

March

The Commission on Aging staff and volunteers will provide assistance with the preparation of Homestead Property Tax and Home Heating Credits for *residents of Gratiot County*. Listed below are the qualifications for either credit, as well as the documentation required to prepare the forms. This documentation *must* be brought with you to your appointment. (The Commission on Aging *does not* complete federal or state income tax returns, only Homestead Property Tax and Home Heating Credits.) Please read through the information, review the schedule, and then contact the Commission on Aging at 989.875.5246 to schedule an appointment at any one of the sites listed. **APPOINTMENTS ARE REQUIRED, see appointment dates below.** We look forward to assisting you with this process.

Homestead Property Credit Qualifications:

- Homeowner's property taxes must be higher than 3.2% of the homeowner's income
- Renters, usually 20% of your rent is considered your share of property tax

Home Heating Credit Qualifications:

- A person who owns a home or is a renter and has an income that is less than the income guidelines

Bring these verifications to your SCHEDULED Tax Credit Appointment. If all documents are not provided, the appointment will need to be rescheduled

- All income for 2025: Social Security, pensions, interest, farm income, etc.
- Property Tax Statements, both summer and winter for 2025: Homeowners only
- Proof of heating cost for 2025: Consumers Energy customers bring December 2025 bill. Fuel/Propane customers bring heat expenses dating between 11/01/2024 through 10/31/2025
- Medical Supplemental Health Insurance Premiums paid in 2025
- Automobile Insurance: Only the Personal Injury Protection amount is a deduction
- Rent Payments: Rent paid to a landlord, or lot rent paid to a mobile home park. Rent verification is not needed if you live in a subsidized housing complex

Commission on Aging
515 S Pine River St, Ithaca
Wednesday, March 25th
Wednesday, April 8th
Wednesday, April 22nd
9:00am - 3:00pm

Alma Public Library
500 E Superior St, Alma
Thursday, March 26th
Thursday, April 2nd
10:00am - 3:00pm

Commission on Aging Welcomes New Employees



From Left to Right: Dylan Deni (Head Cook), Denise Reese (Service Specialist), and Clara Perez-Soto (Caseworker)

Hello, my name is Dylan and I am 25 years old. Outside of work I am currently a student at Mid Michigan College, however, I have yet to decide on my major. Some of my hobbies include watching hockey (my favorite team is the Detroit Redwings), watching the Michigan State Spartans basketball program, playing the card game Magic the Gathering, collecting sports cards, and spending time with my three cats. I look forward to cooking for all of you!

Hi everyone! My name is Denise Reese. I'm a lifelong resident of Gratiot County. I enjoy spending time with family and friends and trying new experiences. I'm excited to be working for Gratiot County Commission on Aging and helping you!

Hello, my name is Clara Perez-Soto. I've been married for 23 years and have 2 adult children and 2 younger children still in school. I enjoy having family time and going out to eat with them. I also have 2 small dogs, Elsa and Coco. I'm very happy to be here with you. I'm someone who enjoys helping others and learning from people's life experiences. I believe everyone has a story worth hearing. I'm excited to spend time together, listen, and hopefully bring some positivity and support. Thank you for welcoming me.

SENIOR GRATIOT

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

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

March 2026
Volume LI
Number 3

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

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.



Board of Directors

- Brenda Pratt, District 1
- Yvette Franco-Clark, District 2
- Paul Showers, District 3
- David Kimball, District 4
- Gail Paradise, District 5
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- 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, 9:00 am-6:00 pm
- Thursday, 9:00 am-5:00 pm
- Friday, 9:00 am-1:00 pm

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 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.

January 2026 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.

Nancy Wiltfong, Richard Coleman, Helen Hoard, Nora Vasquez Kowitz, Ruthie Malek, Tami Coe, Carole Moore, Sue Wernick, Carolyn Modin, Janet Holt, Jerry Chvojka, Tricia Smith, Ellie Freed

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

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

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

Walkers, Shower Chairs, Grab Bars and More

The Commission on Aging has adaptive equipment to give to those in need. Currently, the loan closet is stocked with walkers, shower chairs, grab bars, handheld showerheads, and adult diapers. Grants from the Community Foundation as well as some other funding sources have allowed Commission on Aging to purchase this much needed equipment for our senior community members.

