

# Silver Threads March 2023



Every Friday  
**10am**

Call the Senior Center at 810-639-2822  
for more information.



**Friday, March 17th**  
**12noon**

Homemade Ruben casserole  
Pre-register by Wednesday, March 15 to  
save your spot.

## REC-CONNECT™

### FREE PHYSICAL FITNESS DEMO CLASSES!



**Date: February 16 - March 9**

**Time: 2:00-3:00pm**

**Location: Montrose Senior Center**

Rec-Connect™ is a 4-week physical fitness demo class offered by Commit to Fit. Get active through a variety of fun physical activity demonstrations. All exercises can be done seated or standing. No experience necessary!

- Chair Bingo
- Yoga
- Strength Bands
- Chair Aerobics



## Learn how to use your Devices

Tablets, cell phones, and laptops!

Let us teach you!

Thursdays at 10 am

Please bring your device

With you when you come.

Call The center to schedule an appointment.



Join us for our monthly  
Breakfast Club  
**Thursday, March 30th**

**8am to 10am**

**Cost: \$6.00**

French toast, eggs and your  
choice of sausage or bacon.

## 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

Powered Creamer

Crackers

Hot Cocoa

Coffee

Paper Towel

## Card Club

**EVERY WEDNESDAY NIGHT**

6:00pm.

No partner needed

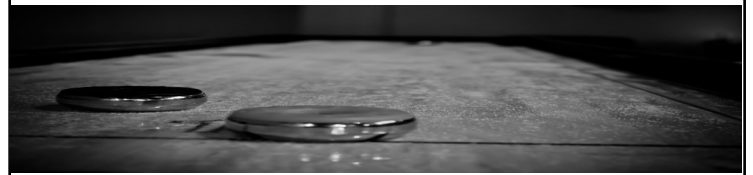
Bring a dish to pass!



## Shuffleboard League

Every Thursday at 10am

Please call the center for more information or to sign up



## Dinner Date

This month we are going to **Levi's Food & Spirits** on **Monday, March 13th**. The bus leaves at **4pm**.



Please sign-up in advance so we can call in reservations.

## OUR WEEKLY EXERCISE CLASSES

TUESDAY- 9am Chair Yoga

WEDNESDAY- 9:30am Tai Chi

11:30am Zumba

FRIDAY- 10:30am Range of Motion

12:00noon Line Dancing



**March 17, 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. For more information call the Senior Center at 810-639-2822.

## **Manicures**

**Cost— Donation**

**1 pm Every Friday**

**Please preregister as space is limited!**



## **CARDS**

**Monday— Euchre 1:00 P.M.**

**Tuesday— Bid Euchre 1:00 P.M.**

**Thursday— Pinochle 1:00 P.M.**



## **BUNCO**

**Every Wednesday 3:00 P.M.**



## **SHOPPING**

We will be doing local (Montrose) shopping on Tuesday's.

