



WHEELIN' AND DEALIN' WITH JOHNNY O HITS A HOME RUN!

On Wednesday, May 7, "Come on Down" was the theme of the day, as the Gratiot County Commission on Aging along with the Alma/St. Louis Senior Center celebrated Older Americans Month by hosting "Wheelin' & Dealin' with Johnny O". A high-energy program resembling the game show "Let's Make a Deal", and the idea of John O'Hagan. John is a Manistee native and former Sheriff of Manistee County. After 31 years in law enforcement, John retired and is now an instructor at West Shore Community College teaching Introduction to Criminal Justice, Police Procedures, and Special Operations in the Police Academy. He, along with his wife of 30 years, Lindsay, created the show in 2016. It is a chance for seniors to dress up in costumes, test their skills at a variety of games, and take part in a whole lot of foolishness to win free stuff.



Gratiot County Commission on Aging had the opportunity to invite John to Alma and take his show on the road. It was a chance to do something new for our seniors and they loved it. A variety of games from "Match Game", "Name That Tune", and "Wheel of Fortune" were played. The big attraction was trying to guess what was behind Door #1, Door #2, or Door #3. Over one hundred seniors came prepared with a bag of trinkets which did not disappoint when Johnny O' called for an item from toothbrushes to dental floss. The first person to show Johnny O' the item was called up to the stage and given a chance to win one of the many prizes. The ZONK button was occasionally used, but it was all playful fun. The *Big Game* at the end allowed them a chance to level up to a larger prize by turning in the one they had previously won. It was an afternoon filled with laughter, competition, and good old-fashioned fun. We are already in discussion about bringing the show back so stay tuned!



Fifth grade students from North Elementary School visited the Commission on Aging to engage with several Gratiot County Veterans. Military experiences were shared by the veterans, and many thanks were offered to those who served by the students.

SENIOR GRATIOT

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515 S. Pine River
Ithaca MI 48847
989.875.5246
Change Service Requested

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Number 6

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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.



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



Sharps Disposal Program



151 Commerce Drive, Ithaca, MI 48847

Call 989-875-1002 for hours of operation or questions

615 N. State Street, Stanton, MI 48888

Call 989-831-3607 for hours of operation or questions

Program Requirements

- Sharps must be in a Medical Sharps Container or plastic laundry jug
- Pills and liquids are not accepted
- Not for commercial use



This is a free service for Gratiot and Montcalm County Residents.

Proper disposal of sharps can prevent injury, infection, and pollution!

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.

May 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, Betty Reeves, Nancy Crispin, Ellie Freed, Helen Hoard, Ellen Martin, Tami Coe, Sue Wernick, Marge Clapp, Janet Holt, Jerry Chvojka

VOLUNTEER ACTIVITY June 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 June 18, 9:00-11:30 am

Mitten Makers/Hats Galore Knit-In
Commission on Aging in Ithaca
Third Thursday of every month
Next meeting - June 19, 9:00-11:30 am

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

AARP® Driver Safety

AARP "Driver Safety" Class

Commission on Aging
515 S. Pine River Street
Ithaca, MI

Wednesday, August 6, 2025
8:30 a.m. – 5:00 p.m.

The AARP Driver Safety Course will be held at Gratiot County Commission on Aging in Ithaca on Wednesday, August 6, 2025. **Registration begins at 8:15 a.m.** The cost for the class is \$20 for an AARP member; or \$25 for non-members; and FREE to beneficiaries in Medicare United Healthcare Health Insurance. Please bring your driver's license and if you are a member of AARP, a membership card. If you are a beneficiary of Medicare United Healthcare Health Insurance, you must present your health insurance card. Payment for the class is by personal check made out to AARP or may be paid in cash. Payment is due on the day of the class. *The course takes place within the classroom, not behind the wheel of an automobile.*

Why take the AARP Driver Safety Class?

- * Attendees for this one-day 8-hour class will get a certificate which they may present for a possible 3-year discount on their car insurance. Please check with your local agent.
- * You will learn new traffic laws, rules of the road and driving skills.
- * You will learn how to adjust your driving for age-related changes such as changes in hearing, vision, and reaction time.
- * You will become more confident in your own driving abilities.

What can I expect from the class?

