

# JANUARY



After 25 years of providing care and compassion to the senior citizens of Gratiot County, Kristi Betzer has retired from her position as the In-Home Services Supervisor for the Commission on Aging. Sarah McClung, COA Case Worker, was chosen to replace Kristi and will begin in that role January 2, 2026. We welcome Sarah to her new position here at the Commission on Aging and wish Kristi the best in her future endeavors.



The Ithaca Church of God adopted 16 seniors for the holidays and provided them with gifts. Pictured above are COA staff member Sarah McClung and Ithaca Church of God members Angela Munro and Jess Otney.



The Allen Family Agency Farm Bureau Insurance adopted 10 senior citizens in Gratiot County and provided them with a ham dinner. Pictured above are Sarah McClung and Miranda Oswald.

# SENIOR GRATIOT

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

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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.



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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



Commission on Aging would like to extend a heartfelt Thank You to our Medicare/Medicaid Assistance Program staff and volunteers for a job well done. During the open enrollment period for Medicare/Medicaid, Sarah McClung and her 3 volunteers assisted 286 Gratiot County seniors with their health insurance plans. The volunteers gave over 208.5 hours of time between October 15<sup>th</sup> and December 7<sup>th</sup>. The clients are thankful for your assistance as well. We look forward to next year and your assistance once again. Without you, we would never be able to assist that many clients.

### December 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.

- Evelyn White, Nancy Wiltfong, Jim Peck  
Irene Oliver, Linda Strohpaul  
Ellen Martin, Tami Coe, Helen Hoard  
Carole Moore, Richard Coleman**

### VOLUNTEER ACTIVITY January 2026

*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 January 21, 9:00-11:30am**

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

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

**ATTENTION:**

COA provides a limited snow removal service, and our goal is to help everyone who submits a request. However, our staff and resources are limited, and we may not be able to assist with every request we receive. Should our staff not be able to assist you in a certain timeframe, we will do our best to let you know so you can make other arrangements.

## Snow Removal Service

The Commission on Aging's Home Chore department is ready to assist the seniors of Gratiot County with shoveling the snow.

Dan and the crew use walk behind snow blowers and shovels to clean your sidewalks, driveways and porches. Unfortunately, they are not able to clean long driveways.

All you need to do to take advantage of this service is call the COA office, 989-875-5246, on the day you need the snow cleared. Your name will be added to the list for that day. You **must call each time** you need the snow removed as snowfall amounts can differ across the county. There is no charge for this service. However, donations are accepted and will help cover the costs of the program to keep it running. Every effort is made to complete the requests daily so don't forget to call.



**Commission on Aging will be closed on Monday, January 19<sup>th</sup> in honor of Martin Luther King, Jr. Day. The office will re-open on Tuesday, January 20<sup>st</sup> at 8:00 am.**



## Consumer Watch

### AI SCAMS

As technology graduates to the next level, artificial intelligence, or AI is getting smarter – and, unfortunately, so are scammers. Scammers are using AI to fake voices, photos, and videos that look and sound just like your loved ones. They might spoof a familiar number and claim to be in urgent trouble.

Stay sharp. Use a family code word to confirm identities. Don't trust caller ID – hang up and call back using a number you know. And if someone's asking for money in strange ways, like crypto or gift cards, it's likely a scam.



To be someone's  
"we found a  
match."

NATIONAL  
BLOOD  
DONOR  
MONTH



### January is National Blood Donor Month

National Blood Donor Month is a time dedicated to celebrating the selflessness of blood donors and raising awareness of the critical need for blood donations. Every two seconds, someone in the United States needs blood.

Whether it's for accident victims, cancer patients, or those undergoing life-saving surgeries, blood donations are a vital resource that can mean the difference between life and death.

To find a time and location most convenient to you visit.

