



**Announcing the Breckenridge/  
Wheeler Food with Friends new  
location! Join us at the Wheeler  
Township Hall, 8510 E Monroe Rd,  
Wheeler.**



The Commission on Aging and Site Manager Lori Chvojka would like to officially announce the relocation of the Breckenridge Senior Center to the Wheeler Township Hall, located at 8510 E Monroe Rd in Wheeler. This move will allow our program to welcome many more attendees, host larger programs, and give us room to grow.

We would like to thank the Breckenridge Masonic Temple for housing our program for so many years, the Wheeler Township Board and Staff for their willingness to welcome our program, as well as the many individuals involved in making this move a reality for the Commission on Aging.



# 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

June 2024  
Volume XLIX  
Number 6

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## 2024 Senior Project Fresh/Market Fresh Program Registration Information

The Michigan Senior Project Fresh/Market Fresh Program is coming to Gratiot County in June. This is a coupon program for seniors 60 years of age or older who qualify. The coupons, a \$25 value, can be used at various farmer's markets in the area to purchase fresh produce grown in Michigan. **Registration is required** as coupon books are limited. To register for the program, call the Commission on Aging and speak with Sarah McClung, 989.875.5246. Please leave your name, phone number, and that you are calling about Project Fresh if you leave a message. Please, **only leave one message**. Calls will be returned as soon as possible in the order they are received, however, due to the volume of calls, this may take a day or two. Thank you for your patience.

### Eligibility Requirements:

- ◆ Must be 60 years of age or older when receiving the coupons.
- ◆ Must live in Gratiot County.
- ◆ Must have a total household income of 185% of poverty or less. (One person \$2,231.75/month; two people \$3,151 month)

Registered participants will need to pick up the coupon booklet at either location listed below. You may come at any time between the hours listed below. Please note the date and time of booklet pick up.

**Wednesday, June 26<sup>th</sup>**  
**Commission on Aging**  
**515 S Pine River St, Ithaca**  
**1:00 pm-3:00 pm**

**Thursday, June 27<sup>th</sup>**  
**Alma Public Library**  
**500 E. Superior St., Alma**  
**10:00 am-12:00 pm**

If you have any questions, please contact Sarah McClung, Commission on Aging, 989.875.5246.



### 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



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.

### May 2024 Prep Team Volunteer Thank You!

Thank you to these 12 COA volunteers who devoted 25.5 hours ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

**Nancy Crispin, Nora Kowitz, Helen Hoard, Carol Moore, Sally Martin, Betty Reeves, Carol Reeves, Ruthie Malek, Linda Strohpaul, Lisa Skaryd, Christine Berry, Judy Zimmerman**

