

Montrose Township Senior Center

Silver Threads July 2018

Senior Center Fundraiser and Yard Sale

We will be hosting our 2nd annual yard sale and craft fair fundraiser Saturday, August 18th. Please join us for walking tacos, sloppy Joes, a bake sale and SO MUCH MORE!



If you have gently used household items you would like to donate they can be dropped off at the center. If you would like to rent a table to sell rummage or crafts, please call the center for more information. Limited space available. This is a senior only event, must be 50 or better to rent a table, no exceptions.



Northern Tier

Pentathlon

September 10-14

Are you ready to help us bring home the GOLD?

For the very first time, we will be competing against the "Northern Tier" Senior Centers! (Clio, Forest Township, Kraphol, Montrose, and Thetford!)

5 Days! 5 Events! 5 Senior Centers!

(Horseshoes, Lawn Bowling, Ladder Golf, Cornhole, Miniature Golf)

Teams from each of the 5 Senior Centers must compete in all 5 events!

Best team score takes the trophy home for the Senior Center they represent!

If you are interested in competing or for more information please call the center.

Chair Yoga returns Tuesday, July 10th



Senior Day at the Genesee County Fair

Tuesday, August 21 (9:00 am to 2:00 pm)

Parking & Admission Are FREE

All Activity Under The Community Tent Are FREE! Coffee & Donuts, Entertainment All Morning, Door Prizes, Wagon Rides, Afternoon Games, and All The Many Genesee County Fair Activities and Exhibits To Explore!



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!!

The Stitching Post

Have you seen the items our ladies at The Stitching Post have made and donated to assisted living facilities, nursing homes, and homebound seniors. We have donated over 235 walker caddies, bibs, pillows, and lap blankets. This project has been made possible by donation and many volunteer hours.

We are presently in need of new and gently used hand towels, yarn, poly fill, Velcro (3/4" X 1yd), bias tape, material, and white thread to keep moving forward. See June Fittante for more information.



Join us for a fun night with Bunco, food and friends. We will be having Bunco Night **Wednesday, July 18th at 5:30pm**. The cost is \$2.00 to play. Come join the fun and bring your favorite snacks or dish to pass. Call the center for more information.

You are invited to our
Strawberry Shortcake Social

**Thursday,
July 12th
12:30pm**

**Please
sign-up in
advance**



Community Gardening Club

Monday—Friday 9am

- Learn successful gardening tips
- Plant, upkeep, and harvest fruits and vegetables that grow
- Share gardening practices and tips with others



Mon	Tue	Wed	Thu	Fri
2 9am Gardening 12noon Lunch Pulled BBQ Chicken Sandwich 1pm Euchre 3:30 Guitar Pickers	3 10am Writing Group 11am B.P. Checks 12noon Lunch Grilled Turkey Burger 1pm Bid Euchre 1pm Knot Just For Knitters	4 <p style="text-align: center;">CLOSED</p>	5 9am Gardening 9am VA Rep 12noon Lunch Meatball Sub 1pm Meijer 2pm Drums Alive	6 10:30am Range of Motion 12noon Lunch Baked Cod 1pm Bingo
9 9am Gardening 12noon Lunch Salisbury Steak 1pm Euchre 3:30 Guitar Pickers 4pm Dinner Date	10 9am Yoga 9am Legal Aid 10am Writing Group 11am B.P. Checks 12noon Lunch Chunky Tuna Salad 1pm Bid Euchre 1pm Knot Just For	11 9am Gardening 9:45am Tai Chi 12noon Lunch Chicken w/ Mushroom Sauce 1pm Pinochle Coupon & Quilt 3:45 Zumba	12 9am Gardening 12noon Lunch BBQ Short Ribs 1pm Aldi 2pm Drums Alive	13 9am Gardening 10:30am Range of Motion 12noon Lunch Chicken Philly 1pm Bingo
16 9am Gardening 12noon Lunch Sloppy Joe 1pm Euchre 3:30 Guitar Pickers	17 9am Yoga 10am Writing Group 11am B.P. Checks 12noon Lunch Beef Pasty 1pm Bid Euchre 1pm Knot Just For Knitters 5pm Weight Watchers	18 9am Gardening 9:45am Tai Chi 12noon Lunch Cheese Burger 1pm Pinochle Coupon & Quilt 5:30pm BUNCO	19 9am Gardening 9am Commodities 12noon Lunch Spaghetti & Meatballs 1pm Walmart 2pm Drums Alive	20 9am Gardening 10:30am Range of Motion 12noon Lunch Chicken Breast 1pm Bingo
23 9am Gardening 12noon Lunch Boneless Chicken Wings 1pm Euchre 3:30 Guitar Pickers	24 9am Yoga 9am Gardening 10am Writing Group 11am B.P. Checks 12:00pm Lunch Chicken Salad 1pm Knot Just For Knitters 5pm Weight	25 9am Gardening 9:45am Tai Chi 12noon Lunch Philly Cheese Steak 1pm Pinochle Coupon & Quilt 3:45 Zumba	26 9am Gardening 12noon Lunch BBQ Turkey Burger 12:30 Birthday Celebration 1pm Walmart 2pm Drums Alive	27 9am Gardening 10:30am Range of Motion 12noon Lunch Mac & Cheese 1pm Bingo
30 9am Gardening 12noon Lunch Ravioli w/ Beef Sauce 1pm Euchre 3:30 Guitar Pickers	31 9am Gardening 9am Yoga 10am Writing Group 11am B.P. Checks 12:00pm Lunch Grilled Chicken 1pm Knot Just For Knitters 5pm Weight			

Dinner Date

The 2nd Monday of each month we go out to dinner.

This month were going to Sorrentos in Flushing on Monday, July 9th. The bus leaves at 4pm. Please sign-up in advance so we can call in reservations.