<https://www.redcrossblood.org>

[Donate Blood, Platelets or Plasma. Give Life | Red Cross](#)

## Gratiot Community Personal Needs Pantry

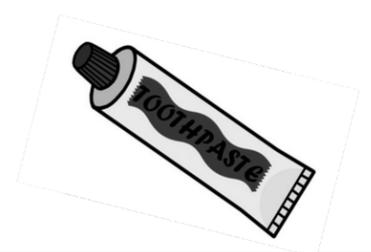
The residents of Gratiot County continue to be served by the Gratiot Community Personal Needs Pantry with supplemental personal care items which cannot be purchased with a Bridge/SNAP card. The pantry is able to provide a pre-packed bag containing 4 rolls of toilet paper, a tube of toothpaste, dish soap, 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**

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

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



Senior Activity Building

January 2026

Senior Center Ithaca Food with Friends

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<ul style="list-style-type: none"> <li>8:00am- 10:00am EVERYDAY Coffee &amp; Conversation with Linda St. Charles</li> <li>10:00am EVERYDAY Visits, news, games, &amp; activities</li> <li>12:00pm Monday through Friday Food with Friends Meal at Noon, call 989-875-2135 to make your reservation (See menu on pg. 8.)</li> </ul>			<p>1</p> <p><b>Happy New Year!</b></p> <p><b>SAB closed today</b></p> <p><b>No Food With Friends today</b></p>	<p>2</p> <p>8:00am-10:00am ☕</p> <p>11:30am Blood Pressure checks</p> <p>12:00pm FWF Meal</p> <p>1:00pm EZ Motion</p>	<p>3</p>
4	<p>5</p> <p>8:00am-10:00am ☕</p> <p>11:50am Ways to Incorporate High Protein Foods into your Breakfast</p> <p>12:00pm FWF Meal</p> <p>12:45pm 5 Crown Card game</p>	<p>6</p> <p>8:00am-10:00am ☕</p> <p>10:00am EZ Motion</p> <p>11:00am Wii Bowling</p> <p>12:00pm FWF Meal</p> <p>1:00pm More Wii Bowling</p>	<p>7</p> <p>8:00am-10:00am ☕</p> <p>10:00am Knitting group</p> <p>12:00pm FWF Meal</p> <p>1:00pm Cornhole</p>	<p>8</p> <p>8:00am-10:00am ☕</p> <p>10:00am EZ Motion</p> <p>11:00am Wii Bowling</p> <p>12:00pm FWF Meal</p> <p>12:45pm Movie Popcorn &amp; Theater candy!!</p>	<p>9</p> <p>8:00am-10:00am ☕</p> <p>12:00pm FWF Meal</p> <p>1:00pm EZ Motion</p>	10
11	<p>12</p> <p>8:00am-10:00am ☕</p> <p>12:00pm FWF Meal</p> <p>12:45pm Bingo with prizes donated by FWF program</p> <p>2:00pm Just For Fun Dulcimer Club Come to Listen</p>	<p>13</p> <p>8:00am-10:00am ☕</p> <p>10:00am EZ Motion</p> <p>12:00pm FWF Meal</p> <p>12:45pm Card game (your choice)</p> <p>7:00pm VFW Post 7805</p>	<p>14</p> <p>8:00am-10:00am ☕</p> <p>10:00am Knitting Group</p> <p>12:00pm FWF Meal</p> <p>Celebrate January Birthdays with Seniors</p> <p>1:00pm Cornhole</p>	<p>15</p> <p>8:00am-10:00am ☕</p> <p>10:00am EZ Motion</p> <p>11:00am Wii Bowling</p> <p>12:00pm FWF Meal</p> <p>1:00pm More Wii Bowling</p>	<p>16</p> <p>8:00am-10:00am ☕</p> <p>12:00pm FWF Meal</p> <p>1:00pm EZ Motion</p>	17
18	<p>19</p> <p><b>Martin Luther King Day</b></p> <p><b>SAB closed today</b></p> <p><b>No Food With Friends today</b></p>	<p>20</p> <p>8:00am-10:00am ☕</p> <p>10:00am EZ Motion</p> <p>11:00am Wii Bowling</p> <p>12:00pm FWF Meal</p> <p>1:15pm SAB Board Meeting</p>	<p>21</p> <p>8:00am-10:00am ☕</p> <p>10:00am Knitting Group</p> <p>12:00pm FWF Meal</p> <p>1:00pm Cornhole</p> <p>7:00pm A-Tractive Tractor Club meeting</p>	<p>22</p> <p>8:00am-10:00am ☕</p> <p>10:00am EZ Motion</p> <p>11:00am Wii Bowling</p> <p>12:00pm FWF Meal</p> <p>12:45pm Card game</p>	<p>23</p> <p>8:00am-10:00am ☕</p> <p>12:00pm FWF Meal</p> <p>1:00pm <u>Otago Class Resumes!!!</u></p>	24
25	<p>26</p> <p>8:00am-10:00am ☕</p> <p>12:00pm FWF Meal</p> <p>12:45pm Bingo with Prizes donated by FWF program</p>	<p>27</p> <p>8:00am-10:00am ☕</p> <p>10:00am EZ Motion</p> <p>11:00am Wii Bowling</p> <p>12:00pm FWF Meal</p> <p>12:45pm Card game (your choice)</p>	<p>28</p> <p>8:00am-10:00am ☕</p> <p>10:00am Knitting Group</p> <p>12:00pm FWF Meal</p> <p>1:00pm Cornhole</p>	<p>29</p> <p>8:00am-10:00am ☕</p> <p>10:00am EZ Motion</p> <p>11:00am Wii Bowling</p> <p>12:00pm FWF Meal</p> <p>12:45pm More Wii Bowling</p>	<p>30</p> <p>8:00am-10:00am ☕</p> <p>12:00pm FWF Meal</p> <p>1:00pm Otago Class</p>	31



