

# SENIOR CIRCUIT

Sept/Oct 2023 Issue | Volume 18, Issue 5



## JACKSON COUNTY DEPARTMENT ON AGING



*Senior Centers and Sites*  
517-788-4364

SEP | OCT ISSUE

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### ♦ FRAUD WATCH WITH AARP

Thursday, September 28  
11:30 to 1:30 pm  
Crouch Senior Center

### ♦ RAPID SHRED TRUCK - FREE

Thursday, September 28  
12:00 to 3:00 pm  
Crouch Senior Center

### ♦ FREE CAREGIVER SEMINAR

Thursday, October 10  
9 am to 12 pm  
American 1 Credit Union  
Event Center Keeley Park

See Pages 11 & 13 for Details

## Computer Help Hour with Dr. Bill Tuesdays 1 pm - 2 pm

IT Help & Smart Phone Help...  
Call 768-8691 for Info!

## WORKSHOPS & SPECIALS

ACADEMIC LECTURES  
Monday, September 18  
Jackson Civic Art Association  
Monday, October 16  
AARP Smart DriverTEK

CAREGIVERS BREAKFAST  
*at Jackson District Library*  
Wednesday, September 13

ENERGY SMART SENIORS  
Napoleon, Sept. 14; Norvell,  
Sept. 15; Spring Arbor, Sept. 20

AARP Ice Cream Social, Sept. 21

FRAUD WATCH/SHRED TRUCK  
Thursday, September 28

CAREGIVER SEMINAR  
*at American 1 Event Center*  
Thursday, October 10

*See pages 4, 10, 11, 13, 14, 16*

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

Daily Exercise  
Cardio Drumming  
*See Page 12*



JACKSON COUNTY  
*Michigan*

## CLASSES/ACTIVITIES AT CROUCH

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

### POOL ROOM OPEN

Mon - Fri 9 am to 4 pm

### POOL GAMES

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

### BIBLE STUDY

Mondays at 10:30 am  
Facilitator: Pastor Ed

### STORYTELLERS ON PAPER

1st & 3rd Mondays at 1:00 pm  
Instructors: Fordine & Sherrill

### PAINT PARTIES TO GO

Monday, September 25  
Monday, October 30  
*Free for people 60+ First 25 that sign up.*  
*(\$10 donation for all others)*  
Must Sign Up! 768-8691  
Instructor: Karen Olmos

### CRAFT & CHAT AT 1 PM

Monday, October 23 SIGN UP!  
Instructor: Michelle

### HOSPICE QUILTERS

Tuesdays at 10:00 am  
DISPLAY September 26 at 11 am  
Facilitator: Karen

### JAM SESSION

Every Tuesday Following Lunch  
Musicians and Listeners Welcome!

### WOOD CARVING CLUB

Tuesdays at 1:00 pm  
Bring & Brag Show, Sept. 26  
11 am - 1:30 pm FREE SHOW!  
Facilitator: Bob

### CARD MAKING CLASS

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

### GRANNY SQUARES

Wednesday at 1:00 Facilitator: Barb

### KARAOKE

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

### TIMESLIPS, JDL

4th Wednesday at 10 am  
Memory Loss & Creative Engagement  
Instructor: Anne de Irala,  
Jackson District Library

### GREEN THUMB MSUE MG

3rd Thursday Every Month 10 am  
September 21 - Saving Seeds for Spring  
Overwintering Plants/Propagating...  
October 19 - Planting Pumpkins w/  
flowers. SIGN UP! 768-8691  
Facilitators: Marla, Donna, Ed, Darold

### POOL 8-BALL GAMES

Thursdays at 9 am  
Play Pool Together as a Group!

### JERRY & LARRY JAM

Country & Gospel Music  
Thursdays at 1:00 Facilitator: Jerry

### ACRYLIC PAINT CLASS

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

### ROCK N ROLLERS WII BOWL

Fridays at 1 pm  
Facilitator: Sue

### NEXT FOOT CARE CLINIC

Friday, November 3  
Call 768-8691 Appointment  
See Page 10 for Details

### SQUARE DANCERS

Back October 6 at 1:30 pm  
Call 768-8691 for information.  
Facilitator: Vicki

### LOW VISION BLIND CLUB

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



## DINNER DANCES

Thursday, Sept. 7  
**RED, WHITE, BLUE DANCE**



Thursday, Oct. 5  
**FRIGHTFULLY FUN DANCE**

### COSTUME CONTEST PRIZES



Most Frightful  
Best Homemade  
Most Festive

Time: 5 pm - 9 pm  
Crouch Senior Center  
Park In Lot A

Health Department, Ground Floor, Room 005

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: 768-8691**

Enrichment: 768-8691

September 7  
**The Style Band**

October 5  
**The Classic Vibes Band**

### September Menu

Cheeseburger DLX  
Potato Salad  
Baked Beans  
Fruit, Milk  
Cheesecake: White Chocolate  
Raspberry Brulee

### October Menu

Beef & Noodles  
Baby Carrots  
Broccoli  
Mixed Fruit  
Milk  
Dessert: Strawberry Swirl  
Cheesecake Bar

### CELEBRATE FALL CROUCH SENIOR CENTER

**FRIDAY, SEPTEMBER 1**

12:30 pm to 1:30 pm

Labor Day Music

Musician Tim Farell

**FRIDAY, SEPTEMBER 22**

12:30 pm to 1:30 pm

Sweater Weather Party

Classic Vibes Band

**OCTOBER 6**

1:30 to 3:30

Square Dancers!