If you or someone you know has a current need for any of the equipment mentioned above, please contact the Commission on Aging office at 989.875.5246. We look forward to assisting you or your loved ones.



Legal Assistance

Region VII Area Agency on Aging is providing legal assistance for estate planning to older adults in our community. If you need legal assistance, contact Region VII's Legal Department, 800.858.1637.

Region VII Area Agency on Aging



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.



Commodity Food Distribution Date

Commodities distribution will be on **Wednesday, April 15, 2026** 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 **10:00am to 12:00 pm.** or at Commission on Aging, 515 S. Pine River St., Ithaca from **12:30 to 2:30 p.m.**



The Mitten Makers and Hats Galore Knit-In Group is in need of yarn donations. If you feel compelled to contribute, yarn can be dropped off at the Commission on Aging office Mon-Fri from 8:00am-4:30pm.

Thank you in advance for your consideration.

Senior Activity Building March 2026 Senior Center Ithaca Food with Friends

- **8:00am- 10:00am EVERYDAY** Coffee & Conversation with Linda St. Charles
- **10:00am EVERYDAY** Visits, news, games, & activities
- **12:00pm Monday through Friday** Food with Friends Meal at Noon, call 989-875-2135 to make your reservation (See menu on pg. 8.)

Monday	Tuesday	Wednesday	Thursday	Friday
2 8-10 SAB Coffee 11:50 Nutrition Class 10:00 Faster Pace EZ Motion 12:00 FWF Meal 12:45 Card Game (your choice)	3 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 Card Game (your choice)	4 8-10 SAB Coffee 10:00 Knitting group 12:00 FWF Meal 1:00 Cornhole	5 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 More Wii Bowling	6 8-10 SAB Coffee 11:30 Blood Pressure checks by Joyce 12:00 FWF Meal 1:00 Otago Class
9 8-10 SAB Coffee 10:00 Faster Pace EZ Motion 12:00 FWF Meal 12:45 Bingo with FWF 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 1:00 Cornhole	12 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 Movie	13 8-10 SAB Coffee 12:00 FWF Meal 1:00 Otago Class
16 8-10 SAB Coffee 9:00 Pack St. Pat's packages 10:00 Faster Pace EZ Motion 12:00 FWF Meal 1:00 Frost Cookies	17 Green Day!!  8-10 SAB Coffee 10:00 EZ Motion No Bowling today 12:00 FWF Irish Meal 12:30 Irish tunes by Al Bartholomew 1:15 SAB Board	18 8-10 SAB Coffee 10:00 Knitting Group 12:00 FWF Meal 1:00 Cornhole 7:00 A-Tractive Tractor Club	19 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 More Wii Bowling	20 8-10 SAB Coffee 12:00 FWF Meal 1:00 Otago Class
23 8-10 SAB Coffee 10:00 Faster Pace EZ Motion 12:00 FWF Meal 12:45 Bingo with FWF prizes and Sheriff Tom calling	24 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 Card Game (your choice)	25 8-10 SAB Coffee 10:00 Knitting group 12:00 FWF Meal 1:00 Cornhole	26 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal March Birthday Celebration 12:45 More Wii Bowling	27 8-10 SAB Coffee 12:00 FWF Meal 1:00 Otago Class
30 8-10 SAB Coffee 10:00 Faster Pace EZ Motion 12:00 FWF Meal 12:45 Card game (your choice)	31 8-10 SAB Coffee 10:00 EZ Motion 11:00 Wii Bowling 12:00 FWF Meal 12:45 Card game	31 8-10 SAB Coffee 10:00 Knitting group 12:00 FWF Meal 1:00 Cornhole		



Senior Activity Building Senior Center & Ithaca Food with Friends News

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

THANKS to our Food with Friends kitchen crew! We appreciate that you will be preparing an Irish meal for the Seniors on St. Patrick's Day. Corn Beef and Cabbage, potatoes, and a tossed salad make this menu special. Perhaps the leprechaun has a surprise to add to this meal. We'll see! For sure, Al Bartholomew's Irish tunes at 12:30 will highlight this holiday. If you want to tap your toes or sing a long---you may. Try to wear a bit of green!

