

Montrose Township Senior Center

# Silver Threads October 2023



Thursday, November 16

6:00pm

FREE to all seniors 60+

Dinner includes all the fixing of a traditional Thanksgiving Dinner. Turkey, mashed potatoes, squash, green bean casserole, dressing, cranberry relish, and homemade cakes and pies.

**Reservations are required and space is limited. Call the center to sign up no later than November 13!**



Thursday, October 12th

11am

Please call the center to register

(810) 639-2822

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.

# FREE SIX WEEK NUTRITION EDUCATION PROGRAM



## The Learning Kitchen

The Learning Kitchen is an innovative, adult nutrition education program for Genesee County Residents.

### CLASSES INCLUDE:

- Weekly Recipe Tastings
- Weekly Nutrition Topics (MyPlate, Sugar, Salt, Meal Planning, etc.)
- Giveaways
- Physical Activity Demonstrations & more!

**Date:** Thursdays, November 2 - December 14  
*(Skipping week of Thanksgiving)*

**Time:** 2:00 - 3:00pm

**Location:** Montrose Senior Center



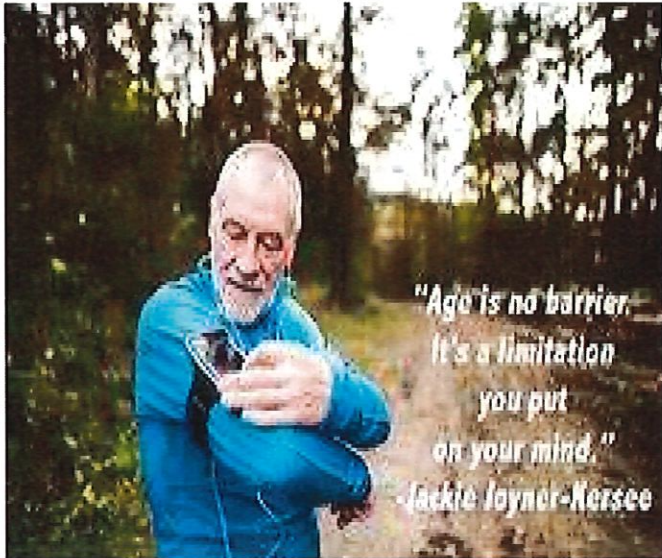
Call 810-232-2228, email [commit2fit@flint.org](mailto:commit2fit@flint.org), or visit [www.surveymonkey.com/r/TLK2023](http://www.surveymonkey.com/r/TLK2023) to learn more and register.



GREATER FLINT HEALTH COALITION

This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation.

This institution is an equal opportunity provider



## 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.



**October 26th 2023**

Join us for our monthly  
Breakfast Club

Biscuits w/ gravy, 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 **Lake Inn** in Lapeer  
on **Monday October 9th**  
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–Texas Hold `em  
10:00am



## BUNCO

Every Wednesday 3:00 P.M.



## SHOPPING

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

Thursday, October 5th —**Meijer**

Thursday, October 12th— **Aldi/Farmers Mkt**

Thursday, October 19th—**Walmart**

Thursday, October 28th— **Big Lots/Ollies**



# HAPPY BIRTHDAY

## Senior Center October Birthdays

- 2nd Cathy Epperson
- 3rd Gary Putinsky
- 3rd Sandy Jacobi
- 4th Judy Walker
- 6th Bob Pries
- 7th Pam Clough
- 13th Fred Domine
- 13th Mary Walker
- 15th Ginny Short
- 27th Bev Cummings
- 28th Nancy Loper
- 29th Ed Henning



**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, October 10**

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



### 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.

Call 810 257-3068 to schedule your appointment.

