

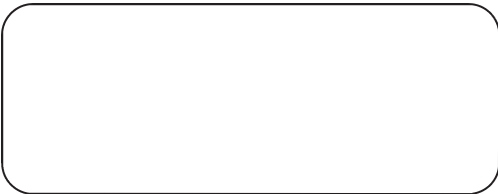
Senior Circuit

Jackson County Department on Aging ♦ 1715 Lansing Avenue, Jackson, MI 49202 ♦ (517) 788-4364 ♦

Nov/Dec 2019	Helping Jackson County seniors live more full, active, and independent lives.			Volume 14, Issue 6
IN THIS ISSUE	Cards & Classes See Page 2	Lunch Menu See Pages 3-4	Exercise Classes See Page 7	Specials See Pages 2 & 4

Friends of Jackson Seniors
1715 Lansing Avenue
Jackson, MI 49202-2193

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15th Annual Veterans’ Expo
Date: Friday, November 8, 2019
Time: 10 - Noon & 1 - 2
Location: Spring Arbor Senior Center, 122 Star St.

The Spring Arbor Senior Center is hosting a **Veterans’ Expo** to honor area veterans. Veterans will display medals, gear, uniforms, photos and mementos of their USA military service. Visit with veterans of the Army, Navy, Marines, Army Air Corps and National Guard. Call one day in advance if you would like to eat lunch at noon: **750-1010**



Holiday Party Dinner Dance

Thursday, Dec. 5 - Holiday Party
5 pm – 9 pm
Crouch Senior Center
Health Department Ground Floor
Room 005, Park in Lot A

Reservations: 788-4364

Dinner
Roast Beef w/Gravy
Mashed Red Skins
Peas & Corn
Dinner Salad
Cranberry & Apples
Milk

Dessert
Cheesecake



Entertainment:
The Ramblers



LUNCH WITH SANTA!

Wednesday, December 18
Crouch Senior Center
Entertainment: 10:45 a.m.
Santa: 11:00 a.m.



You are invited to join **Santa** for a classic holiday story, pictures with boys and girls of all ages, cookie decorating, and entertainment. **Kevin Devine** will make the day festive with holiday carols, music and a time that is sure to be jolly!



Lunch Served at Noon
Lunch Reservations:
768-8684

60+ Suggested donation \$2.50
Under 60 - Cost \$3.50

New Year’s Eve Celebration

Tuesday December 31
11:00 a.m.
French Quarter Band

Crouch Senior Center
Lunch Reservations
768-8684



Inclement Weather Reminder

When Jackson Public Schools are closed **due to severe weather**, nutrition sites will be closed and Meals on Wheels will not be delivered. Please listen to the following stations for closing announcements:

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

ENRICHMENT

Please Register for Classes (517) 788-4364

Card Class

Instructor: Bev

Make beautiful, homemade *cards* using fancy paper and rubber stamps. This class is for everyone and is always fun! You will learn card making techniques and make a special card or two that you can take home.

1st & 3rd Wednesdays Every Month

Time: 9:30 a.m.

Location: Crouch Senior Center

Cost: \$5.00 per class to cover supplies.



Write Your Life

Instructor: Coralie Cederna Johnson

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

1st & 3rd Tuesdays

Time: 1:00-3:00

Location: Crouch Senior Center

Their book has been published!

Call 768-8691 for information



Mark your calendar...

FOOT CARE CLINIC

Louis White, DPM

Friday, December 13, 2019

Crouch Senior Center

Appointments Call: **788-4364**

Dr. White will be holding a podiatry clinic at Crouch Senior Center. He will trim toenails and also treat callouses, ingrown toenails, corns, bursitis, and painful joints. Most insurances can be billed. *Co-pays will be billed to patients after insurance companies pay.* If you do not have insurance, Dr. White can provide nail care and treat callouses for \$40. Please Bring: Insurance Cards Driver's License or ID Medication list & Allergy list.

Lee Piper Holiday Entertainment



Holiday Music

with **Lee Piper**

Tuesday, November 26

11:00 a.m.

Crouch Dining Room

ARBOR NORTH SINGERS

Thursday, December 12

11:00 a.m. at Crouch



Holiday Songs and Carols!

Christmas Violins with Linda

Tuesday, December 17

Crouch Dining Room

11:15 a.m.



Cooper Young Holiday Music

Friday, December 20

Crouch Dining Room

12:30 p.m.

Acoustic Guitar & Blues



COMPUTER LAB

Open M-F: 8am-4pm

Computer Help Every Monday!

FREE Show Up or Call to Sign Up!

10:00am - 11:00am

Please call 788-4364

**Crouch Senior Center
is WI-FI enabled**

CRAFT

Holiday Craft with Michelle

Friday, November 15

9:30 a.m. at Crouch

Must Sign Up! 768-8691

9-Ball Pool Game

Every Monday 9:00 - 11:30 a.m.

Activity Room 106

Bible Study at Crouch

Every Monday at 10:30, Room 140

JAM SESSION

CROUCH

DINING ROOM

EVERY TUESDAY

1:00 P.M.



