fresh Fruit Milk			Menus certified by: Sarah Chapel Registered Dietician 

JAM SESSION!

TUESDAYS AT CROUCH

After Lunch Crouch Dining Room

Join the Jam! Play or Listen...
 Music, Coffee, Friends

EUCHRE TOURNAMENT!

Thursdays at Crouch

1:00 Multipurpose Room

\$2 donation per player goes to the
 Winners! Top 3 guys & Top 3 gals.
 Every Thursday!

QUARTER BINGO

FRIDAYS AT 10 AM

1:00 Multipurpose Room

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>Cheeseburger on Bun Au Gratin Potatoes Broccoli Fresh Fruit Milk</p>	<p>- 2 -</p> <p>Broccoli, Chicken & Rice Country Green Beans Hot Spiced Peaches</p>	<p>- 3 -</p> <p>Vegetable Lasagna Spinach Veggie Blend Fresh Fruit Milk Dessert</p>
<p>- 6 -</p> <p>Chicken w/Red & Green Peppers Corn & Black Bean Fiesta Spanish Rice Flour Shell & Sauce Fresh Fruit & Milk</p>	<p>- 7 -</p> <p>BBQ Pork on ww/Bun Potato Cheese Bake Coleslaw Applesauce Cup Milk</p>	<p>- 8 -</p> <p>Beef Pasty w/Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Milk Cookie</p>	<p>- 9 -</p> <p>Stuffed Pepper Mashed Potatoes Hot Spiced Apples Roll & Margarine Milk</p>	<p>- 10 -</p> <p>Tuna Noodle Casserole Dilled Carrot Coins Succotash Fresh Fruit Milk Cookie</p>
<p>- 13 -</p> <p>Beef Hot Dog w/ Diced Onions Baked Beans Fresh Fruit Milk</p>	<p>- 14 -</p> <p>Turkey & Gravy Mashed Potatoes Mixed Vegetables Roll Fresh Fruit Milk</p>	<p>- 15 -</p> <p>Spaghetti & Meatballs Garlic & Herb Broccoli Cauliflower Fresh Fruit Milk Cookie</p>	<p>- 16 -</p> <p>Wiley Potato Mixed Vegetables Hot Spiced Peaches Roll & Margarine Milk</p>	<p>- 17 -</p> <p>Fish Sandwich Au Gratin Potatoes Black Beans & Corn Fresh Fruit Milk Dessert</p>
<p>- 20 -</p> <p>Breaded Chicken w/ Gravy Mashed Potatoes Mixed Veggies Roll & Margarine Fresh Fruit & Milk</p>	<p>- 21 -</p> <p>Meat Lasagna Winter Veggie Blend Brussels Sprouts Fresh Fruit Milk</p>	<p>- 22 -</p> <p>Swedish Meatballs over Rice Brussels Sprouts Carrot Coins Fresh Fruit Milk & Cookie</p>	<p>- 23 -</p> <p>Cheesy Shells w/ Chicken & Peas Broccoli Hot Spiced Apples Milk</p>	<p>- 24 -</p> <p>Homestyle Meatloaf Mashed Potatoes Mixed Veggies Roll & Margarine Fresh Fruit Milk & Dessert</p>
<p>- 27 -</p> <p>Egg Scramble Au Gratin Potatoes Green Beans Muffin Orange Juice Milk</p>	<p>- 28 -</p> <p>Salisbury Steak Mashed Potatoes Mixed Vegetables Roll Fresh Fruit Milk</p>	<p>- 29 -</p> <p>Chicken ala King Mashed Potatoes Succotash Biscuit Fresh Fruit Milk & Cookie</p>	<p>- 30 -</p> <p>Beef Pot Roast Mashed Potatoes Hot Spiced Peaches Roll & Margarine 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

FLAMINGO BINGO

2nd Monday & 2nd Wednesday

1:00 Dining Room

Free Bingo! Win a (donated)

PRIZE When Available!

Let's Play BINGO!!

POOL ROOM OPEN!

POOL CHALLENGES!

Mondays at 9 & Thursdays at 9

Pool Room Open Daily 9 - 4

Pool Players Wanted for the Monday

9 Ball Challenge and Thursday 8 Ball

Challenge. PLAY SOME POOL!!

