

Montrose Township Senior Center

Silver Threads February 2024



MICHIGAN SECRETARY OF STATE
**MOBILE OFFICE
IS COMING TO YOU**

The Secretary of State Mobile Office will be visiting
Montrose Senior Center
to provide service to
Seniors of Montrose Senior Center to complete
Secretary of State Transactions

Date: March 4, 2024

Time: 10 a.m. to 3 p.m.

Location: 200 Alfred St, Montrose 48457

Book a visit to complete your Secretary of State transactions, including:



First-time
Michigan ID



Renew driver's
license or ID



Transfer title



Apply for/renew
disability placard

For more information or to schedule
your visit during this Mobile Office
event, contact

Sara Warren

at 810-639-2822
swwarren@montrosetownship.org



REC-CONNECT™

FREE PHYSICAL FITNESS DEMO CLASSES!



Date: March 5 - April 9, 2024

Time: 2:00-3:00pm

Location: Montrose Senior Center

Rec-Connect™ is a 6-week physical fitness
demo class offered by Commit to Fit.
Get active through a variety of fun
physical activity demonstrations.
No experience necessary!

- Chair Bingo
- Chair Yoga
- Strength Bands
- Chair Aerobics & More!



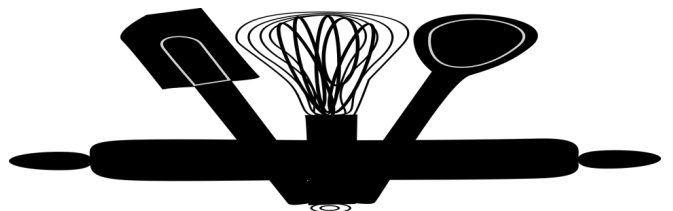
This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation. This institution is an equal opportunity provider.

Baking Class

Every Wednesday at 1pm

Call the Center for further details!

810-639-2822



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.



February 29th 2024

Join us for our monthly
Breakfast Club
Biscuits and Gravy, 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

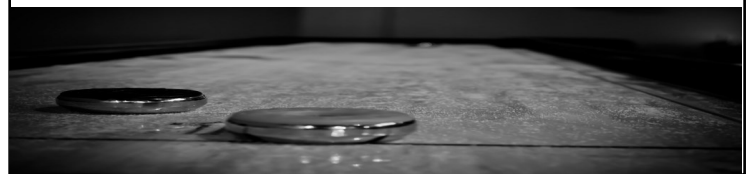
Bring a dish to pass!



Shuffleboard League

Every Thursday at 10am

Please call the center for more infor-



Dinner Date

This month we are going to **Showboat** in Chesaning on **Monday February 12th** 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, February 1st—**Walmart**

Thursday, February 8th— **Aldi**

Thursday, February 15th— **Meijer**

Thursday, February 22nd—**Walmart**

Thursday, February 29th—**Aldi**



**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 February Birthdays

1st	Eugene Lee
4th	Janet Kline
6th	Roy Dabbs
7th	Debra Bird
9th	June Fittante
9th	Steve Schlict
23rd	Debbie Reinhardt
24th	Jon friedl
25th	Jerry Cole
28th	Jim Kinney
28th	Maynard Reed



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, February 6th

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 Bracelet
Monday, February 12th
1pm



Crafts

Heart Wall Decor
Monday, February 5th
1pm

Participants MUST preregister



Crafts

Decoupage Eggs
Monday, February 26th
1pm

Participants MUST preregister



February 2024

Mon

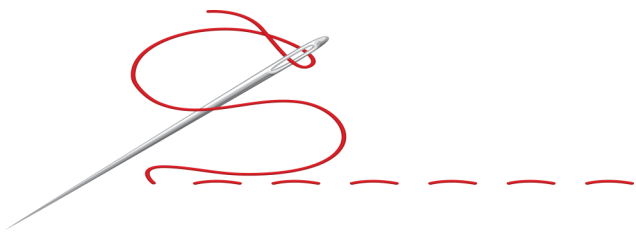
Tue

Wed

Thu

Fri

			<p>1 10am Ladder Golf 10am Shuffleboard 12noon Lunch Turkey Tetrazzini 1pm Shopping Walmart 1pm Pinochle</p>	<p>2 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Asian Chicken Bowl</p>
<p>5 9am Stitching Post 10am Shuffle Board 12noon Lunch HM Beef Stew 1pm Cornhole 1pm Euchre 2pm Crafts</p>	<p>6 9am Legal Services 9am Yoga 10am B.P. Checks 12noon Lunch HM White Chicken Chili 1pm Bid Euchre 1pm Shopping 1:15 pm Drums Alive</p>	<p>7 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Turkey Burger W/ Cheese 2pm Bunco 6PM Card Club</p>	<p>8 10am Ladder Golf 10am Shuffleboard 12noon Lunch Pork Loin 1pm Shopping Aldi 1pm Pinochle</p>	<p>9 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Chef G's Choice</p>
<p>12 9am Stitching post 10am Shuffle Board 12noon Lunch Cheese Ravioli W/ Meat Sauce 1pm Cornhole 1pm Euchre 1pm Beading 2pm Dinner Date</p>	<p>13 9am Yoga 10am B.P. Checks 12noon Lunch HM Sloppy Joes 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive</p>	<p>14 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Chicken Parm Sandwich 2pm Bunco 6pm Card Club</p>	<p>15 9am Commodities 10am Ladder Golf 10am Shuffleboard 12noon Lunch Potato Soup W/ Ham & Bacon 1pm Shopping Meijer 1pm Pinochle</p>	<p>16 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Citrus Glazed Salmon</p>
<p>19 CLOSED</p> 	<p>20 9am Yoga 10am B.P. Checks 12noon Lunch Meatloaf W/ Gravy 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive</p>	<p>21 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Tangerine Chicken 2pm Bunco 6pm Card Club</p>	<p>22 10am Ladder Golf 10am Shuffleboard 12noon Lunch BBQ Chicken Thighs 1pm Shopping Walmart 1pm Pinochle</p>	<p>23 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Artisan Mac & Cheese</p>
<p>26 9am stitching Post 10am Shuffle Board 12noon Lunch Breaded Chicken Sandwich 1pm Cornhole 1pm Euchre 2pm Crafts</p>	<p>27 9am Yoga 10am B.P. Checks 12noon Lunch Chef Salad 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive</p>	<p>28 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch HM Goulash 2pm Bunco 6pm Card Club</p>	<p>29 Breakfast Club 10am Ladder Golf 10am Shuffle Board 12noon Lunch Chicken & Sausage Jambalaya 1pm Shopping Aldi 1pm Pinochle</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

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

**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.

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
810-639-2822

Staff

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