



May is Older Americans Month

May has been declared Older Americans Month (OAM) since the early 1960's. It is a time to acknowledge the contributions of older persons to our country. Join Region VII Area Agency on Aging in celebrating Older Michigianians Day on Wednesday, May 17. You can attend the event in person or virtually. This event provides the opportunity for individuals to speak with a unified voice to the legislature expressing the concerns, challenges and opportunities for older adults by experts, older adults themselves, and aging service providers. This year's Advocacy Platform includes the following issues:

- Support Family and Informal Caregivers
- Support and Strengthen the Direct Care Workforce
- Support and Strengthen the Long-Term Care Ombudsman Program
- Increase Access to Home and Community-Based Services
- Expand Access to MI-CHOICE

Date: Wednesday, May 17, 2023

Time: 10:00 am - 2:00 pm

Where: Region VII Area Agency on Aging
1615 S Euclid Ave, Bay City

To Register, please call 800-858-1637.

OLDER AMERICANS MONTH



AGING UNBOUND: MAY 2023

SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
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SENIOR GRATIOT, INC
515 S. Pine River
Ithaca MI 48847
989.875.5246
Change Service Requested

May 2023
Volume XLVIII
Number 5

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

The Commission on Aging office and the Food with Friends sites will be closed on Monday, May 29, 2023 in order to celebrate Memorial Day. Please remember and honor those who have given their all in their service to the country.



Michigan Princess Riverboat Mother's Day Cruise

Grand River, Lansing

Sunday, May 14, 2023

\$98 (all inclusive) Tickets still available!

Bus Departs: 12:30 pm from COA, Returns: 6:00 pm

Who could be more special in our lives than our mother? Bring her and your family out for a cruise on the beautiful Grand River. You will be cruising on the Michigan Princess, a replica of a 19th century steamboat, enjoying the picturesque scenery of the Grand River. The Michigan Princess is climate controlled and fully enclosed with outside seating to enjoy the views.

Mom will be treated like a princess on her special day with a 5 star menu of herb roasted chicken, redskin mashed potatoes, vegetarian lasagna, green beans, corn, bowtie pasta salad, garden salad, dinner rolls and chef's choice of dessert. A full bar is available for individual purchase. While enjoying your meal, the Dixieland Jazz Band will provide entertainment.

Departure will be from Commission on Aging (COA), 515 S Pine River St, Ithaca, at 12:30 pm and will return there at approximately 6:00 pm. The trip includes transportation, cruise tickets and dinner as well as all tips and gratuities. Call COA at 989-875-5246 to make your reservation. Payment is due by **Friday, May 5** and can be made at COA in cash or check. check payable to Gratiot Community Senior Center.



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Senior Gratiot Subscription/Donation

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

Temporarily Away _____ Stop Date: _____ Restart Date: _____

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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



Driver Safety



July 18, 2023

8:15 am -5:00 pm

Commission on Aging

515 S Pine River St, Ithaca

The AARP Safe Driver course is a classroom course that will provide you with ways to adjust your driving due to age related changes in vision, hearing and reaction time. New traffic laws, rules of the road and other driving skills will also be addressed. Upon completion, you will receive a certificate that is good for 3 years and may make you eligible for a discount on your auto insurance. Discuss this with your insurance agent. Cost for the class is \$20.00 for AARP members and \$25.00 for non-members. Checks are made payable to AARP and due at the time of the class.

Lunch is available for purchase from the Commission on Aging kitchen. The cost is \$2.50 for those 60 and above and \$5.00 for under 60. A refrigerator is available should you choose to bring your lunch. Payment for lunch is to Commission on Aging. Let us know if you would like a lunch when you call to register.

Registration is **required** as class size is limited. Registration ends on Friday, July 14.

Mackinaw Island Lilac Festival Wed, June 14 \$225

We will be heading up to Mackinaw City to catch the ferry for the 75th Annual Mackinaw Island Lilac Festival. This festival celebrates the lilacs and their uniqueness and history to Mackinaw Island.