THANK YOU VOLUNTEERS  
~~~~~

### VOLUNTEER ACTIVITY June 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 - No meeting, COA Closed

**Mitten Makers/Hats Galore Knit-In**  
Commission on Aging in Ithaca  
Third Thursday of every month  
Next meeting - June 20, 9:00-11:30 am

**Senior Gratiot Newspaper Prep Team**  
Commission on Aging in Ithaca  
June 26, 9:00 - 11:30 am



### 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.

#### To Our Subscribers:

The Senior Gratiot Board made the decision to print the entire paper in color at the beginning of the year. While we loved the look of the paper in full color, printing of the entire paper in color is cost prohibitive. It has been determined that in order to keep the paper advertisement free, we need to reduce the number of color pages to four pages. This decision was not made lightly and we hope to be able to revisit the color options at a later date.

We thank you for your understanding and if you have any questions, please don't hesitate to contact one of our board members.

*Senior Gratiot Board*



Commission on Aging will be closed on Wednesday, June 19 to celebrate the Juneteenth holiday. We will reopen on Thursday, June 20 at 8:00 am.



#### 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.



# Gratiot County Farmer Markets Project Fresh Coupons Accepted



Summertime is here and your local Farmers Markets are open. The markets are a great place to use the Project Fresh/Market Fresh coupon booklet, should you be eligible to receive one. Be sure to stop and shop as the fresh produce season progresses.

### Alma Farmers Market

Located on State St, North of Superior, Alma  
June through October  
Saturday 7:00 am to 1:00 pm

### Ithaca Farmers Market

Center St and S Pine River St, Ithaca  
May through October  
Tuesday, 2:00 pm to 6:00 pm



### Apple Barrel Cider Mill

1418 E Center St, Ithaca  
September through October  
Monday - Saturday, 7:30 am to 5:30 pm

### St Louis Farmers Market

300 N Mill St, St Louis City Hall Parking Lot, St Louis  
June through October  
Thursday, 2:00 pm to 6:00 pm

### Artesian Well Produce

7777 W Monroe Rd, Elwell  
May through November  
Monday - Saturday, 9:00 am to 7:00 pm  
Sunday, 9:00 am to 5:00 pm

### Wesenberg Produce

7290 Hayes Rd, Middleton  
May through October  
Monday - Saturday, 10:00 am to 6:00 pm



## Social Security Administration 1.800.772.1213

## Loan Closet

Commission on Aging has a loan closet that is available to seniors (60 years of age or older) who live in Gratiot County and may be in need of adaptive medical equipment. There is limited availability of disposable bed pads and adult diapers as well. If you are in need of something, please call 989-875-5246 to see if we have the item available.

## Gratiot Community Personal Needs Pantry

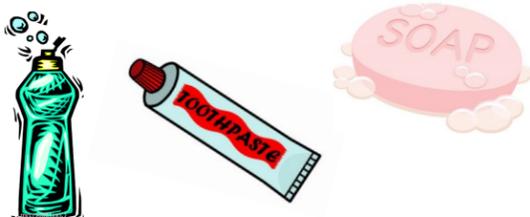
The residents of Gratiot County continue to be served by the Gratiot Community Personal Needs Pantry with supplemental personal care items which cannot be purchased with a Bridge/SNAP card. The pantry is able to provide a pre-packed bag containing 4 rolls of toilet paper, a tube of toothpaste, dish soap, 2 bars of soap, laundry soap and other items, if available, upon request. These items are available thanks to the generous donations received from individuals, churches, and non profit organizations.

The Personal Needs Pantry is open to all Gratiot County residents. A client may use the pantry every 28 days and will need to present identification when they come. Please come to the rear of the church and remain in your vehicle. A volunteer will meet you and provide you with your bag of items.

**Location: St. Louis 1st United  
Methodist Church  
116 S. Franklin St., St. Louis  
(Next to the 7-Eleven)**

**When: Every Thursday,  
12:00-3:00 p.m.**

A big thank you goes out to the volunteers of the community for their dedication to the pantry. If you have any questions, please contact the church at 989-681-3320.



## Gadgets, Gizmos, and Thingamabobs: Small Changes, Big Differences

Terri Robbins from the Disability Network of Mid-Michigan

**Alma/St. Louis Senior Center- Wednesday, June 26th -10:30am**

**Fulton Senior Center—Wednesday, June 26th -12:30pm**

**Breckenridge/Wheeler Senior Center -Monday, June 24th- 12:30pm**

- ♦ What is Assisted Technology (AT) and how can it help you?
- ♦ Are you confused by all the options of (AT) that might help your loved one function at their best?

Join us for demonstrations and hands on experience with a variety of AT equipment that may include:

- \*IPad Apps
- \*Amplifiers
- \*Grooming aides
- \*and much more!
- \*Communication boards
- \*Wireless keyboards
- \*Magnification devices



Several items will also be available for a FREE short term loan. This allows you to try the device in your own home before you buy it.



Programs funded by Region VII Area Agency on Aging, AASA, Gratiot County Senior Millage, and donations. Programs comply with Title VII, Civil Rights Act

