

Montrose Township Senior Center

# Silver Threads January 2025



## SENIOR Winter GAMES!

FEBRUARY 3RD - FEBRUARY 27TH, 2025

REGISTRATION:

NOVEMBER 11TH TO  
JANUARY 9TH, 2025

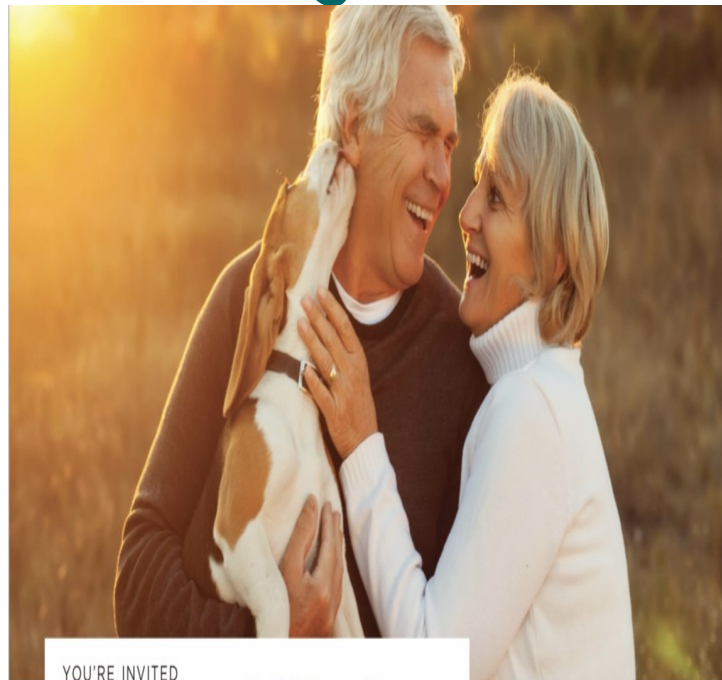
COST:

**\$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 WILL DISCUSS

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

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.

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**

## 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	Craft Supplies
Small foam bowls	
6-inch Plates	Powdered Creamer
Crackers	
Cookies	Coffee

## Card Club

**EVERY WEDNESDAY NIGHT**

6:00pm.

No partner needed

Bring a dish to pass!



## Dinner Date

This month we are going to Jonny's Pour House in Flushing on **January 13th** The bus leaves at **4:45pm**.

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



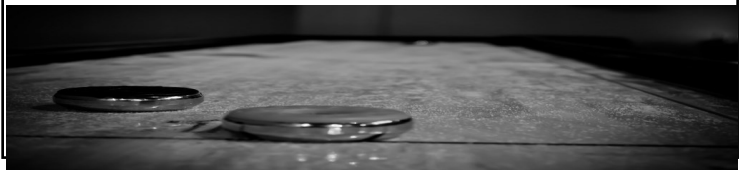
## Breakfast Club Thursday, January 30th 8am to 10am Cost: \$6.00

French toast, eggs, and choice of bacon or sausage

## 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**  
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, January 2— **Meijer**

Thursday, January 9— **Aldi**

Thursday, January 16— **Walmart**

Thursday, January 23— **Meijer**

Thursday, January 30— **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 January Birthdays

2nd	Eric Kozma
7th	Stan Knuth
9th	Roger Gillespie
14th	Chris Gibbs
15th	Laura Spangler
16th	Burt Banks
20th	Karen Gall
20th	Bugs Spencer
20th	Alma Lowery
20th	Dave Draper
22nd	Judy Gillespie
25th	Wanda Kozma
28th	Jerry Mears
28th	Marsha Rice



