

SENIOR CIRCUIT

Mar/Apr 2026 Issue | Volume 21, Issue 2



JACKSON COUNTY DEPARTMENT ON AGING



Senior Centers and Sites
517-788-4364

MARCH | APRIL ISSUE

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SUPPORT
MEALS ON WHEELS
Tuesday, March 10, 2026
5:30 - 7:30 pm
American 1 Credit Union
Event Center, Keeley Park
See Page 15

ST. PADDY'S DAY PARTY AT CROUCH

KEVIN KRIEGER, Saxophonist
TUESDAY, MARCH 17

Irish Music with Kevin - 10:45 am
Lunch - 12 noon
Crouch Jam Session - 1 pm



- Danny Boy
- When Irish Eyes Are Smiling
- Road To Lizdoonvarna
- Irish Washerwoman
- Cooley's Reel
- Carolan's Ramble To Cashel
- Come By The Hills
- Four Green Fields
- Skye Boat Song, and More!



Staying for Lunch? Call 768-8684 at least 1 day in advance!

TECH TIME
with Miro
2nd Monday, 10 am

Computer Help Hour
with Dr. Bill
Tuesdays 1 pm - 2 pm

Connection Café WellWise
Topics: Driver Safety and Making Friends as We Age
See Page 10

Creative Conversations
4th Thursday, Monthly
See Page 10

Blood Pressure Clinic
Siena Heights Student Nurses
Friday, March 20, 11 am - 1 pm

Foot Clinic | Dr. White
See Page 11

Alzheimer's Support
Nicole Hourani, Alzheimer's Association, MI Chapter
See Page 16

Secretary of State
Mobile Unit at Crouch
See Page 11

HENRY FORD HEALTH
March - Understanding Hospice...
See Page 16

Lunch & Learn
The New Food Pyramid
See Page 16

Bingo, Euchre, Karaoke, Bridge, Exercise
Pages 7 & 12



CLASSES/ACTIVITIES AT CROUCH

Please Register for Classes (517) 768-8691 Email: LMead@mijackson.org

BILLIARDS EVERY DAY!
Mon - Fri 9 am to 4 pm
Facilitators: Tim & Mike
Weds., Mar 25 Pool Tournament 9:30 am

BIBLE STUDY
Mondays at 10:30 am
Facilitator: Pastor Ed

PAINT PARTIES TO GO
MONDAY, Mar 23 at 10 am
MONDAY, Apr 6 at 1 pm
Free for people 60+ First 25 that sign up. (\$10 donation for all others)
Must Sign Up! 768-8691
Instructor: Karen Olmos

ROUND DANCE CLASS
Mondays, 1 pm to 3 pm
Waltz and Swing | See Page 13

CRAFT & CHATS - FREE 60+ AT 1 PM
MONDAY, March 23 & 30 Polymer Clay with Marcy. Limit 10 people.
MONDAY, April 27 Craft with Michelle
Sign Up! 768-8691

HOSPICE QUILTERS
Tuesdays at 10:00 am
Facilitator: Karen

CROUCH JAM SESSION
Every Tuesday Following Lunch
Musicians and Listeners Welcome!
Facilitators: Jerry & Dave

WOOD CARVING CLUB
Tuesdays at 1:00 pm
Facilitators: Bob & Dennis

CARD MAKING CLASS
1 & 3 Wednesdays 9:30 am
\$7.00 Supply Donation
Instructors: Bev & Jane

WRITING CIRCLE
1st & 3rd Wednesdays at 10:30 am
Instructors: Fordine & Sherrill

CROUCH COMMON TRIVIA
2nd & 4th Wednesdays at 10:00 am
Common Knowledge Trivia!!
Facilitators: Dennis & JC

GRANNY SQUARES
Wednesdays at 1 pm
Gals & GUYS Welcome!
Facilitator: Barb

KARAOKE
4th Wednesday Every Month 1 pm
Norma Plays the Tunes & You Sing!

GREEN THUMB MSUE MG
3rd Thurs. at 10:00 am
March 19 - Maple Syruping presented by Nancy, Jackson County Master Gardener
April 16 - Gary Beck, Beck's Flower Shop and Gardens
SIGN UP! 768-8691

GOSPEL JAM
Thursdays at 1 pm
Facilitators: Jerry & Dave

ACRYLIC PAINT CLASS
Thursdays at 1 pm Supply Donation.
Call 768-8691 for more information
Instructor: Karen H.

ROCK N ROLLERS WII BOWL
Fridays After Specials!
Facilitators: Dawn, Cathy

CARDIO DRUMMING
Tuesdays at 9 am & Fridays at 1 pm
Facilitators: Tracy & Barb

FREE PENNY AUCTION
Friday, March 20 & April 17
1:15 pm to 2:00 pm
(Pennies/Chips Provided)
Auctioneer: Candy

LOW VISION BLIND CLUB
Low Vision Friends & Activities
Facilitators: Tamera & Char



DINNER DANCES

St. Paddy's Dance - Thursday, March 5
Spring Dance - Thursday, April 9



CROUCH SENIOR CENTER
5 pm - 9 pm
Park In Lot A
Health Department,
Ground Floor, Room 005

Menu
March - Irish Stew, Red Potatoes, Carrots,
Irish Soda Bread & Irish Dessert
April - Creamy Chicken Gnocchi, Italian
Blend Vegetables, Salad, Garlic Knots,
Grapes & Italian Lemon Cake

Dinner Served 5 - 5:30 p.m.
60+ suggested donation \$2.50;
Under 60 - cost \$3.50

Dance 6 - 9 p.m.
Dance Donation \$1.50

DINNER RSVP: 768-8691
Enrichment: 768-8691

Live Band:
March - The Ramblers
April - Linnie & Moochie

Reservations
At Least One Day in Advance.
Limited Seating.
Full at 140.

