



# Older Americans Month

Since the 1960s, May has been declared Older Americans Month (OAM). It is a time to acknowledge the contributions of older persons in our country. This years theme is “Flip the Script on Aging”.

Celebrating the contributions of older adults and reaffirming our commitment to serving them. This theme encourages us to challenge outdated stereotypes and embrace the many opportunities that come with aging.

Here are some things to consider:

- The words we use shape our perceptions. This Older Americans Month, we’re sharing ways to rethink how we talk about aging. Instead of “She still drives,” simply say, “She drives.” Phrases like “still” often reinforce ageist assumptions. Small shifts like this can make a big impact.
- Learning doesn’t stop with age—it evolves. In fact, adults over 60 are among the fastest-growing group of online learners. Let’s celebrate the pursuit of knowledge at every stage of life. What new skill or subject are you exploring?
- Physical activity is key to staying healthy at every stage of life. Whether it’s yoga, dancing, hiking, or daily walks, movement helps maintain strength and independence. This Older Americans Month and beyond, let’s challenge the idea that aging means slowing down.
- Many chronic conditions once thought to be a natural part of aging can be prevented/managed through proper nutrition, healthy lifestyle choices, and strong community support.
- Unpaid caregivers save the U.S. an est. \$600B annually. During Older Americans Month, we honor the 53 million family caregivers who provide an average of 24+ hours of care each week and help millions of Americans live as independently as possible.



# 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](http://www.gratiotmi.com/Archive.aspx?AMID=37)

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

May 2025  
Volume L  
Number 5

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



**The Commission on Aging office and the Food with Friends sites will be closed on Monday, May 26, 2025 in order to celebrate Memorial Day. Please remember to honor those who have given their all in service to our country.**

## 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.



### 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

### In Flanders Field by John McCrae

*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*

### April 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 Strohpaal, Nancy Crispin, Ellie  
Freed, Carole Moore, Helen Hoard, Ellen  
Martin, Tami Coe, Tricia Smith,  
Irene Oliver Peck, Gail Paradise,  
Sue Wernick, Marge Clapp, Janet Holt,  
Jerry Chvojka**

### VOLUNTEER ACTIVITY May 2025

Please contact Sue Koch to register for these teams

**Recycled Greeting Cards Team**  
Commission on Aging in Ithaca  
Third Wednesday of every month  
**Canceled for May will resume June 18th**

**Mitten Makers/Hats Galore Knit-In**  
Commission on Aging in Ithaca  
Third Thursday of every month  
Next meeting - May 15, 9:00-11:30 am

**Senior Gratiot Newspaper Prep Team**  
Commission on Aging in Ithaca  
May 29, 9:00 - 11:00 am

# ALZHEIMER'S ASSOCIATION®

## Empowered Caregiver Education Program



### Locations:

Breckenridge/Wheeler Senior Center  
8510 E Monroe Rd (M46)  
Wheeler MI 48662

Fulton Senior Center  
3425 W Cleveland Rd. (M57)  
Perrinton MI 48871



## New for 2025!

Changes are coming for Senior Project Fresh. Updates and registration information for these changes will be released soon!

- The Senior Project Fresh program is aimed at helping older adults eat healthier as they age.
- The Program provides participants free nutrition education and \$25 in coupons that can be exchanged for fresh fruits, vegetables, and honey sold at local farmers' markets and roadside stands.
- Residents who are aged 60 and older with a total household income of \$28,952.50 or less for an individual, or \$39,127.50 for a couple, are eligible to apply for the program.
- Benefits must be obtained in the county in which the applicant lives. The program runs from May 1 to October 31 each year.
- See the last page of this paper for the location of our Gratiot County Farmers Markets.

Learn how dementia affects communication in each stage of the disease.



## Communicating Effectively

Friday May 9  
(60 min + Q&A)

10:30 a.m. Breckenridge/Wheeler Senior Center

12:30 p.m. Fulton Senior Center

*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.*

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).