The class is held in a spacious conference room with windows. The meeting room is air conditioned. If you are sensitive to cooler air, you may wish to bring a sweater or light jacket. Members are seated two people per 6-foot table in upholstered chairs with arm rests. The instructor presents information through lectures, multiple short videos, question and answer opportunities and printed information. There are 3 or 4 ten-question quizzes throughout the day. Quizzes are "self-check", are completed as a group, are a learning tool, and are only seen by the participant.

Lunch break is one-half hour. For your convenience you may purchase a hot lunch made in the Commission on Aging kitchen. The cost is a donation of \$2.50 for people 60 years or older. For members under 60 years of age, a donation of \$5.00 is suggested. Menu: Spaghetti, Winter Blend Peas & Carrots, Applesauce, Garlic Toast, and a carton of white milk. Members are welcome to bring their own lunch. A microwave and refrigerator are available.

Pre-registration and Questions: Please call 989-875-5246. Pre-registration closes Friday, August 1, 2025.

RIDDLE TIME!

WHAT HAS 4 LETTERS,
SOMETIMES HAS 9 LETTERS,
NEVER HAS 5 LETTERS.

Give up? Join us at one of our four Senior Centers to share a meal and join in the fun. The answer awaits your call.

Contact information for one of our sites is located on pages 4, 6, and 7 of this paper. We look forward to you joining the fun.



MICHIGAN SECRETARY OF STATE
**MOBILE OFFICE
IS COMING TO YOU**

The Secretary of State Mobile Office will be visiting
The Commission on Aging
to provide service to
community and staff
to complete Secretary of State transactions

Date: Monday June 23rd, 2025
Time: 10 A.M. TO 2 P.M.
Location: 515 S Pine River St, Ithaca, MI

Book a visit to complete your Secretary of State transactions, including:



First-time
Michigan ID



Renew driver's
license or ID



Transfer title



Apply for/renew
disability placard

For more information or to schedule
your visit during this Mobile Office
event, contact
The Commission On Aging
at 989-875-5246



Senior Project Fresh/Market Fresh Program 2025 and New Sign-up Information.

The Michigan Senior Project Fresh/Market Fresh Program begins in June. Senior Project Fresh is administered by the Michigan Department of Health and Human Services (MDHHS). This program is for seniors 60 years of age or older who qualify. This year, one will be mailed a benefit card of \$25 which can be used at Michigan farmers' markets to purchase fresh produce grown in Michigan. Registration begins June 1st. There is a limit of one card per person. Please note there are a limited number of cards available for distribution.

Eligibility Requirements:

- Must be 60 years of age or older when receiving the coupons.
- Must live in Gratiot County
- Must have a total household income of 185% of poverty or less. This annually would be \$28,952.50 or less for individuals (\$2414.70/month) or \$39,127.50 for a couple (\$3260.62/month)

New Sign-up Process

In 2025, the State of Michigan updated the process to apply for and receive Senior Project Fresh. The state has launched an online application and will mail the coupons after the participant completes the online application and the application is approved. There is no longer a paper application available for this program. To apply one may go online at <https://app.healthytogether.co/> or download the Healthy Together app on your smartphone device. One may also scan the QR code below to apply to download the app. One may also call the MHDDS Project Fresh Hotline at 1-855-773-6424 for further information.

Should you need assistance with the online application process, the Commission on Aging will have volunteers to assist with the application process, which will require a scheduled office appointment. Please call the Commission on Aging at 989-875-5246 to request assistance. Due to the volume of calls during this time, a callback may be delayed. Registration will be first come first served and there will be a limited number of coupons available.