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

1011 E North St. Ithaca, MI 48847  
Jo Jones, Site Manager 989.875.2135

Happy New Year! Ithaca Food with Friends and the Senior Activity Building seniors want to invite you to join them in the new year! We were pleased to have welcomed several new participants in the last few weeks. You may take part in any of the activities or classes without a reservation. You do need to call in a reservation to have a FWF noon meal. Please call one day ahead by 1:00pm. The phone number is 989.875.2135.

As you can see in the pictures, we enjoyed many activities in November and December. The SAB Board expressed their appreciation to Cleo Flegel, Marita Harkness, Joyce Raycraft, and Mary Sullivan for their years of serving seniors. Now the Class of 2028 has begun their three years of service. Thanks to Cheryl Hull, Val Melow, Maureen Murphy, and Joyce Raycraft for their commitment.

The SAB Board elected the officers for this new year at their November meeting. Donn Gates will serve as President, Rob Endter as Vice President, Diane Yonker continues as

Secretary and Gail Paradise as Treasurer.

Every morning from 8:00am to 10:00am, Linda St. Charles and many seniors will be happy to welcome you to our Senior Activity Building's *Coffee and Conversation* time. You are welcome to spend just a few minutes or the full two hours. It is a great way to get your day off to a good start. Come only once as a stranger! The City of Ithaca DPW employees do their best to get the parking lot and entrances free of snow before Linda opens at 8:00am.

Please note that the Lions Club appreciates the many donations of your no longer used eyeglasses and hearing aids. **THANK YOU!**

The Ithaca Jr./Sr. High School students performed parts of their recent performance, "Beetle Juice" on December 11<sup>th</sup>. We were very impressed with their singing and their acting abilities. Thanks to their directors, costume director, and bus driver for

bringing them to our FWF meal site at the SAB.

Our special Cowboy friends and their families from the Midland area were back with us on December 15<sup>th</sup>! Their music and friendship warms our hearts. The Saturday before the Cowboys arrived, we welcomed the Rambler Family Band for their first visit. So much talent! So much fun! Thanks to the seniors who furnished the delicious cookies to go with our punch and coffee.

Let's look ahead to the first month of this new year! Mondays start out with the *Nutrition Class*! You'll learn about ways to incorporate high protein into your breakfast. After our meal, join us in a game of *Five Crowns*. It is a rummy type of game. On the second and fourth Mondays, you'll find *Bingo* begins at 12:45pm. Thanks again to the FWF program for providing the prizes awarded to the seniors.

