

Montrose Township

# Silver Threads August 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:** Sept. 9th 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

Sarah Warren

at 810-639-2822  
swarren@montrosetownship.org



**DONATIONS NEEDED!!  
BLUEBERRY WEEKEND  
BAKE SALE**

**Quick Oats**

**Sugar**

**Shredded Sharp**

**Cheddar Cheese**

**Chocolate Chips**

**Peanut Butter**

**Bread Bags (new)**

**Gallon Baggies**

**Quart Baggies**

**Butter**

**Eggs**

**Cocoa Powder**

**Self Rising Flour**

**Frozen Bread**

**Dough**

**Vegetable Oil**

**Refrigerated 2ct**

**Rolled Pie Crust**

**Blueberry Pancake Breakfast!  
Sunday, August 11th  
During the Blueberry Festival  
Car Show**

**Blueberry Pancakes, Eggs, your  
choice of Bacon or Sausage**

**\$10.00 ea.**

**Take out Available**



## 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.



## Summer Break! Breakfast Club Will Resume In September!

## 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

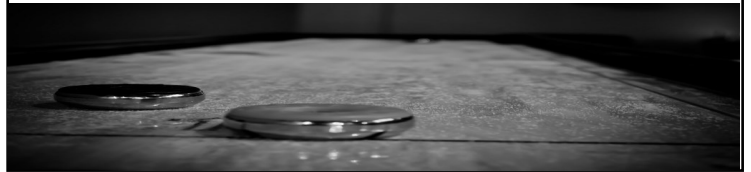
Bring a dish to pass!



## Shuffleboard League

Every Thursday at 10am

Please call the center for more infor-



## Dinner Date

This month we are going to **Saginaw Old Town Junction** on **Monday August 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**



On **September 16 at 12:30** an energy educator from Consumers Energy will present a 20-25 minute presentation on energy efficiency tips and safety.

Each person in attendance will receive a kit to begin their energy efficiency journey. The presentation includes tips for adjusting the thermostat, using smart/programmable thermostats, adjusting the water heater temperature, insulating the water heater, washing clothes with cold water, etc. Short video clips introduce homeowners to the aerators and showerheads in their kits, showing the devices' ease of installation and features. The presentation also includes information on energy safety and the 811 locator system. The take-home booklet contains information on energy safety, energy efficiency, how to read a bill, and what part of that bill can be reduced with smart behaviors and the use of the kit contents provided.

Every attendee receives a kit featuring door weatherstripping, 1 package of window film insulation, a high-efficiency showerhead, bathroom and kitchen aerators, nightlights, and more. A brochure highlighting other ways Consumers Energy can help families reduce energy waste is included.

Participating organizations can earn a grant of **\$250 to \$500 to host the event. The full \$500 is earned for having at least 50 households** in attendance.

Please call the center to preregister  
(810) 639-2822



# SENIOR MILLAGE RENEWAL INFO

**What:** The Senior Services Millage is up for a 10-year **renewal**. This a **renewal** at the current rate (.6852), **not an increase**. The millage provides funds to Genesee County's 16 senior centers as well as a whole host of other services for seniors including:

- In-home personal care/ homemaking services
- Home-delivered meals
- Legal Services
- Adult Day Care
- Elder Abuse and Exploitation Prevention
- Medical Transportation with Liaison Services
- Lawn Care
- Visual and Hearing Impaired Services
- Ramp Construction



**When:** August 6, 2024 (Primary Election)

*For the average homeowner in Genesee County, the cost of the **renewal** will remain at just \$4 per month.\**

**A 'Yes' Vote Means:** You want to continue funding the programs and services listed above using the Senior Services Millage.

**A 'No' Vote Means:** You do not want to continue funding the programs and services listed above using the Senior Services Millage.

**For more information, contact Lynn Radzilowski at (810) 424-4478 or by email at [AllSeniorServices@geneseecountymi.gov](mailto:AllSeniorServices@geneseecountymi.gov)**

\* Based on the average taxable value of properties in Genesee County in 2023.





