

Montrose Township Senior Center

Silver Threads October 2024



**Montrose Township
Senior Center**

**Presents Our Annual
Harvest Dinner
Thursday, November 21st
6:00pm
FREE to all seniors 60+**

Dinner includes all the fixing 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
810-639-2822**

Inflation Reduction Act for 2025

How does this affect my health care?
Will my current plan be affected?
What steps do I need to take?
When do I need to complete this?
Learn about this and more
**October 10, 2024
10:30 am
Montrose Senior Center
Marli Schnepf
989-277-1118**

Refreshments will be provided



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.



Donations are Needed

These items are needed at the Center on a monthly basis:

8oz foam coffee cups

Small bowls

6-inch Plates

Crackers

Cookies

Craft Supplies

Tea Bags

Powdered Creamer

Hot Cocoa

Coffee

Card Club

EVERY WEDNESDAY NIGHT

6:00pm.

No partner needed

Bring a dish to pass!



Dinner Date

This month we are going to **The Barn in Fenton** on **Monday October 7th**. The bus leaves at **5pm**.

Please sign-up in advance so we can call in reservations.



Breakfast Club

October 31st 2024

**Sausage Biscuits & Gravy,
Eggs, Sausage or Bacon**

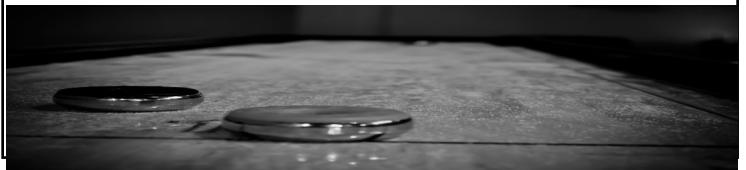
8-10am

\$8.00

Shuffleboard League

Every Thursday at 10am

Please call the center for more information or to sign up



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 2:00 P.M.



SHOPPING

*** NOTE Shopping Time is Now 9am**

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

Thursday, October 3rd— **Owosso**

Thursday, October 10th— **Walmart**

Thursday, October 17th— **Meijer**

Thursday, October 24th— **Aldi**

Thursday, October 31st— **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 October Birthdays

2nd Cathy Epperson

2nd Joy Spencer

2nd Jeanie Marston

3rd Sandy Jacobi

4th Judy Walker

6th Bob Pries

10th Lynn Kruse

10th Lavonne Ealy

13th Fred Domine

15th Ginny Short

23th Harriet Hughes

26th Shirley Neahusan

27th Bev Cummings

28th Nancy Loper

29th Ed Henning



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, October 8th

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
Paw Print Bracelet
Monday, October 21st
1pm



Crafts
Fall Broom Decor
Monday, October 14th
1pm
Participants MUST preregister



Crafts
Owl Paver Decor
Monday, October 28th
1pm
Participants MUST preregister



October 2024

Mon

Tue

Wed

Thu

Fri

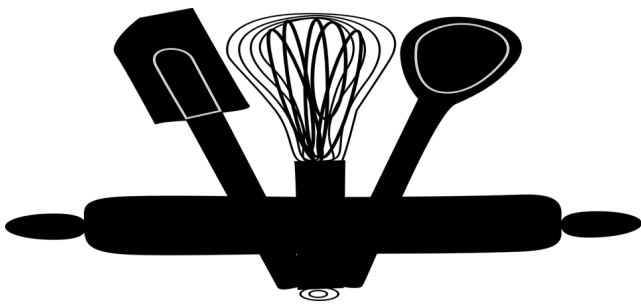
	<p>1 9am Yoga 10am B.P. Checks 12noon Lunch Chicken Salad Sandwich 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p>2 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Salisbury Steak 2pm Bunco 6pm Card Club</p>	<p>3 9am Shopping Owosso 10am Ladder Golf 10am Shuffleboard 12noon Lunch Turkey & Cheese Sub 1pm Pinochle</p>	<p>4 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Santa Fe Salad W/ Chicken</p>
<p>7 9am Stitching Post 10am Shuffle Board 12noon Lunch BBQ Pulled Pork 1pm Cornhole 1pm Euchre 5pm Dinner Date</p>	<p>8 9am Legal Services 9am Yoga 10am B.P. Checks 12noon Lunch Grilled Chicken Breast 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p>9 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Chef's Choice 2pm Bunco 6PM Card Club</p>	<p>10 9am Shopping Walmart 10am Ladder Golf 10am Shuffleboard 12noon Lunch HM Pork Chop w/ Apples 1pm Pinochle</p>	<p>11 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Sweet And Sour Meatballs</p>
<p>14 9am Stitching post 10am Shuffle Board 12noon Lunch Meatloaf W/ Gravy 1pm Cornhole 1pm Euchre 1pm Crafts</p>	<p>15 9am Yoga 10am B.P. Checks 12noon Lunch Chicken Caesar Salad 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p>16 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Creole Steak 2pm Bunco 6pm Card Club</p>	<p>17 9am Shopping Meijer 9am Commodities 10am Ladder Golf 10am Shuffleboard 12noon Lunch HM Chicken Parmesan Sandwich 1pm Pinochle</p>	<p>18 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Crusted Fish</p>
<p>21 9am Stitching Post 10am Shuffle Board 12noon Lunch Bean Soup W/ Turkey Ham 1pm Cornhole 1pm Euchre 1pm Beading</p>	<p>22 9am Yoga 10am B.P. Checks 12noon Lunch Beef Teriyaki 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p>23 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch HM Sloppy Joe 2pm Bunco 6pm Card Club</p>	<p>24 9am Shopping Aldi 10am Ladder Golf 10am Shuffleboard 12noon Lunch HM Chicken & Noodles 1pm Pinochle</p>	<p>25 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Breaded Turkey Sandwich</p>
<p>28 9am Stitching Post 10am Shuffle Board 12noon Lunch HM Beef Goulash 1pm Cornhole 1pm Euchre 1pm Crafts</p>	<p>29 9am Yoga 10am B.P. Checks 12noon Lunch Oven Fried Chicken 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p>30 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30am Zumba 12noon Lunch Boneless BBQ Riblet 2pm Bunco 6pm Card Club</p>	<p>31 8am Breakfast Club 9am Shopping Walmart 10am Ladder Golf 10am Shuffleboard 12noon Lunch Country Style Chicken W/ Gravy 1pm Pinochle</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**



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