Horse and buggy will meet us at the docks to take us to the Grand Hotel for the Grand Luncheon Experience. The legendary Grand Luncheon is a one of a kind Grand Hotel experience. Offerings will include fresh salads, composed salads, fresh seafood (including mussels and oysters), assorted smoked fish, assorted and domestic cheeses and fruits, a variety of hot items and a carving station. No Grand Luncheon is complete without a lavish, beautiful dessert display. Beverages included are coffee, tea and lemonade with soft drinks, beer, wine and full bar available for an additional cost.

After lunch, if we are able to move, a horse and buggy will take us on a tour of the lilacs around the island. The buggy will bring us back to the docks where we will return to the mainland.

The bus will be leaving from Commission on Aging (COA), 515 S Pine River St, Ithaca, at 7:00 am sharp on Wednesday morning. We will return at approximately 8:00 pm. The trip includes transportation, ferry tickets, lunch tickets, and horse and buggy tour, as well as all tips and gratuities. Please call COA at 989-875-5246 to make your reservation. Payment is due by **June 1, 2023** and can be made at COA in cash or check. Please make your check payable to Gratiot Community Senior Center



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.

Project Fresh 2023

The Michigan Senior Project Fresh/Market Fresh Program is still scheduled to be available. However, the Commission on Aging has not received the information on this year's program at the time the Senior Gratiot had to be submitted for printing. Please watch for June's paper for the information. If you have questions, you may contact the office at 989-875-5246.



April 2023 Prep Team Volunteer Thank You!

These 15 COA volunteers devoted 25 hours to prepare the April 2023 issue of the Senior Gratiot Newspaper for mailing.

Jim Peck, Irene Peck, Ruth Malek, Francine Throop, Marilyn Miller, Garrett Skinner, Sally Martin, Carole Moore, Helen Hoard, Linda Cox, Betty Reeves, Adyn Hoyt, Ellen Martin, Bernie Barnes, and Judy Zimmerman

Thank you very much!

VOLUNTEER ACTIVITY May 2023

Please contact Sue Koch to register for these teams

Recycled Greeting Cards Team

Commission on Aging in Ithaca
Third Wednesday of every month
Next meeting - May 17, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In

Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - May 18, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team

Commission on Aging in Ithaca
May 30, 9:00 - 11:30 am

Senior Activity Building

May 2023

Ithaca Senior Center Food with Friends

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8-10 SAB Coffee Bring a Friend Day! 12:00 Food with Friends Meal with surprise entertainment and treats	2 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 12:45 Euchre	3 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Horseshoes or Cornhole	4 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	5 8-10 SAB Coffee 9:00 Linda St. Charles 20 Years Celebration 11:30 Blood Pressure Checks with Joyce 12:00 Food with Friends Meal	6 Pickleball Everyday! 
8 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo 2:00 Dulcimers	9 8-10 SAB Coffee 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 1:00-3:00 Painting Class with Shirley 7:00 VFW Post #7805	10 8-10 SAB Coffee 10:00 Knitting Group 12:00 Senior Companion Program Presentation 12:00 Food with Friends Meal 12:45 Cornhole	11 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	12 8-10 SAB Coffee Honor Mothers 12:00 Food with Friends Meal Banana Splits 	13
15 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Cribbage	16 8-10 SAB Coffee 9:00 Pickleball Lesson 10:00 EZ Motion 12:00 Soup & Salad Food with Friends Meal 1:15 SAB Board Meeting	17 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Horseshoes or Cornhole 7:00 A-Tractive Tractor Club	18 8-10 SAB Coffee 9:00 Pickleball Lesson 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	19 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Skip Bo	20
22 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo	23 8-10 SAB Coffee 9:00 Pickleball Lesson 10:00 EZ Motion 11:00 WISE Program 12:00 Soup & Salad Food with Friends Meal	24 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Horseshoes or Cornhole	25 8-10 SAB Coffee 9:00 Pickleball Lesson 10:00 EZ Motion 11:00 Wii Bowling 12:00 Soup & Salad Food with Friends Meal	26 8-10 SAB Coffee Share Memorial Day Thoughts 12:00 Food with Friends Meal	27 8:30-9:30 Red, White, Blue Pancakes & Sausage Breakfast
29 	30 8-10 SAB Coffee 10:00 EZ Motion 11:00 WISE Program 12:00 Soup & Salad Food with Friends Meal	31 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 12:45 Horseshoes or Cornhole	8-10 EVERYDAY SAB Coffee & Conversation with Linda St. Charles 10:00 EVERYDAY Visits, news, games, & activities 12:00 Monday through Friday Food with Friends Meal, Call 989-875-2135 to make your reservation Wanda's Walk , every weekday this month join in walking		

