

SENIOR CIRCUIT

September/October 2021 Issue | Volume 16, Issue 5

JACKSON COUNTY DEPARTMENT ON AGING



Senior Centers and Sites
517-788-4364

SEPT | OCT ISSUE

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CROUCH SENIOR CENTER
Tie One On... A Bow Ties & Pearls
Welcome Back Party!

FRIDAY, SEPTEMBER 10
12:00 - LUNCH
12:30 - 1:15 FRENCH QUARTER BAND

Make your lunch reservation at least one
day in advance! Call 768-8684





COMPUTER & TECHNOLOGY HELP HOUR
Crouch Senior Center
Computer Lab or Zoom

TUESDAYS AT 1:00

This informal program with Dr. Bill, retired Baker College professor, is your chance to ask questions and get some answers! Computer, Technology, Zoom, Cell phones, I-pads, Laptops....

- Stop by the Computer Lab Tuesdays at 1:00
- Or join Bill via Zoom Tuesdays at 1:00
- Call 768-8691 or LMeat@mijackson.org for Zoom Link



QUARTER BINGO FRIDAYS
10:30 at CROUCH



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
Monday at 9 am

PAINT PARTIES TO GO SIGN UP REQUIRED

Monday, September 20 1:00
Multipurpose Room
Free Class 60+
Under 60 \$10 supply donation
Class Limit: 20
Instructor: Karen Olmos

BIBLE STUDY

Monday 10:30 am
Room 140 with Pastor Ed

HOSPICE QUILTERS & CROUCH QUILTERS

Tuesdays at 10:00
Multipurpose Room - Crouch

JAM SESSION

Tuesdays at 1:30
Dining Room - Crouch

WOODCARVING CLASS

Tuesdays at 1:00 - Crouch
Learn the art of Woodcarving!

CARD CLASS (SIGN UP)

1st & 3rd Wednesday at 9:30
2nd Wednesday at 9:30
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 2 - 3 special cards to take home.
Class Limit: 12
\$5.00 Supply Donation
Instructors: Bev & Dorian

AARP & MSUE CLASSES

See Page 15

GRANNY SQUARES

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

HOLIDAY CRAFTS

Oct. 27, Wednesday at 10 am
Pumpkin Mason Jar
Nov. 15, Monday at 1 pm
Christmas Tree Puzzle Canvas
Multipurpose Room
Free 60+; \$5 donation under 60
Instructor: Michelle

GREEN THUMB

Crouch Senior Center
Thursday, Sept 16 at 10 am
Thursday, Oct 14 at 10 am
Pumpkins Project. Free 60+
Thursday, Nov 18 at 10 am
Fairy Gardens
Facilitators: Marla and Ed

POOL ROOM OPEN

Mon - Fri 9 am to 4 pm
8-Ball Pool Challenge
Thursday at 9 am

FOOT CARE CLINIC

Friday, September 24 at Crouch Podiatry Clinic. Dr. White will trim toenails, treat callouses, ingrown toenails, corns, bursitis, and painful joints. *Co-pays billed to patients.* No insurance? Nail care and callouses \$40. Bring Insurance Cards, Driver's License or ID, Medication & Allergy list. Please call 788-4364 for an appointment.

WRITE YOUR LIFE

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

EUCHRE, GAMES, BINGO

See Page Seven



Pictured: The Ramblers Band Featuring Oldies, Country, Classic Rock

SEPTEMBER 2 - WELCOME BACK DANCE PARTY THE RAMBLERS BAND
OCTOBER 7 - MONSTER MASH DANCE COSTUME CONTEST ECLIPSE BAND

Thursday, Sept 2 & Oct 7

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

RESERVATIONS: 768-8684

Entertainment:

Sept 2 - The Ramblers

Oct 7 - Eclipse Band

Dinner Menus

September 2

Homestyle Meatloaf
 Redskin Mashed Potatoes
 California Blend Veggies
 Mixed Fruit
 Dinner Roll, Milk

Dessert: Raspberry White
 Chocolate Cheese Brulee

October 7

Roast Beef w/Horseradish
 Sauce
 Garlic Red Mashed
 Potatoes
 Baby Carrots & Broccoli
 Fresh Fruit Mix
 Dinner Roll, Milk

Dessert: Carrot Cake

ENTERTAINMENT SPECIALS AT CROUCH!

TIE ONE ON PARTY

Friday, Sept 10

12:30 French Quarter
 Dixieland Jazz Band

Welcome Back TIE ONE ON
 PARTY! Get dressed up and
 show off your Bow Ties and
 Pearls at this...
 WELCOME BACK PARTY!

AUTUMN SPECIAL

Tuesday, Sept. 28

11:00 Kevin Devine
 Entertainment & Music
 Old Time Favorites, Show
 Tunes, Pop Songs, and more!

HALLOWEEN FUN

Friday, Oct. 29

11:45 Trick Or Treat

12:00 Lunch

12:30 Cooper Young
 Acoustic Guitar, Blues,
 Forgotten Classic Rock...

