

# Silver Threads December 2024



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

## Christmas Shopping Trip and Lunch

We will leave start by going to Begick's in Bay City and come back to Birch Run for lunch and a few stops at the Birch Run Mall.

**Saturday, December 7th**

The bus will leave the center at 9am

Please call the center at 810-639-2822 to reserve your spot



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:** December 16, 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  
swarren@montrosesenior.org



Every Saturday

Check in starts at 11:30am and play  
begins at 12noon.

Bring your favorite snack to share.



# SENIOR *Winter* GAMES!

FEBRUARY 3RD - FEBRUARY 27TH, 2025

REGISTRATION:

NOVEMBER 11TH TO  
JANUARY 9TH, 2025

COST:

**\$15.00 PER PERSON**

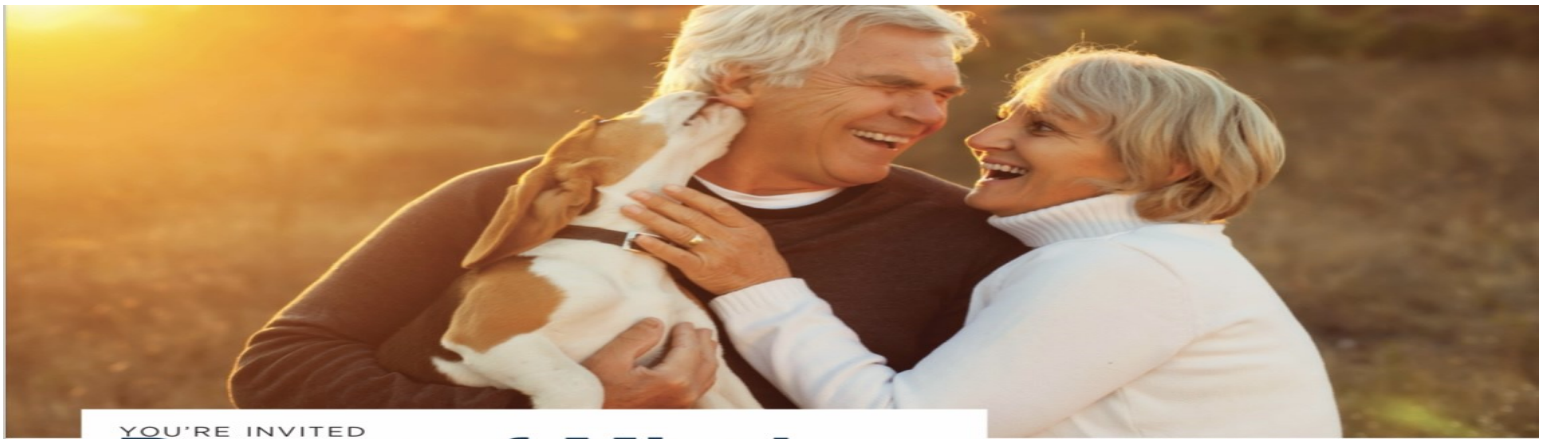
EXTRA \$3 FEE FOR BOWLING EVENT  
INCLUDES: T-SHIRT, UNLIMITED EVENTS,  
OPENING CEREMONY WITH ENTERTAINMENT,  
AND CLOSING BANQUET LUNCH!

## 2025 EVENTS:

PIE EATING, DARTS, CORN HOLE, JIGSAW PUZZLE, SPADES,  
CHECKERS, SCRABBLE, YAHTZEE,  
HAND KNEE & FOOT, SHUFFLEBOARD, TABLE TENNIS, PING  
PONG, CRIBBAGE, PINOCHLE, SUDOKU, SENIOR GRAND PRIX,  
SOFTBALL TOSS, FREE THROW, EUCHRE, BAKING, PICKLEBALL,  
MINIATURE GOLF, LINE DANCING,  
DOMINOES (MEXICAN TRAIN), SPELLING BEE, ARTS & CRAFTS,  
POOL, FRISBEE TOSS, LADDER GOLF AND BOWLING.

LOCATIONS ARE LISTED ON REGISTRATION FORM!





YOU'RE INVITED

# Peace of Mind Seminar

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us and learn more about pre-arrangements, veteran benefits, cremation, burials, and more.

WE WILL DISCUSS

- Cremation & Burials
- Traditional Funerals
- Veteran Benefits
- Payment Plans
- Pre-arrangements

**January 14, 2025**  
**11:30 a.m. Lunch Served**

Montrose Senior Center  
200 Alford St.  
Montrose, MI 48457

**RSVP by 1/12/25 at (810) 639-2822**

PRESENTED BY  
**O'Guinn Family  
Funeral Homes**

This invitation is part of a general distribution. If this reaches you at a time of illness or loss, please accept our sincerest apologies. By responding to this invitation, you may be contacted by a representative of «FUNERAL HOME NAME», who is also an appointed agent of Forethought Life Insurance Company (FLIC), Indianapolis, IN. The representative is available to answer any questions and may offer you a life insurance policy or annuity contract issued by FLIC, a subsidiary of Global

Davison Township Parks & Recreation



*9th Annual*

# TRAIL OF LIGHTS

AT ROBERT WILLIAMS NATURE & HISTORICAL LEARNING  
CENTER (10069 E ATHERTON RD., DAVISON 48423)



**December 15th**

**bus leaves at 4:40pm**

**Cost: \$10.00**

This event is currently full. Please call to be placed on the waiting list.