Audience Welcome, Rm 005

**FRIDAY, OCTOBER 13**

12:30 pm to 1:30 pm

Scarecrows & Pumpkins

Musician: TBA

**THURSDAY, OCTOBER 26**

Crouch Senior Center & All  
Sites Closed for Staff Training  
No Lunch. No Activities. No  
Meals on Wheels.

**FRIDAY, OCTOBER 27**

12:30 pm to 1:30 pm

Fang Tastic Feast

Musician Steve Berkemeier

Costumes Welcome!!

**TUESDAY, OCTOBER 31**

**MONSTER MASH**

10:00 am Trick or Treats!

10:45 am to 11:45 am

Musician Tim Farell

12:45 Costume Show Off

1:00 Crouch Jam Session



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**  
300 Mill Street  
MON WED FRI  
10:30 - 1:30

**Spring Arbor Senior Site**  
JDL SA Branch  
122 Star Road  
MON - FRI  
10:00 - 1:30

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

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

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

### SECOND MEAL PROGRAM

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

#### Criteria:

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

#### Second Meal Available:

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

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

*The Second Meal Program provided by senior millage funding.*

## 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



INNER BARBIE DAY  
PARK FOREST SITE FUN



### ENERGY SMART SENIORS, NEF (National Energy Foundation) and Consumers Energy

Thursday, Sept. 14, 11:30 am  
Napoleon Site  
Friday, Sept. 15, 11:30 am  
Norvell Site  
Wed., Sept. 20, 11:30 am  
Spring Arbor Site



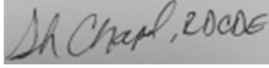

- Free Energy Kit
- 1 LED bulb and 1 PAR bulb
- Door Weather-stripping
- High Efficiency Showerhead
- Aerators, Pipe Insulation...



PUBLIC WELCOME  
768-8691

# SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Dinner Dance Menu</b> <b>Cheeseburger DLX</b> <b>Potato Salad</b> <b>Baked Beans</b> <b>Fruit &amp; Milk</b> <b>Dessert: Cheesecake</b> <b>White Chocolate</b> <b>Raspberry Brulee</b>			Menus certified by: Sarah Chapel Registered Dietician 	<b>- 1 -</b> Cheeseburger Macaroni & Cheese Mixed Vegetables Fresh Fruit Milk Dessert
<b>- 4 -</b> CLOSED IN HONOR OF LABOR DAY 	<b>- 5 -</b> Smothered Chicken Tater Tot Casserole Brussels Sprouts Roll Fresh Fruit Milk	<b>- 6 -</b> Spaghetti & Meatballs Italian Blend Veggies Green Peas Fresh Fruit Milk Cookie	<b>- 7 -</b> Brat & Sauerkraut Carrots Hot Spiced Peaches Roll Milk  <b>DINNER DANCE</b>	<b>- 8 -</b> Tuna Noodle Casserole California Blend Veg Green Beans Fresh Fruit Milk Dessert
<b>- 11 -</b> Egg Scramble Au Gratin Potatoes Broccoli Orange Juice Muffin Milk	<b>- 12 -</b> Chicken Cordon Bleu Sweet Potato Casserole Brussel Sprouts Roll Fresh Fruit & Milk	<b>- 13 -</b> Meat Lasagna Italian Blend Veggies Peas & Carrots Fresh Fruit Milk Cookie	<b>- 14 -</b> Scalloped Potatoes w/ Ham Mixed Vegetables Hot Spiced Peaches Milk	<b>- 15 -</b> Swedish Meatballs over Rice Baby Carrots Green Beans Fresh Fruit Milk
<b>- 18 -</b> Chicken & Peppers Corn & Black Bean Fiesta Flour Shell & Taco Sauce Fresh Fruit & Milk	<b>- 19 -</b> Goulash Broccoli Cauliflower Fresh Fruit Milk	<b>- 20 -</b> Breaded Pork w/ Country Gravy Au Gratin Potatoes Mixed Veggies Roll Applesauce Cup Milk & Cookie	<b>- 21 -</b> Cheesy Shells w/ Chicken & Peas Normandy Blend Hot Spiced Apples Fresh Fruit Milk	<b>- 22 -</b> Homestyle Meatloaf Mashed Potatoes Normandy Blend Veggies Roll Fresh Fruit Milk & Dessert
<b>- 25 -</b> Salisbury Steak Mashed Potatoes Mixed Vegetables Roll Fresh Fruit Milk	<b>- 26 -</b> Sweet & Sour Chicken over Rice Broccoli Carrots Milk	<b>- 27 -</b> Fish Sandwich Macaroni & Cheese Stewed Tomatoes Fresh Fruit Milk Cookie	<b>- 28 -</b> Chicken Pasta Primavera Beets Hot Spiced Apples Milk	<b>- 29 -</b> Beef Pot Roast Red Skin Potatoes Tuscan Blend Roll Fresh Fruit Milk Dessert

## ACADEMIC LECTURES

- Mon. September 18 at 2:00 pm
- Jackson Civic Art Association
- 75th Anniversary; Traveling Historical Exhibit
- See Page 10 for details