Senior Activity Building

June 2024

Senior Center

Ithaca Food with Friends

| Monday                                                                                                                                                                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                 | Saturday                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <p><b>8-10 EVERYDAY SAB</b> Coffee &amp; Conversation with Linda St. Charles<br/> <b>10:00 EVERYDAY</b> Visits, news, games, &amp; activities<br/> <b>12:00 Monday through Friday</b> Food with Friends Meal at Noon, call 989-875-2135 to make your reservation (See menu on back page.)<br/> <b>EVERYDAY</b> Wanda's Walk and Pickleball!</p> |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                       |                                                                                                                                                                         |                                                                                                                                                                                                                        | <p><b>1</b><br/> <b>11:45 Building Open</b><br/><br/> <b>12:15 Senior Friends Potluck</b></p>               |
| <p><b>3</b><br/>                     8-10 SAB Coffee<br/>                     11:45 Wedding Photos<br/> <b>12:00 Food with Friends Meal</b></p>                                                                                                                                                                                                 | <p><b>4</b><br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/> <b>12:00 Soup &amp; Salad Food with Friends Meal</b></p>                                                    | <p><b>5</b><br/>                     8-10 SAB Coffee<br/>                     10:00 Knitting Group<br/> <b>12:00 Food with Friends Meal</b><br/>                     1:00 Cornhole or Horseshoes</p>  | <p><b>6</b><br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/> <b>12:00 Soup &amp; Salad Food with Friends Meal</b></p>                                                     | <p><b>7</b><br/>                     8-10 SAB Coffee<br/>                     11:30 Blood Pressure Checks with Joyce<br/> <b>12:00 Food with Friends Meal</b><br/>                     1:00 Otago Exercise Program</p> | <p><b>8</b></p>                                                                                             |
| <p><b>10</b><br/>                     8-10 SAB Coffee<br/> <b>12:00 Food with Friends Meal</b><br/>                     12:45 Bingo<br/>                     2:00 Dulcimer Club Music</p>                                                                                                                                                       | <p><b>11</b><br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/> <b>12:00 Soup &amp; Salad Food with Friends Meal</b><br/><br/>                     7:00 VFW Post #7805</p> | <p><b>12</b><br/>                     8-10 SAB Coffee<br/>                     10:00 Knitting Group<br/> <b>12:00 Food with Friends Meal</b><br/>                     1:00 Cornhole or Horseshoes</p> | <p><b>13</b><br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/> <b>12:00 Soup &amp; Salad Food with Friends Meal</b><br/>                     12:45 Movie &amp; Popcorn</p> | <p><b>14</b><br/>                     8-10 SAB Coffee<br/> <b>12:00 Food with Friends Meal</b><br/><br/> <b>Honor Fathers</b><br/><br/>                     1:00 Otago Exercise Program</p>                            | <p><b>15</b></p>                                                                                            |
| <p><b>17</b><br/>                     8-10 SAB Coffee<br/>                     11:50 Nutrition Class<br/> <b>12:00 Food with Friends Meal</b><br/><br/>                     June Birthday Celebration</p>                                                                                                                                       | <p><b>18</b><br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/> <b>12:00 Soup &amp; Salad Food with Friends Meal</b><br/>                     1:15 SAB Board Meeting</p>   | <p><b>19</b><br/> <b>CLOSED</b><br/> <br/><br/>                     7:00 A-Tractive Tractor Club</p>               | <p><b>20</b><br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/> <b>12:00 Soup &amp; Salad Food with Friends Meal</b></p>                                                    | <p><b>21</b><br/>                     8-10 SAB Coffee<br/> <b>12:00 Food with Friends Meal</b><br/>                     1:00 Otago Exercise Program</p>                                                                | <p><b>22</b><br/> </p> |
