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

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SENIOR GRATIOT

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An Amazing Volunteer
Offers their gift of time
Inspires hopes and dreams
Enjoys helping others
Encourages teamwork
Is selfless, generous and kind
Extends a helping hand &
Makes a difference

Area Food Pantries

Alma

First Presbyterian Church
495 Charles Ave., 989-463-2940
Tuesdays (except 5th Tuesday of the month) from 1:30 - 3:00 pm

Ashley

East Washington United Brethren Church
8051 S. Crapo Road, 989-838-2314
Second Tuesday, every other month (Jan, March, May, July, Sept, Nov) from 3:00-5:00 pm. Bring box/bag for items.

Bannister

Bannister United Methodist Church
103 E. Hanvey Street, 989-862-4392
Third Saturday of every month, 1:00-3:00 pm.

Breckenridge

United Methodist Church
125 Third Street, 989-842-3632
Tuesdays, 10:00 am-1:00 pm.

Ithaca

First Presbyterian Church
218 E. Newark St, 989-875-4437
Wednesdays, 9:30 am -11:30 am.

Riverdale

Lincoln Rd. United Methodist Church
9479 W. Lincoln Rd., 989-463-5704
Third Thursday, 9:00-11:00 am.

St. Louis

St. Louis Church of Christ
1075 W. Monroe Rd, 989-681-2524
Third Thursday of the month 11:30 am -2:00 pm. Please bring own box/bag for items.

Office of Human Services (OHS)
232 N. Mill St, 989-681-4289
Tuesday, Wednesday, and Thursday
9:00 am-11:45am. Please bring own box/bag for items.

Please call number listed to confirm days, times, and eligibility guidelines.

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: $20.00 _____ $25.00 _____ $30.00 _____ 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

SUBSCRIBE

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.

Reminder:

If you travel elsewhere for the winter, please call the office, 989-875-5246, to either cancel your Senior Gratiot subscription for the winter or update your address. Because the paper is mailed under non-profit postage, it will not be forwarded. Thank you.

GRATIOT COUNTY COMMISSION ON AGING

Board of Directors

Brenda Pratt, District 1
Yvette Franco-Clark, District 2
Paul Showers, District 3
Mary Humm, District 5
Dale Clingenpeel, Member at Large
Donn Gates, Member at Large
Nancy Gott, Member at Large
Indira Saxena, Member at Large
Hillary Shemes, Member at Large
Sally Stoll, Member at Large
George Bailey, Commissioner
Corey Netzley, AAA Board Representative
Diane Conroy-Kellogg, AAA Advisory Rep.

AARP DRIVER SAFETY

SMART DRIVER COURSE

Coming July 10, 2024

8:15 am - 5:00 pm
Additional information to follow in the May Senior Gratiot

The COA Lobby Book Nook is thriving with wonderful paperback and hardbound books. Colorful puzzles of all kinds are also on display. Puzzles generally have 300 to 1500 pieces. You are invited to browse our shelves and take what interests you. When you are finished with the books and/or puzzles, feel free to pass them along to family or friends if you wish. You may also return them to us.

While in the lobby, take time to browse the recycled greeting card racks. Our Card Team members have recycled cards for all purposes. Suggested donation for a card is .25 cents.

The lobby is open Monday through Friday 8:00 am to 4:30 pm. We are closed holidays.

March 2024 Prep Team Volunteer Thank You!

Thank you to these 11 COA volunteers who devoted 24.25 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

Nancy Crispin, Nancy Gulick, Bernie Barnes, Nora Kowitz, Helen Hoard, Ellen Martin, Betty Reeves, Sally Martin, Carole Moore, Carol Reeves, Lisa Skaryd

THANK YOU VOLUNTEERS

SENIOR GRATIOT, INC.

JEN COOK RONDY, 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.

VOLUNTEER ACTIVITY April 2024

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 - April 17, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In
Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - April 18, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team
Commission on Aging in Ithaca
April 25, 9:00 - 11:30 am

Board Members

George Bailey
Dale Clingenpeel
Diane Conroy-Kellogg
Yvette Franco-Clark
Donn Gates
Nancy Gott
Mary Humm
Corey Netzley
Brenda Pratt
Indira Saxena
Hillary Shemes
Paul Showers
Sally Stoll

Greeting Card Team

Linda Cox
June Husted
Nora Kowitz
Sarah Messing
Laurel Sears

Senior Center Sites

Jackie Devericks
Nancy Dulin
Helen Hoard
Ellen Martin
Martha Moore
Joyce Raycraft
Diana Rice
Anna Smejkal
Linda St. Charles

COA Kitchen

Sue Wernick

Hat/Mitten Makers

Nancy Dulin
Sue Hardman
James Holmes
Jeanine Holmes
Carole J. Moore
Marian Shinabarger
Nellie Simmons
Dorothy Trgina
Linda Trieb