## WOOD CARVERS ASSOC.

- Bring & Brag Show, Sept 26
- 11 am - 1:30 pm
- Come Early for lunch at 12 pm
- Join the Group; Tuesdays 1 pm
- Facilitator: Bob

## HFAH HOSPICE QUILTERS

- Displaying Quilts and Fidget Blankets at Bring & Brag Show
- Sept 26 at 11 am - 1:30 pm
- Group Meets Tues. at 9:30 am
- Facilitator: Karen

# SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>- 2 -</b> Crispy Chicken w/ Country Gravy Mashed Potatoes Normandy Blend Roll Fresh Fruit & Milk	<b>- 3 -</b> Beef Penne Pasta Country Green Beans Peas & Carrots Fresh Fruit Milk	<b>- 4 -</b> Macaroni & Cheese Brussel Sprouts Diced Beets Fresh Fruit Milk Cookie	<b>- 5 -</b> Brat & Sauerkraut Carrots Hot Spiced Apples Roll Milk <b>DINNER DANCE!</b>	<b>- 6 -</b> Chicken ala King over Biscuit Mashed Potatoes Green Beans Milk Dessert
<b>- 9 -</b> Beef Hot Dog Baked Beans Broccoli Fresh Fruit Milk	<b>- 10 -</b> Turkey & Gravy w/ Stuffing Mashed Potatoes Mixed Vegetables Fresh Fruit Milk	<b>- 11 -</b> BBQ Pork on WW Bun Tater Tot Casserole Green Peas w/Pearl Onions Applesauce Cup Milk Cookie	<b>- 12 -</b> Chicken Florentine over Rice Zucchini & Tomatoes Hot Strawberries & Pears Milk	<b>- 13 -</b> Western Meatloaf Red Potatoes California Blend Roll Fresh Fruit Milk Dessert
<b>- 16 -</b> Beef Pepper Patty Mashed Potatoes Broccoli Roll Fresh Fruit Milk	<b>- 17 -</b> Stuffed Cabbage Au Gratin Potatoes Peas & Carrots Fresh Fruit Milk	<b>- 18 -</b> Sweet & Sour Meatballs over Rice Brussel Sprouts Carrot Coins Fresh Fruit Milk Cookie	<b>- 19 -</b> Wiley Potato Antigua Blend Hot Spiced Apples Roll Milk	<b>- 20 -</b> Broccoli, Chicken & Rice Diced Beets Country Green Beans Fresh Fruit Milk Dessert
<b>- 23 -</b> Chicken Drumstick Mashed Potatoes Mixed Vegetables Fresh Fruit Roll Milk	<b>- 24 -</b> Egg, Bacon & Cheese Scramble Zucchini & Tomatoes Au Gratin Potatoes Muffin Milk	<b>- 25 -</b> Fish Sandwich Tater Tot Casserole Peas & Carrots Fresh Fruit Milk Cookie	<b>- 26 -</b> ALL SITES CLOSED. NO LUNCH TODAY. <i>All Staff Training Day.</i>	<b>- 27 -</b> Beef Ravioli w/ Bolognese Sauce Italian Blend Veggies Green Beans Garlic Bread Stick Grapes Dessert
<b>- 30 -</b> Beef Ribbette on WW Bun Tater Tot Casserole Peas & Pearl Onions Applesauce Cup Milk	<b>- 31 -</b> Swedish Meatballs over Rice Brussel Sprouts Mixed Vegetables Fresh Fruit Milk 			<b>DINNER DANCE MENU</b> <b>Beef &amp; Noodles</b> <b>Baby Carrots</b> <b>Broccoli</b> <b>Mixed Fruit. Milk</b> <b>Strawberry Swirl</b> <b>Cheesecake Bar</b>

## CRAFT N CHAT

- Monday, October 23 at 1 pm
- Scandinavian Wall Art
- Instructor: Michelle
- Class Size Limited. Sign Up!
- Call 768-8691

## GREEN THUMB PUMPKINS

- October 19 at 10:00 am
- Pumpkin Flowers Project
- MSUE Master Gardeners
- Meet 3rd Thursday Month
- Must Sign Up 768-8691 **Quarter**

## bingo FRIDAYS

- Fridays at 10 am
- Bring a quarter for each card you play.
- Winners Split the Pot!
- Games, Karaoke, Bingo - Pg. 7



## JAMS & KARAOKE

Crouch Dining Room

### CROUCH JAM SESSION TUESDAYS AT 1 PM

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

### KARAOKE

#### 4TH WEDNESDAY AT 1 PM

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

### COUNTRY GOSPEL JAM THURSDAYS AT 1 PM

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

## BINGO BINGO BINGO

Crouch Dining Room

### PENNY BINGO

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

### FLAMINGO BINGO

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

### QUARTER BINGO

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

Flamingo Bingo, Sept. 11 & Penny Bingo Oct. 18  
Enjoy Treats from Mission Point



## EUCHRE TOURNAMENTS, CARDS AND GAMES

PLEASE CALL 768-8691 for Game Information

Location	Game	Day	Time
Crouch	9 Ball Pool Games	Mondays	9:00 am
Crouch	Wii Bowl Games	Any Day!	9 am - 4 pm
Crouch	Euchre Tourney	Thursdays	1:00 pm
Crouch	8 Ball Pool Games	Thursdays	9:00 am
Crouch	Wii Bowl League	Fridays	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	Euchre/Bingo/ Wii Bowling	T/TH	10:30 am
Norvell	Euchre/Bingo	M W F	10:30 am
Spring Arbor	OPEN!!!	Call for Info	768-8691