1:00 Costume Contest



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

OUR GATHERING PLACES

CROUCH SENIOR CENTER OPEN! CALL 788-4364 FOR SITE REOPENINGS

WELCOME BACK!! 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, but come early to enjoy many exciting activities and enrichment programs.

For Gathering Place INFORMATION,
please call 788-4364.

**Crouch
Senior Center
Welcome Back!**
1715 Lansing Ave
Mon through Fri
9 am - 4 pm

**Michigan Center
Welcome Back!
St. Aidan's Church**
361 Grove Street
Mon., Wed., Fri.,
10:30 - 2:30

**Park Forest Site
Welcome Back!**
3300 Spirea Ct.,
Mon - Fri
10:30 am - 1:30 pm

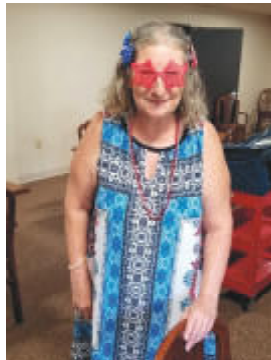
**Napoleon Site
Welcome Back!**
Township Hall (M-50)
6755 Brooklyn Rd.
Tues & Thurs
10:30 am - 1:30 pm

**Spring Arbor
Senior Center
Welcome Back!**
122 Star St.
Mon - Fri
9:45 am - 1:45 pm

**King Recreation
Center Food with
Friends Site**
Call for Reopen
Information

**Grass Lake Senior
Center Food with
Friends Site**
Call for Reopen
Information

Norvell
Call for Reopen
Information



RESERVATIONS

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

(517) 768-8684

Park Forest Weekend Frozen Meals (2) are Available!

Must eat a hot meal on Friday.
Must sign up for the weekend meal. Call 768-8684 to make your reservation or ask the Park Forest Site Leader for more details. 60+ suggested donation of \$1.00.



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.

Exercise Cold Meal available:

When Site reopens:
Wednesdays at the 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


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

SENIOR NUTRITION PROGRAM

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus certified by: Sarah Chapel Registered Dietician 	<i>Substitutions by the kitchen team may be made if needed.</i>	- 1 - Goulash Mixed Veggies Green Beans Fresh Fruit Milk Cookie	- 2 - Vegetable Lasagna Broccoli Hot Spiced Peaches Milk Dinner Dance 5 - 9	- 3 - Tuna Noodle Casserole Brussel Sprouts Baby Carrots Fresh Fruit Milk Chef's Choice Dessert
- 6 - Closed in Observance of Labor Day	- 7 - Chicken Breast w/ Mushroom Gravy Au Gratin Potatoes Succotash Fresh Fruit Roll & Margarine Milk	- 8 - Beef Pasty w/Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Milk Cookie	- 9 - Pork Chop Suey over Rice Stir Fry Vegetables Hot Spiced Apples Fresh Fruit Milk Fortune Cookie	- 10 - Chicken Cordon Bleu Mashed Sweet Potatoes California Blend Roll & Margarine Fresh Fruit, Milk, Dessert CROUCH Welcome Back Party at 12:30 MUSIC
- 13 - Fish Sandwich Macaroni & Cheese Coleslaw Fresh Fruit Milk	- 14 - Broccoli, Chicken & Rice Diced Beets 5-Way Mixed Veggies Fresh Fruit Milk	- 15 - Spaghetti & Meatballs Garlic & Herb Broccoli Carrot Coins Fresh Fruit Milk Cookie	- 16 - Beef Pot Roast Brussel Sprouts Hot Strawberries & Pears Roll & Margarine Milk	- 17 - Chicken Drummies Au Gratin Potatoes Green Beans Roll & Margarine Fresh Fruit Milk Chef's Choice Dessert
- 20 - Chicken Fajitas Corn & Black Bean Fiesta Re-Fried Beans Flour Shell & Taco Sauce Fresh Fruit & Milk	- 21 - Meat Lasagna Winter Veggie Blend Carrots Fresh Fruit Milk	- 22 - Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies Roll & Margarine Applesauce Cup, Milk, Cookie	- 23 - Cheesy Shells w/ Chicken Peas Broccoli Hot Spiced apples Fresh Fruit Milk	- 24 - Salisbury Steak Mashed Potatoes California Blend Roll & Margarine Fresh Fruit Milk Chef's Choice Dessert
- 27 - Beef Ribette on ww Bun Scalloped Potatoes Mixed Vegetables Applesauce cup Milk	- 28 - Swedish Meatballs over Rice Brussel Sprouts Carrot Coins Fresh Fruit Milk 11 AM MUSIC W KEVIN!	- 29 - Bacon, Egg & Cheese Scramble Au Gratin Potatoes Zucchini & Tomatoes Muffin Orange Juice Milk & Cookie	- 30 - Stuffed Cabbage Mashed Potatoes Hot Spiced Peaches Roll & Margarine Milk	DINNER DANCE Sept 2 at 5 pm Homestyle Meatloaf, Mashed Potatoes, California Veggies, Mixed Fruit, Roll, Milk, DESSERT: Raspberry White Chocolate Cheese Brulee

PENNY BINGO

1, 3, 5 WEDNESDAYS

1:00 Crouch Dining Room

Bring Your Own Pennies!

