

April 2015

Silver Threads

~Easter Traditions~



You won't find them in the Bible, but many cherished Easter traditions have been around for centuries. The most prominent secular symbol of the Christian holiday, the Easter bunny reportedly was introduced to America by the German immigrants who brought over their stories of an egg-laying hare. The decoration of eggs is believed to date back to at least the 13th century, while the rite of the Easter parade has even older roots. Other traditions, such as the consumption of Easter candy, are among the modern additions to the celebration of this early springtime holiday.

Do You Know How To Improve Your health Through Your Nutrition?

Join us for a 8 week nutrition education class starting **Monday, May 4th from 10am-11am.**

For more information or to signup call **(810) 639-2822.**



Once again we would like to express a big THANK YOU to all of our Seniors and the people of our community

for coming in to support the Center! If it wasn't for you we would not be able to keep doing what we do here! Thank you!!



Closing The Prescription Drug "Donut Hole"

The Affordable Care Act makes Medicare prescription drug coverage ore affordable by gradually closing the gap in coverage where beneficiaries had to pay the full cost of their prescriptions out of pocket, before catastrophic coverage for prescriptions took effect. The gap is known a the donut hole. The donut hole will be closed by 2020, making 2015 the halfway point. People with Medicare Part D who fall in to the donut hole in 2015 will receive discounts and savings of 55 percent on the cost of brand name drugs and 35 percent on the cost of generic drugs.

Funding Sources

Genesee County Senior Millage, Charter Township of Montrose, Valley Area Agency on Aging, MDOT, Community groups, and Individual Donations. This program/service is fully or partially funded by Genesee County Senior Millage Funds. Your tax dollars at work!!



Mon

Tue

Wed

Thu

Fri

		<p>1 9am VA Rep 9:45am Tai Chi 12noon Lunch 1pm Pinochle Couponing & Quilting 3:45pm Zumba 5:30 Card Club</p>	<p>2 10:30am Chair Exercise 12noon Lunch 1pm Wii 1pm Shopping at Meijer</p>	<p>3 12noon POTLUCK 1pm Bingo</p>
<p>6 10am Balance Class 12noon Lunch 12noon Red Cross 1pm Euchre 3:30-5:30pm Guitar Pickers</p>	<p>7 9am Yoga 10:30am Writing Group 11am Blood Pressure 12noon Lunch 1pm Movie 5pm Weight Watchers</p>	<p>8 9:45am Tai Chi 12noon Lunch 1pm Pinochle Couponing & Quilting 5:30 Card Club</p>	<p>9 10:30am Chair Exercise 12noon Lunch 1pm Wii 1pm Shopping at Save-A-Lot</p>	<p>10 10am Hot Chocolate Mix Class 12noon Lunch 1pm Bingo</p>
<p>13 10am Balance Class 12noon Lunch 1pm Euchre 3:30-5:30p Guitar Pickers 4pm Dinner Date Liberty Diner</p>	<p>14 9am Yoga 10:30am Writing Group 11am Blood Pressure 12noon Lunch Wellspring 1pm Movie 5pm Weight Watchers</p>	<p>15 9:45am Tai Chi 12noon Lunch 1pm Pinochle Couponing & Quilting 3:45pm Zumba 5:30 Card Club</p>	<p>16 9am Commodities 10:30am Chair Exercise 12noon Lunch 1pm Wii</p>	<p>17 10am Paraffin Wax Dip 12noon Lunch 1pm Bingo</p>
<p>20 9:30am Advisory Council 10am Balance Class 12noon Lunch 1pm Euchre 3:30-5:30pm Guitar Pickers</p>	<p>21 9am Yoga 10:30am Writing Group 11am Blood Pressure 12noon Lunch 1pm Movie 5pm Weight Watchers</p>	<p>22 9:45am Tai Chi 12noon Lunch 1pm Pinochle Couponing & Quilting 3:45pm Zumba 5:30 Card Club</p>	<p>23 10:30am Chair Exercise 12noon Lunch 1pm Wii 1pm Shopping at Walmart</p>	<p>24 12noon Lunch 1pm Bingo</p>
<p>27 10am Balance Class 11:30 Blood Pressure Checks- Twin Ambulance 12noon Lunch 1pm Euchre 3:30-5:30pm Guitar Pickers</p>	<p>28 9am Yoga 10:30am Writing Group 11am Blood Pressure 12noon Lunch 1pm Movie 5pm Weight Watchers</p>	<p>29 Podiatrist 9:45am Tai Chi 12noon Lunch 1pm Pinochle Couponing & Quilting 3:45pm Zumba 5:30 Card Club</p>	<p>30 10:30am Chair Exercise 12noon Lunch 1pm Sing-a-long 1pm Wii 1pm Shopping at Aldi's</p>	