### 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.



**Beading Class**  
**Beaded Hemp Bracelet**  
**Monday, October 30th**  
**1pm**



**Cost: Donation**

**Crafts**  
**Monday October 9th**  
**1pm**

**Participants MUST preregister**



**Crafts**

**Monday October 16th**  
**1pm**

**Participants MUST preregister**



# October 2023

Mon

Tue

Wed

Thu

Fri

<p><b>2</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Country Style Chicken w/ Gravy</b> 1pm Cornhole 1pm Euchre</p>	<p><b>3</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>Chicken Salad Sandwich</b> 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p><b>4</b> 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Salisbury Steak</b> 3pm Bunco 6PM Card Club</p>	<p><b>5</b> <b>9am Veteran's Assistance</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>Turkey &amp; Cheese Sub</b> 1pm Shopping <b>Meijer</b> 1pm Pinochle</p>	<p><b>6</b> 9:30 am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Santa Fe Salad</b></p>
<p><b>9</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>BBQ Pulled Pork</b> 1pm Cornhole 1pm Euchre 1pm Crafts 4pm Dinner Date</p>	<p><b>10</b> <b>9am Legal Services</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>Grilled Chicken Breast</b> 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p><b>11</b> 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Creole Steak</b> 3pm Bunco 6PM Card Club</p>	<p><b>12</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>HM Pork Chop w/ Apples</b> 1pm Shopping <b>Aldi/ Farm MKT</b> 1pm Pinochle</p>	<p><b>13</b> 9:30 am Crochet &amp; Knitting Class 10am Poker 10:30 am Range of Motion 12noon Line Dancing 12noon Lunch <b>Sweet &amp; Sour Meatballs</b></p>
<p><b>16</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Meatloaf w/ Gravy</b> 1pm Cornhole 1pm Euchre 1pm Crafts</p>	<p><b>17</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>Chicken Caesar Salad</b> 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p><b>18</b> 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Chefs Choice</b> 3pm Bunco 6pm Card Club</p>	<p><b>19</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>HM Chicken Parmesan Sandwich</b> 1pm Shopping <b>Walmart</b> 1pm Pinochle</p>	<p><b>20</b> 9:30 am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Crusted Fish</b></p>
<p><b>23</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>HM Bean Soup w/ Turkey Ham</b> 1pm Cornhole 1pm Euchre</p>	<p><b>24</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>Beef Teriyaki</b> 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p><b>25</b> 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>HM Sloppy Joes</b> 3pm Bunco 6pm Card Club</p>	<p><b>26</b> <b>9am Commodities</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>HM Chicken &amp; Noodles</b> 1pm Shopping <b>Big Lots/Ollies</b> 1pm Pinochle</p>	<p><b>27</b> 9:30am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Breaded Turkey Sandwich</b></p>
<p><b>30</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>HM Beef Goulash</b> 1pm Cornhole 1pm Euchre 1pm Beading</p>	<p><b>31</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>Oven Fried Chicken</b> 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>			





# Cooking for One

### WHEN

**Mondays:**  
1:00 PM-2:30 PM  
**Dates:**  
Nov. 6th-Dec. 11th

### WHERE

**Montrose Senior Center**  
200 Alfred St, Montrose,  
MI 48457

**Sign-up at the  
front desk or call:  
(810) 639-2822**

### INSTRUCTOR:

**Nicole Lehr**  
Community Nutrition  
Instructor  
810-224-8524  
lehrnic1@msu.edu

Follow MI Health Matters from  
Michigan State University  
Extension on social media!



Photo Credit: Andrea Piccupa from Flickr

Whether you're living on your own for the first time, a single college student, a hard-working adult, or a senior on your own, cooking for one can be fun!

Over the course of six lessons, you will:

- Learn ways to make cooking for one simple & affordable
- Discuss helpful tips & tricks to making healthy choices, like eating well & being active
- Watch cooking demonstrations & taste-test recipes in every class

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

#SNAPedWorks Funded by the USDA's Supplemental Nutrition Assistance Program—SNAP. Delivered by MSU Extension.

## 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.

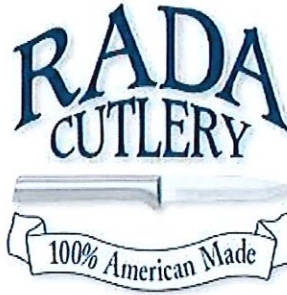
Feel free to call the **MMAP Hotline**  
**(800) 803-7174**  
**(810) 639-2822**

## 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](mailto:swarren@montrosetownship.org)

**Montrose Township Senior Center**  
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 Montrose, MI 48457  
 (810) 639-2822    Fax (810) 639-5899  
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[seniorcenter@montrosetownship.org](mailto:seniorcenter@montrosetownship.org)