The month of March has always been an Ithaca Food with Friends favorite month. Why? We share our St. Patrick's Day by providing and then delivering Shamrock Sunshine to our friends who are no longer able to join us at the congregate meal. Thanks to our current seniors who have made this sharing possible for more than 40 years! You are invited to donate to the funds that will purchase the fruit and cookies. Please check the list of friends with whom we hope to share our Shamrock sunshine. The list and donation box will be available on March 1st.

Come to the Senior Activity Building's coffee and conversation each morning from 8 am to 10 pm. Linda St. Charles and the "regulars" will be happy to welcome you! Come anytime between 8 and 10 and stay for a few minutes or for two hours.

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

The Monday Nutrition class (March 2) will be a discussion about exercise and cardiovascular health. You can see that we already are putting this discussion into action. In February we began to offer an additional EZ Motion class that is faster paced than the Stretch class. We offer this class on Monday at 10:00 am. It is a combination of stretching, aerobics, marching, and balance. The instructor is the Anne Pringle who leads the Stretch class on Tuesday and Thursday. There is no fee to attend any EZ Motion or Otago class at the Senior Activity Building.

Monday Card games will be on the 2nd and 30th. Bingo dates in March are the 8th and 23rd with Sheriff Tom Clark calling on the 23rd. Thanks to the FWF program for furnishing all of the Bingo prizes. Wii bowlers have found ways to partner so everyone finds an opportunity to bowl. Cheerleaders make the bowling even more enjoyable. The Senior Activity Building Board meets at 1:15 on the 17th. Card games of your choice will be on the 3rd and 24th.

Wednesdays are busy with the knitting group gathering 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.

Thursday schedules are similar to those on Tuesday but you'll find a movie and popcorn or theater candy on the second Thursday. The other Thursdays you'll find more Wii Bowling after our meal. If you are one of our seniors born in the month of March, join us to celebrate your birthday on Thursday, March 26th. We look forward to having you call in your reservation.

The first Friday, Joyce Raycraft is available to check your blood pressure at 11:30. The Central Michigan students are hap-

py to be back to lead the Otago Class that stresses exercise to improve your balance. They tell us that our group of Seniors are their favorites. We have certainly missed them during their from visiting the site. 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 being with us at the Senior Activity Building. 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 January 14, 2026 through February 12, 2026.
Thank you to our volunteers (named and unnamed) who take care of our building.

GIFTS in GRATITUDE to SAB

Richard & Geri Coleman
Jo Jones
Jack & Betty Hunnicutt
Joyce Raycraft
Gratiot VFW Post #7805
Bill & Linda DeVuyst
Diane Yonker
Bonnie Coon
Nancy Smith
Cleo Flegel

In MEMORY of DON GOOSTREY
Bernard & Linda DeVuyst

In MEMORY of JUDY SHAW
Bernard & Linda DeVuyst

In MEMORY of SHARON CLARK
Bernard & Linda DeVuyst

In MEMORY of ROSE CAPEN
Bernard & Linda DeVuyst
Rose Capen's Family
Donna Dole
Marjorie Ebnit
Karen & Frederick Kaiser, Jr.
USPP Tri-Lakes, LLC
Michigan Masonic Charitable Foundation
Drs. Aubree & Seth Capen

In MEMORY of JIM LUDWICK
Bill & Linda DeVuyst
Linda St. Charles

In MEMORY of MINNIE FREED
Bill & Linda DeVuyst
Linda St. Charles

In MEMORY of JEAN BARE
Linda St. Charles

In MEMORY of SUE CHAFFIN
Linda St. Charles
Donn & Pat Gates

In MEMORY of LOIS PITCHER
Donn & Pat Gates

In HONOR of LINDA St. CHARLES
Trick or Treat Pancake Breakfast group

In MEMORY of EMMA BRANDAL
Donn & Pat Gates

In MEMORY of ROBERT MASON, Sr.
Robert Mason Family

In MEMORY of NORM & BEA O'BOYLE
Marge & Neal Raymond

In MEMORY of DOLLIE HULL
Tim Hull
Jim & Carrie Hull
Bill & Kari Czachowski
Gary & Darci Honaman
Jeanne Chaffin
Sid & Cheryl Hull
Brenda Whitmore
The Brownlie Family
Joe Skriba Family
Fred & Connie Bare
Sandy Hull
Cheryl & William Lobert
Donna Dole
Marjorie Ebnit
Karen & Frederick Kaiser, Jr.