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

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

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

# SEPTEMBER 2023 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>- 1 -</b> 8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise <b>12:30 Labor Day Music</b> 1:00 Bridge Club 1:00 Wii Bowl LEAGUE <i>Square Dancers</i> <i>Back October 6</i>
<b>- 4 -</b> ALL SITES CLOSED LABOR DAY 	<b>- 5 -</b> 10:00 Quilters 10:30 Exercise Break 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	<b>- 6 -</b> 8:30 Fit 50 Break 9:30 Card Class 10:30 Exercise Break 12:15 Line Dance 1:00 Penny Bingo 1:00 Granny Squares	<b>- 7 -</b> 9:00 Pool Games 10:30 Exercise Break 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class <b>5 - 9 DINNER DANCE</b>	<b>- 8 -</b> 8:30 Fit 50 Break 10:00 Quarter Bingo 10:30 Exercise Break 1:00 Bridge Club 1:00 Wii Bowl LEAGUE <b>1:30 Cardio Drumming</b>
<b>- 11 -</b> 8:30 Fit 50 Exercise 9:00 Pool Games 10:30 Bible Study 10:30 Exercise <b>1:00 Flamingo Bingo &amp; Mission Point Treat Day</b> 1 - 3 Matter of Balance	<b>- 12 -</b> 10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	<b>- 13 -</b> 8:30 Fit 50 Exercise 9:30 Card Class 10:30 Exercise 12:15 Line Dance <b>1:00 Flamingo BINGO</b> 1:00 Granny Squares <div>8 am Caregivers Breakfast at JDL Carnegie - Free</div>	<b>- 14 -</b> 9:00 Pool Games 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 1 - 3 Matter of Balance	<b>- 15 -</b> 8:30 Fit 50 Exercise 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Low Vision 1:00 Wii Bowl LEAGUE <b>1:30 Cardio Drumming</b>
<b>- 18 -</b> 8:30 Fit 50 Exercise 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 Storytellers 1:00 Matter of Balance <b>2:00 Academic Lectures Civic Art Assoc. History!</b>	<b>- 19 -</b> 10:00 Quilters 10:30 Exercise 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help	<b>- 20 -</b> 8:30 Fit 50 Exercise 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:00 Penny Bingo 1:00 Granny Squares	<b>- 21 -</b> 9:00 Pool Games 10:30 Exercise <b>10:00 Green Thumb</b> <b>11 - 1 Ice Cream Social</b> <b>Meet AARP!!</b> 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 1:00 Matter of Balance	<b>- 22 -</b> 8:30 Fit 50 Exercise 10:00 Quarter Bingo 10:30 Exercise <b>12:30 CLASSIC VIBES</b> 1:00 Bridge Club 1:00 Wii Bowl LEAGUE <b>1:30 Cardio Drumming</b>
<b>- 25 -</b> 8:30 Fit 50 Exercise 9:00 Pool Games 10:30 Bible Study 10:30 Exercise <b>1:00 Paint Party</b> 1:00 Matter of Balance	<b>- 26 -</b> <b>10:00 Quilters &amp; Display</b> 10:30 Exercise <b>11 - 1:30 Woodcarvers Bring &amp; Brag Show</b> 1:00 Jam Session 1:00 Computer Help	<b>- 27 -</b> 8:30 Fit 50 Exercise 10:00 JDL TimeSlips 10:30 Exercise 12:15 Line Dance <b>1:00 KARAOKE</b> 1:00 Granny Squares	<b>- 28 -</b> 9:00 Pool Games 10:30 Exercise <div>11:30 - 1:30 FRAUD WATCH 12 - 3 SHRED TRUCK free</div> 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 1:00 Matter of Balance	<b>- 29 -</b> 8:30 Fit 50 Exercise 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Wii Bowl LEAGUE <b>1:30 Cardio Drumming</b>
<b>KING CENTER</b> Open! M - F <b>MICHIGAN CENTER</b> M/W/F EUCHRE!!!!		<b>PARK FOREST</b> M - F Lunch & Conversation <b>NAPOLEON</b> T/TH Euchre, Bingo		<b>NORVELL</b> M/W/F EUCHRE, BINGO <b>GRASS LAKE SENIOR CENTER</b> Activities 522-8466



