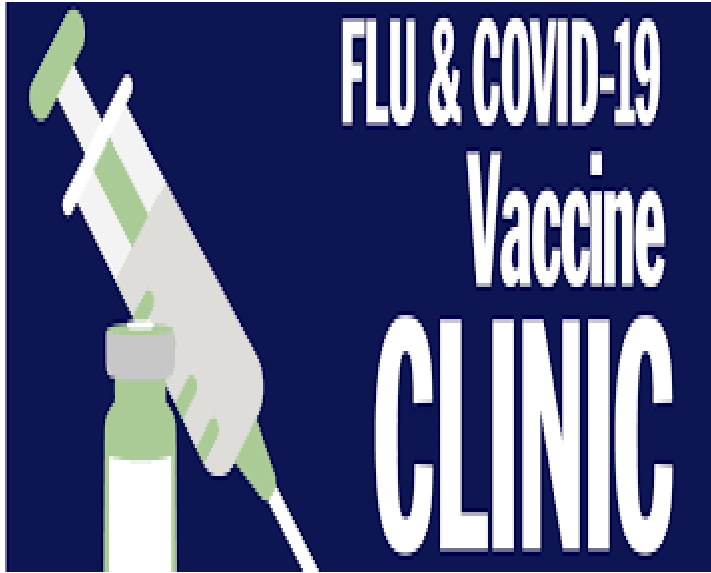


Silver Threads September 2023



**Thursday, October 12th
11am**

Please call the center to register
(810) 639-2822

THE SENIOR CENTERS OF
CLIO, FOREST TOWNSHIP, KRAPOHL, MONTROSE AND THETFORD
PRESENT
THE 6th ANNUAL
NORTHERN TIER
PENTATHLON

SEPTEMBER 11-15 **\$12** 1:00—3:00

- Monday—MINI GOLF
- Tuesday—BOCCE BALL
- Wednesday—LADDER GOLF
- Thursday—RING TOSS
- Friday—CORNHOLE

GET a TEAM of 2
TOGETHER and
COMPETE in ALL
5 EVENTS



Trophy will go to the winning team's Center until 2024.

Followed by the Cowboy Cookout
Bring your lawn chair, sunscreen, and a fun attitude!

Lunch is available at each Center before the event. You MUST preregister. Please see details at your Center.

SEPTEMBER 15 3:00—5:00

**COWBOY COOKOUT W/ ALL THE
FIXIN'S**

Pulled Pork, Salads & Desserts

**SEE YOUR CENTER FOR
DETAILS!**

Sign up by September 8th



Food, friends, and outdoor FUN!

**Thursday, September 21st
12noon**

Sign up no later than September 15th.

However you travel...



Get your tickets early for the
Northern Tier

7th Annual Progressive Dinner

Monday, November 13th

4:00 to 8:00(ish)

\$15.00

Montrose, Krapohl, Clio, Forest Twp.,
and Thetford Senior Centers.

Stay until the end for a chance to win a
great prize!

Sign up by November 8.

Strength & Balancing

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 will lead to better balance!



EVERY TUESDAY

1PM

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.

**FREE
CLASSES
ADULTS
60+**

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.



September 28th 2023

Join us for our monthly
Breakfast Club

Pancakes, Eggs your choice of
Bacon or Sausage

\$6.00

Take out available

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

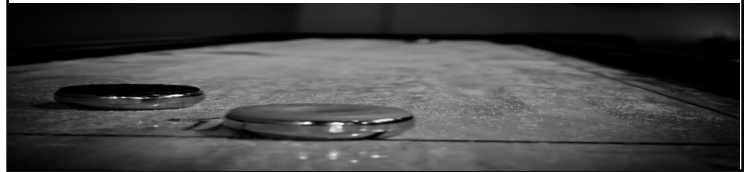
Bring a dish to pass!