The *Just For Fun Dulcimer Club* fills the building with lots of music on the 12<sup>th</sup>. You can enjoy the full two hours or just ten or twenty minutes. Please notice that the building is closed on Martin Luther King Day (the 19<sup>th</sup>).

Mornings on each Tuesday find seniors enjoying their coffee and visits before the *EZ Motion Class* that begins at 10:00am. Wii Bowlers and cheerleaders get set up by 11:00am. The opportunity for more *Wii exercise* is on the schedule on the 6<sup>th</sup>. *Card games* of your choice are on the 13<sup>th</sup> and 27<sup>th</sup>.

The SAB Board meets on the 20<sup>th</sup> at 1:15pm. Their meetings are open to all. You are welcome to attend.

Wednesday mornings finds the *knitting group* gathering around the table. Recently, Nancy Wiltfong has been sharing

some of her many craft projects with the knitters. If you enjoy crocheting or crafting, you are welcome. Our *Cornhole* players and cheerleaders begin their fun time about 1:00pm. If your birthday is in January, celebrate with us on Wednesday, the 14<sup>th</sup>.

Thursday mornings are much like Tuesdays. The second Thursday is *Movie Day* after our meal. You'll enjoy the theater candy and popcorn on the 8<sup>th</sup>.

As you can see on the Friday schedule, we have been notified that the Central Michigan students will be back to lead the *Otago class* on the 23<sup>rd</sup>. We have continued to exercise most of the weeks using our EZ Motion Stretch DVD.

Please check for closings when we get a stormy morning. We've already had an early start on "Snow Days" in December. Be safe! Let us know what days you'd like to have a FWF meal with us. Call 989.875.2135 for your reservation. Happy New Year!



## Senior Activity Building Donors

THANK YOU for your gifts received by the Senior Activity Building from November 13, 2025 through December 12, 2025. Since we have been changing and updating our computer we are unable to complete this record for the January Senior Gratiot and our Memorial Book. All of your donations are appreciated and your receipts will be completed soon. Thanks for your patience.

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

### GIFTS in GRATITUDE to SAB Names will be posted when the new SAB Computer is in operation

In HONOR of ALL SAB VOLUNTEERS  
Thank you!

In HONOR of :  
Names will be posted when the new  
SAB Computer is in operation

In MEMORY of:  
Names will be posted when the new  
SAB computer is in operation

### GIFTS RECEIVED at the GRATIOT CO. COMMUNITY FOUNDATION SENIOR ACTIVITY BUILDING AGENCY ACCOUNT

Mary Humm

In MEMORY of LINDA SPARKS  
Jo Jones

In MEMORY of FRED JONES  
Jo Jones

In MEMORY of JO & FRED's PARENTS  
Jo Jones

In MEMORY of Jo's SENIOR FRIENDS  
Jo Jones

In HONOR of Jo's SENIOR FRIENDS  
Jo Jones

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



**HAPPY NEW YEAR MY FRIENDS!**

We at the Filling Station wish you all a happy start to your new year. I don't know about any of you but I welcome some calm this month. Even though its fun watching the grandkids open presents and being with family, it does get a bit stressful. Thank you to Irene and her group for hosting the Magic Show that was so good. We all really enjoyed the food, company and entertainment! How many of you readers happen to go to Ashley, MI and see the Polar Express? I know I did! You know I had heard quite a while ago about this train that comes into Ashley but never checked it out until about three years ago and now I'm hooked. We purchased tickets last year and went on the ride from Owosso to Ashley and the kids had so much fun. By the way, it wasn't the 1225 running but another locomotive that day. Bummer! This year we went the first night it was to come into town, grandkids came from Saginaw all excited as they had seen it before and we got there only to see it not running. Disappointed but we still had fun. We went the next weekend, and it was there! It's crazy how majestic I think it is. Anyone else see it and think the same? Our local small town is very fortunate to have such an event available to us every year. If you ever get the chance, I highly recommend making the trip to Ashley.

