



SHIAWASSEE COUNCIL ON AGING

Helping seniors stay independent!

www.shiawasseecoa.org

April 2024



Morrice



Owosso



Durand

OWOSSO SENIOR CENTER

300 N Washington St.
Owosso, MI 48867
Phone/Fax: 989-723-8875

DURAND SENIOR CENTER

8618 E Lansing Rd.
Durand, MI 48429
Phone: 989-288-4122

MORRICE SENIOR CENTER

101 W Mason St.
Morrice, MI 48857
Phone: 517-625-4270

UPCOMING MEETINGS:

Thursday, Apr. 4, 10:30 a.m.
Durand Senior Center
Site Committee

Monday, Apr. 8, 10:30 a.m.
Owosso Senior Center
Site Committee

Wednesday, Apr. 17, 2:00 p.m.
SCOA Board of Directors
Finance Meeting 1:30 p.m.
Morrice Senior Center

Friday, Apr. 12, 11:00 a.m.
Morrice Senior Center
Site Committee

Our mission is to advocate, assist and promote the well-being and independence of seniors in Shiawassee County.

All of our facilities are barrier free and wifi ready.

SENIOR POWER DAY

Wednesday, May 22, 2024

9:00 am to 2:00 pm

Crossroads Village - 6140 N. Bray Rd., Flint

Tickets \$5.00 (includes lunch & train ride)

Join us at Crossroads Village for a socially/safely distanced event where attendees can fill their VAAA bag with information and "swag" from State and Local Legislators and vendors representing various services from health care to financial planning and government agencies, providing valuable information and resources. Attendees will also enjoy a lunch to-go and outdoor entertainment.

Activities include:

- ◆ Information on Health & Senior services
- ◆ Learn about Senior Issues on the ballot
- ◆ Meet with Legislators and Elected Officials
- ◆ Enjoy Old Fashioned Park Rides
- ◆ A free Huckleberry Railroad train ride
- ◆ Music Entertainment & Dancing
- ◆ Raffles & Door prizes

Tickets are available at all 3 senior centers.

Transportation NOT provided.

VAAA
Valley Area
Agency On Aging
Answers, Action & Advocacy
for All Things Senior

A suggested annual donation of \$5.00 is appreciated to cover the cost of mailing your newsletter.

TREE OF REMEMBRANCE

The Shiawassee Council on Aging maintains a Remembrance Tree, with the names of loved ones who have passed on. A donation of \$25.00 or more is all it takes to have your loved one included. Donations are used to enhance programs for seniors in Shiawassee County.

Memorial plaques will be added for the following people: **Mary Gardner**

"What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others."
—Pericles

MAY DAY 2024: LEGAL CONSULTATIONS AT THE COURTHOUSE

Announcing the Shiawassee County Bar Association's Law Day Free Legal Consultation Fair. This year's event will take place Wednesday, May 1, 2024, from 8-11:30am at the Shiawassee County Circuit Courthouse. Local attorneys will be providing free 15-minute legal consultations in honor of Law Day. The Bar Association wishes to thank the local attorneys who have repeatedly donated their time for this traditional event, to benefit the community. The consultations will be offered the morning of May 1st on the main (second) floor of the old Courthouse, 208 N. Shiawassee St., Corunna, MI. Consultations are offered on a first come, first serve basis.

President Dwight Eisenhower established the first Law Day in 1958 to mark the nation's commitment to the rule of law. In 1961, Congress issued a joint resolution designating May 1 as the official date for celebrating Law Day, which was subsequently codified (U.S. Code, Title 36, Section 113). Every president since then has issued a Law Day proclamation on May 1 to celebrate the nation's commitment to the rule of law.

INTRO TO SCOA SERVICES

This month's Feature: Home Delivered Meals

Home delivered meals help seniors remain in their own homes by delivering not only a meal but also a Safety



Check, Monday through Friday. Homebound seniors 60 years and older who are referred to the meal program are assessed by our Home delivered Meals Assessor, Jaden Horak, to determine if they qualify for the delivered meal.