Woodcarving Class

Learn the art of Woodcarving.

Crouch Senior Center

Tuesdays 1:00 pm and

Spring Arbor Senior Center

Mondays at 10:00 am

Honoring Our Veterans

Kevin Devine

Entertainment

Friday, November 8

12:45 p.m. (right after lunch)

Crouch Dining Room



Thanksgiving Special

Serafin Brothers

Friday, November 22

1 - 3 p.m.

Crouch Dining Room

Polka, Country, Easy

Listening, Rock N Roll



Wednesdays at the Crouch

Penny Bingo

1st and 3rd Wed. of the month 1:00 p.m.

Karaoke in December on 11th!!!

4th Wednesday of the month 1:00 p.m.

Penny Bingo at the Crouch

Bring your own pennies to cover your card in lieu of tokens. Whoever bingos gets all of the pennies that have been played thus far, and then we start a new round!

1st & 3rd & 5th Wednesday Every Month

Time: 1:00 p.m.

Location: Crouch Dining Room

Quarter Bingo - Every Friday at 10:30 a.m.

Flamingo Bingo - Free Prize Bingo

1st Monday Every Month at 1:00 p.m.

Karaoke at the Crouch

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

4th Wednesday

Every Month

Time: 1:00 p.m.

Location:

Crouch Senior

Center

Karaoke Dec. 11



CARDS

Crouch	Bridge Club	F	1:00 PM	Napoleon	Cards	T/TH	10:30 AM
Crouch	Euchre Tourney	TH	12:45 PM	Norvell	Cards	M/W/F	10:30 AM
King	Four Corners	M-F	10:30 AM	Spring Arbor	Game Day	W	11:30 AM
Michigan Center	Euchre	M/W/F	12:30 PM	Crouch	Pinochle	F	1:00 PM

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.

Acrylic Painting Class

Crouch Senior Center

Thursdays at 1:00 p.m.

Spring Arbor Senior Center

Call 750-1010 for Dates

INSTRUCTOR: Lou Cubille

All skill levels are welcome!

\$10 per class for supplies.



PINOCHLE at Crouch

Friday 1:00 p.m.

Join this trick-taking Ace Ten card game. Multipurpose Room.

Our Gathering Places

It's More Than Just Lunch!

You are invited to lunch at one of our Gathering Places. Whether you bring your friends or come on your own, you will enjoy the camaraderie and friendships every time you lunch at one of our sites throughout Jackson County. A hot, nutritious meal is served at noon, but come early to enjoy many exciting activities and enrichment programs. Find a Gathering Place near you:



Crouch Senior Center
1715 Lansing Ave
Mon. through Fri.

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

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

Park Forest
3300 Spirea Ct.
Mon. through Fri.

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

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

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

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

New Folks Are
Always Welcome

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:
Tues & Thurs at Napoleon site
Mon & Wed at all other sites
Sign up for the second meal at a Nutrition site or call
(517) 768-8684

Please call one day in advance and leave the site location when you leave a message.

Exercise Cold Meal available:
Weds at Spring Arbor site for exercise class participants 60+ unable to stay for the hot lunch served at noon (\$2.50 suggested donation, must order in advance) **Call 768-8684**




Park Forest - Weekend frozen meals available! Must eat a hot meal on Friday. Must sign up for the weekend meal(2). **Call 768-8684 or ask the Park Forest Site Leader for more details.** 60+ suggested donation of \$1.00

Please call one day in advance to make your reservations for lunch.
(517) 768-8684

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

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



Jackson County Senior Nutrition Program		Gathering Places - November 2019 Menu			RSVP (517) 768-8684				
Monday		Tuesday		Wednesday		Thursday		Friday	
						<div>Menus certified by: Sarah Chapel Registered Dietician</div> 		1 Breaded Pork w/Country Gravy Mixed Vegetables Mashed Potatoes Roll & Margarine Dessert	
4 Beef Pepper Patty Mashed Potatoes Mixed Vegetables Roll & Margarine Milk		5 Chicken Pasty w/ gravy Brussel Sprouts Peas & Corn Fresh Fruit Milk		6 Western Meatloaf Mashed Garlic Red Potatoes Salad Roll & Margarine Fresh Cut Fruit Milk		7 Stuffed Cabbage Red Skin Potato Hot Spiced Apples Roll & Margarine Fresh Fruit Milk		8 Smothered Chicken Green Beans Honey Carrots Roll & Margarine Fresh Fruit Milk	
11 CLOSED IN HONOR OF VETERANS DAY		12 Bacon, Egg & Cheese Hashbrowns Zucchini & Tomatoes Muffin Orange Juice Milk Dessert		13 Chicken Drummies Scalloped Potatoes Peas & Corn Roll & Margarine Milk		14 Beef Pot Roast Garlic Red Mashed Potatoes Garden Salad Roll & Margarine Fresh Cut Fruit Milk		15 BBQ Ribbette on WW Bun Potato Cheese Bake Green Peas Applesauce Cup Milk	
18 Cheeseburger on WW Bun Tator Tot Casserole Peas & Carrots Fresh Fruit Milk		19 Broccoli & Chicken Rice Country Green Beans Beets Roll & Margarine Applesauce cup Milk		20 Scalloped Potatoes w/ Turkey Ham Broccoli Succotash Roll & Margarine Milk		21 Kielbasa & Sauerkraut Carrot Coins Hot Spiced Peaches Roll & Margarine Fresh Fruit Milk		22 Chicken Florentine over Rice Zucchini & Tomatoes Hot Spiced Apples Milk	
25 Beef Hot Dog w/diced onions Tator Tots Broccoli Fresh Fruit Milk		26 Seafood Pasta Garden Salad Brussel Sprouts Roll & Margarine Fresh Fruit Milk		27 Turkey Mashed Potatoes & Gravy Green Bean Casserole Cranberry & Apples Milk Cookie		28 CLOSED THANKSGIVING DAY		29 CLOSED DAY AFTER THANKSGIVING	