MMAP

Nancy Dulin
Rhonda Harrell
Corey Netzley

Senior Gratiot Prep

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Linda Cox
Nancy Crispin
Nancy Gulick
Helen Hoard
Nora Kowitz
Ruth Malek
Ellen Martin
Sally Martin
Carole J. Moore
Irene Oliver
Jim Peck
Betty Reeves
Carol Reeves
Lora Schultz
Lisa Skaryd
Judy Zimmerman

Main Office Assistants

Becky Adams
Betty Reeves
Diana Rice
Cheryl Wiseman

Home Heating Credits
Property Tax Rebates

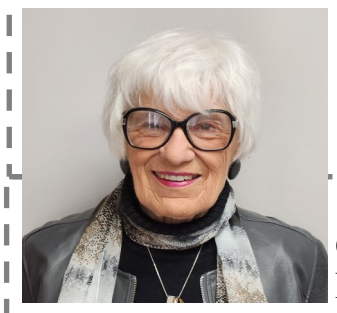
Bernie Barnes
Rhonda Harrell
Mary Humm
Diana Rice
Christopher Shemes
Cathy Timmons
Evelyn White

Home Delivered Meal Drivers

Marci Browne
Jerry Chvojka
Bob Deel
Kevin Fitzgibbon
George Gibbs
Larry Midlam
Nancy Midlam
Judy Moomey-Brown
Dave Owens
Marty Peet
Laiyla Pray
Emerson Rondy
Ed Seiler
Joanne Walden
Larry Walden
Mark Yourchock
Craig Zeese

Senior Activity Building April 2024 Ithaca Food with Friends Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8-10 SAB Coffee April Foolishness Birthday Celebration 11:45 "Snack Options" **12:00 Food with Friends Meal**	**2** 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling **12:00 Soup & Salad Food with Friends Meal**	**3** 8-10 SAB Coffee **Food with Friends Spring Luncheon HIS Place, Alma** No Knitting group	**4** 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling **12:00 Soup & Salad Food with Friends Meal** 12:45 Card Games	**5** 8-10 SAB Coffee 11:30 Blood Pressure Checks with Joyce **12:00 Food with Friends Meal** 1:00 Otago Exercise Program	**6** 11:45 Building Opens **12:15 PM** **Senior Friends Potluck**
8 8-10 SAB Coffee **12:00 Food with Friends Meal** 12:45 Bingo 2:00 Dulcimer Club Music	**9** 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 1:00 Painting with Shirley 7:00 VFW Post #7805	**10** 8-10 SAB Coffee 10:00 Knitting Group 12:45 Dominoes 1:00 Cornhole	**11** 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:45 Movie & Popcorn	**12** 8-10 SAB Coffee **12:00 Food with Friends Meal** 1:00 Otago Exercise Program	**13**
15 8-10 SAB Coffee **12:00 Food with Friends Meal** 12:45 Five Crowns Card Game	**16** 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling **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 Dominoes 1:00 Cornhole 7:00 A-Tractive Tractor Club	**18** 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling **12:00 Soup & Salad Food with Friends Meal** 12:45 Card Games	**19** 8-10 SAB Coffee **12:00 Food with Friends Meal** 1:00 Otago Exercise Program	**20**
22 8-10 SAB Coffee **12:00 Food with Friends Meal** 12:45 Bingo	**23** 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling **12:00 Soup & Salad Food with Friends Meal** 12:45 Cornhole with Pickleball Players	**24** 8-10 SAB Coffee 10:00 Knitting Group **12:00 Food with Friends Meal** 12:45 Dominoes 1:00 Cornhole	**25** 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling **12:00 Soup & Salad Food with Friends Meal** 12:45 Card Games	**26** 8-10 SAB Coffee **12:00 Food with Friends Meal** 1:00 Otago Exercise Program	**27**
29 8-10 SAB Coffee **12:00 Food with Friends Meal** 12:45 Euchre	**30** 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling **12:00 Soup & Salad Food with Friends Meal**	Walk Wanda's Walk every weekday during April! 	**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 at Noon, Call 989-875-2135 to make your reservation (See menu on back page.)		



Senior Activity Building Senior Center & Ithaca Food with Friends News

Jo Jones, Site Manager 989.875.2135

The Senior Activity Building (SAB) Cookie sale that benefitted Gram's Kitchen at the Commission on Aging raised $300.00. Thanks to those who supported the cookie sale with your generous donations. Thanks to the volunteers who packaged and delivered the Valentine cookie boxes.

Our traditional Ithaca Food with Friends Shamrock Sunshine project brought Irish sunshine to our shut in friends. We thank all of the seniors who donated to the funds that purchased the fruit, cookies, and candy. Also, thanks to the packaging and delivery volunteers for their part.

The April 6th Senior Friend Potluck is at 12:15 pm. The SAB will be open at 11:45 am. Please remember to bring your tableware. If you are not a cook, your donation of cash will be added to the next donation given to the SAB for use of the building from this group.

