



Volunteers are the Heart of the Community

Volunteerism is one of the most important and beneficial actions that we can take as human beings. Our ability to provide our time and expertise can make an immense difference in the world around us and within the communities which we reside. The fact of the matter is without volunteerism, nonprofit organizations cannot fulfill their mission and achieve their goals.

Research has shown that volunteering offers significant health benefits, especially for older adults. Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health. Volunteers report better physical health than non-volunteers. Research also has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older.

Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect. Reduced stress further decreases the risk of some physical and mental health problems, such as heart disease, stroke, depression, anxiety and general illness. In addition, people who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health.

Volunteering provides a sense of purpose and teaches valuable skills. The work that volunteers provide is essential to everyday activities, giving volunteers a sense of purpose, especially when giving their time and talent in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem.

Volunteering nurtures new and existing relationships. Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity. In many cases, volunteers have diverse backgrounds, which helps expand their social network and allows them to practice social skills with others. People volunteer for different reasons, such as exploring careers, sharpening skills, staying active during retirement, meeting new people and serving their communities. Yet all volunteers share a common desire to improve the health and welfare of people in their communities.

Considering all the positives aligned with volunteering, if you would like to join the many who have donated their time, contact the Commission on Aging today at 989-875-5246.



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

April 2025
Volume L
Number 4

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

NON-PROFIT ORGANIZATION
US POSTAGE PAID
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Placemats created by Ashley School Students and United Methodist Church members to bring joy to Home Delivered Meal Program recipients



Senior Gratiot Subscription/Donation

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

Temporarily Away _____ Stop Date: _____ Restart Date: _____

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Donation: \$25.00 _____ \$35.00 _____ \$50.00 _____ Other _____

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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.

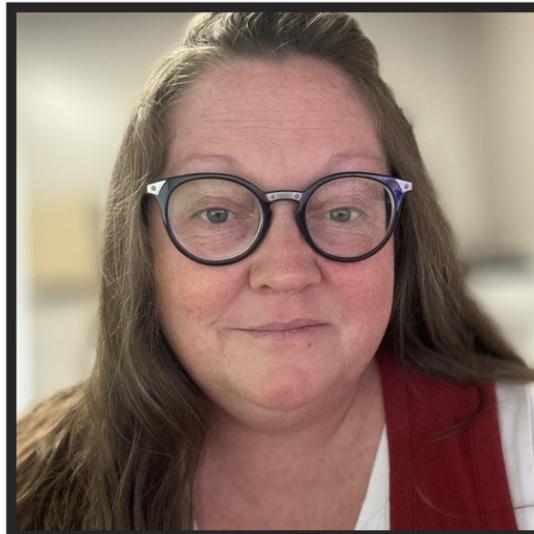
Suggested contribution to Senior Gratiot: **\$25.00 per year** helps to cover the costs of producing and mailing the paper. A great way to remember when to send your donation is to send it on your birthday each year.

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.

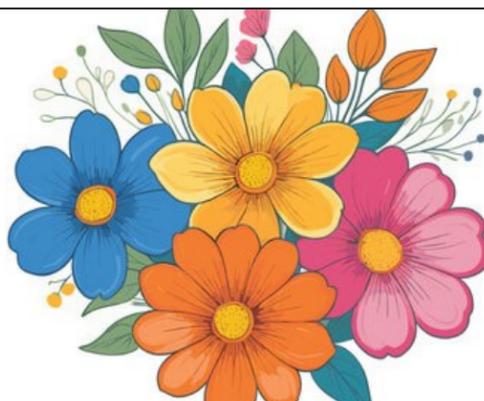
Please notify the COA office using the form at the left each time you request a change to assure we record changes correctly. Thank you. Your assistance with this helps to keep the costs down.