Drums Alive Golden Beats combines traditional aerobic movements with powerful beat and rhythms of the drums. It's a workout for the entire mind, body, and spirit. Drums Alive stimulates people of all fitness levels whether sitting or standing Golden Beats allows you to drum to your own beat. This program is every **Thursday at 2:00 p.m.** Call the center for more information.

CARDS

Euchre Mondays at 1:00pm

Bid Euchre Tuesdays at 1:00pm

Pinochle Wednesdays at 1:00pm

Quilters/Crafters

The tables are open for your use on **Wednesdays at 1pm.**



Range of Motion

This exercise program will be held every **Friday at 10:30am.** Like the old saying goes "if you don't use it, you'll lose it." Regular exercise is the best way to improve your range of motion. We hope to see you **Friday's at 10:30am with Darcia Bobb.**

Donations are Needed

These items are needed at the Center on a monthly basis:

8oz foam coffee cups	Craft Supplies
Small bowls	Tea Bags
6-inch Plates	Potato Chips
Bagged Snacks	Crackers
Coffee	Hot Cocoa
Paper Towel	Peppermints
Cookies	Sugar Free Candies

Chair Yoga

Every Tuesday at 9am Improve strength, flexibility, by doing yoga exercises while seated in chairs or while standing and using the chair for support.

Tai Chi

Tai-Chi is a doctor-recommended form of exercise/stretching. **Join us Wednesday mornings at 9:45am with Darcia Bobb.**

Loan Closet

We have medical equipment available to borrow, including (but limited to), walkers, wheelchairs, canes, crutches, bath seats, commodes, disposable chair pads, disposable undergarments, and more. We also accept donations of any of these items, however, we are especially in need of wheelchairs, and shower/bath chairs. If you have questions, please call 810 639-2822.



Senior Center July Birthdays

5th	Ethel Smith
10th	Pat Tithof
14th	Anthony Bishop
15th	Walt Hammond
15th	Terry Risor
20th	Louis Watson
23rd	Rosan Polk
23rd	Barb Drabek
26th	Barb Westfall
26th	Don Gregory
30th	Alice Davis



Shopping

Our bus goes shopping on July 5 to Meijer, July 12 to Aldi, July 19 to Walmart, July 26 to Davison Farm Mkt. We also shop **Tuesday** if needed at Riverside or other local businesses! Call or stop in to sign up.

Do You Need Legal Services?

Meet with Pam Keener

Tuesday, July 10th.

Call 810.639.2822—by appointment only.

Legal Services of Eastern Michigan is available to provide legal services at our center in these areas:

- Elder Law
- Housing Complaints
- Public Benefits
- Social Security
- Bankruptcy
- Domestic Violence
- Insurance Complaints

Foot Clinic

If you are unable to trim your own toes call us to make an appointment with a licensed Podiatrist. There are still times available for **July** call the center to schedule your appointment.

Calling all Veterans

U. S. Dept. of Veterans Affairs offers a wide range of benefits for our Nation's Veterans, Veteran's Dependents, Surviving Spouses, Child or Parent of a deceased Veteran. Meet with **Gary Putinsky**, Service Officer, Genesee County Department of Veterans Services, on the **1st Thursday of each month.**

Appointments are required.

Call 810 639-2822 to schedule your appointment.

Craft programs report that they have a calming effect and enhance social skills. Handiwork with yarn helps arthritic fingers remain more dexterous.



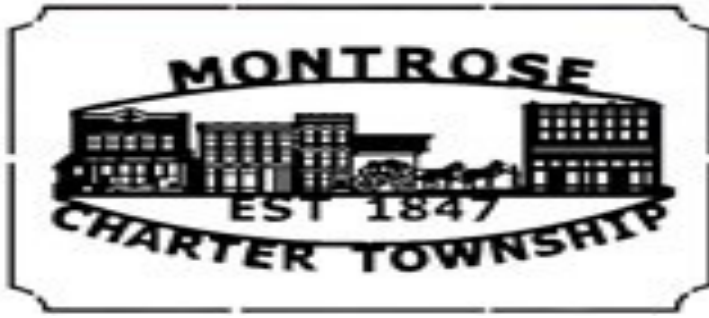
Some people find that craftwork helps them control their weight... when hands

are holding needles and hooks there's less snacking.

*Join the **Knot just for Knitters***

Knitting & Crocheting Group

This activity for seniors will be **every Tuesday at 1:00pm.** Drop in to get started.



Montrose Township Senior Center

200 Alfred Street P.O. Box 3128

Montrose, MI 48457

Phone: 810 639-2822

Fax: 810 639-5899

Email: seniorcenter@montrosetownship.org

Website: www.montrosetownship.org/senior_center

Medicare / Medicaid Assistance

If you need assistance filling out forms or have questions, center staff can direct you to the appropriate channels.

Feel free to call the **MMAP Hotline**
(800) 803-7174
(810) 639-2822

Commodity Supplemental Food Program

Are you 60 years old and your income is below \$1276.00 a month for one person or \$1726.00 for two people? If so, you would be eligible to receive food from Michigan Commodity Supplemental Food Program at our center. **MUST** bring proof of income when signing up.

CALL FOR MORE INFORMATION
810-639-2822

Advisory Counsel

Laura Spangler – Chairperson

Lee Fannin – Vice Chairperson

Margie Cole – Treasurer

June Fittante – Secretary

Jeannette Dowd Doug Barrett

Wanda Kozma

Mark Emmendorfer – Township Supervisor

Linda Miller - Township Senior Center Committee

Gary Keeler – Township Senior Center Committee



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.

Staff

Sara Warren, Director
swarren@montrosetownship.org

Donelda Deming, Transportation

Bonnie Matzke, Assistant

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