

March

Wheelin' & Dealin' With Johnny O

Let's Have Some Fun!

Costumes Encouraged!



Suprises and Prizes!

What trinkets do you have in your bag or pockets that Johnny might be looking for?

SENIOR GRATIOT

Published by Senior Gratiot, Inc. A non-profit organization, in cooperation with Gratiot Commission on Aging
Website: www.gratiotmi.com/Archive.aspx?AMID=37

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

March 2025
Volume L
Number 2

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



WEDNESDAY MAY 7, 2025

**LUNCH, LAUGHS & GOOD OLD FASHIONED
GAME SHOW ENTERTAINMENT**

- **WHERE: - HIS PLACE 200 W Center St. ALMA**
- **TIME: 12:00pm—2:00 pm**
- **LUNCH SERVED @ 11:30 am—RSVP REQUIRED**
- **RSVP 989-875-5246 before Fri, May 2**
- **{60 and over \$2.50 suggested Donation 59 and under \$5.00 fee}**

MENU—Lunch served @11:30am
Salisbury Steak, Whipped Potatoes
Green Beans, Dinner Roll
Strawberry Shortcake

**Join the Alma/St. Louis FWF at HIS Place .
All other FWF Sites will be closed so we can all
gather together and enjoy a meal & afternoon of
Entertainment

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: \$25.00 _____ \$35.00 _____ \$50.00 _____ 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: **\$25.00 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. If an issue is returned by the post office, your subscription will be cancelled.

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.

SENIOR GRATIOT, INC.

JEN RONDY, EDITOR
MARITA HARKNESS
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.

February 2024 Prep Team Volunteer Thank You!

Thank you to these volunteers for ensuring you are informed of the many activities and opportunities for seniors in Gratiot County.

Ruthie Malek, Nancy Crispin, Betty Reeves, Linda Strohpaal, Nora Kowitz, Tracia Smith, Gail Paradise, Carole Moore, Nancy Gulick, Ellen Martin, Tamala Coe, Sue Wernick, Janet Holt, Jerry Chvojka

VOLUNTEER ACTIVITY March 2025

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-Mar. 19, 9:00-11:30 am

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

Senior Gratiot Newspaper Prep Team
Commission on Aging in Ithaca
Mar. 27, 9:00 - 11:00 am



Board of Directors

- Brenda Pratt, District 1
- Yvette Franco-Clark, District 2
- Paul Showers, District 3
- David Kimball, District 4
- Gail Paradise, District 5
- Dale Clingenpeel, Member at Large
- Nancy Gott, Member at Large
- Nancy O'Brien, 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.

Legal Services of Eastern Michigan (LSEM)

There is a new legal service that is available for Gratiot County residents. The LSEM can assist clients who are low income, and those who are facing foreclosure, discriminated against in housing or seniors (persons 60 years of age and older) regardless of income. If you are in need of legal assistance, you will need to call the Counsel and Advocacy Law Line at 888-783-8190 where you will be asked about your issue. Hours of operation are:

- Monday-Tuesday, 9:00 am-5:00 pm
- Wednesday, 9:00am-6:00 pm
- Thursday, 9:00-5:00 pm
- Friday, 9:00 am-1:00 pm





**Gratiot Senior Centers, MSU Extension Programs
Health Talks with Holly
April, May 2025
Holly Tiret, tiret@msu.edu, 616-570-5818**

Breckenridge Senior Center – Mondays 11:15 AM to 12:00 PM

- Keys to Healthier Finances, April 14, 2025
- Maintaining Health During Challenging Times, May 12, 2025

Fulton Senior Center – Fridays 10:30-11:30

- Keys to Healthier Finances, April 25, 2025
- Maintaining Health During Challenging Times, May 16, 2025

Alma Senior Center – Fridays 12:30-1:30

- Keys to Healthier Finances, April 11, 2025
- Maintaining Health During Challenging Times, May 9, 2025

Workshop Descriptions

Keys to Healthier Finances

Financial planning across the life course is influenced by many expected and unexpected factors. Values, goals, personal choices, major life events, lifestyle conditions, and needs will influence your financial plan. During this workshop we will discuss developing a budget, learning smart spending habits to better manage your money, wise use of credit, consumer protection and savvy saving.

Maintaining Health During Challenging Times

Maintaining health can be challenging, even in the best of times. During this workshop, we will review some common emergencies and some emergency preparedness. We will also explore ways to maintain your mental and physical health during those challenging times and learn ways to be an active participant in your healthcare team.

