

SHIAWASSEE COUNCIL ON AGING

Helping seniors stay independent!

www.shiawasseecoa.org

May 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, May 2, 10:30 a.m.
Durand Senior Center
Site Committee

Monday, May 13, 10:30 a.m.
Owosso Senior Center
Site Committee

Wednesday, May 15, 2:00 p.m.
SCOA Board of Directors
Finance Meeting 1:30 p.m.
Owosso Admin Office
301 N. Washington St.

Friday, May 17, 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 senior centers are barrier free and wifi accessible.

SENIOR POWER DAY

Wednesday, May 22, 2024

9:00 am to 2:00 pm

Crossroads Village—6140 N. Bray Rd., Flint

Tickets are \$5.00, which includes lunch, train ride, resources, and legislative updates that affect seniors and caregivers.

Tickets will be available to purchase on the day of the event at Crossroads Village.



OLDER MICHIGANIANS DAY

Wednesday, May 1, 2024

Event: 10am-12:30pm with lunch following

Join us for a special livestream or in-person event on the Capitol Lawn

AS WE CELEBRATE

Powering Advocacy

For 50 years



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: Catherine Hamilton

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

—Pericles

BINGO WITH PAM KOWALSKI

Pam Kowalski will be hosting an afternoon of BINGO on Wednesday, May 1st, starting at 12:30PM, at the Owosso Senior Center. Come catch up with Pam and join us for bingo, fun, laughs and prizes!



Please call 989-723-8875 to RSVP.

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	2		5	8		6		9
					9	4		
		4					2	
7	8				2		1	6
5	9							2
				5				
2								
	5	7		6				4
	4					1		

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DIFFICULTY: ★★☆☆

INTRO TO SCOA SERVICES

This month's Feature: MMAP

MMAP, Inc. is Michigan's free, unbiased health-benefit resource to help you navigate Medicare and Medicaid, with a mission to educate, counsel, and empower Michigan's older adults and individuals with disabilities, and those who serve them, so that you can make informed health benefit decisions.

MMAP counselors are not connected with any insurance company, nor are they licensed to sell insurance. Their purpose is to serve you objectively and confidentially. MMAP counselors answer questions and act as guides through the Medicare and Medicaid programs. They have assisted thousands of people and have saved them many millions of dollars in out-of-pocket expenses, bringing peace of mind to those who are often confused when they deal with unfamiliar and difficult government systems.

MMAP counselors are also able to conduct public presentations on Medicare & supplemental insurance, Medicaid, long term care insurance, Medicare Health Plan options, Medicare/Medicaid fraud & abuse, and other issues of importance to beneficiaries and their families.


If you've got health benefit related questions, MMAP can help you understand them. Our local, certified counselors are here to guide you. We offer personal assistance at no charge. Let us be your guide to maximize your benefits and savings. To help you find your way through the health benefits maze, MMAP services are available in Shiawassee County at the Durand Senior Center and the Owosso Senior Center. If you need an appointment or would like to schedule a public presentation, ask for MMAP counselor Mary at the Durand Senior Center by calling (989) 288-4122, or ask for Deanna at the Owosso center at (989) 723-8875.



OWOSSO SENIOR CENTER ACTIVITIES

MAY 2024 * 989-723-8875



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 EXERCISE 12:30 BINGO W/ PAM KOWALSKI OLDER MICHIGANIANS DAY 	2	3 10:00 EXERCISE 10:00-NOON FREE HEARING CHECKS 12:30 BINGO  	4
5	6 10:00 EXERCISE 1:00 GRIEF SUPPORT GROUP 	7 10:00 SMARTS ART CLASS - RSVP REQ'D 	8 10:00 EXERCISE 5:00 PARKINSONS SUPPORT GROUP	9 10:30 MOTHER'S DAY PARTY 12:30 SPONSORED BINGO 	10 10:00 EXERCISE 10:00-NOON BLOOD PRESSURE CHECKS 12:30 BINGO  	11 USPS FOOD DRIVE — VOLUNTEERS NEEDED! CALL TARA AT 989-723-8875
12 	13 PRODUCE DROP 10:00 EXERCISE 10:30 SITE COMMITTEE MEETING 	14 10:00 SMARTS ART CLASS - RSVP REQ'D 	15 10:00 EXERCISE 1:30 SCOA FINANCE MEETING 2:00 SCOA BOARD MEETING 	16	17 10:00 EXERCISE 10:00-NOON FREE HEARING CHECKS 12:30 BINGO  	18
19	20 10:00 EXERCISE 	21	22 10:00 EXERCISE 	23	24	25
26	27 	28	29 10:00 EXERCISE 	30	31 10:00 EXERCISE 12:30 BINGO  	