Commission on Aging New Employee Spotlight



Amy Lucas joined Commission on Aging in January of this year. She currently fills the roll of Service Specialist. Amy has always had a servants heart and believes her addition to the group was meant to be. She has lived in Michigan her whole life while moving up to the area in 2022. She has a wonderfully supportive husband, three amazing children, and three grand children. Her family lives on a self sufficient homestead with many animals. Amy has stated this job fulfills a void of service work she had been needing in her life and looks forward to many years of helping



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.

March 2025 Mail 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.

Ruth Malek, Sherry Hurt, Nora Kowitz, Linda Strohpaull, Nancy Crispin, Ellie Freed, Carole Moore, Helen Hoard, Janine Snyder, Ellen Martin, Tami Coe, Carol Reeves, Sue Wernick, Marge Clapp, Janet Holt, and Jerry Chvojka.

VOLUNTEER ACTIVITY April 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-April 16, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In
Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - April 17, 9:00-11:30 am

Senior Gratiot Newspaper Prep Team
Commission on Aging in Ithaca
April 24, 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
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- 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



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Betty Reeves
Diana Rice
Tricia Smith
Cheryl Wiseman

Senior Activity Building

April 2025

Senior Center

Ithaca Food with Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 5 Crown cards	2 8-10 SAB Coffee 10:00 Knitting Group 12:00 FWF Meal 1:00 Cornhole	3 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 Card game	4 8-10 SAB Coffee 11:30 Blood Pressure checks by Joyce 12:00 FWF Meal 1:00 Otago Class	5 11:45 Building open 12:15 Senior Friends Potluck
	7 8-10 SAB Coffee 11:50 Nutrition class 12:00 FWF Meal April Birthday Celebration	8 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 7:00 VFW Post 7805 78787805	9 8-10 SAB Coffee 10:00 Knitting Group 12:00 FWF Meal 1:00 Cornhole	10 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 Movie	11 8-10 SAB Coffee 12:00 FWF Meal 1:00 Otago Class	12 8:30 Pancakes/sausage for volunteers 9:00 Chair Cleaning
	14 8-10 SAB Coffee 12:00 FWF Meal 12:45 Bingo with Yvette –Schnep’s 2:00 Just For Fun Dulcimer Club	15 8-10 SAB Coffee 10:00 EZ Motion 11:00 FWF Advisory Meeting 12:00 FWF Meal 1:15 SAB Board meets	16 8-10 SAB Coffee 10:00 Knitting Group 12:00 FWF Meal 1:00 Cornhole 7:00 A-Tractive Tractor Club	17 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal Easter Bonnet Day	18 Building Closed due to Good Friday. No Scheduled Events.	19
	21 8-10 SAB Coffee 12:00 FWF Meal 12:45 Walk Wanda’s Walk	22 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 Triominoes	23 8-10 SAB Coffee 10:00 Knitting Group 12:00 FWF Meal 1:00 Cornhole	24 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal	25 8-10 SAB Coffee 12:00 FWF Meal 12:45 Otago Class	26
	28 8-10 SAB Coffee 12:00 FWF Meal 12:45 Bingo McDonald’s prizes	29 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 Sequence	30 8-10 SAB Coffee 10:00 Knitting Group 12:00 FWF Meal 1:00 Cornhole	WALK WANDA’S WALK in the Atkinson Park	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.)	



Senior Activity Building Senior Center & Ithaca Food with Friends News

Every morning from 8-10 am, our Senior Activity Building (SAB) coffee and conversation happens. You will be welcomed by our very own 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 participants continued their tradition of supporting, preparing, and delivering St. Patrick’s Day treats to our friends who are homebound. Many recipients expressed their surprise and appreciation for their treat bag.

Senior Friends Potluck is on Saturday, April 5th at 12:15. If you would like to bring a friend or a family member, feel free to do that. As with traditional potlucks, we have had a wide variety of hot dishes, salads, and desserts most months. If you are not a cook, a donation of cash helps to ensure there is enough food for all. The cash donations, on behalf of those who provide Potluck food, are donated to the SAB for providing the use of the building to seniors.