| <p><b>24</b><br/>                     8-10 SAB Coffee<br/> <b>12:00 Food with Friends Meal</b><br/>                     12:45 Bingo</p>                                                                                                                                                                                                         | <p><b>25</b><br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/> <b>12:00 Soup &amp; Salad Food with Friends Meal</b><br/>                     12:45 Five Crown</p>         | <p><b>26</b><br/>                     8-10 SAB Coffee<br/>                     10:00 Knitting Group<br/> <b>12:00 Food with Friends Meal</b><br/>                     1:00 Cornhole or Horseshoes</p> | <p><b>27</b><br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/> <b>12:00 Soup &amp; Salad Food with Friends Meal</b></p>                                                    | <p><b>28</b><br/>                     8-10 SAB Coffee<br/> <b>12:00 Food with Friends Meal</b><br/>                     1:00 Otago Exercise Program</p>                                                                | <p><b>29</b></p>                                                                                            |

**Senior Activity Building Senior Center & Ithaca Food with Friends News**

Jo Jones, Site Manager

989.875.2135



Please note the Senior Activity Building (SAB) will be closed on Wednesday, June 19<sup>th</sup>, for the Juneteenth holiday. There will be no SAB coffee and conversation or Food with Friends.

Thanks to the volunteers and those who supported our May cookie sale. The next SAB fundraiser to benefit Gram's Kitchen at the COA will begin June 17<sup>th</sup>. The product is not cookies, but handcrafted, crocheted kitchen towels. These quality towels reflect a variety of themes and will be available at the SAB while the supply lasts. The suggested donation for each towel is \$5.00. Stop in to make your choice.

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

If you would like to learn to play pickleball, call 989.875.2135 to register for lessons with Greg Brown. Players can be found at the courts Monday through Thursday from 9:00 to 11:00 am and 5:30 to 7:30 pm. All are welcome any-time.

June 1<sup>st</sup> is the date for the Senior Friends Potluck 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.

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.

Bingo games will be on Mondays, June 10<sup>th</sup> with Yvette from Schnepf Health Care calling the game, and June 24<sup>th</sup> with McDonalds offering the prizes. Games will be begin at 12:45 each day.

We will be honoring all seniors born in the month of June at our Food with Friends meal on Monday, June 17<sup>th</sup>. Prior to the meal, we will discuss "Sources and Benefits of Vitamin D". Our birthday party will conclude with cake and ice cream!

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

The SAB Board meets at 1:15 pm on Tuesday, June 18<sup>th</sup>. You are welcome to attend these monthly meetings. On Tues-

day, June 25<sup>th</sup>, we will play the card game Five Crowns beginning at 12:45 pm. Gratiot VFW Post #7805 will meet at the SAB on Tuesday, June 11<sup>th</sup> at 7:00 pm.

The knitting group gathers at 10:00 am each Wednesday. Horseshoes or cornhole is scheduled at 1:00 pm every Wednesday. A-Tractive Tractor Club meets at 7:00 pm on Wednesday, June 19<sup>th</sup>.

The Thursday schedule is similar to Tuesdays We hope to have a movie and popcorn on June 13<sup>th</sup>. Card games are available on the other afternoons.

Joyce Raycraft will be happy to check your blood pressure on the first Friday of the month, June 7<sup>th</sup>. There will be Otago classes each Friday at 1:00 pm. There is no fee for these classes.

Wanda's Walk in Atkinson Park is available anytime you are ready to take a stroll. Enjoy taking a "rest" on one of the many benches in the park and around the pickleball courts.

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

All seniors are welcome to enjoy the Senior Friends Potluck. 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 updates about a scheduled event. Always call ahead of time to make your reservation for your Food with Friends 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 April 16 through May 14, 2024:

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

### Gifts In Gratitude to SAB

Cleo Flegel  
Joyce Raycraft  
Linda Strohpaul  
Jo Jones

### Memorials

**Jackie Bowen**  
Bonnie Barnes  
Jean Bare & Family

**Anna Kench**  
Barb & Mike Kench  
Colleen & Mark Truxell  
Cathy & Dave Rowley

**Bob Crist**  
Sale of Bob's CD's

**Pat MacDonald**  
Jack & Betty Hunnicutt  
Wayne Fortney  
Mark Monroe  
Brian Rose  
Jim Wideman

**Bill Dennis**  
Food with Friends

**Gloria Kleinhans**  
Food with Friends  
Helen Hoard  
Sharon Davis

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

Mary Humm