An update to our line dancing on Fridays; we are on hold as of now until we hear from Betty when she will resume. We miss her and the great music and dancing. As far as the EZ Motion on Wednesdays, even though Laurels are on hold until further notice, I think it is important we keep moving. I will bring in the projector, and we will follow an online senior easy class just to keep us moving.

Welcome to the new friends we have made recently! So happy you are coming and we will surely welcome anyone who would like to join us. If you're feeling the winter blues, come on in for some company. Every friend here is so welcoming. This month we will be trying another painting but this time a cardinal painting. If you do plan on joining us sign up ahead so we can have enough supplies.

Any downtime we will fill with cards/games, cornhole (we have some ladies that are getting good).

<b>Mon 01/12/26</b>		Celebrate January Birthdays
<b>Fri 01/16/26</b>		Nutrition talk (Incorporate high protein foods into breakfast)
<b>Fri 01/23/26</b>	10:15am	Canvas cardinal painting (finish after lunch)
<b>Mondays</b>	10:00am-12:00pm	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!
	12:30pm -1:30pm	Bingo every Monday
<b>Wednesdays</b>	10:30am -11:00am	EZ Motion Exercise

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



Happy New Year and welcome to 2026! I surely hope you all had a wonderful holiday season, we here at the Wheeler/Breckenridge Site did. We had a wonderful time on December 3rd at a fabulous Magic Show at Fulton. Thank you to Irene and your people for such a great time. We celebrated with a special holiday Bingo on December 17th, with special gifts and we all had a blast.

We are anticipating a great 2026, with a lot of exciting things ahead. We sure would love to see some new faces to celebrate 2026 with us. At the Wheeler/Breckenridge Senior Center, we are looking forward to a prosperous year with exceptional growth with new friendships and faces. Can we count on you? We are looking forward to learning new things as the new year unfolds.

Just a note for the upcoming bad weather, we will be closed if the area schools are closed because of bad weather. To find out this information just listen to TV 5 WNEM, or go to WNEM TV 5's website, WNEM://www.wnem.com. Let's have a safe 2026!

Have a safe and happy 2026. Come join us at the Wheeler Township Hall on Mondays, Wednesdays, and Fridays for some good food and great company. If you have any questions please feel free to call me at 989-330-7508 or the Commission on Aging office at 989-875-5246.

**Crazy Holidays for January**

Jan 1	Happy New Year, Polar Bear Plunge Day	Jan 9	Static Electricity Day, World Nerd Day
Jan 2	Buffet Day, Science Fiction Day	Jan 10	Cut Your Energy Day
Jan 3	Fruitcake Toss Day, Festival of Sleep Day	Jan 13	Make Your Dreams Come True Day, Clean Off Your Desk Day
Jan 7	Old Rock Day		

<b>January 2</b>		Nutrition Talk-Incorporate High Protein Foods in Breakfast		
<b>January 12</b>	12:30pm	Craft with Tracy-Puzzle Wreath		
<b>January 14</b>	12:30pm	Celebrating January Birthdays		
<b>January 26</b>	12:30pm	Craft with Tracy—Bird Food Pack		
<b>Monday</b>		* 10:00AM AM DIRTY MARBLES	* 12:00 PM LUNCH	*12:30 PM EUCHRE/SEVENS
<b>Wednesday</b>		* 10:00AM AM DIRTY MARBLES	* 12:00 PM LUNCH	*12:30 PM BINGO/SEVENS
<b>Friday</b>		* 10:00AM AM DIRTY MARBLES	* 12:00 PM LUNCH	*12:30 PM MEXICAN TRAIN

**ALMA CRAFTS AND FUN**

**FULTON CRAFTS AND FUN**



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



**HAPPY NEW YEARS!**

I hope everyone had a wonderful holiday season filled with lots of good food and of course our families and friends. As we head full tilt into 2026, let's start looking towards spring. I don't know about you, but with the holidays behind us, I am looking forward to longer sunshine days, warmer weather, and a car that stays clean for longer than one day. *WELCOME TO 2026!*

The new year is all about looking forward. Still I feel I need to take a quick glance back to the beginning of the month when Fulton hosted The Magic Show, featuring Christian Rasmussen. What a fun day. Thank you to everyone that showed up to make that day a success. Thanks to all the folks from Fulton Food with Friends for their help to get ready. Thank you to Sue Waber, Alma Site Manager, for her awesome art work on the walls, and everyone that helped in any way . Hope to see you all again in December 2026.