517-768-8691
No Entry Before 4:00 pm



Next Dinner Dance: Thursday, May 7
The Ramblers Band | Prom Dinner Dance

CELEBRATIONS

St. Paddy's Day & Irish Music
Tues., March 17 at 10:45 am
Kevin Krieger, Saxophonist

Spring Celebrations
Music with The Style Band
Mon., March 30 at 10:45 am
Tues., March 31 at 10:45 am
Weds., April 1 at 10:45 am
Thurs., April 2 at 10:45 am

Special Guests: Easter Bunnies
Thursday, April 2

Good Friday
Friday, April 3 at 12:30 pm
Gospel Music with The Butlers

Easter Ham Dinner at Crouch
Monday, April 6
10:30 Easter Piano Concert
with Carol
Special Guests: Easter Bunnies
12:00 noon Easter Ham Dinner

Rose City Harmonica Club
Toe Tapping Music Time
Friday, April 24 at 1:00 pm

Free Penny Auction
1:30 pm - Fridays
March 20 & April 17
Auctioneer: Candy



Lunch at 12 noon
Please make your Lunch
Reservations at least 1 day in
advance. Call 768-8684

Large Groups - Call 768-8691



OUR GATHERING PLACES

Call 768-8684 for Lunch Reservations. Call 788-4364 for SITE Information.

IT'S MORE THAN JUST LUNCH!

You are invited to lunch at the Crouch Senior Center. Whether you bring your friends or come on your own, you will enjoy the camaraderie and friendships while enjoying a hot, nutritious meal served at noon. Come early to enjoy many exciting activities and enrichment programs.

Gathering Place INFORMATION call 788-4364

LUNCH RESERVATIONS call 768-8684

Crouch Senior Center

1715 Lansing Ave
MON - FRI
9 am - 4 pm

Michigan Center St. Aidan's Church

361 Grove Street
MON WED FRI
10:30 - 2:30

Park Forest Site

3300 Spirea Ct. MON - FRI
10:30 - 1:30

Napoleon Site
Township Hall (M-50)
6755 Brooklyn Rd.
TUES & THURS
10:30 - 1:30

Norvell Site
300 Mill Street
MON WED FRI
10:30 - 1:30

Spring Arbor Senior Site
JDL SA Branch
122 Star Road
MON - FRI
10:00 - 1:30

King Recreation Center Food with Friends Site
1107 Adrian St.
MON - FRI 12 noon

Grass Lake Senior Center Food with Friends Site
Call 768-8684 for lunch days!

LUNCH RESERVATIONS
one day in advance
(517) 768-8684

SECOND MEAL PROGRAM

A second, evening cold meal is available to take home two days a week for seniors who eat lunch at a nutrition site and have reserved a second meal.

Criteria:

- You or your spouse must be age 60 or older.
 - You eat a noon meal at the site that day.
 - You reserve your second meal in advance.
 - You sign to receive the meal.
- Suggested Donation: \$1.00

Second Meal Available:

Tue & Thu at Napoleon site
Mon & Wed at all other sites

Sign up for the second meal at a Nutrition site or call (517) 768-8684

Please call one day in advance and leave the site location when you leave a message.

The Second Meal Program provided by senior millage funding.

Lunch Served at Crouch - 12 noon to 12:45 pm
Lunch Served at Rural Sites - 12 noon to 12:30 pm
Food With Friends - See Site for Lunch Serving Time

LUNCH RESERVATIONS

Please call one day in advance to make your lunch reservations.

(517) 768-8684

Suggested donation for guests 60 and older - \$2.50; Cost for guests under 60 - \$3.50



Inclement Weather Reminder!

When Jackson Public Schools are closed due to inclement weather, nutrition sites will be closed and Meals on Wheels will not be delivered. Please listen to the following stations for closing announcements:

Radio

- FM 96.7
- FM 105.3
- AM 970

TV

- WLNS-TV6, Lansing
- WILX-TV10



SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>- 2 -</p> <p>Egg Scramble w/Bacon & Cheese Au Gratin Potatoes Mixed Veggies Muffin Orange Juice Milk</p>	<p>- 3 -</p> <p>Cheeseburger Tater Tot Casserole Green Beans Fresh Fruit Milk</p>	<p>- 4 -</p> <p>Southwest Chicken & Rice Antigua Blend Peas Fresh Fruit Milk Cookie</p>	<p>- 5 -</p> <p>Sausage & Peppers Normandy Blend Hot Spiced Apples Roll Milk</p> <p></p> <p>Dinner Dance 5 pm - 9 pm</p>	<p>- 6 -</p> <p>Seafood Alfredo Broccoli Carrot Coins Fresh Fruit Milk Dessert</p>
<p>- 9 -</p> <p>Salisbury Steak Mashed Potatoes Mixed Vegetables Roll Fresh Fruit Milk</p>	<p>- 10 -</p> <p>Smothered Chicken Au Gratin Potatoes Brussels Sprouts Roll Fresh Fruit Milk</p>	<p>- 11 -</p> <p>Spaghetti & Meatballs Italian Blend Veggies Green Peas Fresh Fruit Milk Cookie</p>	<p>- 12 -</p> <p>Stuffed Pepper Casserole Zucchini & Tomatoes Hot Spiced Apples Milk</p>	<p>- 13 -</p> <p>Macaroni & Cheese Green Beans Normandy Blend Fresh Fruit Milk Dessert</p>
<p>- 16 -</p> <p>Swedish Meatballs over Rice Cauliflower Mixed Vegetables Fresh Fruit Milk</p>	<p>- 17 -</p> <p>Shepherd's Pie Honey Carrots Brussels Sprouts Roll Fresh Fruit Milk</p> <p></p>	<p>- 18 -</p> <p>Sloppy Joe Tater Tot Casserole Peas & Carrots Fresh Fruit Milk Cookie</p>	<p>- 19 -</p> <p>Chicken Chop Suey Broccoli Hot Strawberries and Pears Milk</p>	<p>- 20 -</p> <p>Cheese Lasagna Green Beans Carrots Fresh Fruit Milk</p>
<p>- 23 -</p> <p>Chicken & Peppers Corn & Black Bean Fiesta Re-Fried Beans Flour Shell & Taco Sauce Fresh Fruit Milk</p>	<p>- 24 -</p> <p>Chili Mac Broccoli Cauliflower Fresh Fruit Milk</p>	<p>- 25 -</p> <p>Breaded Pork w/Country Gravy Au Gratin Potatoes Mixed Veggies Roll Applesauce Cup Milk, Cookie</p>	<p>- 26 -</p> <p>Wiley Potato Antigua Blend Strawberries & Pears Roll Milk</p>	<p>- 27 -</p> <p>Fish Sandwich Macaroni & Cheese Peas & Carrots Fresh Fruit Milk Dessert</p>
<p>- 30 -</p> <p>Beef Pepper Patty Mashed Potatoes Mixed Vegetables Roll Fresh Fruit Milk</p>	<p>- 31 -</p> <p>Chicken Cordon Bleu Sweet Potato Casserole Brussels Sprouts Roll Fresh Fruit Milk</p>	<p>St. Patty's Dinner Dance March 5 Irish Stew Red Potatoes Carrots Irish Soda Bread Fruit, Milk Dessert</p>	<p></p> <p>Menus Approved by: Sarah Pollack, RDN, CDCES</p>	<p></p>