Every morning from 8:00-10:00 am, our 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 two hours.

Food with Friends meals are available Monday through Friday with hot meals on Monday, Wednesday and Friday and soup and salad meals available on Tuesday and Thursday. Meals are served at noon. Your reservation is needed at least one day ahead for the meals. Please take a peek at the menu found on page 12 and then call in your reservation for the days you will be joining us around the table. The suggested donation remains at $2.50.

We will be honoring all seniors born in this month of April at our Food with Friends meals on Monday, April 1st. Yes, it is on the calendar above as "April Foolishness". You are invited to come in your fun attire! We hope to have an April Fool surprise.

The monthly nutrition lesson on April 1st will give you tips about Snack Options!

Bingo games will be on Monday, April 8th and April 22nd at 12:45 pm. Yvette from Schnepp Health Care will call the games and bring prizes on the 8th and McDonald's will provide the prizes on the 22nd.

The Just for Fun Dulcimer Club members plan to provide their music on April 8th from 2:00-4:00 pm. You are welcome to listen for a few minutes or for two hours.

EZ Motion exercise class starts at 10:00 am each Tuesday and Thursday. Come stretch with us! We will have a chair ready for you to use. Wii Bowling fun follows EZ Motion at 11:00 am on both Tuesday and Thursday.

The painting class with Shirely Frederick meets on Tuesday, April 9th at 1:00 pm. The SAB Board will meet on April 16th at 1:15 pm.

The first Wednesday, April 3rd, the SAB will be open from 8:00-10:00 am for coffee and conversation. The SAB will be closed for the remainder of the day and there will be no Food with Friends in Ithaca. Instead, there will be a county wide Spring Luncheon held at HIS Place in Alma. This event is being hosted by the Alma-St. Louis Food with Friends site. Activities will begin at 10:30 am with lunch served at noon. There will be more activities after lunch. Be sure to call for your reservation, 989.875.9118.

The rest of April, the knitting group gathers at 10:00 am each Wednesday. Dominoes will be at 12:45 pm and Cornhole is scheduled at 1:00 pm.

The Thursday schedule is similar to Tuesdays, but take another look! We do hope to have some card games, but for sure a movie at 1:00 pm on the 11th.

Joyce Raycraft will be happy to check your blood pressure on the first Friday, the 5th before our Food with Friends meal. There will be Otago classes each Friday at 1:00 pm. There is no fee for these classes.

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.

Be sure to check the calendar at the building since there may be changes or additions to the schedule for the Senior Activity Building, the Senior Center and Ithaca Food with Friends. Suggestions for activities are always welcome.

All seniors are welcome to enjoy the Senior Friends Potluck on Saturday, the 6th. If you have a friend or family member you would like to invite, do that! There is no sign up for this gathering of friends. It is a POT-Luck!

Food with Friends and the SAB's phone number is 989.875.2135. Feel free to call to check on any updates to a scheduled event. Always call ahead of time to make your reservation for your meal. We look forward to your call and to welcoming you!

Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from February 13 through March 12, 2024:

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

Gifts In Gratitude to SAB

Cleo Flegel
Linda St. Charles
Brian Moomey

Memorials

Neville Pitcher
Linda St. Charles
Bill & Linda DeVuyst
Helen Hoard
Evelyn Green
SAB Morning Coffee Group
Hilda Oakes
Mary Humm
Jo Jones
Dave & Debra Nelson
Heather Laird Fick
Brenda & Mike Peterman
Steve & Marcia Long
Joel & Candy Martin
Miah, Eddie, A J Paige
Joe & Sue Martin
Chuck & Marty Wieferich

Yvonne Muneio
Chuck & Marty Wieferich

Jackie Bowen
Bill & Linda DeVuyst
Bill & Ella Martyn
Helen Hoard
Evelyn Green
SAB Morning Coffee Group
Edith Beck
Chuck & Marty Wieferich

Marlene Hale
Doris Jean Browne
Mike & Marci Browne

Sharon Hayes
Phyllis & Keith Shaw

Charlie Kernen
Donn & Pat Gates

Janet White
Janet White's Estate

Lloyd Brandal, Dad
Floyd, Dad's Twin Brother
Mike & Barb Kench

Nancy Wood
Jim Brilhart
Barbara Pharr
Scott Monroe
Edith Beck

Duane & Janet White
Janet White's Estate

Bob Sullivan
Phil & Linda Cowdrey
Dave & Melanee Webert
Ella & Bill Martyn
Mike & Marci Browne
Evelyn Green
Food with Friends
Martha Moore
Helen Hoard
Nan Freed
Mary Humm
Chris & Susan Sparks
Kurt & Jayme Kristin
Donn & Pat Gates
Chuck & Marty Wieferich
Neal & Marge Raymond

Honorarium

Lois Barden, 100th Birthday
Lois Barden's Family

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

Mary Humm

Memorials

Neville Pitcher
Jo Jones

Bob Sullivan
Jim & Cathy Lucas

Left: On behalf of the SAB, Jo Jones receives Mark and Sue Boyer's Aunt Janet White's Estate gift. Mark's mom, Clara Boyer, was an active volunteer and participant at the SAB after she retired from the COA kitchen.