Senior Activity Building & Food with Friends News & Information

By Jo Jones, Site Manager

Celebration of Older Americans Month begins on May 1st! Our congregated seniors are encouraged to bring a friend to dinner on Monday, May 1st. The delicious noon meal will be enhanced with a **surprise treat** and **entertainment!** Reserve your meal by Friday, April 28th.

Later in the first week of May, Friday the 5th, we will honor Linda St. Charles at 9:00 am. We celebrate and appreciate Linda's service to the seniors at the Senior Activity Building (SAB) for the past 20 years! The coffee will be ready at 8:00 am, but the party time to honor Linda is set for 9:00 am.

Volunteers Larry Ringle and Cleo Flegel set up the nets on the Pickleball courts on a very warm April day. Volunteer Paul Hornak finished the clean up of the new courts later in the day. These volunteers donate many hours of labor and deserve a big THANK YOU!

The SAB Board is pleased to announce that there will be Pickleball lessons offered by volunteer Greg Brown. The SAB has purchased paddles and balls to be used by seniors for these lessons. There is

no charge for the lessons, but it is important if you sign up for them, SHOW UP! You will see the dates on the calendar above. The classes will begin at 9:00 am with one class on Tuesdays the 16th and 23rd and the other class on Thursdays, the 18th, and 25th. Call 989-875-2135 to sign up for the class you want to take with Greg.

You also need to call to reserve a place around the table at our Red, White, and Blue Pancake and Sausage breakfast on Saturday, May 27th, the time is 8:30-9:30 am. There is no charge, however a donation will be appreciated.

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

Food with Friends hot meals are available on Monday, Wednesday and Friday at noon. On Tuesday and Thursday, soup and salad meals will be served at 12:00. Your reservation is needed at least a day ahead for the hot meals and a week ahead for the soup and salad meals. 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.

Bingo is enjoyed on Monday May 8th with Yvette from Schnepps Health Care providing prizes. Cribbage will be played on the 15th. Betsy from Ashley Care Center will do the calling for bingo on May 22nd. Enjoy the fun at 12:45 each Monday! After the round of bingo on the 22nd, stay to listen to the Just for Fun Dulcimer Club from 2:00-4:00 pm.

EZ Motion exercise class starts at 10:00 am each Tuesday and Thursday. Tuesday, the 2nd, Euchre will start at 12:45. Please let us know if you want to play.

You will need to deposit your \$20.00 payment at the time you **reserve a spot** for Shirley Frederick's painting class on May 9th. More information about this class can be found on page 6.

The knitting group gathers at 10:00 am each Wednesday. Depending on the weather, we will compete at cornhole or horseshoes at 1:00 pm on Wednesday.

Thursdays we have Wii Bowling at 11:00 am following the EZ Motion class. You are always welcome to join us for any of the activities.

Friday, the 5th, we welcome Joyce Raycraft who will be happy to check your blood pressure before lunch. On the 12th, we will honor our Mothers. Bring a picture of your Mom.

If you would like to play Skip Bo on the 19th, please come have lunch at 12:00. Call in your reservation for the meal.

Gratiot VFW Post #7805 will meet at the SAB on the 9th at 7:00 pm. The A-Tractive Tractor club meets at 7:00 pm on Wednesday, the 17th.