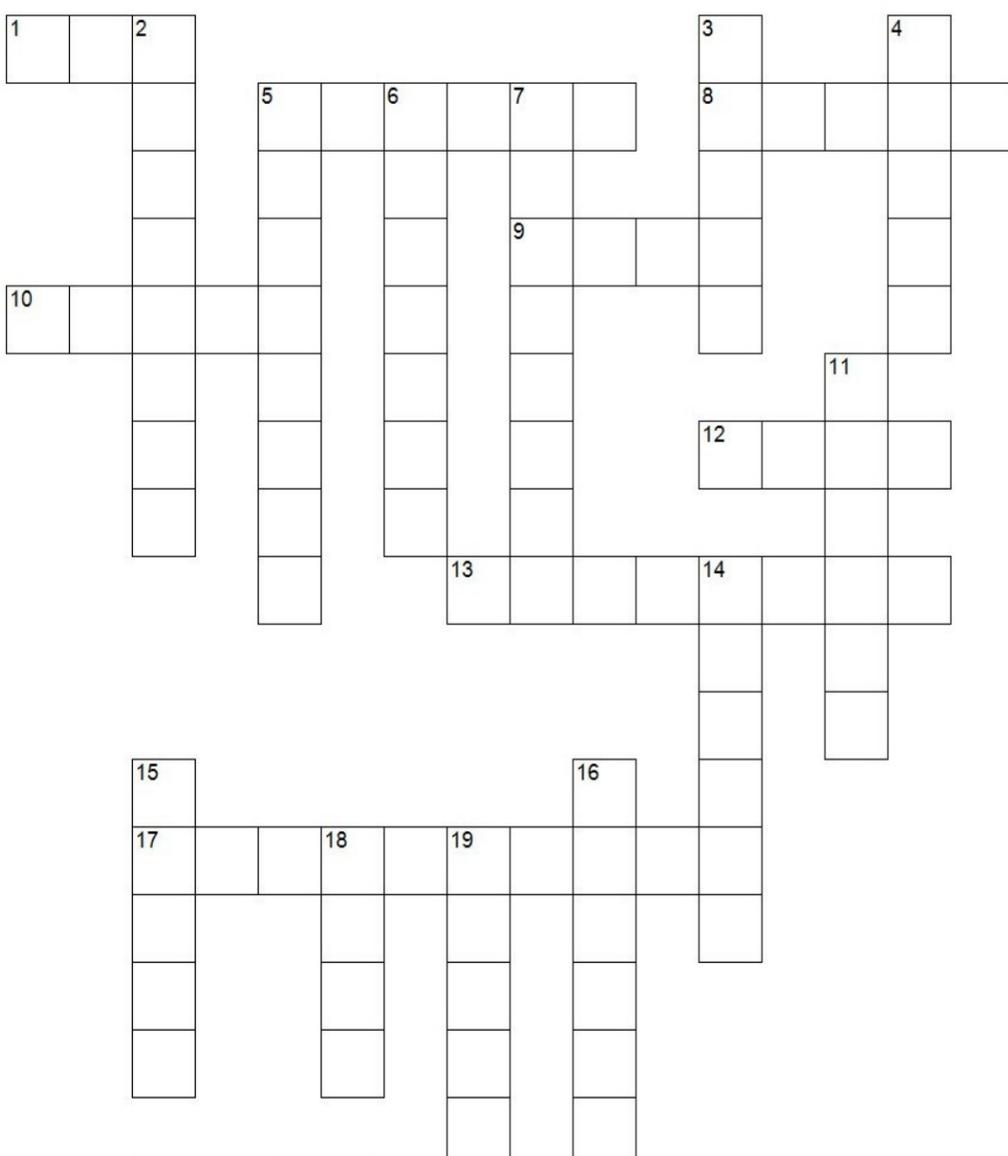
Contacts

Breckenridge Wheeler Twp Hall, 8510 E Monroe, Wheeler, 989-330-7508. Lori Chvojka Site Manager email: LChvojka@gratiotmi.com

Fulton Twp Hall 3425 W. Cleveland Rd (M57), Perrinton 989-236-5019 Site Manager Irene Noffsinger email: INoffsinger@gratiotmi.com

The Filling Station (Alma/St Louis) 415 Park Ave Alma 989-875-9118, Site Manager Sue Waber, swaber@gratiotmi.com

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ACROSS

- 1 Wet earth soft and sticky
- 5 Plant shoot or bud
- 8 Bird with rusty red breast
- 9 First growth on plants
- 10 Start to grow
- 12 Animal with feathers
- 13 Waterproof overshoes
- 17 Irish elf

DOWN

- 2 March flower
- 3 Having to do with Ireland
- 4 Having a high wind
- 5 Plant leaves with three parts
- 6 Colored arch in sky
- 7 Shield against sun or rain
- 11 Light wind
- 14 Season after winter
- 15 Put seeds in ground
- 16 March gemstone
- 18 Drops of water from the sky
- 19 Device for measuring time