Typically, seniors in this program are homebound with medical or physical issues that keep them from being able to cook and purchase groceries. Sometimes seniors anticipating surgery will receive meals at home during their recovery. Caregivers and families like the fact that someone goes to the seniors home 5 days per week as a safety check too. There is a protocol in place to make sure that emergency contacts are called if a client doesn't answer the door.

Meals are delivered from the Durand Senior Center and the Owosso Senior Center. Having empathetic and trustworthy drivers is essential to this meal program. All employees have background checks done annually.

SCOA has 8 meal delivery drivers who have delivered 91,406 meals throughout Shiawassee County for the 2022-2023 Grant Year. The average cost per meal is \$7.07, and a suggested donation of \$3 per meal helps offset those costs.




























OWOSSO SENIOR CENTER ACTIVITIES

APRIL 2024 * 989-723-8875



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 EXERCISE 1:00 FRIENDSHIP BEYOND GRIEF SUPPORT GROUP 	2 12:30 PEARLS CLASS 	3 10:00 EXERCISE 	4 10:30 SELF DE- FENCE CLASS WITH TODD EVANS 	5 10:00 EXERCISE 10:00-NOON FREE HEARING CHECKS 12:30 BINGO  	6
7	8 PRODUCE DROP 10:00 EXERCISE 10:30 SITE COM- MITTEE MEETING 	9 12:30 PEARLS CLASS 	10 10:00 EXERCISE 11:00 DEMENTIA INFO W/ERIN 5:00 PARKINSONS SUPPORT GROUP W/SPEAKER FROM MICHIGAN PARKINSONS FOUNDATION 	11	12 10:00 EXERCISE 10:00-NOON BLOOD PRESSURE CHECKS 12:30 BINGO  	13
14	15 10:00 EXERCISE 	16 10:00 SMARTS ART CLASS - RSVP REQ'D 12:30 PEARLS CLASS 	17 10:00 EXERCISE 	18	19 10:00 EXERCISE 10:00-NOON FREE HEARING CHECKS 12:30 BINGO  	20
21	22 10:00 EXERCISE 	23 12:30 PEARLS CLASS 	24 10:00 EXERCISE 	25	26 10:00 EXERCISE 10:00-NOON BLOOD PRESSURE CHECKS 12:30 BINGO  	27
28	29 10:00 EXERCISE 	30 10:00 SMARTS ART CLASS - RSVP REQ'D 				

