

THETFORD SENIOR CENTER

11495 N. CENTER ROAD • CLIO, MICHIGAN 48420
Phone: 810-686-0630

MISSION STATEMENT

To provide senior citizens a warm, friendly atmosphere where they can enhance their lives by becoming involved in various activities, educational and nutritious programs and health services.

JANUARY 2020

We would like to express our gratitude to "Living Waters-Buell Lake Elderly Adult Care Home for sponsoring the meal for our Christmas program.

Please stop in and get information about the new Thetford Township facility, visit their facebook page at www.facebook.com/livingwatersbuelllake, email them at livingwatersbuelllake@gmail.com or call 810-686-1016.

Thanks again Carl & Nicole!

SENIOR CENTER STAFF:

Director: Shannon Kline
Assistant Director: Pam McIlmurray
Bus Driver: Bob Myers
Kitchen Staff: Sue Ball

OFFICE HOURS:

Monday ~ Friday:
8:00am ~ 4:30pm
Thursday:
8:00am ~ 9:00pm

JANUARY CLOSINGS:

New Year's Day
Wednesday, January 1st, 2020
Martin Luther King, Jr. Day
Monday, January 20th, 2020



This program and/or service is fully or partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work.



FOOD PROGRAMS**MONDAY'S HOME COOKED LUNCH**

Join us on Mondays for a home cooked lunch for only \$4.00. You **MUST** sign up by the prior Wednesday to reserve a meal. Any late reservations will not be guaranteed. Lunch is served at noon.

Home Cooked Monday Lunch:

Monday, January 6th:

Boneless Pork Chop, Mashed Potatoes with Gravy and Corn

Monday, January 13th:

Corn Chowder, Ham Sandwich on Croissants

Monday, January 27th:

Biscuits & Sausage Gravy, Bacon and Mixed Fruit

DAILY CONGREGATE MEAL

PROVIDED BY GENESEE COUNTY COMMUNITY ACTION
RESOURCE DEPARTMENT (GCCARD)

SERVED TUESDAY THROUGH FRIDAY AT NOON.

REQUESTED DONATION OF \$3.00 IF YOU ARE 60

OR OVER AND LIVE IN GENESEE COUNTY. IF YOU

ARE UNDER 60 OR LIVE OUTSIDE OF GENESEE

COUNTY **YOU MUST PAY \$6.00.**

PLEASE CALL THE DAY BEFORE BY NOON TO
RESERVE A MEAL

EARLY BIRD BREAKFAST

Friday, January 17th @ 8AM

ON THE MENU:

French Toast, Scrambled Eggs, Bacon, Sausage &
Orange Juice

Free Will Donation

GCCARD FOOD COMMODITIES

PICK UP: WEDNESDAY, JANUARY 15TH
FROM 8AM - 4PM

NOW ACCEPTING NEW APPLICANTS

SENIOR FOOD BOX PROGRAM

FRIDAY, JANUARY 10TH & 24TH @ 8AM

LIMITED BOXES; DISTRIBUTED ON A

FIRST COME, FIRST SERVED BASIS

YOU MUST BE AT LEAST 60 TO BE ELIGIBLE.

SOCIAL ACTIVITIES**SEWING CLUB**

Mondays at 9:00am

YAHTZEE

Mondays at 1:00pm

BINGO

Tuesdays at 12:30pm (50¢)

POKER

Tuesdays at 1:00pm (\$4.00)

GOLF

Tuesdays at 1:30pm

CROCHET CLUB

Wednesdays at 10:00am

CRIBBAGE

Wednesdays at 10:00am

SWG DOMINOES (MEXICAN TRAIN)

Wednesdays at 1:00pm

FARKLE!

Thursdays at 10:30am

HAND & FOOT / HAND, KNEE & FOOT

Thursdays at 1:00pm

PINOCHLE

Thursdays at 6:00pm (\$1.00)

EUCHRE

Thursdays at 6:00pm (\$2.00 + 10¢ each euchre)

BASKET WEAVING

Fridays at 12:30pm

SHANGHAI

Fridays at 12:30pm

POKER TOURNAMENT

Second and Fourth Friday at 1:00pm

EUCHRE TOURNAMENT

Tournament is canceled in December

MEDICARE/MEDICAID ASSISTANCE PROGRAM (MMAP)

We have a MMAP Counselor available by appointment on Thursdays to help with your Medicare/Medicaid questions and/or enrollment. Call for an appointment today.