FLAMINGO BINGO

2nd Wednesday Monthly

2nd Monday Monthly

1:00 Crouch Dining Room

Free Bingo!!

Win donated prizes when
available.

KARAOKE

4th Wednesday

1:00 Crouch Dining Room

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

SENIOR NUTRITION PROGRAM

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus certified by: Sarah Chapel Registered Dietician 				- 1 - Scalloped Potatoes w/ Turkey Ham Broccoli Diced Beets Roll Fresh Fruit & Milk Chef's Choice Dessert
- 4 - Beef Pepper Patty Mashed Potatoes Baby Carrots Roll Fresh Fruit Milk	- 5 - Turkey and Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Roll Milk	- 6 - Beer Battered Cod Macaroni & Cheese Coleslaw Roll Fresh Fruit Milk & Cookie	- 7 - Chicken Florentine over Rice Zucchini & Tomatoes Hot Spiced Peaches Milk DINNER DANCE 5 - 9	- 8 - BBQ Pork on WW Bun Scalloped Potatoes Green Peas w/Pearl Onions Apple Sauce Cup Milk Chef's Choice Dessert
- 11 - Chicken Pasty w/ Gravy Mashed Potatoes Peas & Carrots Fresh Fruit Milk	- 12 - Beef Hot Dog w/diced onions Macaroni & Cheese Broccoli Fresh Fruit Milk	- 13 - Sweet & Sour Meatballs over rice Brussel Sprouts Carrot Coins Fresh Fruit Milk & Cookie	- 14 - Wiley Potato California Blend Hot Spiced Apples Roll Milk	- 15 - Egg, Bacon & Cheese Scramble Zucchini & Tomatoes Au Gratin Potatoes Muffin & Milk Chef's Choice Dessert
- 18 - Cheeseburger on ww Bun Baked Beans Potato Salad Fresh Fruit Milk	- 19 - Broccoli, Chicken & Rice Diced Beets Peas & Pearl Onions Fresh Fruit Milk	- 20 - Crispy Chicken w/ Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Roll, Milk, Cookie	- 21 - ALL LUNCH SITES & CLOSED TODAY. NO ACTIVITIES. STAFF TRAINING.	- 22 - Kielbasa & Sauerkraut Baby Carrots Red Potato Roll Fresh Fruit & Milk Chef's Choice Dessert
- 25 - Chicken Drumstick Mashed Potatoes Mixed Vegetables Fresh Fruit Roll Milk	- 26 - Fish Sandwich Scalloped Potatoes Brussel Sprouts Fresh Fruit Milk	- 27 - Meat Lasagna Broccoli Peas & Carrots Fresh Fruit Milk Cookie	- 28 - Chicken ala King over Broccoli Mashed Potatoes Hot Spiced Apples Milk	- 29 - Macaroni & Cheese California Blend Green Beans w/ Turkey Ham Fresh Fruit Milk Chef's Choice Dessert

CARD MAKING CLASSES

BEV & DORI AN 1, 2 & 3 WED

9:30 - 11:30 Crouch Senior Center

\$5.00 donation for supplies

Must Sign Up. Class limit: 12

Call 768-8691 or Email

LMeat@mijackson.org

GREEN THUMB GARDENS!

SEPT 16, OCT 14, NOV 18

THURSDAY, 10 AM

Talk Gardening in September

FREE Pumpkin Project in October

Fairy Gardens in November

Facilitators: MSUE Master Gardeners

Marla, Ed & Darold

CRAFT CLASSES

OCT 27, WED AT 10:00 AM

NOV 15, MON AT 1:00 PM

FREE 60+ (\$5 DONATION UNDER 60)

Must Sign Up. Class limit: 12

Call 768-8691

LMeat@mijackson.org

BINGO

Crouch Dining Room & Zoom

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 10:30 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 788-4364 FOR REOPEN STATUS AT SITES!!

Location	Game	Day	Time
Crouch	Bridge Club	Fridays	1:00 pm
Crouch	Euchre Tourney	Thursdays	1:00 pm
Crouch	Pinochle/Games	Fridays	1:00 pm
King Center	Four Corners	WHEN OPEN	10:30 am
Michigan Center	Euchre	M/W/F	12:30 pm
Napoleon	Cards	T/TH	10:30 am
Norvell	Cards	WHEN OPEN	10:30 am
Spring Arbor	Game Day	Wednesday	11:30 am

CALL
788-4364
FOR
CURRENT
REOPEN
INFO
Euchre Needs
Table & Chair
Volunteers!