Above: St. Patrick Sunshine treats are packaged. **Right**: New cornhole scoreboard donated by Brian Moomey.

The Filling Station

Alma/St. Louis Site, 415 Park Ave., Alma

Kaleigh Pettigrew, Site Manager 989.875.9118

In March, we had a blast having Holly from MSU extension join us! It is always a fun time when Holly is around, and we learn lots. She will be joining us on Friday, April 5th for the last presentation in this series, Taking Time for Yourself & Sleep Myths. We also have been having a blast learning new card games, and playing old ones like UNO, Skip Bo, and Kings in the Corner.

If you have ever wanted to learn how to arrange flowers, now is your chance! Patty Macha will be here on Friday, April 19th to teach us how to make a beautiful floral arrangement. Registration deadline is April 15th. Cost for this class is $20.00 and needs to be paid at the time of registration.

I am excited to say that the Alma/St. Louis site will remain open while I an on maternity leave! Please come have lunch, or join the site for an activity. I will be back in June! But before I go...plan to join us for the Spring Luncheon.

Wednesday, April 3rd the Alma/St Louis Senior Center is hosting a Spring luncheon right next door at HIS Place from 10:30 am - 2:00 pm. All other Food with Friends sites will be closed that day so everyone can gather together for fun and games. We will be serenaded by student musicians from Alma High School in the morning and you can test your knowledge with a Trivia Game before lunch. Prizes will be awarded to the winners of the games! Our lunch of Salisbury steak, whipped potatoes and California blend vegetables will be capped off with hot apple crisp and vanilla ice cream. Don't forget to call for your reservation, 989-875-9118. After lunch, join us in a fun game of Name that Tune! The Alma/St Louis seniors are busy creating fun centerpieces to be given away to a few lucky winners.

Mondays, 10:00 am-12:00 pm: Sit and Stitch! Crochet, knit, sew, needle point, cross stitch, etc. All levels are welcome, bring your own supplies, and learn from your peers.
Mondays, 12:30-1:30 pm: Bingo
Fridays, 10:00 am: Line Dancing

April 5: 1:30 - 2:00 pm: Walking with Ease
April 10: 10:00 am: Wine Bottle Painting, Registration required
April 17: 12:30 pm: Nutrition Talk, On the Go High Protein Snack Options
April 19: 10:00 am: Floral Arrangement class with Patty Macha, $20 fee required at the time of registration

Friendly Reminder: Please sign up for all registration required classes two days in advance to make sure we have enough supplies.

Breckenridge Senior Center

Breckenridge Masonic Temple, 122 E. Saginaw St., Breckenridge

Lori Chvojka, Site Manager 989.330.7508

Happy Spring! Spring has sprung. I hear the robins singing and my flowers are starting to grow. Still not used to the time change and probably won't be until it changes again. We at the Center have been busy. In March we made fabric bowls for Easter and had a nice luncheon at Breckenridge High School. We would like to thank Mrs. Marr and her students for providing this luncheon for us and for the entertainment. The school kitchen staff always prepares us an excellent meal and it was above normal standards.

Our presentations from MSU Extension coming this spring are in place and will be from 10:30-11:30 am. The dates and topics are as follows:

April 1, 2024	Sleep Basics	May 6, 2024	Mindful Eating	June 3, 2024	Keys to Embracing Aging 101

If you are interested in coming to any of these presentations, please fee free to contact the Commission on Aging at 989-875-5246 or myself at 989-330-8874. If you are attending the presentation, why not join us for lunch too? We would love to have you!

We would also like to invite anyone who likes to play Mexican Train Dominoes to come join us on Fridays. We have been playing Mexican Dominoes on Fridays and enjoy being able to play as the whole group and would love to have more players join us. As always, on Monday we play Euchre and we always have an exciting game or two. We continue to play Dirty Marbles every morning from 10:00 am until noon when we have lunch.

Mondays:	**Wednesdays:**	**Fridays:**
10:00 Dirty Marbles	10:00 Dirty Marbles	10:00 Dirty Marbles
12:00 Lunch	12:00 Lunch	12:00 Lunch
12:30 Euchre	12:30 Bingo	12:30 Mexican Trian Dominoes

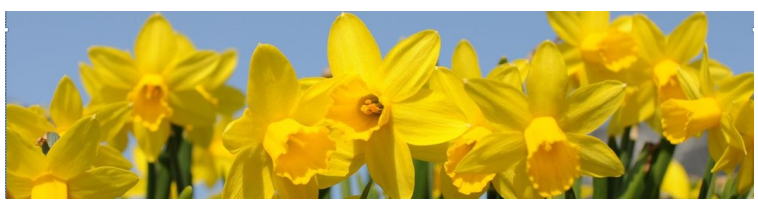
We also will have nutrition information day on the 2nd Friday of the month. I will have various informational handouts on different ways to help with our nutrition subjects.