# OCTOBER 2023 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>- 2 -</p> <p>8:30 Fit After 50 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 Storytellers 1:00 Matter of Balance</p>	<p>- 3 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p>- 4 -</p> <p>8:30 Fit After 50 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:00 Penny Bingo 1:00 Granny Squares</p>	<p>- 5 -</p> <p>9:00 Pool Games 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 1:00 Matter of Balance</p> <p>DINNER DANCE</p>	<p>- 6 -</p> <p>8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 WII Bowl League 1:00 Square Dancers</p>
<p>- 9 -</p> <p>8:30 Fit After 50 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 FLAMINGO BINGO</p>	<p>- 10 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p> <p>9 am - 12 pm Free Caregiver Seminar Keeley Park American 1</p>	<p>- 11 -</p> <p>8:30 Fit After 50 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:00 Flamingo Bingo 1:00 Granny Squares</p>	<p>- 12 -</p> <p>9:00 Pool Games 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 13 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 12:30 Scarecrows &amp; Pumpkins Music! 1:00 Bridge Club 1:00 WII Bowl League 1:30 Cardio Drum</p>
<p>- 16 -</p> <p>8:30 Fit After 50 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 Storytellers 2:00 Academic Lecture AARP Smart Driver Tek</p>	<p>- 17 -</p> <p>10:00 Quilters 10:00 Center Committee 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p>- 18 -</p> <p>8:30 Fit After 50 9:30 Card Class 10:30 Exercise 12:15 Line Dance 1:00 Penny Bingo Mission Point Treats! 1:00 Granny Squares</p>	<p>- 19 -</p> <p>9:00 Pool Games 10:00 Green Thumb 10:30 Exercise 1:00 Country Jam 1:00 Euchre 1:00 Acrylic Paint Class 1:00 Nutrition Council</p>	<p>- 20 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 1:00 Bridge Club 1:00 Low Vision Club 1:00 WII Bowl League 1:30 Cardio Drum</p>
<p>- 23 -</p> <p>8:30 Fit After 50 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 CRAFT N CHAT with Michelle Sign Up!</p>	<p>- 24 -</p> <p>10:00 Quilters 10:30 Exercise 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p>- 25 -</p> <p>8:30 Fit After 50 10:00 JDL: TimeSlips 10:30 Exercise 12:15 Line Dance 1:00 KARAOKE 1:00 Granny Squares</p>	<p>- 26 -</p> <p>ALL SITES CLOSED No lunch. No Activities. Staff Training Day.</p>	<p>- 27 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise 12:30 FangTastic Music 1:00 Bridge Club 1:00 WII Bowl League 1:30 Cardio Drum</p>
<p>- 30 -</p> <p>8:30 Fit After 50 9:00 Pool Games 10:30 Bible Study 10:30 Exercise 1:00 Paint Party</p>	<p>- 31 -</p> <p>10:00 Quilters 10:00 Trick or Treat 10:30 Exercise 10:45 MonsterMashMusic 12:45 Costume Show Off 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p>CRAFT N CHAT MONDAY 10/23 1:00 pm Scandinavian Wall Art</p> 	 	
<p>KING CENTER Open! M - F</p> <p>MICHIGAN CENTER Euchre - M/W/F</p>	<p>NAPOLEON T/TH Euchre, Bingo, Wii Bowling!</p> <p>PARK FOREST Lunch &amp; Conversation</p>		<p>NORVELL M /W /F 11:00 Euchre/Bingo/Penny Auction/Parties!</p> <p>GRASS LAKE CALL 522-8466</p>	

## SPRING ARBOR SENIOR SITE - LUNCH AND EXERCISE!

Spring Arbor Senior Site, 122 Star Road, Spring Arbor | 768-8691

### Spring Arbor Senior Site at JDL

10:00 am to 1:30 pm

### Hot Lunch Monday - Friday

Served at 12:00 noon

Please make a lunch reservation  
at least one day in advance.


CALL 517-768-8684

Location: 122 Star Road, Spring Arbor, MI  
Jackson District Library, SA Branch



#### Jackson District Library

- Jackson History Escape Room: Sept. 2, 10 am - 2 pm Carnegie Library
- ABC Sisters: Sept. 23, 11 am - 1 pm Vandercook Lake Festival
- Haunted Jackson: Oct. 7, 12 pm; Concord
- Food Truck: Oct. 14, 11 am - 2:30; SA Branch

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:15 Fit After 50 On Break Sept. 4, 6, 8	12:00 Lunch 12:45 - 1:30 Meet in Lobby	10:15 Fit After 50 On Break Sept. 4, 6, 8	10:15 Line Dance Starts Sept. 14	10:15 Fit After 50 On Break Sept. 4, 6, 8
12:00 Lunch		12:00 Lunch	12:00 Lunch	12:00 Lunch
<b>CLOSED SEPT. 4 Labor Day</b>	<b>Sept. 12 - Meet in Lobby 10 am to 11:30 am</b>	<b>11:30 Sept 20 NEF Energy w/Consumers Energy - FREE KITS!</b>	<b>SA MEAL SITE CLOSED THURSDAY OCTOBER 26 Staff Training - All Sites Closed</b>	1:00 Movie Matinees 9/8 Rio Grand, John Wayne 10/6 Arsenic & Old Lace, Cary Grant 11/3 The War with Grandpa, Robert DeNiro
12:00 - 1:00 1st Monday of the Month JDL Book Club	12:45 Room Reserved for SA JDL Program			

Please Note: Tuesday, Sept. 12, SA Seniors will meet in the sitting/lobby area until the room is open at 11:30 am for lunch.

## CROUCH ACADEMIC LECTURES

MONDAY, September 18 and October 16

TIME: 2:00 pm

LOCATION: Crouch Senior Center

September 18

TOPIC: Jackson Civic Art Association, Celebrating 75 Years. 1945 to Present History Display

Guest Speaker: Fordine and Civic Art Members

October 16, 2:00 - 3:30 (90 minute workshop)

TOPIC: AARP Smart Driver TEK Workshop. Free. Latest safety technology in your current or future car. New technologies, Future of Transportation...