Healthy Together
for iOS



Healthy Together
for Android

Senior Activity Building

June 2025

Senior Center

Ithaca Food with Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8-10 SAB Coffee 11:50 Nutrition 12:00 FWF Meal 1:00 5 Crown game Begin Silent Auction of Jewelry Box	3 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 5 Crown cards or Rummikub game	4 8-10 SAB Coffee 10:00 Knitting Group 12:00 FWF Meal 1:00 Horseshoes or Cornhole	5 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 Card game	6 8-10 SAB Coffee 11:30 Blood Pressure checks by Joyce 12:00 FWF Meal 1:00 Otago Class	7 Senior Friends Potluck will be taking a summer break Resumes in October
8	9 8-10 SAB Coffee 12:00 FWF Meal 12:45 Bingo with McDonald's prizes 2:00 Just for Fun Dulcimer Club	10 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 7:00 VFW Post 7805	11 8-10 SAB Coffee 10:00 Knitting group 12:00 FWF Meal June Birthday Party 1:00 Horseshoes or Cornhole	12 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 Movie & Popcorn	13 8-10 SAB Coffee 12:00 FWF Meal 1:00 Otago Class Honor our Fathers	14 3:30 Enjoy One hour of "Patriotic Piano" performed by Al Bartholomew with Snacks & Punch All are compliments of SAB Board of Directors End Silent Auction of Jewelry Box
15 Father's Day	16 8-10 SAB Coffee 12:00 FWF Meal 12:45 Cards or Board game	17 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 1:15 SAB Board meeting	18 8-10 SAB Coffee 10:00 Knitting Group 12:00 FWF Meal 1:00 Horseshoes 7:00 A-Tractive Tractor Club meeting	19 SAB Closed Today No Food With Friends Today Juneteenth	20 8-10 SAB Coffee 12:00 FWF Meal NO Otago Class today 1:00 EZ Motion	21
22	23 8-10 SAB Coffee 12:00 FWF Meal 12:45 Bingo with Yvette -- Prizes by Schnep's	24 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 Triominoes	25 8-10 SAB Coffee 10:00 Knitting Group 12:00 FWF Meal 1:00 Horseshoes	26 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal	27 8-10 SAB Coffee 12:00 FWF Meal 12:45 Otago Class	28
c	30 8-10 SAB Coffee 12:00 FWF Meal 12:45 Yahzee or card game	SAB Coffee & Conversation EVERYDAY 8 - 10	Play or watch Pickleball any day! Equipment is available if you want to learn more, call SAB 989.875.2135	WALK WANDA'S WALK in the Atkinson Park EVERYDAY	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

1101 E North St. Ithaca, MI 48847
Jo Jones, Site Manager 989.875.2135

Come to celebrate Flag Day at the Senior Activity Building on Saturday, the 14th friends and family are welcome. The SAB Board members invite you, your family, and friends to be their guests for an hour of "Patriotic Piano" performed by pianist Al Bartholomew on the SAB's over 100-year-old upright piano. You will find a variety of snacks, punch, and coffee ready for you to enjoy while listening to Al's program at 3:30 pm. If possible, wear red, white, and blue in honor of our Flag. If you have any questions about this special event, call us at 989.875.2135.

The Silent Auction of Cleo Flegel's handcrafted walnut jewelry box begins Monday, June 2nd and concludes Saturday, June 14th. The proceeds from this fundraiser will be directed to the operations of the Senior Activity Building. Thanks for your support. Stop in to add your bid.

Linda welcomes you to join the Coffee and Conversation group. Come anytime between 8-10 am any day. Linda appreciated the many seniors who helped her celebrate her 22nd Anniversary of Service to all Seniors. Please note that the Senior Friends Potluck group is taking a summer break and hopes to resume in October.

The Lions Club appreciates that many of you have been depositing your no longer used eyeglasses and hearing aids in their new collection box located in the SAB near the east door entrance. Tell your friends about this new collection address.

Our June Birthday celebration will be on Wednesday, June 11th. Attend Food with Friends on your birthday and enjoy your meal compliments of the Coffee Fund. Just let us know it is your birthday when you make your reservation.

The Monday Nutrition class will be a discussion about ways to reduce added sugar in your diet. Monday Bingo dates are the 9th and 23rd. The Just for Fun Dulcimer Club will fill the building with happy sounds on June 9th from 2-4 pm. Come and go as you please. Tuesdays are active days! The EZ Motion class and the Wii Bowling Seniors invite you to join them. Our Senior Activity Building Board meets on the 17th. Five Crown card games and other games are on the calendar. You are welcome anytime. No reservation is necessary to participate.

Wednesdays are busy with the knitting group at 10:00 am and then the Horseshoe or Cornhole players and cheerleaders pick up the pace at 1:00 pm. The weather will determine if we pitch horseshoes or throw bean bags. *Walking Wanda's Walk* is another opportunity to be outdoors; however, there is no scheduled time for a group activity.

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. This DVD did not arrive in time for the May movie date, so we will view it on June 12th. It will be a warm-up for our Flag Day special, "Patriotic Piano" by Al Bartholomew.

Joyce Raycraft, our volunteer nurse, is available to check your blood pressure at 11:30 am on Friday, the 6th. The Central Michigan students will lead the Otago Class that stresses exercise to improve your balance on Fridays at 1:00 pm. The exception is on June 20th. We will have an EZ Motion exercise class using one of our many DVD's. There is no charge for any of the scheduled activities.