Jan 7<sup>th</sup> – Keeping with the theme of looking forward to spring, please join Tracy at 10:30 am and make a delightful sun catcher to hang outside or in your window.

Jan 14<sup>th</sup>- Please join us and welcome back Shannon, from Michigan State University Extension.

Jan 19<sup>th</sup> – CLOSED/ MARTIN LUTHER KING DAY

Jan 23<sup>rd</sup> - BINGO

**BOTTLE CAPS**

Bottle Caps can be dropped off at the Fulton Senior Center any Monday, Wednesday, and/or Friday between 10:00am and 2:00pm. We thank all of our friends and community neighbors for their donations.

Thanks to everyone that 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. Books can be dropped of any time Monday, Wednesday, and/or Friday between 10:00am and 2:00pm.

# JANUARY

MONDAY		WEDNESDAY		FRIDAY	
				<b>Jan 2nd</b>	10:00am Cards 12:00pm Lunch 12:30 Euchre, Dice, Skip Bo
<b>Jan 5th</b>	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice Skip Bo	<b>Jan 7th</b>	<b>10:30am Craft/Sun Catcher</b> 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	<b>Jan 9th</b>	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo
<b>Jan 12th</b>	10:00am Cards 12:00 Lunch 12:30 Euchre, Dice, Skip Bo	<b>Jan 14th</b>	<b>10:30am Speaker from Michigan State University Extension</b> 12:00pm Lunch 12:30 Euchre, Dice, Skip Bo	<b>Jan 16th</b>	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo
<b>Jan 19th</b>	<b>CLOSED / MARTIN LUTHER KING DAY</b>	<b>Jan 21ST</b>	10:00am Cards 12:00pm Lunch 12:30 Euchre, Dice, Skip Bo	<b>Jan 23rd</b>	10:00am Cards 12:00pm Lunch <b>12:30pm BINGO</b>
<b>Jan 26th</b>	10:00am Cards 12:00 Lunchpm 12:30pm Euchre, Dice, Skip Bo <b>Nutrition Talk</b>	<b>Jan 28th</b>	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	<b>Jan 30th</b>	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo

Monday	Tuesday	Wednesday	Thursday	Friday
Milk served with each meal		<b>Happy New Year!</b>	<b>CLOSED NEW YEARS HOLIDAY</b>	
Turkey Stew Mixed Vegetables Baked Apples Dinner Roll	Macaroni & Cheese Broccoli Carrots Peaches Wheat Bread	Roast Pork Whipped Potatoes/Gravy Peas Ambrosia Fruit Cup Dinner Roll	Meatloaf Roasted Potatoes Stewed Tomatoes Berry Fruit Cup Wheat Bread	Chili Oven Roasted Potatoes Mixed Fruit Corn Bread Oatmeal Raisin Cookie
Beef and Noodles Scandinavian Vegetable Green Beans Cinnamon Applesauce Grape Juice Wheat Bread	Turkey Stew Winter Blend Mixed Vegetables Applesauce Dinner Roll	Stuffed Cabbage Rolls Peas Baked Apple Slices Dinner Roll	Beef Stew Green Beans Sliced Apples Whole Wheat Bread Chocolate Chip Cookie	Belgian Waffle Scalloped Hash Browns Sausage Banana Orange Juice
<b>CLOSED</b> Martin Luther King Day	Hawaiian Pork Brown Rice Carpi Vegetable Blend Pineapple Dinner Roll Chocolate Snack Bar	Baked Chicken Whipped Potatoes/Gravy Malibu Vegetable Blend Pineapple Gelatin Wheat Bread	Chicken a la King Carrots Sweet Peas Orange Biscuit	Lasagna Lima Beans Carrots Chocolate Chip Cookie Wheat Bread
Chicken Fettuccine Alfredo Winter Blend Brussel Sprouts Tropical Fruit Dinner Roll	Pulled Pork on a Bun Green Beans Corn Pears Cole Slaw	Baked Potato Soup Carrots Corn Tossed Salad Berry Fruit Cup Dinner Roll Oatmeal Raisin Cookie	Meatballs w/Mushrooms & Gravy Oven Roasted Potatoes Peas & Carrots Mandarin Orange Gelatin Wheat Bread	Spanish Rice Winter Blend Corn Applesauce String Cheese Wheat Bread

To CANCEL your Home Delivered Meal or to make a reservation for a meal at a Food with Friends site, please call the Commission on Aging 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.