Guest Speaker: Terry Finch, AARP

CALL 768-8691 for More Details

## JACKSON DISTRICT LIBRARY

Presents: TiimeSlips Creative Storytelling

Wednesday, Sept. 27 & Oct. 25

10:00 - 11:00 am Crouch Senior Center

Do you know someone who is isolated or perhaps wrestling with dementia? You want to engage but don't know how? Join TimeSlips. A program designed to bring meaning and purpose to the lives of elders through creative engagement. Folks in early to moderate stages of memory loss can even participate!

Facilitator: Anne de Irala, JDL



## FREE CAREGIVER EDUCATION SEMINAR

Hosted by: Jackson County Department on Aging

### Nurturing the Caregiver: Strategies for Overcoming Stress, Burnout and Isolation

*The role of a caregiver can be both rewarding and challenging. This seminar aims to equip caregivers with essential knowledge and practical tools to navigate these challenges, while prioritizing their own well-being.*

#### Learn About:

- ◆ Coping mechanisms for stress, burnout, isolation, and loneliness.
- ◆ Support systems, boundary setting, and self-care.
- ◆ Insights and strategies to enhance your caregiving experience.

#### Presenters:

**Stephanie Huhn** is a masters level psychologist in the State of Michigan who specializes in trauma, addiction and the brain. She wants to inspire and promote healing growth and change.



**Colin King** is a Clinical and Forensic psychologist with more than 24 years experience. He is the leading expert in traumatic brain injury, psychopathology and abnormal behaviors.

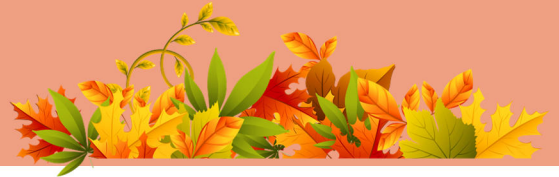


THURSDAY  
OCTOBER 10, 2023  
9 am to 12 pm

Refreshments Provided

American 1 Credit Union  
Event Center - Keeley Park  
Tremaine Room  
200 W. Ganson Street  
Jackson

Limited Seating  
Registration is Required  
By October 5  
CALL 517-788-4364



## WELLWISE SERVICES

Area Agency on Aging (517) 592-1974

WellWise Services, Area Agency on Aging Classes - PATH, Workplace PATH, Aging Mastery Program, CHRONIC PAIN, Powerful Tools for Caregivers, A Matter of Balance, and more!! Call 517-592-1974 for more information.

MATTER OF BALANCE WORKSHOP  
AT CROUCH SENIOR CENTER  
Mondays & Thursdays  
September 11 through October 5  
1 pm to 3 pm

Must Sign Up! 517-592-1974  
Wellwise Services, Area Agency on Aging  
Instructor: Martha York



## FOOT CARE CLINIC, NOV. 3

Crouch Senior Center | 768-8691

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

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



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

Call 768-8691 to make an appointment!



**DONATIONS**

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

**EXERCISE HOLIDAY BREAK**  
**MONDAY, SEPTEMBER 4**  
**LABOR DAY**  
**NO CLASSES.**  
**BUILDING CLOSED.**

**EXERCISE BREAK SEPT. 4-8**  
**NO FIT AFTER 50. NO**  
**ENHANCE FITNESS. NO**  
**MOVING FOR BETTER**  
**BALANCE. 768-8691**

**OCT. 26 - NO EXERCISE OR**  
**ACTIVITIES. STAFF TRAINING.**  
**CROUCH SENIOR CENTER CLOSED.**

**FRIDAY AFTERNOONS!**  
**Crouch, Room 005**

**FREE CLASS!**  
**2nd, 3rd, 4th, 5th FRIDAYS**  
**CARDIO DRUMMING**  
**Ongoing! 1:30 - 2:30**

**Volunteer Instructors:**  
**Tracy & Paul**



**Please Register!**  
**768-8691**

*Or bring your own ball,  
tub and sticks!*

**Please Note:** This class does not meet  
the 1st Friday of the month.

## **Crouch Sports** **Find Your Fit**

**Corn Hole**  
**Shuffle Board**  
**Square Dancers**  
**Call 768-8691 for Details**

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



## **EXERCISE CLASSES CROUCH SENIOR CENTER**

Call 768-8691 or email [LMead@mijackson.org](mailto:LMead@mijackson.org) for Exercise Updates

**FIT AFTER 50**

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

**ENHANCE FITNESS**

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

## **MOVING FOR BETTER** **BALANCE EXERCISE**

Crouch Senior Center Room 005  
T/TH 10:30 am - 11:30 am  
Improve balance, muscle strength,  
flexibility, mobility and memory.  
This class uses the principles and  
movements of Tai Chi.  
Certified YMCA Instructor: Suzy  
**Note: No Class October 26**

## **INTERMEDIATE LINE** **DANCE CLASS**

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

**ADVANCED LINE DANCE**

Crouch Senior Center Room 005  
Wednesdays - Sept thru June  
1:15 pm - 2:15 pm **Starts Sept. 13**  
Advanced Line Dance Fun!  
Volunteer Instructor: Micki