Senior Activity Building

May 2025

Senior Center

Ithaca Food with Friends

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|--|---|---|--|--|--|--|
| <p><b>8-10 EVERYDAY SAB Coffee &amp; Conversation</b><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.)</p> |   |   |  | <p>1<br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/>                     12:00 FWF Meal<br/>                     Bring a Friend Day<br/>                     12:45 986 Rumikub<br/>                     12:45 Triominoes</p> | <p>2<br/>                     8-10 SAB Coffee<br/>                     11:30 Blood Pressure checks<br/>                     12:00 FWF Meal<br/>                     1:00 Otago Class</p>           | <p>3<br/>                     11:45 SAB Open<br/>                     12:15 Senior Friends Potluck</p> |
| 4  | <p>5<br/>                     8-10 SAB Coffee<br/>                     Celebrate 22years with Linda St.Charles<br/>                     12:00 FWF Meal<br/>                     12:30 Michelle Lucchesi, MA, LPN</p>                            | <p>6<br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/>                     12:00 FWF Meal<br/>                     12:45 Rummikub or Triominoes</p>   | <p>7<br/>                     8-10 SAB Coffee<br/>                     No Ithaca FWF or Senior Center today<br/>                     SAB closed after 10:00 today</p>  | <p>8<br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/>                     12:00 FWF Meal<br/>                     12:45 DVD &amp; Popcorn<br/>                     "God Bless America"</p>                                    | <p>9<br/>                     8-10 SAB Coffee<br/>                     Honor our Mothers (Bring your photos)<br/>                     12:00 FWF Meal<br/>                     1:00 Otago Class</p> | 10   |
| 11<br>Mother's Day   | <p>12<br/>                     8-10 SAB Coffee<br/>                     11:50 Nutrition class<br/>                     12:00 FWF Meal<br/>                     12:45 Bingo with Yvette—Schnep's<br/>                     2:00 Dulcimer Club</p> | <p>13<br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/>                     12:00 FWF Meal<br/>                     12:45 Bracelets &amp; Pins<br/>                     7:00 VFW Post #7805</p> | <p>14<br/>                     8-10 SAB Coffee<br/>                     10:00 Knitting group<br/>                     12:00 FWF Meal<br/>                     1:00 Cornhole or Horseshoes</p>  | <p>15<br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/>                     12:00 FWF Meal<br/>                     12:45 Euchre</p>   | <p>16<br/>                     8-10 SAB Coffee<br/>                     11:00 5 Crown card game<br/>                     12:00 FWF Meal<br/>                     1:00 Otago Class</p>              | 17   |
| 18   | <p>19<br/>                     8-10 SAB Coffee<br/>                     11:00 Cowboys' Music<br/>                     12:00 FWF Meal</p>  | <p>20<br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/>                     12:00 FWF Meal<br/>                     1:15 SAB Board Meeting</p>  | <p>21<br/>                     8-10 SAB Coffee<br/>                     10:00 Knitting group<br/>                     12:00 FWF Meal<br/>                     1:00 Cornhole or Horseshoes<br/>                     7:00 A-Tractive Tractor</p> | <p>22<br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/>                     12:00 FWF Meal<br/>                     12:45 Euchre</p>   | <p>23<br/>                     8-10 SAB Coffee<br/>                     12:00 FWF Meal<br/>                     1:00 Otago Class</p>   | <p>24<br/>                     8:30-9:30 Pancakes &amp; Sausage</p>                                    |
| 25   | <p>26<br/>                     SAB Closed<br/>                     No Food With Friends</p>   | <p>27<br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/>                     12:00 FWF Meal<br/>                     13:45 Five Crown Card game</p>  | <p>28<br/>                     8-10 SAB Coffee<br/>                     12:00 FWF Meal<br/>                     12:45 Bingo<br/>                     McDonald's prizes</p>   | <p>29<br/>                     8-10 SAB Coffee<br/>                     10:00 EZ Motion<br/>                     11:00 Wii Bowling<br/>                     12:00 FWF Meal<br/>                     12:45 Sequence</p>   | <p>30<br/>                     8-10 SAB Coffee<br/>                     10:00 Knitting Group<br/>                     12:00 FWF Meal<br/>                     1:00 Cornhole</p>                    | 31   |

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



May 1<sup>st</sup> (Thursday) is our day to **BRING A FRIEND** to Ithaca Food With Friends. There's not much notice about this yearly event for the Senior Activity Building Board's traditional day. Please call in your reservations by April 29<sup>th</sup>. **THANKS!**