Jackson County Senior Nutrition Program		Gathering Places - December 2019 Menu			RSVP (517) 768-8684
Monday	Tuesday	Wednesday	Thursday	Friday	
2 Salisbury Steak w/ mushroom gravy AuGratin Potatoes Mixed Vegetables Roll & Margarine Fresh Fruit Milk	3 Goulash California Blend Country Green Beans Fresh Fruit Milk Cookie	4 Garlic Herb Pollock Macaroni & Cheese Garden Salad Roll & Margarine Fresh Fruit Milk	5 Vegetable Lasagna Spinach Hot Spiced Apples Milk	6 Homestyle Meatloaf Mashed Potatoes Peas & Carrots Roll & Margarine Fresh Fruit Milk Dessert	
			Dinner Dance		
9 Spaghetti & Meatballs Garlic & Herb Broccoli Parisian Carrots Fresh Fruit Milk	10 Chicken Cordon Bleu Mashed Sweet Potatoes Mixed Vegetables Fresh Fruit Roll & Margarine Milk Cookie	11 Cheesy Shells w/Chicken & Peas California Blend Zucchini & Tomatoes Fresh Fruit Milk	12 Beef Pasty w/Gravy Peas Hot Spiced Peaches Milk	13 Pork Chop Suey over Rice Peas & Carrots Spinach Fortune Cookie Fresh Fruit Milk	
16 Swedish Meatballs over Rice Brussel Sprouts Dilled Carrot Coins Fresh Fruit Milk	17 Turkey ala King Winter Vegetable Blend Succotash Biscuit Fresh Fruit Milk Chef's Choice	18 Bacon, Egg & Cheese Scramble Zucchini & Tomatoes Hash Browns Muffin Orange Juice Milk	19 Stuffed Pepper Mixed Vegetables Hot Spiced Apples Roll & Margarine Milk	20 Tuna Noodle Casserole Garlic & Herb Broccoli Sliced Carrots Fresh Fruit Milk	
23 Glazed Ham w/Pineapple Ring Sweet Potato Casserole Corn & Peas Dinner Roll Fresh Fruit Milk	24 CLOSED CHRISTMAS EVE	25 CLOSED CHRISTMAS DAY	26 Chicken Drumstick Potato Salad Mixed Vegetables Roll & Margarine Fresh Fruit Milk	27 Chicken & Bell Pepper Fajita Refried Beans Spanish Rice Mandarin Oranges Milk Cookie	
30 Fish Sandwich w/cheese Whole Wheat Bun Scalloped Potatoes Whole Baby Carrots Fresh Fruit Milk	31 Meat Lasagna Winter Veggie Blend Peas & Carrots Fresh Fruit Milk			Menus certified by: Sarah Chapel Registered Dietician 	

Lung Cancer Awareness

Henry Ford Allegiance Health

Crouch Senior Center

Tuesday, Nov. 12

11:30 a.m.

Michigan Center

Weds., Nov. 6 at 11:30

Park Forest

Friday, Nov. 8 at 11:25

Napoleon

Tues., 11/19 at 11:00

Norvell

Weds., 11/20 at 11:00

Spring Arbor

Weds., 12/11 at 11:15

Make a lunch reservation!

768-8684

MSUE CLASSES

Crouch Senior Center

RELAX

Mondays, November 18 - December 9 at 1 - 2:30

Instructor: Hanna, MSUE

Spring Arbor

MINDFULNESS

Wednesdays, November 13 - December 4

11:15 a.m.

Instructor: Hanna, MSUE

Park Forest

COOKING FOR ONE

Tuesdays, November 12 - December 17 at 1:30 - 3:30

Instructor: Angela, MSUE

MUST REGISTER

Call 768-8691

Fraud Fighters

American 1

FRAUD FIGHTERS

Tuesday, Nov. 6

Tuesday, Dec. 10

11:30 a.m.

Crouch Dining Room

American 1 Fraud Fighters will be available to discuss financial fraud & ways to protect your finances.