In MEMORY of MIKE BANEY
Jayne Baney

GIFTS RECEIVED at the GRATIOT COUNTY COMMUNITY
FOUNDATION
SENIOR ACTIVITY BUILDING AGENCY ACCOUNT
Mary Humm

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



Welcome to March, where the promise of spring is in the air! As I write this newsletter the sun is shining and it is 40 degrees out making it feel like spring is getting closer. Then again, I need to remember we do live in Michigan, but I feel it is getting time to shake off the winter blues and embrace a season of renewal. What to plant in my garden has already been on my mind. Am I the only one thinking about that? Here at the Filling

Station, we finally got to paint our winter cardinal painting that seemed to get cancelled a couple different times as we had bad weather. Hopefully everyone enjoyed it as they turned out great. Thanks to Tracy, we made a valentine wreath made from painted puzzle pieces. Thank you, Tracy, for the idea and getting everything ready. Also, in the crafting category, we made bird food packs for our feathered friends. Just a little something to think about. We are having Johnny O again this year in May at His Place. If you happened to make it to that event last year, you know how much fun we all had. Be thinking of this year's costume if you plan on dressing up. More to come later about that. We are having MSU Extension coming in this month to make mason jar cookie mixes. This idea would make great gifts for family and friends, come join us! Now for a bit of St. Patrick's Day Tidbits—according to legend, St. Patrick used the three-leaf clover, or shamrock, to explain the Trinity. Dyeing the river green started in Chicago in 1962. Corn beef and cabbage is an Irish American dish. The Irish Americans were so poor beef and cabbage were the best they could do to celebrate St. Patrick's Day. Thank goodness you don't need to be Irish for us all to join in on some fun that day with wearing Green and having some good fun! By the way, we are still waiting for you to come join us for lunch or just come hang out. Reserve your meal ahead by calling call me 989-875-9118. See you soon!

Wed March 2nd	11:00am	Patty from Region VII to discuss Options Counseling
Wed March 11th	11:00am	Cookie Jars with Shannon from MSU Extension
Fri March 13th	12:30pm	Celebrate March Birthdays and St. Patrick's Day
Mon March 16th	11:00am—12:30pm	Gratiot County Emergency Management—Severe Weather Preparedness
Wed March 18th		Nutrition Talk: Exercise and Cardiovascular Health
Mondays	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 or just come sit with us and talk.
	12:00pm	Lunch
	12:30-1:30pm	Bingo every Monday
Wednesdays	10:30am-11:00am	EZ Motion Exercise
Fridays	10:15am-11:15am	Line Dancing with Betty Apple (beginners welcome!)
		Any down time we will be playing cards, games, ring toss or cornhole!

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



Well, has Spring sprung? I am hoping so! I don't know about all of you, but I am ready for green grass and flowers. Welcome Spring! I know we live in Michigan and this is not a given for sure. We may still have some snow but it won't be around for long.

Our group has been growing and looking forward to getting more great people to join us. We always have room for more!

With the warm weather coming, we are getting the itch to get outside and get more active. If this is you, please take it easy and don't try and do all that yard work in one day! You probably have been sitting dormant this winter, and your muscles are not used to moving and grooving so take it slow. Try doing some stretches and maybe check out some mild exercises to wake your muscles up from their winter hibernation. Check with your medical provider or check out the library for some self-help books.

Have a fun and safe March and we will be looking forward to seeing some new faces and familiar faces here at the Breckenridge/Wheeler Senior Site, 8510 East Monroe Rd, Wheeler, MI 48615. As always, if you have any questions feel free to call 989.330.7508 or the COA at 989.875.5246.