The SAB Board meets on the third Tuesday of the month. This month's meeting is on the 16th at 1:15 pm. You are always welcome to attend the meetings.

On Tuesday, May 23rd, we begin a free 6 week fun program, the Wellness Initiative for Senior Education (WISE). The WISE program celebrates healthy aging for persons 60 years of age or older. The classes will be from 11:00-12:00. To register for this new opportunity to learn how to stay healthy and meet new people, contact Sara Krebs at 989-463-1422 or sara@childadvocacy.net. See page 6 for more information.

Be sure to check the calendar at the SAB since there may be changes and *additions* as we are now in our second year of being open full time as the Senior Center and Ithaca Food with Friends. Suggestions for activities are always welcome!

Food with Friends and the SAB phone number is 989-875-2135. Feel free to call to check on updates about a scheduled event. Always call ahead of time to make your reservation for your Food with Friends meals. We look forward to your call and to welcoming you!

May you enjoy the May flowers and celebrating Older Americans month. There are many benches around the exterior of the Pickleball courts for you to sit on to enjoy spectating! Wanda's Walk also has some benches to offer you a break as you wander through Atkinson Park.



Larry Ringle & Cleo Flegel getting the nets up for Pickleball!



Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from March 15 through April 14, 2023.

Thank you to our Volunteers, named and unnamed, who take care of our Building daily.

Gifts In Gratitude to SAB

Joyce Raycraft
Cleo Flegel
Larry Ringle
Paul Hornak
Jo Jones
Anonymous

Memorials

Coleen Trexler
Chuck & Marty Wieferich

Bob Crist
Sale of Bob's CDs

Sandra Reeves
Keith & Phyllis Shaw
Chuck & Marty Wieferich

Mary Fabbri
Jack & Betty Hunnicutt

Delos MacLaren
Keith & Phyllis Shaw

Muril L. Cooper
Betty J. Cooper
James K. Kimmel
Larry & Mary Cooper & Family
Judy Kimmel & Family
Jackie Kapustka & Family

Duane C. Pendell
Bertha M. Pendell
Larry & Mary Cooper & Family
Bev & Dale Balcom & Family
Roger & Mary Pendell
Cheryl & Sidney Hull

Honorariums

Joyce Raycraft, 90th Birthday
Joyce's Family

Linda St. Charles, 20 Years at SAB
The Coffee Fund

GRATIOT COUNTY COMMUNITY FOUNDATION SENIOR ACTIVITY BUILDING AGENCY ACCOUNT gifts received:

Mary Humm

The Filling Station Alma/St. Louis Food with Friends Site

Kaleigh Pettigrew, Site Manager

April showers- or rather, snow and 80 degree weather- bring May flowers (or so I hope!). April was a busy month at The Filling Station. We had new and familiar faces, we tried new activities, and shared lots of stories. I love that I can already say that I have "regulars"! We have people coming from Saint Louis, Alma, Elwell, Pine Villa Apartments, and the Masonic Home. It's been so wonderful getting to know others, as well as watching the group get to know each other. We even had people that have been neighbors for 28 years, finally meet at our site - how cool is that?! I love that together we are making this a place of community and friendship. So if you've been thinking about coming out, or just need to get out of the house, please come join us!

Events to look forward to in May:

Mondays 10am-12pm: Sit and Stitch! Crochet, knit, sew, needle point, cross stitch, etc. All levels are welcome, bring your own supplies, and learn from your peers.

Wednesdays at 10:30 am: Chair Exercises. Beginner friendly and no supplies needed.

Fridays at 10am: Line Dancing.

May 1st and 22nd 12:30-2pm: Euchre and other card games. Come join us!

May 3rd 12:00 pm: Senior Companion presentation

May 3rd 12:30-2pm: Show and Tell. Bring something that you have created, or something cool that you own!

May 5th 12:30-2pm: DIY Suet Cakes- registration required.