Come to thank Linda St. Charles for her 22 years of serving Seniors at the Senior Activity Building on Monday, the 5<sup>th</sup>. She not only welcomes the Coffee and Conversation group each morning but also completely redecorates our building each month and keeps the building sparkling clean. Come anytime between 8 and 10 on Cinco de Mayo (the 5<sup>th</sup>). Speaking of THANKS, the 16 volunteers did an excellent job deep cleaning all of our chairs on April 12<sup>th</sup>. Linda will be making her famous pancakes again for our traditional Red-White-Blue Pancakes & Sausage on Saturday, the 24<sup>th</sup>, from 8:30 -9:30. Please make your reservation soon. There is one other Saturday event on May 3<sup>rd</sup> –the monthly Senior Friends Potluck at 12:15. No reservation is required for this gathering.

Please note that the Lions Club invites you to bring your no longer used eyeglasses and hearing aids to their new collection box located in the SAB near the East door entrance.

Another special program for May will be enjoying the music of our friends, "Two Outlaws and a Good Guy" from Midland. This will be their 35<sup>th</sup> visit to Ithaca Food With Friends.

The music begins at 11:00. After our meal, they will share a few more songs.

There is no date set for our May Birthday party at the time of this writing. Please check the SAB calendar for this and do let us know if you'll be celebrating with us on your actual Birthday. The Coffee fund will fund your FWF meal on your Birthday.

The Monday Nutrition class will be a discussion about following Food Safety at Home and when dining out. There is only one Monday Bingo date in May since our Building is closed on Memorial Day.

Tuesdays are active days! The EZ Motion class and the Wii Bowling Seniors are happy to welcome more Seniors who are joining them. Either Rumikub or Triominoes will be on the 6<sup>th</sup>. Then on the 13<sup>th</sup>, please bring your bracelets and pins to display. Share your stories that come with them at 12:45. Our Senior Activity Building Board meets on the 20<sup>th</sup>. The five crown card game is on the last Tuesday.

Wednesdays are busy with the knitting group at 10:00 and then the cornhole players and cheerleaders pick up the pace at 1:00. You are welcome to attend these and all activities and classes each day. If the weather cooperates, we may get out to the horseshoe pits and walk Wanda's walk.

Thursday schedules are similar to those on Tuesday. You'll find a new DVD by Lawrence Welk on Thursday, Movie and

Popcorn Day. It is filled with patriotic music with the title, "God Bless America". Looking ahead to June, we have Al Bartholomew scheduled to perform "Patriotic Piano" on our 100-year-old piano. Join us on Flag Day, Saturday, June 14<sup>th</sup>, at 3:30 for an hour. There is no charge for this special entertainment nor the refreshments.

Calling Euchre players to join us on Thursdays, the 22<sup>nd</sup> and 29<sup>th</sup>, at 12:45.

The first Friday, you will find Joyce Raycraft available to check your blood pressure at 11:30. The Central Michigan students will lead the Otago Class that stresses exercise to improve your balance. There is no charge for any of the scheduled activities.

Please take another look at the calendar now that you've scanned the update. Hoping that you will now plan to enjoy

"May Time" at the Senior Activity Building. Call to make



## Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from March 15, 2025 through April 10, 2025. Thank you to our Volunteers (named and unnamed) who take care of our building daily.

### Gifts In Gratitude to SAB

- Jeff & Viola Doyle
- Jo Jones
- Joyce Raycraft
- Cleo Flegel
- Ron Peters
- Diane Yonker
- Linda St. Charles
- Paul Hornak
- Mary Sullivan
- Marci Browne
- Joe Barden
- David Barden
- Donn Gates
- Helen Hoard
- Keith Lenard
- Ken Zimmerman
- Bill DeVuyst

In MEMORY of Maynard Cole  
Hugo & Debra Garofalo

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



Puzzle table chairs donated by Viola and Jeff Doyle



Edie Beck's March Birthday



Kevin Hamilton, Mary Sullivan and Joyce Raycraft celebrate March Birthdays



Wii bowlers in action



April birthdays Ron Peters and Ellen Martin



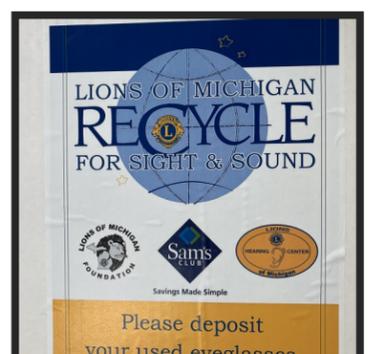
Linda's pancakes are ready for chair cleaning crew