Financial Scams

CP Federal

Golden Grownups Series

Tuesday, Dec. 10, 11:15

Financial Exploitation at Spring Arbor

Friday, Dec. 20, 11:15

Financial Exploitation at Park Forest

Lunch Reservations:

768-8684

MSUE Holiday Stretch & Tone

Monday, Nov. 25

8:30 - 9:30 & 10:30 - 11:30

Tuesday, Nov. 26

10:30

Monday, Dec. 16

8:30 - 9:30 & 10:30 - 11:30

Tuesday, Dec. 17

10:30

Free Classes!

Ground Floor, Room 005

Instructor: Angela, MSUE

Show Up or Call 768-8691

Assistive Technology Demo

Monday, Dec. 16

1:00 Crouch


768-8691

CHORE Program Keeps Seniors Safe at Home

Safety, security, and independence become valuable commodities as seniors age and want to remain in their homes. The chore program at the Jackson County Department on Aging can help make home environments safer for seniors with minor repairs such as installing bathroom grab bars and stair handrails.

Targeting low-income Jackson County seniors, the chore program only asks for donations to help cover the cost of materials. Seniors with limited incomes might otherwise not be able to afford minor safety related repair work.

To make a referral for the chore program, contact Jackson County Department on Aging: (517)788-4364.



- Devices Discussion
- Device Demonstration
- Try the Devices

Presenter: Glen Ashlock, AAA, Region 2

Join this presentation on Assistive Technology devices, discuss how they can be used, and try the devices!!

Mon	Tue	Wed	Thu	Fri
Visit us on the Web https://www.mijackson.org/619	New Folks are Always Welcome -Come Join Us!-			8:30 Fit After 50 1 10:30 Enhance Fitness 10:30 Quarter Bingo 1:00 Bridge Club 1:00 Pinochle
8:30Fit after 50 4 9:00 9-Ball Pool Game 10:00 Computer Lab Help 10:30 Enhance Fitness 10:30 Bible Study 1:00 Flamingo Bingo!	8:30 Yoga 5 10:00 Crouch & Hospice Quilters 10:30 Chair Exercise 1:00 Woodcarving 1:00 Music Jam Session 1:00 Write Your Life	8:30 Fit after 50 6 9:30 Card Class 10:30 Enhance Fitness 11:30 Fraud Fighters 12:15 & 1:15 Line Dance 1:00 Penny Bingo	9:00 Pool Challenge 7 10:30 Chair Exercise 1:00 Euchre 1:00 Acrylic Paint Class	8:30 Fit after 50 8 10:30 Enhance Fitness 10:30 Quarter Bingo 12:45 Kevin Devine Veterans Music Special 1:00 Bridge & Pinochle
Closed in Honor of Veterans Day 11	8:30 Yoga 12 10:00 Crouch & Hospice Quilters 10:30 Chair Exercise 11:30 Lung Cancer HFAH 1:00 Woodcarving 1:00 Jam Session	8:30 Fit after 50 13 10:00 PATH Diabetes 10:30 Enhance Fitness 12:15 & 1:15 Line Dance	9:00 Pool Challenge 14 10:30 Chair Exercise 1:00 Euchre 1:00 Acrylic Paint Class	8:30 Fit after 50 15 9:30 Fall Craft 10:30 Enhance Fitness 10:30 Quarter Bingo 1:00 Bridge Club 1:00 Pinochle 1:00 Low Vision Club
8:30 Fit after 50 18 9:00 9-Ball Pool Game 10:00 Computer Lab Help 10:30 Enhance Fitness 10:30 Bible Study 1:00 MSUE RELAX	8:30 Yoga 19 10:30 Chair Exercise 10:00 Crouch & Hospice Quilters 1:00 Woodcarving 1:00 Jam Session 1:00 Write Your Life	8:30 Fit After 50 20 9:30 Card Class 10:00 PATH Diabetes 10:30 Enhance Fitness 12:15 & 1:15 Line Dance 1:00 Penny Bingo	9:00 Pool Challenge 21 10:30 Chair Exercise 1:00 Euchre 1:00 Acrylic Paint Class	8:30 Fit after 50 22 10:30 Enhance Fitness 10:30 Quarter Bingo 1:00 Bridge Club 1:00 Pinochle Serafin Brothers 1 - 3 Thanksgiving Special
8:30 MSUE Exercise Rm005 25 9:00 9-Ball Pool Game 10:00 Computer Lab Help 10:30 MSUE Exercise Rm 005 10:30 Bible Study 1:00 MSUE RELAX	8:30 NO Yoga 26 10:00 Crouch & Hospice Quilters 10:30 MSUE Exercise Rm 005 11:00 Lee Piper Holiday 1:00 Woodcarving & Jam	8:30 NO Fit After 50 27 10:00 PATH Diabetes 10:30 No Enhance Fitness 12:15 & 1:15 Line Dance 1:00 Karaoke Lumen Christi Deck the Halls	CLOSED THANKSGIVING DAY 28	CLOSED DAY AFTER THANKSGIVING 29

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

Grass Lake Senior Center
10 am - 3:30 pm Tues. Weds. Thurs.
Exercise 10:00, Line Dancing 1:00 T
Square Dancing 12:45 W
Exercise 1:00 TH