POLYMER BEAD CLASS BY MARCY

- Mondays - March 23 & March 30
- 1:00 pm
- This is a 2 day class. Sign Up!
- See Page 2 or Call 768-8691

TECH TIME AT CROUCH

- 2nd MONDAY of the Month
- 10:00 am in the Computer Lab
- Show up! Or Call 768-8691
- Miro, WellWise Services, AAA

8 BALL POOL TOURNAMENT

- Wednesday, March 25
- 9:30 am | Two Loss, 8 Ball
- Sign Up in Pool Room or Call 768-8691
- See Page 10

SENIOR NUTRITION PROGRAM - MEAL RESERVATIONS 768-8684

Gathering Places - Menu RSVP (517) 768-8684

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Dinner Dance Menu April 9, 5 - 5:30 dinner Creamy Chicken Gnocchi, Italian Veggies, Salad, Garlic Knots, Grapes, Dessert: Italian Lemon Cake</p> 	<p>- 1 - Stuffed Cabbage Mashed Potatoes Mixed Vegetables Fresh Fruit Milk</p>	<p>- 2 - Brat & Sauerkraut Carrots Hot Spiced Apples Roll Milk</p>	<p>- 3 - Eggplant Parmesan California Blend Green Beans Fresh Fruit Milk Dessert</p> 
<p>- 6 - Easter Ham Dinner Sweet Potato Casserole Country Green Beans Roll Milk</p> 	<p>- 7 - Swedish Meatballs over Rice Brussel Sprouts Mixed Vegetables Fresh Fruit Milk</p>	<p>- 8 - Crispy Chicken w/Country Gravy Mashed Potatoes Normandy Blend Roll Fresh Fruit Milk & Cookie</p>	<p>- 9 - Cheeseburger ww Bun Au Gratin Potatoes Pease & Carrots Fresh Fruit Milk</p>  <p style="background-color: #90EE90; padding: 2px; display: inline-block;">Dinner Dance</p>	<p>- 10 - Chicken Tenders Mac & Cheese Country Green Beans Roll Fresh Fruit Milk Dessert</p>
<p>- 13 - Smothered Beef Patty Mashed Potatoes California Blend Roll Fresh Fruit, Milk</p>	<p>- 14 - BBQ Pork WW Bun Au Gratin Green Peas w/Pearl Onions Apple Sauce Cup Milk</p>	<p>- 15 - Chicken & Peppers Flour Tortilla Spanish Rice Black Beans & Corn Fresh Fruit Milk & Cookie</p>	<p>- 16 - Chili Cheese Baked Potato Antigua Blend Hot Spiced Apples Milk</p>	<p>- 17 - Egg Scramble Zucchini & Tomatoes Au Gratin Potatoes Muffin Milk</p>
<p>- 20 - Beef Pepper Patty Mashed Potatoes Broccoli Roll Fresh Fruit, Milk</p>	<p>- 21 - Smoked Chicken Tortelloni w/baby Spinach & Dried Tomatoes California Blend Green Beans Fruit & Milk</p>	<p>- 22 - Goulash Corn Green Beans Fresh Fruit Milk Cookie</p>	<p>- 23 - Pork Chop Suey over Rice Stir Fry Vegetables Hot Spiced Apples Fortune Cookie Milk</p>	<p>- 24 - Fish Sandwich WW Bun Tater Tot Casserole Peas & Carrots Fresh Fruit Milk Dessert</p>
<p>- 27 - Beef Ribette ww Bun Tater Tot Casserole Peas & Carrots Applesauce Cup Milk</p>	<p>- 28 - Sausage & Peppers Wild Rice California Blend Roll Fresh Fruit Milk</p>	<p>- 29 - Chicken Florentine over Rice Zucchini & Tomatoes Hot Strawberries & Pears Milk</p>	<p>- 30 - Chicken Cordon Bleu Sweet Potato Casserole Brussels Sprouts Roll Fresh Fruit Milk</p>	 <p>Menus Approved by: Sarah Pollack, RDN, CDCES</p>

SPRING CELEBRATIONS

- **Music with The Style Band**
- 10:45 am
- March 30 & March 31
- April 1 & April 2

LUNCH & LEARN

- **The New Food Pyramid**
- Thursday, April 30 at 11:30
- Room 005
- See Page 16

CARDIO DRUMMING CLASS

- Free Cardio Drumming
- Tuesdays at 9 am
- Fridays at 1 pm (this class does not meet 1st Friday) See Page 12

JAMS & KARAOKE

Crouch Dining Room

CROUCH JAM SESSION TUESDAYS AT 1 PM

New Musicians & Listeners Always Welcome! Call 768-8691 for Info!

KARAOKE AT 1 PM 4TH WEDNESDAY EVERY MONTH

Norma plays the backup music and you sing the words that appear onscreen.

GOSPEL JAM THURSDAYS AT 1 PM

An afternoon with Jerry, Dave & Friends. Sing Along or Listen!



BINGO

Crouch Dining Room

PENNY BINGO

1, 3, 5 Wednesday at 1:00

Due to Penny shortage, we play with Pennies and do a Penny Buy Back! Players redeem pennies for cash at end of game. **768-8691**

FLAMINGO BINGO

Free Bingo! Donated Prizes.

**2nd Monday at 1 pm
2nd Wednesday at 1 pm**

(free games; prizes are donated, gently used items - bring prizes to Laurie 768-8691. No drop and go's please.)

QUARTER BINGO

Fridays at 10:00 am

Bring a quarter for each card you play. Winners split the pot(s)!