Crew of 16 Chair Cleaning Volunteers



Lions' Recycle Bin



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



**HAPPY MAY FROM THE FILLING STATION**

Hello May, the month of sunshine, blooming flowers, and endless possibilities! We are so close to our big event, **Wheelin' & Dealin' With Johnny O**, on May 7th! Is your costume ready? The event is coming together and is sure to be a good time. There is a possibility it could run past 2 pm, so maybe just plan in case. We wouldn't want you to miss out on the fun! We are loving the Wednesday exercise with the Laurels of Fulton. Come join us from 10:30 to 11:00 am. We are trying to get this class built up. Even though it is a low-impact exercise, you sure can feel it. We have Holly Triet is coming on May 9<sup>th</sup> with "Maintaining Health During Difficult Times". Holly is such a great speaker and full of information.

Has anyone been out in the garden yet? I have been weeding a bit on the nice days, getting ready for the growing season. Hopefully the strawberries will be beautiful. I feel I tilled up hundreds of plants to make room for walking and easier picking. Like I say every single year, "I'm not going to plant as much"! Has anyone ever said that who has a garden? We will see how that goes! Hope everyone has a great May and enjoys the spring coming to life! If there is anyone out there who wants to come and enjoy a certain activity that we are not doing, please approach me, and we will see if we can make that happen. We are always open to innovative ideas and people joining us. As always, any day there is downtime we will be playing games and cards.

|                  |                     |  |
|------------------|---------------------|--|
| <b>May 7th</b>   |                     | Lunch at HIS Place in Alma followed by Wheelin' & Dealin' with Johnny O. Doors open at 10:00 am  |
| <b>May 9th</b>   | 12:30 to 1:30 pm    | Holly Triet - Maintaining Health During Challenging Times  |
| <b>May 23rd</b>  | 10:30 am until done | Craft: Upcycle a tin can to a cute pitcher with handle   |
| <b>May 19th</b>  | 12:30 to 1:30 pm    | Schnepps calls BINGO   |
| <b>May 26th</b>  | 12:30 pm            | Celebrating May Birthdays  |
| <b>May 28th</b>  |                     | Nutrition talk   |
| <b>Monday</b>    | 10-12 pm            | Sit and Stitch: 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       | Schnepps of St. Louis calling Bingo on the 3 <sup>rd</sup> Monday of every month   |
| <b>Wednesday</b> | 10:30-11:00 am      | Exercise with Laurels  |
| <b>Friday</b>    | 10:15-11:15 am      | 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 MAY AND HELLO NICE WEATHER!**

I would like to thank Sheri, from the Wheeler Township Hall, for donating the flowers we used in making our beautiful Spring Hats. We will also be using them to make our "Crazy Hats" for the Johnny O Show on May 7th at the Alma/St. Louis Center. We are going to look so cute!

We continue to play Dirty Marbles every morning before lunch. We have gotten our new marbles for our new board, so hopefully we will be able to have 2 boards going. We have also picked up a new card game that we have fallen in love with, SWOOSH! It is a game that any number of people can play, and that is what we like! So, come join us and learn this fun card game. Also, we are learning 7's, another fun card game, and enjoying it very much. Please come and join us, and feel free to bring a game to teach us. We would also like to invite anyone who has a favorite game they love to play to bring it up to the Wheeler Township Hall and teach us all how to play. **May 23rd the Breckenridge Wheeler site will be closed for the day.**