Michigan Center
Euchre 12:30 MWF
Nov. 6 11:30 Lung Cancer HFAH

Napoleon
Coffee, Cards & Conversation 10:30 T & TH
10: 45 Big Box Bingo Tuesdays
Everybody’s B-day
Last Tuesday of Month
Nov. 19, 11:00 Lung Cancer HFAH


Norvell
Silly Poker 10:30 MWF
Everybody’s B-day
Last Wednesday of Month
Nov. 20 at 11:00 Lung Cancer HFAH

All Sites Closed
November 11, 28 & 29
Veterans Day & Thanksgiving

Park Forest
Coffee Social 10:30 -11:30 T
Popcorn 1:00 TH
Sing Along w/Virginia 11:00 TH
Nov. 8 11:25 Lung Cancer HFAH

MSUE Cooking for One
Nov. 12 - Dec. 17 at 1:30
Free - Call 768-8691 to register

Weekend Frozen Meals (2)
Available Fridays at Park Forest.
Must eat a hot lunch Friday.
See Page 4 for details
or stop in and talk to Sharon!

Mon	Tue	Wed	Thu	Fri
	New Folks are Always Welcome	Please Call the Spring Arbor Senior Center for a full list of daily activities! 750-1010		10:15-11:15 Fit after 50 1
10:15 - 11:15 Fit After 50 4 10:00 - 12:00 Carving	10:00-11:00 Yoga 5	10-12 Knit/Crochet 6 10:15-11:15 Fit after 50	10:30—11:30 Line Dance All Levels Welcome 7	10:00 Veterans Expo 8 10:00 Acrylic Painting 10:15-11:15 Fit after 50
Closed VETERANS DAY 11	10:00-11:00 Yoga 12	10-12 Knit/Crochet 13 10:15-11:15 Fit After 50 11:15 MSUE Mindfulness 12:30 - 1:30 Penny Bingo	10:30—11:30 Line Dance All Levels Welcome 14	10:15-11:15 Fit after 50 15
10:15 - 11:15 Fit After 50 18 10:00 - 12:00 Carving	10:00-11:00 Yoga 19	10-12 Knit/Crochet 20 10:15-11:15 Fit After 50 11:15 MSUE Mindfulness 11:30 Game Day	10:30—11:30 Line Dance All Levels Welcome 21	10:00 Acrylic Painting 22 10:15-11:15 Fit after 50
10:15 - 11:15 Fit After 50 25 10:00 - 12:00 Carving	10:00-11:00 Yoga 26 10:30 Stamped Cards with Sue	10-12 Knit/Crochet 27 10:15-11:15 Fit After 50 11:15 MSUE Mindfulness 12:30 - 1:30 Penny Bingo	Closed THANKSGIVING DAY 28	Closed DAY AFTER THANKSGIVING 29