### GRATIOT COUNTY COMMISSION ON AGING RECEIVES A DROP BOX FOR GENTLY USED EYE GLASSES AND HEARING AIDS.

Gratiot County Commission on Aging is pleased to partner with this wonderful service. If you have gently used glasses and/or hearing aids that are no longer needed, consider helping someone in need. There is a recycling drop box located in the lobby of our office at 515 South Pine River, Ithaca, MI 48847.

Since 1925, Lions International has been a champion in helping combat vision impairment and blindness. With this same conviction, Lions have also been a force in providing medical care and education to help prevent hearing loss.

#### Donate Glasses

Refractive errors can be easily corrected with eyeglasses, yet millions living in low- and middle-income countries lack access to basic eye care services. Lions have recognized the urgent need for corrective lenses and collect usable glasses in their communities to support eyeglass recycling. If your glasses are no longer needed, consider donating to someone in need.

#### Donate Hearing Aids

All used hearing aids are accepted – any age, any brand and any model. No matter how old or what brand your hearing aid is, it can be used to help someone in need.



## Loan Closet

Commission on Aging has a loan closet that is available to seniors (60 years of age or older) who live in Gratiot County and may be in need of adaptive medical equipment. If you are in need of something, please call 989-875-5246 to see if we have the item available. This program is made available by various grants.



Incontinence is one of the most common disorders among seniors with over 15% to 35% of older adults dealing with some form of incontinence. However, older adults can use supplies to help manage the discomfort associated with bladder and fecal incontinence.

The costs associated with managing incontinence from absorbent products such as pads and adult diapers to additional laundry, to skin care products can add up quickly, often turning this personal struggle into an economic one.

Gratiot County Commission on Aging, through their Loan Closet, offers free supplies to seniors in need. Availability is based on supplies in stock. If you are in need of assistance, please call 989-875-5246 to see if we have the items available.



## BENEFITS OF SHOWER GRAB BARS

As mobility decreases with age, everyday activities like showering can become more challenging. Shower grab bars for seniors provide essential stability, reducing the risk of slips and falls while promoting confidence and independence. These safety features make bathrooms more accessible and secure.

Benefits of Grab Bars:

1. **Increased Safety**

Wet bathroom surfaces can be slippery, increasing the risk of falls. Shower grab bars provide a firm grip, helping seniors maintain balance.

2. **Greater Independence**

With a secure grab bar to hold onto, seniors can shower with more confidence and reduced assistance.

3. **Enhanced Comfort**

Shower grab bars help with movement inside the shower, making it easier to step in and out safely.

4. **Support for Mobility Challenges**

Individuals with mobility limitations, arthritis, or injuries benefit from the added support, reducing strain on joints.

Gratiot County Commission on Aging offers installation of grab bars through our own Home Chore program. If you have a need for installation of a grab bar call 989-875-5246 to see if we can assist you. A grant from the Community Foundation has made this a no cost program for Gratiot County residents over the age of sixty.

Important note: The location of the installed grab bar will vary depending on the layout of the home.