## cards

**Monday– Euchre 1:00pm**

**Tuesday– Bid Euchre 1:00pm**

**Thursday– Pinochle 1:00pm**

**Friday–Texas Hold `em 10:00am**

## BUNCO

**Every Wednesday 2:00 P.M.**



## SHOPPING

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

Thursday, August 1st— **Aldi & Davison Farmers Market**

Thursday, August 8th— **Rich's & Little Debbie Outlet**

Thursday, August 15th— **Meijer & Dollar Store**

Thursday, August 22nd— **Aldi & Sara Lee Outlet**

Thursday, August 29th— **Walmart & Menards**



**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 August Birthdays

1st	Barb Crandall
1st	Sharon Rizk
1st	Catherine Kruse
3rd	Jimmy Hamlin
6th	Robert Wilke
6th	Sally Schmitzer
10th	Penny Cairnduff
15th	Ralph Lantto
16th	Larry Frame
18th	Janet Hall
20th	Sheryl Hohn
23rd	Connie Pangel
24th	Shari Goddard
24th	Peggy Auciello
29th	Julia Lantto



**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, August 13th**

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.



The Project Fresh season has begun. For more information call the Montrose Township Senior Center at 810 639-2822.

What is Senior Project Fresh?

Senior Project Fresh (SPF) is part of the federal program known as Senior Farmers Market Nutrition Program and is sponsored by the US Department of Agriculture, Food and Nutrition Services (USDA-FNS). SPF provides eligible participants with coupons to purchase locally grown fruits and vegetables at authorized farmers markets and roadside stands. The program provides nutritional support to seniors, as well as supporting Michigan farmers.

Who is Eligible for Senior Project Fresh? Seniors who are 60 of age or older. (Caregivers/proxy may apply on behalf of a senior). Residents of participating counties (coupons can be spent at any Michigan Farmers Market that accepts Project Fresh coupons). Gross Income 185% of poverty or less. For one person the income limit is \$27,861 and for two people \$37,814 or less.

# SENIOR DAY AT THE

# GENESEE COUNTY FAIR

## WEDNESDAY, AUGUST 21ST



### SCHEDULE OF EVENTS

**TENT OPENS AT 9:00AM**

**VENDOR FAIR 9:00AM-12:00PM**

**COFFEE AND DONUTS 9:00AM-12:00PM**

**OL' BLUE EYES PERFORMANCE 10:00AM**

**SHADES OF THE KING PERFORMANCE 11:00AM**

**SCAVENGER HUNT THROUGH THE FAIRGROUNDS**

**12:00PM (Senior Teams of 4)**

**FREE ICE CREAM 1:30PM (Seniors Only)**

**Please note: Fair Rides and Food are not  
free**



**Beading Class**  
**Drop Pearl Choker**  
**With Leather Cord**  
**Monday, August 19th**  
**1pm**



**Crafts**

**Dried Flower Ornaments**  
**Monday, August 12th**  
**1pm**  
**Participants MUST preregister**



**Crafts**

**Air Plant Holder**  
**With Rock and Wire**  
**Monday, August 26th**  
**1pm**  
**Participants MUST preregister**



# Clio Community Pharmacy Shot Clinic!

Please Sign up in Advance, as to be sure they bring adequate supplies.

Flu, Covid, Pneumonia and Shingles shots available.

**Thursday September 26th**  
**11am–1pm**

Call 810-639-2822

To Reserve your Appointment!