Senior Activity Building February 2025 Senior Center Ithaca Food with Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>8-10 EVERYDAY SAB Coffee & Conversation 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.)</p>					<p>1 11:45 Building Open 12:15 Senior Friends Potluck</p>
2	3 8-10 SAB Coffee 11:00 Nutrition Info 12:00 Food with Friends Meal 12:45 5 Crown Card Game	4 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 12:45 Crown Cards	5 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole	6 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 12:45 Trooper Rodgers "Road Safety"	7 8-10 SAB Coffee 11:30 Blood Pressure Checks 12:00 Food with Friends Meal 1:00 Otago Exercise Program	8
9	10 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo 2:00 Just for Fun Dulcimer Music	11 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 7:00 VFW Post #7805	12 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole	13 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 12:45 Movie /Popcorn	14 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Wash fruit and wrap cookies for St. Pat's Plates	15
16	17 8-10 SAB Coffee 9:00 Pack & Deliver St. Patrick's Plates 12:00 Food with Friends Meal Wear GREEN today!	18 8-10 SAB Coffee 10:00 EZ Motion 12:00 Food with Friends Meal 1:15 SAB Board Meeting	19 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole 7:00 A-Tractive Tractor Club	20 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 12:45 Rummikub	21 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Otago Exercise Program	22
23	24 8-10 SAB Coffee 12:00 Food with Friends Meal 12:45 Bingo (Mcdonald's prizes)	25 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 12:30 Rummikub	26 8-10 SAB Coffee 10:00 Knitting Group 12:00 Food with Friends Meal 1:00 Cornhole	27 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 Food with Friends Meal 12:00 Birthday party	28 8-10 SAB Coffee 12:00 Food with Friends Meal 1:00 Friday cards	29
30	31 8-10 SAB Coffee 12:00 FWF Meal 12:30 Living w/ Alzheimers					



Senior Activity Building Senior Center &

Aloha! That was the Hawaiian greeting heard on Valentines Day at Ithaca Food With Friends! We welcomed Sue Courington and her Senior friends who shared their "Hawaiian Aloha".

They not only performed Hula dances but also helped us learn the meaning of the stories told through hula dancing. The Seniors had a taste of hawaiian pineapple bread and pineapple punch while enjoying the program and wearing their flower leis of many colors.

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

Ithaca Food With Friends has a tradition of supporting, preparing, and delivering St. Patrick's Day plates for our friends who are home-bound. If you would like to be a part of making this happen on Monday, the 17th, you can donate some green money and volunteer to help wash fruit, package, and deliver our St. Pat Sunshine plates. Be sure to wear something green on the 17th.

Senior Friends Potluck is on March 1st at 12:15. If you would like to bring a friend or a family member, feel free to do that. Do remember it is a Potluck! We have had a wide variety of hot dishes, salads, and desserts most months. If you are not a cook—a donation of cash adds to other donations from previous months so that a donation on behalf of all "Potluckers" can be given to the SAB for providing this use of the Building.

Food With Friends hot meals are available on Monday – Friday beginning at 12:00pm. There will be NO Salad/Soup meals available until further notice. Your reservation is needed at least a day ahead for these meals. The suggested donation is \$2.50.

Monday, March 3rd at 12:00 pm, the nutrition lesson will give you some ideas about good choices and how they affect chronic illness. Then, at 12:30, Sue Evans will help us to better understand what we may encounter when a family member or friend is "Living with Alzheimer's." Sue will be back on March 31st at 12:30 to continue the discussions that began on the 3rd.

Bingo will be on Monday the 10th and 24th. The Just for Fun Dulcimer Club will add their sound of music on the 10th at 2:00 pm.

EZ Motion exercise class starts at 10:00 on Tuesdays and Thursdays. Come stretch with us! We will have a chair ready for you to use. Wii Bowling fun follows the EZ Motion exercise at 11:00. Do give both activities a try any Tuesday or Thursday. No reservation is needed.

The Senior Activity Building Board meets at 1:15 on the 18th. You are always welcome to attend these monthly meetings.

On the 4th, join us after our meal for a card game, 5 Crown. Then on the 25th, we hope you will be at the table for Rummikub. If you have not tried this game, our Seniors are great teachers.

We are looking forward to the return of the Pickleball players on the 11th. After our FWF chili meal, the Cornhole competition will begin.

The knitting group gathers at 10:00 each Wednesday. Cornhole is scheduled at 1:00 after our meal. Stop by to join these Seniors any Wednesday. No experience is needed to compete or to cheer for those tossing the bean bags.

The Thursday schedule is like Tuesdays with the monthly Birthday and Anniversary celebration on the 27th. Our movie and popcorn date is the 13th at 12:45.

Joyce Raycraft will be happy to check your blood pressure on Friday, the 7th, or at another time if that is needed.