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	Wii/Games	Everyday	Anytime
Crouch	Euchre Tourney	Thursdays	1:00 pm
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	Cards	T/TH	10:30 am
Norvell	Cards	M W F	10:30 am
Spring Arbor	Game Day	Call for Info!	Call for Info!

Michigan Center Invites YOU to lunch & Euchre M W F!!!



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.

MAY 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
- 2 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 11:00 CORN HOLE 1:00 Crouch Writers	- 3 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarvers 1:00 Jam Session	- 4 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Exercise 12:15 Beg Line Dance 1:15 ADV Line Dance 1:00 Granny Squares 1:00 Penny BINGO	- 5 - 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class <div>5 - 9 DINNER DANCE</div>	- 6 - 10:00 Quarter Bingo 10:30 Exercise 12:30 Mothers Day Entertainment 1:00 Bridge Club 1:00 Pinochle/Games 1:30 Square Dancers
- 9 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 11:00 CORN HOLE 1:00 Flamingo BINGO	- 10 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarvers 1:00 Jam Session	- 11 - 8:30 Fit After 50 9:30 Card Class Dori 10:30 Exercise 12:15 Beg Line Dance 1:15 ADV Line Dance 1:00 Granny Squares 1:00 Flamingo BINGO	- 12 - 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 13 - 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Pinochle/Games
- 16 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 11:00 CORN HOLE 1:00 Crouch Writers 1:00 JDL HISTORY	- 17 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarvers 1:00 Jam Session	- 18 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Exercise 12:15 Beg Line Dance 1:15 ADV Line Dance 1:00 Granny Squares 1:00 Penny BINGO	- 19 - 9:00 Pool Challenge 10:00 Green Thumb Bulbs Project 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 20 - No Activities; Sites Closed for VOLUNTEER LUNCHEON 10:45 am - 1:00 pm In Room 005
- 23 - 8:30 Fit 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 11:00 CORN HOLE 1:00 PAINT PARTY	- 24 - 10:00 Quilters 10:30 Exercise 11 - 2 Wood Carvers Bring & Brag 1:00 Computer Help 1:00 Jam Session	- 25 - 8:30 Fit After 50 10:30 Exercise 12:15 Beg Line Dance 1:15 ADV Line Dance 1:00 Granny Squares 1:00 KARAOKE	- 26 - 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 27 - 10:00 Quarter Bingo 10:30 Exercise 12:30 Memorial Day Harmonica Club 1:00 Bridge Club 1:00 Pinochle/Games
- 30 - ALL SITES CLOSED IN HONOR OF MEMORIAL DAY 	- 31 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarvers 1:00 Jam Session	HAT DAY WEDNESDAYS! 	Pool Players WANTED! Mon & Thurs Challenges Call 768-8691	

KING CENTER

Open! M - F

MICHIGAN CENTER

Euchre Players Wanted! M W F

PARK FOREST

Lunch & Conversation!

NAPOLEON

Tues & Thurs 11 am EUCHRE
 Call 768-8691 for Birthday Party and Penny Auction Dates!

SPRING ARBOR SENIORS

See Page 10

NORVELL

M W F 10:30 Euchre
 Call 768-8691 for Birthday Party and Penny Auction Dates!

GRASS LAKE SENIOR CENTER

Activities 522-8466

JUNE 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
		 SMILES ON WHEELS at Crouch Friday, June 24	- 2 - 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 3 - 8:30 Fit 50 TODAY 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Pinochle/Games 1:30 Square Dancers
- 6 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 11:00 CORN HOLE 1:00 Crouch Writers	- 7 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarving 1:00 Jam Session	- 8 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Exercise 12:15 Beg Line Dance 1:15 ADV Line Dance 1:00 Granny Squares 1:00 Penny Bingo	- 9 - 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 10 - 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Pinochle/Games
- 13 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 11:00 CORN HOLE 1:00 Flamingo Bingo	- 14 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarving 1:00 Jam Session	- 15 - 8:30 Fit After 50 9:30 Card Class Dori 10:30 Exercise 12:15 Beg Line Dance 1:15 ADV Line Dance 1:00 Granny Squares 1:00 Flamingo 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 - 10:00 Quarter Bingo 10:30 Exercise 12:30 Father's Day Music 1:00 Bridge Club 1:00 Pinochle/Games 1:00 Low Vision Club
- 20 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 11:00 CORN HOLE 1:00 Crouch Writers	- 21 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarving 1:00 Jam Session	- 22 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Exercise 12:15 Beg Line Dance 1:15 ADV Line Dance 1:00 Granny Squares 1:00 Penny Bingo	- 23 - 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	- 24 - 10:00 Quarter Bingo 10:30 Exercise 11:00 Smiles Wheels 12:30 Summer Music 1:00 Bridge Club 1:00 Pinochle/Games
- 27 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Exercise 11:00 CORN HOLE 1:00 SUMMER CRAFT	- 28 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarving 1:00 Jam Session	- 29 - 8:30 Fit After 50 10:30 Exercise 12:15 Beg Line Dance 1:15 ADV Line Dance 1:00 Granny Squares 1:00 KARAOKE	- 30 - 9:00 Pool Challenge 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class	