Please take another look at the calendar now that you've scanned this update. Hoping that you will now plan to enjoy some time in June at the Senior Activity Building. Mark your calendar, then call to make your reservation for Food with Friends meals. 989.875.2135.



Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from April 11, 2025 through May 12, 2025:

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

GIFTS in GRATITUDE to SAB

Cleo Flegel
 Ron Peters
 Linda St. Charles
 The Apple Barrel
 Rob Endter

In MEMORY of LLOYD BRANDAL
 FLOYD BRANDAL
 ROBERT BRANDAL
 ROD BRANDAL
 KIM COTTER
 Mike & Barb Kench

In MEMORY of FRED G. JONES
 Heng & Savy Srey & Family

In HONOR of JO JONES
 Heng & Savy Srey & Family

GIFTS RECEIVED at the GRATIOT
 CO. COMMUNITY FOUNDATION
 SENIOR ACTIVITY BUILDING
 AGENCY ACCOUNT:
 Mary Humm

In MEMORY of FRED G. JONES
 Heng & Savy Srey & Family

In HONOR of JO JONES
 Heng & Savy Srey & Family

Ireland and her grandparents Vicky and Richard display Cleo's jewelry box.



Easter Bonnet Day



Walnut jewelry box crafted by Cleo Flegel



EZ motion exercise



WII bowlers cheer for a strike



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



LET'S ALL GIVE A WARM WELCOME TO JUNE!

Once again, I am blown away that June is already here and it's time to write the newsletter again. How many of you have started planting your gardens or just potting flowers? I know I have, and this is actually the earliest I have started planting. Let's hope for a great growing year!

Oh my goodness it was so great seeing everyone's faces at the Wheelin' & Dealin' with Johnny O' party on May 7th. It was my first time hosting a party at the Alma site. However, with all of Paula's planning and everyone else that assisted with the day, I think it was a huge success. A big THANK YOU to all the friends at the Alma site for helping get décor made and ready to go. Also, a big thank you to Dorothy Trgina for suggesting a cookie table and making cookies along with Sandy and Judy.

In June, we will be making a 4th of July craft out of small clay pots. In addition, plan to make a small bee for your flower or plant pots. Then we are going to squeeze in a third craft that will be a flat wooden birdhouse shape with a branch underneath and two birds sitting on it. We will paint it all with acrylic paint. Please come join us for the fun.

Don't forget we are exercising with Laurel's of Fulton on Wednesdays from 10:30-11:00 am. Those of us who have been coming to exercise have been enjoying it. We are so lucky to have this program available to us and to learn what we need to be doing to strengthen our bodies and assist our balance. If someone has been through physical therapy and needs or wants to continue it, this is the program for you. We have plenty of room for more to join. The line dancing group with Betty on Fridays will be coming to an end for the summer with June 6th being the last day until fall. Thank you, Betty, and enjoy your Summer!

Still looking for more friends to join us in Alma at the Filling Station!

Dates to remember below.

June 6th	10:15 to 11:15 am	Last day for line dancing
June 11th	11:30 am	4 th of July clay pot craft (finish after lunch)
June 13rd	12:30 pm	Small wooden bee plant decor
June 16th	12:30 pm	Schnepps calling BINGO
June 18th	Wed.	Nutrition talk
June 27th	10:15 am	Wood birdhouse with birds. Acrylic painted.
Mondays	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 will be calling BINGO JUNE 16 th
Wednesdays	10:15 to 11:15 am	Get your boot scootin boogie on with <i>line dancing</i> ! Taught by Betty Apple
	10:30-11:00 am	Exercise with Laurels
Friday June 6th Last day	10:15-11:15 am	10:15-11:15 am <i>line dancing</i> with Betty

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



HELLO LOVELY SENIORS! First off I want to thank the wonderful people who put on the Wheelin' and Dealin' with Johnny O event in Alma! You all did a super job and we had so much fun. We are looking forward to the next event to enjoy.

What beautiful weather we have been having. My lilacs are almost done, but they were so pretty this year. Last year they did not bloom as nice as usual. Oh but this year they outdid themselves, they must have needed a rest. Speaking of rest, are you getting enough rest, or too much? As we age, we sometimes seem to need a nap in the afternoon. You know, it is ok. To take that nap and enjoy it. You will feel so refreshed, and improve your wellbeing

I just wanted to touch on the subject of falling. In our home, we have started leaving the bathroom light on to help us see our way in the middle of the night. We often get up a few times in the night, and to avoid falling we leave the light on for each other. As the old Motel 6 ad voiced by Tom Bodett said, "We'll leave the light on for you". A second point to think about is properly fitting shoes. They can make a significant difference in helping you to walk correctly and not trip. One last point to consider, which is less popular but important, is getting rid of troublesome throw rugs. They may be great for looks or aesthetics but can pose a terrible tripping hazard. Consider if they are necessary or you could learn to do without them. It is better not to trip and fall than to have that cute rug there to trip on.