|                  |          |  |
|------------------|----------|--|
| <b>May 7</b>     | 11:30 am | Lunch at HIS Place in Alma followed by Wheelin' & Dealin' with Johnny O. Doors open at 10:00 am  |
| <b>May 9</b>     | 10:30 am | Alzheimer's Association Presentation   |
| <b>May 12</b>    | 11:15 am | Holly from MSU will be presenting on "Maintaining Health During Challenging Times"   |
| <b>May 14</b>    | 10:30 am | We are invited to Breckenridge High School for our annual Spring Luncheon on May 14th at 10:30. Mrs. Marlenia Marr, along with the kitchen staff, have been graciously doing this for the Breckenridge Seniors for many years. We always have a fantastic meal and great entertainment with the students. Please feel free to call 989-330-7508 to let us know if you would like to join us. |
| <b>May 23</b>    |          | <b><i>SITE CLOSED FOR THE DAY</i></b>  |
| <b>Monday</b>    |          | *10:00 Dirty Marbles * 12:00 Lunch *12:30 Euchre   |
| <b>Wednesday</b> |          | *10:00 Dirty Marbles * 12:00 Lunch *12:30 Bingo  |
| <b>Friday</b>    |          | *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**

May is now upon us. I can't wait to see the trees opening their leaves, flowering trees, and all the early flowers we get to enjoy. Get ready for the show and enjoy!

On May 14<sup>th</sup>, we will be finishing our rock caterpillar that we started in April. These are really cute and will be ready just in time to add to the garden. May 16<sup>th</sup> speaker Holly Tired will join us at 10:30 am to talk about "Maintaining Health During Challenging Times". During this workshop, Holly will review some common emergencies and some emergency preparedness. She will also explore ways to maintain your mental and physical health during these challenging times and learn ways to be an active participant in your healthcare team. Holly is an excellent speaker who comes to us from Michigan State University Extension.

We are still collecting bottle caps and metal caps. These need to be in separate bags and can be dropped off at the Fulton Senior Center on any Monday, Wednesday, or Friday between 10:00 am and 2:00 pm. We thank all of our friends and community neighbors for their donations.

Thanks to everyone who has come in last month and recycled their books with us. We get very excited to see what has arrived. Please continue to think of us when cleaning off your bookshelves. These can be dropped off any time Monday, Wednesday, or Friday between 10:00 am and 2:00 pm.

Thank you to everyone who showed up to make the bunny candy cups that we took to Laurels of Fulton for the residents.

**May 26<sup>th</sup> CLOSED MEMORIAL DAY**

|               |   |               |  |               |  |
|---------------|---|---------------|--|---------------|--|
|               |   |               |  | <b>May 2</b>  | 10:00 Cards<br>12:00 Lunch<br>12:30 Euchre, Dice, Skip Bo  |
| <b>May 5</b>  | 10:00 Cards<br>12:00 Lunch<br>12:30 Euchre, Dice, Skip Bo | <b>May 7</b>  | 10:00 Cards<br>12:00 Lunch<br>12:30 Euchre, Dice, Skip Bo                                | <b>May 9</b>  | 10:00 Cards<br>12:00 Lunch<br>12:30 <b>Alzheimer's Assoc of MI</b>   |
| <b>May 12</b> | 10:00 Cards<br>12:00 Lunch<br>12:30 Euchre, Dice, Skip Bo | <b>May 14</b> | 10:00 <b>Finish craft/<br/>caterpillar</b><br>12:00 Lunch<br>12:30 Euchre, Dice, Skip Bo | <b>May 16</b> | 10:00 <b>Speaker Holly Tired<br/>Maintaining Health During<br/>Challenging Times</b><br>12:00 Lunch<br>12:30 Euchre, Dice, Skip Bo |
| <b>May 19</b> | 10:00 Cards<br>12:00 Lunch<br>12:30 Euchre, Dice, Skip Bo | <b>May 21</b> | 10:00 Cards<br>12:00 Lunch<br>12:30 Euchre, Dice, Skip Bo                                | <b>May 23</b> | 10:00 Cards<br>12:00 Lunch<br>12:30 <b>Bingo</b>   |
| <b>May 26</b> | <b>CLOSED MEMORIAL DAY</b>                                | <b>May 29</b> | 10:00 Cards<br>12:00 Lunch<br>12:30 Euchre, Dice, Skip Bo                                | <b>May 30</b> | 10:00 Cards<br>12:00 Lunch<br>12:30 Euchre, Dice, Skip Bo  |

