

# Silver Threads

## April 2018

{special}

## THANKS

We would like to thank all of our sponsors that helped make our Veterans Dinner special. Thanks to the Tri-County Arbor Gleaners, Riverside Market, Mayn St. Flowers & Gifts, and Montrose Veterans Support Group. Without you all this evening would not have been possible.

Also, thank you to the many volunteers that worked, and gave so much of their time to make this evening magical. We couldn't have done it without all of you!



Join us for a fun night with Bunco, food and friends. We will be having our very first Bunco Night **Wednesday, April 11th** 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.

## 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.



**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!!



PRESENTS

# SENIOR POWER DAY 2017

## MAY 23, 2018

9:00am-2:00pm

Crossroads Village ■ 6140 Bray Road ■ Flint, Michigan

Gospel Musicians – Jessie Couch

Magician

BINGO

Train Rides

Senior Expo

New Horizons Band

Hasselbring Hustlers

Vintage Rides: Huckleberry Railroad, Carousel, and Swings

### **COST: \$3.00 per Senior**

*Includes Cereal bars, Coffee, Lunch, Entrance into the park, Entertainment, Senior Expo, Gift Bag, Drawings, Prizes, and much more!*

Mon	Tue	Wed	Thu	Fri
<p>2 12noon Lunch <b>Roast Beef</b> 1pm Euchre 3:30 Guitar Pickers</p>	<p>3 9am Yoga 10am Writing Group 11am B.P. Checks 12noon Lunch <b>Pub Burger</b> 1pm Bid Euchre 1pm Knot Just For Knitters 5pm Weight Watchers</p>	<p>4 9:45am Tai Chi 12noon Lunch <b>Chicken Parmesan</b> 1pm Pinochle Coupon &amp; Quilt</p>	<p>5 9am VA Rep 12noon Lunch <b>Stuffed Green Pepper</b> 1pm Meijer 2pm Drums Alive</p>	<p>6 10:30am Range of Motion 12noon Lunch <b>Baked White Fish</b> 1pm Bingo</p>
<p>9 12noon Lunch <b>Salisbury Steak</b> 1pm Euchre 3:30 Guitar Pickers</p>	<p>10 9am Yoga 9am Legal Aid 10am Writing Group 11am B.P. Checks 12noon Lunch <b>Baked Chicken</b> 1pm Bid Euchre 1pm Knot Just For Knitters 5pm Weight</p>	<p>11 9:45am Tai Chi 12noon Lunch <b>Philly Sub</b> 1pm Pinochle Coupon &amp; Quilt 5:30pm BUNCO</p>	<p>12 12noon Lunch <b>Chili</b> 1pm Aldi 2pm Drums Alive</p>	<p>13 10:30am Range of Motion 12noon Lunch <b>Ravioli</b> 1pm Bingo</p>
<p>16 12noon Lunch <b>Turkey Tetrazzini</b> 1pm Euchre 3:30 Guitar Pickers 4pm Dinner Date</p>	<p>17 9am Yoga 10am Writing Group 11am B.P. Checks 12noon Lunch <b>Tangerine Chicken</b> 1pm Bid Euchre 1pm Knot Just For Knitters 5pm Weight Watchers</p>	<p>18 9:45am Tai Chi 12noon Lunch <b>BBO Pulled Pork Sandwich</b> 1pm Pinochle Coupon &amp; Quilt 3:45pm Zumba</p>	<p>19 9am Commodities 12noon Lunch <b>Chicken Ala King</b> 12:30 Birthday Celebration 1pm Walmart 2pm Drums Alive</p>	<p>20 10:30am Range of Motion 12noon Lunch <b>Mac &amp; Cheese</b> 1pm Bingo</p>
<p>23 12noon Lunch <b>Grilled Chicken Breast</b> 1pm Euchre 3:30 Guitar Pickers</p>	<p>24 9am Yoga 10am Writing Group 11am B.P. Checks 11:30am Lunch <b>Ranch Chicken</b> 1pm Knot Just For Knitters 5pm Weight Watchers</p>	<p>25 9:45am Tai Chi 12noon Lunch <b>Pork Chop</b> 1pm Pinochle Coupon &amp; Quilt</p>	<p>26 12noon Lunch <b>Fried Chicken</b> 1pm Kroger 2pm Drums Alive</p>	<p>27 10:30am Range of Motion 12noon Lunch <b>Turkey Polish</b> 1pm Bingo</p>
<p>30 12noon Lunch <b>Pot Roast</b> 1pm Euchre 3:30 Guitar Pickers</p>				

## Dinner Date

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

This month were going to **Backwoods in Burt on Monday, April 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.

## **Garage Sale Donations**

We are starting to accept 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 and speak with Bonnie.

## **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. Join us **Tuesdays with Pam Iaquinto.**

## **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 April Birthdays

5th	Verna Allett
7th	James Kinney
9th	Ron Haas
11th	Mary Lou Collins
20th	Lloyd Reynolds
20th	Margaret O'Sullivan
20th	Anette Neumann
24th	Charlene Angst
26th	Dee Hammond
29th	Mark Emmendorfer
30th	Jeannette Dowd
30th	Gene Powell
30th	Nancy Barnum



## Shopping

Our bus goes shopping on April 5 to Meijer, April 12th to Aldi, April 19th to Walmart, and April 26 to Kroger. We also shop **Tuesday** if needed to Riverside or local business! Call or stop in to sign up.

## Do You Need Legal Services?

Meet with Pam Keener

**Tuesday, April 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 **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 dexterous.



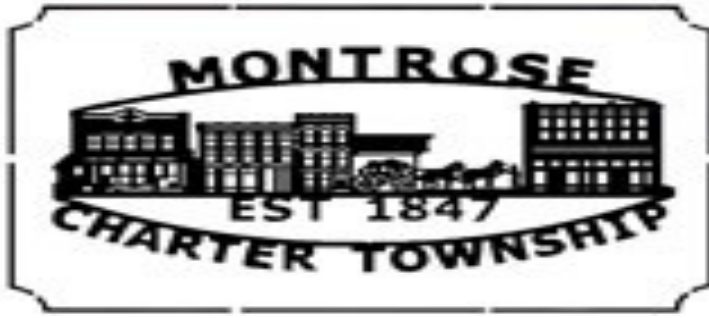
Some people find that craftwork helps them control their weight... when hands

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](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 \$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](mailto:swarren@montrosetownship.org)

Donelda Deming, Transportation

Bonnie Matzke, Assistant

**Montrose Township Senior Center**  
200 Alfred Street, P. O. Box 3128  
Montrose, MI 48457  
(810) 639-2822      Fax (810) 639-5899  
(810) 639-2060  
[seniorcenter@montrosetownship.org](mailto:seniorcenter@montrosetownship.org)