Food With Friends hot meals are now available on Monday through Friday at 12:00 pm. 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 remains at \$2.50.

On Monday, the 7th, the nutrition lesson will be about Eating Vegetarian/Plant-based. Also, we will celebrate with our

Seniors who have an April Birthday. Come honor them and enjoy cake and ice cream.

Bingo will be on Mondays the 14th and the 28th. The Just for Fun Dulcimer Club will add their sound of music on the 14th at 2:00.

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 needed.

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

On the 1st APRIL FOOL’S Day, join us after our meal for a 5 Crown card game. Then on the 22nd, we hope you will be at the table for Rummikub or Triominoes. If Sequence players want to try a game, we welcome you on the 29th. Hoping they will teach those of us who might want to learn this card game.

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 Pickleball nets are up! Thanks to Joe Evey, Greg Brown, Larry Ringle, and Cleo Flegel who volunteered for this task. If you want to try playing Pickleball, contact Jo at

989.875.2135 for information. Another outdoor activity you might want to try is taking a walk on Wanda’s Walk in Atkinson Park.

A card game is on the 3rd. Our movie, “Hello Dolly” and popcorn date is the 13th at 12:45. Then on the 17th, wear your Easter Bonnet! We will have one for you if you need one.

Joyce Raycraft will be happy to check your blood pressure on Friday, the 4th, or at another time if that is needed. We appreciate Jayne Baney’s new equipment donated in memory of her husband, Mike.

Otago balance class starts at 1:00 each Friday except the 18th. There is no fee for these Central Michigan University balance classes or the EZ Motion classes.

Gratiot VFW Post # 7805 will meet at the Building on the 8th at 7:00.

A-tractive Tractor Club will be meeting this month on the 16th at 7:00.

Please plan ahead AS May 1st is “Bring A Friend to Lunch Day”

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

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

Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from February 16, 2025 through March 14, 2025. Thank you to our Volunteers (named and unnamed) who take care of our building daily.

Gifts In Gratitude to SAB

Jo Jones
Joyce Raycraft

In MEMORY of BEVERLY MITCHELL
Mary Sullivan

In MEMORY of BARB FLEGEL
Ron Littell

In MEMORY of HARRY JIM KENCH
Bill & Ella Martyn

In MEMORY of HARRY KENCH
Ron Littell

In MEMORY of DARLENE ALLEN
Ron Littell

In MEMORY of WANDA WHITAKER
Ron Littell

In MEMORY of DIANNE BEARD
Linda Crumbaugh

In MEMORY of JIM KENCH
Linda Crumbaugh

In MEMORY of KAREN KINDELL
Linda Crumbaugh

In MEMORY of MIKE BANEY
Jayne Baney

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

Mary Humm

Honorarium

Jo Jones
Cynthia Jones & Steve Gutterman



Janinne and Ellen aid Joyce washing fruit for St. Patrick’s Treats

Linda, Tricia, Ellen, and Judy package St. Patrick’s Treats



Ithaca Food with Friends
“Green People”



Alma/St. Louis Senior Center
The Filling Station, 415 Park Ave., Alma
 Sue Waber, Site Manager 989.875.9118



HAPPY APRIL FROM THE FILLING STATION

Happy April from the FILLING STATION! How has everyone liked the little tease of the weather? I sure enjoyed it while it lasted. We have been doing a little painting and brainstorming getting ready for the May 7th event “WHEELIN & DEALING WITH Johnny O” at His Place in Alma.

We are hoping for an amazing event with much laughter and packed with fun! Reminder to get signed up as early as possible either with Jo, Lori, Irene, myself (Sue), or by calling the Commission On Aging at 989-875-5246 so we can have a count of how many will be eating and attending. We encourage everyone to dress in costume and add little goodies to your pockets or purses in case he were to ask for someone having an unusual item on them (like the old show -Lets Make a Deal). Reminder we will be eating at 11:30 as he would like a 2-hour show for us. Hope to see lots of faces at this event!