Mon

Tue

Wed

Thu

Fri

		1 EASTER LUNCH Chicken Breast w/ Gravy Mashed Potatoes Green Bean Casserole Split Top Roll PiE Milk	2 Stuffed Green Pepper Mixed Vegetables Sliced Beets Wheat Roll Sliced Peaches Fruit Juice	3 POTLUCK Hotdogs
6 Beef Pasty w/ Gravy Sliced Carrots Sweet Green Peas Wheat Roll Fresh Fruit Milk	7 White Chicken Chili Riviera Veggies Tossed Salad Corn Baked Fruit Pie Apple Juice	8 Turkey Steak in Broth Rosemary Potatoes California Blend Veggies Sliced Bread Fresh Fruit	9 Beef Lasagna Succotash Vegetable Blend Winter Blend Vegetables Potato Roll Fresh Orange	10 Sweet Potato Crusted Pollock Sweet Carrots Green Beans Corn Muffin Fruit Salad Milk
13 Marinated Steak in Broth White Cheddar Potatoes Tuscan Veggie Blend Cinnamon Swirl Bread Apple	14 Veal Cutlet in Tomato Sauce Indian Vegetables Rainbow Pasta Fresh Grapes Sliced Bread Orange Juice	15 Black Bean Soup w/ Ham Tossed Salad Prince Charles Vegetables Split Top Roll Deluxe Fruit Salad Milk	16 Boneless Chicken Wings Cauliflower Asian Veggies Potato Roll Fresh Orange Pineapple Juice	17 Baked Chicken Strips Peas & Onions Roasted Poatoes Multi-Grain Roll Fresh Fruit Dipping Sauce Milk
20 Pulled Pork Sandwich Baked Potato Mixed Baby Beets Fresh Fruit Milk	21 Meatball Sub Sandwich Baby Carrots Key West Veggies Fresh Mixed Fruit Cookie Fruit Juice	22 Oven Fried Chicken Sweet Potatoes Mixed Greens Corn Bread Fresh Pear Milk	23 Sliced Beef Sandwich Roasted Garlic Potatoes Kyoto Veggies Ciabatta Roll Fruit Salad	24 Fire Roasted Veggie Lasagna Cozumel Veggie Blend Fancy Spinach Italian Bread Fresh Orange
27 BBQ Grilled Chicken Potato Salad Green Beans Wheat Roll Fresh Fruit Milk	28 Beef Barley Vegetable Soup Tossed Salad Wheat Crackers Glazed Cinnamon Roll Fruit Salad	29 Oven Roasted Turkey Breast w/ Gravy Mashed Potatoes Mixed Vegetables Seven Grain Bread Fresh Fruit	30 Pub Burger Key West Veggies Potato Bun Cookie Apple Juice	



Do you know any children up to 18 years of age with cancer, in remission, or cured?

Camp Quality is a nonprofit organization whose mission is to serve children with cancer and their families by providing programs, experiences, and companionship at no cost. Camp Quality promotes hope and inspiration while helping children foster life skills and develop their full potential.

If you know of any child that is between the age of 5-18 who has cancer, is in remission, or cured and would like to become a part of the Camp Quality family please contact the Camp Quality office at (231) 582-2471.

Senior Center April Birthdays

Date	Name
1st	Donna Kilburn
5th	Verna Allett
7th	James Kinney
9th	William Winter
11th	Mary Lou Collins
16th	Katherine Clark
20th	Lloyd Reynolds
20th	Margaret O'Sullivan
20th	Annette Neumann
26th	Dee Hammond
29th	Mark Emmendorfer
30th	Jeannette Dowd
30th	Gene Powell



Tai Chi

Join us **Wednesday mornings at 9:45am** with **Darci Bobb** for this doctor recommended form of exercise/stretching. It has many health benefits: increases flexibility, lowers cholesterol, retards Alzheimer's Disease and improves blood flow. Also, it improves focus, concentration, invigorates the brain, lowers blood sugar and helps eliminate stress. Studies show people that do Tai Chi reduce risk of falling by 48%.

VA BENEFITS

On Wednesday April 1st and Wednesday May 6th, the 1st Wednesday of each month. The U.S. Dept. of Veterans Affairs offers a wide range of benefits for our Nation's Veterans. Veterans dependents, surviving spouses, child or parent of a deceased Veteran can meet with Bob Rasche, Service Officer, Genesee County Dept. of Veterans Services.

Call 810- 639-2822 for an appointment.

Hall Rental For more information on hall rentals please call the Montrose Township Office at 810-639-2021

Potluck— Friday, April 3 at 12noon. We will provide Hotdogs. Bring a dish to pass!