ALL PROGRAM ACTIVITIES ARE SUBJECT TO CHANGE



OWOSSO CENTER LUNCH MENU

APRIL 2024 * 989-723-8875



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 POLISH SAUSAGE & KRAUT DICED REDSKIN POTATOES BROCCOLI FRUIT ROLL	2 BBQ CHICKEN PASTA SALAD CARROTS FRUIT GARLIC CHEESE BISCUIT JELLO	3 CHEF SALAD W/ HAM, TURKEY, EGG, TOMATO & CUCUMBER FRESH FRUIT MUFFIN	4 CHICKEN TACOS REFRIED BEANS SPANISH RICE FRUIT JELLO	5 MEATLOAF BAKED BEANS BAKED POTATO FRUIT ROLL	6
7	8 PORK LOIN MASHED POTATOES W/GRAVY MIXED VEGGIES APPLESAUCE STUFFING	9 CHICKEN BACON RANCH WRAP W/ LETTUCE & TOMATO MACARONI SALAD CARROT & CELERY STICKS FRUIT	10 OPEN FACE TURKEY SANDWICH MASHED POTATOES W/GRAVY GREEN BEANS FRUIT JELLO	11 PIZZA SUPREME TOSSED SALAD W/ TOMATO, CUCUMBER & CHEESE FRUIT MUFFIN	12 BAKED FISH FRENCH FRIES COLESLAW FRUIT ROLL PUDDING	13
14	15 FRENCH ONION MEATBALL SUB W/ CHEESE CALI BLEND VEGGIES MACARONI SALAD FRUIT	16 PANCAKES SAUSAGE LINKS HASHBROWN TOMATO JUICE HOT CINNAMON APPLES YOGURT	17 CHICKEN POT PIE MIXED VEGGIES FRUIT JELLO	18 BAKED POTATO W/ HAM, BACON & CHEESE BROCCOLI & CAULIFLOWER FRUIT MUFFIN	19 1/2 TURKEY & SWISS SANDWICH BROCCOLI & CHEESE SOUP BROCCOLI COLESLAW FRUIT CRACKERS	20
21	22 CHICKEN TENDERS CHEESY POTATOES CELERY STICKS FRUIT ROLL	23 LASAGNA W/BEEF ITALIAN BEANS FRUIT GARLIC TOAST JELLO	24 BEEF PEPPER STEAK OVER RICE STIR FRY VEGGIES EGG ROLL FRUIT	25 BBQ RIB SANDWICH W/PICKLES COLESLAW BROCCOLI FRUIT JELLO	26 CHICKEN PARMESAN W/SPAGHETTI NOODLES ITALIAN BEANS FRUIT BREADSTICK	27
28	29 CHICKEN BACON RANCH WRAP W/ LETTUCE & TOMATO SPAGHETTI SALAD CARROT & CELERY STICKS FRUIT	30 SLOPPY JOES MACARONI SALAD CORN FRUIT JELLO		MEALS MAY CHANGE ON SHORT NOTICE DUE TO FOOD SUPPLY SHORTAGES		

RESERVATIONS MUST BE MADE IN ADVANCE OR BY 9:30AM THE DAY OF TO ENSURE A MEAL, MENUS ARE SUBJECT TO CHANGE.
MILK IS INCLUDED WITH ALL MEALS



DURAND SENIOR CENTER ACTIVITIES

APRIL 2024 * 989-288-4122



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	2 NO MMAP 12:00 LUNCH 12:15 B.P. CHECKS 12:45 ARTHRITIS EXERCISE 1:00 ANYONE CAN PAINT WITH STEVE 	3 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL 	4 10:30 SITE COMMITTEE MEETING 12:00 LUNCH 12:30 BINGO 	5 9:00 COFFEE HOUR 12:00 LUNCH 1:00 SENIOR SHOW & TELL AND ICE CREAM 	6
7	8 PRODUCE DROP 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	9 NO MMAP 12:00 LUNCH 12:45 ARTHRITIS EXERCISE 1:00 QUILTING WITH SANDY 	10 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL 	11 12:00 LUNCH 12:30 BINGO 	12 9:00 COFFEE HOUR 10:00-NOON FREE HEARING CHECKS 12:00 LUNCH 	13
14	15 10:00 SMARTS ART CLASS 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	16 9:00 MMAP APPTS 12:00 LUNCH 12:45 ARTHRITIS FOUNDATION EXERCISE 	17 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL 	18 12:00 LUNCH 12:30 BINGO 	19 9:00 COFFEE HOUR 12:00 LUNCH 	20
21	22 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	23 9:00 MMAP APPTS 12:00 LUNCH 12:45 ARTHRITIS FOUNDATION EXERCISE 	24 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL 	25 12:00 LUNCH 12:30 BINGO 	26 9:00 COFFEE HOUR 12:00 LUNCH 12:30 APRIL BIRTHDAY CELEBRATION 	27
28	29 10:00 SMARTS ART CLASS 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	30 9:00 MMAP APPTS 12:00 LUNCH 12:45 ARTHRITIS FOUNDATION EXERCISE 1:00 WATERCOLOR PAINTING 				

Anyone Can Paint & Water Color Painting requires 6 people signed up or class is canceled. Cost is \$20.00 for all supplies.