We are expanding with more seniors and always looking forward to adding more. Please take the time to visit us, and I am sure you will return. We are an excellent group, friendly and always looking for more to join us.

Some fun April days for you to enjoy:

1st: All Fools Day 2nd: National PB & J Day 4th: Walk Around Things Day 5th: National Dandelion Day
6th: Army Day 7th: Carmel Popcorn Day

Enjoy the weather and remember,
April showers bring May flowers!



Greetings From Fulton

Fulton Township Hall, 3425 W. Cleveland Rd., Perrinton

Irene Noffsinger, Site Manager 989-236-5019

We are now entering April. I feel like winter flew by this year. I am ready for daffodils and tulips. Some spring color will be most appreciated.

Tonya Robinson from Laurels of Fulton Therapy Department has been leading us in chair exercises. We wish to thank Tonya for the time and her knowledge during the time she has spent with us. Unfortunately for us, but great for her, she has taken a new job and will no longer be able to lead our chair exercises. Good luck, Tonya, in your new endeavors.

Thank you to everyone that helped put together our bunny treats that we made for our friends and neighbors that are home-bound in Laurels of Fulton.

The Fulton Food with Friends site will be closed on Wednesday, April 3rd so that we may all attend the Spring Luncheon being held for us and hosted by the Alma/St Louis Senior Center, held at HIS Place, across the street from the center. Please call 989.845.9118 to make your reservation. Activities will begin at 10:30 am.

Bingo will be held on April 12th. We wish to thank Dawn Welch for all of the lovely gifts that she donated to us for Bingo. They are much appreciated.

Please come join us on April 24th to paint rocks. Yes, that is right, painting rocks. While I am aware that Rocks of Kindness has been around a long time, I just recently heard about it. Painting pretty rocks and leaving them around your town for someone to see and pick up is a pretty neat way to cheer people up. So please join us at 10:30 am, paint some rocks and help us spread some cheer in the places we live.

As always, books may be donated at any time. Stop in to browse the selection. We are open Monday, Wednesday and Friday from 10:00 am to 2:00 pm. Be sure to look over the selection for something that may interest you. Please come and join us for lunch, cards or just to visit. Remember to call 989-236-5019 to reserve your meal. We look forward to seeing you!

April 3	**CLOSED** Spring Luncheon at the Alma/St Louis Senior Center	**April 5**	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice	**April 8**	10:30 Wii Bowling 12:00 Lunch 12:30 Euchre, Dice
April 10	**CLOSED DUE TO CONSTRUCTION IN THE COA KITCHEN**	**April 12**	10:00 Cards 12:00 Lunch 12:30 Bingo	**April 15**	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
April 17	10:00 Cards 12:00 Lunch 12:30 Cards, Dice, Skip Bo	**April 19**	10:30 Mindful Eating with Holly Tiret, MSU Ext. 12:00 Lunch 12:30 Euchre, Dice	**April 22**	10:00 Cards 12:00 Lunch 12:30 Cards, Dice
April 24	10:30 Rock Painting 12:00 Lunch 12:30 Cards, Dice, Skip Bo	**April 26**	10:00 Cards 12:00 Lunch 12:30 Cards, Dice, Skip Bo 12:30 BP Checks with Nancy Dulin	**April 29**	10:00 Cards 12:00 Lunch 12:30 Cards, Dice Skip Bo

Seniors at the Fulton Food with Friends Senior Center hard at work on Bunny Treats for the Laurels of Fulton. The completed treats are ready for delivery!

Scenes from Lois Barden's 100th birthday celebration at the Senior Activity Building in Ithaca.

Jean McNab - your guide for the bus trips!

Bus Trip General Information

Below are some rules as well as general information regarding the bus trips.

Please notify the Commission on Aging (COA) ***immediately*** if you must cancel your reservation. The number to call is 989.875.5246. Please leave a detailed message if calling outside of normal business hours. If you found your own replacement, please provide their name and contact information to the office when you call. Refund checks may be issued when the trip does not include prepaid expenses and you cancel more than 30 days prior to the trip date. Otherwise, a refund will be issued only if we can find a replacement from the reserve list.

If you are not sure about your walking abilities after reading a description of the trip, please ask for more information about the trip before you sign up.

All payments are made out to:

Gratiot Community Senior Center and mailed to:

Gratiot Community Senior Center
c/o Gratiot County Commission on Aging
515 S Pine River St, Ithaca, MI 48847

If you are interested in a trip that is advertised, please call as soon as possible to make your reservation. The number to call is 989.875.5246. Check your calendar and check it again after you make the reservation. Make your payment by the due date so you may be assured of a seat. Otherwise, those names on the waiting list will be contacted and your seat may be filled. The only way to assure your reservation is confirmed is by making payment.

