



# Silver Threads

## February 2020

*Breakfast club*




Join us for our monthly Breakfast Club

**Thursday, February 13 at 8am.**

**Cost: \$3.00**

Pancakes, eggs, and your choice of sausage or bacon.

*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, February 20th

**Time:** 6:00pm

**Cost:** \$20

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




**Beginners Line Dancing**

**Thursday's at 1pm**

**located in the Annex building**

FOR ALL VETERANS AND THEIR SPOUSES



**Veterans Dinner**

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

**WEDNESDAY, MARCH 25**  
**6:00PM**

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

Reservations are required  
810.639.2822

A representative from the Genesee County Department of Veterans Services will be there to answer any questions.



**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



Dear Friends of Montrose Senior Center:

WE DID IT!! We had a goal of 2,000 handmade items for 2019 and as of 12/18 we donated 2032 handmade items. Combined with the things we have purchased and the items donated to the center we have given out 7,162 items total in 2019. This includes 47 stockings filled with socks, toiletries, snacks, and candy for homeless veterans, 110 stockings filled with toys, books, and candy for the Foster Care Closet, and 100 handmade stockings to the VA hospital in Saginaw. We also had some new purses donated that we filled with toiletries and gave them to the Underground Railroad.

We would like to thank anyone who helped cut, sew, turn, trim, and fill these stockings and other things throughout the year. Without your help this season would not have been possible. Thank you to all those who donated items such as candy, fabric, money, toys, etc. and those who bought from our craft table.

## Dinner Date

The 2nd Monday of each month we go out to dinner. This month we are going to **Greg & Lou's in Owosso on Monday, February 10th. The bus leaves at 4pm.**

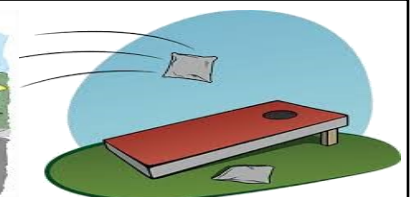


Join us for a fun night with Bunco, food and friends every **Wednesday at 5:30pm**. The cost is \$2.00 to play. Come join the fun and bring your favorite snacks or dish to pass.

Call the center for more information.

**Cornhole—Monday's at 10am**

**Ladder Golf—Thursday's at 10am**



## Incident Weather Policy

It is the policy of the Montrose Township Senior Center to place the health, safety and welfare of the participants of the center first and foremost. Therefore, when weather conditions present a health hazard such as large snowfalls or subzero weather the center may close. If Montrose Community Schools shut down due to bad weather then our bus will not be running and we will not be serving lunch. The center may still open to provide a warm place for seniors to avoid the cold. Please turn your television to ABC Channel 12 or NBC Channel 25 News for closings and bus information during inclement weather situations.

### Chair Yoga

**Sponsored by The Riverglens Assisted Living**

**Every Tuesday at 9am** Improve strength and flexibility by doing yoga exercises while seated in chairs or 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 .**

### **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**.

### **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.



## THE RIVERGLEN'S ASSISTED LIVING

9415 Vienna rd., Montrose 48457  
P:810-350-2600  
F:810-350-2601

**PRIVATELY OWNED ASSISTED LIVING FOR 55+. ASSISTING SENIORS WITH ACTIVITIES OF DAILY LIVING. AN ALL-INCLUSIVE PRICING AT \$3,600. SINGLE SUITES WITH PRIVATE BATH. CONTACT JENNIFER FOR A PRIVATE TOUR AND TO RESERVE YOUR ROOM**

