

Montrose Township Senior Center

Silver Threads June 2023



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 complimentary 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!!

Northern Tier

ROAD RALLY



Thursday, July 19

3:00 to 8:00

\$15.00

We will solve clues and explore the 5 communities of the Northern Tier in an afternoon/evening of adventure! Dinner and "entertainment" will be provided.

Preregistration is required. Call the center for more information.



Every Friday

10am

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

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.



**NO BREAKFAST IN JUNE JULY
OR AUGUST WILL RESUME IN
SEPTEMBER!**

September 21st 2023

Join us for our monthly
Breakfast Club

Pancakes, Eggs your choice of
Bacon or Sausage

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

Cookies

Coffee

Card Club

EVERY WEDNESDAY NIGHT

6:00pm.

No partner needed

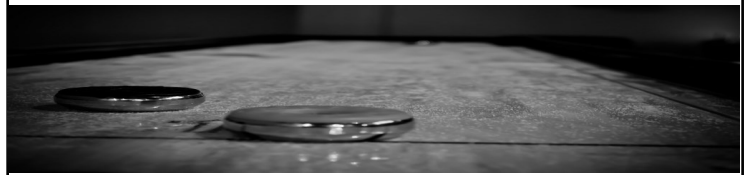
Bring a dish to pass!



Shuffleboard League

Every Thursday at 10am

Please call the center for more information or to sign up



Dinner Date

We are not going in June!

Next month we are going to **The Montrose Pub** on **Monday, July 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



June 16th, 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, June 1st, 15th, —**Aldi**

Thursday, June 8th— **Walmart**

Thursday, June 22nd—**Meijer**

Thursday, June 29th—**Davison Farm Mkt & Aldi**



HAPPY BIRTHDAY

Senior Center June Birthdays

5th	Fernmarie Russell
6th	Brenda Glasschild
8th	Gary Jones
8th	Dallas Ames
9th	Timothy Moore
9th	Marty Drabek
9th	Veronica Petiprin
9th	Robert Bauer
15th	Dick Stone
20th	Dee Nowak
20th	Marilyn Sidam
21st	Terry Emmendorfer
21st	Betty Tarrant
24th	Muriel Rabb
25th	Loyal Monroe
25th	June Kruse
27th	Connie Tripp



Blood pressure checks—
Tuesday's at 10am

Blood sugar checks—
Wednesday's at 10am

Participants MUST make an appointment for these services. Please call the center to sign up.

Do You Need Legal Services?

Meet with Legal Services of Eastern Michigan

Tuesday, June 6th

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

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.



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 **John Stilley**, Service Officer, Genesee County Department of Veterans Services, on the **2nd Thursday of each month.**

Appointments are required.

Call 810 639-2822 to schedule your appointment.



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.

These programs and/or services are fully or partially funded by
Genesee County Senior Millage funds. Your tax dollars are at work.



