

# Silver Threads June 2018



## Project Fresh

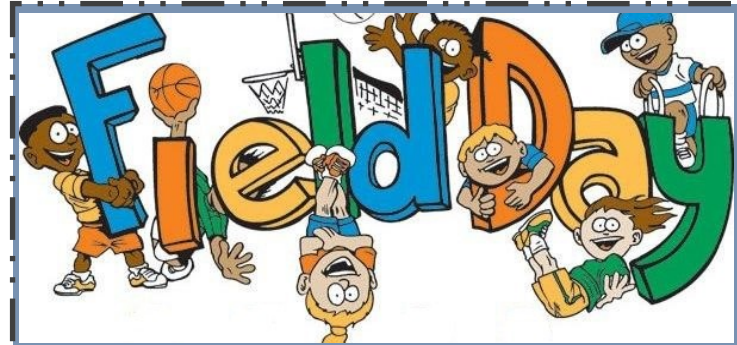
The Project Fresh season begins in June. For more information call the Montrose Township Senior Center at 810 639-2822

What is Senior Project Fresh?

Senior Project Fresh (SPF) is part of the federal program known as Senior Farmers Market Nutrition Program and is sponsored by the US Department of Agriculture, Food and Nutrition Services (USDA-FNS). SPF provides eligible participants with coupons to purchase locally grown fruits and vegetables at authorized farmers markets and roadside stands. The program provides nutritional support to seniors, as well as supporting Michigan farmers.

Who is Eligible for Senior Project Fresh?

Seniors who are 60 of age or older. (Caregivers/proxy may apply on behalf of a senior). Residents of participating counties (coupons can be spent at any Michigan Farmers Market that accepts Project Fresh coupons). Gross Income 185% of poverty or less. For one person the income limit is \$22,459 and for two people \$30,451 or less.



## Northern Tier FIELD DAYS!

*Join your friends from Clio, Forest Twp, Krapohl, Montrose, Thetford*

**We'll have a new twist on some old-fashioned field day events.**

**June 11–15 from 1:00 to 3:00**

**Cost is \$3.00 per person for the week's events.**

***Lunch will be available at each location for an additional fee.***

**Games may include: It All Depends, Junk in the Trunk, Pachaderm Abraison, Burger Stand, Spin to Win, Indentured Surfants, Yolks on You, Thar She Blows, Pasta La Vista Baby, 'Sup with the Cup, and many more! Use your imagination, ...we are!**

**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, June 6th and 20th 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.

## Senior Center Fundraiser and Sale

We will be hosting our 2nd annual community yard sale Saturday, August 18th. 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, please call the center for more information. Limited space is available. This is a senior only event, must be 50 or better to participate, no exceptions.

## 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
				1 10:30am Range of Motion 12noon Lunch <b>Grilled Turkey Burger</b> 1pm Bingo
4 9am Gardening 12noon Lunch <b>Chicken Tenderloins in Creamy Pasta</b> 1pm Euchre 3:30 Guitar Pickers	5 9am Yoga 9am Legal Aid 10am Writing Group 11am B.P. Checks 12noon Lunch <b>Boneless Pork Chop</b> 1pm Bid Euchre 1pm Knot Just For Knitters	6 9am Gardening 9:45am Tai Chi 12noon Lunch <b>Salisbury Steak</b> 1pm Pinochle Coupon & Quilt 5:30pm BUNCO	7 9am Gardening 9am VA Rep 12noon Lunch <b>Chinese Pepper Steak</b> 1pm Meijer 2pm Drums Alive	8 9am Gardening 10:30am Range of Motion 12noon Lunch <b>Italian Lasagna</b> 1pm Bingo
11 9am Gardening 12noon Lunch <b>Char Broiled Steak Strips</b> 1pm Euchre 1pm Field Days 3:30 Guitar Pickers 4pm Dinner Date	12 9am Legal Services 9am Yoga 10am Writing Group 11am B.P. Checks 12noon Lunch <b>Sweet &amp; Sour Pork</b> 1pm Bid Euchre 1pm Knot Just For Knitters 1pm Field Days	13 9am Gardening 9:45am Tai Chi 12noon Lunch <b>Philly Steak &amp; Cheese</b> 1pm Pinochle Coupon & Quilt 1pm Field Days 3:45pm Zumba	14 9am Gardening 9am Commodities 12noon Lunch <b>Jumbo Chicken Wings</b> 1pm Aldi 1pm Field Days 2pm Drums Alive	15 9am Gardening 10:30am Range of Motion 12noon Lunch <b>Oven Fried Fish</b> 1pm Bingo 1pm Field Days
18 9am Gardening 12noon Lunch <b>Breaded Chicken Breast</b> 1pm Euchre 3:30 Guitar Pickers	19 9am Gardening 9am Yoga 10am Writing Group 11am B.P. Checks 12:00pm Lunch <b>Pork Burger</b> 1pm Knot Just For Knitters 5pm Weight Watchers	20 9am Gardening 9:45am Tai Chi 12noon Lunch <b>Sloppy Joe</b> 1pm Pinochle Coupon & Quilt 3:45 Zumba 5:30 BUNCO	21 9am Gardening 12noon Lunch <b>BBQ Chicken</b> 12:30 Birthday Celebration 1pm Walmart 2pm Drums Alive	22 9am Gardening 10:30am Range of Motion 12noon Lunch <b>Mac &amp; Cheese</b> 1pm Bingo
25 9am Gardening 12noon Lunch <b>Country Style Chicken</b> 1pm Euchre 3:30 Guitar Pickers	26 9am Gardening 9am Yoga 10am Writing Group 11am B.P. Checks 11:30am Lunch <b>Boneless Rib in Sauce</b> 1pm Knot Just For Knitters 5pm Weight	27 9am Gardening 9:45am Tai Chi 12noon Lunch <b>Ravioli</b> 1pm Pinochle Coupon & Quilt 3:45 Zumba	28 9am Gardening 12noon Lunch <b>Mesquite Grilled Chicken</b> 1pm Farmers Mkt 2pm Drums Alive	29 9am Gardening 10:30am Range of Motion 12noon Lunch <b>Beef Stroganoff</b> 1pm Bingo

## Dinner Date

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

This month were going to **Lucky's in Clio on Monday, June 11th. 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. 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 June Birthdays

6th	Isaac Fabela
8th	Gary Jones
8th	Dallas Ames
9th	Marty Drabek
12th	Jim Hammersley
14th	Bill Reetz
15th	Dick Stone
20th	Marilyn Sidam
24th	Muriel Rabb
28th	Ruby Robinson
30th	Bonnie Matzke



## Shopping

Our bus goes shopping on June 7 to Meijer, June 14th to Aldi, June 21st to Walmart, June 28th to Flint 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, June 12th.**

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.



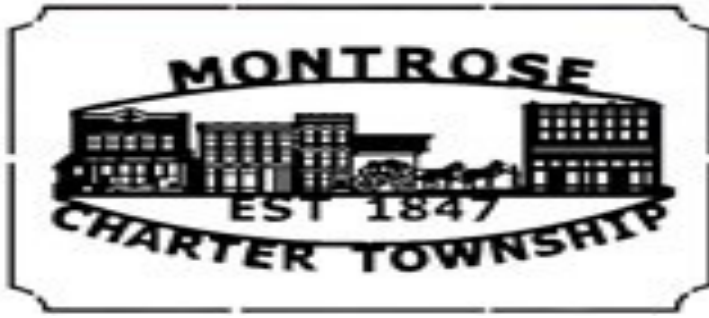
Some people find that craftwork helps them control their weight... when hands

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](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

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