Questions!! 768-8691

EUCHRE TOURNAMENTS, CARDS AND GAMES

PLEASE CALL 768-8691 for Game Information

Location	Game	Day	Time
Crouch	Pool Games	Mon - Fri	9 am - 4 pm
Crouch	Wii Bowl Games	Any Day!	9 am - 4 pm
Crouch	Hand & Foot	2nd Monday	11:30 am
Crouch	Euchre Tourney	Thursdays	1:00 pm
Crouch	Wii Bowl League	Fridays	After Specials
Crouch	Bridge	Fridays	1:00 pm
King Center	Four Corners	M - F	10:30 am
Michigan Center	Conversation!	M/W/F	10:30 - 2:30
Napoleon	Conversation!	T/TH	10:30 - 1:30
Norvell	Conversation!	Fridays	10:30 - 1:30
Spring Arbor	Cards & Lunch	Call for Info	768-8691




PHOTOGRAPHY DISCLAIMER: Jackson County Department on Aging uses pictures of events and participants to inform others about these opportunities. We will not use identification. If you do not want your picture taken, please tell our photographer.

SPECIAL ACCOMMODATION: When registering for an event, please notify Jackson County Department on Aging of any special accommodations needed.

DISCLAIMER: The opinions by presenters are their own and do not reflect the views of Jackson County Department on Aging or any agency sponsors.

MARCH 2026 CALENDAR OF EVENTS - CROUCH SENIOR CENTER






1715 Lansing Avenue, Jackson, MI | Open Mon-Fri 9 a.m. - 4 p.m. (517) 768-8691

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>- 2 -</p> <p>8:30 Fit 50 10:30 Bible Study 10:30 Exercise Enhance 1 - 3 Round Dance Paint Party Moved to March 23 at 10 am!!!!</p>	<p>- 3 -</p> <p>9:00 Cardio Drumming 10:00 Quilters 10:30 MFBB Tai Chi 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p>- 4 -</p> <p>8:30 Fit 50 9:30 Card Class 10:30 Exercise Enhance 10:30 Writing Circle 11:45 Line Dance 1:00 Advance Line Dance 1:00 Granny Squares 1:00 Penny Bingo</p>	<p>- 5 -</p> <p>10:30 Exercise Tai Chi 10:30 Card Bingo (bring 4 quarters) 1:00 Gospel Jam 1:00 Euchre 1:00 Acrylic Paint Class 5 - 9 Dinner Dance</p>	<p>- 6 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise Enhance 1:00 Bridge Club 1:30 Wii Bowl</p>
<p>- 9 -</p> <p>8:30 Fit 50 10:00 Tech Time 10:30 Bible Study 10:30 Exercise Enhance 11:30 Hand & Foot 1:00 Flamingo Bingo 1 - 3 Round Dance</p>	<p>- 10 -</p> <p>9:00 Cardio Drumming 10:00 Quilters 10:30 MFBB Tai Chi 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p> <p>SOUP'S ON</p>	<p>- 11 -</p> <p>8:30 Fit 50 10:00 Trivia 10:30 Exercise Enhance 11:45 Line Dance 1:00 Advance Line Dance 1:00 Granny Squares 1:00 Flamingo Bingo</p>	<p>- 12 -</p> <p>10:30 Exercise Tai Chi 10:30 Who Am I? w/Candy 1:00 Gospel Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 13 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise Enhance 1:00 Bridge Club 1:00 Cardio Drum 1:30 Wii Bowl</p>
<p>- 16 -</p> <p>8:30 Fit 50 10:30 Bible Study 10:30 Exercise Enhance 1 - 3 Round Dance 1:00 Connection Café Driver Safety</p>	<p>- 17 -</p> <p>9:00 Cardio Drumming 10:00 Quilters 10:30 MFBB Tai Chi 10:45 St Paddy's Irish Music 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p> 	<p>- 18 -</p> <p>8:30 Fit 50 9:30 Card Class 10:30 Exercise Enhance 10:30 Writing Circle 11:45 Line Dance 1:00 Advance Line Dance 1:00 Granny Squares 1:00 Penny Bingo</p>	<p>- 19 -</p> <p>10:00 Green Thumb 10:30 Exercise Tai Chi 11:00 Grandparent Keep Grandkids Safe w/Sleep 1:00 Gospel Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 20 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise Enhance 1:00 Bridge Club 1:00 Cardio Drum 1:30 Free Penny Auction</p> <p>Blood Pressure Clinic Siena Heights Nurses</p>
<p>- 23 -</p> <p>8:30 Fit 50 10:00 Paint Party 10:30 Bible Study 10:30 Exercise Enhance 1 - 3 Round Dance 1:00 Polymer Clay Bead 1</p>	<p>- 24 -</p> <p>9:00 Cardio Drumming 10:00 Quilters 10:30 MFBB Tai Chi 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	<p>- 25 -</p> <p>8:30 Fit 50 9:30 POOL TOURNAMENT 10:00 Trivia 10:30 Exercise Enhance 11:45 Line Dance 1:00 Advance Line Dance 1:00 Granny Squares 1:00 Karaoke</p>	<p>- 26 -</p> <p>10:00 Henry Ford Hospice Palliative Care w/Erika 10:30 Exercise Tai chi 10:30 CREATIVE Conversation 1:00 Gospel Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 27 -</p> <p>8:30 Fit 50 10:00 Quarter Bingo 10:30 Exercise Enhance 1:00 Bridge Club 1:00 Cardio Drum 1:30 Getting To Know Your Neighbor Talk Show</p>
<p>- 30 -</p> <p>8:30 Fit 50 10:30 Bible Study 10:30 Exercise Enhance 10:45 The Style Band 1 - 3 Round Dance 1:00 Polymer Clay Bead 2</p>	<p>- 31 -</p> <p>9:00 Cardio Drumming 10:00 Quilters 10:30 MFBB Tai Chi 10:45 The Style Band 1:00 Woodcarvers 1:00 Jam Session 1:00 Computer Help</p>	 		

<p>KING CENTER Open! M - F MICHIGAN CENTER M/W/F LUNCH</p>	<p>PARK FOREST M - F Lunch & Conversation NAPOLEON T/TH LUNCH</p>	<p>NORVELL M/W/F LUNCH GRASS LAKE SENIOR CENTER Activities 522-8466</p>
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APRIL 2026 CALENDAR OF EVENTS - CROUCH SENIOR CENTER