**SPRING ARBOR CALL 768-8691**

**Spring Arbor site**  
**FIT AFTER 50 AT SPRING ARBOR**  
M/W/F 10:15 am - 11:15 am

This exhilarating class includes full-  
body stretching and non-jarring,  
low impact exercises to promote  
increased heart and breathing  
rates. Certified YMCA Instructor: Suzy

**LINE DANCE AT SPRING ARBOR**  
Thursdays 10:15 am - 11:15 am  
**Starts Sept. 14**

Experienced volunteer instructor  
leads participants through popular  
line dance moves and routines.  
Volunteer Instructor: Mary Ann

## AARP FRAUD WATCH

Fraud Watch Network Presentation  
Crouch Senior Center

**Thursday, September 28**

Ground Floor, Room 005, Park In Lot A

11:30 Registration

12:00 Hot Lunch

12:30 Presentation

Register! Call **768-8691** by Sept. 26

Guest Speaker: Roberta Sexton, AARP

Topics: How to spot and avoid scams! How scams are set up and operated. Identity Theft, Investment Fraud, Holiday Scams, Cybersecurity, Ransomware, Phishing Links, Spam, Stalkerware!

Sponsored by:



## SHRED TRUCK EVENT

FREE SHRED DAY FOR SENIORS!  
Crouch Senior Center

RAPID SHRED TRUCK  
Will be on site to dispose of your  
important documents

**THURSDAY, SEPTEMBER 28**  
12 PM TO 3 PM

JACKSON COUNTY  
DEPARTMENT ON AGING  
HUMAN SERVICES BUILDING  
1715 Lansing Avenue  
PARKING LOT A

Call **768-8691**  
for more information

*This event is sponsored by funding received  
from WellWise Area Agency on Aging*



## SENIOR SAFETY

Leslie Krantz, LBSW  
Keeping seniors informed about common scams and other senior issues.



Lansing - Michigan Attorney  
General Dana Nessel warning  
about deceptive Door-to-Door  
Sales Representatives.

There have been reports of  
individuals showing up at homes  
and claiming to work for ADT  
Home Security System, a  
contractor hired by ADT, or a  
company that allegedly purchased  
ADT. Typically, they will have no  
uniform or identification. The

point of the scam is to get the  
homeowner to sign up for a new  
security service.

When in doubt about an ADT  
representative, call 800-ADT-ASAP  
to verify the work order.

Don't give in to high-pressure  
sales tactics. You have no  
obligation to buy something "right  
now".

Phrases to watch for: "We are here  
to upgrade your ADT system." "I'm  
with the company that  
manufactured your alarm system."  
"ADT is no longer covering your  
area."

Remember that you are in charge.  
Call 911 at any time.

If you think you have been a  
victim, contact the Consumer  
Protection Team at 517-335-7599.

## MEDICARE SHOPPING SEASON

Crouch Senior Center | 788-4364

### MEDICARE SHOPPING SEASON BEGINS OCTOBER 1, 2023

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 (2024). While individuals may stay with their current plan, the Michigan Medicare/Medicaid Assistance Program (MMAAP) 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 2024 Medicare prescription drug plans you or a family member may go to [www.medicare.gov](http://www.medicare.gov), 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 MMAAP office 1-800-803-7174 for information on low-income "Extra Help" premiums and co-pays assistance.

**The MMAAP program at the Jackson County Department on Aging holds enrollment events each year. These events are staffed by trained MMAAP counselors who can help you compare your current plan options available for 2024 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, 2023  
BEGIN YOUR PLAN REVIEW

\*October 15 - December 7  
ENROLL IN A PLAN YOU SELECTED

\*January 1, 2024  
YOUR COVERAGE BEGINS



## AARP ICE CREAM SOCIAL

Department on Aging | 788-4364

THURSDAY, SEPTEMBER 21

11 AM TO 1 PM

Crouch Senior Center

Hosted by: Rich, AARP  
American Association of  
Retired Persons



## WOOD CARVERS BRING & BRAG

South Central Carvers

TUESDAY, SEPTEMBER 26

11 AM TO 1:30 PM

Crouch Senior Center

The South Central Carvers are holding a FREE Bring & Brag show. Joined by the HFAH Quilters Group.

A variety of favorite carvings and quilts will be displayed. Some items may be available for purchase.



The Group Meets Tuesdays at 1:00.  
New Members Always Welcome.

## ALL SITES CLOSED 10/26

Department on Aging | 788-4364

Crouch Senior Center

All Sites Closed

Thursday, October 26

No Lunch

No Activities

No Meals on Wheels

Staff  
Training  
Day





## 2023 SENIOR VOLUNTEER OF YEAR

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 Dennis Hayek and Jim Kulas as the Jackson County Senior Volunteers of the Year!

Dennis Hayek, nominated by Candy Poleski, is a person with great passion for his community and wears many hats including leader, worker and friend. Through the Jackson First United Methodist Church, Dennis has distributed over 12,000 boxes of food to people in Jackson County. He has helped feed over 19,000 students through the ASPP weekend food program. Dennis has been a member of the Leadership Council & Finance, Mission & Outreach, Wellness Planning, Back to School Blast, Fresh Food Distribution, After School Pack Program teams, and is a volunteer for the Back to School Blast event. Dennis also serves on the Department on Aging Advisory Council and is a valued Crouch Senior Center volunteer. Thank you Dennis!



