

# Silver Threads April 2021

If you need to come to the center for ANY reason, please call ahead. With capacity constraints we want to make sure that we are able to service everyone in an efficient manner. Also, please remember that masks MUST be worn properly at all times while inside of the center. If you chose to wear your mask below your nose or pull your mask down you will be asked to leave. If you cannot wear a mask properly covering your mouth and nose please let us know ahead of time and we will try and help you with curbside services.

GREAT NEWS! The Stitching Post weekly meeting will start again, Monday, April 26 at 10:00 a.m. You don't have to be a seamstress to help. Our first project will be turning, stuffing, and pinning pillows. We have a lot all ready to be finished, so if your available we would love your help.



Many of the sites we regularly donate to have not been accepting donations because of the pandemic, however, they are starting to open again. Most sites have used up their reserve supplies and we would like to ramp up our production to help them get stocked. If you would like to help or donate supplies, please call the Senior Center.

It is with great sadness that we must announce that we have lost one of our founders. Joyce McMahon passed away on January 12. We will greatly miss her.



**A SALUTE TO VETERANS  
HONORING ALL WHO HAVE SERVED  
THURSDAY, JUNE 24  
6:00PM**

Veterans are invited to share in a complimentary dinner along with a guest.

Reservations are required  
810.639.2822



**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!!



**April 16, 9-10:30 A.M.**

**Monthly, every 3rd Friday**

Our group is lead by licensed therapist, Deb Strong, to help individuals with the process of healing after loss. This group is FREE and open to the community. This class designed to help people cope with feelings of grief, loneliness, and sadness in a safe and caring environment. Participants must preregister by calling the Senior Center at 810-639-2822. Participants MUST follow social distancing guidelines and wear a mask.

## **Live Longer—Write Now!**

There's long tradition of writers gathering to swap stories and feed on each other's creative energy. Writing offers a wide range of benefits for older adults, from the intellectual to the physical to the spiritual. Published author, Mary Quast, leads a **Writing Class at 10am on the Last Tuesday of each month at the center.** Participants will learn the basics of creative writing with thought provoking exercises, mental kickstarts, and tips on keeping a journal. The group writes in a wide range of styles and topics. They enjoy sharing work and having artistic discussions to improve creative flow. Class members laugh and talk easily with each other in the comfortable environment of the senior center. Writing has been proven to improve mental dexterity, reduce stress, and in some cases—preserve history. Open to writers, non-writers, and those who simply have a story to tell.

**CLASSES WILL BE RESUMING IN MAY.**

**PRERESITRATION IS REQUIRED TO ATTEND, CALL THE CENTER TO RESERVE YOUR SPOT TODAY.**



**Every Friday at 1pm**

**Cost: .25 cents per card**

**Participants MUST preregister to play as space is limited.**

## **SHOPPING**

Our shopping schedule has changed. We will be doing local (Montrose) shopping on Tuesday and on Thursday's we will be going to Walmart in Clio. There is very limited seating on the bus so participants MUST sign up in advance.





# Anyone Can Paint!

with Steve Wood



Let award winning television artist Steve Wood develop the artist in you. Please join us for an easy to follow acrylic landscape lesson with lots of laughs.

**Date:** Thursday, April 15th

**Time:** 6:00pm

**Cost:** \$20

Please call the center to reserve your spot.  
810-639-2822

Learn to use **Zoom, FaceTime, or Google Duo** to socially connect with your friends and family.

**Every Monday 9am to 12pm**

Appointment times are required.

Participants **MUST** bring their own smartphone or laptop computer to use.