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

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

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

SEPTEMBER 2021 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		- 1 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Enhance Zoom 12:15 Line Dance 1:00 Granny Squares 1:00 Penny BINGO	- 2 - 9:00 Pool Challenge 10:30 Exercise 1:00 Euchre DINNER DANCE 5 - 9 The Ramblers!	- 3 - 10:30 Quarter Bingo 10:30 Enhance Zoom 12:00 Tai Chi Zoom 1:00 Bridge Club 1:00 Pinochle/Games
- 6 - Closed in Observance of Labor Day	- 7 - 10:00 Quilters 10:30 Exercise 1:00 Computers 1:00 Woodcarvers 1:30 Jam	- 8 - 8:30 Fit After 50 9:30 Card Class Dori 10:30 Enhance Zoom 12:15 Line Dance 1:00 Granny Squares 1:00 Flamingo BINGO	- 9 - 9:00 Pool Challenge 9:30 MSUE Eat Smart 10:30 Exercise 1:00 Euchre	- 10 - 8:30 Fit After 50 9:30 MSUE Eat Smart 10:30 Quarter Bingo 10:30 Enhance Zoom 12:00 Tai Chi Zoom 12:30 Party & Band 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 Enhance Zoom 12:00 Tai Chi Zoom 1:00 Flamingo BINGO	- 14 - 10:00 Quilters 10:30 Exercise 1:00 Computers 1:00 Woodcarvers 1:30 Jam	- 15 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Enhance Zoom 12:15 Line Dance 1:00 Granny Squares 1:00 Penny BINGO	- 16 - 9:00 Pool Challenge 9:30 MSUE Eat Smart 10:00 Green Thumb 10:30 Exercise 1:00 Euchre	- 17 - 9:30 MSUE Eat Smart 10:30 Quarter Bingo 10:30 Enhance Zoom 11:30 1:30 SHRED DAY 12:00 Tai Chi Zoom 1:00 Bridge Club 1:00 Pinochle/Games
- 20 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Enhance Zoom 12:00 Tai Chi Zoom 1:00 PAINT PARTY	- 21 - 10:00 Quilters 10:30 Exercise 1:00 Computers 1:00 Woodcarvers 1:30 Jam	- 22 - 8:30 Fit After 50 10:30 Enhance Zoom 12:15 Line Dance 1:00 Granny Squares 1:00 KARAOKE	- 23 - 9:00 Pool Challenge 9:30 MSUE Eat Smart 10:30 Exercise 1:00 Euchre	- 24 - 9:30 MSUE Eat Smart 10:30 Quarter Bingo 10:30 Enhance Zoom 12:00 Tai Chi Zoom 1:00 Bridge Club 1:00 Pinochle/Games FOOT CLINIC APPNTS
- 27 - 8:30 Fit After 50 9:00 9 Ball Pool Game 10:30 Bible Study 10:30 Enhance Zoom 12:00 Tai Chi Zoom	- 28 - 10:00 Quilters 10:30 Exercise 11:00 ENTERTAINMENT 1:00 Computers 1:00 Woodcarvers 1:30 Jam	- 29 - 8:30 Fit After 50 10:30 Enhance Zoom 12:15 Line Dance 1:00 Granny Squares 1:00 Penny BINGO	- 30 - 9:00 Pool Challenge 10:30 Exercise 1:00 Euchre	

**ALL SITES CLOSED
LABOR DAY!**

KING CENTER

Call for Reopen Status

MICHIGAN CENTER

Euchre

**GRASS LAKE
SENIOR CENTER**

Call 522-8466 for activities.

NAPOLEON

Coffee, Cards & Conversation

NORVELL

Call for Reopen Status


PARK FOREST

Lunch & Conversation!