May 8th and 31st 12:30pm: Bingo!

May 10th 10am: Chair Massages. These are by appointment, with limited spots available. Please give me a call to claim your spot!

May 10th 10:30am: No Chair Exercise! Dementia Minds presentation, come join us! See page 6 for additional information.

May 10th 12:30-2pm: Hydrangea Painting - beginner friendly, and perfect to get us in the mood for Mother's Day! Registration required.

May 15th 10am-2pm: Puzzle and book exchange! Donations of puzzles and books are welcome, but not required in order to take some home.

May 19th 12:30pm: Recipe Swap! Bring your favorite recipe to share with others! *A copier is not available, so please bring enough copies, or some paper to write them down*

May 24th 12:30-2pm: Potted Tea-Cups and Tea-Pots. Registration required; limited space available.

May 26th 12:30-2pm: Cookie decorating. Registration required.



Greetings From Fulton

By Irene Noffsinger, Site Manager

MAY

Good morning or maybe afternoon. April has blown by very fast and we are now entering May. Such a wonderful time of year. After everything sitting in a holding pattern for the last few months, all of a sudden grass is turning green, trees are budding out, and flowers are popping up ready to burst forth in glorious color. Everything once again feels exciting as we head towards warm weather. I hope everyone enjoys the beautiful month of May as our landscaping once again goes through a full change.

May 1 – 5

Fulton Senior Center will be closed this week. We will reopen on Monday, May 8th.

May 8th

Join us while the Isabella County Senior Companion coordinator gives a brief presentation about the program at 12:00 pm.

May 12th

Holly Tiret, from MSU Extension will be visiting us. She will speak on the topic, Be Kind to Your Mind. Please join us from 10:00 am – 11:00 am.

May 26th

We will be playing Bingo, hosted by Laurels of Fulton. So, mark your calendar, call up and join us for lunch, or simply arrive at 12:30 pm and join us for Bingo.

May 29th

Closed for Memorial Day.

May 31st

Staff from Region VII Area Agency on Aging will be visiting from 12:00-1:30 pm. Region VII, through state and federal funds, provides some funding for Gratiot County Commission on Aging (COA), allowing COA to provide services to the senior citizens of Gratiot County. The staff will provide information on additional services available and answer questions.

Thank You to Linda Shepard for the wonderful tea party she provided for us and for Miss Ellie's 100th Birthday celebration. The tables were beautiful, set with Linda's vintage collection of tea cups and saucers. Tea and desserts were awesome.

Also, thank you goes out to Karen Barton. We are enjoying the books that you dropped off to us.

As always, books may be donated at any time you are willing to part with them. We are open on Monday, Wednesday and Friday from 10:00 am – 2:00 pm. When they have made it through our senior center, they are passed on to one of the other senior centers in our county.

Please join us for lunch, cards or just to visit. We look forward to hearing from you.

Breckenridge Sassy Seniors!

Spring has sprung!!! Are we ever satisfied with the weather? It seems like when it was snowing and blowing, we said we wished it would rain, anything but snow!! Now that it has been raining, we want sunshine!! Oh well, we live in Michigan and always remember just wait 5 minutes and the weather will change. Unfortunately, it may not be to our liking! All I know is I am loving the longer days, more sunshine and even the rain!! Even though our driveway is a lake, the rain gives way to green grass, flowers and crops growing in the fields.

We here at the Breckenridge Senior Center have been busy this past month. In April we made cute little bunnies and eggs for Easter. We had a special guest, Lois Painter, who came and celebrated her 85th birthday with us. Everyone enjoyed cake and ice cream to help Lois bring in her next year. Holly Tiret from MSU Extension presented two classes on Mindfulness for Better Living to us and we picked up some very helpful hints on how to curb our negative talking and thinking. Holly will be here in June with additional information on how laughter can help with a better living.