Otago balance class starts at 1:00 Friday the 7th and Friday, the 21st. There is no fee for these Central Michigan University balance classes or for the EZ Motion classes.

You will find several card games on the schedule. We do welcome all Seniors to come join us. No reservation is needed for activities.

Gratiot VFW Post # 7805 will meet at the Building on the 11th at 7:00.

A-Tractive Tractor Club will be meeting this month on the 19th at 7:00.

Be sure to check the calendar at the Building since there may be changes and/or additions to this schedule for the Senior Activity Build-

ing, the Senior Center and for Ithaca Food With Friends. Suggestions for activities are always welcome.

FWF's 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 to make your reservation for your Food With Friends meals. We look forward to your call and to welcoming you!

May you enjoy looking forward to welcoming Spring! Will it come in like a Lion or a Lamb?



Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from January 15, 2025 through February 13, 2025

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

Gifts In Gratitude to SAB

Joe Jones
A-Tractive Tractor Club
Gratiot VFW Post 7805

In Memory

Bob Crist
Art Droste from Pat Droste

In memory of Joyce Hodges

Phil Hodges

In memory of Karen Kindel

Bill & Ella Martyn

In Memory of Joe & Irene Wing

The Wing Family
Lisa & Dave Wilson

Ithaca Food with Friends

Linda St. Charles

GRATIOT COUNTY COMMUNITY FOUNDATION SENIOR ACTIVITY BUILDING AGENCY ACCOUNT

gifts received:

Mary Humm

Honorarium

Jo Jones
Cynthia Jones & Steve Gutterman



Jo celebrates a February birthday



Helen, Carol, Linda and Gail



Linda's January decorations get ready to be stored for another year.

Alma/St. Louis Senior Center

The Filling Station, 415 Park Ave., Alma

Sue Waber, Site Manager 989.875.9118



Happy March everyone coming from the Filling Station in Alma! I want to start on a happy note with a little poem I found online.

Forward, March and welcome Spring,
When Bunnies bounce and birds all sing!
When March winds blow the winter away,
They get the world ready for April and May.



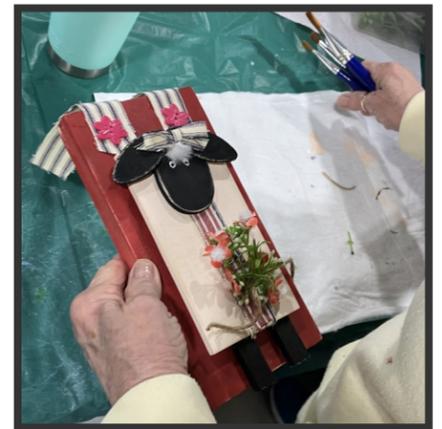
I sure hope you all have been keeping warm this last month as I know we have had some really cold days. I don't know about everyone else but I have done enough snow shoveling this winter. Just so happy we didn't get what was predicted in the forecast.

We at the Filling Station have been a bit busy with the planning of the spring party to be held at HIS PLACE (200 W. Superior in Alma). We have an official date of Wednesday, May 7th and you will not want to miss this event! We will be Wheelin' & Dealing' With Johnny O! We would love to see everyone dressed in costume (not required) like on the game show LETS MAKE A DEAL. I am so excited about this party! Let the fun begin! Be sure to fill your pockets or purse with trinkets as he may ask the audience if they have certain objects in their possession. We will be serving lunch at 11:30 to give us enough time for the entertainment. RSVP required. 989-875-5246. Please invite a guest! I will be reminding everyone in next month's newsletter as I'm sure Irene, Lori and Jo will also keep you up on what's happening.

I feel like we haven't had much of a February with a scheduled day off and then the couple of snow days. So happy to have a couple new faces joining us! It makes my heart happy. We had a fun day making Valentine's fabric envelopes for our someone special. We also painted a cute wooden sheep. For the month of March, we will be painting/decorating a wooden easter egg on Wednesday the 12th. Please sign up so I can have enough for everyone. I am close to getting an exercise/stretch class started. Going to see if we can schedule for Wednesdays. Will let you know as soon as possible and what is involved. Please, we would love to have you anytime, even if you just want to join us to talk. Hope to see you soon!

Dates to remember:

- March 9th** Celebrate birthdays for the month
- March 12th** Exercise Stretch Class
- March 19th** Exercise Stretch Class
- March 21th** Painting wood easter egg
- March 26th** Nutrition talk/Exercise Stretch Class
- Mondays:** Sit and Stich (bring in your projects and supplies
Bingo
- Wednesdays:** Games and cards day
- Fridays:** Line dancing with Betty Apple
Games and cards day



Breckenridge/Wheeler Senior Center

Wheeler Township Hall, 8510 E. Monroe Rd., Wheeler

Lori Chvojka, Site Manager 989.330.7508

Wow, we have been closed for the last month due to our site receiving a facelift. The remodel is almost complete. There are too many updates and upgrades to mention but you may not recognize the place! We are so excited and hopeful to be back and playing dirty marbles early in March.

