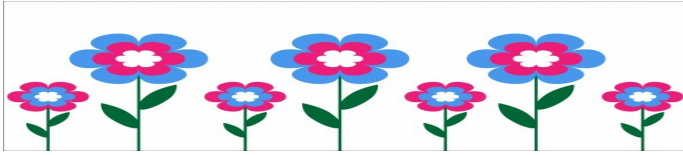


Silver Threads May 2024



**FREE
GIFT**

VAAA
**Valley Area
Agency On Aging**
Answers, Action & Advocacy
for **All Things Senior**

**TO-GO
LUNCH**
PROVIDED
on a first come
first serve basis,

Senior Power Day 2024

Wednesday, May 22, 2024

9:00 a.m. - 2:00 p.m.

Crossroads Village

6140 Bray Rd., Flint

Tickets \$5.00

Available at your local Senior Center in
Genessee, Lapeer and Shiawassee Counties

For information about ticket purchase locations,
please call (810) 239-7671 or visit
<https://valleyareaaging.org/resources/senior-centers/>

***Ticket includes Lunch, Train Ride, Resources,
and Legislative updates that affect
Seniors and Caregivers.***



Horrocks Farm Market

Monday, May 20th.

Bus will leave at 1pm

Pre-Registration is a must!

**We are doing a day trip to
Horrocks in Lansing.**

**Established in 1959 Horrocks is a
family owned Grocery Store, with full
service Deli, Specializing in locally
grown Produce, fruit and veggie plants!**

Birch Run Outlet / Lunch Day Trip!

Wednesday, May 15th.

Bus will Leave At 12 Noon

Pre-Registration is a must!

**You are Responsible for the cost of
your own lunch!**

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.



May 30th, 2024

8am—10am

Join us for our monthly
Breakfast Club
Biscuits & 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

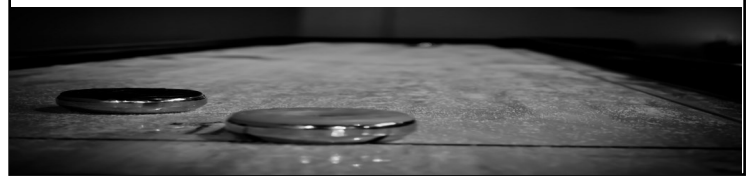
Bring a dish to pass!



Shuffleboard League

Every Thursday at 10am

Please call the center for more infor-



Dinner Date

This month we are going
to **Greg & Lou's in
Owosso** on **Monday
May 13th** The bus leaves
at **4pm.**

Please sign-up in advance
so we can call in reserva-
tions.



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, May 4th— **Aldi & Joanne's**

Thursday, May 9th—**Walmart & Menards**

Thursday, May 16th— **Aldi & Barnes & Noble**

Thursday, May 23rd— **Meijer**

Thursday, May 30th—**Walmart & Dollar Tree**



**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 May Birthdays

1st	Doug Barrett
5th	Delana Vroman
8th	Sharon Clark
9th	Doris Tanner
10th	Rudy Miller
11th	Tom Adelberg
15th	Ken Primeau
16th	Dave Reinhardt
19th	Carol Dewitt
24th	Lois Keeler
25th	Carol Persons
26th	Bob Ransom
31st	Gloria Aguirre



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, May 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.

Join your friends from the Clio, Forest Twp., Montrose, Krapohl & Thetford Senior Centers for another....



NORTHERN TIER



Get a team together of up to four people and find your way around the Northern Tier of Genesee County collecting items, solving riddles, to complete tasks from each senior center and the surrounding communities.

PRIZES will be AWARDED for 1st, 2nd, & 3rd place!

WHEN: Wednesday, July 24, 2024

(Rain date - July 31)

COST: \$13.00 Per Person

Dinner Provided

TIME: 3:00p to 8:00ish

**GET A
CLUE!**

Start at FOREST TOWNSHIP SENIOR CENTER, meet the other contestants and complete some clues before you are off to another challenge.

You must provide your own transportation and a camera (digital or cell phone).

Deadline to sign up is Friday, July 12th.

This IS NOT a race – your safety is far more important!



**Beading Class
Square Glass Bead
Bracelet**

**Monday, May 20th.
1pm**



Crafts

**Butterfly Hanger
Decoration**

**Monday, May 6th.
1pm**

Participants MUST preregister



Crafts

Butterfly Clip
Monday, May 13th.