**ALL SITES CLOSED
LABOR DAY!**

OCTOBER 2021 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				- 1 - 10:30 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games 1:00 Cooking 1 MSUE
- 4 - 8:30 Fit After 50 9:00 9 Ball Pool 10:30 Bible Study 10:30 Enhance	- 5 - 10:00 Quilters 10:30 Exercise 1:00 Computer Help 1:00 Woodcarving 1:30 Jam Session	- 6 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Enhance 12:15 Line Dance 1:00 Granny Squares 1:00 Penny Bingo	- 7 - 9:00 Pool Challenge 10:30 Exercise 1:00 Euchre DINNER DANCE 5 - 9 Eclipse Band	- 8 - 10:30 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games 1:00 Cooking 1 MSUE
- 11 - 8:30 Fit After 50 9:00 9 Ball Pool 10:30 Bible Study 10:30 Enhance 1:00 Flamingo Bingo	- 12 - 8:30 AARP DRIVING 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Computer Help 1:00 Jam Session	- 13 - 8:30 AARP DRIVING 8:30 Fit After 50 9:30 Card Class Dori 10:30 Enhance 12:15 Line Dance 1:00 Granny Squares 1:00 Flamingo Bingo	- 14 - 9:00 Pool Challenge 10:00 Green Thumb Pumpkin Project 10:30 Exercise 1:00 Euchre	- 15 - 10:30 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games 1:00 Cooking 1 MSUE
- 18 - 8:30 Fit After 50 9:00 9 Ball Pool 10:30 Bible Study 10:30 Enhance	- 19 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Computer Help 1:00 Jam Session	- 20 - 8:30 Fit After 50 9:30 Card Class Bev 10:30 Enhance 12:15 Line Dance 1:00 Granny Squares 1:00 Penny Bingo	- 21 - All Sites Closed for STAFF TRAINING No Activities or Lunch Today	- 22 - 10:30 Quarter Bingo 10:30 Enhance 1:00 Bridge Club 1:00 Pinochle/Games 1:00 Cooking 1 MSUE
- 25 - 8:30 Fit After 50 9:00 9 Ball Pool 10:30 Bible Study 10:30 Enhance 12:30 Bookmobile Bubble Machine JDL	- 26 - 10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Computer Help 1:00 Jam Session	- 27 - 8:30 Fit After 50 10:00 Craft w Michelle 10:30 Enhance 12:15 Line Dance 1:00 Granny Squares 1:00 KARAOKE	- 28 - 9:00 Pool Challenge 10:30 Exercise 1:00 Euchre	- 29 - 10:30 Quarter Bingo 10:30 Enhance 11:45 Trick or Treat 12:30 Entertainment 1:00 Bridge Club 1:00 Pinochle/Games 1:00 Cooking 1 MSUE

KING CENTER

Call for Reopen Status

MICHIGAN CENTER

Euchre

GRASS LAKE SENIOR CENTER

Call 517-522-8466 for Activities

NAPOLEON

Coffee, Cards & Conversation

NORVELL

Call for Reopen Status

ALL SITES CLOSED
ON OCTOBER 21

PARK FOREST

Lunch & Conversation

MSUE Cooking For One
Tuesdays at PF
October 5 - November 9
1:30 to 3:30 with Angela
Call 768-8691 to sign up!

SPRING ARBOR SENIORS - WELCOME BACK FOR LUNCH!!

122 Star Street, Spring Arbor, MI | Call 788-4364 for Spring Arbor Senior Center Activities

SPRING ARBOR MEAL SITE IS OPEN

Attention Folks 60 & Better!

Join us for lunch at Noon

Monday - Friday at Spring Arbor

Call 768-8691 or email
LMead@mijackson.org for a list
of current activities.

Call 768-8684 to make your meal
reservation at least one day in
advance.

Please join us!



REGION 2 AAA WORKSHOPS

To Sign Up for Region 2 AAA Workshops Please Call 517-592-1974 or email livingwellprograms@r2aaa.net

CANCER PATH: 6-week on-line Zoom workshop
TUESDAY Nights, Sept 14 - Oct 19 5:00 pm - 7:30 pm

- For individuals with any kind of cancer. Newly diagnosed, in active treatment, or living beyond treatment, this program helps survivors improve how they manage their situation to cope and feel better. Topics include: dealing with difficult emotions, managing pain and fatigue, better sleep....
- Register at 517-592-1974 or email livingwellprograms@r2aaa.net

A MATTER OF BALANCE: Zoom workshop
TUES & THURS, Sept 7 - Sept 30 1:00 pm - 3:00 pm

- An interactive workshop where people who have concerns about falling learn to view falls and fear of falling as controllable. Reduce risk of falls. Learn and practice exercises to help with balance!
- Register at 313- 397-8227

CCC Creating Confident Caregivers: Zoom workshop
TUESDAYS, Oct 19 - Nov 23 3:00 pm - 5:00 pm

- Register at 989-358-4616 or email mainvilleb@nemscsca.org



Workshops & Classes:
Diabetes PATH, PATH, Cancer
PATH, and CHRONIC PAIN

Call Region 2 AAA at
517-592-1974
livingwellprograms@r2aaa.net

FREE SENIOR SHRED DAY SEPTEMBER 17, 2021



Jackson County
Department on Aging
Crouch Senior Center, LOT B
11:30 am to 1:30 pm

One way to prevent identity theft is to destroy personal documents, which include important and private information you would never want anyone to have.

September 17, 2021
Rapid Shred will be onsite at the Jackson County Department on Aging to help seniors shred their documents.



- Visit our resource tables and pick up information about: Senior Services, Common Scams, Preventing Crime and Elder Abuse
- Complete a survey and register to win a \$30 gift card!
- Please Note: Ten Box Limit Per Household

This event is sponsored by funding received from Region 2 Area Agency



MEDICARE SHOPPING SEASON BEGINS OCTOBER 1, 2021

Each year from October 15 through December 7, Medicare beneficiaries have an opportunity to evaluate and make changes in their Medicare coverage. This may include enrolling in a prescription drug plan or health plan for the new calendar year (2022). While individuals may stay with their current plan, the Michigan Medicare/Medicaid Assistance Program (MMAP) recommends reviewing your options before making a decision.