KING CENTER

Open! M - F

MICHIGAN CENTER

Euchre - M W F!! Call 768-8691

EUCHRE PLAYERS WANTED!!

NAPOLEON

Euchre 11 am T & TH
Call 768-8691 for Party &
Penny Auction Dates!

PARK FOREST

Lunch & Conversation

NORVELL

M/W/F 10:30 Euchre
Call 768-8691 for Party &
Penny Auction Dates

GRASS LAKE SENIOR CENTER

Activities 522-8466

SPRING ARBOR SENIORS

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



SPRING ARBOR MEAL SITE

Currently Closed for Remodeling. Call 768-8691 for Lunch Options



Make Lunch Reservations at the Crouch Senior Center, Michigan Center, Napoleon or Norvell. Please call 768-8684 at least one day in advance. Call at least one day in advance.

CROUCH WRITERS

1st and 3rd Monday of the Month at 1:00 p.m. Crouch Senior Center

CROUCH WRITERS



Interested in writing and sharing your life stories and memories, writing a poem

or a short story? The Crouch Writers group is for anyone who enjoys putting words to paper. Please join us!

- ◆ Where: Crouch Senior Center at 1:00 pm
- ◆ When: 1st and 3rd Monday of the Month
- ◆ What: Memories, Short Stories, Poems...
- ◆ Instructor: Frances
- ◆ 768-8691

GROWING FORWARD! By Coralie Cederna Johnson

Growing! First, we were born. Then we worked at growing up. Not an easy task, but we did it! Now, as we are either retired or moving toward retirement, many of us are thinking about further growth and what to do next. So many options! Such a wonderful, beautiful world to explore! So many new adventures to choose from!

You've earned the right to have a little fun, so do some of the things you've always wanted to do. Enjoy! And if you want to move forward in studying the world around us, open your hearts and your minds and keep new learning options alive and well!

Many of us are resistant to change. It's hard not to feel this way when we've become comfortable with the way things work now. I'm the first to admit that I would not want to take on a whole new project right now regarding, for example, a new computer or phone system. I've just recently tackled both and I can't believe how difficult it was/is to learn so many new ways to communicate. A friend suggested (when I was in the throes of it) that I ask a two-year-old for help and I wasn't even offended! I knew she was just being helpful! And I definitely needed help!

But seriously, change and new learnings are essential to our lives. And there are others just like us who could use our help, some of the expertise we've learned along the way to retirement.

Helping others is one of the best ways to move forward, find new adventures, and build new friendships. Having been a volunteer here at the Crouch Senior Center, along with my husband Jim Johnson for the past eight years, I can tell you that nothing is better than knowing you have been able to make a difference in others' lives. It's one of the greatest gifts you can give to others and to yourself.

There's so much life out there in the world...so much yet to learn, to consume, to evaluate, to understand, to share and from which to grow! Learning something new and sharing time and care with others could be the next most exciting thing you do!

After 8+ years of leading the Write Your Life Memoir Writers group at the Crouch Senior Center, Coralie has decided to "grow forward" with some new adventures. Thank you Coralie and Jim for all of the inspiration!



JACKSON DISTRICT LIBRARY ON THE ROAD AT CROUCH SENIOR CENTER

Jackson District Library
On The Road Presents:

JACKSON, MI HISTORY WITH SUE WEIBLE

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



Monday, May 16 at 1:00

Come early for lunch served at 12:00 noon

Jackson District Library
On The Road Presents:

DRUMMUNITY!