Reservations for the trips are made weeks in advance. Tickets are paid for and are expensive. If tickets get purchased for a trip and then not used, we are not able to get a refund on those tickets. That is why it is important to confirm the dates prior to making a reservation.

If you have to cancel because of illness, please call as soon as possible before the day of the trip. If you forget to attend or just do not show up, we will not give a refund or credit because we have reserved a ticket for you and someone else may have wanted to go but was unable due to a full coach.

If you have questions about any of the above, please don't hesitate to call. We look forward to having you take part in the trips.

Broadway Presents: WICKED the MUSICAL
Thursday May 16, 2024, DeVos Performance Hall
$189.00 (Inclusive)
Bus Departs: 9:00 am, Returns: 5:00 pm

Stephen Schwartz's acclaimed Tony Award Winning musical Wicked is coming to DeVos Performance Hall. So much happened before Dorothy dropped in. There is a young woman, born with emerald green skin... smart, fiery, misunderstood and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular...their initial rivalry turns into the unlikeliest of friendships until the world decides to call one good and the other one Wicked. Experience the music, the romance, and the magic of the true story of the "Witches of Oz," one of the most iconic musicals of the last two decades - and one you absolutely won't want to miss!

We will be stopping for brunch at the award winning Anna's House. Everyone will be able to make their choice of what your taste buds are craving from the menu.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 9:00 am sharp and will return to COA around 5:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents and guests of the apartments only.

The price includes transportation, theatre tickets, brunch and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by April 1, 2024.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.

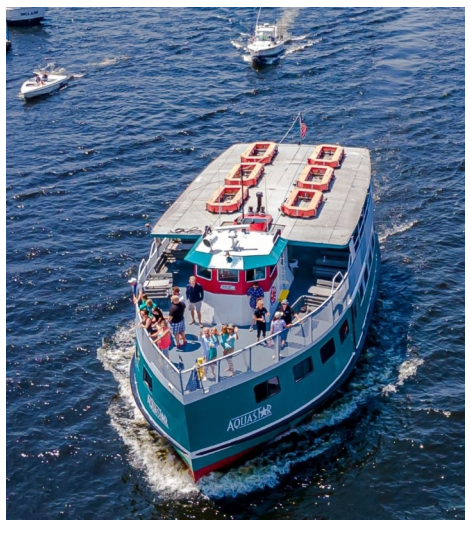
Longest Day of the Year Cruise
Friday, June 21, 2024, Muskegon Lake
$119.00 (Inclusive)
Bus Departs: 9:00 am, Returns: 6:00 pm

Let's celebrate the Summer Solstice by taking a Cruise! We will be taking a fabulous afternoon cruise on the Aquastar, enjoying the views of Muskegon Lake and Lake Michigan. The trip is narrated and will provide information on the history and natural features of the surrounding area. Make sure to bring a jacket or layers for the weather as it may be cooler on the water. The boat has a bathroom and snacks and beverages are offered. Any purchases made on the boat are **not** included in the price and it is credit/debit cards only.

Before our cruise, we will have lunch in historic Muskegon. More details about lunch will be in next months paper.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 9:00 am sharp and will return to COA around 6:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents and guests of the apartments only.

The price includes transportation, cruise, lunch and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by June 1, 2024.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.



Bus Trips Continued!

Westbound Lighthouse Cruise
Monday, July 22,2024
$189.00 (Inclusive)
Bus departs: 8:00 am Returns: 9:00 pm

Join us this summer as we take the three hour Westbound Lighthouse Cruise. During the cruise we will see five spectacular Lake Michigan Lighthouses and be able to take in the stunning coastline views of Wilderness State Park and beyond. Lighthouse history and maritime lore will be shared by our guide from the Great Lakes Lighthouse Keepers Association. The lighthouses we will view are:

Old Mackinac Point Lighthouse
White Shoal
Grays Reef
Waugoshance
St Helena Island Lighthouse

The cruise starts in Mackinaw City and returns to the same port. Bathrooms are on board. More details will follow in next months newspaper regarding our lunch stop before the cruise.

The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 8:00 am sharp and will return to COA around 9:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents and guests of the apartments only.

The price includes transportation, cruise, lunch and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by June 1, 2024.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.

Gratiot Animals in Need (G.A.I.N.)

A local non-profit, Gratiot Animals in Need (G.A.I.N.), at 405 E Washington (M-46) in Saint Louis, offers a variety of resources to Gratiot County pet owners. Office hours from March through October 2024 are Mondays from 9:00 am to 1:00 pm and Thursdays from 1:00 pm to 5:00 pm. Please leave a message if no one answers at 989-875-2286.

- **Pet Food Pantry** is for low-income pet owners/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. It is located at 405 E. Washington, St. Louis. Hours of operation are Tuesdays 12:00 pm - 2:00 pm. Donations of money, pet food, or pop cans are gratefully accepted at this location as well.