ALL PROGRAM ACTIVITIES ARE SUBJECT TO CHANGE



DURAND/MORRICE CENTER LUNCH MENU

APRIL 2024 * 989-288-4122 * 517-625-4270



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 HAM AU GRATIN POTATOES BAKED BEANS FRUIT ROLL	2 SAUSAGE GRAVY W/ BISCUIT BOILED EGG HASHBROWN TOMATO JUICE FRUIT	3 OPEN FACED TURKEY SANDWICH MASHED POTATOES W/GRAVY BROCCOLI FRUIT	4 CHICKEN CHOP SUEY W/RICE CHINESE VEGGIES EGG ROLL FRUIT	5 BREADED BAKED FISH SPAGHETTI SALAD PRINCE CHARLES VEGGIE BLEND FRUIT ROLL	6
7	8 TURKEY BACON WRAP W/LETTUCE & TOMATO PRINCE WILLIAM VEGGIE BLEND FRUIT	9 MAC & CHEESE STEWED TOMATOES COWBOY BEANS FRUIT CORNBREAD	10 CHICKEN POT PIE W/PEAS & CARROTS CAULIFLOWER FRUIT	11 TACO SALAD W/ BEEF, CHEESE, TOMATO, DORITOS, SOUR CREAM & TACO SAUCE FRUIT	12 HAM & CHEESE PIZZA TOSSED SALAD FRUIT	13
14	15 TURKEY GREEN BEANS SQUASH MASHED POTATOES W/GRAVY ROLL FRUIT	16 SCRAMBLED EGGS SAUSAGE HASHBROWNS TOMATO JUICE FRUIT BISCUIT	17 BAKED HAM PEAS & CARROTS SCALLOPED POTATOES FRUIT BREAD	18 CHINESE PEPPER STEAK W/RICE CHINESE VEGGIES FRUIT	19 CHICKEN SALAD CROISSANT CUCUMBER SALAD CAPRI VEGGIE BLEND POTATO CHIPS FRUIT	20
21	22 MEAT LOAF MASHED POTATOES W/GRAVY MIXED VEGGIES FRUIT ROLL	23 CHICKEN CAESAR WRAP W/LETTUCE & TOMATO ITALIAN VEGGIE BLEND FRUIT	24 TURKEY BREAST CAPRI VEGGIE BLEND SWEET POTATOES FRUIT ROLL	25 BREAKFAST BAKE W/HAM, CHEESE, ONIONS & PEPPERS TOMATO JUICE STRAWBERRY W/ BISCUIT	26 VEGGIE STEW 1/2 SANDWICH CRACKERS FRUIT	27
28	29 CHEF SALAD W/ TURKEY, CHEESE, EGGS, TOMATO & CUCUMBER CROUTONS BREADSTICK FRUIT	30 SPAGHETTI W/ MEATBALLS TOSSED SALAD FRUIT GARLIC TOAST		MEALS MAY CHANGE ON SHORT NOTICE DUE TO FOOD SUPPLY SHORTAGES		

















MENU SUBJECT TO CHANGE—DURAND MUST MAKE RESERVATIONS BY 9:30 AM THAT DAY!
MORRICE RESERVATIONS MUST BE MADE BY 11:00 A.M. THE DAY BEFORE IF YOU WANT TO ATTEND!