All PROGRAM ACTIVITIES ARE SUBJECT TO CHANGE



OWOSSO CENTER LUNCH MENU

MAY 2024 * 989-723-8875



Sun

Mon


Tue

Wed

Thu

Fri

Sat

<p>MEALS MAY CHANGE ON SHORT NOTICE DUE TO FOOD SUPPLY SHORTAGES</p>			<p>1 POLISH SAUSAGE & KRAUT DICED REDSKIN POTATOES BROCCOLI FRUIT ROLL</p>	<p>2 BAKED FISH FRENCH FRIES COLESLAW FRUIT ROLL JELLO</p>	<p>3 CHEF SALAD W/ HAM, TURKEY, EGG, TOMATOES & CUCUMBER FRUIT MUFFIN</p>	<p>4</p>
<p>5</p>	<p>6 SALISBURY STEAK MASHED POTATOES W/GRAVY BABY CARROTS FRUIT ROLL</p>	<p>7 SAUSAGE GRAVY W/BISCUIT BOILED EGG TOMATO JUICE HASHBROWNS FRUIT</p>	<p>8 BAKED POTATO W/BACON, CHEESE & CHIVES CORN FRUIT BREADSTICK</p>	<p>9 VEGGIE STEW 1/2 SANDWICH CRACKERS FRUIT</p>	<p>10 HAM GREEN BEANS POTATO WEDGES FRUIT ROLL</p>	<p>11</p>
<p>12</p>	<p>13 1/2 TURKEY & SWISS SANDWICH BROCCOLI & CHEESE SOUP BROCCOLI COLESLAW FRUIT CRACKERS</p>	<p>14 BEEF PEPPER STEAK OVER RICE STIR FRY VEGGIES FRUIT EGG ROLL</p>	<p>15 CHICKEN CORDON BLEU DICED REDSKIN POTATOES GREEN BEANS FRUIT ROLL JELLO</p>	<p>16 MEATLOAF BAKED BEANS 1/2 BAKED POTATO FRUIT ROLL</p>	<p>17 CHICKEN TACOS REFRIED BEANS SPANISH RICE FRUIT JELLO</p>	<p>18</p>
<p>19</p>	<p>20 FRENCH ONION MEATBALL SUB W/ CHEESE CALI BLEND VEGGIES MACARONI SALAD FRUIT</p>	<p>21 CHICKEN BACON RANCH WRAP MACARONI SALAD CARROT & CELERY STICKS FRUIT</p>	<p>22 PIZZA SUPREME TOSSED SALAD W/ TOMATOES, CUCUMBER & CHEESE FRUIT MUFFIN</p>	<p>23 GROUND BEEF STROGANOFF CAPRI BLEND VEGGIES FRUIT BREADSTICK</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27 CLOSED  MEMORIAL DAY</p>	<p>28 GRILLED CHICKEN BREAST SANDWICH W/CHEESE, LETTUCE & TOMATO BAKED BEANS MACARONI SALAD STRAWBERRIES & BISCUIT</p>	<p>29 SLOPPY JOES MACARONI SALAD CORN FRUIT JELLO</p>	<p>30 OPEN FACE HOT TURKEY SANDWICH MASHED POTATOES W/GRAVY GREEN BEANS FRUIT</p>	<p>31 LASAGNA W/BEEF ITALIAN BEANS FRUIT GARLIC TOAST</p>	