<div> <div>1715 Lansing Avenue, Jackson, MI</div> <div>(517) 788-4364</div> </div> <div>Crouch Senior Center</div> <div>December 2019 Calendar of Events</div> <div>Open Mon-Fri 9 a.m. - 4 p.m.</div>				
Mon	Tue	Wed	Thu	Fri
<div>8:30 Fit after 50</div> <div>2</div> <div>9:00 9-Ball Pool Game</div> <div>10:30 Enhance Fitness</div> <div>10:30 Computer Lab Help</div> <div>10:30 Bible Study</div> <div>1:00 Flamingo Bingo</div> <div>1:00 MSUE RELAX</div>	<div>8:30 Yoga</div> <div>3</div> <div>10:00 Crouch & Hospice Quilting</div> <div>10:30 Chair Exercise</div> <div>1:00 Woodcarving Class</div> <div>1:00 Music Jam Session</div> <div>1:00 Write Your Life</div>	<div>8:30 Fit After 50</div> <div>4</div> <div>9:30 Card Class</div> <div>10:00 PATH Diabetes</div> <div>10:30 Enhance Fitness</div> <div>12:15 & 1:15 Line Dance</div> <div>1:00 Penny Bingo</div>	<div>9:00 Pool Challenge</div> <div>5</div> <div>10:30 Chair Exercise</div> <div>1:00 Euchre</div> <div>1:00 Acrylic Paint Class</div> <div>Dinner Dance 5 - 9</div>	<div>8:30 Fit after 50</div> <div>6</div> <div>10:30 Enhance Fitness</div> <div>10:30 Quarter Bingo</div> <div>1:00 Bridge Club</div> <div>1:00 Pinochle</div>
<div>8:30 Fit after 50</div> <div>9</div> <div>9:00 9-Ball Pool Game</div> <div>10:30 Enhance Fitness</div> <div>10:30 Computer Class</div> <div>10:30 Bible Study</div> <div>1:00 MSUE RELAX</div>	<div>8:30 Yoga</div> <div>10</div> <div>10:00 Crouch & Hospice Quilting</div> <div>10:30 Chair Exercise</div> <div>1:00 Woodcarving Class</div> <div>1:00 Music Jam Session</div> <div>11:30 Fraud Fighters</div>	<div>8:30 Fit After 50</div> <div>11</div> <div>10:00 Path Diabetes</div> <div>10:30 Enhance Fitness</div> <div>12:15 & 1:15 Line Dance</div> <div>1:00 Holiday Karaoke!</div>	<div>9:00 Pool Challenge</div> <div>12</div> <div>10:30 Chair Exercise</div> <div>1:00 Euchre</div> <div>1:00 Acrylic Paint Class</div> <div>11:00 Arbor North Holiday Songs & Carols</div>	<div>8:30 Fit after 50</div> <div>13</div> <div>10:30 Enhance Fitness</div> <div>10:30 Quarter Bingo</div> <div>1:00 Bridge Club</div> <div>1:00 Pinochle</div>
<div>8:30 MSUE Exercise</div> <div>16</div> <div>9:00 9-Ball Pool Game</div> <div>10:30 MSUE Exercise</div> <div>10:00 Computer Lab Help</div> <div>10:30 Bible Study</div> <div>1:00 Assistive Tech Demo</div> <div>(Exercise in Room 005)</div>	<div>10:00 Crouch & Hospice Quilting</div> <div>17</div> <div>10:30 MSUE Exercise Room 005</div> <div>1:00 Woodcarving Class</div> <div>1:00 Music Jam</div> <div>1:00 Write Your Life</div> <div>Christmas Violins 11:15</div>	<div>8:30 Fit After 50</div> <div>18</div> <div>9:30 Card Class</div> <div>10:00 PATH Diabetes</div> <div>10:30 Enhance Fitness</div> <div>12:15 & 1:15 Line Dance</div> <div>1:00 Penny Bingo</div> <div>Music & Santa 10:45</div>	<div>9:00 Pool Challenge</div> <div>19</div> <div>10:30 Chair Exercise</div> <div>1:00 Euchre</div> <div>1:00 Acrylic Paint Class</div>	<div>8:30 Fit After 50</div> <div>20</div> <div>10:30 Enhance Fitness</div> <div>10:30 Quarter Bingo</div> <div>1:00 Bridge Club & Pinochle</div> <div>1:00 Low Vision Club</div> <div>12:30 Cooper Young Holiday Music</div>
<div>8:30 Fit After 50</div> <div>23</div> <div>9:00 9-Ball Pool Game</div> <div>10:30 Enhance Fitness</div> <div>10:00 Computer Lab Help</div> <div>10:30 Bible Study</div>	<div>24</div> <div>Closed Christmas Eve Day</div>	<div>25</div> <div>Closed Christmas Day</div>	<div>9:00 Pool Challenge</div> <div>26</div> <div>10:30 Chair Exercise</div> <div>1:00 Euchre</div> <div>1:00 Acrylic Paint Class</div>	<div>8:00 Fit After 50</div> <div>27</div> <div>10:30 Enhance Fitness</div> <div>10:30 Quarter Bingo</div> <div>1:00 Bridge Club</div> <div>1:00 Pinochle</div>
<div>8:30 Fit after 50</div> <div>30</div> <div>9:00 9-Ball Pool Game</div> <div>10:30 Enhance Fitness</div> <div>10:00 Computer Lab Help</div> <div>10:30 Bible Study</div>	<div>10:00 Crouch & Hospice Quilting</div> <div>31</div> <div>10:30 Chair Exercise</div> <div>1:00 Woodcarving Class</div> <div>1:00 Music Jam</div> <div>11:00 French Quarter New Year Celebration!</div>	<div>Visit us on the Web</div> <div>https://</div> <div>www.mijackson.org/619</div>		