Euchre — Every Monday at 1pm.

Guitar Pickers — Every Monday at 3:30pm to 5:30pm.

Dinner Date — 4pm on the second Monday of every month. See Page 6 for more details.

Yoga — Every Tuesday at 9am.

Blood Pressure Checks — Every Tuesday at 11am.

Writing Group — Every Tuesday at 10:30am.

Movie — Every Tuesday at 1:00 pm

Weight Watchers — Every Tuesday at 5pm.

Tai Chi — Every Wednesday at 9:45am.

Pinochle — Every Wednesday at 1pm.

Twin Ambulance— Blood pressure checks the last Monday of the month at 11:30am.

Hot Chocolate Mix Class— Learn to make you own hot chocolate mix Friday, April 10th at 10am. \$2 donation accepted.

Coupons — Every Wednesday at 1pm.

Quilting — Every Wednesday at 1pm.

Zumba Gold — Every Wednesday at 3:45 pm.
Canceled April 8th.

Card Club — Euchre tournament every Wednesday at 5:30pm. Please call and sign up in advance.

Shopping — Our bus goes shopping on Thursday's. See page 6 for full schedule.

Chair Exercise — Every Thursday at 10:30am.

Sing-Along— Join us the last Thursday of every month at 1pm for a sing-along.

Wii— Come Play the Nintendo Wii with us every Thursday at 1pm.

Bingo — Every Friday at 1pm.

Wellspring Lutheran Services— Tuesday, April 14th at 12noon.

Podiatrist- Wed. April 29th (Call for Appointment)

Paraffin Wax— Friday, April 17th at 10 am. \$2 Donation accepted.

*ALL OF OUR EXERCISE CLASSES OFFERED ARE FREE OF CHARGE. DONATIONS ARE GLADLY ACCEPTED.

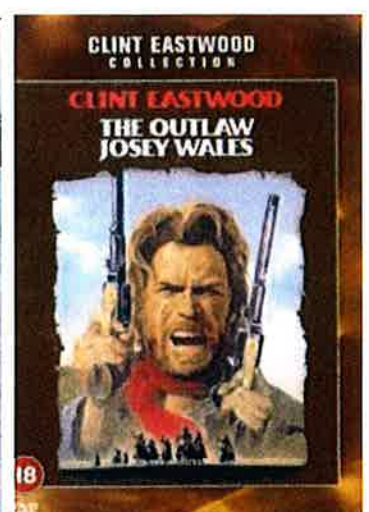
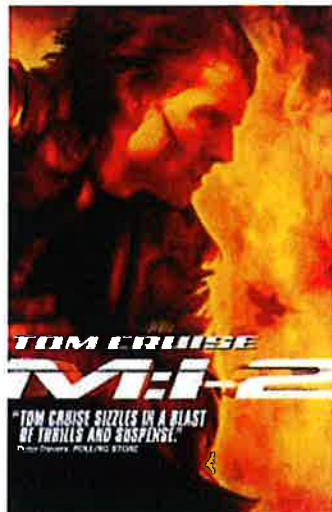
Join us for a **free** movie and popcorn!
This month we are watching:

Tombstone, April 7 at 1pm.

Mission Impossible 2, April 14 at 1pm.

Grumpy Old Men, April 21 at 1pm.

The Outlaw Josey Wales, April 28th at 1pm.





Dinner Date

Once a month we go out to dinner. You can drive yourself or ride the bus.

Please sign-up in advance so we can call in reservations. This month we will be going to **Liberty Diner in Flushing** on **Monday April 13th**. The bus leaves at 4:00 pm.

Shopping

Our bus goes shopping on Thursday, April 2nd , 1pm to *Meijer in Birch Run*, Thursday, April 9th , 1pm to *Save-A-Lot in Flushing*, and Thursday, April 23rd, 1pm to *Walmart in Clio*, Thursday, April 30th at 1pm to *Aldi's in Mt. Morris*. We also stop **once** a week to local businesses.

Call to sign-up (810) 639-2822

Join a Writing Group

If you think back and back, what is the very earliest moment you remember? For most of us it is a mere glimpse of the past and we can't say why that one spec of time remained clear while so much else faded.

Maybe, after you explore back to that memory you will enjoy writing what you remember, maybe even guessing at the reason it remained with you so long, or maybe you're ready to move on.

Each one of us has lived a different life from everyone else, each of us has had experiences no one else has had, and you might enjoy getting together with others who are also thinking back. To write, if not the entire story of your life, at least to put down some memorable experiences, to see how perhaps they add up to a whole.

Or you may have a totally different reason for writing something, maybe a different story, maybe a poem. Anybody up for a writing class?

