

Montrose Township Senior Center

Silver Threads November 2023



Thursday, November 16

6:00pm

FREE to all seniors 60+

Dinner includes all the fixings 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!



**2024
MEDICARE OPEN ENROLLMENT
October 15 - December 7**

A Medicare counselor will be at the center on **Thursday November 9th.**

To schedule an appointment please call the center (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, or visit 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.



November 30th 2023

Join us for our monthly
Breakfast Club

French Toast, 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

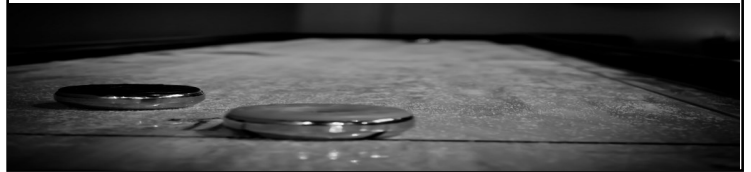
Bring a dish to pass!



Shuffleboard League

Every Thursday at 10am

Please call the center for more infor-



Dinner Date

This month we are going to **Liberty Family Diner** in Flushing on **Monday November 13th** The bus leaves at **4pm**.

***Pending driver availability**

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.

Shopping will be dependent on the availability of a driver. Please call the center for more information.



HAPPY BIRTHDAY

Senior Center November Birthdays

4th	Chuck Persons
4th	Dan Mungall
7th	Kay Gross
8th	Heidi Rabidue
8th	Dottie Hamlin
13th	Ann Pries
14th	Valarie Lanxton
16th	Marty Lane
21st	Ruth Ann Milburn
22nd	Nancy Ames
24th	Mel Rice



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, November 14th

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.

Call 810 257-3068 to schedule your appointment.

Beading Class
Beaded Tree Ornament
Monday, November 27th
1pm



Cost: Donation

Crafts



Monday November 6th
1pm
Participants MUST preregister

Crafts



Monday November 13th
1pm
Participants MUST preregister



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 Picquadio from [Pixabay](#)

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.



November 2023

Mon

Tue

Wed

Thu

Fri

		<p>1 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Cobb Salad 3pm Bunco 6PM Card Club</p>	<p>2 10am Ladder Golf 10am Shuffleboard 12noon Lunch Baked Mostaccioli 1pm Shopping Meijer 1pm Pinochle</p>	<p>3 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Honey Glazed Chicken</p>
<p>6 9am Stitching Post 10am Shuffle Board 12noon Lunch Cheese Ravioli 1pm Cornhole 1pm Euchre 1pm Crafts</p>	<p>7 9am Legal Services 9am Yoga 10am B.P. Checks 12noon Lunch Fiesta Chicken w/ Onions 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p>8 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Salisbury Steak 3pm Bunco 6PM Card Club</p>	<p>9 10am Ladder Golf 10am Shuffleboard 12noon Lunch Asian Turkey Burger 1pm Shopping Aldi/ Farm MKT 1pm Pinochle</p>	<p>10 </p>
<p>13 9am Stitching Post 10am Shuffle Board 12noon Lunch New Orleans Chicken Stir-Fry 1pm Cornhole 1pm Euchre 1pm Crafts 4pm Progressive Dinner</p>	<p>14 9am Yoga 10am B.P. Checks 12noon Lunch Pub Burger w/ Cheese 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p>15 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Italian Wedding Soup 3pm Bunco 6pm Card Club</p>	<p>16 9am Commodities 10am Ladder Golf 10am Shuffleboard 12noon Lunch Chicken Fajitas 1pm Shopping Walmart 1pm Pinochle 6pm Harvest Dinner</p>	<p>17 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Glazed Citrus Salmon</p>
<p>20 9am Stitching Post 10am Shuffle Board 12noon Lunch Swedish Meatballs 1pm Cornhole 1pm Euchre</p>	<p>21 9am Yoga 10am B.P. Checks 12noon Lunch Turkey Breast 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p>22 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Crispy Chicken Salad 3pm Bunco 6pm Card Club</p>	<p>23</p> 	
<p>27 9am Stitching Post 10am Shuffle Board 12noon Lunch Chili w/ Ground Beef 1pm Cornhole 1pm Euchre 1pm Beading</p>	<p>28 9am Yoga 10am B.P. Checks 12noon Lunch Creamy Turkey & Wild Rice Soup 1pm Bid Euchre 1pm Shopping 1pm Drums Alive</p>	<p>29 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch HM Beef & Bean Burrito 3pm Bunco 6pm Card Club</p>	<p>30 8am Breakfast 10am Ladder Golf 10am Shuffleboard 12noon Lunch Philly Chicken w/ Cheese 1pm Shopping Big Lots/Ollies 1pm Pinochle</p>	