1715 Lansing Avenue, Jackson, MI | Open Mon-Fri 9 a.m. - 4 p.m. (517) 768-8691

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>- 6 -</p> <p>Exercise on Break 10:30 Bible Study</p> <p>10:30 EASTER Music 12 pm HAM DINNER</p> <p>1:00 Round Dance 1:00 Paint Party</p> 	 <p>- 7 -</p> <p>9:00 Cardio Drum 10:00 Quilters Exercise on Break 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p>- 1 -</p> <p>8:30 Fit After 50 9:30 Card Class 10:30 Exercise Enhance 10:30 Writing Circle 10:45 The Style Band 11:45 & 1:00 Line Dance 1:00 Penny Bingo 1:00 Granny Squares</p>	<p>- 2 -</p> <p>10:30 Exercise Tai Chi 10:45 The Style Band & Easter Bunny Fun 1:00 Gospel Jam 1:00 Euchre 1:00 Acrylic Paint Class</p> 	<p>- 3 -</p> <p>8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise Enhance 12:30 Country Gospel Music w/ The Butlers 1:00 Bridge Club 1:30 Wii Bowling</p> 
<p>- 13 -</p> <p>8:30 Fit After 50 10:00 TECH TIME 10:30 Bible Study 10:30 Exercise Enhance 11:30 Hand & Foot 1:00 Round Dance 1:00 Flamingo Bingo</p>	<p>- 14 -</p> <p>9:00 Cardio Drum 10:00 Quilters 10:30 Exercise Tai Chi 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p>- 8 -</p> <p>Exercise on Break 10:00 Trivia 11:45 Line Dance 1:00 Advance Line Dance 1:00 Flamingo Bingo 1:00 Granny Squares</p>	<p>- 9 -</p> <p>Exercise on Break 10:30 Card Bingo (bring 4 quarters) 1:00 Gospel Jam 1:00 Euchre 1:00 Acrylic Paint Class</p> <p style="background-color: #90EE90; padding: 5px; text-align: center;">5 - 9 DINNER DANCE</p>	<p>- 10 -</p> <p>Exercise on Break 10:00 Quarter Bingo 1:00 Bridge Club 1:00 Cardio Drum 1:30 Wii Bowl</p>
<p>- 20 -</p> <p>8:30 Fit After 50 10:30 Bible Study 10:30 Exercise Enhance 1:00 Round Dance 1:00 Connection Cafe</p>	<p>- 15 -</p> <p>8:30 Fit After 50 9:30 Card Class 10:30 Writing Circle 10:30 Exercise Enhance 11:45 & 1:00 Line Dance 1:00 Penny Bingo 1:00 Granny Squares</p>	<p>- 16 -</p> <p>10:00 GREEN THUMB Gary Beck, Beck's Flowers 10:30 Exercise Tai Chi 1:00 Gospel Jam 1:00 Euchre 1:00 Acrylic Paint Class 1:00 Nutrition Council</p>	<p>- 17 -</p> <p>8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise Enhance 1:00 Bridge Club 1:00 Cardio Drum 1:30 Penny Auction</p> <p style="background-color: #90EE90; padding: 5px; text-align: center;">Foot Clinic</p>	
<p>- 27 -</p> <p>8:30 Fit After 50 10:30 Bible Study 10:30 Exercise Enhance 1:00 Round Dance 1:00 Craft N Chat</p>	<p>- 21 -</p> <p>9:00 Cardio Drum 10:00 Quilters 10:30 Exercise Tai Chi 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p>- 22 -</p> <p>8:30 Fit After 50 10:00 Trivia 10:30 Exercise Enhance 11:00 Alzheimer's Support 11:45 & 1:00 Line Dance 1:00 KARAOKE 1:00 Granny Squares</p>	<p>- 23 -</p> <p>10:30 Exercise Tai Chi 10:30 JDL Creative Conversations 1:00 Gospel Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>	<p>- 24 -</p> <p>8:30 Fit After 50 10:00 Quarter Bingo 10:30 Exercise Enhance 1:00 Toe Tapping Time Harmonica Club 1:00 Bridge Club 2:00 Wii Bowl</p>
<p>- 28 -</p> <p>9:00 Cardio Drum 10:00 Quilters 10:30 Exercise Tai Chi 1:00 Woodcarving 1:00 Jam Session 1:00 Computer Help</p>	<p>- 29 -</p> <p>8:30 Fit After 50 10:30 Exercise Enhance 11:45 Line Dance 1:00 Advance Line Dance 1:00 Penny Bingo 1:00 Granny Squares</p>	<p>- 30 -</p> <p>10:30 Tai Chi <i>in Senior Center Multi Room</i> 11:30 LUNCH & LEARN Rm 005 New Food Pyramid 10:30 Card Bingo (4 quarters) 1:00 Gospel Jam 1:00 Euchre 1:00 Acrylic Paint Class</p>		
<p>KING CENTER Open! M - F</p> <p>MICHIGAN CENTER M/W/F Lunch & Conversation</p>	<p>NAPOLEON T/TH Lunch & Conversation</p> <p>PARK FOREST M - F Lunch & Conversation</p>	<p>NORVELL M /W /F EUCHRE FRIDAYS!!</p> <p>GRASS LAKE CALL 522-8466</p>		

CREATIVE CONVERSATIONS

Crouch Senior Center

**Creative Conversations
with Jen**
Jackson District Library

4th Thursday of the Month at 10:30 am
March 24 and April 23
Crouch Senior Center

Sign Up! Or Show Up! 768-8691



8-BALL POOL

Crouch Senior Center

**TWO LOSS, 8-BALL
POOL TOURNAMENT**

Wednesday, March 25
(Friday, March 27 if extra time needed)
Games Start at 9:30 am



This Tournament is for players 50+
Number of Players Limited
Sign Up in Pool Room or Call 768-8691

Facilitators: Elsie and Mike D.

MAKE YOUR LUNCH RESERVATION
at least 1 day in advance.
768-8684

CONNECTION CAFÉ | 3RD MONDAY OF THE MONTH

Jackson County Department on Aging | 517-768-8691

CROUCH SENIOR CENTER

Monday, March 16 at 1 pm

- Driver Safety

Monday, April 20 at 1 pm

- Making Friends As We Age

MEET PEOPLE, ENJOY SNACKS, GREAT
TOPICS & FUN



Presenter:

**Martha York, WellWise Services,
AAA**

Sign Up!