Tentative on the schedule is making bird feeders on March 12th after lunch. Please RSVP to ensure there are enough supplies. In addition, I have a wall-hanging craft and an easter bonnet we will be making. However, I am unsure of the timing due to the remodel so stay tuned. If anyone has any artificial flowers they want to donate, we would be glad to take them for our bonnets. Just give me a call at the Senior Center and I am glad to pick them up.

We also have a monthly handout on assorted topics on the 2nd Friday of the month. Dirty Marbles continues to be a popular game. We have new marbles for our new board and are planning to get a second board going. We also have picked up a new card game that we have fallen in love with, SWOOSH! It can have any number of people play making it very inclusive! Always happy to teach new players. We love and welcome new games as well. If you want to play we want to learn! Who knows, it might become a new favorite here at the Center.

With our new surroundings, we have more space than ever. Spread the word and help us find new guests. We are a very welcoming group and would love to keep the visitor numbers climbing. Check out our digs at the Wheeler Township Hall, 8510 E Monroe Rd, Wheeler. MI 48662. Looking forward to having you join the fun.



March is named after Mars, the Roman God of War. It is the month that the armies got back to business after the long winter months.

- March 1 – Dadgum That's Good Day, Wear Yellow Day
- 3 – I want to be Happy Day, Princess Day (let's all dust off our tierras)
- 4 – Paczki Day, Unique Names Day, National Sons Day
- 5 – Ash Wednesday, National Cheetos Day, National Pasty Day
- 6 – Day of the Dude, Oreo Cookie Day
- 8 - Day for Women's Right & International Peace Day

Mondays: 10:00 Dirty Marbles 12:00 Lunch 12:30 Euchre	Wednesdays: 10:00 Dirty Marbles 12:00 Lunch 12:30 Bingo (3rd joined by Yvette from Schnep's)	Fridays: 10:00 Dirty Marbles 12:00 Lunch 12:30 Mexican Trian Dominoes
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Fulton Senior Center
Fulton Township Hall, 3425 W. Cleveland Rd., Perrinton
 Irene Noffsinger, Site Manager 989-236-5019

Burrrrrrr, as I sit here at the end of February, preparing my newsletter for March, I am really looking forward to spring. That being said, spring is not far off now. The first day of spring will grace us with its presence on Thursday, March 20th this year. So hang in there. Sunshine and flowers are coming soon.

March 3rd and March 31st -two-part series- The Empowered Caregiver. March 3rd at 10:30am –

Supporting Independence March 31st at 10:30 am – Communicating Effectively.

Learn how to approach each stage by providing the right amount of support for the person with dementia and how each stage of dementia affects communication. **EVERYONE IS WELCOME.** There is no cost to attend. If you would like to stay for lunch, **RSVP** by the Friday before at 989-236-5019.

MARCH 24th :Mental Health Moments with Michelle Lucchesi MA, LLP. Michelle will join us during lunch to speak on depression.

MARCH 26th :CRAFTING Come join us at 10:30 and paint a flowerpot, or decorate it with buttons. Let your imagination go wild. Then in preparation for spring, we will drop a few flower seeds in it and wait for the unveiling of our first spring flower.

MARCH 21st: BINGO Bingo will be on March 21st, immediately following lunch.

COLLECTIONS: BOTTLE CAPS-Drop off location: Fulton Food with Friends, Mon., Wed., Fri.10:00 – 2:00.

*We want you to know that we did receive them and much appreciate your donation. As this is an ongoing project, we hope to see continued donations. We will continue to collect bottle tops until we are told there is no longer a need for them.

METAL TABS-We are now collecting metal tabs as well as bottle caps. It takes 1400 tabs to make a pound. If you would like to collect and donate metal tabs, please make sure they are in a separate bag of their own and not in with the bottle caps. The tabs are being collected and turned in for the Ronald McDonald House in Grand Rapids. More information to come in the near future on how they will used.

BOOKS*BOOKS***BOOKS: THANK YOU FOR THE DONATIONS!** Please know that all donations are very much appreciated. Book donations are received Mon., Wed., Fri., from 10:00 am-2:00 pm. Books are available free of charge and the collection is constantly changing. There is no sign so feel free to grab some books and enjoy.

Please come and join us for lunch, cards, or just to visit on Monday, Wednesday, or Friday from 10:00 am to 2:00 pm.

Call 989-236-5019 to reserve your meal. We look forward to seeing you!