Jim Kulas, nominated by Gerry Montgomery, is a fantastic volunteer and a genuinely nice guy with an outgoing personality who never hesitates to help in any way asked. Jim serves the community as a longtime member of the American Legion Ritual Team bugler. "...every veteran deserves a live rendition of taps played by a live bugler." Jim and the Ritual Team honor well over 150 veterans each year. Jim has received the American Red Cross Silver Blood Donor recognition, has donated almost 40 gallons of blood and credited with saving over 900 lives. Jim, a talented musician and Polka Hall of Fame member, performs regularly at the Crouch Senior Center and many local assisted living facilities. Jim is a valued Crouch Senior Center volunteer. Thank you Jim!



## STORYTELLERS ON PAPER

Crouch Writers has a new name and new facilitators. Thank you Fordine and Sheryll for leading Storytellers on Paper. This fabulous group meets the first and third Monday of each month at 1:00. They are writing everything! Poems, short stories, novels, memoirs... If you are interested in joining them, just show up! More Information: 768-8691



### SHOP! CRAFT CORNER

Crouch Senior Center  
Monday - Thursday 10 - 2 pm

#### CRAFT CORNER SALE!!!

Stop by the Craft Corner for their special 1/2 Off Sale on Select Items!

TUESDAY - baked good treats!

#### Please Help MORE YARN WANTED!!

The Craft Corner accepts donations of 4-ply acrylic yarn for the Granny Squares 2023 holiday lap blanket project.  
Goal: 100+ Blankets

768-8691



### JOB OPPORTUNITIES

Jackson County  
Department on Aging

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

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

## CONNECTING WITH COMMUNITY CAREGIVERS BREAKFAST

Hosted by: WellWise Services, AAA, Jackson District Library, Alzheimer's Assoc., Department on Aging

**WEDNESDAY, SEPTEMBER 13**  
**8:00 AM TO - 9:30 AM**  
**8:15 Presentation**  
**9:00 - 9:30 Q&A**

Location: Jackson District Library, Carnegie  
 244 W. Michigan Ave.  
 Jackson, MI 49201  
 (North Entrance off W. Pearl St.)

Come and join us to discover the range of services we offer to support caregivers and uplift the community.

**LIGHT BREAKFAST  
 WILL BE SERVED**

**Please Sign Up!**  
 Call Laurie at 768-8691  
 or R.S.V.P. at [bit.ly/3XLgfDH](http://bit.ly/3XLgfDH)



## NUTRITION NEWS

By Sarah Chapel, RDN, CDCES

### How to Eat Healthy Without Cooking

Creating healthful meals doesn't necessarily require the use of a stove or an oven. You also don't need to devote hours in the kitchen to cooking and cleaning up to create a balanced meal. Whether it's too hot to cook, you are in need of a quick refreshing meal or you don't have access to much cooking equipment, here are some ideas to keep you nourished.

### Salad with your favorite protein

Top a bed of lettuce and your favorite chopped veggies with cooked chicken, steak, grilled fish, tuna, or hard-boiled eggs. This is a great way to transform leftover meat from the night before into a quick a refreshing meal. You can also save time by using a rotisserie chicken.

### Protein-based salads

Tuna salad, egg salad or chicken salad comes together quickly with minimal effort. You can serve this on a bed of lettuce, with whole grain crackers or in a wrap for an easy, nutritious meal.

### Bowls

A bowl is an easy way to get a healthy meal on the table without cooking. Start with a base of healthy grains, such as brown rice, quinoa or farro (you can buy these pre-cooked, or cook up a large batch and store in your fridge or freezer). Add in any of the following: assorted greens, chopped veggies, canned tuna or beans, pre-cooked chicken or hard-boiled eggs, nuts, seeds and/or fruit. You can have a bowl every day without them ever tasting the same!

### Wraps

Start with a whole grain wrap and get creative! Spread hummus, guacamole or nut butter on your wrap, then toss in a few colorful veggies or slices of fruit. If you want meat or poultry, you can buy it pre-cooked or use leftovers and slice them up to add to the mix.

### Parfaits

These tasty treats are perfect for breakfast, a mid-afternoon snack or dessert. Layer plain Greek yogurt or cottage cheese with your fruit of choice. Mix in low-sugar granola, nuts or seeds.

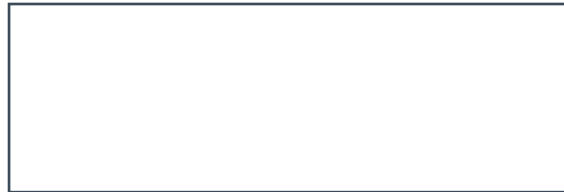




## Friends of Jackson Seniors

1715 Lansing Avenue  
Jackson, MI 49202-2193

Non-Profit Org.  
U.S. Postage  
PAID  
Jackson, MI  
Permit No. 294  
Return Service  
Requested



## JACKSON COUNTY

### Department on Aging Staff

#### Director

Danielle Pequet

#### Deputy Director

Leslie Krantz

#### Alzheimer's Respite & Counseling

Valerie Harris-Callahan

#### 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

Julie Babcock, 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

### NOVEMBER

Foot Clinic | November 3

Register at 768-8691

### NOVEMBER

Honoring Veterans Specials | Week of Nov. 6

Crouch Senior Center

### DECEMBER

Dinner Dance | December 7

5 - 9 pm Candy Cane Holiday Dance

The Style Band