Each year, insurance companies have an opportunity to change their benefits. It is important that people with Medicare not only consider the price of their monthly premium, but also the plan formulary (drug list). To review the new 2022 Medicare prescription drug plans you or a family member may go to www.medicare.gov, Find Health & Drug Plans tab, and use the Plan Finder to compare your options. You may also call 1-800 Medicare (1-800-633-4227) for assistance. Call your local MMAP office 1-800-803-7174 for information on low-income "Extra Help" premiums and co-pays assistance.

The MMAP program at the Jackson County Department on Aging holds enrollment events each year. These events are staffed by trained MMAP counselors who can help you compare your current plan options available for 2022 and assist with enrollment if needed. Appointments are required. If you are a Jackson County resident over 60 and take brand name medications or more than three generic medications, you may call 517-788-4364 for an appointment. IF YOU LIVE in the Brooklyn area (zip codes 49230, 49233, 49234, 49263) call Region 2 AAA at 517-592-1974.

*October 1, 2021
*October 15 - December 7
*January 1, 2022

BEGIN YOUR PLAN REVIEW
ENROLL IN A PLAN YOU SELECTED
YOUR COVERAGE BEGINS

DONATIONS

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

2021 HOLIDAY EXERCISE BREAKS

No Classes on September 6
Labor Day
Building Closed.

Department on Aging & Senior
Center - Closed October 21.
No Classes or Activities.



MOVE-IT-MONDAYS

4th Monday of Month
Active Jackson FB Page

The Active Jackson Coalition
FB page is featuring local,
accessible and wheelchair
friendly trails in Jackson
County. They are also sharing
exercise tips and demos.

Check this FB page out!



QUESTIONS? PLEASE CALL:
Department on Aging
788~4364



EXERCISE CLASSES

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

September Zoom Class
**October 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

TAI CHI ZOOM CLASS

M/F September Only
10:30a.m. - 11:30 a.m.
Tai Chi is an ancient martial art
practiced for health benefits. Slow,
fluid movements improve
flexibility, balance and core

strength. Tai Chi helps with fall
prevention, stress reduction and
chronic conditions such as
arthritis...
Certified YMCA Instructor: Ken

TUES THURS EXERCISE

Call Laurie at 768-8691 for the
Tuesday/Thursday exercise class
status.

BEGINNING LINE DANCE

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

Advanced Line Dance with Micki
starts again in November!

SPRING ARBOR FIT AFTER 50 & LINE DANCE EXERCISE

Call Laurie at 768-8691 or email
LMeat@mijackson.org for the
status on these exercise classes.
Back Soon:
Fit After 50, YMCA Instructor Led
Line Dance, Instructor Mary Ann

SENIOR VOLUNTEER OF THE YEAR 2021

Jackson County

Each year, the Jackson County Department on Aging, Jackson County Board of Commissioners, and the Jackson County Fair join to honor outstanding contributions by Jackson County's older citizens.

This year we had the privilege of honoring John Conley as the Jackson County Senior Volunteer of the Year!

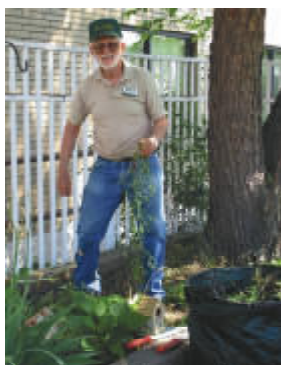


John has accumulated more than 4000 hours of volunteer service to disAbility Connections over the last 13+ years. John has also volunteered for HFAH as a courtesy vehicle driver, fundraiser and activities supporter; is on the parish council with Our Lady of Fatima; and has over 17+ years of service with The Knights of Columbus.

Thank you John for your integrity, honesty, loyalty, self-sacrifice and outstanding service to Jackson County!

CROUCH COURTYARD VOLUNTEERS

Thank you Jackson County MSU Extension Master Gardeners and Crouch Senior Center volunteers for transforming the courtyard.



CRAFT CORNER

Crouch Senior Center
WELCOME BACK!

The Craft Corner IS OPEN under a new volunteer management team.

The Craft Corner is a gift shop that is open to the public. Many items are handmade by seniors.

The Craft Corner accepts donations of 4-ply yarn for the Granny Square project.



Thank You!
Allegra Nursing & Rehab
Parking Lot Party Treats
Cupcakes, Root Beer Floats,
Elvis Brownies



VOLUNTEER

MMA P Counselors

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

Nutrition Site and Senior Center Volunteers! Euchre chair & table set up Thursday mornings. Call 768-8691 and volunteer!