Mar. 3	10:30 Alzheimer's Supporting Independence 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Mar. 5	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Mar. 7	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Mar. 10	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Mar. 12	10:30 Cookie Decorating 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Mar. 14	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
Mar. 17	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Mar. 19	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Mar. 21	10:00 Cards 12:00 Lunch 12:30 Bingo
Mar. 24	10:30 Craft 12:00 Lunch, Michelle Luchessi 12:30 Euchre, Dice, Skip Bo	Mar. 26	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	Mar. 28	10:00 Cards 12:00 Lunch
Mar. 31	10:30 Alzheimer's Supporting Independence 12:00 Lunch 12:30 Euchre, Dice, Skip Bo				

SENIOR ACTIVITY BUILDING VALENTINE'S DAY HULA DANCERS



Hawaiian Hula Show Valentines Day



Hula dancers entertainment



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. Remember, you will also have to get on and off a charter bus with steps.

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 *Pretty Woman: The Musical*

Sunday, May 4, 2025

\$189.00 (All Inclusive)

Bus Departs: 9:00 am Bus Returns: 6:00 pm

Pretty Woman: The Musical is based on one of Hollywood's most beloved romantic stories of all time. The powerhouse creative team of Jerry Mitchell, Bryan Adams and Jim Vallance, and a book by the movie's legendary director Garry Marshall and screenwriter J.F. Lawton bring the story to life. *Pretty Woman: The Musical* will lift your spirits and light up your heart.

We will be having lunch before the show at Anna's House. 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 Broadway tickets, lunch, transportation, and all tips and gratuities. Seating is limited for this show. To make your reservation, please call COA at 989.875.5246. **Payment is due by April 1, 2025.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.



Ned & Nancy See America,

A New Musical Comedy

Tuesday, June 3, 2025

\$139.00 (All Inclusive)

Bus Departs: 8:00 am

Bus Returns: 7:00 pm

The Blue Gate Theatre in Shipshewana, Indiana presents *Ned & Nancy See America!* To celebrate his retirement and 40th wedding anniversary, Ned Richards surprises his wife Nancy with a cross-country road trip in his shiny new RV! As good as his intentions are, this "vacation of a lifetime" quickly turns into one hilarious disaster after another. An encounter with a biker gang, a hot air balloon ride gone wrong, an Amish stowaway, a mugging in DC - and many other twists and turns down the road. Through it all new memories are made, old ones relived, and vacation frustrations melt away in the beauty that is America. This show will have the audience singing along, and laughing their bobby socks off!

Before the show, we will enjoy lunch at the Grand Blue Gate Restaurant Buffet, which will include all the homemade pies!

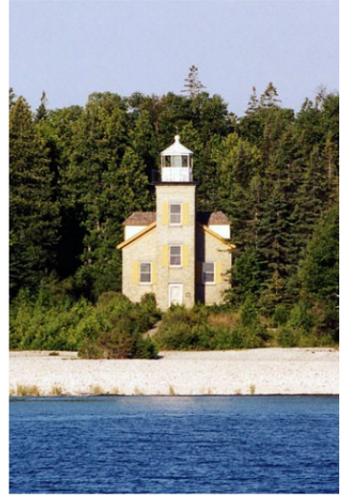
The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 8:00 am sharp and will return to COA around 7:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents and guests of the apartments only.

The price includes transportation, theater tickets, buffet and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by May 1, 2025.**

Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.



Bus Trips Continued



Extended Eastbound Lighthouse Cruise Tuesday, July 22, 2025 \$189.00 (All Inclusive)

Bus Departs: 8:00 am

Bus Returns: 9:30 pm

Take a more in depth look at our eastern Lake Huron lights. Begin with a pass under the Mighty Mac, then sail across the Straits of Mackinac to view the following: Round Island Lighthouse, Round Island Passage Light, Bois Blanc Lighthouse, Spectacle Reef Light (can only be viewed up close from a boat), Poe Reef Light and Fourteen Foot Shoal Light. A quick trip up the Cheboygan River to view the Cheboygan Crib Light and Cheboygan Front Range Light will round out the trip. You will enjoy the clear blue waters of the Straits, and an up-close view of the Coast Guard cutter "Mackinaw". Maritime history will be shared by an expert from the Great Lakes Lighthouse Keepers Association.

Before the cruise, we will be stopping at Audie's Restaurant in Mackinaw City for their wonderful buffet.

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 9:30 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 Lighthouse Cruise, lunch buffet, transportation, and all tips and gratuities. To make your reservation, please call COA at 989.875.5246. **Payment is due by July 1, 2025.** Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.