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

MAY 2024 * 989-288-4122



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL OLDER MICHIGANIANS DAY 	2 10:30 SITE COMMITTEE MEETING 12:00 LUNCH 12:30 BINGO SPONSORED BY GENESEE GARDENS 	3 9:00 COFFEE HOUR 12:00 LUNCH 1:00 BEADING WITH KIM & BARB 	4
5	6 10:00 SMARTS ART CLASS 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	7 MMAP APPOINTMENTS 12:00 LUNCH 12:15 B.P. CHECKS 1:00 ARTHRITIS EXERCISE 1:00 PAINTING WITH STEVE	8 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL 1:00 SENIOR SAFETY/DEFENSE WITH OFFICER EVANS 	9 12:00 LUNCH 12:30 BINGO SPONSORED BY STEINER TRACTOR 	10 9:00 COFFEE HOUR 12:00 LUNCH 12:30 KALLAS HEATING AND COOLING: Getting your house ready for summer	11 USPS FOOD DRIVE
12 	13 PRODUCE DROP 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	14 9:00 MMAP APPTS 12:00 LUNCH 1:00 ARTHRITIS FOUNDATION EXERCISE	15 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL 	16 12:00 LUNCH 12:30 BINGO SPONSORED BY KALLAS HEATING & COOLING 	17 9:00 COFFEE HOUR 12:00 LUNCH 1:00 ADULT COLORING 	18
19	20 POP CAN DRIVE 10:00 SMARTS ART CLASS 12:00 LUNCH 12:30 BINGO 2:00 YARN WITH A PURPOSE 	21 POP CAN DRIVE 9:00 MMAP APPTS 12:00 LUNCH 1:00 ARTHRITIS FOUNDATION EXERCISE	22 POP CAN DRIVE 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL 	23 POP CAN DRIVE 12:00 LUNCH 12:30 BINGO SPONSORED BY HEARTLAND MEDICAL 	24 	25
26		28 9:00 MMAP APPTS 12:00 LUNCH 1:00 ARTHRITIS FOUNDATION EXERCISE 1:00 WATERCOLOR PAINTING	29 12:00 LUNCH 1:00 EXERCISE W/ MEMORIAL 	30 12:00 LUNCH 12:30 BINGO 	31 9:00 COFFEE HOUR 12:00 LUNCH 11:00-1:00 DRUG TAKE BACK	

ALL PROGRAM ACTIVITIES ARE SUBJECT TO CHANGE



DURAND/MORRICE CENTER LUNCH MENU

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>MEALS MAY CHANGE ON SHORT NOTICE DUE TO FOOD SUPPLY SHORTAGES</p>			<p>1 CHICKEN CHOP SUEY W/RICE CHINESE VEGGIES EGG ROLL FRUIT</p>	<p>2 PORK ROAST MIDORI BLEND VEGGIE SWEET POTATOES FRUIT ROLL</p>	<p>3 MAC & CHEESE COWBOY BEANS STEWED TOMATOES FRUIT CORNBREAD</p>	4
5	<p>6 SALISBURY STEAK MASHED POTATOES W/GRAVY BABY CARROTS ROLL FRUIT</p>	<p>7 SAUSAGE GRAVY W/ BISCUIT BOILED EGG TOMATO JUICE HASHBROWNS FRUIT</p>	<p>8 BAKED POTATO W/BACON, CHEESE & CHIVES CORN FRUIT BREADSTICK</p>	<p>9 VEGGIE STEW 1/2 SANDWICH CRACKERS FRUIT</p>	<p>10 MOTHER'S DAY DINNER PORK CHOP CAPRI BLEND VEGGIE POTATO WEDGES ROLL FRUIT COBBLER</p>	11
12	<p>13 SPAGHETTI W/ MEATBALLS TOSSED SALAD FRUIT GARLIC BREAD</p>	<p>14 TURKEY BREAST CAPRI BLEND VEGGIE SWEET POTATO FRUIT ROLL</p>	<p>15 TUNA NOODLE CASSEROLE W/ PEAS & CARROTS GREEN BEANS FRUIT GARLIC BREAD</p>	<p>16 CHICKEN CAESAR WRAP W/LETTUCE & TOMATO ITALIAN BLEND VEGGIES FRUIT</p>	<p>17 HAM & CHEESE PIZZA TOSSED SALAD FRUIT</p>	18
19	<p>20 FRENCH TOAST BAKE SAUSAGE O'BRIEN POTATOES YOGURT W/FRUIT</p>	<p>21 CHICKEN POT PIE W/CARROTS & PEAS CAULIFLOWER FRUIT</p>	<p>22 TACO SALAD W/ BEEF, CHEESE, TOMATO & DORITOS FRUIT</p>	<p>23 TURKEY & BACON WRAP W/LETTUCE & TOMATO PRINCE WILLIAM VEGGIE BLEND FRUIT</p>	24	25
26	<p>27 CLOSED </p>	<p>28 CHEF SALAD W/ TURKEY, CHEESE, EGGS, CUCUMBER & TOMATO CROUTONS FRUIT BREADSTICK</p>	<p>29 BREAKFAST WRAP W/EGGS, CHEESE, PEPPERS POTATO WEDGES SALSA FRUIT</p>	<p>30 BEEF GREEN BEANS SQUASH MASHED POTATOES W/GRAVY FRUIT ROLL</p>	<p>31 CHICKEN SALAD ON CROISSANT CUCUMBER SALAD VEGGIE BLEND POTATO CHIPS FRUIT COOKIE</p>	