NUTRITION NEWS

By Sarah Chapel, RDN, CDCES

Overcoming Picky Eating as an Adult

By Sarah Chapel, RDN, CDCES

If you're drawn to the kids menu, the thought of eating a bowl of broccoli makes you cringe or you have a laundry list of offending ingredients that are a "no-go", this one is for you.

In many cases, adults who are picky eaters grew up with adults who put pressure on eating and made mealtimes stressful. They may have had a negative experience with food, like choking or been forced to eat foods that didn't appeal to them based on smell, texture or flavor. This can result in having a laundry list of foods that are "off limits" which makes it challenging to get the essential nutrients your body needs for good health. Not only that, but it can cause tension between others.

There is no one-size-fits- all approach for overcoming picky eating (for kids or adults) but here are some tips to get you started.

Keep meals as stress-free and pleasant as possible. Putting pressure on yourself- or feeling pressure from someone else - can make eating less enjoyable.

Try a new food when you're alone or in supportive company. When I personally try a new recipe or introduce a new food to my kids, it goes something like this: "This is salmon (or asparagus or a radish). It tastes like (a similar food they have tried before). I think you'll like it but if you don't, that's ok. I'm curious to know what you do like about it and what you're not crazy about." They try the food (taking one small bite is certainly acceptable) and they get to share their thoughts and feelings. Oftentimes, they give feedback on a 1-10 scale. "I give the flavor a 7 out of 10 and the texture a 6 out of 10." If they aren't quite sure they like the food yet, that's ok too. Judging a food before trying it is not fair.

Try serving a new food with a familiar sauce or well-liked seasonings.

Before you dismiss a food entirely, recognize your acceptance of a food might be influenced on how it is prepared. For example, maybe you don't like sliced tomato on a sandwich but you do like chopped tomatoes on a salad or cooked tomatoes in marinara sauce or salsa.

Scale back on snacks and drinks between meals so you are more hungry at meal times.

Explore why you like certain foods and not others. For example, if the only vegetable you like is mashed potatoes, what draws you to them? Is it the taste you like (try making your usual mashed potatoes using cauliflower or a mixture of potatoes and cauliflower) or the creamy texture? Think of other foods with similar qualities that you can try. Roasting vegetables like sweet potatoes, carrots squash, beets and onions, makes them softer and sweeter.

Experiment gradually, but only if you want to. Recognize that increasing your list of acceptable foods takes time and patience. It can take up to 20 exposures of a food for a "picky" eater to accept a food.



HAPPENINGS

MSUE Classes Crouch

MICHIGAN STATE UNIVERSITY | Extension

Eat Smart, Live Strong!

Thursdays & Fridays
Starting September 9
6 Classes: 9, 10, 16, 17, 23, 24
9:30 am to 10:30 am
Crouch Senior Center

Cooking For One

Fridays
Oct 1, 8, 15, 22, 29 & Nov 5
1 pm to 3 pm
MSUE Kitchen
(next door to Crouch)

Cooking For One

Tuesdays
October 5, 12, 19, 26 & Nov 2, 9
1:30 pm to 3:30 pm
Park Forest Dining Room

Instructor: Angela, MSUE

REGISTER: 768-8691

LMeat@mijackson.org

FREE CLASSES!

AARP Smart Drivers Class

AARP Smart Driver Classroom Course

Tuesday & Wednesday
October 12 - 13
8:30 am to 12:30 pm
Crouch Senior Center

- Refresh your driving skills and knowledge of the rules of the road
- Learn techniques for handling left turns, right-of-way and roundabouts
- Discover proven driving methods to help keep you and your loved ones safe on the road



\$20 for AARP Members
\$25 for non-members

Class Size Limited to 10
Must Register! 768-8691
LMeat@mijackson.org

JDL ON THE ROAD

JDL ON THE ROAD AT CROUCH

Monday, Oct 25
12:30 pm

Jackson District Library
New *Bookmobile* Visit

Library Card Registration!
Material Check out!
Bring your library card or State ID to check out DVD's and Books!

BUBBLE MACHINE!!



Save the Date: December 10
JDL On The Road with the
ABC Sisters, Crouch
12:00 Lunch; 12:30 ABC SISTERS!

Crouch Senior Center WRITE YOUR LIFE, Instructor Coralie Cederna Johnson
Write Your Life currently meeting via email. Call 768-8691 for updates.

The Root Beer Stand by Coralie Cederna Johnson



The early 1950's were filled with new ideas, innovations, and progress. The war years behind us, the country was ready for new growth. The average American income was \$4,759 a year. President Harry Truman led the country until turning it over to Dwight D. Eisenhower in 1953. The cost of a postage stamp was still only \$.3 but the price of bread had gone up to a whopping \$.14! When McDonald's opened its first hamburger stand in Chicago in 1955, a cheeseburger cost \$.19, a shake \$.21.

While all this history is interesting, I will tell you right here that we didn't have a McDonald's stand in our small town. But we did have a root beer stand that we frequented every chance we got. Even Mom and Dad liked the results, especially since I'd attained my Driver License.