1pm

Participants MUST preregister



May 2024

Mon

Tue

Wed

Thu

Fri

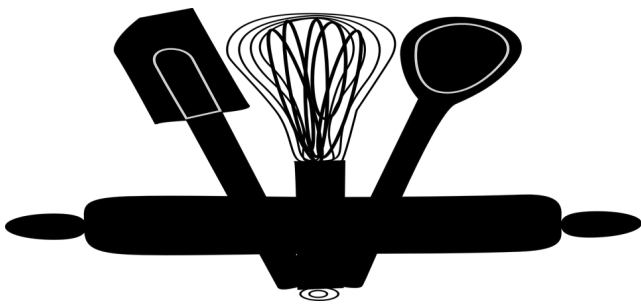
		<p>1 9:30am Strenth & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Tangerine Chick-en 2pm Bunco 6pm Card Club</p>	<p>2 10am Ladder Golf 10am Shuffleboard 12noon Lunch Meatloaf W/ Gravy 1pm Shopping Aldi & Joann's 1pm Pinochle</p>	<p>3 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Pub Burger W/ Cheese</p>
<p>6 9am Stitching Post 10am Shuffle Board 12noon Lunch Beef Tacos w/ HM Pico 1pm Cornhole 1pm Euchre 1pm Crafts</p>	<p>7 9am Yoga 10am B.P. Checks 12noon Lunch Chef salad 1pm Bid Euchre 1pm Shopping 1:15 pm Drums Alive</p>	<p>8 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Pepper Steak 2pm Bunco 6PM Card Club</p>	<p>9 10am Ladder Golf 10am Shuffleboard 12noon Lunch Breaded Chicken Sandwich 1pm Shopping Walmart & Menards 1pm Pinochle</p>	<p>10 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Baked Herb Pork Chop</p>
<p>13 9am Stitching post 10am Shuffle Board 12noon Lunch Ravioli W/ Beef Sauce 1pm Cornhole 1pm Euchre 1pm Crafts 4pm Dinner Date</p>	<p>14 9am Legal Services 9am Yoga 10am B.P. Checks 12noon Lunch Maple Glazed Chicken 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive</p>	<p>15 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch HM Beef Chili 2pm Bunco 6pm Card Club 1pm B.R. Outlet & Lunch Trip</p>	<p>16 9am Commodities 10am Ladder Golf 10am Shuffleboard 12noon Lunch Chicken & Penne Alfredo 1pm Shopping Aldi & Barnes And Noble 1pm Pinochle</p>	<p>17 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Glazed Ham Steak</p>
<p>20 9am Stitching Post 10am Shuffle Board 12noon Lunch Citrus Teriyaki Salmon Bowl 1pm Cornhole 1pm Euchre 1pm Beading 1pm Horrocks trip</p>	<p>21 9am Yoga 10am B.P. Checks 12noon Lunch Scliced Roast Beef 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive</p>	<p>22 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Chef's Choice 2pm Bunco 6pm Card Club</p>	<p>23 10am Ladder Golf 10am Shuffleboard 12noon Lunch Chicken Caesar Wrap 1pm Shopping Meijer 1pm Pinochle</p>	<p>24 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch HM Spaghetti & Meatballs</p>
<p>27 Closed </p>	<p>28 9am Yoga 10am B.P. Checks 12noon Lunch Sweet and Sour Chicken Wings 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive</p>	<p>29 9:30am Strenth & Balancing 10am Blood Sugar Checks 11:30am Zumba 12noon Lunch HM Sloppy Joes 2pm Bunco 6pm Card Club</p>	<p>30 8am Breakfast Club 10am Ladder Golf 10am Shuffleboard 12noon Lunch HM Beef Stroganoff 1pm Shopping Walmart & Dollar Tree 1pm Pinochle</p>	<p>31 9:30am Crochet & Knitting Class 10am Poker 10:30am Range Of Motion 12noon Line Dancing 12noon Lunch Turkey Burger w/ Cheese</p>

Baking Class

Every Wednesday

1pm

Please Let us know if you'd
Like to Participate in advance!



Every Tuesday

1pm

Just drop in to play!

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**



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

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