ITEMS YOU WILL NEED TO BRING:

- ◆ Driver's License / I.D.
- ◆ All Medical Cards
- ◆ Proof of Income (Social Security Statement, Pension statement, etc.)
- ◆ Last 90 days of Bank Statements
- ◆ All MDHHS Letters (if applicable for Medicaid)
- ◆ Please bring all of your medications

LEGAL SERVICES OF EASTERN MICHIGAN

PLEASE NOTE DIFFERENT DAY

**Tuesday, January 14th
from 1:00pm—2:30pm**

BY APPOINTMENT ONLY

Legal Services of Eastern Michigan focuses on "survival issues" - those which affect a person's ability to obtain the basic necessities of life or which affect fundamental interests.

SERVICE IS FREE IF 60 OR OLDER

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

Thursday, January 23rd from 9:00am-11:00am

BY APPOINTMENT ONLY

Assists Veterans/Family Members with:

- ◆ Claims for VA Health Care
- ◆ Claims for service-connected disabilities including Compensation or Dependency Issues
- ◆ Claims for Agent Orange, Gulf War, POWs, Cold War injuries & Atomic Radiation Exposure
- ◆ PTSD (Post Traumatic Stress Disorder)
 - ◆ TBI (Traumatic Brain Injury)
 - ◆ General Trauma
- ◆ Claims for non-service connected disabilities
- ◆ VA Pension to include Aid & Attendance benefits.

***YOGA**

Every Monday at 10:00am

***WEIGHT TRAINING**

Every Tuesday at 9:30am

***TAI CHI**

Canceled until April

***MASSAGE THERAPY**

Canceled until April

LINE DANCING

Wednesdays
6:00pm—7:30pm

***PICKLEBALL**

Every Friday at 9:00am-12:00pm

***WII BOWLING**

Every Friday at 12:30pm

STITCHED BEADING

Tuesday, January 7th
2:00pm - 4:00pm

This class is free; you need to bring the following supplies:

SNOWMAN BRACELET

Size 11 delicas

Black for background
White for snowman
Silver for hat trim
5 colors for hats
Orange for nose
Red & Green for Holly

WIRE BEADING

Tuesday, January 14th
2:00pm - 4:00pm

Learn how to make a simple bracelet. Class is limited to 20 seniors.

A minimal fee applies.



We are now taking appointments for 2019 Income Taxes. Appointments are available on Thursdays from 9am-3pm.

**FREE SERVICE PROVIDED BY:
AARP Tax-Aide Volunteers**

SATURDAY EUCHRE TOURNAMENT

**JANUARY 18TH
1:00PM**

**\$5.00 + 10¢ PER
EUCHRE.**

**BRING A DISH TO
PASS!**

LINE DANCING CLASS

J & J Dance & Fitness will be teaching this fun, upbeat line dancing class at the Thetford Township Hall every Wednesday from 6pm until 7:30pm. A \$3.00 drop in fee will apply.

CROCHET CLUB

Bring your projects and yarn and Kathryn Judd will show you the basics of Crocheting. We meet every Wednesday at 10:00am.

UPCOMING EVENTS



SENIOR WINTER GAMES REGISTRATION

NOVEMBER 4TH, 2019

TO

JANUARY 16TH, 2020

CHECK OUT THE NEW EVENTS!

REGISTER TODAY TO PARTICIPATE IN THE 2020 GAMES. OPENING CEREMONIES WILL BE HELD ON MONDAY, FEBRUARY 3RD AND GAMES ARE SCHEDULED THROUGH FEBRUARY. COME IN AND GET A SCHEDULE OF ALL OF THE 2020 EVENTS, RULES AND LOCATIONS. A REGISTRATION FEE OF \$12 INCLUDES AN UNLIMITED NUMBER OF EVENTS, BANQUET AND T-SHIRT.

WE WILL BE HOSTING YAHTZEE AND HAND, KNEE AND FOOT. WE NEED VOLUNTEERS TO HELP WITH THESE EVENTS. PLEASE SIGN UP IF YOU ARE INTERESTED IN HELPING.

WATERCOLOR PAINTING CLASS!

SIGN UP FOR A WATERCOLOR CLASS ON THURSDAY, JANUARY 16TH FROM 9AM UNTIL NOON. WE WILL START WITH A SIMPLE PAINTING FOR BEGINNERS. ALL SUPPLIES ARE INCLUDED. ONLY \$10.00

CARD MAKING IS BACK!

Tuesday, January 21st at 1:00pm

Make and Take an all occasion greeting card. We will have a template and you can personalize it any way you would like. You **MUST** sign up for this class to insure we have enough supplies. All materials are included. Class fee is \$3.00.

UPCOMING CLASSES:

COOKING MATTERS FOR ADULTS

Do you ever cook for your grandchildren? Do you receive SNAP benefits (bridge card)? If so, you need to take this exciting cooking class. Participants will receive groceries for lessons 1, 2, 3 and 4. For lesson 5, we will pick a grocery store to attend as a group and you will be given a \$10 shopping challenge. Some topics that will be covered in the six classes include: Healthy Snacks, Food Safety at Home, Planning Balanced Meals, Shopping Smart, Cooking Tips from the Chef and Tips for Eating Out. Classes will be held on Monday's from 2pm - 4pm.