March 4		Working on Centerpieces for St. Patty's Day Celebration in Ithaca		
March 6		Nutrition Handout - Exercise & Cardiovascular Health		
March 11	12:30pm	Celebrating March Birthdays		
March 18	12:00pm	Sheriff Tom Clark Calling BIGNO		
March 25		BIG BINGO		
Monday		10:00AM AM DIRTY MARBLES	12:00 PM LUNCH	12:30 PM EUCHRE/SEVENS
Wednesday		10:00AM AM DIRTY MARBLES	12:00 PM LUNCH	*12:30 PM BINGO/SEVENS
Friday		10:00AM AM DIRTY MARBLES	12:00 PM LUNCH	12:30 PM MEXICAN TRAIN DOMINOES

Breckenrige/Wheeler Food with Friends Crafts



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



“MARCH INTO SPRING”!

March puts a spring in my step! A bit corny you say? Oh yeah, it’s corny. But did you know that March 20th is the first day of spring? This is fast becoming one of my favorite months. Also, March 8th is Daylight Savings day which means more sun every day. Winter is pretty, but I am so ready for spring. Color me happy! Spring is on the way.

CRAFT: March 11th Craft your own wind chimes for your porch, lawn or garden area. **TIME: 10:30** there is no charge for this craft. Reservations are required to make sure enough supplies are on hand. At the same time, reserve yourself a spot for lunch. That can be done by signing up at the Fulton Senior Center or by calling 989-236-5019.

GAMES: March 13th Join Tracy to learn the game Bunko. Please take the opportunity to learn another fun game. If you have any you would like to learn, please let us know. **Time: 10:30 to 12:00.**

CRAFT: March 25th Please join Tracy to make some Easter Bunny door hangers for Laurels of Fulton. We like to bring a little sunshine to our friends and neighbors who now call Laurels of Fulton home.

BINGO: March 27th Please join us at 12:30 for Bingo with a guest caller, Kimberlee Van Hoose who works for County in the Register of Deeds Department.

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 continue to thank all of our friends and community neighbors for their donations. It means a lot that everyone still supports this wonderful cause. In the month of January we donated 35 lbs.

BOOKS: 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 off any time Monday, Wednesday, and/or Friday between 10:00am and 2:00pm.

MONDAY		WEDNESDAY		FRIDAY	
March 2nd	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	March 4th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	March 6th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo
March 9th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	March 11th	10:30am CRAFT 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	March 13th	10:30am Learn Bunko 12:00pm Lunch 12:30 pm Euchre, Dice, Skip Bo
March 16th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice Skip Bo	March 18th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	March 20th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo FIRST DAY OF SPRING
March 23rd	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	March 25th	10:30am Bunny Craft for Laurels of Fulton 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo	March 27th	10:00am Cards 12:00pm Lunch 12:30pm BINGO
March 30th	10:00am Cards 12:00pm Lunch 12:30pm Euchre, Dice, Skip Bo				

REMEMBERING

Patsy Cline



Featuring Judy Harrison and ReBooted

Join Us Thursday April 23, 2026

HIS Place 200 W. Superior St. Alma

Lunch Served @ 12:00 pm ~ Show Begins at 12:30pm

RSVP 989-875-5246 before Wednesday April 15th

"No matter your age, whether you are new to the music of Patsy Cline, or a lifetime fan, this show will entertain and capture your heart."

MENU—Lunch served @12 noon

BBQ Pulled Pork Sandwich

Roasted Sweet Potatoes, Cole Slaw

Apple Crisp & Ice Cream

{60 and over \$3.00 suggested donation
59 and under \$6.00 meal fee}



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



SAVE THE DATE

2026 UPCOMING EVENTS

- Wednesday, May 13 ~ Wheelin' & Dealin' With Johnny O'
- Wednesday, August 12 ~ BINGO BASH II



Our FAVORITE MSU Foodie is coming back in March and April 2026 to a Senior Activity Site near you!