"Howdya like to go down to the root beer stand and get some root beer for the whole family...and get an extra gallon for me?" Dad would ask.

He'd hand me cash and I'd drive down to the root beer stand, say, "Hi," to my friends who worked there and then drive back home. Once home, we'd all pitch in and make root beer floats with ice cream we often kept available in the tiny freezer on our refrigerator. McDonald's would have been great, but our local Root Beer Stand was glorious...nothing could compare!



SENIOR SAFETY

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



Common Elder Fraud Schemes

- ✦ **Romance scam:** Criminals pose as interested romantic partners on social media or dating websites to capitalize on their elderly victims' desire to find companions.
- ✦ **Tech support scam:** Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.
- ✦ **Grandparent scam:** Criminals pose as a relative—usually a child or grandchild—claiming to be in immediate financial need.
- ✦ **Government impersonation scam:** Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- ✦ **Sweepstakes/charity/lottery scam:** Criminals claim to work for legitimate charitable organizations to gain victims' trust. Or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."
- ✦ **Home repair scam:** Criminals appear in person and charge homeowners in advance for home improvement services that they never provide.
- ✦ **TV/radio scam:** Criminals target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.
- ✦ **Family/caregiver scam:** Relatives or acquaintances of the elderly victims take advantage of them or otherwise get their money.

Protect Yourself

- ✦ Recognize scam attempts and end all communication with the perpetrator.
- ✦ Search online for the contact information (name, email, phone number, addresses) and the proposed offer. Other people have likely posted information online about individuals and businesses trying to run scams.
- ✦ Resist the pressure to act quickly. Scammers create a sense of urgency to produce fear and lure victims into immediate action. Call the police immediately if you feel there is a danger to yourself or a loved one.
- ✦ Be cautious of unsolicited phone calls, mailings, and door-to-door services offers.
- ✦ Never give or send any personally identifiable information, money, jewelry, gift cards, checks, or wire information to unverified people or businesses.
- ✦ Make sure all computer anti-virus and security software and malware protections are up to date. Use reputable anti-virus software and firewalls.
- ✦ Disconnect from the internet and shut down your device if you see a pop-up message or locked screen. Pop-ups are regularly used by perpetrators to spread malicious software. Enable pop-up blockers to avoid accidentally clicking on a pop-up.
- ✦ Be careful what you download. Never open an email attachment from someone you don't know, and be wary of email attachments forwarded to you. Take precautions to protect your identity if a criminal gains access to your device or account. Immediately contact your financial institutions to place protections on your accounts, and monitor your accounts and personal information for suspicious activity.

*This information was gathered from:
www.fbi.gov/scams-and-safety*





*Jackson
Friendly
Home*

The Jackson Friendly Home is a 501c3 non-profit home for women over the age of 55. The home provides high quality care for women of the Jackson area, who are in need of a place to call home. The Jackson Friendly Home provides food, company, laughter, encouragement and assistance to our residents.

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517-784-1377

<https://www.jacksonfriendlyhome.com>

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disAbility Connections is a community resource that provides programs, supports, and information to people with disabilities.

We are a non-profit, Center for Independent Living, run by people with disabilities and serving Jackson, Lenawee, and Hillsdale Counties.

For more information on Independent Living or our other programs and services for people with disabilities connect with us on Facebook, check our website www.disabilityconnect.org or call us at (517) 782-6054



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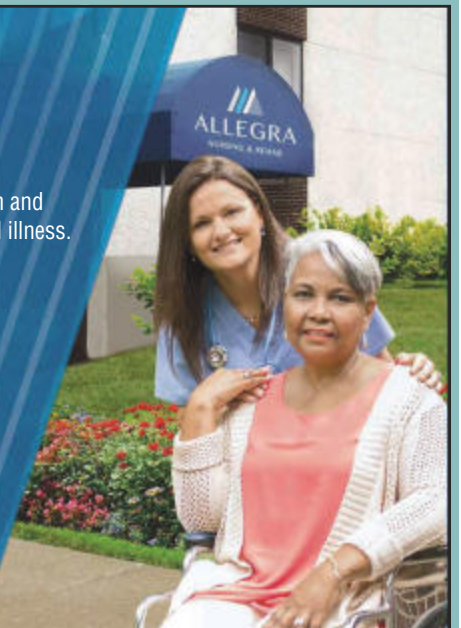
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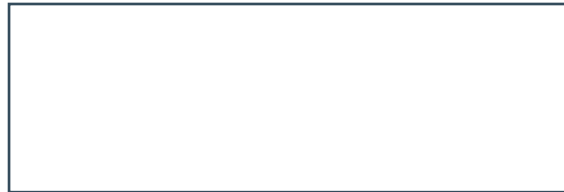
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Director

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

December 2021

Holiday Dinner Dance | Thursday, December 2
The Ramblers Band

ABC Sisters | Friday, December 10
Jackson District Library On The Road

