

Montrose Township Senior Center

Silver Threads

March 2019

Gleaner

TriCounty Arbor
Presents



**A SALUTE TO VETERANS
HONORING ALL WHO HAVE SERVED**

**WEDNESDAY, MARCH 20
6:00PM**

You're invited to share in a complimentary dinner for veterans and a guest

Reservations are required
810.639.2822

Special guest Senator Ken Horn will be in attendance along with a representative from the Genesee County Department of Veterans Services will be there to answer questions

**Montrose Township Senior Center
200 Alfred Street, Montrose, MI 48457**

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
				1 10:30am Range of Motion 12noon Lunch Macaroni & Cheese 1pm Bingo
4 9am Stitching Post 12noon Lunch Chicken Parmesan 1pm Euchre 3:30 Guitar Pickers	5 9am Yoga 10am Writing Group 11am B.P. Checks 12noon Lunch Meatloaf 1pm Bid Euchre 1pm Knot Just For Knitters	6 9:45am Tai Chi 12noon Lunch Turkey Burger 1pm Pinochle Coupon & Quilt 3:45 Zumba	7 9am VA Rep 12noon Lunch Beef Barley Soup 1pm Meijer	8 10:30am Range of Motion 12noon Lunch Pork Chop 1pm Bingo
11 9am Stitching Post 12noon Lunch Beef Tips w/ Gravy 1pm Euchre 3:30 Guitar Pickers 4pm Dinner Date	12 9am Yoga 9am Legal Aid 10am Writing Group 11am B.P. Checks 12noon Lunch Turkey Tetrazzini 1pm Bid Euchre 1pm Knot Just For Knitters	13 9:45am Tai Chi 12noon Lunch Country Style Chicken Patty 1pm Pinochle Coupon & Quilt 3:45pm Zumba	14 12noon Lunch New Orleans Stir Fry 12:30 Birthday Celebration 1pm Aldi	15 10:30am Range of Motion 12noon Lunch Alaskan Pollock 1pm Bingo
18 9am Stitching Post 12noon Lunch Beef Patty 1pm Euchre 3:30 Guitar Pickers	19 9am Yoga 10am Writing Group 11am B.P. Checks 11:30am Lunch Turkey Polish Sausage 1pm Knot Just For Knitters	20 12noon Lunch Pan Baked Chicken 6pm Veterans Dinner	21 9am Commodities 12noon Lunch Chili 1pm Walmart	22 10:30am Range of Motion 12noon Lunch Veggie Lasagna 1pm Bingo
25 9am Stitching Post 12noon Lunch Ravioli 1pm Euchre 3:30 Guitar Pickers	26 9am Yoga 10am Writing Group 11am B.P. Checks 12noon Lunch Beef Liver 1pm Bid Euchre 1pm Knot Just For Knitters	27 9:45am Tai Chi 12noon Lunch Grilled Chicken Breast 1pm Pinochle Coupon & Quilt 3:45 PM Zumba	28 12noon Lunch Boneless Rib Sandwich 1pm Meijer	29 10:30am Range of Motion 12noon Lunch Sloppy Joe 1pm Bingo

FOSTER CLOSET OF MICHIGAN IS IN NEED OF DONATIONS FOR FOSTER CHILDREN! FOSTER PARENTS TAKE IN CHILDREN MANY TIMES WITH JUST THE CLOTHES THEY ARE WEARING.

HERE IS A LIST OF ITEMS THAT ARE NEEDED:

NEW OR GENTLY USED CLOTHES (Preemie to Teen)

ALL BABY ITEMS

NEW OR GENTLY USED COATS SNOWPANTS

SNOW SUITS BOOTS SHOES

HIGH CHAIRS BOOSTER SEATS UNEXPIRED CAR SEATS

NEW PACKS OF SOCKS UNDERWEAR GENTLY USED

PAJAMAS & OUTFITS

DUFFEL BAGS HYGIENE PRODUCTS NEW OR GENTLY USED BOOKS

BLANKETS & PILLOWCASES

MONTROSE TOWNSHIP SENIOR CENTER IS A DONATION SITE FOR THE CLOSET AND ITEMS CAN BE DROPPED OFF ANYTIME DURING NORMAL BUSINESS HOURS

The Stitching Post



Dear Friends of
Montrose Senior
Center:

The Stitching Post ended 2018 with 1,531 items being given out and is setting a goal of 2,000 items for 2019. We have added the oncology unit of McLaren as one of our donation sites. We are making flannel pockets to place on drain bulbs to make the patients more comfortable. We have 300 cut out and could use donations of happy patterned flannel to make more. Our biggest need right now is more workers. We have several projects planned that will need cutters, pinners, and packagers. Please Join us Monday's at 10am if you would like to help.

Thank you to all who have helped or donated in 2018 and made this project such a success.

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

Garage Sale Donations

Starting **April 1** we will be accepting donations for our annual garage sale/fundraiser. If you have gently used household items that you are looking to get rid of they can be dropped off at the center during our normal business hours. If you have any questions please call the center.

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 March Birthdays

1st	Mary Quast
3rd	Chris Mapham
5th	Sissy Fear
8th	Lloyd Taylor
9th	Linda Burner
14th	Gerry Snyder
15th	Paul Fannin
16th	Pat McMillan
20th	Margie Cole
21st	Henry Stafford
21st	Wayne White
27th	Vickie Huss



Shopping

Our bus goes shopping on March 7 to Meijer, March 14th to Aldi, March 21st to Walmart, March 28th to Meijer. We also stop **every Tuesday** if needed to Riverside or other local businesses to shop! Call or stop in to sign up.

Do You Need Legal Services?

Meet with Pam Keener

Tuesday, March 13th.

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 **May** 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 dexter-



ous. 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.

CARDS

Euchre
Bid Euchre
Pinochle

Mondays at 1:00pm
Tuesdays at 1:00pm
Wednesdays at 1:00pm

Bingo

Every Friday at 1pm



Guitar Pickers

Do you play guitar? Do you wish you could play better or practice with others? Need someone to practice with? Join us **Mondays at 3:30-5:30pm.**

Writing Group

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 10:00am.**



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 1:00 p.m.** Call the center for more information. **No Drums Alive for the month of March.**



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. Join us **Tuesdays.**



Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Join us **Wednesday at 3:45pm.**

Tai Chi

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

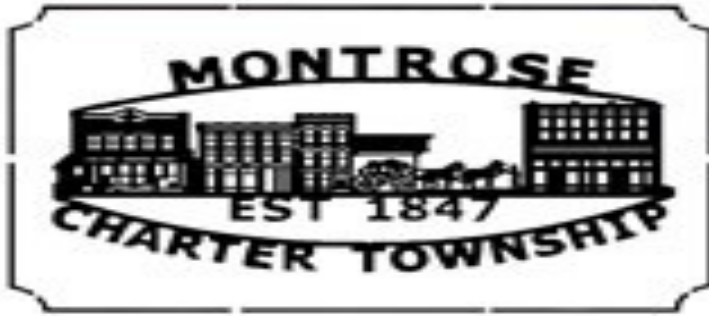
Range of Motion

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.**

Dinner Date

The 2nd Monday of each month we go out to dinner. This month were going to **Dom's Diner in Flint on Monday, March 11th.** The **bus leaves at 4pm.** Please sign-up in advance so we can call in reservations.





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

Ruth Ann Milburn, Assistant

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