Now we are looking forward to a busy summer and lovely weather! With sum-

mer coming there are so many things to do. My family always has a huge family camping weekend (it's almost a week!) in August. I do craft shows throughout the summer which keep me busy, and occasionally some of the Sassy Seniors show up and surprise me. I am hoping to take these Sassy Seniors out for ice cream, go to the park for a walk, and just get out and about here in our little town, maybe take in a trip to the local historical museum.

Plan on joining us as the Isabella County Senior Companion staff comes to provide information on the program. They will be here on May 8th at 12:00 pm.

This article would not be complete without some holidays for the month of May. I found the following holidays in an article on the internet at brownielocks.com, so here goes:

- May 1 May Day
- May 2 Foster Care Day
- May 3 Great American Grump Out
- May 4 National Star Wars Day
- May 5 Cinco de Mayo
- May 6 Herb Day
- May 7 Rural Life Sunday
- May 8 VE Day

Well, there you go, my crazy days of May. Have a great month and we will be back in June.



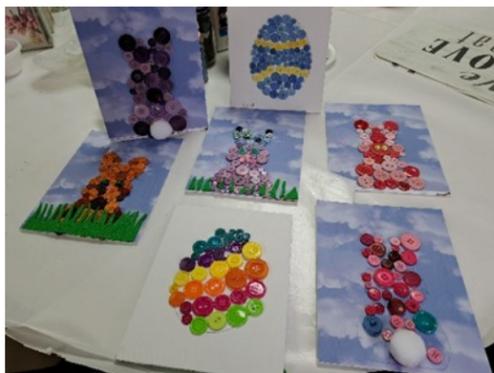
Miss Ellie enjoying her birthday celebration at Fulton.

Happy 100!



COA Air Conditioners

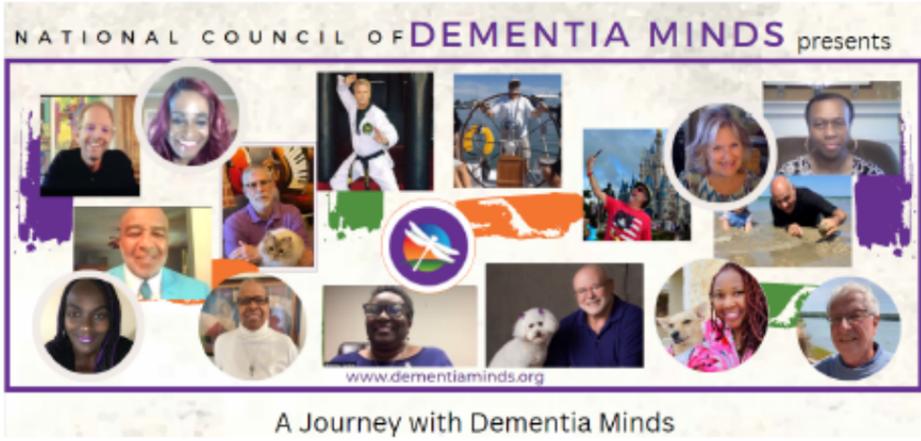
As summer draws near, so does the heat that comes with it. The Commission on Aging (COA) has air conditioners which can be loaned out to you thanks to a grant received from the Gratiot County Community Foundation. Just call the COA, 989-875-5246, and ask for one. We will ask you a few simple questions, and then get our Home Chore department to deliver and set one up! The air conditioners are given out on a first come first served basis. At the end of the summer, you just need to call us and we will come and remove it as well.



Bunnies and eggs created from buttons .



Lois Painter celebrating her 85th birthday with her friends at Breckenridge.



A Journey with Dementia Minds

**THE NATIONAL COUNCIL OF DEMENTIA MINDS
IS PROUD TO PRESENT
A Journey with Dementia Minds**

A Journey with Dementia Minds is an interactive presentation by eight individuals living with dementia. In this dramatic and humorous performance, you will experience their journey beginning with the recognition that something was wrong, testing, diagnosis and depression that often follows the diagnosis. Undergo the passage from the darkness of depression into the light of acceptance and the discovery of new meaning and purpose. Be prepared to take flight as A Journey with Dementia Minds is a transformative and powerful experience for all who attend.

