

March

What: Gratiot County Commission on Aging
Alma/St. Louis Food with Friends Site
GRAND OPENING!

Where: Filling Station, 415 Park Ave, Alma
When: Monday, March 13, 2023
10:00 am - 2:00 pm

Meet Site Manager, Kaleigh Pettigrew

Desserts, Coffee, Gift Card Drawings
Free Chair Massages (11:00 am - 12:00 pm only)
RSVP for lunch, served at noon, 989.875.9118
American Goulash

We look forward to seeing you there!



SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
Website: www.gratiotmi.com/171/Commission-on-Aging

SENIOR GRATIOT, INC
515 S. Pine River
Ithaca MI 48847
989.875.5246
Change Service Requested

March 2023
Volume XLVIII
Number 3

NON-PROFIT ORGANIZATION
US POSTAGE PAID
PERMIT NO. 4
ITHACA MI



The Simon and Garfunkel Story

Whiting Auditorium, Flint
Friday, March 24, 2023
\$129 (all inclusive)

Bus Departs: 4:00 pm from COA Returns: 11:30 pm

The Simon and Garfunkel story is a concert style show that chronicles the journey of these two folk-rock artists from their beginning as young boys from Queens, New York to becoming one of the world's most successful music duos of all time. Using state of the art video projection, incredible lighting and a full live band, this is a moving and powerful concert. Hearing their repertoire in chronological order is a gift and you will enjoy all the hits from Mrs. Robinson, Bridge Over Troubled Water to the Sounds of Silence.

We will be stopping first for dinner at the **wrought Iron Grill** in Owosso. Here the past meets the present with an old wrought iron fencing company having been turned into a Grill! We will be served banquet style where you have your choice of steak, salmon, chicken or a vegetarian dish.

Departure will be from Gratiot County Commission on Aging (COA), 515 S Pine River St, Ithaca, at 4:00 pm and will return there approximately 11:30 pm. The trip includes transportation, dinner, theatre tickets and all tips and gratuities.

Please call COA, 989.875.5246, to make your reservation. Payment is due by **wednesday, March 15** and can be made at COA in cash or check. Please make your check payable to Gratiot Community Senior Center. Plenty of seats still available.

Upcoming bus trips to look forward to:

Henderson Castle Mother's Day Brunch
Sunday, May 14, 2023
\$129.00

Lilac Festival, Mackinaw Island
Wednesday, June 14, 2023
\$225.00

Both of these trips are all inclusive. Additional details to follow.



Like Gratiot County Commission on Aging
On Facebook & Twitter



Senior Gratiot Subscription/Donation

Please check: New Subscription _____ Renewal _____ Change of Address _____

Temporarily Away _____ Stop Date: _____ Restart Date: _____

Name: _____

Address: _____

City: _____ Zip: _____

Phone Number: _____ DOB: _____

Temporarily Away Address (use only if wish to receive the paper while away)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Donation: \$10.00 _____ \$15.00 _____ \$20.00 _____ Other _____

In Memory of _____

In Honor of: _____

Please make checks payable to **Senior Gratiot Newspaper** and submit to:

Senior Gratiot Newspaper
515 S. Pine River St.
Ithaca, MI 48847



The **Senior Gratiot, Inc.** organization is operated exclusively for charitable purposes, within the meaning of Section 501 (c)(3) of the Internal Revenue Code to encourage and assist with the provision of programs and services for older adults in Gratiot County operated in cooperation with the Gratiot County Commission on Aging.

Suggested contribution to Senior Gratiot: **\$20.00 per year** helps to cover the costs of producing and mailing the paper. A great way to remember when to send your donation is to send it on your birthday each year.

Address Changes: Senior Gratiot is mailed under a nonprofit automated mail rate and will not be forwarded with a notice to the post office.

Please notify the COA office using the form at the left each time you request a change to assure we record changes correctly. Thank you. Your assistance with this helps to keep the costs down.

We Need Volunteers!

Commission on Aging is in need of **Home Delivered Meal Volunteer Drivers** to deliver meals made in the kitchen at COA in Ithaca, to home bound seniors in Gratiot County. If you choose to volunteer with us, it will be the beginning of a great adventure and you will be providing a great service to the seniors of Gratiot County. If you are interested, please give the office a call at 989.875.5246 and ask to speak with Sue Koch, the volunteer coordinator. Sue will get your journey started!