**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

MAY 2024 * 517-625-4270



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 11:00 P.E.A.R.L.S. CLASS NOON LUNCH OLDER MICHIGANIANS DAY	2 9:30 EXERCISE CLASS 10:30-11:15 CHAIR YOGA—\$5 	3 10:00 CARDS & GAMES 10:00 CRAFTS NOON LUNCH	4
5	6 10:00-NOON LEGAL SERVICES OF EM—BY APPT ONLY 10:30 MAT YOGA NOON LUNCH 12:30 BINGO 1:30 EUCHRE 	7 9:30 EXERCISE CLASS 10:15 COFFEE CHAT 5:30 EUCHRE 	8 11:00 P.E.A.R.L.S. CLASS NOON LUNCH 12:30 SMARTS ART CLASS - RSVP REQ'D 	9 9:30 EXERCISE CLASS 10:30-11:15 CHAIR YOGA—\$5 	10 10:00 CARDS & GAMES 10:00 CRAFTS 10:00-NOON HEARING CHECKS	11 USPS FOOD DRIVE
12 	13 NOON LUNCH 10:30 MAT YOGA 12:30 BINGO 1:00 "COOKING FOR ONE" FREE ONE DAY CLASS 1:30 EUCHRE 	14 9:30 EXERCISE CLASS 10:15 COFFEE CHAT 5:30 EUCHRE 	15 11:00 P.E.A.R.L.S. CLASS NOON LUNCH	16 9:30 EXERCISE CLASS 10:30-11:15 CHAIR YOGA—\$5 	17 10:00 CARDS & GAMES 10:00 CRAFTS NOON LUNCH 11:00 SITE COMMITTEE MEETING NOON LUNCH	18 10:00-NOON BAKE SALE AT CARL'S IN PERRY 
19	20 10:30 MAT YOGA NOON LUNCH 12:30 BINGO 1:30 EUCHRE 	21 9:30 EXERCISE CLASS 10:15 COFFEE CHAT 5:30 EUCHRE 	22 11:00 P.E.A.R.L.S. CLASS NOON LUNCH 12:30 SMARTS ART CLASS - RSVP REQ'D 	23 9:30 EXERCISE CLASS 10:30-11:15 CHAIR YOGA—\$5 	24	25
26 		28 9:30 EXERCISE CLASS 10:15 COFFEE CHAT 5:30 EUCHRE 	29 11:00 P.E.A.R.L.S. CLASS NOON LUNCH 1:00 ELDER EYE CARE PRESENTATION	30 9:30 EXERCISE CLASS 10:30-11:15 CHAIR YOGA—\$5 	31 10:00 CARDS & GAMES 10:00 CRAFTS NOON LUNCH	

ALL PROGRAM ACTIVITIES ARE SUBJECT TO CHANGE

—SMARTS—

Shiawassee Mobile ART for Seniors Program

MAY 2024 SCHEDULE

Owosso Senior Center

Tuesdays 10:00 a.m.—11:30 a.m.

RSVP to 989-723-8875

May 7 - Watercolor Painting of Lily of the Valley

- As a birth flower for May, Lily of the Valley represents the sweetness and joy of people born in this month. The flower is also popular in wedding bouquets and arrangements, symbolizing the purity, happiness, and luck. Linda VanCise, *Artist/Instructor*

May 14 - Tulips in Acrylic!

- May is tulip time! Painting with a heavy body acrylic paint will be a fun technique on an 8"x8" wrap around canvas. This will be a contemporary piece, not requiring a frame. Linda Justice, *Artist/Instructor*

Durand Senior Center

Mondays 10:00 a.m.—11:30a.m.