With summer approaching, remember the sunscreen when heading outdoors. Additionally, maybe a hat to cover your head and keep those sun rays off the top of your head. Also, proper hydration can help ensure you are feeling well on your day out. Enjoy the weather, have fun, and be safe!

June is the month named after the Roman goddess Juno, patroness of marriage and the well-being of women. It originates from the Latin word Jun-ius which was the name of the sixth month of the Roman calendar". The birth flower for June is the rose and the birthstone is the pearl. Here are a few special days in June:

- June 1- Baby Boomers Day
- June 2- Leave the Office Early
- June 3- Wonder Women Day
- June 4- International Hug Day
- June 5- Hot Air Ballon Day
- June 6- Drive-in-Movie Day
- June 7- National Play Outside Day (for all ages)

I sure hope you enjoy your summer days and think about coming and joining us here at the Wheeler Township Hall for some great company and good food. You might want to take a look at our schedule below, as we have some fun things planned for June.

June 4	11-12 pm	Garden Gnome (painting of pots)
June 6		Nutrition Talks (Every second Tuesday of the month)
June 11	11-12 pm	Finish up Garden Gnomes
June 18	12:30-1:30 pm	Michelle Lucchesi speaking on Depression
Monday		*10:00 Dirty Marbles * 12:00 Lunch *12:30 Euchre/Sevens
Wednesday		*10:00 Dirty Marbles * 12:00 Lunch *12:30 Bingo/Sevens
Friday		*10:00 Dirty Marbles * 12:00 Lunch *12:30 Mexican Train Dominoes



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

WELCOME TO SUMMER

I don't know about you, but I loved summer as a child. Summer was swimming, picnics and playing outside all day (after chores of course). Let's take a minute and think about something we did in the summer that stood out for us. I would like to share those memories amongst ourselves over lunch throughout the month. Being raised in the city, I didn't get to experience a lot of the things that being raised in the country allowed. I love to hear about the fun on the farms.

JUNE 18TH Decoupage a plate

We will be meeting at 10:30 am to decoupage a plate or if you have a clear serving dish you would rather do, for the Fourth of July. If you have never done one of these, come give it a try. They make beautiful serving dishes to either use yourself or give away.

JUNE 27th - BINGO

Please join us for Bingo immediately following lunch at 12:30 pm.

A Big Thank You to Sue and her group of Folks at the Alma Senior Center for hosting Wheelin and Dealin. If you were able to be there, then I am sure you know what a good time was had by all. We are still talking about their cookie tables. That was truly something to behold.

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 any Monday, Wednesday, and Friday between 10 am - 2:00 pm. We thank all of our friends and community neighbors for their donations.

When we received our most current update, we found out that the furniture for Muir Schools has been completed and is currently in storage awaiting completion of the park area it will sit in. Currently we are collecting for another source but have not received the information on where that will be yet.

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, and Friday between 10 am - 2 pm.



Examples of items to be made from the collected bottle caps. Keep those donations coming!



MONDAY		WEDNESDAY		FRIDAY	
June 2	10:00 Cards 12:00 Lunch 12:30 Euchre,Dice,Skip Bo	June 4th	10:00 Cards 12:00 Lunch 12:30 Euchre,Dice,Skip Bo	June 6th	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
June 9th	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	June 11th	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	June 13th	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
June 16th	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	June 18th	10:00 Craft 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	June 20th	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo
June 23rd	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo, Nutrition	June 25th	10:00 Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	June 27th	10:00 Cards 12:00 Lunch 12:30 Bingo
June 30th	10:00 Cards 12:00 Lunch 12:30 Euchre,Dice,Skip Bo				