- **Companions Program** can help Gratiot County seniors pay for veterinary office visits and, depending on the issue, for one-time medications or treatment needed from the veterinarian. This program does not cover vaccinations or on-going medications for allergies, fleas, etc. Contact 989-875-2286 or email deb@gainmichigan.org for more information. GAIN recognizes the benefits of pet ownership and the special bond seniors have with their pets. Our goal is to try to help Gratiot County seniors retain their pets when medical issues arise.

- **Low cost cat spay/neuter clinic** for owned and free roaming community cats is held from March through October. Owned cats are $55 (spay/neuter only). Rabies and/or distemper vaccinations are $10 each, microchips are $20. Free roaming cats are $15 (mandatory ear tip and distemper vaccination included). Live traps are available for check out ($20 deposit) for the purposes of spay/neuter. Go to gainmichigan.org (click on Spay & Neuter) to book an appointment or call the office for assistance at 989-875-2286.

- **Financial assistance for dog spay/neuter** either through a local vet or low-cost clinic. Call the office at 989-875-2286 for more information on this program.

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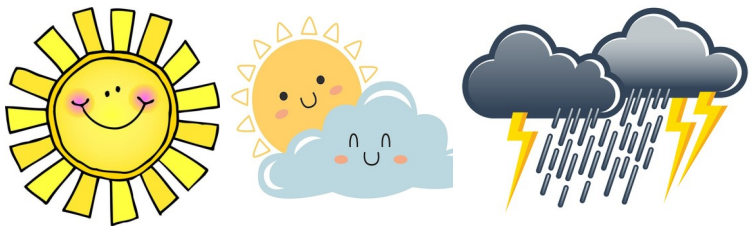
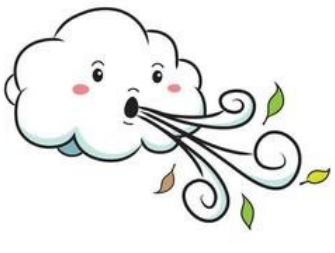


Wind & Weather

Breezy	Haze	Snowy
Chilly	Ice	Sunny
Cloudy	Melting	Thunder
Drizzle	Rainbow	Tornado
Flood	Rainy	Warm
Foggy	Showers	Wet
Gusty	Sleet	Windy



Social Security Related Scam Information

Criminals continue to impersonate Social Security Administration and other government agencies in an attempt to obtain personal information or money.

Known Tactics Scammers Use

Scammers frequently change their approach with new tactics and messages to trick people. These are red flags; you can trust that Social Security will ***never***

- **Threaten** you with arrest or legal action because you don't agree to pay money immediately.
- **Suspend** you Social Security number.
- Claim to need **personal information or payment** to activate a cost-of-living adjustment (COLA) or other benefit increase.
- **Pressure** you to take immediate action, including sharing personal information.
- Ask you to **pay with** gift cards, prepaid debit cards, wire transfers, cryptocurrency, or by mailing cash.
- **Threaten** to seize your bank account.
- Offer to **move your money** to a "protected" bank account.
- **Demand** secrecy.
- **Direct message** you on social media.

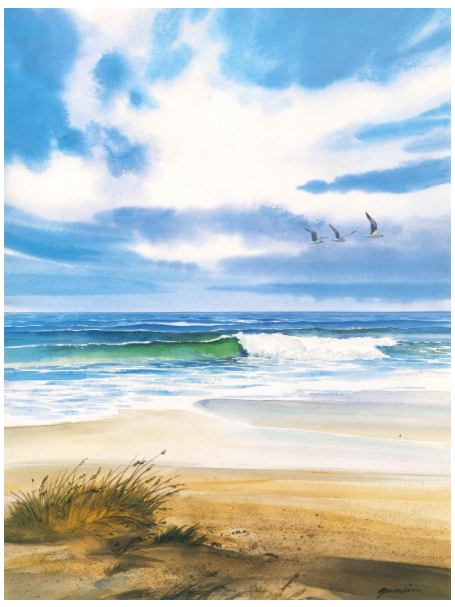
Be skeptical and look for red flags. If you receive a suspicious call, text message, email, letter or message on social media, the caller or sender may not be who they say they are. Social Security will never ask for sensitive information through social media as these channels are not secure.

