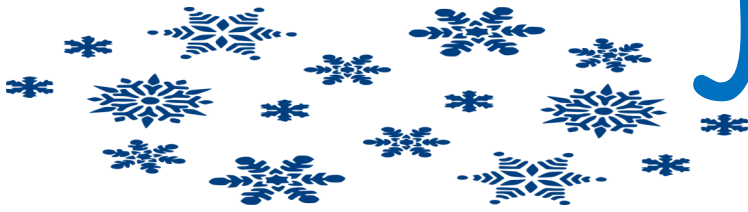


Montrose Township Senior Center

Silver Threads January 2024



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

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.



January 25th 2024

Join us for our monthly
Breakfast Club

Pancakes, Eggs, Bacon and
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

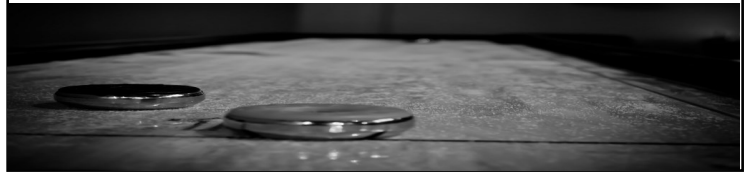
Bring a dish to pass!



Shuffleboard League

Every Thursday at 10am

Please call the center for more infor-



Dinner Date

This month we are going to **Andy's Country Chef** in Clio on **Monday January 8th** 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

BUNCO

Every Wednesday 2:00 P.M.



SHOPPING

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

Thursday, January 4th—**Walmart**

Thursday, January 11th— **Aldi**

Thursday, January 18th— **Meijer**

Thursday, January 25th—**Walmart**



**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.

HAPPY BIRTHDAY

Senior Center January Birthdays

2nd	Eric Kozma
7th	Stan Knuth
15th	Laura Spangler
16th	Burt Banks
20th	Karen Gall
20th	Bugs Spencer
20th	Alma Lowery
25th	Wanda Kozma
28th	Jerry Mears
28th	Marsha 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, January 9th

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
Angel Keychain
Monday, January 22nd
1pm



Cost: Donation

Crafts

Gel Air Freshener
Monday, January 8th
1pm

Participants MUST preregister



Crafts

Love Jar Candle Holder
Monday, January 29th
1pm

Participants MUST preregister



January 2024

Mon

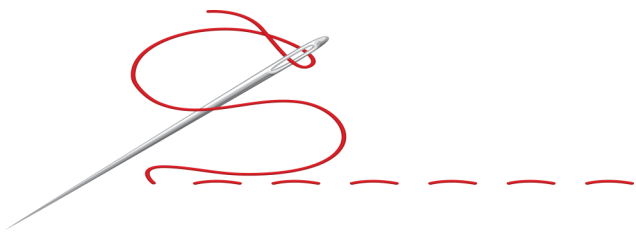
Tue

Wed

Thu

Fri

<p>1 Closed</p> 	<p>2 Closed</p> 	<p>3 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch BBO Chicken Tenders 2pm Bunco 6pm Card Club</p>	<p>4 10am Ladder Golf 10am Shuffleboard 12noon Lunch Sweet & Sour Meatballs 1pm Shopping Walmart 1pm Pinochle</p>	<p>5 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Pub Burger W/ Cheese</p>
<p>8 9am Stitching Post 10am Shuffle Board 12noon Lunch Pork Chops w/ Mushrooms 1pm Cornhole 1pm Euchre 2pm Crafts 4pm Dinner Date</p>	<p>9 9am Legal Services 9am Yoga 10am B.P. Checks 12noon Lunch Chicken Caesar Wrap 1pm Bid Euchre 1pm Shopping 1:15 pm Drums Alive</p>	<p>10 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Open Faced Pot Roast 2pm Bunco 6PM Card Club</p>	<p>11 10am Ladder Golf 10am Shuffleboard 12noon Lunch HM Chili 1pm Shopping Aldi 1pm Pinochle</p>	<p>12 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Grilled Chicken Breast</p>
<p>15 closed</p> 	<p>16 9am Yoga 10am B.P. Checks 12noon Lunch HM Creamy Tortellini 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive</p>	<p>17 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch HM Beef Pot Pie 2pm Bunco 6pm Card Club</p>	<p>18 9am Commodities 10am Ladder Golf 10am Shuffleboard 12noon Lunch Creole Steak 1pm Shopping Meijer 1pm Pinochle</p>	<p>19 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Crispy Fish Taco</p>
<p>22 9am Stitching Post 10am Shuffle Board 12noon Lunch Ham & Bacon Frittata 1pm Cornhole 1pm Euchre 1pm Beading</p>	<p>23 9am Yoga 10am B.P. Checks 12noon Lunch Liver & Onions W/ Gravy 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive</p>	<p>24 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Roasted Chicken Breast 2pm Bunco 6pm Card Club</p>	<p>25 10am Ladder Golf 10am Shuffleboard 12noon Lunch HM Sloppy Joes 1pm Shopping Walmart 1pm Pinochle</p>	<p>26 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch HM Artisan Mac & Cheese</p>
<p>29 9am stitching Post 10am Shuffle Board 12noon Lunch HM Goulash 1pm Cornhole 1pm Euchre 2pm Crafts</p>	<p>30 9am Yoga 10am B.P. Checks 12noon Lunch HM Chicken Salad 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive</p>	<p>31 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Chicken Cacciatore 2pm Bunco 6pm Card Club</p>		



THE STITCHING POST

Friends of the Montrose Senior Center,

After canceling the Stitching Post Meeting for a few months due to illness, we have resumed meetings. We have filled 200 Christmas stockings for the Foster Care Closer in Clio. We will also be filling stockings for the Veterans Hospital and the Underground Railroad. We meet every Monday at 9:00 if you want to join us.

We were not totally inactive during our downtime. 2 loads of pretty pockets were delivered to the cancer center in Flint, 4 loads to local nursing homes, and due to a generous gift we were able to donate 329 items to the Humane Society of Shiawassee County.

Once we are done with all of our Christmas Stockings we will be taking a break until January 22 to get through the holidays. Thanks to all who have helped and given to the Stitching Post this year!

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**



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.

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.



Staff

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Montrose Township Senior Center

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