**SPRING CRAFTING AT FULTON**





**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.

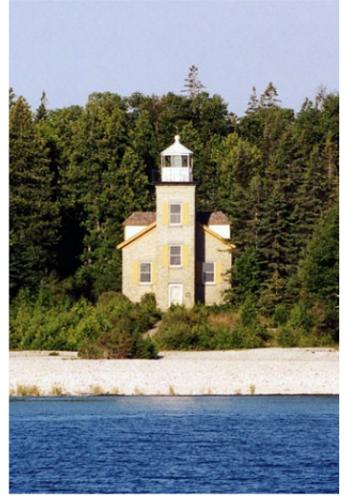


# Bus Trips Continued

## 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.

**OLDER MICHIGANIANS DAY**

**Older Michiganians Day**

Join us *this Wednesday* on the Capital Lawn to meet your constituents & enjoy lunch

**May 7, 2025**

10:00 am - 12:30 pm with lunch following

Join the Area Agencies on Aging Association & Community Partners as we work to

*Flip the Script on Aging*

Senior Action Week: May 5- May 9, 2025

*Flip the Script on Aging*

**OLDER MICHIGANIANS DAY**

**WEDNESDAY**

**INCREASE ACCESS TO HOME & COMMUNITY-BASED SERVICES**

In Michigan, 6,970 seniors are on waiting lists for essential in-home services, such as home-delivered meals, personal care, homemaking, and respite care, provided by the Bureau of Aging, Community Living, and Supports (ACLS). These services help delay or prevent the need for costly long-term care.

**TAKE ACTION**

Urge your legislators to support the Silver Key Coalition's request for a \$8 million increase for ACLS in-home services and the \$2 million increase for home delivered meals in ACLS' FY26 budget permanent.

Scan QR code to complete your letter of support today!

Senior Action Week: May 5- May 9, 2025

### Commodity Food Distribution Date

Commodities distribution will be on **Wednesday, June 11, 2025. (Receive June and July boxes)** 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 \$1,632; income per couple not to exceed \$2,215 monthly. (To confirm income guidelines, please call Eight Cap.) Anyone interested in the program **must** contact Eight Cap at 616.754.9315. Clients may pick up commodities at the Alma Elks, 610 W. Warwick Dr., Alma from **10:00 am to 12:00 pm.** or at Commission on Aging, 515 S. Pine River St., Ithaca from **12:30 to 2:30 p.m.**

#### 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

## Food with Friends



## 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

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

## 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**

## Fun Crafting at Breckenridge



# Memorials

## Commission on Aging

**Janet Richardson**  
**Wayne Wieferich**  
**Steve Nguyen**  
**Ray Borowicz**  
**Zellie Hoard**

Thomas & Patricia McCreery

**Charles Kernen & Verna Hollenbeck**  
Mary Whitaker

## Nutrition

### Home Delivered Meals

**William O'Boyle**  
Tommy & Carol (O'Boyle) Crow

**Fred Young**  
Barb Stuckey

**Marian Dinsmore**  
Marlene Teegardin

**Robert Becker**  
Mary Becker

## Senior Gratiot

**Bill Stuckey**  
Barbara Stuckey

**Philip Morton**  
Son's Jim & Fred Morton

**Edna Johnson**  
**Lloyd Brandal**  
**Floyd Brandal**  
Paulette Somers

### Venetta & Kenneth Parling, WWII Navy

Cathleen & Jim Lucas  
Tim Lucas  
Kenny Lucas

*Thank you for your support and generous donations.*

# Donations

## Senior Gratiot

Virginia White-Linn  
Sherri & Terry Beck  
Patricia & Thomas McCreery  
Rose Capen  
James Mikek  
Nelda Dean  
Tom Schmitz