517-592-1974



Come Early for Lunch!
See Page 4

SPRING ARBOR SENIOR SITE - LUNCH

Spring Arbor Senior Site, 122 Star Road, Spring Arbor | 517-768-8691

TECH HELP

Thursdays

1 pm - 3 pm

Spring Arbor JDL

Nutrition Council Meeting

April 16

Crouch Senior Center

1 pm

Spring Arbor Senior Site at JDL

10:00 am to 1:30 pm

Hot Lunch

Monday - Friday at 12 noon

Please make a lunch reservation
at least one day in advance.

517-768-8684

Location: 122 Star Road, Spring Arbor, MI
Jackson District Library, SA Branch

Jackson District

Library Programs

- Breakfast Club: March 6, 10 am Eastern Branch
- Greek Coffee & Culture: March 19, 3:30 pm, Carnegie Library
- Book Sale: April 23 to 25, Summit Branch
- Explore JDL's Digital Resources: April 27, 11 am, Eastern Branch

FOOT CARE CLINIC

Crouch Senior Center | 768-8691

Crouch Senior Center Friday, April 17

Quarterly Podiatry Clinics held at the Crouch Senior Center with Dr. White. Dr. White will trim toenails, treat callouses, ingrown toenails, corns, bursitis, and painful joints.

Appointments: 517-768-8691

Co-pays billed to patients. No insurance? Nail care and callouses \$40. Bring your Insurance Cards, Driver's License/ID, Medication & Allergy list.



2026: July 10, October 2, December 11

SECRETARY OF STATE

2026 May 20 | 10 am to 2 pm

Michigan Secretary of State Mobile Office Crouch Senior Center Wednesday, May 20

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, and more! Crouch Senior Center. **Call 768-8691**



- Participants pay any fees required.
- Bring required documents needed for transaction.

CROUCH SENIOR CENTER: May 20, Aug 12, Nov 18

NUTRITION NEWS | CRUCIFEROUS VEGETABLES

By Sarah Pollack, DN, CDCES

BENEFITS OF CRUCIFEROUS VEGETABLES

Including more vegetables in your diet for overall health has been a long-standing, well researched recommendation. One group of vegetables, known as cruciferous vegetables, offer a powerhouse of vitamins, minerals, fiber, antioxidants and other phytochemicals that can reduce the risk of many of the diseases prevalent today. Cruciferous vegetables include broccoli, cauliflower, Brussels sprouts, cabbage, kale, bok choy, arugula, turnips, radishes, and collard greens. Read on to learn how adding more of these vegetables to your diet can be helpful.

Improved heart health Diets high in fruits and vegetables are consistently linked to improved heart health. Cruciferous vegetables, in particular, are linked with a lower risk of dying from heart disease. Cruciferous vegetable help reduce chronic inflammation, are high in fiber to help lower LDL ("bad") cholesterol, and are rich in potassium and antioxidants to support a healthy blood pressure.

Rich in cancer-protective compounds Cruciferous vegetables offer unique compounds like sulforaphane which helps support detoxification enzymes in the liver, reduce inflammation and protect cells from DNA damage. Strong evidence links them to lower risk of certain cancers, especially colorectal and lung.

Improved gut health Cruciferous vegetables are rich in fiber which feeds helpful bacteria in the gut. They also contain compounds that may help strengthen the gut lining to help improve digestion over time.

Dense in nutrients, light in calories Cruciferous vegetables are packed with vitamins (C, K, A and folate), minerals (calcium, and magnesium), and antioxidants like lutein and beta-carotene. They are nutritionally dense food that are low in calories.

Better blood sugar balance Thanks to their high fiber content and low glycemic load, these vegetables slow digestion and blood sugar absorption. This helps keep blood sugar levels more stable and you feeling fuller longer, helping to support weight management.

Cruciferous vegetables are versatile and can be enjoyed in a variety of ways. They can be lightly steamed or roasted, chopped finely for salads or slaws or added to soups, stir-fries, and omelets.

WELLWISE SERVICES

WellWise Services | 517-592-1974

WellWise Services, Area Agency on Aging

Living Well Programs: Dementia Friends, Workplace PATH, Aging Mastery Program, CHRONIC PAIN Path, Cancer PATH, Diabetes PATH, Powerful Tools for Caregivers, A Matter of Balance, Dementia Caregiving and Dealing with Dementia.

Call 517-592-1974



DONATIONS

Exercise Donations Welcome!
\$1.00 suggested donation 60+
\$2.00 suggested donation -60

SPRING BREAK

APRIL 6 thru APRIL 10

No Fit After 50

No Enhance Fitness

No Moving For Better Balance - Tai Chi.
These classes on break.

Line Dance Class Meeting!
Cardio Drumming, Round Dance - Call
Laurie or Check with Your Instructors.

768-8691

**FREE BEGINNING
ROUND DANCE**

1:00 PM - 3:00 PM
Volunteer Instructors:
Alice, John and Vicky

BRING YOUR OWN PARTNER!
Details 768-8691

**Parkinson's Programs
At the YMCA**

Classes held 2 - 3 days per week.
1.5 hours each.
Call the Y at 517-782-0537
Pedaling for Parkinson's
Rock Steady Boxing

Parkinson's exercise programs allow
individuals to live with a greater
quality of life!

QUESTIONS? PLEASE CALL:
Department on Aging
Enrichment 768-8691

**EXERCISE CLASSES CROUCH SENIOR CENTER**

Call 768-8691 or email LMead@mijackson.org for Exercise Updates

FIT AFTER 50

Crouch Senior Center Room 005

M/W/F 8:30 a.m. - 9:30 am

This exhilarating class includes full-body stretching and non-jarring, low impact exercises to promote increased heart and breathing rates.