Who should attend? Persons living with dementia, family, friends and professionals.

Date: May 10, 2023
Time: 10:30 - 12:00 pm
Alma Food with Friends
Filling Station
415 Park Avenue
Alma, MI 48801
To help us ensure enough seating please register by calling 989-875-9118; however, walk-ins are welcome. No registration fee.

Lunch will be served at 12:00 p.m. A reservation is needed one day in advance.
Suggested \$2.50 lunch donation for persons 60 and older
\$5.00 lunch fee for persons under 60
Call 989-875-9118 to register!

Call 989-875-9118 to register!



Alma/St Louis Food with Friends Presents

Senior Sampler - Art Activity

By Alma Community Art Center (ACAC)

May 17, 2023, 12:30 PM - 2 PM

This month we will be doing metal tooling! Participants get to make 2 6 x 6 pieces. Lots of patterns to choose from. Here are some examples:

**\$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 12 pm, 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



Celebrating healthy aging and educating older adults

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Join us, and bring a friend!

The **FREE 6 Week program** offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

To register for this FREE training call or email Sara Krebs at 989-463-1422 or sara@childadvocacy.net

Program will be held on Tuesdays
5/23/2023-6/27/2023
11am-12pm

**Ithaca Senior Center
at the Senior Activity Building**
1011 E. North Street
Ithaca, MI 48847



Acrylic Painting Class

Shirley Frederick, Instructor

Join instructor Shirley Frederick from the Alma Community Art Center at the Ithaca Senior Center, 1011 E. North St., Ithaca for an acrylic painting class. This fun class will teach you the basics of acrylic painting and you will take home a beautiful picture at the end of class. The project this month is pictured below. If this sounds like fun, please call 989.875.2135 to register as reservations are required.

The class is on **Tuesday, May 9th** from 1:00-3:00 pm. The fee for class is \$20.00 and payment for the class must be received prior to class. The fee includes all supplies and instruction. We are pleased to have Shirley share her talents with us. Please call 989.875.2135 to make your reservation.



Memorials

Commission on Aging

Mervin Flegel

Polkadots Motorcycle Club

Harold & Marion Weaver

Vickie & Randy Weaver

Leona Martin

Her Family

Stan Cruz

Janice King

Doris LaPaugh

Larry & Anne Marrin
Dale & Bonnie Beltinck
Wendy & Scott Cary
Nan, Teresa & Liz Freed
Nancy Gallagher

Adelia Milledge

Patricia Smith
Katherine & Melvin Milliman
Cris & Darlene Doil
Norman & Vera Petzold

Richard Stuckey

Mary Avery

Doris LaPaugh

Cherie Yost

Nutrition

Gwen Showers

Jennette Peoples
Paul Showers

Senior Gratiot

Bertha Pendell

Marion Bouchey
Coleen Trexler

Sally Nester

Ken & Nola Owen

Berine McGuire

Matthew Pung

Lowell Raymond Becker

Terry & Diana Martin, Eric
Martin, Deb Brune & Gary Fuller

Chris Bergin

Sonny Ellsworth

Phillip Ramsey

John McGuire

Mark Pung

Matthew Pung

Venetta & Ken Parling

Cathleen & Jim Lucas

Jean Farrough

James Farrough

Lila Decker

Donna Erskine

Charlotte Jenkins

Joe & Fran Markley

Kathy & Bob Martin

Donna Smith

Carol Howdysshell

John Shimunek

Annie Sabatovich

Roger Hudson

Elizabeth Ringle-Bell

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MSU EXTENSION PRESENTS: Mindfulness for Better Living

Join instructor Holly Tired as she presents various topics to help you in living a more mindful life. Holly has over 35 years of experience working with children and families. She was trained in mindfulness by Jane Riffe and Becky Smith. Holly has taken Mindfulness Based Stress Reduction through the Grand Rapids Center for Mindfulness and attended a two-day workshop on Mindful Self Compassion with Authors Kristen Neff and Christopher Germer. Holly and her work team at MSU Extension are mentored by Dr. Roxane Chan, a holistic nurse, mindfulness teacher and expert.