Dates for classes are as follows:

January 13th, 27th, 2020

February 3rd, 10th, 17th & 24th

Attendance at all 6 classes is preferred and participants will receive a gift bag during the final class. Grant requirements apply in order to hold these classes. Please call for more information.

A MATTER OF BALANCE

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. Classes are conducted over eight sessions, meeting once a week for one hour per session. Classes begin on Friday March 6th. There is a requested donation of \$10 for the participant manual. This is not required to sign up for the class.

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Join us for this low-impact workout that will help reduce pain and decrease stiffness, so you feel stronger and more confident! The Arthritis Foundation Exercise Program uses gentle range-of-motion exercises to help people of all fitness levels:

- Keep joints flexible and muscles strong
- Sleep better
- Increase energy
- Improve overall well-being

Classes are on Thursdays, May 7-June 25 from 10:30am-11:30am and free to all!

CODE OF CONDUCT:

ALL PARTICIPANTS AND VISITORS SHALL:

Be courteous to fellow participants, staff and visitors,
 Be cooperative,
 Allow no profanity,
 Allow no use of alcohol or illegal drugs on senior center property,
 Allow no soliciting, panhandling or begging,
 Always maintain personal hygiene as to not be offensive to others,
 Help promote a friendly environment,
 Always be polite and respect others,
 Allow no theft,
 Respect the facility and equipment,
 Refrain from spreading rumors or gossip,
 Stay home if you are ill, regularly incontinent or showing signs or symptoms of impending illness,
 Always practice good manners.

THE SENIOR CENTER RESERVES THE RIGHT TO REMOVE A PARTICIPANT FROM THE SENIOR CENTER IF THE CODE OF CONDUCT IS NOT ADHERED TO.

UPPER PENINSULA CASINO TOUR:

Wednesday, May 6th, 2020

Thursday, May 7th, 2020

PAY \$100.00

Receive \$50 free play

\$10 food voucher

Breakfast Buffet

PLEASE RESPECT OTHERS!



IF YOU ARE COUGHING, SNEEZING OR FEEL LIKE YOU MAY BE GETTING SICK, PLEASE RESPECT OTHERS AND STAY HOME UNTIL YOU ARE FEELING BETTER!

INCLEMENT WEATHER POLICY:

IF THE CLIO AREA SCHOOLS CLOSE DUE TO INCLEMENT WEATHER CONDITIONS THE SENIOR CENTER WILL CLOSE AS WELL. WE WILL POST THE CLOSING ON OUR FACEBOOK PAGE AND ON ABC 12, NBC 5 & 25. IT IS ALWAYS A GOOD IDEA TO CALL FIRST BEFORE HEADING OUT IN BAD CONDITIONS.

FREE PRINTABLE WINTER WORD SEARCH



Winter Word Search



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

BLIZZARD FIREPLACE PLOW
 BOOTS FROSTY SCARF
 COAT HAT SHOVEL
 COCOA ICE SKIING
 COLD ICICLES SLEDDING
 DECEMBER JANUARY SNOW
 EARMUFFS MARCH SWEATER
 FEBRUARY MITTENS WINTER