TAX CREDITS

TAX Appointments



- **All income for 2024:** Social Security, pensions, interest, farm income, etc.
- **Property Tax Statements (both Summer and Winter of 2024):** Homeowners only
- **Proof of heating cost for 2024:** Consumers Energy customers bring December 2024 bill. Fuel/Propane customers bring heat expenses dating between 11/01/2023 through 10/31/2024
- **Medical Supplemental Health Insurance Premiums paid in 2024**
- **Automobile Insurance:** Only the Personal Injury Protection amount is a deduction. May need to contact your insurance agent for this amount.
- **Rent Payments for 2024:** Rent paid to a landlord, or lot rent paid to a mobile home park. Rent verification is not needed if you live in a subsidized housing complex

The appointment dates and locations are listed to the right. Please call 989.875.5246 to schedule your appointment.

Commission on Aging
515 S Pine River St, Ithaca
Thursday, March 6th

Alma Public Library
500 E Superior St, Alma
Wednesday, March 12th

Commission on Aging
515 S Pine River St, Ithaca
Tuesday, March 18th

Commission on Aging
515 S Pine River St, Ithaca
Wednesday, March 26th

Alma Public Library
500 E Superior St, Alma
Thursday, April 3rd

An area sheriff's office is conducting a fraud investigation. Victims received a call from someone stating they were from a bank used by the victim and there was fraudulent activity on their accounts. They were directed to a website with instructions to open an account to assist with the apprehension of the "suspect". Once logged in, the checking and savings accounts were drained. Other victims were told their credit cards had fraudulent activity. They were instructed to place the credit card in an envelope and place it in their mailbox with the flag up, and that an "investigator" would stop by to scan the chip for the investigation. The credit cards were stolen and used a short time after.

Never provide your personal information to these callers. Politely tell the caller you will call back directly. Then look up the number associated with your bank or credit card to call and verify if there is fraud.

These scammers are getting smarter with each new scam. Following these simple rules can save you a lot of heartache in the end.

ALZHEIMER'S ASSOCIATION®

The Empowered Caregiver Education Series



Location:

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

Fulton Senior Center - Fulton Twp. Hall
3425 W Cleveland Rd. (M57)
Perrinton, MI 48871

Learn how to approach each stage by providing the right amount of support for the person living with dementia and how each stage of dementia affects communication.



RSVP to the Gratiot County Commission on Aging at 989.875.5246 by the Friday before. Please indicate if you would like to order lunch and if you are aged 60+ (suggested \$2.50 lunch donation) or aged 59 and under (\$5 fee for lunch).

Supporting Independence (60 min + Q&A)

Monday, March 3

10:30 a.m. 12:30 p.m.

in Perrinton in Ithaca

Communicating Effectively (60 min + Q&A)

Monday, March 31

10:30 a.m. 12:30 p.m.

in Perrinton in Ithaca

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

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.



Help Can't Wait

Imagine your life being turned upside down by a disaster. One minute you're spending time with your family the next, you're fleeing your home. This happens every eight minutes to families across the country, and your support of the American Red Cross helps ensure they don't face these crises alone. This March, consider the gift of life with your blood donation. There are two convenient locations to choose from in the month of March.

March 19, 2025:

Alma College
614 W. Superior St.
Alma, MI 48801
11:00am-5:00pm

March 26, 2025:

Alma Public Library
351 N. Court Ave.
Alma, MI 48801
12:00pm-6:00pm

Memorials

Commission on Aging

Wanda Whitaker
Cheryl Reeves

Wanda Whitaker
Marci Browne

Wanda Whitaker
Ruth Hall

Dianne Beard
Dennis & Linda Kellogg

Karen Kindel
Joyce M. Carpenter

Joyce Hodges
Robert Hodges
Marge Hodges

Karen Kindel
Fred Hoard

Karen Kindel
Richard Pharr
Muriel Crooks
Jack Ginther
Judy Roslund

Bruce Wiltfong
Roger & Louise Wing

Judith Parrish
Royal Technologies Corporation

Bruce Wiltfong
Nick Hirschman & Hannah
Reeves, Matt & Becky
Hirschman

Nutrition

Fulton Site
Diane Kellogg

Senior Gratiot

Charles & Anna Malek
Jerry Malek
Joseph Malek
Bob Malek
Ruth Malek

Dean Crosby
Inez Crosby

Waneta Bigelow
Alton Bigelow

Doris Jean Browne
Dianne Jean Beard
Shawn Beard
Wanda Whitaker
Larry Andrews
Barb Flegel
Dave & Vicky Browne

Karen Kindel
Ceo Bauer

Karen Kindel
Joan Sparks & Lorie Sparks

Richard Pharr
Wanda Whitaker
Bill & Linda DeVuyst

Mike Kellogg
Diane Kellogg

John Kushion
Donna Kushion

Daisy & Steven John
Carll
Eileen Wonsey



*Thank you for your support and
generous donations.*

Donations

Senior Gratiot

Jim & Carolyn Gruesbeck
Annie Mikulka
Becky Dickman
Rosemary Buhl
Anonymous
Bill & Ella Martyn
Mary DePue
Kim & Dan Alonzi