### Happy Flag Day!

In 1916, President Woodrow Wilson issued a proclamation declaring June 14 Flag Day. Flag Day was officially recognized in 1949 when Congress enacted a statute to officially recognize the day.

The adoption of the flag of the United States occurred on June 14, 1777 with a resolution adopted by the 2nd Continental Congress. It also marks the birthday of the US Army.

- ☞ The flag always flies at the White House, Fort McHenry, and the two Iwo Jima memorials
- ☞ There are still five American flags on the moon, but they are all probably bleached white due to the sun's radiation
- ☞ When two or more flags are flown on the same pole, the American flag must be at the top
- ☞ The colors of the flag have meanings: red symbolizes hardiness and valor, white symbolizes purity and innocence, and blue represents vigilance, perseverance, and justice.



Left: 2 Outlaws and a Good Guy visit Ithaca Food with Friends for the 33<sup>rd</sup> time!

Right: Jean Bare is greeted by Ithaca Seniors on her 98<sup>th</sup> Birthday



Left: Vintage aprons were the source of "Mom Stories" at Food with Friends

Right: SAB Chair Cleaning Crew includes Ithaca Rotary members



**Alma/St. Louis Senior Center**  
**The Filling Station, 415 Park Ave., Alma**  
 Kaleigh Pettigrew, Site Manager 989.875.9118



And just like that, Summer begins! May flew by and I, Paula, would like to thank all of you for welcoming me as your substitute Site Manager while Kaleigh has been off. I've had a wonderful time getting to know all of you and look forward to stopping in over the summer to catch up. Kaleigh is looking forward to her return sometime this month.

Wednesdays are craft day and one of our May crafts was the repurposed Tin Can Planter. Everyone brought their creativity and I think they turned out great! Bring your creativity with you again on Wednesday, June 5<sup>th</sup> as we make Red, White and Blue Wreaths. Registration and a \$5.00 fee are required for the wreath craft. Please call 989.875.9118 by June 3<sup>rd</sup> to register. On June 26<sup>th</sup>, after lunch, we will be making beautiful Pipe Cleaner Flowers. Registration is required for this activity as well.

Have you ever wanted to learn more about M-PERKS? Kayla from the Alma Meijer Store will be here Monday, June 3<sup>rd</sup> at 10:30 am to help us all understand and become more familiar with M-PERKS. Bring your phone and your questions and get ready to unlock all the benefits of this program.

Friday, June 7<sup>th</sup> we will be celebrating June Birthdays! Stop in for a sweet treat.

Wednesday, June 26<sup>th</sup>, join us at 10:30 am as we welcome Terri Robbins from the Disability Network of Mid-Michigan. She will be presenting on how Assisted Technology can help us in everyday tasks. She will be bringing a bunch of Gadgets, Gizmos and Thingamabobs with her for demonstration.

Afternoons were made for games and we play a variety, including Skip-Bo, Yahtzee, Kings in the Corner, etc. Make a reservation for lunch and stay for a game or two.

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. On the third Monday of the month, Yvette from Schnepf Health Care is our caller and provides the prizes.

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



Left: Pictures of the completed Tin Can Planter. Also, some of the Monday Sit & Stitch participants displaying their handiwork.

June wreath project being offered at both Fulton and Alma/St Louis.



**Breckenridge/Wheeler Senior Center**  
**Wheeler Township Hall, 8510 E. Monroe Rd., Wheeler**  
 Lori Chvojka, Site Manager 989.330.7508



We are excited to announce that the move is complete and we are now in our new location, the Wheeler Township Hall, 8510 E Monroe Rd, Wheeler. We now have more space and are looking forward to seeing more seniors join us for activities and lunch.

Summer is upon us, the weather is getting warmer, and there is more sunshine. The flowers are in bloom, and with that comes beauty and allergies. If you are plagued with allergies, you have my sympathies. Why does it seem that the older we get, the more things bother us? This getting to the "golden years" sure is not for the weak at heart.

Our final presentation from MSU Extension with Holly Tired is June 3<sup>rd</sup>. The topic is "Keys to Embracing Aging 101" and begins at 10:30 am. Since you will already be at the site for the presentation, why not join us for lunch too? We would love to have you. We will also be having a presentation by Terri Robbins from the Disability Network of Mid-Michigan on Monday, June 24<sup>th</sup> at 12:30 pm. Terri will be discussing assisted technology, what it is and how it may be able to help you or your loved one function better.

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 as a whole group and would love to have more players join us. Mondays are Euchre days and we always have an exiting game or two. Wednesdays are Bingo days and nutrition information day is the 2<sup>nd</sup> Friday of the month, June 14<sup>th</sup>. I will have various informational handouts on different ways to help with our nutrition subjects.