# August 2024

Mon

Tue

Wed

Thu

Fri

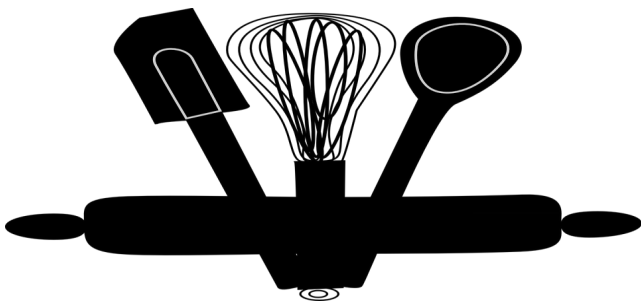
			<p><b>1</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>HM Beef Stroganoff</b> 1pm Shopping <b>Aldi &amp; Davison Farmers Market</b> 1pm Pinochle</p>	<p><b>2</b> 9:30 am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Chicken Caesar Salad</b></p>
<p><b>5</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>BBQ Pulled Chicken Sandwich</b> 1pm Cornhole 1pm Euchre</p>	<p><b>6</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>HM Mini Tacos</b> 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p><b>7</b> 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Turkey Polish Sausage</b> 2pm Bunco 6PM Card Club</p>	<p><b>8</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>BBQ Chicken Thighs</b> 1pm Shopping <b>Rich's &amp; Little Debbie Outlet</b> 1pm Pinochle</p>	<p><b>9</b> 9:30am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Turkey Burger W/ Cheese</b></p>
<p><b>12</b> 9am Stitching post 10am Shuffle Board 12noon Lunch <b>Boneless Ribs</b> 1pm Cornhole 1pm Euchre <b>1pm Crafts</b> <b>4pm Dinner Date</b></p>	<p><b>13</b> <b>9am Legal Services</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>HM Spaghetti &amp; Meatballs</b> 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p><b>14</b> 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Smothered Fried Fish</b> 2pm Bunco 6pm Card Club</p>	<p><b>15</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>Sloppy Joe</b> 1pm Shopping <b>Meijer &amp; Dollar Store</b> 1pm Pinochle</p>	<p><b>16</b> 9:30 am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Mac &amp; Cheese</b></p>
<p><b>19</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>BBO Boneless Chicken Wings</b> 1pm Cornhole 1pm Euchre <b>1pm Beading</b></p>	<p><b>20</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>HM Chicken &amp; Cheese Fajitas</b> 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p><b>21</b> 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Chef's Choice</b> 2pm Bunco 6pm Card Club</p>	<p><b>22</b> <b>9am Commodities</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>Pepper Steak W/ Veggies</b> 1pm Shopping <b>Aldi, Sara Lee Outlet</b> 1pm Pinochle</p>	<p><b>23</b> 9:30am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Fish Taco w/ Roasted Corn Salsa</b></p>
<p><b>26</b> 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Meatloaf W /Gravy</b> 1pm Cornhole 1pm Euchre <b>1pm Crafts</b></p>	<p><b>27</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>Chicken Tenders</b> 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 2:30pm Chair Volley Ball</p>	<p><b>28</b> 9:30am Strength &amp; Balancing 11:30am Zumba 12noon Lunch <b>HM Beef Goulash</b> 2pm Bunco 6pm Card Club</p>	<p><b>29</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>Open Face Turkey Sandwich</b> 1pm Shopping <b>Walmart &amp; Menards</b> 1pm Pinochle</p>	<p><b>30</b> 9:30 Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>HM Chicken Penne Alfredo</b></p>

# Baking Class

Every Wednesday

1pm

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



Every Tuesday

1:30 pm

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**



On behalf of the Genesee County Board of Commissioners, it is my honor to reaffirm our commitment to the senior citizen community of Genesee County. We are dedicated to not only maintaining but also enhancing the quality of programs and services tailored specifically to senior residents.

We recognize the invaluable contributions that our seniors have made and continue to make in our communities. In gratitude and respect, we consider it our responsibility to ensure that you have access to high-level services that support your health and happiness. From healthcare assistance and nutritional programs to recreational activities and community engagement opportunities, we are fully committed to ensuring healthy, safe and livable communities.

Through our Department of Senior Services, we are always exploring new and creative ways to improve and expand the services we offer. To achieve this, we need your invaluable insight to guide our efforts in creating a dynamic and supportive environment for all seniors.

The Board was excited to support the Metropolitan Planning Commission's role in providing \$1.6 million in ARPA funds aimed at significant improvements at all 16 senior centers in Genesee County, bringing much-needed facility upgrades, accessibility improvements and beautification.

We invite you to reach out to us with your thoughts, suggestions, and concerns. Your voice is crucial in shaping the future of the programs and services we provide. Together, we can ensure that Genesee County remains a place where seniors can live their lives to the fullest, surrounded by a supportive and caring community.

Thank you for your continued trust in us. We look forward to serving you and making Genesee County an even better place for our senior citizens.

Regards,

James Avery  
Chair  
Board of Commissioners



**GENESEE COUNTY**  
BOARD OF COMMISSIONERS



# 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**

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