Shuffleboard League

Every Thursday at 10am

Please call the center for more infor-



Dinner Date

This month we are going to **Sam's Restaurant** on **Monday September 11th** The bus leaves at **4pm.**



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

WE WILL ALSO STOP AT ROARING 20'S FOR ICE CREAM ON THE WAY HOME.

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, September 7th —**Aldi**

Thursday, September, 14th— **Meijer**

Thursday, September 21st—**Aldi & Davison Farmers Market**

Thursday, September 28th— **Walmart**



HAPPY BIRTHDAY

Senior Center September Birthdays

1st	Marie Nelson
1st	Sally Buhler
5th	Jim Green
5th	Donna Barrett
6th	Cindy Beliveau
11th	Kim Warchol-Smith
19th	Renee Jenkins
24th	Lorraine Morrish
24th	Nina Smith
26th	Sadie Leonard



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, September 12th
 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 Stille**, Service Officer, Genesee County Department of Veterans Services, on the **1st Thursday of each month.**

Appointments are required.
 Call 810 639-2822 to schedule your appointment.

Beading Class
Monday, September 25th
1pm
Cost: Donation



Crafts
Monday September 11th
1pm
Participants MUST preregister



Crafts
Monday September 18th
1pm
Participants MUST preregister



September 2023

Mon

Tue

Wed

Thu

Fri

				<p>1 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Meatball Sub</p>
<p>4 </p>	<p>5 9am Yoga 10am B.P. Checks 12noon Lunch Pork Chop w/ Gravy 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p>6 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Oven Fried Chicken 3pm Bunco 6PM Card Club</p>	<p>7 9am Veteran's Assistance 10am Ladder Golf 10am Shuffleboard 12noon Lunch Peppered Beef Steak 1pm Shopping Aldi 1pm Pinochle</p>	<p>8 9:30 am Crochet & Knitting Class 10am Poker 10:30 am Range of Motion 12noon Line Dancing 12noon Lunch Chicken Marsala</p>
<p>11 9am Stitching Post 10am Shuffle Board 12noon Lunch Pulled BBQ Sandwich 1pm Cornhole 1pm Euchre 1pm Crafts 4pm Dinner Date</p>	<p>12 9am Legal Services 9am Yoga 10am B.P. Checks 12noon Lunch HM White Chicken Chili 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p>13 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Pub Burger 3pm Bunco 6pm Card Club</p>	<p>14 10am Ladder Golf 10am Shuffleboard 12noon Lunch Chicken Breast 1pm Shopping Meijer 1pm Pinochle</p>	<p>15 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Baked Fish</p>
<p>18 9am Stitching Post 10am Shuffle Board 12noon Lunch Beef Fajitas 1pm Cornhole 1pm Euchre 1pm Crafts</p>	<p>19 9am Yoga 10am B.P. Checks 12noon Lunch Turkey & Wild Rice Soup 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p>20 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Chicken & Dumpplings 3pm Bunco 6pm Card Club</p>	<p>21 9am Commodities 10am Ladder Golf 10am Shuffleboard 12noon Lunch summer picnic 1pm Shopping Farm MKT & Aldi 1pm Pinochle</p>	<p>22 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Mac & Cheese</p>
<p>25 9am Stitching Post 10am Shuffle Board 12noon Lunch Chicken Parmesan 1pm Cornhole 1pm Euchre 1pm Beading</p>	<p>26 9am Yoga 10am B.P. Checks 12noon Lunch Chef's Choice 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p>27 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30am Zumba 12noon Lunch Turkey Tetrazzini 3pm Bunco 6pm Card Club</p>	<p>28 8am Breakfast Club 10am Ladder Golf 10am Shuffleboard 12noon Lunch Sloppy Joe 1pm Shopping Walmart 1pm Pinochle</p>	<p>29 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Sweet & Sour Chicken</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 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
 200 Alfred Street
 Montrose, MI 48457
 (810) 639-2822 Fax (810) 639-5899
 (810) 639-2060
seniorcenter@montrosetownship.org