Guests are invited to join the
drum circle. There is no
audience - guests become
the show - everyone plays!



Monday, July 25 at 1:00

Come early for lunch served at 12:00 noon

REGION 2 AAA WORKSHOPS

Sign Up! 517-592-1974

Dementia Webinar Via Zoom
Wednesdays, May 11, 18 and 25, 2022
Time: 1:30 pm - 3:00 pm

3-session on-line class via Zoom for those caring for a
person with dementia or Alzheimer's. The program has
been proven to reduce caregiver stress by giving them
useful tools and information.

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

More Workshops & Classes:

PATH, Workplace PATH, Aging Mastery
Program, CHRONIC PAIN PATH, Powerful Tools
for Caregivers,
A Matter of Balance and more... CALL (517) 592-1974



WOOD CARVERS BRING & BRAG

TUESDAY, MAY 24 11 AM TO 2 PM

The South Central Carvers are holding a Bring &
Brag show at the Crouch Senior Center on Tuesday,
May 24 at 11 am. They will be displaying a variety of
favorite carvings. Some items may be available for
purchase. Stop by and admire their amazing talent!

The Wood Carvers
meet every Tuesday at
1:00 in the Crouch
Senior Center
multipurpose room.
New members wanted
and always welcome.
Stop by or call
768-8691 for details.



2022 OLDER AMERICANS MONTH

Aging In Place

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible.

The 2022 theme is *Age My Way*, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities. For more information on Older Americans Month go to <https://acl.gov/oam/2022/older-americans-month-2022>

DONATIONS

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

2022 SPRING EXERCISE SCHEDULE

NO EXERCISE CLASS May 20
Volunteer Luncheon
Everyone Invited!
Friday, May 20 10:45 - 1:00
See Page 15

No Exercise Monday, May 30
Building Closed In Honor of
Memorial Day.

2022 SUMMER EXERCISE SCHEDULE

No Exercise on Monday, July 4
Building Closed In Honor of
Independence Day.

Following Classes on Break the
Week of July 4 - 8.
Fit After 50, Enhance Fitness
and Moving Better Balance.

Play SHUFFLE BOARD, Wii
BOWLING or CORNHOLE
between classes!
Crouch Senior Center



**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

Crouch Senior Center Room 005
Wednesday 1:15 pm - 2:00 pm
Experienced volunteer instructor leads participants through popular advanced line dance steps, moves and routines.
*Summer Break June & July.
Back after Labor Day.*
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

SENIOR VOLUNTEER OF THE YEAR NOMINATIONS

Jackson County Senior Volunteer of the Year 2022 Nominations

The Jackson County Department on Aging and the Jackson County Fair join together to honor outstanding contributions made by Jackson County's older citizens. Recognition will be given to people who have volunteered in the community since age 60.

Honorees will be invited to attend the award ceremony on Senior Day at the Jackson County Fair. August 8, 2022.

Please note: Nominations may be submitted by an individual or an organization. The Jackson County Senior Volunteer of the Year nomination is separate from the state level award. If you have submitted a nomination to the Michigan Aging and Adult Services Agency please consider sending the nomination to the Department on Aging for the Jackson County recognition.

Criteria:

- ◇ Age 60 and older.
- ◇ Volunteer work rendered since turning age 60.
- ◇ Volunteer nominated has not received a Jackson County Senior Volunteer of the Year Award in the past.

Please contact the Department on Aging for nomination forms at (517) 788-4364 or go to their website at: <https://www.mijackson.org/619>

Nominations must be received by June 17, 2022. Submit nomination forms and any newspaper clippings, or letter of support, etc. to: **Jackson County Department on Aging, Senior Volunteer Nomination, 1715 Lansing Ave., Jackson, MI 49202**

Nomination forms and attachments may be e-mailed to **Laurie Mead** at: LMeade@mijackson.org **Please call 768-8691 for more information.**



COUNTRY STITCHES, JACKSON

Thank you Jackson Country Stitches and crafters for donating 251 handmade placemats to the Meals On Wheels nutrition program.

Placemats were distributed to homebound Meals on Wheels participants just before the Easter holiday.



