

Social, Leisure and Recreational Resources

City of Jackson Parks and Recreation **main office when available:**
788-4040

Site: Boos Recreation Center Julie: 517-240-1223
210 Gilbert

Jackson, MI 49201

Open: Mon/Wed/Fri, 8 am to Noon

Service: Various programs offered for seniors, such as strength training, yoga and Zumba classes.

Fee: \$5 yearly membership. Class fees extra.

Contact: Julie Weisbrod, Coordinator 517-240-1223

Email: JWeisbrod@cityofjackson.org

Website: CityofJackson.org; click on Parks & Rec; go to Senior Programs

Jackson County Department on Aging **Main Number: 788-4364**
Senior Center

Service: Noon meal served M-F. A second, evening cold meal is available to take home 2 days a week for seniors who eat lunch at a nutrition site and have reserved the second meal. **Call 788-4364 to make lunch reservations.**

Many activities are offered, such as a monthly dinner dance, enrichment classes, computer lab, euchre games, bridge club, weekly jam sessions, reading and writing clubs, a variety of exercise classes, tax preparation help, quilting, woodworking, acrylic painting, art classes, craft classes, entertainment, seasonal specials, and various speakers on health and wellness topics. **Call the Department on Aging Enrichment program at 768-8691 or email LMead@mijackson.org for more information.**

Website: <https://www.mijackson.org/619>

Crouch Senior Center

1715 Lansing Ave.

Jackson, MI 49202

Days: Monday-Friday

Hours: 9 AM - 4 PM

Main Number: 788-4364

Enrichment: 768-8691

Meal Reservations: 768-8684

Senior Nutrition Sites

CALL 768-8684 – TO MAKE YOUR LUNCH RESERVATION

Call At Least One Day In Advance

Service: additional senior sites, located in seven areas of Jackson County, provide a noon meal plus various activities to seniors. Days, hours and activities vary depending on location- call the Department on Aging, Enrichment program at 768-8691 or the main number at 788-4364 for specific offerings. Aging Website: <https://www.mijackson.org/619>

King Recreation Center- Food with Friends

1107 Adrian St.

Jackson, MI 49203

Days: Monday- Friday

Hours: 10:30 AM – 1:30 PM

Aging, Enrichment

768-8691

768-8684 for Meal Reservation!

Grass Lake Senior Center- Food with Friends

373 Lakeside Drive

Grass Lake, MI 49240

Days: Tuesday through Friday

Hours: 10 AM – 2 PM

522-8466

768-8684 for Meal Reservation!

Michigan Center Meal Site

St. Aidan's Episcopal Church

361 E. Grove St

Michigan Center, MI 49254

Monday, Wednesday, Friday

Hours: 10:30 AM – 2:30 PM

Aging, Enrichment

768-8691

768-8684 for Meal Reservation!

Napoleon Township Hall Meal Site

6755 Brooklyn Rd.

Jackson, MI 49201

Days: Tuesday and Thursday

Hours: 10:30 AM – 1:30 PM

Aging, Enrichment

768-8691

768-8684 for Meal Reservation!

Norvell Meal Site

300 Mill Street

Norvell, MI 49263

Days: Monday, Wednesday, Friday

Hours: 10:30 AM – 1:30 PM

Aging, Enrichment

768-8691

768-8684 for Meal Reservation!

Park Forest Meal Site

3300 Spirea Ct.
Jackson, MI 49202
Days: Monday-Friday
Hours: 10:30-AM- 1:30 PM

Aging, Enrichment

768-8691

768-8684 for Meal Reservation!

Spring Arbor Seniors Meal Site

Jackson District Library, Spring Arbor Branch
122 Star St.
Spring Arbor, MI 49283
Days: Monday-Friday
Hours: 10 AM – 1:30 PM

Aging, Enrichment

768-8691

768-8684 for Meal Reservation!

Jackson District Library Outreach Dept.

905-1343

Service: Delivery of all types of library materials available for homebound or disabled residents. Materials sent via courier service.

Eligibility: Jackson county resident and cannot come to the library because they are homebound, disabled, or confined to a nursing home.

Fee: none.

MSU Extension –Jackson County

788-4292

1715 Lansing Ave.
Jackson, MI 49202

Service: Provides information by telephone, printed material, or classes on subjects related to food and nutrition, gardening/landscaping and agriculture.

Fee: varies- call for information and class availability.

YMCA of Jackson

784-9622

127 W. Wesley St
Jackson, MI 49201

Service: Senior exercise and swim classes, water aerobics and water walking.

Fees: vary based on program.