

# Silver Threads August 2023



## Blueberry Bake Sale Donations Needed!

- Vanilla
- Sugar
- Chocolate Chips
- Flour
- Brown Sugar
- Peanut Butter
- Refrigerated 2ct Rolled Pie Crust
- Shredded Sharp Cheddar Cheese
- Frozen Bread Dough
- Self Rising Flour
- Vegetable Oil
- Baking Soda
- Baking Powder
- Cocoa Powder
- Eggs
- Quick Oats
- Butter

## Blueberry Weekend August 18th, 19th 20th

### Annual Bake Sale!

Pies, Bread, Cookies, Fudge  
and MORE!

Serving Sloppy Joes  
And Walking Tacos  
All Weekend!



The Project Fresh season has begun. 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 \$26,973 and for two people \$36,482 or less.

# Strength & Balancing

( Formerly known as Tai Chi )

Every Wednesday

9:30 AM



If you Struggle with Balance or Strength in your arms, legs or core, This class is for you!

The Instructor will focus on different moves and exercises to promote strengthening of your muscles that leads to better balance!



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

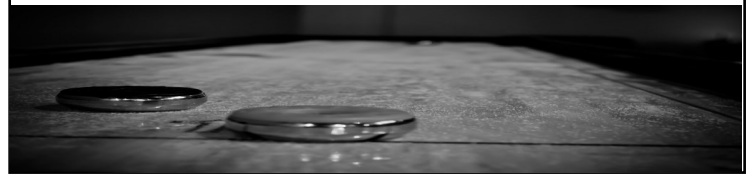
Bring a dish to pass!



## Shuffleboard League

Every Thursday at 10am

Please call the center for more infor-



## Dinner Date

This month we are going to **Ponemah Lakeside Lodge** on **Monday August 14th** The bus leaves at **4pm**.



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

## OUR WEEKLY EXERCISE CLASSES

**TUESDAY**– 9am Chair Yoga

1pm Drums Alive

**WEDNESDAY**– 9:30am Strength & Balancing

11:30am Zumba

**FRIDAY**– 10:30am Range of Motion

12:00noon Advanced Line Dancing

1:00pm Beginner Line Dancing

# CARDS

**Monday– Euchre 1:00pm**  
**Tuesday– Bid Euchre 1:00pm**  
**Thursday– Pinochle 1:00pm**  
**Friday–Texan Hold `em**  
**10:00am**



# BUNCO

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



# SHOPPING

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

Thursday, August 3rd —**Aldi**

Thursday, August 10th, 31st— **Walmart**

Thursday, August 17th—**Aldi & Davison Farmers Market**

Thursday, August 24th— **Meijer**



# HAPPY BIRTHDAY

## Senior Center August Birthdays

1st	Barb Crandall
1st	Sharon Rizk
1st	Catherine Kruse
3rd	Jimmy Hamlin
3rd	Barbara Hartwick
6th	Robert Wilke
6th	Sally Schmitzer
9th	Carl Golombeski
9th	Fred Eakin
10th	Penny Cairnduff
13th	Tony Emmendorfer
15th	Ralph Lantto
18th	Janet Hall
20th	Sheryl Hohn
23rd	Connie Pangle
29th	Julia Lantto
31st	Patricia Johnson



**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, August 8th**

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.

# SENIOR DAY!

**PARKING & ADMISSION  
ARE FREE!!**

**Tuesday, August 22nd  
9:00 a.m. - 2:00 p.m.**



**All Activities Under  
The Community Tent  
Are FREE!!**

TIME	EVENT
9:00 A.M.	Donna's Donuts and Gleaner Life Insurance Society presents FREE Coffee and Donuts for Senior Citizens
9:00 A.M.	Wake-Up Music with John Davis
9:00 A.M.	Senior Directors Association Health Tent Opens
9:00 A.M.	Youth Dairy Cattle Show
10:00 A.M.	Old Blue Eyes – Tribute to Frank Sinatra
10:00 A.M.	Baby Animal Tent
10:00 A.M.	Petting Zoo Opens
10:00 A.M.	Free Wagon Rides
10:00 A.M.	Agricultural, Horticultural, Arts and Science Exhibits
11:00 A.M.	Shade of the King – Tribute to Elvis Presley
11:00 A.M.	X-Treme Chainsaw Artist Jeff Sequin
NOON	Bingo Tent Opens (until 8PM)
NOON	Senior Directors Association Scavenger Hunt
1:00 P.M.	Youth Horse Show
1:00 P.M.	X-Treme Chainsaw Artist Jeff Sequin
2:00 P.M.	Meijer Tomato Baseball
2:00 P.M.	Roaring 20's presents FREE Ice Cream for Senior Citizens



Every Tuesday at 1pm  
Starting August 1st

**FREE  
CLASSES  
ADULTS  
60+**



# **DRUMS ALIVE GOLDEN BEATS**

**FREE COMMUNITY EXERCISE CLASSES!**

**Drums Alive Golden Beats** is a fun rhythmical drumming program designed specifically for older adults. This unique wellness class combines the rhythms of drumming and movement to energize the brain and body for transformational results!