<div> <div>Park Forest</div> <div>Coffee Social 10:30 -11:30 T</div> <div>Popcorn 1:00 TH</div> <div>Sing Along w/Virginia 11:00 TH</div> <div>Friday, Dec. 20, 11:15 a.m.</div> <div>Golden Grownups with CP Federal Financial Exploitation</div> <div>Weekend Frozen Meals (2)</div> <div>Available Fridays at Park Forest.</div> <div>Must eat a hot lunch Friday.</div> <div>See Page 4 for details</div> <div>or stop in and talk to Sharon!</div> </div>	<div> <div>Napoleon</div> <div>Coffee, Cards & Conversation 10:30 T & TH</div> <div>10:45 Big Box Bingo Tuesdays</div> <div>Everybody's B-Day Last Tuesday of Month</div> <div>King Center</div> <div>Quilts/Sewing 10:30 M - F</div> <div>Cards/Puzzles 10:30 M - F</div> <div>Bible Study 11:00 T</div> <div>Exercise Class 11:00 - F</div> <div>All Sites Closed</div> <div>Tuesday, Dec. 24 and Wednesday, Dec. 25</div> <div>Christmas Eve and Christmas Day</div> </div>	<div> <div>Norvell</div> <div>Silly Poker 10:30 MWF</div> <div>Everybody's B-day</div> <div>Last Wednesday of Month</div> <div>Michigan Center</div> <div>Euchre 12:30 MWF</div> <div>Grass Lake Senior Center</div> <div>10 am - 2 pm Tues. Weds. Thurs.</div> <div>Exercise 10:00, Line Dancing 1:00 T</div> <div>Square Dancing 12:45 W</div> <div>Exercise 1:00 TH</div> </div>
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<div> <div>122 Star Street, Spring Arbor</div> <div>(517) 750-1010</div> </div> <div>Spring Arbor Senior Center</div> <div>December 2019 Calendar of Events</div> <div>Open Mon-Fri 9:45 a.m. - 1:45 p.m.</div>				
Mon	Tue	Wed	Thu	Fri
<div>10:15-11:15 Fit after 50</div> <div>2</div> <div>10:00-12:00 Carving</div>	<div>10:00-11:00 Yoga</div> <div>3</div> <div>10:30 Stamping Cards with Sue</div>	<div>10-12 Knit/Crochet</div> <div>4</div> <div>10:15-11:15 Fit After 50</div> <div>11:15 Last Mindfulness Class MSUE</div>	<div>10:30 - 11:30 Line Dance</div> <div>5</div> <div>All Levels Welcome</div>	<div>10:15-11:15 Fit after 50</div> <div>6</div>
<div>10:15-11:15 Fit after 50</div> <div>9</div> <div>10:00-12:00 Carving</div>	<div>10:00-11:00 Yoga</div> <div>10</div> <div>11:15 Golden Grownups Financial Exploitation</div>	<div>10-12 Knit/Crochet</div> <div>11</div> <div>10:15-11:15 Fit After 50</div> <div>11:15 Lung Cancer HFAH</div> <div>12:30 PENNY BINGO</div>	<div>10:30 - 11:30 Line Dance</div> <div>12</div> <div>All Levels Welcome</div>	<div>9:30-11:30 Acrylic Painting</div> <div>13</div> <div>10:15-11:15 Fit after 50</div>
<div>10:15-11:15 Fit after 50</div> <div>16</div> <div>10:00-12:00 Carving</div>	<div>10:00-11:00 Yoga</div> <div>17</div>	<div>10-12 Knit/Crochet</div> <div>18</div> <div>10:15-11:15 Fit After 50</div> <div>11:30 - 1:30 GAME DAY</div>	<div>10:30 - 11:30 Line Dance</div> <div>19</div> <div>All Levels Welcome</div>	<div>10:15-11:15 Fit after 50</div> <div>20</div>
<div>10:15-11:15 Fit after 50</div> <div>23</div> <div>10:00-12:00 Carving</div>	<div>24</div> <div>Closed Christmas Eve Day</div>	<div>25</div> <div>Closed Christmas Day</div>	<div>10:30 - 11:30 Line Dance</div> <div>26</div> <div>All Levels Welcome</div> <div>10:30 Book Club</div>	<div>9:30-11:30 Acrylic Painting</div> <div>27</div> <div>10:15-11:15 Fit after 50</div>
<div>10:15-11:15 Fit after 50</div> <div>30</div> <div>10:00-12:00 Carving</div>	<div>10:00-11:00 Yoga</div> <div>31</div>		<div>New Folks Are Always Welcome</div>	<div>Visit us on the Web</div> <div>https://</div> <div>www.mijackson.org/619</div>

EXERCISE SERIES: Fall September 9 - December 31 (Break Dec. 16 - Dec. 27)

YOGA

Yoga is a unification of mind, body and breath work. Led by certified YMCA Instructors, Kate (S.A.) & Katie (Crouch).

Crouch Sr. Center M/W/F 8:30 AM - 9:40 am
Spring Arbor Sr. Center M/W/F 10:15 AM - 11:15 am

ENHANCE FITNESS

Enhance Fitness is a moderate-impact class with high impact results. This new YMCA led class uses simple, easy to learn movements that motivate individuals (particularly those with arthritis) to stay active. More energy! Better Balance! Increased Body Strength! Better Sleep! Led by certified YMCA Instructor, Ken.

Crouch Sr. Center M W F 10:30 - 11:30 am

GET IN LINE

The Beginner Class takes participants step-by-step through popular line dance moves and the Advanced Class teaches participants routines. Led by Tony and Micki. Check with instructors for Holiday Break schedule.

Spring Arbor Sr. Center TH 10:30 Beg. 10:30 Adv.
Crouch Sr. Center W 12:15 Beg. 1:15 Adv.

FIT AFTER FIFTY

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

Crouch Sr. Center M/W/F 8:30 AM - 9:40 am
Spring Arbor Sr. Center M/W/F 10:15 AM - 11:15 am

CHAIR EXERCISES

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

Crouch Sr. Center T/TH 10:30 AM - 11:30 am

Holiday Exercise ass Break Schedule:
No Classes Thanksgiving Week

No Classes last two FULL weeks of December - December 16 - 27.
Line Dance & Ballroom - Check with Instructors for Break Schedule.

CLASS SUGGESTED DONATION* FOR THOSE 60 & OLDER / 59 & UNDER:

FIT AFTER FIFTY: \$1.00/\$2.00 per Class YOGA: \$1.00/\$2.00 per Class
GET IN LINE: \$1.00/\$2.00 per Class CHAIR EXERCISE: \$1.00/\$2.00 per Class
BALLROOM: Donation ENHANCE FITNESS: \$1.00/\$2.00 per Class

QUESTIONS? PLEASE CALL:
Department on Aging
788~4364

Highlights!