Holly will be providing presentations at various Food with Friends sites during May and June. Presentations are listed below.

May 12:

♥ 10:00-11:00 am *Fulton* Be Kind to Your Mind

♥ 12:30-1:30 pm *Alma/St Louis* Mindful Eating

June 9:

♥ 12:30-1:30 pm *Alma/St Louis* Mindful Walking

June 16:

♥ 10:00-11:00 am *Fulton* Importance of Adult Sibling Relationships

♥ 12:30-1:30 pm *Alma/St Louis* Calming Down

June 23: Laughter is the Best Medicine

♥ 10:00-11:00 am *Breckenridge*

♥ 12:30-1:30 pm *Alma/St Louis*

June 30:

♥ 10:00-11:00 am *Fulton* Laughter is the Best Medicine

♥ 12:30-1:30 pm *Alma/St Louis* Six Principles of Problem Solving

Please contact the site you wish to attend to make your reservation so the program packets can be prepared. We look forward to seeing you there.

Breckenridge: Lori Chvojka, 989-842-3338 or lchvojka@gratiotmi.com

Fulton: Irene Noffsinger, 989-236-5019 or inoffsinger@gratiotmi.com

Alma/St Louis: Kaleigh Pettigrew, 989-875-9118 or kpettigrew@gratiotmi.com



Menu



Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork Chop Company Potatoes Carrots Cinnamon Applesauce Dinner Roll	2	3 Bar B-Q Chicken Baked Beans Broccoli Apple Crisp Dinner Roll	4 	5 Beef Enchilada Spanish Rice Corn/Bean Fiesta Blend Tortilla Chips/Salsa
8 American Goulash Corn European Vegetables Pears Wheat Bread	9 	10 Salisbury Steak Whipped Potatoes Broccoli Mixed Fruit Cup Wheat Bread	11	12 Chicken Salad Carrots Bananas Hamburger Bun Whole Grain Cookie
15 White Bean Chicken Chili Green Beans Corn Tropical Fruit Corn Bread	16	17 Hot Dog on a Bun Potato Salad Baked Beans Malibu Vegetables Strawberry Shortcake	18 	19 Basil Parmesan Chicken Brown Rice California Blend Veggies Ambrosia Fruit Cup Wheat Bread
22 Potato Crunch Pollock Oven Roasted Potatoes Carrots Yogurt Mandarin Oranges Wheat Bread	23 	24 Lemon Pepper Baked Chicken Whipped Potatoes Green Beans Cinnamon Applesauce Dinner Roll	25	26 Turkey Burgers/Bun Lettuce & Tomato Corn Oven Roasted Potatoes Mixed Fruit Cup
29 	30	31 Cabbage Rolls Oven Roasted Potatoes Carrots Peaches Dinner Roll Lemon Bar		

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.

Commodity Food Distribution Date

Commodities distribution will be on **Monday, June 26, 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.

Support Groups Meet at MyMichigan Medical Center Gratiot, Alma

Contact Michelle Miller, 989-466-3378

Parkinson's Disease

2nd Thursday of each month, 5:00 p.m.
300 E. Warwick Dr.
Wilcox Auditorium

Alzheimer's/Dementia

3rd Wednesday of each month, 4:30 p.m.
300 E. Warwick Dr., Room 1161

Brain Injury Group

2nd Wednesday of each month, 5:30 p.m.
300 E. Warwick Dr., Room 1161A & B

*To date,
J&J Party Store
has donated \$10,738.43 to
the HDM program at the
COA!*

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

SENIOR GRATIOT, INC.

**JENNIFER COOK, EDITOR
MARITA HARKNESS
HOWARD POINDEXTER
VICKIE THUM
CRAIG ZEESE**

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Social Security Administration
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