|                                                                    |                                                                      |                                                                                    |
|--------------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <b>Mondays:</b> 10:00 Dirty Marbles<br>12:00 Lunch<br>12:30 Euchre | <b>Wednesdays:</b> 10:00 Dirty Marbles<br>12:00 Lunch<br>12:30 Bingo | <b>Fridays:</b> 10:00 Dirty Marbles<br>12:00 Lunch<br>12:30 Mexican Trian Dominoes |
|--------------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------------------------------|

We are expanding with more people and always looking forward to adding more. Please take the time to visit us at our new location, and I am sure you will return. Join us for lunch, served at 12:00 pm, on Monday, Wednesday and Friday.

Here are a few crazy holidays for June.

- June 2: National Rocky Road Day
- June 3: World Bicycle Day
- June 5: Hot Air Balloon Day
- June 6: D-Day, WWII

## Fulton Senior Center

**Fulton Township Hall, 3425 W. Cleveland Rd., Perrinton**  
Irene Noffsinger, Site Manager      989-236-5019



Hard to believe, but summer is upon us already. I love planting flowers and watching the landscape turn from a drab winter color to a vibrant summer color.

Please join us on Wednesday, June 5<sup>th</sup> to make a holiday wreath for the 4<sup>th</sup> of July. Registration is required by May 31<sup>st</sup> to get all supplies needed ready. There is a \$5.00 fee for this craft. Join us for lunch at noon on June 21<sup>st</sup>, then stay for Bingo at 12:30 pm. We will also be having a presentation by Terri Robbins from the Disability Network of Mid-Michigan on Wednesday, June 26<sup>th</sup> at 12:30 pm. Terri will be discussing assisted technology, what it is and how it may be able to help you or your loved one function better.

Thank you to the Harlow's and the Temple's for their donations of books in May. They are much appreciated. We welcome any books that you wish to donate. We are open Monday, Wednesday, and Friday from 10:00 am - 2:00 pm. Feel free to walk in and leave them, or take some time and browse through what we already have for a book or books you might enjoy. There is no sign out, just grab some books and enjoy.

Please come and join us for lunch, cards or just to visit. Call 989-236-5019 to reserve your meal. We look forward to seeing you!

|                |                                                           |                |                                                                                       |                |                                                                                         |
|----------------|-----------------------------------------------------------|----------------|---------------------------------------------------------------------------------------|----------------|-----------------------------------------------------------------------------------------|
| <b>June 3</b>  | 10:00 Cards<br>12:00 Lunch<br>12:30 Euchre, Dice, Skip Bo | <b>June 5</b>  | 10:30 Wreath Craft<br>12:00 Lunch<br>12:30 Euchre, Dice                               | <b>June 7</b>  | 10:30 Wii Bowling<br>12:00 Lunch<br>12:30 Euchre, Dice                                  |
| <b>June 10</b> | 10:00 Cards<br>12:00 Lunch<br>12:30 Euchre, Dice          | <b>June 12</b> | 10:00 Cards<br>12:00 Lunch<br>12:30 Euchre, Dice                                      | <b>June 14</b> | 10:00 Cards<br>12:00 Lunch<br>12:30 Euchre, Dice, Skip Bo                               |
| <b>June 17</b> | 10:30 Cards<br>12:00 Lunch<br>12:30 Euchre, Dice, Skip Bo | <b>June 19</b> | <b>Closed<br/>Juneteenth Holiday</b>                                                  | <b>June 21</b> | 10:00 Cards<br>12:00 Lunch<br>12:30 Bingo                                               |
| <b>June 24</b> | 10:00 Cards<br>12:00 Lunch<br>12:30 Euchre, Dice          | <b>June 26</b> | 10:00 Cards<br>12:00 Lunch<br>12:30 BP Checks with Nancy<br>12:30 Assisted Technology | <b>June 28</b> | 10:00 Cards<br>12:00 Lunch<br>12:30 BP Checks with Nancy<br>12:30 Euchre, Dice, Skip Bo |



The Fifth grade classrooms from North Elementary School in Ithaca visited Commission on Aging on May 22<sup>nd</sup> to spend time with several veterans and learn about their experiences serving our country.

Thank You for your service!





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.

## 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 for purchase. Any purchases made on the boat are **not** included in the price of this trip, and it is credit/debit cards only while on the boat.

Before our cruise, we will be stopping for lunch at the Station Grill, modeled after a 1940's service station. The Station Grill has been locally owned and operated since 1972 and is a one of a kind place for good food and fun. You will be able to choose directly from the menu. You can visit the Station Grill website, [stationgrill.com](http://stationgrill.com), for a preview of 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 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.