810-639-2822

**Tractor Wagon Rides 5:30-8:30pm**

## 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.



## Breakfast Club

**Cancelled Due to Christmas!**

## 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

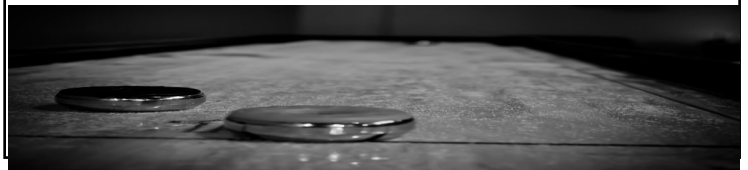
Bring a dish to pass!



## Shuffleboard League

Every Thursday at 10am

Please call the center for more information or to sign up



## Dinner Date

This month we are going to **Leo's in Birch Run on Monday December 9th** The bus leaves at **4:45pm.**

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



## OUR WEEKLY EXERCISE CLASSES

**TUESDAY**– 9am **Chair Yoga**

1pm **Drums Alive**

1:30pm **Chair Volleyball**

**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  
10:00am**

**Saturday–Pinochle 12noon**

## 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, December 5th— **Aldi**

Thursday, December 12th— **Owosso**

Thursday, December 19th— **Walmart**

Thursday, December 26st— **Aldi**



# DRUMS ALIVE GOLDEN BEATS

**Tuesday's at 1:15pm**

**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.

**FREE  
CLASSES  
ADULTS  
60+**



# HAPPY BIRTHDAY

## Senior Center December Birthdays

5th	Wayne Shick
7th	Mildred Curtis
7th	Vicki Taylor
8th	Chris Middleton
12th	Mary Jeffrey
13th	Tom Tithof
17th	Nancy Obershaw
18th	Mary Loafman
20th	Betty Hernandez
24th	Dorothy Banks
24th	MaryAnn Orme
29th	Evelyn McMullen



**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, December 10th**

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**

### **Wooden Bead Ornament**

**Monday, December 9th 1pm**

**Participants MUST preregister**



## **Crafts**

### **Sea Glass Christmas Tree**

**Monday, December 16th 1pm**

**Participants MUST preregister**



# December 2024

Mon

Tue

Wed

Thu

Fri

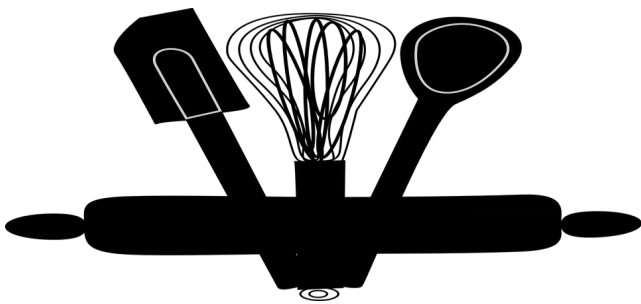
<p>2 9am Stitching Post 10am Shuffle board 12noon Lunch <b>BBO Chicken Thighs</b> 1pm Cornhole 1pm Euchre</p>	<p>3 9am Yoga 10am B.P. Checks 12noon Lunch <b>Meatloaf W/ Gravy</b> 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p>4 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 12noon Lunch <b>HM Lasagna W/ Beef</b> 2pm Bunco 6pm Card Club</p>	<p>5 9am Shopping <b>Aldi</b> 10am Ladder Golf 10am Shuffle Board 12noon Lunch <b>Turkey Burger W/ Cheese</b> 1pm Pinochle</p>	<p>6 9:30 am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Baked Fish</b> 1PM Baking Class</p>
<p>9 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Beef Tacos</b> 1pm Cornhole 1pm Euchre <b>1pm Crafts</b> <b>5pm Dinner Date</b></p>	<p>10 <b>9am Legal Services</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>HM Beef Stew</b> 1pm Bid Euchre 1pm Shopping No Drums Alive! 1:30pm Chair Volley Ball</p>	<p>11 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>HM Chicken Chili</b> 2pm Bunco 6PM Card Club</p>	<p>12 9am Shopping <b>Owosso</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>HM Stuffed Green Peppers</b> 1pm Pinochle</p>	<p>13 9:30am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Salisbury Steak</b> 1pm Baking Class</p>
<p>16 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Chicken Parmesan</b> 1pm Cornhole 1pm Euchre</p>	<p>17 9am Yoga 10am B.P. Checks 12noon Lunch <b>Chef's Choice</b> 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p>18 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Antipasto Salad</b> 2pm Bunco 6pm Card Club</p>	<p>19 <b>9am Commodities</b> 9am Shopping <b>Meijer</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>Glazed Pork Loin</b> 1pm Pinochle</p>	<p>20 9:30 am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Country Style Chicken</b> 1pm Baking Class</p>
<p>23 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Steak Fajitas</b> 1pm Cornhole 1pm Euchre <b>1pm Beading</b></p>			<p>26 9am Shopping <b>Walmart</b> 10am Ladder Golf 10am Shuffle Board 12noon Lunch <b>HM Chicken Salad</b> 1pm Pinochle</p>	<p>27 9:30am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>HM Mac &amp; Cheese</b> 1PM Baking Class</p>
<p>30 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Baked Chicken Breast</b> 1pm Cornhole 1pm Euchre <b>1pm Crafts</b></p>				

# Baking Class

Every Friday

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