

# Silver Threads April 2023



**FREE  
GIFT**

**VAA**  
Valley Area  
Agency On Aging  
Answers, Action & Advocacy  
for All Things Senior

**TO-GO  
LUNCH  
PROVIDED**



Every Friday

**10am**

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

## **Senior Power Day 2023**

Wednesday, May 24, 2023

9:00 a.m. - 2:00 p.m.

Crossroads Village

6140 Bray Rd., Flint

**Tickets \$4.00**

Available at your local Senior Center in  
Genesee, Lapeer and Shiawassee Counties

***Ticket includes Lunch, Train Ride, Resources,  
and Legislative updates that affect  
Seniors and Caregivers.***



## **Fresh Conversations**

Fresh Conversations is a free nutrition education program designed to support healthy aging and independence. Gather with other Genesee County residents aged 60 and older to discuss current nutrition and health topics, taste low-cost healthy recipes, and discover new ways to stay active and independent.

**DATE: May 4th to June 8 (Thursdays)**

**TIME: 2:00pm—3:00pm**

**LOCATION: Montrose Township  
Senior Center**

**To register call the center at  
810-639-2822**

## 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, April 27th**

**8am to 10am**

**Cost: \$6.00**

Breakfast Casserole, 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

Powdered Creamer

Crackers

Hot Cocoa

Coffee

Paper Towel

## Card Club

**EVERY WEDNESDAY NIGHT**

6:00pm.

No partner needed

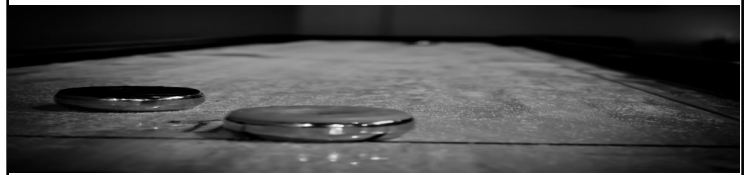
Bring a dish to pass!



## 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 **Greg & Lou's** on **Monday, April 10th.** 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 Advanced Line Dancing

1:00pm Beginner Line Dancing



**April 21st, 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.**

**Friday—Texan Hold 'em 10:00 A.M.**



## BUNCO

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



## SHOPPING

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

Thursday, April 6th & 20th—**Aldi**

Thursday, April 13th— **Walmart**

Thursday, April 27th—**Meijer**





**Beading Class**  
**Monday, April 24th**  
**2pm**  
**Cost: Donation**



**Crafts**  
**Monday April 10th**  
**2 pm**



**Participants MUST preregister space is limited**

**Crafts**  
**Monday April 17th**  
**2 pm**



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

# April 2023

Mon

Tue

Wed

Thu

Fri

<p><b>3</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Swedish Meatballs</b> 1pm Cornhole 1pm Euchre</p>	<p><b>4</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>Turkey Burger</b> 1pm Bid Euchre 1pm Shopping</p>	<p><b>5</b> <b>9am Veterans Assistance</b> 9:30am Tai Chi 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Antipasto Salad</b> 3pm Bunco 6pm Card Club</p>	<p><b>6</b> 10am Ladder Golf 10am Shuffleboard 12noon lunch <b>Lemon Herb Chicken</b> 1pm Shopping <b>Aldi</b> 1pm Pinochle</p>	<p><b>7</b> 9:30 am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Sara's Choice</b></p>
<p><b>10</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Asian Chicken</b> 1pm Cornhole 1pm Euchre 2pm Crafts 4pm Dinner Date</p>	<p><b>11</b> <b>9am Legal Services</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>HM Chicken Parm</b> 1pm Bid Euchre 1pm Shopping</p>	<p><b>12</b> 9:30am Tai Chi 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Ham &amp; Turkey Sub</b> 3pm Bunco 6PM Card Club</p>	<p><b>13</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>BBQ Chicken Wings</b> 1pm Shopping <b>Walmart</b> 1pm Pinochle</p>	<p><b>14</b> 9:30 am Crochet &amp; Knitting Class 10am Poker 10:30 am Range of Motion 12noon Line Dancing 12noon Lunch <b>HM Beef &amp; Bean Burrito</b> 1 pm Manicures</p>
<p><b>17</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Italian Chicken Breast</b> 1pm Cornhole 1pm Euchre 2pm Crafts</p>	<p><b>18</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>Turkey Tetrazzini</b> 1pm Bid Euchre 1pm Shopping</p>	<p><b>19</b> 9:30am Tai Chi 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Spaghetti &amp; Meatballs</b> 3pm Bunco 6pm Card Club</p>	<p><b>20</b> <b>9am Commodities</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>HM Chicken Salad Sandwich</b> 1pm Shopping <b>Aldi</b> 1pm Pinochle</p>	<p><b>21</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>HM Mac &amp; Cheese</b> 1pm Manicures</p>
<p><b>24</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Ham &amp; Cheese Frittata</b> 1pm Cornhole 1pm Euchre 2pm Beading</p>	<p><b>25</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>Salisbury Steak</b> 1pm Bid Euchre 1pm Shopping</p>	<p><b>26</b> 9:30am Tai Chi 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Turkey Polish Dog</b> 3pm Bunco 6pm Card Club</p>	<p><b>27</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>HM Stuffed Peppers</b> 1pm Shopping <b>Meijer</b> 1pm Pinochle</p>	<p><b>28</b> 9:30am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Fish Taco</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 surged 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 Marsha 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

*Senior Center*

**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**



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

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(810) 639-2060  
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