**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, January 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.

# Beading Class

## Heart Bracelet

Monday, January 27th 1pm

Participants MUST preregister



## Crafts

### Ombre' Heart Wreath

Monday, January 13th 1pm

Participants MUST preregister



## Crafts

### Valentine's Candle Holder

Monday, January 27th 1pm

Participants MUST preregister



# January 2025

Mon

Tue

Wed

Thu

Fri

# HAPPY NEW YEAR

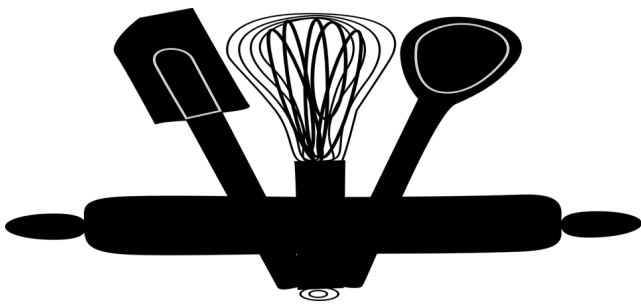
			<p>2 9am Shopping <b>Aldi</b> 10am Ladder Golf 10am Shuffle Board 12noon Lunch <b>Sweet &amp; Sour Meatballs</b> 1pm Pinochle</p>	<p>3 9:30 am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>BBO Chicken Tenders</b> 1PM Baking Class</p>
<p>6 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Pork Chops</b> 1pm Cornhole 1pm Euchre <b>1pm Crafts</b></p>	<p>7 <b>9am Legal Services</b> 9am Yoga 10am B.P. Checks 12noon Lunch <b>HM Chili</b> 1pm Bid Euchre 1pm Shopping 1:30pm Chair Volley Ball</p>	<p>8 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Open Face Pot Roast</b> 2pm Bunco 6PM Card Club</p>	<p>9 9am Shopping <b>Owosso</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>Chicken Caesar Wrap</b> 1pm Pinochle</p>	<p>10 9:30am 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>13 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>Ham &amp; Bacon Frit-ta</b> 1pm Cornhole 1pm Euchre <b>5pm Dinner Date</b></p>	<p>14 9am Yoga 10am B.P. Checks 12noon Lunch <b>HM Creamy Tortellini</b> 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p>15 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch <b>Roasted Chicken Breast</b> 2pm Bunco 6pm Card Club</p>	<p>16 <b>9am Commodities</b> 9am Shopping <b>Meijer</b> 10am Ladder Golf 10am Shuffleboard 12noon Lunch <b>Creole Steak</b> 1pm Pinochle</p>	<p>17 9:30 am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>Crispy Fish Taco</b> 1pm Baking Class</p>
<p>20 <b>CLOSED</b></p> 	<p>21 9am Yoga 10am B.P. Checks 12noon Lunch <b>HM Sloppy Joe</b> 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p>22 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30am Zumba 12noon Lunch <b>Chef's Choice</b> 2pm Bunco 6pm Card Club</p>	<p>23 9am Shopping <b>Walmart</b> 10am Ladder Golf 10am Shuffle Board 12noon Lunch <b>HM Liver &amp; Onions</b> 1pm Pinochle</p>	<p>24 9:30am Crochet &amp; Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch <b>HM Artisan Mac &amp; Cheese</b> 1PM Baking Class</p>
<p>27 9am Stitching Post 10am Shuffle Board 12noon Lunch <b>HM Goulash</b> 1pm Cornhole 1pm Euchre <b>1pm Crafts</b> <b>1pm Beading</b></p>	<p>28 9am Yoga 10am B.P. Checks 12noon Lunch <b>HM Chicken Salad</b> 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p>29 9:30am Strength &amp; Balancing 10am Blood Sugar Checks 11:30am Zumba 12noon Lunch <b>Chicken Cacciatore</b> 2pm Bunco 6pm Card Club</p>	<p>30 <b>8am Breakfast Club</b> 9am Shopping <b>Aldi</b> 10am Ladder Golf 10am Shuffle Board 12noon Lunch <b>HM Beef Pot Pie</b> 1pm Pinochle</p>	<p>31 9:30am Crochet &amp; Knitting Class 10am Poker 10:30am Range Of Motion 12noon Line Dancing 12noon Lunch <b>Pub Burger W/ Cheese</b> 1pm Baking Class</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