## 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

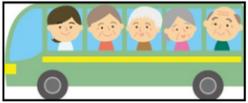


The cruise starts in Mackinaw City and returns to the same port. Bathrooms are on board. Prior to boarding the ferry for the cruise, we will be stopping at the fabulous Audie's Restaurant for the Thor Hot Lunch Buffet. Included in the buffet is the Audie's salad bar, bread basket, Yukon gold potatoes, steamed vegetables, a choice of three entrees, carrot cake, soft drink, coffee and tea.

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



## Bus Trips Continued!

**When Calls the Heart: the Musical**  
**Tuesday, August 20, 2024**  
**\$129.00 (Inclusive)**

**Bus Departs: 8:00 am Bus Returns: 7:00 pm**

For all you Hallmark fans, we are traveling to Shipshewana's Blue Gate Theatre to see *When Calls the Heart: the Musical*. A theatrical celebration of truth, adventure, sacrifice, faith and love, this is the story of Elizabeth Thatcher. She is beginning her teaching career in Toronto, but is feeling restless. When her older brother writes asking her if she would consider a teaching job in the great Canadian west, Elizabeth agrees and sets off on the adventure of a lifetime!



Prior to the show, we will be having lunch at the Shipshewana Blue Gate Restaurant and will enjoy the Signature lunch buffet. Choose between selections of the famous Blue Gate Fried Chicken, slow cooked roast beef and other homemade Amish entrees. Enjoy many of your favorite homemade sides like mashed potatoes, chicken dressing, homemade noodles, macaroni and cheese, green beans, corn, soup and salad bar, as well as a large desert bar. You will also have time to visit the Amish Bakery and Gift Shop.

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 7:00 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, lunch and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by July 15, 2024.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.



## Wednesday, July 10, 2024

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. Payment to the instructor in cash or personal check made payable to AARP is 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 those under 60. A refrigerator is available should you choose to bring your lunch. Payment for lunch is to Commission on Aging and can be made in cash or check. 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 3, 2024.



This group meets monthly to address the concerns of caregivers and families of individuals who suffer from Alzheimer's or other dementia disorders.

The task of caring for individuals who experience physical, intellectual and behavioral difficulties associated with Alzheimer's or other related dementia disorders is difficult and demanding. With guidance from the Alzheimer's Association, this group provides caregivers with an opportunity to exchange support and encouragement with others who are dealing with some of the difficulties associated with these disorders.

The group meets the third Wednesday of every month from 4:30 - 5:30 pm in the Wilcox Auditorium located in MyMichigan Medical Center Alma.

Group topics that will be discussed include:

- What home care and community resources can offer,
- A matter of balance,
- Alzheimer's and the importance of physical activity,
- Caregiver time,
- Adult immunization,
- Validation therapy vs. reality orientation,
- The effects of dementia on feelings,
- Handling the holidays, and
- How depression fits into Dementia

If you have questions or would like additional information, please contact Michelle Miller, M.S.N., R.N., at 989-466-7213 or michelle.miller@mymichigan.org.

*The program is held in collaboration with MyMichigan Medical Center Alma and the Alzheimer's Association.*



# Memorials

## Commission on Aging

### **Anna Kench**

Rick, Kathy & Heidi Vanderbeek  
Bev & Dale Sherman  
Michele Graham  
Greg Sherman  
Joel & Mellisa Sherman  
Jeff & Tammy Sherman  
Konwinski Construction  
William Bailey

### **Richard Colbry**

Anita & Lee Clark

### **Robert "Punk" Mann**

John & Cherie Yost  
Janet Gault  
Paul, Janice & Kelly Holcomb

### **Beverly Tripp**

Janet Gault

### **Susan Grace Halcomb**

Marianne Eyer

### **Sharon Watkins**

Community First Federal Credit  
Union

### **Janice King**

Phyllis Studer  
Karen Freshney  
Velma Spicer  
Debra Cash  
Janet Holt  
Dallas & Bev McClairn  
Lois Cutting  
Patricia Sinko  
Mary Wicks  
Linda H.  
Jim Freestone

### **Susan Halcomb**

Kathy Starry-Neal

### **Robert Rozier**

Christian Rozier  
Rick & Teri Adams  
Caroline DeGraaf  
Elizabeth Webster  
James Adair

### **Ray Nichols**

Arlene Nyman  
Jeanette Weed