We started our new exercise/stretching class in March and everyone who attended seemed to really like it. I would love to have anyone who needs to get a little stronger in their balance and movement to come join us. This is a new program taught to us by the ladies from Laurels of Fulton and Carson City. So come on in and join us as a newbie. We are just at the start of the classes. This month we will be focused on getting the party planning finished so no crafts are planned. However, you never know as one could happen last minute. Anyone interested in joining us for some Euchre? We have some interest in playing but would like more players. We are also gauging interest for playing cornhole. Want to get a game going?

Dates to remember:

- April 11th** Holly Trent will be speaking about “Keys to Finances”
- April 18th** Closed due to Good Friday
- April 21th** Celebrate April Birthdays!
- April 25th** Nutrition Talk
- April 28th** Mental Health Moment with Michelle Lucchesi MA, LLP 12:00 pm

As always, any day there is downtime we will be playing games and cards.

Monday	10-12 pm—Sit and Stich: Bring in a project you're working on such as a fun adult coloring book, knitting, crochet, or whatever. Show off your talents! 12:30-1:30 pm—BINGO, Schnepps of St. Louis will be calling (April 21st)
Wednesday	10:15 to 11:15 get your boot scootin boogie on with LINE DANCING! Taught by Betty Apple 10:30-1:00 Exercise with Laurels
Friday	10:15-11:15 am Line dancing with Betty

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



HELLO SPRING!

Spring has sprung; and the birds are singing! Now we just need the flowers to come up and blooming. We have moved back in and everything is slowly returning to normal at our newly remodeled site. You should make a point to come by and visit and see the many improvements.

We are trying to get creative and offer more variety to bring in new friends. I have many exciting events coming up. Take a look at the listings below. If you would like to come join the fun call the site and reserve your spot.

As usual, we have the normal games listed below. However, we have recently fallen in love with the SWOOSH and are learning Sevens. In addition, we are always looking for new games to add to the rotation. We love to learn so please come and teach us.

With new games and new surroundings please help spread the word to your friends and make Breckenridge/Wheeler the next place to be.

April 9		Spring Hat Wall Hanging Craft
April 11		Nutrition Talks (Every second Tuesday of the month)
April 14	11:15-12pm	Holly from MSU will be presenting on “The Keys to Healthier Finances”
April 16		Fairy Pot Houses Craft
May 12	11:15-12pm	Holly from MSU will be presenting on “Maintaining Health During Challenging Times”
Monday		*10:00 Dirty Marbles * 12:00 Lunch *12:30 Euchre
Wednesday		*10:00 Dirty Marbles * 12:00 Lunch *12:30 Bingo
Friday		*10:00 Dirty Marbles * 12:00 Lunch *12:30 Mexican Trian Dominoes



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

GREETINGS FROM FULTON

Like a butterfly emerging from a cocoon, spring has arrived!

May 7: Wheelin' & Dealin with Johnny O: held at His Place in Alma. See advertisement on pg. 9.

April 11: Bunny Cups: This will be our project day for assembling our bunny cups with candy for our friends that live at Laurels of Fulton. These bunny Cups can be put on their trays to brighten the day of residents.

April 11: Bingo— immediately after lunch

April 16: Region VII Area Agency on Aging: Angie from Region VII Area Agency on Aging will join us for lunch to discuss various services provided to seniors.

April 18th: Closed to observe Good Friday

April 23rd: Rock Caterpillar Craft

April 25th: Speaker Holly Tired—Join us at 10:30am. Discussion on Keys to Healthier Finances. Learn about developing a budget, smart spending habits, wise use of credit, consumer protection, and savvy saving.



We are still collecting: BOTTLE CAPS, METAL TABS, and BOOKS*BOOKS***BOOKS: THANK YOU FOR THE DONATIONS!**

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!