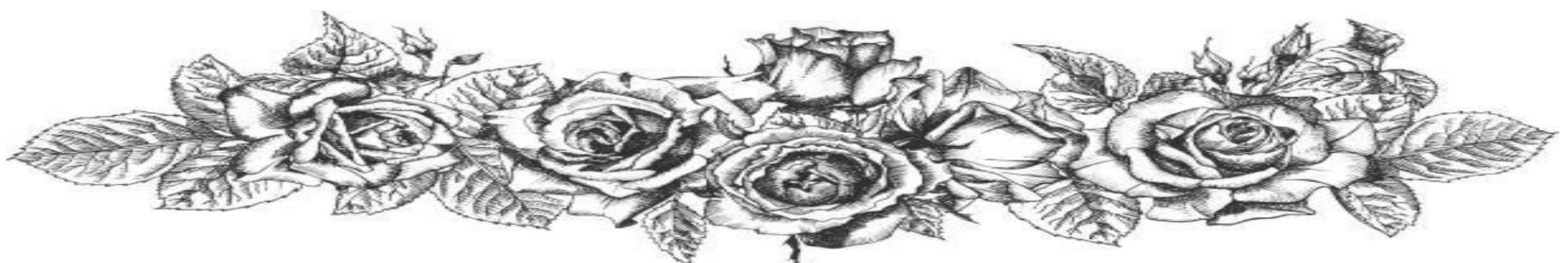
Susan Brown
Linda & Daniel Lott
Ken & Bette LeBlanc
Donna Mason
Sheila Nelson
Gary & Sherry
Mephram
Eleanor Hagen

COA

St. John's Episcopal Church
Sue Malone
Nicholas & Jeri Piccolo
Marian & Michael Fussman

Honorariums

Anonymous



Food with Friends Eat Smart Menu

Lunch 12:00-12:30

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sloppy Joe on a Bun Tater Tots Normandy Blend Diced Peaches	4 Beef and Noodles Carrots Peas Fruit Cocktail Wheat Bread	5 Baked Ziti Broccoli Florets Cauliflower Michigan Fruit Cup Dinner Roll	6 Baked Chicken Redskin Potatoes Mixed Vegetables Peaches Apple Juice Wheat Bread	7 Potato Crunch Pollock Au Gratin Potatoes Broccoli Fruited Cole Slaw Grape Juice Dinner Roll
10 Spanish Chicken Peas & Carrots Corn Applesauce Wheat Bread	11 Chili & Corn Bread Oven Roasted Potatoes Green Beans Pineapple	12 Bar B-Q Chicken Redskin Potatoes Carrots Peaches Dinner Roll Fudge Brownie	13 American Goulash Kyoto Vegetable Broccoli Pears Wheat Bread	14 Macaroni & Cheese Carrots Stewed Tomatoes Vanilla Pudding Wheat Bread
17 Happy St. Patrick's Day Cabbage Roll w/Sauce Corn Beets Leprechaun Fluff Wheat Bread 	18 Meatloaf Whipped Potatoes Corn & Lima Beans Peaches Wheat Bread	19 Corn Chowder Hard Cooked Egg Brussel Sprouts Cheesy Bread Stick Mandarin Oranges	20 Chicken Breast w/Broc & Cheese Sauce Company Potatoes Kyoto Vegetable Pears Wheat Bread	21 Potato Crunch Pollock Winter Blend Baked Beans Cinnamon Applesauce Wheat Bread
24 Meatballs w/Gravy & Mushrooms Brown Rice Capri Blend Vegetables Diced Pears Wheat Bread	25 Beef and Noodles Mixed Vegetables Spinach Fresh Orange Wheat Bread	26 Roast Pork Whipped Potatoes w/ Gravy Peas Fresh Oranges Wheat Bread	27 Salisbury Steak Company Potatoes Normandy Blend Mixed Fruit Dinner Roll	28 French Toast Scalloped Hashbrowns Sausage Links Applesauce Orange Juice
31 Spaghetti Garlic Toast Green Beans Broccoli Florets Tropical Fruit Salad				Milk is served with Hot meals. Suggested Donation Is \$2.50

Menus are subject to change without notice, milk is provided with all meals. Suggested donation is \$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 Tuesday/Thursday hot 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.

Volunteers Needed



Seeking volunteers who are interested in delivering meals to home bound Gratiot County senior citizens. Choose your route and how often you would like to drive. Delivery days are Mondays, Wednesdays and Fridays. Mileage reimbursement is available. To sign up, contact Sue Koch, Volunteer Coordinator, at 989.875.5246.

Support Groups Meet at MyMichigan Medical Center, Gratiot Alma, MI
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: Sue Waber

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