Mitten Makers/Hats Galore Knitter and Crocheter's Team

It is with much excitement that Commission on Aging (COA) announces the resumption of the Mitten Makers/Hats Galore team meetings. This group will be meeting monthly at COA. Its purpose is to provide hats, mittens, scarves or head bands to adults and children who are recovering from treatment that has caused hair loss, including chemotherapy. The items are also provided to children in Gratiot County that are in preschool through second grade who may have forgotten their supplies at home. All are welcome to attend the meetings and enjoy learning and socializing while creating items for the community.

- ♣ **When:** Wednesday, March 15
9:00 am - 11:30 am
- ♣ **Where:** COA
515 S Pine River St, Ithaca

Please contact Sue Koch, Volunteer Coordinator at 989.875.5246 with questions and to register.



Homestead Property Tax & Home Heating Credit Information

The Commission on Aging (COA) staff and volunteers will provide assistance with the preparation of Homestead Property Tax and Home Heating Credits for **residents of Gratiot County**. Listed below are the qualifications for either credit as well as the documentation required to prepare the forms. This documentation must be brought with you to your appointment. (The COA **does not** complete federal or state *income tax* returns, only Homestead Property Tax and Home Heating Credits.) Contact COA at 989.875.5246 to schedule an appointment. There are three remaining sites for appointments listed below. **APPOINTMENTS ARE REQUIRED.** We look forward to assisting you with this process.

Homestead Property Credit Qualifications:

- Homeowner's property taxes must be higher than 3.2% of the homeowner's income
- Renters, usually 20% of your rent is considered your share of property tax

Home Heating Credit Qualifications:

- A person who owns a home or is a renter and has an income that is less than the income guidelines

Bring these verifications to your SCHEDULED Tax Credit Appointment

- **All** income for 2022: Social Security, pensions, interest, farm income, etc.
- Property Tax Statements: Homeowners only
- Proof of heating cost for 2022: Consumers Energy customers bring December 2022 bill. Fuel/Propane customers bring heat expenses dating between 11/01/2021 through 10/31/2022
- Medical Supplemental Health Insurance Premiums
- Automobile Insurance: Only the Personal Injury Protection amount is a deduction
- Rent Payments: Rent paid to a landlord, or lot rent paid to a mobile home park. Rent verification is not needed if you live in a subsidized housing complex

Park Colony
935 E Arcada St, Ithaca
Wednesday, March 1st
1:00 pm – 2:30 pm

Commission on Aging
515 S Pine River St, Ithaca
Thursday, March 9th
9:00 am – 3:00 pm

Pinestead Apartments
224 Pine St, Breckenridge
Tuesday, March 7th
12:30 pm – 3:00 pm

****Donations are encouraged to help Commission on Aging pay for postage to mail Tax Credit forms to Lansing****

Senior Activity Building

March 2023

Ithaca Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8-10 EVERYDAY SAB Coffee & Conversation with Linda St. Charles 10:00 EVERYDAY Visits, news, games, & activities 12:00 Monday, Wednesday, Friday Food with Friends Meal, Call 989-875-2135 to make your reservation</p>		<p>1 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole</p>	<p>2 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling</p>	<p>3 8-10 SAB Coffee 11:30 B.P. Checks by Joyce Raycraft 12:00 Food with Friends Meal 12:45 Friday Cards (Euchre)</p>
<p>6 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Hand and Foot</p>	<p>7 8-10 SAB Coffee 10:00 EZ Motion 12:30 Cribbage</p>	<p>8 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole</p>	<p>9 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling</p>	<p>10 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Friday Cards (Euchre)</p>
<p>13 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 Bingo 2:00 Just For Fun Dulcimer Club</p>	<p>14 8-10 SAB Coffee 10:00 EZ Motion 1:00 Painting Class with Shirley 7:00 VFW Post #7805</p>	<p>15 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole 7:00 A-Tractive Tractor Club</p>	<p>16 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:30 Package Shamrock Treats</p>	<p>17 8-10 SAB Coffee Deliver Shamrock Treats  Wear Some Green! 11:40 Abi Whitford's Gift of Special Music 12:00 Food with Friends Meal (Brunch)</p>
<p>20 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Sequence</p>	<p>21 8-10 SAB Coffee 10:00 EZ Motion 1:15 SAB Board Meeting</p>	<p>22 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole</p>	<p>23 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling</p>	<p>24 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45-1:45 Critical Risk Reduction Program and Fire Prevention, see page 4 for details</p>
<p>27 8-10 SAB Coffee 12:00 Food with Friends Meal 12:40 Bingo</p>	<p>28 8-10 SAB Coffee 10:00 EZ Motion</p>	<p>29 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Dominoes 1:00 Cornhole</p>	<p>30 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling</p>	<p>31 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Round Table discussion on "Peace Makers Who Have Made a Difference"</p>