Thursday, March 2nd & 30—**Meijer**

Thursday, March 9th & 23rd— **Aldi**

Thursday, March 16th—**Walmart**





**Beading Class**  
**Monday, March 27th**  
**2pm**  
**Cost: Donation**



**Monday March 6th**  
**2 pm**



**Participants MUST preregister space is limited**

**Monday March 20**  
**2 pm**  
**Wood Coaster**



**Participants MUST preregister and bring a picture from home.**

# March 2023

Mon

Tue

Wed

Thu

Fri

		<p><b>1</b>  <b>9am Veterans Assistance</b>            9:30am Tai Chi            10am Blood Sugar Checks            11:30 Zumba            12noon Lunch  <b>BBQ Pulled Pork</b>            3pm Bunco            6pm Card Club</p>	<p><b>2</b>            10am Ladder Golf            10am Shuffleboard            12noon lunch  <b>Chicken Alfredo</b>            1pm Shopping <b>Meijer</b>            1pm Pinochle            2pm Rec-Connect</p>	<p><b>3</b>            9:30 am Crochet &amp; Knitting Class            10am Poker            10:30am Range of Motion            12noon Line Dancing            12noon Lunch  <b>Pub Burger w/ Cheese</b>            1pm manicures</p>
<p><b>6</b>            9am Stitching Post            10am Shuffle Board            12noon Lunch  <b>Smothered Pork Chop</b>            1pm Cornhole            1pm Euchre            2pm Crafts</p>	<p><b>7</b>            9am Yoga            10am B.P. Checks            12noon Lunch  <b>Beef Goulash</b>            1pm Bid Euchre            1pm Shopping</p>	<p><b>8</b>            9:30am Tai Chi            10am Blood Sugar Checks            11:30 Zumba            12noon Lunch  <b>Cobb Salad</b>            3pm Bunco            6PM Card Club</p>	<p><b>9</b>            10am Ladder Golf            10am Shuffleboard            12noon Lunch  <b>Oven Fried Chicken</b>            1pm Shopping <b>Aldi</b>            1pm Pinochle            2pm Rec-connect</p>	<p><b>10</b>            9:30 am Crochet &amp; Knitting Class            10am Poker            10:30 am Range of Motion            12noon Line Dancing            12noon Lunch  <b>Korean Beef Bowl</b>            1 pm Manicures</p>
<p><b>13</b>            9am Stitching Post            10am Shuffle Board            12noon Lunch  <b>Roasted Turkey &amp; Gravy</b>            1pm Cornhole            1pm Euchre            4pm Dinner Date</p>	<p><b>14</b>  <b>9am Legal Services</b>            9am Yoga            10am B.P. Checks            12noon Lunch  <b>Meatball Sub</b>            1pm Bid Euchre            1pm Shopping</p>	<p><b>15</b>            9:30am Tai Chi            10am Blood Sugar Checks            11:30 Zumba            12noon Lunch  <b>Chicken Fried Steak</b>            3pm Bunco            6pm Card Club</p>	<p><b>16</b>  <b>9am Commodities</b>            10am Ladder Golf            10am Shuffleboard            12noon Lunch  <b>Stuffed Pepper</b>            1pm Shopping <b>Walmart</b>            1pm Pinochle            2pm Rec-connect</p>	<p><b>17</b>  <b>9am grief support group</b>            9:30 am Crochet &amp; Knitting Class            10am Poker            10:30am Range of Motion            12noon Line Dancing            12noon Lunch  <b>Ruben Cassarole</b>            1pm Manicures</p>
<p><b>20</b>            9am Stitching Post            10am Shuffle Board            12noon Lunch  <b>Western Frittata</b>            1pm Cornhole            1pm Euchre            2pm Crafts</p>	<p><b>21</b>            9am Yoga            10am B.P. Checks            12noon Lunch  <b>Beef Stew</b>            1pm Bid Euchre            1pm Shopping</p>	<p><b>22</b>            9:30am Tai Chi            10am Blood Sugar Checks            11:30 Zumba            12noon Lunch  <b>Boneless BBQ Riblet</b>            3pm Bunco            6pm Card Club</p>	<p><b>23</b>            10am Ladder Golf            10am Shuffleboard            12noon Lunch  <b>Chicken Salad Sandwich</b>            1pm Shopping <b>Aldi</b>            1pm Pinochle            2pm Rec-connect</p>	<p><b>24</b>            9:30am Crochet &amp; Knitting Class            10am Poker            10:30am Range of Motion            12noon Line Dancing            12noon Lunch  <b>Artisan Mac &amp; Cheese</b>            1pm Manicures</p>
<p><b>27</b>            9am Stitching Post            10am Shuffle Board            12noon Lunch  <b>Spaghetti &amp; Meatballs</b>            1pm Cornhole            1pm Euchre            2pm Beading Class</p>	<p><b>28</b>            9am Yoga            10am B.P. Checks            12noon Lunch  <b>White Chicken Chili</b>            1pm Bid Euchre            1pm Shopping</p>	<p><b>29</b>            9:30am Tai Chi            10am Blood Sugar Checks            11:30 Zumba            12noon Lunch  <b>Salisbury Steak w/ Gravy</b>            3pm Bunco            6pm Card Club</p>	<p><b>30</b>            8-10am Breakfast Club            10am Ladder Golf            10am Shuffleboard            12noon Lunch  <b>Beef Fajitas</b>            1pm Shopping <b>Meijer</b>            1pm Pinochle</p>	<p><b>31</b>            9:30am Crochet &amp; Knitting Class            10am Poker            10:30am Range of Motion            12noon Line Dancing            12noon Lunch  <b>BBQ Chicken Tenders</b>            1pm Manicures</p>

Dear friend of the Montrose Senior Center,

As February draws to a close, we have 339 handmade and 589 items in total delivered so far this year. We added making blankets for various animal shelters to our list. We were donated a bag full of fleece strips that we sewed together and serged the edges. We also used some of the scraps that we had saved and made animal blankets. If you have used blankets or towels of any condition, please consider donating them so we can make items for the shelters.

We have several bags of draw string bags that will be used to make wheelchair caddies. We are in need of pens and small pads of paper to add to the caddies. Also, Fiber fill and batting for blankets

Lastly, we are always in need of more help. We meet on Monday mornings from 9am to 12noon. You can also work from home if you wish. You don't need to be a seamstress, we can help you get started with a project to fit any skill level you choose. Contact Marsh if you have any questions.

Thank you to all who have helped or donated!

The Stitching Post



## **Line Dancing Class Every Friday at 12noon Beginner Class 12:45pm**

Come and learn different styles of Line Dancing! And be the HIT at your next family gathering!



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.  
9:30am Every Friday**

This activity for seniors will be **every Friday at 9:30am**. Drop in to get started.



# Montrose Township

**OPEN 5 days a week**

Monday—Friday

9am—5pm

## 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 \$1580.00 a month for one person or \$2137.00 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.

## Advisory Counsel

Wanda Kozma— Chairperson  
 June Fittante —Vice Chairperson  
 Doug Barrett—Treasurer  
 Mary Jeffrey—Secretary  
 Janet Primeau                      Carol Dewitt  
 Pat Barrett  
  
 Mark Emmendorfer—Township Supervisor  
 Coetta Adams - 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.

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)

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 (810) 639-2060  
[seniorcenter@montrosetownship.org](mailto:seniorcenter@montrosetownship.org)