See you **Tuesdays at 10:30am**.

Donations Needed

Your tax deductible donation supports programming and events such as (but not limited to) meals, health services, events, classes, transportation, and supplies.

These items are needed on a monthly basis:

Dawn Dish Soap	Butter
Marshmallows	Saltine Crackers
Decaf Coffee	Potato Chips
6-inch foam Plates	Foam Bowls
Coffee Cups	Ritz Crackers

Hot Chocolate Mix

Learn to make your own hot cocoa mix in bulk to replace store bought. Save money and control the ingredients! **Friday, April 10th at 10am**.

Please sign up in advance. \$2 donation accepted.



Paraffin Dip Hand Treatment

Friday, April 17th, 10am to 1pm.

Paraffin wax is infused with therapeutic ingredients. It opens pores to allow moisturizers to penetrate the skin. It relaxes sore muscles and stiff joints as it softens the hands.

Please Sign up in advance. \$2 donation accepted .

We are in need of gently used/new hand towels to make bibs and microwaveable hot/cold packs to donate to our local nursing homes. If you would like to assist in making these, please see June.

Protect Your Beautiful Smile Mott Community College Dental Hygiene Clinic

The MCC Dental Hygiene Clinic is located on the second floor of the Mott Memorial Building, 1401 East Court Street, Flint, MI and offers Dental Hygiene Services to the public at a minimum cost. Services are rendered by Dental Hygiene Students under the supervision of licensed Dentists and Dental Hygienists.

In the Fall semester patients are seen on Mondays, Tuesdays and Thursdays. In the Winter semester patients are seen Monday through Friday. There are two appointment times per day, 8:00am and 12:30pm. For an 8:00am appointment plan to be here until approximately 11:30am. For a 12:30pm appointment plan to be here until approximately 4:00pm. The appointments are long and it requires more than one visit to complete the cleaning. However, it is a one-time charge of \$25 until your cleaning is complete. We do not perform dental work nor accept walk-ins. We accept cash and personal check only. All appointments must be paid in full on the first visit.

The following services are available:

Comprehensive Dental Hygiene Care \$25.00

Includes the following services:

- Extra/Intra Oral Exam
- Prophylaxis (Cleaning/Polishing)
- Debridement
- Fluoride Treatment
- Periodontal Evaluation
- Nutritional Assessment
- Patient Education
- Dental Charting
- Tobacco Cessation Counseling/Referral
- Local Anesthetic Available

Radiographs with referral from Dentist:

Adult/Child Bitewing X-rays	\$15
Adult/Child Complete Series X-rays	\$30
Adult/Child Panoramic X-ray	\$30
Periapical X-ray	\$5 (each)
Occlusal X-ray	\$5 (each)
Duplication-additional	\$7

Additional Services:

Sealants (per tooth)	\$10
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For more information or an appointment, please call (810) 762-0493.



Mott Community College
1401 East Court Street
Flint, MI 48503-2089



Montrose Township Senior Center

200 Alfred Street P.O. Box 3128

Montrose, MI 48457

Phone: 810 -639-2822

Fax: 810 -639-5899

Website: www.montrosetownship.org/senior_center



MMAP, INC.

Medicare / Medicaid Assistance Program

If you need assistance or have any questions, call **(810) 639-2822** to set up an appointment with **Mary Stewart** our MMAP Specialist.

For additional information call the MMAP Hotline at (800) 803-7174

Commodity Supplemental Food Program

Are you 60 years old and your income is below \$981.00 a month for one person or \$1328.00 for two people? If so, you would be eligible to receive food from G.C.C.A.R.D. at our center.

CALL FOR MORE INFORMATION

810-639-2822

RADA CUTLERY



Rada Cutlery is **100% American Made** - raw materials and construction. Rada Mfg. Co. has made and sold over 132,000,000 knives since 1948, earning the reputation

for remarkable cutlery, service and value. Here at the Montrose Township Senior Center we offer these exceptional knives at a huge discount.



We often keep the most popular knives in stock. With short shipping times we can order any of these knives and have them usually within a week. Stop by and check them out.

These make great gifts for Christmas as well as other events.

lifetime GUARANTEE

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JoAnn Fortenberry – Chairperson

Jim Fortenberry – Vice Chairperson

Margie Cole – Secretary/Treasurer

Agnes Bechel Jeannette Dowd

Dorothy Mongeon Lee Fannin

Laura Spangler

Mark Emmendorfer – Township Supervisor

Linda Miller - Township Senior Center Committee

Gary Keeler – Township Senior Center Committee

Staff

Mary Stewart, Director

mstewart@montrosetownship.org

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Sara Warren, Assistant

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Montrose Township Senior Center

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Montrosetownship.org