Senior Activity Building & Food with Friends News & Information

By Jo Jones, Site Manager

The March calendar includes a celebration of another holiday - St. Patrick's Day on March 17th. We plan to continue the Ithaca Food with Friends Irish tradition of delivering Shamrock treats to our friends who are not able to attend the Congregate meals. Our Congregate Seniors will have another opportunity to enjoy Abi Whitford's gift of special music at 11:40 am after the treats are delivered. She certainly lifted our spirits on Valentine's Day with her medley of songs.

On Friday, March 31st, Allen Thunell will lead a Round Table discussion on "Peace Makers Who Have Made a Difference". Some peacemakers we hope to consider are General George Marshall, General Grant, Martin Luther King, Jr., Billy Graham, Rosa Parks, Eleanor Roosevelt, Golda Meir and Sister Mother Teresa. Join our first Round Table discussion. If you are thinking that you are often a listener, not a contributor, come to hear what others say about these peacemakers. We hope that you will learn to appreciate what these folks achieved that makes them know as peacemakers. This will not be a lecture, but rather a Round Table of sharing thoughts about PEACE.

If you enjoy Hand & Foot or Sequence, come join us at 12:45 on the 6th and 27th at 12:45 pm.

For those who enjoy our Bingo days on the second and fourth Monday, plan to reserve your Food with Friends meal at noon and stay and play bingo. Thanks to Schnepf Health Care for providing bingo prizes on the 13th and to Ashley Care Center for doing the same on the 27th.

You will need to deposit your \$20.00 payment at the time you reserve a spot for Shirley Frederick's painting class on March 14th. More information about this class can be found in a related article on page 4.

Every morning from 8:00-10:00 am, our Senior Activity Building (SAB) coffee and conversation happens. You will be welcomed by our Linda St. Charles and other seniors whenever you stop in to find a seat at the table. Stay a few minutes or few hours.

Food with Friends meals are available on Monday, Wednesday and Friday at 12:00 pm. Please take a peek at the menu and then call in your reservation for the days you will be joining us around the table. The suggested donation remains at \$2.50.

EZ Motion exercise class starts at 10:00 am each Tuesday and Thursday. The knitting group gathers at 10:00 am each Wednesday. Dominoes are played at 12:45 pm most Wednesdays. Then after setting

up the boards, we compete at cornhole at 1:00 pm. Thursdays we have Wii Bowling at 11:00 am following the EZ Motion class. You are always welcome to join us for the activities.

Friday, March 3rd we welcome Joyce Raycraft who will be glad to check your blood pressure before lunch.

If you would like to play Euchre on the 3rd and/or 10th, or Cribbage on the 7th, please call ahead so we can be sure to have enough players to make it happen.

Gratiot VFW Post #7805 will meet at the SAB on the 14th at 7:00 pm. The A-Tractive Tractor Club meets at 7:00 pm on Wednesday, the 15th.

Our Senior Activity Building Board meets at the SAB on the third Tuesday of the month at 1:15 pm. This month, that would be the 21st. You are always welcome to attend the SAB Board meetings.

Be sure to check the calendar at the SAB since there may be changes and additions as we begin our second year of being open full time, 5 days a week! Your suggestions for activities are always welcome!

Food with Friends and the SAB's phone number is 989.875.2135. Call ahead of time to make your reservation. We look forward to your call and to welcoming you!

May you enjoy a green St. Patrick's Day!

The Filling Station

Alma/St. Louis Food with Friends Site
Kaleigh Pettigrew, Site Manager

The first week at The Filling Station went great! Each day our numbers grew for lunch, and I got to meet lots of wonderful people from the community. We also had our first program, cookie decorating with Carolyn, which was a huge hit! I want to say a big thank you to the community for welcoming me with open arms. I'm excited to be here and to create a space for you to gather. I want to put on programs that interest you, so please reach out to me if you have ideas or if there is something you've been wanting to try. I am at the site Monday, Wednesday, and Friday from 10:00 am - 2:00 pm. Please stop in to say hi, grab an activities schedule, play a game of cards or do a puzzle, or to grab a cup of coffee! I would love to get to know you.