That's right, Shannon from MSU Ext. is coming back to teach us how to mix and make our own healthy spice blends at home, how to store them, and how long they stay fresh. Keep your favorite apron on the ready and sign up now if you will be here so she can bring enough fun ingredients for everyone.

Feel free to bring a new friend to join in and make new friends. All are Welcome!

Don't wait, sign up today. Any questions please call the COA office at 989.875.5246 or the site Manager that you will be attending. Don't forget to make your reservation to stay and have lunch with us.

Alma/St. Louis Senior Center

The Filling Station
415 Park Ave
Alma, MI
Sue Waver 989.875.9118
April 1st, 12:30p—1:30p

Breckenridge/Wheeler Senior Center

Wheeler Township Hall
8510 E. Monroe Rd
Wheeler, MI
Lori Chvojka 989.330.7508
March 16th, 12:30p—1:30p

Fulton Senior Center

Fulton Township Hall
3425 W. Cleveland Rd
Perrinton, MI
Irene Noffsinger 989.236.5019

Senior Activity Building

Senior Center Ithaca
1011 E North St
Ithaca, MI
Jo Jones 989.875.2135

Celebrity



coming to a site near you!

So don't wait, GRAB A FRIEND and sign up today. Call ahead to reserve a spot for lunch, served from Noon-12:30 at all locations, have lunch with us, make some new friends and visit with old ones. Then, stay for a FUN TIME of CELEBRTY BINGO!

Any questions please call the COA office at 989.875.5246 or the site Manager that you will be attending.

Alma/St. Louis Senior Center

The Filling Station
Sheriff Tom Clark
March 2nd, 12:30-2p

Breckenridge/Wheeler Senior Center

Wheeler Township Hall
Sheriff Tom Clark
March 18th, 12:30-2p
Register of Deeds—Kimberlee VanHoose
March 29th, 12:30p—2p

Fulton Senior Center

Fulton Township Hall
Register of Deeds—
Kimberlee VanHoose
March 27th, 12:30p—2p

Ithaca Senior Center

Senior Activity Building
Register of Deeds—
Kimberlee VanHoose
March 23rd, 12:30p—2p

Food with Friends

Alma/St. Louis

Filling Station
415 Park Avenue, Alma
Phone: 989.875.9118
Site Manager: Sue Waber

Fulton

Fulton Township Hall
3425 W Cleveland Rd.,
(M-57) Perrinton
Phone: 989.236.5019
Site Manager: Irene
Nofffsinger

Breckenridge/Wheeler

Wheeler Township Hall
8510 E. Monroe Rd.,
Wheeler
Phone: 989.330.7508
Site Manager: Lori Chvojka

Ithaca

Senior Activity Building
1011 E. North St., Ithaca
Phone: 989.875.2135
Site Manager: Jo Jones



Come and help me Catch A Leprechaun!!!

All the supplies will be provided. This craft will consist of glueing of felt to mason jars and filling them with candy.

We will be making a total of Nine.

These will be used as centerpieces for our St. Patrick's Day lunch.

This is a Tuesday event if you are planning on coming. The lunch will be held at the Senior Activity Building in Ithaca on March 17th.

Please sign-up to help me catch these Leprechauns and look for the separate St. Patrick's Day lunch sign-up.

After lunch these will be raffled off to those that attended.

Breckenridge/Wheeler Senior Center
Wheeler Township Hall
8510 E. Monroe Rd
Wheeler, MI
Lori Chvojka 989-330-7508
March 4th 10:00a–Noon



NALOXONE Training LEARN TO SAVE LIVES

Naloxone (Narcan) is a medication designed to reverse opioid overdose. It can restore breathing to a person if breathing has slowed or stopped because of an opioid overdose. Naloxone is a safe medication that can be used to prevent opioid overdose deaths.

UPCOMING FREE TRAINING OPTIONS CHOOSE THE DATE & LOCATION THAT WORKS BEST FOR YOU

AT THIS TRAINING YOU WILL LEARN

What Naloxone is, how to use it, and will be provided with FREE Naloxone. If you, or someone you know has EVER been prescribed an opioid medication, this training is for YOU!