**Increase cardiovascular health, strength and flexibility, synchronization of brain wave activity, mental awareness, socialization, and overall wellbeing.**

The Fifth Annual

# NORTHERN TIER PENTATHLON

is just around the corner!

September 11-15

**\$12 includes all 5 events and the COWBOY COOKOUT!**

Get a partner and join the fun for 5 days, 5 events, and years of memories!

Did I mention bragging rights?

Come represent the Montrose Senior Center as we play our neighboring senior centers....May the best team bring the trophy home!

Sign up by September 8th.



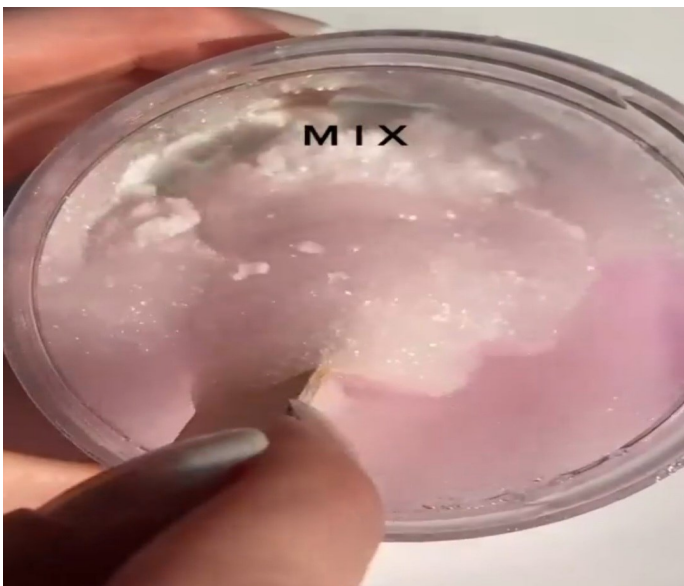


**Beading Class**  
**Button Bracelet**  
**Monday, August 28th**  
**1pm**  
**Cost: Donation**



**Crafts**

**Sugar Scrub Bodywash**  
**Monday August 14th**  
**1pm**  
**Participants MUST preregister**



**Crafts**

**Sharpie & Rubbing Alcohol**  
**Coaster**  
**Monday August 21st**  
**1pm**  
**Participants MUST preregister with what**



# August 2023

Mon

Tue

Wed

Thu

Fri

	<p><b>1</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>HM Chicken Penne Alfredo</b> 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p><b>2</b> 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30am Zumba 12noon Lunch <b>Meatloaf W/ Gravy</b> 3pm Bunco 6Pm Card Club</p>	<p><b>3</b> 10am Ladder Golf 10am Shuffleboard 12noon lunch <b>HM Beef Stroganoff</b> 1pm Shopping <b>Aldi</b> 1pm Pinochle</p>	<p><b>4</b> 9:30 am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Chicken Caesar Salad</b></p>
<p><b>7</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>BBO Pulled Chix Sandwich</b> 1pm Cornhole 1pm Euchre</p>	<p><b>8</b> <b>9am Legal Services</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>HM Mini Beef Tacos</b> 1pm Bid Euchre 1pm Shopping !pm Drums Alive</p>	<p><b>9</b> 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Turkey Polish Sausage</b> 3pm Bunco 6PM Card Club</p>	<p><b>10</b> <b>9am Veteran's Assistance</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>BBQ Chicken Thighs</b> 1pm Shopping <b>Walmart</b> 1pm Pinochle</p>	<p><b>11</b> 9:30 am Crochet &amp; Knitting Class 10am Poker 10:30 am Range of Motion 12noon Line Dancing 12noon Lunch <b>Turkey Burger W/ Cheese</b></p>
<p><b>14</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Boneless Ribs</b> 1pm Cornhole 1pm Euchre 1pm Crafts 4pm Dinner Date</p>	<p><b>15</b> <b>9am Legal Services</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>Spaghetti &amp; Meatballs</b> 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p><b>16</b> 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Smothered Fried Chicken</b> 3pm Bunco 6pm Card Club</p>	<p><b>17</b> <b>9am Commodities</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>Sloppy Joe</b> 1pm Shopping <b>Aldi &amp; Farm Market</b> 1pm Pinochle</p>	<p><b>18</b> 9:30 am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Mac &amp; Cheese</b></p>
<p><b>21</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>BBO Boneless Chicken Wings</b> 1pm Cornhole 1pm Euchre 1pm Crafts</p>	<p><b>22</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>HM Chicken Fajitas</b> 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p><b>23</b> 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Pork Chop</b> 3pm Bunco 6pm Card Club</p>	<p><b>24</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>Pepper Steak</b> 1pm Shopping <b>Meijer</b> 1pm Pinochle</p>	<p><b>25</b> 9:30am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Fish Taco</b></p>
<p><b>28</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Pork Burger</b> 1pm Cornhole 1pm Euchre 1pm Beading</p>	<p><b>29</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>HM Beef Goulash</b> 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p><b>30</b> 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30am Zumba 12noon Lunch <b>Chicken Tenders</b> 3pm Bunco 6pm Card Club</p>	<p><b>31</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>Open Face Turkey Sandwich</b> 1pm Shopping <b>Walmart</b> 1pm Pinochle</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

*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  
  
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

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