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, muffins and GIFTS... Spoil yourself or a friend!

The Craft Corner accepts donations of 4-ply yarn for the Granny Squares 2022 holiday lap blanket project.



Job Opportunities with the Jackson County Department on Aging!

Go to:

<https://www.mijackson.org>

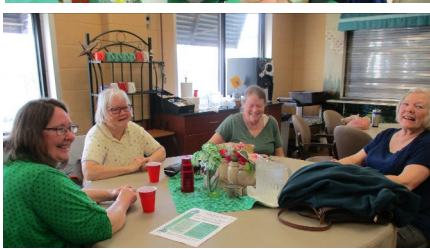
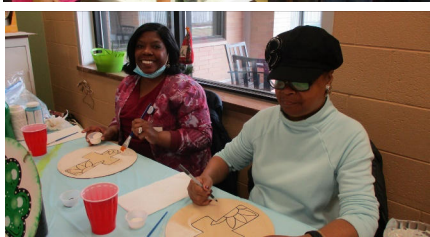
**LIVE, WORK, PLAY
Employment**

*Positions May Include:
MOW Drivers, Home Care
Workers, Social Workers...*

VOLUNTEER

MMAP Counselors

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



NUTRITION NEWS

By Sarah Chapel, RDN, CDCES

BALANCED SNACK IDEAS

Munching between meals is the norm for many people. Is this a healthy practice or are we better off without snacks? Like with almost everything in nutrition, whether you include snacks or not depends on you and your unique body. We all respond differently to different styles of eating.

If your meals are spaced 4-5 hours apart, and balanced with a protein-rich food, non-starchy veggies and some healthy fat, a snack is probably not necessary. However, if your meals are more than 5-6 hours apart, you have health conditions such as delayed gastric emptying, are at risk for hypoglycemia or need to gain weight, snacks can be beneficial. If you find yourself "hungry all day long" and you find yourself snacking out of habit, pay attention to the content of your meals; there's a good chance you are not getting adequate protein and fiber at your meals. By creating more balanced meals, you can probably forgo the snacks.

Timing of snacks

If you are including snacks within your meal plan based on true need, wait at least 2-3 hours after a meal and allow 2-3 hours from the time of your snack until the next meal. If you are snacking out of boredom or find yourself eating within two hours of a meal, think of some non-food related activities to do such as call a friend, play a game, read or engage in a hobby.

Balanced snack ideas

A perfect balanced snack features healthy fats, proteins, and carbohydrates with minimal artificial ingredients and added sugar and provides 150-200 calories.

- **Carbs:** Carbs provide fuel. That's why when you're low on energy, this is often what you'll crave. Fiber-filled carbohydrates are best so opt for fruit and veggies in place of chips, crackers or sweets.
- **Protein:** Protein is for staying power. Not only is this macronutrient the building block for muscles and other lean tissue, it also boosts satiety and helps regulate appetite.
- **Fat:** Fat gives satisfaction. Fats are calorie-dense and a little goes a long way, but they're still important for staying full and satisfied.

Here are some simple, filling snack combinations:

Sliced apple and 1 ounce cheese; 1 cup milk and ½ cup berries; 2 Tablespoons mixed nuts and 1 cup melon; Frozen waffle with nut butter and berries; 6 High fiber crackers and 1/3 cup hummus; Oatmeal with fruit and almond butter; 2 Tablespoons each dried fruit and pecans; Flavored Greek yogurt with ½ cup grapes or berries; 1 cup homemade trail mix with popcorn, nuts and dried cranberries; Turkey and cheese roll-ups with veggies; A hard-boiled egg and veggies; Celery sticks and peanut butter; Edamame with sliced cucumbers; ¼ cup cottage cheese and fruit; Small handful of pretzels and peanut butter.

VOLUNTEER LUNCHEON... ROLL OUT THE RED CARPET!

Department on Aging Volunteers are VIP - Very Important People

DEPARTMENT ON AGING VOLUNTEER LUNCHEON

Friday, May 20

10:45 am - 1:00 pm

11 am - 1 pm Entertainment

- by Brian Bosman featuring Elvis, Dean Martin, a ventriloquist act and music!

12 pm Congregate Lunch

Jackson County Department on Aging VIP LOUNGE!