MORRICE SENIOR CENTER ACTIVITIES

APRIL 2024 * 517-625-4270



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30 MAT YOGA NOON LUNCH 12:30 BINGO 1:30 EUCHRE 	2 9:30 EXERCISE CLASS 10:15 COFFEE CHAT 5:30 EUCHRE 	3 11:00 SELF DE-FENSE CLASS NOON LUNCH 	4 9:30 EXERCISE CLASS 10:30 CHAIR YOGA 	5 10:00 CARDS & GAMES 10:00 CRAFTS: FIDGET BLANKETS NOON LUNCH 	6
7	8 10:00-NOON LEGAL SERVICES OF EM—BY APPT ONLY 10:30 MAT YOGA NOON LUNCH 12:30 BINGO 1:30 EUCHRE 	9 9:30 EXERCISE CLASS 10:15 COFFEE CHAT 5:30 EUCHRE 	10 NOON LUNCH 12:30 SMARTS ART CLASS - RSVP REQ'D 12:30-1:30 FRAUD PRESENTATION BY PFCU 	11 9:30 EXERCISE CLASS 10:30 CHAIR YOGA 	12 10:00 CARDS & GAMES 10:00 CRAFTS: FIDGET BLANKETS 11:00 SITE COMMITTEE MEETING NOON LUNCH 12:30 ESTATE PLANNING 	13
14	15 10:30 MAT YOGA NOON LUNCH 12:30 BINGO 1:30 EUCHRE 	16 9:30 EXERCISE CLASS 10:15 COFFEE CHAT 5:30 EUCHRE 	17 NOON LUNCH 11:00 P.E.A.R.L.S. CLASS 1:30 SCA FINANCE MEETING 2:00 SCA BOARD MEETING 	18 9:30 EXERCISE CLASS 10:30 CHAIR YOGA 	19 10:00 CARDS & GAMES 10:00 CRAFTS: FIDGET BLANKETS NOON LUNCH 	20
21	22 11:00-2:00 DRUG TAKE BACK 10:30 MAT YOGA NOON LUNCH 12:30 BINGO 1:30 EUCHRE 	23 9:30 EXERCISE CLASS 10:15 COFFEE CHAT 5:30 EUCHRE 	24 11:00 P.E.A.R.L.S. CLASS NOON LUNCH 12:30 SMARTS ART CLASS - RSVP REQ'D 	25 9:30 EXERCISE CLASS 10:30 CHAIR YOGA 	26 10:00 CARDS & GAMES 10:00 CRAFTS: FIDGET BLANKETS NOON LUNCH 	27
28	29 10:30 MAT YOGA NOON LUNCH 12:30 BINGO 1:30 EUCHRE 	30 9:30 EXERCISE CLASS 10:15 COFFEE CHAT 5:30 EUCHRE 				

ALL PROGRAM ACTIVITIES ARE SUBJECT TO CHANGE

—SMARTS—

Shiawassee Mobile ART for Seniors Program

APRIL 2024 SCHEDULE

Morrice Senior Center

Wednesdays 12:30 p.m.—2:00 p.m.

RSVP to 517-625-4270

April 10 - Spring Fabric Wreath - Create your own colors with pretty spring fabrics to tie on your wreath base. Linda Justice, *Artist/Instructor*.

April 24 - Spring Flower Watercolor - Create a watercolor painting using a wax resist technique with any type of flower that you desire. Linda Justice, *Artist/Instructor*



Owosso Senior Center

Tuesdays 10:00 a.m.—11:30 a.m.

RSVP to 989-723-8875

April 16 - Painting an Unfinished Wood Birdhouse - Use your creativity to paint this unfinished birdhouse with acrylic paint. In house or patio decoration. Linda VanCise, *Artist/Instructor*



April 30 - Design and Paint Your Own Bouquet - Sketch out a bouquet using a mix of flower and leaf shapes in a pleasing composition. Learn a few painterly tricks with acrylic for a variation, using color and detail. Andrea Czarnik, *Artist/Instructor*



SHIAWASSEE
ARTS CENTER



MICHIGAN
ARTS &
CULTURE
COUNCIL

Seniors can receive one free class during their birthday month!

Durand Senior Center

Mondays 10:00 a.m.—11:30a.m.