Some fun programs to look forward to in March:

March 1st is World Music Therapy Day. Join us in listening to some feel good music of your choice from 10:00 am - 12:00 pm. After lunch, from 12:30 pm - 2:00 pm a representative from the Alma Public Library will be teaching us how to check out eBooks on Libby, the libraries on line system for eBooks.

March 6th from 10:00 am - 12:00 pm Officer Mueller from the Alma Police Department will join us for a great presentation and conversation about avoiding being scammed- you won't want to miss this!

March 8th and 24th at 10:30 am Alma College Nursing Students will perform Blood Pressure Checks.

March 13th will be our Grand Opening! Join us from 10:00 am - 2:00 pm. Be sure to call in your lunch reservation. From 11:00 am - 12:00 pm you will be able to receive a free chair massage provided by Heather from ZENlightenment.

March 15th at 12:30 pm Alma Community Art Center will be doing their Senior Sampler. The cost is \$20 and a reservation is required.

March 17th 10:00 am - 12:00 pm join us in celebrating National Quilt Day! Bring quilts you've made, or that have been gifted to you, and share a story about them! After lunch from 12:30 pm - 2:00 pm decorate Saint Patrick's Day cookies. A reservation is required.

March 20th, and 27th from 10:00 am - 12:00 pm, Sit and Stitch! Crochet, knitting, sewing, needle point, cross stitch, etc. All levels are welcome, bring your own supplies, and learn from your peers.

March is also National Craft Month. Help us celebrate by planning to attend one of the following classes. Reservations are required at least two days in advance.

March 10th: 10:30 am - 12:00 pm create a Saint Patrick's Day Wreath

March 20th: 12:30 - 2:00 pm. make a Birdfeeder

March 31st: 10:30 am - 12:00 pm Q-Tip Flower Painting

Stop by The Filling Station to grab an activities schedule with more programs, including technology help and social media help! Join us for lunch by calling 989.875.9118 to make your reservation.

Alma Food with Friends Presents

Senior Sampler- Art Activity

By Alma Community Art Center

March 15, 2023 12:30PM- 2PM

Picture to be painted shown here:

\$20 fee, reservation needed



See Kaleigh to RSVP or call 989-875-9118

Join us the third Wednesday of every month as ACAC leads us in a new project

 The Filling Station
415 Park Ave, Alma

Lunch served at 12pm, reservation needed

Call 989-875-9118.
Donation Suggestion:
\$2.50 for those 60 and older
\$5.00 fee for those under 60

Program is funded by Region VII Area Agency on Aging, AASA, Gratiot County Senior Millage and Donations. Program Complies with Title VII, Civil Rights Act



Lunch at the Filling Station



Opening Day at the Filling Station

February 2023 Prep Team Volunteer Thank You!

These 19 COA volunteers devoted 34 hours to prepare the February 2023 issue of the Senior Gratiot Newspaper for mailing.

Jim Peck, Irene Peck, Evelyn White, Lisa Skaryd, Francine Throop, Carole Moore, Helen Hoard, Marilyn Miller, Ellen Martin, Sally Martin, Linda Cox, Judy Zimmerman, Cheryl Wiseman, Bernie Barnes, Lora Schultz, Carol Glave, Vicki Bertoni, Mary Patterson, Tom Patterson

Thank you very much!



Valentine's cookie decorating class taught by Carolyn at the Filling Station

To date, J&J Party Store has donated \$10,388.43 to the HDM program at the COA!

Gratiot Animals in Need (GAIN)

A local non-profit, Gratiot Animals in Need (GAIN), offers a variety of resources to Gratiot County pet owners. **Office hours** for February through October are Mondays, from 9:00 am - 1:00 pm and Thursdays from 1:00 - 5:00 pm. Please leave a message if no one answers at 989.875.2286.