REGISTRATION
MONDAY, NOVEMBER 13 THROUGH
THURSDAY, JANUARY 11
COST: \$12.00 PER PERSON
INCLUDES: T-SHIRT, UNLIMITED EVENTS,
OPENING CEREMONY AND CLOSING BANQUET
LUNCHEON

2024 EVENTS:
PIE EATING, DARTS, CORN HOLE, JIGSAW PUZZLE, SPADES, CHECKERS,
SCRABBLE, YAHTZEE, HAND KNEE FOOT, SHUFFLEBOARD, COMPETITIVE
TABLE TENNIS, RECREATIONAL PING PONG, CRIBBAGE, PINOCHLE,
SUDOKU, SENIOR GRAND PRIX, SOFTBALL TOSS, FREE THROW, EUCHRE,
BAKING, PICKLEBALL, MINIATURE GOLF, LINE DANCING, MEXICAN
TRAIN DOMINOES, SPELLING BEE, ARTS & CRAFTS, NAME THAT SONG,
POOL, FRISBEE TOSS AND LADDER GOLF

2024 EVENT DATES:
MONDAY, FEBRUARY 5-THURSDAY, FEBRUARY 29

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 calm-
ing 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.



Thanksgiving Word Search

Challenging



H L E A V E S O X A W T L I O X N Z P K
 V J W L F E A S T M C E D Q T L A E F L
 Y H O O E Z N P Z E D T N I H Y C I E Y
 C A N K D D N Z L N R K Y I A E E P S C
 L S D S Z Q U E J A H Y C E N X P J R X
 S O B I D F B T D W V L I Y K T R X E Q
 I Q T W L R A I I V O Y M R F R B U B V
 K R E H A O T L N T Y B H O U C U Y M M
 D E I T A I H O L U A G T F L Y I T E Y
 S W I B O N Q V E P G R V K N N J S V C
 A O H N R Y K N R H E Y G E E D U V O Q
 N L W Z S J O S E P L O M A S S T R N Y
 K F T E F B G L G I M J Y I S I N V F M
 P Y G F H Y B N M I N Q Y H O M E U O M
 L A N S I B I A S T V O R A C L D Y E I
 H M I G O F F O G Y X I J C V R Z M Q R
 X W Y G F C Q W S D W E N I X B J T G G
 F M T U Z H T U O M Y L P G G B R X J L
 Z C T E L I S E I R R E B N A R C R M I
 R S L W V T H G D X U A N I K P M U P P

CELEBRATION
 FALL
 GOBBLE
 HOME
 NOVEMBER
 PILGRIM
 STUFFING
 TRADITION
 WISHBONE

CORN
 FAMILY
 GRATITUDE
 LEAVES
 PECAN
 PLYMOUTH
 THANKFULNESS
 TURKEY

CRANBERRIES
 FEAST
 HOLIDAY
 MAYFLOWER
 PIE
 PUMPKIN
 THANKSGIVING
 VOYAGE





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.

CALL FOR MORE INFORMATION

**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.

To me Thanksgiving is more than the festivities, it gives me a chance to pause and look back at all the great memories and good people who came into my life. Thank you for being part of it. Happy Thanksgiving to you and your loved ones.

Staff

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