RSVP to 989-288-4122

May 6 - Catalpa Tree Bean Pod Wall Hanging -

Get back to nature with this hanging wall piece made with dried seed pods from the Catalpa tree. Using hot glue, students will create a frame for the base and create a vase on it that can hold slender stalks of curly grass. Dorothy Neaton, *Artist/Instructor*.



May 20 - Hanging Mosaic

- Create a design of your choosing, using colorful pieces of glass. Open spaces will be filled with grout/mortar. Messy? A little, so gloves will be provided. 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

May 6 - Mixed Media Sunflower Painting

- In this fast paced class, we will work with oil pastels and paint using an unusual painting tool! You will be creating a one of a kind still life design. Joan Larson, *Artist/Instructor*



May 20 - Shibori (Tie Dye silk scarves)

- Shibori is the collective term for all types of resist dyeing using binding, stitching, folding and clamping, pleating and wrapping. The compression of the fabric prevents dye from accessing some areas, yielding a beautiful range of complex patterns. Linda Ruehle & Cora Walby, *Artists/Instructors*



Morrice Senior Center

Wednesdays 12:30 p.m.—2:00 p.m.

RSVP to 517-625-4270

May 8 - Tulips in Acrylic!

- May is tulip time! Painting with a heavy body acrylic paint will be a fun technique on an 8"x8" wrap around canvas. This will be a contemporary piece, not requiring a frame. Linda Justice, *Artist/Instructor*

May 22 - Rock Your Art Smock!

- Whether it's cooking, barbecuing, cleaning, painting, crafting, playing in clay or gifting. Get inspired to paint on aprons with acrylic. Linda Justice, *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



SHIAWASSEE
ARTS CENTER



MICHIGAN
ARTS &
CULTURE
COUNCIL

Seniors can receive one free class during their birthday month!

PRESCRIPTION TAKE BACK

The Shiawassee Prevention Network will be holding a Prescription Take Back event at the Durand Senior Center on Friday, May 31st, from 11AM to 1:00PM.

What can be disposed?

- All pills, loose or in pill bottles
- No liquids - However, you may pour the liquid medication onto a paper towel and let it air dry. Seal paper towel in a plastic bag and then bring plastic bag to dispose
- No inhalers
- Syringes must be dropped off in a hard plastic container (suggestion: reuse an empty detergent, water, soda or juice bottle)



SHIAWASSEE
PREVENTION NETWORK



COOKING CLASSES

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 Cheryl know by calling the Morrice Senior Center at 517-625-4270.

ELDER EYE CARE

Please join Dr. Leslie Delemeester from Advanced Eye Care in Owosso to talk about Elder Eye Care, on Wednesday, May 29th, at 1pm, at the Morrice Senior Center. She will be offering services as well as glasses cleaned, glasses tightened and adjusted. People are welcome to bring in their old eyeglasses and glass cases to donate.

If you are interested, please let us know by calling the Morrice Senior Center at 517-625-4270.



CRICUT CLASSES

The Morrice Senior Center wants to offer a class on the Cricut Explorer Air 2. This will cover things like setting it up and how to use the various features of the unit.

Those interested need to call the Morrice center at 517-625-4270, and let Cheryl know that you are interested. Once they know there is enough interest, they will set a date and time for the class.

Answer to Sudoku

3	2	1	5	8	4	6	7	9
8	6	5	7	2	9	4	3	1
9	7	4	3	1	6	8	2	5
7	8	3	9	4	2	5	1	6
5	9	6	1	7	8	3	4	2
4	1	2	6	3	5	9	8	7
2	3	9	4	5	1	7	6	8
1	5	7	8	6	3	2	9	4
6	4	8	2	9	7	1	5	3

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



ALL CENTERS WILL BE CLOSED ON MONDAY, MAY 27TH, MEMORIAL DAY

Now Hiring

Assistant Kitchen Manager for Owosso

Send resume to cmayhew@shiawasseecoa.org

Volunteers Needed

- * Office/clerical in Owosso
- * Janitorial in Durand
- * Spring Clean up at all 3 centers

**Interested
in getting
involved?**

Please call the center that you are interested in volunteering at for more information or to sign up.

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