CRAYONSANDCRAVINGS.COM


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JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Crochet Club 10:00 Cribbage 1:00 Dominoes 6:00 Line Dancing	2 9:00 Paint for Fun 9:30 Sit & Be Fit 10:30 Farkle 1:00 Hand, Knee, Foot 6:00 Pinochle 6:00 Euchre	3 9:00 Pickle Ball 12:30 Shanghai 12:30 Basket Weaving 12:30 Wii Bowling 1:00 Beginner Pickleball
6 9:00 Sewing Club 10:00 Yoga 12:00 Homemade lunch 1:00 Yahtzee	7 9:30 Weight Training 12:30 BINGO 1:00 Poker 1:30 GOLF 2:00 Stitched Beading	8 10:00 Crochet Club 10:00 Cribbage 1:00 Dominoes 6:00 Line Dancing	9 9:30 Sit & Be Fit 10:30 Farkle 1:00 Hand, Knee, Foot 6:00 Pinochle 6:00 Euchre 9am-4pm ALL DAY SEW	10 8:00 Senior Food Box 9:00 Pickle Ball 12:30 Shanghai 12:30 Basket Weaving 12:30 Wii Bowling 1:00 Beginner Pickleball 1:00 Poker Tourney
13 9:00 Sewing Club 10:00 Yoga 12:00 Homemade lunch 1:00 Yahtzee 2:00 Cooking Matters	14 9:30 Weight Training 12:30 BINGO 1:00 Poker 1:00 Legal Services 1:30 GOLF 2:00 Wire Beading	15 8:00 Food Commodities 10:00 Crochet Club 10:00 Cribbage 1:00 Dominoes 6:00 Line Dancing	16 9:00 Water Color Painting Class 9:30 Sit & Be Fit 10:30 Farkle 1:00 Hand, Knee, Foot 6:00 Pinochle 6:00 Euchre	17 8:00 Breakfast 9:00 Pickle Ball 12:30 Shanghai 12:30 Basket Weaving 12:30 Wii Bowling 1:00 Beginner Pickleball
20 CENTER CLOSED MARTIN LUTHER KING, JR. DAY	21 9:30 Weight Training 12:30 BINGO 1:00 Poker 1:30 GOLF	22 10:00 Crochet Club 10:00 Cribbage 1:00 Dominoes 6:00 Line Dancing	23 9:00 Veteran's Services 9:30 Sit & Be Fit 10:30 Farkle 1:00 Hand, Knee, Foot 6:00 Pinochle 6:00 Euchre 9am-4pm ALL DAY SEW	24 8:00 Senior Food Box 9:00 Pickle Ball 12:30 Shanghai 12:30 Basket Weaving 12:30 Wii Bowling 1:00 Beginner Pickleball
27 9:00 Sewing Club 10:00 Yoga 12:00 Homemade lunch 1:00 Yahtzee 2:00 Cooking Matters	28 9:30 Weight Training 12:30 BINGO 1:00 Poker 1:30 GOLF	29 10:00 Crochet Club 10:00 Cribbage 1:00 Dominoes 6:00 Line Dancing	30 9:30 Sit & Be Fit 10:30 Farkle 1:00 Hand, Knee, Foot 6:00 Pinochle 6:00 Euchre	31 9:00 Pickle Ball 12:30 Shanghai 12:30 Basket Weaving 12:30 Wii Bowling 1:00 Beginner Pickleball 1:00 Poker Tourney

Congregate January Menu 2020

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
6 BONELESS PORK CHOP MASHED POTATOES w/ GRAVY CORN \$4.00	7 HM Chicken Parmesan Succotash Vegetable Blend Steamed Cauliflower Potato Roll Margarine Fresh Fruit Salad 100% Fruit Juice	8 Marinated Turkey Breast Vegetable Blend Roasted Sweet Potatoes Honey Wheat Roll Margarine Fruit Cocktail Milk	9 HM Beef Barley Soup Tossed Salad w/Tomatoes Baby Carrots Salad Dressing pk Buttermilk Biscuit w/honey Fresh Orange Margarine 100% Fruit Juice	10 Antipasto Salad w/Salami, Pepperoni, Ham Pasta Salad Breadstick Salad Dressing pk Milk
13 CORN CHOWDER HAM SANDWICH ON CROISSIANTS \$4.00	14 HM Stuffed Peppers Steamed Beets Cauliflower Fresh Apple Wheat Roll Margarine 100% Fruit Juice	15 Country Style Chicken Patty Mashed Potatoes Mixed Vegetables Banana Muffin Margarine Fresh Orange Milk	16 HM Mac and Cheese Corn Green Beans Wheat Roll Birthday Cake Margarine 100% Fruit Juice	17 Alaskan Pollock Loins Tossed Salad w/Tomatoes Winter Blend Vegetables Salad Dressing pk Whole Grain Muffin Diced Fruit Mix Lemon Juice Pk Milk
20 	21 HM Chicken & Dumplings Stew Vegetables Green Beans Biscuit Golden Apple 100% Fruit Juice	22 Spaghetti w/ Meat Sauce Sweet Peas Veggie Blend Tropical Fruit Salad Whole Wheat Bun Margarine Milk	23 HM Beef Potpie w/ Stewed Vegetables Zucchini & Tomatoes Biscuit Pineapple Chunks Cookie Of the Month Margarine 100% Fruit Juice	24 Cobb Salad w/ Turkey, Cheese, Egg, Bacon Peppers Strips Corn Muffin Fruit Salad Salad Dressing Pkt Milk
27 BISCUITS AND SAUSAGE GRAVY BACON MIXED FRUIT \$4.00	28 HM Beef Liver w/Gravy Garlic Mashed Potatoes Sweet Peas Sliced Dinner Roll Margarine Sliced Peaches 100% Fruit Juice	29 Char grilled Chicken Breast Far East Vegetable Blend Sliced Carrots Sourdough Dinner Roll Margarine Mandarin Oranges Milk	30 HM Salisbury Steak w/gravy Steamed Spinach Mashed Potatoes Multi-grain Roll Fresh Pear Margarine 100% Fruit Juice	31 Grilled Chicken Salad Romaine Lettuce Cucumber Slices w/dip Mandarin Oranges Garlic Bread Margarine Milk