

Silver Threads May 2023



ESTATE PLANNING SEMINAR

W/ Zach Pelech, Senior Law Advocate
Legal Services of Eastern Michigan

WHEN: Thursday, June 8th @ 11:00 a.m.

WHERE: Montrose Senior Center

Come join us for light refreshments as Zach shares:

- * How to protect the assets you leave behind.
- * Ensuring your family does not encounter unforeseen legal challenges.
- * Making your wishes about healthcare decisions known to your loved ones.
- * The importance of naming power of attorney agents so the decision is not left up to the courts.

TOPICS INCLUDE

—
WILLS
VS.
TRUSTS

—
POWER OF
ATTORNEY

—
LADY BIRD
DEEDS

—
POTENTIAL
ELDER ABUSE

MONTROSE SENIOR CENTER

200 Alfred Street
Montrose, MI
48457
(810) 639-2822

**FREE
GIFT**

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

**TO-GO
LUNCH
PROVIDED**

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
Genessee, Lapeer and Shiawassee Counties

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



Every Friday

10am

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



Fresh Conversations

Fresh Conversations is a free nutrition education program designed to support healthy aging and independence. Gather with other Genessee 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, May 25th

8am to 10am

Cost: \$6.00

Biscuits and gravy, scrambled 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

Powdered Creamer

Crackers

Hot Cocoa

Coffee

Paper Towel

Card Club

EVERY WEDNESDAY NIGHT

6:00pm.

No partner needed

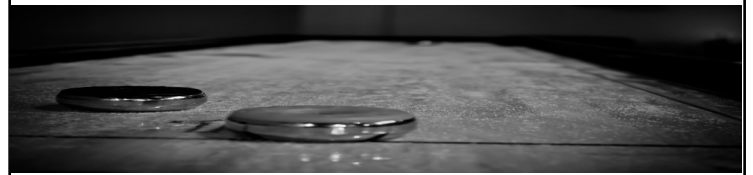
Bring a dish to pass!



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 **Johnny's** on **Monday, May 8th**. 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



May 19th, 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, May 4th & 18th—**Aldi**

Thursday, May 11th— **Walmart**

Thursday, May 25th—**Meijer**





Veterans Appreciation Dinner

Montrose Township Senior Center and the Tri-County Arbor Gleaners would like to honor our veterans and military personnel for their service to our country.



Veterans and a guest are invited to join us for a complementary BBQ dinner with all the fixin's.

Thursday, July 27th

6:00 PM

Montrose Township Senior Center, 200 Alfred Street, Montrose, MI 48457

For more information or to RSVP please contact the Montrose Township Senior Center

(810) 639-2822

swarren@montrosetownship.org



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!!

Beading Class
Monday, May 22nd
1pm
Cost: Donation



Crafts
Monday May 8th
1pm



Participants MUST preregister

Crafts
Monday May 15th
1pm



Participants MUST preregister

May 2023

Mon

Tue

Wed

Thu

Fri

<p>1 9am Stitching Post 10am Shuffle Board 12noon Lunch Tangerine Chicken 1pm Cornhole 1pm Euchre</p>	<p>2 9am Yoga 10am B.P. Checks 12noon Lunch HM Meatloaf 1pm Bid Euchre 1pm Shopping</p>	<p>3 9am Veterans Assistance 9:30am Tai Chi 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Pub Burger 3pm Bunco 6pm Card Club</p>	<p>4 10am Ladder Golf 10am Shuffleboard 12noon lunch Chef Salad 1pm Shopping Aldi 1pm Pinochle</p>	<p>5 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Beef Tacos</p>
<p>8 9am Stitching Post 10am Shuffle Board 12noon Lunch Chinese Pepper Steak 1pm Cornhole 1pm Euchre 1pm Crafts 4pm Dinner Date</p>	<p>9 9am Legal Services 9am Yoga 10am B.P. Checks 12noon Lunch Breaded Chicken Sandwich 1pm Bid Euchre 1pm Shopping</p>	<p>10 9:30am Tai Chi 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Baked Pork Chop 3pm Bunco 6PM Card Club</p>	<p>11 10am Ladder Golf 10am Shuffleboard 12noon Lunch Chef's Choice 1pm Shopping Walmart 1pm Pinochle</p>	<p>12 9:30 am Crochet & Knitting Class 10am Poker 10:30 am Range of Motion 12noon Line Dancing 12noon Lunch Ravioli w/ Beef Sauce 1 pm Manicures</p>
<p>15 9am Stitching Post 10am Shuffle Board 12noon Lunch Maple Glazed Chicken 1pm Cornhole 1pm Euchre 1pm Crafts</p>	<p>16 9am Yoga 10am B.P. Checks 12noon Lunch HM Beef Chili 1pm Bid Euchre 1pm Shopping</p>	<p>17 9:30am Tai Chi 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Chicken Alfredo 3pm Bunco 6pm Card Club</p>	<p>18 9am Commodities 10am Ladder Golf 10am Shuffleboard 12noon Lunch Beef Pot Roast 1pm Shopping Aldi 1pm Pinochle</p>	<p>19 9am grief support group 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Teriyaki Salmon Bowl 1pm Manicures</p>
<p>22 9am Stitching Post 10am Shuffle Board 12noon Lunch Roast Beef Slice 1pm Cornhole 1pm Euchre 1pm Beading</p>	<p>23 9am Yoga 10am B.P. Checks 12noon Lunch HM Beef Stroganoff 1pm Bid Euchre 1pm Shopping</p>	<p>24 9:30am Tai Chi 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Chicken Caesar Wrap 3pm Bunco 6pm Card Club</p>	<p>25 8am Breakfast Club 10am Ladder Golf 10am Shuffleboard 12noon Lunch HM Spaghetti & Meatballs 1pm Shopping Meijer 1pm Pinochle</p>	<p>26 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch BBQ Chicken Wings 1pm Manicures</p>
<p>29</p>  <p>MEMORIAL DAY REMEMBER AND HONOR</p>	<p>30 9am Yoga 10am B.P. Checks 12noon Lunch HM Beef Stroganoff 1pm Bid Euchre 1pm Shopping</p>	<p>31 9:30am Tai Chi 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Chicken Caesar Wrap 3pm Bunco 6pm Card Club</p>		

Dear friend of the Montrose Senior Center,

We have sent out 552 hand made items and a total of 1500 items so far this year.

We continue to need lap robes for those in need. Also, items such as fiber-fil, batting, and other sewing supplies.

We would like to welcome our new members, we appreciate everyone's help whether a seamstress or a good clipper. We meet on Monday mornings from 9-12 or you can take things home to work on.

Thank you again to all those who help or those who supply items to work with. Your support is much appreciated.

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

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