1715 Lansing Avenue, Jackson

Health Department GROUND FLOOR, Room 005

Park In Lot A

Everyone is invited - Volunteers and those that appreciate Volunteers!

Make Your Lunch Reservations by Friday, May 13.
Call 788-4364

On The Menu: Chicken Cordon Bleu, Sweet Potato Casserole, Mixed Vegetables, Fruit, Milk & Dessert





SENIOR SAFETY

Danielle Pequet, LMSW

Keeping seniors informed about common scams and other senior issues.



Don't Fall for a Smishing Scam Smishing is when scammers send text messages pretending to be from trusted sources. The goal is to get targets to respond with personal information like passwords and credit card details or to click on links that install malware. It is just like phishing that uses emails; instead smishing uses texts.

A growing number of texts are from thieves trying to scam you. They can send millions of smishing texts at the same time. And because smartphone users are three times more likely to fall for fake text messages than computer users are to fall for fake email messages, text message scams are on the rise.

Things you can do to protect yourself:

- **Don't** share your phone number unless you know the person or organization well.
- **Don't** assume a text is legitimate because it comes from a familiar phone number or area code. Spammers use caller ID Spoofing to make it appear the text is from a trusted or local source.
- **Don't** provide personal or financial information in response to the unsolicited text or at a website linked to the message.
- **Don't** click on links in suspicious text; they could install malware on your device or take you to a site that does the same.
- **Don't** reply, even if the message says you can "text STOP" to avoid more messages. That tells the scammer or spammer your number is active and can be sold to other bad actors.
- **Never** follow a text's instructions to push a designated key to opt out of future messages.

This information above was gathered from material from the Michigan Attorney General.

SENIOR PROJECT FRESH MARKET FRESH

Senior Project FRESH Market FRESH The Jackson County Department on Aging will be a host site for Michigan's Senior Project FRESH/Market FRESH program. Market FRESH provides qualifying **Jackson County** seniors \$25.00 in coupons to purchase fresh fruit and vegetables at participating Michigan farmers markets and roadside stands.

The program is open to seniors, 60 years of age or older, with a total monthly household income less than **\$2,095.13 for one person, or \$2822.79 for couples.**

Applications for the Project Fresh program will be completed over the phone!

Starting Wednesday, July 13th!

Please call (517) 788-4364 to complete an application.

With the volume of calls received, you may need to leave a voicemail message. Please be patient, phone calls will be returned in the order they are received. **Applications will be accepted on a first come, first served basis until all coupons have been distributed.**

Nutrition Education information will be provided on site.

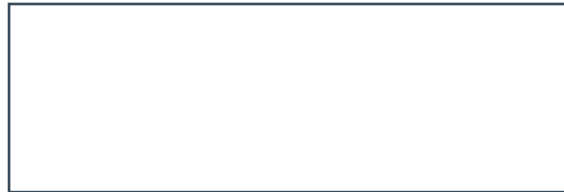




Friends of Jackson Seniors

1715 Lansing Avenue
Jackson, MI 49202-2193

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JACKSON COUNTY

Department on Aging Staff

Director

Danielle Pequet

Alzheimer's Respite & Counseling

Amy Jehnzen, Mental Health Coordinator

Caregiver Information & Assistance and

Meals on Wheels & Home Care-New Clients

Jennifer Guthrie, In-Home Services Coordinator

Caregiver Support

Lisa Brand, Caregiver Support Coordinator

Chore & Home Services Outreach

Lora Stacey, Social Worker

Home Care Services—Current Clients

Angie Duckham, Home Care Supervisor

Meals on Wheels & Nutrition Site Meals

Annie Sottek, Nutrition Services Manager

Medicare/Medicaid Assistance Program

Amy Minix, Outreach Worker

Nutrition Site and Senior Center Programs

Laurie Mead, Enrichment Specialist

LOOKING AHEAD

July 2022

Foot Clinic | JULY 8

Dr. White, Call 768-8691 for an appointment

July 2022

JDL ON THE ROAD | JULY 25

JDL On The Road Presents: Drummunity at 1 pm

August 2022

Dinner Dance | August 4

Dinner 5 - 5:30; Live Band 6 - 9

August 2022

County Senior Volunteer of Year | August 8

Senior Day at the Fair, Elvis Entertainment