♥ **Low Cost Cat Spay/Neuter Clinic:** These clinics are for owned and free roaming un-owned community cats and they are held from March through October. Free roaming cats are \$15.00 which includes a mandatory ear tip and Rabies vaccination. Owned cats are \$55 for spay/neuter only. Rabies and/or distemper vaccinations are \$10 each and microchips are \$20. Live traps are available for check out in order to catch cats for the purpose of spay/neuter. Call 989.875.2286 to schedule an appointment. Be sure to leave a message if no one answers. Dates for clinics:

March 4 and 18

April 1 and 15

May 13 and 27

June 10 and 24

July 8 and 15

August 12 and 26

♥ **Pet Food Pantry:** This is for low income/senior citizen pet owners in Gratiot County. The pantry is intended to lend an *occasional* helping hand during times of great need or emergencies. Our donations and supplies do not allow us to give out food every month to the same individuals. We encourage people who can afford to purchase pet food to not request a donation from us as it limits what we have to help others. The pantry operates solely on donations and supplies are limited. The pantry is located at Ways of the West, 1696 W Monroe (M-46) between Alma and St. Louis. Hours of operation: Tuesday, 2:00-5:00 pm and Thursdays, 3:00-5:00 pm. Hours are subject to change as we do not have paid employees, only volunteers. You can call 989.681.5993 to confirm hours. Donations of money, pet food, or pop cans are gratefully accepted at this location also.

Breckenridge Sassy Seniors!

By Lori Chvojka, Site Manager

Top of the morning to you!! March is upon us!! Happy St. Patrick's Day to us all!! What a weird winter we have had here in Gratiot County, but that's all soon to end. Spring is just days away and I myself can hardly wait!! I am so looking forward to fresh green grass, flowers and to hear the birds singing, oh sweet spring.

The seniors here at Breckenridge were treated to a wonderful luncheon and concert last month by the Breckenridge National Honors Society. The High School Choir and Band performed, we played cards and had a delicious meal prepared by the school's kitchen staff. A huge thank you to Mrs. Marr and the "kids"!!

As March presents itself, we have St. Patrick's Day to celebrate. I love all the green decorations and of course the sneaky, yet crafty leprechauns always looking for that lustrous pot of gold. Oh how I would love to find that pot of gold!! We all know it is just a myth. Here are some more facts and myths about St. Patrick's Day:

- ♣ In Ireland, St. Patrick's Day is a national holiday with banks and stores closing for the day.
- ♣ The first St. Patrick's Day celebration in the US was held in Boston in 1737.
- ♣ The Shamrock is the National flower/emblem for Ireland.
- ♣ The original color for St. Patrick's Day was blue but was believed to

change to green because of Ireland's nickname, "The Emerald Isle".

- ♣ Each leaf of the clover has a meaning: Hope, Faith, Luck and Love.
- ♣ The Chicago River was first dyed green in 1962 in celebration of St. Patrick's Day.
- ♣ There are 34.7 million residents with Irish ancestry in the US. That is 7 times the population of Ireland.
- ♣ Your odds in finding a 4-leaf clover are about 1 in 10,000.

There are many other things to honor and celebrate in the month of March.

1. Name Week is the first week of March. This is designated to celebrate our name.
2. National Bubble Week is the second week of the month. Be sure to practice making bubbles!
3. Crochet Week is the third week of the month.
4. March 1st, National Pig Day
5. March 2nd, Old Stuff Day
6. March 3rd, Caregiver and Employee Appreciation Day
7. March 4th, Hug a GI Day.



Spring forward

Don't forget to set
clocks ahead
one hour
at 2 a.m.
Sunday.



MARCH 12, 2023

As spring cleaning time comes along, should you find yarn that you don't know what to do with, remember COA is always ready to accept any yarn you may have. Your donation will be used by the Mitten Makers/Hats Galore team for mittens, hats, scarfs and head bands. Thank you.



Commodity Food Distribution Date

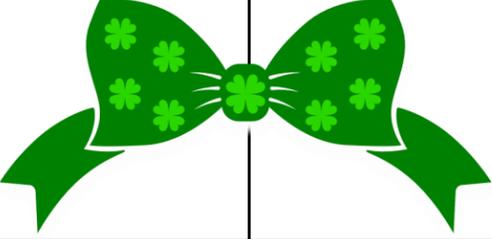
Commodities distribution will be on **Monday, April 24, 2023**. Anyone 60 years and older who meets the income guidelines is eligible to receive the food commodities. Income guidelines are as follows: one person's monthly income no more than \$1,473; income per couple not to exceed \$1,984 monthly. (To confirm income guidelines, please call Eight Cap.) Anyone interested in the program **must** contact Eight Cap at 989-463-5693. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from 9:30 a.m. to 11:00 a.m. or at the Commission on Aging, 515 S. Pine River St., Ithaca from **12:30 to 1:30 p.m.**