## Succulent Terrarium

**Monday, April 5th**

**2pm**

**Participants MUST preregister as space is limited.**



## Suncatcher

**Monday, April 26th**

**2pm**

**Participants MUST preregister as space is limited.**



**\*ALL EVENTS ON THIS CALENDAR ARE SUBJECT TO CHANGE\***

**Mon**

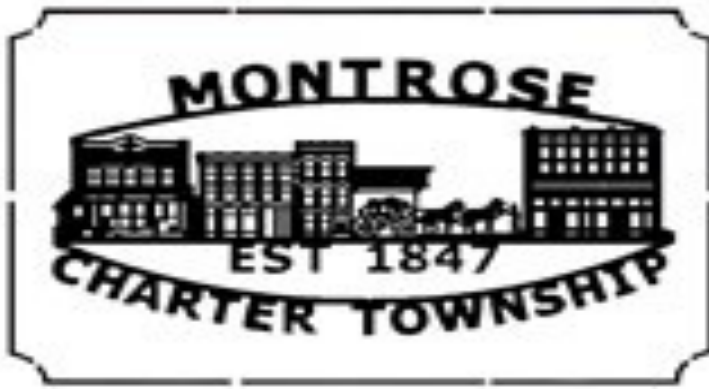
**Tue**

**Wed**

**Thu**

**Fri**

			<p><b>1</b>            9am VA Rep            10am Ladder Golf            12noon Lunch  <b>Chicken Lasagna</b>            1pm Shopping  <b>Walmart</b></p>	<p><b>2</b>            12noon Lunch  <b>Hot Dog</b>            1pm BINGO</p>
<p><b>5</b>            10am Shuffleboard            12noon Lunch  <b>Cheese Tortellini</b>            1pm Corn Hole  <b>2pm Craft Class</b></p>	<p><b>6</b>            9am Yoga            10am B.P. Checks            12noon Lunch  <b>Antipasto Salad</b>            1pm Shopping</p>	<p><b>7</b>            9:30am Tai Chi            10am Blood Sugar Checks            11:30 Zumba            12noon Lunch  <b>HM Beef &amp; Bean Burrito</b>  <b>3pm BUNCO</b></p>	<p><b>8</b>            10am Ladder Golf            12noon Lunch            10:00am Shuffleboard  <b>HM Veal Parmesan</b>            1pm Shopping  <b>Walmart</b></p>	<p><b>9</b>            10:30am Range of Motion            12noon Lunch  <b>Turkey Burger</b>            1pm BINGO</p>
<p><b>12</b>            10am Shuffleboard            12noon Lunch  <b>Asian Chicken Bowl</b>            1pm Corn Hole</p>	<p><b>13</b>  <b>9am Legal Services</b>            9am Yoga            10am B.P. Checks            12noon Lunch  <b>HM Swedish Meatballs</b>            1pm Shopping</p>	<p><b>14</b>            9:30am Tai Chi            10am Blood Sugar Checks            11:30 Zumba            12noon Lunch  <b>Ham &amp; Turkey Sub</b>  <b>3pm BUNCO</b></p>	<p><b>15</b>  <b>9am Commodities</b>            10am Ladder Golf            12noon Lunch  <b>HM Chicken Noodle Soup</b>            1pm Shopping  <b>Walmart</b>  <b>6pm Anyone Can Paint!</b></p>	<p><b>16</b>  <b>9am Grief Group</b>            10:30am Range of Motion            12noon Lunch  <b>Fish Taco</b>            1pm BINGO</p>
<p><b>19</b>            10am Shuffleboard            12noon Lunch  <b>Ham &amp; Cheese Frittata</b>            1pm Corn Hole</p>	<p><b>20</b>            9am Yoga            10am B.P. Checks            12noon Lunch  <b>Open Face Turkey Sandwich</b>            1pm Shopping</p>	<p><b>21</b>            9:30am Tai Chi            10am Blood Sugar Checks            11:30 Zumba            12noon Lunch  <b>HM Supreme Pizza</b>  <b>3pm BUNCO</b></p>	<p><b>22</b>            10am Ladder Golf            12noon Lunch  <b>HM Chicken Salad Sandwich</b>            1pm Shopping  <b>Walmart</b></p>	<p><b>23</b>            10:30am Range of Motion            12noon Lunch  <b>HM Mac &amp; Cheese</b>            1pm BINGO</p>
<p><b>26</b>            10am Shuffleboard            12noon Lunch  <b>Lemon and Herb Chicken</b>            1pm Corn Hole  <b>2pm Craft Class</b></p>	<p><b>27</b>            9am Yoga            10am B.P. Checks            12noon Lunch  <b>HM Salisbury Steak</b>            1pm Shopping</p>	<p><b>28</b>            9:30am Tai Chi            10am Blood Sugar Checks            11:30 Zumba            12noon Lunch  <b>Turkey Polish Coney Island</b>  <b>3pm BUNCO</b></p>	<p><b>29</b>            10am Ladder Golf            12noon Lunch  <b>HM Stuffed Peppers</b>            1pm Shopping  <b>Walmart</b></p>	<p><b>30</b>            10:30am Range of Motion            12noon Lunch  <b>BBQ Chicken Wings</b>            1pm BINGO</p>



# Montrose Township Senior Center

200 Alfred Street

Montrose, MI 48457

Phone: 810 639-2822

Fax: 810 639-5899

Email: [seniorcenter@montrosetownship.org](mailto:seniorcenter@montrosetownship.org)

Website: [www.montrosetownship.org/senior\\_center](http://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 \$1383.00 a month for one person or \$1868.00 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**



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.

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.

## 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

Coetta Adams - Township Senior Center Committee

Gary Keeler – Township Senior Center Committee

## Staff

Sara Warren, Director  
[swarren@montrosetownship.org](mailto:swarren@montrosetownship.org)

**Montrose Township Senior Center**  
200 Alfred Street  
Montrose, MI 48457  
(810) 639-2822      Fax (810) 639-5899  
(810) 639-2060  
[seniorcenter@montrosetownship.org](mailto:seniorcenter@montrosetownship.org)