## COA

Ruth Church  
Marion Wicks

## Honorariums

### Home Delivered Meals

**Wanda O'Boyle**  
Tommy & Carol (O'Boyle) Crow

**Gratiot County COA      FWF Eat Smart Menu      Lunch 12:00-12:30 pm      May 2025**

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| Milk Provided with every meal<br><br>Suggested donation is \$2.50 a meal                     | To cancel you Home Delivered Meal please call (989) 875-5332. Thank you  |                                        | 1<br>Beef and Noodles<br>Green Beans<br>Winter Blend<br>Strawberries<br>Wheat Bread                                    | 2<br>BBQ Chicken<br>Green Beans<br>Cornbread<br>Fruited Cole Slaw<br>Banana                                |
| 5<br>Turkey Burger / Bun<br>Roasted Potato Blend<br>Peas & Carrots<br>Fuji Apple             | 6<br>Cheese Omelet<br>Sausage Links<br>Redskin Potatoes<br>Cherry Fruit Cup<br>Cinnamon Roll                       | 7<br>Salisbury Steak w/gravy<br>Whipped Potatoes<br>Green Beans<br>Strawberry Shortcake<br>Dinner Roll                   | 8<br>Chicken/Broc/Cheese<br>Brown Rice<br>Brussel Sprouts<br>Peaches<br>Wheat Bread                                    | 9<br>American Goulash<br>Corn<br>Malibu Vegetables<br>Pears<br>Wheat Bread                                 |
| 12<br>Chili<br>Oven Roasted Potatoes<br>Green Beans<br>Pineapple<br>Cornbread                | 13<br>Baked Chicken<br>Whipped Potatoes w/gravy<br>California Vegetables<br>Applesauce<br>Wheat Bread<br>Lemon Bar | 14<br>Walking Taco w/Tortilla Chips<br>Lettuce & Tomato<br>Corn Bean Fiesta Blend<br>Spanish Rice<br>Cinnamon Applesauce | 15<br>White Bean Chicken Chili<br>Green Beans<br>Corn<br>Tropical Fruit<br>Corn Bread                                  | 16<br>Hot Dog on a Bun<br>Baked Beans<br>Nantucket Vegetables<br>Clementine<br>Oatmeal Cookie              |
| 19<br>Cabbage Rolls<br>Whipped Potatoes<br>Green Beans<br>Cinnamon Applesauce<br>Dinner Roll | 20<br>Basil Parmesan Chicken<br>Carrots<br>Kyoto Blend Veggies<br>Ambrosia Fruit Cup<br>Wheat Bread                | 21<br>Baked Ham<br>Whipped Sweet Potatoes<br>Capri Vegetable Blend<br>Pineapple Gelatin<br>Grape Juice<br>Wheat Bread    | 22<br>Home Made Meatloaf<br>Whipped Potatoes<br>Corn<br>Cinnamon Applesauce<br>Wheat Bread                             | 23<br>Chicken Salad Sandwich<br>Broccoli Cauliflower Salad<br>Potato Salad<br>Banana<br>Whole Grain Cookie |
| 26<br><b>CLOSED MEMORIAL DAY</b>   | 27<br>Potato Crunch Pollock<br>Whipped Sweet Potatoes<br>Corn<br>Yogurt<br>Mandarin Oranges<br>Wheat Bread         | 28<br>Hamburger Pattie/ Bun<br>Lettuce & Tomato<br>Potato Rounds<br>Normandy Vegetable Blend<br>Mixed Fruit              | 29<br>Spanish Chicken<br>Northwest Vegetable Blend<br>Spinach<br>Mozzarella String Cheese<br>Applesauce<br>Dinner Roll | 30<br>Lasagna w/Meat Sauce<br>Italian Blend Vegetable<br>Carrots<br>Berry Fruit Cup<br>Garlic Toast        |

**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.**



As it warms up and summer approaches, so does the desire for fresh produce from the local area. Gratiot County offers farmers markets with a wide variety of goods: fruits, vegetables, baked good, and crafts. You can find additional information at [www.gratiotfarmersmarkets.com](http://www.gratiotfarmersmarkets.com)

| Ithaca Farmers Market                                     | Alma Gratiot MI Market<br>(Expansion of Alma Artisan and Farmers Market)     | St. Louis Gratiot MI Market<br>(Expansion of St. Louis Farmers Market)  |
|---|--|---|
| Under the pavilion located at Center & Pine River Streets | State St. next to True Value Hardware<br>102 W Superior St.<br>Alma MI 48801 | 201 N. Mill St.<br>St. Louis, MI  |
| Tuesdays 2 pm - 6 pm<br>May 6th - October 21st            | June 7th through October<br>Saturdays 8am - 1pm                              | Starting June 5th, year round, excluding major holidays, Thursdays 2-6 pm   |
|   |  | Starting June 10th, every other Tuesday 2-6pm<br>Silent Market - indoor only for those who need a quiet and calm shopping experience. |
|   |  | November through May, Saturday 10-2 pm  |