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

Beading Class
Monday, June 26th
1pm
Cost: Donation

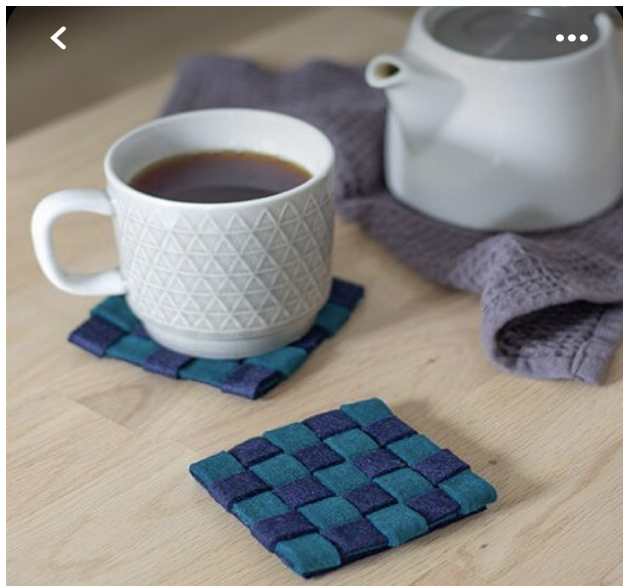


Crafts

Monday June 12th

1pm

Participants MUST preregister

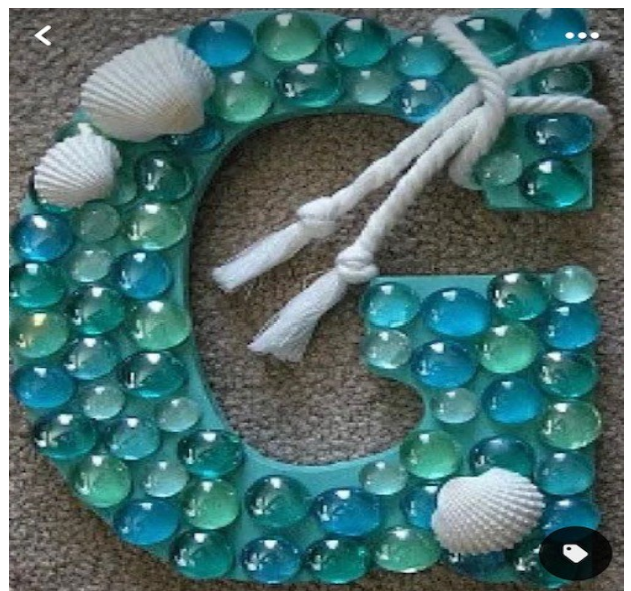


Crafts

Monday June 19th

1pm

Participants MUST preregister with what letter your choosing



June 2023

Mon

Tue

Wed

Thu

Fri

			<p>1 9am veterans Assistance 10am Ladder Golf 10am Shuffleboard 12noon lunch Sweet & Sour Meat-Balls 1pm Shopping Aldi 1pm Pinochle</p>	<p>2 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch BBQ Chicken Thighs</p>
<p>5 9am Stitching Post 10am Shuffle Board 12noon Lunch Italian Sub 1pm Cornhole 1pm Euchre</p>	<p>6 9am Yoga 10am B.P. Checks 12noon Lunch Chicken Tacos W HM Pico 1pm Bid Euchre 1pm Shopping</p>	<p>7 9:30am Tai Chi 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Chef's Choice 3pm Bunco 6PM Card Club</p>	<p>8 10am Ladder Golf 10am Shuffleboard 12noon Lunch Boneless BBQ Ribs Walmart 1pm Pinochle</p>	<p>9 9:30 am Crochet & Knitting Class 10am Poker 10:30 am Range of Motion 12noon Line Dancing 12noon Lunch Creole Steak 1 pm Manicures</p>
<p>12 9am Stitching Post 10am Shuffle Board 12noon Lunch Breaded Chicken Breast 1pm Cornhole 1pm Euchre 1pm Crafts</p>	<p>13 9am Legal Services 9am Yoga 10am B.P. Checks 12noon Lunch Ravioli w/ Beef Sauce 1pm Bid Euchre 1pm Shopping</p>	<p>14 9:30am Tai Chi 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Grilled Chicken Salad 3pm Bunco 6pm Card Club</p>	<p>15 9am Commodities 10am Ladder Golf 10am Shuffleboard 12noon Lunch HM Beef & Broccoli Lo Mein 1pm Shopping Aldi 1pm Pinochle</p>	<p>16 9am grief support group 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Oven Fried Fish 1pm Manicures</p>
<p>19 9am Stitching Post 10am Shuffle Board 12noon Lunch Chef's Choice 1pm Cornhole 1pm Euchre 1pm Crafts</p>	<p>20 9am Yoga 10am B.P. Checks 12noon Lunch Sloppy Joe 1pm Bid Euchre 1pm Shopping</p>	<p>21 9:30am Tai Chi 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch BBQ Pulled Pork 3pm Bunco 6pm Card Club</p>	<p>22 10am Ladder Golf 10am Shuffleboard 12noon Lunch HM Spanish Rice W/ Beef 1pm Shopping Meijer 1pm Pinochle</p>	<p>23 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch White Cheddar Mac & Cheese 1pm Manicures</p>
<p>26 9am Stitching Post 10am Shuffle Board 12noon Lunch Grilled Turkey Burger 1pm Cornhole 1pm Euchre 1pm Beading</p>	<p>27 9am Yoga 10am B.P. Checks 12noon Lunch HM Goulash 1pm Bid Euchre 1pm Shopping</p>	<p>28 9:30am Tai Chi 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Asian Chicken Bowl 3pm Bunco 6pm Card Club</p>	<p>29 10am Ladder Golf 10am Shuffleboard 12noon Lunch Chicken Tender Cavatappi Pasta 1pm Shopping Davison Farm MKT & Aldi 1pm Pinochle</p>	<p>30 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Philly Steak W/ Cheese 1pm Manicures</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

Coetta Adams—Township Supervisor

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

Montrose Township Senior Center
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Montrose, MI 48457
(810) 639-2822 Fax (810) 639-5899
(810) 639-2060
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