		April. 2	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	April. 4	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
April. 7	10:30 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	April. 9	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	April. 11	10:30 Bunny Gift Workshop 12:00 Lunch 12:30 BINGO
April. 14	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	April. 16	10:00 Cards 11:30 Angie-Region VII 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	April. 18	Closed/Good Friday
April. 23	10:30 Rock Caterpillar Craft 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	April. 28	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	April. 30	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo



NEW KITCHEN REMODEL BRECKENRIDGE/WHEELER SENIOR CENTER





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

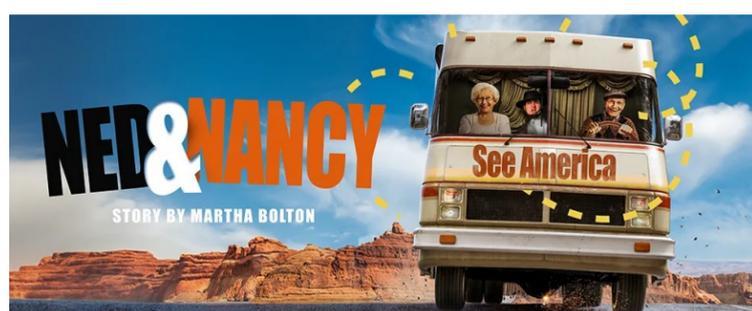
The Blue Gate Theatre in Shipshewana, Indiana presents *Ned & Nancy See America!* To celebrate his retirement and 40th wedding anniversary, Ned Richards surprises his wife Nancy with a cross-country road trip in his shiny new RV! As good as his intentions are, this "vacation of a lifetime" quickly turns 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!

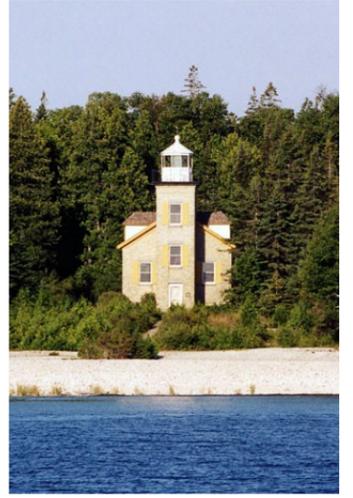
The bus will leave from Gratiot County Commission on Aging, 515 S Pine River, Ithaca at 8:00 am sharp and will return to COA around 7:00 pm. When arriving at COA, please park on the west, south and east side of the building only. The parking on the north by the apartment building is for the residents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

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

Wheelin' & Dealin' With Johnny O

Let's Have Some Fun!

Costumes Encouraged!



Suprises and Prizes!

WEDNESDAY MAY 7, 2025 LUNCH, LAUGHS & GOOD OLD FASHIONED GAME SHOW ENTERTAINMENT

- ◆ WHERE: - HIS PLACE 200 W Superior 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



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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Window Washing & Gutter Cleaning



Are you having difficulty seeing out your windows? Is the rain causing your gutters to run over? Call the Commission on Aging and our Home Maintenance Department will be happy to come out and shine those windows, both inside and outside, and clean out your gutters. There is no charge for this service, but donations for labor are encouraged.

This is an extremely busy time of year for Dan and his crew, so if you need either of these services, please be patient. If you have additional jobs that you would like done at the same time, please let us know about those items when you call. This will assist Dan in planning the work schedule.

Call Commission on Aging at 989-875-5246 for more information, or to place your request.



Air Conditioners

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

The Home Chore department can also install your personal air conditioner unit if you need assistance with that. Just call the office and put in your request. The guys will come out and get your own air conditioner installed for you.