The Senior Circuit - New Look!!!

The *Senior Circuit* will have a new look starting in January.

The Department on Aging is having LPI Publications print the newsletter. The layout will look more like a magazine, there will be color pictures, and you'll see more advertising. This change means big savings in printing costs. Information in the newsletter about all of the great programs offered by the Department on Aging will be the same!!



Craft Corner

Crouch Senior Center
Monday - Friday
10 a.m. - 3 p.m.

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

The Craft Corner accepts donations of new yarn for the Granny Square project. Stop by the Craft Corner for info!

Mark your Calendars!



Support Meals on Wheels
Tuesday
March 10, 2020
5:30 - 7:30 p.m.
American 1 Event Center
Keeley Park



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 10, 2020, at the new American 1 Event Center, Keeley Park, 200 W. Ganson Street, Jackson.

Sample soups, bread, and desserts from local restaurants while enjoying entertainment, a silent auction, beer and wine available for purchase.

The first 120 guests will receive a souvenir soup bowl!

For more information about Soup's On for Seniors go to www.MealsOnWheels-JacksonMI.com, or call the Jackson County Department on Aging at (517) 788-4364.

Granny Squares Christmas Giving!

The Granny Squares group made over 50 Christmas lap blankets for homebound senior citizens in 2019.



MSUE HOLIDAY EXERCISE AT CROUCH



Monday, Nov. 25
8:30 - 9:30 & 10:30 - 11:30
Tuesday, Nov. 26
10:30
Monday, Dec. 16
8:30 - 9:30 & 10:30 - 11:30
Tuesday, Dec. 17
10:30



Ground Floor, Room 005 - Free Class!!
Instructor: Angela, MSU Extension
Show Up or Call 768-8691

Spotlight on Prediabetes

November/December 2019

Prediabetes is a condition in which blood sugar levels are too high to be considered normal but do not meet the criteria for diabetes. Prediabetes is associated with obesity, high triglycerides and/or low “good” cholesterol, and hypertension, which are all risk factors for developing Type 2 diabetes, heart disease and stroke. Currently, approximately 84 million American adults—more than 1 out of 3—have prediabetes. Of those, 90% don’t know they have it. It’s estimated that 51% of US adults aged 65 years or older has prediabetes.

What causes prediabetes?
Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your body don’t respond normally to insulin. As a result, your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can’t keep up, and your blood sugar rises, setting the stage for prediabetes and, if left untreated, Type 2 diabetes.

What are the signs & symptoms?
You can have prediabetes for years without symptoms, so it often goes undetected until serious health problems occur. It’s important to talk to your doctor about getting your blood sugar tested if you have any of the following risk factors for prediabetes:

- Being overweight
- Being 45 years or older
- Having a parent or sibling with type 2 diabetes
- Being physically active less than 3 times a week
- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby weighing more than 9 pounds
- Having polycystic ovary syndrome

Race and ethnicity are also a factor: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk.

Can I reverse prediabetes?
YES! If you have prediabetes, losing a small amount of weight if you’re overweight and getting regular physical activity can lower your risk for developing type 2 diabetes. A small amount of weight loss means around 5% to 7% of your body weight, just 10 to 14 pounds for a 200-pound person. Dietary changes such as reducing your intake of sweets, replacing sweetened beverages with unsweetened beverages and increasing your intake of vegetables can make a huge difference! Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity. If you are not currently physically active, start with 10-15 minutes a day and increase by a few minutes each week until you meet the recommendation. Together, these lifestyle interventions have been shown to reduce your risk developing type 2 diabetes by as much as 58%.
Sources: American Diabetes Association, CDC



Senior Safety

Danielle Pequet, LMSW

Keeping seniors informed about common scams and other senior issues.



Charitable Giving Scams

During this holiday season many Michigan citizens are asked to give time, money, or goods to charities that do important work in our communities. As donors, we must choose among the many charities asking for our donations. Although most of these organizations operate with charitable intentions, there are a number of "charities" in which little of your donation finds its way to a worthy cause. You have a right to know how your donation will be used. The many wonderful, legitimate charities in Michigan will be happy to provide you any information you request.

Beware of:
Bills or invoices sent to you even though you never pledged money to the organization.

Evasive, vague, or unresponsive answers to specific questions about the charity and how money is used.

Words making up a charity's name that closely resemble a more well-known charity.

Allowing no time to reconsider your pledge; they insist on collecting your donation immediately.

Refusal to answer questions about where your money will go, refusal to send information about the charity, or refusal to provide a receipt.

Emotional appeals and high-pressure tactics to get you to make a quick decision or feel guilty about not contributing.

Call the Attorney General's Charitable Trust Section at (517) 335-7571 to inquire about a charity or check out information that a charity has provided to you.

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Senior Safe Sound & Secure Speakers

Photo: Jackson County Legal News



Jackson County Department on Aging

Director
Marce O. Wandell

Deputy 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 Coord.

Caregiver Support
Lisa Brand, Caregiver Support Coord.

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