# Another Year



AGE  
BALLOON  
CAKE  
CANDLE  
CANDY  
CLOWN  
CONFETTI  
FAVOR  
FOOD

FRIENDS  
FROSTING  
GAMES  
GIFT  
GUEST  
ICE CREAM  
INVITATION  
NOISE  
PAPER

PRESENT  
RIBBON  
RSVP  
SINGING  
STREAMER  
SURPRISE  
WISH  
WRAPPING  
YEAR

## MAKE & TAKE COOKIE JAR GIFT CRAFT

*The Fulton Senior Center will be hosting Shannon from the Michigan State University Extension to demonstrate how to make Cookie Jar Gifts, so bring a friend and your favorite apron as everyone will be taking one home. Shannon will also lead a discussion on extending the life of your staple pantry items.*



**REGISTRATION REQUIRED**  
no later than January 12th  
Call the Commission on Aging  
at 989-875-5246 or sign up  
at the Fulton Senior Center.

**Menu:** Stuffed Cabbage Rolls,  
Peas, Baked Apple Slices,  
Dinner Roll

Seniors over 60 suggested  
donation of \$3.00  
Guest under 60 \$6.00 fee.

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

## 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

# MEMORIALS

## COMMISSION ON AGING

**Deb Viles**  
Ken Wood & Diane Davis

**Emma Brandal**  
Marsha Beck

**LaVerne Reeves**  
**Emma Brandall**  
**Bill & Shelley Hirschman**  
**Mathew & Shawn Hanson**  
**Sharon & Roger Bovee**  
Mildred Reeves

**Family & Friends**  
Gary & Marty McDaid

**Jan Davis**  
Keith & Donnalea Chaffin

**Sharen Louise Clark**  
Auto-Owners Insurance

## SENIOR GRATIOT

**Bill & Shirley Hubbard**  
**Marilyn Fortney**  
Jim & Vicki Wideman

**Hershel & June Powell**  
**Orville & Wilma Russell**  
Ginger Vetter

**Terry Bailey**  
**John Shimunek**  
**Eric Schalge**  
**Dick Colbry**  
**Gary Leonard**  
**Sylvia Bajena**  
**Pam Miller**  
**Roger Brown**  
Julie Shimunek

**Jean Bare**  
**Harold House**  
**Avis Ginther**  
**Emma Brandal**  
**LaDonna Hardman**  
**Art Burch**  
Dave & Vicky Browne

**Family & Friends**  
Gary & Marty McDaid

**Vincent Rohde**  
Mary Rohde

**Thomas Palmer**  
**Duane Hallock**  
**Joyce Freed**  
**Iola Hallock**  
**Claude Hallock**  
Gayla Palmer

## IN HONOR OF

**Marilyn House**  
**Carl & Joyce Galloway**  
Mildred Reeves

**Just for Fun Dulcimer Club**  
Kathleen Hagen

*Thank you for your support and generous donations.*

# DONATIONS

## SENIOR GRATIOT

Mary Humm  
Nanette L Clapp  
Lynn McMann  
Nelda Dean  
Issabella Bank  
Immanuel Ladies Society  
Cynthia Simmons  
MJ Bendele  
Dennis Veeder

Kendall & Grace Humphrey  
Janet Clark  
Ken & Bette LaBlanc  
Marvin Cumberworth  
Leslie Needham  
Coaline Luplow  
Cary Smith  
Janice Helman  
William Devuyst

## COA

Richard and Joanne Green  
A. Dean Parling, Jr.  
Mildred Reeves

# FUN AND GAMES AT THE ITHACA SENIOR ACTIVITY BUILDING

President Roger thanks Joyce, Marita, Mary, and Cleo for serving on the SAB Board of Directors.



The SAB Class of 2028 are welcomed to their first Board meeting. Welcome Val, Maureen, Cheryl, and Joyce.



Holiday Baking Class.



Joyce, Helen, Pat, and Ellen prepare their cookies in a jar.



Rob helps SAB outgoing Treasurer Mary and SAB's new Treasurer Gail transfer vital information from the old computer.



Rob sets up new computer.



Gail operates new printer.



Ellen, Ron, and Joyce trim our Christmas tree.



Joy donates her beautiful hand crafted bows to seniors at SAB.



Ithaca Jr/Sr High School students present "Beetle Juice" parts from their production.



Nancy shares Christmas carols on her accordion.



Seniors enjoying Ramsby Holiday Band's music.



# FULTON FOOD WITH FRIENDS HOLIDAY EXTRAVAGANZA