### **Jackie Bowen**

### **Charlie Kernen**

### **Mike Tobin**

### **Barb Pharr**

### **Sue Leonard**

### **Velma Spicer**

### **Neville Pitcher**

### **Vickie Bethka**

Judy Roslund

### **Tina Wager Pharaoh**

Dad, Mom & Sisters

### **Darrell Breidinger**

Lisa Priest  
Bob & Gail Paradise  
Stanley & Patricia Simmons  
Dean & Linda Schultz  
Kerry & Sharon Welch  
Thomas D. Cooper  
Lorin & Dee Cook  
Breckenridge Class of 1954  
Diane & Bethany Colbry

### **Sue Leonard**

Hope Blythe

### **Neville Pitcher**

Harriet Vogel

## Senior Gratiot

### **Venetta & Kenneth Parling, WWII Veterans**

Cathleen & Jim Lucas  
Tim Lucas  
Kenny Lucas

### **Paul Wagner & JoAnn Wagner**

Richard & Janace Mizer

### **Lila Decker**

Donna & Paul Erskine

### **Harold & Aldeen Roberson, WWII Navy Veterans**

Rod & Nora Palmer and Family

### **Janice King**

Old Bob & Vel

### **Tom Rickman**

### **Duane Kimmel**

### **Lester Kimmel**

### **Ivan Kimmel**

### **James Kimmel**

### **Joseph Malek**

### **James Chilcoat**

Alton Bigelow

### **Philip, Jim & Fred Morton, Husband and Sons**

Mary Morton

### **Shirley & Earl Zeese**

Craig Zeese



# Donations

## COA

Richard & Janace Mizer  
Maple Valley Lions Club

### Nutrition

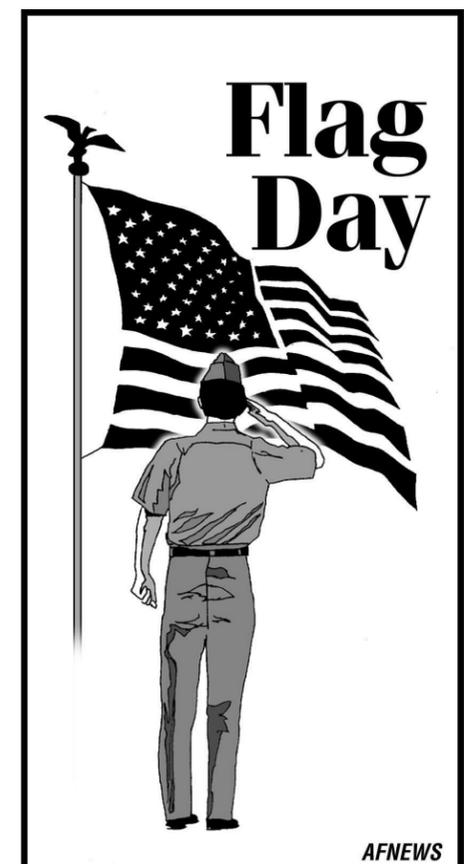
Sally Martin  
Marty Peet



# Senior Gratiot

Gary & Marty McDaid  
Marvin & Pat Cumberworth  
Don & Elaine Burns  
Linda Crumbaugh  
Dorothy Markillie  
Kathryn Denman  
Melvin Spencer  
Wendy Cary  
Edith Beck  
Lowell Easton  
Pearline Massey  
Pamela Babcock  
Luan Hercik  
Kim Alonzi  
Bernard & Frances Bessert

*Thank you for  
your support  
and generous  
donations.*



**Food with Friends Eat Smart Menu**

**Lunch 12:00-12:30**

**June 2024**

| Monday                                                                                         | Tuesday                                                                                           | Wednesday                                                                                      | Thursday                                                                            | Friday                                                                                                          |
|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| 3<br>Pork Chop/Gravy<br>Whipped Potatoes<br>Winter Blend<br>Applesauce<br>Wheat Bread          | 4<br>Chef Salad<br>Stuffed Roast Pepper<br>Soup<br>Applesauce<br>Wheat Bread                      | 5<br>Chicken Pattie/Bun<br>Redskin Potatoes<br>Lettuce and Tomato<br>Peas<br>Strawberry Yogurt | 6<br>Chef Salad<br>Stuffed Roast Pepper<br>Soup<br>Strawberry Yogurt<br>Wheat Bread | 7<br>Ham Slice<br>Cheese Slice<br>Brocc/Cauliflower Salad<br>Carrot Sticks<br>Mandarin Oranges<br>Hamburger Bun |
| 10<br>BBQ Chicken<br>Whipped Potatoes<br>Kyoto Vegetable<br>Fruit Cocktail<br>Wheat Bread      | 11<br>Chef Salad<br>Minestrone Soup<br>Whole Grain Cookie<br>Fruit Cocktail<br>Wheat Bread        | 12<br>Sloppy Joe<br>Green Beans<br>Baked Beans<br>Pineapple<br>Hamburger Bun                   | 13<br>Chef Salad<br>Minestrone Soup<br>Peaches<br>Dinner Roll                       | 14<br>Chicken Salad<br>Carrot Sticks<br>Potato Salad<br>Pears<br>Hamburger Bun                                  |
| 17<br>Cabbage Roll/Sauce<br>Whipped Potatoes<br>Corn<br>Mandarin Oranges<br>Wheat Bread        | 18<br>Chef Salad<br>Beef Vegetable Soup<br>Mandarin Oranges<br>Wheat Bread                        | 19<br><b>CLOSED<br/>JUNETEENTH<br/>No Meal Delivery<br/>No Food With<br/>Friends</b>           | 20<br>Chef Salad<br>Beef Vegetable Soup<br>Mixed Fruit Cup<br>Dinner Roll           | 21<br>Sliced Turkey on Bun<br>Lettuce and Tomato<br>Pineapple Gelatin<br>Coleslaw                               |
| 24<br>Salisbury Steak<br>Company Potatoes<br>Peas and Carrots<br>Fruit Cocktail<br>Wheat Bread | 25<br>Chef Salad<br>Chicken Vegetable<br>Soup<br>Fruit Cocktail<br>Apple Juice Box<br>Wheat Bread | 26<br>Hot Dog on Bun<br>Corn<br>Multi Bean Salad<br>Apple Crisp                                | 27<br>Chef Salad<br>Chicken Vegetable<br>Soup<br>Apple Crisp<br>Dinner Roll         | 28<br>Cheese Omelet<br>Potato Rounds<br>Stewed Tomatoes<br>Cinnamon Roll                                        |

**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, June 24, 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**

2<sup>nd</sup> Thursday of each month, 5:00 p.m.

300 E. Warwick Dr.

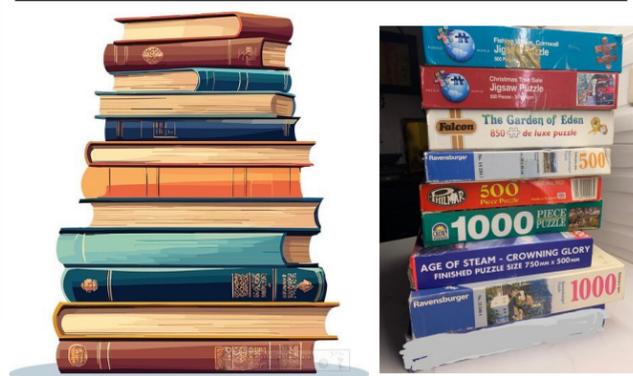
Wilcox Auditorium

**Alzheimer's/Dementia**

3<sup>rd</sup> 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/Wheeler**

Wheeler Township Hall

8510 E Monroe Rd., Wheeler

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

The COA Lobby Book Nook is thriving with wonderful paperback and hardbound books. Colorful puzzles of all kinds are also on display. 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 the COA.

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.