Menu



Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spaghetti Normandy Vegetable Carrots Apricots Garlic Toast Whole Grain Cookie	2	3 Cheese Omelet Sausage Links Redskin Potatoes Fresh Orange Cinnamon Roll
6 Baked Chicken Parsley Buttered Potatoes Mixed Vegetables Apple Juice Box Michigan Fruit Cup Wheat Bread	7	8 Hamburger Company Potatoes Lettuce and Tomato Yogurt Apricots Hamburger Bun	9 	10 Potato Crunch Pollock Winter Blend Baked Beans Applesauce Wheat Bread
13 American Goulash Kyoto Vegetables Broccoli Pears Wheat Bread	14 	15 Beef Brisket Steamed Cabbage Carrots Michigan Fruit Cup Wheat Bread	16	17 Corn Chowder Hard Cooked Egg Brussel Sprouts Leprechaun Fluff Cheesy Bread Stick
20 Meatballs Brown Rice Capri Blend Vegetables Coleslaw Pineapple Wheat Bread	21	22 Sloppy Joe on Bun Green Beans 24 Hr Cabbage Slaw Peach Crisp	23 	24 Macaroni & Cheese Carrots Stewed Tomatoes Rice Pudding Wheat Bread
27 Cabbage Roll w/Sauce Corn Beets Apricots Wheat Bread	28 	29 Chicken Pattie/Bun Red Skin Potatoes Broccoli and Cheese Peaches	30	31 Potato Crunch Pollock Au gratin Potatoes Green Beans Berry Fruit Cup Cheese Stick Dinner Roll

Menu is Subject to Change Without Notice, milk provided with all hot meals. Suggested donation \$2.50 per meal. To CANCEL your HDM or to order a meal for a Food with Friends site, please call the COA Kitchen, 989-875-5332.

Greetings From Fulton

By Irene Noffsinger, Site Manager

March is here. With it brings the end of another winter, at least we hope it does. The first day of spring this year falls on March 20th. Hopefully we won't be disappointed.

Did you know that March 3rd is National Day of Unplugging. No big surprise that in this day of smart phones, electronics and social media, that we would need a day of unplugging. So, from sun up to sundown it is suggested that we unplug, unwind, relax and do something other than what we usually do with all of today's technology. By unplugging we can get a chance to reset, make more connections with real people, with an added benefit of sleeping better. We could visit a friend, clean a closet, (not much fun, but rewarding) or even visit the library, choose a book and just sit there, relax, and read. Aside from the fact that you can relax, have a good time, and sleep better, just think of the savings when you go around and unplug everything for 24 hours.

On Thursday March 2nd, at 10:30 am, Alma Library will be hosting a creative activity. You could go there and do the activity, which this month is a Felt Corner Bookmark, have a warm beverage, good company and conversation. All materials are provided.

March 24th we will be playing Bingo, hosted by Laurels of Fulton. Mark your calendar, call up and join us for lunch, or simply arrive at 12:30 and join us for Bingo.

March 27th we will have the opportunity to create a beautiful project out of wood and other supplies. There are three different projects to choose from (see below) and the completed project can be displayed inside or outside. The size and cost vary, from \$30.00 to \$45.00, depending on which project you choose. You can get a better idea of the projects by visiting the Fulton Food with Friends site during open hours. All supplies are provided. Reservations are required and payment is due by March 10th. To make your reservation, please contact Irene at 989.896.5019.



BOOKS BOOKS BOOKS

As always, if you have books you are wishing to part with, we are always glad to give them a home. They can be dropped off at the senior center anytime, Monday, Wednesday and Friday from 10:00 am until 2:00 pm. We would be most happy to give them a new home for you. Also, you can come and take books from the rolling cart during the same hours.

Thank you to Cheryl Humphries for the donation of books this month. We appreciate the donation.

The St. Louis Moose Club, 811 Michigan Ave, St. Louis, will be hosting a Spring Craft Show from 9:00 am - 4:00 pm on April 1st. Lori, the Breckenridge Food with Friends Site Manager, will be there with her crafts. Come check out the crafts and stop by Lori's booth to say Hi!