RSVP to 989-288-4122

April 15 - Paper Bead Bracelet - Turn paper into beads that can be strung to make a casual spring or summer bracelet. Roll strips of colorful paper into oval shaped beads, and modge podge for a glossy shine. String on an elastic cord with wood beads to complete with a colorful tassel. Dorothy Neaton, *Artist/Instructor*.



April 29 - Swirling Water (Lily Pond) - Paint a mesmerizing aquatic scene featuring turtles, goldfish or lily pads in loom. Easy technique using a large brush to swirl shades of aqua and blue acrylic paint on an 8x10 wrapped canvas. Good for beginners looking for great results. Dorothy Neaton, *Artist/Instructor*.



Shiawassee Arts Center

206 Curwood Castle Dr., Owosso

Mondays 10a.m.—11:30a.m. & 1p.m.—2:30 p.m.

RSVP to 989-723-8354

April 8 - Glazing Plant Buddies - Put the finishing spring color on your plant buddy that was created on March 11th. Pieces will be fired a second time and available for pick up at the next SAC SMARTS class. Marie Gougeon, *Artist/Instructor*

April 22 - Celebrate Earth Day! - Experimenting with watercolor pencils and Mother Earth. Philip Ruehle, *Artist/Instructor*

No experience necessary for these classes!

All materials and supplies will be provided.

You must RSVP to the center you will be attending.

COST: \$4 for seniors 60 and over in Shiawassee County
\$6 for those under 60 or outside of Shiawassee County

DETROIT PRINCESS RIVERBOAT CRUISE

SCOA is excited to announce our summer trip, a Detroit Princess Riverboat Luncheon Cruise! Join us for a 2 to 3 hour journey on the Detroit river. The lunch menu features a bountiful buffet including Tender Beef Tips in Gravy, Baked Chicken, Marinated Portabella Mushrooms, Cheese Tortellini in Pesto Crème Sauce, Mashed Potatoes with Gravy, Mixed Vegetables, Michigan Tossed Salad, rolls, dessert, coffee and iced tea. Also, sit back and enjoy live music entertainment.

Trip Includes:

- ♦ Round trip motor coach transportation to Detroit, MI
- ♦ Cruise on the Detroit Princess Riverboat
- ♦ Bountiful buffet on board the boat
- ♦ Live musical entertainment while you cruise down the river

Thursday, June 27th - \$35.00 per person

Owosso—Depart at 9:30AM, return at 4:30PM

Durand—Depart at 10:00AM, return at 4:00PM

Tickets will go on sale on Wednesday, April 24th, at 2:00pm at all 3 senior centers.

You must be a Shiawassee County resident & at least 60 years of age or older. Limit of 2 tickets per person.



Hello Spring



APRIL	DIAMOND	GROW
ARBOR	EARTH	RAIN
ARIES	EASTER	SUNSHINE
BULBS	EGGS	TAURUS
BUNNY	FOOL	TAXES
BUTTERFLY	GALOSHES	UMBRELLA
DAISY	GRASS	WEATHER

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

MORRICE CENTER PROGRAMS

Come and help make fidget blankets for the Veterans. We are working on individual squares that will be sewn together to make blankets. If you'd like to join us, please call the center.

If you want to learn some good tips to revitalize your cooking, Amy from Amy's Diner is offering to do a cooking class at the Morrice Senior Center. If you are interested, please let us know.

We are also looking for seniors that want to learn to crochet or make loom potholders!

If you are interested in any of these programs, please call the Morrice Senior Center at 517-625-4270.

Shiawassee Council on Aging
300 N. Washington St.
Owosso, MI 48867

RETURN SERVICE REQUESTED

Non-Profit Org.
U.S. POSTAGE
PAID
Permit No. 58
Owosso, MI 48867

hello
APRIL

Shiawassee Council on Aging—Owosso Senior Center: (989) 723-8875
Shiawassee Council on Aging—Durand Senior Center: (989) 288-4122
Shiawassee Council on Aging—Morrice Senior Center: (517) 625-4270