3.25.2026
11am-12pm

IN PERSON TRAINING
Alma Food with Friends Site
Filling Station
415 Park Avenue
Alma, MI 48801

4.6.2026
11am-12pm

IN PERSON TRAINING
Ithaca Food with Friends Site
Senior Activity Building
1011 E North St.
Ithaca, MI 48847

4.20.2026
11am-12pm

IN PERSON TRAINING
Breckenridge/Wheeler Food with Friends Site
Wheeler Township Hall
8510 E Monroe Rd.
Wheeler, MI 48662

4.29.2026
11am-12pm

IN PERSON TRAINING
Fulton Food with Friends Site
Fulton Senior Center- Fulton Township Hall
3425 W Cleveland Rd. (M-57)
Perrinton, MI 48871



To register for any of the trainings or if you have any questions, call 989-463-1422 or email sara@childadvocacy.net



STEAM RAILROADING INSTITUTE POTENTIAL PASSENGER DEPOT SURVEY



Would you be interested in traveling by train with convenient access right here in our county?

The Steam Railroading Institute has shared a public survey seeking input from the community. The survey will help determine whether a passenger train depot in Alma would benefit the community and how residents and visitors might use it.

The map pictured above depicts the anticipated passenger route.

If you have any interest in this project, consider taking the survey: <https://www.surveymonkey.com/r/XLFMSKL>

If you wish to learn more about the project in its entirety, check out their website: <https://www.northsourtrail.org>



Gratiot County COA FWF Eat Smart Lunch Menu 12:00-12:30 pm March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sloppy Joe on a Bun Tater Tots Normandy Blend Diced Peaches	3 Baked Chicken Breast Redskin Potatoes Mixed Vegetables Peaches Apple Juice Wheat Bread	4 Beef and Noodles Carrots Peas Fruit Cocktail Wheat Bread Chocolate Chip Cookie	5 Baked Ziti Broccoli Florets Cauliflower Michigan Fruit Cup Garlic Toast	6 Potato Crunch Pollock Au Gratin Potatoes Broccoli Fruited Cole Slaw Grape Juice Dinner Roll
9 American Goulash Kyoto Vegetable Broccoli Pears Wheat Bread	10 Potato Soup Peas & Carrots Mixed Vegetables Applesauce Cheese Bread Stick Vanilla Pudding	11 Chili & Corn Bread Oven Roasted Potatoes Green Beans Pineapple Colby Jack Cheese Stick	12 BBQ Chicken Breast Redskin Potatoes Carrots Peaches Dinner Roll Fudge Brownie	13 Macaroni & Cheese Carrots Sweet Peas Wheat Bread Vanilla Pudding
16 Corn Chowder Brussel Sprouts Cheese Bread Stick Hard Cooked Egg Mandarin Oranges	Happy St. Patrick's Day 17 Corn Beef & Cabbage Redskin Potatoes Tossed Salad Peaches Dinner Roll Apple Juice	18 Walking Taco w/ Tortilla Chips, Lettuce & Salsa Corn Bean Fiesta Blend Cilantro Lime Rice Mixed Fruit	19 Chicken Fettuccine Alfredo Broccoli Kyoto Vegetable Pears Dinner Roll Oatmeal Raisin Cookie	20 <u>NEW MENU ITEM</u> Fish Sandwich with Cheese Nantucket Vegetables Hot Apple Crisp Banana
23 Cabbage Roll w/Sauce Corn Beets Diced Peas Wheat Bread	24 Salisbury Steak Company Potatoes Normandy Blend Mixed Fruit Dinner Roll	25 Beef and Noodles Mixed Vegetables Spinach Fresh Orange Wheat Bread	26 Roast Pork Whipped Potatoes w/Gravy Peas Fresh Orange Wheat Bread	27 Belgian Waffle Scalloped Hashbrowns Sausage Links Banana Orange Juice
30 Meatloaf Whipped Potatoes Corn & Lima Beans Peaches Wheat Bread	31 Spaghetti w/ Meat Sauce Garlic Toast Green Beans Broccoli Florets Tropical Fruit			Milk is served with Hot meals. Suggested Donation Is \$3.00

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.