Certified YMCA Instructors: Kathy & Jeff

ENHANCE FITNESS

Crouch Senior Center Room 005

M/W/F 10:30 am - 11:30 am

The Enhance Fitness class is a moderate-impact class with high-impact results. The class uses simple, easy to learn movements that motivate individuals (particularly those with arthritis) to stay active. More Energy! Better Balance! Increased Body Strength! Certified YMCA Instructors: Ken & Lauren

**MOVING FOR BETTER BALANCE -
TAI CHI CLASS**

Crouch Senior Center Room 005

T/TH 10:30 am - 11:30 am

Improve balance, muscle strength, flexibility, mobility and memory. This class uses the principles and movements of Tai Chi. Tai Chi for Diabetes and Tai Chi for Arthritis

Certified YMCA Instructor: Ken

BEGINNING ROUND DANCE

JANUARY - MAY

Crouch Senior Center Room 005

Mondays 1 pm to 3 pm

Social Ballroom Round Dance. Swing, Waltz. Cue calls the steps. **Bring your own partner for this FREE class!**

Volunteer Instructors: Alice, John, Vicky

**INTERMEDIATE LINE DANCE
CLASS**

Crouch Senior Center Room 005

Wednesday 11:45 am - 12:45 pm

Experienced volunteer instructors lead participants through popular line dance moves and routines.

Volunteer Instructors: Tony & Ruthie

ADVANCED LINE DANCE

1:00 pm - 2:00 pm

Volunteer Instructor: Micki

CARDIO DRUMMING

Crouch Senior Center Room 005

Tuesdays at 9 am

Fridays at 1 pm

2nd, 3rd, 4th Fridays of the Month
(Friday class does not meet 1st Friday)

Supplies Provided. Call 768-8691.

Volunteer Instructors:
Tracy, Barbara, Paul

GREEN THUMB

3RD Thursday at 10 AM

GREEN THUMB

Thursday, March 19 - Maple syruping presented by Nancy, Jackson County Master Gardener



Thursday, April 16 - Gary Beck Beck's Flower Shop and Gardens



Let Us Know You are Joining! 768-8691

WRITING CIRCLE

1st and 3rd Wednesday of the Month at 10:30 am

Writing Circle

Learn more about writing, polish your skills, and share your creations.

WRITING CIRCLE GOALS

The Writing Circle wishes to take the mystery out of who we are and what we do.



We are amateur writers who have developed friendships in our Circle. If you have advanced writing skills, we'd love to have you join us.

When we meet, we read our stories and poems out loud. Then others state what touched them or what parts they liked. Constructive criticism is offered, but only if requested. If you don't want to read your work out loud, someone else can read it for you. Then, for those who wish to participate, our work is posted on the bulletin board outside the dining room for others to enjoy. Write what you feel, there's no judgment. Write what you know or write fiction. Writing improves our imagination and our brains!

We gather not to show off one's writing, but to help and encourage one another to become better writers and to offer helpful ideas and encouragement. We want to help each other feel more confident and comfortable in our writing.

This year we are going to spend more time discussing ways to improve our writing skills by learning what makes a good story or poem.

PAINT & CRAFT

Enrichment | Sign Up!! Call 768-8691

JOIN US ON MONDAYS
Paint Parties To Go & Craft N Chats!

10 am March 23 - Paint Party

1 pm March 23 & 30 - Craft N Chat Polymer Clay Bead Making & Jewelry Class with Marcy

This is a 2 day class. Make beads Mar 23. Make jewelry Mar 30. Class Size Limited to 10 people. Must register.



1 pm April 6 - Paint Party
April 27 - Craft N Chat at 1 pm

HAND & FOOT

Enrichment | 768-8691

HAND & FOOT CARD GAME

2nd Monday of the Month at 11:30 am

Games Start at 11:30 am

Break for Lunch

Finish Games After Lunch

- 4 People Per Table |
- All Levels Welcome
- Facilitator: Sharon

Make A Lunch Reservation! 768-8684



TECH TIME

2nd MONDAY of the Month at 10 am - 11:30 am

Do you need help with your computer, phone, tablet or other technology?

Join Miro from WellWise Services for a FREE presentation with individual tech assistance afterward.

Show Up Or Call...

768-8691 to Register!

More Information: 517-592-1974
info@wellwiseservices.org



VITA VOLUNTEER INCOME TAX ASSISTANCE

VITA at CROUCH Call 517-247-2099 to Schedule Your Appointment!

Community Action Agency is offering FREE Tax Return Preparation (VITA) at our Jackson sites including the Jackson County Department on Aging, Crouch Senior Center, 1715 Lansing Avenue location.

Household income less than \$69,000 or less per year. **Appointments may be made through the automated scheduling service by calling 517-247-2099. If you need to speak to a live operator, please listen to the entire message for further instructions.**

Appointments may also be scheduled on line at www.caajlh.itfrontdesk.com

The Department on Aging will NOT schedule appointments.

Please call **517-247-2099**. For more information call the Community Action Agency, Jackson, Michigan at: **517-784-4800 or 1-800-492-0004**.

My Free Taxes. Anyone with income less than \$89k can file their tax return for FREE at: myfreetaxes.com

If you need assistance using the My Free Taxes website, a volunteer will be available Monday through Thursday afternoons at the Carnegie Branch, Jackson District Library. Location: 244 W. Michigan Avenue, downtown Jackson. No appointment necessary. **My Free Taxes, please call 517-745-3668.**



SENIOR SAFETY

Leslie Krantz, LBSW

Keeping seniors informed about common scams and other senior issues.



Scams are an unfortunate reality in today's digital age, but did you know that recognizing common warning signs can go a long way in protecting yourself? Many scammers attempt to defraud by pretending to be from a familiar organization – such as the Social Security Administration, Internal Revenue Service (IRS), or even your financial institution.

Promise of a penalty or prize. Scammers often say that there's a prize or penalty. They may say that you are in trouble with the government or that you owe money. They may even say that you won a lottery or sweepstakes but are required to first pay a fee in order to collect it.

Pressure to act quickly. Scammers will also often pressure you to act immediately, and there will likely be an element of urgency to their tone. They may even threaten to arrest you, sue you, or take away your driver's license.

Payment requested in a specific way. Scammers may also tell you to pay in a specific way. Often, they will insist you pay by sending money through a payment application (like Cash App, Venmo, etc.), or by requesting the funds on a gift card and then sending the code off the back. Some will even attempt to defraud you through fraudulent checks.