## NOW OPEN!

**Mon****Tue****Wed****Thu****Fri**

<p><b>3</b> 10am Stitching Post 10am Corn Hole 12noon Lunch <b>Sliced Turkey w/ Gravy</b> 1pm Euchre 3:30 Guitar Pickers</p>	<p><b>4</b> 9am Yoga 11am B.P. Checks 12noon Lunch <b>HM Meatloaf</b> 1pm Bid Euchre 1pm Knot Just For Knitters</p>	<p><b>5</b> 9:45am Tai Chi 12noon Lunch <b>Turkey Burger</b> 1pm Pinochle 3:45 Zumba 5:30pm BUNCO</p>	<p><b>6</b> <b>9am VA Rep</b> 10am Ladder Golf 12noon Lunch <b>Beef &amp; Bean Taco Salad</b> 1pm Meijer 1pm Line Dancing</p>	<p><b>7</b> 10:30am Range of Motion 12noon Lunch <b>BBQ Chicken Sandwich</b> 1pm Bingo</p>
<p><b>10</b> 10am Stitching Post 10am Corn Hole 12noon Lunch <b>Chick &amp; Dump-lings</b> 1pm Euchre 3:30 Guitar Pickers</p>	<p><b>11</b> <b>9am Legal Aid</b> 9am Yoga 11am B.P. Checks 12noon Lunch <b>HM Goulash</b> 1pm Bid Euchre 1pm Knot Just For Knitters</p>	<p><b>12</b> 9:45am Tai Chi 12noon Lunch <b>Hot Turkey Sandwich</b> 1pm Pinochle 3:45 Zumba 5:30pm BUNCO</p>	<p><b>13</b> <b>8am Breakfast Club</b> 10am Ladder Golf 12noon Lunch <b>HM White Chicken Chili</b> 1pm Davison Farm Mkt &amp; Aldi 1pm Line Dancing</p>	<p><b>14</b> 10:30am Range of Motion 12noon Lunch <b>Cheese Ravioli w/ Meat Sauce</b> 1pm Bingo</p>
<p><b>17</b> <b>CLOSED</b> </p>	<p><b>18</b> 9am Yoga 11am B.P. Checks 12noon Lunch <b>Fiesta Lime Chicken</b> 1pm Bid Euchre 1pm Knot Just For Knitters</p>	<p><b>19</b> 9:45am Tai Chi 12noon Lunch <b>Antipasto Salad</b> 1pm Pinochle 3:45 Zumba 5:30pm BUNCO</p>	<p><b>20</b> <b>9am Commodities</b> 10am Ladder Golf 12noon Lunch <b>Cheesy Potato Soup</b> 1pm Walmart <b>6pm Anyone Can Paint</b> 1pm Line Dancing</p>	<p><b>21</b> 10:30am Range of Motion 12noon Lunch <b>Baked Lemon Pollock</b> 1pm Bingo</p>
<p><b>24</b> 10am Stitching Post 10am Corn Hole 12noon Lunch <b>Tangerine Chicken</b> 1pm Euchre 3:30 Guitar Pickers</p>	<p><b>25</b> 9am Yoga 10am Writing Class 11am B.P. Checks 12noon Lunch <b>HM Beef Liver</b> 1pm Bid Euchre 1pm Knot Just For Knitters</p>	<p><b>26</b> 9:45am Tai Chi 12noon Lunch <b>Boneless Rib Sandwich</b> 1pm Pinochle 3:45 Zumba 5:30pm BUNCO</p>	<p><b>27</b> 10am Ladder Golf 12noon Lunch <b>Scrambled Eggs w/ Spinach</b> 1pm Riverside 1pm Line Dancing</p>	<p><b>28</b> 10:30am Range of Motion 12noon Lunch <b>Mac &amp; Cheese</b> 1pm Bingo</p>

## 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 kick-starts, 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.

## Quilters/Crafters

The tables are open for your use on

**Wednesdays at 1pm.**



## 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 a Service Officer of Genesee County Department of Veterans Services, on the **1st Thursday of each month.**

**Appointments are required.**

Call 810 639-2822 to schedule your appointment.

## Shopping

Our bus goes shopping on February 6th to Meijer, February 13th to Davison Farm Mkt/Aldi, February 20th to Walmart, February 27th to Riverside. We also shop **Tuesday** if needed at Riverside or other local businesses! Call or stop in to sign up.

## CARDS

**Euchre**

**Mondays at 1:00pm**

**Bid Euchre**

**Tuesdays at 1:00pm**

**Pinochle**

**Wednesdays at 1:00pm**

## Do You Need Legal Services?

Meet with Pam Keener

**Tuesday, February 11th.**

Call 810.639.2822—by appointment only.

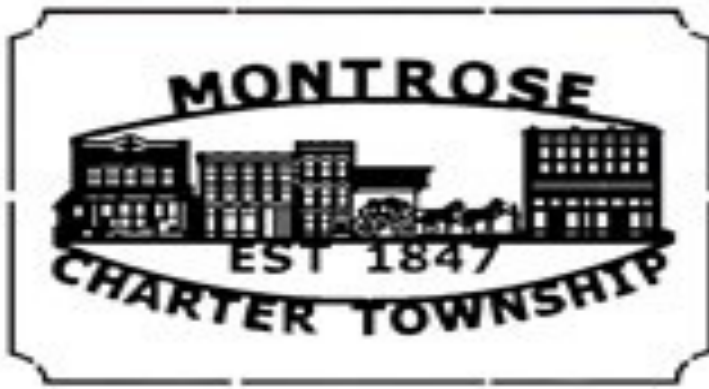
Legal Services of Eastern Michigan is available to provide legal services at our center in these areas:

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

## 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	Hot Cocoa
Coffee	Peppermints
Paper Towel	
Cookies	



# 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

Ruth Ann Milburn, Assistant  
Becky Volz, Assistant

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