 **St. Patrick's** 
WORD SEARCH

W	N	P	E	P	S	N	I	O	C	Y	C	M	Y	N
R	V	H	F	O	O	J	C	M	A	V	L	R	W	D
L	L	G	M	C	H	R	I	D	Z	M	O	A	S	K
U	K	Z	F	H	T	S	S	R	I	A	V	H	B	C
T	Z	E	C	L	E	K	E	S	E	B	E	C	N	O
Q	Y	R	U	K	C	I	C	S	Q	L	R	T	W	R
B	A	C	R	I	E	H	D	B	R	D	A	U	G	M
M	K	Z	R	F	I	F	L	F	P	O	Y	N	I	A
Y	A	T	Y	E	H	Y	Y	U	W	G	H	V	D	H
N	A	V	V	N	U	A	H	C	E	R	P	E	L	S
P	E	O	Y	R	W	A	R	R	A	I	N	B	O	W
Q	U	E	W	O	D	U	D	P	S	E	J	O	M	Z
S	A	R	R	Y	P	P	C	J	A	P	A	C	E	L
G	O	L	D	G	U	F	Q	S	E	R	S	H	E	R
W	S	S	X	C	O	R	U	C	V	P	J	Y	V	B

- CHARM
- CLOVER
- COINS
- GOLD
- GREEN
- HARP
- HORSESHOE
- IRELAND
- LEPRECHAUN
- LUCKY
- MARCH
- MISCHIEVOUS
- PATRICKS DAY
- RAINBOW
- SHAMROCK



MEMORIALS

COMMISSION ON AGING

Rose Capen
Olympian Tool

Duane Evans
Janet Gault

Sharon Brecht
Lee and Sandy Ebright

Blair Losey
Edith Beck
Sheryl Mason

Bea O'Boyle
Deborah Daniels

SENIOR GRATIOT

Norm and Bea O'Boyle
Neal & Margaret Raymond

Al Dickman
Becky Dickman

Duane Evans
Phyllis Studer
Janet Holt
Linda Trieb
Norma Pratt
Dallas and Beverly McClain

Pat Sinko
Gail Jankowski
Mary Wicks

Joanne Kinzinger
Karen McCormick
Duane Guthrie
Lorene Yount
Kathleen Combs

Joan Cook
Terrie Smith

Alvin & Audrey Miller, parents
Ann Jarrett

Dean Giles
Jim Giles
Sondra Giles

Jim Norris
Veronica Norris & Family

David Norris
Mom & Family

Hazel Clagg
Jerry Clagg

Dorothy & Ken Terry
Howard & Mary Kenney

Agnes & Lyle Kenney
Howard & Mary Kenney

Dennis Schmidt
Sharon Clark
Wayne Fortney
Leroy McCreery
Dave & Vicky Browne

Ed & Betty Bednarick
Barb Trgina

Rose Capen
Sharon Bushy

Clinton & Hazel Kimmel
Wanieta Bigelow
Rosemary Bancroft
Sandra Kimmel
Lester, Duane, Ivan and
James Kimmel
Ruth Malek

Thank you for your support and generous donations.

DONATIONS

SENIOR GRATIOT

Helen Hoard
Bonnie Simcox
Mary Reichard
Carolyn Veeder
James & Carolyn Gruesbeck
Bernadette Howell
Beth Linton
Nancy Rummer
Rosemary Buhl

SENIOR CENTER

Danny and Marlene McGuirk
James Mikek
Deb Brune
George Gibbs
Barbara Conner

COA

Carolyn Gruesbeck
Ithaca First Presbyterian

FUN AND GAMES AT THE ITHACA SENIOR ACTIVITY BUILDING

Jim Freestone surprised the EZ motion group with early Valentines



Cornhole Valentines Sweethearts; Nancy, Ellen, Sue, Nan, Tammy, Vicky, Jo and Joyce wearing their red colors



Nancy Shares her quilts



Wednesday knitting group



Pastor Brent's Valentine gift to the seniors— Great Piano Music



Seniors enjoying Pastor Brent's gift of Valentine music



Alma/St Louis Senior Center Bingo and Crafts