Helpful tips to avoid scams:

- Block unwanted calls and text messages, especially from unfamiliar numbers
- Don't give personal or financial information in response to a request you didn't expect
- Resist the urge to act immediately
- Pay attention to how scammers request or demand payment
- Talk with someone you trust about the incident

Because it is easier to prevent a scam than it is to restore what's been lost to one, it's important to remain aware of these common warning signs.

SOUP'S ON



Tuesday, March 10, 2026
5:30 - 7:30 pm

**American 1 Credit Union
Event Center, Keeley Park
200 W. Ganson St., Jackson**



Support Meals on Wheels in Jackson County.
*Sample soups from local restaurants, desserts,
entertainment by Matt Walch, a silent and live auction.
Wine/beer available for purchase.*



Tickets: \$30 one/ \$50 two when purchased by March 9. \$35 a ticket on March 10. For tickets and further information
www.MealsOnWheels-JacksonMI.com
or call (517) 788-4364.



*Souvenir soup bowl
guaranteed for first 120 guests*



Featuring a live Auction: Mackinac Bridge Tower Tour
Bid on the exclusive opportunity to climb to the top of the bridge! Tour Certificate allows for two people to experience this once-in-a lifetime adventure.

Platinum Supporter



Silver Supporter



Commonwealth

Dillon & Associates, Inc.



Manufacturing

Bronze Supporter

Alvin Glick Foundation & Alro Steel
Emmons Service, Inc.
R. W. Mercer Co.

Soup Supporter

TRUE Community Credit Union & Vista Grande Villa

Hosted By:
FRIENDS OF
Jackson Seniors



Department on Aging



SHOP! CRAFT CORNER
Crouch Senior Center

Monday through Friday
10 am - 2 pm
When Volunteers Available

Support Senior Crafters!

Fudge, Brownies, Aprons, Socks,
Paintings, Jewelry, Fishing Lures,
Décor & More!

Granny Squares
Wednesdays at 1 pm

**New Members Always
Welcome! GUYS and Gals!**

**Yarn Donations Always
Appreciated!**
4ply acrylic.



Call 768-8691



JOB OPPORTUNITIES

**Jackson County Department on
Aging**
<https://www.mijackson.org>
**LIVE, WORK, PLAY
Employment**

**Join Our Team!
Home Care Workers
Wanted!**

HENRY FORD HEALTH

Erika Van Poppel MA, LPC, Bereavement Coordinator

UNDERSTANDING HOSPICE & PALLIATIVE CARE WORKSHOP

Crouch Senior Center
 Thursday, March 26
 10:00 am to 11:30 am

Do you or someone you love have a serious health condition or terminal illness?

Sign up for this Henry Ford Health workshop to discuss the differences between hospice and palliative care, dispelling myths, and the benefits of



Workshop Registration: Show up or Sign up!
 Call 768-8691

Stay for lunch served at 12:00 noon.
 Make your lunch reservation at least 1 day in advance
 768-8691
Menus Posted on Pages 5 & 6

KEEPING BABIES SAFE

ABCs of Promoting Safe Sleep for Grandbabies

THURSDAY, MARCH 19
11 AM
CROUCH SENIOR CENTER

Join Jeanine, Jackson County Health Department, to learn how to keep your grandkids safe while sleeping. A Michigan baby dies every 2 - 3 days due to sleep-related causes.

Learn the ABCs of promoting safe sleep for babies.

Rural Sites at 11:30 am
 Norvell Site - Friday, Mar 20
 Michigan Center - Monday, Mar 23
 Napoleon - Thursday, Mar 26
 Spring Arbor - Friday, Mar 27
 Park Forest - Monday, Mar 30



Call 768-8691

Stay for lunch! Make a your lunch reservation at least one day in advance. Call 768-8684

ALZHEIMER'S SUPPORT

Crouch Senior Center Enrichment | 517-768-8691

Crouch Senior Center, Alzheimer's Support
WEDNESDAY, April 22, 11 am

Presenter: Nicole Hourani, Alzheimer's Association

A person living with Alzheimer's or other dementia doesn't have to give up the activities that he or she loves. Many activities can be modified to the person's ability. In addition to enhancing quality of life, activities can reduce behaviors like wandering or agitation.

You are invited to join this "Open to the Public" presentation at the Crouch Senior Center.

2026 Presentations: June 24, August 26, October 28

Show up! Or Sign Up! 768-8691

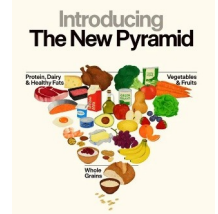
Stay for Lunch served at 12 noon | Reservations 768-8684



LUNCH & LEARN

Introducing The New Food Pyramid

Nutrition Lunch & Learn
Thursday, April 30
 Crouch Senior Center
 Ground Floor, Room 005



11:30 am Registration
 12:00 noon Lunch
 12:30 pm New Food Pyramid Presentation

Speakers: Julie Weisbrod and guests, Ellen Gillespie and Jiaying Bao, Registered Dietitians, Henry Ford Hospital

On the Menu: Chicken Cordon Bleu, Sweet Potato Casserole, Brussels Sprouts, Roll, Fresh Fruit, Milk
REGISTER: 768-8691





Friends of Jackson Seniors

1715 Lansing Avenue
Jackson, MI 49202-2193

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JACKSON COUNTY

Department on Aging Staff

Director

Danielle Pequet

Deputy Director

Leslie Krantz

Alzheimer's Respite & Counseling

Valerie Harris-Callahan

Caregiver Information & Assistance and Meals on Wheels & Home Care-New Clients

Jennifer Guthrie, In-Home Services Coordinator

Caregiver Support

Lisa Brand, Caregiver Support Coordinator

Home Care Services—Current Clients

Julie Babcock, Home Care Supervisor

Meals on Wheels & Nutrition Site Meals

Annie Sottek, Nutrition Services Manager

Nutrition Site and Senior Center Programs

Laurie Mead, Enrichment Specialist

LOOKING AHEAD

May

Dinner Dance | Live Band

Thursday, May 7

5 - 5:30 Dinner; 6 - 9 Dance

June

Alzheimer's Support | Nicole Hourani

Wednesday, June 24 at 11 am

June

Volunteer Luncheon | SAVE THE DATE

Entertainment: Bickel Brothers Piano Bar Experience

Friday, June 26 at 10:30 am - 1:00 pm