Acrylic Painting Class

Shirley Frederick, Instructor

Join instructor Shirley Frederick from the Alma Community Art Center at the Senior Center located at the Senior Activity Building, 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, April 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 in order to reserve your place. 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

Barbara Pharr
David & Janet Gault

Bob Sullivan
Beverly Mitchell

Francis Capen
Marie Goodhall
B.J. Capen
Rose Capen

Francis Capen
Janet M. Clark
Brad & Dorothy Capen

Charles "Charlie" Kernen
Cindy Whitfield
Ronald & Cheryl Krautstrunk
Anonymous

Robert Becker
Mary Becker

Robert Leo Rozier
Shirley Pelker

Sue Leonard
Doug & Kathy Duffy
Jake, Beth & Maizy Matthews

Anne Barton
Alan Schafer

Julie LaLonde
Janet Gault
Mary Pat Jaracz
Barbara Gladding
William Peska
Berniece Peska

Richard Colbry
Todd & Kelly Bennett
Joan Netzley
Mike & Brenda Siefka
James McDonald
Sue & Bob Deel
Nan Freed
Brian & Maggie Ross
Pamela & Darryl Fowler

Bob Rozier
Virginia White-Linn & Michael Linn

Nutrition Program

Yvonne Muneio
Patrice & Paul Hornak
Bill Moeller

Senior Gratiot

Waneta Bigelow
Robert & Lyn Nieman
Debbie Thyar
Mike & Sue Nieman
Cindy & Mark Tullar
Alton Bigelow

Bill Stuckey
Jim & Virginia Wishart
Barb Stuckey

Russell D. Wonsey, My Husband
Eileen Wonsey

Jim Riley, My Brother
Wendy Bywater, My Daughter
Janet Schollaert

Sue Leonard
Paul & Janice Holcomb

Walter Martin, My Dad
Nancy Francetic

Lorna Robar
Richard Colbry
John Shimunek
Julie Shimunek

Donations

COA Donors

Anonymous
John & Joyce Raducha
Curt Acker
Katherine Hucko

Nutrition
Robin Litwiller

Senior Gratiot Donors

Barbara Conner
Victoria Winsor
Dean & Vicki Parling
Connie Thurston
Irma Conn
Neal & Marge Raymond
Sheila Nelson
Nelda Dean
Berniece Peska
Ruth Church
Quitman & Denise Moffett
Vivian Cooperswar

Thank you for your support and generous donations.

Food with Friends Eat Smart Menu *Lunch 12:00-12:30* *April 2024*

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Alfredo California Blend Veg Applesauce Mixed Fruit Cup Wheat Bread	2 Chef Salad Minestrone Soup Mixed Fruit Cup Wheat Bread	3 Salisbury Steak California Blend Whipped Potatoes Apple Crisp	4 Chef Salad Chicken Vegetable Soup Pineapple Grape Juice Box Wheat Bread	**5** Pork Chop Company Potato Mixed Vegetables Applesauce Corn Bread
8 Baked Chicken Whipped Potatoes Mixed Vegetables Mandarin Oranges Wheat Bread	9 **Kitchen Closed** **No Meal Delivery**	**10** **Kitchen Closed** **No Meal Delivery**	11 **Kitchen Closed** **No Meal Delivery**	**12** Hamburger Baked Beans Carrots Peaches Hamburger Bun
15 Potato Crunch Pollack Au gratin Potatoes Carrots Strawberry Yogurt Mandarin Oranges Dinner Roll	16 Chef Salad Chicken Vegetable Soup Mixed Fruit Cup Wheat Bread	17 Meatloaf Whipped Potatoes Lima Beans Mixed Fruit Cup Wheat Bread	18 Chef Salad Beef Vegetable Soup Pears Wheat Bread	19 BBQ Meatballs Redskin Potatoes California Veggies Rice Pudding Dinner Rolls
22 Smothered Chicken Carrots Fresh Orange Peach Crisp Wheat Bread	23 Chef Salad Minestrone Soup Fresh Orange Wheat Bread	24 Vegetable Lasagna Green Beans Peaches Pineapple Dinner Roll	25 Chef Salad Chicken Vegetable Soup Pineapple Apple Juice Box Wheat Bread	26 French Toast Hashbrown Patties Sausage Links Applesauce Orange Juice
29 Chicken Parmesan Kyoto Vegetable Pears Wheat Bread	30 Chef Salad Stuffed Roast Pepper Soup Pears Wheat Bread	 		

Menus are Subject to Change Without Notice, milk is provided with all meals. Suggested donation $2.50 per meal.
To CANCEL your HDM or to make a reservation for a meal at a Food with Friends site, please call the COA Kitchen, 989.875.5332.

The Soup and Salad meals are ONLY available at the SENIOR CENTER, located at the Senior Activity Building, 1011 E North St in Ithaca. Unfortunately, NOT available for Home Delivered Meals.

Commodity Food Distribution Date

Commodities distribution will be on **Monday, April 22, 2024.** 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 Commission on Aging, 515 S. Pine River St., Ithaca from **12:00 to 1:00 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.
Wilcox Auditorium

Food with Friends

Alma/St. Louis
Filling Station
415 Park Avenue, Alma
Phone: 989.875.9118
Site Manager: Kaleigh Pettigrew

Breckenridge
Breckenridge Masonic Temple
122 E. Saginaw St., Breckenridge
Phone: 989.330.7508
Site Manager: Lori Chvojka

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

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