We are open on Monday, Wednesday and Friday from 10:00 am - 2:00 pm with lunch being served at 12:00 pm. Early birds have started playing cards at 10:00 am with a break for lunch. Play resumes after lunch and continues until 2:00 pm. If this sounds like something that works for you, come on down and join us. Euchre as well as Skipbo and other card games are played. Call for your lunch reservation, 989.896.5019.

Memorials

Commission on Aging

Mervin Flegel

Lee Ann Flegel
Ellen Martin
Pamela N. Flegel
Steve & Betty Schumacher
Steven Boehm
Mike & Milly Space
Carol McLane
Jeff & Terry Barancik
Victor & Connie Upton
James & Jacalyn Rickle
Kendra Smith
Robert & Gail Paradise
Ryan Rickle
Marc & Karen Flegel
Mary & Dane Flegel

LeRoy & Doris Martin

Ellen Martin

Carole Struble

Gail & Sandra Williams

Leona Martin

Her Family

Marylouise Raske

Roberta Charney

Lyle Hansen

Annette & Todd Hansen

Nutrition

Bob Strong

Bill Buschle

Karen Dietz

Donn & Patricia Gates

Senior Gratiot

Doris Browne

Garold Browne

Jim Clarke

Connie Clarke

Sally Wilson

Shirley Wallace & Family

Jennifer Herald

Richard Herald

Ardis Williams, Sister

Chal Bauer, Brother

Ceo Bauer

Maynard G. Failing, Husband

Deward Failing, Brother-in-Law

Joyce A. Failing

Urban Dickman

Marietta Dickman

Daniel Jay Lepley

Fairy Louise Lepley

Clifford Painter

Scott Painter

Alfred & Dorothy Kirkey

Ronald Kirkey

Diane & Jay Galehouse

Lois Painter

All our Hallock & Lott Relatives

Linda & Daniel Lott

Coleen Trexler

Sally Nester

Bertha Pendell

Vickie Thum

Mickey (Muriel) Deline

Mary Ann Raycraft

Kenneth & Dorothy Terry

Lyle & Agnes Kenney

Clarence & Sandra Reeves

Alice Schafer

Mary & Howard Kenney

Glen & Maude Helman, Parents

Janet Hilding, Sister

Robert Winkelman

Senior Gratiot Donors

Francine Throop
Janice Holcomb
Bernard & Linda DeVuyst
Nona Lehmkuhle
Ilma Bare
Cherie Yost
E. Jane Brown
Don Gould
Rosemary Buhl
Lillian Chapko
Jack & Avis Ginther
Evelyn Green
George Reuther
Mary Humm
Robbin Kersten
Martha Miller
Eva Zavala
Barbara Conner

COA Donors

Mercantile Bank
Jack Alton
Wayne & Joyce Fisher

Nutrition Program

Marty Peet

Honorariums

Nancy Vernon

Lois Cutting

*Thank you for your
support and
generous donations.*

Food with Friends

Alma/St. Louis Site

Filling Station
415 Park Avenue, Alma
Phone: 989.875.9118
Site Manager: Kaleigh Pettigrew

Breckenridge Site

Breckenridge Masonic Temple
122 E. Saginaw St., Breckenridge
Phone: 989.842.3338
Site Manager: Lori Chvojka

Fulton Site

Fulton Township Hall
3425 W. Cleveland Rd., (M-57)Perrinton
Phone: 989.236.5019
Site Manager: Irene Noffsinger

Ithaca Site

Senior Activity Building
1011 E. North St., Ithaca
Phone: 989.875.2135
Site Manager: Jo Jones

Legal Assistance

Region VII Area Agency on Aging has taken over for Lakeshore Legal Aid, providing legal assistance to older adults in our community. If you need legal assistance, contact Region VII's Legal Department, 800-858-1637.

**Region VII Area Agency
on Aging**



Forever in
Our Hearts

SENIOR GRATIOT, INC.

JENNIFER COOK, EDITOR

MARITA HARKNESS

HOWARD POINDEXTER

VICKIE THUM

CRAIG ZEESE

Senior Gratiot is published monthly for Gratiot County senior citizens 60 years and older by Senior Gratiot Inc., 515 S. Pine River St. Ithaca, MI 48847. It is supported by donations and is printed at Stafford Printing of Greenville.