Memorials

Commission on Aging

Dianne Beard
Marci Browne

Judy Parrish
Betty Wollenweber
Teresa Bushre

Bruce Wiltfong
Bernard & Linda DeVuyst

Judith Parrish
Sharon & Joe Brickner

Judith Parrish
Mrs. Delorus Bell

Karen K Kindel
Alice Schleder
Joe & Cindy Castillo
Eric & Dawn Williams

Norma Welch
Raymond Welch

Norma Welch
Adele Szedlak

Norma Welch
Linda Cook

Norma Welch
Bonnie Fineis

Norma Welch
Ginger Vetter

Joyce Hodges
Cathleen Lucas

Beverly Mitchell
Cathleen Lucas

Glenn Unruh
Raymond Fish

Linda Weburg
Raymond Fish

Nutrition

Clifford & Jean Fish
Raymond Fish

Aaron Crispin
Raymond Fish

Senior Gratiot

Robert Cassady
Willowdean Cassady

Walter Martin
Nancy Francetic

Donna Roland
Tom Mueller

Thomas Palmer
Gayla Palmer



*Thank you for your support
and generous donations.*

Donations

Senior Gratiot

Anonymous
Chris & Diane Yonker
Betty Nestle
Bill Layman
Charlie Davis
Connie Adams
Margo House
Kathy Densmore
Doris Clark
Bruce Burgess

Shirley Smith
Tamala Myers
Randy & Joyce Brandon
Harold Roberts
Wasil Ride
Barbara McKenzie
Tom & Joy Heinlein
Raymond Fish

COA

Bill Layman

Honorariums



Food with Friends Eat Smart Menu

Lunch 12:00-12:30

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef and Noodles California Blend Veg Brussel Sprouts Mixed Fruit Cup Wheat Bread	2 Smothered Chicken Green Beans Squash Ambrosia Fruit Cup Dinner Roll	3 Macaroni & Cheese Broccoli Carrots Peaches Wheat Bread	4 Vegetable Lasagna Carrots Winter Blend Pears Wheat Bread
7 Cabbage Rolls Whipped Potatoes Green Beans Applesauce Dinner Roll	8 Chicken Chop Suey Brown Rice Broccoli Mandarin Oranges Wheat Bread	9 Baked Chicken Whipped Potatoes w/Gravy Mixed Vegetables Peach Crisp Wheat Bread	10 Hamburger on a Bun Tater Tots Baked Beans Peaches	11 Potato Crunch Pollack Au gratin Potatoes Carrots Mandarin Oranges Strawberry Yogurt Dinner Roll
14 Baked Ziti Casserole Broccoli Strawberry Applesauce Garlic Toast Choc Chip Cookie	15 Egg Bacon Cheddar Scramble Hash Brown Pattie Sausage Strawberries & Banana Orange Juice	16 Meatloaf Whipped Potatoes Corn Mixed Fruit Cup Banana Wheat Bread	17 Chicken Parmesan Green Beans Kyoto Vegetable Tropical Fruit Dinner Roll	18 CLOSED GOOD FRIDAY
21 BBQ Chicken Breast Redskin Potatoes California Blend Chocolate Pudding Dinner Roll	22 Spanish Chicken Carrots Corn Fiesta Blend Mixed Fruit Wheat Bread	23 Hot Turkey Sandwich Whipped Potatoes Mixed Vegetables Peaches Grape Juice	24 Pulled Pork on a Bun Green Beans Corn Pineapple Apple Juice	25 Sloppy Joe on a Bun Au gratin Potatoes Normandy Blend Veg Apple Slices
28 American Goulash Kyoto Vegetable Broccoli Pears Wheat Bread	29 Pork Chop Whipped Potatoes Mixed Vegetables Applesauce Corn Bread	30 Broccoli Cheese Chicken California Blend Apple Crisp Wheat Bread		Milk provided with all meals

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.

Additional Photos from the Ithaca Senior Activity Building

Joyce, Linda, Ellen, Roger, and Terry at the Doll Show



Doll Show



Joyce and Kendra check out the new blood pressure machine donated by Jayne Baney.



March birthdays celebrated by Jayne Baney and Donna Borders



Trooper Travis Rogers shares safety tips