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Stroganoff Vegetable Blend Capri Carrots Apple Sauce Tapioca Pudding Dinner Roll	3 Chicken Pattie Lettuce & Tomato Redskin Potatoes Peas Yogurt Hamburger Bun	4 American Goulash Green Beans Corn Chocolate Pudding Wheat Bread	5 Pork Chop/Gravy Whipped Potatoes Mixed Vegetables Applesauce Wheat Bread	6 Cold Turkey Sandwich Cheese Slice Brocc/Cauliflower Salad Carrot Sticks Mandarin Oranges Honey Wheat Bread
9 Chicken Chop Suey Brown Rice Carrots Cinnamon Applesauce Chocolate Chip Cookie Dinner Roll	10 Sloppy Joe Nantucket Vegetables Spinach Pineapple Hamburger Bun	11 Pulled Pork on Bun Waffle Fries Malibu Vegetables Apple Crisp	12 Smothered Chicken Breast Whipped Potatoes Kyoto Vegetable Fruit Cocktail Wheat Bread	13 Chicken Salad Carrot Sticks Potato Salad Pears Hamburger Bun
16 Cabbage Roll/Sauce Whipped Potatoes Green Beans Mandarin Oranges Apple Juice Wheat Bread	17 Chicken Parmesan Corn Beets Mixed Fruit Cup Garlic Toast	18 Walking Taco w/ Lettuce, Salsa and Tortilla Chips Fiesta Corn Bean Blend Spanish Rice Pears	19 CLOSED JUNETEENTH No Food With Friends	20 Salisbury Steak Company Potatoes Peas and Carrots Fruit Cocktail Wheat Bread
23 Spaghetti Broccoli Carrots Chocolate Chip Cookie Dinner Roll	24 NEW MENU ITEM Turkey Stew Biscuit Corn Cold Multi Bean Salad Hot Apple Crisp	25 Lasagna Broccoli Carrots Citrus Fruit Cup Garlic Toast	26 Cheese Omelet Hashbrown Pattie Sausage Links Sliced Apples Cinnamon Roll	27 Sliced Turkey on Bun Lettuce and Tomato Pineapple Gelatin Coleslaw
30 Chicken Alfredo Brussel Sprouts Mixed Vegetables Clementine Dinner Roll		Milk provided with all meals	Suggested Donation \$2.50	Menus are Subject to Change Without Notice

To **CANCEL** your Home Delivered Meal 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.

SAVE THE DATE SUMMER BINGO BASH

**WEDNESDAY, AUGUST 6, 2025
ITHACA FOOD WITH FRIENDS @
THE SENIOR ACTIVITY BUILDING
PRIZES ~ FUN ~ PICNIC LUNCH
MORE INFORMATION TO COME!**





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.

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.

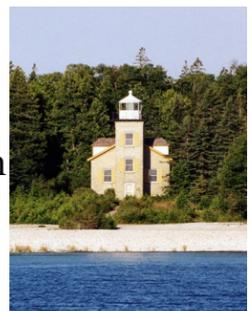


Please make checks payable to Gratiot Community Senior Center and mail to 515 S Pine River St, Ithaca, MI 48847.



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.

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.**

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



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

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

More fun at Ithaca

Celebrating Linda's 22 years at Senior Activity Building



Seniors share stories about their pins and bracelets.



Memorials

Commission on Aging

Karen Kindell
Jim Kench
Diane Beard
Shawn Beard
Linda Weburg
Keith Peters
Mary Peters

Ladonna Hardman
Andrew and Vicki Root
Steven and Cynthia Wendzel
Marsha Beck and Family
Elaine Flegel
Sheryl & Michael Barnard
Connie Lauer
Barbara Powers
David and Nancy Harger
Shirley Whitmore

Dan Reinsmith
Robert and Gail Paradise

William Pharr
Linda and Eric Johnson

Tina Wager Pharaoh
Love Dad Mom and Family

Senior Gratiot

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

Parents Alvin & Audrey Miller
In-Laws Bob & Peg Jarrett
Anna Jarrett

John Stoll
Craig Zeese

Ladonna Hardman
Wendy Cary

**All our brave families who
founded this great nation!**
Gary & JeriLyn Fidler

Aaron Crispin
Nancy Crispin

Thank you for your support and generous donations.

Donations

Senior Gratiot

Carol Howdyshell
Ernestine Border
Cheryl K. Findley
Kay Veeder
Sally Moffett

COA

Richard L. Green
Evelyn White

Honorariums

William (Bill) Pharr
Eric and Linda Johnson

**All of our awesome first responders
who help us every day!**
Gary & JeriLyn Fidler

MORE FUN WITH JOHNNY O AT ALMA/ST. LOUIS SENIOR CENTER

