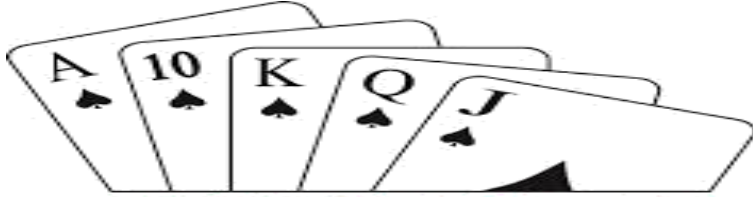


Silver Threads February 2025



PINOCHLE

Every Saturday

Check in Starts at 11:30am



FREE NUTRITION EDUCATION PROGRAM **Fork & The Road**

Fork & the Road is a free program for Michiganders 60 years of age and older designed to support healthy aging. Participants learn about hot topics in health & nutrition while sharing personal experiences and meeting others interested in healthy aging.

Classes include weekly recipe tastings.

DATE: MONDAYS, MARCH 3TH - APRIL 7TH, 2025 (WEEKLY)

TIME: 1:30PM - 3:00PM

LOCATION: MONTROSE SENIOR CENTER

TO REGISTER, SIGN UP AT THE SENIOR CENTER OR CALL 810-639-2822

COPING WITH GRIEF AND LOSS *grief support group*

Are you navigating the challenging journey of loss? You don't have to walk this path alone. Join us for our **Grief Support Group**, a compassionate space for individuals who are grieving, to share, listen, and heal together.

When: Last Thursday of every month
Where: Montrose Township Senior Center
Time: 10:00 AM

This group offers a warm and welcoming environment, led by a trained facilitator, where you can find comfort, support, and understanding from others who are experiencing similar emotions. Whether you're newly grieving or have been on this journey for some time, you are invited to be a part of this group as we navigate the healing process together.

You are not alone—join us and take the first step toward healing.

For more information or to RSVP, please contact the center at (810) 639-2822.

We look forward to supporting you on this path.

Inclement Weather Closures

Please note that when Montrose schools are closed due to weather conditions, the Senior Center will also be closed. For updates on closures, please tune in to your local news stations for the latest closing information.

Thank you for your understanding!



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

Thursday, February 27th

8am to 10am

Cost: \$6.00

Biscuits and Gravy, eggs, and choice of bacon or sausage

Donations are Needed

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

8oz foam coffee cups

Craft Supplies

Small foam bowls

Powdered Creamer

6-inch Plates

Crackers

Cookies

Coffee

Card Club

EVERY WEDNESDAY NIGHT

6:00pm.

No partner needed

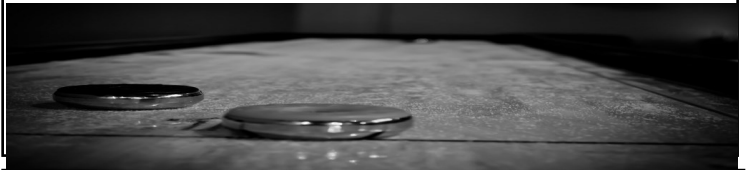
Bring a dish to pass!



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 **Montrose Pub** on **Monday February 10th** The bus leaves at **4:00pm** or meet us there.

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



OUR WEEKLY EXERCISE CLASSES

TUESDAY– 9am **Chair Yoga**

1pm **Cardio Drumming**

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

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

TBD Call the center for more information



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.



HAPPY BIRTHDAY

Senior Center February Birthdays

1st	Eugene Lee
4th	Janet Kline
6th	Roy Dabbs
9th	June Fittante
9th	Steve Schlict
13th	Joy Dabbs
14th	Larry Cobleigh
14th	Lynne Shick
23rd	Debbie Reinhardt
24th	Jon Friedl
28th	Jim Kinney
28th	Maynard Reed
28th	Elizabeth 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, February 11th

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, February 10th 1pm

Participants MUST preregister



Crafts

Decoupage Flower Pot

Monday, February 3rd 1pm

Participants MUST preregister



Crafts

Flower Votive Holder

Monday, February 24th 1pm

Participants MUST preregister



February 2025

Mon

Tue

Wed

Thu

Fri

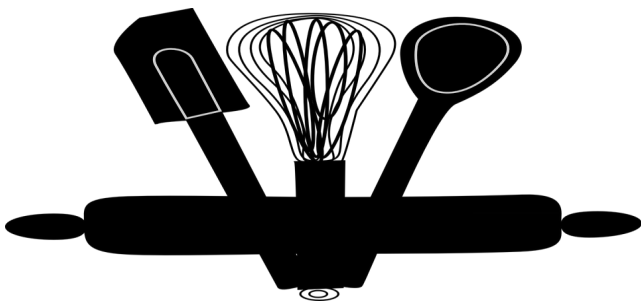
<p>3 9am Stitching Post 10am Shuffle Board 12noon Lunch HM Sloppy Joe 1pm Cornhole 1pm Euchre 1pm Crafts</p>	<p>4 9am Yoga 10am B.P. Checks 12noon Lunch HM White Chicken Chili 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p>5 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Turkey Burger 2pm Bunco 6PM Card Club</p>	<p>6 10am Ladder Golf 10am Shuffleboard 12noon Lunch Sweet & Sour Pork Loin 1pm Pinochle</p>	<p>7 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Chefs Choice 1pm Baking Class</p>
<p>10 9am Stitching Post 10am Shuffle Board 12noon Lunch Cheese Ravioli w/ Meat Sauce 1pm Cornhole 1pm Euchre 1pm Beading 5pm Dinner Date</p>	<p>11 9am Legal Services 9am Yoga 10am B.P. Checks 12noon Lunch HM Beef Stew 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p>12 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30 Zumba 12noon Lunch Chicken Parm Sandwich 2pm Bunco 6pm Card Club</p>	<p>13 10am Ladder Golf 10am Shuffleboard 12noon Lunch Potato Soup w/ Ham 1pm Pinochle</p>	<p>14 9:30 am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Citrus Glazed Salmon 1pm Baking Class</p>
<p>17</p>	<p>18 9am Yoga 10am B.P. Checks 12noon Lunch Meatloaf w/ Gravy 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p>19 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30am Zumba 12noon Lunch Tangerine Chicken 2pm Bunco 6pm Card Club</p>	<p>20 9am Commodities 10am Ladder Golf 10am Shuffle Board 12noon Lunch Baked BBQ Chicken 1pm Pinochle</p>	<p>21 9:30am Crochet & Knitting Class 10am Poker 10:30am Range of Motion 12noon Line Dancing 12noon Lunch Mac & Cheese 1PM Baking Class</p>
<p>24 9am Stitching Post 10am Shuffle Board 12noon Lunch Breaded Chicken Sandwich 1pm Cornhole 1pm Euchre 1pm Crafts</p>	<p>25 9am Yoga 10am B.P. Checks 12noon Lunch Chef Salad 1pm Bid Euchre 1pm Shopping 1:15pm Drums Alive 1:30pm Chair Volley Ball</p>	<p>26 9:30am Strength & Balancing 10am Blood Sugar Checks 11:30am Zumba 12noon Lunch HM Goulash 2pm Bunco 6pm Card Club</p>	<p>27 8am Breakfast Club 10am Ladder Golf 10am Shuffle Board 12noon Lunch Chicken & Sausage Jambalaya 1pm Pinochle</p>	<p>28 9:30am Crochet & Knitting Class 10am Poker 10:30am Range Of Motion 12noon Line Dancing 12noon Lunch Turkey Tetrazzini 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